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Why Did This Happen to Me?

Love is Freedom

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Published 2019 by Gildan Media LLC
aka G&D Media
www.GandDmedia.com

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Design by Meghan Day Healey of Story Horse, LLC

Library of Congress Cataloging-in-Publication Data is available upon request
ISBN: 978-1-7225-0131-0

eISBN: 978-1-7225-2230-8

10 9 8 7 6 5 4 3 2 1

Dedicated to Vere Brunt who suggested the title of this book.

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Foreword

True mysticism is the ability inwardly to sense the invisible things of Spirit and through feeling, present them to the intellect.

In discerning the deep things of the Spirit, the intellect must follow the intuition—and it will never follow it in vain, for that which the intuition reveals, the intellect may later analyze. It is this feeling back toward spiritual prototypes that marks the work of the true mystic in any age.

In this book Joseph Murphy, one of the outstanding mystics in the metaphysical field, has presented a depth of feeling seldom expressed through the written word.

Those who have had the privilege of listening to the discourses of Dr. Murphy have felt that which was not spoken, the impartation of a spiritual essence which can only be felt. I am certain that the readers of this book will find a response in their consciousness to that invisible and ineffable beauty which it suggests.

Ernest Holmes
President and Founder of Institute of Religious Science and Philosophy, Los Angeles, California

Introduction

by Joseph Murphy

The Bible has been said to have seven layers of meaning:

1. The physical and historical. All Scripture was held (by ORIGEN) to be written “ab intus,” from the inward mystery, and not “ab extra” with a mystical sense *put into it. In every case* the historical account is the rind or coating, the mystical meaning being the essence of Holy Scripture—not the former *the* essential truth containing a mystical sense. As St. Paul says (I Cor. 2:14), the truth of the Scriptures must be ‘spiritually discerned’. This implies that the inspired element is underneath the phraseology rather than on it. We must drill beyond the merely semantic layers and sands before “the oil” of the Spirit “is struck” and “a gusher” is brought in.
2. The solar—dealing with the garden in which man finds himself.
3. The phallic—concerning the throb of life coursing through all animate beings.
4. The mental—which is ruler over many things, but not all.
5. The psychic—which approaches the Holy of Holies, but does not always “make it” because of astral distractions in the forest of illusion. (Hindu Maya)
6. The mystic—in which the seeker longs for God as “the heart panteth after the water brooks”. Many falter on the way here as they get stuck in the mire of the mere play of mental operations, which practice often misses the “manna” falling from the Throne of God. (I and the Father are one type of consciousness.)

7. The absolute spiritual consciousness in which God functions through the God-man outlet.

We must remember that there are many overtones in the field of consciousness. “There are many mansions in my Father’s House.” There is an atomic science of the spirit also, with its own wavelengths and electronics. Let us enter into the high oscillations of the spirit by focusing our attention on “He who Is”. “If thine eye be single, thy whole body is full of light.” “With mine eyes stayed on Thee, there is no evil in my pathway.” This viewpoint requires skillful “mountain” climbing with the mystics’ sure-footedness like “hinds’ feet” and not mere elementary psychology or hypnotics. We must seek reality “In Him whom to know aright” is the highest wisdom. For God is—He was not made.

Chapter 1

The scripture says, “God is love, God is all, over all, through all, all in all.” Therefore, love is resident in all men and in all things. And so let us seek it in all. “Seek and ye shall find.” Yes, if you truly look for the God love in the other it will shine forth in all its pristine glory. The first thing we do when we see another is to look for that Divine Love to radiate through his thoughts, words and deeds. If we truly recognize it as being within him, it must certainly appear on the without. “As within, so without.” “As above so below.” “As in heaven (consciousness) so on earth (manifestation).”

We must not let fear step in—for it is the opposite of love. There is only Love, and fear is the inversion of Love, or Love turned upside down. If man recognizes Love in a dog, the animal responds in kind. When we fear the dog or any other animal, the latter senses it and it strikes up a similar response in him.

When we are faced with a problem let us become still and feel within ourselves that the Divine Love is working through the situation now and that only harmony and peace prevail, and then dismiss it from our minds knowing that it is so. We will find a perfect solution is offered us which blesses all.

A woman told me a few years ago that her son was an aviator during the war. Each night while he was away, all she did was simply to take her son in her arms in meditation, realizing that Divine Love enfolded him in the midst of the chaos of war. The aura of His Love surrounded

the plane, always making it invisible to the so-called enemy. The boy was never attacked; the enemy planes never “saw” him, so how could they attack him.

Jesus disappeared in the multitude. Yes, the multitude of human thoughts and false beliefs disappear when the shining armor of Truth comes rushing in, lighting up the whole house. Then the dawn appears and the shadows vanish.

Chapter 2

“Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal.”

—(I Cor. 13:1)

This is the greatest Love Epic ever written. If men and women were to meditate on the inner meaning of this chapter, one of the greatest in the Bible, their lives would be transformed. It is only too true that men use high-sounding words, write beautiful poetry and give wonderful sermons, yet unless these words be permeated with love and feeling they are empty.

For example, a man told me recently that his mother was dying in the hospital. His sister visited him, and together they went to the hospital, where the girl began to pray audibly. He said the words were beautiful, poetic and flowery. When she had finished she said to him, “Were the words not lovely?” And he replied, “Yes, my dear, they were.” On their way down from the ward, his sister turned to him saying, “Mother hasn’t got a chance, poor thing. She will die shortly.” He told me how stunned he was with surprise.

Here is a perfect illustration of what this verse means. Love is Freedom. The words used by this good lady were beautiful and she was sincere enough in her own way.

Nevertheless, they were as sounding brass and tinkling cymbal. In order to make words effective, they have to be felt as true. It is necessary to pour life, love and feeling into our words and statements of truth.

This girl had not Charity (Love). Charity, in the Bible, means Love. Love is the cement that binds. It is that sense of Oneness with the Father of all—the Almighty Power. Therefore, Love being a deep sense of our unity with God, with Life, with the All Powerful, we must in prayer become one with our ideal of perfection.

In the case of a woman who is sick in the hospital, we must not “see” her sick or in pain. No, we must have Charity —or Love—and see her as the perfect being, an offspring of the Infinite, clothed with all the qualities and attributes of God.

Love frees, it opens prison doors, sets free the captives and them that are bound. It gives beauty for ashes, the oil of Joy for mourning and the garment of praise for the spirit of heaviness that we may become trees of righteousness.

A simple treatment used by a son for his crippled mother in Rochester recently was as follows: He did not see her as a cripple—he had Charity, which is the Love of God, or Good. This boy healed his belief about his mother through Divine Love. He decided that he would become as a little child and shed all his preconceived notions and beliefs about medicine, doctors’ verdicts, mother’s attitude, etc. Twice daily he prayed in this simple, direct and spontaneous manner: “Mother’s life is God’s life and it flows through her now as harmony, health and peace. There is only the One Life and that is God and God is Life.” Then he would say to himself, “How can the flow of life be impeded?” And he reasoned that, “In Truth it cannot be. Mother is believing a lie and she is experiencing the results of her false belief. Now,” he said to himself, “the truth is God walks and talks in her. She is healed; made whole and perfect now—this instant!”

Then every night before going to sleep, in his imagination he would kiss his mother and feel her warm embrace. He would hear her say to him, “Son, a miracle has happened. God has healed me and I walk. Isn’t it wonderful?” He would reply, “Yes, mother, His Name is wonderful!” Then he would go off to sleep into the arms of the Absolute Lover.

Truly this man spoke with the tongues of angels. The angel means the new attitude of mind, a new perception of God or Good. The angel is “the angle” at which we look at God. This boy’s angle was that there is only One Presence and One Power and It is now moving in his behalf. “None shall stay its hand and say unto it what doest thou.” Love frees.

Chapter 3

“And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity I am nothing.”

—(I Cor. 13:2)

Love is that subtle emanation that streams forth from man wherein he has a feeling of oneness with all life. Many people are gifted in countless ways, but often there is something lacking.

They fail to radiate the mood of peace, harmony and love.

When we see the growing corn, grass, trees, fruit and buds on the branches, and when we observe the sheep and cattle grazing in the valley, or when we hear the song and laughter of children at play—all these should remind us of the love of God. Infinite Providence is running the show and we can rest assured that Love rules the world. Although men cannot see God and live, they may look upon His Cosmos and His works and if they seek Him, they shall find.

If man seeks for love in the other, he will find it. Therefore, if we look rightly at the world we shall find the abundant life spoken of by Jesus. The world represents God

thinking. Love is a symbol of the Oneness of God, and life, and all things.

It is the urge of all entities to go back to the Source. The journey back to God is the road back from relative love in this plane to the ultimate—or Absolute Lover—God. All the forms in the world that we see are simply an infinite variety of the thoughts of the One, the Beautiful and the Good. Love sustains and ensouls them all, for it is the Universal Solvent or solution which binds all things together in harmony, order and symmetry.

There is nothing but beauty in the world. Every atom of space is of indescribable beauty because God is Beauty. Moreover, every atom in space dances to the rhythm of the gods. The stars, the planets and the earth on which we move are purely symbols of the bow in the sky portraying God's covenant with all men whereby He sets forth order, precision and proportion.

The world and all things contained therein is the language of God in His handwriting. He that hath an ear let him hear and he will become still and listen. He will hear the music of the spheres. He will understand the profundities of the Law and when he looks out upon the world he will see and hear differently. He will realize that all men are garments of God which He wears as he moves through the illusion of time and space and that all of us are on a journey of self-discovery.

All the stars, suns, moons, seas, mountains and all things we behold are symbols of still greater things—the archetypes of a transcendent perfection, witnesses of Truth —the same yesterday, today and forever. Therefore, if we are very smart and intelligent in the ways of the world even though we may write great works admired by all the world—all this is empty if we have not love in our hearts. Honor is not of man, it is of God. It is like the soldier in the recent war who won so many honors for his valor and prowess in battle. His chest was covered with medals and everyone thought

he was most happy and proud. Yet at one of the ceremonies in his honor, he confided to friends, “All this means nothing to me; all I want is the love of the girl who no longer wants me. I love her and want to be loved by her.” His heart was hungry and he knew instinctively and intuitively that pinning medals on him for killing other human beings was not the Love of God. He must have felt that we cannot live until we love, and love must have an object.

Live in livingness and givingness. It is the outward flow of life—and this flow must be harmonious, joyous, rhythmic and peaceful. This cosmic urge must be expressed in a positive, constructive manner. Man must be in tune with the Infinite. He must find the thing he loves to do in life and then do it. Then he is happy. This brings with it a sense of freedom and joyous expectancy. Such a man no longer watches the clock. His joy is in accomplishment and service. His work is not drudgery now. It is a pleasure.

A man recently chatted with the author aboard a plane. This man is considered a great prophet. Many of his prophecies have come true in recent years. He is an internationally known writer. He has great faith in himself and has made remarkable demonstrations. Yet he openly confessed his antagonism to members of a certain race, and was very bitter toward them.

However, as you see in the second verse of I Corinthians, 13th Chapter, even though he had all these wonderful gifts, he had not love. Therefore, it says, “I am nothing.” “In Him there is no Greek, no Jew, no bond, no free, no male or female.” Love knows no barriers of race or creed. Love is universal—it frees, it gives. It is the Spirit of God or Goodness, Truth and Beauty. This man admitted he lacked this impersonal love which is peace on earth and good will to all men.

We must love everyone. This we must do. We do not have to like them. The love spoken of is in this wise—we rejoice that all men are growing righteously, that the peace

of God fills their souls and that they are being prospered in mind, body and affairs. We are glad the Law of God or Good is working for them, through them and around them.

This is love or that impersonal good will which we should radiate to all beings. It is like a fire in the kitchen, the warmth or glow from the coals does not favor but one side of the room. It shows no favoritism. It gives its heat to all, be they who they may. It has neither height nor depth, it neither comes nor goes, it fills all space, “IT IS”. The ancients called it Love. God is Love. There is no true happiness and I am as nothing, until I learn to love and practice the presence of God. I begin to live life joyously when I see “sermons in stones, tongues in trees, songs in running brooks and God in everything.”

Chapter 4

“And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, is profiteth me nothing.”

—(I Cor. 13:3)

Let us explain this verse by the following true story. A woman came to the author about four years ago when he was lecturing at the Park Central Hotel in New York City and said to him, “I work for the Red Cross every day, I give money to all charitable organizations, and belong to the Sewing Club. I visit hospitals and conduct drives for veterans, etc. Yet misfortune after misfortune comes to me. Look at my fingers. They are inflamed and I can’t take the rings off. The doctor calls it rheumatoid arthritis. Why? Why? I love so much and give so much!”

But, actually she had not love and so it profited her nothing. After talking with her a little while I discovered she wanted to be praised by the multitude. She wanted her picture in the paper. She craved the flattering remarks of her associates. She forgot the common caution, “Let not your right hand know what your left hand doeth.” Verily, they shall have their reward. Which means, yes, man will receive the praise of man—they will say what a fine fellow he is, how generous he is, how unselfish. And this satisfies

the ego of the worldly-minded man. “But there is no reward of my Father in Heaven.”

This woman’s acts, though well-intentioned and good, were not really of the heart. She did not do these things for the joy and love of doing them and for the thrill of making others happy, joyous and free. Her motives were not pure and holy. She forgot there is no honor or glory of man. All honor and glory comes from God. Let us always examine our motives.

In the case of the woman cited, she was thinking in terms of lack and limitation and when she gave her gifts she was looking forward to tragedy, pain, cyclones and misfortunes of all kinds. This is absolutely wrong and certainly cannot be called Divine Love. Oftentimes people will do something for another and then say, “Aren’t you grateful?” You see, then they are expecting something in return—and if I am grateful to you, I am under an obligation to you. When we do something for another, if it is what we call a love gift, then we should not place the other under any obligation whatever. “And though I give my body to be burned.”

When this woman gave a gift, did some work for the Red Cross or any charitable organization it should have been done freely, gladly and for the joy of giving, expecting nothing in return. If she gave a gift and expected something in return it was not a gift. The gift of love has “no strings” of any nature whatever attached to it. It is as free as the wind. A gift given in this manner—whether work, service, money, or thoughts—comes back a thousand fold, pressed down, shaken together and running over. Let me cite another case I treated some years ago. A very possessive mother (thirty years in Truth) came to me complaining that she had scrubbed floors in order to send her daughter to a finishing school where she could become a little lady like the other girls in the neighborhood.

“I worked my fingers to the bone. I pinched pennies and sold rings which my dead husband had given me. And what

do you think this ungrateful daughter did? She ran off and married a young doctor and they have gone to South Africa! She never even sent me a postcard. I'm so mad I could choke her!" I asked her what she had expected her daughter to do. "Well," she said, "after all I did for her I expected her to come home and wait on me in my old age, get a job and support me. Or if she got married to a rich man I would expect her to take me with her and live with her. You see, my daughter needs me and I love her so!" I healed, or rather my explanation of the Truth, healed this woman and she went off smiling with the radiance of the Light Limitless shining out through her eyes.

I explained to her that if she really loved her daughter, she would rejoice in her new found happiness and pray for her by knowing that love ensouls her, surrounds her and permeates every atom of her being. Moreover, that if she loved her daughter instead of feeling "burnt up", and instead of giving her body (her idea) of her daughter to be burned—in other words entertaining the idea of resentment—she should send love forth. The mood or feeling of love and peace for the daughter would automatically remove the feeling of resentment.

Love casts out hate. Hate and love cannot dwell together. "Perfect love casteth out fear." Hate is fear. She realized that love is freedom and that if she really loved her child, she would free her in the arms of God, knowing that Divine Love goes before her daughter to make safe and instant and perfect her way. She understood also that having done all she did for the girl was a labor of love and that she rejoiced doing it just because it was good and very good. She rejoiced in seeing her daughter grow up radiating peace, health and happiness.

Moreover, to love her daughter meant to "loose her and let her go", knowing that God is her father and God is her mother also, and God is round about her. She "saw the point" and rejoiced in her daughter's new found freedom.

She was happy because her daughter was happy. She wired her congratulations and prayed sincerely from the heart for her peace and security and integrity.

What is harmony for the part is harmony for the whole, because the whole is in the part and the part is in the whole. Therefore, common sense dictates that in the case of this young daughter, love came on the scene. It was right, good and true that she accept it. This was the harmony of the part—and so it was harmonious for the mother and right for everyone in the world. Moreover, by its very nature it could only bless and make others happier. Instead of depriving the mother of anything, this realization of love and harmony for the good fortune of the daughter would bring blessings manifold to the mother.

To love is to release. “What I love I release, what I hate I bind.” Mothers must be like the mother bird. When her young are ready to fly, she pushes them out of the nest and they learn to fly themselves. Mothers must give up this possessive attitude towards daughters and sons. They must cease thinking that they know best.

Parents must teach their children the Truth of Being—teach them how to pray successfully and scientifically and to stand on their own feet. Mothers must not expect their daughters to sacrifice home and children of their own just to stay with them and feel sorry for them. This attitude of mind on the part of child and parent has caused endless confusion and blighted the lives of many thousands.

This is why He said, “Leave father, mother, brother and sister and follow me.” Yes, the “me” is the Truth. Truth is the way, the life, the quest and the goal. Truth brings good tidings to the meek, binds the broken hearted and proclaims liberty to the captives. Mothers and fathers must never worry about their children. This is a mood of fear, lack and limitation, and if the children do not know the laws of life they get the vibration or feeling of the parents and it drags them down.

The blind lead the blind and they both fall into the ditch. “I was young; now I am old. Yet never have I seen the righteous forsaken and their seed beg bread.” (37th Psalm.) This means that if parents live the Truth, they will see their children as noble, dignified, Christ-like beings. They will have the conviction that their children are growing righteously, and according to their conviction will it be done unto them.

They will clothe their children in the garment of salvation and the robe of righteousness. Their children then will never beg bread—meaning they will never do anything to dishonor God or their parents. They will truly grow in the image and likeness of the mood or conviction held by the parents. The parents clothed them with Divine Love. The aura of God ensouled them, encompassed them, fed them. Surely they could reflect only love.

“What thou seest, that too become thou must; God if thou seest God, dust if thou seest dust.” Having seen and felt love for their children, the latter must reflect it by an inexorable, changeless law—which is, “Seek and you shall find.” See God or Love coming forth in your children.

Chapter 5

“Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up.”

—(I Cor. 13:4)

Recently a man told a little girl that her father, who had made the transition, had gone on a trip and that she would see him again in the future. Others criticized this man and said he lied.

No, he did not lie. He did the kind thing and made the girl happy. Moreover, what he said was true. Her father had made a journey in consciousness to the fourth dimension, and through love the child will again see him and talk with him. They will both play, as Dunne says, in the symphony of all creation.

Charity suffereth long and is kind. Yes, love endures forever. It is indissoluble. Nothing breaks it up or severs it because it is a quality or attribute of God—the same yesterday, today and forever. It is not changeable and variable. Love is, and all there is love. When we do the kind thing it is always love in action. Let us ask ourselves what is the kind thing to say or do—this is the Truth.

Charity envieth not. The man who knows the laws of life never envies another. Neither is he jealous, because he knows that he can go to the same Fountain as the other and

claim all the good that he wants. And if he believes, it shall be given him. A man, understanding this, cannot be jealous. He knows that God is impersonal and no respecter of persons.

“Come ye to the waters and drink. Yea, come ye, buy wine and milk, without money, without price.” The only price we pay is belief, and belief costs nothing. Therefore, the qualities of mind in the other—his riches, his wife, his home or his estates—are not to be coveted. You, the reader, may also have any or all of these things by going to the same source as the other and ordering them.

“Regarding the works of my hand, command ye me.” Your command is simply to appropriate the mood of possessing that which you desire and then rest in the Silence, knowing that what you prayed for is a fact in the Kingdom of Reality. Walking the earth in the light of this assumption, in the moment you think not it will appear as a quality of mind, object in space as a home, a wife, etc. “Vaunteth not itself.” The sophisticated man, lacking knowledge of Truth, parades before himself time and again a whole procession of motives which he does not have, in order to conceal from himself that he is what he does not wish to be. He is proud, opinionated and arrogant. If he does a thing with an unworthy motive he claims it is a good one because it would shame him to recognize how bad the motive is. We must expose these spurious motives to ourselves and get rid of our false pride so that we can be proud of our relationship with God, the only Presence and the only Power. “Is not puffed up.” We must get rid of the sense of our own importance, pride of rank, class distinction, or family tree. We must rid ourselves of this false intellectual pride. The great man is always the humble man. The greatest doctor is usually gentle, kind, loving and understanding.

The really great mystic is the humble man, knowing that all wisdom, power and intelligence comes from the One—

the Father of all. So when he says “Our Father,” he means it. He knows we have a common Father and that we are all brothers and sisters. He also knows we are descended from the Royal Family, that we have the greatest family tree in the world—I AM.

Yes, the tree of Life is in the midst of the Garden of God. This is the one indivisible tree and all members of the human family eat, live and have their being rooted in this Eternal Tree, fed by the sap that comes from the wisdom of the Father. It is the Christmas tree and we the children are gathered around to feast from the gifts—or manna—that falls from its branches.

The meal we eat is the realization of the Almighty Power; the bread we eat is the manna, or Divine Ideas that flow through us; the wine we drink is the inspiration from on High and the fruit we eat is the joy of the answered prayer. We know that Law waits on God and man, and that we are always sitting at the banquet table of God and that the feast is always prepared.

Chapter 6

“Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth.”

—(I Cor. 13:5–6)

The one living in the consciousness of Love always does that which conforms to the good of all. He contributes to the betterment of society and never does anything that would disturb the harmony of the whole. His behaviour is always gentlemanly, courteous and kind. His presence is soothing, comforting and conducive to peace.

Wherever such a man goes he will always meet the White Brother, regardless of race or creed. He loves people, realizing God indwells all men so he is one with the God of All. Others, regardless of the color of their skin, sense this and respond in kind. “Seeketh not her own.” If a man returns love to one that loves him, that is not enough. He must cease to be possessive in his love and let it become universal, so that his love for all men becomes all-inclusive.

A man must not behave unseemingly because his wife had dinner with another man. Neither should she hesitate to tell her husband about it. Love is freedom and also respect. If he truly loves his wife, he will trust her and have perfect faith in her honesty and integrity. He will not question her or

“make a scene”. No, he behaves as he should. He remains poised and calm, knowing that “Whom God hath joined together, no man can put asunder”, which means their marriage was a spiritual union, “made in heaven”, and therefore, no man or woman or power can break it up. This knowing and understanding is immediately felt by the wife and she responds in kind. She must remain true to his conviction of her.

What does he believe about his wife? Let him always see her as he first saw her. Let him always clothe her in the robe of glory and beauty, yea, the seamless robe. Let him say to his heart, “Thou art all fair my love, there is no spot on thee.” Then she must reflect the Christ to him because he has seen and felt the Christ in her, “What thou seest, that thou beest.”

Let me tell you the story of a woman who behaved herself unseemly. She was married, had two children and a devoted husband. They never quarreled. One day a gossiping neighbor said that she had seen the husband twice with a strange woman in a restaurant and that she thought he was “running around”. The wife got so excited that she left her home, leaving a note with one of the children to give the father when he came home. Filled with rage and jealousy she ran off to Reno to get a divorce.

She obtained a Reno decree, never listening to any explanation offered by the husband. Months later she found out that the woman in question was her husband’s sister, whom he was befriending. “Love is not easily provoked.” She did not have the understanding of God, which is also Love … “thinketh no evil”. Yes, if married people would cease suspecting each other, happiness would reign. A boy and girl get married. They seem to be the perfect couple. Yet oftentimes in a few months they are separated and divorced. Why? This, for example, may be one of the reasons. The young wife might visit her husband’s office and

see a pretty girl there. Some evening he might come home late.

Instead of trusting him, she begins to suspect him. Silently she begins to fear that he is going to “run around” and that he is not going to be faithful to her.

She says nothing to him, and since neither of them understand the laws of life, what she continues to fear comes to pass. Her conviction about him is communicated to him and he feels it subjectively. He becomes restless and does the thing she was convinced he would do. Then she becomes frantic and goes home to mother and the law-suit begins.

Love thinketh no evil. Love sees the Christ Truth always. Love is faithful to the end and the end is always good, because God is Good.

I have a letter from a woman in London who had been married twenty years when suddenly there was a flare-up and a break, and before she realized it they were on the verge of a divorce. People told her that her husband was running around with other women, and he was. She said nothing but this is what she did. She prayed that her husband be divinely guided in thought and action and that only right action prevail. She loosed him and let him go, realizing that the love of God flowed through his thoughts, words and deeds, that peace filled his soul and that Infinite Spirit revealed to him the perfect way of life. “I am the way, the truth and the life.”

He gave up the other women and came back to her in love and peace. She was a wise woman. She knew that love frees and that his happiness was her happiness. She gave him an impersonal treatment, rejoicing that all good was his now, not telling God what to do but rather realizing the truth about it. It was a perfect demonstration of the healing power of love. Love joined them together. How could anyone sever that love? They could not if it were real love, for real love is almighty and indivisible. Who can sever it?

“Rejoiceth not in iniquity, but rejoiceth in the truth.” The Truth student or the Christian (the latter word means anyone that practices the principle of Truth) never rejoices that a nation is vanquished. Never, under any circumstances, does he have a desire “to get even” or rejoice over the misfortunes of others. Iniquity means unbalance, lack of firm balance or equilibrium. The Truth student never listens to anything that will not contribute to his good or the good of another.

Some people, through gross ignorance, seem to rejoice in gossiping about others, attacking their character, backbiting, etc. To talk about and dwell upon the imperfections of another (whether true or false) is to attract limitation and loss to oneself. The Law is “As you would that men should talk about you, speak you also about them in like manner.” This is the rule of a free, happy life. The person who spreads spicy gossip is thinking it and feeling it, so what is going to happen? It is easy to answer: “As a man thinketh in his heart, so is he.” To imagine evil of another is to lie.

Let us rejoice in the Truth now that all men are expressing the truth. The Truth is God indwells each man and let us bear witness to that truth by knowing that those who would criticize and condemn *are now dramatizing, portraying and expressing love, peace and harmony*. Once a thief came to murder a man but the man’s little daughter *did not see* a murderer. She saw a “nice” man who maybe would give her candy. She played with his trousers and sang for him. He left with tears in his eyes and was healed. Love rejoices in the Truth.

Chapter 7

“Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away.”

—(I Cor. 13:7–8)

Love creates and gives birth to all forms. For example, when two forces such as hydrogen and oxygen meet, water forms. Love, likewise, is a union, an emotional attachment. Love is the cement that binds. Let us become one with our ideal by loving it, then we will give birth to the new man. Truly love beareth all things. When we treat or pray, we must have love in our hearts because we must accept as true that which our five senses deny. This is real love also. Love is the fulfilling of the law. When we are so convinced of the Truth which we affirm, there is no room for the opposite.

The man with love in his heart does bear the so-called burdens of the world on his shoulders because he knows wisdom rules the world, and that an Infinite Providence guides it on its course. The man of understanding knows that all men—beggar, thief and holy man—shall, at their appointed time, come to see the transcendent glory which He is.

No one is lost—there is no such thing as a lost soul. God cannot lose himself, neither can he destroy himself. “They shall not hurt nor destroy in all my Holy Mountain.” (Isaiah 11:9) Hope springs eternal in the breast of the Truth student, but this hope is an abiding faith in an omnipresent and ultimate good.

The mental scientist endureth all things in this sense. He knows that whatever problem presents itself to him, that God has the answer. He, therefore, casts his burden on the Christ within, which means the Truth—i.e., he does not take the problem to God because Infinite Intelligence has no problem. He goes to God with the answer. Behold God flows through his problem and there is no problem.

The sincere Truth student is not weighed down by problems and vexations of the day. He refuses to bear these burdens. He knows there is a way out and his joy is in overcoming his problem. He knows that the so-called trials which beset him are his opportunities to discover the God-power within. He tastes God and he finds Him good. He has become acquainted with the one Power. Therefore, he walks along the highway of life smiling, a song in his heart—the song of the Lamb (Victory). If the crossword puzzle was all figured out for man and he were asked just to fill in the blank spaces, life would be drab. No, the thrill of accomplishment comes in working out the problem. The engineer rejoices in building a bridge where others failed. There is great satisfaction in overcoming. We are here to prove our Divinity, so we endure all things and experiences gladly, knowing that he who perseveres to the end shall be saved. This means that man, instead of attacking and fighting his problems, simply lets go and becomes still and says to the Father within, “Now Father, this is what I want. The right answer is mine now. Infinite Intelligence has revealed it to me now. Thank you Father.” If a man will say this silently or audibly to himself (because prayer is basically man talking to his higher self), and say it

knowingly and feelingly, the answer will come and bring peace with it.

Man is here to discover the joy of living and awaken from his dream of limitation to claim his sonship. He can use the law of life two ways. “I form the light, and create darkness: I make peace, and create evil: I, the Lord do all these things.” (Isaiah 45:7) When he gets tired using the law of life negatively—in other words, when he is tired of being “pushed around”—he begins to ask questions about why, where, whence and whither. Then his dissatisfaction leads to satisfaction and he deduces a law from all his experiences. The thrill is in discovery. The reader of this book would not give up his unpleasant experiences. I’ll wager each man is glad he has had them even though they were unpleasant, because through them he found the Light. “Sweet are the uses of adversity, like a toad, ugly and venomous, yet wears a precious jewel in his head.”

Man’s extremity is God’s opportunity. We do not have to suffer, but we undergo pain and misery due to our ignorance. As Emerson says, the only sin is ignorance and the only punishment the inevitable consequence. When man truly finds God, he becomes serene, poised, balanced. He has found that to be in tune with the Infinite is to discover that all His ways are pleasantness and all his paths are peace.

Here in the objective world we are conscious of opposites, such as north and south, night and day, male and female, cold and heat, love and its opposite, joy and sorrow. How would we know what love was except we were able to shed a tear of sorrow! Opposites are necessary for our growth so that all of us may experience the joy and significance of positives. The positive affirmative attitude towards life, believing in all good things, is what Quimby called Christ. Christ is the wisdom which Jesus, Moses, Buddha and the illumined mystics found. This wisdom is the knowledge of God and the way He works. Then, knowing the

law of life we apply it scientifically, wisely and judiciously to bless ourselves and others.

We have found that the opposites are not irreconcilable. We can always go to the Garden of God or the Holy of Holies within ourselves and pray, believing that peace, health, harmony and happiness are ours just for the asking. God is the gift and also the giver. Man is the receiver. Our prayer, therefore, is walking in the light of the assumption that our prayer is already answered. We know it exists in the Kingdom of Reality and if we wait yet a little while, it will appear on the screen of space.

Love never faileth. For how can God fail? The predictions, statements and idle talk of men fail, but the consciousness of love protects, guides, guards and illumines man. The love spoken of here is the inner silent knowing, a movement of consciousness, welling up from the heart. The consciousness of being one with your ideal will win. This is the mood that demonstrates. The mood of love or oneness with your ideal never faileth. This power, or mental attitude is omnipotent, because it is the spirit of God moving in your behalf. It is the formless moving into objectivity.

It is true that the prophecies of men fail, because these many times are based on the evidences of the senses, race belief, doctors' verdicts and scientific facts dependent upon objective analysis. But to this subjective self of man "All things are possible". Therefore, if he will not judge according to appearances (prophecies of man) but only believe that the God-power has fulfilled his request and then rest in that conviction, he will find that love (oneness with his idea) never faileth.

"Whether there be tongues they shall cease." Man, in a hospital bed, crying with pain, is speaking in the tongue or mood of limitation and lack. He does not know God or Truth, because to know Truth is to be free. Hence, this tongue or mood of lack must cease and he must change his consciousness. It is of no use to pray to God and at the

same time believe that some other power can overturn, neutralize or destroy the action of God. This form of prayer is useless. Moreover, it is a waste of energy.

We must remember that it is our inner feeling or mood that will be manifested regardless of all the statements of Truth that we use. Therefore, our affirmations or statements of Truth must be permeated with love, feeling and conviction. This mental attitude or state of consciousness is to pray believing, and according to our belief “it will be done unto us.” The consciousness or feeling of being healed is the Almighty Power that heals.

Let man close his eyes, think of God, then realize that all the God-like qualities and attributes are within himself. That his own consciousness or awareness is the Almighty Power that demonstrates and materializes. Let him now contemplate on the fact that he is healed and perfect. Let him rejoice that every tissue, muscle, bone, electron and atom of his being is now conforming to the pattern on the mount. Let him realize that the Holy Spirit, which moves through him now, is the Spirit of Omnipotence and that the spiritual man is now being revealed.

As man continues to do this he moves from fear and anxiety to the mood of love and peace. His fear is changed to the feeling of confidence in an Almighty Power which acts according to his feeling or belief. Then the tongue of man (limitation) ceases and the tongue of God (mood of love and peace) decrees triumphantly.

“Whether there be knowledge, it shall vanish away.” Yea, the wisdom of man is foolishness in the eyes of God. All the pioneers, artists, inventors, scientists were at one time ridiculed by the world. They were considered dreamers, visionaries. The world said radio, electric lights, telephones, etc., were impossible, these and many other inventions being looked upon as impossible of practical achievement. Yet, the dreamers believed the unbelievable. They believed that the impossible was possible. They knew that love, a

feeling of oneness, of conviction with man’s good or ideal would win. Infinite Intelligence revealed the way.

Chapter 8

“For we know in part, and we prophesy in part. But when that which is perfect is come, then that which is in part shall be done away.”

—(I Cor. 13:9–10)

In John 3:2 we read, “Beloved now are we the sons of God and it doth not yet appear what we shall be, but we know that when he shall appear, we shall be like him for we shall see him as he is.” We are here to awaken to our Divine perfection, and as we die to all our false beliefs and race concepts we will have purified our sub-conscious mind and then the Christ, the illumined man, will appear as the Anointed One. The conscious mind (Jesus) and the subconscious mind (Christ) will become one, united in perfect harmony. The two become one. Then the part is done away with, the limited man is now dead and the perfect man, the Christ, is revealed. We now see ourselves as sons of God in the bosom of the Father. We are awakened.

“When I was a child, I spake as a child, I understood as a child. I thought as a child: but when I became a man, I put away childish things.”

—(I Cor. 13:11)

We must not be ruled by childish thought, nor by dead thoughts. Millions walk the earth, still in bondage to the beliefs and opinions accepted by them in their infancy or youth. Their childish belief in the boogie man under the stairs, or a devil with horns, or hell and damnation, all these foolish beliefs must be discarded. We must be governed by the idea of the Son of man or Son of God (The Truth).

Our governing idea must be that we are Sons of God. Therefore, we must have the same qualities and attributes and capacities as the Father. Let us go forth and make ourselves equal with God and we shall not feel it robbery to do the works of God. “He made himself equal with God and found it not robbery to do the Works of God.” We must identify ourselves as one with the Father and cease to identify ourselves in consciousness with childish things, such as fearing and believing in things and powers that do not exist.

When a child becomes a man, he must cease transferring the power that is within himself to things outside himself. In other words, he must cease worshipping the false gods of sickness, disease, pain and poverty. He now knows the laws of life and that these things are brought on by man himself by his own wrong thinking, his fears, and false beliefs. Now the man knows he is a son of God and entitled to all good things; so he goes forth, claiming his sonship and finds that all his ways are pleasantness and all his paths are peace.

We must grow up in our love nature also. It would seem that we are very immature in our emotional nature. We must cease to be vain, arrogant and boastful. God is Love, therefore, love is good in all its forms and modifications. If we see faults in the husband or sister, it is not a part of love. Jealousy is a counterfeit phase and so is resentment.

Let us consider the following. A certain man objected to his wife's expressing herself as a creative artist. She could create new, attractive designs for hats. She wanted to take a position in a nearby establishment. The opportunity presented itself, yet the husband was so possessive that he said to her, "No, your place is in the home. Be there when I come back!" They had no children. She was frustrated and unhappy because she did not want to go against his wishes.

This man was ruled by a childish thought and did not know what love is. His idea of love had failed to grow up. Love is freedom and does not deny the right of expression to the other. If he really loved his wife, he would have daily encouraged her, rejoiced that she had found a measure of happiness in designing hats.

If I truly love the other, I want to see the other happy and prosperous. There is that Cosmic urge within us, constantly seeking to express itself at higher levels of consciousness. Man must never limit, circumscribe or put chains on love and say, "Your attention is to me only, never mind your artistic ability." This is selfishness based on fear of loss. Man loses what he will not let expand, grow and unfold.

This case ended up in the divorce court. The woman became a great artist and has contributed much to the world. She found her ideal husband through prayer and of course he encouraged her and brought out greater beauty than ever before.

The sense of personal freedom held by husband and wife portray the real spiritual marriage, wherein each is wedded to God (Good), and one with Him in livingness and givingness. Wives and husbands should learn to free each other instead of binding one another. Then they have truly grown up and have put away childish thoughts. The love of God in their thoughts, words and deeds will guide them in all their ways. His name is "inscribed on their hearts and written in their inward parts."

Let us broaden our horizon and enlarge the borders of our tent, so that gradually our love becomes the love which Jesus had. His love was not limited to his mother, father or those around him. No, he loved all humanity. This is the universal love which includes the beggar and the holy man. Yes, even the thief on the cross.

We must realize that God is the Absolute Lover, the Impartial Universal Divine Giver. He gives to all men, regardless of creed and color, that which they feel as true of themselves. He never questions them and says, “What are you going to do with the thousand dollars you want?” God is the Giver and the Gift. Man is the receiver.

The love of woman for a man is a reciprocal mood in which the subjective nature of the woman is complemented by the objective nature of the man. She finds the image and likeness of her subjective desires in a man. Her subjective feeling realizes its objective fullness in a marriage “made in heaven” (spiritual consciousness).

Our understanding of God increases as we fail to see the parts and begin to see the underlying unity behind all things, a unity in diversity. Then love in action is the desire of diversity for unity. Our journey here is a journey back to the One and the glory which we had with Him before the world was. “Thou hast been in Eden, the Garden of God and the ruby was thy covering.” When a man and a woman marry it brings them up further in the scale of unity.

Chapter 9

“For now we see through a glass, darkly; but then face to face: now I know in part; but then I know even as also I am known.”

—(I Cor. 13:12)

We cannot see without eyes, nor hear without ears, nor apprehend without the power of thinking. So the act of becoming the perfect man, here and now, would be impossible if the perfect ideal has not already been created within us. We see through a glass darkly now. We do not see this Divine Presence within us, which is absolute perfection, but we instinctively and intuitively sense something divine welling up within us.

Nature provides signs which indicate future happenings. Consider the fledgling before it flies in the air. It flutters and shakes its wings. This is a promise of its power to fly. The same process takes place in man. He reads the story of Jesus who awakened here on earth, who claimed His Oneness with God, translated his body and went back to dwell in the bosom of the Absolute Father like an arrow that is lost in its mark.

Men turn to God in prayer and adoration, which is a reverent or mystic awe in contemplating our own IAMness. In this meditative mood, man contemplates his good and rejoices in anticipation. Then he may be said to feel joy

before joy, to feel beauty before beauty, to feel happiness before happiness. The tree about to bear fruit puts forth shoots, flowers and leaves in anticipation. Observe the vine, a piece of God's handicraft, with its tendrils, suckers, leaves and petals which speak to man their own language and proclaim their joy at the forthcoming fruit.

Likewise, the dawn appears and the shadows flee away. Let us become illumined by the Holy Spirit. This will lead the way to the birth of the Savior, because as Mary (the subjective) is constantly being impregnated by Christlike thoughts and ideals, the Garden of God is freed from all weeds. Then comes forth the Jesus Christ state of consciousness.

Each time we pray aright our prayer is answered. Then we see God (our good) face to face. When I see your face, I recognize you. Each time we turn to the Truth and recognize it, it recognizes us and we become one with the Truth and are free. It is the story of the prodigal who returns to his father (conscious mind realizing God-like powers within him and has the answer to all). The father does not condemn or criticise, but as the son turns to the father, the father turns to him and kisses him. He does not berate him or ask him why he ran away from home. No, he is the Absolute Lover who gives all and is no respector of persons. If we complain about our lot the answer is, "Son, thou art ever with me and all that I hath is thine."

The scripture says "The pure in heart shall see God." We are told that no man can see God and live. Whoever dwells on virtue and beauty sees virtue and beauty and sees God or Good. The pure in heart see God every day.

"Peace is the power at the heart of God." With peace in our hearts we sit at the banquet table of the Lord, presided over by the God of Love. God never forgets his children. When the children forget their Divine Origin and vainly search for their good elsewhere, they have a sense of separateness from God, but they have only to return to find

themselves in the Changeless Presence that always indwells them. The love of God illumines the darkness. Let us smile, the smile of love to another illumines his heart.

All of us reflect the glory of God in some degree. When our thought is uplifted, we reflect His Glory. When the subjective state of our thought is governed solely by the Holy Spirit it reflects this reality in all that we say or do. “But then shall I know as also I am known.” The reader is known now as the Son of God. “Beloved, now are we the Sons of God.”

As the birth of God takes place in us by dying daily to all the false beliefs of the race and anointing all our thoughts with the Holy Spirit, we then come into the light of the Spirit and realize that God is within us, and the life of us all the time. As we go from glory to glory we will some day awaken and discover our inner self.

This higher self is now hidden, due to the darkness of our thought which covers it. As we wash the windows of our soul, the light and sunshine, inspiration and divine illumination will illumine us. Then we shall see spiritually. We can see only perfection, order, symmetry and proportion. We will see Divinity behind the form, the Truth behind the mask. Opposites will disappear and we will see only the Unity, or Oneness of all things.

We shall see ourselves as we really are, identities in the bosom of the Father, lights making up the one Great Light, the Absolute, the Silent, Brooding Presence, changeless and ageless, “Without beginning or end, older than night or day, younger than the babe newborn, brighter than light, darker than darkness, beyond all things and creatures, yet fixed in the heart of all of us.” “Who is born of love is born of God, for God is Love.” “Love is the fulfilling of the Law.” “Much is forgiven him, because he hath loved much.”

If a man is full of the Divine Fire, radiating that subtle essence of love to all, then to such a man all things are possible. His desires are fulfilled and the gift of God is made.

This gift is the more abundant life, a celestial love and an abiding peace. We come close to the presence of “the Ancient of Days”, through love that wells up in our hearts toward all men and our Father.

Chapter 10

“And now abideth faith, hope, charity, these three; but the greatest of these is charity.”

—(I Cor. 13:13)

Hope is the expectation of all good. The expectancy of the best is truly a great prayer. “Faith is the substance of things hoped for, the evidence of things not seen.” Faith is your inner knowing or feeling of confidence or trust, containing within itself the mold of expression. Love is our union with our ideal, the fulfilling of the law. The law decrees that whatever we idealize and feel ourselves to be, the formless awareness within us takes form according to our belief. This is accomplished through love, which in prayer means becoming filled with the feeling of being what we long to be.

Loving our ideal and becoming one with it brings about that inner certitude or satisfaction that follows true prayer. Through Divine Love, a love for Truth and the mysteries of life, we perceive intuitively great truths without any process of reasoning. As we begin to contemplate our unity with Life, with God and with the Universe, we will become more and more aware of the Divine Presence.

We must experience Holy Communion frequently. This can be accomplished by disciplining our five senses, stilling the body and mind and realizing our communion with “He who is”. “Speak to Him thou, for He hears.” Sometimes man

is blinded by this light of illumination. This is the Divine Fire spoken of by the mystics, which illumines the whole house (man's mind). In such a moment others present are dazzled by the radiance of the Light Limitless.

The illumined, or partially illumined man has had glimpses of reality and knows that man is immortal and his individuality endures forever. He knows that each person is a manifestation of the One Life and that whatever happens to one is impregnated and recorded in the universal subjectivity common to all of us.

The individual called John Jones is one of the many that make up God, for God is the one in many, and the streams of "manyness" are all flowing back to the Oneness where they sense this Oneness with the original stream, the Source. Having found the All, we think in terms of God and are His co-workers in the Grand Symphony of all Creation. We rejoice in the growth and unfoldment of all men. This is an attribute of God called Love, because what we possess is the possession of all. When I rejoice in the good fortune of my fellow man, good fortune comes to me. "For love never faileth." "This is the Divine Measure which is pressed down, shaken together and running over." In the same way when we criticise or injure another we injure ourselves. Why should we therefore not love, when the love we give to others we really give unto ourselves? Then comes our liberation and our freedom. Man himself is the giver, the gift and the receiver. Man's body is an idea in consciousness. Man's consciousness is called IAM. The IAM, for example, in Mary, Tom or Jack is the same that which says "I AM" in the reader. When we say "I AM", that is God. In Him we live, move and have our being. Let us, therefore, realize our essential unity. This is loving one another, or becoming one with each other in wisdom and understanding. Let us stop fighting shadows, the darkness of our minds, and let us realize that God is within. Let us turn to Him smilingly and say "Father, I have come home." As we become still, we will

feel and sense the soft tread of the “Ancient of Days” and He will welcome us with a kiss of love. In His Presence we will discover that His life is the life of all our brothers and sisters in the Cosmos.

Contemplating this Divine Truth, we become every other creature, for they all say “I AM” in varying degrees. We have discovered that all other beings are extensions of ourselves, the One Self, our own I AM or Life, the reality of every creature. God is Life and His life is the reader’s life and as long as God lives, the reader will live. God is that which was, is and shall be. Therefore, we live forever. Furthermore, we know that the planets are thoughts, that suns and moons are thoughts, and that our own consciousness is the reality which sustains them all. Temporarily, in space, are moving the dreams of the dreamer and the Cosmos and all things therein contained are thoughts of the thinker. We have touched the All and He is meditating and we are His meditation. It is our own consciousness meditating on the mysteries of itself.

The student of Truth, having had a glimpse of Reality is no longer full of fears and forebodings. He does not fear life, nor death, nor anything in the past, present or future. Love has cast out all fear. He throws off the old garments of pride, the arrogance and tinsel of his creeds, dogmas and superstition. He now knows the Glory from on High, and feels and realizes that he dwells in eternity. He knows that once upon a time his own consciousness, that thing within him which makes him say “Father”, moved upon the face of the waters and said “Let there be light.” Moreover, he knows that following the desire of his own consciousness “All the stars sang together and the Sons of God shouted for joy.”

Yes, man has played all roles, has been everywhere and seen everything. Furthermore, the I AM in man created everything. “Where wast thou when I laid the foundations of the earth.” We are God, walking the earth in a dream of

limitation, and we have forgotten our Divine Origin. Yet, when we awaken, we find that the whole world is a projection of the thought of our deep self. Only in Truth is there Divine Freedom. Only in God is there power.

We are dwelling in Eternity now, immortal beings, and in order that we may bring the love of God to all men, let us rebuild our temple in the silence, without “sound of hammer” or “voice of workmen”. Let us enthrone in our mind a government of divine ideas, mothered by the Holy Spirit. This will be a government of the wise. Our tomorrows are the reflections of our todays. Yes, they are the image and likeness of today. God is the Eternal Now. “Now is the day of salvation.”

Let us live lovingly today and the pulse beat of the Holy Mother that throbs in us today, will animate ourselves and those around us tomorrow. The mood of love that emanates from us now, will speak through the boys and girls of a generation yet unborn. We shall one day read their words, which will be “apples of gold in pictures of silver”, to God, which is our true self, that which is to be, which must be. Now, let us this day consecrate and dedicate our thoughts and feelings. Let us become clothed with immortality and the Garment of Love. The Song of the Lamb now wells up in our hearts, the angels and the archangels join us in the Celestial Choir and Jesus, the Great Conductor, leads, and all of us, through Love, are now playing in the Divine Orchestra. “And yet another commandment I give unto you. Love ye one another.”

Chapter 11

“The Pharisees also came unto him, tempting him, and saying unto him, ‘Is it lawful for a man to put away his wife for every cause?’

“And he answered and said unto them, ‘Have ye not read, that he which made them at the beginning made them male and female?’

“‘And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? Wherefore they are no more twain, but one flesh.

“‘What therefore God hath joined together, let not man put asunder.’

“They say unto him, ‘Why did Moses then command to give a writing of divorcement and put her away?’

“He saith unto him, ‘Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.

“‘And I say unto you, Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery.’

“His disciples say unto him, ‘If the case of the man be so with his wife, it is not good to marry.’

“But he said unto them, ‘All men cannot receive this saying, save they to whom it is given.

“‘For there are some eunuchs, which were so born from their mother’s womb: and there are some eunuchs which were made eunuchs of men: and there be eunuchs, which have made themselves eunuchs for the kingdom of heaven’s sake. He that is able to receive it, let him receive it’.”

—(Matthew 19:3–12)

Have ye not read that he which made them at the beginning made them male and female?” This refers to the dual aspect of consciousness—the two phases or functions of mind, namely, the conscious and subconscious. The conscious is referred to as the male and the subconscious as the female aspect of creation.

The conscious mind is personal and selective; the subconscious mind is impersonal and nonselective. The conscious mind has the power to impress ideas and concepts on the subconscious mind through feeling. The subconscious mind receives all ideas felt as true and gives form and expression to them in its own way, by “ways ye know not of.”

Knowing this to be true, the truth student or mental scientist is very careful of the thoughts he chooses. For when we dwell on a particular idea or concept of ourselves, we find our emotional nature becoming stirred either positively or negatively. It is the law of life that any idea—good, bad or indifferent—which is emotionalized becomes

subjectified, and in due course objectified. When we realize this, we will become very careful of our moods and feelings.

Our moods give birth to our children (conditions, events, circumstances, etc.) Children possess the qualities of the parents. We must be very careful, therefore, that the mother (mood or feeling) of our children is pure and holy.

“For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh.” Yes, man must leave father and mother, which means the old beliefs, superstitions and race thoughts. He must no longer have false gods such as fear, doubt, worry, resentment, etc. He must not look to the world for peace, guidance, illumination, supply or strength.

Rather must he look to the God within—the source of all supply whose bounty is ever present. His faith must not be in his father or mother, friend or brother. His faith and reliance must be on the Indwelling Christ, Emmanuel—the God in us—his own I AMness. Only then is his faith well founded for “HE that loveth father and mother more than me is not worthy of me.”

Man likes to cling to his old creeds, dogmas and doctrines for sentimental reasons only. Though he has outgrown the old concept of things, yet for social, political or family reasons, he hesitates to throw them away and consecrate himself solely to the Truth of Being. Such a man has a conflict in consciousness and cannot have a full realization of the Presence of God. There is a quarrel in his consciousness—his false pride causing him to refuse the Truth which sets him free.

“Man shall cleave to his wife.” This means man must be true to his ideal—his desired objective—by consciously claiming himself to be that which he longs to be, and feeling the reality of his desire. Man must not permit himself to react negatively to suggestions of fear, lack or doubt. For such suggestions, if entertained or believed, become

conditions in his world. No, he remains faithful to his beloved (ideal, desire).

“They twain shall become one flesh.” In prayer, when man withdraws from the world and contemplates the joy and happiness that would be his on realizing his objective, he enters into a fixed psychological state. Now he has become one in consciousness with his defined objective or ideal and he is at peace. Now the two (man and his desire) have become one. His inner feeling of joy indicates that he has passed over from the former state to the present state of consciousness.

Man’s bride or wife is his concept of himself. She should be a bride of the Lord, a noble, dignified, Christ-like state of consciousness. Let us cleave to this state of consciousness and contrive to sustain it until we are married to it. As we grow from glory to glory we will reach the Jesus Christ state of consciousness.

“What God hath joined together, let no man put asunder.” When man reaches the absolute conviction that his prayer is answered, or that the other is healed, and this conviction is unshakable, then God has joined them together and the two become one. The spiritual man knows that the subjective embodiment must come forth in the scope of spiritual creative activity. This spiritual issue is inevitable.

“They say unto him, ‘Why did Moses then command to give a writing of divorcement, and put her away?’” Moses here refers to a state of consciousness whereby man subscribes to man-made laws, and is schooled in unholy beliefs.

The creeds and beliefs of the world are mostly determined by the flesh rather than the Spirit. This worldly, materialistic minded individual wedded to his past does not know that God is within him and that his own unconditioned Consciousness or awareness of Life is God. Neither does he know that the solution to all problems is within him.

Inasmuch as his desires for peace, happiness, security and integrity come from within himself, if he knew the law of life he would accept these desires in free and unconditioned consciousness and Infinite Intelligence would bring them to pass.

Man, not knowing the law, rejects these desires and ideas that come to him as being impossible. He says, “I’m too old, don’t have the right connections, haven’t sufficient money, etc.” He sets up thousands of reasons why he can’t realize the cherished desires of his heart. Therefore, he gives these ideas and aspirations that well up with him “a writing of divorcement” and puts them away.

This rejection is due to his ignorance. He does not know there is a power within him which is capable of bringing all things to pass, and “None shall stay its hand and say unto it, What dost thou?” Moreover, asleep within man and merely waiting his recognition and claim are inspiration, divine guidance, and illumination. These too he puts away due to ignorance and seeks his guidance from the world.

So the Scripture says that “Moses out of the hardness of your heart suffered you to put away your wives.” This refers to the man whose concept of God is that of a tyrannical Being living in the skies. He makes a God out of his own imagination and says that He is a God of vengeance and caprice—a Being who plays favorites, a sort of horrendous creature that we can’t depend on since he might at any moment send a cyclone, tornado or earthquake.

Man’s concept of God hardens his heart. When he awakens and finds out that the subjective self or Life in himself is God, then he leaves the Moses state of consciousness which represents the state of mental development relative to the law of his being from the negative side. He is now beginning to learn of Truths and comes out from the maze of old theological concepts of existence. The exact opposite of man-made laws is most often true and “fact” evidence is oftentimes false.

“Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery.” This is easy to interpret if we will dispense with these silly, outlandish ideas that God instituted marriage laws and that we must adhere to the letter of them.

God never instituted any marriage laws. All the ceremonies and rituals that we have today are all man-made and vary in every part of the world. Obviously, God couldn’t have all these conflicting and varying ideas about marriage. “In Him there is no Greek, no Jew, no bond, no free, no male, no female.” “In Heaven there is no marriage or giving and taking in marriage.”

The adultery spoken of in this verse means idolatry—the worship of false gods. For example, if man gives power to any external condition, he is adulterating his thought. He is, in effect, implying that the God Power in him does not have the power to overcome the circumstance or condition. In other words, he is becoming charged with fear, and fear is a lack of faith in God.

If a man conditions the realization of his desire on external conditions, he is adulterating his thought. If a man conditions the realization of his desire on money, influences, etc., he is adulterating his thought. He is saying, “I have to help God out.” If he begins to wonder when, where, how and through what source, he is also an adulterer. Therefore, when we put away our wife (our highest ideal) and marry or become one with fear, doubt, hate, sense of failure or dependency on others, we have “committed adultery.”

“And whosoever marrieth her that is put away committeth adultery.” Yes, if man begins to broadcast his prayer of supplication and beseeching to a God in space somewhere, he is postulating a God outside himself and has a sense of separateness. “He marries her that is put away and likewise commits adultery.” This belief in a God apart from man is false, hence an adulterated concept. He is

never sure whether God will hear the broadcast or not. He has no way of knowing. Such a man is begging God as if He were hard hearted—he is cringing before Him as though God were withholding.

“God is the Gift and the Giver.” “I am a gift unto you.” “Come ye to the waters and drink, Yea come ye, buy wine and milk without money and without price.” The only price for all divine gifts, be they what they may, is “belief.” It costs nothing. No one can make you believe something that you don’t want to, for there are no conditions or specifications laid down. “Canst thou believe?” “All things are possible to him that believeth.”

“His disciples say unto him, ‘If the case of the man be so with his wife, it is not good to marry.’” The disciples are our attitudes of mind, our twelve faculties. In most cases they are not disciplined and are governed by world beliefs. So the worldly man cannot understand that that which he marries is a state of consciousness, his own mental concept.

He finds it difficult to believe that his wife is that which he is conscious of being, his dominant mental attitude. He finds it hard to comprehend that the conscious state in which he dwells is his wife or mother of his children. Their children are his body, affairs, finances, health, etc. So man, looking out into the world says, “It is not good to marry. There is so much divorce, separation, and unhappiness.” He looks upon marriage as a game of chance, not knowing that he attracts to himself a wife, conditioned exactly upon his inner mood or conviction.

“But he said unto them, ‘All men cannot receive this saying, save they to whom it is given.’” All men cannot see this Truth. They believe in chance, coincidence, accidents, good luck and bad luck. They cannot receive the saying “all is Law and all is Love.” There is only Law and there can’t be chance, coincidence or bad luck in a world ruled by Law.

An unhappy marriage or divorce is a perfect working out of a given state of consciousness. It simply is the external

manifestation of the discord in the man and his wife. Therefore, it is good and very good—a perfect working of a Law which never changes, which plays no favorites. We see a part of the process and condemn it, but if we could see spiritually we would see the perfect ending. “All men shall see the transcendent glory which I am.” When we learn that the law is really one of freedom and cooperate with it, then we find it is a Law of Love.

“For there are some eunuchs which were so born from their mother’s womb: and there are some eunuchs which were made eunuchs of men: and there be eunuchs, which have made themselves eunuchs for the Kingdom of Heaven’s sake. He that is able to receive it, let him receive it.” Eunuchs are our desires, concepts or ideals which are asleep or dead within us. We are eunuchs when we fail to animate and realize our God given desires.

We are here to radiate peace, love, and happiness. In other words, as Sons of God we are here to express God in thought, word and idea. Our actions must be God-like, we must begin to live the Truth and let our light so shine before men that they will see our good works. “By their fruits ye shall know them.”

Are our thoughts Godlike? Millions of people are eunuchs as they live in the world and its problems. They are building treasures on earth where the moth and rust doth consume and thieves break through and steal. We are eunuchs in the sense that because of our fear and foolish beliefs, we lose the capacity to create spiritually. We fail to partake of that mystic or Holy Communion with the Father and shed the radiance of the Light Limitless all around us.

“For there are some eunuchs which were so born from their mother’s womb.” This means millions follow the old theological pattern of hell and damnation, race mind beliefs, prejudices, and opinions. They are slaves to conditions, traditions and victims of the race thought. They fail to create spiritually and “Come out from among them and be

separate.” Consequently they are subject to collective or mass thoughts.

“And there are some eunuchs which were made eunuchs of men.” We listen to the negative suggestions of others, thereby neutralizing our desire or probability of attainment. A doctor says you will die in six months from heart disease and we accept and believe and prepare to die in six months. We fulfill his verdict “according to our belief is it done unto us.”

“And there be eunuchs, which have made themselves eunuchs for the Kingdom of Heaven’s sake.” This is the man abiding in the pure, illuminated spiritual consciousness. He is constantly in holy communion with the Father within. He wears the seamless robe, the Robe of Glory, the Garment of God which the mystic wears as he moves inward towards the Real. It is the pilgrimage within to the Holy of Holies and no one may enter except he wears the wedding garment. Many are cast out because they have holes, seams and ragged edges in their garments.

When we don white gloves and aprons and appear before the Great White Throne wearing the badge of innocence and purity, the Truth knows us because we know it. Then we inhale the incense always burning there and the precious perfume of His inmost Essence illumines our minds and bodies and we awake whole, complete and perfect. Our healing is instantaneous.

“He that is able to receive it, let him receive it.” He that is open minded and receptive enough will realize that this whole drama takes place within himself, in his own consciousness. Such a person then receives or perceives the Truth. Anyone who looks upon this parable as so many rules and regulations laid down by a man called Jesus is wallowing in the mire of the world beliefs and confusion. “He is worshipping the letter of the law.” “The letter killeth, the Spirit giveth life.”

In prayer, when man contemplates the joy of having or being that which he desires to be or have, he is performing the spiritual marriage act. Man at peace in this state of mental receptivity, may be likened to the wife or womb, for it is this phase of mind which receives impressions. That which man feels himself to be during prayer is the groom, for it is the name or nature he assumes and it therefore leaves its impregnation on his subjective consciousness; so one dies to what he is as one assumes the name and nature of the impregnation. The joy of the answered prayer plus the inner satisfaction that follows the appropriation of man’s desire is the proof of his marriage.

Chapter 12

Let us see these great truths in this new light. The writer has talked to many in various parts of the country who think it is a great sin to dissolve their marriage because the Bible says “What therefore God hath joined together, let not man put asunder.” Yet many of these people with whom I have talked live and have lived in hate for many years. This is not a marriage, but a mockery and rank hypocrisy.

Surely common sense dictates that because a man said a few words—“I now pronounce you man and wife”—that such a ceremony was not the meaning of “What therefore God hath joined together, let not man put asunder.” This means, instead, man’s spiritual convictions, his absolute faith in that for which he prayed. “I and my Father are one.” Man, realizing his oneness with the Father within, begins to do the works of God and no power or agency or man can break him asunder from his spiritual knowing or oneness with God.

How often is marriage really a spiritual union? How often is it merely a legal ceremony against which the parties to the contract begin to chafe in a week or so in some cases? Man marries a state of consciousness. A true spiritual union between two people (God hath joined) no one in all the world can put asunder even if he tried his utmost to do so.

To obviate making the wrong choice, man should pray scientifically when desiring a wife. There is no religion without science, and no science without religion. These are two arcs of a circle that meet and become one.

This is the scientific way he should go about selecting a wife. Let him close his eyes, be still and imagine that he is now married to a noble, dignified, loyal, spiritual, wonderful woman. Let him state the qualities or attributes that he admires in a woman and feel that he now is married to such a woman. Then he should go off to sleep knowing that Infinite Intelligence will see to it that he is irresistibly attracted to the right woman.

In such cases he will immediately recognize her and she him. It will be mutual. There will be no confusion. It will be a perfect spiritual union. They will bend spiritually, physically and mentally. Praying in this way, he is not deceived by the evidence of his senses which are nearly always fooling him.

When a man plans to get married, he must never judge according to appearances. Let him “judge righteous judgment.” A man came to the author and said the woman he was going with for three years refused to marry him and he was going to commit suicide if he couldn’t have her. After being taught to pray scientifically for a wife, this man met a waitress in a hotel where he was staying, fell in love with her and married her. They are supremely happy.

What about the woman that he could not live without? In the interim it was revealed to him through friends that she had already been married six times, never taking the trouble to get a divorce. She was also an ex-convict and had been convicted of several crimes and while keeping company with him was living with another man.

When we pray aright, it does not bring grief or pain to anyone else. Some people think they have the right to break up the homes of others. They say “That’s the man I want”, and they are perfectly willing to break up the home to gain their point. It is true they may succeed, but what kind of a bargain have they? They have impregnated themselves with limitation and the result is dissatisfaction and unhappiness in many instances.

What has happened to the Golden Rule? Where is it? Have they applied it? “As ye would that men should do unto you, do you even so to them in like manner.” This is the whole law of a happy and successful life. In selfishness and greed this is forgotten. What does the woman want the family of the man that she weaned away from his wife to think about her? What does she want them to feel about her? She wants his wife and family to think of her as a noble, gentle, dignified lady who is Christlike. Then let her apply this principle and see if she still desires to wreck their home.

We must stop working in a finite way for an absolute state. Marriages are made in heaven—in other words, harmony and peace. “Peace is the power at the heart of God.” God is peace. Jacob, when he prayed for a wife, saw angels ascending and descending. The angels ascending and descending represent the qualities and attributes that man admires in a woman.

“As within, so without.” Having felt the reality of the state it becomes subjectified and whatever is subjectively accepted is made manifest. Therefore, he meets the image and likeness of his inner conviction. If man strikes a note on the grand piano, all notes in harmony with it strike in response. They may be higher or lower but similar. So man attracts to himself people based on his moods or concepts of himself. It is affinity or attraction depending on the chord I strike. Man may strike a discord but he does not take all the discords out in order to make a harmony. When he disciplines his mind in prayer, he can play a divine harmony.

Suppose a man “cheats” on his wife. If he had love and respect for his wife, he would not want any other woman. When man has found his true spiritual ideal in marriage, he has no desire for any other woman. Love is a oneness, not a duality or a multiplicity. Man running around with many women—which are but the many adulterous moods within him—is marrying many concepts such as frustration,

resentment, cynicism, etc. When man has found love with his mate he has found fullness of life.

The reader may say “Why do some men have many wives?” The reason is that at one time the earth was depopulated and the earthly fathers, not knowing anything better, suggested this method. But today we are more spiritually awakened and know that the earth is populated enough. Therefore, if a man “cheats” on his wife, he is frustrated and never really has had a love or feeling of oneness. He has a profound inferiority complex and is striking that tone. So what is he meeting? He is meeting himself—in other words, his inner mood or concept of himself.

Inevitably, then, the women he meets are vacillating, neurotic women, confused and marrying many concepts. He is but seeing and hearing his own inner vibrations. The women in the case are just as frustrated and unstable as the man. “Birds of a feather flock together.” “Like begets like.”

Now let us take the case of a woman who is “running around” with a married man. The reason for this is simple to see. She gets a vicarious thrill because she takes him away from his wife—he pours out his troubles and makes disparaging remarks about his wife. She has been unable to demonstrate a husband or boy friend and gets a pseudo-satisfaction, or false thrill in stealing another woman’s husband. She too has an inferiority complex and is unstable. She talks of the many proposals she has—it is because she is aching for them.

Now a man who knows the laws of life will always see his wife as he first saw her. In his thought and feeling she will always be clothed with the garment of salvation and the robe of righteousness. Then she will always be to him what he believes her to be. We are not living with people so much as we are living with our concept of them.

If a man never loses faith in his wife, she will fulfill his conception of her. If she becomes dejected, tired and

worried and he becomes one with her in feeling, they both fall into the ditch. But if he rejects this mood and knows and feels that she is healed, wonderful and perfect, no matter how despondent or gloomy she may become, he lifts her out of it.

Man demotes himself by feeling his lack. His fear is transmitted to his wife and she reacts in kind.

She cannot see him in the way she formerly did as he has not the same feeling about himself. She can see him only in the way he sees himself. Likewise he can see her only in the way she sees herself.

If a man feels himself to be dignified, he commands respect and gets it. One man having the predominant mood of success and happiness, knits all the members of the household together. He influences them and dominates them mentally. When he dies, quite often the members of the family fight between themselves. He was a cementing influence. He felt harmony and peace in the household. Your dominant conviction makes others see what you see.

“He is not dead—he sleepeth.” He realized the Truth and saw life there. He caused the so-called dead man to vibrate. Then they all saw Lazarus alive. “The damsel is not dead, but sleepeth.” We are asleep to God. All tones are within us. Men ask, “Should I get a divorce?” This is an individual problem and cannot be generalized. In some cases divorce is not the solution, no more so than marriage is the solution of a lonely man.

Friction between husband and wife can be solved by prayer. Let the wife see the Christ in her husband. Let her see him as he ought to be, happy radiant and peaceful. Let her hear him, in the meditative state, tell her how wonderful she is, how kind she is and how happy he is with her. If she is faithful to this treatment, he will be transformed and peace is restored.

In some cases, of course, there never was a real marriage. Because a man and woman have a marriage

license and live in a home, it does not follow that that is a real home. Perhaps it is a place of discord and hate. When a child is present and the parents do not know the law of life, it is better to break up such a union than have the mood of hate stifle the minds of the children. Many times a child's life and mind are dwarfed by the mood of the parents, resulting in neurosis, crime, etc. It is far better for a boy to live with one parent who loves him, than to live with two who hate each other and fight all the time.

Divorce may be right for one person and wrong for another. "There is now no condemnation of them that are in Christ Jesus." Where there is no consciousness of guilt, there is no guilt. A divorced woman may be far more noble and Christ-like than many of her married sisters who are living a lie, rather than face the Truth. Such a married life is a sham and a farce though they manage to keep up appearances. They are afraid of what the neighbors will say. Others are afraid that it would be bad for John's business. Others stay married for political reasons, etc.

This, of course, is making a mockery of marriage. Marriage on the physical plane is symbolic of the spiritual, esoteric union of two souls seeking their way back to the heart of Reality which is Love. God is love.

To say that a divorced person is under divine condemnation is a mockery and a sham and shows a complete lack of understanding. In many cases it is the decent, honorable thing to do. In some cases where a couple find they are hopelessly incompatible, spiritually and mentally, then let them do as a friend of the author's did recently. He said to his wife, "Goodbye and God bless you." She replied, "Goodby and God bless you, Harry." They both meant it. They were blessed and there is absolutely no guilt because they have no consciousness of guilt.

Man forgives himself. There is no one else to forgive him. "Hath no man condemned thee? Neither do I condemn thee." We can divorce each other and yet love one another.

Love is the fulfillment of the law. Love is an impersonal law. The love spoken of is the impersonal good will, rejoicing that the law of God or good is working for the other and through him that the peace of God is in his home, heart and affairs. Anyone can do this. This is God's love. Love gives—it frees—it is the Spirit of God. Love is the key that opens the treasures of heaven.

True marriage finds its bliss, its happiness in an accord of ideals, a harmony and purity of purpose. Let us stop blaming God for the abuses that go on under the name of marriage. The name to many means sounding brass and tinkling cymbal—a mockery of the word. Let us awake and discover the true impersonal and universal love, then marriage will be a happy state or union, blessed by the fire of Divine Love.

Love seeketh not her own. Love is and all there is, is Love. Love is the knot that binds man and woman (thought and feeling) in the endless cord of life, binding past and future in the eternal present. All that was, and all that shall be now is, for in Love's eyes time is not. Love is the end of the quest and the goal thereof and Love is the way of life. Take heed that ye despise not God in human form. He may be at your side in the person of your beloved one, through the working of God's grace. The desire for freedom is oftentimes a desire to marry another. A lady gets a divorce, for example, and she is bitter and resentful towards her former husband. She remarries without forgiving and what does she find? The second is worse than the first. She tries a third and a fourth and a fifth. Each is worse than the preceding one. All the while she does not know that her inner mood of resentment caused her to attract similar types of men based upon the laws of attraction.

The cure is to give herself a mood of love and peace for the mood of resentment, then she has forgiven (given for) herself. She has given the mood of love for the mood of hate and is at peace. Living in the mood of resentment over

supposed wrongs committed by a former husband caused her to attract lack and limitation because she was living and moving in the attitude of lack.

Her ideas of love and marriage have to change if she seeks to find true harmony. She must lift love to a spiritual basis. Let's not limit love, bind it or circumscribe it. Love, freedom, and respect, these three are one and the one is three. If any of them is absent, there is no love present. The three are synonymous.

The contemplation of divine ideals—the study of the mysteries of life—a common purpose and plan and personal freedom bring about that mystic marriage, the wedded bliss, that holy union where the two souls become one. Each is wedded to God. Let us remember who we are—sons of God on a journey of self discovery.

The journey we take is the pilgrimage within to the Holy of Holies and the God we seek is the subliminal essence or the perfumed presence of our own I AMness. "Had I not come they would not have known sin." Our sin is our failure to realize our desire and live a full and happy life. To live the life, let us sing the Song of the Lamb. I am Christ is the song. Feel it. Believe it. Act it! For its word must become flesh!

The esoteric meaning of "the grand passion" is true marriage. The inner meaning of sex on its psycho-mystical side may be, in a manner, described as a craving for subconscious respiration of loftier levels of Reality. The divine alchemy of the grand passion functions through and beyond its mechanisms and rituals and makes possible the approach and experience of the Beloved One.

Katherine Mansfield in her journal says, "A sudden idea of the relationship between lovers—We are neither male or female, we are a compound of both. I choose the male who will develop and expand the male in me; he chooses me to expand the female in him. Being made "whole"—By love serve ye one another." Jesus in the New Sayings is reported

to have answered the query as to when the Kingdom of Heaven will come by the words, “When there shall no longer be male or female” (in a divided undisciplined state of consciousness).

In the gospel of the Holy Twelve Jesus says, “Verily I say unto you, In God there is neither male, nor female and yet both are one, and God is the Two in One. He is She and She is He. The Elohim our God, is Perfect, Infinite and One.”

About the Author

A native of Ireland who resettled in America, Joseph Murphy, Ph.D., D.D. (1898–1981) was a prolific and widely admired New Thought minister and writer, best known for his metaphysical classic, *The Power of Your Subconscious Mind*, an international bestseller since it first appeared on the self-help scene in 1963. A popular speaker, Murphy lectured on both American coasts and in Europe, Asia, and South Africa. His many books and pamphlets on the auto-suggestive and metaphysical faculties of the human mind have entered multiple editions—some of the most poignant of which appear in this volume. Murphy is considered one of the pioneering voices of affirmative-thinking philosophy.

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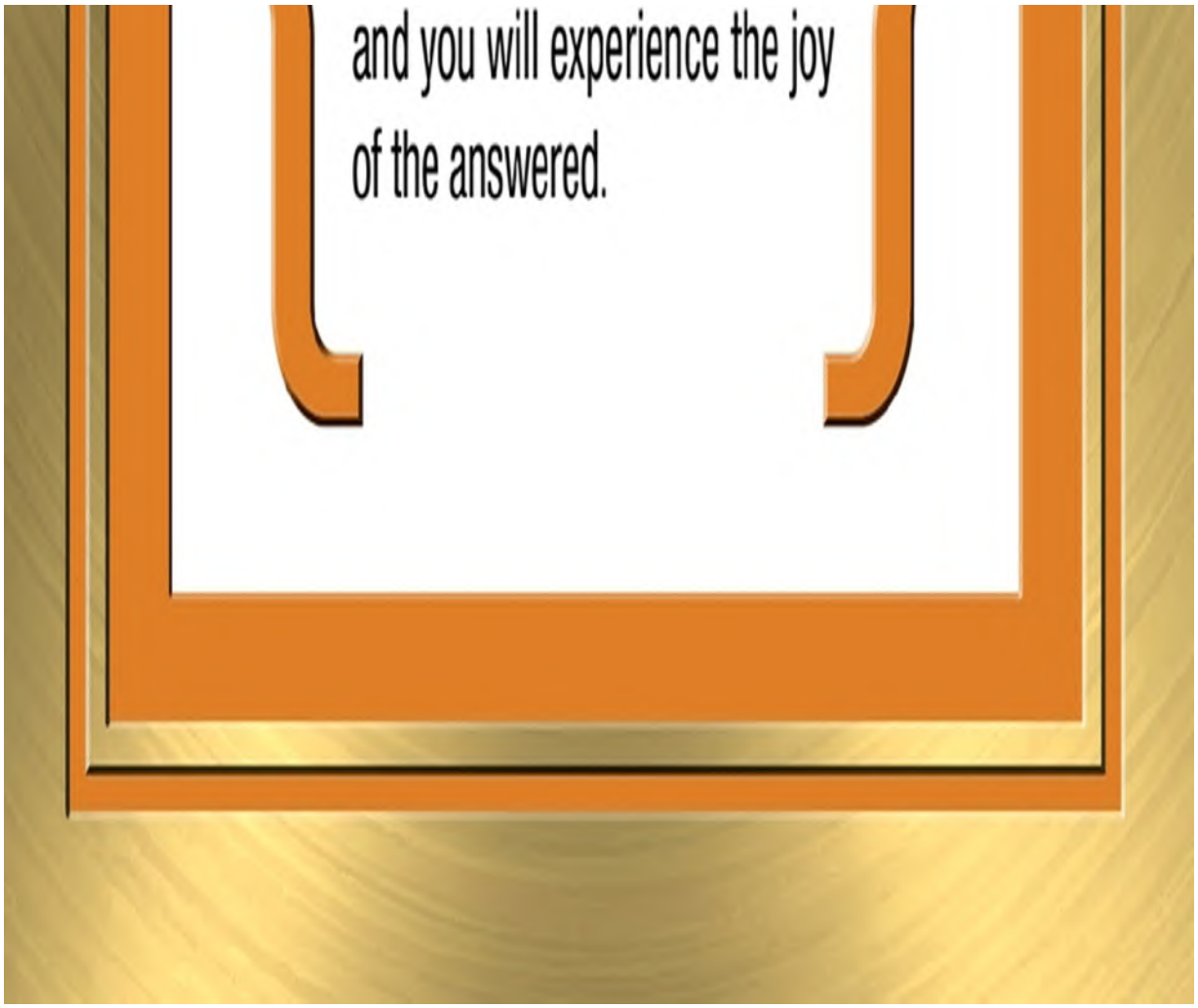
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Published 2020 by Gildan Media LLC
aka G&D Media
www.GandDmedia.com

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Front Cover design by David Rheinhardt of Pyrographx Interior design by Meghan Day Healey of Story Horse, LLC

Library of Congress Cataloging-in-Publication Data is available upon request
ISBN: 978-1-7225-0150-1

eISBN: 978-1-7225-2249-0

10 9 8 7 6 5 4 3 2 1

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You Are As Your Mind Is

INTRODUCTION BY MITCH HOROWITZ

Many of us grew up with the notion—almost wholly untested—that our moods are, more or the less, the result of our circumstances. That our moods are *symptoms*.

Metaphysical writer and minister Joseph Murphy (1898–1981) upended that point of view. Murphy perceived and documented a different and more powerful way of living—one in which mood, thought, and mental image are *causes* rather than symptoms. Murphy considered this true in the most literal and vital sense. More so, the author reasoned that you, as an individual, are an expression and channel of the Godlike creative powers referenced in Scripture, and that you are, at this very moment, constructing your world through your emotionalized thoughts and mental images.

Beginning with his first book *This Is It* in 1945, the Irish minister combined principles of psychology, self-suggestion, and a cosmological theology, which he had been developing and testing for many years. It is notable that Murphy did not produce his first book until age forty-seven—he first sought to validate his ideas in the laboratory of experience. Once Murphy found his footing as a writer and speaker, his output was prodigious, as you can see from the timeline at the end of this book.

The size of Murphy's readership, which today is growing, is equal to the volume of his output. Part of the reason for Murphy's posterity is that he dramatically and, for many people, convincingly married twentieth-century psychology with the New Metaphysics, specifically New Thought, Science of Mind, Unity, Christian Science, and Divine

Science. In so doing, he gave readers a dramatic new sense of their self-potential and their role in creation.

Murphy accepted the traditional premise that we all possess two minds: the outer, rational mind, called the conscious; and the inner, emotional mind, called the subconscious, or what is sometimes called the psyche. The subconscious is generally agreed to be the driving engine of your life—it is the hidden influence that shapes and reinforces your attitudes, affinities, perceptions, self-image, relationships, and experiences. But Murphy went further. He reasoned that the subconscious mind is *programed* by the conscious mind: what we view and accept as valid or perceptively justified—whether or not this is sound or desirable—is acted upon and out-pictured by the subconscious in a complex of ways.

Hence, Murphy reasoned that the mission of the conscious mind must be to protect the subconscious from receiving impressions that misdirect its life-shaping energies. We must consciously filter out or temper suggestions that we do not want the psyche to uncritically accept and act upon. The stakes of this transaction are higher than is commonly understood. The subconscious, Murphy reasoned, mediates between individual experience and the existence of an Infinite Mind, which courses through each of us like the inlets of a vast ocean. Seen another way, the subconscious or psyche is the medium through which Infinite Mind, or what Scripture calls God, creates and actualizes.

This view is largely at home in New Thought. It differs somewhat from Christian Science insofar as Christian Science theology sees the human mind itself not as a mediator between the individual and higher but as an illusion—sometimes called “mortal” or “material” mind, which must be allowed to dissolve like a fog of delusion so that the one Higher Mind can shine through. In effect, however, Murphy’s philosophy agrees with Christian Science

and the related metaphysical schools: materialism is ultimately a delusion and the one true reality is the fullness and unsurpassed peace of the Higher Mind. In this sense, Murphy endeavored to harmonize the New Metaphysics, biblical revelation, religious symbolism, and modern psychology.

Murphy was a lifelong seeker and traveller, in both inner and outer realms. As such, he was well suited to the task he took on.

Born in 1898 on the southern coast of Ireland, he grew up in a large, devout Catholic family. Murphy's parents urged him to join the priesthood. But the young seminarian found religious doctrine and catechism too limiting. Eager to peer more deeply into the internal mechanics of life, the he left seminary to dedicate his energies to chemistry, which he studied both before and after his religious training.

In the early 1920s, married yet still searching for his place in the world of career and commerce, Murphy relocated to America to seek employment as a chemist and druggist. After running a pharmacy counter at New York's Algonquin Hotel, Murphy renewed his study of mystical and metaphysical ideas. He read the works of Taoism, Confucianism, Transcendentalism, Buddhism, Scripture—and New Thought. The seeker grew fully enamored with the New Metaphysics sweeping the Western world. The causative power of thought, Murphy came to believe, revealed the authentic meaning of the world's religions, the deeper meaning of psychology, and the eternal laws of life.

In arriving at his matured spiritual outlook, Murphy told an interviewer that he studied in the 1930s with the same teacher who tutored his contemporary New Yorker and friend, mystic Neville Goddard (1905–1972). Murphy said they shared the same mentor: a turbaned man of black-Jewish descent named Abdullah. Shortly before his death in 1981, Murphy, in a little-known series of interviews

published in French by a Quebec press,* described his encounter with the mysterious Abdullah. Interviewer Bernard Cantin recounted the tale in his 1987 dialogues with the writer:

> *It was in New York that Joseph Murphy also met the professor Abdullah, a Jewish man of black ancestry, a native of Israel, who knew, in every detail, all the symbolism of each of the verses of the Old and the New Testaments. This meeting was one of the most significant in Dr. Murphy's spiritual evolution. In fact, Abdullah, who had never seen nor known the Murphy family, said flatly that Murphy came from a family of six children, and not five, as Murphy himself had believed. Later on, Murphy, intrigued, questioned his mother and learned that, indeed, he had had another brother who had died a few hours after his birth, and was never spoken of again*.

After studying with Abdullah, Murphy in the late-1930s began his climb as a minister and writer, soon lecturing on the radio and speaking live on both coasts. He wrote prolifically on the autosuggestive and causative faculties of thought, and reached a worldwide audience in 1963 with *The Power of Your Subconscious Mind*, which went on to sell millions of copies and has remained one of the most enduring books on positive-mind philosophy.

The Wisdom of Joseph Murphy is intended to provide you with the practical essentials of Murphy's outlook and also give you a sense of arc and breadth of his career. Not every idea included here is one that you will necessarily agree with. I do not myself. But I find it useful to evaluate, learn from, and posthumously argue with Murphy as a figure possessed of a range of outlooks, some of which he refined as time passed.

The truly radical and seismic notion at the center of Murphy's work is: *You are as you mind is*. He dedicated a lifetime to studying, proving, harnessing, and supplying seekers with that idea. This book is a testament to the enduring power and effectiveness of his search.

*~See timeline.

1
This Is It: The Art of Metaphysical Demonstration

(1945, revised 1948)

This concise book is one of Joseph Murphy's earliest works and it presents his entire system in a nutshell. In This Is It, *Murphy, like his contemporary Neville Goddard, identifies the figures who populate Scripture as symbols for your moods. He also teaches that you are liable to overlook some of the lessons and solutions intrinsic to your nature because you do not trust your intuition or you dismiss something out of hand because you do not recognize it or consider it carefully enough—an important point to remember when watching for the arrival of answers to problems or the actualization of cherished projects. Finally, Murphy writes about the malleability of destiny: nothing is foreseen that cannot be changed with the changing of your thoughts and moods*.

—MH

Divine Guidance

“If thou knewest the gift of God, and who it is that saith to thee, Give me to drink, thou wouldest have asked of him, and he would have given thee living water.”

—JOHN 4:10.

The living water means inspiration. The word inspiration comes from the Latin “Spiro,” meaning I breathe into. We breathe air without effort, likewise we must let the Divine Light or creative essence of God flow through our intellect without tension. The subjective mind in us perceives by intuition. It does not have to reason or inquire as it is all-wise, infinite intelligence. If you say to your subconscious, sometimes referred to as the subjective mind (being subject to the conscious mind), “Wake me up at seven o’clock,” you know that you awaken exactly at the time specified. It never fails.

We must realize that herein lies a source of power which is omnipotent. Many good people have erroneous ideas about being inspired. They believe that it is an extraordinary event to be experienced by mystics or highly spiritual people, and they think it applies to prayer and the Bible only. This is not true.

Any business man or woman may be inspired by turning to God, and information or divine guidance may be received for any problem. Your business problem can be solved by turning to God for the answer and your information may be general or specific. For example, if you are an executive of a commercial organization and you want a new idea for your sales program, try the following technique. If you are in business, have a private office where you will not be disturbed; close your eyes; be still; think of the attributes

and qualities of God, which are within yourself. This will generate a mood of peace, power and confidence. Then speak in the following, simple manner to the Father within who doeth the works, “Father, thou knoweth all things, give me the idea necessary for a new program.” Begin to imagine that you now have the answer and that it is flowing through you. You must not pretend; really believe it; accept it and then drop it. The latter is most important and is the secret of the whole process.

After the silence, get busy; do something; become preoccupied with routine matters. Above all do not sit around waiting for the answer. It comes when you think not and the moment you expect not. The inner voice of intuition speaks like a flash—it is always spontaneous and unannounced. You may get any type of information which will help you along the road to success.

Intuition, which means being taught from within, knows the answer and does not require previous experience. We must realize that God has no problems, if He had, who would solve them? Therefore, when we pray, we know that God has only the answer; He knows no problem, hence we rise to the point of recognition of the answer. The answer flows through the problem and there is no problem. No reasoning power is involved and the amazing suddenness with which the solution comes, sometimes is startling. In our Young Peoples’ Forum we now teach intuition and inspiration; they find it fascinating and illuminating.

Intuition is the soft tread of the unseen guest. We must welcome this King of Kings and sing His praises; then He will make frequent visits. The abandonment of the intellectual reason for the wisdom of God is intuition. We abandon our objective reasoning only in the sense of deferring it to a higher guide. After we have received an intuition, we use reason in carrying it out. You may get specific information about anything.

For example, you may be writing a book and require special data, perhaps written 1000 B. C. The information may be in the British Museum or in the New York Public Library. It might take you days or weeks to find it, if you do not know specifically what you want. In such instances, relax; be still and say silently and quietly to your Father (your subconscious), “Thou knowest all things, give me this information.” Drop off to sleep with the one word “answer.” In that relaxed mood you repeat the word “answer.”

Your subjective is all-wise; knows what type of answer you desire and will answer in a dream, as a hunch, or feeling that you are being led on the right track. You may get a sudden flash to go some place—a person may give you the answer. “I have ways that you know not of.” Many are led to an old book store, where they pick up the very book that gives them the desired data. We must be ever watchful for impressions as Divine guidance, for when a feeling or idea comes to us, we must be able to recognize it.

There are two reasons why we may not acknowledge our hunches. These reasons are tension and failure to recognize them. If we are in a negative, despondent, bitter mood, Divine guidance is impossible. As a matter of fact only negative guidance will prevail. If we are in a happy, confident, joyous mood, we will recognize the flashes of intuition that come to us; moreover, we will feel under subjective compulsion to carry them out. It is necessary, therefore, to be still and relaxed when you pray for guidance; for nothing can be achieved by tenseness, fear or apprehension.

Who has not had the experience of being unable to remember a name, then dropping the search, have the name come to him later during repose? If you try too hard to hear a telephone ring, you cannot.

Let us consider the failure to recognize the voice of intuition. For example, suppose we are gazing idly into a store window. An eccentric millionaire puts a $500 bill in our

hand. We throw it away thinking it is an advertisement for a dance hall or a beauty parlor. We must be on the alert for Divine ideas or feelings that come to us, and be able to recognize them. In emergencies guidance comes immediately, because we lean all our weight on the Christ within; thus we place all our burden on him and are free; then comes salvation. The answer to everything is within. “You would not have sought me, had you not already found me.”

For business and professional people the cultivation of the intuitive faculty is of paramount importance. Intuition offers instantaneously that which the intellect or reasoning mind of man could accomplish only after weeks or months of monumental trial and error. When our reasoning faculties fail us in our perplexities, the intuitive faculty sings the silent song of triumph.

The conscious mind of man is reasoning, analytical and inquisitive; the subjective faculty of intuition is always spontaneous. It comes as a beacon to the conscious intellect. Many times it speaks as a warning against a proposed trip or plan of action. We must listen and learn to heed the voice of wisdom. It does not always speak to you when you wish it to do so, but only when you need it.

If we will only believe, and not pretend to believe, that God is guiding us now in all our ways, in all our thoughts, words and deeds, we shall be led along the right road. Artists, poets, writers and inventors listen to this voice of intuition. As a result they are able to astonish the world by the beauties and glories drawn from this storehouse of knowledge within themselves.

Become still, relax, close your eyes and say, “Father, thou knowest all things. I am writing a novel. Give me the characters, names, locations and setting.” Rejoice that the answer is flowing through you now; drop off to sleep with the word “novel” on your lips, silently repeating it until you are lost in the deep of sleep. The word “novel” is etched in

the subconscious. In the morning or a few days later, you will sit down to write; the words will flow; ideas will come in an unending stream and you will say, “Thank you, Father.”

The word “intuition” also means “inner hearing.” The oldest definition for “revelation” meant “that which is heard.” Jesus said, “As I hear, I judge.” Hearing is not the only way to nurture intuition. Sometimes it comes as a thought, but the most common way is to “hear the voice.” Many times it is a voice whose texture, color and substance you can hear as plainly as the voice over the radio. The scientist uses his wonderful gift of imagination and in the silence he sees fulfillment. His intuition relates to his particular science.

Intuition goes much farther than reason. You discard reason; then comes intuition. You employ reason to carry out intuition. When you receive intuition, you will often find that it is opposite to what your reasoning would have told you.

This is how one young lady in the advertising business produces her wonderful slogans. She drops off to sleep with the word “slogan” on her lips, knowing that the answer will be forthcoming. It always is—“He never faileth.”

2

Power To Choose

Theology has always accounted for the presence of evil in the world by the invention of a devil.

The inner meaning of the Old Testament clearly indicates that its writers did not believe in the devil. You are told—several times openly, and always secretly—that the Lord was responsible for evil as well as for good. The Lord, or law, referred to is the law laid down by man, because of his foolish beliefs in sickness, disease, fear, death, old age and all other ills. This is the law decreed by man, and is different from the laws of the Lord God. The laws of electricity, motion, physics and mathematics are example of these laws. We are learning the nature of these laws and specializing them in numerous ways. These laws are neither good nor bad—they are facts in nature.

In reading the Gospels the word *devil* is not found in the earlier versions. It is mentioned therein “as a spirit of evil.” In the teaching of Jesus there is no mention of the theological devil. This was later invented by certain writers. Furthermore, let us realize that the word we have translated as “devil” is “a” spirit of evil, not “the” spirit of evil.

Thus Jesus taught that there were many spirits of evil. Constantly the narrative states that He went around expelling the devil from human beings. The spirits of evil spoken of are the moods of hate, jealousy, revenge, remorse and fear. The many phobias, fixations and other destructive negative thoughts which man is capable of conceiving are also spirits of evil.

Jesus is symbolized in the Scriptures as the great teacher of Truth. He explained the laws of life by recounting

parables, allegories and fables to the multitude. “But without a parable spake he not unto them.” He healed all men by seeing them as perfect as their Father in heaven. He proved to them that any man can overcome any obstacle—be it what it may—that besets his path. All that was necessary was for man to believe that the God within could do all things. Jesus’ whole mission was to teach people how to find the Christ within, or the true self, which does all things in the name of the Father. In those days man thought that it was too good to be true. Today we still find millions believing in powers apart from themselves and living in dread of the unknown. Countless millions are victims of belief in war, crimes, disease and the power of environment and circumstances to hold them down.

It might be said that the devil is God upside down. The devil is God as He is misunderstood by the so-called wicked or ignorant. God is all, and all there is God. He is absolute, the only One, and everything is made inside and out of the Absolute. He has created all things and nothing exists apart from God. He is infinitely good and perfect and the author only of perfect good.

The devil is everything that God is not; therefore, the devil is not. The devil is wrong thinking and feeling; these powers result in wrong action or expression. Man having free will—that is, the freedom to choose happy or despondent moods—creates his own good and his own evil. He is not compelled to love, but he has freedom to love. Love is joyous and spontaneous and we have the freedom to give or retain it. God did create a being out of Himself but did not decree that he must love Him. No, that would not be love, because man would then be an automaton, and all of us would be truth students.

You will realize there would be no joy unless we knew the opposite. How could man know what joy is except he could experience the opposite? Man is conditioned into this world and becomes conscious of opposites—such as north and

south, east and west, hot and cold, positive and negative, darkness and light, male and female, night and day, ebb and flow. These constitute man's evil or limitation. He finds that he has to travel from New York to Chicago due to his belief in travel. He will continue to do this until he awakens from his dream of limitation, and finds that all he has to do is to feel that he is in Chicago; really believe it, and he will be there; for Chicago is within himself. He does not go there —he brings "thereness" here. When we find God or the Oneness, all opposites or sense of duality disappear.

The first thing we must realize is that there is no power to challenge God for His throne. If this were true, God would not be God. He is omnipotent, omnipresent and all-wise. He is infinite intelligence. "Ye shall know the Truth and the Truth shall make you free." Understanding of Truth frees man from want, fear, sickness, all superstitions and false beliefs of the race. The devil has been created by people who were unable to account for the apparent evil in the world. They reasoned in this fashion: God was omnipotent, but was powerless about the devil.

If any man is now dwelling in hate, that is his personal devil and it will hurt him. If any man believes in external forces capable of injury or destruction, this man is really saying, "God is supreme, yet He is not supreme." He creates a devil who becomes His successful rival. God asks you to forgive your enemies; yet He cannot forgive His own; for he has created a place of everlasting punishment for them, even though admittedly He is all powerful; this of course is an absurd position.

From the foregoing analysis it might be said that the only evil is the belief in evil. All things and all activities are from One source—God. It must follow, therefore, that there can be nothing intrinsically evil. The evil comes from our incomplete state of consciousness—from our seeing things incorrectly. Reflect that what we call evil in humans we do not call evil in animals, but it is the conditioned responses to

natural instincts. Our incomplete state of consciousness, our misapplication and our misapprehension of Universal laws constitute what the world calls evil. We insist upon doing things that will hurt us, even after we have discovered that they hurt us. We prefer the immediate gain though it blinds us to the consequent pain.

The hell spoken of by some is not the punishment dealt out by an angry God. It is the consequence of man's own acts, brought upon himself. He can free himself from this hell, when he is willing to take the necessary steps and undergo the self-discipline of right thinking, right feeling and right action.

What greater self-discipline is there than the constant application of the Golden Rule? "As you would that men should do unto you, do you also unto them in like manner!" Likewise, as you would that men should feel about you, feel you also about them in like manner. As long as man refuses to believe that God is good, there remains but one way out —the Via Dolorosa—undergoing pain and suffering.

The word that means "devil" in Hebrew is a word meaning "slanderer" or "a liar." The devil is one who tells lies about reality. A slanderer tells lies about man. The eye slanders a fact because it deals only with the outside appearance of fact. People say, "The sun rises and the sun sets," but it neither rises nor sets. We see nothing as it is in reality, because our eyes are geared to see according to our beliefs. If, for example, our eyes were geared in any other way, we would see things differently. We would see circumstances differently, and they could become something else in our sight.

According to the Ancient wisdom the word "mirth" is connected with the letters AYIN, which means the eye. The reason for this is that the surface appearance is different from the reality. AYIN is associated with what seems rather than what is—with illusion rather than reality; this is the most mirthful thing about the "devil." The real meaning of

“devil” in the Hebrew language is the “slanderer”—one who tells lies about the Truth.

We might point out that as man awakens, he builds a finer and finer instrument until he no longer needs an instrument—he sees without eyes; then man sees reality, because the illusion of the thing does not stand in his way. With the mind’s eye, he sees beyond the form to the reality behind. In other words, he sees divinity beyond the mask. Without eyes the spiritual man sees “Truth” everywhere. He knows that One and not two is the beginning and end of all. However, two—good and evil—are the aspects One presents to mankind, because men are subject to the illusion of duality.

Fools, deluded by outward appearance, create a demon out of the web of their folly. The awakening is that divine understanding which comes to a man who succeeds in meditation, and “the last day” is the time of that achievement. The wise man sees and knows that the demon is the shadow of the Lord. “Happy is the man that findeth wisdom, and the man that getteth understanding. For the merchandise of it is better than the merchandise of silver, and the gain thereof, than fine gold.” (Prov. 3:13–14).

The belief that desire is a personal affair is due to a misunderstanding of the Divine urge present in all men. The urge towards growth which everyone feels, is not from the personality; nor can this urge be satisfied by accumulating things of the world. Man’s desire for power, authority, possessions and fame are mistaken desires, *the reason being they are all for limited forms*. They set up the law of contraction instead of expansion. Let us have the desire of being rather than of having; then we will unite ourselves with a source of power that no degree of expression can diminish.

It is true, however, that our subjective mind fulfills or grants mistaken desires also, and this is often the cause for our bitter experiences. The desire to get things such as

hats, automobiles, fur coats and houses is a disappointing one. When one gets what he desires in the material way, he must then desire something else, but in this way he does not grow spiritually. Eventually he must look for something which will not fade when he gets it. There is only one such desire—that is to give life, love, peace, wisdom and beauty to mankind. “I am come that you might have life and have it more abundantly.” As with all other desires the more we get, the more we want.

We must remember, it is more blessed to give than to receive. We do this by seeing the “Untouchable glory of God” in others. The more we see It in others, the more It will shine out in ourselves. By doing this daily, we are preaching the Gospel or good news. The more we give in this manner, the more we have. The true gift is that which we give ourselves in consciousness by feeling the reality of the wonderful state we desire to see manifested in the other. To take our desires from the world of limitation—which is eating of “the fruit of the tree of knowledge of good and evil”—brings us disillusionment and pain. It is by these “stripes” we are healed—made whole in consciousness.

The innermost nature of Being is the tendency to give more life, therefore, all desires may be tested in this manner. Let man ask himself if the realization of his desire will enable him to give out more life, love and beauty to his world. If this is true, it is a desire that is never disappointing. “The more you give the more you have.” On the lower scale we find that the more you get, the more you want.

There is an inexhaustible storehouse in man, from which he can draw forth security, peace and happiness—this is the Kingdom of Heaven spoken of in the Bible. Having found peace and happiness within, all other things are added to him. The only time is NOW. All experience is *now*. All Action is *now*. Let us experience the Kingdom of Heaven *now*, for God or our Good is the eternal *now*.

3

Rebirth

It is often asked, “Why do we have dictators, despots and tyrants in the world?” These are extensions in space of the dictator complex present in the hearts and minds of all human beings.

Instead of trying to force our opinions on others, we must learn how to change ourselves and we will change the world.

What is the world? The world is ourselves in aggregation. Napoleon still lives, Ghenghis Khan still lives, as do Caesar and all others. They live in the consciousness of the race. Our boys and girls learn about them at their mother’s knees, at school and in college. They burn with resentment and rage at the apparent wrongs committed by these men. They read avidly of the crimes, atrocities, and acts of violence. These states are impressed on their subconscious minds. All of these moods, feelings and thoughts which are entertained become objectified as living realities. Moreover, these boys and girls suffer from nightmares, hysteria and various complexes because these moods of fear, hate, anger and resentment become the ghosts that walk the gloomy galleries of their minds.

Living in these states of mind—dwelling on dictators and tyrants, realizing that whatever is impressed in consciousness must be expressed in the world—man should not be surprised when these tyrants of the past are reborn into our society, because we actually call them forth. It is true in a sense, therefore, that Ghenghis Khan is reborn or reincarnated. He is an embodiment of the state of consciousness of the people, nation, race or world, whatever

the case may be. The reader will see, that it is not a man who lived a thousand or two thousand years ago who is being reborn. It is a state of consciousness that is born again.

When a mother places a child on her knee; whispers in his ear that he is God walking the earth and tells him that he can do all that Jesus did, she is seeing her boy as God had planned. If the mother believes her statements, her belief will be automatically transferred to the child's subjective consciousness, and he will become her ideal. "I was young, now I am old, yet never have I seen the righteous forsaken nor their seed beg bread." If parents live the Law, if teachers teach the Law of life—the Truth of Being to the young; then their seed shall never beg bread. This means these children shall never become the beggars, outcasts, thieves and tyrants of the world. No, they shall fulfill the ideals of the parents. They must fulfill the prayer of the parents because true prayer is always answered.

If parents will impress their subjective minds with wonderful dreams for their boys or girls, then according to their *belief*, "will it be done unto them." By changing our opinions, beliefs, ideas and ideals by teaching the youth of the nation who they really are, by showing them the way, the truth and the light, we can build the Kingdom of Heaven on earth; then we will prevent the rebirth of dictators, despots—former undesirable states of consciousness—which are perpetuated by prejudices, racial hatreds and fear of the unknown.

Let us teach children of the great accomplishments of the poets, artists, engineers, chemists, physicists, astronomers and others. Let them emulate these great men. There is so much for a child to learn about the great writers of the world and the giants of world literature, that the beautiful works of man cannot be exhausted in what is ordinarily called "a lifetime." After he is taught good, the child will emulate good.

In reality we are all dreaming; when man fully awakens he knows that planets are thoughts, suns and moons are thoughts, and his own consciousness is the space which sustains them all. He begins to realize that the whole world is a thought. For example, he becomes aware of the fact that the body is not real, but it is a thought or idea held in consciousness. The body has no life apart from consciousness. He realizes that there is absolutely no reality to matter or the body of man; it is a group of ideas and opinions. Man gives life to ideas and opinions as long as he believes them. When he disbelieves the errors, these ideas have no life in them.

Man was never born and he will never die. There is no death. Death is an idea that exists in the minds of men. As long as man believes in death, he must witness and experience it. Man has no beginning and no end; he always was, just as God always was, is and shall be. “God and man are one.” “I and my Father are one.”

The man who is always quoting so-called authorities to prove the modern theories of reincarnation is himself without authority. He is still crying in the wilderness and calling other men masters and adepts. Call no man master. “Salute no man on the highway.” Salute the God within. The Kingdom of God is within, and if someone tells you it is “Lo here; lo there,” believe him not. The Kingdom of Heaven is within man.

Where is the Truth? *It is within yourself*. “Look within—search the Scriptures,” said Jesus. This means that all has been written in your subjective mind “from the foundation.” All knowledge is within; all wisdom is within; all beings that ever lived are within you now. You can project the likeness of any living being, past or present; for all men are states of consciousness—qualities of mind expressed. *All moods, tones, qualities and vibrations are within you, because God is within and He cannot be divided—all is contained in the part*. Christ cannot be divided, and Christ means

consciousness. The subjective Self of man—the Christos or Christ-man, the so-called Jesus Christ or Godman knows all men are within himself. He knows that, objectively speaking, all beings are projections in space of himself—the One Man.

Are there not thousands of cases over the world of men who have completely lost their former identity and personality; assumed new lives; entered different professions, and in many cases even remarried? These men were victims of amnesia, or loss of memory concerning their former selves. They could not remember their former wives or children. They had no recollection of their former professions or occupations. They assumed a new role in life. They were changed men entirely, because they had changed their consciousness. There is only consciousness!

Let us stop quoting authorities on spiritual subjects. As long as we quote authorities, we cease to be THE authority. All power is given to us in Heaven and on earth. Let us use it. In the spiritual sense we are all victims of amnesia. We have forgotten who we *really* are, and we tell ourselves that we are worms of the dust.

Take, for example, a man who goes to sleep and when he awakens he has completely forgotten who he is, and gravitates to the slums. His social world becomes the slums. His friends, knowing what has happened, try to coax him back to his former status. Because of amnesia his former way of life is entirely blotted from his memory. He believes his place is in the slums; he only smiles at these old acquaintances whom he no longer knows. He accepts as true the role he now plays.

The day comes when his memory is restored and he awakens to his rightful status. With certainty and promptness he returns to the environment consonant with the dignity of his upbringing. He wonders why he is in the slums. What has transpired is all a dream, a dream of the unreality. “Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.” (Eph. 5:14). Let us

awake to the Real and return to our Father's house. "Everyone that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." (Is. 55:1)

Man does not have to become a victim of amnesia in order to change his consciousness. He can read the 10th Chapter of Samuel, book 1, and learn how he can be turned into another man. This is accomplished through prayer. Take the story of the boy born of lowly parents, in a manger, having all the handicaps socially and financially that any child could have at that period in history. It was said, "Can there anything good come out of Nazareth?" (St. John 1:46). The word "Nazareth" symbolizes to sprout or grow, and man should be ever watchful not to despise the day of small beginnings.

This boy Jesus walked the earth and imagined himself to be the perfect man, capable of seeing only perfection in everything. He felt the reality of the wish within him and it became a conviction. Having imagined the state he wished, and having felt the reality of the state imagined, all the necessary qualities for the fulfillment of that state came from within himself. They were always there, but they had to be recognized before they became manifest in the world of man. This boy did as Samuel said man should do, which was, "Go up into the Hill of God—thou shalt meet a company of prophets coming down from the high place playing music, and thou shalt prophesy with them,—and shalt be turned into another man." (Samuel 10:5)

The Hill is a high state of consciousness; the other prophets represent the eternal trinity employed in the creation of all things—consciousness, idea and the joyous feeling or conviction that it is done. *The "feeling" is the conviction that unites consciousness desiring with the thing desired*. The joy of answered prayer is the music of the three prophets. It is the inner silent knowing of the soul. Therefore, any man can turn his back completely on the

past—forget all the old beliefs and foolish ideas of the race mind; enter into the joyous thrill of being Jesus (saving consciousness) and do his work. If he remains faithful to this mood and sustains it, he will automatically develop all the qualities necessary to do “even greater work.”

The story of Jesus is a portrayal of what all men should be. It is a complete refutation of all age-old beliefs regarding man’s handicaps of race, national origin, environment and circumstance. All these things are as naught when man discovers who he really is; so let us keep our eyes on God. It is there, where man sees no obstacle. When he takes his eyes off God, or his good, he sees his limitations and obstacles. NOW is the day of salvation; let us see the light now; for God is the Eternal Now—since time is an illusion of the senses. The awakening takes place now.

We know that everything exists in the Infinite. There is nothing that any man can think of, no matter how fantastic, that does not already subsist in the Infinite. It may be said to exist when we acknowledge it or witness it. *Nothing is made; nothing becomes; all is and all is God*. We are wedded to the belief in time, so we conceive of ourselves conditioned by time. Yet the Bible tells us, “For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night.” (Psalm 90:4).

If time is a belief, which it really is, the common belief of reincarnation cannot be true. The theory tastes good and looks good, but let our prayer be: “lead us not into temptation.” God tempts no man, but our conscious mind and five senses are tempted to believe this false doctrine. It becomes a panacea assuaging our wounded pride or feeling of inferiority. Moreover, it causes us to turn back or tempts us to eat of it. “But in the day that thou eatest thereof thou shalt surely die,” because we are eating of the fruit of the tree of knowledge of good and evil. This tree means world belief, power in other gods hence the breaking of the first

Commandment, “Thou shalt have no other Gods before me.”

We must eat of the tree in the midst of the garden, which is man’s consciousness—God dwelling within him giving all power to Him. We “eat” of Him by taking part in a psychological feast of being a noble, dignified and Christ-like person. We must see the Christ in all men, sermons in stones and good in everything. When we do this, all other things shall be added unto us. Man’s life on this plane is like the several stanzas of a poem or the scenes of a play, because it really is the One Being dramatizing Himself as the many. Common sense is the most uncommon sense, because it is God’s or good sense. Wisdom or common sense teaches that illumination or the great awakening to our Godhead can happen here and now. “If it be not now, yet it will come; the readiness is all.”

In order to elucidate this point, take a solid, metallic substance and heat it. The temperature rises, but for a while it looks as if no change were taking place. However, the moment that degree of heat is reached, which denotes its melting point, it begins to liquefy, thus changing its shape and seemingly its nature also. Likewise, water can be turned into steam which is invisible—pure steam cannot be seen. Water also becomes snow, ice and hail—all different rates of vibration of the one substance. When a liquid is changed into a gas, these changes are brought about by an increase in the rapidity of vibration of the constituent particles whether they are solid or liquid. The same applies to man. What is true on one plane is true on another, for God changes not. The rebirth comes to that man here and now—not in after life. There is no transforming power in death. Man raises his rate of vibration by lifting himself up to a high state of awareness, by entering into the thrill of being that which he longs to be, and by feeling the joy of accomplishment.

Man is a porous being, plastic and pliable, capable of being moulded into any state he can imagine. He is nothing but “liquid light.” In the meditative mood he stills the mind, thereby immobilizing the senses by focusing his attention exclusively on the one ideal—only one. He suggests sleep to himself by feeling sleepy, being careful not to fall asleep, however; the mystic in meditation must always keep control. In this mood he knows, feels and sees himself as being bathed in a sea of liquid light. A flame or lights appear all around him and he knows that in this floating liquid state he can mould, fashion and shape all that he longs to be, to do and to possess.

In this state he contemplates the joy of the answered prayer. The feeling of accomplishment fills him, and he dwells on the reality of his desire for perhaps five minutes, two minutes or ten minutes. By constantly praying in this manner, there is an expansion of consciousness—it is like the heat that melts the solid. The day comes when man melts away all inhibitions, fears and doubts, and becomes the God man here and now. To such a man, physical laws and time disappear. This change may come in the twinkling of an eye like the volatilization of a liquid into a gas.

The reason the modern theory of reincarnation is popular is because man, using his five senses only, is like the five foolish virgins—he has no oil or wisdom in his lamps. He finds that this explanation gives him solace and tells him what he wants to hear. At the same time it seems to unfold many unexplained phenomena. Such acceptance retards spiritual progress, checks the awakening process and is a destructive, superstitious belief. The modern accepted belief in reincarnation is very old; as is the belief in purgatory, hell and the devil.

The Bible mentions reincarnation several times and some of these references are explained in this book. The Scripture informs us that Herod believed in reincarnation. Herod represents the world or the five-sense man, the man

ignorant of spiritual laws who subscribes to tradition and family beliefs. A man who believes that John, Elias, or some prophet long since dead, is risen from the dead, is symbolized by Herod. What this type of man fails to see is that it is always God coming forth as a quality, tone, or mood of man himself.

Mozart, Bernini, Lincoln, Shakespeare, and Napoleon left their impressions with mankind. We read of their works in history, song and prose. All of them live in the hearts or subjective minds of man. A man's son is his idea or feeling about anything. He can give conception to any state he is capable of conceiving. If a man, therefore, admires and dwells on the qualities and attributes of Napoleon, and would love to give birth to such a son, "as within so without." During the creative act a Napoleon-like character appears resembling the mood of that man. In other words, it is the tone struck during conception or creation that determines the nature of the child.

The worldly-minded man called Herod in the Bible, believes in a physical reincarnation, and he desires to see Jesus, or the Truth as told in the ninth chapter of Luke. However, the Truth student will readily see that such a man cannot see him, "as no man hath seen the Father." The latter is always a subjective perception or feeling within man. Man awakens by degrees, slowly or quickly. On arising from bed in the morning, he rarely awakens all at once. It takes him a minute or so. The thermometer, however, does not skip any degrees. Before man fully awakens from his dream no necessary step in unfoldment will be omitted. All limitations and inhibitions will be dissolved.

The following article about the violinist Zimbalist appeared in "The New Yorker" some years ago: "Nobody told Zimbalist he was supposed to play the piano, too; during the final examinations in his eighteenth year, they handed him a Beethoven Sonata to be read at sight in the presence of the whole faculty. He had never touched a piano

except to get his ‘A.’ He sat down, however, got his breath and played. When he finished he was told to close the book and repeat the whole Sonata from memory. He did so. After a moment of silence the room broke unanimously into applause—an unheard-of demonstration.”

The man of the world would not conceive of this as being possible. The power within man is capable of setting at naught all human beliefs and man-made laws. We must begin to take our attention away from the limited, human concept of ourselves; then we shall, like Mozart, compose music at six, statues at seven, and at the age of twelve we will confound the wise men of the world. Many cases are reported where cripples invalided for years leap and run in the presence of fires. In emergencies mothers lift automobiles to extricate their children. Where is this power? It is within themselves. Fires and emergencies are not needed to stir the gift within. Man can do this in the quiet of his own soul. We create in “silence.”

4

The Bible and Man

Man cannot interpret the Scriptures in their proper light until he is at a point of spiritual development comparable to the writers of the Bible. Man must get into the meditative mood. He must ask the All-Wise within himself what He, Himself, meant when He (consciousness) wrote that Bible passage thousands of years ago. The reader of this book must realize that he wrote the Bible but he has forgotten it. His subjective mind knows and remembers all. It knows the truth about reincarnation and all other so-called mysteries of life.

Dwelling on the past like Lot's wife, we are turned slowly but surely into a pillar of salt. In other words, we are preserving the past. We are wedded to it and are held in bondage to false beliefs or Karma (evil that has to be expiated here in life), and to many other strange and weird ideas. As long as man believes those things, he must suffer the consequences of his beliefs, ideas and opinions. Disease is ignorance, and the modern, accepted conception of reincarnation is similar to a disease. It is worse than the effects of opiates, alcohol, or hashish, because it paralyzes the mind and destroys the body.

The writer's experience with people who believe in these ideas is that they are nearly all sick. However, they have perfect alibis which act as anesthetics to dull their senses, and to render them both numb and dumb to the truth. The anesthetic they inhale is not ether but much worse, since the effects of the former wear off. Likewise, the opinions, beliefs and foolish race concepts continue in the minds of these well-meaning but misguided people.

One will tell you that the reason she is now a cripple suffering from rheumatoid arthritis which cannot be cured, is that it is a Karmic debt, which she must pay, for a sin or error committed in a former life. Man must see the foolishness of all this. It is a complete contradiction of all the teachings of the Bible, which portray that man is God, individualized—One with the Father. “When you have seen me you have seen the Father.” “I and my Father are one.” Yes, truly, when you look at any man, you see God.

The Truth is that when man discovers that he is God, and that his unmodified consciousness or awareness is the invisible creator of all things, he will learn to overcome all obstacles, such as disease, suffering and frustration. In overcoming these he will awaken to his true power and his divinity, because he seeks the aid of no man. He then goes forth and proves his Godhood.

Man is both unconditioned and conditioned. The life principle—subjective or subconscious of man—is the awareness of being, or unconditioned consciousness. Man expressed is conditioned consciousness—or God expressing Himself as man. Man becomes that which he believes himself to be. “Whom do men say that I, the son of man, am?” Will you the reader, give the same answer that the world does by saying: “Some say that thou art John the Baptist: some Elias; and others Jeremiah, or one of the prophets?” (St. Matthew 16:14). That is the belief of the world.

Read these words again in the Bible, ponder on their meaning. It will then reveal itself to you and you will not have to ask anyone what it means. “Peter” in the Bible means your inner voice, the Rock of Truth, which cannot be moved or swayed by the opinions of the world. This inner quality of mind is an attribute of God expressed in man. It is the disciplined hearing of the Truth student which reveals that you are Christ, the son of the living God. Now Jesus said, “Flesh and blood hath not revealed it unto thee, but

my Father which is in Heaven." (Matthew 16:18). Yes, it is true that flesh and blood will never tell us who we are. It can never reveal the story or truth of re-birth. The flesh and blood spoken of is the world and its opinions, race consciousness, traditional beliefs and the attitude such as, "the old religion is good enough for me." The old religion is not good enough for anyone who seeks the truth on these matters. Blood means life. You give life to your ideas and to the opinions and concepts of the world as long as you believe them. Jesus tells us that Heaven is within ourselves. The Voice speaks and tells man, as it did Simon Peter, "Thou art Christ, the son of the living God." (Matthew 16:16).

The son is the offspring of the Father and must be like the Father. Is he not the image and likeness of the Father? Man is God conceiving Himself to be man—then man appears. We are here to discover who we are, to awaken from the dream of limitation and ignorance and to prove ourselves to be God. When we discover who we are, we will express the will of God, which is life, beauty, peace and love.

In the seventeenth chapter of Matthew we read: "But I say unto you, Elias has come already and they know him not." Elias means my God Jehovah. It is always God being born. Man does not believe it—neither does he know it. He thinks it is another person being reborn. Man is trying to divide the One, and by so doing he limits the Holy One of Israel.

It is always Elias that is born in the world—the spirit of the one God. Let us awaken here from the dream of limitation and separation. There is no other place or planet for us to go. Man cannot go outside himself. I am you and you are I—for there is but One. The hero and the most degraded criminal are really I also. One Being, God, is incarnated in two and one-half billion persons called the "human race."

People have inverted and distorted the Truth for thousands of years, but that is no reason why man should continue to do so. There are still people living on this globe who believe the earth is flat and that the sun rises in the east. There are millions that subscribe to the belief in disease. Let not man be blinded by his former beliefs. Rather, let him open his mind to the Truth of life.

If he approaches the study of the Bible,—which is purely allegorical, figurative and psychological—he must not approach it with a closed mind. If he does he will color it to meet his former opinions which are fixed within him. Such a man can never find the Truth. You cannot pick up anything if you are holding something in your two hands. If you hold fast to your former beliefs, you are turning back and limiting the Holy One of Israel. A closed mind is unable to grasp the Truth.

When man sheds the garment called the body, he continues to live subjectively in a dream state.

All the moods that he carried over with him into this present state are experienced in the form of a dream. Some of his experiences may be those of nightmares based on the subjective impressions of anger, hate and resentment. In this life man is expressing moods, feelings and ideas which he takes to sleep with him every night. Upon awakening he fulfills the impressions of his subjective mind. He has forgotten many of the moods or feelings that he took into the deep of himself a month ago or a week ago, and he now looks upon any injury as an accidental occurrence. He calls incidents which occur matters of chance or coincidence.

This, of course, is not so. All is Law. “Nothing is lost in my Holy Mountain.” Our objective experiences on this plane are the manifestations of subjective impressions. The law is the same on all planes. When we leave the objective plane, we have subjective experiences based on all subjective

impressions carried over by us. This is a dream state, just as real as the plane you left.

5

Subjective Mind Impressions

When we speak of mind, we usually refer to two phases of the one mind, objective and subjective. In broad general terms the difference between man's two minds may be stated in the following terms. The objective mind reasons, analyzes, dissects, divides and chooses. It takes cognizance of the objective world through the media of the five, physical senses. It is the outgrowth of man's physical necessities. Furthermore, it may be said to be his guide where his material environment is concerned. Its highest function is that of reasoning. *It is not creative*. "I can of mine own self do nothing." (John 5:30). It is "the Father that dwelleth in me, he doeth the works." (John 14:10).

The subjective mind of man is that which creates and gives form to all impressions made upon it through suggestion or feeling. This phase of man's mind takes cognizance of its environment by means independent of the physical senses. It perceives by intuition. It is the storehouse of memory and the seat of the emotions. It is the Father that doeth the works. It performs its highest functions when the objective senses are in abeyance, as in meditation. It sees without the use of the natural organs of vision. It can leave the body and assume another body and travel to distant lands.

In the absolute sense, man's subjective mind does not have to travel anywhere as the whole world is within it. "Be still and know that I am God." (Ps. 46:10). God does not travel—He is Omnipresent. The subjective mind has the power to read the thoughts of others in the minutest detail. It can read the contents of sealed letters and of books

locked in a safe. All wisdom and knowledge are locked within it, because it is the Higher Self of man or God.

For purposes of clarification we will say that the real distinction between the two minds consists in the fact that the “objective mind” is merely the function of the physical brain. On the other hand, the “subjective mind” is a distinct entity, possessing independent powers and functions. It has a mental organization of its own, and is capable of sustaining an existence independent of the body. In other words, it is the Soul. The most important point to remember is that the subjective mind accepts every suggestion given to it, no matter how good, bad or absurd without the slightest hesitation or doubt.

Man must, therefore, learn to entertain only good suggestions, ideas and moods. This is imperative due to the fact that man’s subjective mind is amenable to the control of his objective mind, as well as to the suggestions of others. Through discipline he learns to reject all suggestions at variance with that which he wants to hear. The subjective mind expresses the feelings impressed upon it. This is the Law of cause and effect. The cause is the mood, and the effect is the manifestation of the mood.

In the subjective dream state we meet loved ones and we visit places thousands of miles away. This is real, because man is a psychological being and not bounded by space or time. Other people may tell us important things in our dreams. Tigers, lions and other wild animals talk in foreign languages to us, and it seems natural and logical while we are dreaming. However, it is when we awaken to this world of “make-believe,” that we think our dream experiences are illogical or unreal. Life on this plane is truly a dream and nothing but a dream.

Is it not foolish to say man is suffering? Can God suffer; can God grow; can God expand; can God contract? It is the illusion of growth, the illusion of travel, the illusion of time and the illusion of suffering or death. If you have a

toothache, who is suffering, you or the tooth? If you are hypnotized, for example, and the suggestion is given that "there is no pain," immediately the pain leaves you. On awakening you have no sense of pain. Where did it go? It was only an idea, belief or opinion accepted by your consciousness. A counter-suggestion removed it.

People talk about thousands being killed. Can God die? Can man die? God cannot be slain; neither can man be slain. God as man will come again. When we awaken—and we are beginning now to remove the scales from our eyes—we will truly become one with God, and shed His light, Love and Beauty to all the world.

We can only conjecture as to the length of time the process of awakening will take. On the other hand if time is not, it must only be the illusion of time. It may appear to be a year or a day, or eight hundred years—for in consciousness a thousand years are as a day. God is the eternal now. He is the God of the living and not of the dead.

Let us reason together. If the world is within you, where can you go? The world you will experience for a time in the after-life will be that of your crystallized beliefs. It will be a dream-world peopled by your prejudices, ideas, opinions and beliefs about peoples and things. Our ideas and beliefs are like individuals—they live and exist as long as we sustain them in our consciousness.

"Why seek ye the living among the dead?" There are no dead. All your loved ones, closest friends, all men, women and children who make their exit from this plane are very much alive and functioning fourth dimensionally. They cannot be seen by the three dimensional mind of man.

This recalling of the lost preserves the beauty of thought without limitation. In other words we must never grieve or mourn for loved ones. On the contrary we must give, "… Beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness." (Isaiah 61:3).

By dwelling on the qualities of love, kindness, inner beauty and nobility of thought that was theirs, we resurrect these qualities within ourselves. This is what is meant by praying for the dead. It is a “holy and wholesome thought to pray for the dead.” Recognizing the Oneness or Wholeness, we realize that the loved one who has passed on is still alive and dear to us. Meditating occasionally on the fact that the departed are dwelling in a state of peace, beauty and love, we change any nightmares they may be experiencing (due to subjective impressions carried over with them) to lovely experiences.

We make them whole or “holy” by our prayer which is scientific prayer. This is what is meant by giving the oil of joy for mourning. Instead of feeling that they are dead and gone—that their grave is where the body is—let us, by our inner mood, see them dwelling in a state of indescribable beauty; then we truly give the dead “Beauty for Ashes.” Under no circumstances must we ever dwell in the mood or feeling of lack, limitation or regret.

6

Hearing and Seeing

Every day of our lives we are only meeting our beliefs. Let us not be fooled, cajoled or tricked by any seemingly miraculous stories or strange phenomena. Many so called strange occurrences, projections and voices are nothing but subjective manifestations. The ghosts we fear are those that walk the gloomy galleries of our mind.

To the intuitive or sensitive person the subconscious is an open book. He reveals the contents of your subconscious to your conscious or waking self. The thoughts and feelings of man can also be read by a deck of cards, sand or other devices. From time immemorial man has given certain values to cards and other symbols. Since man has given authority and power to these things, they must confirm his beliefs symbolically. By getting into a partly subjective or passive state, it is possible to reveal the contents of the subjective mind of a person. The cards, or the marks on the sand serve as an alphabet which, when pieced together intuitively, give a language that will be understood.

We are surprised many times that what is delineated is true, and many of the predictions do occur. To read the character of any individual, it must be done intuitively or in a partially subjective state. If a person is highly intuitive, he tunes in with you and reveals the contents of your subjective mind. Your conscious mind becomes aware of what you formerly were not aware.

As long as man worships at the shrine of graven images and molten idols, so long will he be a slave to his beliefs. Like the surge of the sea, he will be tossed to and fro—“a double-minded man, unstable in all his ways.”

What Isaiah or the prophet of God says is only too true, “Thou art wearied in the multitude of thy counsels.” (Isaiah 47:13). He is looking for a God outside of himself; he is worshipping constantly at the shrine of the false gods. Whatever man accepts as true becomes a subjective reality. The subconscious mind of man, being absolutely impersonal, no respecter of persons and non-selective, accepts whatever man believes to be true and gives it form. The latter becomes an embodiment, an experience or condition in that man’s world.

He is impressed by a suggestion that he will have an accident on the 15th of next month, and that he should avoid auto travel or train travel. This man lives in fear until the 15th; then he decides to lock himself in a room. Having impressed his subconscious with the belief in an accident, and having actuated it by fear, he knows it now must come to pass. He cannot escape. Something happens—he slips in the bathroom and hurts himself or he cuts his hand with a knife—perhaps a fire breaks out; something *must* happen.

Now, if man knows the Law of life and the Truth of Being—that “I and the Father are one” and that “whatsoever ye shall ask in prayer, believing, ye shall receive” (Matthew 21:22)—this man will shape and mould his own destiny. He will laugh at all dire predictions because he knows his consciousness to be God. What he feels as true of himself must come to pass. Not liking what he has heard, he says to himself, “How would I feel were the opposite true?” Then he enters into the spirit of it—gets into the mood that all things are possible to him who believes—enters into the conviction that it is so, and thrills to it. This man has actualized a new state subjectively, and this must come to pass.

If a man believes that he must get hay fever this year, as he always has in the past, let him dispel all such beliefs in powers apart from himself. Let him turn his attention to the God within—yes, turn inward, towards the Real. *This is the internalization of consciousness*. In this state let him dwell in

the feeling of perfect health—enter into the spirit or mood of being healed—and he will express health.

God is truly the known God. As Paul says, “If haply they might feel after him and find him …” Yes, all that man has to do is enter into the feeling of the answered prayer. His eyes, ears and all his faculties must be turned inward and focused on the One, the Beautiful and the Good. While man is still in this meditative and relaxed mood, he will write on his consciousness the words of Scripture, “It is finished!” We must walk the earth knowing and believing perfect health is ours.

There is absolutely no one who can predict with accuracy for the spiritual man, or the man who “dies daily” through scientific prayer. It cannot be done because this man predicts for himself. The mystic sees the fallacy of fear of the unknown and belief in evil. The mystic, the truth student, who believes in God as taught in the Bible and prays scientifically to the God within himself, is the true prophet. Truly he prophesies for himself all the good that is to come. He is the master of his fate and the captain of his soul. He knows that God shall wipe away all tears and that there shall be no more crying.

When man awakens to the truth, he realizes that Christ is his consciousness. Then he recognizes the great Oneness wherein all men are One. Moreover he knows and understands the meaning of the greatest commandment, “Hear, O Israel; The Lord our God is one Lord.” (Mark 12:29). What such a man feels as true of himself, he feels as true of the other. He only sees and feels the good for every living creature.

Such a man is a type of Christ and is capable of seeing or hearing only good for all men. He knows that negative feelings towards another disturb the harmony of the whole or oneness of which he is a part. The whole of God is in the part, for consciousness cannot be divided. “And all mine are thine, and thine are mine; and I am glorified in them.” (John

17:10). “And for their sakes I sanctify myself, that they also might be sanctified through the Truth.” (John 17:19).

The true prophet or mystic enters into the mood or feeling of the answered prayer. He has the feeling that it is done, and closing his eyes and ears to the world, he comes before His presence with singing. He enters into His gates with thanksgiving and into His courts with praise. Contemplating the reality of the wish fulfilled, he rests. This is the Sabbath or rest of the Lord or Law. By sanctifying himself he makes others whole.

The mystic walks the earth unmoved, unchallenged and unshaken in his conviction that his feeling, “thy will be done,” must be manifested. In a little while, perhaps he is still speaking, it appears—the divine image becomes visible on the world’s screen. For the first time he becomes consciously aware of it. He has looked “within” and not “without” and found the wisdom, the power and the glory.

Man does not believe that it is possible for him to extend his faculties of sight so that he may actually see, for example, one of his loved ones thousands of miles away, and carry on a conversation as if they had met on the street. Neither does the average so-called wise man of the world believe it possible to carry on a conversation at a distance of thousands of miles without the aid of all the well-known mechanical inventions for this purpose.

In the chapter on “Time and Space” is outlined the remarkable ability of an Indian boy to stop the flow of blood. This same boy, in addition, had the amazing capacity of projecting his voice thousands of miles to Colorado. He did this quietly, and at the same time replies came back through the air in the voice of his brother. It was just as if two persons sat in their living room and conversed.

This is how he did it. He would sit down, close his eyes and begin to talk to his brother named Two Moons. The conversation concerned family ties, health of the mother, death of some friends and some local news. All of his

comrades thought he was faking. Some accused him of being a ventriloquist and said they could prove it. They decided to have him ask three questions rapidly which would require a fairly lengthy reply. They stuffed his mouth with a handkerchief, and sealed his lips with adhesive tape. The answers came clearly over the air. These answers were heard by many men present, including the author.

After a lapse of a few minutes his brother in Colorado said, “Why don’t you reply?” In answering he had asked him a question regarding a dog named “Sanco.” No answer could be given as it was physically impossible for him to open his mouth. To sum it up, this Indian boy believed that he could talk and be heard at a distance only by his brother and father. This was a childhood conditioning based upon belief.

If he could project his voice thousands of miles over mountains, through fog, winds and waves, certainly he should also be able to project his vision and actually see his brother. He could not do that since he had not been informed when he was a boy that he could. His father believed that he, the first born in their family, could talk over distances to male members of the family only, and that their replies would be heard; yet his brother did not have the power, according to him, of initiating a conversation.

This may all seem peculiar and somewhat weird, but it shows in a striking manner what belief can do. If we would believe now that we could walk on the waters, we could do so. Most of us would *like* to believe or want to believe. However we do not really believe we could, simply because our mother and our teacher said, “That is impossible.” Now it is a fixed belief in our subjective mind.

The storms at sea, the tempests, cyclones and hurricanes are within man himself. When we are truly at peace others will say, “What manner of man is this, that even the winds and the seas obey him?” (Matthew 8:27).

7

Prayer and Force

Many ask this question, “What shall I do after praying?” “What physical footsteps are necessary?” If you listen to the Voice within, and subjectively hear the answer, which is the feeling, “that it is done,” “that it is finished”; then you have literally heard the answer to your prayer. A prayer is a wish to which you have acceded.

When you have fixed the things you want in consciousness (it may be health, peace of mind, love, wisdom or material things), the subjective mind of you will compel you to take all the necessary footsteps to the fulfillment of your dream or wish. You will actually be compelled to do all that is necessary to the fruition of your ideal. You will not ask Tom, Mary or anyone else, as to what you shall do or what you shall wear. No, you will do everything automatically, led by the SELF within. You can call it “being intuitively led,” “divinely guided” or whatever term you wish to use. It is a compelling force which, if listened to, is the “divinity that shapes our ends.”

After meditation or prayer, if you are still in a quandary, and feel like asking others for advice as to what you should do or where you should go, it means you have not believed. You have not fixed the reality of your desire or prayer in your consciousness. You will know what to do, where to go and what questions to ask. Whatever you do will be exactly according to the “Pattern on the Mount.”

When man ascends into the Mount (a high state of consciousness), and enters into the joy that would be his if his ideal or dream were now realized, he has created a Pattern in the Mount. The likeness and image of the pattern

appears. Man being both objective and subjective, will do whatever is objectively necessary to the fulfillment of his divine goal. He may seek a teacher. If he does it will be the proper one. He may be led to a library and find the book that will give him the desired information. He may overhear a conversation that will answer his prayer.

These are the objective manifestations of subjective impressions. “I have ways ye know not of.” “… neither are your ways my ways … For as the Heavens are higher than the earth, so are my ways higher than your ways.” (Isaiah 55:8–9). “His ways are past finding out!” (Romans 11:33). The disciplined man, the sincere truth student, does not ask how, or when, or in what manner or through what source his good will come. When the gift appears, he instinctively and intuitively recognizes it, accepts it and says, “Thank you Father.” “Father, I thank Thee that thou hast heard me and I knew that thou hearest me always.” (John 11:41–42). Many pray to God and then ask others to predict the future for them. Had they prayed believing, they would know the future. They would have prophesied for themselves. They would have had the silent inner knowing of the Soul—the awareness that it is—the sensation of having touched “something” within.

Man may not be able to describe his feeling in words as it is a subjective mood, which is the language of the Soul, but he knows that he knows. How can you describe a fourth-dimensional feeling in a three-dimensional language? When he perceives it objectively, he uses the King’s English to describe it. This is the experience of everyone who has prayed successfully, whether on the battle field, in the streets or in the privacy of his home.

“Go (tell no man,) and shew John.” (Mt. 11:4). John is the world. When your prayer is answered objectively, you show it to the world and your outer senses confirm the conviction that you have entertained within. Such a person does not consult anyone as to the outcome of his wish. He knows

himself what the outcome is. He has prophesied and being the true prophet, not the false one, he knows that “HE never faileth.”

Those who are consulting strange gods as to their destiny are looking for a sign. You are told in the twelfth chapter of Matthew, “… There shall no sign be given to it, but the sign of the prophet Jonas.” This refers to the eternal trinity by which all things are created—consciousness, your ideal and the feeling or nail that joins it. The mystic steps to be taken in all metaphysical demonstration include consciousness desiring, uniting with the thing desired and loving it. These steps will fulfill the Law and take you into the Holy of Holies.

8

False Prophets

The false prophets are those people who tell us there is a way out by cheating, lying and by brute force. The way out is through PRAYER; this is the way to overcome all obstacles, impediments and the challenge of the world. “All things, whatsoever ye shall ask in prayer, believing, ye shall receive.” (Matt. 21:22).

Inasmuch as prayer accomplishes all things and is the answer to all problems, man’s whole life should be prayer. There is nothing but prayer. We do not gain the ear of God by vain repetitions. By entering into the “secret place,” which is our consciousness, and communing with our Father Who sees in secret, He will reward us openly. We must touch, through feeling, the reality of the desire for which we pray.

On hearing Truth for the first time, many maintain their old beliefs and still wish to accept the new. As a result, there ensues a quarrel in consciousness and they become neither hot nor cold. This double-minded man, who is unstable in all his ways, cannot hope to receive anything from God.

Man must leave the old with all its works and pomp. He must forget all the idols and false prophets and become the true prophet. The false prophet believes his future depends on circumstances, conditions, environment, influences and forces outside himself over which he has little or no control. The man who believes in powers outside himself is calling God “Baali”—a God of caprice and vengeance, a God of wrath and an inscrutable being whose playthings we are. This type of man conjures a being dwelling in space who

must be appeased by sacrifices, fastings, pilgrimages and repetitions of various prayers.

Man must begin now to call God “Ishi,” which means “my husband, my lover.” Yes, God must be your true lover. You must be close to Him, you must embrace Him. He is a God of love, of justice, of wisdom and power. We must look upon the God within us with love, understanding and absolute trust. We must not regard Him with a sense of fear, doubt and apprehension. He is not the unknown God. “In Him we live, and move, and have our being” (Acts 17:28). Let us look upon Him as the known God.

A question often asked is, “Why is it that predictions regarding future events in my life have come to pass?” Follow the answer to the question carefully and it will be easily understood, and not appear mysterious and strange.

“I am the Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was and which is to come, the Almighty.” It is possible for an intuitive person who is in a psychic, passive or receptive state, to tap the contents of the subconscious of another and reveal these “secrets” to the conscious mind or waking self of man. In other words, in a passive state, a sensitive or highly intuitive person tunes in with the fears, phobias, fixations, desirable states, subjective acceptance of marriage, divorce and various other impressions in the other—be they what they may. The individual who is tuning in with your subjective feelings translates moods and beliefs in his language and foretells accordingly.

We must remember that the subconscious mind is a storehouse of memory, and many suggestions have been accepted of which the conscious mind is wholly unaware. These are brought to the surface by an intuitive individual, and we may become aware of them for the first time. Many times, of course, these things come to pass—for whatever the subconscious has been impregnated with will be objectified in man’s world sooner or later unless changed by

prayer. Any man, receiving a suggestion or prediction regarding himself of an undesirable nature, can prevent this prediction from coming to pass by prayer. In this way he becomes the true prophet.

The intuitive person who made the prediction saw or felt the beginning and having seen the beginning saw the end; for the beginning and the end are the same. “I am Alpha and Omega, the beginning and the end.” (Rev. 21:22). There is no mystery about it, no trick and no phenomenon. All is according to the laws of mind.

It is possible to predict with a certain degree of accuracy for a person, a group, a race, a nation or the world, because the majority of human beings do not change very much. They live with the same old beliefs, same old traditions, race concepts, the same hates, phobias and fears. They follow more or less a set pattern, which can be easily read by one tuning in psychically or intuitively with the mass consciousness.

What is strange about men such as Nostradamus who tapped the consciousness of the race in the 16th Century and, from the fixed beliefs and moods of the race mind, saw the beginning and the end? Today we are witnessing the drama of the end—at least to some extent. Why should not man be able to peer through the unnumbered centuries and see all?

The prophecies of Nostradamus—or any other man—would mean nothing and could be defied and proved untrue, if men knew how to pray. Through prayer they could change their subconscious and consequently their destiny. Prayer eliminates fear, doubt and hate from the subconscious of man. That is how he weeds his garden so that only beautiful flowers may grow.

The spiritual man refuses to hear something he does not want to come to pass; he changes the beginning by a new concept of himself and, therefore, he changes the end. This is done by the law of substitution or prayer. *Instead of*

praying something out of existence, he prays the condition he wants into existence. He becomes a producer.

By illustration, suppose a man is informed that someone dear to him is very ill and may die within a certain time. If he has accepted this as a fact of consciousness and sustains the belief, it must come to pass. Let us further assume the man hears of this principle and applies it, believing in the Law of Reversal. Immediately the false prophecy is nullified and the true prophecy of Life is fulfilled. The prophecy was false because it foreshadowed gloom, doom and disaster. In this way he changes the prediction and defies all the dire prophecies of man concerning things to come.

This is the process to use: first, he must change his conception of the loved one and feel and see him as a radiant being, perfect in health. This is done in a silent meditative mood by calling the subjective image of his loved one before him. He causes the person to smile, to tell him that he never felt better in his life, and that the spirit of God is permeating every atom of his being. He thrills to this annunciation and is happy because “it is so.” Dwelling on the joyous answer to his prayer, he goes off to sleep in the arms of the Lord, who receives his gift and objectifies it in a little while. This man has replaced the fear of sickness and death for his loved one with the realization of perfect health. It must be fulfilled.

Whether for good or ill, the Law of the Lord is perfect. It is “a Tree of Life” to those who know how to pray. It is the “Valley of the Shadow of Death” to those who pray amiss.

Let me give you another example: A man heard the false prophecy that his child had only a few hours to live. “The thing I fear most has come upon me.” The fear of death causes death. The fear of loss is “Alpha” and death is “Omega”; the beginning and the end are the same. Man changes the beginning and brings about a new end by seeing, feeling and believing his child to be perfect.

In the subjective mood of prayer he lifts the child up—actually sees him running around, playing, enjoying himself and radiating health and happiness. He actualizes this state by feeling and contemplating the psychological reality of it. He rests on this conviction. The new “Alpha” or beginning is that silent inner knowing, the conviction that all is well. It is the joy of the answered prayer. The new “Omega” or ending must be perfect health. The fear is replaced by love. “As within, so without.”

By changing our mental attitude, the outer picture must change, too. “Be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.” (Ro. 12:2). “Thou shalt love thy neighbor as thyself.” (Matt. 19:19). *This is the law that will change your world*. No one can prognosticate for a spiritual man. He shapes his own ends, because “he dies daily” to the untrue. He prays unceasingly. The mystic, or spiritual man, through prayer and meditation, changes the subconscious part of his mind. Prayer wipes out fear and purges the subjective Self of all false ideas and superstitions which have been causing all the trouble. Let us face the facts and realize that every condition, circumstance, or experience in our lives is the outpicturing of a belief in the subconscious.

We must also realize that all sickness, accidents and disease of every nature are the embodiments of negative ideas or fears in our subconscious. Always remember, “… Though your sins be as scarlet, they shall be white as snow; though they be red like crimson, they shall be as wool.” (Isa. 1:18).

Far-Seeing

The following is an experience of the author, which may answer many questions in the minds of the inquiring reader. He wanted to go to a certain city in the Orient in the capacity of a chemist for a large, international, chemical organization with which he was at that time associated. This is the procedure that he used: he relaxed in an armchair in the back of an old church which still stands; closed his eyes and became still. The writer imagined himself in the Orient by an inner perception of a typical Oriental setting. He felt the tropical breeze on his face and actually felt his toes being cooled off by the salt water on the sands of the seashore. He dwelled on this realization for two or three minutes, and felt the joy of being where he wanted to be. At the end of five minutes contemplation, the words of the prophet Isaiah came to his mind: “So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.” (Isa. 5:11).

The sequel to this prayer is very interesting. A short time afterwards, the opportunity came to the author to visit the Orient. All arrangements were made to proceed by plane. However, the morning preceding his departure for the Orient, in a dream, came the vivid realization of things to come in two or three years hence. A friend appeared in the dream and said, “Read these headlines—do not go!” The headlines related to war. The writer “dreams literally.”

The subjective mind of man always projects a person whom you will immediately obey, because you trust and

love that person. To some people a warning may come in the form of a mother who appears in a dream. She tells them not to go here or there, and gives the reason for the warning. Your subjective is all-wise. It knows all things. It will speak to you only in a voice that your conscious mind will immediately accept as true. It would not be someone whom you distrusted or disliked. Oftentimes the voice of a mother or loved one may cause you to stop on the street, and you find if you had gone another foot, a falling object from a window might have struck you on the head. This is not the voice of your mother, or teacher or loved one. It is the voice of your subjective and it speaks in a tone or sound that you instantly obey.

As proof of this, I questioned my mystic friend. He assured me that he knew absolutely nothing about the warning "he" had given me subjectively. No, it is man's subjective that is ever portraying the drama of its contents in the form of a dream or a vision of the night. If man suggests to himself that he will remember and understand the symbolism portrayed therein, he will know the outcome of many things. He will also learn to change the dreams; for by changing his consciousness he changes the dream, and as he dreams, so shall he become.

Joseph was warned in a dream. God spoke to Solomon in a dream and offered him his choice of gifts. Solomon chose wisdom, and God added long life and riches. With all our getting, let us get understanding of this principle; then our pillars of strength will be the two great pillars—"Boas and Jachin"—Wisdom and Understanding.

Possessing the wisdom which the Bible teaches, and the understanding to apply the psychological principles therein, man's inner righteousness will show itself in his world. He will need no man-made rules of conduct to guide him; for he will be led by the wise Power within him. If the thing that you now want will bless yourself and others, it is the Divine Will. "I am come that they might have life, and that they

might have it more abundantly.” (John 10:10). “Heretofore have ye asked nothing, … ask and ye shall receive, that your joy might be full.” (John 16:24).

In prayer realize the great oneness and feel the end of the answered prayer. The Being within you sees the beginning and also sees the end. It shows you the end in a feeling, “In a dream, in a vision” or by a voice. Listen to It. It will talk to you. Obey It, because It is Wisdom speaking to you. “In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then He openeth the ears of men, and sealeth their instructions.” (Job 33:15–16). “… He giveth to his beloved in sleep.” (Ps. 127:2).

The writer, in consequence of his dream, immediately cancelled the trip, cashed the tickets and sought no reason. He was under subjective compulsion to do so. A subsequent event—the tragedy of Pearl Harbor—proved the truth of the Inner Voice. “Trust in the Lord with all thine heart.” (Prov. 3:5). Thus shall ye walk in the land, verily ye shall be fed. Let him be a “lamp unto my feet.” (Ps. 119:105).

10

Missing The Mark

Our sin is in missing the target of perfection. Though in the beginning the archer misses his target a thousand times, he gains skill through the practice of aiming again and again at his mark. So does the fruit of sin, which men call punishment, perfect the skill of His chosen one. An ancient meditation points out, “Sin and punishment are one and the fire of punishment is the fire which refineth My works.” “Even in the sinner I AM the actor and I, too, am the sufferer, in the experience of punishment. Thy pain is My pain, thy suffering My suffering. Thy sorrows pierce My heart, thine anguish is My anguish. I stand not aloof, unmoved, watching my handiwork as a potter watcheth the clay upon its wheel. Nay, not so, for I am clay, and the wheel, and the potter too. I am the work and the worker, and the means of working.”

“The delusion of separateness passeth with the completion of the work for which I enter into manifestation and because nothing can prevail against Me even the worst of sinners shall come in their appointed time to liberation.”

Yes, all men shall see the Light. When man awakens to his true Self, he will experience the radiance of the Light Limitless, and from the field of sin and punishment he shall pass into the boundless freedom of the divine perfection. Let us realize the Truth of the following verse from Arnold:

“Never the spirit shall die.
The spirit shall cease to be never.
Never the spirit was not.
End and beginning are dreams.
Birthless and deathless and changeless—

Remaineth the spirit forever.
Death hath not changed it at all.
Dead though the house of it seems.”

11

Oneness with God

I am the Lord, and there is none else, there is no God beside Me.” (Isaiah 45:5). You, the reader, are the one and only being there is. When you say “I AM,” that means the sum-total of all the personalities in the world. All other conceptions are projections in space of the one being, yourself. In the Bible, which is a text book on psychology—metaphysics and man’s moods and feelings—the “I AM” is constantly referred to as, “I am the way, the truth, and the life.” (John 14:6). “I am the Resurrection and the Life.” (John 11:25). “I am that I am.” (Ex. 3:14). These and similar sayings shine forth in all their true brilliance when once we see that Jesus, the Christ, was not speaking of Himself personally, but of the principle of Being inherent in all mankind.

What Truth students fail to see is that there is only one man, for the same reason that there is only one God. God and man are one—“I am in the Father, and the Father in me.” (John 14:11). You cannot divide the One; infinity cannot be divided or multiplied. The seeming divisions are the illusions of separation. We must give recognition to that innermost Self which is pure Spirit, and which is not subject to any condition whatsoever. We feel that we are conditioned by time and space, but these conditions have no place in essential Being. The true recognition of the “I AM” is the acknowledgment of the Self within you. God, the Father, eternally subsisting in His own Being, sends forth all forms of His will. Likewise, all forms return to the formless One, according to an immutable law.

You, the one man, can comprehend the infinite Self within you by a limitless expansion of your conception of God. You thus return to the Universal Being as a son coming home to his father. The more we study the Bible the more we realize that, by the art of meditation—i.e., by going inward—we become greater in our knowledge and comprehension of the mysteries contained therein. The road inward is the road to greatness, the Royal Road of the Ancients, and for all men who desire to become united with the Supreme Cause, the root and substance of all.

Rebirth means to ascend inwardly from the lesser to the greater by an inner realization, or by the lifting up of consciousness from one step to another. The consciousness, being lifted up by contemplation, dwells on the fact that I am now the being I long to be, and to make it real I must feel it. This realization is an inner awareness of the new state of consciousness or rebirth.

There is not a single note that was ever played that any man cannot play. Anything that has ever been felt by any holy man, any man can feel. There are no facts or secrets hidden in the dim past that any man cannot bring to light. You are the only Being there is. You have a memory of all that has passed, consequently all tones, moods, vibrations, knowledge and wisdom are within you. There is no language that ever was spoken that you cannot speak. There is no voice that you cannot reproduce, because all is within you.

YOU have always lived! “Before Abraham was, I AM.” (John 8:58). “When all things cease to be I AM.” You, man, wrote the Bible! You may have forgotten it, but if you meditate on its passages, the subjective self within you will reveal to your conscious mind what you meant, when YOU wrote it thousands of years ago.

Time is an illusion; God is the eternal NOW. Thousands of years are as an instant. Aeons are as a day. Therefore, shed now the belief in time and the idea that we have to come back again and again to this earth plane—one time as John,

another visit as Mary—in order to gain more experience, to perfect ourselves and become as Jesus, the Christ.

We are sometimes told that it is almost impossible for us to become as Jesus, or Moses, or Elijah in one lifetime; it takes several lifetimes; moreover, many say that we have some “karma” to work out in this life. In other words, we must expiate for the sins and crimes committed in past lives before we can be purified. Some state that it is almost impossible to change certain physical conditions in this life, particularly, if one happened to be born with a congenital disease or deformity.

This teaching is false and a contradiction of everything the Bible teaches, namely, “Behold, I am the Lord, the God of all flesh: is there anything too hard for Me?” (Jer. 32:27). “I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.” (Jer. 30:17). “… Who healeth all thy diseases; Who satisfieth thy mouth with good things, so that thy youth is renewed like the eagle’s.” (Ps. 103:3, 5). “I will ransom them from the power of the grave, I will redeem them from death.” (Hosea 13.14).

A cripple is not instantly healed because of his or your belief. Likewise, if a man’s leg is amputated, the reason he does not grow another leg is because his father and mother, the authorities of certain text books, plus tradition and race belief, all contributed to the false belief and teaching he received as a baby. He holds a firm conviction within himself now that God cannot grow another leg for him. He firmly believes that nothing can be done for him except to wear an artificial leg. “Thy faith hath made thee whole.” (Luke 8:48).

Regarding the belief of some people that we must suffer for errors of the past or for sins committed centuries ago, there is no basis for this false concept. If a person believes that he must suffer for something he has done, he will suffer. It is all based on belief.

The only loss, limitation, restriction or evil in the world is our belief in loss, our belief in limitation, our belief in

restriction and our belief in evil or disease. This is known as “the son of perdition” or sense of loss spoken of in the Bible. “Come now, let us reason together, saith the Lord: though your sins be as scarlet, they shall be white as snow; though they be red like crimson, they shall be as wool.” (Isaiah 1:18). “And their sins and iniquities will I remember no more.” (Hebrews 10:17). “For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.” (Ps. 86:5).

The reader should stop, think and realize for a moment that a God who says, “Love your enemies, do good to them that hate you,” by necessity of His greater Love, blots out all of the past. He wipes away all tears, and forgives you immediately. Can you imagine a God asking you to forgive those who trespass against you, and in another breath refusing to forgive Himself? “He shall call upon me, and I will answer him.” (Ps. 91:15). “I, even I, am he that blotteth out all transgressions for mine own sake, and will not remember thy sins.” (Isaiah 43:25).

Man completely detaches himself from the past by partaking of a great psychological and mystical feast of peace and happiness. Realizing the presence of God within him, he rises in consciousness to the joyous conviction that he is NOW the being he longs to be. Having fixed this state within him, a silent inner knowing possesses him; all former doubts and fears pass away and shall be remembered no more. By sustaining this silent inner feeling, that which he felt inwardly becomes expressed outwardly.

12

Forgiveness

Your consciousness is God and there is no other God. If a seeming wrong or injury has been committed against you, therefore, you must forgive. Now, there is no other—so there is no other to forgive. You give something for the feeling of resentment or hate that you now hold in your consciousness. You give way to a feeling of love, peace, harmony and joy.

In other words, it is the age old law of substitution in consciousness. To “forgive” means to give something for. If you have a headache, and you take a pill for the condition you are giving yourself something for the headache. Likewise a person who happens to be in a mood of resentment must replace this mood he is entertaining by forgiveness. The only way he can forgive himself for entertaining such a negative mood is by the indwelling gift of love and peace within his own consciousness.

You must radiate this feeling to all around you. When you think of John or Mary, who formerly was what you thought the “cause” of resentment, you will see the Christ in him or her and rejoice. You become exceedingly glad that they are expressing all they long to be. You are seeing the Truth behind the form, the Divinity behind the mask. “Love thy neighbor as thyself,” says Jesus. Your neighbor is yourself. All love is to oneself. All treatment is to oneself, consequently all hate, jealousy and bitterness is to oneself. If you decide to hate someone, or injure someone, whom are you injuring? Yourself only! “I am The Lord that is my name: and my glory will I not give to another.” (Isaiah 42:8). As is well known, many people are healed by absent

treatment, and the teacher or healer does not know anything about the details of the case in question. The blending of the patient with the healer is not essential. The Scriptures point this matter out clearly. Jesus raised Lazarus who was dead four days. A dead man cannot ask you to pray for him or blend with him; neither can the insane ask you to heal them; yet the Scriptures reveal that they were healed.

The only reason the disciples could not heal an insane child was because of their unbelief. If you wish to treat a person at a distance, even though he has not requested you to do it, you must feel the reality of the healing within yourself. You actualize this state within your subjective mind. Since there is only one subjective mind, what you have felt as true of the others, must be manifested in the other's world. There is no other, for there is only the One.

This question comes up occasionally wherein someone says, "Oh, I had a remarkable spiritual healing, but some weeks or months later there was a relapse to the former state." No teacher or healer can guarantee the continuance of the healed state, due to the simple fact that man is not an automaton, but has freedom to choose. He has freedom to be sick or well as he chooses. The day following the healing, he may reinfect himself by accepting a suggestion of fear or by entering into an emotional outburst of anger or hate.

Man must change his habits of thought and adopt for his rule and guide: *right thinking, right feeling and right action*. Teaching is healing; consequently a very important function of the healer or teacher is to point out to the sick person the cause of his trouble and how to eliminate it. The sick person, realizing that all his troubles of whatsoever nature were effects of causes set up within himself, must decide to discontinue the wrong thinking which produced the ill effects in his world. He learns that the Christ within can accomplish all things. Having learned the causes for the

misfortunes and chaos in his world, he will then maintain the consciousness of health, peace and harmony. He will, thereby, prevent a relapse or re-infection of former destructive moods.

In the eleventh chapter of St. Mark, we read these wonderful words: “What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.” (Mark 11:24). There are no conditions laid down. It is not necessary that one be a holy man or a great mystic to manifest the innermost desires of his heart.

The man we call the murderer, thief, or the person of ill repute could, if he desired, become Jesus, the Christ, instantly. Shocking as this may sound, all that such a being would have to do—according to the law of spiritual consciousness—is to forget completely the past by turning within; feeling with all his heart and soul that he is the Christ and is doing the works of Christ Jesus on earth. As a man thinketh in his heart, so shall it be done to him. In the twinkling of an eye he could be changed.

Paul, according to the New Testament, persecuted his fellowmen, testified against them, and had them put to death. He is a shining example of the state of consciousness that can be attained instantly if desired. Paul was illuminated on the road to Damascus by turning within, changing his conception of himself, and finding that he really was the Christ. We can do this! If this is not true, the whole teaching of the Bible collapses and is false. *But it is true*, “the same yesterday, today and forever.”

The truth is we are all that we ever will be now, but we fail to recognize it. The mass murderer or the violent assassin can in one moment become the Christos, the illumined one. This person need merely rise in consciousness to the conviction or feeling that he is the Christ, and doing the works of Him that sent him.

We are told the story of the boy born in the stable, of lowly parents. We are informed that He was a carpenter. It

was said, “Can there any good thing come out of Nazareth?” (John 1:46). Yet this boy, born with all the social and worldly handicaps, became one with the Father. He walked the earth the God man, seeing only perfection, beauty, order, symmetry and proportion in everybody and everything. Why? *Because by uplifting his consciousness these qualities were established and made manifest within himself*. “What thou seest, that thou beest.” The meaning of the story of Jesus is that any man, woman, boy or girl can become the Christ. The command is, “Go thou and do likewise.” The Jesus Christ state of consciousness is not born of woman, but comes *out* of the imagination of man. We must refuse to believe the idle, foolish statement that it takes man one hundred or one thousand years to become a Jesus. There is no time in God. “That which is to be hath already been.” In other words, you are all that you will ever be NOW—yes, this very instant. Even fifty million years hence will not make any difference to the Reality within you.

Do you not realize the everlasting Truth of the ages that you are God, individualized in a fleshy body? All conceptions that you ever conceived or will conceive, all growth, learning, wisdom, expansion and contraction are the illusion of growth and expansion. God cannot learn or become wise. He is All-wise. He knows all. Hence it must be the illusion of evolution. It is simply the grand masquerade of the One.

Yes, there are deep, heavy scales on our eyes. If we will let the scales fall, we will see the light within. Our prayer should be, “God give me eyes to see the Light.” “Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.” (Eph. 5:14). If you think for one moment that you are unworthy to see the Light and become the perfect man, then dwell on these words: “But if the wicked will turn from all his sins that he has committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die, all his transgressions that he hath committed, they shall not be mentioned unto him:

in his righteousness that he hath done he shall live.” (Ezekiel 18:21, 22).

13

Outpicturing Man

All outer manifestations of man's life are projections of an inner state or image contained within his consciousness. Man must learn that the only way to create a better world is to build the constructive images within his consciousness that he wishes to see expressed in the world. The world is an outpicturing of our mental beliefs and attitudes.

We look at a man and we say that he is lame, deaf, blind, ragged or poor. We have clothed him in rags, in garments of blindness, deafness and poverty, but in absolute Truth he is God and can never be any less than He is. Let us awaken from the dream, and clothe every man in the garment of Christ, the Anointed One. "Who is blind as he that is perfect and blind as the Lord's servant?" (Isaiah 42:19).

The perfect man cannot see a blind man or a deaf man; neither can he see any man in rags. He sees only divine perfection, the divine idea behind all form. He sees the ever-flowing reality, justice and beauty in all things. In other words, he sees God in all things. He does not see another. His command is that of a King: "Take ye away the stone." (John 11:39).

The perfect man, giving complete, recognition to God and realizing that all things are possible to Him, cannot see any lack anywhere. Hence his request for abundance is automatically granted. He is blind to all evidence of the five senses and worldly beliefs or powers outside of himself. His eyes are forever turned inward towards the Real.

If you have a lesion on your face, and a friend prays for you, the latter does not inwardly see the lesion on your face. On the contrary he hears you telling him that you are

overjoyed that God has granted you a perfectly beautiful, smooth face. If he succeeds and the scar disappears, “he saw the perfect face.” This manifestation may have occurred the same moment you were telling him the foolish details of the difficulty you experienced so far in treating it, and all the resultant failure. Where did the lesion go? Where did it disappear to? The truth is that it existed only in your imagination and belief.

When you have learned these great truths, you have “reincarnated” indeed. To learn these truths is to know them, and to know them is to live them and witness them. Man is playing a role in the great drama of life. When the curtain comes down, he puts off his garment, hangs it up and disappears from sight. He ultimately returns to the Source. From Him we all come forth—to Him we all at last return. There is no other place to go. “They shall not hurt nor destroy in all my holy mountain.” (Isaiah 11:9).

When John or Mary “dies”—as we usually employ the term—it means that John or Mary, as the case may be, lives on in each one of us. A person never dies. The quality, tone, or mood of the Infinite, which was his always existed and always will. The subjective afterlife may be a nightmare or a lovely dream—depending entirely on what man has impressed on his subjective mind before passing over. Let us play the melody of God here, and listen to the overtones of life. In this way we will be better equipped to play the game of life in the next dimension.

All things subsist in the Infinite and when we call forth the expressions by our feelings, then it may be said to exist. “I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.” (Rev. 1: 8). “… I girded thee, though thou hast not known Me.” (Isaiah 45:5). We fail to see that it is always God coming into the world when a child is born. That child is its own father and mother. There is only the

One Father and He is “Our Father.” “It is He that hath made us.” (Ps. 100:3).

14

Inequality of Man

It does not make any difference whether man was born deaf, dumb or blind, the “works of God” can now be made manifest. The Divine Love of God in action is omnipotent in healing. It is invincible; therefore, Jesus or the illumined consciousness can enter into the realization, “It is done.” Many ask this question: “Why is an innocent child born blind, deaf or crippled?” Obviously, they have not read the Scriptures, for the same question is asked in the ninth Chapter of John: “Master, who did sin, this man, or his parents, that he was born blind?” Jesus answered, “Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.” (John 9:2–3).

The work of God is the nature of God, which is goodness, truth and beauty. Man’s conscious mind is “father” and his subconscious “the mother.” Man creates by his feelings or moods. In the creative act, the mood at the moment of conception determines the nature of the child. “I form the Light, and create darkness, I make peace and create evil: I, the Lord do all these things.” (Isaiah 45:7). This means the Lord (law) can be used two ways, but through our ignorance we misuse it. Our moods create! What is the nature of our mood? What tone do we strike during the creative act? If there is someone in the parent’s world whom they hate the sight of, or if there is a voice that they wish they would not hear again, a corresponding expression must be brought forth. A blind or deaf child will be born—as within so without—as above so below—as in Heaven (consciousness) so on Earth.

The law is impersonal and no respecter of persons. It gives to all men that which they ask according to their mood or belief. The nature is the feeling or conviction within man. If man feels he is healthy, realizing his state of consciousness as the determining factor, he cannot express illness. The child be it deaf, dumb or blind is judged good and very good, because it is the perfect image and likeness of the consciousness which produced it. "… Every creature of God is good." (I Tim. 4:4). "His work is perfect." (Deut. 32:4). "And God saw everything that He had made, and, behold, it was very good." (Gen. 1:31).

You will see that whatever "tone" is struck by the parents, a corresponding voice or mood comes forth by the law of reciprocal relationship. No child is subject to so-called laws of heredity. "What mean ye, that ye use this proverb concerning the land of Israel, saying: The fathers have eaten sour grapes, and the children's teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel." (Eze. 18:2–3).

Yes, the father may be insane, tubercular or criminal, but the only thing passed on to children is the spirit or mood of the father and mother. It is possible for a so-called criminal to have a son who becomes a Beethoven, a Shakespeare, a Lincoln or a Jesus. It depends on the moods of the parents or the states of consciousness at conception. "I, if I be lifted up from the earth, will draw all men unto Me." (John 12:32). If you are lifted up in consciousness to the point of acceptance or belief that your son will be the noble, dignified, Christ-like being you dream of, according to the law of reciprocal relationship a corresponding mood or quality of the Infinite comes forth.

If man realized that God walked and talked in him, he would change the whole course of his life. God is indivisible. There are not two Infinites, but only One. It is impossible to divide infinity. The whole of God, therefore, is in the seeming

part of man. All beings in the world live and have their existence only in the consciousness of man.

Let us get away from any idea of separateness. Some wish an eternal continuance of themselves as John, Mary or Joe, coming back again and again for more experience. They do not realize they have experienced everything—have seen all things and have always lived.

"… The works were finished from the Foundation of the world." (Heb. 4:3). It is not the personality known as John, Mary or Joe coming back. It is always the spirit of the one God. "Elias is come already." (Matt. 17:12).

The personality, John or Mary, is simply the mask of God—it is the sum of the appetites, moods, feeling and beliefs of each of us. In other words, we tincture or color the one Spirit by our beliefs and impressions. God does not repeat himself; therefore, objectively, we look different. Subjectively we are all one. The subjective is the Real—the objective—the mask. John, for example, might have lived in New Orleans. We will say he died; then the quality which was John lives on in all beings throughout the world.

Now, during the creative act, in some part of the globe the tone or quality that was John is struck.

This could be in China or Japan or elsewhere and that quality or mood of the One God comes forth. It is not the personality we knew as John; it is ever the spirit of God. The same instant that John died, instantaneously, the same vibration could come forth in a member of another race and country.

Cycles of 500, 800 or 1,000 years have nothing to do with this law. God is timeless; all tones are in the one. When we are playing on the grand piano, it will respond according to the notes we strike. Man is the one who measures, and "the measure he metes shall be measured unto him." "Whatsoever he sows, that shall he also reap." You sow the seed in consciousness and you reap the fruit of the seed; it will be the exact likeness of the seed sown. *Let us sow*

beautiful thoughts; let our hands play divine melodies; let our eyes see the beauties of God; let our voices be those of praise and thanksgiving. Then surely we will reap what we sow.

15

Time and Space

A question frequently propounded is this: “Why do I say I have been here before; I have seen this place before?” Is there any place in which you have not been? The world is within you.

You do not have to travel to any point in order to describe any place, country or area in the minutest detail. God is omnipresent; He does not travel. You are both God and man. You are both unconditioned and conditioned—the unconditioned or formless awareness is God Almighty. This is the Real Self of you.

You have forgotten who you are, and you believe that you must travel to India in order to see it. You can sit still and see all of India. “Be still, and know that I am God.” (Ps. 46:10). Your “I AM-NESS” is God. God is everywhere and in all things. There is nothing outside yourself. You are the center of all creation and all revolves around you. As long as we believe in travel, time and disease, we must experience them. In other words, we must have proof of our convictions.

Consider this explanation: John wishes to take a trip to Killarney. He dreams about the trip and plans for it. He buys a ticket; arranges for passage and passport. He knows that he is going to take the trip. John goes to his Father every night and takes all his moods, feelings and beliefs with him as gifts. The Father always acknowledges whatever his son etches on consciousness.

While asleep, John’s subjective has taken the psychological trip to Killarney, visited his friends and heard their voices and comments. John awakens and takes the trip

physically. Eventually he motors to Killarney from Cove and does not need to ask directions from anyone. WHY? He was there before; he visited it a few weeks ago, psychologically, while asleep on his couch. Now he knows the way. He hears a voice and stops suddenly, saying loudly and excitedly, “I’ve heard that voice before, even that same expression.” “Why I know this cottage, I’ve lived here before!” A dozen different expressions pour forth from him. Consciously, he has forgotten, but the subconscious is the storehouse of all memories and experiences—the seat of all knowledge.

His experience has nothing to do with previous incarnations. John has been visualizing a wonderful trip, impressed his subconscious and “went to sleep on it.” His subjective, knowing all, accepted the suggestion and dwelt there psychologically. When the conscious mind arrived there, it experienced all the subjective states. “I go to prepare a place for you, and if I go, I will come again and take you unto Myself, that where I Am there ye may be also.”

When he hears the voice and feels the loving caress of a dear one, it is the objectification of his own desire and then it registers. “I come to make the blind see and those that see blind.” This means that all things exist now but we refuse to believe it and accept it.

For example, the writer some years ago met a boy who was considered ignorant and stupid by his comrades. This boy could not read or write, neither did he know the classics. Yet he could stop the flow of arterial blood, which flows freely, by closing his eyes and saying, “Stop it.” When he opened his eyes, the bleeding had ceased. He believed that his prayer would always be answered and even though others mocked, he never failed. “Charity (love) never faileth.” (Cor. 1: 13–8).

That is why belief is not necessary on the part of the sick person. Yes, truly the woman can have an issue of blood for twelve years, and by touching the hem of His garment, she

shall be made whole. To touch the hem of His garment means to feel the thrill of accomplishment on the inside of the subjective self.

It is the inner silent knowing. It is the feeling within that “It is done.” We must always seek the end. Having felt the end, we have already determined the means to that end.

How did the so-called ignorant boy mentioned in a previous chapter have this ability? His explanation was as follows: As long ago as he could remember, his father told him that the power to staunch blood was a tradition in the family, and was handed down from father to son. The first born in the family had the gift, but the other members, such as sisters and other members, such as sisters and other brothers did not possess this power.

The boy grew up in this belief and fully accepted the fact that he could stop the flow of blood. If he saw it, he closed his eyes to it, and issued the command which was always obeyed. He really did not know how or why it should stop. He knew practically nothing about God. The reason the blood stopped flowing was because of his *belief*. (He stated that at home in Colorado he frequently was called upon to stop cases of hemorrhage.)

A very peculiar thing about this healing capacity was that he believed that he had to be present and see the blood flow, and so he could not heal anyone out of sight. Not aware of the laws of mind or the working of the conscious and subconscious faculties of man, this shows what could be accomplished with a youth if conditioned properly by someone who knows and understands the laws of life and the Truth of Being. For example, no amount of words or explanation would convince this Indian boy of the fact that he could stop the flow of blood at the request of a third person—even though he did not see the patient. This was a belief implanted in his subjective mind at an early age and he accepted it as a part of the tradition of his tribe or family.

Children, particularly under seven, are living mostly in the subjective state and very amenable to suggestion, especially from parents whom they trust and love. This boy was unconscious of the “fact” that it could not be done, just as many of us believe that the technique of stopping the blood-flow is only possible through the use of blood coagulants and a tourniquet. It is all a question of how “free consciousness” has been bound and conditioned by belief, opinion and custom.

16

The Journey Beyond

Frequently is the author asked: “Will we meet our former parents, brothers and sisters in the after-life?” In the 22nd chapter of Matthew, the question reads like this: “Therefore in the resurrection whose wife shall she be of the seven? for they all had her?” (Matt. 22:28). Jesus answered them, “In the resurrection they neither marry, nor are given in marriage, but are as the angels of God in Heaven.” (Matt. 22:30).

We must not think that our former wives or husbands will be lined up to greet us. Family relationship is for this three dimensional plane. Believing in the old concept of reincarnation, just imagine what it would mean! Maybe two million wives would be waiting for us. Where there is a deep, unselfish love of a mutual nature, there will be a meeting and a joyous reunion.

When you learn to love, and are prepared to serve others, your solo will cease, as Dunne says in “New Immortality,” and become part of a duet. Thus you join through love other players and produce orchestral effects. Finally one day we will discover we are playing in the symphony of all creation. There is no lost Soul and even the child that dies in the womb, still lives. Yes, it grows; expands and through love it goes from “glory to glory.”

When we awaken, all are one in consciousness. In the absolute state, all tones are one. There is nothing but a great Oneness. “There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female.” In God the sinner and the holy man are one. Black, white, yellow and brown races are all one. He “… hath made of one

blood all nations of men for to dwell on the face of the earth." (Acts 17:26).

"I am the resurrection, and the life." (John 11:25). Your I AMNESS is the only living Reality. "In Him we live and move and have our being." (Acts 17:28). An angel is an attitude of mind, a voice, a tonal quality or mood. God, being infinite, consists of an infinite number of angels or "angles." Man is God in infinite expression. There is no end to his expansion of consciousness, because God is without beginning or end.

All our friends, relations and all those people who are past and gone, are within ourselves. They are angels of heaven—and where is heaven? Jesus says, "The Kingdom of Heaven is within you." There is, therefore, no place for them to go except within our consciousness, which is God, the Absolute. "Do not I fill heaven and earth? saith the Lord." (Jer. 23:24).

"There is but one God, the Father, of whom are all things, and we in Him." (I Cor. 8:6). Our Father is in heaven and heaven is within us. All your loved ones, when they finally awaken, subsist in the eternal stream of consciousness as angels of God, in perfect peace, and they are one with their Father. All men, women and children in the world are notes in a vast musical composition. Let us become lost in the unity of the whole, and all sense of separateness leaves us. The sum total of all creatures does not comprise unity,—no more so than the fractions contained within the number, one, bring about the fundamental unity of that number, by being added together. We may regard multiplicity as a way of experiencing that unity. When we enter the world of Reality by a process of withdrawal into the enduring self ("I die daily"), we no longer persist as individuals, surrounded by a world which is not ourselves. *We are all that is*, and our individuality has merged in the *all*. We are the life of all creation.

The eternal continuance of John or Mary Smith as a personality is the nemesis of the uninformed. This is the

point where foolishness and wisdom hopelessly divide. As long as John desires to be separate, he desires to be separate from that Universal One, who is the root and substance of all things. The universe of the foolish man is one containing spheres, planets and planes through which he passes forever—a universe becoming greater all the time.

The Truth student looks at things somewhat differently. He knows that this Spirit within him, which he is trying to individualize, is not an individual at all. He knows that the life within him has never been separate from God and never can be. What the illumined one calls “being alive” is eternal Life living in him. Man is playing against fate when he wishes to be John Smith forever. He might be referred to as an egoist, who thinks that as personal self, he is sufficiently important to subsist for aeons of time.

Let us be real Truth students. Let us realize that that which lives and abides in us, is eternal Life. If it were true that the personal John Smith was the Thinker—if it were true that he was the Life—it would be different. These are appearances due to the illusion of the material state.

In contemplation and in deep meditation, we realize these profound truths about man. It is Thought thinking him. He is not thinking thoughts. Is it not LIFE living in him? He is not living LIFE. Is it not eternity concealed or hidden within non-eternal natures? All of us are an inevitable part of the unity of God and inevitably destined to be reabsorbed into His unity. We need not fight on forever. We can “stand still, and see the salvation of the Lord.” (Ex. 14:13). The absorption of the particular by the universal is the end of individual existence, as we know it on this plane of consciousness. We could liken it, as the return of the spark to the flame, the return of the water to the sea.

Man is forever asking, “What shall I be in the afterlife? What will Mary be? What will all individuals be?” We are victims of centuries of false beliefs. Over thousands of years

we have begun to believe in a strange complex of separation or apartness from our Father. Yes, man is always asking, “Will we lose this individuality of ours.” The word “individual” means that which is indivisible. The answer must be, “What is individuality?” Is it not the One Life looking out through the countless windows and eyes? This Life is ever at one with Itself and It shall not be anything less. Man is not an individual; he never was. His emotions, beliefs and intellect tried to make him something apart. All things in this relative world of ours are expressions of the absolute. The one life is expressed in countless modes. It is all One Reality. The one in the many, and the many in the one. The apparent separate manifestations are notes in a grand symphony. There is a difference in the notes, and they are grouped differently into chords and harmonies; yet, we must remember the symphony is One. Grace notes, somber notes and notes used to form part of a magnificent opening chord are not separate; they all are the symphony and the symphony is one and indivisible. The composition is one Reality. Every note shares the joy and beauty of every other note, and shares the Life of every other note. The life of the whole is in each note. The part is in the whole, and the whole is in the part. You are the Grand Symphony. You are the Creator and the Hymn of Creation. We are the Supreme Reality sharing the life of all things.

“Everywhere in heaven is Paradise. Even though the grace of the Chief Good does not reign there after one only fashion!” Does not this mean that the mystery of the ultimate Reality is multiplicity in Unity?

The reason for all the chaos and misery in the world today is given to us in Chapter 2 of Jeremiah: “For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water.” (Jer. 2:13). Millions of men today pray to a God in space whom they look toward as some being living in the skies, consequently, their

prayers are not answered, because they do not know how to pray. They have forsaken the God within, and have created a God outside of themselves. They also have given power and authority to conditions and circumstances.

Instead they must realize that rather than permit the world to control, influence and frighten them, they should control what now controls them. We have the choice to control our outer manifestations or be controlled. The world with all its pomp and ceremony is the cistern that holds no water and if man drinks of this, he will thirst again. He must go back to the fountain of living water and drink of it in order to become free of the limitations of matter and circumstance. Man must leave the world of sound; go back to the “Silence,” and dwell in His peace, strength, wisdom and power.

17

Finding Oneself

Let us once and for all awaken from the dream of being separate. Actually, we never have been separate and never have been individuals. When we completely die to all of our false beliefs, we are back again in the Garden of Eden. “Thou hast been in Eden the Garden of God; every precious stone was thy covering.” (Ezekiel 28:13). This is the illusion removed and the Fact made known. The ancients called it the awakening from a dream. It is an awakening from the recurrent dream of self to find the “Selfless One.”

“… Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.” (Eph. 5:14). This means that when you awaken, you learn all has been a dream—all wars, crimes, one’s mistakes and misfortunes. All the chaos of the world is a nightmare—unreal, to be forgotten and remembered no more. The reality of this awakening is to find oneself in a kingdom of love, peace and happiness with the Light of Truth always shining. Beholding the Truth, dwelling upon it, accepting and rejoicing in it, we realize that the streams of “manyness” all lead to the Oneness.

The Gospel of Good Tidings is the realization that the One alone lives, and that the One alone is the end all men are seeking, the one Self that stands supreme midst the illusions of the not-selves. Then man knows for the first time what the ancients meant in their meditations, when they said: “Neither is there anywhere injustice, and the semblance of it is the delusions of separateness. The strife, the quarrels, the contentions that thou witnesseth day by day are the plays of light and darkness which I am. All sense

of effort, all semblance of exertion—know these as illusions and with thy mind's eye see Me entering into all."

One man, a friend of the writer, who has read twenty or thirty books on reincarnation, is no longer worried about which wife he will meet in after life. He said, "You know I must have had millions of wives, also fathers and mothers." He is now at peace, having read the 22nd Chapter of Matthew. He is no longer worrying about which one to claim. He was under the impression that there might be strife in heaven over him.

Man is told what the true reincarnation or rebirth means in Chapter 3 of John, "Except a man be born again (of water and the spirit), he cannot see the Kingdom of God." (John 3:3). Millions have read this chapter, however like Nicodemus, they fail to see the light or true meaning. They say, "How can these things be?" (John 3:9).

Obviously pouring water on the head of a person does not bring about a spiritual awakening or change of consciousness. There must be another meaning. The simplicity of Truth is its greatest stumbling block. Children who believe in Santa Claus operate this law very successfully, because they believe in "make-believe." That, after all, is what the whole world is and all things contained therein—a vast "make-believe"—nothing more and nothing less.

At one time a little Spanish girl lived a few doors away from the author. He knew the family well, and often visited at the home of the little girl's parents. She was about eight years of age and attended the local parochial school. For months she had been asking her parents for a bicycle to ride in Central Park. The mother's constant answer was: "Stop bothering me. You know there is a war on and no bicycles are available." She continued to ask, however, much to the annoyance of her parents.

This little girl was a typical tom-boy, fought with the boys in the neighborhood and "got a black eye" occasionally. One

night the writer of this book said to the little girl: “Mary, you can get a bicycle, and I know where.” Immediately her eyes expanded and she was all ears and exclaimed, “Where?” The following dialogue took place between us:

TEACHER: “Go to bed immediately and close your eyes. Now imagine clearly that your boy and girl playmates are riding your bicycle in Central Park, and just see their smiles.”

MARY: “I won’t give my bicycle to anyone if I get it.”

TEACHER: “Then, Mary, I am afraid you can’t get the bicycle. The person who is willing to give you the bicycle wants you to share it with your playmates who have no bicycle, so that you can make them happy. He insists that you make your friends joyful and merry.”

MARY: “Oh, all right, if that’s the kind of person he is. I suppose I must agree.”

TEACHER: “Fine, Mary, that is the proper feeling. Now, Mary, Christmas is coming shortly and there is a big boss over all the Santa Clauses, who tells them what they can give to little girls and boys who are good.”

MARY: “Mother said Santa Claus could not or would not bring a bicycle.”

TEACHER: “Now, Mary, your mother is very busy; you annoy her too much and she does not always realize what she says. This is the way you can get the bicycle before nightfall tomorrow.”

MARY: “Really, promise?”

TEACHER: “Mary, you know I always keep my promises. I take you to the movies when I promised, and buy you ice cream when I promise.”

MARY: “I believe you. Tell me how.”

TEACHER: “Mary, close your eyes and imagine yourself riding a bicycle in Central Park.”

MARY: “I can see the bicycle I want!”

TEACHER: “See your playmates riding the same bicycle, one at a time. See them smiling and laughing and full of fun. Now the Big Santa Clause is listening to you and is pleased, because you believe he has the power to give it to you. He is glad, also, because you are going to share it. He will give it to you tomorrow, before nightfall. Go off to sleep, sound asleep, deep, deep sleep.”

About six o’clock the next evening Mary was at Woolworth’s —78th Street and Broadway, New York City—when she suddenly began to cry. A lady nearby noticed this and speaking gently said to her, “Little girl, what is the matter? Did someone hurt you?” Mary replied, “No, but there was a man at our house last night and he told me the boss over Santa Claus would give me a bicycle before nightfall. It’s getting dark now and there is no bicycle.” The lady was moved and said: “That man had no right to promise such a thing.” She took the little girl to her apartment nearby, and gave her a bicycle, which her daughter, who had died two years previously, had used. She told Mary that she always wanted to give it to a child who loved God.

This is all that prayer is—simply “make-believe.” That is all “reincarnation” is. If you do not like what you are, make-believe you are that which you long to be. Accept it, sustain the mood or belief and you will embody that state. The water spoken of in the Third Chapter of John is “consciousness,” and the spirit is the spirit of joy in possessing that which you long to be or to do. The Kingdom of Heaven is the peace and stillness that follows the answer to your prayer.

We are here to experience the joy of living and for no other purpose. Out of the great silence comes God, appearing as man. Man has dreamed a dream away from reality and found that which he calls evil and sin—to be an

illusion of the senses. Man must return to the Silence, and in the presence of Truth all these so-called evils fade away, since they never really existed.

18

Renewal of the Mind

You may transform your mind, body and affairs through the water and the spirit (3rd John) by re-educating the subconscious (water). One way of getting at the subconscious is by affirmation; that is, saying a thing over and over again. This is the way with some; but all these affirmations are only abstractions. What is needed is something concrete—an inner perception, a firm conviction within yourself. You must actually feel yourself as the Doer and the Seer. This is the “Spirit.”

If your desire is to be a great teacher of the Law, the following suggestions could be used. Close your eyes, which shuts out the evidence of your senses; still the mind by dwelling on God; ask yourself, “What does God mean to me?” The answer automatically comes—God is Love, Beauty, Infinite Intelligence, Omniscience, Omnipotence, Omnipresence and All Wisdom. Then feel yourself to be the great teacher. You must feel the reality of it; the joy and thrill must course through your veins with the mood of actual accomplishment.

It is as if you went to the theatre, came home, sat down on the couch, closed your eyes and began to review all the scenes in a contemplative mood. You hear the voices, and you see the beautiful scenery, lights and costumes. You are witnessing that which has already taken place. Prayer is contemplating the reality of the wish fulfilled and reacting to the joy that, “It is finished.” (John 19:30). “Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him—and bless his name.” (Ps. 100:4). NOW YOU ARE BORN OF WATER AND THE SPIRIT.

When we pray, it is essential that we realize nothing is achieved by desperate effort. We grow, not by trying to grow, but rather by permitting the fact of growth to assert itself or be manifest in ourselves. Man cannot become the Great Teacher or Healer by any direct effort. “The father that dwelleth in me, he doeth the works.” (John 14:10). The result is due to an attitude or mood of the mind that the Wisdom, which is ever present, is made manifest in us. We do not create wisdom, virtue and knowledge. We reform and reverberate these attributes by a renewal of the mind, thereby releasing ever-existing principles and qualities into manifestation.

19

Meditation

The discipline of looking inwardly is Meditation. What we understand we do naturally. What we do not understand we force ourselves to do. Students so often tell the teacher how hard they tried. The very effort meant failure, for meditation is always effortless. Tension, exertion or force result in failure.

An excellent way to still the mind is as follows: imagine yourself on a mountain top, looking into a lake. In the placid surface you see the sky, the stars, the moon and those things above the earth. If the surface of the lake is disturbed, the things seen are blurred and indistinct; thus it is with you. You are not “still”—not at peace—and the answer to prayer comes only to the man who dwells with all tranquility on the joy of already having received that for which he prayed.

Meditation is the internalizing of consciousness. It is the pilgrimage within. If an eight year old child can operate the Law successfully, we can. We first must become as the little child. Half an hour a day spent in meditation upon your ideals, goals and ambitions will make you a different person. In a few month’s time the gentle, silent acknowledgment comes that God is within you, that the spirit of Almighty God is now moving in your behalf and that which you long to be, to possess or do is already a fact of consciousness. Man actualizes this state by feeling the thrill of accomplishment; when he has succeeded, he will no longer be worried, anxious or apprehensive.

Moreover, he will not ask anyone for advice, because he will be under compulsion to do that which is right. His

subjective mind compels him to take all the necessary steps to the completion of his goal or objective. After prayer, if a man is still doubtful and begins to argue with himself as to which course to pursue, it means that he has not fixed the desired state in consciousness; then let him go back again and dwell in the reality of it.

“Verily I say unto you, Among them that are born of woman there hath not risen a greater than John the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he.” (Matt. 11:11). This means that any man who prays successfully and touches Reality by getting into the proper mood or feeling is greater than the wisest man. Most of us live life looking outwardly. The wise learn to look inwardly. The disciplines of looking “inwardly” are termed together, “Meditation.”

Detachment is the key to meditation. That is, we must sever ourselves completely from all worldly beliefs and opinions, and focus silently upon our ideal state. It is the effortless-effort which causes us to flow towards that which we realize without conflict. Detachment does not mean that we give up what few earthly possessions we may have. It means that we must give up possessiveness in ourselves, or release the attachments that peculiarly limit us to a human viewpoint in all matters.

“Be still and KNOW.” Stillness is not only keeping quiet; it means that the causes within the Self, by which the inward life is rendered discordant, have been removed. It indicates that there must be no inner dissonance, but rather when man goes within himself, he must find perfect and abiding peace. Knowing that God is within himself makes man live in a world that is ever peaceful. The lack of it makes him live in a series of conditions which grieve him to the end. He fusses about things which, if he saw them differently, would not cause one moment of unhappiness.

Every day of our life we should meditate on beauty, love and peace. We should feel that these qualities are being

resurrected in us. As we meditate daily on this inner beauty, let us feel that we are Jesus the Christ, the illumined man. Let us actually conjure the mood that would be ours were we actually doing his works and healing the blind, the halt and the lame. As we walk the earth, we must sustain this mood or conviction that we are Jesus and those qualities, which he portrayed, will be resurrected within us. They were always within us! This state of consciousness is not born of woman. *Jesus is born out of the imagination of man and nowhere else*. It is the second birth or spiritual awakening of man.

The birth of Jesus the Christ truly takes place in man as he practices the disciplines and meditates on the ideal state.

By moving inward, the mystic finally finds the Real. As he goes inward he realizes first that this thing called the body is very unreal, and this earth upon which we are seated becomes unreal. The external life becomes the dream; the internal life awakens and moves further and further inward. Finally it seems to merge, and suddenly the meditating Self perceives that, by going inward, it has found the Universe. The suns, moon, stars and planets are within. For the first time he knows that planets are thoughts; that suns and moons are thoughts; and also he apprehends that his own consciousness is the realization which sustains them all. Temporarily in space are moving the dreams of the Dreamer; worlds, suns, moons and stars are the thoughts of the Thinker. His eyes are closed; He is meditating, and we are His meditation. It is CONSCIOUSNESS meditating on the mysteries of Itself!

This inward journey ultimately leads man to the Real. It leads man away from the sense of the small “I” to the realization of the eternal Self. The mystic’s mind, through meditation, finds the peace, the strength and fortitude for further steps. The practice of the discipline of meditation

bestows beauty, love, peace, grace and dignity upon every impulse, every attitude and every act.

In conclusion, let us meditate on these lines, written by the finger of God, the Ancient of Days, which have come to us, down through the ages—ever the Ageless Wisdom:

“Of all existence I am the source, the continuation and the end. I am the germ, I am the growth, I am the decay. All things and creatures I send forth. I suppose them while they yet stand without, and when the dream of separation ends, I cause their return unto myself. I am the Life, the Wheel of the Law, and the Way that leadeth to the Beyond. THERE IS NONE ELSE.”

II.
Fear Not

(1946)

Fear, anxiety, and unnamed dread are the maladies of modern life. This is probably truer today than in Murphy's time. In this pamphlet, Murphy diagnoses fear as the inability to recognize the omnipotence of your own Mind. *When you come into the realization of your true nature, you realize that all circumstances are subject to self. Murphy writes that even the prisoner can be free if he follows the formula: "Learn to imagine the thing desired, and then feel the reality of the state sought." The worldly path to freedom may be impossible to foresee. "My ways are past finding out." (Romans 11:33) But with the thought arrives the means—and the incarcerate will go free. This promise holds true for you if you recognize the power that you are*.

—MH

“The Lord is my Light and my Salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?”

PSALM 27:1.

“For in the time of trouble he shall hide me in his pavilion: in the secret of this tabernacle shall he hide me: he shall set me up upon a rock.”

PSALM 27:5.

Who is your Lord and master this very moment? Your Lord is your predominant, mental attitude; it is your conviction or belief about yourself, people, and things; this Lord can be a tyrant. For example, if your mood is now one of resentment, that is your Lord or tyrant that governs all of your actions and all phases of your life. If you want to invest some money, buy a new home, or some property, while in this attitude, you will do the wrong thing and say the wrong thing, because your predominant mood is negative. The law is: “As within, so without.” You are fearing your good, and you would react negatively. Fear is a lack of faith or trust in God, which is a denial of His Omnipotence.

“The Lord is my light and my salvation.” “The Lord” referred to is the Lord God, or the law of God or good. To put the law of good into operation—thereby banishing fear once and for all—enthrone in your mind the thoughts of power, courage, and confidence. These thoughts will generate a corresponding mood or feeling, which will banish the arch enemy of your success and health.

Fear, this self-made enemy of yours, must be completely destroyed before the Lord God can shine through you. Your fear is the cloud that hides the sunshine of God. Men have made personal devils out of fear of the past, the present, and the future. They fear friends, gremlins, elementals, banshees, and other strange things. There are no ghosts, werewolves, gremlins, or banshees; they exist only in the gloomy galleries of man’s mind.

It is our attitude toward life that determines the experiences we are to meet. If we expect misfortune, we

shall have it. Knowing the law of God or good, the truth student expects only good fortune. The world is not harsh; it may seem to be, because we fail to affirm or claim the Presence of God. Men fear criticism so much, that many of their most beautiful thoughts never see the light of day. To the man who believes that God is the only Presence and the only Power, there is no past; he knows that if he believes in the power of the past, he is disbelieving in God. God is the Eternal Now; there is no future and no past.

This is the Gospel—the good tidings. There is no such thing as past karma; there is only man's foolish, stupid, false belief in it. *"Now is the day of salvation!"* The Kingdom of Heaven is at hand. Your good, your health, and your success are here now; feel the reality of them; thrill to them. Enter into the conviction that you are now the being you long to be.

The only guilt there is, is the consciousness of guilt. "If your sins are as scarlet, they shall be white as snow, though red like crimson, they shall be as wool." This is the Christ message. The only moment that matters is the present. You can live only in the now, experience in the now, plan in the now, and think in the now. Whatever you are planning or dreading, you are planning it now. When you realize that every form of lack and limitation is the result of your wrong thinking and feeling, you shall know the Truth that sets you free. The mountains will be removed.

Aboriginal tribes and primitive man feared nature. Modern man fears his fellow man. To a great extent we have dispelled the ghosts of ancient days. We have combatted the plagues, and we will soon control the elements. Man is doped by modern propaganda. Some men are afraid to live, and afraid to speak. Mothers fear for their children. All this is due to a superstitious belief that there is another power to challenge God.

The only evil there is, is due to a lack of knowledge of the laws of life. If we put our hand on an open wire, we get a

shock, but if it is insulated properly, we do not. The evil or shock was due to our ignorance; yet any man will admit that electricity is not evil; it blesses humanity in countless ways. Electricity is used to play music, drive trains, fry eggs, vacuum the floors, and light the world. Evil or fear is our misapplication and incomplete comprehension of the Omnipresence of God or good. Where fear is, love cannot be; for error cannot dwell with understanding.

The wealthy fear they are going to lose; the poor fear they shall not gain. The only wealth and the only security are found in the consciousness in which we abide. If we are conscious of being wealthy, nothing in all the world can stop us from being prosperous in our bodies and affairs. The things men fear are unreal. Only the One alone is real; only the One alone is Law; only the One alone is Truth.

The jungle doctor of old has passed on many of his superstitions; consequently, countless cults today instill fear into the minds of many individuals. The various creeds have, like humanity, ignored the one fundamental truth and stressed differences, so that today so called religion is a ghastly travesty of the name religion. They say, “Our Father” and have forgotten the brotherhood of man. I and my Father are One—One Man, One God, One Truth, and One Law. Let us face the facts. The cause of most fear is man’s fear of his fellow man. Many men pray together on Sunday, and prey on each other on Monday.

The answer to the fear problem is understanding. All fear is due to ignorance. In order to express harmony, we must think and feel harmonious thoughts. When we enter into the mood of success, confidence, and happiness, we will express similar results in all phases of our life. When man knows that every form of discord, sickness, and lack is due to wrong thinking, he will know the Truth which sets him free.

Learn to imagine the thing desired, and then feel the reality of the state sought. This is the easiest and quickest

way to get results. Some get results by convincing themselves of the Truth—that God is the only Presence and the only Power; this is one of the most wonderful things in all the world to know.

Regardless of the cause of the fear, you have no one to treat or heal but yourself. You have to convince yourself that you are now expressing Life, Love, and Truth. Let us not fear anything or anybody; let us be busy radiating courage, confidence, and power. In this way we will crush all obstacles in our path, and the mountains will be cast into the sea.

We are one with Infinite Strength. If we say we are weak or infirm, we are telling a falsehood about God. Fear turns the love of God or good away from us in the same way that a poverty consciousness attracts poverty in health, money, business, and love relationships. Man must stop preaching fear to his fellow man, and unite in teaching all of the Truth.

The Truth is that there is no hell, devil, purgatory, limbo, or damnation of any kind; moreover, there is no past karma for which we must expiate here; there is no future evil. God is the Eternal Now! This is one of the most dramatic and significant statements in the whole Bible: “Now is the day of Salvation.” This very moment all that you do is turn to God and claim for yourself that which you long to be; accept it; believe it, and go thy way rejoicing. “Though your sins be as scarlet, they shall be white as snow, though red like crimson they shall be as wool.” “Forgive till seventy times seven.” “This day thou shalt be with me in paradise.”

Let us stop instilling fear into the minds of the youth; let us teach them the real facts. We must not preach religious tolerance except we live it. We must teach the Truth. We must not distort the Truth, so that we may hold a position, or because we are afraid that the people will not come back; this type of fear results in spiritual stagnation and frustration. Shall we give a lasting message on Truth or condition it on crowds of people? We must keep our eye on

the Kingdom of Heaven, not upon the kingdom of earth. We must teach man to know the Truth, and the Truth shall make him free. The Truth is: Man is belief expressed!

There is no fear where faith in God rules. There is no fear of man where integrity rules in one's consciousness. There is no fear of criticism where the consciousness of kindliness enters into the mind of man. Religion is integrity in action or the application of Truth. We have seen, therefore, that fear is man's basic weakness, and it is based solely on ignorance.

"In time of trouble he shall hide me in his pavilion; in the secret of his tabernacle shall he hide me: he shall set me up upon a rock." "The pavilion" is a canopy or covering; this means the covering shall be the garment of God (mood of good). Think about God. Begin to ask yourself, "What does God mean to me?" Realize that God, or I Am, is the Life in you, your own consciousness, and It is Omnipotent.

For example, if a man is in prison, he automatically desires freedom. God and good are synonymous. He begins to think of this Infinite Power and Wisdom within him; he knows that It has ways of freeing him which he knows not of. He imagines, therefore, the opposite which is freedom. Though he is behind bars, in meditation he imagines that he is at home talking to his loved ones. He hears familiar voices, and feels the welcoming kisses of his children on his cheek. This is hiding in the *pavilion*. The prisoner actualizes this state by feeling the joys of being home. It is possible to rise high enough in consciousness in five or ten minutes to bring about a subjective conviction. This is the meaning of, *"In the secret of his tabernacle shall he hide me."* The law is: Whatever is impressed is expressed; consequently, the prison doors are open for him in ways that he knows not of. "My ways are past finding out."

We read in the Scriptures: "Fear not, little flock, it is your Father's good pleasure to give you the kingdom." Jesus tells us this Kingdom is within us—this Kingdom of Heaven or

harmony is within every one of us. Infinite Wisdom, Divine Intelligence, and Infinite Power are available to all men, because God is within them, and He is the very Life of them. Any one can prove to himself that the Kingdom of Heaven is at hand. It is right here now; Jesus saw it, and lived in it; we are color blind; that is why we do not see it; the blindness is due to ignorance and fear. We are blinded by centuries of false beliefs, superstition, creeds, and dogmas. The Truth is so shrouded by false dogmas, that we have created God and a heaven of our making. God is to us what we believe Him to be. Man has created a horrendous creature in the skies; he visualizes a God of caprice and vengeance, or an inscrutable being who sends wars, plagues, etc. We create our own hell and our own heaven, based upon our concept of God. Anyone can prove that the Kingdom of Heaven is at hand.

Let me tell you the story of a young girl who proved it. She was living with a father who came home drunk every night, and sometimes treated her brutally. She lived in constant fear of her father. She kept house for him. Due to frustration, her face was covered with acne.

We are not living with people; we are living with our concept of them. Realizing this truth, the girl in meditation closed her eyes and dwelt on the God Power within her. She no longer clothed her father in the garment or mood of a drunkard. Instead, she saw a loving, kind father, who had perfect balance, poise, and equilibrium. She clothed him in righteousness, and her judgment was “a robe and a diadem”; which means that she saw her father as he ought to be. The fact that her father was drinking heavily, meant that he was seeking escape to conceal an inferiority complex or a subjective sense of loss. In other words he was trying to run away from himself.

This girl spoke the word which healed him. She relaxed her whole body, closed her eyes, and began to say to herself, “How would I feel if my father was loving, kind, and

peaceful?” She dwelt on the solution, which generated a mood of peace, confidence, and joy within her; this was clothing him in righteousness. Her judgment was a “robe and diadem.”

When you pass judgment, you come to a decision. It is the final verdict, and you are the judge passing judgment; “As I hear, I judge.” Her verdict was an inner hearing or feeling, wherein she saw her father smiling, happy, and joyous; she imagined he was telling her how wonderful he felt, and that he had found peace, balance, and poise. She also heard him telling her how wonderful she was; she thrilled to the fact that her father was healed and made whole. “He wore a seamless robe”—no holes, no patches, and no seams; this means she meditated on the mood of love, peace, and oneness with her ideal. All doubts and fears were absent (judgment as the robe). “Judgment as the diadem” means she gave “beauty for ashes,” which signifies she saw beauty in her father and felt it. Beauty was expressed on the screen of space.

After one week’s treatment her father was completely healed; moreover, he was a changed man. His attitude was completely transformed, and they are devoted to each other. She proved the Kingdom of Heaven (harmony and peace) is at hand NOW. What are we afraid of? “If God be for us, who can be against us?” The thing you fear does not exist.

For example, a man lives in fear that his business will fail. His business is not failing; neither is he in bankruptcy. Business is as usual, and it may be booming; the failure does not exist save in his imagination. Job said, “What I fear most, has come upon me.” Job is every man that walks the earth. Therefore, as the successful business man continues to sustain the mood of failure, sooner or later his mood crystallizes into a subjective conviction or impression.

Any feeling impressed on the subconscious mind is made manifest by an immutable law of life. The subconscious,

being impersonal and no respecter of persons, says, “John wants to fail in business.” So it proceeds in ways that he (John) knows not of to bring this failure to pass. Everyone realizes that he brought this failure on himself through imagination and feeling.

I know a lady who read of an aeroplane wreck. She was contemplating a trip by air to Los Angeles, but she lived in fear of an accident. A negative thought cannot do you any harm, except it is energized by a charge of fear. It must be emotionalized before it becomes subjective. This lady did not know what she was doing; she was ignorant of the laws of life. This ignorance is the cause of all of our accidents and misfortunes. Having imagined herself in an aeroplane accident and having emotionalized this negative thought with fear, it became a subjective state. When she took the trip two months later, she had the accident that she *knew* she would have.

If a woman fears her husband is going to leave her, this is how she conquers her moods. The fear is a negative feeling which is communicated to him. If he does not know the laws of life, her conviction of him will be made manifest. In other words, he will do the thing she feared he would do, because this was her conviction of him. Instead of this fear, she supplants it by seeing her husband radiating peace, health, and happiness. In meditation morning and night, she radiates the mood of love and peace, and feels that her husband is the most wonderful man in all the world. She feels that he is loving, kind, and devoted. She imagines he is telling her how wonderful she is, and how happy, free, and balanced he is. Her mood of fear is now changed to a mood of love and peace. This is the Spirit of God moving in her behalf. As she continues to do this, this mood jells within her. She now knows, “He never faileth,” and that “Perfect love casteth out fear.”

Our daily prayer or daily mood must be one of joyous expectancy or a confident expectancy of all good things;

this is our greatest prayer. If we expect the best, the best will come to us. It is our mood that is vital.

The modern metaphysician of today teaches that God is *pure feeling*. If you feel full of confidence and trust, this is the movement of the Spirit of God within you, and It is all powerful. “None shall stay its hand and say unto it, What doest thou?” Man’s own consciousness is God; there is no other God. By consciousness is meant existence, life, and awareness.

You, the reader, know that you exist. This knowing that you exist is God. What you are aware of is your concept of God. Each man must ask himself, “What am I aware of?” The answer to this question is his belief about God. It is what he knows about God. When he says, “I am aware of want. I am fearful. I am sick,” these are lies and have no truth in them. When man says, “I am fearful,” he is saying God is full of fear which is nonsensical. When he says, “I am in want,” he is relating a lie and a denial of God’s abundance and infinite supply. His faith is in failure, and he succeeds in being a failure. He believes in a lie, but he cannot prove the lie. The false condition seems real as long as he dwells upon it. When he ceases to believe it, he is free and healed.

III

The Meaning of Reincarnation

(1954)

This is one of Murphy's most original and little-known books. I think it possesses peaks and valleys in terms of insight. But it is worth reading to experience the best of his arguments and to question the lesser. Let me state up front that I do not agree with, nor am I sure a more seasoned Murphy would agree with, his conclusions here about the thought patterns of parents resulting in illness or disability of a child. Murphy himself later moved away from that perspective to suggest that the pool of thoughts of all humanity, extending to antiquity, could be the responsible factor. I do not share that view either, since it borders on randomness which con flicts with the rest of his philosophy. Rather, I think that in this sphere we experience many laws and forces; the law of mind is ever operative but it is impacted by other experiences in our physical framework, just as gravity is impacted by mass. I explore this in greater detail in One Simple Idea *and* The Miracle Club. *To Murphy's credit, I believe that certain of his insights coalesce with primeval Vedic ideas about reincarnation, especially when he writes about all of humanity emerging from and returning to original thought substance. In this regard, Murphy's ideas about reincarnation run closely to the outlook of Madame*

H.P. Blavatsky. I include this rare book not to instill belief but to provoke question and search.

—MH

1

The Meaning of Reincarnation

The time has come in the field of New Thought thinking, living, and practice to make a clear-cut decision as to *what to do* with the mill-stone labelled, “Reincarnation,” which is discovered hanging from both oriental and occidental necks.

The highest light in the theory of reincarnation is melioristic; that is, man is becoming better by the slow, *exoteric* process of putting on and off different habiliments of flesh and emotions. Nothing is done in this unconscious process, rooted in mere habit transmission about the ringing challenge: “Be ye perfect even as your Father in Heaven is perfect.”

New Thought Philosophy and application must not capitulate to a racial error perpetuated by the pronouncements of unillumined men. We should get started in the “business” about which Jesus so earnestly labored. Let us begin the program with tenacity of purpose and perseverance by putting on the Garment of Christ which is Wisdom, Truth, and Beauty instead of the garment of “poor man, rich man, beggar man, and thief,” through the weary cycles of time-spaceframes of reference.

Einstein has with great labor brought us to the gate of the Temple Beautiful. The false Gods of time and space have been toppled over, and become mere relativities before that “Which is, and Which was, and Which *is* to come, the Almighty.”

We now stand naked before the gates stripped of all disguises and “but little lower than the angels,” ready to take our just place at the right hand of Cause—The Father. This means essentially the willful cessation of the

automatic, weary round of rebirths, refleshing ourselves in the menial garments of the slave to carnal, materialistic thinking and living.

The scientific, mental thinker looks at the theory of reincarnation from a new standpoint altogether. The scientific thinker starts with, “the pattern on the Mount,” wherein man is one with God, and starts from there.

We must cease building an edifice based on a slow-paced dream wherein millions of human beings—east and west—have been laid in the Procrustean bed of karma and reincarnation to arise retailored in garments ill befitting an invited guest to God’s Wedding Feast. If you do not wear the proper garment which is the royal, seamless robe, you will be cast out again into the outer darkness of spiritual ignorance.

By believing in the theory of reincarnation, or countless cycles of carnal rebirths, I believe you drift from safe mooring, and fall from spiritual grace.

What is your concept of God? The Bible gives you the answer: “The high and lofty One that inhabiteth eternity, whose name is Holy.”

Atomic, H-bombs, and other thermo-nuclear weapons are knocking at your doors calling upon you for a new Declaration of Emancipation from all traditions and false beliefs of man—no matter how time-honored on oriental altars. Let us begin to put out all karmic, purgatorial fires by true faith and conviction in God’s Love and Beauty here and now, and press on to the virgin fields of consciousness. You must not be deterred by a mirage of mere meliorism. Refuse to be satisfied by anything but the promised land of Spiritual Reality.

In materia-medica circles it is customary to discard the textbooks of yesterday’s pathologies and nostrums. Likewise, you must discard the old garment of “sick man, poor man,” and arrive at the hour of decision in your own mind where *“none but the best wine”* of spiritual wisdom

shall be put forth for the guests who hunger for a more wholesome fare.

The new, nuclear physics with great courage and faith has also without hesitation discarded the gross atomistic concepts of yesterday. Their courage and faith have demonstrated their own miracles, such as nuclear transubstantiation, time-space fusion, television, radio, inter-atomic energy, etc. Science is also beginning to kneel and pray before the Altar of Being.

By laboring in the vineyard of your own mind, you, too, can bring forth better fruit. The Bible explains the course of action which the student of truth must take in these times when the Holy Spirit is being "poured upon all flesh." All unworthy concepts must go into the limbo of spiritual ignorance; foremost among these stands this well-regarded theory of reincarnation, whereby mole-like progress is decreed by age-old, earth-bound thinking.

When Jesus said, "My kingdom cometh not with observation of, lo here! lo there!" was he not anticipating the relativity of time-space concepts? When he declared: "Behold now *is* the accepted time!" "Believe that ye receive them, and ye shall have them!" "Before Abraham was, I am!" was he not collapsing time and space in this "business" of soul-saving and man redeeming from the thraldom of erroneous oriental and occidental beliefs?

Jesus demonstrated instant resurrection, thereby short circuiting all reincarnation lagging on the way to the promised land of spiritual realization.

Become *now* a true, mental scientist, and agree with the bold declaration: "Behold, I make all things new." "I have overcome the world." "Believe me that I *am* in the Father, and the Father in me." *The me* means the conscious, inner realization of God's Presence in you and in all men.

Free yourself mentally from the belief in self-imposed fleshy, psychologically imprisoning embodiments. The "sons of God" must "leap for joy" beneath "the morning stars" of

Light, Love, and Truth which light up the heavens of your own mind.

Once I prayed for a friend who believed he was the victim of karma, that he had to suffer, and that God was punishing him. A healing of his mind and body followed; this was God reincarnated or made manifest in a body ill at ease or in disease. The malignant growth was stopped, and the glory of God was made manifest. This *glory* waits “neither for time nor tide,” but is instant with the One Presence which always comes with healing on Its wings.

Leave all lesser altars and idols, and come before God with a pure heart and noble purpose. True reincarnation is the birth of God in the mind of man, where man becomes seized with a Divine frenzy and becomes God-intoxicated. The Spiritual rebirth comes to the man here and now who goes on a great psychological, spiritual feast in peace, happiness, and joy; then he begins the task of Divine regeneration, resurrection of God’s ideas, and ascension into the bosom of God’s Eternal Love.

Emma Curtis Hopkins tells of a wonderful event recorded in the archives of a state penal institution; this is the essence of it: A man was sentenced over half a century ago to be hanged. In the interim between his sentence and its time of fulfillment, he sought the Face of God, which means the Truth about God. If I look at your face, I recognize you. Look to God and His Love; there is no condemnation there. God does not condemn or judge any man. “All judgment is given to the son.” You are the son, and you are always judging yourself by the concept and beliefs you entertain. You are always choosing thoughts; thereby passing judgment on yourself. God sees you perfect. The Perfect One cannot see imperfection. When man rises in consciousness to the point where he forgives himself and cleanses his mind and heart, the past is forgotten and remembered no more.

Karma, or reaping what you have sown, turns out to be inexorable only as long as you do not pray or meditate on the Truths of God. As soon as you pray, you rise above karma, and the unpleasant consequences of past mistakes begin to be wiped out. No matter how awful the crime,—be it murder, or any other heinous offense,—it can be expunged from the mind together with all the punishment that would ordinarily follow. Mere reading of affirmations and perfunctory prayer will not change matters. A deep hunger and thirst for God's Love and Grace, plus an intense desire to transform, is essential to wipe out the punishment that must otherwise follow negative and destructive thinking.

I have known murderers to become completely transformed by an inner realization of God's Presence; they were completely reborn; they were so changed that it would be impossible for them to repeat the mistakes of the past.

The murderer of whom Emma Hopkins speaks sought the Face of the All-Good. He had read that God was "the bad man's deliverer," and this man had committed the murder for which he was sentenced. To the great confusion and perplexity of the officers of the law, when the man was led to the gallows, the platform of which would tip ordinarily at the slightest weight, became firm the moment the condemned man stepped upon it. They tried again and again to no avail, until finally he was given his freedom.

Did not the efficacy of the High Watch halt the so-called karma of the ordinarily mandated treadmill of cause and effect, and enable this murderer to step off into a new order of emancipated consciousness and experience?

The Love of God indeed passes all understanding, and It does illumine the path we tread. The wonders and blessings of God know no ending.

Modern science is beginning also to penetrate the wonders of the world; it says that we live in an ever-changing, fluidic universe of dancing forces, and that the

universe is a mental phenomenon. The ultimates of science are on precisely the same footing as our intuitions of Goodness, Truth, and Beauty of God. Our reason must listen to the subtler voices of intuition and revelation. With a new vision religion and science may both understand the mystic overtones of this ancient meditation.

"*Of all existences I am the source*
The continuation, and the end.
I am the germ;
I am the growth;
I am the decay.
All things and creatures I send forth;
I support them while yet they stand without;
And when the dream of separation ends,
I cause their return unto myself.
I am the Life,
And the wheel of the Law,
And the way that leadeth to the Beyond—
There is none else."

2

Does The Bible Teach Reincarnation?

Reincarnation is God incarnating again and again. It is the One Being coming back repeatedly.

Troward says, “If a thing is true, there is a way in which it is true.” Let us see the way in which Reincarnation is true. In reading the ninth chapter of Luke, we find these words, “Now Herod the tetrarch heard of all that was done by him: and he was perplexed, because that it was said of some, that John was risen from the dead; And of some, that Elias had appeared; and to others, that one of the old prophets was risen again. And Herod said, John have I beheaded: but who is this, of whom I hear such things? And he desired to see him.”

Herod means the world-mind, race belief, and acceptance of the traditions of the past. Such a mind believes it is John the Baptist risen from the dead or Elias come again, but what it fails to see is that it is always God coming forth as a quality or mood of man.

The people in the days of Jesus believed in reincarnation, but everywhere in the Bible, as we shall point out, Jesus rejects the belief completely. If you read this book with a fixed belief in your old ideas, you will not really grasp what is being written. You only hear what you are ready to receive. Many hear what they want to believe. Where will you find the authority for the Truths of the Bible? They are within yourself! Your subjective or Invisible Self is the authority; It knows all, and It will illumine your conscious mind.

Herod is the tetrarch; the latter means the fourth part of the province, or the ruler of the fourth part of a country. You have four parts: You are spiritual, mental, emotional, and physical. *The physical*, or the body, is the tetrarch referred to. The body, or the worldly belief, is that a man dies and comes back in another body in cycles of 500, 800, etc. The man with the worldly belief desires to see Jesus, but he cannot. Jesus symbolizes the Truth.

Truth is an inner perception; It is subjectively perceived and understood. You say, “I see,” when you comprehend, or understand the solution to a knotty problem. Many people

believe that we come back again and again, in order to expiate for our sins committed in former lives. They believe they have to work out their karma until they are free from bondage. It is a solace and a comfort to many people to realize that their misfortunes and troubles are due to errors in their past lives. This belief is indeed a panacea; it answers their problems; puts them at ease, and it acts as an opiate to these poor people.

Again I wish to emphasize that Jesus does not teach reincarnation, as commonly understood. He teaches a spiritual rebirth. Let us examine the third chapter of John: Jesus said to Nicodemus, “Verily, verily, Except a man be born again, he cannot see the Kingdom of God. Nicodemus saith unto him, How can a man be born when he is old? Can he enter the second time into his mother’s womb, and be born? Jesus answered, Verily, Verily, I say unto thee, Except a man be born of water and the spirit, he cannot enter the Kingdom of God.”

Nicodemus means a ruling state of consciousness within man; he is still wedded to the old thought of a physical or carnal rebirth; yet he is dissatisfied, and is seeking light. He is a man of the Pharisees, meaning that he is one who adheres to the letter of the Law, but lacks the spirit which giveth life. He represents the average man of today who does not know that his own Awareness, Beingness, or Consciousness is God, his Creator, Redeemer, and Saviour. Let us see this drama or dialogue as taking place within man.

When Jesus says, “I am the Truth,” he is not referring to himself as a man, but to the Principle which he teaches.

“*I AM*” means Pure Being, Life, Awareness, Consciousness, or The Unconditioned One. Our “I AMNESS” is God. “I am all things to all men.” This Formless Awareness becomes that which man conceives It to be; this is the law of believing—the corner stone of life which the world rejects. When we read the word, “Verily, Verily,” it means stop, look,

and listen! *To be born again* means a spiritual rebirth—the birth of God in man.

Nicodemus, or man seeking, questions the Truth, asking, “How can a man be born when he is old?” The average man thinks of God as far off; he considers heaven as a place to which he goes when he leaves this plane. He fails to see that anyone can enter the second time into the mother’s womb, psychologically, and be reborn spiritually. Man can enter the womb of God again and again, and be reborn mystically. *The womb of God* is man’s own inner feeling.

Here is how you may enter the womb of God and be reborn: Get still and quiet by relaxing the mind and body. Detach yourself from the old way of thinking and form a new concept of yourself, a new estimate. Meditate on the reality of this new concept to the point of conviction. Imagine and feel the reality of the new ideal; live with it; envelop it in love; woo it; then the ideal will be resurrected in you, and you will become a changed man.

I knew a murderer one time who confessed to me that he had killed a man. He had an intense desire to transform himself, and be reborn mentally and spiritually. I wrote down the qualities and attributes of God for him. He began to still the wheels of his mind. For fifteen or twenty minutes several times daily, he would quietly, silently, and lovingly claim and feel that God’s Love, Peace, Beauty, Glory, and Light were flowing through his mind and heart, purifying, cleansing, healing, and restoring his soul. As he did this regularly, these qualities and attributes of God were gradually resurrected within him. In other words these qualities came out of his mother’s womb, which was his own feeling or mood as he prayed.

One night this man’s whole mind and body, as well as the room he was in, became a blaze of Light. He was actually blinded like Paul by the Light for awhile. He said to me that all he could remember was that he knew the whole world was within him, and that he felt the ecstasy and

rapture of God's Love. His feeling was indescribable. It was in other words the moment which lasts forever. He was a changed man; truly he expressed the real Incarnation of God in his mind and heart. He began to teach others how to live, and I am sure he is still doing it somewhere.

He was born of water and the spirit. *Water* will take the shape of any vessel into which it is poured, so will your mental attitudes and beliefs assume form and shape in your world.

Spirit is a feeling, a mood, or animated state of consciousness. *To be born of water and the spirit* is, therefore, to begin to think in a new way; to get a new mental attitude, and to begin to feel the joy of the answered prayer within you.

Let us take a simple illustration. Suppose you wish to be a great teacher of God's Truths: Close your eyes tonight. Still your body. Imagine you are expounding hidden mysteries or the Truths of the Bible to others, and that they are being illumined and inspired. In your imagination, you see the multitude; feel the reality of it; realize the wonder of it all. Dramatize it within yourself! You are the actor in the drama. ("Act as thou I am, and I will be." This is an old philosophical quotation containing a great Truth). Feeling yourself as being the great teacher, living, and acting the role in your imagination, you are focused on your ideal, and you become one with it as you remain persistent. As you regularly enter this meditative state, you will touch Reality, and you will objectively express what you subjectively saw and felt.

Your true rebirth is when you leave the kingdom of man and his false beliefs, and enter the Kingdom of God and His Glory within you.

3

Are We Victims Of Karma?

We must not be wedded to a belief in karma (evil that has to be expiated here in life). As long as man believes that he is going to be punished, he suffers the consequences of his false beliefs, ideas, and opinions.

To believe that God is punishing you for the mistakes of the past is to have a false concept of the One True God. Whatever concept you hold of God, has its effect on your life. If you have a false, superstitious concept of God, there will be confusion and chaos in your life.

Ask yourself, “What do I really believe as true about God?” Your answer is the most important thing in your life; it must come from your heart. It is not adequate to say, “I believe in God.”

For example, begin to believe that God is Omnipotent, All Wise, Boundless Love, Infinite Intelligence, and Infinite Perfection, and that what is true of God must, therefore, be true of you; for God and man are one. God is man made manifest; the Formless and the formed are one, the Unconditioned and the conditioned are one. Spirit and form are one. Life and its manifestation are one.

If you really believe in your heart that God is All Love, Light, Truth, and Beauty in the same way as you believe you are alive; then everything in your life will begin to change. All the departments of your life will begin to improve, such as, your health, wealth, love, and expression; you will go

from glory to glory, and your good will multiply exceedingly until “the day breaks and the shadows flee away.”

To believe that we must come back again and again to work out our karma or suffer for past misdeeds is a sort of an opiate; it dulls the mind and destroys the body.

I have heard people say, “This is my karma; I cannot overcome this; you know, I must have done something bad in a former life.”

This is a form of alibi which acts as an anaesthetic to dull the senses. We must really see the foolishness of such a belief. It is a complete contradiction of the teachings of the Bible and the Ageless Wisdom. Jesus healed the blind man immediately; thereby rejecting all such beliefs.

The only loss, limitation, restriction, or evil in the world is our belief in loss, our belief in limitation, our belief in restriction, and our belief in evil or disease; this is known as the “son of perdition,” or sense of loss spoken of in the Bible. “Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.” “And their sins and iniquities will I remember no more.”

Can you imagine a God asking you to forgive those who trespass against you, and in another breath refusing to forgive Himself? You are already forgiven in the eyes of God. Forgive yourself now. “He shall call upon me, and I will answer him.” “I, *even* I, *am* he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.”

Some people state that it is almost impossible to change certain physical conditions in this life, particularly, if one were born with a congenital disease or deformity. This is a contradiction of everything the Bible teaches, namely, “Behold, I *am* the LORD, the God of all flesh: is there anything too hard for me?” “I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD.” “Who

healeth all thy diseases; Who satisfieth thy mouth with good *things; so that* thy youth is renewed like the eagle's." "I will ransom them from the power of the grave; I will redeem them from death."

A cripple is not healed instantly because of his belief. A man whose finger is amputated, for example, believes he cannot grow another finger; he has been told that by his parents; the textbook he studied says it cannot be done, plus the tradition, and race belief. He now holds a firm conviction that the Living Intelligence which created his finger cannot grow another.

Elsie Salmon in her book, *He Heals Today*, tells about a child whose three fingers were missing, and how through prayer the three fingers began to grow normally. Jesus said, "Thy faith hath made thee whole."

In the eleventh chapter of Mark we read these wonderful words, "What things soever ye desire, when ye pray, believe that ye receive *them*, and ye shall have *them*." There are no conditions laid down.

It is not necessary that one be a holy man or a great mystic to manifest the innermost desires of his heart. The man we call the murderer, thief, or the person of ill repute could, if he desired, become transformed in the twinkling of an eye; this could be accomplished through a great rise in consciousness, accompanied by an intense desire and hunger for God's Love and Peace. It is possible for a criminal to completely forget the past; turn within to the God-Presence with all his heart and soul, feeling that he is immersed in the Holy Omnipresence, to be bathed by the Light from Above, and have an inner experience of God's Glory and Beauty. In the twinkling of an eye he could be changed.

Paul, according to the New Testament, persecuted his fellowmen, testified against them, and had them put to death. He is a shining example of the state of consciousness that can be attained instantly. Paul was illumined on the

road to Damascus by turning within, changing his conception of himself, and finding that he really was the son of the Living God. We can do this. If this were not true, the whole teaching of the Bible collapses, and it is false—but it is true, “the same yesterday, today, and forever!” The truth is: We are all that we ever will be now, but we fail to recognize it. The mass-murderer through an interior, God-like change of the heart could in one moment become illumined and transformed.

Begin now to rise in consciousness by contemplating you are the Christed, Illumined One, and that you are doing the works of Him that sent you. We must refuse to believe the statements and theories that it takes a hundred or a thousand years to become healed or illumined. There is no time in God. “That which is to be hath already been.” In other words, you are all that you will ever be Now. Yes, this very instant! Even fifty million years hence will not make any difference to the Reality within you. God cannot learn or become wise. He is All-Wise. All growth, learning, expansion, and contraction are illusions of growth and expansion. How could God suffer? It must be the illusion of suffering.

Dwell on these wonderful words: “But if the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die. All his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live.” You are told in these verses that if a man will forsake the ways of the past, and begin to practice right thinking, right feeling, and right action, he will transform himself. A new beginning is a new end. Get a new concept of yourself; walk forward in the light.

The Bible tells you, “Behold, now *is* the accepted time.” And another passage: “There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to

harvest.” Jesus said to the people in his day that the truths which he expounded were available now. “This day is this scripture fulfilled in your ears.”

Do not postpone your good. Why say, “Next year I will be happier,” or “Six months from now, I will be healed.” The Healing Presence is available now. The Divine answer is awaiting you. God knows only the answer. The fulfillment of your desire is now. “Before they call, I will answer; and while they are yet speaking, I will hear.” The inner meaning of this biblical passage means that before you ask, the answer is already knocking at the door of your mind. Infinite Intelligence has no problems; it knows the solution instantaneously. It is timeless and spaceless. No matter what you are seeking exists Now. “Now is the day of salvation.” “In thy Presence is fulness of joy.”

The joy of God is available now. Do not say, “Some day I will be joyous and free.” Enter into God’s joy now by claiming the joy of God and His Love are flowing through you like a gentle river. It is God’s river of peace and His waters of joy. God’s Love, Beauty, and Power are available now. These Qualitites of God always were, are now, and always will be. Time is psychological; it is a state of consciousness.

If you begin to think that because the earth is moving on its axis every twenty-four hours bringing in day and night, and things are going to be better, you will remain confused. God is here now; the very Presence and Life of you. When you say, “I AM” that is God. We do not speak of God to come. God is here already—your own I Amness—the Eternal Now. Accept your good now; unite with your desire in consciousness. Enter into the finished state of accomplishment. Let your psychological time-clock be, “It is done!” “It is finished!”

Never say, “Oh, next year business will be better.” *The time* the average man speaks of means his relationship to

earth in its diurnal motion, and the position of the sun; it means his relationship to the events of today and tomorrow.

Prolonged desire and failure to realize your heart's desires give rise to frustration, illness, and neurosis. The ideal, the desire of your heart exists now. It is the concrete living reality in the next dimension of mind. Remember that thoughts are things. Recognize the power of your thought; it is supreme in your life. Go within now, and enter into the mental atmosphere that your prayers are answered—your dreams are fulfilled. Accept your good now. Say from your heart, the thing I am seeking already exists, otherwise, I could not even desire it. I accept the fulfillment of my desire completely now, and I rest in the conviction that "It is done."

If you are sick, claim health now; feel it; give thanks for your perfect health. The Healing Principle exists now; do not delay your healing or postulate it in the future. As you identify yourself with the Healing Principle there will take place a rearrangement of the atomic structure of your body, and health will be revealed. You will realize the Truth of the statement that, "Now *is* the accepted time." I accept my prosperity now—not in some future day. I give thanks for it now—this moment—and enter into the joy of the answered prayer.

4

Inequality of Birth

Many ask the question, “Why is an innocent child born, deaf, lame, or crippled?” We find the same question asked in the ninth chapter of John: “Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.”

The law of cause and effect is a changeless principle. You may consciously use the law. If you have been nursing or misdirecting the law, you can reverse your mental attitude; then you change the sequence of events. “I form the Light, and create darkness; I make peace and create evil: I the LORD do all these *things*.” This means the LORD (law) can be used two ways.

Our feelings and moods create. What is the nature of your mood? What tone do you strike during the creative act?

For example, if there is someone in the parents’ world whom they hate the sight of, or if there is a voice that they wish they would not hear again, a corresponding expression is brought forth. These are blind and deaf states of consciousness from which blind and deaf children come forth. Whatever “tone” is struck by the parents, a corresponding expression comes forth by the law of reciprocal relationship. The child is not a victim of heredity. In Ezekiel is written: “What mean ye, that ye use this proverb concerning the land of Israel, saying, The fathers have eaten sour grapes, and children’s teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel.”

The only things passed on to children are the moods, mental states, or beliefs of the parents. It is possible, for instance, for anyone to have a son who may become a Shakespeare, Beethoven, Lincoln, or a Jesus, depending on the moods of the parents, or this state of consciousness at the moment of conception.

I knew a tubercular father and mother to give birth to a wonderful boy; he is an illumined soul, and doing remarkable work in the world today.

If you are lifted up in consciousness to the point of acceptance or belief that your son will be a noble, dignified, God-like being you dream of; then according to the law of reciprocal relationship, a corresponding mood or quality of the Infinite comes forth. “The fathers have eaten sour grapes, and the children’s teeth are set on edge,” in this manner. The sins of the fathers are the fears, superstitions, false beliefs, and anxieties which disturb their mind. These moods and mental states are transmitted to the children, and disturb them mentally and physically. *Sins* are mistakes of the mind or misuse of the law. We *sin* when we miss the mark of harmony, health, and peace. The bad or evil acts of parents or grandparents can only be transmitted through the mind. In this way the superstitions, fears, and the errors of the past generation are given to the present.

By illustration, a father instills the fear of God into the son by painting a false picture of the Deity; the son grows up believing in a God of wrath, or vengeance, a sort of a despot living in the skies, ruling the world according to his whims and caprice. The son grows up believing these false ideas, and passes them to his own son, and so on for generations.

The Bible says, “to the third and fourth generation.” The numeral *three* means the conviction of God’s Presence, and man awakening to the real truth about himself. *Four* means the Love of God made manifest in the mind and heart. All of us have been brought up under the hypnotic spell of the

world, its terrors, and false beliefs. We have been expressing illness, confusion, and lack.

Now you begin to realize that your own thought and feeling are your destiny; this is the *third* and *fourth* generation spoken of in the Bible. It represents a state of mind wherein you know that you fashion, mould, and direct your own destiny by transforming your mind. You begin to reject all the thoughts and beliefs of the past. As you begin to realize the Omnipotence of the Spirit within and the power of your own thought, you cease giving power to anything else. You enthrone the concepts of freedom, peace, and health in your mind, and you live with these ideas, entering into the reality of them. In other words you sense and feel you are a son of God, and heir to all the qualities, powers, and attributes of God. You declare your freedom, and write your declaration of independence and freedom in your heart. You begin to love all things good; the law responds accordingly by opening for you the windows of heaven, and pouring out a blessing that there is not room enough to receive.

The following quotation is from Ezekiel, “As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel.” The word *Israel* means the man of God, or the mind awakened to the Spiritual Truth. When you are awakened to the Presence of God within you, plus the realization of its response to your thought, you stop looking back on the past; moreover you realize you can overcome the past, and you cease blaming your father or mother, conditions, and circumstances, and you move, onward, upward, and Godward.

When a child is born, it is always the spirit of the One God. “Elias is come already.” *Elias* means Jehovah or God. The personality, John or Mary, is the sum of the thoughts, feelings, and beliefs of each one of us. We tincture and color the One Spirit by our beliefs and impressions.

Let us say John, who lived in New York, died; then the quality which was John lives in all beings throughout the world. Now, during the creative act in some part of the globe the tone or quality that was John is struck; this could be in China or Japan, or elsewhere, and that quality or mood of the Infinite comes forth. It is not the personality we knew as John coming back, it is the tone of the Infinite coming forth. The same instant that John died, instantaneously the same vibration could come forth in a member of another race and country. Cycles of 500, 600, and 1,000 years have nothing to do with this law. God is Timeless; all tones are in the One. When you play on the grand piano, it will respond according to the notes you strike. Man is the measurer, and the "measure he metes shall be measured unto him." "Whatsoever he sows, that shall he also reap." You sow the seed in consciousness, and you reap the fruit of the seed; it will be the exact likeness of the seed sown. Let us sow beautiful thoughts; let our hands play Divine melodies; let our eyes see the beauties of God; let our voices be those of praise and thanksgiving; then we will reap what we sow. It is definitely wrong to believe that you or anybody else are suffering because of errors made in past incarnations, or because of hereditary influences.

They asked Jesus, as we pointed out at the beginning of this chapter, if the blind man sinned or his parents that he was born blind? In those days they believed that the sins of the parents were visited on the children to the third and fourth generation. In other words if a father was tubercular, his children would be also; if the father or mother were lame, the children would be, too. We have learned it is only the mental influence or state of consciousness that is passed on. Others believed the blind man of the Bible was a victim of karma. Jesus rejected completely both theories or beliefs, and turned to the spiritual Power; He healed the man instantaneously.

Those of you who have read Troward know that he teaches that we are all born into the race mind or law of averages, and are bound by the race consciousness until we pray ourselves out of it. Jesus did not say to the man, “You must work out your karma.” No, he healed him instantaneously, for God condemns no one, and though a man is a cripple, he can be healed; if he is deaf, he can hear; he does not have to work out some karma.

No one in the world is condemned to live in a prison of fear, sickness, and pain which he in his ignorance created. He can rise above any circumstance by feeling the joy of the answered prayer within him, and according to his belief is it done unto him.

Mozart, Lincoln, Shakespeare, and Napoleon left their impressions with mankind. We read of their works in history, song, and prose. All of them live in the hearts or the subjective mind of man. A man’s *son* is his idea or feeling about anything. He can give conception to any state he is capable of conceiving. If a man, therefore, admires or dwells on the qualities and attributes of Napoleon, and would love to give birth to such a son—“as within so without.” During the creative act a Napoleon-like character appears resembling the mood of that man. The dominant mood prevails. In other words, it is the tone struck during conception or creation that determines the nature of the child.

A man eighty or ninety years of age who becomes crippled, blind, or deaf is under the same law as the child in the womb or the cradle. Jesus says, “Except ye repent, ye shall likewise perish.” This means all are immersed in the race or world mind; suggestions of the world are continually impinging upon our consciousness. Our mind receives according to our degree of receptivity.

If we do not think for ourselves, and if we do not cleanse our minds, we will suffer, because we allowed fear, false beliefs, and erroneous concepts of the world to impinge

themselves upon us; then the world-mind does our thinking for us, and acts upon us bringing accidents, disease, suffering, etc., into our lives. The world-mind is the mind which believes in disease, failure, misfortune, terror, and superstition. If we do not pray and cleanse our mind regularly, we may also get into trouble. There is no chance or accident; for all is Law. There is a mind, a state of consciousness, which is the cause of all.

When they asked Jesus why the tower of Siloam fell on the eighteen men, he said, “Suppose ye that these Galilaeans were sinners above all the Galilaeans, because they suffered such things? I tell you, Nay: but, except ye repent, ye shall all likewise perish.”

To repent means to think in a new way, to transform the mind, to think in one direction, i.e., to think of God and His Qualities, and realize what is true of God is true of you; then you will find that all your ways will be ways of pleasantness; all your paths will be paths of peace.

Suppose you put your hand on a naked wire; you would get burned. Why blame the law of electricity? You must learn the law, and use it to bless yourself and others. It was your misuse or ignorance of the law that caused the burn. It is not God punishing you; neither is it karma that you are working out.

Suppose you jumped into the ocean, and you did not know how to swim, you would drown. It is not your karma; neither is it a vindictive, cruel God punishing you; rather it is your lack of knowledge as to how to swim and keep afloat. The waters will hold up a boat or any man who learns how to swim or navigate.

You can fall off a cliff, because of carelessness in climbing, or paying no attention to the instructor who is teaching you how to climb the Alps. The Law of gravitation is impersonal; in falling you hurt yourself. We hurt and punish ourselves.

Children are at the mercy of the moods, feelings, and atmosphere of the home. Quimby said of children that they are like an old fiddle; anyone can come along and strike a tune on them. Children are like a white tablet on which all members of the family write something. Psychosomatic physicians and psychiatrists are all familiar with the fact that children, until they begin to reason for themselves and pray scientifically, grow in the image and likeness of the mental atmosphere of the home.

A man of ninety is still a child, though he may be a good man in the eyes of the world, i.e., he gives to charity, is kind to neighbors, goes to church, and pays his taxes; yet he has heart trouble, perhaps, cancer, or is crippled by arthritis. You say, “Is it fair? Is it just?” There is only one Law.

If I hold up a horrible painting in front of a mirror, it will reflect exactly the picture held before it. The mind is the mirror; that is why the Law of the Lord is always perfect. Our world is always a perfect reflection of our inner state of consciousness. The above man may have lived in fear; he may be a victim of the various propaganda scares, or it may be the race mind which moved in upon him, and precipitated as certain diseases. If he had prayed scientifically; turned to God, and cast out all fear of any other power; if he had worshiped the One Power only, and loved His Qualities; then he would be one with God. All good would follow him all the days of his life. He would dwell in the house of God forever.

There is not one law for a man ninety, and another for the child in the mother’s womb. No matter what the problem is, we can solve it through prayer; we can forgive ourselves instantaneously, and be healed; this is the glorious Truth.

“Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.” (ISAIAH 1:18).

“And their sins and iniquities will I remember no more.” (HEB. 10:17).

“For thou, LORD, *art* good, and ready to forgive; and plenteous in mercy unto all them that call upon thee.” (PSALM 86:5).

“He shall call upon me, and I will answer him.” (PSALM 91:15).

“I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins.” (ISAIAH 43:25).

You can now detach yourself completely from the past by partaking of a great psychological and mystical feast of peace and happiness. Realize the Presence of God within you, and rise in consciousness to the joyous conviction that you are Now the being you long to be. Continue at regular intervals to do this, until the state is fixed within you which you recognize by a silent, innerknowing. Sustain this silent conviction, and you shall wear the garment of God. It is wonderful!

5

Preventing Birth of Dictators, Despots, Tyrants, Etc.

It is often asked, “Why do we have dictators, despots, and tyrants in the world?” They are extensions in space of the dictator complex present in the hearts and minds of all

human beings. By changing ourselves we change our world. The world is ourselves in aggregation.

Napoleon still lives. Ghenghis Khan still lives, as do Caesar, and others. Boys and girls learn about these men at their mother's knees, at school, and in college. They learn about the wars in which their country was involved, and in some instances they are taught to hate the neighboring nations. These children are born with resentment and rage at the wrongs committed by these men. They read avidly of the crimes, atrocities, and act of violence. These states are impressed on their subconscious minds. All of these moods, feelings, and thoughts which are entertained become objectified as conditions, experiences, and events. Whatever is impressed in consciousness must be expressed in the world. Man should not, therefore, be surprised when these tyrants of the past are reborn into our society, because we actually call them forth. It is true in a sense, therefore, that Ghenghis Kahn is reborn or reincarnated. He is the embodiment of the state of consciousness of the people, nation, race, or world; whatever the case may be. It is never a man who lived a thousand or two thousand years ago who is being reborn. It is a state of consciousness that is born again.

We can prevent the birth of tyrants and despots this way: Let each mother place her child on her knee, whisper in his ear that his Father is God, and that he can do the works of God—his Father. As the mother inculcates this great truth into the mind and heart of her boy, he will believe it, and he will become her ideal. "I have been young, and *now* am old; yet I have not seen the righteous forsaken, nor his seed begging bread."

"I was young" meaning I did not understand the laws of Life; *"now am old."* Age is not the flight of years, it is the dawn of wisdom. I am now spiritually wise and understand the way the mind works; then the righteous are never

forsaken. *The righteous* are those who use the Law rightly by right thought, right feeling, and right action.

If parents or teachers teach the Laws of Life—the Truth of Being—to the young, their seed shall never beg bread; this means these children shall never become the beggars, outcasts, thieves, and tyrants of the world. On the contrary, they shall fulfill the ideals of the parents. In other words, the children must fulfill the conviction held by their parents. If parents will impress their deeper mind with wonderful dreams for their boys and girls, then according to their belief, “will it be done unto them.”

By teaching the youth of the nation who they really are, by showing them the Way, the Truth, and the Light, we can build the Kingdom of Heaven on Earth; as a result we will prevent the rebirth of dictators, despots, and former undesirable states of consciousness which are perpetuated by prejudices, racial hatreds, and fear of the unknown. Teach children to dwell on the great Truths of God. Teach them of the great accomplishments of the poets, artists, engineers, chemists, physicists, astronomers, and others. Let boys and girls emulate these great men.

Man gives life to ideas and opinions as long as he believes them. When he disbelieves the errors, these ideas have no power.

Where is the Truth? It is within yourself. “Look within—Search the scriptures,” said Jesus. This means that all has been written in your subjective mind from the foundation. All knowledge is within; all beings that ever lived are within you now. You can project the likeness of any living being, past, or present; for all men are states of consciousness—qualities of mind expressed.

All moods, tones, qualities, and vibrations are within you, because Infinity is within, and Infinity cannot be divided; all is contained in the part. All beings are projections of yourself—the one man.

We must awaken from the dream of limitation, and declare our freedom as sons of God here and now. There are thousands of cases of men who have completely lost their former identity and personality; assumed new lives, entered different professions, and in many cases even remarried. These men were victims of amnesia, or loss of memory concerning their former selves. They could not remember their former wives and children. They had no recollection of their former professions or occupations. They assumed a new role in life; they were changed men entirely, because they had changed their consciousness.

In the spiritual sense we are all victims of amnesia. We have forgotten who we really are, and we tell ourselves that we are worms of the dust. Take, for example, a man who awakens from sleep, and he has completely forgotten who he is; he gravitates to the slums. His friends, knowing what has happened, try to coax him back to his former state. Because of amnesia his former way of life is completely blotted from his memory. He believes his place is in the slums; he only smiles at these old acquaintances whom he no longer knows. He accepts as true the role he now plays. The day comes when his memory is restored, and he awakens to his rightful status. With certainty and promptness he returns to his environment consonant with the dignity of his upbringing. He wonders why he is in the slums. What has transpired is like a dream to him, a dream of the unreality of it all.

We will prevent the birth of the dictator complex and the undesirable state of consciousness when we awaken to the Divine Presence within us. “Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.” Let us awaken to the Real Presence and Power, recognizing the supremacy of the Omnipotence of the Spirit within, plus the power of our own thought. “Everyone that thirsteth, come ye to the waters, and he that hath no money; come ye, buy,

and eat; yea, come, buy wine and milk without money and without price."

Every boy and girl as well as adults should be taught how to go up the hill of God. "Go up into the hill of God; thou shalt meet a company of prophets coming down from the high place playing music, and thou shalt prophesy with them, and shalt be turned into another man."

You go up the hill when you turn in recognition to the God-Presence within, realizing God is Boundless Love, All Bliss, All Joy, Indescribable Beauty, Infinite Wisdom, Infinite Perfection, All Glory, and Peace. Dwelling on these Truths of God, you are lifted up.

The Prophets you meet represent the eternal trinity employed in the creation of all things. First is the awareness of the I AM or God-Presence within and its Omnipotence. Second is your idea or desire. Third is the feeling or conviction that your prayer is answered.

The *feeling* is the conviction that united you with your desire; it is like the nail that joins two pieces of wood together.

The *joy of the answered prayer* is the music of the three prophets. It is the inner, silent knowing of the soul.

Any man can turn his back completely on the past; forget all the old beliefs and foolish ideas of the race mind; enter into the joyous thrill of being what he longs to be. If you remain faithful in this mood and sustain it, you will automatically become what you long to be.

Begin now—today—by going on a great psychological feast of being a noble, dignified Christ-like person. Begin to see God in all men, sermons in stones, and good in everything. When we do this, all other things shall be added to us. What we need is the spirit of Goodness, Truth, and Beauty in our minds and hearts.

Man's Life on this plane is like the several stanzas of a poem or scenes of a play; because it really is the One Being dramatizing Himself as the many. Wisdom teaches that

illumination or the Great Awakening to our God-hood can happen here and now. “If it be not now, yet it will come; the readiness is all.”

In order to elucidate this point, take a solid, metallic substance, and heat it. The temperature rises, but for awhile it looks as if no change were taking place; however, the moment the degree of heat is reached, which denotes its melting point, it begins to liquefy, thus changing its shape, and seemingly its nature also. Likewise, water can be turned into steam which is invisible, since pure steam cannot be seen. Water, also, becomes snow, ice, and hail; all are different rates of vibration of the One Substance.

When a liquid is changed into a gas, these changes are brought about by an increase in the rapidity of vibration of the constituent particles whether they are solid or liquid. The same law applies to man. What is true on one plane is true on all planes; for God changes not.

Raise your rate of vibration, and transform yourself by lifting yourself up to a high state of awareness through the contemplation of God. In this meditative, quiet, lovely state, enter into the mood or feeling of being what you long to be, and feel the joy of accomplishment. You still the mind, and enter into this meditative mood, by asking yourself, “What does God mean to me?” In this quiet state, your senses are immobilized by focusing your attention on the one ideal—only one. In this sleepy, meditative state your conscious attention is in control. In this wonderful mental, spiritual atmosphere you mold, fashion, and shape all that you long to be, to do, and possess. By constantly praying in this manner, there is an expansion of consciousness; it is like the heat that melts the solid. The day comes when man melts away all inhibition, fears, and doubts, and becomes the God-man here and now. To such a man physical laws and time disappear. This change may come in the twinkling of an eye, like the volatilization of a liquid into a gas.

The man full of worldly thoughts, race beliefs, and third dimensional concepts of things would not conceive of the possibility of awakening to the God-man here and now. But the Power within man is capable of nullifying all human beliefs and man-made laws. We must begin to take our attention away from the limited, human concepts of ourselves; then we shall, like Mozart, compose music at six; statues at seven, and at the age of twelve we will confound the wise men of the world.

Cases are reported where cripples invalided for years leap and run in the presence of fires. In emergencies mothers lift automobiles to extricate their children. Where is this Power? It is within themselves. Fires and emergencies are not needed to stir the God-Presence within. Man can do this in the quiet of his own soul. We create in the “silence.” Truth is lived in the silence; Truth is heard in the silence; Truth is transmitted in the silence; for God abides in the silence.

When you unite with God, you are in union with that which is above and beyond time; surely then you can be free of that which has taken place in Time. If you have a problem, you turn from time and space to the Eternal One within; in other words you go from Time to Eternity. You find rest unto your soul.

6

Have I Lived Before?

One of the interesting factors discussed by many people is that they remember their previous incarnations; furthermore in remarkable detail some say that they were priests in ancient temples giving the period, location, and other interesting highlights. There is no doubt that some people seem to remember previous existences. They relate that the only ways such memories can be explained is that they actually have lived before.

We are all immersed in a great pool of mind, or to point out simply like Quimby did: “Our minds mingle like atmospheres.” Your mind is a great reservoir containing the mental experiences and reactions of the ages. Some clairvoyants are capable of seeing what took place thousands of years ago. The Mind-Principle is neither past nor future. All things coexist in the Mind-Principle as an Eternal Now.

Have you considered the fact that the sensory impressions of all men who ever lived are within you? You can easily tune in to the vibration of some previous experience which someone else had, and think it is your own. The truth of the matter is that the Infinite One is within you. “Be still, and know that I *am* God.” Your “I AMNESS” is God. God is everywhere and in all things. All that you ever were or ever will be exists now. The “I AM” within you, the Reality or Life of you, has played all roles, has been everywhere, has seen everything, and experienced all things. When you awaken to the truth of your own Being, you will discover you do not have to travel to any part of the world to describe it in detail. Clairvoyants can do this; yet the faculties of clairvoyance and clair-audience are within all men.

You are both God and man. You are both Unconditioned and conditioned. The Unconditioned or Formless, Invisible Life is God within you; This is the Real Self of you.

When you say that you remember having lived in a certain city before, and everything seems familiar to you, it means you are awakening to that which was always known, and which always existed within you.

You may meet a man whom you are convinced you have always known. The reason is he is an intimate of your mood. All tones are within you. You have now becomes aware of that which always existed. All notes and tones are in the piano; the tone you strike always was.

Once I took a trip to Killarney; on arrival I knew my way around. All the streets and the lakes were very familiar to me. When I heard voices, I said to myself, “I have heard these voices before.”

Let us look at this above experience psychologically for a moment. Knowing I was to visit Killarney, the Subjective Self traveled there while I was sound asleep. The Subjective Self really doesn’t have to travel; It is Omnipresent, but we will use the term psychological travel. I travelled there psychologically; conversed mentally with many people; heard their response and voices; furthermore, in that psychological, mental journey, I saw all the beauties of the countryside.

I had been visualizing a wonderful trip; impressed my subconscious mind, and “went to sleep on it.” The subjective knowing all, accepted the suggestion, and dwelt there psychologically.

When I consciously and objectively arrived there, I experienced all the subjective states. What I saw and heard objectively, I had seen and heard subjectively. Of course, I had heard that voice before, and had seen that place before! The real truth is that no one, no matter who he is, can go any place, hear anything, or experience anything that does not already exist. Why is this? Because Infinity is within. God does not have to travel, to learn anything, to experience anything, grow, expand, or contract. All is, and the All is God. All things exist now.

Emerson refers to this Truth when he says, “There is one mind common to all individual men.” Every man is an inlet to the same, and to all of the same. He that is once admitted to the right of reason is made a free man of the whole estate. What Plato has thought, he may think; what a saint has felt, he may feel; what at anytime has befallen any man, he can understand. Who hath access to this Universal Mind is a party to all that is, or can be done; for This is the only Sovereign Agent.

Of one thing we may be certain; it is possible to remember anything that has ever transpired on this planet. It is also possible to see what might happen in the future, except it is changed through prayer. The real truth about you is this: I am referring to the Eternal You—the I AMNESS within you, your own Consciousness, or Awareness. You have been all men who ever lived, who live now, or whoever will live. You have been Jesus, Moses, Beethoven, Lincoln, and Shakespeare. Your Consciousness or awareness has played all roles; It has been everywhere; It has seen everything—all is within It—even the whole universe is within your own I AM-NESS.

Your Consciousness or Awareness wrote all Bibles, and spoke all languages; therefore you—the Invisible Self of you—knows the meaning of every part of the Bible. Ask yourself what did I mean when I wrote the Bible two thousand or five thousand years ago? The Deep Self of you has the answer.

There is only God, and God appears as man—The One Being—forever dramatizing Himself. All men are extensions of yourself. Every man is yourself. Remember there is only One Being. Why think of another? The Life of you is One and Indivisible. It wears many garments. The word *humanity* means the One Being limiting Himself by his belief in being man.

God cannot die; God cannot be slain. Never, therefore, think of John or Mary as dead; they live forever, as they live on in each one of us, also. A person never dies, The quality,

tone, or mood of the Infinite, which was his, always existed, and always will exist. “I am Alpha and Omega, the beginning and the ending saith the Lord, which is, and which was, and which is to come, the Almighty.” “I *am* the Lord, and *there* is none else, there is no God before me; I girded thee, though thou hast not known me.”

Always remember it is God coming into the world when a child is born. That child is its own father and mother. There is only one Father, and He is “Our Father.” “It is He that hath made us.” The Bible tells you where you came from. “Thou hast been in Eden the garden of God; every precious stone was thy covering.” *Eden* is the place of Boundless Bliss, Joy, Beauty, and Peace. In other words you came forth from God, the Boundless One, where you lived as God in Indescribable Beauty, Absolute Bliss, Fullness of Joy, Boundless Love, Absolute Peace, All Perfection, and All Harmony. These qualities of God are the precious stones which covered you. You were in the Absolute State before being born. When you came forth, it was God being born, and assuming the form of a child. “Before Abraham was, I am.” This means the same thing; i.e., before any manifestation or form appears, it first comes out of the Invisible—the Formless Awareness of Life called I AM, The Living Spirit Almighty. Where do you go from here when you leave this plane? You go from glory to glory, ever onward, until you awaken from the dream of limitation, and return to the Glory which was yours before the world was.

Job asked the question, “Where wast thou when I laid the foundations of the earth? declare, if thou hast understanding.” Where upon are the foundations thereof fastened? or who laid the corner stone thereof? when the morning stars sang together, and all the sons of God shouted for joy? This is a question asked by man of his Inner Self. We have forgotten that we were one with God when the foundation was laid. There is but One God and One Man, and we have made many out of the One. It is God appearing

as many—the One in Infinite Differentiation. We are here to discover the joy of living, and return to the Source from whence we came. We are here to awaken. “Awake thou that sleepest, and arise from the dead, and Christ shall give thee light.” This means that when you awaken, you learn all has been a dream. Yes, all wars, crimes, one’s mistakes, and misfortunes are dreams. All the chaos of the world was simply a night-mare—unreal, to be forgotten and remembered no more. The reality of this awakening is to find oneself in a Kingdom of Love, Peace, and Happiness with the Light of God always shining. Beholding this Truth, dwelling upon It, accepting, and rejoicing in It, we realize that the streams of “manyness” all lead to the Oneness. “For the LORD shall be thine everlasting light, and the days of thy mourning shall be ended.” “The sun shall no more go down; neither for brightness shall the moon give light unto thee; but the Lord shall be unto thee an everlasting light, and thy God thy glory.”

7

The Mystery of Prodigies

There is an account of the early career of Zerah Colburn, published when he was under eight years of age taken from the *Annual Register* of 1812. This young boy in Vermont struck everyone with astonishment by his extraordinary mathematical powers. He was asked by an investigator how many minutes there were in 48 years; before the question could be written down he replied 25,228,800; also he instantly added the number of seconds in the same period. This child was entirely ignorant of the common rules of arithmetic. He could not perform upon paper a simple sum in multiplication and division. This singular faculty extended not only to the raising of numerical powers, but to the extraction of the square and cube roots of the number proposed, as these and many more complex, mathematical calculations were answered instantaneously by the boy.

Hudson points out in “The Law of Psychic Phenomena” that this child was placed in school, and trained on objective methods of mathematical calculations. It was believed that when he was more mature and grown up, that he would be able to impart to others the powers by which his calculations were made; however his powers did not improve by objective training. Hudson adds this interesting statement: “On the contrary, they deteriorated in proportion to his efforts in that direction, and his pupils derived no benefit from the extraordinary faculties with which he was endowed.” This has been the invariable rule in such cases.

The subjective mind of you, or of anybody, knows the answer to any mathematical problem. As pointed out previously, any note that was ever played, or any song ever

sung, is recorded on the Universal Mind within you—your subjective self; furthermore all languages are within. The Subjective Intelligence knows only the answer; It does not have to reason, investigate, calculate, or analyze. The mathematical, artistic, or musical genius is one who is en-rapport with his subconscious mind, enabling him to tap the answers which are there.

Very young children are living in a partly subjective state. There are numerous instances of early, remarkable, musical, mathematical ability which have subsequently diminished as their objective faculties were cultivated.

Quoting from Hudson's Law of Psychic Phenomena: "Musical prodigies furnish further illustrations of the principle involved; of these the most remarkable is the negro idiot, known as Blind Tom. This person was not only blind from birth, but was little above the brute creation in point of objective intelligence or capacity to receive objective instruction; yet his musical capacity was prodigious. Almost in his infancy it was discovered that he could reproduce on the piano any piece of music that he had ever heard. A piece of music, however long or difficult, once heard seemed to be fixed indelibly on his memory; usually he could reproduce it with a surprising degree of accuracy. This capacity for improvisation was equally great; a discordant note rarely, if ever, marred the harmony of his music. These well-known facts of Blind Tom's history furnish complete illustration—first of the perfection of subjective memory; secondly, of the inherent powers of the subjective mind to grasp the laws of harmony of sounds, and that, too, independent of objective education. Music belongs to the realm of the subjective."

From the facts in the above quotation it is obvious to perceive that certain powers are inherent in the subjective mind. The Subjective Intelligence comprehends all the laws of nature, as well as the harmony of sounds, laws of mathematics, or harmony of colors. It would seem absurd to

think that Infinite Intelligence had to reason inductively. To *reason* presupposes an inquiry—a search for the answer. How could Infinite Intelligence ask a question? It knows only the answer! To say that God or Infinite Intelligence had to reason, investigate, calculate, or arrive at a conclusion would be to negate and deny the Omniscience of God. The objective, reasoning mind of man is necessary on this objective plane—or this third dimensional world.

While all music is within man, a musician should certainly learn everything he can objectively about it, so that he can better express himself. If, like the great philosophers of old, he heard inner melodies or the music of the spheres, he should have the objective knowledge and education enabling him to write it down as a composition; be able to play it, and give it to the world. The ideal situation is the harmonious accord or rapport of the objective and subjective mind.

I believe that many people now are teaching their children that all Wisdom is within. The intellect of man can be anointed by the Wisdom of God; then his inventive genius will be used to bless humanity.

Intellect must be married to the deep Wisdom and Love of God. The objective mind learns by education, observation, and experience. Supposing you had a dream, and you heard and saw the words of a beautiful poem; if you did not know, for example, the English language, or any language, you could not give it to the world. You express God through your objective senses in your speech, vision, hearing, etc. You are to use your conscious mind to carry out the promptings of the Divine.

In the third chapter of Mathew it relates how Jesus came to John to be baptized. “But John forbade him, saying, I have need to be baptized of thee, and comest thou to me? And Jesus answering said unto him, Suffer *it* to *be so* now: for thus it becometh us to fulfill all righteousness.” One of the meanings of the word *John* is intellect or conscious,

reasoning mind; one of the meanings of *Jesus* is Wisdom of God, or illumined reason. We must not deny the intellect; we must use it wisely.

You may not type, but if you practice, you can type; the same is true with swimming, walking, dancing, etc. If you have a wonderful idea to do something, you must use your intellect to express it; e.g., Jesus is baptized by John, and John says, “Why comest thou to me?” Jesus says, “Suffer it to be done.” *Suffer* means to allow, or to permit. In other words Jesus is the voice of Wisdom within you coming forth; you are aware of it; therefore you must baptize or use this Inner Wisdom or Voice of Intuition by recognizing It, and seeing It take place in your world. Our intellect or conscious mind does not know the secret of the subjective, or how it works.

Do you know how a seed grows? or how or why a sperm divides? There is a Divine Voice within you which knows the way. It has the secret of all things, for It created all things. Many people think they can write poetry, and all kinds of wonderful music. However it is necessary to go to school and learn to read and write, so that the poetic phrases and the inner, harmonies heard by the inner ear can be suitably expressed. A musician should, therefore, learn the scales, geometry, and mathematics.

When the subjective mind revealed the idea of Insulin for diabetes to the Canadian doctor some years ago, he used his intellect and knowledge of glands, physiology, and chemistry to bring it to pass objectively; thereby millions have been helped, and their suffering alleviated.

Let Jesus baptize John, meaning let the Wisdom of God anoint your intellect. When you do not know the answer or solution, defer to a Higher Guide; This Higher Guide is God’s Eternal Wisdom within you.

Learn everything you can objectively; then proceed through prayer and meditation to awaken the subjective

faculties, and you will become that great orator, or statesman, as the case may be.

You are probably asking the question now, “Why do infant, mathematical prodigies lose the gift as they grow older and become educated?” The child is in tune with the Subliminal Self; the subjective mind is amenable to suggestions, and in ordinary education, children are taught to ignore the Subliminal Self. Instead of being taught to draw out the Wisdom that is within, the latter is usually completely neglected, and the faculty atrophies and disappears. It could be preserved in the child by having the teacher impress the child’s mind with the fact that he could always possess the mathematical gift; that he would grow, and expand as he learned the objective rules, figures, numeration, etc. The subjective mind of the child being amenable to suggestion would retain his faculties for “according to his belief,” and that of his teacher, would it be done unto him.

Archbishop Whately who was a mathematical prodigy said that as soon as his conscious mind was exercised and educated, this faculty vanished.

Mozart composed music at five years of age. Before he was consciously aware of the laws of harmony, his subliminal or subjective mind knew them; this is true, also, of all men everywhere if we would awaken to the great powers asleep within us.

It was through the subconscious that Shakespeare perceived great Truths hidden from the conscious mind of man. It was due to this fact that Raphael in his meditative moods was en-rapport with the subjective that enabled him to paint madonnas. It was through this same medium Beethoven composed symphonies.

An outstanding violinist told me one time in Vienna, that for hours at a time, he meditated on music and the laws of harmony. “At times,” he said, “he was lifted up, and could actually hear the music of the spheres.” He added that in

these meditative moods, he found himself close to the Universal Pulse Beat and Rhythm of all Creation. He brought forth wonderful music.

Anything any man has done, any man can do. God is within all men, and God is indivisible; therefore, all that is really necessary is for man to awaken to and mentally accept completely these limitless powers within him.

Hamlet must have known this when he said, “There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.”

The Bible in beautiful, poetic, elegant language says, “Eye hath not seen, nor ear heard, neither hath it entered into the heart of man, the things which God hath prepared for them that love him.” We are in the Presence of Infinity. We approach It with a sort of mystic awe, realizing the wonder of it all. Imagine and know that never in Eternity could you exhaust the glory and beauty that is within; that is how wonderful you are.

Your subconscious mind is a storehouse of memory, and can be used to furnish you with any data or information you have ever read. Solomon, a Lithuanian Rabbi, had such a remarkable memory that he never forgot whatever he read. He knew the Bible and The Talmuds by heart, and he could quote easily any passage requested. What he did, you can do, this is fundamental and axiomatic.

There is only one Mind. How are you using It? You can succeed in convincing yourself that you can remember everything you read. The Power of retention of whatever you have seen or read is within you. Charge your mind with the belief that it is possible for you to do so, and your mind will respond the same as any one else’s.

Edgar Cayce could memorize the contents of a book without ever looking in it. The Subjective Self can see without eyes. Clairvoyance and clair-audience are faculties within all of us. We can develop them and quicken them. This has nothing to do with being born again and again in

physical bodies. We do not grow or awaken in sidereal time and space. We must ascend the perpendicular beam within ourselves where dwells the Timeless, Spaceless, Formless, Awareness where all things are, and claim our Divinity here and now.

Cayce's method was to place the volume under his head and sleep on it for awhile. Edgar Cayce had very little ordinary school education. Tuning in on the subconscious mind in sleep or trance state, he was also able to diagnose the ills of patients in any part of the world, even though he knew nothing about materia medica, pharmacology, or the practice of medicine. He simply tapped the Great Unconscious, and according to his belief was it done unto him. All the healings that followed were based on belief.

There is only one Healing Presence and Power in the whole world; whatever method, technique, or process used is a means of aligning with the One Healing Presence. The process of all healing is Faith. These words from the Bible state this: "According to your faith, is it done unto you."

Many of you have read about the famous horses that Maeterlinck spoke about. One of the horses spelled out the name of the hotel where he was staying. These horses were trained by a modern trainer called Krall. Krall developed a mathematical prodigy, but it was a stallion. This stallion knew how to extract square and cube roots. He learned to read and spell also. The mathematical problem let us say is 16; there follows six blows of the right foot, and one blow of the left foot. The left foot was for tens, and the right foot for units. The horse was taught to read charts containing all letters of the language. Professors and some of the most learned men in Europe investigated these horses and were amazed. These horses solved the most difficult, mathematical problems with a complete sense of abandonment.

Louis K. Anspacher in *"Challenge of the Unknown"* said that these horses behaved like human, mathematical

prodigies. I do not believe that you are now going to say that these horses are incarnations of some former mathematician who lived in time and space. The subjective of the horse is a part of the Great Universal Subjectivity which has the answer to all problems. The unconscious or subjective mind of the horse is amenable to suggestion; the horse's subjective can by training and repetition be conditioned to respond. The subjective of the horse knows all; for there is only One Mind common to all; we are all immersed in It. The belief and faith of the trainer is also communicated to the horse, and a corresponding response comes forth.

The Wisdom of the ages is within every man, awaiting his recognition and claim. The old Hindu idea of Karma, in accordance with which man was punished by successive incarnations here on earth cannot stand the challenge of Jesus: "Be ye perfect as your Father in Heaven is perfect."

Plato and others believe in transmigration and metempsychosis sometimes referred to as reincarnation. Plato also taught that man lost his memory at death. "There is nothing lost in all my Holy Mountain." The subjective retains a memory of everything that has ever transpired.

A drowning man or a man partially asphyxiated sees his whole life instantaneously in every detail; likewise when you pass on to the next dimension the past, present, and future lie stretched before you like a cinema film all in a state of flux.

Nothing is ever lost; a rose that blooms once blooms forever. The modern theory of Time as propounded by Dunne, Einstein, and others was not known in Plato's day or that of Pythagoras.

Time is a state of consciousness. Why postpone your good? Take it now. Whatever you want to be, whatever you want to know, or discover, already is. You could never become something you are not already. God is all, and Creation is finished.

“Be still and know!” *Stillness* is not only keeping quiet; it means there must be no inner dissonance, but rather when man goes within himself, he finds perfect and abiding peace. Knowing that God indwells you, makes you live in a world that is ever peaceful.

Failure to realize God’s Holy Presence within causes the average person to live in a series of conditions which grieve him to the end. Man fusses about things which, if he saw them differently, would not cause one moment of unhappiness. In order to awaken to your Inner Powers, and release these God-Qualities within, I suggest that every day of your life you should meditate on Beauty, Love, and Peace. Feel that these Qualities are being resurrected within you. As you meditate daily on this Inner Wisdom and Beauty, feel that you are awakened and illumined like Jesus was. Imagine you are doing the works of Jesus—healing the blind, the halt, and the lame. Sustain this mood; the qualities and powers of God will be resurrected within you. They were always there. You do not create them; you release them. This state of consciousness is not born of woman. The Jesus State of Consciousness is born out of the imagination of man. It is the spiritual rebirth or incarnation of God in your mind and heart. It is your second birth or spiritual awakening.

Meditate from time to time on God and His Qualities. Get immersed in this Holy Presence. By moving inward in meditation, you will feel that your body becomes unreal, and that the earth on which you walk becomes unreal. The external life becomes the dream; the Internal Life awakens; you move further and further inward. Suddenly you find that by going inward you have found the Universe. The suns, moons, stars, and planets are within. You now discover that planets are thoughts; that suns and moons are thoughts; you discover that your own I AMNESS or Consciousness is the realization which sustains them all. You awaken to the fact temporarily in space are moving the dreams of the

Dreamer, and the worlds, suns, moons, and stars are the thoughts of the Thinker. Your eyes are closed; He is meditating, and we are His Meditation. It is God meditating on the mysteries of Himself!

8

The Journey Beyond

Believing in the old concept of reincarnation, think of how many former wives and husbands will be lined up to greet us! Maybe someone might have a million wives waiting for him!

In the twenty-second of Mathew it says, “Therefore in the resurrection whose wife shall she be of the seven? for they all had her.”

“Jesus answered and said unto them, ‘For in the resurrection, they neither marry, nor are given in marriage, but are as the angels of God in heaven.’”

The Bible is speaking of mental and spiritual laws. The world takes it literally, and thinks because a woman was married to seven brothers here on this plane, they are wondering whose wife shall she be of the seven, for they all had her, or were married to her.

It was the custom in those days that if a man died leaving no issue, his brother would marry the widow in order to perpetuate the name; if he died leaving no issue, the next brother would marry her, and raise up seed, etc.; this has nothing to do with physical marriage. It refers to marriage of the mind.

Whatever you unite with mentally, and accept, or believe, is a mental marriage. You can have false marriages; i.e., you can believe in a false idea, and you will have children by it. The children will be your health, wealth, business, and social relationship. In other words the Bible is always talking about a psychological death; meaning you must die to that which you are, before you can become what you long to be.

I gave advice to a young man one time who lost five positions in five months. He drank excessively, was irresponsible, shiftless, lazy, indolent, crude, lacking in understanding, zeal, and application. He believed in a heaven afar off—a place where you go when you die.

I explained to him he could prove heaven was here now. He followed my advice and took a course in public speaking, and another course at night school where with diligence, personal initiative, and application he learned the rudiments of the commercial world.

He began to pray for guidance and prosperity by claiming these qualities. He began gradually to die to the “old man,” and to put on the “new man.” He developed enthusiasm, perseverance, stick-to-it-ive-ness, and became foreman of the shop. How happy, spiritual, and joyous he was! He was living in heaven; i.e., he experienced health, harmony, and true expression.

Why postpone heaven? Heaven is here—within you! Peace has not disappeared from the face of the earth; Peace is of God, and God is within you; It is Timeless, Ageless, and Spaceless. Peace is here now in your own mind; tune in on the God of peace, and let His River of Peace flow through you like a summer stream. You do not have to leave this plane to experience peace, joy, happiness, or inspiration. You must, however, die mentally and psychologically; which means you separate yourself from the other false ideas, erroneous opinions, and peculiar ideas about God.

Your ideas control, govern, and rule over you. Enthrone peace, love, and God’s guidance. Live with these ideas; marry them by emotionalizing them in your own mind. You can go to heaven now—not when you die. There is no transforming power in death. Fall in love with honesty, integrity, justice, success, peace, and happiness. Move toward these ideals in your mind. Love will take you there. As you unite with these ideas in your mind, there will be a

Divine Marriage, and the children that will come forth will be true place, abundance, and security.

The journey for all men is onward, upward, and Godward. Progression is the law of Life. When man sheds the physical body, he enters into the fourth dimension where he has a fourth dimensional focus. There are as Paul says, “Bodies celestial and bodies terrestrial.” Death of the physical body is like a journey to a new city, or a new dimension of mind.

I love these words from the Song Celestial:

“Never the spirit was born; the Spirit shall cease to be never;
Never was time it was not; end and beginning are dreams.
Birthless, and deathless, and changeless remaineth the Spirit forever;
Death hath not touched it at all, dead though the house of it seems.
Nay, but as one who layeth his worn-out robes away,
And, taking new ones, sayeth, “These will I wear today!”
So putteth by the Spirit
Lightly its garb of flesh,
And passeth to inherit
A residence afresh.”

To say that a man could not pray in the next dimension, and advance spiritually would be to limit The Holy One. Reincarnation—or going to the unmanifest to manifest, or to objectify a greater sense of the Presence—can take place there as well as here. What is true on one plane is true on all planes. We carry over our state of consciousness.

We were met by loving hands here when we came into the third dimensional world; it is reasonable to assume we will meet our loved ones who are in the next dimension when we arrive there after passing from this plane.

We should never really grieve or mourn for loved ones. By radiating the qualities of Love, Peace, and Joy to the loved one who has passed on to the next dimension, we are then praying for the loved one in the right manner. We are lifting the other up in our consciousness; this is truly giving the “oil of joy for mourning.” We rejoice in their new birthday, knowing the Presence of God is where they are. Where God is, there can be no evil. “God is not the God of the dead, but of the living.” Why seek ye the living among the dead?

Realize the loved ones who have passed on are dwelling in a state of beauty and love; then you are lifting them up. They feel your prayers, and thereby they are blessed.

We make them happy by our scientific prayer. Instead of feeling that they are dead and gone, and that their graves are where their bodies are, by an inner mood see them dwelling in a state of indescribable beauty.

Your loved one and all of those you knew on earth, as well as all those people long since gone from the face of the earth, are still living in the next dimension.

For instance, a little child who perhaps died in its mother’s womb, or lived for a day, is a grace note in the grand symphony of all creation. She plays through love in the celestial symphony of the spheres. Through love the child is one with its mother, brother, sisters, and with all men—visible and invisible. The child who lived for an hour, or who died in the womb grows, expands, and unfolds in the next dimension. You will again meet the child; however she will not be a child, but she will be fully matured and grown up.

We are all one; the many, apparently separate, human beings are the notes and chords of the eternal symphony of creation.

The loved ones who have passed on still live, and will live forever; for God is Life, and That is their Life. They are functioning fourth dimensionally. Through love you are one

with them. Know that they are immersed in God's Holy Omnipresence, and rest assured that Jesus, The Great Conductor, leads them in the Grand Symphony of All Creation.

All things in this relative world of ours are expressions of the Absolute. The One Life is expressed in countless modes. It is all One Reality. The One in the many, and the many in the One. The apparent, separate manifestations are notes in the grand symphony. There is a difference in the notes; they are grouped differently into chords and harmonies; yet, we must remember the symphony is one grace note. Somber notes, and notes used to form part of a magnificent opening chord are not separate; they all are the symphony; the symphony is one and indivisible. The composition is One Reality. Every note shares the beauty, joy and the life of every other note. The Life of the whole is in each note. The part is in the whole, and the whole is in the part. You are the Grand Symphony. You (the Real You—I AM) are the Creator and the Hymn of Creation. The Supreme Reality shares the life of all things.

"Everywhere in heaven is paradise. Even though the grace of the Chief Good does not reign there after only one fashion!" The mystery of the Ultimate Reality is multiplicity in unity. Rejoice in your journey back to God; there is no place else to go. It is the flight of The Alone to the Alone.

IV

Believe In Yourself

(1955)

This short book is the consummate Joseph Murphy. It contains most of the mind-power methods that Murphy brought to worldwide attention in The Power of Your Subconscious Mind *(1963). It also features my favorite of Murphy's passages:*

> *A movie actor told me once that he had very little education, but he had a dream as a boy of being a movie star. Out in the field mowing hay, or driving the cows home, or even when milking them, he said, "I would constantly imagine that I saw my name in big lights in a large theater. I kept this up for years until finally I ran away from home; got extra jobs in the motion picture field; and the day came when I saw my name in great big lights, as I did when I was a boy!" Then he added, "I know the power of* sustained *imagination to bring success."*

I am not a cynic in matters of metaphysics. I am a believing historian. And I have had such experiences myself. I ask you to take notice of the counsel about sustained *imagination*.

—MH

1

Make Your Dreams Come True

Joseph, in the Bible, means “disciplined or controlled imagination.” It is one of the primal faculties of mind, and has the power to project and clothe your ideas, giving them visibility on the screen of space.

Israel loved Joseph. *Israel* is the spiritually awakened man who knows the power of controlled imagination. It is called the “son of his old age.” Son means “expression.” *Old age* implies wisdom and knowledge of the laws of mind. When you become familiar with the power of imagination, you will call it “the son of your old age.” Age is not the flight of years; it is really the dawn of wisdom and Divine knowledge in you. *Imagination* is the mighty instrument used by great scientists, artists, physicists, inventors, architects, and mystics. When the world said, “It is impossible; it can’t be done,” the man with imagination said, “It *is* done!” Through your imagination, you can also penetrate the depths of reality and reveal the secrets of nature.

A great industrialist told me one time how he started in a small store. He said that he used to dream (Joseph was a dreamer) of a large corporation with branches all over the country. He added that regularly and systematically he pictured in his mind the giant building, offices, factories, and stores, knowing that through the alchemy of the mind, he could weave the fabric out of which his dreams would be clothed.

He prospered, and began to attract to himself—by the universal law of attraction—the ideas, personnel, friends, money, and everything needed for the unfoldment of his ideal. He truly exercised and cultivated his imagination, and

lived with these mental patterns in his mind until imagination clothed them in form.

I particularly liked one comment that he made as follows: “It is just as easy to imagine yourself successful as it is to imagine failure, and far more interesting.”

Joseph is a dreamer, and a dreamer of dreams. This means he has visions, images, and ideals in his mind, and knows that there is a Creative Power that responds to his mental pictures. The mental images we hold are developed in feeling. It is wisely said that all our senses are modifications of the one-sense-feeling. Thomas Troward, a teacher of mental science, said, “Feeling is the law, and the law is the feeling.” Feeling is the fountainhead of power. We must charge our mental pictures with feeling in order to get results.

We are told, “Joseph dreamed a dream, and told it to his brethren, and they hated him.” Perhaps as you read this, you have a dream, an ideal, a plan, or purpose that you would like to accomplish. *To hate* is to reject in Bible language. The thoughts, feelings, beliefs, and opinions in your mind are the brethren that challenge you, belittle your dreams, and say to you, “You can’t; it is impossible. Forget it!”

Perhaps other thoughts come into your mind that scoff at your plan or ambition. You discover that there is a quarrel in your mind with your own brethren; opposition sets in. The way to handle the opposition in your mind is to detach your attention from sense evidence and the appearance of things, and begin to think clearly and with interest about your goal or objective. When your mind is engaged on your goal or objective, you are using the creative law of mind, and it will come to pass.

“Lo, my sheaf arose, and also stood upright; and, behold, your sheaves stood round about, and made obeisance to my sheaf.” Lift your ideal or desire up in consciousness. Exalt it. Commit yourself wholeheartedly to it. Praise it; give your

attention, love, and devotion to your ideal; and as you continue to do so, all the fearful thoughts will make obeisance to your exalted state of mind—that is, they will lose their power and disappear from the mind.

Through your faculty to imagine the end result, you have control over any circumstance or condition. If you wish to bring about the realization of any wish, desire, or idea, form a mental picture of fulfillment in your mind; constantly imagine the reality of your desire. In this way, you will actually compel it into being. What you imagine as true already exists in the next dimension of mind, and if you remain faithful to your ideal, it will one day objectify itself. The master architect within you will project on the screen of visibility what you impress on your mind.

Joseph (imagination) wears a coat of many colors. A *coat* in the Bible is a psychological covering. Your psychological garments are the mental attitudes, moods, and feelings you entertain. *The coat of many colors* represents the many facets of the diamond, or your capacity to clothe any idea in form. You can imagine your friend who is poor living in the lap of luxury. You can see his face light up with joy, see his expression change, and a broad smile cross his lips. You can hear him tell you what you want to hear. You can see him exactly as you wish to see him—that is, he is radiant, happy, prosperous, and successful. Your imagination is the coat of many colors; it can clothe and objectify any idea or desire. You can imagine abundance where lack is, peace where discord is, and health where sickness is.

“His brethren said to him, ‘Shalt thou indeed reign over us?’” Imagination is the first faculty, and takes precedence over all the other powers or elements of consciousness. You have 12 faculties or brethren, but your imagination, when disciplined, enables you to collapse time and space and rise above all limitations. When you keep your imagination busy with noble, Godlike concepts and ideas, you will find that it

is the most effective of all faculties in your ongoing spiritual quest.

The phrase “Joseph is sold into Egypt” means that your concept or desire must be subjectified (Egypt) first before it becomes objectified. Every concept must go “down into Egypt,” meaning into the subjective where the birth of ideas takes place.

“Out of Egypt have I called my son”: Joseph is the commander of Egypt, which tells you that imagination controls the whole conceptive realm. Whatever prison you may be in, whether it is the prison of fear, sickness, lack, or limitation of any kind, remember that Joseph is the commander in prison and can deliver you. You can imagine your freedom, and continue to do so until it is subjectified; then, after gestation in the darkness, the manifestation comes—your prayer is answered.

Consider for a moment a distinguished, talented architect; he can build a beautiful, modern, 20th-century city in his mind, complete with super highways, swimming pools, aquariums, parks, and so on. He can construct in his mind the most beautiful palace the eye has ever seen. He can see the building in its entirety completely erected before he ever gives his plan to the builders. Where was the building? It was in his imagination.

With *your* imagination, you can actually hear the invisible voice of your mother even though she lives 10,000 miles from here. You can also see her clearly, and as vividly as if she were present; this is the wonderful power you possess. You can develop and cultivate this power and become successful and prosperous.

Haven’t you heard the sales manager say, “I have to let John go, because his attitude is wrong”?

The business world knows the importance of “right attitude.”

I remember many years ago having printed a small article on reincarnation. These pamphlets were on display

on a book counter of a church where I lectured. In the beginning, very few of them were sold because the salesgirl was violently opposed to its contents.

I explained the biblical meaning of reincarnation to her, the origin of the story, and what it was all about. She understood the contents of the drama, and became enthusiastic about the booklets; they were all sold before my lecture series was completed. This was an instance of the importance of the right mental attitude.

Your *mental attitude* means your mental reaction to people, circumstances, conditions, and objects in space. What is your relationship with your co-workers? Are you friendly with people, with animals, and with the universe in general? Do you think that the universe is hostile, and that the world owes you a living? In short, what is your attitude?

The emotional reaction of the above-mentioned girl was one of deep-seated prejudice. That was the *wrong attitude* in selling books; she was biased against the book and the writer.

You can develop the right mental attitude when you realize that nothing external can upset you or hurt you without your mental consent. You are the only thinker in your world; consequently, nothing can move you to anger, grief, or sorrow without your mental consent. The suggestions that come to you from the outside have no power whatsoever, except that you permit them to move you in thought negatively. Realize that you are master of your thought-world. Emotions follow thought; hence, you are supreme in your own orbit. Do you permit others to influence you? Do you allow the headlines in the newspapers, the gossip, or the criticism of others to upset you or bring about mental depression? If you do, you must admit that you are the cause of your own mood; you created your emotional reaction. Your attitude is wrong.

Do you imagine evil of others? If you do, notice the emotion generated in your deeper self; it is negative and

destructive to your health and prosperity. Circumstances can affect you only as you permit them. You can voluntarily and definitely change your attitude toward life and all things. You can become master of your fate and captain of your soul (subconscious mind). Through disciplined, directed, and controlled imagination, you can dominate and master your emotions and mental attitude in general.

If you imagine, for example, that another person is mean, dishonest, and jealous, notice the emotion you evoke within yourself. Now reverse the situation. Begin to imagine the same person as honest, sincere, loving, and kind; notice the reaction it calls forth in you. Are you not, therefore, master of your attitudes?

In reality, the truth of the whole matter is that it is your real concept of God that determines your whole attitude toward life in general. Your dominant idea about God is your idea of life, for God is life. If you have the dominant idea or attitude that God is the Spiritual Power within you responsive to your thought, and that, therefore, since your habitual thinking is constructive and harmonious, this Power is guiding and prospering you in all ways, this dominant attitude will color everything. You will be looking at the world through the positive, affirmative attitude of mind. Your outlook will be positive, and you will have a joyous expectancy of the best.

Many people have a gloomy, despondent outlook on life. They are sour, cynical, and cantankerous; this is due to the dominant mental attitude that directs their reaction to everything.

A young boy of 16 years going to high school said to me, “I am getting very poor grades. My memory is failing. I do not know what’s the matter.” The only thing wrong was his attitude. He adopted a new mental attitude by realizing how important his studies were in gaining entrance to college in order to become a lawyer. He began to pray scientifically, which is one of the quickest ways to change the mentality.

In scientific prayer, we deal with a principle that responds to thought. This young man realized that there was a Spiritual Power within him, and that It was the only Cause and Power. Furthermore, he began to claim that his memory was perfect, and that Infinite Intelligence constantly revealed to him everything he needed to know at all times, everywhere. He began to radiate love and goodwill to the teachers and fellow students. This young man is now enjoying a greater freedom than he has known for several years. He constantly imagines the teachers and his mother congratulating him on all “A’s.” It is imagining the desired results that has caused this change of attitude toward his studies.

We have said previously that all our mental attitudes are conditioned by imagination. If you imagine that it is going to be a black day today, that business is going to be very poor, that it is raining, that no customers will come into your store, that they have no money, and so on, you will experience the result of your negative imagery.

One time a man was walking the streets of London, and he imagined that he saw a snake on the street. Fear caused him to become semi-paralyzed. What he saw *looked* like a snake, but he had the same mental and emotional reaction as if it were a snake.

Imagine whatsoever things are lovely, noble, and of good report, and your entire emotional attitude toward life will change. What do you imagine about life? Is it going to be a happy life for you? Or is it one long series of frustrations? “Choose ye whom ye will serve.”

You mold, fashion, and shape your outer world of experience according to the mental images you habitually dwell on. Imagine conditions and circumstances in life that dignify, elevate, please, and satisfy. If you imagine that life is cold, cruel, hard, bitter; and that struggle and pain are inevitable, you are making life miserable for yourself.

Imagine yourself on the golf course. You are free, relaxed, and full of enthusiasm and energy. Your joy is in overcoming all the difficulties presented by the golf course. The thrill is in surmounting all the obstacles.

Now let us take this scene: Imagine yourself going into a funeral parlor. Notice the different emotional responses brought forward as you picture yourself in each of the above-mentioned situations. In the funeral chapel, you can rejoice in the person's new birthday. You can imagine the loved one surrounded by his or her friends in the midst of indescribable beauty and love. You can imagine God's river of peace flooding the minds and hearts of all present. You can actually ascend the heavens of your own mind wherever you are; this is the power of your imagination.

"And he dreamed yet another dream, and told it his brethren, and said, 'Behold, I have dreamed a dream more; and behold, the sun and the moon and the eleven stars made obeisance to me.'"

In ancient symbology, the sun and the moon represent the conscious and subconscious mind. The 11 stars represent the 11 powers in addition to imagination. Here again, the inspired writers are telling you that disciplined imagination takes precedence over all other faculties of the mind, and controls the direction of the conscious and subconscious mind. Imagination is first and foremost; it can be scientifically directed.

I was examining one of the Round Towers of Ireland with my father over 50 years ago. He said nothing for one hour, but remained passive and receptive, seeming to be in a pensive mood. I asked him what he was meditating on. This is the essence of his answer: He pointed out that it is only by dwelling on the great, wonderful ideas of the world that we grow and expand. He contemplated the age of the stones in the tower, then his imagination took him back to the quarries where stones were first formed. His imagination unclothed the stones. He saw with the interior eye the

structure, the geological formation, and the composition of the stone, and reduced it to the formless state; finally, he imagined the oneness of the stones with all stones and with all life. He realized in his Divine imagery that it was possible to reconstruct the history of the Irish race from looking at the Round Tower!

Through the imaginative faculty, this teacher was able to see the invisible men living in the Tower and to hear their voices. The whole place became alive to him in his imagination. Through this power, he was able to go back in time when there was no Round Tower there. In his mind, he began to weave a drama of the place from which stones originated, who brought them, the purpose of the structure, and the history connected with it. As he said to me, “I am able to almost feel the touch and hear the sound of steps that vanished thousands of years ago.”

The subjective mind permeates all things; it is in all things, and is the substance from which they are made. The treasure house of eternity is in the very stones comprising a building. There is nothing inanimate; all is life in its varied manifestations. (The sun and the moon make obeisance to Joseph—imagination.) Truly through your faculty of imagination, you can imagine that the invisible secrets of nature are revealed to you; you will find that you can plumb the very depths of consciousness.

The other night I sat in a park and looked at the setting sun. Suddenly I began to think that the sun is like a house in the city of Los Angeles; there is a greater sun behind our sun, and so on to infinity. It staggers the imagination to ponder and meditate on the myriads of suns and solar galaxies extending into infinity beyond the milky way. This world is only a grain of sand in the infinite seashore. Instead of seeing the parts, let us look at the wholeness, the unity of all things. We are, as the poet said, “all parts of one stupendous whole, whose body nature is, and God the soul.”

It is really out of the imaginative mind of man that all religions are born. Is it not out of the realm of imagination that television, radio, radar, super jets, and all other modern inventions came? Your imagination is the treasure house of infinity, which releases to you all the precious jewels of music, art, poetry, and inventions. You can look at some ancient ruin, an old temple, or pyramid, and reconstruct the records of the dead past. In the ruins of an old church yard, you can also see a modern city resurrected in all its beauty and glory. You may be in a prison of want or lack, or behind stone bars, but in your imagination you can find an undreamed-of measure of freedom.

Remember how Chico, the Parisian sewer cleaner, imagined and lived in a paradisaical state of mind called the seventh heaven even though he never saw the light of day?

Bunyan, in prison, wrote the great masterpiece *Pilgrim's Progress*. Milton, although blind, saw with the interior eye. His imagination made his brain a ball of fire, and he wrote *Paradise Lost*. In this way he brought some of God's paradise to all people everywhere.

Imagination was Milton's spiritual eye, which enabled him to go about God's business whereby he annihilated time, space, and matter, and brought forth the truths of the Invisible Presence and Power.

A genius is a man who is in rapport with his subconscious mind. He is able to tap this universal reservoir and receive answers to his problems; thus, he does not have to work by the sweat of his brow. In the genius type of mind, the imaginative faculty is developed to a very high degree. All great poets and writers are gifted with a highly developed and cultivated imaginative faculty.

I can now see Shakespeare listening to the old stories, fables, and myths of his day. I can also imagine him sitting down listing all these characters in the play in his mind ... then clothing them one by one with hair, skin, muscle, and

bone; animating them; and making them so much alive that we think we are reading about ourselves.

Use your imagination and go about your Father's business. *Your Father's business* is to let your wisdom, skill, knowledge, and ability come forth; and bless others as well as yourself. You are about your Father's business if you are operating a small store, and in your imagination you feel you are operating a larger store giving a greater measure of service to your fellow creatures.

If you are a writer of short stories, you can be about your Father's business. Create a story in your mind that teaches something about the golden rule, then pass that story and all its characters through your spiritualized and highly artistic mentality; your article will be fascinating and intensely interesting to your public.

The truth about man is always wonderful and beautiful. When writing a novel or story we should be sure that we clothe Truth in her garment of loveliness and beauty. You could now look at an acorn, and with your imaginative eye construct a magnificent forest full of rivers, rivulets, and streams. You could people the forest with all kinds of life; furthermore, you could hang a bow on every cloud. You could look at a desert and cause it to rejoice and blossom as a rose. "Instead of the thorn shall come up the fir tree, and instead of the briar shall come up the myrtle tree." Men gifted with intuition and imagination find water in the desert, and they create cities where formerly other men only saw a desert and a wilderness.

An architect of a city sees the buildings and fountains already in operation before he ever digs a well or builds a house. "I will make the wilderness a pool of water, and the dry land springs of water."

Long hours, hard labor, or burning the midnight oil will not produce a Milton, a Shakespeare, or a Beethoven. People accomplish great things through quiet moments,

imagining that the invisible things from the foundation of time are clearly visible.

You can imagine the indescribable beauty of He Who Is being expressed on your canvas, and if you are a real artist in love with beauty, great beauty will come forth effortlessly. Moments of great inspiration will come to you; it will have nothing to do with perspiration or hard mental labor.

In Greenwich Village, I met a poet who wrote beautiful poems; he had them printed on cards, and sold them at Christmastime. Some of these poems were beautiful gems of spiritual love. He said that when he got still, the words would come into his mind accompanied by a lovely scene. Flowers, people, and friends would come clearly into his mind. These images spoke to him. They told him their story. Oftentimes the entire poem, song, or lullaby would appear complete and ready in his mind without the slightest effort. His habit was to imagine that he was writing beautiful poems that would stir the hearts of men.

Shelley said that poetry was an expression of the imagination. When the poet meditates on love and wishes to write on love, the Invisible Intelligence and Wisdom within him stirs his mind; casts the spell of God's beauty over him; and awakens him to God's Eternal Love so that his words become clothed with wisdom, truth, and beauty.

The Great Musician is within. If it is your business to play music or compose music, be sure that you are about your Father's Business. Your Father's Business is first of all to recognize God as the Great Musician; then meditate, feel, pray, and know that the Inner Music sings or plays through you the Song of God's Love, and you will play like you have never played before.

Every invention of Edison's was first conceived in his imagination. The same was true of Tesla, another great inventor and scientist.

I think it was Oliver Wendell Holmes who said that we need three-story men who can idealize, imagine, and

predict. I believe it was the capacity to imagine and dream that caused Ford to look forward to putting the world on wheels.

Your capacity to imagine causes you, and enables you, to remove all barriers of time and space. You can reconstruct the past or contemplate the future thought through your inner eye. No wonder it says in Genesis: “Israel loved Joseph [imagination] more than all his brethren.” Imagination, when disciplined, spiritualized, controlled, and directed, becomes the most exalted and noblest attribute of man.

I was in a conversation some years ago with a young chemist who stated that his superiors for years had tried to manufacture a certain German dye and failed. He was given the assignment when he went with them. As he commented, he did not know that it could not be done, and synthesized the compound without any difficulty. They were amazed and wanted to know his secret. His answer was that he imagined he had the answer. Pressed further by his superiors, he said that he could clearly see the letters “Answer!” in blazing red color in his mind; then he created a vacuum underneath the letters, knowing that as he imagined the chemical formula underneath the letters, the subconscious would fill it in. The third night he had a dream in which the complete formula and the technique of making the compound was clearly presented.

“Joseph [imagination] is a dreamer, and a dreamer of dreams.” “They conspired against him to slay him. And they said one to another, ‘Behold, this dreamer cometh.’” Perhaps as you read these Biblical quotations there are thoughts of fear, doubt, and anxiety conspiring in your own mind to slay or kill that desire, ideal, or dream of yours. You look at conditions or circumstances, and fear arises in your mind; yet there is the desire within you which, if realized, would bring you peace and solve your problem.

You must be like Joseph and become a practical dreamer. Decide to make your dreams come true. Withdraw, and take

away your attention now from appearances of things and from sense evidence. Even though your senses deny what you pray for, affirm that it is true in your heart. Bring your mind back from its wandering after the false Gods of fear and doubt, to rest in the Omnipotence of the Spiritual Power within you in the silence and quietude of your own mind, dwell on the fact that there is only One Power and One Presence. This Power and Presence is now responding to your thought as guidance, strength, peace, and nourishment for the soul. Give all your mental attention to recognizing the absolute sovereignty of the Spiritual Power, knowing that the God-Power has the answer and is now showing you the way. Trust It, believe in It, and walk the earth in the Light. Your prayer is already answered.

All of us read the story of Columbus and his discovery of America. It was imagination that led him to his discovery. His imagination plus faith in a Divine Power led him on and brought him to victory.

The sailors said to Columbus, “What shall we do when all hope is gone?” His reply was, “You shall say at break of day, ‘Sail on, sail on, and on.’” Here is the key to prayer: Be faithful to the end; full of faith every step of the way, and persisting to the end, knowing in your heart that the end is secure because you saw the end.

Copernicus through his vivid imagination revealed how the earth revolved on its axis, causing the old astronomical theories to be discarded.

I think it would be a wonderful idea if all of us from time to time recast our ideas, checked up on our beliefs and opinions, and asked ourselves honestly, “Why do I believe that? Where did that opinion come from?” Perhaps many ideas, theories, beliefs, and opinions that we hold are completely erroneous, and were accepted by us as true without any investigation whatever as to their truth or accuracy. Because our father and grandfather believed in a certain way is no reason why we should.

One woman said to me that a certain idea she had must be true because her grandmother believed it. That is absurd! The race mind believes in many things that aren't true. What came down from generation to generation is not necessarily valid, or the final word and authority.

The above-mentioned woman, who was honest, and well-meaning, had a mind that was very touchy on psychological truths. She took everything in the Bible literally. This mind worked by prejudice and superstition, and opposed everything that was not in accord with her established beliefs, opinions, and preconceived notions.

Our mind must be like a parachute. The latter opens up; if it does not, it isn't any good. Likewise, we must open our eyes and minds to new truths. We must hunger and thirst after new truth and new knowledge, enabling us to soar aloft above our problems on the wings of faith and understanding.

The famous biologists, physicists, astronomers, and mathematicians of our day are men gifted with a vivid, scientific imagination. For instance, Einstein's theory of relativity existed first in his imagination.

Archeologists and paleontologists studying the tombs of ancient Egypt through their imaginative perception reconstruct ancient scenes. The dead past becomes alive and audible once more. Looking at the ancient ruins and the hieroglyphics thereon, the scientist tells us of an age when there was no language. Communication was done by grunts, groans, and signs. The scientist's imagination enables him to clothe this ancient temple with roofs; and surround them with gardens, pools, and fountains. The fossil remains are clothed with eyes, sinews, and muscles, and they again walk and talk. The past becomes the living present, and we find in imagination that there is no time or space. Through your imaginative faculty, you can be a companion of the most inspired writers of all time.

I gave a lecture on the 21st chapter of Revelation sometime ago in the Wilshire Ebell Theater in Los Angeles to our Sunday audience. The previous night while I was meditating on the inner meaning of the following verses, I intuitively and actually felt the presence and the intimate companionship of the mystic seer who wrote the inspired verses.

“And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and be their God.” (Rev. 21:2, 2)

Can’t you now walk down the corridor of your own mind, and there see, inwardly perceive, feel, and sense God’s river of peace flowing through your mind? You are now in the Holy City—your own mind—inhabited by such lovely people as bliss, joy, faith, harmony, love, and goodwill. Your mind is clothed with God’s radiant beauty; and your mood is exalted, noble, and Godlike. You are married mentally and spiritually to God and to all things good. You have on your wedding garment, because you are in tune with the Infinite, and God’s Eternal Verities constantly impregnate your mind. In your imagination, you sense and feel that you are the tabernacle of God, and that His Holy Spirit saturates and fills every part of your being. Your imagination now becomes seized with a Divine frenzy. You become God-intoxicated, having received the Divine antibody, the Presence of God in the chamber of your heart.

You can look at a rock, and out of that rock through Divine Imagination you can reveal the Madonna, and portray a vision of beauty and a joy forever. Never permit your imagination to be used negatively; never distort or twist it. You can imagine sickness, accident, and loss and become a mental wreck. To imagine sickness and lack is to destroy your peace of mind, health, and happiness.

On board ship one time, I heard a passenger exclaim when looking at the setting sun, “I am so happy; I hope this lasts forever!”

How often have you seen a glorious sunrise, and perhaps you said, “I hope this lasts forever”? Nothing in this transitory world lasts eternally; however, the Truths of God last forever. Darkness follows night, but morning will come again. Twilight will also come. You do not want things to stand still. You do not want to stand still either, for there are new worlds within and without to conquer. Change eternal is at the root of all life.

You do not want to remain in a rut. Problems are life’s way of asking you for an answer. The greatest joy and satisfaction is in overcoming, in conquering. Life would become unbearable and unendurable if we did not experience change. We would be bored by the monotony of things. You meet with night and day, cold and heat, ebb and flow, summer and winter, hope and despair, and success and failure. You find yourself moving through opposites; through your power to imagine what you wish to feel is to reconcile the opposites and bring peace to the mind.

In the midst of sorrow, grief, or the loss of a loved one, your imagination and faith—the two wings of the bird—take you aloft into the very Bosom of God, your Father, where you find peace, solace, and Divine rest for your soul.

In your imagination, you look into the very Face or Truth of God; and God wipes away all tears, and there shall be no more crying. All the mist and fog of the human mind dissolves in the sunshine of God’s Love.

“And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying; neither, shall there be any more pain: for the former things are passed away. Behold I make all things new.” (Rev. 4:5.)

When the night is black, you see no way out; that is, when your problem is most acute, let your imagination be your savior.

“I will lift up mine eyes [imagination] unto the hills, from whence cometh my help.” (Ps. 121:1.) The hills are of an inner range—the Presence of God in you. When you seek guidance and inspiration, fix your eyes on the stars of God’s Truth, such as “Infinite Intelligence leads and guides me,” or “Divine Wisdom floods my mind, and I am inspired from on High.”

There is a designer, an architect, and a weaver within you; it takes the fabric of your mind, your thoughts, feelings, and beliefs; and molds them into a pattern of life that brings you peace or discord, health or sickness. You can imagine a life that will take you up to the third heaven, where you will see unspeakable and unutterable things of God; or through the distorted, morbid use of your imagination, you can sink to the depths of degradation.

Man is the tabernacle of God, and no matter how low a man has sunk, the Healing Presence is there waiting to minister to him. It is within us waiting for us to call upon It. You can use your imagination in all business transactions in a wonderful way. Always imagine yourself in the other fellow’s place; this tells you what to do. Imagine that the other is expressing all that you long to see him express. See him as he ought to be, not as he appears to be. Perhaps he is surly, sarcastic, bitter, or hostile; there may be many frustrated hopes and tragedies lurking in his mind. Imagine whatsoever things are lovely and of good report, and through your imagination you have covered him with the garment of God. God’s world of ideals and God’s infinite ideas are within him, waiting to be born and released. You can say if you wish, “God waits to be born in him.” You can open the door, and kindle the fire of God’s Love in that man’s heart, and perhaps the spark you lit will burst into a Divine Fire.

The greatest and richest galleries of art in the world are the galleries of the mind devoted to God’s Truths and Beauty. Leonardo Da Vinci, through his gift of imagination,

meditated on Jesus and the Twelve Disciples, and what they meant. Lost in deep reverie, his imagination secreted the perfect pictures from the Infinite Reservoir within him, and due to his perfect focus, his inner eye glowed with an interior luminosity, so that he was inspired, and out of his Divine Imagery came the masterpiece *The Last Supper*.

You have visited a quiet lake or a mountaintop. Notice how the placid, cool, calm surface reflected the heavenly lights; so does the quiet mind of the spiritual man reflect God's interior Lights and Wisdom.

Picture your ideal in life; live with this ideal. Let the ideal captivate your imagination; let the ideal thrill you! You will move in the direction of the ideal that governs your mind. The ideals of life are like the dew of heaven that move over the arid areas of man's mind, refreshing and invigorating him.

The inspired writer's imagination was fired with Truth when he wrote: "There is a river the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High." (Ps. 46:4.)

By now you know that imagination is the river enabling *you* to flow back psychologically to God. The streams and rivulets are your ideas and feelings, plus the emanation of love and goodwill that goes forth from you to all men everywhere. Man looks out into the world; and he sees sickness, chaos, and man's inhumanity to man. The man with the disciplined imagination soars above all appearances, discord, and sense evidence, and sees the sublime principle of harmony operating through, in, and behind all things. He knows through his Divine imagery that there is an Everlasting Law of Righteousness behind all things, an Ever-Abiding Peace, a Boundless Love governing the entire Cosmos. These Truths surge through the heart, and are born of the eternal Truth that through the imagination pierces the outer veil, and rests in the Divine meaning of the way it is in God and Heaven.

Imagination was the workshop of God that inspired the writer of the following matchless, spiritual gems—which will go down through the corridor of time and live forever. For tender beauty and for Divine imagery, they are unsurpassed in dealing with the availability and Immanence of God's Presence:

"For he shall give his angels charge over thee, to keep thee in all thy ways." (Ps. 91:11.)

"Whither shall I go from thy spirit? or whither shall I flee from thy presence?"

"If I ascend up into heaven, thou art there. If I make my bed in hell, behold, thou art there."

"If I take the wings of the morning, and dwell in the uttermost parts of the sea; even there shall thy hand lead me, and thy right hand shall hold me."

2

Using the Subconscious Mind in Business

Long before our Bible was published, ancient wisdom said, "As a man imagines and feels, so does he become." This ancient teaching is lost in the night of time; it is lost in antiquity.

The Bible states: "As a man thinketh in his heart, so is he."

Legend relates that many thousands of years ago the Chinese wise men gathered together under the leadership

of a great sage to discuss the fact that vast legions of brutal invaders were pillaging and plundering the land. The question to be resolved was: “How shall we preserve the ancient wisdom from the destruction of the invaders?”

There were many suggestions: Some thought that the ancient scrolls and symbols should be buried in the Himalayan mountains. Others suggested that the wisdom be deposited in monasteries in Tibet. Still others pointed out that the sacred temples of India were the ideal places for the preservation of the wisdom of their God.

The chief sage was silent during the entire discussion; in fact, he went to sleep in the midst of their talk and snored loudly, much to their dismay! He awakened in a little while, and said, “Tao [God] gave me the answer, and it is this: ‘We will order the great pictorial artists of China—men gifted with Divine imagination [which is the workshop of God]—and tell them what we wish to accomplish. We will initiate them into the mysteries of Truth. They will portray or depict in picture form, the great Truths which shall be preserved for all time, and for countless generations yet unborn. When they are finished with the dramatization of the great Truths, Powers, Qualities, and Attributes of God through a series of picture cards, we will tell the world about a new game that has been originated. Men throughout the world for all time will use them as a game of chance, not knowing that through this simple device, they are preserving the sacred teaching for all generations.’” This was the origin of our own deck of cards.

The ancient Chinese sage, according to the legend, added, “If all the sacred writings were destroyed, they could again be resurrected at any time through the symbolic teachings and inner meanings of the various designs on the playing cards.”

Imagination clothes all ideas and gives them form. Through the Divine artistry of imagination, these artists clothed all these ideas with pictorial form. In the act of

imagination, that which is hidden in your deeper self is made manifest. Through imagination, what exists in latency or is asleep within you is given form in thought. We contemplate that which hitherto had been unrevealed.

Let us take some simple examples: When you were going to be married, you had vivid, realistic pictures in your mind. With your power of imagination, you saw the minister, rabbi, or priest. You heard him pronounce the words, you saw the flowers and the church, and you heard the music. You imagined the ring on your finger, and you traveled through your imagination on your honeymoon to Niagara Falls or Europe. All this was performed by your imagination.

Likewise, before graduation, you had a beautiful, scenic drama taking place in your mind; you had clothed all your ideas about graduation in form. You imagined the professor or the president of the college giving you your diploma. You saw all the students dressed in gowns. You heard your mother or father or your girl-or boyfriend congratulate you. You felt the embrace and the kiss; it was all real, dramatic, exciting, and wonderful. Images appeared freely in your mind as if from nowhere, but you know and must admit that there was and is an Internal Creator with Power to mold all these forms that you saw in your mind; and endow them with life, motion, and voice. These images said to you, “For you only we live!”

A young man said to me in the army before he was discharged, “I see my mother clearly. I can now imagine her welcome. I see the old home. Father is smoking a pipe. My sister is feeding the dogs. I can see every mark and corner of that home. I can even hear their voices.”

Where do all these vivid pictures come from? Keats said that there is an ancestral wisdom in man, and we can, if we wish, drink of that old wine of heaven.

The spirit or God in you is the real basis of imagination. Once in an examination in London, I did not know the answer to an important question. I got still and quiet, and

said over and over again slowly, meditating in a relaxed way, “God reveals the answer!” In the meantime, I went on answering the other questions, which were easy.

We know that when you relax the conscious mind, the subjective wisdom rises to the fore. In a short while, the picture of the answer came clearly into my mind. It was there in words like a page of a book, with the entire answer written out as a graph in the mind. A Mightier Wisdom than that of my conscious mind or intellect spoke through me.

I had a very religious school boy about 14 years old come to me. Whenever he had a problem, he said to me that he would imagine Jesus was talking to him, giving him the answer to his problem, and telling him what to do. His mother was very ill; this boy was highly imaginative. He read the story of Jesus healing the woman with the fever. My little friend related to me, “Last night I imagined Jesus saying to me, ‘Go thy way; thy mother is made whole!’” He made that drama of the mind so real, vivid, and intense that due to his faith and belief, he convinced himself of the truth of what he heard subjectively.

His mother was completely healed, yet she was considered at that time hopeless and beyond medical help.

Being a student of the laws of mind, you know what happened. He galvanized himself into the feeling of being one with his image, and according to his faith or conviction was it done unto him. There is only One Mind and One Healing Presence. As the boy changed his conviction about his mother and felt her perfect health, the idea of perfect health was resurrected in her mind simultaneously. He did not know anything about spiritual healing or the power of imagination. He operated the law unconsciously, and believed in his own mind that Jesus was actually talking to him; then, according to his belief, was it done unto him.

To believe something is to accept it as true. This is why Paracelsus said in the 16th century, “Whether the object of your belief be true or false, you will get the same results.”

There is only one spiritual, healing Principle and one Process of healing called *faith*. “According to your faith is it done unto you.” There are many processes, methods, and techniques of healing, and all of them get results—not because of the particular technique or method, but because of imagination and faith in the particular process. They are all tapping the One Source of healing, which is God. The Infinite Healing Presence permeates all things and is omnipresent.

The voodoo doctor with his incantations gets results. So does the kahuna of Hawaii with his ministrations, the various branches of New Thought and Christian Science, the Nancy School of Medicine, osteopathy, and so on. All these schools of thought are meeting levels of consciousness and are doing good.

Any method or process that alleviates human misery, pain, and distress is good. Many churches practice the laying on of hands; others make novenas and visit shrines; all are benefitted according to their mental acceptance or belief.

When you are willing to stand alone with God and cease completely giving power to external things; when you no longer give power to the phenomenalistic world, which means to make a world of effect a cause; and when all your allegiance is given to the Spiritual Power within you, realizing it as the only Presence and the only Cause, you will not need any props of any kind. The Living Intelligence that made your body will respond immediately to your faith and understanding; and you will have an instantaneous, spiritual healing. If you are not at that level of consciousness where you can grow a tooth through prayer, the obvious thing to do is to go see a dentist. Pray for him and for a perfect, Divine, oral adjustment. As long as you believe in external causes, you will seek external remedies.

To illustrate further the power of imagination, I will tell you about a close relative of mine who had tuberculosis. His

lungs were badly diseased, so his son decided to heal his father. He came home to Perth, Western Australia, where his father lived, and said to him that he had met a monk who sold him a piece of the true cross, and that he gave him the equivalent of $500 for it. (This young man had picked up a splinter of wood off the sidewalk, went to a jeweler's, and had it set in a ring so that it looked real.) He told his father that many were healed just by touching the ring or the cross. He inflamed and fired his father's imagination to the point that the old gentleman snatched the ring from him, placed it over his chest, prayed silently, and went to sleep. In the morning, he was healed; all the clinic's tests were negative.

You know, of course, that it was not the splinter of wood from the sidewalk that healed him. It was his imagination aroused to an intense degree, plus the confident expectancy of a perfect healing. Imagination was joined to faith or subjective feeling, and the union of the two brought about the healing. The father never learned the trick that had been played upon him; if he had, he probably would have had a relapse. He remained completely cured, and passed away 15 years later at the age of 89.

I know a businessman here in Los Angeles who has reached the top in his field. He told me that for 30 years, the most important decisions he ever made were based on his imaginary conversations with Paul. I asked him to elaborate, and he remarked that few people in the business world realized the wonderful guidance and counsel they could receive by dramatizing in their imagination that they were receiving counsel from the writers or great seers of the Bible.

I will quote this successful executive as accurately as I can: "Many times my decisions might have prospered the company or plunged it into bankruptcy. I vacillated, wavered, and got high blood pressure and heart disease. One day the idea came to me: Why not ask Jesus or Paul? I

loved the Epistles of Paul, so when an important decision was to be made, I would imagine Paul was saying to me: 'Your decision is perfect; it will bless your organization. Bless you, my son! Keep on God's path.' After imagining I saw Paul and heard him, a wave of peace and inner tranquility would seize me; I was at peace about all decisions."

This was this businessman's way of receiving Divine Guidance by using his imagination to convince himself that right action was his. There is only one Principle of Intelligence in this world; all that is really necessary is to say and believe, "God is guiding me now, and there is only right action in my life."

The mind, as Troward tells you, works like a syllogism. If your premise is correct, the conclusion or result will correspond. The subjective reasons deductively only, and its sequence or conclusion is always in harmony with the premise. Establish the right premise in your mind; you will be subjectively compelled to right action. Inner movement of the mind is action. The external movements and action is the automatic response of the body to the internal motion of the mind. Hearing a friend or associate congratulate you on your wonderful decision will induce the movement of right action in your life.

The man who used St. Paul to impregnate his mind with the belief of right action was using the One Eternal Principle of Intelligence. His technique of arriving at that place in his mind does not really matter.

Goethe used his imagination wisely when confronted with difficulties and predicaments. His biographers point out that he was accustomed to filling many hours quietly holding imaginary conversations. It is well known that his custom was to imagine one of his friends before him in a chair answering in the right way. In other words, if he were concerned about any problems, he imagined that his friend was giving him the right or appropriate answer, accompanied with the usual gestures and tonal qualities of

the voice, making the entire imaginary scene as real and vivid as possible.

I was very well acquainted with a stockbroker in New York City who used to attend my classes at Steinway Hall there. His method of solving financial difficulties was very simple. He would have mental, imaginary conversations with a multimillionaire banker friend of his who used to congratulate him on his wise and sound judgment, and compliment him on his purchase of the right stocks. He used to dramatize this imaginary conversation until he had psychologically fixed it as a form of belief in his mind.

Mr. Nicols, Ouspensky's student, used to say, "Watch your inner talking, and let it agree with your aim."

This broker's inner talking or speech certainly agreed with his aim to make sound investments for himself and his clients. He told me that his main purpose in his business life was to make money for others, and to see them prosper financially by his wise counsel. It is quite obvious that he was using the laws of mind constructively.

Prayer is a habit. This broker regularly and at frequent intervals during the day returned to the mental image in his mind; he made it a deep, subjective pattern. That which is embodied subjectively is objectively expressed. It is the *sustained* mental picture that is developed in the dark house of the mind. Run your mental movie often. Get into the habit of flashing it on the screen of your mind frequently. After a while it will become a definite, habitual pattern. The inner movie that you have seen with your mind's eye shall be made manifest openly: "He calleth things that be not as though they were, and the unseen becomes seen."

Many people solve their dilemmas and problems by the play of their imagination, knowing that whatever they imagine and feel as true, will and must come to pass.

Sometime ago, a certain young woman was involved in a complicated lawsuit that had persisted for five years. There was one postponement after another, with no solution in

sight. At my suggestion, she began to dramatize as vividly as possible her lawyer having an animated discussion with her regarding the outcome. She would ask him questions, and he would answer her appropriately; then she condensed the whole thing down to a simple phrase, as suggested years ago by the French School of Mental Therapeutics. She had him repeat it over and over again to her. The phrase she said was: “There has been a perfect, harmonious solution. The whole case is settled outside court.”

She kept looking at the mental picture whenever she had a spare moment. While in a restaurant for a cup of coffee, she ran the mental movie with gestures, voice, and sound equipment. She could imagine easily the sound of his voice, smile, and mannerisms. She ran the movie so often that it became a subjective pattern—a regular train track. It was written in her mind, or as the Bible says, it was “written in her heart and inscribed in her inward parts.” Her conclusion was: “It is God in action,” meaning all around harmony and peace. (*Harmony* is of God, and what you want in a legal case is a harmonious solution.)

In the science of imagination, you must first of all begin to discipline your imagination and not let it run riot. *Science* insists upon purity. If you wish a chemically pure product, you must remove all traces of other substances as well as extraneous material. You must, in other words, separate out and cast away all the dross.

In the science of imagination, you eliminate all the mental impurities, such as fear, worry, destructive inner talking, self-condemnation, and the mental union with other miscellaneous negatives. You must focus all your attention on your ideal, and refuse to be swerved from your purpose or aim in life. As you get mentally absorbed in the reality of your ideal, by loving and remaining faithful to it, you will see your desire take form in your world. In the book of Joshua it says, “Choose ye this day whom ye shall serve.” Let your

choice be, “I am going to imagine whatsoever things are lovely and of good report.”

I know and have talked to many people who diabolically invert the use of their God-given faculty. The mother, for example, imagines that something bad has happened to her son, John, because he is late coming home. She imagines an accident, a hospital, Johnny in the operating room, and so on.

A businessman whose affairs are prospering, yet dwells on negativity, is another example of the destructive use of imagination. He comes home from the office, runs a motion picture in his mind of failure, sees the shelves empty, imagines himself going into bankruptcy, an empty bank balance, and the business closed down … yet all the time he is actually prospering. There is no truth whatsoever in that negative mental picture of his; it is a lie made out of whole cloth. In other words, the thing he fears does not exist save in his morbid imagination; the failure will never come to pass, except he keeps up that morbid picture charged with the emotion of fear. If he constantly indulges in this mental picture, he will, of course, bring failure to pass. He had the choice of failure or success, but he chose failure.

There are chronic worriers; they never seem to imagine anything good or lovely. They seem to know that something bad or destructive is always going to happen. They cannot tell you one reason why something good should and could happen; however, they are ready with all the reasons why something dire and evil should occur.

Why is this? The reason is simple: These people are habitually negative; that is, most of their thinking is of a negative, chaotic, destructive, morbid nature. As they continue to make a habit of these negative patterns of thought, they condition their subconscious mind negatively. Their imagination is governed by their dominant moods and feelings; this is why they imagine evil, even about their loved ones.

For example, if their son happens to be in the army, they imagine that he is going to catch cold, become an alcoholic, or become loose morally; or if he is in combat, they imagine he will be shot, and all manner of destructive images enter their minds. This is due to the hypnotic spell of habit, and their prayers are rendered null and void.

Make a choice now! Begin to think constructively and harmoniously. *To think* is to speak. Your thought is your word. Let your words be as a honeycomb, sweet to the ear, and pleasant to the bones. Let your words be "like apples of gold in pictures of silver." The future is the present grown up; it is your invisible word or thought made visible. Are your words sweet to the ear? What is your inner speech like at this moment? No one can hear you; it is your own silent thought. Perhaps you are saying to yourself, "I can't; it is impossible." "I'm too old now." "What chance have I?" "Mary can, but I can't. I have no money. I can't afford this or that. I've tried; it's no use." You can see your words are not as a honeycomb; they are not sweet to your ear; they do not lift you up or inspire you.

Ouspensky was always stressing the importance of inner speech, inner conversation, or inner talking. It is really the way you feel inside, for the inside mirrors the outside. Is your inner speech pleasant to the bones? Does it exalt you, thrill you, and make you happy?

Bones are symbolic of support and symmetry. Let your inner talking sustain and strengthen you.

"But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it. See, I have set before thee this day life and good, and death and evil."

Decree now, and say it meaningly: "From this moment forward, I will admit to my mind for mental consumption only those ideas and thoughts that heal, bless, inspire, and strengthen me." Let your words from now on be as "apples of gold in pictures of silver." An apple is a delicious fruit. *Gold* means "power." *Pictures of silver* in the Bible means

“your desires.” The picture in your mind is the way you want things to be. It is the *picture* of your fulfilled desire. It could be a new position or health. Let your words, your inner silent thought, and feeling coincide and agree with the *picture of silver* or your desire. Desire and feeling joined together in a mental marriage will become the answered prayer.

Be sure you follow the imagination of the Bible, and let your words be sweet to the ear. What are you giving *your* ear to now? What are you listening to? What are you giving attention to? Whatever you give attention to will grow, magnify, and multiply in your experience.

“Faith cometh by hearing,” Paul says. Listen to the great truths of God. Listen to the voice of God. What language does He speak in? It is not Gaelic, French, or Italian; but the universal language or mood of love, peace, joy, harmony, faith, confidence, and goodwill. Give your ear to these qualities and potencies of God. Mentally eat of these qualities; and as you continue to do so, you will be conditioned to those positive, enduring qualities, and the Law of Love will govern you.

You have heard this oft-repeated quotation: “Man is made in the image and likeness of God.” This means that your mind is God’s mind, as there is only One Mind. Your Spirit is God’s Spirit, and you create in exactly the same way, and through the same law as God creates. Your individual world; that is, experiences, conditions, circumstances, environment, as well as your physical health, financial states, and social life, and so on, is made out of your own mental images and after your own likeness.

Like attracts like. Your world is a mirror reflecting back to you your inner world of thought, feeling, beliefs, and inner conversation. If you begin to imagine evil powers working against you, or that there is a jinx following you, or that other forces and people are working against you, there will be a response of your deeper mind to correspond with these negative pictures and fears in your mind; therefore, you will

begin to say that everything is against you, or that the stars are opposed to you; or you will blame karma, your past lives, or some demon.

Truly the only sin is ignorance. Pain is not a punishment; it is the consequence of the misuse of your inner power. Come back to the one Truth, and realize that there is only One Spiritual Power, and It functions through the thoughts and images of your mind. The problems, vexations, and strife are due to the fact that man has actually wandered away after false Gods of fear and error. He must return to the center—the God-Presence within. Affirm now the sovereignty and authority of this Spiritual Power within you —the Principle of all life. Claim Divine guidance, strength, nourishment, and peace, and this Power will respond accordingly, I will now proceed to point out how you may definitely and positively convey an idea or mental image to your subconscious mind. The conscious mind of man is personal and selective. It chooses, selects, weighs, analyzes, dissects, and investigates. It is capable of inductive and deductive reasoning. The subjective or subconscious mind is subject to the conscious mind. It might be called a servant of the conscious mind. The subconscious obeys the order of the conscious mind. Your conscious thought has power. The power you are acquainted with is thought. In the back of your thought is Mind, Spirit, or God. Focused, directed thoughts reach the subjective levels; they must be of a certain degree of intensity. Intensity is acquired by concentration.

To *concentrate* is to come back to the center and contemplate the Infinite Power within you that lies stretched in smiling repose. To concentrate properly, you still the wheels of your mind and enter into a quiet, relaxed mental state. When you concentrate, you gather your thoughts together; and you focus all your attention on your ideal, aim, or objective. You are now at a focal or central point, where you are giving all your attention and devotion to your

mental image. The procedure of focused attention is somewhat similar to that of a magnifying glass, and the focus it makes of the rays of the sun. You can see the difference in the effect of scattered vibrations of the sun's heat, and the vibrations that emanate from a central point. You can direct the rays of the magnifying glass so that it will burn up a particular object upon which it is directed. Focused, steadied attention of your mental images gains a similar intensity; and a deep, lasting impression is made on the sensitive plate of the subconscious mind.

You may have to repeat this drama of the mind many times before an impression is made, but the secret of impregnating the deeper mind is continuous or sustained imagination. When fear or worry comes to you during the day, you can always immediately gaze upon that lovely picture in your mind, realizing and knowing that you have operated a definite psychological law that is now working for you in the dark house of your mind. As you do so, you are truly watering the seed and fertilizing it, thereby accelerating its growth.

The conscious mind of man is the motor; the subconscious is the engine. You must start the motor, and the engine will do the work. The conscious mind is the dynamo that awakens the power of the subconscious.

The first step in conveying your clarified desire, idea, or image to the deeper mind is to relax, immobilize the attention, and get still and quiet. This quiet, relaxed, peaceful attitude of mind prevents extraneous matter and false ideas from interfering with your mental absorption of your ideal; furthermore, in the quiet, passive, receptive attitude of mind, effort is reduced to a minimum.

In the second step, you begin to imagine the reality of that which you desire. For example, you may wish to sell a home. In private consultation with real-estate brokers, I have told them of the way I sold my own home; they have applied it with remarkable results. I placed a sign in the

garden in front of my home that read: “For sale by owner.” The second day after placing the sign, I said to myself as I was going to sleep, “Supposing you sold the house, what would you do?”

I answered my own question, and I said, “I would take that sign down and throw it in the garage.” In my imagination, I took hold of the sign, pulled it up from the ground, placed it on my shoulders, went to the garage, and threw it on the floor, saying jokingly to the sign, “I don’t need you anymore!” I felt the inner satisfaction of it all, realizing that it was finished. The next day a man gave me a deposit of $1,000 and said, “Take your sign down; we will go into escrow now.”

Immediately I pulled the sign up and took it into the garage. The outer action conformed to the inner. There is nothing new about this. “As within, so without,” meaning according to the image impressed on the subconscious mind, so is it on the objective screen of your life.

This procedure or technique is older than our Bible. The outside mirrors the inside. External action follows internal action.

I was engaged by a very large organization to do some spiritual work for them. Through fraudulent means, others were trying to lay claim to their vast mining and other interests. They were harassing the company by legal trickery, and trying to get something for nothing. I told the lawyer to dramatize vividly in his imagination several times daily the president of the company that he represented congratulating him on the perfect, harmonious solution. As he sustained the mental picture through continuous mental application, the subjective wisdom gave him some new ideas—as he said, “Right out of the blue!” He followed these up, and the case was closed soon afterward.

If a person has a mortgage due at the bank and he does not have the money to cover it, and if he will faithfully apply this principle, the subconscious mind will provide him with

the money. Never mind how, when, where, or through what source. The subjective mind has ways you know not of; its ways are past finding out. It is one of the instruments or tools that God gave man, so he could provide himself with all things necessary for his welfare. The man who hasn't the money to meet the mortgage can imagine himself depositing a check or currency required in the bank; that is, giving it to the cashier. The important point is to become intensely interested in the mental picture or imaginary act, making it real and natural. The more earnestly he engages his mind on the imaginary drama, the more effectually will the imaginary act be deposited in the bank of the subconscious mind. You can take a trip to the teller's window in your imagination, and make it so real and true that it will actually take place physically.

There is a young lady who comes to our Sunday-morning lectures regularly. She had to change buses three times; it took her one-and-a-half hours each Sunday to get there. In the sermon, I told how a young man prayed for a car and received one. She went home and experimented as follows: Here is her letter, in part, published with her permission:

> *"Dear Dr. Murphy:*
> *This is how I received a cadillac [sic]; I wanted one to come to the lectures on Sunday and Tuesdays. In my imagination I went through the identical process I would go through if I were actually driving a car. I went to the show room, and the salesman took me for a ride in one. I also drove it several blocks. I claimed the Cadillac car as my own over and over again. I kept the mental picture of getting into the car, driving it, feeling the upholstery, etc., consistently for over two weeks. Last Sunday I drove to your meeting in a cadillac. My uncle in Inglewood passed away; left me his cadillac and his entire estate."*

If you are thinking, *Well, I do not know of any way to get the money to pay off the mortgage*, don't worry about it. To worry means to strangle. Realize that there is a Power inherent within you that can provide you with everything you need when you call upon It. You can decree now with feeling and conviction: "My house is free from all debt, and wealth flows to me in avalanches of abundance." Do not question the manner in which the answer to your prayers will come. You will do the obvious things necessary, knowing that the subconscious intelligence is directing all your steps, for it knows everything necessary for the fulfillment of your dreams. You can also imagine a letter from them mortgage company informing you that you are paid up; rejoice in the image, and live with that imaginary letter in your mind until it becomes a conviction.

Become convinced now that there is a power within you that is capable of bringing what you imagine and feel as true into manifestation. Sitting idly by, daydreaming, and imagining the things you would like to possess, will not attract them to you. You must know and believe that you are operating a law of mind; become convinced of your God-given power to use your mind constructively to bring into manifestation the thing you desire.

Know what you want. The subconscious mind will carry out the idea, because you have a definite, clear-cut concept of what you wish to possess. Imagine clearly the fulfillment of your desire; then you are giving the subconscious something definite to act upon. The subconscious mind is the film upon which the picture is impressed. The subconscious develops the picture; and sends it back to you in a material, objectified form.

The camera is *you* consciously imagining the realization of your desire through focused attention. As you do so in a relaxed, happy mood, the picture is cast on the sensitive film of the subconscious mind. You also need a time exposure; it may be two or three minutes or longer

depending on your temperament, feeling, and understanding. The important thing to remember is that it is not so much the time as the quality of your consciousness, degree of feeling, or faith. Generally speaking, the more focused and absorbed your attention is, and the longer the time, the more perfect will be the answer to your prayer. *Believe* that you have received, and ye shall receive. “Whatsoever ye shall ask in prayer, believing, ye shall receive.” *To believe* is to accept something as true, or to live in the state of being it; as you sustain this mood, you shall experience the joy of the answered prayer!

3

How to Imagine Success

God is always successful in His undertakings. Man is equipped to succeed because God is within him. All the attributes, qualities, and potencies of God are within.

You were born to win, to conquer, and to overcome! The Intelligence, Wisdom, and Power of God are within you, waiting to be released, and enabling you to rise above all difficulties.

There are many men who quietly use the abstract term *success*, over and over many times a day until they reach a conviction that success *is* theirs. Remember that the *idea of success* contains all the essential elements of success. As a man repeats the word *success* to himself with faith and conviction, his subconscious mind will accept it as true of himself, and he will be under subjective compulsion to succeed.

We are compelled to express our subjective beliefs, impressions, and convictions. The ideal way to succeed is to know what you want to achieve. If you do not know your right place, or what you would like to do, you can ask for guidance on the question. The deeper mind will respond; as a result, you will find a push or tendency in a certain field of activity.

The deeper mind is responsive to your thought. The subconscious—sometimes called “subjective or deeper mind”—sets in operation its unconscious intelligence that attracts to the individual the conditions necessary for his success. Man should make it a special point to do the thing he loves to do. When you are happy in your endeavor, you are a success.

Accept the fact that you have an inner Creative Power. Let this be a positive conviction. This Infinite Power is responsive and reactive to your thought. To know, understand, and apply this principle causes doubt, fear, and worry to gradually disappear.

If a man dwells on the thought, for example, of failure, the thought of failure attracts failure. The subconscious takes the thought of failure as his request, and proceeds to make it manifest in his experience, because he indulges in the mental practice of conceiving failure. The subconscious mind is impersonal and non-selective.

A business friend of mine, a tailor by trade, has a favorite saying: “All I ever do is add. I never subtract.” He means that *success* is a plus sign. *Add* to your growth, wealth, power, knowledge, faith, and wisdom.

Life is addition! Death is subtraction. You add to your life by imagining whatsoever things are true, lovely, noble, and Godlike. Imagine and feel yourself successful, and you must become successful. You are never a slave to circumstances, environment, or conditions. You are a master of conditions. You can become a victim of conditions by mentally acquiescing to things as they are. As you change your mind, you change conditions.

A movie actor told me once that he had very little education, but he had a dream as a boy of being a movie star. Out in the field mowing hay, or driving the cows home, or even when milking them, he said, “I would constantly imagine that I saw my name in big lights in a large theater. I kept this up for years until finally I ran away from home; got extra jobs in the motion picture field; and the day came when I saw my name in great big lights, as I did when I was a boy!” Then he added, “I know the power of *sustained* imagination to bring success.”

What does *success* imply to you? You want undoubtedly to be successful in your relationship with others. You wish to be outstanding in your chosen work or profession. You wish

to possess a beautiful home, and all the money you need to live comfortably and happily. You want to be successful in your prayers, and in your contact with the Universal Power within you.

Imagine yourself doing the thing you long to do, and possessing the things you long to possess. Become imaginative; mentally participate in the reality of the successful state; enter into that state of consciousness frequently; make a habit of it; then you will find you will be guided to do everything necessary for the realization of your dream. Go to sleep feeling successful every night and perfectly satisfied. You will succeed eventually in implanting the idea of success in your subconscious mind.

I know a drugstore clerk who was a licensed pharmacist receiving $40 a week plus his commission on sales. “After 25 years,” he told me, “I will get a pension and retire.”

I said to him, “Why don’t you own your own store? Get out of this place. Raise your sights! Have a dream for your children. Maybe your son wants to be a doctor or your daughter desires to be a musician.”

His answer was that he had no money! He began to awaken to the fact that whatever he could conceive as true, he could give it conception.

The first step toward your goal is the *birth of the idea* in the mind, and the second step is the *manifestation of the idea*. He began to imagine that he was in his own store. He participated in the act mentally. He arranged the bottles, dispensed prescriptions, and imagined several clerks in the store waiting on customers. He visualized a big bank balance. Mentally he worked in that imaginary store. Like a good actor, he lived the role. (Act as though I am, and I will be.) This drugstore clerk put himself wholeheartedly into the act … living, moving, and acting in the assumption that his store was his.

The sequel was interesting. He was discharged from his position, went with a large chain store, became manager,

and then district manager. He made enough money in four years to make a down payment on a drugstore of his own. He called it his “dream pharmacy.” “It was,” he said, “exactly the store he saw in his imagination.” He became successful in his chosen field, and was happy doing what he loved to do.

The individual who habitually maintains a mental attitude of faith and expectancy of the best is bound to succeed and advance in life. The individual who is depressed, dejected, morbid, and despondent attracts failure all along the line. Fear is truly a lack of faith in Divine supply. It is faith misplaced. Fear is faith in the wrong thing. Fear is a belief in lack, or that man’s good is being withheld from him.

“Son, thou are ever with me, and all that I hath is thine.” All things you need are in the invisible. It could be said that all things needed are in the abstract. You must desire to be greater than you are, in order to advance in life. Desire comes first, followed by a recognition of the Power within you enabling you to manifest what you want. The subconscious mind is the medium through which all that you desire can be brought into objectivity. You are the one giving orders in the form of habitual thinking, feeling, opinions, and beliefs. The subconscious mind obeys the orders given by the conscious mind. If your conscious mind is opposed to all negative thoughts, they can make no impression upon your subconscious mind. You become immunized.

If, for example, you say, “I wish I were healthy, then I could be much more successful in my work;” begin *now* to realize that your body is your mind expressed. The subconscious mind is the builder of the body, and controls all its vital functions. Your conscious mind has the power to change any idea or group of thoughts held in the subconscious mind. You can impress the idea of health on your subconscious mind when you know that it can be done. A conviction and sincere belief is necessary. Affirmative

statements establish a definite impression on the subconscious mind.

A wonderful way to impress the subconscious is through disciplined or scientific imagination. By illustration, if your knee is swollen and you are lame, imagine that you're doing the things you would do if you were in perfect health. You might say that I would go downtown on a bus, visit friends, ride horseback, go swimming, or hiking. First, in your imagination you go on these psychological journeys, making them as real and natural as possible. *Continue* to go on these psychological journeys! You know that self-motivation is yours. All movement is first of the mind or consciousness of man before any external movement can take place.

By example, the chair does not move of itself. You must impart motion to it. The same is true of your body. As you continue to do all the things you would do were you healed, this inner movement will cause the subconscious to build the body in accordance with the image back of it.

The following is a wonderful prayer for perfect health. A minister I knew in South Africa applied this prayer and healed himself. Several times a day he would affirm slowly and quietly, first making certain that he was completely relaxed mentally and physically: "The perfection of God is now being expressed through me. The idea of health is now filling my subconscious mind. The image that God has of me is a perfect image, and my subconscious mind re-creates my body in perfect accordance with the perfect image held in the mind of God." This is a simple, easy way of conveying the idea of perfect health to your subconscious mind.

You can develop confidence by knowing and realizing that nothing can prevent you from achieving success. Develop a certainty in your mind that this Inner Power can be called upon to overcome all obstacles. There must be an assurance and determination on your part that you can achieve and accomplish what you set out to do. This positive, affirmative attitude constitutes confidence.

You have heard the Biblical expression “According to your faith is it done unto you.” Faith in God is the realization that there is only One Spiritual Power that is Omnipresent, Omniscient, Omnipotent, All Love, All Light, All Beauty, All Life, and An Ever-Present Help in time of trouble. Know that His Power responds to your thought.

V
Stay Young Forever

(1958)

Joseph Murphy knew something about staying young. He did not publish his first book until he was 47. (I had a similar trajectory in my writing career.) He did not write his landmark The Power of Your Subconscious Mind *until he was 65. The title* Stay Young Forever *may sound unserious, especially since its author left us in 1981. But he hits upon two vital points. The first point is validated by contemporary placebo studies. If you maintain an active, engaging, and involved mindset, and if you are immersed in stimulating and novel surroundings, especially ones that evoke your youth, you demonstrate measurable resilience in markers like blood pressure, flexibility, muscle mass, weight, mood, and even eyesight. Murphy's second point—a centerpiece of his philosophy—is that since all of us emerge from Universal Mind, the ancient Greeks called it* Nous, *it stands to reason that we all eternally endure*.

—MH

Stay Young Forever

A few months ago I called on an old friend of mine in London, England, who was very ill. He said to me, “We are born, grow up, become old and good-for-nothing, and that’s the end.” This mental attitude of futility and worthlessness was the chief reason for his sickness. He was frustrated, weak, and almost lifeless. He felt his advancing years (over 80) gave him no hope. His cry was that he was useless and that no one wanted him. He was looking forward to senescence and after that—nothing.

Unfortunately many people have the same attitude as this man. They are afraid of what they term old age, the end, and extinction which really means that they are afraid of Life; yet Life is endless. Wisdom teaches that age is not the flight of years, but age is the dawn of wisdom. Spirit in man was never born and can never die. Spirit is God, and God hath no beginning nor end. Man’s body is really the garment God wears when He takes the form of man. In order to manifest Itself, Spirit needs a form. Man’s body is the instrument through which the Spirit functions on this plane. The Spirit and the body are not separate; man’s body is Spirit or Life reduced to the point of visibility. Matter and Spirit are not different—they are the same. Spirit is the highest degree of matter, and matter is the lowest degree of Spirit. Man will always have a body. When he leaves this plane, he will put on a fourth-dimensional body, and so on to infinity; for there is no end to the glory which is man’s.

Life is progression; the journey is ever onward, upward, and Godward. All formed things in the universe are gradually returning to the formless and the formless life is forever taking form. Anything that hath a beginning hath an end. Our body has a beginning; it will again return to the formless primordial substance, and we will put on a new body for every end is a beginning.

Old age is not a tragic occurrence. What we call the aging process is change. It is to be welcomed joyfully and gladly as each phase of human life is a step onward on the path which has no end. Man has powers which transcend his body; he has senses which transcend his five senses. Scientists today are setting forth positive, undisputable evidence that man can leave his present body and travel thousands of miles and see, hear, touch, and speak to people even though his physical body is on a couch thousands of miles away. Man's life is spiritual and eternal; he never grows old for Spirit or Life cannot grow old. Life is self-renewing, eternal, and indestructible. God is Life, and Life is the reality of all men. The evidence of the immortality of man is overwhelming. The scientist cannot see with his eyes an electron; yet he accepts it as a scientific fact because it is the only reasonable conclusion which coincides with other observed phenomena. We can't see God or Life; however we know we are alive. Life is, and we are here to express It in all Its beauty and glory.

The Bible says, *This is life eternal, that they might know Thee the only true God*. JOHN 17:3. The man who thinks or believes that the earthly cycle of birth, adolescence, youth, maturity, and old age is all there is to life, is indeed to be pitied; such a man has no anchor, no hope, no vision, and to him life has no meaning. This type of belief brings frustration, stagnation, cynicism, and a sense of hopelessness resulting in neurosis and mental aberrations of all kinds. If you can't play a fast game of tennis or swim as fast as your son, or if your body has slowed down, or you

walk with a slow step, remember Spirit is always clothing Itself anew. What men call death is but a journey to a new city in another mansion of our Father's house.

I say to men and women in my lectures that they should accept what we call old age gracefully. Age has its own glory and beauty which belongs to it. Love, beauty, peace, joy, happiness, wisdom, good will, and understanding—these qualities never grow old and never die. Emerson said, "We do not count a man's years until he has nothing else to count." Your character, the quality of your mind, your faith, and convictions are not subject to decay.

I met a surgeon in England, age 84, who operates every morning, visits patients in the afternoons, and writes in the evening. He is young at 84, full of life, zeal, enthusiasm, love, and good will. He has not surrendered to advancing years; he knows that he is immortal. He said to me, "If I should pass on tomorrow, I would be operating on people in the next dimension, not with a surgeon's scalpel, but with mental and spiritual surgery."

John Wesley was very active in expounding his convictions about God and His laws when he was close to ninety. Our own President Herbert Hoover is very active and performing monumental work on behalf of the government at the age of eighty-three. He is healthy, happy, vigorous, and full of life and enthusiasm. I have listened to him speak over the radio; his mind is clear and decisive. I believe his mental acumen and sagacity are much greater now than when he was forty. He finds life interesting and fascinating. I read recently where he spends all the time available in writing the life of former President Woodrow Wilson. Mr. Hoover is a very religious man and is full of faith in God, life, and the universe. He was subjected to a barrage of criticism and condemnation in the years of the depression, but he weathered the storm and did not grow old in hatred, resentment, ill will, and bitterness. On the contrary he went into the silence of his soul and communing with the

Indwelling God he found the peace which is the power at the heart of God.

The greatest of all shock absorbers and preventatives of decrepitude and mental and physical disorders is peace at the Divine Center within you. Tune in and feel it now. All the barbs, criticism, anger, and hate aimed at you will be absorbed, neutralized, and lost in the great ocean of God's love and peace within you; this is the secret of remaining young forever.

My father learned the French language at sixty-five; became an authority on it at seventy; he also made a study of Gaelic when he was over sixty, and became a famous teacher of the language. He actively assisted my sister in a school of higher education and continued to do so until he passed away at ninety-nine. His mind was as clear at ninety-nine as it was when he was fifty; moreover, his handwriting and his reasoning powers had improved through the years. Cato learned Greek at eighty, and Mme. Schumann-Heink reached the pinnacle of her musical success when she was a grandmother. There is an old saying which has an underlying truth and that is that a man is as old as he feels. You are as old and as young as your thought. Reason it out for yourself. Ask yourself a simple question such as this: "When was my mind born? When will it die? Hath mind and spirit a beginning? How could there be an end to that which has no beginning or end?"

Life was never born and it will never die. Water wets it not, fire burns it not, wind blows it not away. You know these things to be true. How could you say, "I'm old, I am useless, I am unwanted, etc." Never in Eternity could you exhaust the glories and beauties that are within you, for Infinity is within you. There is no end to man, since there is no end to God. To maintain this concept will keep you forever young, vital, keen, alert, alive, and full of the Light that never grows dim. Your gray hairs are a great asset to you; they symbolize wisdom, understanding, forbearance, and strength of

character. Many clergymen receive all manner of wonderful offers when they are over sixty; people believe that they know something by that time. One man said to me recently, “The only reason I come to see you is because you have gray hairs; I believe you have been through the mill, and that you are talking from experience.” Ministers find it very easy to get a good position at forty-five, sixty, and over. A retired priest recently informed me that he has been receiving fabulous offers from many sources; he is seventy. Truth, Love, and Wisdom have no age. It is possible for a boy of twelve years of age who studies the laws of mind and the way of the Spirit to have a greater knowledge of God than his grandfather who refuses to open his mind to the Truths of God.

Don’t ever quit a job and say, “I am retired, I am old, I am finished.” That is stagnation, death, and you are finished. Some men are old at thirty and others are young at eighty. The mind is the master-weaver, the architect, the designer, and the sculptor. George Bernard Shaw was quite active at ninety, and the architectural quality of his mind had not relaxed from active duty. I meet men and women who tell me that some employers almost slam the door in their faces when they say that they are over forty. This attitude on the part of these employers is to be considered cold, callous, evil, and completely void of compassion or understanding. The total emphasis seems to be on youth; i.e., you must be under thirty-five. The reasoning behind this is certainly very shallow. If the employer would stop and think, he would realize that the man or woman was not selling his age or gray hair, rather he was willing to give of his talents, his experience, his wisdom gathered through years of experience in the market place of life. By means of practice and application the man’s age should be a distinct asset to the organization. His gray hair, if he had any, should stand for greater wisdom, skill, and understanding. A man or woman with emotional and spiritual maturity is a

tremendous blessing to any organization. A man should not be asked to resign when he is sixty-five; that is the time of life when he could be most useful in handling personnel problems, making plans for the future, shaping decisions, and in the realm of creative ideas based on his experience and insight into the nature of the business.

A motion picture writer in Hollywood told me that he had to write scripts which would cater to the twelve year old mind. This is a tragic state of affairs which indicate that the great masses of people have not become emotionally and spiritually mature. It means that all the accent is placed on youth, and youth stands for inexperience, lack of discernment, and hasty judgment. I am now thinking of a man of sixty years of age who is trying frantically to keep young. He swims with young men every Sunday, goes on long hikes, plays tennis, and boasts of his prowess and physical powers saying, “Look, I can keep up with the best of them, etc.” He has forgotten the great truth: *As a man thinketh in his heart, so is he*. Diets, exercise, and games of all kinds will not keep this man young. It is necessary for him to see that he grows old or young through his processes of thinking. The Spirit is conditioned by thought; if his thoughts are on the beautiful, the noble, and the good, he will be young regardless of his chronological years.

Job said, “The thing which I greatly feared is come upon me.” There are many people who fear old age and are uncertain about the future expecting mental and physical deterioration as the years advance. What they think and feel come to pass. We grow old when we lose interest in life, when we cease to dream, to hunger after new truths and worlds to conquer. When the mind is open to new ideas, new interests, and when we raise the curtain and let in the sunshine and inspiration of new truths of God and His universe, we will always be young and vital. If you are ninety or ninety-nine, realize you have much to give. You can help stabilize, guide, and direct the younger generation;

you can give of your knowledge, your experience, and your wisdom; you can always look ahead for you are gazing into Infinity. You will find that you can never cease to unveil the glories and the wonders of the Infinite One. Veil after veil is lifted, and Its Face becomes more august and wonderful. Try to learn something new every moment of the day and you will find your mind will always be young.

I was introduced to a man in Bombay who said he was one hundred ten years old; he had the most beautiful face I have ever seen. He seemed transfigured by the radiance of an inner light. There was a rare beauty in his eyes indicating he had grown old with gladness.

I receive many letters from men and women who say, “I was turned down because I am over forty.” This is a stupid indifference to the sincere desire of these workers to express their talents and abilities. It would seem that we have created a new cult called the “Thirty-five Cult.” One man told me that he could not be hired because he was thirty-six and the company would have to pay a few dollars more for insurance premiums. How narrow-minded, short-sighted, and revolting is such an attitude. The reverse should be true. There should be a respect for the man’s experience and capacities. The newspapers are taking cognizance of the fact that the voting population of the elderly in California elections is increasing by leaps and bounds; this means their voice will be heard in the legislature of the State and also in the halls of Congress. I believe there should be a federal law enacted prohibiting employers from discriminating against men and women just because of age. A man of sixty-five may be younger mentally, psychologically, and physically than many men at thirty. It is stupid and ridiculous beyond words to tell a man he can’t be hired because he is over forty. It is like saying to him that he is ready for the scrap heap or the junk pile. What is a man of forty or over to do—bury his talents and hide his light under a bushel? Men who are deprived and

prevented from working because of age must be sustained by government treasuries at county, state, and federal levels; the very organizations who refused to hire them and benefit from their wisdom and experience will be taxed to support them. They are biting off their nose to spite their face; it is a form of financial suicide.

Man is here to enjoy the fruit of his labor and is here to be a producer and not be a prisoner of a society which compels him to idleness. Man's body slows down gradually as he advances through the years, but the mind can be much more active, alert, alive, and quickened by the Holy Spirit. Man's mind does not have to grow old. Job said, *Oh that I were as in months past, as in the days when God preserved me; When his candle shined upon my head, and when by his light I walked through darkness; As I was in the days of my youth, when the secret of God was upon my tabernacle*. JOB 29:2–3–4.

The secret which Job speaks of is Joy. All of us can capture our youth by stirring up the gift of God within us. Every time we recognize the Spirit within as Lord Omnipotent, and reject the power of false beliefs of the world we are stirring up the gift of God within us. In Him there is fullness of Joy. *The joy of the Lord is my strength*.

Feel the Miraculous, Healing, Self-Renewing, Ever-Living God moving through your mind and body. Know that you are inspired, lifted up, rejuvenated, and strengthened; then you will feel a deep response and become rejuvenated, revitalized, and recharged spiritually. You can bubble over with enthusiasm and joy as in the days of your youth for the simple reason that you can always recapture the joyous state mentally and emotionally. The candle which shines upon your head is Divine Intelligence which reveals to you everything you need to know and enables you to affirm the presence of your good regardless of appearances. You walk by His Light, because you know the dawn appears and all the shadows flee away.

Instead of saying, “I am old,” say, “I am wise in the ways of God.” You are never a failure for you know, “He never faileth.” You can always travel in your mind and conquer new fields. Don’t let the race mind, corporations, newspapers, statistics hold a picture before you of old age, declining years, decrepitude, senility, and uselessness. Reject it for it is a lie. You can rise above the race-mind and refuse to be hypnotized by such propaganda. Affirm Life—not death. Realize you live forever, and Spirit is your reality. Get a vision of yourself as happy, radiant, successful, serene, and full of the Light of God. If you are retired, get interested in the Bible, its inner meaning. Get a new vocation, do something you always loved to do. Go to the University and take up subjects you always wanted to study. Travel, explore, investigate, and pray as follows: *As the hart panteth after the water brooks, so panteth my soul after thee, O God*. PSALM 42:1.

Be sure that your mind never retires. It must be like a parachute which is no good except it opens up. Be open and receptive to new ideas. I have seen men of sixty-five and seventy retire; they seem to rot away and in a few months pass on; they felt life was at an end. This retirement was a new venture, a new challenge, a new path, the beginning of the fulfillment of a long dream. It is inexpressibly depressing to hear a man say, “What shall I do, I’m retired?” He is saying in effect, “I am mentally and physically dead. My mind is bankrupt of ideas.” All this is a false picture. The real truth is you can accomplish more at ninety than you did at sixty because each day you are growing in wisdom and understanding of God and His universe through your new studies and interest.

His flesh shall be fresher than a child’s: he shall return to the days of his youth. JOB 33:25. Realize you will never have an old mind, except you think you have. Learn to give all allegiance and devotion to the Indwelling God which is supreme, the only cause and power. To give power to the

race mind, to senescence, sickness, to people, conditions, and events divides your allegiance and instills conflict and fear. You might be eighty years chronologically speaking, but if you are cranky, irritable, irascible, petulant, and cantankerous, you are really old regardless of the number of years you have accumulated whether thirty or ninety. Old age means the contemplation of the truth of God from the highest standpoint. This brings you to the well of God where you drink of the waters of life which keep you forever refreshed and God-intoxicated.

Look forward to a greater degree of spiritual awareness and realize that you are on an endless journey, a series of infinite steps in the ceaseless, tireless, endless ocean of God's Love; then with the Psalmist you will say, *They shall still bring forth fruit in old age; they shall be fat and flourishing*. PSALMS 92:14. *The fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance: against such there is no law*. GAL. 5:22–23.

You are a son of the Infinite which knows no end and you are a child of Eternity.

VI

Nuclear Religion

(1961)

Murphy was eager to marry his metaphysis to new findings in science, technology, and psychology. He titled this pamphlet Nuclear Religion *to make the point that all the technologies we know of are nothing but tools of the individual mind and stem from Universal Mind. Murphy would certainly say the same today of the binary coding and digital connectedness that has remade our world, for good and ill. All forces of life are expressions of the One Mind and are subject to the ethics and insights of individual minds. Our use of technology reflects back to us the scale of our own development.*

—MH

1

Nuclear Religion

People speak of the electronic age, the atomic age, and of inconceivable nuclear power. Wherever you go, you hear people speaking of the marvelous discoveries in the scientific field; some of our modern scientists speak of interplanetary travel in the not-too-distant future.

In reference to the powers within man, this is very interesting and significant; but the greatest discovery of all time is that Omnipotence is within you. Every man has within him Infinite Intelligence, Boundless Wisdom, and the Power that moves the world.

Some time ago I read about a woman who lifted a truck which had pinned down her husband. The neighbors marveled and wondered how she did this because subsequently four men could not lift the same truck. How is it that this frail woman was able to do what four men were unable to do? Seeing the urgent need, she automatically called upon the Power within her and—never doubting—she received all the strength she needed for the occasion. This same Power in all of us is capable of extraordinary and superhuman effort, and in times of emergency and great need, we call it forth. It is the faith that moves mountains.

Mrs. Olive Gaze, wife of the late philosopher, Dr. Harry Gaze, brought to my attention the story of a boy called Michael Little, fifteen years old, who single-handedly lifted a gatepost weighing over three hundred pounds which had fallen on a little girl. Later two strong men could not budge the gate.

Begin now to think, feel, and know that Omnipotence is within you. Contemplate your Transcendental Power. The

Bible says that God indwells man, and with this God-Power all things are possible. This is the greatest find of all time, far more important than any discovery ever made by man. No matter what the problem is, no matter what the difficulty, *you* can momentarily call forth the Transcendental God-Power which can do all things. The atomic energy and thermonuclear power are perfectly harmless, for the forces and powers of nature are not evil, they are neutral.

Nuclear or atomic energy have no particular purpose of their own. Man gives purpose to them. The same wind which will blow a boat upon the rocks will also carry it safely to the harbor. Fire will burn man or warm him, depending on how he uses it. Water will quench your thirst, but you also can use it to drown a child. Electricity can be used to light the house, vacuum the floor, fry an egg, drive a train, and for countless other purposes to bless and alleviate the burdens of mankind, but man also can use the same electrical energy to electrocute someone, or he can make electrical mines for destroying his fellowmen. Good and evil are the movements of man's mind relative to the LifePrinciple which forever seeks to express Itself through each one of us as harmony, health, peace, and true expression.

The word *evil* comes from live. When you invert it, you have the word *evil* which means you are living life backwards. The word *devil* means de-evil or of evil. A simple way for the man who walks the street to look at good and evil is to say to himself, "How am I using this Life-Principle? Am I letting this Power flow through me constructively or destructively?" Think good, and good follows. Think evil, and evil follows. The nuclear religion deals with the One Universal Power within all men which should be used constructively, harmoniously, peacefully, lovingly, and for the purposes of blessing all humanity.

The word *religion* means to tie back to God; it means your personal and intimate relationship with the Divine Life-Principle within you which is frequently called God.

The Bible says, *God is Life*. You are alive with the Life of God. There is only one Life-Principle and that Life is coursing through your veins now. If you will pray in this simple way which I am suggesting here, I feel sure that you will transform your life. For about fifteen minutes every morning and night sit down quietly, relax, let go, and softly, lovingly, and reverently affirm as follows: “God flows through me as harmony, health, peace, joy, wholeness, beauty, true place, love, and abundance. I rejoice and give thanks that I am a free-flowing channel for the Divine Forces.” When fear or worry-thoughts come into your mind, affirm boldly, “God’s love, peace, and power are flowing through me.” Do not fight negative thoughts.

When your room is dark, you do not say to yourself that you will shovel out the darkness. On the contrary, you turn on the light. Learn to chant the beauty of the good. Do it a thousand times a day if necessary. To *pray* is to think. Your thought is your prayer. What are you thinking now? The basis of the universal, nuclear religion is given in the Book of Proverbs, *As a man thinketh in his heart, so is he*. Actually, this Bible truth is the basis of all religions when they are stripped of all external wrappings and trappings.

For instance, the *heart* is an old Chaldean word meaning your subconscious mind; it is called the subconscious or subjective mind, because it is subject to the habitual thinking of your conscious, reasoning, analytical mind. The meaning of the quotation is obvious; it means that the way you really think and feel about life, yourself, your neighbor, and the world, you express and manifest in all phases of your life.

Thoughts are things. Your thoughts are creative. Emerson says, “Man is what he thinks all day long.” Thought and feeling create your destiny. This is why you mold, fashion, and shape your own future. This is what religion is all about, regardless of all labels. The thought, idea, or mental picture,

which you feel is true, is impressed on your subconscious mind, and whatever is impressed is expressed.

For example, you can entertain the thought that this atomic power shall be used to propel ships over the sea, drive trains, automobiles, airplanes, heat and light homes, direct ships under water, and perform countless other services—all for the express purpose of making life more wonderful. You can, likewise, invert the use of this power and direct that atomic energy for the purposes of destruction. Again it is a result of the movement of your own mind; it is not the fault of the atomic or thermonuclear energy. The power is in man and not in the nuclear energy.

All the wonderful inventions in the world are thoughts of men expressed. The Bible says, *Death and life are in the power of the tongue*. Are you using your power of speech to decree health, harmony, and happiness? To *think* is to speak. Your words are thoughts expressed. You have or can have control over your thoughts, and therefore, your speech.

Another beautiful Bible quotation is, *Choose ye this day whom ye shall serve*. Choose life, love, truth, beauty, security, and wealth. You are here on this planet to reproduce the qualities, attributes, potencies, and aspects of God. You are here to discover the joy of living and to make this world a better place to live in for your children and their children's children; you are here to better humanity and promote peace. As a result, they could say of you that the world was blessed because you walked this way.

God or this Infinite Intelligence who created all things is Infinite. There cannot be two Infinites, since one would cancel out the other, and there would be chaos and discord everywhere. Infinity cannot be divided or multiplied. God is Omnipotent, the Creator of all things visible and invisible. *Omnipotence* means the All-Powerful One without anything to oppose or challenge It. If there were any power to

challenge, neutralize, or thwart omnipotence, God would not be supreme.

The words *devil, satan, etc*., mean misunderstanding, misapplication, and misinterpretation of the Laws of Life. The ancient Hebrews said the devil means God upside down, meaning man's twisted, distorted concept of God. Your good and evil experiences depend on how you use this Life-Principle within you, which is forever whole, pure, and perfect in Its ultimate nature. There is evil in the world because men think destructive, vicious thoughts; moreover, they cheat, rob, defraud, lie, murder, etc. Man's inhumanity to man makes countless thousands mourn, but this does not mean that there is an evil power contending with good. It is man's misuse of his mind to maim, injure, and destroy. There is no law compelling man to hate, resent, and entertain vengeful and hostile thoughts. These mental poisons generate emotions which get snarled up in the subconscious mind and being negative must have a negative outlet resulting in ulcers, high blood pressure, gastritis, arthritis, and various other psychosomatic disorders.

All scientific thinkers today do not look upon the Bible in the traditional way. The Bible is a textbook of psychology dealing with spiritual laws. It tells us how we get into trouble and then relates how to get out of trouble. The Bible says that as a man soweth, so also shall he reap. This infers that all our external experiences, conditions, and events are the result of our internal thinking.

If man gets his thought right, his actions inevitably will be right, in the same way that a certain chemical reaction will follow a certain combination of the necessary ingredients. If you want to change conditions, you must change your thoughts and see things as they ought to be. If a man does not know the powers of his mind, minimizes intangibles, and fails to see the power of ideas charged with

enthusiasm, he is out of touch with the causative world within him.

Remember that the Life-Principle is within you. This Life-Principle is called by many names such as God, Reality, Infinite Intelligence, Nature, Allah, Brahma, Infinite Mind, Universal Mind, I AM, Aum, Wisdom, The Ancient of Days, The All-Seeing Eye, Our Father, The Only One, The Infinite Healing Presence, The Christ Within—all these and many more are equivalents for God in all languages of the world. *God is Spirit*, as Jesus says. You cannot see Spirit with your eye, but you know that you can feel the Spirit of Truth, Goodness, and Beauty moving in your heart. You cannot see Love, but you know that love wells up in your heart when you look at your own child. There is the love of a mother for her child, of the boy for his dog, of the father for his son; in fact, he may sacrifice much in order to get a healing for his son. Then there is the love of country where some men give their lives for ideals.

Love gives itself. You cannot buy it. Love is kindness, justice, mercy, and peace. You love another when you love to see the other become and express all that he longs to become. You love when you sincerely wish for the other health, happiness, peace, and all the blessings of heaven. Love frees, Love gives, Love is the Spirit of God moving in the hearts of men. Love unites; hate divides. Hatred is Love in reverse. Hatred, envy, jealousy, and revenge are called the devils which bedevil us in the Bible. Jesus cast these obnoxious, vicious patterns of thought out of the minds of men by contemplating God's Love and God's Peace as the Truth of Being, and they were healed. Love dissolves everything unlike itself in the mind and body of man.

You love your wife when you see the peace of God in her and call that Presence forth. When you radiate this love sincerely, God's Love will shine forth in all Its pristine glory. If you love your husband in the true sense of the term, you will quietly know, feel, and believe that the Presence of God

is functioning in him, through him, and all around him. You will picture him in your mind as he ought to be—radiant, happy, successful, and peaceful. When you love your husband, you do not attach yourself mentally to his shortcomings, derelictions, abnormalities, or idiosyncracies. Neither do you dwell on negative symptoms, but you go straight to the God-Presence which indwells him, affirming, feeling, and rejoicing that God is flowing forth through him as harmony, joy, peace, success, vitality, and beauty. Remember, your husband will be to you what you believe him to be. You are always living with your real belief and convictions as you go through life with your wife or husband.

If a man loves a woman, he will not do anything unloving. For example, he will not come home drunk, neither will he criticize or condemn her. He will not be sadistic with his tongue, neither will he flirt and show disrespect for his wife in public or any other place. Love does not do these things. Love cannot do anything unloving. Love is kind; it vaunteth not itself; it is not puffed up. Love envieth not. Love always forgives. Love always blesses. Love heals all conditions. Love, freedom, and respect are one, and whenever one is missing, love is not present. Love is not possessive. Love does not coerce. If a man loves his wife, he does not try to make her a second edition of himself by causing her to think the way he does, nor does he try to submerge her personality in any way. A man who loves his wife will be delighted to see her fully expressed and divinely happy. He wants to make her happy, therefore, his thoughts, speech, and actions will reveal his love for his wife. Many women are frightfully frustrated in the home; they have wonderful talents which are going to waste, causing confusion with its usual accompaniments, such as neurosis, insomnia, and other illnesses. Many women are not fully expressed in their home or in the kitchen; so the husbands should encourage them in their full expression at all times. If husbands and

wives began to see the God in each other and nourish the qualities which endeared them one to the other, the marriage would grow more blessed though the years, and the atmosphere of the home would be one of peace, harmony, and joy.

Children grow up in the image and likeness of the mental and emotional climate or atmosphere of the home. Parents' love for their children causes them to practice the Presence of God in their thoughts, feelings, and actions all day long. When you enter such a home, you know God or Love dwells there, and God is Love. This is the Nuclear Religion and the practice of it is nothing more than the practice of the Presence of God; it is powerful beyond imagination. Let us not overlook it because of its utter simplicity.

The first step in the practice of the Nuclear Religion is to realize that God or the Life-Principle is the only Presence and the only Power. God is that Invisible Spirit and Mind in you. The peace, the love, and the joy that you feel at times welling within is the Presence of God in you.

When you solve a difficult problem, it is the Infinite Intelligence which created all things and knows all things which gives you the answer. There is as much God in you as there is love, peace, joy, wisdom, understanding, and goodwill. God is the highest and best in every man. As we have already said, "God is Boundless Love, Infinite Intelligence, Absolute Harmony, Supreme Wisdom, Boundless Joy, Infinite Life, and God is All Powerful."

The whole world is God or the Life-Principle in infinite differentiation. Everything in the universe is alive. God is the life of the fish, the bird, the dog, the horse, and of all trees and vegetation. All minerals and the stones in the field also are alive.

There are different degrees of awareness. Infinite Intelligence is God. There is more Intelligence operating in a dog, for instance, than there is in the goldfish in the bowl. The Life-Principle reaches Its highest degree of intelligence

in man who has the power to reason and consciously tune in on the Infinite Power, thereby enabling him to rise higher and higher in the scale of living. The more Intelligence operating in man the more freedom, happiness, and peace of mind he possesses. He rises above restrictions, limitations, and environmental circumscriptions, because his thoughts and imagery are creative, enabling him to change conditions and solve all problems which face him.

The following is a wonderful prayer to realize. It is the essence of the Nuclear Religion and is contemplated by scientific thinkers all over the world. These men relax quietly ten or fifteen minutes every day and meditate on the fact that God is the only Presence and the only Power. They let their thoughts dwell on this profound Truth, looking at it from all angles. They begin by thinking that every person they meet is an expression of God. In fact, everything they see is God made manifest, for there is only God who is in all, over all, and all in all. They realize the whole world and all things therein contained represent God dramatizing Himself for the joy of expressing Himself. They continue to do this regularly, systematically, and lovingly. As a result, they find their whole world changing; they experience better health, outer conditions improve, and they are possessed of a new vitality and energy.

I would strongly suggest that you think all day long from the standpoint of the One God about every person and every situation you meet. Pray at work by realizing God is your partner, and God is in action through all your associates. Pray while driving your car, realizing the vehicle is God’s idea moving from point to point freely, joyously, and lovingly. Pray when you go into a store by realizing God directs your purchases, that God is prospering the clerk who waits on you, and that the store is being governed and directed by God’s Wisdom.

A young lady told me that she lost her purse a few Sundays ago. She became still and said, “Infinite

Intelligence knows where my purse is and leads me to it, and I follow the lead when it comes." The idea popped into her mind to go to the telephone booth in a large drug store which was one of the many places she had visited during the day. This lady's subconscious mind knew where the purse was and responded to her request. The Bible says, *Taste the Lord for he is good*. She tasted the Lord (the subconscious mind) in the sense that she experienced the way it works by responding to her request, and she recognized the lead when it came.

Let prayer be the orderly, right way of doing everything. God cannot do anything unloving because God is Absolute Love. God cannot send pain because God is Absolute Peace. God cannot send sickness or disease, for God is Wholeness, Beauty, and Infinite Life; likewise the Presence never grows old or decays. God cannot deceive you, trick you, or test you because God is Absolute Truth. God cannot cause discord, confusion, and chaos in your life, as God is Absolute Harmony. We bring misery, suffering, and tragedy into our lives by our own wrong thinking and misuse of the laws of our mind. The Bible says, *God is Love, and Love is Life*. The tendency of Life is to express Itself as harmony, beauty, love, and joy.

To be religious is to experience the joy of living. There are as many religions as there are individuals in the world. Your personal religion is really your real concept and conviction about this Presence and Power within you regardless of your religious affiliation. You are always bound by your belief. *To believe* is to accept something as true. If you believe Santa Barbara is in New York State, your letters will go astray; or if you believe three and three are seven, you will be in trouble in the financial world as long as you believe the lie.

Religion means a real knowledge of God and an inner experience of God in your heart. If I gave you a lecture on common table salt, describing its chemical composition, its atomic weight, uses, etc., you might say that it was a very

interesting lecture, but if you had not tasted the salt, you would not know its savor.

You will find that all the great religions of the world have one fundamental unity; also, they have a great number of things in common. Actually all of them borrowed from each other. All religions can be summed up in this Truth: *Know ye not that ye are the temple of God and that the Spirit of God dwelleth in you*. This means that God indwells you.

The truths of the Bible cannot be taught on the level of terminology. You have to discover the meanings of the allegories, parables, myths, and cryptograms. The Bible is replete with figurative, idiomatic, oriental expressions. The Hebrew mystics who wrote the Bible have always stated that there is a hidden meaning behind the words. As the Spirit of God is hidden within you, so is there a hidden meaning to every part of the Bible. You are much more than your body; likewise the Bible is much more than a body of words. *Except by parable, spake he not unto them*. Man must learn the meaning of the parable and realize that there is a deep, inner meaning to every parable and allegory.

The letter of the Law killeth, and the Spirit giveth Life. You must find the meaning behind the words. People with little faith or understanding are always arguing doctrinal points. There are people who spend a great part of their lives proving that the many incidents in the Bible are not historical; you can get many books along this line. The important point to consider is that all the stories in the Bible are psychologically and spiritually true even though historically unprovable.

The Bible speaks in a language of symbolism. A *shepherd* in the Bible means a man who is spiritually enlightened. The star which he sees is a realization of the Divine Presence within him which will guide, direct, and protect him from all harm. If you are to be a good shepherd, you will trust God in all your ways; then you will find the still waters (the quiet mind) within yourself. You are not religious or devout if you

nurse grievances, grudges, and perpetuate animosities. Neither can man say he is religious if he has not found it in his heart to forget, forgive, and release others. There is no consolation in a religious affiliation apart from the commandment of *Love ye one another*.

The first step in the religious life is to cleanse the mind of all grievances. What is the use of talking about religious beliefs if you are bitter, cynical, and the heart is corroded with psychic traumas of guilt, grudges, and bitter memories? The self-pitying and the hateful can never know the blessings of God. It is no use to pray for release from misery, pain, and suffering until you cleanse the heart first. The teachings of all religions of the world are beautifully summarized in a few verses from the Bible, *There is no fear in Love, but perfect Love casteth out fear, because fear hath torment. He that feareth is not made perfect in Love. If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen? And this commandment have we from him, That he who loveth God loves his brother also*.

Since the dawn of time in countless modes, man venerated a deity. He humbled himself and exalted the Divine Being. He felt the impulse of God within him. The various creeds are opposed or differ in form, ritual, and interpretation of symbols. All of them agree on the existence of God and the virtues such as purity, goodness, love, beauty, and faith. Let these qualities rule. Whenever men gather to worship a Transcendent Ideal, they should not be criticized or attacked. The important thing is to develop what is within them, to better themselves, and to come closer to God. The rest is secondary.

People differ on which road to take to God. You will find God through a heart full of love and goodwill. Guides come and people follow. Some go one way, others choose a different path. All are convinced and sincere that their path

or trail is the best one. *Whatever road I take leads to Thee*. When we meet at the top, there is no use fighting and saying my road is the only one, or that my road is absolutely best and there is no other; that would be absurd. We will all awaken to God's Glory and Love some day, and we will all meet at the Summit.

Divine inspiration, molded by external conditions, varying according to climates, adapted to soil, and to the period's traditions, brought about the world's great religions, the source of which was Divine. Intolerance and bigotry are proofs of incomprehension and denote a lack of love. Many intelligent men and women feel abandoned. Their hearts are full of disturbing and unanswered questions. There is only One Truth, One God, but there are many and varied mentalities. What is obvious to some may seem obscure and unacceptable to others.

Religion must not fight science. We must not entrench ourselves behind absolute dogmas and intransigent interpretations. Do not stagnate. Man would go far if it were revealed to him that there is no conflict between science and religion. I look upon science and religion as two arcs of a circle which unite and form a whole. The laws underlying physics, chemistry, and mathematics are not different from the operation of the laws of our mind.

There must be a scientific approach to prayer, and it is as follows: *Go thy way and as thou hast believed, so be it done unto thee*. To believe something is to accept it as true. Whatever you mentally accept and feel to be true will come to pass. The Law of Life is the law of belief. What should you believe in? Creeds? Dogmas of churches? Grandfather's religious concepts? Opinions of men? No! It is none of these. It is belief in the workings of your subconscious mind, in the creative laws of life, in the goodness and guidance of God, in the love of God, and the tendency of Life to express Itself through us as joy, love, beauty, harmony—in other words, the life more abundant. It is what you really believe deep

down in your heart that matters, not what you say with your lips or give intellectual assent to. As you really think and feel in your heart, so are you—this is your real religion, regardless of your labels.

2

Nuclear Religion In Human Relations

Do people bore you, or do you find them interesting? For example, do you say, “He bores me to tears,” and so forth? Such a complaint is a subconscious indication of apathy and listlessness within ourselves. All men and women are interesting because we are all God’s children. Every individual is in essence an epitome of the whole human race. The Divine Intelligence operates in each person and is responsive to us when we recognize It in others. Each person is unique. You are an individualized expression of God, and no one in all the world is like you because you are you.

Let us use a chemical analogy. The chemicals, such as calcium, phosphorous, sulphur, etc., are not in exactly the same proportions in each person. No two individuals are chemically alike. All of us know that certain chemicals have an affinity for one another; others are more or less inert when they are mixed together. This would be true whether they are in a chemical laboratory or in the human body. To continue with the chemical analogy, I might say that all our relations with people, hostile, friendly, or indifferent, are determined by the relations of the chemicals of which we and they are composed.

Let us suppose for a moment that a qualified chemist goes into a laboratory containing all kinds of chemicals; he knows very well the atomic and molecular structure of each chemical. He knows that in the raw or natural state some of these chemicals will combine according to their qualities, i.e., they will react on each other naturally. Take notice of what the chemical scientist does: He utilizes his knowledge

of the science and art of chemistry to make complex chemical compounds which bless humanity in countless ways. The chemist with his understanding blends together harmoniously various chemicals and brings forth plastic goods, rubber goods, and synthetic drugs. He enters into the field of radio, television, aeronautics, and telephonic communications, bringing about magnificent contributions to the human race which would be absolutely impossible in ordinary circumstances—such as trusting Nature alone to do so.

Let us begin to see the truth of the chemical analogy to our problems in human relations. Suppose that you say to me, “My neighbors are dull, insipid, boring, and impossible.” This means that you are a chemist in your own laboratory and doing nothing at all with your chemicals. You could mix, rearrange, combine your chemicals in such a way that you would get a wonderful, warm, cordial, and friendly response from what seems to you to be impossible neighbors. If you say, “I find one interesting and the other boring,” you are like a laboratory full of chemicals with no chemist present who could manufacture marvelous and useful combinations with these chemicals in your neighbor’s laboratory.

You are here to study the mysteries of life, to understand humanity, to love your neighbors, to get along with others, to take a deep interest in humanity, in God, in nature, and appreciate the fact that every man is an epitome of the entire human race. You are here to take charge of your thoughts, feelings, responses, and reactions to life. Likewise, we have charge over all the chemicals and elements in our body. If we are good spiritual chemists, we will combine with the chemical elements in other people and establish harmonious human relations.

Place the spiritual chemist in charge of your mental and physical laboratory. Do not be a laboratory without a chemist or spiritual director. You are the master of your thoughts. You are the only thinker in your universe;

therefore you know that you alone are responsible for the way you think. The other fellow is not responsible for the way you think about him. Wake up the spiritual chemist within you. Identify with the God in the other, and let the chemistry of love, peace, and goodwill flow from you and touch the God in the other. Your moods, like chemical elements, have their affinities. God's Love emanating from you will combine chemically with God's Love in the other. A deep, vital understanding takes place; you find the former so-called enemy is a co-worker on the way.

A spiritual chemist does not depend on people or surroundings to stimulate or interest him. If he did, he would be a laboratory without a scientist present. He is not at the mercy of people, hoping that they are nice, interesting, and loving; he makes desirable and useful chemical combinations with all people. If a man continues to act according to his natural conditioning or natural affinities, his likes and dislikes, his prejudices and fears, he could be called a mineral or vegetable man living and dying a mere passive and mechanical machine-type individual, reacting in a stereotyped way to all the events of the day. Let every encounter with others be a chemical experiment in prayer. Say to yourself whenever you meet another person, "God is in that person; he possesses all the qualities, attributes, and potencies of God. I am a spiritual chemist; I know that all the chemicals in the ocean and in the earth are within this man. I can combine the chemicals in myself with this man harmoniously and make a wonderful compound which will bless us both and all humanity. The God in me salutes the God in him. I direct the chemical and spiritual waves which flow forth from me. I know as a scientist that the lamp of love burning in my heart kindles a chemical fire in the other, bringing about a Divine fusion, causing me to realize the profound truth, *I sought God, and I found Him, and He delivered me from all my fears*."

You are a human being; you should be vitally interested in the Life-Principle animating all people. Know that the other is looking for someone who will overlook his frailties, shortcomings, and derelictions, and like Paul of Tarsus declare, *Christ in you, the hope of glory*. COLOSSIANS 1:27.

This is how to chemically and spiritually unite with another person by affirming silently as follows: “Divine Love is flowing harmoniously and peacefully through him, and there is harmony, peace, and understanding between us. God reveals to me what I should say, and Divine Wisdom reigns supreme.”

This attitude of mind brings about a rearrangement of the atomic and molecular structure of your thought which blends harmoniously with the other, resulting in a joyous union between you. The Bible says, *Stir up the gift of God within you*. Release the power, the joy, and the love of God lodged within you. Cease saying, “He bores me,” which is an unconscious confession of guilt within yourself, indicating you are all wrapped up in yourself and looking for someone to lift you out of your despondency or “self-centeredness.” Every time you meet another, stir up the spiritual chemist within and say to yourself, “I behold the presence of God in the other, and I know that at this moment there is a rearrangement of the chemical elements in both of us whereby we blend harmoniously, peacefully, and lovingly.” Thoughts are things, and whatever we think about another we are thinking about ourselves.

Some years ago Dr. Charles Littlefield, a scientist, discovered the truth of the Biblical statement, *As a man thinketh in his heart, so is he*. While concentrating on a saline solution by peering through a microscope, he discovered that his focused thought took form. One day he concentrated his attention on a frail elderly lady; he stood gazing intently at her for some time. When he turned back to look at the saline solution, he was surprised to find a miniature form of this woman. Day after day he

concentrated on certain mental pictures, and he was amazed to see his mental imagery take form in the shapes developed by the crystals in the saline solution under the microscope.

Man is what he thinks all day long. Our thoughts are the tools and instruments which fashion, mold, and shape our destiny. Your thoughts can be photographed. They have form, shape, and structure in your brain now, and are gradually being condensed into muscle, skin, and cells, as well as experiences, events, and conditions.

There is a revolution going on today in the field of chemistry and physics. The chemistry which the writer studied in college is outmoded, antiquated, and completely irrelevant to modern discoveries. For example, the postulate of immutable elements is gone; this dogma disappeared with the discovery of radioactivity. Scientists today point out that we are living in a dynamic, changing, evolving universe.

In our periodicals, magazines, and newspapers of today, man is reading about the discoveries of modern science. The late Robert Andrews Millikin, who was head of the California Institute of Technology at Pasadena for many years, said that the two fundamental principles, conservation of mass and conservation of energy, are now gone as distinct and separable verities.

Einstein and other scientists have also pointed out the interconvertibility of energy into mass and mass into energy. In other words, our modern scientists are saying that energy and mass are one and the same thing, operating at different levels of vibration. I read an article some years ago in which someone asked Einstein what matter was, and he replied, “Energy reduced to the point of visibility.” The conceptions of the conservation of energy and the conservation of mass are considered no longer sacrosanct.

Your body is plastic, porous, and pliable. It consists of waves of light vibrating at different rates of vibration. Modern science teaches that the only difference between

one substance and another is the number and rate of motion of the electrons revolving around a nucleus, proving the dictum of Pythagoras that the world was ruled by number and motion. There were scientists in the nineteenth century who were under the impression that all the great discoveries in physics had already been made. Some said that all we had to do was to make more exact quantitative measurements upon the old phenomena.

You cannot measure love with a slide rule, neither can you measure peace, happiness, wisdom, or understanding. We are dealing with the intangible, the invisible, the imponderable. You cannot see the power that moves your finger to write; surely you do not think the finger moves itself! The body moves as it is moved upon. The body acts as it is acted upon. Your body is characterized by inertia, and your thoughts, emotions, and imagery are played upon it for good or ill. You can play a melody of God on the tissues of your body or a song of hatred or ill will.

You will find that the dogma of many religious groups asserts or affirms some things to be true which completely contradict modern scientific findings. There are people living in this country today who believe that the world was made in six days and that God somehow got tired and rested on the seventh day. Geologists, paleontologists, archaeologists, anthropologists, physicists, astronomers, and other scientists realize that the cosmos took form according to a definite cosmic design and took countless millions of years to assume the form it now has. All these changes took place in Divine order and sequence according to an archetypal design of the Infinite Intelligence which is the only creative power.

Judge Troward who perceived the creative process, intuitively stated as follows: “The physical history of our planet shows us first an incandescent nebula dispersed over vast infinitudes of space; later this condenses into a central sun surrounded by a family of glowing planets hardly yet

consolidated from the plastic primordial matter; then succeed untold milleniums of slow geological formation; an earth peopled by the lowest forms of life whether vegetable or animal; from which crude beginnings a majestic, unceasing, unhurried, forward movement brings things stage by stage to the conditions in which we know them now."

You could look at the six days of creation as six great stages in the evolution of the cosmos. The story in Genesis also portrays the six steps in prayer followed by the seventh day or Sabbath of God in which you reach the point of conviction or inner certitude that your prayer is answered. There is also a spiritual or esoteric meaning to all parts of the Bible, and except we have the inner meaning, we actually have no Bible. In psychological parlance, the six days represent the length of time it takes you to impress or convey your idea or concept on the subconscious mind. As soon as you succeed in impregnating the subconscious by imagining the reality of your desire and feeling the thrill of fulfillment, you impress the subconscious mind. Then, impregnation has taken place, the work of the six days is finished, followed by a period of rest called the Sabbath or seventh day, which is the interval of time between the impregnation and the manifestation.

The modern physicist, astronomer, or scientist cannot afford to have a closed mind. New discoveries and revelations are compelling scientists to discard the old mechanistic and materialistic concepts of the nineteenth century, and dynamically reveal that we are living in an ever-changing, fluidic universe of dancing forces, and that the universe is a mental phenomenon.

The new, nuclear physics, with great courage and faith, has without hesitation discarded the gross atomistic concepts of yesterday. These scientists have demonstrated their own miracles, such as nuclear transubstantiation, time-space fusion, television, radio, inter-atomic energy, etc.

Science is beginning to kneel and pray before the altar of being.

In materia-medica circles it is customary to discard the textbooks of yesterday's pathologies and nostrums. Likewise, you must discard old superstitions, and false beliefs about an avenging God, hell, purgatory, devil, evil forces, and realize that all these are simply states of mind, created by man himself, due to his ignorance and lack of understanding. Arrive at the hour of decision in your own mind where *none but the best wine* of spiritual wisdom shall be put forth for the guests who hunger for a more wholesome fare. Become an open-minded seeker after Truth.

When a man says that God is punishing him or that God will judge him on the last day, he must ask himself such questions as follows: Where did such an idea come from? Who said it? Why was it said? Is there any sense or meaning to it? Have I been brainwashed since my youth? Am I a hypnotized victim of ignorance, superstition, and fear? Where did such ideas originate? Primitive men, not knowing where God was, originated and postulated a God outside themselves; furthermore, in their primitive state of mind they attributed to God all the passions, such as jealousy, hate, envy, anger, etc., which they found within themselves.

Primitive and prehistoric man realized that he was subjected to forces over which he seemed to have no control. The sun gave him heat, but it also scorched the earth. The fire burned him, the thunder terrified him, the water flooded his lands, and his cattle were drowned. His idea of external powers was the primitive and fundamental type of every idea of God. He conceived for these elements or forces of nature love or aversion, and fear and hope gave rise to the first idea of religion. Primitive man, in his infantile reasoning with himself, perceived that when another man, stronger than he, was about to injure him, he was able to bribe him or offer him certain gifts and in other ways abase

himself, thereby mollifying the other's attitude. From this crude reasoning he proceeded to supplicate the intelligences of the winds, the stars, the waters, hoping that they would hear him and answer his prayers. He proceeded to make offerings and sacrifices to the gods of the wind and the rain.

The first men conceived the universe to be filled with innumerable gods. Their ideas of God were divided according to the sensations of pleasure or pain, and derived solely from the forces of nature. They divided the gods and genii into beneficent and malignant powers—hence, the universality of these two characters in all the systems of religion.

God is the Life-Principle animating all things. This Life-Principle seeks to express Itself through all men as harmony, health, peace, joy, wholeness, beauty, and perfection. Align yourself with this Creative Life Force and flow along with this God-Presence by realizing you are a channel for the Divine. If you swim against the current or against the waves of the sea, you get shaken up quite a bit. Swim with the tide, go along with the currents of life, love, truth, and beauty. If you get angry, resentful, or jealous, you are going contrary to Life; you are inverting the stream of Life.

You are here to express Life fully and to be healthy, happy, and in your true place, doing what you love to do. If you apply a mental tourniquet and say, "I'm too old," "I can't do that," "It is too late now," "I'm stymied," "I'm blocked," etc., you are damming up the free flow of the Spirit. In other words you are being frustrated in that you are bottling up the creative forces within you and not realizing your objectives. You can let the creative forces flow through you as art, music, painting, research work, or mathematics, according to your natural endowments. When you mentally block your good by entertaining the belief in obstacles, delays, and difficulties, your emotions get snarled up in the subconscious mind, and being of a negative

nature, these destructive moods come forth as sickness, disease, mental disturbances, and various other forms of psychoneurosis.

Never entertain fixed beliefs about religion. Look at your religion as your personal relationship to God, your fellowman, and the universe. You must not assert as true about God and the Universe that which modern science knows to be completely false, such as the six-day creation of the earth, the end of the world at a certain time, etc. The God of Science is the principle of Infinite Intelligence operating in all men, animals, and in the entire cosmos. God is the Spirit of Divine Order and of orderly development.

Voltaire wrote, “If God did not exist, it would be necessary to invent him.” To deny the existence of a Creative Intelligence is a complete contradiction of the evolutionary findings of all modern science. Your religious concepts should change. Your grandfather rode on a donkey or a horse, today you ride in a modern jet. People communicated with each other in this country at one time by pony express. Today you may phone or wire your family, or perhaps see them on television even though they may be thousands of miles away. What about your religious concepts? Are they of the horse and buggy type, or have you advanced with the electronic and jet age?

Truth has been discovered in the past, it is being discovered now, and will continue to be discovered. Religion is undergoing a revolution. There are probably about fifteen million people in America reading and studying about mental and spiritual laws free from the superficialities, wrappings, and trappings of creed, dogma, and tradition. As you begin to read what modern science is discovering in this space age in the field of astrophysics, mathematics, time, chemistry, extra sensory perception, scientific prayer therapy, etc., you develop a deep sense of humility and receptivity. Modern science is walking humbly with God, and our greatest scientists are true mystics.

Micah said, twenty-five hundred years ago, *What doth the Lord require of thee but to do justice, to love mercy, and to walk humbly with thy God?* Einstein once said that the most beautiful and most profound emotion we can experience is the sensation of the mystical. It is the source of all true science. Einstein recognized the Illimitable Superior Spirit which revealed Himself in all phases of the incomprehensible universe. I look upon Einstein as one of the world's greatest mystics. A mystic is a man who intuitively perceives the great truths of God without any conscious process of reasoning. Einstein had the ability to inwardly sense the invisible things of the Spirit, and through feeling, present them to the intellect. That which the intuition reveals, the intellect may later analyze. It is this feeling, back toward spiritual prototypes, that marks the work of the true mystic in any age.

There is an atomic science of the Spirit also with its own wavelengths and electronics. Let us enter into the high oscillations of the Spirit by focusing our attention on God, the only Presence and the only Power, and then we will discover the great truths of the Bible: *If thine eye be single, thy whole body is full of light. With mine eyes stayed on Thee, there is no evil on my pathway*.

3

The Wonders of the Subconscious and the Science of Prayer

Our mind is a garden. In this garden which is called the Garden of Eden, or the Garden of God, we plant seeds. Regardless of what we sow with our conscious mind, our subconscious will bring it to pass. Therefore, let us sow the thoughts of peace, happiness, guidance, and goodwill. Let us meditate on these qualities and accept them in our conscious reasoning mind. Whatever we accept in our conscious reasoning mind our subconscious, which is like the soil, will accept without question and bring it to pass.

Man's subconscious assumption and convictions of himself dictate and control all his conscious actions. This is why man is belief expressed. Believe nothing, therefore, which does not contribute to your health, happiness, and peace of mind. Your subconscious mind will objectify faithfully the habitual thinking of your conscious mind. Whatever you believe is true in your conscious mind, your subconscious will accept without question; be very careful that you accept only that which is true, noble, and Godlike.

Whatever you impress on your subconscious mind is expressed on the screen of space as conditions, experience, and events. As ye sow in your subconscious mind, so shall ye reap in your body and environment.

One time Caruso was struck with stage fright. He said his throat was paralyzed due to spasms caused by intense fear which constricted the muscles of his throat. Perspiration poured copiously down his face. He was ashamed because in a few minutes he had to go out on the stage, yet he was shaking with fear and trepidation. He said, "They will laugh at me. I can't sing." Then he shouted in the presence of those behind the stage, "The little me wants to strangle the Big Me within." He said to the little me, "Get out of here, the Big Me wants to sing through me." By the Big Me he meant God, the Limitless Power within him, and he began to shout, "Get out, get out, the Big Me is going to sing!" This released the Almighty Power within him. When the cue came he

walked out on the stage and sang gloriously, majestically, enthralling the audience.

In your subconscious mind, as William James wrote, is the Power that moves the world. It is the Almighty Power of God. Your subconscious is one with Infinite Intelligence and Boundless Wisdom. It is fed by hidden springs and is called the Law of Life. Whatever you impress upon the subconscious, the latter will move heaven and earth to bring it to pass. It knows no obstacles. We must impress it with the right ideas and constructive thoughts. Your subconscious mind is impersonal and nonselective. It is called the wife. The Bible says, *The husband shall be head of the wife*. Many people take these statements literally with all kinds of absurd consequences. The Bible is a psychological textbook dealing with the principles and modes of living. It deals with moods, tones, and vibrations; it talks about the male and female principle within each of us.

The conscious mind is the husband. It is head of the wife because the subconscious is amenable to suggestion and controlled by suggestion. Whatever your conscious mind decrees, your subconscious will honor and execute accordingly. You can believe a lie, and your subconscious will express whatever is impressed upon it, good, bad or indifferent, and will bring it to pass.

The reason there is so much chaos and misery in the world is because people do not understand the interaction of the male and female principle within themselves. When these two principles work in accord, in concord, in peace, and synchronously together, we have health, happiness, peace, and joy. There is no sickness or discord when the conscious and subconscious work together harmoniously and peacefully. What is true subjectively is true objectively also. For example, a woman loves to follow a man who leads. *Man*, in the Bible, is a person who plans, chooses, directs, imagines, decides, and gets things done.

What are we planting with our conscious mind? The conscious mind is the reasoning mind; it analyzes, weighs, dissects, investigates, scrutinizes, and chooses. *Choose ye this day whom ye will serve*. What are we choosing? If we are resentful or hateful, we are sowing these seeds, and we may have growths in our bodies to conform to our destructive mental attitude. The growths may appear in different parts of the body.

The tomb of Hermes was opened with a sort of mystic awe because people believed that the greatest secret of the ages was contained therein. The secret was, *As within, so without. As above, so below*. In other words—whatever is impressed in the subconscious is expressed. These were truths proclaimed by Moses, Isaiah, Jesus, Buddha, Zoroaster, Laotze, and all the illumined seers of the ages. The spiritually minded man who is alert and alive knows that the greatest secret in the world is the discovery of the Presence of God in man.

The great secret of the ancient mystery temple schools was that the I AM in you is God. That was the great secret. When you say, I AM, you are announcing Pure Being, Life, Undifferentiated Awareness, and the Presence of God in you. This is the great secret. The so-called secret of Hermes' tomb, *As within, so without*, is no secret; it has always been known. In other words, whatever you feel as true subjectively is expressed as conditions, experiences, and events. We can never deviate from the truth, that as a man thinks and feels, so is he. Your thought and feeling control your destiny. The intake and outgo must be equal. Motion and emotion must balance. As in heaven (your own consciousness), so in earth (in your body and environment). This is the Law of Life.

You will find throughout all nature the law of action and reaction, of rest and motion. These two must balance; then there will be balance and equilibrium. Realize that within us

is the very life of the Divine. We are here to let it flow through us rhythmically and harmoniously.

Pray frequently as follows: “God flows through me as harmony, health, peace, beauty, and right action. God speaks, thinks, and acts through me now, and I am expressing the Life Divine.”

Everyone can do something far more wonderful than he or she is doing. Every boy wants to be a hero. He must be taught to express and direct his talents and express his desires in the right way along Godlike channels. Something within the boy tells him he is born to be victorious and triumphant. God whispers to him through urges and intimations, “Go forth and conquer.” The Higher Self knows he can do it. The desires, ideas, plans, and purposes that you have are the qualities of the God-Presence in you saying that you can be, you can do, and you can have; otherwise, you would not have the desire.

Your subconscious is impersonal and nonselective; it is all-wise and knows the answers to all questions. It does not argue with you controversially. It does not say, “You must not impress me with that.”

The husband impregnates his wife, and she brings forth a child. If they hate each other, the child may be born blind, deaf, or deformed. The creative act should be based on Divine Love where each one sees the God in the other. As a result the child comes forth corresponding to that creative mood; it is a lovely child spiritually, mentally, and physically. You know in your heart that this is true.

Psychologically speaking, the husband is the idea, and feeling is the mother. These two must agree, producing a child of the mind which is answered prayer. There is an intelligence in the atom—there must be—when two atoms of hydrogen combine with one of oxygen and create a molecule of water.

There is life, intelligence, and power in all nature which operates instinctively, automatically, mechanically, and

mathematically. How will you get your subconscious to work for you? First of all, realize the great secret that the intake and the outgo must be equal. The impression and the expression must be equal. All frustration is due to unfulfilled desires. For example, when you say, “I can’t do this,” “I am too old now,” “I can’t meet this obligation,” “I was born on the wrong side of the tracks,” “I don’t know the right politician,” you are putting up resistance, and frustration sets in. You are blocking your own good.

When we set up obstacles and delays in our minds, we are saying in effect that we do not believe that the Infinite Intelligence which gave us these desires can fulfill them. We are denying the Presence and the Power of God which is within our own subconscious mind. We are setting up opposition, friction, delays, impediments, and difficulties. This generates congestion, followed by sickness, frustration, and neurotic tendencies.

Affirm boldly: “The God Presence which gave me this desire leads, guides, and reveals to me the perfect plan.” This causes the intake and the outgo to become equal; the motion and the emotion, the impression and the expression are one; as within, so without. What you felt within is expressed in the without, and there is balance, equilibrium, and equanimity.

If you think negatively, destructively, and viciously, these thoughts generate emotions which must be expressed, and being negative find an outlet—perhaps as ulcers, heart trouble, tensions, and anxieties. All this is due to the fact that we have placed delays, obstacles, and impediments in our own minds.

Cease blocking the Divine Energy which always seeks to flow harmoniously through us. We must become channels for the Divine. We are here to release the Love, the Light, the Truth, and the Beauty of God. This is the Will of God for every single being in the world. You are here to express wave upon wave of joy, peace, and happiness; all these are

the qualities of God seeking expression through you. The Bible says, *Out of the heart are the issues of Life. The heart is a Chaldean word meaning the subconscious. Keep thy heart with all diligence, for out of it are the issues of life. As a man thinketh in his heart, so is he*.

Whatever you consciously think and feel as true, your subconscious will bring it to pass. If you say, “Whenever I eat mushrooms, I get acute indigestion,” the subconscious mind will take that suggestion as a request. When the time comes for you to eat mushrooms, the subconscious says, “The boss doesn’t like mushrooms.” For example, if you say, “If I take coffee at night before going to bed, I cannot sleep,” the subconscious reacts as if to say, “The boss doesn’t want to sleep tonight.” If you say, “There is no way out, I am lost, there is no way out of this dilemma, I am stymied and blocked,” you will be blocked. You will be frustrated; you will get no answer or response from your subconscious.

If you want the subconscious mind to work for you, give it the right request and attain its cooperation. It is always working for you; it is controlling your heartbeat this minute and also your breathing. It heals a cut on your finger, and its tendency is lifeward, forever seeking to take care of you and preserve you. The subconscious has a mind of its own, but it accepts your patterns of thought and mental imagery. If you are the captain on the bridge and give the wrong orders to the men below, they will follow your instructions; the ship may go on the rocks.

Say to your subconscious, “I know there is an answer. I accept it now and give thanks.” This affirmative attitude should produce a response from your Deeper Mind which knows only the answer. Your subconscious can read the contents of a closed safe; it knows the motives of another person. Suppose you are called upon to sign a document and you are wondering whether you should do so or not. Affirm as follows: “Infinite Intelligence guides, directs, and

tells me what to do." You will get a response, perhaps a persistent feeling which tells you not to sign it. You asked and received an answer. It did not speak in a voice, but you felt an urge or predominant feeling. Listen to this silent inner knowing which follows true prayer.

What is your idea or feeling about yourself now? Every part of your being expresses that idea; your vitality, body, financial status, friends, and social status represent a perfect reflection of the idea you have of yourself.

When you pray for guidance, the answer is in your subconscious mind; it knows the answer to everything. However, if you say, "I don't think there is any way out. I am all mixed up and confused. Why don't I get an answer?" you are neutralizing your prayer, and like the soldier marking time, you do not get anywhere.

We injure ourselves by the ideas which we entertain. How often have you wounded yourself by getting angry, fearful, jealous, or vengeful? These are the poisons that enter your subconscious. You were not born with these negative attitudes. Many people say that they are victims of the past and blame the subconscious. Feed your subconscious mind life-giving thoughts, and you extirpate and expunge all the negative patterns lodged therein. Tune in on the Infinite Life, Love, and Power of God and become a channel for His Love now; then all the past is wiped out and remembered no more.

Let us dwell on a simple truth about your subconscious—it is a one way mind. If you say, "How will I get the subconscious to work for me?" The answer is: watch your conscious mind and make sure the thoughts you habitually think are based on whatsoever things are true, lovely, just, and of good report. Your mission is to take care of your conscious mind, and the subconscious will take care of itself.

The subconscious never ceases to function. Feed it with true premises. The intimations and urges of the subconscious are always lifeward. For example, if you took

some bad food, it would cause you to regurgitate. If you took some poison, the subconscious would neutralize it if you completely trusted its wonder-working power. However, if you persist in giving it negative patterns, it has to follow your orders. By filling your mind with the Truths of God, you crowd out of your mind everything unlike God. The lower is subject to the higher. Begin now to take care of your conscious mind, knowing in your heart and soul that your subconscious mind is always expressing, reproducing, and manifesting, according to your habitual thinking. The subconscious mind is the preserver of your body; it watches over you while you sleep and digests your food.

If you want to heal yourself tonight, sit down quietly and relax your body. Affirm slowly, peacefully, and lovingly: “My toes are relaxed, my feet are relaxed, my ankles are relaxed, my shoulders are relaxed, my neck is relaxed, my head is relaxed, my face is relaxed, my abdominal muscles are relaxed, my whole being is completely relaxed, and I feel wonderful.”

In this relaxed state pray as follows: “The Miraculous Healing Power is saturating every cell of my being. My whole body is now being transformed into the pattern on the Mount. The Infinite Healing Presence which created me is now making me whole and perfect, and I rejoice that this is so.”

Do this quietly several times, feeling the truth of what you affirm. You know what you are doing and why you are doing it. Your thoughts of wholeness, beauty, and perfection sink down into the subconscious which releases the Healing Presence, making you whole, pure, relaxed, and perfect. Your subconscious has the perfect pattern of your lungs, heart, eyes, and all the organs of your body. There is one prerequisite before using the subconscious to heal—you must not have any anger, ill will, or hatred toward anyone. You cannot expect the Healing Presence to flow through a

contaminated consciousness. Water does not flow through a pipe filled with debris and rust. You must forgive everyone.

If someone has hurt you, pray as follows: “I wish for him (or her) harmony, health, peace, joy, and all the blessings of heaven. I do this sincerely. He is free and I am free. I know when I have forgiven the other because when I meet him in my mind a wave of peace goes forth to him, and I sincerely rejoice in hearing good news about him.”

The subconscious will respond, but it expects you to come to a decision, to a true judgment in your conscious mind. Come to a conclusion, be definite and specific in your mind. When you say meaningfully, “Divine Order is mine, Divine right action is mine, a happy ending is mine,” the subconscious will respond accordingly. Wish for everyone what you wish for yourself. Be sincere and honest about it. As you bless others, you are blessing yourself.

Affirm boldly: “Success is mine, wealth is mine, Divine right action is mine, Divine guidance is mine, I mean this, I am sincere.” Do not equivocate or vacillate, and you will discover wonders happening in your life. If you say, “I don’t know the way out,” you will get no response whatever, and more confusion will be yours. If there is inharmony in the office, pray as follows: “The harmony and the love of God reign supreme in the minds and hearts of all. I decree this, and it comes to pass in Divine Order.” You will get results from your subconscious mind because you came to a definite decision.

Do you trust this Deeper Mind? Do you say, “It is the Great Executive, it knows the answer”? If you do, you will get results; the Divine solution will follow through the Wisdom and Intelligence of the Almighty.

Another great secret of the subconscious is that the subconscious deals with ends, not with means. It knows how to bring your request to pass. If you are planning how you are going to get an answer: “Whence?” “When?” “Where?” you are defeating the purpose. You are blocking the action

of your subconscious. It says in effect, “You don’t trust me. You do not believe me. You don’t think that I am the Great Executive. You do not know that I have the know-how of accomplishment.” That is what it seems to say to you.

Go to the end in prayer. See and feel the happy ending, the joyous solution, the way out, and the subconscious will release its majesty and wisdom in your behalf. Do not try to browbeat, intimidate, or coerce the subconscious. If you are using effort and force, you are presupposing an opposing power. This indicates a conflict in the mind. There is only One Power. If there were two powers, one would cancel out the other, resulting in strife and contention everywhere.

You sign blank checks when you make such statements as: “There is not enough to go around,” or “There is a shortage,” “Maybe I can’t pay the mortgage,” etc. If you are full of fear about the future, you are also writing a blank check and attracting negative conditions to yourself. The subconscious mind takes your fear and belief as your requests, proceeding in its own way to bring obstacles, delays, lack, and limitation into your life. To him that hath the feeling of wealth, more wealth shall be added; to him that hath the feeling of lack, more lack shall be added.

The subconscious mind also gives you compound interest. Every morning as you awaken, deposit thoughts of prosperity, success, wealth, and peace; dwell upon these concepts; busy your mind with them as often as possible. These positive thoughts will find their way as deposits in your subconscious mind and bring forth abundance and prosperity.

I can hear you saying, “Oh, I did that and nothing happened.” You did not get the results because you indulged in fear thoughts perhaps ten minutes later and neutralized the good you had affirmed. When you place a seed in the ground, you do not dig it up. Suppose, for example, you are going to say, “I shall not be able to make that payment.” Before you get further than, “I shall—” stop

the sentence, and dwell on a positive, constructive statement such as, “By day and by night I am being prospered in all my ways.”

To prosper means to advance along all lines in wisdom, understanding, and material possessions. Money represents wealth; it is a symbol of exchange. It represents freedom, opulence, luxury, and refinement. I do not know of anyone who says that he has too much; in all probability he is looking for more.

If you are experiencing a financial block, the obstruction is in your own mind. You can now destroy that mental block. Get on mental good terms with everyone.

As you go to sleep tonight, practice the many techniques which we occasionally refer to. Repeat the word, “Wealth,” quietly, easily, and feelingly. Do this over and over again as a lullaby. Lull yourself to sleep with the word, “Wealth.” You should be amazed at the results. Wealth should flow to you in avalanches of abundance; this is another example of the miracles of the subconscious mind.

VII
Why Did This Happen to Me?

(1962)

This short work lays out Murphy's most radical thesis, and it has some commonality with Christian Science. He writes that even someone possessed by loving thoughts can fall ill or experience other forms of suffering if the individual believes in the reality of his condition. *Murphy's point is that the ultimate law of mind and the ultimate reality of life are goodness, health, and growth. That is the true nature of things. I think he would agree with the statement that while evil* occurs, *it does not actually* exist.

—MH

Remember ye not the former things,
neither consider the things of old.
ISAIAH 43:18.

… But this one thing I do,
forgetting those things which are behind,
and reaching forth unto those things which are before,
I press toward the mark for the prize …
PHIL. 3:13–14.

Why Did This Happen To Me?

Whatsoever a man soweth, so also shall he reap. This means that if we plant thoughts of peace, harmony, health, and prosperity, we shall reap accordingly; and that if we sow thoughts of sickness, lack, strife, and contention, we shall reap these things. We must remember that our subconscious mind is like the soil; it will grow whatever type of seed we plant in the garden of our mind. We sow thoughts, Biblically speaking, when we believe them wholeheartedly, and it is what we really believe deep down in our hearts that we demonstrate.

I had a friend who was bedridden with disease and on visiting her at a hospital in London, England, she said to me. “Why did this happen to me? What did I do to deserve this? Why is God angry at me? Why is God punishing me?” Her friends pointed out to me how kindhearted and deeply spiritual she was, and that she was a pillar of the church, etc.

It is true that she was an excellent person in many ways, but she believed in the reality of her sickness and that the condition was incurable. She believed that her heart was governed by laws of its own, independent of her thinking. This was her belief, so naturally, she demonstrated accordingly. She changed her belief and began to realize that her body was spiritual and that when she changed her mind, she changed her body. She began to cease giving power to the sickness in her thought and prayed as follows: “The Infinite Healing Presence is flowing through me as

harmony, health, peace, wholeness, and perfection. God's Healing Love indwells every cell." She repeated this prayer frequently, and following her change of belief she had a wonderful healing. This woman lived in fear of a heart attack for several years, not knowing that what we fear most comes to pass.

The law of life is the law of belief. Trouble of any kind is nature's alarm signal that we are thinking wrongly in that direction, and nothing but a change of thought can set us free. Man is belief expressed (Quimby), and we demonstrate what we really believe. There is a law of cause and effect operating at all times, and nothing happens to man without his mental consent and participation. You do not have to think of an accident to have it befall you.

Dr. Paul Tournier, famous French psychiatrist, writes about a man who cut his hand with a saw and blamed the so-called accident on the fact that the wood which he was cutting was very wet. Dr. Tournier knew that there was a mental and emotional cause behind the severe cut on the man's hand. He discovered that the man was very irritated toward his employer, and furthermore he had considerable rancor and hostility toward a former employer who had discharged him. Dr. Tournier explained to the man that when he is irritated and upset emotionally, his efforts become uncoordinated and jerky, and thus the accident had happened.

In the thirteenth chapter of Luke we read the following: *There were present at that season some that told him of the Galilaeans, whose blood Pilate had mingled with their sacrifices. And Jesus answering said unto them, Suppose ye that these Galilaeans were sinners above all the Galilaeans, because they suffered such things? I tell you, Nay: but, except ye repent, ye shall all likewise perish. Or those eighteen, upon whom the tower in Siloam fell, and slew them, think ye that they were sinners above all men that*

dwelt in Jerusalem? I tell you, Nay: but, except ye repent, ye shall all likewise perish.

Jesus denies categorically that the victims of such calamities are worse sinners than other men, and added *Except ye repent, ye shall likewise perish*. Misfortune, accidents, and tragedies of various kinds are signs of mental and emotional disorders that have broken out into manifestation. To repent means to think in a new way, to turn back to God and align our thoughts and mental imagery with the Infinite Life, Love, Truth, and Beauty of God, and then we become channels for the Divine.

Still your mind several times a day and affirm slowly, quietly, and lovingly, “God flows through me as harmony, health, peace, joy, wholeness, and perfection. God walks and talks in me. God’s spell is always around me, and wherever I go God’s Wisdom governs me in all my ways, and Divine right action prevails. All my ways are ways of pleasantness, and all my paths are peace.”

As you dwell on these eternal verities, you will establish patterns of Divine Order in your subconscious mind, and whatever you impress is expressed; therefore, you will find yourself watched over at all times by an Overshadowing Presence, your Heavenly Father, who responds to you when you call upon Him.

All of us are in the race mind, the great psychic sea of life. The race mind believes in sickness, accident, death, misfortune, and tragedies of all kinds, and if we do not repent, i.e., if we do not do our own thinking, the race mind will do our thinking for us. Gradually the thoughts of the race mind impinging on our consciousness, may reach a point of saturation and precipitate an accident, sudden illness, or calamity. The majority of people do not think, they think they think. You are thinking when you differentiate between that which is false and that which is true. To think is to choose. You have the capacity to say yes and no. Say yes to the Truth and reject everything unlike God or the

Truth. If the mental instrument could not choose, you would not be an individual. You have the ability to accept and reject. *Think on whatsoever things are lovely, whatsoever things are just, whatsoever things are honest, whatsoever things are pure … think on these things*.

You are thinking when you know that there is an Infinite Intelligence which responds to your thoughts and that no matter what the problem is, as you think about a Divine solution and the happy ending, you will find a subjective wisdom within you responding to you and revealing to you the perfect plan and showing you the way you should go.

Some months ago a woman visited me, stating that she had an organic lesion for several years which failed to heal. She had taken all kinds of therapy including X-ray. She had prayed and sought prayer therapy from others without results. She told me, “God has it in for me. I’m a sinner, this is why I am being punished.” She also told me that she went to a man who hypnotized her, read her past, and had the effrontery and the audacity to tell her that she was a victim of karma, that she had wounded people in a former life, punishing them unjustly, and that now she was suffering and reaping her just deserts. Poignantly she asked, “Do you think this is why I can’t be healed?”

All this is so much folderol and a monstrous absurdity. The above explanation compounded the misery and pain of the woman and offered no cure or solace. I explained to her an age-old Truth that there is but one Power called God. It is the Creative Intelligence in all of us which created us. This Power becomes to us what we believe It to be. If a person thinks that God is punishing him and that he must suffer, *according to his thought and belief is it done unto him. As a man thinketh in his heart so is he*. This means that man’s thoughts and feelings create his destiny. Man is what he thinks all day long, and if a man fails to think constructively, wisely, and judiciously, then someone else or the race mind

will do his thinking for him, and perhaps make a complete mess of his life.

If you believe that God is Infinite Goodness, Boundless Love, Absolute Harmony, and Boundless Wisdom, the God-Presence will respond accordingly to you by the law of reciprocal relationship, and you will find yourself blessed in countless ways. The forces of life are not evil; it depends how we use them. Atomic energy is not evil, it is good or bad depending on the way we use it. Man can use electricity to kill another or to vacuum the floor. You can use water to quench a child's thirst or drown it. The wind which blows the ship on the rocks can also carry it to safety. The uses to which all things or objects in the world are put are determined by the thoughts of man. It is the mind of man which determines the use of the forces and objects in the world. Good and evil are movements in the mind of man relative to the One Power which is whole, pure, and perfect. The Creative Force is in man. There is no power in the manifest universe except we give power to externals. This woman was seeking justification and alibis for her suffering. She was looking outside herself instead of realizing the cause is always in her subconscious mind.

I asked her to tell me about her relationship with men. She confessed that she had an illicit love affair five years previously and that she felt guilty and full of remorse. This unresolved remorse was the psychic wound behind her organic lesion. She realized that God was not punishing her, but she was punishing herself by her own thoughts. The lesion was solidified thought which she could unthink. Life or God does not punish. If you burn your finger, Life proceeds to reduce the edema, gives you new skin, and restores it to wholeness. If you eat some tainted food, Life causes you to regurgitate and seek to restore you to perfect health. The ancients said that the doctor dresses the wound, and God heals it.

The lesion and the morbid symptoms that no medical treatment or prayer therapy could heal, or had been able to cure, disappeared in a week. There is no worse suffering than a guilty conscience and certainly none more destructive. This woman had been punishing herself for five years by her destructive thinking, and when she ceased to condemn herself and began to claim that the Infinite Healing Presence was saturating her whole being and that God indwells every cell of her body, the lesion disappeared. If you had been misusing the principle of electricity or chemistry for fifty years and you suddenly used it correctly, surely you would not say that the principle of electricity had a grudge against you because you had misused it. Likewise, no matter how long you may have used your mind in a negative and destructive manner, the minute you begin to use it the right way, right results follow. *Remember not the former things, neither consider the things of old*. ISAIAH 43:18.

A man who came to see me some months ago was gradually losing his vision. He was attributing it to lack of vitamins, heredity factors, and pointed out that his grandfather went blind at eighty years of age. He belonged to a strange cult, and the cult leader, after reading his horoscope, said the planets were in a malefic configuration and that this was the cause of his failing vision. It is well known in psychosomatic circles today that psychic factors play a definite role in all disease. Nearsightedness can be brought on by workings of the mind. Treating the mental and emotional factors of the individual rather than the eye may reveal the basic emotional factor, the reason why the subconscious mind is selecting an ailment which tends to shut out everything except the immediate surroundings.

Dr. Francis Dunbar states that certain emotional reactions can cause the involuntary muscles to twist the eyeball out of shape. In talking to this man, he revealed that he hated the sight of his mother-in-law who was living in his home. He

was full of suppressed rage, and his emotional system which could not stand the strain any longer selected the eyes as the scapegoat. The explanation was the cure in this case. He was surprised to learn that negative emotions, if persisted in, snarl up in the subconscious mind and being negative must have a negative outlet. The negative commands to his subconscious mind, “I hate the sight of her,” “I don’t want to see her anymore,” were accepted by the deeper mind as a request which brought it to pass.

He made arrangements for his mother-in-law to live elsewhere and prayed for her by releasing her to God and wishing for her all the blessings of Heaven. His vision began to improve almost immediately, and in two weeks his eyesight was restored to normal. He knew he had forgiven his mother-in-law because he could meet her in his mind, and there was no longer any sting. He was trying to justify his failing vision by explaining it in terms of outside causes rather than his own mind.

A deficiency of Vitamin A can cause ophthalmia which is an inflammation of the conjunctiva or of the eyeball; nevertheless, this could be due to ignorance, indifference, or negligence on the part of the individual. The cause in this case would be stupidity or carelessness, and the latter is a state of mind or simply a lack of knowledge. Vitamin A is omnipresent and we should have the intelligence to use it.

You cannot dodge or circumvent the law of mind. It is done unto you as you believe, and a belief is a thought in the mind. No external power or evil entity is trying to lure or harm you. People are constantly attributing their ailments to the atmosphere, the weather, to malpractice, evil entities, germs, viruses, and diet. Man pollutes the air with his strange notions and false doctrines. If a man believes that by being near an electric fan he will catch cold or get a stiff neck, that belief when accepted by him becomes his master and ruler and causes him to experience a cold. This is why the Bible says, *According to your faith is it done unto you*.

The fan has no power to give anyone a stiff neck; it is harmless. Your faith can be used two ways. You can have faith in an invisible virus to give you the flu, or you can have faith in the Invisible Spirit within you to flow through you as harmony, health, and peace.

Realize God cannot be sick and the Spirit in you is God; what is true of God is true of you. Believe this and you will never be sick for *according to your faith* (in health and happiness) *is it done unto you*. Emerson said, “He (man) thinks his fate alien because the copula is hidden. But the soul contains the event that shall befall it; for the event is only the actualization of its thoughts, and what we pray to ourselves for is always granted. The event is the print of your form. It fits you like your skin.” *Fate* by R. W. Emerson.

The Devil in the Bible means ignorance or misunderstanding. Spell live backward and you have evil. Your evil is an inversion of the Life-Principle which is God. God moves as a unity and seeks to express Himself through you as beauty, love, joy, peace, and Divine Order. The false idea in your mind is called the adversary, devil, Satan, etc. The devils which bedevil man are enmity, strife, hatred, revenge, hostility, self-condemnation, and other negative emotions. If man fails to believe in the goodness of God and in a God of Love, the extent to which he believes this can well be his so-called devil which is the source of his pains, aches, and misfortunes.

A woman wrote me stating that her daughter was watching a group of men fighting on the streets of New York and that a bullet hit her daughter necessitating the amputation of two fingers—and what was the cause of it? Was it God’s will? Was it punishment for her sins that this accident occurred? The answer is in the negative to all these questions of the mother. God does not judge or punish; good and evil are the movements of man’s own mind. It is very primitive thinking to believe that God is punishing us or that a devil is tempting us. Our state of consciousness is always

made manifest. Men, women, and children are constantly testifying to our state of consciousness. Our state of consciousness is always cause.

We do not know the contents of this girl's mind. If she were hateful, resentful, or full of hostility and self-condemnation, she could have attracted such a condition to herself. We must remember that the majority of people do not discipline, control, or direct their thinking and mental imagery along Godlike channels; therefore, their failure to think constructively and harmoniously from the standpoint of the Infinite One means that they leave their minds open to the irrational mass mind which is full of fears, hates, jealousies, and all kinds of negative happenings.

Man's failure to think the right way is as bad as thinking negatively and destructively. As a boy, I remember a farmer in Ireland who waited behind a fence every day for over a week in order to shoot the landlord when he passed by. One day he was going behind the usual fence and he stumbled, the rifle went off, and he was shot fatally. I did not understand the reason at that time, and like others, I believed it to be an accident. There are no accidents; there is a mind, a mood, a feeling behind that car, train, bicycle, and also behind the gun. This man had murder in his heart for a long time, and his subconscious responded accordingly.

No manifestation cometh unto me, save I the Father draw it. The father is your state of consciousness, your own creative power, and no experience comes to you except there is an affinity in your own mind. Two unlike things repel each other. If you walk and talk with God and believe that God is guiding you and that the Law of Harmony is always governing you, then you cannot be on a train that is wrecked because discord and harmony do not dwell together. The mother added in her letter as a postscript, "My daughter cannot get her fingers back through prayer." I don't know why people are so decisive and categorical in

their statements that a man cannot grow a leg or finger if missing.

Let me quote from *He Heals To-Day* by Elsie Salmon: “Mildred was three years old when brought to me. She was born without a left hand. The arm ended in a point no bigger than the size of an index finger well above the wrist. Within a month the point at the end of the deformed arm had doubled in size and was quite plump, whereupon the father, now seeing this remarkable development, said, ‘Anything can happen.’ The following month there was a formation which looked like a thumb and which, at the time, we thought was a thumb. About three months following we found that this was not a thumb at all but that the growth was the whole hand at the end of the arm and this was unfolding like a flower before our eyes.”

She concludes by saying that those who were skeptical are now accepting it as an established fact. Perhaps we should take a lesson from the rhinoceros. When you take off his horns and cut out the roots, he grows new horns. Cut the legs off a crab, and he grows new legs. If a man believed he could grow a new finger, leg, or any organ, he could experience his belief.

Let us cease blaming others, let us look within for the cause of all. Believe in God, in the goodness of God, in the love of God, and in God’s guidance, and you will find that all your ways will be those of pleasantness, and all your paths will be paths of peace. You are belief expressed.

Afterword

Takeaway Points

My hope this that this collection will grant you new insights every time you return to it. Do not be afraid to change your ideas—refining old ideas, arriving at new ones, and discarding what proves unhelpful or unverifiable. Too often we approach spiritual teachings with an "all or nothing" attitude, feeling that we must be in total agreement with what we read or otherwise move on to another set of ideas. Allow Murphy's insights, gathered over a lifetime, to sit with you for a time. Below are some points that I hope will help you on your journey.

—MH

1. Nearly every religious, psychological, and classical philosophy agrees: *What you think dramatically affects your quality of life*. That statement may mean different things to different people, but it is the closest we possess to a universal ethic.

2. We all possess a quality of mind that goes beyond the cognitive and analytic—a storehouse of emotive thoughts, mental pictures, and deep-seated memories. Call it the psyche, the subconscious, or the creative mind, this storehouse harbors deeply insightful and causative power, if properly harnessed. This

suggestive power can solve problems and shape circumstances in ways that we do not always suspect.

3. You can tap the positive agencies of your mind by setting aside time just before going to sleep at night to reflect on a cherished aim, or the solution to a problem. This is a supple period in which to impress suggestions on your psyche or subconscious.

4. Form vivid, believable, emotionally charged mental pictures—*and stick with them*. Consistency is key in training your subconscious. You may be surprised by an uncanny symmetry between long-ago mental pictures and your current circumstance.

5. Never force a mental image. Forced effort invites failure. Be relaxed, calm, and confident when impressing the subconscious. If you find this difficult, take a break and return to it when you're in a calm and confident mood. There is nothing wrong with stepping away from your efforts and returning when your emotions are on your side.

6. Once you have acted to impress your creative mind with an image or outcome, do not dwell on the ways and means of your accomplishment—these will reach your conscious mind in the form of hunches, "happy accidents," fortuitous relationships, and breakthrough ideas.

7. Your solutions, however remarkable, are likely to reach you through *established means*. This is one of subtlest and most important points of practical spirituality. A desired thing is likely to arrive through channels and mechanics that are already established: something will not appear from out of the blue but may come in a

manner that first seems ordinary or conventional. Hence you are apt to overlook it. A solution, condition, or object may reach you in ways that differ from your expectations. Be watchful and flexible.

8. Specialize in a field of work that you love, and strive to know more about it than anyone else. Passion, concentration of energies, and mental focus act powerfully upon your psyche. A deeply felt, well defined, and unconflicted aim is the surest way to harness the energies of your mind.

9. Do not get dejected or stuck if some of the methods and ideas that you encounter in your spiritual search seem paradoxical. Not everything will reveal itself along neat and stratified lines. Learning to live with paradox is one of the hallmarks of maturity.

If you want to make one definite and gainful investment in your future, cultivate a positive, meditative, and confident state of mind. Your sense of self-respect and capability will impress itself on your psyche and bring you unexpected opportunities, relationships, and ideas. You are as your mind is.

Joseph Murphy Timeline

This timeline is intended as a resource for writers, seekers, and students of Joseph Murphy and of the American metaphysical tradition in general. It is also intended as a corrective to some of the misinformation that has circulated about Murphy, such as his studying with Swami Vivekananda (1863–1902), English judge and mystic Thomas Troward (1847–1916)—both of whom lived and worked at disparate times and distances from Murphy—or dubious details about his childhood home and educational background. This timeline represents the most complete information that I could locate through immigration records, Murphy's few interviews, and cross-referenced sources.

—MH

1898

Joseph Denis Murphy is born on May 20, the fourth of five children (three girls and two boys) to a devout Catholic family on the Southern Coast of Ireland in Ballydehob, County Cork. Murphy's father was headmaster of a local boys high school.

Circa 1914–1915
After being educated locally, Murphy studies chemistry in Dublin. Bowing to his parents' wishes he enrolls briefly in a Jesuit seminary. Dissatisfied with his studies, and unbelieving of the doctrine of no salvation outside the church, Murphy leaves seminary.

Circa 1916–1918
Murphy works as a pharmacist for England’s Royal Army Medical Corps during World War I.

1918–1921
Murphy works as a in pharmacist in Dublin. He earns a monthly salary of about $10.

1922

Dissatisfied with traditional religion and finding limited opportunities to practice as a chemist, Murphy just shy of age 24 arrives in New York City on April 17, 1922. He is accompanied by his wife, Madolyn, who is eight years his senior (wedding date unknown). He arrives with $23. Applies for citizenship in August.

1923–1938
Murphy works as a pharmacist in New York City including at a pharmacy counter at the Algonquin Hotel. He deepens his study into metaphysics and years later recounts having studied with the figure of Abdullah, a black man of Jewish descent whom Murphy’s contemporary and fellow New Yorker, Neville Goddard (1905-1972), wrote that he studied with. Murphy reports that Abdullah tells Murphy that he actually had three brothers, not two. Upon checking with his mother, Murphy discovers that he had a third brother who died at birth and was never spoken of.

Circa 1931
Murphy begins attending the Church of the Healing Christ in New York City, presided over by Emmet Fox.

Circa 1938

Murphy is ordained as a Divine Science minster. He continues to work as a druggist and chemist.

1941

Murphy begins broadcasting metaphysical sermons over the radio.

1942

Murphy enlists as a pharmacist in the New York State National Guard, a post he holds until 1948.

1943

Murphy studies Tarot in New York City and comes to believe in symbolic correspondences between the Tarot cards and Scripture.

1945

Murphy writes his first book, *This Is It: The Art Of Metaphysical Demonstration*.

1946

Murphy is ordained as a Religious Science Minister in Los Angeles. He soon takes over the pulpit of the Institute for Religious Science in Rochester, New York. He publishes the short works *Wheels of Truth, The Perfect Answer*, and *Fear Not*.

1948

Murphy publishes *St. John Speaks, Love is Freedom*, and *The Twelve Powers Mystically Explained*.

1949

Murphy is re-ordained into Divine Science and becomes minister of the Los Angeles Divine Science Church, a post he will hold for the next 28 years. Services become so popular that they are held at the Wilshire Ebell Theater.

1952

Publishes *Riches Are Your Right*.

1953

Publishes *The Miracles of Your Mind, The Fragrance of God*, and *How to Use the Power of Prayer*.

1954

Publishes *The Magic of Faith* and *The Meaning of Reincarnation*, one of his most controversial books.

1955

Publishes *Believe in Yourself* and *How to Attract Money*, one of his most enduringly popular works.

1956

Murphy writes *Traveling With God* in which he recounts his international speaking tours, comparing New Thought with various global traditions. He also publishes *Peace Within Yourself* (*St. John Speaks* revised) and *Prayer Is the Answer*.

1957

Publishes *How to Use Your Healing Power*.

1958

Publishes the short works *Quiet Moments with God, Pray Your Way Through It, The Healing Power of Love, Stay Young Forever, Mental Poisons and Their Antidotes*, and *How to Pray With a Deck of Cards*.

1959

Publishes *Living Without Strain*.

1960

Publishes *Techniques in Prayer Therapy*.

1961

Publishes *You Can Change Your Whole Life* and *Nuclear Religion*.

1962

Publishes *Why Did This Happen to Me?*

1963

Publishes *The Power of Your Subconscious Mind*, which becomes a worldwide bestseller and a landmark of New Thought philosophy. The book's publication makes Murphy into one of the most widely known metaphysical writers in the world.

1964

Publishes *The Miracle of Mind Dynamics*.

1965
Publishes *The Amazing Laws of Cosmic Mind Power*.

1966

Publishes *Your Infinite Power to Be Rich*.

1968

Publishes *The Cosmic Power Within You*.

1969

Publishes *Infinite Power for Richer Living*.

1970

Publishes *Secrets of the I Ching*.

1971

Publishes *Psychic Perception: The Magic of Extrasensory Perception*.

1972

Publishes *Miracle Power for Infinite Riches*

1973

Publishes *Telepsychics: The Magic Power of Perfect Living* (1973)

1974

Publishes *The Cosmic Energizer: Miracle Power of the Universe* (1974)

1976

Murphy’s first wife Madolyn dies. He remarries his secretary, Jean L. Murphy (nee Wright), also a Divine Science minister. He writes *Great Bible Truths for Human Problems*.

1977

Publishes *Within You Is the Power*

1979

Publishes *Songs of God*

1980

Publishes *How to Use the Laws of Mind*

1981

Murphy dies on December 16 in Laguna Hills, CA, where he and his wife Jean are living at the Leisure World retirement community, now known as Laguna Woods Village.

1982

These Truths Can Change Your Life is published posthumously.

1987

Canadian writer Bernard Cantin publishes the French language work *Joseph Murphy se raconte à Bernard Cantin [Joseph Murphy Speaks to Bernard Cantin]* with Quebec's Éditions Un Monde Différent. The book is based on an extended series of interviews Cantin conducted with Murphy

before his death and provides a rare window into Murphy's career. It does not appear in English. *The Collected Essays of Joseph Murphy* is published posthumously.

About the Authors

A native of Ireland who resettled in America, JOSEPH MURPHY, Ph.D., D.D. (1898–1981) was a prolific and widely admired New Thought minister and writer, best known for his metaphysical classic, *The Power of Your Subconscious Mind*, an international bestseller since it first appeared on the self-help scene in 1963. A popular speaker, Murphy lectured on both American coasts and in Europe, Asia, and South Africa. His many books and pamphlets on the autosuggestive and metaphysical faculties of the human mind have entered multiple editions. Murphy is considered one of the pioneering voices of affirmative-thinking philosophy.

MITCH HOROWITZ is a PEN Award-winning historian and the author of books including *Occult America, One Simple Idea*, and *The Miracle Club*. His G&D Media titles include *The Miracle Habits, Secrets of Self-Mastery, The Power of the Master Mind*, and *The Miracle of a Definite Chief Aim*. Follow him on Twitter @MitchHorowitz and on Instagram @MitchHorowitz23.

Dr. Joseph Murphy, Ph.D.

Autor do grande best seller *O poder do subconsciente*

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Tradução de
A.B.PINHEIRO DE LEMOS

13ª EDIÇÃO

NOVA ERA

Rio de Janeiro
2003

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O SENHOR É o meu pastor. Entôo o canto da alma exultante por ter escolhido Deus como meu pastor. A Inteligência Divina me orienta por todos os caminhos. Não me faltarão paz, harmonia ou orientação, porque a Sabedoria de Deus me guia. Deito sempre em verdes pastagens, pois Deus está me fazendo prosperar além dos meus sonhos mais otimistas. Encontro-me junto de águas serenas ao proclamar que a Paz Infinita de Deus flui por minha mente e coração. Minhas emoções (águas) são serenas e calmas. Minha mente está agora tranqüila e reflete a Luz e as Verdades Celestiais de Deus (minha alma está revigorada). Caminho pela trilha certa, através da devoção e atenção às Verdades Eternas de Deus. Sei que a morte não existe e não temo o mal. Sei que "Deus não nos concedeu o espírito do medo, mas sim o do amor e da força, assim como uma mente firme". O bastão (Amor) e o cajado (Verdade) de Deus me confortam, sustentam e alimentam. A mesa do banquete de Deus está sempre posta para mim; é o lugar secreto do Altíssimo, onde em pensamento passeio e falo com Deus. Alimento-me com as Verdades de Deus sempre que o medo e a preocupação (meus inimigos) me perturbam. O pão que eu como é a idéia de paz, amor e fé de Deus, em todas as coisas boas. A carne que como é a Onipotência de Deus; o

vinho que bebo é a essência da alegria. A Sabedoria de Deus unge a minha inteligência; é um Lampião sobre os meus, uma Luz em meu caminho. Minha taça (coração) é a câmara da Presença Sagrada de Deus; transborda de amor e alegria. Habito mentalmente na Bondade, Verdade e Beleza; esta é a minha Casa de Deus.

INTERPRETAÇÃO CONDENSADA DO SALMO 91

HABITO NO Lugar Secreto ao contemplar Deus e Sua Glória dentro de mim. Estou sempre à Sombra, porque sei que o Amor de Deus me cerca e envolve, tornando reto, aprazível e alegre o meu caminho. O Senhor (O Poder Espiritual) é Soberano e Supremo, o Único Poder. Responde a meu pensamento; portanto, é meu Refúgio e minha Fortaleza. Esse Poder Espiritual inspira, cura, fortalece e restaura minha mente e corpo. É Deus. É um Poder Generoso e Benéfico. Nele confio absolutamente e me responde como misericórdia, amor, inspiração e beleza. Esse Poder Divino me cobre com suas penas de Amor, Luz e Paz. É maravilhoso!

Rejeito totalmente os pensamentos negativos do mundo (a flecha durante o dia) e o Amor de Deus dissolve os padrões de medo do subconsciente (terrores à noite). Sei que estou seguro nas Mãos Invisíveis de Deus. Sempre vibro com a Mente de Deus e tudo está bem. Estou inteiramente livre do medo de acidentes ou atividades hostis (pestilências que espreitam nas trevas), porque sei que estou imunizado e inebriado por Deus. Recebi o Anticorpo Divino — a Presença de Deus em meu coração. Os milhares de pensamentos e sugestões negativos do mundo são destruídos consciente e subconscientemente, pois Deus anda e fala em mim, vivo

na alegre expectativa do melhor. (Nenhum mal se abaterá sobre você.) Deus e Seus Anjos Sagrados (Idéias, Impulsos, Intuição e Orientação de Deus) me tomaram em seus cuidados e estou a salvo em todos os meus caminhos — na saúde, atividade correta, auto-expressão e companhia Divina. Contemplando a Presença de Deus, enfrento o leão e a serpente (obstáculos e dificuldades de todos os tipos). Minha salvação (solução) é revelada quando penso em Deus e no Paraíso; e todas as forças Divinas se apressam em atender, para minha alegria eterna.

VERSÃO DO MARUJO DO SALMO 23

SENHOR É meu Piloto; não ficarei à deriva. Ele me ilumina pelas águas escuras, me guia pelos canais profundos, mantém o diário de bordo, Orienta-me pela estrela sagrada. Embora eu navegue pelas trovoadas e tempestades da vida, não temerei o perigo, pois o Senhor está comigo. Seu amor e seus cuidados me resguardam. Reservou-me um porto seguro na terra da eternidade. Unge com óleo as ondas para que meu navio singre em paz, A luz do sol e a luz das estrelas me acolhem na viagem que empreendo e descansarei para sempre no porto de meu Deus."*

*Por J. Rogers, comandante da marinha mercante, escrita durante a Segunda Guerra Mundial. Publicada pelo Boletim dos Capelães da Marinha, em Washington, D.C.

A ESTRADA DO REI

SEGUIREMOS pela estrada do rei, não viraremos à direita nem à esquerda."

Meu caminho é o caminho de Deus, todos os seus caminhos são aprazíveis, todas as suas trilhas são de paz. Viajo sob a Orientação de Deus, levado pelo Espírito Santo. Meu caminho é a Estrada Real dos Antigos, a trilha intermediaria de Buda, o portão estreito de Jesus. Meu caminho é a Estrada do Rei, pois sou um Rei sobre todos os meus pensamentos, sentimentos e emoções.

Envio à frente os meus mensageiros: o Amor, Paz, Luz e Beleza de Deus, a fim de tornarem o caminho reto, belo, alegre e feliz. Sempre viajo pela Estrada do Rei encontrando por toda parte os mensageiros de paz e alegria de Deus. Sigo pela estrada para o topo da montanha sabendo que não encontrarei o mal pelo caminho, pois meus olhos estão fixados em Deus.

Guiando um carro, viajando de trem, ônibus, avião ou a pé, o Encantamento de Deus sempre me envolve. É a Couraça Invisível de Deus e sigo de um ponto a outro livremente, na alegria e amor. O Espírito do Senhor meu Deus me acompanha, fazendo com que todas as estradas sejam um caminho para Deus. É maravilhoso!

GUIE EM PAZ

É O carro de Deus. É idéia de Deus e se desloca de um ponto para outro livremente, alegremente, com amor. A Sabedoria de Deus guia este carro por todos os seus caminhos. A Ordem, Simetria e Beleza de Deus governam o mecanismo deste carro em todos os momentos. A Sagrada Presença de Deus abençoa este carro e todos os seus ocupantes. O motorista deste carro é um embaixador de Deus; está repleto de amor e boa vontade para todos. A Paz, Verdade e Compreensão de Deus sempre guiam o motorista. Deus orienta todas as decisões, tornando o caminho reto, aprazível e perfeito. O Espírito do Senhor-Deus envolve o motorista, fazendo com que todas as estradas sejam um caminho para seu Deus.

ORAÇÃO PARA GUIAR E VIAJAR

"O SENHOR é aquele que segue à minha frente." Meu ânimo predominante de fé e confiança é de que a Sabedoria e o Poder de Deus sempre me guiam por todos os caminhos. É o sentimento de que o Senhor segue à minha frente. Minha convicção da Presença de Deus é forte e poderosa, sei que o clima Espiritual em que habito segue à minha frente, tornando o caminho reto, aprazível, alegre e feliz. Sei que em todas as viagens, de ônibus, trem, avião, automóvel ou qualquer outro meio de transporte, o Amor e Inteligência de Deus me guiam na jornada. Todas as estradas do mundo são controladas por Deus, tornando o céu por cima e a terra por baixo um caminho para o meu Deus.

FIQUE QUIETO E SAIBA

FIQUE QUIETO e saiba que eu sou Deus. Aquieto agora todas as engrenagens da mente ao pensar em Deus e seu Amor. Minhas emoções estão perfeitamente controladas; estou absolutamente sereno. A mente está em paz e reflete a Luz e Verdades Celestiais de Deus. A Sabedoria de Deus aflora à superfície da minha mente enquanto me mantenho sereno, revelando-me o plano perfeito, indicando o caminho que devo seguir.

Minha devoção e atenção se concentram nas Verdades Eternas de Deus durante o dia inteiro. Proclamo constantemente que a Sabedoria, Verdade e Beleza de Deus me regem e orientam, em todas as fases da vida.

O bastão (Amor) e o cajado (Verdade) de Deus me sustentam, alimentam e fortalecem em todas as diligências. Sempre que o medo surge, viro-me imediatamente para Deus e sua Sagrada Presença, regozijando-me com esta Verdade: "Deus não me concedeu o espírito do medo, mas sim o do Amor e Poder, uma mente firme." Como do pão do paraíso, feito de paz, harmonia e fé em Deus. Minha oração é: "Senhor, dê-nos sempre este pão."

A SAGRADA PRESENÇA

EU SOU DEUS e não há outro Deus além de mim. Não sou limitado pelo tempo nem pelo espaço. Não estou restrito por nome ou forma. Estou presente em toda parte. Sou seu Deus e Senhor de hostes incontáveis. Sou o Santo dos Santos, no Coração do Verdadeiro Templo, na Montanha Sagrada. Comungo com Deus agora. Seu Amor e Luz fluem por mim, sou inundado pela Radiância da Luz Ilimitada. Sou elevado e inspirado; estou me expandindo para o Seio Divino do Pai. Sinto a Doce Fragrância de Deus; Este Perfume Interior aciona as cordas de meu coração, que tocam a Melodia de Deus. Deposito a minha fé na Presença Divina e Perfeição d'Aquele Que É. Meu Eu Superior é Deus. Ele se comunica comigo; ouço a Voz Interior. Ilumina, inspira e eleva; periodicamente, me descubro em êxtase, imerso em sua Onipresença Sagrada. Sei agora que sou um filho do Deus Vivo. Sou o Espírito Divino — um filho de Deus; n'Ele habito, existo e tenho meu ser, Sei que Ele está meditando e sou a Sua meditação.

O PODER DE DEUS

DEUS É A única Presença e o único Poder. Eu sou aquele que o tem. A Força de Deus é a minha força; sua Inteligência inunda a minha mente. Essa nova consciência me proporciona um domínio completo sobre todos os aspectos da minha vida. Estou agora integrado na Mente Universal. Sua Sabedoria, Poder e Glória fluem por mim. Sei que a Energia e Poder de Deus impregnam cada átomo, tecido, músculo e osso de meu ser, tornando-me perfeito agora. Deus é Vida e essa Vida é a minha vida. Minha fé se renova; a vitalidade se restaura. Ele é meu Deus; estou com Ele, unido. A Verdade é meu escudo; regozijo-me que assim seja. Sob as suas Asas confiarei. Habito no Lugar Secreto do Altíssimo e estou sob a Sombra do Todo-Poderoso.

A PAZ DE DEUS

"E EM QUALQUER casa que entrar, diga primeiro: Que a Paz esteja nesta casa." Minha mente transborda com a Vida, Amor e Verdade de Deus. Sempre que a minha atenção se desvia de Deus, eu a levo de volta pela contemplação de sua Sagrada Presença. Penetro na Câmara Secreta dentro de mim — minha própria consciência. Estou no Paraíso; sinto-me perfeitamente calmo, tranqüilo e controlado. "Que a Paz esteja dentro destas paredes e a prosperidade dentro de seus palácios. Pelo bem de meus irmãos e companheiros, eu direi: Que a paz esteja convosco." Abato na Casa do Senhor meu Deus e procuro apenas o bem. Vivo em seu Reino. Sinto o ambiente Divino de paz, amor e alegria. Elevo a dádiva de Deus dentro de mim. Sei que eu e meu Pai somos um só; sinto essa realidade; a Vida flui por mim. Sei que em seu Paraíso, onde eu habito e tenho o meu ser, todas as minhas orações são atendidas. Estou em paz. A Pomba do Amor sussurrou em meu ouvido: "Que a paz esteja com você!"

PAZ INTERIOR

MINHA MENTE está serena e em paz; sou um reflexo da Sabedoria e Beleza do Altíssimo. O Espírito de Deus flui por mim neste momento, em pensamentos, palavras e ações. Estou em paz. Sou inundado pela paz que transcende à compreensão. Sinto a segurança e tranqüilidade de minha mente, sintonizada com o Infinito. Repouso nos Braços Eternos. Minha vida é a Vida de Deus e é perfeita. Sou um com meu Pai e meu Pai é Deus. Controle e equilíbrio são meus atributos agora. Minha mente é a mente de Deus e é perfeita. As idéias de Deus constantemente se desdobram dentro de mim, proporcionando harmonia, saúde e paz. Sei que o Espírito Santo está me levando para toda a Verdade. Estou seguro no conhecimento de que Deus é e tudo o que existe é Deus. Irradio o sol do Amor de Deus. Amor é a realização da lei e a lei é que eu sou aquilo que penso.

FALANDO A VERDADE

COMPREENDO E sei que Deus se manifesta por meu intermédio quando falo. Deus fala através do homem. Minhas palavras são "maçãs de ouro em molduras de prata". "Minhas palavras são o espírito e são a vida, Minhas palavras são espírito e são verdade." Conheço a Verdade e a Verdade me liberta. Quando falo, proporciono alegria e felicidade a todos. Sou um mensageiro de Deus; levo boas novas a todos; falo em paz. As idéias de Deus constantemente se desdobram dentro de mim, trazem-me harmonia, alegria e paz, Eu me expresso com vigor e confiança. Sou a articulação perfeita e a expressão da Verdade. Falo a Verdade, amo a Verdade e conheço a Verdade. A Inteligência Infinita fala por meu intermédio agora. Proclamo uma coisa agora e a faço acontecer. Obrigado, Pai,

A FÉ ME TORNA PERFEITO

Sou ESPIRITUAL. Sou fiel a Deus ou ao Bem. Amo apenas o Bem. Sou a consciência de Deus e reflito a sua plenitude e perfeição. Sou um reflexo da Perfeição de Deus em cada átomo do meu ser. Meu coração está alegre e projeta um semblante jovial. Meu corpo é o corpo de Deus; é perfeito agora. Estou expressando harmonia, saúde e paz em todos os aspectos da minha vida. A Luz de Deus brilha através de meus olhos; é perfeita agora. Flui através de mim com alegria, harmonia e paz. O Amor de Deus aflora dentro de mim; expresso saúde perfeita. Estou repleto de alegria e felicidade; estou repleto de confiança e fé. Minha fé é um sentimento e a convicção interior de que sou perfeito. Deus é o Eterno Agora; meu bem é neste momento. Minha fé tornou-me perfeito.

PALAVRAS DE PODER

MANTENHO A mente em Deus e permaneço em perfeita paz. E nessa paz de Deus encontro Ordem, Harmonia e Amor Divino.

"Nenhuma palavra de Deus será desprovida de poder."

As palavras que falo estão cheias de espírito e vida. Reconheço Deus em todas as minhas ações e transações. Minha mente permanece em Deus. Sou abençoado e prosperei pela atividade da lei do bem em minha vida.

Todas as minhas declarações de verdade estão impregnadas de vida, amor e significado. As palavras que falo produzem grande impressão em minha mente profunda. Estou contente por saber que Deus habita em meu coração, pois Deus é a minha própria vida. Essas palavras se gravam em meu coração: "Eis que habito com você, homem de Deus, assim você também deve habitar comigo."

Sei que estou vendo Deus sob forma humana ao olhar para meu semelhante. Abençôo e irradio pensamentos de amor para toda a humanidade. Pronuncio a palavra agora. Minhas palavras são criativas; a mente profunda em mim sempre responde. Ordeno agora perfeita saúde, harmonia e paz, em minha casa, meu coração e todas as minhas atividades.

Sei e creio que Deus está me guiando agora, por to-

dos os caminhos, e que o Espírito Infinito governa todas as minhas ações. Assim determinei, assim haverá de acontecer. Encontrei a Jóia da Eternidade em meu próprio coração.

FÉ EM DEUS

JESUS DISSE: "Sua fé tornou-o perfeito." Minha fé é o sentimento e convicção interior de que Deus é e tudo o que existe é Deus. Tenho uma expectativa alegre do melhor; sei que apenas o bem pode sair de mim. "A fé é a substância das coisas que se espera, a prova de coisas que não são vistas." Embora eu não veja o que quero, sei que todas as coisas derivam do Espírito Que Originou a Si Mesmo dentro de mim. Volto-me agora para Deus; penso em suas qualidades, atributos e aspectos. Compreendo que todas as qualidades estão em mim. Contemplando a sua Presença, sei que a paz, ordem, alegria, amor, perfeição, pureza e santidade estão fluindo por minha mente e corpo. Regozijo-me por isso e dou graças que assim seja. Sinto a minha integração com Deus, a vida, o universo e todos os homens. Minha fé reside na Lei do Bem. O certo é poder. O uso correto da Lei do Bem ou Deus é o grande poder. Convoco agora as coisas que não são como se fossem, o invisível torna-se visível.

ORIENTAÇÃO DIVINA

TODAS AS coisas que existem são como uma ondulação na superfície da correnteza e todas são uma só Substância. Todos partilhamos a qualidade da Correnteza, que é o espelho do eu para o eu. "Há um rio que deságua alegremente na cidade de Deus." Eu sou o rio de Deus; de mim fluem a bondade, a verdade e a beleza. Habito numa cidade de paz; essa cidade se localiza em minha mente; todos os habitantes, que são os meus pensamentos, são filhos de Deus, porque são pensamentos de Deus e o Poder de Deus se encontra em meu pensamento para o bem, A Inteligência Infinita está me guiando agora, em pensamentos, palavras e ações. Sou um canal perfeito do Divino. Sinto, sei e creio que meu Eu-Deus ilumina os meus caminhos. A Sabedoria Divina me inspira, guia, governa e orienta para toda a Verdade. Estou integrado com Deus agora; tudo está bem. Amo a Voz Sagrada interior; é a voz de meu Pai e meu Pai é Deus,

O VERDADEIRO LUGAR

MEU TRABALHO é perfeito e estou sempre reapresentando as idéias de Deus. Sou a consciência de Deus; minha mente é a mente de Deus. Sou a atividade de Deus; estou me expressando plenamente. Sei que há uma lei perfeita de oferta e demanda. Estou instantaneamente em contato com tudo o que preciso. Estou agora no meu verdadeiro lugar; estou distribuindo os meus talentos de maneira maravilhosa. Sou compensado Divinamente. Meu Deus é o Princípio de todo Conhecimento; sei de tudo que preciso instantaneamente. Sou integrado em meu Pai e meu Pai é Deus. Estou sempre refletindo a Glória, Amor e Atividade de Deus. Estou fazendo a coisa que amo. Meu lugar é com Deus, em todos os momentos; estou integrado n'Ele agora; assim seja, Absorvo a alegria de tudo, Eu lhe agradeço, Pai, por meu lugar perfeito. Tudo está bem.

HABITANDO COM DEUS

Vivo NUM estado de consciência. É a consciência de paz interior, alegria, harmonia e boa vontade para todos os homens. Sei que minha verdadeira terra não é uma locação geográfica. Um país é um local em que se mora. Eu habito no Lugar Secreto do Altíssimo; estou à Sombra do Todo-Poderoso; ando e falo com Deus em todos os dias de minha vida. Sei que só existe uma Família Divina, que é a humanidade. *Deus se levanta e seus inimigos se dispersam.* (Salmo 68)

Sei que meus únicos inimigos são o medo, ignorância, superstição, concessão e outros falsos deuses. Não permitirei que esses inimigos habitem em minha mente. Recuso-me a conceder um passaporte para minha mente a pensamentos negativos,

Entronizo Deus e seu Amor em minha mente. Penso, sinto e ajo do ponto de vista do amor Divino. Entro mentalmente em contato com o Poder Divino agora, que se movimenta por mim; sinto-me invencível. A paz começa em mim, Sinto o rio de paz de Deus fluindo por mim agora.

Proclamo que o amor de Deus está nos corações de todos os homens. Deus e sua Sabedoria me guiam e governam, assim como a todos os homens, em toda parte, Deus inspira a mim, a nossos líderes e aos governos de todas as

nações, a fim de que façam a sua vontade e apenas a sua vontade. A vontade de Deus é harmonia, paz, alegria, plenitude, beleza e perfeição. É maravilhoso!

HABITE NO SILENCIO

JESUS DISSE: "Deus é Espírito e aquele que O ama deve fazê-lo em espírito e verdade."

Sei e compreendo que Deus está em ação dentro de mim. Sei que Deus é um sentimento ou convicção profunda de harmonia, saúde e paz; é o movimento de meu coração. O espírito ou sentimento de confiança e fé que agora me possui é o espírito de Deus e a ação de Deus sobre as águas da minha mente, Assim é Deus, o Poder criativo interior.

Vivo e tenho o meu ser na fé e confiança de que a bondade, verdade e beleza acontecerão em todos os dias da minha vida; essa fé em Deus e em todas as coisas boas é onipotente; remove todas as barreiras.

Fecho agora a porta dos sentidos; retiro toda a atenção do mundo. Viro-me para dentro, para o Único, o Belo e o Bom; aqui, habito com meu Pai, além do tempo e espaço; aqui, vivo à sombra do Todo-Poderoso. Estou livre de todo medo, do veredicto do mundo e da aparência das coisas. Sinto agora a sua Presença, que é o sentimento da prece atendida ou a presença do meu bem.

Tomo-me o que penso. Sinto agora que sou o que quero ser; esse sentimento ou consciência é a ação de Deus em mim; é o Poder criativo. Agradeço pela alegria da prece atendida e repouso no silêncio do que "Está feito".

O PODER PARA REALIZAR

NADA SERÁ impossível para Deus."A Onipotência está dentro de mim; tenho todo o Poder que existe. Toda Verdade é a Palavra de Deus. Falo a Verdade; regozijo-me com a Verdade. Reconheço Deus; minha mente está fixada em Deus. Sinto o Poder Onipotente fluindo por mim agora, tornando-me pleno e perfeito. Estou refletindo a Vida; tenho todo o poder e força. A alegria do Senhor é a minha força. Estou agora individualizando o Poder Infinito do seu Amor Infinito. Expresso a energia inesgotável de Deus. Tudo é Espírito e manifestação do Espírito. É toda sua, Ó Senhor, a Grandeza, Poder, Glória, Vitória e Majestade. Sou forte no Senhor e na Força de seu Poder. A Ação de Deus está ocorrendo em todas as minhas atividades; este é o Princípio do Bem. Sei e creio que o Deus Eterno em mim é o Criador dos fins da terra. Ele não desfalece nem cansa. Reconheço esse Poder Supremo e a ele me integro conscientemente. Regozijo-me porque virei perfeito.

DEIXE QUE DEUS FAÇA

FOI-LHE CONCEDIDO o livre-arbítrio. Você é o dono de seus pensamentos, emoções e reações à vida. Seu pensamento é criativo, porque o subconsciente reage à natureza do pensamento. Quando você ora, deve se comportar como um executivo eficiente; aprenda a delegar seu trabalho, de maneira sensata e criteriosa. Deus em sua Sabedoria concedeu-lhe um subconsciente que é um servidor maravilhoso. Obedece às suas ordens. Você é o comandante e o subconsciente cumpre fielmente as suas ordens. Quando tem um problema, você formula o pedido de solução à Mente Profunda, que está em contato com a Inteligência Infinita e a Sabedoria Ilimitada. A Mente Profunda sabe como resolver seu problema e oferecer-lhe a resposta. Apresente o seu pedido agora, com fé e confiança, sabendo em seu coração que tudo depende da maneira como se sente por dentro. Se confia no poder interior, está sereno e calmo. Na *tranqüilidade e confiança está a sua força.* (Isaías, 30:15)

CÍRCULO DO AMOR DE DEUS

AS DÁDIVAS DE Deus me pertencem agora. Vivo na Presença de Deus, da qual fluem todas as bênçãos. Aproveito cada momento deste dia para glorificar a Deus. A harmonia, paz e abundância de Deus me pertencem agora. O amor divino flui de mim e abençoa todos aqueles que me cercam. O amor de Deus é sentido por todos os que estão presentes aqui e Seu amor os está curando agora.

Não temo o mal, pois Deus está comigo. Estou sempre cercado pelo círculo sagrado do amor e poder de Deus. Proclamo, sinto, sei e creio absolutamente que o encantamento do amor e a eterna vigilância de Deus me guiam, curam e velam por mim e por todas as pessoas de minha família.

Perdôo a todos e sinceramente irradio o amor, paz e boa vontade de Deus para todas as pessoas, em toda parte. No centro do meu ser existe paz; é a paz de Deus. Nessa tranqüilidade sinto a sua força e orientação, o amor de sua Sagrada Presença. Sou divinamente orientado por todos os caminhos. Sou um canal aberto para o amor, luz, verdade e beleza de Deus. Sinto o seu Rio de Paz fluindo por mim agora. Sei que todos os meus problemas se dissolvem na mente de Deus. Os caminhos de Deus são os meus caminhos. As palavras que pronuncio se realizam. Regozijo-me e dou graças, compreendendo que minhas preces são atendidas. Assim seja.

DEUS É O ETERNO AGORA

(Usando o Subconsciente)

SEI QUE O MEU bem é neste momento. Creio em meu coração que posso profetizar para mim harmonia, saúde, paz e alegria. Instalo o conceito de paz, sucesso e prosperidade em minha mente agora. Sei e creio que esses pensamentos (sementes) crescerão e se manifestarão em minha experiência.

Sou o jardineiro; como semeio, assim colherei, Semeio pensamentos Divinos (sementes); essas sementes maravilhosas são paz, sucesso, harmonia e boa vontade. É uma colheita maravilhosa.

Deste momento em diante estou depositando no Banco Universal (meu subconsciente) sementes ou pensamentos de paz, confiança, controle e equilíbrio. Estou sacando os frutos das sementes maravilhosas que deposito. Creio e aceito o fato de que meu desejo é uma semente depositada no subconsciente. Torno-o real ao sentir a sua realidade. Aceito a realidade do meu desejo da mesma maneira que aceito o fato de que a semente depositada no solo vai germinar. Sei que cresce na escuridão; também o desejo ou ideal cresce na escuridão do meu subconsciente. Em pouco tempo, como a semente, aflora à superfície, como uma condição, circunstância ou evento.

A Inteligência Infinita me orienta por todos os caminhos. Medito em tudo que é verdadeiro, honesto, justo e generoso. Penso nessas coisas e o Poder de Deus está com meus pensamentos para o bem. Estou em paz.

O CAMINHO DA ORAÇÃO

"TORNARÁ SEU caminho próspero e encontrará um bom resultado." Ofereço agora um padrão de sucesso e prosperidade à minha mente mais profunda, que é a lei. Identifico-me agora com a Fonte Infinita de suprimento. Escuto a voz serena interior de Deus. Essa voz interior leva, guia e governa todas as minhas atividades. Estou integrado com a abundância de Deus. Sei e creio que há caminhos novos e melhores para a condução de minhas atividades; a Inteligência Infinita me revela os novos caminhos.

Estou crescendo em sabedoria e compreensão. Minhas atividades são as atividades de Deus. E prospero Divinamente por todos os caminhos. A Sabedoria Divina interior revela os meios e caminhos pelos quais minhas atividades se ajustam imediatamente à maneira certa.

As palavras de fé e convicção que agora expresso abrem todas as portas necessárias ao meu sucesso e prosperidade. Sei que "O Senhor (Lei) tornará perfeito tudo o que me envolve". Meus pés se mantêm no caminho certo porque sou um filho do Deus Vivo.

A ORAÇÃO DE FÉ

"ORAÇÃO DE fé salvará o doente e Deus o fará levantar." Sei que apesar da negação de ontem, minha oração ou declaração da verdade se elevará triunfante hoje. Atenho-me firmemente à alegria da prece atendida. Caminho o dia inteiro sob a Luz.

Hoje é dia de Deus; é um dia glorioso para mim, repleto de paz, harmonia e alegria. A fé no bem está gravada em meu coração. Estou absolutamente convencido de que há uma Presença e uma perfeita Lei que recebem agora a impressão do meu desejo e atraem irresistivelmente para a minha experiência todas as coisas boas que o coração deseja. Deposito toda fé e confiança no Poder e Presença de Deus em mim; estou em paz.

Sei que sou um hóspede do Infinito e que Deus é meu anfitrião. Ouço o convite do Sagrado: "Venha a mim com seu trabalho e lhe darei descanso." Repouso em Deus; tudo está bem.

A TRANSMISSÃO DE DEUS

"TODOS VOCÊS são irmãos, pois um só é seu pai." Sempre levo harmonia, paz e alegria a cada situação, a todos os meus relacionamentos pessoais. Sei, creio e proclamo que a paz de Deus reina suprema na mente e coração de todos, em minha casa e meu trabalho. Não importa qual seja o problema, sempre mantenho a paz, equilíbrio, paciência e sabedoria. Perdôo plena e livremente a todos, independente do que possam ter dito ou feito. Lanço todos os meus fardos ao Eu-Deus interior; liberto-me; é um sentimento maravilhoso. Sei que a bênção me vem quando perdôo.

Vejo o anjo da Presença de Deus por trás de cada problema ou situação difícil. Sei que a solução está ali e que tudo está se resolvendo na ordem Divina. Confio implicitamente na Presença de Deus; ela possui o conhecimento da realização. A Ordem Absoluta do Paraíso e sua Sabedoria Absoluta estão agindo por mim, agora e em todas as ocasiões; sei que a ordem é a primeira lei do Paraíso.

Minha mente se concentra agora nessa harmonia perfeita, com alegria e expectativa. Sei que o resultado é a solução perfeita e inevitável; minha resposta é a resposta de Deus. É Divina, pois é a melodia da transmissão de Deus.

ORAÇÃO DE GRATIDÃO

DÊ GRAÇAS ao Senhor; invoque o seu nome; torne os seus feitos conhecidos entre as pessoas. Entoe salmos ao Senhor, anuncie as suas obras maravilhosas. Encontre a glória em seu santo nome. Que se regozijem os corações daqueles que procuram o Senhor."

Dou graças sincera e humildemente por todo o bem, verdade e beleza que fluem por mim. Tenho o coração grato por todo o bem que sobreveio em minha mente, corpo e afazeres. Irradio amor e boa vontade para toda a humanidade. Elevo-me no pensamento e sentimento. Sempre demonstro minha gratidão e dou graças por minhas bênçãos. O coração agradecido leva minha mente e coração a uma união íntima com o Poder do Cosmos criativo. Meu estado de espírito agradecido e elevado me leva pelos caminhos em que todas as coisas boas sucedem.

"Passe pelos portões em gratidão e entre nos jardins em louvor. Seja grato ao Senhor e abençoe seu nome."

LIBERDADE DIVINA

SE CONTINUAM em meu mundo, então são meus discípulos; e conhecerão a verdade e a verdade os libertará."Conheço a verdade, e a verdade é que a realização de meu desejo me libertará de todo senso de servidão. Aceito a minha liberdade; sei que já está determinada no Reino de Deus.

Sei que todas as coisas em meu mundo são projeções de minhas atitudes interiores. Transformo a mente ao me concentrar nas coisas que são verdadeiras, admiráveis, nobres e Divinas. Contemplo-me agora a possuir todas as coisas boas da Vida, como paz, harmonia, saúde e felicidade.

A contemplação se eleva a ponto de aceitação; aceito totalmente os desejos de meu coração. Deus é a única Presença. Estou expressando agora a plenitude de Deus. Estou livre! Há paz em meu lar, coração e todas as minhas atividades.

A PALAVRA CRIATIVA

"CRIEM A PALAVRA e não apenas escutem, enganando a si mesmos." Minha palavra criativa é a convicção silenciosa de que minha oração é atendida, Quando falo a palavra para a cura, sucesso ou prosperidade, é com a consciência da Vida e Poder, sabendo que está feito. A palavra tem poder, porque se integra na Onipotência, As palavras que falo são sempre construtivas e criativas. Quando oro, as palavras são repletas de vida, amor e sentimento; isso torna criativos os meus pensamentos, afirmações e palavras. Sei que quanto maior a fé por trás da palavra expressa, mais poder ela possui. As palavras que uso formam um molde definido, determinando a forma que meu pensamento assumirá. A Inteligência Divina opera por meu intermédio agora e revela-me o que preciso saber. Tenho a resposta agora. Estou em paz. Deus é Paz.

A ORAÇÃO CIENTÍFICA

ANTES QUE chamem, responderei; e enquanto ainda estão falando, ouvirei."

Quando oro, chamo o Pai, o Filho e o Espírito Santo; o Pai é a minha consciência; o Filho é o meu desejo; o Espírito Santo é o sentimento de ser o que quero ser.

Desvio agora a atenção do problema, qualquer que seja. A mente e o coração se abrem para o fluxo do Alto.

Sei que o Reino de Deus está dentro de mim. Sinto, compreendo e sei que minha vida, consciência de ser, o Eu Sou, é o Espírito Vivo Todo-Poderoso. Volto-me agora em reconhecimento para Aquele Que É Para Sempre. A Luz de Deus ilumina o meu caminho. Sou Divinamente inspirado e guiado.

Começo agora a orar cientificamente, a fim de tornar o meu desejo manifesto, proclamando e sentindo ser e ter o que quero ser e ter. Caminho no silencioso conhecimento interior da alma, porque sei que minha oração já está atendida, na medida em que sinto a sua realidade em meu coração. Obrigado, Pai. Está feito!

O TRIUNFO DA ORAÇÃO

AGORA ME LIBERTO de tudo; entrego-me à realização de paz, harmonia e alegria. Deus é tudo, acima de tudo, por tudo, tudo em tudo. Levo a vida triunfante, porque sei que o Amor Divino me guia, orienta, sustenta e cura. A Presença Imaculada de Deus está no próprio centro do meu ser; manifesta-se agora em cada átomo do meu corpo. Não pode haver protelação, obstáculo ou obstrução ao desejo do meu coração. O Poder Todo-Poderoso de Deus está agora operando por minha conta. "Ninguém lhe porá a mão e indagará: O que faz?" Sei o que quero; meu desejo é definido e firme. Aceito-o plenamente em minha mente. Permaneço fiel até o fim. Tenho o conhecimento interior silencioso de que minha oração é atendida e minha mente se encontra em paz.

RENASCIMENTO ESPIRITUAL

HOJE RENASCI espiritualmente! Desligo-me por completo da antiga maneira de pensar e trago o amor, a luz e a verdade de Deus para a minha experiência. Sinto conscientemente amor por todos os que encontro. Mentalmente, digo a todos com quem faço contato: "Vejo Deus em você e sei que você vê Deus em mim." Reconheço as qualidades de Deus em todos, Assim faço pela manhã, à tarde e à noite: é uma parte da minha vida.

Renasço espiritualmente agora porque durante o dia inteiro comungo com a Presença de Deus. Não importa o que eu esteja fazendo — andando pela rua, fazendo compras ou empenhado em meu trabalho — sempre que meu pensamento se desvia de Deus ou do bem, trato de levá-lo de volta à contemplação de sua Sagrada Presença. Sinto-me nobre, digno e Divino. Sinto a união com Deus. Sua paz está em minha alma.

ORAÇÃO PARA A PAZ MUNDIAL

A PAZ COMEÇA COMIGO. A paz de Deus enche a minha mente; o espírito de boa vontade se irradia de mim para toda a humanidade. Deus está por toda parte e povoa os corações de todos os homens. Em verdade absoluta, todos os homens são agora espiritualmente perfeitos; estão expressando as qualidades e atributos de Deus. Essas qualidades e atributos são Amor, Luz, Verdade e Beleza.

Não há nações separadas. Todos os homens pertencem ao mesmo país, à mesma nação — a Terra de Deus. Um país é uma morada; eu habito no Lugar Secreto do Altíssimo; caminho e falo com Deus — e o mesmo fazem todos os homens, em toda parte. Há apenas uma Família Divina, que é a humanidade.

Não há fronteiras ou barreiras entre as nações, porque Deus é um, Deus é indivisível. Deus não pode ser dividido contra si mesmo. O amor de Deus envolve os corações de todos os homens. Sua Sabedoria guia a nação; Ele inspira os nossos líderes e os líderes de todas as nações a fazerem sua vontade e apenas sua vontade. A paz de Deus que transcende a toda compreensão enche a minha mente e as mentes de todos os homens, através do cosmo. Obrigado, Pai, por sua paz. Assim seja.

SOLTO

RELAXO agora e me sinto solto. Estou em paz. A mente se preenche com a paz que transcende à compreensão, Há paz em meu lar, em meu coração, em todos os aspectos da minha vida. Eu me solto inteiramente porque sei que existe um Poder que responde quando falo. Esse Poder flui por mim; revitaliza cada átomo do meu ser. Irradio boa vontade para toda a humanidade. Meus pensamentos são os pensamentos de Deus, o Poder de Deus está em meus pensamentos para o bem. "Esteja em paz e saiba que eu sou Deus." Estou sereno agora, porque compreendo e sei que a única Presença e o único Poder habitam em mim. Fluem por mim; estou em paz e tudo está bem. Paz. Vejo a Verdade; amo a Verdade; conheço a Verdade. Sei que minha força está na paz e confiança. Sua Vida, Amor e Verdade fluem por mim agora e dou graças que assim seja.

CONTROLE E EQUILÍBRIO

MINHA MENTE está repleta de paz, controle e equilíbrio. Há em mim uma profunda serenidade interior. Estou tranqüilo agora, com uma sensação de paz e justiça Divina. Há uma solução Divina para todos os meus problemas; dou graças, habito no Lugar Secreto do Altíssimo, estou à Sombra do Todo-Poderoso. Ele é meu Refúgio e Salvação, "Meu Deus; n'Ele confiarei." Regozijo-me por receber as idéias de Deus; estou em paz. Sei que a Inteligência Infinita me leva e guia por todos os caminhos. "Os filhos de Deus proclamam a sua alegria." Sou um filho do Deus Vivo e tudo o que o Pai tem está em mim. Conheço a Verdade, amo a Verdade, regozijo-me com a Verdade. O Espírito da Verdade me conduz agora a toda a Verdade. Estou sempre pensando da maneira certa. A Sabedoria Divina e a Inteligência Divina se refletem em mim. "Com meus olhos fixados em você, não há mal pelo caminho." Meus olhos estão fixados no bem e todo o bem me pertence. Ouço a voz de Deus; estou em paz.

SUPERE A DÚVIDA

CONHEÇO A Verdade que me liberta. Deus é a Verdade e estou expressando Deus em todas as coisas. Não duvido de meus parentes ou amigos. Cada um deles está expressando Deus agora; encontro o Cristo em todos. Concedo-lhes a liberdade, porque sei que todos pertencem a Deus. O Amor Divino em mim leva-me a saber que não receberei qualquer outra coisa que não o Amor Divino. Confio em meus amigos, pois confio no Deus que neles existe. Afasto todo sentimento de egoísmo e posse. Sei que o Amor Divino em mim percebe o Amor Divino em meus amigos. Saúdo a Divindade no outro; estou em paz. Conheço e compreendo a Verdade de Ser. Creio apenas no bem. Não há nada além de Deus e seu mundo. Sou governado por Deus. Todos ao meu redor são seres perfeitos, espirituais e Divinos. Adoro trabalhar com os outros. Adoro representar e expressar as idéias de Deus; regozijo-me por receber em troca as idéias de Deus. Estou transbordando de alegria e felicidade, pois sou a alegria infinita de Deus. Todos os meus colegas de trabalho são meus irmãos. Abençôo a todos. Sei que estão prosperando sob todos os aspectos. Estou cheio de confiança e fé.

EXPULSE O MEDO

TENHO ABSOLUTA confiança em Deus; espero o melhor; sei que só o bem pode me ocorrer. O Amor Divino em mim expulsa todo o medo; estou em paz. Vejo a Presença de Deus por toda parte. Estou absolutamente sem medo. Deus está sempre comigo. Se Deus está a meu favor, quem pode estar contra mim? Sei que um com Deus é maioria; isso me cura e liberta de todo sentimento de medo. Somente os pensamentos de Deus me ocorrem; esses pensamentos continuamente afloram, proporcionando-me harmonia, alegria, paz e sucesso. Sou a consciência de Deus; estou cercado pelo Amor Divino. Penso certo em todas as ocasiões. O Poder de Deus está em meus pensamentos de bem. Seu Amor, Vida e Verdade fluem por mim; estou integrado em sua Onipresença Sagrada. Estou sempre cercado pela Paz Infinita de Deus. Estou repleto de Compreensão Divina. O Amor Divino segue à minha frente, tornando o meu caminho reto, perfeito e alegre. Deus habita e fala em mim; sei que estou integrado a meu Pai; e meu Pai é Deus. Tenho fé em Deus; portanto, não tenho medo. "Não tenha medo, pequeno rebanho, pois o prazer de seu Pai é lhe oferecer o Reino."

SUPERE O RESSENTIMENTO

SEI QUE todos os homens são meus irmãos. Todos possuímos um Pai comum. Vejo o Cristo Vivo em todos os homens que encontro. Saúdo a Divindade em cada pessoa. O Amor de Deus fluí através de mim para toda a humanidade, Abençôo a todos os que me criticam. Rezo por aqueles que falam mal de mim. Regozijo-me pelo sucesso dos outros, Liberto a todos e deixo que sigam em paz. Abro as janelas da mente; deixo entrar o fluxo do Espírito Santo, Estou perfeito e purificado. Estou em paz. O Amor de Deus preenche minha mente; tudo está bem. Sou o reflexo do Amor de Deus; irradio amor para todos. Estou consciente de Deus por toda parte, porque Deus existe em tudo. Sei que a ação de Deus está ocorrendo nas mentes e corações de todos. É maravilhoso!

SUPERE O SOFRIMENTO

O HOMEM É espiritual e vive eternamente. Não há morte; tudo é Vida. Deus é Vida e essa Vida é a minha vida agora. Não posso perder essa Vida. Deixo agora de sofrer pelas pessoas amadas, porque sei que elas vivem eternamente. Onde Deus é, não há mal; há apenas Deus. Não estou separado das pessoas amadas porque só há uma Mente e um Deus. N'Ele vivemos, agimos e temos a nossa existência. Somos todos a expressão de um único Ser — uma Consciência. Estou em contato com as pessoas amadas, pois o Espírito é Onipresente. Cada idéia que sai de mim deriva de Deus; essas idéias refletem a sua Beleza e Verdade e me deixam absolutamente alegre. "Os filhos de Deus proclamam a alegria." Regozijo-me agora por receber a Verdade de Deus. "Em sua Presença há plenitude de alegria." Somente as idéias de Deus afloram em mim e nas pessoas a quem amo; tudo está bem.

SUPERE A CONFUSÃO

SEI QUE todas as coisas são feitas pela autocontemplação do Espírito, Estou em paz. Paz é o Poder no coração de Deus. O meu Eu é o Espírito Vivo Todo-Poderoso. Tenho potencialidades infinitas. O Eu-Deus povoa minha mente agora com idéias de beleza, perfeição e equilíbrio. Tenho a chave para a felicidade e crescimento. Sou o templo de Deus; o Espírito de Deus habita em mim. Nunca me sinto confuso porque as idéias de Deus se manifestam em minha mente numa seqüência perfeita. Todas as idéias de Deus me estão sempre disponíveis; meus únicos pensamentos são os pensamentos de Deus, que são perfeitos, plenos e belos. Minha mente possui um absoluto equilíbrio. Minha mente é a Mente de Deus. As idéias de Deus me proporcionam alegria, felicidade, paz e harmonia, "Em sua Presença há uma plenitude de alegria."

SUPERE A IRRITAÇÃO

AQUELE QUE é lento na ira é de grande compreensão; mas aquele que é precipitado no espírito exalta a loucura."Estou sempre equilibrado, sereno e calmo. A paz de Deus flui por toda a minha mente e todo meu ser. Pratico a Regra Áurea e desejo sinceramente a paz e boa vontade para todos os homens.

Sei que o amor de todas as coisas que são boas penetra em minha mente e expulsa o medo. Estou agora vivendo na alegre expectativa do melhor. Minha mente está livre de toda preocupação e dúvida. Minhas palavras de verdade dissolvem cada emoção e pensamento negativo. Perdôo a todos; abro a porta de meu coração à Presença de Deus, Todo o meu ser se enche com a luz e compreensão que vêm do interior.

As coisas menores da vida não mais me irritam. Quando o medo, preocupação e dúvida batem à minha porta, a fé na bondade, verdade e beleza abre a porta — e nada encontra. Ó Deus, és meu Deus e nada mais existe.

EXPULSE A ANSIEDADE

O Senhor é minha luz e minha salvação; Ge quem terei medo? O *Senhor é a força da minha vida; De quem terei medo?*

ESTE VERSÍCULO do Salmo 27 proporciona a libertação pessoal de todos os medos. Revela a fonte de todo poder, força e sabedoria. Permite rejeitar o poder dos fatores externos, remove o fardo de seus ombros e o encaminha pela estrada para a paz de espírito, saúde e felicidade.

O Senhor é a Presença de Deus, o EU SOU dentro de você. Em termos simples, psicológicos, o Senhor é a sua consciência. O que é a consciência? Seu estado de consciência é o que você pensa, sente, acredita, o raciocínio por trás de sua crença. A causa de todas as suas experiências é o pensamento e sentimento.

Recuse-se a conceder poder às condições e circunstâncias, ao mundo exterior. Seu pensamento inicia o processo de causa e efeito. Seu pensamento é causa; as condições não são causativas. Não há poder que desafie a Onipotência; portanto, não há nada a temer. Se o medo sobrevém em sua mente, procure o Centro Divino; pense em Deus e seu Poder, compreendendo que só existe um Poder e você está integrado nele agora. Nessa serenidade, nada ex-

terior pode inibir, obstruir ou frustrar você. Pense em condições novas e melhores, na maneira como quer que as coisas sejam. Compreenda que, ao pensar, é a Onipotência pensando e agindo por sua conta. O resultado é certo, pois se trata de Deus em ação.

Deus é o nome para o Único Poder, atuando de maneira benéfica em sua vida. Esse Poder é Soberano, Supremo, Único e Indivisível, É automático. Esse Poder inspira, guia e vela por você, fortalece e protege, por meios que você nem pode imaginar. Deus vive e reina em sua vida. A compreensão dessa verdade é a sua salvação.

DISCIPLINANDO A MENTE

E *Maria descobriu-se grávida do Espírito Santo.*
(Mateus, 1:18)

O ESPÍRITO SANTO ou Deus habita nas profundezas inconscientes de todos os homens. *José* é sua mente volitiva ou consciente. *Maria* representa a sua mente mais profunda, com as qualidades, atributos e potências de Deus. José, o consciente, deve ser um guia e protetor para a criança sagrada, que é a sua consciência da presença e poder de Deus dentro de você. Seu pensamento é José, e o sentimento ou emoção é Maria. Quando os dois se unem em paz e harmonia, sua oração é atendida; é Deus em ação. É a maneira como sua mente funciona, e o conhecimento disso é o nascimento da Criança Sagrada ou Sabedoria em você. Promova um relacionamento harmonioso, sincronizado e alegre entre o consciente e o subconsciente e produzirá saúde, paz, força e segurança. Instale a idéia certa em sua mente e experimentará em seu coração o verdadeiro sentimento. A união do pensamento e sentimento representa o casal em você; quando se unem, o terceiro elemento, *paz* (Deus), entra em cena, e você experimenta a alegria da prece atendida. Deixe que seu coração se torne um cálice para o amor de Deus e uma manjedoura para o seu nascimento; como resultado, você expressará e produzirá um filho que é Deus na terra.

SUPERE O MEDO

NÃO HÁ MEDO, pois "o Amor Perfeito expulsa o medo". Permito hoje que o Amor me mantenha em perfeita harmonia e paz com todos os níveis do meu mundo. Meus pensamentos são generosos e harmoniosos. Sinto minha união com Deus, pois "n'Ele vivo e tenho o meu ser".

Sei que todos os meus desejos serão realizados em perfeita ordem. Confio na Lei Divina interior para fazer com que meus ideais se realizem. "O Pai faz o trabalho." Sou divino, espiritual, alegre e absolutamente sem medo. Estou agora cercado pela paz perfeita de Deus; é "A paz de Deus, que transcende a toda compreensão". Concentro agora toda a minha atenção na coisa desejada. Amo esse desejo e lhe concedo a minha atenção total.

Meu espírito se eleva em confiança e paz; é o espírito de Deus em mim. Proporciona uma sensação de paz e segurança. "O Amor Perfeito expulsa o medo."

A NOVA CONSCIÊNCIA

O Senhor é minha luz e minha, salvação; de quem terei medo? O Senhor é a força da minha vida; de quem terei medo? (Salmo 27)

AFIRME TODOS os dias, com um sentimento profundo: tenho uma nova e forte convicção da Presença de Deus, que me mantém encantado, fascinado e sereno. Sinto-me confiante e sem medo. Sei que nada existe para temer — pois Deus é tudo o que existe e está em toda parte. N'Ele habito e tenho a minha existência; portanto, não tenho medo. O Amor de Deus me envolve e seu Rio Dourado de Paz flui por mim; tudo está bem. Não tenho medo de pessoas, condições, eventos ou circunstâncias, pois Deus está comigo. A fé em Deus ocupa a minha alma e não tenho medo. Habito na Presença de Deus, agora e para sempre, nenhum medo pode me afetar. Não temo o futuro, pois Deus está comigo. É minha habitação e estou cercado pela couraça de Deus. Deus me criou e me mantém. A sabedoria de Deus me conduz e guia; assim, não posso errar, Celebro agora o Ano Novo (convicção da presença de Deus), porque conheço no fundo do coração a grande verdade: *"Ele é mais íntimo do que respiração, mais próximo do que mãos e pés."*

O PODER DO PENSAMENTO

O HOMEM É aquilo que pensa durante o dia inteiro. "Assim como um homem pensa em seu coração, assim ele é." Tenha uma consideração saudável e um respeito integral por seus pensamentos. Sua saúde, felicidade, sucesso e paz de espírito são em grande parte determinados pela consciência do poder do pensamento. Já ouviu dizer que os pensamentos são coisas e se realizam por si mesmos. Seu pensamento é uma força definida. Quando formula o pensamento, está na verdade pondo em ação o seu poder latente.

Pense em coisas que sejam verdadeiras, admiráveis e Divinas, esteja absolutamente convencido da supremacia e autoridade do pensamento. Deve acreditar em seu próprio pensamento, não apenas como seu, mas como uma força por si mesmo; assim, tornará as suas orações eficazes.

A planta está na semente. O carvalho está na bolota. Você não dá vitalidade à semente; ela possui a sua própria matemática, mecânica e modo de expressão. Assim também o pensamento é a força; você não lhe confere força. Saiba disso e estará livre da tensão e ansiedade. Pensar com confiança no poder de seu pensamento é a ação de Deus em você e "Ele nunca falha".

Avance para a frente e para cima pelo reconhecimen-

to da supremacia do Poder Espiritual e a autoridade de seu pensamento. É o caminho para se obter resultados maravilhosos. Esse conhecimento aumenta a sua fé, permitindo-lhe experimentar a alegria da prece atendida.

PARA A FRENTE E PARA CIMA

MANTENHA UMA atitude mental positiva e construtiva e seguirá para a frente e para cima, ao encontro de Deus. As pessoas lhe falarão às vezes sobre as coisas ruins que inevitavelmente acontecerão; parece que não conhecem qualquer motivo para que alguma coisa boa deva acontecer. Dizem que a oração é um estado de desejo ansioso. Para elas, isso representa um desejo que não pode ser realizado ou que é bom demais para ser verdade.

Tudo o que é bom pode ser verdadeiro e tudo o que é maravilhoso pode durar. Proclame agora o seu bem e siga pela vida na pressuposição de que todas as coisas boas lhe pertencem.

O desejo bate à porta de cada coração. É a voz interior que nos diz: "Suba mais alto!" A oração é o começo da realização do desejo. Se o pensamento ansioso é desejar alguma coisa sem realizá-la, então quem é o pensador ansioso? É aquele que não compreende a oração. Deseja a saúde, riqueza, prosperidade e expressão verdadeira, mas diz em seu coração: "Não acredito; não tenho fé." Em outras palavras, ele carece de fé e confiança, a que o princípio eterno da vida responde em todos nós.

O pensador científico sabe que há uma maneira de promover uma resposta a seus desejos. Reconhece a exis-

tência de uma lei subjetiva interior, que responde à sua fé e convicção. Compreende que receberá se orar com fé. Sua fé está bem firmada; ele se encontra em paz. Uma pessoa assim formulou o seu pedido à outra mente e sabe que será atendida.

Não olhe para o topo da montanha e diga: "É impossível!" Você está na Verdade. Sua visão está no Cume e a fé o levará até lá.

A MENTE TRANQÜILA

DEUS HABITA no centro do meu ser. Deus é paz; essa Paz me envolve em seu seio agora. Há um profundo sentimento de segurança, vitalidade e força por trás dessa paz. Esse sentimento interior de paz, em que agora habito, é a Presença Meditativa Silenciosa de Deus. O Amor e a Luz de Deus velam por mim, como uma mãe extremada vela pelo filho adormecido. No fundo de meu coração está a Sagrada Presença, que é paz, força e fonte de suprimento. Todo o meu medo desapareceu. Vejo Deus em todas as pessoas; vejo Deus se manifestar em todas as coisas. Sou um instrumento da Presença Divina. Libero agora essa paz interior; flui por todo o meu ser, dissolvendo os problemas. É a paz que transcende à compreensão.

A PAZ DE DEUS

TUDO É PAZ E harmonia em meu mundo, pois Deus em mim é "O Senhor da Paz". Sou a consciência de Deus em ação; estou sempre em paz. Minha mente é equilibrada, serena e calma. Nesse clima de paz e boa vontade que me envolve sinto uma força profunda e a libertação de todos os medos. A cada dia estou mais consciente do Amor de Deus; tudo que é falso se desvanece. Vejo Deus personificado em todas as pessoas. Sei disso ao permitir que a paz interior flua pelo meu ser, resolvendo todos os problemas. Habito em Deus; portanto, repouso no seio eterno da paz. Minha vida é a vida de Deus. Minha paz é a paz profunda e inalterada de Deus. "É a paz de Deus, que transcende a toda compreensão."

EQUILÍBRIO MENTAL

"PARA ONDE fugirei do seu Espírito? Onde me refugiarei de sua Presença? Se subo ao céu, lá o encontro; se faço a cama no inferno, também o descubro ali. Se vôo nas asas do vento e habito no fundo do mar, mesmo assim a sua mão me conduz e a sua mão direita me ampara." Estou agora dominado por um entusiasmo Divino, porque estou na Presença da Divindade. Estou na Presença de Todo Poder, Sabedoria, Majestade e Amor.

A Luz de Deus ilumina minha inteligência; minha mente possui controle e equilíbrio. Há um ajustamento mental perfeito a todas as coisas. Estou em paz com meus pensamentos. Regozijo-me com meu trabalho, que me proporciona alegria e felicidade. Recorro continuamente à minha Fonte Divina, pois é a única Presença e o único Poder. Minha mente é a mente de Deus; estou em paz.

CONTROLE DAS EMOÇÕES

QUANDO UM pensamento negativo de medo, inveja ou ressentimento penetra em minha mente, trato de suplantá-lo com o pensamento de Deus. Meus pensamentos são os pensamentos de Deus, e o Poder de Deus está com os meus pensamentos para o bem. Sei que possuo um domínio completo sobre os meus pensamentos e emoções. Sou um veículo do Divino. Oriento agora todos os meus sentimentos e emoções por linhas harmoniosas e construtivas. "Os filhos de Deus proclamam a alegria." Regozijo-me agora por aceitar as idéias de Deus, que são paz, harmonia e boa vontade. Sinto a maior satisfação em expressá-las, pois curam toda a discórdia em mim. Somente as idéias de Deus penetram em mim, proporcionando harmonia, saúde e paz. Deus é Amor. O Amor Perfeito expulsa o medo, o ressentimento e todos os estados negativos. Estou agora apaixonado pela verdade. Desejo para todos os homens tudo o que quero para mim; irradio amor, paz e boa vontade para todos. Estou em paz.

A VONTADE DE DEUS PARA MIM

DEUS ABRE para mim as janelas do céu e me despeja uma bênção."

A vontade de Deus deve ser Divina; pois essa é a natureza de Deus. A vontade de Deus para mim, portanto, é saúde, bondade, harmonia e abundância.

"Se habita em mim e minhas palavras habitam em você, pedirá o que quiser e lhe será concedido." Estou agora iluminado pela verdade; a cada dia cresço em sabedoria e compreensão. Sou um canal perfeito para as obras de Deus; estou livre de toda preocupação e confusão. A Inteligência Infinita interior é um lampião em meu caminho. Sei que sou levado a fazer a coisa certa, pois Deus está em ação em todas as minhas atividades.

A paz que transcende à compreensão povoa minha mente agora. Creio e aceito meu ideal. Sei que existe no Infinito. Dou-lhe forma e expressão pela total aceitação mental. Sinto a realidade do desejo consumado. A paz de Deus está em minha alma.

SER, FAZER E TER

NO CENTRO DO meu ser existe Paz; é a paz de Deus. Na tranqüilidade sinto a força, a orientação e o amor de sua Sagrada Presença. Estou Divinamente ativo; expresso a plenitude de Deus em todas as coisas. Sou um canal para o Divino e agora liberto o esplendor interior aprisionado. Sou Divinamente orientado para a minha verdadeira expressão na vida; sou compensado de uma maneira maravilhosa.Vejo Deus em tudo e personificado em todos os homens, por toda parte. Ao permitir que esse rio de paz corra por meu ser, sei que todos os meus problemas estão resolvidos. Todas as coisas de que preciso para me expressar plenamente neste plano são irresistivelmente atraídas pela Lei Universal da atração. O caminho me é revelado; transbordo de alegria e harmonia.

IMPREGNANDO A MENTE SUBCONSCIENTE

O PRIMEIRO PASSO na aceitação mental da idéia, desejo ou imagem é relaxar, imobilizar a atenção, ficar quieto. Essa atitude da mente tranqüila e relaxada evita que coisas exteriores e falsas idéias possam interferir com a absorção mental do ideal; além disso, o esforço se reduz a um mínimo na atitude mental serena, passiva e receptiva. Nessa atitude relaxada proclame devagar e suavemente, várias vezes por dia, o seguinte:

"A *perfeição de Deus está agora se expressando por meu intermédio.* A *idéia de saúde está agora enchendo o meu subconsciente.* A *imagem que Deus tem de mim é uma imagem perfeita, e o subconsciente recria meu corpo em consonância perfeita com a imagem perfeita na mente de Deus."*

É uma maneira simples e fácil de transmitir a idéia de saúde perfeita a seu subconsciente.

PREVENDO MEU FUTURO

"E LHE CONCEDEU O domínio sobre as obras de suas mãos." Sei que a fé em Deus determina meu futuro. A fé em Deus significa a fé em todas as coisas boas. Integro-me agora com as idéias verdadeiras e sei que o futuro será à imagem e semelhança do meu pensamento habitual. "Assim como pensa em seu coração, assim um homem é." Deste momento em diante, meus pensamentos são "todas as coisas que são verdadeiras, todas as coisas que são honestas, todas as coisas que são admiráveis". Dia e noite medito sobre essas coisas e sei que as sementes (pensamentos) que semeio me proporcionarão uma colheita abundante. Sou o comandante de minha alma; sou o dono de meu destino, pois meu pensamento e sentimento são o meu destino.

MEU DESTINO

SEI QUE MOLDO, oriento e crio meu destino. A fé em Deus é meu destino; isso significa uma fé permanente em todas as coisas boas. Vivo na alegre expectativa do melhor; somente o melhor me ocorre. Conheço a colheita que farei no futuro, porque todos os meus pensamentos são pensamentos de Deus, e Deus está com meus pensamentos para o bem. Os pensamentos são as sementes da bondade, verdade e beleza. Planto agora os pensamentos de amor, paz, alegria, sucesso e boa vontade no jardim da minha mente. É o jardim de Deus e produzirá uma colheita abundante. A glória e a beleza de Deus se expressarão em minha vida. Deste momento em diante, expresso vida, amor e verdade. Sou radiantemente feliz e próspero em tudo. Obrigado, Pai.

AÇÃO CERTA

IRRADIO BOA vontade para toda a humanidade, em pensamentos, palavras e ações. Sei que a paz e a boa vontade que irradio para cada homem me voltam mil vezes maiores. Qualquer coisa que eu precise saber me é transmitida pelo Deus interior. A Inteligência Infinita opera por meu intermédio, revelando-me o que preciso saber. Deus em mim sempre conhece a resposta. A resposta perfeita me está sendo revelada agora. A Inteligência Infinita e a Sabedoria Divina tomam todas as decisões por meu intermédio, há apenas a ação certa e a expressão certa ocorrendo em minha vida, Todas as noites me envolvo com o Manto do Amor de Deus e adormeço sabendo que conto com a Orientação Divina. E quando raia a manhã estou em paz. Inicio o novo dia com fé e confiança. Obrigado, Pai.

IMAGINAÇÃO, A OFICINA DE DEUS

"AS PESSOAS perecem onde não há visão." Minha visão é o desejo de saber mais de Deus e seus caminhos. Minha visão é para a saúde perfeita, harmonia e paz. Minha visão é a fé interior de que o Espírito Infinito me leva e orienta em todos os caminhos. Sei e creio que o Poder-Deus interior atende a minhas orações; é uma convicção profunda.

Sei que a imagem mental a que permaneço fiel será revelada no subconsciente e se projetará na tela do espaço,

Todos os dias imagino apenas, para mim e para os outros, o que é nobre, maravilhoso e Divino. Imagino agora que estou fazendo a coisa pela qual anseio; imagino que possuo agora as coisas que desejo; imagino que sou o que quero ser. Para tornar real, sinto a sua realidade; sei que assim é. Obrigado, Pai.

A MENTE EQUILIBRADA

"AQUELE QUE permaneceu no Senhor em sua mente será mantido em perfeita paz, porque n'Ele confiou." Sei que os desejos do meu coração vêm do Deus interior. Deus quer que eu seja feliz. A vontade de Deus para mim é vida, amor, verdade e beleza. Aceito mentalmente o meu bem agora e torno-me um canal perfeito para o Divino.

Chego à sua Presença cantando; entro em seus jardins com louvor; sou alegre e feliz; sou tranqüilo e equilibrado.

A Pequena Voz Interior sussurra em meu ouvido, revelando-me a resposta perfeita. Sou uma expressão de Deus. Estou sempre no meu verdadeiro lugar, fazendo o que amo fazer, Recuso-me a aceitar as opiniões do homem como verdades. Volto-me para dentro e sinto o ritmo do Divino. Ouço a melodia de Deus sussurrando sua mensagem de amor para mim.

Minha mente é a mente de Deus, estou sempre refletindo a sabedoria e a inteligência Divinas. Meu cérebro simboliza a capacidade de pensar sábia e espiritualmente. As idéias de Deus afloram em minha mente com uma seqüência perfeita. Estou sempre equilibrado, sereno e calmo, pois sei que Deus sempre me revelará a perfeita solução para todas as minhas necessidades.

A RESPOSTA DIVINA

SEI QUE A resposta a meu problema está no Deus interior. Ponho-me quieto, sereno e relaxado. Estou em paz. Sei que Deus fala em paz e não em confusão. Estou agora sintonizado com o Infinito; sei e creio que a Inteligência Infinita está me revelando a resposta perfeita. Penso a respeito da solução para os meus problemas. Vivo agora no ânimo que teria se meu problema estivesse resolvido. Vivo sinceramente nessa fé e confiança permanentes que são o ânimo da solução; é o espírito de Deus operando dentro de mim. Esse Espírito é Onipotente; manifesta-se por si mesmo; todo o meu ser se regozija na solução; estou contente. Vivo nesse sentimento e dou graças.

Sei que Deus possui a resposta. Todas as coisas são possíveis com Deus, Deus é o Espírito Vivo Todo-Poderoso dentro de mim; é a fonte de toda sabedoria e iluminação.

A indicação da Presença de Deus em mim é um senso de paz e equilíbrio. Suspendo agora todo o senso de tensão e luta; confio absolutamente em Deus. Sei que estão em mim toda a Sabedoria e Poder de que preciso para levar uma vida gloriosa e bem-sucedida. Relaxo o corpo inteiro; tenho fé em sua Sabedoria; estou livre. Proclamo e sinto a paz de Deus inundando a minha mente, coração e todo ser. Sei que a mente serena encontra a solução para

seus problemas. Apresento agora o pedido à Presença de Deus, sabendo que tem uma resposta a me oferecer. Estou em paz.

UM FUTURO MELHOR

Deus não nos concedeu o espírito do medo, mas sim o do poder e do amor, assim como uma mente firme.

CADA DIA É um tempo de renovação, ressurgimento e renascimento. Toda a natureza proclama a glória de um novo dia. Serve para nos lembrar que devemos despertar o Deus interior e levantar do longo sono de inverno de limitação e caminhar pela manhã de um novo dia e uma nova vida. Medo, ignorância e superstição devem morrer em nós, devemos ressuscitar a fé, confiança, amor e boa vontade.

Comece agora a tomar a seguinte transfusão da graça e amor de Deus: "Estou repleto com a vida do Espírito Santo, purificadora, curativa, harmonizadora e revitalizadora. Meu corpo é o templo do Deus Vivo, é puro, integral e perfeito em todas as partes. Cada função da minha mente e corpo é controlada e regida pela Sabedoria Divina e Ordem Divina."

Procuro agora um futuro glorioso. Vivo na expectativa alegre do melhor. Todos os maravilhosos pensamentos Divinos que acalento agora, neste dia, penetram no subconsciente, como numa tumba. Sei que, quando chegar o

momento, os pensamentos vão aflorar como harmonia, saúde, paz, condições, experiências e eventos.

Passo agora do medo e falta de liberdade para Deus e a vida abundante, O homem-Deus elevou-se em mim. "Eis que faço todas as coisas novas!"

PROSPERIDADE

Que as palavras de meus lábios e as meditações de meu coração sejam aceitáveis em sua presença, Senhor, minha força t redentor. (Salmo 19:14)

UMA DAS MELHORES maneiras de atrair prosperidade para a sua vida é ter o coração agradecido. Sempre dê graças e louve tudo o que lhe couber.

Se selecionar uma roseira em seu jardim e a abençoar várias vezes por dia, ela certamente responderá, desabrochando com um viço maior do que todas as outras.

Dê graças por ter o coração grato pelo alimento maravilhoso em sua mesa. Prospere ao abençoar as pessoas em sua casa e por toda parte. Para abençoar os outros, proclame que a Presença de Deus se encontra no outro homem, que ele irradia amor e expressa mais e mais o Amor, a Luz e a Verdade de Deus. Abençoe todos os seus parentes; abençoe cada situação; abençoe sua casa, seu ambiente, seu trabalho. Você está na verdade aplicando uma das grandes leis da prosperidade.

Prosperar significa crescer espiritual, mental e materialmente. Proclame agora: "Acionarei a lei da prosperidade de maneira maravilhosa em minha vida!" Diga com freqüência: "Abençôo e faço prosperar cada pessoa de minha

família. Dou graças, louvo e exalto Deus em meu marido, esposa e em meus filhos. Abençôo tudo que eles estão fazendo. Abençôo todos os presentes que dou. Sei que é mais abençoado dar do que receber. Abençôo meu negócio. Rezo e abençôo meus empregados, fregueses e todas as pessoas. Meu trabalho prospera, se multiplica, aumenta e me volta mil vezes maior."

COMO PROMOVER A VIDA ABUNDANTE

SEI QUE *prosperar* significa crescer espiritualmente em tu do. Deus está me fazendo prosperar agora na mente, corpo e afazeres. As idéias de Deus afloram constantemente em mim, proporcionando saúde, riqueza e perfeita expressão Divina.

Emociono-me interiormente ao sentir a Vida de Deus vitalizando cada átomo de meu ser. Sei que a Vida de Deus me anima, sustenta e fortalece agora. Estou expressando um corpo perfeito e radiante, cheio de vitalidade, energia e poder.

Minha empresa ou profissão é uma atividade Divina; como é uma atividade de Deus, é bem-sucedida e próspera. Imagino e sinto uma plenitude interior operando por meu corpo, mente e afazeres. Agradeço e me regozijo na vida abundante.

A VIDA ABUNDANTE

"OLHAI os LÍRIOS do campo; não aram a terra e não tecem; mas Salomão, em toda a sua glória, não foi tão magnífico quanto um deles." Sei que Deus está me fazendo prosperar por todos os caminhos. Estou agora levando a vida abundante porque creio num Deus de abundância. Estou abastecido de tudo o que contribui para a minha beleza, bem-estar, progresso e paz. Experimento todos os dias os frutos do espírito de Deus que habita em mim; aceito o meu bem agora; caminho na compreensão de que todo o bem me pertence. Estou em paz, equilibrado e sereno. Estou integrado com a fonte da vida; todas as minhas necessidades são atendidas, em cada momento. Levo agora todas "as taças vazias" ao Pai interior. A plenitude de Deus se manifesta em todos os setores da minha vida. "Tudo o que o Pai tem é meu." Regozijo-me que assim seja.

COMPRAR E VENDER

ESTOU CONSCIENTE de que existe uma lei perfeita da oferta e demanda. Adoto a regra áurea em todas as minhas atividades. Estou em paz. Qualquer coisa que eu deseje vender é uma idéia na Mente de Deus. O Princípio do Conhecimento Total existe em mim. Sei prontamente de tudo o que preciso. Sei que qualquer coisa que eu deseje comprar ou vender representa um intercâmbio de idéias na Mente Divina dentro de mim. Sei que há satisfação, harmonia e paz mútuas. O preço é certo; as pessoas são certas; tudo está em perfeita ordem. Conheço a Verdade; compreendo a Verdade e sou a consciência de Deus em ação. Todas as idéias de que preciso afloram constantemente dentro de mim, em seqüência e combinação perfeitas. Recebo e regozijo-me com as idéias Divinas e as entrego a meus semelhantes; recebo idéias em troca. A paz está comigo. Não há protelação na Mente Divina; aceito o meu bem.

DINHEIRO — IDÉIA DE DEUS

SEI QUE O dinheiro é uma idéia da Mente Divina. Simboliza riqueza; aceito-o como um meio de troca. Todas as idéias de Deus são boas. Deus criou todas as coisas; proclamou que a sua criação era boa e muito boa. O dinheiro é bom; eu o uso sensatamente, criteriosamente, construtivamente. Eu o uso para abençoar a humanidade. É um símbolo muito conveniente; regozijo-me por sua circulação. As idéias de Deus estão instantaneamente disponíveis sempre que delas preciso. O dinheiro me está sempre disponível; tenho um excedente Divino. Deus é minha fonte de suprimento; é meu suprimento agora; riquezas de todos os tipos fluem para mim em avalanches de abundância. Há apenas Um Deus e Uma Mente; cada idéia na Mente de Deus é Espiritual. Meu relacionamento com dinheiro é amistoso. É um símbolo da Riqueza de Deus, de sua Abundância Infinita. A idéia de dinheiro é onipresente; estou integrado a toda riqueza do mundo. Uso-a para o bem apenas e agradeço a meu Pai pelo suprimento.

A RIQUEZA ME PERTENCE

DEUS É MINHA fonte de suprimento e estou integrado nesse suprimento Infinito. Todas as minhas necessidades são prontamente atendidas, em todos os momentos e em todos os pontos do espaço. Manifesto a abundância agora em todas as minhas atividades. Sou entrada e saída da Mente de Deus. Não tenho medo e sou livre. Proclamo e sinto o Espírito da prosperidade. Sirvo a meus semelhantes com alegria e amor; atraio todo o bem pela Lei Imutável da atração. Não há escassez, pois Deus é a Fonte de tudo. Sou governado e abastecido por Deus. Levo todos os meus recipientes vazios ao Depósito Infinito interior; o Eu-Deus enche a todos; há um excedente Divino. A Lei Divina responde à minha fé. Minha fé e confiança se depositam em Deus e não há base melhor.

CAPACIDADE DE REALIZAR

SEI INSTANTANEAMENTE de tudo o que preciso saber, pois a Inteligência Infinita me leva e orienta em todos os caminhos. Sou a consciência de Deus em ação. Tenho absoluta confiança nesse Deus interior. As idéias certas afloram continuamente em mim, em seqüência perfeita, regularidade infalível. Sou inspirado do Alto; estou permanentemente me projetando para cima e para a frente. Estou continuamente com Deus. "Em sua presença há plenitude de alegria; em sua mão direita há prazeres para sempre." Estou sempre alegre. Tenho a capacidade e o poder para realizar. Qualquer coisa que eu concebo, posso consumar. Sou a atividade de Deus, e essa atividade é sempre boa. Estou sempre transmitindo as idéias de Deus a meus semelhantes, proporcionando alegria e felicidade. Estou agora expressando e manifestando a Luz, que é Deus. Estou sempre alerta, ativo e feliz. Obrigado, Pai!

ORAÇÃO PARA O SEU NEGÓCIO

HABITO AGORA na Onipresença e Oniação de Deus. Sei que essa Sabedoria Infinita guia os planetas em sua fonte. Sei que essa mesma Inteligência Divina governa e dirige todas as minhas atividades. Proclamo e creio que a compreensão Divina me pertence em todos os momentos. Sei que todos os meus afazeres são controlados por essa Presença permanente. Todos os meus motivos são Divinos e sinceros. A sabedoria, verdade e beleza de Deus expressam-se por meu intermédio em todas as ocasiões. Aquele Que Tudo Sabe dentro de mim sabe o que fazer e como fazer. Minha empresa ou profissão é completamente controlada, governada e dirigida pelo amor de Deus. A orientação Divina é minha. Conheço a resposta de Deus, pois minha mente se encontra em paz. Repouso no Seio Eterno.

PROBLEMAS DE NEGÓCIOS

SEI E CREIO que meu empreendimento é o empreendimento de Deus; Deus é meu sócio em todos os meus negócios. Para mim, isso significa que Sua luz, amor, verdade e inspiração povoam a minha mente e coração em todos os caminhos. Resolvo todos os meus problemas ao depositar confiança absoluta no Poder Divino interior. Sei que essa Presença me sustenta em tudo. Repouso agora na segurança e paz. Neste dia estou cercado pela compreensão perfeita; há uma solução Divina para todos os meus problemas. Compreendo a todos; sou compreendido. Sei que todos os meus relacionamentos profissionais estão de acordo com a Lei Divina da Harmonia. Sei que Deus habita em todos os meus fregueses e clientes. Trabalho harmoniosamente com os outros para que a felicidade, a prosperidade e a paz reinem supremas.

PRINCÍPIO NOS NEGÓCIOS

MEU EMPREENDIMENTO é o empreendimento de Deus. Estou sempre trabalhando no empreendimento do Pai, que é o de irradiar Vida, Amor e Verdade a toda a humanidade. Estou me expressando plenamente agora; estou distribuindo meus talentos de uma maneira maravilhosa. Sou Divinamente compensado.

Deus está fazendo prosperar meu empreendimento, profissão ou atividade, de maneira maravilhosa. Proclamo que todos aqueles em minha empresa são vínculos espirituais em seu crescimento, bem-estar e prosperidade; sei disso, creio nisso, regozijo-me que assim seja. Todos os que se relacionam comigo prosperam Divinamente e são iluminados pela Luz.

A Luz que ilumina todos os homens do mundo me leva e orienta por todos os caminhos. Todas as minhas decisões são controladas pela Sabedoria Divina. A Inteligência Infinita revela-me melhores caminhos para servir à humanidade. Repouso eternamente no Senhor.

"QUAISQUER QUE sejam as coisas que deseje, quando ora, creia que as receberá e lhe serão concedidas." Sei que um problema possui a sua solução interior, sob a forma de um desejo. A realização do meu desejo é boa, é muito boa. Sei e creio que o Poder Criativo interior possui o poder absoluto de promover o que desejo profundamente. O Princípio que me proporcionou o desejo é o Princípio que me proporciona a sua realização. Não há absolutamente qualquer dúvida em minha mente sobre isso.

Cavalgo agora o cavalo branco que é o Espírito de Deus nas águas da minha mente. Desvio a atenção do problema e me concentro na realidade do desejo realizado. Estou usando a Lei agora. Assumo o sentimento de que minha oração é atendida. Torno real ao sentir sua realidade, N'Ele eu vivo e tenho a minha existência. Vivo nesse sentimento e dou graças.

"QUE TODOS SAIBAM que estou empenhado nas atividade de meu Pai." Sei que meu empreendimento, profissão ou afazer é também de Deus. E tudo o que Deus faz é basicamente bem-sucedido. Estou crescendo em sabedoria e compreensão todos os dias. Sei, creio e aceito o fato de que a Lei da Abundância de Deus está sempre operando por mim, por meu intermédio, ao meu redor.

Meu empreendimento ou profissão segue sempre com a ação e a expressão certas. As idéias, dinheiro, mercadorias e contatos de que preciso estão ao meu alcance, agora e em todas as outras ocasiões. Todas essas coisas me são irresistivelmente atraídas pela Lei da Atração Universal. Deus é a vida do meu empreendimento; sou Divinamente orientado e inspirado em todos os caminhos. A cada dia deparo com oportunidades maravilhosas de crescer, expandir e progredir. Estou irradiando boa vontade. Sou um grande sucesso, porque trabalho com os outros assim como gostaria que trabalhassem comigo.

LEI DO SUCESSO

SOU A CONSCIÊNCIA de Deus em ação. Sei que é Deus operando por meu intermédio, pois Deus opera através do homem. "A Lei do Senhor é perfeita." Há um resultado perfeito para todas as minhas atividades. Meu trabalho é sempre bem-sucedido porque é a obra de Deus, que é perfeita e divina. Tenho instantaneamente tudo o que preciso, porque sou abastecido e governado por Deus, Sempre sei como obter tudo o que preciso. "Meu Deus atenderá a todas as suas necessidades, conforme suas riquezas na glória." Estou repleto de paz, harmonia e alegria. Irradio Amor Divino para toda a humanidade. Estou agora identificado com o sucesso; estou atraindo para mim, de acordo com uma Lei Imutável, as circunstâncias, condições, idéias, finanças e todas as coisas necessárias para a realização de meus planos. Sou Divinamente conduzido por todos os caminhos. Deus me faz prosperar na mente, corpo e negócios. Vou dormir todas as noites me sentindo bem-sucedido e feliz. "Deus concede a seu amado no sono." Obrigado, Pai.

O ESPÍRITO PROGRESSIVO

"AQUELES QUE O adoram devem fazê-lo em espírito e verdade." Contemplo agora o fato de que a Inteligência Infinita habita dentro de mim. Há uma Bondade Universal, que está por toda parte, ativa e presente: estou integrado em Deus, na vida, no universo, e em todas as coisas. A Ação de Deus está ocorrendo agora em todas as minhas atividades. Prospero na mente, corpo e negócios. Compreendo que a Lei da Vida é de progressão; estou crescendo Espiritualmente, de maneira maravilhosa. Estou sintonizado com o Infinito e Deus é meu Parceiro. O sucesso me pertence agora, pois estou identificado com o sucesso e a prosperidade. Regozijo-me por ver todos os homens crescendo da maneira certa. Regozijo-me pelo sucesso de todos. O Espírito do bem flui de mim para toda a humanidade. Tenho confiança e paz. Estou iluminado pela Luz interior. A Compreensão Divina é um lampião que me ilumina o caminho, os Braços Eternos sempre prontos para me amparar.

DESCOBERTA DO PODER

VOCÊ DESCOBRIRÁ as profundas reservas de poder no momento em que assumir que existem e se comportar como se estivesse convencido daquela grande verdade: "Aquele que persevera até o fim será salvo."

O sucesso, a resposta à sua oração, a solução que procura, qualquer coisa virá na medida em que você perseverar. Nunca desista; jamais aceite um "Não" como resposta. Avance sempre. O atleta que está disputando uma corrida muitas vezes se cansa, fica exausto, prestes a desistir. Rejeita totalmente o pensamento de fracasso ao convocar o Poder-Deus para renovar suas forças; ocorre então uma mudança espetacular. Uma grande onda de força e vitalidade o envolve. Os psicólogos dizem que é o "segundo fôlego".

Não pare antes de alcançar o segundo fôlego ou jamais descobrirá o Poder Oculto. O Poder que move o mundo está dentro de você. Aja convencido disso e vai promover milagres em sua vida, transcendendo a seus sonhos mais delirantes.

"Mas aqueles que esperam no Senhor renovarão suas forças; subirão com asas como águias; correrão e não se cansarão; hão de caminhar sem desfalecer," (Isaías, 40:31)

ALCANÇANDO MEU OBJETIVO

"RECONHEÇA O SENHOR em todos os caminhos e Ele iluminará os seus passos." Meu conhecimento de Deus e da maneira como Ele opera está aumentando cada vez mais. Controlo e oriento todas as minhas emoções por canais serenos e construtivos. O Amor Divino enche todos os meus pensamentos, palavras e ações. Minha mente está em paz; estou em paz com todos os homens. Estou sempre relaxado e à vontade. Creio implicitamente na orientação do Espírito Santo interior. Essa Inteligência Infinita em mim revela-me o plano perfeito de expressão; eu o executo com confiança e alegria. O objetivo que tenho em mente é bom, é muito bom. Plantei em minha mente a semente da realização. O Poder Todo-Poderoso opera agora por minha conta; é a luz em meu caminho.

COMO DISPENSAR UM TRATAMENTO

O TRATAMENTO espiritual significa que você recorre ao Deus Interior e lembra a si mesmo de sua paz, harmonia, plenitude, beleza, amor infinito e Poder ilimitado. Saiba que Deus o ama e cuida de você, Ao orar dessa maneira, o medo gradativamente se desvanecerá. Se orar por um problema de coração, não pense no órgão como doente, pois não seria um pensamento espiritual. Os pensamentos são coisas. Seu pensamento espiritual assume a forma de células, tecidos, nervos e órgãos. Pensar em um coração avariado ou pressão alta tende a acarretar mais do que você já tem. Deixe de pensar nos sintomas, órgãos ou qualquer parte do corpo. Concentre a mente em Deus e seu amor. Sinta e saiba que só existe uma Presença e Poder curativo, assim como em seu corolário: Não *há poder para desafiar a ação de Deus*.

Proclame com serenidade e amor que o Poder da Presença curativa está fluindo por você, deixando-o absolutamente saudável. Saiba e sinta que a harmonia, beleza e Vida de Deus se manifestam em você como força, paz, vitalidade, beleza, plenitude e ação certa. Tenha uma compreensão

nítida disso e o coração avariado ou qualquer outra doença se dissolverá na luz do amor de Deus.

Glorifique a Deus em seu corpo. (I Coríntios, 6:20)

USANDO O SEU TRAJE

ENCONTREI DEUS no santuário de minha alma. Deus é Vida; essa vida é minha vida. Sei que Deus não é um corpo; não tem forma, não tem idade; vejo Deus na imaginação. Através da compreensão, vejo Deus da mesma maneira que a solução de um problema matemático,

Elevo-me agora para consciência de paz, equilíbrio e poder. O sentimento de alegria, paz e boa vontade dentro de mim é na verdade o Espírito de Deus; é Deus em ação; é o Todo-Poderoso. As coisas externas não possuem o poder de me afetar; o único Poder se encontra em minha própria mente e consciência.

Meu corpo é o traje de Deus. O Espírito Vivo Todo-Poderoso está dentro de mim; é absolutamente puro, sagrado e perfeito. Sei que esse Espírito Santo é Deus e que este Espírito flui por mim agora, curando e tornando meu corpo saudável, puro e perfeito. Tenho poder total sobre o meu corpo e meu mundo.

Meus pensamentos de paz, poder e saúde possuem o Poder de Deus para se realizarem dentro de mim agora. "Abençoados os puros de coração, pois verão a Deus." Tenho visto e sentido sua Sagrada Presença.É maravilhoso!

TRATAMENTO CURATIVO

AS DÁDIVAS de Deus me pertencem. Estamos reunidos na Presença de Deus, de que fluem todas as bênçãos. Aproveito cada momento deste dia para glorificar a Deus. A Harmonia, Paz e Abundância de Deus me pertencem. O Amor Divino que flui de mim abençoa a todos que me cercam. O Amor de Deus é sentido por todos os presentes e os está curando neste momento.

Não temo o mal, porque Deus está comigo. Estou sempre cercado pelo Círculo Sagrado do Amor e Poder de Deus. Proclamo, sinto, sei e acredito, absolutamente, que o encantamento do Amor e Vigilância de Deus me guia, cura e protege todas as pessoas de minha família, todas as pessoas que eu amo.

Perdôo a todos e irradio com profunda sinceridade o Amor, Paz e Bondade de Deus aos homens, por toda parte. No centro do meu ser existe Paz; é a Paz de Deus. Nessa Serenidade, sinto a sua Força e Orientação, o Amor de sua Presença Divina. Sou Divinamente orientado por todos os meus caminhos. Sou um canal aberto para o Amor, Luz, Verdade e Beleza de Deus. Sinto o Seu Rio de Paz correndo por mim. Sei que todos os meus problemas se dissipam na Mente de Deus Os caminhos de Deus são

os meus caminhos. As palavras que pronuncio alcançam o seu objetivo. Regozijo-me e dou graças, sabendo que minhas orações são atendidas. Assim seja.

COMO APLICAR O PRINCÍPIO CURATIVO

"E RESTAURAREI a sua saúde e curarei os seus ferimentos", disse o Senhor. O Deus em mim possui possibilidades ilimitadas. Sei que todas as coisas são possíveis com Deus. Creio nisso e aceito agora com toda sinceridade. Sei que o Poder-Deus em mim transforma as trevas em luz e endireita o que está torto. Sou elevado na consciência ao saber que Deus habita em mim.

Falo agora para a cura da mente, corpo e negócios. Sei que esse Princípio interior reage à minha fé e confiança. "O Pai tudo faz." Estou agora em contato com a vida, amor, verdade e beleza dentro de mim. Integro-me agora no Princípio Infinito do Amor e Vida dentro de mim. Sei que a harmonia, saúde e paz se expressam agora em meu corpo.

À medida que vivo e ajo na pressuposição de minha saúde perfeita, esta se torna uma realidade. Imagino e sinto a realidade do meu corpo perfeito. Estou dominado por uma sensação de paz e bem-estar. Obrigado, Pai.

ORAÇÃO CURATIVA COLETIVA

ESTAMOS reunidos na Presença de Deus. Só há Um Deus, Uma Vida, Uma Lei, Uma Mente e Um Pai — nosso Pai. Somos todos irmãos, pois temos um Pai comum.

Saúdo a Divindade em cada pessoa nesta manhã. O Amor de Deus flui por mim para todos os presentes e para todas as pessoas, em toda parte. Acredito e sei que o Poder e a Inteligência Onipotente do Infinito fluem por todas as pessoas aqui presentes e que cada uma está absoluta e definitivamente curada, física e mentalmente. Sei que a Ação Certa Divina está ocorrendo em cada célula, órgão, tecido e função de cada pessoa, manifestando-se como paz, harmonia e saúde.

Creio que a Orientação Divina está sendo agora experimentada por todos nesta congregação. Deus — o Grande Conselheiro — leva a cada um por caminhos de felicidade e trilhas de paz.

As palavras que pronuncio agora alcançarão o seu objetivo e levarão a prosperidade a todos os lugares a que chegarem. Regozijo-me agora e entro num ânimo de graças, sabendo que minha oração de fé se realiza.

VISÃO PERFEITA

MEUS OLHOS são os olhos de Deus e enxergo perfeitamente. A Inteligência Viva que fez meus olhos está agora controlando o processo e função dos olhos e de todo o meu corpo, Creio e sei que minha visão é Espiritual, eterna e indestrutível. "Mesmo por um olho só, seu corpo estará repleto de luz." Isso significa que vejo somente a Verdade; amo a Verdade; conheço a Verdade. Vejo Deus em todos os homens e em todas as coisas. Vejo Espiritualmente, mentalmente, fisicamente. Meus olhos refletem a Glória, Beleza e Perfeição de Deus. Deus contempla através de meus olhos, vendo as suas idéias de Perfeição. Meus olhos são as janelas da alma; são puros e se concentram permanentemente no Amor, Verdade e Beleza. O Poder Harmonizador, Curativo e Vitalizante do Espírito Santo impregna cada átomo, célula, nervo, tecido e músculo de meus olhos, tornando-os puros e perfeitos. O padrão Divino e perfeito se manifesta agora em meus olhos, cada célula e cada átomo se conformam ao padrão de perfeição. Obrigado, Pai.

OLHOS E OUVIDOS

Sou O SENHOR que me cura. Minha visão é espiritual, eterna e uma qualidade da minha consciência. Meus olhos são idéias divinas e estão sempre funcionando perfeitamente. Minha percepção da Verdade espiritual é clara e firme. A luz da compreensão raia em mim; vejo mais e mais da Verdade de Deus a cada dia que passa. Vejo espiritualmente; vejo mentalmente; vejo fisicamente. Vejo imagens de Beleza e Verdade por toda parte.

A Presença Curativa Infinita está agora, neste momento, reconstituindo meus olhos. São instrumentos perfeitos e divinos, permitindo-me receber mensagens do mundo interior e do mundo exterior. A Glória de Deus revela-se em meus olhos.

Ouço a Verdade; amo a Verdade; conheço a Verdade. Meus ouvidos são idéias perfeitas de Deus, funcionando perfeitamente, em todas as ocasiões. Meus ouvidos são os instrumentos perfeitos que me revelam a Harmonia de Deus. O Amor, a Beleza e a Harmonia de Deus fluem por meus olhos e ouvidos; estou sintonizado com o Infinito. Ouço a Voz Serena de Deus dentro de mim. O Espírito Santo aguça minha audição e meus olhos permanecem abertos e livres.

MEDICAMENTO ESPIRITUAL

"UM CORAÇÃO alegre faz tão bem quanto um medicamento, mas um Espírito alquebrado resseca os ossos." Estou sempre alegre, ativo e dinâmico. Estou sempre propagando as idéias de Deus a meus semelhantes e lhes proporciono paz, alegria e felicidade. "Em sua presença há uma plenitude de alegria; em sua mão direita há prazeres para a eternidade." "A alegria do Senhor é a minha força." Estou sempre animado, livre e transbordando de felicidade. Tenho domínio sobre todas as coisas em meu mundo; sinto minha integração com Deus, a vida, o universo e todas as coisas. Sou perfeitamente ajustado em termos emocionais. Medito como todas as coisas são belas, boas, maravilhosas e Divinas. A Paz de Deus é minha e agito a dádiva de Deus que é a alegria. Sou um filho do Deus Vivo e "todos os filhos de Deus proclamam a sua alegria"!

UM TRATAMENTO ESPIRITUAL

TUDO É Espírito e a manifestação do Espírito, Minha vida é a Vida de Deus; sou perfeito agora. Todos os meus órgãos são idéias de Deus, a me beneficiarem. Sou um ser espiritual; sou um reflexo perfeito do Deus Perfeito. Sinto e sei que sou perfeito em todas as coisas; sou Espiritual, Divino e Sagrado. Estou integrado em meu Pai e meu Pai é Deus. Expresso harmonia, paz e alegria. Todo o crescimento em meu corpo e todas as minhas atividades são regidas pela Inteligência Infinita, que é o Princípio Ativo, Onisciente e Ordeiro chamado Deus. Sei que estou integrado na Sagrada Onipresença, cada átomo, tecido, músculo e osso do meu ser está impregnado com a Radiância da Luz Ilimitada. Meu corpo é o corpo de Deus; sou integral e perfeito. Sou uma parte de Deus. Minha mente está inundada pela paz que transcende à compreensão e tudo está bem. Eu agradeço, Pai.

O TEMPLO SAGRADO

"AQUELES QUE forem plantados na casa do SENHOR florescerão nos jardins de nosso Deus." Estou tranqüilo, em paz. O coração e a mente estão motivados pelo espírito da bondade, verdade e beleza. Meu pensamento fixa-se agora na Presença de Deus interior; isso proporciona serenidade à minha mente.

Sei que a criação é o Espírito agindo por si mesmo. Meu Verdadeiro Eu age por si mesmo, criando paz, harmonia e saúde em meu corpo e atividades. Sou Divino no eu mais profundo. Sei que sou um filho do Deus vivo; crio como Deus cria, pela autocontemplação do espírito. Sei que meu corpo não age por si mesmo. É acionado por meus pensamentos e emoções.

Digo agora a meu corpo: "Esteja tranqüilo." O corpo deve obedecer. Compreendo isso e sei que é uma Lei Divina. Afasto minha atenção do mundo físico; deleito-me na Casa de Deus interior. Medito sobre harmonia, saúde e paz, que provêm da Essência-Deus interior. Estou em paz. Meu corpo é um templo do Deus Vivo. "Deus está em seu Templo Sagrado; que toda a terra se mantenha em silêncio na sua presença."

SUA SAÚDE

DEUS ANDA e fala em mim. Ele é meu Deus e é Perfeito. O Espírito em mim é sempre Perfeito, Saudável, Feliz e Completo em Si Mesmo. Sou o reflexo da Glória e Beleza do Deus Perfeito. A Luz do Que É Para Sempre brilha por meu intermédio e ao redor de mim; cada átomo do meu ser se movimenta ao ritmo do Deus Eterno. Meu coração é alegria; oferece um semblante animado. Minhas palavras são como um favo de mel; são doces à minha alma e saudáveis ao meu corpo. A Luz de Deus brilha através de meus olhos; o Amor de Deus aflora em meu coração. Sei que faço todas as coisas que me fortalecem através de Cristo. Meu corpo é o corpo de Deus; é perfeito agora. O Eu Divino interno me proporciona neste momento saúde perfeita, felicidade e harmonia. Deus me mantém em perfeita paz. "Pai, agradeço porque me ouviu. E sei que sempre me ouvirá."

ORAÇÃO DA SAÚDE

JESUS DISSE: "A fé restaurou sua saúde." Acredito absolutamente no Poder Curativo de Deus dentro de mim. Meu consciente e subconsciente estão de perfeito acordo. Aceito a verdade do que proclamo absolutamente. As palavras que falo são as palavras do espírito e são a verdade.

Determino agora que o Poder Curativo de Deus está transformando todo o meu corpo, tornando-o saudável, puro e perfeito. Creio com uma certeza interior absoluta que minha oração de fé está se manifestando agora. Sou guiado pela Sabedoria de Deus em todas as coisas. O Amor de Deus fluí em beleza e amor transcendentais em minha mente e corpo, transformando, restaurando e revitalizando cada átomo do meu ser. Sinto a paz que transcende à compreensão. A Glória de Deus me envolve e descanso para sempre nos Braços Eternos.

O PODER DE DEUS

O PODER que eleva, cura e fortalece da Presença Curativa está agora restaurando cada órgão de meu corpo. Deus em mim é Poderoso para curar, fortalecer, purificar, revitalizar e me tornar absolutamente perfeito.

Deposito uma confiança total no Espírito Santo, que é a Presença de Deus em mim. Sei que essa Presença Divina está promovendo a ordem em todos os aspectos da minha vida. Assumi "o homem novo, que Deus criou na probidade e santidade da verdade".

Vejo e sei que a Vida de Deus se manifesta agora em minha carne. Vejo Deus em todo o meu ser; proclamo que a Harmonia de Deus se manifesta agora em mim como força, pureza, beleza, saúde, perfeição e juventude eterna.

O Poder do Espírito rejuvenescedor opera agora em cada célula e fibra do meu ser, tornando-me puro, vigoroso e radiante com a Vida e Integridade Divinas. Em cada momento de minha vida estou me tornando mais forte, mais saudável, mais feliz e mais jovem. A Energia Revigorante da Vida de Deus flui por mim agora; sinto-me maravilhoso.

A DÁDIVA DE DEUS

"UM CORAÇÃO alegre torna um semblante jovial." O Espírito do Todo-Poderoso impregna cada átomo do meu ser, tornando-me saudável, alegre e perfeito. Sei que todas as funções do meu corpo reagem a essa alegria interior aflorando em mim. Estou agora elevando a dádiva de Deus dentro de mim; sinto-me maravilhoso. O óleo da alegria e iluminação unge a minha mente e acende um lampião em meu caminho.

Estou agora perfeitamente ajustado em termos emocionais; há um equilíbrio Divino funcionando em minha mente, corpo e atividades. Resolvo expressar daqui por diante paz e felicidade para todas as pessoas que encontrar. Sei que minha felicidade e paz vêm de Deus; à medida que distribuo Sua luz, amor e verdade a outros, também estou abençoando a mim mesmo, de incontáveis maneiras. Irradio o sol do Amor de Deus a toda a humanidade. Sua Luz brilha através de mim e ilumina o meu caminho. Estou determinado a expressar paz, alegria e felicidade.

O BÁLSAMO CURATIVO DO AMOR

"POR ESTA saibam todos os homens que serão meus discípulos se se amarem uns aos outros." Deus é o Amor Absoluto. Assim, a resposta é dada antes que o apelo se faça. O Amor de Deus flui através de mim agora; estou cercado pela Paz de Deus; tudo está bem. O Amor Divino me cerca, envolve e abrange. Esse Amor Infinito está gravado em meu coração, inscrito em meu íntimo. Irradio amor em pensamento, palavras e ações. O amor unifica e harmoniza todos os poderes, atributos e qualidades de Deus dentro de mim. Amor significa alegria, paz, liberdade, bem-aventurança e louvor. Amor é liberdade. Abre portas de prisões e liberta todos os cativos. Irradio amor para todos, pois cada um representa o Amor de Deus. Saúdo a Divindade no outro. Creio e sei que o Amor Divino me cura agora. O amor é um princípio que me guia; traz para a minha experiência relações perfeitas e harmoniosas. Deus é Amor, "Aquele que habita no amor habita em Deus, e nele Deus habita."

A VERDADEIRA AMIZADE

ENCONTREI O meu Companheiro Divino e Ele é Deus. Instalou-se em meu coração. Anda comigo; fala comigo; diz-me que sou seu. É maravilhoso! Encontrei meus amigos Espirituais interiores; seus nomes são amor, alegria, paz, gentileza, bondade, fé, humildade e moderação. São os únicos amigos importantes. Constituem o verdadeiro Poder Todo-Poderoso de Deus. Tendo encontrado os amigos interiores, eu agora atraio por uma Lei Imutável as pessoas que se integram comigo espiritualmente. Irradio amizade e amor para o mundo inteiro. Amo e sou amado por todos. Amo as pessoas; estou interessado em seu bem-estar e felicidade. Sei que todos os homens são meus irmãos. Dou o melhor de mim às pessoas; em troca, elas encontram alegria e prazer em minha presença e companhia. Estou agora atraindo amigos maravilhosos pela Lei Universal do Amor; Deus é Amor. Beijo a Deus agora, num abraço mental, pois Ele é meu Amado.

MEU COMPANHEIRO DIVINO

EU E MEU PAI somos um só. Sei que Deus é a minha própria vida. Sinto-me seguro agora, pois sei que a Vida, Amor e Verdade estão dentro de mim, Nunca estou sozinho. Deus está sempre comigo. "Seu bastão e seu cajado me confortam." Essa Presença Interior, o Eu-Deus, habita e fala em mim. Encontrando meu Verdadeiro e Eterno Companheiro dentro de mim, jamais estou carente de amigos maravilhosos externamente. Deus é a Plenitude de todas as coisas. Meu Amigo Divino é mais íntimo do que a respiração; está mais próximo do que mãos e pés. Irradio amor e amizade para o mundo inteiro e o mundo reage da mesma forma. Sou afetuoso; sou bom. Tenho agora um companheiro maravilhoso. Esse companheiro se integra comigo mental e espiritualmente, por todos os meios. É maravilhoso! O Amor de Deus flui por meus pensamentos, palavras e ações. Assim por dentro, assim por fora. Encontrei meu Companheiro Divino interior e agora o reconheço no exterior.

O CORAÇÃO AGRADECIDO

"E UM DELES voltou ao ver que estava curado e glorificou a Deus, elevando a voz. E prostrou-se a seus pés, agradecendo." (Lucas, 17:15, 16) "Ore sem cessar. Em tudo dê graças." (I Tessalonicenses, 5:17, 18)

Concedo o reconhecimento supremo à Presença de Deus dentro de mim. Agradeço sinceramente por todas as bênçãos recebidas. Agradeço por todo o bem em minha vida; vivo no sentimento de regozijo agradecido. Meu coração grato produz a magia da resposta divina. Em todos os dias da minha vida agradeço pelo conhecimento das leis da mente e dos caminhos do Espírito. Sei que a gratidão é primeiro um movimento do coração, seguido por um movimento dos lábios. Meu coração abre a casa do tesouro do Infinito dentro de mim e manifesta a fé no atendimento de minhas orações. Sou sinceramente grato, porque encontrei Deus em mim. "Procurei o Senhor, Ele me ouviu e me livrou de todos os medos." Aquele que possui um coração agradecido está sempre sintonizado com o Infinitivo e não pode suprimir a alegria que deriva de contemplar Deus e sua Sagrada Presença. Agradeça por tudo.

COMO PERDOAR

O PERDÃO deve ocorrer em seu coração e mente para ser genuíno. Perdoar é dar. Dê a si mesmo o sentimento de amor e boa vontade, em vez do ânimo de ira, ressentimento ou ódio. A atitude mental governa a sua experiência. Mantenha a mente pura, equilibrada, serena e transbordando com a expectativa do melhor. Se sentir ressentimento contra outra pessoa, estará lhe dando poder demais e prejudicando a si mesmo. Perdoar é mudar o pensamento e mantê-lo mudado. Use a técnica seguinte ao perdoar: faça uma oração pela outra pessoa, com toda sinceridade e fervor, mencionando seu nome. Ore assim: "Deus o faz prosperar, A Paz de Deus enche a sua alma; ele é inspirado e abençoado em todos os caminhos," Regozije-se porque a Lei de Deus está funcionando por ele, através dele e ao seu redor. Continue até que seu coração e mente estejam tão repletos de amor que não haja mais espaço para o ressentimento. E agora você está livre.

O AMOR LIBERTA

DEUS É AMOR e Deus é Vida; essa Vida é única e indivisível. A vida se manifesta nas e através das pessoas; está no centro do meu ser.

Sei que a luz dissipa as trevas e da mesma forma o amor do bem supera todo o mal. Meu conhecimento do poder do Amor supera agora todas as condições negativas. Amor e ódio não podem habitar juntos. Acendo agora a Luz de Deus sobre todo o medo ou pensamentos ansiosos em minha mente, obrigando-os a fugir. A manhã (luz da verdade) surge, e as trevas (medo e dúvida) fogem.

Sei que o Amor Divino vela por mim, guia e abre os caminhos. Estou me expandindo para o Divino. Estou agora expressando Deus em todos os meus pensamentos, palavras e ações; a natureza de Deus é Amor. Sei que o "Amor perfeito expulsa o medo".

O LUGAR SECRETO

"AQUELE QUE habita no lugar secreto do Altíssimo estará à sombra do Todo-Poderoso."

Habito no lugar secreto do Altíssimo; é a minha mente, Todos os meus pensamentos são de harmonia, paz e boa vontade. Minha mente é a morada da felicidade, alegria e um profundo senso de segurança. Todos os pensamentos que me entram na mente contribuem para a minha alegria, paz e bem-estar geral. Vivo e tenho o meu ser no clima de amizade, amor e unidade.

Todos que habitam em minha mente são filhos de Deus, Estou em paz na mente com todas as pessoas da minha casa e toda a humanidade. Desejo para todos os homens o mesmo bem que desejo para mim. Estou vivendo na casa de Deus agora. Tenho a paz e felicidade, pois sei que habito na casa do Senhor para sempre.

SUBINDO CADA VEZ MAIS ALTO

NÃO HÁ MEDO no Amor. "O Amor Perfeito expulsa o medo," Possuo agora uma compreensão interior profunda que me permite controlar todas as circunstâncias de minha vida. Estou agora no comando. Contemplo a Presença Divina dentro de mim; compreendo que sua Vida, Amor e Alegria fluem através de mim. Há uma nova exuberância em meus passos; há uma nova luz em meus olhos. Sou iluminado pela Luz d'Aquele Que É Para Sempre. Habito no Amor. Sou elevado para um nível superior de consciência; sinto as Belezas e Glórias Interiores de Deus. Deixo hoje o Amor me manter em paz e harmonia. Sinto o ritmo do universo; cada átomo do meu ser se movimenta ao ritmo do Deus Eterno. Minha visão se concentra na Luz, Amor e Verdade; sou Divinamente conduzido por todos os caminhos. Meus olhos estão em Deus e minha percepção é perfeita agora. Vejo Deus por toda parte. "Cheguei agora e habitarei em você", disse o Senhor.

COMO ATRAIR O MARIDO IDEAL

SEI QUE ESTOU integrado em Deus agora. N'Ele vivo e tenho o meu ser. Deus é vida; essa vida é a vida de todos os homens. Somos todos filhos do mesmo Pai.

Sei e creio que há um homem esperando para me amar e respeitar. Sei que posso contribuir para sua felicidade e paz. Ele ama meus ideais e eu amo seus ideais. Ele não quer me dominar e eu não quero dominá-lo. Há mútuo amor, liberdade e respeito.

Há uma só mente; eu o conheço agora nessa mente. Estou me integrando agora com as qualidades e atributos que admiro e quero que sejam expressados por meu marido. Integro-me na mente, já nos conhecemos e amamos na Mente Divina. Vejo o Deus nele; ele vê o Deus em mim. Depois de conhecê-lo *dentro,* devo encontrá-lo *fora;* pois essa é a lei da minha mente.

Essas palavras se irradiam e se realizam onde são enviadas. Sei que já está consumado em Deus. Obrigada, Pai.

COMO ATRAIR
A ESPOSA IDEAL

DEUS É UM E indivisível. N'Ele amamos e existimos. Sei e creio que Deus habita em cada pessoa. Estou unido a Deus e a todas as pessoas. Atraio agora a mulher certa, que está em completo acordo comigo. É uma união espiritual, porque é o Espírito de Deus operando através da personalidade de alguém com quem combino perfeitamente. Sei que posso dar a essa mulher amor, luz e verdade. Sei que posso tornar a vida dessa mulher plena, completa e maravilhosa.

Proclamo agora que ela possui as seguintes qualidades e atributos: é espiritual, leal, fiel e sincera. É harmoniosa, serena e feliz. Somos irresistivelmente atraídos um pelo outro. Somente o que pertence ao amor, verdade e plenitude pode entrar em minha experiência. Aceito agora a minha companheira ideal.

COMO REALIZAR MEU DESEJO

MEU DESEJO é a Voz de Deus me falando. É o murmúrio de meu coração. Sei que todas as coisas são possíveis com Deus. Deus é meu Eu-Profundo — o Espírito Informe e Invisível dentro de mim. Tomando consciência do desejo, sei que deve existir no Invisível para mim. Sei que é meu direito neste momento. Aceito em minha própria consciência. Sei que agora liberei o desejo para a Lei Criativa, que é a fonte de toda Criação. A Lei Criativa está dentro de mim; é meu subconsciente. Sei quando a idéia ou desejo gravados no meu interior devem ser expressos. Sei que o sentimento é a lei e a lei é o sentimento. Sinto que sou agora o que desejo ser. Ao contemplar agora o meu desejo, obtenho a reação que o satisfaz. Regozijo-me pelo senso de posse. Todo o meu ser se regozija pela realidade do desejo realizado. Estou em paz. Exulto e dou graça. "Está feito."

A RESSURREIÇÃO DO MEU DESEJO

MEU DESEJO de saúde, harmonia, paz, abundância e segurança é a voz de Deus falando por meu intermédio. Opto por ser feliz e bem-sucedido. Sou orientado por todos os caminhos. Abro a mente e coração ao fluxo do Espírito Santo; estou em paz. Atraio pessoas bem-sucedidas e felizes para a minha experiência. Reconheço apenas a Presença e Poder de Deus dentro de mim.

A Luz de Deus brilha por meu intermédio e ilumina tudo ao meu redor. A emanação do Amor de Deus flui de mim; é uma radiância curativa para todos que surgem em minha presença.

Assumo agora o sentimento de ser o que quero ser. Sei que o caminho para ressuscitar meu desejo é permanecer fiel a meu ideal, sabendo que um Poder Todo-Poderoso opera por minha conta. Vivo nesse ânimo de fé e confiança; dou graças que assim seja; pois está definido em Deus e tudo está bem.

O SANTO HOMEM

(Adaptado de a Sombra Sagrada)

HÁ MUITO e muito tempo havia um Santo Homem, tão bom que os anjos surpresos vinham do céu para verificar como alguém podia ser tão divino. Ele levava sua vida cotidiana a irradiar amor, da mesma forma que a estrela difunde luz e as flores exalam perfume, sem mesmo estar consciente disso. Duas palavras resumiam o seu dia: ele dava e perdoava. Mas essas palavras nunca saíam de seus lábios expressavam-se em seu sorriso fácil, bondade, amor e boa vontade.

Os anjos disseram a Deus: "Ó Senhor, conceda-lhe o dom dos milagres."

Deus respondeu: "Concordo. Perguntem a ele o que deseja."

"E então, o que você deseja?", indagaram os anjos.

"O que posso desejar?", perguntou o Santo Homem, sorrindo. "Deus já me concedeu Sua graça. Com isso, não tenho tudo?"

Os anjos insistiram: "Deve pedir um milagre ou algum lhe será imposto."

"Está bem", disse o Santo Homem. "Que eu possa fazer muito bem sem jamais saber."

Os anjos ficaram profundamente desconcertados. Reuniram-se e combinaram o seguinte plano: cada vez que

a sombra do Santo Homem ficar para trás ou para qualquer lado, de tal forma que ele não possa vê-la, a sombra deve ter o poder de curar doenças, aliviar a dor e confortar o pesar.

E assim aconteceu. Quando o Santo Homem andava, sua sombra no chão, em qualquer lado ou por trás, fazia com que as trilhas áridas se tornassem verdejantes, levava as plantas murchas a desabrocharem, trazia água cristalina a córregos secos, cor saudável a criancinhas pálidas, alegria a mães infelizes. O Santo Homem prosseguia em sua vida cotidiana a irradiar amor, assim como a estrela difunde luz e a flor exala perfume, sem jamais ter consciência disso.

E as pessoas, respeitando sua humildade, seguiam-no em silêncio, jamais falando de seus milagres. Pouco a pouco, até esqueceram seu nome, passando a chamá-lo apenas de "O Santo Homem".

COMO ORAR COM UM BARALHO

NINGUÉM CONHECE realmente a origem do misterioso e fascinante baralho moderno. Há uma lenda antiga sobre a origem das cartas de jogar, relatando que há muitos milhares de anos os sábios chineses reuniram-se, sob a liderança do maior de todos, a fim de discutir o problema apresentado por legiões de brutais invasores, que saqueavam e destruíam a Terra. A questão a ser resolvida era a seguinte: "Como poderemos preservar a sabedoria antiga da destruição nas mãos dos invasores?"

Houve muitas sugestões. Alguns achavam que os pergaminhos e símbolos antigos deveriam ser enterrados nas Montanhas do Himalaia. Outros sugeriram que a sabedoria fosse guardada em mosteiros no Tibet. Ainda outros ressaltaram que os templos sagrados da Índia eram os lugares ideais para a preservação da sabedoria de seu Deus.

O líder dos sábios manteve-se em silêncio durante toda a discussão. Chegou até a dormir no meio das conversas, roncando tão alto que deixou a todos consternados. Despertou pouco depois e declarou:

— Tao [Deus] deu-me a resposta e é a seguinte: chamaremos os grandes artistas pictóricos da China, homens dotados com a imaginação divina (que é a oficina de Deus), e lhes diremos o que desejamos realizar. Vamos iniciá-los

nos mistérios da Verdade. Eles reproduzirão em imagens as grandes verdades que preservaremos por todos os tempos e por incontáveis gerações que ainda nascerão. Quando eles acabarem a representação das grandes Verdades, Poderes, Qualidades e Atributos de Deus, através de uma série de cartões, revelaremos ao mundo que um novo jogo foi criado. Os homens do mundo inteiro, através dos tempos, usarão essas cartas como uma forma de jogo de acaso, sem saber que através desse artifício simples estarão preservando os ensinamentos sagrados para todas as gerações.

Essa teria sido a origem de nosso baralho. Muitos pesquisadores acham que as cartas de jogar são originárias do Egito, de onde derivou o nome **gypsies** (ciganos), uma tribo de nômades que viajou pelo mundo inteiro, lendo a mão e adivinhando o futuro pelas cartas, entre muitas outras coisas. Na verdade, não tem importância se o baralho é originário da China,Índia ou Egito. O que interessa é que as cartas representam as mais profundas verdades psicológicas e espirituais. De um modo geral, concorda-se que as nossas cartas são derivadas das antigas cartas do Tarô, que teriam sido criadas por místicos hebreus para representar simbolicamente como as Leis de Deus operam no cosmo e no homem. Consistem de varas, taças, espadas e pentagramas. Das 76 cartas do Tara, 22 são chamadas de "trunfos". Há uma letra ou palavra hebraica atribuída a cada carta, com um significado específico e definido.

Pode-se compreender o significado interior da Bíblia pelo conhecimento do alfabeto hebraico e da ciência do simbolismo. Os antigos diziam que se todas as Bíblias do mundo fossem destruídas ainda se poderiam ressuscitar as Verdades Eternas e as Leis da Vida, através das imagens e do simbolismo das cartas do Tara, das quais derivaram

as nossas cartas, As cartas têm sido usadas erroneamente ao longo dos tempos para propósitos de adivinhação, mas não resta a menor dúvida de que o objetivo original das cartas era transmitir ao homem as profundas verdades místicas. A adivinhação por diversos meios persiste ao longo dos tempos. Moisés condenou os arúspices, augures e os que depositavam fé em sons e vozes. Quando damos atenção a profecias do mal, estamos na verdade rejeitando a Causa Primeira — Deus, o Espírito Interior.

Devemos conceder suprema autoridade e reconhecimento à Presença de Deus interior e nos tornarmos os verdadeiros profetas, prevendo apenas o bem. Nosso ânimo, o sentimento interior e convicção da Presença de Deus e sua Bondade Eterna se manifestarão em nosso mundo. Nossos ânimos e convicção são nossos profetas. O que sentimos por dentro como verdade experimentamos no mundo exterior. Se começamos com Deus e compreendemos que Ele reina supremo em nossas mentes, só pode haver um resultado, o bem, pois Deus e o Bem são sinônimos. O começo e o fim são sempre os mesmos. Comece com Deus como Poder Supremo e Amor Ilimitado e estará sempre certo do futuro. O futuro é sempre o presente desenvolvido. É o pensamento que se torna visível. Você pode estar absolutamente certo de seu futuro se plantar agora, hoje, as coisas que sejam verdadeiras, nobres e Divinas no Jardim de Deus — a sua própria mente.

Você molda, define e orienta o seu próprio destino. O futuro já existe em sua mente e pode ser mudado através da oração, meditação e visão mística. Você pode sofrer uma lavagem cerebral e ser induzido por outros a acreditar em terríveis predições de infortúnio e perda. Mas não se esqueça de que assim abdicou de sua autoridade e permitiu que os pensamentos se tornassem negativos,

criando as coisas que temia. "O *que eu mais temia me aconteceu."* (Jó)

No instante em que você instala um rival de Deus em sua mente, está procurando e pedindo dificuldades. A fé em Deus e no Seu Amor é a sua sorte; daqui por diante, creia e viva na constante expectativa do melhor. O que é verdade para Deus também é para você. E isso é maravilhoso',

Descrição do Baralho Moderno

Há 52 cartas e uma carta extra a que se dá o nome de "curinga". O baralho está encapado e lacrado. É preciso romper o lacre para usar as cartas. Isso é simbólico do homem, pois cada um de nós é um livro lacrado. O homem aloja Deus — é o tabernáculo do Deus Vivo. Dentro do homem está a Presença de Deus. Toda a Sabedoria, Inteligência e Poder do Infinito estão nas profundezas do homem, esperando para emergirem. O homem deve romper o lacre e tomar conhecimento do esplendor aprisionado dentro de si. Quando o homem descobre os poderes do consciente e subconsciente, a lei da ação e reação, rompeu o lacre e começa a compreender que os pensamentos são coisas, que atrai o que sente e experimenta o que acredita. Se você pensa de uma maneira determinada, persistentemente, grava uma impressão ou conceito no subconsciente. Torna-se assim uma força subconsciente a governar suas ações exteriores.

O homem revelado é Espírito, Mente. Quando pensa em si mesmo fora de seu corpo, nome, nacionalidade, lar e ambiente, o que você é? Despoje-se agora de seu corpo

e dirá: "Eu sou Espírito, eu sou Mente." Está mentalmente rompendo o lacre e descobre o Reino de Deus interior.

O curinga ou *joker* é a carta extra, sendo geralmente rejeitada. Mas é claro que adquire um valor maior quando se está fazendo um jogo. O curinga é Deus e geralmente é rejeitado pelo homem, porque o homem comum tem um Deus exterior — uma espécie de ser antropomórfico, vivendo no céu, uma Divindade vingativa. Ou então tem um conceito vago e confuso de Deus, baseado na ignorância, medo e superstição. O homem comum rejeita o curinga ou Deus Interior; refuta o fato de que sua própria consciência é Deus para o seu mundo e que cria e molda seu futuro pelos pensamentos e sentimentos que acalenta.

Quando você usa o curinga ou Poder Oculto interior, amplia tudo em sua vida. Comece a usar o Poder Divino interior e aumente a sua saúde, paz, felicidade e alegria; este é o significado do curinga. Não podemos negligenciar o Poder Espiritual interior. Se não oramos, meditamos e comungamos com Deus, se não absorvemos as suas Verdades, então mergulhamos no clima negativo do mundo, manifestando-se em medo, guerra, rumor de guerra, desumanidade do homem com o homem, problemas de negócios, manchetes de jornais e assim por diante. Se continuamos a nos alimentar mentalmente com todos os tipos de problemas, doenças, calamidades, tais pensamentos alcançam um ponto de realização interior, resultando em precipitação de doença e de todos os distúrbios em nossas vidas.

Não compensa rejeitar a Pedra da Verdade. "A Pedra que os construtores rejeitaram é a base de tudo." Instale Deus de volta no trono de sua mente, afirme a sua orientação, torne-se reabastecido, do ponto de vista da Verdade e Beleza.

São 52 cartas, e a soma é o algarismo "7". Há 52 semanas no ano, que representam o fim de um ciclo solar. O ciclo também ocorre em nossa mente. Quando você acalenta uma idéia, abastece-a mentalmente e se torna absorvido em sua realidade, a idéia passa do consciente para o subconsciente. O ciclo está completo, porque você gravou no subconsciente o conceito, idéia, plano ou propósito. Tudo o que está gravado no subconsciente será manifestado e o ciclo se realiza. A gravação no subconsciente é chamada de "sexto dia"; ou seja, seu ato mental e emocional está completo. Segue-se o repouso, o "sétimo dia", ou o dia do descanso em Deus. Há sempre um intervalo entre a impressão do subconsciente e a manifestação exterior de sua oração — este período de tempo é conhecido como Sabá ou certeza interior, que acompanha a alegria da oração atendida.

O baralho consiste de quatro naipes: paus, espadas, copas e ouros. Simbolizam a natureza espiritual, mental, emocional e física do homem. Os quatro naipes representam também as quatro letras do nome de Jeová, que são Yod-He-Vau-He. *Yod* significa Eu Sou Deus ou o Espírito interior. He é seu desejo ou imagem mental. Vau significa o sentimento e o He final é a manifestação exterior do que você viu e sentiu interiormente como verdadeiro, em sua própria mente. Em termos simples do cotidiano, significa que qualquer idéia, conceito ou imagem mental que você acalenta em sua mente, se sentir e reconhecer, vai experimentar o resultado, quer seja negativo ou positivo.

Os quatro naipes estão lhe ensinando como orar, pois esta é a maneira como você promove em sua vida todas as experiências, condições e eventos. É a maneira como todas as coisas se tornam manifestas em seu mundo. Não há nada que você experimente que não suceda assim.

Cada Naipe de Treze Cartas

Três cartas em cada naipe são figuras — rei, dama e valete. As outras dez são numeradas, de ás ou um a dez. O rei, a dama e o valete representam a Trindade, o Pai, Mãe e Filho, que aparecem simbolicamente em todas as grandes religiões do mundo. Em termos simples do cotidiano, a idéia ou pensamento que você tem é o pai, o sentimento é a mãe, e a união das duas produz um filho mental, que pode ser a cura da mente, do corpo ou de um problema profissional. A resposta simples, assim como a oração simples, é sempre a melhor.

Outra explicação para o rei é a de que você nasceu para ser um rei sobre a sua própria mente, corpo e circunstâncias. O consciente iluminado é rei, pois ordena, dirige e dá instruções para a dama, o subconsciente ou natureza subjetiva. O valete representa o seu desejo, idéia ou plano ainda não manifesto. Assim, deve haver uma união do consciente e subconsciente com seu desejo. Se ambos estiverem de acordo, o desejo poderá se consumar e nada será impossível.

Há dez cartas numeradas. Explicarei o dez rapidamente: "1" representa o masculino e *"o"* o feminino. A união dos dois resulta no ato criativo, em termos mentais e espirituais, assim como físicos. As dez cartas numeradas representam a integração harmoniosa do consciente e subconsciente nas quatro fases de sua vida — espiritual, mental, emocional e material. As virtudes do dez são infinitas. O dez significa Deus em diferenciação infinita, pois você pode acrescentar zeros incontáveis ao algarismo um.

As *Figuras*

As figuras são duplas, indicando a nossa natureza dupla; vivemos num mundo mental e espiritual, mas também num mundo objetivo ou tridimensional. Quando o mundo exterior nos desagrada, podemos ir para o reino da mente, orando e nos identificando com o nosso ideal, alimentando-o através da permanência freqüente na mente, até que ele se concretize. Quando isso acontece, o exterior e o interior se tornam um só, estamos em paz. Mudamos o exterior pela mudança do interior. O exterior é sempre um reflexo do interior. "Assim por dentro, assim por fora," Há duas extremidades num bastão, um interior e um exterior em tudo. Vida é uma Unidade funcionando como uma dualidade; há noite e dia, fluxo e refluxo, paz e angústia, doença e saúde, objetivo e subjetivo, invisível e visível, positivo e negativo, matéria e espírito, bem e mal. Os opostos são expressões duplas do mesmo princípio eterno, que é para sempre pleno e perfeito por si mesmo.

Os Ornamentos

Os reis têm barbas, que simbolizam a Sabedoria e Poder de Deus. As coroas representam a autoridade e supremacia do Espírito operando na mente do homem. O rei de ouros com a mão levantada indica sua fidelidade a Deus — o Único Poder, Por trás dele há um machado, sugerindo que a lei do subconsciente é sempre exata, matemática e justa. "Assim como semeamos, também colheremos." O machado também é indicativo da reação negativa da lei, se violamos a harmonia ou a ordem divina em nossa vida. Pense o mal e o mal sucede; pense o bem e o bem sucede

— esta é a lei. O rei de copas com a espada na mão indica a espada da Verdade. "Não pense que vim trazer paz à terra; não vim para trazer a paz e sim a espada." (Mateus 10:34)

A Verdade surge em sua mente para dividi-la e separar os detritos das Verdades de Deus. A Verdade o separa das falsas convicções raciais, dirimindo assim todas as divergências e instalando a paz em seu coração. O rei de copas penetrou seu coração (subconsciente) com as Verdades Eternas. As três espadas empunhadas pelos reis de paus, espadas e copas possuem bainhas que representam a tocha da Verdade, erguida em todas as fases de nossa vida, mental, emocional e física.

O naipe de paus representa seus pensamentos e idéias, copas, o seu sentimento ou natureza emocional, espadas, a convicção profunda com que você planta idéias no subconsciente, e ouros, o mundo, a consumação exterior de seus pensamentos, sentimentos e convicções. Em outras palavras, você tem a história da oração descrita de muitas maneiras num baralho. Examinando as quatro damas em seu baralho, vai notar que elas seguram uma flor, o símbolo da pureza, amor, beleza, ordem, simetria e proporção. Copas é o cálice do Amor e Beleza de Deus. Lembra-nos que devemos encher nossos corações com o Amor de Deus e as flores da beleza, paz, alegria e felicidade aparecerão na Terra — nosso mundo.

A dama de espadas (o sentimento dominante no subconsciente) empunha uma tocha. É a Luz que ilumina cada homem que vem ao mundo. Lembra que a Inteligência Infinita de Deus está nas profundezas de seu subconsciente e que com essa Luz você pode andar pelas trevas. Quando os sentidos lhe dizem que alguma coisa é impossível, você vê por uma Luz interior, seus olhos se fixam na solução

que a Sabedoria de Deus lhe trará, ao ter fé. Deixe que essa tocha brilhe eternamente em sua cabeça.

O valete de espadas empunha uma ampulheta, indicando que estamos nos deslocando através do tempo e espaço neste plano tridimensional e que qualquer idéia que você transmitir ao subconsciente vai suceder à sua maneira e no seu próprio tempo, porque seus caminhos são misteriosos. Lembre-se de que os caminhos do subconsciente não são os seus caminhos e você não sabe a hora ou o dia — isso é um segredo do subconsciente. A pena que o valete de copas segura e o machado por trás de sua cabeça falam simbolicamente da Lei e do Verbo — a pena é o seu conceito ou idéia, e a lei o executa. Cuide para que o seu objetivo se conforme ao bem geral e não prejudique a ninguém. Quando estiver em dificuldade, pense em Deus e em sua resposta. Somente Ele conhece a resposta — é a "pena" que o salva.

As vestimentas das figuras são lindas e elegantes, indicando as sete cores do espectro solar. O branco é a pureza, plenitude e perfeição de Deus. O branco é chamado de mãe de todas as cores. As cores nas cartas nos falam da Presença imaculada interior. O vermelho indica desejo purificado e divindade. O escarlate representa o entusiasmo e absorção de Deus. O púrpura indica a realeza ou a Sabedoria de Deus reinando suprema em nossa mente. O verde é a abundância de Deus, as idéias e pensamentos proveitosos. O azul indica o subconsciente ou a Lei de Deus. O amarelo indica o Poder, a Força e a Glória do Infinito.

Números de Cartas em Cada Naipe

Há treze cartas em cada naipe para nos lembrar nossos doze poderes, doze faculdades. Você e seus doze

poderes estão simbolizados pelo número treze. Devemos todos desenvolver e disciplinar esses doze poderes, a fim de que um homem à imagem e semelhança de Deus surja na terra, destampando os ouvidos dos surdos, abrindo os olhos dos cegos e fazendo todas as coisas que um filho de Deus deve fazer.

Há quarenta cartas numeradas. Noé passou quarenta dias na arca, Jesus jejuou por quarenta dias — todas essas histórias são simbólicas do jejum do banquete envenenado dos pensamentos raciais, falsos conceitos e da absorção mental do bem que queremos realizado. O prazo que você leva para se desligar de seu problema e alcançar uma convicção na mente é chamado de quarenta dias ou conclusão de um ciclo da consciência. Jejue dos pensamentos de pobreza e se banqueteie com a Abundância de Deus — rejeite a aparência das coisas, os veredictos ou opiniões dos outros, concentre toda a sua atenção na idéia da Opulência de Deus. Gradativamente, você qualifica sua consciência, quer leve uma hora, uma semana ou um mês. Mais cedo ou mais tarde, conseguirá impregnar o subconsciente com a idéia de riqueza. Jejue por quarenta dias e experimentará a riqueza de Deus em seu mundo.

As varetas seguradas pelo valete de paus e o valete de ouros indicam uma medida ou côvado. O homem é mente ou medidor. Você deve medir e apropriar em sua mente a Bondade Infinita e o Amor de Deus, pois seu conceito de Deus é o conceito de si mesmo. Acalente seu ideal, ame-o, torne-o vivo; terá então um padrão espiritual para medir todas as coisas.

Gostaria de falar sobre a folha pendente no valete de paus. O naipe de paus representa as idéias, planos e propósitos em sua mente, o diagrama ou planta. Vai notar como o valete de paus se inclina. Trata-se de humildade,

conferindo toda honra e glória a Deus. Nossa atitude deve ser a seguinte: "Pai, eu agradeço porque me ouviu; sabia que sempre me ouviria." (João 11:41)

De um modo geral, todos concordam que os valores numéricos, quantidades matemáticas, cores e simbolismos das cartas possuem uma relação muito grande com a pirâmide. Os antigos místicos que criaram as cartas, há milhares de anos, sabiam de tudo a respeito da rotação da Terra sobre o seu eixo e foram capazes de medir o céu e a Terra, o que está representado nas cartas e na pirâmide. Homens como Jó perceberam intuitivamente as leis escritas em nossos corações e gravadas em nosso interior. "Onde você estava quando eu lançava os fundamentos da terra? Responda, se tem entendimento. Quem deu as medidas, se por acaso sabe? Ou quem estendeu a linha por cima? Em que se apoiam os fundamentos? E quem fixou a pedra, angular?" (Jó 38:4-6)

> Não *se lembre das coisas passadas nem considere as antigas.* (Isaías 43:18)
> ... Mas *uma coisa eu faço, esquecendo as coisas que estão para trás e avançando para o que está à frente,prosseguindo para o meu objetivo..* (Filipenses ,3:13,14)

O QUE UM HOMEM *semeia haverá de colher.* Isso significa que se plantarmos pensamentos de paz, harmonia, saúde e prosperidade colheremos de acordo; e se semearmos pensamentos de doença, carência, necessidade e privação, também colheremos essas coisas. Devemos lembrar que o subconsciente é como o solo; faz crescer e germinar o tipo de semente que plantamos no jardim da mente. Semeamos pensamentos, em termos bíblicos, quando acreditamos neles piamente; e manifestamos tudo aquilo em que realmente cremos no fundo de nossos corações.

Eu tinha uma amiga que estava de cama, doente. Fui visitá-la num hospital em Londres e ela me disse:

— Por que isso aconteceu comigo? O que fiz para merecer uma coisa assim? Por que Deus está zangado comigo? Por que está me punindo?

Os amigos comuns me contaram que ela era generosa e profundamente espiritual, um dos esteios da igreja e muitas outras coisas.

É verdade que ela era uma excelente pessoa, sob muitos aspectos, mas acreditava na realidade de sua doença e de que se tratava de um problema incurável. Estava convencida de que seu coração era governado por leis próprias, independente de seu pensamento. Era a sua convicção, e naturalmente a demonstrava, Mas mudou a sua convicção e começou a compreender que o corpo era espiritual; ao mudar a mente, também mudava o corpo. Cessou de conferir poder à doença em seu pensamento e passou a orar da seguinte maneira: "A Presença Curativa Infinita flui por mim como harmonia, saúde, paz, plenitude e perfeição. O Amor Curativo de Deus habita cada célula do meu ser." Repetiu a oração com freqüência e teve uma cura maravilhosa, em decorrência da mudança de convicção. Essa mulher viveu por vários anos no temor de um ataque cardíaco, sem compreender que o medo faz com que a maioria das coisas aconteça,

A lei da vida é a lei da convicção. Um problema de qualquer espécie é o sinal de alarme da natureza de que estamos pensando de maneira errada; e somen-

te uma mudança no pensamento pode nos libertar. O homem é convicção expressa (Quimby) e manifestamos as coisas em que realmente acredita. Há uma lei de causa e efeito atuando em todos os momentos. Nada acontece ao homem sem o seu consentimento e participação mental. Você não precisa pensar num acidente para que lhe aconteça.

O Dr. Paul Tournier, famoso psiquiatra francês, escreveu sobre um homem que cortou a mão com uma serra e atribuiu o suposto acidente ao fato de a madeira estar molhada. O Dr. Tournier sabia que havia uma causa mental e emocional por trás do grave ferimento na mão do homem. Descobriu que ele andava irritado com o patrão. Além disso, sentia considerável rancor e hostilidade contra um patrão anterior, que o despedira. O Dr. Tournier explicou ao homem que a irritação e a perturbação emocional fazem com que os movimentos se tornem descoordenados e bruscos, o que acarretara o acidente.

Lemos o seguinte no Capítulo 13 de Lucas: *Naquela mesma ocasião alguns homens procuraram Jesus t falaram dos galileus, cujo sangue Pilatos misturara com os seus sacrifícios.* E *Jesus lhes disse: Devemos pensar que esses galileus eram mais pecadores do que todos os outros galileus porque padeceram tais sofrimentos? Não eram e eu lhes garanto: se não se arrependerem, todos acabarão perecendo da mesma forma. Ou aqueles dezoito que morreram quando a torre de Siloé desabou eram por acaso mais pecadores do que todos os outros habi-*

tantes de Jerusalém? Não eram e eu lhes garanto: se não se arrependerem, todos acabarão perecendo da mesma forma.

Jesus negou categoricamente que as vítimas de tais calamidades fossem pecadores piores do que os outros homens e acrescentou: Se *não se arrependerem, todos acabarão perecendo da mesma forma.* Infortúnios, acidentes e tragédias de todos os tipos são conseqüências de distúrbios mentais e emocionais que se manifestaram. Arrependimento significa pensar de maneira diferente, voltar a Deus e alinhar os seus pensamentos e imagens mentais com a Vida Infinita, Amor, Verdade e Beleza de Deus. Quando isso acontece, passamos a ser canais para o Divino.

Relaxe a mente várias vezes por dia e afirme, devagar, com absoluta convicção: "Deus flui por mim como harmonia, saúde, paz, alegria, plenitude e perfeição. Deus caminha e fala em mim. O encantamento de Deus me envolve sempre e a Sabedoria de Deus me guia em todos os caminhos, a ação Divina certa sempre prevalece. Todos os meus caminhos são aprazíveis, todas as minhas trilhas são de paz."

À medida que você se fixa nessas verdades eternas, estabelece padrões de Ordem Divina em seu subconsciente. Como tudo o que você imprime no subconsciente se manifesta, estará velado em todos os momentos por uma Presença Suprema, o seu Pai Celestial, que responde sempre que é chamado.

Todos estamos imersos na mente racial, o grande

mar psíquico da vida. A mente racial acredita em doença, acidente, morte, infortúnios e tragédias de todos os tipos. Se não nos arrependermos, isto é, se não tivermos o nosso próprio pensamento, a mente racial assumirá o nosso pensamento. Gradativamente, os pensamentos da mente racial, dominando o nosso consciente, podem alcançar um grau de saturação e precipitar um acidente, doença súbita ou calamidade. A maioria das pessoas não pensa, apenas pensa que pensa. Você está pensando quando diferencia entre o que é falso e o que é verdadeiro. Pensar é optar. Você possui a capacidade de dizer sim ou não. Diga *sim* à Verdade, rejeite tudo o que for contrário a Deus ou à Verdade, Se o instrumento mental não pudesse optar, você não seria um indivíduo. Possui a capacidade de aceitar e rejeitar. *Pense em todas as coisas belas, em todas as coisas justas, em todas as coisas honestas, em todas as coisas puras... pense nessas coisas.*

Você está pensando quando sabe que existe uma Inteligência Infinita que responde a seus pensamentos. Não importa qual seja o problema, à medida que você pensa numa Solução Divina e um final feliz, descobrirá uma sabedoria subjetiva interior a responder, revelando o plano perfeito e indicando o caminho que deve seguir.

Fui procurado por uma mulher há vários meses. Ela me disse que tinha uma lesão orgânica há muitos anos, não conseguia a cura. Já fizera os mais diversos tratamentos, inclusive de irradiação. Orara e procura-

ra a terapia da oração de outros, sem resultados. Ela me declarou:

— É a vontade de Deus. Sou uma pecadora, es tou sendo punida.

Também me contou que procurara um homem que a hipnotizara, descobrira o seu passado e tivera a desfaçatez e audácia de dizer-lhe que era uma vítima do carma, que fizera mal a outras pessoas numa vida anterior, punindo-as injustamente, por isso estava agora sofrendo. E ela me perguntou, desesperada:

— Acha que é por isso que não fico curada?

Tudo isso não tem o menor sentido, é um absurdo monstruoso. A explicação do homem aumentou ainda mais a angústia da mulher, não lhe trazendo cura nem conforto. Expliquei-lhe a Verdade Eterna, que só existe um Poder e se chama Deus. É a Inteligência Criativa em todos nós, o que nos criou. Este Poder torna-se aquilo que acreditamos que é. Se uma pessoa pensa que Deus a está punindo e que deve sofrer, *de acordo com o seu pensamento e convicção, assim será.* Isso significa que os pensamentos e sentimentos da pessoa criam o seu destino. O homem é o que ele pensa durante o dia inteiro. Se um homem deixa de pensar de maneira construtiva, sensata e criteriosa, então outra pessoa ou a mente racial pensará por ele, talvez tumultuando completamente a sua vida.

Se você acredita que Deus é a Bondade Infinita, Amor Ilimitado, Harmonia Absoluta e Sabedoria Total, a Presença de Deus reagirá de acordo, pela lei do

relacionamento recíproco. Você se descobrirá, assim, abençoado de incontáveis maneiras. As forças da vida não são nefastas; tudo depende da maneira como as usamos. A energia atômica não é nociva; torna-se boa ou má de acordo com a maneira como a usamos. O homem pode usar a eletricidade para matar alguém ou para aspirar o pó do assoalho. Você pode usar a água para saciar a sede de uma criança ou afogá-la. O vento que sopra o navio para os rochedos também pode levá-lo são e salvo ao porto. Os usos de todas as coisas do mundo são determinados pelos pensamentos do homem. É a mente do homem que decide o aproveitamento das forças do mundo. O bem e o mal são movimentos na mente do homem, relativos ao Poder Único, que é puro e perfeito. A Força Criativa está no homem. Não há poder no universo exterior, exceto o que lhe conferimos. A mulher a que me referi procurava justificativas e álibis para seu sofrimento. Procurava no mundo exterior, em vez de compreender que a causa estava e está sempre em seu subconsciente. Pedi-lhe que me descrevesse o seu relacionamento com os homens. Ela confessou que tivera uma ligação amorosa ilícita há cinco anos, sentira-se culpada e cheia de remorso. Este remorso insolúvel era o ferimento psíquico por trás de sua lesão orgânica. A mulher compreendeu que Deus não a estava punindo, era ela mesmo quem se punia, por seus pensamentos.A lesão era o pensamento consolidado que não conseguia eliminar. A Vida ou

Deus não pune. Se você queima o dedo, a Vida trata de reduzir o edema, providencia uma pele nova e restaura a plenitude. Se você come algum alimento estragado, a Vida faz com que vomite e procura devolver-lhe a saúde perfeita. Os antigos diziam que o médico cobre a ferida e Deus a cura.

Em menos de uma semana desapareceram a lesão e os sintomas mórbidos que nenhum tratamento médico ou terapia de oração conseguia curar. Não há pior sofrimento do que uma consciência culpada, não pode haver nada mais destrutivo. Essa mulher passara cinco anos se punindo com seu pensamento destrutivo. A lesão rapidamente sumiu quando ela parou de se condenar e passou a proclamar que a Presença Curativa Infinita saturava todo o seu ser e que a Presença de Deus habitava em cada célula de seu corpo. Se você usasse de maneira errada o princípio da eletricidade ou da química, por cinqüenta anos, passando a usá-lo subitamente de modo correto, não diria que o referido princípio tinha um ressentimento contra você por causa disso. Da mesma forma, não importa por quanto tempo você tenha usado de modo errôneo a mente, de maneira negativa ou destrutiva; no momento em que passar a usá-la de modo correto, os resultados se seguirão. Não *se lembre das coisas passadas nem leve em consideração as antigas.* (Isaías 43:18)

Um homem procurou-me há alguns meses. Estava perdendo a visão gradativamente. Atribuía à falta de vitaminas, fatores hereditários. Ressaltou que o avô ficara cego aos oitenta anos de idade. Ele

pertencia a um culto estranho, cujo líder, depois de ler seu horóscopo, disse que os planetas se encontravam em configuração maléfica, sendo esta a causa de sua visão precária. Sabe-se hoje nos círculos que estudam os problemas psicossomáticos que os fatores psíquicos exercem enorme influência em todas as doenças. A miopia pode ser acarretada pelo funcionamento da mente. O tratamento dos fatores mentais e emocionais do indivíduo, em vez do olho, pode revelar o fator emocional básico, o motivo pelo qual o subconsciente está escolhendo uma aflição que tende a excluir tudo, exceto o que está imediatamente ao redor.

O Dr. Francis Dunbar declarou que determinadas reações emocionais podem fazer com que os músculos involuntários acarretem uma distorção do globo ocular. O homem me revelou, em conversa, que detestava a visão da sogra, que estava morando em sua casa. Sentia uma raiva reprimida. O sistema emocional não podia mais suportar a tensão, escolhendo os olhos como bode expiatório. A explicação foi a cura, nesse caso. Ficou surpreso ao saber que as emoções negativas, se persistentes, dominam o subconsciente; e sendo negativas precisam encontrar uma vazão negativa. As ordens negativas para o subconsciente, "Detesto a visão da minha sogra", "Não quero mais vê-la", foram aceitas como um pedido e se tornaram manifestas.

Ele providenciou para que a sogra fosse morar em outro lugar e orou por ela, encaminhando-a a Deus

e lhe desejando todas as bênçãos do mundo. Sua visão começou a melhorar quase que imediatamente e duas semanas depois voltara ao normal. Ele sabia que perdoara a sogra, pois podia encontrá-la em sua mente e não experimentava mais qualquer desespero. Tentara justificar a vista em deterioração em termos de causas externas, em vez de em sua própria mente.

Uma deficiência de vitamina A pode causar a oftalmia, que é uma inflamação da conjuntiva ou do globo ocular. Mas isso pode acontecer em decorrência da ignorância, indiferença ou negligência da pessoa. A causa, nesse caso, seria a negligência e posteriormente um estado mental ou simplesmente uma carência de conhecimento. A vitamina A é onipresente e devemos ter inteligência para usá-la.

Você não pode se esquivar ou contornar a lei da mente. Tudo acontece conforme você acredita, e uma convicção é um pensamento na mente. Nenhum poder exterior ou entidade maléfica está tentando atraí-lo ou prejudicá-lo. As pessoas constantemente atribuem seus males ao clima, entidades maléficas, germes, vírus e dietas. O homem polui o ar com estranhas noções e falsas doutrinas. Se um homem acredita que a proximidade de um ventilador elétrico o deixará resfriado ou com torcicolo, esta convicção, quando aceita, passa a dominá-lo e logo se manifesta. É por isso que a Bíblia diz: *De acordo com a sua fé, assim lhe sucede.* O ventilador não tem o poder de deixá-lo com um torcicolo; é inofensivo. Sua fé pode ser

usada de duas maneiras. Você pode ter fé num vírus invisível que provoca um resfriado ou pode ter fé no Espírito Invisível interior, fluindo por você como harmonia, saúde e paz.

Compreenda que Deus não pode ficar doente, e o Espírito em você é Deus; o que é verdade para Deus também é verdade para você. Acredite nisso e jamais ficará doente, pois *de acordo com a sua fé* (na saúde e felicidade), *assim lhe sucede*, Emerson escreveu: "Ele [o homem] pensa que seu destino é estranho, pois a união está oculta. Mas a alma contém o evento que ocorrerá. Afinal, o evento é apenas a concretização dos pensamentos e aquilo por que oramos sempre nos é concedido. O evento é a impressão de sua forma. Ajusta-se a você como a pele." Este trecho consta do livro *Destino,* de Ralph Waldo Emerson.

O Demônio na Bíblia significa ignorância ou incompreensão. Seu mal é uma inversão do Princípio da Vida, que é Deus. Deus atua em nós como uma unidade e procura se expressar por intermédio de cada pessoa como beleza, amor, alegria, paz e Ordem Divina. A falsa idéia em sua mente é chamada de adversário, demônio, Satã e assim por diante. Os demônios que atormentam o homem são inimizade, discórdia, ódio, vingança, hostilidade, autocondenação e outras emoções negativas. Se o homem deixa de acreditar na bondade de Deus e num Deus de Amor, a extensão em que pensa assim pode

muito bem ser o seu chamado demônio, a fonte de suas angústias, sofrimentos e infortúnios.

Recebi uma carta de uma mulher contando que sua filha assistia a uma briga numa rua de Nova York quando fora atingida por uma bala extraviada. Houvera necessidade de amputar dois dedos. Qual era a causa desse infortúnio? Seria a vontade de Deus? A ocorrência do acidente seria uma punição por seus pecados? A resposta se encontra na negativa a todas essas perguntas da mãe. Deus não julga nem pune; o bem e o mal são os movimentos da própria mente do homem. É um pensamento muito primitivo acreditar que Deus está nos punindo ou que um demônio nos tenta. Nosso estado de consciência está sempre se tornando manifesto. Homens, mulheres e crianças testemunham constantemente o nosso estado de consciência. E justamente esse estado de consciência é sempre a causa.

Não conhecemos o que está dentro da mente da moça, Se ela era cheia de ódio, ressentida, hostil, sempre se condenando, poderia atrair o infortúnio, Devemos lembrar que a maioria das pessoas não disciplina, controla ou orienta seu pensamento e imagens mentais por canais Divinos. O fracasso em pensar de maneira construtiva e harmoniosa, do ponto de vista do Poder Infinito, significa que deixam as mentes abertas à mente de massa irracional, sempre dominada por medos, ódios, invejas e todos os tipos de formulações negativas.

O fracasso do homem em pensar do modo certo é tão ruim quanto pensar negativa e destrutivamente. Lembro-me de um evento em minha infância na Irlanda. Um camponês esperou por trás de uma cerca todos os dias, durante mais de uma semana, a fim de atirar no proprietário das terras quando ele passasse. Um dia, quando se encaminhava para a cerca, tropeçou e caiu. O rifle disparou e ele foi atingido fatalmente. Não compreendi o motivo para isso na ocasião. Como os outros, pensei que fora simplesmente um acidente. Não há acidentes; há uma mente, um ânimo, um sentimento, por trás daquele carro, trem ou bicicleta, por trás também daquela arma. Aquele camponês manteve o assassinato em seu coração por um longo tempo e o subconsciente reagiu de acordo.

Nenhuma manifestação me ocorre, exceto a que eu, o Pai, projeto. O pai é o seu estado de consciência, seu próprio poder criativo Nenhuma experiência lhe ocorre se não houver antes uma afinidade em sua mente. Duas coisas antagônicas se repelem. Se você caminha e fala com Deus, se acredita que Deus o guia e que a Lei da Harmonia está sempre governando-o, então não pode estar num trem que se acidenta, porque a discórdia e a harmonia não convivem absolutamente. A mãe acrescentou em sua carta, como um *post scriptum:* "Minha filha não pode recuperar os dedos através da harmonia." Não entendo por que as pessoas são tão incisivas e categóricas em suas declarações

de que um homem não pode fazer crescer uma perna ou um dedo que está faltando.

Quero citar um trecho do livro *Ele Cura Hoje,* de Elsie Salmon: "Mildred tinha três anos quando me foi trazida. Nascera sem a mão esquerda. O braço terminava numa ponta que não era maior do que um dedo indicador, bem acima do pulso. Um mês depois a ponta na extremidade do braço deformado dobrara de tamanho. Ao constatar esse desenvolvimento extraordinário, o pai comentou: 'Tudo pode acontecer.' No mês seguinte havia uma formação que parecia com um polegar. Na ocasião, julgamos que era de fato um polegar. Cerca de três meses mais tarde descobrimos que não era absolutamente um polegar. O Crescimento na extremidade do braço era a mão inteira, desabrochando como uma flor, diante de nossos olhos."

Ela conclui com a declaração de que os céticos estão agora aceitando como um fato incontestável. Talvez devêssemos extrair uma lição do rinoceronte, Quando se retira os seus chifres e se corta as raízes, o rinoceronte desenvolve novos chifres. Corte as pernas de um caranguejo e novas logo crescem. Se um homem acreditasse que pode desenvolver um novo dedo, perna ou qualquer outro órgão, poderia perfeitamente experimentar a sua convicção.

Vamos deixar de culpar os outros e procurar dentro de nós mesmos as causas para tudo.Acredite em Deus, acredite na bondade de Deus. Descobrirá

assim que todos os seus caminhos são aprazíveis e todas as suas trilhas serão de paz. Você é a convicção manifesta.

VENENOS MENTAIS E SEUS ANTÍDOTOS

HÁ VENENOS mentais, assim como físicos. Os venenos mentais são os pensamentos errados que operam clandestinamente na consciência, como um regato contaminado, para emergir anos depois em experiências erradas (doença, perda, infelicidade etc).

Li há algum tempo o relato de uma experiência científica realizada na Rússia. Seis gatos hipnotizados e condicionados receberam uma dose de cianureto de potássio, sem efeitos fatais. Outros seis gatos, descondicionados, tomaram a mesma dose e morreram. Se tivéssemos fé bastante no poder subjetivo de Deus dentro de nós poderíamos anular todos os venenos mortais, mentais ou de outro tipo.

O que é a profilaxia? O primeiro passo é não ter medo do câncer, tuberculose, artritismo ou distúrbio mental, a partir deste momento. O segundo passo é compreender que o estado é conseqüência do falso pensamento e não lhe conceder mais poder para con-

tinuar a existir; você estará então exaltando Deus dentro de si. Isso acabará com toda a toxicidade em você ou na pessoa por quem está orando.

Proclame que o estado é "falso" e exalte Deus ao contemplar a solução perfeita, a beleza e a integridade manifestando-se no lugar do problema.

Entre os venenos mentais mais letais estão os seguintes: medo, ódio, autocompaixão, ressentimento, inveja, vingança, solidão, melancolia etc. Todos são ramificações do medo. O nome bíblico para o medo é um pensamento cego e falso chamado Golias. A palavra *Golias* significa um pensamento agressivo e dominador, que ostenta o seu poder, intimida, pressiona, assusta e induz você à submissão. Talvez você tenha medo de enfrentar esse criminoso em sua mente, Talvez receie os resultados e hesite em enfrentar abertamente essa ameaça sinistra e destruí-la.

É necessário assumir o papel de Davi para se livrar do criminoso chamado medo. *Davi* significa um homem que ama Deus, que sabe que só existe um único Poder Soberano, que é uma Unidade e não conhece divisões ou discórdias, cujo nome é Amor. Davi, que é a consciência da Presença e Poder de Deus, matou o gigante filisteu chamado Golias ou medo com uma pedra lançada de sua funda de pastor, O medo é uma sombra na mente, mantida pela ignorância e escuridão. Quando você analisa seu medo à luz da razão e da inteligência, descobre que ele não resiste e pronta-

mente desaparece. Entre a prole do medo podemos destacar:

a) O *ódio*, que é na verdade o amor invertido ou mal-orientado, baseado na ignorância.

b) *Autocompaixão*, que é na verdade o egocên trismo. Este veneno mental infiltra-se pela corrente san güínea psíquica, contaminando as fontes da esperan ça e fé, provocando a demência precoce, melancolia e outros problemas. O antídoto é encontrar o seu ou tro eu (Deus) e tornar-se intoxicado pela realização do amor a Deus. O senso de união com o Único Poder acarretará um novo nascimento, de paz, saúde, con fiança e força.

c) O *medo da velhice* é outro veneno mental. A velhice não é a fuga dos anos, mas sim o amanhecer da sabedoria, verdade e beleza.

d) A *solidão* é uma falta de amor. O que não tem amor sempre procura o amor, mas aquele que ama encontra o amor e a amizade por toda parte. O anti-doto é se apaixonar pelos companheiros de Deus em sua mente.Seus nomes são boa vontade, bondade, gen-tileza, paz, paciência,compreensão e interesse since-ro pelos outros. Irradie o Amor de Deus — uma por ção dupla do Espírito — sobre todos os que estão ao seu redor; estará imediatamente banindo a solidão. Deus também lhe concederá uma dupla recompensa e sua boa vontade se multiplicará.

O estado mental é o seu mestre. É um absurdo permitir que o medo cego, ignorante, estúpido e mons-

truoso o domine e oriente as suas atividades. Considere-se bastante inteligente para permitir que isso aconteça. Por que não se tornar Davi? Assuma o papel. Pode estar certo de que lhe dará dividendos fabulosos. Davi significa que sua fé em Deus é maior do que o medo. O medo é a fé pelo avesso. O medo é um conglomerado de sombras escuras e sinistras em sua mente. Em suma, o medo é a fé na coisa errada. Torne-se um gigante espiritual, convoque Davi (que é a confiança em Deus) que se encontra em você. Ao mesmo tempo, convoque o Amor de Deus.

Os filhos da fé em Deus são amor, paz, gentileza, bondade, generosidade, alegria, equilíbrio, tranqüilidade e serenidade. Quando você compreende que só existe um Poder, uma Causa, o Criador, você lhe concede toda fidelidade, devoção e lealdade. Torna-se então Davi, amado de Deus. Davi (a consciência espiritual) não tinha armadura ou proteção material como se usava naquele tempo. Seu poder era a confiança no Deus dos seus pais, a certeza de que a Inteligência Infinita conhecia a resposta para qualquer problema.

Quando você proclama a orientação de Deus, sempre perceberá os pontos fracos na armadura de Golias ou na pessoa que o ameaça com terríveis desastres. Na verdade, porém, nunca é a pessoa que possui o poder para qualquer coisa, mas sim o pensamento em sua própria mente. Os inimigos são da sua própria casa (mente). E *Davi enfiou a mão em sua bolsa e de lá tirou uma pedra, arremessando-a*

e acertando o filisteu na testa. A *pedra penetrou pela carne e o filisteu tombou.* (I Samuel 17:49)

A pedra é a sua convicção no Único Deus, Único Poder. Uma pedra é dura e impenetrável, o que significa que sua fé ou confiança no Poder Espiritual é inflexível. Em outras palavras, você se mantém imperturbável e irredutível em sua atitude, confia absolutamente em Deus. Com essa pedra ou convicção mental espatifa a testa do gigante chamado medo ou *Goli*as. O medo tem a propensão para se gabar, e nisso reside a sua fraqueza. Davi (amor à Verdade) partiu com uma idéia: demonstrar a supremacia do Poder de Deus. Quando você se adianta com a certeza de que "um com Deus é maioria", vai se descobrir guiado por todos os caminhos e se tornará o inevitável vencedor.

Não combata o medo com o medo; em vez disso, enfrente-o com uma declaração direta da Presença e Poder de Deus, o que torna o medo impotente. Diga a si mesmo: "O Senhor é minha luz e salvação; de quem terei medo? O Senhor é a força da minha vida; de quem terei medo?" (Salmo 27:1,2). Você tem medo de alguma doença que o invadiu? Perceberá que um pensamento errôneo em sua mente pode se gabar de sua pseudoforça, intimidando-o. Não permita que esses pensamentos o dominem. Enfrente-os e subjugue-os agora. Compreenda que toda discórdia é fabricada por sua própria mente; não é uma coisa que vem de fora. Você pode mudar sua mente ao compreender que a

Presença curativa infinita que fez seu corpo o está curando agora. À medida que o fizer, conscientemente, estará promovendo uma reformulação dos padrões de pensamento no subconsciente; a cura será a conseqüência. Sua convicção mental atual determina o seu futuro e experiência.

Medite e ore sobre valores positivos e espirituais. Proclame o seu ideal, solução, saúde, ou paz de espírito sobre a base de que o Espírito interior é Supremo e Onipotente. Ao pensar na solução ou ideal com fé e confiança, você está condicionando sua mente a responder. Sua mente está cheia de confiança ou medo, de acordo com o que você lhe incutiu. Torne-se Davi, o pastor de rosto corado, partilhando e se apropriando de sua Divindade agora. Tenha a percepção de perseverar e saiba que encontrará na jornada da vida apenas as experiências que enviou à sua frente, consciente e inconscientemente. Envie Deus e seu Amor à frente; isso significa um ânimo de fé e confiança num Poder Todo-Poderoso que nunca falha. À medida que assim fizer, estará sendo Davi, a avançar com a armadura de Deus, conquistando a liberdade, paz de espírito e felicidade.

A história em Samuel relata que Davi cortou a cabeça de Golias. É o que o homem espiritual deve fazer com todo erro, falsa crença e superstição em sua mente;deve consumir todos os pensamentos negativos com o fogo do Amor Divino e do pensamento certo. Golias ou medo é a fé num falso deus.Você é Davi,convenientemente equipado,

quando compreende que tem fé no Único e Verdadeiro Deus — o único Poder e Presença.

Conversei recentemente com um casal que estava convencido de que perderia tudo numa ação judicial que se arrastava há cinco anos. Estavam pessimistas. Parecia que a outra parte mentia incessantemente. O advogado lhes dissera que não tinham a menor chance e os dois estavam hipnotizados por essa sugestão. Expliquei que a declaração ou sugestão do advogado não tinha qualquer poder e que suas palavras não podiam fazer com que se concretizasse. Eles compreenderam que o único poder da sugestão do advogado estava em sua aceitação mental. Haviam aceitado a sugestão e reagido de acordo. Mas todo o processo ocorria apenas em suas mentes. Permitiram que o advogado sugerisse a perda de sua tranqüilidade. Durante todo o tempo, o poder estava em seus próprios pensamentos. Eles oraram da seguinte maneira: "Deus é Absoluta Harmonia e Absoluta Justiça; portanto, o resultado é justiça, harmonia e satisfação para todos." Como se vê, uma oração muito simples. A premissa era verdadeira; assim, a conclusão tinha de ser verdadeira. Se um homem começa com Deus, sempre termina como Deus, O fruto está na semente. Havia uma solução harmoniosa e perfeita para o processo judicial, que foi definida fora do tribunal.

Deus nunca tarda; o segredo está em permanecer leal e fiel ao que você sabe ser a verdade de Deus. Não hesite em desembainhar a espada da

Verdade,como Davi. Arme-se com a compreensão espiritual da Lei Divina e das Verdades Eternas. Destrua implacável e sem compaixão todos os padrões de pensamentos negativos em sua mente, ordene que desapareçam, de uma maneira vigorosa e dinâmica, deixe entrar a Luz, o Amor e a Verdade de Deus. Sua consciência espiritual age como uma espada, que o corta completamente da antiga maneira de pensar, convicção racial, outros poderes, entidades maléficas e suposições opostas ao Poder Supremo do Amor.

Uma mulher me disse na semana passada: — Estou tão furiosa que poderia até matar May! Parece que May espalhara mentiras a seu respeito e tentara prejudicá-la no emprego. A mulher permitiu que May a transtornasse; em outras palavras, concedeu-lhe um poder que May não possuía. O problema estava em seu próprio pensamento. May não era responsável pelo conceito que tinha a seu respeito. Compreendeu subitamente que todo o poder estava em suas imagens mentais e padrões de pensamento. Permitira que Golias (medo) dominasse a sua mente, intimidando-a e assustando-a. O processo inteiro era de sua criação. A mulher tinha bom-senso e começou a enfrentar os vírus do medo, ódio e ressentimento em sua mente, expulsando esses venenos mentais e neutralizando os efeitos tóxicos com o pensamento e sentimento certos. Instalou Deus no trono de sua mente, dizendo a si mesma: "Não temerei o mal, pois Deus está comigo." (Salmo 23:4)

Não pode haver mal onde Deus existe. Ela saturou a mente com a verdade simples: "Deus é, sua Presença enche a minha alma e governa a minha vida." Todo o ressentimento se desvaneceu. Ela se recusou absolutamente a permitir que alguma outra mulher lhe provocasse enxaqueca, indigestão, insônia ou nervosismo. Ninguém possui esse poder. O poder se encontra em seu próprio pensamento. Você é o único que pode determinar o rumo de seu pensamento. O bem e o mal são movimentos de nossa mente. Não permita que os ladrões do medo, ressentimento e inadequação o restrinjam e limitem, o prendam aos grilhões da escravidão. O mundo que vemos é na verdade o mundo que somos. Contemplamos as imagens mentais e as convicções de nosso subconsciente. Colorimos tudo por nosso condicionamento interior. O homem projeta seus sentimentos, preconceitos e hostilidades sobre as outras pessoas e forma uma imagem distorcida de tudo.

Defina o seu objetivo agora. Para onde vai? Qual é o seu objetivo? Tenha um plano ou propósito definido; depois, proclame que Deus está agindo por sua conta. Sempre que qualquer sugestão negativa conteste o objetivo em sua mente, corte-lhe a cabeça, de maneira decidida, com a espada espiritual da razão, que lhe diz que só existe um Poder Espiritual e que o Deus que lhe deu o desejo é o mesmo Deus que vai realizá-lo. É fácil, pois o "Pai interior tudo faz". Ninguém possui o poder de transtorná-lo ou acabar com sua fé e

confiança n'Aquele Que É. Levante a cabeça! Fixe a vista no objetivo, no cume que deseja alcançar. Assim, acabará chegando ao lugar em que está a sua visão. Torne-se Davi ao se apaixonar pelas Verdades de Deus e confie absolutamente na Sabedoria Infinita, que sempre lhe trará a solução. Saiba que Deus agindo em você lhe proporciona beleza, paz, lugar certo Divino e harmonia. Davi era o filho de Jessé, que significa o filho de Eu Sou ou Deus. Portanto, VOCÊ é o filho do Infinito e da Eternidade. Chegue perto de seu Pai. Ele o ama, cuida de você! À medida que se virar para Ele, também Ele se virará para você. O amanhecer surge então, e todas as sombras se dissipam.

AS MARAVILHAS DO DISCURSO INTERIOR

> Que *as palavras de meus lábios e a meditação de meu coração sejam agradáveis em sua presença, Ó* SENHOR, *minha força e meu redentor*. (Salmo 19:14)

OCORRERÃO maravilhas em sua vida quando seu pensamento e sentimento interior concordarem com as palavras de sua boca, Eu gostaria de contar um caso a propósito. Um homem estava envolvido numa ação judicial prolongada, que já lhe custara muito tempo, despesas e outras dificuldades, Sentia-se irritado, amargurado e hostil, contra a outra parte e contra seus próprios advogados. Seu discurso interior, que representa os seus pensamentos íntimos, silenciosos e não-expressos, era mais ou menos o seguinte: "Não há mais qualquer esperança. O processo já se arrasta há cinco

anos e estou perdendo tudo. É inútil continuar. Será melhor desistir." E assim por diante. Expliquei-lhe que esse discurso interior era altamente destrutivo e certamente desempenhava um papel da maior importância no prolongamento do processo. Jó disse: Pois *a coisa que eu tanto temia me aconteceu.* (Jó 3:25)

Ele mudou completamente o discurso interior e o exterior ao compreender o que vinha fazendo a si mesmo. Na verdade, orava contra si mesmo. Fiz-lhe uma única pergunta:

— Qual seria a sua reação se eu lhe dissesse neste momento que se chegou a uma solução perfeita e harmoniosa e o caso foi definitivamente encerrado?

Ele concordou que daquele momento em diante cuidaria para que o seu discurso interior, como Ouspensky ressaltou, estivesse de acordo com o objetivo. Passou a aplicar regular e sistematicamente a oração seguinte, que lhe indiquei: "Dou graças pela solução perfeita e harmoniosa que me chegou através do Onisciente." Repetia-a com freqüência durante o dia. Quando surgiam dificuldades, protelações ou retrocessos, quando o medo ou a dúvida o atacava, ele proclamava silenciosamente esta verdade. Suspendeu por completo todas as declarações negativas verbais e também passou a vigiar o discurso interior, sabendo que este sempre acaba se manifestando. Expressamos o que sentimos por dentro. Podemos dizer uma coisa com a boca e sentir outra no coração; o que sentimos é o que se reproduz na tela do espaço. Nunca devemos

afirmar interiormente o que não queremos experimentar exteriormente. Os lábios e o coração devem concordar; quando isso acontece, a oração é atendida.

Devemos vigiar o nosso estado psicológico interior. Algumas pessoas sentem inveja e ciúme, fervilham de raiva e hostilidade. Esta atitude mental é altamente destrutiva e provoca o caos, a doença e a carência. Você conhece a pessoa que procura se justificar, dizendo a si mesma que tem todo o direito de estar com raiva e querer se vingar. Esta pessoa toca um velho disco do subconsciente, recitando todos os álibis, desculpas e justificativas para a sua fúria interior, É bem provável que não saiba que tal estado mental acarreta perda de energia psíquica em grande escala, deixando-a ineficiente e confusa. O discurso interior negativo do homem é geralmente dirigido contra si mesmo.

Conversei recentemente com um homem que me disse ter sido tratado de maneira injuriosa. Planejava se desforrar, estava furioso com o antigo patrão. Esse homem tinha úlcera no estômago em decorrência da irritação e turbilhão interior, Expliquei-lhe que estava gravando impressões altamente destrutivas de raiva e ressentimento no subconsciente, que sempre expressa o que lhe é incutido. Estas emoções destrutivas precisam de vazão e, no seu caso, manifestaram-se como úlcera e neurose.

Ele inverteu seu processo mental, entregando o ex-patrão ao oceano infinito do Amor de Deus e lhe desejando todas as bênçãos. Ao mesmo tempo, povoou

a mente com as Verdades de Deus, identificando-se com a Presença Curativa Infinita e compreendendo que a Harmonia, a Paz e a Perfeição do Infinito saturavam a sua mente e corpo, deixando-o pleno. Essas vibrações espirituais impregnando sua mente se transmitiram por todo o organismo. As células do corpo adquiriram um novo tônus espiritual, e a úlcera ficou completamente curada.

A Bíblia diz: *Se dois de vocês concordarem na terra sobre qualquer coisa que pedirem, serão atendidos por meu Pai que está no céu.* Quem são os dois? Representam você e seu desejo. Se você aceita o seu desejo mentalmente, o subconsciente fará com que aconteça, porque consciente e subconsciente concordaram ou sincronizaram. Os dois que concordam representam pensamento e sentimento, idéia e emoção, Se você consegue emocionalizar o conceito, os aspectos masculino e feminino de sua mente concordaram e haverá um resultado ou prole mental; ou seja, o atendimento da oração.

Não se deve esquecer que tudo o que aceitamos ou sentimos como verdadeiro se grava no subconsciente. O subconsciente é o meio criativo; sua tendência, como Troward ressalta, é sempre para a vida. O subconsciente controla todos os seus órgãos vitais, é o centro da memória e o curador do corpo. O subconsciente é alimentado por fontes ocultas e se integra com a Inteligência Infinita e o Poder Infinito.

É muito importante dar instrução apropriada ao

subconsciente, Por exemplo, se um homem se fixa nos obstáculos, protelações, dificuldades e obstruções em seu programa, o subconsciente assumirá isso como seu pedido e produzirá desapontamentos em sua experiência, É por isso que se deve alimentar o subconsciente com premissas que sejam verdadeiras.

Qual é a fala interior que ocorre em você durante todo o tempo em que não é expressa audivelmente? O subconsciente escuta e obedece à sua fala interior. Registra seu pensamento e sentimento silenciosos, como um gravador absolutamente fiel, Registra tudo e lhe toca de novo a gravação, sob a forma de experiências, condições e eventos. Você não precisa viajar psicologicamente com medo, dúvida, ansiedade e raiva. Não há lei que o obrigue a conviver com criminosos, assassinos, ladrões e intrusos em sua mente. Se você continua a convidar esses assaltantes para a sua mente, eles lhe roubam a saúde, a paz, a felicidade e a prosperidade, transformando-o num destroço físico e mental.

Uma mulher tinha a pressão muito alta, acompanhada por terríveis acessos de enxaqueca. A causa de tudo era a fala destrutiva interior. Ela achou que alguém não a tratara direito e tornou-se bastante negativa em relação à pessoa. Passou a ser hostil e antagônica em relação a ela, permitindo que essa condição persistisse por semanas, num profundo turbilhão emocional. A atitude negativa esvaiu suas forças, acarretando mudanças psicológicas na corrente sangüínea.

Estava prestes, como disse, a explodir de raiva. A pressão interior, a tensão crescente e a hostilidade intensa foram a causa da hipertensão, a que se somou a enxaqueca.

Essa mulher começou a praticar as maravilhas da fala interior espiritual. Compreendeu que estivera se envenenando e que a outra mulher não era absolutamente responsável pela maneira como pensava ou sentia a seu respeito. Era a única pensadora em seu universo e acalentara pensamentos destrutivos, que estavam envenenando todo o seu organismo. Passou a compreender que ninguém poderia afetá-la, exceto o seu próprio pensamento ou movimento de sua mente. Tudo o que precisava fazer, a fim de usufruir as maravilhas da fala interior espiritual, era identificar-se com seu objetivo. Seu objetivo era paz, saúde, felicidade, alegria, serenidade e tranqüilidade. Passou a se identificar com o Rio da Paz de Deus e o Amor de Deus fluindo por ela, acalmando, curando e restaurando sua mente e corpo.

Durante quinze minutos, três ou quatro vezes por dia, ela orava da seguinte maneira, silenciosamente: "Deus é Amor, e Seu Amor povoa a minha alma. Deus é Paz, e Sua Paz povoa minha mente e corpo. Deus é Saúde Perfeita, e Sua Saúde é minha Saúde. Deus é Alegria, e Sua Alegria é minha Alegria. Sinto-me maravilhosamente bem." Este tipo de discurso interior, que representava os seus pensamentos interiores de Deus e suas qualidades, proporcionou-

lhe total senso de equilíbrio e harmonia, na mente e no corpo, Quando pensamentos da outra mulher surgiam em sua mente, ela se identificava imediatamente com seu objetivo — a Paz de Deus, Descobriu as maravilhas da fala interior em que os lábios e coração se uniam na identificação com as Verdades Eternas de Deus, tornando-a assim imune ao impacto de idéias e pensamentos negativos,

Como encontrar as pessoas na mente? Este é o grande teste para a Verdade que liberta. Se as encontra e descobre Deus nas pessoas, isso é maravilhoso. Estará praticando as maravilhas do discurso interior de uma maneira construtiva, ao se identificar com seu objetivo, que é Deus ou o bem, Ouspensky ressaltou que seu discurso interior deve sempre estar de acordo com seu objetivo,

Um jovem tinha um objetivo — saúde perfeita. Mas o consciente lembrava-o que estivera doente por anos, com um problema de sangue. Estava dominado pela ansiedade, medo e dúvida. Os parentes comentavam que levaria muito tempo em tratamento e talvez nunca ficasse completamente curado. É claro que o subconsciente estava recebendo todas essas impressões negativas e por isso ele não podia alcançar a cura. O discurso interior tinha de estar de acordo com o objetivo. Em outras palavras, as duas fases de sua vida tinham de sincronizar e concordar, O jovem passou a falar de uma maneira diferente a seu subconsciente. Eu lhe disse que afirmasse, falando

devagar e com absoluta convicção, várias vezes por dia, o seguinte: "A Inteligência Criativa fez meu corpo e está criando meu sangue agora. A Presença Curativa sabe como curar e está transformando cada célula de meu corpo no padrão de Deus. Ouço e vejo o médico me dizendo que estou completamente curado. Tenho agora essa imagem na mente, vejo nitidamente, escuto a sua voz. Ele me diz: 'John, você está curado. É um milagre.' Sei que essa imagem construtiva vai se gravar no sub consciente, onde será desenvolvida e consumada. Sei que meu subconsciente está em contato com o Infinito, que sua Sabedoria e Poder atenderão a meu pedido, apesar de todas as evidências em contrário. Sinto e acredito, estou agora me identificando com o meu objetivo — a Saúde Perfeita. Este é o meu discurso interior, pela manhã, à tarde e à noite."

Ele repetia essa oração durante dez a quinze minutos, quatro ou cinco vezes por dia, particularmente antes de dormir. Em decorrência do hábito, descobria a mente se descontrolando às vezes, impacientando-se, angustiando-se, preocupando-se, recordando os vereditos dos outros e os fracassos sucessivos no processo de cura. Quando esses pensamentos afloravam em sua mente, ele dava imediatamente a ordem: "Parem! Sou eu quem manda. Todos os pensamentos, imagens e respostas devem me obedecer. Daqui por diante, todos os meus pensamentos são para Deus e seu Poder Curativo Maravilhoso. É assim que alimento o subconsciente, identificando-me constantemente com Deus.

Tenho o seguinte pensamento e sentimento interior: 'Obrigado, Pai.' Faço isso cem vezes por dia ou até mesmo mil, se for necessário."

O jovem alcançou a cura em três meses. Esta é a maravilha do discurso interior, quando você fala para si mesmo como se a oração já estivesse atendida. *Creia que tem agora e receberá.* Ele obteve o que queria pela repetição, oração e meditação, levando o subconsciente a concordar com seu desejo. O Poder Criativo de Deus reagiu então conforme a concordância. A *fé restaurou a saúde.*

Uma mulher de 67 anos me enumerou todos os motivos pelos quais não podia casar. Passou a praticar silenciosamente o discurso interior correto, da seguinte maneira: "Agradeço a você, Pai, por meu companheiro perfeito, ideal e divino." Repetia isso muitas vezes por dia. Depois de algum tempo, o conceito gravou-se no subconsciente. Acabou conhecendo um farmacêutico aposentado, com quem se casou. São muito felizes. O discurso interior da mulher estava identificado com seu objetivo. Falava interiormente como se já tivesse acontecido. Aconteceu primeiro no único lugar em que poderia ocorrer: a sua própria mente.

Eis aqui um exemplo de discurso interior errado. Um membro de nossa organização estava tentando vender uma casa a três anos. Ele dizia: "Entrego essa linda casa à Mente Infinita. Sei que está vendida em Ordem Divina à pessoa certa, pelo preço certo, dou graças que assim seja. " Claro que não há nada de

errado nessa oração, mas ele a neutralizava constantemente ao dizer a si mesmo, em silêncio: "Os tempos estão difíceis, o preço é muito alto, as pessoas não têm tanto dinheiro. O que há de errado comigo? Por que não consigo vender a casa?" Como é fácil perceber, ele estava anulando a oração.

Conforme um Homem pensa no coração, assim ele é. O discurso interior era extremamente negativo, e era assim que ele realmente se sentia. Este estado mental manifestou-se por três anos. Ele inverteu o procedimento, todas as manhãs e à noite fechava os olhos por cinco ou seis minutos, imaginava o autor lhe dando os parabéns pela venda. Durante o dia, seu discurso interior era o seguinte: "Dou graças pela venda da casa, o comprador está prosperando por causa da compra." A repetição dessa frase gravou-se no subconsciente e o evento se consumou. Uma semana depois um homem sentado a seu lado na igreja comprou a casa e ficou muito satisfeito. Ele compreendeu que não se pode seguir em duas direções ao mesmo tempo.

Que as palavras de meus lábios e a meditação de meu coração sejam agradáveis em sua presença, Ó SENHOR, *minha força e meu redentor.* (Salmo 19:14)

*** * ***

GREAT TRUTHS THAT SET US FREE

By

JOSEPH MURPHY, D.R.S., D.D., Ph.D., LL.D.

Church of Religous Science, Los Angeles, 1961.

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Chapter 1

Great Bible Truths for Human Problems

And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the Sabbath day, will he not lay hold on it, and lift it out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the Sabbath days. Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other (Matthew 12:11-13).

The twelfth chapter of Matthew is a wonderful exposition on mental and spiritual healing. Jesus was at that state of consciousness where he could heal instantly, so the man stretched forth his hand.

There is also an inner meaning to stretching forth the hand. For example, the man with an inferiority or rejection complex is not using the Infinite Power and Wisdom within him. He fails to see that the Presence of God—the Almighty Power—is within his own subjective depths, enabling him to do wonderful things.

How a Salesman Stretched Forth His Hand

A salesman who attended my lectures and special classes in Los Angeles from time to time was not making ends meet, was down on himself and felt inferior to all the other salesmen in his company. At my suggestion, he began to affirm: "I am a son of the Living God, and I am expressing more and more of God's light, love, truth and beauty. I am a tremendous success in all my endeavors and my sales are improving every day in a wonderful way. Every time I visit a customer I affirm silently, 'The Spirit (God) in me salutes the Spirit (God) in you. It is God talking to God, and the result is harmony, peace, Divine understanding and right action between us.'"

This was his prayer night and morning. He affirmed and reiterated these truths three or four times out loud night and morning, knowing that these meaningful truths would sink into his subconscious and activate the latent powers within him. He learned and understood that his subconscious mind would accept what he sincerely believed in his conscious mind. The subconscious accepts your convictions and what you predominantly think and believe.

In a month's time his whole life became changed. He established wonderful relations with his customers, sales improved and he no longer felt inferior. He continued to contemplate himself as a son of the Infinite, while at the same time recognizing the Divinity in everybody else. He stretched forth his hand and manifested the Power of the Infinite within him. His constant affirmation is: "I can do all things through the God-Power which strengtheneth me."

How to Use the Healing Power for Yourself or Another

The Infinite Healing Presence indwells all men and women. Everyone has the gift of healing, for God is the reality of everyone. This is how you can pray for healing for a loved one or a friend: Feel the Presence of God, which is the Presence of vitality, wholeness, power, intelligence, peace and harmony, permeating his whole being, functioning in him and through him. Realize that he or she is being Divinely watched over. The other person may not know about it. You accept what you affirmed and believe it.

Praying for another is thinking of the qualities and attributes of God. Get interested, not tense, e.g., if you are on a train, bus or subway and you see a sign and read the subject matter, you become very interested. Likewise, become very interested in the Divine Healing Presence, and as you rise in consciousness, you will have power.

You can affirm that he or she is being healed now. Feel the Presence of God there and realize that he or she is now externalizing the vitality, wholeness, power and intelligence, which Pure Spirit is. Believe it, accept it, then leave it. If you think of the person later on, do it again, as if you had never prayed before for that person. If it is someone close to you, do it several times a day.

The healing may come slowly or quickly, according to your faith or belief. That is called in the Bible "sending your word, your thought and your feeling to the other." The person for whom you are praying receives your affirmation. The result is that the sick person's subconscious mind becomes thoroughly imbued with the realization of its own healing power; and according to the laws of the subconscious mind, the latter brings forth into external manifestation that which is impressed upon it. Thus, health is substituted for sickness.

Remember, however, when you pray for another you must never be in a critical mood or a tense state of mind, for you can't storm the gates. . . . *In quietness and in confidence shall be your strength.* . . (Isaiah 30:15).

How a Mother Prayed for the So-Called Dull Son

A teacher said to a mother: "I think your son is somewhat retarded. He is dull; he seems hopeless and cannot learn or be taught." The mother loved the boy, though, and prayed for him in this way: "I claim, feel, know and believe that the Infinite Intelligence of the Infinite One is welling up within him. I know that the wisdom of God is working out through him, and that his intellect is anointed with the light and love of the Infinite. My boy is a perfect expression of the Infinite Healing Presence."

She affirmed these truths for about ten minutes every morning, afternoon and night, knowing that she would resurrect the qualities and attributes of God lodged in the subjective depths of the boy. Following the contemplation of these truths, she made it a special point to imagine that her son was right in front of her, telling her: "Mother, look at my report card. The teacher praised me." She heard this over and over again in a relaxed and passive state of mind, knowing that her mental image must agree with her affirmation.

The mental image you have is always made manifest. The boy gradually became more responsive, and he excelled in his studies. He confirmed objectively what she affirmed and imaged subjectively.

For by thy words thou shalt be justified, and by thy words thou shalt be condemned (Matthew 12:37). To justify is to make equal, to balance the imbalance. Her realization of the truth about her boy was resurrected in the mind of her son, which balanced the equation. The 'word' in the Bible is your thought-feeling, your conviction, your dominant belief, which is always made manifest.

How to Gain More Faith

You do everything by faith. You plant seeds in the ground because you have faith in the laws of agriculture. You bake a cake by faith and you drive your car by faith. Everyone has faith. Some, unfortunately, have faith in failure, in sickness, in lack and in limitation. This

is faith in the wrong thing. Have faith in success, achievement, health, happiness and abundance. Have faith in the creative law of your mind, and as you apply the law of your mind constructively, you will grow in faith. Have faith in Divine guidance, Divine right action, the abundance of the Infinite and the goodness of God in the land of the living.

How to Develop Faith in God and Forgiveness

There is a price to be paid, but all men and women can pay that price by giving up feeling sorry for themselves, ceasing all self-condemnation and self-criticism and condemnation of others, and entering into the spirit of forgiveness of themselves and others. When the thought of resentment of another comes to your mind, affirm: "I release you and wish for you all the blessings of life." As you continue to do that, the person will come to your mind and there will be no sting. In other words, you will no longer mentally sizzle—then you will know you have forgiven and forgotten.

Watch the Idle Words

But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment (Matthew 12:36). The negative thoughts, the doubts and fears, are the idle words which prevent healing or advancement.

Every day and hour is the day of judgment. When you pray for another, that is your judgment, the decision you arrived at. You realized the Presence of God, i.e., health, vitality and wholeness; or you dwelt on the sickness in him. How did you judge him? If you saw a diseased man and hoped he would be better, you judged wrongly. If you saw a perfectly healthy man (in other words, if you visioned him as he ought to be—vital, strong and bubbling over with enthusiasm and energy), you judged correctly.

When Will the Answer to My Prayer Come to Pass?

But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father (Mark 13:32).

Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning (Mark 13:35).

All seeds mature and germinate at different periods according to their kind; likewise, seeds or impressions made in your subconscious mind mature and come to full bloom at different periods—days, months, sometimes years. Your desire or idea, when impregnated in your subconscious, gestates in the darkness; and the wisdom of your subconscious determines when to present the answer or manifestation full-blown into your experience.

The Reason the Old Ailment Returns

During consultation, a man said that he had been completely healed of ulcers but that later the condition had returned. I gathered in talking with him that some years ago he had been in business and his partner had embezzled funds and had absconded to Canada. Recently he heard that his ex-partner was very successful in business and also had become quite wealthy. This made him very agitated and resentful. He was living the role over again and reinfecting himself. The memory was not withered, not forgotten and not forgiven. The roots of resentment and hostility were still lurking in the recesses of his subconscious and, like a festering wound, sending psychic pus throughout his system. His ulcerated thoughts and emotions reactivated his ulcers.

I explained to him that forgiveness of himself and the other was absolutely essential for his health and well being and that he would know when he had forgiven because he could remember the incident and remain indifferent altogether—no feeling, no word. By living the scene or experience over again, he recreated the condition, and like the seed that recedes and grows again quarterly, annually, or biennially in the same way, the old ulcerated state appeared in a new form. Certain plants die and bud again according to season. It is essential to eradicate the cause to prevent a relapse of the disease. He decided definitely to release him completely in his mind, wishing for his ex-partner all the blessings of life, and a healing followed.

The Proof that You Are Free
From Bitterness and Hostility

Can you see the other person as happy, harmonious, joyous, etc.? If not, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are still there, and the roots of bitterness wither by

indifference. This is another way to kill that root: Listen to the voice of the other person who wronged you telling you what a wonderful, dignified person you are and how honest and kind you are. Make it real. You want to hear it. Get into the mood of that mental picture. It works.

How Often Should I Pray About a Problem?

I am often asked that question. You can't make a universal rule for prayer-therapy or scientific prayer. The particular person has to be considered, together with the way he looks at the problem or difficulty. You can pray in different ways at different times. For example, you might use the 91st Psalm in the morning, the 23rd Psalm at noon and the 27th Psalm at night.

If you are praying for your mother for peace and harmony and a healing, the best way would be to mention your mother's name and contemplate peace, harmony, wholeness, beauty and the vitality and life of the Infinite flowing through her making her whole and perfect. You should also claim that Infinite Intelligence is guiding the doctors and nurses and all who minister to her. Surround her and all who are helping her with light, love, truth and beauty. Continue praying along these lines until you feel relaxed and satisfied.

Decree that your prayer is working now. Don't say, "This prayer will do now. I will pray again in a couple of hours." This attitude neutralizes your prayer. Know that your prayer is effective now, and pray later on when you have gotten away from the previous prayer session. This means that in a normal day you are busy about other things—your business, home, profession, etc. In other words, you will have forgotten about it for several hours. Then you can begin prayer-therapy for your mother once again, and continue in like manner until she is well and happy. Each time you pray you are reinforcing the idea of wholeness and perfect health in your subconscious, which will be resurrected in your mother's mind and body.

Be sure to avoid picking and nagging at the problem from time to time. Relax and believe, and wonders will happen as you pray. Realize it is the Infinite Presence thinking and healing through you.

How His Acne Disappeared

A young boy of eighteen said he had been using lotions, ointments and getting injections. His acne would temporarily disappear and then periodically recur. The doctor called his condition an inflammatory disease of the sebaceous glands, characterized by postural eruptions on his face.

The real trouble, however, was that he was frustrated. He wanted to be an aviator, but his father objected and said he should learn the business of his father and succeed him when he would retire. There was warfare in his mind. His skin, being an organ of elimination and symbolic of an envelope of Divine love, revealed the hidden conflict.

He faced the problem and discussed the matter with his father. The latter saw the cause of the trouble and thereupon released his son, letting him become what he desired. The pustules disappeared within a week.

How Her Prayer Was Answered by Contemplating the Happy Ending

While lecturing at the Unity Temple in New Orleans a few years ago, I had a consultation with a woman who desired to have a child, but her gynecologist said she had tumors in the womb and advised strongly against it. She had wanted a child for over six years.

This woman was a profound student of the healing techniques of the Bible. She was particularly interested in the following verses: *And it shall come to pass, while my glory passeth by, that I will put thee in a cliff of the rock, and will cover thee with my hand while I pass by: And I will take away mine hand, and thou shall see my back parts: but my face shall not be seen* (Exodus 33:22-23).

The application of the truths of these verses solved her problem. God, or Living Spirit Almighty, or Consciousness, has no back parts, as your Awareness or I AMness is invisible, but you do see the manifestation of your faith or conviction in God. When the sun has set the day is over. I see the back parts of it—the setting sun. Face is the secret. There is no form, figure or face to your deep-seated conviction or belief. The rock means your conviction.

I explained to her that as she turned to the Infinite Healing Presence which created her, knowingly and believingly, she was standing

on a rock; that her faith or confidence had become fixed in the belief of giving birth to a child in Divine order; and that God would cover her with His hand, meaning the Overshadowing Presence would give her rest and peace, the protection for her new mental attitude. When the hand (the Power and Presence of God) is removed, you see the back parts—the manifestation of the desire. If I am coming toward you, you see my face; but if I walk past you, you only see my back. The Infinite Presence has no back parts, it's simply the objectification of your desire.

Accordingly, she prayed as follows: "God's Healing Love is flowing through me, permeating my whole being. I AM relaxed and at ease, knowing that the Infinite Healing Presence brings this to pass in its own way and in Divine order. I let go and let God take over. With my imaginary hands, I am fondling, cosseting and cuddling my baby in my arms."

She affirmed these truths night and morning, feelingly and meaningfully, knowing that by repetition, faith and expectancy, these truths would sink into her subconscious and come to pass. Shortly afterwards, she did become pregnant and in the ninth month gave birth to a boy who was perfect in all ways. The obstetrician found no tumors. They had been dissolved by her constant spiritual transfusions. She saw the back parts, Biblically speaking, i.e., the manifestation, the happy ending, the objectification of her desire. There was no tension, no anxiety: just a quiet assurance that the Healing Presence was flowing through her and would bring things to pass in its own way and in Divine order. When you pray, imagine the happy ending, the Divine solution, through the wisdom of the Infinite. Relax and believe, and when you relax, let go and believe, you experience the joy of the answered prayer.

Do Not Deny What You Affirm

When you want a healing of any condition, get silent, relax, think of the Infinite Presence and Power, and affirm that the healing is taking place now. There must be no resentment or bitterness. Forgive everyone. Your subconscious made your body and it can restore you to the Pattern on the Mount. If you can't heal yourself, go to a doctor and bless him and pray for him. To think because you go to a doctor you should not pray is rank superstition.

When you think of the condition from time to time, affirm immediately: "God is healing me now." To fret and fuss and deny and say, "I'm getting worse," "Prayer doesn't work," "I'm hopeless," or "I'm doing something wrong" is somewhat as if a surgeon operated on you, cut out the appendix, and then in ten minutes ran back and opened you up again to see how you were getting along or to see if he had forgotten something, and then in a half an hour again ran back and sewed you up again. He would probably kill you by blood poisoning or shock. You will have to account for every idle word you speak, for the simple reason that your subconscious mind takes you literally and brings all your beliefs to pass.

How a Father Healed His Son

While speaking some time ago in Pawtucket, Rhode Island, a man consulted with me about his son. He was divorced, and he said his former wife had poisoned the mind of his son against him so that when he went to visit the boy, he would run out the back door and disappear into a neighbor's home. He went through the courts trying to get custody of the boy but failed. He offered his ex-wife considerable money over and above the legal settlement in order to get custody of the boy, but she refused. The boy was not getting on well in school and was hateful towards his father, as he had been taught that he didn't want him.

I suggested that he try the spiritual approach to the problem, since the human approach had failed. He prayed as follows: "I surrender my ex-wife to the Infinite Presence and Power. She is Divinely led in all ways, and Divine love fills her soul. God flows through her, filling up all the empty vessels in her life." Whenever he thought of her, he would immediately affirm, "I released you. God loves you and cares for you."

He also prayed for his son: "Bill, my son, is in his true place, ministered to by Divine love, harmony, peace and understanding. He knows the truth, he loves the truth, and he hears the truth. There are peace, harmony, love and understanding between us." Whenever he thought of Bill, he would affirm, "Divine love watches over Bill."

I received a letter some time later from this man telling me that his ex-wife had called him up saying Bill was sick. He went over and had a wonderful reunion with his son. She wanted him to take the boy,

as she had fallen in love with another man and was delighted to release Bill to his father. This was a perfect working of the Law. . . . *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

Your Inner Conviction Is Always Made Manifest

You do not pretend to be vital, strong and healthy when you are sick. Admit your sickness. Realize that nothing is forever and that you can and will overcome the condition through your knowledge of mental and spiritual laws. It is foolish to pretend you are getting better when obviously you are getting worse. There is no use trying to mesmerize yourself by calling black "white."

You turn away from the problem and contemplate the Healing Power of God and His guidance; and as you cleave to that positive Truth, conditions will improve. When the outer condition improves, you are on the right track. Remember that if, after prayer-therapy, the outer picture does not change in a reasonable time (hours or days), you are deceiving yourself. You are not working correctly. When the outer condition is changing, you are getting results.

Remember, your mental attitude, your real inner conviction, is always made manifest. Cease all excuses and prevarications of any kind, because when you pray, health springs forth speedily. Lessening of the pain and disappearance of the condition tells the story. This is the Truth which sets you free. *Wherefore by their fruits ye shall know them* (Matthew 7:20).

Chapter 2

The Bible's Formula for Victory— The Horse and the Rider

And Moses stretched out his hand over the sea; and the Lord caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided. And the children of Israel went into the midst of the sea upon the dry ground: and the waters were a wall unto them on their right hand, and on their left. And the Egyptians pursued, and went in after them to the midst of the sea, even all Pharaoh's horses, his chariots, and his horsemen (Exodus 14:21-23).

Scientific prayer consists in really knowing that before you call, the answer is there and waiting for you to receive it. . . . *Before they call I will answer; and while they are yet speaking, I will hear* (Isaiah 65:24).

"All things be ready if the mind be so" (Shakespeare).

The Power that Answers Prayer

It is well to remember that every man answers his own prayer, because his subconscious responds to his conviction. . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

Do not look to a king on a throne, who must be cajoled into an act of grace. Rather, the answer is based on your complete acceptance of the wish fulfilled. Most people look to others for favors, security and promotion. This is a mistake and is due to lack of understanding. Why look to another? God is all there is and the Source of all things, visible and invisible.

. . . *God, who giveth us richly all things to enjoy* (I Timothy 6:17). *But my God shall supply all your need according to his riches in glory.* . . (Philippians 4:19).

This Presence and Power is in all, over all and through all. It is Omnipresent and, therefore, is within you. The contact is made within through your thought and feeling, which are Divine agencies, referred to as the Father within you. Your thought and feeling father or create

your destiny and all your experiences, conditions and circumstances. You can't be outside that which is all in all.

The One and Only Power

The Bible calls this Power, I AM, which means Being, life, awareness, unconditioned consciousness, Self-Originating Spirit. All things are made by the self-contemplation of Spirit, or God. It creates by Itself, becoming the thing It creates.

. . . *Before Abraham was, I AM* (John 8:58). This means before any objectification or manifestation of ideals or desires takes place, the unconditioned or formless awareness (I AM) conditions Itself into the image and likeness of your concept or ideal.

The Right Approach to Prayer

Your approach to prayer must always be: *Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not* (Jeremiah 33:3).

Never use the term, "if it's right for me." This shows a complete lack of understanding of the laws of your mind and the way of the Infinite Spirit within you. There is no *if* in prayer. This implies doubt and confusion, and this attitude of mind manifests its likeness in our world, which results in a confused, chaotic state of affairs.

In the 21st through 23rd verses of Exodus set forth in the beginning of this chapter, you are told exactly how to pray and overcome any condition. Moses means any man who draws forth from his subjective depths faith and confidence in the great truth that . . . *With God all things are possible* (Matthew 19:26) and . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

The Bible uses historical characters metaphorically. Moses means drawing out from the water. In other words, you draw out from your subjective depths inspiration, illumination, intuition, strength and wisdom, enabling you to do the so-called impossible. It is your mental attitude that prevails and governs your experience. Changed attitudes change everything in your life.

Stretching out the hand, as mentioned in Verse 21, is expanding your awareness of the Power of God within you, making for a sense of

oneness with the Infinite. With the hand you fashion, mold, create, shape and direct. This represents the creative power of God.

The sea means the disturbed, turbulent, emotional state of mind. This state subsides when you tune in with the Infinite and experience the river of peace and love flowing through you, exhilarating and vitalizing your whole being. This is called dividing the waters, or separating the chaff from the wheat, the false from the truth. The mood of confidence and peace, knowing that the action of God is taking place, causes the negative fears, doubts and emotional turmoil to vanish even as the sun dissipates the mist.

The east wind mentioned in Verse 21 is symbolic of the birth of God in your mind. The sun rises in the east to open and govern the day. Symbolically speaking, it means the resurrection or birth of God in your mind and the wonders that will happen to you because of this discovery and awareness. The east wind is, therefore, symbolic of the victorious spirit of man who has enthroned the God-like concept of triumph in his mind.

Let the East Wind Move You Now

When the east wind moves in us, it is the Spirit of God animating us and causing us to move onward, upward and God-ward. The children of Israel that move forward on dry land are our ideas, dreams and aspirations, which become subjectified by feeling the reality of them; then they are projected on the screen of space (dry land).

In Verse 23 it says the Egyptians pursued them. Egypt in the Bible stands for fear, doubt and limitation of all kinds, the belief that externals control you. The Egyptians hated a shepherd, one who thinks God-like thoughts. This means if you are a good shepherd, the "Egyptians" hate you because your spiritual thoughts are going to annihilate and conquer the negative thoughts.

Of-times, when you are praying and trusting in the Omnipotence of God, negative thoughts will come into your mind, saying to you, "You can't do that," "You don't have the power," "It's impossible," etc. Look how formidable these negative thoughts are. When you are praying for a loved one, you find the verdict of the doctor, or nurse, or well-meaning neighbor trying to dissuade you from your conviction of

the miraculous healing power of the Infinite Presence within you. This is the challenge, or fight, that goes on in your own mind.

When you know the law of mind you are a relaxed player because you know in your innermost soul that Truth will win. *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22). The scientific thinker knows that error must fail, since it has no power but the false beliefs and opinions of man. The sustained consciousness of peace and victory must prevail over all negative challenges. The song of Moses is the song of triumph and victory based on our subjective conviction, which anoints our intellect with wisdom and becomes a light upon our path, revealing to us the perfect plan and showing us the way we should go.

For Thine Is the Power

. . . There is no power but of God: the powers that be are ordained of God (Romans 13:1). Persistently affirm that there is no power but that released by God, the Living Spirit Almighty within you. It will be a usable and powerful truth when you once get it fixed in your mind, an ever present help, a comforter and a protector. *Thou shalt have no other gods before me* (Exodus 20:3).

The God that millions all over the world beg and beseech is the Deep Self of you, the Divine Presence within you. Many religious dogmatists frighten people into thinking that God is some tyrannical being living somewhere in the heavens—a God of vengeance, a mysterious stranger. A poet referred to God: "Closer is He than breathing; nearer than hands and feet."

From an absolute point of view, God cannot be known, for nothing can be known in the absolute sense of the term. But there is much we can learn, such as that thoughts are things; what we feel we attract and what we imagine we become. Our thoughts are creative, and whatever we impress on our subconscious is expressed. We can keep on tapping the infinite reservoirs of wisdom and power within us, since there is no end to the powers and intelligence of the Infinite within us. Job says: *He . . . hangeth the earth upon nothing* (Job 26:7).

The only creative power you know is your thought. There can be only one Creative Power—this is true mathematically, scientifically and spiritually. If there were two powers, one would cancel out the oth-

er and there would be chaos everywhere. Science knows we live in a mathematically ordered universe. This is why there is a state of order, design, and purpose in the universe. There could not possibly be two Infinites. Infinity is without beginning or end. The Bible gives the answer: *Hear, O Israel: the Lord our God is one Lord* (Deuteronomy 6:4).

The Red Sea that all of us go through represents the challenges, difficulties, problems, illnesses and vexations we overcome as we call on the Infinite Presence and Power, which responds to us as harmony, peace, love and the joy of the answered prayer. We cross the Red Sea of fear, dogma, traditions, ignorance, fear and superstition and discover the joy of the Lord, which is our strength.

And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them (Isaiah 42:16).

The blind in the Bible are those who do not know that God indwells them, that He walks and talks in them, and is the very Life Principle within them.

The Father Within

When man awakens to the Light, he discovers his own consciousness (Awareness, Spirit) is the Father spoken of and the Creator of all experiences, circumstances and all things. It is called The Nameless One within and also The Formless One until we give It a name or form. The inventor has an idea in his mind. He gives it form by accepting it in his mind, and then he gives it form by clothing the idea or thought-image in form so men and women can use it. He gave form and expression to that which always subsisted in the mind of the Infinite.

Likewise, God becomes man by imagining and believing Himself to be man. The Formless and Nameless One now appears in the form of man. God limits Himself by becoming man. God created a being out of Himself, capable of returning joy to Himself. Man is here to Glorify God and enjoy Him forever.

The Horse and the Rider

. . . Sing ye to the Lord, for he hath triumphed gloriously; the horse and his rider hath he thrown into the sea (Exodus 15:21). Oftimes you have seen horses and their riders on the bridle paths, climbing mountain trails and moving along the roads of the country. You also see them running at the race track, and the jockeys seem to be perfect riders. The horses take the riders where they want to go. The horse instinctively knows that a master rides him because the master rider shows no fear. He loves his horse and he is in complete control.

Likewise, we must love the Infinite by giving this Presence within us all our allegiance, devotion and loyalty, recognizing It as the Only Power. That is called loving God, and as we practice this love of the Infinite, we can overcome, override and master any problem or situation that may confront us.

How Can I Love God?

Some say: How can I love an Infinite Spirit or Power? It is so vague and impersonal. How can I love a man or woman whom I don't know in this life? Love in the Bible is loyalty; it is putting God first in your life, while realizing that It is the Only Presence and Power. Love of God means to initiate a healthy, reverent, wholesome respect for the Divinity which created you, sustains you, and which gave you the whole world.

When you absolutely and positively refuse to give power to any created thing or to any person, place, condition or circumstance, then you are loving God. The scientific thinker does not give power to the phenomenalistic world; he gives all glory and power to the Infinite. He places the Creator above His creation. Also, you must remember that God and good are synonymous. When you give attention and devotion to honesty, integrity, peace, harmony, forbearance, goodwill and justice to all, you are also loving God, or good. As you practice radiating love and goodwill to all, this attitude of cordiality, geniality and good feeling insures success and happiness.

The Horsemen and Chariots of Pharaoh

And the waters returned, and covered the chariots, and the horsemen, and all the host of Pharaoh that came into the sea after them; there remained not so much as one of them (Exodus 14:28).

Pharaoh in the Bible means the five-sense natural man, governed by the five senses, worldly power and fear. The horsemen and chariots, which represent thoughts and emotions of fear, resentment, hate and greed, are drowned, dissipated and wiped out by the contemplation of the Presence of God. By filling your mind with eternal verities, you neutralize and expunge all fear and negative thoughts that are in the subconscious mind, and their embodiment must disappear also.

The horse and the rider, as mentioned in Exodus, represent the negative and destructive emotions of revenge, jealousy, hate and injustice, called the four vices. These should be replaced by the four virtues, which are love, justice, peace and integrity. Four (4) is symbolic of the four-footed animal or emotions of man. The tiger is in man. The sting of the wasp is also within him. The fox, or the sly, cunning states, are also in man. The dove of peace is within him also. As a matter of fact, all animals or animated states of consciousness are within man.

If you stop and think, you will realize that all moods and emotions are within you. Man's negative emotions, such as suppressed rage, resentment and hostility, surge up from his subliminal depths like the waves of the sea, carrying all manner of debris with them and casting them on the shores. Man must remember that his dominant feeling or emotion controls him, and he must ask himself if he is resentful or hateful. If so, he is riding for a big fall which may result in a worldly sense in some loathsome disease, accident, or some other discordant state.

If man's dominant emotion is resentment; he has established a tyrant in his mind and he will find that under the dominance of such an emotion, everything he does will be wrong. Negative emotions sap man's enthusiasm, vitality, hope, ambition and aspirations. When he wants to succeed in life, he fails. In fact, he finds himself going backward. The horse (negative emotions of hostility and resentment) carries him where it wants to go, and he has lost control and is thrown, just as a wild horse casts him off its back onto the ground.

Making Right Decisions

Remember the great truth: . . . *In quietness and in confidence shall be your strength.* . . (Isaiah 30:15). If you are disturbed, you cannot make right decisions, as your dominant emotion prevails. When you are disturbed, forgive yourself for harboring negative thoughts of any kind and follow these instructions: "I forgive myself for harboring negative thoughts, and I resolve not to engage in them any more. I also release all those whom I resent, wishing for them all the blessings of life. I know that when God's love fills my soul and His river of peace flows through, I cannot resent or hate the meanest man who walks the earth. I loose them all and I let them go. I know when I have forgiven everyone, for I can meet them in my mind and there is no longer any sting there. I am at peace."

When your mind is at peace, you can then ask for Divine guidance and direction, and the still, small voice will speak to you. It's a vibration; you will feel it. It is the inner silent knowing of the soul.

Longfellow revealed the vital nature of intuition, or being taught from within, when he wrote the following: "Let us, then, labor for an inner stillness, an inward stillness and an inward healing; that perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thoughts and vain opinions, but God alone speaks in us, and we wait in singleness of heart that we may know His will, and in the silence of our spirits, that we may do His will, and do that only."

In other words, God speaks in the universal language of love, peace, inspiration and illumination. Paul says: *For God is not the author of confusion, but of peace.* . . (I Corinthians 14:33).

The Trained Rider

The horse knows the disciplined rider who masters his horse and who can lead him where he will, and if, perchance, he is thrown off the horse, he gets on again, pats the animal gently and rides off. He does not spend one moment in regret or in criticizing himself by self-accusation, such as, "Why did I fall off?" "I must be losing my grip," etc. No. The trained rider is too wise for that. Furthermore, he knows the horse would pick up his negative emotion and he would no longer be the master of the horse.

Your Real Master

Psychologically speaking, your dominant conviction about yourself is the real master of your thoughts, images, emotions, actions and reactions. Your dominant thought (or, you can call it your master thought) controls all the lesser thoughts and ideas in your mind. Ask yourself: Who is my boss? Let not fear be your dominant thought. If this is already so, you have instilled in your mind a destructive boss over your household. The true Lord should be a God of love enthroned in your mind, called the Lord God, or the law of goodness, truth and beauty.

What wonders would happen in your life if every morning before you went to work you got quiet, relaxed and turned within, affirming knowingly and feelingly: "God, the Life Principle in me, the Living Spirit, the Reality of me, is my guide and counselor today and every day. This Living Spirit in me is my way-shower, my boss, my adjuster, my paymaster, the Source of my supply, and I AM inspired and illumined from On High. Today and every day from now on, God thinks, speaks, acts and reacts through me and my words are words of wisdom, truth and beauty."

As you quietly, lovingly and meaningfully affirm the above truths, gradually they will become subjectified and your subconscious will compel you to experience these wonderful truths, for the nature of your subconscious is compulsive. Millions have forgotten the Lord God Jehovah, which means the state of consciousness which would bless, heal and inspire others.

Thus the Lord saved Israel that day out of the hand of the Egyptians; and Israel saw the Egyptians dead upon the sea shore (Exodus 14:30). Israel means a prince ruling with God; that is to say, anyone who believes in the sovereignty of the Spirit within and who is loyal to the One Power while recognizing no other power but the One is called Israel. Israel is saved from the Egyptians, which means the man who knows the law and prays scientifically by contemplating the truths of God from the highest standpoint, neutralizes and destroys all the negative thoughts which, in Biblical language, are described as Egyptians appearing dead upon the shore.

When you give your attention to the Almighty Power within you and contemplate the Divine solution to your problem or difficulty, at-

tention being the key to life, all limited states fall away and die within us. We die to the old and we live to the new.

Then sang Moses and the children of Israel this song unto the Lord, and spake, saying, I will sing unto the Lord, for he hath triumphed gloriously: the horse and his rider hath he thrown into the sea (Exodus 15:1). This means the song of triumph in your soul, your conviction of joy and peace, while knowing that this attitude of mind divides the seas or turbulent states, and that the horse and the rider (the negative emotions) hath he thrown into the sea. In other words, the destructive emotion is transformed in the sea of your subconscious.

You can overcome any difficulty, whatever it may be, if you will become still and ask yourself quietly: "How is it in God and heaven?" The answer will steal over the arid areas of your mind like the dew of heaven, and the silent, inner knowing comes to you: "All is bliss, harmony, peace, joy, abundance, infinite intelligence, boundless wisdom, boundless love and indescribable beauty." All these are qualities of God submerged in your subconscious depths.

Whatever your prayer is, realize that God gave you the desire; feel the reality of it now, knowing you possess it already in your mind. As you do this, the Spirit of God will move on your behalf. This is the action of God. Sustain this mood and you will experience the Song of Moses, which is the joy of the answered prayer.

I will lift up mine eyes unto the hills, from whence cometh my help (Psalm 121:1).

Chapter 3

Truths to Live By

For there is nothing covered, that shall not be revealed; neither hid, that shall not be known. Therefore whatsoever ye have spoken in darkness shall be heard in the light; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops (Luke 12:2-3).

This means that whatever we decree meaningfully in the depths of our own mind will be made manifest for all to see. Many people seem to think that these paragraphs refer to the sins of the other fellow which will be exposed or revealed; e.g., the last day of judgment when all our sins would be placed on our forehead. However, people would not read them anyway, as they would be too busy with their own.

These verses refer to the laws of involution and evolution. In other words, whatever is involved in your mentality will be evolved or objectified in all phases of your life. It means the law of action and reaction. Fear, anger, love, joy and sadness will all be made manifest on the screen of space.

One man said to me, "I suffer here, and when I die I go to Paradise." All suffering is due to ignorance. I explained to him that Spirit, or God, couldn't suffer. We suffer because of our misuse and misapplication of the laws of mind. We suffer until we learn the laws of mind and the way of the Spirit. All the suffering and misery in the world is primarily due to ignorance. Ignorance then is the only sin, and all suffering is the consequence of it.

Why He Passed Away in a Bathtub

While attending a funeral recently, the surviving widow said to me that her husband had held a constant fear of drowning, which apparently went back to his childhood. He never went on a boat or near the ocean for fear of drowning, but she said he had died in the bathtub. This impression was made in his subconscious, and it fulfilled itself in its own way. He could have neutralized it at any time, but he rejected scientific prayer and refused to consult with anyone regarding that hidden fear.

This is why the Bible says there is nothing covered that shall not be revealed, which simply means that whatever is impressed in our subconscious mind will be made manifest on the screen of space and come forth as form, function, experience and events.

Having Done All, Stand

While speaking recently at the International New Thought Convention in Chicago, I had a long conversation with a medical doctor, who told me that many years ago he had tried every conceivable way to get into Yale Medical College and had pulled all the strings, but had failed. He tried other medical schools, with the same result.

His mother quoted some words from the Bible . . . *Having done all, to stand* (Ephesians 6:13). She said to him, "That means to stop running in circles; relax, let go, and stop trying with your conscious mind." She said, "You have done your best. Turn your request over to your subconscious mind and let the creative intelligence of your deeper mind solve it."

This was wise advice. The Second World War began about that time. He was drafted and, since he had the proper preliminary education, the Army sent him to medical college. His prayer was answered—not the way he expected, though, for the ways of the subconscious are past finding out. Therefore, whatsoever ye have spoken in darkness shall be heard in the light, all of which means that when he turned his request over to the darkness, his subconscious mind, where his idea gestated, the answer was presented full blown to him in due season.

There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his (Hebrews 4:9-10). The rest spoken of is your inner conviction—it is relaxation and a sense of indifference—it could be called the silent, inner knowing of the soul, your inner certitude, whereby you know your prayer is answered. When you are indifferent, you fail to react. You are indifferent when you are asleep. Divine indifference means you know it is impossible for your prayer to fail.

How She Practiced the Sabbath

A young woman had many dates and many disappointments. The men she went out with told her they were single but in time she discov-

ered they were married and had lied to her and were just using her. Her two previous marriages had ended in divorce.

At my suggestion she practiced the following technique prior to sleep: She imagined I was shaking hands with her, wishing her all the blessings of life on her happy marriage. This meant to her that she was already married. She felt the solidity, naturalness and tangibility of the ring on her finger. All this took place in a passive, sleepy state every night, while she was fully conscious that she must first accept the ideal in her mind before any marriage could take place on the objective plane.

The ideal she had in mind was that of a spiritual minded man who harmonized with her perfectly. Hearing me wishing for her all the blessings of life every night was a means of impregnating her subconscious mind. Following this procedure, a short time afterward, she married a minister and was very happy. Become aware of the subtlety, the substantiality and the soundness of this simple technique.

She Worried Needlessly About Her Son

A mother was terribly troubled because her son cursed God and said, "There is no God." She had read in the Bible: *But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation* (Mark 3:29).

This passage in the Bible has frightened many people. Life, or God, however, is forever forgiving. *Thou art of purer eyes than to behold evil, and canst not look on iniquity. . .* (Habakkuk 1:13). *For the Father judgeth no man, but hath committed all judgment unto the Son* (John 5:22).

The son means your mind, and you judge yourself by the thoughts you think and by the conclusions arrived at in your own mind. When you cease to criticize, castigate, demean and condemn yourself and enthrone God-like thoughts in your mind, there is an automatic response from your subconscious mind and the past is forgotten and remembered no more.

If you formerly misused or misapplied the principles of chemistry or mathematics and you now begin to use these principles in the right way, the principles of mathematics or chemistry have no grudge against you; likewise, your mind is a principle, and when you begin to use it in

the right way you get immediate results. A new beginning is a new end. Begin with love and you end with success, health and peace of mind.

If a man refuses to seek guidance and inspiration or believes that he is incurable, he is simply shutting himself off from the Power of God to heal him, because his subconscious responds to his belief. For example, if you say that you know all the Truth and that there is nothing more to learn, then it will not be possible to cause you to see a greater measure of Truth, which is infinite in scope. As long as you refuse to forgive yourself and believe you are incurable or that the situation is hopeless, your attitude of mind is unforgivable while it lasts.

The Bible speaks in Oriental idiom and symbolic language, and to take the paragraph mentioned literally would be absurd.

When You Pray Don't Dwell on Time

And he looked up, and said, I see men as trees, walking. After that he put his hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly (Mark 8:24-25).

Eyes in the Bible mean spiritual perception, an insight into the laws of mind. Man has dominion because he can exercise reflective control of his subconscious mind. For example, you can close your eyes now and sense and feel that you are already in the place you desire to be. You actualize the state not only by making there here but the future now. In your imagination you dramatize the state, and in that sensory vividness you open your eyes and you are amazed that you are not there. That means you have fixed the state in your subconscious mind and it will come to pass.

The Bible says, He looked up and saw men walking as trees. However, a tree does not walk; it is rooted in the soil and must wait for the various seasons to bring forth fruit. Man creates his own seasons and is not rooted like a tree. He doesn't have to wait for a healing of his eyes, or for health, love, peace or inspiration. God indwells him and is timeless and spaceless. Love is now; he can claim it now. Peace is now, and he can claim God's river of peace is flowing through him now. Strength is now, and he can claim that the Almighty Power is flowing through him now.

It is foolish to say, "Some day my eyes will be healed." The Infinite Healing Presence is within you. It is timeless and spaceless. Vision

is spiritual, eternal and indestructible. Claim boldly, "My eyes are God's eyes and I see perfectly now." Why say, "Some day I will make my mark in the world"? Claim that Infinite Intelligence is guiding you now, this very minute, revealing to you your hidden talents and opening up a new door of expression for you. Cease postponing your good, for whatever you seek is within you as an idea, a thought or a principle, and everything you see in this world came out from either the mind of man or the mind of God. All inventions, discoveries and indeed everything you use in your workaday world came out of the mind of man. There is only One Source.

The Wonders of Prayer

For I say unto you, Among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he (Luke 7:28).

This means that any man who prays successfully and touches Reality is greater than the so-called wisest man in the world. One man may be wise in the ways of the world and be completely governed by his five senses; the other man knows how to contact the Infinite within him and find peace in this changing world.

The Meaning of Our Father

After this manner therefore pray ye: Our Father which art in heaven. . . (Matthew 6:9).

Our Father means that all of us have a common progenitor—the Life Principle—and we are all intimately related. Actually, we are all brothers and sisters. The word *humanity* means the One Being appearing as many. This indicates your essential unity with God, with all men and with all things in the world. There is but One Mind and One Spirit animating all of us.

When you pray, it is essential that you have a sense of unity with all men and women and with all things in the world. All things—all the beasts of the field and the fowl of the air—came forth from the One Source, and one part of Spirit cannot be antagonistic to another part of Spirit, as Spirit is one and indivisible. When you say *Our Father,* you realize the great law of unity or oneness. This reduces all sense of conflict and releases the imprisoned splendor within you.

Learn to Become Aware

You must be conscious of a state to witness it. A man who never saw an electric switch or a telephone cannot distinguish between the two, because he is not aware of them. Become aware of the Indwelling God within you and claim that what is true of God is also true of you, and wonders will happen in your life.

God is in the murderer as well as in the holy man. God is not less in one than the other. God is, and cannot become greater or lesser. The murderer can be transformed when he has a hunger and thirst to become a new man. As he saturates his mind and heart with the great eternal verities and absorbs and incorporates these truths in his soul, he becomes transformed and is a new man in God. The law of the subconscious is compulsive; whereas before he was compelled to do evil, now he is compelled to do good.

The Wonders of Faith in God

Now faith is the substance of things hoped for, the evidence of things not seen (Hebrews 11:1). *But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarded of them that diligently seek him* (Hebrews 11:6).

At the New Thought Convention held in Chicago under the auspices of Rev. Johnnie Coleman, Minister of Unity Foundation for Better Living, I was one of many speakers. After a two-hour session with a group of students, one of the listeners told me that his grandfather was a bushman. As a young boy he had climbed on board an English ship and a Scottish sailor took him back to England. He was educated and later became a distinguished clergyman in England, demonstrating that when the boy from Africa was exposed to a spiritual atmosphere and a wonderful, peaceful environment and taught a reverence for the Divinity within him, he became transformed. He was known as the cultured, soft spoken, gentle, spiritual giant; yet he had been a bushman. The grandson who told me this story said that the Scotchman was deeply religious and had faith that the boy he adopted would express the Divinity within in a wonderful way, and the Infinite responded according to his faith.

By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God (Hebrews 11:5).

Enoch means any man's present state of mind. When you get into a mood or conviction, you translate or supplant the old mood and mental attitude and you are different. The old state of mind can't be found. You can't see a conviction. Where is the cripple whom you visited in the hospital? He now walks upright and is successful in all his undertakings.

Recently I visited a home for senior citizens and talked with a man who had lost the use of his legs. His son said to me, "If you will talk with him and teach him how to pray, he has great faith, I am sure he will get up and walk." The prayer I gave him was very simple: "God walks and talks in me, and through the Power of the Almighty I am made whole." I also told him to picture himself walking into my home to tell me about the miracle that happened and to imagine and feel that I was greeting him and congratulating him on the miracle God had wrought. He was to make there here and the future now in his imagination, and he was to feel the reality of it all. In other words, mentally and emotionally, and in his imagery, he was in my study and he felt my imaginary handshake.

He repeated this over and over again many times a day until he felt the naturalness and sensory vividness of it all. A month later he walked in on a Monday morning and experienced objectively what he had been dramatizing in his mind many times a day for four weeks. He translated the old, crippled state to the man walking uprightly in the law. He died to the old state, and you cannot find the crippled state no matter where you look.

It Was Written by Men

New Bibles are being constantly brought forth and previous errors in translation are being corrected and modified. The Bible, being written by men, is not perfect, and numerous errors have been discovered from time to time. What we must learn is not the letter or the word—the word is the mood, the thought-feeling, the inner meaning it conveys. Many people believe you must quote the Bible word for word. How can you? The original Bible was not written in English; and the

original Hebrew of 5000 years ago is entirely different from modern Hebrew, just as the language of Chaucer is vastly different from the English of today.

In this day and age, you would not call your daughter Daisy, Fannie or Pansy—words, through the passage of time, change their meaning. When I was a boy these names for girls were commonplace. Nor would you call your son Judas, because you would not want your son to be ridiculed at school.

We are not dealing with words here, but with moods. For example, the word John means love; Peter means faith in the One God; James means righteous judgment, i.e., coming to a decision based on eternal truths, which are the same yesterday, today and forever. The word sin means a missing of the mark, failing to realize your desire in life. You are really sinning when you fail to lead a full and happy life. The word Judas means lack, limitation, your personal problem. We are all born with Judas; i.e., we are born into all that our environment represents. We came from the limitless state and find ourselves now in a three-dimensional world. We are here to discover who we are. Through problems, difficulties and challenges, we discover our Divinity. Our joy is in overcoming.

The men who translated the Bible had to capture the moods of the mystics who wrote the book thousands of years ago. They had a partial key—not the entire key. In the King James version, you read: *The fear of the Lord is the beginning of knowledge. . .* (Proverbs 1:7). The Bible also says that God is love. All this really seems contradictory.

In the days when the King James version was written, however, fear meant to have a healthy, reverent respect for the Lord, or the Law, in the same way you should have a reverent respect for the laws of chemistry or electricity; otherwise, you would get into a lot of trouble. The English of the Magna Carta, that wonderful document, is unreadable and cannot be understood unless you have mastered the English language of that period.

Whose Wife Shall She Be?

The same day came to him the Sadducees, which say that there is no resurrection, and asked him,

Saying, Master, Moses said, If a man die, having no children, his brother shall marry his wife, and raise up seed unto his brother.

Now there were with us seven brethren: and the first, when he had married a wife, deceased, and, having no issue, left his wife unto his brother:

Likewise, the second also, and the third, unto the seventh.

And last of all the woman died also.

Therefore in the resurrection whose wife shall she be of the seven? for they all had her.

Jesus answered and said unto them, Ye do err, not knowing the scriptures, nor the power of God.

For in the resurrection they neither marry, nor are given in marriage, but are as the angels of God in heaven (Matthew 22:23-30).

If a man is married now and he believes in reincarnation, he must have thousands of wives. Which one is his? Likewise, he must have thousands of mothers and fathers. Which mother is his? Man misses the point altogether. The belief in reincarnation is a solace, an opiate, a sort of narcotic to the individual who has met with many defeats, and the belief is a comfort to him. The theory pleases his vanity and exalts his ego.

If an individual who has now hit the bottom is told in hypnotic regression that he was once famous, he likes to hear that his misfortunes are due to his karma and misdeeds in a former life. Tell a man that when he forgives himself, his sins are forgiven him. Man should stop punishing himself, as God punishes no man.

I have written about the subject of reincarnation somewhat at length in the last chapter of *Psychic Perception.* I might add, however, that the reason the modern theory of reincarnation is popular is because man, using his five senses only, is like the five foolish virgins: he has no oil or wisdom in his lamps. He finds that the explanation that he comes back again and again on this plane to expiate for his former sins gives him some solace and tells him what he wants to hear.

At the same time it seems to unfold many unexplained phenomena. Such acceptance retards spiritual progress, checks the awakening process and is a destructive, superstitious belief. Mozart, Lincoln, Shakespeare and countless others left their impressions with mankind. We

read of their works in history, song and prose. All of them live in the hearts or subjective minds of men.

When husband and wife enter into the creative act, they can give conception to any state they are capable of conceiving. The dominant mood will prevail, as the subconscious mind always accepts the dominant mood or feeling. If they dwell on and admire the qualities and attributes of Lincoln and would love to give birth to such a son ("as within, so without,"), then a child is born with these qualities; but it is not Lincoln coming back again. It is the tone struck during conception, or creation, that determines the nature of the child. This is plain common sense. It is the law of mind in action.

Now, to come back to the question asked by the Sadducees, who were a religious sect with strong materialistic beliefs but without spiritual understanding. They looked upon the marriage spoken of as a physical marriage. The Bible is speaking of mental and spiritual things, of the psychological and spiritual man, who makes many mental and emotional unions called marriages in this world.

Likewise, in the *I Ching* a marriage means embracing or believing in an idea or opinion. If you believe strawberries give you hives, that is a marriage, Biblically speaking, and you have an issue from it; namely, the physical result of the belief or opinion embraced by you. If you marry or embrace the idea that sitting near a fan will give you a stiff neck, you will have an issue from that marriage; namely, a stiff neck. Look at the countless mental marriages men make in this world, embracing and accepting all sorts of false beliefs, opinions and superstitions.

Paul said: . . . *I die daily* (I Corinthians 15:31). You must die to what you are now so that you can live to what you want to be. You are in heaven now; it is not some place you go when you die. You live, move and have your being in that Infinite Spirit within you, which was never born and will never die. You can die to fear and live in faith in God and all things good. You can die to poverty and live in God's riches, which are all around you. You can die to superstitions and embrace the wisdom of God, thereby experiencing the second birth, a spiritual regeneration in which the wisdom of God anoints your intellect, and you think, speak and act from the standpoint of the Infinite Presence

and Power; not the superimposed structure of ignorance, fear and superstition, which are called the three ruffians.

Some months ago I counseled an alcoholic who had lost his family, his business and his prestige. He was completely irresponsible and full of self-condemnation. He decided to die to his present state and go to heaven; namely, harmony, health, peace and accomplishment.

Every night he decreed: "Peace and sobriety are mine now. The Almighty Power flows through me, giving me freedom, peace, harmony and strength. I have made a decision and I know the Power of God will back me up." At the end of a week he was completely free from the habit. He came to a decision to become a new man, went back to his wife and children, attended night school, and began to apply himself with tenacity to classes on business management.

His industry and zeal has paid off. He is now conducting his own business and is a wonderful success. He died psychologically to the sick man, the weak man, the insecure, whining and complaining man, and was reborn to peace, tranquility, triumph and accomplishment. Psychologically, he died and went to heaven (peace and harmony).

The inner meaning of the Bible makes sense: *The letter killeth, but the spirit giveth life* (II Corinthians 3:6).

Chapter 4

Things You Want to Know

And the devil said unto him, If thou be the Son of God, command this stone that it be made bread. And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God (Luke 4:34).

This could be looked at as the tempter's attitude; in other words, if you have all this God-Power within you, you might throw yourself from the mountain top and nothing will happen to you. The tempter, taunting you, also says to you: Let's see you heal the cripple, the blind man, the man where cancer has metastasized all over his system.

When you say, "I must prove it to myself first," you are trying to project a state of mind which you do not have. You are entertaining a mood of doubt. At the same time you wish to express a mood of faith or conviction. You are tempting the Infinite. You are deviating from the law of mind, which, as you know, means that whatever you impress in your subconscious comes forth according to the nature of the impression. Electricity does not bend to your whims; it operates from a higher to a lower potential and will operate for you when you understand the principles of electricity.

And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time. And the devil said unto him, All this power will I give thee. . . If thou therefore wilt worship me, all shall be thine (Luke 4:5-7).

The devil, or Satan, means to deviate from the truth or to judge according to appearances. For example, if you should visit a sick friend in the hospital who has a loathsome disease and you begin to fear that you may get it, your devil is that negative thought beguiling you to turn away from the idea of wholeness, beauty and perfection. The Spirit in you is ever perfect, and your thought should be on the immaculate, unblemished Presence of God in you.

Man is inclined to worship power, and when he gets it, somehow he gets the idea that he has the Divine right of Kings and forgets the real Source of power. *Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shall worship the Lord thy God, and him only*

shalt thou serve (Matthew 4:10). You are to give all your allegiance, loyalty and devotion to the Spirit within—the Source of all your blessings; your security and protection.

He Used Power Wisely

President Lincoln used the powers of his office wisely. During much of his lifetime he was maligned and traduced. Many in high places did everything in their power to derogate his reputation. Many men, when they are in positions of power and prestige, abuse their power. They begin to think that the power was given to them because they were personally great; that their judgment is supreme and that they cannot err. Moreover, they want no interference. This attitude fails them, however, because they forget that the real power is within, and that man is great only when he aligns himself with the Infinite and permits himself to be a channel for the light, the wisdom and the power of the Infinite One. The wise man like Lincoln looks for guidance and direction from God within him, and he does not flamboyantly flaunt his power in front of others. On the contrary, he is humble, kind and has a deep reverence for the Divinity which shapes our ends.

Who Is Boss?

You are all familiar with the type of man who gets promoted and says, "I'll show them who is boss. I'll let them all know." He is very insecure and feels inadequate to the job; therefore, he strives to make up for the sense of lack within himself by an ostentatious show of power, which betrays him.

The Origin and Meaning of the Word, "Devil"

Organized religion has always accounted for the presence of evil in the world by inventing a devil. The Bible points out clearly the answer: *I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things* (Isaiah 45:7).

Again occur the curious words: And the Lord (the law of his subconscious) hardened Pharaoh's heart. Pharaoh, by his hostility and hatred, hardened his own heart. His subconscious responded to his mental attitude. All this is very simple when you understand it. There is but

one Power. *Hear, O Israel: the Lord our God is one Lord* (Deuteronomy 6:4). Not two or three or a thousand; just one.

When you use the One Power ignorantly, stupidly, negatively or maliciously, people call it the devil, Satan, misery, suffering, lack and limitation. When you use the One Power constructively, harmoniously and wisely, people call it God, Allah, Brahma, health, happiness, peace and prosperity.

You can use any power in nature two ways. You can use electricity to fry an egg or to electrocute someone. You can use water to quench the thirst of your child or to drown the child. The same wind that blows a ship onto the rocks will also take it to safety. The forces of nature are not evil; it depends upon how you use them.

The word "devil" means of evil, or "a spirit of evil"—not *the* Spirit of evil—such as hate, jealousy, hostility, resentment, ill will, vengeance, etc. These are the mental attitudes or devils that bedevil man. The theological devil was invented by the church.

God Upside Down

The ancient Hebrew mystics taught that the devil is God upside-down. In other words, it is man's twisted, distorted, morbid concept of the Divine Presence. He has made God in his own image and likeness and has projected his own animosities, jealousies, shortcomings, prejudices and derelictions onto a God of love.

To put the whole thing in simple language that a boy of eight could understand, the devil is God as he is misunderstood by the ignorant masses. The devil of the theologian is purely personification. It has no existence.

Only One Power

Scientifically, mathematically and spiritually, there can be only One Power. If there were two powers, one would cancel out the other. There would be no order, design, symmetry or proportion in the world. There would be a clash, and only chaos would prevail. It is a cosmos; not a chaos. Reverse the word *evil* and you have *live,* meaning to live life backwards. Your evil is going against the stream of life, which moves forward harmoniously, peacefully, joyously and rhythmically.

Stop living life backwards. Progress with the great stream of life, the tendency or will of which always brings a greater measure of life, love, truth, beauty and abundance. All things, all processes and all activities are from One Source. It must, therefore, follow that there can be no evil in the Absolute. Our evil comes from misapplication, misinterpretation, and lack of understanding of the nature of the One Power. Our evil is our ignorance, our incomplete state of consciousness, from our seeing things in the wrong light. That which man calls evil in humans he does not call evil in animals, which are governed by natural instincts.

You Are Here to Discover Yourself

You are a choosing and volitional being. You are here to discover yourself and reveal the Divinity within. Problems, challenges and difficulties enable you to sharpen your mental and spiritual tools and grow spiritually. God becomes man for the joy of discovering Himself. You are that man, and you are capable of reproducing all the qualities, attributes and potencies of God. *I have said, Ye are gods; and all of you are children of the most High* (Psalms 82:6).

The Simple Truth

The Greek word for *devil* is *diabolos*—one who throws obstacles across. These obstacles or difficulties are stepping stones to our triumph and accomplishment. The joy is in overcoming. All progress in the world comes from people who succeed in overcoming their obstacles. The ancient Hebrew mystics referred to the devil as mirth or laughter, for one of the "amusing" things about this so-called devil (which never existed and was invented by the church) is that he looms larger and gets greater attention than God in the minds of millions.

He Said He Was a Hell-Dodger

While holding a consultation with an alcoholic, he said to me: "I go to church not to go to heaven, but to escape from hell. I'm a hell-dodger." He had learned that man creates his own hell (misery and suffering) and his own heaven (his mind at peace). I explained to him how George Bernard Shaw strikingly illustrated man's weird superstitious beliefs in "Man and Superman," where Donna Ann cries out indignant-

ly when she finds herself in hell: "I in hell? I, a faithful daughter of the church, who has kept all her fasts and denied myself all pleasure? And I might *have* had such a good time. Oh, there is some mistake!"

Other Meanings

The word *devil* means also *slanderer, liar,* or one who tells lies about God. One of the Hebrew words for the devil was Ayin, which means the eye. The eye slanders the fact for the simple reason that it deals with external appearances, which of-times are very deceptive. For example, people say, "The sun rises." They also say, "The sun sets," "The earth is flat," and "The sun moved around the earth." Yet all this is completely false.

We see nothing as it really is. Our eyes are geared to see three dimensionally only. When you see clairvoyantly you see things differently. When you begin to see spiritually and in mystic illumination, you will look at a tree and see waves of light. You will immediately perceive the whole world as a universe of densities, frequencies and intensities. Hence, the Hebrew attribution of mirth to the word Ayin, which means the eyes.

The Revealing Truth of Ancient Symbolism

A few years ago at a seminar on the sea, I drew on a blackboard the symbolism of the devil as portrayed by ancient Hebrew mystics. It is a creature that never possibly could have existed—the product of primitive man's ignorance and distorted imagination. The devil was depicted as having goat's horns, a man's head with donkey's ears, the wings of a bat, the upper part of the body human, the thighs those of an animal, and the legs human though ending in eagle's claws.

If you have a deck of Tarot cards designed by Pamela Colman Smith under the instruction of Arthur Edward Waite, published by University Books, New Hyde Park, New York, you could look at the symbolism of the card marked *devil* and you would find it very amusing, illuminating and instructive.

Bat wings signify darkness and gross ignorance.

The horns are those of a goat and suggest no backbone, which means that man's animal propensities and passions are not controlled, subdued or sublimated spiritually, which they should be. Man is here to

walk uprightly in the Law, and when his backbone is curved, he can't walk or stand erect.

The head has donkey ears, indicating the obtuseness and stubbornness of man, who refuses to listen to the guidance of the Infinite Presence and Power within him.

The human part of his body is very gross, indicating the absence of grace, beauty and Divine order.

The thighs are animal-like, indicating animal passions and appetites, lust, greed, etc. He is driven by instinct rather than by spiritual impulses, which are lying dormant within him. Man is here to stir up the gift of God within him.

The legs are human. They portray and indicate that the animal passions are driving the human part instead of the other way about, as it should be.

The legs end in eagles' claws. This is subtle symbolism and indicates misuse of the sex urge, such as sexual aberrations and perversions along all lines.

The pentagram over the head is inverted. The five-pointed star symbolizes the spiritual minded man and stands on two points, the conscious and subconscious, harmonized and balanced. Here it stands only on one point, however, indicating he is completely unbalanced and wallowing in negative emotions and destructive sensations.

The torch symbolizes that he is constantly inflaming his passions and toward sexual deviations. The left shoulder of the woman in the card is lacking, and the left shoulder of the man is developed out of proportion. The shoulders are the indices of emotions, and his emotions pander to his abnormal sensations, robbing himself of vitality, enthusiasm and energy.

The man and woman depicted in the card have horns, hoofs and tail, and signify they are living with their animal passions and appetites. The tail is shaped like a scorpion, symbolic of bestiality and sexual abnormalities. The bunch of grapes indicates that the subconscious expresses what is impressed upon it—the desire of your conscious mind, when impregnated in the subconscious, brings forth the fruit and result of your desires.

The devil has a navel, as also have the man and the woman. This reveals the whole story and is a profound and subtle symbol. It indicates that all are man-made.

From the above illustration, you will immediately perceive that the devil is man himself, as he misuses the law and misdirects the God-given life force. No wonder the Hebrew mystics said the devil is God Upside Down.

Learn to Exalt God in the Midst of You

Every time you are prone to criticize, demean or demote yourself, affirm immediately: "I exalt God in the midst of me." You can't think of two things at the same time, and as you continue regularly and systematically to exalt God in the midst of you, you are injecting that idea into your subconscious mind. After a while, it will become automatic and you cease all self-condemnation and self-criticism. It is important to stress dignity and respect, however, because man's self-respect is his greatest asset.

You Can't Buy Respect

Some men think they can buy respect and dignity. They can't. For example, the late Mussolini knew he did not have the dignity of Haile Selassie, who was a king, and when he came to London he came as a king. He said, "I am a king and I will return to my land as a king and conqueror." Mussolini would have loved to have had the same honor and prestige, but he did not feel it and could not claim it in consciousness. Haile Selassie felt the honor and dignity in his mentality and received it, accordingly. Mussolini lost prestige and died in disgrace. Hitler also strutted before his generals, seized power and demanded recognition and honor; but all the time he was deeply conscious of his inferiority, inadequacy and insecurity.

There are men who think they can buy their way into a select club and that they can thus buy respect. They can't. The bell boy, the waiter and the doorman give more respect to the member of the club who can barely pay his dues, because he has the consciousness of being a dignified person and demands respect. He is conscious of the Divine Self within him and of his kingship in the conceptive realm of his mind.

Walk the Earth a Queen

The queen is not conscious of doing wrong, even though what she does may be contrary to your religious beliefs and traditional concept of things. She is free from censure and a sense of guilt and walks the earth in a high and exalted mood. A woman who said she belonged to a particular religious group said to me that she was shocked to see a certain queen drink, smoke and eat meat. All this is, of course, utter nonsense and too ridiculous for words.

Paul says, *I know, and am persuaded by the Lord Jesus that there is nothing unclean of itself, but to him that esteemeth anything to be unclean, to him it is unclean* (Romans 14:14). . . . *I considered, and saw four-footed beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And I heard a voice saying unto me, Arise, Peter; slay and eat. But I said, Not so, Lord: for nothing common or unclean hath at any time entered into my mouth. But the voice answered me again from heaven, What God hath cleansed, that call not thou common. And this was done three times. . .* (Acts 11:6-10).

Things are clean or unclean according to your concept of yourself. If you have made a law for yourself and if you believe that taking a cocktail is injurious or interferes with your spiritual growth, you should follow your code or belief, because with that kind of belief your subconscious responds according to the nature of your belief. To you it would be wrong. Likewise, if you have made a law for yourself that it is wrong and injurious to your spiritual unfoldment to eat meat, you again have made that law for yourself and you should, therefore, follow it. If you break the code you have established for yourself, you will feel guilty and suffer accordingly. There is nothing good or bad, but thinking makes it so. There is no guilt but the consciousness of guilt.

He Wondered Why His Wife Left Him

While talking with a man after the sermon one Sunday morning, he said his wife had packed up and left a note saying she could no longer put up with his negative vibrations and low estimate of himself. During the conversation I discovered that his wife was a brilliant woman, possessing a Ph.D. degree, and being very successful professionally. He was a salesman in the vitamin field and also doing well financially.

The real cause of the marital break was that he felt he was not good enough for her, and he was constantly thinking and fearing that she would surely find someone else. He went to sleep in that mood of fear every night, and his subconscious gave back to him what he ordered and requested, as it never makes a mistake. Actually, he brought it to pass by his constant fear. . . . *The thing which I greatly feared is come upon me* (Job 3:25).

His wife mirrored his conception of himself, and she testified to his state of consciousness. His mood of self-depreciation and inferiority plus his subconscious belief that she would leave him was communicated to her subconsciously, and she, not knowing the laws of mind and not being spiritually oriented, responded accordingly.

At my suggestion, he phoned her and explained what he had been doing, stating that the whole thing was his fault. Both are now reconciled and are practicing prayer-therapy night and morning. Every night prior to sleep, he affirms out loud: "The Spirit in me talks to the Spirit of my wife, and there are harmony, love, peace, joy and understanding between us. The Light of God shines in her, and whenever I think of her, I immediately affirm, 'I exalt God in the midst of you.' Whenever I am prone, because of habit, to demean or demote myself, I will affirm, 'I exalt God in the midst of me. I am God's son, and God loves me and cares for me.' "

Likewise, every morning his wife affirmed out loud: "My husband is God's man. I salute the Divinity in him. There are peace, love, harmony and understanding between us. He is growing in wisdom, truth and love. Whenever I think of him during the day, I will immediately affirm, 'God loves him and cares for him.' "

True love is an irrepressible inclination and impulse to give. Both are giving out more life, love, truth and beauty to each other, and the marriage is growing more blessed and beautiful as time goes on. Love is the universal solvent. Love frees; it heals; it is the Spirit of God, for God is love.

Chapter 5

Your Business Is God's Business

. . . Wist ye not that I must be about my Father's business? (Luke 2:49). My Father's business is a greater measure of livingness and givingness. You are here to lead a full and happy life and to express your talents at the highest possible level. In other words, you are here to lead the abundant life—full of joy and beauty. You may magnify and increase your powers by constantly claiming morning, noon and night: "I am releasing more and more of God's love, light, truth and beauty every moment of the day." As you make a habit of this affirmation, you will be amazed at the wonders that will happen in your life, and the whole world will be blessed because you walked this way, radiating the sunshine of God's love.

Cease Forcing Your Opinion on Others

A young girl was trying to convert all members of her family to the study of the science of mind. They resented her and rejected all her statements and even refused to read the literature she proffered them. This is the wrong approach. Let the other person alone. Do not try to mentally coerce him to your way of thinking. Cease thinking about all the differences in religious beliefs, but, instead, consider the fundamental unity of all religions. A man's religion is his relationship with God. If it makes him happy and contented and he gets comfort from his beliefs, don't try to force your opinion on him.

Lutheran Girl Healed by a Unity Minister

While conversing with a Unity minister, she told me that a Lutheran girl who was very ill in the hospital had asked her to come and pray with her, which she did. The Unity minister said to her, "Join your hands in mine and we will pray to Jesus to heal you." The girl was completely healed. You might call this blind faith. It was the subconscious belief of the Lutheran girl that brought about the healing.

There is only One Healing Power, and It is available to all. That Healing Power is in the subconscious of every living person. Results follow according to the belief of the person doing the praying. Many

people believe in a personal Jesus to heal or a personal Buddha. They get results because of their beliefs. Whether the object of your faith be true or false, you will get results because of the sincerity of your belief and not because of the thing believed in. There are many people who believe in the usage of amulets, talismans and sacred relics for healing purposes. They get results also.

The Right Approach

If a person is ill, don't say to him: "You had the wrong thoughts. Your religious belief is all wrong." You will only make him worse. If he is willing to listen, teach him about the wonders of the healing powers within him and how to use his mind constructively. Don't take a man's creed or religious beliefs away from him unless you give him something better instead—something he can use, thereby becoming a greater, grander, nobler and more dignified character.

Looking Behind the Symbols

Behind all the religions of the world you will find the underlying truth, but the truth has been covered all over with a thick cloud of rituals, ceremonies, symbols, liturgies and various interpretations. There is only One Truth, and God is Truth, which is the same yesterday, today and forever. Unfortunately, the eternal verities and the principles of life are lost in creedal dogmas.

They Get Answers, Also

People's prayers are answered in orthodox churches, also. It is much better, however, to know the laws of mind and learn to use scientific prayer. It would be unkind to take away all of man's beliefs and to give him nothing instead. Man will accept this new teaching which I am writing about when he is ready, but he can't be coerced into receiving it.

She Was Afraid of Black Magic

Surely there is no enchantment against Jacob, neither is there any divination against Israel: according to this time it shall be said of Jacob and of Israel, What hath God wrought! (Numbers 23:23).

A young girl working in an office was told that another girl was practicing black magic against her. I explained to her, however, that what people call black magic is an inversion of the law of God, which is all-good. If I wish another person evil, I must be in a very negative state myself; therefore, I bring evil on myself and will be stricken, as my moods are creative. The only way my negative thought can hurt the other is for the other person to foolishly and stupidly accept my suggestion and grant me the power to injure him. Then the other person will become the victim. But if the other person should laugh at me and at my supposed power, then all the negative thoughts would boomerang back to me, all of which would be self-destructive.

The voodoo doctor in Australia and/or the jungles of Africa always sends his intended prey a message informing him of the fact that his image is being burned. The victim becomes panic stricken and the fear engendered by himself kills him. Man actualizes black magic by believing in it. Although the other person is working negatively against you, pouring out imprecations and execrations upon you and visualizing you as dead, in reality he is unable to do so, because he doesn't want death for himself. I advised a man, for example, to cease wishing death for his wife. (They hated each other.) He refused the advice and he died shortly after. The wife, though, is still living and prospering.

Remember, if you are walking in the consciousness of God's love, the low or negative vibrations of the mass mind cannot touch you. All of us are subject to the negative vibrations, i.e., fears and anxieties of the mass mind. If you are prayed up, they do not hurt you; you shake them off and become impervious to them. You cannot attract that which you are unlike. You only draw into your experience that which is compatible with your moods and state of consciousness.

Walk with God at all times, realizing that God is sovereign, supreme, your ruler, guide and counselor; and *nothing shall by any means hurt you* (Luke 10:19). *They shall not hurt nor destroy in all my holy mountain, saith the Lord* (Isaiah 65:25). *Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance* (Psalm 32:7). *Surely there is no enchantment against Jacob* (a man aware of the One Power—God), *neither is there any divination against Israel* (a man ruled by God, who recognizes the sovereignty of the Spirit) (Numbers 23:23). *Because thou hast made the*

Lord, which is my refuge, even the most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling (Psalm 91:9-10).

The Door to True Expression

Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber. But he that entereth in by the door is the shepherd of the sheep (John 10:1-2).

I AM is the door. This means your own consciousness is the door to all expression. In other words, you must have the mental equivalent established in your subconscious mind in order to manifest what you desire and what you want to achieve in life. When you try to accomplish on the outside what you have not felt as true on the inside, you will fail, e.g., when a man claims to be something other than what he really feels himself to be, such as claiming that he is a great actor when in his heart he does not feel it to be true, he is robbing himself and is the thief mentioned in the above verses.

He must claim and honestly feel himself to be the great actor and, further, dramatize the role; and as he continues to claim and feel that he is the great actor, the power of the subconscious will back him up and he will manifest the role. The embodied states of mind are the sheep mentioned. The feeling of being what you long to be must always precede the embodied state, resulting in the manifestation of what is felt as true subjectively.

And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice. And a stranger will they not follow, but will flee from him: for they know not the voice of strangers (John 10:4-5).

You are a stranger when you are simply stating in words that you are rich and prosperous when actually you are not. The sheep (the lovely states you wish to embody) will not follow you. You are merely boasting and masquerading, and the sheep do not hear that voice because it is not the true voice.

You must come to a clear-cut decision that God is the real source of your supply, that His riches are circulating in your life and that there is always a Divine surplus. Write these truths with your conscious mind

into your subconscious. You do this by repetition, faith in the laws of your mind, and a joyous expectancy, while knowing that whatever you convey to or impress on your subconscious will come forth pressed down, shaken together and running over. You must feel the truth of what you affirm. Your subconscious accepts your conviction. What you really believe in your conscious mind will be accepted by your subconscious mind.

Mere verbalisms are not enough. Many people claim prosperity, success and wealth, but their subconscious belief is really in lack, limitation and failure. Your conscious and subconscious must synchronize and agree. When the two agree, your prayer is answered. Reason things out and you will find it is not difficult to realize that God is the only Source of health, wealth, peace and inspiration, and, indeed, all things. There is only One Source. Everything you look at came out of the mind of man or the mind of the Infinite. Wealth is a state of mind; poverty is a state of mind. It is done unto you as you believe.

All that ever came before me are thieves and robbers: but the sheep did not hear them (John 10:8). One time I heard a clergyman say to an audience that the meaning of this paragraph in the Book of John was that all religions before Christianity were false. This obviously is the quintessence of absurdity and stupidity, for . . . *God is no respecter of persons* (Acts 10:34).

There is an old Hindu aphorism which says: "When you name It, you cannot find It; and when you find It, you cannot name It." How could you label love, peace, joy, happiness, inspiration, guidance, goodwill, compassion, mercy, kindness, illumination or laughter? Any man who walks the earth may contact the God-Presence and receive an answer. The God-Presence will respond to any man's prayer, regardless of creedal affiliations. God answers the prayer of the atheist also, who says there is no God.

The man who believes in the goodness of God in the land of the living, and who lives in the joyous expectancy of the best in life, has true faith. The man who doubts the love, the joy and the wonders of the Infinite and who disbelieves in the response of the Infinite to his own thought is the real atheist.

Explanation of John 10:8

Do not let anything come before your belief in the Power of the Almighty working in your behalf. For example, if you believe that outside conditions, people, circumstances or current events preclude your possibilities of fulfilling your desires, you are greatly mistaken and are living as a thief and a robber, because you are robbing yourself of the joy of the answered prayer. You are saying that conditions and people are greater than God, which is absurd. In other words, you are making gods of other people and you are, therefore, unjust to yourself. There is nothing to oppose Omnipotence; nothing to thwart It or to vitiate It. It is Almighty, and there is no other power.

The Crossroads of Life

. . . Go your way into the village over against you: and as soon as ye be entered into it, ye shall find a colt tied, whereon never man sat; loose him, and bring him (Mark 11:2). *And they went their way, and found the colt tied by the door without in a place where two ways met; and they loose him* (Mark 11:4). *And they brought the colt to Jesus, and cast their garments on him; and he sat upon him* (Mark 11:7).

All of us are at the crossroads every day. The colt at the crossroads is your mood—your mental and emotional state—before entering into the deep of yourself. The colt represents the undisciplined state. Suppose you have a desire to sing and you have a wonderful voice, but you fail to have an outlet for your voice on the stage or radio. You must then discipline yourself and affirm knowingly: "God gave me this voice, and God opens the perfect channel for me where He sings majestic cadences through me." Imagine you are before the microphone or on the stage singing gloriously and majestically before an imaginary audience. Feel the thrill and joy and wonder of it all. Practice running this mental movie frequently in your mind. As you continue to do it, you are disciplining the colt (the formerly undisciplined desire), and your mental image, through frequent habitations of the mind, will sink into your subconscious and come to pass in Divine order.

The crossroads also indicate our capacity to choose, divide and select. Watch what you take into the deep of yourself every night. As you go to sleep, your conscious and subconscious are creatively joined together, and your last waking concept is registered in your subcons-

cious. In other words, your conscious mood prior to sleep has crossed over to your subconscious mind and the latter brings it to pass, whether good or bad. Your reactions to today's impressions mold your tomorrows. Be careful of your reactions, as these are the moods or tones which, if carried into the deeper mind, will manifest themselves.

You can control your reactions and thereby control your moods. They brought the colt to Jesus. One of the meanings of Jesus in the Bible is "illumined reason." It also means "I AM," *Je Suis* in French. The names Jesus and Joshua in the Old Testament are identical. Both mean God is the Savior, or solution to all problems. And, of course, you know God indwells you, and you are your own savior.

The word Jesus also means your desire, the realization of which would save you from any predicament. You bring your desire to the I AM, your consciousness, within you; and as you feel the reality of it and rejoice that the Almighty Power is moving in your behalf, and as you sustain this mood, which is the meaning of *He sat upon the colt,* you ride the mood, this means that you remain faithful to your desire until you reach Jerusalem, which means the city of peace, or the impregnation of your subconscious. After the impregnation of your subconscious, your desire, like a seed, undergoes dissolution and you experience the manifestation of your ideal. This is the meaning of ... *And Jesus entered into Jerusalem. . .*

And in the morning, as they passed by, they saw the fig tree dried up from the roots. And Peter calling to remembrance saith unto him, Master, behold, the fig tree which thou cursedst is withered away (Mark 11:20-21).

A complete rejection of lack, a refusal to accept limitation or the acceptance of failure withers the idea of lack away.

. . . No man eat fruit of thee hereafter forever. . .

(Mark 11:14). This means there will be no acceptance of doubt hereafter and no acknowledgement of lack. The fig tree in the Bible is a symbol of lack, sorrow and limitation.

Perpetual Motion

Men talk of perpetual motion. It can never be accomplished mechanically. The only perpetual motion is your consciousness, your awareness, your I AMness. This is Self-Existence and is eternal; it re-

quires no other power. It is the initial velocity or vibration; therefore, all other vibrations are lesser vibrations of the One. They are modifications of the Only Presence and the Only Power. For example, if you fix something in your mind now, it is arrested in its motion and is attached or impressed in your subconscious and will be objectified. Two things cannot occupy the same place at the same time: The old state passes away.

A woman, for example, tried to sell her apartment building for several weeks. One night she quieted her mind and in her imagination took a prospective buyer through the building, showing him the financial books and all the facilities of the building. She heard him say, "I'll take it." She heard this over and over again as she went to sleep. In the morning she felt at peace. The motion in her mind regarding selling it had ceased. She had succeeded in a subjective embodiment of her desire and was at peace about it. She had no further desire to pray about it. That same day a man came in, looked the property over and accepted it. The price was right, the buyer was right and the time was right.

The Power of Blind Belief

On one of my trips to Europe, I met a distant relative, who told me of a very interesting experience which he had had. His father was dying of cancer, and he came home from Australia to visit him. When he saw his father, he said to him: "Dad, I brought something wonderful for you—a piece of the true cross. It has healed many people. I can't keep it; I must return it to the Bishop who loaned it to me for a large sum of money, in order to heal you." He touched his father with this supposedly true cross. That night his father slept with this splinter of wood on his chest and he had a complete healing.

The whole story had been invented by his son. The cross he spoke of was a piece of wood which he had picked up in Sydney, Australia, and had had it enclosed in a small silver case. He built up a story about it which fired the imagination of his father, who was very religious. He believed implicitly that he had a piece of the true cross. It was nothing more nor less than blind faith or blind belief.

. . . *Go thy way; and as thou hast believed, so be it done unto thee.* . . (Matthew 8:13). The father had an instantaneous cure, which took place due to complete acceptance of the magic power of the touch

of what he believed to be the true cross. Paracelsus said: "Whether the object of your faith be true or false, you will get the same results."

Do not try to shake other people's beliefs or give them a new philosophy. They are not ready for it. It is their crutch, and if you take away their crutch they fall. Lift them up in your mind and heart and realize that the Healing Light of God flows through them in transcendent loveliness, and the Spirit of Truth leads them to all truth.

Your Aim in Life

If you have a gun and it is cocked, ready to shoot, you can aim it or focus it in whichever direction you choose. You change the direction or angle by changing the base; but when you pull the trigger you have no further control and you cannot control its effect or direction. Likewise, when you are focused, after having placed your attention on a mood of lack or failure and you sleep with that mood, you reproduce it and reap the result. The English language is called the language of angels. An angel is an attitude of mind, a messenger of God. It also means the angle at which you aim. There are numberless angels or attitudes of mind. Therefore, your mood determines whether it is a good aim or a bad aim; a good angel or a bad one.

Discipline your attitude of mind and contemplate what is lovely and of good report. Your camera has a lens. You focus it correctly and you see the object or person clearly; then you take a snapshot. Likewise, your angle or focus must become one with your ideal, which is perfect focusing.

You Name All the Animals

We are told that Adam named all the animals (animated states of consciousness, emotions, moods, feelings). Every man is Adam. You name all the animals. Do you want to feel happy? Do you want to feel sad? Do you want to feel angry, depressed, joyous or resentful? You name all the animals. Every natural fact could be looked upon as a symbol of some spiritual fact. All the appearances in nature correspond to some state of mind. For example, you might say a man in a fit of rage is a lion; a cunning, crafty man is a fox; a man with deep convictions is like a rock; a spiritually minded man is like a torch to others. A lamb symbolizes innocence; a snake is subtle spite; flowers express

beauty. When the Bible uses the terms light and darkness, it means knowledge of God and ignorance of truth.

All of us are subject to numberless moods throughout the day. If you go to sleep with the composite moods of the day, you will have certain definite experiences next day unless you neutralize these moods by contemplation of the truths of God prior to sleep. The lower is always subject to the higher, and spiritual truths have the highest vibration. Your moods are brought on by your reactions to the events, experiences and the news of the day.

If a loved one tells you of a terrific disaster and you sympathize with her, you become one with her because you have identified with the morbid, baleful aspects of the situation; therefore, you must express lack. You cannot help her that way. It is not what happens to you; it is your thought about it that matters. You can, therefore, lift the person up in your thoughts by the practice of the Presence of God, or you can sink down in the quicksand's with the other.

He sent his word, and healed them. . . (Psalms 107:20).

Chapter 6

Imagination—The Workshop of God

Now Israel loved Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colours. And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him. And Joseph dreamed a dream, and he told it his brethren: and they hated him yet the more. And he said unto them, Hear, I pray you, this dream which I have dreamed:

For, behold, we were binding sheaves in the field, and, lo, my sheaf arose, and also stood upright; and, behold, your sheaves stood round about, and made obeisance to my sheaf. And his brethren said to him, Shalt thou indeed reign over us? or shalt thou indeed have dominion over us? And they hated him yet the more for his dreams, and for his words.

And he dreamed yet another dream, and told it his brethren, and said, Behold, I have dreamed a dream more; and, behold, the sun and the moon and the eleven stars made obeisance to me. And he told it to his father, and to his brethren: and his father rebuked him, and said unto him, What is this dream that thou hast dreamed? Shall I and thy mother and thy brethren indeed come to bow down ourselves to thee to the earth? (Genesis 37:3-10).

Joseph in the Bible represents the primal faculty of man; namely, imagination. This faculty has the power to throw onto the screen of visibility in substance and form every idea that the mind may conceive. Joseph is a state of mind in which one increases along all lines—spiritually, mentally, intellectually, financially and professionally. The imagination is the most powerful and productive faculty. Oftentimes it is belittled by the average man, who refers to it as being deceptive and an illusion.

The brethren of Joseph, meaning the other faculties of his mind, deride and scorn Joseph, or imagination, meaning the other faculties, including the five senses, are unawakened spiritually and are functioning at a five-sense level. This is referred to as follows . . . *And they*

hated him yet the more for his dreams and for his words (Genesis 37:8).

. . . Israel loved Joseph more than all his children. . . (Genesis 37:3). Israel means a prince ruling with God. In other words, it is any man who recognizes the sovereignty of the Spirit within him and who recognizes Spirit (God) as his guide, governing, directing and controlling all his activities. He is under Divine auspices in all his undertakings.

Joseph is the son of his old age. The word *son* means expression or manifestation. *Old age* refers to wisdom and understanding of the laws of mind and the way of the Infinite Spirit within man. Old age might be looked upon as not the flight of years, but the dawn of wisdom. Disciplined, controlled, directed imagination is the son of your old age.

Imagination is the mighty instrument used by great scientists, artists, physicists, inventors, architects and mystics. When the world said, "It can't be done; it is impossible," the man with imagination said, "It is done." Through your imagination you can penetrate the depths of reality and reveal the secrets of nature.

Joseph is a dreamer and a dreamer of dreams. This means he has visions, images and ideals in his mind, and he knows there is a Creative Power Which responds to his mental pictures. The mental images we hold are developed in feeling. It is wisely said that all our senses are modifications of the one sense—feeling. Feeling is the fountain head of power. When you delight and rejoice in your mental image, you will automatically generate the appropriate feeling, as every idea has its own fragrance. *Joseph dreamed a dream, and he told it his brethren; and they hated him yet the more* (Genesis 37:5).

Perhaps as you read this you have a dream, an ideal, a plan or purpose that you would like to accomplish. To hate in the Bible is to mentally reject or repudiate that which is false. The thoughts, feelings, beliefs, opinions and judgments in your mind are your brethren, which challenge you, belittle your dream, and say to you: "You can't; it's hopeless; it is impossible; forget it."

For example, you discover there is a quarrel in your own mind with your brethren. Opposition sets in. The way to handle this opposition in your mind is to detach your attention from sense evidence and

appearance of things and begin to think clearly and with interest about your goal or objective. When your mind is engaged with your goal or objective, you are using the creative law of mind. Sustain your affirmative attitude of mind and you will experience the joy of the answered prayer.

. . . Lo, my sheaf arose, and also stood upright; and, behold, your sheaves stood round about, and made obeisance to my sheaf (Genesis 37:7). This means that whatever you imagine and feel to be true will come to pass. Lift your ideal up to the point of acceptance in your mind. Exalt it. Commit yourself wholeheartedly to it. Praise your ideal; give your attention, love and devotion to it. And as you continue to do this, knowing that there is only One Power, all the thoughts that deride or scorn your ideal will be neutralized and will make obeisance to your exalted state of mind, i.e., they will lose their power and disappear from the mind.

Through your faculty to imagine the end result, you have control over any circumstance or condition. If you wish to bring about the realization of any wish, desire or idea, form a mental picture of fulfillment in your mind. Constantly imagine the reality of your desire. In this way you will actually compel it into being. What you imagine as true already subsists in the next dimension of mind, and if you remain faithful to your ideal, it will one day objectify itself. The master-architect within you will project on the screen of visibility what you impress on your mind.

Joseph (imagination) wears a coat of many colors. A coat in the Bible represents a garment of the mind; namely, a psychological covering or attitude of mind. Your mental garments are your thoughts, beliefs, moods and expectancy.

The coat of many colors represents the many facets of the diamond, or your capacity to clothe any idea in form. You can imagine your friend, who is poor, living in the lap of luxury. You can see his face light up with joy, see his expression change, and a broad smile cross his lips. You can hear him tell you what you want to hear. You can see him exactly as you wish to see him—i.e., he is radiant, happy, prosperous, and successful. Your imagination is the coat of many colors. It can clothe and objectify any idea or desire. You can imagine ab-

undance where there is lack, peace where there is discord, health where there is sickness, and joy where there is sadness.

And his brethren said to him, Shalt thou indeed reign over us. . . (Genesis 37:8). Imagination is the first faculty, and it takes precedence over all the other powers or elements of consciousness.

And he dreamed yet another dream, and told it his brethren, and said, Behold, I have dreamed a dream more; and, behold, the sun and the moon and the eleven stars made obeisance to me (Genesis 37:9). In ancient symbology, the *sun* and the *moon* represent the conscious and the subconscious mind. The *eleven stars* represent the eleven powers in addition to imagination. Here again, the inspired writer is telling you that disciplined imagination takes precedence over all other faculties of the mind, and it controls the direction of your conscious and subconscious mind. Imagination is first and foremost. It can be scientifically directed.

Joseph in Egypt

This means that what you imagined and felt as true is deposited in your subconscious mind and will come to pass. It represents your highest perception of Truth. In this process, Joseph, or your Divine ideal, seems to die just as a seed dies before it becomes the fruit or the tree. But his "bones" remain. Bones are symbolic of support and symmetry. When your desire is realized, the bones, or the patterns of a new desire, are resurrected in your mind, for you are destined to go from glory to glory. Your journey is ever onward, upward and God-ward.

Shakespeare Used His Imagination

Shakespeare listened to the old stories, fables and myths of his day. In his imagination he clothed all these characters, one by one, with hair, skin, muscle, bone, etc., animating them and making them so much alive in his plays that we think we are reading about ourselves.

Clothe Truth in the Garment of Loveliness and Beauty

With your imaginative eye you could now look at an acorn, and with your imaginative eye construct a magnificent forest full of rivers, rivulets and streams. You could people the forest with all kinds of life.

Furthermore, you could hang a bow on every cloud. You could look at a desert and cause it to rejoice and blossom as the rose. Long hours, hard labor or burning the midnight oil will not produce a Milton, a Shakespeare, a Phidias or a Beethoven. Men accomplish great things through quiet moments, imagining that the invisible things of the Infinite from the foundation of time are clearly visible.

Become a Practical Dreamer

You must put a foundation under your dreams. Decide to make your dreams come true. Withdraw or abstract your attention from the appearance of things. Even though your senses deny what you pray for, affirm it as true in your heart. Bring your mind back from its wandering after the false gods of fear and doubt to rest on the Omnipotence of the Spiritual Presence within you.

In the silence and quietude of your own mind, dwell on the fact that there is only One Power and One Presence. Give all your mental attention to recognizing the absolute sovereignty of the Spiritual Power, knowing that this God-Power has the answer and is now showing you the way. Trust It; believe in It. Walk the earth in the light that your prayer is already answered.

The sculptor looks at a rock. Out of that rock, through Divine imagination, he can reveal the Madonna and portray a vision of beauty and joy forever. The Madonna was in his mind, and he chiseled and chipped away all the parts necessary to reveal the image in his mind.

There Is a Way Out

When the night is black and you see no way out (i.e., when your problem is most acute), let your imagination reveal the solution. *I will lift up mine eyes* (imaginative faculty) *unto the hills, from whence cometh my help* (Psalm 121:1). The hills referred to are of an inner range—the Presence of God within you. When you seek guidance and inspiration, fix your eyes on the stars of God's Truth, such as: "Infinite Intelligence leads and guides me," or "Divine Wisdom reveals to me the answer, and I am inspired from On High."

Man Is the Tabernacle

Every man is the tabernacle of God, and no matter how low he has sunk, the Infinite Healing Presence is there waiting to minister to him. It is within all of us, waiting for us to call upon It. You can use your imagination in all human relationships in a wonderful way.

Imagine yourself to be in the other fellow's place. This tells you what to do. Imagine that the other is expressing all that you long to see him express. See him as he ought to be, not as he appears to be. Perhaps he is surly, sarcastic, bitter, hostile. There may be many frustrated hopes and tragedies lurking in his mind. Salute the Divinity in him; let the Spirit in you talk to the Spirit in him and claim that there are harmony, peace and Divine understanding between you. Surrender him to the Infinite, realizing that the Truths of God are within him, just waiting to be born and released. You can affirm, if you wish, "God waits to be born in him."

It could possibly happen that you may succeed in kindling the fire of God's love in that man's heart, and, perhaps, the spark you lit will burst into a Divine fire.

Let the Masterpiece Come Forth

Leonardo Da Vinci, through his gift of imagination, meditated on the twelve disciples and what they meant. He got lost in deep reverie. His imaginative faculty secreted the perfect pictures from the Infinite Reservoir within him; and due to his perfect focus, his inner eye glowed with an interior luminosity so that he was inspired. Out of his Divine imagery came the masterpiece—The Last Supper.

Imagination Created Your Deck of Cards

Long before our Bible was published, ancient wisdom said, "As a man imagines and feels, so does he become." This ancient teaching is lost in antiquity.

Legend relates that many thousands of years ago, the Chinese sages gathered together under the leadership of the foremost wise man to discuss the fact that vast hordes of brutal invaders were pillaging and plundering the land. The question to be resolved was: How shall we preserve the ancient wisdom from the destruction of the invaders? There were many suggestions. Some thought that the ancient scrolls

and symbols should be buried in the Himalayan mountains. Others suggested that the wisdom be deposited in monasteries in Tibet. Still others pointed out that the sacred temples of India were the ideal places for the preservation of the wisdom of God.

The chief sage was silent during the entire discussion; in fact, he went to sleep in the midst of their talk, much to their dismay! He wakened in a little while, however, and said, "Tao (God) gave me the answer, and it is this: We will order the great pictorial artists of China—men gifted with Divine imagination—and tell them what we wish to accomplish. We will initiate them into the mysteries of Truth. They will portray or depict in picture form the eternal verities, which shall be preserved for all time and for countless generations yet unborn.

"When they are finished with the symbolic dramatization of the great truths, powers, qualities and attributes of God through a series of picture cards, we will tell the world about a new game that has been originated. Men throughout the world for all time will use these cards as a game of chance, not knowing that through this simple device, they are preserving the sacred teaching for all generations."

This was probably the origin of the Tarot cards and our present deck of cards, which is derived from them.

The ancient Chinese sage, according to the legend, added, "If all the sacred writings were destroyed, they could again be resurrected at any time through the symbolic teachings and inner meanings of the various designs on the cards."

Imagination clothes all ideas and gives them form. In the act of imagination, that which is hidden in your deeper self is made manifest. By imagination, what exists in latency, or is asleep within you, is given form in thought. You contemplate that which hitherto had been unrevealed.

You Are Always Using Imagination

Let us take some simple examples: When you were going to get married, you had vivid, realistic pictures in your mind. You imagined you saw the priest, minister or rabbi, and you heard him pronounce the words. You saw the flowers and the church, and you heard the music. You imagined the ring on your finger, and you traveled through your

imagination on your honeymoon. All these were mental images created by yourself in your own mind.

Likewise, before graduation, you had a beautiful scenic drama taking place in your mind. You had clothed all your ideas about graduation in form. You imagined the professor or the president of the college giving you your diploma. You saw all the students dressed in gowns. You heard your mother, father, girl friend or boy friend congratulate you. You felt the embrace and the kiss on your cheek. It was all real, dramatic, exciting and wonderful.

Images appeared freely in your mind as if from nowhere, but you know and must admit there was and is an Internal Creator with the power to mold all these forms which you saw in your mind and endow them with life, motion and voice. These images said to you, "For you only we live!"

Why He Failed Five Times

In a recent conversation with a young man, I discovered the reason why he had failed five times. He had a subconscious picture of failure. Having failed once, he began to say to himself, "I suppose I will fail again." His expectancy and fear brought about his repeated failures. He learned that his subconscious responded according to the nature of his constant imagery; moreover, it took his fear of failure as a request and proceeded to bring it about. He began to realize that his subconscious takes him literally and that it doesn't play jokes on him. He saw he had no will, desire or inclination to succeed.

I explained to him that all he had to do, regardless of his present attitude, was to cast himself in the role of hearing the manager telling him over and over again, "Congratulations on your success. The organization is proud of you." He kept doing this for about 15 minutes every night in a relaxed manner prior to sleep. He would imagine the manager shaking hands with him and using the appropriate words, as mentioned in this paragraph. He kept this up every night until it became natural, reasonable and acceptable to his conscious mind; then, it naturally sank into his subconscious mind. At the end of three weeks promotion suddenly came and he experienced objectively what he had dramatized subjectively.

How the Answer Came

A young medical student, taking his final examination, was presented with a difficult question on *materia medica.* He stilled his mind, relaxed a few minutes, and said over and over again slowly, "Infinite Intelligence knows the answer and reveals it to me." In the meantime, he went on answering the other questions, which were easy. In a short while the picture of the answer came clearly into his mind. It appeared in words like the page of a book, with the entire answer written out as a graph in the mind. He had relaxed his conscious mind; then the subjective wisdom gave him the answer, which came clearly into his conscious, reasoning mind.

Is Your Premise Correct?

Your mind works like a syllogism. If your premise is correct, the conclusion or result will correspond. Your subconscious mind reasons deductively only, and its sequence or conclusion is always in harmony with the premise. Establish the right premise in your mind and you will be subjectively compelled to right action. Your external movements and actions are the automatic response of the internal motion of your mind. Hearing a friend or associate congratulate you over and over again on your wonderful decision will induce the movement of right action in your life.

How Goethe Used His Imagination

Goethe used his imagination wisely when confronted with difficulties and predicaments. His biographers point out that he was accustomed to fill many hours quietly holding imaginary conversations. It is well known that his custom was to imagine one of his friends before him in a chair answering in the right way. In other words, if he were concerned over any problem, he imagined that his friend was giving him the right or appropriate answer, accompanied with the usual gestures, tonal qualities of the voice, and making the entire imaginary scene as real and vivid as possible.

How He Solved Financial Problems

A stock broker who used to attend my lectures in Steinway Hall, New York City, many years ago revealed to me his method of solving

financial difficulties, which was extraordinarily simple. He would have mental, imaginary conversations with a multi-millionaire banker friend of his, who congratulated him over and over again on his wise and sound judgments regarding investments and who would compliment him on his purchase of the right stocks. He used to dramatize this imaginary conversation until he had psychologically fixed it as a form of belief in his mind, and his subconscious mind responded, resulting in his being an outstanding success.

Mr. Nicoll, a student of Ouspensky, used to say, "Watch your inner talking and let it agree with your aim."

This broker's inner talking or speech certainly agreed with his aim to make sound investments for himself and his clients. He told me his main purpose in his business life was to make money for others and to see them prosper financially by his wise counsel. It is quite obvious he was using the laws of mind constructively.

It is the sustained mental picture which is developed in the dark house of the mind. Run your mental movie often. Get into the habit of flashing it on the screen of your mind frequently. After a while it will become a definite mental pattern. The inner movie which you have seen with your mind's eye shall be made manifest openly.

. . . *And calleth those things which be not as though they were* (Romans 4:17).

Chapter 7

Spiritual Gems of Truth

I am the vine, ye are the branches. . . (John 15:5). Whatever you attach to I AM, you magnify. I AM magnifies every state of mind. For example, if you say, "I am poor, I am lonesome, I am miserable," you magnify those mental conditions. It is like the number 9, because 9 added to any number does not alter it. On the contrary, it magnifies the number; e.g., supposing you add 9 to 5. You have 14, but 4 + 1 = 5.

The I AM within you, which means Being, Life, Awareness, Self-Originating Spirit, etc. is God, or the Life-Principle. I AM is the true Christmas tree, and all gifts are on the Christmas tree, for God is both the giver and the gift. If you work for someone and he pays you, he is liquidating an obligation; but I AM is a gift to you. No work or sacrifice is needed.

Peace is now. The God of peace is within you and you can claim it. Love is now. Open your mind and heart to the influx of Divine love now, for God is the Eternal Now! Power is now, poise is now and joy is now. The Healing Presence is within you, and you can claim that the Infinite Healing Presence is flowing through you now, this very minute. The answer to your problem, whatever it is, is within you now, for Infinite Intelligence knows all things.

. . . Before they call, I will answer. . . (Isaiah 65:24). God is timeless, spaceless and ageless. Take your good now. You might as well claim all your good now as to do so a hundred years from now. Why wait?

Your Imagination and Will

If you put a six foot plank on the floor, you can walk the length of it without any hesitancy, but if the plank is placed thirty feet high in the air between two homes and you are asked to walk on it, you might develop some qualms, for when you look down and your imagination tells you there is no solid foundation, you become afraid and your imagination, therefore, wins. When you try to will something into being by mental coercion or will power, you are using the law of reverse action, because it is as though you are saying, "I will be well, I will be

strong, I will be wealthy," when actually what you are saying is, "I am sick, I am weak, I am poor." . . . *Let the weak say, I am strong* (Joel 3:10).

Your subconscious is like a recording machine, and it records what you decree. *Greater love hath no man than this, that a man lay down his life for his friends* (John 15:13). Your friend is that which befriends you; therefore, you give up the old state and focus your attention on your ideal, thereby giving life to it. By getting into the mood and tonal quality and living in the reality of it, you will die to the old state and live to the new.

You must realize that the idea you have in your mind is real. It is a psychological fact. But to make it concrete or tangible, or make it appear in my world, I must sense it or get into the mood which is creative, and then walk in the light and realization that it will come to pass.

If your attitude of mind is: "Well, I might get it. I'll try, but I know it is impossible. Maybe some future time," these are moods or feelings and they will be expressed inevitably as disappointments, frustration and unrealized hopes. . . *This day is this scripture fulfilled in your ears* (Luke 4:21).

Remember, all of us are between two thieves—the past and the future. Nothing is accomplished by looking at either one. Many dwell on old hurts, peeves, grudges and losses of years ago. Others are full of fear regarding the future. They are afraid of old age, sickness, insecurity and death. All the good you seek is now, for God is the Eternal Now! All the attributes, qualities and potencies of God are instantly available to you. The Spirit within you is timeless, spaceless and ageless.

The Wonders of the Mind

On a recent visit to Ireland and England, I talked with an English niece. She told me that on a recent visit she had made to Killarney, she felt she had been there before. She knew her way around the place, and said she knew what people would say to her before she asked questions. Many of the shops and even their contents were known to her.

The answer I gave her was very simple. Many people have the same experience in visiting foreign cities and countries. It is not due to a previous incarnation, however. She had made careful plans for the trip, she purchased a ticket to fly to Ireland, visualized a wonderful

time, impressed her subconscious and went to sleep on it. Her subconscious knows all and sees all, and she traveled there psychologically and dwelt there subjectively for a while, then when her conscious mind arrived there, she heard the voices based on former impressions, which she may have forgotten. But when she heard the voices, it was the objectification of her psychological journey, and it registered.

How to Practice the Presence of God

Calmly trust God's Holy Presence to lead you to green pastures and to still waters. Love the Truth with a love that leaves no room for care or doubt. No matter what your work may be, as you go to your business, say, "God walks and talks in me. I completely rely on God's guidance and wisdom." Give thanks for the perfect day. Do as Brother Lawrence suggests: Whenever your attention wanders away onto fear or doubt, bring it back to the contemplation of His Holy Presence.

To secure and to know the life of peace and joy, school yourself daily to have an intimate, loving, familiar, humble conversation with God—all day long. Let wonders happen in your life.

Your Assumptions Become Facts

During a recent conversation with an English army officer, he pointed out that Adolph Hitler, at the time of the armistice at the close of the First World War, was a prisoner. He refused to accept the fact that Germany was beaten, however. He went blind for a period of six weeks or longer, but it was a psychological blindness—no organic reason could be found.

In the dark silence in which he existed he embodied the ideal of the German people at that time, which was a desire for vengeance or to get even, because of the wrongs they felt had been inflicted on them due to the Versailles Treaty. His assumption of that attitude made an impression on his subconscious mind, which responded accordingly. His name was Schickelgruber while a prisoner. When released, he became Hitler, and he no longer responded to Schickelgruber. He awoke a different man, having a new concept of himself.

You also can use your subconscious for good or ill. It is all things to all men. Assume that you are illumined, noble and Godlike. As you keep up that attitude of mind, it will gel within you and your assump-

tion will crystallize into a fact. . . . *When deep sleep falleth upon men, in slumberings upon the bed; then he openeth the ears of men, and sealeth their instruction* (Job 33:15-16). Of-times man is instructed what to do during sleep time. For example, suppose you are seeking an answer to a perplexing problem. You could say to your deeper mind prior to sleep: "I seek an answer or solution to this problem." Then condense the sentence down to one word, "Answer," and repeat it slowly. In other words, lull yourself to sleep with one word, "Answer," and you will receive the solution either in a dream, vision of the night, or as a flash of illumination as you awaken in the morning.

It is said that the Russian General Cynarsky during the Napoleonic Wars paid no attention to the advice of his associates on the General Staff, who were mapping strategy. He went to sleep contemplating only one thing—victory. He saw the end and snored while his associates discussed plans. He had his plan, and impregnated his subconscious mind with the idea of victory. He did not want to be swayed. Cynarsky undoubtedly knew that the conscious mind is inductive, i.e., it reasons from a premise such as 2 + 2 = 4, and it deduces the results from this. It bases its findings on factual evidence and reason, regarding the future or the probable. The subconscious mind is deductive only. It takes all impressions given it as facts. It is wholly impersonal. It accepts the idea as existing now and acts accordingly. His conviction of victory impressed his subconscious mind and consequently it came to pass.

Your conscious mind is sometimes called the father; the subconscious the mother.

Upon this I awaked, and beheld; and my sleep was sweet unto me (Jeremiah 31:26).

A young woman with a wonderful voice tried to get a position singing on the radio or television but failed. She tried too hard and was overly anxious, tense and worried, which blocked her good. At my suggestion, prior to sleep she began to relax her entire body by closing her eyes and talking to herself this way: "My feet are relaxed, my ankles are relaxed, my toes are relaxed, the calves of my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my neck is relaxed, my hands and arms are relaxed, my brain is relaxed, my face is relaxed. I am completely relaxed and at peace."

She repeated these suggestions four or five times, while knowing that the body had to obey her. She said, "I felt very sleepy, completely relaxed and non-resistant. I heard the clock tick, the baby snoring, but I had no desire to move or do anything. In that sleepy state I affirmed: 'I am a singer on TV now. It is wonderful!' Having framed the sentence, I shortened it to one word, 'TV,' knowing that my subconscious knows all. I repeated 'TV over and over again arid lulled myself to sleep with the one word, TV.' The next morning my agent called me, saying he had a spot for me. My prayer was answered."

The above illustration is a very simple way of conveying the idea or desire of your heart to your subconscious mind.

She Had a Recurrent Dream of a Loved One Having Died

One of our radio listeners wrote me, saying she had dreamed seven or eight times of a loved one dying, someone whom she cared for and who was very close to her. But she added that the person is very much alive. I explained to her that if she dreams of a person she loves as having died, it doesn't necessarily mean that the loved one will die or has died, but it means that something she loves in her life, such as position, quality or health, is dying or has died—not the person.

Actually, her love for her husband had died, as she knew he had a mistress. Her love had turned to hate, and her subconscious was reminding her. This hate within her was murdering love, peace, harmony and joy and was beginning to affect her body in the form of arthritis.

Accordingly, she talked the matter over with her husband and they arranged for an amicable divorce. As she began to appraise herself spiritually, realizing she was a daughter of the Infinite and a child of Eternity, she ceased hating and instead built up self-esteem, while realizing that her true Self was God. Her constant prayer was, "God loves me and cares for me. His peace fills my soul. God's love saturates my whole being, and the light of God illumines my pathway." When thoughts of her ex-husband came to her mind, she affirmed immediately, "God loves me and cares for me."

After awhile all anger, resentment and hatred was dissolved in the light of God's love. She said, "I stopped trying to force myself to bless him. I knew that as I saturated my mind and heart with Divine

love, all the negatives would disappear, which they did." There was no longer any sting in her mind. Her hatred and rage were suppressed in her subconscious, and being of a very destructive nature, had to have a negative outlet, which was appearing as arthritis. The suppleness and mobility of her knees have been restored, as love dissolves everything unlike itself.

An interesting sequel to her prayer process was that she had a tremendous urge to finish the study of medicine, having previously completed two years in medical college in New York. She is now well on the way to becoming a pediatrician and, undoubtedly, she will be a wonderful doctor.

If you dream of a person you dislike very much as dead or dying, it means that the condition or thing in your life embodied or symbolized by that person has died or passed away. To illustrate this point, a young college girl dreamed that her ex-fiancé was dead. This dream occurred during three consecutive nights. However, he was very much alive.

Her doctor had diagnosed a tumor in her creative organ. She realized the relationship and said to me, "I know the growth is one of resentment, but I have been going to Unity Church and Science of Mind classes, and I know it will pass away." I suggested to her that as far as I could judge, the tumor undoubtedly was dissolved. I pointed out to her the significance of her dream and suggested that she go to her gynecologist for another examination. She did, and he confirmed the truth of her dream. Her subconscious, speaking to her symbolically, told her that all her resentment and hostility had died in her, and that the physical embodiment of her negative emotions had disappeared also.

. . . Who will shew us any good? Lord, lift thou up the light of thy countenance upon us. Thou hast put gladness in my heart. . . I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety (Psalm 4:6-8). *Yea, they turned back and tempted God, and limited the Holy One of Israel. They remembered not his hand, nor the day when he delivered them from the enemy* (Psalm 78:41-42).

You must never limit the Infinite. It is Omnipotent and Omniscient. The hand means the power of God, and the enemies are of our own mind, such as fear, doubt, jealousy, etc. Divine love casts out all fear, and you are delivered from the limitations which you have placed

upon yourself. When faced with a problem, challenge or difficult assignment, look at it and say to yourself that the problem is here but God is here also. The problem, sickness, disease or whatever is then immediately Divinely outmatched. Don't turn your back on the Infinite Presence and Power within you. When you call upon the Presence, you will get an answer, for Its nature is responsiveness.

His Dissatisfaction Led to Satisfaction

A young engineer attending one of my classes on the inner meaning of the Bible said to me that all his life he had been irritated and upset with the religious beliefs communicated to him by his parents and teachers in his church. I explained to him that irritation causes oysters to give birth to pearls. His irritation caused him to delve into the religions of the world and to discover the inner meaning of the parables, allegories and fables. He is now studying *The Power of Your Subconscious Mind* and applying the techniques outlined therein.

It is true that irritation with your religious beliefs or your limitations, such as a faulty or unhappy marriage, causes you to seek truth or freedom. If you are supremely happy along religious, political and social lines, you don't seek truth. It is because certain things went wrong that you sought a greater answer and a way out. Then your subjective self opened a new door for you, and a new light or spiritual awareness was born. When you look back upon the irritation or the problem, you should be grateful and thankful for the challenge, and praise and bless the experience.

Before Abraham Was, I Am (John 8:58)

Before any manifestation appears on the screen of space, it comes from the Invisible. All of us came forth from the Living Spirit Almighty. Before you appeared on this plane, you were Spirit. When coition takes place between the father and mother, the tone or mood captured at that moment brings into being out of Itself a child in harmony with the note struck. It is like a piano: You strike a note and all notes in harmony vibrate. If you are playing a perfect chord and strike a dissonance, or if you are playing a beautiful piece of music and strike a note not in harmony with same, it will bring out a dissonance or discord.

This applies also to a misshapen child. If you are drunk and have coition, or are under the influence of narcotics, a distorted or malformed child could come forth. The infinite keyboard of the Infinite is within us, and we can strike any tone we wish. If the dominant mood or tone during coition is, "I hate to hear that voice," or "I hate the sight of —," in that mood, if the ovum is fertilized, a deaf or blind child could be born. Likewise, if the parents could get into the mood of Mozart, they could possibly create another Mozart who could play at three years of age.

Each person is a movement of Infinity on the screen of space. You gravitate to your parents according to the tone or mood of parents at the moment of conception. In other words, you are the Infinite Spirit appearing as a child in the home of your parents. Quimby said it correctly when he said, "You are a Spirit now. You were always a Spirit. When will you cease to be a Spirit?" You are conditioned as John Jones to believe yourself to be a man, age—, carpenter, American, etc. Actually, you are I AM (God) appearing in the form of man of a certain age, race and profession. It is the One Being appearing as many. Mozart's father didn't have to know music. The I AM within you produces anything and everything.

But of that day and hour knoweth no man, no, not the angels of heaven, but my Father only (Matthew 24:36). Seeds mature at different periods according to their kind. Likewise, seeds or impressions mature in your mind at different periods—months, days or years. No man knows. The reason something turns up which you do not expect is this: Perhaps many years ago you were in business and you had a partner who embezzled money and caused bankruptcy. When you think of it now and get excited or angry, you are living the role over again, as the roots are not withered. It's not forgotten. The proof that you have eradicated the hurt and forgiven yourself for harboring destructive thoughts is that you can remember it and remain indifferent. You have no feeling or sting left.

If you live the scene over again, you create it in your mind; and like the seed that recedes and grows again, quarterly, annually, biannually, e.g., certain plants die and bud again according to the season, in the same way your old condition in a new form appears and you wonder where it came from. To prove to yourself that you are free, sincere-

ly try to see the other person as happy, harmonious, joyous and free. If you cannot do this, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are there.

Roots are withered by indifference. If you want to kill the roots of resentment within you, listen to the voice of that person telling you what a beautiful, dignified person you are, how honest and kind you are. Make it real. You want to hear it. Get into the mood. It works. This is a technique used by many. Another technique is to affirm as follows: "I release—to the Infinite and wish for him all the blessings of life. Any time he comes to my mind I will immediately affirm, 'I have released you. God be with you.'" As you keep this up, the moment comes when he comes to your mind and there is no longer any sting. The roots of resentment and anger are withered, and you are at peace.

She Got the Wrong Advice

During an interview with a woman who had a marital problem, she said that the counselor had told her to let loose her expressions of temper and rage on her husband, whom she hated. As a result, they had been pouring out venom on each other. These mental poisons were polluting her mind and body. I explained to her that such advice as she received is stupid and destructive. It is foolish and idiotic to think that the way to get rid of a destructive emotion is to express it.

If this happened to be true, the opposite would have to be true. I asked her if she expressed love, cordiality and geniality, would she get rid of love that way? Of course not. Her subconscious would magnify love and goodwill. God is love, and His love indwells all people. Begin to exude vibrancy and goodwill to all those around you, and you will magnify and reinforce these qualities in your mind and heart.

This woman did not eradicate or expunge hatred and hostility from her subconscious by expressing it; she was getting worse by the hour. The two were living a lie, and it takes two to make a 'go' of marriage. A harmonious reconciliation can only take place on a spiritual basis. There is a principle of right action and no principle of wrong action. The right thoughts, the right mood and right action bring about a balanced mind. There is no penalty in love or right action.

Both of them decided to preserve the marriage and began to alternate in prayer each night. She would read the 23rd Psalm out loud

one night and he would read the 91st Psalm the next night. Each one came to a decision to exalt God in each other. When he was ready to explode, he would immediately supplant the negative thoughts with: "God loves her and cares for her. I exalt God in the midst of her." Repetition of this prayer became a habit for both of them. She decided to use the same technique: "God loves him and cares for him. I exalt God in the midst of him." The marriage is growing more blessed as the days roll by.

Chapter 8

Speaking in Other Tongues

And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance (Acts 2:1-4).

The "Day of Pentecost" was with the Israelites the great feast of the harvest. The real inner meaning of the "Day of Pentecost," however, is that as you meditate and give attention to the eternal verities, you begin to give expression to them and they become living realities in your life instead of theoretical concepts held by your conscious mind. In other words, you reap the fruit of the spiritual truths you have been meditating on, and you have entered into the light or illumined reason referred to as the promised land in the Bible. You are living in the promised land when you are expressing harmony, health, peace, joy and abundance.

You gather your thoughts, feelings and mental images together and focus on one thing: The Living Spirit within you. In other words, you turn within and contemplate God within you as boundless love, infinite intelligence, absolute harmony, omnipotent and omniscient. Your thoughts and ideas are now with one accord in one place, and your place is always with God.

They were all with one accord in one place, means the concentrated or focused attention of all the faculties and activities of mind in exaltation and praise of the Infinite Spirit within.

In verse 2, the sound from heaven and the mighty wind represent the movement of the Spirit through our minds and hearts, and the sound from heaven is the joy of the answered prayer.

When you make a habit of prayer and communing with the Infinite, you find the exhilaration of the Spirit animating, inspiring and sustaining you, which is symbolic of the stimulating effect of new wine. . . . *These men are full of new wine* (Acts 2:13).

The ultimate result of this transfusion of the Spirit throughout your entire being is that you are definitely inspired to express Truth in a new way—with enthusiasm, fervor and joy. This is called speaking with other tongues.

The cloven tongues of fire spoken of represent the illumination and inspiration following your veneration and adoration of the Infinite Presence and Power within you.

And how hear we every man in our own tongue, wherein we were born? (Acts 2:8). The universal language or tongue is love. All men feel it, understand it and recognize it.

Literally speaking, you can hypnotize a person and suggest to him that he is now speaking in other languages, and you will hear a lot of gibberish. Sometimes in a trance state a medium will speak in different languages because the subjective mind knows all languages, as these are recorded on the Akashic record (the universal or collective unconscious). Speaking in a hypnotic trance in other languages is no indication of spirituality or illumination. Glossolalia, or gift of tongues, may be easily produced in the hypnotic trance. It is merely a feat of subjective memory and is no indication of spiritual enlightenment.

Sir William Hamilton, in his *Lectures on Metaphysics,* Page 148, designates the phenomenon as "latent memory." He says: ". . . For example, there are cases in which the extinct memory of whole languages was suddenly restored, and what is still more remarkable, in which the faculty was exhibited of accurately repeating, in known or unknown tongues, passages which were never within the grasp of conscious memory in the normal strain."

Mr. Coleridge, in his *Biographic Literaria,* cites a case which I am condensing to a brief narrative, as there are countless such cases happening all the time. He says: A young woman about 25 who could neither read nor write was seized with a fever and continued incessantly talking Latin, Greek, and Hebrew, in very pompous tones, and with most distinct enunciation. A physician did some research work and found that this woman had been charitably taken care of by an old Protestant pastor. It appeared that it had been the old man's custom to walk up and down in his house and to read out loud from Rabbinical writings, together with those of several of the Greek and Latin fathers, and

the research doctor identified passages taken down at her bedside with passages in the various books.

It is easy to understand the origin of this woman's speaking in other tongues or strange languages. As a child she heard the pastor reciting these passages, and when her conscious mind was in abeyance or subjugated due to fever or other abnormal state, her subconscious memory was released. She reproduced what she had heard. The record upon the tablet of her subconscious mind was ineffaceable.

Thousands of similar cases are recorded, and in this light, the feats of trance speakers are easily explicable without invoking the aid of disembodied spirits. Remember, all languages are inscribed indelibly in your subconscious mind, and so is a memory of everything that has ever transpired since the dawn of time.

You must see the inner meaning behind every story in the Bible. For instance, a man is in the hospital and is in pain, suffering from some disease. He is complaining or bemoaning his fate. He is speaking in the tongues of sickness. When he is healed, however, whether through prayer or the ministrations of a physician, he now speaks in a new tongue—and the new language is the joy of health, vitality and peace of mind. The new tongue spoken of in the Bible is the new mood of understanding which man possesses.

Tongue (Biblically) means mood, tone, vibration or feeling. The universal tongue is love, for "God is love." All men sense the mood of love. Resentment, hate, jealousy, ill will and hostility are foreign tongues, while the gentle, loving smile is understood by all. This universal language or tongue of love has neither height nor depth, length nor breadth; it fills all space. It is the universal solvent and healing balm.

The disciples are your disciplined faculties of mind, and you have twelve faculties. In prayer you gather all your faculties together and withdraw from the objective world and the evidence of the senses and tune in with the Infinite Healing Presence within you. There you dwell on your ideal or the solution to your problem. In this quiet, passive, receptive state, claim that the Almighty Power and wisdom of the Infinite is now flowing through you. Feel the movement of the Spirit through you. In the same way you feel the warmth of the sun. This peaceful, confident mood is the mighty wind or Spirit of God which fills your mind.

The cloven tongues of fire descend upon you. *For our God is a consuming fire* (Hebrews 12:29). The old state is consumed and the new state is born. Your consuming wish of having heard the good news or the joy of the answered prayer burns up the old state and gives birth to the new. The fires of illumination and inspiration have touched every one of your faculties and you are spiritually enriched.

A word fitly spoken is like apples of gold in pictures of silver (Proverbs 25:11). Our words should radiate peace, love, and harmony to all. In other words, we should affirm boldly that the Infinite Spirit thinks, speaks and acts through us and that all those listening to us are lifted up and inspired and miraculously made whole. Your hearers will be subjectively aware of an indefinable essence permeating your words, for when you exude vibrancy and light and love to all, it is called the perfume of the gods.

. . . The multitude came together, and were confounded, because that every man heard them speak in his own language (Acts 2:6). The multitude of thoughts in your conscious, reasoning, argumentative mind does not understand what is taking place, as the ways of the Infinite are not the ways of man. *For the wisdom of this world is foolishness with God. . .* (I Corinthians 3:19).

When your prayer is answered, you have heard in your own tongue. Your belief brought it to pass. The wine of life is the new interpretation of life, which transforms you from the waters of life—the dull, insipid, dreary side of life—into the joy of living and expressing more of your innate Divinity.

Peter said: *For these are not drunken, as ye suppose, seeing it is but the third hour of the day* (Acts 2:15). Peter means unshakeable faith in God—the One Power. Peter portrays the quality of absolute conviction that God answers our prayers. In the phrase "the third hour of the day," the latter word "day" indicates light or truth, and the "third hour" is always the inner feeling or awareness that a subjective embodiment of our desire has taken place.

The late Dr. Alexis Carrel, Nobel Prize winner and author of *Man, the Unknown,* points out the marvelous effects produced by prayer. He cites the instance of a cancerous sore which shriveled to a scar in front of his eyes. In addition, he has observed wounds and lesions heal in a few seconds, and others in a few hours with all patholog-

ical symptoms disappearing. Through prayer, extreme activation of the processes of organic repair sets in. These healings of body growths, tumors, and burns are due to nothing more than the descent of the tongues of fire mentioned in this chapter.

God is the only healing process. When you tune in to this Infinite Healing Power with faith and expectancy, plus a fired imagination, the influx of the Spirit will respond, permeating your whole being and restoring you to wholeness. The electronic structure of your body is transformed in accordance with the Pattern on the Mount—harmony, wholeness and perfection.

You Are the Captain on the Bridge

The Divine Presence is within you. Sometimes it is called the Primal Energy. Energy is a term used by science for Spirit, or God. It devolves on each of us how we use this Energy. You can use intellectual energy to study or ponder, physical energy to walk, emotional energy to get angry, become resentful or fret and fuss, all of which is destructive to the tissues and your physical organism. You can also use the force of energy to kill or injure, which is very negative.

Take electricity: It is a force; you can use it to light the house, give illumination, or turn on the fan. Motor energy can be used to heat the house by turning on the electric heater or turn on the radio for voice and music. There are different kinds of energy: light, heat and motor energy. You must determine how you are going to use Spiritual energy for your own upliftment and spiritual benefit. Some men spend most of their time eating and drinking, and it shows on their bodies. Others devote all their attention to whiskey and sensuality, which is destructive and clouds the spiritual part of man. Still others get into fits of temper, which ruin their health, bringing on illness and premature death. Others follow the horses, and a good look at them immediately tells you that they have been following the noble steed.

The student is also known. The farmer looks different from the lawyer and the doctor. All are good and honorable, but it merely shows where their attention has been placed. This is marked and portrayed on the physical body. All the basic fundamental truths of man are simple. The erroneous concepts are complicated, confused, and difficult to grasp. Think of the Infinite Presence and Power when you have a prob-

lem. Dwell on the solution. Do not get tense. The answer will come in Divine order.

Your conscious mind could be likened to the captain on the bridge. He directs the engineers in the engine room. The captain doesn't steer the ship; he issues orders. If these orders are wrong, the men in the engine room might, for example, hit an iceberg for all they know. The captain might order full speed ahead or astern, and the order is carried out. You are constantly giving mental orders to your subconscious mind. If your decrees are not based on universal principles and eternal verities, you will create chaos in your life.

Enthrone Divine ideas in your conscious mind, mothered by Divine love. This is the government of the free. As you focus your mind directly on the eternal truths of life, you will begin to speak in a new tongue, which will be a mellifluous and melodious voice of wisdom, truth, beauty, joy and goodwill to all. Your words will be . . . *sweet to the soul and health to the bones* (Proverbs 16:24). The word "fire" is an ancient term for God, or Spirit. Energy is a scientific term for Spirit, or God.

There Is an Answer to Every Problem

And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him. And he said, Let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me. And he said unto him, What is thy name? And he said, Jacob. And he said, Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed. And Jacob asked him, and said, Tell me, I pray thee, thy name. And he said, Wherefore is it that thou dost ask after my name? And he blessed him there. And Jacob called the name of the place Penuel: for I have seen God face to face, and my life is preserved. And as he passed over Penuel the sun rose upon him, and he halted upon his thigh. Therefore the children of Israel eat not of the sinew which shrank, which is upon the hollow of the thigh, unto this day: because he touched the hollow of Jacob's thigh in the sinew that shrank (Genesis 32:24-32).

Jacob means man awaking to the Presence and Power of God within him. The word "thigh" is a euphemistic expression representing the creative organs of man. The significance of the changing of Jacob's name to Israel is this: Israel means a man who sees God or a prince ruling with God, all of which means he now comprehends that the I AM within him is God—the only Presence and Power—and he gives no allegiance to any other power. He is controlled by Infinite Spirit, which thinks, speaks and acts through him. A great light of understanding indwells the mind, and the type of mind which feels the Presence of God within him is called Israel.

Jacob means you yourself wrestling with a problem in your mind until the breaking of the day. At daylight the sun comes up and the dawn appears. Nighttime is the playground of your subconscious where the subjective powers begin to function and answers come sometimes in dreams and visions of the night.

Prior to sleep look at your problem, try to solve it, study it from all angles, then take your attention away from it, knowing that Infinite Intelligence in your subconscious knows the answer and will reveal it to you. Turn your request over to your deeper mind, which is full of wisdom and understanding, as follows: "I am surrendering this request to my subjective mind, knowing the answer will be revealed to me in Divine order. I sleep in peace and I wake in joy." Of-times, when you awaken, the first thought you have is the answer. If not, repeat the request the next night as if you had never done it before. The answer will come to you in Divine order.

How She Got the Answer

A woman once told me how she had wrestled with a problem. She had been accused falsely by two relatives of influencing her aunt to change her Will prior to the latter's demise. There was no truth in the allegation of these relatives, however, but they swore out false affidavits, causing her great anguish and embarrassment. Her attorney was a spiritually oriented man, and he helped her considerably in the litigation.

At my suggestion, she quieted her mind and affirmed: "Infinite Spirit is all wise, and I now decree that the Infinite law of justice, truth, love and harmony is operating perfectly in me, through my attorney

and all concerned. The law of harmony and right action prevails. I decree this, and any time the problem comes to my mind, I will affirm immediately, 'God is taking care of that.'"

Following this procedure, a great sense of peace came over her, and she had no further desire to pray about it. Her decree gestated in the darkness of her subconscious mind, and at the end of a week the full-blown answer was presented to her. This, in Bible language, was the breaking of the day. The two relatives contesting the Will suddenly dropped the case altogether and disappeared from sight.

The Bible says, . . . *He touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him.* The word "thigh," as previously mentioned, is a phallic symbol. The Bible is full of phallic symbols which reveal profound psychological and spiritual truths. After the copulative act, man's creative organs shrink, and he is relaxed. Some religious groups will not eat of the area of the animal which is related to the area of Jacob's thigh. This, of course, is not the meaning of it, and it makes no sense.

During the meditative act as portrayed by the woman above with the legal problem, she felt a great sense of peace following the prayer technique. She was relaxed and at ease and knew intuitively that the problem was solved. In Bible language, the sinew shrank, which meant that her mental work was finished.

While visiting some time ago in Cork City, Ireland, I learned that a relative of mine had lost her voice. Doctors could find nothing wrong with her and believed it to be emotional. I explained to her that she becomes what she contemplates. Accordingly, she began to sit quietly several times a day and imagined she was singing gloriously and majestically before an imaginary audience. In her mind's eye, she saw and heard the audience applaud her. Gradually, she began to feel the reality and wonder of it all, and at the end of the third day, suddenly something went out of her; or, in Bible language, *Somebody hath touched me: for I perceive that virtue* (the healing power of God) *is gone out of me* (Luke 8:46).

Her voice was restored. She experienced a successful meditation and was incapable of continuing the meditative act. After praying successfully, you are as relaxed as after the physical creative act. When satisfaction is yours, you no longer hunger for it. If the desire persists,

you did not succeed in impregnating your subconscious mind. In other words, you did not succeed in becoming aware of being what you had wanted to be.

When your prayer is answered, something definitely shrinks within you; not in a physical standpoint, but in your subjective feeling nature. You lose all desire to continue in your particular meditation. When you pray successfully and believe in your heart that you are already that which you desire to be, at that moment of satisfaction something goes out of you physically and psychologically, which testifies to your creative power.

In Genesis 32:31, it says: *And as he passed over Penuel the sun rose upon him, and he halted upon his thigh.* Penuel or Peniel means the inner realization of the Divine Presence and of having succeeded through prayer in attaining the Divine favor and blessing sought. The word "halted" means you are now at peace, as your prayer is answered.

Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11:24).

Chapter 9

Learn to Let Go in Life

Agree with thine adversary quickly, whitest thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison. Verily I say unto thee, Thou shall by no means come out thence, till thou hast paid the uttermost farthing (Matthew 5:25-26).

The above Biblical verses do not mean that you should agree with that which is false or that which instills fear into your mind. To agree means to harmonize, and when you tune in with the Infinite Presence and Power within you and claim that what is true of the Infinite is true of you, then you are in agreement with the eternal verities and you mentally reject anything and everything that does not lift you up, inspire, heal, bless and restore your soul.

How She Agreed

A young girl who had been studying the Science of Mind recently went on vacation to her old home in Iowa. Her father criticized her new belief about God, life and the universe. He was vehement in his denunciation of her rejection of hell, damnation, lost souls, etc. She came to terms with his belief, however, and she reached a definite conclusion in her mind, saying to her father, "Dad, you are free to believe whatever you like, such as hell, the devil, lake of fire, etc.; but I positively, definitely and absolutely reject all such beliefs. You are free to adhere to such concepts, and I am free to believe the way I do. I still love you and wish for you all the blessings of life."

They then came to an understanding and respected each other's beliefs. She came to a decision in her mind and refused to be disturbed by her father's illogical beliefs. If she had resented her father's outburst and had become incensed and angry, she would have been delivered to the judge, which simply means the judgment or decision in her own mind. Her judgment or thought of her father would be her own thought about herself. Since thought is creative, she would be generating mental poisons in her own blood stream. Then, as the Bible says, she would be cast into prison—the prison of sickness, fear and negative emotions,

which would rob her of vitality, enthusiasm and energy. She knew that the adversary was in her own mind, and she cast it out.

She Learned to Agree with Her Attorney

A few months ago I recommended to a woman that she seek the services of a criminal attorney. I suggested a spiritually oriented lawyer. She went to see him and was very happy with his advice and handling of the case. One day, however, she called me up, telling me she was furious at this attorney. Upon being asked why, she said that she had gone into a restaurant after the court hearing and had seen him having lunch with the opposing attorney, who had been terribly nasty and ugly to her in his cross examination. She added, "I can't understand why you recommended him."

I explained to her a simple truth. I told her by way of example how I had engaged in a vigorous debate with Dr. Ernest Wilson, head of the Unity Church in Kansas City, Missouri, where we contradicted each other on the subject of reincarnation. Yet, we are the best of friends and laugh and joke about our differences on the subject of reincarnation. He has written a book on all the reasons why it is so, and I have written a chapter in *Psychic Perception: The Magic of Extrasensory Power* on why it is not so. We may differ on the subject, but we have sense enough to know that at the same time we can be amiable, sociable, friendly and understanding enough to rise above differences of opinion and exalt God in each other. People don't agree on subjects of education, pollution, international affairs, etc.; but that is no reason why they can't live together in harmony, peace and understanding.

I pointed out to her that while her attorney opposed and seemingly denounced the fallacious reasoning of the opposing counsel, and while arguing and disputing on points of law, apparently they were emotionally and spiritually mature enough to respect each other's opinions and to rise above the disputations in the court room and subsequently join in fellowship, laughter and goodwill with each other at lunch. This demonstrated that they were emotionally and spiritually mature. I said to her, "Your attorney is not selling you down the river; neither is he agreeing with the arguments of the opposing counsel.

"Come to terms in your own mind. Meet the problems head on; know that the law of Infinite justice and harmony is operating for you

and all concerned and that Divine love is guiding your attorney, revealing to him what he needs to know. Claim that Divine love brings about a perfect Divine adjustment and Divine solution."

She perceived the truth about what was said and emphatically claimed that the principle of justice was operating on her behalf and the behalf of all concerned and that Divine order prevails. In a few weeks' time, her attorney won the case and she was freed. False allegations and affidavits had been filed against her, but the truth prevailed.

A Visit to Washington, D.C.

Some years ago I was invited by Dr. Grace Faus to speak at the Divine Science Church at Washington, D.C. After a series of lectures, I was invited by a prominent attorney to one of the exclusive clubs, where he introduced me to two Senators, saying: "These men are deadly enemies on the floor of the Senate, but here they relax, play cards, have cocktails and enjoy themselves."

The four of us had an animated conversation about the country, politics, crime, etc. Frankly, I disagreed with nearly everything they said about poverty, share-the-wealth programs, crime and war; and I told them so. However, I could see their point of view, based upon their background, early training, political indoctrination and theological beliefs. Nevertheless, we had a delightful two hours together.

You don't agree with anything irrational, unreasonable and unscientific that insults your intelligence.

Any political belief, such as share-the-wealth or any teaching which contravenes the Golden Rule and the law of love, must of necessity be false. My host, the attorney, said that more money should be appropriated to banish the slums, with which I entirely disagreed, explaining to him a simple mental and spiritual law: All the money in America could not banish the slums until we banish the slums in the mind of man. Cleanliness is next to Godliness. Furthermore, I added: You can take thousands from the slums and put them in up-to-date, modern apartments with all the appurtenances added, and in a few months these apartments will be worse than the slums they left. As within (the mind), so without (the objective world).

I said to one of the Senators: "Senator, you could arrange at gun point to take all the money from the wealthy people in Washington and

share it equally with all the so-called poor people in Washington and all those in the skid row section of the city; but if you knew the law of mind, you would realize that the money taken from the rich would in a few weeks find its way back into the pockets from which it was taken. The reason is that wealth is a state of mind. You can't possess anything except by right of consciousness. The rich have the mental equivalent established in their subconscious; therefore, they demonstrate wealth. The poor can't retain the money given them because they don't possess it mentally. In other words, they have the mental equivalent of poverty, lack and limitation. This is why the old aphorism is true: The rich get richer and the poor get poorer.

All three disagreed with me, but we parted the best of friends, and I have a standing invitation to visit all three any time I am in Washington, D.C. However, I don't have to agree with their foolish, idiotic beliefs.

The Meaning of the Uttermost Farthing

Verse 26, quoted at the beginning of this chapter, sounds ominous, and one girl in our recent class on the Inner Meaning of the Healings of the Bible said to me: "Doesn't that mean we must go to Purgatory where we suffer for a time before we go to Heaven?" I explained to her that she is already in Heaven, which is the Infinite Spirit in which we live, move and have our being; and God, or Spirit, lives, moves and has His Being in us.

Also, when your mind is at peace and you are in tune with the Infinite, you are, relatively speaking, in Heaven, which also means harmony, peace, poise and tranquility. Purgatory is a state of suffering which takes place in our mind because of our misuse of the laws of mind. We suffer from our hates, jealousies, envies and negative thinking until we get a new insight and a new understanding of the laws of mind and the way of the Infinite within us. We remain in purgatory or misery until we purge or cleanse our mind by forgiving ourselves and others and filling our mind with the truths of God; then a healing follows. This is the way out of so-called purgatory, or pain and misery.

How She Paid the Last Farthing

A widow with whom I conversed in Salt Lake City, Utah, told me that she suffered from a worrisome growth. The doctor, after examination, told her to come back in a week and he would take a biopsy. She said, "I know that this growth could be resentment or hatred, but as far as I know, I don't resent anybody and I don't hate myself. I pray regularly and practice the science of the mind." She agreed though that the resentment or suppressed rage could be of an unconscious nature and that she knew there must be a poison pocket somewhere in her subconscious mind.

I suggested that as an experiment she ask her subconscious this question prior to sleep: "Infinite Intelligence reveals to me whom I should forgive, whether myself or someone else." Really, all forgiveness in the final analysis is self-forgiveness, because when we have forgiven ourselves and we are at peace within, we will automatically be at peace and have goodwill to all.

The following night after the lecture in Salt Lake City, she came to me and said: "I had a very vivid dream last night. In the dream I saw my sister, and I was shouting at her, saying, 'I no longer hate you.' Then I woke up screaming out loud. I had received my answer." Some years previously this woman had been engaged to a young engineer. Apparently, her sister enticed him away and they got married. At that time it was quite a traumatic shock to her, and she hated her sister as a result. They were not on speaking terms for several years until a few days prior to her demise. At that time she had prayed for forgiveness and thought she had released her sister.

After awakening, she sat down quietly and affirmed: "I forgive myself for harboring this suppressed anger and hatred. I fully and freely forgive you now. I loose you and let you go. I know in my heart that your journey is from glory to glory, from wisdom to wisdom, from strength to strength and from light to a greater light. It is done. It is finished, and established in God. I am free and you are free."

She said that in her dream she knew it was a catharsis, a cleansing and a release of a psychic poison pocket which she had repressed and refused to meet and overcome. In other words, she had brushed it under the rug. Due to the fact that it was a negative, destructive emotion, it had to have an outlet and, therefore, appeared as a growth.

After her prayer of forgiveness, and while dressing for the class in the evening, she noticed that the growth had broken and was oozing. She called her physician, who said to come in at once, which she did. He told her that it was dissolving, that there was no malignancy, and that it would completely disappear. She could not get a healing while the poison pocket was in her subconscious. She had to pay the full price, which was complete forgiveness of herself and her sister. That is the meaning of paying the uttermost farthing.

The Prophets of Doom and Gloom

Love never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away (I Corinthians 13:8).

The prophets of doom and gloom are rampant everywhere, particularly on the West Coast. Some predict earthquakes and that the State of California will sink into the sea. When people ask me about it, I ask them: "Can you swim? If so, there will be no problem. You can swim to the next state."

Others predict Armageddon, a nuclear holocaust. Many others predict the end of the world, the second coming, world famine, overpopulation, etc. Look how often all these prognosticators have had to eat crow. All the economic forecasters have been proven wrong. California is still one of the states and seems to be quite substantial.

The second coming has not taken place, nor will it ever take place. It can't. The meaning of the second coming is the coming of love, peace, wisdom, understanding and goodwill in the minds and hearts of men. It is the birth of God and His love in our hearts and in our actions. The Divine Presence can't come or go. It is Omnipresent, and being Omnipresent, It must be within you.

How could It come or go? That's pure balderdash and rank stupidity. There is no man coming out of the clouds in a chariot with angels to save you or anybody else. The savior is within you—the Presence of God.

You know very well that if the fortune tellers could predict accurately the stocks that would go up in value, they would be rolling in wealth. Actually, they could make fabulous fortunes. Learn to predict

your own future. The law of life is the law of belief. . . . *Whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22).

Believe that God is guiding you. Believe in the goodness and love of God. Believe in Divine right action. Believe in Divine law and order governing your life. Believe that God is prospering you beyond your fondest dreams. Believe this truth: *Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. . .* (Psalm 32:7).

Dwelling on these truths, you live above the mass mind. Your future is your present habitual thinking and imagery made manifest on the screen of space. You mould and fashion your own destiny. Nothing is predestined or foreordained. Your faith in God is your fortune and your future.

His Opinion Was All Wrong

A junior executive complained to me that the vice president of his firm was blocking his promotion and that that was the reason he was passed over twice for promotion. I explained to him, however, that he must understand that every man promotes himself, the reason being that if any man contemplates promotion, expansion, achievement and advancement, he is in accordance with the principles of life, which is forever seeking expression at higher levels through him. The Bible says: . . . *I have set before thee an open door, and no man can shut it. . .* (Revelation 3:8).

Marcus Aurelius said: "Let your opinion be still." This young executive learned that he was transferring the Power within himself to another man, thereby making the latter some sort of a god and, in effect, decreeing that the vice president of his organization was greater than the Infinite Presence within him. He saw the absurdity of his attitude and the foolishness of his own opinion.

He decreed knowingly, feelingly and with understanding: "Promotion is mine, advancement is mine, expansion along all lines is mine. Infinite Intelligence guides me, directs me and opens up a new door of expression for me where I am expressing myself at my highest level, and I receive a marvelous compensation."

He reiterated these truths for about four or five minutes several times a day, making sure that he did not subsequently deny what he af-

firmed. He also pictured the president of the company congratulating him on his outstanding achievement and success on behalf of the organization. His mental picture agreed with his affirmation, and at the end of a month he was promoted to executive assistant to the president of the organization.

This young man realized that his changed mental attitude changed everything.

The Real Adversaries

The adversary is not really something outside yourself. The adversaries are fear, superstition, ignorance, resentment, jealousy, hate, self-condemnation and hostility. These negative thoughts are your real enemies, and they generate destructive, negative emotions which lodge in the recesses of your deeper mind, creating all manner of disease, lack and limitation.

Meet them boldly in your mind and eradicate them. Ask yourself: Where did these thoughts come from? Do they belong in my mind? Is there a principle behind them? What are they doing to me? Are they not created by myself? You know the answer to all of these questions.

All you have to do is to quiet your mind and affirm boldly: "I forgive myself for generating these thoughts." Then fill your mind with these truths: "Divine love fills my soul. Divine peace flows through me. Divine love heals me. I radiate love and goodwill to all those around me and to all people everywhere." Affirm these truths out loud for about fifteen minutes and you will expunge from your mind all the negativity. When any negative thought comes to your mind, eliminate it immediately by affirming, "God's love fills my soul."

It is not what is said or done to you that matters; it is your reaction to it. It is your own thought about it. You can bless the person and say, "I loose you. I let you go, and God be with you." It is your own thought that makes you depressed or causes you to suffer from what is said or done. Cease judging situations and people and you will cease being troubled, excited, agitated and perturbed.

Be Your Age

A woman forty years of age complained that her mother had always told her she was stupid, awkward and retarded and that she was here to suffer. The mother had passed on to the next dimension, however, and she was still resenting her and blaming her because she hadn't married or made her mark in the world.

It was true that she was conditioned or programmed negatively by her mother, but she had been taking classes on metaphysics and had acquired an excellent knowledge of the powers of her subconscious. I pointed out to her that she had no one to blame but herself; that she had a lot of head knowledge, but that it must become heart knowledge. In other words, the truths of life must be incorporated in her subconscious mind.

Accordingly, she began to fill her subconscious mind with life-giving patterns regularly and systematically and consequently succeeded in transforming her whole life. There is no time or space in the mind-principle, and the minute she began to busy her conscious mind with the eternal verities, there was an automatic response from her subconscious mind.

The first thing she had to do was to release her mother, to loose her and let her go, knowing that what you resent you bind and what you love you release. She decreed: "I forgive myself completely. I fully and freely forgive my mother, and I radiate love and peace to her. I know and rejoice that the Light of God shines in her and that her journey is onward, upward and God ward. I loose her and let her go." Whenever the thought of her mother came to her mind, she would silently bless her by affirming. "God loves you, Mother."

Forgiveness is for your own sake more than the other. One of our prominent psychiatrists in Los Angeles recently said: "I make my patients realize they are responsible for their actions, spiritual awakening and maturity." Cease blaming father, mother, sister, brother, the government, the weather or the fan. Admit that you allowed the negative thoughts of others to influence you or disturb you. You are the only thinker in your world, and others are not responsible for the way you think about them. You are.

An Interesting Experience

I once invited a sister of mine to visit Ireland with me. She is a nun in St. Mary's Convent in England, where she teaches Latin, French and mathematics. We were driven to various interesting places by a cousin of ours. We visited the old homestead, which is now in ruins; but the old school house still stands, though not in "use. We walked through the area covered with weeds, trees, plants and wild growth of all kinds. A few days later our cousin told us that we were walking through poison ivy, and we had brushed it aside with our hands several times. We didn't know it was poison ivy, though, and, obviously, it had no effect upon us. All three of us had a good laugh about it.

And God said. . . let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth (Genesis 1:26).

Man has been given dominion over the beasts of the field. That is why man can tame the wild horse or the lion or tiger. His conscious mind controls the subjective mind of the animals. Man has control of every creeping thing also, such as bacteria, germs, animals, birds, plants, etc.

Man must exercise his dominion and cease giving power to the ragweed, pollen, Timothy grass, etc. In other words, give power to the Creator within you; not to the created thing. God pronounced everything he had made as good and very good. Good and evil are the movements of our own mind relative to everything God hath created and made. There is nothing good or bad, but thinking makes it so. The Primal Cause is within man, and we must cease conferring power or transferring qualities to outer things which they do not possess.

You Can Program Constructively

A school teacher who is a student in our Bible classes, where we teach the inner meaning of the Bible, and not from the historical standpoint, told me that when she tells a student that she believes in him, expects great things from him, that he is brilliant and has a tremendous future, and she has faith in him, he responds accordingly. She believes her students will learn rapidly, and according to her belief is it done un-

to her. Her faith in the power within them is communicated telepathically to them.

How a College Student Responded

Robby Wright, who handles my radio program on Saturday morning every week, told me last week that his part-time work as a consultant in electronics nets him $350 weekly. This is exceptionally good for a young man of twenty-one years of age who is in his third year in college.

A few years ago I told him: "Robby, you have a fabulous mind, full of creative ideas. You are a wizard in mathematics and electronics, and you will reach fabulous heights and bring forth new and outstanding discoveries." He accepted all that and uses his subconscious mind every night by filling it with constructive thoughts and directing it to reveal to him new and original ideas which will bless humanity. He has perfected two new devices along electronic lines that are revolutionary and will ultimately make fortunes for the company he is working for.

The Handgun Is In the Mind of Man

If you are a mother, father or teacher, you can program the subconscious mind of your son or daughter constructively. It is the quiet mind that gets things done. People who are running around saying we must fight cancer, tuberculosis, poverty, crime and hand guns are magnifying the problems in their own minds and impressing their subconscious with the negativity.

Instead of getting all exercised and seething about hand guns, write to your congressman and tell him to pass a mandatory sentence of twenty-five years for those who murder, and you won't need to worry about hand guns. Murder is in the mind of man; not in a piece of machinery. He is responsible and must take the consequences. It is wrong to release a murderer or felon who, when he is paroled, murders and rapes again.

Come to a decision in your mind based on common sense. Understand why people do what they do and establish peace in your own mind. You become what you contemplate, and if you are a woman going around calling men "chauvinistic pigs," then you are revealing your hatred of yourself and projecting that self-loathing onto others.

You become what you contemplate, and it is the nature of love, as it is the nature of hate, to change you into the image and likeness of that which you contemplate.

Learn to agree with thine adversary. Remember: *And God shall wipe away all tears from their eyes. . .* (Revelations 21:4). Come to a clear understanding in your mind and realize that there is no one to change but yourself. Stop trying to change the world. Nothing is forever. Grief, sorrow, sickness, etc., all pass away. Joy displaces sadness, tears give way to gladness. After the storm comes the calm. When depressed or sad, focus your attention on the solution, the way out, the happy ending, and all the power of the God-head will flow to the focal point of your attention, and you will thus experience the joy of the answered prayer.

Chapter 10

How to Pray Effectively

And it was told Tamar, saying, Behold thy father in law goeth up to Timnath to shear his sheep.

And she put her widow's garments off from her, and covered her with a veil, and wrapped herself, and sat in an open place, which is by the way to Timnath; for she saw that Shelah was grown, and she was not given unto him to wife.

When Judah saw her, he thought her to be an harlot; because she had covered her face.

And he turned unto her by the way, and said, Go to, I pray thee, let me come in unto thee; (for he knew not that she was his daughter in law.) And she said, What wilt thou give me, that thou mayest come in unto me?

And he said, I will send thee a kid from the flock. And she said, Wilt thou give me a pledge, till thou send it?

And he said, What pledge shall I give thee? And she said, Thy signet, and thy bracelets, and thy staff that is in thine hand. And he gave it her, and came in unto her, and she conceived by him.

And she arose, and went away, and laid by her veil from her, and put on the garments of her widowhood.

And Judah sent the kid by the hand of his friend the Adullamite, to receive his pledge from the woman's hand: but he found her not.

Then he asked the men of that place, saying, where is the harlot, that was openly by the way side? And they said, there was no harlot in this place.

And he returned to Judah, and said, I cannot find her; and also the men of the place said, that there was no harlot in this place.

And Judah said, let her take it to her, lest we be shamed; behold, I sent this kid, and thou hast not found her.

And it came to pass about three months after, that it was told Judah, saying, Tamar thy daughter in law hath played the harlot; and also, behold, she is with child by whoredom. And Judah said, Bring her forth, and let her be burnt.

When she was brought forth, she sent to her father in law, saying, By the man, whose these are, am I with child: and she said, Discern, I pray thee, whose are these, the signet, and bracelets, and staff. (Genesis 38:13-25)

Judah means to praise Jehovah. Whatever you praise, you increase through the law of mind. Tamar means victory, conquest, moral righteousness, excellence and goodness. Tamar also means a palm tree, which, symbolically speaking, represents the cherished desire of your heart. A man bent on achieving the desired objective, his fairest possession, gave a pledge in the form of three securities or symbols—a signet ring, bracelets and a staff.

A ring is a circle and is a symbol of Infinity, or God, which has no beginning or end. It is also a symbol of love and of the unbroken married life. It symbolizes your Divine marriage, your mental and spiritual union with the Infinite. It means that you give all your allegiance, devotion and loyalty to the One Power within you, while knowing It to be Supreme and Omnipotent.

The symbol of the ring is to emphasize the importance of changing the focus of man's belief from matter and external conditions to Spirit, the Cause of all. Isaiah stresses the great truth that there is only One Power of creation, and it is I AM, or consciousness, awareness, mind or imagery. There is no other creative power. Your mind must reach an absolute conviction regarding the One Power, which is beyond all argument, disputation and comparison; then you reach a point of real faith and confidence, which is your rest in God.

I am Alpha and Omega, the beginning and the ending, saith the Lord. . . (Revelation 1:8). Your desire to be, to do, and to have is the beginning, and fulfillment is the end. The beginning and end take place in your own mind. From now on, when you think of a ring, it will remind you of steadfastness and fidelity. Bracelets are symbolic of being bound to God in faith and confidence. They also symbolize adornment or dressing for God.

When you are clothed with the garment of truth and confidence that the word which you speak shall come to pass, you are wearing the proper bracelets. *Thou shall also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways* (Job 22:28). Your word, Biblically speaking, is your thought and feeling fused to-

gether; in other words, it is your conviction that what you decreed will be made manifest.

This deals with the law of correspondence, or the law of reciprocal relationship, which means that whatever you impress in your subconscious, the latter reproduces accordingly. In other words, your impression becomes an expression. The bracelets represent, therefore, to you that you are bound to the law.

But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper (Psalms 1:2-3).

The law is that you are what you contemplate; whatever you feel is true about yourself is expressed as form, function, experience and event. The law of life is the law of belief. You are belief expressed. To believe is to accept something as true. Believe in the goodness and the abundance of God in the land of the living.

The staff mentioned in the Biblical story represents unbending discipline, on which it is an advantage to lean. The Psalmist says in the 23rd Psalm: *Thy rod and thy staff they comfort me* (Psalm 23:4). The Psalmist is cognizant of the fact that sheep are helpless, dumb animals and possess no weapon to ward off attackers or wild beasts of the field. The staff in ancient times was about six or seven feet long. The end was formed into the shape of a crook, and in case one of the sheep slipped or fell into a ravine, the shepherd could reach down with his staff and lift the sheep up. All this means is that we lean on God, knowing that when we call He will answer. As the Psalmist says, He is . . . *A very present help in trouble* (Psalm 46:1).

The writer of Genesis says that when you pray you are being put to the test. Can someone or some circumstance dissuade you from your allegiance and loyalty to the One Power (the ring), your faith and conviction that It is the Only Presence, Power, Cause and Substance (bracelets), and your understanding of Its responsiveness to you when you call upon It?

If someone ridicules what you believe in, e.g., you may have a so-called incurable condition and you are praying about it, knowing that the Infinite Healing Presence which made you can heal you and is healing you now, when others mock you and tell you how foolish you

are, do you remain steadfast in your faith, or do you permit them to cause you to waiver in your faith or conviction?

Supposing you have an ideal or outstanding goal for yourself or the country at large, the fulfillment of which would bless humanity, and let us assume that some people offered to bribe you with honors, money, fame, attractive power and position. If this bait were proffered you, would you yield or adhere to your ideal? If you yield to the blandishment and temptation of the world, the pledge you gave in your prayer life is not safe. In this story, it says Judah sent a kid with which to recover the pledge from the woman, just to see if she were really faithful. You prove yourself unworthy when you exchange things that really matter for things that do not, preferring counterfeits to genuine goods.

Genuine goods are fidelity to the One Power, love, goodwill, honesty, integrity, harmony and confidence in all things good. We must realize that our acts correspond with our words, for a word is a thought expressed, and our actions are preceded by our thoughts. We must exercise a strict discipline of right thought, right feeling and right action. *I sent the kid and thou hast not found her* (Genesis 38:23). The person whose faith is sealed in God, knowing that all honors and all growth come from within, cannot be bribed or induced to turn away from the One, the Beautiful and the Good.

You can put this drama to pass in your life. Tamar is his daughter in law, which means that with which you would like to be mentally and emotionally united. You are married to your estimate of yourself. It is called a daughter because it represents your feeling nature. How do you feel about yourself? Do you want to feel happy? Do you want to feel successful? Do you want to feel sad or depressed? Do you want to feel wealthy? If you feel wealth, you will become wealthy. The feeling of wealth produces wealth. If you feel yourself to be successful, you will be. You can participate in any state you wish simply by feeling the reality of that state.

Tamar is the palm tree. As you know, the sight of a palm tree in the desert indicates refreshment and an oasis. Your goal in life is the palm tree; therefore, the story is really about yourself. You want to become grander and greater than you are at present.

You are told in the Bible story that she dresses in the veils of a harlot. The latter is a symbolic expression representing your subcons-

cious, which will give to you whatever you impress upon it, good or bad, in the same way as a harlot, literally speaking, serves all men and asks no questions.

In the story, her father in law, King Judah, offers her a kid to be intimate with her, *and she said, What wilt thou give me, that thou mayest come in unto me?* (Genesis 38:16). *And he said, What pledge shall I give thee? And she said, Thy signet, and thy bracelets, and thy staff that is in thine hand. And he gave it her, and came in unto her, and she conceived by him* (Genesis 38:18).

You have but one gift to give. God is the giver and the gift, and God indwells you. Therefore, that being true, all you can give is your faith in God; and according to your faith is it done unto you. Actually, you give everything to yourself, for the source of all things is within you.

You give yourself wisdom by affirming: "The wisdom of God anoints my intellect, and I am illumined from On High." You give yourself wealth by claiming: "God's wealth is circulating in my life, and there is always a Divine surplus." You give yourself peace by tuning in with the Infinite, which lies stretched in smiling repose, and affirming feelingly and knowingly: "God's river of peace fills my mind, my heart, and my whole being." You give yourself strength by claiming boldly: "The power of the Almighty flows through me, vitalizing, healing and energizing my whole being."

You remember the creative act stated in Genesis, which portrayed Adam begetting the woman (feeling nature) out of himself. You can fashion and picture in your mind the object of your desire and feel the reality of it. As you sustain that feeling, it will gel within you, and your subconscious will bring it to pass.

Judah is yourself, when you exalt the power of God within you. You have but one gift to give, as the ring, the bracelets and the staff symbolize, for these represent the symbols of your kingship. You can't give the Infinite anything but recognition and loyalty. Man oftentimes tries to bargain with the Infinite by promising to give up drinking, for example, if his boy is healed or to build a church if his prayer is answered. But there is only one thing you can give God, and that is your faith and conviction, knowing that Infinite Intelligence responds to your conviction and never fails. The ring, the bracelet and the staff are

symbols of kingship. When you give these three you are giving yourself; namely, recognition, faith and acceptance.

Become King Judah and realize and know that before you can know and feel the reality of your Tamar (desire), you must impregnate your subconscious by claiming and feeling the reality of your desire. As you continue to give your attention and loyalty to your ideal, it will gestate in the darkness of your subconscious, and you will have given of yourself, because you poured life, meaning and love into your ideal. When you become filled to capacity with the feeling of being what you long to be, your subconscious will dramatize and objectify your ideal on the screen of space.

If you want security in life, it is foolish to bask in the limelight of those who are wealthy and feel secure. You become secure by feeling and knowing that God is the Overshadowing Presence Which watches over you, guides and protects you and supplies all your needs according to His riches in glory. Likewise, if you want to be healthy, vital, strong and powerful, you must realize that climate, diet and vitamins are not enough. You must realize that God, the Ever Living One, the All Wise One, is within you, vitalizing, healing, restoring and vivifying your whole being; and you will then get a response from the Infinite, Which is the Source of all life. Don't look outside or to created things for health; always go to the Source of Life itself.

You want to grow, expand and be lifted up in this world. There is no use in associating with royalty, presidents, titled and affluent people. That association won't make you feel noble, dignified or outstanding in your field of endeavor. The way to become noble and dignified is to realize that you are a son or daughter of the Infinite, and to affirm and feel: "I am illumined and inspired. I am lifted up spiritually, and I am expressing more and more of God's love, light, truth and beauty. I am conscious of being an offspring of God, and I am moving onward, upward and Godward." Keep on knowing these truths, and walk the earth feeling the truth of what you affirm, and you will become noble, dignified and more Godlike every day.

An actress friend of mine in England imagined herself as being absolutely outstanding, and she constantly pictured in her mind's eye her husband saying to her, "You are wonderful. Your movies in Spain, France, etc. are fabulously successful." As she gave allegiance, devo-

tion and attention to that mental image, she became absolutely outstanding, and in the years that followed, she has written me many wonderful letters about her tremendous success.

When you begin to claim and feel that you now are what you long to be, you are Tamar in the Bible. All the stories of the Bible take place within the mind of the individual man. All the characters of the Bible, like the characters in Shakespeare's plays, live in you.

Know that your consciousness is the only Reality. Then know what you desire to be. Then imagine and feel that you now are what you long to be and remain faithful to your mental picture, living the role, and it will come to pass, and the Light of God will shine upon your ways.

There Is Only One

Take note of the categorical and absolute announcement in Isaiah: . . . *I am God and there is none else (Isaiah* 45:22). . . . *Thou hast said in thine heart, I am, and none else beside me* (Isaiah 47:10). *I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images (Isaiah42:8). . . . I am God, and there is none like me (Isaiah* 46:9).

Recently I told a young woman of seventy-five who desired to get married to image herself in my study and hear me saying the words, "I now pronounce you man and wife." These words indicated to her that the ceremony was over and that she was already married in her mind. She made sure that she attributed as much reality to that mental image as she did to the tree outside her door. Then I pointed out that the image she dramatized in her mind would come to pass joyously and triumphantly.

She dramatized this mental movie every night, giving as much reality to her mental image as she did to the big tree outside her home. In a week's time her neighbor, a widower, proposed to her, and the author had the pleasure of performing the ceremony. . . . *And calleth those things which be not as though they were* (Romans 4:17).

This woman said to me that for the first time in her life she realized that the beginning and the end are the same. It is true: End and beginning are always one. If you contemplate and visualize the end,

you have willed the means to the realization of the end. Cause and effect are one.

She proved to herself that the dramatization of her mental image was just as real as the marriage ceremony in which she later participated. If you enter into a new enterprise or assignment with the feeling of faith, confidence and victory, that attitude predicts the end, which will be successful and triumphant. The idea precedes the manifestation. Begin with joy in your heart and the end will be joyous.

Once you realize that God is Consciousness, Awareness, the Spirit within you, you realize that there are no real enemies in the external world, no antagonists, and nothing to oppose or fight with It. The minute you begin to claim in your mind that which you want to be, to do, or to have, there is a response from an Almighty Power, which moves on your behalf; then nothing can prevent you from attaining the cherished desire of your heart. Claim what you want to be with a feeling of joy and satisfaction, and your deeper mind will bring it to pass in Divine order.

Chapter 11

How the Bible Looks at Jealousy and Envy

For jealousy is the rage of a man: therefore he will not spare in the day of vengeance (Proverbs 6:34).

Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame (Song of Solomon 8:6).

"Trifles light as air, are to the jealous confirmation strong as proof of holy writ" (Shakespeare).

"Jealousy sees things always with magnifying glasses which make little things large, of dwarfs giants, of suspicions truths" (Cervantes).

"Jealousy is the injured lover's hell" (Milton).

"The jealous man poisons his own banquet and then eats it.

"Oh, beware of jealousy; it is the green-eyed monster, which doth mock the meat it feeds on" (Shakespeare).

"Jealousy," says Rochefoucauld, "is in some sort rational and just; it aims at the preservation of a good which we think belongs to us." It is in this sense that God is said to be a jealous God, because he is earnestly and, as it were, passionately desirous of our supreme love, reverence and service.

In our modern, everyday language, we speak of a jealous person as one who feels resentment against another because of his success, worldly achievements or monetary advantages. A jealous person is inclined to be troubled by suspicions or fears of rivalry, unfaithfulness, etc., as in love or aims.

The Bible, in Exodus 20:5, says: . . . *For I the Lord thy God am a jealous God.* . . This means that you must recognize the Living Spirit Almighty as supreme and omnipotent and refuse to give power to any created thing. In other words, you should not worship a created thing; you must give all allegiance, loyalty and devotion to the One Presence and Power within you, called I AM, or Spirit.

For example, if you are looking for promotion or advancement and you say to yourself: "The boss is blocking my good; but for him I

would be promoted and receive greater emoluments," at that moment you have exalted him, a false god. Actually, you are making the boss a god and denying the One Source from Whom all blessings flow. Your subconscious mind knows that your loyalty is divided and consequently does not respond.

You are like the double-minded man, unstable in all your ways. On the one hand he is affirming that God is the Source of his supply, meeting all his needs, and then in the next breath he is resenting his employer for not promoting him and increasing his salary. You must never give power to any person, place or thing, for actually you are transferring the power within you to externals. You must give exclusive devotion and loyalty to the One Power within you, Which responds according to the nature of your thoughts and belief.

He Thought Vitamins Would Heal Him

A man who had ulcers refused to take any medication from his doctor. His faith was in Vitamin C; but he had ulcerated thoughts of jealousy and resentment toward a partner. He was also envious and resentful of his wife, who was making more money than he was.

I explained to him that his faith and confidence should be in the One Supreme Power—the Source of all life. Food is important, vitamins are important, but not preeminently so. You don't put food, diet or vitamins before the Infinite Healing Presence—the only Healing Power there is.

His healing prayer was: "I forgive myself for harboring negative, jealous thoughts, and I radiate love, peace and goodwill to my wife and partner. God's healing love saturates my whole being. God's river of peace saturates my mind and heart. Whenever a jealous or envious thought comes to me, I will affirm: 'God's love fills my soul.'"

He practiced this discipline, and in a few weeks' time his ulcers disappeared. He realized that ulcerated thoughts of jealousy, envy, ill will and fear caused his ulcers. By reversing the process, and by contemplating harmony, love, wholeness, goodwill and peace, a healing took place. He had to give recognition to the Creator alone, and not to His manifestations. Always look to the Primary Cause, the Source of life itself, not the secondary cause. A doctor can prescribe a good diet

for you, but then realize that whatever you eat or drink is transmuted into beauty, order, symmetry and proportion.

He Said the Planets Blocked Him

A fledgling writer had his manuscript rejected by six organizations, and he said to me that a reader told him the reason was due to a malefic configuration of Saturn and other planets in his chart. I said to him that he would be far better off if he had never heard of Saturn.

God is immutable law, and whatever we impress on our subconscious mind is expressed on the screen of space. He began to understand that he had been the victim of a hypnotic suggestion which he accepted. He was giving power to a planet instead of to the God Who made it as well as the whole universe. There is only One Being, One Power; and a spiritual minded thinker does not give power to the phenomenalistic world. He gives all allegiance and worship to the One Power. *I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images* (Isaiah 42:8).

I read his manuscript. It was very good, and his writing was worthy of acceptance and approval. I suggested that he get in touch with the president of a book publishing company, a friend of the author, and I added: "I'm sure he will see the value of it."

I suggested that he pray as follows: "Infinite Intelligence opens up the perfect way for the acceptance, manufacture and sale of my manuscript; and this man I am going to see is God's man. The Spirit in me speaks to the Spirit in him, and there are harmony, peace and understanding between us. I release the manuscript to him, and it is God in action, which is all around harmony and peace."

The president of the publishing company accepted his manuscript. This man predicated his success upon remembrance of the One Power and not on the created thing. He realized he was not a victim of a malefic configuration of planets in the sky, but that he was a victim of a negative suggestion. The planets have no power, but if you believe they have power over you, it is done unto you as you believe. The law of life is the law of belief. . . . *As thou hast believed, so be it done unto thee.* . . (Matthew 8:13).

There is a mass mind or race mind belief that a person born under a certain sign will have certain characteristics, proclivities and talents. It isn't because a man is born under the sign of Taurus that he has certain traits and tendencies; but, rather, it is the mass mind belief about that date or season of the year.

God indwells every person, and any person can contact the Divine Presence within and transform his life. You mould and fashion your own destiny, and it is written: . . . *Whatsoever a man soweth, that shall he also reap* (Galatians 6:7). *For as he thinketh in his heart, so is he*. . . (Proverbs 23:7).

Your thought and feeling represent the Father within, Which doeth the works. Your heart in the Bible represents your subconscious mind; and whatever you impregnate in your subconscious comes forth as expression, condition and events. Phineas Parkhurst Quimby in 1847 said, "Man is belief expressed."

What do you believe? Your habitual thinking, or your regular train of thoughts will cause you to arrive, like a train, at a certain destination.

Programming Your Subconscious Mind

Today we read a lot about programming of computers. The computer responds according to whatever is fed into it. When you were young, there is the possibility that you were told a great number of things which were false. Perhaps one of your parents said to you: "Your brother is much smarter than you. Why don't you be like him? He is an angel." This probably gave rise to jealousy and competition as well as resentment.

You were born with only two fears: fear of falling and fear of noise. These represent nature's protective mechanism. Quimby said that every child is like a white tablet upon which everyone who comes along scribbles something. Modern day educators term this a tabula rasa, or blank tablet. Remember, you were born with the Infinite Spirit, or God, within you—the very life of you.

Always ask yourself this simple question: "What did I inherit from God?" If your subconscious has been programmed negatively, you can reverse it by filling your subconscious with life-giving patterns, such as: "God's love fills my soul. God's peace saturates my

whole being. The harmony, light, and glory of the Infinite saturate my whole being, and I am illumined from On High."

Do this regularly at least three or four times a day. When a negative thought comes to you, chop off its head by affirming: "Divine love fills my soul." Prayer is a habit, but it is a very good habit. Suppose you have been trained in the wrong way to play the piano or drive a car. You can, by practice, unlearn the old way and play or drive the right way. Many dogs in the First and Second World Wars were trained to kill, but after the war they were retrained to become lovers of mankind again.

Two Wonderful Mantras

Many men and women, at my suggestion, use this mantra every morning for about 15 minutes and also at night for about 15 minutes. They close their eyes, relax on a couch, and talk to their bodies as follows: "My toes are relaxed, my feet are relaxed, my ankles are relaxed, the calves of my legs are relaxed, my knees and thighs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed, my face is relaxed, my whole being is completely relaxed, and I am at peace."

After relaxing their bodies in the above manner, they silently whisper to themselves for about 15 minutes: "God's love fills my soul." They repeat this over and over again like a lullaby in the morning and for about 15 minutes prior to sleep. They have told me that it is a wonderful way to recharge their mental and spiritual batteries. They accomplish more. Many have told me that their blood pressure became normal, they experienced far less tension during the day, their health improved, jealousy and envy disappeared, and they became more affable, amiable, cordial and genial. The simple mantra, "God's love fills my soul," has worked wonders in their lives.

He that loveth not knoweth not God; for God is love (I John 4:8). The practice of this mantra dissolves all jealousy and envy.

Another Wonderful Mantra

Many use this wonderful, healing and vitalizing mantra: "God's peace fills my soul." They use it the same way as the preceding one, 15

minutes morning and evening prior to sleep. They sleep in peace and wake in joy. Moreover, they find peace in their home, office, and in their relations with others. They also find peace in their pocket books, because when you tune in with the God of peace within you, all things are added to you.

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee (Isaiah 26:3). *Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. . .* (John 14:27). *For God is not the author of confusion, but of peace, as in all churches of the saints* (I Corinthians 14:33). *Let the peace of God rule in your hearts. . .* (Colossians 3:15).

The practice of the above mantra, "God's peace fills my soul," brings peace into your home, your heart, your business and all phases of your life. The ancients said that peace is the power at the heart of God. When you are presented with any difficulty, challenge or problem, during the day, silently affirm, "God's peace fills my soul." You will be amazed how quickly the solution or the creative idea will present itself, which reveals the answer. New, original, creative ideas will come to you during each day, and you will find yourself vivified, recharged, and God intoxicated.

The above-mentioned mantra is the Divine antibody. The habitual use of this mantra does away with all resentment, hostility, anger, etc. Equanimity, serenity and tranquility become a living part of you, as the apple becomes a part of your blood stream.

He Said, "I Am Not Jealous"

Your emotions govern you. Emotion follows thought. You can't visualize an emotion, but you can look back at an old scene, an old law suit or some old hurt and grievance and imagine the particular scene again. Of course, you will generate a destructive emotion and reinfect yourself all over again. When the old hurt comes to your mind, practice the law of substitution and affirm: "God's peace fills my soul." You will neutralize it immediately. Your emotions are compulsive.

A man said to me, "I'm not jealous. I don't have a jealous bone in my body." But actually the opposite was true. He had employed detectives, checking up every day on his fiancée. She discovered it and broke off the engagement and would have nothing more to do with him.

Oftentimes I say to women, "Don't pay too much attention to what a man says. Watch what he does. What he does is what he means."

His actions belied his statement that there was not a jealous bone in his body. I explained to him that jealousy cripples him emotionally and blocks all his good, holding him back in all phases of his life. Jealousy is the green-eyed monster. He began to see that his jealousy was abnormal and was really based on a sense of inferiority and inadequacy within himself. Jealousy is a child of fear. Love casts out fear, for fear is a torment; and jealousy burns up the tissues like a consuming fire.

If a man loves a woman, he does not do anything unloving. He trusts her in the same manner as, when a child, he looked into his mother's eyes and saw love there. If a man loves a woman, he loves to see her as she ought to be: happy, joyous, free, and expressing herself at her highest level. Love is not jealousy. Love is not possessiveness. Love is not suspicion, neither is it emotional blackmail, such as, "If you loved me you would give up smoking or eating ham" or some other similar foolish, asinine statement. Love has nothing to do with smoking, eating ham or taking a cocktail. Love frees; it gives; it is the Spirit of God in action.

This man learned to pray for a wife, realizing that he marries character and that he doesn't get what he wants in life; he gets what he has established in his mentality. In other words, he must establish the mental equivalent in his subconscious in order to demonstrate what he wants.

Accordingly, he affirmed night and morning: "Infinite Spirit attracts to me a spiritually minded woman who harmonizes with me perfectly. This takes place in Divine order through Divine love. There are mutual love, freedom and respect between us."

He attracted a wonderful legal secretary, and they harmonize perfectly. Every time he thinks of her, he affirms: "God loves you and cares for you." There is no occasion for jealousy where love dwells. He realizes that it is impossible to think of two things at the same time. He can't think of jealousy and love at the same time; no more so than he could laugh and cry at the same time. Two unlike things repel each other. Love and jealousy cannot dwell together.

Jealousy Is a Mental Poison

A jealous person usually blames others as if they were responsible for his inferiority or inadequacy. A jealous person generates mental poisons which bring on all manner of disease. Actually, he is destroying himself from the inside. Remember, you are unique. There is no one in all the world like you. Others do not have the same toe-print or thumbprint; neither do they have the same digestive or glandular systems. They don't think, speak or act like you.

You are an individualized expression of God, and you are here to express yourself in a new and wonderful way. There is no misfit in the universe. You are needed. There is no unwanted note in the symphony; all notes are necessary. "We are all parts of one stupendous whole, whose body nature is and God the soul."

To be envious of others is to demean yourself. It means you are rejecting your own Divinity, which is the Source of all blessings. When jealous of another, you are placing that person on a pedestal and demoting yourself, thereby attracting lack, loss, limitation and impoverishment to yourself. It makes no sense. You have heard the expression, "She is green with envy." This is why jealousy is called the green-eyed monster. The eyes are the windows of the soul. It is true the eyes reveal jealousy, which is a mental sickness. Remember also, a jealous person is an angry person.

Though while he lived he blessed his soul: and men will praise thee, when thou doest well to thyself (Psalms 49:18). Do the very best you can, radiating love and goodwill to all. Love is cordiality, geniality, kindness, good feeling toward all, wishing for everyone all the blessings of life. Love is the fulfilling of the law of health, wealth, peace and prosperity. Cooperate with others. Become enthusiastic. Claim that you are always expressing yourself at the highest level. As you continue in this attitude of mind, you will receive approbation, promotion and recognition.

Learn to Sell Yourself

You can always sell faith, confidence, laughter, goodwill, zeal and enthusiasm; furthermore, these qualities are translatable to abundance, security, true expression and a full life. Rejoice in the affluence of others. As you do, you will attract more wealth to yourself. To be

jealous or envious of the wealth of others is to impoverish yourself all the more. Actually, you are denying your own Divinity and saying to yourself: "They can have all that good and I can't," thereby depriving yourself of the very things you seek. Envy and jealousy represent gross ignorance. Ignorance is the only sin, and all the suffering in the world is the consequence.

Sons of God

For as many as are led by the Spirit of God, they are the sons of God (Romans 8:14). You are a son, or expression, of God when you begin to express health, vitality, beauty, love and success in your life. What governs you now? Are you governed by wisdom, truth and beauty, or by ignorance, fear and superstition? The dominant mood governs you. Let the Spirit of light, love, truth and joy rule and govern you, and you will begin to express more and more of the attributes and qualities of God.

Learn to Lead a Full and Happy Life

Saturate your mind with these truths: "At the center of my being is peace. God's river of peace saturates my whole being. I am Divinely guided in all ways. Divine love dissolves everything unlike itself in my subconscious mind. I salute the Divinity in every person I meet, and I make it a habit to call forth the Divinity in every person by silently affirming, 'God's love fills your soul.' I realize that God is personified in all men and women. God flows through me now, filling up all the empty vessels in my life. God's riches—spiritual, mental and material—flow through me now, and I am immersed in the Holy Omnipresence. Wonders happen as I pray."

Chapter 12

A New Look at Reincarnation

God is the Eternal Now! timeless, spaceless, ageless, and without face, form or figure, the Living Spirit Almighty within man. In this chapter, the author is not dealing with time and space theories, however, though he certainly has no quarrel with those who differ with this presentation. I believe the time has come in the field of mental and spiritual laws and in our thinking and practice to make a clear-cut decision as to what to do with the misunderstood subject of reincarnation, which is believed by great numbers of people in many parts of the world.

The highest light in the theory of reincarnation is melioristic; i.e., man is becoming better by the slow, external process of coming back again and again through the womb of a woman until such time as he becomes perfect and then returns no more. Nothing is done in this unconscious process, rooted in mere habit transmission, about the ringing challenge: *Be ye therefore perfect, even as your Father which is in heaven is perfect* (Matthew 5:48).

Be ye means ye are, i.e., spiritually perfect, for the Reality of every person is the Spirit (God) within. We must not surrender to a racial error perpetuated by the pronouncement of those who fail to see that we are not victims of the past and that the Timeless One is within us. A new beginning is a new end. *I am Alpha and Omega . . . saith the Lord. . .* (Revelation 1:8). Let us put on the garment of wisdom, truth and beauty instead of the menial garments of "poor man, sick man, beggar man, thief through the weary cycles of time-space forms of reference.

Einstein has brought us to the gate of the Temple Beautiful by toppling the false gods of time and space, and revealing that time has no existence apart from your mind or consciousness. Time is a state of mind; it is your relationship to events. Time is a series of events in a unitary wholeness. It is said that Einstein explained relativity by saying: "If you converse with a beautiful girl for an hour, it seems like a minute. If you sit on a hot stove for a minute, it seems like an hour." Time is psychological, the way you think and feel. We are not referring to the sun time, based on the motion of the earth around the sun.

From the Book of Luke

And he began to say unto them, This day is this scripture fulfilled in your ears (Luke 4:21). In those days they were waiting for the Messiah to come, but the Messiah is within you—the God Presence. It was never born and it will never die. It is instantly available to you. Peace is now, harmony is now, love is now, joy is now, beauty is now, power is now, illumination is now, inspiration is now, the healing power is now. All these factors are of God, and you might as well take and claim all these now rather than fifty years from now. Your Savior is within you—the Presence of God—the only Presence, Power, Cause and Substance.

Let God Arise in You

Let us begin to strip ourselves of all disguises and tune in with the Infinite, while claiming that what is true of God is true of us. This means, essentially, the willful cessation of the automatic, weary round of rebirths on the three-dimensional plane, refreshing ourselves in the menial garments of the slave to carnal, materialistic thinking and living.

The scientific, spiritual thinker looks at the theory of reincarnation from a new standpoint altogether. The scientific thinker starts with "the Pattern on the Mount," wherein man is one with God. We must cease trying to become the illumined and God-like man based on the slow-paced belief of millions who have placed themselves in the Procrustean bed of karma and reincarnation to arise retailored in garments ill befitting a son of the Infinite and a child of Eternity.

All of us should wear the proper garment (mood, feeling), which is the royal, seamless robe; otherwise, we will remain in the darkness of spiritual ignorance. If all your thoughts were loving, peaceful and harmonious all day long, your body would become so rarefied and attenuated that the molecular vibrations of your body would be invisible, yet you would be here. Your loved ones are all around you, separated by frequency only.

The Law of Life Is the Law of Belief

By believing in the theory of reincarnation or countless cycles of rebirth on this earth, you drift from safe mooring and fall from spiritual grace. Your subconscious belief in cycles of fleshly rebirth to expiate or atone for sins, errors or crimes in past lives holds you in spiritual bondage and thralldom and indicates a guilt complex. All this results in self punishment, since the Spirit or Life Principle (God) in you does not condemn or punish. All judgment is given to the son, which is your mind. *Thou art of purer eyes than to behold evil, and canst not look on iniquity.* . . (Habakkuk 1:13).

Begin now to put out all karmic, purgatorial fires by true faith and conviction in God's love and beauty here and now, and press on to the virgin's fields of truth and beauty. You must not be deterred by a mirage of mere meliorism. Refuse to be satisfied by anything but the promised land of Spiritual Reality.

The Wine of Spiritual Wisdom

In *materia medica* circles it is customary to discard the textbooks of yesterday's pathologies and nostrums. Likewise, you must discard the old garments of "sick man, poor man," etc. and arrive at the hour of decision in your own mind where the best wine of spiritual wisdom shall be put forth for the guests who hunger for a more wholesome fare.

The new nuclear physics, with great courage and faith, has also, without hesitation, discarded the gross atomistic concept of yesterday. They have demonstrated their own miracle, such as nuclear transubstantiation, time-space fusion, television, radio, space travel, interatomic energy, etc. Science is also beginning to kneel and pray before the Altar of Being.

By laboring in the vineyard of your own mind, you, too, can bring forth better fruit. Open your mind and heart to the influx of the Holy Spirit. All unworthy concepts must go into the limbo of spiritual ignorance; foremost among these stands this well-regarded theory of reincarnation, whereby mole-like progress is decreed by age-old, earth-bound thinking.

When Jesus said. . . *The kingdom of God cometh not with observation. Neither shall they say, Lo here! or, lo there! for, behold, the kingdom of God is within you* (Luke 17:20-21), was he not anticipating the relativity of time-space concepts? When he declared: . . . *Behold,*

now is the accepted time; behold, now is the day of salvation (II Corinthians 6:2), *Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest* (John 4:35), and . . . *Before Abraham was, I am* (John 8:58), was he not collapsing time and space in this 'business' of soul-saving and man-redeeming from the thralldom of erroneous Oriental and Occidental beliefs?

Jesus demonstrated instant resurrection, thereby short circuiting all reincarnation lagging on the way to the promised land of spiritual realization. . . . *Today shalt thou be with me in paradise* (Luke 23:43), not tomorrow, next week or next year, for in His eyes time is not.

Free yourself mentally from the self-imposed, psychologically imprisoning embodiment. Become a son of God and leap for joy beneath the morning stars of light, love, truth and beauty, which are timeless and ageless and light up the heavens of your own mind.

True Incarnation

Leave all the lesser altars and idols and commune with the indwelling God with clean hands and a pure heart. *Unto the pure all things are pure.* . . (Titus 1:15). Every time you pray and appropriate more of Divinity, you have been reincarnated, spiritually speaking. True reincarnation is the birth of God in your mind and heart, whereby you becomes seized with a Divine frenzy and you become God-intoxicated. This does not mean that you have to be reborn on this earth or planet. The word "earth" means much more than this particular world. Earth in the *I Ching* and in Biblical symbology means manifestation, which also means that you can manifest and experience a greater measure of Divinity in the next dimension of life, where you go every night of your life, and which men in their ignorance call you dead. How could God die? God is the Living Spirit within you.

In the Hindu scripture it says: "Spirit was never born and will never die; water wets it not, fire burns it not, wind blows it not away." Why, therefore, would you grieve for your loved ones in the next dimension? Life is growth, expansion, newness. Their journey is ever onward, upward and Godward. They go from glory to glory, from strength to strength, and from wisdom to a greater wisdom, for there is no end to the glory which is man.

What is true on one plane of life is true on all planes, and your loved ones in the next dimension grow, learn and expand in wisdom. There are teachers there as well as here. Actually, our loved ones are all around us, though separated by rates of vibration. This is a world of densities, frequencies and intensities. The child whose life, perhaps, was snuffed out in the womb still lives forever and is a grace note in the symphony of all creation. In a grand symphony, grace notes are just as important as the somber tones. The child grows, expands, unfolds and listens to the entire symphony and has a subjective access to all loved ones on this plane as well as on the next, who, through love, are welded into the great symphony called the music of the spheres.

Jesus, Moses, Buddha, Paul and other illumined seers are the great conductors who lead all of us in the grand symphony of all creation.

You Are Not a Victim of Karma

Karma is generally referred to as the force generated by a person's action that is held in Hinduism and Buddhism to be the motive power for the round of rebirths and deaths endured by him until he has achieved spiritual liberation and freed himself from the effects of such force. Look at it in a simple way: It is the law of action and reaction, of sowing and reaping. Whatever is impressed on the subconscious mind is expressed as experiences, events, circumstances and conditions. When you learn the laws of mind, you are no longer a victim but a victor.

There is no time or space in the mind-principle; therefore, you can at this very moment begin to feed your subconscious mind with life-giving patterns of harmony, wholeness, beauty, joy, love and goodwill to all, and there will be an automatic response from your subconscious in accordance with your spiritual, habitual thinking and imagery. Think of a pail of dirty, filthy water and pour distilled water into it, even drop by drop. If you have the patience, you eventually will have clear, pure water which you can drink.

Likewise, you can clean out the Augean stable even though it was dirty for forty years right now. It doesn't make any difference to the water hose you use whether the stable was dirty yesterday or fifty years ago. Likewise, when you pour into your subconscious the waters of

life, wonders will happen in your life. Take time out morning and evening and affirm feelingly, knowingly and joyously: "The Infinite oceans of life, love, joy, truth and beauty are flowing through me harmoniously and peacefully, vitalizing, cleansing, healing and transforming my whole being. The wholeness and peace of God reign supreme in my mind and heart; I am cleansed and I sing the song of the jubilant soul."

As you saturate your subconscious with these truths, you will gradually obliterate and expunge from your deeper mind all the negative patterns. Prayer changes things in the sense that it changes the person who prays. No matter what the problem is or how difficult it seems, it is due to a group of negative thoughts and emotions lodged in your subjective depths. By filling your mind with the truths of God (namely, the eternal verities) you crowd out and neutralize everything unlike God.

Suppose you misused the principles of mathematics for twenty years, which, perhaps, caused you a lot of trouble and financial losses, and let us assume you learned how to add, subtract, multiply, etc. Surely you realize that the principles of mathematics have nothing against you. The minute you begin to use them the right way, there is an automatic response. The engineer building a bridge has to conform to the principles of mathematics. He learns all about stress and strains. When he builds the bridge, that is a prayer, because he conforms to a universal principle which existed before man walked the earth.

If you misuse the principles and laws of chemistry, you will get into a lot of trouble, but when you learn about valence, laws of attraction, repulsion, atomic weights, etc., you can bring forth marvelous compounds which will bless humanity. Your common sense tells you that the principles of chemistry hold no grudge against you because you did not use them in the right way previously.

Your mind is also a principle. When you think good, good follows; when you think negatively, negation and misery follow. Karma, or the law of action and reaction, is inexorable only as long as we do not pray. A new beginning is a new end. *I am Alpha and Omega, the beginning and end. . .* (Revelation 22:13).

Changed Attitudes Change Everything

. . . Be ye transformed by the renewing of your mind. . . (Romans 12:2). The late Ernest Holmes, author of *Science of Mind,* told me that

he studied with Emma Curtis Hopkins, who once told him of a wonderful event recorded in the archives of a state penal institution. This is the essence of it: A man was sentenced over seventy years ago to be hanged. During the interim between his sentence and its time of fulfillment, he became aware of the love and the truth about God. In a pamphlet given him, he learned that God was the "bad man's deliverer." *Thou art of purer eyes than to behold evil, and canst not look on iniquity. . .* (Habakkuk 1:13).

God does not condemn, judge or punish. You punish yourself by misuse of law. This murderer looked to God and His love and contemplated the wonders of it all. It is said he sought the face of the all-good. When I look at your face I recognize you. God has no face, form or figure. God is Spirit. It means he recognized the great truth: *For the Lord is good; his mercy is everlasting; and his truth endureth to all generations* (Psalm 100:5).

This man had actually committed the murder for which he was sentenced. To the great confusion and perplexity of the officers of the law, when the man was led to the gallows, the platform, which would ordinarily tip at the slightest weight, became firm when the condemned man stepped upon it. They tried again and again to no avail, until, finally, he was given his freedom.

Did not the efficacy of his High Watch (which means his veneration and adoration of the Divine Presence) plus the transformation of his heart halt the so-called Karma of the ordinarily mandated treadmill of cause and effect and enable this murderer to step off into a new order of emancipated consciousness and experience? The love of God indeed surpasses all understanding, and it does illumine the path we tread. The wonders and blessings of God know no ending.

Karma, or reaping what you have sown, turns out to be inflexible and inexorable only as long as you do not pray or meditate on the truths of God. Mere reading of affirmations and perfunctory prayer will not change matters, however. *Blessed are they which do hunger and thirst after righteousness: for they shall be filled* (Matthew 5:6).

An intense desire to become a new man in God and filling your mind with the great truths of God enables you to become a transformed man; and since the law of your subconscious is compulsive, you are

compelled to express your inner assumptions and beliefs, and you no longer can repeat the previous errors. You rise above karma, and the unpleasant consequences of past mistakes are wiped out. No matter how awful the crime—be it murder or any other heinous offense—it can be expunged from the mind when you rise high enough in consciousness.

Remember, it is the deep hunger and thirst of your heart for Divine love and grace, plus a deep desire to become the new man in God, that is essential to wipe out the punishment that must otherwise follow negative and destructive thinking. Paul, for example, who sent many people to death, experienced an inner illumination and became a transformed man. *And God wrought special miracles by the hands of Paul* (Acts 19:11). . . . *This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize.* . . (Philippians 3:13-14). The prize is health, happiness, peace, inspiration and oneness with the Divinity that shapes your ends.

The Nature of Your Belief

To believe (which means to accept something as true) that God is punishing you for the mistakes of the past is to have a false concept of God. Whatever concept you hold of God has its effect on your life. If you have a false, superstitious concept of God, there will be chaos and confusion in your life. Ask yourself: "What do I really believe as true about the Infinite Presence within me?" Your answer is the most important thing in your life. It must come from the heart. It is not adequate to say: "I believe in God." What kind of God do you believe in?

For example, begin to believe that God is omnipotent and all wise and possesses boundless love, infinite intelligence, infinite perfection, and absolute harmony, and that what is true of God must, therefore, be true of you, for God, or Infinite Spirit, indwells you and is the Reality of you. God is man made manifest. Spirit and form are one. God is life, and life and its manifestation are one.

Begin to believe in your heart that God is all love, intelligence, truth and beauty and is your Higher Self in the same way as you believe that you are alive. Then everything in your life will change. All the departments of your life will begin to improve, such as your health,

wealth, love and expression. You will go from glory to glory, and your good will multiply exceedingly. The day will break for you and all the shadows will flee away.

The Opiate of the People

To believe that it is essential for you to come back again and again in order to work out some karma or to suffer for past misdeeds in a former life is a sort of an opiate. It dulls the mind. It is a form of alibi which acts as an anesthetic and prevents spiritual unfoldment. You must see the foolishness of such a belief. It is a complete contradiction of the teachings of the Bible and the ageless wisdom.

In the ninth chapter of John, which is a mystical book, you read about a blind man being instantly healed by Jesus. *And his disciples asked Mm, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him* (John 9:2-3). The works of God represent the law of cause and effect.

He brushed aside all the prevalent beliefs at that time, such as, that he must have been a sinner in a former life or that the sins of his parents were visited on him. *And it was the Sabbath day when Jesus made the clay, and opened his eyes* (John 9:14). The Sabbath day has nothing to do with days of the week. It means your conviction, the point of complete mental acceptance; then your prayer is answered.

The only loss, limitation, restriction or evil in the world is our belief in loss, our belief in limitation, our belief in restriction and our belief in evil or disease. This is known as the "son of perdition" or sense of loss spoken of in the Bible. *Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool* (Isaiah 1:18).

The ninth chapter of John is the answer to those who are always asking the question: Why is an innocent child born deaf, lame or crippled? The law of cause and effect is a changeless principle. You may consciously use the law. If you have been misusing or misdirecting the law, you can reverse your mental attitude; then you will change the sequence of events.

I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things (Isaiah 45:7). This means you can use the law two ways. When you use the law wisely and constructively, men call it God, or good. When you use the law negatively, maliciously, ignorantly or stupidly, men call it evil, because we inflict all manner of suffering upon ourselves by misdirecting the law of life.

Our feelings and moods create. What tone do you strike during the creative act? For example, if there is someone in the parents' world whom they hate the sight of, or if there is a voice that they resent or detest, or if they are drunk or under the influence of narcotics and during the creative act the ovum happens to be fertilized, there is a corresponding expression brought forth. These are the blind and deaf states of consciousness from which blind and deaf children come forth. Whatever tone is struck by the parents, a corresponding expression comes forth by the law of reciprocal relationship. The child is not a victim of heredity in the true sense of the term. The child that is born is a victim of the mood of the parents during coition.

In Ezekiel it is written: *What mean ye, that ye use this proverb concerning the land of Israel, saying, The fathers have eaten sour grapes, and the children's teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel* (Ezekial 18:2-3). The only thing passed on to children are the moods, mental states or beliefs of the parents. It is possible, for instance, for anyone to have a son who may become a Shakespeare, Beethoven, Lincoln or Paderewski, particularly if they are constantly dwelling on the characteristics of any of these personalities at the moment of conception.

I knew a blind couple in New York City who gave birth to a wonderful boy. He became an outstanding doctor and an illumined man. I was acquainted also with a tubercular father and mother in the Bronx area of New York who gave birth to a wonderful girl who has since become a great musician and the mother of two lovely children.

If you are lifted up in consciousness to the point of acceptance or belief that your son will be a noble, dignified, spiritual minded man, then according to the law of reciprocal relationship, a corresponding mood or quality of the Infinite will come forth.

The sins of the fathers are the fears, superstitions, false beliefs and anxieties which disturb the children. These moods and mental states are transmitted to the children and disturb them mentally and physically. Sins are mistakes of the mind, or misuse of the law. We sin when we miss the mark of harmony, health and peace. The bad and evil acts of parents or grandparents can only be transmitted through the mind. In this way, the superstitions, fears and the errors of the past generation are given to the present.

By illustration, a father instills fear of God by depicting a picture of a punitive Deity who will punish him. The son grows up believing in a God of wrath, a sort of despot living in the skies, ruling the world according to His whims and caprice.

Realizing Your Freedom

As you begin to realize the Omnipotence of the Spirit within and the power of your own thought, you cease giving power to anything else. You enthrone the concepts of freedom, peace, joy and wholeness in your mind, and you live with these ideas, entering into the reality of them. In other words, you sense and feel that you are a son of God, and heir to all the qualities, powers and attributes of God. You declare your freedom and write your declaration of independence and freedom in your heart. Begin to love all things good; the law of your mind will respond accordingly by opening for you the windows of heaven and pouring out a blessing that there is not room enough to receive.

The Law of Averages

The late Judge Thomas Troward in his inimitable books on mental and spiritual laws pointed out that all of us are immersed in the mass mind or, as he termed it, the law of averages or race mind. Today there are about four billion people thinking into that one mind, and if we do not do our own thinking, the mass mind will do it for us. We must, therefore, pray ourselves out of that mass mind.

Jesus did not say to the blind man, “You must expiate for your karma.” No, he healed him instantaneously, for the Infinite Presence condemns no one, and though a man is a cripple, he can be healed; if he is deaf, he can hear. Blind people have been healed at Lourdes and other such shrines.

Another Mozart Can Be Born

All the great men and women who ever lived on this plane still live and they have left their accomplishments, experiences and achievements as impressions in the universal subjective mind. We read of their works in history, song and prose. A man's son, psychologically speaking, is his idea or feeling about anything. He can give conception to any state he is capable of conceiving. If a man, therefore, admires or dwells on the qualities and attributes of Mozart and is intensely interested in his musical accomplishments and would love to give birth to a son possessing similar accomplishments, "as within, so without." During the creative act a Mozart-like character would result and would undoubtedly be another Mozart in the musical field, but it would not be the personality called Mozart being reincarnated.

Dictators, Despots and Tyrants

Dictators and despots are extensions in space of the dictator complex present in the context of the race mind. By changing ourselves we change the world. The world consists of ourselves in aggregation. When a cruel dictator appears in the world, it does not mean he is a new incarnation of Genghis Khan or any other dictator or tyrant who lived before.

Boys and girls learn about the wars in school and in the home in which their country was involved; and, in some instances, they are taught to hate the neighboring nations. These children grow up with resentment and rage at the wrongs committed by these men. They read avidly of the crimes, atrocities and acts of violence. These states are impressed on their subconscious minds. All of these moods, feelings and thoughts which are entertained become objectified as conditions, experiences and events. Whatever is impressed on the subconscious must be expressed in the world.

The tyrant who appears in a nation is the embodiment of the state of consciousness of the people in the particular country, nation or whatever part of the world in which he may appear. It is never a man who lived a thousand or two thousand years ago who is being reborn. It is a state of consciousness that is born again.

Hear the Words of the Psalmist

I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread (Psalm 37:25). "I was young," meaning I did not understand the laws of mind; "now am old"—age, Biblically speaking, means the dawn of wisdom. When you are spiritually wise and understand the way your mind works, then the righteous (right use of the laws of Life) are never forsaken. You are righteous when you think right, feel right, act right and do right according to the Golden Rule and the law of love, or goodwill, to all.

If parents and teachers would teach the laws of mind and the eternal verities to the young, their seed would never beg bread. This means these children shall never become the beggars, outcasts, thieves and tyrants of the world. In other words, your children will fulfill your conviction of them. Children grow up in the image and likeness of the dominant mental, emotional and spiritual climate supplied by the home.

By teaching the youth of the nation who they really are, and by showing them the way, the truth and the light, we can build a heaven on earth and prevent the appearance in the world of dictators, despots, tyrants and undesirable states of consciousness which are perpetuated by prejudices, racial hatreds and fear of the unknown. Teach children of the great accomplishments of the poets, artists, engineers, chemists, physicists, astronomers, mystics and the illumined seers of the ages, and boys and girls will tend to emulate the ideals portrayed.

Awakening from the Dream of Limitation

There are many cases of men and women who have completely lost their former identity and personality, who have assumed new lives, entered different professions, and, in many cases, remarried. These people were victims of amnesia, or loss of memory concerning their former selves. They could not remember their former husbands or wives and children. They had no recollection of their former professions or occupations. They assumed a new role in life. They were changed entirely because they had changed their consciousness.

In the spiritual sense we are all victims of amnesia. We have forgotten who we really are, and we tell ourselves that we are worms of the dust. Take, for example, a man who awakens from sleep and has completely forgotten who he is. He gravitates to the slums. His friends,

knowing what has happened, try to coax him back to his former state. Because of amnesia, his former way of life is completely blotted from his memory. He believes his place is in the slums. He only smiles at these old acquaintances and former friends whom he no longer knows. He accepts his present role. The day finally comes when his memory is suddenly restored and he awakens to his rightful status. With certainty and promptness, he returns to his environment consonant with the dignity of his upbringing. He wonders why he is in the slums. What has transpired is like a dream to him.

The One Appearing in the Many

Your life on this plane is like the several stanzas of a poem or scenes of a play, because it is the One Being dramatizing Himself as the many. Ancient wisdom teaches that illumination, or the great awakening to your Divinity, can happen here and now. The old aphorism states: "If it be not now, yet it will come; the readiness is all."

In order to elucidate this point, take a solid metallic substance and heat it. The temperature rises, but for awhile it appears that no change is taking place. However, the moment the degree of heat is reached which denotes its melting point, it begins to liquefy, thus changing its shape and, seemingly, its nature also. Likewise, water can be turned into steam, which is invisible, since pure steam cannot be seen. Water also becomes snow, ice and hail. All are different rates of vibration of water.

When a liquid is caused to become a gas, these changes are brought about by an increase in the rapidity of vibration of the constituent particles, whether initially they are solid or liquid. The same law applies to all of us.

You can raise your vibration rate and transform yourself by lifting yourself up to a high state of awareness through the constant contemplation on the Presence and Power of the Infinite. In this meditative, quiet, lovely state, you will gradually appropriate more and more of the attributes and qualities of God. By constantly meditating in this manner, you will find a great expansion of consciousness. It is like the heat that melts the solid. The day will come when you will melt away all inhibitions, fears, false beliefs and doubts and become the God-man here

and now. This change may come, as it did in the case of Paul, in the twinkling of an eye, like the volatilization of a liquid into a gas.

The Power Within You

The power within man is capable of nullifying all false beliefs and man-made laws. Cases are reported where cripples invalided for years leap and run in the presence of fires. In emergencies, mothers and wives lift automobiles to extricate their children and husbands. Where is this power? It is within them. Fires and emergencies are not needed to stir up the God-Presence within. Man can resurrect this power and wisdom by silent contemplation in the silence of his own soul. Truth is lived in the silence; Truth is heard in the silence; Truth is transmitted in the silence; for God abides in the silence.

When you unite with the Infinite, you are in union with that which is beyond time and space. Then you are free of that which has taken place in time and space. In other words, you go from time to Eternity and find the peace that passeth all understanding.

Chapter 13

Words of Wisdom

And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse, When she had heard of Jesus, came in the press behind, and touched his garment. For she said, if I may touch but his clothes, I shall be whole. And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague. And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes? And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, Who touched me? And he looked round about to see her that had done this thing. But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth. And he said unto her, Daughter, thy faith hath made thee whole; go in peace, and be whole of thy plague.

While he yet spake, there came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troublest thou the Master any further? As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe. And he suffered no man to follow him, save Peter, and James, and John the brother of James. And he cometh to the house of the ruler of the synagogue, and seeth the tumult, and them that wept and wailed greatly. And when he was come in, he saith unto them, Why make ye this ado, and weep? the damsel is not dead, but sleepeth. And they laughed him to scorn. But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying. And he took the damsel by the hand, and said unto her, Talitha cumi; which is, being interpreted, Damsel, I say unto thee, arise. And straightway the damsel arose, and walked; for she was of the age of twelve years. And they were astonished with a great astonishment. And he charged them straightly that no man should know it; and commanded that something should be given her to eat (Mark 5:25-43).

All the stories in the Bible unfold in the mind of the individual. One of the inner meanings of the word *Jesus* is illumined reason. When you are in tune with the Infinite and your mind is healed of its limitations and false beliefs, then you are this Presence personified as Jesus, the Power that can resurrect the dead hopes of man.

You are the woman with the issue of blood for the simple reason that a running womb is not a productive or creative womb. In other words, she was incapable of conceiving for twelve years and could not give form to the longing of her heart because of the running of the issue of blood. It is said her faith closed the womb and healed her. As the womb closes, it can give form to the idea or seed.

When you cleanse your mind of fear, hostility, resentment and self-condemnation and fill your mind with Divine love and the spirit of forgiveness toward all, you can then assume that you are one with your ideal or desire and remain faithful to that assumption. You will then succeed in resurrecting your child (your desire). Walk in the feeling that you now are what you long to be, and your assumption will crystallize in your subconscious and come to pass.

The child or damsel spoken of in the Bible means that the cherished desire of your heart is considered dead until you awaken it, nourish and sustain it with faith and confidence and make it visible on the screen of space. Your assumption, when sustained by you, invariably resurrects what you affirm to be true. When you pray, you close the door of your senses, rejecting the evidence of the five senses, and live in the bold assertion that you are that which your senses deny. Your senses challenge you and mock you.

That is why verse 40 says: *They laughed him to scorn.* This means the thoughts in your own mind which challenge you are based on the beliefs of the mass mind and try to dissuade you from believing in the One Power. Reject the evidence of your senses which mock your assumption, and you take the father and mother of the child into your mind, which means your I AMness. This is the Father and Mother of all creation, your Awareness, or Consciousness. As you claim and feel you now are what you long to be, the condition which you desired and assumed to be true becomes objectified in your world and bears witness to your inner conviction.

Looking in the Mirror

We cannot destroy our image or change our estimate of ourselves by looking in the mirror. We must be aware of the law of mind, which states that we become what we contemplate. It is the nature of love, as it is also the nature of hatred, to change us into the image and likeness of that which we contemplate. When we study the wars and revolutions as portrayed in history, we discover that in many instances when men killed the tyrants and despots of the world, which represented to them arrogance and greed, they themselves became that which they thought they had destroyed.

This is obvious in some of the countries of the world today. Hate betrays man and condemns him to be that which he condemns. Oftimes the conqueror becomes like the conquered foe. A nation is an aggregation of individuals, and if you study the people in any nation, they act towards others in the way they act toward each other. For example, if a country has enslaved its people, and it then attacks another country, its purpose is to enslave the population of that country. When we look at a war in which one country wants to dominate the other, you will find that the war is started by those who, within the state, had control and were dominant over the fortunes of the rest.

It is foolish to contemplate something that you heartily dislike, because by condemning it you will become it. Your concept or estimate of yourself is the cause of all conditions and circumstances of your life. All changes must come from within yourself. There will be no changes on the outside until you change within. It is no use blaming others, and it is useless to blame society for your problems and difficulties. Furthermore, it is a waste of time and effort to blame other nations.

There are those people, for example, who blame the weather for the way they feel, all of which is nonsense. They have forgotten the old aphorism: It is always fair weather when good friends get together. You are forever molding your world in harmony with your inner attitudes and beliefs. Remember also that the behavior of others toward you testifies to that which you have conceived yourself to be. Begin to believe that you are a son of the Living God and heir to all of God's riches. Walk the earth knowing the Light of God shines in you, through you and all around you, and men and women will testify to your new state of consciousness.

Nothing Is Lost

While I was with them in the world, I kept them in thy name; those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled (John 17:12).

It is impossible for anything to be lost, for the simple reason that nothing can be lost in the Infinite. It cannot even pass away. Energy cannot be destroyed. It can take many forms, but cannot be lost. The little flower that blooms in the desert blooms forever. It is invisible to the three-dimensional focus, but it blooms forever in the larger dimension of your being. That is to say, it can be seen fourth dimensionally.

For example, a good psychic or sensitive can see the house which was there before you occupied your present house. You might say that the old house was torn down and you put up the new house, but the pattern of the old house still subsists in the next dimension of mind and can be seen by a clairvoyant or good sensitive.

You might say that you have lost health, but wholeness, beauty and perfection can never cease to be. The Infinite Healing Presence was never born and will never die. You, by a descent in consciousness, perhaps due to fear or negative emotion, to a lower level, caused health and vitality to disappear; but all you have to do is to turn your eyes to the Eternal One and identify yourself mentally and spiritually with the Infinite Healing Presence, calling upon It to restore and vivify your whole being, and It will respond to your conviction.

Sanctify Yourself

And for their sakes I sanctify myself, that they also might be sanctified through the truth (John 17:19). Cease trying to change others through effort or mental coercion. The thing to do is to change yourself. Change your concept of the other, for your concept is what you see. In order to change your concept of the other, you do it best by changing your concept of yourself. You must realize that it was your concept of yourself that made you see others as you did. You see others through the contents of your own mentality.

The world you see is the world you are. If you had a noble, dignified, God-like concept of yourself, you would be unable to see the ugly and the unlovely in others. When you look through the eyes of love to

your child in the cradle, what do you see there? The answer is simple. Sanctify yourself, and in so doing you sanctify others.

Unto the pure all things are pure. . . (Titus 1:15). . . . *There is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean* (Romans 14:14).

There is nothing in itself unclean, but you, by your concept or estimate of yourself, see others as clean or unclean. It is the most natural thing in the world for a pear tree to bear pears, an apple tree to bear apples, and for you to mold the circumstances of your life in harmony with your inner nature.

I am the vine, ye are the branches. . . (John 15:5). A branch is rooted in the vine. In order to change the fruit you must change the vine. I AM is God, Being, Life, Awareness; and four billion people in the world are rooted in the I AM, or Life Principle. All men and women are extensions of the I AM, or Life Principle; therefore, they are all rooted in you and you in them. Like fruit, others bear witness to the state of consciousness in which you dwell.

Your I AMness, your Consciousness, is the way in which you change your world. Whatever you attach to I AM you become. As you affirm with feeling, I am illumined, inspired, loving, harmonious, peaceful, happy and strong, you will resurrect these qualities that lie dormant within you, and wonders will happen in your life. When men and women help you in the realization of your dreams, they are playing their part and are messengers testifying to your beliefs and convictions. You wrote the play, and other men and women execute the parts conforming to your concept of yourself.

It is wholly unnecessary for you to proselyte and try to make the world holy. You will not change the world that way. You will change the world when you actually become the embodiment of that which you want the world to be. Remember a simple truth: Unless you are that which you want the world to be, you will never see it in this world.

. . . And his name shall be called Wonderful. . . (Isaiah 9:6). Recently a woman gave me a list of all the things she wanted in life: home, car, friends, money, marriage, new position, new apartment, etc. I suggested that she use an age-old prayer technique, which includes them all.

Accordingly, she began to affirm and actually sing to herself: "It is wonderful." She kept repeating this most of the day for about five or six days. She got into a joyous, ecstatic mood and felt wonderful. She didn't ask herself: What is wonderful? To her, the expression meant that God was working wonders in her life, knowing that if she were looking for results she would lose the joyous and happy sensation.

The sequel to her new mood was most interesting. Her boss proposed to her, gave her a diamond ring, bought her a Cadillac car, arranged a marriage date and a trip by air around the world. Everything in her life miraculously changed, and all her dreams were fulfilled. "It is wonderful" includes all things.

Creation Is Finished

. . . *The works were finished from the foundation of the world* (Hebrews 4:3). Many have stated to the author that they have seen events in their dreams before they happened on the screen of space; therefore, they postulated that things were predetermined. In the next dimension of mind, the thought and the event are one, and it is possible to see an event before it happens, but you are not fated to experience it.

You can dwell upon eternal verities and saturate your subconscious mind with life-giving patterns, and a new beginning becomes a new end. You mold your future in harmony with your mental transformation. When you change your concept of yourself, you change your relationship to everything in the world. If you take the words of this page and rearrange them, you can write a different interpretation. You did not create the words; you simply rearranged them and got a different result.

Your dominant conviction about yourself, life, God and the universe determines all the events which you encounter; but the things you encounter and experience on the three-dimensional plane always subsisted in another dimension of mind.

God's work is finished. God, or Infinite Spirit, cannot grow, expand or change, for It is the same yesterday, today and forever. If we really want to grow spiritually, the thing for us to do is to claim that what is true of the Infinite is true of us, for God indwells all of us. As we claim and feel the Truths of God in our hearts, all our ways will be ways of pleasantness and all our paths will be paths of peace.

The Giants Are Within Us

And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, That the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose (Genesis 6:1-2).

There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they bare children to them, the same became mighty men which were of old, men of renown (Genesis 6:4).

The key to Bible interpretations is to transform the factual and historical accounting into mental, psychic and spiritual processes as they unfold the potentialities of Spirit through the instrumentality of man's mind.

Men means mind centers began to be multiplied upon the earth; i.e., made manifest. Daughters (emotional attachments) were born to them instead of positive sons, or true ideas. The sons (sense knowledge and false beliefs), seeing the daughters of men (fears, doubts, superstitions and false knowledge) that they were fair, took to them wives of all which they chose (married or mated on the basis of negative emotional conditioning). As a result of this wrong mating of beliefs (sons) and emotions (daughters), giants were upon the earth in those days (troubles, wars, sickness, etc. appear as the unholy spawn of these unholy marriages).

In this light, Genesis should be interpreted in such a manner that it will reveal to you how you create your own world. Spirit is God. Your state of mind is the sum total of your beliefs, acceptances, conscious and subconscious. But you can change your mind to conform to the eternal truths, which are the same yesterday, today and forever. You can use your mind wisely or unwisely, because of your free will. Everything will change in your life when you let the spirit of goodness, truth and beauty govern your mind.

Beyond the Senses

When your senses are awakened and you become clairvoyant, you will perceive that the earth on which you walk, the air you breathe, and the water you drink, as well as the five elements, are peopled by

entities unknown to many but well known to many sensitive and illumined souls.

The Trinity Is Spirit, Mind and Body

Look upon your mind as the medium between Spirit (God) and your body, effecting the passage of Spirit through mind into manifestation. Another way of explaining it is thought, feeling and manifestation.

Implied Phallic Laws

When men (mind) began to be multiplied upon the earth and daughters were born to them. The implied phallic symbolism simply indicates the universal law of action and reaction, as noted in the interplay of idea and emotion, male and female, Adam and Eve. Curiously, it must be noted that woman (emotion, feeling nature) at first did come out of man (Adam, conscious mind, intellect, idea)—a true mating of true man with true emotion (Eve). But after this instance, "daughters were born" to men, as they misdated to negative emotional patterns dictated by the false beliefs of the world, forgetful of the Spirit of God.

Your intellect, when unenlightened by the Spirit, is useful in gathering all kinds of knowledge. It creates terminology such as psychiatry, psychosomatic medicine, Oedipus complex, Electra complex, projective escapism, flight from reality, etc. The average man is covered by a mist and a fog, and the light (intelligence) in him becomes darkness. Fears arise (daughters), and man's unenlightened mind foolishly marries them, until his offspring are as veritable "giants" (troubles, disease, complexes, wars, etc.) in the land (his world of experience).

The Answer

The answer is to align ourselves with the Infinite and let the love, the light and the harmony of the Infinite Healing Presence flow through us regularly, thereby cleansing our subconscious of these negative patterns.

The Sons of Spirit
(Ideas of God; Truths of Life)

And God saw that the wickedness of man was great in the earth,

and that every imagination of the thoughts of his heart was only evil continually (Genesis 6:5).

This is a rather accurate description of what is really the social picture of the contemporary scene. Fear of disease is rampant on every level, the pornographers' cesspool of iniquity is spreading in all the major cities, and hospitals of all types are rapidly being filled with people mentally and physically ill. We are reading constantly about insecurity, insanity and instability of large numbers of men and women.

Giants are the fearful mismating with the daughters (emotion) of men (intellect). We should find true mating of God's ideas with lovelier daughters (Divine love and Divine beauty) and the joy of the Lord, which is our strength.

Your Constructive Desire

Every constructive desire is a "son of God," an offspring of the Father of Life. This son, or desire, seeks a true mating to be found on spiritual levels only. The desire is good and very good and will bless humanity. As man affirms and believes that the Spirit of God will open up the door for the fulfillment of his desire, he is having a true mental marriage and will be blessed with lovely offspring. The offspring of the Spirit of God moving on the waters of your mind are wisdom, health, peace, prosperity and happiness.

Realize that God in the midst of you is able to close the mouths of lions (disease, death, insecurity, etc.); and wonders will happen as you pray in this manner.

Chapter 14

The Law of Security

When ye go, ye shall come unto a people secure, and to a large land: for God hath given it into your hands; a place where there is no want of any thing that is in the earth (Judges 18:10).

You are secure when you walk in the realization that God indwells you and walks and talks in you. Realize that you are always in the Holy Omnipresence, surrounded by the sacred circle of God's eternal love. As you continue to do this, you will build up an immunity to all harm. Claim, feel and know that you, your family, your possessions and all things appertaining to you are in the secret place of the Most High, watched over by an Overshadowing Presence which watches over you in all your ways. This is the impregnable fortress, invincible and impervious to everything negative.

In the above verse of Judges, it says: *When ye go, ye shall come unto a people secure,* meaning that wherever you travel, Divine love goes before you making straight, joyous and happy the way. *A place where there is no want* means that the Presence of God is operating in your life. The Presence of God means the presence of harmony, beauty, love, peace, abundance and security.

And thou shall be secure, because there is hope; yea, thou shall dig about thee, and thou shalt take thy rest in safety (Job 11:18).

Hope springs eternal in the human breast. You may dig in the earth and find precious stones, jewels, oil, water and other precious things. When you dig within yourself, you discover a gold mine full of infinite treasures—the precious stones of wisdom, truth, beauty, inspiration, guidance, intuition, and creative ideas which heal, bless, inspire and protect you, enabling you to sleep in peace every night and to wake in joy. Asleep or awake, wherever you are, you realize that Divine love surrounds you, enfolds you and enwraps you.

The Triumph of Principles

Emerson said that nothing can bring you peace but the triumph of principles. When you learn the laws of life and practice them, you will develop a sense of security. There is the universal law of action and

reaction: What is impressed on your subconscious is expressed. When you build an airplane, an automobile or a bridge, the engineer conforms to universal principles. The wheels of your car have to be round; otherwise, you are in trouble. You would not navigate a ship except you learned the laws of navigation. Look at the engineer building a bridge. He operates according to the principles of mathematics, calculating the stress and strain of materials used, the load the bridge is supposed to bear, etc. In other words, the man who navigates an airplane learns the laws of navigation and lives by them.

Some years ago, a speaker for Taniguchi, the spiritual leader of about six million people in Tokyo, Japan, told me that when the floods touch certain cities in Japan, the Truth students are never there. They believe that they are always Divinely guided and watched over by an Overshadowing Presence. One of the teachers told me that he had been scheduled to go by boat to another city, but when he arrived at the place to embark he discovered he was one hour late. His watch had stopped. The ship was lost subsequently in a storm. He believed that God was His guide and protector, watching over him in all ways. His prayer was: God is guiding me and watches over me at all times.

Finding Security Within

Today we have Social Security—pension systems, food stamps, medical care—and billions of dollars are poured out by the Government all over the world to friend and so-called foe; yet there is a deep sense of insecurity, apprehension and fear abroad in the world. In Hollywood and elsewhere we see a pornographic cesspool of iniquity and moral decay, and swingers making a mockery of marriage. People are afraid to go out at night or walk the streets.

Yes, there is a pervading sense of insecurity. Coddling of criminals is quite prevalent. You can write to local legislators and congressmen, for example, telling them how you “feel. You can also pray that Infinite Spirit, in Its wisdom, selects men and women for Government positions and for Congressmen who are spiritually dedicated and who have a reverence for things Divine. This will help considerably, and if we had enough people who knew how to pray scientifically, we would have a different Congress.

Venereal disease of all kinds is rampant among young people. Heart disease, cancer and alcoholism are taking their toll. Some say the world is going to the dogs—No, it is going to God. Read the 91st Psalm at night and Psalm 27 in the morning. Saturate your mind with the Truths of God. As you do, you will be a broadcasting station, neutralizing to some degree the toxic effluvia of the mass mind.

I read recently where there is a swing back to the old virtues. One article said young men and women were flocking back to the seminaries and studying the scriptures with an insatiable hunger to serve people. That is a good sign. You don't want to be a part of the mass mind, which means the thinking of four billion people in the world whose thoughts are mostly negative. If you do not do your own thinking, the mass mind moves in upon you and makes a mess of your life.

It is well known that nature abhors extremes. Notice, for example, how we have gone to extremes in sexual depravity and perversion, on the screen and on the stage. Nature has no other way than to cause us to swing back to the opposite. Nature always seeks a balance. When you misuse the law of your life, you may find yourself in a hospital cot. Perhaps you might call it a nervous breakdown, but it is benign nature compelling you to get back on the beam of harmony, and peace of mind.

We used to live under the old Victorian taboos and strictures; then came a violent swing to the opposite, the Freudian Era, with its emphasis on sex, followed by looseness, immorality and aberrations of all kinds. Change eternal is at the root of all things.

Every day you read about wars, eruptions, strife, ambushes, civil wars, bombings, kidnappings, etc. Ask yourself: What can I do about this? How can I retain my peace and sense of security in this changing world? You can feel secure and retain your peace, tranquility and serenity only by tuning in mentally with the Infinite Spirit, Which lies stretched in smiling repose. It is the Primal Cause.

Affirm boldly: "Divine love fills my soul. Divine peace saturates my mind and heart. The Light of God enfolds me, and I am inspired from On High." Turn your eyes to the hills, from which cometh your help, and the response will come.

You know how the masses think. They are always going from one extreme to the other extreme. There is war for a period, followed

later by a period of peace. When these violent swings take place, many are hurt except those who tune in with the Infinite and who dwell in the Secret Place of the Most High.

Don't Be One of the Herd

Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty (II Corinthians 6:17- 18).

In these wonderful verses you are told to come out from the mass mind and do your own thinking. You are told specifically not to touch the unclean thing, which means you are not to mentally dwell upon murder, hate or indulge in any form of negative thinking. On the contrary, you are to keep prayed up, which means that you constantly identify mentally and emotionally with the eternal verities of life, which are always the same yesterday, today and forever. As you keep prayed up, you won't suffer like the masses do.

The Law of Averages

The Law of Averages refers to the way the mass mind thinks. There are over four billion people in the world today, and they are all thinking into the one mind. It is safe to say that most of their thinking is very negative. There are, of course, a great number of spiritually oriented people who are thinking constructively, but they are in the minority.

The mass mind believes in sickness, disease, war, misfortune, crime, poverty, accidents, and calamities and catastrophes of all kinds. Moreover, millions of people are full of jealousy, hate, resentment, envy and hostility. These mental poisons bring on all manners of turmoil and conflict in the individual and collective lives of people. If you do not do your own spiritual thinking, the mass mind, called the Law of Averages, does your thinking for you.

True thinking is free from all fear, worry and negative activity of all kinds. We are all immersed in this mass mind, and we must establish counter convictions to all the false beliefs and destructive thoughts of the mass mind. If you were 100% vigilant in the sense that all your thoughts and imagery were based on spiritual principles and Divine

truths, then you would be completely immune; but I doubt if anyone walks in that state of consciousness all the time. Therefore, undoubtedly, the negative mental atmosphere of the mass mind impinges on the subjective mind of all of us.

What Do You Believe?

Believe in the goodness of God in the land of the living. Believe in the guidance of the Infinite Presence and Power and the abundance and riches of the Infinite. Realize that God's riches—spiritual, mental and material—are forever circulating in your life, and" that there is always a surplus. Believe in the Divine principles of harmony, right action, Divine law and order, and Divine love in the same way that a chemist believes in the principles of chemistry, which are dependable, enabling him to bring forth marvelous compounds which bless humanity in countless ways.

Fear Is Faith in the Wrong Thing

Recently the newspapers reported a fire in a night club, in which many people were trampled to death and others burned to death. It also mentioned there was no occasion for the panic, as there were sufficient exits to take care of all the people present. There were several, however, who remained quiet and calm, and they found their way out without being hurt.

Fear had seized the people, and fear is contagious. Fear was the cause of their deaths—not the fire. Those who turned to the Infinite Presence and Power within and called on It for protection and guidance remained at peace, and the way opened up in Divine order. Place your faith in God, and then . . . *no evil (shall) befall thee, neither shall any plague come nigh thy dwelling* (Psalm 91:10).

Your faith in God is a conviction of God's present and continuous care. Faith in God is the star that shines in the darkness, revealing the way you should go. Modern scientists do not work in the dark. They work in the light of faith. . . . . *In quietness and in confidence shall be your strength.* . . (Isaiah 30:15).

Disciplining Your Mind

Fill your mind with the eternal verities. Identify with the Spirit within you, knowing and believing that Divine love watches over you in all your ways. If you are careless, negligent, apathetic, listless and refuse to discipline your mind regularly, then you are subject to the influence of the mass mind; and you should not be surprised when reverses and sickness come. When the Asian flu is prevalent, you don't want to be one of the herd that takes what comes. By enthroning God-like ideas and spiritual values in your mind and filling your mind with constructive thinking, you will be invulnerable and immune to all harm; and you can't be sick, hurt or defeated.

Reading Your Mind

Recently during one of my seminars on the sea, I saw a woman read the minds of about ten of the passengers, all of whom were strangers to her. They agreed that she was about 90% accurate. This woman was a sensitive, a professional psychic. She tapped the subconscious of these passengers. Actually, what happened was that they told her everything before she told them anything. She got into a psychic, passive, receptive state of mind, a sort of semi-trance. In that state, she was able to read and sense the contents of their subconscious mind. She predicted marriage for some, travel for others to European countries, financial reverses for some, and a divorce for one member of the group.

There is nothing new in having the gift of extrasensory perception. Everyone possesses extrasensory perception, but these faculties may be dormant. Dr. J.B. Rhine of Duke University has conducted experiments for over thirty years and has revealed the capacity of clairvoyance, telepathy, clairaudience, telekinesis, retro-cognition and pre-cognition among students and others. His scientific findings have been acknowledged all over the world. His wife, Dr. Louisa Rhine, who is the author of "Hidden Channels of the Mind," has revealed various forms of extrasensory perception in personal experience and recorded by men and women in all walks of life.

It is true that the future is in your mind now. The reason a clairvoyant can examine the contents of your mind is that the thought and the thing, or experience, are one in mind. Your mind is timeless and spaceless. For example, if you are contemplating a divorce, a good

psychic or medium could tell you that you were planning a divorce, but it still does not have to happen objectively. You could change your mind and have a reconciliation. Nothing is foreordained or predestined. It is true that the divorce has taken place in your mind, but time moves slowly from the fourth dimension to this third-dimensional plane; therefore, it has not yet happened objectively.

Likewise, the reverses or illnesses predicted by a psychic, medium, clairvoyant or card reader, all of whom simply tap your subconscious mind, can be neutralized by scientific prayer, thereby preventing the negative experiences from occurring.

Scientific prayer means that you think from Universal Principles, such as: Divine law and order govern my life. Divine right action reigns supreme. Divine love saturates my soul. Divine peace fills my mind and heart. Divine guidance governs me in all ways. Divine harmony governs me, and all my ways are pleasantness and all my paths are peace.

As you change your mind by meditating on these truths, your whole world, body, circumstances and experiences will magically melt in the image and likeness of your contemplation. Your avoidance of the negative patterns that may be lodged in your subconscious mind will depend on your spiritual awareness and on the enlargement of your consciousness by scientific prayer. As you ascend spiritually, you will automatically avoid the negative experiences of the mass mind.

Leading a Balanced Life

You will notice in life that extremes always reverse themselves. When people go too far to any extreme, they are violently thrown back later to the other extreme. You are here to lead a balanced life, one of creativity, of peace, harmony and the joyous achievement of your purposes here. As you charge your mental and spiritual batteries regularly, you will neutralize the toxins of the mass mind to a great extent, and you won't suffer from the great swings of fate or the ups and downs of life. You will operate on an even keel, and the sicknesses, sorrows and tragedies of life will not be experienced by you.

If you allow your mind to be hypnotized or thought into by negative newscasters and prophets of doom and gloom, then these thoughts, as they become subjectified, will govern you negatively and destruc-

tively. Prayer is the contemplation of the truths of God from the highest standpoint, and you become what you contemplate.

The Good Seed

The Bible says: . . . *The kingdom of heaven is likened unto a man which sowed good seed in his field: But while men slept, his enemy came and sowed tares among the wheat, and went his way* (Matthew 13:24-25).

All of us are gardeners, and the good seeds represent the good thoughts we think all day long. The enemy is the negative suggestion, or the thoughts of the mass mind, which may be accepted by your mind if you are not on the *qui vive,* alert and quickened by the Holy Spirit. Negative thoughts and suggestions bombard us silently and audibly every day. The thing to do for maximum happiness is to continue saturating your mind with Divine ideas, and then there will be no room for the negative suggestions of others to enter.

Your Conscious and Subconscious Mind

Your subconscious mind responds to the convictions held by your conscious mind. You must really believe what you affirm; longing to believe is not enough. A woman who counseled with me recently said, "I keep affirming: God is all there is: the only Presence, Power, Cause and Substance." Nevertheless, at the same time she was full of fear of another woman who she said was practicing voodoo against her. Her words were pure verbalisms. She really did not believe what she affirmed.

I explained to her that the suggestions of others had no power to create the things they suggest and that she had the power to reject all negative suggestions. Actually, I explained that she was transferring the power within herself to the other woman, making her into a sort of a goddess with power to hurt her. The only Power is God. This Presence moves as unity, harmony, beauty and love. When your thoughts are God's thoughts, God's power is with your thoughts of good.

She began to understand that when you can't give hate, ill will, resentment or hostility you can't receive it. That's a simple observation. Therefore, if another person bombards you with negative thoughts and

suggestions, you can't receive them and they return to the sender with double force, which is called the boomerang.

Judge Thomas Troward, author of *The Hidden Power,* states a magnificent truth on Page 134 of that book: "Once you admit that there is any power outside yourself, however beneficent you may conceive it to be, you have sown the seed which must sooner or later bear the fruit of 'fear,' which is the entire ruin of life, love and liberty. There is no via media." He emphasizes in his teaching that we are this Life-Principle Itself and that the difference is only that between the generic and the specific of the same thing.

This woman of whom I spoke, who was afraid of voodoo suggestions, used the following prayer regularly and, as a result, was completely freed from fear:

"God is all there is. One with God is a majority. *If God be for us who can be against us?* (Romans 8:31). I know and believe that God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to this person or persons (mention name or names) and to everyone else. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. *In thy presence is fullness of joy; at thy right hand there are pleasures for evermore* (Psalm 16:11)."

Seeing People in Their True Light

The way to look at people who say they are using voodoo, black magic, sorcery, etc., is to see them for what they really are. That is to say, they are men and women who are terribly ignorant of the real Spiritual Power. They imagine they have power, but they don't. To see and understand this is to cease to give any power to them.

The real and ultimate power is that of the affirmative. Their negative suggestions have no power except you accept the suggestions, which then become the movement of your own thought.

Your affirmation of Divine love, Divine harmony and Divine right action governing you destroys all negative suggestions and builds up life, health and happiness. The ultimate affirmative position is your conscious unity with Infinite Spirit within you—the Source of all Life. Realize your oneness with God and feel a genuine goodwill to all, and then you need not trouble about negative suggestions.

Why Do We Suffer?

We suffer because of our misapplication and misuse of universal laws and principles. As long as we deviate from the Golden Rule and the law of harmony we will suffer. It is correct to say that ignorance is the only sin and all the suffering in the world is the consequence. Our suffering causes us to seek the answer. In that way we awaken to the light within, and we discover our Divinity. We must use the law righteously. That means to think right, to feel right, to act right and to do right; then we will no longer suffer due to our ignorance of the laws of life and the way of the Spirit.

The So-Called Pious People

There are many so-called pious people who look down at those who don't believe the way they do. These *good* people blindly follow all the tenets, rules and regulations of their church. No doubt, they feel self-righteous and have, perhaps, a holier-than-thou attitude. Of-times they are full of condemnation and resentment toward those who don't conform to their superstitious and ignorant beliefs.

These negative attitudes bring on reverses, illnesses and neuroses. Many times when setbacks and tragedies come into their lives, they get angry at God and can't understand that religion is of the heart; not of the lips. Furthermore, they have forgotten the law that we become what we condemn. Religion means "to bind back." We should be bound to the Source of All life, to Divine love, Divine peace, Divine truth and Divine beauty. When these truths govern and dominate us, we will automatically express them, and the fruits of our religion will be made manifest.

Libertines and Profligates

Many devout and religious men at one time or another have engaged in drunken orgies and sexual excesses. St. Augustine once said, "Lord, grant me chastity," and then, as an afterthought, said, "Not yet." St. Francis led rather a wild life in his youth, and then in later life went to the other extreme when he practiced rigidities, austerities and mortification of the flesh. He went to extremes in his practice of penitential discipline, believing that this was the way to strengthen his will and overcome the negativity of his past.

At one time in his life, he realized his error and said, "Too late, I have beaten my brother." By his brother, he meant his body, which he mistreated. He forgot what Paul had said: . . . *Glorify God in your body.* . . (I Corinthians 6:20).

Remember, there is a reciprocal relationship between your thought and the Supreme Power within you. The power of suggestion is a hidden power, but the Power which creates all things is *the* Hidden Power, which is behind all creation and is one and indivisible. It moves only as harmony, wholeness, beauty and perfection. There is nothing to oppose the Infinite, challenge It, thwart or vitiate It. It is Omnipotent, Omniscient and Omnipresent. This is why it is written: . . . *If God be for us, who can be against us?* (Romans 8:31).

The Meaning of Israelite

In the symbolism of the Bible, an Israelite is any person who aligns with the Divine Spirit within, looking upon the Living Spirit Almighty as the only Presence, Power, Cause and Substance, and giving It complete allegiance. As you turn to It, there is a reciprocal response, and this power flows through you as harmony, health, peace, joy and prosperity. This is why it is written in Numbers 23:23: *Surely there is no enchantment against Jacob* (a man awakening to the Presence and Power of God), *neither is there any divination against Israel. . . But against any of the children of Israel shall not a dog move his tongue.* . . (Exodus 11:7).

Chapter 15

The Top Secret

For the Lord thy God is a consuming fire. . . (Deuteronomy 4:24). *For thy Maker is thine husband. . .* (Isaiah 54:5).

I am writing this chapter at the Sands Hotel in Las Vegas, Nevada, where you meet people from every state of the Union. After concluding a session on the *Secrets of the I Ching,* a man from Georgia said to me, "Religion has failed. Look at the world today." Religion means to tie back—to relink yourself to the Source, which is God. If man mentally and spiritually tied himself to love, light, truth, beauty and joy, and if these truths dominated his mind, it would be a different world. That which binds you is your religion.

Fear dominates millions of people, a condition which leads to sickness, crime, frustration and anger. Superstition also binds and restricts millions of people. The dominant idea which governs and controls you could be called your religion. A man may call himself a Catholic, Protestant, Jew, New Thought, Hindu, Moslem, etc. All this means, however, is that he subscribes to what he was taught or what is preached to him. The real religion of every man is based on what he sincerely believes in his heart, such as his emotional espousals, his convictions, his deep-seated beliefs about life, God, the universe and himself. It is his subconscious drives, compulsions and conditioning that are made manifest in his life.

Man's subconscious assumptions, beliefs and convictions dictate and control all his conscious actions. Religion is of the heart; not of the lips. It is man's thinking in the heart that is expressed as form, function, experience and events. The heart in the Bible is your subjective mind, your emotional and feeling nature. A wonderful religion would be to have your mind controlled by a God of love and look upon the Infinite Presence and Power within you as your guide, your counselor, your boss and the Source of all blessings. Any movement of your mind based on fear, ignorance, superstition or an unknown power cannot bring enlightenment into your life; only more darkness and confusion.

Symbols of Mystery

We must no longer look upon communion with the Indwelling Presence as a mystery. It is foolish to keep on repeating old platitudes and shibboleths about God, angels, the Only Son, devils, salvation, sin, heaven, hell, etc. The ecclesiastical language of 1800 or 1900 years ago must be explained in everyday language so that a boy of seven or eight can comprehend.

God is the Life-Principle in man. Angels are Divine ideas, inspiration or intuitive flashes that come from your subliminal depths in response to your conscious mind's requests. Every man is a son, or expression of the Infinite Life Principle. Devil means God upside down, a perverted or ignorant use of the One Power. It means to misuse the Law of Life and could be called misunderstanding. Salvation means a solution to your problem; freedom from fear, sickness, lack and limitation. Sin means to miss the mark. You are actually sinning when you fail to lead a full and happy life. Heaven is the Infinite Intelligence in which we live, move and have our being. It also means your mind at peace. Hell means self-imposed restriction, bondage, limitation. Self-forgiveness is heaven; self-condemnation is hell.

The Top Secret

When you say "I AM," you are announcing the Presence of God within you, as explained in the third chapter of Exodus. "I AM" means Pure Being, Life, Awareness, Self-Originating Spirit, Unconditioned Consciousness. In other words, it is a secret to millions of people, because they don't know that when they say "I AM," they are proclaiming the Presence of God within them. It is called "Om" in India, and many chant the word "Om" as a mantra. It is important that you know the meaning of the word "Om" before using it. In Sanskrit, mantra means an instrument of thought.

The Proper Perspective

It is necessary to have a balanced viewpoint and to observe the correct relationship of your mind with events in your life. Out of your subconscious mind are born all the experiences of your life. Your subconscious is your immaterial world, the seat of emotion, and is the

realm of cause. Whatever you impress on your subconscious mind, good or bad, is expressed on the screen of space.

When the Bible speaks of the manger, it is referring to your subconscious mind. If you have been conditioned negatively, you can begin now to fill your subconscious mind with life-giving patterns of harmony, love, peace, joy, right action and beauty, thereby cleansing all the negative patterns that may be lodged there based on early training, indoctrination and false theological concepts. You can align yourself at this moment with the Infinite ocean of life, love, truth and beauty and let these qualities of God flow through you in transcendental loveliness, transforming your whole being into harmony, health and peace.

The Solar Allegory

All the religions of the world have an astronomical origin and significance. The ancient mystics who were illumined and inspired, and also past masters of the art of psychology and the story of the soul, realized that terrestrial changes in the northern latitude coincided with astronomical changes and they pointed out that psychological changes also could take place in man as he awakened to the light of God within him.

The Birth, Death and Resurrection of the Sun

As you know, the sun crosses the equator on the 21st of March, called the ingress of Aries; and all the seeds frozen in the ground are resurrected due to the warmth and actinic rays of the sun. It is said that the desert rejoices and blossoms as the rose. All nature seems to be resurrected; and for this reason the sun was called the savior of the world because it resurrected and saved people from the ice, snow and limitations of winter and brought them into the dawn of a new day.

Yearly, the sun proceeds to rise to the highest point in the heavens, then it begins to descend; and on the 21st of September it reaches the zodiacal sign of Libra, where the days and nights are equal. Then it descends below the equator, where it is said to die. It is then pierced by Scorpio and gets the lance of Sagittarius.

Then, symbolically, it remains in the tomb of Capricorn, Aquarius and Pisces for three days or three months, all of which is symbolic.

Then comes the resurrection of the sun again on the 21st of March. This is the drama of the sun, called the birth, death and resurrection of the sun god.

Allegorized Types of the Sun

The names Hercules, Bacchus, Zoroaster, Mithra, Apollo, Chrishna and Vishnu were allegorized types of the sun. The ancient masters of allegory in their writings spoke of their birth, death and resurrection (i.e., birth, death and resurrection of the sun).

The distinguished Bible scholar, Robert Taylor, of St. John's College, Cambridge, England, author of *Diegesis,* in his exhaustive research, reveals that the birth of the god, Mithra, from the days of an infinitely remote antiquity, was represented to have taken place in a stable and was celebrated throughout the whole northern world at midnight, the 24th of December, the most celebrated of all the magian festivals.

The Constellation Virgo, which comes to the line of the horizon at midnight, the 24th of December, was said to preside over his nativity. Mithra (the sun) was born in the stable of Augias; that is, in the station of the celestial goat, or Capricorn. Every Christmas Eve, exactly at 12:00 midnight, the sign Virgo rises in the eastern horizon; so it was said the sun was born of a virgin at midnight. The sun, or Capricorn, on the 24th of December begins to rise and move northward. It gradually redeems the earth from the darkness of winter.

The Chronicles of Alexandria

The most ancient chronicles of Alexandria attest to the existence and universal prevalence of this belief in Egypt. For ages before Christianity, Egypt consecrated the pregnancy of a virgin and the nativity of her son, whom they annually presented in a cradle for the adoration of the people. When King Ptolemy (350 B.C.) demanded of the priests the significance of this religious ceremony, they told him it was a mystery taught by their forefathers. The Egyptian God was called Serapis, which, when broken down, is Zor-Ab-Is, or sun, father and fire, which means the sun is the father of fire. Marcus Aurelius said that the Bishops of Serapis were known and recognized under the title of Bishops

of Christ. Zorabis, or Serapis, means the Presence of God in man. Our Bible says: . . . *Thy God is a consuming fire.* . . (Deuteronomy 4:24).

Legends of the Hindu God

You will find a similar story to that of Mithra, even in the most minute circumstances, constituting the basis of the legends of the Hindu God, Chrishna, which means Christ, or Sun, symbolic of the Presence of God in man. This story dates from about 1700 B.C. and is almost identical with that in the second chapter of Luke. The names Jesus and Christ were quoted by the great astronomer of Arabia, Alboazer, as the names which, following the most ancient traditions of the Persians, the Chaldeans, the Egyptians, and of Hermes and Aesculapius, had been given to the child, who in the most ancient projection of the signs of the zodiac was represented as the son of the virgin of the month of August. "That child," says Alboazer, "some nations call Jesus, but, in Greek, is called Christus."

All of these stories are dramatizing the role of the sun, portraying it as the savior of our world. As previously mentioned, the sun moves northward on the 24th of December. It gradually melts the ice and the snow in the northern latitudes, finally crossing the equator and giving birth to spring and new life. The sun is symbolic of the Presence of God, or Eternal Light within each one of us. As we become aware of the Indwelling Presence, we will begin to melt our fears, anxieties and frustrations in the sunshine of God's love.

The Birth of Jesus, the Man

Research scholars do not know the true date of the actual birth of Jesus, the man mentioned in our Bible. There was controversy about the date in ancient times as to whether He was born on the 24th of December at midnight, which was the great feast of Saturnalia in Rome, or whether He was born on the 21st of March, the ingress of Aries, the spring equinox, which was also celebrated in all northern latitudes. Finally, it was decided by a vote in one of the councils; and they decided on the feast of Saturnalia, which celebrated the birth of the sun or light in the sign of Capricorn in the northern hemisphere.

The Birth of God in You

When you become aware of the Divine Presence within you, it is called a babe; i.e., your awareness of this Primal Power, your new concept of God, results in a new man being formed in embryo in your own subjective depths. Your dreams, aspirations, ideals and goals which have been frozen within you are waiting for you to warm them with faith and confidence in the God Presence within you, which can bring them to pass in Divine order on the screen of space.

The Virgin Mary

The I AM within you is the Virgin Mary, which is capable of infinite conceptions of Itself without the aid of any man. The word virgin in the Bible means a pure mind, or mind dedicated to God. The word Mary conies from "mare," meaning the sea, all of which means the pure stream of consciousness. Maya, the name of the mother of Buddha, has the same meaning. The words Queen of Heaven, Star of the Sea, Isis, Queen Esther, etc., all mean the same thing—the I AM, or Presence of God in your subconscious depths.

God, or I AM, gives birth to the entire cosmos and all things contained therein and is the only Presence and Power. Actually, all the symbols of Christmas have to deal with the human heart, or your subconscious mind. The star spoken of represents the Infinite Intelligence within you, which guides and directs you and reveals to you the answer.

You can claim that God is guiding you and revealing to you the answer or solution to your problem. Accept the truth that the nature of Infinite Intelligence is to respond to you, and you will receive an answer without the aid of any man. You can boldly affirm, "I am whole, perfect, strong, loving, illumined, prosperous and inspired." As you continue to affirm these truths and feel and believe what you claim, without the help or cooperation of anyone, you will express what you feel to be true. Remember, whatever you attach to I AM, you become.

Pilgrimage of Man

The journey of every man should be to the inner realm of his own mind where the Divine Presence dwells, and there realize that he is a son, or expression of the Living God and heir to all of God's riches.

Begin to affirm now that you are a son of God and that you are illumined from On High. Continue to affirm it and believe it, and as you do, you will be wrapping that new concept of yourself in the swaddling bands of light and love and laying it in the manger of your own subconscious mind. Your subconscious accepts what is impressed upon it, and you will find your whole world magically melting in the image and likeness of your new concept of yourself.

While talking with a man here in the Sands Hotel in Las Vegas, he began to say, "I can't get a healing. My arthritis is getting worse. I have had shots of cortisone, vitamins, applied lotions and liniments, and the pain has increased." Unfortunately, he was enthroning the idea of incurability and the hopelessness of despair and wrapping that dead concept in the clothes of unbelief and then laying it in the manger, or tomb, or womb of his subconscious mind. The words tomb and womb are synonymous in Bible language.

This man realized what he was doing, and I found that he was full of resentment, hostility and suppressed rage toward relatives. This was the reason he was getting no results from the therapy he was receiving. I gave him a spiritual prescription, advising him also that he should cooperate with his doctor, blessing him at all times.

This was the spiritual prescription: "I fully and freely forgive all my relatives (mentioning their names), and I forgive myself for harboring negative thoughts about them. I loose them all and let them go, and I sincerely wish for all of them health, peace, joy and all the blessings of life. Whenever I meet any one of them in my mind, I will immediately affirm, 'I have released you. God be with you.' God's Healing Love saturates my whole being. God walks and talks in me. The miraculous healing power flows through me, and I give thanks for the healing taking place now."

As he continued to practice this spiritual therapy, he wrote me in Beverly Hills, telling me that a tremendous physical improvement had taken place and that he no longer uses a cane. As he continues, I know a complete healing will result. At my suggestion, he also imagines the doctor as congratulating him on his miraculous healing. He does this every night prior to sleep, and he knows that this disciplined imaginary act will gradually sink into his subconscious mind and come to pass in Divine order.

The Holy Land

The Holy Land (the mind at peace) is within you. By turning to God in prayer, meditation and mystic visioning, you can realize harmony, health, peace, abundance and security here and now. The story of religions, including Christianity, is somewhat of a sorry tale with its recital of the cruelty of the Dark Ages and the rabid, emotionally motivated Crusades for the recapture of a geographical holy land. According to some records, thousands of young people joined these pilgrimages only to wind up in the slave marts of Egypt.

From this absurd excursion, there followed a commercialization of supposedly "holy" relics—the wood from the cross of Jesus, the veil of Veronica, the holy Shroud, etc., with some members of the clergy waxing rich from lumber yard proceeds in the effort to keep up the supply of splinters from the so-called cross of Jesus. All this points to the innate tendency of the five-sense man's blind passion for material pilgrimages to geographical centers prominent in history and fable. He fails to see and realize that the holy land is truly within himself.

It takes a truly spiritual renaissance, a reawakening and rebirth to discover and become aware that "the birth of Jesus" is something much more than an historical event and is not to be found in a geographical location called Bethlehem. Man must awaken and realize that he is here to give birth to love, light, truth and beauty and can do so by meditating on these truths until they are absorbed into his mentality.

The Road to Bethlehem

The symbols of the child, the mother, the star, the manger, etc., antedate all known religions. They symbolize processes of spiritual awareness, rebirth and inner transformation. Prayer is the contemplation of the truths of God from the highest standpoint, and as you continue to dwell on the eternal verities, your whole personality will change. Your disposition and temperament will then become more God-like every day.

Bethlehem means the house of bread, which means that you meditate and focus your attention on the blessed bread of peace, joy, love, harmony and goodwill, for these are the real bread of God. Bethlehem is the City of David. The latter name means the beloved of God, a certain stage of awareness wherein you give all your allegiance and loyalty

to the One Presence and Power. As you enthrone in your conscious mind God's ideas, you will generate a wonderful emotion, making your heart a chalice for His love; then wonders will begin to happen in your life. You must realize that the birth story of Jesus symbolizes the birth of God in you, and that all characters of the nativity represent your inner thoughts, moods, feelings, beliefs, urges and drives.

The Names in the Nativity

Joseph represents your conscious, reasoning mind with its superficial beliefs, opinions, creeds, dogmas, traditions, thoughts and fears—the five-sense man who judges according to appearances. Joseph also means imagination and the autocratic intellect.

Mary represents the subconscious mind, full of wisdom and intelligence, the seat of intuition, memory and emotion. Within your subconscious is the I AM, the Higher Self, sometimes referred to as the Superconscious. Mary is with child of the Holy Ghost (the Holy Spirit, the Presence of God), and Joseph is instructed to keep away, which means that your conscious mind is not to impregnate and browbeat your subconscious with its false sense-knowledge. Joseph is the guardian of the threshold and is to see to it that nothing enters into the subconscious that does not fill the soul with joy. Joseph (the conscious mind) should protect the subconscious from all pollution and negative impressions.

Jesus and Joshua are synonymous. Both names mean the same thing; i.e., God is your Savior, or God is the Emancipator. In other words, God within you is the solution to all your problems. The realization of your heart's desire is your savior. For example, if you are in prison, freedom is your savior; if sick, health is your savior; if dying of thirst, water would be your savior; and if lost in the jungle, God, or the Guiding Principle, would lead you out.

The inn is the outer meeting place of superficial human beliefs, fears, customs, traditional concepts, and beliefs of the mass mind. In other words, it is the law of averages, what the mass mind is thinking. When you inform the average man that the Infinite Intelligence within him can heal his body, inspire him, guide him and reveal to him all answers, and that It actually is the Presence of God, he all too frequently rejects it and instead postulates an anthropomorphic being up in the

skies who judges, punishes and condemns. There is no room in his mind for the realization that his awareness of the Presence and Power of God and his contact and application of It in his life is his real savior.

The stable is the subconscious mind, the place where the "animi" or "animals" (basic urges, feelings, emotions, passions) are to be found waiting for the coming of the Shepherd, the Lord and Master. The Shepherd is your dominant conviction of God and the truths of life which keep a check on the sheep (the harmonious feelings and ideals) lest the wolves (destructive emotions) eat them up or destroy them. Your thoughts need a shepherd, which means your dominant idea of the goodness and love of God in the land of the living controls all lesser thoughts and emotions, actions and reactions.

The nativity, or birth of God, is taking place in you when you begin to radiate light, love, truth and beauty to all those around you and to all people everywhere. Become a channel for Divine love, harmony, peace and joy, and all the Divine forces will hasten to minister to your eternal growth and expansion in the light.

Santa Claus

The Christmas story and the Santa Claus of the ancients have points of psychological similarity and significance. Both point to the inner Reality in all of us. Children should never be disillusioned regarding the reality of Santa Claus, which one day will be translated into this Divine-Self awaiting recognition in life and life's purpose.

Mary is with child of the Holy Ghost, or Holy Spirit, or Presence of God, and needs no man for a husband. Isaiah says: *For thy Maker is thine husband. . .* (Isaiah 54:5). In other words, the five senses impregnate us with all kinds of sundry concepts, mostly negative, and we spawn an evil progeny when we permit ourselves to be governed by the five senses. We should enthrone God-like thoughts in our conscious mind; then we would have God as our husband.

The angel which announces to you the birth of God is your understanding and recognition that God indwells you and walks and talks in you. Claim, feel and know that you are now what you long to be, and without the aid of any man, you will conceive and bring to pass the new life, the new birth, the answered prayer.

Let Wonders Happen in Your Life

There is a mystic Power in you which can lift you up from the thralldom and bondage of sickness and make you whole, vital and bubbling over with enthusiasm. This Power can free you from the prison of fear and liberate you from all lack and limitation. It has a magical healing balm for the bruised heart. The God-Power can inspire you with new thoughts and new ideas. It can reveal to you solutions for all your problems and lead you to your true place in life and reveal your hidden talents. It will bring new friends into your life and furnish you with prosperity that spells freedom to be, to do and to have. This Power is the Primal Power known to the ancient mystics for thousands of years. By contacting this Power through your thought and becoming an open channel for the influx of the Holy Spirit, you will soar up on wings like an eagle to the realm of dominion and joy.

Your conscious awareness of this Almighty Power and your determination to use It in your life is the birth of God in you called the child in the Bible. Nourish the idea that God indwells you and that His love fills your soul. As you contemplate and meditate on the truth that more and more of God is being expressed through you, wonders will happen in your life.

Your Morning Prayer

Begin every morning to affirm boldly: "God is guiding me now, and I predicate my success on the fact that the wisdom of God reveals to me everything I need to know. I am prospered and blessed beyond my fondest dreams. I am releasing more and more of wisdom, truth, love and beauty every day of my life, and I am always watched over by the Overshadowing Presence, which leads me to ways of pleasantness and paths of peace."

As you pray along the above lines, wonders will happen, and your whole life will be under the care of Divine wisdom.

Hear the Words of Isaiah

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace (Isaiah 9:6).

This verse tells you that the government shall be on your shoulder, which means a government of Divine ideas, mothered by Divine love. This is the government of the free. This type of government enthroned in your own mind is the only government that will guarantee you peace, health, security, abundance and all the blessings of life.

Let God guide, direct and govern your life. Every day of your life affirm: "Divine love and order govern my life. Divine right action controls me. Divine love fills my soul. Divine success is mine now. Divine peace and harmony reign supreme in all phases of my life." As you continue to affirm these truths, they will sink down into your subconscious mind and come to pass. The government of your life will then be of God. Let the All-Wise One, the All-Knowing One, the Ever-Loving One, guide, heal and restore your soul.

God is the Great Counselor. If you are worried, perplexed or confused, e.g., if you do not know whether or not to take some important step, to accept a proposal, to sign a contract, to get a divorce, to accept a new position, to dissolve a partnership, to take a trip to Europe, or to proceed in a court action, claim that God puts the words into your mouth, and whatever you do, it is God doing it through you. The God-Presence will teach you new things utterly beyond the compass of your present understanding, enabling you to do what others think is impossible.

The Divine Government

As you make a habit of establishing the Divine government of God's ideas and eternal verities over your mind, body and activities, you will be guided, directed, and prospered along all lines. This new government of Divine law and order wipes away all tears and sets you on the high road to happiness, freedom and peace of mind. Christmas is the realization of the Power of God in you. It is your birthday in God.

Chapter 16

The Bible and Woman's Bondage

From time to time in Bible classes, I am asked about certain passages of Paul, which seem confusing and perplexing to many women. One who intended to enter the Religious Science School of Ministry here in Los Angeles, which is open to all men and women who are interested and who meet the requirements, was told by her father that the Bible was opposed to women ministers.

He quoted the following verses from Corinthians: *Let your women keep silence in the churches: for it is not permitted unto them to speak; but they are commanded to be under obedience, as also saith the law. And if they will learn any thing, let them ask their husbands at home: for it is a shame for women to speak in the church* (I Corinthians 14:34-35).

This literal interpretation of the Bible has kept women in bondage for thousands of years. Her father was taking the Bible literally; but the Bible is a psychological and spiritual drama taking place in the consciousness of man. The Bible is not dealing with doctrinal questions or theological concepts, which are merely created by theologians out of their own mentalities.

The word *church* in the Bible does not refer to a building or a religious sect or denomination. Church means ecclesia, or a calling out or drawing forth of wisdom, truth and beauty from your subjective depths. It could be called an aggregation of spiritual ideas in your own mentality. To enter the church, or ecclesia, of God, you must adopt a new mental attitude and realize that God is Spirit and that you are one with that Spirit.

Many men have read the Bible in the letter, forgetting the spirit, or real inner meaning. Their different interpretations of the Scriptures, together with their promulgation of certain creeds and dogmas, are the main cause of the countless sectarian groups or churches of today. The writer would like to emphasize that the true church is within yourself and is not made of creeds, rituals, forms or ceremonies, nor is it contained in marble structures or those of wood and stone.

Your own heart (your subconscious mind) is the temple of the Living God, and the Spirit of Truth in you will guide you into all Truth. There is only One Truth—not two, three or 1000—just the One. Turn to the Spirit within, which is God, and ask for light and inspiration, and all the different creeds and dogmas will vanish. You will then find the true church within yourself—the Presence of God. Men and women in the Bible refer to the interaction of your conscious and subconscious mind. Woman means your subconscious mind, where the infinite intelligence and boundless wisdom of God abide. Emerson says, "The Infinite lies stretched in smiling repose." In other words, God lies in your subjective depths. When you pray for inspiration and guidance, or are seeking light on some subject, naturally you remain silent, still and receptive. As you know, the nature of Infinite Intelligence is responsiveness, and you use your conscious mind to carry out the guidance and inspiration which comes from it.

This procedure has nothing to do with sex or whether you are male or female. In other words, the Bible is not referring to sex but to gender. Everyone is male and female in the sense that every person has a conscious and a subconscious mind.

The Silent Treatment

When you pray for another you realize, as Paul says: *God is not the author of confusion, but of peace, as in all churches of the saints* (I Corinthians 14:33).

A saint, Biblically speaking, is any person who is dedicated to God and the eternal principles of life. To pray scientifically for another person, you quiet the mind, remain still and passive. You don't try to make something come to pass. You seek results, but you don't try to coerce the subconscious to obey your decrees. Your subconscious responds to your convictions regarding the Infinite Healing Presence.

In the prayer process, you don't dwell on symptoms, aches or pains; neither do you say, "John (or May) is getting better now; his nerves are calmer, his heart is normal." These are suggestions but not a real silent realization. For example, if you are praying for Mary Jones, affirm: "Mary Jones is known in Divine Mind. God indwells her, and His river of peace saturates her mind. His love fills her soul. God is, and His Presence flows through her vitalizing, healing and restoring her

to wholeness and perfection. I give thanks for the healing power of God taking place now."

In this prayer form, you identified with the Divine Presence in Mary, and you claimed that what is true of God is true of her. After your silent, spiritual treatment, if you felt an inner sense of peace or satisfaction or if you felt that is the best you could do for the present, dismiss the matter until you feel led to pray again. The next time you pray for her should be as if you had not prayed before. If, after the first time you prayed, you said, "This will do until I get back to it again," you would stultify your prayer. Each time you pray for Mary, you are reinforcing the idea of vitality and wholeness for her. Gradually, or immediately, as the case may be, the idea of perfect wholeness and vitality will be resurrected in Mary.

When you relax and let go and enter into a psychic, passive state, your conscious mind is partially submerged and you are *en rapport* subjectively with Mary; and what you feel as true of Mary will be felt by her. When you prayed, you were the silent one in your own church, knowing that God is the author of peace and health; not sickness or confusion. Your subconscious does not speak or articulate like your conscious mind. Your conscious mind dwells on wholeness, beauty and perfection and decrees joy and vitality. There is a response from the subconscious according to the beliefs and convictions of the conscious mind. That is why it is written: . . . *For it is not permitted unto them to speak.* . . (I Corinthians 14:34).

Your subconscious speaks in symbols, allegories, dreams and visions of the night. Your conscious mind may interpret and become the spokesman for your subconscious mind.

Ask Your Husband

For thy Maker is thine husband. . . (Isaiah 54:5). When, therefore, Paul says: *And if they will learn any thing, let them ask their husbands at home.* . . (I Corinthians 14:35), the answer is obvious. You are to turn to the Infinite Intelligence within you for guidance, right action, inspiration and direction. You are not to impregnate yourself with the negative thoughts, fears and false beliefs of the world, but, rather, enthrone God-like ideas and eternal verities in your conscious mind. As you busy your mind with these constructive thought patterns, your subcon-

scious will respond accordingly. This applies to you regardless of your sex status.

Religious Restrictions on Women Are Based on Ignorance

After the above explanation to the woman at the opening of this chapter, she rejected completely the false interpretation given to the Bible by her father and decided to become a minister. Paul says: *Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life* (II Corinthians 3:6).

The Bible is now being taught from the standpoint of its spiritual or esoteric meaning, and women are gaining their freedom from the false and ignorant interpretations of the Scriptures.

The Veil

Another question I am frequently asked is why in many parts of the world, even today, women wear veils. This form of apparel is, of course, gradually dying out as more and more women are standing up for their rights, prerogatives and privileges. Men and women are equal in the eyes of God. . . . *Male and female created he them* (Genesis 1:27).

The greatest degree of freedom for women is in our own country; and complete emancipation, spiritually, mentally, physically and financially, is already on the horizon. Woman represents the subjective side of life, which is invisible and covered by the objective side of life. The veil is symbolic of that truth.

Superstitions and Religion

It is sad but true that religion and superstition have been the prime offenders in advising people to belabor their bodies with all kinds of stern austerities for no good purpose. In ancient times many religious devotees practiced flagellations, privation and starvation, which were forms of mental and physical debauchery. Many of these religious devotees maltreated their bodies so much that they actually ruined them for the remainder of their lives. It is said that Saint Francis spent the last year of his life in a deep childish melancholy, "because,"

said he, "I brought this body to this pass. Because I have beaten my brother (his body) too hard."

The Biological Rule

It is true that down through the ages man in his ignorance has taken advantage of woman's biological handicap. She gave birth to children and devoted many years in bringing up the children to where they could be independent and support themselves. During all this time she has been under a physical handicap, and man has taken advantage of that for his own aggrandizement and to make her an inferior.

Many religions misread and misinterpreted the allegory of the Garden of Eden in order to justify keeping women in subjection. . . . *And thy desire shall be to thy husband, and he shall rule over thee* (Genesis 3:16). It is stupid to take this literally. It is true psychologically, as previously explained. Your conscious mind rules your subconscious, and the latter is amenable and subservient to the suggestions of your conscious mind.

The Council of Alexandria

In the early days of Christianity, there was held a council of the church fathers in Alexandria. The purpose of this meeting was to decide whether women really possessed a soul or not. Lo and behold, they voted on the matter, and the conclusion was that she had—by a majority of one. I told this to my secretary, Mrs. Wright, and she said, "That was a close call."

We are now beginning to have women ministers in the Protestant churches, but since the early days of Phineas Parkhurst Quimby, 1847, onward, we have had women ministers in Unity, Religious Science, Science of Mind, Divine Science, Church of Truth, and all branches of the New Thought field. Recently, women priests have been ordained in the Episcopal Church, and it is only a question of time until we have women priests and bishops in the Catholic Church. It is also quite possible, at some time in the future, to have a woman pope.

The Middle Ages

There were many famous abbesses—superiors in a convent of nuns—in the Middle Ages who had their own establishments, who

were illumined and inspired, and who became so outstandingly brilliant that they far outshone the men of that day. The men became frightened and nipped their distinguished and illustrious spiritual careers in the bud. These abbesses were distinguished scholars and outstanding executives also, and their male colleagues decided to clip their wings.

If these men had known the truth, they would have rejoiced and been exceedingly glad that members of their religious order had moved onward, upward and Godward. To inhibit and block another is to place blocks in your own progress and advancement.

Zoologists and naturalists inform us that there is no animal living under instinct dominating a female, though there are a few instances where the female dominates the male. Down through the ages man has dominated the female through the misuse of his mind, and he has exploited the female of the species because of her biological role in life.

Allegories Are Like Dreams

Allegories can be read at different levels like dreams. Many have more than one interpretation. Adam and Eve represent your conscious and subconscious mind. The serpent that tempts you represents your five senses, which deceive you and trick you at times. You must not be governed by your five senses, however, which consist of sundry concepts, good and bad. Five-sense knowledge is not sufficient to govern your life, for then you become impregnated with all sorts of false knowledge, fears, doubts and negative suggestions.

There are several levels to the Garden of Eden story, but actually, you are the Garden of Eden yourself. The four rivers represent your spiritual, mental, emotional and physical natures. They also represent an allegory of your body, representing the four fluid systems of your body: the cerebro-spinal nerve system, the sympathetic nerve system, the blood stream or circulatory system, and the intestinal tract.

The flora and fauna of the Garden, the plant and animal life, represent the flora and fauna of your body: the flora, the vegetation of the body; and the fauna, the cells of the body. This garden is tenanted by a man and woman—your conscious and subconscious mind. The allegory of the Garden of Eden is concerned with gender, not sex. It deals with the relationship of the male and female principle in all of us; namely, the conscious and subconscious mind.

Eve, the subconscious, was taken from Adam's rib while he slept. One way of looking at this is that during sleep the subconscious takes control and emerges. The rib-basket protects all the vital organs of your body. One meaning of the rib is the natural symbol of the preservative and protective nature of your subconscious. It is merely an allegory. During sleep, answers come in your dreams. Of-times the full solution to a perplexing problem is given to you then.

Years ago I used to see the questions to an examination in chemistry and pharmacology before the examination. Your subconscious controls all the vital processes while you sleep. The rib also means the structural idea or plan in your mind; and as you emotionalize the idea and become enthusiastic about it, you are calling forth Eve, the subjective or emotional, which is the creative medium. Emotion follows the thought, the idea, the invention in your mind. This is why in some countries in the Far East the woman follows the man. He goes first and she follows with a load on her head or back. He takes it easy.

This is the curse of literalism. It is said that a curse was pronounced upon Eve for listening to the serpent, and Eve was made subject to her husband. The subconscious is subject to the husband (conscious mind) not only for good, but for evil, too. It is foolish to listen to the serpent, which means, in simple language, the false beliefs of the world, five-sense propaganda.

The serpent is another name for the Life Principle, or God, only it means God upside down, a morbid, twisted, distorted concept of life, God and the universe. If you visit someone with cancer, are you bothered by the thought that you may get it? Where is the tempter? In your own mind. Slay the negative thought. Cremate it at once, and affirm: "Spirit in me is God. It is the Ever-Living One, the All Wise One. It can't be hurt. It is Omnipotent." This attitude will protect you.

The Two Trees

An allegory is a representation of the spiritual meaning through concrete or material forms. It is a figurative treatment of one subject under the guise of another. When I was a boy I asked the priest at my church where the Garden of Eden was. He said it was between the Tigris and the Euphrates and to ask no more questions. If a thing is true,

there is a way in which it is true. There is no such garden any place and there never was an actual Garden of Eden.

But it is true psychologically. All of us have received instructions and ideas, both good and bad, false and true, when we were young and impressionable; and our minds, being malleable, accepted them. Like seeds, these ideas grew up in us and became fixed states of mind. Perhaps some were based on fear and prejudices and others on the golden rule, honesty, integrity, etc. Our religious beliefs were given to us when young and, like fruit on a tree, we bear fruit according to the beliefs implanted in our subconscious mind.

The religious wars of today bear bad fruit from the tree of life within ourselves. All seeds grow after their kind. The tree of good and evil is our own mind believing in good and evil, which is the cause of the troubles of the world. There is only One Power—not two, three or a thousand.

Old Customs and Traditions Based on Ignorance

Recently I conducted a class on the Inner Meaning of the Book of Romans, which was very well received. A young medical doctor who was present said she would appreciate the psychological and spiritual meaning of the following verses from Paul, which troubled her:

Every man praying or prophesying, having his head covered, dishonoureth his head. But every woman that prayeth or prophesieth with her head uncovered dishonoureth her head: for that is even all one as if she were shaven. For if the woman be not covered, let her also be shorn: but if it be a shame for a woman to be shorn or shaven, let her be covered. For a man indeed ought not to cover his head, forasmuch as he is the image and glory of God; but the woman is the glory of the man. For the man is not of the woman; but the woman of the man. Neither was the man created for the woman; but the woman for the man. For this cause ought the woman to have power on her head because of the angels (I Corinthians 11:4-10).

These verses of Paul deal with the interaction of the male and female principle within all of us. When these two phases of our mind work harmoniously, peacefully and in unison and accord, the issue from this union results in health, wealth, happiness and true expression.

There are some churches in Europe and South America as well as other places that still insist today that women cover their heads before entering the cathedral; however, the custom is dying out to a great extent. Some years ago a group of us visited some of the famous cathedrals in Italy and France. Some women from America had to put something on their heads in order to enter, and it wasn't always a hat. This is an old custom or tradition handed down for generations.

The marriage in the Bible is the union of your thought and emotion. When these two unite and are constructive, there is an issue from this union. If your thoughts are God-like, your emotions, being generated from your thought, your heart will then be a chalice of God's love. The real marriage in the Bible is your sense of oneness with God. From that union come forth all the fruits of God: love, joy, peace, abundance, security and happiness.

Paul is speaking about the subjective side of our nature, which is called woman in the Bible. A man or a woman is not to be looked upon just as a body. You are a mental and spiritual being. Your body is a vehicle and is a representation of your thoughts, feelings, imaginations and beliefs. Spirit, Consciousness, Awareness, the Life-Principle is the reality of each person.

Paul is always talking about spiritual laws and truths of life. Paul knew the workings of the mind and was well acquainted with what we call abnormal psychology today. For about 300 years the teachers and leaders of early Christianity performed great things, including miraculous healings, and were on fire with the Truth.

All of you know the history of the great Roman emperor Constantine, who came along and organized the early church into a vast organization, establishing rites, rituals, ceremonies, and doctrinal regulations, dogmas and tenets to be believed in. It grew on the outside but began to die slowly on the inside. This is true of all the religions. These men forgot the real Source of all blessings and bounty and looked to form, ceremony, structures and the hierarchy, worshipping the created thing rather than the Creator. Always look to your own Divine Center for the light and true wisdom.

When Verse 4 says: *Every man praying or prophesying, having his head covered, dishonoured his head,* man means mind—your conscious, reasoning mind, your thought, intellect. Your thought is inci-

pient action. Man's head should be uncovered in the sense that his imagination should be disciplined and controlled along spiritual lines. His mind should be free from fear, arrogance, pride and strife. Spiritual reasoning should be enthroned, and thoughts of peace, harmony, right action and goodwill should dominate his conscious mind.

Paul says a woman should have her head covered, for he says it is a shame for a woman's hair to be shorn or shaved; let her be covered. We are told that Samson's strength was in his hair. Hair represents thoughts and emanations of Divine energy, your mental patterns and attitudes. This is why man's hair is cut short. This should not be taken literally, as it has nothing to do with actual physical hair on the top of your head. Man trims or cuts off his hair, meaning he gets rid of all resentment, antagonism, prejudices and hostility. By identifying with Divine love, the Spirit of forgiveness and exalting God in the midst of him, then his head, or conscious mind, is truly uncovered and he is ready for prayer, meditation and spiritual growth. Looking at it symbolically and from a spiritual standpoint, long hair on a man would indicate a growth of false concepts and erroneous opinions accompanied by negative emotions, and intellectual pride and conceit.

Mrs. Margaret Barrows, who does some extra work for me occasionally, asked me why it was that women through the ages were looked upon as chattels, inferior to man, and subservient. She mentioned, for example, that one of her female antecedents in the old country in Europe would leave the room whenever a man came to visit her husband.

As previously explained, the subconscious is subservient to the conscious mind, or the man. The male (conscious mind, intellect) is dominant. This is why the woman, when she prays, should have a cover. All that means is that your conscious mind should be the guardian at the threshold and should see to it that nothing enters into your subconscious mind that does not fill your soul with joy.

If you see a builder laying bricks and one brick is underneath the other, both bricks are the same and of equal importance. The brick underneath is in an inferior position, not, however, inferior in usefulness and importance. One brick is inferior in placement or position, and that is all. This is the same with your subconscious, called the woman in the Bible. Your conscious mind controls and dominates your subconscious,

and the latter is amenable to suggestions and the habitual thinking and imagery of your conscious mind.

Your subconscious responds to the dominant thought of your conscious mind. When your thought or idea is emotionalized, it is subjectified. Your subconscious, being creative, then causes the manifestation to take place. *Which of you by taking thought can add one cubit unto his stature?* (Matthew 6:27). To cubit in the Bible means to mother it, to emotionalize your idea, to nourish it and animate it so that it will gel and become impressed in the subconscious and come to pass.

The Woman in Everyone

One of our radio listeners, who has a secretarial position with the Government and is about to retire shortly, wrote me and said she heard me say on my daily radio broadcast that if you pictured yourself on board a plane or ship and felt the reality of it (for example, if you want a voyage on a ship, you should picture the event here and now, and feel yourself as now sitting on deck, looking at the stars, listening to the creaking of the ship, smelling the briny ocean, feeling the ocean breeze in your face and looking at the vast deep), by dwelling on the scene and making it so vivid and real that when you opened your eyes after the meditation period you are actually amazed that you are not on the ship. Your feeling was so real, that it is a sure sign that you have fixed it in your subconscious and it will come to pass. Even though you do not have the money to take the trip, if you succeed in impregnating your subconscious, it will surely come to pass in ways you know not of.

Accordingly, she followed the technique and on the third night fell asleep affirming, "Trip, trip, trip." She awakened the next morning and had no further desire to pray about it, because she had succeeded in fixing the idea in her subconscious mind. The sequel was interesting. She is retiring in a few months, and her supervisor proposed marriage. The first thing he said to her was: "After the marriage we are taking a trip around the world." Her prayer was answered and she is taking the trip that she had imagined and felt to be true.

This is what the Bible means by cubing your thought or mental image—mother it, for it is the mother that gives birth to the child—not the man. She began to think about the trip, got maps of foreign countries, and then, getting interested in visiting all the foreign ports, she

engaged the powers of her subjective mind, because she evoked the feeling, the interest, the enthusiasm; then the subjective mind brought it to pass in its own way. The woman in you always represents your emotion, your feeling nature, your subjectivity.

Why the Woman's Head Must Be Covered

Your subconscious mind does not choose your thoughts. Your conscious mind is the choosing, volitional mind. This is why the subconscious mind can be polluted by an ignorant, tyrannical, despotic, egotistic and autocratic conscious mind. When the conscious mind entertains gangsters, assassins and marauders in the form of evil, hostile, hateful and vengeful thoughts, these befoul the subconscious and bring forth all manner of diseases and disorders of mind, body and affairs.

This type of conscious mind can be in every person, irrespective and regardless of sex. To indulge in resentment, or to desire to get even causes your subconscious to respond in a negative and destructive manner. Modern research by psychosomatic physicians points out that they have found destructive emotions behind cancer cases.

Mind Over Cancer

In an article on prevention in the *Magazine for Better Health,* , Dr. Carl Simonton, a specialist in oncology, the science of tumors, states as follows: "Some personality characteristics of the cancer patient that other scientists have identified as significantly different than non-cancer patients are: (1) a tendency to harbor resentment and an impairment in his ability to express hostility; (2) a tendency towards self-pity; (3) difficulty in developing and maintaining meaningful, long-term relationships; and (4) a poor self-image. In addition, a sense of basic rejection, either by one or both of his parents, consequently develops the life history pattern seen so commonly in the cancer patient."

Dr. Simonton points out in the above quotation from his article that negative, destructive emotions can bring about destructive diseases in the human body. This is why the Bible says the woman's head (your subconscious) should be governed by Divine ideas, mothered by Divine love. This is the government of the free and it guarantees peace, security, health and abundance.

The Woman Is the Glory of Man

Verse 7 of Chapter 11 of I Corinthians is, of course, psychological. The woman (your subconscious) should always be watched over and protected by your conscious mind. The word glory comes from glow-ray; i.e., whatever thoughts are true, lovely, noble and God-like, when focused on by your conscious mind, will find their way by a process of spiritual osmosis, into your subconscious and shed their glow, warmth and light on all your undertakings.

If you do not govern, control and direct your emotional life, you will respond to all the sundry negative thoughts, fears and predictions of gloom and doom which bombard us night and day; then these irrational emotions will impel and propel you into negative actions and reactions. In Biblical language, you are committing adultery when you cohabit with evil, hate, jealousy, resentment and hostility in the bed of your mind. To do so is to spawn an evil progeny.

The woman's hair is not shorn or shaven, because hair, being symbolic of thought, should be protected at all times by the Truths of God and watched over by the Overshadowing Presence of a God of Love, enthroned and dominant in the conscious mind.

Man's hair, symbolically speaking, should be shorn, as previously explained, in the sense that his intellect should be anointed with the wisdom of God; and his contemplation should be on the truths of God from the highest standpoint. Down through the ages men have worn hair long and short, but the Bible is talking about your thought life, your mental patterns and focused attention. Long hair, symbolically and Biblically speaking, would be wrong for a man, as it would indicate that he was governed not by spiritual reasoning, but by negative emotions and the mass mind.

Woman's hair, Paul says, should not be shorn, which, in the psychological and spiritual sense, means that her mind is not at peace and that she does not have God or God-like thoughts or ideas, as her husband. In other words, ignorance, fear and superstition are governing her, and she is not clothed with the garment of salvation and the robe of righteousness. The woman who is uncovered, therefore, in the light of the Bible and its inner meaning, becomes unstable, neurotic and subject to every wind that blows.

Needless to say, whichever you are, a man or a woman, you do not take the subject of the hair literally. A man with long or short hair may be a God-like man. The trouble is not in his hair or head, but the way in which he uses the laws of mind. The answer to all problems is to keep your attention on God and all things good; then you are prophesying for yourself a wonderful future. With your eyes stayed on God, there is no evil on your pathway.

Disciplining the Mind

She was found with child of the Holy Ghost (Matthew 1:18).

The Holy Ghost means the Holy (whole) Spirit or God which is lodged in the unconscious depths of all men. Joseph is your choosing, volitional, or conscious mind. Mary represents your deeper mind full of the qualities, attributes, and potencies of God.

Joseph, the conscious mind, should be a guide and protector for the holy child, which child is your awareness of the presence and power of God within you. Your thought is Joseph, and your feeling or emotion is Mary. When these two unite in peace and harmony, your prayer is answered; this is God in action. This is the way your mind works, and knowledge of this is the birth of the Holy Child or wisdom in you.

Practice a harmonious, synchronous and joyous relationship between your conscious and subconscious mind and you will bring forth health, peace, strength and security. Enthrone the right idea in your mind; then you will experience in your heart the true feeling. The union of your thought and feeling represents the married pair in you; when they are fused, the third element, peace (God), enters in, and you experience the joy of the answered prayer. Let your heart become a chalice for God's love and a manger for His birth; as a result you will express and bring forth a child which is God on earth.

How to Use The LAWS OF MIND

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DeVorss & Company, *Publishers*
P.O. Box 550
Marina del Rey, California 90294

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ISBN: 0-87516-426-9
Library of Congress Card Catalog Number:
80-68548

Third Printing, 1988

Printed in the United States of America

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CHAPTER 1

How Your Mind Works

You have only one mind, but there are two phases or functions of that mind. In this chapter I plan to make the distinctions clear and readily comprehensible. Each phase is characterized by its own phenomenon, which is peculiar to itself. Each of these minds is capable of independent action, but that still does not mean that you are endowed with two minds.

In this book you will learn to use both phases of your mind synchronously, harmoniously and peacefully, thereby bringing harmony, health and abundance into your life. The terms used to designate these two functions of your mind are as follows: the "objective mind" and the "subjective mind," the "conscious" and the "subconscious mind." Others designate the two states of consciousness as the "supraliminal" and the "subliminal," after the old psychologists.

I have adopted the terms "conscious" and "subconscious" throughout this book. The objective, or conscious, mind takes cognizance of the objective world by means of the five objective senses, whereas the subconscious, or subjective, mind is that intelligence

which manifests itself in all subjective states and conditions, as in dreams, visions of the night, solutions to problems, the source of inspiration, guidance, healing, etc. Your subconscious mind is the mind that takes care of all your vital organs when you are sound asleep. It takes charge of your breathing, the circulation of your blood, and sees to it that your heart and all the other essential functions of your body are operating perfectly. Your conscious mind is your guide in your contact with the environment. You are constantly learning through your five senses by observation, experience and education.

Suggestions and Your Subconscious

Your subconscious mind is amenable to suggestions and it is controlled by suggestion. One of the corollaries of the law of suggestion is that your subconscious mind does not engage in inductive reasoning, which means that it does not institute a line of research by collecting facts, classifying them and estimating their relative evidential values.

Its method of reasoning is purely deductive. This is true whether the premise is true or false. In other words, its deductions from a false premise are as logically correct as from a true one. Thus, if it is suggested to a hypnotized subject that he is a dog, he will immediately play that role and perform the acts of a dog, so far as it is physically possible to do so, while at the same time believing himself to be a dog.

In all probability, you have seen hypnotized subjects

play the role of the type of character suggested to them by the operator or hypnotist, for the subject believes himself to be the actual personality suggested. For instance, you could suggest to a hypnotized subject that he is President Roosevelt; and if at some time in the past he had heard President Roosevelt speak or address the nation, his own personality would be completely submerged under the influence of the suggestion. He would believe himself to be the late President Roosevelt.

Two Opposing Suggestions

You have the power to reject the suggestions of the other person. The suggestions of the other person have no power unless you accept them; then they become the movement of your own mind, or an auto-suggestion. For example, if you say to a businessman or a professional man who is full of confidence and faith in his ability and understanding and who believes in success and achievement that he is going to fail, he laughs at you or treats the suggestion with scorn or ridicule. Actually, your suggestion acted as a stimulus to his conviction of advancement, prosperity and a triumphant life. Your subconscious accepts the dominant of two ideas.

How She Handled the Suggestion of Seasickness

On one of our Seminars on the Sea, a woman suggested to a member of our group that she looked ill

and pale and that perhaps the rough sea was making her ill. She was prepared, however. She knew how to handle it, so her rejoinder was: "I am here to have a wonderful time. I am going to roll with the waves and the rhythm of the deep. It is wonderful!" She neutralized the woman's negative suggestion.

The negative suggestions of others, to be effective, must have a kindred spirit in you; a fear pattern must be in your subconscious; otherwise, it would have no effect. Always remember that you can tune in with the Infinite Presence and Power within you. When you are aligned with the Infinite, you will gradually build up an immunity to all harm and false suggestions.

Your Early Training

All of us, when we were young, malleable and highly impressionable, received suggestions regarding religious beliefs, opinions, superstitions, false beliefs and prejudices from our parents, uncles, aunts, clergymen, teachers and others.

All of us accepted the suggestions, beliefs, language, customs and traditions of our parents and environment. We had no other choice. We could not reject their suggestions and indoctrination, as we had not yet reached the point in our lives of discernment or the capacity to differentiate between that which is false and that which is true.

You were not born with any religious beliefs, fears, taboos or strictures of any kind. Like all of us, you were born helpless, ignorant and completely at the

mercy of your parents or those entrusted with your care. You were born with only two fears—the fear of falling and the fear of noise—both of which represent God's alarm system in you to protect you. All other fears were given to you.

I suggest to people that they examine the origin of their beliefs, religious concepts, and fears and see if they contribute to their health, happiness and peace of mind. You can eradicate and expunge from your subconscious mind anything that was learned, acquired or copied by you in your youth. In other words, you can recondition or reprogram your subconscious mind along the lines of eternal verities, which are universal and belong to all men. These eternal truths are the same yesterday, today and forever.

How She Cleansed Her Mind

An elderly woman, a retired school teacher, explained to me how she had eradicated what she called her weird, grotesque, irrational, illogical and unscientific religious beliefs. She read a statement from one of the magazines, wherein Einstein said: "Science without religion is lame and religion without science is blind."

She studied the religions of the world, including Unity and Religious Science, and read *The Power of Your Subconscious Mind.** The latter book stopped

*See "The Power of Your Subconscious Mind" by Dr. Joseph Murphy. Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

her in her tracks. She said it rang a bell and she woke up from a long religious stupor.

Accordingly, she practiced the following prayer regularly and systematically, knowing that she would erase all false concepts of God from her deeper mind in the same way as you talk over a tape, automatically erasing the contents. The reconditioning of her subconscious mind was as follows:

"Divine love fills my soul. Divine right action is mine. Divine harmony governs my life. Divine peace fills my soul. Divine beauty is mine. Divine joy fills my soul. I am Divinely guided in all ways. I am illumined from On High. I know and believe that God's will for me is a greater measure of life, love, truth and beauty, something transcending my fondest dreams. I know that God loves me and cares for me."

She formulated the above prayer after reading *The Power of Your Subconscious Mind* and other books. She knew that by reiterating these great truths, they would sink gradually into her subconscious mind and bring about a transformation.

The first thing she learned was that there is only One Power. There cannot be two, spiritually, scientifically, mathematically or any other way. There is no room for anything else when you realize that God is the Living Spirit Almighty and is omnipresent and omnipotent. If there were two powers, one would cancel out the other and there would be no order, design, proportion or symmetry. The world would be a chaos instead of a cosmos.

She also realized that all the good and evil she experienced were due to the way she used the One Power, which is whole and perfect in Itself. She woke up to the fact that she could use any power two ways and that good and evil were the movements of her own mind relative to the One Being, which is whole and perfect in Itself.

She was a wise woman. She learned from her mistakes and corrected them, instituting new action upon the basis of new truths she has learned. She is now leading a happier and more peaceful experience.

How Can I Find Peace?

This was a question asked me recently at a club in Leisure World. A woman asked: "How can I find peace? I read about rapes, murders, burglaries, gas shortages, and all the crooked deals in high places." My answer to her was that changed attitudes change everything. I pointed out to her that single-handedly she could not change the world or prevent social upheavals, crime and man's inhumanity to man, but she could tune in with the Infinite Presence frequently and affirm: "God's peace fills my soul. The light of God shines in me. I think, speak and act from the Divine Center within me."

This, I added, is the one sure method to find peace in this changing world. There is no law that compels you to hate, resent or fear simply because of what politicians, circumstances or newspapers suggest. You can affirm: "God thinks, speaks and acts through me."

Remember a simple truth of life: No man, circumstance, condition or broadcast takes your peace; you give it away by surrendering your own control over your thoughts, words, deeds and reactions. You are the boss; you are in charge of your own thoughts.

Wealth Was in His Mind

Some weeks ago, I spent some time giving a series of lectures in the major cities of The Republic of South Africa. Dr. Reg Barrett lectures all over the Republic on the laws of mind, and he introduced me at the various seminars we conducted.

After one of the lectures in Durban, a man chatted with me, saying: "You know, it is true. Wealth is first in the mind and then in the ground, the air, the sea, and everywhere." He pointed out that his father and grandfather had come from England to seek their fortunes in South Africa. His grandfather spent many months searching for gold and found nothing. He gave up, because he had no more money. His father, on the other hand, went over the same territory and in a few weeks found a gold vein which subsequently became one of the many famous gold mines in South Africa.

He said that his father was a very religious man and he constantly prayed that God would reveal to him where the gold was and lead him to green pastures and still waters. It is true the gold was in the earth, but the mental and spiritual wealth was in the mind of his

father in the form of an implicit belief in Divine guidance and the truths of the 23rd Psalm. Apparently, from what I was told, his grandfather was tense, anxious and jealous because some of his friends had struck it rich and he hadn't. This attitude caused a mental and spiritual blindness, so he could not see the gold under his feet.

Look Within

Do not look outside yourself for peace of mind, wealth, security or inner strength. The Divine Presence is within you—the Supreme Intelligence which created all things and is All-Wise. No government, institution or person can bestow on you the quiet mind or inner peace.

Your subconscious mind is the seat of habit, and habits are built up in the same way you learned to walk, swim, dance, play the piano, type or drive a car. You repeated certain thought patterns and actions over and over, and after a certain length of time these patterns were implanted in your subconscious mind. Now you do these things automatically. You might call this second nature. The latter is simply the response of your deeper mind to your conscious choices and actions.

Frequently during the day, affirm: "God's river of peace saturates my mind and heart. I rest in the everlasting arms of wisdom, truth and beauty." Make a habit of repeating this prayer. Repeat it over and over

again, knowing what you are doing and why you are doing it. As you continue to affirm and reiterate these simple truths, you will become peaceful and harmonious, and you will contribute to the peace and serenity of all those around you.

Many say to me that they would love to find some hamlet, some town near the beaches, where they could find rest and comfort. Remember, you take your mind with you wherever you go. Actually, you meet yourself at all times. If the mind is in turmoil and you are anxious and worried, the beach or the mountain will not give you peace. You must *choose* peace.

Some people are unceasingly searching for a Shangri-La where all is bliss and harmony, a sort of Utopia, where all of us will share everything together and live harmoniously, peacefully and joyfully. You must remember, however, that you create your own Utopia. There is no such place except in the mind of man, who is in tune with the Infinite and who has found the peace that passeth understanding. The problems, challenges, difficulties and turmoil around us incite us to find that inner peace and also enable us to discover our Divinity and rise above the problems of the world.

You Can Change Yourself

Remember, you do not have a mystic wand enabling you to change the world, but you can change yourself by identifying yourself with the Infinite Presence and

Power within you and constantly claiming harmony, peace, beauty, love, joy, right action and Divine law and order. As you make a habit of this, you will rise above the turbulence and chaos of the world mind, sometimes referred to as the race mind, law of averages, or mass mind.

Overcome the World

The world, in Biblical language, represents all the people in the world, some good, some bad. The mass mind, or law of averages, means the way four and a half billion people are thinking. Every day you read of wars, cruelty, crime, hate, jealousy, murder, race conflicts and religious struggles. You also read of the good and noble people who contribute to the peace of the world.

You cannot run away from the world or the mass mind. All of us are immersed in it because, subjectively, we are all one and the psychic sea impinges on all of us. That is why you should keep prayed up. Assume now, today, that Infinite Intelligence is guiding and directing you and that the power of the Infinite animates and sustains you. Radiate love, peace, and goodwill to all people and wish for them all the blessings of life.

This attitude will guarantee you success along all lines. Furthermore, you will be contributing to the welfare of all people everywhere. You can definitely move triumphantly through the maelstrom of this confused

world into ways of pleasantness and paths of peace. Your inner assumptions, beliefs and convictions dictate and control all external actions.

You Can Transcend

A male nurse—a recent graduate—got a responsible position in a nearby medical clinic. He came to me for consultation, saying that his nerves were jangled, the patients were half crazy, the phones were ringing all the time, and that he couldn't take it any longer.

During the course of our conversation, it began to dawn on him that the people waiting in the clinic were sick mentally as well as physically and that, being a nurse, his job was to overcome the noise, confusion and complaints in that institution. I said to him that the irritations of the sick were a basic part of his work, that he must rise above these problems, and that if he were to run away, he would be going from the frying pan into the fire. I reiterated that he must meet his problems head on and grapple with them courageously; then he would overcome.

He listened, and at my suggestion began to affirm: "*. . . None of these things move me. . .* (Acts 20:24). I will overcome all vexations and difficulties." He decided to remain in the clinic and discovered that his new attitude changed everything.

How He Changed His Life

I had an interesting conversation with a man in Johannesburg, who told me that at 45 years of age he

was broke, dispirited, depressed and dejected because his business had failed and his wife had left him because she felt that he could not support her in the way to which she was accustomed.

The turning point in his life, however, came one evening when he attended a lecture on the laws of mind. The first thing the speaker had said was, "Man is what he thinks all day long." This made a profound impression upon him. The speaker added that this truth has been known for thousands of years, but that the rank and file of humanity overlook it or pay little or no attention to it.

For as he thinketh in his heart, so is he. . . (Proverbs 23:7). The heart is an old term for your subconscious mind. All the Bible is saying is that whatever you really think and feel to be true deep down in your heart will come forth and be expressed in all phases of your life. In other words, any thought, idea or concept emotionalized and felt as true will be brought forth by your subconscious as form, function, experience and event. All through the ages this has been the most outstanding discovery in man's life.

This man began to make a habit of thinking of success, harmony, peace, goodwill, prosperity and right action. He busied his mind with these concepts and proceeded to prove them to himself. When thoughts of self-condemnation or self-criticism came to his mind, he said that he would immediately affirm: "Success is mine. Harmony is mine. Abundance is mine." After some months of this altered mental attitude, he

became a constructive thinker. He said he now has a business bringing him an income of over several million dollars a year in our money. He employs hundreds of people and shares his profits with them.

The Psalmist said: . . . *I will set him on high, because he hath known my name* (Psalms 91:14). Name means nature, and the nature of Infinite Intelligence is to respond to you. In the third chapter of Exodus, the name is called I AM, or awareness, the function of thinking.

Dr. Reginald Barrett, one of the teachers in South Africa, said a very interesting thing to his audience, the essence of which was this: "If you had no mind you could not see me or hear me. You would have no sensation of the world around you. You could not taste, feel, or smell the fragrance of the flowers in your garden." Your mind is basic to all living, and it gives life, substance and form to what you accept and believe to be true. Everything you look at came out of the invisible mind of man and of God.

Be Sure to Remember a Basic Truth

William James, the father of American psychology, stated that he felt the greatest discovery of the last one hundred years was the awareness of the powers of the subconscious mind. Dr. Phineas Quimby, who started healing people in 1847, pointed out in his experiments that, "If I really believed a thing, the effect would follow whether I was thinking of it or not."

This is of great importance, because it applies to all of us and reveals that whatever has been deposited in our subconscious mind governs and controls us. In other words, your subconscious beliefs, assumptions and convictions dictate, control and direct all your conscious actions, whether you are thinking about them or not. Whatever is impressed in your subconscious mind, whether good or bad, will always be expressed on the screen of space. Your habitual thinking is gradually absorbed and recorded in your subconscious. There they become laws and beliefs which act automatically.

She Was Allergic to Orange Juice

I had a long talk in Port Elizabeth with a young woman who said that she loved to drink orange juice, but that whenever she did, she would break out in a very disagreeable and irritating rash on her face and arms. Her sister and brother, however, drank orange juice with impunity and seemed to thrive on it.

I explained to her that her allergic response undoubtedly went back to childhood, when she ate too many oranges and was told they are bad for her. I pointed out that that belief is now buried in her subconscious mind and predisposes her to a certain reaction, and that the absence of this belief in her brother and sister prevents a similar reaction. It was the subconscious assumption behind the allergic reaction which she had long forgotten.

I explained how she could overcome the problem by using the following prayer, which would recondition her subconscious and erase the fear of oranges: "God pronounced everything good. Whatever I eat or drink is transmuted into beauty, order, symmetry and proportion. I am harmonized and vitalized. I eat the bread of heaven and I drink the wine of joy. In my body I see order, peace, wholeness and beauty made manifest. It is wonderful!"

She was to write these truths by repetition into her subconscious mind so that gradually she would be freed from the false belief. She knew that the conscious mind controls the subconscious, and a few days ago I received a letter from her containing a picture of her drinking orange juice. Having discovered the power within herself, she has found a new sense of freedom and peace of mind.

Practice This Truth

Anything that your conscious mind assumes to be true is accepted by your subconscious mind, and the Infinite Intelligence of your subconscious proceeds to bring to pass and execute the role suggested by your assumption. Your assumption, true or false, hardens into fact and is projected on the screen of space.

He Said, "It Works"

A few months ago, I said in one of my Sunday morning lectures at the Saddleback Theatre in El Toro

that whatever a person added to "I AM" with feeling and understanding would come to pass. One man said to himself, "I am going to try it." Accordingly, many times a day he would affirm, out loud when possible, "I AM prosperous. I AM healthy. I AM happy. I feel wonderful!" Driving along the road his silent speech was the same. He made a habit of it and found it to be a valid law of life. His business, his health and his relationship with his family have undergone a marked transformation. He discovered that his changed attitude changed everything in his life.

Your Right Hand

Recently a man gave me a news article in which it stated that a man's hand was cut off at the wrist because he had stolen twice. The article said it was based on the Koran. All Bibles of the world have an inner meaning and should not be taken literally. In Matthew 5:30, it says: *And if thy right hand offend thee, cut it off, and cast it from thee. . . .*

The Bible is full of parables, allegories, metaphors, similes and cryptic statements. A parable has an outer as well as an inner meaning. With the hand, you fashion, mold, create and direct. The action of your hand is, of course, dictated by your thoughts. If, for example, you paint a monstrous, ugly picture, you can change your mind by identifying yourself with the indescribable beauty of God and paint a thing of beauty and a joy forever.

If your work or your artistic creations are wholly unproductive, stop the endeavor at once and cut it out. In other words, change your mental attitude. If you are not getting results in business or your profession, this is due to your thought life and your imagery. You must change your thoughts.

In one of the Eastern countries, I asked the guide the meaning of the sign in the park. He said that literally it means, "Cut off your feet," which, in our language, means, "Keep off the grass." . . . *Without a parable spake he not unto them* (Matthew 13:34).

And if thy right eye offend thee, pluck it out, and cast it from thee. . . (Matthew 5:29). Eye means spiritual perception, your understanding, the way you look at things, your outlook on life. When a boy understands a complicated algebraic equation, he says, "I see it now," meaning he comprehends it thoroughly.

If you say that there is no way out or you will never get ahead in life, you should pluck out that eye. In other words, cut out that stupid attitude and realize you are a son of the Infinite, born to win. Realize that you are Divinely guided and live in the joyous expectancy of the best, and the best will come to you. Begin to see tongues in trees, sermons in stones, songs in running brooks, and God in everything.

CHAPTER 2

How Your Mind Heals You

Any form of belief which inspires the faith of the patient, when supplemented by a corresponding palliative suggestion, is efficacious as a therapeutic agency. Thus, the fetish worshipper who believes that the tooth or claw of an animal or a carving in wood or bone is the abode of a supernatural spirit, whose aid can be invoked by certain ceremonies, may, by the performance of the prescribed rites, be restored to perfect health. Why? Simply because the ceremony and belief constitute a powerful suggestion, and his subconscious mind and blind faith resurrect and activate the infinite healing presence in his subconscious mind.

The Days of Primitive Humanity

In the days of primitive humanity, when superstition was universal, there prevailed innumerable techniques and methods for the healing of mind and body. The irrational reverence for idols, talismans, bones of saints, relics, etc., brought about healings due to blind faith. The latter means anything that moves your mind from fear to faith, which produces results.

The Power of the Placebo

A placebo is a medicine or preparation, an inactive one, such as a lactose tablet, or bread crumb in capsule or pill form prepared to soothe a patient. The substance given has no therapeutic value, yet frequently a remarkable healing follows the administration of such innocuous substances. Many doctors in many parts of the world are very much aware of the therapeutic potency of a placebo.

The word placebo is derived from Latin and means "to please." Recently, I read an article which pointed out that Dr. Shapiro stated in the *American Journal of Psychotherapy* that a "placebo can have profound effects on organic illnesses, including incurable malignancies."

Centro Medico Del Mar Tijuana

I have talked with several men and women who told me that they had had cancer, some of the cases being inoperable. They went to the medical clinic in Tijuana, Mexico, received Laetrile treatment, and recovered completely. One man told me that he met people there from all parts of the world. Many articles have appeared in our newspapers about people who were healed by Laetrile when everything else failed.

This points out clearly the working of the subconscious mind, which responds according to the belief of the patient. The Food and Drug Administration and

many of the leading cancer specialists state that Laetrile, which is derived from apricots, has no therapeutic value whatsoever. Granting that Laetrile has no medicinal value whatever, if the patient takes it and believes he is going to get well, his belief alters his body chemistry and mobilizes the healing powers of his subconscious mind. . . . *As thou hast believed, so be it done unto thee.* . . (Matthew 8:13).

The Laying On of Hands

The healing of the sick by touch and by the laying on of hands is a very ancient method of healing and is to be found among the earliest nations—among the Indians, the Egyptians and the Jews. In Egypt, sculptures have been found where one hand is represented on the stomach and the other on the back. The Chinese, according to the early missionaries, healed various ailments by the laying on of hands.

In the Old and the New Testaments we find numerous examples, of which a few are selected:

And the Lord said unto Moses, Take thee Joshua the son of Nun, a man in whom is the spirit, and lay thine hand upon him. . . . And thou shalt put some of thine honour upon him, that all the congregation of the children of Israel may be obedient (Numbers 27:18, 20).

. . . They shall lay hands on the sick, and they shall recover (Mark 16:18).

And it came to pass, that the father of Publius lay

sick of a fever and of a bloody flux: to whom Paul entered in, and prayed, and laid his hands on him, and healed him (Acts 28:8).

And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, even Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightest receive thy sight, and be filled with the Holy Ghost. And immediately there fell from his eyes as it had been scales: and he received sight. . . (Acts 9:17–18).

And they bring unto him one that was deaf, and had an impediment in his speech; and they beseech him to put his hand upon him. And he took him aside from the multitude, and put his fingers into his ears, and he spit, and touched his tongue; And looking up to heaven, he sighed, and saith unto him, Eph-pha-tha, that is, Be opened. And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain (Mark 7:32–35).

There are many other passages in the Bible, all of which testify to the wonderful therapeutic efficacy of the laying on of hands. We are told in the Bible that when Jesus visited his native village, he did not do many mighty works there because of their unbelief. But the Bible writer, in relating the circumstance, adds this significant statement: *And he could there do no mighty work, save that he laid his hands upon a few sick folk, and healed them* (Mark 6:5).

It is said that St. Patrick, the Irish apostle, healed the blind by laying his hands upon them. History tells us that the Kings of England and France cured diseases by touch. It is said that the pious Edward the Confessor and Philip the First of France were the first kings who possessed this power. The laying on of the hands was called chirothesia.

Many healers all over the world today practice the laying on of hands, and many get wonderful results. Many claim that there is a magnetic healing power flowing through their hands which is transmitted to every cell. It is reasonable to assume that the belief of the practitioner and the receptivity, faith and kindled imagination on the part of the patient bring about an impregnation of the subconscious mind, thereby releasing and activating the infinite healing presence.

The Bible gives the answer: . . . *According to your faith be it unto you* (Matthew 9:29).

The Power of Belief

I had a phone call from a woman in Utah, with whom I had been in correspondence. She was suffering from terminal cancer and was praying for guidance, wholeness and perfection. She had been saying, "I don't want an operation. I don't want to go to the hospital. I don't want to see a surgeon."

I explained to her that she should never make any such statements, as they indicate fear and cause her to experience the very thing she is afraid of: *For the thing*

which I greatly feared is come upon me . . . (Job 3:25). Furthermore, I explained to her that it was wrong for her to dictate the way the healing would come, as the ways of the Infinite Presence are past finding out. She kept on praying for guidance, wholeness, beauty and perfection.

A friend told her about a book published by Dr. John Richardson and Patricia Griffin, describing 90 cases of cancer sufferers who were healed by treatment with Laetrile. She went down to Tijuana, took the treatment, kept on praying and had a full recovery. She went there believing and received accordingly.

Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11:24). *. . . If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

How Mind Helps Medicine Work

In an article sent to me by Professor Jack Holland of San Jose University, entitled "The Mysterious Placebo," by Norman Cousins, it is stated: "A striking example of the doctor's role in making a placebo work can be seen in an experiment in which patients with bleeding ulcers were divided into two groups. Members of the first group were informed by the doctor that a new drug had just been developed that would undoubtedly produce relief. The second group was told by nurses that a new experimental drug would be

administered, but that very little was known about the effect.

Seventy percent of the people in the first group received significant relief from their ulcers. Only twenty-five percent of the patients in the second group experienced similar benefit. Both groups had been given the identical "drug"—a placebo. Norman Cousins makes a very interesting comment when he states that the doctor, himself, is the most powerful placebo of all.

The above-mentioned experiment reveals the power of belief on the part of the patients. One group had great expectancy of a healing on hearing the words from the doctor; the others were not very impressed by the rather weak statement of the nurse regarding the efficacy of the so-called drug and consequently got very poor results. To believe is to accept something as true.

The Father Within

The Father within is the Source of all things and beings. It is the Life-Principle. Jesus called this Presence "Our Father," which created all things visible and invisible. It is the Power which Jesus used to heal the blind, the halt and the lame. It is the mind and intelligence which quiets the storm, which multiplies the loaves and fishes, the mind which enabled Jesus to disappear in the multitude, to converse with Moses and to raise the dead to life.

When you see a mind like that operating, you know there is the Source and Power called the "Father within." . . . *The Father that dwelleth in me, he doeth the works* (John 14:10). You do not see mind, thought, faith or confidence. The Bible says, . . . *He that hath seen me hath seen the Father* . . . (John 14:9). In other words, if you see a mind performing all these wonderful actions and miraculous healings, you realize that mental and spiritual forces operating are directed by the Father within.

Expect Security

Over the years I have found that a great number of people expect disappointments in life. Many are afraid of some unseen danger; a sense of foreboding, uncertainty and anxiety seems to hover over their mind like a cloud. Great numbers are convinced that the will of God for them is something downright unpleasant and that God is bound to send suffering, difficulties or obstacles of some nature in order to test their faith or punish them for their sins. It is amazing how many people think that the will of God for them is some sort of sickness, pain and punishment for their errors.

Remember, God's will for you is the tendency of the Life-Principle, which always seeks to express Itself as love, beauty, joy, harmony and the life more abundant. The will of God for you is something marvelous, wonderful and beautiful, transcending your fondest

dreams. God is absolute peace and cannot wish pain. God is boundless joy and cannot wish sorrow. God is boundless love and cannot do anything unloving. God is wholeness, beauty and perfection and cannot wish sickness. God is the same yesterday, today and forever.

Man brings on suffering, sickness, pain and misery for himself due to his ignorance of the laws of mind and the way of Infinite Spirit. Man must get away from the jungle ideas that God is a personal being with personal feelings of vengeance such as a man may have. God is also universal law, and the law is not vengeful; it is impersonal and no respecter of persons. . . . *God is no respecter of persons* (Acts 10:34).

When man uses the law negatively, he suffers from the reaction of the law. The sun shines on the good and the bad man, on the murderer and the holy man. The rain falls on the just and the unjust, and the Infinite Spirit passes no judgment on any man. Man rewards and punishes himself based on the way his conscious mind impregnates his subconscious mind. If man thinks good, he receives good; and if he thinks evil, evil inevitably follows. It is as simple as that.

. . . *How can ye, being evil, speak good* . . . ? (Matthew 12:34). Rewards and punishments are inherent in man's own thinking and imagery. It is very foolish for him to postulate the cause of his good fortune or misfortune outside himself.

He Discovered Himself

Recently a man came to me for consultation. He was working for a large corporation and he was blaming his associates, the boss and the corporation. He imagined certain people in the office were blocking his promotion and advancement. He was angry about these conditions and circumstances, which caused quarrels and disharmony of all sorts.

I explained to him that the cause of all his experiences was in himself, not outside, and that he had wandered away from his Divine Center, the Source and Cause of all blessings. This man was as though blindfolded and fighting enemies that were not really there. He changed his attitude and began to claim morning and night the following: "God is on my side. God loves me and cares for me. God is my boss, my guide, and opens up the way for greater expression for me." He decided to change his thought life and began to radiate thoughts of love and goodwill to all his associates, the boss and all others around him.

He discovered that God, the Supreme Intelligence within him, was for him and not against him. To think otherwise would be a complete contradiction in purpose and motivation. He discovered that the so-called enemies were but a projection of his own fears and ignorance. His changed attitude changed everything.

There is an old saying: "Peace is the power at the heart of God." This man came to peace within himself

and he began to project this inner peace on all people and conditions. Peace is at the center of our being and is the soul of the universe. Because he was now in agreement with his Divine Center, he found his way to advancement and true expression.

He Said, "I Did Not Believe It About Myself"

A few years ago after speaking in Caxton Hall, London, a man invited me to have tea with him. He brought up a very interesting subject about publicity. Some years previously he had hired a publicity man to promote him politically and project the ideal image. He said that he was elected to the office three times but that he felt he had deceived his people, as he was not the man which the publicity writer had stated he was.

He said he knew what they were doing, as he knew the law of mind: They were making repetitive suggestions in various newspapers and on the radio and television, and, apparently, the people had accepted and believed what they had heard so often. He related that "in my heart I did not feel right about it, as I had nothing but contempt for the people. I looked down upon them as ignorant, boorish and gullible." He said that the artificially projected image of himself was completely false, as he did not have anything like that self-image himself.

This man had a great conflict in his mind and had developed bleeding ulcers. A psychosomatic doctor in

London explained the cause of his condition to him. He had a guilt complex and felt he should be punished because he was deceiving the public and claiming certain virtues and characteristics which he did not possess. The medicine and the subsequent retirement from politics had healed his ulcers.

I explained to him that it was essential to have a good self-image. He decided to affirm boldly: "I am a son of the Living God. God loves me and cares for me. I exalt God in the midst of me. God is, and His Presence flows through me as harmony, health, peace, joy and abundance." I suggested that he make this simple prayer a habit by frequent repetition, and whenever he is prone to criticize or find fault with himself, he is to immediately affirm: "I exalt God in the midst of me."

I also explained to him that when he looks down on others, belittling and demeaning them, he is doing the same thing to himself for the simple reason that he is the only thinker, and whatever he thinks he is creating in his body and experience. This man discovered God within himself and is no longer down on himself.

Don't Fight the World

When you open your newspaper in the morning or listen to the evening news on radio or television, you may read or hear about shocking cruelties and tragedies in the world. If you resent all the crime, rape and murders or try to fight these things in your mind, getting angry and upset, you will always be at odds,

and, being inharmonious within, you will manifest disharmony in all phases of your life.

Realize that God's peace fills your soul and that God's love saturates your mind and heart. Furthermore, claim, feel and know that the light of God shines in all humanity. You are then contributing, to some degree, to peace in this changing world. Cease wasting your precious mental and spiritual energy in fighting and opposing worldly conditions. Use your energy constructively and create health and happiness for yourself and all those around you.

Remember Not the Former Things

I talked briefly with a man in a local club to which I belong, who is over 80 years of age. He enumerated all the grievances he had against the Social Security Administration, the tax situation, how crooked the government was and all the wounds he had received in the two world wars. He spoke of a law suit which had taken place 50 years ago, as well as the money he had lost in the market crash in 1929. He was living with his old hurts and grievances and was full of anger and hate toward the present government in Washington. He carried a cane and was suffering from arthritis and colitis—all brought on by his negative, destructive emotions.

I discussed with him the role of emotions in disease, and he appeared to be receptive. He realized that he could not change the world, but that he could change

himself. His mind was traversing old scenes and settings, which generated destructive emotions. I explained to him that these emotions get snarled up in the subconscious and must have an outlet, and, being negative, the result appeared as a sickness in his body.

I suggested that he establish a prayer process, get active in one or two social clubs, make friends, start swimming and take up golf. The pattern of prayer I gave him was to read the 23rd Psalm in the morning, the 27th at noon and the 91st at night prior to sleep. The Psalms are songs of God,* and by saturating his mind with these great truths, he would gradually transform his mind.

The following is the prayer of forgiveness which I gave him: "I claim God's love fills my soul now. I know when His love flows in my heart, all resentment is dissolved. I forgive myself for harboring any negative, destructive thoughts about another. I resolve not to do this any more. I tune in on the Infinite One within me, and I think, speak, act and react from the standpoint of God and His law of love. I fully and freely forgive everyone (mention their names). I radiate love, peace, goodwill and all the blessings of Heaven to them. They are free and I am free. I know when I have released others from my mind because I can meet them in my mind and there is absolutely no 'sting'; on the contrary, there is a wave of peace and a benediction from my heart."

*See *Songs of God. An Interpretation of My Favorite Psalms.* by Dr. Joseph Murphy, DeVorss & Co., Marina del Rey, Ca., 1979.

I see this man occasionally, and he no longer talks of the past but is interested in God and the way He works. The suppleness and mobility of his joints have delighted him and his doctor, and he is on the way to a new life. The cure for his condition was to change his thoughts and keep them changed.

The Two Worlds

When we speak of metaphysics, we refer to that which is above and beyond the physical. It refers to the inner world of your thoughts, feelings, imagination and beliefs. When you stop and think, you realize that everything you do and that you refuse to do is previously determined by an attitude of mind—a way of thinking on your part. If you find your condition chronic, if you are leading a dull, routine, monotonous life, it is very likely that you too are dwelling on the past and repeating the same old mental patterns.

You are here to grow, and when you refuse to let the Life Principle move through you at higher levels, It has no alternative but to, perhaps, bring about some negative experience such as sickness or other problems, which will arouse you out of your lethargy and cause you to find the solution. In that way, you discover yourself.

Peace of Mind

The Bible says, . . . *I came not to send peace, but a sword* (Matthew 10:34). Jesus is called the Prince of

Peace. Obviously, you must look for the deep psychological and spiritual meaning behind the words. The Bible is stating an age-old truth, referring to the Divine wisdom in every man. When you hear the real truth about yourself for the first time and learn that you mold, fashion and create your own destiny, you are disturbed, perhaps shocked, and your mind is divided.

Symbolically, a sword severs, cuts clean. You are dealing here with the sword of division, which separates the false concepts from the truth.

One Sunday morning after one of my lectures on The Power of Your Subconscious Mind,* one girl said she was shocked out of her religious beliefs, which she had had since childhood. She added that it all rang true; that is why it was so disturbing to her.

I suggested that she begin to identify with the simple truths propounded and practice them to prove to herself that the truth sets her free from outworn creeds, superstitions and theological complexities about a dire hereafter, etc.

Truth, or the sword, comes into your mind in order to separate you from all that is false; therefore, it sets up a quarrel in your mind. Finally, the truth wins and you discover that you are your own savior. If you are sick, health is your savior; if hungry, food is your savior; if in the prison of fear, ignorance and super-

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Englewood Cliffs, N.J., 1963.

stition or the prison of stone walls, freedom is your savior; if dying of thirst, water is your savior; and if lost in the jungle, the guiding principle in your subconscious will lead you out provided you call on the Infinite Intelligence residing in your subconscious depths.

The Bible gives the answer: *I, even I, am the Lord; and beside me there is no saviour.* (Isaiah 43:11). *I am the Lord, and there is none else, there is no God beside me: I girded thee, though thou hast not known me* (Isaiah 45:5).

The I AM in you is the Presence of God, Awareness, Pure Being, The Living Spirit, the Creator of all things visible and invisible. This is why every man is his own savior. Truth is saying to you to break away from all beliefs that instill fear into your mind. The peace spoken of is not resignation or putting up with some problem or so-called incurable condition. It means to break away from all such beliefs and absolutely refuse to continue to endure the problem.

Realize that God knows the solution to all problems and go within and boldly claim your good, insisting on harmony, health and an abundant life. Cut yourself away from old, habitual ways of thinking. Reject all predictions of gloom and doom. Expect the highest and the best, and the highest and best will come to you. Learn to walk the earth with the praise of God forever on your lips.

Remember the truths of life are at variance with all

the old thoughts, opinions and religious beliefs you have held, and these truths stir up the gift of God within you. Believe what the Psalmist* says in the 23rd Psalm and you will be led to green pastures and beside the still waters. Find the inner peace that passeth all understanding.

*See *Songs of God: An Interpretation of My Favorite Psalms*, by Dr. Joseph Murphy, DeVorss & Co., Marina del Rey, Ca., 1979.

CHAPTER 3

The Secret of Success in Life

Every person in the world wants to succeed. You are born to win, to conquer and to lead the triumphant life.You should be a wonderful success in your prayer life, your chosen work, your relationship with people and in all other phases of your life.

Success itself is a powerful incentive, for the Life Principle in you is always seeking expression through you at higher levels. You are successful when you lead a full and happy life, when you are expressing yourself at your highest level and contributing your talents to the world. In a successful undertaking you rise as high as you can, and your enterprise is of benefit to humanity. It brings you material reward and its production is a pleasure to you. Success is many-sided, however, and what is deemed success by one may be regarded as failure by another.

He Said, "I Am Not a Success"

Recently I talked with a man who said that he had subordinated all ends to money-making, and he had

accumulated a vast amount of money and real estate holdings. He added that in the business world he is called a great success. He admitted to me, though, that he was not a success; he had used questionable means to take advantage of others and had won his fortune through cheating and deceiving others who had trusted him. He was presently suffering from bleeding ulcers and extremely high blood pressure. Furthermore, he had a guilt complex, which meant to him that he had to suffer and be punished.

His bleeding ulcer, as I explained to him, was due to ulcerated thoughts. Further, if he would reverse his thought pattern a healing would follow. He was suffering from the side effects of the drugs he was taking. He consequently reversed his thought patterns by reiterating the following truths out loud night and morning:

"The Lord is my shepherd. I sing the song of the jubilant soul for I have chosen God as my shepherd. Divine Intelligence rules and guides me in all my ways. I shall not want for peace, harmony, or guidance because God's wisdom governs me. I lie down in green pastures always, since God is prospering me beyond my wildest dreams. I find myself beside the still waters as I claim the Infinite peace of God floods my mind and heart. My emotions (waters) are stilled and calm. My mind is now serene and it reflects God's heavenly truths and light (my soul is restored). I think of God's Holy Presence within me all day long. I walk the path of righteousness through my devotion and attention to

God's eternal verities. I know there is no death and I fear no evil. I know 'God has not given us the spirit of fear, but of love and power, and a sound mind.' God's rod (love) and staff (truth) comfort, sustain and nourish me. The banquet table of God is always set before me; it is the secret place of the Most High, where in my thoughts I walk and talk with God. I eat the nourishing truths of God whenever fear and worry (my enemies) trouble me. The bread I eat is God's idea of peace, love and faith in all things good. The meat I eat is the omnipotence of God; the wine I drink is the essence of joy. The wisdom of God anoints my intellect; it is a lamp unto my feet and a light on my path. My cup (heart) is truly the chamber of God's Holy Presence; it runneth over with love and joy. I mentally dwell on goodness, truth and beauty; this is my house of God."

As he saturated his mind with the interpretation of the 23rd Psalm over a period of time, he noticed a distinct change in his whole demeanor and outlook on life. He became more kindly, considerate and more loving in all ways. Drugs were no longer necessary. He discovered that a changed attitude changed everything.

He ceased condemning himself. The Life Principle never condemns, and when you begin to use your mind in the right way, right results follow. Your mind is a principle, and if you think good, good follows; if you think lack, lack follows. The Life Principle holds no

grudges, no more so than the principles of mathematics or chemistry hold grudges.

You may have been fired by companies you worked for because you could not add or subtract correctly, but by following proper instruction you don't make these mistakes any more. The principle of mathematics has no grudge against you. The same is true of your mind. Begin to use the law of mind in the right way according to the Golden Rule and the law of love. The Mind Principle has no grudge against you. The past is forgotten and remembered no more.

The Law of Reversibility

Edison knew that speech produced undulatory waves and theorized that these vibrations could reproduce the speech or song. In other words, he conceived of inverse transformation, the reproduction of speech or song by mechanical motion, namely the phonograph.

Students of scientific laws know that all transformations of force are reversible. Heat produces mechanical motion. Reverse it and you discover that mechanical motion can produce heat. Science says electricity produces magnetism; likewise, magnetism can produce electric currents. Cause and effect, energy and matter, action and reaction are the same and are interconvertible.

Therefore, I say unto you, What things soever ye

desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11:24). Here you are told to pray, believing that you already possess what you pray for. This is based on the law of inverse transformation.

Achieving Success in Prayer

A mother wished to visit her son in London, who was graduating from college. However, she did not have the necessary funds. I asked her what her attitude would be if she were over there now, embracing him and witnessing the graduation exercises. She said, "Oh! I would be so happy! I would be delighted."

I suggested that she experiment at night prior to sleep, making there here and the future now and to feel herself embracing her son, making the whole scene vivid and realistic—so much so that when she opened her eyes she would be amazed that she was not in London with her son.

Experimenting along these lines, the third night she subjectified the state. When she opened her eyes she was really amazed that she was not physically there. The answer to her prayer came with the repayment of a loan she had given to a woman ten years previously. With the interest added to it, it was more than the amount necessary for her trip.

She assumed that she was already witnessing the ceremony and conversing with her son, and that joyous feeling and assumption brought about the joy of the

answered prayer. She contemplated her objective as an accomplished fact. She understood that all transformations of force are reversible. She knew that her physical presence in London would bring her great joy and satisfaction. Capturing in her mind the joy that would be hers in being there, this mood, she knew, must produce the answer to her prayer.

. . . *He . . . calleth those things which be not as though they were* (Romans 4:17). Success in your prayer life is based on laws of mind. Realize that if a physical fact can produce a joyous mental state in you, the joyous mental state can produce the physical fact.

Unscrupulous Methods

When a man uses unscrupulous financial or business methods, he may not suffer financial loss, but loss can come to him in many ways, such as loss of health, loss of promotion, loss of prestige, loss of self respect, loss of love, etc., for the ways of the subconscious are past finding out. All misdeeds or misuse of the law of mind must be accounted for sooner or later.

The only success that permits a man to rest peacefully and harmoniously is that which conforms to the Golden Rule, i.e., to think, speak and act toward others as he would wish others to think, speak, feel and act toward him. Success is primarily moral and spiritual, governed by honesty, integrity and justice and tempered by goodwill to all men everywhere.

All of us are interdependent, and it is reasonable to

assume that the welfare of others is essential to the success of every man. It is undoubtedly true that the more man cares for and appreciates the spiritual life, the more he will use his material wealth wisely, judiciously and constructively.

A spiritually-minded person should be comfortably housed, clothed and fed. In other words, he realizes that all things are here for his use and enjoyment. . . . *God, who giveth us richly all things to enjoy* (I Timothy 6:17).

It is true that no one possesses anything in the absolute sense. God possesses all, but we have the use of God's treasures in the earth, including the sea and the air. A spiritual-minded person should have all the money he needs to do what he wants to do, and when he wants to do it. Money is simply a medium of exchange, and it has taken many forms down through the ages. It is God's way of maintaining the economic health of a nation.

Success in Spiritual Work

You must realize that a spiritual work or a spiritual organization is not a success if it is constantly begging for more money. This practice is evidence of downright failure. This could be called spurious spirituality. If the spiritual approach to life is successful, it is needed by the world and will be supported.

The successful man is not a mere partisan, but a real truth seeker. The spiritual-minded person is not a

proselyter, but a co-worker on the way. The secret of the truth seeker is his fidelity to the inner promptings of his Higher Self. The Infinite Presence in each of us grants us the potentialities of success, and we are here to go forth conquering and to conquer.

He Was President of a Large Corporation

Recently I gave some spiritual advice to a president of a very large corporation. He was very successful, had all the money he needed, lived in a million dollar home and had all the comforts and luxuries of life. Of course, there is nothing wrong with that. He came to this country penniless and had reached the top in his field, all of which is good.

However, he was not successful in the art of living. He had very high blood pressure, and suffered from migraine headaches and colitis. He said to me, "I am a nervous wreck. I have tried tranquilizers, sedatives, antispasmodic tablets and nothing seems to help."

I suggested that all he really needed was peace of mind and that no one could give him that but himself. I pointed out to him the direction where he could find it. I suggested that he read and meditate on the inner meaning of the 23rd Psalm* two or three times a day and affirm frequently during the day, "God's peace

*See the meditation on the 23rd Psalm contained in *Within You Is the Power* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, Ca., 1977.

fills my soul." I emphasized that if he began to think constructively and about the eternal verities in the 23rd Psalm, he could improve himself physically and find inner peace.

He was desperate and was willing to try anything. I gave him the book *Within You Is the Power,* * in which the inner meaning of the 23rd Psalm is given. He had an open mind and began to meditate on the Psalm and other chapters of the book. He found that inner quietude and peace which he had been seeking. Turning back to the God Presence within and communing with Divine love and Divine peace, his soul was restored.

The Closed and Open Mind

A full cup cannot receive any more. There are some minds so full of false beliefs, opinions, and weird and grotesque concepts of God that it is impossible to insert anything new, vital and constructive. I recently said to an alcoholic, "Admit that you are an alcoholic. Open your mind to new ideas. A closed mind can receive no interpretations of life, no more so than your closed hand can receive a proffered gift of a book from me."

He said that his excessive drinking was all due to pressure and tension at work. He made a great deal of money, but most of it went to the bar. He was hungry and thirsty for a healing. At this point he came to a

decision that he wanted to be healed, which in itself is seventy-five per cent of the healing process.

I explained to him that his subconscious mind would accept his whole-souled conviction and that sincerity was essential. At night prior to sleep, he affirmed feelingly, knowingly and lovingly: "God gives me freedom, sobriety and peace of mind. Thank you, Father." That was his prayer for five or six minutes every night. Actually, he was writing with his conscious mind freedom, peace and sobriety in his subconscious mind. In less than a week he succeeded in impregnating his subconscious mind and he lost all desire for alcohol. The law compelled him to freedom, whereas before it compelled him to be a compulsive drinker. You can use any law two ways. He decided to use this one the right way.

The Source of All Blessings

The Bible says: *Come unto me, all ye that labour and are heavy laden, and I will give you rest* (Matthew 11:28). The Bible is a psychological and spiritual textbook and is not referring to a particular man. The characters in the Bible are personifications of truth. You do not go to any person for rest, security or peace of mind. You go to the God of peace within you and boldly claim: "God's river of peace, love and joy is now flowing through me vitalizing, healing and restoring my soul."

The Divine Presence is within you. As you contemplate God's love, light, truth and beauty in your own heart, you are enfranchised and lifted up because you have found God in your own heart. The Divine Center is within you.

The Psalmist says,* *Rest in the Lord, and wait patiently for him. . .* (Psalm 37:7). The word "Lord" represents spiritually the Lordly power, which is God; but to "rest in the Lord" means to rest and trust that Infinite Spirit in you which created you, governs all your vital organs as you sleep and is in complete control of all externals. In other words, it is your Higher Self.

In ancient times there were feudal barons who had the power of life and death over the serfs, slaves and peasants under their control. The lords in England today represent titled nobility and have no such power. Look at the whole thing this way: The Lord in you is really your dominant conviction, your master thought or belief, which controls and dominates all lesser thoughts, ideas, opinions, actions and reactions. For example, your Lord could be fear, i.e., if you are dominated by fear. If fear predominates, then fear governs and controls all your thoughts, feelings, actions and reactions.

*See *Songs of God, An Interpretation of My Favorite Psalms*, by Dr. Joseph Murphy, DeVorss & Co., Marina del Rey, Ca., 1979.

A wonderful Lord to enthrone in your mind would be a God of love ruling, guiding, and directing you along all lines. This dominant conviction would work wonders in your life, and your whole world would magically melt in the image and likeness of your dominant conviction. When Divine love and Divine right action govern you, the true Lord is ruling in you and will keep you in peace. You will be successful in your work and in your relationships with people. You will have good health and be free from despondency and melancholia.

Your dominant belief rules your world and determines your future, where you shall go and what your experiences will be, whether good or bad. Quimby said in 1847: "Man is belief expressed." You will be assured of success, true expression and harmonious relations with others when you make it a habit to tune in to the Divine Center within you and look upon the Divine Presence within you as your guide, counselor, wayshower and source of your promotion and welfare. Then all the petty, fearful, annoying worries, jealousies and envies will fall away. There is no room for them in your mind any more.

All of us suffer until we get the insight to look within. The Bible says: . . . *In returning and rest shall ye be saved* . . . (Isaiah 30:15).

Successful Living

There is a man of over ninety years, chronologically speaking, who comes to hear me occasionally on Sunday mornings. Recently he said to me that about thirty years ago he had had the same concept of God as he had had when a little boy. His concept was that of an angry, spiteful God, a sort of Oriental sultan who ruled tyrannically. He lived in fear and thought that the will of God was that he should suffer. He became very ill and the doctor said, "You have about two months to live. Get your affairs in order."

A young woman visiting another patient in his hospital room gave him a pamphlet on how to use the Healing Power, which he read avidly. All of a sudden, he had a great thirst and hunger to live. He got up out of bed, insisted on going home, and invited all of his friends to a restaurant for dinner and refreshments. He said, "I am celebrating my resurrection." His belief and new insight into the Infinite Healing Presence within him responded, and this spiritual transfusion transformed his whole life.

He said that he has accomplished far more in the last thirty years than he had in all the previous sixty years. He broke away from all of the old, moth-eaten patterns, the old ruts and false concepts, and entered into a new life wherein he contributed to the success of all those he supervised and befriended.

Watch Your Words

Your subconscious mind takes you literally. I know a man, a builder, who is about fifty-five years of age. His wife complains that he is constantly saying, "I am getting old. I'm not as strong any more as I used to be. My memory is failing. I can't take it any more." This man looks to be over eighty years old and is experiencing weakness, decrepitude, lack of vitality and the joy of living. She reminds him of the working of his subconscious mind, but he ridicules it and says that there is no such thing as a subconscious mind. His mind is closed and he is expressing what he is impressing on his subconscious mind.

Life never grows old. Age is not the flight of years but the dawn of wisdom. Love, faith, confidence, joy, goodwill, laughter and inspiration never grow old. Life is always seeking expression through you at higher levels whether you are ninety or nine. Learn to listen to the impulses from within. These are the urges of the Spirit, or God, in you, saying to you, "Come on up higher. I have need of you." Welcome the soft tread of the unseen guest in your heart.

. . . I am come that they might have life, and that they might have it more abundantly (John 10:10). This is the urge of the Life Principle within you. It is the Infinite Presence causing you to be aware of the murmurings, whisperings, inspiration and dreams enabling you to move onward, upward and Godward.

Triumph of Principles

Emerson said, "Nothing will give you peace but the triumph of principles." You would not wire your house unless you understood and applied the principles of electricity. You would not manufacture chemicals unless you understood the principles of chemistry. In building a house, you must be initiated into the principles of construction. If you decide to become a musician, you must study music and practice, and as time goes on, perhaps you can play a classical piece of music even though blindfolded. You will have established the equivalent in your subconscious mind, which enables you to play automatically.

Your mind is a principle. Think good and good follows; think of lack and limitation and you experience lack and impoverishment. You are what you think all day long. Learn the laws of your mind and practice them. For example, any idea you have which is emotionalized and felt as true enters into your subconscious mind and comes to pass. Knowing that, you are careful how you impress your subconscious mind.

Why They Did Not Pay

During a conversation I had with a practitioner, she mentioned that she gives people a lot of time and good advice but many never pay her. I suggested to her that she could overcome that by affirming that all those

who come to her are blessed, healed and prospered and that they gladly pay in Divine order.

She changed her attitude and her subconscious responded. The reason many clients had not paid her was because in the daytime she was a social worker and her subjective thinking was about poor people and poverty. She became very successful following her new insight into the way the mind works.

Some Common Superstitions

Many people say, "If it's the will of God, I want it." If your prayer is preceded by "if," your manifestation will be very "iffy" and probably will never come to pass. A woman seeking companionship said, "I'm too old. I'm homely." She recited all the reasons why she could not get married instead of all the reasons why she could.

I said to the woman who had these defeatist ideas, "The man you are seeking is seeking you. The last time he got married his wife was so beautiful she ran around and slept with all the boys. He does not want that now; he wants you."

I continued by saying that she should read the newspapers and see all the names and ages of people sixty, seventy and eighty years of age getting married. Infinite Spirit will attract to you the right companion in Divine order, but you must claim it. Think of all your good qualities and what you have to give a man. Let

that be your broadcast, and by the law of reciprocal relationship, you will attract the right man into your life. Your sincerity will make it real.

She followed these simple instructions and in due course received an answer to her prayer.

Another superstition is, "If it's God's will." That is too absurd for words. The will of God is a greater measure of life, freedom, expression and growth. Any idea or desire that you have for growth, wealth, success or healing is the will of God for you. Focus on your desire. Bring your conscious and subconscious together at one point—then you will bring your desire to pass.

Another superstition is, "If it's right for me." What is not right for you? It is right for you to lead the abundant life. It is right for you to have perfect health, peace, harmony, joy, abundance, security, true place and all the blessings of life. God gave you richly all things to enjoy.

The Law of Mind Is Impersonal

Take a weaver's loom. All threads are on it—black, brown, yellow, etc. The loom takes all the threads and cares not. Supposing you look at a carpet and say that it is awful, an eyesore. Change the thread and the loom is mechanical and responds accordingly. Your conscious mind is the weaver; your subconscious is the loom.

A man opens up a brothel and makes a lot of money. The subconscious does not care; it has no morals. It expresses what is impressed upon it, whether good or bad. For example, a man may inherit a lot of money. Perhaps he will spend it badly. Perhaps he will gamble and lose it all, or perhaps, if he is of a religious persuasion, he will teach limitation and instill fear into the minds of people.

Remember, the law is impersonal. If you misuse the law by hurting others or by robbing or depriving them in any way, the law of your mind responds in its own way. . . . *Vengeance is mine; I will repay, saith the Lord* (Romans 12:19). Live according to your highest ideals.

A man asked me why it was that sexual perverts and dope fiends write good poetry, music and wonderful plays. The answer is simple: God, or Infinite Intelligence, is no respecter of persons and will respond to the altruist, pervert or murderer, providing he believes; and according to his belief is it done unto him.

Another superstition that some people have is that God is testing them. They have a sort of a Messianic complex that God is up there in the clouds somewhere and is going to drop a great challenge to them to see how they are going to handle it. God does not punish or test anyone. Man punishes himself because of ignorance and misuse of the laws of mind. The only sin is ignorance, and all the suffering in the world is the consequence.

You Are Needed

The poet said: "We are all parts of one stupendous whole whose body nature is and God the soul." There must be joy in your work. In olden days when they made a table, a statue or a chair, there was a song in their heart. They took pride in their work. The larger piece in the table or the building needs the small. All the component parts go to make up the unit. You are needed. There is no misfit in the universe. All notes are necessary for the symphony.

There is no one in all the world who can do something just like you because only you are you. You are unique. If you are a cook you are essential to the General of the army. There is nothing useless but your belief and concept that you are. Your subconscious accepts what you really believe, and you experience accordingly.

Meditation for Success

" 'Wist ye not that I be about my Father's business?'* I know that my business, profession or activity is God's business. God's business is always basically successful. I am growing in wisdom and understanding every day. I know, believe and accept the fact that God's law of abundance is always working for me, through me and all around me.

"My business or profession is full of right action and

*See Luke 2:49.

right expression. The ideas, money, merchandise and contacts that I need are mine now and at all times. All these things are irresistibly attracted to me by the law of universal attraction. God is the life of my business; I am Divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand and progress. I am building up goodwill. I am a great success because I do business with others as I would have them do it with me."

CHAPTER 4

The Power of the Spirit: Saved from the Abyss of Death

Recently I talked with a woman in Munich, Germany, who is 80 years of age, chronologically speaking. She said that her physical condition at one time had been considered hopeless and incurable, but that she had been saved from the abyss of death by spiritual means when all material help had failed.

Someone had told her about a spiritual healer. He did not give medicines or drugs. He had no system of physical treatment. He asked her no questions about her symptoms, aches or pains, but sat meditatively by her and said, "Let us think about God and His wonders." Then he affirmed out loud: "God is a loving, guiding Father, immediate and accessible, an intimate healing power. God is present as Living Spirit and His Holy Presence is flowing into all parts of your being."

A remarkable change had taken place as she opened her mind and heart to the influx of the Holy Spirit. Her realization of the Infinite Healing Presence and

her receptivity had caused a resurrection of wholeness, vitality and perfection, and a wonderful healing had followed. This is the power of the Spirit, or God. The turning point had come when she had realized that infinite resources of Divine love and wisdom were ready at hand within her.

A Simple Truth

The power of the Spirit (God) is not a half-way measure. We must carry the spiritual life into every sphere of our natural and social interests. We are here to live by the Spirit. God is Spirit, and this Spirit has become manifest in this beautiful world of time and space. This Spirit in us gives us the power to be victorious. There is in us a Divine Presence enabling us to lift our problems into heavenly light and see them transfigured by the guidance we claim and receive. There is a guidance for every need; there is love for each heart. Love is the greatest healing power, touching the subconscious, quickening, strengthening and transforming us into radiating centers which bless mankind.

Divine Love Heals

After speaking in London a few months ago, I had a conference with a woman who told me that all of a sudden she had suffered from glandular inflammation and her tissues had swollen badly. She was taking

medicine and stated that the inflammation would subside for a few weeks, and then the condition would recur.

I asked her about her emotional life, pointing out that glands secrete hormones, and the word hormones means harmony. This woman revealed that she hated her sister, who had cheated her out of a large sum of money, and this hatred and hostility had caused the inflammation of her glands and other organs. In other words, she was imbibing poison.

The explanation was that she had to absorb and imbibe Divine love into her soul, which would restore her to harmony and wholeness. All religions teach the practice of love and goodwill to all and that we must love one another. In holistic medicine today, doctors insist that love and goodwill, as well as forgiveness, are definite necessities for health and happiness.

Accordingly, she decided to release her sister and heal herself. I explained to her that she did not have to mentally coerce or force herself to love her sister, as that procedure would bring about the law of reversed effort. All she had to do was to fill her soul, or subconscious, with Divine love.

Her prayer was: "God's healing love fills my whole being. God loves me and cares for me. God's river of peace saturates my whole being." She affirmed these truths for 20 minutes at a time, three times a day. She also followed my advice, which was that whenever the

thought of her sister crossed her mind, she was to affirm: "God's love fills my soul."

I had a wonderful letter from her a week ago, saying: "I am at peace. I no longer need medicine. When my sister comes to my mind, I am at peace. There is no sting there any more. I wish her well." This is the power of love. It dissolves everything unlike itself. If you are at peace and full of goodwill to all, your organs or nerves do not cry out in pain, nor will your stomach give you acute indigestion or ulcers.

A New Insight Changed His Life

During a recent lecture tour in Europe, where I gave seminars in Munich, Frankfurt, Hanover, Zurich, Vienna and London, I met many interesting and outstanding people in the fields of science, medicine, business and politics. A highly placed government official visited me at my hotel in Munich, Germany, saying that he owed his success and advancement to practicing what he had read in *The Power of Your Subconscious Mind,** which has been published in German for many years.

He said that he had had a rather low position and had been inadequately paid. He realized after reading my book that he had been given to criticizing, condemning and belittling others who had been promoted

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

into higher echelons. In so doing, he realized that he was also demoting himself. He said that he had stopped doing it and had learned to bless them, understand them, appreciate them for what they had accomplished, and decided from that point on to cooperate and get along with them as they were. He continued, saying that he had found that in blessing others and rejoicing in their promotion and advancement, he was also blessing himself. He then told me that he was here to thank me for writing the book.

This was one of the nicest tributes I received on my journey. Love is the universal solvent, and when you ask yourself honestly: Would I like to live with what I am thinking and wishing for the other person? and if the answer is yes, you are building health, happiness, prosperity and success into your own mentality. The reason is very simple: You are the only thinker in your world, and your thought is creative. Whatever you think about the other person, you are also creating in your own life.

The Inner Meaning of the Golden Rule Is Important

The Golden Rule is known to almost everyone, but how many understand what it really means? To put it in simple, everyday language, all it means is that whatever you think about another person you are creating in your own life, because your thought is creative. Knowing this to be true, you will be careful to think only God-like thoughts about the other. Every thought tends to manifest itself.

What a different world it would be if all of us practiced the Golden Rule and the law of love. We would create heaven on earth. The average man can quote the Golden Rule by heart, but he does not really understand the inner meaning of it. Therefore, he does not obey it.

And as ye would that men should do to you, do ye also to them likewise (Luke 6:31). This is a directive from within your own soul, which, when followed, brings harmony, health and peace into the lives of all who practice it. If people practiced the Golden Rule there would be no war, no crime, no cruelty, no rape, no suffering and no inhumanity. There would be no need for armies, navies, air forces, police, nor atomic or other nuclear weapons. When your thought is right, your action will be right. It is impossible to produce right action out of a negative thought, in the same way that you cannot get an apple tree from a non-viable seed.

He Said, "I Tried, but I Can't"

An alcoholic boasted to me that he had power to take a drink or two and then quit. It was an idle boast, as he was under compulsion to take another and another until he was drunk. His subconscious said one thing and his conscious mind said another. He was incapable because he was under a subconscious compulsion to drink. He had lost control. He was living under the compulsion of his habit and conditioned emotions. He was compelled from within.

He said to me that he took several drinks to give himself courage and lift his spirits. Each time he did this, however, he was rejecting his own Divinity, which is Omnipotent and All-Wise. He got what we call a false courage, a temporary lift, which was transitory. After repeating these suggestions of weakness, inferiority and inadequacy over and over again, these were impressed in his subconscious mind, and what is impressed on the subconscious is compulsive. Now he was an alcoholic, an inebriate, a compulsive drinker.

How He Reconditioned His Mind

This man learned that he had to develop an emotional backing for freedom or he would fail. He desired a healing, and every night prior to sleep he lulled himself with these words: "Freedom and peace of mind." As he continued to affirm freedom and peace of mind, he knew that he would establish a new habit.

After a few weeks he was compelled to sobriety and peace of mind. The same law that had taken him to the bottle had given him freedom and a perfect healing.

She Learned the Secret

A few months ago I gave a seminar in Vienna, Austria. During a conversation with an outstanding golfer, she disclosed that after learning all the rules and the techniques of playing, she said to herself every night: "I am relaxed, I am poised, I am serene, and I

am calm before every game, and the Almighty Power within me takes over. I play majestically and gloriously. I play for Him."

She had studied the game from all angles, practiced regularly and disciplined her mind and body; but she was smart enough to let her Higher Self govern her hands, stance and direction in its own superior and inimitable way. She saturated her subconscious every night with the right words.

After a certain amount of repetition, she succeeded in impregnating her subconscious and she was compelled to be the great and outstanding golfer. The law of the subconscious is compulsive.

. . . That Ye Love One Another . . . (John 13:34)

The inside governs the outside. You can't love others unless you have loving and harmonious thoughts in your mind. The people who inhabit your mind are thoughts, ideas, beliefs, opinions and your reactions to everyday events. Be sure they conform to whatsoever things are true, lovely, noble and Godlike.

Your disciples and the disciples mentioned in your Bible represent the disciplined qualities of your mind. Are you disciplining your vision? Your vision is what you are focussed on, what you are looking at in your own mind. And you go where your vision is. Your faith is disciplined when you adhere to and give allegiance to the creative laws of your mind and when you believe implicitly in the goodness of God in the land of the

living. Your faith is not in creeds, dogmas, traditions, men or institutions, but in the eternal principles, which are the same yesterday, today and forever.

You discipline your imagination when you imagine what is lovely and of good report. Your judgment, when disciplined, means you decide upon the truth or falsity of any thought. When you affirm the good constantly, that is called righteous judgment and brings harmony and peace into your life. Whatever you make real you will demonstrate on the screen of space.

Remember, if your mind is full of fear, worry, resentment, prejudices, anger, jealousy or religious bias, then you cannot really love because the occupants of your mind are the opposite of love. You project your mental attitude upon others and you will blame them and criticize them.

He Said that the Explanation Changed His Life

In the month of August, 1979, I spoke in Caxton Hall, London, and said to a troubled man, "You must preach the gospel to yourself. The moneychangers and thieves that you are talking about are in your own mind. You are the temple of consciousness, and the thieves and moneychangers which rob you are fear, ignorance, superstition, self-condemnation, self-criticism and ill will. The spiritually minded man casts all of these thieves and robbers out of his mind by filling his subconscious mind with life-giving patterns and the eternal truths of God. Then he will experience

peace and harmony within and confidently express it without, in his body, his business, and in his relationships with all people."

This man had been thinking of a temple which existed 2000 years ago and believed the thieves and moneychangers to be outside of his own mind. Realizing that he was robbing himself of vitality, peace, harmony, wealth and success, he stopped doing it. A light seemed to come into his mind, penetrating the fog. The explanation was the cure.

Join Up With the Infinite

Recently I talked with a man who had said he felt guilty if he did not keep going. He had a sort of compulsion to keep on working even after a full day in the office. He was a "workaholic." He would bring home material and work until midnight on figures, plans and business projects. He had had two heart attacks as well as bleeding ulcers, all due to ulcerated thoughts and emotional upheavals.

He had forgotten that God had ordained the Sabbath—not as a day of the week, but as a time of mental rest where you may tune in with the Infinite, claiming frequently: "Infinite Spirit leads and guides me in all my ways. God's river of peace saturates my mind and heart."

I suggested to him that every evening he set aside some time for prayer and meditation, such as reading and meditating on the 91st, 23rd, 27th, 46th and 42nd

Psalms, alternating from time to time. He realized that he should turn regularly to the Source of strength, inspiration and quiet moments in the contemplation of God and His love, which would work wonders in his life.

He began meditating during his lunch hour, as well as every morning, on the great truths of *Quiet Moments with God** and discovered that he was completely released from the tension-making activities and anxieties of the day. Don't forget to call regularly and systematically on the wisdom of God to anoint your intellect and the power of the Almighty to strengthen you. Take five or ten minutes two or three times a day to dwell on the great truths of God; then you are practicing the Sabbath, which is to surrender to God and let an influx of the Holy Spirit invade and nourish your mind and body.

This man started to invite the Infinite Spirit within him to participate in all of his undertakings, and he discovered that his Senior Partner—his Higher Self—revealed to him better ways to do all things.

Your Desire Must Reach Your Subconscious

Many people have said to me that they wished for prosperity, success and the good things of life, and they prayed for a quiet and relaxed life, but nothing

*See *Quiet Moments with God* by Dr. Joseph Murphy. DeVorss and Company, Inc., Marina del Rey, Ca., 1958 (Twelfth Printing, 1978).

happened. Oftentimes they are so restless, fearful and habitually anxious that their routine thinking has become their master.

The way to overcome this is to think quietly about your desire for promotion, expansion, prosperity and success, realizing that your desire for growth and expansion is from God and that the power of the Almighty is bringing your desire to pass in Divine law and order. Gradually, as you think along these lines, you will succeed in integrating your desire in your subconscious mind, which will bring it to pass.

Many people in offices, factories and business establishments are more or less mechanical men and women, merely responding to the pressures and suggestions all around them. In this way, they tend to become automatons by responding to every wind that blows. Many are repeating the wrong thing, both in thought and action. Be sure to repeat to yourself the eternal verities. By repetition, faith and expectancy, you will reap a rich harvest.

He Had the Wrong Self-Image

In counselling a young man whose basic problem was that he was chronically ill, it became apparent that as soon as he recovered from one ailment he acquired another sickness. He had had six operations in six years. He maintained an image of himself as being sick. He had been told when he was young that

he was sickly and would always be weak. He accepted this and, as a result, learned to be unhealthy. His belief that he was always destined to be sickly was in his subconscious mind, and whatever he believed came to pass.

Under my direction, he reversed this image and practiced the mirror treatment every morning for about five or ten minutes. He looked in the mirror and affirmed out loud: "I AM all health. God is my health." Gradually, the idea of wholeness entered into his subconscious mind, and he is now free from a false belief. He practiced the technique I gave him diligently and faithfully until it manifested in his life.

She Was Hounded by Fears and Guilt

A young woman 22 years of age said to me, "I am hounded by all kinds of fear." She was afraid of God, of the future, of the after life, of evil entities, of a devil and of voodoo. The Bible says: *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7).

I explained to her that when young, we are all highly impressionable and malleable and that her parents and those around her had conditioned her mind with falsehoods about God, life and the universe. She began to realize that she was not born with any fears, sense of guilt or self-condemnation, and that all these had been given to her. She possessed weird ideas about

evil entities and beliefs that the woods were full of goblins and sprites. Danger seemed to lurk everywhere.

She began to read and meditate on the 27th Psalm* night and morning and began to affirm many times a day: "God loves me and cares for me. I am a daughter of God and a child of Eternity." She practiced this simple affirmation doggedly and faithfully, and she found a new estimate of herself, a new blueprint of herself. With this healthy vision of herself, she is blossoming forth in Divine order.

The Two Selves in You

Think along these lines: The first self is that which I now am; the second self is that which I long to be. Therefore, I must die psychologically to what I am so that I can live to that which I long to be. The above-mentioned girl died to the old self. All the falsehoods implanted in her mind in childhood were obliterated and she bequeathed all the energy she had locked up in the old beliefs to the new image of herself. The energy lost in her image of limitation, lack and fear passed over to the new image of success, charm and beauty.

*See *Songs of God. An Interpretation of My Favorite Psalms.* by Dr. Joseph Murphy. DeVorss & Co., Marina del Rey, Ca., 1979.

The Road to Success

A young musician in Vienna told me of his struggle to reach what he called the top echelons of music. He said the opposition to his advancement, his poverty and lack of connections were a great handicap to him in the beginning. He had heard a lecture on the mind, however, and had begun to realize that the challenges, difficulties, impediments and delays which he had encountered had helped him to discover the powers within him. He had called on the Unseen Power, God, within him.

The odds were great against his rise, but he had kept on, repeating to himself that Infinite Intelligence opened up the way and that his sense of oneness with the Infinite would overcome all obstacles. All the challenges and setbacks had sharpened his mental and spiritual tools. His mother had had him read about Chopin, saying to him that his biography would give him strength. Apparently, it had given him the courage to keep on keeping on.

Chopin had been very ill and very poor, but he had had faith and confidence that there was a Power which would enable him to put the urges and dreams of his heart into manifestation. He had succeeded in composing 54 mazurkas and a great number of polonaise and many Polish songs. Infinite Spirit within him revealed the way. Though he was slowly passing on to

the next dimension of life, he nevertheless fulfilled his heart's desire.

The old aphorism is still true: "Things live by moving, and they gain strength as they go." Paul says: . . . *For when I am weak, then am I strong* (II Corinthians 12:10). Give yourself wholly up to God; then nothing hinders His power from being made perfect in you. You are then strong. . . . *The Lord stood with me, and strengthened me* (II Timothy 4:17).

CHAPTER 5

Teach Us to Pray

An ancient expression says: "True prayer is not imposing sound that clamorous lips repeat, but the deep silence of a soul that clasps Jehovah's feet." Faith finds its appropriate and natural manifestation in prayer. There are the prayer of form and ritual and the prayer of faith and love. These are essentially different in their nature and effects.

Millions of people all over the world pray because it is a part of their religious life that they are trying to express, or they may pray from a sense of duty, looking upon it as a sort of task imposed upon them. In the prayer of faith and love, it is no longer a task or duty but a spiritual necessity in order to grow, expand and express health and happiness. Prayer could be looked upon as turning to the mercy seat within based on an irresistible Divine attraction. Prayer is communion with the Indwelling God—the Living Spirit Almighty —which is the Reality of every person.

On one occasion, it is said, as Jesus prayed, . . . *The fashion of his countenance was altered, and his*

raiment was white and glistening (Luke 9:29). In the parallel passage in another of the Gospels, it is said that . . . *His face did shine as the sun, and his raiment was white as the light* (Matthew 17:2). Such spiritual transformations, in a degree, have been experienced by many other people throughout the world.

How She Experienced an Illumination

A few minutes prior to writing this chapter, I counselled with a psychiatric nurse, who told me that while she was meditating on the 23rd Psalm, together with a mental patient, her whole being was flooded by a radiant light accompanied by an ecstasy of the Spirit. This experience changed her whole life, and she is now studying to be a minister of the laws of mind and the way of the Spirit. The patient felt the Divine transfusion and was completely healed of a psychotic mentality.

In their mental and spiritual communion with God, many others have had similar experiences. God is Infinite Life, and such intimate fellowship with the primal source of our being influences and pours out Its wholeness, beauty and perfection upon our whole being.

The Holy of Holies

You can make contact with the Infinite through the medium of your thought. You can sit down quietly and think of God as boundless love, infinite intelligence,

absolute harmony, indescribable beauty and absolute joy and dwell on these attributes and qualities. As you do this, you will experience a transfusion of God's grace and an effulgence of light and love. In this way you are the Holy of Holies—the Presence of God within you. All creeds and liturgies, as well as intercessors, are removed and you experience your personal fellowship with God.

The Prayer of Faith

The Bible says: . . . *The prayer of faith shall save the sick, and the Lord shall raise him up.* . . (James 5:15). There is no time or space in mind or Spirit. True prayer for a sick person does not consist of supplication or flowery words addressed to the Deity, nor a series of nicely wrought statements projected from unfeeling lips in the direction of the throne of God, which fall short of the mark. True prayer for the sick person is to claim earnestly and feelingly that the uplifting, healing, strengthening power of the Infinite Healing Presence is flowing through the patient, making him whole and perfect. Know and feel that the harmony, beauty and Life of God manifest themselves in him or her as peace, vitality, wholeness and perfection. Get a clear realization of this, and the sick condition will then dissolve in the light of God's love.

Paul says: . . . *Glorify God in your body* . . . (I Corinthians 6:20). Make sure that your mental picture agrees with your affirmation. In your mind's eye, you

see the patient radiant, happy, joyous and bubbling over with life and love. That would be true prayer. True prayer is claiming that what is true of God is true of the person you are helping.

There is the type of prayer that cannot be "worded," since prayer becomes oftentimes more efficacious in proportion to the degree it becomes more internal. It is simply turning to the God-Presence within and opening your heart to receive the influx of His healing currents and Divine love. True prayer, when uttered, is radiant with love and spiritual life. Look upon true prayer as carrying a Divine fragrance from the God-Presence in you, and when wafted upon the ill person, it has a life-giving spiritual potency in it. The subconscious of the sick person is stimulated and reinforced and proceeds to resurrect God's omnipotent love. A healing then follows.

. . . *The effectual fervent prayer of a righteous man availeth much* (James 5:16). It is in accordance with the laws of mind, unbending and invariable spiritual laws, that sincere, earnest prayer for the sick affects them and helps in the restoration of perfect health. If one should rise instantly and walk, or be raised to newness of life, in response to prayer, it would be no miracle, no violation of the laws of mind.

How She Prayed for Her Brother-in-Law

An old friend of mine in Pasadena, California, prayed for her brother-in-law, who had suffered a

severe fall and fractured his pelvis. He was taken to the hospital and, because of his age, the physicians believed not much could be done for him. She decreed feelingly and knowingly that God walks and talks in him and that God's healing love was flowing through him. She imagined him standing in front of her in her home telling her about the miracle of healing which had taken place. She saw him smiling and radiant. She did this frequently, over and over again.

In a short period of time, he arose out of bed, walked around in the hospital, came home and confirmed objectively what she had imagined and claimed to be true subjectively in the silence of her soul. That was true prayer.

The Promises of God

The promises of God could be called the laws of God, which are the same yesterday, today and forever. These promises do not belong to the dead past but to the living present. The existence of God is an eternal now. In Divine mind, past, present and future are all one. All existence is included in the Divine moment—the Eternal Now.

As there is no future in God, the promise of God is not a pledge to give us something at some remote day; it is based on our acceptance of our good now, this present moment.

Look at everyday money transactions. You accept a check or bank note for money, yet it is not money, only

a piece of paper. It is a promise to pay dollars on demand. Likewise, there is in the Divine promise the blessing for which we ask. Warren Evans, a great healer and a student of Phineas Parkhurst Quimby, said: "Whatever we hope, by faith we have, future and past subsisting now."

The Bible says: . . . *In him we live, and move, and have our being.* . . (Acts 17:28). God is the Life Principle in us and is the source of our health, peace and all the blessings of life. Here is the inspired utterance of Charles Wesley:

> The well of life to us thou art,
> Of joy the swelling flood;
> Wafted by thee, with willing heart
> We swift return to God.

You Are a Mediator

There are many practitioners, doctors, clergymen and others whose presence generates a mental and physical healing. They are charged with power from On High and their healing atmosphere is veritably contagious. They prove to be a tower of strength to the weak and infirm, and sick people are affected by them far and near.

The true idea of a physician is that of a doctor or teacher, as the word implies. In the highest sense, he is one who can "minister to minds diseased." There have been men like Dr. Quimby, Warren Evans and others

in the early days of our country who searched for the hidden haunts of the seeds of disease in the mental conditions of the patient. Today we would call them clairvoyant, as, without talking to the patients, they could reveal the hidden cause of the sickness before the patient said a word. Oftentimes, the explanation was the cure.

Angels Watch Over You

Many people have asked me about angels. The word *angel* means the angle at which you look at God. It also means an attitude of mind, an inspiration, or a message from your Higher Self. The Bible says: *And there appeared an angel unto him from heaven, strengthening him* (Luke 22:43). . . . *Angels came and ministered unto him* (Matthew 4:11).

All of us are angels of God in another way of looking at it. When we pass on to the next dimension, we are still angels, or expressions of God, operating in a rarefied and attenuated body. Your loved ones are all around you, separated by frequency only. It is unequivocally stated in the 91st Psalm,* *There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways* (Psalms 91:10-11).

The Infinite Presence responds to each person according to the law of reciprocal relationship. In the

*See *Songs of God: An Interpretation of My Favorite Psalms*, by Dr. Joseph Murphy, DeVorss & Co., Marina del Rey, Ca., 1979.

highest sense of the term, prayer is contact with the God-Presence within, Whose nature is responsiveness. There are many people all over the world praying to saints and angels. In the hour of their extremity, they are speaking in the language of Hamlet: "Angels and ministers, defend us!"

Saints represent any man or woman dedicated to the truths of God, and who practices the Presence of God. In other words, it means any person who entertains God-like thoughts and walks in paths of righteousness. The invocation of saints and angels has been practiced by millions of people all over the world. These represent good men and women who led God-like lives.

A man in India once said to me that he addresses holy men in the next dimension as living beings, living in a higher realm of mind, namely the fourth dimension. He asks their aid, their prayers and their intercession with God. Because of his faith and belief, he gets results. Whether the object of your faith be true or false, you will get results, for according to your faith is it done unto you. Your subconscious responds to your blind faith. His faith and confidence and his belief that the holy men would respond to him was accepted by his subconscious mind and, of course, his prayers were answered.

People all over the world have had remarkable healings by calling on saints and angels long since gone. But if you reason it out, they have not gone any place.

They are all around you, functioning fourth-dimensionally, just like your relatives who have passed on.

All good must come from God, the primal source of all blessings. Millions theorize that it is perfectly proper to ask dedicated souls in the next dimension of life for help in times of extremity. If to ask a spiritual healer or a dedicated doctor to aid and help you involves nothing objectionable and is not robbing God of the worship due Him, why is it improper to ask the same dedicated man who is now in a higher realm of mind to aid us after he has graduated to a higher world? All these forms of prayer get results, also. . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

Are You Omnipresent?

A Yogi at the Forest University, Ashram at Rishikesh, which is at the foot of the Himalaya Mountains, said to me that many people ask him if they request aid of those in the next dimension, is it possible that they hear them, or are they in different lands, with omnipresence only applying to God? He explained to them that to be present in 15,000 places is not omnipresence. Spirit (God) is out of the limitations of time and space. This is the distinction between Spirit and matter. He added that when he speaks in India to thousands of people, he is present to all of them through the medium of sight and sound. A man who writes a book, by his thoughts and beliefs, is present to

millions of readers all over the world through the medium of his book. Therefore, he said, it may be easily conceived that those holy people in the next dimension are present by their thoughts and their love, which constitute their essential life, to a great many people and places at the same time, through spiritual law.

The old aphorism states: "The saints on Earth, and all the dead, but one communion make." There is really no separation, since subjectively we are all one. The word *humanity* means the One appearing as many.

Nearer to Thee

It is God who . . . *giveth to all life, and breath, and all things* (Acts 17:25). The nearer you get to the Infinite Presence within you, the more you will have of life, love and all good things. You will draw all the spiritual nutrition you need from the heart of Infinite love and life.

Is It Wise?

Many point out rather wisely that the invocation of the saints and angels, who are referred to as holy men, living in the next dimension may be best illustrated in this way: that a particle of dust in the eye will obscure and hide from us the sun in the heavens. It is not wise or prudent that saints and angels should attract more

attention and devotion than God, the source of all blessings.

I look upon all these approaches as good, however, in the sense that they are meeting levels of consciousness. In their own way, they are turning to the light.

The Patron Saint

Many cities have their patron saint, who is the most prominent object of veneration and adoration. Unillumined people give more attention to saints and angels than to God, the Father of all. The ancient gods of Greece and Rome were only deified men, as Cicero expressly affirms in his writings. These gods represented a ladder by means of which many were lifted up to the conception and realization of the Supreme God. In all these cases, we must remember that people are turning to what they conceive to be a higher power. They are, in their own way, seeking a higher power.

The Bible says: *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you; for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh, it shall be opened* (Matthew 7:7–8). Prayer should form a part of all healing processes. . . . *Pray one for another, that ye may be healed.* . . (James 5:16).

But it must be prayer in its all-encompassing mood of faith and love, causing the God Presence to respond as vitality, wholeness and perfection. Time and space

vanish before the power of Spirit. All individuals are included in the one great unity of pure Spirit (God) and are bound together, for God is all and is in all.

You Can Build A Glorious Future

The prophet Hosea said a wonderful thing: "Take your thoughts to God." This is a very practical and simple approach, and habitually following this direction transforms our lives. The thoughts we habitually think form grooves, or impressions, in our deeper mind. The Spirit, or Life Principle, responds and creates in our experience according to the tracks laid down in our subconscious mind. God is to us what we conceive God to be.

I said to a businessman who was failing in business and in health that he should stop building a prison in his mind. He said to me that he had no imagination. I explained to him that imagination was the first faculty of man and that everybody has imagination and is using it all the time, for good or for ill. According to the way in which he uses his imagination, so does he become and so does he act.

He had been building a mental prison by blaming his difficulties on others, the government, relatives and business associates. He began to see, however, that he was the propagator of his own problems. He began to take responsibility for his life, and he decided to take his thoughts to God within himself. He began to constantly affirm: "My business is God's business,

and God is prospering me now. God guides and directs me. God's peace fills my soul. God is my boss and my guide, and God's healing love saturates my whole being."

He kept reiterating these truths to himself many times a day and gradually he eradicated the hundred and one vexations and contentions lurking in his mind. In his own words, he got the world, its news and its crime off his shoulders, and he no longer hates, resents and condemns all those around him. He is building a glorious future by taking his thoughts to God, as suggested by Hosea thousands of years ago.

You Are the Captain on the Bridge

The captain directs the ship. He does not feel that he is a victim of the seas or is at the mercy of the waves. He understands the principle of navigation and controls and directs his destiny, moving towards his goal in life. He does not worry, fret and fuss about chance, fate or accidents. He plans for victory at all times.

You are created to win, to triumph, to conquer. You should never dwell upon failure, loss, lack or limitation of any kind. To do so is to build a prison in your mind, thereby leading a limited and circumscribed life, a sort of miserable existence. You are placed here to go forward and never retreat.

Napoleon said that "imagination rules the world." He became a famous general and a marvelous strategist. He imagined victory and focussed his mind

exclusively on the triumphant end, becoming master of Europe.

Historians inform us that before the battle of Waterloo, he planned a retreat in case he lost the battle or the battle tide turned against him. He h·d to use it because he built a retreat in his mind, and that which he greatly feared came upon him, just as Job had pointed out thousands of years ago.

Another interesting aspect in the life of Napoleon was that he held in great awe and respect any man with a long nose. This was a sort of superstitious belief. In all probability, the belief went back to his childhood when some relative had told him that men with long noses had some superhuman qualities and were Divinely gifted with extraordinary insights and wisdom. In other words, he transferred the power within himself to men with long noses. He created failure in his own mind and he experienced it, for Wellington, who defeated him, had a very large nose.

. . . *There is no power but of God: the powers that be are ordained of God* (Romans 13:1).

Age Is Not the Flight of Years

There are numerous people living here in Leisure World, Laguna Hills, who pay no attention to years. Many are very active at 90 and over. They not only indulge in all the various recreational activities, but are also quite active in their professional capacities

and contribute much to the health and cultural activities in the area. They do not subscribe to the belief that the accumulation of years brings on deafness, poor eyesight or physical deterioration. They realize the Spirit never grows old and never dies.

The statistics given out by insurance companies regarding old age do not refer to any law of life. They refer to the general mass belief. They have established certain rules but the exception proves the rule. A rule made by man is not a law of life. When you see people 90 to 95 years of age driving their cars, wearing no glasses or hearing aids, this proves that the transcendent man resides in all of us.

He's a Medical Marvel

The following article was published in the *National Enquirer*, July 31, 1979:

> **He's a Medical Marvel**
> **160-Year-Old Man Still Works & Smokes**
> **Up to 100 Cigarettes a Day**
>
> At 160, Manoel de Moura of Brazil may well be the oldest man in the world.
>
> While many wild claims of old age have been debunked in recent years, Manoel not only has his birth certificate to prove his age, but also the testimony of people who are themselves now very old—and remember him as an old man when they were children!

"When I was a young boy, Manoel was already an old man, pushing 100," recalled Teodoro Boskow, former vice mayor of the town of Cerrito Alegre, who's now in his 80s. "He looks the same now as he did 70 years ago—except that now he's a little hunchbacked."

Modesta Lemos, 70, told the ENQUIRER: "When we were just beginning school, Manoel was a very old man with that same white hair and beard."

The mystery of Manoel's extreme age is deepened by the fact that a local doctor, who's the only doctor Manoel has ever seen, can find absolutely nothing wrong with him.

"This is the most incredible thing I have ever seen—not only in my medical career, but in my life," declared general practitioner Francisco Luz.

"The health of this 160-year-old man is supernormal. His blood pressure is normal, and his heart beats exactly like the heart of a 20-year-old man. Medicine has no answer to explain his longevity. . ."

Manoel's birth certificate says he was born March 25, 1819, in a rural town in Brazil. The document speaks for itself.

"There is no doubt about Manoel's age," concluded Theofilo Salamao, City Councilman in the town of Pelotas. "The birth certificate

was given to him by the State of Rio Grande do Sul of the Federal Republic of Brazil."

Manoel, who has spent most of his life as a farm laborer, attributes his remarkably well-preserved condition to simple living.

"My key to survival is the land," he told The ENQUIRER. "I have lived my entire life working the land, making things grow. I have been to the movies only once. I saw television once, but I didn't understand what was going on.

"I don't own anything, and I don't worry about anything, either."

Adding to the puzzle of Manoel's strapping good health is his habit of chain-smoking.

"I could smoke all day if I had enough cigarettes," he said. "Usually I smoke between 80 and 100 cigarettes a day."

Manoel's employer, Ary Lemos, feeds the old man and gives him shelter in return for his labor.

"Manoel is the best worker I've ever had. Most of the kids around here are lazy, but Manoel is a dedicated worker.

"He cuts wood, hoes the soil, plants, clears the fields. His eyesight is perfect—he can thread a needle on the first try."

The Brazilian government last month finally got around to granting Manoel a retirement pension of $25 a month for as long as he lives.

But the money doesn't impress the old man,

who has no living relatives and has never been married.

"What I enjoy most out of life," he grinned, "is just a hot cup of coffee and a cigarette."

—by Michael J. Hoy

Her Religion Was Her Problem

A young woman about 22 years of age came to see me. She was what she termed very religious. She didn't dance, play cards, drink wine or go to the movies, neither did she date men. She went to church every morning and followed all the rules and tenets of her religion.

She was suffering from what her doctor had told her was anxiety neuroses. She was taking tranquilizers and pills to reduce her high blood pressure. She was mad at God for permitting all these things to happen to her.

I explained to her that true religion is of the heart and not of the lips, and that while she was conventionally good in following all the rules, rites and ceremonies of her sectarian beliefs, her false concept of God and her grotesque belief that God was punishing her caused all her mental and emotional problems.

She finally began to realize she was her own persecutor and tormentor. There is the old aphorism: "He who discovers himself loses his misery." She discovered that her negative thinking had been the cause of all her problems and the explanation was the cure. She decided to make it a habit to think right, feel right,

and act right according to universal principles and eternal verities.

Remember ye not the former things, neither consider the things of old (Isaiah 43:18). . . . *Behold, I make all things new. . .* (Revelation 21:5).

CHAPTER 6

Becoming Spiritual-Minded

Many people have a vague idea of what it is to be spiritual. To become spiritual-minded, according to the beliefs of many people, is confused with conforming to certain devotions, rituals and ceremonies. What is it to become spiritual? How may I become so? These are questions of great importance to all men and women.

You will become spiritual-minded when you make up your mind to think heavenly thoughts, which means to think according to eternal verities and principles of life, which are the same yesterday, today and forever. Your subconscious mind is the seat of habit, and as you continue thinking God-like thoughts, you will form a very good habit and wonders will happen in your life.

The Bible says: *Judge not according to the appearance, but judge righteous judgment* (John 7:24). To judge is to separate that which is false from that which is true. In other words, you come to a decision in your mind regarding the truth or falsity of any thought. To

affirm the good and the true is righteous judgment and brings harmony and peace into your life.

If a man is sick or crippled, you don't deny the evidence of your senses, but you go to the Infinite Healing Presence within you and affirm wholeness, vitality and perfection for him. You see him as he ought to be: happy, joyous and free. Your interpretation of what your five senses report to you may be wrong. Check on how you interpret what your senses report to you.

Many people think that in order to be spiritual-minded, they must put in practice ascetic mortifications, which are really of no value. Instead, to develop spiritually, you start from the inside, not the outside. As you spiritualize your thought life, your body will magically melt into the image and likeness of your contemplation.

You Can Rise

And I, if I be lifted up from the earth, will draw all men unto me (John 12:32). Lift up your concept of God and realize that the Holy of Holies is within yourself. As you dwell upon the attributes and qualities of God within yourself, the more your spiritual power and psychological force are augmented. Just so far as we know God, do we become more God-like, and we can do Divine works to the same extent.

Affirm frequently: "I exalt God in the midst of me, mighty to heal and restore. I am illumined from On

High." Make a habit of this and you will find that you are lifted up and inspired to accomplish great things. Be careful not to subsequently deny what you affirm.

Begin to Believe

Belief and life, from an etymological standpoint, are the same. To believe is to live. To believe is a movement of our interior life towards the fulfillment of our desire. In other words, pour life and love into your ideal, goal or desire. Live in the state of being it. Live the role just like an actor or actress. Animate your desire. Contemplate its fulfillment and see the happy ending.

To believe that you are being healed or prospered now turns the current of Universal Life in that direction. Believe in the truths of the Spirit rather than in the evidence of your five senses. This is salvation in the complete signification of the word.

The Meaning of the Blood of the Lamb

In ancient times the mystics expressed and preserved the highest truths under the covering of appropriate symbols. In the zodiac, which signifies the circle or cycle of life, the first is Aries, the Lamb. The sun crosses the equator on the 21st of March, which is called the ingress of Aries, and it is said that it sheds its blood (actinic rays and heat) on the passover (as it passes over). All the seeds frozen in the ground are

resurrected and we are saved from starvation. Following is a regeneration of all life in the northern latitudes.

If your mother is ill, you can shed your blood for her, symbolically speaking, by pouring life and love into the idea of wholeness, vitality and perfection for her and by imagining her to be whole, vital and strong. You are giving her the living truth of the Spirit, which means the shedding of your blood in symbolic language. Blood means Life. In this blood, which is perpetually shed for many sick people throughout the world, we wash our robes and make them white.

You may pray for an alcoholic or someone suffering from any other specific disease and the patient may get well; but you must also teach him the cause of his trouble and instruct him how to pray. Otherwise, he may have a relapse. Not to do so would be somewhat similar to a fireman who rushes into a burning building to rescue a trapped man and only seizes his clothes, leaving the man as he was.

The highest function of a healer is to serve as a doctor or teacher. The ancient meaning of doctor was that of a man who taught others about the Divinity within them, which enabled them to rise and overcome their passions and appetites and move onward, upward and Godward.

The ancient mystics said: "If that thou seekest and thou findest not within thee, thou wilt never find it

without thee." When you pray for an invalid, you are mentally in tune with the Infinite Healing Presence within you. Since there is no time or space in the Infinite Spirit, you can accelerate the healing process in the invalid.

The Price You Pay

The price you pay for spiritual unfoldment is attention, recognition and devotion to the eternal truths of life. You pay with mental and spiritual coin. There is no free lunch, and attention is the key to life. As you absorb and mentally digest more and more of wisdom, truth and beauty, you will be able to impart the healing message to others.

You cannot give what you do not have; therefore, . . . *seek ye first the kingdom of God, and His righteousness* (right thinking); *and all these things shall be added unto you* (Matthew 6:33). Gold and silver in the Bible are symbols of celestial good and truth. As you look to the Source of all blessings, you are recognizing your everlasting inheritance and you will never want for any good thing.

Dr. Warren Evans wrote in 1884:

> Think truly, and thy thoughts
> Will the world's famine feed;
> Speak truly, and each word of thine
> Will be a fruitful seed;
> Live truly, and thy life will be
> A great and noble creed.

Why He Was Disappointed

Recently I talked with a man who had been experiencing an acute business problem. He needed a loan from the bank to tide him over for some months, but due to recent restrictions he was turned down. He was very tense and anxious. He also understood that these negative emotions would generate the reverse of what he was praying for.

I suggested that he go to the Source of all blessings —namely, the Infinite Spirit within him—and affirm the great eternal truths to bring his mind to a state of peace and rest. I suggested that he detach his mind from the problem and assume an attitude of Divine indifference, which means that it is impossible for your prayer to fail. Infinite Intelligence knows only the answer.

I suggested also that he reiterate the following age-old truths, realizing that when his mind was at peace, the answer would come. Accordingly, he meditated on the following scriptural verses several times a day, and when fear thoughts came to him, he would immediately quote one of the verses to himself:

—*But my God shall supply all your need according to his riches in glory . . .* (Philippians 4:19).

—*In quietness and in confidence shall be your strength . . .* (Isaiah 30:15).

—*. . . God, who giveth us richly all things to enjoy* (I Timothy 6:17).

—. . . *But with God all things are possible* (Matthew 19:26).

—. . . *Before they call, I will answer; and while they are yet speaking, I will hear* (Isaiah 65:24).

—. . . *According to your faith be it unto you* (Matthew 9:29).

—. . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

—*He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him* (Psalm 91:15).

—*All things be ready if the mind be so* (Shakespeare).

—*The Lord is my light and my salvation; whom shall I fear?* . . . (Psalm 27:1).

—*I will lift up mine eyes unto the hills, from whence cometh my help* (Psalm 121:1).

He remained faithful to his meditation, and one of his customers, to whom he had previously mentioned his predicament, suddenly came to him and generously advanced him far more money than he needed and his problem was solved. When he established a Divine indifference to results, the answer came. Contemplating these statements of the Law of Life frequently, he succeeded in building into his mentality a state of peace and equilibrium.

The Psalmist expressed it this way: *But his delight is in the law of the Lord; and in his law doth he meditate day and night* (Psalm 1:2). You induce a quiet, receptive mind as you reflect on the great truths, and you then will dramatize the answer more quickly.

How He Conquered Despondency

A young college student came to see me and told me that the girl to whom he had been engaged and was about to marry had been killed in one of the recent air crashes. He was failing in his studies and was depressed, dejected and suffering from melancholia. At the same time he was taking tranquilizers, but when the effect wore off, he was right back where he started.

I suggested to him that he must not let these negative emotions gel and crystalize in his subconscious mind, which would cause a very negative subconscious complex with harmful results. I explained to him that an expert motorist here in Leisure World had had a crackup while going 90 miles an hour. He had not been seriously injured, and while the Automobile Club truck was towing his car to the repair shop, he immediately called a taxi and drove around for about an hour or more, the reason being that he wanted to prevent that experience from forming a negative pattern in his subconscious. He did not want to develop a fear complex.

This young man began to realize that everyone eventually passes on to the next dimension and that his gloom and despondency were not helping his sweetheart in the next dimension of life, but were actually holding her back. He decided to loose her and let her go, affirming whenever he thought of her, "God gives you peace and harmony."

He then redirected his mind to his studies and began

to keep his mind tuned in to the Infinite Presence and Power, reflecting frequently on Divine guidance, peace and harmony. Following this procedure, his negative emotions were dissolved in the light of Divine love.

The Prince of This World

. . . *For the prince of this world cometh, and hath nothing in me* (John 14:30). A young college girl in a nearby university, who has read several of my books, including *Songs of God*,* said to me that she had belonged to a certain cult and had since dropped the association when she realized that it was all rank superstition and balderdash. The other three members had told her that they would pour imprecations upon her and that she would suffer.

She knew that the prince of the world is fear and that their intention was to instill fear and terror into her mind, a sort of hypnotic suggestion. She read the inner meaning of the 91st Psalm and reiterated many passages during the day. Whenever the memory of their threat came into her mind, she would immediately affirm, "God loves me and cares for me."

She knew that if she could not give hate, she could not receive it. All she did was bless them and walk on, laughing at their dire predictions, knowing full well

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

that they were negative suggestions which she refused to accept. Of course, the negative thoughts of her former friends boomeranged and were returned to them. All three, she told me, were subsequently killed in an auto crash.

The prince of this world (fear) had come to her and had found nothing in her to correspond to that fear. She knew the Law of Life. She had enthroned in her mind peace, harmony, right action and Divine love. The truths of the 91st Psalm had penetrated her subconscious and she walked with God, finding ways of pleasantness and paths of peace.

How to Handle Fear

It might be true to say that fear comes to everyone at some time, somewhere, in some way. The writer remembers that many years ago, while flying over the North Pole on the way to Norway and Sweden, a great storm had taken place. All of the passengers had been terrified. A few of us had begun to recite the 91st Psalm out loud, which had quieted them to some degree. They were afraid of death and destruction. That had been the only way to handle that group fear that had seized all of us.

Fear is contagious. Love is contagious, also. All of us must understand that no influence or suggestion from the external world can ever affect us unless it finds kinship with something inside of us. The girl previously referred to who had been threatened with a

voodoo curse had rejected their suggestion because she knew it could not affect her unless she accepted it; and then it would be simply a movement of her own mind. This suggestion had found no home, no acceptance; therefore, it could not function and its force was dissipated.

As you continue to grow spiritually by absorbing and imbibing the great truths of life, you will be convinced that what the Psalmist said is true: *A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee* (Psalm 91:7). In verses 9 and 10 of the same Psalm,* we read: *Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling.*

This is a very beautiful and definite promise. It points out that you will always be protected, directed and watched over by the spell of God's love. By pondering frequently the fact that God loves you and cares for you, guides you and directs you, you are making the most High your habitation. Because you constantly remind yourself that God's love surrounds you, enfolds you and enwraps you, you are always immersed in the Holy Omnipresence and no trouble can touch you.

*See *Songs of God* by Dr. Joseph Murphy. DeVorss and Company, Inc., Marina del Rey, California, 1979.

There Is an Easier Way

A businessman said to me after a lecture a few Sundays ago, "I spent my early years toiling, moiling, and grabbing for the good things of life. I was always trying to make ends meet. I wanted more money, a home, a car and lovely surroundings."

He had gone to a spiritual counselor for advice, and she had told him that he was trying too hard. She taught him to go to the Source of all good—the God-Presence within—and to claim peace, harmony, right action, beauty and abundance. She told him that God was flowing through him, filling up all the empty vessels in his life.

He continued along that spiritual path, and all the things he had been seeking were added to him. His faith and confidence in the Infinite Presence within him were translatable to health, wealth, true expression and an abundant supply of money, also. He stopped trying so hard, begging and beseeching for the gifts of Life which have been proffered to all of us from the dawn of time.

Shakespeare said, "All things be ready if the mind be so." Open your mind to receive; learn to be a good receiver. God has given you Himself and the whole world. It is, therefore, foolish and stupid to beseech the Infinite to do something for us, because it is written, . . . *Before they call, I will answer; and while*

they are yet speaking, I will hear (Isaiah 65:24). No matter what your problem is, the answer is there even before you ask.

The best spiritual medicine today is to get acquainted with the Spirit within you and then claim peace, harmony, and Divine law and order in your life. Reflect and dwell upon the Divine Law, which is: "I AM that which I contemplate." Contemplate whatsoever things are true, lovely, noble and God-like and let wonders happen in your life.

The Secrets of Life

The other evening I heard a psychologist speaking. Among other things, she said that man had perfected the laser beam, which now could destroy missiles in space. She also related its many other applications in medicine, the air industry and warfare. She said that we have split the atom and have broken the DNA code dealing with our genetic record, which determines the color of our skin, eyes and general physiognomy. We have isolated most of the hormones which are usually secreted by our glandular system and which keep our body in balance.

With all of this knowledge, she pointed out, we have not yet learned to live in peace and harmony. The answer to all of this is simple. The answer was given by the ancient mystic when he said, "When a man discovers himself, he loses his misery." The self of you is

God. The Bible says: *Acquaint now thyself with him and be at peace. . .* (Job 22:21).

The Answer to Doom and Gloom

We have a great number of prophets today predicting all manner of disasters, and they are instilling fear and uncertainty in the minds of millions of people. I counsel with many people who are morose, morbid, sullen and ill humored. They are afraid of old age, atomic warfare, insecurity and the future, and many are living in fear of death.

The Bible says: . . . *God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7). It is true that fear, in some form, comes to all of us. When hearing the honk of a horn when walking along the road, you step aside, and the momentary fear is transmuted to desire to live, and you are free.

Many listen to the news and read the magazines and papers predicting nuclear war, the end of the world, earthquakes, etc. As they dwell on these predictions, they are seized with a sort of crippling fear.

I suggest to them that they hold these fears up to the light of reason, examine them and recognize that most of these predictions never come to pass, but come out of the fetid brain of the prognosticator of doomsday. Paul points out in Corinthians, . . . *Whether there be prophecies, they shall fail. . .* (I Corinthians 13:8).

Basically, all of this abnormal fear is due to a man's basic sense of insecurity, in failing to align himself with the Infinite Presence and Power. When he joins up with this Source, the Life Principle, which is all-powerful, all-wise and knows no opposition, he discovers a reflex action and his abnormal fear is gradually dissipated.

They Called Him the Rock of Gibraltar

A secretary once told me that the manager in the office where she worked was very domineering, arrogant, and boastful and treated the salesmen and the office girls rather shabbily. His mind was devoid of simplicity and his conversations were turgid. There was a cruel acerbity to his tongue.

The General Manager had visited the office and had found some things wrong. He had mildly reprimanded the manager; and this man, who had seemed to be so solid, unmoved and confident, cracked up and cried "like a baby." He had to go to the doctor for a sedative. Actually, his external demeanor and apparent confidence were a cover-up for a deep sense of insecurity, inadequacy and a profound inferiority complex.

A man who has faith and confidence in the Powers of the Infinite and who has self-esteem does not succumb to mild criticism. Actually, it acts as a stimulus to his confidence in himself. You become a true leader when you take command of the motley crew of

thoughts in your own mind, dwelling on whatsoever things are true, honest, loving, noble and God-like.

This manager had a false estimate of himself and thought that by bluffing and blustering he could cover it up. To play the bully, to storm and to rage is a sure sign of a deep sense of inferiority. Braggadocio is empty and pretentious bragging. You will recall that the braggadocio of Mussolini and the megalomania of Hitler brought about their ultimate downfall.

Don't Compare Yourself With Others

God never repeats himself. You are unique, and there is no one in all the world like you. Many men and women who were timid, shy and retiring have visited me for counselling, and I have always pointed out to them the vast potentials within them waiting only to be called upon, resurrected and utilized. I explained to them that when fear came to their mind, it meant that they were supposed to call on the Divine reserves within them, thereby enabling them to overcome fear.

As they practice calling on the God Presence for guidance, strength and wisdom, they rise from that sense of inadequacy and keep going when others give up. One man, who had been born into poverty, told me that the reason he had reached the presidency of his company was due to his tremendous drive to overcome poverty and achieve his true place in life. His

lack urged him on and acted as a powerful incentive to his ascent up the ladder of life.

Many women with an inferiority complex have told me that it was this sense of insecurity, inadequacy and inferiority which acted as their main driving force to excel, advance and go up the ladder of life. A formula which I have suggested to many women is as follows: Stand before the mirror every morning for five or ten minutes and affirm out loud: "I AM a daughter of the Infinite. I AM a child of eternity. My father is God, and God loves me."

As they keep using this prayer regularly every morning, it gradually sinks down by a process of mental and spiritual osmosis into their subconscious mind. This new concept of themselves, being impregnated in their deeper mind, comes forth and their whole life is transformed. The law is: What is impressed in the subconscious is expressed.

He Wanted to Become a Minister

Two years ago a young man who listens to my radio program asked me how he could become a minister of Divine Science. I suggested that he go and see Dr. Margaret Stevens, Santa Anita Church, Arcadia. She has a wonderful ministerial school there and has already graduated many men and women. The teachers are Professor Holland, Professor Bach, Dr. Stevens and many other outstanding metaphysical teachers.

I met this young man last Sunday and he is still talking about taking up the ministry, claiming that is all that he really wants to do; however, he has done nothing about it. He has not inquired at or attended the school. In other words, he has not taken one step toward the realization of his heart's desire. He has not made an effort.

There are many people like that. They say, "I must take up Spanish or German, as it is very important in my business," yet, they have had ample opportunities to study these languages and have done nothing about it. They are simply daydreaming.

I know a man who has been talking about writing a book for over ten years regarding his extraordinary war experiences. I suggested to him several times that all he has to do is to sit down and write, and not wait for God to write. When he begins, God begins.

You are here to live life gloriously, so stop daydreaming. You are here to give your talents to the world and make it a better place to live in. This would-be writer shrinks and evades the effort to achieve and express himself in a wonderful way. All of us should listen to the admonition of the ancient Greek philosopher when he said, "The only proper study of man is man."

Law of Cause and Effect

Another way of explaining the law of cause and effect is to say that you are belief expressed. Whatever

your conscious mind really believes, your subconscious will bring forth.

I went into a business establishment recently, and the chief clerk told me that the business was going into bankruptcy. The reason he gave was that the owner had been leading a sort of double life. He had a mistress, was getting a divorce, and was ruthless with the clerks in the store. He was constantly changing help, because they resented the way he treated them.

Emerson said that every institution is a shadow of the man. His failure in business was really his complete failure in the art of living life successfully and harmoniously. His inner sense of guilt, his fear and inner conflicts, and his resentment toward his wife and others were the cause, not the business. Success depends on how you feel on the inside. The inside controls the outside. As within, so without.

A Better Future

. . . *God hath not given us the spirit of fear, but of power, and of love, and of a sound mind* (II Timothy 1:7).

Each day is a time of renewal, resurgence and rebirth. All nature proclaims the glory of a new day. This is to remind us that we must awaken the God within us and arise from our long winter sleep of limitation and walk forth into the morning of a new day and a new life. Fear, ignorance, and superstition

must die in us and we must resurrect faith, confidence, love and goodwill.

Begin now to take the following transfusion of God's grace and love: "I am filled with the free-flowing, cleansing, healing, harmonizing, vitalizing life of the Holy Spirit. My body is the temple of the Living God, and it is pure, whole and perfect in every part. Every function of my mind and body is controlled and governed by Divine wisdom and Divine order.

"I now look forward to a glorious future. I live in the joyous expectancy of the best. All of the wonderful God-like thoughts I am thinking now, this day, sink down into the subconscious mind as into a tomb. I know that when their time is ready, they will come forth as harmony, health, peace, conditions, experiences and events.

"I now pass over from fear and lack to freedom in God and the abundant life. The God-man is risen in me. Behold! I make all things new!"

CHAPTER 7

Thought Patterns Are Creative

The faculty of imagination, in the estimate of masses of the world population, and even among those who are presumed to be highly educated, has been greatly undervalued. With many, imagination has been degraded to a lower level among their intellectual powers. Nevertheless, remember that imagination is really one of the highest and most important powers within you.

Imagination is the formative power of your mind. It has creative potency. God created the universe and the galaxies of space by imagining Himself to be all of these things, and He became what He imagined Himself to be. God had to image man for man to appear.

Consider fiction writers for a moment and realize that all of the wonderful scenes they create are products of a lively imagination. Fiction, in the etymological sense, is that which the imagination creates. Poetry is a mental creation. The imagination is the image-making faculty, or that which forms an idea which is projected on the screen of space.

The imagination is the foremost faculty of man. It is

a spiritual force and a creative power. The very fact that a man imagines himself to be sick is a proof that he is so, for the disease is only the effect of the misuse and the abnormal action of this creative power. If we could trace the mental history of every ailment or disease in individuals, we would undoubtedly discover the power of misdirected imagination.

You can use any power two ways. Be sure to use disciplined, controlled, directed imagination based on universal principles and eternal verities. Imagine what is lovely, noble, dignified and God-like. Imagination combined with faith works wonders in effecting healings of all manner of diseases. In these two spiritual powers—namely, imagination and faith—we have the most important of all creative devices.

He Ministered to a Mind Diseased

The late Carrick Cook, who was a minister in San Francisco for many years and an associate of the late Ernest Holmes, founder of the Science of Mind in Los Angeles, once told me about a black woman who was a remarkable healer. It seems that someone had sold her a bone relic presumed to be that of a saint, and she had been convinced that when people came to her for a healing, if they would only touch that bone, they would be healed of whatever infirmity they had.

Great numbers were truly healed, but in the words of Carrick Cook, it was actually the bone of a dog. The patients who had come to her believed what she said, and their faith and imagination did the rest. Carrick

Cook said a medical doctor who had examined the bone explained to her that it was part of the foot of a dog.

This shows you the power of faith and imagination, which resurrected the healing power within those who accepted what the practitioner had said. This, of course, was blind faith, as they had no understanding of how or why they were healed. True faith is the union of your conscious and subconscious mind, scientifically directed.

The most potent forces of nature act silently, with no noise. Your thoughts have power over your body. Your thoughts may be morbific, a type which generates disease; or your thoughts may be wholesome, constructive and promotive of health. The state of thinking and feeling is the cause of the bodily condition.

Thoughts and ideas represent the underlying reality of all outward and visible objects. As you look out at the world, everything you see, such as the starry heavens, the mountains, seas, lakes, trees, etc., are the thoughts of God. By studying nature, we communicate with the Infinite, in the same way as we do with the ideas of an author by reading the words of his book.

Let Us Look at the Power of Thoughts

Whatever a man consciously creates or invents is always first a thought in his mind, an idea clearly for-

mulated in his mind, before it is shaped into an objective, or external thing. For example, the house you live in, the automobile you drive or the airplane in which you fly first exists in the mind of man. The picture is in the mind of the painter, and the wonderful statue you admire was first an idea in the mind of the sculptor.

Plato taught that everything exists in ideas or thought images in the mind before it can have external realization. There are false ideas and true ones, a right and a wrong way of thinking. A false or fallacious idea can manifest itself in the body as disease. Fulton's idea became manifested as a steamboat and Morse's idea into a telegraph. A factory or large department store is the thought of an entrepreneur condensed into objective manifestation.

People are waking up to the influence of ideas, imagination, faith and feeling over the corporeal condition and all the physiological functions of your being.

Where Are the Enemies?

Frequently I receive letters from men and women who ask, "How can I forgive or love those who rape, murder, steal, plunder, rob, mistreat their children and in some cases murder them?" They go on and talk about Iranians who hold Americans in hostage and treat them so cruelly.

In the Bible it says: . . . *Love your enemies, bless them that curse you, do good to them that hate you,*

and pray for them which despitefully use you, and persecute you (Matthew 5:44). Many people misinterpret and misunderstand the real meaning of "love your enemies." You are also told that the enemies are of your own household (mind). If the thoughts in your mind are hateful, resentful, angry and full of rancor and bitterness, you are emotionally disturbed. Your health suffers, perhaps bringing on disease, such as ulcers, high blood pressure, failure in business and poor human relations.

Why He Did Not Prosper

Some time ago a brilliant businessman who had achieved great success in his field of expression said that his business was dropping off, his clerks were stealing, and many of his customers had gone elsewhere.

The reason was that he was involved in a marital problem, a bitterly contested divorce. He hated his wife, and his mind was polluted with anger, suppressed rage and fear. The enemies were created by himself.

I explained to him that he was the only thinker in his world and that he was responsible for the way he was thinking about his wife. He began to see clearly that it is not what happens to him but his reaction to it—the way he thinks about it—that makes the difference between success and failure, or health and sickness.

Accordingly, he practiced the law of substitution. He supplanted his negative thoughts with constructive

thoughts and began to claim that there was a Divine, harmonious solution to his legal problem and that Divine justice would reign supreme.

He discovered that the real enemies had been his own thoughts, created by him; so he practiced right thought, right feeling and right action. A simple prayer he used was, "God thinks, speaks and acts through me. God loves me and cares for me." When fear or hateful thoughts came to his mind, he immediately affirmed, "God's love fills my soul." Thus, he healed himself and his business prospered.

Psychosomatic Medicine

The word *psychosomatic* comes from two Greek words, *psyche*, meaning mind, and *soma*, meaning the body, indicating that nothing happens in the body unless the equivalent is first in your mind. Dr. Frank Varese in Laguna Hills is an outstanding medical doctor, and he frequently lectures on the relation between mind and body in disease. He, together with other doctors practicing holistic medicine, stresses the relationship between physical disorders and the various diseases and the tangled and destructive emotions of their patients.

Oncologists, who specialize in the treatment of cancer, point out that there is usually a pattern of deep-seated resentment, hostility and frustration, and an unwillingness to forgive, coupled with self-condemnation and a deep sense of guilt behind cancer patients. The disease is the outpicturing of the thought patterns

of the patient. Dr. Varese is very successful in bringing about a state of healthy-mindedness in his patients.

You can readily see the wisdom of loving your enemies when you understand that the enemies are created by yourself and are, in reality, a movement of your own mind. Therefore, when you supplant your negative thoughts with God-like thoughts based on eternal verities, the negative thoughts are changed into constructive energy, which bless and heal you.

The Two Sisters

A pair of twin sisters were married at the same time and were apparently very much in love with their husbands. After a few years, however, the two husbands deserted them and went to foreign countries, leaving no explanation and making no provision for rearing the child born to each one of the sisters.

One of the sisters, who had studied the science of mind, went back to nursing, maintaining her poise, equilibrium and balance. She continued to take her beauty treatments and her swimming and golf exercises and maintained her inner peace. She continued to dwell on the great truths contained in *Songs of God.** She never lost her composure. Like Joseph of old, she maintained that only good could come out of this experience. She quickly got a divorce and the

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

pediatrician who had been attending to her young daughter proposed to her and they were married.

The other sister expressed her intense hatred toward her ex-husband, wishing for him all sorts of negative experiences. She was seething with rage and hostility and got an acute case of arthritis and had to be confined to a hospital.

Both sisters had had the same experience; the difference was not in what had happened to them but in their thoughts and their reactions to the experience.

You know where the enemy is. You cannot afford resentment, hatred, hostility or emotional stress because these emotions rob you of discernment, vitality, peace of mind and health, leaving you a physical and mental wreck. Truly, it pays dividends to love your enemies.

Dominion of the Mind

There is no part of the body that is not under the dominion of the mind and that cannot be influenced by an intelligent voluntary action. I knew a man in India who could suspend the pulsation of his heart at will. This capacity is well known in research circles today.

There were other teachers at the Ashram who could perspire at will. Others were able to contract or dilate the pupils of the eyes as they wished. They said that all they had to do was to think of a very dark place and the pupils of the eyes would dilate. When they thought

of a very bright spot the pupils of the eyes would contract. For example, if you think of something sour, such as lemon juice, it affects your salivary glands and causes your mouth to water.

Thus, an idea, a thought, an imagination, may act as a medicine or as a poison. *For as he thinketh in his heart, so is he. . .* (Proverbs 23:7). This is one of the wisest things Solomon ever said. In your subconscious mind reside all the active, vital powers. Given a certain mental state, a corresponding bodily condition follows with the unerring certainty of the law of cause and effect. There is a power in thought over all the organs of our body that is not recognized by the masses.

To live truly means to think truly and to discern the truth. It is important to bear in mind that imagination is a mode of thought, and every idea in the mind tends by its inherent nature to an actuality in the body. The only living force of the body is the mind.

Remember a simple truth: It is your thought, created by yourself, that is the real enemy. Come to a point of decision regarding these enemies in your mind and cast them out. Consume them and burn them up with the fire of Divine love. It is foolish to assume that loving your enemies means to invite felons, rapists, murderers and dope fiends into your home and entertain them, putting your arms around them and telling them how much you love them. That is absurd.

You understand why they act the way they do. They are under the compulsion of negative, destructive and irrational emotions. You understand that they are full

of self-hatred and are projecting that on to others. You look upon them with a degree of comprehension and tolerance. You do not under any circumstances condone their crimes, but you understand the malignant forces operating in their minds. Furthermore, you realize that justice and punishment will prevail.

The murderers, rapists, etc., should be incarcerated so that society may be protected. Some do-gooders who have little or no understanding of wisdom and who are on the parole boards, oftentimes release these hardened criminals to prey again on society. One such criminal freely admitted to me that he pretended to be religious and said that he was converted and born again, so they released him. That is not love. There is no love without wisdom and no wisdom without love.

Learn the Mental and Spiritual Laws of Life

More importantly, to love your enemies means to banish from your mind your fears, hates, jealousies, angers and resentments, all of which are self-created, for these are your real enemies. If these negative emotions dominate and control your mind, you can be absolutely sure to experience the result in your body, your home, your business and your relationship with others. This is the mental and spiritual law operating in all men and women throughout the world, regardless of their religious affiliations and nominal beliefs. Hunters tell us that animals pick up the scent of fear and will attack you.

In consultation with a woman today as I write this

chapter, she admitted that she had lived in constant fear that her home would be robbed. While she was at church one Sunday, thieves pulled a truck up in front of her house and carried away all the expensive furnishings in her home. They cleaned her out.

Her constant fear, morning, noon and night, had been the real thief, and her subconscious had brought it to pass. The law is impersonal and no respecter of persons. She is now using the great Psalm of protection, which is the 91st Psalm,* and will build up an immunity to all harm.

Let all the thoughts in your mind be harmonious, peaceful, loving and based on faith in God and the goodness of God in the land of the living. Let your trust and reliance be in God, the Source of all blessings. When your thoughts are God's thoughts, God's power is with your thoughts of good.

"Of the soul the body form doth take, for soul is form and doth the body make."

The Power of Suggestion in Healing

There is an interesting article written by Dr. Warren Evans, who was a student of Phineas Parkhurst Quimby about 1850. He quotes an historical event: At the siege of Buda in 1625, when the garrison was on the point of surrendering, in consequence of the

*See *Songs of God* by Dr. Joseph Murphy. DeVorss and Company, Inc., Marina del Rey, California, 1979.

prevalence of scurvy in an aggravated form, the Prince of Orange caused to be introduced a few bottles of sham medicine as a sovereign remedy and infallible specific for the disease. This, given in drops, produced the most astonishing effects.

Many who had not moved their limbs for months were seen walking in the streets sound, straight and whole; and many who declared that they had been rendered worse by all former remedies recovered in a few days. Of course, you realize it was not the effect of the medicine, which had no therapeutic value whatever. It was their faith and confidence in the remedial value of the drops that effected the amazing therapeutic results.

It would be wonderful if all people became aware of the Infinite Healing Presence within them and then realized that their faith in the response of this Healing Presence would work wonders in their lives. They could use their imagination wisely and knowingly, realizing that as they imagined themselves doing all of the things they would do were they whole, their subconscious would respond.

This would represent a sincere act of faith in God, which is a movement of the mind and heart towards the Infinite Healing Presence Which created us, thus bringing about a vital union and a vivifying conjunction with the Divine Presence which indwells all of us. Wonders would happen when we prayed knowingly and lovingly.

You Are Here to Grow and Expand

Read the first Psalm. It is a beautiful drama setting forth how man can release the Divinity within him and express himself at his highest level. *And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season: his leaf also shall not wither: and whatsoever he doeth shall prosper* (Psalm 1:3).

You can see the analogy clearly. The tree has its roots in the soil, and there is a subjective wisdom within the tree enabling its roots to suck up and appropriate from the soil all of the chemicals and nutrients necessary for its unfoldment. These roots dig deep into the soil and extract the waters of life for the tree.

Likewise, you are rooted in the Life-Principle, and as you turn to that Infinite Spirit within you and unite mentally and spiritually with the Living Spirit, you will be refreshed, revitalized, regenerated and inspired from On High. The Tree of Life is within you, and the fruits of that tree are love, joy, peace, harmony, guidance, right action and illumination. You can draw out of the depths of yourself everything you need to lead a full and happy life.

The Word Made Flesh

In the beginning was the Word, and the Word was with God, and the Word was God (John 1:1). A word

is a thought expressed, and it is creative. It is the only immaterial power we know. Your thought is God in the sense that it is a creative power at the level of the individual mind. It is not God in the sense of Universal Mind and Infinite Spirit.

The word of God which people speak of represents the truth of God, which is the same yesterday, today and forever. The Bible says: . . . *Say in a word, and my servant shall be healed* (Luke 7:7).

When you pray for another, you claim that what is true of God is also true of the sick person. Turn to the Indwelling Presence and Power (God) and remind yourself of absolute peace, absolute harmony, beauty, boundless love and limitless power. Cease dwelling on symptoms, organs, or any part of the body. Feel and know that there is only one Healing Presence and Power; quietly and lovingly affirm the uplifting, healing, strengthening power of the Infinite Healing Presence flowing through the person you are praying for, making him whole and perfect. Know and feel that the harmony, beauty, wholeness and love of God are manifesting in the other. Get a clear realization of this; then you will be sending the word which heals.

Remove the Mental Blocks

I have talked to a great number of young men and women. Many of them have charm, intelligence, excellent educations and a sense of humor, but they do not believe in themselves. They are down on themselves, so

to speak. The usual story is that they were told when they were young that they were stupid, dumb, awkward and ungainly; and they were handicapped by these preconceptions of inferiority and weakness. They seemed to be living in an illusion that is not real.

I tell the men to look into the mirror in the morning and for about five minutes affirm out loud, with feeling: "I AM a son of the Living God. I exalt God in the midst of me. I can do all things through the God Power which strengtheneth me." I urge them to keep it up regularly and, when prone to criticize or find fault with themselves, to affirm at once, "I exalt God in the midst of me." This neutralizes the negative thought, and the fear thought is changed into constructive energy.

I teach the young women to use the mirror treatment also, affirming: "I AM a daughter of the Infinite. I AM a child of Eternity. God is my Father, and God loves me and cares for me." Whenever they are prone to condemn or demote themselves, they will affirm immediately: "God loves me and He careth for me."

Gradually, all of the negative patterns implanted in childhood disappear and are completely wiped out. Their minds had become the victims of negative suggestions which were accepted by them when very young, as their minds were impressionable and malleable. They did not have the wisdom or understanding to reject the negative suggestions at that time. Many parents thoughtlessly, carelessly and perhaps

ignorantly, call the young boy a liar or dumb; and they tend to make him one when they keep repeating it. The boy begins to accept the suggestion and his subconscious, being the seat of habit and compulsive in nature, expresses his belief.

The Old Proverb Says It Well

"Give a dog a bad name and hang him." There is a certain degree of truth in that old proverb. A secretary to the president of a company said to me that the other girls in the office were spreading all manner of lies about her, accusing her of all manner of sexual deviations—a sort of character assassination generating a lot of hostility and ill will in the office.

I suggested to her that she pay no attention to the lies propagated by the girls in the office, since their gossip and suggestions had no power to create the things they suggested, and that she had the power to reject them and ignore them. She began dwelling on the inner meaning of the 91st Psalm* and practiced the great truths during each day. She had the courage and the fortitude to rely on the Infinite Presence within her. They quickly saw that their accusations and negative whisperings had no effect on her.

The sequel was interesting: Those who were spreading the false accusations were transferred, and the

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

secretary announced to the remaining girls that she was marrying the president of the organization.

This is the prayer she used frequently: *"God is all there is. One with God is a majority. If God be for me who can be against me?* (Romans 8:31). I know and believe God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to all those around me and to all people everywhere. I am immunized and God-intoxicated and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. *In thy presence is fulness of joy: at thy right hand there are pleasures for evermore* (Psalm 16:11)."

CHAPTER 8

Fulfill Your Desires

God is forever seeking expression through you. God speaks to man through desire. If you are sick, you desire health; if poor, you desire wealth; if in prison, you desire freedom; if lost in the jungle, you desire to find your way out and be secure.

The realization of your desire is your savior. Everyone is his own savior, and every man answers his own prayer, because whatever he really believes comes to pass. You have a desire to grow, expand, unfold and realize your heart's desire. You desire to be greater tomorrow than you are today.

If you are a musician you don't want to be a mediocre musician; you desire to excel so that your music may stir the souls of men and women. Scientists desire to know more of the secrets of the genetic code; other scientists delve into the secrets of the atom. Their desire or hunger for more knowledge of cosmic laws and the secrets of the universe is continuing to bless mankind in countless ways. The urge to express is in everything, everywhere.

Your Innermost Desire

Your real innermost desire is to find your true expression in life where you are doing what you love to do, Divinely happy and Divinely prospered. You may do six things well, but there is one thing you can do better than the six—that is your true place, or true expression.

Your Higher Self knows all your talents and will reveal to you the answer. Affirm, "Infinite Intelligence within me reveals my true place in life and I follow the lead which comes clearly into my conscious, reasoning mind." The lead will come to you. Follow it. You desire to express yourself at your highest level and exercise your faculties at the highest degree, and you desire a marvelous and wonderful income consistent with integrity and honesty.

Desire is Natural and God-Given

Some years ago I was acquainted with a Spanish girl who was working in a department store. She told me in consultation that all she wanted to do with her life was to become a singer. She had a wonderful, trained voice. She tried to get a contract to sing on television, radio and night clubs but met repeatedly with rejection. She was very frustrated and all bottled up, in a manner of speaking.

She understood that by repressing her desire to sing and go forward to new areas of living brought about

ulcers in her system. So she changed her attitude, and her changed attitude changed everything. She turned within to her Higher Self and affirmed: "Infinite Spirit gave me this desire to sing and opens up the way for my perfect expression in Divine law and order." She made sure that she did not subsequently deny what she affirmed.

Shortly after her prayer process, she was invited to sing at a Spanish club, and a new career opened up for her almost immediately with a greater income, greater prestige, and, above all, she was expressing her real talent to the world.

Self-Preservation

Self-preservation is the first law of life, which means that the first desire of life is to preserve itself and to expand along all lines. Your desire to be, to do, to have and to express yourself in a wonderful way, living life to the fullest, is a powerful urge within you.

There is the sex desire planted in you for the continuance of the race. Sex is a love act and must never be used to inflict harm or guilt on another. It must be based on mutual love, freedom and respect. You can give all of your desires healthful expression.

Desire Is the Gift of God

Desire is basic in life. Desire is! It is impossible to get rid of desire. If you are hungry, you want food; if thirsty, you want water. A man asked the electrical

wizard, Thomas Edison, "Mr. Edison, what is electricity?" Edison said, "Electricity is. Use it."

You can use the power to bless mankind in countless ways. You can also use it to electrocute someone. You can thus use any power two ways. You never, under any circumstances, should desire another man's job, his wife, his home or anything that is his. To covet or envy another is to attract loss, lack and limitation to yourself. You impoverish yourself along all lines. You are saying to yourself, "He can have these things, but I can't." You are denying your own Divinity. To steal from another mentally is to actually steal from yourself.

The loss can come to you in many ways: loss of health, prestige, promotion, love or money. The way loss comes is past finding out. You do not want the other fellow's position: You really want a position like it, giving you the same privileges, emoluments, salary and perquisites.

Infinite Intelligence can open a new door of expression for you if you call upon it. You will get an answer.

Suppression of Desire

In India and other places in the East students are taught to suppress their desires. This is foolish and has disastrous consequences. One woman said to me that she wanted to reach the place where she did not want anything, and then she would be free. However, she was the most frustrated, neurotic woman I have ever met in any Ashram.

I asked her: "Don't you desire a cup of coffee in the morning? If you are a musician, don't you desire to play music and lift others up? If you are a medical doctor, don't you desire to alleviate pain and suffering? If you are a farmer, don't you desire to plant and harvest and have food for your children?"

His Desire Was to Go to College

A young man was stealing money from his employer and was caught and discharged. He said to me later, by way of explanation, that he stole because he wanted to go to college. He had misdirected his desire. There was nothing wrong with the desire to go to college. I explained to him that God, who gave him the desire, does not mock him and that he has the unqualified capacity to go to the God-Presence within and claim his good. I added that God, being the Source of everything in the world, would somehow open up the way for him to complete his college course.

I gave him a simple prayer, as follows: "God is the Source of my supply, and God's wealth is circulating in my life. There is always a Divine surplus. God opens up the way for me to enter college in Divine order."

I explained to him that his desire was good but that he had misdirected it and misused the law of mind. You do not steal, rob or injure another in order to get ahead. To do so is to attract all manner of loss and limitation to yourself. The mere fact that you steal indicates you are in a mood of lack, followed by a sense of guilt, all of which have destructive consequences.

So he used the law constructively based on the above prayer, and the way opened up for him. He won a scholarship and found the Source of all blessings.

Reason Things Out

If you did not desire, you would not make any choices. However, you are a choosing, volitional being. If you made no choices, you would not grow. You would not do anything. In everyday language, you would not exist. If you did not desire, nothing would rouse your interest. You would be dead to love, to peace, to laughter and to motivation. You would shrivel up spiritually, emotionally and physically. Actually, you would be a nonentity.

Trying to suppress or eradicate desire is a sort of spiritual suicide. Welcome the desires for health, happiness, peace, joy and true expression. You are here to express all the qualities, attributes and potencies of God. You are here to reveal more and more of your Divinity every day. You are here to contribute to humanity, to put your shoulder to the wheel and to make the world a better place to live in. You are here to glorify God and enjoy Him forever.

There Is an Answer

Realize that desire is the motivating force behind all progress and advancement in science, art, industry and in all phases of life. It is the moving principle behind all of your achievements. There is an answer for every true desire of the heart. There is a right way

to fulfill your soul's sincere desire. You could not desire unless the answer to the desire existed. Realize that Infinite Spirit which gave you the desire will reveal to you the perfect plan for its unfoldment in Divine law and order.

Paul said, *For it is God which worketh in you both to will and to do of his good pleasure* (Philippians 2:13). You desire to excel and grow in wisdom. This desire is of God, the Life Principle, working in and through you, urging you to climb the ladder of life and express yourself at higher levels. Do not repress desire. To do so is to repress the Life Principle, Itself. It is foolish to refuse to breathe air or drink water, since death would quickly follow.

The Golden Rule

Every great religion down through countless ages has taught the Golden Rule, which means, in a simple way, that you wish health, happiness, peace, prosperity and all the blessings of life for all people everywhere. You are here to serve and give of your talents and abilities to the world. The joy is in serving. As you serve others nobly, generously and lovingly, your good will return to you a thousandfold; furthermore, you will receive honor, recognition and wonderful financial rewards for work well done.

Find a need in your location and fill it. The world will richly reward you. Wherever you are, and no matter what kind of work you are engaged in, you can help others to help themselves. You can always give a

transfusion of faith and confidence to all those around you. You can give joy and gladness and exalt the Divinity in all of your co-workers, as well as all people everywhere. This attitude of mind will pay fabulous dividends.

She Found a Need

Speaking in the St. Louis Church of Religious Science recently, a girl from Peru told me that she had come to St. Louis three years ago and was working as a translator in an office. She heard men and women frequently say that it would be wonderful to have a good Spanish restaurant nearby. Since she had had experience as a cook in Lima, Peru, she told some of the men that she could operate a restaurant and fill this need. Two men in the organization decided to back her financially, and today she is a wonderful success.

Mental and spiritual food is just as necessary as physical food. Food for the body is a prerequisite, as it is very difficult to convey the great truths of life to a hungry man. God's ideas enthroned in your mind and Divine inspiration are just as essential as bread and meat. Furthermore, you have to love and be loved if you want to live life nobly.

You Are Needed

Every person wants to feel needed and wanted, and desires to achieve his true place in life. In other

words, he wants his riches in life and all the necessary money to do what he wants to do when he wants to do it. Money is a symbol of freedom, luxury, refinement, abundance and security.

Look to the Source of all blessings and affirm from an Infinite standpoint: "God's wealth, spiritual, mental, material and financial, is circulating in my life and there is always a Divine surplus." The Infinite Intelligence within you will respond according to the universal law of action and reaction.

Each person is unique and wants to express himself at his highest level. To be successful in the art of living, contribute to the well-being and fulfillment of other people's desires and hopes. Then you will be prospered. Recall the old Hindu maxim, "Help thy brother's boat across and, lo, thine own hath reached the shore." The most worthwhile and truly successful person is the one who continuously aids and assists other people to achieve their hearts' desires.

The Two Brothers

Two brothers went into business together and were doing fairly well for several years. Recently, they started to play the futures market and the commodity market and ended up losing everything, including all their business and savings. Actually, they owed $50,000, which they were unable to pay, and they went bankrupt.

I talked with one brother, who had a very good

attitude. He said, "I have lost money. I will make it again and I will go into business again. I have learned a good lesson, which will ultimately pay me dividends. I have not lost my faith, my confidence or my ability to rise and grow. I have much to offer and I am going to be a tremendous success again."

He went to work for a brokerage firm and, due to his large number of friends, he had no trouble acquiring new accounts for his employers.

He also told me about his brother, whom he had tried to get to change his attitude. It seems that his brother felt humiliated and disgraced because he had lost everything. He started telling everyone he met about his losses and monotonously repeated the old refrain that it was his broker's fault, seeking justification for his own wrong decisions and errors. His friends began to shun him and his health was adversely affected by his gloom and despondency. He refused counselling and went on welfare.

Here you have two brothers who experienced the same loss. One reacted constructively and the other reacted negatively and with a complete sense of futility. It is not what happens to us individually that matters so much; it is our thought about it, our reaction, which can be constructive or negative. One brother used his imagination wisely, rebuilding in his mind a new pattern, seeing future possibilities, using the wings of faith and imagination for rebuilding a better life. He discovered that success and wealth were in his own mind.

Creative Imagination

Creative imagination is a marvelous spiritual quality. All of the great discoveries and inventions in science, art and industry came forth from men with disciplined imaginations. When the whole world said, "It can't be done," men with imagination said, "It is done."

Primitive man living in caves was at the mercy of wild beasts, but a budding imagination enabled him to fashion certain clubs, stones and other crude instruments which could kill the beasts which attacked him. The tremendous odds against primitive man forced him to imagine and create all kinds of crude weapons to protect himself. He created fire to warm him and cook his food and eventually discovered the wheel, which has blessed mankind in countless ways. The dimensions of imagination are, indeed, boundless, infinite and limitless.

She Wanted a Home

A widow with a son ten years old wanted a home near her work in the Newport area. She imagined that she was in the home arranging the furniture and showing the yard to her boy. In her imagination, she saw the type of rooms she wanted, including a fireplace. In her imagination she was often showing the house to her close friends. She acted as though she had the home, knowing that, as the night follows the day, she would eventually have it. All of this was

based on her belief that . . . *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

A few months went by and a young man in the office where she worked proposed to her. They got married and the home he had was a replica of what she had been imagining and living in mentally for the previous two months. A home is a thought-image in your mind.

There Is an Easy Way

There are many people who think the way to get ahead is to brush others aside, step over them, push, scramble, out-smart and out-do the other. All of this is absolutely false. You may get ahead that way in a materialistic sense for a time, but the reaction can bring upon you serious penalties in tensions, conflicts, a sense of guilt, and ills of the body as well as various other losses.

To hurt another is to hurt yourself and attract loss, lack, limitation and impoverishment to yourself. To envy others and seek to "undermine" them will cause you to find dross at the end, not gold.

Develop a vivid imagination, backed by faith in God. You will then move onward and upward and accomplish great things. Mussolini, Stalin, Hitler and others used the creative power of imagination to destroy others. In doing so, they succeeded in destroying themselves.

There Is a Light Within You

Years ago I read the words uttered by the late King George of England. He quoted the poet, who had said, "I said to the man who stood at the Gate of the Year, 'Give me a light that I may tread safely into the Unknown.' And he replied, 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than a light and safer than a known way.'"

The light referred to is the Supreme Intelligence within you that knows all and sees all. As you turn to this Indwelling Light, It will turn to you and lead you to green pastures and still waters.

His Mental Picture of His Daughter

A physician's daughter was in the hospital, gravely ill. She was receiving expert medical care but was not responding as she should, according to medical findings.

I suggested to the doctor, her father, that he quiet his mind frequently during the day and imagine the love-light in his daughter's eyes as he talked to her. She embraced him in his imagination with deep affection and kept saying to him, "Daddy, I am completely well. Take me home." He kept running this movie in his mind; and one of his confreres, who was attending his child, phoned him to say, "There has been a remarkable change and drop in temperature in

your daughter. She is normal in every way. You can take her home."

Her father truly experienced what formerly he imagined he was hearing and experiencing. This was the constructive use of imagination and the natural response of Life.

You Are Always Imagining

All men and women possess the faculty of imagination. It is the primal faculty within us. Imagine what is lovely and of good report. If your mother is in the hospital, imagine instead that she is at home, doing all of the things she would normally do were she whole. Hear her tell you about the miraculous healing she has had. Make it all real and vivid and rejoice in the reality of it. You will find that she will confirm your conviction of her.

The Misuse of Imagination

Many people are constantly reading murder stories; looking at horror movies; and dwelling upon the violence, viciousness and depravity of murderers, rapists and pornographers. Ofttimes these people have frightful nightmares at night.

When you find so-called gentle people absorbed in these murder mysteries and sordid movies, these experiences give them a sort of vicarious release of their inner hostility, suppressed rage and anger. This vicarious slaughter taking place in their minds brings

about all manner of inner conflicts and physical disorders. These emotions are highly destructive.

Instead, get a vision of loveliness that delights you and you will have no room in your mind for such vicarious experiences in these morbid, gruesome and depraved external movies.

Why the Speaker Failed

A young man, a recent graduate from the ministerial school, experienced what he called "stage fright." He was asked to substitute for another minister on a Sunday morning. He told me that he had a mental picture of defeat, failure and humiliation. He stuttered, became tongue-tied at times, began to perspire and even forgot what he wanted to say. These pictures were created by himself. The audience, however, was not hostile, but friendly.

He reversed the procedure and began to realize that the Spirit in him was talking to the Spirit in all of the members of the congregation. He began to imagine a circle of light and love enfolding the audience. He affirmed: "God thinks, speaks and acts through me and I radiate love, peace and goodwill to them." He imagined them smiling. In his mind he heard many of them say, "That was a wonderful sermon." He imagined the members of the board congratulating him.

He kept this up the following week. The following Sunday he was warmly received and gave a splendid talk. He had used his imagination wisely.

An Old Mystic Legend

The ancient Bible writers wrote in allegories, fables, myths, parables and fiction in order to portray great psychological and spiritual truths. I read the following story years ago, and I will condense it into everyday language.

The old legend said that the gods had a secret conclave in Heaven and decided that the hidden wisdom of the ages should be given to man so he would for the first time know that the God which created all things and was all-powerful and all-wise was within himself, the very Reality of him. One of the younger gods pleaded with his elders that he be selected to impart and convey this wonderful message to mankind. He added that he did not care what the trials, difficulties and tribulations might be—but that he would meet them and overcome. The other gods voted on it, and they gave him permission to take the priceless "Jewel of Truth" to mankind.

He was overjoyed and ecstatic over this opportunity. On reaching the planet earth, he stumbled and the "Jewel of Truth" was broken and scattered into thousands and thousands of particles all over the earth. This caused confusion on the planet earth because forever after, when men found particles of this Jewel, each one fancied that he alone had found the Truth.

The above story is about the essence of the old legend. Today, all over the world, we have countless

creeds, dogmas, ceremonies, rituals and sectarian groups, each proclaiming that they have the Truth. No one has a monopoly on Truth. God is the Truth—the same yesterday, today and forever. You cannot put a label on the Truth.

The ancients said, "When you name It, you cannot find It, and when you find It, you cannot name It." The root of the word religion is "to bind." What binds you is your real religion. Your dominant idea about God is your religion. Millions throughout the world are governed by fear; others are governed by rank superstition.

Your dominant idea or conviction controls all lesser thoughts, ideas and opinions. True religion is to be bound back to God. Enthrone a God of love in your mind and let God's love govern all of your thoughts, feelings and actions. Let God be your guide, your counsellor, your troubleshooter and wayshower. Think, speak and act from the Divine Center within you and then you will find that His name is Wonderful. Having God as your boss and your guide, you will find that all your ways are pleasantness and all your paths are peace.

CHAPTER 9

The Explanation Is the Cure

Dr. Phineas Quimby, who started teaching and healing in Maine in 1847, often used the term, "The explanation is the cure." By this Dr. Quimby meant that his explanation as to why the patient had the particular disease was a penetrating truth aiding the sick person to change his mind and keep it changed.

The cure was wrought by his insight. When the patient grasped his explanation, the cure was immediate insofar as the inner life was concerned.

Last year I said to a girl in a convent which I visited in England, who had suddenly lost her voice: "You feel guilty. You would like to speak out about it, but you feel you should not and your subconscious has responded accordingly." She nodded her head, attesting to the truth of what I had said. She forthwith came to a decision to speak to the Sister Superior of the convent and her voice came back immediately. The explanation was the cure in that instance.

Dr. Quimby very suddenly and convincingly spoke to some of his patients that illuminating word which

brought far-reaching results affecting the health, religion and mode of life of his patients. Quimby was clairvoyant. He said the test of clairvoyance is the ability to read a letter in the pocket of another person, which that person had not yet read.

Ulcerated Thoughts

Some time ago, in consultation, a man said to me that he was on a milk diet and was taking medicine for his ulcers. Casually, I mentioned that ulcers are generally due to worry, fear, anxiety, deep-seated resentment, stress and strain. He admitted that this statement was absolutely true.

The next step was to teach him that if these habitual thoughts had created his ulcers, he could reverse his thought life and instead contemplate regularly thoughts of peace, harmony, right action, love, goodwill, wholeness and vitality. All he had to do was to make a habit of constructive spiritual thinking. He had been attributing his ulcers to heredity, diet and other factors.

I gave him the following patterns of prayer to be spoken out loud three times in the morning, three times in the afternoon and three times at night prior to sleep: *"The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?* (Psalms 27:1). I have a new, strong conviction of God's Presence which holds me spellbound, entranced and unmoved, and I feel

serene, confident, and unafraid. I know there is nothing to fear—nothing to draw away from, for God is all there is and everywhere present. In Him I live, move and have my being, so I have no fear. God's envelope of love surrounds me and His golden river of peace flows through me; all is well. I am not afraid of people, conditions, events or circumstances, for God is with me. Faith in God fills my soul, and I have no fear. I dwell in the Presence of God now and forevermore, and no fear can touch me. I am not afraid of the future, for God is with me. He is my dwelling place, and I am surrounded with the whole armor of God. God created me and He sustains me. God's wisdom leads and guides me; so I cannot err. I know in my heart the great truth, 'Closer is He than breathing, nearer than hands and feet.' "

He followed this procedure regularly, and after a reasonable period of time his doctor, who was much surprised, pronounced him healed. The explanation was the cure. The clarifying words of truth work wonders when accepted by the mind of the sick or confused person.

He Saw that He Was Foolish

A businessman frankly admitted to me recently that he was wishing failure for a competitor across the street from him. The reason he gave was that the competitor was underselling him. His prices for the same merchandise were much lower.

I explained to him that his attitude was very foolish, because what he was wishing for the other he was at the same time wishing for himself. He was the only thinker in his world, and, because his thoughts are creative, he was attracting lack, loss and limitation and was actually impoverishing himself.

He saw the point immediately. His competitor obviously believed in success, prosperity and expansion and, therefore, could not receive his negative thoughts of failure. He detected his folly and grasped immediately the cause of his slow business. He quickly dropped his negative thinking and prayed for the prosperity and success of his competitor. Then he found that he prospered, also.

To bless the other is to bless yourself. Prayer always prospers. There is an old saying: "The ship that comes home to your brother also comes home to you." The explanation was the cure.

The Affair Was Over at Once

A young secretary told me that she was infatuated with one of the engineers in her office. She was, as she said, "madly in love with him." She had been praying for guidance and right action in all of her undertakings, using the 91st Psalm* night and morning.

Suddenly one morning a flash came into her mind to look at his file in the personnel cabinet, and she

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

discovered that he was already married and had two small children. She realized that she had been duped with promises of marriage, a new home, etc. She realized her predicament and the "affair" was over at once. Nothing is so swift in its effect as truth. Her Higher Self had given her the answer.

Spontaneous Healing

While lecturing in Vienna, Austria, some months ago, I had a very interesting talk with a business woman. She said that about ten years previously she had been bedridden, a fire had broken out in the house and there was no one at hand to help. She had arisen from the bed and dragged herself down four flights of stairs to a place of safety, suffering no relapse.

All she had said in the way of prayer when the conflagration had started was, "God help me." The Power responded. The Infinite Healing Presence and Power was always there, but she had never used it until the fire broke out, compelling her to call upon the Divine Presence. Spirit, or God, cannot be paralyzed.

There are many instances in the annals of medicine where, in cases of shock, fire and emergencies, cripples walk and run. Awareness of the Healing Presence within is necessary. It will then no longer be necessary to shock people into activity.

They Were Paralyzed for 16 Years

Dr. Evelyn Fleet of London told me that when she was doing street duty in London during the Second World War, a bomb had hit the wing of one of the hospitals there and that fifteen hopeless paralytics, who had been bedridden for as long as sixteen years, had rushed down the stairs and out into the street. One of them had said, "Oh, I should not be walking. I'm paralyzed." She immediately relapsed, but the other fourteen had been completely healed. These had been instantaneous healings.

Many people throughout the world could be cured quickly if they really wished to be. Great numbers avoid the effort and have concealed motives and intentions. In other words, there are many people who do not want to be healed. There are marvelous help and unbounded infinite resources available to all those who turn in confidence and faith to the Infinite Healing Presence in each of us.

Self-Healing

Self-healing means the awakening in our mind of the truth which sets us free, the dawning in us of the healing power of God, which restores and responds when we call upon it. To unite with that power, declare boldly: "I AM Spirit and have Infinite Life to draw upon now." You will then turn the tide.

Remember also that the vast majority of sick people get well without any help from anybody, and doctors know that. The tendency of life is to heal and restore. Most of our fears are borrowed. They have little basis in fact.

Expectant Attention

It is generally recognized that in order for the therapist's suggestion to take effect in the mind of the percipient, there must be predisposing conditions, such as faith and expectancy. The percipient's favorable and receptive attitude is, in reality, self-suggestion. This auto-suggestion explains many of the wonderful results occurring at sacred shrines where so-called miracles of healing have taken place.

The Value of Laughter

The following article appeared in the San Jose *Mercury* on Sunday, October 7, 1979, by Sandy Rovner of *The Washington Post:*

"Coming 'Unglued' Put Him Together Again"

Norman Cousins is teaching laughter at UCLA Medical School.

Sure, you say, Guffaw 101.

Actually, that's not too wrong.

Bellylaughs made him what he is today, and he'll be the first to tell you.

Until a few years ago he was just your

everyday American literary giant, 40 or so years editor of the Saturday Review of Literature, critic, philosopher, spokesman for international cooperation.

And, oh yes, perpetrator of spoofs (that's the word he likes) in the pages of SRL on (but not limited to) April Fool's Day. Unobtrusive ones, of course, like the Ninas in the Hershfelds: If you didn't know to look for them you'd likely never notice.

Then he got sick. So sick that the doctors all but gave up. All they knew was that he had a degenerative collagen illness. Collagen is the body's glue that holds the cells together. Cousins was, as he puts it, literally 'coming unstuck.'

Medical science was not helping and he was getting worse. On the basis of his own vast reading and some urgent on-the-spot research, he concluded he should dump the medicine he was on (including aspirin) and try Vitamin C for his illness and laughter for his pain.

Allen Funt ('Candid Camera') with an assist from some old Marx Brothers films, took care of the laughter and a cooperative and sympathetic physician got him fixed up with intravenous ascorbic acid.

Now, the most surprising thing about it all

is this: Only the occasional nay-sayer suggests that he would have gotten well anyway.

Cousins doesn't admit to surprise at all. He's 'gratified,' he says, that the prestigious New England Journal of Medicine printed his article about his experience, that this summer he has had published two articles in the similarly prestigious Journal of the American Medical Association, that 14 publishers vied for book rights ('Anatomy of an Illness as Perceived by the Patient, W. W. Norton') just out. That he speaks at medical conventions, including those of the AMA. That he is a professor at a medical school.

He believes he's on to something big, and evidently at least a suspicion that indeed he is, is being shared more and more by the medical establishment.

'Any medical student,' says Cousins, 'can give you a horrendous catalogue of all the terrible things that happen to the body under the impact of negative emotions: fear, hate, rage, exasperation, frustration. You learn about constriction of the blood vessels, increase in blood pressure, excess flow of hydrochloric acid, adrenal depletion, indigestion, headaches.

'But we haven't yet sufficiently recognized that the body does not operate only on one

wave length. It just doesn't respond to negative emotions, it responds to the positive emotions. It's impossible to have one without having the other. But the salutary effect is not as well understood.'

Cousins knows it has to come from within and it is this concept he is trying to impart to the medical students he lectures.

'I'm teaching most of those things that bear on good medical practice that you generally don't learn in medical school: the concept of patient responsibility, the art of listening to people, respect for life, the importance of compassion, the need to engage to the fullest the patient's own healing mechanism, the need to give a patient the understanding to use his or her own healing mechanism.

'The doctor,' says Cousins, 'does a better job when the patient takes his or her own end. This is not just a matter of being obedient. . . . For a long time the center of gravity of health care was outside the individual, represented symbolically by the doctor saying, in effect, "Come to me and I'll heal you," or the prescription saying in effect, "Take me and you'll get better."

'You have to recognize that when people are sick, it's not just that they're attacked by a bug, but because their lives are out of

bounds. And if you want to help them cope with tension, you've got to give them a side of life they enjoy.

'So medicine is incomplete when it attempts to deal only with the effects . . . the trend in medicine, fortunately, is toward increased respect for immunology. And when you talk about fortifying the body's immunological mechanisms, you're not talking about just physical factors, you have to talk about emotional and spiritual factors.'

At UCLA, Cousins is called an Emotional Support Resource.

'Now,' says Cousins, 'laughter is very easily disparaged, just because it seems to be easy. But it tends to be something of a symbol for the plus things in life. It is related to joy, related to optimism, to the will to live. It tends to crystalize an awful lot of things, at least as the most visible expression of good things that happen inside you or to you.

'So while illness is not a laughing matter, perhaps it ought to be. . . .' "

Hypertension

In conversing with a man suffering from acute high blood pressure, I pointed out to him the comment of many medical men, who claim that one of the chief personality characteristics of persons with high blood pressure is resentment. This man had not only chronic

high blood pressure but experienced cardiac spasms at times.

This man had been cheated and swindled out of a large sum of money and, as he said, he was seeking vengeance. I explained to him that if he desired a complete healing he must follow the Biblical injunction: . . . *Vengeance is mine; I will repay, saith the Lord* (Romans 12:19). The spiritual meaning of the word *vengeance* in the Bible is to justify, to vindicate. It means victory of truth over error or any negative state. The Truth of Being and the goodness of God are vindicated in our lives when we turn to God and call on Divine love to saturate our whole being.

I suggested that he release completely to God the man who had swindled him, wishing for him harmony and peace and that he claim frequently for himself: "God's peace fills my mind and heart, and God's love saturates my soul."

Through frequent habitation of his mind with these truths, he realized an inner peace and tranquility. Whenever the man who had cheated him came to his mind, he blessed him by affirming, "God's peace fills your soul." As he changed his mind, his physical condition changed and he eventually healed himself.

The Lord is the law of life. If anyone misuses the law, the latter will always even things up, as action and reaction are equal. The tendency of all life is to heal and restore, but we must permit the Life Principle to heal without hindrance.

This man saw the folly of trying to get even with the

other man in hiring someone else to do him bodily harm. He realized all of this brooding was the cause of his malady and that he had brought it all upon himself. He was stealing health, vitality, discernment and peace of mind from himself and impoverishing himself along all lines.

The explanation is the cure, as he perceived that nothing happens by chance. The reason anything happens to us is because of our own state of mind. In other words, the equivalent is in our mind. If we are in a mood of loss and despair, we will attract loss along all lines. If we live in fear of being cheated, swindled, robbed, etc., we must realize that we attract what we fear. This is a cardinal and fundamental truth. Therefore, we must accept responsibility for what happens to us. Cease blaming others, for this habit will only compound the misery.

She Cured Her Jealousy

A young medical doctor said to me in Zurich, Switzerland, where I lectured recently, "I caught myself resenting and being jealous of one of my associates in the clinic. I read your book, *The Power of Your Subconscious Mind,** and asked myself: What am I doing to myself? My thoughts are creative. I am decreeing loss and limitation for myself. I am saying

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

that she can get promoted in the hospital and I can't. I am demoting myself. I stopped doing it."

She had done a little self-analysis, which is good for all of us. When you find yourself creating mental poisons, begin instead to feed on the bread of heaven, the bread of peace, harmony, love and goodwill to all. "I helped my brother's boat to the shore and, lo, my own boat was also at the shore."

She Stopped Stealing from Herself

A secretary had been brooding over the fact that she had been passed over for promotion. Another girl with far less experience had been promoted over her with a greater salary and greater prestige. She did not know that in this resentment she was actually stealing from herself.

The explanation is the cure. She began to understand that when she brooded over her loss and resented the gain or advancement of another and assigned the cause of her trouble entirely to others, she was stealing promotion, advancement and health from herself. Her mood of loss would attract even more loss and limitation.

I explained further to her that when she steals from herself in thought and feeling, this mental attitude will be confirmed and made manifest in some loss or demotion at the hands of others or events or negative situations.

She established peace in her mind and realized that

she promotes herself and no longer looks to others for promotion or advancement. She is now operating her own office in her home and is very successful. She adjusted her sense of values and triumphed in the art of living. Her experience was a great awakener to the powers of her own mind, which had been dormant.

The Trouble Was Within Himself

A high school boy had been sent by his parents for a consultation with me. I found that this young boy was full of deep-seated resentment toward his parents. It seems that his brother was a brilliant student who got excellent grades and commendations from his teachers. His parents were always praising his brother, but they never praised him or said kind things to him.

He was striking back in his own way. He joined a cult, which he knew would irritate them. He also began to smoke marijuana, which further infuriated his parents. He skipped school from time to time and went to a pool hall. He began to steal money from his mother, although he had a liberal allowance. Actually, he was trying to steal love.

Again, we come to the conclusion that the explanation is the cure. He began to become aware for the first time that his unconscious resentment and hostility toward his parents were burning up his own tissues and affecting him mentally and emotionally. He learned about the deleterious effects of marijuana on

the cortical area of his brain, its degenerative effects on his sexual organs and the destructive effects on all organs of his body, as reported by the most outstanding medical experts here and abroad.

I talked with the parents of the boy and they changed their attitude. They ceased making invidious comparisons with his brother, which tends to excite envy and odium of the other, and he ceased being antisocial and stopped poisoning himself mentally and physically.

He is now practicing the mirror treatment, which consists of looking in the mirror in the morning and affirming for about five minutes: "I AM a son of the Living God. God loves me and cares for me. I exalt God in the midst of me." As he continues, this prayer will become a habit, and it is impossible to think of two things at the same time. When prone to get angry, all he has to do is to say: "I exalt God in the midst of me," and the angry or hateful thought is changed to constructive spiritual energy. He is on the way to great things.

Look Within Always for the Cause

I have talked with girls who have married men of a different race, religion and background for no other reason than to try to irritate and disgrace their parents. The trouble is that they do not know the Real Self—God—within.

When they learn to exalt the Divine Presence, the

Living Spirit, the Reality of them, they will automatically respect the Divinity in others. The criminal hates himself and projects that hatred on to others. He has never found his real Self, which is God, within him.

Boys and girls who were mistreated, neglected and unloved in their home life, become misfits, trouble makers at school, agitators and prone to fighting, stealing and lying. They are trying to get attention and recognition, but they get it the wrong way. They do not know that it is their state of mind that is playing havoc with them.

In truth, there is no one to change but ourselves. If we have the wrong attitude toward life and people, everything will go wrong. Realize that when you are Divinely guided, all of your ways will be ways of pleasantness and all of your paths will be peaceful and harmonious. Remember, you create your own success, happiness and peace of mind.

You are wise when you realize that your success and prosperity in life do not depend on what other people say or do, or do not say or do not do. Realize also that you were born to win, to succeed and triumph over all obstacles. Your success depends on your attitude of mind and your conviction about God, life and the universe. God is always successful in all of His undertakings, and God indwells you.

As you continue to know, feel and believe that you can do all things through the God-Power which

strengtheneth you, you will find yourself going up the ladder of life irrespective of what others say or do, or do not say or do. Knowing that God is the Source of all your blessings, you will find yourself free of all jealousy, hate, resentment and hostility. Decide to look to the Infinite for all your good and you will never be disappointed.

You Can Call on Your Reserves

There is an inexhaustible reservoir of strength, wisdom and energy within your deeper mind. All armies on the march, for example, make sure that reserves are there when needed and can be called upon. This gives the general in charge a certain assurance and confidence.

God indwells you, and all the powers, attributes and qualities of God indwell each one of us. All of us live, move and have our being in that Infinite Being which created all things and is the very life of us. "There is," says Emerson, "guidance for each of us, and by lowly listening we shall hear the right words."

A girl who was attacked by a purse snatcher said, "God watches over me. He cares for me." Her attacker ran off. She called on her reserves and there was a response. This is a reciprocal universe; action and reaction are always and everywhere equal. In her emergency she called on the Almighty One and there was a response which set her free from the mugger.

Begin every day with your thought of God and His

love for you. Remember also a simple truth: The beginning of all manifestation or phenomena in this material universe is a thought or a word; and a word is a thought expressed. Your thought is first cause. God is the Creative Power in you, and the only immaterial power you know is your thought. Your thought is creative, and you are what you think all day long.

The Doctor Said She Was "Accident Prone"

A woman who frequently studied astrology magazines read that the signs indicated she might have an accident. She became full of fear and in rapid succession had three accidents with her automobile in one day. The next day she fell down and cut herself severely. She burned her hand cooking.

I explained to her that the dominant idea in her mind controlled all lesser thoughts, ideas, actions and reactions. Her dominant idea was that she would have an accident, and according to her belief it occurred.

She reversed her attitude of mind and decided to experience good fortune and Divine protection by affirming these great truths several times a day. The dominating thought of God's love watching over her and the whole armor of God enfolding her brings good fortune and determines her future.

Her belief determines her experience. . . . *Go thy way; and as thou hast believed, so be it done unto thee.* . . . (Matthew 8:13). Since it is done unto all of

us according to our belief, it has nothing to do with the configuration of the stars or planets, or circumstances, conditions or events, or our genes, or any other thing on the face of the globe. Your belief is your state of mind. Accept the truth in your mind and gain strength and confidence.

This is the prayer the "accident prone" woman used, which reversed her state of mind and brought peace to her soul: "God is all there is. One with God is a majority. *If God be for me who can be against me?* (Romans 8:31). I know and believe that God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to this person or persons (mention name or names) and to everyone else. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. . . . *In thy presence is fulness of joy; at thy right hand there are pleasures for evermore* (Psalm 16:11)."

CHAPTER 10

The Book of Life

Phineas Parkhurst Quimby, America's greatest spiritual healer, said in 1847 that children are like little, white tablets upon which everybody who comes along scribbles something. All of us were born without any religious beliefs, fears, prejudices or racial bias. When we were children we were highly impressionable and malleable and subject to the teachings and beliefs of all those who had any control over our lives. Children grow up in the image and likeness of the dominant mental and emotional climate of the home. The first language you spoke came from your parents.

Your subconscious mind is a book of the law, and the dominant impressions and convictions of the mind become the ruling and governing forces of your life. In talking with and counselling many people through the years, I have found that the main reason many do not advance in life and remain healthy and prosperous is that when they were very young they had impressed on their deeper mind (the subconscious) feelings of inadequacy, unworthiness and

inferiority, which governed their choices in life and their reactions, preventing them from succeeding and prospering in life.

Sigmund Freud, the great psychopathologist, pointed out that all of us are governed by subconscious impulses which are mostly irrational, which means that most of the religious beliefs, taboos and strictures which were given to us when very young are illogical, unreasonable, unscientific and completely contrary to basic common sense. One man, for example, said to me, "It's wrong for me to make so much money." Since he kept thinking that way, he eventually lost his business and did not know why. However, he learned the hard way that his subconscious takes what he says and thinks literally, and that whatever he conveyed to his subconscious mind would be made manifest, whether good or bad.

His family could have used the money and he could have done a lot of good with it, but this false and irrational impulse and belief in his subconscious governed his actions long after the earlier statements of his mother had been forgotten. He had to fail, because he was constantly reminding himself, "It is wrong to make so much money. Money is evil." This was a record implanted in his deeper mind, and it was being played back to him.

He learned that there is nothing good or bad, but thinking makes it so, and that there is nothing evil in the universe, for good and evil are the movements of

his own mind relative to the One Being—God—the Living Spirit, which is whole, pure and perfect. Use determines whether a thing is good or evil. How do you use the Power? If you use the One Power constructively, you call It God, Allah, Brahma, peace, harmony and prosperity. If you use the One Power negatively, ignorantly or maliciously, you can experience lack, limitation, sickness and disease. The world calls it satan, devil, hell, etc., all of which are states of mind. The word *satan* means to err, to slip, to deviate from the truth.

As you continue to read this chapter, the truth will be revealed to you about the Book of Life. Remember, when a person is fearful, suspicious or angry, he acts and reacts in an abnormal way even when there are no circumstances or conditions warranting such actions. What is written in his Book of Life (his subconscious) becomes a law governing his experiences and relationships with others.

How Your Mind Works

The Book of Life is your subconscious mind, and you are always writing in that Book based on the nature of your habitual thinking and imagining. Shakespeare said, "What is in a name?" Well, when I mention your name, it indicates your particular sex, your nationality, your background, your training, your education, your financial structure, your social status, and all other things appertaining to you.

When your conscious and subconscious mind work harmoniously, peacefully and joyfully together, the children of that union are happiness, peace, health, abundance and security. The disharmonious relationship of the conscious and subconscious mind brings misery, suffering, pain, sickness and disease into your life.

Abram left Ur of Chaldea. Ur means sorcery, black magic, worship of stars, idols and all that sort of thing. Abram changed his name to Abraham, meaning the father of the multitude, indicating the one God, the one Presence and Power.

We are all children of the one God. That's the unity of all life. All men and women are brothers and sisters —same mind, same spirit and same substance. Therefore, to hurt another is to hurt yourself; and to bless another is to bless yourself.

You can write a new name, a new estimate and a new blueprint of yourself. Get a new concept of yourself. Is it great enough, noble enough or grand enough to redeem you, to bring about an inner transformation of your heart, your mind and your whole being? Today people have many idols just as they had in Chaldea thousands of years ago. Superstition is rampant. They still have false gods, such as "The weather is going to give me a cold," or "If I wet my feet I am going to get pneumonia." Some are afraid of germs, so that when someone sneezes, they feel they may be infected by the virus. If you ask the

exposed person, "Did you get the virus this year?" the response is, "No, not yet." The infection is anticipated, though. What you expect, you always get.

Some people say, "I don't know the right congressman. I have no pull. I can't get that job." They are thus denying the Creative Power within them. They say It is omnipotent and supreme, yet at the same time they are denying It. If It is supreme and omnipotent, there is nothing to oppose It or challenge It. Therefore, you should say, "Infinite Spirit opens up the door for me, revealing to me my hidden talents and showing me the way I should go." That's exactly what the Infinite Spirit will do for you.

There are congressmen who speak and touch wood when they talk about something negative, as if the wood had some power. Do you give power to other people? To the atmosphere? To the weather? All of these things are innocuous. They have no power. The power is in you.

Changing Your Name

Saul's name was changed to Paul. The meaning of Paul is the "Little Christ," and many miracles were wrought by the hand of Paul. Paul was illumined on the road to Damascus, which means a sack of blood, or rebirth. This means a mystical illumination where your mind, or intellect, is flooded with the light of God and you are a transformed man. Sometimes this

takes place in the twinkling of an eye, like that which St. Theresa and many others experienced.

Paul became a changed man. He was no longer the murderer who sent people to death. He was transformed. He was illumined from On High. You can go to court and change your name every year if you wish. However, it doesn't mean anything. It is absolutely meaningless, as a matter of fact. You must change your nature, your disposition, your viewpoint and your concept of yourself. There must be an inner transformation. Then, of course, you will have really changed your name, or your nature.

Some time ago a man came to see me who was a "sourpuss," and who was cynical and who would habitually snarl at his secretary and at the salesman when he came in. If someone said, "It's a good day," he would say, "What's good about it?" And when he came down to breakfast in the morning, he would hold the paper up in front of himself lest he might see his wife. He would always criticize the bacon and the eggs. He was just a plain sourpuss—nasty and ugly.

He practiced the following instruction: "When you come down in the morning, kiss your wife and tell her she looks lovely and the food is delicious, and she'll probably faint." The man said, "Well, I'll be a hypocrite if I do that." I said, "Go ahead. Start it, anyhow. Break the ice in your heart, and when you go into the office, tell the secretary how beautiful her hair is, or her eyes. There must be something lovely

about her. And be genial, courteous and affable to the salesman."

After a month's time, as he practiced these things, they gradually sank into his subconscious mind and he became transformed—genial, affable, amiable and philosophical. People said, "What happened to that fellow?" Others said, "He's in love." Well, I guess he was—in love with the Higher Self.

"He that guided me this far will open up the rest of the way." That's a magnificent truth. A teacher wrote me from Alabama, and I gave him that simple truth. He said that his building was three-quarters finished and now there was a strike; he did not have the money, and what was he going to do? "He that guided me this far will open up the rest of the way."

He said, "That is not correct. You should say, 'He *who* guided me will open up the rest of the way.'" I said, "No. I meant that literally." It was not a slip. It was deliberate, because I am dealing with a principle, an impersonal Presence which is no respecter of persons, a universal Presence and Power available to all men. The cutthroat, beggar, thief, holy man, atheist, or agnostic—any man can tap It. Any man can use It.

God is not a person, so we don't say, "Our Father, who art in Heaven." We say, "Our Father, *which* art in Heaven," indicating an impersonal Presence and Power—an Infinite Life and an Infinite Intelligence. So, you see, he had a concept of a God-man up in the sky somewhere. He practiced, however, what I taught

him to do, and he found that he attracted the necessary funds to complete the building.

What Do You Believe?

This Universal Presence creates out of Itself by means of It becoming that particular thing. In other words, God becomes man by believing Himself to be man. God creates a being out of Himself capable of returning glory, light and love to Himself. Abraham knew the Creative Power. He was aware of It, and he demonstrated It in his life. He believed that the Spirit would guide and direct him, which, of course, It did.

Plato, Aristotle, Plotinus, etc., all spoke of God as Infinite Mind and Infinite Intelligence, but they did not tell you how to use the Presence and Power for guidance, for harmony, for prosperity, for success, or how to heal yourself with it. It was a satisfactory intellectual conclusion—very interesting, but they did not tell you how to use It in everyday practice.

If you believe you are an abject worm of the dust, people will step on you and will treat you the way you treat yourself. If you are cruel and nasty to yourself, the world will be cruel and nasty to you. As within, so without. Realize that you are a son or a daughter of the Living God. You are heir to all of God's riches. Realize you should exalt God in the midst of you, mighty to heal. How could you feel inferior if you knew that you were a daughter of the Infinite, that you were a darling of God, and that God loves you

and cares for you? God is the Life Principle, or the Living Spirit within you, which created you and watches over you when you are sound asleep, because He that watches over you neither slumbers nor sleeps.

Born to Win

There are a great many people who work very hard, but they nevertheless fail in life. The reason is that they have a subconscious pattern of failure, or they believe they should fail. Sometimes they think a jinx is following them. They feel inferior. Perhaps they were told when they were young, "You'll never amount to anything. You are stupid. You are dumb." These thoughts were accepted by their impressionable mind and now these thoughts have a life of their own in the subconscious mind, and are experienced by them.

But man can change his life. These subconscious or irrational impulses act long after the events which caused them have been forgotten. Man can feed the subconscious mind with something new. He can say, "I'm born to succeed; the Infinite cannot fail." He can feed his subconscious life-giving patterns such as: "Divine law and order govern my life, Divine peace fills my soul, Divine love saturates my mind, Divine right action reigns supreme, Infinite Intelligence guides and directs me in all my ways—It is a lamp unto my feet and a light upon my path."

When you are angry, suspicious or full of fear, these emotions are negative and destructive. They snarl

up in the subconscious mind, and they cause you to do the wrong thing and to say the wrong thing. When you want to be happy, you are sad; when you want to do the right thing, you do the wrong thing. This is true when you are under the sway of negative and destructive emotions, for, very likely, whatever you do then will be wrong.

The Seven Seals

So, you can write a new name in the book of life. The book of life, as previously explained to you, is the law of your own subconscious. The Bible says, *I saw in the right hand of him that sat on the throne a book written within and on the backside, sealed with seven seals. And I saw a strong angel proclaiming with a loud voice, Who is worthy to open the book, and to loose the seals thereof? And no man in heaven, nor in earth, neither under the earth, was able to open the book, neither to look thereon. And I wept much, because no man was found worthy to open and to read the book, neither to look thereon* (Revelation 5:1-4).

Now, the book written within and on the backside is your objective and subjective mind. You have a conscious and subconscious mind. Whatever thoughts, beliefs, theories, opinions or dogmas you write, engrave or impress on your subconscious mind, you experience as objective manifestations, as circumstances, conditions and events. What we write on the inside we experience on the outside. We have two

sides of our lives—objective and subjective, visible and invisible, thought and its manifestation.

The seven seals are the seven states of consciousness. Our concept passes through seven degrees of awareness whereby we spiritualize our five senses by turning inward to the spiritual Power. Then we get our conscious and subconscious mind to agree and synchronize. When there is no longer any doubt in your conscious or subconscious mind, your prayer is always answered. You break the seven seals when you discipline your five senses and get the two phases of your mind to agree.

There are seven seals. The first is sight. This means to see the truth about any situation. See perfect health where sickness is; see harmony where discord is; love where hatred is. Then you are seeing the truth and you are disciplining your faculty of sight.

The second is hearing. You hear the glad tidings, the truth of God. You hear your mother tell you what you long to hear—that the miracle of God has happened—that she is healed. In other words, you do not see her in a hospital as being ill. You hear the opposite. You hear her tell you about her perfect health. Then you are hearing the truth.

The third is smell. You smell the truth by coming to a definite decision, realizing that God who made your body can also heal it. You reject all other food unfit for mental consumption. A dog smells food; if it is unsavory, he rejects it. Likewise, reject all thoughts, ideas and opinions that do not fill your soul with joy.

The fourth is taste. You taste the sweet savor of God. You taste the truth by appropriating the ideas or truths of God in your mind through meditation, reading and through frequent occupancy of the mind regarding the perfect outcome you want.

The fifth is the joy you feel when you touch mentally and emotionally the answered prayer, while feeling the reality of it.

The remaining two seals are your conscious and subconscious mind. When you succeed in disciplining the five senses, the male and female principle in your own mind begins to interact harmoniously. A Divine marriage takes place between your desire and your emotion, and a child comes forth from the union, which is the joy of the answered prayer.

That is the book of life that people are talking about. If someone could photograph your subconscious mind, they would see your future, your past and your present thinking. The future is your present thoughts grown up. However, you can always change the future by changing the present. Feast on whatsoever things are true, lovely, noble and God-like. Think these thoughts with conviction. The old thoughts will die. They will fade away. They will be obliterated, expunged from your deeper mind, because the lower is subject to the higher.

Think of everything lovely and of good report. Get new thoughts and ideas regarding principles and the eternal verities. Remember, your subconscious mind does not accept your idle wishes, dreams or hopes.

Instead, it accepts your convictions—what you really, sincerely believe deep down in your heart.

What do you believe? Do you believe in the goodness of God in the land of the living, and the guidance of God, and the harmony of God, and the love of God, and the abundance of God? If you do, all of these things will come to pass, because to believe is to live in the state of being it. It is to accept something as true.

Who Are You?

Look at your spiritual heritage. We are all children of the I AM, as Moses says. Within you is the real nature or the real name, because you are pronouncing it all day long. I AM. It is called Om in India. The Bible says, *I AM THAT I AM* (Exodus 3:14). Moses said, *I AM hath sent me unto you* (Exodus 3:14).

Realize that I AM sent you to your business tomorrow, to a tough assignment, to solve it, to overcome it. The engineer, when he meets with a pressing problem, realizes I AM has sent him there to solve the problem. The engineer grapples with the problem courageously and sees the solution.

We are all children of the I AM (God). Whatever you attach to I AM, you become. If you say, "I am no good, I'm a flop, I'm a failure, I'm going deaf, I'm going blind, I'm nobody," then you become what you affirm. Therefore, reverse it and say, "I am happy, joyous and free. I am illumined; I am

inspired. I am strong; I am powerful. 'Let the weak say, I am strong.' 'Let the widow say, it is well.' I am a son or daughter of the Living God. I am heir to all of God's riches. I am born to win and to succeed, for the Infinite cannot fail. I am a tremendous success. I am absolutely outstanding. I am unique, and there is no one in all the world like me."

Why don't you claim the above and write these truths in your heart and inscribe them in your inward parts? *He that hath an ear, let him hear what the Spirit saith unto the churches* (Revelation 2:29). . . . *To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it* (Revelation 2:17).

Manna is a symbol for the bread of Heaven. *I am the living bread which came down from Heaven* . . . (John 6:51). It is the bread of peace, of harmony; it is the blessed bread of God. Eat this bread of inspiration and guidance, for no man can live in the world today without spiritual food. You may sit down to dinner and have the choicest food but still be hungry for peace, harmony, love, inspiration and guidance.

Manna is a symbol of inspiration, of strength, of power and of wisdom. It will feed you in the desert of loneliness, of unhappiness, because the greatest desert of the world is not the Sahara; it is under the hat of man. Often there is very little growing there but weeds of ignorance, fear and superstition. Buddha asked

God the cause of all misery, suffering, crime and sickness in the world. The answer he received was "ignorance," for ignorance is the only sin and all punishment is the consequence.

Call on this Presence and Power. It will answer you. It will be with you in trouble. It will set you On High, because you hath known Its name or nature. The nature of Infinite Intelligence is to respond to you. Turn within to the Fountain of Life and feel refreshed from the standpoint of truth. You can be replenished there. . . . *Come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price* (Isaiah 55:1). The price is to honor God and to believe in Him. That is the only price you pay.

If you do not honor God and recognize Him, it is just the same as if the Presence were not there. You can eat of the bread of peace, of joy, of faith and of confidence in the only Power there is. Your confidence and faith should not be in creeds, dogmas and traditions. Believe that whatever you impress on your subconscious will be expressed as form, function, experience and event. Then you will be learning to know yourself a little better.

A new name is a new disposition, a new perspective, a new insight. You can affirm, "God loves me and cares for me. I am illumined from On High." You can claim right action. You can claim, "The wisdom of God anoints my intellect and I am now writing this with my conscious pen into my subconscious

mind. Whatever I inscribe in my subconscious mind becomes effective and functional."

Discover Yourself

You are here to solve problems. The reason you have problems and challenges is because you are here to discover your Divinity and sharpen your mental and spiritual tools; otherwise you would never discover yourself.

There are failures in life, yes! That is why you had an eraser at the end of your pencil when you went to school. Everybody knew that you were going to make mistakes. Through the mistakes, however, you learned how to add and subtract, as well as many, many other things.

You must have a basis for thinking constructively. When you know that thoughts are things and that what you feel you attract, and that what you imagine you become, then you begin to think constructively because you realize, "My thought is creative—not because it is my thought, but because it is thought."

"Nothing can give you peace but the triumph of principles" (Emerson). Quimby said that a child is like a little, blank tablet; and the uncles, and the aunts, and the clergyman and everybody else comes along and scribbles something on it. This is easy to do because the little child's mind, of course, is impressionable, malleable and open to all of the beliefs, opinions, creeds, dogmas, superstition, ignorance and fear of the parents. The child grows up in the

image and the likeness of the dominant mental, emotional and spiritual climate of the home.

Who is scribbling on your mind today? Does your mother-in-law, father-in-law or some in-law scribble something on your mind? Do they disturb you? Does someone tell you you are going to fail? And do you reject it and say, "You do not know what you are talking about. I cannot fail. How could I fail? The Infinite is within me. I am born to win. I am a success in my prayer life, in my relationship with people, and in my chosen work." The minute you affirm the above, the Power will respond to you.

How could the Infinite fail? Where is the Infinite? Within you. And you are born to win, to overcome, to triumph. You are here to go from glory to glory, and from octave to octave, for there is no end to the glory which is man.

Is the columnist writing something in your mind? Or are you writing the truths of God, which are the same yesterday, today and forever? What are you writing in your mind every day? Some people write grief, despair, hopelessness, loneliness, etc. Inscribe the conviction that you are worthy, that you are adequate, that you are full of faith and confidence in the only Power there is, and that you know you are inspired from On High, and that you believe implicitly that God is guiding you in all your ways and is a lamp unto your feet and a light upon your path.

Your subconscious mind, which is the book of life, will receive these impressions, viewpoints, opinions

and convictions because you are sincere, because you mean them. Whatever you think, feel and believe to be true, your subconscious mind will bring to pass—good or bad.

Inscribe in your mind harmony, health, wholeness, beauty, peace, perfection and right action. These are principles. You do not create these truths, but you activate them and make them effective and functional when you affirm them. Stir up the gifts of God within you.

Anything that fills you with faith, with confidence, with joy and with enthusiasm has power over you, and it governs your conduct. Enthusiasm governs all of your activities, because enthusiasm means "possessed by God." You will never go so far as when you are possessed by the One, the Beautiful and the Good.

You are a mental and a spiritual being, because when you say I AM, you are announcing the Presence of the Living God. You have always lived. A billion years from now you will be alive, because life was never born and will never die; water wets it not, fire burns it not, wind blows it not away. You are alive, and that life is God's life. God is life; therefore, you have always lived.

Are you the same person you were five years ago? Ten years ago? Twenty-five years ago? No, you are not. Are you the same person you were when you were three months old or a year old? Of course not. You have had hundreds of reincarnations since you

were born. Reincarnation is Spirit making Itself manifest at higher levels. So, at five years of age you were different; at 10, at 20, and at 30. If I showed you photographs of every month of your life, you would hardly recognize yourself in some of them.

You are not the same as you were six months ago. You have a new concept of God, of Life, of the universe—a new estimate, a new blueprint, a new insight. You do not talk the same; you do not walk the same or think the same. Your life is progressing from glory to glory. When you go on to the next dimension, you will still go on from octave to octave. You cannot be less tomorrow than you are today, for life goes not backward nor tarries with yesterday.

Write, "I go from glory to glory. I go from octave to octave." Write these truths in your life, because you are alive and you are always implanting something new in your deeper mind.

Lake of Fire

I receive many letters, a few of which say, "You will be cast into a lake of fire because you are telling people on your radio program that each man is his own saviour, that God indwells him, and that all he has to do is contact this God-Presence and It will lead him, guide him and solve his problems for him. You also say that every man answers his own prayers. Some day you will burn in the lake of fire for all eternity for saying these things." Then they quote the

Bible by saying, *"For God so loved the world, that He gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life"* (John 3:16).

All of this is based on a lack of understanding, however. Everybody is the only begotten Son. We are all begotten of the Only One. There is Only One. Your only begotten Son, spiritually speaking, is your desire. If you are sick, health is your saviour. You have a desire for health. Realization of your desire is your saviour. If you are lost in the woods, guidance is your saviour. If you are imprisoned, freedom is your saviour. If you are dying of thirst, water is your saviour. So, every man who is able to contact the God-Presence is, of course, his own saviour.

The late of fire mentioned in the Bible is no literal fire, of course. The Bible is a spiritual book. It is speaking in spiritual, mental, allegorical, figurative, idiomatic and mystical language. If you should go to a hospital to the psychotic ward, or to any other mental institution, you will find people there burning in the lake of fire. The lake, of course, is your subconscious mind. The fire means they are seething with jealousy, hate, resentment, hostility and anger. They are burning up their tissues and their hearts with these negative emotions.

A psychotic is tormented, isn't he? He is on fire with his own misery. Some people are on fire with their own hatred, resentment, hostility, etc. Of

course, they are living in a lake of fire created by themselves, because every man creates his own hell and his own heaven. Omar said:

> I sent my soul to the Invisible
> Some letter of the After-Life to spell;
> And by and by my soul returned to me,
> Saying, "I, myself, am heaven and hell."

Anger, depression, fear and foreboding are the inner fires. Any doctor will tell you that these emotions give you ulcers, high blood pressure, cancer and arthritis. Hate can give you arthritis if you keep it up; it will bring about physical changes, bring on calcareous deposits in your tissues and play general havoc with you. Sometimes jealousy will drive a person absolutely insane, because there is no more destructive poison than jealousy. It is called the green-eyed monster and is the greatest of all mental poisons.

Therefore, sow for yourself treasures in heaven, where the moth and the rust doth not consume, and where thieves cannot break through and steal. Sow for yourself harmony, health, peace and beauty. Write in your heart the truths of God. What will you write? Write . . . *whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things* (Philippians 4:8).

CHAPTER 11

Why Are You Here?

Every man's life from beginning to end is a plan of God. Jesus said, "I am come that they might have life . . . more abundantly." You are here to lead a full, happy and glorious life. You are here to release your hidden talents to the world, to find your true place in life and to express yourself at your highest level.

Finding Your True Place

A young woman came to see me some months ago and said, "I'm a misfit. No one wants me. I'm a square peg in a round hole." I explained to her that each person is unique and that no two people are alike, any more than are two crystals of snow or two leaves of a tree. God never repeats Himself; infinite differentiation is the law of life. There is no such thing as an unneeded person. I quoted Emerson for her, wherein he said, "I am an organ of God and God hath need of me where I am; otherwise I would not be here."

She asked, "What is it God wishes me to do?"

The answer is simple. And the prayer that she used

to follow God's Will also is simple, direct and to the point.

Her Special Prayer

"God reveals to me my hidden talents and whispers into my heart the thing He wants me to do. I know that God is Infinite Intelligence and is seeking expression through me. I am a focal point of Infinite Life in the same way that an electric bulb is a focal point for the manifestation of electricity. God flows through me as harmony, health, peace, joy, growth and expansion along all lines. I recognize the *lead* which comes into my conscious, reasoning mind, and I give thanks for the answer now."

After a few days a deep urge came to her to take a certain business course, which she is now ardently pursuing, and undoubtedly she will be a great success.

Claim Your Good Now

Now is the accepted time. Many people are always looking forward to the future for better times. They are constantly saying that some day they will be happy and successful, instead of realizing that God is the Eternal Now!

The truth is that all the powers of the Godhead are within you. Peace is now; you can claim that God's river of peace flows through you. Healing is now; feel and know that the infinite healing Presence which made you is now restoring every atom of your being. Claim that the creative Intelligence which made you

knows how to heal you, and that Divine order governs your mind and body.

Wealth is available now—it is a thought-image in your mind. Claim it boldly now. Affirm: "God's wealth is now circulating in my life." Why wait for it?

Strength is now. Call on the power of God within you, and this power will respond, energizing and renewing your whole being.

Love is now. Know and believe that God's love saturates your mind and body, and this Divine love will be filtered through and made manifest in all phases of your life.

Guidance is now. Infinite Intelligence within you knows the answer, and it responds to the nature of your request.

Claim your good *now.* You do not create anything; you give form and expression to that which always was, now is and ever shall be. Moses could have used a loud speaker or television. The idea or principle by which these are made always existed in Infinite Mind. Plato referred to the "archetypes of Divine Mind," which simply means that there is an idea or a pattern in Divine Mind behind every created thing in the universe.

The Present Moment

Did you ever stop to think that if you are planning something in the future, you are planning it now? If you are fearing something in the future, you are fearing it now. If you are thinking of the past, you are

thinking of it now. The only thing you have to change is your present thought. You are aware of your present thought, and all that you can realize is the outer manifestation of your habitual thinking at the present moment. The two thieves are the past and the future. If you are indulging in remorse or self-criticism over past mistakes and hurts, the mental anguish you experience is the pain of your present thought. If you are worried about the future, you are robbing and stealing from yourself joy, health and happiness. Count your blessings now and get rid of the two thieves.

To think of a happy and joyful episode in the past is a present joy. Remember, the results of past events —good or bad—are but the representatives of your present thinking. Direct your present thought in the right channels. Enthrone in your mind peace, harmony, joy, love, prosperity and goodwill. Dwell consciously on these concepts and claim them—and forget all other things. *Finally, brethren, whatsoever things are true . . . honest . . . just . . . pure . . . lovely . . . of good report; if there be any virtue, and if there be any praise, think on these things* (Philippians 4:8).

He Stopped Blaming Providence

Recently a man told me of his many troubles and ended up by blaming God for all his reverses. I explained to him that the universe is one of law and order, and that God is, among other things, Principle or Law, and that if man breaks a law, he will suffer

accordingly. It is not punishment by an angry God. On the contrary, it is an *impersonal* matter of cause and effect. If he misuses the Law of Mind, the reaction will be negative; but if he uses the law correctly, it will help him and heal him and restore his soul.

I suggested ideas on how to become a free-flowing channel for Divine Life and gave him the following prayer to use frequently:

"I am a clear, open channel of the Divine, and Infinite Life flows unobstructedly through me as health, peace, prosperity and right action. I am constantly releasing new, creative ideas, setting free the imprisoned splendor within."

This man has had a new lease on life and has told me that he now is beginning to live. He added ruefully, "I stopped blocking my good. I have taken my foot off the hose and the waters of Life are flowing abundantly into my life." He has learned to relax, and he has ceased pressing the weight of his negative mentality upon the infinite "pipeline" of life.

One Life Principle

There is only one Life Principle animating the entire universe. God is Life and that is your life now, but this Life Principle may be directed constructively or destructively, because you have the ability to choose.

You are using the Life Principle destructively whenever you indulge in fear, regret or any form of negative thinking. All resentment, hostility, spiritual pride,

self-will, criticism and condemnation are especially disastrous methods of misapplying the Life Principle. Furthermore, the negative emotions which are dammed up in our subconscious come forth as all manner of diseases, both mental and physical.

When you tune in with the Infinite and let it flow through you harmoniously and joyously, and when you think right, feel right and act right, your life will be one of unalloyed happiness and success along all lines —right here and now.

Why She Failed to Prosper

A young school teacher complained to me that she was getting no results even though she prayed regularly for prosperity and success. I discovered while talking with her that unconsciously she was always rehearsing her troubles, criticizing and blaming the pupils, the parents and the school authorities. I pointed out to her that she was actually squandering the treasures of life within her on negative thoughts that were destructive. She reversed her attitude of mind and affirmed frequently with deep understanding:

" 'God hath not given me the spirit of fear; but of power, and of love, and of a sound mind.' I have a firm, unwavering faith in God as my bountiful, ever-present Good. I am vitalized and prospered in all my ways. Promotion is mine now. Peace is mine now. I radiate love and goodwill to all my pupils, my associates and to all those around me. From the depths of

my heart I wish for all of them peace, joy and happiness. The intelligence and wisdom of God animate and sustain all those in my classes at all times, and I am illumined and inspired. When I am tempted to think negatively, I will immediately think of God's healing love."

Within a month this teacher had established harmony in all her relationships and received her promotion.

Divine Discontent

You are here to reproduce all the qualities and aspects of God. Inasmuch as this is the true reason for your existence, it behooves you to have a wholesome dissatisfaction with anything less than complete harmony, health and peace of mind. An inquietude regarding frustration, lack and limitation should become a great incentive to you, enabling you to overcome all difficulties through the Infinite Power within you. Your joy is in overcoming. Problems, difficulties and challenges of life enable you to sharpen your mental and spiritual tools, enabling you to release the treasures of the infinite storehouse of riches within.

Infinite Mind is spaceless and timeless. Cease limiting yourself. Remove all stumbling blocks which are in your mind and enter *now* into the joy of the answered prayer. . . . *Lift up your eyes, and look on the fields; for they are white already to harvest* (John 4:35).

CHAPTER 12

The Meaning of Satan, Devil, Serpent, Etc.

There is only One Power. *Hear, O Israel: The Lord our God is one Lord* (Deuteronomy 6:4). Then, since God alone *is,* the devil *is not.* Since God is Being, the devil is not-Being. In other words, the devil does not exist. As Judge Troward points out so lucidly in his *Bible Mystery and Bible Meaning:* "It is precisely this fact of non-existence that makes up the devil; it is that power which in appearance is, and in reality is not; in a word, it is the power of the negative."

The Eye Was Called the Devil

In the ancient Tarot teaching, the Hebrew mystics referred to the devil as Ayin, which is the 16th letter in the Hebrew alphabet and spelled oin in Hebrew. It means the eye as an instrument of sight. It also stands for mirth. The eye is concerned only with the surface appearance of things. People used to say, "The sun rises in the east and sets in the west" and "The earth is flat and does not move." Yet, science has now convinced people how faulty the eye is in this respect:

The sun does not rise and set, the earth is not flat and the earth does not stand still. For example, science today makes it clear that we do not see anything as it really is. This is a universe of densities, frequencies and intensities. Your body is plastic, porous and pliable. It is simply composed of waves of light and of atoms and molecules swirling around at tremendous speed. Our eyes are geared to see three-dimensionally.

The Hebrew secret wisdom knew more than modern science about the illusory nature of matter, as well as the limitations of our eyes. Hence, the attribution of mirth to the letter Ayin, which means the eye. Remember, Ayin refers to what seems rather than to what is, with illusion rather than reality. This is why mirth is associated with the word *devil.* The real meaning of the word *devil* in Hebrew mysticism is *the slanderer* —one who tells lies about God. The eye slanders the fact because it deals only with the outside appearance of a fact.

God Upside-Down

The ancient Hebrew mystics who wrote the Bible said that the devil is God upside-down. In other words, the devil is God as He is misunderstood by ignorant and primitive people. The devil of theologians does not exist; it was created by them to account for the evil in the world. Evil, however, comes from our misunderstanding or misuse and misapplication of the One Power.

We are choosing, volitional beings and we are here to evolve and learn the laws of life and to apply them correctly. Anything misapprehended or misapplied constitutes evil. If you do not choose the good, then you will experience the negative reaction from your subconscious mind because of your wrong choice.

Man's Invention

Theologians have accounted to the populace for the presence of evil by the invention of a devil. As for the gospels (the earliest is about 300 A.D.), the word *devil* is not found in the earlier versions. It occurs there as *a spirit of evil.* In the teaching of Jesus there is no mention of the theological devil, which was later invented by the church. Further, the word translated as *devil* is *a spirit of evil,* not *the spirit of evil.*

He went around expelling the devils, which are negative thought-forms of hate, jealousy, hostility, resentment, vengeance, self-condemnation and self-pity. These are the devils which harass us and are created by ourselves based on the way we think and feel. These negative emotions are, certainly, spirits (feelings) of evil.

"The essense of hell," says Swedenborg, "is the desire to control another." The devils are negative, destructive thought-forms, which result in negative, destructive emotions compelling the person to act them out. Negative, destructive emotions hidden in the subconscious must have an outlet resulting in all manner of chaos and suffering.

Pain Is a Consequence

All the pain and suffering in the world are the consequence of our own thinking and misuse of the One Power, brought on by ourselves. There is no punishment dealt out by an angry God. God has nothing whatever to do with our suffering or sickness. To say that God is angry with us instead of regarding us with love and compassion is the greatest of blasphemies.

Conquering Obstacles

All of us are here to overcome obstacles, challenges, difficulties and problems, which enables us to discover the Divinity within us so that we can achieve our ends. The Greek word for *devil* is *diabolos, one who throws across* (problems and obstacles); and we are supposed to use them as stepping stones to our triumph and success. This is the way we progress and advance up the ladder of life.

The Fall of Lucifer

How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! (Isaiah 14:12). Lucifer means *Light,* or *I AM,* Which is God. God limits Himself when He becomes man. Lucifer falling from heaven is simply Spirit, God or I AM becoming matter; and our limitation is the so-called devil. The fall of Lucifer, which is the fall of God or Spirit

becoming matter, really enables us to grow and release the spiritual powers within us. These challenges and difficulties in life sharpen our mental and spiritual tools, enabling us to discover our God-like powers so that we can rise, transcend and grow, thereby releasing more and more of God's qualities within us.

One Creative Power

Over and over again, the Bible stresses that there is but One Power, not two, not three, not a hundred, but One. Read these words from the Bible: *See now that I, even I, am he, and there is no god with me; I kill, and I make alive; I wound, and I heal . . .* (Deuteronomy 32:39).

This means that you can use the power two ways. This, of course, applies to any power in the world. You can use electricity to vacuum the floor or light up the house, but you can also use it to electrocute someone. In similar manner, you can use water to drown a child or quench his thirst. We have had floods here in California which have destroyed houses and ruined roads and bridges; however, when these waters are dammed and controlled, the water can be used to irrigate the land, light the cities and bless humanity in countless ways.

Scientists are now working on a process of splitting off the hydrogen from water, and the release of this energy will work miracles in our industrial life. The forces of nature are not evil. It depends on how we

use them. The way we use any power is based upon our thought. Good and bad are, therefore, determined by the thoughts of man, his motivation and how he plans to use the powers of his mind and the forces of nature.

Good and evil are the movements of man's own mind relative to the One Supreme Power, Which is perfect in Itself. Think good and good follows; think evil and evil follows.

Lucifer, mentioned in the fourteenth chapter of Isaiah, refers also to man's false concept of God or I AM within him. Many people are willing to die for their superstitions and false beliefs rather than to open their minds and hearts to the Truths of Life. They are hard, unyielding and inflexible, and it seems to be impossible for them to give up the old, encrusted false beliefs about God and the law of life.

The Bible, in the fourteenth chapter of Isaiah, refers to their intransigent and intractable attitude of mind: *For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God* . . . (Isaiah 14:13).

Some months ago a woman wrote me fourteen pages, pointing out that there is, indeed, a devil, a satan, who tempts people, brings on wars, possesses people's minds and causes crime, etc. It was no use reasoning with her superstition, false beliefs and dogmatic statements. Many people act that way. They exalt the so-called devil, or false beliefs, in their mind and dethrone God. The communist nations have

exalted their theories above the stars (truths) of God also and are rebellious in their attitude, claiming that there is no God, but Lenin.

Truth Sets You Free

The minute you cast out from your mind the idea of any other power but the One, your false concept of God will fall from the throne of your mind; and you will realize that when you use the Power constructively, It is called God, which brings health and happiness into your life. When you use the Power negatively and ignorantly, it is called the devil, which brings misery, lack and suffering into your experience. Ignorance is also called the devil, which is a negation of life.

Archangel Lucifer

Lucifer, Satan, devil and serpent all mean the same thing. You have heard the story that the archangel Lucifer was cast into hell for his revolt against God. This, of course, is a pure myth. The Bible refers to Lucifer as the bright and morning star. . . . *I am the root and offspring of David, and the bright and morning star* (Revelation 22:16). The greatest star in all the world is the I AM within you, Which is God, or the Light of the whole world.

Hebrew Symbolism Referring to the So-Called Devil

The Hebrew seers who wrote the Bible were past masters in the art of psychology and the story of the

soul, and they revealed the hidden meanings of the Bible in the Cabala. The Cabala is a mystical interpretation of the Bible and is the key to the allegories, numbers and symbolisms in the Bible.

In the ancient Tarot teaching, they devised a symbolic card setting forth that the devil came out of the distorted, twisted imagination of man. This imaginary being has goat's horns, a human head, donkey's ears and the wings of a bat. The upper part of the gross body is human, the thighs animal, the legs human and ending in eagle's claws.

Bat wings symbolize darkness, or ignorance. The horns are those of a goat because they show the backbone curves and cannot stand erect. (Man should walk uprightly in the Law.) The head has donkey's ears because man will not listen to the voice of intuition and refuses to hear and listen to the eternal verities. In other words, he is as obtuse and stubborn as a donkey.

The human part of the body is gross, indicating an absence of grace and beauty. The raised hand in the card blessing the pair (man and woman) is open wide as if to say that all there is to life is the desire for sensation; there is nothing else. The thighs are not human, but animal, indicating that man is following his instincts instead of the spiritual impulses. The legs indicate the negative emotions and passions which are governing him.

The legs end in eagle's claws. This refers to sexual abuse and misapplication of the sex urge. The up-

raised paw is a symbol of Saturn, indicating they are governed by their limitation.

Over the head of this devil is a pentagram, which is inverted. The five-pointed stars symbolize the perfected man. It should stand on two points, the conscious and subconscious as equals. Here it stands on one point. In other words, man is governed by his subconscious false beliefs, opinions and negative emotions. The symbol of the torch means that he is inflaming his passions and appetites.

Furthermore, he has malformed the woman, meaning that the conscious mind has polluted the subconscious. The left shoulder of the woman is lacking. Shoulders indicate emotion. The man and the woman (the male and female principles in all of us) are bound by chains to the half cube, on which the so-called devil squats. A cube represents the physical world. A half a cube represents half-knowledge, or ignorance. This is why the cube is black.

The man and the woman in the card have horns, hoofs and tails to signify that they are living entirely under negative emotions. The tail of the man is shaped like a scorpion, denoting that his principal bestiality is sex perversion. Her tail is a bunch of grapes, indicating that it is the business of the subconscious to bring to fruit the desires of the subconscious mind. The green grapes indicate negative use of imagination.

The devil has a navel, as have the man and the

woman. This is one of the most subtle symbolisms of the Tarot. The Tarot, regardless of how much these cards have been prostituted and abused, reveals how the laws of God work out in the cosmos and in man. The navel, of course, indicates that the devil is man-made.

Some of these marvelous symbols of the Tarot were presented to me by an outstanding student of the Tarot, Ann Mussmann, in New York City in 1943. I realized that they coincided with the Bible in every respect.

Thought Is Creative

Every thought tends to manifest itself. If your thought is of a negative nature, the Bible calls this the devil or Satan, the same old serpent which beguiled Eve in the garden. You must remember that it is impossible for there to be an infinite and universal power of evil, for unless the Infinite and Universal Power were creative, nothing could exist. God is the Life-Principle in all of us and is always seeking to express Itself. To suppose the Life-Principle acting other than life-giving would contradict the very nature of Its Being, Which is livingness and givingness.

There Is No Death

Life, or God, cannot die, and that life is your life now. Man believes in what he calls death; therefore,

he experiences what he calls death. But, as Dr. Quimby said, in 1847, death is in us; the other person has simply passed on to the next dimension and is as much alive as we are. To say that death is the will of God is most emphatically denied by the Bible, for it says that . . . *him that had the power of death, that is, the devil* (Hebrews 2:14), or the false belief of the mass mind.

You might say that man dies and his body disintegrates. Disintegration is the breaking up of what was previously an integer or perfect whole, the separation of its component parts. Man then puts on a new fourth-dimensional body, which is rarefied and attenuated and which functions in the next dimension. You will have bodies to Infinity. You will never be without a body. It is impossible for you to conceive of yourself without a body. This foreshadows, portrays and portends that you will always have a body. Emerson says that every Spirit builds itself a house. You need a body to express the qualities of Spirit, or God.

Life Seeks Expression

The only possible motive of the All-Originating Life-Principle, which is the term used by Judge Troward for God or the Living Spirit Almighty in all of us, must be the expression of life, love, truth and beauty, which is Its nature. If man had loving thoughts and dwelled on the eternal verities, knowing and believing that his life was God's life, and really neutralized the race mind belief in death, he would

not experience what the world calls physical death. Because of his meditation and prayers and because of his deep-seated conviction, the molecules of his body would oscillate at such a high frequency that he would be here, but you would not see him, no more so than you could see steam when ice is melted and heated to a certain degree. Pure steam is invisible, yet it is pure H_2O, though operating at a higher molecular frequency.

This is why, as your Bible tells you, Jesus disappeared in the crowd and could not be seen. He was able to dematerialize his body. Apollonius was able to do the same thing.

The Physical Death of the Body

The disintegrating process that you perceive is the Universal Presence and Power taking the atoms and molecules of the body for fresh construction from a tenement without a tenant, i.e., from a person who does not have the awareness or necessary faith to perpetuate the Universal Life in himself. The disintegrating force is the Integrating Power working according to the belief of the individual. It is not another power.

The Bible plus one's common sense tell us that ultimately there can be only One Power in the universe, Which must, therefore, be the Building or Creative Power. It is impossible to have a power which is negative in itself; although it shows itself negatively based on the way in which we use it or when we fail to

provide the requisite conditions for it to work positively and constructively.

Positive and Negative

This Presence and Power in you will act positively or negatively towards you, depending upon whether you provide positive or negative conditions for Its manifestation, in the same manner as when you may produce a positive or negative current according to the electrical conditions which you supply. The reason for the negative experiences in your life is your denial of the Great Affirmative, or the practice of the Presence of God in your life.

The higher mode of intelligence controls the lower. God-like thoughts enthroned in your mind neutralize and obliterate all negative thoughts. The power of the negative in your life consists of believing that to be true which is not true. For this reason, it is called the father of lies in the Bible.

The Accuser

Another meaning for devil is *false accuser* or *false affirmer.* This means the negative use of the One Power. It means that you are going in the wrong direction, giving the wrong instructions to your subconscious mind.

It is said that the devil has the power of death. This is simple to perceive: Hate is the death of love, ill will is the death of goodwill, fear is the death of faith in

God, sadness is the death of joy, pain is the death of peace, anger is the death of discernment or good judgment, ignorance is the death of truth, jealousy is the injured lover's hell, poverty is the death of God's opulence and riches, and sickness is the death of wholeness.

The Bible says: . . . *He might destroy him that had the power of death, that is, the devil; and deliver them who through fear of death were all their lifetime subject to bondage* (Hebrews 2:14-15). We are dead, Biblically speaking, when we are unaware of the Presence and Power of God within us and unaware of our capacity to use this Power righteously, thereby bringing harmony, health, peace, joy and abundance into our lives.

Satan

The word in Hebrew means *to accuse. The Guide to the Perplexed* by Maimonides, which is one of the great books of all time, points out that Satan is derived from sata, which means to slip, to err, to deviate from the truth, to turn aside or to miss the mark. The latter word is the meaning of sin. We sin when we fail to lead a full and happy life. Then we are truly sinning, as we have wandered away from the contemplation of God's Holy Presence.

When you give power to conditions, circumstances, events, or to other people to mar your happiness or thwart your good, you are giving power to externals

and not to the First Cause, Which is Spirit, God, the Only Presence and Power. Giving power to externals, however, is establishing a secondary cause. A spiritual-minded person does not give power to the phenomenalistic world, which is an effect, and not a cause. He gives power to the Creator or Creative Power, not the effect. The only immaterial power you know is your thought. When your thoughts are God's thoughts, God's Power is with your thoughts of good.

Live and Evil

If you spell *live* backward, you have *evil,* which means that when we experience evil in our lives, we are living life backwards. In other words, we are going against the stream of life which could, if permitted, take us onward, upward and Godward.

The point is: Do not make an effect a cause. Nothing disturbs you except through your own thought. Where there is no opinion, there is no suffering. When you read about murder or crime in high places, you have no opinion about it. If you get exercised or agitated, who is suffering? You are. You decided to generate anger and hostility. In effect, you are generating mental poisons which are destructive to your physical organism. Where there is no judgment, there is no pain.

Cease passing judgment on people. Your judgment is the conclusion or verdict rendered in your mind. In

simple language, it is your thought. Since thought is creative, whatever you think and feel about the other, you are creating in your own mind, body and experience. This is why Jesus tells you to stop judging people. *For with what judgment ye judge, ye shall be judged* . . . (Matthew 7:2).

Casting Out Devils

There are millions of people in the world and in the next dimension of life who have thoughts of hate, jealousy, hostility, greed, lust, etc. When you fill your mind with the truths of God, you neutralize and obliterate all the negative patterns. You could liken the process to pouring pure, distilled water into a bottle of dirty water. The moment comes when the last drop of dirty water is removed.

That is why it is important to keep prayed up. All of us are in the great psychic sea of over four billion people, as well as those billions living in the next dimension of life. It behooves us, therefore, to align ourselves with the Infinite Presence and Power and to constantly claim that what is true of God is true of us.

Through telepathy and thought transference, all of us are part of the great psychic sea. Subjectively, we are all one. If we are negligent, apathetic, lazy, indolent and refuse to pray, we will receive the negativity of the mass mind; and then we will say, "Why did this happen to me?"

It happened because when we fail to do our own

thinking, the race mind will do our thinking for us. When it reaches a point of saturation, it is, perhaps, precipitated as an accident, sickness or some other negative condition or tragedy. The jealous or envious person is open to all of the jealous and envious thoughts of others, because he or she is at the low level of vibration and the antenna of the mind is keyed in to that frequency, which magnifies the destructive pattern in the subconscious.

The law of attraction works for all. Like attracts like. Let us, therefore, follow the apostolic advice and conform to this spiritual injunction: *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things* (Philippians 4:8).

Auto-Suggestion

The conception of a devil, satan or principle of evil receives its power solely from our own auto-suggestion of its existence and because of the amenability of our subconscious to suggestion. You create what you fear. The power of evil spirits results from the mental attitude which receives such suggestions, and the subconscious responds accordingly. The suggestions of others have no power to create the things they suggest.

The Creative Power is your own thought. The antidote to all of this is the right conception of God and

His love. The Bible says, *God is love.* It also says, . . . *If God be for us, who can be against us?* (Romans 8:31). Then you realize that . . . *Perfect love casteth out fear* . . . (I John 4:18), with the result that in your mind and heart there is no devil, but God reigns supreme in your mind. It is wonderful!

I recommend that the reader read Chapter 8 (The Devil) of *Bible Mystery and Bible Meaning* by Judge Thomas Troward. In this chapter I have expatiated on some of the points on which he has dwelled.

CHAPTER 13

You Can Control Your Fears

Fear is the cause of great misery, and untold suffering and fear come to all of us. Many are afraid of the future, old age, insecurity, some illness or incurable condition, or the verdict of the doctors. Many are full of fear regarding their families, newspaper reports and the media in general, all of which project fear propaganda of all kinds. Fear of nuclear warfare, inflation and crime disturbs the masses.

Great numbers of individuals are afraid of death and loneliness in their old age. There are countless thousands who face death with equanimity and serenity, because they know that there is no death, only life, and that they will live forever in the many mansions (dimensions) of our Father's house.

There is a limitless catalogue of fears that afflict the human mind. The answer to all fear is to turn to the God-Presence within. Faith in God casts out fear. . . . *Fear hath torment. He that feareth is not made perfect in love* (I John 4:18).

You begin to think and speak in a new tongue when you turn to God within and mentally dwell on the promises of the Bible. As you continue to dwell on these great Truths, you will experience a sense of peace and security. Examine some of your fears and you will discover that many of them are groundless.

While speaking in a club here in Leisure World, a man said to me that for the greater part of his life he had been a chronic worrier. His greatest worries were those that never came to pass, but these worries depleted his vitality and brought on ulcers and high blood pressure. On the advice of a spiritual practitioner, he began to study and apply the teachings of the 23rd and 27th Psalms, which brought about a remarkable healing. He began to control and discipline his thinking. When worry thoughts came to his mind he would recite a verse or two of one of the Psalms, and in time he overcame his worries. He had discovered that all of his worries were unfounded and groundless.

Face Your Fears

There is no occasion to feel ashamed of the fact that you experience fear or that you get frightened once in awhile. The thing to do is to supplant the fear thoughts with God-like thoughts. Do not fight the fear in your mind; proceed at once to overcome it. You can do it, and it does not call for superhuman effort, only a redirection of your thought-life.

The Secret Place

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty (Psalm 91:1). The secret place is your own mind. Turn within and realize that the Presence of God indwells you. You can communicate with this Divine Presence through your thought, and a definite response will come.

The word *shadow* means protection, somewhat similar to a woman's use of an umbrella to protect herself from the penetrating rays of the sun. When fear thoughts come to you, repeat a few verses of the 91st Psalm many, many times. Do this quietly, feelingly and knowingly, and you will discover that a sense of peace and security will come quietly and gently into your mind and heart. When your mind is at peace, you are in the secret place, for God is absolute peace and harmony.

Fear may come to your mind again and again because of habit; but persist in supplanting the fear thoughts with a few verses of the 91st Psalm, such as the first and second verses, and you will find that you will gradually become the master of your fears. Every time you enthrone constructive thoughts, such as "God's love fills my mind and heart" or "God's peace fills my soul," you are wiping out your fear and strengthening your faith and confidence in God and His love. Your abnormal fear will then gradually diminish and vanish.

Bible Techniques

There are marvelous texts in the Bible for overcoming fear. Become a habitual peruser of the 91st, 27th, 46th and 23rd Psalms,* and you will gradually saturate your subconscious with the eternal verities and be free. The following verse will work wonders in your life: *There is no fear in love; but perfect love casteth out fear; because fear hath torment. He that feareth is not made perfect in love* (I John 4:18).

Love is an emotional attachment. It is an outpouring of goodwill. Spiritually, it means that you recognize the Presence of God in all His creatures. A woman who was terrified of dogs (probably dating back to her childhood when she was bitten by a dog, since she had a faint memory of the incident) began to affirm: "I radiate love to all dogs. They love their masters and they save lives. The Presence of God is in all of his creatures. I love dogs. They are loving, kind and cooperative."

She kept affirming these truths and after a period of time she was at peace with dogs. She no longer feared them. You will lose fear as you grow in understanding that there is only One Power.

Dwell also on these wonderful words: *The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?* (Psalm 27:1).

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

When fearful, reiterate these truths over and over again, and you will sense an inner peace and security. In the Bible it also says: *Fear not, for I am with thee . . .* (Isaiah 43:5). *He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord* (Psalm 112:7). *Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee* (Isaiah 41:10,13).

Select some of these verses or all of them and recite them slowly, quietly and reverently, knowing that as you repeat these truths, they will sink down into your subconscious mind, eradicating and neutralizing all of the fear patterns. You will feel strengthened and enlightened.

A Bible Verse Saved Her Estate

A woman who was being sued falsely by some of her relatives over an estate adhered to this Truth: . . . *In God I have put my trust; I will not fear what flesh can do unto me* (Psalm 56:4). She did not waver in her faith, and the case was dismissed.

Take refuge in the great Psalms. As you enthrone these Truths in your mind, you will discover that your fears will subside and give way to a sense of peace and security.

Who Is Your Lord?

For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me: he shall set me up upon a rock (Psalm 27:5).

Who is your Lord and master this very moment? Your Lord is your predominant mental attitude; it is your conviction or belief about yourself, people and things. This Lord can be a tyrant. For example, if your mood is now one of resentment, that is your Lord or tyrant that governs all of your actions and all phases of your life. If you want to invest some money, buy a new home or buy some property while in this attitude, you will do and say the wrong thing because your predominant mood is negative. The law is: "As within, so without." You are fearing your good, and you would react negatively. Fear is a lack of faith or trust in God, which is a denial of His Omnipotence.

The Lord is my light and my salvation . . . (Psalm 27:1). *The Lord* referred to is the Lord God, or the law of God or good. To put the law of good into operation —thereby banishing fear once and for all—enthrone in your mind the thoughts of power, courage and confidence. These thoughts will generate a corresponding mood or feeling, which will banish the arch enemy of your success and health.

Fear, this self-made enemy of yours, must be completely destroyed before the Lord God can shine

through you. Your fear is the cloud that hides the sunshine of God. Men have made personal devils out of fear of the past, the present and the future.

It is our attitude toward life that determines the experience we are to meet. If we expect misfortune, we shall have it. Knowing the law of God or good, the truth student expects only good fortune. The world is not harsh; it may seem to be, because we fail to affirm or claim the Presence of God. Men fear criticism so much that many of their most beautiful thoughts never see the light of day. To the man who believes that God is the only Presence and the only Power, there is no past; he knows that if he believes in the power of the past, he is disbelieving in God. God is the Eternal Now; there is no future and no past in God.

This is the Gospel—the good tidings. There is no such thing as past karma; there is only man's foolish, false belief in it. . . . *Now is the day of salvation* (II Corinthians 6:2). The Kingdom of Heaven is at hand. Your good, your health and your success are here now; feel the reality of them; thrill to them. Enter into the conviction that you are now the being you long to be.

Guilt and What It Means

The only guilt there is is the consciousness of guilt. . . . *Though your sins be as scarlet, they shall be as*

white as snow; though they be red like crimson, they shall be as wool (Isaiah 1:18). This is the good news. The only moment that matters is the present. You can live only in the now, experience in the now, plan in the now and think in the now. Whatever you are planning or dreading, you are planning it now. When you realize that every form of lack and limitation is the result of your wrong thinking and feeling, you shall know the Truth that sets you free. The mountains will be removed.

Aboriginal tribes and primitive man feared nature. Modern man fears his fellow man. To a great extent we have dispelled the ghosts of ancient days. We have combatted the plagues, and we will soon control the elements. Man is doped by modern propaganda. Some men are afraid to live and afraid to speak. Mothers fear for their children. All this is due to superstitious belief that there is another power to challenge God.

The only evil there is is due to a lack of knowledge of the laws of life. If we put our hand on an open wire we get a shock, but if it is insulated properly we do not. The evil or shock was due to our ignorance; yet any man will admit that electricity is not evil. It blesses man in countless ways. Electricity is used to play music, drive trains, fry eggs, vacuum the floors and light the world. Evil or fear is our misapplication and incomplete comprehension of the Omnipresence

of God, or good. Where fear is, love cannot be; for error cannot dwell with understanding.

The wealthy fear they are going to lose; the poor fear they will not gain. The only wealth and the only security are found in the consciousness in which we abide. If we are conscious of being wealthy, nothing in all the world can stop us from being prosperous in our bodies and affairs. The things men fear are unreal. Only the One alone is real; only the One alone is Law; only the One alone is Truth.

The jungle doctor of old has passed on many of his superstitions; consequently, countless cults today instill fear into the minds of many individuals. Let us face the facts. The cause of most fear is man's fear of his fellow man. Many men pray together on Sunday and prey on each other on Monday.

The answer to the fear problem is understanding. All fear is due to ignorance. In order to express harmony, we must think and feel harmonious thoughts. When we enter into the mood of success, confidence and happiness, we will express similar results in all phases of our life. When man knows that every form of discord, sickness and lack is due to wrong thinking, he will know the Truth which sets him free.

Use Your Imagination

Learn to imagine the thing desired, then feel the reality of the state sought. This is the easiest and

quickest way to get results. Some get results by convincing themselves of the Truth that God is the only Presence and the only Power. This is one of the most wonderful things in all of the world to know.

Regardless of the cause of the fear, you have no one to treat or heal but yourself. You have to convince yourself that you are now expressing life, love and truth. Let us not fear anything or anybody; let us be busy radiating courage, confidence and power. In this way we will crush all obstacles in our path, and the mountains will be cast into the sea.

We are one with Infinite Power. If we say we are weak or infirm, we are telling a falsehood about God. Fear turns the love of God or good away from us in the same way that a poverty consciousness attracts poverty in health, money, business and love relationships. Man must stop preaching fear to his fellow man and unite in teaching all of the Truth.

God Is Timeless and Spaceless

The Truth is that there is no hell, devil, purgatory, limbo or damnation of any kind; moreover, there is no past karma for which we must expiate here and there is no future evil. God is the Eternal Now! This is one of the most dramatic and significant statements in the whole Bible: . . . *Now is the day of salvation* (II Corinthians 6:2). This very moment all that you need to do is to turn to God and claim for yourself that which

you long to be. Accept it; believe it, and go thy way rejoicing. . . . *Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool* (Isaiah 1:18). . . . (Forgive) *Until seventy times seven* (Matthew 18:22). . . . *To day shalt thou be with me in paradise* (Luke 23:43).

Let us stop instilling fear into the minds of the youth; let us teach them the real facts. We must not preach religious tolerance unless we live it. We must teach the Truth. We must not distort the Truth so that we may hold a position or because we are afraid that the people will not come back. This type of fear results in spiritual stagnation and frustration. We must keep our eye on the Kingdom of Heaven, not upon the kingdom of earth. We must teach man to know the Truth, and the Truth shall make him free. The Truth is: Man is belief expressed!

There is no fear where faith in God rules. There is no fear of man where integrity rules in one's consciousness. There is no fear of criticism where the consciousness of kindliness enters into the mind of man. Religion is goodwill in action or the application of the golden rule. We have seen, therefore, that fear is man's basic weakness, and it is based solely on ignorance.

. . . *In the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide*

me; he shall set me up upon a rock (Psalm 27:5). The *pavilion* is a canopy or covering; this means the covering shall be the garment of God (mood of good). Think about God. Begin to ask yourself, "What does God mean to me?" Realize that God, or I AM, is the life in you, your own consciousness, and It is Omnipotent.

God and Good Are Synonymous

For example, if a man is in prison, he automatically desires freedom. God and good are synonymous. He begins to think of this Infinite Power and Wisdom within him. He knows that It has ways of freeing him of which he has no knowledge. He imagines, therefore, the opposite, which is freedom. Though he is behind bars, in meditation he imagines that he is at home talking to his loved ones. He hears familiar voices and feels the welcoming kisses of his children on his cheek. This is hiding in the *pavilion.* The prisoner actualizes this state by feeling the joy of being home. It is possible to rise high enough in consciousness in five or ten minutes to bring about a subjective conviction. This is the meaning of . . . *In the secret of his tabernacle shall he hide me* . . . (Psalm 27:5). The law is: Whatever is impressed is expressed; consequently, the prison doors are open for him in ways of which he has no knowledge. . . . *His ways are past finding out* (Romans 11:33).

We read in the Scriptures: *Fear not, little flock; for it is your Father's good pleasure to give you the kingdom* (Luke 12:32). Jesus tells us this Kingdom is within us—this Kingdom of Heaven or harmony is within every one of us. Infinite Wisdom, Divine Intelligence and Infinite Power are available to all men, because God is within them and He is the very life of them. Anyone can prove to himself that the Kingdom of Heaven is at hand. It is right here now. Jesus saw it and lived in it. We are color blind; that is why we do not see it. The blindness is due to ignorance and fear. We are blinded by centuries of false beliefs, superstition, creeds and dogmas. The Truth is so shrouded by false dogmas that we have created God and a heaven of our making. God is to us what we believe Him to be. Man has created a horrendous creature in the skies. He visualizes a God of caprice and vengeance, or an inscrutable being who sends wars, plagues, etc. We create our own hell and our own heaven, based upon our concept of God. Anyone can prove that the Kingdom of Heaven is at hand.

Prayer Casts Out Fear

Let me tell you the story of a young girl who proved it. She was living with a father who came home drunk every night and who sometimes treated her brutally. She lived in constant fear of her father. She kept house for him. Due to frustration, her face was covered with acne.

We are not living with people; we are living with our concept of them. Realizing this truth, the girl closed her eyes in meditation and dwelt on the God Power within her. She no longer clothed her father in the garment or mood of a drunkard. Instead, she saw a loving, kind father, who had perfect balance, poise and equilibrium. She clothed him in righteousness, and her . . . *judgment was a robe and a diadem* (Job 29:14), which means that she saw her father as he ought to be. The fact that her father was drinking heavily meant that he was seeking to escape to conceal an inferiority complex or a subjective sense of loss. In other words, he was trying to run away from himself.

This girl spoke the word which healed him. She relaxed her whole body, closed her eyes and began to say to herself, "How would I feel if my father were loving, kind and peaceful?" She dwelt on the solution, which generated a mood of peace, confidence and joy within her. This was clothing him in righteousness. Her judgment was a *robe and diadem.*

When you pass judgment, you come to a decision. It is the final verdict, and you are the judge passing judgment. . . . *As I hear, I judge* . . . (John 5:30). Her verdict was an inner hearing or feeling, wherein she saw her father smiling, happy and joyous. She imagined he was telling her how wonderful he felt and that he had found peace, balance and poise. She also heard him telling her how wonderful she was. She thrilled to the fact that her father was healed and

made whole. *He wore a seamless robe*—no holes, no patches and no seams. This means that she meditated on the mood of love, peace and oneness with her ideal. All doubts and fears were absent, which means *judgment as the robe. Judgment as the diadem* means that she gave *beauty for ashes,* which signifies that she saw beauty in her father and felt it.

After one week's treatment, her father was completely healed; moreover, he was a changed man. His attitude was completely transformed, and he and his daughter are now devoted to each other. She proved the Kingdom of Heaven (harmony and peace) is at hand NOW. What are we afraid of? *If God be for us, who can be against us?* (Romans 8:31). The thing you fear does not exist.

For example, a man might live in fear that his business will fail. His business is not failing; neither is he in bankruptcy. Business is as usual, and it may be booming. The failure does not exist except in his imagination. Job said, . . . *the thing which I greatly feared is come upon me* . . . (Job 3:25). Job is every man who walks the earth. Therefore, as the successful businessman continues to sustain the mood of failure, sooner or later his mood crystallizes into a subjective conviction or impression.

Any feeling impressed on the subconscious mind is made manifest by an immutable law of life. The subconscious, being impersonal and no respecter of persons, says, "John wants to fail in business," so it proceeds in ways that he (John) knows not of to bring

this failure to pass. Everyone realizes that he brought this failure on himself through imagination and feeling.

Let Divine Love Go Before You

I knew a lady who read of an airplane wreck. She was contemplating a trip by air to Los Angeles, but she lived in fear of an accident. A negative thought cannot do you any harm unless it is energized by a charge of fear. It must be emotionalized before it becomes subjective. This lady did not know what she was doing; she was ignorant of the laws of life. This ignorance is the cause of all of our accidents and misfortunes. Having imagined herself in an airplane accident and having emotionalized this negative thought with fear, it became a subjective state. When she took the trip two months later, she had the accident that she "knew" she would have.

If a woman fears that her husband is going to leave her, this is how she conquers her moods. The fear is a negative feeling which is communicated to him. If he does not know the laws of life, her conviction of him will be made manifest. In other words, he will do the thing she feared he would do, because this was her conviction of him. Instead of this fear, she supplants it by seeing her husband radiating peace, health and happiness. In meditation morning and night, she radiates the mood of love and peace and feels that her husband is the most wonderful man in all the world. She feels that he is loving, kind and devoted. She

imagines he is telling her how wonderful she is and how happy, free and balanced he is. Her mood of fear is now changed to a mood of love and peace. This is the Spirit of God moving in her behalf. As she continues to do this, this mood gels within her. She now knows, *He never faileth* (Zephaniah 3:5), and that . . . *perfect love casteth out fear* . . . (I John 4:18).

Our daily prayer or daily mood must be one of joyous expectancy or a confident expectancy of all good things. This is our greatest prayer. If we expect the best, the best will come to us. It is our mood that is vital.

The modern metaphysician teaches that God is the life principle within man. If you feel full of confidence and trust, this is the movement of the Spirit of God within you, and It is all powerful. . . . *None can stay his hand, or say unto him, What doest thou?* (Daniel 4:35). Man's own consciousness is God; there is no other God. By consciousness is meant existence, life and awareness.

You, the reader, know that you exist. This knowing that you exist is God. What you are aware of is your concept of God. Each man must ask himself, "What am I aware of?" The answer to this question is his belief about God. It is what he knows about God. When he says, "I am aware of want, I am fearful, I am sick," these are lies and have no truth in them. When man says, "I am fearful," he is saying that God is full of fear, which is nonsensical. When he says, "I am in

want," he is relating a lie and a denial of God's abundance and infinite supply. His faith is in failure, and he succeeds in being a failure. He believes in a lie, but he cannot prove the lie. The false condition seems real as long as he dwells upon it. When he ceases to believe it, he is free and healed.

CHAPTER 14

The Power of Suggestion

You have heard the Biblical expression, . . . *Thy faith hath made thee whole* . . . (Mark 5:34). The obvious meaning is that the power which effects the healing is resident within the individual and not in any extraneous form. Jesus proclaimed faith as the one prepotent agency in the healing process. Faith is the mental attitude of the individual which releases the spiritual agencies within all of us. Many methods of healing prevail in the world today. They are varied in the many countries of the world. The only prerequisite to all of these methods is the requisite confidence on the part of the patient, then results follow.

The Bible tells us that Jesus could not do many wonderful works among the people of his village because of their unbelief. In order for you to get positive results, it is necessary that you understand the principles involved.

There are two phases of your mind, commonly referred to as objective mind and subjective mind, or you can use the terms conscious and subconscious

minds. Many refer to these two phases of your mind as the supraliminal and the subliminal. The conscious, or objective mind is the mind of ordinary waking consciousness, which takes cognizance of the objective world by means of the five senses, whereas the subconscious mind* is the builder of the body and manifests itself in all subjective states and conditions, as in hypnotism, sleep, clairvoyance, clairaudience, somnambulism, trance, dreams, etc., when the conscious mind is asleep or wholly or partially subjugated. Your subconscious is always active; it never sleeps.

How Suggestion Works

You must remember that your subconscious mind is constantly amenable to control by the power of suggestion. There is a clear line of differentiation between the two phases of your mind both as to their powers and to their limitations. One of the corollaries of the law of suggestion is that your subconscious mind is incapable of inductive reasoning, which means that it is not capable of conducting independently a line of research by collecting facts, classifying them and estimating their relative evidential values.

Your subconscious accepts whatever suggestions

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

are imparted to it, whether these suggestions are false or true. Its method of reasoning is purely deductive, and its power of deduction seems to be well nigh perfect. Remember, all this is true whether the premise be true or false. That is to say, your subconscious mind deductions from a false premise are as logically correct as from a true one. This is why it is extremely important what you suggest to your subconscious mind.

Your Auto-Suggestion

Remember, an auto-suggestion is just as potent, other things being equal, as a suggestion from another person. When your subconscious is confronted with two opposing suggestions, the stronger one necessarily prevails. You can reject all negative suggestions given to you, and at the same time, you can contemplate the One Power—the Power of God—functioning and operating in you, thereby neutralizing any negative suggestions given to you.

The Wonders of Your Deeper Mind

Your whole body is made up of a confederation of intelligent cells, each of which performs its functions with an amazing intelligence according to its special duties. Your body is composed of billions of cells, and your body does not rest when you are asleep —that is an illusion. Your heart beats, you breathe

regularly, digestion and assimilation go on ceaselessly, circulation of blood continues, the body perspires, hair grows, finger nails grow, etc. You might say that your body slows down, but, actually, it does not rest.

It is your conscious mind that rests as you withdraw from the vexations, strife, contentions and anxieties of the day. In sleep, the conscious mind is cut off and the wisdom and intelligence of your subconscious takes over. The healing process takes place when you are asleep. This is why you read in the 23rd Psalm: *He restoreth my soul. . . . He giveth his beloved sleep* (Psalm 127:2).

She Visited a Kahuna

A woman residing in Leisure World told me that about ten years ago she suffered from what had been called an incurable malady. She decided to see a kahuna, who is a native priest in the Hawaiian Islands. She said that he went into a certain ritual of prayer, including native incantations, which she did not understand. After a half an hour or so, he told her that she should repeat "God is" over and over again at night as she goes to sleep and that she would be healed.

She said that his attitude was so impressive that she was convinced a healing would follow. So, when she had awakened the next morning, she knew instinctively

and intuitively that she was healed. All subsequent tests verified her inner knowing.

This demonstrates the power of faith, or a complete mental acceptance on her part, which released the Infinite Healing Presence within her, making her whole and perfect. This silent partner in all of us is all-wise. You can call It God, if you like, or the Superconscious, the I AM, the Christ within, subconscious wisdom and intelligence or the Higher-Self. The point is that this power and wisdom is within each of us, and it is our God-given privilege to contact this Super Intelligence and apply It. The Bible says, *Acquaint now thyself with him, and be at peace . . .* (Job 22:21).

Healers

There are mental, psychic and spiritual healing agencies, churches and individuals all over the world. Many of them seek to prove that only their method is correct. This is obviously not true, as all of them get healings. The Blackfoot Indian medicine man and the witchdoctor in Africa get healings, also.

There is one universal Healing Presence available to all. The method of healing is faith, whether blind faith or true faith. The latter is based on the knowledge of the working of your deeper mind. We might reflect here and realize that for untold ages, suggestion was the only therapeutic agency available to man. Medicine, if we look upon its advent from

Hippocrates, called "the father of medicine," who practiced about 400 B.C., is a vast, modern institution today when compared with that long line of healers through the centuries who had marvelous healings through the power of suggestion in its countless forms.

Any form of belief which inspires the faith of the patient, when supplemented by a corresponding healing suggestion, is definitely efficacious. You might say that anything the patient has faith in is efficacious as healing therapy.

The Fetish Worshipper

There are fetish worshippers who believe that a carving of wood or bone possesses magical powers or is endowed with energies or qualities capable of bringing about a healing or protection according to the design of the owner. The fetish sometimes is believed to be the abode of a supernatural power and gains its potency from the indwelling of that spirit.

Many ill people throughout the world invoke the aid of these sticks, trees or bones, supposedly inhabited by spirits; and during the performance of the rites by the medicine man, they are restored to health. Why? It is because the ceremony or ritual constitutes a powerful suggestion which activates the healing power resident in the subconscious mind. Furthermore, the ceremony inspires faith and receptivity,

releasing the Infinite Intelligence which controls the body.

North American Indian Healings

Some of the North American Indians believe that evil spirits cause all disease. His medicine man tells the sick man that he can frighten and expel the evil spirits by incantation, gyrations of his body, frightful noises, etc., supplemented by a weird, grotesque makeup. The patient is highly suggestible and, of course, very receptive, and the evil spirits flee in a short period of time, leaving the sick man to recover. It is foolish to say that they don't have healings. However, it is all based on suggestions: nothing more, nothing less.

One highly educated Indian who was a medical doctor told me that to the untutored and unlettered mind of the poor Indians, this method of healing is ofttimes more effective than the material remedies of the highly up-to-date and modern physician. All healing agencies are effective in exact proportion to their faith-inspiring potency.

It is not surprising, therefore, that in the days of primitive humanity, when superstition and ignorance were universal, there prevailed countless methods of healing therapies. It is foolish to scoff at the primitive beliefs and practices in vogue when humanity was in its infancy. God's universal healing presence is available to all. God, in His infinite mercy, had instituted

a subconscious law adapted to the belief of every level of human intelligence. All healing methods are adapted to some special grade of intelligence.

Truth Is Eternal

Nothing is permanent but Truth. Error loses its vitality in the sunlight of Truth; hence, all institutions that are based on fundamental error cannot permanently endure in the presence of fundamental Truth. Wrong systems and techniques may endure for a long time, but their good effects become less and less in evidence and so they finally vanish.

Action and reaction are always equal. Hence, when a student of Truth learns the basis of all these forms of healing, he knows there is only one Healing Presence which responds to his call upon It and that It responds to all. Then he gives up all the popular but erroneous systems of healing because he knows the Truth and the way the mind works. The Truth student is no longer looking for some extraneous intelligence; rather, he looks inside of himself and realizes that he can control the workings of his subconscious mind, which, in turn, controls all vital functions. The Truth student's faith is based on a knowledge of the laws of mind, not of blind credulity.

Overcoming Alcoholism

It is impossible for one to suggest universal principles to another without being benefited himself. For

example, some professional hypnotists have told me that when they make suggestions to the alcoholic, they are healed of alcoholism themselves. In other words, they said that it is impossible for one to be a drunkard when he is employing suggestions for the eradication of drinking habits in the patient. One hypnotist stated that he was unable to bear the smell or taste of liquor after making a series of affirmations and vigorous suggestions to an alcoholic that the taste and smell of liquor would thereafter make him sick.

The law of mind is that an auto-suggestion is as effective as a suggestion from another. The conscious mind suggests and the subconscious mind accepts and believes the suggestion, performing its function accordingly.

Many people use auto-suggestion for the eradication of smoking, excessive drinking and other bad habits. In other words, anyone can relieve himself of any habit he *sincerely desires* to get rid of. It often happens that the alcoholic goes to a specialist, but in his heart he has no real desire to be free from the habit. This creates an adverse auto-suggestion which necessarily defeats the operator or specialist.

Remember, a very important point is to know that all suggestions to a patient react upon the one who makes the suggestion. Action and reaction are always equal. The principle is as true of mental as well as physical energy. It is like the quality of mercy: "It is

twice blessed; it blesseth him that gives and him that takes."

Darwin's Comments

In the *Descent of Man,* Darwin points out that intelligent actions by animals, after being performed during several generations, become converted into instincts and are inherited, as when birds on the oceanic islands avoid man. His reference to the birds on the oceanic islands is very interesting, pointing out the way the subjective minds of animals and birds act. When man first visited those hitherto uninhabited islands, he noticed that the birds were completely void of fear of the biped who walked among them, but they soon learned their lesson—that he was armed with a weapon that was fatal to them. This was communicated subjectively to their offspring, and whenever man appeared after that, they flew away. Some hunters tell us that they very soon learned to measure with great accuracy the effective range of man's guns. Gradually, during several generations, the fear of man was converted into an inheritable instinct. Thereafter, the youngest bird was as fearful of his enemy—man—as was his experienced ancestors.

Control of Animals

Were it not for the law of suggestion, it would be impossible for man to tame a tiger, subdue an

elephant or tame a wild horse. The horse is subjective and subject to the conscious control of man. In order to be subject to man, the horse must be made to believe that man is much stronger than a horse. The horse trainer usually accomplishes this feat by throwing the animal and holding him down until he ceases to struggle. Man can bind his legs with a rope. When man has successfully accomplished his superiority, the rest is easy, for man's suggestion of superior strength has been communicated to the subjective mind of the horse that it is useless to struggle against such power. The subconscious mind of the horse is amenable to suggestion and control by the conscious mind of man.

The principle prevails in all encounters between man and the lower animals. Just in proportion to man's success in imparting suggestions to the animal he seeks to subdue will he succeed in rendering the animal permanently obedient and docile. Man is enabled to assert and maintain his dominion over the animal creation by virtue of the law of suggestion.

She Had a Remarkable Recovery

While speaking in Atlanta, Georgia, some months ago, a woman came to see me. During the course of the conversation, she said that a year previously two bandits had come into her store and had told her to open the safe and to hurry up. She was on crutches

and she protested, pointing out that her husband would be there in a few minutes and that he usually opened the safe, because she had great difficulty bending down. One of the bandits then pointed a gun at her head and said, "I will give you thirty seconds to open the safe; if not, I will blow your head off." She threw away her crutches and opened the safe. She never used the crutches after that.

Self-preservation is the first law of nature—the idea to save her life at all costs seized her mind and all the power of the Infinite flowed to that focal point of attention, bringing forth a remarkable healing. The power of God, or the Infinite Healing Presence, was within her all the time, but she had never called upon It, so It remained dormant. The Living Spirit Almighty was within her, as It is within all people. It cannot be paralyzed or crippled; and in the presence of that great shock, she forgot she was crippled and released the power that moves the world.

Paralytics Walk and Run

The late Dr. Frederick Bailes told me that a number of helpless paralytics were confined to a hospital in South America and that somehow a boa constrictor had crawled into the ward through an open window. All the paralytics ran out of the ward into the yard outside, and all had become completely healed.

The Annals of Medicine

Many physicians in the United States and other countries have reported in medical journals extraordinary feats of strength, so-called miraculous healings taking place in the presence of a great shock such as fire in the home, a sudden catastrophe or a great emergency. The following article appeared in the *National Enquirer* January 29, 1980:

> **Tiny Housewife Lifts 4,500-Pound Car to Free Child Pinned Under a Wheel**
>
> In a rush of superhuman strength, a 118-pound woman lifted a 4,600-pound Cadillac with her bare hands to free an 8-year-old girl pinned under the front wheel.
>
> "All I can think is that God gave me the strength," says 44-year-old Martha Weiss, who stands 5 feet 3 inches.
>
> Now, children are calling her "Wonder Woman," and the police have given her a hero's citation.
>
> The gut-wrenching drama unfolded when Mrs. Weiss saw the car hit little Berta Amaral in front of Our Lady of Mount Carmel in San Diego, drag her 20 feet and stop on top of her.
>
> "Everyone seemed to freeze in horror," recalled Mrs. Weiss, who had just dropped off her own children at the school.

"The little girl's mother was crawling under the car trying to reach her.

"All I could think of was that woman's desperation as she tried to pull her daughter out.

"I knew I had to do something. I ran over and grabbed the front side of the car.

"The girl was under the right front wheel. She couldn't breathe. I said a silent prayer and strained with all my might. I could feel the metal cutting into my fingers—but the car didn't move an inch.

"I looked down at the pitiful face lying under the car, and I knew I had to lift it off of her.

"I tried again and, at first, nothing happened. Then suddenly I felt a new strength rush into my body. It was as though an invisible hand was suddenly helping me—and the car started to lift. I couldn't believe that it was actually happening, but then I screamed at the girl's mother to pull her free.

"As her tiny body came free of the car, I suddenly felt its full weight cutting into my fingers again and I had to let it drop."

Young Berta was rushed to a nearby hospital following the December 6 accident and is now recovering.

San Diego Policeman Bill Robinson, who

investigated the accident which earned Mrs. Weiss an official recommendation, told *The Enquirer:*

"The car weighed about 2½ tons—and she did lift the full weight of the front end off the child. I've heard of men managing to do something like this, with a rush of adrenaline, but never a woman. It's really amazing."

A Cadillac spokeswoman said the car, a 1968 Coupe De Ville, weighed 4,595 pounds. The driver was cited for reckless driving.

Reflecting on her accomplishment, Mrs. Weiss said: "I simply did it because it had to be done. My children are telling everyone that their mother is 'Wonder Woman'—but God must have worked through me that day."

—Malcolm Boyes

The late Henry Hamblin, Editor of the *Science of Thought Review,* Chichester, England, told me of a man who had lived a short distance from him. He was completely paralyzed due to polio and could move only rather slowly with two crutches. His two boys, ages six and seven, had been in the next room when the house caught on fire. He had rushed in and raised his two boys on his shoulders and run down the stairs. He had run into the street and asked a neighbor to call the fire brigade. He had walked for years after that incident, completely cured. The idea to save the

lives of both of his little boys had seized his mind, and the power of the Almighty had moved on his behalf and he had responded accordingly. Love conquers all.

Husband Has Morning Sickness

Recently I counselled with a man who had suffered with his wife the pangs of what he called "morning sickness" during her pregnancy. I sent him to a doctor friend of mine, who could find nothing physically wrong with him. This is not a strange phenomenon; it was due to his subconscious rapport with his wife. The constant telepathic communication brought on the same symptoms. It could be called psychological sympathy between husband and wife.

I gave him the following prayer to use three or four times a day:

> *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isaiah 26:3). I know that the inner desires of my heart come from God within me. God wants me to be happy. The will of God for me is life, love, truth, and beauty. I mentally accept my good now and I become a perfect channel for the Divine.
>
> I come into His Presence singing; I enter into His courts with praise; I am joyful and happy; I am still and poised.

The Still Small Voice whispers in my ear revealing to me my perfect answer. I am an expression of God. I am always in my true place doing the thing I love to do. I refuse to accept the opinions of man as truth. I now turn within and I sense and feel the rhythm of the Divine. I hear the melody of God whispering its message of love to me.

My mind is God's mind, and I am always reflecting Divine wisdom and Divine intelligence. My brain symbolizes my capacity to think wisely and spiritually. God's ideas unfold within my mind with perfect sequence. I am always poised, balanced, serene and calm, for I know that God will always reveal to me the perfect solution to all my needs.

Whenever I think of my wife I will affirm immediately, "God's peace fills your soul. God loves you and cares for you."

Following this procedure, he became completely free from all symptoms.

CHAPTER 15

Marriage, Sex, and Divorce

In Munich a woman asked me: "What about the relationship between faith and works?" This is a very practical question. It is said that . . . *faith, if it hath not works, is dead* . . . (James 2:17). The faith spoken of in the Bible, however, has nothing whatever to do with faith in a creed, such as the Jewish, Catholic, Protestant or Buddhist faith. It means faith in the Creative Law of the Universe, faith that whatever is impressed on the subconscious mind will be experienced.

Faith, Biblically speaking, has nothing to do with any religious persuasion. Have faith that every thought is creative. What you feel and imagine to be true will come to pass, whether good or bad. Your real faith is the silent inner knowing of your own soul; it is your inner, practical, functioning belief regarding God, life and your fellow man. It is the real belief of your heart that is made manifest, not what you superficially give intellectual assent to. The Book of Proverbs says: *For as he thinketh in his heart, so is*

he (Proverbs 23:7). That is your real faith and your real religion.

Dr. Erhard Freitag, Leopoldstrasse Be 70, 8000 Munich 40, West Germany, has invited me several times to give lectures in Germany and Switzerland. He is an outstanding spiritual psychologist, a Doctor of Divine Science, and a marvelous lecturer and teacher of the powers of your subconscious mind. His associate, Professor Manfred G. Schmidt, has translated many of my books into the German language, and he, too, is a wonderful metaphysician and lecturer. His translations of metaphysical books are superb, because he conveys intuitively and spiritually the real meaning of the author.

It was under Dr. Freitag's auspices that I have lectured in Frankfurt and Munich, Germany; Vienna, Austria; and Zurich, Switzerland, and I have experienced a wonderful response in the various cities I have visited. There is a deep spiritual renaissance in Germany and Switzerland, and I found a great hunger and thirst for the eternal verities. Many of my books have been translated into the German language, and eventually all of thirty-five books will be available in that language.

Girl in Wheel Chair Walks

Professor Schmidt introduced me to a girl who had been forced to be in a wheel chair for several years but who now walks. She had listened to lectures by Dr.

Freitag and she diligently studied *The Power of Your Subconscious Mind,** applying the techniques outlined therein. She claimed that the Supreme Intelligence Which created her could and would heal her, and she also pictured herself doing all the things she would do were she whole and perfect. She literally lived the role in her mind and she discovered that thought upon thought, mental picture upon picture, when repeated, and feeling the reality of it all, penetrated her subconscious mind and was objectified on the screen of space.

Why She Did Not Help Her Mother

A young woman had a conference with me in Vienna, Austria. She said that she had been praying for her mother, who was in a hospital for a heart condition, but that her mother got worse. In our conversation, however, I discovered that her mind was full of the acute and dangerous symptoms and not with the power of God. Her prayers tended to magnify the trouble rather than to remove the condition. Real prayer consists of thinking of God, but she was thinking more of the infirmities, thereby perpetuating the disabilities instead of giving her mother a spiritual transfusion.

I suggested to her that she pray as follows: "My

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

mother is known in Divine Mind. God is, and His Healing Presence flows through her as peace, harmony, wholeness, beauty and Divine love. God loves her and cares for her. I feel and know that there is only One Healing Presence and Power and its corollary: There is no power to challenge the action of God. I claim that the vitality, intelligence and power of the Infinite are now being externalized in her whole being. I give thanks for the healing that is now taking place. I surrender her to God. Later on when I pray, I will pray as if I had never prayed before. Each time I do this, I am reinforcing the idea of wholeness and vitality, which penetrates the subconscious of my mother, and a healing follows."

She followed this spiritual prescription, and I subsequently received a wonderful letter from her stating that her mother had returned home and is now vital, strong and doing all the things she loves to do.

What to Do When You Pray

If you pray for a pathological heart or lung condition, do not think of the organ as diseased, as this would not be spiritual thinking. Thoughts are things. Your spiritual thought takes the form of cells, tissues, nerves and organs. To think of a damaged or diseased heart or of high blood pressure tends to suggest more of what you already have.

Cease dwelling on symptoms, organs or any other part of the body. Turn your mind to God and His

love. Feel and know that the healing power of God is flowing through the other person. Picture the person for whom you are praying as vital, alive, and bubbling over with enthusiasm. Hear the sick person telling you about the miracle of God which has happened in his or her life. Do this as often as you are led to do it, and wonderful results will follow.

You Must Want to Be Healed

In Munich I had a consultation with a woman who suffered from arthritis. She was taking aspirin and codeine, hot baths, heat therapy, etc., but, according to her, the arthritis was getting worse.

I explained to her that the word "itis" indicates inflammation of the mind. In other words, there must exist some poison pocket in her subconscious mind, such as deep-seated resentment, hostility or an unwillingness to forgive. She admitted that she had stolen large sums of money over a period of time from her mother, who had previously passed on to the next dimension of life, and she felt very guilty and believed that she should be punished, thereby causing this inflammatory condition of her body.

Ofttimes, the explanation is the cure. I asked her if she would steal now. She replied, "No. I am leading a good, honest life." Then I reminded her that she was not the same woman spiritually, mentally or physically who had formerly stolen the money. I said to her, "You are just as good as if you never had been

bad." The Life-Principle, or God, never punishes and holds no grudges. When you forgive yourself, you are forgiven. Life forgives you when you forgive yourself and others. Your sense of guilt brought on the condition. Change your attitude now and you will cure the condition. Forgiveness is an exchange whereby you give up fear for faith in God, sickness for wholeness, poverty for wealth, and pain for peace. In other words, you give up negative and destructive emotions in exchange for harmony, health and peace of mind.

I gave her the following prayer to use frequently, making sure that she does not subsequently deny what she affirms: "All is Spirit and the manifestation of Spirit. My life is God's life; I am perfect now. All my organs are God's ideas, which minister and benefit me. I am a spiritual being: I am a perfect reflection of the Perfect God. I feel and know that I am perfect in all ways; I am spiritual, Divine and holy. I am one with my Father, and my Father is God. I am expressing harmony, peace and joy. All growth in my body and affairs is governed by Infinite Intelligence which is the active, all-wise, law-abiding Principle called God. I know that I am immersed in the Holy Omnipresence, and every atom, tissue, muscle and bone of my being is flooded with the radiance of the Light Limitless. My body is God's body; I am whole and perfect. I am one with God. My mind is flooded with the peace that

passeth understanding, and all is well, I thank thee, Father."

I have heard from her recently, and she says that the edema has subsided, the calcareous deposits are disappearing and the pain is alleviated. As she continues, I know she will have a perfect healing.

In Zurich, the home of the late Carl Jung, there is a great spiritual awareness. Dr. Freitag frequently speaks to audiences in Switzerland and has a large following in several of the major cities. I experienced overflow audiences in all the cities visited, including Zurich.

In consultation with a woman in the hotel in Zurich, she said that she had given 100,000 francs to a con man. Apparently, she had experienced difficulty gaining admission to the United States, and he had told her he could fix it up for that sum of money. This was negligence, carelessness and indifference on her part. She had not consulted an attorney nor asked representatives in the office of the American Consulate about this proposed bribe. In other words, she did not use common sense.

She admitted that she had been foolish and gullible and a victim of a negative suggestion. Con men succeed many times in defrauding their victims because the victims don't reason things out and are greedy and looking for something for nothing. There is no free lunch. The suggestion of the con man that he could

bribe an official and get her the visa and necessary papers triggered her false belief and ulterior motivation. Had she been honest, upright and on the level, the suggestion of bribing would have been rejected. It is rare that a con man can cheat an honest person. Remember that the suggestion of another has no power to create what he suggests. You can reject it. If accepted by you, then it becomes a movement of your own thought. The local authorities in Zurich informed this young woman that the same man had swindled many widows and was now in East Germany.

I suggested that she could not lose the money unless she admitted the loss mentally. I further suggested that she apply the following formula of prayer: "I am mentally and spiritually united with the 100,000 francs I gave to _____. It comes back to me multiplied in Divine order." I explained to her that she was not to subsequently deny what she affirmed and that her subconscious always magnifies what she contemplates. The return of the money will come to her in ways she knows not of. The ways of the subconscious are past finding out.

This took place about a month ago, and as of this writing I have not heard from her, but I know that as she remains faithful to her prayer, she will receive the answer, magnified and multiplied. Never admit a loss. You can always go back to the Center and claim your

good from the Infinite Storehouse within, and the Spirit within will honor and validate your claim.

Why She Felt Guilty about Divorce

In the course of a conference with a woman in Frankfurt, Germany, I learned that she felt guilty and thought she had sinned grievously because she had divorced her husband, who was an alcoholic and had been very abusive to her and their two children. He was also a non-provider.

I asked her if she didn't have a persistent feeling, an inner intuitive perception, which lingered within her prior to the marriage, and she said she did but did not heed it. This was the inner voice of her Higher Self seeking to protect her. It is that inner awareness, that silent inner knowing, that always seeks to protect you. There are many men and women who completely reject these inner monitions, murmurings and whisperings of the heart strings. It is wrong to marry when that inner knowing persists.

I explained to her that it is wrong to live a lie, and that divorce was not wrong for her because both of them were already divorced mentally from love, harmony, peace, honesty, integrity, kindness and goodwill.

She Quoted Matthew 19

Apparently she knew the verses by heart:

They say unto him, Why did Moses then command

to give a writing of divorcement, and to put her away?

He saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.

And I say unto you, Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery (Matthew 19:7–9).

The Bible is a psychological and spiritual textbook and must be interpreted from the standpoint of its inner meaning. Ignorance of this inner meaning causes endless confusion, guilt, misery and failure. She had married outside the church and had had a civil ceremony. Her relatives had told her that she had sinned and inevitably would be punished.

The first thing you should learn about marriage is that no rabbi, priest, minister or judge sanctifies a marriage. All they do is to dramatize externally the inner agreement between a man and a woman. Neither does any church on the face of the earth sanctify a marriage. Marriage is a union of two souls who sense the Presence of God in each other. In other words, each is united to the God-Presence within.

God Is Love

When two hearts unite in love and are honest, just and sincere with each other, that is God, or pure love, joining two people together. It is a union of two souls

seeking their way back to the heart of Reality. In a true sense, each is married or united to a God of love, for God is love.

I explained to her that marriage based on lies, falsehood or ulterior motivation is an absolute lie and completely false from all angles. It is foolish to say that God, or love, is present in all marriages. Her ex-husband had lied to her. He had never told her that he was an alcoholic, that he had been previously divorced three times and had abandoned his previous family. This so-called marriage was a complete farce, a sham and a masquerade. This woman realized that he had married her because she was wealthy, pretty and attractive and probably wanted to satisfy and compensate for his inferiority complex and failure in life.

Having explained the inner meaning of the verses she had referred to, there came to her a freedom from a sense of guilt based on early false indoctrination. I gave her the following prayer, telling her that she was not to deny what she affirmed. I explained that she does not get what she wants in life but that she gets according to the mental equivalent which must be established in her subconscious mind. In other words, as she thinks with interest on the qualities she admires in a man, she will gradually build up the ideal in her mind. Then, according to the law of the subconscious she will attract the embodiment of her ideal. This is the prayer I gave her:

"I know that I am one with God now. In Him I live, move and have my being. God is life; this life is the

life of all men and women. We are all sons and daughters of the one Father.

"I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There are mutual love, freedom and respect.

"There is one mind; I know him now in this mind. I unite now with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other already in Divine Mind. I see the God in him; he sees the God in me. Having met him *within,* I must meet him in the *without;* for this is the law of my own mind.

"These words go forth and accomplish whereunto they are sent. I know it is now done, finished and accomplished in God. Thank you, Father."

I have received a wonderful letter from this woman. She wrote that she is now happily married and is on a world tour. Love never faileth.

. . . What Therefore God Hath Joined Together, Let Not Man Put Asunder *(Matthew 19:6)*

The misinterpretation of this verse has brought about endless confusion plus a sense of guilt for a great number of people who think that because they were married in a particular church, divorce is wrong and

sinful. Nothing could be further from the truth. God is love; and if love does not join two people together, there is no real marriage. God, or love, is not present in such unions; therefore, in reality, the whole performance is a sham.

As mentioned previously in earlier books, I perform marriage ceremonies for men and women here in Leisure World, some of whom are seventy-five and eighty years of age. Many times the man says that he is completely depleted sexually, but they are honest, just and perfectly frank with each other. Honesty, integrity, justice and goodwill are all children of love. Therefore, it is God, or love, joining the two together just as much as if they were twenty or twenty-one years of age.

The word *man,* as mentioned in the above Biblical verses, means manifestation on the objective screen of space. When love joins two together, no objective situation, condition, circumstance or inlaws can break it up. Nothing can oppose Divine love. All of us are living in a subjective and objective world, and we express objectively on the screen of space that which is impressed in our subconscious, or subjective mind. That is the meaning of the age-old Truth: "As within, so without."

Marriage Takes Place in the Mind

I have suggested to many women who know the laws of mind to select one person in the world who would love to hear good news about them, then, prior to

sleep, to hear that person tell them over and over again what they long to hear. In that drowsy, sleepy state, there is an outcropping of your subconscious mind, and it is an excellent way to impregnate your deeper mind as you enter into the deep of sleep.

Many widows and others have said to me, "I have heard you say to me over and over again prior to sleep, 'I now pronounce you man and wife,' and I go off to the deep of sleep." The last waking concept is etched on your deeper mind. The wisdom of the subconscious decides how to bring it to pass. These women know that all transactions take place in the mind, and when they think of marriage they already know they will marry character, which is the ideal in mind. In prayer you always go to the end and, having seen and felt the end, you will experience the means to the realization of the end.

"I now pronounce you man and wife" are the words I would use at the end of the ceremony. Therefore, it has already happened in mind and must take place in the objective world. In nearly all instances the women who have used this technique have experienced the joy of the answered prayer. The outside ceremony, or marriage, confirmed the inside act of their imagination and feeling.

Ignorance Is the Only Sin and All the Suffering Is the Consequence

Buddha, in his meditation, asked the cause of all the suffering and misery in India. The answer he

received was *ignorance.* Teach the people the Truth of Being. As you know, ignorance of the law is no excuse—this is true in civil cases. If you pass a red light, it is no use to plead ignorance of the civil code, or law. You are fined, nevertheless.

We Live Together; What Is the Difference?

I have heard that many times. The college boy who knows it all says, "I sleep with different girls and have sex with them. What's wrong with it?" I say to him, "What are you afraid of? Are you afraid to commit yourself? Are you shirking your responsibilities? Do you have an inferiority complex? Love is a state of at-one-ness. If you love a girl, you do not do anything unloving. You are dodging the issue. Love is always confirmed objectively. You must demonstrate your love."

I have talked with many young women who have lived with the "ideal boy." She loves him in her own way and wants him to marry her. She subconsciously forgets to take the pill and then becomes pregnant. Her story is very prevalent. He deserts her, claims he is not responsible, and claims it was someone else who got her pregnant. Where is the love? the honesty? the integrity?

"What nonsense," I say to these young men who tell me they sleep with many girls on the campus. "Why don't you invite your sister down to the campus and introduce her to all these wonderful lovers?"

The answer, of course, is, as you know very well, "Not my sister. I would kill her first." You see, it is always the other fellow's sister. What rank hypocrisy! When you hurt another, you are also hurting yourself.

Some of these girls who engage in what they call free love, when they become pregnant, feel full of guilt. Their so-called lovers usually desert them. Many times they commit suicide, or they become the ladies who walk the promiscuous path. The man who walks off and who is responsible also for their pregnancy and predicament cannot escape responsibility, and the law of his subconscious responds in its own way.

Take a good look at those people who say that they don't need a marriage ceremony or what they call a piece of paper. They are usually very insincere, full of fear, belligerent, bellicose and frightfully insecure. They are afraid that the union might not work. They are afraid of responsibility. There is no love there; therefore, the whole performance is rank hypocrisy.

Some will tell you that they are doing it, i.e., living together as man and wife, principally for tax purposes. That is completely false. I say to them, "All right. If you are married in your heart and it is true love, why don't you confirm it objectively? Everything that is subjectified is always made manifest in the objective world. If one of you died tonight, what provisions have you made to your partner? Supposing you passed on in your sleep tonight. Have you left an insurance

policy of $100,000 or $200,000 for your spouse to take care of her or him? You must demonstrate your love."

I say to women: Pay no attention to what a man says. Watch what he does. What he does is what he means. Women, wake up!

Keep Thy Heart . . . for Out of It Are the Issues of Life *(Proverbs 4:23)*

The heart in Hebrew symbolism and in the figurative language of the Bible means your subconscious mind. This means that every action has an equal and corresponding reaction. It also means that whatever you convey with feeling to your subconscious will come forth as form, function, experience and event. Marriage is definitely of the heart (the seat of love) and not of the church, temple, magistrate or court. If that is true, which it is, there follows the outer to confirm the inner state of mind. Otherwise, there is something frightfully wrong. All actions of the union of the conscious and subconscious mind are confirmed in an objective fashion. The laws of mind proclaim that what you do within be experienced without.

What Is a True Marriage?

It is a marriage of the heart, and the heart, or subconscious mind, is the dwelling place of God. You are

the temple of the Living God. All the powers of God are within you. You can call the power your Higher Self, I AM, Allah, Brahma, Ain Soph, the Oversoul or the Living Spirit Almighty. In reality, It has no name. The ancient mystics said: "When you name It, you cannot find It, and when you find It, you cannot name It."

A Visit to London

I established the Truth Forum in Caxton Hall, London, England, in the early fifties, which was conducted under the auspices of Dr. Evelyn Fleet. I have lectured there and given seminars over the years. On a recent trip, I had the privilege of ordaining Michael Grimes, who lectures on the laws of mind at Caxton Hall. He is a wonderful and outstanding teacher and a profound student of the Laws of Life and the way of the Holy Spirit.

On this recent visit to London, he graciously arranged a joint session of the Science of Mind and the Unity Movement in London, which is conducted by Dr. Ralph Seelig, who is also absolutely outstanding in his promotion of the great truths of life. He and his lovely wife are broadcasting the eternal verities in a wonderful way, and they are illumined and blessed in countless ways. Dr. Grimes and Dr. Seelig are doubly blessed by having the wonderful wives who urge them ever onward, upward and Godward.

A Hopeless Marital Situation

A husband and wife visited me at the St. Ermin's Hotel next door to Caxton Hall, where I usually lecture when I visit London, England. They said they had been married in the Church of England but that their situation was intolerable. He admitted that he was cruel to her and had whipped her at times in order to get a sexual release, as he called it. The wife seemed to think that a divorce was a sin. She had weird, grotesque and superstitious beliefs of what marriage really meant.

I explained to them that marriage is not a license for cruelty, whipping, neglect and abuse. Her husband was obviously a psychopathic sadist. He admitted that he was a wife beater. Actually, his wife was his main support. Her clergyman had told her that she should stay with him regardless of his debaucheries and sexual abnormalities. This, of course, is absolutely stupid and makes no sense. There is no such teaching in any Bible of the world.

A great number of people, including some clergymen who should and would know better if they would study the exegesis of the Bible, or if they would read Philo Judaeus of 2000 years ago, who gave the allegorical exposition of the five Books of Moses, would then see that the whole Bible is allegorical, mystical, figurative, idiomatic, and full of fables, myths,

cryptograms and numbers. The New Testament is full of parables, and nobody in his right mind takes all the parables literally.

For example, the words *fornication* and *adultery* in the Bible do not refer merely to the bodily acts. The mind acts upon the body. The body is a vehicle. It moves as it is moved upon. It acts as it is acted upon. The body does nothing unless it is acted upon by the mind. You can play on your body a melody of love or a hymn of hate. In other words, your body does nothing except on the orders of your mind. Surely that is simple and needs no explanation.

The Bible says, . . . *Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart* (Matthew 5:28). This reveals and portrays that adultery, first of all, is of the heart, or your subconscious mind. And, of course, your body is acted upon by what is impressed on your subconscious mind.

Your Body Is Not Responsible

The forces that govern your body are mental and spiritual. It is your mental attitude that determines your relationship with God, men and the universe. These two people saw the spiritual meaning of the Bible passages and, as a result, decided to dissolve the cruel hoax. They learned that fornication is actually idolatry, which means the worship of false gods, or cohabiting with evil in the bed of your mind.

If you give power to the stars, or if you say that others have power over you, or the fan gives you a stiff neck, etc., all of them are false gods in the sense that you are giving power to created things rather than to the Creator. You are fornicating, Biblically speaking, when you give power to voodooism, black magic, horoscopes, evil entities or any external power. God is the only Presence and Power. You cease fornicating when you give your supreme allegiance to the I AM within you, the only Presence and Power. When you cohabit with grudges, peeves, resentment and ill will in the bed of your mind, you will spawn an evil progeny.

The Bible is talking about the subjective side of life and does not refer to tenets, dogmas, formulations and prescribed rules for marriage established by various churches. Adultery and idolatry are the same thing. We speak of chemicals such as sodium chloride as C.P., meaning chemically pure. All adulterants are removed; no foreign substances are present. In a similar manner, you must cleanse your mind and cease giving power to externals, people, conditions and circumstances. In other words, cease worshipping false gods.

Spiritual-minded people do not give power to the phenomenalistic world. They give power to the Creator and not to the created thing. Adultery is of the heart (subconscious mind). The body does nothing of itself. Bodily actions are preceded by mental and

emotional states. Whenever you mentally and emotionally unite with false ideas and superstitious concepts, you are fornicating. Whatever you mentally dwell upon and feel to be true impregnates your subconscious mind and is called a mental sex act. It is a union of your conscious and subconscious mind, and there is an offspring from that union, which is called the son, bearing witness of the father and mother. The son is the manifestation or objectification of your idea, whether good or bad.

Why She Nagged Him

A woman in London said that her husband had lost all his money in the stock market and that he felt morose, morbid and deeply depressed. He wanted a divorce, claiming that she was nagging him to death.

I explained to her that nagging was about the quickest way to dissolve a marriage and suggested to her that this is the time when he needs encouragement and support. She pointed out the good qualities and attitudes he had when she married him. I said to her that these same qualities and characteristics which endeared him to her in the first place are still there but need to be resurrected. This can be accomplished by scientific prayer.

I gave her the following prayer to use frequently, pointing out that he would subconsciously receive her spiritual upliftment and both would be blessed: "I know that my husband is receptive to my constructive thought and imagery. I claim, feel and know that at

the center of his being is peace. My husband is Divinely guided in all ways. He is a channel for the Divine. God's love fills his mind and heart. There are harmony, peace, love and understanding between us. I picture him as happy, healthy, joyous, loving and prosperous. I surround and enfold him with the sacred circle of God's love which is impregnable, impervious and invulnerable to all negation."

They talked things over while I was in London and then decided to pray together and stay together. Her husband recently has found a very lucrative position. Prayer changes things: It changes the person who prays.

Keep your mind stayed on God and this will prevent your mind from wandering to the false gods and erroneous beliefs of the world. When difficulties arise in marriage relationships, the thing to do is to exalt God in each other. Talk to the Spirit of your wife or husband as follows: "The Spirit in me talks to the Spirit of John or Mary, and there are harmony, peace, love and understanding between us at all times. God thinks, speaks and acts through me, and God thinks, speaks and acts through my spouse." As you make a habit of this, the marriage will grow more blessed and beautiful through the years.

He Went Back to Her

A pharmacist in London had a quarrel with his wife. As a result, she left him and married someone else. He married someone else also. All the time, though, he

was married in his heart to his first wife. She, too, longed for him and told him so. Love hath joined them in the first place. There was no real love in his present situation. He saw the point and let his heart's love unite them once more. It is wrong to live a lie. It is far more decent and honorable to break up the lie than live it.

The answer to every problem is spiritual awareness. To know how to pray scientifically would prevent many marriages from ever taking place. Likewise, when there is a spiritual awareness and a deep reverence for things Divine, many divorces would never take place. Only God and His love can bind up the wounds of the broken-hearted and set free the captives.

Disciplining the Mind

. . . *She was found with child of the Holy Ghost* (Matthew 1:18). The *Holy Ghost* means the Holy (whole) Spirit or God which is lodged in the unconscious depths of all men. *Joseph* is your choosing, volitional or conscious mind. *Mary* represents your deeper mind full of the qualities, attributes and potencies of God. Joseph, the conscious mind, should be a guide and protector for the holy child, which child is your awareness of the presence and power of God within you. Your thought is Joseph and your feeling or emotion is Mary. When these two unite in peace and harmony, your prayer is answered; this is God in

action. This is the way your mind works, and the knowledge of this is the birth of the Holy Child or Wisdom in you.

Practice a harmonious, synchronous and joyous relationship between your conscious and subconscious mind, and you will bring forth health, peace, strength and security. Enthrone the right idea in your mind; then you will experience in your heart the true feeling. The union of your thought and feeling represents the married pair in you; when they are fused, the third element, peace (God), enters in and you experience the joy of the answered prayer. Let your heart become a chalice for God's love and a manger for His birth; then, as a result, you will express and bring forth a child which is God on earth.

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DEVORSS & COMPANY, *Publishers*
Marina del Rey, California 90294-0550
ISBN: 0-87516-426-9

52 WEEKLY AFFIRMATIONS

THE ONLY EDITION AUTHORIZED
by the Dr. Joseph Murphy Trust

TECHNIQUES TO UNLEASH THE POWER OF YOUR SUBCONCIOUS MIND

JOSEPH MURPHY
PH.D., D.D.

52 Weekly Affirmations

and Other Practical Techniques to Unleash the Power of Your Subconscious Mind

Joseph Murphy and Joe Kysack

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Introduction

You have the incredible potential to be, do, and receive whatever you desire, imagine, and truly believe. Unfortunately, however, only a small number of people achieve their full human potential, because they fail to recognize and harness the infinite power of the subconscious mind—the divinity within them and around them.

The secret to success is no secret. It has been in practice for thousands of years. The most successful people throughout history are not those who merely accept the reality presented to them but those who imagine a better reality and believe in it so deeply that they are actually able to create a new reality—to change the state of being around them.

In this book, you discover how to create your own new reality through desire, imagination, and belief:

Part 1: Affirmation Essentials: Here you discover how to plant thoughts into your subconscious mind, so it can begin to work miracles in transmuting your thoughts into reality, often with little or no effort on your part.

Part 2: Weekly Affirmations: These 52 weekly affirmations empower you to improve every aspect of your life, including your health, wealth, relationships, marriage, and career. Each weekly affirmation is accompanied by

commentary that places the affirmation in the context of real life, so you can more clearly imagine and start appreciating the new reality you are about to experience.

Part 3: More Techniques for Planting Thoughts in the Subconscious Mind: These additional techniques enable you to plant thoughts in your subconscious mind and crystalize your vision. The more clearly and distinctly you are able to imagine yourself being, doing, or receiving that which you desire, the more certain your desire will be fulfilled.

Part 4: Unlock the Infinite Power Within You: Part 4 reveals the principles upon which the practice is based and relates true stories of people who solved problems, healed themselves and others, saved lives, improved relationships, achieved career success, and attracted wealth, through the power of affirmation. Part 4 also reveals the role the subconscious mind plays in out-of-body experiences, extrasensory perception, mental telepathy, clairvoyance, precognition, remote viewing, and other psychic powers.

This book is your personal guide to leading a happier, wealthier, and more fulfilling life. By following the guidance offered here, you can stop going through life as a victim of circumstances and become the master of your own destiny. You discover how to harness the power of your own mind and the infinite resources surrounding you to be, do, and receive whatever you desire, imagine, and believe.

PART ONE: AFFIRMATION ESSENTIALS

Why is one person sad and another person happy? Why is one person joyous and prosperous and another person poor and miserable? Why is one person fearful and anxious and another full of faith and confidence? Why does one person have a beautiful, luxurious home while another person struggles to afford a meager existence? Why is one person a great success and another an abject failure? Why is one speaker outstanding and immensely popular and another mediocre and unpopular? Why is one person a genius in his field while the other person toils all his life without doing or accomplishing anything noteworthy? Why is one person healed of a so-called incurable disease and another isn't? Why do so many good, kind religious people suffer the tortures of the damned in their mind and body? Why do so many immoral and irreligious people succeed and prosper and enjoy radiant health? Why is one person happily married and her sister very unhappy and frustrated?

The answer to all of these questions is found in the workings of the conscious and subconscious mind. Through your conscious mind, you can reprogram your subconscious mind to think positively. The power of your subconscious mind can then lift you up from confusion, misery, melancholy, and failure and guide you to your true place, solve your difficulties, sever you from emotional and physical bondage, and place you on the royal road to freedom, happiness, health, wealth, and peace of mind. In learning how to use your inner powers, you will discover how to create the reality you imagine.

The Conscious and Subconscious Mind

Your mind has two levels—the conscious (rational) level and the subconscious (creative/intuitive) level. You think and reason with your conscious mind, and whatever you habitually think sinks down into your subconscious mind, which creates according to the nature of your thoughts. Your subconscious mind is the seat of your emotions and is the creative mind. If you think good, good will follow; if you think evil, evil will follow. This is the way your mind works.

The main point to remember is that once the subconscious mind accepts an idea, it begins to execute it. It is an interesting and subtle truth that the law of the subconscious mind works for good and bad ideas alike. This law, when applied in a negative way, is the cause of failure, frustration, and unhappiness. However, when your habitual thinking is harmonious and constructive, you experience perfect health, success, and prosperity. Whatever you claim mentally and feel as true, your subconscious mind will accept and bring forth into your experience. Your conscious mind gives the command or decree, and your subconscious faithfully formulates and executes a plan to make it happen.

> The law of your mind is this: You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind.

Psychologists and psychiatrists point out that when thoughts are conveyed to your subconscious mind, impressions are made in the brain cells. As soon as your subconscious

accepts any idea, it proceeds to put it into effect immediately. It works by association of ideas and uses every bit of knowledge you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy, and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to bring about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer. . . . Its ways are beyond human understanding.

Through the wisdom of your subconscious mind you can attract the ideal companion, as well as the right business associate or partner. It can find the right buyer for your home and provide you with all the money you need and the financial freedom to be, to do, and to go, as your heart desires.

I have seen the power of the subconscious mind lift people up out of crippled states, making them whole, vital, and strong once more, free to go out into the world to experience happiness, health, and joyous expression. There is a miraculous healing power in your subconscious that can heal the troubled mind and the broken heart. It can open the prison door of the mind and liberate you. It can free you from all kinds of material and physical bondage.

How Affirmations Work

An affirmation is an assertion that something exists or is true. Look upon your own mind as a garden. You are a gardener, and affirmations are the seeds (thoughts) that you

consciously plant in the soil of your subconscious mind. Whatever you sow in your subconscious mind, so shall you reap in your body and environment. For this reason, it is essential that you project positive images on the movie screen of your mind, faithfully believing that these images are your reality in the here and now.

Begin now to sow thoughts of peace, happiness, right action, good will, and prosperity. Think quietly and with interest on these qualities and accept them fully in your conscious, reasoning mind, where they are eventually passed along to your subconscious mind. Continue to plant these wonderful seeds (affirmations) in the garden of your mind, and you will reap a glorious harvest.

When your mind thinks correctly, when you understand the truth, when the thoughts deposited in your subconscious mind are constructive, harmonious, and peaceful, the magic working power of your subconscious will respond and bring about harmonious conditions, agreeable surroundings, and the best of everything. When you begin to control your thought processes, you can apply the powers of your subconscious mind to any problem or difficulty. In other words, you will actually be consciously cooperating with the infinite power and omnipotent law, within you and around you, which governs all things.

A Practice Independent of Religious Faith

Although the power of the subconscious mind is based on belief, it is independent of religious faith. It existed before

you and I were born, before any church or world existed. The great eternal truths and principles of life predate all religions. It is with these thoughts in mind that I urge you to lay hold of this wonderful, magical, transforming power, which will bind up mental and physical wounds, proclaim liberty to the fear ridden mind, and liberate you completely from the limitations of poverty, failure, misery, lack, and frustration. All you have to do is unite mentally and emotionally with the good you wish to embody, and the creative powers of your subconscious will respond accordingly. Begin now, today, let wonders happen in your life!

The law of life is the law of belief, and belief could be summed up briefly as a thought in your mind. As a person thinks, feels, and believes, so is the condition of her mind, body, and circumstances. A technique, a methodology based on an understanding of what you are doing and why you are doing it will help you to bring about a subconscious embodiment of all the good things of life. Essentially, answered prayer is the realization of your heart's desire, regardless of religious belief. Buddhists, Christians, Muslims, and Hebrews all may get answers to their prayers, not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of belief or mental receptivity and acceptance about that for which they pray. Even an agnostic who has a passionate desire for something and truly believes he will receive it will have that desire fulfilled.

> Although the affirmations in this book may use the word "God," feel free to substitute the word that most clearly reflects your belief, such as "Allah," "Yahweh," "Brahman," "Lord," "Almighty," "Supreme Being," "Holy Spirit,"

> “Tao,” “Great Spirit,” or “the force.” According to Joseph Murphy, “God is not a person, so we don't say, ‘Our Father, who art in Heaven.’ We say, ‘Our Father, which art in Heaven,’ indicating an impersonal Presence and Power — an Infinite Life and an Infinite Intelligence.” To Murphy, prayer is equivalent to reciting an affirmation with feeling and belief.

The Power and Necessity of Belief

The law of your mind is the law of belief. This means to believe in the way your mind works, to believe in belief itself. The belief of your mind is the thought of your mind—that is simple—just that and nothing else. Just as the intangible force of love can attract a soulmate, so too can the intangible power of belief bring health, wealth, wisdom, and a fulfilling life.

All your experiences, events, conditions, and acts are the reactions of your subconscious mind to your thoughts. Remember, it is not the thing believed in, but the belief in your own mind that brings about the result.

Cease believing in the false beliefs, opinions, superstitions, and fears of mankind. Begin to believe in the eternal verities and truths of life, which never change. Whoever reads this book and applies the principles of the subconscious mind herein set forth will be able to invoke good for herself and for others. The word is made flesh, thoughts take form, according to the universal law of action and reaction.

Thought is incipient action. The reaction is the response from your subconscious mind which corresponds with the nature of your thought. Busy your mind with the concepts of harmony, health, peace, and good will, and wonders will happen in your life.

Building Belief through Affirmations

Belief can be acquired in various ways, including the following four:

Experience: Through experience or perception, you know that a thing or condition exists, such as that fire is hot.

Reason: Through reason, you arrive at a conclusion that something exists or works a certain way. For example, most people believe in evolution by natural selection, because it presents a reasonable explanation of the diversity of life forms on Earth.

Faith: Through a “leap of faith,” grace, or some other unexplained phenomenon, you simply believe that which is beyond perception and reason.

Affirmations or suggestions: Through suggestion or autosuggestion, you come to believe that something is so or that a certain outcome is inevitable. Hypnosis provides an example of the power of suggestion. With the activity of the conscious mind suspended, the subconscious mind becomes

much more receptive to suggestion. However, even without hypnosis, repeated affirmations and suggestions can impress a belief upon the subconscious mind.

Putting Affirmations to Work

The effectiveness of an affirmation is determined largely by your understanding of the truth and the meaning behind the words; an affirmation is simply your acknowledgement of a universal truth. Therefore, the power of your affirmation lies in the intelligent application of definite and specific positives. For example, a boy adds three and three and writes seven on the blackboard. The teacher affirms with mathematical certainty that three and three are six; therefore, the boy changes his figures accordingly. The teacher's statement did not make three and three equal six because the latter was already a mathematical truth. The mathematical truth caused the boy to rearrange the figures on the blackboard.

It is abnormal to be sick; it is normal to be healthy. Health is the truth of your being. When you affirm health, harmony, and peace for yourself or someone else, and when you realize that these are universal principles of your own being, you will replace the negative patterns of your subconscious mind with a positive pattern that is aligned with the universal truth of healthy being.

The result of the affirmative process depends on your thoughts conforming to the principles of life, regardless of appearances. Consider for a moment that there is a

principle of mathematics and none of error; there is a principle of truth but none of dishonesty. There is a principle of intelligence but none of ignorance; there is a principle of harmony and none of discord. There is a principle of health but none of illness, and there is a principle of abundance but none of poverty.

I used the affirmative method on my sister who was to be operated on for the removal of gallstones in a hospital in England. The condition described was based on the diagnosis of hospital tests and the usual X-ray procedures. She asked me to pray for her. We were separated geographically about 6,500 miles, but there is no time or space in the mind principle. Infinite mind or intelligence is present in its entirety at every point simultaneously. I withdrew all thought from the contemplation of symptoms and from the corporeal personality altogether. I affirmed as follows:

> This prayer is for my sister Catherine. She is relaxed and at peace, poised, balanced, serene, and calm. The healing intelligence of her subconscious mind, which created her body, is now transforming every cell, nerve, tissue, muscle, and bone of her being according to the perfect pattern of all organs lodged in her subconscious mind. Silently, quietly, all distorted thought patterns in her subconscious mind are removed and dissolved, and the vitality, wholeness, and beauty of the life principle are made manifest in every atom of her being. She is now open and receptive to the healing currents, which are flowing through her like a river, restoring her to perfect health, harmony, and peace. All

distortions and ugly images are now washed away by the infinite ocean of love and peace flowing through her, and it is so.

I affirmed the above several times a day, and at the end of two weeks my sister had an examination, which showed a remarkable healing, and the X-ray, proved negative.

To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, whatever you affirm will come to be.

Suggestions to Improve Results

What follows are the 52 weekly affirmations. To optimize the power of these affirmations and of your subconscious mind, I recommend the following:

- Post a copy of the affirmation where you will notice it over the course of your day—perhaps at the bottom of your computer monitor, on a wall near your desk, or on the door of your refrigerator.
- Relax and quiet your mind prior to reading or reciting the affirmation, so that your mind is receptive. A dark, quiet room is more conducive to the meditative state that makes the mind receptive to affirmations. Reciting the affirmation as you are falling asleep is an effective technique, because the conscious mind is less able to reject it. (If you can memorize the affirmation, keep your eyes gently

closed as you recite it to remove all visual distractions.)

- Recite the affirmation aloud, if possible, or sound out the words in your head. Hearing the words will reinforce the impression on your subconscious mind.
- As you read or recite the affirmation, think carefully about its meaning. Do not merely say the words.
- Focus on the positive and give absolutely no attention to any negative. In the case of illness, for example, think in terms of restoring health and not about curing the illness, because any thought or mention of the illness affirms it and the symptoms that accompany it. Likewise, think of wealth, not the elimination of debt.
- Use your imagination, not willpower. Imagine the end and the freedom state. You will find your intellect trying to get in the way, but persist in maintaining a simple, childlike, miracle making belief. Picture yourself or the other person healthy, wealthy, and successful. Imagine the emotional accompaniment of the freedom state you crave. Cut out all red tape from the process. The simple way is the best.
- Easy does it. Do not be concerned with details and means, but know the end result. Get the feel of the happy solution to your problem whether it is health, finances, or employment. Imagine how you will feel when the problem is resolved. Bear in mind that your feeling is the touchstone of all subconscious imprints. Your new idea must be felt subjectively in a finished state, not the future, but as coming about *now*.

- Spend an entire week on each affirmation, repeating it several times daily. Merely reading through the 52 weekly affirmations will have little or no effect. Just as seeds need time to sprout and take root, so too do thoughts need time to sprout and take root in your subconscious until your conscious and subconscious mind are unified in their acceptance of the affirmation's truth.
- Rest in a sense of deep conviction that it is done.

Caution: Never think or utter phrases such as "I can't afford this" or "I can't do this." Your subconscious mind takes you at your word and will see to it that you do not have the money or the ability to do what you want to do.

Do not weaken your affirmation by saying, "I wish" or "I hope." State the affirmation as a decree from the boss (your conscious mind). Harmony is yours. Health is yours. Pass the thought to your subconscious mind to the point of conviction; then relax. Through relaxation you impress your subconscious mind enabling the kinetic energy behind the idea to take over and bring it into concrete realization.

PART TWO: WEEKLY AFFIRMATIONS

Week 1

Cleanse Your Mind

> Divine love fills my soul. Divine right action is mine. Divine harmony governs my life. Divine peace fills my soul. Divine beauty is mine. Divine joy fills my soul. I am divinely guided in all ways. I am illumined from On High. I know and believe that I will receive a measure of life, love, truth, and beauty that transcends my boldest dreams. I know that universal love and generosity embrace me.

Commentary: Modern life is hectic and cluttered with meaningless distractions and concerns. When you begin to feel overwhelmed by life's demands, take some time to quiet your mind and remind yourself that you were created to be joyous.

Week 2

Affirm the Power of Your Subconscious Mind

> I can do all things through the power of my subconscious mind. Whatever thought I consciously impress upon my subconscious, my subconscious will find a way to make happen. Strength, health, and goodness flow through me and all of those around me, and I wish the best for everyone I encounter throughout each and every day. I am thankful for all of the blessings bestowed upon me.

Commentary: For affirmations to be effective, you must believe in the power of belief. This affirmation helps build that belief, which then serves as the foundation on which all other affirmations are built.

Week 3

Assign Your Conscious Mind the Role of Gatekeeper

> My conscious mind is the watchman at the gate, protecting my mind from false impressions. It rejects all thoughts that do not comply with the universal principles of health, love, wisdom, and abundance. It turns away any suggestions that pose a threat to my self-esteem. I am what I think, and through my conscious mind, I have total control over my thoughts. I choose to entertain thoughts of peace, joy, health, love, abundance, and goodwill to all.

Commentary: You may not have control over what happens to you in life, but you have total control over how you think about it. No person or event can *make you* feel angry, discouraged, envious, bitter, or inadequate. Your conscious mind can protect you by rejecting such thoughts. It is the gatekeeper.

Week 4

Embrace and Embody Truth

> God's Love, Truth, and Wisdom flood my mind and heart. I love the Truth, I hear the Truth, and I know the Truth. God's river of peace floods my mind, and I give thanks for my freedom. I think rightly and reflect Divine Wisdom and Divine Intelligence in all ways. My mind is the perfect mind of God, unchanging and eternal. I hear the voice of God which is the voice of Peace, Truth, and Love. My mind is full of God's Wisdom and Understanding. Whatever is vexing me now is leaving me, and I am free and at peace

Commentary: Lies, deception, misinformation, half-truths, and false beliefs are at the root of a great deal of human suffering, because they give rise to distorted thoughts. God is Truth, and to be at one with God is to be at one with Truth. Until you embrace and embody Truth, you are at odds with it and will continue to suffer all manner of misfortune.

Week 5

Identify Your Life's Purpose

> The infinite intelligence of my subconscious mind reveals to me my true place in life, and I follow the lead which comes clearly into my conscious, reasoning mind. It knows me intimately. It identifies my interests, knowledge, skills, talents, and passions and delivers opportunities to me that I am perfectly suited for and interested in. I accept opportunities and see that I am happy and productive in my work. I am in harmony with my supervisor and coworkers as we strive to achieve common goals. I am able to contribute value and use my mind creatively to discover valuable innovations for products, services, and processes. And I am compensated accordingly.

Commentary: Nearly everyone wants to live a "purpose-driven life," but many have no idea what their purpose or station in life is or should be. Use this affirmation to pass the challenge along to your subconscious mind—the creative part of your mind that serves as a gateway to infinite intelligence. Your subconscious mind is the perfect placement service and will deliver a position that is the perfect fit.

Week 6

Receive the Perfect Plan

> The infinite intelligence which gave me this desire leads, guides, and reveals to me the perfect plan for the unfolding of my desire. I know the deeper wisdom of my subconscious is now responding, and what I feel and claim within is expressed in the without. There is a balance, equilibrium, and equanimity.

Commentary: Your conscious mind is rational, whereas your subconscious mind is creative and intuitive. Impress upon your subconscious mind whatever you desire in life, and it will formulate a plan and attract whatever resources are required to deliver the object or your desire or whatever you wish to attain.

Conscious planning may interfere with the workings of your subconscious mind. Pass your desire to your subconscious mind, and let it do its job. When you allow your subconscious mind to create, it will often inspire the perfect plan; it will come to you in a flash of “genius” with little effort on your part.

Week 7

Live a Harmonious Life

> Infinite intelligence leads and guides me in all my ways. Perfect health is mine, and the Law of Harmony operates in my mind and body. Beauty, love, peace, and abundance are mine. The principle of right action and divine order govern my entire life. I know my major premise is based on the eternal truths of life, and I know, feel, and believe that my subconscious mind responds according to the nature of my conscious mind thinking.

Commentary: Although some scientists suggest that the universe is chaotic, it is actually well ordered and governed by laws. Natural laws govern the physical universe, and moral laws govern human behavior. Aligning yourself with these eternal laws ensures health, wealth, happiness, and harmony. This very general affirmation puts you on the path of living a well-ordered life.

Week 8

Sleep in Peace and Wake in Joy

> My toes are relaxed, my ankles are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed, my face is relaxed, my eyes are relaxed, my whole mind and body are relaxed. I fully and freely forgive everyone, and I sincerely wish for them harmony, health, peace, and all blessings. I am at peace; I am poised, serene, and calm. I rest in security and in peace. A great stillness steals over me, and a great calm quiets my whole being as I realize the Divine Presence within me. I know that the realization of life and love heals me. I wrap myself in the mantle of love and fall asleep filled with good will for all. Throughout the night peace remains with me, and in the morning I shall be filled with life and love.

Commentary: If you suffer from insomnia, as do many people, you will find this affirmation very effective. Repeat it slowly, quietly, and lovingly prior to sleep. You will need no other sleep aids.

Week 9

Make Happiness a Habit

> Divine order takes charge of my life today and every day. All things work together for good for me today. This is a new and wonderful day for me. There will never be another day like this one. I am divinely guided all day long, and whatever I do will prosper. Divine love surrounds me, enfolds me, and enwraps me, and I go forth in peace. Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is lovely and of good report. I am a spiritual and mental magnet attracting to myself all things, which bless and prosper me. I am going to be a wonderful success in all my undertakings today. I am definitely going to be happy all day long.

Commentary: A number of years ago, I stayed for about a week in a farmer's house in Connemarra on the west coast of Ireland. He seemed to be always singing and whistling and was full of humor. I asked him the secret of his happiness, and his reply was: “It is a habit of mine to be happy. Every morning when I awaken and every night before I go to sleep, I bless my family, the crops, the cattle, and I thank God for the wonderful harvest.”

This farmer had made a practice of this for over forty years. As you know, thoughts repeated regularly and systematically sink into the subconscious mind and become habitual. Happiness is a habit.

Week 10

Claim a Better Future

I am filled with the free-flowing, cleansing, healing, harmonizing, vitalizing life of the Holy Spirit. My body is the temple of the Living God, and it is pure, whole, and perfect in every part. Every function of my mind and body is controlled and governed by Divine wisdom and Divine order.

I now look forward to a glorious future. I live in the joyous expectancy of the best. All of the wonderful God-like thoughts I am thinking now, this day, sink down into the subconscious mind like seeds into fertile soil. I know that when their time is ready, they will come forth as harmony, health, peace, opportunities, experiences, and events.

I now pass over from fear and lack to freedom in God and the abundant life. The God-man is risen in me. Behold! I make all things new!

Commentary: Each day is a time of renewal, resurgence, and rebirth. All nature proclaims the glory of a new day. This is to remind us that we must awaken the God within us and arise from our long winter sleep of limitation and walk forth into the morning of a new day and a new life. Fear, ignorance, and superstition must die in us, and we must

resurrect faith, confidence, love, and goodwill. Begin now to take the transfusion of God's grace and love through this affirmation.

Week 11

Cure Yourself

> My body and all its organs were created by the infinite intelligence in my subconscious mind. It knows how to heal me. Its wisdom fashioned all my organs, tissues, muscles, and bones. This infinite healing presence within me is now transforming every atom of my being making me whole and perfect now. I give thanks for the healing I know is taking place now. Wonderful are the works of the creative intelligence within me.

Commentary: Your subconscious started your heartbeat, controls the circulation of your blood, and regulates your digestion, assimilation, and elimination. When you eat a piece of bread, your subconscious mind transmutes it into tissue, muscle, bone, and blood. It controls all the vital processes and functions of your body. If your subconscious mind can build you from scratch, it can certainly heal you and rid you of illness. As you change your mind by drenching it with incessant affirmatives, you change your body. This is the basis of all healing.

Week 12

Heal Others Remotely

> The healing presence is right where _____ is. Her bodily condition is but a reflection of her thought life like shadows cast on the screen. I know that in order to change the images on the screen I must change the projection reel. My mind is the projection reel, and I now project in my own mind the image of wholeness, harmony, and perfect health for _____. The infinite healing presence, which created _____'s body and all her organs is now saturating every atom of her being, and a river of peace, flows through every cell of her body. The doctors are divinely guided and directed, and whoever touches _____ is guided to do the right thing. I know that disease has no ultimate reality. I now align myself with the infinite principle of love and life, and I know and decree that harmony, health, and peace are now being expressed in _____'s body

Commentary: Infinite intelligence flows through all things and is not separated by time or space. It is responsible for phenomena such as mental telepathy, extrasensory perception, astral projection, and the healing power of prayer. Your subconscious mind is the gateway to infinite intelligence, enabling you to harness its power to heal others, whether you are nearby, across town, or halfway around the world.

Keep in mind that any negative thoughts also travel through the ether and have the potential to harm others. Positive thoughts, like positive deeds, are valuable contributions to the community. Destructive thoughts, like destructive deeds, harm the community.

Week 13

Attract Money

> I like money, I love it, I use it wisely, constructively, and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good and very good. Money flows to me in avalanches of abundance. I use it for good only, and I am grateful for my good and for the riches of my mind.

Commentary: The urge of the life principle in you is toward growth, expansion, and the life more abundant. You are not here to live in a hovel, dress in rags, and go hungry. You should be happy, prosperous, and successful. Never criticize money or those who have plenty of it. Cleanse your mind of all weird and superstitious beliefs about money. Do not ever regard money as evil or filthy. If you do, you cause it to take wings and fly away from you. You lose what you condemn. You cannot attract what you criticize.

Week 14

Secure a Constant Supply of Money

> I am one with the infinite riches of my subconscious mind. It is my right to be rich, happy, and successful. Money flows to me freely, copiously, and endlessly. I am forever conscious of my true worth. I give of my talents freely, and I am wonderfully blessed financially. It is wonderful!

Commentary: Recognizing the powers of your subconscious mind and the creative power of your thought or mental image is the way to opulence, freedom, and constant supply. Accept the abundant life in your own mind. Your mental acceptance and expectancy of wealth has its own mathematics and mechanics of expression. As you enter into the attitude of opulence, all things necessary for the abundant life will come to pass. Let this be your daily affirmation; write it in your heart.

Week 15

Prosper in All of Your Interests

> By day and by night I am being prospered in all of my interests.

Commentary: Sometimes a simple affirmation is best—one that is not overly aggressive. In some cases, people repeat affirmations that conflict with their underlying beliefs, in which case the conscious mind rejects the affirmation as being untrue and never passes it along to the subconscious mind. For example, your conscious mind may reject an affirmation decreeing that you have received a million dollars, but it can accept as true an affirmation that you are being prospered in all of your interests.

I suggested to one businessman whose sales and finances were very low and who was greatly worried, that he sit down in his office, become quiet, and repeat this statement over and over again: “My sales are improving every day.” This statement engaged the cooperation of the conscious and subconscious mind, and the desired results followed.

Week 16

Make Wise Financial and Investment Decisions

> Infinite intelligence governs and watches over all my financial transactions, and whatsoever I do shall prosper.

Commentary: If you are seeking wisdom regarding investments or are worried about your stocks or bonds, repeat this affirmation to instruct your subconscious to make wise investment decisions. ” Do this frequently and you will find that your investments will be wise; moreover, you will be protected from loss, as you will be prompted to sell your securities or holdings before any loss accrues to you.

Week 17

Recover from a Financial Setback

> I have lost money. I will be productive again and make more money. I have learned a good lesson, which will ultimately pay me dividends. I have not lost my faith, confidence, or ability to rise and grow. I have much to offer and I am going to be a tremendous success again. God is the Source of my supply, and God's wealth is circulating in my life. There is always a Divine surplus. God opens up the way for me to succeed in Divine order.

Commentary: It is not what happens to you that matters so much; it is your thought about it, your reaction, which can be constructive or destructive. Use your imagination wisely, rebuilding in your mind a new pattern, seeing future possibilities, using the wings of faith and imagination to rebuild a better life. Success and wealth are products of your thoughts and beliefs.

Week 18

Find Your Ideal Home or Apartment

> The infinite intelligence of my subconscious mind is all wise. It reveals to me now the ideal home, which is in a central location and a lovely environment, meets with all my requirements, and is commensurate with my income. I am now turning this request over to my subconscious mind, and I know it responds according to the nature of my request. I release this request with absolute faith and confidence in the same way that a farmer deposits a seed in the ground, trusting implicitly in the laws of growth.

Commentary: In buying and selling, remember that your conscious mind is the starter and your subconscious mind is the motor. You must start the motor to enable it to perform its work. The first step in conveying your clarified desire, idea, or image to the deeper mind is to relax, immobilize the attention, get still, and be quiet. This quiet, relaxed, and peaceful attitude of mind prevents extraneous matter and false ideas from interfering with your mental absorption of your idea. Furthermore, in the quiet, passive, and receptive attitude of mind, effort is reduced to a minimum.

The answer to your request may come through an advertisement in the paper, through a friend, or you may be guided directly to a particular home, which is exactly what

you are seeking. There are many ways by which your prayer may be answered. The principal knowledge, in which you may place your confidence, is that the answer always comes, provided you trust the working of your deeper mind.

Week 19

Sell Your Home or Other Property

> Infinite intelligence attracts to me the buyers for this home who want it and who prosper in it. These buyers are being sent to me by the creative intelligence of my subconscious mind, which makes no mistakes. They may look at many other homes, but mine is the only one they want and will buy, because they are guided by the infinite intelligence within them. I know the buyers are right, the time is right, and the price is right. Everything about it is right. The deeper currents of my subconscious mind are now in operation bringing us together in divine order. I know that it is so.

Commentary: Remember always, that what you are seeking is also seeking you, and whenever you want to sell a home or property of any kind, there is always someone who wants what you have to offer. By using the power of your subconscious mind correctly, you free your mind of all sense of competition and anxiety in buying and selling.

Week 20

Solve a Problem

> My subconscious knows the answer. It is responding to me now. I give thanks because I know the infinite intelligence of my subconscious knows all things and is revealing the perfect answer to me now. My real conviction is now setting free the majesty and glory of my subconscious mind. I rejoice that it is so.

Commentary: People often try too hard to solve their own problems, often making matters worse through their efforts. Instead of using your conscious mind to find the solution to a problem, pass the problem to your subconscious mind, which is much better equipped to solve tricky problems. Many times, with the conscious mind suspended during sleep, the subconscious mind solves the problem, and you wake up knowing the solution.

Week 21

Find Lost or Misplaced Items

> You know all things; you know where _____ is, and you now reveal to me where it is.

Commentary: Repeat this affirmation several times daily, especially prior to dropping off to sleep. Your subconscious mind knows “the last place you had it,” and if it is something someone else lost or misplaced, Infinite Intelligence knows where it is and can pass the information to you through the power of your subconscious mind. The subconscious mind will always answer you if you trust it.

Week 22

Make an Important or Difficult Decision

> The creative Intelligence of my subconscious mind knows what is best for me. Its tendency is always life-ward, and it reveals to me the right decision, which blesses all concerned. I give thanks for the answer which I know will come to me.

Commentary: Whenever you are facing a life changing decision, such as whether to change jobs, move, get married or divorced, have children, and so on, engage your subconscious. Your conscious, rational mind may be able to reason what is best, but your intuition is likely to lead you to a decision that complies with the divine order. Trust your intuition.

A young lady in Los Angeles was deciding whether to accept a position in New York City at twice her present salary. She repeated this affirmation over and over again prior to sleep, and in the morning she had a persistent feeling that she should not accept the offer. She rejected the offer and subsequent events verified her inward sense of knowing, because the company went bankrupt in a few months following their offer of employment to her. The conscious mind may be correct on the facts objectively known, but the intuitive faculty of her subconscious mind saw the failure of the concern in question, and prompted her accordingly.

Week 23

Love Unconditionally

> I give my love freely to _____ for the joy and thrill of knowing that he/she will be joyous and free. My gift of love has no strings attached. It is as free as the wind. I expect nothing in return, because the ability to feel and express love is an incredible gift in itself. I rejoice in the happiness that my love gives to me and others.

Commentary: Too often, we love and serve others expecting something in return, such as gratitude, recognition, love, or future favors. When our expectations are unfulfilled, love turns to bitterness and resentment and imprisons both the giver and the receiver. True love, however, is liberating. When you give, do so from the heart and for the joy and thrill of giving to make others joyous and free. You will receive bountiful blessings in return, but do not give with the expectation of receiving those blessings.

Week 24

Forgive Others

> I fully and freely forgive _____; I release him/her mentally and spiritually. I completely forgive everything connected with the matter in question. I am free, and he/she is free. It is a marvelous feeling. It is my day of general amnesty. I release anybody and everybody who has ever hurt me, and I wish for each and every one health, happiness, peace, and all the blessings of life. I do this freely, joyously, and lovingly, and whenever I think of the person or persons who hurt me, I say, “I have released you, and all the blessings of life are yours. I am free and you are free.” It is wonderful!

Commentary: The great secret of true forgiveness is that once you have forgiven the person, it is unnecessary to repeat the affirmation. Whenever the person comes to your mind, or the particular hurt happens to enter your mind, wish the delinquent well, and say, “Peace be to you.” Do this as often as the thought enters your mind. You will find that after a few days the thought of the person or experience will return less and less often, until it fades into nothingness.

Week 25

Wish Others Well

> I wish for every person who walks the earth, what I wish for myself: peace, love, joy, abundance, and God's blessings to all. I rejoice and am glad in the progression, advancement, and prosperity of all people.

Commentary: The great law is this: As you would that men should think about you, think you about them in the same manner. As you would that men should feel about you, feel you also about them in like manner. Never try to deprive another of any joy. If you do, you also deprive yourself. Whatever you claim as true for yourself, claim it for all people everywhere. If you pray for happiness and peace of mind, let your claim be peace and happiness for all. When the ship comes in for your fellow human being, it comes in for you also.

Week 26

Attract Your Soulmate

> I am now attracting a man/woman who is honest, sincere, loyal, faithful, peaceful, happy, and prosperous. These qualities, which I admire, are sinking down into my subconscious mind now. As I dwell upon these characteristics, they become a part of me and are embodied subconsciously. He/she loves my ideals, and I love his/her ideals. He/she does not want to make me over; neither do I want to make him/her over. There is mutual love, freedom, and respect. We are irresistibly attracted to each other. Only that which belongs to love, truth, and beauty can enter my experience. I accept my ideal companion now.

Commentary: Feel free to edit this affirmation to describe the qualities you desire in your ideal companion. Repeat your affirmation in the spirit of expectancy. As you think quietly and with interest on the qualities and attributes, which you admire in the companion you seek, you will build the mental equivalent into your mentality. Then, the deeper currents of your subconscious mind will bring both of you together in divine order.

Week 27

Support Your Spouse Spiritually

> I know that my spouse is receptive to my constructive thought and imagery. I claim, feel, and know that at the center of her/his being is peace. My spouse is divinely guided in all ways. She/he is a channel for the Divine. God's love fills her/his mind and heart. There are harmony, peace, love and understanding between us. I picture her/him as happy, healthy, joyous, loving, and prosperous. I surround and enfold her/him with the sacred circle of God's love which is impregnable, impervious, and invulnerable to all negation.

Commentary: A woman in London said that her husband had lost all his money in the stock market and that he felt morose, morbid, and deeply depressed. He wanted a divorce, claiming that she was nagging him to death.

I explained to her that nagging was about the quickest way to dissolve a marriage and suggested to her that this is the time when he needs encouragement and support. She pointed out the good qualities and attitudes he had when she married him. I said to her that these same qualities and characteristics which endeared him to her in the first place are still there but need to be resurrected. This can be accomplished through the power of affirmations.

I gave her this affirmation to repeat frequently, pointing out that her husband would subconsciously receive her spiritual support and both would be blessed. They talked things over while I was in London and then decided to pray together and stay together. Her husband recently has found a very lucrative position. Prayer changes things: It changes the person who prays.

Week 28

Maintain a Strong Marriage

> The Spirit in me talks to the Spirit of _____. Harmony, peace, love, and understanding are between us at all times. God thinks, speaks and acts through me, and God thinks, speaks and acts through my spouse.

Commentary: A single affirmation is insufficient for strengthening the marriage bond. You must both maintain a positive mindset regarding each other and declare and demonstrate your love and respect throughout the day. In addition to repeating this affirmation daily, here are five steps for maintaining a strong marriage:

1. Never carry over from one day to another accumulated irritations arising from little disappointments. Forgive each other for any sharpness before you retire at night.
2. The moment you awaken in the morning, claim infinite intelligence is guiding you in all your ways. Send out loving thoughts of peace, harmony, and love to your marriage partner, to all members of the family, and to the whole world.
3. Give thanks at breakfast for the wonderful food, for your abundance, and for all your blessings. Make sure that no problems, worries, or arguments enter

into the table conversation; the same applies at dinnertime.

4. Say to your wife or husband, “I appreciate all you are doing, and I radiate love and good will to you all day long.”

5. Do not take your marriage partner for granted. Demonstrate your appreciation and love. Think appreciation and good will, rather than condemnation, criticism, and nagging. The way to build a peaceful home and a happy marriage is to use a foundation of love, beauty, harmony, mutual respect, a common faith, and all things good.

Week 29

Let Go of a Troublesome Relationship

> I release _____. He is in his true place at all times as am I. Each of us freely chooses to diverge and follow separate paths. I now decree that my words go forth into infinite mind and bring it to pass. It is so.

Commentary: Relationships can be difficult to end, especially if the other person is unwilling to disengage. In such situations, bitterness and anxiety can fester. Decreeing an end to the relationship and envisioning the two of you heading off in separate directions sends a clear message through the ether that the relationship has ended.

Week 30

Gain Closure

> There has been a perfect, harmonious solution. It is finished according to Divine Order.

Commentary: When you find yourself in a difficult situation and can foresee no end to the difficulty, consider repeating this affirmation over and over again as your mantra. Trust that “This too shall pass” and hand the situation to Infinite Intelligence to resolve. Through this decree, you release a problem that you have no control over, thus liberating yourself while permitting your subconscious to resolve the issue with little or no effort or anguish on your part.

Week 31

Improve Your Memory

> My memory from today on is improving in every department. I shall always remember whatever I need to know at every moment of time and point of space. The impressions received will be clearer and more definite. I shall retain them automatically and with ease. Whatever I wish to recall will immediately present itself in the correct form in my mind. I am improving rapidly every day, and very soon my memory will be better than it has ever been before.

Commentary: Never think or say anything such as “I am losing my memory” or “Maybe I am getting dementia.” If such thoughts make it past the gatekeeper of your conscious mind and take root in your subconscious, your subconscious mind will begin to bring those thoughts to fruition. Crowd out negative thinking with positive thoughts.

Week 32

Break a Bad Habit

> My mind is full of peace, poise, balance, and equilibrium. The infinite lies stretched in smiling repose within me. I am not afraid of anything in the past, the present, or the future. The infinite intelligence of my subconscious mind leads, guides, and directs me in all ways. I now meet every situation with faith, poise, calmness, and confidence. I am now completely free from the habit. My mind is full of inner peace, freedom, and joy. I forgive myself; then I am forgiven. Peace, health, and confidence reign supreme in my mind.

Commentary: You are a creature of habit. Habit is the function of your subconscious mind. You learned to swim, ride a bicycle, dance, and drive a car by consciously doing these things over and over again until they established tracks in your subconscious mind. Then, the automatic habit action of your subconscious mind took over. This is sometimes called second nature, which is a reaction of your subconscious mind to your thinking and acting. You are free to choose a good habit or a bad habit. If you repeat a negative thought or act over a period of time, you will be under the compulsion of a habit. The law of your subconscious is compulsion.

Week 33

Overcome a Bad Temper

> Henceforth, I shall grow more good-humored. Joy, happiness, and cheerfulness are now becoming my normal states of mind. Every day I am becoming more and more lovable and understanding. I am now becoming the center of cheer and good will to all those about me, infecting them with good humor. This happy, joyous, and cheerful mood is now becoming my normal, natural state of mind. I am grateful.

Commentary: If you harbor anger or ill will toward anyone, such as your mate, a neighbor, a colleague, or a supervisor, you can improve your relationship by changing your attitude toward that person. People tend to treat you better when you have a more positive attitude toward life in general and toward them specifically. And, even if they do not change for the better as a result, your positive attitude will make you less miserable. Such individuals will no longer have power over your thoughts or feelings. You will be and feel liberated.

Week 34

Overcome Envy

> I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light, and goodwill to _____ and to everyone else. I am Divinely guided. I turn my attention from wanting what _____ has to what I truly desire (describe that which you desire, such as good health, prestige, a salary, a spouse, or certain possessions). Blessings are sufficient to fulfill all desires without my having to desire what others have. According to the law of attraction, everything I truly desire is attracted to me.

Commentary: Never, under any circumstances, desire another person's job, spouse, home, or anything else. To covet or envy another is to attract loss, lack, and limitation to yourself. You impoverish yourself along all lines. You are saying to yourself, "He can have these things, but I can't." You are denying your own Divinity. To steal from another mentally is to actually steal from yourself.

The loss can come to you in many ways: loss of health, prestige, promotion, love, or money. The way loss comes is past finding out. You do not want the other fellow's position: You really want a position like it, giving you the same privileges, emoluments, salary, and perquisites.

Infinite Intelligence can open a new door of expression for you. If you call upon it, you will get an answer.

Week 35

Overcome Procrastination

> Action is a consequence of thought. I know what needs to be done, and I do it in a timely manner. I am organized, efficient, and productive. I prioritize my daily tasks and perform them in their order of importance. I eagerly tackle the most difficult tasks. I have the knowledge, skills, and resources to complete all of my projects and the perseverance to overcome all obstacles. I am proud of my accomplishments and thankful for the many blessings I receive as a result.

Commentary: Getting started on a project or task is often the most difficult step. Set aside 10-15 minutes at the end of your workday to create tomorrow’s to-do list. As you nod off to sleep, look forward with gratitude toward having a plan and a purpose for the coming day. You will awaken with a sense of purpose and direction. As you complete your tasks, check them off the list to reward yourself for your accomplishments. Never go to bed without a plan for tomorrow.

Week 36

Improve Your Athletic Performance

> I am relaxed, I am poised, I am serene. All of my training and conditioning has prepared me for this event. I am calm before every contest, and the Almighty Power within me takes over. I invite this higher power to flow through me and move me. I am grateful for the opportunity to perform, and I perform joyously. My performance is graceful, glorious, and effortless.

Commentary: When gifted athletes deliver an outstanding performance, they usually describe the experience as being “in the zone.” They feel superhuman and perform feats that appear to reach beyond what is humanly possible, and without conscious effort. When you perform in the zone, you lose your sense of self. You lose your ego. You are fully immersed in the activity and at one with the universe. As such, your performance feels effortless, as though some greater force has taken over, which it has. Repeat this affirmation prior to your performance to willingly pass your performance over to this Almighty Power.

Week 37

Speak Publicly with Confidence

> I radiate love, peace, and goodwill to the entire audience. Universal love surrounds them, enfolds them, and enwraps them. I am happy to be here and grateful for the opportunity to speak on a topic I am passionate about. Infinite intelligence thinks, speaks, and acts through me. My words heal, bless, and inspire. Peace fills the hearts of everyone in the audience, and they are lifted up and inspired by my words.

Commentary: Fear of public speaking commonly holds people back from achieving their full potential. To overcome this fear and speak with confidence, spend time preparing your speech or presentation. Repeating an affirmation is no substitute for preparation. Use the affirmation instead to calm yourself while centering your attention on the audience. By pouring out love and good will to the audience prior to delivering you speech or presentation, you begin to see them more as fellow participants in the event and less as a threat.

Week 38

Improve Your Performance in School

> I realize that my subconscious mind is a storehouse of memory. It retains everything I read and hear from my teachers. I have a perfect memory, and the infinite intelligence in my subconscious mind constantly reveals to me everything I need to know at all my examinations, whether written or oral. I radiate love and good will to all my teachers and fellow students. I sincerely wish for them success and all good things.

Commentary: Academic underachievement is commonly the result of indifference or resentment toward teachers or fellow students. Repeat this affirmation several times daily, particularly at night prior to sleep and also in the morning after awakening. These are the best times to impregnate the subconscious mind. Imagine your teachers and parents congratulating you on your academic success. Soon, you will see an improvement in your grades and classroom performance.

Week 39

Improve Your Career/Business Success

> All those working in our corporation are honest, sincere, cooperative, faithful, and full of good will to all. They are mental and spiritual links in the chain of this corporation's growth, welfare, and prosperity. I radiate love, peace, and good will in my thoughts, words, and deeds to my associates and to all those in the company. Our executives and managers are divinely guided in all their undertakings. The infinite intelligence of my subconscious mind makes all decisions through me. There is only right action in all our business transactions and in our relationship with each other. I send the messengers of peace, love, and good will before me to the office. Peace and harmony reign supreme in the minds and hearts of all those in the company including myself. I now go forth into a new day, full of faith, confidence, and trust.

Commentary: Resentment in the workplace can negatively affect your performance and the way you are treated by coworkers and superiors. Reprogramming your mind to think positively about the organization and your role in making it a success will lead to greater success in the workplace and for your organization overall.

Week 40

Improve Relationships with Coworkers

> I think, speak, and act lovingly, quietly, and peacefully. I now radiate love, peace, tolerance, and kindliness to all those who criticize me and gossip about me. I anchor my thoughts on peace, harmony, and good will to all. Whenever I am about to react negatively, I say firmly to myself, 'I am going to think, speak, and act from the standpoint of the principle of harmony, health, and peace within myself.' Creative intelligence leads, rules, and guides me in all my ways.

Commentary: If a number of people at your workplace annoy you, the vibration, annoyance, and turmoil may be due to some subconscious pattern or mental projection from you. We know that a dog will react ferociously if you hate or fear dogs. Animals pick up your subconscious vibrations and react accordingly. Many undisciplined human beings are just as sensitive as dogs, cats, and other animals. Sometimes the best way to change how others treat you is to change what you think about them and how you treat them.

Week 41

Improve Relations with Your Supervisor

> I am the only thinker in my universe. I am responsible for what I think about my boss. My manager is not responsible for the way I think about her. I refuse to give power to any person, place, or thing to annoy me or disturb me. I wish health, success, peace of mind, and happiness for my boss. I sincerely wish her well, and I know she is divinely guided in all her ways.

Commentary: If you have a strained relationship with a superior at work, chances are that you harbor some bitterness and hostility toward this person and that your mind is filled with criticism, mental arguments, recriminations, and denunciations of this person. As a result, you are probably getting back the negativity you are transmitting mentally.

To improve your relationship, repeat this affirmation out loud slowly, quietly, and feelingly, knowing that your mind is like a garden, and that whatever you plant in the garden will bear the fruit of your thoughts. Also practice mental imagery prior to sleep in this way: Imagine your manager congratulating you on your fine work, on your zeal and enthusiasm, and on the wonderful comments about you from customers. Feel the reality of all this, feel your manager’s handshake, hear the tone of his voice, and see

him smile. Make a real mental movie, dramatizing it to the best of your ability. Replay this movie in your mind night after night, knowing that your subconscious mind is the receptive plate on which your conscious imagery is impressed.

Week 42

See Projects through to Completion

> I realize I am one with the infinite intelligence of my subconscious mind which knows no obstacle, difficulty, or delay. I live in the joyous expectancy of the best. My deeper mind responds to my thoughts. I know that the work of the infinite power of my subconscious cannot be hindered. Infinite intelligence always finishes successfully whatever it begins. Creative wisdom works through me bringing all my plans and purposes to completion. Whatever I start, I bring to a successful conclusion. My aim in life is to give wonderful service, and all those whom I contact are blessed by what I have to offer. All my work comes to full fruition in divine order.

Commentary: If you have trouble completing projects, closing deals, or honoring commitments, you may have a mental block that prevents you from seeing things through to the end or perhaps a fear that others will back out. Persistence is crucial to success.

Week 43

Excel as a Teacher

> God hath not given me the spirit of fear; but of power, and of love, and of a sound mind. I have a firm, unwavering faith in God as my bountiful, ever-present good. I am vitalized and prospered in all my ways. Peace is mine now. I radiate love and goodwill to all my students, my department head, the school board and administrators, my fellow teachers and to all those around me. From the depths of my heart I wish for all of them peace, joy, and happiness. The intelligence and wisdom of God animate and sustain all those in my classes at all times, and I am illumined and inspired. When I am tempted to think negatively, I will immediately think of God's healing love.

Commentary: A young school teacher complained to me that she was getting no results even though she prayed regularly for prosperity and success. I discovered while talking with her that unconsciously she was always rehearsing her troubles, criticizing and blaming the students, the parents, and the school’s administration. I pointed out to her that she was actually squandering the treasures of life within her on negative thoughts that were destructive. She reversed her attitude of mind and repeated this affirmation frequently with deep understanding. Within a month this teacher had established harmony in all her relationships and received the promotion she desired.

Week 44

Build and Grow Your Business

> My business or profession is full of right action and right expression. The ideas, money, expertise, and contacts that I need are mine now and at all times. All these things are irresistibly attracted to me by the law of universal attraction. God is the life of my business; I am divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand, and progress. I am building up goodwill. I am a great success because I do business with others as I would have them do it with me.

Commentary: A successful business is nothing more than a good idea properly executed. Many people are afraid to start a business because they are afraid that they do not have what it takes to execute their ideas. This affirmation helps you attract the ideas, money, personnel, and contacts you need to launch and grow a successful business. A passionate desire and sincere belief that your venture will be successful coupled with a dogged persistence results in success.

Week 45

Protect Your Home, Business, and Possessions

> The overshadowing Presence which guides the planets on their course and causes the sun to shine watches over all my possessions, home, business, and all things that are mine. God is the source of my supply. That supply is my supply now. His riches flow to me freely, copiously, and abundantly. I am forever conscious of my true worth. I give of my talents freely, and I am wonderfully, divinely compensated. Thank you, Father!

Commentary: By reminding yourself daily of this great truth, and by observing the laws of Love, you will always be guided, watched over, and prospered in all your ways. You will never suffer from loss, for you have chosen the Most High as your Counsellor and Guide. The envelope of God's Love surrounds, enfolds, and encompasses you at all times. You rest in the Everlasting Arms of God.

Week 46

Overcome Irrational Fears

> This fear is nothing more than thought and self-deception. I am the master of my thoughts. I imagine myself in the presence of the thing or engaged in the activity. I am confident and at ease.

Commentary: Rational fear is good. You hear an automobile coming down the road, and you step aside to survive. The momentary fear of being run over is overcome by your action. Irrational fears were given to you by parents, relatives, teachers, and all those who influenced your early years. These fears are false or extremely exaggerated beliefs, such as that all snakes pose a serious threat, when the fact is that most snakes are harmless and would like to avoid you as much as you would like to avoid them.

Ralph Waldo Emerson, philosopher and poet, said, “Do the thing you are afraid to do, and the death of fear is certain.” Start by imagining yourself confronting that which you fear. For example, if you are afraid of water, go down to the swimming pool, look at the water, and say out loud in strong tones, “I am going to master you. I can dominate you.” Then go into the water and take swimming lessons, if necessary. Remember, you are the master of the water. Do not permit water to master you. When you assume a new attitude of mind, the omnipotent power of the subconscious responds,

giving you strength, faith, and confidence, and enabling you to overcome your fear.

Week 47

Overcome Test Anxiety

> I realize that my subconscious mind is a storehouse of memory. It retains everything I read and hear from my teachers. I have a perfect memory, and the infinite intelligence in my subconscious mind constantly reveals to me everything I need to know at all my examinations, whether written or oral. I radiate love and good will to all my teachers and fellow students. I sincerely wish for them success and all good things.

Commentary: When taking examinations and reading through their papers, students often find that all their knowledge has suddenly deserted them. Their minds become appalling blanks, and they are unable to recall one relevant thought. The more they grit their teeth and summon the powers of the will, the further the answers seem to flee. But, when they have left the examination room and the mental pressure relaxes, the answers they were seeking flow tantalizingly back into their minds. Trying to force themselves to remember was the cause of their failure. This is an example of the law of reversed effort whereby you get the opposite of what you asked or prayed for.

Week 48

Maintain Poise When Threatened

> I know that no negative thought can ever take root in my mind unless I emotionalize the thought and accept it mentally. I refuse to entertain anyone else's suggestion of fear. Therefore, no harm can come to me. I work and relax in the deep, still ocean of peace at the center of my being.

Commentary: While lecturing around the world, I had a two-hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturb him. His practice is to sit still for fifteen minutes in the morning and realize that in the center of him is a deep still ocean of peace. Meditating in this way, he generates tremendous power, which overcomes all manner of difficulties and fears.

Week 49

Calm a Troubled Mind

> I now decree for _____ that the intelligence, wisdom, and peace of God are made manifest in him and he is free, radiant, and happy. He is now clothed in his right mind. The Mind of God is the only real and eternal mind; this is _____'s mind, and he is poised, serene, calm, relaxed, and at ease. He is full of faith in God, in life, and all good things. I decree this, I feel it, and I see him whole and perfect now. Thank you, Father.

Commentary: When you pray for someone suffering from a mental illness, you cannot always get his cooperation. He may have ceased to reason and discriminate. Actually he is governed by the ghosts of the subconscious that walk the gloomy galleries of his mind. When you pray for such a person, it is necessary to do all the work yourself. You have to convince yourself of his freedom, peace, harmony, and understanding. Repeat this affirmation two or three times daily with love, affection, and belief that your loved one is getting better.

By repeating these Truths to yourself, realizing that there is but one mind, you will gradually, through frequent picturing in your mind, reach a dominant conviction, and the person you are praying for will at that moment be healed.

Week 50

Remain Youthful

> Life flows through me like electricity through wire. It is an ageless force that constantly invigorates my mind and body. I look forward eagerly to each new day, which always delivers opportunities to learn and to enjoy the beauty that surrounds me. I am ever curious to explore the wonders of the universe as they reveal themselves to me. My knowledge and experience equip me to overcome challenges that stand between me and my goals. I am vibrant, resilient, and immortal.

Commentary: Your subconscious mind never grows old. It is timeless, ageless, and endless. It is a part of the universal mind of infinite being and power, which was never born, and it will never die. Fatigue or old age cannot be predicated on any spiritual quality or power. Patience, kindness, veracity, humility, good will, peace, harmony, and brotherly love are attributes and qualities, which never grow old. If you continue to generate these qualities here on this plane of life, you will always remain young in spirit.

Week 51

Commit to Positive Thinking

> From this moment forward, I will admit to my mind for mental consumption only those ideas and thoughts that heal, bless, inspire, and strengthen me.

Commentary: Long before the Bible, ancient wisdom revealed, “As a person imagines and feels, so does she become.” This ancient teaching is lost in the night of time; it is lost in antiquity. Pyotr Demianovich Ouspensky, a Russian mathematician and esoteric thinker, stressed the importance of inner speech or self-talk, because internal feeling gives rise to external behavior and demeanor. Is your inner speech pleasant? Let your words, your inner silent thought and feeling agree with your desire. Mr. Nicols, Ouspensky’s student, used to say, “Watch your inner talking, and let it agree with your aim.” Desire and feeling joined together in a mental marriage becomes answered prayer.

Week 52

Write Your Own Affirmation to Counter a Negative or Destructive Thought

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Commentary: Others may have planted negative, self-defeating thoughts in your mind over the course of your life, such as “You’ll fail.” “You haven’t got a chance.” “You’re all wrong.” “It’s no use.” “It’s not what you know, but who you know.” “The world is going to the dogs.” “What’s the use, nobody cares.” “It’s no use trying so hard.” “You’re too old now.” “Things are getting worse and worse.” “Life is an endless grind.” “Love is for the birds.” “You just can’t win.” “Pretty soon you’ll be bankrupt.” “Watch out, you’ll get the virus.” “You can’t trust a soul.”

Identify a negative or destructive thought that has been planted in your brain, write your own affirmation to counter it, and then use autosuggestion (repeating the affirmation) to supplant the destructive thought with a constructive one. Recondition your mind in this way to re-establish healthy thoughts and behaviors.

PART THREE: MORE TECHNIQUES FOR PLANTING THOUGHTS IN THE SUBCONSCIOUS MIND

Affirmations are very effective for planting thoughts and desires in the subconscious mind, which works creatively and with great persistence to make those wishes come true. However, several other techniques are also very effective. This Part presents ten additional techniques for controlling your own thoughts and thus becoming the master of your own destiny.

The Passing Over Technique

This consists essentially in inducing the subconscious mind to take over your request as handed it by the conscious mind. This passing over is best accomplished in the reverie like state. Know that in your deeper mind are Infinite Intelligence and Infinite Power. Just calmly think over what you want; see it coming into fuller fruition from this moment forward. Be like the little girl who had a very bad cough and a sore throat. She declared firmly and repeatedly, “It is passing away now. It is passing away now.” It passed away in about an hour. Use this technique with complete simplicity and naïveté.

Your subconscious will accept your blueprint

If you were building a new home for yourself and family, you know that you would be intensely interested in regard to the blueprint for your home; you would see to it that the builders conformed to the blueprint. You would watch the material and select only the best wood, steel, in fact, the best of everything. What about your mental home and your mental blueprint for happiness and abundance? All your experiences and everything that enters into your life depend upon the nature of the mental building blocks, which you use in the construction of your mental home.

If your blueprint is full of mental patterns of fear, worry, anxiety, or lack, and if you are despondent, doubtful, and cynical, then the texture of the mental material you are weaving into your mind will come forth as more toil, care, tension, anxiety, and limitation of all kinds. The most fundamental and the most far reaching activity in life is that which you build into your mentality every waking hour. Your word is silent and invisible; nevertheless, it is real. You are building your mental home all the time, and your thought and mental imagery represent your blueprint. Hour by hour, moment by moment, you can build radiant health, success, and happiness by the thoughts you think, the ideas which you harbor, the beliefs that you accept, and the scenes that you rehearse in the hidden studio of your mind. This stately mansion, upon the construction of which you are perpetually engaged, is your personality, your identity in this plane, your whole life story on this earth.

Get a new blueprint

Build your new reality silently by realizing peace, harmony, joy, and good will in the present moment. By dwelling upon

these things and claiming them, your subconscious will accept your blueprint and bring all these things to pass. “By their fruits ye shall know them.”

Scientific Prayer

Prayer is the formulation of an idea concerning something you wish to accomplish. It is the soul’s sincere desire. Your desire is your prayer. It comes out of your deepest needs and it reveals the things you want in life. Hunger and thirst are prayers that are fulfilled on a daily basis, several times a day for billions of people. You can also hunger and thirst for peace, harmony, health, wealth, joy, and other blessings of life and have these prayers fulfilled.

Scientific prayer involves thinking of what you want, what you desire. The term “science” means knowledge that is coordinated, arranged, and systematized. To pray scientifically, you must form a clear mental image (coordinated, arranged, and systematized) as you make your request.

“Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.” Matthew 7:7. Here you are told that you shall receive that for which you ask. It shall be opened to you when you knock, and you shall find that for which you are searching. This teaching implies the definiteness of mental and spiritual laws. There is always a direct response from the Infinite Intelligence of your subconscious mind to your conscious thinking. If you ask for bread, you will not receive a stone.

You must ask believing, if you are to receive. Your mind moves from the thought to the thing. Unless there is first an image in the mind, it cannot move, for there would be nothing for it to move toward. Your prayer, which is your mental act must be accepted as an image in your mind before the power from your subconscious will play upon it and make it productive. You must reach a point of acceptance in your mind, an unqualified and undisputed state of agreement. This contemplation should be accompanied by a feeling of joy and restfulness in foreseeing the certain accomplishment of your desire.

The sound basis for the art and science of true prayer is your knowledge and complete confidence that the movement of your conscious mind will gain a definite response from your subconscious mind, which is one with boundless wisdom and infinite power. By following this procedure, your prayers will be answered.

The Visualization Technique

The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind’s eye as vividly as if it were alive. You can see with the naked eye only what already exists in the external world; in a similar way, that which you can visualize in your mind’s eye already exists in the invisible realms of your mind. Any picture you have in your mind is the substance of things hoped for and the evidence of things not seen. What you form in your imagination is as real as any part of your body. The idea and the thought are real and will one day appear in your

objective world if you are faithful to your mental image. This process of thinking forms impressions in your mind; these impressions in turn become manifested as facts and experiences in your life.

The builder visualizes the type of building he wants; he sees it as he desires it to be completed. His imagery and thought processes become a plastic mold from which the building will emerge—a beautiful or an ugly one, a skyscraper or a very low one. His mental imagery is projected as it is drawn on paper. Eventually, the contractor and his workers gather the essential materials, and the building progresses until it stands finished, conforming perfectly to the mental patterns of the architect.

I use the visualization technique prior to speaking from the platform. I quiet the wheels of my mind in order that I may present to the subconscious mind my images of thought. Then, I picture the entire auditorium and the seats filled with men and women, and each one of them illumined and inspired by the infinite healing presence within each one. I see them as radiant, happy, and free. Having first built up the idea in my imagination, I quietly sustain it there as a mental picture while I imagine I hear men and women saying, “I am healed,” “I feel wonderful,” “I’ve had an instantaneous healing,” “I’m transformed.” I keep this up for about ten minutes or more, knowing and feeling that each person’s mind and body are saturated with love, wholeness, beauty, and perfection. My awareness grows to the point where in my mind I can actually hear the voices of the multitude proclaiming their health and happiness; then I release the whole picture and go onto the platform. Almost every Sunday some people stop and say that their prayers were answered.

The Mental Movie Method

The Chinese say, “A picture is worth a thousand words.” William James, the father of American psychology, stressed the fact that the subconscious mind will bring to pass any picture held in the mind and backed by faith. Act as though I am, and I will be.

A number of years ago I was in the Midwest lecturing in several states, and I desired to have a permanent location in the general area from which I could serve those who desired help. I traveled far, but the desire did not leave my mind. One evening, while in a hotel in Spokane, Washington, I relaxed completely on a couch, immobilized my attention, and in a quiet, passive manner imagined that I was talking to a large audience, saying in effect, “I am glad to be here; I have prayed for the ideal opportunity.” I saw in my mind’s eye the imaginary audience, and I felt the reality of it all. I played the role of the actor, dramatized this mental movie, and felt satisfied that this picture was being conveyed to my subconscious mind, which would bring it to pass in its own way.

The next morning, on awakening, I felt a great sense of peace and satisfaction, and in a few days’ time I received a telegram asking me to take over an organization in the Midwest, which I did, and I enjoyed it immensely for several years. The method outlined here appeals to many who have described it as “the mental movie method.”

I have received numerous letters from people who listen to my radio talks and weekly public lectures, telling me of the wonderful results they get using this technique in the sale of their property. I suggest to those who have homes or property for sale that they satisfy themselves in their own mind that their price is right. Then, I claim that the Infinite Intelligence is attracting to them the buyer who really wants to have the property and who will love it and prosper in it. After having done this I suggest that they quiet their mind, relax, let go, and get into a drowsy, sleepy state, which reduces all mental effort to a minimum. Then, they are to picture the check in their hands, rejoice in the check, give thanks for the check, and go off to sleep feeling the naturalness of the whole mental movie created in their own mind.

They must act as though it were an objective reality, and the subconscious mind will take it as an impression, and through the deeper currents of the mind the buyer and the seller are brought together. *A mental picture held in the mind, backed by faith, will come to pass.*

The Baudoin Technique

Charles Baudoin was a professor at the Rousseau Institute in France. He was a brilliant psychotherapist and a research director of the New Nancy School of Healing, who in 1910 taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy state, or a state akin to sleep in which all effort was reduced to a minimum. Then in a quiet, passive, receptive way, by reflection, he would convey the idea to the subconscious. The following is his formula:

A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea which is to be the object of suggestion, to sum it up in a brief phrase which can be readily graven on the memory, and to repeat it over and over again as a lullaby.

Some years ago, a young lady in Los Angeles was engaged in a prolonged bitter family lawsuit over a will. Her husband had bequeathed his entire estate to her, and his sons and daughters by a previous marriage were bitterly fighting to break the will. The Baudoin technique was outlined to her, and this is what she did: She relaxed her body in an armchair, entered into the sleepy state and, as suggested, condensed the idea of her need into a phrase consisting of six words easily graven on the memory. “It is finished in Divine Order.”

The significance to her of these words meant that Infinite Intelligence operating through the laws of her subconscious mind would bring about a harmonious adjustment through the principle of harmony. She continued this procedure every night for about ten nights. After she got into a sleepy state, she would affirm slowly, quietly, and feelingly the statement: “It is finished in Divine Order,” over and over again, feeling a sense of inner peace and an all pervading tranquility; then she went off into her deep, normal sleep.

On the morning of the eleventh day, following the use of the above technique, she awakened with a sense of wellbeing, a conviction that it was finished. Her attorney called her the same day, saying that the opposing attorney and his clients

were willing to settle. A harmonious agreement was reached, and litigation was discontinued.

The Sleeping Technique

By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts, which tend to neutralize your desire and so prevent acceptance by your subconscious mind, are no longer present.

Suppose you want to get rid of a destructive habit. Assume a comfortable posture, relax your body, and be still. Get into a sleepy state, and in that sleepy state, say quietly, over and over again as a lullaby, “I am completely free from this habit; harmony and peace of mind reign supreme.” Repeat the affirmation slowly, quietly, and lovingly for five or ten minutes prior to sleep at night and upon waking each morning. Each time you repeat the words the emotional value becomes greater.

When the urge comes to engage in the negative habit, repeat the above formula out loud by yourself. By this means you induce the subconscious to accept the idea, and a healing follows.

The "Thank You" Technique

In the Bible, Paul recommends that we make known our requests with praise and thanksgiving. Some extraordinary results follow this simple method of prayer. The thankful heart is always close to the creative forces of the universe, causing countless blessings to flow toward it by the law of reciprocal relationship, based on a cosmic law of action and reaction.

For instance, a father promises his son a car for graduation; the boy has not yet received the car, but he is very thankful and happy, and is as joyous as though he had actually received the car. He knows his father will fulfill his promise, and he is full of gratitude and joy even though he has not yet received the car, objectively speaking. He has, however, received it with joy and thankfulness in his mind.

Here is how Mr. Broke applied this technique with excellent results: He said, "Bills are piling up, I am out of work, I have three children and no money. What shall I do?" Regularly every night and morning, for a period of about three weeks, he repeated the words, "Thank you, Father, for my wealth," in a relaxed, peaceful manner until the feeling or mood of thankfulness dominated his mind. He imagined he was addressing the infinite power and intelligence within him knowing, of course, that he could not see the creative intelligence or infinite mind. He was seeing with the inner eye of spiritual perception, realizing that his thought image of wealth was the first cause, relative to the money, position, and food he needed. His thought feeling was the substance of wealth untrammeled by antecedent conditions of any kind.

By repeating, “Thank you, Father,” over and over again, his mind and heart were lifted up to the point of acceptance, and when fear and thoughts of lack, poverty, and distress came into his mind, he would say, “Thank you, Father,” as often as necessary. He knew that as he kept up the thankful attitude he would recondition his mind to the idea of wealth, which is what happened.

The sequel to his prayer is very interesting. After praying in the abovementioned manner, he met a former employer of his on the street whom he had not seen for twenty years. The man offered him a very lucrative position and advanced him $500 on a temporary loan. Today, Mr. Broke is vice-president of the company for which he works. His recent remark to me was, “I shall never forget the wonders of ‘Thank you, Father.’ It has worked wonders for me.”

The Argumentative Method

This method is just what the word implies. It stems from the procedure of Dr. Phineas Parkhurst Quimby of Maine. Dr. Quimby, a pioneer in mental and spiritual healing, lived and practiced in Belfast, Maine, about one hundred years ago. A book called *The Quimby Manuscripts,* published in 1921 by Thomas Y. Crowell Company, New York City, and edited by Horatio Dresser, may be available in your library. This book gives newspaper accounts of this man’s remarkable results in prayer treatment of the sick.

Quimby duplicated many of the healing miracles recorded in the Bible. In brief, the argumentative method employed according to Quimby consists of spiritual reasoning where you convince the patient and yourself that his sickness is due to his false belief, groundless fears, and negative patterns lodged in his subconscious mind. You reason it out clearly in your mind and convince your patient that the disease or ailment is due only to a distorted, twisted pattern of thought, which has taken form in his body. This wrong belief in some external power and external causes has now externalized itself as sickness, and can be changed by changing the thought patterns.

You explain to the sick person that the basis of all healing is a change of belief. You also point out that the subconscious mind created the body and all its organs; therefore, it knows how to heal it, can heal it, and is doing so now as you speak. You argue in the courtroom of your mind that the disease is a shadow of the mind based on disease soaked, morbid thought imagery. You continue to build up all the evidence you can muster on behalf of the healing power within, which created all the organs in the first place, and which has a perfect pattern of every cell, nerve, and tissue within it. Then, you render a verdict in the courthouse of your mind in favor of yourself or your patient. You liberate the sick one by faith and spiritual understanding. Your mental and spiritual evidence is overwhelming; they’re being but one mind, what you feel as true will be resurrected in the experience of the patient.

The Absolute Method

Many people throughout the world practice this form of treatment with wonderful results. The person using the absolute method mentions the name of the patient, such as John Jones, then quietly and silently thinks of God and God's qualities and attributes, such as, God is all bliss, boundless love, infinite intelligence, all powerful, boundless wisdom, absolute harmony, indescribable beauty, and perfection.

As he quietly thinks along these lines he is lifted up in consciousness into a new spiritual wave length, at which times he feels the infinite ocean of God's love is now dissolving everything unlike itself in the mind and body of John Jones for whom he is praying. He feels all the power and love of God are now focused on John Jones, and whatever is bothering or vexing him is now completely neutralized in the presence of the infinite ocean of life and love.

The absolute method might be likened to the sound wave or sonic therapy recently shown me by a distinguished physician in Los Angeles. He has an ultra sound machine that oscillates at a tremendous frequency and sends sound waves to any area of the body to which it is directed. These sound waves can be controlled, and he told me of achieving remarkable results in dissolving arthritic calcareous deposits, as well as the healing and removal of other disturbing conditions.

To the degree that we rise in consciousness by contemplating qualities and attributes of God, we generate spiritual electronic waves of harmony, health, and peace. Many remarkable healings follow this technique.

Dr. Phineas Parkhurst Quimby, mentioned previously, used the absolute method in the latter years of his healing career. He was really the father of psychosomatic medicine and the first psychoanalyst. He had the capacity to diagnose clairvoyantly the cause of the patient's trouble, pains, and aches. The following is a condensed account of the healing of a cripple as recorded in Quimby's manuscripts.

Quimby was called on to visit a woman who was lame, aged, and bedridden. He states that her ailment was due to the fact that she was imprisoned by a system of belief so small and contracted that she could not stand upright and move about. She was living in the tomb of fear and ignorance; furthermore, she was taking the Bible literally, and it frightened her. "In this tomb," Quimby said, "was the presence and power of God trying to burst the bands, break through the bonds, and rise from the dead." When she would ask others for an explanation of some passage of the Bible, the answer would be a stone; then she would hunger for the bread of life.

Dr. Quimby diagnosed her case as a mind cloudy and stagnated, due to excitation and fear, caused by the inability to see clearly the meaning of the passage of the Bible, which she had been reading. This showed itself in the body by her heavy and sluggish feeling, which would terminate as paralysis. At this point Quimby asked her what was meant in the Bible verses: Yet a little while am I with you, and then I go unto Him that sent me. Ye shall seek me, and shall not find me: and where I am, thither ye cannot come. JOHN 7:33-34. She replied that it meant Jesus went to heaven.

Quimby explained what it really meant by telling her that being with her a little while meant his explanation of her symptoms, feelings, and their causes; i.e., he had compassion and sympathy for her momentarily, but he could not remain in that mental state. The next step was to go to Him that sent us, which, as Quimby pointed out, was the creative power of God in all of us. Quimby immediately traveled in his mind and contemplated the divine ideal; i.e., the vitality, intelligence, harmony, and power of God functioning in the sick person. This is why he said to the woman, “Therefore, where I go you cannot come, for you are in your narrow, restricted belief, and I am in health.” This prayer and explanation produced an instantaneous sensation, and a change came over her mind. She walked without her crutches!

Quimby said it was one of the most singular of all his healings. She was, as it were, dead to error, and to bring her to life or truth was to raise her from the dead. Quimby quoted the resurrection of Christ and applied it to her own Christ or health; this produced a powerful effect on her. He also explained to her that the truth, which she accepted, was the angel or idea, which rolled away the stone of fear, ignorance, and superstition, thereby, releasing the healing power of God, which made her whole.

The Decree Method

Power goes into our word according to the feeling and faith behind it. When we realize the power that moves the world is moving on our behalf and is backing up our word, our

confidence and assurance grow. You do not try and add power to power; therefore, there must be no mental striving, coercion, force, or mental wrestling.

A young girl used the decree method on a young man who was constantly phoning her, pressing her for dates, and meeting her at her place of business; she found it very difficult to get rid of him. She decreed as follows: “I release _____ unto God. He is in his true place at all times. I am free, and he is free. I now decree that my words go forth into infinite mind and it brings it to pass. It is so.”

She said he vanished and she has never seen him since, adding, “It was as though the ground swallowed him up.” Thou shalt decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways. JOB 22:28.

PART FOUR: UNLOCK THE INFINITE POWER WITHIN YOU

Within you is an Infinite Power that can lift you up, heal you, inspire you, guide you, direct you, and set you on the high road to happiness, freedom, peace of mind, and the joy of fulfilled and triumphant living.

Vast numbers of people in all walks of life go forward day by day, achieving and accomplishing great things. They are vital, strong, and healthy, and are contributing countless blessings to humanity. They seem to be imbued or possessed with a primal force that constantly works for their benefit.

You, too, have this same inner power. You simply need to learn how to align and communicate with this Infinite Power and put it to use it in your daily life. Here, I endeavor to explain the great basic, fundamental, and unlimited powers of your mind in the simplest and most direct language possible.

I urge you to study these pages sincerely, and to apply the many effective techniques suggested and programmed throughout this Part. As you do this I am convinced that your mental contact and communication with this Infinite Power within you will cause you to rise confidently above confusion, misery, melancholy, and failure.

This Infinite Power will unerringly guide you to your true place, solve your problems and difficulties, sever you forever from the conditions of lack and limitation, and set you on the road to higher aspects of living life gloriously and serenely.

What the Infinite Powers of the Mind Have Done for Others

I have taught and written about the miracle-working powers of the mind for over thirty years, here and abroad. I have witnessed the following changes in the lives of countless numbers of people who sincerely used the Infinite Powers of their mind:

- Wealth in great abundance
- New friends and wonderful companions in life
- Protection from all danger
- Healing of so-called incurable maladies
- Freedom from self-condemnation and self-criticism
- Public acclaim, honor, and recognition
- New vitality and a zest for life
- Marital peace and happiness where discord was
- Serenity in this changing world
- And, above all, the joy of the answered request

This miracle-working power operates in all walks of life and at all levels. According to my observation and experience, the people who use this Infinite Power come from every level of society and from every possible income bracket. They are

high school and college students, stenographers, taxi drivers, college professors, scientists, pharmacists, bankers, medical doctors, chiropractors, housewives, CEOs, motion picture directors, actors, and truck drivers.

These people have discovered this mysterious but intensely real Power that picked them up from failure, misery, lack, and despair, and solved their problems, wiped away their tears, cut them free from emotional and financial entanglement, and placed them upon the great high road to freedom from frustrating burdens and brought fame, fortune, glorious new opportunities for fulfilled living. Also, all these people discovered a magical healing love which mended their bruised and broken hearts and restored their souls for perfect living.

A Practical Approach

One of the most unique aspects of Infinite Power is its down-to-earth practicality and everyday utility. You will learn to use your inborn extraordinary ability to visualize future events and to allow the voice of intuition to guide you.

You will find all the necessary methods for using the Infinite Power within you in simple, usable techniques and formulas which you can readily apply in your everyday world. It not only answers questions, but gives solutions to personal problems, such as: How to gain confidence and poise, how to invoke success in business or a profession, how to use extrasensory perception to bless oneself and others, how to receive Divine guidance, how often to pray for a sick person,

how to cooperate with the doctor, and how to use affirmations effectively. This book tells why it is you may have prayed and apparently received no answers, and how to request and recognize Divine guidance. Everything necessary for your instant use of the tremendous powers of the Infinite is here made perfectly clear and workable.

How to Let Wonders Happen in Your Life

The greatest working truths in life are the simplest. In this Part, I present these great truths with the maximum of simplicity and dramatic clarity. Here I explain how to let yourself rise above any problems you may have, and how to receive guidance and the blessings of the answered request.

Every day of your life will become richer, grander, nobler, and more wonderful as you follow the specific techniques presented in these pages for releasing this Infinite Hidden Power within you for all good. Follow the instructions and tap this Infinite Power, and you will attract an abundance of all good things in life.

Begin now, by following these instructions, to release the imprisoned splendor within you and let wonders of all that is good and satisfying happen in your life.

Chapter 1

Enrich Your Life

The Infinite Power within you can lift you up from the midst of sickness, melancholia, failure, and frustration, and set you on the road to health, happiness, abundance, and security. I have seen miraculous transformations take place in men and women of all walks of life all over the world when they began contacting and releasing this Infinite Power within themselves.

Several months ago I spent two hours in a hospital talking with an alcoholic in the depths of despair. He began to use this Power and, as a result, is now strong, vital, and happy, and is operating a prosperous business. He was changed in the “twinkling of an eye,” and the Infinite Healing Power began to flow through him. His problems melted, peace came into his troubled mind, and he is back again with his wife and children.

This Infinite Power is positively, definitely, and absolutely waiting within you to be released. This Power is able to transform your life so completely, so radically, and so marvelously that after a few short weeks or months, it is possible that your close friends may not recognize you.

This Infinite Power was the source of redemption for a convicted criminal who had murdered several people and

who is now a God-like man helping others to live life gloriously and peacefully. This man said to me, “A month after I started contacting this Infinite Power which you told me about, I looked at myself in the mirror and suddenly I realized I was not the same man. I can’t repeat any of my former crimes.” Then he added, “I’m beginning to wonder if I could have been that murderer.” This man had discovered the Power within himself, which opens even prison doors, and it liberated him. The Infinite Healing Presence restored his soul.

This mysterious Infinite Power can produce miracles for you, too. As you peruse this and the following chapters, you will realize that you can direct the flow of this Power so that you can receive new ideas worth a fortune. All that is necessary is to have an open mind and a desire to lead a full, happy, exciting, and abundant life.

How You Can Use This Extraordinary Power

Through the ages men and women have been discovering an Infinite Power which revealed their hidden talents to them. They received inspiration from on High, and they also received marvelous and glorious original knowledge from the Infinite Storehouse within them. This Power can furnish you with the wisdom, power, and dynamics necessary to reach the goals selected by you. All you have to do is to cooperate and align yourself with It.

You can use this Infinite Power to attract the right partner in business, find the right friends; it can provide you with the

ideal home. You can prosper beyond your fondest dreams, and you can discover the joy and the freedom to be, and to do, and to travel as your heart desires.

How a Bellboy Discovered the Key to Instant Promotion

During my travels I spoke in Ottawa, Canada. After the talk, a young man chatted with me and told me that he had been a bellboy in New York City for two years and that a guest in the hotel had given him a paperback book entitled The Power of Your Subconscious Mind, a book I had written. He read it four times and, following its directions, began to repeat prior to sleep, “Promotion is mine now. Success is mine now. Wealth is mine now.” He lulled himself to sleep each night with these words, and at the end of about two weeks he was suddenly made Assistant Manager, and in six months General Manager, of a chain of hotels. He knew that the power flowing through him was from God. “Just think,” he said, “for several years of my life I was merely living on a trickle of the enormous potential within me.” This man learned how to release the Infinite Power within him, and his whole life has been harmonized by this wondrous working power.

How a College Girl Turned Failure into Instant Success

A few years ago, a young college girl came to see me at the request of her father. She was failing in college. I talked with

her and found she had a good mind and a solid foundation of knowledge of the law of the mind. I asked her, “Why are you down on yourself? Why have such a low estimate of yourself?” She flushed considerably and said, “Oh, I’m the dumb one in the family. Father says that I’ll never amount to much, that my brothers are smart, that they take after him, and that I’m stupid like my mother.” “Well,” I replied, “you are a child of God. All the infinite powers, attributes, qualities, and wisdom of God are within you waiting to be released and utilized. Tell your father from me that he should never make such frightfully negative statements to his daughter, but, rather, he should encourage you and remind you that the Infinite Intelligence of God is within you and when you call on It, It answers you. Tell him also that there are probably more of his genetic tendencies in you than those of your mother.”

I instructed her to repeat the following affirmation every morning before she went to class and every night prior to sleep:

> I am a child of God. I will never again underestimate my inner powers or demean myself in any way. I exalt God in the midst of me. I know God loves me and cares for me. It is written… *He careth for you* (I Peter 5:7). Whatever I read and study is absorbed readily by my mind and it is reflected back to me instantaneously when I need it. I radiate love to my father and brothers and teachers and to my mother in the next dimension, where I know she is happy and free. Infinite Intelligence guides my studies and reveals to me everything I need to know at all times. I esteem myself, and I have a new estimate of

> myself, for I know the real Self of me is God. Any time I am prone to criticize or condemn myself, I will immediately affirm, “God loves me and cares for me. I am His daughter.”

She practiced this affirmation process faithfully, and I am glad to report that she soon moved up in her grades and has since graduated from college magna cum laude. She discovered the Infinite Power for perfect living and began to release it. She ceased accepting the negative suggestions of her father and began to exalt God in the midst of her.

How You Can Use the Infinite Power to Make Your Dreams Come True

If you practice the principles of the Infinite Power for perfect living as portrayed and revealed in the following pages, you will see marvelous and fantastic changes for good taking place in your life. Your dreams, aspirations, ideas, and goals in life are thoughts, ideas, and mental pictures in your mind. You must realize that the idea or desire in your mind is as real as your hand or your heart. It has form, shape, and substance in another dimension of mind. Each chapter in this Part will show you how to accept your desire, feel its reality, and know the Infinite Power within you will bring it to pass in Divine order. The Infinite Power which gives you the desire also will reveal to you the perfect plan for its unfoldment. All you have to do is to accept it and believe in it, and the Infinite Intelligence within you will bring it to pass.

How Your Life Can Become an Exciting Adventure

The miracle-working power of the Infinite existed before you and I were born, and before any church or even the world itself existed. The great eternal truths and principles of life which bless, heal, inspire, and elevate you pre-date all religions. You are about to go forth on a journey into the inner recesses of your own mind, where you shall see how it works and learn of this wonderful, magical, healing, and transforming power that washes away all tears. You shall see how it binds up the wounds of the broken-hearted, proclaims liberty to the fear-ridden, disease-soaked mind, and liberates you completely from the self-imposed chains of poverty, failure, sickness, frustration, and limitations of all kinds.

All you need do is follow the simple but scientific methods outlined in the following chapters and then, *unite yourself*, mentally and emotionally, with the good you wish to experience. The Infinite Power will then lead you to the fulfillment of your heart's desire.

This mental and spiritual journey on which you are now embarking will be the most wonderful "chapter" in your life—a healing and revealing experience. It will prove to be exciting, joyous, and rewarding. Begin now, today. Let wonders and miracles happen in your life! Persist until day breaks and all the shadows disappear.

Chapter 2

Establish a Pattern for Richer Living

You were born to win and to triumph over all of the obstacles in life. God dwells within you and walks and talks within you. God is the Life-Principle within you. You are a channel of the Divine, and you are here to reproduce all the qualities, attributes, potencies, and aspects of God on the screen of space. That is how important and wonderful you are!

To win and triumph in the game of life, join with the Cosmic Power within you, and as you align yourself in thought and feeling with this Infinite Power, you will find the Cosmic Power moving on your behalf and enabling you to achieve victory and a triumphant life.

How a New Mental Picture of Himself Paid Rich Dividends

“I have been with my firm for ten years and have not received a promotion or a raise in salary. There must be something wrong with me,” a man, whom we shall call John, complained bitterly during his first consultation with me. While talking with him, I discovered that he had a subconscious pattern of failure guiding his affairs.

John was in the habit of downgrading himself constantly, saying to himself, “I am no good, I am always passed over, I’m losing my job, there is a jinx following me.” He was full of self-condemnation and self-criticism. I explained to him that these were two of the most destructive mental poisons he could generate, and that they would rob him of vitality, enthusiasm, energy, and good judgment, ultimately leaving him a physical and mental wreck. Moreover, I elaborated further on his negative statements by pointing out that such statements as “I am no good, I am always passed over,” were commands to his subconscious mind, which takes him literally, setting up blocks, delays, lack, limitation and impediments of all kinds in his life. The subconscious is like the soil, which takes all manner of seeds, both good and bad, and supplies nourishment for their development.

How John discovered the cause for failure within himself

He asked me, “Is this why I am passed over and ignored at our regular business conferences?” My answer was “Yes,” because he had formed a mental picture of rejection and expected to be slighted and ignored. He was actually blocking his own good. John proved the age-old Biblical truth, The thing which I greatly feared has come upon me (Job 3:25).

How he practiced a realistic technique for success

This is how John extricated himself from the patterns of self-rejection, failure and frustration. I suggested to him that he dwell on this great truth:

> …but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God…. (Phil. 3:13,14).

He asked, “How can I forget the snubs, hurts and rebuffs? It is pretty hard.” It can be done, but as I explained to him, he had to come to a clear-cut decision to drop the past and with positive determination to contemplate success, victory, achievement, and promotion. Your subconscious knows when you mean what you say and will automatically remind you when, due to habit, you are prone to demean yourself, and you will immediately reverse the thought and affirm the good here and now.

He began to perceive the fallacy, as well as the foolishness, of carrying a mental load of disappointment and failures of the past into the future. It is like carrying a heavy iron bar on your shoulders all day long, thereby bringing about exhaustion and fatigue. Whenever a thought of self-criticism or self-condemnation came to his mind, he faithfully reversed it by affirming, “Success is mine, harmony is mine, and promotion is mine.” After a while, the negative pattern was replaced by a constructive habit of thinking.

How John got to control his subconscious mind for success

I gave him the following simple technique to impregnate his subconscious mind. John was to begin to practice the art of picturing his wife congratulating him on his promotion while happily and enthusiastically embracing him. He made this mental picture very vivid and real by immobilizing his attention, relaxing his body, and focusing the lens of his mind on his wife. He would mentally converse with her as follows:

> Honey, I received a terrific promotion today, the boss complimented me, and I will receive $5,000 a year more in salary! Isn't it wonderful?

He then imagined her response and heard the tone of her voice, saw her smile and gestures. All were real in his mind. Gradually, this mental movie moved by a sort of osmotic pressure from his conscious to his subconscious mind. A few days ago, John came in to see me and said, "I had to let you know. They have made me District Manager! That mental movie did the trick!"

John, having learned how his mind worked, began to realize that his habitual pattern of thinking, plus his mental movie, were penetrating the layers of his subconscious mind and that the latter was being activated to attract all that he needed to bring his cherished desires to pass. As the Bible states:

> What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11:24).

This is simple language revealing to you that when you believe and live in the joyous expectancy of the best, you will receive the good you seek. John firmly believed that he would receive honor, recognition, promotion and a salary increase. According to his belief, was it done unto him.

John is a new man today and a happy one. He is buoyant and bubbling with enthusiasm. There is a light in his eye and a new emotional tone in his voice which indicates self-confidence and poise.

How a Mental Picture Produced a Million Dollars

I had a conversation at the Palm Springs Spa Hotel with a man from San Pedro who told me that at forty, his life was one of disappointment, failure, depression and disillusionment. He had attended a lecture on “The Miracle of the Mind,” given in San Pedro by the late Dr. Harry Gaze, world traveler and lecturer.

He said that after hearing that lecture he began to believe in himself and his inner powers. Always he had wanted to own and operate a movie theatre, but he had consistently failed

at everything and had no money. He began with this affirmation: “I know I can succeed, and I will own and operate a theatre.”

He told me that today he is worth $5 million and owns two theatres. He achieved success over supposedly insurmountable odds. His subconscious mind knew that he was sincere and that he meant to succeed. It knows your inner motivation and your real conviction. The Bible says: *Thou shalt decree a thing, and it shall be established unto thee* . . . (Job 22:28).

This man’s magic formula for success was the mental picture he carried and to which he remained faithful, and his subconscious mind revealed to him everything necessary for the unfolding of his dream.

How an Actress Triumphed Over Failure

A young actress came to see me, complaining bitterly about stage fright and panic during auditions and screen tests. She had failed, she said, to make the grade three times; she prolonged her doleful complaints into a lengthy diatribe.

I discovered quickly that her real trouble was that she had a mental picture of panic before the camera, and like Job of old, she was dooming herself to failure: *The thing which I greatly feared is come upon me* . . . (Job 3:25).

How she gained confidence and poise

I taught this young actress the workings of her conscious and subconscious mind, and she began to realize that as she gave attention to constructive thoughts, she would automatically bring into her experience the benefits accruing from the thoughts she dwelt upon. She devised a plan of her own for straight-line thinking, knowing that there is a law of mind which responds to what you decree yourself to be, provided, of course, you believe what you claim to be true about yourself. For example, the more frequently you affirm to yourself, “I am afraid,” the more fear you will generate. On the other hand, the more frequently you affirm, “I am full of faith and confidence,” the more confidence and self-assurance you will develop.

I suggested she type the following affirmations on an index card:

> I am full of peace, poise, balance, and equilibrium.
>
> I fear no evil for God is with me.
>
> I am always serene, calm, relaxed and at ease.
>
> I am full of faith and confidence in the only power there is—God.

I am born to win, succeed, and triumph.

I am successful in all my undertakings.

I am a marvelous actress and am immensely successful.

I am loving, harmonious, and peaceful and feel oneness with God.

She carried this index card with her. On trains, airplanes, and at frequent intervals during the day, she focused her mind on these truths. Actually, she committed them to memory after three or four days. As she reiterated these truths, they sank down into her subconscious mind and she discovered that these affirmations containing wonderful spiritual vibrations neutralized the noxious patterns of fear, doubt, and inadequacy in her subconscious mind. She became poised, serene, calm, and full of self-confidence. She had discovered the cosmic power for perfect living.

How her “mental movie” worked a miracle

She practiced the following technique for about five or six minutes morning, afternoon, and night:

She relaxed her body, sat quietly in a chair, and began to imagine that she was before the camera—poised, serene, calm, and relaxed. She visualized herself as completely

successful and imagined hearing congratulatory comments by the author and by her agent. She dramatized the role as only a good actress can and made it very real and vivid. She realized that the Cosmic Power that moves the world also moves through the mental picture in her mind, compelling her to give marvelous renditions.

A few weeks later, her agent got another screen test for her, and she was so enthusiastic and exhilarated with the idea of triumph that she gave a wonderful performance. Today, with success following success, she is well on her way to becoming a great star.

You Are Rich and Successful Because of What You Are Inside

I had an interesting conversation with a man at the Kona Inn on the island of Hawaii. He told me a fascinating story of his youth. He was born in London, England, and when he was very young his mother told him that he had been born into poverty, but that his cousin had been born into opulence and a vast fortune because this is the way God equalizes things. He said that later he discovered that what she had meant was that in a former life he had been very wealthy, and now God was getting even with him so that He sent him back to earth born into poverty in order to equalize justice.

“This,” he said, “I looked upon as unmitigated balderdash; furthermore, I realized that the Cosmic Law is no respecter

of persons, that God gives to all *according to their beliefs*, and that a man may be a multimillionaire possessing millions of English pounds sterling and be very illumined and spiritual at the same time. Some of the financially poor people, on the other hand, were most malevolent, selfish, envious and covetous."

During his youth this man sold papers in London and washed windows; he went to school at night and worked his way through college; he is now one of the top surgeons in England. His motto in life is: "You go where your vision is." His vision was to become a surgeon, and his subconscious mind responded according to the mental image held in his conscious mind.

His cousin's father had been a multimillionaire and had given his son everything possible: private tutors, special educational trips to Europe, and he had sent him to Oxford University for five years. He provided his son with servants, automobiles, and all expenses. The cousin turned out to be a failure! He had been overindulged and had no confidence or self-reliance. He had no incentives, no obstacles to overcome, and no hurdles to rise above. He became an alcoholic and a rank failure in the art of living.

Which one was rich and which one was poor? The surgeon has overcome his handicaps. He said to me that he is thankful that he came up the hard way. "Justice is of the mind, and if a person agrees with life for a penny a day, that is all he will receive." This man discovered that riches, success, achievement and prosperity are all of the mind, for as a man sows in his subconscious mind so also shall he reap.

Why You Have the Chance of a Lifetime Always with You

Recently, a man said to me, “I had no chance in life. I was born into a poor family, and we never had enough to eat. I saw other boys in school whose fathers had lovely homes, private swimming pools, automobiles, and all the money they needed. Life is so unfair!”

I explained to him that often the hardship of poverty can be the impetus to push you to the highest pinnacle of success. A beautiful home, a swimming pool, riches, prestige, success, a gold carriage, a Rolls Royce—all are ideas in the mind of man, which is one with the Infinite Mind of God.

Helen Keller’s secret for the good in her life

I explained to this man that the thinking of many people is wholly illogical, irrational, and most unscientific. For example, they say that Helen Keller’s birth was an injustice, since she was deprived of her senses of sight and hearing in infancy. But she began to use the riches of the mind, and her blue eyes were enabled to “see,” probably better than most people, the color of all the pageantry in opera; her deaf ears in a similar manner could “hear” the crescendos, diminuendos, and the full volume of orchestral music. She was perfectly aware of the clear notes of the lyric soprano, and she could grasp the humor of the play.

Helen Keller accomplished tremendous good in the world. Through meditation and affirmation she awakened the inner eye and uplifted the minds and hearts of the deaf and the blind everywhere. She contributed faith, confidence, joy, and a tremendous spiritual uplift to thousands of shut-ins and others in the world. Indeed, she has accomplished much more than many people who have eyes and ears. She was not unfortunate or discriminated against by birth. There is no such thing as underprivileged or over-privileged.

THE MAGICAL KEY TO TURN FOR SUCCESS

The man was deeply moved by the story of Helen Keller, and I wrote for him the Cosmic plan for success in the form of the following affirmation:

> I am in my true place in life, doing what I love to do, and am Divinely happy. I have a lovely home, a kind and wonderful wife, and a new car. I am giving of my talents to the world in a wonderful way, and God is revealing to me better ways in which I can serve humanity. I definitely and positively accept the fact that a new and wonderful opportunity is opening up for me. I know I am Divinely guided in all ways to my highest expression. I believe and accept abundance and security. I believe marvelous and wonderful opportunities are opening up for me now. I believe I am being prospered beyond my fondest dreams.

He had this affirmation typed on a card which he carried with him at all times, repeating these truths regularly and systematically for fifteen minutes, three times a day. When fear or anxiety came to his mind, he would pull the card out and reiterate these truths, knowing that the negative thoughts are always obliterated and dissipated by the higher constructive thoughts.

The power of belief in action

He realized that ideas are conveyed to the subconscious by repetition, belief, and expectancy, and the miracle-working power of his subconscious mind went to work on the impressions made upon it, as its nature is to respond according to habitual thinking.

Three months later all the things he meditated on came to pass. He is now married and has a lovely home, he has his own business which his wife bought for him, and he is doing what he loves to do and is Divinely happy. He has become a member of the Town Council and is contributing his services to the Boy Scouts of America and other worthwhile organizations. He had the chance of a lifetime—and so have you!

How a Salesman Helped Himself to a Promotion

A pharmaceutical salesman had not received a promotion in eight years; yet other co-workers, apparently less qualified, had been promoted to higher echelons of the business. His trouble was that he had a rejection complex.

My advice to him was to be nice to himself and to like himself more, because in reality the Self is God. I explained to him that he was the house where God lived and that he should have a healthy, reverent, wholesome respect for the Divinity within him which created him, gave him life, and equipped him with all the powers of the God-head. This would enable him to transcend all obstacles, to rise to affluence and perfect expression, and to acquire the capacity to lead a full and happy life.

This salesman quickly realized that he could use the same amount of mental energy to think constructive thoughts as destructive ones. He decided to stop thinking of reasons why he could not succeed, and he began to think of reasons why he could become a success. He practiced using the following affirmation:

> From this moment forward, I place a new value on myself. I am conscious of my true worth. I am going to stop rejecting myself and definitely will never demean myself again. Whenever the thought of self-criticism comes to me, I will immediately affirm, “I exalt God in the midst of me.” I respect and honor the Self of me which is God. I maintain a healthy, wholesome, reverent respect for the Infinite Power within me which is All-Wise and All-Knowing; It is the Ever-Living One, and the

> Self-Renewing Presence and Power. By day and by night, I am advancing, moving forward, and growing, spiritually, mentally, and financially.

This salesman set aside a certain period three times a day and identified himself with these truths, thereby gradually saturating his mind with poise, balance, and equilibrium, plus a sense of his true values. As a result, after about three months, he became sales manager in the Midwest. In a recent note, he said, “I am on the way up, thanks to you.”

The magic-mirror technique

In addition to the above mental and spiritual exercise, and in order to enable him to perceive the true sense of his own worth and importance in the scheme of life as a human being endowed with unique and extraordinary talents and abilities not yet released but dormant within him, I recommended that he practice the age-old mirror treatment. This is how he practiced it in his own words:

Every morning after shaving, I looked into the mirror and said to myself boldly, feelingly and knowingly, “Tom, you are absolutely outstanding, you are a tremendous success, you are full of faith and confidence and you are immensely wealthy. You are loving, harmonious and inspired.” I am one with God, and one with God is a majority. I am continuing this practice every morning. I am amazed at the many wonderful changes which have taken place in my business, finances, circle of friends, and in my home life. It has been two months since you gave me these two affirmation

techniques and I have been promoted to sales manager in the Midwest.

This salesman identified himself with the truths he affirmed and established a new image of himself, thereby saturating his mind with poise, balance, equilibrium, prosperity, and self-confidence. He believed implicitly in the response of his subconscious mind to his conscious mind activity, thereby discovering the majestic psychological truth of the Bible: If thou canst believe, all things are possible to him that believeth (Mark 9:23).

How an Office Manager Overcame Personality Defects

During an interview, an office manager said to me that everyone in his office felt that he was too bossy, too critical, and too gloomy; there was a constant turnover in his office, and the general manager had complained about the number of resignations.

I explained to him that overexerting authority usually is a sign of lack of confidence; the person is trying to make himself feel self-reliant. A person can possess a quiet, orderly mind and never order others around in an arrogant manner, and yet be completely self-reliant; the noisy, loud-mouthed persons lack sincerity and inner balance.

At my suggestion he began to praise some of the employees for work well done, and he found that he would usually receive a corresponding friendly response, for by praising them he was building up their confidence in themselves. He ceased his constant criticism and carping attitude which marred the harmony of the office, and he also ceased the inner self-deprecation which was in reality the cause of his trouble.

A secret technique for a better personality for success

In order to eradicate gloom, he began to practice deep breathing in conjunction with a specific affirmation. As he inhaled, he affirmed “I am” and as he exhaled, he affirmed “cheerful.” Through practice he was able to hold his breath a longer time between inhalation and exhalation. He practiced this deep breathing fifty times and a hundred times until he got a deep subconscious response. Now he says he gets best results by thinking “I am cheerful” while inhaling and while exhaling. He has proved the physiological value and sensation of well-being which routinely follows the drawing of deep breaths, which also favors impregnating the subconscious mind with constructive ideas.

In addition, he practiced the following mental and spiritual prescription several times daily by affirming as follows:

> From this moment forward, I cease all self-recrimination. I know there is nothing perfect in this universe, and I realize, also that all my employees and associates cannot possibly be

perfect in all ways. I rejoice in their confidence, faith, cooperation, and interest in the work well done. I constantly identify with the good points in each of my associates.

I am always confident in doing what I know well, and I gain confidence daily in other directions. I know that self-assurance and self-reliance are habits, and I can develop the wonderful habit of self-reliance just the same way as I recently gave up smoking. I supplant timidity with assurance, faith, and confidence in an Almighty Power which responds to my habitual thinking. I speak kindly to all my employees. I salute the Divinity within them, and I reiterate constantly, “I can do all things through the Power of God which strengthens me.” When thoughts of self-criticism come to me, I supplant them immediately with this truth: “I exalt God in the midst of me.”

This office manager made it a practice to affirm these truths about six times slowly, quietly, and lovingly three times a day, knowing what he was doing and why he was doing it. He was building a new, constructive habit which displaced the old. At the end of six weeks, he was a transformed man, full of serenity and inner self-reliance. He promoted himself to Vice-President of the corporation with an income of $10,000 a year.

The Bible is right when it says: . . . *Be ye transformed by the renewing of your mind* . . . (Rom. 12:2).

Chapter 3

Achieve Power and Control over Your Life

I constantly receive letters from all over the country and from many foreign countries, and I find that most of the writers personally experience great vacillations of fate and fortune. Many write and say something along these lines: “I get along fine for several months, in both health and finances, and then suddenly I find myself in the hospital or I meet with an accident or experience a great financial loss.” Others say, “Sometimes I’m happy, joyous, vital, and bubbling over with enthusiasm, and suddenly an acute wave of depression seizes me. I can’t understand it.”

I have just finished interviewing a business executive who, some months ago, had reached what he termed the pinnacle of success and then, to use his own words, “the roof fell in” on him. He had lost his home, his wife had deserted him, and he had suffered a tremendous loss on the stock market. He asked me, “Why did I rise so high and fall so suddenly? What am I doing wrong? How can I control these ups and downs?”

How This Busy Executive Learned to Control His Life

This executive wanted to escape from these swings of fortune and health and to lead a balanced life. I explained to him that he could steer his life in the same manner as he steers his car to work every morning: The green lights say to go ahead; you can take your foot off the brake and step on the accelerator. You stop at the red lights, and, following the rules of the road, you arrive at your destination in Divine order.

I gave him the following spiritual formula with instructions to affirm these truths in the morning before entering his car, in the afternoon after lunch, and at night prior to sleep:

> I know that I can steer my thoughts and imagery. I am in control, and I can order my thoughts to give attention to what I desire. I know there is a Divine Power and Presence within me which I am now resurrecting and which responds to my mental call upon it. My mind is God's mind, and I am always reflecting Divine wisdom and Divine intelligence. My brain symbolizes my capacity to think wisely and spiritually. I am always poised, balanced, serene, and calm. God's ideas govern my mind and are in complete control; I no longer am subject to violent swings of mood, health, and wealth. My thoughts and words are always constructive and creative. My words are full of life, love, and feeling; this makes my affirmations, thoughts, and words creative. Divine Intelligence operates through me and reveals to me what I need to know, and I am at peace.

The executive made a habit of using this affirmation regularly and systematically, and as he continued to do so, gradually he reconditioned his mind to harmony, health, serenity, and poise. He no longer suffers from those changes in fortune of which he spoke, and he is leading a poised, balanced, and creative life.

The Bible says: *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isa. 26:3).

How a Teacher Conquered Her Frustration

A teacher opened an interview with me with these remarks: “I’m in a rut. I feel frustrated; I have failed in love. I’m sick in mind and body. I am full of guilt, and I feel intellectually incompetent. Henry Thoreau was right when he said that the mass of men lead lives of quiet desperation!”

This young lady was quite attractive, well-read, very intelligent, and intellectually competent, but she was demeaning herself and was full of self-condemnation and self-criticism, all of which are deadly mental poisons and rob you of vitality, enthusiasm, and energy, and leave you a physical and mental wreck.

I explained to her that all of us have our ups and downs, our depressions, griefs, and illnesses, until we decide to control our lives and do our own constructive thinking. Otherwise, all of us will be subject to the mass mind which believes in

sickness, accident, misfortune, and tragedies. Furthermore, we feel that we are subject to conditions and environments and that we are victims of our early training, indoctrination, and heredity.

The magic of giving up frustrating thought habits

Our state of mind, and our beliefs, convictions, and conditioning control and determine our future. I explained to her that her present condition was due simply to the habitual force and authority of many thousands of thoughts, images, and feelings which she had consciously and unconsciously acquired and repeated through many years.

“Furthermore,” I added, “you have said that you have traveled through Europe, the Orient, and North America several times, but you have not traveled anywhere *within yourself*. You are like the elevator man who says, `I go up and down all day long, but I don’t get anywhere in life.’ You are repeating the same old patterns of thinking and idle wishing—the same routine procedures, plus constant mental agitation, turmoil, and grievances against your superiors, your pupils, and the school board.”

How to travel mentally and spiritually for self-renewal

She decided to make a definite change, to get out of the old routine and to begin to experience the beauties, the satisfactions, and the glories of life. She affirmed the

following truths several times daily, knowing that what she accepted consciously would find its way to her subconscious mind, and that by repetition she would recondition her mind to the success, happiness, and joy of life which she deserved to experience. The following spiritual medicine was imbibed by her through her eyes and ears several times daily:

> I am going to travel mentally and spiritually within myself and discover the treasure house of eternity within my depths. I am definitely and positively going to break the old routine. I am going to go to work by a different route every morning and will come home by a different way. I will no longer think according to the headlines of the newspapers or listen to gossip and negative thoughts about lack, limitation, disease, war, and crime. I know that everything I do and experience in life is due to my thinking—conscious or unconscious. I realize that if I do not think for myself, the mass mind impinges on my subconscious mind and does my thinking for me, which is mostly negative and destructive.
>
> A revolution is now taking place in my mind, and I know that my life is transformed by the renewal of my mind. I immediately cease railing and mentally fighting conditions, as I know that this attitude actually magnifies my troubles. I now affirm and rejoice that I am an expression of God and that God hath need of me where I am; otherwise, I would not be here. God is in action in my life, which means all-around harmony and serenity.

This repetitive affirmation process worked wonders in the life of this college teacher. As she turned on the green light of constructive, confident thinking and became certain in the knowledge that all these mental seeds deposited in the subconscious would grow after their kind, love came into her life; she married the president of the college! She has received promotion in her profession, and she has had inner spiritual experiences, discovering that she had a great talent for painting, which has brought her endless joy. She is now releasing the imprisoned splendor within. Truly, affirmation changes your life!

How a Businessman Successfully Rebuilt His Business

A pharmacist confided to me, “I am down in the depths! How can I go up the ladder? Thieves stole thousands of dollars of merchandise and money from my store, and my insurance covers only part of the loss. I have lost a small fortune in the stock market. How do you expect me to think constructive thoughts about that?”

“Well,” I replied, “you can decide to think whatever you choose about anything. What you have lost has nothing to do with the way you decide to think about it. It is not what life does to you, it’s the way you react to it.”

I pointed out to this pharmacist that the thieves and the losses in the stock market did not and could not steal from

him his nights and days, his health, the sun, the moon, or the stars, called the daily bread of the soul.

I also pointed out to him, “You are rich mentally and spiritually. You have a loving, kind, and understanding wife and two wonderful boys in college. No one can steal from you your knowledge of pharmacy, *materia medica*, pharmaceutical chemistry, or your business acumen and sagacity—all of these are riches of the mind.

“The thieves have not taken away from you your knowledge of the law of your subconscious mind or the way of the Infinite Spirit within you. It is foolish for you to dwell on the negatives. Chant the beauty of the good! It is now time for you to stir up the gift of God within you and to go forward in the light. Get in league with the universal Presence and Power which will restore to you manifold all the riches of life.”

The Cosmic Law of action and reaction and how to use it

“Now,” I said, “you know that you cannot gain or lose anything except through your mind; therefore, you will not admit the loss, but you will identify mentally and emotionally with the $30,000 you have lost, and whatever you mentally claim and feel to be true, your subconscious will honor, validate, and manifest for you. This is the law of action and reaction which is cosmic and universal.”

Accordingly, he affirmed as follows:

> I am constantly on my guard against negative thinking, and I cast it out of my mind whenever it tends to enter in. I have faith in the Infinite Power and Presence that always works for good. My faith is in the goodness and guidance of the Infinite God. I open my mind and heart to the influx of the Divine Spirit, and I discover an ever increasing sense of power, wisdom, and understanding.
>
> I am mentally and emotionally identified with the $30,000, and I know that I cannot lose anything except as I accept the loss which I positively, definitely, and absolutely refuse to accept. I know the way my subconscious works. It always magnifies what I deposit in it; therefore, the money comes back to me pressed down, shaken together, and running over.
>
> I know that I will no longer experience the ups and downs of life, but that I will lead a dynamic, creative, balanced, and purposeful life. I know that affirmation is the contemplation of the truths of God from the highest standpoint. I know that the thoughts and ideas I habitually dwell upon become dominant in my mind, and they rule, govern, and control all my experiences. My family, my store, and all my investments are watched over by the Overshadowing Presence of God, and the whole armor of God surrounds me, enfolds me, and enwraps me. I bear a

> charmed life. I know that eternal vigilance is the price of peace, harmony, success, and prosperity. With mine eyes stayed on God, there is no evil on my pathway.

The pharmacist made a habit of reiterating and affirming these eternal truths. After some weeks had passed, his broker called him and gleefully informed him that he had recuperated all his losses due to a rebound on the stock market. Furthermore, he received a wonderful offer for a piece of land he had held for ten years; he sold it for $60,000, his original investment in the land being $5,000.

He has discovered the wonderful workings of his mind and realizes he does not have to suffer from the ups and downs of life.

The Mass Mind and How to Overcome Its Negative Effects on You

The *mass mind* simply means the mind operating in seven billion people in this world. All of them are thinking into the one universal mind, and it does not take much stretch of the imagination to realize the kind of imagery, feelings, beliefs, superstitions, and ugly, negative thoughts impressed on that universal mind.

It is also true that millions of people throughout the world are pouring into the mass mind—sometimes referred to as universal consciousness—thoughts of love, faith,

confidence, joy, goodwill, and success, plus feelings of triumph, accomplishment, and victory over problems and an emanation of peace and goodwill to all men. However, they are still in the vast minority, and the dominant feature of the mass mind is one of negativity.

The mass mind believes in accidents, sickness, misfortune, wars, crimes, disasters, and catastrophes of all kinds. The mass mind is rampant with fear, and the children of fear are hate, ill will, resentment, hostility, anger, and disease.

It is, therefore, very simple for anyone who wants to think at all to realize that he will be subject to trials and tribulations of all kinds until he learns to affirm scientifically—and to keep up his armor of protection. All of us are subject to the influence of the mass mind, the spell of negativity, the sway and power of propaganda, and the opinions of others. And, as long as we refuse to become “straight-line” thinkers, we shall experience the violent swings of fortune and misfortune, sickness and health, wealth and poverty. If we refuse to think for ourselves from the standpoint of the eternal principles and truths of God, we will be only one of the mass and will inevitably experience the extremes of life.

How to Neutralize Negative Influences of the Mass Mind

Take complete control of your mind by constructive thinking and visioning, and then you will neutralize the negative suggestion of the mass mind which is forever attacking the minds of all of us. You can rise above the negative mass

mind. The Bible says, “I, if I be lifted up . . . draw all men unto me” (John 12:32); that is, if you elevate your mind by identifying with the principles of harmony, health, peace, joy, wholeness, health, and perfection, *and make a habit of doing so*, by the law of attraction you will attract into your life and experience those qualities and attributes of God.

The following is an excellent affirmation which will enable you to rise above the mass mind and to establish immunity to the false beliefs and fears of the humankind:

God is, and His Presence flows through me as harmony, health, peace, joy, wholeness, beauty, and perfection. God thinks, speaks, and acts through me. I am Divinely led in all my ways. Divine right action governs me. Divine law and order govern my entire life. I am always surrounded by the sacred circle of God’s eternal love, and the healing light of God surrounds and enfolds me. Whenever my thoughts wander away in fear, doubt, or worry, I know it is the mass mind thinking in me. Immediately, I boldly affirm, “My thoughts are God’s thoughts, and God’s power is with my thoughts of good.”

Continue to identify with and to meditate on the above affirmation and you will rise above the discord, confusion, and extremes and tragedies of life. You will no longer experience the ups and downs, but rather, you will enjoy a constructive, vital, and active life full of creativity and the rhythm of life.

How to Get in Tune with the Infinite

Some months ago, a woman from North Carolina wrote me, saying that the world is going to the dogs, that our morals are at a low ebb, that corruption is rampant, and that teenage violence, crime, and scandal are the news of the day. Then she added, “We may be annihilated by an atomic bomb any day. How do we tune in on God in the midst of all this degeneracy, pornography, and the cesspool of iniquity in which we find ourselves?”

I answered her along these lines and admitted that what she mentioned was true, but that the Bible says, . . . *Come out from among them, and be separate* (II Cor. 6:17) . She must have the ability and capacity to rise above the world negation and to lead a full and happy *life right* where she is. I pointed out to her that all she had to do was to look around and she would find thousands of people who are happy, vital, joyous, and free, leading constructive lives, and contributing to humanity in countless ways.

We have witnessed the extremes of the Victorian period with all its sexual taboos and restrictions, and these repressions caused people to move to the opposite extreme that we are experiencing today in the immorality and lewdness prevalent in various parts of the world.

Nature works by extremes. History witnessed the “sweat shops,” where people—even children—worked under indescribable conditions and were inadequately paid, housed, and fed; actually, it was a sort of serfdom. Now there has been a swing to the opposite in England, the United States, and in other countries, where some unions

have become so demanding that they have destroyed the very businesses that employ union members.

The affirmation that changed a life—and can change yours

Ancient Hebrew wisdom says: “Change eternal is at the root of all things.” You must find an anchor within you to tie to and make a Divine adjustment. Tune in to the Infinite Power within you and let this Presence guide, direct, and govern you in all your ways. You can enthrone Divine wisdom in your conscious mind by claiming that the wisdom of God anoints your intellect and is a lamp unto your feet and a light on your path. Here is the affirmation I gave to the troubled woman in North Carolina:

> I realize that I cannot change the world, but I know I can change myself. The world is an aggregation of individuals, and I know that people who are ruled by the mass mind, propaganda, and popular opinions are subject to the tragedies, sorrows, accidents, illnesses, and failures in life until they learn to control their minds with Divine ideas that heal, bless, inspire, elevate, and dignify their souls. I realize that the mass of people are under the sway of the mass mind, full of errors, false beliefs, and negation of all kinds.
>
> From this moment forward, I no longer fight conditions or situations, and I cease rebelling at news of subversives, immorality, and

corruption in high places. I write constructive letters to congressmen, senators, movie producers, and newspapers, and I urge right action, beauty, harmony, and peace for all people everywhere. I am in tune with the Infinite, and Divine law and order govern my life. I am Divinely guided and inspired. Divine love fills my soul, and waves of light, love, truth, and beauty go forth as a mighty wave of spiritual vibration which tends to lift all men up, for it is said, “I, if I be lifted up, will draw all men unto me” (John 12:32).

A HAPPY OUTCOME OF THIS AFFIRMATION

This young lady recently phoned me and said, “Your letter was the greatest eye-opener I have ever read. I’m on cloud nine! Now I know that there is no one to change but myself. Being in tune with the Infinite, I am in tune with the Presence of God in the hearts of all men and women in the world!”

The Bible says, “Great peace have they who love thy law, and nothing shall offend them (Ps. 119:165).

Chapter 4

Unleash Infinite Power to Benefit Every Phase of Your Life

During my lecture tours, I once addressed a group of people in the mountains of Colorado. In the course of a conversation later at a luncheon, my host said that most people worry too much and thus deprive themselves of a full and happy life.

He told me of an elderly man who had lived in one of the cabins in the mountains nearby. The neighbors felt sorry for him, because he always seemed to be tired, depressed, worried and lonesome. He wore tattered clothes and possessed an old automobile of 1928 vintage. He seemed to have nothing to live for, and he apparently had no relatives or friends. Occasionally he went to the grocery store and invariably asked for stale bread and the most inexpensive food, and he usually paid for it in frugally doled out pennies and nickels.

Eventually when he did not appear for a couple of weeks, the neighbors went to his shack and found that he had died. The sheriff searched the old cabin for names of relatives or a clue to his real identity. To everyone’s amazement, they found that the poor old man had more than $100,000 in bundles of $25. He evidently had made much money in his earlier years and had never invested it or deposited it in banks.

He had acquired considerable money, but he had failed to use it to lead the rich life or to spend it for an altruistic purpose. Further, he failed to invest it wisely for interest and dividends. My host said that it was fear that had dominated the old man. He had worried lest people might learn of his money and steal it from him. He had been a very negative thinker, yet he had had a fortune within and without to share in the good life. He could have had much enjoyment and happiness.

You Have a Fortune to Share

The treasure house of infinity is within you. You have the key to unlock the storehouse of all kinds of treasures. The key is your thought, which will bring you far more wealth of every description than that lonely and fearful old man had—and much more of everything you want!

You have the key to the most wonderful and marvelous power in the world—the power of the Infinite within you. The Bible says, *Behold, the kingdom of God is within you* (Luke 17:21) . Seek first the knowledge and awareness of this inner Presence and Power, and all things that you want shall be added unto you.

Remember, *your* powers are the powers of the God-head, which the average person habitually and through ignorance fails to use. You have a fortune to share by stirring up the gift of God within you. You can share the gifts of love and

goodwill with others; you can share a smile and a cheerful greeting; you can give compliments and appreciation to your co-workers and employees; you can share creative ideas and the love of God with all those around you.

You can see the intelligence and the wisdom of God in your sons and daughters and call it forth knowingly and feelingly, and what you claim and feel will be resurrected in their lives. You can have a new idea worth a fortune which you can share with the world—perhaps a song, an invention, a play, a book, or a creative and expansive idea in your business or profession that will bless you and others.

Remember that the only chance you have is the one you make for yourself. You have the chance of a lifetime! Begin now to mentally tap the infinite reservoir within you, and you will find yourself moving onward, upward, and Godward.

How You Can Rise to the Heights of Your Desires

Some years ago, during a lecture Mrs. Vera Radcliffe, our church organist in Los Angeles, told the stirring drama of Paderewski's trials and tribulations before he became world-famous. He had been advised by the famous composers and authorities on music in his day that he had no possible future as a pianist, and that he should forget about it! The professors at the Warsaw Conservatory, where he studied, tried their best to discourage his desire. They pointed out that his fingers were not well-formed and that he should try writing music instead.

Paderewski rejected their negative pronouncements and identified himself with his inner powers; he subjectively realized that he had a fortune to share with men throughout the world, namely, the melody of God and the music of the spheres.

He practiced arduously and diligently for hours every day. Pain tortured him in thousands of his concerts, and, as Mrs. Radcliffe said, blood occasionally oozed from his injured hands. He persevered, however, and his stick-to-itiveness paid fabulous dividends. The inner powers responded to his call and to his effort. *He knew that the key to his triumph was his contact with the Divine Power within him.*

As time went on, Ignace Paderewski's musical genius was acknowledged all over the world, and men of all walks of life paid homage to this man who touched and sensed his oneness with the Great Musician within—the Supreme Architect of the universe itself.

PADEREWSKI'S SECRET OF SUCCESS

Like Paderewski, you too have the power to reject completely the negative suggestions of those in authority who tell you that you cannot be what you want to be. Realize, as did Paderewski, that the God Presence that gave you the desire and the talent is the same Power that will open up the door and reveal the perfect plan for the fulfillment of your dream.

Trust the Divine Power within you, and you will find that this inner Presence and Power will lift you up, heal you, inspire you, and set you on the high road to happiness, serenity, and the fruition of your ideals.

How to Cope with Seeming Worldly Injustice

During a visit to Hawaii, a junior executive said to me, “There is no justice in the world. Everything is so unfair. Corporations are soulless; they have no heart. I work hard and spend long hours after closing time, but men under me are promoted and I am passed up. It’s all so unfair and unjust.”

My explanation was the cure for this man’s wrath. I acknowledged that there is injustice in the world and that, as Robert Burns said, “man’s inhumanity to man makes countless thousands mourn,” but that the law of the subconscious mind is impersonal and eminently fair at all times.

Your subconscious mind accepts the impress of your thought and reacts accordingly. It’s the set of the sails, and not the gales, that determines the way you go. It is your inner thought, feeling, and imagery—in other words, your mental attitude—operating within you, rather than the winds of negative thoughts and the waves of fear from without, that makes the difference between promotion and success, and between failure and loss. The law is absolutely just and

mathematically accurate, and your experiences are the exact reproduction of your habitual thinking and imagery.

I briefly explained to the young executive the familiar story of the laborers in the vineyard, where all the workers received a penny. Even those who came in at the eleventh hour received the same wages as those who worked all day long; also the men who came in at the third hour, the sixth hour, and the ninth hour received the same wages. When they saw that the men who had worked but one hour received the same wages, they were jealous and angry, but the answer they received was this: *Didst not thou agree with me for a penny?* (Matt. 20:13).

The law is plainly stated in Matthew 18:19: “If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven.” This means that when your conscious and subconscious mind agree on promotion, success, abundance, and right action, the law of your subconscious mind will honor, execute, and bring it to fruition in your experience.

I added, “You are resentful, angry, and full of condemnation and criticism of the organization that employs you. These negative suggestions enter your subconscious and have resulted in loss of promotion, financial increase, and prestige.”

A SPECIFIC PROGRAM AND FORMULA FOR DAILY USE

I gave him the following mental and spiritual formula to practice daily:

> I know that the laws of my mind are absolutely just, and that whatever I impress on my subconscious mind is reproduced mathematically and accurately in my physical world and circumstances. I know that I am using a principle of mind, and a principle is absolutely impersonal. I am equal before the laws of mind, which means it is done unto me as I believe. I know that justice means fairness, rightfulness, and impartiality, and I know that my subconscious is absolutely impersonal and impartial.
>
> I realize that I have been angry, resentful, and jealous, and that I have also demeaned, criticized, and condemned myself. I have psychically persecuted, assailed, and tortured myself, and I know that the law is “as within, so without”; therefore, my boss and associates attest to and confirm objectively what I have thought and felt subjectively.
>
> What I accept completely in my mind, I will get in my experience, regardless of conditions, circumstances, or the powers that be. I wish success, prosperity, and promotion for all my associates, and I exude goodwill and blessings to all people everywhere. Promotion is mine; success is mine; right action is mine; wealth is mine. As I affirm these truths, I know

> they are deposited in my subconscious mind—the creative medium—and wonders are happening in my life.
>
> Every night of my life, prior to sleep, I imagine my wife congratulating me on my wonderful promotion. I feel the reality of all this, mentally and emotionally. My eyes are closed and I am drowsy, sleepy, and in a passive, receptive state of mind, but I hear her congratulatory words, feel her embrace, and see her gestures. The whole mental movie is vivid and realistic, and I go off to sleep in this mood, knowing that "*God giveth his beloved in sleep*" (Ps. 127:2).

This executive discovered that the law of his mind established justice (conformity to the principles of his mind). Having enthroned right thoughts, right imagery, and right feeling in his conscious mind, his subconscious responded accordingly. This is the equity of the mind. The laws of your mind are the same yesterday, today, and forever. At the end of a few months following this affirmation process, this executive has been voted president of his corporation and is prospering beyond his fondest dreams.

How a Woman Shared Her Fortune and Got Richer

A few years ago, I had many interesting talks with a Canadian woman. She informed me that she looks upon

money and wealth like the air that she breathes. She felt as free as the wind. Ever since she was a child, this woman had claimed: “I am rich; I am God’s daughter; God gave me richly all things to enjoy.” This was her daily affirmation.

She has accumulated millions of dollars and has endowed colleges and universities, establishing scholarships for worthy boys and girls, and has established hospitals and nurses’ training centers in remote parts of the world. Her joy is in giving wisely, judiciously, and constructively, and she got richer than before.

WHY THE RICH GET RICHER AND THE POOR GET POORER

She said to me one day, “You know, the old aphorism is absolutely true: ‘The rich get richer and the poor get poorer.’ To those people who live in the consciousness of affluence and abundance, wealth flows by the cosmic law of attraction. Those who expect poverty, privation, and lack of all kinds are living in the consciousness of poverty, and by the law of their own mind they attract more lack, misery, and deprivation of all kinds.”

What she said is definitely true. Many people who are living in poor circumstances are envious and resentful of the wealth of their neighbors; this mental attitude results in even more lack, limitation, and poverty in their lives. They are, probably unwittingly, blocking their own good. Yet they have a fortune to share if they would but open their minds to the truth of being and realize that they, too, have the key which unlocks the treasure house or gold mine within.

Every person has a fortune to share, as revealed in the following section.

His Fortune Was Where He Was, but He Was Blind to It

A friend of mine, who lived in Northern Alaska, once wrote me and said that life was unbearable. He felt that he had made a tragic mistake in going to Alaska to seek his fortune, that his marriage was a complete failure, that prices were exorbitant, and that cheating and over-charging were rampant. When he had gone to court to dissolve his marriage, the judge was crooked and he got a raw deal. He concluded by saying that there is no justice in this world.

What he said was true enough. All we need do is read the morning newspaper in any metropolitan area, and we read of murder, crime, purse snatching, mugging, rape, malfeasance, corruption, and venality on the bench and in the legislative chambers—but we must remember that all of these are man-made, and you can *come out from among them and be separate* (II Cor. 6:17).

You can rise above the mass mind, humankind's cruelties, and greed, by aligning yourself with the principle of right action and absolute justice within you. God is absolute justice, absolute harmony, all bliss, boundless love, fullness of joy, absolute order, indescribable beauty, absolute wisdom, and supreme power. All of these are attributes,

qualities, and potencies of God. When you dwell on these qualities and contemplate the truths of God, you rise above the injustice and the cruelties of the world and you build a conviction counter to all its false beliefs and erroneous concepts.

In other words, you build up a Divine immunity—a sort of spiritual antibody—to the mass mind.

This explanation was a prelude to my direct reply to my friend. I wrote to him, suggesting that he stay where he was and that I suspected he wished to run away from his responsibilities and was merely seeking an escape. I wrote a short affirmation, as follows:

> Where I am, God is. God dwells in me, and God has need of me where I am now. This God-Presence within me is infinite intelligence and all-wise and reveals to me the next step, opening up for me the treasures of life. I give thanks for the answer, which comes to me as an intuitive feeling or an idea which wells up spontaneously from my mind.

He followed my advice and was eventually reconciled with his wife. He bought a camera and took pictures of Northern Canada and Alaska, wrote short stories, and amassed what he considered a small fortune. A year passed and for a Christmas present he sent me $2,000, suggesting that I take a vacation in Europe, which I did.

This man had found happiness by tapping the treasure house within, and he discovered that his fortune was right where he was.

How a Professor Discovered a Fortune

Recently I talked with a college professor who was very angry over the fact that his brother, a truck driver, was earning $15,000 and he was receiving only $8,000 a year. He said, “It is all so unfair. We must change the system. I worked hard and toiled for six years to get my Ph.D., and my brother never even went to high school!”

This professor was brilliant in his particular field, but he was unaware of the laws of mind. I told him that a waitress in my favorite restaurant earns more than $300.00 a week with tips and indicated that these disparities of which he spoke are everywhere.

I explained to the professor that he could rise above the mass mind, sometimes referred to as the universal consciousness or as the law of averages—the five-sense mind, the mind that thinks from the standpoint of circumstance, conditions, and traditions.

Accordingly at my suggestion he began to practice the “mirror treatment” every morning, which consisted of standing before the mirror and affirming: “Wealth is mine. Success is mine. Promotion is mine now.” He continued affirming these statements for about five minutes every

morning, knowing that these ideas would impregnate his subconscious mind.

Gradually, he began to feel the way he would feel were all these conditions true, and at the end of one month's time he received an offer from another university at $13,000 a year. Suddenly he discovered a flair for writing, and his manuscript has been accepted by a large publishing house, which will bring him a sizable income.

The professor discovered that he was not a victim of "the system" or the scheduled salary scale outlined by the university. His fortune lay in his discovery of the hidden power within him.

How a Secretary's Faith Worked Wonders for Her

A legal secretary complained to me as follows: "I never get the breaks. The boss and the other girls in the office are mean and cruel to me. I have been mistreated at home and by my relatives all my life. There must be some kind of a jinx following me. I'm no good. I should jump in the lake!"

I explained to her that she was mentally cruel to herself, and that her self-flagellation and self-pity must have substantiation and confirmation on the external plane of life. In other words, the attitudes and actions of those around her attested to and conformed with her inner state of mind.

She thereupon immediately ceased punishing herself and learned that *faith without works is dead* (Jas. 2:17). What is faith? *Faith is the substance . . . of things not seen* (Heb. 11:1). Faith is the mental image which in time clothes itself in a body of manifestation. Every mental image sustained is bound to work itself out.

This secretary, at my behest, pictured herself being congratulated by her employer for very efficient work, and she also imaged him announcing an increase in salary for her. She constantly diffused love and goodwill to her employer and to all her associates.

Having faithfully sustained her mental image many times a day for several weeks, she was completely dumbfounded when her employer not only congratulated her on her work, but further- more asked her to marry him! In a few hours' time, as I finish this chapter, I will have the pleasure of being the officiating clergy-man.

She has found the key that unlocked the treasure house. Her faith proved to be the substance of things hoped for and the evidence of things not seen (Heb. 11:1).

Chapter 5

Foresee the Future and Recognize the Voice of Intuition

One of the most perplexing faculties of the human mind is that of prevision or the ability to perceive a future event before it happens on the objective or material plane of life. Occasionally, I have had an advance glimpse of events that have occurred days, weeks, and sometimes even months afterwards.

For example, in 1967, a minister friend of mine visited me and suggested that I arrange a lecture tour with him to the Holy Land in May. I told him that I would think about it and let him know.

I spoke to my subconscious mind that night prior to sleep and affirmed as follows: “Infinite Intelligence within my subconscious mind is All-Wise and reveals to me the right decision regarding the proposed trip to Israel, Jordan, etc.”

That particular night, I had a vivid dream in which I saw the war headlines in both the *Los Angeles Times* and the *Citizen-News*. In the dream state, I also witnessed a violent tank and air battle between the Israelis and the Arabs. I witnessed a vivid realization of things to come, apparently five months later. On awakening from the dream state I telephoned my friend and told him of the contents of my

dream, and, strange to say, he had had a similar dream! He also had requested Divine guidance.

Both of us thereupon dismissed the idea of conducting the lecture tour in the Holy Land. Subsequent events—the tragedy of the Arab-Israeli war—proved the truth of the inner vision.

The Bible says: *Trust in the Lord (the Law of your subconscious mind), and do good; so shalt thou dwell in the land, and verily thou shalt be fed* (Ps. 37:3).

Your Future Is in Your Mind Now

Your mind is full of thoughts, beliefs, opinions, convictions, impressions, and sundry concepts—both good and bad. The Cosmic Law of mind is that whatever we mentally accept and believe will be made manifest and concrete in our lives.

If it were possible for you to photograph in some manner the contents of the subconscious minds of your friends, you could accurately foretell their futures and determine the events that are going to transpire for each one of them. Dr. Rhine of Duke University has given ample proof of extrasensory perception, such as clairvoyance, precognition, clairaudience, retro-cognition, and telekinesis in countless experiments, all of which have been documented.

A highly intuitive person, a good psychic, or a mediumistic clairvoyant could perceive the contents of your subconscious and clearly see (clairvoyance) the experiences and events, both good and bad, which you are about to meet on the screen of space. The reason for this is that your thoughts, beliefs, plans, and purposes, and their manifestation are completed in mind, just the same as is the idea of a new building in the mind of the architect, and they may be accurately viewed by a good clairvoyant.

To elaborate a little further, I should like to state that it is possible for an intuitive person, in a perceptive, passive, and subjective state of mind, to tap the contents of the subconscious mind of another person and reveal the same to the conscious mind or waking self of that person. In other words, in a passive, semi-trance state, a sensitive or highly psychic person tunes in with the decisions, plans, ideas, fears, phobias, fixations, and desirable states, and the subjective acceptance of marriage, divorce, business ventures, trips, and various other impressions, in the other person.

The psychic or medium who is tuning in with your subjective feelings, beliefs, and impressions translates all these in his or her own terminology and predicts accordingly. Often the psychic or clairvoyant is extraordinarily accurate—not always 100 percent, but sometimes close to it.

You must remember that what the medium sees or feels must be filtered through and tinctured by the contents of his own mentality, and for that reason it comes out somewhat differently with each medium or psychic. This is why you

sometimes receive different readings or interpretations from different psychic readers.

How Precognition Saved a Fortune and Made a New One

I am friendly with a prominent real estate professional who told me that every night of his life before retiring he has meditated on the 91st Psalm and has claimed Divine guidance, protection, and right action in all his activities. One night, early in 1966, following a vivid prophetic dream in which he saw the headlines of a local newspaper announcing a big drop in the market, he had an intense, overpowering urge to sell all his blue chip stocks, in which he had invested $400,000; he said it was like an inner voice commanding him, and it was persistent.

He followed this intuitive urge and sold out the next day before the market closed. The following day there was a big drop, and his blue chip stocks have not yet returned to their former highs, some having dropped 20 and 30 points. His savings were extensive. He has since repurchased many of these stocks at a much lower price and has thus made another small fortune.

His remark was, “I saved a fortune and I made a fortune.” He saw the event before it happened and he listened to the voice of his intuition. Intuition means “taught from within.”

How a Mother's Intuition Saved Her Son's Life

I interviewed an overwrought, emotion-wracked mother whose son was an Air Force pilot in Vietnam. She had been suffering from a recurrent dream which distressed her greatly. In the dream, she saw her son's plane on fire, and he was crying to her for help; then she saw the plane crash into the sea. She said that she knew her son was drowned.

Such was the torment from which she would awaken every morning for over a week, and her waking thoughts were charged with fear and foreboding.

I explained to this distraught mother, as best I could, that undoubtedly it was a premonition of disaster and that she, being tuned in subconsciously to her son, unquestionably had picked up his unconscious fear of danger. She could prevent it, though, as obviously it had not happened yet because she had received no official word; furthermore, the dream was recurring night after night, presaging that which was yet to come. I told her what to do, and that was to get her highest concept of God and His love.

She began to think of God as Infinite Life Principle of absolute love, boundless wisdom, all-powerful, all-bliss, all-peace, and absolute harmony and joy, and at my suggestion she mentally placed her son in God's loving care, realizing that her son is living in the secret place of the Most High and abiding under the shadow of the Almighty. She also pictured her son home—happy, joyous, and free—and she felt him embracing her.

This mother steered and directed her thoughts all day long to adhere to this spiritual pattern of affirmation. She mentally dwelt on the light, love, power, and peace of God until it became real to her, and in that spiritual atmosphere she placed her son.

As she persevered along this line of thinking, the nightmare ceased to come after the fifth night. Her feeling toward her son had changed from fear to faith and confidence that he was whole and perfect and watched over by a benign Providence.

Some weeks later as she was preparing lunch, her son walked in the door and embraced her! He was home from Vietnam and wanted to surprise her. He said to her, “Mother, I don’t know how I am alive! My plane crashed after being shot at, but it did not catch fire. I was unharmed, and the most extraordinary thing happened: I knew the plane was falling but I had no fear. I heard your voice clearly saying to me, `God is watching over you,’ and I knew I was safe.”

The Bible says: *He shall give his angels charge over thee, to keep thee in all thy ways* (Ps. 91:11).

One thing is evident in this experience: the mother was telepathically *en rapport* with her son, as there is no time or space in mind, and through affirmation she cleansed her mind of fear by enfolding her son with God’s love, light, harmony, and peace. This opened the way for the response

of a guiding Providence to free her son from a death that would otherwise have been inescapable. Her faith and confidence were communicated to her son, and he experienced the joy of request fulfilled.

How a Father's Dream of His Son's Death Helped Avert a Tragedy

This is what a correspondent from New York City said in his letter:

> Dear Dr. Murphy: How grateful I am is almost impossible to tell. I have been deeply impressed in reading *The Amazing Laws of Cosmic Mind Power*. I have learned how to affirm scientifically by studying each chapter. It has proved to be a revelation to me!
>
> One of my sons was doing long distance hauling between New York and Chicago. One night in a dream a few weeks ago, I saw his truck traveling up a hill and he seemed to be asleep. On the right side was a high mountain, and on the other side, a deep ravine. Suddenly the truck hit the cliff and fell over sideways. In my dream state, I said, "God watches over him. God cares for him, and God loves him."
>
> Then I woke up, my whole body shaking with apprehension of disaster. I opened the Bible

and read aloud the 91st Psalm, the great Psalm of Protection, changing the tense to second person, and prayed for my boy for about one-half hour, starting off with “He dwells in the secret place . . . He abides under the shadow of the Almighty . . . ,” and so on. Gradually, a sense of peace came over me.

Later during the week when my son came home, he told me that he had fallen asleep while driving the truck, which had turned over, and he had found himself under the truck between the wheels, miraculously saved and without a scratch. I then told him of my dream and of my prayer in the dream, and he said, “Dad, your prayer saved my life!”

How to Help Prevent Tragedies and Reversals of Fortune

Affirmation does change things; countless biographies attest to that fact. By affirmation, I mean the contemplation of the truths of God from the highest standpoint. By thinking constructively, based on universal principles, you may change all the negative patterns in your mind and thereafter bear a charmed life. In other words, by filling your mind with the truths of God, you would neutralize, obliterate, and expunge from your mind everything unlike God. You would avoid all negative experiences, such as accidents and disasters of all kinds. Your escape from ill fortune would coincide with your ability to rise in consciousness. *I*, if *I be lifted up . . . draw all men* (manifestations and experiences) *unto me* (John 12:32).

By contemplating the eternal verities and that which is true of God, you separate yourself from the mass mind, or the law of averages, which dominates the mass of humanity.

When you enter God's peace and let His peace flow through you like a golden river of life and love, you have touched Reality, or God, just as this father did while praying for his son.

"Why Is It That Only Negative Predictions Regarding My Future Come to Pass?"

The above question came to my desk from a correspondent in Alaska.

You must remember that your subconscious mind is a storehouse of memory and that many suggestions, half-truths, and false beliefs have been accepted, of which your conscious mind is wholly unaware. Many times these things come to pass, for whatever your subconscious mind is impregnated with becomes objectified in your world sooner or later, *unless changed by affirmation* for the better.

In other words, any man receiving a suggestion or a prediction regarding himself, of an undesirable nature, can prevent it from coming to pass by thinking constructively upon the universal verities and truths of God, such as harmony, peace, love, beauty, Divine right action, and

Divine love. In contemplating these universal principles, there takes place a *rearrangement* of the *patterns in his subconscious* to conform to the mental configuration of his thoughts and imagery.

It is possible to predict with a certain degree of accuracy for a person, a group, a nation, or the world, because the majority of human beings do not change very much. They live with the same old beliefs, the same old traditions, preconceptions, and the same hates, prejudices, and fears. They follow more or less a set pattern which can easily be read by those tuning in intuitively to their mental vibrations.

How Intuition Solved a Doctor's Problem

A medical doctor friend was writing a book, and required special data about ancient medicine in Babylonia and Egypt. He thought that the information might be in a New York museum, but he was living in Los Angeles and it was impossible for him to go to New York.

I suggested to him that he still his mind, immobilize his attention, and just as he was about to go to sleep to speak authoritatively to his deeper mind as follows: "Infinite Intelligence within me knows the answer and It gives me the information I need for my book."

He dropped off to sleep with the one word, "answer," and the same night he had a dream which instructed him to visit

an old book store downtown. On entering the book store, the first book he picked up gave him the desired data.

Remember that your subconscious is one with Infinite Intelligence and boundless wisdom, and is all-wise and knows what type of answer you desire. It may answer in a dream, as a hunch, or as a feeling that you are being led on the right track. You may get a sudden flash to go someplace, or another person may give you the answer.

How Claraudience Saved a Life

Recently I spoke at a banquet, and a young officer who had recently returned from Vietnam sat next to me and told me a fascinating experience about the voice he heard from "nowhere."

He was under orders and was driving a jeep to deliver a message to his local headquarters. A junior officer sat beside him, and as they drove along the road at high speed, he heard his mother's voice say clearly and distinctly, "Stop! John. Stop! Stop!" He stopped the jeep suddenly, and his companion asked, "Why? What's wrong?" and he said, "Didn't you hear the voice saying, `Stop! Stop!'?" But his companion hadn't heard anything.

After getting out of the jeep and examining it they found one wheel loose; if they had gone another few yards, the car would have catapulted over a chasm on the side of the road and they would have been mangled beyond recognition.

His mother was in San Francisco, and he said that she prayed for him regularly every night and morning and also during the day, always claiming, “God’s love and the whole armor of God surround my boy at all times.”

This young man realized that the voice he had heard was a warning from his own subconscious mind, which sought to protect him and which undoubtedly had responded forcefully to his mother’s affirmation.

In times of great emergency or danger, you will find that your subconscious mind projects the voice of a person whom you will immediately obey, because you trust and love that person. It will speak to you only in a voice that your *conscious* mind will immediately accept as true. It would therefore not be the voice of someone whom you distrusted or disliked.

How to Protect Yourself and Others from Unhappy Events

You may have at times a precognitive dream accompanied by a deep intuitive feeling of impending danger for yourself or a loved one.

If your dream presages an unhappy or tragic occurrence relating to yourself or those close to you, do not deride it as

a mere fabrication of your imagination or as a harmless hallucination.

An effective protection affirmation

Meditate on the forewarning or presentiment as follows, and if your affirmation is for someone else, use that person's name:

> I realize that God is the only Presence and Power, and I know that God's Presence is love, order, beauty, peace, perfection, and harmony. God's inward peace flows through me now like a river. I recognize the perfect bliss and order which are always present. I am immersed in the mind of God, and God sees me perfect, whole, and complete; I am immersed in the Holy Omnipresence. Presence is love, order, beauty, peace, perfection, and harmony and enwraps me, and underneath are the everlasting arms.

Affirm the truths in this prayer, and persevere until the cloud dissipates and the burden is lifted. You will enter into peace, and you will touch Reality. You will have consciously entered into union with the Higher Self, and then all the Divine forces will hasten to minister to your eternal joy.

What things soever you desire, when you pray, believe that you receive them, and you shall have them (Mark 11:24).

Chapter 6

Find Answers in Dreams and the Meaning of Out-of-Body Experiences

The Bible says:

> *In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then He openeth the ears of men and sealeth their instruction* (Job 33:15, 16).

> *And being warned of God in a dream that they should not return to Herod, they departed into their own country another way* (Matt. 2:12).

The Bible is replete with accounts of dreams, visions, revelations, and warnings occurring during sleep. When you are asleep, your subconscious mind is very much awake and continuously active, as it never sleeps. You will recall that Joseph correctly interpreted the dreams of Pharaoh and that they subsequently came to pass. His success in forecasting the future brought him prestige, honor, and recognition by the king.

When you are dreaming, your conscious mind is suspended, and asleep. Your subconscious mind usually speaks in symbolic form, and this is why down through the ages men have employed dream expositors or interpreters. You are

doubtless familiar with the fact that many Freudian and Jungian psychologists, psychiatrists, and psychoanalysts and eclectic psychotherapists seriously study dreams and try to interpret them to the conscious mind of the patient. Often the explanations of the dreams lead to the uncovering of mental conflicts, phobias, fixations, and other mental complexes.

All your dreams are dramatizations of your subconsciousness and in many instances warn you of impending danger. Some dreams are definitely precognitive and can accurately probe the future. In other dreams you may get answers to your prayers. All dreams of a negative nature are subject to change and none is fatalistic.

Your subconscious, in its dream nature, is revealing to you the nature of the impressions made upon it and pointing out to you the course your life is taking. Research analyses of dreams show that the symbols appearing in the individual subconscious are personal and apply to each individual only; and the same symbol appearing in another dream can have still another and very different meaning.

In other words, your dream is personal and applies only to you, though it may show your relationship with another person.

An Interesting Dream Analyzed

Some months ago, a student at the local university who had read my book, *The Power of Your Subconscious Mind*,[1] came in for an interview. During the course of the conversation, she said, “I have dreamt for three consecutive nights that I was present at a banquet for Governor Rockefeller of New York and that I sat next to him and was the guest of honor. What does it mean?” I explained to her that it was her dream and when interpreted it must be meaningful to her. I asked her what the significance of attending a banquet with Rockefeller meant to her. She immediately replied that it symbolizes wealth, prestige, honor, and recognition. Then I added that it could well be that her subconscious was foreshadowing some special honor and recognition and, perhaps, also a shower of wealth. She seemed to agree with this and it seemed meaningful to her.

Two weeks later she won a scholarship enabling her to study in France, and her grandmother passed on bequeathing to her the sum of $50,000 for her education and personal use. In addition she was invited to attend the inaugural banquet of Governor Reagan, which she did; and she had a wonderful time.

You will notice she did not take the dream in a literal sense. Your disciplined imaginative faculty, called “Joseph” in the Bible, can unclothe the dream of its form and see the hidden idea behind the symbol.

How a Dream Led a Woman to the Home She Wanted

A young married woman living in Beverly Hills experienced a recurrent dream for six consecutive nights. In her dream she walked all through the house she desired to buy, met the occupants, patted the dog, and conversed with the Spanish maid in the latter's own language. She explored the garage, attic, and all the rooms of the house.

On the following Sunday after church, she and her husband went for a ride. Passing the Brentwood area, she saw the house she had dreamed about with a sign "For sale by owner, Open house." Both of them went in; the owner of the house, his wife, the maid, and the dog all seemed unusually frightened and startled. The dog began to growl and its hair stood on end.

After a few minutes, the owner apologized and said, "We have seen a woman like you walk up and down our stairs several times at night and early in the morning. Our maid was frightened out of her wits and the dog growled and barked wildly as if he saw something weird."

The explanation is simple for this dream

This young woman explained to them that she had been praying for the right home and that every night she asked the Infinite Intelligence of her subconscious mind to direct her to the ideal home which would be spacious, lovely, central, and ideal in every way.

Undoubtedly, as she went to sleep with the idea of a home uppermost in her mind, she charged her subconscious with a mission which it *had to* fulfill. Suddenly, while dreaming, she found herself outside her physical body but possessing a rarefied and attenuated sense of her own being which enabled her to travel through closed doors and to “collapse” time and space. She found herself in this house and became acquainted with all the parts of it, as well as with the occupants. She told them that she, too, was startled when she met them, as she had seen them several times before in the dream state.

Her “real” extrasensory travel

This woman projected her astral body and was perceived as an apparition by the people in the home she visited. This perception was visual and auditory, as they heard her footsteps and saw her clearly. This young woman perceived her own physical body on the bed in her home and knew that she was traveling and operating in her fourth dimensional body. Such projected bodies may be perceived as ghosts or apparitions by people who are very sensitive and are psychically attuned to higher vibrations or a psychic demonstration.

This young woman and her husband purchased the home, and there was a very harmonious atmosphere throughout the proceedings for the transfer of title to the home.

How the Author's Dream Became a Living Experience

I once visited Yoga Forest University, at Rishikesh, India, north of New Delhi, for the purpose of lecturing there. Several nights before I boarded the plane for the trip I had experienced vivid dreams of the place, and I met all the teachers and students in my dreams.

Upon my arrival I discovered I knew my way around the premises. All the houses, lecture halls, teachers, and students were very familiar to me. I pointed out to one of the attendants the room set aside for me, and I described its appearance inside, as well as the kind of food he was going to serve me. I even told him what he was going to say next, as I had heard his voice before. He was amazed and said, "You must be clairvoyant and clairaudient."

I explained the experience this way to him: Knowing that I was going to lecture at Yoga Forest University and while sound asleep, my subtle body, sometimes referred to as the astral body (which has exactly the same shape as my physical body but is oscillating and vibrating at a much higher frequency, but nevertheless is a "body") traveled there, making my vivid dream a subsequent conscious experience.

In other words, I went there in my astral body, conversed mentally, but naturally, with many people, and heard their responses and voices. Furthermore, in that marvelous psychic kind of astral journey, I viewed all the beauties of

the Ganges River, the Himalaya Mountains, and the loveliness of the countryside.

“I saw you before in a dream”

When I introduced myself to Yogi Sivenanda, who was directing the Ashram, he exclaimed, “I saw you before several times in my dreams, and I also heard your voice!” I explained to him that the experience was mutual; that I had been visualizing a wonderful trip and had impressed my subconscious mind and “went to sleep on it.” I further explained that I had also met him subjectively in a dream state which became actualized, because while my body was asleep in Beverly Hills, California, I found myself in a new body visiting all the places in his Ashram and hearing all the voices. Now, when I consciously and objectively arrived, I concretely experienced all the states subjectively felt during my extrasensory travel. In other words, what I saw and heard objectively, I had previously seen and heard subjectively.

In his dreams, Yogi Sivenanda clairvoyantly saw me, and being clairaudient, he heard my voice, as you can think, speak, act, travel and even move all kinds of objects outside your body. You can see and be seen, you can understand and be understood, and you can also communicate messages and report on everything you see. All your faculties, such as sight, hearing, taste, smell and touch, can be duplicated in mind alone independent of your five senses. This proves conclusively that you can live outside your present body and that the Creative Intelligence within you intended that you should use these faculties

transcending your present environment’s three-dimensional body.

How His Dream Tried to Protect His Health

A man apparently in perfect health dreamed on several occasions that he was being operated on for a disorder of the prostate gland. He asked me if I thought he should see a doctor for a checkup but stated that he had no symptoms or pain of any kind. He had come to see me regarding a marital problem of an emotional nature. I clarified the workings of his subconscious mind to some degree; namely, that it seeks to protect him at all costs and that, undoubtedly, *the subconscious was prompting him regarding the imminence of some organic lesion or malfunctioning*. The subconscious reasons deductively from a basis of reality and thus revealed it to him in the form of a dream. He understood that his dream was personal and that any explanation or interpretation must agree with his intuitive perception.

I suggested that he should see his physician immediately and get a complete checkup by a urologist. However, he deferred seeing his doctor. In a few days’ time he developed a urinary constriction and blockage and was in excruciating pain. His physician took him to the hospital and had a skilled urologist operate on him immediately. I visited him in the hospital shortly after that and he remarked to me, “I should have paid more attention to my dream and acted sooner.” However, I am happy to say he made a wonderful recovery, as he continued to fill his subconscious mind with thoughts of wholeness, harmony, vitality, and perfect health.

You will perceive that his subconscious mind was actually warning him to do something, as it knew of the prostatic infection and enlargement. The foreshadowing idea, the presentiment that he was going to be operated on, was probably caused by the already existing condition. He had made an error though in delaying a medical examination.

The words of the ancient proverb are true—“Night (sleep) brings counsel.” The key to its practical application can be developed through your psychic awareness.

The Different Types of Dreams

There are several kinds of dreams, many of which are due to stomach disorders, mental and emotional turmoil, bodily discomfort, repressed or abnormal sex urges, and various fears and superstitious beliefs.

However, there are also dreams wherein you see a future event before it happens, dreams that give you a definite answer to your prayer. Often in the dream state you receive instruction to take specific action.

How a Dream Warned a Woman Engaged to be Married

A young lady told me of a remarkable answer she received in a dream. At night as she went to sleep, she affirmed, “Infinite Intelligence in my subconscious mind reveals to me the answer regarding my proposed marriage to _____.” During the night she had a rather strange dream in which she saw her fiancé in prison garb behind bars and a guard outside his cell with a gun. A man appeared in the dream and said, “Don’t you recognize this man?”

She awakened suddenly quite perturbed and intuitively, through her dream, perceived that the man in her dream was her betrothed. She phoned her brother, who was a detective in the local police force, and he checked up on her fiancé. Her brother discovered that this man had a wife in New York City whom he had deserted, and furthermore that he had spent five years of his life in prison, all of which he had concealed from her. She broke off her engagement immediately and was deeply grateful for that inner guide which always seeks to protect you if you will only listen.

I, the Lord, will make myself known unto him in a vision, and will speak to him in a dream (Num. 12:6).

How to Prepare Your Mind Prior to Sleep

When you enter into a drowsy, sleepy state, there is an outcropping of your subconscious mind and you are in a highly sensitized mental condition. The thought and feeling you have prior to sleep is immediately transmitted to your subconscious mind, which then begins to act on your request or desire for guidance. The creative power of your

subconscious mind is waiting to respond and act upon whatever desires, ideas, and instructions you consciously issue in your “awake” state of mind.

Remember also that your subconscious mind is impersonal and nonselective—it will accept your negative, resentful or hateful thoughts, as well as the good thoughts, and act accordingly. The subconscious magnifies and multiplies whatever you deposit in it, *good or bad;* hence, it is extremely important for you to cleanse your mind of all disturbing, vexatious thoughts of any kind, thus creating a clear channel for the Divine energies to flow through you constructively.

An effective technique to follow every night

Look over the events of the day; and whatever strife, contentions, or vexations may have occurred, affirm to yourself quietly:

> I fully and freely forgive myself for harboring these negative thoughts and for the negative way I handled and responded to this or that problem. I resolve to handle these problems in the right way the next time. I radiate love, peace, joy, and goodwill to all those around me and to all people everywhere. God’s love fills my soul and I rejoice in the success and happiness of my associates and all men and women everywhere. I am at peace. I sleep in peace tonight, I wake in joy, and I live in God. I give thanks for the joy of the answered prayer.

How a Mother's Dream Protected Her Daughter

Recently I received a letter from a woman, who said that she had been using the affirmations suggested in one of my books, *Miracle of Mind Dynamics*, for herself and her daughter. She had a harrowing dream one night wherein she saw her high school age daughter raped and strangled by a young boy. The dream took place in an automobile on a country road. The whole experience was a frightening nightmare, and she woke up screaming.

She decided to act on the forewarning, *knowing there was no such thing as inexorable fate and that the tragedy could be prevented* by tuning in to God. She affirmed as follows:

> My daughter is a child of God. Where she is God is. God is all harmony, peace, beauty, love, joy, and power. My daughter is immersed in the Holy Presence of God and the whole armor of God surrounds her. She is watched over by God, her Loving Father. She dwells in the secret place of the most High and abides in the shadow of the Almighty.

After meditating about ten minutes, the mother felt a sense of peace and tranquility and went back to sleep.

In the morning she called her daughter by long distance but could not reach her at the school, because it was a holiday in that state. During the day she continued praying for her daughter. At night her daughter called her and said, “Mother, you appeared to me last night in my dream and begged me not to go out riding with one of the boys in the school because he was very aggressive and I would certainly regret it. I felt terribly upset. In the morning, I had a phone call from him asking me to go for a ride with him out in the country. I refused, pleading illness.

“My girlfriend went with him, against my pleadings, because I told her my dream. He raped her and almost choked her to death. She is now in the hospital and the police are hunting the boy, who disappeared from his house.”

There is a telepathic communication at all times between members of the family and loved ones or close friends. The mother’s affirmation for her daughter was received subjectively by the daughter, which prevented a potential disaster in her life.

The Bible says, For He will give His angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone (Ps. 91:11, 12).

Chapter 7

Solve Problems and Save Lives through the Mystery of Dream Impressions

I have found in my counseling experience that people of all walks of life are fascinated by dreams. Today in medical research laboratories, teams of psychologists and doctors are conducting experiments on the dream lives of men and women, and they have come to the conclusion that all people dream; furthermore, in extensive test cases, these scientists have discovered that when the subjects are awakened periodically while dreaming, this deprivation of dream life may bring on mental, emotional, and even physical disturbances.

Many people are familiar with the names of Freud, Jung, and Adler, who have acquired fame for having delved into the dream lives of their subjects. Through their studies of the dreams of their subjects, these men have evolved different schools of psychology, namely Psychoanalysis (Freud), Analytical Psychology (Jung), and Individual Psychology (Adler). All three have written extensively in the field of dreams, and their interpretations and conclusions vary considerably. These differences are so conflicting and at variance that I shall not even begin to discuss them here.

The purpose of this chapter and this book, however, is to show that the key to solving your problem often comes as a clear-cut and definite answer in a dream.

How Billy Solved His Problem through a Dream

Billy is twelve years old. He hears my lectures occasionally, as I suggest to parents that all boys and girls twelve years of age and older should attend; they are quite able to understand this teaching.

Billy told me that his mother gave him a book to read, *Treasure Island*, which is about Hawaii. He read it avidly, and knowing to some degree how his subconscious mind works, every night prior to sleep he spoke to his subconscious mind (which he calls “Subby”) as follows: “Subby, I am going to Hawaii for my vacation. I am going by plane, and I’ll swim in the ocean, ride a bicycle over one of the islands, and live in a penthouse. I want a clear answer, please.”

He did not discuss this with his brother, father, or mother. Following these suggestions to his subconscious mind, he had a dream wherein he clearly saw a penthouse, the name of a hotel – Maui Hilton – and the Island of Maui in the chain of the Hawaiian Islands. He said to his mother the next day, “Mom, we are going to Hawaii for our vacation,” and he gave her all the details.

She laughed and said, “Well, this is news to me! Where did you get that idea?”

Billy replied, “All I know is that we are going, and we’ll live in a penthouse at a hotel.” His mother dismissed the dream as one of the vagaries of a young mind.

Two weeks later, Billy’s father (who knew nothing about the dream), because of his son’s excellent grades in school, suggested that Billy’s mother go with both the boys on a vacation to Hawaii, which he had come to know and love during his stay there as a Naval officer; he said he would pay all the expenses involved.

Billy yelled, “I told you, Mom! We’re going to Hawaii!” Every detail of this boy’s dream was fulfilled, including the penthouse, exactly as he saw it.

You will notice that this dream was experienced clearly by the boy. The subconscious mind is amenable to suggestion, and you will also note that Billy said, “I want a clear answer”; his subconscious mind responded accordingly.

The Importance of Dreaming Literally

For several years I have been suggesting to my subconscious prior to sleep, “I dream literally and clearly, and I remember my dream.” It seems that over a period of time I have convinced my subconscious mind, inasmuch as close to 90 per cent of my dreams are literal in the same way you read your morning newspaper. I receive many answers to my affirmations in dreams.

Your conscious mind can and does direct the activities of your mind in sleep. You can stop the recurrence of “bad dreams,” nightmares, or dreams that you dread. Your conscious mind controls your subconscious, and you can alter the nature of your dreams by using your capacity to choose and reject thoughts and ideas that you use in disciplining your reflections and fancies during the day. In this way, the habit of dream-control gradually will come under your own jurisdiction.

How my dream saved a life

A member of my congregation called me on the phone and asked me to give her a blessing on her approaching journey to Europe, which I did, affirming something like this:

> Divine love and harmony go before you, making joyous, happy, and glorious your way. God’s messengers of life, love, truth, and beauty watch over you at all times, and whatever means of conveyance you use represents God’s idea moving from point to point freely, joyously, and lovingly. You are always in the secret vault of the Most High, and you are watched over by the Overshadowing Presence.

That night I had a dream in which I clearly saw this woman in England purchasing a ticket for France, and I saw the plane she would be on going down in flames. I phoned her

the next morning and told her that I usually dream literally, due to suggestions to my subconscious mind. I asked her if she planned a trip to France while in Europe, and she said, “Yes.” Then I told her what I had seen in my dream and advised her not to go on the plane to France.

She replied, “I’m so grateful you called! My brother in the next dimension appeared to me last night in my dream and said, ‘Sis, don’t dare go on that plane in England scheduled for Perpignan, France’; then he disappeared. I have already cancelled my trip, as I have an overwhelming inner feeling that it would be disastrous.”

Subsequently, headlines in the news revealed the fatal trip in which 88 people were killed.

Having read this far in the book, you will readily see the cause of the dreams. As we prayed together over the phone, we impregnated and activated our subconscious mind, which sees all and knows all, and it responded symbolically in her case and literally in my case.

Self-preservation is the first law of life, and your subconscious always seeks to protect and to preserve you from harm of every kind. Remember, also, that harmony and discord do not dwell together; therefore, she could not be on an airplane that caught fire, as she had claimed that Divine love and harmony go before her, making straight and joyous her way.

The appearance of her brother was a dramatization of her subconscious mind; it is All-Wise and knows the voice you will listen to. Her brother had brought her up, as their father had died when she was very young; he had played the role of father to his sister, had sent her to college, and had paid all her expenses. He had passed on to the next dimension some months prior to her dream.

How a Boy Controlled His Subconscious in a Dream

A young boy who had been reading and listening to ghost stories was brought to me by his mother. Night after night, a ghostlike man, dressed in a white sheet and having a frightful looking face, said to the boy, “I’m taking you away. You’re a bad boy.” This dream was devastating to the child, for he would wake up screaming and crying every night.

I suggested to the boy that he cease reading ghost stories, because his deeper mind magnified the thoughts and pictures held by his conscious mind prior to sleep. I also suggested, “When the ghostly old man comes in your dream, be friendly to him, as he is probably a lonesome old man and really loves boys; he wants you to be friendly with him. Maybe he lost a son and is trying to be friendly with a boy who resembles his son. Tonight when you go to sleep, if he comes to you, say, ‘Hi, there; I’m your friend and I love you.’ Shake his hand and offer to give him a few cookies your mother makes.”

That night he took the cookies to bed with him and put them under his pillow, and when the man appeared, his mother, who was sleeping in the next bed to him, heard him say in his sleep, “Hi, there. I’m your friend and I love you. Here are some cookies for you. My mother makes them, and they are good,” and the boy fetched the cookies from under the pillow and offered them to the ghostly figure. Then his overwhelming fear abated. He became relaxed and fell into a deep, restful, and natural sleep, and he became free from his horrible nightmare.

He had accepted the suggestions I gave him and he followed the directions, which counteracted the fearsome impressions with which he had unconsciously impregnated his mind. He made friends in his sleep with the so-called specter, and he brought peace to his troubled mind.

How You Can Change a Disturbing Dream

Many people who read murder and detective stories or watch violent dramas on television take these disturbing thoughts and pictures into their subconscious mind as they retire in sleep. Their deeper mind magnifies and dramatizes exceedingly everything impressed upon it, and these people suffer and experience nightmares where lions, tigers, and other wild animals attack them. I have instructed many troubled people to affirm prior to sleep: “I know why I am dreaming this way, and I know it is a dream. I remain dreaming, and the nightmare ceases and is switched off. God’s love fills my soul, and I dream in peace all night and I wake in joy.”

Invariably this technique works. Anyone may carry out this simple method in curing nightmares resulting from reading ghost stories, murder stories, or from watching warlike movies or television programs of a psychopathic nature.

My suggestion to everybody is to read several times prior to sleep one of the beautiful Psalms, such as the 23rd, 27th, 42nd, 46th, 91st, or 100th. Then you will neutralize any noxious patterns in your subconscious and impress it instead with whatever things are lovely and of good report. What you impress on the subconscious is always expressed as form, function, experience, and event.

How a Court Judge Got an Answer in a Dream

A local court judge, who is a member of my club, told me of a most interesting dream. For about five consecutive nights he had dreamt that he was looking at a street sign which read “Murphy Street,” and then he was with a crowd of people at the Wilshire Ebell Theatre at Wilshire and Lucerne Boulevards in Los Angeles, where I give public lectures. He did not see me in the dream, but the dream troubled him; he spoke to his wife about it, and she suggested that he talk to me about it.

I replied, “Generally speaking, when a certain dream occurs repeatedly night after night, your subconscious is re-dramatizing it because it is very important to you, in the same way that in your judicial process, you may lay stress on a vital point of law which is essential for the jury to

know.” I added that his dream was personal and that any explanation must coincide with his own viewpoint.

I said that my own intuitive perception of the dream was that while no “Murphy Street” exists near the Wilshire Ebell Theatre, his subconscious mind for its own reasons wanted him to take in the following Sunday’s lecture on “The Spiritual Approach to Injustice”; the symbolic meaning of “Murphy Street” undoubtedly was referring to the speaker (me) .

The judge seemed to be deep in thought, and then he said, “That’s right. I have spent some sleepless nights over a decision I am to make, and I have wondered about the spiritual approach to all these things, for there are so many inequities and injustices all over the world since humans appeared.”

He came to the lecture that Sunday, and on shaking hands with me as he left, he said, “You were right and my dream was right. I got the answer, and I know what my decision will be now.”

The ways of your subconscious are beyond discovery. The Bible, in referring to the workings of your subconscious mind, delineates it in these words: “For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts (Isa. 55:8-9).”

An Answer to a Bible Student's Dream

Recently I had a visit from a college student who is in his fourth year of studies in a seminary, and he remarked that Freud's pioneer definition was that a dream symbolizes a wish fulfilled, but that it certainly did not fit his particular dream.

In our discussion, I said that his subconscious mind could project in dream form anything which may be seriously troubling him; that when the everyday, surface mind, deeply preoccupied with Biblical or religious studies, thinks of any person, this may very well find symbolic expression in Biblical verses or personalities in dream form; and that all he had to do was to read the vision of Peter in Acts 10, beginning with verse 9, and see how the dilemma of Peter was completely solved in a dream when the voice of intuition spoke to him, saying: . . . *What God hath cleansed, that call not thou common* (Acts 10:15).

The Bible student's dream

For several nights while in deep sleep, this Bible student saw a shining sword and a man, who seemed to be Jesus, waving the sword; then he saw the words "I come not to bring peace but a sword."

He said to me, "What does it mean? I asked my professor, and he said, `Oh, forget it. It's only a dream. You have been

reading the Bible, and in phantasy you saw what you were reading.’”

The young man said, “I am terribly disturbed. I have been going to a psychiatrist attached to our religious institution. He gave me tranquilizers, and they have quieted me. But I am seriously questioning everything I read and hear and am being taught. I can’t take the Bible literally; I believe all men are sons of God, that God is no respecter of persons, and that no creed or church has a monopoly on truth.”

My interpretation and his reaction

The Biblical accounts of dream interpretation indicate the importance of prophetic and Divinely inspired dreams, which are so numerous in both the Old and the New Testaments. The Bible language is symbolic, figurative, and allegorical, and all the stories of the Bible arose from the subconscious minds of inspired writers.

The sword is an age-old symbol of Truth, of the God-Presence within people which severs them from superstition, ignorance, false beliefs, and fears of all kinds. When a person learns the truth of his being and the workings of his conscious and subconscious mind, he learns that he is the master of his own destiny. The Truth stirs up a person, creates a quarrel in his mind, and challenges all his false indoctrination, creeds, dogmas, and traditions, and speaks to him of a God of love.

The sword of Truth separates the chaff from the wheat, the false from the real. It represents Divine reasoning, whereby you judge from the standpoint of universal truths and not from the standpoint of man-made theology, the opinions of people, liturgies, and ceremonies.

I explained to this young man, “Your dream is telling you to reason things out for yourself, not upon appearances or theological complexities, but upon reason based on mental and spiritual laws which are just as valid as are the laws of chemistry, physics, or mathematics.

“The God-Presence in you is telling you to sever yourself completely from your present beliefs and to accept the Divinity within you, which responds to all people. Come to a decision based upon the cosmic, universal truths of God, the same yesterday, today, and forever. The Divine Truth in you will not let you rest until you believe in the goodness of God, the love of God, the harmony of God, and the joy of the Lord, which is your strength.”

There was a terrible conflict in this young man’s mind: he was professing to believe with his lips that which his heart felt to be false. This conflict had brought about almost a complete mental breakdown, resulting in the need for psychiatric attention and medication. But when the effects of the drugs wore off, the mental infection, or trauma, reared its ugly head again and said, “Here I am. Solve me!” And the dream reappeared.

The solution

He remarked, “Every word that you said feels true in my heart. Regardless of my parents and what they think, I’m quitting immediately and will practice what I really believe.”

He is now studying psychology in the university and the science of the mind and *The Power of Your Subconscious Mind*. He has married a lovely girl and is extremely happy in his new studies. He has decided to become a non-denominational minister and to give to people the psychological and spiritual interpretation of the Scriptures.

How the Bible Answered the Prayer of a Priest

Some time ago, I had dinner with a relative of mine who is a priest in a very prominent parish. He had been having much difficulty with a few leading members of his church and also with his bishop, and he had been praying for guidance from God about how to solve his problem.

“Joe,” he said, “you teach the inner meaning of the Bible, which I don’t go along with altogether, but I agree with some of your teaching. What do you make of this dream which I have had four or five times in the last few months? I have seen these words from Proverbs in my dream: *Turn not to the right hand nor to the left: remove thy foot from evil* (Prov. 4:27).

“Well, Tom,” I said, “I’m sure you know the meaning of that as well as I do, and it most certainly is an answer to your prayer for Divine guidance. All it means is that you don’t do anything at all about the situation either objectively [right hand] or subjectively [left hand]; that is, there’s nothing more to pray about.

“*Foot,* in Biblical symbology means understanding, and *to remove your foot from evil means* to stop worrying and thinking negatively about it, as your *evil* would be to give power to others or to conditions and not to give all power to God within you.”

He said, “You mean I should sit still, say nothing and do nothing more, and let God work it out?”

“Yes,” I said, “that’s exactly what I mean. But if it does not mean the same thing to you, obviously it is not the right interpretation.”

Tom said, “Yes, it is. I know!”

In about a month’s time, the bishop, who had been critical of him, passed away, and the men who were creating trouble and wanted to oust him were transferred by their respective organizations to other cities.

A few nights ago, Tom called me long distance and said, “Joe, that dream was right. Why did it come in a dream?”

My reply was, “All I know, Tom, is that the Bible says . . . *I will speak unto him in a dream* (Num. 12:6).”

Chapter 8

Make Extrasensory Perception Work for You

This book deals with the mental key for the solution of human problems. I have discovered that the answers to the most perplexing problems that beset man come from within the realm of the subconscious mind. As a boy of about nine years of age, I became deeply interested in the higher function of the mind and marveled at what we now call the intuitive and psychic powers that solve the problems of farmers living in remote sections of the countryside.

How Extrasensory Perception Helped Find a Missing Son

A farmer whom we shall call Jerry lived a quarter of a mile from me, and when I was very young, I used to visit him in the fields and found a distinct joy in helping him in various ways. One day he discovered his boy was missing. Night came and the boy had not returned. Jerry was distraught and grief stricken. He called the neighbors, and a group of men set out on horseback to look for him, because acquaintances had heard the boy say that he was going to climb Mount Kidd, a mountain in a remote area of West Cork, Ireland, near our home. The searchers, however, could find no trace of the boy. Night came and they had to end their search.

During his sleep that night, my distraught neighbor, Jerry, had a vivid dream. He perceived through extrasensory perception where his boy was. The location was familiar to him, and he saw the boy asleep near a certain rock with bushes over him. Therefore, at daybreak he got on his donkey and headed for the spot in the mountain he had viewed in his dream. He tied his donkey and climbing by foot to the exact spot, he found his son sleeping under the bushes. With great relief and happiness he awakened the boy, and though his son was surprised to see his father, he said to him, “I prayed that you would find me.”

This farmer had revealed, as countless thousands of others have, the power of extrasensory perception to solve their problems. I might add that this farmer never went to school and did not know how to read or write. He certainly knew nothing whatever about the laws of the mind or extrasensory perception (ESP). The words “telepathy,” “clairvoyance” and “precognition” would have been meaningless to him.

I remember asking Jerry, “How did you know where Jeremiah (his son) was?” He answered, “God told me in a dream.”

The answer, as I see it, was rather simple. He was thinking of his son and wondering where he was before he fell asleep, and he probably prayed in his simple way to God. His subconscious mind then revealed the answer to him in a clairvoyant vision.

How You Can Use Extrasensory Perception

I have talked with hundreds of people who have told me of getting specific data and information which they could not have received through the normal five sense channels. In every case they had concentrated on answers, and their deeper mind responded as dreams and visions of the night, and in intuitive flashes.

How a woman became aware of her extrasensory perception

Some years ago, let us call her Mrs. Jean Wright, accompanied by her husband and guests, visited the race track at Agua Caliente. At that time she was not the slightest bit interested in paranormal or psychic experiences, or in the workings of her deeper or inner mind. That night prior to sleeping, she was contemplating the races the following day and wondering what to wear. She began to think about the fact that she had never attended a race track in her life and knew nothing about the horses, jockeys, or even how to bet on a race. Prior to sleep, she said to herself, “I hope I will know what to do and that I will have a couple of winners, as all I am going to bet is four dollars—two dollars in each of two races.

She is very intuitive and quite psychic, and she dreams of many future events. That night she envisioned two horses named Robby’s Choice and Billy’s Friend as winners. Intuitively she felt they were going to win. (The names of her two sons are Robby and Billy.)

When they arrived at the race track the next morning, she inquired of her husband how to bet and he showed her. She placed her money on the two horses named Robby's Choice and Billy's Friend, and both came in over twenty to one.

Her subconscious mind, which is the source of all extrasensory perception, responded to her concentrated thought prior to sleep. Her focused attention was on two winners, which impregnated her subconscious mind. The latter responded accordingly, giving her two winners, for which she asked casually and without undue mental stress or strain.

Extrasensory Perception in Action

One of the foremost research investigations in the study of extrasensory phenomena has been conducted by Professor J. B. Rhine of Duke University. Professor Rhine has published several books on the subject and has lectured on the topic in many countries and before scientific bodies. He has gathered an enormous amount of material—well authenticated and documented—on the extraordinary power of the mind. He is especially interested in clairvoyance—the awareness, without the use of your normal senses, of what is going on elsewhere in the world, thus enabling you to see such events clearly.

He has also elaborated at length on precognition (seeing future events before they happen); telepathy (the

transference of thought from one mind to another); telekinesis (the action of your mind on external objects or matter without any physical contacts); and retro cognition (your ability to see the past). It is interesting to read about academic laboratories, here and in Europe and India that use the modus operandi of laboratory equipment; and of scientific studies over many years that set forth that these extrasensory perception faculties are in all of us, but that they also follow certain basic laws of mental action.

HER EXTRASENSORY PERCEPTION ENABLED HER TO SEE A FUNERAL PROCESSION

My youngest sister Elizabeth, when she was about five years of age, shouted out loud in the yard outside our home where all five of us were playing (two brothers and three sisters) that she saw a funeral procession—that Grandmother was dead. She named the priest who was leading the procession and saw that our father and mother were following in a horse and carriage. All of us laughed at her, and Mother rebuked her for being so naughty and evil as to say Grandmother was dead when we all knew very well that she was very much alive. Grandmother lived about fifteen miles away. At that time there was no such thing as phone service or telegraphic communication in that remote part of the country. Communication was by messenger on foot, horseback, or donkey.

That same evening a relative hurried to our home announcing Grandmother’s death and asking my father and mother to attend the wake and funeral. The messenger said that she died at 2:00 P.M., which was about the time my

sister, Elizabeth, saw the funeral and the priest leading the procession.

This faculty of extrasensory perception is called *precognition*, because the funeral procession (as Elizabeth had described) took place the following day and the priest she named conducted the funeral service. Unfortunately, due to criticism and ridicule of her intuitive faculties, as time passed her quality of extrasensory perception was inhibited and suppressed. Gradually, her precognitive faculty more or less atrophied.

An outstanding case of traveling clairvoyance

The classic case is that of the famous Emanuel Swedenborg, authenticated and scrutinized by the equally famous Immanuel Kant. Swedenborg, while talking to a group of scientists at Goteborg, Sweden, had a clairvoyant vision, wherein he perceived clearly the origin and course of a great fire at Stockholm over 250 miles away. He also described in detail the extinction of the fire. A few days later, messengers from Stockholm arrived and attested to the accuracy of his clairvoyant vision.

This demonstrates that within each one of us there are transcendental powers which can project themselves beyond the limitations of time and space.

Extrasensory Perception Is Active Everywhere

On a recent trip to San Francisco, a woman sat next to me on the airplane. She seemed terribly upset and distraught. She offered me a paper to read. Suddenly I had an overpowering urge to ask her, “Have you left your husband?” So, I did just that! She seemed to be taken aback and said, “Yes. Why do you ask?” “Because I intuitively sense it,” I answered.

She said, “Oh! You are one of those psychic people who see things.” I said, “No—not that, but occasionally I get subliminal up rushes from my subconscious mind which reveal answers to me. I believe this comes to anyone who practices the laws of the mind and the way of the Infinite Spirit within man.”

“Oh, I see,” she said. “I left my husband this morning and I am going off to Australia with a man in San Francisco as soon as his divorce is final. Now I don’t know whether I’m doing the right thing or not. I’m torn between the two.”

I felt impelled to tender her advice along this line. I suggested to her that what she really wanted was to find the ideal man who loves her, cares for her, and appreciates her, and that this love has to be mutual. “You want a man with whom you harmonize perfectly—intellectually, spiritually, and in all ways. You are now confused and full of anger toward your present husband. It is foolish to make a decision when under such a negative emotion.”

The affirmation she used

I wrote an affirmation for her and told her to use it and follow the lead that would come to her within the next few days. I also advised that she refrain from contacting the man she intended to marry and to just wait for inner guidance. Here is the affirmation she used:

I know there is a principle of right action in life. I know the Life Principle in me seeks to express itself harmoniously, peacefully and joyously through me. I claim definitely that the Supreme Intelligence, which guides the cosmos and governs the planets in their courses, responds to me and guides me to make the right decision.

I am now turning over this idea or request to the Deeper Mind within me where the Supreme Intelligence dwells, and I follow the lead which comes clearly and definitely into my conscious, reasoning mind.

She repeated this affirmation frequently during the day and, particularly, prior to sleep. On the third night she had a vision which startled her. Her deceased brother appeared to her in a vivid dream and warned her not to marry the man in San Francisco, saying that he was only going to use her, get her money, and, finally, would not marry her. The voice said, “Go back to your husband,” and then the brother disappeared.

This is extrasensory perception at work. The deeper faculties of the mind could read the motives of the man she wished to marry; these faculties knew he was insincere and dishonest, and they revealed the answer to her. In other words, her subconscious mind dramatized the answer through the personality of her brother, as it knew very well she would listen to the supposed voice of her brother.

She phoned me at the Drake Hotel and said joyously, “I got my answer! I am going back to my husband.” Subsequently, I learned that they have had a wonderful reconciliation. You never know how your affirmations may be fulfilled, for the ways of the subconscious are past finding out.

Extrasensory Perception Manifested as Clairaudience

A doctor friend of mine told me that invariably whenever she has an important decision to make, she hears distinctly an inner voice, which she obeys implicitly. She states that it is an oral, subconscious voice which she hears clearly either in her office or in the company of her friends. No one else hears the voice; therefore, undoubtedly, it is a subliminal uprush responding to her deep, abiding faith in inner guidance. This inner voice says, “Yes” when giving its approval and, “No” when it disapproves.

She says the inner voice is always right. This doctor has, over a period of time, conditioned her mind to believe that God is guiding her in all ways. Now she is experiencing the

automatic response of her deeper mind when she needs an answer.

Clairaudience in history

Socrates openly admitted that he was constantly directed and guided by his “daemon,” which he characterized as an inner, monitory voice to which he listened and obeyed. This inner voice told him what not to do and when it did not speak to him, he regarded its silence as tacit consent. In Plato’s *Dialogues*, we read that this “daemon,” or intuitive voice, gave Socrates extraordinary knowledge overshadowing his five senses.

Another striking instance of clairaudience is that of Joan of Arc, the remarkable visionary heroine of France. History informs us that she depended completely upon the direct messages or “voices” of her subconscious mind. Outstanding historians have investigated her extraordinary exploits down through the centuries. The conclusion of many parapsychologists and others is that she was, undoubtedly, clairvoyant and clairaudient.

One of the unique examples of her clairvoyant powers was demonstrated when she was a young girl living in Domremy. She made known publicly that there was a sword buried behind the altar of Saint Catherine’s Church at Fierbois. She had never seen the church. A man dug up the ground near the altar and found the sword exactly as she had announced.

How Extrasensory Perception Powers Found a Missing Receipt

A few weeks ago, a man telephoned me from New Orleans, Louisiana, and said that he was absolutely sure that his wife, prior to her death, had paid $2,500 in cash for a platinum watch, which was her gift to him on their golden wedding anniversary, for she had shown him the receipt. He was now being pressed for payment. He insisted to the jeweler that his wife had paid and had a receipt. The jeweler was adamant. He claimed it was charged and showed him the entry in his book.

The man searched his house thoroughly, yet failed to find the receipted bill. He said to me, “Can you help me? I have read your book *The Power of Your Subconscious Mind* and I read where a will was discovered through the power of the subconscious.”

I told him that I would ask the Infinite Intelligence within to reveal the answer to him and that he would be led to it. I suggested that, likewise, he should affirm boldly and believe that Infinite Intelligence knows all things, and It knows where the receipt is and reveals it to him in Divine order.

After about a week, he wrote to me and said that while asleep one night, a person resembling an ancient sage appeared to him and pointed to a certain page in the Book of Isaiah. He saw clearly the receipted bill. He awoke

suddenly and rushed to his library. He opened the Bible to the page he saw in his dream, and there was the receipt. His infinite subconscious mind provided him with the answer that transcended the power of his conscious mind.

How to Let Extrasensory Perception Function for You

You have heard the wisdom of “sleep on it.” This means that when your conscious mind is stilled and you focus your attention on the solution or answer that you are seeking, the deeper mind, full of wisdom, power, and Infinite Intelligence, will respond to you and solve your problem.

If you have lost something and you have searched everywhere for it, cease fretting and fussing about it, relax, let go, turn your request over to your subconscious mind and talk to it as follows:

Infinite Intelligence within my subconscious mind knows all things. It knows where this thing is and reveals it to me clearly and distinctly. I am Divinely led to it. I trust my deeper mind implicitly. I let go and relax.

When you relax, let go, become detached and preoccupied about something else, the extrasensory perception faculties of your subconscious mind will lead you directly to the thing that you lost. You may see it clairvoyantly in a dream or be led directly to where it is.

It is written, . . . *God giveth his beloved in sleep* (Ps. 127:2) . We all have a wonderful legacy in these commanding words!

Chapter 9

Harness the Secret Power of Self-Mastery

In Mark 11:23, we read, "*For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith*."

The truth of these words will never let you down but will supply you with infinite power for perfect living. The mountain spoken of in the Bible stands for the difficulties, challenges, and problems confronting you. They may seem overwhelming and overpowering, but if you have faith in the infinite power and do not doubt it, you will affirm boldly the following:

> Be thou gone. I will overcome this challenge through the infinite power. This problem is Divinely outmatched. I will grapple with it courageously knowing that all the power, wisdom, and strength necessary will be given to me. I have unquestioning faith that God knows the answer and I am one with God. God reveals to me the way out, the happy ending. I walk in that assumption and as I do, I know the mountain will disappear—will be gone out of sight, dissolved in the light of God's love. I believe this; I accept it wholeheartedly; it is so.

How a Young and Discouraged Woman Developed Self-Mastery

A few years ago while speaking in Honolulu, a young Japanese woman suffering from discouragement and acute depression visited me. She was only thirty years of age and had had extensive surgery, including the removal of a breast, as well as undergoing a hysterectomy. She said, “I’m no longer a woman. I can’t give birth to children and nobody wants me.” Quoting Emerson, I said to her, “You are an organ of God and God hath need of you where you are; otherwise you would not be here.”

I pointed out to her that throughout life we meet with discouragement and setbacks and that there is no gainsaying the fact that trials and difficulties come to all of us, but that we have an infinite power within us which gives us power over discouragement and depression and that the joy is in overcoming and mastering any situation.

Then I suggested that the quickest way in the world for her to overcome her depression was to give of her talents, love, kindness and abilities wholeheartedly to others. In that way she would get rid of her self-absorption, self-pity and self-condemnation. I suggested that inasmuch as she was a nurse, she should go back to nursing and devote herself to giving better service to others, pouring out God’s healing love on all her patients and giving more of her Divine self to others. I reminded her that the self- centered person is

rarely happy and that the secret of a full life is in giving more of life, love, joy, and happiness to others.

I advised her also to read the 42nd Psalm out loud several times daily savoring the words as she would a morsel of delicious food. I said I did not mean mumbling the words or idle affirmations but that I wanted her to feel and sense the magnificent truths contained therein, thereby establishing a deep, fundamental sense of oneness with God whereby her mind and heart would become transformed by the infinite power within her.

How she practiced the presence of God

She followed my suggestion and went back to nursing, pouring out grace, love, and encouragement to all her patients and telling them of the infinite power of God to heal and kindle their faith. She wrote me, saying that in two years she has never lost a patient to Death. She prays for every patient under her care stating, “God is Life and His Life, Love and Power are now being manifested in Mr. or Mrs. _____.” This is her constant prayer for those under her care. This is the practice of the presence of God, because it is the constant practice of harmony, health, peace, joy, love, and wholeness for each person.

Her triumphant victory

On a Christmas Day, I had the joy of performing a marriage ceremony in my home joining this nurse and the doctor who

had operated on her, in the vows of holy matrimony. After the ceremony was over, her doctor husband said, “She is more than a nurse. She is an angel of mercy.” He saw the inner radiance and the beauty of her soul. Emerson wrote, “Rings and jewels are not gifts. The only gift is a portion of thyself.”

The following is the Psalm that stirred up the gift of God:

> As the hart panteth after the water brooks, so panteth my soul after thee, O God.
>
> My soul thirsteth for God, for the living God: when shall I come and appear before God?
>
> My tears have been my meat day and night, while they continually say unto me, Where is thy God?
>
> When I remember these things, I pour out my soul in me; for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.
>
> Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar.

Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me.

Yet the Lord will command his loving kindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life.

I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy?

As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God?

Why art thou cast down, 0 my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God. (Ps. 42)

How to Apply Self-Mastery in Your Life for Richest Blessings

Some time ago I interviewed a woman who had been in the hospital for about two months suffering from what she called a nervous breakdown and bleeding ulcers. Her trouble was basically emotional. She said her husband was peculiar; he gave her forty dollars a week to run the house and buy food for two children, and then wondered where all the money went. He would not permit her to go to church because he felt that all religions were just “rackets.” She loved to play music, but he wouldn’t allow a piano at home.

She complied with his distorted, twisted, morbid ideas, thereby frustrating her own innate desires, talents, and capacities. She deeply resented her husband, and her suppressed rage and frustration brought on her nervous collapse and ulcers. Her husband was playing havoc with her emotions because of his stupid, selfish, callous opposition, to her ideas and values of life.

How the explanation was the cure

I explained to this talented woman that marriage is not a license to browbeat, intimidate, and suppress the aspirations and personality of the other. I pointed out to her that in marriage there must be mutual love, freedom, and respect and that one must cease being timid, dependent, fearful, and subservient. She must become psychologically and spiritually mature and cease suppressing her personality.

In talking with both the husband and the wife, I suggested that each one cease being a scavenger (that is, dwelling on each other's shortcomings, weaknesses, and foibles), but instead, begin to see the good in each other and the wonderful qualities which they admired in each other when they married. The husband was quick to see that the resentment and suppressed rage of his wife was the cause of her crackups and hospitalization. They arrived at a plan whereby the wife could express herself musically and socially. They also agreed to open a joint checking account based on mutual love, trust, and confidence.

Here is the affirmation I suggested for the husband:

> From now on I will cease trying to change my wife's personality. I do not want her to be a second edition of myself, neither do I want her to submerge her talents or personality. I radiate love, peace, and goodwill to her. My sincere desire is that the Infinite Intelligence within her rules, guides, and directs her in all ways and that Divine love flows through her mind and body at all times. God's peace floods her mind constantly. I exalt God in the midst of her. I claim she is happy, joyous, healthy and Divinely expressed. I know that my thoughts execute themselves. I know also that affirmation is a habit, and as I continue thinking habitually along these lines I will become a loving, kind, and understanding husband. Whenever I think of my wife I will silently affirm, "God loves and cares for you."

I suggested the following affirmation for the wife:

> I saw wonderful qualities in my husband when I married him. These qualities are still there, and from now on I will identify with his fine qualities and not with his shortcomings. I know, feel, and claim that Infinite Intelligence leads, guides, and directs him in all ways. Regularly and systematically I exalt God in the midst of him. Divine law and order govern his activities. Divine peace fills his soul. Divine love flows through his thoughts, words, and deeds toward me and the children. God loves him and cares for him. He is a tremendous success and God prospers him. He is inspired from On High. I know that all these thoughts reiterated regularly and systematically by me find their way to my subconscious mind; and, like seeds, they come forth after their kind. Whenever I think of my husband I will immediately affirm, “God in me salutes the God in you.”

How persistence pays dividends and brings mastery

Both the husband and wife remained faithful to their agreement and affirmations. They knew that to believe something is to bring it to pass. Believe is made up of two words: “be” and “alive.” The old English meaning of the word is to “live in the state of being,” which means making it real in your life. At the end of about a month, I received a phone call from the wife saying, “I became alive (believed) to these truths which you wrote out for me. They are registered in my heart (subconscious mind).” The husband added, “I am now master over my thoughts, emotions, and

reactions, and so is my wife. Self-mastery is a real thing in our lives.” They discovered that the infinite power for perfect living is always within themselves.

How a Discouraged Young Man Gained Self-Esteem and Recognition

A young man complained to me that he is constantly slighted in social gatherings and is also passed over for promotion in his organization. He added that he frequently entertains in his home, but that he is never invited as a guest to the homes of his associates and others whom he has entertained. There was a deep and violent animus in his heart toward everyone.

While this well-educated young man conferred with me and while discussing his childhood and home environment, he informed me that he had been brought up by a puritanical New England father. His mother had died at his birth. His father, who was somewhat tyrannical and despotic, frequently said to his son, “You’re no good. You will never amount to anything. You are stupid. Why aren’t you smart like your brother? I am ashamed of your school record.” I discovered that this man actually hated his father. He grew up with a rejection complex and unconsciously felt unacceptable to people. To use a vernacular expression, he had a psychic boil and was terribly touchy in the field of human relations. This was accompanied by a subjective expectation and fear of being rejected by others, either by rude affront or by what is commonly called “the brush-off.”

How his negative complexes were eliminated

I pointed out to him that in my estimation he was constantly fearing slights and rejection; furthermore, he was projecting his animosity and resentment of his father onto others. Compulsively he wanted to be disparaged, rejected, or dismissed by someone's manner, attitude, comment, or by what seemed to be a greater interest in others. I explained to him the law of his mind and gave him a copy of *The Power of Your Subconscious Mind*. In the meantime, I gave him a very practical plan for overcoming his rejection complex and assuming mastery over his life.

The practical step-by-step plan

The first step in solving a problem of this type is to realize that no matter what the past experiences may have been, these can be completely eradicated by feeding the subconscious mind with eternal verities and life-giving patterns of thought. Since the subconscious mind is amenable to suggestion and controlled by the conscious mind, all negative patterns, complexes, fears, and inferiorities can be expunged. These are the life-giving patterns:

> I recognize these truths to be true. I am a son of the Living God. God dwells within me and is my real self. From this moment forward I will love God within me. Love means to honor, respect, give allegiance to, and be loyal to the only Presence and the only Power. From now on I respect the Divinity which shapes my

ends. This God-Presence within me created me, sustains me, and is the Life-Principle within me. The Bible says, *Love thy neighbor as thyself* (Lev. 19:18). The neighbor is the closest thing to me, or, Closer is He than breathing; nearer than hands and feet. Every conscious moment of the day I honor, exalt, glorify, and have a healthy and reverent respect for the Divine Presence within me. I know that as I exalt and have a healthy and wholesome respect for the God-Self within me, I will automatically respect and love the God in the other person. Whenever I am prone to criticize or find fault with myself, I will immediately affirm, "I honor, love and exalt the God-Presence within me, and I love the Self of me more and more every day." I know I cannot love and respect others until I first love, honor, respect, and pay loyalty and devotion to my real Self—God—in the midst of me, which is mighty to heal. Honoring God within myself, I will honor the dignity and Divine royalty of all men. I know these truths, when repeated feelingly, knowingly, and believingly, enter into my subconscious mind; and I am subconsciously compelled to express these truths, as the nature of my subconscious mind is compulsion. Whatever is impressed, I am compelled to express. I believe this implicitly. It is wonderful!

The second step is to reiterate these truths frequently three or four times a day at special periods in order to establish a habit of constructive thinking.

The third step is never to condemn, demean, or demote yourself. The moment a thought comes to your mind such as, “I’m no good,” “a jinx is following me,” “I’m unwanted,” or “I’m nobody,” immediately reverse the thought by saying, “I exalt God in the midst of me.”

The fourth step is to imagine yourself mingling with your associates in a friendly, amiable, and affable manner. Imagine and hear your superiors congratulating you on a job well done. Imagine you are being welcomed and accepted graciously in the homes of your friends. Above all, believe in your image and in its reality.

The fifth step is to realize and know that whatever you habitually think upon and imagine must come to pass, for that which is impressed on your subconscious mind must be expressed on the screen of space as experiences, conditions, and events.

This young man diligently followed the above procedure, knowing what he was doing and why he was doing it. Having a knowledge of the way his subconscious mind worked, he gained confidence daily in his technique and application. Gradually he succeeded in cleansing his subconscious of all the early psychic traumas. He is now welcomed in the homes of his associates and has been entertained by the president and vice-president of his organization. Since adopting these psychological procedures he has received two promotions and is now executive vice-president of his bank. He knows that application of the cosmic power within him brings self-mastery over the past or conditions, experiences, and events. It is done unto you as you believe.

How Complete Marital Unhappiness Was Overcome

Recently I received a letter from a woman in Texas:

> Dear Dr. Murphy: I read your book *The Cosmic Power Within You,* from which I received great help. I would like your advice on my problem. My husband is constantly criticizing me using abusive, sarcastic, and vitriolic language. The mendacity of my husband makes it impossible for me to believe anything he says. He sleeps in a separate room and there is no marital intimacy. No matter what kind of community work I do, he finds fault. In the last five years we have had no guests in our home. I am full of antipathy toward my husband. I am afraid I am beginning to hate him. I have left him twice. We have had spiritual counseling, as well as psychological help and legal advice. I can't communicate with him. What shall I do?

My reply was as follows:

> Dear _____: You can't afford to resent or hate anybody in the world. Such feelings or attitudes are mental poisons which debilitate the entire mentality and rob you of peace, harmony, health, and good judgment. They corrode your soul and leave you a physical

and mental wreck. You are the only thinker in your world and you are responsible for the way you think about your husband—he is not. My suggestion to you is that you stop trying to communicate with him and to surrender him to God completely, lock, stock, and barrel. It is wrong to live a lie. It is better to break up a lie than to live it. There is a time in our experience when, having done everything we can to solve a problem, we should follow the injunction of Paul, “Having done all, I stand”; that is, you stand on the Cosmic Wisdom within you to solve the problem. You have visited psychologists, lawyers, and pastors, obviously in a spirit of goodwill, to bring about a healing, but, apparently, there is no solution in sight. Turn your mind to constructive pursuits and adopt a new attitude toward your husband, such as, “None of these things moves me.”

Here is a pattern of affirmation, which, when followed by you, will bring results, for the Cosmic Power never fails:

I surrender my husband to God. God made him and sustains him. God reveals to him his true place in life where he is Divinely happy and Divinely blessed. The Cosmic Wisdom reveals to him the perfect plan and shows him the way he should go. The Cosmic Power flows through him as love, peace, harmony, joy and right action. I am Divinely guided to do the right thing and to make the right decision. I know that what is right action for me is right action for my husband; also, I know that what

blesses one blesses all. Whenever I think of my husband, and no matter what he says or does, all I do is to affirm knowingly and feelingly, "I have surrendered you to God." I am at peace about everything, and I wish for my husband all the blessings of life.

I recommended that she cultivate a constructive life of her own, expressing her talents and continuing in community projects. I advised her to remain faithful to the specific affirmation, explaining to her that these God-like thoughts would cleanse her subconscious mind of all resentment and other negative and destructive poison pockets lodged in her deeper mind. This would be done in the same way as clean water drop by drop will, if we persist, cleanse a pail of dirty water so that we will have clean water to drink. You can, of course, turn the hose on a pail of dirty water and get clean water faster. The hose, figuratively speaking, would be a transfusion of Divine love and goodwill into the soul, bringing about an immediate cleansing. However, a gradual cleansing process is the usual procedure.

An interesting denouement

The sequel to the above affirmation process is interesting, as the following letter reveals:

Dear Dr. Murphy: I am deeply grateful for your letter, advice, and prayer technique, which I have followed faithfully. When he became sarcastic and poured forth expletives and invectives, I blessed him by silently affirming,

> “I surrender you to God.” I became interested in hospital and community work and have made many friends the last six weeks since I started using the affirmation. My husband asked for a divorce last week, to which I gladly agreed. We have already made a property settlement which is mutually satisfactory. He is going to Reno for a divorce and plans to marry a woman whom I feel is right for him. I have fallen in love also with a childhood sweetheart of mine, whom I met in my hospital work. We are to be married as soon as I am legally free.

Truly God works in mysterious ways His wonders to perform.

Chapter 10

Live a Fulfilling Life

On Thanksgiving Day I flew to the Island of Kauai to mingle with the people, to visit the various towns and scenic spots, and above all to get acquainted with some of the full-blooded Hawaiians. I met a guide who introduced me to many of his friends and took me to several houses on the Island to see how they live. I found the people in the homes I visited to be happy, joyous, and free. They are kind, generous, deeply spiritual, and full of the music and laughter of God. I found myself looking at people who, through love of God, are living life gloriously in the spirit of Divine Liberty. In the following pages I am going to elaborate on how you too may set a pattern for victorious living.

How a Pattern for Victorious Living Was Found

In making a few purchases in one remote village here, I had an interesting conversation with a man who came from the mainland some years ago and who is now running a country store. He said to me that he had been an alcoholic. His wife had deserted him and had taken all the money with her (they had a joint account). He had become bitter, irascible and hateful and had found great difficulty in meshing into an organization. A friend suggested that he go to Kauai, explaining to him that it was the oldest island of the Hawaiian chain and that it basks in rare beauty, full of lush foliage and floral growth. His friend told him of the deep

colorful canyons, golden beaches, and winding rivers, all of which captured his imagination.

How a change of heart took place

He worked in the sugar cane fields here for some months. One day he fell ill and was confined to a hospital for several weeks. Each day the Hawaiian people visited him, brought him fruit, prayed for him, and showed a deep interest in his welfare. Their kindness, love, and attention penetrated his heart, and he reciprocated by pouring out love, peace, and goodwill to them. He became a transformed man.

A pattern for perfect living

This man’s formula is very simple; it is that love will always win over hate, and goodness will always win over evil, for that is the way the universe is made. I would like to comment on what transpired psychologically and spiritually in this case. This man’s heart was corroded with bitterness, self-condemnation, and hatred for women. The love, kindness, and prayers of his fellow workers penetrated the layers of his subconscious mind, expunging all the negative patterns lodged therein, and his heart became full of love and goodwill to all. He discovered that love is the universal solvent. His constant affirmation now is, “I pour out God’s love, peace, and joy to every person I meet every day of my life.” The more love he gives, the more he receives. It is more blessed to give than to receive.

An affirmation to living life gloriously

Every morning when you open your eyes affirm boldly and with deep feeling and understanding:

> This is the day which the Lord hath made; rejoice and be glad in it. I shall rejoice and give thanks that my life is directed by the same Eternal Wisdom which guides the planets in their courses and causes the sun to shine.
>
> I am going to live life gloriously today and every day. More and more of God's love, light, truth, and beauty are being experienced by me all day long today and every day.
>
> I am going to be of tremendous help to all those whom I contact and with whom I work, and have the time of my life doing it.
>
> I am going to be wildly enthusiastic about my work and my wonderful opportunities for service.
>
> I rejoice and give thanks that more and more of God's love, life and truth are being experienced by me every day, and more and more of God's glory is being made manifest by me.

Begin each day by affirming these miraculous truths and believe in their reality. Whatever you believe and faithfully anticipate will come to pass, and wonders will happen in your life.

How to Walk and Talk in Peace and Serenity

I met an extraordinary man at the Fern Grotto, where the boat crew are noted for singing the never-forgotten Hawaiian Wedding Song. He was ninety-six years of age, walked briskly and sang lustily the beautiful Hawaiian love songs on the boat taking us to the famous Grotto. After the trip he invited me to his home, which was indeed a rare experience. For dinner we had thickly sliced homemade gingerbread, papaya, apple tart, rice, broiled salmon, and Kona coffee grown on one of the neighboring islands.

During dinner he told me how he had become a new man in God, and at ninety-six he certainly looked the part. His cheeks were ruddy with radiant and buoyant health; his eyes were filled with light and love; joy was all over his face. He spoke fluently English, Spanish, Chinese, Japanese, and the Hawaiian languages. He regaled me with as fine a flood of native wisdom, witticisms, jokes, and good humor as I had ever heard.

I was thoroughly fascinated and I finally asked him, “Tell me your secret of life and joy. You seem to be bubbling over with enthusiasm and energy.” “Why shouldn’t I be happy and strong?” he replied. “You see, I own the island and yet I own nothing.” He added, “God possesses everything, but

the whole island and all that is in it is mine to enjoy—the mountains, the rivers, the caves, the people, and the rainbows. Do you know where I got this home?" he asked, and he answered himself, saying, "A grateful tourist bought it for me and gave it to me as a gift; otherwise, I wouldn't have had it."

How God healed him

He added that about sixty years ago he was dying of tuberculosis and had been given up as hopeless, but a local Kahuna (native priest) visited him and told both him and his mother that he would live and that God would heal him. The Kahuna chanted prayers, placed his hands on his throat and chest, and in his native tongue called on God's healing power. At the end of about an hour's chanting, he said he was completely healed and the next day he went fishing. Since then, he said, "I've never had a pain or an ache of any kind. I have marvelous legs. I've walked all over these mountains you see. Moreover, I have kind, loving friends, a few dogs and goats, and this wonderful island. And I have God in my heart. Why shouldn't I be happy and strong?"

This man really walks and talks with God, and having God in his heart, he is happy every day. This wonderful man tills his land, takes care of his goats and sheep, visits the sick, attends all the festivals, and sings Hawaiian love songs which touch the soul of man.

His song for health and vitality

The only prescription the Kahuna gave him was, “Sing the 100th Psalm. Morning, noon and night live with these truths in your heart and you will never again be sick.” He sang it for me, and I have never in my life heard anything so moving, penetrating, lovely, and soul stirring. It was like the melody of God played on your sacral plexus.

This is the Psalm of praise:

> *Make a joyful noise unto the Lord, all ye lands.*
>
> *Serve the Lord with gladness: come before his presence with singing.*
>
> *Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.*
>
> *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.*
>
> *For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.* (Ps. 100:1-5)

How faith and receptivity heals

Knowing the laws of mind, you can readily see the impression his Kahuna priest made upon him. He had absolute faith in the powers of the Kahuna, and he believed implicitly that he would be healed. According to his belief, his subconscious mind responded. Today, as he sings the 100th Psalm daily, his mind and heart are lifted up in grateful acknowledgment to God; and there is an automatic reaction of the Law bringing countless blessings in its train.

The law of thanksgiving

A grateful heart is always close to God, and, as this man gives thanks daily for his health, abundance and security and for his many blessings, God multiplies his good exceedingly. This is based on the law of action and reaction, which is cosmic and universal. The Bible says, *Draw nigh to God and He will draw nigh to you* (Jas. 4:8). Thoreau said, “We should give thanks that we were born.” Practice singing and living the truths of the 100th Psalm. Write these truths in your heart by repeating them slowly, lovingly, and feelingly. As you do, these ideas will find their way by repetition to the deeper layers of your mind, and, like seeds, they will grow after their kind. Let wonders happen in your life.

How a Grandmother Keeps Inspired and Zestful for Life

I chatted with a grandmother who sat next to me on the boat trip to the famous Waimea Canyon, a gorge cut to the depth of about 3,000 feet by the Waimea River. She was

taking her two granddaughters sightseeing. She commented on the gorgeous colorings of the cliff strata and the tropical growth covering the sides of the canyon. I might add that the shadows of the ever-changing clouds made it an unforgettable sight. This beautiful, spiritual woman told me that she is over ninety years of age and has never been sick a day in her life, the reason being, she said, “I keep prayed up.” This Hawaiian woman teaches Sunday School, writes poetry, rows a boat, fishes, milks her two cows every day, talks before women’s groups, and is now planning a tour for twenty to Europe.

She showed me a card on which were typed the words of Tennyson: “Oh, I see the crescent promise of my spirit hath not set. Ancient founts of inspiration well through all my fancy yet.” On the back of the card was this Biblical verse: *Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price* (Isa. 55:1) .

Wine in the Bible means inspiration from On High, where the Holy Spirit flows through you energizing and vitalizing your whole being. Milk is symbolic of nourishment. Your mind as well as your body needs nourishment. Feed your mind with ideas which heal, bless, elevate, inspire, and dignify your soul. Feed your mind daily on thoughts of love, peace, faith, confidence, success, and Divine right action. The price you pay is attention, devotion, and loyalty to these eternal verities.

Her key to joyous living

This woman found the key to an inspired and zestful life by living in her heart these two wonderful quotations until they became a living part of her. She believed what she affirmed and lived in the joyous expectancy of what she affirmed. She exuded vibrancy, joy, and goodwill. She discovered that daily communion with the Father within is the answer to Cosmic Power for perfect living.

A Great Spiritual Feast

I visited a famous woman in the charming and exotic island of Maui. There were assembled in her home a group of distinguished people, and we discussed mental and spiritual laws from about 10:00 A.M. until 4:00 P.M. Her guests were familiar with the books The Power of Your Subconscious Mind and Miracle of Mind Dynamics. In the whole course of my life I have never met a more enthusiastic, happy, joyful group. Their hearts were kindled with a Divine fire. They spoke about how they overcame their problems by believing in a power greater than themselves or their conscious egos. They have talk fests on my books and listen to my recordings. They asked questions which delighted me and which showed a tremendous interest and insight into things Divine. They have discovered that the joy of living is in the contemplation of the truths of God regularly and systematically.

Hawaiian Wisdom and Inner Joy

I have found that the Hawaiians are very wise people, having acquired through centuries a vast accumulation of

esoteric and unwritten knowledge. One man, a native of Maui who sat next to me on the plane from Kauai to Maui, was a full-blooded Hawaiian and had knowledge of weather conditions, currents, tides, etc. He informed me that he could predict tidal waves, storms, and volcanic eruptions. He knows by name all the fruits, flowers, and trees in the islands and understands the curative properties of the herbs.

He has the capacity to read minds and is definitely clairvoyant. He told me where I was going, gave my name and address, and had the gift of retro cognition, as he spoke most accurately of many past events in my life. To test his gift of clairvoyance, I asked him to read a letter which was in my pocket, which I had not as yet read, having forgotten all about it until that moment. He read the contents accurately, as my subsequent reading verified.

This young man has a native wisdom. He is in touch with his subconscious mind, which knows the answers to all questions. “Whenever I want to know something,” he said, “I just say, ‘God, you know. Tell me.’ The answer always comes, because I have a friend inside.” This man works in the cane fields, plays the ukulele, sings at his work, and obviously is in tune with the Infinite. Truly, he has a friend inside and he has discovered the joy of the God-Presence which is his strength.

The Seven-Step Miracle Formula

During my stay in the islands I set aside one day for interviewing people who wished to consult with me at the

Hotel there in Kauai. My first visitor was a man whom I had previously counseled a few years ago at the Royal Hawaiian Hotel in Honolulu. At that time he was a confirmed alcoholic and had been pronounced an inebriate and a compulsive drinker. He had had drug treatment, hypnosis, and other forms of therapy. He said, “I came to thank you and will only take a few minutes of your time. You told me that I was master of the bottle and that the bottle had no power. You said to stop all alibis and excuses and to become a real man. I followed the technique you outlined. I forgave myself and others, and today I own my own store, I am married, I belong to the local church, and I have two wonderful children. I just came to thank you, that’s all.”

I remembered him very well and recalled talking with him in Honolulu. At that time he had just been released from the hospital where he had been undergoing treatment for alcoholism. Here is the seven-step affirmation I gave him that transformed his life:

1. I fully and freely forgive myself for harboring grudges, peeves, and ill will toward others. Whenever I think of others I wish for them all the blessings of life.

2. I am the king and complete master over my thoughts, words, actions, emotions, and reactions. I am absolute monarch over my conceptive realm.

3. I desire to become completely free from this habit. I mean this and I am absolutely sincere. I know that when my desire to give it

up is greater than my desire to continue, I am 60 per cent healed already.

4. I have made my decision and I know that according to my decision is it done unto me. My subconscious mind knows I am sincere.

5. I now use my imagination correctly. I know my power to imagine is the primal force of humankind and the greatest of all my faculties. Three times a day for three or four minutes I will run a motion picture in my mind wherein I see my mother congratulating me on my perfect health and freedom. I hear her voice and feel her embrace, and I enter into the joy of it all. Whenever I am tempted, I instantaneously flash on this mental movie in my mind. I know my mental picture is backed up by the power of God.

6. I know what I am doing and why I am doing it. I know that according to my belief is it done unto me. I know that to believe is to accept something as true. I know my desire is true, my mental image is real and the power that backs me up is of God. I know all the power of God is directed at the focal point of my attention.

7. I am now free and I give thanks.

I have given this seven-step miracle formula to many alcoholics, victims of LSD and marijuana, dope addicts, and

so on. You can overcome any negative habit by following these simple principles. This man is happy, joyous, bubbling over with the élan of life. I have attended a dinner at his home where coconut palms rattled conversationally in vagrant breezes; ocean waves swished nearby and receded, leaving foam in the sand; and bright tropical flowers surrounded us on all sides. The iced papaya and lemon was as sweet as the nectar of the gods. And the poi, their staple dish, was deliciously flavored with nutmeg and cinnamon. Beauty, serenity and the joy of living were present in the entire atmosphere of the home. He and his family prayed before and after dinner giving thanks for all their blessings, and Hawaiian love songs and music filled his home. Truly, I had entered into what we call infinite power for perfect living.

How to Acquire the Joy of Living

I have been in correspondence with a young girl on this island whom I will call Mary. She has been studying the book *The Power of Your Subconscious Mind*, which I sent her some months ago. In her original letter to me at my home in Beverly Hills, she said she was full of abnormal fear and was a tied-up personality.

She had broken her engagement to a young man, and he had retaliated by informing her that a Kahuna had cursed her. She lived in constant fear. I wrote to her explaining that there is only One Power, and that this Power moves as unity and harmony in the world; that God is Spirit, One and Indivisible; and that one part of Spirit could not be antagonistic to another part of Spirit; therefore, there was

nothing to fear. I wrote out a spiritual technique for her to follow, which would banish all fear.

In my interview with her today, I find a radiant personality, a young woman exuding vibrancy, bubbling over with enthusiasm and joy, and on fire with new ideas for the island. She said, “I followed your instructions to the letter and I am transformed by an inner light.”

The following is the spiritual regimen she practiced several times daily, as suggested in my letter to her:

> God is all there is. One with God is a majority. *If God be for me who can be against me?* (Rom. 8:31) I know and believe God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God’s thoughts, God’s power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light, and goodwill to my ex-boyfriend and all those connected with him. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God’s love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. *In thy presence is fulness of joy; at thy right hand there are pleasures for evermore* (Ps. 16:11) .

She practiced repeating these truths regularly and systematically for about ten minutes morning, afternoon, and night, knowing, believing, and understanding that as she affirmed these truths they would gradually sink into her subconscious mind by a process of spiritual osmosis and come forth as freedom, inner peace, a sense of security, confidence, and protection. She knew she was applying a law of mind that never fails. In ten days' time all fear vanished. Now she has a wonderful position here in the island. She introduced me to her new fiancé, and his comment was, "She is the joy of my life." This young woman who had been practically petrified by fear of a supposed curse is now out-flowing, giving of her talents, and has entered into the joy of living.

The meaning of "Kahuna"

Most of the Hawaiian people here and in the other islands claim that there are no more Kahunas, and most of the Hawaiians are unwilling to talk about them. There is, however, the type called the white Kahuna, meaning a man who practices white magic, or casts good spells by his incantations and esoteric knowledge. One of my Hawaiian guides explained to me that these Kahunas were trained from early childhood by their elders, who subjected them to severe discipline and secrecy. Many of them are highly respected for their healing powers through what we would call today knowledge of the subconscious mind. They have, also, a knowledge of the curative properties of certain herbs and plants. My guide, who seemed more willing than others to discuss the subject, pointed out that some of the Kahunas are greatly feared as *Kahuna anaanas* (i.e., those who dealt with death or black magic).

The above-mentioned lady learned that the threats, negative suggestions and statements of others have absolutely no power to create the things they suggest. You are the only thinker in your universe. It is your thought that is creative. Think good and good follows; think evil and evil follows. Join with God. When your thoughts are God's thoughts, God's Power is with your thoughts of good. Remember, "One with God is a majority," and *If God be for me, who can be against me?* (Rom. 8:31)

Chapter 11

Get Infinite Power on Your Side

One of the keys to understanding life is to realize that everything comes in pairs. All action consists of the interworking of opposites. A combination of male and female life forces created the universe. Emerson once said, “Polarity, or action and reaction, we meet in every part of nature.” We have spirit and matter, male and female, positive and negative, sickness and health, love and hatred, night and day, heat and cold, in and out, sweet and sour, up and down, north and south, subjective and objective, motion and rest, yes and no, success and failure, sadness and gladness, and so on. Spirit and matter are but aspects of the One Reality. Matter is spirit reduced to the point of visibility. Matter is the lowest degree of spirit and spirit is the highest degree of matter. These opposites in life are manifestations of the One Being and are necessary to experience life.

In the absolute state there is no differentiation, contrast, or established relationship. It subsists in a state of oneness. When the Absolute became relative (i.e., when God created the universe), He created the opposites so that we might experience sensation and function and the sense of being alive. We must have feeling and sensibility in order to be aware of being alive. We know by contrast the difference between heat and cold, height and depth, length and breadth, sweet and sour, depression and elation, male and female, and subjective and objective. All these opposites are halves of the One Being which is whole, perfect, and indivisible.

How Thoughts Come in Pairs

A young boy, aged twelve, who listens to my morning radio program, told his mother that he was going to visit his uncle in Australia during school vacation. His thought of going was very strong, but he had another thought that said, “Mom won’t let me go.” His mother had said, “It’s impossible. We don’t have the money and your father can’t possibly afford it. You’re dreaming.”

Her son said, however, that he heard on my radio program that if you desired to do something and believed that the Creative Intelligence within you would bring it to pass, your prayer would be answered. His mother said, “Go ahead and pray.” This boy who had been reading extensively about Australia and New Zealand had an uncle in Australia who owned a big ranch.

He prayed as follows: “God opens up the way for Dad, Mom, and me to go to Australia during vacation. I believe this and God takes over now.” When the thought that his parents didn’t have the money to go came to his mind, he would affirm, “God opens up the way.” His thoughts came in pairs, but he gave attention to the constructive thought and the negative thought died away.

How he traveled astrally

One night he had a dream wherein he found himself on his uncle's ranch in New South Wales, viewing thousands of sheep, and meeting his uncle and cousins. When he awakened the next morning, he described the entire scene to his mother, much to her amazement. The same day a cablegram came from his uncle inviting the three of them to his ranch and offering to defray their expenses both ways. They accepted.

The boy's intense desire to visit his uncle acted on his subconscious mind as a command while asleep; and, using his fourth-dimensional body, he traveled astrally to the ranch. The boy told me that what he observed when he arrived at the ranch with his parents coincided exactly with what he saw in his astral projection while asleep. Thus, it was done unto him as he believed.

How Fear of a Second Marriage Was Destroyed

A young woman said to me, "I desire to get married, but the thought of fear comes into my mind that I will attract the wrong man and repeat the same mistake as in my previous marriage." Fear was a force that conflicted with her desire, and her fear thought seemed to be the dominant one. I explained to her that everything comes in pairs. For example, if one thinks of health, the thought of sickness comes to the mind; if one thinks of wealth, the thought of poverty comes to the mind; if we speak of the good heart, we think of the bad heart; and so on.

I explained to her that the way to overcome the negative thought was to take her attention completely away from the fear thought and lift her mind above the opposition by contemplating the joyous fulfillment of her marriage to the right man.

The technique used for joyous fulfillment

I suggested the following affirmation:

> I know there is only One Almighty Power, which knows no opposition. There is nothing to oppose, challenge or vitiate it. It is invulnerable and invincible, and I now decree that I attract the right man who blends with me spiritually, mentally, and physically. I give my whole-hearted attention to this idea in my mind trusting the law of my subconscious to bring it to pass.

When the fear thought came into her mind, she affirmed, “God is taking care of my request.” After a few days the fear thought lost all momentum and died away. She made her ideal live by feeding and nourishing it with faith and confidence in her mind.

How she met her future husband’s fourth-dimensional (astral) body

Every night of your life when you go to sleep you go to the next dimension of life, the *fourth dimension*, which interpenetrates this plane. Shortly after she began her affirmation technique, she had a vivid dream in which I was performing her marriage ceremony in my home. She perceived her future husband and heard me pronounce his name and ask him to repeat the vows of the marriage ceremony. It was all very vivid and real. She felt herself to be in my home and touched the statue of Buddha, as well as the paintings on the walls.

With great joy and happiness she awakened and phoned me, telling me what had happened in her sleep. She described the room where I perform marriage ceremonies in minute detail. I explained to her that, while asleep, she had traveled to my home in her fourth-dimensional (astral) body, which is supercharged with electrons, rarefied and attenuated, vibrating at tremendous speed, and capable of penetrating walls. I pointed out to her that, undoubtedly, the marriage had already taken place in the next dimension of mind and that her own conviction and inner realization would bring it to pass.

The final touch to her astral journey

This young lady, who works as a secretary for a large organization, was invited to a home by the wife of one of the executives. Her hostess introduced her to her son, who happened to be the man she saw in her dream! He said to her, “I have seen you before.” He proceeded to tell her about his dream of the marriage ceremony by a strange minister in a private home, both of which he had never seen before. They had had identical dreams, and subsequently

the author performed the marriage ceremony, which coincided in every detail with this combined, four-dimensional experience.

My explanation is that this young lady, thinking with interest about the type of man she wished to marry, inscribed the idea on her subconscious mind, which, in turn, dramatized its contents in a fourth-dimensional rehearsal, as everything that happens objectively must first take place subjectively. Infinite Intelligence in her subconscious mind brought them together fourth dimensionally as well as third dimensionally.

Why You Are Your Own Legislator in Having Good or Frustrating Experiences

Your habitual thoughts, conceptions, and opinions evoke certain emotions within you which impress your subconscious mind, and you automatically repeat these patterns in your life experience like an automaton or some sort of a mechanical robot. The law of your mind is such that whatever you impress on your subconscious mind is made manifest as experience, conditions, and events in your life. Your thoughts (good or bad) are your mental pen which you are constantly inscribing in your deeper mind called the book of life. This is why you are making laws, rules, and regulations for yourself. Knowing this law, you will proceed to write in your mind thoughts of success, happiness, peace, harmony, abundance, right action, and security, thereby leading to a full and happy life.

How a Salesman Got Rid of His "Jinx"

A salesman complained to me that he had failed to make a single sale for four consecutive days and that he was sure that some evil star or bugaboo was against him, because every time he called on a customer, the latter said, "Nothing today," or "Can't see you today."

This salesman became angry and mad at himself, saying to himself, "I'm losing my grip; the cards are stacked against me; I'm a failure." These statements charged with fear lodged in his subconscious mind. The latter, an impersonal law, responded with an automatic movement confirming his inner fears and beliefs in the outer world of affairs. In other words, he decreed a mechanical response from his subconscious mind toward defeatism and failure accompanied with self-criticism and self-condemnation.

How he found the victory within himself

The advice I gave him was that the first step in the restoration of success and good fortune was to cease completely all self-criticism and to look for the God-Presence within him and to choose Divine guidance, right action, harmony, and abundance. I explained to him that he possessed the capacity to idealize and imagine consistently success, achievement, and victory; if he utilized this ability his deeper mind would then respond accordingly. He began to understand more clearly that his thought and imagery could change his condition, experience, and sensations.

This salesman reversed the tide running against him by understanding and applying the following affirmation:

> From this moment forward, I expect only the best, and I know that invariably the best will come to me. I know good fortune comes to me in multitudinous ways. Whenever I feel prone to condemn or demean myself, I will immediately affirm, “I exalt God in the midst of me Who is guiding and watching over me in all my ways.” I know my real nature is Divine and that God dwells within me and is prospering me in all my ways. I decree success, abundance, and accomplishment. Divine love goes before me in all my ways and I am prospering beyond my fondest dreams.

This salesman reconditioned his mind by reiterating the above truths frequently, and he returned to his old stride with a greater ability to give service and increase his sales and his good fortune.

The Pathetic Case of a Fearful Medical Student

Here is part of a letter I received from a medical student. He writes: “I am about to blow my top. I hate one of my professors. I am full of fear that he will fail me and I will be disgraced with my parents. I despise myself. I am morbid and introspective. I am afraid I will explode at the professor and then I’m finished. I’m beside myself with fear.”

I asked him to come to see me, since a personal consultation is always more fruitful than a long dissertation by letter. In talking with him, I discovered that this young medical student felt that he should fail. His fear revealed to me that unconsciously he felt inwardly that he should be punished and that the professor should fail him because he was just no good. He admitted that all of this was true. Actually, he was projecting his fear and self-condemnation onto the professor, his parents, and even the university while at the same time, deep down in his heart, he was saying to himself, “I should fail.”

The basic reason for his frustration

Why did this young man want to be a doctor and at the same time, deep within himself, also want to fail his exam? He was brought up in a home where his father was tyrannical and despotic. There was a constant battle between his father and mother. His father set standards much too high for him scholastically and otherwise, and the boy, who could not meet his father’s standards, felt he was no good and a failure. As a young boy he despised himself and felt “rejected.” Self-pity and self-punishment were his dominant attitudes as a boy, and as an adult *he continually repeated* this sense of rejection and self-denial. When one of the professors was critical of his work, he would go back in his mind to his old hurts and the psychic traumas or hurt thoughts of youth, feeling that he was no good and should be punished; therefore, he was out to hurt himself and destroy four years of medical study.

After gaining an insight into himself and realizing that often we project our fears, animosities, and self-condemnation

outwardly onto people, environment, and invisible forces, he suddenly awakened to the dire results of saying, “I am no good; I’m a failure; I should be punished; I’m a flop; I should jump in the lake.” All of these negatives, he realized, were commands to his subconscious mind, which reacted correspondingly. By saying he was no good, his subconscious would see to it that he was no good in his examination, in his relations with people, in his studies, and in his contact with the world in general. In addition, he would possibly attract accidents, losses, and failure along all lines.

The cure that liberates

Being medically trained, upon reflection he perceived immediately the cause of his condition, and he began to affirm boldly:

> The presence of God is my true nature. This presence is all bliss, all harmony, all joy, indivisible, perfect, whole, timeless, ageless, and omnipotent. This is my real self which is always the same yesterday, today, and forever. This is the *I am* within me—the life principle, the supreme and sovereign power, creator of all things visible and invisible.
>
> The other self of me—my personality—is based on my early training, indoctrination, and conditioning, such as the thinking and beliefs of my parents, relatives, teachers, and others, who implanted fears, superstitions, and other false beliefs in my mind when I was

too young to reject them. I can change this personality of mine. I am doing it right now and will continue to give my subconscious mind life-giving patterns of thought and imagery by affirming:

God’s love fills my subconscious obliterating all negative patterns of fear. God’s river of peace floods my mind. I am full of faith and confidence in the goodness of God, and I know God is guiding me in all ways and Divine right action governs me. I radiate love and goodwill to my professors and all those around me. As I align myself with the Infinite ocean of love, power, and beauty, I know I am cleansed and made whole. God loves me and cares for me, and as I draw nigh unto Him He draws nigh unto me.

This young medical student went back to college a new and transformed man and wrote me a lovely letter, saying, “I know the meaning now of `The light dispels the darkness,’ and I also know what happens to the crossword puzzle when the answer is known. I use the affirmation regularly. I am a new man.”

This fledgling doctor could have added what happens to the poison pockets of the subconscious of self-pity, self-denial, and self- punishment when you let in the Infinite ocean of love, light, truth, and beauty into the polluted stream of the mind. It is cleansed and made whole.

He discovered two natures within himself—the natural man (the five-sense man), usually conditioned by heredity, environment, and false theological beliefs, and the spiritual man, which means the presence of God called *I am* in the Bible, which means pure being, the life principle. He exalted the spiritual powers within him and aligned mentally with them, causing these Divine forces to govern his thoughts, feelings, beliefs, actions, and reactions. Then the old personality died and the new man in God was born.

Your thoughts come in pairs. The aggressive thoughts of the five-sense or material person must be destroyed, and the thought of God must be resurrected and live in you. *And I, if I be lifted up from the earth, will draw all men unto me* (John 12:32).

Chapter 12

Recharge Your Mental and Spiritual Batteries

Some time ago I had a conversation with a businessman, who finally said to me, “How can I get a quiet mind in a troubled and confused world? I know that it is said `A quiet mind gets things done.’ I’m confused and troubled, and the propaganda in the newspapers, radio, and television is driving me half-crazy.”

I said to him that I would attempt to throw some light on his problem; provide him with spiritual medicine, which would allay his fears and anxieties; and give him the quiet mind which gets things done. I pointed out that if his thoughts morning, noon, and night revolved around war, crime, sickness, disease, accidents and misfortune, he would automatically bring on the mood of depression, anxiety, and fear. But if, on the other hand, he gave some of his time and attention to the eternal laws and principles which govern the cosmos and all life, he would automatically be lifted up into the mental atmosphere of inner security and serenity.

His Spiritual Medicine

> As a result, three times a day this man filled his mind with the following truths:

The heavens declare the glory of God; and the firmament sheweth his handiwork (Ps. 19:1). I know a Supreme Intelligence governs the planets in their courses and controls and directs the entire universe. I know there is Divine law and order operating with absolute certainty fashioning the entire world, causing the stars to come nightly to the sky, and regulating the galaxies in space; and God is ruling the universe. I move mentally into the stillness of my own mind and contemplate these eternal truths of God:

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee (Isa. 26:3).

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid (John 14:27).

For God is not the author of confusion, but of peace . . . (I Cor. 14:33).

And let the peace of God rule in your heart . . . (Col. 3:15).

Focusing on the big things of life

This businessman turned away from the concerns and worries of the day and gave attention to the great principles and truths of life, contemplated them, and focused his attention on them. He forgot the little things and began to think about the great, the wonderful, and the good. When he turned away from the trials and troubles of the world and refused to describe them or even talk about them at any length, his anxiety and worry diminished and he developed a quiet mind in a troubled world. He decided to let the peace of God rule in his heart. Consequently, his business ran smoother under much better decisions which he could now make.

How a Harassed Mother Conquered Her "Heart Trouble" and Aggravations

A young housewife suffered from insomnia and from continuous heart palpitation. She felt certain that she had a cardiac condition. She was depressed and constantly giving vent to anger, impatience, and hostility toward her husband and children. The headlines in the newspaper annoyed her terribly, and she wrote vitriolic and critical letters to her congressman. I sent her to a heart specialist. He said there was nothing organically wrong with her, but that she was full of emotional conflicts and mad at the world.

I explained to her that her anger and emotional turmoil toward her family and others would be dissolved when she began to pursue a pattern of affirmation, and that as she tuned in on the Infinite Presence and Power she would discover that she would be suffused and saturated with the order, harmony, love, and calmness which she would touch

in her period of quiet contemplation of things Divine. I explained further that she could then expect an automatic response from her deeper mind making her poised, serene, and calm; in addition, she would have the feeling of goodwill to all. I emphasized that she was to cease completely talking about her ailments and her worries and anxieties about world conditions, for that would only magnify her inner troubles and make her condition worse, because her mind always amplifies what it looks upon.

A technique for inner poise and calm

She concentrated on the following healing verses of the Bible knowing that as she did so, these truths would penetrate into her subconscious and make her radiant, happy, joyous, and free. These are the verses which I wrote out for her:

> Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whersoever thou goest (Josh. 1:9).
>
> And we know that all things work together for good to them that love God . . . (Rom. 8:28).
>
> Casting all your care upon Him; for He careth for you (I Pet. 5:7).
>
> The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he

> leadeth me beside the still waters. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever (Ps. 23: 1, 2, 5, 6).

Focusing her attention on this spiritual food, she quickly found the peace that passeth understanding.

How to Maintain a Serene Mind

In talking to many business and professional people of different religious persuasions, they have informed me that regularly and periodically they go to a church retreat where they listen to talks on God, affirmation, and the art of meditation, and then they enter into a silent period. After a morning meditation, they are told to contemplate what they heard and remain silent for several days, even during mealtime. All this time they are requested to dwell calmly and quietly on the instructions and meditations given each morning.

All of them have told me that they come back renewed, refreshed, and replenished spiritually and mentally. Following their return to their offices, factories and professional lives, they continue to maintain quiet periods for fifteen to twenty minutes every day, morning and evening, and they have found that what the Bible says is

true: *The peace of God, which passeth all understanding, shall keep your hearts and minds* . . . (Phil. 4:7).

Benefits of recharging mental and spiritual batteries

Having spiritually recharged their mental and spiritual batteries, these professionals are able to meet head on and, with faith, courage, and confidence, cope with the problems, strife, vexations, and contentions of the day. They know where to receive renewed spiritual power—by tuning in quietly, as Emerson says, with the Infinite, which lies stretched in smiling repose. Energy, power, inspiration, guidance, and wisdom come out of the silence and the stillness of the mind when tuned in with God. These professionals have learned to relax and to give up their egoistic pride. They have recognized, honored, and called upon a wisdom and power that created all things visible and invisible and that governs all things ceaselessly, timelessly, and forever. They have decided to go the way of wisdom. *Her ways are ways of pleasantness, and all her paths are peace* (Prov. 3:17).

The Quiet Mind Is within Your Reach

If I offer you a gift of a book, in order to receive it, you must reach for it by stretching forth your hand. In like manner, since all the riches of God are within you, you must make some effort to claim them. God is the giver and the gift, but you are the receiver. Open your mind and heart and let in God’s river of peace. Let it fill your mind and heart, for God is peace.

Contemplate the following verses of the Eighth Psalm and you will find a deep river of life, love, quiescence and equanimity steal over the barren areas of your mind bringing rest to the troubled soul:

> When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained; What is man, that thou art mindful of him? and the son of man, that thou visitest him? For thou hast made him a little lower than the angels, and hast crowned him with glory and honour. Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet (Ps. 8:3, 4, 5, 6).

Meditating on the eternal verities contained in this Psalm and on the immeasurable nature of the universe to which we belong, the Infinite Mind and Infinite Intelligence, which created us and which animates and supports us, and which moves rhythmically, harmoniously, ceaselessly, changelessly, and with mathematical precision, gives you faith, confidence, strength, and security. Know that you have, as the Psalmist says, dominion over your thoughts, feelings, actions, and reactions in life. This fills you with self-esteem and a sense of worthiness and power, which endows you with strength to do your work, live joyously, and walk the earth with the praise of God forever on your lips.

How Inner Conflict Can Be Calmed

One day in Beverly Hills, a man who recognized me stopped me on the street and said that he was terribly disturbed. He asked, “Do you think I can get a quiet mind? I have been at war with myself for over two months.” There was a conflict raging within him. He was full of fears, doubts, hates, and religious bigotry. He was furious because his daughter had married into a different faith, and he said that he hated her husband. He was not on speaking terms with his own son because the son joined the armed forces and he (the father) belonged to a peace crusade. And to top things off, his wife was suing him for divorce.

I was not able to give him much time on the street corner, but I told him briefly that he should be delighted that his daughter had married the man of her dreams and that, if they loved each other, they certainly should marry, as love knows no creed, race, dogma, or color. Love is God, and God is impersonal and no respecter of persons. Regarding his son, I suggested that he write the young man and tell him how much he loves him and to pray for him. I said he should respect his son’s decision and not interfere with him other than to wish for him all the blessings of life. I also told him that I gathered from his conversation that the bickering and quarreling in their marriage was probably due to an unresolved childhood conflict with his mother and that he expected his wife to be a substitute for his mother.

I wrote down on a piece of paper these everlasting truths and gave them to him to read and digest: “Thou wilt keep him in perfect peace, whose mind is stayed on Thee, because he trusteth in Thee.” I urged him to keep his mind focused on God with trust, faith, and certainty, and that he

would then feel the river of life, love, and inner quietude filling his heart. I added that whenever he thought of anyone in his family, he was to say, “God’s peace fills my soul and God’s peace fills his or her soul.”

How this healing was accomplished

A few days later I had a note from this man, which said, “Life was like hell for me. I hated to open my eyes in the morning. I took Phenobarbital every night in order to sleep. After I left you on the street, though, I surrendered my family and myself to God and affirmed constantly: `God will keep me in perfect peace, because my mind is stayed on Him.’ The change that has come over me is unbelievable. Life has become full of joy and wonder.

“My wife cancelled divorce proceedings and we are back together again. I wrote letters to my daughter and son-in-law and to my son, and there are peace, harmony, and understanding among us all.”

All that this man did was get all the hatred and resentment out of his heart. As he surrendered to the golden river of peace within, it flowed in response to him, and all the pieces fell into place in Divine order.

How a “Victim of Circumstances” Stopped Being a Victim

During the summer months I had the pleasure of conducting a seminar near Denver, Colorado. While there I interviewed a man who said, “I’m fenced in, frustrated, unhappy, and blocked at every turn of the road. I want to sell my ranch and get away, but I feel like I’m in jail—just stuck.”

“Well,” I said, “if I hypnotized you now, you would believe yourself to be whatever I suggested you were, because your conscious mind, which reasons and judges and weighs, would be suspended and your subconscious mind, being noncontroversial, would accept whatever suggestion is given to it. If I suggested to you that you were an Indian guide and you were to track down a criminal, you would proceed stealthily to look for him in the mountains.

“If I told you, you were in jail and said you can get out, you would feel yourself a prisoner and you would believe yourself in jail surrounded by walls and bars of steel. Following my suggestion, you would make frenetic efforts to escape. You would try to jump over the walls; you would look for the keys and try to break out; and you would go through all the efforts to escape. All the time you are here in the wide open spaces of Colorado as free as the wind. All this is due to the amenability of your subconscious to its suggestions, which it faithfully executes.

“Likewise, you have suggested to your subconscious mind that you can’t sell the ranch, that you are a prisoner here, that you can’t go to Denver and do what you want to do, that you are in debt, and that you are blocked at every turn. Your subconscious mind has no alternative but to accept the suggestions you give it, as it is oblivious to everything but that which you impress upon it.

“*Actually, you have mesmerized and hypnotized yourself*. Your bondage and restrictions are self-imposed, and you are suffering and in continuous mental conflict from your false opinions and beliefs.”

Learning how to think rightly

I suggested he follow age-old truths: “Be ye transformed by the Renewing of your mind. Repent, for the Kingdom of Heaven is at hand.” To repent means to think again—to think from the standpoint of basic principles and eternal verities. I told him to stand up boldly and claim his good, for, as Shakespeare said, “All things be ready if the mind be so.”

The “prescription” which rescued him

I added that he had to ready and prepare his mind to receive his good now, for the kingdom of harmony, health, peace, guidance, abundance and security is at hand, waiting only for him to accept and take his good now. Specifically, I suggested the following affirmation:

> My mind is now absorbed, interested and fascinated in the eternal, changeless truths of God. I now still my mind and contemplate the great truth that God dwells in me and walks and talks in me. I still the wheels of my mind and know that God dwells in me. I know this and believe it. “It is the Father’s good pleasure

to give me to the kingdom." "Commit thy way unto the Lord: trust also in Him; and he shall bring it to pass."

Infinite Intelligence draws the buyer who wants my ranch, he prospers in it, there is a Divine exchange, and we are both blessed. The buyer is right and the price is right, and the deeper currents of my subconscious mind bring both of us together in Divine order. I know that "all things be ready if the mind be so." When worry thoughts come to my mind, I will immediately affirm, "None of these things move me." I know I am reconditioning my mind to stillness, relaxation, equanimity, and imperturbability. I am making a new world of freedom, abundance, and security for myself.

A few weeks later I had a telephone call from this rancher telling me that he had sold his ranch and was thus free to go to Denver. He was no longer a prisoner of his mind. He said, "I realized I put myself in a prison of want, limitation, and restriction by my negative thinking and that, actually, I was self-hypnotized."

This man learned that his thought was creative and that all his frustration was due to the suggestions of others, which he accepted, although he could have rejected them, and that events, circumstances and conditions were not causative. They suggested fears and limitations that he indulged instead of completely rejecting them, realizing that straight-line thinking was the only cause and power in his world. His repeated affirmation gave him power to think

constructively and proved to him his capacity to choose wisely from universal principles.

When anxieties, worries and fears come to you, maintain your inner equilibrium and affirm, “I will lift up mine eyes to the hills from whence cometh my strength,” and firmly announce to yourself also, *None of these things move me* (Acts 20:24).

Chapter 13

Use the Infinite Power to Guide You in All Ways

The principle of Divine Guidance operates in you and throughout the universe, and by using the Infinite Intelligence within you, you can attract many wonderful experiences and happenings beyond your fondest dreams. This chapter will reveal to you the principles of guidance in a variety of ways, so that you may apply them to attract all kinds of blessings into your life.

How a Woman Attracted Her Right Mate

A young secretary who had made two previous mistakes in marriage said to me, “I don’t want to make a third mistake. I know the last two errors were made because I judged according to appearance, and I don’t know how to apply the principle of guidance in my life. Check and see if my present affirmation is correct.” The following was her affirmation:

> Infinite Intelligence within me attracts to me my right spouse. He is harmonious, most likeable, friendly, and spiritual minded. I contribute to his joy and happiness and there are harmony, peace, and understanding between us. I believe definitely that Infinite Intelligence responds to my thought, and I

> know It makes no mistake. I expect and I definitely and positively believe I will meet my right mate. I know the principle is now working and I walk the earth in the light that it is so.

I commended her on her written affirmation and the intelligence and wisdom shown in the application of the powers within her. The principle of Divine Guidance went to work for her, and she attracted an interesting, enjoyable, and wonderful man. I subsequently had the privilege of conducting their marriage ceremony.

How Divine Guidance Works for Another

You can use the Infinite Power to guide someone other than yourself, whether the other be a stranger, relative, or close friend. You can do this by knowing that the Infinite Guiding Power is responsive to your thought and by believing in this Infinite response. I have done this for many people with extraordinary and fascinating results.

For example, a young engineer called me on the phone one day and said, “The organization I am with is selling out to a larger firm, and I am told I am not needed in the new setup. Would you pray for Divine Guidance for me?” I told him that there was an Infinite Guiding Principle which would reveal a new door of expression for him, and all that he had to do was to believe that this is so in the same way that he believed in Boyle’s Law or Avogadro’s Law in science.

I used the principle as follows: I pictured this engineer saying to me, “I found a wonderful position with a wonderful salary. It came to me ‘out of the blue.’” I did this for about three or four minutes after he hung up the phone and then forgot all about it. I believed and expected an answer.

The following day he called me and confirmed the fact that he had accepted a good offer with a new engineering firm. The offer, he said, came to him “out of the blue”!

There is but one Mind, and what I subjectively pictured and felt as true came to pass in the experience of the engineer. When you call upon the Infinite Guiding Principle, It always answers you. What you believe will take place will surely happen.

How to Receive Personal Guidance for True Place

You build up confidence and trust in the Infinite Guiding Force by knowing that God is Infinite Life and that you are eternal life made manifest. The Life Principle is interested in seeking expression through you. You are unique and entirely different. You think, speak, and act differently. There is no one in all the world like you. The Life Principle never repeats Itself. Realize, know, and believe that you have special and unique talents and capabilities. You can do something in a special way that no one else in all the world can do because you are you. You are here to express yourself fully and to do

what you love to do, thereby fulfilling your destiny in life. You are important. You are an organ or expression of God. God hath need of you where you are; otherwise, you would not be here. The Presence of God dwells in you. All the powers, attributes, and qualities of God are within you. You have faith, imagination, and the power to choose and think. You mold, fashion, and create your own destiny by the way you think.

How the Guiding Principle Saved a Life

The late Dr. Harry Gaze, author *of Emmet Fox, The Man and His Work,* believed in the Principle of Guidance in all his undertakings. One time he was about to board a plane, and an inner voice told him not to go. His bags were on the plane already, but he had them taken off and cancelled the trip. He followed this intuitive impulse, and it saved his life because all those on that particular plane were lost.

His favorite Bible passage was: *He shall give his angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone* (Ps. 91:11, 12).

Right Action Is for You through Guidance

Divine Guidance comes when your motives are right, and when your real inner desire is to do the right thing. When your thought is right (i.e., when it conforms to the Golden

Rule and the law of goodwill for all), a feeling of inner peace and tranquility wells up within you. This inner feeling of poise, balance, and equanimity causes you to do the right thing in all phases of your life. When you sincerely wish for others what you wish for yourself, then you are practicing love, which is the fulfillment of the law of health, happiness, and peace of mind.

How you can be guided automatically

A friend of mine, a builder, is always busy and can't adequately handle all his business calls. He said to me, "They tell me the building business is slow, but I can't keep up with the calls on me." He added that he had made lots of mistakes in the past and had lost two small fortunes in bad ventures, but six years ago he sat down, studied *The Power of Your Subconscious Mind*, and immediately began to apply the principles described therein. He showed me his daily affirmation typed neatly on a card, which he carries with him all the time. It read as follows:

> I forgive myself for all the mistakes of the past. I blame no one. All my mistakes were stepping-stones to my success, prosperity, and advancement. I believe implicitly that God is guiding me always and that whatever I do will be right. I go forward confidently without fear. I give the best that is in me to all my work. I feel, believe, claim, and know that I am lifted up, guided, directed, sustained, prospered, and protected in all ways. I do the right thing, I think the right thoughts, and I know there is an Infinite Intelligence in my

> subconscious mind that answers me. I give the best to my customers. I am guided to give the right price, and I am inspired to see what is to be done and I do it. I attract the right men, who work harmoniously with me. I know these thoughts sink into my subconscious mind forming a subjective pattern, and I believe I will get an automatic response from my subconscious mind in accordance with my habitual thinking.

This is the builder's daily affirmation, and he is automatically guided to all good. He said that everything he does seems to have the touch of Midas, the Golden Touch for prosperity. There have been no errors, losses, or labor disputes in his ranks in over six years. Truly, he is automatically guided, as you can be too.

Remember, your subconscious mind responds to the nature of your conscious mind's thinking and imagery.

How Divine Guidance Revealed True Talents

A young man who had failed in the musical field, in the theatre as an actor, and in business also, said to me, "I have failed in everything." I suggested to him that the answer to his problem was within himself and that he could find out his true expression in life. I explained to him that when he was doing what he loved to do, he would be happy, successful, and prosperous.

At my suggestion, he used the following affirmation:

> I have the power to rise higher in life. I have now come to a clear-cut decision that I was born to succeed and lead a triumphant, constructive life. I have reached the inner conviction that the royal road to success is mine now. Infinite Intelligence within me reveals my hidden talents, and I follow the lead which comes into my conscious, reasoning mind. I recognize it clearly. Success is mine now. Wealth is mine. I am doing what I love to do, and I am serving humanity in a wonderful way. I believe in the Principle of Guidance, and I know the answer comes, as it is done unto me as I believe.

After a few weeks, this young man had an intense desire to study for the ministry along the lines of the Science of the Mind. Today he is a tremendous success as a teacher, minister, and counselor, and he is immensely happy in his work. He discovered an Infinite Guiding Principle that knew his inner talents and revealed them to him according to his belief.

How a Fortune in Mind Was Discovered by an 80-Year-Old Woman

I had a most interesting conversation with a woman over eighty years of age who is alert, mentally alive, illumined, inspired, and quickened by the Divine Spirit, which animates her entire being. She told me that for several weeks she had asked her Higher Self prior to sleep, “My Higher Self reveals to me a new idea, which is complete in my mind and which I can visualize with the greatest facility. This idea blesses all people.” She was given the model of a new invention complete in her mind. She in turn gave the drawing to her son, who is an engineer, and he submitted it to a patent attorney, who had it patented. She has been offered $50,000 by one organization for the patent, plus a percentage of the sales.

She believed that the Supreme Intelligence within her, the Infinite Guiding Principle, would respond, and that the idea would be complete, including every possible improvement needed. Her affirmation was fulfilled just as she had expected, visualized, and planned.

Regardless of your profession, business, trade, or occupation, *you* have the power to still your mind and call upon the Infinite Intelligence of your subconscious to reveal to you a new idea that will bless you and the world. You can firmly believe that you will secure an answer. *Before they call, I will answer; and while they are yet speaking, I will hear* (Isa. 65:24). The answer to all things is already within you. It was there from the foundation of time. God dwells in you and God knows the answer.

How the Guiding Principle Attracts What You Look for

A friend of mine wrote me from Ireland saying that a farm belonging to an uncle had been bequeathed to her brother, who had gone to America in 1922, and from whom they had never heard. She asked if it would be possible to find him and write to him. They had hired an attorney in Ireland, but he could find nothing and had received not the slightest clue. My friend did not even have a picture of her brother.

I sat down one night, quieted my mind, and read the 23rd Psalm, which is the most wonderful Psalm for rest, repose, and quietude. In this Psalm we are told that David revealed that the Lord guided him and led him to green pastures and still waters, which means that the Infinite Guiding Principle reveals answers to man and guides him to peaceful, happy, and joyous situations. David believed in this Guiding Principle, and It responded to his belief in It. The Lord he referred to is the Creative Intelligence resident in one's subconscious mind which created you and sustains you.

Meditating on the wisdom of this Psalm, I mused one evening as follows:

> The Infinite Guiding Principle which guides the planets in their courses and causes the sun to shine and governs the entire cosmos is the same Guiding Principle in me. It knows all and sees all. This Supreme Intelligence knows where this man is and reveals the answer. He communicates with his sister at once. There is but one mind, and there is no separation in the Mind-Principle. Furthermore, there is no time or space in mind. I decree now that his

> whereabouts is immediately known and revealed to his sister and her attorney in Ireland. This Infinite Intelligence within me knows best how to do this and takes care of it in Its own way. I believe this, I accept it, and I give thanks it is done now.

The way the Guiding Principle worked is most revealing and inspiring. A few weeks had transpired, when I received an air mail letter from my friend in Ireland, in which she said that her brother had sent her a cablegram saying he was on his way home for a visit. This was the first word she had heard from him since April, 1922, a lapse of forty-six years. This was not a coincidence or pure chance. This is a universe of law and order. Nothing happens by chance. As Emerson says, “Everything is pushed from behind.” There is a law of cause and effect which is cosmic and universal. My thought entered into the universal subconscious mind, in which we all live, move, and have our being, and which permeates the entire cosmos. This was picked up by the missing brother, and the Guiding Principle of Life compelled him to communicate immediately with his sister.

A subsequent letter from my friend stated that her brother told her that one night he could not sleep, as there was a persistent, nagging, unrelenting urge to visit his old home and call his sister. He responded immediately to the psychic urge by sending her a cable and arranging for air passage to Ireland. On arrival at his old home, he found that the promptings and whisperings of his deeper mind had proved to be a blessing, since he not only inherited a wonderful farm but also a lovely home.

You cannot determine how the affirmation will be fulfilled. The Bible says, *For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts* (Isa. 55:9).

Chapter 14

Use the Infinite Power to Heal

The Creative Intelligence that made your body also knows how to heal it. An Infinite Healing Presence within you knows all the processes and functions of your body. When you "tune in" with this Infinite Power, It will become active and potent in your life. The Bible says, *I am the Lord that healeth thee* (Exod. 15:26).

It is your Divine birthright to be healthy, vital, strong, and dynamic. This chapter will point out vividly the processes and steps you can take to induce and experience radiant health. I suggest you begin to practice the methods and techniques outlined in this chapter, because you will thereby find the way to health, harmony, and serenity.

Good Health Is Secured through Constructive Thinking

The Book of Proverbs says, For as he thinketh in his heart, so is he (Prov. 23:7). The heart means your subconscious mind. The thoughts, opinions, and beliefs implanted in your subconscious mind are made manifest in your body, in your business, and in all your other affairs. Your health is controlled very largely by the way you think all day long. By guiding your mind toward thoughts of wholeness, beauty,

perfection and vitality, you will experience a sense of well-being. If you dwell on thoughts of worry, fear, hate, jealousy, depression, and sorrow, you will experience sickness of mind, body, and affairs. You are what you think all day long.

How the Infinite Healing Power Can Be Released

I sent a young woman suffering from a chronic sore throat and a persistent fever to a physician friend of mine. He diagnosed it as a “strep” throat and gave her antibiotics and a solution to gargle. However, she did not respond to the antibiotics and other medication. He could not find any reason why she didn’t respond to the treatment. She came back to see me at my request. I asked her if she were holding something back from me; and, if so, if she talked it out with me, possibly a healing would follow.

She blurted out, “I hate my mother and where I live. She is domineering and demanding, and wants to control my life by making me marry a man *she* thinks is right for me.”

This emotional state of resentment plus a guilt feeling for hating her mother caused the flare-up in her throat accompanied by a fever. I explained to her that her ambivalent state of love and hate, in which at one moment she said that she loved her mother and the next moment that she hated her, was undoubtedly the cause of her unhealthy condition. She did not want to marry the man, so her subconscious mind accommodated her by bringing about inflammation and infection of her throat. Her

subconscious was actually saying to her conscious mind, “you can’t marry him as long as you are sick.” That was her body’s manner of agreeing with her subconscious desire.

How her health was restored to normal

At my suggestion she informed her mother definitely and positively that she was not going to marry the man, because she did not love him. Furthermore, she established her own residence and decided to make all her own decisions. I was able to talk with the mother, and I pointed out to her that it was completely wrong to try to insist that her daughter marry a man whom she did not love, and that marriage for any other reason than love would be a sham, a farce, and a masquerade.

The mother wisely agreed and told her daughter she could marry whomever she wished, that she would no longer tell her what to do, and that she was as free as the wind.

A demonstrated miracle of healing

This young woman had a heart-to-heart talk with her mother, and both of them entered into the spirit of forgiveness, love, and goodwill for each other. Immediately there was a perfect healing, and she has had no physical trouble since.

How to Release New Health-Giving Power

Recently I chatted with a young banker who seemed very nervous, jittery, and apparently ill in mind and body. He said, “I’ve got the Asian bug. This ‘flu’ is wearing me down.” I wrote out a mental and spiritual prescription for him, emphasizing that by repetition, belief, and expectancy, the ideas of health, wholeness, and strength would penetrate his subconscious mind, and he would get marvelous results. Here is my prescription:

> I am strong, powerful, loving, harmonious,
> vital, dynamic, joyful, and happy.

He repeated this affirmation for about five minutes three or four times a day, knowing that whatever he attached to *I am* he would become. At the end of about a week, he called me on the phone and said, “That spiritual medicine you gave me worked like a miracle. From now on I will make sure that whatever I attach to *I am* will be God-like and of good report.” He expected results and believed in the response of his subconscious.

The Infinite Healing Power of Your Subconscious Mind

A mother brought her ten-year-old boy to see me. This boy had developed a bad case of asthma. The mother said that when the summer came and the boy went to live with his grandparents in San Francisco, he was completely free from

attack; but when he came back home, he invariably suffered a relapse and had to resume the medication of his physician, which helped alleviate his distress.

In talking to the boy alone, I learned that his father and mother were always quarreling, that he was afraid he would lose both of them, and that he would no longer have a home. This boy was perfectly normal in every way. The trouble was the contention and strife in the home. During a conference with his mother, I found that she felt a tremendous hostility and suppressed rage toward her husband. She admitted that she occasionally threw dishes at him, and that in two instances he had beaten her up. The boy was caught in this emotional cross-fire and consequently suffered from fear and a deep sense of insecurity.

A miraculous working of Infinite Healing Power

I succeeded in getting the father and mother together and proceeded to explain to them how children suffer from the mental and emotional climate of the home atmosphere. I said that, undoubtedly, they both loved the boy. I pointed out that inasmuch as they had brought him into the world, they had a moral and spiritual obligation to see to it that there was love, peace, and harmony in the home; moreover, they should convey to the boy that he was loved, wanted, and appreciated. I elaborated on the fact that the boy wanted a feeling of security; and that when love and harmony between his father and mother were restored, I believed the asthmatic condition would go away. His asthma was the symptom of his fear and anxiety.

The healing affirmation by father and mother for their son

I wrote out an affirmation for the boy's father and mother and suggested that they alternate with one another praying night and morning, knowing that as they prayed for each other and their son, all the pent up hatred and animosity would be dissolved by Divine love. The following is the affirmation:

> Both of us join together in knowing that God is and His Infinite Healing Power is flowing through each one of us. We radiate love, peace, and goodwill to each other. We see the presence of God in one another and we speak kindly, lovingly, and harmoniously to one another. We lift each other up mentally and spiritually by knowing the light, love, and joy of God are being expressed more and more every day by each one of us. We salute the Divinity in each other, and our marriage grows more blessed and beautiful every day. Our son is open and receptive to our loving thoughts. He lives, moves, and has his being in God. He breathes the pure breath of Spirit and his bronchial tubes, lungs, and entire respiratory system are permeated and saturated by the vitalizing and harmonizing Infinite Healing Power of his subconscious mind, thus making his breathing free, easy, and perfect.

They repeated their affirmation three or four times each morning and night, the husband in the morning and the wife at night.

Healing affirmation for the son to follow

Here is the affirmation the boy repeated each night:

> I love my father and mother. God loves them and cares for them. They are happy together. I inhale the peace of God and I exhale the love of God. I sleep in peace and I wake in joy.

The father and mother voiced the affirmation given them regularly and believed in the miracle working power of their subconscious mind. At the end of about two weeks, they noticed the boy was completely free from the wheezing attacks and discontinued all medication. The boy told me that he had had a dream on the seventh night following his affirmation wherein a man with a beard appeared to him and said, “Sonny, you are all right now.” He woke up and told his father and mother what had happened and said to them, “I know I am healed.”

My analysis and comment

I believe that when the parents began to pray together and for each other, as well as for their son, the healing vibrations of peace, harmony, and love impinged on the receptive mind of the boy, resurrecting the wholeness,

harmony, and perfection already resident in his subconscious mind. They believed in the Infinite Healing Power of his subconscious mind and believed in what they were doing and why they were doing it. Furthermore, the boy's affirmation accelerated the healing process. In filling his mind with faith and confidence in the healing power of God and with love for his parents, his subconscious mind dramatized the healing which took place in a vivid dream. The Bible says, *I the Lord will make myself known unto him in a vision, and will speak unto him in a dream* (Num. 12:6).

The Miracle of Changed Attitude Changes Lives

At the close of the nineteenth century, William James, referred to as the father of American psychology, said, "The greatest discovery in my generation is that human beings can alter their lives by altering their attitudes of mind." That is to say, you can have a greater measure of health, vitality, aliveness, and buoyancy if you begin to feed your subconscious mind with life giving patterns of harmony, joy, strength, power, energy, enthusiasm, and victory.

How Changed Attitude Healed a Baffling Illness

A few weeks ago I spoke to about 1,500 people assembled in the ballroom of the Frontier Hotel in Las Vegas, Nevada. I gave a talk on "How to Develop the Healing Consciousness." After the lecture, a young doctor told me of a very interesting and inspiring experience. He said that one night he was called to a home where the parents of a sick girl did not believe in sickness or disease or doctors of any school.

The father said to him, “My daughter is charged with fear and is afraid she’ll die.” The doctor examined the girl and told her that her temperature was 102 degrees, but that she would be all right—there was nothing radically wrong and she was in no danger of death.

She asked him to pray with her, and he being very religious, did so by quietly reciting the 23rd Psalm with her. She would not take any medicine because it was contrary to her religious belief. He told me that he believed she would be all right, and he pictured her as perfect.

A month later, the girl’s brother, who had wandered away from the religious beliefs of his parents and sister, and had become in his own right a very successful medical doctor and surgeon, visited the physician and wanted to know what therapy he had given his sister, as she had been suffering from severe epileptic seizures two or three times every week and had now become free from all symptoms and attacks. He said he had tried unsuccessfully to get her to take modern anti-epileptic drugs for several years. The young doctor told the patient’s brother that he used no therapy other than suggesting that she would be all right, that there was no danger of death and that she would recover immediately.

They were both flabbergasted and dumbfounded for a few moments. The patient’s brother broke the silence by saying, “All I know is that you gave her a transfusion of faith in the healing power of God, and your positive suggestion found its way to her subconscious mind, which healed her.”

This young doctor said to me, “Had I known she had epilepsy, I would never have been so positive and confident in my approach to her. I can now see that my image of perfect health and complete confidence in her recovery was communicated to her subconscious mind and that my attitude coupled with her new attitude changed everything and brought forth a perfect healing.

“One year has passed,” he said, “and she has not had a single seizure. She is now married and drives her own car.” Changed attitudes can change everything for the better!

The Bible says, *Thy faith hath made thee whole; go in peace* (Luke 8:48).

Chapter 15

Tap the Infinite Power of Love and Your Invisible Matrimonial Guide

God is Life, and Life loves to manifest itself through each of us as harmony, health, peace, joy, abundance, beauty, and right action, or, in other words, life more abundant. There is something in all of us that reminds us of our origin and turns us back to the Source. It is our mission and purpose to enlarge this memory so that it grows from a spark to a flame, and we sense and feel our oneness with God—the Source of all life. There is a deep hunger and thirst in you to unite with the Infinite Source of Life—your Maker.

When you were born you cried for food. As you grew older, you discovered you could never be satisfied without receiving, in addition, spiritual food such as inspiration, guidance, wisdom, and strength from the Infinite Source of all blessings. The Infinite Life Principle is seeking expression through you, and your love for God is expressed by your desire to feel mentally and spiritually united with the Source of all blessings and all power.

Love Your Mental Pictures

Your mental patterns and images are made manifest by your love nature, that is by your emotional attachment. Whatever

idea or desire you emotionalize and feel as true is subjectified and made manifest in your world. Make a blueprint for yourself today as you read this chapter, give your attention and devotion to it, adhere to it regularly and systematically, and finally your blueprint will be emotionalized and brought forth into your experience. What you love you become.

At frequent intervals during the day, mentally picture what you want to be, to do, and to have. Do this lovingly, feelingly, but persistently. Do not force or coerce, but with feeling and confidence turn your mental picture over to your subconscious mind, knowing and believing that your subconscious responds to your mental impression.

How a Woman Drew Lasting Love into Her Life

Recently a young woman asked me, “What is wrong with me? I know I am well educated, I am a business executive, I am a good conversationalist, and many say that I am attractive; yet I attract nothing but married men and alcoholics, and I get shady propositions from others.”

Why she was rejecting herself

Her case is typical of a great number of women who are charming, vivacious, lovely, and of excellent character, but they are down on themselves. She had a cruel, despotic, tyrannical father, who never gave her any love or attention. He was the puritanical type, who would not permit her to

play games on Sunday, and also forced her to go to church three times every Sunday. Moreover, he quarreled violently with her mother. She felt rejected by her father, who never showed any interest in her school work or general welfare.

She hated him subconsciously and felt guilty about this, which set up a fear in her mind that she should be punished. Constantly arising from the crevasses of her subconscious mind was the feeling that she would be rejected, that she was unworthy of love, and that she was not very attractive.

The mysterious law of attraction

Like attracts like and “birds of a feather flock together.” Since her sense of rejection and fear of punishment were a mental state, this automatically attracted to her frustrated, neurotic, inhibited men. The law of mind works and responds negatively or positively according to the thought patterns or directions given it.

How she cleansed her subconscious mind

At my suggestion she wrote down the following affirmation and decided to fill her subconscious mind with the following truths for five or ten minutes in the morning, afternoon, and at night:

> I know Divine love dissolves everything unlike itself. I know and believe that what I

consciously meditate on is impressed on my subconscious mind and will be expressed in my experience. The Self of me is God. I honor, exalt, and love the God-Self in me. Whenever I am prone to criticize or find fault with myself, I immediately affirm, “I exalt God in the midst of me.”

I forgive myself for harboring resentful and hateful thoughts towards my father, and I wish for him all the blessings of God. Whenever I think of my father, who is now in the next dimension, I bless him. I continue to do this until there is no sting left in my mind.

God’s love flows through me now. I am surrounded by the peace of God. Divine Love surrounds, enfolds, and encompasses me. This Infinite Love is inscribed in my heart and written in my inward parts. I am radiating love towards all men and women. Divine Love heals me now. Love is a guiding principle in me; it brings into my experience perfect, harmonious relationships. God is love. “He that dwells in love dwells in God, and God in him.”

She continued this affirmation therapy process for a month and remained faithful to it. In our next interview, I found a changed young lady. A tremendous transformation had taken place in her mental attitude toward herself, life, and the world in general.

How she made ready for marriage

She had stopped rejecting herself, a negative attitude which, even though she would have married, would have destroyed the marriage. She affirmed as follows:

> I believe I can have the ideal husband. I know it is a two-way contract. I give him loyalty, devotion, honesty, integrity, happiness, and fulfillment; and I receive from him loyalty, faith, confidence, trust, love, and fulfillment. The Infinite Intelligence within me knows where the ideal man is and wants fulfillment for me. I am needed, I feel wanted, and I am greatly desired by the man selected by Infinite Intelligence for me. I need him and he needs me. There are harmony, peace, love, and understanding between us. Divine Love unites us, and we harmonize perfectly spiritually, mentally, and physically. I let go of all fears and tensions, and I trust and believe the Infinite Intelligence will bring us together. I know there will be mutual recognition when we meet. He loves me and I love him. I release this whole idea to the Infinite Mind, giving thanks for the Universal Law of Love for its completion now.

She repeated the above affirmation with deep feeling night and morning, believing and knowing that these truths were penetrating the walls of her subconscious mind.

How love attracts love

Two months went by. She had several dates; none proved to be of a romantic nature. Whenever she wavered, however, she reminded herself that the Infinite Power was taking care of her request. One day she was flying on business to New York City when a tall, handsome clergyman sat beside her and engaged her in conversation. They discussed various religions, and she discovered that his religious and political beliefs coincided with hers. She attended his church service in New York, and within a week they were engaged. They are now married and live in a beautiful parsonage, where harmony reigns supreme.

How a Businessman Overcame Abnormal Jealousy with Love

Love unites; jealousy divides. Milton said, “Jealousy is the injured lover’s hell.” Shakespeare said, “Oh, beware of jealousy; it is the green-eyed monster, which cloth mock the meat it feeds upon.” In other words, the jealous person poisons his own banquet, then eats it.

As an example of this, a man I knew had a deep feeling of resentment against a rival in business because of his success, promotion, and popularity. I explained to this man that the deadly venom of jealousy was preying upon all his vital organs, as he had bleeding ulcers, hemorrhoids, and high blood pressure. Moreover, the poison of jealousy generated by him was turning the healthful hue of his face

to a haggard sallowness and was devitalizing his whole being.

How the explanation became the cure

My explanation of the man’s difficulties was along these lines:

> The Infinite Power is one and indivisible. There is no competition, as it cannot compete with itself. There are no divisions or factions in it. There is nothing to oppose it, thwart it, or vitiate it, as it is the only Presence, Power, Cause, and Substance. Certainly the Infinite Being is never in competition with anything or any person. The Infinite Power is the Life-Principle in all men seeking expression through each man in a unique, extraordinary way. There are three billion people in the world, and this Infinite Reservoir of Life is flowing through each person.

Each man can appropriate what he wishes, as the Infinite River of Mind is permeating the mind of all of us. Your thought, your feeling, your attention, and your recognition of this Infinite Power represent your direct pipeline to the Infinite Reservoir. You are the only one in the world who can sever this connection by your lack of belief and faith.

Making the contact with love

You can go within yourself and claim your good, health, wealth, abundance, inspiration, guidance, love, or anything else you want. As you expect and believe, the response will flow in your behalf. You don’t want what the other has. Rejoice in his success. You can get what you want by right thinking and feeling. In other words, by establishing the mental equivalent of what you want in your mind, you will reap your reward.

To be jealous of another’s talents, success, achievements, or wealth is to demote yourself and attract even more lack, loss, and limitation. Actually, you are rejecting the Divine Source of all good and saying to yourself, “He can have those things and be successful, but I can’t.” This is ignorance and deprives you of promotion and success. Since there is but one Mind and one Life, you must learn that when in our thought and feeling we sincerely wish for every man, woman, and child in the world the right to life, liberty, happiness, and all the blessings of God, we are truly loving them. Love (goodwill) is the fulfilling of the law of success, happiness, and peace of mind.

How love transformed his life

The above simple and practical discussion about the laws of his mind brought about a new perspective and a new vision of life. The man said to me that he would never again be jealous or resent another man’s promotion or success, but that he would rejoice and be glad to learn of any individual’s moving onward and upward. I gave him the following affirmation to use frequently:

> I know and believe that all of us have one common Progenitor, the Life-Principle, which is the Father of all; and all men are brothers. I salute the Divinity in each person. I know I am shaped and fashioned by what I love. As I pour out love and goodwill to all, I know this purifies and cleanses my subconscious mind of all jealousy, resentment, and fear. I rejoice in the success, promotion, advancement, and happiness of all those around me and of all people everywhere. The river of love and life flows through me, and I am cleansed and at peace.

Whenever a jealous or envious thought came to his mind, he would affirm, “I rejoice in his success. I radiate love and goodwill to him.” He made a habit of this, and today he is a wonderful success, operating his own business. The most amazing thing is that the associate of whom he was so terribly jealous is now his partner, and they are prospering beyond their fondest dreams.

How to Use Love’s Power Constructively

Some time ago, I interviewed a woman who said, “I have fallen in love with a man. How can I make him propose to me and marry me?” This is the wrong use of the law of love. It is the inversion of love and indicates a desire to mentally coerce or force the other to do something he does not want to do. It is interfering with his God-given privilege and prerogative to choose and decide for himself.

Working mentally on someone else to get him to do what you want is called black magic. This mental power is recognized in India, for example, as well as elsewhere. I explained to her that if she got her man by this means, it would boomerang, and she would wish she had never done it, and, furthermore, that he was not what she really wanted in the first place.

I gave her the following specific affirmation for right action:

> The Infinite Intelligence within me knows my desire for marriage. It also knows where the right type of man for me is. He loves me for what I am, and we are mutually attracted. I have no particular man in view, but I know that the Infinite Mind is now bringing both of us together in Divine order. He comes without encumbrances of any kind, and there are mutual love, interests, and respect. I know and believe “my own shall come to me.” There is no competition anywhere in life. I give thanks for the Principle of Right Action in my life now, and I know it is done.

She sincerely believed the words she was affirming and she recited it with a feeling of deep conviction. After a few weeks, her employer, for whom she had worked five years, proposed to her. They were married and are ideally suited for each other. After the wedding ceremony, which I conducted, she said, “Isn’t it funny the way prayer works? I worked in his office for five years, and he never seemed to notice me. Truly, prayer changes things.”

Walking in love

Every night and morning dwell mentally on the following, age-old Biblical truths: *God is love* (I John 4:16). *Let all your things be done with charity* (I Cor. 16:14). *Walk in love* (Eph. 5:2). *He That dwelleth in love dwelleth in God* (I John 4:16). *Thou shall love thy neighbor as thyself* (Lev. 19:18). *For this is the message that ye heard from the beginning, that we should love one another* (I John 3:11). *See that ye love one another with a pure heart fervently* (I Pet. 1:22). *Love worketh no ill to his neighbor; therefore love is the fulfilling of the law* (Rom. 13:10). *Beloved, let us love one another, for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love* (I John 4:7, 8).

Chapter 16

Make the Impossible Possible through Belief

The Bible says, *Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24). *And Jesus said unto him, if thou canst believe, all things are possible to him that believeth* (Mark 9:23).

To believe is to accept something as true. Great numbers of people, however, believe that which is absolutely false; consequently, they suffer to the extent of their belief. If, for example, you believe that Los Angeles is in Arizona and you address your letter accordingly, it will go astray or be returned to you. Remember that to accept an idea is to actually believe it. If someone suggests to you that you were born to succeed, to become victorious over life's problems, and you accept this completely without any mental reservation, miracles will happen in your life!

The Miracle of Implicit Believing

When Alexander the Great, the ancient Monarch, was a very young, impressionable boy, his mother, Olympia, told him that his nature was Divine, and that he was different from all other boys, because she had been impregnated by the god Zeus; therefore, he would transcend all the limitations of the

average boy. The youth firmly believed this and grew up magnificent in stature, power, and strength; and his life was a series of glorious exploits beyond the comprehension of the average man. He was called “the Divine Lunatic.” Alexander was constantly accomplishing both the un-predictable and the impossible. He became an outstanding warrior and conqueror. He accepted completely the belief that he was not the son of his human father, Philip of Macedonia.

It is recorded that at one time he put his arms around a wild, fierce, undisciplined stallion; jumped on it without saddle or bridle; and the horse became as gentle as a lamb. His father and the groom wouldn’t dare touch the same horse. However, he believed he was Divine and had power over all animals. He conquered the then known world and established the Alexandrian empire. It is said that he wept because there were no more nations to conquer.

I cite this just to show the power of belief, which enables you to make the so-called impossible possible. *With God all things are possible* (Matt. 19:26). Alexander believed, and dramatized his belief to himself, and made manifest in his own way this Infinite Power in his mind, body, and achievement.

Why You Should Know You Are Divine

You are a son of the living God. The Bible says, Call no man your father upon the earth: for one is your Father, which is in heaven (Matt. 23:9). You are born of God. You are Divine. You

have the power, ability, and capacity to do God-like things. I have said, Ye are gods; and all of you are children of the most High (Ps. 82:6). Think of all the wonderful things you can accomplish as you call on the Infinite Power within you. Your belief that you are a son of God will set aside all the false beliefs and opinions of man and enable you to do the works of God here and now.

How to Acknowledge Your Divine Nature

Affirm frequently:

> I know and believe I am a son of God, and I am endowed with all the powers, qualities, and attributes of God. I believe implicitly in my Divine nature and I accept my Divine birthright. I am created in the image and likeness of God. I have been given dominion over all things. I can overcome all problems and challenges through the Infinite Power of God within me. Every problem of mine is Divinely outmatched. I definitely believe I can release the Infinite Healing Presence to relieve suffering in myself and in others. I am inspired and illumined from on High. I am expressing more and more of God's love, light, truth, and beauty every day. God is my father, and I know all things are possible to me because I am Divine. I claim this moment that the Light of God shines in me and the glory of God, my Father, is risen upon me. I can do all things through the God-Power, which strengthens me.

Continue to reiterate these truths until they become a subjective embodiment, and wonders will happen in your life.

How a Minister Proved the Power of Belief to Himself

I had an interesting conversation with a fellow minister a few months ago. He said that his brother, who is an internist and an outstanding diagnostician, had said to him a year previously, “Tom, you have a malignancy.” He added, “It was a great shock to me at first.”

He continued, “I began to think about what I say in my sermons about God being love and about faith moving mountains, and I said to myself, `If this be true, why am I so frightened and frustrated? Could it be that I do not really accept these truths, or is it just a theoretical assent on my part?’ Suddenly, the thought came to me, if I really believed, I would be alive to the truths of the Bible and honestly live them. I followed the therapy outlined by my brother. The pain was excruciating and I did not respond to the x-ray and drug therapy. I was getting progressively worse. I knew I did not really believe in the Healing Power of God—that these were words and nothing more. I opened the Bible and read these words: *For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith* (Mark 11:23).”

He meditated on this passage, and the following is the gist of his affirmation:

> I believe the truths contained in this Biblical verse. The mountain of fear, worry, and ill health is removed and cast into oblivion. This sickness leaves me now. I believe in the Healing Power of God, His goodness, and His care for me. I know that this condition in my body is caused by negative thoughts charged with fear and lodged in my subconscious mind. I know God's healing love is now dissolving and wiping out all negative patterns, and I thank God for the healing that I believe is taking place now. I absolutely refuse to give power to the difficulty, and I rejoice in the truth, *I am the Lord that healeth thee* (Exod. 15:26).

He recited this affirmation aloud many times a day. When fear and doubt came to his mind, he would immediately affirm, "God is healing me now." At the end of three months all tests proved negative. He is as free as the wind now and is back whole and sound preaching in his church every Sunday and Wednesday, a picture of perfect health.

And all things, whatsoever ye shall ask in prayer, believing, ye shall receive (Matt. 21:22).

How to Believe in the Infinite Healing Power and Be Made Whole

Through the ages there have been accounts of miraculous spiritual healings. Jesus healed the blind and the lame. He was a person born like all of us. The only difference between Jesus and any other man is that he appropriated more of Divinity by meditating and feasting on the great truths of God, and he had a sense of oneness with God. He said to all men, The things that I do, ye shall do also, and greater things shall ye do. He said, also, And these signs shall follow them that believe . . . they shall cast out devils; they shall speak with new tongues . . . they shall lay hands on the sick, and they shall recover (Mark 16:17–18).

> The power to heal is in your belief that with God all things are possible.

How a mother made the impossible become possible

I received a phone call from a woman in Louisiana. Her son was in a hospital. He had had a massive cerebral hemorrhage and was not expected to live; he was considered a hopeless case. In talking with this woman, I found she was deeply religious. I asked her, “Do you believe that the Infinite Healing Presence which made his brain and body can heal and restore him?” She replied, “I believe what the Bible says: *For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.* (Jer. 30:17).”

We prayed together over the phone and agreed that the Infinite Healing Power knew how to heal the brain as well as all organs of the body and knew exactly how to repair it. We decreed that an atmosphere of love, peace, and harmony surrounded her son and that all doctors and nurses were Divinely guided in all ways. I suggested to her that she imagine her son home and hear him tell her in her vivid imagination, “Mother, a miracle has happened. I’m completely healed.”

The mother continued to pray and believed in the Healing Power of God to restore her son, and she constantly pictured him at home smiling and happy. When fear or any anxious thought came to her mind, she affirmed immediately, “I believe, I believe, I believe in the Infinite Healing Power working a miracle now.” This young man is strong and well today!

No one knows exactly how the Healing Presence works. In the same manner, I do not know, nor does anyone know, exactly how a sequoia tree grows from a sequoia seed. This woman absolutely believed that there was an Infinite Intelligence that knew how to heal and repair her son’s body. She looked beyond appearances and made the impossible possible.

How to Take a True Look at Your Beliefs

Ask yourself, “Does this which I desire exist for me?” Do you believe that you can have wonderful friends and companionship? Do you believe that all the wealth you need

is a possibility for you in the universal scheme of things? Do you believe you can find your true place in life? Do you believe that the will of God for you is the abundant life, a greater measure of happiness, peace, joy, prosperity, greater expression, and buoyant health? You should answer all these questions affirmatively and believe and expect the best from life, and the best will come to you.

What Many People Erroneously Believe About Abundance in Their Lives

Many people think that wealth, happiness, and abundance are not for them, but that these are only for the other person. This is due to a feeling of inferiority or rejection. *There is no such thing as an inferior or a superior person. Everyone is a god, though in the germ: Ye are gods; and all of you are children of the most High* (Ps. 82:6).

You are not limited by family, race, or early conditioning. There are thousands of people who have transcended their environments and have raised their heads and shoulders above the crowd, although they were not born with gold spoons in their mouths. Abraham Lincoln was born in a log cabin; Jesus was the son of a carpenter; George Carver, the great scientist, was born into slavery. The universal bounty of God, however, is poured out on all regardless of race, creed, or color.

It is done unto you as you believe. If you don’t believe that you have the right to your heart’s desire, knowing that the

law is impersonal, always responding to your belief, you can’t believe you will have your desire!

You Have the Right to Believe in Rich and Joyous Living

God, Cosmic Good, gave you richly all things to enjoy, and you are placed here to glorify God and enjoy Him forever. You have the perfect right to bring any good into your life provided your motive is unselfish and that you wish for everyone what you wish for yourself. Your desire for health, happiness, peace, love, and abundance cannot possibly harm anyone. You have the right to a wonderful position with a marvelous income, but you should not covet any other person’s job. The Infinite Presence can guide you to right employment with an income consistent with your integrity and honesty.

Believe you have the right to the good you seek and do everything you know to bring it into your experience, and then it will manifest. You don’t want anything that some other person is enjoying. God’s infinite riches are available to all. Life responds to you according to your belief in It and your use of It.

You Get What You Believe

All of your experiences, conditions, and events grow out of your beliefs. Cause and effect are indissolubly united and

linked together. Your habitual thinking finds its expression in all phases of your life. Believe you have a Silent Partner who comforts you, guides and directs you, and who holds before you an open door which no man can shut. Live in the joyous expectancy of the best, and invariably the best will come to you.

Every morning when you wake, affirm quietly and lovingly:

> This is the day which the Lord hath made. I will rejoice and be glad in it. Wonders will happen in my life today. I will make marvelous contacts today. I will meet wonderful and most interesting people. I will complete all my assignments in Divine order, and I will accomplish great things today. My Silent Partner reveals to me new and better ways to accomplish all things. I know the Infinite Power sees no obstacles, knows no barriers. I believe God is prospering me beyond my wildest dreams. I know and believe that . . . *all things are possible to him that believeth* (Mark 9:23).

How a Bankrupt Man Claimed His Good

Some time ago I interviewed a man who had gone bankrupt. He was depressed and dejected. Furthermore, his wife had divorced him and his children no longer contacted him. He said that his wife had poisoned their minds against him. He commented that he did not believe in God and that he was at the end of the rope.

I pointed out to him that even if he believed the world is flat, nevertheless, it is still round. Furthermore, there is Infinite Intelligence within a man whether he believes there is or not. I suggested to him that he try an affirmation for ten days, and at the end of that time come back and see me. The affirmation I gave him was as follows:

> I believe that God is, and that God is the Infinite Power that moves the world and created all things. I believe this Infinite Power dwells in me. I believe God is guiding me now. I believe God's riches flow to me in avalanches of abundance. I believe God's love fills my heart and that His love fills the minds and hearts of my two boys. I believe that the bonds of love and peace unite us. I believe I am a tremendous success. I believe I am happy, joyous, and free. I believe God is always successful, and because God is successful and because God dwells in me, I am a tremendous success. I believe, I believe, I believe.

I suggested that he affirm the above truths out loud five minutes morning, afternoon, and night. He agreed, and the second day he phoned and said, "I don't believe a word of what I am saying. It's all mechanical and has no meaning." I told him to persist in this mental discipline. "The mere fact that you started to affirm and practice the spiritual affirmation indicates the faith of a grain of mustard seed mentioned in the Bible; and, as you keep it up, you will remove the mountains of fear, lack, and frustration."

He came back at the end of ten days radiant and happy. His two sons had visited him, and there was a joyous reunion. In his new pattern of thought, he won a small fortune on the Irish Sweepstakes and is now back in business. He discovered that the Infinite Power for perfect living also applied to him!

I knew that even though the words of the prayer meant nothing to him as he started, as he continued to dwell upon them through frequent habitation of the mind, they would sink into his subconscious mind and become a part of his mentality.

. . . for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you (Matt. 17:20) .

Chapter 17

Use Infinite Power for Harmonious Relationships

This chapter is being written on the beautiful island of Maui, one of the chain comprising the state of Hawaii. The people here say, “You have not lived until you have seen Hawaii.” One of Maui’s outstanding attractions is Haleakula, “House of the Sun,” an extinct volcano, that rises more than ten thousand feet. It offers views of breathtaking scenery and a glimpse of quiet native life where Hawaiians still cast nets into the sea for essential food and tend taro patches in the manner of their ancestors.

In these islands you meet people of every ethnic group and of diverse religious beliefs living together harmoniously, peacefully, and enjoying the sunshine of God’s love. The native who drove me from the airport to Maui Hilton Hotel told me that his antecedents were a mixture of Irish, Portuguese, German, Japanese, and Chinese. He pointed out that the people here have intermarried for generations and that racial problems are unknown.

How to Get Along with Others

One of the chief reasons some men and women do not get ahead in life is their inability to get along with others. They

seem to “rub” others the wrong way. Often their attitude of pomposity is tactless and offensive. The best way to get along with others is to salute the Divinity in the other person and to realize that every man and woman is an epitome or example of the entire human race. Every person who walks the earth is a son or daughter of the Living God; and when we respect and honor the Divinity within ourselves, we will automatically revere and honor the Divine Presence in the other person.

How a Waiter Promoted Himself

While visiting one of the chain of hotels in the Koanapali Beach district of Maui, I had an interesting conversation with a waiter. He told me that every year an eccentric millionaire from the mainland visited the hotel. This visitor proved to be a miserly type who hated to give a waiter or a bellboy a tip. He was churlish, ill-mannered, rude, and just plain ornery. Nothing satisfied him, and he was constantly complaining about the food and the service, and he snarled at the waiter whenever he served him. This waiter said to me, “I realized he was a sick man. Our Kahuna (a native Hawaiian priest) says that when men are like that there is something eating their insides, so I decided to kill him with kindness.”

How the special technique worked wonders

This waiter consistently treated this man with courtesy, kindness and respect, silently affirming, “God loves him. I see God in him and he sees God in me.” He practiced this technique for about a month, at the end of which time this

eccentric millionaire for the first time said, “Good morning, Toni. How’s the weather? You’re the best waiter I have ever had.” Toni told me, “I almost fainted; I expected a growl and I got a compliment. He gave me a five hundred dollar bill.” This was a parting tip from this difficult guest, who at the same time arranged for Toni to be made an assistant manager eventually of a large hotel in Honolulu, in which he was financially interested.

> And a word spoken in due season, how good is it! (Prov. 15:23).

A word is a thought expressed. This waiter’s words (thoughts) were addressed to the soul (subconscious mind) of the cranky, cantankerous guest, they gradually melted the ice in his heart, and he responded in love and kindness. Toni proved that seeing the Presence of God in the other and adhering to that great eternal truth pays fabulous dividends in human relations, spiritually as well as materially.

“To Understand All Is to Forgive All”

This is an old aphoristic statement containing a profound truth. I had an interesting conversation with a social director in one of the hotels here in Maui. She pointed out that occasionally when she says to a guest, “It’s a wonderful day,” the guest says, “What’s good about it? I hate the weather here, I don’t like anything about the place.” She added that she knew that particular guest was emotionally disturbed and driven by some irrational emotion. She had studied psychology at the University of Hawaii in Honolulu and remembered that her teacher had pointed out to her

that one does not get upset or resentful toward a person who is a hunchback, for example, or who suffers from any other obvious congenital deformity; likewise, one should not be disturbed because some people are emotional hunchbacks and have twisted and disturbed mentalities. One should have compassion for them. Understanding their mental and emotional chaotic state, it is easy to overlook and forgive them.

How understanding builds immunity to hard feelings

This young lady is gracious, charming, affable and amiable, and apparently nobody can “ruffle her feathers.” She has built up a sort of Divine immunity, and she fully realizes that no one can hurt her but herself. That is to say, she has freedom, as anyone has, to bless the other person or to resent the other person. She has decided to bless. She knows very well that the only one able to hurt her is she herself (i.e., the movement of her own thought, which is under her complete control).

How a Musician’s Subconscious Worked Wonders for Him through Affirmation

A young musician who plays a stringed instrument at night to pay his way through the University of Hawaii where he is studying law told me that he had experienced friction with some of his teachers and that his memory had failed him during the oral and written examinations. This young man was tense and resentful. I explained to him that his subconscious mind contained a perfect memory of

everything he had read and heard but that when his conscious mind is tense, the wisdom of the subconscious does not rise to the surface mind.

Accordingly, he meditated on the following affirmation every night and morning:

> Infinite Intelligence in my subconscious mind reveals to me everything I need to know, and I am Divinely guided in my studies. I radiate love and goodwill to my teachers and I am at peace with them. I pass all my examinations in Divine order.

Three weeks went by and I received a letter from him saying he had passed his special examination with flying colors and that his relationship with his teachers is now excellent.

He succeeded in incorporating the idea of perfect memory for everything he needed to know into his subconscious mind by reiterating the affirmations I gave him. His emanation of love and goodwill was subconsciously picked up by his teachers, resulting in harmonious relationships.

How a Doctor Healed Himself of Crippling Anger

Haleakala Crater, once a fiery, gaping depression, is now a cool, cone-studded aftermath of a violent volcano. I was

with a group of people, some of whom were from such widely diverse localities as Denver; Pittsburgh; Stockholm, Sweden; and Australia. I sat next to an Australian doctor and his wife in the limousine. He told me that volcanic eruptions causing havoc similar to the results of the volcanic activity at which we were looking had taken place in his life because he was in the habit of judging people too harshly.

The gist of his conversation was that he used to boil over with rage at what the columnists wrote in the newspapers. He wrote poisonous, vindictive and vitriolic letters to members of parliament, to heads of the various unions, etc. This internal seething and turmoil brought on two physical eruptions in two severe cardiac attacks plus one volcanic eruption in the form of a mild stroke.

He recovered from these attacks and realized that he had brought them on himself. While in the hospital, a nurse gave him the 91st Psalm to read, saying, “This is the medicine you need.” He began to dwell on it, and gradually its meaning sank into his soul (his subconscious mind). He pointed out that he had long since learned to adjust to people, realizing that they are all conditioned differently and that this is a world of imperfect human beings striving toward God’s Perfection.

What being true to inner self means

This doctor had learned to be true, as he said, to the God-Self within him and to respect the same God in the other. Shakespeare said, “To thine own self be true; then it follows, as the night the day, thou canst not be false to any man.”

This doctor had learned that to understand all is to forgive all. He is still intolerant of false ideas, but not people. He remains true to the truths of God and eternal principles.

How a Man with a Grudge against God Learned a Great Lesson in Human Relations

A man with whom I went swimming in the ocean adjacent to the beautiful and majestic Maui Hilton Hotel said to me, “I’m here to get away from it all.” He began to criticize everybody in his organization, as well as the government; he even seemed to have a grudge against God. In fact, he told me he felt he would get along better if God would just leave him alone.

He asked me, “What can I do to have better human relations and get along with these ugly people?” I suggested to him that research has demonstrated that much of the difficulty many people have in human relations is that they don’t look within themselves for the cause. The first step would be to get along with his own difficult self. I pointed out to him that much of his trouble with his employees and associates came from himself primarily and that these other people might be called secondary causes.

He admitted he was full of hidden rage and hostility and was deeply frustrated in his ambitions and plans in life. He began to see, however, that his suppressed rage kindled the latent hostility or anger in those around him; and he suffered from their reactions, which he himself had engendered. He discovered that what he termed the

animosity and hostility of his associates and employees reflected his own hostility and frustration to a great extent.

I gave him a spiritual affirmation, which he was to repeat regularly and with conviction:

> I know that there is a law of cause and effect, and the mood I generate is returned to me in the reactions of people to me and in conditions and events. I realize my inner turmoil and anger sets off ugliness and anger in men, women, and even in animals. I know that no matter what I experience, it must have an affinity in my mind, conscious or unconscious; for as I think and feel, so am I, and so do I express, experience, and behave.
>
> I give myself this mental and spiritual medicine many times a day. I think, speak, and act from the Divine Center within me. I radiate love, peace, and goodwill to all those around me and to all people everywhere. The Infinite lies stretched in smiling repose within me. Peace is the power at the heart of God, and His river of peace floods my mind, my heart, and my whole being. I am one with the Infinite peace of God. My mind is a part of God’s mind, and what is true of God is true of me.
>
> I realize and know that no person, place, or thing in the whole world has the power to upset, annoy, or disturb me without my

> mental consent. My thought is creative; and I consciously and knowingly reject all negative thoughts and suggestions, affirming that God is my guide, my counselor, and my governor and that He watches over me. I know God is my real Employer and I am working for Him.
>
> The real Self of me is God and cannot be hurt, vitiated, or thwarted. I realize I am the one who has hurt myself the most by my self-criticism, self-condemnation, and self-denigration. I send kindness, love, and joy to all people; and I know goodness, truth, and beauty follow me all the days of my life, for I live in the house of God forever.

Three weeks transpired; and he wrote me, saying that practicing this phase of mental and spiritual laws had replaced his inner chaotic, seething cauldron state of mind with serenity, tranquility, and a sense of imperturbability.

How a Beneficial Philosophical Attitude toward People Was Developed

I had an interesting conversation with a Japanese businessman in Hawaii, who philosophized along these lines:

> I have been in business 50 years and have traveled extensively. I have learned that people are basically good and honest. I take people as they come. They are all different:

they have had different training and conditioning; they have different customs and religious beliefs; and they are the result of their training, education, and habitual thinking.

I know complaining about people and getting angry with customers won't change them. I don't let them disturb me; I refuse to let anybody get under my skin. I bless them all and walk on.

How collections of unpaid bills were made

He showed me a list of ten customers who owed him considerable sums of money and who had ignored his several bills. He said, "I have been praying for each one, morning and night, realizing God is prospering them in all ways and that God guides, directs, and multiplies their good. I pray that each pays his bills gladly and that they are honest, sincere, and blessed in all ways. I started a month ago doing this; and eight of them have paid, apologizing for the delay. There are two to go, but I know they will pay, too."

He discovered that when he changed his mental attitude toward the delinquent customers, they changed, also.

The Key to Happy Relations

Treat people with respect. Honor and salute the Divinity in the other. Radiate love and goodwill to all. Realize that nobody acts in a contentious, hostile, antagonistic, and surly manner who is well adjusted. Know there is a mental conflict somewhere. As the Kahuna says, “There is something eating them inside.” There is a psychic pain somewhere. God is the true Self of you. It can’t be hurt, thwarted, or vitiated in any way. If you find difficult people in your life, surrender them to God, declare your freedom in God, and let God take them under His care. You will then find yourself in green pastures and beside still waters.

Chapter 18

Reap the Benefits of Traveling with God

I went on a lecture tour recently in Europe, visiting Portugal, France, England and Ireland. As I traveled east from California, on alighting from the plane in New York City, I met an old friend, jack Treadwell, author of a popular book, The Laws of Mental Magnetism. He told me of an elderly man in the hotel where he lived who had been crippled with arthritis. He had suggested to him that he try affirmation therapy, and he gave him a special affirmation to use:

> God's Healing Love is now transforming every atom of my being into God's pattern of wholeness, beauty and perfection.

This man affirmed these truths for ten or fifteen minutes every day. At the end of a month he was walking freely, joyously, and easily. All the calcareous deposits, which cause arthritis, were eliminated. He had decided to travel with God mentally, spiritually, and physically.

There is nothing miraculous in this healing. The Infinite Healing Presence that created his body had always been within him, but he had failed to use it. Jack Treadwell taught him how to stir up this gift of God within him. This is what the Bible means when it says: *Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee* . . . (II Tim. 1:6). When you walk, talk, and travel with

God, everything unlike God is dissolved in your mind, body, and circumstances.

How to Travel with God

Whenever I take a trip or go on a lecture tour, I recite the following affirmation:

> My journey is God's journey, and all His ways are pleasantness and all his paths are peace. I travel under God's guidance led by the Holy Spirit. My highway is the Royal Road of the Ancients, the middle path of Buddha, the straight and narrow gate of Jesus, the King's Highway, for I am a King over all my thoughts, feelings, and emotions. I send my messengers called God's love, peace, light, and beauty before me to make straight, beautiful, joyous, and happy my way. I always travel with God, meeting His messengers of peace and joy wherever I go. I know that with mine eyes stayed on God, there is no evil on my pathway.
>
> While traveling on an airplane, bus, train, car, or by foot, God's spell is always around me. It is the invisible armor of God, and I go from point to point freely, joyously, and lovingly. The Spirit of God is upon me, making all roads in the heavens above or on the earth beneath a highway for my God. It is wonderful!

Why many seem to lead a charmed life

I have given the preceding affirmation to hundreds of people who travel overseas, and they really lead a charmed life by saturating their minds and hearts with the above truths, which sink into their subconscious minds, and their deeper mind responds accordingly. *Thy faith hath saved thee; go in peace* (Luke 7:50).

Can You Believe in Miracles?

My first stop after leaving New York was Lisbon. Portugal is a land of rugged mountains, rolling plains, cork farms, and thirteenth and fourteenth century hamlets. I hired a car with a special guide, and together with a niece of mine from Liverpool, journeyed to the shrine of Fatima. Our guide explained the story of Fatima by stating that the Blessed Virgin had appeared to three children on the thirteenth of May, 1917. Their names were Lucia, Francisco, and Jacinta. A sudden flash of lightning had surrounded the children, and as they looked towards the tree, they saw upon it the figure of “Our Lady” brighter than the sun. Lucia had asked the “Lady” who she was, and the reply had been, “I am from Heaven. Return here six times at this same hour on the thirteenth day of every month.”

The children had been pestered and accused of lying; however, thousands had believed them. But only the children could see the Blessed Virgin. Sick people had been

cured and miracles of healing had taken place at the purported place of the “Lady’s” appearance.

The final appearance of “Our Lady” had taken place on the thirteenth of October. It was raining and a flash of lightning announced that the Blessed Virgin had appeared. She predicted that the war, then in its third year, would soon end, and also made other prophetic pronouncements. Our guide said that on that day about 40,000 people had witnessed the dancing of the sun. The rain had suddenly stopped and all the people had fallen to their knees as they had seen the sun surrounded by a shining crown, bursting and turning around like a wheel of fireworks.

A healing observed first hand

We visited the Chapel of the Apparitions. Our guide pointed out to us a woman whose right leg was paralyzed. She was on crutches and accompanied by her son. Our guide interpreted her prayer, which was in Portuguese, as follows: “When I kneel down where the Virgin appeared, I will be healed, praise God.” We watched her as she knelt with one knee, holding a rosary in her hand. She prayed fervently to the Virgin, and in about fifteen minutes we saw her get up and walk freely out of the chapel with tears of joy in her eyes. The Bible says: . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

The meaning of a miracle

A miracle is not a violation of natural law. A miracle does not prove that which is impossible; it proves that which is possible. A miracle is something that happens when one brings in a higher law than those which people have known prior to the miracle's occurrence.

Cause of her healing

The woman referred to above was healed by her belief and expectancy. She believed that if she could only be in the place where she believed that the Virgin had appeared, she would be healed. Her belief released the healing power of her own subconscious mind! The law of life is the law of belief, and belief could be briefly summed up as a thought in your mind. To believe is to accept something as true. Whatever your conscious, reasoning mind accepts as true engenders a corresponding reaction from your subconscious mind, which is one with the Infinite Intelligence within you. This woman's blind faith or belief healed her.

The Infinite Healing Power and How to Use It

The true method of spiritual healing does not lie in some magic, such as wand-waving, visiting shrines, touching relics, bathing in certain waters or kissing the bones of saints, but rather in the mental response of the individual to the Indwelling Infinite Healing Presence which created that person and all things in the world.

Spiritual healing and faith healing not the same

Spiritual healing is not the same as faith healing. A faith healer may be any person who heals without any knowledge or scientific understanding of the powers of the conscious and subconscious mind. He may claim that he has some magical gift of healing, and the sick person's blind belief in his or her powers may bring results.

The spiritual therapist must know what he is doing and why he is doing it. He trusts the law of healing. The law of mind is that whatever you impress on your subconscious mind will be expressed in like manner as form, function, experience, and events.

The Meaning of the Appearance of the Blessed Virgin

The name of the Virgin is frequently referred to as Mary. The Latin word "mare" means the sea. The word "virgin" means pure, and "virgin mare" means pure sea. It means the female aspect of God. This female aspect or subjective mind is referred to in ancient symbolism as Isis, whose veil no man may lift; as Sophia of the Persians; as Diana of the Ephesians; and she is also called Istar Astarte, Mylitta, and Maya, the mother of Buddha. The term "Mother of God" usually refers to the Madonna. Of course, God has no father or mother. God is the Life-Principle which was never born and will never die. The "Mother of God" means to mother, dwell on, or nourish that which is good in your mind. It is a mental attitude. The "Mother of God" or the "Madonna" or "Our Lady" is a pure myth, which is a projected

psychological truth meaning love, beauty, order, the mind that gives birth to God or all things good.

Were apparitions at Lourdes and Fatima subjective creations of mind?

If I hypnotized you and while you were in the hypnotic state suggested to you that on bringing you out of the trance you would see your grandmother and talk to her and that she would give you prophetic announcements for yourself and the world, your subconscious mind would project the image of your grandmother, and you would see her and talk to her. Your subconscious would utter predictions and prognostications based on the nature of my suggestion. Remember, there is a memory picture of your grandmother in your subconscious mind. It would not be your real grandmother, who undoubtedly is busy in the next dimension of life. You would have simply experienced a subjective hallucination. The others present in the room where you were hypnotized could not see your grandmother; you would be the only one capable of seeing your projected thought picture. At Fatima it was reported that it was only the children who saw the Virgin; the multitude did not.

Bernadette’s vision at Lourdes

According to some authorities, Bernadette’s early life was lonely. She suffered from asthmatic attacks and was emotionally inhibited. The excitation and expectancy of her mind that she would see “Our Lady” acted as an auto-hypnotic suggestion, and her subconscious mind projected a

picture of a woman which conformed with the statue in her church or the picture of the Virgin in her prayer book. Her experiences seem to be projected from within her own mind. Hallucinations are based on the conditioning of your mind. Anyone who fervently desires to see a saintly being can condition his subconscious to see his concept of the Virgin Mary or any other personage, based on statues, prayer book pictures, or paintings of same.

Why the prophecies came to pass

The Lady at Fatima told Jacinta and Francisco that they would die of influenza and that Lucia would become a nun. All this happened. Remember, your future is already in your mind, and a capable psychic or medium can also predict your future with a fair degree of accuracy. Your future is your present state of mind made manifest, but by prayerful affirmation you can change the future by thinking from the standpoint of universal principles. Change your thought life to conform to harmony, health, peace, love, right action, and Divine law and order, and all your ways will be pleasantness and all your paths will be peace. Then, any negative prediction cannot come to pass. In this case, it was the children's own subconscious that guided the predictions to come true.

The Basis of Miracles as Observed in Europe

There was much turbulence, strife and rioting during my trip to Paris, but I received a pleasant reception from Dr. Mary Sterling and her associates. She is the Director of Unite

Universelle, 22 Rue De Douai, Paris, and has translated many of my books into French. She has a prayer group at her center, and they achieve amazing healings and answers to prayer. Requests come from all over France. I spoke to a very large and distinguished group of men and women there and received a memorable ovation.

The basis of a healing of blindness

A young woman who attended one of my lectures in Paris visited me at the Hotel Napoleon about an emotional problem, and in the course of conversation she told me that when she first came to Paris from one of the provinces she was employed as a dressmaker. Her employers were cruel and mean to her. She resented them very much, and subsequently she found herself losing her vision. She went to an ophthalmologist and he suggested she give up dressmaking and go back to the country life. She refused and her sight got worse. She went to see a local medical doctor and he told her to quit her position and find another, that her subconscious mind was trying to shut out the unpleasant surroundings and her employers. She did this. She found another position where she was happy, and her vision was gradually restored.

She told me that she actually hated the sight of her former employers. Then, of course, her subconscious responded by seeing to it that she couldn’t see them or her surroundings. She finally learned to bless her former employers and walk on.

In the case of failing eyesight, it is wise to ask yourself why your subconscious mind is making your eyes the scapegoat. What is it in your life you wish to exclude or shut out? The answer is within you and so is the solution.

Her Divine Companion saved her life

A French newspaperwoman met me at the Orly Airport, because there were no taxis operating in Paris due to a strike. She is an old friend of mine and constantly uses the same affirmation I use in traveling and which I included in the first part of this chapter. She said that this special affirmation was as much a part of her as her hair.

Last year she was about to take a trip to North Africa, Greece, and some other Mediterranean countries. One night, she said, I appeared to her in a dream and told her to wait—postpone the trip—as the plane she was going on would meet with disaster. She cancelled the trip, and the plane in question crashed. She told me that she understood the way her deeper mind worked (i.e., her subconscious mind projected an image of a person she trusted and would obey). Actually, it was the God-Presence within her that protected her. Her Divine Companion watched over her in all her ways. This is the Presence of God in all of us. . . . *I the Lord will make myself known unto him in a vision, and will speak unto him in a dream* (Num. 12:6).

How to Use the Power of Your Subconscious Mind to Make a Fortune

Dr. Mary Sterling informed me that the sale of her French translation of The Power of Your Subconscious Mind is exceeding all expectations and that many letters are pouring into her sanctuary at 22 Rue De Douai, Paris, attesting to remarkable healings and answers to prayer. One Parisian told me that he has made a fortune by following a technique outlined in the French edition of my book, by affirming for about ten minutes prior to sleep, “Wealth is mine; wealth is mine now” over and over again until he lulled himself to sleep. He succeeded by repetition in impregnating his mind, and he said everything he touched seemed to be like the touch of Midas, and he has made a fortune. In one instance he won a lottery worth $60,000 in American money. He sincerely believes in the power of his subconscious to guide, direct, heal, and inspire him, and it responded according to his belief.

There Is Always an Answer

While I was traveling to London from Paris for a series of lectures in Caxton Hall, London, and also Bournemouth, a seaside resort in the south of England, a French girl sat beside me and said, “I am going to London to listen to your lectures, because I want to hear more about the powers of my mind. During one of your lectures in Paris, you said that whatever you impressed on your subconscious mind would be expressed and fulfilled.”

This young girl was going to school and had no money of her own. Prior to this trip, she had decreed, “I am going to London in Divine order to listen to a series of lectures by Dr.

Murphy and everything will be provided by my deeper mind."

She happened to speak to her brother, who is a medical doctor in Paris, about her interest in the subconscious mind, and he said to her, "Sis, why don't you go to London and take in the series of lectures?" He gave her about two thousand francs—more than enough for the trip—whereas she had previously thought that her brother was hostile to this teaching.

The ways of your subconscious are past finding out. She discovered, as thousands of others have done, that there is always an answer. . . . *Seek, and ye shall find; knock, and it shall be opened unto you* (Matt. 7:7).

How a person won on the English Derby three times

During one of my lectures at Caxton Hall, London, where I have given a series of lectures about every two years for the past twenty years, and in an area where I enjoy a host of friends, a young man spoke to me, saying, "I hope you don't think I'm using my mind the wrong way, but three months before our annual derby race, every night I affirm before sleep, 'The winner in the derby,' and I lull myself to sleep with the one word 'winner,' knowing that my subconscious will reveal to me the answer." For three consecutive years he has seen the winner the night before the race in a dream, and last year he bet one thousand pounds, which won him a handsome sum of money. His subconscious responded to his faith in its powers. His preview of the race is called precognition, which is a faculty of the mind.

I explained to him that the subconscious is amoral; it is a law, and a law is neither good nor bad. It depends on how you use it. There is nothing wrong in seeing the questions in the subconscious in an examination prior to taking it; there is nothing wrong in seeing the winner of a dog or a horse race, either. There is only one subjective mind, and it is in the dog, the cat, and in all other things as well.

How Dissolving Guilt Healed an Ulcerated Arm

A young surgeon visited me at St. Ermine's Hotel next to Caxton Hall, a lecture hall. He had just listened to one of my lectures on "Why You Can Be Healed." He showed me his arm, which was badly ulcerated. He had tried all manner of therapy to no avail—the ulcer refused to respond. I asked him what he had done with his right hand that might have caused a sense of guilt, and he replied honestly and with sadness, "When I was an intern, I performed several abortions for monetary reasons. According to my religion that is murder, and I feel guilty and full of remorse." I asked him, "Would you do it now?" He said, "Of course not. I am helping people to get well now."

I told him that he was punishing himself; that the man who performed these operations no longer existed. He was completely changed mentally, emotionally, and spiritually, and he was actually condemning an innocent man. God condemns no one, and when we forgive ourselves we are forgiven. Self-condemnation is indeed hell—self-forgiveness is heaven.

This surgeon immediately saw the point. The past was dead. He saw himself as innocent. Before the end of my week's lectures, he showed me his hand and arm which had become completely whole and perfect. Paul said, . . . *This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize* . . . (Phil. 3:13, 14).

"Kevin of the Miracles"

Glendaloch is traditionally known as the site of the "Seven Churches" in Ireland. St. Kevin spent about four years of incredible austerity here, living on herbs, roots and berries found locally. He was born in 498 and died in 618. He is called "Kevin of the Miracles."

A local farmer was accidentally struck in the eye by a stone. The man lost the sight of the affected eye and suffered excruciating pain. St. Kevin touched the injured eye with a fervent invocation to God. At once the wound healed, the flow of blood ceased and the pain vanished. The man's sight was restored. It is said that this miracle was witnessed by many members of the community, who were greatly edified as a result.

A place of pilgrimage

A visit to St. Kevin’s bed is an essential part of the pilgrimage to Glendaloch. The bed is a cavity in the rock about thirty feet above water level. There is a traditional promise that those who succeed in climbing into St. Kevin’s bed will have their dearest wish granted. There is an extra wish granted to those who decide to sit in St. Kevin’s chair.

My sister accompanied me on this pilgrimage to St. Kevin’s, and we talked to a woman who was on the pilgrimage from Killarney. She told us that some years ago she had been in the terminal stages of cancer; her guide had aided her in reaching St. Kevin’s bed in the rock, and she had prayed there to St. Kevin. A few days later she felt healed, and her doctors, after taking a biopsy and making X-ray examinations, agreed that she was free from cancer. This, she said, had occurred five years ago, and she is now strong, vital, and whole.

St. Kevin’s Well

A crowd of tourists gathered around a well. The guide pointed out five finger indentations, supposedly those of St. Kevin, in the rock. Visitors were asked to place a hand (left) in the rock, fitting the fingers exactly into the fissures of the rock, and then place it in the well beside it and make a specific prayer or request. The traditional belief is that the wish will be granted through the mediation of St. Kevin.

How his arthritic hand was healed

An elderly man near the rock told us that three years ago his hands had become crippled with arthritis, so much so that they were deformed. He followed the instructions by placing his hand on the rock and then in the well, begging St. Kevin to heal him. He said, “I was healed. Look at my hands now.” They were perfect.

How Do All These Healings Take Place?

Emerson says, “There is one mind common to all individual men. Every man is an inlet to the same and to all of the same. He that is once admitted to the right of reason is made a free man of the whole estate. What Plato has thought, he may think; what a saint has felt, he may feel; what at any time has befallen any man, he can understand. Who hath access to this universal mind is a party to all that is or can be done, for this is the only and sovereign agent.”

For example, if an electrician is seeking answers to electrical or electronic problems, all the ingenuity, skill, research, discoveries, and wisdom of Edison, Faraday, Marconi and others are in the repository of the universal mind, and everyone can tune in on their knowledge and wisdom. Any music ever played by Bach, Beethoven, or Brahms is stored and deposited in the universal subjective mind, which animates all of us. Any musician can tune in and tap this reservoir, which is instantly available to all. The saints mentioned in religious literature are men and women who rose above their problems and appropriated more of Divinity than others. They rose to a higher point of spiritual awareness, and their healing consciousness and victories over all kinds of mental and physical diseases are deposited

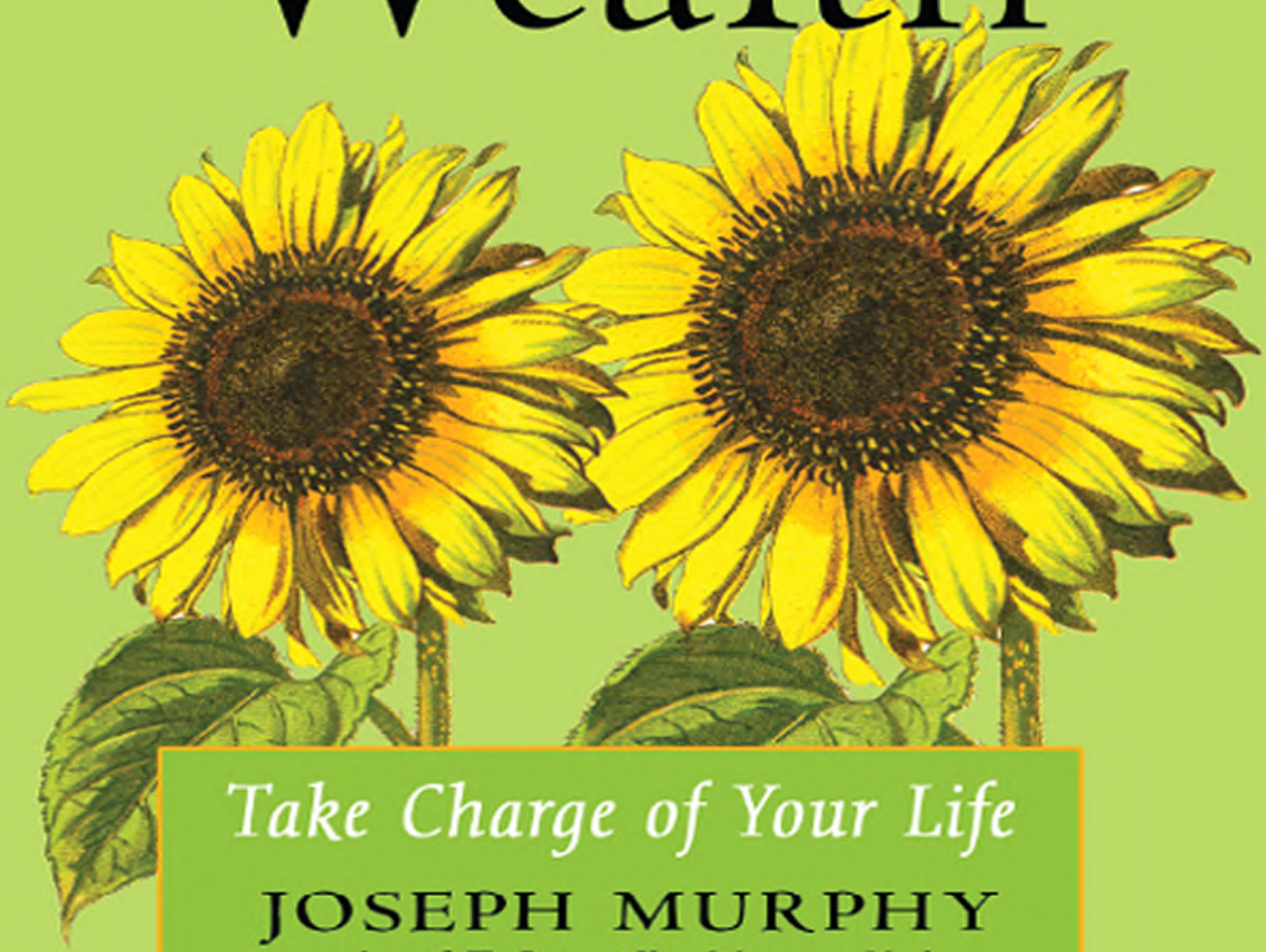
in the universal bank called the universal subconscious mind.

Therefore, when the Irishman prayed to St. Kevin, his imagination was fired, his consciousness was lifted up in faith and expectancy, and he tuned in on the healing vibrations always present in the universal mind. His prayer worked for him because his mind was full of faith and expectancy. His deep devotion, which was all-inclusive, impressed his subconscious mind and a healing followed.

Whatever you focus your attention on long enough to cause it to become impressed in your subconscious will in turn be demonstrated in your experience. This is the explanation for the so- called miracles which take place at St. Kevin’s rock and well. Page 2 of every book is for the Copyright information. . For the text use the Body Style.

foreword by David Cameron Gikandi
author of *A Happy Pocket Full of Money*

Attract Wealth



Take Charge of Your Life

JOSEPH MURPHY
author of *The Power of Your Subconscious Mind*

Attract Wealth

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Based upon material from *The Power of Your Subconscious Mind*.

Cover and text design by Kathryn Sky-Peck Typeset in Centaur

Hampton Roads Publishing Company, Inc.
Charlottesville, VA 22906
Distributed by Red Wheel/Weiser, LLC
www.redwheelweiser.com

ISBN: 978-1-64297-033-3

Library of Congress Cataloging-in-Publication Data available upon request.

Printed in the United States of America
IBI
10 9 8 7 6 5 4 3 2 1

www.redwheelweiser.com/newsletter

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Foreword

In dark and troubled times, we need a light to shine through the darkness and show us the way forward. When we feel helpless and at the mercy of forces that seem beyond our control, when we feel doubtful and worried about our ability to meet even our basic needs, we need to remember there is light within us. And when we think that the only way to meet our needs is to earn more money, which seems harder and harder to do, we need a book like this one to liberate us from the hypnotic spell of fear and scarcity.

This book reminds us of our true source of wealth and abundance. The kingdom is within. In good times, in bad times, even in the bleakest of times, the kingdom is always within. The times do not change that fact. And that is our saving grace.

Joseph Murphy was one of the most important New Thought teachers of the 20th century. He wrote, taught, and lectured widely on consciousness and prosperity. His words remind us that there is just One Invisible Source from which all things flow. The world around you—the plants, the animals, the planets, and even the galaxies—all arose from this Invisible Source. The Universe appeared in one Big Bang from this mysterious Invisible Source. You, too, were birthed from that same Source. That, my friend, is the Kingdom. The power of Life. And it is within you. And it expresses as you, through you, for you.

This mysterious Source gives of itself abundantly, and in accordance with your free will. Ask and it shall be given,

seek and you shall find, knock and the door shall be opened to you. Whatever we hold both in our mind and in our emotions, consciously and unconsciously, is automatically given Form and Life by the Source within. In this way, our physical reality acts as a mirror to our consciousness, a perfect design that allows us to truly know ourselves.

The world has taught us, through millennia, to turn away from our True Selves, to forget our own divine creative power, to think of ourselves as mere flesh and bones, as mechanical beings, and that's it. We have been programmed to think of ourselves as insignificant creatures at the mercy of random external forces and that our wealth depends on these external forces.

A person who is unaware of their own spiritual powers falls subject to a mindset of lack and limitation. They fall victim to their fears, their conditioned and limiting thoughts and emotions, to mass unconsciousness. The person that has awakened to their connection to Source becomes a conscious creator, one who doesn't fall prey to the fears of the world, and who is able to meet not just their basic needs, but fulfill their dreams.

Look at the world around you. Notice how nature—Life—is abundant, lavish, extravagant even. Just look. It is all taken care of by Source, with Infinite Intelligence. It is the same with you. Prosperity is an elemental quality of Source, it is an inalienable aspect of your True Nature.

The time has come to let go of the belief that abundance comes *only* from working physically hard for money, that you are at the mercy of a precarious economy or monetary system. It is time to recognize that Source has always been with you, given you life, sustained, and maintained you. As you turn more and more consciously toward Source and away from fear, your ability to think creatively

and abundantly will grow in infinite ways as a testament to the infinite Being that you truly are.

A person who is unaware of their own spiritual powers falls subject to a mindset of lack and limitation.

Attract Wealth will help you overcome the sub-consciously held mental disease of poverty, and to access the infinite riches within you, through aligning your mind and emotions with your divine heritage. Take charge of your life. Claim your right to be rich! Enjoy this little book.

—David Cameron Gikandi,
author of *A Happy Pocket Full of Money*

Introduction

Why is one person sad and another happy? Why are some joyous and prosperous and others poor and miserable? Why is one fearful and anxious and another full of faith and confidence? Why does one person have a beautiful, luxurious home while another lives out a meager existence in impoverished conditions? Why is someone a great success and another an abject failure? Why is someone a genius in work or profession while others toil and moil all their lives without doing or accomplishing anything worthwhile? Why is it that so many good, kind, religious people suffer the tortures of the damned in their mind and body? Why is it many immoral and irreligious people succeed and prosper and enjoy abundance and riches? Is there an answer to these questions in the workings of your conscious and subconscious minds?

There most certainly is.

THE REASON FOR WRITING THIS BOOK

It is for the express purpose of answering and clarifying these questions and many others of a similar nature that motivated me to write this book. I have endeavored to explain the great fundamental truths of your mind in the simplest language possible.

I believe that it is perfectly possible to explain the basic, foundational, and fundamental laws of life and of your mind in ordinary everyday language. I urge you to study this book and apply the techniques outlined herein; and as you do, I feel absolutely convinced that you will lay hold of a miracle-working power that will lift you up from confusion, misery, melancholy, and failure. This power will guide you to your true place, solve your difficulties, sever you from emotional and physical bondage, and place you on the royal road to freedom, happiness, peace of mind, and wealth. This miracle-working power of your subconscious mind can heal you of what is holding you back, and help you learn to use your inner powers to open the prison door of fear so that you may enter into a life described by Paul as the glorious liberty of the sons of God.

The unique feature of this book is its down-to-earth practicality. Here you are presented with simple, usable techniques and formulas that you can easily apply in your day-to-day world. I have taught these simple processes to men and women all over the world, and recently more than a thousand individuals of all religious affiliations attended a special class in Los Angeles where I presented the highlights of what is offered in the pages of this book. Many came from distances of two hundred miles for each class lesson.

The miracle-working power of

your subconscious mind can heal you of what is holding you back.

The special features of this book will appeal to you because they show you why oftentimes you get the opposite of what you pray for and will reveal to you the reasons why. People from all corners of the world and from all walks of life have asked me thousands of times, “Why is it I have prayed and prayed and got no answer?”

In this book you will find the reasons for this common complaint. The many ways of impressing the subconscious mind and getting the right answers make this an extraordinarily valuable book and an ever-present help in a time of trouble.

WHAT DO YOU BELIEVE?

It is not the thing believed in that brings an answer to our prayer; the answer to prayer results when the our subconscious mind responds to the mental picture or thought we have in mind.

This law of belief is operating in all religions of the world and is the reason why they are psychologically true. Buddhists, Christians, Muslims, and Jews all may get answers to their prayers, not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of belief or mental acceptance and receptivity about that for which they pray.

The law of life is the law of belief.

The law of life is the law of belief, and belief can be summed up briefly as a thought in your mind. As you think, feel, and believe, so is the condition of your mind, body, and circumstances. A technique, a methodology based on an understanding of what you are doing and why you are doing it, will help you to bring about a subconscious embodiment of all the good things of life.

Essentially, answered prayer is the realization of your heart's desire.

Your prayer is answered because your subconscious mind is principle, and by principle I mean the way a thing works. For example, the principle of electricity is that it works from a higher to a lower potential. You do not change the principle of electricity when you use it, but by cooperating with nature, you can bring forth marvelous

inventions and discoveries, which bless humanity in countless ways.

Answered prayer is the realization of your heart's desire.

Your subconscious mind is principle and works according to the law of belief. You must know what belief is, why it works, and how it works. The law of your mind is the law of belief. This means you must believe in the way your mind works, to believe in belief itself. The *belief* of your mind is the *thought* of your mind—that is simple—just that and nothing else.

All your experiences, events, conditions, and acts are the reactions of your subconscious mind to your thoughts. Remember, it is not the thing believed in but the belief in your own mind that brings about the result.

Cease believing in the false beliefs, opinions, superstitions, and fears of mankind. Begin to believe in the eternal truths of life, which never change. Then, you will move onward, upward, and Godward.

When you read this book and apply the principles of the subconscious mind herein set forth, you will be able to pray scientifically and effectively for yourself and for others. Your prayer is answered according to the universal law of action and reaction. Thought is incipient action. The reaction is the response from your subconscious mind that corresponds with the nature of your thought.

Busy your mind with the concepts of harmony, health, peace, and good will, and wonders will happen in your life.

chapter one

The Treasure House Within You

Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously, and abundantly.

Many are sound asleep because they do not know about this gold mine of infinite intelligence and boundless love within themselves. Whatever you want, you can draw forth. A magnetized piece of steel will lift about twelve times its own weight, and if you demagnetize this same piece of steel, it will not even lift a feather. Similarly, there are two types of people. One is the magnetized person who is full of confidence and faith. This person knows that he is born to win and to succeed. Then, there is the other type of person who is demagnetized. This person is full of fears and doubts. Opportunities come, and he says, “I might fail; I might lose my money; people will laugh at me.” This type of individual will not get very far in life because, if he is

afraid to go forward, he will simply stay where he is. Become a magnetized person and discover the master secret of the ages.

THE MASTER SECRET OF THE AGES

What, in your opinion, is the master secret of the ages? The secret of atomic energy? Thermonuclear energy? The neutron bomb? Interplanetary travel? No—not any of these. Then, what is this master secret? Where can one find it, and how can it be contacted and brought into action? The answer is extraordinarily simple. This secret is the marvelous, miracle-working power found in your own subconscious mind, the last place that most people would seek it.

THE MARVELOUS POWER OF YOUR SUBCONSCIOUS

You can bring into your life more power, more wealth, more health, more happiness, and more joy by learning to contact and release the hidden power of your subconscious mind.

You need not acquire this power; you already possess it. But, you want to learn how to use it; you want to understand it so that you can apply it in all departments of your life.

As you follow the simple techniques and processes set forth in this book, you can gain the necessary knowledge and understanding. A new light can inspire you, and you can generate a new force enabling you to realize your

hopes and make all your dreams come true. Decide now to make your life grander, greater, richer, and nobler than ever before.

Within your subconscious depths lie infinite wisdom, infinite power, and an infinite supply of all that is necessary, which is waiting for development and expression. Begin now to recognize these potentialities of your deeper mind, and they will take form in the world without.

The infinite intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point in space, provided you are open-minded and receptive. You can receive new thoughts and ideas enabling you to bring forth new inventions, make new discoveries, or write books and plays. Moreover, the infinite intelligence in your subconscious can impart to you wonderful kinds of knowledge of an original nature. It can reveal to you and open the way for perfect expression and true place in your life.

Decide now to make your life grander, greater, richer, and nobler than ever before.

Through the wisdom of your subconscious mind you can attract prosperity, as well as the right business associate or partner. It can find the right buyer for your home, provide you with all the money you need, and the financial freedom to be, to do, and to go, as your heart desires.

It is your right to discover this inner world of thought, feeling, and power, of light, love, and beauty. Though invisible, its forces are mighty. Within your subconscious mind you will find the solution for every problem, and the cause for every effect. Because you can draw out the hidden powers, you come into actual possession of the power and wisdom necessary to move forward in abundance, security, joy, and dominion.

I have seen the power of the subconscious lift people up out of crippled states, making them whole, vital, and strong once more, and free to go out into the world to experience happiness, health, and joyous expression.

chapter two

How Your Own Mind Works

You have a mind, and you should learn how to use it. There are two levels of your mind: the conscious or rational level, and the subconscious or irrational level. You think with your conscious mind, and whatever you habitually think sinks down into your subconscious mind. And according to the nature of your thoughts, your subconscious mind *creates*. If you think good, good will follow; if you think evil, evil will follow. This is the way your mind works.

The main point to remember is once the subconscious mind accepts an idea, it begins to execute it. It is an interesting and subtle truth that the law of the subconscious mind works for good and bad ideas alike. This law, when applied in a negative way, is the cause of failure, frustration, and unhappiness. However, when your habitual thinking is harmonious and constructive, you experience happiness and prosperity.

Whatever you claim mentally and feel as true, your subconscious mind will accept and bring forth into your experience. The only thing necessary for you to do is to get your subconscious mind to accept your idea, and the law

of your own subconscious mind will bring forth what you desire. You give the command or decree, and your subconscious will faithfully reproduce the idea impressed upon it. The law of your mind is this: You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind.

According to the nature of your thoughts, your subconscious mind *creates*.

Psychologists and psychiatrists point out that when thoughts are conveyed to your subconscious mind, impressions are made in the brain cells. As soon as your subconscious accepts any idea, it proceeds to put it into effect immediately. It works by association of ideas and uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy, and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to

bring about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer. Its ways are mysterious and past finding out.

CONSCIOUS AND SUBCONSCIOUS TERMS DIFFERENTIATED

Your conscious and subconscious mind are not two minds. They are merely two spheres of activity within one mind. Your conscious mind is the reasoning mind. It is the phase of mind that chooses. For example, you choose your books, your home, and your partner in life. You make all your decisions with your conscious mind.

On the other hand, without any conscious choice on your part, your heart is kept functioning automatically, and the process of digestion, circulation, and breathing are carried on by your subconscious mind through processes independent of your conscious control.

Your subconscious mind accepts what is impressed upon it or what you consciously believe. It does not reason things out like your conscious mind, and it does not argue with you. Your subconscious mind is like the soil, which accepts any kind of seed, good or bad. Your thoughts are active and might be likened unto seeds. Negative, destructive thoughts continue to work negatively in your subconscious mind, and in due time will come forth into outer experience that corresponds with them.

Remember, your subconscious mind does not engage in proving whether your thoughts are good or bad, true or false, but it responds according to the nature of your thoughts or suggestions. For example, if you consciously assume something as true, even though it may be false,

your subconscious mind will accept it as true and proceed to bring about results, which must necessarily follow, because you consciously assumed it to be true.

THE TERMS *OBJECTIVE MIND* AND *SUBJECTIVE MIND* CLARIFIED

Your conscious mind is sometimes referred to as your objective mind because it deals with outward objects. The objective mind takes cognizance of the objective world. Its media of observation are your five physical senses. Your objective mind is your guide and director in your contact with your environment. You gain knowledge through your five senses. Your objective mind learns through observation, experience, and education. As previously pointed out, the greatest function of the objective mind is that of reasoning.

Suppose you are one of the thousands of tourists who come to Los Angeles annually. You would come to the conclusion that it is a beautiful city based upon your observation of the parks, pretty gardens, majestic buildings, and lovely homes. This is the working of your objective mind.

Your subconscious mind is oftentimes referred to as your subjective mind. Your subjective mind takes cognizance of its environment by means independent of the five senses. Your subjective mind perceives by intuition.

It is the seat of your emotion and the storehouse of memory. Your subjective mind performs its highest functions when your objective senses are in abeyance. In a word, it is that intelligence which makes itself manifest

when the objective mind is suspended or in a sleepy, drowsy state.

Your subjective mind sees without the use of the natural organs of vision. Let's take the same example of visiting Los Angeles, although you've heard it's an awful city, smoggy and full of crime. When you visit the city, that is what you will see; that experience is the seed that had been planted.

It is of the greatest importance that we understand the interaction of the objective and subjective mind in order to learn the true art of prayer.

THE SUBCONSCIOUS CANNOT REASON LIKE YOUR CONSCIOUS MIND

Your subconscious mind cannot argue controversially. If you give it wrong suggestions, it will accept them as true and will proceed to bring them to pass as conditions, experiences, and events. All things that have happened to you are based on thoughts impressed on your subconscious mind through belief. If you have conveyed erroneous concepts to your subconscious mind, the only sure method of overcoming them is by the repetition of constructive, harmonious thoughts frequently repeated. These your subconscious mind accepts, and thus forms new and healthy habits of thought and life. Your subconscious mind is the seat of habit.

The habitual thinking of your conscious mind establishes deep grooves in your subconscious mind. This is very favorable for you if your habitual thoughts are harmonious, peaceful, and constructive. But if you have consciously indulged in fear, worry, and other destructive

forms of thinking, the remedy is to recognize the omnipotence of your subconscious mind and decree freedom, happiness, and abundance. Your subconscious mind, being creative and one with your divine source, will proceed to create that which you have earnestly decreed.

THE TREMENDOUS POWER OF SUGGESTION

Your conscious mind is the “watchman at the gate,” and its chief function is to protect your subconscious mind from false impressions.

Your subconscious mind is amenable to suggestion. As you know, your subconscious mind does not make comparisons, or contrasts, neither does it reason and think things out for itself. This latter function belongs to your conscious mind. It simply reacts to the impressions given to it by your conscious mind. It does not show a preference for one course of action over another.

You must still the wheels of your mind, relax, let go, and quietly affirm the art of prayer: the synchronized, harmonious, and intelligent function of the conscious and subconscious levels of mind specifically directed for a definite purpose.

chapter three

How to Get the Results You Want

The principle reasons for failure are: lack of confidence and too much effort. Many people block answers to their prayers by failing to fully comprehend the workings of their subconscious mind.

When you know how your mind functions, you gain a measure of confidence. You must remember whenever your subconscious mind accepts an idea, it immediately begins to execute it. It uses all its mighty resources to that end and mobilizes all the mental and spiritual laws of your deeper mind. This law is true for good or bad ideas. Consequently, if you use it negatively, it brings trouble, failure, and confusion. When you use it constructively, it brings guidance, freedom, and peace of mind.

The right answer is inevitable when your thoughts are positive, constructive, and loving. From this it is perfectly obvious that the only thing you have to do in order to overcome failure is to get your subconscious to accept your idea or request by feeling its reality now, and the law of your mind will do the rest. Turn over your request with

faith and confidence, and your subconscious will take over and answer for you.

You will always fail to get results by trying to use mental coercion—your subconscious mind does not respond to coercion, it responds to your faith or conscious mind acceptance.

You must remember whenever your subconscious mind accepts an idea, it immediately begins to execute it.

Your failure to get results may also arise from such statements as: “Things are getting worse.” “I will never get an answer.” “I see no way out.” “It's hopeless.” “I don't know what to do.” “I'm all mixed up.” When you use such statements, you get no response or cooperation from your

subconscious mind. Like a soldier marking time, you neither go forward nor backward; in other words, you don't get anywhere.

If you get into a taxi and give half a dozen different directions to the driver in five minutes, he will become hopelessly confused and probably refuse to take you anywhere. It is the same when working with your subconscious mind. You must have a clear-cut idea in your mind. You must arrive at the definite decision that there is a way out, a solution to the vexing problem. Only the infinite intelligence within your subconscious knows the answer. When you come to that clear-cut conclusion in your conscious mind, your mind is then made up, and according to your belief is it done unto you.

EASY DOES IT

A house owner once remonstrated with a furnace repairman for charging two hundred dollars for fixing the boiler. The mechanic said, “I charged five cents for the missing bolt and one hundred ninety-nine dollars and ninety-five cents for knowing what was wrong.”

Similarly, your subconscious mind is the master mechanic, the all-wise one, who knows ways and means of achieving your goals, as well as your affairs. Decree wealth, and your subconscious will establish it. But relaxation is the key: “Easy does it.” Do not be concerned with details and means, but know the end result. Get the feel of the happy solution to your problem whether it is wealth, health, or employment. Bear in mind that your feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state, not in the future, but as coming about *now*.

INFER NO OPPONENT; USE IMAGINATION AND NOT WILL POWER

In using your subconscious mind you infer no opponent, you use no will power. You imagine the end and the freedom state. You will find your intellect trying to get in the way, but persist in maintaining a simple, childlike, miracle-making faith. Picture yourself without the roadblock or problem. Imagine the state of freedom and wealth you crave. Cut out all red tape from the process. The simple way is the best.

Persist in maintaining a simple, childlike, miracle-making faith.

HOW DISCIPLINED IMAGINATION WORKS WONDERS

A wonderful way to get a response from your subconscious mind is through disciplined or scientific imagination. As previously pointed out, your subconscious mind is the builder of the body and controls all its vital functions.

The Bible says, *whatsoever ye shall ask in prayer, believing, ye shall receive*. To believe is to accept something as true, or to live in the state of being it. As you sustain this mood, you shall experience the joy of the answered prayer!

The three steps to success in prayer

The usual procedure is as follows:

1. Take a look at the problem.
2. Turn to the solution or way out known only to the subconscious mind.
3. Rest in a sense of deep conviction that it is done.

Do not weaken your prayer by saying, "I *wish* I *might* be healed," or "I *hope* so." Your feeling about the work to be done is "the boss." Harmony is yours. Know that abundance is yours. Become intelligent by becoming a vehicle for the infinite power of the subconscious mind. Pass on the idea of wealth to your subconscious mind to the point of conviction; then relax. Get yourself off your hands. Say to the condition and circumstance, "This, too, shall pass." Through relaxation you impress your subconscious mind, enabling the kinetic energy behind the idea to take over and bring it into concrete realization.

THE LAW OF REVERSED EFFORT AND WHY YOU

GET THE OPPOSITE OF WHAT YOU PRAY FOR

Emile Coué (1857–1926) was a French psychologist who introduced the notion of self-improvement based on optimistic suggestion.

Pass on the idea of wealth to your subconscious mind to the point of conviction; then relax.

He most famously came up with the mantra, “Every day, in every way, I'm getting better and better.” Coué defined the law of reversed effort as follows: “When your desires and imagination are in conflict your imagination invariably gains the day.”

If, for example, you were asked to walk a plank on the floor, you would do so without question. Now suppose the

same plank were placed twenty feet up in the air between two walls—would you walk it? Your desire to walk it would be counteracted by your imagination or fear of falling. Your dominant idea, which would be the picture of falling, would conquer. Your desire, will, or effort to walk on the plank would be reversed, and the dominant idea of failure would be reinforced.

Mental effort is invariably self-defeated, eventuating always in the opposite of what is desired. The suggestions of powerlessness to overcome the condition dominate the mind; your subconscious is always controlled by the dominant idea. Your subconscious will accept the stronger of two contradictory propositions. The effortless way is the better way.

If you say, “I want a healing, but I can't get it,” or “I try so hard,” or “I force myself to pray,” or “I use all the willpower I have,” then you must realize that your error lies in your effort. Never try to compel the subconscious mind to accept your idea by exercising willpower. Such attempts are doomed to failure, and you get the opposite of what you prayed for.

The following is a rather common experience. Students, when taking examinations and reading through their papers, often find that all their knowledge has suddenly deserted them. Their minds become appalling blanks, and they are unable to recall one relevant thought. The more they grit their teeth and summon the powers of the will, the further the answers seem to flee. But, when they have left the examination room and the mental pressure relaxes, the answers they were seeking flow tantalizingly back into their minds.

Trying to force themselves to remember was the cause of their failure. This is an example of the law of reversed effort whereby you get the opposite of what you asked or prayed for.

THE CONFLICT OF DESIRE AND IMAGINATION MUST BE RECONCILED

To use mental force is to presuppose that there is opposition. When your mind is concentrated on the *means* to overcome a problem, it is no longer concerned with the obstacle. Matthew 18:19 says, *If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven*.

Who are these two?

It means the harmonious union or agreement between your conscious and subconscious on any idea, desire, or mental image. When there is no longer any quarrel in either part of your mind, your prayer will be answered. The two agreeing may also be represented as you and your desire, your thought and feeling, your idea and emotion, your desire and imagination.

You can avoid all conflict between your desires and imagination by entering into a drowsy, sleepy state; this brings all effort to a minimum.

The conscious mind is submerged to a great extent when in a sleepy state.

The best time to impregnate your subconscious is prior to sleep. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state, the negative thoughts and imagery, which tend to neutralize your desire and so prevent acceptance by your subconscious mind, no longer present themselves. When you imagine the reality of the

fulfilled desire and feel the thrill of accomplishment, your subconscious brings about the realization of your desire.

A great many people solve all their dilemmas and problems by the play of their controlled, directed, and disciplined imagination, knowing that whatever they imagine and feel as true will and must come to pass.

The following will clearly illustrate how a woman overcame the conflict between her desire and her imagination. She desired a harmonious solution to her legal problem, yet her mental imagery was constantly on failure, loss, bankruptcy, and poverty. She was involved in a complicated lawsuit and there was one postponement after another with no solution in sight.

At my suggestion, she got into a sleepy, drowsy state each night prior to sleep, and she began to imagine the happy ending, feeling it to the best of her ability. She knew that the image in her mind had to agree with her heart's desire.

Prior to sleep, she began to dramatize as vividly as possible her lawyer having an animated discussion with her regarding the outcome. She would ask him questions, and he would answer her appropriately. He would say to her over and over again, “There has been a perfect, harmonious solution. The case has been settled out of court.”

During the day, when fear thoughts came into her mind, she would run her mental movie with gestures, voice, and sound equipment. She could easily imagine the sound of his voice, smile, and mannerisms. She ran this mental picture so often; it became a subjective pattern, a regular train track.

At the end of a few weeks her attorney called her and confirmed objectively what she had been imagining and feeling as true subjectively.

This is really what the Psalmist meant when he wrote, *Let the words of my mouth [your thoughts, mental images, good] and the meditations of my heart [your feeling, nature, emotion] be acceptable in thy sight, O Lord [the law of your subconscious mind], my strength, and my redeemer [the power and wisdom of your subconscious mind can redeem you from sickness, bondage, and misery]*. Psalm 19:14.

IDEAS WORTH RECALLING

- Mental coercion or too much effort shows anxiety and fear, which block your answer. Easy does it.
- When your mind is relaxed and you accept an idea, your subconscious goes to work to execute the idea.
- Think and plan independently of traditional methods. Know that there is always an answer and a solution to every problem.
- Do not be overly concerned with the beating of your heart, with the breathing of your lungs, or the functions of any part of your anatomy. Lean heavily upon your subconscious and proclaim frequently that Divine right action is taking place.
- The feeling of health produces health; the feeling of wealth produces wealth. How do you feel?
- Imagination is your most powerful faculty. Imagine what is lovely and of good report. You are what you imagine yourself to be.
- You avoid conflict between your conscious and subconscious in the sleepy state. Imagine the fulfillment of your desire over and over again prior to sleep. Sleep in peace and wake in joy.

chapter four

How to Use the Power of Your Subconscious for Wealth

If you are having financial difficulties, if you are trying to make ends meet, it means you have not convinced your subconscious mind that you will always have plenty and some to spare. You know men and women who work a few hours a week and make fabulous sums of money. They do not strive or slave hard. Do not believe the story that the only way you can become wealthy is by the sweat of your brow and hard labor. It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it.

I know an executive in Los Angeles who receives an enormous salary yearly. Last year he went on a nine-month cruise to see the world and its beauty spots. He said to me that he had succeeded in convincing his subconscious

mind that he is worth that much money. He told me that many people in his organization getting less money per week actually knew more about the business than he did, and could manage it better, but they had no ambition, no creative ideas, and were not interested in the wonders of their subconscious mind.

WEALTH IS OF THE MIND

Wealth is simply a subconscious conviction on the part of the individual.

You will not become a millionaire by saying, “I am a millionaire, I am a millionaire.” You will grow into a wealth consciousness by building into your mentality the idea of wealth and abundance.

YOUR INVISIBLE MEANS OF SUPPORT

The trouble with most people is that they have no invisible means of support. When business falls away, the stock market drops, or they lose their investments, they seem helpless. The reason for such insecurity is that they do not know how to tap the subconscious mind. They are unacquainted with the inexhaustible storehouse within.

A man with a poverty-type mind finds himself in poverty-stricken conditions. Another man with a mind filled with ideas of wealth is surrounded with everything he needs. It was never intended that man should lead a life of indigence. You can have wealth, everything you need, and plenty to spare. Your words have power to cleanse your mind of wrong ideas and to instill right ideas in their place.

Wealth is simply a subconscious conviction on the part of the individual.

THE IDEAL METHOD FOR BUILDING A WEALTH CONSCIOUSNESS

Perhaps you are saying as you read this chapter, “I need wealth and success.” This is what you do: Repeat for about five minutes to yourself three or four times a day, “Wealth —Success.” These words have tremendous power. They represent the inner power of the subconscious mind. Anchor your mind on this substantial power within you; then conditions and circumstances corresponding to their nature and quality will be manifested in your life.

You are not saying, “I am wealthy”; you are dwelling on real powers within you. There is no conflict in the mind when you say, “Wealth.” Furthermore, the feeling of

wealth will well up within you as you dwell on the idea of wealth.

The feeling of wealth produces wealth; keep this in mind at all times. Your subconscious mind is like a bank, a sort of universal financial institution. It magnifies whatever you deposit or impress upon it whether it is the idea of wealth or of poverty. Choose wealth.

WHY YOUR AFFIRMATIONS FOR WEALTH FAIL

I have talked to many people during the past thirty-five years whose usual complaint is, “I have said for weeks and months, ‘I am wealthy, I am prosperous,’ and nothing has happened.” I discovered that when they said, “I am prosperous, I am wealthy,” they felt within that they were lying to themselves.

The feeling of wealth produces wealth; keep this in mind at all times.

One man told me, “I have repeated the affirmation that I am prosperous to the point of tiring myself out. Things are now worse. I knew when I made the statement that it was obviously not true.” His statements were rejected by the conscious mind, and the very opposite of what he outwardly affirmed and claimed was made manifest.

Your affirmation succeeds best when it is specific and when it does not produce a mental conflict or argument; hence the statements made by this man made matters worse because they suggested his lack. Your subconscious accepts what you really feel to be true, not just idle words or statements. The dominant idea or belief is always accepted by the subconscious mind.

HOW TO AVOID MENTAL CONFLICT

The following is the ideal way to overcome this conflict for those who have this difficulty. Make this practical statement frequently, particularly prior to sleep: “By day and by night I am being prospered in all of my interests.” This affirmation will not arouse any argument because it does not contradict your subconscious mind's impression of financial lack.

I suggested to one businessman whose sales and finances were very low and who was greatly worried, that he sit down in his office, become quiet, and repeat this statement over and over again: “My sales are improving every day.” This statement engaged the cooperation of the conscious and subconscious mind; results followed.

DON'T SIGN BLANK CHECKS

You sign blank checks when you make such statements as, “There is not enough to go around.” “There is a shortage.” “I will lose the house because of the mortgage.” If you are full of fear about the future, you are also writing a blank check and attracting negative conditions to you. Your subconscious mind takes your fear and negative statement as your request and proceeds in its own way to bring obstacles, delays, lack, and limitation into your life.

YOUR SUBCONSCIOUS GIVES YOU COMPOUND INTEREST

To him that hath the feeling of wealth, more wealth shall be added; to him that hath the feeling of lack, more lack shall be added. Your subconscious multiplies and magnifies whatever you deposit in it. Every morning as you awaken, deposit thoughts of prosperity, success, wealth, and peace. Dwell upon these concepts. Busy your mind with them as often as possible. These constructive thoughts will find their way as deposits in your subconscious mind, and bring forth abundance and prosperity.

If you convince

your subconscious mind that wealth is yours, that it is always circulating in your life, you will always and inevitably have it, regardless of the form it takes.

WHY NOTHING HAPPENED

I can hear you saying, “Oh, I did that and nothing happened.” You did not get results because you indulged in fear thoughts perhaps ten minutes later and neutralized the good you had affirmed. When you place a seed in the ground, you do not dig it up. You let it take root and grow.

Suppose, for example, you are going to say, “I won't be able to make that payment.” Before you get further than, “I won't—” stop the sentence and dwell on a constructive statement, such as, “By day and by night I prosper in all my ways.”

TRUE SOURCE OF WEALTH

Your subconscious mind is never short of ideas. There are within it an infinite number of ideas ready to flow into your conscious mind and appear as cash in your pocketbook in countless ways. This process will continue to go on in your mind regardless of whether the stock market goes up or down, or whether the dollar or Euro drops in value. Your wealth is never truly dependent on bonds, stocks, or money in the bank; these are really only symbols. Necessary and useful, of course, but only symbols.

The point I wish to emphasize is that if you convince your subconscious mind that wealth is yours, and that it is always circulating in your life, you will always and inevitably have it, regardless of the form it takes.

chapter five

A Common Stumbling Block to Wealth

There are people who claim that they are always trying to make ends meet. They seem to have a great struggle to meet their obligations. Have you listened to their conversation? In many instances their conversation runs along this vein: They are constantly condemning those who have succeeded in life and who have raised their heads above the crowd. Perhaps they say, “Oh, that fellow has a racket; he is ruthless; he is a crook.” This is why they lack; they are condemning the thing they desire and want. The reason they speak critically of their more prosperous associates is because they are envious and covetous of the others' prosperity. The quickest way to cause wealth to take wing and fly away is to criticize and condemn others who have more wealth than you.

There is one emotion that is the cause of the lack of wealth in the lives of many. Most people learn this the hard way. It is envy. For example, if you see a competitor depositing large sums of money in the bank, and you have

only a meager amount to deposit, does it make you envious? The way to overcome this emotion is to say to yourself, “Isn't it wonderful! I rejoice in that man's prosperity. I wish for him greater and greater wealth.”

The quickest way to cause wealth to take wing and fly away is to criticize and condemn others who have more wealth than you.

To entertain envious thoughts is devastating because it places you in a very negative position; therefore, wealth flows from you instead of to you. If you are ever annoyed or irritated by the prosperity or great wealth of another, claim immediately that you truly wish for him greater wealth in every possible way. This will neutralize the

negative thoughts in your mind and cause an ever-greater measure of wealth to flow to you by the law of your own subconscious mind.

RUBBING OUT A GREAT MENTAL BLOCK TO WEALTH

If you are worried and critical about someone whom you claim is making money dishonestly, cease worrying about him. You know such a person is using the law of mind negatively; the law of mind takes care of him. Be careful not to criticize him for the reasons previously indicated.

Remember: The block or obstacle to wealth is in your own mind. You can now destroy that mental block. This you may do by getting on mental good terms with everyone.

chapter six

Sleep and Grow Rich

As you go to sleep at night, practice the following technique. Repeat the word “Wealth” quietly, easily, and feelingly. Do this over and over again, just like a lullaby. Lull yourself to sleep with the one word, “Wealth.” You will be amazed at the result. Wealth should flow to you in avalanches of abundance. This is another example of the magic power of your subconscious mind.

SERVE YOURSELF WITH THE POWERS OF YOUR MIND

Decide to be wealthy the easy way, with the infallible aid of your subconscious mind.

Trying to accumulate wealth by the sweat of your brow and hard labor is one way to become the richest man in the graveyard. You do not have to strive or slave hard.

Wealth is a subconscious conviction. Build into your mentality the idea of wealth.

The trouble with most people is that they have no invisible means of support.

Repeat the word “Wealth” to yourself slowly and quietly for about five minutes prior to sleep and your subconscious will bring wealth to pass in your experience.

The feeling of wealth produces wealth. Keep this in mind at all times.

Wealth is a subconscious conviction. Build into your mentality the idea of wealth.

Your conscious and subconscious mind must agree. Your subconscious accepts what you really feel to be true. The dominant idea is always accepted by your subconscious mind. The dominant idea should be wealth, not poverty.

You can overcome any mental conflict regarding wealth by affirming frequently, “By day and by night I am being prospered in all of my interests.”

Increase your sales by repeating this statement over and over again: “My sales are improving every day; I am advancing, progressing, and getting wealthier every day.”

Stop writing blank checks, such as, “There is not enough to go around,” or “There is a shortage.” Such statements magnify and multiply your loss.

Deposit thoughts of prosperity, wealth, and success in your subconscious mind, and the latter will give you compound interest.

What you consciously affirm, you must not mentally deny a few moments later. This will neutralize the good you have affirmed.

Your true source of wealth consists of the ideas in your mind. You can have an idea worth millions of dollars. Your subconscious will give you the idea you seek.

Envy and jealousy are stumbling blocks to the flow of wealth. Rejoice in the prosperity of others.

The block to wealth is in your own mind. Destroy that block now by getting on good mental terms with everyone.

chapter seven

Your Right to Be Rich

It is your right to be rich. You are here to lead the abundant life and be happy, radiant, and free. You should, therefore, have all the money you need to lead a full, happy, and prosperous life.

You are here to grow, expand, and unfold spiritually, mentally, and materially. You have the inalienable right to fully develop and express yourself along all lines. You should surround yourself with beauty and luxury.

Why be satisfied with just enough to go around when you can enjoy the riches of your subconscious mind? In this chapter you can learn to make friends with money, and you should always have a surplus. Your desire to be rich is a desire for a fuller, happier, more wonderful life. It is a cosmic urge. It is not only good, but also very good.

MONEY IS A SYMBOL

Money is a symbol of exchange. It means to you not only freedom from want, but beauty, luxury, abundance, and refinement. It is merely a symbol of the economic health of the nation. When your blood is circulating freely in your

body, you are healthy. When money is circulating freely in your life, you are economically healthy. When people begin to hoard money, to put it away in tin boxes, and become charged with fear, there is economic illness.

Money has taken many forms as a medium of exchange down through the centuries, such as salt, beads, and trinkets of various kinds. In early times a person's wealth was determined by the number of sheep and oxen he had. Now we use currency, and other negotiable instruments, as it is much more convenient to write a check than carry some sheep around with you to pay bills.

HOW TO WALK THE ROYAL ROAD TO RICHES

Knowledge of the powers of your subconscious mind is the means to the royal road to riches of all kinds—spiritual, mental, or financial. The student of the laws of mind believes and knows definitely that, regardless of economic situations, stock market fluctuation, depression, strikes, war, and other conditions or circumstances, he will always be amply supplied, regardless of what form money takes. The reason for this is that he has conveyed the idea of wealth to his subconscious mind, and it keeps him supplied wherever he may be. He has convinced himself in his mind that money is forever flowing freely in his life and that there is always a wonderful surplus. Should there be a financial collapse of government tomorrow and all the man's present holdings become valueless, as the German marks did after the First World War, he would still attract wealth and be cared for, regardless of the form the new currency took.

Knowledge of the powers of your subconscious mind is the means to the royal road to riches of all kinds—spiritual, mental, or financial.

WHY YOU DO NOT HAVE MORE MONEY

As you read this chapter, you are probably saying, “I am worthy of a higher salary than I am receiving.” I believe

most people are inadequately compensated. One of the reasons many people do not have more money is that they are silently or openly condemning it. They refer to money as “filthy lucre” or “the love of money is the root of all evil.” Another reason they do not prosper is that they have a sneaky subconscious feeling there is some virtue in poverty. This subconscious pattern may be due to early childhood training or superstition, or it could be based on a false interpretation of scriptures.

MONEY AND A BALANCED LIFE

One time a man said to me, “I am broke. I do not like money. It is the root of all evil.” These statements represent a confused neurotic mind. Love of money to the exclusion of everything else will cause you to become lopsided and unbalanced. You are here to use your power or authority wisely. Some men crave power; others crave money.

If you set your heart on money exclusively and say, “Money is all I want; I am going to give all my attention to amassing money; nothing else matters,” you can get money and attain a fortune, but you have forgotten that you are here to lead a balanced life. You must also satisfy the hunger for peace of mind, harmony, love, joy, and perfect health.

By making money your sole aim, you simply made a wrong choice. You thought that was all you wanted, but you found after all your efforts that it was not only the money you needed. You also desired true expression of your hidden talents, true place in life, beauty, and the joy of contributing to the welfare and success of others.

By learning the laws of your subconscious mind, you could have a million dollars or many millions if you wanted them, and still have peace of mind, harmony, perfect health, and perfect expression.

WHY YOU MUST NEVER CRITICIZE MONEY

There is no virtue in poverty; it is a disease like any other mental disease. If you were physically ill, you would think there was something wrong with you. You would seek help and do something about the condition at once. Likewise, if you do not have money constantly circulating in your life, there is something radically wrong with you.

The urge of the life principle in you is toward growth, expansion, and a more abundant life. You are not here to live in a hovel, dress in rags, and go hungry. You should be happy, prosperous, and successful.

There is no virtue in poverty; it is a disease like any other mental disease.

Cleanse your mind of all weird and superstitious beliefs about money. Do not ever regard money as evil or filthy. If you do, you cause it to take wings and fly away from you. Remember that you lose what you condemn. You cannot attract what you criticize.

GETTING THE RIGHT ATTITUDE TOWARD MONEY

Here is a simple technique you may use to multiply money in your experience. Use the following statements several times a day: “I like money, I love it, I use it wisely, constructively, and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good and very good. Money flows to me in avalanches of abundance. I use it for good only, and I am grateful for my good and for the riches of my mind.”

HOW THE SCIENTIFIC THINKER LOOKS AT MONEY

Suppose, for example, you found gold, silver, lead, copper, or iron in the ground. Would you pronounce these things evil? All evil comes from our darkened understanding, from our ignorance, from our false interpretation of life, and from our misuse of our subconscious mind.

Uranium, lead, or some other metal could have been used as a medium of exchange. We use paper bills, checks, nickel, and silver—surely these are not evil. Physicists and chemists know today that the only difference between one metal and another is the number and rate of motion of electrons revolving around a central nucleus. They can now change one metal into another through a bombardment of the atoms in the powerful cyclotron. Gold under certain conditions becomes mercury. I believe that our modern scientists in the near future will be able to make gold, silver, and other metals synthetically in the chemical laboratory. The cost may be prohibitive now, but it can be done. I cannot imagine any intelligent person seeing anything evil in electrons, neutrons, protons, and isotopes.

Remember that you lose what you condemn. You cannot attract what you criticize.

The piece of paper in your pocket is composed of atoms and molecules with their electrons and protons arranged differently. Their number and rate of motion are different.

That is the only way the paper differs from the coins in your pocket.

chapter eight

How to Attract the Wealth You Need

Many years ago I met a young boy in Australia who wanted to become a physician and surgeon but he had no money. I explained to him how a seed deposited in the soil attracts to itself everything necessary for its unfolding, and that all he had to do was to take a lesson from the seed and deposit the required idea in his subconscious mind.

For expenses, this young, brilliant boy used to clean out doctors' offices, wash windows, and do odd repair jobs. He told me that every night as he went to sleep, he used to picture in his mind's eye a medical diploma on a wall with his name on it in big, bold letters.

He used to clean and shine the framed diplomas in the medical building where he worked. It was not hard for him to engrave the image of a diploma in his mind and develop it there. Definite results followed as he persisted with his mental picture every night for about four months.

The second part of this story is very interesting. One of the doctors took a great liking to this young boy and after training him in the art of sterilizing instruments, giving hypodermic injections, and other miscellaneous first-aid work, he employed him as a technical assistant in his office. The doctor later sent him to medical school at his own expense.

Having seen the end result in your subconscious mind, you have willed the means to the realization of that end.

Today, this young man is a prominent medical doctor in Montreal. He discovered the law of attraction by using his subconscious mind the right way. He operated an age-old

law that says, “Having seen the end, you have willed the means to the realization of the end.” The end in this case was to become a medical doctor.

This young man was able to imagine, see, and feel the reality of being a doctor. He lived with that idea, sustained it, nourished it, and loved it until through his imagination it penetrated the layers of his subconscious mind and became a conviction, thereby attracting to him everything necessary for the fulfillment of his dream.

WHY SOME DO NOT GET A RAISE IN PAY

If you are working in a large organization and you are silently thinking of and resenting the fact you are underpaid, that you are not appreciated, and that you deserve more money and greater recognition, you are subconsciously severing your ties with that organization. You are setting a law in motion, and the superintendent or manager will say to you, “We have to let you go.”

Actually, you dismissed yourself. The manager was simply the instrument through which your own negative mental state was confirmed. It was an example of the law of action and reaction. The action was your thought, and the reaction was the response of your subconscious mind.

OBSTACLES AND IMPEDIMENTS ON THE PATHWAY TO RICHES

I am sure you have heard people say, “That fellow has a racket.” “He is a racketeer.” “He is getting money

dishonestly.” “He is a faker.” “I knew him when he had nothing.” “He is a crook, a thief, and a swindler.”

If you analyze the person who talks like that, you discover he is usually in want or suffering from some financial or physical illness. Perhaps his former college friends went up the ladder of success and left him behind. Now he is bitter and envious of the other fellows' progress. In many instances, this is the cause of his downfall. Thinking negatively of these classmates and condemning their wealth causes the wealth and prosperity he is praying for to vanish and flee. He is condemning the thing he is praying for.

He is praying two ways. On the one hand he is saying, “Wealth is flowing to me now,” and in the next breath, silently or audibly, he is saying, “I resent that fellow's wealth.” Always make it a special point to rejoice in the wealth of the other person.

PROTECT YOUR INVESTMENTS

If you are seeking wisdom regarding investments, or if you are worried about your stocks or bonds, quietly claim, “Infinite intelligence governs and watches over all my financial transactions, and whatsoever I do shall prosper.” Do this frequently and you will find that your investments will be wise; moreover, you will be protected from loss, as you will be prompted to sell your securities or holdings before any loss accrues to you.

YOU CANNOT GET SOMETHING FOR

NOTHING

In large stores the management employs security guards to prevent people from stealing. They catch a number of people every day trying to get something for nothing. All such people are living in the mental atmosphere of lack and limitation and are stealing from themselves peace, harmony, faith, honesty, integrity, good will, and confidence. Furthermore, they are attracting to themselves all manner of loss, such as loss of character, prestige, social status, and peace of mind. These people lack faith in the source of supply and the understanding of how their minds work. If they would mentally call on the powers of their subconscious mind and claim that they are guided to their true expression, they would find work and constant supply. Then by honesty, integrity, and perseverance, they would become a credit to themselves and to society at large.

Quietly claim, "Infinite intelligence governs and watches over all my

financial transactions, and whatsoever I do shall prosper.”

chapter nine

Your Constant Supply of Wealth

Recognizing the powers of your subconscious mind and the creative power of your thought or mental image is the way to opulence, freedom, and constant supply. Accept the abundant life in your own mind. Your mental acceptance and expectancy of wealth has its own mathematics and mechanics of expression. As you enter into the mood of opulence, all things necessary for the abundant life will come to pass.

Let this be your daily affirmation; write in your heart, “I am one with the infinite riches of my subconscious mind. It is my right to be rich, happy, and successful. Money flows to me freely, copiously, and endlessly. I am forever conscious of my true worth. I give of my talents freely, and I am wonderfully blessed financially. It is wonderful!”

Accept the abundant life

in your own mind.

STEP UP THIS WAY TO RICHES

- Be bold enough to claim that it is your right to be rich and your deeper mind will honor your claim.
- You don't want just enough to go around. You want all the money you need to do all the things you want to do and when you want to do them. Get acquainted with the riches of your subconscious mind.
- When money is circulating freely in your life, you are economically healthy. Look at money like the tide and you will always have plenty of it. The ebb and flow of the tide is constant. When the tide is out, you are absolutely sure that it will return.

Be bold enough to claim that it is your right to be rich.

- Knowing the laws of your subconscious mind, you will always be supplied regardless of what form money takes.
- One reason many people simply make ends meet and never have enough money is that they condemn money. What you condemn takes wings and flies away.
- Do not make a god of money. It is only a symbol. Remember that the real riches are in your mind. You are here to lead a balanced life—this includes acquiring all the money you need.
- Don't make money your sole aim. Claim wealth, happiness, peace, true expression, and love, and personally radiate love and good will to all. Then your subconscious mind will give you compound interest in all these fields of expression.
- There is no virtue in poverty. It is a disease of the mind, and you should heal yourself of this mental conflict or malady at once.
- You are not here to live in a hovel, to dress in rags, or to go hungry. You are here to lead the life more abundant.
- Never use the terms “filthy lucre” or “I despise money.” You lose what you criticize. There is nothing good or bad, but thinking of it in either light makes it so.
- Repeat frequently, “I like money. I use it wisely, constructively, and judiciously. I release it with joy, and it returns a thousand fold.”

As you enter into the mood of opulence, all

things necessary for the abundant life will come to pass.

- Money is not evil any more so than copper, lead, tin, or iron that you may find in the ground. All evil is due to ignorance and misuse of the mind's powers.
- To picture the end result in your mind causes your subconscious to respond and fulfill your mental picture.
- Stop trying to get something for nothing. There is no such thing as a free lunch. You must give to receive. You must give mental attention to your goals, ideals, and enterprises, and your deeper mind will back you up. The key to wealth is application of the laws of the subconscious mind by impregnating it with the idea of wealth.

“I am one with the infinite riches of my subconscious

mind. It is my right to be rich, happy, and successful.”

About the Author

Dr. Joseph Murphy (1898–1981) was a leading proponent of the New Thought movement, which developed in the late 19th and early 20th centuries by philosophers and deep thinkers who advocated and practiced a new way of looking at life and obtaining desires. Acclaimed as a major figure in the human potential movement, Murphy has been seen as the spiritual heir to writers like Napoleon Hill, Dale Carnegie, and Emmet Fox, and had a direct influence on contemporary motivational writers such as Tony Robbins and Louise Hay.

Schooled in the Jesuit tradition, Murphy became increasingly interested in new experiences through the power of prayer, and eventually his studies turned his interest toward various Asian religions and Eastern philosophy. He went to India to pursue indepth study of all of the major faiths from the time of their beginning, and extended these studies to the great philosophers from ancient times until the present.

Murphy wrote more than thirty books, the most famous of which, *The Power of Your Subconscious Mind*, first published in 1963, became an international bestseller, with millions of copies sold worldwide. In the mid 1940s, he moved to Los Angeles, where he became minister of the Los Angeles Divine Science Church, which he built into one of the largest New Thought congregations in the country.

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Parker Publishing Company, Inc., West Nyack, N. Y

PSYCHIC EYE BOOK STORE
MOUNTAIN VIEW, CA

Also by the Author:

Power of Your Subconscious Mind

Miracle of Mind Dynamics

The Amazing Laws of Cosmic Mind Power

Your Infinite Power to Be Rich

20 19 18 17 16

10 9 8 7 RWD CLASSIC PBK

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ISBN 0-13-179128-1 RWD CLASSICS PBK

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PRINTED IN THE UNITED STATES OF AMERICA
B & P

What This Book Can Do For You

Whatever you desire in life you may have, for there is a Cosmic Power within YOU which can bring all your dreams to fruition. *This Cosmic Power is the greatest force in all the world.* You can begin to use this Power *now* for healing your body, and for prosperity in your business or professional world. This Cosmic Power will guide and direct you, attract to you the right companions or partner, bring out your hidden talents, and help you prosper in countless ways. It is the same Power and Principle by which inventions, securities, automobiles, airplanes, or real estate are created and successfully sold.

Many books have been written about the powers of the mind, but *in this book you are told explicitly how to use this Power to transform your whole life,* how to think and image constructively and successfully, how to enter into the life more abundant, and how to achieve peace, satisfaction, and serenity in this changing world.

You have unlimited creative possibilities, and every chapter of this book teaches you how to tap this Cosmic Power in order to get the most satisfying results for a richer, fuller, and more creative life. As you learn in this book the simple processes and techniques for contacting the Cosmic Power and begin to apply

this wonder-working Power in your life, you will move onward, upward, and Godward.

I have taught thousands of people all over the world how to use this Cosmic Power to draw love into their lives, and bring harmony where discord is, peace where pain is, joy where sadness is, health where sickness is, wealth where poverty is.

You Can Experience an Exciting Adventure

You and I are about to explore and plumb the storehouse of wisdom, power, and all the treasures of the Cosmic Power within us. You will learn how to use this Cosmic Power in your daily life, in your personal relationships, in the healing of marital problems or discord in your home or office, and in all other phases of your life. You will learn how to contact and to use this miracle-working Power to bring countless blessings into your life and into the lives of others.

You Will Learn from the Experiences of Other People

In this book you will read about men and women in science, art, business, and industry who have used this Cosmic Power. *They tell you exactly how they used It* to bring about health, happiness, and success, as well as the realization of their hearts' greatest desires. Some have given me express permission to use their letters, including their names and addresses; in other cases, I have used fictitious initials to guard the identity of the writers.

Follow the techniques outlined step by step, and, like all those described in the book, you, too, will get results beyond your fondest dreams.

The Purpose of This Book

This book is clearly designed to reveal to you in a simple, down-to-earth manner and in everyday language how to lead a richer, fuller, and more glorious life. All you have to do is to use the

Cosmic Power within you, which is always available, waiting for you to call upon It.

Cease looking outside. Look inside yourself and make the magic contact, for as you change your attitude and mind, you change your world. Within this book you will find the key to successful and triumphant living as you want to live it.

The techniques and programs presented in this book will enable you to use the mental and spiritual laws on which I have been writing and lecturing for the past thirty years. The methods and processes presented in the pages of this book have already helped thousands of people to experience guidance, health, prosperity, happiness, and peace of mind.

You are exactly what you think all day long. Consequently you are the artificer of your own future. As you change your thought-life or pattern, you change your destiny. The study and application of the great Cosmic truths outlined in each chapter will result in the most fruitful, rewarding, and richest experiences you have ever had.

Begin now to command your life pattern and go forward to achievement, accomplishment, and victory, and experience the life more abundant—right *here* and right *now!*

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1

How to keep in tune with the Cosmic Power

There is a Power in you that has never been fully released. The Power that moves the world and governs the galaxies in space is *within you.*

I have known people to tune in with this amazing, untapped Power within them, and in a short time their whole lives were transformed so radically that their friends barely recognized them. Many of them received this kind of greeting from their old acquaintances: "I wouldn't have known you! What happened to you?"

You possess limitless possibilities for development, and as you begin to tune in on the Cosmic Power within you, you will discover that this inner Power can lift you up from sickness, failure, misery, despondency, or utter chaos. It can heal your body, guide and direct you, open up new doors for you, dry your tears, dissolve your problems, and set you on the high road to happiness, freedom, and peace of mind.

This Cosmic Power can inspire you. If you call upon IT, you will receive an answer. If you are seeking your true place in life, you may call upon this primal Power and IT will open up a new

door for you and guide you every step of the way. It is your right to keep in tune with this Power and to allow IT to flow through your mind, body, and affairs, enabling you to move onward, upward, and Godward along all lines.

How a Paralyzed Arm Was Healed

The following letter reveals how a woman who attends my lectures contacted this wonderful Power:

> Dear Dr. Murphy: Words cannot express my gratitude for your instructions on how to contact the Infinite Power within me and the marvelous response I received. I began to think about what you said—that all the power of the Godhead was within my own mind and that I could use the Power. I began to think that this Power was greater than hydrogen bombs, atomic energy, or electricity, and that all these were as nothing compared to the all-powerful God within me.
>
> For ten days I had been unable to lift my arm upward without unbearable pain, which caused me to scream at times. On the way to my family doctor, I tuned in on the Cosmic Power and affirmed: *Through the power of the Almighty within me, I am now moving my arm freely.* I lifted my arm to a horizontal position with no pain whatsoever, and I moved it more freely than had been possible for some weeks. The doctor tested my arm, and all goes well. Truly, the Kingdom of God *is* within each one of us! Respectfully, Mrs. Helen Hanford, Los Angeles, Calif.

Mrs. Hanford consciously discovered this Power within her own mentality, and a marvelous healing resulted. Attach yourself to God's power and *let wonders happen* in your life!

Your Infinite Reservoir of Power

The Power within you is inexhaustible, eternal, and infinite. You have reserves of infinite wisdom, boundless love, infinite intelligence, absolute harmony, absolute peace, fullness of joy,

indescribable beauty and the infinite healing Presence—all these powers, capabilities, and energies are within you waiting to be called upon.

A general operating a military force has at hand a reserve of men and equipment on which he can call; likewise, when you are perplexed, confused, muddled, fearful, or depressed, you can call on your spiritual reserves and receive spiritual refreshment and be replenished with new wisdom, truth, and beauty.

Constant Renewal and Refreshment Always Available

The following letter points out how one person constantly draws from the treasure-house of Infinity within her:

> Dear Dr. Murphy: Just a year ago, a friend of mine took me to one of your lectures on a Sunday morning. I had just separated from my husband and was filing for divorce after 18 years of a difficult marriage. I was depressed, confused, frightened, and full of guilt feelings. I am now constantly in tune with the Infinite, and miracles are happening in my life.
>
> Your lecture that morning really "hit home," and made me realize I must learn to control my thinking and my emotions. Before, I was letting family, friends, and negative thoughts of the world control me.
>
> Since then, with the help of your lectures and a number of your books to guide me, marvelous things have happened and are happening to me. Gone are the nerve pills and the migraine headaches which were a part of my daily routine.
>
> At 40, I am more radiant, healthy, and happy than I have ever been in my entire life, and my calm, positive, healthy outlook on life has made a great difference in the lives of my two teen-aged boys. My blessings are abundant and I give thanks every moment of every day. New doors are opening, and greater prosperity and peace of mind are mine.
>
> I have not completely conquered. Once in a while, for no apparent reason, I feel myself slipping into the old ways of thinking or feeling but, thanks to what I have learned from you, I am now able to sit quietly, withdraw into myself, and come out of it by calling on God, and His peace

and love flow in response. Many, many thanks again for opening my eyes to the glory surrounding me. Sincerely, Mrs. E.C., Los Angeles, California.

This woman's constant prayer is as follows:

God is, and His Presence flows through me as harmony, joy, peace, beauty, and right action. His love fills my soul, and wonders happen as I pray.

She uses this prayer as a sort of melody and sings it to herself as she goes about her household and other duties. Just as a general in the field keeps in contact with the Pentagon in Washington, D.C., for instructions, so also does this wonderful woman receive instruction, guidance, and Divine ideas by keeping in contact with God and Cosmic Wisdom, and she is furnished with prosperity that means freedom to be, to do, and to go as her mind dictates.

You Are Never out of Touch with Cosmic Guidance

The following letter shows how, when you take a trip, you can keep in touch with the source of strength, peace, and security that is constantly available:

Dear Dr. Murphy: . . . . To say that I was grateful is such a feeble expression of my feelings! How well I know that when you turn to God as I did, He will turn to you in love. You are never alone when you know, as I did on this trip, that *God did go before me* to make perfect my way.

I do not have to return to Monterey for my final five-year X-ray until December, as is done in all cases of previous cancer, but I have no fear, for I know that I am permanently cured for all time and that this disease which so many people call incurable is not—but that there are incurable people.

I took your wonderful and loving letter written to me on July 12th . . . in which you wrote, "God is in His holy tem-

ple and, that being true, the Presence flows through you as beauty, love, harmony, and peace, and in your flesh you shall see God." Well, I carried that letter with me and read and re-read it many times a day while I was away.

If there is any portion of this letter which you wish to use in any way in an effort to help others, you are fully free to do so. I so wish to help any and all who may need my assurance.

My heart, you know, is filled with gratitude, and as you said this morning on the radio, "This is the day the Lord hath made; be happy and rejoice therein." Gratefully, Mrs. R.

How to Tune in for a Safe Journey

You can keep in constant contact with the boundless wisdom and Infinite Power which transcend our feeble intellect, when going on a journey by plane, automobile, train, or by any other means of conveyance. Affirm feelingly and knowingly:

This vehicle is God's idea moving from point to point freely, joyously, and lovingly. Divine love goes before me, making straight, beautiful, joyous, and happy my way. The sacred circle of God's eternal love surrounds me, enfolds me, and enwraps me, and I am always in the midst of the Holy Omnipresence. I am always surrounded by the whole armor of God and Good, and it is wonderfull

How a College Student Tuned in for Passing Examinations

Dear Dr. Murphy: As you know, I have missed several classes because of illness, but I have been praying that God would supply all my needs for the examination and reveal to me what I need to know, as you suggested. Last Monday morning the examination took place, and on Sunday night I had a dream in which you appeared and pointed out the

pages to study in my physics and chemistry books. I arose at 2 AM and studied the pages outlined in my dream. One page I committed to memory.

Needless to say, I was able to answer all the questions, as I had read over and over the answers in my two books the night before. I told one of the professors about my dream, and he laughed at me and thought I was joking! Many thanks for your help. D.L., Beverly Hills, California.

Infinite Intelligence within the subconscious mind of this boy responded to his call, as Its nature is responsive. This same Infinite Intelligence directed the professors to ask the same questions as the boy saw in his dream. The Bible says: . . . *I, the Lord* (the law of your Cosmic subconscious) *will make myself known unto him in a vision, and will speak unto him in a dream* (Numbers 12:6).

How a Long-Lost Brother Was Found

The Bible says: *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isaiah 26:3).

A man wrote me saying that he had not seen his brother in over twenty years and did not know where he was. In the meantime an estate was bequeathed to both of them, and he was anxious to communicate the good news to his brother. His letter reads as follows:

Dear Dr. Murphy: I read your book, *The Miracle of Mind Dynamics,*[1] and was very much impressed. I kept my mind focussed on Infinite Intelligence; I could not see It, but based on previous experiences I was convinced of Its reality. I don't see the wind, but I feel its breeze upon my face.

I asked this Infinite Intelligence to reveal the whereabouts of my brother and I kept repeating, *Divine guidance is mine now, and Infinite Intelligence brings us together.* Last week I attended a conference in New York, and lo and behold! one of the passengers who sat next to me on the subway was my brother whom I have not seen for over twenty years!

[1] *The Miracle of Mind Dynamics,* Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1964.

I thought you might like to use this letter for the new book you are writing. I am sure this experience will instill in all of us faith and confidence in the mystic Power. Signed, T.L., San Francisco, California.

You must realize that there is an infinite ocean of life operating in all of us, filled with adequacies and answers to all problems. Ralph Waldo Emerson said, "There is guidance for each of us, and by lowly listening, *we shall hear the right word.*"

Action and reaction are cosmic and universal. You are dealing with a reciprocal action-and-reaction universe: as you sow, you reap; and as you call, you receive an answer.

How a Widow Healed Her Grief

The following letter lucidly demonstrates how, in time of grief and tragedy, you may tune in on the river of peace within you and receive a sense of inner tranquility, poise, balance, and serenity.

Dear Dr. Murphy: Following the death of my beloved husband, I was depressed and discontented. A friend invited me to hear you speak at the Wilshire Ebell Theatre. You said that it is natural to miss our loved ones and that a good cry is a part of the healing process and not to repress or to suppress the tears at the time of a transition. You also said that protracted grief is wrong, as it robs one of vitality, enthusiasm, and energy, and that the answer is prayer for the loved one who is now living in the next dimension of mind. What really healed me was your explanation of how our loved ones are all around us, separated only by frequency. Just as voices are sent over a cable at different frequencies or as, when a fan rotates at a very high speed it becomes "invisible" and you can see a wall through the blades, so are our beloved ones separated from us.

Suddenly during your lecture I realized that my late husband was as much alive as I was, that the reality of him was mind, spirit, or consciousness, and that his body was just an instrument and he now had another body, in a more rarified and attenuated form which is called fourth-dimensional.

I realized there is no death because Life was never born and will never die. I began to pray for my husband as you outlined; the following was my prayer:

I surrender my husband to God. I know he is alive with the life of God and that his journey is ever onward, upward, and Godward, as life goes not backward nor tarries with yesterday. I radiate love, peace, joy, and goodwill to him, and I know that God's love and peace surround him and enfold him. The Light of God shines in him, through him, and all around him. I know goodness and mercy follow him all the days of his life and he dwells in the house of God forever. His journey is from glory to glory, and whenever I think of him I say, God be with you.

Having prayed this way for a few days, a great sense of peace came over me and suddenly I knew inwardly that life is eternal and love is immortal. Truly, God wiped away my tears and there was no more crying. Lovingly, Mrs. X.

Tuning in with the Cosmic Power and experiencing its bliss, harmony, peace, and joy is the answer to all problems. The Bible says, *Thou wilt keep him in perfect peace, whose mind is stayed on thee. . . .* (Isaiah 26:3) The word "thee" is interpreted to mean the Presence of God or Infinite Life within you.

The ancient Hindu scriptures said of this Life-Principle which animates all men and is their very Reality: "It was never born and it will never die; water wets it not; fire burns it not: wind blows it not away. Knowing these things, why grievest thou for it?" Our Bible says, . . . *Why seek ye the living among the dead? He is not here, but is risen* (Luke 24:5-6). Your loved one is closer to you than ever before.

The Bible explains eternal life beautifully in John 17:3: *This is life eternal, that they might know thee the only true God. . . .*

How a Businessman Tunes in to Cosmic Power

Herewith is a letter which shows the wonders of regularly tuning in with the Cosmic Power within you:

Dear Dr. Murphy: I have read in the Bible that faith is the substance of things hoped for, the evidence of things not

seen.[2] I know that my faith is an actual state of mind, the evidence and sure forerunner of prosperity and success in life. My faith is based on the laws of my mind as mentioned in your book, *The Power of Your Subconscious Mind.*[3] I now know that the law of my subconscious mind, properly used, can't fail me. I used to have a habit of saying, when I came down to breakfast, "This is going to be another one of those black days. I hate to go to work! I can't stand the boss and the country is going to the dogs"—and much more of this negative thinking.

Last January, after reading *The Miracle of Mind Dynamics* and *The Amazing Laws of Cosmic Mind Power,*[4] I started a procedure of affirming certain truths every morning after I arrive at the office. I remain absolutely quiet and then, after I look at my schedule for the day, I ask my secretary not to disturb me for fifteen minutes. Then I pray for peace, harmony, and guidance for the day. I use the following prayer every morning:

God dwells at the center of my being. God is peace; this inner river of peace enfolds me now. I act with confidence and enthusiasm all day long. All my employees in the office and the field are Divinely guided and prospered in all their ways. There is Divine understanding between myself and all my associates and employees. There is a Divine, harmonious union of our minds and hearts, and our business and their families are blessed and prospered.

The love and light of God watch over all of us like a loving mother watches over her sleeping child. My decisions are Divinely directed. When I hold a conference I am inspired to say the right thing which blesses all. I draw continually from the Divine Storehouse, and I know that my faith in God and His laws is immediately translated into health, money, success, love, and harmony, which I and my associates and employees seek right here and now. I radiate love, peace, and goodwill to all and I am at peace.

I have followed this tuning in process with the Divine

[2] See Hebrews 11:1.

[3] *The Power of Your Subconscious Mind,* Joseph Murphy, Prentice-Hall, Inc. Englewood Cliffs, New Jersey, 1963.

[4] *The Miracle of Mind Dynamics,* Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1964.

The Amazing Laws of Cosmic Mind Power, Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1965.

> Power for many moons now, and I can truly say it has greatly increased my capacity for service. There is harmony in my home and office, and my employees are happier and more successful in all ways. I have greater confidence, more conviction, and greater happiness. I am closer to God in every way. It is a wonderful way of life! Kind regards, J.W., Los Angeles, California.

The writer of the above letter is a modern Los Angeles businessman. He has learned that the way to be efficient and effective in his business life is to tune in on the Cosmic Power within him. He has begun to see the order, harmony, beauty, charm, and fascination of tuning in on the indescribable wonders of this Infinite Storehouse of riches.

The Ideal Way to Tune In

Make it a regular procedure to affirm the following marvelous truths night and morning. Feel the reality of what you affirm. Charge the words with life and love, and make them meaningful in your life.

> *I know the answer to my problem lies in the Cosmic Power within me. I now get quiet, still, and relaxed. I am at peace. I know that God, the Cosmic Power, speaks in peace and not in confusion. I am now in tune with this Cosmic Power; I know and believe implicitly that It is revealing to me the perfect answer. I think about the solution to my problem. I now live in the mood I would have were my problem solved. I truly live in this abiding faith and trust, which is the mood of the solution; this is the Cosmic Power moving within me. It is omnipotent; It is manifesting in my life. My whole being rejoices in the solution; I am glad. I live in this feeling and give thanks.*
>
> *I know that God has the answer. With God, all things are possible. God is the Cosmic Power within me; It is the source of all wisdom and illumination.*

The indicator of the presence of God within me is a sense of peace and poise. I now cease all sense of strain and struggle as I tune in with this Infinite Power. I know that all the wisdom and power I need to live a glorious and successful life are within me. I relax my entire body. My faith is in this Cosmic Power; I go free. I claim and feel the peace of God flooding my mind, heart, and whole being. I know the quiet mind gets its problems solved. I now turn the request over to the Cosmic Power within me, knowing It has the answer. I am at peace.

SUMMARY

Steps in Tuning in the Cosmic Power

1. The Power that moves the world is within you. It is Almighty. Tune in on this Power, and you will release Its wonders and glories.
2. The Cosmic Power can inspire you, heal you, reveal new ideas to you, and set you on the high road to happiness, freedom, and peace of mind.
3. The Cosmic Power created you and knows all the processes of healing. One woman healed her arm by claiming and knowing, "Through the Power of the Almighty within me, I am raising my arm freely."
4. You have inexhaustible reserves within you. A general in the army depends on his reserves. You can call on your inner reserves at any time—power, wisdom, strength, guidance, freedom—they are always instantly available.
5. You can call on your reservoir of harmony, health, and

peace by using this formula: *God is, and His Presence flows through me as harmony, joy, peace, beauty, and right action. His love fills my soul, and wonders happen as I pray.*

6. When going on a journey by bus, airplane, automobile, or train, or by whatever means of conveyance, you can affirm feelingly and knowingly: *Divine love goes before me, making straight, beautiful, joyous, and happy my way.* You will bear a charmed life, and wonders will happen on your journey.

7. Prior to a school examination, claim that the infinite intelligence of your subconscious mind reveals the answers and guides you in your studies, and you will be guided to study the right material and answers will be given you—maybe in your dreams.

8. If you would like to meet a long-lost brother or sister, pray as follows: *Divine guidance is mine now, and Infinite Intelligence brings us together.* You will be amazed at how quickly the deeper currents of your mind will bring both of you together!

9. As you realize that there is no death—only life—and as you radiate love, peace, and joy to a loved one in the next dimension, rejoicing and blessing his new birthday in God, you will find that God wipes away all tears from your eyes and there is no more crying.

10. Your loved ones who have passed on to the next dimension of life are all around you, separated by a certain power frequency only. The room where you are now sitting is full of television pictures; the air outside and inside is replete with broadcasts of all kinds. Symphonies, songs, speeches, and people fill the air. If you were clairvoyant and clairaudient, you could see and hear the voices of the living and of the so-called dead.

11. Faith is a state of mind, a way of thinking, an inner certitude based on the knowledge of the laws of your

mind. The law of your Cosmic subconscious, properly used, cannot fail you.

12. Tune in on the Cosmic Power morning and night, and you will become far more efficient and successful in every way. You will become closer to God, the Giver of all Good, and wonders will happen as you pray.

13. The serene mind solves its problems. Turn over your request to the Cosmic Power, knowing you will receive the answer.

2

How your Cosmic Subconscious can guide you

All the water in the reservoir is waiting for you to turn on the tap. Turn the tap, and thousands of gallons of water are at your service. In a similar manner, all the powers of the Cosmic Kingdom within you are waiting for you to release them, and as you do the Infinite Power within you will respond and be active in your life, enabling you to bless mankind and yourself in countless ways.

Your Subconscious Can Guide You Without Error

The fields of science, art, industry, and religion need men and women of high vision, courage, confidence, and fortitude who are capable of drawing from the Infinite Powerhouse within each person.

Had Sir Winston Churchill yielded at the first assault of the enemy, England might have been lost to the invaders. However,

Churchill's insuperable faith lifted up all his countrymen and gave them a new spiritual vision.

The biographies of Abraham Lincoln point out that he was a complete failure until he went into the service of his country. You could look upon his failings as stepping stones to his success in the preservation of our Constitution. Lincoln realized and thoroughly understood that to perceive what is the right course of action and then not to follow it is the hallmark of cowardice and timorousness.

The Source of Gandhi's Tremendous Spiritual Power

Mahatma Gandhi's early life was ignominious and hellish. He was beaten, kicked, and thrown into jail, and many assassins tried to kill him before his tragic end. Unswervingly, however, Gandhi kept on with his great work, persevering and never compromising with his principles until the "untouchables" were freed from centuries of serfdom. His faith in Cosmic justice, his singleness of vision, and his courage to act brought wonderful results. Gandhi said, "Faith is nothing but a living, wide-awake awareness of God within. He who has achieved that faith wants for nothing."

How a Diplomat's Wife Increased Her Graciousness

A young lady approached me after a lecture in Town Hall, New York, and said, "A young man in the diplomatic service has asked me to marry him. I'm terrified, though, because I know I will have to entertain; but I know nothing about diplomatic etiquette or the proprieties and dictates of diplomatic society."

I suggested that she attend one of the better charm schools in New York. I had noted that her voice had a ring of acidity, and I advised her to practice continuously the imparting of loving-kindness in her words by following the injunctions of the Bible: *Let your words be like apples of gold in pictures of silver,* and *Let your words be as a honeycomb, sweet to the ear and pleasant to the bones.* (See Proverbs 25:11 and 16:24.)

Following my advice, she practiced morning, noon, and night

for several months pouring love, kindness, and goodwill into all her speech, and after a few months she noticed a tremendous change taking place for the better in her relationships with other people. She wrote me saying that the charm school had benefited her immensely. She had learned to practice all the amenities and graces of life; moreover, they taught her how to dress properly, how to walk, talk, and entertain, and how to adopt the right posture and decorum for all occasions.

I had told her that when she said "Good morning" to someone she should realize the ancient implication of the words, which mean in substance, "The Light of God shines in you," and when she said "Good night" she should feel and know that she was saying, "God giveth you sleep."

The realization of these simple truths was the turning point of her life! She is now happily married to the young diplomat and, on behalf of her country, is entertaining embassy guests with grace, charm, and dignity, and she is beloved by all.

The small everyday courtesies sweeten life; the greater ones ennoble it. Remember, too, that there is a courtesy of the heart: it is called love. From it springs the purest courtesy in outward behavior.

Hidden Talents Found Through Infinite Intelligence

A young newspaperman told me that he had been fired from his job and informed that he was a flop and a failure as a reporter. He was bitter and vindictive for a few days; then he decided to forgive his former employer and be grateful that he had been discharged. He said to himself, "I failed in that job. I didn't belong there; my talents lie elsewhere. I will be a tremendous success when I am doing what God has fitted me for."

I suggested to him that he pray frequently as follows:

> *Infinite Intelligence reveals to me my true place in life where I express my hidden talents in a wonderful way, and I follow the unmistakable lead which comes to me.*

After a few days he discovered an intense, deep-seated desire to be a minister. He is now very happy in a divinity school, and he recently wrote me saying, "This is where I belong. I will be a success at this." His changed thinking changed his life.

The Right Way to Practice Divine Guidance

A woman wrote me saying that another woman had called her a snake in the grass. They were members of the same church, and they worked together on the school board. She saw that she had accumulated many resentful and grudging attitudes. I wrote back pointing out that Adam had named all the animals and that animals in the Bible mean moods, feelings, and animated states of consciousness. For example, there are the sting of the wasp in man, the stubbornness of the donkey, the cunning of the fox, and the fierceness of the tiger, as seen, for example, in the actions of the Viet Cong in Vietnam.

The terms "sheepish," "cocky," and "mulish" are all taken from the animals. Our mission in life is to harmonize these emotions and characteristics and to direct them constructively into God-like channels.

I indicated to her that since she undoubtedly did not have the sting of the viper, and since she was not treacherous, she should not be offended when such foolish accusations were applied to her. I suggested that she pray as follows:

> *I am Divinely guided in all ways. There are harmony, peace, and Divine understanding between Mrs. So-and-So and myself. God's Cosmic Wisdom reveals the way.*

The idea came to her one day that a trip to Palm Springs might help her frame of mind. She made the trip, and was surprised when at the hotel swimming pool she ran right into the other woman! They chatted amiably and congenially, and the whole matter was solved. Divine guidance worked for her, albeit in a surprising manner, when she reconditioned her mind.

Solving an "Impossible" Situation

The following is a letter received from one of our church ushers showing how his subconscious mind answered his deep-seated desire:

> Dear Dr. Murphy: My eighth birthday was approaching and my mother asked me what gift I would treasure most. I spent most of my spare time doing woodcraft and had been given many good ideas by carpenters building a house nearby, including the reverence for a Disston saw made of very fine steel and superior craftsmanship. So I told her of my burning desire for one, since it would improve my work.
>
> Wishing to surprise me, Mother started on her sleuthing trips, first to hardware stores, then to second-hand stores, but the answers to her query were almost a stereotype: "Impossible—you'll not find one; they have not been made since the war—at least for several years!" (Since then, they are again in production.)
>
> Feeling very downcast, Mother told me of her exhaustive search and said that, since the Disston saw was impossible to find, I must choose another gift. I told her that it was not necessary for the saw to come from her or the hardware store, but that I knew the saw would come.
>
> We had had our home up for sale, had a buyer with a deposit in escrow, and had one termite inspection in which the inspector had examined only the house and basement, but the buyers wanted a double-check by another company, which is not generally done. The second one was much more thorough and insisted on examining the attic. After about an hour he returned down to the living room with a beautiful old saw with a hand-carved handle, and engraved across one side in flourishing letters was the word "Disston." I later learned that when the house had been built in Laurel Canyon for a prominent musician, one of the carpenters had lost it in a very narrow aperture between the framework for a large skylight in the living room and the stone work of the back of a large fireplace.
>
> I have always been grateful that you taught me at an

early age to understand and to contact the all-knowing Power within me. Your friend, Roger Conrad.

At the age of eight, this young man discovered the powers within his subconscious, and today he is one of the great lights in the field of architecture.

Become the Master of Every Situation

The Bible says: *Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves.* (Matthew 10:16)

In other words, be perceptive and discerning enough to see what's going on—be on the *qui vive*, be vigilant, astute, and open both to inner guidance and counsel from without. You also must play the role of the dove, which is a symbol of purity and peace—i.e., be gentle in your approach, but at the same time be firm, and refuse to compromise with the Truth.

Be firm but kind, like the trainer of a wild horse. He lets the horse know he is the master, but he is not cruel and does not beat the horse.

Blend together these two attitudes and you will release inner powers that will give you mastery over all of life's continuously changing situations.

Getting Ahead Using Cosmic Truths

The dictators, despots, and tyrants of the world wear a false mask. All of us remember the braggadocio of Hitler and the vain blustering of Mussolini, Stalin, and others. Each of them was covering up his deep sense of insecurity, inadequacy, inferiority, suppressed rage, and self-loathing.

Many people continuously practice dissimulation, feigning and pretending to be what they are not. One man said to me, "All I need to get ahead is a good publicist to *misrepresent* me and to tell people how wonderful I am, and then I would make the head-

lines." His idea was that prevarication, misrepresentation, and perversion of the truth was the way to get ahead. No! You get ahead by adhering to the fundamental truths of life and to the principles of life which never fail—which are the same yesterday, today, and forever.

Use the Cosmic Power and Win Outstanding Victories

Mme. Marie Curie was interested in alleviating the suffering of mankind. She labored hard in the vineyard of life to bring forth her discovery. She toiled in the stifling heat of summer and in the icy cold of winter, persevering to the end. She faithfully continued until the great dawn of victory appeared. She was true to her inner powers and never gave up. Her vision was directed toward victory, and her absolute faith and unshakable devotion have blessed mankind. The world rightly has acclaimed her as a genius and as a great benefactor of mankind.

The man with the right outlook on life does not deviate from his goal because of wintry snows or rains or because he has failed many times. He knows that one success or achievement will wipe out hundreds of failures. Furthermore, he knows that the so-called failures were not failures at all, but were stepping stones to his triumph and glory.

Learn to Be Yourself

Let go of all sham, pretense, affectation, imitation, and empty show. Pretension and pomposity reveal a sense of deep insecurity, inferiority, and self-rejection. Get a new estimate or blueprint of yourself. When you recondition your mental attitudes and cast out negativism, ill-will, criticism, and self-condemnation, and instead, fill your mind with constructive thoughts of harmony, health, peace, joy, and goodwill, you will be transforming your life for effectiveness in the years that lie ahead. You are—literally —what you think all day long.

Think according to the principles of life and the eternal verities, and in this way you will gain confidence, assurance, poise, and

balance. Align yourself with the Infinite Source of life and let life flow through you as abundance, security, right action, and true expression.

Thinking Makes It So—for You

Today, you are what your thoughts have made you. You are the sum total of your thinking. You have charge of your own life, and other people, conditions, and events have nothing whatever to do with your success, happiness, or destiny.

You can make yourself sick, poor, and unhappy by the nature of your habitual thinking; you can even kill yourself by your thoughts.

Affirm frequently as follows: *My faith is in God, His Cosmic Wisdom, and in all things good. I live in the joyous expectancy of the best, and marvelous and unforeseen wonders come into my life every day.* Wonders will happen in your life as you write these truths in your book of life (*your subconscious mind*). Have faith in the responses of your deeper mind to your conscious mind's thinking, and you will prosper along all lines.

How to Gain Faith Yielding Real Benefits

A man said to me, "I had absolute faith that my thoroughbred would win the race." I explained to him that it is impossible to have absolute faith in anything but the principles of life and the working of the laws of his subconscious mind. Principles and laws never change—they are eternal, immutable, and timeless. The horse in question dropped dead in the race; it is impossible to have absolute faith in the outcome of a race, an interview, or any other event in life.

I pointed out to him that his faith should be in God, His Cosmic gifts, and in all things good, and, with that accomplished, success, prosperity, and happiness would be assured him in ways he knew not of.

I explained to him about the girl who had positive faith that she would marry a certain man. The marriage was arranged, all

of us waited in the church, but the groom never showed up because he had died in a taxi on the way to the chapel. She then realized that she did not control *his* life or destiny. She looked upon the matter philosophically, however, and said, "Well, God has another plan for me, and He will send me another husband, who will be my perfect partner." And, some time later she met and subsequently married a wonderful young man!

People say to me, "I had perfect faith that I would win the Irish Sweepstakes." This is not real faith, as there is no guarantee that the horse will run as you expect.

Have perfect faith in God, His love, His laws, and His Cosmic guidance, and you will never fail or want for any good thing. Have a deep-seated conviction in the laws of mind and in the ways of God, and all your ways will be paths of pleasantness and lanes of happiness.

How Faith in the God-Presence Overcame Failures

A motion picture director told me how he had prayed for success, peace, harmony, and a wonderful outcome for the picture he was directing. However, things did not turn out the way he expected! Many members of the cast got sick, and the weather on location remained very bad—the whole thing was a failure. He said to me, "I imagined and envisioned success and a constructive outcome, but I don't control the weather, the sun, moon, or stars, or the lives of the actors and actresses. I realized, though, that it is impossible for me to fail in the long run, as I believe in the principle of success, and as I am one with the Infinite. My faith is in the God-Presence, and my confidence is in the eternal truths of life which never change."

His next picture was a smashing success, and today he is one of the world's greatest directors. His faith was in the Infinite Way of Life which cannot fail, and he knows that he was born to succeed. He was not disappointed because he had a few failures. His faith was in the right place: with God and His laws which never fail.

He said to me, "I can't have absolute faith in the weather or

that Tom Jones will be alive tomorrow or that the man I am going to sign a contract with will be there to sign. But I have absolute faith that God is God, and that's enough for me!" This is the wise reasoning of a great director.

How to Become Friendly, Happy, Joyous, and Free

Emerson said, "The finite alone has wrought and suffered; the Infinite lies stretched in smiling repose." Tune in on the Infinite within you now and call upon It, and the moment you align yourself with this infinite ocean of life, love, truth, and beauty, the power of God will become active and potent in your life and you will feel a deep sense of security and inner repose.

Learn to be yourself. Throw away false pride, arrogance, dissimulation, and pretense. Honor, exalt, and praise the God-Self within you. Give your allegiance, devotion, and loyalty to the God-Presence within you and recognize It as First Cause. This is loving God, and when you love God—which is the Self of you—you will be natural, real, genuine, and human, and you will enter into the joy of the Lord and the laughter of God.

SUMMARY

Powers for Winning Your Way

1. Your so-called failures are but stepping stones to your success.
2. Faith is nothing but a living, wide-awake awareness of Cosmic Power within you. He who has achieved that faith wants for nothing.
3. Practice morning, noon, and night the pouring out of

love, kindness, and goodwill to those around you, and you will notice a tremendous change taking place in your relationship with people.

4. When you seek guidance, affirm feelingly: *I am Divinely guided in all my ways. God reveals the way.* The answer will come clearly into your conscious mind.
5. You get ahead in all endeavor by adhering to the fundamental truths of life which are the same yesterday, today, and forever.
6. Focus your mind on the vision of victory and triumph, and you are sure of success. One success wipes out hundreds of failures.
7. You are what you think all day long. Align yourself with the Infinite Source of life and let life flow through you as abundance, security, right action, and true expression.
8. Affirm frequently: *My faith is in God and all things good. I live in the joyous expectancy of the best, and marvelous and unforeseen wonders come into my life every day.* As you do this, you will prosper along all lines.
9. Real faith is not in a horse, an institution, an individual, or a creed, but rather in God and the laws of your subconscious mind which never change.
10. Let your confidence be in the eternal truths which never change.

3

How to become aware of your Cosmic Power

One of the most profound and deep-seated longings of the heart is to gain a recognition of your true worth—to be respected, loved, and esteemed. Carlyle said, "One of the Godlike things of this world is the veneration done to human worth by the hearts of men."

The Psalmist reminds man to appreciate his true self with these majestic words of wisdom in Psalm 8:3-8:

When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained; What is man, that thou art mindful of him? and the son of man, that thou visitest him? For thou hast made him a little lower than the angels, and hast crowned him with glory and honor. Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet: All sheep and oxen, yea, and the beasts of the field; The fowl of the air, and the fish of the sea, and whatsoever passeth through the paths of the seas.

Here David speaks eloquently and beautifully of the tremendous

potentialities within man, and today we see man exploring space, so successfully that in our time he will undoubtedly visit the moon and other planets. Today we are witnessing the workings of Infinite Intelligence through man in countless new discoveries. Scientists inform us that we are living in an age of light and supersonic speed, electronics and electricity, radio and radar—all of these miracles of the air, space, and sea come out of the mind of man.

Recently, a mathematician said to me that only abstractions can explain the world and that events which transpire today on land, on the sea, and in the air can be understood only by physicists and mathematicians.

The Powers Within

Today man is also penetrating and navigating the waters of his deeper mind and is gradually becoming aware of the Kingdom of God within him. Research work at Duke University and other academic laboratories is revealing the powers of man's mind in such discoveries as telepathy, clairvoyance, clairaudience, telekinesis, extrasensory travel, precognition, retrocognition, and other marvelous powers of the mind.

Self-Esteem Gained Through Cosmic Awareness

Recently I received a letter from a woman in Arizona in which she said that her sister-in-law and mother-in-law disapproved of her and had told her bluntly that they preferred her husband's former wife. They never invited her to their homes but always asked her husband to visit them alone. Furthermore, although she tried her utmost to be nice to them, they criticized her meals, her home, her clothing and her speech. This woman said that she felt inferior and rejected and asked me, "Why do they do this? What's wrong with me?"

In reply I pointed out that she had been suffering unnecessarily and without real warrant, and that she had the power to refuse and to reject the poisonous statements of her in-laws, their rude-

ness, and their incivility. I explained further to her that she did not create her mother-in-law or sister-in-law and that she was not responsible for their jealous, envious attitudes and complexes. I told her to stop placing them on a pedestal and to stop being a doormat for them—that a doormat is something one walks on.

I added that it was quite possible that her charm, graciousness, kindness, and wonderful character annoyed them and that they probably got a sadistic satisfaction in disturbing her.

I suggested that she break off all relations with them and cease abasing herself by toadying to them. I told her that she needed an attitude of self-respect and self-esteem. I gave her the following prayer to be used three times a day:

> *I completely surrender my in-laws to God. God made them and He sustains them. I radiate love, peace, and goodwill to them, and I wish for them all the blessings of Heaven. I am a child of God. God loves me and cares for me. When a negative thought of anger, fear, self-criticism, self-condemnation, or resentment enters my mind, I immediately supplant it with the thought of God in the midst of me. I know I have complete dominion over my thoughts and emotions. I am a channel of the Divine. I now redirect all my feelings and emotions along harmonious, constructive lines. Only God's ideas enter my mind, bringing me harmony, health, and peace. Whenever I am prone to demean or to demote myself I will boldly affirm: "I exalt God in the midst of me. I am one with God, and one with God is a majority. If God be for me, who can be against me?"*

She faithfully followed the above prayer and also carried out my other instructions.

A few days ago, I received her story of answered prayer:

> Dear Dr. Murphy: Thank you for your letter and the enclosed prayer. I phoned my in-laws and told them not to visit us at any time except when my husband and I issued

a special invitation. I also told them that I sincerely wished them well—and I meant it. I see now where I made my mistake, and how I was actually handicapping myself by thinking I was inferior to them.

The prayer has worked wonders for me, and my husband said to me the other day, "Honey, you are beaming. What happened to you?" I told him. Both of us are so grateful. Signed, Mrs. L.M.

Shyness and Timidity Overcome by Using the Cosmic Power

Some time ago, I had a consultation with a salesman who said that he was timid, shy, and resentful, and looked upon the world as harsh and cruel. Actually, he was trying to escape from taking his rightful dominion over life: he said that his wife, his boss, and his associates did not appreciate him and that his children looked down on him.

Because of all this was that this young man had an inner sense of insecurity and inadequacy, and he was down on himself. He asked: "How can I gain the appreciation of others?"

I found myself reminding him of this great Scripture passage: *Love thy neighbor as thyself* (Mark 12:33). The real meaning of this text is that your neighbor *is* yourself, because the real Self of you is God. Tennyson said: Speak thou to him for He hears, and Spirit and Spirit can meet/Closer is He than breathing, and nearer than hands and feet.[1]

Another everyday meaning of the text is to love your neighbor as you love yourself. I explained to this young man the truth about himself and how to love and appreciate himself more along the following lines: If a man demotes, despises, and deprecates himself, he can't lift up or give esteem, goodwill, and respect to others, *for it is a cosmic law of mind that man is constantly projecting his thoughts, feelings, and beliefs onto others and what he sends out comes back to him.*

Man is a son of the Infinite, and all the qualities and powers

[1] "The Higher Pantheum," Stanza 6.

of God are within man, waiting to be expressed. Man must love and honor the indwelling God.

The True Meaning of Self-Love

Love of self in the true Biblical meaning is to honor, recognize, exalt, respect, and give your total allegiance to the living Spirit within you. This supreme Intelligence made you, created you, animates, and sustains you. It is the Life-Principle within you. This has nothing to do with egoism or self-aggrandizement, but on the contrary is a wholesome veneration for the Divinity which shapes your ends. The Bible says that your body is a temple of God, and therefore, as Paul says, you are to glorify God in your body, also (*see* I Corinthians 6:20). When you honor, respect, and love the Self of you, you will automatically love, esteem, and honor others.

This salesman listened carefully and avidly and then said to me, "I never heard it explained that way before. I can see clearly what I have been doing. I have been down on myself, and I have been full of prejudices, ill will, and bitterness, and what I have been sending out has reverberated back to me. I have gained a true insight into myself."

This salesman practiced affirming the following truths with deep sincerity several times daily, knowing that they would sink down from his conscious to his subconscious mind and like seeds come forth after their kind:

> *I know that I can give only what I have. From this moment forward, I am going to have a wholesome, reverent, and deep respect for my real Self, which is God. I am an expression of God and God hath need of me where I am, otherwise I would not be here. From this moment forward I honor, respect, and salute the Divinity in all my associates and all people everywhere. I hold the Self of every person in veneration and esteem. I am one with the Infinite. I am a tremendous success,*

and I wish for all men what I wish for myself. I am at peace.

Learn to Love Yourself

The above young man has transformed his life; he is no longer timid, shy, or resentful. He has gone ahead by leaps and bounds—and so can you! Learn to love your true Self, and then you will learn to love and respect others.

What thou seest, man,
That too become thou must:
God, if thou seest God,
Dust, if thou seest dust.

—*Anonymous*

Self-Condemnation and Annoyance Overcome

Some months ago I had a letter from a man who stated that he couldn't understand why everybody around him annoyed him. I asked him to come and see me and in talking with him I discovered that he was constantly rubbing others the wrong way. He did not like himself and was full of self-condemnation. He spoke in a very tense, irritable tone. His acerbity of speech grated on one's nerves. He thought meanly of himself and was highly critical of others.

I explained to him that, while his unhappy experiences seemed to be with other people, his relationship with them was determined by his thoughts and feelings about himself and them. I elaborated on the fact that if he despises himself he cannot have goodwill and respect for others, because it is a law of mind that he is always projecting his thoughts and feelings on to his associates and all those around him.

He began to realize that as long as he projected feelings of prejudice, ill will, and contempt for others, that is exactly what

he would get back because his world is but an echo of his moods and attitudes.

Practicing the Golden Rule

I gave him a mental and spiritual formula which enabled him to overcome his irritation and arrogance. He decided to write consciously the following thoughts in his subconscious mind:

> *I practice the Golden Rule from now on, which means that I think, speak, and act toward others as I wish others to think, speak, and act toward me. I walk serenely on my way, and I am free, for I give freedom to all. I sincerely wish peace, prosperity, and success to all. I am always poised, serene, and calm. The peace of God floods my mind and my whole being.*
>
> *Others appreciate and respect me as I appreciate myself. Life is honoring me greatly, for it has provided for me abundantly. The petty things of life no longer irritate me. When fear, worry, doubt, or criticism by others knock at my door, faith in goodness, truth, and beauty opens the door of my mind, and there is no one there. The suggestions and statements of others have no power. The only power is in my own thought. When I think God's thoughts, God's power is with my thoughts of good.*

He affirmed these truths morning, noon, and night, and he committed the whole prayer to memory. He poured into these words life, love, and meaning, and by osmosis these ideas gradually penetrated the layers of his subconscious mind. His letter speaks for itself:

> Dear Dr. Murphy: May I first say thank you for all the calm and happy feelings I now possess. I know full well that this is brought about by my new understanding of my mind and how it works. I know why I have a high opinion of my-

self and of all human beings. I honor myself, and in so doing I know I am honoring God.

I am learning how to specialize myself out of the law of averages. I am getting along fine and have received two promotions in the past two months! I now know the truth of this passage: *I, if I be lifted up . . . will draw all men unto me.*[2] Gratefully, E.J.

The above letter demonstrates how any man can overcome irritation and annoyance. This young man learned that the trouble was within himself, and he decided to change his thoughts, feelings, and reactions. Any man can do the same. It takes decision, stick-to-it-iveness, and a keen desire to transform oneself. *Go, and do thou likewise* (Luke 10:37).

Look at the Small End

An astronomer friend of mine said to me that for years he had scanned the heavens, seeking the answer to the story of creation and the riddle of the universe through the telescope, but that lately he has been looking within himself, who is inevitably at the small end of the telescope. He added that the small end of the telescope is the important end, for within man is God, and the entire secret of creation and the mystery of the Cosmos.

When man learns about himself, he will have learned about the universe. Now it is time to analyze the analyzer. In trying to find happiness, peace, and prosperity outside of himself, man has neglected to look within himself to the infinite storehouse of riches within his subconscious mind.[3]

Where will you find poise, balance, peace, and happiness but in your own mind, through your thoughts, feelings, and a sense of oneness with the eternal verities and spiritual values of life? William Shakespeare said: "What a piece of work is a man! How noble in reason; how infinite in faculty! In form and moving, how

[2] John 12:32.
[3] *The Power of Your Subconscious Mind*, Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

express and admirable! In action how like an angel; in apprehension how like a god." [4]

How to Get a Higher Estimate of Yourself

Ralph Waldo Emerson said: "There is one mind common to all individual men, and every man is an inlet to the same and all of the same." He also said, "He who is admitted to the right of reason is a freeman of the whole estate."

Begin to believe this. Realize that Infinite Intelligence—the guiding principle of the universe—is within you, and the infinite healing Presence of God controls all your vital organs and all the processes and functions of your body. You have the capacity to make choices, to use your imagination and all the other powers of God within you. Your mind is actually God's mind. When you consciously, decisively, and constructively use the Infinite Wisdom within, you become *a free man of the whole estate.*

Emerson inspires you to enlarge the concept of yourself when he announces this profound truth: "What Plato has thought, man may think; what a saint has felt, he may feel; what at any time has fallen any man, he can understand. Who hath access to the Universal Mind is a party to all that is, or can be done, for this is the only and sovereign agent."

Emerson was America's greatest philosopher and one of the greatest thinkers of all time. He was constantly in tune with the Infinite, and he urged all men to release the infinite possibilities within them. Emerson taught the dignity and grandeur of man and pointed out to his listeners that the great appear great to us only because we are on our knees—that we attribute greatness to Plato and others because they acted upon what they themselves thought, and not upon what other people believed or what others thought they should think.

Begin to have a lofty, noble, and dignified concept of yourself, and remember what the Psalmist said to all men: *I have said, Ye are gods; and all of you are children of the most High.* (Psalm 82:6)

[4] *Hamlet,* II, ii.

Health Improved with New Self-Appraisal

The following letter speaks for itself:

> Dear Dr. Murphy: This is to thank you for writing *The Miracle of Mind Dynamics*.[5] I have read it over and over about sixteen times, but more than that I have applied it. I have stopped whining and complaining, and I am no longer bitter, angry, or hateful.
>
> My husband left me a year ago for a younger woman. I suffered from such intense rage that my doctor said the sudden precipitation of arthritis was caused by my emotional shock, anger, and hatred. Every day for the past three months I have claimed boldly as you suggest that my body is a temple of the living God and that I glorify God in my body. Every day for the past several months, for about fifteen minutes every morning, afternoon, and evening, I affirmed that God's love permeated every atom of my being and His Heavenly Presence saturated my whole being. I also prayed for my ex-husband.
>
> There has been a remarkable change in my body; the edema and excruciating pain have subsided, the suppleness and mobility of my joints have improved remarkably, and the calcareous deposits are gradually disappearing. My doctor is delighted and so am I.
>
> I continue to realize that I am a child of God and that God loves me and cares for me. I know that this new self-appraisal has wrought wonders in my life. All hatred of my ex-husband has gone, and I am on the way to perfect health. Divine law and order govern me.
>
> I am eternally grateful for your writings. Mrs. W.M.

This woman discovered what the power of a true appraisal of her real Self can do. She found that when she began to think of herself as the temple wherein God dwells, and as she began to honor, exalt, and call upon this Divine Presence, It responded as the emotions of love, peace, confidence, joy, vitality, wholeness, and goodwill.

[5] *The Miracle of Mind Dynamics*, Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1964.

As she began to love and respect herself, she discovered that all hatred vanished and that love rushed in to fill up the vacuum. Love is the fulfilling of the law of health, happiness, success, and prosperity.

Formula for Business Success

A prominent businessman in Los Angeles told me that the secret of his success and prosperity is that he learned a great truth which he demonstrates daily. This is his formula:

> *I know that the God in the other is the same God in me, and therefore if I hurt the other I would be hurting myself and that would be foolish. Knowing this I practice the greatest formula of all. I bless and exalt the good in the other. I make it a point to advance his interests and I know as I do I am advancing my own. I know that the ship which comes home to my brother comes home to me.*

Practice the above formula and you will like yourself more. You will see sermons in stones, tongues in trees, songs in running brooks, and God in everything, including your fellow man.

SUMMARY

Profitable Pointers in This Chapter

1. One of the most deep-seated longings of the heart is to gain recognition of one's true worth—to be respected, esteemed, and loved.

2. Academic laboratories are revealing the tremendous powers within man, such as his ability to see, hear, feel, and travel independent of the physical senses and organs.
3. You have the power to mentally reject and neutralize all negative suggestions or critical remarks of others. Whenever you are prone to criticize or condemn yourself, affirm: *I exalt God in the midst of me.*
4. *"Love thy neighbor as thyself"* means that you honor, exalt, appreciate, love, and give complete allegiance to the God-Power within you—your real Self.
5. True self-love has nothing to do with egotism, self-aggrandizement, or morbid selfishness. On the contrary, it is a wholesome veneration for the indwelling God which is the Reality of all men.
6. What you send out reverberates back to you. Life is an echo; therefore, send forth love, peace, goodwill, and blessings to all men and to the whole world, and countless blessings will return to you.
7. Develop self-esteem by dwelling consciously on the following truths: *I know that I can give only what I have. From this moment forward, I am going to have a wholesome, reverent, and deep respect for my real self, which is God. I hold the Self of every man in veneration and respect.*
8. What thou seest, man,/That too, become thou must;/ God, if thou seest God,/Dust if thou seest dust.
9. When you think meanly of yourself, you can't think well of others inasmuch as you always project to others your own thoughts, feelings, and beliefs.
10. You practice the Golden Rule as you begin to think, speak, and act toward others as you wish others to think, speak, and act toward you. Begin to wish for all men what you wish for yourself, and countless blessings will be yours.

11. God indwells all men. The Kingdom of God is within. The entire secret of creation and the mystery of the Cosmos are within man. When man learns about himself, he will have learned about the universe. Now is the time to analyze the analyzer.

12. There is one Mind common to all individual men, and every man is the inlet and outlet to the same.

13. Begin to have a lofty, noble, dignified concept of yourself. Remember the great truth of the Bible: *I have said, Ye are gods; and all of you are children of the most High.* (Psalm 82:6)

14. As you begin to love, respect, and exalt God in the midst of you, all bitterness and hatred will be dissipated. Love is the fulfilling of the law of health, happiness, and peace of mind.

15. The greatest formula for self-appreciation and respect for others is to realize that the God in you is the same God in the other, and that as you advance the interests of another you are advancing your own. The ship that comes home to your brother comes home to you.

4

How the Cosmic Power can solve problems

Ninety Per Cent of Problems Are Humanly Created

Change your thoughts and keep them changed, and you can transform your whole life! Mr. Fred Reinecke, an engineer, said to me recently that ninety per cent of the problems of the men in a plant were due to their personality defects and to their inability to get along with others. Then he added that only about ten per cent of the problems were of a technical nature.

The Right Way to Solve Problems

There is a right way to talk, to walk, to drive a car, to bake a cake. Actually, there is a right and wrong way to do everything.

To live a full and happy life you must live according to certain immutable and eternal principles. You would not think of building a wheel off-center or of violating the principles of electricity or chemistry. Likewise, when you think, speak, act, and react from the standpoint of the Infinite Intelligence within you, you will find that your whole life will be one of joy, happiness, success, and peace of mind.

How Changed Thinking Healed Ulcers and High Blood Pressure

Mrs. Wrongway was jealous and hateful toward the supervisor in her office; she had developed ulcers and high blood pressure. However, she became interested in the spiritual principle of forgiveness and goodwill. She realized that she had accumulated many resentful and grudging attitudes and that these negative and obnoxious thoughts were festering in her subconscious mind. She tried to talk with her supervisor in an effort to straighten matters out, but the woman brushed her off.

In a continuing effort to correct the situation, Mrs. Wrongway applied the principles of harmony and goodwill for ten minutes every morning prior to going to work. She affirmed as follows: *I surround Mrs. X with harmony, love, peace, joy and goodwill. There are harmony, peace, and understanding between us, and whenever I think of Mrs. X I will say, "God's love saturates your mind."*

A few weeks passed, and Mrs. Wrongway went to San Francisco for a weekend. On boarding the plane, she discovered that the only vacant seat was the one next to her supervisor! She greeted her cordially and received a cordial and loving response. They had a harmonious and joyous time together in San Francisco. They are now attending my lectures together. Infinite Intelligence set the stage for the solution of this difficulty. Mrs. Wrongway's changed thinking had changed everything, including a perfect healing of her ulcers and high blood pressure.

How the Cosmic Power Effected a Promotion

I recall a young lady once telling me, in my study: "Everybody in my office dislikes me; there are several who even want me fired."

I said to her, "Why don't you resign and find another position?"

"What's the use?" she said. "I've had six jobs this year so far."

This young lady had a brilliant mind, was well educated, and

was an outstanding legal secretary. Ninety per cent of her problem was in her personality.

I gave her a spiritual prescription and suggested that she take it regularly at least morning and night for several months. I told her to pray the following prayer for every man and woman in her office every day before she went to work:

> *I send out loving thoughts and feeling of goodwill, happiness, and joy to all those in my office. I affirm, claim, and believe that my relationship with each one of my co-workers will be harmonious, pleasant, and satisfactory. Divine love, harmony, peace, and beauty flow through my thoughts, words, and deeds, and I am constantly releasing the imprisoned splendor within me. I am happy, joyous, and free, bubbling over with enthusiasm, and I rejoice in the goodness of God in the land of the living and in the innate goodness of all people.*

At the end of two months she received a wonderful promotion and was put in complete charge of the entire legal office.

How a Mother's Mental Movie Worked Wonders

A mother in Beverly Hills was worried about her son failing in his final examination in medical college. At my suggestion, she stopped nagging and worrying about the boy, and instead began to paint a mental picture of graduation day when her son would receive his diploma.

Several times daily, she visualized the scene clearly, feeling the naturalness and joy of the whole procedure. She congratulated her son in her imagination and made a habit of this by practicing her mental movie for at least ten minutes three times daily. Whenever she was prone to worry, she flashed on the movie in her mind. She constantly saw the accomplished fact. She imagined being present at his graduation, and she saw the fulfillment of her dream.

Incidentally, I might add that shortly after her change of mental attitude, her son became intensely interested in his studies and showed remarkable improvement along all lines. Her feeling of success and triumph was subjectively communicated with Cosmic Power to her son, and he responded accordingly.

A Healing of Personality for Business Success

A man whom I was interviewing recently said to me, "I'm all mixed up and tied up. I can't get along with others; I'm constantly rubbing them the wrong way."

This young man was hypersensitive, jittery, self-centered, and crotchety. In spite of all this, he wanted to have good relations with his co-workers and to get along well with them in every respect.

I explained to him that his present personality represented the sum total of his habitual thinking, early training, indoctrination, and emotional atmosphere plus the sum total of beliefs inculcated upon his mind but that he could transform himself. I explained to him that God indwells him and that all the attributes, potencies, qualities, and aspects of God were lodged in his deeper mind and could be resurrected and expressed in his personal life.

Accordingly, I gave him the following specific prayer for the purpose of transforming his entire personality and making him radiant, happy, joyous, and fabulously successful.

He affirmed feelingly and lovingly several times daily as follows:

> *God is the Great Personality, the One Life being expressed through me. God is, and His Presence flows through me now as harmony, joy, peace, love, beauty, and power, and I am a channel for the Divine. His wholeness, beauty, and perfection are constantly being expressed through me. Today I am reborn spiritually! I completely detach myself from the old way of thinking, and I bring Divine love, light, and truth definitely*

into my experience. I consciously feel love for everyone I meet. Mentally I say to everyone I contact, "I see the God in you, and I know you see the God in me." I recognize the qualities of God in everyone. I practice this morning, noon, and night; it is a living part of me.

I am reborn spiritually now, because all day long I practice the Presence of God. No matter what I am doing—whether I am walking along the street, shopping, or going about my daily business—whenever my thought wanders away from God or the Good, I bring it back to the contemplation of His Holy Presence. I feel noble, dignified, and God-like. I walk in a high mood, sensing my oneness with God. His peace fills my soul.

As this man made a habit of allowing attributes and qualities of Cosmic Good to flow through his mind, his whole personality underwent a marvelous change. He became affable, amiable, urbane, and increased in understanding, and he now communicates vibrancy and goodwill wherever he goes. In addition, he has moved up several rungs on the ladder of success in his field of work.

How You Can Develop a Marvelous Personality

Emerson said that religion includes the personality of God. All the elements of personality are within God, such as love, peace, joy, beauty, laughter, happiness, power, harmony, rhythm, order, serenity, and proportion. God is also Law, and we express our Divine personality as we begin to operate the law and claim, feel, and know that these qualities and attributes are flowing through us. Then we become more God-like every day.

The word "person" comes from the Latin *persona*, which means a mask originally worn by Greek actors. In ancient times the Greek actor put on a mask and assumed the role of the person depicted by the mask. He dramatized through the mask the characteristics and qualities of the personality it suggested.

How a Secretary Practiced Empathy and Established Harmony and Understanding

The dictionary defines empathy as "the imaginative projection of one's own consciousness into another being." It might be called "sympathetic understanding."

Mrs. Jean Wright, secretary of our organization, told me how she practiced this art in relation to another girl in an office where she formerly worked. This girl was very hostile, antagonistic, and quite obstreperous; a great misunderstanding seemed to be growing between them.

As a result, Mrs. Wright sat still a few times each day and projected herself into the mind of the other woman and looked out at herself through the other's eyes; she then corrected what she saw and claimed: *"God's peace, harmony, and understanding reign supreme between us. Whenever I think of Miss S., I claim, 'She is loving, kind, cooperative, and harmonious.'"*

After about a week, the girl invited Mrs. Wright to her home for dinner; during the visit they were pleasantly surprised to discover that they had many interests in common. Eventually, these two women became fast friends as well as good associates in their work.

How a Silence Between Sisters was Broken

Recently, while I was speaking in San Francisco under the auspices of The Institute of Religious Science, an old friend had breakfast with me at my hotel. She told me that her only sister would no longer speak to her; when she phoned her sister, the latter would hang up the phone with a curt phrase: "I'm busy; don't bother me."

My friend found it very difficult to understand her sister's attitude, which on the surface seemed so unreasonable and stupid. I spoke to her, pointing out that if her sister had tuberculosis or cancer, she would not be angry with her. My friend answered, "Of course not. I would be most compassionate."

Then I added, "Your sister has what we might call tuberculosis of the mind, and you must realize that many people have twisted, morbid, and distorted mentalities and are often referred to as mental hunchbacks."

Suddenly she realized that she was not responsible for the mental state of her sister, no more than she might be responsible for someone who was an alcoholic, a schizophrenic, a psychotic, or a paranoid.

She said, "Oh, I see now! I am not responsible for her mental sickness and hostility toward me, and all I owe her, as Paul said, is love. I do love her and wish for her all the blessings of life."

She prayed as follows: *I completely surrender my sister to God. I radiate love, peace, and goodwill to her, and there are harmony, peace, and Divine understanding between us. I loose her and let her go.*

After a few days, her sister called and apologized for her rudeness and hostility. She freely admitted that the break-up of her engagement had caused her to project her resentment and hostility not only to her sister but also to many others.

I might add that my friend was spiritually and emotionally mature, but she was overly concerned with the deformed and warped mentality of her sister.

Your understanding will keep you from anger, criticism, and hatred, or from seeking retaliation against the warped minds of others. Remember, you would not hate a person because of a physical deformity, such as that endured by a hunchback; rather you would be grateful that you were spared from such a misfortune.

The person with a distorted personality is very unhappy within himself and is a seething cauldron of inner turmoil. Quite frequently, he lashes out at those who have been most kind and generous to him, because their inner serenity, tranquility, and poise reveal his own disturbed emotional state; since he can't reach their quietude, he unconsciously tries to drag them down to his own emotional debauch. Misery loves company!

His Application of the Golden Rule Resulted in a Wonderful Promotion

I talked some months ago with a man who had earned a Ph.D. and had believed that his diploma would guarantee his success, prestige, and recognition; but he eventually discovered that there were men in his organization who had no degree at all and who earned far more money than he did and exercised greater responsibility.

I explained to this young man that there are many distinguished Ph.D.'s, linguists, professors, doctors, and similar brilliant and capable men from all walks of life who now inhabit Skid Row in Los Angeles and the Bowery in New York. These men usually attribute their trouble to alcohol or women; but the real reason is self-depreciation, self-condemnation, self-loathing, and lack of all contact with the treasure and wisdom of their Cosmic Powers, which could set them on the highroad to happiness, freedom, and peace of mind. They are down on themselves and they lack self-acceptance and true expression. Their habitual thinking attracts to them misery, suffering, and poverty. Yet these men, who are often highly educated, have at one time risen to the higher echelons in their respective fields. Their alcoholism, dope addiction, and abnormal behavior are but symptoms of their twisted and warped personalities.

The man of whom I am speaking was highly critical and jealous of his associates. He spoke of them with a touch of asperity in his voice. His trouble was his failure to practice the Golden Rule.

At my suggestion he began to treat others as he would wish others to treat him. He began to practice smiling and being kind, graceful, and pleasant with all his associates. He persisted in this attitude until it became habitual, and today he is one of the most affable, amiable, and loving personalities you could meet. His success is assured, and he has received a wonderful promotion which dramatizes the truth: change your thought pattern and you change your life!

You Are Needed Regardless of Your Age

Emerson said, "The Great Oversoul has need of an organ where I am, else I would not be here." Sometimes I meet people who say, "Oh, my children are all grown up. They don't want me or visit me any more." Remember, God and His Cosmic World have need of you. There is no such thing as an unneeded or an unwanted person. Each person is a note in the grand symphony of all creation. There is a special and particular role for you to play. The Bible says, *The voice of him that crieth in the wilderness, Prepare ye the way of the Lord, make straight in the desert a highway for our God* (Isaiah 40:3).

The desert of confusion, lack, and limitation is your own mind, and you can now listen to the inner voice which speaks to you in the form of your heart's desire and which is telling you to arise and to elevate yourself higher because God has need of you. Say to yourself: "God gave me this desire, and He reveals to me the perfect plan for its fulfillment in Divine order." As you adhere to this truth, the way will open up and your desert will rejoice and blossom as the rose.

Saying "Yes!" to Life in Cosmic Truth

The Bible says: *Let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil* (Matthew 5:37).

Say "yes" to all the ideas which heal, bless, inspire, elevate, and strengthen your life. Come to a clear-cut decision that you will accept only the eternal verities and spiritual values of life and then purposefully build these into your personality. Rejoice in your sense of oneness with the Infinite Intelligence and Infinite Mind and contemplate the wonders of your Divine sonship. Say "no" boldly to all teaching, ideas, thoughts, creeds, and dogmas which inhibit, restrict, and instill fear into your mind. In other words, accept nothing mentally that does not fill your soul with joy.

Realize that God is Life, and that He is your life now. God is Love, and His love fills your soul. God is Joy, and you are expressing the fulness of joy. God is Wisdom, and your intellect is anointed constantly with the Light from On High. God is peace, and you are expressing more and more of His peace in your thoughts, words, and deeds. As you make a daily habit of realizing these truths, you will develop a radiant personality and make a highway for your good in all ways and things.

How You Can Triumph Over Depression and All Obstacles

The Bible says: *Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain.* (Isaiah 40:4).

When you are in the valley of despair, dejection, and melancholia, turn to the God-Presence within you and realize that external things and conditions are not causative. All things pass away. Conditions do not create other conditions.

The primary *cause* is your thought and feeling—i.e., your mental attitude, the way you believe. Conditions and circumstances are suggestive only; you have the power to reject or to accept them.

Decide, therefore, that Infinite Intelligence reveals the way out. Contemplate in your Cosmic thought the way you want things to be, and the mountain (problem) will be removed and the hill (obstacle or difficulty) will be shattered. As you claim that Divine law and order govern your life, the crooked (the ups and downs of life, the swings of fortune) shall be made straight and the rough places plain—i.e., you will begin to live a balanced life of growth, achievement, and advancement free from detours into sickness, accidents, losses, and foolish expenditures of energy, time, and effort.

As you keep your eyes on the Cosmic Power, and as you tune in on the Universal Wisdom within you and make contact through your thought and feeling, all the barriers, delays, impediments, and difficulties will disappear, and the desert of your life will truly rejoice and blossom as the rose.

SUMMARY

Your Aids to Authority

1. Change your pattern of thought-life and you will change your destiny.
2. There is a right way and a wrong way to use your mind. To live a full and happy life you must live according to principles of Cosmic Wisdom.
3. Infinite Intelligence will respond to you when you appeal to It, and set the appropriate stage for the solution of your problem.
4. A wonderful spiritual prescription is to pray for all those with whom you work, wishing for them all the blessings of life. What you wish for others, you also attract to yourself.
5. Flash a mental movie in your mind and see the happy ending. Picture frequently the fulfillment of your dream, and it will come to pass in your experience.
6. As you make a habit of allowing God's attributes and love for all to flow through your mind and heart, you will develop a new, marvelous and unique personality.
7. If you can't get along with another person, practice empathy by practicing sympathetic understanding. Look at the situation through the other's mind.
8. Don't be overly concerned with the warped mentality of a relative, because you are not responsible for it. Radiate peace, love, and goodwill, and a Divine understanding will correct the situation.
9. The Great Oversoul of Cosmic Wisdom, or God, has

need of you where you are; otherwise, you would not be here. You are wanted and needed now!

10. Say "Yes!" to all those Cosmic ideas which bless, heal, inspire, elevate, and dignify your soul.

11. When you are melancholy or depressed, turn to the Cosmic Power within you and let God's river of serenity and love fill your soul. Realize that all things pass away, and the day breaks and the shadows flee away.

5

How to use the Cosmic Healing Power

All over the world today men and women of all creeds are awakening to the tremendous therapeutic results following the application of mental and spiritual laws. In the fields of medicine, psychiatry, psychology, and other related fields, evidence is being adduced and articles written on the destructive effects of mental and emotional conflicts behind various diseases.

When the conscious mind of the sick person redirects his subconscious mind along God-like channels, a cleansing takes place, and the Infinite Healing Presence is released, causing the miracle of healing to occur.

How a Crippled Hand Was Healed

Following is a verbatim testimonial of the response of the Infinite Healing Presence when you call upon It:

> Dear Dr. Murphy: I broke my left wrist, and the bones in my wrist and hand were so shattered that the doctor had to set them under a fluoroscope. I was told my hand would be

crippled and I would have to learn to compensate with my other hand. Since I do secretarial work, I must have the use of both hands. The Healing Power mended and renewed the bones and muscles. In three and one-half months I was back at work. During that time, I had repeated feelingly many times a day, *The Creative Intelligence which made my wrist is healing me now.*

The doctor had told me I would have arthritis in my wrist and that a change of weather would cause it to ache. That was seven years ago. Today, I have full use of my hand, no arthritis, and change of weather makes no difference. In fact, my left wrist and hand are more flexible and nimble than my right hand!

Again, I thank you for your prayers and instructions on how to use the Healing Power within me. Sincerely, Mrs. M.D.B.

I might add to this lady's letter by pointing out that she has a thorough knowledge of the conscious and subconscious mind and is a deep student of *The Power of Your Subconscious Mind.*[1] She realized that spiritual therapy is the synchronized, harmonious, and intelligent function of the conscious and subconscious levels of mind, specifically directed for a definite purpose.

You will notice that she completely rejected the prognosis of a crippled wrist and affirmed with deep understanding that the Infinite Intelligence which created her hand was healing it. These ideas sank into her subconscious mind, and the healing followed.

How Cosmic Power Healed a Diseased Kidney and a Broken Bone

The following is a letter from a wonderful woman who understands the Healing Power resident in the Cosmic Mind:

Dear Dr. Murphy: You have helped me so many, many times, it is hard to select the most important occasion. I recall being in terrible pain, and while our family physician was away on vacation two strange doctors told me I had a

[1] *The Power of Your Subconscious Mind,* Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

cyst on the right ovary and an abscess of a kidney. I prayed, and the pain disappeared overnight and an examination showed the abscess and the cyst had disappeared. I claimed: *God's healing love in my subconscious mind is this moment dissolving everything unlike itself.* I felt the truth of this, and the miracle happened. I know you prayed, also, and I thank you.

The most wonderful demonstration was for my mother. When she was 85 she fell and broke her pelvic bone and shoulder blade. Pneumonia set in, and the doctor did not think she would live—and if she did, she would not walk again but would have to be in a wheel chair. She said, "That's his opinion," and through faith and your prayers she was walking again in three months—without even the use of a cane!

Of course, you may use our names. Mother's was Bertha Sparrow. Signed, Mrs. Eric B. Marlor, Los Angeles, California 90004.

The Cosmic Healing Power and How You Can Use It

The true method of spiritual healing does not lie in some magic wand-waving, but rather in the mental response of man to the indwelling Cosmic Power which created him and all things in the world.

Spiritual healing is not the same as faith healing. A faith healer may be any person who heals without any knowledge or scientific understanding of the powers of the conscious and the subconscious mind. He may claim that he has some magical gift of healing, and the sick person's blind belief in him or his powers may bring results.

The spiritual therapist must know what he is doing and why he is doing it. He trusts the law of healing. The law of mind is that whatever you impress on your subconscious mind, will be expressed in like manner as form, function, experience, and events.

Impress your subconscious with thoughts of peace, harmony, health, and perfection by dwelling sincerely on these concepts

with interest. Your thought and feeling (interest) will induce a healing response from the Cosmic Power.

How the Cosmic Power Healed a Tailor's Blindness

Recently I interviewed a tailor who was gradually going blind. He had had several retinal (eye) hemorrhages, and his doctor had suggested that he give up tailoring and live in the country. He stayed with his work, and his sight was growing worse. His doctor, an old friend of mine, suggested to the tailor that he talk to me about his home life.

In discussing his eyes, the tailor admitted to me that he hated the sight of his mother-in-law, who had lived in his home for several years and was habitually petulant, crotchety, cantankerous, and a source of endless trouble. I suggested that he ask her to leave at once, which he did; at the same time, he wished for her all the blessings of life, thereby eradicating all the resentment and hostility from his subconscious mind.

For ten or fifteen minutes every day he affirmed boldly: *By day and by night I am seeing more and more of God's love, light, truth and beauty in every person and in every thing. God is healing me now, and I give thanks for my perfect vision.*

In due course I received the following note from him:

> Dear Dr. Murphy: I am writing to thank you for the healing of my eyes. You opened my eyes when you explained to me that I was the cause of my own eye trouble. My doctor said my vision is normal now, and I don't have to give up tailoring. God bless you. E.S.

Twentieth-Century Miracles of Healing

A miracle is not a violation of natural law. A miracle does not prove that which is impossible; it proves that which is possible. A miracle is something that happens when one brings in a higher law than those which man has known heretofore.

How the Cosmic Power Resolved a Writer's Manuscript Problem

The following paragraphs are taken verbatim from Mrs. Arnold's letter, showing how she used the healing principle to resolve a frustration. She had spent a great deal of time and care in writing a manuscript, but she felt the title was completely wrong.

> Dear Dr. Murphy: . . . For several weeks I have been writing down titles, scratching them out, and trying again. Sunday I had a strong compulsion to get to church, which I had to hurry to do as household duties, etc., had made me somewhat late in getting started.
>
> When I got into the Ebell Theatre I sat down quietly, relaxed, and said to myself, "I know and I believe that today the God-Self will give me a title for my manuscript." It was not until you said during the course of the lecture, "Intellect cannot solve the problems with which people are faced today," that I realized in spite of my statement of belief to myself, I was still trying to solve it on the conscious level. The title then popped into my mind "like a piece of toast out of a toaster," as you have often said. I knew it was absolutely right and exactly fitted what I am trying to say in the manuscript. I was so elated I could have laughed out loud—it was so simple, "the impossible made possible," by reliance on the subconscious.
>
> I won't reveal the title—even to you, dear Dr. Murphy, but it is just what I needed to renew my enthusiasm to work on the manuscript, and I don't want to weaken that feeling nor the effectiveness of the "answer" by talking too much about it. Suffice it to say I am most grateful. Sincerely, Mrs. J. R. Arnold, Los Angeles, California 90039.

Mrs. Arnold realizes and knows that this Cosmic Healing Power works in your business or professional world just as well as it does in the healing of the body.

How a Schoolteacher Healed Her Ulcers and Achieved Promotion

The following is a letter from a schoolteacher:

Dear Dr. Murphy: For months I have been praying for a healing and for success in my profession. I attended your lecture one Sunday morning about a month ago at the Wilshire Ebell Theatre when you spoke on "How to Use the Healing Power." As you spoke I realized that I had been unconsciously rehearsing my aches and pains and constantly rehearsing my troubles in the class room and with my principal. I was in the habit of criticizing and blaming the pupils, the parents, and the school authorities. I was also in the very bad habit of criticizing and condemning myself for being ill. I felt sure that my desire to be promoted would fail.

It seemed to me that throughout your lecture you were talking to me, yet I knew that you didn't know I was in the audience of 1300 people. Before your lecture was over, I became aware of the fact that I had been actually squandering the treasures of life within me on negative thoughts and imagery that were positively destructive.

I followed your instructions and began to identify with the Infinite Healing Presence within me, and I affirmed frequently, with deep understanding, the meditation you suggested:

God hath not given me the spirit of fear; but of power, and of love, and of a sound mind! [2] *I have a firm, unwavering faith in God as my bountiful, ever-present Good. I am vitalized, energized, healed, and made whole. Promotion is mine now. I radiate love and goodwill to all my pupils, my associates, and to all those around me, and from the depths of my heart I wish for all of them peace, joy, and happiness. The intelligence and wisdom of God animate and sustain all those in my classes at all times, and I am illumined and inspired. When I am tempted to think negatively, I will immediately think of God's healing love.*

I want to thank you for that lecture. I have had a perfect healing of my ulcers, and I have received a promotion and

[2] II Timothy 1:7.

have established a very harmonious relationship with all my associates and pupils. I understand the reason for all this is the fact that the children in my class subconsciously picked up my new mood of love, goodwill, and confidence as I constantly exude vibrancy and joy. Yours very truly, E.R.B.

How a Five-Word Formula Healed Epilepsy

The following interesting letter was received while I was writing this chapter:

Dear Dr. Murphy: I listen to your radio program every morning. This morning I heard you read a letter from a radio listener about a wonderful healing which she had. May I tell you about the marvelous healing which I had?

It has been nearly four years since I have had an attack of epilepsy! I never knew what caused the seizures. I had been taking about three or four grains of phenobarbital every day and was sleepy all the time. One morning on radio you discussed some psychosomatic research work on epilepsy, saying that *suppressed emotions, intense hatred, and hostility toward parents often were causative factors.* This was true in my case. I began to pray systematically, pouring out love and goodwill toward my parents until I could meet them in my mind and be at peace.

Every night and morning for about six months, I repeated slowly, *"God is healing me now."* One morning I knew I was healed as a tremendous feeling of joy welled up within me. I stopped taking the drug and went to my doctor; he conducted the usual brain tests—all were negative. That was almost four years ago.

The five-word formula (*God is healing me now*) you gave on the radio sank into my soul, and I am eternally grateful. It was so true that the suppressed negative electricity had to have a negative outlet, and it was expressed as epilepsy in my case. It is true that love is the great healer. Sincerely yours, J.D.M.

The Law of Belief and How to Use It

The law of life is the law of belief, and belief could be briefly summed up as a thought in your mind. To believe is to accept

something as true. Whatever your conscious, reasoning mind accepts as true engenders a corresponding reaction from your subconscious mind which is one with Infinite Intelligence within you.

Your subconscious mind works through the creative law which responds to the nature of your thought, bringing about conditions, experiences, and events in the image and likeness of your habitual thought-patterns, proving the truth stated so succinctly in the Bible: *As a man thinketh in his heart, so is he.*[3]

SUMMARY

Points to Remember

1. The Infinite Healing Presence which made you can heal you and make you whole. There is only one Cosmic Healing Power and that is God within you.
2. A woman healed her crippled hand by calling on the Infinite Healing Presence, and It responded and acted according to her belief; the so-called impossible became possible.
3. A cyst on the ovary and an abscess in the kidney were dissolved by a woman who believes that God's love can dissolve everything unlike Itself. If you can think a tumor into being (and you can), it is possible to "un-think" it.
4. In spiritual healing, you must understand what you are doing and why you are doing it. True spiritual healing is the synchronous union of your conscious and subconscious mind, scientifically directed by Cosmic Power.

[3] Proverbs 23:7.

5. A tailor's eyesight returned when he entered into the spirit of forgiveness and affirmed feelingly and knowingly: *By day and by night I am seeing more and more of God's love, light, truth, and beauty in every person and in every thing.*

6. A miracle is something that happens naturally when one brings in a higher Cosmic law than those which man has heretofore known.

7. A writer healed her frustration by realizing that Infinite Intelligence knows the answer and that she was receiving it *now*. The answer popped into her mind like toast pops out of a toaster.

8. A teacher ceased rehearsing her aches, pains, and difficulties, and turned to God. She claimed promotion, peace, health, and harmony, and her desires were granted. The Bible says: *He shall call upon me, and I will answer him* . . . (Psalm 91:15). God is the Infinite Intelligence within you which responds to your thought.

9. There is a five-word magic formula for healing: *God is healing me now.* A woman applied it and was healed of epilepsy of ten years standing.

6

How to lead a successful life and gain promotion

Every man's life from beginning to end is a plan of God. The famous German philosopher, poet, and dramatist Johann Goethe said, "Life is a quarry, out of which we are to mold and chisel and complete a character." The Bible says, *I am come that they might have life, and that they might have it more abundantly* (John 10:10).

You are here to lead a full, happy, and glorious life. You are here to release your hidden talents to the world, to find your true place in life, and to express yourself at your highest level. When you find your true place in life, you will automatically become a tremendous success. You will be perfectly happy, and health, wealth, and all the blessings of life will follow.

Your success or failure in the art of living a glorious and wonderful life depends on the nature of your habitual thinking and on your true desire to transform and to recast substantially those patterns of thought. Get a new perspective, a new approach, and a new vision about life, God, yourself, and the universe.

Remember, there is a right way and a wrong way to think,

speak, act, sing, drive a car, to imagine and feel, and to conduct a business or a profession. Learn how in Cosmic Wisdom to think right, feel right, act right, be right, do right, and pray right, and all your ways will be ways of pleasantness and all your paths will be lanes to happiness and peace.

How a Woman Received Specific Guidance

The following is a letter from Mrs. Vera Radcliffe, a distinguished organist, an artist who has tremendous faith in the Cosmic Power:

> Dear Dr. Murphy: Three years ago I was travelling in Kashmir, India. I became acquainted with a prominent jeweler in Srinigar, recommended by mutual friends. Since I could buy there much below the American market, I bought $800 worth of their specialties, superior to gems from any other country, such as star rubies, topaz, and sapphires. I checked the credit of said jeweler, and, getting fine reports, I left a check for the order and as I was on my way around the world by air travel, had the merchandise sent to my home.
>
> After returning home, the package did not arrive at the appointed time. Over the next year there were no answers from Kashmir to my eight polite but firm, insistent letters. Since I had exhausted my conscious directions of action, I started praying for Divine guidance and knowing that there would be a complete filling of the order.
>
> I have a friend of whom I'm very fond but whom I seldom see or talk with, since we live about fifty miles apart and our busy schedules do not fit timewise. Gene telephoned and said we hadn't chatted leisurely for over two years and would I come to lunch, so we met at a lovely restaurant centrally located for us both. After "catching up" on our activities, she asked how I liked India. I replied that I had had a wonderful time but with one flaw—that of the above transaction. She disclosed she was a close friend of the Vice President of India. He had stayed at her home as an exchange student many years ago. This all came as a complete surprise to me.

Gene volunteered to write for help in my behalf. Within five weeks all the merchandise was delivered complete—with apologies! Please accept my sincere thanks for helping me with this problem. Kind regards, Vera Radcliffe, Studio City, California.

A Hidden Talent Revealed

A young woman came to see me some months ago and said, "I'm a misfit. No one wants me. I'm a square peg in a round hole." I explained to her that each person is unique and that no two people are alike, any more than are two crystals of snow, or two leaves of a tree. God never repeats Himself; an infinite differentiation is the law of life, and there is no such thing as an unneeded person. I quoted Emerson for her, where he said, "I am an organ of God and God hath need of me where I am, otherwise I would not be here."

She asked, "What is it God wishes me to do?"

The answer is simple, and the prayer that she applied to follow God's will also is simple, direct, and to the point.

> *God reveals to me my hidden talents and whispers into my heart the thing He wants me to do. I know that God is Infinite Intelligence and is seeking expression through me. I am a focal point of Infinite Life in the same way that an electric bulb is a focal point for the manifestation of electricity. God flows through me as harmony, health, peace, joy, growth, and expansion along all lines. I recognize the* lead *which comes into my conscious, reasoning mind, and I give thanks for the answer now.*

After a few days a deep urge came to her to take a certain business course which she is now ardently pursuing, and because of her great sincerity she will undoubtedly be an outstanding success.

Living the Triumphant Life Now

In February of 1966, I gave a series of lectures at the Unity Center in New Orleans, Louisiana. A newspaper man there told me that one of his assignments at one time had been to ask a number of people the following question: "What have you to live for?" He said that some of the answers took his breath away, and that others made his hair stand on end.

Many men said in substance, "I'm here to eat, drink, and be merry, for tomorrow we die." A large percentage of the people interviewed said that they were waiting to retire at 65, and then they had plans to travel to different parts of the world. Some said that they were waiting to die, that they were good Christians and would go to Heaven and there be forever with God.

About 10 per cent of those interviewed said that they didn't know why they were here or where they were going, and that when they died it would be the end—they would become just clods of earth, and there was no future life. About five per cent were waiting for their children to grow up and get married; then they would travel and do the things they had always wanted to do. A small percentage were waiting for the old folks to die, and then they would decide what to do.

All these people were waiting for something to happen, instead of realizing that "God is the Eternal *NOW*."

Accept Health, Wealth, and Happiness NOW

NOW is the time. Countless people are continuously looking forward to the future for better times. They are constantly saying that some day they will be happy, prosperous, and successful.

The other day in a restaurant, I heard a man say to his companion that some time he would hit the jackpot and make his mark in the world. The other replied, "I hope some day I will get a healing for my arthritis." They were postponing their good and looking to the future for its fulfillment.

The truth is that all the powers of the Cosmic Mind are within.

Peace is now; you can claim that God's river of peace flows through you. Healing is now; feel and know that the Infinite Healing Presence which made you is now transforming, healing, and restoring every atom of your being. Claim that the Creative Intelligence which made you knows how to heal you, and that Divine Order governs your mind and body.

Wealth is available now—it is a thought-image in your mind. If you claim it boldly now, a new creative idea will come to you worth perhaps a fortune. Affirm: *God's wealth is now circulating in my life. I am engraving this idea in my subconscious mind, and I know that whatever I impress on my subconscious mind will come to pass.* Actually, the response of your subconscious is compulsive, and you will be compelled to express wealth. Why wait for it?

Strength is now. Call on the Infinite Power of God within you, and this power will respond, energizing, vitalizing, and renewing your whole being.

Love is now. Know and believe that God's love envelops and saturates your mind and body, and that this Divine love will be filtered through and made manifest in all phases of your life.

Guidance is now. Infinite Intelligence within you knows the answer, and It responds to the nature of your request.

Claim your good NOW. You do not create anything; all you do is to give form and expression to that which always was, now is, and ever shall be. Moses could have used a loud speaker, a radio, or a television. The idea or principle by which these are made always existed in Infinite Mind. Plato referred to the "archetypes of Divine Mind," which simply means that there is an idea or a pattern in Divine Mind behind every created thing in the universe.

How to Plan a Glorious Future for Yourself

Did you ever stop to think that if you are planning something in the future, you are planning it now? If you are fearful of something in the future, you are fearing it now. If you are thinking of the past, you are thinking of it now. The onlv thing you

have to change is your present thought. You are aware of your present thought, and all that you can realize is the outer manifestation of your habitual thinking at the present moment.

The past and the future are two thieves. If you are indulging in remorse and self-criticism over the past mistakes and hurts, the mental agony you experience is the pain of your present thought.

If you are worried about the future, you are robbing and stealing from yourself joy, health, and happiness. Count your blessings now and get rid of the two thieves.

To think of a happy and joyful episode in the past is a present joy. Remember, the results of past events—good or bad—are but the representatives of your present thinking. Direct your present thought into the right channels. Enthrone in your mind peace, harmony, joy, love, prosperity, and goodwill. Dwell consciously and frequently on these concepts and claim them—and forget all other things.

> *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).*

Take this spiritual medicine frequently and you will experience a glorious future.

How a Maid Got a Wonderful Car by Writing a Letter to Herself

A maid was putting aside $3.00 a week out of her meager wages in order to buy a car. Her sister gave her a copy of one of my books, *The Power of Your Subconscious Mind,*[1] and she read it avidly. She later told my secretary, Mrs. Jean Wright, that she sat down one night and wrote a letter to herself in order to impress her sub-

[1] *The Power of Your Subconscious Mind,* Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

conscious mind with the idea of a car. The gist of her letter was that she gave thanks to God for the lovely car that she now had and that she accepted it gladly and rejoiced that it was fully paid for and functioning perfectly. She placed the letter in a desk drawer and marked the envelope, "My answered prayer. Thank you, Father."

The sequel is interesting. On the following Sunday she went to her church, and, during a conversation with one of the ushers, she commented on his new and beautiful Cadillac. He said, "I want to sell one of my cars. Do you know anyone who wants a good car?" she replied, "I do, but I have only $45.00 saved." The usher said, "That will be all right; I have no storage space for it. Take the car for $45.00"—which she did. Her car has been functioning perfectly for over two years. Before, she had figured it would take her about three years to accumulate funds for a down payment on a car. But she had claimed the car *NOW*.

A car is a Divine idea in your mind, and if all the motors in the world were destroyed by some holocaust, an engineer could design another and we would have millions of motors in a few months. The idea and the principle of an automobile are in Infinite Mind, which is within you.

How an Eight-Year Old Boy Received a Gift He Wanted

Shakespeare said, "All things be ready if the mind be so." The Bible says, *Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields, for they are white already to harvest* (John 4:35).

These two quotations apply only to your mental and spiritual world. As previously indicated, all things are present in Infinite Mind as ideas, mental patterns, and principles.

A boy about eight years of age was brought to see me by his mother. He had been disobedient, obstinate, and rebellious. It seemed that all his playmates had dogs, most of which were Irish terriers, and he was constantly crying for a dog. He deeply

resented his mother and father for their unwillingness to grant him a pet dog. His mother had told him that dogs were dirty animals and she would not have one in the house, but that when he grew up and was eighteen he could have one and take care of it himself.

The little boy could not understand why he had to wait ten years for a dog. At my request, the mother left him alone with me for half an hour or so, and he poured out all his troubles. I told him to picture the dog he wanted and in his imagination to fondle it and stroke it every night prior to sleep, just to feel that there was a dog right there in the room with him, and that he had his arms around the dog. I suggested that he do this every night.

The boy's birthday occurred a few weeks later, and his grandfather visited him, presenting him with a $3,000 check to be deposited for his education later on—and in addition he brought him a puppy, an Irish terrier! The grandfather was received with *éclat* by the whole family, and all opposition to the dog melted in the burst of approval of the two gifts.

This little boy did not have to wait ten years for a dog after all. He had collapsed time by the intensity of his thought when he entered into the joy of having a dog *now*. The Book of Proverbs says, *Hope deferred maketh the heart sick . . .* (Proverbs 13:12). Your harvest is ready *now* in your mind. Ready your mind to receive your good *now* without further postponement.

How Cosmic Love Responded to a Widow

I recently interviewed a widow who said that she had been praying three years for a husband, but that she had never met the right man. In talking to her I discovered she had been erecting obstacles and barriers in her own mind, because her silent thought was, "I would like to marry when I retire; then I could travel and be free to enjoy life with my husband." She had been projecting marriage into the future and was defeating her own purpose.

I explained to her how to collapse time. I suggested that she feel the ring on her finger at night prior to sleep, sensing the

tangibility and naturalness of it; moreover, it would mean to her psychologically that the marriage to the ideal man had already taken place and that she should rejoice in the reality of the marriage now.

She did this every night for a week, entering into the feeling and delight that would be hers if she were already married. At the end of that time her son's Boy Scout master, whom she had met socially, proposed to her, and I had the privilege of performing the marriage ceremony.

This proves that you can realize in your mind the desire of your heart without procrastination. This woman's mental picture and the *feel* of the ring were conveyed to her subconscious mind, and the Infinite Intelligence resident in her subconscious responded and brought both of them together. She called her subconscious her "invisible matrimonial agent"—and rightly so!

How a Promotion and an Enormous Increase in Salary Were Obtained

An engineer once told me that he was trying hard for promotion, but that since others in the organization had priority over him in years of service, he supposed he would have to wait perhaps for several years. This engineer also had a pilot's license and flew planes for research purposes from Los Angeles to New York and other cities. I asked him how long the flight to New York would take. "Oh," he said, "by jet, less than five hours," i.e., he collapsed over 3,000 miles of space into five hours or less. The old horse and wagon might have done it in eighteen months.

Our mathematicians and scientists are pointing out that time and space are one and correlated, and that when we collapse time we collapse space. I told him frankly that he promoted himself, but first he would have to remove the barricade and stumbling blocks which were there in his own mind, preclusions such as "Others are ahead of me," "I'll have to wait," etc.

For about five minutes morning and evening he quieted his mind and imagined his wife saying to him, "Darling, I'm delighted about your promotion and your increase in salary. It's

wonderfull" He felt her embrace and sensed the reality and naturalness of her voice, her gestures, and her expressed joy.

In a few weeks' time, he realized his cherished goal. At this writing, he is working on his ideal project, doing top secret work, with an increase in prestige and an enormous increase in salary.

How a New Lease on Life Was Secured

Recently a man phoned me from Texas and elaborated on his many troubles, and he ended up by blaming God for all his reverses. I explained to him, however, that the universe is one of law and order, and that God among other things is Principle or Law, and if man breaks a law, he will suffer accordingly. It is not a question of punishment by an angry God. On the contrary, it is an *impersonal* matter of cause and effect. If a man misuses the law of mind, the reaction will be negative, but if he uses the law correctly, it will help him and heal him and restore his soul. I instructed him over the phone on how to become a free-flowing channel for Divine Life and gave him the following prayer to use frequently:

> *I am a clear, open channel of the Divine, and Infinite Life flows unobstructively through me as health, peace, prosperity, and right action. I am constantly releasing new, creative ideas and am setting free the imprisoned splendor within.*

This man has received a new lease on life and has told me that he now is just beginning to live. He added ruefully, "I stopped blocking my good. I have taken my foot off the hose, in a manner of speaking, and the waters of Life are flowing abundantly into my life."

He has learned to relax and let go, and he has ceased pressing the weight of his negative mentality upon the infinite pipeline of life. Consequently he immediately began to receive the blessings of life.

How to Experience Happiness and Success in Your Life Right Now

There is only one Cosmic Power animating the entire universe. God is Life and that is your life now, but this Life-Principle may be directed constructively or destructively, because you have the ability to choose and to decide.

When you tune in with the Cosmic Power and let It flow through you harmoniously, peacefully, and joyously, and when you think right, feel right, and act right, your life will be one of unalloyed happiness and success along all lines—right here and now.

You are using the Life-Principle destructively whenever you indulge in fear, regret, remorse, or in any form of negative thinking. All resentment, bitterness, hostility, spiritual pride, self-will, criticism, and condemnation of others are especially disastrous methods of misapplying the Life-Principle.

When we cohabit mentally with thoughts of fear, anger, hate, or jealousy, our life force gets snarled up in our subconscious mind, in the same way as if you put your foot on the garden hose, thereby blocking the flow of water. In like manner, the negative emotions which are dammed up in our subconscious come forth as all manner of diseases, both mental and physical.

The Joy of Overcoming All Your Problems with Cosmic Science

You are here to reproduce all the qualities, attributes, potencies, and aspects of God. Inasmuch as this is the true reason for your existence, it behooves you to have a wholesome dissatisfaction with anything less than complete harmony, health, and peace of mind.

An inquietude or restlessness regarding frustration, lack, and limitation should become a great incentive to you, enabling you to overcome all difficulties through the Cosmic Power within you.

Your joy is in overcoming. Problems, difficulties, and challenges of life enable you to sharpen your mental and spiritual tools and enable you to tap your hidden power and to release the treasures of the infinite storehouse of riches within.

Whatever you desire is already available as a thought in your mind. Claim what you want, and feel its reality. Infinite Mind is spaceless and timeless. Cease limiting yourself. Remove all stumbling blocks which are in your mind and enter *now* into the joy of the answered prayer.

. . . *Lift up your eyes, and look on the fields; for they are white already to harvest* (John 4:35). The harvest is the fruit of Cosmic goodness.

SUMMARY

Profitable Thoughts

1. You are here to lead a full, happy, and glorious life.
2. There is a right and a wrong way to think, speak, act, sing, drive a car, to imagine and feel, and to conduct a business or a profession. You must know the difference.
3. Call upon the Supreme Intelligence within you, and It will whisper into your heart the thing God wants you to know and to do.
4. Health is now. Wealth is now. Power is now. Love is now. Guidance is now. God is the Eternal *now*.
5. If you are planning something in the future, you are planning it now. If you are thinking of the past, you are thinking of it now.
6. You can write a letter to yourself, thereby impressing

your subconscious mind with your idea or desire. Mark your letter "My Answered Prayer." It works!

7. All things be ready if the mind be so.
8. Your subconscious is the "invisible matrimonial agent." If a woman will feel the imaginary ring on her finger prior to sleep, sensing the tangibility and the naturalness of it, her subconscious will respond with the tangible answer.
9. Every man promotes himself. Imagine that a loved one is congratulating you on your marvelous promotion. Keep it up! Perseverance with this picture pays fabulous dividends.
10. The universe is one of law and order, and if a man misuses the laws of mind he will suffer accordingly.
11. Negative emotions snarled up in the subconscious mind come forth as all manner of disease and malfunction.

7

The greatest secret of the ages

You will never be truly effective in prayer until you awaken to the greatest of all truths and the secret of all the Bibles in the world. It is expressed in our Bible in Deuteronomy 6:4: *Hear, O Israel: The Lord our God is one* . . . which means: *Hear* (understand), *O Israel* (illumined or awakened man): *the Lord* (the Lordly Power, the Supreme Power) *our God* (our Ruler, the Cosmic Power) *is one* (One Power—not two, not three, not ten, not 1,000—just *one*).

The Truly Effective Prayer Which Transforms Your Life

God is, and all there is, is God. This Presence and Power are within me, flowing through me as harmony, health, peace, joy, right action, abundance, true expression, and inspiration. I am a clear channel for the Divine, and I know that as I think and feel these truths I will experience all the blessings of life. I make a habit of this prayer, and wonders happen in my life. This

establishes a new cycle of consciousness which transforms my life.

Keep Your Eyes on the Cosmic Beam and Move Ahead in Life

Cease going around in circles! Keep your eyes on the beam of God's glory and move forward in the Light. Cease going through life like a stereotyped machine repeating the same old clichés, thinking the same old way, and reacting in a mechanical way.

When your car becomes old, you get a new one. For much the same reason, from time to time, you get a new suit of clothes, a new home, or perhaps a new and better office. What about acquiring a new vision, a new image of yourself, right now? Expect the best, look forward with anticipation to a most glorious future, believe it is possible, live with the new image of yourself, and you will experience the joy and thrill of the fulfillment of your dream.

What are you aware of today? What is the level of your perception? You are looking at members of your family, you see your wife, your husband, your children, and you hear them speak. Yet there are many things in your home of which you are not aware. You know if you turned the dial of a television set or a radio, you would hear voices and music which are here now. But are you aware of the Divinity within you, which can heal, inspire, lift you up, reveal your hidden talents to you, and literally work miracles in your life? This untapped Power is always there. Begin *now* to use It!

How a Space Scientist Gets Answers in Space Research

Dr. Lothar Von Blenk-Schmidt, an air space scientist and member of the Rocket Society who lives near me, told me that whenever he has a problem in the engineering department relative to space projects, he stills the wheels of his mind and affirms quietly: *Infinite Intelligence within me casts light on this project,*

and suddenly his mind is illuminated with the answer, which sometimes appears as a graph in his mind. Infinite Intelligence within him responds to his requests.

Get a New Image and Become What You Want to Be

You must move mentally from the old patterns of thought and in the realm of your own mind dwell on the way you want things to be. If you want to go to San Francisco, you obviously must leave Los Angeles. Likewise, if you want to be a happy man, a joyous man, a prosperous man, and a successful man, you must leave behind you as a closed book your old grudges, peeves, negative thinking, and self-denunciation and get a new self-image.

Picture yourself as the man you want to be. Be faithful to the new image, and it will sink down, by a process similar to osmosis, to your subconscious mind where it will gestate in the darkness, and after a while it will come forth in your experience as the joy of the answered prayer. You will become a new man in God and go forward from glory to glory.

How You Can Achieve Great Things

Direct your mind joyously, positively, and definitely in the direction of advancement, promotion, achievement, and accomplishment. Move mentally and spiritually to establish in your mind a new residence wherein you may live in the mental atmosphere of achieving, accomplishing, and fulfilling your heart's desire. Your assumption that the new image of yourself is real, and your sensing the reality of it in your mind, will cause your idea to jell within you and thereby become a living fact.

Don't go home or to work the same way every day; don't read the same old newspapers all the time; don't talk the same old way. Avoid the clichés of your everyday speech. Get a new set of friends, go home by a different route—you may perceive opportunities and values you never saw before! Think about everything

and every person from the standpoint of the Cosmic Power, and you will achieve and accomplish mighty things.

How to Banish a "Jinx"

Last year I interviewed a man who had gone bankrupt a short time previously; he had developed ulcers and high blood pressure and was, as he said, "in a mess." He believed that there was a curse following him, that God was punishing him for his past sins, that God had it in for him, and that he was now reaping his just deserts. All these were false beliefs in his mind.

I explained to him that just as long as he believed there was a jinx following him he would suffer, for the simple reason that man's beliefs take form as experiences, conditions, and events. I gave him the following prayer which worked miracles in his life; it will do the same for you:

> *There is but one Creator, one Presence, and one Power. This Power is within me as my Mind and Spirit. This Presence moves through me as harmony, health, and peace. I think, speak, and act from the standpoint of Infinite Intelligence. I know that thoughts are things, what I feel I attract, and what I imagine I become. I constantly dwell on these truths. Divine right action governs my life. Divine Law and Order reign supreme and operate in all phases of my life. Divine guidance is mine now. Divine success is mine. Divine prosperity is mine. Divine love fills my soul. Divine wisdom governs all my transactions. Whenever fear or worry come into my mind, I affirm immediately: "God is guiding me now," or, "God knows the answer." I make a habit of this, and I know that miracles are happening in my life.*

He prayed out loud in this manner five or six times daily, and at the end of a month his health was restored and he was taken in as a partner in a growing concern. His whole life had been

transformed. The new idea enthroned in his mind became his master and compelled him to express the riches of life.

Ideas are our masters. We are controlled and governed by ideas. Enthrone in your mind the Divine ideas suggested to this man, and watch wonders begin to happen in your life.

Her Belief in One Cosmic Power Healed Her

Recently I talked to a woman who was being treated with ultrasonic therapy and aspirin for arthritis. She had been praying, but she said, "Every time I begin to think of health, harmony, and peace, the thoughts of incurability, pain, and deformity fill my mind, and I can't think of health."

The reason for this was that since infancy she had been conditioned to a belief in the incurability of many diseases, and since she believed that arthritis is crippling and cannot be healed, she seemed to lack the capacity to deliberately, incisively, and decisively choose health, harmony, and wholeness. She was able to neutralize this attitude, however, after she followed my instructions.

I explained to her that the first thing she had to do was to disabuse her mind of a belief in two powers, one causing sickness and the other determining the degree of health. She actually believed in these two powers and failed to perceive the simple truth that the cause of all sickness, poverty, misery, and suffering in the world is the rather prevalent belief in them which causes the mind to be doubleminded and unstable in all its ways.

She decided to get back on the beam, so to speak, and, bringing her mental field of vision into focus, she affirmed boldly:

> *I believe once and for all that there is but one Cosmic Power, which is all wholeness, beauty, and perfection. I know and believe that the greatest secret in life is to know and to believe in the one Power which is infinitely good and perfect. I consciously claim that the healing love of this Power which created me is now dissolving all deposits in my body which do not belong there. I am*

a temple of the Living God, and I glorify God in my body.

As she continued in this prayer, her faith in the one Power increased and her belief in an evil power gradually diminished until her conviction of the one Cosmic Power reigned supreme in her mind. She continued with ultrasonic therapy, and gradually her limbs became supple. All the calcareous deposits characteristic of arthritis were eliminated, the edema subsided, and her body became a channel for the one Presence and the one Power which always moves as beauty, love, and peace. Her enthronement of the one Power in her mind and her belief that It was functioning in her body neutralized everything that contradicted this in her subconscious mind.

Let Your Head-Knowledge Become Heart-Knowledge

A woman once told me about her wonderful philosophy of life. She had written a thesis called *A Way of Life*, all of which was very sound scientifically and true spiritually. Yet her personal life was chaotic: she had been divorced four times (her age was 25), she was an alcoholic, and she was unable to pay the rent.

I explained to her that her theories, postulates, and philosophical niceties must become embodied and made manifest in her experience; otherwise they were meaningless. In other words, her "head-knowledge" had to become "heart-knowledge"; that is to say, she had to assimilate and appropriate these truths until they became a living part of her, in the same way as a piece of bread becomes a part of her blood stream.

Her thoughts, theories, and ideas—while lovely—were not demonstrated in her body, her experience, or her character. The only way she could demonstrate her theories was to put them into practice in her life, which is exactly what she had failed to do.

I gave her a pattern of prayer, and as she regularly and systematically filled her mind and heart with these truths, she became completely transformed. This is the prayer she used:

God is love, and His love fills my soul. God is peace, and His peace fills my mind and body. God is perfect health, and His health is my health. God is joy, and His joy is my joy, and I feel wonderful!

The scientist puts forth a theory or a hypothesis, but before it is generally accepted as a scientific fact it has to be validated objectively on the screen of space; otherwise it remains merely a theory. The thought must be made flesh, which means it must be embodied in your experience. You must demonstrate your religious beliefs in all areas of your life.

Why Doesn't God Do Something About War, Crime and Disease?

A man recently said to me, "If God exists, why doesn't He stop war and crime and wipe out disease?" This same cry is on the lips of many people, and it has been so for ages. Often you hear people cry, complain, whine, and say, "Why does God allow me to suffer so? Why did God visit this sickness on me? I am so good, I follow all the rules and tenets of the Church, and yet I am suffering. Why?"

The answer is rather simple, I am glad to say, and that is that God (the Cosmic Power), which is Infinite Mind, Infinite Intelligence, and Infinite Life, indwells each man, and every time man thinks, he is using the creative power—for good or for evil. Ralph Waldo Emerson said, "Man is what he thinks all day long," and the Bible says, . . . *as he thinketh in his heart, so is he* . . . (Proverbs 23:7).

Occasionally I visit people in the hospital, and some say, "Why did this happen to me? I hate no one." Others say, "God is punishing me. Why?" The explanation is the cure, in most cases: If you think good, good follows; if you think evil, evil follows.

Down through the ages theologians have brainwashed and hypnotized people into believing that evil was caused by a devil with hoofs and horns, bat-like ears, and a pointed tail which stings—a sort of hideous monster that tempts us to do evil. There

is no such being; it is a figment of the imagination and a projection of the distorted, twisted imagination of man.

When we are very young, our minds are impressionable and we are not capable of indulging in abstract reasoning; therefore, we accept these weird pictures which are suggested by our parents and others, just the same as if you hypnotized a person and said to him, "You now see a snake crawling across the room." His subconscious [1] would automatically accept that suggestion, and he would see the thought-form of a snake. To him it would seem to be real. This is why you read that Martin Luther threw an inkwell at the devil, which was nothing more nor less than a projection of his own thought caused by the illusions and delusions of his mind mind regarding good and evil.

The Superstitious Origin of the Belief in Two Powers

When we were children, we thought only in pictures or mental images, and, not knowing better, we projected these images of a God and a Devil. We envisaged God up in the heavens and the Devil down below somewhere in hell, not realizing that in actual fact we create our own heaven and our own hell by the way we think, feel, and believe.

Primitive man in the jungle attributed pleasure to the gods and all pain and suffering to evil spirits or devils of his own creation. Prehistoric man realized that he was subjected to forces over which he seemed to have no control. The sun gave him heat, but it also scorched the earth. The fire burned him; the thunder terrified him; the water flooded his lands; and his cattle were drowned. His understanding of external powers consisted of primitive and fundamental beliefs in many types of Gods.

From this crude reasoning, he proceeded to supplicate the intelligences of the winds, the stars, and the waters, hoping they would hear him and answer his prayer. He proceeded to make offerings and sacrifices to the gods of the wind and the rain. Primitive man

[1] See *The Power of Your Subconscious Mind* by Joseph Murphy, Prentice-Hall, Inc., New Jersey, 1963.

divided the gods and genii into beneficial and malignant powers. Hence, the universality of these two characters in all systems of religion. Today we have a hangover from these age-old superstitious beliefs.

Your Freedom to Choose Health, Happiness, and Prosperity

When I was a very young boy, and before I had the ability to think abstractly, I was told that God was a beneficent, kindly old man up in heaven with angels all around him, that the streets of heaven were paved with gold, and that if I would be good I would some day go to heaven, but if I was bad I would go to hell.

Man is a free being, and he has the freedom to become a cutthroat, a gangster, a murderer, or a healthy, happy, joyous, and prosperous man dedicated to God, to his country, and to the world. *Man is not compelled to be good.* He has freedom to be good or to be bad. If he were compelled to be good, there would be no freedom; man would be an automaton with no free choice or will.

All of our suffering, pain, and misery are due to our ignorance, misuse, and misapplication of universal laws and principles. Our ignorance of the laws of life must yield to the wise use of both these laws and those of the universe.

There is only one Creative Power, but It is called by many names, such as God, Allah, Brahma, Reality, Cosmic Power, etc. In the absolute sense this Power moves as unity, harmony, peace, beauty, order, rhythm, and love; but man has freedom to use this Power constructively or destructively, as he chooses. *Behold I set before you this day, a blessing and a curse; A blessing if ye obey the commandments . . . and a curse if ye will not obey . . .* (Deut. 11:26-28).

There is only one Cosmic Power, and I would like to insist that you can never really experience true happiness and true peace of mind until you acquire a deep and abiding conviction in the one Presence and the one Power operating in your life.

Your real freedom from want, fear, and sickness comes with

your new awareness, conviction, and absolute belief in the one Power in which there are no divisions or quarrels. There cannot be two powers; one would cancel out the other, and there would be chaos everywhere. Become an open channel and let God's love, harmony, and peace flow through you at all times.

The Knowledge That Gives You Peace, Harmony, and Answers to Your Problems

God is Infinite, and Infinity cannot be divided or multiplied. The Bible says, *I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things* (Isaiah 45:7).

This Bible quotation dramatizes and portrays lucidly that there is but one Power which you can use to give you light, which means that when called upon consciously by you, Infinite Intelligence will cast light on any problem. You create darkness when you say, "I'm stymied; I'm blocked. There is no way out. It's hopeless." By your conscious decree, when you have adopted this mental attitude, you are simply saying: "Infinite Intelligence does not know the way out," and according to your belief you live in the darkness and confusion created by your ignorance or misuse of this Cosmic Power.

You create peace by dwelling mentally on whatsoever things are true, lovely, noble, and God-like. You create evil in your experience by thinking negatively, viciously, and destructively. In other words, ask yourself this question: "How am I using this Power?" When you use It constructively, harmoniously, and according to Its nature, you may call It "God in action," and when you use It destructively, negatively, and contrary to Its nature, you may call It "the Devil" or "Satan."

Good and Evil in Your Life Are Determined by Your Thought

All the forces of nature may be used two ways. How can any man on the face of the earth become a new man and experience a

new birth, or an inner transformation, except he understands the simple truth expounded here? Remember, you can never really grow and advance spiritually until you come to the absolute conviction that there is but one Power. *I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images* (Isaiah 42:8).

You can use electricity to vacuum the floor, to illuminate your home, or to kill someone. You can use water to drown a child or to give it a bath. The same wind that drives a ship onto the rocks will also carry it to safety. You can use nitric acid constructively in various chemical and industrial processes, or you can use it to blind someone. You can use atomic energy to drive a ship across an ocean or to destroy cities, towns, and people.

Good and evil are in the mind of the individual—they are nowhere else. Whether a thing is good or bad depends on the use to which it is put, and in the final analysis, that is determined by the thought of man.

You Become What You Contemplate

Believe nothing you do not understand. Put it on the shelf of your mind and say to yourself, "My Higher Self sheds light on this subject." Every belief tends to manifest itself. For example, if you believe you have to come back again and again to this plane to expiate for your sins, you are definitely placing yourself in chains of bondage and thralldom, thereby inhibiting your spiritual growth.

Think big from now on. Enlarge your vision. Contemplate freedom, peace of mind, abundance, and goodwill to all. You become what you contemplate. Your new self-image has its own mathematics and its own power of self-expression; there is nothing to oppose you, so there is no cause for anxiety or worry.

Your Heavenly Vision

Turn your eyes to the Cosmic Power within and keep yourself on the beam of God's glory, and you will rise higher and higher

every day. You will go from power to power, from octave to octave, and from glory to glory. God keep you on this path now and forevermore.

SUMMARY

Ideas Worth Recalling

1. The greatest secret of the ages is to know there is only one Power, God—not two, not three or more, just *one.*
2. The truly effective prayer is voiced while realizing that God's Presence flows through you as harmony, health, peace, joy, right action, abundance, true expression, and inspiration.
3. Keep your eyes on the beam of God's glory and move forward in the Cosmic Light.
4. If you have a problem and can't solve it, affirm quietly: "Infinite Intelligence within me casts light on this project."
5. Picture yourself as the person you want to be. Be faithful to the new image, and your subconscious will bring it to pass.
6. Think from the standpoint of Divine Principle about everything, and you will accomplish and achieve great things.
7. Ideas are our masters. We are controlled and governed by ideas of our own making.
8. Consciously claim that the healing power of God which created you is now dissolving all disease deposits in your body. Let God's love heal you.

9. Head-knowledge is not enough; it must become heart-knowledge to be truly effective.
10. Every time a man thinks, he is using the Creative Power. Use It for Cosmic good in your life.
11. Man creates his own heaven and his own hell by the way he thinks, feels, and believes.
12. You have the freedom to choose health or sickness, wealth or poverty. You are a choosing, volitional being. Choose health, harmony, and happiness as your Cosmic birthright.
13. When you use the one Cosmic Power constructively, It is called God. When you use It negatively, men call It the devil or Satan. All the forces of nature can be used two ways. Whether a thing is good or bad depends on the use to which it is put, and that is determined by the thought of man. The key to the degree of happiness in every man is his thought.
14. Our good and evil depend on the way we use our mind.
15. Every belief tends to manifest itself. Believe only that which is lovely, noble, and God-like and it will come into your experience.
16. Focus your attention on the great truths of God—this is the Heavenly Cosmic vision.

8

How to make right decisions with Cosmic Power

All successful men and women possess one outstanding characteristic, and that is their ability to make *prompt* decisions and to *persist* in carrying those decisions through to *completion.*

A distinguished industrialist once told me that in his fifty years' experience in dealing with men and women in the commercial and industrial fields, he found that all those who failed had one characteristic in common: it was that they hesitated to make decisions, and they vacillated and wavered. Further, when they did make decisions, they were not persistent in adhering to those decisions.

The Power of Decision

The power to decide and to choose is the foremost quality and the highest prerogative of man. Man's capacity to choose and to

initiate what is chosen reveals his power to create as a son of God.

I have had a letter from a young man, dramatizing the power of decision. He came to a decision in his mind to acquire a Volkswagen automobile, knowing that as he decreed it with feeling, his deeper mind would respond in ways he knew not of.

How His Power of Decision Won Him a New Car

The following abbreviated letter is a marvelous example of making a clear-cut decision and persisting mentally in that decision.

> Dear Dr. Murphy: I came to a decision to purchase a car. I did not have the required amount of money. I decided to trust my deeper mind, and I dismissed the problem from my mind, knowing my subconscious had the answer.
>
> On April 8, a Friday night, a friend asked me if I would go to a teen-agers' fair, and I decided to go on Sunday night. A car was being given away that night. I had a chance of 35,000 to one to win. My name was selected, and I won the dream car of my mind!
>
> I know the reason I got the car was *my trust and faith in my deeper mind to solve the problem of a car.* As I continue to use the truths of God, my life is now in complete harmony. I would like to thank you for opening my eyes to this Cosmic Power. Seeing you each Sunday gives me what I need to go through the week. Your thoughts and words are giving me and my family a better life. Thank you sincerely, Phillip Brenot, West Los Angeles, California. P.S. You have permission to publish this.

How Courage to Decide Transformed a Life

A young woman once told me that she felt lonesome, baffled, and frustrated because she couldn't decide whether or not she should marry. Her mother was very domineering and objected to every young man in whom she was interested. This young woman

had lost all initiative and power of decision with resultant loneliness and frustration.

At my suggestion, she began to make one decision after another for herself, whereas previously her mother had made all decisions for her. She decided to get an apartment for herself and to furnish it. She came to a decision to purchase her own clothes. She decided to take up dancing, swimming, and golf. She got into the habit of making all decisions for herself. She finally decided to marry a wonderful man without consulting her mother or anybody else, but just following the dictates of her own heart. She discovered that it's never too late to start making decisions and to live your own life in a wonderful way.

Remember, it is never too late to bring order to a disordered mind or to disordered affairs by coming to logical decisions and letting those decisions stand.

How Power of Decision Brought About a Miraculous Healing

The following letter shows the faith of a woman in her own mental processes and in her ability to decide, knowing that her mind is one with the Cosmic Mind of God.

> Dear Dr. Murphy: A few years ago I had a serious automobile accident. The doctor said he had never seen a neck and back broken in so many places and he doubted I would live.
>
> I decided I would live and be healed by the Power of God. I knew that all the Power of the Godhead would respond to my decision, as I had heard you say many times that it is done unto you according to your decision. I asked your Prayer Ministry for prayers, and I claimed frequently that the Infinite Healing Presence was making me whole and perfect, and a marvelous healing followed.
>
> I had been told that I would have to wear a body and neck brace for several months and perhaps a year. I wore the brace only a few weeks, and there is nothing wrong with my neck and back now. My heart is full of gratitude. I

know it is done unto you according to your decision. I decided to be healed, and the Cosmic Power responded accordingly. Signed, E.D.

How a Pharmacist Makes Right Decisions

As I was talking one day with a prominent pharmacist, he mentioned that life, with its business and professional complications and its attendant confusion, often makes decisions difficult, but that he had mastered what he believed to be the ideal method of arriving at the right decision and the correct thing to do.

He said that his favorite Biblical quotation is *Be still, and know that I am God* (Psalm 46:10). Then he added, "I dwell on the fact that God indwells me, and I focus all my attention on the Infinite Intelligence within me. I imagine that God is answering me. I relax and let go completely and feel myself completely immersed in God's quietness and stillness. Inwardly, as clear as crystal, the answer pops into my mind, and it is always right for the occasion."

This pharmacist has evolved a wonderful technique for receiving answers to problems and for coming to the right decisions with true Cosmic Power. Thomas Carlyle once said, "Silence is the element in which great things fashion themselves."

An Effective Prayer for Right Decision

This is a prayer which I have given to thousands of men and women for guidance in making decisions. They have received marvelous results and have been blessed in all their decisions.

Whatever I need to know comes to me from the Cosmic Power within. Infinite Intelligence is operating through me, revealing to me what I need to know. I radiate love, peace, and goodwill to all mankind in thought, word, and deed. I know that what I send out comes back to me a thousand-fold. God in me knows the answer. The perfect answer is made known to me now. Infinite Intelligence and Divine wisdom make all de-

cisions through me, and there is only right action and right decision taking place in my life. I wrap myself in the mantle of God's love, and I know the Divine right decision is mine now. I am at peace. I walk in the Light, full of faith, confidence, and trust. I recognize the lead which comes into my conscious, reasoning mind. It is impossible for me to miss it. God speaks to me in peace. Thank you, Father, for the answer now.

Whenever you are wondering what to do or say, or what decision to make, sit quietly and affirm the above truths slowly, quietly, reverently, and with feeling. Do this about three times in a relaxed, peaceful mood, and you will receive the Divine impulse and you will experience the inner silent knowing of the soul, whereby you know that you know. Sometimes the answer comes as an inner feeling of certitude, a predominant hunch, or a spontaneous idea which wells up clearly in your mind, like toast pops out of the toaster. Intuitively, you will recognize the right answer, the right decision to make. Make right decisions by creative and intelligent prayer.

Logical Decisions Will Guide You

When you use the term "logical," you mean that your judgment is reasonable, sound, valid, based on the rational principle of the universe, or the way a thing is, or that which is consistent and deducible.

It is logical for you to think good, since only good can follow. It is illogical for you to think evil and to expect good, as seeds (thoughts) grow after their kind. This is a mental universe, and the mental law is always supreme. Logical decisions are always based on Cosmic Wisdom.

How a Woman Became a Stockbroker Against All Odds

A saleslady in one of the department stores in Los Angeles was interested in the stock market for many years and had become a

very successful investor. This young woman took a required course at night which qualified her for employment in a brokerage house.

She had numerous interviews but was unable to get employment because, as she said, of her sex. She said to me, "They just don't want women." I suggested that she come to a decision and affirm boldly, "I am now employed in a brokerage firm with a marvelous income consistent with integrity and justice."

I explained to her that the minute she came to a decision in her mind and persisted in that decision, her subconscious mind would respond and open up the way by revealing the perfect plan for fulfillment of her ideal. I instructed her also to follow the *lead* which would come to her conscious mind.

The sequel is interesting. A strong urge came to her to advertise in the local newspaper, offering to work free for two months and pointing out that she had a large circle of friends as potential customers. She had immediate offers from three firms, one of which she accepted.

This shows that you must have faith in your ability to decide, and that when you come to a clear-cut decision, backed by faith in the powers of your subconscious mind, wonders will happen in your life and you will banish all frustration.

Decide to Accept Your Cosmic Divinity Now

People who fear to make decisions or who are afraid to make choices are actually refusing to recognize their own Divinity, for God indwells all men. It is your Divine and Cosmic right to choose and to make decisions.

You can decide to be healthy, happy, prosperous, and successful because you have dominion over your Cosmic world. Your subconscious mind is subject to the decrees of your conscious mind (with Cosmic understanding), and whatever you decree shall come to pass. The Bible says. . . . *Whatsoever a man soweth* (in his Cosmic subconscious mind) *that shall he also reap* (Galatians 6:7).

The Cosmic Power Is No Respecter of Persons

The law of your subconscious mind plays no favorites, no more so than any other law of nature. It is illogical to put your hand on a hot stove; if you do, you suffer the consequences. To jump off the roof of a high building is illogical, as the law of gravitation is impersonal and not vindictive in any way. It is illogical to believe that two and two make five. It is foolish to go against the laws of nature, the immutable rules of God's universe—the way things are.

What Happens from Lack of Decision to Decide

A man once said to me, "I don't know what to do or what is reasonable or logical, and I won't make a decision." I explained to him that he had made a decision. He had decided not to decide, which meant that he had decided to take what comes from the mass mind, in which we are all immersed. Also, if he decided not to decide, the random mind would decide for him, inasmuch as he refused to govern his own mind.

He began to perceive that it was foolish for him not to do his own thinking, reasoning, and deducing, thereby permitting the law of averages or the mass thinking of the race to make decisions for him.

He reversed his attitude and asserted positively:

> *I believe in my power, my ability, and the integrity of my own mental and spiritual processes, and I ask myself, "If I were God, what decision would I make?" I know my motive is right, and my desire is to do the right thing. All my decisions are based on the fact that Cosmic Wisdom is making all decisions through me, and therefore it must be right action.*

Following this prayer, this man has made all business, profes-

sional, and family decisions, and he is leading a glorious and wonderful life. He has better health, increased efficiency, more love, more understanding, and prosperity along all lines.

The Cosmic Power Backs Up All Your Decisions

The Cosmic Power backs up all *your* decisions. You are a self-conscious individual, and you have the capacity to decide. It is wrong to let others decide for you or to say, "I will let God decide for me." When you say that, you mean a God outside yourself. The only way God, or Infinite Intelligence, will work for you is through you. In order for the Universal to act on the individual plane, It must become the individual.

You are here to choose. You have volition and initiative—this is why you are an individual. Accept your Divinity and your responsibility, and make decisions for yourself; the other does not know best. When you refuse to make decisions for yourself, you are actually rejecting your Divinity and you are thinking from the standpoint of the weakness and inferiority of slaves and underlings.

How an Alcoholic Was Healed Through His Power of Decision

A confirmed alcoholic told me that a man once pointed a gun at his temple and told him he would shoot him through the head if he drank the whiskey in front of him, and he said, "I had to drink it. I couldn't stop; it was a compulsive act. I didn't care whether or not he shot me."

This is to point out to you that all the power of his subconscious mind was behind his decision. He actually experienced according to his decision. He subsequently reversed this decision, and at my suggestion he declared solemnly for about ten minutes:

> *I have come to a definite conclusion in my mind, and my decision is that I am free from this curse of alcoholism. Through the Cosmic Power which backs up this*

decision, I am completely free, and I give thanks to God now.

This man has not touched any intoxicating beverages in over five years and is completely free of the habit. He is a new man in Cosmic Consciousness . . . *Be ye transformed by the renewal of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God* (Romans 12:2).

SUMMARY

Highlights to Remember

1. All successful men and women have an outstanding characteristic in common, and that is their ability to make prompt decisions and to persist in those decisions.
2. The power to decide is the foremost quality and the highest prerogative of man. It never fails in Cosmic Consciousness.
3. If you come to a clear and definite conclusion in your mind to possess a car, even though you have no money, if your decision is that your subconscious can and will supply the car and you believe implicitly in its power to do so, your subconscious will bring it to pass in ways you know not of. Its ways are past finding out by our conscious mind.
4. If you have been dominated by others and have permitted them to make decisions for you, start immediately to make decisions for yourself; then you will get into the habit of making all decisions for yourself. It is never too late to assert your own Divinity, which is

your capacity to make decisions for yourself. Do not abdicate your own power, privilege, and prerogative to others—this is a sign of weakness and inferiority, and a rejection of your own Divine powers.

5. You can make a decision that you will be healed through the Cosmic Power and if you persist in this decision all the Power of God will back you up. It is done unto you according to your decision.

6. In order to receive the right answer, sit serenely and feel yourself completely immersed in Cosmic quietness and stillness. Focus all your attention on the Cosmic Power within you. Invariably, as clear as crystal, the answer will come into your mind—and it is always right. It comes into your conscious mind like toast pops out of a toaster.

7. The prayer of right decision is based on the fact that Infinite Intelligence is responsive to your request. Know that Infinite Intelligence reveals to you what you need to know and that the right decision is yours now, and it will be right for the occasion.

8. A logical decision is one that is reasonable, sound, and valid, and, in addition, it is based on the laws of mind or the Cosmic principle of the universe. It is illogical to think evil and then to expect good fortune, health, or happiness.

9. There is always a solution for any dilemma; there is always an answer to every problem in Cosmic Wisdom. When stymied or blocked, decide right then and there that there is a solution, and your subconscious mind will be guided by Cosmic Mind to respond with the answer. It knows only the right answer.

10. Accept your Divinity of Cosmic Mind and decide now to be healthy, happy, successful, and prosperous. It is done unto you as you decide.

11. The law of your Cosmic mind plays no favorites. Use your mind wisely, judiciously, and constructively.

12. If you say, "I won't make a decision," you have decided not to decide, which is foolish and makes no sense. You are actually saying, "I'm going to let the random or mass mind decide for me." Decide from the standpoint of Cosmic Wisdom. If your motive is right, your action will be right. Decide for yourself now.

13. The Cosmic Power is behind all your decisions—good or bad. In order for God, or Cosmic Power, to act in your life, It must act through your thought and imagery. In order for the Universal Power to act in the particular, It must become the particular or individual. This is why you are an individual, which means you have volition, initiative, and freedom to be, to do, and to have all the blessings of life, if you choose wisely here and now.

14. You can be completely free of any destructive habit by coming to a definite decision in your mind and then knowing that all the Power of the Cosmic Presence will back up your decision. This is your freedom, your enfranchisement, and your passport to the joyous Heavens of your own mind.

9

Cosmic Power—your most powerful friend

You personally have the infallible power to direct the Cosmic Power which created the universe. It is called by various names, including subjective mind, universal subconscious mind, and the supreme power, as well as many others. This Cosmic Power stands always at your beck and call and obeys your decrees and beliefs. It is your obedient servant, and awaits only your use and direction.

Your subconscious mind[1] is your most powerful friend. It watches over you while you are sound asleep and controls all your vital processes. It never sleeps and is constantly reproducing your habitual thinking into form, function, experience, and event. Once you get the knack of directing it, you will find that it will heal your sick body or sick pocketbook or even your sick human relationships.

Cosmic Power Used to Heal a Dying Son

The following letter from Mrs. Hilda Hatcher shows how a woman believed with all her heart that if she would succeed in

[1] *The Power of Your Subconscious Mind,* Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

impregnating her subconscious mind with the conviction that her son was made whole, her prayer would be answered. She knew that God works by law and that that law is also the law of her own subconscious mind, and, furthermore, that it is done unto her as she believes.

Dear Dr. Murphy: You are welcome to use any part of my letter, or all of it, with any modifications or alterations you deem appropriate.

Some years ago, my youngest son, Charles, was stricken with polio and was given up by the doctors. I refused to accept the verdict, for I knew the healing power of God would heal my boy and I decreed that Charles would live. I knew that as I affirmed this with faith, sooner or later the idea would sink into my subconscious mind and that the miracle would happen.

The doctor told me after 17 days that there was no hope and that even if Charles lived he would be in a wheel chair for life and his brain would be affected. I rejected the diagnosis and kept on decreeing, *"I know Charles is alive with the life of God."*

He was put into an iron lung. I continued to recite the 91st and 23rd Psalms and repeated, *"Charles is alive with the life of God,"* knowing that my subconscious mind must respond to my faith.

One night while praying I fell into a semi-trance state, and I "saw" my boy running around in the back yard, full of life, zest, and energy. It was real and very vivid. The next day the doctor said to me, "Mrs. Hatcher, a miracle occurred during the night! Charles is out of his coma, his fever is gone, and he's asking for you."

Charles was moved to the Children's Hospital to complete his recovery. There, he was given day-by-day therapy, and I was taught how to take care of him at home. Six weeks later, he *walked* into our home. A year later, while working in my home, I heard the voices of youngsters in the back yard, running, jumping, and laughing. Charles was there, just as I had seen him in my vision one year previously. He was vibrant and alive with the life of God. I know that it is done unto us as we believe. Blessings, (Mrs.) Hilda Hatcher, Los Angeles, Calif.

The letter has been condensed, but all the essential points are included. This letter demonstrates the faith of a mother who persevered to the end, while knowing in her heart that her faithful friend—her subconscious—which made the body of her son could also heal him with Cosmic Power. The Bible says, ... *Go thy way; and as thou hast believed* (with Cosmic Power) *so be it done unto thee* (Matthew 8:13).

How an Educator Used Cosmic Power to Vanquish All Obstacles

Your Cosmic Power stands ready and waiting for your use, in the same way that the tap in your kitchen stands ready to give you water. The following letter from a California educator indicates clearly how you can rise above any obstacle in human relations if you want to profoundly enough, if you believe you can, and if you use your Cosmic Power wisely, judiciously, and constructively.

> Dear Dr. Murphy: Sometimes it is hard to see Godliness in people with whom we come in contact in a business way. I felt just that way a number of years ago when I was a newly-elected superintendent of schools in a midwestern college town. One man, a board member, was the bane of my existence.
>
> I met with five board members every two weeks, and I met with the county superintendent, together with other school heads in the county, from time to time as he requested.
>
> The county superintendent had told me when he nominated me for the position that I should not stay there too long—at least "not long enough to get my feet muddy." I was also told that there were two types of school heads in the area: the professional men working with and under the direction of the county superintendent and the school board men whose cooperation with the county superintendent was

only incidental. I determined to be one hundred per cent professional.

Shortly after I assumed the position, and I believe largely because of my undeviating professional attitude, a feeling of deep animosity developed between me and the board member. Since I ran things according to the suggestions of the county superintendent and the mandates of the school laws of the state and not according to personal directions given me by the board member at odd times, the animosity continued to deepen. He really had it in for me.

Since this gentleman could sway the votes of two other board members, my professional reputation was at stake. I could get fired. Generally speaking, a fired educator goes perforce into some other line of work. I had met many such people who were selling textbooks or school supplies.

I felt like the individual who had hold of the tiger's tail. I couldn't continue as I was and I couldn't let go. Something had to give.

Since I had strong religious inclinations (I was a member of the church board as well as Sunday School superintendent) I did a lot of praying over this job. I frankly could see no good in me either.

Finally I decided there really must be something good in the man. I observed that he deeply loved his children, definitely a God-like attitude. Working from that angle, since I had children of my own, I visited him often at his place of business and asked his advice.

It was a slow process. However, over a period of months we developed a greater and greater mutual regard.

When the time arrived for renewing my contract, I was offered a generous raise to remain: the county superintendent wrote an outstanding recommendation. I thanked the board members for their offer, but declined in order to move to California.

We severed our business relationship with the best of good will. Sincerely yours, William H. Thrall, San Gabriel, California.

This is a marvelous working illustration, showing the power

of Cosmic Wisdom and love in dissolving animosity, bitterness, and hatred.

How His Cosmic "Partner" Saved Him $250,000

A man visited me as I was writing this chapter and said, "I read your book *The Power of Your Subconscious Mind*,[2] and I was deeply impressed. I know that my subconscious is coextensive with Infinite Wisdom and Infinite power. I realize it is that part of the Cosmic Power which knows all things.

"I have investigated a deal and everything outwardly seems right and aboveboard, but, as you suggested in your book, I went to sleep last night and asked my subconscious to reveal to me the answer such that I would recognize it in the morning. I woke up this morning and I feel that something is wrong about the whole situation. I can't point to anything definite, but it is a constant prompting from my Deeper Self, saying 'No!'"

He then asked me what I thought about it. I replied that undoubtedly it was his subconscious seeking to protect him from financial disaster, as his total investment in the proposed project would be a quarter-million dollars. I suggested that he not invest but rather that he drop the whole project—which he did.

I left a blank space in this chapter until I had heard from him about the denouement of the deal. I received a call from him recently saying that further investigation by private detectives whom he had hired revealed that his would-be business associates were professional confidence men who had arranged everything to appear right on the surface, but the whole project was a gigantic swindle. His Cosmic "partner" saved him $250,000.

You must learn to expect answers and to have faith in Divine right action in all your undertakings. Every Sunday a number of people leaving my public lectures say to me in substance, "I received this morning the answer I have wanted." Why did they? Because they asked for an answer and *believed* that their subconscious would respond in Cosmic Wisdom accordingly—and

[2] See *The Power of Your Subconscious Mind*, Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

they were in the right place at the right time to receive an answer. Invariably it is something that is said during the lecture that clears up the matter in their minds.

How Cosmic Power Saved a Life Through a Dream

You do not dream with your conscious mind. When you dream, your conscious mind is asleep and is creatively joined to your subconscious. Your subconscious mind dramatizes its contents during sleep, and it may present many symbolic pictures and incongruous situations.

Dreams are the television series of your Deeper Mind. There are all kinds of dreams, including dreams of pre-vision, where you see an event before it happens objectively and which may apply to yourself or to others. The dream may reveal the fulfillment of your desire or it may be a warning to avoid a tragedy.

The following letter will illustrate how your subconscious or Cosmic partner seeks to protect you.

> Dear Dr. Murphy: I have read your recent book *Your Infinite Power to Be Rich*,[3] and I think it is the finest thing I have read along that line. It is simply marvelous.
>
> I would like to tell you how my subconscious saved my life. A few months ago I was scheduled to go on a plane, and the night prior to my departure I read in my dream the headlines of a newspaper which told about a plane disaster in which all the passengers were killed.
>
> I woke up, startled and full of trepidation and a sense of foreboding. I found my wife staring at me, and she said, "Did you have the same dream that I had?" Lo and behold, she told me the same dream—exactly as I had seen it and in all its details! I cancelled the trip and the plane went down and all lives were lost, exactly as I saw in the dream.
>
> Truly, what you said in another of your books, *The Power of Your Subconscious Mind*,[4] is true: . . . *The Lord* (your

[3] *Your Infinite Power to Be Rich*, Joseph Murphy, Parker Publishing Company, Inc., West Nyack, N. Y., 1966.

[4] *The Power of Your Subconscious Mind*, Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

subconscious mind) *will make myself known in a vision, and will speak unto a man in a dream.* (Numbers 12:6).

Subconscious Instinct

There is an intelligence in the insect which staggers the imagination of man. Within the insect are the instinct for protection and an intelligence which cares for it, causing it to reproduce after its kind, and seeking to preserve it.

How Your Subconscious Instinct Works

Infinite Intelligence permeates all of nature. For example, there is an intelligence in the lowly atom because it takes two atoms of hydrogen combined with one atom of oxygen to create a molecule of water. There are life, intelligence, and power in all forms of nature. This subconscious intelligence operates instinctively, automatically, mechanically, and mathematically, according to the nature of the thing through which it operates.

In the long history of man down through the thousands of years before he became self-conscious, man had many experiences, all of which are recorded on the memory tablets of the subconscious mind and which move through all of us as instinct. For example, although you have never seen a poisonous cobra, should you see one in the jungle, you will immediately recoil because the instinctive memory of its death-dealing fangs and poisonous nature has been recorded in your subconscious mind.

All of man's experiences, plus his beliefs, fears, opinions, and convictions, are called "race belief," in which there is much that is extremely negative and in which there is also some good.

How the Cosmic Mind Forms Habits and Reveals Answers

You can choose now to insulate yourself from the "race beliefs," thereby freeing yourself from the experiences of the race mind Habits are formed by the reaction of your subconscious mind by

repeating certain thoughts or actions over and over again until they become impressed permanently on your subconscious; then there is the automatic response of your conscious mind. This is sometimes called "second nature," which simply means the principle of action and reaction which is cosmic and universal throughout all nature. The action is your thought, and the reaction is the subconscious mind responding according to the nature of your thought. The great servant is your subconscious mind which acts as habit.

You teach your mind to drive a car, to operate a typewriter, to play the piano, or to walk or to talk. After practicing or learning how to drive, you gradually condition your subconscious mind so that when you get into your car you decide where you want to go and your obedient servant takes charge and drives you there. Our organist, Mrs. Vera Radcliffe, can play marvelous music blindfolded. It is her subconscious mind activating the playing and not her conscious mind. You, similarly, can type out letters with great speed, you can think abstract thoughts, and you can speak intelligently without purposefully directing your tongue.

This is the Infinite Intelligence in all people. It can reveal to you seemingly hidden knowledge and tell you what you need to know about life's problems. It sees all and knows all. You can ask a question of your subconscious mind, and it will answer you as an idea welling up from the depths of yourself.

How Immediate Guidance Was Received from Cosmic Mind

The following letter is from a listener to my daily radio program.

> Dear Dr. Murphy: My wife and I had to make a serious decision. We found ourselves confronted with a problem which completely baffled us. We got conflicting advice from three different attorneys, and the advice we received from our pastor was wholly unsatisfactory. We were frustrated.
>
> Then my wife said, "Let us seek guidance," and I got an intense urge to turn on the radio. I heard you speaking on Divine guidance. We listened for the fifteen minutes of the

broadcast, remaining silent. You closed your broadcast by saying, "Infinite Intelligence leads and guides you in all your ways and reveals to you the answer which comes into your conscious, reasoning mind, and it is impossible for you to miss it. Infinite Intelligence knows only the answer, and because It knows you know. Believe the answer is yours in the same way you believe the sun will rise tomorrow morning, and all power to you!"

I want you to know that an answer to our problem came out of the blue, which proved to be the perfect solution. An idea welled up spontaneously in my wife's mind to see an old friend who gave us the answer, and our problem was solved. Truly, there is a principle of Cosmic guidance which you so eloquently spoke about yesterday morning in your broadcast. Sincerely, J.H.

Expect an Answer

This man's letter demonstrates how an answer may come to you. Often your subconscious directs you to look in a book to find the answer or to turn on the radio at the right moment to get the right answer, or you may hear the answer at a lecture to which you were invited.

Your servant (subconscious mind) is always helping you, directing you, and guiding you. Its intimations, urgings, promptings, and desires are always lifeward.

SUMMARY

Points to Remember

1. You have the power to direct the Cosmic Power which created the universe. When you love you are using a

part of the Infinite love within you. Your subconscious mind obeys your decrees and beliefs.

2. Your subconscious responds to your measure of belief. A mother believed with all her heart that her boy, who was in an iron lung, would live. Her prayer was answered, and the doctors called it a miracle.
3. In strained relationships with another person, radiate harmony, peace, love, and goodwill to the other, and you will activate the majesty and wisdom of your Cosmic subconscious which will result in a harmonious relationship.
4. When you ask your subconscious for guidance, often it responds to you as an inner feeling that something definitely is wrong about the particular situation or project; it is an inner, silent knowing, saying to you, "Don't touch it."
5. Your subconscious may at times warn you in a dream of impending danger, enabling you to avoid a tragedy. This is why the Bible says, ... *The lord* (the law of your subconscious mind) *will make myself known in a vision, and will speak unto a man in a dream* (Numbers 12:6).
6. There are life, intelligence, and power in all forms of nature. Your subconscious intelligence operates instinctively, automatically, mechanically, and mathematically in all forms of nature and in animals. Man can direct his own life, as he can choose his thoughts and direct his imagination.
7. The memory and experience of the entire race since the dawn of time is inscribed indelibly on the memory tablets of your subconscious mind. This is called "instinct," which, together with all the beliefs, fears, opinions, and convictions of humanity, is termed "race mind."
8. Your subconscious is the seat of habit. Habits are formed by repeating a thought pattern or an action over and over again until the subconscious assimilates the pattern,

and then there is an automatic response from the subconscious. This applies to good habits as well as to bad habits. Your thought is action, and your subconscious reacts according to the nature of your thought.

9. Often the answer to your question is given in various ways. Your subconscious "partner" may direct you to a particular book for the answer or cause you to turn the radio dial and hear a broadcast which answers your problem. Believe that your subconscious will answer you in the same way you believe the sun will rise tomorrow morning, and according to your belief (a thought in your mind) is it done unto you.

10

The Cosmic vision of "healthy-mindedness"

The Bible says: *Where there is no vision, the people perish...* (Proverbs 29:18). It also says: *I will lift up mine eyes unto the hills, from whence cometh my help* (Psalm 121:1).

I am sure your vision is directed toward perfect health, harmony, and peace of mind. You can be absolutely convinced that the mental picture to which you remain faithful will be developed in your subconscious mind and be made manifest consequently in your experience.

Ask yourself as you read this chapter: "Where is my vision now?" The answer lies in what you are mentally focussed on right now; in other words, that to which you are directing your attention in your thought, feeling, and imagery. You go where your vision is, for attention is the key to life.

The Psalmist says: *He maketh my feet like hinds' feet, and setteth me upon my high places* (Psalm 18:33). Herein lies a great psychological secret which teaches all of us how to climb to the high places of true vision. The hind is famous all over the world for her sure-footedness, for there is a perfect coordination of her rear feet with her front feet. This enables her to climb the highest

mountain, as her rear feet track exactly where she has planted her forefeet. This teaches each of us that the mind and heart must agree on one's personal aims for perfect health, abundance, and security. When the words of our mouth and the feeling in our heart agree, nothing will be impossible unto us and we shall reach the heights.

How Cosmic Vision Paid Fabulous Dividends in Health, Wealth, and Happiness

Mr. Frederick Reinecke, who is a brilliant engineer, wrote me as follows:

> Dear Dr. Murphy: I have become a transformed man in the past ten years. Prior to that time, I used to have constant colds and the flu every winter, and I used all manner of cold remedies; furthermore, I suffered frequently from hemorrhoids, stomach ulcers, and spinal troubles—all due, I now know, to stress, strain, suppressed rage, and resentment.
>
> I began to listen to your lectures about ten years ago, and I learned the law of my mind and realized what I was doing to myself. I began to focus my attention on perfect health, on harmony in my business, and on Divine right action in all my affairs. I forgave myself for harboring negative thoughts and decided to forgive and to release mentally all my relatives and all those who irritated me. I used this prayer frequently:
>
> *I walk in the light that all good is mine. I am always at peace, poised, serene, and calm. The fullness of God is made manifest in all departments of my life. I constantly vision for myself and for others, health, prosperity, and all the blessings of life.*
>
> I have been in perfect health for ten years, and wealth has flowed to me, filling up all the empty vessels in my life. I am deeply grateful. Frederick Reinecke, President; FEBCO, Incorporated, Sun Valley, California.

I know Fred Reinecke very well, and I am aware of the many difficulties and challenges he has met and overcome in his life

through his vision of the Cosmic Power and his attention to the sunshine of a better life. To use his own words: "The old Reinecke died. The new Reinecke, with his alignment with God, was born." Mr. Reinecke's high vision has paid him fabulous dividends in health, wealth, and happiness.

How the Cosmic Power Revealed a Life-Saving Idea

Dr. Lothar von Blenk-Schmidt writes as follows:

> Dear Dr. Murphy: After reading your latest book, *Your Infinite Power to Be Rich*[1] (which in my opinion is another outstanding work of yours), I would like to tell you what happened to me some time ago. As you know, we have an extremely high number of freeway accidents caused by people driving in the wrong-way exit. After focussing my attention frequently on the matter and visioning a solution whereby people's lives could be saved, one morning as I awakened the idea of a device and the complete outline of it popped spontaneously into my conscious mind. This device will stop cars from entering the freeway ramp the wrong way and will save countless lives.
>
> As required, I filed my invention with the company where I work; after some study, I was informed that the idea was not feasible and was also impossible. I received a legal release. All my associates—engineers and physicists—laughed at the idea and considered it doomed to failure from the beginning, just a waste of time, effort, and money.
>
> I applied for a patent on April 24, 1966, and a patent was granted from United States Patent Office on August 9, 1966, under Number 3,266,013, Title: 'Freeway Safety Device.' All my claims were accepted, and no changes were made or infringements cited. Many firms are now jumping on the bandwagon, saying, 'We always knew you had something wonderfull'
>
> I put a foundation under my castle in the air. I had a vision of saving the lives of countless numbers of people from becoming physical and mental wrecks, and I looked forward

[1] *Your Infinite Power to Be Rich*, Joseph Murphy, Parker Publishing Company, Inc., West Nyack, N. Y., 1966.

> with faith and confidence to the realization of my vision; my subconscious mind responded and gave me the answer. You have my full permission to publish this letter in your forthcoming book. Sincerely, Lothar von Blenk-Schmidt.

Dr. Schmidt, a research engineer and physicist presently engaged in space research, is a profound student of the laws of mind. In his letter he points out vividly and lucidly that he saw only one thing: the open road to the realization of his goal and victory. His vision was truly on "healthy-mindedness" for all.

How the Cosmic Power Healed a Cripple

In November 1966, I gave a series of lectures at the New Orleans Unity Society in New Orleans, Louisiana, on my latest book, *Your Infinite Power to Be Rich* (referred to earlier in this chapter). One of the men present told me that some months previously he had been crippled with arthritis and was unable to bend his knees. One evening a holdup man came in and pointed a gun at his head and said, "Kneel down behind the counter!" He replied, "I can't. I'm crippled with arthritis." The bandit said, "I'll give you ten seconds to kneel down or I'll kill you!" The man told me, "I bent my knees easily! Gradually, I have gotten much better. My doctor says that the calcareous deposits are all gone, and the suppleness and mobility of my joints have returned. How do you account for it?" This is a good question.

I explained to him that there was a principle of healing involved there and that if he had understood the principle and applied it, he could have been healed prior to the hold up. When he bent his crippled knees at the point of the pistol, it stands to reason that the power to bend his knees, to walk and to run, was always present within him—even though he believed otherwise. The Cosmic Power is always available, but man's fears, false beliefs, and misbegotten concepts hold him in bondage.

In this instance, he was healed by the Cosmic Power within him, as quite obviously the pistol had no power to heal. He had

been crippled for several years, he said, and was unable to bend his knees, and all his attention and vision were bound up in his pain, aches, limitation, and physical handicap. Suddenly, his attention was taken off himself and his ailment, and his vision was directed to save his life at all costs, as self-preservation is the first law of life. Immediately, he released the miraculous Healing Power that neutralized and dissolved everything unlike Itself.

Cease describing your symptoms and being completely engrossed and absorbed in your ailment or you will make matters worse. Deflect your aim in life and raise your sights. Let your vision be on perfect health and vitality, and you will begin to release the Cosmic Power instantaneously. Train and discipline yourself to raise your sights and to maintain the high vision. Chant the beauty of the good, and keep looking up.

The Miracle of Faith and Love

In Minneapolis I lectured every evening for a week on *The Miracle of Mind Dynamics*[2] at the Church of Divine Science conducted by Dr. Vernon A. Shields, Minister-Director. I talked to one of his parishioners who told me that about six months previously, he had been stricken with coronary thrombosis and had collapsed on the street. An ambulance took him to the hospital, where he received immediate treatment. The doctor frankly told him, however, that it looked hopeless and that probably he would not live more than a few hours. On hearing this, the man said to the doctor, "I'm going to live; my two sons need me. I won't die! I must live! I have so much to do! I love my children, and they need me!"

He continued, saying, "I felt as though a spiritual transfusion of some kind flowed through me. At the end of ten days in the hospital, the cardiograph showed a normal heart. I got well because I rejected the negative prognosis and identified myself with the Healing Power of God."

[2] See *The Miracle of Mind Dynamics*, Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

This man had a constructive vision, and he held on to it. His inner vision and love for his children released the Cosmic Power of God and transformed his whole being, making him strong and perfect again. Faith in God and love for his children welled up within him, and the miracle of healing followed.

How a Mother's Vision of Healthy-Mindedness Worked Miracles for Her Son

Mrs. Betty Reinecke writes as follows:

> Dear Dr. Murphy: My son, Fred, Jr., was constantly being criticized by our relatives, and he felt rejected, unwanted, and insecure. Frequently he would go into a depressed state and become rebellious. I began to picture him as he ought to be: joyous, happy, and free. Every night and morning, I made it a habit to relax my mind and body, to close my eyes, and to mentally envision Fred saying to me, 'Mom, I am happy and at peace. I feel wonderful, and I am receiving wonderful marks in school.'
>
> As you have suggested so often, I made a joyous mental movie of my own in my mind, knowing that sooner or later Fred would confirm objectively what I pictured and felt subjectively. Shortly after this mental process, my son, Fred, decided to come to your lectures, and he began to imagine better grades in school, forgave himself for harboring negative, resentful thoughts toward his relatives, and regularly poured out love and goodwill to all of them.
>
> A miraculous transformation has taken place in his life since he started redirecting his thoughts and imagery. He is happy and free, and he is thrilled over the way he has overcome all the obstacles and challenges he met. He has frequently confirmed objectively what I imagined him telling me subjectively.
>
> He is a communications specialist in Thailand now and is serving his country nobly and proudly. He has benefited greatly from the many years of listening to you. Today he is full of faith and confidence in the God-Power within which responds to his deep conviction. It is wonderful! Gratefully, Betty Reinecke (Mrs. Frederick Reinecke).

You Can Rise in New Confidence Through the Cosmic Power Within You

In the third chapter of Acts is a wonderful story of a lame man at the gate of the Temple Beautiful, and Peter and John said to him ... *Look on us. Peter ... took him by the right hand ... and leaping up, he stood, and he began to walk, and entered with them into the temple, walking, and leaping, and praising God.* (See verses 4 through 8.)

Peter means faith in God, and *John* means love of God or the good. Have faith and confidence in the qualities and attributes of God within you, and love in the sense that you wish all the blessings of life for all men everywhere.

Lift up your gaze and get a new vision of yourself, and the Power of the Almighty will respond and enable you to rise, walk, and leap, and praise the miracle-working Cosmic Power within you.

SUMMARY

Important Thoughts in This Chapter

1. Let your vision be on perfect health, harmony, and peace of mind. Your vision is what you are giving attention to right now—what you are thinking about and picturing in your mind.
2. Ask yourself what you are mentally focussed on. Give your wholehearted attention and devotion to the noble, the wonderful, and the God-like concepts of life.

3. Your mind and forgiving heart must be in perfect alignment in order to get an answer to your prayer. Forgive yourself for harboring negative thoughts, and release mentally all those for whom you have any grudges or animosity. Wish for them all the blessings of life.

4. Picture your loved one telling you what you long to hear. Feel the joy of it all; make it vivid and real, and you will experience the joy of hearing the loved one telling you objectively what you hear and picture him telling you subjectively.

5. If you visualize and meditate on something wonderful for other people, your subconscious Cosmic Power will supply you the appropriate idea according to the nature of your request. It comes to you in unexpected ways.

6. You can build castles in the air, but be sure you put a foundation under them. Know that it is possible to bring about the execution of the Cosmic idea enthroned in your mind. Look forward with faith and confidence to the realization of your desire.

7. The Infinite Healing Presence is within you, and as you claim, feel, and know that the Healing Presence that made you and created all your organs can heal you, the miracle-working Power will respond according to your faith. This Healing Cosmic Power is always available, waiting for you to call, and It will answer.

8. Let your vision and attention be concentrated on perfect health and vitality, and you will begin to release the Healing Cosmic Power instantaneously.

9. Reject all negative predictions and cease carping against the bad, but rather claim the beauty of the good and identify yourself with the Cosmic Healing Power.

10. You can project a mental movie in your mind night and morning, hearing a loved one tell you what you long to hear. As you remain faithful to your mental picture,

it will be developed in the darkness of your subconscious and will come to pass.

11. Lift up your gaze and get a new vision of yourself as you want to be, and, like the lame man in the third chapter of Acts, you will be lifted up and you will walk, leap, run, and praise God, and you will experience the joy of the answered prayer.

11

The magic of faith in the Cosmic Power

Faith is a way of thinking. It is a constructive mental attitude, or a feeling of confidence that what you are praying for will come to pass. Faith as mentioned in the Bible does not refer to faith in any particular creed or religious persuasion; rather, it refers to faith in the laws of your mind which each of you can learn and apply.

Actually, you do everything by faith. You learn how to drive your car by repeating certain thought processes and muscular actions over and over again; after a while the driving becomes habitual, and there is an automatic reflex action from your subconscious whereby you find yourself driving your car without any conscious effort. In the same way you learned to walk, to dance, to type, to swim, and to perform many other activities.

For example, the farmer has faith that the seed he has deposited in the ground will grow after its kind. He has faith in the laws of agriculture. The electrician has faith that electricity will respond to the laws of conductivity and insulation, and he knows that it flows from a higher to a lower potential. Edison had an idea for a phonograph; he proceeded to bring it to pass by having faith in the execution of his invisible idea.

You have faith when you know that thoughts are things; what you feel, you attract; and what you imagine, you become.

Everyone Has Faith in Something

It is true that everyone has faith in something. The atheist has basic faith in the laws of nature, in the principles of electricity, chemistry, and physics. What is your faith? Let it be faith in all things good, a joyous expectancy of the best, and a firm belief inscribed in your heart that the Cosmic Power will lead you out of your difficulty and show you the way. Have a firm conviction in the healing power of God to make you physically and mentally whole. This faith will enable you to walk over the waters of fear, doubt, worry, and imaginary dangers of all kinds.

How Faith Paid Off a $25,000 Mortgage

As I was writing this chapter, I had an interesting conversation with a man from North Carolina whose life, by faith and courage, became amazingly different. He said, "After reading your book, *Your Infinite Power to Be Rich*,[1] I decided to take God as my partner, realizing that God is my Higher Self, or the Living Spirit within me. I talked to this Invisible Presence and affirmed, *You are my Partner, and I am going to ask you to guide, direct, and prompt me in all ways. We are now a team, and we can't fail.*"

This young man told me that he had lacked the courage to go into business for himself, but after praying in the above manner and affirming his union with the Divine Presence within him, a new wave of strength and confidence had surged up within him. He made a small down payment on a restaurant, and with the magic qualities of faith and courage he paid off the mortgage of $25,000 by the end of the first year. His relatives had told him that he didn't have a chance and that he would go broke, but he realized deep within himself that nothing could defeat him, as

[1] *Your Infinite Power to Be Rich*, Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1966.

he possessed the priceless quality of faith in the Cosmic Power within him to watch over him in all his ways.

His secret was that he held on tenaciously to the idea that his Senior Partner would advise him and prosper him until his subconscious mind had absorbed the idea and had brought it to pass.

How to Increase Your Faith in Your Power to Realize Your Desire

You increase your faith when you realize that your desire, idea, plan, or dream is real, even though invisible. To know with certainty that the idea is real, that it is a fact of your mind, gives you faith and enables you to rise above confusion, negation, strife, and fear to a place of conviction deep in your own heart.

How a Playwright Used the Magic of His Faith in the Cosmic Power

During a recent lecture tour in Minneapolis, a young man visited me at the hotel and showed me a play which he had written. I read part of it and found it to be extremely interesting and fascinating, but his conflict was that everywhere he submitted it for approval and acceptance he received a rejection slip. He added that he was getting a rejection complex.

I suggested to him that he change his attitude. He had to realize that the idea of the play came out of his mind; that the idea was as real as his hand; and that if the manuscript were lost or destroyed, he could write another one—that ideas were like seeds and that we don't give vitality to the seed: it has its own method of unfoldment within it and all that we do is deposit seed in the ground, knowing that it will grow. We may water and fertilize the seed, but we can't make it grow.

He began to look upon his play as a Divine seed (idea) just the same as the idea of a radio is real in the mind of the inventor or the idea of a new skyscraper is real in the mind of an architect. It is not an idle daydream. An idea has form, shape, and substance in another dimension of mind. He began to affirm boldly:

Infinite Intelligence gave me the idea of a play; it is a good play and will inspire and uplift mankind. I accept the fact now that the Creative Intelligence within me which originated this idea opens up the door for its perfect fulfillment. I know that the law of attraction is working for me, and I am now attracting the right people who will accept, promote, and produce this play. I release my request to my Deeper Mind, and I know that just as a seed deposited in the soil grows, expands, and unfolds, so will my desire deposited in my subconscious mind bring about the perfect unfoldment and manifestation of my play.

In due course I received a wonderful letter from this young man, saying that he met a motion picture director from Beverly Hills on the local golf course and that during the game he discussed briefly the play he had written. The director was interested and asked to read it. He was fascinated by it and has entered into an agreement with the young man to produce the play and has made arrangements for the talent, the producer, and all other essentials. This is the great law of attraction, based on faith in the Creative Intelligence and courage to act upon this faith which brings answers to your prayers.

Faith is trust. You trusted your mother when you were in her arms; you looked into her eyes and you saw love there. Your faith in the Cosmic Power, which is All-Wise, All-Powerful, and All-Love, should be even greater than was your faith in your mother.

Self-Doubt and Fear Conquered Through Faith in the Cosmic Power

Some months ago I talked to a man from Wyoming who had been offered a big promotion which necessitated his moving to San Francisco. He said that he was bogged down with fear, anxiety, and a sense of inferiority, and that he felt he couldn't accept, that he was sure he would fail to live up to their expectations.

In other words, he was halted by self-doubt. He said that something kept welling up in his mind, whispering to him, "You can't do it."

I explained to him the source of that whispering, pointing out that it came from those same fears, anxieties, inferiorities, and self-doubts which had been deposited in the deeper layers of his subconscious mind, probably dating back to childhood, and that these negative thoughts dominated, controlled, and obsessed him.

I gave him a simple formula which acts as a wonderful mental catharsis and is highly effective when practiced sincerely and systematically. I explained to him that if he had a pail of dirty water, he could have clean water in a little while by continuing to pour in clean water; likewise, he was now to fill his mind with the following healthy ideas which would crowd out of his mind all the negative thoughts which were lodged there. This prayer was recommended:

> *I have absolute faith in God and all things good. I am one with the Cosmic Power, and one with God is a majority. I know that God and the universe are for me, and nothing is against me. I am absolutely fearless, as I know the thing I might fear does not exist—it has no power; it is only a shadow in my mind, and a shadow has no power. I am full of faith and confidence. I have the courage to meet all problems head on, and I overcome them through the wisdom and power of God within me. God's power is with my thoughts of good. I am immersed in the Divine Presence. God's love fills my soul and His river of peace flows through me. There is no fear in love, for love and recognition of the One Power casts out all fear. Every moment of my life I am growing in faith, courage, and confidence, and I feel the power of the Almighty flowing through me now. I am at peace.*

The mind—like nature—abhors a vacuum, and as this young man began to fill his mind with the above spiritual thoughts for

about ten minutes each morning, afternoon, and night, he succeeded in washing out of his mind all the fearful, anxious thoughts which had been holding him for years in the thralldom and bondage of inferiority and doubt.

Following this technique of meditation, he accepted the promotion in San Francisco and was transformed by the renewal of his mind. His courage to meet the situation and to tackle the fears and cast them out was the first step in his triumphant journey to success, promotion, and greater income.

It was Shakespeare who said, "Our doubts are traitors,/ And make us lose the good we oft might win/ By fearing to attempt." [2]

How Faith in Cosmic Power Wrought a Health Miracle

Here is a letter from Chicago that is most striking:

> Dear Dr. Murphy: My boy was stricken with a very severe case of polio. He was unconscious in an iron lung for some time. One doctor encouraged me to pray. I read *The Miracle of Mind Dynamics* [3] over and over again. I applied the various prayers you have given in that book, and I fixed my mind on several quotations from the Bible: . . . *Before they call, I will answer; and while they are yet speaking, I will hear* (Isaiah 65:24). *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isaiah 26:3). . . . *Thy faith hath made thee whole* (Matthew 9:22). . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23). *A merry heart maketh a cheerful countenance* . . . (Proverbs 15:13). . . . *I am the Lord that healeth thee* (Exodus 15:26). . . . *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24). *I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord* . . . (Jeremiah 30:17).
>
> I anchored my mind on these passages and on many more

[2] *Measure for Measure*, I, v.

[3] *The Miracle of Mind Dynamics*, Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1964.

which I got from your writings. I continued to practice saturating my mind with these passages, and on the third day I felt a deep, abiding sense of peace and tranquillity. I looked at my boy's unconscious face and I saw him smile at me, and I knew at that moment that God had answered my call.

That happened four months ago. My boy's strength is gradually returning. The doctors have given me great encouragement, and I know that God is making him whole.

You may use this letter, using my initials only. Sincerely yours, L.J., Chicago, Illinois.

Look at the magic and miracle-working power of the faith and trust of this woman who persevered in affirming the great truths of God when all seemed hopeless! Within you also are all the courage, faith, and confidence you need to overcome any obstacle. Draw on the Cosmic Power for all your needs, and you will discover that you have the courage and the power to conquer that so-called insuperable and insurmountable barrier.

Within You Is the Cosmic Power to Work Wonders in Your Life

You will be given courage, faith, and hope when you realize that you are a medium for the transmission of the Cosmic Power of God. Paul said: . . . *There is no power but of God: the powers that be are ordained of God.* (Romans 13:1)

For example, atomic power is of God; man may use it any way he wishes. Electrical energy is of God. The mighty gusts of wind represent the power of God. The power that turns the earth on its axis and moves the planets and the galaxies in space—all these mirror the Cosmic Power.

You are one with this Infinite Power, and you can contact It through your thought. God indwells you, walks and talks in you, and is the very life of you. Acknowledge this Power, unite with this Presence and become this moment a potential transmitter of wisdom, power, love, light, and truth.

Don't ever say, "I can't overcome these difficulties. I can't rise above this problem or challenge." Actually, what you are saying is that God can't meet the problem or reveal the solution, which is atheism and a denial of Omnipotence.

Affirm boldly: *I can do all things through the Cosmic Power which responds to me and strengthens me in all ways.* Wonders will happen in your life.

How the Cosmic Power Healed a Minister's Acute Migraine Attacks

A minister friend of mine in San Francisco visited me some months ago and discussed his awful migraine headaches, adding, "Often, I get one of these blinding, splitting headaches while giving a sermon on Sunday mornings." He stated that the special drug the doctor prescribed sometimes relieves, but sometimes brings no relief at all. "Often," this minister said, "I could scream with pain."

He asked me to place my hands on his forehead (which I rarely do) and pray with him, which I did. He said to me, "Looking at your hands, I know they are transmission belts for the healing power of God." Then he quoted from Mark 5:23 . . . *I pray thee that thou come and lay thy hands on her, that she may be made whole; and she shall live.* And from Mark 6:5 . . . *He laid his hands upon a few sick folk, and healed them.* I placed my hands on his forehead and prayed as follows:

> *Whatever is bothering you is leaving you now, and you are filled with the free-flowing, healing, harmonizing, vitalizing life of God. The Cosmic Power flows through my hands now, permeating every atom of your being, transforming every organ of your body into God's perfect pattern. His river of peace flows through you, and His ocean of love saturates your whole being. You are cleansed and made whole. God's love is touching you now, and we give thanks for your freedom.*

Both of us remained quiet for about fifteen minutes, with my hands resting on his head. We concentrated on a transfusion of God's grace and healing power. This minister felt a tremendous sensation of heat and a tingling vibration all over his body; he perspired copiously. He exclaimed, "I know I'm healed and free!" He has had no recurrence and is completely free. This is the magic of faith in the Cosmic Healing Power. . . . *Thy faith hath made thee whole* (Matthew 9:22). It transcends the power of drugs when properly applied.

SUMMARY

Some Profitable Pointers

1. Faith is not a religious persuasion, but rather a way of thinking, a constructive mental attitude, or a feeling of confidence that Infinite Intelligence will respond to your call upon It and that what you are praying for will come to pass.
2. The farmer has faith: he knows when he puts a seed into the ground, it will grow after its kind. You have faith when you know that thoughts are things; what you feel, you attract; and what you imagine, you become.
3. Everyone has faith in something. Even the atheist has faith in the laws of nature and in the principles of electricity, physics, and chemistry. Your faith should transcend these, and your faith should be in the goodness of God, in the guidance and love of God, and in the laws of your mind—all of which never change; they are the same yesterday, today, and forever.

4. Let God (your Higher Cosmic Self) be your silent Partner, and your oneness with this Force will enable you to move upward and onward for joyous living. Have the faith to take the step, and then have faith in the Cosmic Power to back you up—and It will.

5. You increase your faith when you know that the idea you are now entertaining in your mind is as real as your hand or your head. It has form, shape, and substance in your mind, and as you nourish it with faith and expectancy it will be objectified on the screen of space.

6. Ideas are like seeds deposited in the ground: they grow after their kind. You don't give vitality to the seed; it has inherent within it its own manner of unfoldment. Likewise, as you water your desire with expectancy and fertilize it with faith, you will accelerate its manifestation as form, function, experience, or event.

7. As you fill your mind with the eternal verities and life-giving patterns of Cosmic thought, you cleanse your subconscious mind of all negation, casting out all fear and making way for faith, courage, and love.

8. As you anchor your mind on certain deep, spiritual, healing passages of the Bible, such as . . . *I am the Lord that healeth thee* (Exodus 15:26); . . . *Thy faith hath made thee whole* (Matthew 9:22); and many others, you will gradually saturate your subconscious mind with Cosmic Wisdom and the miracle of healing will follow.

9. All power is of God, and God is Omnipotent. You are one with God, and you should never say, "I can't do this," or, "I'm incurable," or, "I can't solve the problem." Actually what you are saying is, "God and Cosmic Wisdom can't solve the problem," or, "God can't heal me." At that moment you are an atheist because you are denying the Infinite Presence and Power.

10. Healing by the laying on of hands and calling on the

Cosmic Power within you to heal has been practiced down through the ages. Many people have great belief and faith in the power of touch and the laying on of hands, and according to their faith is it done unto them.

12

How to get what you go after

Desire is the gift of God, or the Cosmic Power, seeking expression through you. When you are hungry, the Life-Principle supplies you with the desire for food in order to preserve you. When thirsty, you desire water; when cold, you build a fire; when sick, you desire health.

The Limitless Cosmic One within you does not desire to express Itself in any form of limitation. The desires, urges, intimations, and promptings of your Deeper Mind are always lifeward, urging you to rise, to transcend, to grow, and to manifest your desires for health, happiness, prosperity, true expression, and the fulfillment of your ideals, dreams, and aspirations. Desire is the goad which pushes you onward, upward, and Godward.

Men who had strong desires and powerful ambitions to get what they went after and to achieve their goals in life, made America what it is today—the greatest industrial nation in the world. For instance, Henry Ford desired to build an automobile. Then he had another desire still greater than the first, which was to put the whole world on wheels. The attainment of this desire

gave employment to millions of people all over the world and blessed humanity in countless ways.

Desire is the beginning, and its realization is the end and the solution to your problem. Failure to realize your desire is the cause of frustration, unhappiness, and illness. To continue desiring to reach your goal morning, noon, and night over a prolonged period of time, yet failing to get what you go after, brings chaos and confusion into your life and is the cause of endless suffering—mental, emotional, and physical.

You Create Your Own Destiny

The Bible says: . . . *Choose you this day whom ye will serve* (Joshua 24:15). You can choose right now to mold, fashion, and create a wonderful future. Your thought and feeling control your destiny.

Emerson said, "Man is what he thinks all day long," and the Bible says, *As a man thinketh in his heart, so is he* . . . (Proverbs 23:7). The word *heart* in the Bible is an old Chaldean word meaning the subconscious mind—all of which means that whatever thoughts, feelings, beliefs, and impressions you have made, or have permitted others to impregnate your mind with, have a life of their own in your Deeper Mind, and they dictate, control, and manipulate all your conscious actions.

In other words and in utter simplicity, what is impressed in your subconscious is also expressed outwardly in form, function, experience, and event. Over a hundred years ago, Dr. Phineas Parkhurst Quimby said, "Man is belief expressed."

Your future, therefore, is your present habitual thinking projected on the multi-dimensional screen of space. In other words, it is your present thought and belief made manifest. Your future is your present thought patterns grown up, and this is accomplished in the same way as a field reproduces a harvest in consonance with the seeds deposited therein. All seeds (thoughts) grow after their kind.

How a Tremendous Increase in Business Was Achieved

A businessman who visited me and asked me how he should pray about his business said, "Everything is going wrong. I am going to be a failure. Everything is against me. Business is bad, and the worst is yet to come!"

I explained to him that he could reverse the entire situation by changing his thought patterns and keeping them changed. After reflecting on my advice he began to realize that he had been actually creating the conditions he feared, because his subconscious mind was constantly reproducing his habitual thinking.

I further pointed out to this businessman that he could attain success, prosperity, and inner peace—or any other good thing in life he felt entitled to—provided only that he would pay the mental price by incorporating into his subconscious mind the equivalent of it. Accordingly, every morning when he opened his eyes he affirmed boldly:

> *Today is God's day. I choose happiness, success, prosperity, and peace of mind. I am Divinely guided all day long, and whatever I do will prosper. Whenever my attention wanders away from my thoughts of success, peace, prosperity, or my good, I will immediately bring back my thoughts to the contemplation of God and His love, knowing that He careth for me. I am a spiritual magnet, attracting to myself customers who want what I have to offer. I give better service every day. I am a wonderful success in all my undertakings. I bless and prosper all those who come into my store. All these thoughts are now sinking into my subconscious mind, and they come forth as abundance, security, and peace of mind. It is wonderfull*

He started using the above prayer each morning and night,

and before the end of the month I received the following letter from him:

> Dear Dr. Murphy: This is a thank-you letter, to let you know how much I got from the interview I had with you some weeks ago. I know now that I have a right to anything that would be good for me or that would make me healthier, happier, more successful, and more useful.
>
> I had never thought that the desire for success, prosperity, and advancement was the urge of the Divine Presence in me telling me that the time has come for me to take a step up the ladder of life. Now I know that the will of God, or Life, for me is to move forward, to conquer, to rise, and to achieve great things along all lines.
>
> I am grateful for your emphasis on the truth that one of the things holding me back was that I thought I had the right to something that belonged to someone else. I now know it is dead wrong to infringe on the rights of others or to covet their goods or property or wealth. I fully realize that God can give me all the wealth, happiness, success, and opportunities in life without infringing upon the rights of anyone else.
>
> I have paid the price by constantly dwelling on the prayer you gave me, and I have noticed a big increase in business, and I feel happier and am much more cheerful. Over my desk I have placed a beautiful printed card: *In all thy ways acknowledge Him, and he shall direct thy paths* (Proverbs 3:6). The price I paid was mental acceptance and application of these truths and remaining faithful to them.

He Stopped Blaming Fate and Achieved Promotion and Financial Increase

Some months ago while staying at the Kona Inn, a favorite resort on the big island of Hawaii, I chatted with a man by the swimming pool in that lovely spot. This is the gist of what he said to me: "I came here for a week to get away from it all. My life is a daily grind. I get nowhere, even though I work hard. I am bored and jaded, and life for me is monotonous. I eat, sleep, work,

and look at TV. I hate my work. There is a cruel fate holding me back, for I try so hard and yet can't make ends meet."

I gathered in conversing with this man that he actually had borrowed the money from his sister in San Francisco in order to have a week's vacation. I said to him that I would give him a simple, down-to-earth, practical formula that would completely turn the wheel of fortune and enable him to acquire wealth, success, happiness, and the full realization of his ambitions in life.

He listened avidly to the meaning of . . . *Whatsoever a man soweth, that shall he also reap* (Galatians 6:7). This means that if you plant thoughts of lack, limitation, strife, bitterness, sickness, poverty, and contention, you shall reap accordingly. You must remember that your subconscious mind is like the soil: it will grow whatever type of seed (thoughts and mental imagery) that you plant in the garden of your mind. You sow thoughts when you believe them wholeheartedly to be true; and it is what you believe deep down in your heart that you demonstrate for yourself and the world.

This man had studied Emerson's philosophy in college, yet had never understood it; he merely read it as literature. Emerson wrote in his *Essay on Fate: He (man) thinks his fate alien because the copula (connection) is hidden. But the soul (subconscious mind) contains the event that shall befall it; for the event is only the actualization of its thought, and what we pray to ourselves for is always granted. The event is the print of your form. It fits you like your skin.*

This is the formula I gave this man to use morning, noon, and night:

> *God is my Partner, and within me is the Cosmic Power to overcome any condition. I was born to win, to succeed, and to conquer. I find a great thrill in mastering difficult assignments. My joy is in overcoming and getting what I go after without infringing in any way whatsoever on the rights of others; neither do I want others to do that which they would not want me to do.*

I know that the Cosmic Presence within me can and does give me all the happiness and opportunity I need without interfering with another person's rights. I am now in touch with the Eternal Source of all supply and of all good, and the Divine Presence is bringing me peace, happiness, joy, success, prosperity, and full expression through Divine and legitimate channels. God shows me the path; I trust the Divine Intelligence within me, and I am Divinely directed and guided to my true expression in life and to the fulfillment of my heart's desires.

I wrote this prayer for him by the pool and explained that as he affirmed these truths consciously and with a deep, abiding faith, they would sink down by osmosis to his subconscious mind, and the latter—being one with the Cosmic Power and boundless wisdom—would compel him to take all steps necessary for the fulfillment of his dreams and that he would get, legitimately and through a Divine way, whatever he was going after in life.

This young man discovered that he was not a victim of cruel fate; neither was he condemned to live a life of mediocrity, poverty, and miserable conditions. He broke loose mentally from false ideas and beliefs which had held him in thralldom and bondage. The following letter from San Francisco attests to his complete mental transformation:

Dear Dr. Murphy: I was glad to talk to you in Kona! I had never heard much about the subconscious mind and its powers. I have followed the formula you wrote out for me. I apply it three times daily, and when negative thoughts come to me, I immediately reverse them. I have discovered that what you told me is true—that the negative thoughts have gradually lost their momentum, and I am now a constructive thinker.

I am now attending a course in business management and also am brushing up on my Spanish three evenings a week at the University. I have been promoted to assistant manager and have received $50 weekly increase in salary. I am

on the way up! I also am studying *The Power of Your Subconscious Mind*[1] and find it a treasure house of knowledge. Many thanks! T.I.

How a Salesman Broke Blocks to Closing Sales

A few months ago I received a letter from a man in New York City in which he stated that whenever he was about to bring a deal to the point of completion, the door seemed to jam tightly and everything would collapse at the eleventh hour. This has happened time after time when he is supposed to have the prospective client sign on the dotted line. Suddenly the client becomes ill, or his wife dies, or he meets with an accident. There is a definite appointment at an office, and the meeting falls through for various reasons, such as fog delaying the plane or sudden illness or failure of different people to show up. He asked what he could do to remove the "block."

The only "block" this man suffered from was his false belief which dominated his mind. He feared a recurrence of these episodes in his life, and what he feared most he experienced. In other words, it was done unto him as he believed in very tangible form.

In my letter to him, I pointed out that the way to harmony, success, and prosperity was within himself. He did not have to beg, supplicate, or beseech God—all he had to do was to change the stream of his mental thought and imagery. I emphasized that the affirmations I was about to write for him possessed their value only because of his thought and understanding of the laws of his mind behind them—that he could, for example, recite the Declaration of Independence and the Bill of Rights and still have little or no understanding of the true meaning of Americanism. Following my directions, he reversed his mind as follows:

> *I know that there is only One Mind which created all things, and my mind is one with that Cosmic Mind. I meditate on my inseparable oneness with this Cosmic*

[1] *The Power of Your Subconscious Mind,* Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

Mind Power, and, without strain or stress or any great mental effort, I let my thoughts and mental images sink into my deeper mind; I am quiet in the assurance that these thoughts will return, fabricated and manifested by the Cosmic Mind who created the universe.

I know God is the Cosmic Mind Power, which is the reality of me. My work is God's work, for God works through me and my work cannot be hindered or delayed. The Cosmic Mind Power that created all things finished whatever It created. My work goes through to completion in Divine order. All that I set out to do reaches fruition. I entertain only those thoughts that make for my highest happiness, peace of mind, and achievement.

The above prayer, affirmed with sincerity and deep understanding of the way his mind worked, brought about a complete change. He reversed the so-called block and is now closing sales and moving forward with faith and confidence to greater and greater usefulness and accomplishments in life.

What You Can Conceive, You Can Achieve

An engineer in London, England, once said to me, "Some years ago when I first started, I failed miserably in three assignments given to me, and my supervisor said to me, 'You are fearing failure and you expect failure, and it is what you really expect deep down in your heart that you experience.' This was the turning point in my life, and I completely changed my mental attitude.

"I admitted to myself that I had faith in failure, not in success and getting things done. From that moment on, I had faith in success. My motto became *Anything I can conceive and believe possible, I can achieve.* My new attitude is the reason behind my being the director of this engineering firm."

I would suggest that you inscribe in your heart this engineer's quotation: *Anything I can conceive and believe possible, I can achieve.*

This engineer began to realize there was an Almighty Power within him, the Cosmic Giver of all gifts, which he could tap; he began to find the answers, the power, and the wisdom to accomplish things which he previously had believed to be hopeless. He looked forward to achievement, victory, and triumph, and his faith became contagious: all the men working under him likewise became imbued with the idea of success and triumph, and they also accomplished great things.

This engineer's favorite Bible quotation is: *Every valley shall be exalted, and every mountain and hill shall be made low . . . Make straight in the desert a highway for our God* (Isaiah 40:3, 4).

SUMMARY

Important Pointers

1. Desire is the Cosmic gift of God. The desires, urges, intimations, and promptings of the Life-Principle within you are Life's way of telling you to rise, to transcend, and to grow.
2. You mold, fashion, and create your own destiny. Your future is determined by your habitual thinking and self-imagery, and your subconscious mind faithfully reproduces what you think all day long. Emerson said, "Man is what he thinks all day long." Change your present thought for the better and you change your destiny for the better.
3. You have to pay the price in order to get what you want in life. The price is to learn the Cosmic laws of your mind and then to give attention, devotion, and nourishment to your ideals. The law of mind is that whatever you

give attention to and take a deep interest in, your subconscious mind will magnify and multiply and express on the screen of space. Your price is recognition of the laws of mind, complete acceptance of these laws, application of them, and deep abiding trust that they never fail. In short, your price is recognition, acceptance, and conviction of the Cosmic Power within YOU.

4. You have a perfect right to anything that would make you happier, healthier, or more successful in life, and one of the things that could hold you back on your upward journey is to think you have a right to something that belongs to someone else. It is dead wrong in Cosmic justice to infringe on the rights of others. Wish for all men that which you wish for yourself.
5. Realize the Cosmic Giver, your God-Self, can give you all the wealth, happiness, success, and opportunities in life without hurting a hair on the head of any living being in the world.
6. There is no cruel fate holding you in mediocrity, lack, or sickness. As you sow in your mind, so shall you reap. Plant orchids (beautiful thoughts) in the garden of your mind. All the experiences of your life are simply externalizing your thoughts, conscious and unconscious.
7. There is no block holding you back other than a false belief or an abnormal fear enthroned in your mind. A block is a false belief which dominates a man's mind, bringing all sorts of suffering in its train. Remove the block with a deep understanding of the laws of your mind.
8. Whatever you can conceive and believe possible, you can achieve with Cosmic Mind.

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How to be joyous conquering obstacles to your Cosmic good

The principle of growth is cosmic and universal. You may see this marvelous principle of growth manifesting itself daily in flowers, in all vegetation, in animals, and in human beings. The seed of a tree has been known to overcome all obstacles—even to break through a rock—in order to become a tree. In like manner, you are here to overcome, to rise over all obstacles, to transcend, to grow and to rejoice in it.

You are here to master all problems, to solve all difficulties, and to experience joy, happiness, and victorious living. You are here to become mentally and spiritually aware of your transcendental powers which enable you to overcome any challenge and experience the joy, satisfaction, and thrill of victory.

The minute you acknowledge the Cosmic Power within you and accept your responsibilities for your environmental conditions, you will begin to gain control over conditions, and your thinking will begin to make itself felt.

It would be a very dull and insipid life for you if the crossword puzzle were all made out for you and all you had to do was to insert X, Y, and Z. No, the joy is in solving the crossword puzzle—this is the way you discover the Divinity within which shapes your destiny.

How Cosmic Mind Helped Sell Real Estate

Some months ago I interviewed a man who had had great difficulty in selling his property and home, as he said, because of tight money and high interest rates on banks loans. During the interview, I said to him, "There is an age-old truth which says, *What you are seeking is seeking you.* The mere fact that you want to sell your property and home indicates that somewhere there is someone who wants to buy it."

I then said to him, "Let us both pray about the matter and agree mentally that it is sold to the right buyer who wants the property, who appreciates it, and who prospers in it."

Accordingly, both of us stilled our minds, relaxed mentally and physically, and focussed our attention on the sale of the home. I said audibly:

> *Let us now agree that the Cosmic Mind knows where the right buyer is and that the Infinite Intelligence within that Mind knows where the buyer is, and It is now this moment in action, bringing both of you together. Both of us decree that the price is right, the time is right, and the buyer is right. We agree that the property and the home are now sold in the Cosmic Mind of God, as buying and selling represent an exchange of ideas in the mind of man. We decree that it is so, and we accept it completely in our minds right now.*

This was our prayer, to which he agreed completely. The sequel to this prayer is very interesting. When he went to sleep that night, in a dream he saw a man who gave him a check for the full

value of the property. In his dream he said to the man, "Are you paying in full for the whole thing?" and the man said, "Yes." Then he awakened and intuitively knew that his property was sold.

Ten days elapsed, and on the tenth day the man whom he had seen in the dream came to him and bought the property, which consisted of ten acres and a home. The man paid him exactly the amount he asked for—which also coincided with this dream.

The Cosmic Mind knew where the buyer was and revealed the answer to him in a dream, which was subsequently confirmed. The ways of your Deeper Mind are past finding out. The Bible says: . . . *I the Lord* (your subconscious mind, or the Law) *will make myself known in a vision, and will speak unto man in a dream* (Numbers 12:6).

How a Businesswoman Triumphed over Obstacles

A businesswoman with whom I talked complained that her health, business, and home conditions were very bad and practically beyond her control. I explained to her that on the contrary, she must definitely and positively assume responsibility for her well-being, happiness, and all conditions of her life.

In her conversation, she said, "The first two years in business, I was a great success. Everything went fine, and I prospered. Now, everything is upside-down."

I asked her a simple question: "Do you take the responsibility for the two years of success?"

She said, "Of course I do. I worked hard and diligently, and I gave my best to the customers."

I said, "Your answer is correct, but you just can't take credit and approbation for your success in business—which you said was due to your efforts and mental acumen—and then refuse to assume responsibility for your failure, ill health, and discordant home conditions. This is a contradiction which is illogical, unreasonable, and unscientific."

She immediately perceived the wisdom of this explanation. Suddenly she began to realize that she had the privilege to use the

Cosmic Power to live a successful, happy, and prosperous life and it was her responsibility to use the Power rightly, not only for success and prosperity but also for her well-being and joyous living.

This woman had been deceived and swindled in a real estate deal and consequently was extremely resentful and bitter. This mood of lack and hostility lurked in her subconscious mind, and it became a festering, psychic wound which brought on her depression, nervousness, and financial distress.

She accepted the challenge of life and forgave the man who had swindled her, who, incidentally, had absconded with her money and gone off to South America. Her simple prayer was: *I bless him; I forgive him; I forgive myself, and I mean to forget it.* And it worked! She had discovered the Cosmic Power, which enabled her to overcome her resentment and all her ills. The Cosmic Power responded according to her conviction and belief. The daily prayer I gave her was as follows:

> *As I think wisely, judiciously, constructively, and harmoniously, I shall not reap a crop of confusion, lack, sickness, or misery. I steadfastly think of increase in my business, of joyous good health, and of vitality, abundance, and expansion along all lines. I know that these seeds fall on good ground (my receptive mind), and they yield an abundant harvest. I constantly sow seeds of forgiveness, release, and goodwill to all, and I know the Cosmic Power responds by delivering to me better conditions, larger experiences, and better situations. I maintain harmony and peace of mind.*

She nourished these thoughts daily, and at the end of three weeks there were a renewal and an expansion along all lines. Her business began to prosper, new friends came into her life, she had buoyant health, and she became cheerful and optimistic. This woman had discovered the joy of living, of overcoming, and of the buoyancy and resiliency caused by the flow of the Cosmic Power through her.

The Answer That Saved the Suicide

Last year the manager of a downtown hotel phoned me, and in a rather excited tone of voice he said, "There is a guest in the hotel who wants to commit suicide! He won't get out of bed; he won't eat, and he mumbles to the bellboys, 'I'm going to kill myself. Call Dr. Murphy.'"

I visited the man and said to him, "You can't solve a problem by killing yourself or by jumping out the window. You can solve your problem right where you are, because you personally are greater than any problem."

I did not plead with him. Instead I taught him something about himself, because from experience I have learned that often the explanation is the cure.

I pointed out to him that the act of trying to escape a problem is like running away from Los Angeles to San Francisco: you take your mind with you, and the only place your problem exists is in your mind.

I also dwelt on the fact that man is not just his body but that man can actually move outside his body; he can look upon his body from outside and also can be seen at a distance by others. I mentioned that these truths about man have been known for thousands of years: that there is no death—only life; that his body is an instrument to express mind and spirit; and that he will have bodies continuously to infinity.

I described the experiments and research work of the famous Dr. Hornell Hart, former associate of Dr. J. B. Rhine at Duke University, who has investigated numerous cases of men and their experiences outside their bodies. I told him frankly that he would meet the same problems outside the body he now had, as he would immediately put on another body much more rarified and attenuated and called the fourth-dimensional body. He would remain confused, frustrated, and perplexed in his new body, which would conform to his confused thoughts and imagery.

This man became intensely interested and absorbed in my description of experiments in India and in the United States on

man living outside his body. He asked several questions and finally began to see that what he really wanted was a solution. His suicidal complex was caused by an intense desire for freedom and peace of mind. His urge to commit suicide was a sincere desire for a greater expression of life. He soon realized, though, that he could not really destroy life, mind, or spirit.

I explained to him that man is mind, and ever more he takes the tool of thought, and choosing what he wills brings forth a thousand joys or a thousand ills.

This man's death desire was a desire for a greater measure of life, for there is no actual extinction of life. The suicidal urge in this man, as I further explained to him, was a desire to destroy and abolish the obstacle or impediment, or, in the case of acute mental pain and anguish, the body.

The so-called insoluble problem which he had was not uncommon. His wife had deserted him and had run off with another man; where she went, he didn't know. They had had a joint bank account and she took all the money—stocks and bonds included. His store was burned to the ground and his insurance had lapsed. Then he turned to drink, sank into the throes of despair and despondency, and wanted to end it all.

He finally decided, however, to stand up to his problem like a man, realizing that he was born to win, to conquer, and to triumph over all obstacles. I took him out to dinner and talked to him about men who had lost everything and yet who had triumphed over disaster. He took on a new lease on life, and his constant prayer was: *I can do all things through the Cosmic Power which strengtheneth me. God's love fills my mind and heart, and God reveals to me the answer and the life abundant.*

The next day he went to work in a chemical plant and vowed to himself: *I will rise and overcome through the Power of God,* and he did. He obtained a divorce, and he eventually married an immensely wealthy woman; they are deeply in love with each other. All his losses were wiped out overnight. As a wedding gift, she bought him a new store with all the necessary equipment. He said to me, "Your explanation of man living outside his body has saved my life."

This man's inner realization of a Cosmic Power which is the very life of him enabled him to see that he is immortal. This is why the Bible says: . . . *This is life eternal, to know thee the one true God* (John 17:3).

How He Found a Way Out of the Wilderness in Vietnam

Recently I lectured at a banquet, and a young officer who had recently returned from Vietnam sat next to me. He told me that he had had to bail out of his plane as it caught fire, and he found himself in the jungle. Darkness was just setting in, and he was hopelessly lost. He said that he was seized with panic for a few minutes. Then he said to himself, "The night is here, and the dawn follows the night. I am going to find a resting place and sleep and know that the Lord is my Shepherd." He remarked, "When I did that, all fear went away and I knew I would be safe."

This Air Force officer had assured himself that the darkness breaks into flame and light. Fear was the darkness, and faith in God who would take care of him was the flame of light. The next morning he was rescued by friendly Vietnamese farmers who had come his way, hunting for game.

This man had overcome his fear, and the Cosmic Power had responded to his prayers of faith. . . . *According to your faith is it done unto you* (Matthew 9:29).

How an Executive Overcame Pressure and Excess Tension

Some time ago in San Francisco, where I gave a series of lectures on *Your Infinite Power to Be Rich*,[1] I interviewed a businessman at the St. Francis Hotel, where I was staying. During our conversation he said to me, "I'm very worried and terribly tense. The pressure is terrific; it's a rat race today. I'm losing my grip and giving way under it."

[1] *Your Infinite Power to Be Rich*, Joseph Murphy, Parker Publishing Company, Inc., West Nyack, N. Y., 1966.

I asked him this question: "Do you think that fear, pressure, anxiety, and worry are independent of your mind, or are they entities that walk about, ready to attack you and give you nervous prostration?"

He replied, "No; I know that disease, fear, and worry are not independent of my mind."

"I don't suppose you ever read the Bible, do you?" I asked.

"Indeed, I do," he said boldly. "I read passages every night before I retire."

"Well," I said, "I am going to give you one of the most wonderful and beautiful healing passages in the entire Bible, from the Book of Job: *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee.*" [2]

I continued, "I know that you read the Bible, but obviously your mind is engrossed in the pressures and strains of your business difficulties. Now you must deflect your mind from the problems and vexations of the day and acquaint yourself with the Cosmic Power within you, which is universal and which is the Power that created all things in the universe. As you recognize and accept this Supreme Power and Wisdom and begin to call on It, It will answer you and give you victory and triumph over all your anxieties and perplexities.

"Don't give power to the vexations, troubles, and trials of the day; never give them power over you. Rise above them! You can go to the Cosmic Power within you and gather more strength and be replenished with wisdom, which will enable you to withstand the tribulations and contentions of the day and experience some good in all problems. Furthermore, you will grow tall in confidence and poise.

"From now on, keep your mind on God's wisdom and power; you will have peace of mind and will be more effective in all phases of activity. Practice the repetition, a thousand times a day, if necessary, of this passage: *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee.* Get your mind away from your troubles and focus your attention on the Cosmic Healing Power within you!"

[2] Job 22:21.

He thanked me, and said, "I'll try your spiritual medicine."

A month passed by and I received a telephone call from him in which he said that he had used the passage from Job over and over again. He said that every time he was about to fly off the handle, instead of fretting, fussing, fuming, and fulminating, he affirmed the passage from Job. Now he has peace of mind and control over his emotions, and he is no longer victimized by strain and pressure.

SUMMARY

Steps in Truth to Remember

1. There is great joy and satisfaction in overcoming obstacles and difficulties. Furthermore, this is the way in which we sharpen our mental and spiritual tools, enabling us to discover the Divinity within.
2. When you wish to sell something, you must not dwell on all the obstacles; rather, you must agree in your own mind that it is sold to the right buyer in Divine Cosmic order. What you are seeking is seeking you, and the law of attraction will cause the right buyer to purchase it.
3. If you take the responsibility for success in your business or profession due to zeal, enthusiasm, and diligent application on your part, you cannot at the same time refuse to take responsibility for your failure, sickness, or discordant conditions. You have the freedom to use the Cosmic Power for success or failure, health or sickness, peace or pain.
4. A man who has a suicidal urge or complex is looking for an answer, freedom from his distressing problems or

acute mental anguish. He cannot escape his problem because it is in his mind, and he is mind and not just a body. If he destroys his body, he merely dons another and still remains confused and perplexed. Inform him that he lives outside his physical body, and when he leaves this body or destroys it, he puts on a rarified and attenuated fourth-dimensional body. The Cosmic Intelligence can solve his problem and set him free. When he calls on It, he gets the answer. Man is immortal; he lives forever, and there is no death. He meets his problems here, and he solves them through the power of God.

5. The dawn follows the darkness of the night. The light of God will illumine the darkness of the mind, which is due to fear, panic, or a sense of hopelessness. When lost in the mental jungle, sit still, relax the mind and body, and know that there is a Cosmic Intelligence which will watch over you, protect you, and lead you to safety. The day will break for you and all the shadows will flee away.
6. You overcome pressure and strain by staying your mind on the Cosmic Goodness within you.

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The Cosmic Power and your future

You mold, fashion, and create your own future by your present thoughts made manifest, because, as Emerson said, "You are what you think all day long." Change your present thoughts and you change your whole life. You can direct the Cosmic Power within you and thereby control your life experiences; you can actually bring to pass the cherished desires of your heart.

Your mind is constantly in motion as thoughts, images, ideas, dreams, and aspirations come and go. Your world is constantly changing in harmony with your habitual thinking. You create for yourself success or failure, affluence or poverty, health or sickness, and peace or pain by your conscious and subconscious thought. *For as a man thinketh in his heart* (subconscious mind), *so is he* . . . (Proverbs 23:7). Any thought of yours—good or bad—if consciously accepted, is implanted in your subconscious mind, and it comes forth after its kind. This is why you create your own future.

How a New Future Was Gained Through Cosmic Healing Power

A few weeks ago I visited in the hospital a man who had undergone a major operation. He told me that his kidneys had

completely given up functioning, and he asked me to pray for him, saying, "I have no future. I'm only forty, but I suppose I'm done for. What will happen to my family? Prayer is all that's left!"

I said to him that his first step was his willingness to believe that the Cosmic Healing Power which made his body and all its organs could restore and heal him. We prayed together as follows:

> *We join together now in knowing that the Cosmic Healing Power which made your body and all its organs knows all the processes and functions of your body, and the miraculous Healing Power is permeating every atom of your being, making you whole and perfect. All your organs are God's ideas, and through the power of the Almighty they are functioning perfectly now.*

After about fifteen minutes our prayer was answered and his kidneys began to function, which pleased his surgeon immensely. He is now back with his family and in perfect health, and, while conferring with me recently, he said, "My future is assured. I know that my future is my present thought grown up."

This man knows that his faith in the goodness of God, in the guidance of God, and in the creative power of his own thought will always be made manifest in his life. With this attitude, he is building a glorious future for himself full of harmony, health, peace, and abundance.

How to Assume Responsibility for the Future

Some months ago I had an interview with a man who was blaming circumstances, God, fate, bad luck, and his in-laws for his unhappy and inharmonious condition. I explained to him that all of God's riches were available to him: health, wealth, love, peace, harmony, and the Cosmic Creative Power, which he could instantly contact through the medium of his thought. I emphasized the fact that it was up to him to make his own future whatever he wanted it to be, but that he had to open his mind to receive the

bounty of God. Here is the formula I prescribed for him, which I called mental and spiritual medicine.

First step. Take all your attention away from old hurts, grievances, resentments, and rankling memories, and cease all self-condemnation or criticism of others.

Second step. Take time out morning and evening to implant in your subconscious mind by regular, systematic, and constructive thinking, the mental patterns of harmony, abundance, security, success, and full expression.

Third step. Instantly chop off the head of every thought of fear, worry, sickness, defeat, discouragement, or lack of any kind. This means that you cremate or burn up every negative thought by immediately substituting constructive thoughts, such as harmony, peace, love, joy, right action, and Divine guidance.

He undertook this mental discipline, and in a month's time he noticed a most remarkable change in his affairs—in all phases of his life. He held on to this new mental and spiritual regimen, perseveringly and unflinchingly, and discovered that as he changed his mind he changed everything. His business prospered, he sleeps better at night, he has ceased blaming others, and he is going ahead by leaps and bounds.

He said to me, "I realize that my future is my invisible thinking made visible." This is the truth that set him free.

It's Never Too Late to Change for the Better

I recently explained to a young woman that the future was in her own hands and that she could do literally anything with her life, because it was her life. The truth is that she could actually change her future.

She had thought heretofore that her future was in the hands of God and that she could not determine and create her own destiny.

She pointed out to me that her mother had always told her that God knew best and that she should take what comes and be content. I explained to her that this isn't the truth, *that she had to take the initiative,* and that God, the Cosmic Power, would not work for her except through her—i.e., through her thought and imagination.

She adopted an intelligent plan and decided to run her life as methodically and efficiently as a successful person operates his business. The following mental technique was outlined for her with the instruction that she was to affirm these truths three times a day feelingly and knowingly, and with a deep understanding that every thought tends to execute itself unless neutralized by a counterthought:

> *I am now designing and mapping out my own future. I am a child of God, and I have the capacity to think, feel, imagine, act, and react. From this moment forward I choose harmony, health, peace, abundance, Divine right action, happiness, and love. I know that these thoughts are like seeds placed in the ground, which contain the complete program for their full development. Likewise, my subconscious mind knows how to bring forth all the mental seeds I am depositing in my mind. I know my thought and feeling create my destiny, and I rejoice that it is so.*

In less than three weeks, by following the above technique and prayer process, she had added color, vitality, joy, happiness, and luxuries to her life. She subsequently married a young physicist, has gone on a trip around the world, and has experienced a wonderful mental transformation, whereby her life now has color, beauty, and love. She has discovered that the normal desires and demands of the full life can be met in an intelligent manner since she has permitted herself to become a creative outlet for the Cosmic Power within her.

She told me, "It is wonderful to know that I am a child of God

and that God is releasing and expressing Himself through me and that I create my own future."

Why You Are Always Planning for the Future

You are "always" planning for the future, because if you are thinking or planning something for the future, you are thinking about it *now*. Likewise, if you are fearing delays, obstacles, and impediments to your future plans, you are thinking of these things *now*. In the Cosmic Mind there is no time or place—only the Eternal *now*. It is omnipresent, timeless, and spaceless.

There are many people who get the weekend off and look forward to blue Monday, or "black Monday," as some call it. Naturally it becomes a day of confusion and depression to them, as they had consciously decreed their future and their subconscious had responded accordingly. In all probability, they didn't even know that they had planned ahead and had thus created their future.

When you really *want* to change your future, you will come to a decision to change your thoughts, feelings, actions, and reactions. You can have a new birthday in God when you realize that your mind is a part of the Cosmic Mind and that the Cosmic Power is with your thoughts of good. You can be transformed and you can build a glorious and wonderful future by the renewal of your mind.

How a Young Woman Discovered She Has What It Takes to Face Life

A few years ago while lecturing at the Psychic Science College in Belfast, Ireland, I interviewed a young woman who said to me, "I haven't got the power to handle my troubles and difficulties or to meet and solve the problems of life. I'm divorced. I hate myself, and I'm no good."

I explained to her that her condition was simply due to habitual negative thinking, and to constant self-criticism and self-condem-

nation which were poisoning the springs of hope, faith, confidence, and enthusiasm and were rendering her a physical and mental wreck. In other words, she was taking mental, self-generated poisons, and she was polluting the sanctuary of the Living God within her.

I explained the laws of mind to her and pointed out that she is constantly reaping what she sows in her subconscious mind; that she was here, like everybody else, to overcome problems, challenges, and difficulties and to lead a victorious life; that she had to stand up as a child of God and meet life boldly; and to realize and utilize the tremendous Cosmic Power within her.

I told her the story of how Eddie Rickenbacker, the famous aviator, and his companions were shipwrecked and were adrift on a raft in the Pacific Ocean. He prayed for food, and a gull came and perched on his head and remained long enough to be seized and utilized for food. He prayed to be rescued, and of course he was picked up. He believed in the wisdom and power of God to take care of him and the answer came, for the Cosmic Power answers you when you call, believing.

This episode made a profound impression on the young Irish lady. I gave her the following prayer, pointing out that it was a process of reconditioning her mind and that when negative thoughts of any kind came to her mind—which they would because of her destructive habit of self-condemnation and self-demotion—she was to immediately supplant them with a spiritual thought. This is the prayer which she was to repeat out loud for about ten minutes, morning and night:

> *I am a child of God. I am a channel of God, and God has need of me where I am, otherwise I would not be here. I know I am here to express more and more of God's love, life, truth, and beauty. I am here to do my share and to contribute to humanity. I have much to give; I can give love, laughter, joy, confidence, and good-will to all people, to all animals, and to all things in God's universe.*

I am here to stir up the gift of God within me. I realize that I am a gardener, mentally speaking, and as I sow, so shall I reap in life. Life is a mirror for the king as well as for the beggar, and whatever I give to life, life returns to me magnified, multiplied, and running over. I deposit in the garden of my mind wonderful seeds of peace, love, goodwill, success, harmony, and joy.

I forgive myself for harboring negative, destructive thoughts, and I pour out love and goodwill to all my relatives and to all people everywhere. I know when I have forgiven others, because when I meet them in my mind there is no sting; I am free.

I am constantly drawing out the fruit of the delightful seeds I am depositing in my subconscious mind. I know that my thoughts, like seeds, will be made manifest as form, function, experience, and conditions. I think on these things, and the Cosmic Power is with my thoughts of good. I am at peace

She repeated the above prayer for the recommended ten minutes in the morning and evening, realizing that her eyes saw these truths and her ears heard them, bringing the two faculties of sight and hearing into function, thereby reinforcing the power of her affirmations. After a few weeks, I received the following letter:

Dear Dr. Murphy: All of us enjoyed your lectures in Belfast; you opened the eyes of many. I would like to tell you of the change that has come over me.

I prayed the way you told me, and after a few days all the bitterness in my soul disappeared as if by magic. I joined a dancing class, and I have been promoted in the store to the position of head of my department. The assistant manager proposed marriage to me, and we are to be married in six months! I have forgiven myself and my relatives.

Every day is a new day. I know that I predict my own

future by the way I think, feel, and imagine. I am grateful. God bless you!

How a Salesman Changed His Mind and Changed His Destiny

Some months ago a young salesman came to see me. He said that he could not get along with his boss; he had failed to make his quota of sales and had lost his job; and he was out of money. He had walked ten miles to see his sister in Hollywood in the hope of borrowing a few hundred dollars. His sister refused, saying that until he stopped drinking and philandering she would not give him a penny, and she coldly turned him away.

He told me that he had slept in a flop-house and that the kindly desk man had told him to see me and that I would help him. I spent over an hour with him, listening to his sob story of grief, disappointments, and anger and resentment toward his former boss and members of his family who had refused to help him.

He said that he was a member of a church; that he religiously followed all the rules, tenets, rituals, and ceremonies; that he attended every Sunday morning—but still everything went against him. This young man also was angry even at God for letting him down.

In many instances, the explanation is the cure. Patiently and kindly, I explained to him that he could keep and follow all the prescribed rules, rituals, doctrines, and dogmas of a church from an external standpoint, and still think negatively and destructively. I told him that if he believed in a punitive God, or that God had not played fair with him, such beliefs automatically would bring trouble and difficulties on him. In other words, he becomes his own tormentor and brings failure, lack, and misfortune on himself, for it is done unto him as he believes.

I explained to him that the first step is to admit that he had been wrong; then he could be completely changed in all phases

of his life. My mental and spiritual prescription for him was as follows:

"Form a mental image of yourself as a great salesman; imagine that your relatives and I are congratulating you on your new and wonderful position and on your promotion and outstanding success. Run this mental movie frequently, and the Cosmic Power within you will lead and guide you to a new position with wonderful opportunities for advancement."

He decided to do just what I recommended. He did not overcome his problems of resentment toward his boss and his relatives all at once; but whenever he thought of them or his boss, he silently blessed them by saying: *I release you; God be with you.* After a few weeks, he was completely free of his grudges, resentment, and hostility.

He now occupies an executive position in one of the leading organizations in Los Angeles, and he bubbles over with enthusiasm. He glows with the power, enthusiasm, and zeal of a transformed man. He has proved the age-old doctrine, "Change your thought and you change your future."

SUMMARY

Points to Recall

1. You mold, fashion, and create your own destiny. Your future is your present thought made manifest on the screen of space.
2. The first step in changing your mind, body, and environ-

ment is to believe that the Cosmic Healing Power which made your body can heal you and bring into your life all kinds of blessings. The Cosmic Power is all-wise.

3. You must assume responsibility for your future and cease blaming your in-laws, God, life, and the universe. You can instantly contact the Cosmic Power through the medium of your thought and make your future what you want it to be.

4. Take time out morning and evening to implant in your mind, by regular, systematic, and constructive thinking, the mental patterns of success, prosperity, abundance, right action, harmony, and full expression.

5. Your future is in your own hands for the simple reason that whatever you sow in your mind, you will reap on the screen of space. To think that your future is in the hands of God and not dependent on your own initiative is rank superstition. Your thought and your feeling create your destiny.

6. You can always plan for the future. If you are planning something in the future, you are planning it now—this instant—in your mind. Likewise, if you are fearing delays, obstacles, and impediments, you are thinking of these things now and creating the delays you fear. In the Cosmic Mind there is no time or space; all is the Eternal *now*. Plan something glorious and wonderful *now* in your mind.

7. Meet your challenges, problems, and difficulties boldly. Realize that the problem is there—but God is there, too; then every problem is Divinely outmatched. Stand up to the problem as a child of God and grapple with it courageously, and the Cosmic Power will instantly come to your aid. When you begin, God begins.

8. You predict your own future by the way in which you think, feel, imagine, act, and react.

9. You can follow all the rules, tenets, rituals, and ceremonies of a particular church and still be miserable, frustrated, and unhappy. You, and only you are responsible for the way you think and believe.
10. Change your thought-life and you change your destiny.

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How to be serene in this changing world

Ralph Waldo Emerson said, "Nothing can bring you peace but the triumph of principles." Knowledge of the principles of your mind will add to your peace, poise, balance, and security.

For example, the engineer follows the principles of mathematics when constructing a bridge; he understands stresses, strains, and other complex scientific calculations based upon immutable laws which never fail. Likewise, the chemist and the physicist obey universal laws and principles underlying these forces.

You must discover the Cosmic laws and principles of your mind and live according to the principles of health, happiness, and serenity of mind. The law of your mind is referred to again and again in the greatest of all creative and dynamic books, the Bible, and that is the law of belief. . . . *As thou hast believed, so be it done unto thee* (Matthew 8:13).

To believe is to accept something as true, and whatever your conscious mind accepts as true—whether good or bad—your subconscious mind brings to pass. You *are* what you contemplate; you *are* that which you feel and believe yourself to be. Contemplate the following truth morning, noon, and night, and you will find peace in this changing world:

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).

How an Alcoholic Found Inner Peace and Freedom

Some months ago I interviewed an alcoholic whose wife had left him and whose two daughters no longer recognized him or spoke to him. He was in a state of deep depression and melancholia. I explained to him that his sincere desire to give up alcohol was the first step in healing, to which he readily agreed. The next step was to realize that there is a Cosmic Power within him which would take away all craving and would compel him to assert his freedom from the habit.

I suggested that he practice a simple mental technique several times daily by imagining that I was congratulating him on his freedom and believing in the picture of his mind. He continued to do this for about four weeks, three times daily for about five minutes each time.

Finally, the mental picture was objectified in his experience: a new habit-pattern had been established. He had gradually established the mental equivalent through thinking and feeling his freedom, until finally the mental picture was objectified. He said to me, "I have discovered the power of my own mind. I am free! I have a peace and serenity of mind which I never knew before, and I am grateful."

The Bible says, *Acquaint now thyself with him, and be at peace* . . . (Job 22:21). This man had acquainted himself with the power of his thought and imagination, to which the Cosmic Power within him responded. Peace comes to you as you discover the principles of your mind and apply them constructively in your life.

She Learned to Forget Bitterness and Found Serenity

Some months ago I visited a woman in a local hospital. She was suffering from acute high blood pressure and acute colitis. She began to recount all her former mistakes and errors, and she condemned herself and her stupidity. She said to me that she hated another girl who had undermined her in the office, and she was completely bogged down by destructive emotions which were snarled up in her subconscious mind.

I sat quietly with her for some time and then told her what William James, the father of American psychology, said. "The mark of genius is to know what to overlook." That is, you must turn away from the past—i.e., forgive and forget—if you want to be in perfect health and to have peace of mind.

I quoted a passage from the Bible and emphasized the fact that it was one of the greatest therapeutic agents available to bring about mental and physical health: ...*Forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize*... (Philippians 3:13-14). I explained to her, "The prize that you are seeking is peace of mind. If you have peace of mind, you also will have balance and equilibrium in your body. Peace means balance, equilibrium, equanimity, and serenity, which are due to a sense of oneness with God, the Infinite, the Whole of Life."

Jesus said to sick people: ...*Thy faith hath made thee whole; go in peace* (Luke 8:48), because their minds were in turmoil and full of discord, confusion, inner warfare, and anger.

I explained to this woman that she could get back on the beam and find the peace that passeth understanding and that peace of mind is not escapism or a retreat from life. On the contrary, it is a constructive attitude of mind where you are vitally interested in the welfare of others and where you are a dynamic, creative person full of creativity, love, and goodwill to all.

I wrote out the following prayer for her to use frequently during the day:

I fully and freely forgive everyone who has ever hurt me. I release them, and it is done with forever. Whenever I think of any one of them, I bless that person. I forget the past and give my attention to a glorious future of perfect health, harmony, and peace. My mind is poised, serene, and calm. In this atmosphere of peace and goodwill which surrounds me, I feel a deep abiding strength and freedom from all fear. I now sense and feel the love and beauty of the Cosmic Healing Presence.

Day by day I become more aware of God's love; all that is false fades away. I now allow the Cosmic river of peace and healing power to flow through my whole body. I rest in the everlasting arms of peace. My peace is the deep unchanging Cosmic peace, the peace of God.

She practiced this prayer frequently during each day, and when I visited her again in about two weeks, she was very happy because she felt so much better; she was being released from the hospital the next day and had been pronounced healed. She said to me, "I know all my trouble was hate and resentment; I feel clean inside now. Truly, peace is health and happiness."

How an Executive Found True Serenity

Following a lecture in Honolulu a few years ago, an outstanding business executive asked me to have dinner with him that evening, as he had a very serious problem and thought I could help him. He was urbane, philosophical, and wealthy, and he seemed well-balanced and poised. But, in the intimacy of our conversation, he revealed that within he was a seething cauldron, full of hostility, resentment, and suppressed rage.

He asked me rather pathetically, "Can I have peace of mind? Serenity? And how can I get it? I want to sleep nights!"

Of course, I told him how to acquire a basic tranquility and an inner quietness. I continued, "Real power comes from inner quietness. The quiet and serene mind gets things done. God is

peace and is at the very center of your being. The Bible says, *Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*[1] *Thou* (God, that is) *wilt keep him in perfect peace, whose mind is stayed on thee . . .*[2]

"In the midst of all your business difficulties and conflicts in daily life, keep your mind fixed on God with faith and confidence, and you will find His golden river of peace flowing through your mind and heart. Give the best that you have to your work; be creative and advance the good in life. Wish for all men what you wish for yourself. Contribute your talents and abilities to some good cause in your neighborhood. You are too absorbed with yourself.

"Commit to memory the passages I gave you, and every morning when you go to work close the door of your office and affirm these Cosmic truths. You will find their therapeutic, healing qualities flowing through your mind and through every atom of your being."

He said, "I feel better already! I now know what my problem is and what the answer is, and it is that I give peace to myself by staying my mind on God—and not on my problem!"

Last year when I visited Hawaii, I met him again, and he really is a new man. He has found the serenity of peace within himself. He has framed on the wall of his home this beautiful, soul-stirring, spiritual gem: *Thou wilt keep him in perfect peace, whose mind is stayed on thee . . .* (Isaiah 26:3).

How You Can Find Complete Serenity in Any Circumstance

Edwin Markham said, "At the heart of the cyclone tearing the sky, is a place of central calm." In the midst of a great hurricane or cyclone, the aviator knows that if he flies right into the center, there are stillness and calm. In the midst of you dwells the Cos-

[1] John 14:27.
[2] Isaiah 26:3.

mic Power which is all bliss, absolute peace, boundless love, absolute harmony, and all joy. Tune in mentally and emotionally with these qualities and attributes of Cosmic Wisdom and you will find yourself spiritually refreshed, replenished, and calm.

Your mind is a receptive medium for all the propaganda, opinions, and erroneous impressions coming from the world outside. Some of these impressions are good, but most are of a very negative nature. Except your mind is tuned in with the Cosmic Power and wisely sifts the chaff from the wheat, the negative and erroneous impressions take root and cause trouble, such as sickness, confusion, fear, and limitation of all kinds.

The world, or mass mind, believes in both good and evil powers, and in sickness, misery, misfortune, and catastrophes of all kinds. If you persevere in these worldly beliefs and neglect to tune in with the Cosmic Power, you shall have tribulations, trials, and difficulties.

The Bible says, . . . *Be of good cheer; I have overcome the world* (the mass mind) (John 16:33). Be of good cheer; let your knowledge of the Cosmic Power overcome all your problems. Begin now to fill your mind with concepts of harmony, peace, love, joy, and right action. Become aware of your inherent, God-given powers which enable you to give attention, devotion, and love to ideas which heal, bless, inspire, elevate, dignify, and fill your soul with joy.

You will always move in the direction of the idea which dominates your mind. Your awareness and confidence in the Cosmic Power and in Its Healing Presence which responds to you, fills your mind and heart and enables you to soar aloft over all obstacles to the haven of rest within yourself, where you may abide in the conviction that with the Cosmic Power of God all things are possible.

Maintaining this attitude of mind in the presence of difficulties will enable you to overcome the world (objective convictions and worldly fears and false beliefs). You shall be like the one spoken of by the Psalmist: *And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf*

also shall not wither; and whatsoever he doeth shall prosper (Psalm 1:3).

The Prayer That Gives You Serenity in This Changing World

Peace begins with me. The serenity and peace of Cosmic Power fills my mind; the spirit of goodwill goes forth from me to all mankind. I dwell in the secret place of the Most High. I claim sincerely and lovingly that all members of my family, all my associates, and all people everywhere are Divinely guided to their true expression in life where they are Divinely happy and prospered in all ways. The Cosmic river of peace moves through my mind and heart, and I radiate peace and goodwill to all people everywhere. I am always enveloped and surrounded by an infinite circle of right action and Divine love.

I affirm and boldly claim with confidence and faith that the wisdom of God in his Cosmic Wisdom anoints my intellect. I am inspired from On High. I see harmony where discord is; I see peace where pain is, love where hatred is, joy where sadness is, and life where so-called death is. All my loved ones and associates are included in my prayer, and the circle of God's love permeates their whole beings. If I have had trouble with another, I freely forgive him or her now. I completely let go of all bitterness and hostility. I see the image of God in others and wish for that person health, happiness, peace, and the blessings of the Eternal Cosmic Wisdom.

I give freely of my love, my wisdom, my understanding, and my wealth, distributing through Divine direction the riches of the Infinite to others. The peace of God which passeth all understanding fills my mind and heart, now and forevermore.

Change and decay, all around I see;
Oh, Thou who changeth not, abide with me.

SUMMARY

Highlights to Remember

1. Nothing can bring you peace but the triumph of Cosmic principles. Learn the Cosmic laws of your mind and experience peace, poise, balance, serenity and security.
2. You are what you contemplate. You are that which you believe yourself to be, for the law of mind is the law of belief.
3. You can imagine a friend or a loved one congratulating you on the answer to your prayer, and as you run your mental movie frequently and keep on believing in the picture of your mind, you will subjectify your mental image, and the answer comes forth.
4. You get acquainted with the Cosmic Power within you by using your thought and mental imagery, and the Power responds according to the nature of your request. You can contemplate freedom from alcoholism or from any other bad habit, and the Cosmic Power will free you from your craving and weakness.
5. *The mark of a genius is to know what to overlook.* You must forget the past errors, grievances and hurts and forgive yourself and others, if you want perfect health, happiness, and peace of mind.
6. Peace of mind is not escapism or retreating from life. On the contrary, it is a dynamic way of living, whereby you meet all obstacles head on and overcome them through

the Cosmic Power and wisdom of God. When you are creative, outgoing, doing what you love to do, contributing to the good and welfare of others, and full of love and goodwill to all, you have a dynamic sense of peace and inner quietude.

7. Real power comes from inner quietness. The quiet mind gets things done. God is absolute peace and dwells at the center of your being. Tune in on the God-Presence and let His river of peace flow through you, restoring your soul.

8. Contribute your talents and abilities to some good cause in your neighborhood and lift others up, and work for all that is constructive and which blesses mankind.

9. Stay your mind on the Cosmic Power which knows all and sees all, and which wipes away all tears and solves all problems. It is written: *Thou wilt keep him in perfect peace, whose mind is stayed on thee...* (Isaiah 26:3).

10. *At the heart of the cyclone tearing the sky is a place of central calm.* When troubled, perplexed, confused, or fearful, still the wheels of your mind and say over and over again, "Peace, be still," and you will find a great calm.

11. Remember, peace and serenity begins with you. You experience it by calling on Cosmic peace and love to fill your heart and mind, and you will experience the peace that passeth understanding.

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How to overcome worry

Prolonged worry robs you of vitality, enthusiasm, and energy and leaves you a physical and mental wreck. Psychosomatic physicians point out that chronic worry is behind numerous diseases such as asthma, allergies, cardiac trouble, high blood pressure, and a host of other illnesses too numerous to mention.

The worried mind is confused, divided, and is thinking aimlessly about a lot of things which are not true. Worry can be solved, however, by the application of the law of mind.

Your problem is in your mind. You have a desire, the realization of which would solve your problem. But when you look at conditions and circumstances as they are, a negative thought comes to your mind and your desire is in conflict with your fear. Your worry is your mind's acceptance of the negative conditions.

Realize that your desire is the gift of God, telling you to rise higher in life and that there is no power to challenge God, the Living Spirit Almighty within you. Then affirm to yourself: *God (Cosmic Wisdom) gave me this desire, and the Almighty Power is now backing me up, revealing to me the perfect plan for its unfoldment, and I rest in that conviction.* When fear or worry thoughts come to your mind, remind yourself that God is bringing your desire, ideal, plan, or purpose to pass in Divine order, and continue in this attitude of mind until the day breaks and the shadows flee away.

How Business Worry Was Overcome

Recently I interviewed a businessman whose doctor told him that there was nothing wrong with him physically, but that he was suffering from "anxiety neurosis," which simply means chronic worry. This man told me, "Every time I pray or think about success, prosperity, and greater wealth, I start to worry about money, my business, and the future. It's wearing me down, and I am so tired." His vision of success and prosperity was thwarted by his chronic worry, and the fretting consumed his energy fruitlessly.

The way he overcame his anxiety neurosis was as follows: he began to have quiet sessions with himself three or four times a day when he declared solemnly:

> *But there is a spirit in man: And the inspiration of the Almighty giveth them understanding* (Job 32:8). *This Almighty Power is within me, enabling me to be, to do, and to have. This wisdom and power of the Almighty back me up and enable me to fulfill all my goals. I think about the wisdom and power of the Almighty regularly and systematically, and I no longer think about obstacles, delays, impediments, and failure. I know that thinking constantly along this line builds up my faith and confidence and increases my strength and poise, For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (Timothy II 1:7).

In about a month's time this man arrived at that awareness of the strength, power, and intelligence which were Divinely implanted in him at his birth. He has conquered his worries by partaking of the spiritual medicine of Cosmic Wisdom.

How a Mother Dispelled Her Inner Fears

About a year ago, a distraught mother visited me, saying that she was terribly worried about her son in Vietnam. I gave her a

specific prayer to use night and morning for herself and for her son. Subsequently, her son returned from Vietnam; he married and settled down, and she again came back to see me just as worried as before. I reminded her that her problem had been solved, but that she was still worried.

She was worried during the second visit that he may have married the wrong girl; however, she admitted that the girl was a wonderful wife. But she said, "All the time, I was so worried that their child might be born dead or crippled, but my daughter-in-law has given birth to a perfect child." The mother was then worried about a money shortage in her son's home!

This woman was not really worried about what she *thought* she was worried about. Her actual difficulty was that she had an inward sense of insecurity and was emotionally immature. While talking to her, I was able to show her that she was the creator of her own fears, and she thereupon replaced her inner sense of insecurity with a real feeling of security. I wrote out a special prayer for her to use.

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I dwell in the secret place of the most High; this is my own mind. All the thoughts entertained by me conform to harmony, peace, and goodwill. My mind is the dwelling place of happiness, joy, and a deep sense of security. All the thoughts that enter my mind contribute to my joy, peace, and general welfare. I live, move, and have my being in the atmosphere of good fellowship, love, and unity.

All the people that dwell in my mind are God's children. I am at peace in my mind with all the members of my family and with all mankind. The same good I wish for myself, I wish for my son and his family. I am living in the house of God now. I claim peace and happiness, for I know I dwell in the house of the Lord forever.

She reiterated these truths frequently during the day, and these wonderful spiritual vibrations neutralized and obliterated the disease-soaked worry center in her subconscious mind. She discovered that there were spiritual reserves on which she could call to annihilate the negative thoughts. As she saturated her mind with these wonderful spiritual verities, she became possessed by a deep faith in all things good, and she is now living in the joyous expectancy of the best.

A Practical and Workable Approach to Overcoming Anxiety

A banker recently asked me to give him a simple, practical prayer to overcome his anxiety. I suggested that every morning before the day's work he be alone and identify himself mentally and emotionally with these truths:

I live, move, and have my being in God, and God lives, moves, and has His being in me. I am immersed in the Divine Cosmic Presence which sorrounds me, enfolds me, and enwraps me. My mind is God's mind and my spirit is the Spirit of God. This Infinite Being within me is the only Presence and the only Power; It cannot be defeated, thwarted, or frustrated in any way. It is All-Powerful and All-Wise, and It is present everywhere.

As I unite mentally with this Infinite Power through my thoughts, I know I am greater than any problem. I grapple courageously with all difficulties and problems, knowing that they are Divinely outmatched, and whatever strength, power, and creative ideas I need will automatically be given to me by the Divine Cosmic Presence. I know the Infinite lies stretched in smiling repose within me where all is bliss, harmony, and peace. I am now in tune with the Infinite, and His wisdom, power, and intelligence become active and potent in

my life. This is the law of my being, and I know God's peace fills my soul.

This banker understood what he was doing and why he was doing it. He said to me, "As I affirm these truths, I imagine they are falling down from my conscious to my subconscious mind and, by a process of spiritual osmosis, through every atom of my being." Every time I meet him in the bank, he tells me of some additional wonderful event in his life and those of his associates. He is calm, serene, poised, and balanced. He knows that the quiet mind gets things done.

How Fear of Auto Travel Was Conquered

A salesman had suffered a bad auto accident and was terribly worried every time he got into his car to drive through cities. I gave him a very simple technique, explaining to him that his mind could not contain two ideas simultaneously, i.e., he could not fear his journey and bless his trip at the same moment. Therefore, he had to supplant his worry with confidence and a sense of security. He began to bless his car as follows:

My car is God's car. It is God's idea and its creation came out of the One Cosmic Mind common to all individual men. This guides me and directs me in all my movements. Divine law and order govern me in my driving, and I go from town to town freely, joyously, and lovingly. I bless all other drivers on the road and wish for them all the blessings of life. I am an ambassador of God. I know that all the parts of my car are God's ideas and are functioning perfectly.

I am always poised, serene, and calm. I am always alert, alive, and quickened by the Holy Spirit. This love surrounds me and goes before me, making straight, joyous, and perfect my way. I am always surrounded by the sacred circle of love. It is wonderfull

During the past three years he has not had an accident, and he has received no citations or traffic violation tickets! He began to fill his mind with these truths and crowded out of his mind all worry and fear thoughts which had haunted him. He said, "I made it a habit to use that prayer all the time I was on the road. I committed the whole thing to memory and knew the higher vibration of my spiritual thoughts would wipe out the lower vibration." This salesman is no longer worried or fearful. He knows that prayer changes things.

Your Invisible Partner

I was in a drugstore in Detroit, and the pharmacist invited me to come back of the counter where he showed me a sign over the prescription department: *I will fear no evil: for thou art with me* . . . (Psalms 23:4). He added that his store had been robbed by gangsters three times and he had been held up twice with a gun pointed at his head. Following is the essence of his conversation:

"I think of that sentence of the Psalm, and it falls as a blessing on my mind. I have taken God as my partner, and I claim many times during the day: *God is my Higher Self, my Senior Partner. He guides me and watches over me. His power and wisdom are instantly available to me. I am not alone.* Now I feel secure because I know God's circle of love surrounds the store, myself, and all my customers."

This pharmacist met the problem of fear, anxiety, and worry, and he overcame it. During the past four years he has had no trouble and has prospered beyond his fondest dreams. He realized that his worry was irrational thought, and he became a straight-line thinker.

How a Schoolteacher Disposed of Worries

A schoolteacher told me that the way she overcomes all her worries is to take her worries apart; she holds them up to the

light of reason, dissects them, and cuts them up into small pieces, and then she asks herself, "Are they real? Where do they come from? Do they have any power? Is there a principle behind them?"

With her cool, rational thought, she dismembers her worries and realizes they are shadows in her mind, fallacious and illusionary. Her final summation is, "Imagine an educated schoolteacher like myself worrying about shadows which have no reality!" She concludes by laughing her fears away.

Emotional Spasms Healed

I sent a friend of mine to see a heart specialist, as he was worried that he had a bad heart. The specialist took a cardiogram and told him that his heart was normal, and that his only problem was that he suffered from emotional spasms and seemed to be unreasonably obsessed with the idea that he had a bad heart.

The doctor told him that he should artfully and subtly instill in his mind the contents of the 27th Psalm until he let go of his false idea. In a few weeks' time he broke the spasmodic grip. He practiced the great law of substitution by repeating the good idea over and over again until the mind lays hold of the truth which sets you free and serene

How Worry of High Blood Pressure Was Handled

A short while ago a man with a seemingly well-adjusted and composed personality came to see me, very worried and anxious because his personal doctor had told him his blood pressure was over 200 and that he should take it easy and relax more. He said to me, "I can't take it easy! I have too much to do, and the pressure in my organization is terrific." He was really suffering from a long-mounting accumulation of petty frustrations and worries.

I expounded on the great truth that every fact of life is under the control and influence of the law of change. The old hymn says, "Change and decay all around I see; Oh, Thou Who changeth not, abide with me." God changes not and is the same

yesterday, today, and forever, but all conditions, circumstances, and events are subject to alteration. Every created thing will someday pass away. The age-old maxim, "This too shall pass away," is always true.

I suggested that he begin to apply this truth to himself: that he could not be sick forever, that he was here to meet all problems and to overcome them, and that he was mentally and spiritually equipped to do so.

The first step was that he had to abstract his attention from his ailment and business difficulties and trust the Creative Cosmic Power within him, which made his body, to heal and to restore him. I gave him the following spiritual prescription to take in addition to the medicine which his doctor prescribed, accompanied with the suggestion that he was to assert absolutely and believe implicitly the following truths:

> *Periodically during the day I withdraw my attention from the vexations and strifes of the world, and I return to God and commune with Him. I know I am nourished spiritually and mentally, and God's peace floods my mind. God reveals to me the perfect solution and the perfect idea for every problem I meet. I reject the appearance of things, and I affirm the supremacy of the Infinite Power within me. I am absorbed and engrossed in the truth that God is guiding me and that Divine right action reigns supreme. The miraculous healing Cosmic Power is flowing through me and permeating every atom of my being. His river of peace flows through my mind and heart, and I am relaxed, poised, serene, and calm. I know the God-Presence which made me is now restoring me to wholeness and perfection, and I give thanks for the healing which is taking place right now.*

By affirming regularly many times a day in this manner, he succeeded in retrieving his senses from the annoyances and ir-

ritations of the day, and in a month's time a medical checkup revealed normal blood pressure. He discovered that his renewed mind restored his body to wholeness. When the strain and pressure of business tend to disturb him today, his motto is *None of these things moves me.*

As he exalts Cosmic Wisdom and God in the midst of him, his problems have become correspondingly smaller and smaller. Nobody rubs him the wrong way or excites him, and he feels adequate through the power of God to solve all problems and to meet all challenges. He has revalued himself in terms of his inner spiritual powers. *I will lift up mine eyes unto the hills, from whence cometh my help* (Psalms 121:1).

A Prayer to Banish Chronic Worry

Affirm daily with deep feeling:

I have a new, strong conviction of God's Cosmic Presence which holds me spellbound, entranced, and unmoved, and I feel serene, confident, and unafraid. I know there is nothing to fear—nothing to draw away from—for God is all there is and is everywhere present. In Him I live, move, and have my being; so I have no fear. God's envelope of love surrounds me and His golden river of peace flows through me; all is well.

I am not afraid of people, conditions, events, or circumstances, for God is with me. Faith in God fills my soul, and I have no fear. I dwell in the Presence of God now and forevermore, and no fear can touch me. I am not afraid of the future, for God is with me. He is my dwelling place, and I am surrounded with the whole armor of God. God created me and He sustains me. God's wisdom leads and guides me, so I cannot err. I now celebrate the conviction of God's Presence because I know in my heart the great truth: "Closer is He than breathing, nearer than hands and feet."

SUMMARY

Truths to Review Daily

1. Worry is having greater faith in your problem or negation than in God and His Cosmic Wisdom. Worry can be released by applying the Cosmic laws of mind.
2. Worry is caused by letting your desire or your ideal war with your fear thoughts. Realize that your desire is the Cosmic gift of God and that as you nourish it and sustain it with faith and confidence, you will bring it to pass.
3. Anxiety neurosis means chronic worry. Chronic worry comes from thinking confusedly about many things which are not true. Worry is a negative habit. Overcome your worry by realizing that the Power of the Almighty within you enables you to be, to do, and to have what you need. Dwell on this truth, and the more you do so, the more will your worries dwindle away.
4. You are not always worried over what you *think* you are worried about. Remember that chronic worry is basically due to a sense of insecurity, a feeling of alienation from God and his Cosmic goodness. Realize that you are the *creator* of your worries and that you can also supplant them with ideas of Cosmic Wisdom. This is the great law of substitution which frees you.
5. The Supreme Power within you cannot be defeated, vitiated, or thwarted in any way. It is all-powerful, and as you unite with this Presence and Cosmic Power through your thought, this Power will become active within you.

6. You can bless your car or any means of conveyance which you use for safe travel by realizing that Cosmic Wisdom goes before you, making straight, joyous, happy, and peaceful your way.
7. Realize that God is your partner and you will fear no evil. Know that His Overshadowing Presence and Cosmic Power always watch over you, and you will lead a charmed life.
8. Dissect your worries, hold them up to the light of Cosmic reason, and you will discover that they have no reality, and are but shadows in your mind, fallacious and illusory. Laugh your worries away and stop fighting shadows.
9. If obsessed with the idea of sickness or failure, realize you can release that mental grip by instilling artfully and persistently the great truths of the 27th Psalm, the greatest antidote to worry and fear in the world. By repetition and stick-to-it-iveness your mind will lay hold of the truth which sets you free.
10. A great truth is that everything in the world passes away. You can't have pain forever or be sick forever. Everything changes to its opposite "This too shall pass away"

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How to link your thought to Cosmic Power

It is said that thought rules the world. Thought always finds its way into action. Ralph Waldo Emerson said, "Thought is the property of those only who can entertain it." He also said, "Man is what he thinks all day long."

Learn to respect and to have a wholesome regard for your thoughts. Your health, happiness, success in life, as well as your general peace of mind are largely determined by your awareness of the power of thought.

You have heard it said that thoughts are things, and that thoughts execute themselves. Your thought is a mental vibration and a definite power. Your action is but the outer and worldly manifestation and expression of your individual thought. If your thoughts are wise, your actions will be wise. When you conceive and ponder the thought, you are really releasing its latent power into action. William Shakespeare said, "Our thoughts are ours; their ends none of our own."

Think on whatsoever things are true, lovely, and elevating, and be assured of the authority of your thought. Believe in the Cosmic powers of your thought, and you will discover that thinking makes

it so. Whatever you think and feel as true, that will you bring into your life. Your thought and feeling create your destiny.

Feeling—insofar as your thought is concerned—means *interest.* This is the meaning of the Biblical phrase, *As a man thinketh in his heart, so is he* (Proverbs 23:7). When you are vitally interested in your profession, work, or a special assignment, you will be successful because you have your heart in it. You are thinking in depth or feeling the reality of your thought, which is "thinking in the heart." Think with confidence in the power of your thought, and wonders will happen in your life.

Thinking in Cosmic Truth Brought Him Several Promotions

While I was talking to a detective last year, he told me that a case had baffled him for many months and that he had been thinking of a solution and guidance but that no answer came. I discovered that he believed it was a very difficult case, that the culprits had left the country, and that his search was thus more or less hopeless.

I told him the first thing he had to do was to change the belief or thought in his heart (his inner feeling nature); that actually he was double-minded; and that it was mandatory that he change his belief by realizing that Infinite Cosmic Intelligence in his subconscious is All-Wise and All-Knowing, and can reveal to him the whereabouts of the criminals who participated in the theft. He realized immediately that his prayer and thinking had been contradictory and that his head said one thing but that his heart said another; therefore, nothing happened. He used this formula:

> *I have a deep, abiding faith and conviction in the supremacy of the Infinite Intelligence within me. I am now turning over my request in this particular case to my Deeper Mind which is the Great Fabricator, and I know the answer will come automatically through my subconscious mind. I know that this belief in my heart*

is at this moment operating in Divine order, and I give thanks for the answer.

He turned over his request to his subconscious mind each night as if it were the first time he had done it, thereby continuously reinforcing his thought-patterns. At the end of one week, he had succeeded in penetrating the deeper layers of his subconscious mind, and he had reached a conviction.

On the morning of the eighth day, as he was shaving, the thought popped into his mind of a certain small town in Southern California. He went there with his partner and found the two men in a bar, arrested them, and recovered the stolen jewels. He had thereby proved without a doubt the wonders of thinking with Cosmic authority.

A Remarkable Case of a Man from India

Not long ago, while I was lecturing in Palm Springs, I met a man in the Spa Hotel who said, "Do you remember what you told me in India about sixteen years ago?"

I did not recall the man or our conversation; however, he reminded me of our conversation. He had wanted to come to America, but he was thinking of the difficulties of procuring a passport, the quota system, his financial destitution, and his lack of friends in the United States. I had told him that he was just thinking of obstacles, difficulties, and impediments, and reacting to environment and conditions. This was not true thinking; rather, it was foolish and absurd, because the mind magnifies what it looks upon.

He showed me the prayer that I had written for him over fifteen years ago:

Infinite Intelligence responds to my thought, for Its nature is responsiveness, and I know the way will open up for me to go to the United States in Divine Order. I think about this quietly and with interest until I get the response which satisfies me. As I think quietly, vividly,

and lovingly on the answer to my prayer, I know I am activating the subjective wisdom in my subconscious mind; it then takes over and compels me to take all steps necessary for the realization of my desire.

He remarked that he had meditated along these lines morning and night for about a month, at the end of which time he had met an American industrialist for whom he had acted as a guide to many parts of India. The American, who was highly impressed with the man, arranged for his passage to New York and employed him as his private chauffeur at a wonderful salary.

This man knew what he was doing mentally, and his subconscious mind which received the impress of his thought had acted on the mind of the New York industrialist, causing him to fulfill the desire of this man in India.

You must remember that all men and women who seem to help you to attain your objectives are simply messengers employed by your Deeper Cosmic Mind to aid you in the unfoldment of the drama of your life.

How to Know if You Are Really Thinking with Cosmic Power

A man recently asked me: "How do I know when I am truly thinking?" That is a good question, and the answer I gave him is simply this: You are thinking when you are activating your mind from the standpoint of eternal verities and the Cosmic truths of God, which are the same yesterday, today, and forever. You are not thinking in the true sense of the term when you are reacting to the headlines in the newspapers, radio propaganda, or from the standpoint of tradition, dogma, creeds, or environmental conditions or circumstances.

This man who asked the question had been, as a matter of course, merely swallowing the thoughts of the columnists in the *Los Angeles Times,* and he was full of the ideas of local and state politicians. These were not his thoughts: rather, they were thoughts of others and were mostly of a negative nature.

He immediately saw the light and began to think for himself, taking as his spiritual yardstick:

> *Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things* (Philippians 4:8).

Whenever any thoughts or ideas were propounded to him, he would reason between the two opposing ideas or thoughts and come to a conclusion in his mind as to what was true from the standpoint of spiritual principles.

When the thought of failure came to him from time to time, he always affirmed boldly: *The Cosmic Infinite can't fail. I was born to succeed. Success is mine now, and the Infinite Intelligence in my subconscious mind responds and gives me the power, the strength, and the answer I need.*

He is now thinking from the standpoint of what is true of God, which is true Cosmic thinking. There is no longer any fear or worry in his thinking, and his mind is serene.

How a Mother Stopped Reacting to Negative Suggestions

A distraught mother recently came to see me, worrying that her son would get polio; also, the descriptions of cancer on television and the radio disturbed her, and she imagined that she had some of the symptoms about which she had learned. It seemed that every wind that blew affected her. She was not really thinking; she was reacting to the fears and negativity of the world.

I clarified in her mind the power of Cosmic thought, stating that every thought tends to manifest itself except it is neutralized by a counterthought of greater intensity and force, and that real spiritual thinking was completely free from fear and anxiety. She

began to perceive that all her fears were but reactions to rumors, false beliefs, and an erroneous view of things. In other words, she was making externals the *cause*, instead of realizing that the Creative Cosmic Power was within her and would flow instantly in response to her directed thought.

She came to a simple forthright conclusion in her mind that hereafter she would separate the chaff from the wheat, the false from the true, fear from her ideal. She realized clearly that all her fears were due simply to a false viewpoint—i.e., giving power to externals and the false voices and propaganda of the world.

Recently this woman exclaimed, "It is wonderful to know that I am the only thinker in my universe, that *my* thought is creative, and that all the suggestions, propaganda, conditions, and circumstances of the world are not creative, but merely suggestive and all subject to change by *my* creative thought, and when I think God's thoughts, God's power is with my thoughts of good."

She is now a positive and constructive thinker because she thinks from the vantage point of Cosmic Truth.

A Healing Secured by Cosmic Thinking

I had a long talk with a woman who was quite bewildered and distraught by this passage in the Bible: *If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple* (Luke 14:26).

This woman had left her old traditional religion, which was that of her father and mother, and they were very critical of her; she deeply resented their gloomy pronouncement of eternal punishment for her.

The explanation was the cure for her mental disturbance. I pointed out to her that the word *hate* in the Bible means to reject, to repudiate, and to disabuse the mind of false concepts, and all that it meant was that she was to start thinking for herself from the standpoint of harmony, health, peace, wholeness, and all the blessings of life.

In other words, in spiritual Cosmic thinking there need be no

antagonism or opposition to parents. They may have different religious beliefs and she was to permit them to believe what they wish and let them have their peculiarities, abnormalities, or eccentric beliefs, but she should love them in the sense that she wishes for them all the blessings of God, and she was to think kindly and lovingly of them at all times. She should, however, refuse and completely reject mentally the religious beliefs of her parents without any rancor or bitterness. I explained that Jesus was simply speaking in a parabolic way, exhorting men and women to follow wisdom and the eternal truths of life and to reject all erroneous beliefs and concepts about God, life, and the universe.

How She Gained Love and Goodwill

She gave up all her resentment and anger toward her parents and realized that as she worshipped, honored, and gave allegiance to the God-Presence within, she automatically had love and goodwill in her heart for her parents and for all men and women in the world. Love is the fulfilling of the Cosmic Law.

A Case of a Seemingly Virtuous Man Deprived of Good Fortune

A few months ago, I interviewed a man who stated, "I don't drink, smoke, gamble, or commit adultery; yet I am plagued by losses, misfortunes, and business failures, and I have been going to a psychiatrist for a mental disorder for over a year with no results. Why is God punishing me so?"

He was a member of a certain orthodox church; apparently he followed all the rules and tenets of his church meticulously from an external standpoint, and he prayed every night and morning and believed himself to be a good man, loyal and faithful to God. Now he was grumbling and growling against God and claiming that God was not playing fair with him!

I taught this man the simple workings of his own mind and

gave the reasons for all his troubles by elucidating on the fact that he could keep all the rules and regulations and practice all the formal rites of his religion and still bring all sorts of limitations, trials, tribulations, and sufferings on himself by wrong thinking and false beliefs.

His false concept that God (the Supreme Intelligence within him) was punishing him brought on all his difficulties by the very laws of his mind. . . . *As he thinketh in his heart, so is he* . . . (Proverbs 23:7). Actually he was tormenting and persecuting himself by his false beliefs. Moreover, he had a fear of failure which actually attracted failure in business and other ventures.

I also pointed out to him that it is not the body that commits adultery or remains virtuous. The body moves as it is moved by the mind. It acts as it is mentally acted upon. Your body cannot make you commit errors or steal, rob, or defraud. You mentally decree something and your body follows your mental orders. Your thought and feeling govern your life and are the causes of your experiences.

The interaction of your conscious and subconscious mind is the basis of all the events of your life. If you come to a false or an erroneous decision in your conscious mind, your subconscious mind accepts your decree—good, bad, or indifferent—and produces events and experiences according to your conscious mind belief.

This explanation appealed to him, and he began to use the following prayer regularly morning, noon, and prior to sleep at night:

> *I stay my mind upon God, and I am kept in perfect peace. In this peace of God I find order, harmony, and Divine love. No word of God shall be void of power. The words I speak are full of spirit and full of life. I acknowledge God in all my affairs and transactions. My mind is stayed on Him. I am blessed and prospered by the activity of the law of good operating in my life.*
>
> *All my statements of truth are charged with life, love, and meaning in Cosmic Wisdom. The words I speak*

make a deep impression on my Deeper Mind. I am glad that I know God dwells in my heart, for God is the very life of me. These words sink into my heart: "Behold, I dwell with thee, O man of God, and thou dwellest with me.

I know that when I look at my fellow man, I am seeing God in human form. I bless and send forth loving thoughts to all mankind. I speak the word now. My words are creative; the Deeper Mind within me responds. I now decree perfect health, harmony, and peace in my home, my heart, and in all my affairs.

I know and believe that God is guiding me now in all my ways and that Infinite Cosmic Spirit governs all my actions. I have decreed it; it shall come to pass. I have found the jewel of eternity in my own heart.

This man has received several promotions in his place of employment, a large industrial firm, and has found the peace that passeth understanding.

How to Advance by Beating the Law of Averages

A beautician asked me why she hadn't been getting ahead and making more money; she also complained that she felt inferior and unwanted, and she was really down on herself.

She was neither good nor bad, she earned a mediocre income, and was living in a backward area of the city. She was not thinking for herself, but rather was *producing and experiencing according to the law of averages.*

This law of averages is simply the mind of the masses which impinges on all of us and which automatically believes in sickness, accidents, disease, failure, and misfortunes of all kinds. The mass mind is mostly negative, but there is also much good in it, such as the constructive thinking of millions of spiritual minded people who pour into the mass mind thoughts of love, peace, joy, success, confidence, and faith in God and all things good; however, these people are outnumbered by the vast majority of people

who dwell in negativity and ignorance. This is why no one should live solely according to the law of averages.

If you do not *think* for yourself and keep within Cosmic Consciousness you will automatically be a victim of the mass mind which impinges on the receptive medium of your mind; it will do all your thinking for you, resulting in negation and troubles of all kinds for you personally.

This young lady learned that what she was experiencing was the sum total of all she had ever thought plus the thoughts and beliefs of others, since she failed to think for herself. She began to activate her conscious mind spiritually, which soon became a law of action at her subconscious level. She began to discover a vast difference between spiritual (Cosmic) thinking and average (mass) thinking.

In average (mass) thinking, you are not in control of your thought life, and you are not giving correct commands to your subconscious. As she began her deliberate conscious mind selection of spiritual ideas, these automatically became impressed in her subconscious mind, and wonders began to happen in her life. She meditated on the following prayer several times a day:

I know and realize that God is a spirit moving within me. I know that God is a feeling or deep conviction of harmony, health, and peace within me; it is the movement of my own heart. The spirit or feeling of confidence and faith which now possesses me is the spirit of God and the action of God on the waters of my mind. This is God; it is the creative Power within me.

I live, move, and have my being in the faith and confidence that goodness, truth, and beauty shall follow me all the days of my life. This faith in God and in all things good is omnipotent; it removes all barriers.

I now close the door of the senses; I withdraw all attention from the world. I turn within to the One, the Beautiful, and the Good; here, I dwell with my Father beyond time and space; here, I live, move, and dwell in the shadow of the Almighty. I am free from all fear,

from the verdict of the world, and the appearance of things. I now feel His Presence which is the feeling of the answered prayer, or the presence of my good.

I become that which I contemplate. I now feel that I am what I want to be; this feeling or awareness is the action of God in me; it is the Creative Power. I give thanks for the joy of the answered prayer, and I rest in the silence that "It is done."

This young lady is now the proud owner of her own beauty salon and is successfully moving onward.

SUMMARY

Highlights to Recall

1. Thought rules the world. Man is what he thinks all day long. Learn to respect and to have a wholesome regard for your thoughts and their power in your life.
2. Believe in the power of your thought, and you will discover that thinking makes it so.
3. Belief is one thing and thought is another. In order for spiritual thoughts to be 100 per cent effective, you must change your false beliefs about God (Cosmic Good) and His laws. If you *think* of a successful achievement, but *believe* you are going to fail, your belief of failure will be made manifest. Change your false belief and realize that you were born to succeed. Your thought of success will then become a reality. The Infinite within you cannot fail.

4. You are really thinking when there is no fear or worry in your thought. You are truly thinking when you realize there is an Infinite Cosmic Intelligence which responds to your thought. It is All-Powerful, All-Wise, and knows all. When your thought is clear on that, then the infinite powers of your subconscious mind will respond, giving you the answer. In spiritual thinking, you separate the chaff from the wheat, the fear from your desire, and you come to a definite conclusion that there is only one Power which responds to your thought.
5. Never give power to created things or to externals. In other words, never give power to any created thing. Give power only to the creative Power within you which responds to your thought. This banishes all fear.
6. You are not thinking when you are simply reacting to and agreeing with newspaper headlines, gossip, radio propaganda, and the opinions and false beliefs of others. You are thinking only when you think and interpret from the standpoint of God and His laws.
7. *You* are the only thinker in your universe, and you are responsible for the way in which you think. The suggestions and statements of others have no power, and you can reject everything unlike the truths of God. Reject everything that does not fill your soul with joy.
8. The word *hate* in the Bible means to disavow, to reject, and to repudiate all false concepts of God.
9. If you think that God is punishing you, you will simply inflict on yourself misery and suffering of all kinds because of your negative, destructive thinking.
10. The body does not commit adultery or steal or defraud. Your body cannot make you commit an error. You mentally think or decree a thing, and your body follows your mental orders.
11. The law of averages is the mass mind which is composed

of all manner of thoughts of the average mind, which believes mostly in sickness, misfortune, accidents, tragedies, and negation of all kinds. If you do not do your own thinking, this mass mind, or the law of averages, will do all your thinking for you and make a frightful mess of your life.

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Let the Cosmic Power work wonders for you

The Cosmic law of your mind is an impersonal regulation and is no respecter of persons. When put into simple words, the law indicates that what you think, you create; what you feel, you attract; and what you imagine, you become.

The laws of mathematics, chemistry, physics, and electricity are equally impersonal and no respecter of persons. If you do not understand the laws of electricity regarding its conductivity, insulation, and the fact that it flows from a higher to a lower potential, you could easily electrocute yourself. In other words, it is dangerous to meddle with forces you do not understand. The same rules would apply to the laws of chemistry; you should learn about atomic weights, the powers of valence, and the laws of attraction and repulsion, and as you make a deep study of organic and inorganic chemicals you would be able to blend marvelous compounds and bring forth new discoveries which would bless humanity in countless ways. If you make a mistake in addition, you will experience the results of that error.

Action and reaction are universal characteristics throughout all nature. Another way of stating this is to point out that any

thought you feel as true is impressed on your subconscious mind (the law), and your subconscious expresses whatever is impressed upon it—good, bad, or indifferent.

If you think good, good follows. If you think evil, evil follows. For example, if you are opening a new business today, begin with faith and confidence that success is yours, because you were born to succeed. Claim that the wisdom, power, and intelligence of God are moving on your behalf, and the reaction will be that you will become a tremendous success and your business will go ahead by leaps and bounds.

The law is that the beginning and the end are the same. You began with the attitude of confidence, and your vision was on success, triumph, and accomplishment, and you experienced the automatic and mathematical response of the law, as the reaction is always the exact reproduction of your conscious thought and feeling.

How a Wife Reclaimed Her Husband's Love

A woman complained to me that after twenty years of a happy marriage her husband had gone "astray." During our conferences she mentioned that some months previously she had visited his office and had seen his new secretary, a beautiful blond, who is graceful, charming, and seductive; she admitted feeling pangs of jealousy and fear. I asked her if she had been fearing and picturing her husband as being interested in the girl, and she said, "Yes."

I elaborated on what she was doing and explained to her that her thoughts and the mental imagery of her husband straying had been conveyed subconsciously to her husband and they were impressed also on her own subconscious mind, as there is only one subjective mind, and what she feared most inevitably came upon her.

The intensity of her thoughts and the mental pictures were so strong that she actually accelerated her unfortunate marital condition. She had been using the law of her mind in a very negative way, and she had experienced the corresponding results.

Consequently, at my suggestion she talked over the whole situation with her husband and told him what she had been doing mentally. He in turn admitted his infidelity and decided to give up the other woman, and the bonds of love with God's blessings united them again. Her husband had known nothing about the laws of mind, but he is now studying *The Power of Your Subconscious Mind* [1] and applying it assiduously in his everyday life. Her success came from using the following scientifically worded prayer, night and morning:

> *I know that my husband is receptive to my constructive thought and imagery. I claim, feel, and know that at the center of his being is peace. My husband is Divinely guided in all ways. He is a channel for the Divine. God's Cosmic Love fills his mind and heart. There are harmony, peace, love, and understanding between us. I picture him as happy, healthy, joyous, loving, and prosperous. I surround and enfold him with the Cosmic circle of God's love which is impregnable, impervious, and invulnerable to all negation.*

Following the constructive use of the Cosmic law, her mind ceased its turmoil and resumed its natural state of peace, and the sacred bonds of marriage now reign supreme between husband and wife.

He Said, "This Is My Fifth Divorce! What's Wrong?"

A man, apparently in a state of desperation, asked me to throw light upon his marital problems because, as he said, "I have married five times successively hoping to get a good wife—and now I want a divorce from my present wife."

I thereupon emphasized the Cosmic law of mind and pointed out that the law of his mind is absolutely just and eminently fair

[1] *The Power of Your Subconscious Mind,* Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

in its manifestations, e.g., it is the nature of an apple seed to bring forth an apple tree; likewise, it is the law of life that man invariably and inevitably reproduces in all phases of his life the exact duplicate of his inner nature. "As within, so without. As in heaven (mind), so on earth (body, circumstances, conditions, experiences, and events)."

I believe I cleared up the obscurities in his mind through clarification of the way his thoughts and feelings operate in his life. He came to perceive clearly that it is impossible for a man to think, feel, and believe one thing and then to experience something other than what he thinks and feels to be true.

I told him that if you picture failure and feel yourself defeated, you can't possibly express success and triumph over obstacles. The law is considered not only good but very good because your experiences dovetail and correlate with your inner attitudes and beliefs.

He said to me, "I see now that divorce is not the answer as it would be no solution for me as long as I continue the patterns of jealousy, fear, anger, and possessiveness. I must change myself. I have been accusing my wife falsely and now I know that my imputation of wrong doing and recriminations were projections of my own guilt, fear, and insecurity."

He had come to a wise deduction, because he could have divorced his present wife and married another, but he would have repeated the same dreary pattern of jealousy, accusation, self-pity, depression, and suppressed rage. He began to affirm frequently during the day:

> *I know I cannot think of two things at the same time. I know that two objects cannot occupy the same space at the same time. I can't have thoughts of love and resentment at the same time. Whenever I think of my wife I state positively, "God's love fills her soul. I radiate peace, harmony, and goodwill to her. Our marriage is a spiritual union. I am one with God and with all people." I know I can make my wife's life full,*

complete, and wonderful. Only that which belongs to love, truth, and wholeness can enter our experience.

His wife didn't really want a divorce, but she was tired of his false allegations and invectives. She was delighted to hear that he had become interested in the science of his mind and was enraptured over his spiritual transformation. They are both using the law now in the right way.

Why a Manuscript Was Not Published

I interviewed a man in Hawaii last year who showed me a manuscript which I read and was very much impressed with. However, he had received twelve rejection notices from various publishing houses. Now, this was a perfect working of the law of his mind, as our successes or failures, our soundness of body or our afflictions, are the exact manifestation of our states of consciousness, which is the way we think, feel, believe, and whatever we give mental consent to.

This man had a picture of rejection in his mind. His thought was action, and his experience was the reaction. The action and the reaction corresponded. He reversed his mental attitude and affirmed boldly:

Infinite Cosmic Intelligence reveals to me the ideal publisher who will accept my manuscript, publish it, and promote it in Divine order. I accept this idea completely in my mind. I know that my mind is like my motion picture projector: if I don't like the picture reflected on the screen, I can change the film and project a new scene. Likewise, I know that the contents of my mentality are always dramatized and portrayed in my objective world. I know that my thought and feeling predict my future. I now enthrone in my mind constructive thoughts of harmony, Divine Guidance, and right action. I am conscious of my true worth, and I have a

deep, abiding respect for the Divinity within which shapes my ends. I know that the infinite intelligence of my subconscious mind responds to my habitual thinking, and whenever fear thoughts come into my mind, I claim silently, "It is God in action in all phases of my life, bringing all my desires to pass at the right time and in the right way."

Following this Cosmic reordering of his mind, he was guided to find a publishing house which accepted and published his manuscript, and it is a big success. He is now writing his second book.

She Believed the "Cards Were Stacked" Against Her Happiness

I had an interesting interview with a woman in Los Angeles. She was present at a lecture I gave on *The Amazing Laws of Cosmic Mind Power*[2] at the Wilshire Ebell Theatre. She said, "My life seems to be predetermined by fate. I seem to be under a fixed sentence by which the order of things is prescribed like the stacking of a deck of cards. In the past four years I have been engaged to four men, and each year one of them has met an untimely death just prior to the marriage ceremony."

I asked her if she had ever read or heard of Ralph Waldo Emerson's definition of *fate*, and her answer was "no." *He* [man] *thinks his fate alien because the copula (link or connection) is hidden. But the soul [subconscious mind] contains the event that shall befall it, for the event is only the actualization of its thoughts, and what we pray to ourselves for is always granted. The event is the print of your form. It fits you like your skin!*

I explained to her that what she is within herself in terms of training, conditioning, theological concepts, emotional acceptance, thoughts, feelings, and beliefs, determines her conditions, experiences, and events; that her subconscious mind is always

[2] *The Amazing Laws of Cosmic Mind Power*, Joseph Murphy, Parker Publishing Company, Inc., West Nyack, N. Y., 1965.

reproducing her habitual thinking and beliefs; and that in order to change her life, she would have to change her thoughts and keep them changed. I elaborated on the fact that, after all, she did not control the lives of other men and women, and that if her fiancé, acquaintances, mother and father, or friends die or suddenly pass on to the next dimension of life by an accident or by another tragedy, she was not to blame, as each person demonstrates and manifests his own state of consciousness. *Actually, she had been constantly fearing consciously and subconsciously that whatever man she would attract would meet the same fate as her first fiancé.* She said to me, "I *knew* it would happen each time. It's Kismet."

She began to comprehend the law of her mind and what she had been doing to herself. Job truly said. . . . *the thing which I greatly feared is come upon me* . . . (Job 3:25). This motion or action of her mind had taken away from her the sense of happiness, well being, and fulfillment of her dreams, and she had attracted men whose consciousness had reached the point of transition to the next dimension of life. She reversed her mental attitude and affirmed boldly:

> *I know that two unlike things repel each other. I walk and talk with God, and I believe that God is guiding me and that the law of harmony is always governing me. I know that discord and harmony do not dwell together; I know that I can't cry and laugh at the same time. I know that when I claim, feel, and believe that God loves me and cares for me and that He guides and directs me, I can't be on a train that is wrecked because Divine law and order govern my life. Likewise, as I walk in the light of God's love, knowing that I am attracting a wonderful man who harmonizes with me perfectly spiritually, mentally, and physically, I know the law responds accordingly. Having met him* within, *I must meet him in the* without, *for this is the law of my mind. I know it is accomplished in Divine Mind now.*

At the end of a few weeks of meditating with Cosmic Power along the above lines, she met a dentist who subsequently proposed to her, and I had the joy and pleasure of performing the marriage ceremony. She had replaced her fear with faith and confidence, and she has discovered that wonders happen when you use the Cosmic law righteously.

He Prayed and Worked Hard, but Didn't Prosper

A young executive complained that he regularly prayed, using a formula in *Your Infinite Power to Be Rich,*[3] and that he believed what it said, but that he got no results. *This young man's trouble was that he was stealing from himself.* He admitted to me that he was envious of one of his associate's promotion and increased salary, and he also coveted his boss's immense wealth, mental acumen, and sagacity. He listened avidly as I informed him about the Cosmic Law that no one can break.

Cosmic Law is an infallible, immutable, changeless, and eternal law within man's heart (subconscious mind). Every thought is the beginning of action and tends to manifest itself, evoking a corresponding reaction from the subconscious mind. The Bible says in the 20th chapter of Exodus, *Thou shalt not covet . . .* which means that in his case he was envious inordinately and wrongfully of that which belonged to others. This was a mood of loss, lack, and limitation within himself and according to the law of mind it attracted more loss, such as loss of prestige, vitality, and promotion, and in general he was impoverishing himself.

I pointed out to him that he could attain nothing in life without establishing the mental equivalent in his mentality and that there is no such thing as a "free lunch" or something for nothing—but that he must claim, feel, and mentally accept his good to the point of his own conviction, and only then will his good automatically follow.

He realized that he had been stealing from himself wealth health, peace, and prosperity by his own thoughts of envy,

[3] *Your Infinite Power to Be Rich,* Joseph Murphy, Parker Publishing Company, Inc., West Nyack, N. Y., 1966.

jealousy, and covetousness. His thoughts were correspondingly made manifest in his job, his pocketbook, and in all phases of his life.

Joyful satisfaction came to him as he prayed regularly, systematically, and judiciously in the following manner:

> *I sincerely wish success, happiness, peace, wealth, and prosperity for all my associates and for all men everywhere. I rejoice in their promotion, success, and advancement. I now dwell on the Omnipresence and the Omniaction of God. I know that this Infinite Cosmic Wisdom guides the planets on their courses. I know this same Divine Intelligence governs and directs all my affairs. I claim and believe that Divine understanding is mine at all times. I know that all my activities are controlled by this indwelling Cosmic Presence. God's wisdom, truth, and beauty are being expressed by me at all times. The All-Knowing One within me knows what to do and how to do it with Cosmic Power. My business or profession is completely controlled, governed, and directed by It. Divine guidance is mine.*

Whenever the thought of envy, jealousy, or covetousness came to his mind, he affirmed: *I wish for him (or her) all the blessings of life.* After awhile the negative thoughts lost their momentum, and he reconditioned his mind to let Cosmic Power work for him. He has since won a marvelous promotion.

He Wanted to Outlaw War by Passing a Law

While I was giving a series of lectures recently in Palm Springs, a man in the hotel where I was staying asked me to sign a paper outlawing war. He said that he had 20,000 signatures so far and that he expected to obtain millions of signatures; then he was going to submit them to Congress and insist that they pass a law outlawing war and influence other nations to do the same. All this is so much balderdash and folderal.

In our conversation, I explained to him that men could sign all the documents for peace in every parliament in the world, and it would be of no avail. History shows and proves that many governmental decrees and formal agreements and pledges for peace have been signed by numerous nations but, often before the ink wherewith they were written could dry, they were broken. Parliaments and legislatures of the world cannot legislate peace, harmony, security, abundance, or love of neighbor—all these are ordained and legislated in the minds and hearts of man. Peace begins with the individual, and if a man has peace within himself he will be at peace with his wife, his friends and associates, as well as with all the world.

If a man is full of anger, resentment, hostility, and suppressed rage, he is at war with himself and his world. A nation is an aggregation of individuals; therefore, the only place to write legislation for peace is by the individual tuning in on the God of peace within himself and feeling that river of peace, love, harmony, and joy flowing through him. Furthermore, when man realizes that he can go to the Infinite Mind within himself and there claim and feel what he wants to be, to do, and to have, the Infinite Intelligence will respond accordingly, and he will discover that he can have what he wants without hurting the hair of a living being.

Furthermore, I added that war is caused by fear, hate, greed, revenge, anger, and the lust of men, and that this is why man's inhumanity to man makes countless thousands mourn.

Why Doesn't God Stop Wars if God Is Love?

This was another question propounded at one of my lectures. One woman said, "If God is love and if He is All-Good and All-Wise, why doesn't He stop war, crime, murder, and rapine? Why does He permit thousands and millions of children to die of hunger and countless other thousands to become crippled and maimed by the ravages of war?" She seemed to be angry at God.

The answer is very simple. God is the Universal Being, the Cosmic Power. the Supreme and Infinite Intelligence working on

a cosmic scale or from the standpoint of the Universal. The law, simply stated, is that the Universal can only act on the plane of the particular or individual by becoming the individual. In other words, God rules the world and acts solely on the Cosmic plane, moving as unity, harmony, rhythm, order, beauty, and proportion. The only way God can work through you is through your thought, feeling and mental imagery.

You have volition, choice, and initiative. You have freedom to become a murderer or a holy man; otherwise, you would not be an individual. You are not compelled to be good or holy; you have freedom to choose harmony, peace, joy, love, abundance, and all the blessings of life.

You were not compelled to love your husband or wife. You said, "I choose him (or her) from all the others in the world." . . . *Choose you this day whom ye will serve* . . . (Joshua 24:15).

As long as man remains emotionally immature, and while he harbors resentment, ill will, jealousy, hate, and anger, he is at war with himself and with others; multiply the one man and you have a nation.

The law of God governs the individual, the nation, and the world. God can't stop wars, crime, disease, discord, and accidents. All judgment is given to the son, which means your mind. You judge yourself by the way you think.

You are the one to *initiate* peace in your own mind and heart, and then *your* world will be at peace. There is no one to change but yourself. Start now:

> . . . *Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* (Philippians 4:8).

As you do this, your whole world will magically melt into the image and likeness of your concept of yourself, and your desert will rejoice and blossom as the rose. This indeed is letting Cosmic Power work wonders for you.

SUMMARY

Points to Recall

1. The Cosmic law of your mind is impersonal and is no respecter of persons. You can't break the law, for it is written in your heart and inscribed in the inward parts of your being. The law is: that which you think, you create; what you feel, you attract; and what you imagine, you become.
2. The laws of mathematics, physics, chemistry, and electricity are not different from the laws operating in your own mind. If you misuse or misdirect the principles of electricity, you will get into trouble. If you misuse or misdirect your mind by negative thinking, you will also get into trouble.
3. Action and reaction are universal throughout all nature. Your thought is action, and the reaction is the response of your subconscious to your thought life. Thought and its manifestation are one. You can't think one thing and produce another. Your thought and your experience are one.
4. A wife who pictures her husband as being unfaithful and who constantly thinks along these lines may literally experience what she fears, thus fulfilling the law of her mind and what she fears most comes upon her.
5. You can't express success, achievement, and victory by having a mental picture of failure. Your image of failure will be executed on the screen of space.

6. Two objects can't occupy the same space at the same time. Likewise, you can't think of success and failure at the same time. Think success and focus the lens of your mind on success and all the reasons why you can succeed, and you will succeed.
7. If you have a mental image of rejection in your mind, you will experience the same. As within, so without.
8. The cards are not "stacked" against you. Your thought and feeling create your destiny. Your future is your present thinking made manifest with Cosmic Power.
9. Two unlike things repel each other. If you believe that God is guiding you and that the law of harmony is always governing you, you can't be hurt on a conveyance that gets wrecked.
10. To be envious and covetous of others is to impoverish yourself and attract to you lack and limitation of all kinds.
11. No government or parliament can legislate peace, harmony, love, prosperity, or security. These are ordained in the minds and hearts of all individuals as they tune in on the sources of Cosmic Power.
12. God can't outlaw war, crime, or sickness because God is Universal Mind, the Cosmic Being operating on the plane of the Universal only, and God works and functions through your thoughts, feelings, and imagery.
13. God is not a man. God is Cosmic and Universal Spirit. You are an individualized expression of God. You have volition, choice, and initiative and also the inner knowledge of using the Cosmic Power, ever available for your supreme good in all things.

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Published 2019 by Gildan Media LLC

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Design by Meghan Day Healey of Story Horse, LLC

Library of Congress Cataloging-in-Publication Data is available upon request

eISBN: 978-1-7225-2225-4

10 9 8 7 6 5 4 3 2 1

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Fear Not

“The Lord is my Light and my Salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?”

PSALM 27:1.

“For in the time of trouble he shall hide me in his pavilion: in the secret of this tabernacle shall he hide me: he shall set me up upon a rock.”

PSALM 27:5.

Who is your Lord and master this very moment? Your Lord is your predominant, mental attitude; it is your conviction or belief about yourself, people, and things; this Lord can be a tyrant. For example, if your mood is now one of resentment, that is your Lord or tyrant that governs all of your actions and all phases of your life. If you want to invest some money, buy a new home, or some property, while in this attitude, you will do the wrong thing and say the wrong thing, because your predominant mood is negative. The law is: “As within, so without.” You are fearing your good, and you would react negatively. Fear is a lack of faith or trust in God, which is a denial of His Omnipotence.

“The Lord is my light and my salvation.” “The Lord” referred to is the Lord God, or the law of God or good. To put the law of good into operation,—thereby banishing fear once and for all,—enthrone in your mind the thoughts of power, courage, and confidence. These thoughts will generate a corresponding mood or feeling, which will banish the arch enemy of your success and health.

Fear, this self-made enemy of yours, must be completely destroyed before the Lord God can shine through you. Your fear is the cloud that hides the sunshine of God. Men have made personal devils out of fear of the past, the present, and the future. They fear friends, gremlins, elementals, banshees, and other strange things. There are no ghosts, werewolves, gremlins, or banshees; they exist only in the gloomy galleries of man's mind.

It is our attitude toward life that determines the experiences we are to meet. If we expect misfortune, we shall have it. Knowing the law of God or good, the truth student expects only good fortune. The world is not harsh; it may seem to be, because we fail to affirm or claim the Presence of God. Men fear criticism so much, that many of their most beautiful thoughts never see the light of day. To the man who believes that God is the only Presence and the only Power, there is no past; he knows that if he believes in the power of the past, he is disbelieving in God. God is the Eternal Now; there is no future and no past.

This is the Gospel—the good tidings. There is no such thing as past karma; there is only man's foolish, stupid, false belief in it. *"Now is the day of salvation!"* The Kingdom of Heaven is at hand. Your good, your health, and your success are here now; feel the reality of them; thrill to them. Enter into the conviction that you are now the being you long to be.

The only guilt there is, is the consciousness of guilt. "If your sins are as scarlet, they shall be white as snow, though red like crimson, they shall be as wool." This is the Christ message. The only moment that matters is the present. You can live only in the now, experience in the now, plan in the now, and think in the now. Whatever you are planning or dreading, you are planning it now. When you realize that

every form of lack and limitation is the result of your wrong thinking and feeling, you shall know the Truth that sets you free. The mountains will be removed.

Aboriginal tribes and primitive man feared nature. Modern man fears his fellow man. To a great extent we have dispelled the ghosts of ancient days. We have combatted the plagues, and we will soon control the elements. Man is doped by modern propaganda. Some men are afraid to live, and afraid to speak. Mothers fear for their children. All this is due to a superstitious belief that there is another power to challenge God.

The only evil there is, is due to a lack of knowledge of the laws of life. If we put our hand on an open wire, we get a shock, but if it is insulated properly, we do not. The evil or shock was due to our ignorance; yet any man will admit that electricity is not evil; it blesses humanity in countless ways. Electricity is used to play music, drive trains, fry eggs, vacuum the floors, and light the world. Evil or fear is our misapplication and incomplete comprehension of the Omnipresence of God or good. Where fear is, love cannot be; for error cannot dwell with understanding.

The wealthy fear they are going to lose; the poor fear they shall not gain. The only wealth and the only security are found in the consciousness in which we abide. If we are conscious of being wealthy, nothing in all the world can stop us from being prosperous in our bodies and affairs. The things men fear are unreal. Only the One alone is real; only the One alone is Law; only the One alone is Truth.

The jungle doctor of old has passed on many of his superstitions; consequently, countless cults today instill fear into the minds of many individuals. The various creeds have, like humanity, ignored the one fundamental truth and

stressed differences, so that today so called religion is a ghastly travesty of the name religion. They say, “Our Father” and have forgotten the brotherhood of man. I and my Father are One—One Man, One God, One Truth, and One Law. Let us face the facts. The cause of most fear is man’s fear of his fellow man. Many men pray together on Sunday, and prey on each other on Monday.

The answer to the fear problem is understanding. All fear is due to ignorance. In order to express harmony, we must think and feel harmonious thoughts. When we enter into the mood of success, confidence, and happiness, we will express similar results in all phases of our life. When man knows that every form of discord, sickness, and lack is due to wrong thinking, he will know the Truth which sets him free.

Learn to imagine the thing desired, and then feel the reality of the state sought. This is the easiest and quickest way to get results. Some get results by convincing themselves of the Truth—that God is the only Presence and the only Power; this is one of the most wonderful things in all the world to know.

Regardless of the cause of the fear, you have no one to treat or heal but yourself. You have to convince yourself that you are now expressing Life, Love, and Truth. Let us not fear anything or anybody; let us be busy radiating courage, confidence, and power. In this way we will crush all obstacles in our path, and the mountains will be cast into the sea.

We are one with Infinite Strength. If we say we are weak or infirm, we are telling a falsehood about God. Fear turns the love of God or good away from us in the same way that a poverty consciousness attracts poverty in health, money,

business, and love relationships. Man must stop preaching fear to his fellow man, and unite in teaching all of the Truth.

The Truth is that there is no hell, devil, purgatory, limbo, or damnation of any kind; moreover, there is no past karma for which we must expiate here; there is no future evil. God is the Eternal Now! This is one of the most dramatic and significant statements in the whole Bible: “Now is the day of Salvation.” This very moment all that you do is turn to God and claim for yourself that which you long to be; accept it; believe it, and go thy way rejoicing. “Though your sins be as scarlet, they shall be white as snow, though red like crimson they shall be as wool.” “Forgive till seventy times seven.” “This day thou shalt be with me in paradise.”

Let us stop instilling fear into the minds of the youth; let us teach them the real facts. We must not preach religious tolerance except we live it. We must teach the Truth. We must not distort the Truth, so that we may hold a position, or because we are afraid that the people will not come back; this type of fear results in spiritual stagnation and frustration. Shall we give a lasting message on Truth or condition it on crowds of people? We must keep our eye on the Kingdom of Heaven, not upon the kingdom of earth. We must teach man to know the Truth, and the Truth shall make him free. The Truth is: Man is belief expressed!

There is no fear where faith in God rules. There is no fear of man where integrity rules in one’s consciousness. There is no fear of criticism where the consciousness of kindliness enters into the mind of man. Religion is integrity in action or the application of Truth. We have seen, therefore, that fear is man’s basic weakness, and it is based solely on ignorance.

“In time of trouble he shall hide me in his pavilion; in the secret of his tabernacle shall he hide me: he shall set me up upon a rock.” “The pavilion” is a canopy or covering; this means the covering shall be the garment of God (mood of good). Think about God. Begin to ask yourself, “What does God mean to me?” Realize that God, or I Am, is the Life in you, your own consciousness, and It is Omnipotent.

For example, if a man is in prison, he automatically desires freedom. God and good are synonymous. He begins to think of this Infinite Power and Wisdom within him; he knows that It has ways of freeing him which he knows not of. He imagines, therefore, the opposite which is freedom. Though he is behind bars, in meditation he imagines that he is at home talking to his loved ones. He hears familiar voices, and feels the welcoming kisses of his children on his cheek. This is hiding in the *pavilion*. The prisoner actualizes this state by feeling the joys of being home. It is possible to rise high enough in consciousness in five or ten minutes to bring about a subjective conviction. This is the meaning of, *“In the secret of his tabernacle shall he hide me.”* The law is: Whatever is impressed is expressed; consequently, the prison doors are open for him in ways that he knows not of. “My ways are past finding out.”

We read in the Scriptures: “Fear not, little flock, it is your Father’s good pleasure to give you the kingdom.” Jesus tells us this Kingdom is within us—this Kingdom of Heaven or harmony is within every one of us. Infinite Wisdom, Divine Intelligence, and Infinite Power are available to all men, because God is within them, and He is the very Life of them. Any one can prove to himself that the Kingdom of Heaven is at hand. It is right here now; Jesus saw it, and lived in it; we are color blind; that is why we do not see it; the blindness is due to ignorance and fear. We are blinded by centuries of false beliefs, superstition, creeds, and dogmas. The Truth is

so shrouded by false dogmas, that we have created God and a heaven of our making. God is to us what we believe Him to be. Man has created a horrendous creature in the skies; he visualizes a God of caprice and vengeance, or an inscrutable being who sends wars, plagues, etc. We create our own hell and our own heaven, based upon our concept of God. Anyone can prove that the Kingdom of Heaven is at hand.

Let me tell you the story of a young girl who proved it. She was living with a father who came home drunk every night, and sometimes treated her brutally. She lived in constant fear of her father. She kept house for him. Due to frustration, her face was covered with acne.

We are not living with people; we are living with our concept of them. Realizing this truth, the girl in meditation closed her eyes and dwelt on the God Power within her. She no longer clothed her father in the garment or mood of a drunkard. Instead, she saw a loving, kind father, who had perfect balance, poise, and equilibrium. She clothed him in righteousness, and her judgment was “a robe and a diadem”; which means that she saw her father as he ought to be. The fact that her father was drinking heavily, meant that he was seeking escape to conceal an inferiority complex or a subjective sense of loss. In other words he was trying to run away from himself.

This girl spoke the word which healed him. She relaxed her whole body, closed her eyes, and began to say to herself, “How would I feel if my father was loving, kind, and peaceful?” She dwelt on the solution, which generated a mood of peace, confidence, and joy within her; this was clothing him in righteousness. Her judgment was a “robe and diadem.”

When you pass judgment, you come to a decision. It is the final verdict, and you are the judge passing judgment; “As I hear, I judge.” Her verdict was an inner hearing or feeling, wherein she saw her father smiling, happy, and joyous; she imagined he was telling her how wonderful he felt, and that he had found peace, balance, and poise. She also heard him telling her how wonderful she was; she thrilled to the fact that her father was healed and made whole. “He wore a seamless robe”—no holes, no patches, and no seams; this means she meditated on the mood of love, peace, and oneness with her ideal. All doubts and fears were absent (judgment as the robe). “Judgment as the diadem” means she gave “beauty for ashes,” which signifies she saw beauty in her father and felt it. Beauty was expressed on the screen of space.

After one week’s treatment her father was completely healed; moreover, he was a changed man. His attitude was completely transformed, and they are devoted to each other. She proved the Kingdom of Heaven (harmony and peace) is at hand NOW. What are we afraid of? “If God be for us, who can be against us?” The thing you fear does not exist.

For example, a man lives in fear that his business will fail. His business is not failing; neither is he in bankruptcy. Business is as usual, and it may be booming; the failure does not exist save in his imagination. Job said, “What I fear most, has come upon me.” Job is every man that walks the earth. Therefore, as the successful business man continues to sustain the mood of failure, sooner or later his mood crystallizes into a subjective conviction or impression.

Any feeling impressed on the subconscious mind is made manifest by an immutable law of life. The subconscious, being impersonal and no respecter of persons, says, “John

wants to fail in business.” So it proceeds in ways that he (John) knows not of to bring this failure to pass. Everyone realizes that he brought this failure on himself through imagination and feeling.

I know a lady who read of an aeroplane wreck. She was contemplating a trip by air to Los Angeles, but she lived in fear of an accident. A negative thought cannot do you any harm, except it is energized by a charge of fear. It must be emotionalized before it becomes subjective. This lady did not know what she was doing; she was ignorant of the laws of life. This ignorance is the cause of all of our accidents and misfortunes. Having imagined herself in an aeroplane accident and having emotionalized this negative thought with fear, it became a subjective state. When she took the trip two months later, she had the accident that she *knew* she would have.

If a woman fears her husband is going to leave her, this is how she conquers her moods. The fear is a negative feeling which is communicated to him. If he does not know the laws of life, her conviction of him will be made manifest. In other words, he will do the thing she feared he would do, because this was her conviction of him. Instead of this fear, she supplants it by seeing her husband radiating peace, health, and happiness. In meditation morning and night, she radiates the mood of love and peace, and feels that her husband is the most wonderful man in all the world. She feels that he is loving, kind, and devoted. She imagines he is telling her how wonderful she is, and how happy, free, and balanced he is. Her mood of fear is now changed to a mood of love and peace. This is the Spirit of God moving in her behalf. As she continues to do this, this mood jells within her. She now knows, “He never faileth,” and that “Perfect love casteth out fear.”

Our daily prayer or daily mood must be one of joyous expectancy or a confident expectancy of all good things; this is our greatest prayer. If we expect the best, the best will come to us. It is our mood that is vital.

The modern metaphysician of today teaches that God is *pure feeling*. If you feel full of confidence and trust, this is the movement of the Spirit of God within you, and It is all powerful. “None shall stay its hand and say unto it, What doest thou?” Man’s own consciousness is God; there is no other God. By consciousness is meant existence, life, and awareness.

You, the reader, know that you exist. This knowing that you exist is God. What you are aware of is your concept of God. Each man must ask himself, “What am I aware of?” The answer to this question is his belief about God. It is what he knows about God. When he says, “I am aware of want. I am fearful. I am sick,” these are lies and have no truth in them. When man says, “I am fearful,” he is saying God is full of fear which is nonsensical. When he says, “I am in want,” he is relating a lie and a denial of God’s abundance and infinite supply. His faith is in failure, and he succeeds in being a failure. He believes in a lie, but he cannot prove the lie. The false condition seems real as long as he dwells upon it. When he ceases to believe it, he is free and healed.

About the Author

A native of Ireland who resettled in America, Joseph Murphy, Ph.D., D.D. (1898–1981) was a prolific and widely admired New Thought minister and writer, best known for his metaphysical classic, *The Power of Your Subconscious Mind*, an international bestseller since it first appeared on the self-help scene in 1963. A popular speaker, Murphy lectured on both American coasts and in Europe, Asia, and South Africa. His many books and pamphlets on the auto-suggestive and metaphysical faculties of the human mind have entered multiple editions—some of the most poignant of which appear in this volume. Murphy is considered one of the pioneering voices of affirmative-thinking philosophy.

GREAT BIBLE TRUTHS FOR HUMAN PROBLEMS

DB19323111

By Joseph Murphy, D.D., Ph.D., LL.D.
Fellow of the Andhra Research University, India

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DeVorss and Company, Inc.
Marina del Rey, California 90291

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by

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First Printing, 1976

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ISBN: 0-87516-214-2
Library of Congress Card No: 76-19844

Printed in the United States of America

by

DeVorss and Company, Inc.
1046 Princeton Drive
Marina del Rey, California 90291

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CHAPTER 1

Great Bible Truths for Human Problems

And he said unto them, What man shall there be among you, that shall have one sheep, and if it fall into a pit on the sabbath day, will he not lay hold on it, and lift it out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the sabbath days. Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other (Matthew 12:11-13).

The twelfth chapter of Matthew is a wonderful exposition on mental and spiritual healing. Jesus was at that state of consciousness where he could heal instantly, so the man stretched forth his hand.

There is also an inner meaning to stretching forth the hand. For example, the man with an inferiority or rejection complex is not using the Infinite Power and Wisdom within him. He fails to see that the Presence of God – the Almighty Power – is within his own subjective depths, enabling him to do wonderful things.

How a Salesman Stretched Forth His Hand

A salesman who attended my lectures and special classes in Los Angeles from time to time was not making ends meet, was down on himself and felt inferior to all the other salesmen in his company. At my suggestion, he began to affirm: "I am a son of the Living God, and I am expressing more and more of God's light, love, truth and beauty. I am a tremendous success in all my endeavors and my sales are improving every day in a wonderful way. Every time I visit a customer I affirm silently, 'The Spirit (God) in me salutes the Spirit (God) in you. It is God talking to God, and the result is harmony, peace, Divine understanding and right action between us.' "

This was his prayer night and morning. He affirmed and reiterated these truths three or four times out loud night and morning, knowing that these meaningful truths would sink into his subconscious and activate the latent powers within him. He learned and understood that his subconscious mind would accept what he sincerely believed in his conscious mind. The subconscious accepts your convictions and what you predominantly think and believe.

In a month's time his whole life became changed. He established wonderful relations with his customers, sales improved and he no longer felt inferior. He continued to contemplate himself as a son of the Infinite, while at the same time recognizing the

Divinity in everybody else. He stretched forth his hand and manifested the Power of the Infinite within him. His constant affirmation is: "I can do all things through the God-Power which strengtheneth me."

How to Use the Healing Power for Yourself or Another

The Infinite Healing Presence indwells all men and women. Everyone has the gift of healing, for God is the reality of everyone. This is how you can pray for healing for a loved one or a friend: Feel the Presence of God, which is the Presence of vitality, wholeness, power, intelligence, peace and harmony, permeating his whole being, functioning in him and through him. Realize that he or she is being Divinely watched over. The other person may not know about it. You accept what you affirmed and believe it.

Praying for another is thinking of the qualities and attributes of God. Get interested, not tense, e.g., if you are on a train, bus or subway and you see a sign and read the subject matter, you become very interested. Likewise, become very interested in the Divine Healing Presence, and as you rise in consciousness, you will have power.

You can affirm that he or she is being healed now. Feel the Presence of God there and realize that he or she is now externalizing the vitality, wholeness, power and intelligence, which Pure Spirit is. Believe

it, accept it, then leave it. If you think of the person later on, do it again, as if you had never prayed before for that person. If it is someone close to you, do it several times a day.

The healing may come slowly or quickly, according to your faith or belief. That is called in the Bible "sending your word, your thought and your feeling to the other." The person for whom you are praying receives your affirmation. The result is that the sick person's subconscious mind becomes thoroughly imbued with the realization of its own healing power; and according to the laws of the subconscious mind, the latter brings forth into external manifestation that which is impressed upon it. Thus, health is substituted for sickness.

Remember, however, when you pray for another you must never be in a critical mood or a tense state of mind, for you can't storm the gates. . . . *In quietness and in confidence shall be your strength. . .* (Isaiah 30:15).

How a Mother Prayed for the So-Called Dull Son

A teacher said to a mother: "I think your son is somewhat retarded. He is dull; he seems hopeless and cannot learn or be taught." The mother loved the boy, though, and prayed for him in this way: "I claim, feel, know and believe that the Infinite

Intelligence of the Infinite One is welling up within him. I know that the wisdom of God is working out through him, and that his intellect is anointed with the light and love of the Infinite. My boy is a perfect expression of the Infinite Healing Presence."

She affirmed these truths for about ten minutes every morning, afternoon and night, knowing that she would resurrect the qualities and attributes of God lodged in the subjective depths of the boy. Following the contemplation of these truths, she made it a special point to imagine that her son was right in front of her, telling her: "Mother, look at my report card. The teacher praised me." She heard this over and over again in a relaxed and passive state of mind, knowing that her mental image must agree with her affirmation.

The mental image you have is always made manifest. The boy gradually became more responsive, and he excelled in his studies. He confirmed objectively what she affirmed and imaged subjectively.

For by thy words thou shalt be justified, and by thy words thou shalt be condemned (Matthew 12:37). To justify is to make equal, to balance the imbalance. Her realization of the truth about her boy was resurrected in the mind of her son, which balanced the equation. The 'word' in the Bible is your thought-feeling, your conviction, your dominant belief, which is always made manifest.

How to Gain More Faith

You do everything by faith. You plant seeds in the ground because you have faith in the laws of agriculture. You bake a cake by faith and you drive your car by faith. Everyone has faith. Some, unfortunately, have faith in failure, in sickness, in lack and in limitation. This is faith in the wrong thing. Have faith in success, achievement, health, happiness and abundance. Have faith in the creative law of your mind, and as you apply the law of your mind constructively, you will grow in faith. Have faith in Divine guidance, Divine right action, the abundance of the Infinite and the goodness of God in the land of the living.

How to Develop Faith in God and Forgiveness

There is a price to be paid, but all men and women can pay that price by giving up feeling sorry for themselves, ceasing all self-condemnation and self-criticism and condemnation of others, and entering into the spirit of forgiveness of themselves and others. When the thought of resentment of another comes to your mind, affirm: "I release you and wish for you all the blessings of life." As you continue to do that, the person will come to your mind and there will be no sting. In other words, you will no longer

mentally sizzle – then you will know you have forgiven and forgotten.

Watch the Idle Words

But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment (Matthew 12:36). The negative thoughts, the doubts and fears, are the idle words which prevent healing or advancement.

Every day and hour is the day of judgment. When you pray for another, that is your judgment, the decision you arrived at. You realized the Presence of God, i.e., health, vitality and wholeness; or you dwelt on the sickness in him. How did you judge him? If you saw a diseased man and hoped he would be better, you judged wrongly. If you saw a perfectly healthy man (in other words, if you visioned him as he ought to be – vital, strong and bubbling over with enthusiasm and energy), you judged correctly.

When Will the Answer to My Prayer Come to Pass?

But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father (Mark 13:32).

Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight,

or at the cockcrowing, or in the morning (Mark 13:35).

All seeds mature and germinate at different periods according to their kind; likewise, seeds or impressions made in your subconscious mind mature and come to full bloom at different periods – days, months, sometimes years. Your desire or idea, when impregnated in your subconscious, gestates in the darkness; and the wisdom of your subconscious determines when to present the answer or manifestation full-blown into your experience.

The Reason the Old Ailment Returns

During consultation, a man said that he had been completely healed of ulcers but that later the condition had returned. I gathered in talking with him that some years ago he had been in business and his partner had embezzled funds and had absconded to Canada. Recently he heard that his ex-partner was very successful in business and also had become quite wealthy. This made him very agitated and resentful. He was living the role over again and reinfecting himself. The memory was not withered, not forgotten and not forgiven. The roots of resentment and hostility were still lurking in the recesses of his subconscious and, like a festering wound, sending psychic pus throughout his system. His ulcerated thoughts and emotions reactivated his ulcers.

I explained to him that forgiveness of himself and the other was absolutely essential for his health and well being and that he would know when he had forgiven because he could remember the incident and remain indifferent altogether – no feeling, no word. By living the scene or experience over again, he recreated the condition, and like the seed that recedes and grows again quarterly, annually, or biennially in the same way, the old ulcerated state appeared in a new form. Certain plants die and bud again according to season. It is essential to eradicate the cause to prevent a relapse of the disease. He decided definitely to release him completely in his mind, wishing for his ex-partner all the blessings of life, and a healing followed.

The Proof that You Are Free From Bitterness and Hostility

Can you see the other person as happy, harmonious, joyous, etc.? If not, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are still there, and the roots of bitterness wither by indifference. This is another way to kill that root: Listen to the voice of the other person who wronged you telling you what a wonderful, dignified person you are and how honest and kind you are. Make it real. You want to hear it. Get into the mood of that mental picture. It works.

How Often Should I Pray About a Problem?

I am often asked that question. You can't make a universal rule for prayer-therapy or scientific prayer. The particular person has to be considered, together with the way he looks at the problem or difficulty. You can pray in different ways at different times. For example, you might use the 91st Psalm in the morning, the 23rd Psalm at noon and the 27th Psalm at night.

If you are praying for your mother for peace and harmony and a healing, the best way would be to mention your mother's name and contemplate peace, harmony, wholeness, beauty and the vitality and life of the Infinite flowing through her making her whole and perfect. You should also claim that Infinite Intelligence is guiding the doctors and nurses and all who minister to her. Surround her and all who are helping her with light, love, truth and beauty. Continue praying along these lines until you feel relaxed and satisfied.

Decree that your prayer is working now. Don't say, "This prayer will do now. I will pray again in a couple of hours." This attitude neutralizes your prayer. Know that your prayer is effective now, and pray later on when you have gotten away from the previous prayer session. This means that in a normal day you are busy about other things – your business, home, profession, etc. In other words, you will have

forgotten about it for several hours. Then you can begin prayer-therapy for your mother once again, and continue in like manner until she is well and happy. Each time you pray you are reinforcing the idea of wholeness and perfect health in your subconscious, which will be resurrected in your mother's mind and body.

Be sure to avoid picking and nagging at the problem from time to time. Relax and believe, and wonders will happen as you pray. Realize it is the Infinite Presence thinking and healing through you.

How His Acne Disappeared

A young boy of eighteen said he had been using lotions, ointments and getting injections. His acne would temporarily disappear and then periodically recur. The doctor called his condition an inflammatory disease of the sebaceous glands, characterized by pustular eruptions on his face.

The real trouble, however, was that he was frustrated. He wanted to be an aviator, but his father objected and said he should learn the business of his father and succeed him when he would retire. There was warfare in his mind. His skin, being an organ of elimination and symbolic of an envelope of Divine love, revealed the hidden conflict.

He faced the problem and discussed the matter with his father. The latter saw the cause of the

trouble and thereupon released his son, letting him become what he desired. The pustules disappeared within a week.

How Her Prayer Was Answered by Contemplating the Happy Ending

While lecturing at the Unity Temple in New Orleans a few years ago, I had a consultation with a woman who desired to have a child, but her gynecologist said she had tumors in the womb and advised strongly against it. She had wanted a child for over six years.

This woman was a profound student of the healing techniques of the Bible. She was particularly interested in the following verses: *And it shall come to pass, while my glory passeth by, that I will put thee in a clift of the rock, and will cover thee with my hand while I pass by: And I will take away mine hand, and thou shalt see my back parts: but my face shall not be seen* (Exodus 33:22-23).

The application of the truths of these verses solved her problem. God, or Living Spirit Almighty, or Consciousness, has no back parts, as your Awareness or I AMness is invisible, but you do see the manifestation of your faith or conviction in God. When the sun has set the day is over. I see the back parts of it – the setting sun. Face is the secret. There is no form, figure or face to your deep-seated

conviction or belief. The rock means your conviction.

I explained to her that as she turned to the Infinite Healing Presence which created her, knowingly and believingly, she was standing on a rock; that her faith or confidence had become fixed in the belief of giving birth to a child in Divine order; and that God would cover her with His hand, meaning the Overshadowing Presence would give her rest and peace, the protection for her new mental attitude. When the hand (the Power and Presence of God) is removed, you see the back parts – the manifestation of the desire. If I am coming toward you, you see my face; but if I walk past you, you only see my back. The Infinite Presence has no back parts, it's simply the objectification of your desire.

Accordingly, she prayed as follows: "God's Healing Love is flowing through me, permeating my whole being. I AM relaxed and at ease, knowing that the Infinite Healing Presence brings this to pass in its own way and in Divine order. I let go and let God take over. With my imaginary hands, I am fondling, cosseting and cuddling my baby in my arms."

She affirmed these truths night and morning, feelingly and meaningfully, knowing that by repetition, faith and expectancy, these truths would sink into her subconscious* and come to pass. Shortly

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

afterwards, she did become pregnant and in the ninth month gave birth to a boy who was perfect in all ways. The obstetrician found no tumors. They had been dissolved by her constant spiritual transfusions.

She saw the back parts, Biblically speaking, i.e., the manifestation, the happy ending, the objectification of her desire. There was no tension, no anxiety: just a quiet assurance that the Healing Presence was flowing through her and would bring things to pass in its own way and in Divine order. When you pray, imagine the happy ending, the Divine solution, through the wisdom of the Infinite. Relax and believe, and when you relax, let go and believe, you experience the joy of the answered prayer.

Do Not Deny What You Affirm

When you want a healing of any condition, get silent, relax, think of the Infinite Presence and Power, and affirm that the healing is taking place now. There must be no resentment or bitterness. Forgive everyone. Your subconscious made your body and it can restore you to the Pattern on the Mount. If you can't heal yourself, go to a doctor and bless him and pray for him. To think because you go to a doctor you should not pray is rank superstition.

When you think of the condition from time to time, affirm immediately: "God is healing me now." To fret and fuss and deny and say, "I'm getting

worse," "Prayer doesn't work," "I'm hopeless," or "I'm doing something wrong" is somewhat as if a surgeon operated on you, cut out the appendix, and then in ten minutes ran back and opened you up again to see how you were getting along or to see if he had forgotten something, and then in a half an hour again ran back and sewed you up again. He would probably kill you by blood poisoning or shock. You will have to account for every idle word you speak, for the simple reason that your subconscious mind takes you literally and brings all your beliefs to pass.

How a Father Healed His Son

While speaking some time ago in Pawtucket, Rhode Island, a man consulted with me about his son. He was divorced, and he said his former wife had poisoned the mind of his son against him so that when he went to visit the boy, he would run out the back door and disappear into a neighbor's home. He went through the courts trying to get custody of the boy but failed. He offered his ex-wife considerable money over and above the legal settlement in order to get custody of the boy, but she refused. The boy was not getting on well in school and was hateful towards his father, as he had been taught that he didn't want him.

I suggested that he try the spiritual approach to the problem, since the human approach had failed. He prayed as follows: "I surrender my ex-wife to the Infinite Presence and Power. She is Divinely led in all ways, and Divine love fills her soul. God flows through her, filling up all the empty vessels in her life." Whenever he thought of her, he would immediately affirm, "I released you. God loves you and cares for you."

He also prayed for his son: "Bill, my son, is in his true place, ministered to by Divine love, harmony, peace and understanding. He knows the truth, he loves the truth, and he hears the truth. There are peace, harmony, love and understanding between us." Whenever he thought of Bill, he would affirm, "Divine love watches over Bill."

I received a letter some time later from this man telling me that his ex-wife had called him up saying Bill was sick. He went over and had a wonderful reunion with his son. She wanted him to take the boy, as she had fallen in love with another man and was delighted to release Bill to his father. This was a perfect working of the Law. . . . *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

Your Inner Conviction Is Always Made Manifest

You do not pretend to be vital, strong and healthy when you are sick. Admit your sickness.

Realize that nothing is forever and that you can and will overcome the condition through your knowledge of mental and spiritual laws. It is foolish to pretend you are getting better when obviously you are getting worse. There is no use trying to mesmerize yourself by calling black "white."

You turn away from the problem and contemplate the Healing Power of God and His guidance; and as you cleave to that positive Truth, conditions will improve. When the outer condition improves, you are on the right track. Remember that if, after prayer-therapy, the outer picture does not change in a reasonable time (hours or days), you are deceiving yourself. You are not working correctly. When the outer condition is changing, you are getting results.

Remember, your mental attitude, your real inner conviction, is always made manifest. Cease all excuses and prevarications of any kind, because when you pray, health springs forth speedily. Lessening of the pain and disappearance of the condition tells the story. This is the Truth which sets you free. *Wherefore by their fruits ye shall know them* (Matthew 7:20).

CHAPTER 2

The Bible's Formula for Victory— The Horse and the Rider

And Moses stretched out his hand over the sea; and the Lord caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided. And the children of Israel went into the midst of the sea upon the dry ground: and the waters were a wall unto them on their right hand, and on their left. And the Egyptians pursued, and went in after them to the midst of the sea, even all Pharaoh's horses, his chariots, and his horsemen (Exodus 14:21-23).

Scientific prayer consists in really knowing that before you call, the answer is there and waiting for you to receive it. . . . *Before they call I will answer; and while they are yet speaking, I will hear* (Isaiah 65:24).

"All things be ready if the mind be so" (Shakespeare).

The Power that Answers Prayer

It is well to remember that every man answers his own prayer, because his subconscious* responds to his conviction. . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

Do not look to a king on a throne, who must be cajoled into an act of grace. Rather, the answer is based on your complete acceptance of the wish fulfilled. Most people look to others for favors, security and promotion. This is a mistake and is due to lack of understanding. Why look to another? God is all there is and the Source of all things, visible and invisible.

. . . *God, who giveth us richly all things to enjoy* (I Timothy 6:17). *But my God shall supply all your need according to his riches in glory. . .* (Philippians 4:19).

This Presence and Power is in all, over all and through all. It is Omnipresent and, therefore, is within you. The contact is made within through your thought and feeling, which are Divine agencies, referred to as the Father within you. Your thought and feeling father or create your destiny and all your experiences, conditions and circumstances. You can't be outside that which is all in all.

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

The One and Only Power

The Bible calls this Power, I AM, which means Being, life, awareness, unconditioned consciousness, Self-Originating Spirit. All things are made by the self-contemplation of Spirit, or God. It creates by Itself, becoming the thing It creates.

. . . *Before Abraham was, I AM* (John 8:58). This means before any objectification or manifestation of ideals or desires takes place, the unconditioned or formless awareness (I AM) conditions Itself into the image and likeness of your concept or ideal.

The Right Approach to Prayer

Your approach to prayer must always be: *Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not* (Jeremiah 33:3).

Never use the term, "if it's right for me." This shows a complete lack of understanding of the laws of your mind and the way of the Infinite Spirit within you. There is no *if* in prayer. This implies doubt and confusion, and this attitude of mind manifests its likeness in our world, which results in a confused, chaotic state of affairs.

In the 21st through 23rd verses of Exodus set forth in the beginning of this chapter, you are told exactly how to pray and overcome any condition. Moses means any man who draws forth from his

subjective depths faith and confidence in the great truth that . . . *With God all things are possible* (Matthew 19:26) and . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

The Bible uses historical characters metaphorically. Moses means drawing out from the water. In other words, you draw out from your subjective depths inspiration, illumination, intuition, strength and wisdom, enabling you to do the so-called impossible. It is your mental attitude that prevails and governs your experience. Changed attitudes change everything in your life.

Stretching out the hand, as mentioned in Verse 21, is expanding your awareness of the Power of God within you, making for a sense of oneness with the Infinite. With the hand you fashion, mold, create, shape and direct. This represents the creative power of God.

The sea means the disturbed, turbulent, emotional state of mind. This state subsides when you tune in with the Infinite and experience the river of peace and love flowing through you, exhilarating and vitalizing your whole being. This is called dividing the waters, or separating the chaff from the wheat, the false from the truth. The mood of confidence and peace, knowing that the action of God is taking place, causes the negative fears, doubts and emotional turmoil to vanish even as the sun dissipates the mist.

The east wind mentioned in Verse 21 is symbolic of the birth of God in your mind. The sun rises in the east to open and govern the day. Symbolically speaking, it means the resurrection or birth of God in your mind and the wonders that will happen to you because of this discovery and awareness. The east wind is, therefore, symbolic of the victorious spirit of man who has enthroned the God-like concept of triumph in his mind.

Let the East Wind Move You Now

When the east wind moves in us, it is the Spirit of God animating us and causing us to move onward, upward and Godward. The children of Israel that move forward on dry land are our ideas, dreams and aspirations, which become subjectified by feeling the reality of them; then they are projected on the screen of space (dry land).

In Verse 23 it says the Egyptians pursued them. Egypt in the Bible stands for fear, doubt and limitation of all kinds, the belief that externals control you. The Egyptians hated a shepherd, one who thinks God-like thoughts. This means if you are a good shepherd, the "Egyptians" hate you because your spiritual thoughts are going to annihilate and conquer the negative thoughts.

Ofttimes, when you are praying and trusting in the Omnipotence of God, negative thoughts will come into your mind, saying to you, "You can't do

that," "You don't have the power," "It's impossible," etc. Look how formidable these negative thoughts are. When you are praying for a loved one, you find the verdict of the doctor, or nurse, or well-meaning neighbor trying to dissuade you from your conviction of the miraculous healing power of the Infinite Presence within you. This is the challenge, or fight, that goes on in your own mind.

When you know the law of mind you are a relaxed player because you know in your innermost soul that Truth will win. *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22). The scientific thinker knows that error must fail, since it has no power but the false beliefs and opinions of man. The sustained consciousness of peace and victory must prevail over all negative challenges. The song of Moses is the song of triumph and victory based on our subjective conviction, which anoints our intellect with wisdom and becomes a light upon our path, revealing to us the perfect plan and showing us the way we should go.

For Thine Is the Power

. . . *There is no power but of God: the powers that be are ordained of God* (Romans 13:1). Persistently affirm that there is no power but that released by God, the Living Spirit Almighty within you. It will be a usable and powerful truth when you once get it fixed in your mind, an ever present help, a comforter

and a protector. *Thou shalt have no other gods before me* (Exodus 20:3).

The God that millions all over the world beg and beseech is the Deep Self of you, the Divine Presence within you. Many religious dogmatists frighten people into thinking that God is some tyrannical being living somewhere in the heavens – a God of vengeance, a mysterious stranger. A poet referred to God: "Closer is He than breathing; nearer than hands and feet."

From an absolute point of view, God cannot be known, for nothing can be known in the absolute sense of the term. But there is much we can learn, such as that thoughts are things; what we feel we attract and what we imagine we become. Our thoughts are creative, and whatever we impress on our subconscious is expressed. We can keep on tapping the infinite reservoirs of wisdom and power within us, since there is no end to the powers and intelligence of the Infinite within us. Job says: *He . . . hangeth the earth upon nothing* (Job 26:7).

The only creative power you know is your thought. There can be only one Creative Power – this is true mathematically, scientifically and spiritually. If there were two powers, one would cancel out the other and there would be chaos everywhere. Science knows we live in a mathematically ordered universe. This is why there is a state of order, design, and purpose in the universe. There could not possibly be

two Infinites. Infinity is without beginning or end. The Bible gives the answer: *Hear, O Israel: the Lord our God is one Lord* (Deuteronomy 6:4).

The Red Sea that all of us go through represents the challenges, difficulties, problems, illnesses and vexations we overcome as we call on the Infinite Presence and Power, which responds to us as harmony, peace, love and the joy of the answered prayer. We cross the Red Sea of fear, dogma, traditions, ignorance, fear and superstition and discover the joy of the Lord, which is our strength.

And I will bring the blind by a way that they knew not; I will lead them in paths that they have not known: I will make darkness light before them, and crooked things straight. These things will I do unto them, and not forsake them (Isaiah 42:16).

The blind in the Bible are those who do not know that God indwells them, that He walks and talks in them, and is the very Life Principle within them.

The Father Within

When man awakens to the Light, he discovers his own consciousness (Awareness, Spirit) is the Father spoken of and the Creator of all experiences, circumstances and all things. It is called The Nameless One within and also The Formless One until we give It a name or form. The inventor has an idea in his mind. He gives it form by accepting it in his mind, and then

he gives it form by clothing the idea or thought-image in form so men and women can use it. He gave form and expression to that which always subsisted in the mind of the Infinite.

Likewise, God becomes man by imagining and believing Himself to be man. The Formless and Nameless One now appears in the form of man. God limits Himself by becoming man. God created a being out of Himself, capable of returning joy to Himself. Man is here to Glorify God and enjoy Him forever.

The Horse and the Rider

. . . *Sing ye to the Lord, for he hath triumphed gloriously; the horse and his rider hath he thrown into the sea* (Exodus 15:21). Ofttimes you have seen horses and their riders on the bridle paths, climbing mountain trails and moving along the roads of the country. You also see them running at the race track, and the jockeys seem to be perfect riders. The horses take the riders where they want to go. The horse instinctively knows that a master rides him because the master rider shows no fear. He loves his horse and he is in complete control.

Likewise, we must love the Infinite by giving this Presence within us all our allegiance, devotion and loyalty, recognizing It as the Only Power. That is called loving God, and as we practice this love of the Infinite, we can overcome, override and master any problem or situation that may confront us.

How Can I Love God?

Some say: How can I love an Infinite Spirit or Power? It is so vague and impersonal. How can I love a man or woman whom I don't know in this life? Love in the Bible is loyalty; it is putting God first in your life, while realizing that It is the Only Presence and Power. Love of God means to initiate a healthy, reverent, wholesome respect for the Divinity which created you, sustains you, and which gave you the whole world.

When you absolutely and positively refuse to give power to any created thing or to any person, place, condition or circumstance, then you are loving God. The scientific thinker does not give power to the phenomenalistic world; he gives all glory and power to the Infinite. He places the Creator above His creation. Also, you must remember that God and good are synonymous. When you give attention and devotion to honesty, integrity, peace, harmony, forbearance, goodwill and justice to all, you are also loving God, or good. As you practice radiating love and goodwill to all, this attitude of cordiality, geniality and good feeling insures success and happiness.

The Horsemen and Chariots of Pharaoh

And the waters returned, and covered the chariots, and the horsemen, and all the host of Pharaoh

that came into the sea after them; there remained not so much as one of them (Exodus 14:28).

Pharaoh in the Bible means the five-sense natural man, governed by the five senses, worldly power and fear. The horsemen and chariots, which represent thoughts and emotions of fear, resentment, hate and greed, are drowned, dissipated and wiped out by the contemplation of the Presence of God. By filling your mind with eternal verities, you neutralize and expunge all fear and negative thoughts that are in the subconscious mind, and their embodiment must disappear also.

The horse and the rider, as mentioned in Exodus, represent the negative and destructive emotions of revenge, jealousy, hate and injustice, called the four vices. These should be replaced by the four virtues, which are love, justice, peace and integrity. Four (4) is symbolic of the four-footed animal or emotions of man. The tiger is in man. The sting of the wasp is also within him. The fox, or the sly, cunning states, are also in man. The dove of peace is within him also. As a matter of fact, all animals or animated states of consciousness are within man.

If you stop and think, you will realize that all moods and emotions are within you. Man's negative emotions, such as suppressed rage, resentment and hostility, surge up from his subliminal depths like the waves of the sea, carrying all manner of debris with

them and casting them on the shores. Man must remember that his dominant feeling or emotion controls him, and he must ask himself if he is resentful or hateful. If so, he is riding for a big fall which may result in a worldly sense in some loathsome disease, accident, or some other discordant state.

If man's dominant emotion is resentment, he has established a tyrant in his mind and he will find that under the dominance of such an emotion, everything he does will be wrong. Negative emotions sap man's enthusiasm, vitality, hope, ambition and aspirations. When he wants to succeed in life, he fails. In fact, he finds himself going backward. The horse (negative emotions of hostility and resentment) carries him where it wants to go, and he has lost control and is thrown, just as a wild horse casts him off its back onto the ground.

Making Right Decisions

Remember the great truth: . . . *In quietness and in confidence shall be your strength. . .* (Isaiah 30:15). If you are disturbed, you cannot make right decisions, as your dominant emotion prevails. When you are disturbed, forgive yourself for harboring negative thoughts of any kind and follow these instructions: "I forgive myself for harboring negative thoughts, and I resolve not to engage in them any

more. I also release all those whom I resent, wishing for them all the blessings of life. I know that when God's love fills my soul and His river of peace flows through, I cannot resent or hate the meanest man who walks the earth. I loose them all and I let them go. I know when I have forgiven everyone, for I can meet them in my mind and there is no longer any sting there. I am at peace."

When your mind is at peace, you can then ask for Divine guidance and direction, and the still, small voice will speak to you. It's a vibration; you will feel it. It is the inner silent knowing of the soul.

Longfellow revealed the vital nature of intuition, or being taught from within, when he wrote the following: "Let us, then, labor for an inner stillness, an inward stillness and an inward healing; that perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thoughts and vain opinions, but God alone speaks in us, and we wait in singleness of heart that we may know His will, and in the silence of our spirits, that we may do His will, and do that only."

In other words, God speaks in the universal language of love, peace, inspiration and illumination. Paul says: *For God is not the author of confusion, but of peace. . .* (I Corinthians 14:33).

The Trained Rider

The horse knows the disciplined rider who mas-

ters his horse and who can lead him where he will, and if, perchance, he is thrown off the horse, he gets on again, pats the animal gently and rides off. He does not spend one moment in regret or in criticizing himself by self-accusation, such as, "Why did I fall off?" "I must be losing my grip," etc. No. The trained rider is too wise for that. Furthermore, he knows the horse would pick up his negative emotion and he would no longer be the master of the horse.

Your Real Master

Psychologically speaking, your dominant conviction about yourself is the real master of your thoughts, images, emotions, actions and reactions. Your dominant thought (or, you can call it your master thought) controls all the lesser thoughts and ideas in your mind. Ask yourself: Who is my boss? Let not fear be your dominant thought. If this is already so, you have instilled in your mind a destructive boss over your household. The true Lord should be a God of love enthroned in your mind, called the Lord God, or the law of goodness, truth and beauty.

What wonders would happen in your life if every morning before you went to work you got quiet, relaxed and turned within, affirming knowingly and feelingly: "God, the Life Principle in me, the Living Spirit, the Reality of me, is my guide and counsellor

today and every day. This Living Spirit in me is my wayshower, my boss, my adjuster, my paymaster, the Source of my supply, and I AM inspired and illumined from On High. Today and every day from now on, God thinks, speaks, acts and reacts through me and my words are words of wisdom, truth and beauty."

As you quietly, lovingly and meaningfully affirm the above truths, gradually they will become subjectified and your subconscious will compel you to experience these wonderful truths, for the nature of your subconscious is compulsive. Millions have forgotten the Lord God Jehovah, which means the state of consciousness which would bless, heal and inspire others.

Thus the Lord saved Israel that day out of the hand of the Egyptians; and Israel saw the Egyptians dead upon the sea shore (Exodus 14:30). Israel means a prince ruling with God; that is to say, anyone who believes in the sovereignty of the Spirit within and who is loyal to the One Power while recognizing no other power but the One is called Israel. Israel is saved from the Egyptians, which means the man who knows the law and prays scientifically by contemplating the truths of God from the highest standpoint, neutralizes and destroys all the negative thoughts which, in Biblical language, are described as Egyptians appearing dead upon the shore.

When you give your attention to the Almighty Power within you and contemplate the Divine solution to your problem or difficulty, attention being the key to life, all limited states fall away and die within us. We die to the old and we live to the new.

Then sang Moses and the children of Israel this song unto the Lord, and spake, saying, I will sing unto the Lord, for he hath triumphed gloriously: the horse and his rider hath he thrown into the sea (Exodus 15:1). This means the song of triumph in your soul, your conviction of joy and peace, while knowing that this attitude of mind divides the seas or turbulent states, and that the horse and the rider (the negative emotions) hath he thrown into the sea. In other words, the destructive emotion is transformed in the sea of your subconscious.

You can overcome any difficulty, whatever it may be, if you will become still and ask yourself quietly: "How is it in God and heaven?" The answer will steal over the arid areas of your mind like the dew of heaven, and the silent, inner knowing comes to you: "All is bliss, harmony, peace, joy, abundance, infinite intelligence, boundless wisdom, boundless love and indescribable beauty." All these are qualities of God submerged in your subconscious depths.

Whatever your prayer is, realize that God gave you the desire; feel the reality of it now, knowing you possess it already in your mind. As you do this,

the Spirit of God will move on your behalf. This is the action of God. Sustain this mood and you will experience the Song of Moses, which is the joy of the answered prayer.

I will lift up mine eyes unto the hills, from whence cometh my help (Psalm 121:1).

CHAPTER 3

Truths to Live By

For there is nothing covered, that shall not be revealed; neither hid, that shall not be known. Therefore whatsoever ye have spoken in darkness shall be heard in the light; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops (Luke 12:2-3).

This means that whatever we decree meaningfully in the depths of our own mind will be made manifest for all to see. Many people seem to think that these paragraphs refer to the sins of the other fellow which will be exposed or revealed; e.g., the last day of judgment when all our sins would be placed on our forehead. However, people would not read them anyway, as they would be too busy with their own.

These verses refer to the laws of involution and evolution. In other words, whatever is involved in your mentality will be evolved or objectified in all phases of your life. It means the law of action and reaction. Fear, anger, love, joy and sadness will all be

made manifest on the screen of space.

One man said to me, "I suffer here, and when I die I go to Paradise." All suffering is due to ignorance. I explained to him that Spirit, or God, couldn't suffer. We suffer because of our misuse and misapplication of the laws of mind. We suffer until we learn the laws of mind and the way of the Spirit. All the suffering and misery in the world is primarily due to ignorance. Ignorance then is the only sin, and all suffering is the consequence of it.

Why He Passed Away in a Bathtub

While attending a funeral recently, the surviving widow said to me that her husband had held a constant fear of drowning, which apparently went back to his childhood. He never went on a boat or near the ocean for fear of drowning, but she said he had died in the bathtub. This impression was made in his subconscious, and it fulfilled itself in its own way. He could have neutralized it at any time, but he rejected scientific prayer and refused to consult with anyone regarding that hidden fear.

This is why the Bible says there is nothing covered that shall not be revealed, which simply means that whatever is impressed in our subconscious mind will be made manifest on the screen of space and come forth as form, function, experience and events.

Having Done All, Stand

While speaking recently at the International New Thought Convention in Chicago, I had a long conversation with a medical doctor, who told me that many years ago he had tried every conceivable way to get into Yale Medical College and had pulled all the strings, but had failed. He tried other medical schools, with the same result.

His mother quoted some words from the Bible . . . *Having done all, to stand* (Ephesians 6:13). She said to him, "That means to stop running in circles; relax, let go, and stop trying with your conscious mind." She said, "You have done your best. Turn your request over to your subconscious mind and let the creative intelligence of your deeper mind solve it."

This was wise advice. The Second World War began about that time. He was drafted and, since he had the proper preliminary education, the Army sent him to medical college. His prayer was answered – not the way he expected, though, for the ways of the subconscious are past finding out. Therefore, whatsoever ye have spoken in darkness shall be heard in the light, all of which means that when he turned his request over to the darkness, his subconscious mind, where his idea gestated, the answer was presented full blown to him in due season.

There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath

ceased from his own works, as God did from his (Hebrews 4:9-10). The rest spoken of is your inner conviction – it is relaxation and a sense of indifference – it could be called the silent, inner knowing of the soul, your inner certitude, whereby you know your prayer is answered. When you are indifferent, you fail to react. You are indifferent when you are asleep. Divine indifference means you know it is impossible for your prayer to fail.

How She Practiced the Sabbath

A young woman had many dates and many disappointments. The men she went out with told her they were single but in time she discovered they were married and had lied to her and were just using her. Her two previous marriages had ended in divorce.

At my suggestion she practiced the following technique prior to sleep: She imagined I was shaking hands with her, wishing her all the blessings of life on her happy marriage. This meant to her that she was already married. She felt the solidity, naturalness and tangibility of the ring on her finger. All this took place in a passive, sleepy state every night, while she was fully conscious that she must first accept the ideal in her mind before any marriage could take place on the objective plane.

The ideal she had in mind was that of a spiritual minded man who harmonized with her perfectly.

Hearing me wishing for her all the blessings of life every night was a means of impregnating her subconscious mind. Following this procedure; a short time afterward, she married a minister and was very happy.

Become aware of the subtlety, the substantiality and the soundness of this simple technique.

She Worried Needlessly About Her Son

A mother was terribly troubled because her son cursed God and said, "There is no God." She had read in the Bible: *But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation* (Mark 3:29).

This passage in the Bible has frightened many people. Life, or God, however, is forever forgiving. *Thou art of purer eyes than to behold evil, and canst not look on iniquity. . .* (Habakkuk 1:13). *For the Father judgeth no man, but hath committed all judgment unto the Son* (John 5:22).

The son means your mind, and you judge yourself by the thoughts you think and by the conclusions arrived at in your own mind. When you cease to criticize, castigate, demean and condemn yourself and enthrone God-like thoughts in your mind, there is an automatic response from your subconscious mind and the past is forgotten and remembered no more.

If you formerly misused or misapplied the principles of chemistry or mathematics and you now

begin to use these principles in the right way, the principles of mathematics or chemistry have no grudge against you; likewise, your mind is a principle, and when you begin to use it in the right way you get immediate results. A new beginning is a new end. Begin with love and you end with success, health and peace of mind.

If a man refuses to seek guidance and inspiration or believes that he is incurable, he is simply shutting himself off from the Power of God to heal him, because his subconscious responds to his belief. For example, if you say that you know all the Truth and that there is nothing more to learn, then it will not be possible to cause you to see a greater measure of Truth, which is infinite in scope. As long as you refuse to forgive yourself and believe you are incurable or that the situation is hopeless, your attitude of mind is unforgivable while it lasts.

The Bible speaks in Oriental idiom and symbolic language, and to take the paragraph mentioned literally would be absurd.

When You Pray Don't Dwell on Time

And he looked up, and said, I see men as trees, walking. After that he put his hands again upon his eyes, and made him look up: and he was restored, and saw every man clearly (Mark 8:24-25).

Eyes in the Bible mean spiritual perception, an

insight into the laws of mind. Man has dominion because he can exercise reflective control of his subconscious mind. For example, you can close your eyes now and sense and feel that you are already in the place you desire to be. You actualize the state not only by making there here but the future now. In your imagination you dramatize the state, and in that sensory vividness you open your eyes and you are amazed that you are not there. That means you have fixed the state in your subconscious mind and it will come to pass.

The Bible says, He looked up and saw men walking as trees. However, a tree does not walk; it is rooted in the soil and must wait for the various seasons to bring forth fruit. Man creates his own seasons and is not rooted like a tree. He doesn't have to wait for a healing of his eyes, or for health, love, peace or inspiration. God indwells him and is timeless and spaceless. Love is now; he can claim it now. Peace is now, and he can claim God's river of peace is flowing through him now. Strength is now, and he can claim that the Almighty Power is flowing through him now.

It is foolish to say, "Some day my eyes will be healed." The Infinite Healing Presence is within you. It is timeless and spaceless. Vision is spiritual, eternal and indestructible. Claim boldly, "My eyes are God's eyes and I see perfectly now." Why say, "Some day I

will make my mark in the world"? Claim that Infinite Intelligence is guiding you now, this very minute, revealing to you your hidden talents and opening up a new door of expression for you. Cease postponing your good, for whatever you seek is within you as an idea, a thought or a principle, and everything you see in this world came out from either the mind of man or the mind of God. All inventions, discoveries and indeed everything you use in your workaday world came out of the mind of man. There is only One Source.

The Wonders of Prayer

For I say unto you, Among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he (Luke 7:28).

This means that any man who prays successfully and touches Reality is greater than the so-called wisest man in the world. One man may be wise in the ways of the world and be completely governed by his five senses; the other man knows how to contact the Infinite within him and find peace in this changing world.

The Meaning of Our Father

After this manner therefore pray ye: Our Father which art in heaven. . . (Matthew 6:9).

Our Father means that all of us have a common progenitor – the Life Principle – and we are all intimately related. Actually, we are all brothers and sisters. The word *humanity* means the One Being appearing as many. This indicates your essential unity with God, with all men and with all things in the world. There is but One Mind and One Spirit animating all of us.

When you pray, it is essential that you have a sense of unity with all men and women and with all things in the world. All things – all the beasts of the field and the fowl of the air – came forth from the One Source, and one part of Spirit cannot be antagonistic to another part of Spirit, as Spirit is one and indivisible. When you say *Our Father,* you realize the great law of unity or oneness. This reduces all sense of conflict and releases the imprisoned splendor within you.

Learn to Become Aware

You must be conscious of a state to witness it. A man who never saw an electric switch or a telephone cannot distinguish between the two, because he is not aware of them. Become aware of the Indwelling God within you and claim that what is true of God is also true of you, and wonders will happen in your life.

God is in the murderer as well as in the holy man. God is not less in one than the other. God is, and

cannot become greater or lesser. The murderer can be transformed when he has a hunger and thirst to become a new man. As he saturates his mind and heart with the great eternal verities and absorbs and incorporates these truths in his soul, he becomes transformed and is a new man in God. The law of the subconscious is compulsive; whereas before he was compelled to do evil, now he is compelled to do good.

The Wonders of Faith in God

Now faith is the substance of things hoped for, the evidence of things not seen (Hebrews 11:1). *But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him* (Hebrews 11:6).

At the New Thought Convention held in Chicago in July 1975 under the auspices of Rev. Johnnie Coleman, Minister of Unity Foundation for Better Living, I was one of many speakers. After a two-hour session with a group of students, one of the listeners told me that his grandfather was a bushman. As a young boy he had climbed on board an English ship and a Scottish sailor took him back to England. He was educated and later became a distinguished clergyman in England, demonstrating that when the boy from Africa was exposed to a spiritual atmosphere and a

wonderful, peaceful environment and taught a reverence for the Divinity within him, he became transformed. He was known as the cultured, soft spoken, gentle, spiritual giant; yet he had been a bushman. The grandson who told me this story said that the Scotchman was deeply religious and had faith that the boy he adopted would express the Divinity within in a wonderful way, and the Infinite responded according to his faith.

By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God (Hebrews 11:5).

Enoch means any man's present state of mind. When you get into a mood or conviction, you translate or supplant the old mood and mental attitude and you are different. The old state of mind can't be found. You can't see a conviction. Where is the cripple whom you visited in the hospital? He now walks upright and is successful in all his undertakings.

Recently I visited a home for senior citizens and talked with a man who had lost the use of his legs. His son said to me, "If you will talk with him and teach him how to pray, he has great faith, I am sure he will get up and walk." The prayer I gave him was very simple: "God walks and talks in me, and through the Power of the Almighty I am made whole." I also told him to picture himself walking into my home

to tell me about the miracle that happened and to imagine and feel that I was greeting him and congratulating him on the miracle God had wrought. He was to make there here and the future now in his imagination, and he was to feel the reality of it all. In other words, mentally and emotionally, and in his imagery, he was in my study and he felt my imaginary handshake.

He repeated this over and over again many times a day until he felt the naturalness and sensory vividness of it all. A month later he walked in on a Monday morning and experienced objectively what he had been dramatizing in his mind many times a day for four weeks. He translated the old, crippled state to the man walking uprightly in the law. He died to the old state, and you cannot find the crippled state no matter where you look.

It Was Written by Men

New Bibles are being constantly brought forth and previous errors in translation are being corrected and modified. The Bible, being written by men, is not perfect, and numerous errors have been discovered from time to time. What we must learn is not the letter or the word – the word is the mood, the thought-feeling, the inner meaning it conveys. Many people believe you must quote the Bible word for word. How can you? The original Bible was not

written in English; and the original Hebrew of 5000 years ago is entirely different from modern Hebrew, just as the language of Chaucer is vastly different from the English of today.

In this day and age, you would not call your daughter Daisy, Fannie or Pansy – words, through the passage of time, change their meaning. When I was a boy these names for girls were commonplace. Nor would you call your son Judas, because you would not want your son to be ridiculed at school.

We are not dealing with words here, but with moods. For example, the word John means love; Peter means faith in the One God; James means righteous judgment, i.e., coming to a decision based on eternal truths, which are the same yesterday, today and forever. The word sin means a missing of the mark, failing to realize your desire in life. You are really sinning when you fail to lead a full and happy life. The word Judas means lack, limitation, your personal problem. We are all born with Judas; i.e., we are born into all that our environment represents. We came from the limitless state and find ourselves now in a three-dimensional world. We are here to discover who we are. Through problems, difficulties and challenges, we discover our Divinity. Our joy is in overcoming.

The men who translated the Bible had to capture the moods of the mystics who wrote the book

thousands of years ago. They had a partial key – not the entire key. In the King James version, you read: *The fear of the Lord is the beginning of knowledge. . .* (Proverbs 1:7). The Bible also says that God is love. All this really seems contradictory.

In the days when the King James version was written, however, fear meant to have a healthy, reverent respect for the Lord, or the Law, in the same way you should have a reverent respect for the laws of chemistry or electricity; otherwise, you would get into a lot of trouble. The English of the Magna Carta, that wonderful document, is unreadable and cannot be understood unless you have mastered the English language of that period.

Whose Wife Shall She Be?

The same day came to him the Sadducees, which say that there is no resurrection, and asked him,

Saying, Master, Moses said, If a man die, having no children, his brother shall marry his wife, and raise up seed unto his brother.

Now there were with us seven brethren: and the first, when he had married a wife, deceased, and, having no issue, left his wife unto his brother:

Likewise, the second also, and the third, unto the seventh.

And last of all the woman died also.

Therefore in the resurrection whose wife shall she

be of the seven? for they all had her.

Jesus answered and said unto them, Ye do err, not knowing the scriptures, nor the power of God.

For in the resurrection they neither marry, nor are given in marriage, but are as the angels of God in heaven (Matthew 22:23-30).

If a man is married now and he believes in reincarnation, he must have thousands of wives. Which one is his? Likewise, he must have thousands of mothers and fathers. Which mother is his? Man misses the point altogether. The belief in reincarnation is a solace, an opiate, a sort of narcotic to the individual who has met with many defeats, and the belief is a comfort to him. The theory pleases his vanity and exalts his ego.

If an individual who has now hit the bottom is told in hypnotic regression that he was once famous, he likes to hear that his misfortunes are due to his karma and misdeeds in a former life. Tell a man that when he forgives himself, his sins are forgiven him. Man should stop punishing himself, as God punishes no man.

I have written about the subject of reincarnation somewhat at length in the last chapter of *Psychic Perception.** I might add, however, that the reason

**Psychic Perception: The Magic of Extrasensory Power* by Dr. Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1971.

the modern theory of reincarnation is popular is because man, using his five senses only, is like the five foolish virgins: he has no oil or wisdom in his lamps. He finds that the explanation that he comes back again and again on this plane to expiate for his former sins gives him some solace and tells him what he wants to hear.

At the same time it seems to unfold many unexplained phenomena. Such acceptance retards spiritual progress, checks the awakening process and is a destructive, superstitious belief. Mozart, Lincoln, Shakespeare and countless others left their impressions with mankind. We read of their works in history, song and prose. All of them live in the hearts or subjective minds of men.

When husband and wife enter into the creative act, they can give conception to any state they are capable of conceiving. The dominant mood will prevail, as the subconscious mind always accepts the dominant mood or feeling. If they dwell on and admire the qualities and attributes of Lincoln and would love to give birth to such a son ("as within, so without,"), then a child is born with these qualities; but it is not Lincoln coming back again. It is the tone struck during conception, or creation, that determines the nature of the child. This is plain common sense. It is the law of mind in action.

Now, to come back to the question asked by the

Sadducees, who were a religious sect with strong materialistic beliefs but without spiritual understanding. They looked upon the marriage spoken of as a physical marriage. The Bible is speaking of mental and spiritual things, of the psychological and spiritual man, who makes many mental and emotional unions called marriages in this world.

Likewise, in the *I Ching** a marriage means embracing or believing in an idea or opinion. If you believe strawberries give you hives, that is a marriage, Biblically speaking, and you have an issue from it; namely, the physical result of the belief or opinion embraced by you. If you marry or embrace the idea that sitting near a fan will give you a stiff neck, you will have an issue from that marriage; namely, a stiff neck. Look at the countless mental marriages men make in this world, embracing and accepting all sorts of false beliefs, opinions and superstitions.

Paul said: . . . *I die daily* (I Corinthians 15:31). You must die to what you are now so that you can live to what you want to be. You are in heaven now; it is not some place you go when you die. You live, move and have your being in that Infinite Spirit within you, which was never born and will never die. You can die to fear and live in faith in God and all things good. You can die to poverty and live in God's

**Secrets of the I Ching* by Dr. Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1970.

riches, which are all around you. You can die to superstitions and embrace the wisdom of God, thereby experiencing the second birth, a spiritual regeneration in which the wisdom of God anoints your intellect, and you think, speak and act from the standpoint of the Infinite Presence and Power; not the superimposed structure of ignorance, fear and superstition, which are called the three ruffians.

Some months ago I counselled an alcoholic who had lost his family, his business and his prestige. He was completely irresponsible and full of self-condemnation. He decided to die to his present state and go to heaven; namely, harmony, health, peace and accomplishment.

Every night he decreed: "Peace and sobriety are mine now. The Almighty Power flows through me, giving me freedom, peace, harmony and strength. I have made a decision and I know the Power of God will back me up." At the end of a week he was completely free from the habit. He came to a decision to become a new man, went back to his wife and children, attended night school, and began to apply himself with tenacity to classes on business management.

His industry and zeal has paid off. He is now conducting his own business and is a wonderful success. He died psychologically to the sick man, the weak man, the insecure, whining and complaining

man, and was reborn to peace, tranquility, triumph and accomplishment. Psychologically, he died and went to heaven (peace and harmony).

The inner meaning of the Bible makes sense: . . . *The letter killeth, but the spirit giveth life* (II Corinthians 3:6).

CHAPTER 4

Things You Want to Know

And the devil said unto him, If thou be the Son of God, command this stone that it be made bread. And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God (Luke 4:3-4).

This could be looked at as the tempter's attitude; in other words, if you have all this God-Power within you, you might throw yourself from the mountain top and nothing will happen to you. The tempter, taunting you, also says to you: Let's see you heal the cripple, the blind man, the man where cancer has metastasized all over his system.

When you say, "I must prove it to myself first," you are trying to project a state of mind which you do not have. You are entertaining a mood of doubt. At the same time you wish to express a mood of faith or conviction. You are tempting the Infinite. You are deviating from the law of mind, which, as you know,

means that whatever you impress in your subconscious comes forth according to the nature of the impression. Electricity does not bend to your whims; it operates from a higher to a lower potential and will operate for you when you understand the principles of electricity.

And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time. And the devil said unto him, All this power will I give thee . . . If thou therefore wilt worship me, all shall be thine (Luke 4:5-7).

The devil, or satan, means to deviate from the truth or to judge according to appearances. For example, if you should visit a sick friend in the hospital who has a loathsome disease and you begin to fear that you may get it, your devil is that negative thought beguiling you to turn away from the idea of wholeness, beauty and perfection. The Spirit in you is ever perfect, and your thought should be on the immaculate, unblemished Presence of God in you.

Man is inclined to worship power, and when he gets it, somehow he gets the idea that he has the Divine right of Kings and forgets the real Source of power. *Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve* (Matthew 4:10). You are to give all your allegiance, loyalty and

devotion to the Spirit within – the Source of all your blessings; your security and protection.

He Used Power Wisely

President Lincoln used the powers of his office wisely. During much of his lifetime he was maligned and traduced. Many in high places did everything in their power to derogate his reputation. Many men, when they are in positions of power and prestige, abuse their power. They begin to think that the power was given to them because they were personally great; that their judgment is supreme and that they cannot err. Moreover, they want no interference. This attitude fails them, however, because they forget that the real power is within, and that man is great only when he aligns himself with the Infinite and permits himself to be a channel for the light, the wisdom and the power of the Infinite One. The wise man like Lincoln looks for guidance and direction from God within him, and he does not flamboyantly flaunt his power in front of others. On the contrary, he is humble, kind and has a deep reverence for the Divinity which shapes our ends.

Who Is Boss?

You are all familiar with the type of man who gets promoted and says, "I'll show them who is boss. I'll let them all know." He is very insecure and feels

inadequate to the job; therefore, he strives to make up for the sense of lack within himself by an ostentatious show of power, which betrays him.

The Origin and Meaning of the Word, "Devil"

Organized religion has always accounted for the presence of evil in the world by inventing a devil. The Bible points out clearly the answer: *I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things* (Isaiah 45:7).

Again occur the curious words: And the Lord (the law of his subconscious) hardened Pharaoh's heart. Pharaoh, by his hostility and hatred, hardened his own heart. His subconscious responded to his mental attitude. All this is very simple when you understand it. There is but one Power. *Hear, O Israel: the Lord our God is one Lord* (Deuteronomy 6:4). Not two or three or a thousand; just one.

When you use the One Power ignorantly, stupidly, negatively or maliciously, people call it the devil, satan, misery, suffering, lack and limitation. When you use the One Power constructively, harmoniously and wisely, people call it God, Allah, Brahma, health, happiness, peace and prosperity.

You can use any power in nature two ways. You can use electricity to fry an egg or to electrocute someone. You can use water to quench the thirst of your child or to drown the child. The same wind that

blows a ship onto the rocks will also take it to safety. The forces of nature are not evil; it depends upon how you use them.

The word "devil" means of evil, or "a spirit of evil" – not *the* Spirit of evil – such as hate, jealousy, hostility, resentment, ill will, vengeance, etc. These are the mental attitudes or devils that bedevil man. The theological devil was invented by the church.

God Upside Down

The ancient Hebrew mystics taught that the devil is God upside-down. In other words, it is man's twisted, distorted, morbid concept of the Divine Presence. He has made God in his own image and likeness and has projected his own animosities, jealousies, shortcomings, prejudices and derelictions onto a God of love.

To put the whole thing in simple language that a boy of eight could understand, the devil is God as he is misunderstood by the ignorant masses. The devil of the theologian is purely personification. It has no existence.

Only One Power

Scientifically, mathematically and spiritually, there can be only One Power. If there were two powers, one would cancel out the other. There would

be no order, design, symmetry or proportion in the world. There would be a clash, and only chaos would prevail. It is a cosmos; not a chaos. Reverse the word *evil* and you have *live,* meaning to live life backwards. Your evil is going against the stream of life, which moves forward harmoniously, peacefully, joyously and rhythmically.

Stop living life backwards. Progress with the great stream of life, the tendency or will of which always brings a greater measure of life, love, truth, beauty and abundance. All things, all processes and all activities are from One Source. It must, therefore, follow that there can be no evil in the Absolute. Our evil comes from misapplication, misinterpretation, and lack of understanding of the nature of the One Power. Our evil is our ignorance, our incomplete state of consciousness, from our seeing things in the wrong light. That which man calls evil in humans he does not call evil in animals, which are governed by natural instincts.

You Are Here to Discover Yourself

You are a choosing and volitional being. You are here to discover yourself and reveal the Divinity within. Problems, challenges and difficulties enable you to sharpen your mental and spiritual tools and grow spiritually. God becomes man for the joy of discovering Himself. You are that man, and you are

capable of reproducing all the qualities, attributes and potencies of God. *I have said, Ye are gods; and all of you are children of the most High* (Psalms 82:6).

The Simple Truth

The Greek word for *devil* is *diabolos* – one who throws obstacles across. These obstacles or difficulties are stepping stones to our triumph and accomplishment. The joy is in overcoming. All progress in the world comes from people who succeed in overcoming their obstacles. The ancient Hebrew mystics referred to the devil as mirth or laughter, for one of the "amusing" things about this so-called devil (which never existed and was invented by the church) is that he looms larger and gets greater attention than God in the minds of millions.

He Said He Was a Hell-Dodger

While holding a consultation with an alcoholic, he said to me: "I go to church not to go to heaven, but to escape from hell. I'm a hell-dodger." He had learned that man creates his own hell (misery and suffering) and his own heaven (his mind at peace). I explained to him how George Bernard Shaw strikingly illustrated man's weird superstitious beliefs in "Man and Superman," where Donna Ann cries out indignantly when she finds herself in hell: "I in hell?

I, a faithful daughter of the church, who has kept all her fasts and denied myself all pleasure? And I might have had such a good time. Oh, there is some mistake!"

Other Meanings

The word *devil* means also *slanderer, liar,* or one who tells lies about God. One of the Hebrew words for the devil was Ayin, which means the eye. The eye slanders the fact for the simple reason that it deals with external appearances, which ofttimes are very deceptive. For example, people say, "The sun rises." They also say, "The sun sets," "The earth is flat," and "The sun moved around the earth." Yet all this is completely false.

We see nothing as it really is. Our eyes are geared to see three dimensionally only. When you see clairvoyantly you see things differently. When you begin to see spiritually and in mystic illumination, you will look at a tree and see waves of light. You will immediately perceive the whole world as a universe of densities, frequencies and intensities. Hence, the Hebrew attribution of mirth to the word Ayin, which means the eyes.

The Revealing Truth of Ancient Symbolism

A few years ago at a seminar on the sea, I drew on a blackboard the symbolism of the devil as portrayed

by ancient Hebrew mystics. It is a creature that never possibly could have existed – the product of primitive man's ignorance and distorted imagination. The devil was depicted as having goat's horns, a man's head with donkey's ears, the wings of a bat, the upper part of the body human, the thighs those of an animal, and the legs human though ending in eagle's claws.

If you have a deck of Tarot cards designed by Pamela Colman Smith under the instruction of Arthur Edward Waite, published by University Books, New Hyde Park, New York, you could look at the symbolism of the card marked *devil* and you would find it very amusing, illuminating and instructive.

Bat wings signify darkness and gross ignorance.

The horns are those of a goat and suggest no backbone, which means that man's animal propensities and passions are not controlled, subdued or sublimated spiritually, which they should be. Man is here to walk uprightly in the Law, and when his backbone is curved, he can't walk or stand erect.

The head has donkey ears, indicating the obtuseness and stubbornness of man, who refuses to listen to the guidance of the Infinite Presence and Power within him.

The human part of his body is very gross, indicating the absence of grace, beauty and Divine order.

The thighs are animal-like, indicating animal passions and appetites, lust, greed, etc. He is driven by instinct rather than by spiritual impulses, which are lying dormant within him. Man is here to stir up the gift of God within him.

The legs are human. They portray and indicate that the animal passions are driving the human part instead of the other way about, as it should be.

The legs end in eagles' claws. This is subtle symbolism and indicates misuse of the sex urge, such as sexual aberrations and perversions along all lines.

The pentagram over the head is inverted. The five-pointed star symbolizes the spiritual minded man and stands on two points, the conscious and subconscious, harmonized and balanced. Here it stands only on one point, however, indicating he is completely unbalanced and wallowing in negative emotions and destructive sensations.

The torch symbolizes that he is constantly inflaming his passions and toward sexual deviations. The left shoulder of the woman in the card is lacking, and the left shoulder of the man is developed out of proportion. The shoulders are the indices of emotions, and his emotions pander to his abnormal sensations, robbing himself of vitality, enthusiasm and energy.

The man and woman depicted in the card have horns, hoofs and tail, and signify they are living with

their animal passions and appetites. The tail is shaped like a scorpion, symbolic of bestiality and sexual abnormalities. The bunch of grapes indicates that the subconscious expresses what is impressed upon it – the desire of your conscious mind, when impregnated in the subconscious, brings forth the fruit and result of your desires.

The devil has a navel, as also have the man and the woman. This reveals the whole story and is a profound and subtle symbol. It indicates that all are man-made.

From the above illustration, you will immediately perceive that the devil is man himself, as he misuses the law and misdirects the God-given life force. No wonder the Hebrew mystics said the devil is God Upside Down.

Learn to Exalt God in the Midst of You

Every time you are prone to criticize, demean or demote yourself, affirm immediately: "I exalt God in the midst of me." You can't think of two things at the same time, and as you continue regularly and systematically to exalt God in the midst of you, you are injecting that idea into your subconscious mind. After a while, it will become automatic and you cease all self-condemnation and self-criticism. It is important to stress dignity and respect, however, because man's self-respect is his greatest asset.

You Can't Buy Respect

Some men think they can buy respect and dignity. They can't. For example, the late Mussolini knew he did not have the dignity of Haile Selassie, who was a king, and when he came to London he came as a king. He said, "I am a king and I will return to my land as a king and conqueror." Mussolini would have loved to have had the same honor and prestige, but he did not feel it and could not claim it in consciousness. Haile Selassie felt the honor and dignity in his mentality and received it, accordingly. Mussolini lost prestige and died in disgrace. Hitler also strutted before his generals, seized power and demanded recognition and honor; but all the time he was deeply conscious of his inferiority, inadequacy and insecurity.

There are men who think they can buy their way into a select club and that they can thus buy respect. They can't. The bell boy, the waiter and the doorman give more respect to the member of the club who can barely pay his dues, because he has the consciousness of being a dignified person and demands respect. He is conscious of the Divine Self within him and of his kingship in the conceptive realm of his mind.

Walk the Earth a Queen

The queen is not conscious of doing wrong, even though what she does may be contrary to your

religious beliefs and traditional concept of things. She is free from censure and a sense of guilt and walks the earth in a high and exalted mood. A woman who said she belonged to a particular religious group said to me that she was shocked to see a certain queen drink, smoke and eat meat. All this is, of course, utter nonsense and too ridiculous for words.

Paul says, *I know, and am persuaded by the Lord Jesus that there is nothing unclean of itself, but to him that esteemeth anything to be unclean, to him it is unclean* (Romans 14:14). . . . *I considered, and saw fourfooted beasts of the earth, and wild beasts, and creeping things, and fowls of the air. And I heard a voice saying unto me, Arise, Peter; slay and eat. But I said, Not so, Lord: for nothing common or unclean hath at any time entered into my mouth. But the voice answered me again from heaven, What God hath cleansed, that call not thou common. And this was done three times. . .* (Acts 11:6-10).

Things are clean or unclean according to your concept of yourself. If you have made a law for yourself and if you believe that taking a cocktail is injurious or interferes with your spiritual growth, you should follow your code or belief, because with that kind of belief your subconscious responds according to the nature of your belief. To you it would be wrong. Likewise, if you have made a law for yourself that it is wrong and injurious to your spiritual

unfoldment to eat meat, you again have made that law for yourself and you should, therefore, follow it. If you break the code you have established for yourself, you will feel guilty and suffer accordingly. There is nothing good or bad, but thinking makes it so. There is no guilt but the consciousness of guilt.

He Wondered Why His Wife Left Him

While talking with a man after the sermon one Sunday morning, he said his wife had packed up and left a note saying she could no longer put up with his negative vibrations and low estimate of himself. During the conversation I discovered that his wife was a billiant woman, possessing a Ph.D. degree, and being very successful professionally. He was a salesman in the vitamin field and also doing well financially.

The real cause of the marital break was that he felt he was not good enough for her, and he was constantly thinking and fearing that she would surely find someone else. He went to sleep in that mood of fear every night, and his subconscious gave back to him what he ordered and requested, as it never makes a mistake. Actually, he brought it to pass by his constant fear. . . . *The thing which I greatly feared is come upon me* (Job 3:25).

His wife mirrored his conception of himself, and she testified to his state of consciousness. His mood of self-depreciation and inferiority plus his subcon-

scious belief that she would leave him was communicated to her subconsciously, and she, not knowing the laws of mind and not being spiritually oriented, responded accordingly.

At my suggestion, he phoned her and explained what he had been doing, stating that the whole thing was his fault. Both are now reconciled and are practicing prayer-therapy night and morning. Every night prior to sleep, he affirms out loud: "The Spirit in me talks to the Spirit of my wife, and there are harmony, love, peace, joy and understanding between us. The Light of God shines in her, and whenever I think of her, I immediately affirm, 'I exalt God in the midst of you.' Whenever I am prone, because of habit, to demean or demote myself, I will affirm, 'I exalt God in the midst of me. I am God's son, and God loves me and cares for me.' "

Likewise, every morning his wife affirmed out loud: "My husband is God's man. I salute the Divinity in him. There are peace, love, harmony and understanding between us. He is growing in wisdom, truth and love. Whenever I think of him during the day, I will immediately affirm, 'God loves him and cares for him.' "

True love is an irrepressible inclination and impulse to give. Both are giving out more life, love, truth and beauty to each other, and the marriage is growing more blessed and beautiful as time goes on.

FOR HUMAN PROBLEMS

Love is the universal solvent. Love frees; it heals; it is the Spirit of God, for God is love.

CHAPTER 5

Your Business Is God's Business

. . . *Wist ye not that I must be about my Father's business?* (Luke 2:49). My Father's business is a greater measure of livingness and givingness. You are here to lead a full and happy life and to express your talents at the highest possible level. In other words, you are here to lead the abundant life – full of joy and beauty. You may magnify and increase your powers by constantly claiming morning, noon and night: "I am releasing more and more of God's love, light, truth and beauty every moment of the day." As you make a habit of this affirmation, you will be amazed at the wonders that will happen in your life, and the whole world will be blessed because you walked this way, radiating the sunshine of God's love.

Cease Forcing Your Opinion on Others

A young girl was trying to convert all members of her family to the study of the science of mind. They resented her and rejected all her statements and even

refused to read the literature she proffered them. This is the wrong approach. Let the other person alone. Do not try to mentally coerce him to your way of thinking. Cease thinking about all the differences in religious beliefs, but, instead, consider the fundamental unity of all religions. A man's religion is his relationship with God. If it makes him happy and contented and he gets comfort from his beliefs, don't try to force your opinion on him.

Lutheran Girl Healed by a Unity Minister

While conversing with a Unity minister, she told me that a Lutheran girl who was very ill in the hospital had asked her to come and pray with her, which she did. The Unity minister said to her, "Join your hands in mine and we will pray to Jesus to heal you." The girl was completely healed. You might call this blind faith. It was the subconscious belief of the Lutheran girl that brought about the healing.

There is only One Healing Power, and It is available to all. That Healing Power is in the subconscious of every living person. Results follow according to the belief of the person doing the praying. Many people believe in a personal Jesus to heal or a personal Buddha. They get results because of their beliefs. Whether the object of your faith be true or false, you will get results because of the sincerity of your belief and not because of the thing

believed in. There are many people who believe in the usage of amulets, talismans and sacred relics for healing purposes. They get results also.

The Right Approach

If a person is ill, don't say to him: "You had the wrong thoughts. Your religious belief is all wrong." You will only make him worse. If he is willing to listen, teach him about the wonders of the healing powers within him and how to use his mind constructively. Don't take a man's creed or religious beliefs away from him unless you give him something better instead – something he can use, thereby becoming a greater, grander, nobler and more dignified character.

Looking Behind the Symbols

Behind all the religions of the world you will find the underlying truth, but the truth has been covered all over with a thick cloud of rituals, ceremonies, symbols, liturgies and various interpretations. There is only One Truth, and God is Truth, which is the same yesterday, today and forever. Unfortunately, the eternal verities and the principles of life are lost in creedal dogmas.

They Get Answers, Also

People's prayers are answered in orthodox churches, also. It is much better, however, to know

the laws of mind and learn to use scientific prayer. It would be unkind to take away all of man's beliefs and to give him nothing instead. Man will accept this new teaching which I am writing about when he is ready, but he can't be coerced into receiving it.

She Was Afraid of Black Magic

Surely there is no enchantment against Jacob, neither is there any divination against Israel: according to this time it shall be said of Jacob and of Israel, What hath God wrought! (Numbers 23:23).

A young girl working in an office was told that another girl was practicing black magic against her. I explained to her, however, that what people call black magic is an inversion of the law of God, which is all-good. If I wish another person evil, I must be in a very negative state myself; therefore, I bring evil on myself and will be stricken, as my moods are creative. The only way my negative thought can hurt the other is for the other person to foolishly and stupidly accept my suggestion and grant me the power to injure him. Then the other person will become the victim. But if the other person should laugh at me and at my supposed power, then all the negative thoughts would boomerang back to me, all of which would be self-destructive.

The voodoo doctor in Australia and/or the jungles of Africa always sends his intended prey a message

informing him of the fact that his image is being burned. The victim becomes panic stricken and the fear engendered by himself kills him. Man actualizes black magic by believing in it. Although the other person is working negatively against you, pouring out imprecations and execrations upon you and visualizing you as dead, in reality he is unable to do so, because he doesn't want death for himself. I advised a man, for example, to cease wishing death for his wife. (They hated each other.) He refused the advice and he died shortly after. The wife, though, is still living and prospering.

Remember, if you are walking in the consciousness of God's love, the low or negative vibrations of the mass mind cannot touch you. All of us are subject to the negative vibrations, i.e., fears and anxieties of the mass mind. If you are prayed up, they do not hurt you; you shake them off and become impervious to them. You cannot attract that which you are unlike. You only draw into your experience that which is compatible with your moods and state of consciousness.

Walk with God at all times, realizing that God is sovereign, supreme, your ruler, guide and counsellor; and *nothing shall by any means hurt you* (Luke 10:19). *They shall not hurt nor destroy in all my holy mountain, saith the Lord* (Isaiah 65:25). *Thou art my hiding place; thou shalt preserve me from*

trouble; thou shalt compass me about with songs of deliverance (Psalm 32:7). *Surely there is no enchantment against Jacob* (a man aware of the One Power – God), *neither is there any divination against Israel* (a man ruled by God, who recognizes the sovereignty of the Spirit) (Numbers 23:23). *Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling* (Psalm 91:9-10).

The Door to True Expression

Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber. But he that entereth in by the door is the shepherd of the sheep (John 10:1-2).

I AM is the door. This means your own consciousness is the door to all expression. In other words, you must have the mental equivalent established in your subconscious mind in order to manifest what you desire and what you want to achieve in life. When you try to accomplish on the outside what you have not felt as true on the inside, you will fail, e.g., when a man claims to be something other than what he really feels himself to be, such as claiming that he is a great actor when in his heart he does not feel it to be

true, he is robbing himself and is the thief mentioned in the above verses.

He must claim and honestly feel himself to be the great actor and, further, dramatize the role; and as he continues to claim and feel that he is the great actor, the power of the subconscious will back him up and he will manifest the role. The embodied states of mind are the sheep mentioned. The feeling of being what you long to be must always precede the embodied state, resulting in the manifestation of what is felt as true subjectively.

And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice. And a stranger will they not follow, but will flee from him: for they know not the voice of strangers (John 10:4-5).

You are a stranger when you are simply stating in words that you are rich and prosperous when actually you are not. The sheep (the lovely states you wish to embody) will not follow you. You are merely boasting and masquerading, and the sheep do not hear that voice because it is not the true voice.

You must come to a clear-cut decision that God is the real source of your supply, that His riches are circulating in your life and that there is always a Divine surplus. Write these truths with your conscious mind into your subconscious. You do this by repetition, faith in the laws of your mind, and a

joyous expectancy, while knowing that whatever you convey to or impress on your subconscious will come forth pressed down, shaken together and running over. You must feel the truth of what you affirm. Your subconscious accepts your conviction. What you really believe in your conscious mind will be accepted by your subconscious mind.

Mere verbalisms are not enough. Many people claim prosperity, success and wealth, but their subconscious belief is really in lack, limitation and failure. Your conscious and subconscious must synchronize and agree. When the two agree, your prayer is answered. Reason things out and you will find it is not difficult to realize that God is the only Source of health, wealth, peace and inspiration, and, indeed, all things. There is only One Source. Everything you look at came out of the mind of man or the mind of the Infinite. Wealth is a state of mind; poverty is a state of mind. It is done unto you as you believe.

All that ever came before me are thieves and robbers: but the sheep did not hear them (John 10:8). One time I heard a clergyman say to an audience that the meaning of this paragraph in the Book of John was that all religions before Christianity were false. This obviously is the quintessence of absurdity and stupidity, for . . . *God is no respecter of persons* (Acts 10:34).

There is an old Hindu aphorism which says: "When you name It, you cannot find It; and when you find It, you cannot name It." How could you label love, peace, joy, happiness, inspiration, guidance, goodwill, compassion, mercy, kindness, illumination or laughter? Any man who walks the earth may contact the God-Presence and receive an answer. The God-Presence will respond to any man's prayer, regardless of creedal affiliations. God answers the prayer of the atheist also, who says there is no God.

The man who believes in the goodness of God in the land of the living, and who lives in the joyous expectancy of the best in life, has true faith. The man who doubts the love, the joy and the wonders of the Infinite and who disbelieves in the response of the Infinite to his own thought is the real atheist.

Explanation of John 10:8

Do not let anything come before your belief in the Power of the Almighty working in your behalf. For example, if you believe that outside conditions, people, circumstances or current events preclude your possibilities of fulfilling your desires, you are greatly mistaken and are living as a thief and a robber, because you are robbing yourself of the joy of the answered prayer. You are saying that conditions and people are greater than God, which is absurd. In other words, you are making gods of other people and you

are, therefore, unjust to yourself. There is nothing to oppose Omnipotence; nothing to thwart It or to vitiate It. It is Almighty, and there is no other power.

The Crossroads of Life

. . . *Go your way into the village over against you: and as soon as ye be entered into it, ye shall find a colt tied, whereon never man sat; loose him, and bring him* (Mark 11:2). *And they went their way, and found the colt tied by the door without in a place where two ways met; and they loose him* (Mark 11:4). *And they brought the colt to Jesus, and cast their garments on him; and he sat upon him* (Mark 11:7).

All of us are at the crossroads every day. The colt at the crossroads is your mood – your mental and emotional state – before entering into the deep of yourself. The colt represents the undisciplined state. Suppose you have a desire to sing and you have a wonderful voice, but you fail to have an outlet for your voice on the stage or radio. You must then discipline yourself and affirm knowingly: "God gave me this voice, and God opens the perfect channel for me where He sings majestic cadences through me." Imagine you are before the microphone or on the stage singing gloriously and majestically before an imaginary audience. Feel the thrill and joy and wonder of it all. Practice running this mental movie

frequently in your mind. As you continue to do it, you are disciplining the colt (the formerly undisciplined desire), and your mental image, through frequent habitations of the mind, will sink into your subconscious and come to pass in Divine order.

The crossroads also indicate our capacity to choose, divide and select. Watch what you take into the deep of yourself every night. As you go to sleep, your conscious and subconscious are creatively joined together, and your last waking concept is registered in your subconscious. In other words, your conscious mood prior to sleep has crossed over to your subconscious mind and the latter brings it to pass, whether good or bad. Your reactions to today's impressions mold your tomorrows. Be careful of your reactions, as these are the moods or tones which, if carried into the deeper mind, will manifest themselves.

You can control your reactions and thereby control your moods. They brought the colt to Jesus. One of the meanings of Jesus in the Bible is "illumined reason." It also means "I AM," *Je Suis* in French. The names Jesus and Joshua in the Old Testament are identical. Both mean God is the Savior, or solution to all problems. And, of course, you know God indwells you, and you are your own savior.

The word Jesus also means your desire, the realization of which would save you from any

predicament. You bring your desire to the I AM, your consciousness, within you; and as you feel the reality of it and rejoice that the Almighty Power is moving in your behalf, and as you sustain this mood, which is the meaning of *He sat upon the colt,* you ride the mood, this means that you remain faithful to your desire until you reach Jerusalem, which means the city of peace, or the impregnation of your subconscious. After the impregnation of your subconscious, your desire, like a seed, undergoes dissolution and you experience the manifestation of your ideal. This is the meaning of . . . *And Jesus entered into Jerusalem. . .*

And in the morning, as they passed by, they saw the fig tree dried up from the roots. And Peter calling to remembrance saith unto him, Master, behold, the fig tree which thou cursedst is withered away (Mark 11:20-21).

A complete rejection of lack, a refusal to accept limitation or the acceptance of failure withers the idea of lack away.

. . . *No man eat fruit of thee hereafter forever. . .*

(Mark 11:14). This means there will be no acceptance of doubt hereafter and no acknowledgement of lack. The fig tree in the Bible is a symbol of lack, sorrow and limitation.

Perpetual Motion

Men talk of perpetual motion. It can never be accomplished mechanically. The only perpetual motion is your consciousness, your awareness, your I AMness. This is Self-Existence and is eternal; it requires no other power. It is the initial velocity or vibration; therefore, all other vibrations are lesser vibrations of the One. They are modifications of the Only Presence and the Only Power. For example, if you fix something in your mind now, it is arrested in its motion and is attached or impressed in your subconscious and will be objectified. Two things cannot occupy the same place at the same time: The old state passes away.

A woman, for example, tried to sell her apartment building for several weeks. One night she quieted her mind and in her imagination took a prospective buyer through the building, showing him the financial books and all the facilities of the building. She heard him say, "I'll take it." She heard this over and over again as she went to sleep. In the morning she felt at peace. The motion in her mind regarding selling it had ceased. She had succeeded in a subjective embodiment of her desire and was at peace about it. She had no further desire to pray about it. That same day a man came in, looked the property over and accepted it. The price was right, the buyer was right and the time was right.

The Power of Blind Belief

On one of my trips to Europe, I met a distant relative, who told me of a very interesting experience which he had had. His father was dying of cancer, and he came home from Australia to visit him. When he saw his father, he said to him: "Dad, I brought something wonderful for you – a piece of the true cross. It has healed many people. I can't keep it; I must return it to the Bishop who loaned it to me for a large sum of money, in order to heal you." He touched his father with this supposedly true cross. That night his father slept with this splinter of wood on his chest and he had a complete healing.

The whole story had been invented by his son. The cross he spoke of was a piece of wood which he had picked up in Sydney, Australia, and had had it enclosed in a small silver case. He built up a story about it which fired the imagination of his father, who was very religious. He believed implicitly that he had a piece of the true cross. It was nothing more nor less than blind faith or blind belief.

. . . *Go thy way; and as thou hast believed, so be it done unto thee.* . . (Matthew 8:13). The father had an instantaneous cure, which took place due to complete acceptance of the magic power of the touch of what he believed to be the true cross. Paracelsus said: "Whether the object of your faith be true or false, you will get the same results."

Do not try to shake other people's beliefs or give them a new philosophy. They are not ready for it. It is their crutch, and if you take away their crutch they fall. Lift them up in your mind and heart and realize that the Healing Light of God flows through them in transcendent loveliness, and the Spirit of Truth leads them to all truth.

Your Aim in Life

If you have a gun and it is cocked, ready to shoot, you can aim it or focus it in whichever direction you choose. You change the direction or angle by changing the base; but when you pull the trigger you have no further control and you cannot control its effect or direction. Likewise, when you are focussed, after having placed your attention on a mood of lack or failure and you sleep with that mood, you reproduce it and reap the result. The English language is called the language of angels. An angel is an attitude of mind, a messenger of God. It also means the angle at which you aim. There are numberless angels or attitudes of mind. Therefore, your mood determines whether it is a good aim or a bad aim; a good angel or a bad one.

Discipline your attitude of mind and contemplate what is lovely and of good report. Your camera has a lens. You focus it correctly and you see the object or person clearly; then you take a snapshot. Likewise,

your angle or focus must become one with your ideal, which is perfect focussing.

You Name All the Animals

We are told that Adam named all the animals (animated states of consciousness, emotions, moods, feelings). Every man is Adam. You name all the animals. Do you want to feel happy? Do you want to feel sad? Do you want to feel angry, depressed, joyous or resentful? You name all the animals. Every natural fact could be looked upon as a symbol of some spiritual fact. All the appearances in nature correspond to some state of mind. For example, you might say a man in a fit of rage is a lion; a cunning, crafty man is a fox; a man with deep convictions is like a rock; a spiritually minded man is like a torch to others. A lamb symbolizes innocence; a snake is subtle spite; flowers express beauty. When the Bible uses the terms light and darkness, it means knowledge of God and ignorance of truth.

All of us are subject to numberless moods throughout the day. If you go to sleep with the composite moods of the day, you will have certain definite experiences next day unless you neutralize these moods by contemplation of the truths of God prior to sleep. The lower is always subject to the higher, and spiritual truths have the highest vibration. Your moods are brought on by your reactions to the

events, experiences and the news of the day.

If a loved one tells you of a terrific disaster and you sympathize with her, you become one with her because you have identified with the morbid, baleful aspects of the situation; therefore, you must express lack. You cannot help her that way. It is not what happens to you; it is your thought about it that matters. You can, therefore, lift the person up in your thoughts by the practice of the Presence of God, or you can sink down in the quicksands with the other.

He sent his word, and healed them. . . (Psalms 107:20).

CHAPTER 6

Imagination— The Workshop of God

Now Israel loved Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colours. And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him. And Joseph dreamed a dream, and he told it his brethren: and they hated him yet the more. And he said unto them, Hear, I pray you, this dream which I have dreamed:

For, behold, we were binding sheaves in the field, and, lo, my sheaf arose, and also stood upright; and, behold, your sheaves stood round about, and made obeisance to my sheaf. And his brethren said to him, Shalt thou indeed reign over us? or shalt thou indeed have dominion over us? And they hated him yet the more for his dreams, and for his words.

And he dreamed yet another dream, and told it his brethren, and said, Behold, I have dreamed a dream more; and, behold, the sun and the moon and

the eleven stars made obeisance to me. And he told it to his father, and to his brethren: and his father rebuked him, and said unto him, What is this dream that thou hast dreamed? Shall I and thy mother and thy brethren indeed come to bow down ourselves to thee to the earth? (Genesis 37:3-10).

Joseph in the Bible represents the primal faculty of man; namely, imagination. This faculty has the power to throw onto the screen of visibility in substance and form every idea that the mind may conceive. Joseph is a state of mind in which one increases along all lines – spiritually, mentally, intellectually, financially and professionally. The imagination is the most powerful and productive faculty. Oftentimes it is belittled by the average man, who refers to it as being deceptive and an illusion.

The brethren of Joseph, meaning the other faculties of his mind, deride and scorn Joseph, or imagination, meaning the other faculties, including the five senses, are unawakened spiritually and are functioning at a five-sense level. This is referred to as follows . . . *And they hated him yet the more for his dreams and for his words* (Genesis 37:8).

. . . *Israel loved Joseph more than all his children. . .* (Genesis 37:3). Israel means a prince ruling with God. In other words, it is any man who recognizes the sovereignty of the Spirit within him and who recognizes Spirit (God) as his guide, govern-

ing, directing and controlling all his activities. He is under Divine auspices in all his undertakings.

Joseph is the son of his old age. The word *son* means expression or manifestation. *Old age* refers to wisdom and understanding of the laws of mind and the way of the Infinite Spirit within man. Old age might be looked upon as not the flight of years, but the dawn of wisdom. Disciplined, controlled, directed imagination is the son of your old age.

Imagination is the mighty instrument used by great scientists, artists, physicists, inventors, architects and mystics. When the world said, "It can't be done; it is impossible," the man with imagination said, "It is done." Through your imagination you can penetrate the depths of reality and reveal the secrets of nature.

Joseph is a dreamer and a dreamer of dreams. This means he has visions, images and ideals in his mind, and he knows there is a Creative Power Which responds to his mental pictures. The mental images we hold are developed in feeling. It is wisely said that all our senses are modifications of the one sense — feeling. Feeling is the fountain head of power. When you delight and rejoice in your mental image, you will automatically generate the appropriate feeling, as every idea has its own fragrance. *Joseph dreamed a dream, and he told it his brethren; and they hated him yet the more* (Genesis 37:5).

Perhaps as you read this you have a dream, an ideal, a plan or purpose that you would like to accomplish. To hate in the Bible is to mentally reject or repudiate that which is false. The thoughts, feelings, beliefs, opinions and judgments in your mind are your brethren, which challenge you, belittle your dream, and say to you: "You can't; it's hopeless; it is impossible; forget it."

For example, you discover there is a quarrel in your own mind with your brethren. Opposition sets in. The way to handle this opposition in your mind is to detach your attention from sense evidence and appearance of things and begin to think clearly and with interest about your goal or objective. When your mind is engaged with your goal or objective, you are using the creative law of mind. Sustain your affirmative attitude of mind and you will experience the joy of the answered prayer.

. . . *Lo, my sheaf arose, and also stood upright; and, behold, your sheaves stood round about, and made obeisance to my sheaf* (Genesis 37:7). This means that whatever you imagine and feel to be true will come to pass. Lift your ideal up to the point of acceptance in your mind. Exalt it. Commit yourself wholeheartedly to it. Praise your ideal; give your attention, love and devotion to it. And as you continue to do this, knowing that there is only One Power, all the thoughts that deride or scorn your

ideal will be neutralized and will make obeisance to your exalted state of mind, i.e., they will lose their power and disappear from the mind.

Through your faculty to imagine the end result, you have control over any circumstance or condition. If you wish to bring about the realization of any wish, desire or idea, form a mental picture of fulfillment in your mind. Constantly imagine the reality of your desire. In this way you will actually compel it into being. What you imagine as true already subsists in the next dimension of mind, and if you remain faithful to your ideal, it will one day objectify itself. The master-architect within you will project on the screen of visibility what you impress on your mind.

Joseph (imagination) wears a coat of many colors. A coat in the Bible represents a garment of the mind; namely, a psychological covering or attitude of mind. Your mental garments are your thoughts, beliefs, moods and expectancy.

The coat of many colors represents the many facets of the diamond, or your capacity to clothe any idea in form. You can imagine your friend, who is poor, living in the lap of luxury. You can see his face light up with joy, see his expression change, and a broad smile cross his lips. You can hear him tell you what you want to hear. You can see him exactly as you wish to see him – i.e., he is radiant, happy,

prosperous, and successful. Your imagination is the coat of many colors. It can clothe and objectify any idea or desire. You can imagine abundance where there is lack, peace where there is discord, health where there is sickness, and joy where there is sadness.

And his brethren said to him, Shalt thou indeed reign over us. . . (Genesis 37:8). Imagination is the first faculty, and it takes precedence over all the other powers or elements of consciousness.

And he dreamed yet another dream, and told it his brethren, and said, Behold, I have dreamed a dream more; and, behold, the sun and the moon and the eleven stars made obeisance to me (Genesis 37:9). In ancient symbology, the *sun* and the *moon* represent the conscious and the subconscious mind. The *eleven stars* represent the eleven powers in addition to imagination. Here again, the inspired writer is telling you that disciplined imagination takes precedence over all other faculties of the mind, and it controls the direction of your conscious and subconscious mind. Imagination is first and foremost. It can be scientifically directed.

Joseph in Egypt

This means that what you imagined and felt as true is deposited in your subconscious mind and will come to pass. It represents your highest perception of

Truth. In this process, Joseph, or your Divine ideal, seems to die just as a seed dies before it becomes the fruit or the tree. But his "bones" remain. Bones are symbolic of support and symmetry. When your desire is realized, the bones, or the patterns of a new desire, are resurrected in your mind, for you are destined to go from glory to glory. Your journey is ever onward, upward and Godward.

Shakespeare Used His Imagination

Shakespeare listened to the old stories, fables and myths of his day. In his imagination he clothed all these characters, one by one, with hair, skin, muscle, bone, etc., animating them and making them so much alive in his plays that we think we are reading about ourselves.

Clothe Truth in the Garment of Loveliness and Beauty

With your imaginative eye you could now look at an acorn, and with your imaginative eye construct a magnificent forest full of rivers, rivulets and streams. You could people the forest with all kinds of life. Furthermore, you could hang a bow on every cloud. You could look at a desert and cause it to rejoice and blossom as the rose. Long hours, hard labor or burning the midnight oil will not produce a Milton, a

Shakespeare, a Phidias or a Beethoven. Men accomplish great things through quiet moments, imagining that the invisible things of the Infinite from the foundation of time are clearly visible.

Become a Practical Dreamer

You must put a foundation under your dreams. Decide to make your dreams come true. Withdraw or abstract your attention from the appearance of things. Even though your senses deny what you pray for, affirm it as true in your heart. Bring your mind back from its wandering after the false gods of fear and doubt to rest on the Omnipotence of the Spiritual Presence within you.

In the silence and quietude of your own mind, dwell on the fact that there is only One Power and One Presence. Give all your mental attention to recognizing the absolute sovereignty of the Spiritual Power, knowing that this God-Power has the answer and is now showing you the way. Trust It; believe in It. Walk the earth in the light that your prayer is already answered.

The sculptor looks at a rock. Out of that rock, through Divine imagination, he can reveal the Madonna and portray a vision of beauty and joy forever. The Madonna was in his mind, and he chiselled and chipped away all the parts necessary to reveal the image in his mind.

There Is a Way Out

When the night is black and you see no way out (i.e., when your problem is most acute), let your imagination reveal the solution. *I will lift up mine eyes* (imaginative faculty) *unto the hills, from whence cometh my help* (Psalm 121:1). The hills referred to are of an inner range – the Presence of God within you. When you seek guidance and inspiration, fix your eyes on the stars of God's Truth, such as: "Infinite Intelligence leads and guides me," or "Divine Wisdom reveals to me the answer, and I am inspired from On High."

Man Is the Tabernacle

Every man is the tabernacle of God, and no matter how low he has sunk, the Infinite Healing Presence is there waiting to minister to him. It is within all of us, waiting for us to call upon It. You can use your imagination in all human relationships in a wonderful way.

Imagine yourself to be in the other fellow's place. This tells you what to do. Imagine that the other is expressing all that you long to see him express. See him as he ought to be, not as he appears to be. Perhaps he is surly, sarcastic, bitter, hostile. There may be many frustrated hopes and tragedies lurking in his mind. Salute the Divinity in him; let the Spirit in you talk to the Spirit in him and claim that there

are harmony, peace and Divine understanding between you. Surrender him to the Infinite, realizing that the Truths of God are within him, just waiting to be born and released. You can affirm, if you wish, "God waits to be born in him."

It could possibly happen that you may succeed in kindling the fire of God's love in that man's heart, and, perhaps, the spark you lit will burst into a Divine fire.

Let the Masterpiece Come Forth

Leonardo Da Vinci, through his gift of imagination, meditated on the twelve disciples and what they meant. He got lost in deep reverie. His imaginative faculty secreted the perfect pictures from the Infinite Reservoir within him; and due to his perfect focus, his inner eye glowed with an interior luminosity so that he was inspired. Out of his Divine imagery came the masterpiece – The Last Supper.

Imagination Created Your Deck of Cards

Long before our Bible was published, ancient wisdom said, "As a man imagines and feels, so does he become." This ancient teaching is lost in antiquity.

Legend relates that many thousands of years ago, the Chinese sages gathered together under the leadership of the foremost wise man to discuss the fact that vast hordes of brutal invaders were pillaging and

plundering the land. The question to be resolved was: How shall we preserve the ancient wisdom from the destruction of the invaders? There were many suggestions. Some thought that the ancient scrolls and symbols should be buried in the Himalayan mountains. Others suggested that the wisdom be deposited in monasteries in Tibet. Still others pointed out that the sacred temples of India were the ideal places for the preservation of the wisdom of God.

The chief sage was silent during the entire discussion; in fact, he went to sleep in the midst of their talk, much to their dismay! He wakened in a little while, however, and said, "Tao (God) gave me the answer, and it is this: We will order the great pictorial artists of China – men gifted with Divine imagination – and tell them what we wish to accomplish. We will initiate them into the mysteries of Truth. They will portray or depict in picture form the eternal verities, which shall be preserved for all time and for countless generations yet unborn.

"When they are finished with the symbolic dramatization of the great truths, powers, qualities and attributes of God through a series of picture cards, we will tell the world about a new game that has been originated. Men throughout the world for all time will use these cards as a game of chance, not knowing that through this simple device, they are preserving the sacred teaching for all generations."

This was probably the origin of the Tarot cards and our present deck of cards, which is derived from them.

The ancient Chinese sage, according to the legend, added, "If all the sacred writings were destroyed, they could again be resurrected at any time through the symbolic teachings and inner meanings of the various designs on the cards."

Imagination clothes all ideas and gives them form. In the act of imagination, that which is hidden in your deeper self is made manifest. By imagination, what exists in latency, or is asleep within you, is given form in thought. You contemplate that which hitherto had been unrevealed.

You Are Always Using Imagination

Let us take some simple examples: When you were going to get married, you had vivid, realistic pictures in your mind. You imagined you saw the priest, minister or rabbi, and you heard him pronounce the words. You saw the flowers and the church, and you heard the music. You imagined the ring on your finger, and you traveled through your imagination on your honeymoon. All these were mental images created by yourself in your own mind.

Likewise, before graduation, you had a beautiful scenic drama taking place in your mind. You had clothed all your ideas about graduation in form. You

imagined the professor or the president of the college giving you your diploma. You saw all the students dressed in gowns. You heard your mother, father, girl friend or boy friend congratulate you. You felt the embrace and the kiss on your cheek. It was all real, dramatic, exciting and wonderful.

Images appeared freely in your mind as if from nowhere, but you know and must admit there was and is an Internal Creator with the power to mold all these forms which you saw in your mind and endow them with life, motion and voice. These images said to you, "For you only we live!"

Why He Failed Five Times

In a recent conversation with a young man, I discovered the reason why he had failed five times. He had a subconscious picture of failure. Having failed once, he began to say to himself, "I suppose I will fail again." His expectancy and fear brought about his repeated failures. He learned that his subconscious responded according to the nature of his constant imagery; moreover, it took his fear of failure as a request and proceeded to bring it about. He began to realize that his subconscious takes him literally and that it doesn't play jokes on him. He saw he had no will, desire or inclination to succeed.

I explained to him that all he had to do, regardless of his present attitude, was to cast himself

in the role of hearing the manager telling him over and over again, "Congratulations on your success. The organization is proud of you." He kept doing this for about 15 minutes every night in a relaxed manner prior to sleep. He would imagine the manager shaking hands with him and using the appropriate words, as mentioned in this paragraph. He kept this up every night until it became natural, reasonable and acceptable to his conscious mind; then, it naturally sank into his subconscious mind. At the end of three weeks promotion suddenly came and he experienced objectively what he had dramatized subjectively.

How the Answer Came

A young medical student, taking his final examination, was presented with a difficult question on *materia medica.* He stilled his mind, relaxed a few minutes, and said over and over again slowly, "Infinite Intelligence knows the answer and reveals it to me." In the meantime, he went on answering the other questions, which were easy. In a short while the picture of the answer came clearly into his mind. It appeared in words like the page of a book, with the entire answer written out as a graph in the mind. He had relaxed his conscious mind; then the subjective wisdom gave him the answer, which came clearly into his conscious, reasoning mind.

Is Your Premise Correct?

Your mind works like a syllogism. If your premise is correct, the conclusion or result will correspond. Your subconscious mind reasons deductively only, and its sequence or conclusion is always in harmony with the premise. Establish the right premise in your mind and you will be subjectively compelled to right action. Your external movements and actions are the automatic response of the internal motion of your mind. Hearing a friend or associate congratulate you over and over again on your wonderful decision will induce the movement of right action in your life.

How Goethe Used His Imagination

Goethe used his imagination wisely when confronted with difficulties and predicaments. His biographers point out that he was accustomed to fill many hours quietly holding imaginary conversations. It is well known that his custom was to imagine one of his friends before him in a chair answering in the right way. In other words, if he were concerned over any problem, he imagined that his friend was giving him the right or appropriate answer, accompanied with the usual gestures, tonal qualities of the voice, and making the entire imaginary scene as real and vivid as possible.

How He Solved Financial Problems

A stock broker who used to attend my lectures in Steinway Hall, New York City, many years ago revealed to me his method of solving financial difficulties, which was extraordinarily simple. He would have mental, imaginary conversations with a multi-millionaire banker friend of his, who congratulated him over and over again on his wise and sound judgments regarding investments and who would compliment him on his purchase of the right stocks. He used to dramatize this imaginary conversation until he had psychologically fixed it as a form of belief in his mind, and his subconscious mind responded, resulting in his being an outstanding success.

Mr. Nicoll, a student of Ouspensky, used to say, "Watch your inner talking and let it agree with your aim."

This broker's inner talking or speech certainly agreed with his aim to make sound investments for himself and his clients. He told me his main purpose in his business life was to make money for others and to see them prosper financially by his wise counsel. It is quite obvious he was using the laws of mind constructively.

It is the sustained mental picture which is developed in the dark house of the mind. Run your mental movie often. Get into the habit of flashing it

on the screen of your mind frequently. After a while it will become a definite mental pattern. The inner movie which you have seen with your mind's eye shall be made manifest openly.

. . . *And calleth those things which be not as though they were* (Romans 4:17).

CHAPTER 7

Spiritual Gems of Truth

I am the vine, ye are the branches. . . (John 15:5). Whatever you attach to I AM, you magnify. I AM magnifies every state of mind. For example, if you say, "I am poor, I am lonesome, I am miserable," you magnify those mental conditions. It is like the number 9, because 9 added to any number does not alter it. On the contrary, it magnifies the number; e.g., supposing you add 9 to 5. You have 14, but 4 + 1 = 5.

The I AM within you, which means Being, Life, Awareness, Self-Originating Spirit, etc. is God, or the Life-Principle. I AM is the true Christmas tree, and all gifts are on the Christmas tree, for God is both the giver and the gift. If you work for someone and he pays you, he is liquidating an obligation; but I AM is a gift to you. No work or sacrifice is needed.

Peace is now. The God of peace is within you and you can claim it. Love is now. Open your mind and heart to the influx of Divine love now, for God is the

Eternal Now! Power is now, poise is now and joy is now. The Healing Presence is within you, and you can claim that the Infinite Healing Presence is flowing through you now, this very minute. The answer to your problem, whatever it is, is within you now, for Infinite Intelligence knows all things.

. . . *Before they call, I will answer.* . . (Isaiah 65:24). God is timeless, spaceless and ageless. Take your good now. You might as well claim all your good now as to do so a hundred years from now. Why wait?

Your Imagination and Will

If you put a six foot plank on the floor, you can walk the length of it without any hesitancy, but if the plank is placed thirty feet high in the air between two homes and you are asked to walk on it, you might develop some qualms, for when you look down and your imagination tells you there is no solid foundation, you become afraid and your imagination, therefore, wins. When you try to will something into being by mental coercion or will power, you are using the law of reverse action, because it is as though you are saying, "I will be well, I will be strong, I will be wealthy," when actually what you are saying is, "I am sick, I am weak, I am poor." . . . *Let the weak say, I am strong* (Joel 3:10).

Your subconscious is like a recording machine, and it records what you decree. *Greater love hath no man than this, that a man lay down his life for his friends* (John 15:13). Your friend is that which befriends you; therefore, you give up the old state and focus your attention on your ideal, thereby giving life to it. By getting into the mood and tonal quality and living in the reality of it, you will die to the old state and live to the new.

You must realize that the idea you have in your mind is real. It is a psychological fact. But to make it concrete or tangible, or make it appear in my world, I must sense it or get into the mood which is creative, and then walk in the light and realization that it will come to pass.

If your attitude of mind is: "Well, I might get it. I'll try, but I know it is impossible. Maybe some future time," these are moods or feelings and they will be expressed inevitably as disappointments, frustration and unrealized hopes. . . . *This day is this scripture fulfilled in your ears* (Luke 4:21).

Remember, all of us are between two thieves – the past and the future. Nothing is accomplished by looking at either one. Many dwell on old hurts, peeves, grudges and losses of years ago. Others are full of fear regarding the future. They are afraid of old age, sickness, insecurity and death. All the good you seek is now, for God is the Eternal Now! All the

attributes, qualities and potencies of God are instantly available to you. The Spirit within you is timeless, spaceless and ageless.

The Wonders of the Mind

On a recent visit to Ireland and England, I talked with an English niece. She told me that on a recent visit she had made to Killarney, she felt she had been there before. She knew her way around the place, and said she knew what people would say to her before she asked questions. Many of the shops and even their contents were known to her.

The answer I gave her was very simple. Many people have the same experience in visiting foreign cities and countries. It is not due to a previous incarnation, however. She had made careful plans for the trip, she purchased a ticket to fly to Ireland, visualized a wonderful time, impressed her subconscious and went to sleep on it. Her subconscious knows all and sees all, and she travelled there psychologically and dwelt there subjectively for a while, then when her conscious mind arrived there, she heard the voices based on former impressions, which she may have forgotten. But when she heard the voices, it was the objectification of her psychological journey, and it registered.

How to Practice the Presence of God

Calmly trust God's Holy Presence to lead you to green pastures and to still waters. Love the Truth with a love that leaves no room for care or doubt. No matter what your work may be, as you go to your business, say, "God walks and talks in me. I completely rely on God's guidance and wisdom." Give thanks for the perfect day. Do as Brother Lawrence suggests: Whenever your attention wanders away onto fear or doubt, bring it back to the contemplation of His Holy Presence.

To secure and to know the life of peace and joy, school yourself daily to have an intimate, loving, familiar, humble conversation with God – all day long. Let wonders happen in your life.

Your Assumptions Become Facts

During a recent conversation with an English army officer, he pointed out that Adolf Hitler, at the time of the armistice at the close of the First World War, was a prisoner. He refused to accept the fact that Germany was beaten, however. He went blind for a period of six weeks or longer, but it was a psychological blindness – no organic reason could be found.

In the dark silence in which he existed he embodied the ideal of the German people at that

time, which was a desire for vengeance or to get even, because of the wrongs they felt had been inflicted on them due to the Versailles Treaty. His assumption of that attitude made an impression on his subconscious mind, which responded accordingly. His name was Schickelgruber while a prisoner. When released, he became Hitler, and he no longer responded to Schickelgruber. He awoke a different man, having a new concept of himself.

You also can use your subconscious for good or ill. It is all things to all men. Assume that you are illumined, noble and Godlike. As you keep up that attitude of mind, it will gel within you and your assumption will crystallize into a fact. . . . *When deep sleep falleth upon men, in slumberings upon the bed; then he openeth the ears of men, and sealeth their instruction* (Job 33:15-16). Ofttimes man is instructed what to do during sleep time. For example, suppose you are seeking an answer to a perplexing problem. You could say to your deeper mind prior to sleep: "I seek an answer or solution to this problem." Then condense the sentence down to one word, "Answer," and repeat it slowly. In other words, lull yourself to sleep with one word, "Answer," and you will receive the solution either in a dream, vision of the night, or as a flash of illumination as you awaken in the morning.

It is said that the Russian General Cynarsky

during the Napoleonic Wars paid no attention to the advice of his associates on the General Staff, who were mapping strategy. He went to sleep contemplating only one thing – victory. He saw the end and snored while his associates discussed plans. He had his plan, and impregnated his subconscious mind with the idea of victory. He did not want to be swayed. Cynarsky undoubtedly knew that the conscious mind is inductive, i.e., it reasons from a premise such as 2 + 2 = 4, and it deduces the results from this. It bases its findings on factual evidence and reason, regarding the future or the probable. The subconscious mind is deductive only. It takes all impressions given it as facts. It is wholly impersonal. It accepts the idea as existing now and acts accordingly. His conviction of victory impressed his subconscious mind and consequently it came to pass.

Your conscious mind is sometimes called the father; the subconscious the mother.

Upon this I awaked, and beheld; and my sleep was sweet unto me (Jeremiah 31:26).

A young woman with a wonderful voice tried to get a position singing on the radio or television but failed. She tried too hard and was overly anxious, tense and worried, which blocked her good. At my suggestion, prior to sleep she began to relax her entire body by closing her eyes and talking to herself this way: "My feet are relaxed, my ankles are relaxed, my

toes are relaxed, the calves of my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my neck is relaxed, my hands and arms are relaxed, my brain is relaxed, my face is relaxed. I am completely relaxed and at peace."

She repeated these suggestions four or five times, while knowing that the body had to obey her. She said, "I felt very sleepy, completely relaxed and non-resistant. I heard the clock tick, the baby snoring, but I had no desire to move or do anything. In that sleepy state I affirmed: 'I am a singer on TV now. It is wonderful!' Having framed the sentence, I shortened it to one word, 'TV,' knowing that my subconscious knows all. I repeated 'TV' over and over again and lulled myself to sleep with the one word, 'TV.' The next morning my agent called me, saying he had a spot for me. My prayer was answered."

The above illustration is a very simple way of conveying the idea or desire of your heart to your subconscious mind.

She Had a Recurrent Dream of a Loved One Having Died

One of our radio listeners wrote me, saying she had dreamed seven or eight times of a loved one

dying, someone whom she cared for and who was very close to her. But she added that the person is very much alive. I explained to her that if she dreams of a person she loves as having died, it doesn't necessarily mean that the loved one will die or has died, but it means that something she loves in her life, such as position, quality or health, is dying or has died – not the person.

Actually, her love for her husband had died, as she knew he had a mistress. Her love had turned to hate, and her subconscious was reminding her. This hate within her was murdering love, peace, harmony and joy and was beginning to affect her body in the form of arthritis.

Accordingly, she talked the matter over with her husband and they arranged for an amicable divorce. As she began to appraise herself spiritually, realizing she was a daughter of the Infinite and a child of Eternity, she ceased hating and instead built up self-esteem, while realizing that her true Self was God. Her constant prayer was, "God loves me and cares for me. His peace fills my soul. God's love saturates my whole being, and the light of God illumines my pathway." When thoughts of her ex-husband came to her mind, she affirmed immediately, "God loves me and cares for me."

After awhile all anger, resentment and hatred was dissolved in the light of God's love. She said, "I

stopped trying to force myself to bless him. I knew that as I saturated my mind and heart with Divine love, all the negatives would disappear, which they did." There was no longer any sting in her mind. Her hatred and rage were suppressed in her subconscious, and being of a very destructive nature, had to have a negative outlet, which was appearing as arthritis. The suppleness and mobility of her knees have been restored, as love dissolves everything unlike itself.

An interesting sequel to her prayer process was that she had a tremendous urge to finish the study of medicine, having previously completed two years in medical college in New York. She is now well on the way to becoming a pediatrician and, undoubtedly, she will be a wonderful doctor.

If you dream of a person you dislike very much as dead or dying, it means that the condition or thing in your life embodied or symbolized by that person has died or passed away. To illustrate this point, a young college girl dreamed that her ex-fiance was dead. This dream occurred during three consecutive nights. However, he was very much alive.

Her doctor had diagnosed a tumor in her creative organ. She realized the relationship and said to me, "I know the growth is one of resentment, but I have been going to Unity Church and Science of Mind classes, and I know it will pass away." I suggested to her that as far as I could judge, the tumor undoubted-

ly was dissolved. I pointed out to her the significance of her dream and suggested that she go to her gynecologist for another examination. She did, and he confirmed the truth of her dream. Her subconscious, speaking to her symbolically, told her that all her resentment and hostility had died in her, and that the physical embodiment of her negative emotions had disappeared also.

. . . *Who will shew us any good? Lord, lift thou up the light of thy countenance upon us. Thou hast put gladness in my heart . . . I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety* (Psalm 4:6-8). *Yea, they turned back and tempted God, and limited the Holy One of Israel. They remembered not his hand, nor the day when he delivered them from the enemy* (Psalm 78:41-42).

You must never limit the Infinite. It is Omnipotent and Omniscient. The hand means the power of God, and the enemies are of our own mind, such as fear, doubt, jealousy, etc. Divine love casts out all fear, and you are delivered from the limitations which you have placed upon yourself. When faced with a problem, challenge or difficult assignment, look at it and say to yourself that the problem is here but God is here also. The problem, sickness, disease or whatever is then immediately Divinely outmatched. Don't turn your back on the Infinite Presence and Power within you. When you call upon the Presence,

you will get an answer, for Its nature is responsiveness.

His Dissatisfaction Led to Satisfaction

A young engineer attending one of my classes on the inner meaning of the Bible said to me that all his life he had been irritated and upset with the religious beliefs communicated to him by his parents and teachers in his church. I explained to him that irritation causes oysters to give birth to pearls. His irritation caused him to delve into the religions of the world and to discover the inner meaning of the parables, allegories and fables. He is now studying *The Power of Your Subconscious Mind** and applying the techniques outlined therein.

It is true that irritation with your religious beliefs or your limitations, such as a faulty or unhappy marriage, causes you to seek truth or freedom. If you are supremely happy along religious, political and social lines, you don't seek truth. It is because certain things went wrong that you sought a greater answer and a way out. Then your subjective self opened a new door for you, and a new light or spiritual awareness was born. When you look back upon the

**The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

irritation or the problem, you should be grateful and thankful for the challenge, and praise and bless the experience.

Before Abraham Was, I Am (John 8:58)

Before any manifestation appears on the screen of space, it comes from the Invisible. All of us came forth from the Living Spirit Almighty. Before you appeared on this plane, you were Spirit. When coition takes place between the father and mother, the tone or mood captured at that moment brings into being out of Itself a child in harmony with the note struck. It is like a piano: You strike a note and all notes in harmony vibrate. If you are playing a perfect chord and strike a dissonance, or if you are playing a beautiful piece of music and strike a note not in harmony with same, it will bring out a dissonance or discord.

This applies also to a misshapen child. If you are drunk and have coition, or are under the influence of narcotics, a distorted or malformed child could come forth. The infinite keyboard of the Infinite is within us, and we can strike any tone we wish. If the dominant mood or tone during coition is, "I hate to hear that voice," or "I hate the sight of –," in that mood, if the ovum is fertilized, a deaf or blind child could be born. Likewise, if the parents could get into the mood of Mozart, they could possibly create

another Mozart who could play at three years of age.

Each person is a movement of Infinity on the screen of space. You gravitate to your parents according to the tone or mood of parents at the moment of conception. In other words, you are the Infinite Spirit appearing as a child in the home of your parents. Quimby said it correctly when he said, "You are a Spirit now. You were always a Spirit. When will you cease to be a Spirit?" You are conditioned as John Jones to believe yourself to be a man, age –, carpenter, American, etc. Actually, you are I AM (God) appearing in the form of man of a certain age, race and profession. It is the One Being appearing as many. Mozart's father didn't have to know music. The I AM within you produces anything and everything.

But of that day and hour knoweth no man, no, not the angels of heaven, but my Father only (Matthew 24:36). Seeds mature at different periods according to their kind. Likewise, seeds or impressions mature in your mind at different periods – months, days or years. No man knows. The reason something turns up which you do not expect is this: Perhaps many years ago you were in business and you had a partner who embezzled money and caused bankruptcy. When you think of it now and get excited or angry, you are living the role over again, as the roots are not withered. It's not forgotten. The

proof that you have eradicated the hurt and forgiven yourself for harboring destructive thoughts is that you can remember it and remain indifferent. You have no feeling or sting left.

If you live the scene over again, you create it in your mind; and like the seed that recedes and grows again, quarterly, annually, biennually, e.g., certain plants die and bud again according to the season, in the same way your old condition in a new form appears and you wonder where it came from. To prove to yourself that you are free, sincerely try to see the other person as happy, harmonious, joyous and free. If you cannot do this, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are there.

Roots are withered by indifference. If you want to kill the roots of resentment within you, listen to the voice of that person telling you what a beautiful, dignified person you are, how honest and kind you are. Make it real. You want to hear it. Get into the mood. It works. This is a technique used by many. Another technique is to affirm as follows: "I release – to the Infinite and wish for him all the blessings of life. Any time he comes to my mind I will immediately affirm, 'I have released you. God be with you.' " As you keep this up, the moment comes when he comes to your mind and there is no longer any

sting. The roots of resentment and anger are withered, and you are at peace.

She Got the Wrong Advice

During an interview with a woman who had a marital problem, she said that the counsellor had told her to let loose her expressions of temper and rage on her husband, whom she hated. As a result, they had been pouring out venom on each other. These mental poisons were polluting her mind and body. I explained to her that such advice as she received is stupid and destructive. It is foolish and idiotic to think that the way to get rid of a destructive emotion is to express it.

If this happened to be true, the opposite would have to be true. I asked her if she expressed love, cordiality and geniality, would she get rid of love that way? Of course not. Her subconscious would magnify love and goodwill. God is love, and His love indwells all people. Begin to exude vibrancy and goodwill to all those around you, and you will magnify and reinforce these qualities in your mind and heart.

This woman did not eradicate or expunge hatred and hostility from her subconscious by expressing it; she was getting worse by the hour. The two were living a lie, and it takes two to make a 'go' of marriage. A harmonious reconciliation can only take place on a spiritual basis. There is a principle of right

action and no principle of wrong action. The right thoughts, the right mood and right action bring about a balanced mind. There is no penalty in love or right action.

Both of them decided to preserve the marriage and began to alternate in prayer each night. She would read the 23rd Psalm out loud one night and he would read the 91st Psalm the next night. Each one came to a decision to exalt God in each other. When he was ready to explode, he would immediately supplant the negative thoughts with: "God loves her and cares for her. I exalt God in the midst of her." Repetition of this prayer became a habit for both of them. She decided to use the same technique: "God loves him and cares for him. I exalt God in the midst of him." The marriage is growing more blessed as the days roll by.

CHAPTER 8

Speaking in Other Tongues

And when the day of Pentecost was fully come, they were all with one accord in one place. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance (Acts 2:1-4).

The "Day of Pentecost" was with the Israelites the great feast of the harvest. The real inner meaning of the "Day of Pentecost," however, is that as you meditate and give attention to the eternal verities, you begin to give expression to them and they become living realities in your life instead of theoretical concepts held by your conscious mind. In other words, you reap the fruit of the spiritual truths you have been meditating on, and you have entered into the light or illumined reason referred to as the

promised land in the Bible. You are living in the promised land when you are expressing harmony, health, peace, joy and abundance.

You gather your thoughts, feelings and mental images together and focus on one thing: The Living Spirit within you. In other words, you turn within and contemplate God within you as boundless love, infinite intelligence, absolute harmony, omnipotent and omniscient. Your thoughts and ideas are now with one accord in one place, and your place is always with God.

"They were all with one accord in one place," which means the concentrated or focussed attention of all the faculties and activities of mind in exaltation and praise of the Infinite Spirit within.

In verse 2, the sound from heaven and the mighty wind represent the movement of the Spirit through our minds and hearts, and the sound from heaven is the joy of the answered prayer.

When you make a habit of prayer and communing with the Infinite, you find the exhilaration of the Spirit animating, inspiring and sustaining you, which is symbolic of the stimulating effect of new wine. . . . *These men are full of new wine* (Acts 2:13).

The ultimate result of this transfusion of the Spirit throughout your entire being is that you are definitely inspired to express Truth in a new way — with enthusiasm, fervor and joy. This is called speaking with other tongues.

The cloven tongues of fire spoken of represent the illumination and inspiration following your veneration and adoration of the Infinite Presence and Power within you.

And how hear we every man in our own tongue, wherein we were born? (Acts 2:8). The universal language or tongue is love. All men feel it, understand it and recognize it.

Literally speaking, you can hypnotize a person and suggest to him that he is now speaking in other languages, and you will hear a lot of gibberish. Sometimes in a trance state a medium will speak in different languages because the subjective mind knows all languages, as these are recorded on the Akashic record (the universal or collective unconscious). Speaking in a hypnotic trance in other languages is no indication of spirituality or illumination. Glossolalia, or gift of tongues, may be easily produced in the hypnotic trance. It is merely a feat of subjective memory and is no indication of spiritual enlightenment.

Sir William Hamilton, in his *Lectures on Metaphysics,* Page 236, designates the phenomenon as "latent memory." He says: ". . . For example, there are cases in which the extinct memory of whole languages was suddenly restored, and what is still more remarkable, in which the faculty was exhibited of accurately repeating, in known or unknown

tongues, passages which were never within the grasp of conscious memory in the normal strain."

Mr. Coleridge, in his *Biographic Literaria,* cites a case which I am condensing to a brief narrative, as there are countless such cases happening all the time. He says: A young woman about 25 who could neither read nor write was seized with a fever and continued incessantly talking Latin, Greek, and Hebrew, in very pompous tones, and with most distinct enunciation. A physician did some research work and found that this woman had been charitably taken care of by an old Protestant pastor. It appeared that it had been the old man's custom to walk up and down in his house and to read out loud from Rabbinical writings, together with those of several of the Greek and Latin fathers, and the research doctor identified passages taken down at her bedside with passages in the various books.

It is easy to understand the origin of this woman's speaking in other tongues or strange languages. As a child she heard the pastor reciting these passages, and when her conscious mind was in abeyance or subjugated due to fever or other abnormal state, her subconscious memory was released. She reproduced what she had heard. The record upon the tablet of her subconscious mind was ineffaceable.

Thousands of similar cases are recorded, and in this light, the feats of trance speakers are easily

explicable without invoking the aid of disembodied spirits. Remember, all languages are inscribed indelibly in your subconscious mind, and so is a memory of everything that has ever transpired since the dawn of time.

You must see the inner meaning behind every story in the Bible. For instance, a man is in the hospital and is in pain, suffering from some disease. He is complaining or bemoaning his fate. He is speaking in the tongues of sickness. When he is healed, however, whether through prayer or the ministrations of a physician, he now speaks in a new tongue – and the new language is the joy of health, vitality and peace of mind. The new tongue spoken of in the Bible is the new mood of understanding which man possesses.

Tongue (Biblically) means mood, tone, vibration or feeling. The universal tongue is love, for "God is love." All men sense the mood of love. Resentment, hate, jealousy, ill will and hostility are foreign tongues, while the gentle, loving smile is understood by all. This universal language or tongue of love has neither height nor depth, length nor breadth; it fills all space. It is the universal solvent and healing balm.

The disciples* are your disciplined faculties of mind, and you have twelve faculties. In prayer you

*See explanation in *Living Without Strain,* Dr. Joseph Murphy, DeVorss & Co., Santa Monica, California, 1959.

gather all your faculties together and withdraw from the objective world and the evidence of the senses and tune in with the Infinite Healing Presence within you. There you dwell on your ideal or the solution to your problem. In this quiet, passive, receptive state, claim that the Almighty Power and wisdom of the Infinite is now flowing through you. Feel the movement of the Spirit through you. In the same way you feel the warmth of the sun. This peaceful, confident mood is the mighty wind or Spirit of God which fills your mind.

The cloven tongues of fire descend upon you. *For our God is a consuming fire* (Hebrews 12:29). The old state is consumed and the new state is born. Your consuming wish of having heard the good news or the joy of the answered prayer burns up the old state and gives birth to the new. The fires of illumination and inspiration have touched every one of your faculties and you are spiritually enriched.

A word fitly spoken is like apples of gold in pictures of silver (Proverbs 25:11). Our words should radiate peace, love, and harmony to all. In other words, we should affirm boldly that the Infinite Spirit thinks, speaks and acts through us and that all those listening to us are lifted up and inspired and miraculously made whole. Your hearers will be subjectively aware of an indefinable essence permeating your words, for when you exude vibrancy and

light and love to all, it is called the perfume of the gods.

. . . *The multitude came together, and were confounded, because that every man heard them speak in his own language* (Acts 2:6). The multitude of thoughts in your conscious, reasoning, argumentative mind does not understand what is taking place, as the ways of the Infinite are not the ways of man. *For the wisdom of this world is foolishness with God. . .* (I Corinthians 3:19).

When your prayer is answered, you have heard in your own tongue. Your belief brought it to pass. The wine of life is the new interpretation of life, which transforms you from the waters of life – the dull, insipid, dreary side of life – into the joy of living and expressing more of your innate Divinity.

Peter said: *For these are not drunken, as ye suppose, seeing it is but the third hour of the day* (Acts 2:15). Peter means unshakeable faith in God – the One Power. Peter portrays the quality of absolute conviction that God answers our prayers. In the phrase "the third hour of the day," the latter word "day" indicates light or truth, and the "third hour" is always the inner feeling or awareness that a subjective embodiment of our desire has taken place.

The late Dr. Alexis Carrel, Nobel Prize winner and author of *Man, the Unknown,* points out the marvelous effects produced by prayer. He cites the

instance of a cancerous sore which shrivelled to a scar in front of his eyes. In addition, he has observed wounds and lesions heal in a few seconds, and others in a few hours with all pathological symptoms disappearing. Through prayer, extreme activation of the processes of organic repair sets in. These healings of body growths, tumors, and burns are due to nothing more than the descent of the tongues of fire mentioned in this chapter.

God is the only healing process. When you tune in to this Infinite Healing Power with faith and expectancy, plus a fired imagination, the influx of the Spirit will respond, permeating your whole being and restoring you to wholeness. The electronic structure of your body is transformed in accordance with the Pattern on the Mount – harmony, wholeness and perfection.

You Are the Captain on the Bridge

The Divine Presence is within you. Sometimes it is called the Primal Energy. Energy is a term used by science for Spirit, or God. It devolves on each of us how we use this Energy. You can use intellectual energy to study or ponder, physical energy to walk, emotional energy to get angry, become resentful or fret and fuss, all of which is destructive to the tissues and your physical organism. You can also use the force of energy to kill or injure, which is very negative.

Take electricity: It is a force; you can use it to light the house, give illumination, or turn on the fan. Motor energy can be used to heat the house by turning on the electric heater or turn on the radio for voice and music. There are different kinds of energy: light, heat and motor energy. You must determine how you are going to use Spiritual energy for your own upliftment and spiritual benefit. Some men spend most of their time eating and drinking, and it shows on their bodies. Others devote all their attention to whiskey and sensuality, which is destructive and clouds the spiritual part of man. Still others get into fits of temper, which ruin their health, bringing on illness and premature death. Others follow the horses, and a good look at them immediately tells you that they have been following the noble steed.

The student is also known. The farmer looks different from the lawyer and the doctor. All are good and honorable, but it merely shows where their attention has been placed. This is marked and portrayed on the physical body. All the basic fundamental truths of man are simple. The erroneous concepts are complicated, confused, and difficult to grasp. Think of the Infinite Presence and Power when you have a problem. Dwell on the solution. Do not get tense. The answer will come in Divine order.

Your conscious mind could be likened to the captain on the bridge. He directs the engineers in the engine room. The captain doesn't steer the ship; he issues orders. If these orders are wrong, the men in the engine room might, for example, hit an iceberg for all they know. The captain might order full speed ahead or astern, and the order is carried out. You are constantly giving mental orders to your subconscious mind. If your decrees are not based on universal principles and eternal verities, you will create chaos in your life.

Enthrone Divine ideas in your conscious mind, mothered by Divine love. This is the government of the free. As you focus your mind directly on the eternal truths of life, you will begin to speak in a new tongue, which will be a mellifluous and melodious voice of wisdom, truth, beauty, joy and goodwill to all. Your words will be . . . *sweet to the soul and health to the bones* (Proverbs 16:24). The word "fire" is an ancient term for God, or Spirit. Energy is a scientific term for Spirit, or God.

There Is an Answer to Every Problem

And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with

him. And he said, Let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me. And he said unto him, What is thy name? And he said, Jacob. And he said, Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed. And Jacob asked him, and said, Tell me, I pray thee, thy name. And he said, Wherefore is it that thou dost ask after my name? And he blessed him there. And Jacob called the name of the place Penuel: for I have seen God face to face, and my life is preserved. And as he passed over Penuel the sun rose upon him, and he halted upon his thigh. Therefore the children of Israel eat not of the sinew which shrank, which is upon the hollow of the thigh, unto this day: because he touched the hollow of Jacob's thigh in the sinew that shrank (Genesis 32:24-32).

Jacob means man awaking to the Presence and Power of God within him. The word "thigh" is a euphemistic expression representing the creative organs of man. The significance of the changing of Jacob's name to Israel is this: Israel means a man who sees God or a prince ruling with God, all of which means he now comprehends that the I AM within him is God – the only Presence and Power – and he gives no allegiance to any other power. He is controlled by Infinite Spirit, which thinks, speaks and acts through him. A great light of understanding indwells the

mind, and the type of mind which feels the Presence of God within him is called Israel.

Jacob means you yourself wrestling with a problem in your mind until the breaking of the day. At daylight the sun comes up and the dawn appears. Nighttime is the playground of your subconscious where the subjective powers begin to function and answers come sometimes in dreams and visions of the night.

Prior to sleep look at your problem, try to solve it, study it from all angles, then take your attention away from it, knowing that Infinite Intelligence in your subconscious knows the answer and will reveal it to you. Turn your request over to your deeper mind, which is full of wisdom and understanding, as follows: "I am surrendering this request to my subjective mind, knowing the answer will be revealed to me in Divine order. I sleep in peace and I wake in joy." Ofttimes, when you awaken, the first thought you have is the answer. If not, repeat the request the next night as if you had never done it before. The answer will come to you in Divine order.

How She Got the Answer

A woman once told me how she had wrestled with a problem. She had been accused falsely by two relatives of influencing her aunt to change her Will prior to the latter's demise. There was no truth in the

allegation of these relatives, however, but they swore out false affidavits, causing her great anguish and embarrassment. Her attorney was a spiritually oriented man, and he helped her considerably in the litigation.

At my suggestion, she quieted her mind and affirmed: "Infinite Spirit is all wise, and I now decree that the Infinite law of justice, truth, love and harmony is operating perfectly in me, through my attorney and all concerned. The law of harmony and right action prevails. I decree this, and any time the problem comes to my mind, I will affirm immediately, 'God is taking care of that.' "

Following this procedure, a great sense of peace came over her, and she had no further desire to pray about it. Her decree gestated in the darkness of her subconscious mind, and at the end of a week the full-blown answer was presented to her. This, in Bible language, was the breaking of the day. The two relatives contesting the Will suddenly dropped the case altogether and disappeared from sight.

The Bible says, . . . *He touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him.* The word "thigh," as previously mentioned, is a phallic symbol. The Bible is full of phallic symbols which reveal profound psychological and spiritual truths. After the copulative act, man's creative organs shrink, and he is

relaxed. Some religious groups will not eat of the area of the animal which is related to the area of Jacob's thigh. This, of course, is not the meaning of it, and it makes no sense.

During the meditative act as portrayed by the woman above with the legal problem, she felt a great sense of peace following the prayer technique. She was relaxed and at ease and knew intuitively that the problem was solved. In Bible language, the sinew shrank, which meant that her mental work was finished.

While visiting some time ago in Cork City, Ireland, I learned that a relative of mine had lost her voice. Doctors could find nothing wrong with her and believed it to be emotional. I explained to her that she becomes what she contemplates. Accordingly, she began to sit quietly several times a day and imagined she was singing gloriously and majestically before an imaginary audience. In her mind's eye, she saw and heard the audience applaud her. Gradually, she began to feel the reality and wonder of it all, and at the end of the third day, suddenly something went out of her; or, in Bible language, *Somebody hath touched me: for I perceive that virtue* (the healing power of God) *is gone out of me* (Luke 8:46).

Her voice was restored. She experienced a successful meditation and was incapable of continuing the meditative act. After praying successfully, you are as

relaxed as after the physical creative act. When satisfaction is yours, you no longer hunger for it. If the desire persists, you did not succeed in impregnating your subconscious mind. In other words, you did not succeed in becoming aware of being what you had wanted to be.

When your prayer is answered, something definitely shrinks within you; not in a physical standpoint, but in your subjective feeling nature. You lose all desire to continue in your particular meditation. When you pray successfully and believe in your heart that you are already that which you desire to be, at that moment of satisfaction something goes out of you physically and psychologically, which testifies to your creative power.

In Genesis 32:31, it says: *And as he passed over Penuel the sun rose upon him, and he halted upon his thigh.* Penuel or Peniel means the inner realization of the Divine Presence and of having succeeded through prayer in attaining the Divine favor and blessing sought. The word "halted" means you are now at peace, as your prayer is answered.

Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11:24).

CHAPTER 9

Learn to Let Go in Life

Agree with thine adversary quickly, whilest thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer, and thou be cast into prison. Verily I say unto thee, Thou shalt by no means come out thence, till thou hast paid the uttermost farthing (Matthew 5:25-26).

The above Biblical verses do not mean that you should agree with that which is false or that which instills fear into your mind. To agree means to harmonize, and when you tune in with the Infinite Presence and Power within you and claim that what is true of the Infinite is true of you, then you are in agreement with the eternal verities and you mentally reject anything and everything that does not lift you up, inspire, heal, bless and restore your soul.

How She Agreed

A young girl who had been studying the Science of Mind recently went on vacation to her old home in

Iowa. Her father criticized her new belief about God, life and the universe. He was vehement in his denunciation of her rejection of hell, damnation, lost souls, etc. She came to terms with his belief, however, and she reached a definite conclusion in her mind, saying to her father, "Dad, you are free to believe whatever you like, such as hell, the devil, lake of fire, etc.; but I positively, definitely and absolutely reject all such beliefs. You are free to adhere to such concepts, and I am free to believe the way I do. I still love you and wish for you all the blessings of life."

They then came to an understanding and respected each other's beliefs. She came to a decision in her mind and refused to be disturbed by her father's illogical beliefs. If she had resented her father's outburst and had become incensed and angry, she would have been delivered to the judge, which simply means the judgment or decision in her own mind. Her judgment or thought of her father would be her own thought about herself. Since thought is creative, she would be generating mental poisons in her own blood stream. Then, as the Bible says, she would be cast into prison – the prison of sickness, fear and negative emotions, which would rob her of vitality, enthusiasm and energy. She knew that the adversary was in her own mind, and she cast it out.

She Learned to Agree with Her Attorney

A few months ago I recommended to a woman that she seek the services of a criminal attorney. I suggested a spiritually oriented lawyer. She went to see him and was very happy with his advice and handling of the case. One day, however, she called me up, telling me she was furious at this attorney. Upon being asked why, she said that she had gone into a restaurant after the court hearing and had seen him having lunch with the opposing attorney, who had been terribly nasty and ugly to her in his cross examination. She added, "I can't understand why you recommended him."

I explained to her a simple truth. I told her by way of example how I had engaged in a vigorous debate with Dr. Ernest Wilson, head of the Unity Church in Kansas City, Missouri, where we contradicted each other on the subject of reincarnation. Yet, we are the best of friends and laugh and joke about our differences on the subject of reincarnation. He has written a book on all the reasons why it is so, and I have written a chapter in *Psychic Perception: The Magic of Extrasensory Power** on why it is not so. We may differ on the subject, but we have sense enough to know that at the same time we can be amiable, sociable, friendly and understanding enough

**Psychic Perception: The Magic of Extrasensory Power* by Dr. Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1971.

to rise above differences of opinion and exalt God in each other. People don't agree on subjects of education, pollution, international affairs, etc.; but that is no reason why they can't live together in harmony, peace and understanding.

I pointed out to her that while her attorney opposed and seemingly denounced the fallacious reasoning of the opposing counsel, and while arguing and disputing on points of law, apparently they were emotionally and spiritually mature enough to respect each other's opinions and to rise above the disputations in the court room and subsequently join in fellowship, laughter and goodwill with each other at lunch. This demonstrated that they were emotionally and spiritually mature. I said to her, "Your attorney is not selling you down the river; neither is he agreeing with the arguments of the opposing counsel.

"Come to terms in your own mind. Meet the problems head on; know that the law of Infinite justice and harmony is operating for you and all concerned and that Divine love is guiding your attorney, revealing to him what he needs to know. Claim that Divine love brings about a perfect Divine adjustment and Divine solution."

She perceived the truth about what was said and emphatically claimed that the principle of justice was operating on her behalf and the behalf of all

concerned and that Divine order prevails. In a few weeks' time, her attorney won the case and she was freed. False allegations and affidavits had been filed against her, but the truth prevailed.

A Visit to Washington, D.C.

Some years ago I was invited by Dr. Grace Faus to speak at the Divine Science Church at Washington, D.C. After a series of lectures, I was invited by a prominent attorney to one of the exclusive clubs, where he introduced me to two Senators, saying: "These men are deadly enemies on the floor of the Senate, but here they relax, play cards, have cocktails and enjoy themselves."

The four of us had an animated conversation about the country, politics, crime, etc. Frankly, I disagreed with nearly everything they said about poverty, share-the-wealth programs, crime and war; and I told them so. However, I could see their point of view, based upon their background, early training, political indoctrination and theological beliefs. Nevertheless, we had a delightful two hours together.

You don't agree with anything irrational, unreasonable and unscientific that insults your intelligence.

Any political belief, such as share-the-wealth or any teaching which contravenes the Golden Rule and the law of love, must of necessity be false. My host, the attorney, said that more money should be appropriated to banish the slums, with which I

entirely disagreed, explaining to him a simple mental and spiritual law: All the money in America could not banish the slums until we banish the slums in the mind of man. Cleanliness is next to Godliness. Furthermore, I added: You can take thousands from the slums and put them in up-to-date, modern apartments with all the appurtenances added, and in a few months these apartments will be worse than the slums they left. As within (the mind), so without (the objective world).

I said to one of the Senators: "Senator, you could arrange at gun point to take all the money from the wealthy people in Washington and share it equally with all the so-called poor people in Washington and all those in the skid row section of the city; but if you knew the law of mind, you would realize that the money taken from the rich would in a few weeks find its way back into the pockets from which it was taken. The reason is that wealth is a state of mind. You can't possess anything except by right of consciousness. The rich have the mental equivalent established in their subconscious; therefore, they demonstrate wealth. The poor can't retain the money given them because they don't possess it mentally. In other words, they have the mental equivalent of poverty, lack and limitation. This is why the old aphorism is true: The rich get richer and the poor get poorer.

All three disagreed with me, but we parted the best of friends, and I have a standing invitation to visit all three any time I am in Washington, D.C. However, I don't have to agree with their foolish, idiotic beliefs.

The Meaning of the Uttermost Farthing

Verse 26, quoted at the beginning of this chapter, sounds ominous, and one girl in our recent class on the Inner Meaning of the Healings of the Bible said to me: "Doesn't that mean we must go to Purgatory where we suffer for a time before we go to Heaven?" I explained to her that she is already in Heaven, which is the Infinite Spirit in which we live, move and have our being; and God, or Spirit, lives, moves and has His Being in us.

Also, when your mind is at peace and you are in tune with the Infinite, you are, relatively speaking, in Heaven, which also means harmony, peace, poise and tranquility. Purgatory is a state of suffering which takes place in our mind because of our misuse of the laws of mind. We suffer from our hates, jealousies, envies and negative thinking until we get a new insight and a new understanding of the laws of mind and the way of the Infinite within us. We remain in purgatory or misery until we purge or cleanse our mind by forgiving ourselves and others and filling our mind with the truths of God; then a healing follows.

This is the way out of so-called purgatory, or pain and misery.

How She Paid the Last Farthing

A widow with whom I conversed in Salt Lake City, Utah, told me that she suffered from a worrisome growth. The doctor, after examination, told her to come back in a week and he would take a biopsy. She said, "I know that this growth could be resentment or hatred, but as far as I know, I don't resent anybody and I don't hate myself. I pray regularly and practice the science of the mind." She agreed though that the resentment or suppressed rage could be of an unconscious nature and that she knew there must be a poison pocket somewhere in her subconscious mind.

I suggested that as an experiment she ask her subconscious this question prior to sleep: "Infinite Intelligence reveals to me whom I should forgive, whether myself or someone else." Really, all forgiveness in the final analysis is self-forgiveness, because when we have forgiven ourselves and we are at peace within, we will automatically be at peace and have goodwill to all.

The following night after the lecture in Salt Lake City, she came to me and said: "I had a very vivid dream last night. In the dream I saw my sister, and I was shouting at her, saying, 'I no longer hate you.'

Then I woke up screaming out loud. I had received my answer." Some years previously this woman had been engaged to a young engineer. Apparently, her sister enticed him away and they got married. At that time it was quite a traumatic shock to her, and she hated her sister as a result. They were not on speaking terms for several years until a few days prior to her demise. At that time she had prayed for forgiveness and thought she had released her sister.

After awakening, she sat down quietly and affirmed: "I forgive myself for harboring this suppressed anger and hatred. I fully and freely forgive you now. I loose you and let you go. I know in my heart that your journey is from glory to glory, from wisdom to wisdom, from strength to strength and from light to a greater light. It is done. It is finished, and established in God. I am free and you are free."

She said that in her dream she knew it was a catharsis, a cleansing and a release of a psychic poison pocket which she had repressed and refused to meet and overcome. In other words, she had brushed it under the rug. Due to the fact that it was a negative, destructive emotion, it had to have an outlet and, therefore, appeared as a growth.

After her prayer of forgiveness, and while dressing for the class in the evening, she noticed that the growth had broken and was oozing. She called her physician, who said to come in at once, which she

did. He told her that it was dissolving, that there was no malignancy, and that it would completely disappear. She could not get a healing while the poison pocket was in her subconscious. She had to pay the full price, which was complete forgiveness of herself and her sister. That is the meaning of paying the uttermost farthing.

The Prophets of Doom and Gloom

Love never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away (I Corinthians 13:8).

The prophets of doom and gloom are rampant everywhere, particularly on the West Coast. Some predict earthquakes and that the State of California will sink into the sea. When people ask me about it, I ask them: "Can you swim? If so, there will be no problem. You can swim to the next state."

Others predict Armageddon, a nuclear holocaust. Many others predict the end of the world, the second coming, world famine, overpopulation, etc. Look how often all these prognosticators have had to eat crow. All the economic forecasters have been proven wrong. California is still one of the states and seems to be quite substantial.

The second coming has not taken place, nor will it ever take place. It can't. The meaning of the second

coming is the coming of love, peace, wisdom, understanding and goodwill in the minds and hearts of men. It is the birth of God and His love in our hearts and in our actions. The Divine Presence can't come or go. It is Omnipresent, and being Omnipresent, It must be within you.

How could It come or go? That's pure balderdash and rank stupidity. There is no man coming out of the clouds in a chariot with angels to save you or anybody else. The savior is within you – the Presence of God.

You know very well that if the fortune tellers could predict accurately the stocks that would go up in value, they would be rolling in wealth. Actually, they could make fabulous fortunes. Learn to predict your own future. The law of life is the law of belief. . . . *Whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22).

Believe that God is guiding you. Believe in the goodness and love of God. Believe in Divine right action. Believe in Divine law and order governing your life. Believe that God is prospering you beyond your fondest dreams. Believe this truth: *Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance.* . . (Psalm 32:7).

Dwelling on these truths, you live above the mass mind. Your future is your present habitual thinking

and imagery made manifest on the screen of space. You mould and fashion your own destiny. Nothing is predestined or foreordained. Your faith in God is your fortune and your future.

His Opinion Was All Wrong

A junior executive complained to me that the vice president of his firm was blocking his promotion and that that was the reason he was passed over twice for promotion. I explained to him, however, that he must understand that every man promotes himself, the reason being that if any man contemplates promotion, expansion, achievement and advancement, he is in accordance with the principles of life, which is forever seeking expression at higher levels through him. The Bible says: . . . *I have set before thee an open door, and no man can shut it*. . . (Revelation 3:8).

Marcus Aurelius said: "Let your opinion be still." This young executive learned that he was transferring the Power within himself to another man, thereby making the latter some sort of a god and, in effect, decreeing that the vice president of his organization was greater than the Infinite Presence within him. He saw the absurdity of his attitude and the foolishness of his own opinion.

He decreed knowingly, feelingly and with understanding: "Promotion is mine, advancement is mine,

expansion along all lines is mine. Infinite Intelligence guides me, directs me and opens up a new door of expression for me where I am expressing myself at my highest level, and I receive a marvelous compensation."

He reiterated these truths for about four or five minutes several times a day, making sure that he did not subsequently deny what he affirmed. He also pictured the president of the company congratulating him on his outstanding achievement and success on behalf of the organization. His mental picture agreed with his affirmation, and at the end of a month he was promoted to executive assistant to the president of the organization.

This young man realized that his changed mental attitude changed everything.

The Real Adversaries

The adversary is not really something outside yourself. The adversaries are fear, superstition, ignorance, resentment, jealousy, hate, self-condemnation and hostility. These negative thoughts are your real enemies, and they generate destructive, negative emotions which lodge in the recesses of your deeper mind, creating all manner of disease, lack and limitation.

Meet them boldly in your mind and eradicate them. Ask yourself: Where did these thoughts come

from? Do they belong in my mind? Is there a principle behind them? What are they doing to me? Are they not created by myself? You know the answer to all of these questions.

All you have to do is to quiet your mind and affirm boldly: "I forgive myself for generating these thoughts." Then fill your mind with these truths: "Divine love fills my soul. Divine peace flows through me. Divine love heals me. I radiate love and goodwill to all those around me and to all people everywhere." Affirm these truths out loud for about fifteen minutes and you will expunge from your mind all the negativity. When any negative thought comes to your mind, eliminate it immediately by affirming, "God's love fills my soul."

It is not what is said or done to you that matters; it is your reaction to it. It is your own thought about it. You can bless the person and say, "I loose you. I let you go, and God be with you." It is your own thought that makes you depressed or causes you to suffer from what is said or done. Cease judging situations and people and you will cease being troubled, excited, agitated and perturbed.

Be Your Age

A woman forty years of age complained that her mother had always told her she was stupid, awkward and retarded and that she was here to suffer. The

mother had passed on to the next dimension, however, and she was still resenting her and blaming her because she hadn't married or made her mark in the world.

It was true that she was conditioned or programmed negatively by her mother, but she had been taking classes on metaphysics and had acquired an excellent knowledge of the powers of her subconscious. I pointed out to her that she had no one to blame but herself; that she had a lot of head knowledge, but that it must become heart knowledge. In other words, the truths of life must be incorporated in her subconscious mind.

Accordingly, she began to fill her subconscious mind with life-giving patterns regularly and systematically and consequently succeeded in transforming her whole life. There is no time or space in the mind-principle, and the minute she began to busy her conscious mind with the eternal verities, there was an automatic response from her subconscious mind.

The first thing she had to do was to release her mother, to loose her and let her go, knowing that what you resent you bind and what you love you release. She decreed: "I forgive myself completely. I fully and freely forgive my mother, and I radiate love and peace to her. I know and rejoice that the Light of God shines in her and that her journey is onward, upward and Godward. I loose her and let her go."

Whenever the thought of her mother came to her mind, she would silently bless her by affirming. "God loves you, Mother."

Forgiveness is for your own sake more than the other. One of our prominent psychiatrists in Los Angeles recently said: "I make my patients realize they are responsible for their actions, spiritual awakening and maturity." Cease blaming father, mother, sister, brother, the government, the weather or the fan. Admit that you allowed the negative thoughts of others to influence you or disturb you. You are the only thinker in your world, and others are not responsible for the way you think about them. You are.

An Interesting Experience

In early September 1975, I invited a sister of mine to visit Ireland with me. She is a nun in St. Mary's Convent in England, where she teaches Latin, French and mathematics. We were driven to various interesting places by a cousin of ours. We visited the old homestead, which is now in ruins; but the old school house still stands, though not in use. We walked through the area covered with weeds, trees, plants and wild growth of all kinds. A few days later our cousin told us that we were walking through poison ivy, and we had brushed it aside with our hands several times. We didn't know it was poison

ivy, though, and, obviously, it had no effect upon us. All three of us had a good laugh about it.

And God said . . . let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth (Genesis 1:26).

Man has been given dominion over the beasts of the field. That is why man can tame the wild horse or the lion or tiger. His conscious mind controls the subjective mind of the animals. Man has control of every creeping thing also, such as bacteria, germs, animals, birds, plants, etc.

Man must exercise his dominion and cease giving power to the ragweed, pollen, Timothy grass, etc. In other words, give power to the Creator within you; not to the created thing. God pronounced everything he had made as good and very good. Good and evil are the movements of our own mind relative to everything God hath created and made. There is nothing good or bad, but thinking makes it so. The Primal Cause is within man, and we must cease conferring power or transferring qualities to outer things which they do not possess.

You Can Program Constructively

A school teacher who is a student in our Bible classes, where we teach the inner meaning of the

Bible, and not from the historical standpoint, told me that when she tells a student that she believes in him, expects great things from him, that he is brilliant and has a tremendous future, and she has faith in him, he responds accordingly. She believes her students will learn rapidly, and according to her belief is it done unto her. Her faith in the power within them is communicated telepathically to them.

How a College Student Responded

Robby Wright, who handles my radio program on Saturday morning every week, told me last week that his part-time work as a consultant in electronics nets him $350 weekly. This is exceptionally good for a young man of twenty-one years of age who is in his third year in college.

A few years ago I told him: "Robby, you have a fabulous mind, full of creative ideas. You are a wizard in mathematics and electronics, and you will reach fabulous heights and bring forth new and outstanding discoveries. He accepted all that and uses his subconscious mind every night by filling it with constructive thoughts and directing it to reveal to him new and original ideas which will bless humanity. He has perfected two new devices along electronic lines that are revolutionary and will ultimately make fortunes for the company he is working for.

The Handgun Is In the Mind of Man

If you are a mother, father or teacher, you can program the subconscious mind of your son or daughter constructively. It is the quiet mind that gets things done. People who are running around saying we must fight cancer, tuberculosis, poverty, crime and hand guns are magnifying the problems in their own minds and impressing their subconscious with the negativity.

Instead of getting all exercised and seething about hand guns, write to your congressman and tell him to pass a mandatory sentence of twenty-five years for those who murder, and you won't need to worry about hand guns. Murder is in the mind of man; not in a piece of machinery. He is responsible and must take the consequences. It is wrong to release a murderer or felon who, when he is paroled, murders and rapes again.

Come to a decision in your mind based on common sense. Understand why people do what they do and establish peace in your own mind. You become what you contemplate, and if you are a woman going around calling men "chauvinistic pigs," then you are revealing your hatred of yourself and projecting that self-loathing onto others. You become what you contemplate, and it is the nature of love, as it is the nature of hate, to change you into the image and likeness of that which you contemplate.

Learn to agree with thine adversary. Remember: *And God shall wipe away all tears from their eyes. . .* (Revelations 21:4). Come to a clear understanding in your mind and realize that there is no one to change but yourself. Stop trying to change the world. Nothing is forever. Grief, sorrow, sickness, etc., all pass away. Joy displaces sadness, tears give way to gladness. After the storm comes the calm. When depressed or sad, focus your attention on the solution, the way out, the happy ending, and all the power of the God-head will flow to the focal point of your attention, and you will thus experience the joy of the answered prayer.

CHAPTER 10

How to Pray Effectively

And it was told Tamar, saying, Behold thy father in law goeth up to Timnath to shear his sheep.

And she put her widow's garments off from her, and covered her with a veil, and wrapped herself, and sat in an open place, which is by the way to Timnath; for she saw that Shelah was grown, and she was not given unto him to wife.

When Judah saw her, he thought her to be an harlot; because she had covered her face.

And he turned unto her by the way, and said, Go to, I pray thee, let me come in unto thee; (for he knew not that she was his daughter in law.) And she said, What wilt thou give me, that thou mayest come in unto me?

And he said, I will send thee a kid from the flock. And she said, Wilt thou give me a pledge, till thou send it?

And he said, What pledge shall I give thee? And she said, Thy signet, and thy bracelets, and thy staff

that is in thine hand. And he gave it her, and came in unto her, and she conceived by him.

And she arose, and went away, and laid by her veil from her, and put on the garments of her widowhood.

And Judah sent the kid by the hand of his friend the Adullamite, to receive his pledge from the woman's hand: but he found her not.

Then he asked the men of that place, saying, where is the harlot, that was openly by the way side? And they said, there was no harlot in this place.

And he returned to Judah, and said, I cannot find her; and also the men of the place said, that there was no harlot in this place.

And Judah said, let her take it to her, lest we be shamed; behold, I sent this kid, and thou hast not found her.

And it came to pass about three months after, that it was told Judah, saying, Tamar thy daughter in law hath played the harlot; and also, behold, she is with child by whoredom. And Judah said, Bring her forth, and let her be burnt.

When she was brought forth, she sent to her father in law, saying, By the man, whose these are, am I with child: and she said, Discern, I pray thee, whose are these, the signet, and bracelets, and staff. (Genesis 38:13-25)

Judah means to praise Jehovah. Whatever you praise, you increase through the law of mind. Tamar means victory, conquest, moral righteousness, excellence and goodness. Tamar also means a palm tree, which, symbolically speaking, represents the cherished desire of your heart. A man bent on achieving the desired objective, his fairest possession, gave a pledge in the form of three securities or symbols – a signet ring, bracelets and a staff.

A ring is a circle and is a symbol of Infinity, or God, which has no beginning or end. It is also a symbol of love and of the unbroken married life. It symbolizes your Divine marriage, your mental and spiritual union with the Infinite. It means that you give all your allegiance, devotion and loyalty to the One Power within you, while knowing It to be Supreme and Omnipotent.

The symbol of the ring is to emphasize the importance of changing the focus of man's belief from matter and external conditions to Spirit, the Cause of all. Isaiah stresses the great truth that there is only One Power of creation, and it is I AM, or consciousness, awareness, mind or imagery. There is no other creative power. Your mind must reach an absolute conviction regarding the One Power, which is beyond all argument, disputation and comparison; then you reach a point of real faith and confidence, which is your rest in God.

I am Alpha and Omega, the beginning and the ending, saith the Lord. . . (Revelation 1:8). Your desire to be, to do, and to have is the beginning, and fulfillment is the end. The beginning and end take place in your own mind. From now on, when you think of a ring, it will remind you of steadfastness and fidelity. Bracelets are symbolic of being bound to God in faith and confidence. They also symbolize adornment or dressing for God.

When you are clothed with the garment of truth and confidence that the word which you speak shall come to pass, you are wearing the proper bracelets. *Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways* (Job 22:28). Your word, Biblically speaking, is your thought and feeling fused together; in other words, it is your conviction that what you decreed will be made manifest.

This deals with the law of correspondence, or the law of reciprocal relationship, which means that whatever you impress in your subconscious, the latter reproduces accordingly. In other words, your impression becomes an expression. The bracelets represent, therefore, to you that you are bound to the law.

But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall

not wither; and whatsoever he doeth shall prosper (Psalms 1:2-3).

The law is that you are what you contemplate; whatever you feel is true about yourself is expressed as form, function, experience and event. The law of life is the law of belief. You are belief expressed. To believe is to accept something as true. Believe in the goodness and the abundance of God in the land of the living.

The staff mentioned in the Biblical story represents unbending discipline, on which it is an advantage to lean. The Psalmist says in the 23rd Psalm: *Thy rod and thy staff they comfort me* (Psalm 23:4). The Psalmist is cognizant of the fact that sheep are helpless, dumb animals and possess no weapon to ward off attackers or wild beasts of the field. The staff in ancient times was about six or seven feet long. The end was formed into the shape of a crook, and in case one of the sheep slipped or fell into a ravine, the shepherd could reach down with his staff and lift the sheep up. All this means is that we lean on God, knowing that when we call He will answer. As the Psalmist says, He is . . . *A very present help in trouble* (Psalm 46:1).

The writer of Genesis says that when you pray you are being put to the test. Can someone or some circumstance dissuade you from your allegiance and loyalty to the One Power (the ring), your faith and

conviction that It is the Only Presence, Power, Cause and Substance (bracelets), and your understanding of Its responsiveness to you when you call upon It?

If someone ridicules what you believe in, e.g., you may have a so-called incurable condition and you are praying about it, knowing that the Infinite Healing Presence which made you can heal you and is healing you now, when others mock you and tell you how foolish you are, do you remain steadfast in your faith, or do you permit them to cause you to waiver in your faith or conviction?

Supposing you have an ideal or outstanding goal for yourself or the country at large, the fulfillment of which would bless humanity, and let us assume that some people offered to bribe you with honors, money, fame, attractive power and position. If this bait were proffered you, would you yield or adhere to your ideal? If you yield to the blandishment and temptation of the world, the pledge you gave in your prayer life is not safe. In this story, it says Judah sent a kid with which to recover the pledge from the woman, just to see if she were really faithful. You prove yourself unworthy when you exchange things that really matter for things that do not, preferring counterfeits to genuine goods.

Genuine goods are fidelity to the One Power, love, goodwill, honesty, integrity, harmony and confidence in all things good. We must realize that our acts

correspond with our words, for a word is a thought expressed, and our actions are preceded by our thoughts. We must exercise a strict discipline of right thought, right feeling and right action. *I sent the kid and thou hast not found her* (Genesis 38:23). The person whose faith is sealed in God, knowing that all honors and all growth come from within, cannot be bribed or induced to turn away from the One, the Beautiful and the Good.

You can put this drama to pass in your life. Tamar is his daughter in law, which means that with which you would like to be mentally and emotionally united. You are married to your estimate of yourself. It is called a daughter because it represents your feeling nature. How do you feel about yourself? Do you want to feel happy? Do you want to feel successful? Do you want to feel sad or depressed? Do you want to feel wealthy? If you feel wealth, you will become wealthy. The feeling of wealth produces wealth. If you feel yourself to be successful, you will be. You can participate in any state you wish simply by feeling the reality of that state.

Tamar is the palm tree. As you know, the sight of a palm tree in the desert indicates refreshment and an oasis. Your goal in life is the palm tree; therefore, the story is really about yourself. You want to become grander and greater than you are at present.

You are told in the Bible story that she dresses in the veils of a harlot. The latter is a symbolic

expression representing your subconscious, which will give to you whatever you impress upon it, good or bad, in the same way as a harlot, literally speaking, serves all men and asks no questions.

In the story, her father in law, King Judah, offers her a kid to be intimate with her, *and she said, What wilt thou give me, that thou mayest come in unto me?* (Genesis 38:16). *And he said, What pledge shall I give thee? And she said, Thy signet, and thy bracelets, and thy staff that is in thine hand. And he gave it her, and came in unto her, and she conceived by him* (Genesis 38:18).

You have but one gift to give. God is the giver and the gift, and God indwells you. Therefore, that being true, all you can give is your faith in God; and according to your faith is it done unto you. Actually, you give everything to yourself, for the source of all things is within you.

You give yourself wisdom by affirming: "The wisdom of God anoints my intellect, and I am illumined from On High." You give yourself wealth by claiming: "God's wealth is circulating in my life, and there is always a Divine surplus." You give yourself peace by tuning in with the Infinite, which lies stretched in smiling repose, and affirming feelingly and knowingly: "God's river of peace fills my mind, my heart, and my whole being." You give yourself strength by claiming boldly: "The power of the Almighty flows through me, vitalizing, healing

and energizing my whole being."

You remember the creative act stated in Genesis, which portrayed Adam begetting the woman (feeling nature) out of himself. You can fashion and picture in your mind the object of your desire and feel the reality of it. As you sustain that feeling, it will gel within you, and your subconscious will bring it to pass.

Judah is yourself, when you exalt the power of God within you. You have but one gift to give, as the ring, the bracelets and the staff symbolize, for these represent the symbols of your kingship. You can't give the Infinite anything but recognition and loyalty. Man oftentimes tries to bargain with the Infinite by promising to give up drinking, for example, if his boy is healed or to build a church if his prayer is answered. But there is only one thing you can give God, and that is your faith and conviction, knowing that Infinite Intelligence responds to your conviction and never fails. The ring, the bracelet and the staff are symbols of kingship. When you give these three you are giving yourself; namely, recognition, faith and acceptance.

Become King Judah and realize and know that before you can know and feel the reality of your Tamar (desire), you must impregnate your subconscious by claiming and feeling the reality of your desire. As you continue to give your attention and

loyalty to your ideal, it will gestate in the darkness of your subconscious, and you will have given of yourself, because you poured life, meaning and love into your ideal. When you become filled to capacity with the feeling of being what you long to be, your subconscious will dramatize and objectify your ideal on the screen of space.

If you want security in life, it is foolish to bask in the limelight of those who are wealthy and feel secure. You become secure by feeling and knowing that God is the Overshadowing Presence Which watches over you, guides and protects you and supplies all your needs according to His riches in glory. Likewise, if you want to be healthy, vital, strong and powerful, you must realize that climate, diet and vitamins are not enough. You must realize that God, the Ever Living One, the All Wise One, is within you, vitalizing, healing, restoring and vivifying your whole being; and you will then get a response from the Infinite, Which is the Source of all life. Don't look outside or to created things for health; always go to the Source of Life itself.

You want to grow, expand and be lifted up in this world. There is no use in associating with royalty, presidents, titled and affluent people. That association won't make you feel noble, dignified or outstanding in your field of endeavor. The way to become noble and dignified is to realize that you are

a son or daughter of the Infinite, and to affirm and feel: "I am illumined and inspired. I am lifted up spiritually, and I am expressing more and more of God's love, light, truth and beauty. I am conscious of being an offspring of God, and I am moving onward, upward and Godward." Keep on knowing these truths, and walk the earth feeling the truth of what you affirm, and you will become noble, dignified and more Godlike every day.

An actress friend of mine in England imagined herself as being absolutely outstanding, and she constantly pictured in her mind's eye her husband saying to her, "You are wonderful. Your movies in Spain, France, etc. are fabulously successful." As she gave allegiance, devotion and attention to that mental image, she became absolutely outstanding, and in the years that followed, she has written me many wonderful letters about her tremendous success.

When you begin to claim and feel that you now are what you long to be, you are Tamar in the Bible. All the stories of the Bible take place within the mind of the individual man. All the characters of the Bible, like the characters in Shakespeare's plays, live in you.

Know that your consciousness is the only Reality. Then know what you desire to be. Then imagine and feel that you now are what you long to be and remain faithful to your mental picture, living the role, and it will come to pass, and the Light of God will shine upon your ways.

There Is Only One

Take note of the categorical and absolute announcement in Isaiah: . . . *I am God and there is none else (Isaiah* 45:22). . . . *Thou hast said in thine heart, I am, and none else beside me* (Isaiah 47:10). *I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images* (*Isaiah* 42:8). . . . *I am God, and there is none like me* (*Isaiah* 46:9).

Recently I told a young woman of seventy-five who desired to get married to image herself in my study and hear me saying the words, "I now pronounce you man and wife." These words indicated to her that the ceremony was over and that she was already married in her mind. She made sure that she attributed as much reality to that mental image as she did to the tree outside her door. Then I pointed out that the image she dramatized in her mind would come to pass joyously and triumphantly.

She dramatized this mental movie every night, giving as much reality to her mental image as she did to the big tree outside her home. In a week's time her neighbor, a widower, proposed to her, and the author had the pleasure of performing the ceremony. . . . *And calleth those things which be not as though they were* (Romans 4:17).

This woman said to me that for the first time in her life she realized that the beginning and the end

are the same. It is true: End and beginning are always one. If you contemplate and visualize the end, you have willed the means to the realization of the end. Cause and effect are one.

She proved to herself that the dramatization of her mental image was just as real as the marriage ceremony in which she later participated. If you enter into a new enterprise or assignment with the feeling of faith, confidence and victory, that attitude predicts the end, which will be successful and triumphant. The idea precedes the manifestation. Begin with joy in your heart and the end will be joyous.

Once you realize that God is Consciousness, Awareness, the Spirit within you, you realize that there are no real enemies in the external world, no antagonists, and nothing to oppose or fight with It. The minute you begin to claim in your mind that which you want to be, to do, or to have, there is a response from an Almighty Power, which moves on your behalf; then nothing can prevent you from attaining the cherished desire of your heart. Claim what you want to be with a feeling of joy and satisfaction, and your deeper mind will bring it to pass in Divine order.

CHAPTER 11

How the Bible Looks at Jealousy and Envy

For jealousy is the rage of a man: therefore he will not spare in the day of vengeance (Proverbs 6:34).

Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame (Song of Solomon 8:6).

"Trifles light as air, are to the jealous confirmation strong as proof of holy writ" (Shakespeare).

"Jealousy sees things always with magnifying glasses which make little things large, of dwarfs giants, of suspicions truths" (Cervantes).

"Jealousy is the injured lover's hell" (Milton).

"The jealous man poisons his own banquet and then eats it.

"Oh, beware of jealousy; it is the green-eyed monster, which doth mock the meat it feeds on" (Shakespeare).

"Jealousy," says Rochefoucauld, "is in some sort rational and just; it aims at the preservation of a good which we think belongs to us." It is in this sense that God is said to be a jealous God, because he is earnestly and, as it were, passionately desirous of our supreme love, reverence and service.

In our modern, everyday language, we speak of a jealous person as one who feels resentment against another because of his success, worldly achievements or monetary advantages. A jealous person is inclined to be troubled by suspicions or fears of rivalry, unfaithfulness, etc., as in love or aims.

The Bible, in Exodus 20:5, says: . . . *For I the Lord thy God am a jealous God.* . . This means that you must recognize the Living Spirit Almighty as supreme and omnipotent and refuse to give power to any created thing. In other words, you should not worship a created thing; you must give all allegiance, loyalty and devotion to the One Presence and Power within you, called I AM, or Spirit.

For example, if you are looking for promotion or advancement and you say to yourself: "The boss is blocking my good; but for him I would be promoted and receive greater emoluments," at that moment you have exalted him, a false god. Actually, you are making the boss a god and denying the One Source from Whom all blessings flow. Your subconscious mind knows that your loyalty is divided and consequently does not respond.

You are like the double minded man, unstable in all your ways. On the one hand he is affirming that God is the Source of his supply, meeting all his needs, and then in the next breath he is resenting his employer for not promoting him and increasing his salary. You must never give power to any person, place or thing, for actually you are transferring the power within you to externals. You must give exclusive devotion and loyalty to the One Power within you, Which responds according to the nature of your thoughts and belief.

He Thought Vitamins Would Heal Him

A man who had ulcers refused to take any medication from his doctor. His faith was in Vitamin C; but he had ulcerated thoughts of jealousy and resentment toward a partner. He was also envious and resentful of his wife, who was making more money than he was.

I explained to him that his faith and confidence should be in the One Supreme Power – the Source of all life. Food is important, vitamins are important, but not preeminently so. You don't put food, diet or vitamins before the Infinite Healing Presence – the only Healing Power there is.

His healing prayer was: "I forgive myself for harboring negative, jealous thoughts, and I radiate love, peace and goodwill to my wife and partner.

God's healing love saturates my whole being. God's river of peace saturates my mind and heart. Whenever a jealous or envious thought comes to me, I will affirm: 'God's love fills my soul.' "

He practiced this discipline, and in a few weeks' time his ulcers disappeared. He realized that ulcerated thoughts of jealousy, envy, ill will and fear caused his ulcers. By reversing the process, and by contemplating harmony, love, wholeness, goodwill and peace, a healing took place. He had to give recognition to the Creator alone, and not to His manifestations. Always look to the Primary Cause, the Source of life itself, not the secondary cause. A doctor can prescribe a good diet for you, but then realize that whatever you eat or drink is transmuted into beauty, order, symmetry and proportion.

He Said the Planets Blocked Him

A fledgling writer had his manuscript rejected by six organizations, and he said to me that a reader told him the reason was due to a malefic configuration of Saturn and other planets in his chart. I said to him that he would be far better off if he had never heard of Saturn.

God is immutable law, and whatever we impress on our subconscious mind is expressed on the screen of space. He began to understand that he had been the victim of a hypnotic suggestion which he accept-

ed. He was giving power to a planet instead of to the God Who made it as well as the whole universe. There is only One Being, One Power; and a spiritual minded thinker does not give power to the phenomenalistic world. He gives all allegiance and worship to the One Power. *I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images* (Isaiah 42:8).

I read his manuscript. It was very good, and his writing was worthy of acceptance and approval. I suggested that he get in touch with the president of a book publishing company, a friend of the author, and I added: "I'm sure he will see the value of it."

I suggested that he pray as follows: "Infinite Intelligence opens up the perfect way for the acceptance, manufacture and sale of my manuscript; and this man I am going to see is God's man. The Spirit in me speaks to the Spirit in him, and there are harmony, peace and understanding between us. I release the manuscript to him, and it is God in action, which is all around harmony and peace."

The president of the publishing company accepted his manuscript. This man predicated his success upon remembrance of the One Power and not on the created thing. He realized he was not a victim of a malefic configuration of planets in the sky, but that he was a victim of a negative suggestion. The planets have no power, but if you believe they have power

over you, it is done unto you as you believe. The law of life is the law of belief. . . . *As thou hast believed, so be it done unto thee. . .* (Matthew 8:13).

There is a mass mind or race mind belief that a person born under a certain sign will have certain characteristics, proclivities and talents. It isn't because a man is born under the sign of Taurus that he has certain traits and tendencies; but, rather, it is the mass mind belief about that date or season of the year.

God indwells every person, and any person can contact the Divine Presence within and transform his life. You mould and fashion your own destiny, and it is written: . . . *Whatsoever a man soweth, that shall he also reap* (Galatians 6:7). *For as he thinketh in his heart, so is he. . .* (Proverbs 23:7).

Your thought and feeling represent the Father within, Which doeth the works. Your heart in the Bible represents your subconscious mind; and whatever you impregnate in your subconscious comes forth as expression, condition and events. Phineas Parkhurst Quimby in 1847 said, "Man is belief expressed."

What do you believe? Your habitual thinking, or your regular train of thoughts will cause you to arrive, like a train, at a certain destination.

Programming Your Subconscious Mind

Today we read a lot about programming of computers. The computer responds according to whatever is fed into it. When you were young, there is the possibility that you were told a great number of things which were false. Perhaps one of your parents said to you: "Your brother is much smarter than you. Why don't you be like him? He is an angel." This probably gave rise to jealousy and competition as well as resentment.

You were born with only two fears: fear of falling and fear of noise. These represent nature's protective mechanism. Quimby said that every child is like a white tablet upon which everyone who comes along scribbles something. Modern day educators term this a tabula rasa, or blank tablet. Remember, you were born with the Infinite Spirit, or God, within you – the very life of you.

Always ask yourself this simple question: "What did I inherit from God?" If your subconscious has been programmed negatively, you can reverse it by filling your subconscious with life-giving patterns, such as: "God's love fills my soul. God's peace saturates my whole being. The harmony, light, and glory of the Infinite saturate my whole being, and I am illumined from On High."

Do this regularly at least three or four times a day. When a negative thought comes to you, chop off

its head by affirming: "Divine love fills my soul." Prayer is a habit, but it is a very good habit. Suppose you have been trained in the wrong way to play the piano or drive a car. You can, by practice, unlearn the old way and play or drive the right way. Many dogs in the First and Second World Wars were trained to kill, but after the war they were retrained to become lovers of mankind again.

Two Wonderful Mantras

Many men and women, at my suggestion, use this mantra every morning for about 15 minutes and also at night for about 15 minutes. They close their eyes, relax on a couch, and talk to their bodies as follows: "My toes are relaxed, my feet are relaxed, my ankles are relaxed, the calves of my legs are relaxed, my knees and thighs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed, my face is relaxed, my whole being is completely relaxed, and I am at peace."

After relaxing their bodies in the above manner, they silently whisper to themselves for about 15 minutes: "God's love fills my soul." They repeat this over and over again like a lullaby in the morning and for about 15 minutes prior to sleep. They have told me that it is a wonderful way to recharge their mental

and spiritual batteries. They accomplish more. Many have told me that their blood pressure became normal, they experienced far less tension during the day, their health improved, jealousy and envy disappeared, and they became more affable, amiable, cordial and genial. The simple mantra, "God's love fills my soul," has worked wonders in their lives.

He that loveth not knoweth not God; for God is love (I John 4:8). The practice of this mantra dissolves all jealousy and envy.

Another Wonderful Mantra

Many use this wonderful, healing and vitalizing mantra: "God's peace fills my soul." They use it the same way as the preceding one, 15 minutes morning and evening prior to sleep. They sleep in peace and wake in joy. Moreover, they find peace in their home, office, and in their relations with others. They also find peace in their pocket books, because when you tune in with the God of peace within you, all things are added to you.

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee (Isaiah 26:3). *Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. . .* (John 14:27). *For God is not the author of confusion, but of peace, as in all churches of the saints* (I

Corinthians 14:33). *Let the peace of God rule in your hearts. . .* (Colossians 3:15).

The practice of the above mantra, "God's peace fills my soul," brings peace into your home, your heart, your business and all phases of your life. The ancients said that peace is the power at the heart of God. When you are presented with any difficulty, challenge or problem, during the day, silently affirm, "God's peace fills my soul." You will be amazed how quickly the solution or the creative idea will present itself, which reveals the answer. New, original, creative ideas will come to you during each day, and you will find yourself vivified, recharged, and God intoxicated.

The above-mentioned mantra is the Divine antibody. The habitual use of this mantra does away with all resentment, hostility, anger, etc. Equanimity, serenity and tranquility become a living part of you, as the apple becomes a part of your blood stream.

He Said, "I Am Not Jealous"

Your emotions govern you. Emotion follows thought. You can't visualize an emotion, but you can look back at an old scene, an old law suit or some old hurt and grievance and imagine the particular scene again. Of course, you will generate a destructive emotion and reinfect yourself all over again. When the old hurt comes to your mind, practice the law of

substitution and affirm: "God's peace fills my soul." You will neutralize it immediately. Your emotions are compulsive.

A man said to me, "I'm not jealous. I don't have a jealous bone in my body." But actually the opposite was true. He had employed detectives, checking up every day on his fiancee. She discovered it and broke off the engagement and would have nothing more to do with him. Oftentimes I say to women, "Don't pay too much attention to what a man says. Watch what he does. What he does is what he means."

His actions belied his statement that there was not a jealous bone in his body. I explained to him that jealousy cripples him emotionally and blocks all his good, holding him back in all phases of his life. Jealousy is the green-eyed monster. He began to see that his jealousy was abnormal and was really based on a sense of inferiority and inadequacy within himself. Jealousy is a child of fear. Love casts out fear, for fear is a torment; and jealousy burns up the tissues like a consuming fire.

If a man loves a woman, he does not do anything unloving. He trusts her in the same manner as, when a child, he looked into his mother's eyes and saw love there. If a man loves a woman, he loves to see her as she ought to be: happy, joyous, free, and expressing herself at her highest level. Love is not jealousy. Love is not possessiveness. Love is not suspicion, neither is

it emotional blackmail, such as, "If you loved me you would give up smoking or eating ham" or some other similar foolish, asinine statement. Love has nothing to do with smoking, eating ham or taking a cocktail. Love frees; it gives; it is the Spirit of God in action.

This man learned to pray for a wife, realizing that he marries character and that he doesn't get what he wants in life; he gets what he has established in his mentality. In other words, he must establish the mental equivalent in his subconscious in order to demonstrate what he wants.

Accordingly, he affirmed night and morning: "Infinite Spirit attracts to me a spiritually minded woman who harmonizes with me perfectly. This takes place in Divine order through Divine love. There are mutual love, freedom and respect between us."

He attracted a wonderful legal secretary, and they harmonize perfectly. Every time he thinks of her, he affirms: "God loves you and cares for you." There is no occasion for jealousy where love dwells. He realizes that it is impossible to think of two things at the same time. He can't think of jealousy and love at the same time; no more so than he could laugh and cry at the same time. Two unlike things repel each other. Love and jealousy cannot dwell together.

Jealousy Is a Mental Poison

A jealous person usually blames others as if they were responsible for his inferiority or inadequacy. A

jealous person generates mental poisons which bring on all manner of disease. Actually, he is destroying himself from the inside. Remember, you are unique. There is no one in all the world like you. Others do not have the same toeprint or thumbprint; neither do they have the same digestive or glandular systems. They don't think, speak or act like you.

You are an individualized expression of God, and you are here to express yourself in a new and wonderful way. There is no misfit in the universe. You are needed. There is no unwanted note in the symphony; all notes are necessary. "We are all parts of one stupendous whole, whose body nature is and God the soul."

To be envious of others is to demean yourself. It means you are rejecting your own Divinity, which is the Source of all blessings. When jealous of another, you are placing that person on a pedestal and demoting yourself, thereby attracting lack, loss, limitation and impoverishment to yourself. It makes no sense. You have heard the expression, "She is green with envy." This is why jealousy is called the green-eyed monster. The eyes are the windows of the soul. It is true the eyes reveal jealousy, which is a mental sickness. Remember also, a jealous person is an angry person.

Though while he lived he blessed his soul: and men will praise thee, when thou doest well to thyself

(Psalms 49:18). Do the very best you can, radiating love and goodwill to all. Love is cordiality, geniality, kindness, good feeling toward all, wishing for everyone all the blessings of life. Love is the fulfilling of the law of health, wealth, peace and prosperity. Cooperate with others. Become enthusiastic. Claim that you are always expressing yourself at the highest level. As you continue in this attitude of mind, you will receive approbation, promotion and recognition.

Learn to Sell Yourself

You can always sell faith, confidence, laughter, goodwill, zeal and enthusiasm; furthermore, these qualities are translatable to abundance, security, true expression and a full life. Rejoice in the affluence of others. As you do, you will attract more wealth to yourself. To be jealous or envious of the wealth of others is to impoverish yourself all the more. Actually, you are denying your own Divinity and saying to yourself: "They can have all that good and I can't," thereby depriving yourself of the very things you seek. Envy and jealousy represent gross ignorance. Ignorance is the only sin, and all the suffering in the world is the consequence.

Sons of God

For as many as are led by the Spirit of God, they are the sons of God (Romans 8:14). You are a son, or

expression, of God when you begin to express health, vitality, beauty, love and success in your life. What governs you now? Are you governed by wisdom, truth and beauty, or by ignorance, fear and superstition? The dominant mood governs you. Let the Spirit of light, love, truth and joy rule and govern you, and you will begin to express more and more of the attributes and qualities of God.

Learn to Lead a Full and Happy Life

Saturate your mind with these truths: "At the center of my being is peace. God's river of peace saturates my whole being. I am Divinely guided in all ways. Divine love dissolves everything unlike itself in my subconscious mind. I salute the Divinity in every person I meet, and I make it a habit to call forth the Divinity in every person by silently affirming, 'God's love fills your soul.' I realize that God is personified in all men and women. God flows through me now, filling up all the empty vessels in my life. God's riches – spiritual, mental and material – flow through me now, and I am immersed in the Holy Omnipresence. Wonders happen as I pray."

CHAPTER 12

A New Look at Reincarnation

God is the Eternal Now! timeless, spaceless, ageless, and without face, form or figure, the Living Spirit Almighty within man. In this chapter, the author is not dealing with time and space theories, however, though he certainly has no quarrel with those who differ with this presentation. I believe the time has come in the field of mental and spiritual laws and in our thinking and practice to make a clear-cut decision as to what to do with the misunderstood subject of reincarnation, which is believed by great numbers of people in many parts of the world.

The highest light in the theory of reincarnation is melioristic; i.e., man is becoming better by the slow, external process of coming back again and again through the womb of a woman until such time as he becomes perfect and then returns no more. Nothing is done in this unconscious process, rooted in mere habit transmission, about the ringing challenge: *Be ye therefore perfect, even as your Father which is in*

heaven is perfect (Matthew 5:48).

Be ye means ye are, i.e., spiritually perfect, for the Reality of every person is the Spirit (God) within. We must not surrender to a racial error perpetuated by the pronouncement of those who fail to see that we are not victims of the past and that the Timeless One is within us. A new beginning is a new end. *I am Alpha and Omega . . . saith the Lord. . .* (Revelation 1:8). Let us put on the garment of wisdom, truth and beauty instead of the menial garments of "poor man, sick man, beggar man, thief" through the weary cycles of time-space forms of reference.

Einstein has brought us to the gate of the Temple Beautiful by toppling the false gods of time and space, and revealing that time has no existence apart from your mind or consciousness. Time is a state of mind; it is your relationship to events. Time is a series of events in a unitary wholeness. It is said that Einstein explained relativity by saying: "If you converse with a beautiful girl for an hour, it seems like a minute. If you sit on a hot stove for a minute, it seems like an hour." Time is psychological, the way you think and feel. We are not referring to the sun time, based on the motion of the earth around the sun.

From the Book of Luke

And he began to say unto them, This day is this scripture fulfilled in your ears (Luke 4:21). In those

days they were waiting for a miracle to come, but the Messiah is within you – the God Presence. It was never born and it will never die. It is instantly available to you. Peace is now, harmony is now, love is now, joy is now, beauty is now, power is now, illumination is now, inspiration is now, the healing power is now. All these factors are of God, and you might as well take and claim all these now rather than fifty years from now. Your Savior is within you – the Presence of God – the only Presence, Power, Cause and Substance.

Let God Arise in You

Let us begin to strip ourselves of all disguises and tune in with the Infinite, while claiming that what is true of God is true of us. This means, essentially, the willful cessation of the automatic, weary round of rebirths on the three-dimensional plane, refleshing ourselves in the menial garments of the slave to carnal, materialistic thinking and living.

The scientific, spiritual thinker looks at the theory of reincarnation from a new standpoint altogether. The scientific thinker starts with "the Pattern on the Mount," wherein man is one with God. We must cease trying to become the illumined and God-like man based on the slow-paced belief of millions who have placed themselves in the Procrustean bed of karma and reincarnation to arise retailor-

ed in garments ill befitting a son of the Infinite and a child of Eternity.

All of us should wear the proper garment (mood, feeling), which is the royal, seamless robe; otherwise, we will remain in the darkness of spiritual ignorance. If all your thoughts were loving, peaceful and harmonious all day long, your body would become so rarefied and attenuated that the molecular vibrations of your body would be invisible, yet you would be here. Your loved ones are all around you, separated by frequency only.

The Law of Life Is the Law of Belief

By believing in the theory of reincarnation or countless cycles of rebirth on this earth, you drift from safe mooring and fall from spiritual grace. Your subconscious belief in cycles of fleshly rebirth to expiate or atone for sins, errors or crimes in past lives holds you in spiritual bondage and thralldom and indicates a guilt complex. All this results in self punishment, since the Spirit or Life Principle (God) in you does not condemn or punish. All judgment is given to the son, which is your mind. *Thou art of purer eyes than to behold evil, and canst not look on iniquity. . .* (Habakkuk 1:13).

Begin now to put out all karmic, purgatorial fires by true faith and conviction in God's love and beauty here and now, and press on to the virgin's fields of

truth and beauty. You must not be deterred by a mirage of mere meliorism. Refuse to be satisfied by anything but the promised land of Spiritual Reality.

The Wine of Spiritual Wisdom

In *materia medica* circles it is customary to discard the textbooks of yesterday's pathologies and nostrums. Likewise, you must discard the old garments of "sick man, poor man," etc. and arrive at the hour of decision in your own mind where the best wine of spiritual wisdom shall be put forth for the guests who hunger for a more wholesome fare.

The new nuclear physics, with great courage and faith, has also, without hesitation, discarded the gross atomistic concept of yesterday. They have demonstrated their own miracle, such as nuclear transubstantiation, time-space fusion, television, radio, space travel, inter-atomic energy, etc. Science is also beginning to kneel and pray before the Altar of Being.

By laboring in the vineyard of your own mind, you, too, can bring forth better fruit. Open your mind and heart to the influx of the Holy Spirit. All unworthy concepts must go into the limbo of spiritual ignorance; foremost among these stands this well-regarded theory of reincarnation, whereby mole-like progress is decreed by age-old, earthbound thinking.

When Jesus said, . . . *The kingdom of God cometh not with observation. Neither shall they say, Lo here!*

or, lo there! for, behold, the kingdom of God is within you (Luke 17:20-21), was he not anticipating the relativity of time-space concepts? When he declared: . . . *Behold, now is the accepted time; behold, now is the day of salvation* (II Corinthians 6:2), *Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest* (John 4:35), and . . . *Before Abraham was, I am* (John 8:58), was he not collapsing time and space in this 'business' of soul-saving and man-redeeming from the thralldom of erroneous Oriental and Occidental beliefs?

Jesus demonstrated instant resurrection, thereby short circuiting all reincarnation lagging on the way to the promised land of spiritual realization. . . . *Today shalt thou be with me in paradise* (Luke 23:43), not tomorrow, next week or next year, for in His eyes time is not.

Free yourself mentally from the self-imposed, psychologically imprisoning embodiment. Become a son of God and leap for joy beneath the morning stars of light, love, truth and beauty, which are timeless and ageless and light up the heavens of your own mind.

True Incarnation

Leave all the lesser altars and idols and commune with the indwelling God with clean hands and a pure

heart. *Unto the pure all things are pure. . .* (Titus 1:15). Every time you pray and appropriate more of Divinity, you have been reincarnated, spiritually speaking. True reincarnation is the birth of God in your mind and heart, whereby you becomed seized with a Divine frenzy and you become God-intoxicated. This does not mean that you have to be reborn on this earth or planet. The word "earth" means much more than this particular world. Earth in the *I Ching** and in Biblical symbology means manifestation, which also means that you can manifest and experience a greater measure of Divinity in the next dimension of life, where you go every night of your life, and which men in their ignorance call you dead. How could God die? God is the Living Spirit within you.

In the Hindu scripture it says: "Spirit was never born and will never die; water wets it not, fire burns it not, wind blows it not away." Why, therefore, would you grieve for your loved ones in the next dimension? Life is growth, expansion, newness. Their journey is ever onward, upward and Godward. They go from glory to glory, from strength to strength, and from wisdom to a greater wisdom, for there is no end to the glory which is man.

*See *Secrets of the I Ching* by Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1970.

What is true on one plane of life is true on all planes, and your loved ones in the next dimension grow, learn and expand in wisdom. There are teachers there as well as here. Actually, our loved ones are all around us, though separated by rates of vibration. This is a world of densities, frequencies and intensities. The child whose life, perhaps, was snuffed out in the womb still lives forever and is a grace note in the symphony of all creation. In a grand symphony, grace notes are just as important as the somber tones. The child grows, expands, unfolds and listens to the entire symphony and has a subjective access to all loved ones on this plane as well as on the next, who, through love, are welded into the great symphony called the music of the spheres.

Jesus, Moses, Buddha, Paul and other illumined seers are the great conductors who lead all of us in the grand symphony of all creation.

You Are Not a Victim of Karma

Karma is generally referred to as the force generated by a person's action that is held in Hinduism and Buddhism to be the motive power for the round of rebirths and deaths endured by him until he has achieved spiritual liberation and freed himself from the effects of such force. Look at it in a simple way: It is the law of action and reaction, of sowing and reaping. Whatever is impressed on the

subconscious mind is expressed as experiences, events, circumstances and conditions. When you learn the laws of mind, you are no longer a victim but a victor.

There is no time or space in the mind-principle; therefore, you can at this very moment begin to feed your subconscious mind with life-giving patterns of harmony, wholeness, beauty, joy, love and goodwill to all, and there will be an automatic response from your subconscious in accordance with your spiritual, habitual thinking and imagery. Think of a pail of dirty, filthy water and pour distilled water into it, even drop by drop. If you have the patience, you eventually will have clear, pure water which you can drink.

Likewise, you can clean out the Augean stable even though it was dirty for forty years right now. It doesn't make any difference to the water hose you use whether the stable was dirty yesterday or fifty years ago. Likewise, when you pour into your subconscious the waters of life, wonders will happen in your life. Take time out morning and evening and affirm feelingly, knowingly and joyously: "The Infinite oceans of life, love, joy, truth and beauty are flowing through me harmoniously and peacefully, vitalizing, cleansing, healing and transforming my whole being. The wholeness and peace of God reign supreme in my mind and heart; I am cleansed and I sing the song of the jubilant soul."

As you saturate your subconscious with these truths, you will gradually obliterate and expunge from your deeper mind all the negative patterns. Prayer changes things in the sense that it changes the person who prays. No matter what the problem is or how difficult it seems, it is due to a group of negative thoughts and emotions lodged in your subjective depths. By filling your mind with the truths of God (namely, the eternal verities) you crowd out and neutralize everything unlike God.

Suppose you misused the principles of mathematics for twenty years, which, perhaps, caused you a lot of trouble and financial losses, and let us assume you learned how to add, subtract, multiply, etc. Surely you realize that the principles of mathematics have nothing against you. The minute you begin to use them the right way, there is an automatic response. The engineer building a bridge has to conform to the principles of mathematics. He learns all about stress and strains. When he builds the bridge, that is a prayer, because he conforms to a universal principle which existed before man walked the earth.

If you misuse the principles and laws of chemistry, you will get into a lot of trouble, but when you learn about valence, laws of attraction, repulsion, atomic weights, etc., you can bring forth marvelous compounds which will bless humanity. Your common sense tells you that the principles of chemistry hold

no grudge against you because you did not use them in the right way previously.

Your mind is also a principle. When you think good, good follows; when you think negatively, negation and misery follow. Karma, or the law of action and reaction, is inexorable only as long as we do not pray. A new beginning is a new end. *I am Alpha and Omega, the beginning and end. . .* (Revelation 22:13).

Changed Attitudes Change Everything

. . . Be ye transformed by the renewing of your mind. . . (Romans 12:2). The late Ernest Holmes, author of *Science of Mind,* told me that he studied with Emma Curtis Hopkins, who once told him of a wonderful event recorded in the archives of a state penal institution. This is the essence of it: A man was sentenced over seventy years ago to be hanged. During the interim between his sentence and its time of fulfillment, he became aware of the love and the truth about God. In a pamphlet given him, he learned that God was the "bad man's deliverer." *Thou art of purer eyes than to behold evil, and canst not look on iniquity. . .* (Habakkuk 1:13).

God does not condemn, judge or punish. You punish yourself by misuse of law. This murderer looked to God and His love and contemplated the wonders of it all. It is said he sought the face of the all-good. When I look at your face I recognize you.

God has no face, form or figure. God is Spirit. It means he recognized the great truth: *For the Lord is good; his mercy is everlasting; and his truth endureth to all generations* (Psalm 100:5).

This man had actually committed the murder for which he was sentenced. To the great confusion and perplexity of the officers of the law, when the man was led to the gallows, the platform, which would ordinarily tip at the slightest weight, became firm when the condemned man stepped upon it. They tried again and again to no avail, until, finally, he was given his freedom.

Did not the efficacy of his High Watch (which means his veneration and adoration of the Divine Presence) plus the transformation of his heart halt the so-called Karma of the ordinarily mandated treadmill of cause and effect and enable this murderer to step off into a new order of emancipated consciousness and experience? The love of God indeed surpasses all understanding, and it does illumine the path we tread. The wonders and blessings of God know no ending.

Karma, or reaping what you have sown, turns out to be inflexible and inexorable only as long as you do not pray or meditate on the truths of God. Mere reading of affirmations and perfunctory prayer will not change matters, however. *Blessed are they which do hunger and thirst after righteousness: for they shall be filled* (Matthew 5:6).

An intense desire to become a new man in God and filling your mind with the great truths of God enables you to become a transformed man; and since the law of your subconscious is compulsive, you are compelled to express your inner assumptions and beliefs, and you no longer can repeat the previous errors. You rise above karma, and the unpleasant consequences of past mistakes are wiped out. No matter how awful the crime – be it murder or any other heinous offense – it can be expunged from the mind when you rise high enough in consciousness.

Remember, it is the deep hunger and thirst of your heart for Divine love and grace, plus a deep desire to become the new man in God, that is essential to wipe out the punishment that must otherwise follow negative and destructive thinking. Paul, for example, who sent many people to death, experienced an inner illumination and became a transformed man. *And God wrought special miracles by the hands of Paul* (Acts 19:11). . . . *This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize. . .* (Philippians 3:13-14). The prize is health, happiness, peace, inspiration and oneness with the Divinity that shapes your ends.

The Nature of Your Belief

To believe (which means to accept something as true) that God is punishing you for the mistakes of the past is to have a false concept of God. Whatever concept you hold of God has its effect on your life. If you have a false, superstitious concept of God, there will be chaos and confusion in your life. Ask yourself: "What do I really believe as true about the Infinite Presence within me?" Your answer is the most important thing in your life. It must come from the heart. It is not adequate to say: "I believe in God." What kind of God do you believe in?

For example, begin to believe that God is omnipotent and all wise and possesses boundless love, infinite intelligence, infinite perfection, and absolute harmony, and that what is true of God must, therefore, be true of you, for God, or Infinite Spirit, indwells you and is the Reality of you. God is man made manifest. Spirit and form are one. God is life, and life and its manifestation are one.

Begin to believe in your heart that God is all love, intelligence, truth and beauty and is your Higher Self in the same way as you believe that you are alive. Then everything in your life will change. All the departments of your life will begin to improve, such as your health, wealth, love and expression. You will go from glory to glory, and your good will multiply

exceedingly. The day will break for you and all the shadows will flee away.

The Opiate of the People

To believe that it is essential for you to come back again and again in order to work out some karma or to suffer for past misdeeds in a former life is a sort of an opiate. It dulls the mind. It is a form of alibi which acts as an anesthetic and prevents spiritual unfoldment. You must see the foolishness of such a belief. It is a complete contradiction of the teachings of the Bible and the ageless wisdom.

In the ninth chapter of John, which is a mystical book, you read about a blind man being instantly healed by Jesus. *And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him* (John 9:2-3). The works of God represent the law of cause and effect.

He brushed aside all the prevalent beliefs at that time, such as, that he must have been a sinner in a former life or that the sins of his parents were visited on him. *And it was the sabbath day when Jesus made the clay, and opened his eyes* (John 9:14). The sabbath day has nothing to do with days of the week.

It means your conviction, the point of complete mental acceptance; then your prayer is answered.

The only loss, limitation, restriction or evil in the world is our belief in loss, our belief in limitation, our belief in restriction and our belief in evil or disease. This is known as the "son of perdition" or sense of loss spoken of in the Bible. *Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool* (Isaiah 1:18).

The ninth chapter of John is the answer to those who are always asking the question: Why is an innocent child born deaf, lame or crippled? The law of cause and effect is a changeless principle. You may consciously use the law. If you have been misusing or misdirecting the law, you can reverse your mental attitude; then you will change the sequence of events.

I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things (Isaiah 45:7). This means you can use the law two ways. When you use the law wisely and constructively, men call it God, or good. When you use the law negatively, maliciously, ignorantly or stupidly, men call it evil, because we inflict all manner of suffering upon ourselves by misdirecting the law of life.

Our feelings and moods create. What tone do you strike during the creative act? For example, if there is

someone in the parents' world whom they hate the sight of, or if there is a voice that they resent or detest, or if they are drunk or under the influence of narcotics and during the creative act the ovum happens to be fertilized, there is a corresponding expression brought forth. These are the blind and deaf states of consciousness from which blind and deaf children come forth. Whatever tone is struck by the parents, a corresponding expression comes forth by the law of reciprocal relationship. The child is not a victim of heredity in the true sense of the term. The child that is born is a victim of the mood of the parents during coition.

In Ezekiel it is written: *What mean ye, that ye use this proverb concerning the land of Israel, saying, The fathers have eaten sour grapes, and the children's teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel* (Ezekial 18:2-3). The only thing passed on to children are the moods, mental states or beliefs of the parents. It is possible, for instance, for anyone to have a son who may become a Shakespeare, Beethoven, Lincoln or Paderewski, particularly if they are constantly dwelling on the characteristics of any of these personalities at the moment of conception.

I knew a blind couple in New York City who gave birth to a wonderful boy. He became an outstanding

doctor and an illumined man. I was acquainted also with a tubercular father and mother in the Bronx area of New York who gave birth to a wonderful girl who has since become a great musician and the mother of two lovely children.

If you are lifted up in consciousness to the point of acceptance or belief that your son will be a noble, dignified, spiritual minded man, then according to the law of reciprocal relationship, a corresponding mood or quality of the Infinite will come forth.

The sins of the fathers are the fears, superstitions, false beliefs and anxieties which disturb the children. These moods and mental states are transmitted to the children and disturb them mentally and physically. Sins are mistakes of the mind, or misuse of the law. We sin when we miss the mark of harmony, health and peace. The bad and evil acts of parents or grandparents can only be transmitted through the mind. In this way, the superstitions, fears and the errors of the past generation are given to the present.

By illustration, a father instills fear of God by depicting a picture of a punitive Deity who will punish him. The son grows up believing in a God of wrath, a sort of despot living in the skies, ruling the world according to His whims and caprice.

Realizing Your Freedom

As you begin to realize the Omnipotence of the Spirit within and the power of your own thought,

you cease giving power to anything else. You enthrone the concepts of freedom, peace, joy and wholeness in your mind, and you live with these ideas, entering into the reality of them. In other words, you sense and feel that you are a son of God, and heir to all the qualities, powers and attributes of God. You declare your freedom and write your declaration of independence and freedom in your heart. Begin to love all things good; the law of your mind will respond accordingly by opening for you the windows of heaven and pouring out a blessing that there is not room enough to receive.

The Law of Averages

The late Judge Thomas Troward in his inimitable books on mental and spiritual laws pointed out that all of us are immersed in the mass mind or, as he termed it, the law of averages or race mind. Today there are about four billion people thinking into that one mind, and if we do not do our own thinking, the mass mind will do it for us. We must, therefore, pray ourselves out of that mass mind.

Jesus did not say to the blind man, "You must expiate for your karma." No, he healed him instantaneously, for the Infinite Presence condemns no one, and though a man is a cripple, he can be healed; if he is deaf, he can hear. Blind people have been healed at Lourdes and other such shrines.

Another Mozart Can Be Born

All the great men and women who ever lived on this plane still live and they have left their accomplishments, experiences and achievements as impressions in the universal subjective mind. We read of their works in history, song and prose. A man's son, psychologically speaking, is his idea or feeling about anything. He can give conception to any state he is capable of conceiving. If a man, therefore, admires or dwells on the qualities and attributes of Mozart and is intensely interested in his musical accomplishments and would love to give birth to a son possessing similar accomplishments, "as within, so without." During the creative act a Mozart-like character would result and would undoubtedly be another Mozart in the musical field, but it would not be the personality called Mozart being reincarnated.

Dictators, Despots and Tyrants

Dictators and despots are extensions in space of the dictator complex present in the context of the race mind. By changing ourselves we change the world. The world consists of ourselves in aggregation. When a cruel dictator appears in the world, it does not mean he is a new incarnation of Ghenghis Khan or any other dictator or tyrant who lived before.

Boys and girls learn about the wars in school and in the home in which their country was involved; and,

in some instances, they are taught to hate the neighboring nations. These children grow up with resentment and rage at the wrongs committed by these men. They read avidly of the crimes, atrocities and acts of violence. These states are impressed on their subconscious minds. All of these moods, feelings and thoughts which are entertained become objectified as conditions, experiences and events. Whatever is impressed on the subconscious must be expressed in the world.

The tyrant who appears in a nation is the embodiment of the state of consciousness of the people in the particular country, nation or whatever part of the world in which he may appear. It is never a man who lived a thousand or two thousand years ago who is being reborn. It is a state of consciousness that is born again.

Hear the Words of the Psalmist

I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread (Psalm 37:25). "I was young," meaning I did not understand the laws of mind; "now am old" – age, Biblically speaking, means the dawn of wisdom. When you are spiritually wise and understand the way your mind works, then the righteous (right use of the laws of Life) are never forsaken. You are righteous when you think right, feel right, act right and do right

according to the Golden Rule and the law of love, or goodwill, to all.

If parents and teachers would teach the laws of mind and the eternal verities to the young, their seed would never beg bread. This means these children shall never become the beggars, outcasts, thieves and tyrants of the world. In other words, your children will fulfill your conviction of them. Children grow up in the image and likeness of the dominant mental, emotional and spiritual climate supplied by the home.

By teaching the youth of the nation who they really are, and by showing them the way, the truth and the light, we can build a heaven on earth and prevent the appearance in the world of dictators, despots, tyrants and undesirable states of consciousness which are perpetuated by prejudices, racial hatreds and fear of the unknown. Teach children of the great accomplishments of the poets, artists, engineers, chemists, physicists, astronomers, mystics and the illumined seers of the ages, and boys and girls will tend to emulate the ideals portrayed.

Awakening from the Dream of Limitation

There are many cases of men and women who have completely lost their former identity and personality, who have assumed new lives, entered different professions, and, in many cases, remarried. These people were victims of amnesia, or loss of memory

concerning their former selves. They could not remember their former husbands or wives and children. They had no recollection of their former professions or occupations. They assumed a new role in life. They were changed entirely because they had changed their consciousness.

In the spiritual sense we are all victims of amnesia. We have forgotten who we really are, and we tell ourselves that we are worms of the dust. Take, for example, a man who awakens from sleep and has completely forgotten who he is. He gravitates to the slums. His friends, knowing what has happened, try to coax him back to his former state. Because of amnesia, his former way of life is completely blotted from his memory. He believes his place is in the slums. He only smiles at these old acquaintances and former friends whom he no longer knows. He accepts his present role. The day finally comes when his memory is suddenly restored and he awakens to his rightful status. With certainty and promptness, he returns to his environment consonant with the dignity of his upbringing. He wonders why he is in the slums. What has transpired is like a dream to him.

The One Appearing in the Many

Your life on this plane is like the several stanzas of a poem or scenes of a play, because it is the One Being dramatizing Himself as the many. Ancient

wisdom teaches that illumination, or the great awakening to your Divinity, can happen here and now. The old aphorism states: "If it be not now, yet it will come; the readiness is all."

In order to elucidate this point, take a solid metallic substance and heat it. The temperature rises, but for awhile it appears that no change is taking place. However, the moment the degree of heat is reached which denotes its melting point, it begins to liquify, thus changing its shape and, seemingly, its nature also. Likewise, water can be turned into steam, which is invisible, since pure steam cannot be seen. Water also becomes snow, ice and hail. All are different rates of vibration of water.

When a liquid is caused to become a gas, these changes are brought about by an increase in the rapidity of vibration of the constituent particles, whether initially they are solid or liquid. The same law applies to all of us.

You can raise your vibration rate and transform yourself by lifting yourself up to a high state of awareness through the constant contemplation on the Presence and Power of the Infinite. In this meditative, quick, lovely state, you will gradually appropriate more and more of the attributes and qualities of God. By constantly meditating in this manner, you will find a great expansion of consciousness. It is like the heat that melts the solid. The day will come when

you will melt away all inhibitions, fears, false beliefs and doubts and become the God-man here and now. This change may come, as it did in the case of Paul, in the twinkling of an eye, like the volatilization of a liquid into a gas.

The Power Within You

The power within man is capable of nullifying all false beliefs and man-made laws. Cases are reported where cripples invalided for years leap and run in the presence of fires. In emergencies, mothers and wives lift automobiles to extricate their children and husbands. Where is this power? It is within them. Fires and emergencies are not needed to stir up the God-Presence within. Man can resurrect this power and wisdom by silent contemplation in the silence of his own soul. Truth is lived in the silence; Truth is heard in the silence; Truth is transmitted in the silence; for God abides in the silence.

When you unite with the Infinite, you are in union with that which is beyond time and space. Then you are free of that which has taken place in time and space. In other words, you go from time to Eternity and find the peace that passeth all understanding.

CHAPTER 13

Words of Wisdom

And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse, When she had heard of Jesus, came in the press behind, and touched his garment. For she said, if I may touch but his clothes, I shall be whole. And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague. And Jesus, immediately knowing in himself that virtue had gone out of him, turned him about in the press, and said, Who touched my clothes? And his disciples said unto him, Thou seest the multitude thronging thee, and sayest thou, Who touched me? And he looked round about to see her that had done this thing. But the woman fearing and trembling, knowing what was done in her, came and fell down before him, and told him all the truth. And he said unto her, Daughter, thy

faith hath made thee whole; go in peace, and be whole of thy plague.

While he yet spake, there came from the ruler of the synagogue's house certain which said, Thy daughter is dead: why troublest thou the Master any further? As soon as Jesus heard the word that was spoken, he saith unto the ruler of the synagogue, Be not afraid, only believe. And he suffered no man to follow him, save Peter, and James, and John the brother of James. And he cometh to the house of the ruler of the synagogue, and seeth the tumult, and them that wept and wailed greatly. And when he was come in, he saith unto them, Why make ye this ado, and weep? the damsel is not dead, but sleepeth. And they laughed him to scorn. But when he had put them all out, he taketh the father and the mother of the damsel, and them that were with him, and entereth in where the damsel was lying. And he took the damsel by the hand, and said unto her, Talitha cumi; which is, being interpreted, Damsel, I say unto thee, arise. And straightway the damsel arose, and walked; for she was of the age of twelve years. And they were astonished with a great astonishment. And he charged them straitly that no man should know it; and commanded that something should be given her to eat (Mark 5:25-43).

All the stories in the Bible unfold in the mind of the individual. One of the inner meanings of the word

Jesus is illumined reason. When you are in tune with the Infinite and your mind is healed of its limitations and false beliefs, then you are this Presence personified as Jesus, the Power that can resurrect the dead hopes of man.

You are the woman with the issue of blood for the simple reason that a running womb is not a productive or creative womb. In other words, she was incapable of conceiving for twelve years and could not give form to the longing of her heart because of the running of the issue of blood. It is said her faith closed the womb and healed her. As the womb closes, it can give form to the idea or seed.

When you cleanse your mind of fear, hostility, resentment and self-condemnation and fill your mind with Divine love and the spirit of forgiveness toward all, you can then assume that you are one with your ideal or desire and remain faithful to that assumption. You will then succeed in resurrecting your child (your desire). Walk in the feeling that you now are what you long to be, and your assumption will crystallize in your subconscious and come to pass.

The child or damsel spoken of in the Bible means that the cherished desire of your heart is considered dead until you awaken it, nourish and sustain it with faith and confidence and make it visible on the screen of space. Your assumption, when sustained by you, invariably resurrects what you affirm to be true.

When you pray, you close the door of your senses, rejecting the evidence of the five senses, and live in the bold assertion that you are that which your senses deny. Your senses challenge you and mock you.

That is why verse 40 says: *They laughed him to scorn.* This means the thoughts in your own mind which challenge you are based on the beliefs of the mass mind and try to dissuade you from believing in the One Power. Reject the evidence of your senses which mock your assumption, and you take the father and mother of the child into your mind, which means your I AMness. This is the Father and Mother of all creation, your Awareness, or Consciousness. As you claim and feel you now are what you long to be, the condition which you desired and assumed to be true becomes objectified in your world and bears witness to your inner conviction.

Looking in the Mirror

We cannot destroy our image or change our estimate of ourselves by looking in the mirror. We must be aware of the law of mind, which states that we become what we contemplate. It is the nature of love, as it is also the nature of hatred, to change us into the image and likeness of that which we contemplate. When we study the wars and revolutions as portrayed in history, we discover that in many

instances when men killed the tyrants and despots of the world, which represented to them arrogance and greed, they themselves became that which they thought they had destroyed.

This is obvious in some of the countries of the world today. Hate betrays man and condemns him to be that which he condemns. Ofttimes the conqueror becomes like the conquered foe. A nation is an aggregation of individuals, and if you study the people in any nation, they act towards others in the way they act toward each other. For example, if a country has enslaved its people, and it then attacks another country, its purpose is to enslave the population of that country. When we look at a war in which one country wants to dominate the other, you will find that the war is started by those who, within the state, had control and were dominant over the fortunes of the rest.

It is foolish to contemplate something that you heartily dislike, because by condemning it you will become it. Your concept or estimate of yourself is the cause of all conditions and circumstances of your life. All changes must come from within yourself. There will be no changes on the outside until you change within. It is no use blaming others, and it is useless to blame society for your problems and difficulties. Furthermore, it is a waste of time and effort to blame other nations.

There are those people, for example, who blame the weather for the way they feel, all of which is nonsense. They have forgotten the old aphorism: It is always fair weather when good friends get together. You are forever molding your world in harmony with your inner attitudes and beliefs. Remember also that the behavior of others toward you testifies to that which you have conceived yourself to be. Begin to believe that you are a son of the Living God and heir to all of God's riches. Walk the earth knowing the Light of God shines in you, through you and all around you, and men and women will testify to your new state of consciousness.

Nothing Is Lost

While I was with them in the world, I kept them in thy name; those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled (John 17:12).

It is impossible for anything to be lost, for the simple reason that nothing can be lost in the Infinite. It cannot even pass away. Energy cannot be destroyed. It can take many forms, but cannot be lost. The little flower that blooms in the desert blooms forever. It is invisible to the three-dimensional focus, but is blooms forever in the larger dimension of your being. That is to say, it can be seen fourth dimensionally.

For example, a good psychic or sensitive can see the house which was there before you occupied your present house. You might say that the old house was torn down and you put up the new house, but the pattern of the old house still subsists in the next dimension of mind and can be seen by a clairvoyant or good sensitive.

You might say that you have lost health, but wholeness, beauty and perfection can never cease to be. The Infinite Healing Presence was never born and will never die. You, by a descent in consciousness, perhaps due to fear or negative emotion, to a lower level, caused health and vitality to disappear; but all you have to do is to turn your eyes to the Eternal One and identify yourself mentally and spiritually with the Infinite Healing Presence, calling upon It to restore and vivify your whole being, and It will respond to your conviction.

Sanctify Yourself

And for their sakes I sanctify myself, that they also might be sanctified through the truth (John 17:19). Cease trying to change others through effort or mental coercion. The thing to do is to change yourself. Change your concept of the other, for your concept is what you see. In order to change your concept of the other, you do it best by changing your concept of yourself. You must realize that it was

your concept of yourself that made you see others as you did. You see others through the contents of your own mentality.

The world you see is the world you are. If you had a noble, dignified, God-like concept of yourself, you would be unable to see the ugly and the unlovely in others. When you look through the eyes of love to your child in the cradle, what do you see there? The answer is simple. Sanctify yourself, and in so doing you sanctify others.

Unto the pure all things are pure. . . (Titus 1:15). *. . . There is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean* (Romans 14:14).

There is nothing in itself unclean, but you, by your concept or estimate of yourself, see others as clean or unclean. It is the most natural thing in the world for a pear tree to bear pears, an apple tree to bear apples, and for you to mold the circumstances of your life in harmony with your inner nature.

I am the vine, ye are the branches. . . (John 15:5). A branch is rooted in the vine. In order to change the fruit you must change the vine. I AM is God, Being, Life, Awareness; and four billion people in the world are rooted in the I AM, or Life Principle. All men and women are extensions of the I AM, or Life Principle; therefore, they are all rooted in you and you in them. Like fruit, others bear witness to the state of consciousness in which you dwell.

Your I AMness, your Consciousness, is the way in which you change your world. Whatever you attach to I AM you become. As you affirm with feeling, I am illumined, inspired, loving, harmonious, peaceful, happy and strong, you will resurrect these qualities that lie dormant within you, and wonders will happen in your life. When men and women help you in the realization of your dreams, they are playing their part and are messengers testifying to your beliefs and convictions. You wrote the play, and other men and women execute the parts conforming to your concept of yourself.

It is wholly unnecessary for you to proselyte and try to make the world holy. You will not change the world that way. You will change the world when you actually become the embodiment of that which you want the world to be. Remember a simple truth: Unless you are that which you want the world to be, you will never see it in this world.

. . . *And his name shall be called Wonderful. . .* (Isaiah 9:6). Recently a woman gave me a list of all the things she wanted in life: home, car, friends, money, marriage, new position, new apartment, etc. I suggested that she use an age-old prayer technique, which includes them all.

Accordingly, she began to affirm and actually sing to herself: "It is wonderful." She kept repeating this most of the day for about five or six days. She got into a joyous, ecstatic mood and felt wonderful. She

didn't ask herself: What is wonderful? To her, the expression meant that God was working wonders in her life, knowing that if she were looking for results she would lose the joyous and happy sensation.

The sequel to her new mood was most interesting. Her boss proposed to her, gave her a diamond ring, bought her a Cadillac car, arranged a marriage date and a trip by air around the world. Everything in her life miraculously changed, and all her dreams were fulfilled. "It is wonderful" includes all things.

Creation Is Finished

. . . *The works were finished from the foundation of the world* (Hebrews 4:3). Many have stated to the author that they have seen events in their dreams before they happened on the screen of space; therefore, they postulated that things were predetermined. In the next dimension of mind, the thought and the event are one, and it is possible to see an event before it happens, but you are not fated to experience it.

You can dwell upon eternal verities and saturate your subconscious mind with life-giving patterns, and a new beginning becomes a new end. You mold your future in harmony with your mental transformation. When you change your concept of yourself, you change your relationship to everything in the world. If you take the words of this page and rearrange

them, you can write a different interpretation. You did not create the words; you simply rearranged them and got a different result.

Your dominant conviction about yourself, life, God and the universe determines all the events which you encounter; but the things you encounter and experience on the three-dimensional plane always subsisted in another dimension of mind.

God's work is finished. God, or Infinite Spirit, cannot grow, expand or change, for It is the same yesterday, today and forever. If we really want to grow spiritually, the thing for us to do is to claim that what is true of the Infinite is true of us, for God indwells all of us. As we claim and feel the Truths of God in our hearts, all our ways will be ways of pleasantness and all our paths will be paths of peace.

The Giants Are Within Us

And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, That the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose (Genesis 6:1-2).

There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they bare children to them, the same became mighty men which were of old, men of renown (Genesis 6:4).

The key to Bible interpretations is to transform the factual and historical accounting into mental, psychic and spiritual processes as they unfold the potentialities of Spirit through the instrumentality of man's mind.

Men means mind centers began to be multiplied upon the earth; i.e., made manifest. Daughters (emotional attachments) were born to them instead of positive sons, or true ideas. The sons (sense knowledge and false beliefs), seeing the daughters of men (fears, doubts, superstitions and false knowledge) that they were fair, took to them wives of all which they chose (married or mated on the basis of negative emotional conditioning). As a result of this wrong mating of beliefs (sons) and emotions (daughters), giants were upon the earth in those days (troubles, wars, sickness, etc. appear as the unholy spawn of these unholy marriages).

In this light, Genesis should be interpreted in such a manner that it will reveal to you how you create your own world. Spirit is God. Your state of mind is the sum total of your beliefs, acceptances, conscious and subconscious. But you can change your mind to conform to the eternal truths, which are the same yesterday, today and forever. You can use your mind wisely or unwisely, because of your free will. Everything will change in your life when you let the spirit of goodness, truth and beauty govern your mind.

Beyond the Senses

When your senses are awakened and you become clairvoyant, you will perceive that the earth on which you walk, the air you breathe, and the water you drink, as well as the five elements, are peopled by entities unknown to many but well known to many sensitives and illumined souls.

The Trinity Is Spirit, Mind and Body

Look upon your mind as the medium between Spirit (God) and your body, effecting the passage of Spirit through mind into manifestation. Another way of explaining it is thought, feeling and manifestation.

Implied Phallic Laws

When men (mind) began to be multiplied upon the earth and daughters were born to them. The implied phallic symbolism simply indicates the universal law of action and reaction, as noted in the interplay of idea and emotion, male and female, Adam and Eve. Curiously, it must be noted that woman (emotion, feeling nature) at first did come out of man (Adam, conscious mind, intellect, idea) – a true mating of true man with true emotion (Eve). But after this instance, "daughters were born" to men, as they mismated to negative emotional patterns dictated by the false beliefs of the world, forgetful of the Spirit of God.

Your intellect, when unenlightened by the Spirit, is useful in gathering all kinds of knowledge. It creates terminology such as psychiatry, psychosomatic medicine, Oedipus complex, Electra complex, projective escapism, flight from reality, etc. The average man is covered by a mist and a fog, and the light (intelligence) in him becomes darkness. Fears arise (daughters), and man's unenlightened mind foolishly marries them, until his offspring are as veritable "giants" (troubles, disease, complexes, wars, etc.) in the land (his world of experience).

The Answer

The answer is to align ourselves with the Infinite and let the love, the light and the harmony of the Infinite Healing Presence flow through us regularly, thereby cleansing our subconscious of these negative patterns.

The Sons of Spirit
(Ideas of God; Truths of Life)

And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually (Genesis 6:5).

This is a rather accurate description of what is really the social picture of the contemporary scene.

Fear of disease is rampant on every level, the pornographers' cesspool of iniquity is spreading in all the major cities, and hospitals of all types are rapidly being filled with people mentally and physically ill. We are reading constantly about insecurity, insanity and instability of large numbers of men and women.

Giants are the fearful mismating with the daughters (emotion) of men (intellect). We should find true mating of God's ideas with lovelier daughters (Divine love and Divine beauty) and the joy of the Lord, which is our strength.

Your Constructive Desire

Every constructive desire is a "son of God," an offspring of the Father of Life. This son, or desire, seeks a true mating to be found on spiritual levels only. The desire is good and very good and will bless humanity. As man affirms and believes that the Spirit of God will open up the door for the fulfillment of his desire, he is having a true mental marriage and will be blessed with lovely offspring. The offspring of the Spirit of God moving on the waters of your mind are wisdom, health, peace, prosperity and happiness.

Realize that God in the midst of you is able to close the mouths of lions (disease, death, insecurity, etc.); and wonders will happen as you pray in this manner.

CHAPTER 14

The Law of Security

When ye go, ye shall come unto a people secure, and to a large land: for God hath given it into your hands; a place where there is no want of any thing that is in the earth (Judges 18:10).

You are secure when you walk in the realization that God indwells you and walks and talks in you. Realize that you are always in the Holy Omnipresence, surrounded by the sacred circle of God's eternal love. As you continue to do this, you will build up an immunity to all harm. Claim, feel and know that you, your family, your possessions and all things appertaining to you are in the secret place of the Most High, watched over by an Overshadowing Presence which watches over you in all your ways. This is the impregnable fortress, invincible and impervious to everything negative.

In the above verse of Judges, it says: *When ye go, ye shall come unto a people secure,* meaning that wherever you travel, Divine love goes before you

making straight, joyous and happy the way. *A place where there is no want* means that the Presence of God is operating in your life. The Presence of God means the presence of harmony, beauty, love, peace, abundance and security.

And thou shalt be secure, because there is hope; yea, thou shalt dig about thee, and thou shalt take thy rest in safety (Job 11:18).

Hope springs eternal in the human breast. You may dig in the earth and find precious stones, jewels, oil, water and other precious things. When you dig within yourself, you discover a gold mine full of infinite treasures – the precious stones of wisdom, truth, beauty, inspiration, guidance, intuition, and creative ideas which heal, bless, inspire and protect you, enabling you to sleep in peace every night and to wake in joy. Asleep or awake, wherever you are, you realize that Divine love surrounds you, enfolds you and enwraps you.

The Triumph of Principles

Emerson said that nothing can bring you peace but the triumph of principles. When you learn the laws of life and practice them, you will develop a sense of security. There is the universal law of action and reaction: What is impressed on your subconscious is expressed. When you build an airplane, an automobile or a bridge, the engineer conforms to universal

principles. The wheels of your car have to be round; otherwise, you are in trouble. You would not navigate a ship except you learned the laws of navigation. Look at the engineer building a bridge. He operates according to the principles of mathematics, calculating the stress and strain of materials used, the load the bridge is supposed to bear, etc. In other words, the man who navigates an airplane learns the laws of navigation and lives by them.

Some years ago, a speaker for Taniguchi, the spiritual leader of about six million people in Tokyo, Japan, told me that when the floods touch certain cities in Japan, the Truth students are never there. They believe that they are always Divinely guided and watched over by an Overshadowing Presence. One of the teachers told me that he had been scheduled to go by boat to another city, but when he arrived at the place to embark he discovered he was one hour late. His watch had stopped. The ship was lost subsequently in a storm. He believed that God was His guide and protector, watching over him in all ways. His prayer was: God is guiding me and watches over me at all times.

Finding Security Within

Today we have Social Security – pension systems, food stamps, medical care – and billions of dollars are poured out by the Government all over the

world to friend and so-called foe; yet there is a deep sense of insecurity, apprehension and fear abroad in the world. In Hollywood and elsewhere we see a pornographic cesspool of iniquity and moral decay, and swingers making a mockery of marriage. People are afraid to go out at night or walk the streets.

Yes, there is a pervading sense of insecurity. Coddling of criminals is quite prevalent. You can write to local legislators and congressmen, for example, telling them how you feel. You can also pray that Infinite Spirit, in Its wisdom, selects men and women for Government positions and for Congressmen who are spiritually dedicated and who have a reverence for things Divine. This will help considerably, and if we had enough people who knew how to pray scientifically, we would have a different Congress.

Venereal disease of all kinds is rampant among young people. Heart disease, cancer and alcoholism are taking their toll. Some say the world is going to the dogs – No, it is going to God. Read the 91st Psalm at night and Psalm 27 in the morning. Saturate your mind with the Truths of God. As you do, you will be a broadcasting station, neutralizing to some degree the toxic effluvia of the mass mind.

I read recently where there is a swing back to the old virtues. One article said young men and women were flocking back to the seminaries and studying the

scriptures with an insatiable hunger to serve people. That is a good sign. You don't want to be a part of the mass mind, which means the thinking of four billion people in the world whose thoughts are mostly negative. If you do not do your own thinking, the mass mind moves in upon you and makes a mess of your life.

It is well known that nature abhors extremes. Notice, for example, how we have gone to extremes in sexual depravity and perversion, on the screen and on the stage. Nature has no other way than to cause us to swing back to the opposite. Nature always seeks a balance. When you misuse the law of your life, you may find yourself in a hospital cot. Perhaps you might call it a nervous breakdown, but it is benign nature compelling you to get back on the beam of harmony, and peace of mind.

We used to live under the old Victorian taboos and strictures; then came a violent swing to the opposite, the Freedom Era, with its emphasis on sex, followed by looseness, immorality and aberrations of all kinds. Change eternal is at the root of all things.

Every day you read about wars, eruptions, strife, ambushes, civil wars, bombings, kidnappings, etc. Ask yourself: What can I do about this? How can I retain my peace and sense of security in this changing world? You can feel secure and retain your peace, tranquility and serenity only by tuning in mentally

with the Infinite Spirit, Which lies stretched in smiling repose. It is the Primal Cause.

Affirm boldly: "Divine love fills my soul. Divine peace saturates my mind and heart. The Light of God enfolds me, and I am inspired from On High." Turn your eyes to the hills, from which cometh your help, and the response will come.

You know how the masses think. They are always going from one extreme to the other extreme. There is war for a period, followed later by a period of peace. When these violent swings take place, many are hurt except those who tune in with the Infinite and who dwell in the Secret Place of the Most High.

Don't Be One of the Herd

Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty (II Corinthians 6:17-18).

In these wonderful verses you are told to come out from the mass mind and do your own thinking. You are told specifically not to touch the unclean thing, which means you are not to mentally dwell upon murder, hate or indulge in any form of negative thinking. On the contrary, you are to keep prayed up, which means that you constantly identify mentally and emotionally with the eternal verities of life,

which are always the same yesterday, today and forever. As you keep prayed up, you won't suffer like the masses do.

The Law of Averages

The Law of Averages refers to the way the mass mind thinks. There are over four billion people in the world today, and they are all thinking into the one mind. It is safe to say that most of their thinking is very negative. There are, of course, a great number of spiritually oriented people who are thinking constructively, but they are in the minority.

The mass mind believes in sickness, disease, war, misfortune, crime, poverty, accidents, and calamities and catastrophes of all kinds. Moreover, millions of people are full of jealousy, hate, resentment, envy and hostility. These mental poisons bring on all manners of turmoil and conflict in the individual and collective lives of people. If you do not do your own spiritual thinking, the mass mind, called the Law of Averages, does your thinking for you.

True thinking is free from all fear, worry and negative activity of all kinds. We are all immersed in this mass mind, and we must establish counter convictions to all the false beliefs and destructive thoughts of the mass mind. If you were 100% vigilant in the sense that all your thoughts and imagery were based on spiritual principles and Divine truths, then

you would be completely immune; but I doubt if anyone walks in that state of consciousness all the time. Therefore, undoubtedly, the negative mental atmosphere of the mass mind impinges on the subjective mind of all of us.

What Do You Believe?

Believe in the goodness of God in the land of the living. Believe in the guidance of the Infinite Presence and Power and the abundance and riches of the Infinite. Realize that God's riches – spiritual, mental and material – are forever circulating in your life, and that there is always a surplus. Believe in the Divine principles of harmony, right action, Divine law and order, and Divine love in the same way that a chemist believes in the principles of chemistry, which are dependable, enabling him to bring forth marvelous compounds which bless humanity in countless ways.

Fear Is Faith in the Wrong Thing

Recently the newspapers reported a fire in a night club, in which many people were trampled to death and others burned to death. It also mentioned there was no occasion for the panic, as there were sufficient exits to take care of all the people present. There were several, however, who remained quiet and calm, and they found their way out without being hurt.

Fear had seized the people, and fear is contagious. Fear was the cause of their deaths – not the fire. Those who turned to the Infinite Presence and Power within and called on It for protection and guidance remained at peace, and the way opened up in Divine order. Place your faith in God, and then . . . *no evil (shall) befall thee, neither shall any plague come nigh thy dwelling* (Psalm 91:10).

Your faith in God is a conviction of God's present and continuous care. Faith in God is the star that shines in the darkness, revealing the way you should go. Modern scientists do not work in the dark. They work in the light of faith. . . . *In quietness and in confidence shall be your strength. . .* (Isaiah 30:15).

Disciplining Your Mind

Fill your mind with the eternal verities. Identify with the Spirit within you, knowing and believing that Divine love watches over you in all your ways. If you are careless, negligent, apathetic, listless and refuse to discipline your mind regularly, then you are subject to the influence of the mass mind; and you should not be surprised when reverses and sickness come. When the Asian flu is prevalent, you don't want to be one of the herd that takes what comes. By enthroning God-like ideas and spiritual values in your mind and filling your mind with constructive think-

ing, you will be invulnerable and immune to all harm; and you can't be sick, hurt or defeated.

Reading Your Mind

Recently during one of my seminars on the sea, I saw a woman read the minds of about ten of the passengers, all of whom were strangers to her. They agreed that she was about 90% accurate. This woman was a sensitive, a professional psychic. She tapped the subconscious of these passengers. Actually, what happened was that they told her everything before she told them anything. She got into a psychic, passive, receptive state of mind, a sort of semi-trance. In that state, she was able to read and sense the contents of their subconscious mind. She predicted marriage for some, travel for others to European countries, financial reverses for some, and a divorce for one member of the group.

There is nothing new in having the gift of extrasensory perception. Everyone possesses extrasensory perception, but these faculties may be dormant. Dr. J.B. Rhine of Duke University has conducted experiments for over thirty years and has revealed the capacity of clairvoyance, telepathy, clairaudience, telekinesis, retrocognition and precognition among students and others. His scientific findings have been acknowledged all over the world. His wife, Dr. Louisa Rhine, who is the author of "Hidden Channels of the

Mind," has revealed various forms of extrasensory perception in personal experience and recorded by men and women in all walks of life.

It is true that the future is in your mind now. The reason a clairvoyant can examine the contents of your mind is that the thought and the thing, or experience, are one in mind. Your mind is timeless and spaceless. For example, if you are contemplating a divorce, a good psychic or medium could tell you that you were planning a divorce, but it still does not have to happen objectively. You could change your mind and have a reconciliation. Nothing is foreordained or predestined. It is true that the divorce has taken place in your mind, but time moves slowly from the fourth dimension to this third-dimensional plane; therefore, it has not yet happened objectively.

Likewise, the reverses or illnesses predicted by a psychic, medium, clairvoyant or card reader, all of whom simply tap your subconscious mind, can be neutralized by scientific prayer, thereby preventing the negative experiences from occurring.

Scientific prayer means that you think from Universal Principles, such as: Divine law and order govern my life. Divine right action reigns supreme. Divine love saturates my soul. Divine peace fills my mind and heart. Divine guidance governs me in all ways. Divine harmony governs me, and all my ways are pleasantness and all my paths are peace.

As you change your mind by meditating on these truths, your whole world, body, circumstances and experiences will magically melt in the image and likeness of your contemplation. Your avoidance of the negative patterns that may be lodged in your subconscious mind will depend on your spiritual awareness and on the enlargement of your consciousness by scientific prayer. As you ascend spiritually, you will automatically avoid the negative experiences of the mass mind.

Leading a Balanced Life

You will notice in life that extremes always reverse themselves. When people go too far to any extreme, they are violently thrown back later to the other extreme. You are here to lead a balanced life, one of creativity, of peace, harmony and the joyous achievement of your purposes here. As you charge your mental and spiritual batteries regularly, you will neutralize the toxins of the mass mind to a great extent, and you won't suffer from the great swings of fate or the ups and downs of life. You will operate on an even keel, and the sicknesses, sorrows and tragedies of life will not be experienced by you.

If you allow your mind to be hypnotized or thought into by negative newscasters and prophets of doom and gloom, then these thoughts, as they become subjectified, will govern you negatively and

destructively. Prayer is the contemplation of the truths of God from the highest standpoint, and you become what you contemplate.

The Good Seed

The Bible says: . . . *The kingdom of heaven is likened unto a man which sowed good seed in his field: But while men slept, his enemy came and sowed tares among the wheat, and went his way* (Matthew 13:24-25).

All of us are gardeners, and the good seeds represent the good thoughts we think all day long. The enemy is the negative suggestion, or the thoughts of the mass mind, which may be accepted by your mind if you are not on the *qui vive,* alert and quickened by the Holy Spirit. Negative thoughts and suggestions bombard us silently and audibly every day. The thing to do for maximum happiness is to continue saturating your mind with Divine ideas, and then there will be no room for the negative suggestions of others to enter.

Your Conscious and Subconscious Mind

Your subconscious mind responds to the convictions held by your conscious mind. You must really believe what you affirm; longing to believe is not enough. A woman who counselled with me recently said, "I keep affirming: God is all there is: the only

Presence, Power, Cause and Substance." Nevertheless, at the same time she was full of fear of another woman who she said was practicing voodoo against her. Her words were pure verbalisms. She really did not believe what she affirmed.

I explained to her that the suggestions of others had no power to create the things they suggest and that she had the power to reject all negative suggestions. Actually, I explained that she was transferring the power within herself to the other woman, making her into a sort of a goddess with power to hurt her. The only Power is God. This Presence moves as unity, harmony, beauty and love. When your thoughts are God's thoughts, God's power is with your thoughts of good.

She began to understand that when you can't give hate, ill will, resentment or hostility you can't receive it. That's a simple observation. Therefore, if another person bombards you with negative thoughts and suggestions, you can't receive them and they return to the sender with double force, which is called the boomerang.

Judge Thomas Troward, author of *The Hidden Power,* states a magnificent truth on Page 213 of that book: "Once you admit that there is any power outside yourself, however beneficent you may conceive it to be, you have sown the seed which must sooner or later bear the fruit of 'fear,' which is the

entire ruin of life, love and liberty. There is no via media." He emphasizes in his teaching that we are this Life-Principle Itself and that the difference is only that between the generic and the specific of the same thing.

This woman of whom I spoke, who was afraid of voodoo suggestions, used the following prayer regularly and, as a result, was completely freed from fear:

"God is all there is. One with God is a majority. *If God be for us who can be against us?* (Romans 8:31). I know and believe that God is the Living Spirit Almighty – the Ever-Living One, the All-Wise One – and there is no power to challenge God. I know and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to this person or persons (mention name or names) and to everyone else. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. *In thy presence is fulness of joy; at thy right hand there are pleasures for evermore* (Psalm 16:11)."

Seeing People in Their True Light

The way to look at people who say they are using voodoo, black magic, sorcery, etc., is to see them for what they really are. That is to say, they are men and women who are terribly ignorant of the real Spiritual Power. They imagine they have power, but they don't. To see and understand this is to cease to give any power to them.

The real and ultimate power is that of the affirmative. Their negative suggestions have no power except you accept the suggestions, which then become the movement of your own thought.

Your affirmation of Divine love, Divine harmony and Divine right action governing you destroys all negative suggestions and builds up life, health and happiness. The ultimate affirmative position is your conscious unity with Infinite Spirit within you – the Source of all Life. Realize your oneness with God and feel a genuine goodwill to all, and then you need not trouble about negative suggestions.

Why Do We Suffer?

We suffer because of our misapplication and misuse of universal laws and principles. As long as we deviate from the Golden Rule and the law of harmony we will suffer. It is correct to say that

ignorance is the only sin and all the suffering in the world is the consequence. Our suffering causes us to seek the answer. In that way we awaken to the light within, and we discover our Divinity. We must use the law righteously. That means to think right, to feel right, to act right and to do right; then we will no longer suffer due to our ignorance of the laws of life and the way of the Spirit.

The So-Called Pious People

There are many so-called pious people who look down at those who don't believe the way they do. These *good* people blindly follow all the tenets, rules and regulations of their church. No doubt, they feel self-righteous and have, perhaps, a holier-than-thou attitude. Ofttimes they are full of condemnation and resentment toward those who don't conform to their superstitious and ignorant beliefs.

These negative attitudes bring on reverses, illnesses and neuroses. Many times when setbacks and tragedies come into their lives, they get angry at God and can't understand that religion is of the heart; not of the lips. Furthermore, they have forgotten the law that we become what we condemn. Religion means "to bind back." We should be bound to the Source of All Life, to Divine love, Divine peace, Divine truth and Divine beauty. When these truths govern and dominate us, we will automatically express them, and the fruits of our religion will be made manifest.

Libertines and Profligates

Many devout and religious men at one time or another have engaged in drunken orgies and sexual excesses. St. Augustine once said, "Lord, grant me chastity," and then, as an afterthought, said, "Not yet." St. Francis led rather a wild life in his youth, and then in later life went to the other extreme when he practiced rigidities, austerities and mortification of the flesh. He went to extremes in his practice of penitential discipline, believing that this was the way to strengthen his will and overcome the negativity of his past.

At one time in his life, he realized his error and said, "Too late, I have beaten my brother." By his brother, he meant his body, which he mistreated. He forgot what Paul had said: . . . *Glorify God in your body*. . . (I Corinthians 6:20).

Remember, there is a reciprocal relationship between your thought and the Supreme Power within you. The power of suggestion is a hidden power, but the Power which creates all things is *the* Hidden Power, which is behind all creation and is one and indivisible. It moves only as harmony, wholeness, beauty and perfection. There is nothing to oppose the Infinite, challenge It, thwart or vitiate It. It is Omnipotent, Omniscient and Omnipresent. This is why it is written: . . . *If God be for us, who can be against us?* (Romans 8:31).

The Meaning of Israelite

In the symbolism of the Bible, an Israelite is any person who aligns with the Divine Spirit within, looking upon the Living Spirit Almighty as the only Presence, Power, Cause and Substance, and giving It complete allegiance. As you turn to It, there is a reciprocal response, and this power flows through you as harmony, health, peace, joy and prosperity. This is why it is written in Numbers 23:23: *Surely there is no enchantment against Jacob* (a man awakening to the Presence and Power of God), *neither is there any divination against Israel. . . But against any of the children of Israel shall not a dog move his tongue. . .* (Exodus 11:7).

CHAPTER 15

The Top Secret

For the Lord thy God is a consuming fire. . . (Deuteronomy 4:24). *For thy Maker is thine husband. . .* (Isaiah 54:5).

I am writing this chapter at the Sands Hotel in Las Vegas, Nevada, where you meet people from every state of the Union. After concluding a session on the *Secrets of the I Ching,** a man from Georgia said to me, "Religion has failed. Look at the world today." Religion means to tie back – to relink yourself to the Source, which is God. If man mentally and spiritually tied himself to love, light, truth, beauty and joy, and if these truths dominated his mind, it would be a different world. That which binds you is your religion.

Fear dominates millions of people, a condition which leads to sickness, crime, frustration and anger. Superstition also binds and restricts millions of people. The dominant idea which governs and con-

**Secrets of the I Ching,* by Dr. Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1970.

trols you could be called your religion. A man may call himself a Catholic, Protestant, Jew, New Thoughter, Hindu, Moslem, etc. All this means, however, is that he subscribes to what he was taught or what is preached to him. The real religion of every man is based on what he sincerely believes in his heart, such as his emotional espousals, his convictions, his deep-seated beliefs about life, God, the universe and himself. It is his subconscious drives, compulsions and conditioning that are made manifest in his life.

Man's subconscious assumptions, beliefs and convictions dictate and control all his conscious actions. Religion is of the heart; not of the lips. It is man's thinking in the heart that is expressed as form, function, experience and events. The heart in the Bible is your subjective mind, your emotional and feeling nature. A wonderful religion would be to have your mind controlled by a God of love and look upon the Infinite Presence and Power within you as your guide, your counsellor, your boss and the Source of all blessings. Any movement of your mind based on fear, ignorance, superstition or an unknown power cannot bring enlightenment into your life; only more darkness and confusion.

Symbols of Mystery

We must no longer look upon communion with the Indwelling Presence as a mystery. It is foolish to keep on repeating old platitudes and shibboleths

about God, angels, the Only Son, devils, salvation, sin, heaven, hell, etc. The ecclesiastical language of 1800 or 1900 years ago must be explained in everyday language so that a boy of seven or eight can comprehend.

God is the Life-Principle in man. Angels are Divine ideas, inspiration or intuitive flashes that come from your subliminal depths in response to your conscious mind's requests. Every man is a son, or expression of the Infinite Life Principle. Devil means God upside down, a perverted or ignorant use of the One Power. It means to misuse the Law of Life and could be called misunderstanding. Salvation means a solution to your problem; freedom from fear, sickness, lack and limitation. Sin means to miss the mark. You are actually sinning when you fail to lead a full and happy life. Heaven is the Infinite Intelligence in which we live, move and have our being. It also means your mind at peace. Hell means self-imposed restriction, bondage, limitation. Self-forgiveness is heaven; self-condemnation is hell.

The Top Secret

When you say "I AM," you are announcing the Presence of God within you, as explained in the third chapter of Exodus. "I AM" means Pure Being, Life, Awareness, Self-Originating Spirit, Unconditioned Consciousness. In other words, it is a secret to

millions of people, because they don't know that when they say "I AM," they are proclaiming the Presence of God within them. It is called "Om" in India, and many chant the word "Om" as a mantra. It is important that you know the meaning of the word "Om" before using it. In Sanskrit, mantra means an instrument of thought.

The Proper Perspective

It is necessary to have a balanced viewpoint and to observe the correct relationship of your mind with events in your life. Out of your subconscious mind are born all the experiences of your life. Your subconscious is your immaterial world, the seat of emotion, and is the realm of cause. Whatever you impress on your subconscious mind, good or bad, is expressed on the screen of space.

When the Bible speaks of the manger, it is referring to your subconscious mind. If you have been conditioned negatively, you can begin now to fill your subconscious mind with life-giving patterns of harmony, love, peace, joy, right action and beauty, thereby cleansing all the negative patterns that may be lodged there based on early training, indoctrination and false theological concepts. You can align yourself at this moment with the Infinite ocean of life, love, truth and beauty and let these qualities of God flow through you in transcendental loveliness,

transforming your whole being into harmony, health and peace.

The Solar Allegory

All the religions of the world have an astronomical origin and significance. The ancient mystics who were illumined and inspired, and also past masters of the art of psychology and the story of the soul, realized that terrestrial changes in the northern latitude coincided with astronomical changes and they pointed out that psychological changes also could take place in man as he awakened to the light of God within him.

The Birth, Death and Resurrection of the Sun

As you know, the sun crosses the equator on the 21st of March, called the ingress of Aries; and all the seeds frozen in the ground are resurrected due to the warmth and actinic rays of the sun. It is said that the desert rejoices and blossoms as the rose. All nature seems to be resurrected; and for this reason the sun was called the savior of the world because it resurrected and saved people from the ice, snow and limitations of winter and brought them into the dawn of a new day.

Yearly, the sun proceeds to rise to the highest point in the heavens, then it begins to descend; and on the 21st of September it reaches the zodiacal sign

of Libra, where the days and nights are equal. Then it descends below the equator, where it is said to die. It is then pierced by Scorpio and gets the lance of Sagittarius.

Then, symbolically, it remains in the tomb of Capricorn, Aquarius and Pisces for three days or three months, all of which is symbolic.

Then comes the resurrection of the sun again on the 21st of March. This is the drama of the sun, called the birth, death and resurrection of the sun god.

Allegorized Types of the Sun

The names Hercules, Bacchus, Zoroaster, Mithra, Apollo, Chrishna and Vishnu were allegorized types of the sun. The ancient masters of allegory in their writings spoke of their birth, death and resurrection (i.e., birth, death and resurrection of the sun).

The distinguished Bible scholar, Robert Taylor, of St. John's College, Cambridge, England, author of *Diegesis,* in his exhaustive research, reveals that the birth of the god, Mithra, from the days of an infinitely remote antiquity, was represented to have taken place in a stable and was celebrated throughout the whole northern world at midnight, the 24th of December, the most celebrated of all the magian festivals.

The Constellation Virgo, which comes to the line of the horizon at midnight, the 24th of December,

was said to preside over his nativity. Mithra (the sun) was born in the stable of Augias; that is, in the station of the celestial goat, or Capricorn. Every Christmas Eve, exactly at 12:00 midnight, the sign Virgo rises in the eastern horizon; so it was said the sun was born of a virgin at midnight. The sun, or Capricorn, on the 24th of December begins to rise and move northward. It gradually redeems the earth from the darkness of winter.

The Chronicles of Alexandria

The most ancient chronicles of Alexandria attest to the existence and universal prevalence of this belief in Egypt. For ages before Christianity, Egypt consecrated the pregnancy of a virgin and the nativity of her son, whom they annually presented in a cradle for the adoration of the people. When King Ptolemy (350 B.C.) demanded of the priests the significance of this religious ceremony, they told him it was a mystery taught by their forefathers. The Egyptian God was called Serapis, which, when broken down, is Zor-Ab-Is, or son, father and fire, which means the sun is the father of fire. Marcus Aurelius said that the Bishops of Serapis were known and recognized under the title of Bishops of Christ. Zorabis, or Serapis, means the Presence of God in man. Our Bible says: . . . *Thy God is a consuming fire. . .* (Deuteronomy 4:24).

Legends of the Hindu God

You will find a similar story to that of Mithra, even in the most minute circumstances, constituting the basis of the legends of the Hindu God, Chrishna, which means Christ, or Sun, symbolic of the Presence of God in man. This story dates from about 1700 B.C. and is almost identical with that in the second chapter of Luke. The names Jesus and Christ were quoted by the great astronomer of Arabia, Alboazer, as the names which, following the most ancient traditions of the Persians, the Chaldeans, the Egyptians, and of Hermes and Aesculapius, had been given to the child, who in the most ancient projection of the signs of the zodiac was represented as the son of the virgin of the month of August. "That child," says Alboazer, "some nations call Jesus, but, in Greek, is called Christus."

All of these stories are dramatizing the role of the sun, portraying it as the savior of our world. As previously mentioned, the sun moves northward on the 24th of December. It gradually melts the ice and the snow in the northern latitudes, finally crossing the equator and giving birth to spring and new life. The sun is symbolic of the Presence of God, or Eternal Light within each one of us. As we become aware of the Indwelling Presence, we will begin to melt our fears, anxieties and frustrations in the sunshine of God's love.

The Birth of Jesus, the Man

Research scholars do not know the true date of the actual birth of Jesus, the man mentioned in our Bible. There was controversy about the date in ancient times as to whether He was born on the 24th of December at midnight, which was the great feast of Saturnalia in Rome, or whether He was born on the 21st of March, the ingress of Aries, the spring equinox, which was also celebrated in all northern latitudes. Finally, it was decided by a vote in one of the councils; and they decided on the feast of Saturnalia, which celebrated the birth of the sun or light in the sign of Capricorn in the northern hemisphere.

The Birth of God in You

When you become aware of the Divine Presence within you, it is called a babe; i.e., your awareness of this Primal Power, your new concept of God, results in a new man being formed in embryo in your own subjective depths. Your dreams, aspirations, ideals and goals which have been frozen within you are waiting for you to warm them with faith and confidence in the God Presence within you, which can bring them to pass in Divine order on the screen of space.

The Virgin Mary

The I AM within you is the Virgin Mary, which is capable of infinite conceptions of Itself without the aid of any man. The word virgin in the Bible means a pure mind, or mind dedicated to God. The word Mary comes from "mare," meaning the sea, all of which means the pure stream of consciousness. Maya, the name of the mother of Buddha, has the same meaning. The words Queen of Heaven, Star of the Sea, Isis, Queen Esther, etc., all mean the same thing – the I AM, or Presence of God in your subconscious depths.

God, or I AM, gives birth to the entire cosmos and all things contained therein and is the only Presence and Power. Actually, all the symbols of Christmas have to deal with the human heart, or your subconscious mind. The star spoken of represents the Infinite Intelligence within you, which guides and directs you and reveals to you the answer.

You can claim that God is guiding you and revealing to you the answer or solution to your problem. Accept the truth that the nature of Infinite Intelligence is to respond to you, and you will receive an answer without the aid of any man. You can boldly affirm, "I am whole, perfect, strong, loving, illumined, prosperous and inspired." As you continue to affirm these truths and feel and believe what you claim, without the help or cooperation of anyone

you will express what you feel to be true. Remember, whatever you attach to I AM, you become.

Pilgrimage of Man

The journey of every man should be to the inner realm of his own mind where the Divine Presence dwells, and there realize that he is a son, or expression of the Living God and heir to all of God's riches. Begin to affirm now that you are a son of God and that you are illumined from On High. Continue to affirm it and believe it, and as you do, you will be wrapping that new concept of yourself in the swaddling bands of light and love and laying it in the manger of your own subconscious mind. Your subconscious accepts what is impressed upon it, and you will find your whole world magically melting in the image and likeness of your new concept of yourself.

While talking with a man here in the Sands Hotel in Las Vegas, he began to say, "I can't get a healing. My arthritis is getting worse. I have had shots of cortisone, vitamins, applied lotions and liniments, and the pain has increased." Unfortunately, he was enthroning the idea of incurability and the hopelessness of despair and wrapping that dead concept in the clothes of unbelief and then laying it in the manger, or tomb, or womb of his subconscious mind. The words tomb and womb are synonymous in Bible language.

This man realized what he was doing, and I found that he was full of resentment, hostility and suppressed rage toward relatives. This was the reason he was getting no results from the therapy he was receiving. I gave him a spiritual prescription, advising him also that he should cooperate with his doctor, blessing him at all times.

This was the spiritual prescription: "I fully and freely forgive all my relatives (mentioning their names), and I forgive myself for harboring negative thoughts about them. I loose them all and let them go, and I sincerely wish for all of them health, peace, joy and all the blessings of life. Whenever I meet any one of them in my mind, I will immediately affirm, 'I have released you. God be with you.' God's Healing Love saturates my whole being. God walks and talks in me. The miraculous healing power flows through me, and I give thanks for the healing taking place now."

As he continued to practice this spiritual therapy, he wrote me in Beverly Hills, telling me that a tremendous physical improvement had taken place and that he no longer uses a cane. As he continues, I know a complete healing will result. At my suggestion, he also imagines the doctor as congratulating him on his miraculous healing. He does this every night prior to sleep, and he knows that this disciplined imaginary act will gradually sink into his subconscious mind and come to pass in Divine order.

The Holy Land

The Holy Land (the mind at peace) is within you. By turning to God in prayer, meditation and mystic visioning, you can realize harmony, health, peace, abundance and security here and now. The story of religions, including Christianity, is somewhat of a sorry tale with its recital of the cruelty of the Dark Ages and the rabid, emotionally motivated Crusades for the recapture of a geographical holy land. According to some records, thousands of young people joined these pilgrimages only to wind up in the slave marts of Egypt.

From this absurd excursion, there followed a commercialization of supposedly "holy" relics – the wood from the cross of Jesus, the veil of Veronica, the holy Shroud, etc., with some members of the clergy waxing rich from lumber yard proceeds in the effort to keep up the supply of splinters from the so-called cross of Jesus. All this points to the innate tendency of the five-sense man's blind passion for material pilgrimages to geographical centers prominent in history and fable. He fails to see and realize that the holy land is truly within himself.

It takes a truly spiritual renaissance, a reawakening and rebirth to discover and become aware that "the birth of Jesus" is something much more than an historical event and is not to be found in a geographical location called Bethlehem. Man must awaken and

realize that he is here to give birth to love, light, truth and beauty and can do so by meditating on these truths until they are absorbed into his mentality.

The Road to Bethlehem

The symbols of the child, the mother, the star, the manger, etc., antedate all known religions. They symbolize processes of spiritual awareness, rebirth and inner transformation. Prayer is the contemplation of the truths of God from the highest standpoint, and as you continue to dwell on the eternal verities, your whole personality will change. Your disposition and temperament will then become more God-like every day.

Bethlehem means the house of bread, which means that you meditate and focus your attention on the blessed bread of peace, joy, love, harmony and goodwill, for these are the real bread of God. Bethlehem is the City of David. The latter name means the beloved of God, a certain stage of awareness wherein you give all your allegiance and loyalty to the One Presence and Power. As you enthrone in your conscious mind God's ideas, you will generate a wonderful emotion, making your heart a chalice for His love; then wonders will begin to happen in your life. You must realize that the birth story of Jesus symbolizes the birth of God in you, and that all characters of the nativity represent your

inner thoughts, moods, feelings, beliefs, urges and drives.

The Names in the Nativity

Joseph represents your conscious, reasoning mind with its superficial beliefs, opinions, creeds, dogmas, traditions, thoughts and fears – the five-sense man who judges according to appearances. Joseph also means imagination and the autocratic intellect.

Mary represents the subconscious mind, full of wisdom and intelligence, the seat of intuition, memory and emotion. Within your subconscious is the I AM, the Higher Self, sometimes referred to as the Superconscious. Mary is with child of the Holy Ghost (the Holy Spirit, the Presence of God), and Joseph is instructed to keep away, which means that your conscious mind is not to impregnate and browbeat your subconscious with its false sense-knowledge. Joseph is the guardian of the threshold and is to see to it that nothing enters into the subconscious that does not fill the soul with joy. Joseph (the conscious mind) should protect the subconscious from all pollution and negative impressions.

Jesus and Joshua are synonymous. Both names mean the same thing; i.e., God is your Savior, or God is the Emancipator. In other words, God within you is the solution to all your problems. The realization of your heart's desire is your savior. For example, if

you are in prison, freedom is your savior; if sick, health is your savior; if dying of thirst, water would be your savior; and if lost in the jungle, God, or the Guiding Principle, would lead you out.

The inn is the outer meeting place of superficial human beliefs, fears, customs, traditional concepts, and beliefs of the mass mind. In other words, it is the law of averages, what the mass mind is thinking. When you inform the average man that the Infinite Intelligence within him can heal his body, inspire him, guide him and reveal to him all answers, and that it actually is the Presence of God, he all too frequently rejects it and instead postulates an anthropomorphic being up in the skies who judges, punishes and condemns. There is no room in his mind for the realization that his awareness of the Presence and Power of God and his contact and application of It in his life is his real savior.

The stable is the subconscious mind, the place where the "animi" or "animals" (basic urges, feelings, emotions, passions) are to be found waiting for the coming of the Shepherd, the Lord and Master. The Shepherd is your dominant conviction of God and the truths of life which keep a check on the sheep (the harmonious feelings and ideals) lest the wolves (destructive emotions) eat them up or destroy them. Your thoughts need a shepherd, which means your dominant idea of the goodness and love of God in the

land of the living controls all lesser thoughts and emotions, actions and reactions.

The nativity, or birth of God, is taking place in you when you begin to radiate light, love, truth and beauty to all those around you and to all people everywhere. Become a channel for Divine love, harmony, peace and joy, and all the Divine forces will hasten to minister to your eternal growth and expansion in the light.

Santa Claus

The Christmas story and the Santa Claus of the ancients have points of psychological similarity and significance. Both point to the inner Reality in all of us. Children should never be disillusioned regarding the reality of Santa Claus, which one day will be translated into this Divine-Self awaiting recognition in life and life's purpose.

Mary is with child of the Holy Ghost, or Holy Spirit, or Presence of God, and needs no man for a husband. Isaiah says: *For thy Maker is thine husband. . .* (Isaiah 54:5). In other words, the five senses impregnate us with all kinds of sundry concepts, mostly negative, and we spawn an evil progeny when we permit ourselves to be governed by the five senses. We should enthrone God-like thoughts in our conscious mind; then we would have God as our husband.

The angel which announces to you the birth of God is your understanding and recognition that God indwells you and walks and talks in you. Claim, feel and know that you are now what you long to be, and without the aid of any man, you will conceive and bring to pass the new life, the new birth, the answered prayer.

Let Wonders Happen in Your Life

There is a mystic power in you which can lift you up from the thralldom and bondage of sickness and make you whole, vital and bubbling over with enthusiasm. This Power can free you from the prison of fear and liberate you from all lack and limitation. It has a magical healing balm for the bruised heart. The God-Power can inspire you with new thoughts and new ideas. It can reveal to you solutions for all your problems and lead you to your true place in life and reveal your hidden talents. It will bring new friends into your life and furnish you with prosperity that spells freedom to be, to do and to have. This Power is the Primal Power known to the ancient mystics for thousands of years. By contacting this Power through your thought and becoming an open channel for the influx of the Holy Spirit, you will soar up on wings like an eagle to the realm of dominion and joy.

Your conscious awareness of this Almighty Power and your determination to use It in your life is the birth of God in you called the child in the Bible. Nourish the idea that God indwells you and that His love fills your soul. As you contemplate and meditate on the truth that more and more of God is being expressed through you, wonders will happen in your life.

Your Morning Prayer

Begin every morning to affirm boldly: "God is guiding me now, and I predicate my success on the fact that the wisdom of God reveals to me everything I need to know. I am prospered and blessed beyond my fondest dreams. I am releasing more and more of wisdom, truth, love and beauty every day of my life, and I am always watched over by the Overshadowing Presence, which leads me to ways of pleasantness and paths of peace."

As you pray along the above lines, wonders will happen, and your whole life will be under the care of Divine wisdom.

Hear the Words of Isaiah

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The

mighty God, The everlasting Father, The Prince of Peace (Isaiah 9:6).

This verse tells you that the government shall be on your shoulder, which means a government of Divine ideas, mothered by Divine love. This is the government of the free. This type of government enthroned in your own mind is the only government that will guarantee you peace, health, security, abundance and all the blessings of life.

Let God guide, direct and govern your life. Every day of your life affirm: "Divine love and order govern my life. Divine right action controls me. Divine love fills my soul. Divine success is mine now. Divine peace and harmony reign supreme in all phases of my life." As you continue to affirm these truths, they will sink down into your subconscious mind and come to pass. The government of your life will then be of God. Let the All-Wise One, the All-Knowing One, the Ever-Loving One, guide, heal and restore your soul.

God is the Great Counsellor. If you are worried, perplexed or confused, e.g., if you do not know whether or not to take some important step, to accept a proposal, to sign a contract, to get a divorce, to accept a new position, to dissolve a partnership, to take a trip to Europe, or to proceed in a court action, claim that God puts the words into your mouth, and whatever you do, It is God doing it through you. The

God-Presence will teach you new things utterly beyond the compass of your present understanding, enabling you to do what others think is impossible.

The Divine Government

As you make a habit of establishing the Divine government of God's ideas and eternal verities over your mind, body and activities, you will be guided, directed, and prospered along all lines. This new government of Divine law and order wipes away all tears and sets you on the high road to happiness, freedom and peace of mind. Christmas is the realization of the Power of God in you. It is your birthday in God.

CHAPTER 16

The Bible and Woman's Bondage

From time to time in Bible classes, I am asked about certain passages of Paul, which seem confusing and perplexing to many women. One who intended to enter the Religious Science School of Ministry here in Los Angeles, which is open to all men and women who are interested and who meet the requirements, was told by her father that the Bible was opposed to women ministers.

He quoted the following verses from Corinthians: *Let your women keep silence in the churches: for it is not permitted unto them to speak; but they are commanded to be under obedience, as also saith the law. And if they will learn any thing, let them ask their husbands at home: for it is a shame for women to speak in the church* (I Corinthians 14:34-35).

This literal interpretation of the Bible has kept women in bondage for thousands of years. Her father was taking the Bible literally; but the Bible is a psychological and spiritual drama taking place in the

consciousness of man. The Bible is not dealing with doctrinal questions or theological concepts, which are merely created by theologians out of their own mentalities.

The word *church* in the Bible does not refer to a building or a religious sect or denomination. Church means ecclesia, or a calling out or drawing forth of wisdom, truth and beauty from your subjective depths. It could be called an aggregation of spiritual ideas in your own mentality. To enter the church, or ecclesia, of God, you must adopt a new mental attitude and realize that God is Spirit and that you are one with that Spirit.

Many men have read the Bible in the letter, forgetting the spirit, or real inner meaning. Their different interpretations of the Scriptures, together with their promulgation of certain creeds and dogmas, are the main cause of the countless sectarian groups or churches of today. The writer would like to emphasize that the true church is within yourself and is not made of creeds, rituals, forms or ceremonies, nor is it contained in marble structures or those of wood and stone.

Your own heart (your subconscious mind) is the temple of the Living God, and the Spirit of Truth in you will guide you into all Truth. There is only One Truth – not two, three or 1000 – just the One. Turn to the Spirit within, which is God, and ask for light

and inspiration, and all the different creeds and dogmas will vanish. You will then find the true church within yourself – the Presence of God.

Men and women in the Bible refer to the interaction of your conscious and subconscious mind. Woman means your subconscious mind, where the infinite intelligence and boundless wisdom of God abide. Emerson says, "The Infinite lies stretched in smiling repose." In other words, God lies in your subjective depths. When you pray for inspiration and guidance, or are seeking light on some subject, naturally you remain silent, still and receptive. As you know, the nature of Infinite Intelligence is responsiveness, and you use your conscious mind to carry out the guidance and inspiration which comes from it.

This procedure has nothing to do with sex or whether you are male or female. In other words, the Bible is not referring to sex but to gender. Everyone is male and female in the sense that every person has a conscious and a subconscious mind.

The Silent Treatment

When you pray for another you realize, as Paul says: *God is not the author of confusion, but of peace, as in all churches of the saints* (I Corinthians 14:33).

A saint, Biblically speaking, is any person who is dedicated to God and the eternal principles of life. To pray scientifically for another person, you quiet the mind, remain still and passive. You don't try to make something come to pass. You seek results, but you don't try to coerce the subconscious to obey your decrees. Your subconscious responds to your convictions regarding the Infinite Healing Presence.

In the prayer process, you don't dwell on symptoms, aches or pains; neither do you say, "John (or May) is getting better now; his nerves are calmer, his heart is normal." These are suggestions but not a real silent realization. For example, if you are praying for Mary Jones, affirm: "Mary Jones is known in Divine Mind. God indwells her, and His river of peace saturates her mind. His love fills her soul. God is, and His Presence flows through her vitalizing, healing and restoring her to wholeness and perfection. I give thanks for the healing power of God taking place now."

In this prayer form, you identified with the Divine Presence in Mary, and you claimed that what is true of God is true of her. After your silent, spiritual treatment, if you felt an inner sense of peace or satisfaction or if you felt that is the best you could do for the present, dismiss the matter until you feel led to pray again. The next time you pray for her should be as if you had not prayed before. If, after

the first time you prayed, you said, "This will do until I get back to it again," you would stultify your prayer. Each time you pray for Mary, you are reinforcing the idea of vitality and wholeness for her. Gradually, or immediately, as the case may be, the idea of perfect wholeness and vitality will be resurrected in Mary.

When you relax and let go and enter into a psychic, passive state, your conscious mind is partially submerged and you are *en rapport* subjectively with Mary; and what you feel as true of Mary will be felt by her. When you prayed, you were the silent one in your own church, knowing that God is the author of peace and health; not sickness or confusion. Your subconscious does not speak or articulate like your conscious mind. Your conscious mind dwells on wholeness, beauty and perfection and decrees joy and vitality. There is a response from the subconscious according to the beliefs and convictions of the conscious mind. That is why it is written: . . . *For it is not permitted unto them to speak*. . . (I Corinthians 14:34).

Your subconscious speaks in symbols, allegories, dreams and visions of the night. Your conscious mind may interpret and become the spokesman for your subconscious mind.

Ask Your Husband

For thy Maker is thine husband. . . (Isaiah 54:5). When, therefore, Paul says: *And if they will learn any thing, let them ask their husbands at home. . .* (I Corinthians 14:35), the answer is obvious. You are to turn to the Infinite Intelligence within you for guidance, right action, inspiration and direction. You are not to impregnate yourself with the negative thoughts, fears and false beliefs of the world, but, rather, enthrone God-like ideas and eternal verities in your conscious mind. As you busy your mind with these constructive thought patterns, your subconscious will respond accordingly. This applies to you regardless of your sex status.

Religious Restrictions on Women Are Based on Ignorance

After the above explanation to the woman at the opening of this chapter, she rejected completely the false interpretation given to the Bible by her father and decided to become a minister. Paul says: *Who also hath made us able ministers of the new testament; not of the letter, but of the spirit: for the letter killeth, but the spirit giveth life* (II Corinthians 3:6).

The Bible is now being taught from the standpoint of its spiritual or esoteric meaning, and women

are gaining their freedom from the false and ignorant interpretations of the Scriptures.

The Veil

Another question I am frequently asked is why in many parts of the world, even today, women wear veils. This form of apparel is, of course, gradually dying out as more and more women are standing up for their rights, prerogatives and privileges. Men and women are equal in the eyes of God. . . . *Male and female created he them* (Genesis 1:27).

The greatest degree of freedom for women is in our own country; and complete emancipation, spiritually, mentally, physically and financially, is already on the horizon. Woman represents the subjective side of life, which is invisible and covered by the objective side of life. The veil is symbolic of that truth.

Superstitions and Religion

It is sad but true that religion and superstition have been the prime offenders in advising people to belabor their bodies with all kinds of stern austerities for no good purpose. In ancient times many religious devotees practiced flagellations, privation and starvation, which were forms of mental and physical debauchery. Many of these religious devotees maltreated their bodies so much that they actually ruined them for the remainder of their lives. It is said that

Saint Francis spent the last year of his life in a deep childish melancholy, "because," said he, "I brought this body to this pass. Because I have beaten my brother (his body) too hard."

The Biological Rule

It is true that down through the ages man in his ignorance has taken advantage of woman's biological handicap. She gave birth to children and devoted many years in bringing up the children to where they could be independent and support themselves. During all this time she has been under a physical handicap, and man has taken advantage of that for his own aggrandizement and to make her an inferior.

Many religions misread and misinterpreted the allegory of the Garden of Eden in order to justify keeping women in subjection. . . . *And thy desire shall be to thy husband, and he shall rule over thee* (Genesis 3:16). It is stupid to take this literally. It is true psychologically, as previously explained. Your conscious mind rules your subconscious, and the latter is amenable and subservient to the suggestions of your conscious mind.

The Council of Alexandria

In the early days of Christianity, there was held a council of the church fathers in Alexandria. The purpose of this meeting was to decide whether

women really possessed a soul or not. Lo and behold, they voted on the matter, and the conclusion was that she had – by a majority of one. I told this to my secretary, Mrs. Wright, and she said, "That was a close call."

We are now beginning to have women ministers in the Protestant churches, but since the early days of Phineas Parkhurst Quimby, 1847, onward, we have had women ministers in Unity, Religious Science, Science of Mind, Divine Science, Church of Truth, and all branches of the New Thought field. Recently, women priests have been ordained in the Episcopal Church, and it is only a question of time until we have women priests and bishops in the Catholic Church. It is also quite possible, at some time in the future, to have a woman pope.

The Middle Ages

There were many famous abbesses – superiors in a convent of nuns – in the Middle Ages who had their own establishments, who were illumined and inspired, and who became so outstandingly brilliant that they far outshone the men of that day. The men became frightened and nipped their distinguished and illustrious spiritual careers in the bud. These abbesses were distinguished scholars and outstanding executives also, and their male colleagues decided to clip their wings.

If these men had known the truth, they would have rejoiced and been exceedingly glad that members of their religious order had moved onward, upward and Godward. To inhibit and block another is to place blocks in your own progress and advancement.

Zoologists and naturalists inform us that there is no animal living under instinct dominating a female, though there are a few instances where the female dominates the male. Down through the ages man has dominated the female through the misuse of his mind, and he has exploited the female of the species because of her biological role in life.

Allegories Are Like Dreams

Allegories can be read at different levels like dreams. Many have more than one interpretation. Adam and Eve represent your conscious and subconscious mind. The serpent that tempts you represents your five senses, which deceive you and trick you at times. You must not be governed by your five senses, however, which consist of sundry concepts, good and bad. Five-sense knowledge is not sufficient to govern your life, for then you become impregnated with all sorts of false knowledge, fears, doubts and negative suggestions.

There are several levels to the Garden of Eden story, but actually, you are the Garden of Eden

yourself. The four rivers represent your spiritual, mental, emotional and physical natures. They also represent an allegory of your body, representing the four fluid systems of your body: the cerebro-spinal nerve system, the sympathetic nerve system, the blood stream or circulatory system, and the intestinal tract.

The flora and fauna of the Garden, the plant and animal life, represent the flora and fauna of your body: the flora, the vegetation of the body; and the fauna, the cells of the body. This garden is tenanted by a man and woman – your conscious and subconscious mind. The allegory of the Garden of Eden is concerned with gender, not sex. It deals with the relationship of the male and female principle in all of us; namely, the conscious and subconscious mind.

Eve, the subconscious, was taken from Adam's rib while he slept. One way of looking at this is that during sleep the subconscious takes control and emerges. The rib-basket protects all the vital organs of your body. One meaning of the rib is the natural symbol of the preservative and protective nature of your subconscious. It is merely an allegory. During sleep, answers come in your dreams. Ofttimes the full solution to a perplexing problem is given to you then.

Years ago I used to see the questions to an examination in chemistry and pharmacology before the examination. Your subconscious controls all the

vital processes while you sleep. The rib also means the structural idea or plan in your mind; and as you emotionalize the idea and become enthusiastic about it, you are calling forth Eve, the subjective or emotional, which is the creative medium. Emotion follows the thought, the idea, the invention in your mind. This is why in some countries in the Far East the woman follows the man. He goes first and she follows with a load on her head or back. He takes it easy.

This is the curse of literalism. It is said that a curse was pronounced upon Eve for listening to the serpent, and Eve was made subject to her husband. The subconscious is subject to the husband (conscious mind) not only for good, but for evil, too. It is foolish to listen to the serpent, which means, in simple language, the false beliefs of the world, five-sense propaganda.

The serpent is another name for the Life Principle, or God, only it means God upside down, a morbid, twisted, distorted concept of life, God and the universe. If you visit someone with cancer, are you bothered by the thought that you may get it? Where is the tempter? In your own mind. Slay the negative thought. Cremate it at once, and affirm: "Spirit in me is God. It is the Ever-Living One, the All Wise One. It can't be hurt. It is Omnipotent." This attitude will protect you.

The Two Trees

An allegory is a representation of the spiritual meaning through concrete or material forms. It is a figurative treatment of one subject under the guise of another. When I was a boy I asked the priest at my church where the Garden of Eden was. He said it was between the Tigris and the Euphrates and to ask no more questions. If a thing is true, there is a way in which it is true. There is no such garden any place and there never was an actual Garden of Eden.

But it is true psychologically. All of us have received instructions and ideas, both good and bad, false and true, when we were young and impressionable; and our minds, being malleable, accepted them. Like seeds, these ideas grew up in us and became fixed states of mind. Perhaps some were based on fear and prejudices and others on the golden rule, honesty, integrity, etc. Our religious beliefs were given to us when young and, like fruit on a tree, we bear fruit according to the beliefs implanted in our subconscious mind.

The religious wars of today bear bad fruit from the tree of life within ourselves. All seeds grow after their kind. The tree of good and evil is our own mind believing in good and evil, which is the cause of the troubles of the world. There is only One Power – not two, three or a thousand.

Old Customs and Traditions Based on Ignorance

Recently I conducted a class on the Inner Meaning of the Book of Romans, which was very well received. A young medical doctor who was present said she would appreciate the psychological and spiritual meaning of the following verses from Paul, which troubled her:

Every man praying or prophesying, having his head covered, dishonoureth his head. But every woman that prayeth or prophesieth with her head uncovered dishonoureth her head: for that is even all one as if she were shaven. For if the woman be not covered, let her also be shorn: but if it be a shame for a woman to be shorn or shaven, let her be covered. For a man indeed ought not to cover his head, forasmuch as he is the image and glory of God; but the woman is the glory of the man. For the man is not of the woman; but the woman of the man. Neither was the man created for the woman; but the woman for the man. For this cause ought the woman to have power on her head because of the angels (I Corinthians 11:4-10).

These verses of Paul deal with the interaction of the male and female principle within all of us. When these two phases of our mind work harmoniously, peacefully and in unison and accord, the issue from

this union results in health, wealth, happiness and true expression.

There are some churches in Europe and South America as well as other places that still insist today that women cover their heads before entering the cathedral; however, the custom is dying out to a great extent. Some years ago a group of us visited some of the famous cathedrals in Italy and France. Some women from America had to put something on their heads in order to enter, and it wasn't always a hat. This is an old custom or tradition handed down for generations.

The marriage in the Bible is the union of your thought and emotion. When these two unite and are constructive, there is an issue from this union. If your thoughts are God-like, your emotions, being generated from your thought, your heart will then be a chalice of God's love. The real marriage in the Bible is your sense of oneness with God. From that union come forth all the fruits of God: love, joy, peace, abundance, security and happiness.

Paul is speaking about the subjective side of our nature, which is called woman in the Bible. A man or a woman is not to be looked upon just as a body. You are a mental and spiritual being. Your body is a vehicle and is a representation of your thoughts, feelings, imaginations and beliefs. Spirit, Consciousness, Awareness, the Life-Principle is the reality of each person.

Paul is always talking about spiritual laws and truths of life. Paul knew the workings of the mind and was well acquainted with what we call abnormal psychology today. For about 300 years the teachers and leaders of early Christianity performed great things, including miraculous healings, and were on fire with the Truth.

All of you know the history of the great Roman emperor Constantine, who came along and organized the early church into a vast organization, establishing rites, rituals, ceremonies, and doctrinal regulations, dogmas and tenets to be believed in. It grew on the outside but began to die slowly on the inside. This is true of all the religions. These men forgot the real Source of all blessings and bounty and looked to form, ceremony, structures and the hierarchy, worshipping the created thing rather than the Creator. Always look to your own Divine Center for the light and true wisdom.

When Verse 4 says: *Every man praying or prophesying, having his head covered, dishonoureth his head,* man means mind – your conscious, reasoning mind, your thought, intellect. Your thought is incipient action. Man's head should be uncovered in the sense that his imagination should be disciplined and controlled along spiritual lines. His mind should be free from fear, arrogance, pride and strife. Spiritual reasoning should be enthroned, and thoughts of

peace, harmony, right action and goodwill should dominate his conscious mind.

Paul says a woman should have her head covered, for he says it is a shame for a woman's hair to be shorn or shaved; let her be covered. We are told that Samson's strength was in his hair. Hair represents thoughts and emanations of Divine energy, your mental patterns and attitudes. This is why man's hair is cut short. This should not be taken literally, as it has nothing to do with actual physical hair on the top of your head. Man trims or cuts off his hair, meaning he gets rid of all resentment, antagonism, prejudices and hostility. By identifying with Divine love, the Spirit of forgiveness and exalting God in the midst of him, then his head, or conscious mind, is truly uncovered and he is ready for prayer, meditation and spiritual growth. Looking at it symbolically and from a spiritual standpoint, long hair on a man would indicate a growth of false concepts and erroneous opinions accompanied by negative emotions, and intellectual pride and conceit.

Mrs. Margaret Barrows, who does some extra work for me occasionally, asked me why it was that women through the ages were looked upon as chattels, inferior to man, and subservient. She mentioned, for example, that one of her female antecedents in the old country in Europe would leave the room whenever a man came to visit her husband.

As previously explained, the subconscious is subservient to the conscious mind, or the man. The male (conscious mind, intellect) is dominant. This is why the woman, when she prays, should have a cover. All that means is that your conscious mind should be the guardian at the threshold and should see to it that nothing enters into your subconscious mind that does not fill your soul with joy.

If you see a builder laying bricks and one brick is underneath the other, both bricks are the same and of equal importance. The brick underneath is in an inferior position, not however, inferior in usefulness and importance. One brick is inferior in placement or position, and that is all. This is the same with your subconscious, called the woman in the Bible. Your conscious mind controls and dominates your subconscious, and the latter is amenable to suggestions and the habitual thinking and imagery of your conscious mind.

Your subconscious responds to the dominant thought of your conscious mind. When your thought or idea is emotionalized, it is subjectified. Your subconscious, being creative, then causes the manifestation to take place. *Which of you by taking thought can add one cubit unto his stature?* (Matthew 6:27). To cubit in the Bible means to mother it, to emotionalize your idea, to nourish it and animate it so that it will gel and become impressed in the subconscious and come to pass.

The Woman in Everyone

One of our radio listeners, who has a secretarial position with the Government, and is about to retire shortly, wrote me and said she heard me say on my daily radio broadcast that if you pictured yourself on board a plane or ship and felt the reality of it (for example, if you want a voyage on a ship, you should picture the event here and now, and feel yourself as now sitting on deck, looking at the stars, listening to the creaking of the ship, smelling the briny ocean, feeling the ocean breeze in your face and looking at the vast deep), by dwelling on the scene and making it so vivid and real that when you opened your eyes after the meditation period you are actually amazed that you are not on the ship. Your feeling was so real, that it is a sure sign that you have fixed it in your subconscious and it will come to pass. Even though you do not have the money to take the trip, if you succeed in impregnating your subconscious, it will surely come to pass in ways you know not of.

Accordingly, she followed the technique and on the third night fell asleep affirming, "Trip, trip, trip." She awakened the next morning and had no further desire to pray about it, because she had succeeded in fixing the idea in her subconscious mind. The sequel was interesting. She is retiring in a few months, and her supervisor proposed marriage. The first thing he said to her is: "After the marriage we are taking a trip

around the world." Her prayer was answered and she is taking the trip that she had imagined and felt to be true.

This is what the Bible means by cubing your thought or mental image – mother it, for it is the mother that gives birth to the child – not the man. She began to think about the trip, got maps of foreign countries, and then, getting interested in visiting all the foreign ports, she engaged the powers of her subjective mind, because she evoked the feeling, the interest, the enthusiasm; then the subjective mind brought it to pass in its own way. The woman in you always represents your emotion, your feeling nature, your subjectivity.

Why the Woman's Head Must Be Covered

Your subconscious mind does not choose your thoughts. Your conscious mind is the choosing, volitional mind. This is why the subconscious mind can be polluted by an ignorant, tyrannical, despotic, egotistic and autocratic conscious mind. When the conscious mind entertains gangsters, assassins and marauders in the form of evil, hostile, hateful and vengeful thoughts, these befoul the subconscious and bring forth all manner of diseases and disorders of mind, body and affairs.

This type of conscious mind can be in every person, irrespective and regardless of sex. To indulge

in resentment, or to desire to get even causes your subconscious to respond in a negative and destructive manner. Modern research by psychosomatic physicians points out that they have found destructive emotions behind cancer cases.

Mind Over Cancer

In an article on prevention in the *Magazine for Better Health,* the January 1976 issue, Dr. Carl Simonton, a specialist in oncology, the science of tumors, states as follows: "Some personality characteristics of the cancer patient that other scientists have identified as significantly different than non-cancer patients are: (1) a tendency to harbor resentment and an impairment in his ability to express hostility; (2) a tendency towards self-pity; (3) difficulty in developing and maintaining meaningful, long-term relationships; and (4) a poor self-image. In addition, a sense of basic rejection, either by one or both of his parents, consequently develops the life history pattern seen so commonly in the cancer patient."

Dr. Simonton points out in the above quotation from his article that negative, destructive emotions can bring about destructive diseases in the human body. This is why the Bible says the woman's head (your subconscious) should be governed by Divine ideas, mothered by Divine love. This is the govern-

ment of the free and it guarantees peace, security, health and abundance.

The Woman Is the Glory of Man

Verse 7 of Chapter 11 of I Corinthians is, of course, psychological. The woman (your subconscious) should always be watched over and protected by your conscious mind. The word glory comes from glow-ray; i.e., whatever thoughts are true, lovely, noble and God-like, when focussed on by your conscious mind, will find their way by a process of spiritual osmosis, into your subconscious and shed their glow, warmth and light on all your undertakings.

If you do not govern, control and direct your emotional life, you will respond to all the sundry negative thoughts, fears and predictions of gloom and doom which bombard us night and day; then these irrational emotions will impel and propel you into negative actions and reactions. In Biblical language, you are committing adultery when you cohabit with evil, hate, jealousy, resentment and hostility in the bed of your mind. To do so is to spawn an evil progeny.

The woman's hair is not shorn or shaven, because hair, being symbolic of thought, should be protected at all times by the Truths of God and watched over

by the Overshadowing Presence of a God of Love, enthroned and dominant in the conscious mind.

Man's hair, symbolically speaking, should be shorn, as previously explained, in the sense that his intellect should be anointed with the wisdom of God; and his contemplation should be on the truths of God from the highest standpoint. Down through the ages men have worn hair long and short, but the Bible is talking about your thought life, your mental patterns and focussed attention. Long hair, symbolically and Biblically speaking, would be wrong for a man, as it would indicate that he was governed not by spiritual reasoning, but by negative emotions and the mass mind.

Woman's hair, Paul says, should not be shorn, which, in the psychological and spiritual sense, means that her mind is not at peace and that she does not have God or God-like thoughts or ideas, as her husband. In other words, ignorance, fear and superstition are governing her, and she is not clothed with the garment of salvation and the robe of righteousness. The woman who is uncovered, therefore, in the light of the Bible and its inner meaning, becomes unstable, neurotic and subject to every wind that blows.

Needless to say, whichever you are, a man or a woman, you do not take the subject of the hair literally. A man with long or short hair may be a

God-like man. The trouble is not in his hair or head, but the way in which he uses the laws of mind. The answer to all problems is to keep your attention on God and all things good; then you are prophesying for yourself a wonderful future. With your eyes stayed on God, there is no evil on your pathway.

Disciplining the Mind

She was found with child of the Holy Ghost (Matthew 1:18).

The Holy Ghost means the Holy (whole) Spirit or God which is lodged in the unconscious depths of all men. Joseph is your choosing, volitional, or conscious mind. Mary represents your deeper mind full of the qualities, attributes, and potencies of God.

Joseph, the conscious mind, should be a guide and protector for the holy child, which child is your awareness of the presence and power of God within you. Your thought is Joseph, and your feeling or emotion is Mary. When these two unite in peace and harmony, your prayer is answered; this is God in action. This is the way your mind works, and knowledge of this is the birth of the Holy Child or wisdom in you.

Practice a harmonious, synchronous and joyous relationship between your conscious and subconscious mind and you will bring forth health, peace, strength and security. Enthrone the right idea in your

mind; then you will experience in your heart the true feeling. The union of your thought and feeling represents the married pair in you; when they are fused, the third element, peace (God), enters in, and you experience the joy of the answered prayer. Let your heart become a chalice for God's love, and a manger for His birth; as a result you will express and bring forth a child which is God on earth.

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Manjul Publishing House

First published in India by

Manjul Publishing House Pvt. Ltd.

• 2nd Floor, Usha Preet Complex,
42 Malviya Nagar, Bhopal 462 003 - India
• 7/32, Ground Floor, Ansari Road, Daryaganj, New Delhi 110 002
Email: manjul@manjulindia.com Website: www.manjulindia.com

This edition first published in India by
Manjul Publishing House Pvt. Ltd. in 2014

Copyright © JMW Group, Inc., New York
This edition has been authorized by The Joseph Murphy Trust

ISBN 978-81-8322-508-3

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YOUR RIGHT TO BE RICH

THE ROAD TO RICHES

ABOUT DR JOSEPH MURPHY

YOUR RIGHT TO BE RICH

It is your right to be rich. You are here to lead the abundant life, to be happy, radiant, and free. You should, therefore, have all the money you need to lead a full, happy, prosperous life.

There is no virtue in poverty; the latter is a mental disease. It should be abolished from the face of the earth. You are here to grow, expand, and unfold—spiritually, mentally, and materially. You have the inalienable right to fully develop and express yourself along all lines. You should surround yourself with beauty and luxury.

Why be satisfied with just enough to go around when you can enjoy the riches of the Infinite? In this book you will learn to make friends with money, and you will always have a surplus. Your desire to be rich is a desire for a fuller, happier, more wonderful life. It is a cosmic urge. It is good—very good.

Begin to see money in its true significance: as a symbol of exchange. It means to you freedom from want; it means beauty, luxury, abundance, as also refinement.

As you read this chapter, you are probably saying, ‘I want more money.’ ‘I am worthy of a higher salary than I am receiving.’

I believe most people are inadequately compensated. One of the reasons many people do not have more money is that they are silently or openly condemning it. They refer to money as ‘filthy lucre,’ or they believe that ‘Love of money is the root of all evil,’ etc. Another reason they do not prosper is that they have a sneaky, subconscious feeling there is some virtue in poverty; this subconscious pattern may be due to early childhood training, superstition, or it could be based on a false interpretation of the scriptures.

There is no virtue in poverty; it is a disease like any other mental disease. If you were physically ill, you would think there was something wrong with you; you would seek help, or do something about the condition at once. Likewise, if you do not have money constantly circulating in your life, there is something radically wrong with you.

Money is only a symbol; it has taken many forms as a medium of exchange down through the centuries, such as salt, beads, or various trinkets. In early times, man’s wealth was determined by the number of sheep or oxen he had. It is much more convenient to write a check than to carry some sheep around with you to pay your bills.

God does not want you to live in a hovel or to go hungry. God wants you to be happy, prosperous, and successful. God is always successful in all His undertakings, whether He makes a star or a cosmos!

You may wish to take a trip around the world, study art in foreign countries, go to college, or send your children to a superior school. You certainly wish to bring up your children in lovely surroundings, so that they might learn to appreciate beauty, order, symmetry, and proportion.

You were born to succeed, to win, to conquer all difficulties, and to have all your faculties fully developed. If there is financial lack in your life, do something about it.

Get away immediately from all superstitious beliefs about money. Do not ever regard money as evil or filthy. If you do, you cause it to take wings to fly away from you. Remember that you lose what you condemn.

Suppose, for example, you found gold, silver, lead, copper, or iron in the ground. Would you pronounce these things evil? God pronounced all things good. The evil comes from man’s darkened understanding, from his unenlightened mind, from his false interpretation of life, and his misuse of Divine Power. Uranium, lead, or some other metal could have been used as a medium of exchange. We use paper bills, checks, etc.; surely the piece of paper is not evil; neither is the check. Physicists as also other scientists know today that the only difference between ometals is the number and rate of motion of the electrons revolving around a central nucleus. They are now changing one metal into another through a

bombardment of the atoms in the powerful cyclotron. Gold under certain conditions becomes mercury. It will be only a little while until gold, silver, and other metals will be made synthetically in the chemical laboratory. I cannot imagine seeing anything evil in electrons, neutrons, protons, and isotopes.

The piece of paper in your pocket is composed of electrons as well as protons arranged differently; their number and rate of motion is different; that is the only way the paper differs from the silver in your pocket.

Some people will say, 'Oh, people kill for money. They steal for money!' It has been associated with countless crimes, but that does not make it evil.

Anyone may give another person $50 to kill someone; they has misused money to use it for a destructive purpose. You can use electricity to kill someone or to light the house. You can use water to quench the baby's thirst, or use it to drown the child. You can use fire to warm the child, or burn it to death.

Another illustration would be if you brought some soil from your garden and put it in your coffee cup for breakfast: that would be your evil; yet the earth is not evil; neither is the coffee. The soil is misplaced; it belongs in your garden.

Similarly, if a needle were stuck in your thumb, it would be your evil; the needle or pin belongs in the pin cushion, not in your thumb. It is useful and good as an instrument, a tool to sew.

We know the forces or the elements of nature are not evil; it depends on our use of them whether they bless or hurt us.

A man said to me one time, 'I am broke. I do not like money; it is the root of all evil.'

Love of money to the exclusion of everything else will cause you to become lopsided a indeed unbalanced. You are here to use your power or authority wisely. Some men crave power; others crave money. If you set your heart on money, and say, 'That is all I want. I am going to give all my attention to amassing money; nothing else matters,' you can get money and attain a fortune, but you have forgotten that you are here to lead a balanced life. 'Man does not live by bread alone.'

For example, if you belong to some cult, or religious group, and become fanatical about it, excluding yourself from your friends, society, and social activities, you will become unbalanced, inhibited—frustrated as well. Nature insists on a balance. If all your time is devoted to external things and possessions, you will find yourself hungry for peace of mind, harmony, love, joy, or perfect health. You will find that you cannot buy anything that is real. You can amass a fortune, or have millions of dollars; this is not evil or bad. Love of money to the exclusion of everything else results in frustration, disappointment, as also disillusionment; in that sense it is the root of your evil.

By making money your sole aim, you simply made a wrong choice. You thought that was all you wanted, but you found after all your efforts that it was not only the money you needed. What you really desired was true place, peace of mind, with abundance. You could have the million or many millions, if you wanted them, yet still have peace of mind, harmony, perfect health, and Divine expression.

Everyone wants enough money, not just enough to go around. Surely those who want abundance and to spare; he should have it. The urges, desires, and impulses we have for food, clothing, homes, better means of transportation, expression, procreation,—abundance are all God-given, Divine, and good. Yet we may misdirect these impulses, desires, and urges, resulting in evil or negative experiences in our lives.

Man does not have an evil nature; there is no evil nature in you; it is God, the Universal Wisdom, or Life seeking expression through you.

For example, a boy wants to go to college, but he does not have enough money. He sees other boys in the neighborhood going off to college and the university; his desire increases. He says to himself, 'I want an education, too.' Such a youth may steal or embezzle money for the purpose of going to college. The desire to go to college was basically and fundamentally good; he misdirected that desire or urge by violating the laws of society, the cosmic law of harmony, or the golden rule; then he finds himself in trouble.

However, if this boy knew the laws of mind, and his unqualified capacity through the use of the Spiritual Power to go to college, he would be free and not in jail. Who put him in jail? He placed himself there. The policeman who locked him up in prison was an instrument of the man made laws which he violated. He first imprisoned himself in his mind by stealing and hurting others. Fear and a guilt consciousness followed; this is the prison of the mind, followed by the prison walls made of bricks and stones.

Money is a symbol of God's opulence, beauty, refinement, and abundance. It should be used wisely, judiciously, and constructively to bless humanity in countless ways. It is merely a symbol of the economic health of the nation. When your blood is circulating freely, you are healthy. When money is circulating freely in your life, you are economically healthy. When people begin to hoard money, to put it away in tin boxes or become charged with fear, there is economic illness.

The crash of 1929 was a psychological panic: It was fear seizing the minds of people everywhere. It was a sort of negative, hypnotic spell. You are living in a subjective and objective world. You must not neglect the spiritual food, such as peace of mind, love, beauty, harmony, joy, and laughter.

Knowledge of the spiritual power is the means to the Royal Road to Riches of all kinds, whether your desire is spiritual, mental, or material. The student of the

laws of mind, or the student of the spiritual principle, believes and knows absolutely that regardless of the economic situation, stock market fluctuation, depression, strikes, war, or other conditions and circumstances, he will always be amply supplied regardless of what form money may take. The reason for this is he abides in the consciousness of wealth. The student has convinced himself in his mind that wealth is forever flowing freely in his life and there is always a Wealth is a state of consciousness; it is a mind conditioned to Divine supply forever flowing. The scientific thinker looks at money or wealth like the tide; i.e., it goes out, but it always comes back. The tides never fail; neither will man's supply when he trusts a tireless, changeless, immortal Omnipresent Presence that flows ceaselessly. The man who knows the workings of the subconscious mind is never, therefore, worried about the economic situation, stock market panics, devaluation, or inflation of currency, since he abides in the consciousness of God's eternal supply. Such a man is always supplied and watched over by an over-shadowing Presence. 'Behold the birds of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feeds them. Are you not much better than they?'

Divine surplus. Should there be a war tomorrow to make valueless all the student's present holdings, as the German marks did after the First World War, he would still attract wealth. He would be cared for, regardless of the form of the new currency.

As you consciously commune with the Divine Presence, claiming and knowing that It leads and guides you in all your ways, that It is a Lamp unto your feet, and a Light on your path, you will be Divinely prospered and sustained beyond your wildest dreams.

Here is a simple way for you to impress your subconscious mind with the idea of constant supply or wealth: Quiet the wheels of your mind. Relax! Let go! Immobilize the attention. Get into a sleepy, drowsy, meditative state of mind; this reduces effort to the minimum; then, in a quiet, relaxed, passive way, reflect on the following simple truths: Ask yourself where do ideas come from? Where does wealth come from? Where did you come from? Where did your brain and your mind come from? You will be led back to the One Source.

You find yourself on a spiritual, working basis now. It will no longer insult your intelligence to realize that wealth is a state of mind. Take this little phrase; repeat it slowly four or five minutes three or four times a day quietly to yourself, particularly before you go to sleep: 'Money is forever circulating freely in my life, and there is always a Divine surplus.' As you do this regularly and systematically, the idea of wealth will be conveyed to your deeper mind, and you will develop a wealth consciousness. Idle, mechanical repetition will not succeed

in building the consciousness of wealth. Begin to feel the truth of what you affirm. You know what you are doing, and why you are doing it. You know your deeper self is responsive to what you consciously accept as true.

In the beginning, people who are in financial difficulties do not get results with such affirmations as, 'I am wealthy,' 'I am prosperous,' 'I am successful'; such statements may cause their conditions to get worse. The reason is the subconscious mind will only accept the dominant of two ideas, or the dominant mood or feeling. When they say, 'I am prosperous,' their feeling of lack is greater, and something within them says, 'No, you are not prosperous, you are broke.' The feeling of lack is dominant, so that each affirmation calls forth the mood of lack, and more lack becomes theirs. The way to overcome this for beginners is to affirm what the conscious and subconscious mind will agree on; then there will be no contradiction. Our subconscious mind accepts our beliefs, feelings, convictions, and what we consciously accept as true.

A man could engage the cooperation of his subconscious mind by saying, 'I am prospering every day.' 'I am growing in wealth and in wisdom every day.' Every day my wealth is multiplying.' 'I am advancing, growing, and moving forward financially.' These with other similar statements would not create any conflict in the mind.

For instance, if a salesman has only ten cents in his pocket, he could easily agree that he could have more tomorrow. If he sold a pair of shoes tomorrow, there is nothing within him which says his sales could not increase. He could use statements, such as, 'My sales are increasing every day.' 'I am advancing and moving forward.' He would find these would be sound psychologically and acceptable to his mind. They would produce desirable fruit.

The spiritually advanced students who quietly, knowingly, and feelingly say, 'I am prosperous,' 'I am successful,' 'I am wealthy,' get wonderful results also. Why would this be true? When they think, feel, or say, 'I am prosperous,' they mean God is All Supply or Infinite Riches, and what is true of God is true of them. When they say, 'I am wealthy,' they know God is Infinite Supply, the Inexhaustible Treasure-House, and what is true of God is, therefore, true of them, for God is within them.

Many men get wonderful results by dwelling on three abstract ideas, such as health, wealth, and success. Health is a Divine Reality or quality of God. Wealth is of God; it is eternal as also endless. Success is of God; God is always successful in all His undertakings.

The way they produce remarkable results is to stand before a mirror as they shave, to repeat for five or ten minutes: 'Health, wealth, and success.' They do not say, 'I am healthy,' or 'I am successful'; they create no opposition in their minds.

They are quiet and relaxed; when the mind is receptive and passive. At that time, they repeat these words. Amazing results follow. All they are doing is identifying with truths that are eternal, changeless, and timeless.

You can develop a wealth consciousness. Put the principles enunciated as well as elaborated on in this book into practice. Your erstwhile desert will rejoice to blossom as the rose.

I worked with a young boy in Australia many years ago who wanted to become a physician and surgeon, but he had no money; nor had he graduated from high school. For expenses, he used to clean doctors' offices, wash windows, and do odd repair jobs. He told me that every night as he went to sleep, he used to see a diploma on a wall with his name in big, bold letters. He used to clean and shine the diplomas in the medical building where he worked; it was not hard for him to engrave the diploma in his mind and develop it there. I do not know how long he continued this imaging, but it must have been for some months.

Results followed as he persisted. One of the doctors took a great liking to this young boy, and after training him in the art of sterilizing instruments, giving hypodermic injections, along with other miscellaneous first aid work, he became a technical assistant in his office. The doctor sent him to high school as also to college at his own expense.

Today this man is a prominent doctor in Montreal, Canada. He had a dream! A clear image in his mind! His wealth was in his mind.

Wealth is your idea, desire, talent, urge for service, capacity to give to mankind, your ability for usefulness to society, with your love for humanity in general.

This young boy operated a great law unconsciously. Troward says, 'Having seen the end, you have willed the means to the realization of the end.' The end in this boy's case was to be a physician. To imagine, see, and feel the reality of being a doctor now, to live with that idea, sustain it, nourish it, and to love it until through his imagination it penetrated the layers of the subconscious, became a conviction, and paved the way to the fulfilment of his dreams.

He could have said, 'I have no education.' 'I do not know the right people.' 'I am too old to go to school now.' 'I have no money; it would take years, and I am not intelligent.' He would then be beaten before he started. His wealth was in his use of the Spiritual Power within him which responded to his thought.

The means or the way in which our prayer is answered is always hidden from us, except that occasionally we may intuitively perceive a part of the process. 'My ways are past finding out.' The ways are not known. The only thing a person has to do is to imagine—to accept the end in his mind, yet leave its realisation to the universal all pervasive subjective wisdom contained within.

Often the question is asked, ‘What should I do after meditating on the end—accepting my desire in consciousness? The answer is simple: You will be compelled to do whatever is necessary for the realisation of your ideal. The law of the subconscious is compulsion. The law of life is action and reaction. What we do is the automatic response to our inner movements of the mind, inner feeling, and conviction.

A few months ago as I went to sleep, I imagined I was reading one of my most popular books, *Magic of Faith*, in French. I began to realize that is, imagine this book going into all French-speaking nations. For several weeks I did this every night, falling asleep with the imaginary French edition of *Magic of Faith* in my hands.

Just before Christmas in 1954, I received a letter from a leading publisher in Paris, France, enclosing a contract drawn up, with a request just for my signature, giving him permission to publish and promote abroad the French edition of *Magic of Faith*, to all French-speaking countries.

You might ask me what did I do about the publishing of this book after prayer? I would have to say, ‘Nothing!’ The subjective wisdom took over, and brought it to pass in its own way, which was a far better way than any method I could consciously devise.

All of our external movements, motions, and actions follow the inner movements of the mind. Inner action precedes all outer action. Whatever steps you take physically, or what you seem to do objectively will all be a part of a pattern which you were compelled to fulfil.

Accepting the end manages the means to the realization of the end. Believe that you have it now—you shall receive it.

We must cease denying our good. Realize that the only thing that keeps us from the riches that lie all around us is our mental attitude, or the way we look at God, life, indeed the world in general. Know, believe, and act on the positive assumption that there is no reason why you cannot have, be or do whatever you wish to accomplish through the great laws of God.

Your knowledge of how your mind works is your savior and redeemer. Thought and feeling are your destiny. You possess everything by right of consciousness. The consciousness of health produces health; the consciousness of wealth produces wealth. The world seems to deny or oppose what you pray for; your senses sometimes mock and laugh at you.

If you say to your friend that you are opening up a new business for yourself, he may proceed to give you all the reasons why you are bound to fail. If you are susceptible to his hypnotic spell, he may instil fear of failure in your mind. As you become aware of the spiritual power which is one and indivisible, which

responds to your thought, you will reject the darkness and ignorance of the world. You will know that you possess all the equipment, power along with the knowledge to succeed.

To walk on the Royal Road to Riches, you must not place obstacles on the pathway of others; neither must you be jealous or envious of others. Actually, when you entertain these negative states of mind, you are hurting and injuring yourself, because you are thinking and feeling it. 'The suggestion,' as Quimby said, 'you give to another, you are giving to yourself.' This is the reason that the law of the golden rule is a cosmic, Divine law.

I am sure you have heard men say, 'That fellow has a racket.' 'He is a racketeer.' 'He is getting money dishonestly.' 'He is a faker.' 'I knew him when he had nothing.' 'He is crooked, a thief, and a swindler.' If you analyze the man who talks like that, he is usually in want or suffering from some financial or physical illness. Perhaps his former college friends went up the ladder of success and excelled him; now he is bitter and envious of their progress. In many instances this is the cause of his downfall.

Thinking negatively of these classmates, or condemning their wealth, causes the wealth and prosperity he is praying for to vanish and flee away. He is condemning the things he is praying for. He is praying two ways. On the one hand he is saying, 'God is making me prosper.' In the next breath, silently or audibly, he is saying, 'I resent that fellow's wealth.' Always make it a special point to bless the other person—rejoice in his prosperity and success. When you do, you bless as well as prosper yourself.

If you go into the bank, and you see your competitor across the street deposit twenty times more than you do, or you see him deposit ten thousand dollars, rejoice and be exceedingly glad to see God's abundance being manifested through one of his sons. You are then blessing and exalting what you are praying for. What you bless, you multiply. What you condemn, you lose.

If you are working in a large organization, where you are silently thinking and resenting the fact that you are underpaid, that you are not appreciated, or that you deserve more money and greater recognition, you are subconsciously severing your ties with that organization. You are setting a law in motion; then the superintendent or manager says to you, 'We have to let you go.' You dismissed yourself. The manager was simply the instrument through which your own negative mental state was confirmed. In other words, he was a messenger telling you what you conceived as true about yourself. It was an example of the law of action and reaction. The action was the internal movement of your mind; the reaction was the response of the outer world to conform to your inner thinking.

Perhaps as you read this, you are thinking of someone who has prospered

financially by taking advantage of others, by defrauding them, by selling them unsound investments in property, etc. The answer to this is obvious, because if we rob, cheat, or defraud another, we do the same to ourselves. In reality, in this case we are actually hurting or robbing from ourselves. We are in a mood of lack in the first place, which is bound to attract loss to us. The loss may come in many ways; it may come in loss of health, prestige, peace of mind, social status, sickness in the home, or in business. It may not necessarily come in loss of money. We must not be shortsighted and think that the loss has to come in just dollars and cents.

Isn't it a wonderful feeling to place your head on the pillow at night, and feel you are at peace with the whole world, and that your heart is full of goodwill toward all? There are some people who have accumulated money the wrong way, by trampling on others, trickery, deceit, and chicanery. What is the price? Sometimes it is mental and physical disease, guilt complexes, insomnia, or hidden fears. As one man said to me, 'Yes, I rode roughshod over others. I got what I wanted, but I got cancer doing it.' He realized he had attained his wealth in the wrong way.

You can be wealthy and prosperous without hurting anyone. Many men are constantly robbing themselves; they steal from themselves: peace of mind, health, joy, inspiration, happiness, and the laughter of God. They may say that they have never stolen, but is it true? Every time we resent another, or are jealous, or envious of another's wealth or success, we are stealing from ourselves. These are the thieves and robbers which Jesus cast out of the temple; likewise, you must cast them out incisively and decisively. Do not let them live in your mind. Cut their heads off with the fire of right thought and feeling.

I remember in the early days of the war reading about a woman in Brooklyn, New York, who went around from store to store buying up all the coffee she could. She knew it was going to be rationed; she was full of fear that there would not be enough for her. She bought as much as she could, then stored it in the cellar. That evening she went to church services. When she came home, burglars had broken down the door, stolen not only the coffee, but silverware, money, jewellery, and other things.

This good woman said what they all say, 'Why did this happen to me when I was at church? I never stole from anyone.'

Is it true? Was she not in the consciousness of fear when she began to hoard supplies of coffee? Her mood of fear were sufficient to bring about loss in her home and possessions. She did not have to put her hand on the cash register or rob a bank; her fear of lack produced lack. This is the reason that many people who are what society calls, 'Good citizens,' suffer loss. They are good in the worldly sense; i.e., they pay their taxes; they obey the laws, vote regularly, also are

generous to charities, but they are resentful of others' possessions, their wealth, or social position. If they would like to take money when no one was looking, such an attitude is definitely and positively a state of shortage that may cause the person who indulges in such a mental state to attract charlatans or knaves who may swindle or cheat them in some business transaction.

Before the outer thief robs us, we have first robbed ourselves. There must be an inner thief, before the outer one appears.

A man can have a guilt complex, or accuse himself constantly. I knew such a man; he was very honest as a teller in a bank. He never stole any money, but he had an illicit romance; he was supporting another woman, and denying his family. He lived in fear that he would be discovered; a deep sense of guilt resulted. Fear follows guilt. Fear causes a contraction of the muscles and mucus membranes; acute sinusitis developed. Medication gave him only temporary relief.

I explained to this client the cause of his trouble. Simply, I told him the cure was to give up his outside affair. He said he couldn't; she was his soul mate—that he had tried. He was always condemning as well as accusing himself.

One day he was accused by one of the officials of the bank of having embezzled some money; it looked serious for him, as the evidence was circumstantial. He became panic-stricken as he realized the only reason he was wrongfully accused was that he had been accusing and condemning himself. He saw how mind operates.

Inasmuch as he was always accusing himself on the inner plane, he would be accused in his outside existence.

He immediately broke off the relationship with the other woman due to the shock of being accused of embezzling, and began to pray for Divine harmony and understanding between himself and the bank official. He began to claim, 'There is nothing hidden that is not revealed. The peace of God reigns supreme in the minds and hearts of all concerned.'

Truth prevailed. The whole matter was dissolved in the light of truth. Another young man was discovered as the culprit. The bank teller knew that only through prayer was he saved from a jail sentence.

The great law is, 'As you would that men should think about you, think you about them in the same manner. As you would that men should feel about you, feel you also about them in like manner.'

Say from your heart, 'I wish for every man who walks the earth, what I wish for myself. The sincere wish of my heart is, therefore, peace, love, joy, abundance, and God's blessings to all men everywhere.' Rejoice and be glad in the progression, advancement, and prosperity of all men. Whatever you claim as true for yourself, claim it for all men everywhere. If you pray for happiness and

peace of mind, let your claim be peace and happiness for all. Do not your organization, be glad. Congratulate him, rejoice in his advancement as well as recognition. If you are angry or resentful, you are demoting yourself. Do not try to withhold from another his God- given birthright to all good things happiness, success, achievement, abundance, and Jesus said, 'Store up for yourselves treasures in heaven, where the moth and the rust doth not consume, and where thieves cannot break through and steal.' Hatred and resentment rot to corrode the heart, causing us to become full of scars, impurities, toxins, and poisons.

The treasures of heaven are the truths of God—which we possess in our soul. Fill your minds with peace, harmony, faith, joy, honesty, integrity, loving kindness, and gentleness; then you will be sowing for yourself treasures in the heavens of your own mind.

If you are seeking wisdom regarding investments, or if you are worried about your stocks or bonds, quietly claim, 'Infinite Intelligence governs and watches over all my financial transactions, whatsoever I do shall prosper.' Do this frequently, you will find that your investments will be wise; moreover, you will be protected from loss, as you will be prompted to sell your securities or holdings before any loss accrues to you.

Use the following prayer daily regarding your home, business, and possessions: 'The overshadowing Presence which guides the planets on their course and causes the sun to shine, watches over all my possessions, home, business, and all my things. God is my fortress and vault. All my possessions are secure in God. It is wonderful.' By reminding yourself daily of this great truth, as also by observing the laws of Love, you will always be guided, watched over, and prospered in all your ways. You will never suffer from loss, for you have chosen the Most High as your Counsellor and Guide. The envelope of God's Love surrounds, enfolds, to encompass you at all times. You rest in the Everlasting Arms of God.

All of us should seek an inner guidance for our problems. If you have a financial problem, repeat this before you retire at night: 'Now I shall sleep in peace. I have turned this matter over to the God-Wisdom within. It only knows the answer. As the sun rises in the morning, so will my answer be resurrected. I know the sunrise never fails.' Then go off to sleep.

Do not fret, fuss or fume over a problem. Night brings counsel. Sleep on it. Your intellect cannot solve all your problems. Pray for the Light that is to come. Remember that the dawn always comes; then the shadows flee away. Let your sleep every night be a contented bliss.

You are not a victim of circumstances, except if you believe you are. You can rise to overcome any circumstance or condition. You will have different

experiences as you stand on the rock of spiritual Truth, steadfast, and faithful to your deeper purposes as well as desires.

In large stores, the management employs store detectives to prevent people from stealing; they catch a number every day trying to get something for nothing. All such people are living in the consciousness of lack and limitation. They are stealing from themselves, attracting at the same time all manner of loss. These people lack faith in God, the without the understanding of how their minds work. If they would pray for true place, Divine expression, and supply, they would find work; then by honesty, integrity, and perseverence they would become a credit to themselves and society at large.

Jesus said, 'For ye have the poor always with you; but me ye have not always.' The poor states of consciousness are always with us in this sense, that no matter how much wealth you now have, there is something you want with all your heart. It may be a problem of health; perhaps a son or daughter needs guidance, or harmony is lacking in the home. At that moment you are poor.

We could not know what abundance was, except we were conscious of lack. 'I have chosen twelve, and one you of is a devil.'

Whether it be the king of England or the boy in the slums, we are all born into limitation racial beliefs. It is through these limitations we grow. We could never discover the Inner Power, except through problems and difficulties; these are our poor states, which prod us in seeking the solution. We could not know what joy was, except when we could shed a tear of sorrow. We must be aware of poverty, to seek liberation and freedom: to ascend into God's opulence.

The poor states, such as fear, ignorance, worry, lack, and pain, are not bad when they cause you to seek the opposite. When you get into trouble, and get kicked from pillar to post; when you ask negative, heart-rending questions, such as 'Why are all these things happening to me? Why does there seem to be a jinx following me?'—light will come into your mind. Through your suffering, pain, or misery you will discover the truth, which sets you free. 'Sweet are the uses of adversity, like a toad ugly and venomous, yet wears a precious jewel on its head.''

Through dissatisfaction we are led to satisfaction. All those studying the laws of life have been dissatisfied with something. They have had some problem or difficulty which they could not solve; or they were not satisfied with the man-made answers to life's riddles. They have found their answer in the God-Presence within themselves—the pearl of great price—the precious jewel. The Bible says, 'I sought the Lord, and I found him, and He delivered me from all my fears.'

When you realize your ambition or desire, you will be satisfied for only a brief period of time; then the urge to expand will come again. This is Life seeking

to express Itself at higher levels through you. When one desire is satisfied, another comes, etc. until infinity. You are here to grow. Life is progression; it is not static. You are here to go from glory to glory: there is no end; for there is no end to God's glory.

We are all poor in the sense we are forever seeking more light, wisdom, happiness, to gain greater joy out of life. God is Infinite. Never in Eternity could you exhaust the glory, beauty, and wisdom which is within; this is how wonderful you are.

In the absolute state all things are finished, but in the relative world we must awaken to that glory, which was ours before this world. No matter how wise you are, you are seeking more wisdom; so you are still poor. No matter how intelligent you are in the field of mathematics, physics, or astronomy, you are only scratching the surface. You are still poor. The journey is ever onward, upward, and Godward. It is really an awakening process, whereby you realize creation is finished. When you know God does not have to learn, grow, expand, or unfold, you begin to gradually awaken from the dream of limitation, to become alive in God. As the scales of fear, ignorance, race belief, and mass hypnosis fall from your eyes, you begin to see as God sees. The blind spots are removed; then you begin to see the world as God made it; for we begin to see it through God's eyes. Now you say, 'Behold, the Kingdom of Heaven is at hand!'

Feed the 'poor' within you; clothe the naked ideas, to give them form by believing in the reality of the idea, trusting the great Fabricator within to clothe it in form to make it a .material fact. Now your word (idea) shall become flesh (take form). When you are hungry (poor states), you seek food. When worried, you seek peace. When you are sick, you seek health; when you are weak, you seek strength. Your desire for prosperity is the voice of God in you telling you that abundance is yours; therefore, through your poor state, you find the urge to grow, to expand, to unfold, to achieve, and to accomplish your desires.

A pain in your shoulder is a blessing in disguise; it tells you to do something about it at once. If there were no pain and no indication of trouble, your arm might fall off on the street. Your pain is God's alarm system telling you to seek His Peace and His Healing Power, to move from darkness to Light. When cold, you build a fire. When you are hungry, you eat. When you are in lack, enter into the mood of opulence and plenty. Imagine the end; rejoice in it. Having imagined the end, and felt it as true, you have willed the means to the realization of the end.

When you are fearful and worried, feed your mind with the great truths of God that have stood the test of time and will last forever. You can receive comfort by meditating on the great Psalms. For example: 'The Lord is my shepherd; I shall not want.' 'God is my refuge, my salvation, whom shall I fear?' 'God is an ever-

present help in time of trouble.' 'My God; in Him will I trust.' 'He shall cover me with His feathers, and under His wings shall I rest.' 'One with God is a majority.' 'If God be for me, who can be against me?' 'I do all things through Christ, who strengthened me'- eneth me.' Let the healing vibrations of these truths flood your mind and heart; then you will crowd out of your mind all your fears, doubts, and worries through this meditative process.

Imbibe another great spiritual truth: 'A merry heart maketh a cheerful countenance.' 'A merry heart hath a continual feast.' 'A merry heart doeth good like a medicine; a broken spirit drieth the bones.' 'Therefore I put thee in remembrance that thou stir up the gift of God within thee.' Begin now to stir up the gift of God by completely rejecting the evidence of senses, the tyranny and despotism of the race mind, to give complete recognition to the spiritual Power within you as the only Cause, the only Power, and the only Presence. Know that it is a responsive and beneficent Power. 'Draw nigh unto it, and it will draw nigh unto you.' Turn to It devotedly with assurance, trust, and love; it will respond to you as love, peace, guidance, and prosperity.

It will be your Comforter, Guide, Counsellor, and your heavenly Father. You will then say, 'God is Love. I have found Him. He truly has delivered me from all my fears.' Further-more, you will find yourself in green pastures, where abundance—all of God's riches flow freely through you.

Say to yourself freely and joyously during the day, 'I walk in the consciousness of the Presence of God all day long.' 'His fullness flows through me at all times, filling up all the empty vessels in my life.'

When you are filled to the brim of the feeling of being what you long to be, your prayer is answered. Are all the vessels full in your life? Look under health, wealth, love, and expression. Are you fully satisfied on all levels? Is there something lacking in one of these four? All that you seek, no matter what it is, comes under one of these classifications.

If you say, 'All I want is truth or wisdom,' you are expressing the desire of all men everywhere. That is what everyone wants, even though he or she may word it differently. Truth or wisdom is the over-all desire of every man; this comes under the classification of expression. You wish to express more and more of God here, just now.

Through your emptiness, limitation, and problems, you grow in God's Light, to you discover yourself. There is no other way you could discover yourself.

If you could not use your powers two ways, you would never discover yourself; neither would you ever deduce a law governing you. If you were compelled to be good, or compelled to love, that would not be love. You would then be an automaton. You have freedom to love, because you can give it, or retain

it. If compelled to love, there is no love. Aren't you flattered when some woman tells you she loves you and wants you? She has chosen you from all the men in the world. She does not have to love you. If she were forced to love you, you would not be flattered or happy about it.

You have freedom to be a murderer or a holy man. That is the reason that we praise such men as Lincoln and others. They decided to choose the good; we praise them for their choice. If we believe that circumstances, conditions, events, age, race, religious training, or early environment can preclude the possibility of our attaining a happy, prosperous life, we are thieves and robbers. All that is necessary to express happiness and prosperity is to feel happy and prosperous. The feeling of wealth produces wealth. States of consciousness manifest themselves. This is why it is said, 'All that ever came before me (feeling) are thieves and robbers.' Feeling is the law, and the law is feeling.

Your desire for prosperity is really the promise of God saying that His riches are yours; accept this promise without any mental reservation.

Quimby likened prayer to a lawyer pleading the case before the judge. This teacher of the laws of mind said he could prove the defendant was not guilty as charged, but that the person was a victim of lies and false beliefs. You are the judge; you render your own verdict; then you are set free. The negative thoughts of want, poverty, and failure are all false; they are all lies; there is nothing to back them up.

You know there is only one spiritual Power, one primal cause, and you, therefore, cease giving power to conditions, circumstances, and opinions of men. Give all Power to the Spiritual Power within you, knowing that It will respond to your thought of abundance and prosperity. Recognizing the supremacy of the Spirit within, and the Power of your own thought or mental image, is the way to opulence, freedom, and constant supply. Accept the abundant life in your own mind. Your mental acceptance and expectancy of wealth has its own mathematics and mechanics of expression. As you enter into the mood of opulence, all things necessary for the abundant life will come to pass. You are now the judge arriving at a decision in the courthouse of your mind. You have, like Quimby, produced indisputable evidence showing how the laws of your mind work, and you are now free from fear. You have executed and chopped the heads off all the fear and superstitious thoughts in your mind. Fear is the signal for action; it is not really bad; it tells you to move to the opposite, which is faith in God and all positive values.

Let this be your daily prayer; write it in your heart: 'God is the source of my supply. That supply is my supply now. His riches flow to me freely, copiously, and abundantly. I am forever conscious of my true worth. I give of my talents freely,

and I am wonderfully, divinely compensated. Thank you, Father!’

THE ROAD TO RICHES

Riches are of the mind. Let us suppose for a moment that a physician's diploma was stolen together with his office equipment. I am sure you would agree that his wealth was in his mind. He could still carry on, diagnose disease, prescribe, operate, and lecture on materia medica. Only his symbols were stolen; he could always get additional supplies. His riches were in his mental capacity, knowledge to help others, and his ability to contribute to humanity in general.

You will always be wealthy when you have an intense desire to contribute to the good of mankind. Your urge for service—i.e., to give of your talents to the world—will always find a response in the heart of the universe.

I knew a man in New York during the financial crisis of 1929, who lost everything he had, including his home and all his life's savings. I met him after a lecture which I had given at one of the hotels in the city. This was what he said: 'I lost everything. I made a million dollars in four years. I will make it again. All I have lost is a symbol. I can again attract the symbol of wealth in the same way that honey attracts flies.'

I followed the career of this man for several years to discover the key to his success. The key may seem strange to you; yet it is a very old one. The name he gave the key was, ‘Change water into wine!’ He read this passage in the Bible, and he knew it was the answer to perfect health, happiness, peace of mind, and prosperity.

Wine in the Bible always means the realization of your desires, urges, plans, dreams, propositions, etc.; in other words, it is the things you wish to accomplish, achieve, and bring forth.

Water in the Bible usually refers to your mind or consciousness. Water takes the shape of any vessel into which it is poured; likewise, whatever you feel and believe as true will become manifest in your world; thus you are always changing water into wine.

The Bible was written by enlightened men; it teaches practical, everyday psychology and a way of life. One of the cardinal tenets of the Bible is that you determine, mould, fashion, and shape your own destiny through right thought, feeling, and beliefs. It teaches you that you can solve any problem, overcome any situation, and that you are born to succeed, to win, and to triumph. In order to discover the Royal Road to Riches, and receive the strength and security necessary to advance in life, you must cease viewing the Bible in the traditional way.

The above man while in a financial crisis used to say to himself frequently during the days when he was without funds, ‘I can change water into wine!’ These words meant to him, ‘I can exchange the poverty ideas in my mind for the realization of my present desires or needs which are wealth and financial supply.’’

His mental attitude (water) was, ‘Once I made a fortune honestly. I will make it again (wine).’ His regular affirmation consisted of, ‘I attracted the symbol (money) once, I am attracting it again. I know this, and feel it is true (wine).’

This man went to work as a salesman for a chemical organization. Ideas for the better promotion of their products came to him; he passed them on to his organization. It was not long until he became vice president. Within four years the company made him president. His constant mental attitude was, ‘I can change water into wine!’

Look upon the story in John of changing water into wine in a figurative way, and say to yourself as the above mentioned chemical salesman did: ‘I can make the invisible ideas, urges, dreams, and desires of mine visible, because I have discovered a simple, universal law of mind.’

The law he demonstrated is the law of action and reaction. It means your external world, body, circumstances, environment, and financial status are always

a perfect reflection of your inner thinking, beliefs, feelings, and convictions. This being true, you can now change your inner pattern of thought by dwelling on the idea of success, wealth, and peace of mind. As you busy your mind with these latter concepts, these ideas will gradually seep into your mentality like seeds planted in the ground. As all seeds (thoughts and ideas) grow after their kind, so will your habitual thinking and feeling manifest in prosperity, success, and peace of mind. Wise thought (action) is followed by right action (reaction).

You can acquire riches when you become aware of the fact that prayer is a marriage feast. The feast is a psychological one; you meditate on (mentally eat of) your good or your desire until you become one with it.

I will now cite a case history from my files relating how a young girl performed her first miracle in transforming 'water into wine.' She operated a very beautiful hair salon. Her mother became ill, and she had to devote considerable time at home, neglecting her business. During her absence two of her assistants embezzled funds. She was forced into bankruptcy, lost her home, and found herself deeply in debt. She was unable to pay hospital bills for her mother, and she was now unemployed.

I explained to this woman the magic formula of changing water into wine. Again we made it clear to her that wine means answered prayer or the materialisation of her ideal.

She was quarreling with the outside world. She said, 'Look at the facts: I have lost everything; it is a cruel world. I cannot pay my bills. I do not pray, for I have lost hope.' She was so absorbed and engrossed in the material world, that she was completely oblivious to the internal cause of her situation. As we talked, she began to understand that she had to resolve the quarrel in her mind.

No matter what your desire or ideal is as you read this book, you will also find some thought or idea in your mind opposed to it. For example, your desire may be for health; perhaps there are several thoughts such as these in your mind simultaneously: 'I can't be healed. I have tried, but it is no use; it's getting worse.' 'I don't know enough about spiritual mind healing.'

As you study yourself, don't you have a tug of war in your mind? Like this girl, you find environment and external affairs challenging your desire of expression, wealth, and peace of mind.

True prayer is a mental marriage feast, and it teaches us all how to resolve the mental conflict. In prayer, you 'write' what you believe in your own mind. Emerson said, 'A man is what he thinks all day long.' By your habitual thinking you make your own mental laws of belief. By repeating a certain train of thought you establish definite opinions and beliefs in the deeper mind called the subconscious; then such mental acceptances, beliefs, and opinions direct and

control all the outer actions. To understand this and begin to apply it is the first step in changing ‘water into wine,’ or changing lack and limitation into abundance and opulence. The man who is unaware of his own inner spiritual powers is, therefore, subject to race beliefs, lack, and limitation.

Open your Bible now, and perform your first miracle, as this beauty operator did. You can do it. If you merely read the Bible as a historical event, you will miss the spiritual, mental, scientific view of the laws of mind with which we are concerned in this book.

Let us take this passage: ‘And the third day there was a marriage in Cana of Galilee; and the mother of Jesus was there.’ Galilee means your mind or consciousness. Cana means your desire. The marriage is purely mental or the subjective embodiment of your desire. This whole beautiful drama of prayer is a psychological one in which all the characters are mental states, feelings, and ideas within you.

One of the meanings of Jesus is illumined reason. The mother of Jesus means the feeling, moods, or emotions which possess us.

‘And both Jesus was called, and his disciples, to the marriage.’ Your disciples are your inner powers and faculties enabling you to realize your desires.

‘And when they wanted wine, the mother of Jesus saith unto him, They have no wine.’ Wine, as we have stated, represents the answered prayer or the manifestation of your desire and ideals in life. You can now see this is an everyday drama taking place in your own life.

When you wish to accomplish something as this girl did—namely, finding work, supply, and a way out of your problem—suggestions of lack come to you, such as, ‘There is no hope. All is lost. I can’t accomplish it; it is hopeless.’ This is the voice from the outside world saying to you, ‘They have no wine,’ or ‘Look at the facts.’ This is your feeling of want, limitation, or bondage speaking.

How do you meet the challenge of circumstances and conditions? By now you are getting acquainted with the laws of mind, which are as follows: ‘As I think and feel inside, so is my outside world; i.e., my body, finances, environment, social position, and all phases of my external relationship to the world and man.’ Your internal, mental movements and imagery govern, control, and direct the external plane in your life.

The Bible says, ‘As he thinketh in his heart, so is he.’ The heart is a Chaldean word meaning the subconscious mind. In other words, your thought must reach subjective levels by engaging the power of your subliminal self.

Thought and feeling are your destiny. Thought charged with feeling and interest is always subjectified, and becomes manifest in your world. Prayer is a marriage of thought and feeling, or your idea and emotion; this is what the

marriage feast relates.

Any idea or desire of the mind felt as true comes to pass, whether it is good, bad, or indifferent. Knowing the law now that what you imagine and feel in your mind, you will express, manifest, or experience in the outside, enables you to begin to discipline your mind.

When the suggestion of lack, fear, doubt, or despair (they have no wine) comes to your mind, immediately reject it mentally by focusing your attention at once on the answered prayer, or the fulfillment of your desire.

The statements given in the Bible from John 2, 'Mine hour is not yet come,' and, 'Woman, what have I to do with thee,' are figurative, idiomatic, Oriental expressions.

As we paraphrase these quotations, woman means the negative feeling that you indulge in. These negative suggestions have no power or reality, because there is nothing to back them up.

A suggestion of lack has no power; the power is resident in your own thought and feeling.

What does God mean to you? God is the Name given to the One Spiritual Power. God is the One Invisible Source from Which all things flow.

When your thoughts are constructive and harmonious, the Spiritual Power, being responsive to your thought flows as harmony, health, and abundance. Practice the wonderful discipline of completely rejecting every thought of want by immediately recognizing the availability of the Spiritual Power. Its response to your constructive thoughts and imagery; then you will be practicing the truth found in these words, 'Woman, what have I to do with thee?'

We read, 'Mine hour is not yet come.' This means that while you have not yet reached a conviction or positive state of mind, you know you are on the way mentally, because you are engaging your mind on the positive ideals, goals, as well as enhancing your objectives of life. Whatever the mind dwells upon, it multiplies, magnifies, and causes it to grow until finally the mind becomes qualified with the new state of consciousness. You are then conditioned positively, whereas before you were conditioned negatively.

The spiritual man in prayer moves from the mood of want to the mood of confidence, peace, and trust in the Spiritual Power within himself. Since his trust and faith are in the Spiritual Power, his mother (moods and feeling) registers a feeling of triumph or victory; this will bring about the solution or the answer to your prayer.

The water pots in the story from the Bible refer to the mental cycles that man goes through in order to bring about the subjective realization of his desire. The length of time may be a moment, hour, week, or month, depending on the faith and

state of consciousness of the student.

In prayer we must cleanse our mind of false beliefs, fear, doubt, and anxiety by becoming completely detached from the evidence of senses—that is, the external world. In the peacefulness, quietude of your mind, when you have stilled the wheels of your mind, meditate on the joy of the answered prayer until that inner certitude comes. Indeed, you know that you know. When you have succeeded in being one with your desire, you have succeeded in the mental marriage—or the union of your feelings with your idea.

I am sure you wish to be married (one with) to health, harmony, success, as also achievement in your mind at this moment. Every time you pray you are trying to perform the marriage feast of Cana (realization of your desire or ideals). You want to be mentally identified with the concepts of peace, success, well-being, and perfect health.

'They filled them up to the brim.' The six waterpots represent your own mind in spiritual as well as mental creative activity. You must fill your mind to the brim, meaning you must become fulfilled. When you succeed in filling your mind with the ideal you wish to accomplish or express, you are full to the brim; then you cease praying about it; for you feel its reality in your mind. You know! It is a finished state of consciousness. You are at peace about it.

'And he saith unto them Draw out now, and bear unto the governor of the feast.' Whatever is impregnated in our subconscious mind is always objectified on the screen of space; consequently, when we enter a state of conviction that our prayer is answered, we have given the command, 'Bear unto the governor of the feast.'

You are always governing your mental feast. During the day thousands of thoughts, suggestions, opinions, sights, and sounds reach your eyes and ears. You can reject them as unfit for mental consumption or entertain them, as you choose. Your conscious, reasoning, intellectual mind is the governor of the feast. When you consciously choose to entertain, meditate, feast upon, and imagine your heart's desire as true, it becomes a living embodiment and a part of your mentality, so that your deeper self gives birth or expression to it. In other words, what is impressed subjectively is expressed objectively. Your senses or conscious mind see the materization of your good attitude. When the conscious mind becomes aware of 'water made into wine,' it becomes aware of the answered prayer. Water might be called, also, the invisible, formless, spiritual power, unconditioned consciousness. Wine is conditioned consciousness, or the mind giving birth to its beliefs as well as convictions.

The servants which draw the water for you represent the mood of peace, confidence, and faith. According to your faith or feeling, your good is attracted or

drawn to you.

Imbibe, cherish, fall in love with these spiritual principles which are discussed in this book. In the first recorded miracle of Jesus, you are told that prayer is a marriage feast, or the mind uniting with its desire.

Love is the fulfilling of the law. Love is really an emotional attachment, a sense of oneness with your good. You must be true to that which you love. You must be loyal to your purpose or to your ideal. We are not being true to the one we love when we are flirting or mentally entertaining other marriages with fear, doubt, worry, anxiety, or false beliefs. Love is a state of oneness, a state of fulfillment. (Refer to the book by the author, Love is Freedom.)

When this simple drama was explained to the beauty operator mentioned above, she became rich mentally. She understood this drama. She put it into practice in her life. This is how she prayed: She knew that the water (her own mind) would flow, to fill up all the empty vessels in response to her new way of thinking and feeling.

At night this client became very quiet and still, relaxed her body, to begin to use constructive imagery. The steps she used are as follows:

First step: She began to imagine the local bank manager was congratulating her on her wonderful deposits in the bank. She kept imagining that for about five minutes.

The second step: In her imagination she heard her mother saying to her, 'I am so happy about your wonderful, new position.' She continued to hear her say this in a happy, joyous way for about three to five minutes.

The third step: She vividly imagined the writer was in front of her performing her marriage ceremony. This woman heard me saying as the officiating minister, 'I now pronounce you man and wife.' Completing this routine, she went to sleep feeling filled full, i.e., sensing and feeling within herself the joy of the answered prayer.

Nothing happened for three weeks; in fact, things got much worse, but she persevered, refusing to take, 'No,' for her answer. She knew that in order to grow spiritually, she, too, had to perform her first miracle by changing her fear to faith, her mood of lack to a mood of opulence and prosperity, by changing consciousness (water) into the conditions, circumstances, and experiences she wished to express.

Consciousness, Awareness, Beingness, Principle, Spirit, or whatever Name you give It, is the cause of all; It is the only Presence and Power. The Spiritual Power or Spirit within us is the cause and substance of all things. All things—birds, trees, stars, sun, moon, earth, gold, silver, and platinum—are its manifestations. It is the cause and substance of all things. 'There is none else.'

Understanding this, she knew that water (consciousness) could become supply in the form of money, true place, or true expression for herself, health for her mother, as well as companionship and fullness of life. She saw this simple—yet profound—truth in the twinkling of an eye, as she said to me, 'I accept my good.'

She knew that nothing is hidden from us; all of God is within us, waiting for our discovery and inquiry.

In less than a month this young girl got married. The writer performed the ceremony. I pronounced the words she heard me say over and over again in her meditative, relaxed state, I now pronounce you man and wife!

Her husband gave her a check for $24,000 as a wedding present, as well as a trip around the world. Her new expression as a beauty operator was to beautify her home and garden, to make the desert of her mind rejoice and blossom as the rose.

She changed 'water into wine.' Water or her consciousness became charged or conditioned by her constant, true, happy imagery. These images, when sustained regularly, systematically, along with faith in the developing powers of the deeper mind, will come out of the darkness (subconscious mind) into light (objectified on the screen of space).

There is one important rule: Do not expose this newly developed film to the shattering light of fear, doubt, despondency,or worry. Whenever worry or fear knocks at your door, immediately turn to the picture you developed in your mind, as you say to yourself, 'A beautiful picture is being developed now in the dark house of my mind.' Mentally pour on that picture your feeling of joy, faith, and understanding. You know you have operated a psychological, spiritual law; for what is impressed shall be expressed. It is wonderful!

The following is a sure, certain way for developing as also manifesting all the material riches—supply, you need all the days of your life. If you apply this formula sincerely with true honesty, you should be amply rewarded on the external plane. I will illustrate this by telling you of a man who came to see me in London in desperate, financial straits. He was a member of the Church of England, who had studied the working of the subconscious mind to some extent.

I told him to say frequently during the day, 'God is the source of my supply. All my needs are met at every moment of time and point of space.' Think also of all the animal life in this world, of all the galaxies of space which are now being taken care of by an Infinite Intelligence. Notice how nature is lavish, extravagant, and bountiful. Think of the fish of the sea which are all being sustained, as well as the 'birds of the air!'

He began to realize that since he was born, he had been taken care of, fed by his mother, clothed by his father, that is watched over by tender, loving parents.

This man got a job and was paid in a wonderful way. He reasoned that it was illogical to assume that the Principle of Life, which gave him life—always took care of him, would suddenly cease to respond to him.

He realized that he had cut off his own supply by resenting his employer, self-condemnation, criticism of himself, and by his own sense of unworthiness. He had psychologically severed the cord which joined him to the Infinite Source of all things—the Indwelling Spirit or Life Principle, called by some, 'Consciousness or Awareness.'

Man is not fed like the birds; he must consciously commune with the Inner dwelling Power and Presence, to receive guidance, strength, vitality that is all things necessary for the fulfillment of his needs.

This is the formula which he used to change water into the wine of abundance to achieve financial success. He realized God or the Spiritual Power within him was the cause of all; furthermore, he realized that if he could sell himself the idea that wealth was his by Divine right, he would manifest abundance of supply.

The affirmation he used was, 'God is the source of my supply. All my financial and other needs are met at every moment of time and point of space; there is always a Divine surplus.' This simple statement repeated frequently, knowingly, with intelligent conviction, conditioned his mind to a prosperity consciousness.

All he had to do was to sell himself this positive idea, in the same way a good salesman has to sell the merits of his product. Such a person is convinced of the integrity of his company, the high quality of the product, the good service which it will give the customer, and the fact that the price is right, etc.

I told him whenever negative thoughts came to his mind, which would happen, not to fight or quarrel with them in any way, but simply go back to the spiritual, mental formula, and repeat it quietly and lovingly to himself. Negative thoughts came to him in avalanches at times, in the form of a flood of negativity. Each time he met them with the positive, firm, loyal conviction: 'God supplies all my needs; there is a Divine surplus in my life.'

He said that as he drove his car, went through his day's routine, a host of sundry, miscellaneous, negative concepts crowded his mind from time to time, such as 'There is no hope.' 'You are broke.' Each time such negative thoughts came, he refused their mental admission by turning to the Eternal Source of wealth, health—all things which he knew to be his own spiritual awareness. Definitely, most positively he claimed, 'God is the source of my supply, and that supply is mine now!' Or, 'There is a Divine solution. God's wealth is my wealth,' with other affirmative, positive statements, which charged his mind with hope, faith, expectancy. Ultimately this conviction in an ever-flowing fountain of riches,

supplyed all his needs copiously, joyously—endlessly.

The negative flood of thoughts came to him as often as fifty times in an hour; each time he refused to open the door of his mind to these gangsters, assassins, and thieves, which he knew would only rob him of peace, wealth, success,—all good things. Instead he opened the door of his mind to the idea of God's Eternal Life Principle of supply flowing through him as wealth, health, energy, power, and all things necessary to lead a full and happy life here.

As he continued to do this, the second day not so many thieves knocked at his door; the third day, the flow of negative visitors was less; the fourth day, they came intermittently, hoping for admission, but receiving the same mental response: 'No entrance! I accept only thoughts or concepts, which activate, heal, bless, to inspire my mind!'

He reconditioned his consciousness or mind to a wealth consciousness. 'The prince of this world cometh, and hath nothing in me.' This conveys to your mind: The negative thoughts, such as fear, lack, worry, anxiety, came, but they received no response from his mind. He was now immune, God-intoxicated, seized by a divine faith in an ever-expanding consciousness of abundance and financial supply. This man did not lose everything; neither did he go into bankruptcy. He was given extended credit; his business improved; new doors opened up: he prospered.

Remember always in the prayer-process, you must be loyal to your ideal, purpose, and objective. Many people fail to realize wealth and financial success, because they pray two ways. They affirm God is their supply, and that they are Divinely prospered, but a few minutes later they deny their good by saying, 'I can't pay this bill.' 'I can't afford this, that, or the other thing.' Or they say to themselves, 'A jinx is following me.' 'I can't ever make ends meet.' 'I never have enough to go around.' All such statements are highly destructive and neutralize your positive prayers. This is what is called 'praying two ways.'

You must be faithful to your plan or your goal. You must be true to your knowledge of the Spiritual Power. Cease making negative marriages, i.e., uniting with negative thoughts, fears, and worries.

Prayer is like a captain directing the course of his ship. You must have a destination. You must know where you are going. The captain of the ship, knowing the laws of navigation, regulates his course accordingly. If the ship is turned from its course by storms or unruly waves, he calmly redirects it along its true course.

You are the captain on the bridge, and you are giving the orders in the way of thoughts, feelings, opinions, beliefs, moods, and mental tones. Keep your eye on the beam. You go where your vision is! Cease, therefore, looking at all the obstacles, delays, and impediments that would cause you to go off your course. Be

definite and positive. Decide where you are going. Know that your mental attitude is the ship which will take you from the mood of lack and limitation, to the mood and feeling of opulence, and to the belief in the inevitable law of God working for you.

Quimby, who was a doctor, a wonderful student, and teacher of the mental and spiritual laws of mind, said, 'Man acts as he is acted upon.' What moves you now? What is it that determines your response to life? The answer is as follows: Your ideas, beliefs, and opinions activate your mind and condition you to the point that you become, as Quimby stated, 'An expression of your beliefs.' This illustrates the truth of Quimby's statement: 'Man is belief expressed.'

Another popular statement of Quimby's was, 'Our minds mingle like atmospheres, and each person has his identity in that atmosphere.' When you were a child, you were subject to the moods, feelings, beliefs, and the general mental atmosphere of the home. The fears, anxieties, superstitions, as well as the religious faith and convictions of the parents were impressed on your mind.

Let us say the child had been brought up in a poverty-stricken home, in which there was never enough to go 8 Augaround, financially speaking; he heard constantly the complaint of lack and limitation.

You could say, like Salter in his conditioned reflex therapy, that the child was conditioned to poverty. The young man may have a poverty complex based on his early experiences, training, and beliefs, but he can rise above any situation and become free; this is done through the power of prayer.

I knew a young boy, aged 17, who was born in a place called, 'Hell's Kitchen,' in New York. He listened to some lectures I was giving in Stein-way Hall, New York, at the time. This boy realized that he had been the victim of negative, destructive thinking, and that if he did not redirect his mind along constructive channels, the world-mind with its fears, failures, hates, and jealousies would move in and control him. 'Man acts as he is acted upon.'

It stands to reason, as Quimby knew, that if man will not take charge of his own house (mind), the propaganda, false beliefs, fears, and worries of the phenomenalistic world will act as a hypnotic spell over him.

We are immersed in the race mind which believes in sickness, death, misfortune, accident, failures, disease, and diverse disasters. Follow the Biblical injunction: 'Come out from among them, and be separate.' Identify yourself mentally and emotionally with the Eternal Verities which have stood the test of time.

This young man decided to think and plan for himself. He decided to take the Royal Road to Riches by accepting God's abundance here and now, and to fill his mind with spiritual concepts and perceptions. He knew, as he did this, he would

automatically crowd out of his mind all negative patterns.

He adopted a simple process called, ‘scientific imagination.’ He had a wonderful voice, but it was not cultivated or developed. I told him the image he gave attention to in his mind would be developed in his deeper mind and come to pass. He understood this to be a law of mind—a law of action and reaction—i.e., the response of the deeper mind to the mental picture held in the conscious mind.

This young man would sit down quietly in his room at home, relax his whole body, and vividly imagine himself singing before a microphone. He would actually reach out for the ‘feel’ of the instrument. He would hear me congratulate him on his wonderful contract and tell him how magnificent his voice was. By giving his attention and devotion to this mental image regularly and systematically, a deep impression was made on his subconscious mind.

A short time elapsed, and an Italian voice instructor in New York gave him free lessons several times a week, because he saw his possibilities. He got a contract which sent him abroad to sing in the salons of Europe, Asia, South Africa, and other places. His financial worries were over, for he also received a wonderful salary. His hidden talents and ability to release them were his real riches. These talents and powers within all of us are God-given; let us release them.

Did you ever say to yourself, ‘How can I be more useful to my fellow creatures?’ ‘How can I contribute more to humanity?’

A minister-friend of mine told me that in his early days he and his church suffered financially. His technique or process was this simple prayer which worked wonders for him, ‘God reveals to me better ways to present the truths of God to my fellow creatures.’ Money poured in; the mortgage was paid in a few years, and he has never worried about money since.

As you read this chapter, you have now learned that the inner feelings, moods, and beliefs of man always control and govern his external world. The inner movements of the mind control the outer movements. To change the outside, you must change the inside. ‘As in Heaven, so on earth;’ or as in my mind or consciousness, so is it in my body, circumstances, and environment.

The Bible says, ‘There is nothing hidden that shall not be revealed.’ For example, if you are sick, you are revealing a mental and emotional pattern which is the cause. If you are upset, or if you receive tragic news, notice how you reveal it in your face, eyes, gestures, tonal qualities, also in your gait, and posture. As a matter of fact, your whole body reveals your inner distress. You could, of course, through mental discipline and prayer remain absolutely poised, serene, and calm, refusing to betray your hidden feelings or mental states. You could order the muscles of your body to relax, be quiet, and be still; they would have to obey you.

Your eyes, face, and lips would not betray any sign of grief, anger, or despondency. On the other hand, with a little discipline, through prayer and meditation, you could reverse the entire picture. Even though you had received disturbing news, regardless of its grave nature, you could show and exhibit joy, peace, relaxation, and a vibrant, buoyant nature. No one would ever know that you were the recipient of so-called bad news.

Regardless of what kind of news you received today, you could go to the mirror, look at your face, lips, eyes, and your gestures, as you tell yourself and imagine you have heard the news of having received a vast fortune. Dramatize it, feel it, thrill to it, and notice how your whole body responds to the inner thrill.

You can reverse any situation through prayer. Busy your mind with the concepts of peace, success, wealth, and happiness. Identify yourself with these ideas mentally, emotionally, and pictorially.

Get a picture of yourself as you want to be; retain that image; sustain it with joy, faith, and expectancy; finally you will succeed in experiencing its manifestation.

I say to people who consult me regarding financial lack to ‘marry wealth.’ Some see the point; others do not. As all Bible students know, your wife is what you are mentally joined to, united with, or at one with.

In other words, what you conceive and believe, you give conception. If you believe the world is cold, cruel, and harsh, that it is a ‘dog eat dog’ way of life, that is your concept; you are married to it, and you will have children or issue by that marriage. The children from such a mental marriage or belief will be your experiences, conditions, and circumstances, together with all other events in your life. All your experiences and reactions to life will be the image and likeness of the ideas which fathered them.

Look at the many wives the average man is living with, such as fear, doubt, anxiety, criticism, jealousy, and anger; these play havoc with his mind. Marry wealth by claiming, feeling, and believing: ‘God supplies all my needs according to his riches in glory.’ Or take the following statement, and repeat it over and over again knowingly until your consciousness is conditioned by it, or it becomes part of your meditation: ‘I am Divinely expressed, and I have a wonderful income.’ Do not say this in a parrot-like fashion, but know that your train of thought is being engraved in your deeper mind, and it becomes a conditioned state of consciousness. Let the phrase become meaningful to you. Pour life, love, and feeling on it, making it alive.

One of my class-students recently opened a restaurant. He phoned me, saying that he got married to a restaurant; he meant that he had made up his mind to be very successful, diligent, and persevering, and to see that his business prospered.

This man's wife (mental) was his belief in the accomplishment of his desire or wish.

Identify yourself with your aim in life, and cease mental marriages with criticism, self-condemnation, anger, fear, and worry. Give attention to your chosen ideal, being full of faith and confidence in the inevitable law of prosperity and success. You will accomplish nothing by loving your ideal one minute, and denying it the next minute; this is like mixing acid and alkali, and you will get an inert substance. In going along the Royal Road to Riches, you must be faithful to your chosen ideal (your wife).

We find illustrations in the Bible relating to these same truths. For instance, 'Eve came out of Adam's rib.' Your rib is your concept, desire, idea, plan, goal, or aim in life.

Eve means the emotion, feeling nature, or the inner tone. In other words, you must mother the idea. The idea must be mothered, loved, and felt as true, in order to manifest your aim in life.

The idea is the father; the emotion is the mother; this is the marriage feast which is always taking place in your mind.

Ouspensky spoke of the third element which entered in or was formed following the union of your desire and feeling. He called it the neutral element. We may call it 'peace'; for God is Peace.

The Bible says, 'And the government shall be on his shoulders.' In other words, let Divine Wisdom be your guide. Let the subjective Wisdom within you lead, guide, and govern you in all your ways. Turn over your request to this Indwelling Presence, knowing in your heart and soul that it will dissipate the anxiety, heal the wound, and restore your soul to equanimity and tranquility. Open your mind and heart, and say, 'God is my pilot. He leads me. He prospers me. He is my counsellor.' Let your prayer be night and morning, 'I am a channel through which God's riches flow ceaselessly, copiously, and freely.' Write that prayer in your heart, inscribe it in your mind. Keep on the beam of God's glory!

The man who does not know the inner workings of his own mind is full of burdens, anxieties, and worries; he has not learned how to cast his burden on the Indwelling Presence and go free.

The Zen monk was asked by his disciple, 'What is Truth?' He replied in a symbolic way by taking the bag off his back, and placing it on the ground.

The disciple then asked him, 'Master, how does it work?'

The Zen monk, still silent, placed the bag on his back, and walked on down the road singing to himself. The bag is your burden, or your problem. You cast it on the subjective Wisdom which knows all, and has the 'know how' of accomplishment. It knows only the answer.

Placing the bag again on his back means though I still have the problem, I now have mental rest and relief from the burden, because I have invoked the Divine Wisdom on my behalf; therefore, I sing the song of triumph, knowing that the answer to my prayer is on the way, and I sing for the joy that is set before me. It is wonderful.

'Every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse; but thou hast kept the good wine until now.' This is true of every man when he first enters a knowledge of the laws of the mind. He sets out with high spirits and ambitions. He is the new broom which sweeps clean, and he is full of good intentions; oftentimes he forgets the Source of power. He does not remain faithful to the Principle within him, which is scientific and effectual, that would lift him out of his negative experiences and set him on the high road to freedom and peace of mind. He begins to indulge mentally and emotionally with ideas and thoughts extraneous to his announced aim and goal. In other words, he is not faithful to his ideal or wife.

Know that the subjective or deeper self within you will accept your request, and being the great fabricator, it will bring it to pass in its own way. All you do is release your request with faith and confidence, in the same way you would cast a seed on the ground, or mail a letter to a friend, knowing the answer would come.

Did you ever go between two great rocks and listen to the echo of your voice? This is the way the Life Principle within you answers. You will hear the echo of your own voice. Your voice is your inner, mental movement of the mind—your inner, psychological journey where you feasted mentally on an idea until you were full; then you rested.

Knowing this law and how to use it, be sure you never become drunk with power, arrogance, pride, or conceit. Use the law to bless, heal, inspire, and lift up others, as well as yourself.

Man misuses the law by selfishly taking advantage of his fellow man; if you do, you hurt and attract loss to yourself. Power, security, and riches are not to be obtained externally. They come from the treasure-house of eternity within. We should realize that the good wine is always present, for God is the Eternal Now. Regardless of present circumstances, you can prove your good is ever-present by detaching yourself mentally from the problem, going on the High Watch, and going about your Father's business.

To go on the High Watch is to envision your good, to dwell on the new concept of yourself, to become married to it, and sustain the happy mood by remaining faithful—full of faith every step of the way—knowing that the wine of joy, the answered prayer, is on the way. 'Now is the day of salvation.' 'The kingdom of heaven is at hand.' 'Thou hast kept the good wine until now.'

You can—this moment—travel psychologically in your mind, and enter mentally through Divine imagination into any desired state. The wealth, health, or invention you wish to introduce are all invisible at first. Everything comes out of the Invisible. You must subjectively possess riches, before you can objectively possess wealth. The feeling of wealth produces wealth; for wealth is a state of consciousness. A state of consciousness is what you think, feel, believe, and mentally give consent to.

A teacher in California receiving over five or six thousand dollars a year looked in a window at a beautiful ermine coat that was priced at $8,000. She said, 'It would take me years to save that amount of money. I could never afford it. Oh, how I want it!' She listened to our lectures on Sunday mornings. By ceasing to marry these negative concepts, she learned that she could have a coat, car, or anything she wished without hurting anybody on the face of the earth.

I told her to imagine she had the coat on, to feel its beautiful fur, and to get the feel of it on her. She began to use the power of her imagination prior to sleep at night. She put the imaginary coat on her, fondled it, caressed it, like a child does with her doll. She continued to do this, and finally felt the thrill of it all.

She went to sleep every night wearing this imaginary coat and being so happy in possessing it. Three months went by, and nothing happened. She was about to waiver, but she reminded herself that it is the sustained mood which demonstrates. 'He who perseveres to the end shall be saved.' The solution will come to the person who does not waver, but always goes about with the perfume of His Presence with him. The answer comes to the man who walks in the light that 'It is done!' You are always using the perfume of His Presence when you sustain the happy, joyous mood of expectancy, knowing your good is on the way. You saw it in the unseen, and you know you will see it in the seen.

The sequel to the teacher's drama of the mind is interesting. One Sunday morning after our lecture, a man accidentally stepped on her toe, apologized profusely, asked her where she lived, and offered to drive her home. She accepted gladly. Shortly after, he proposed marriage, gave her a beautiful diamond ring, and said to her, 'I saw the most wonderful coat; you would simply look radiant wearing it!' It was the coat she admired three months previously. (The salesman said over one hundred wealthy women looked at the coat, admired it immensely, but for some reason always selected another garment.)

Through your capacity to choose, imagine the reality of what you have selected, and through faith and perseverance, you can realize your goal in life. All the riches of heaven are here now within you, waiting to be released. Peace, joy, love, guidance, inspiration, goodwill, and abundance all exist now. All that is necessary in order to express God's riches is for you to leave the present now

(your limitation), enter into the mental vision or picture, and in a happy, joyous mood become one with your ideal. Having seen and felt your good in moments of high exaltation, you know that in a little while you shall see your ideal objectively as you walk through time and space. As within, so without. As above, so below. As in heaven so on earth. In other words, you will see your beliefs expressed. Man is belief expressed!

ABOUT DR JOSEPH MURPHY

Joseph Murphy was born on May 20, 1898, in a small town in the County of Cork, Ireland. His father, Denis Murphy, was a deacon and professor at the National School of Ireland, a Jesuit facility. His mother, Ellen, née Connelly, was a housewife, who later gave birth to another son, John, and a daughter, Catherine.

Joseph was brought up in a strict Catholic household. His father was quite devout and, indeed, was one of the few lay professors who taught Jesuit seminarians. He had a broad knowledge of many subjects and developed in his son the desire to study and learn.

Ireland at that time was suffering from one of its many economic depressions, and many families were starving. Although Denis Murphy was steadily employed, his income was barely enough to sustain the family.

Young Joseph was enrolled in the National School and was a brilliant student. He was encouraged to study for the priesthood and was accepted as a Jesuit seminarian. However, by the time he reached his late teen years, he began to question the Catholic orthodoxy of the Jesuits, and he withdrew from the seminary. Since his goal was to explore new ideas and gain new experiences—a goal he

could not pursue in Catholic-dominated Ireland—he left his family to go to America.

He arrived at the Ellis Island Immigration Center with only $5 in his pocket. His first project was to find a place to live. He was fortunate to locate a rooming house where he shared a room with a pharmacist who worked in local drugstore.

Joseph's knowledge of English was minimal, as Gaelic was spoken both in his home and at school, so like most Irish immigrants, Joseph worked as a day laborer, earning enough to keep fed and housed.

He and his roommate became good friends, and when a job opened up at the drugstore where his friend worked, he was hired to be an assistant to the pharmacist. He immediately enrolled in a school to study pharmacy. With his keen mind and desire to learn, it didn't take long before Joseph passed the qualification exams and became a full-fledged pharmacist. He now made enough money to rent his own apartment. After a few years, he purchased the drugstore, and for the next few years ran a successful business.

When the United States entered World War II, Joseph enlisted in the Army and was assigned to work as a pharmacist in the medical unit of the 88th Infantry Division. At that time, he renewed his interest in religion and began to read extensively about various religious beliefs. After his discharge from the Army, he chose not to return to his career in pharmacy. He traveled extensively, taking courses in several universities both in the United States and abroad.

From his studies, Joseph became enraptured by the various Asian religions and went to India to learn about them in depth. He studied all of the major religions from the time of their beginning. He extended these studies to the great philosophers from ancient times until the present.

Although he studied with some of the most intelligent and far-sighted professors, the one person who most influenced Joseph was Dr Thomas Troward, who was a judge as well as a philosopher, doctor, and professor. Judge Troward became Joseph's mentor. From him he not only learned philosophy, theology, and law, but also was introduced to mysticism and particularly, the Masonic order. He became an active member of this order and over the years rose in the Masonic ranks to the 32nd degree in the Scottish Rite.

Upon his return to the United States, Joseph chose to become a minister and bring his broad knowledge to the public. As his concept of Christianity was not traditional and indeed ran counter to most of the Christian denominations, he founded his own church in Los Angeles. He attracted a small number of congregants, but it did not take long for his message of optimism and hope rather than the 'sin and damnation' sermons of so many ministers to attract many men and women to his church.

Dr Joseph Murphy was a proponent of the New Thought movement. This movement was developed in the late 19th and early 20th centuries by many philosophers and deep thinkers who studied this phenomenon and preached, wrote, and practiced a new way of looking at life. By combining a metaphysical, spiritual, and pragmatic approach to the way we think and live, they uncovered the secret of attaining what we truly desire.

The proponents of the New Thought movement preached a new idea of life that brings out new methods and more perfected results, and we have the power to use it to enrich our lives. We can do all these things only as we have found the law and worked out the understanding of the law, which God seemed to have written in riddles in the past.

Of course, Dr Murphy wasn't the only minister to preach this positive message. Several churches, whose ministers and congregants were influenced by the New Thought movement, were founded and developed in the

decades following World War II. The Church of Religious Science, the Unity Church, and similar places of worship preach philosophies similar to this. Dr Murphy named his organization The Church of Divine Science. He often shared platforms, conducted joint programs with his similar-thinking colleagues, and trained other men and women to join their ministry.

Over the years, other churches joined with him in developing an organization called the Federation of Divine Science, which acts an umbrella for all Divine Science churches. Each of the Divine Science church leaders continues to push for more education, and Dr Murphy was one of the leaders to support the creation of the Divine Science School in St. Louis, Missouri, to train new ministers and provide ongoing educational education for both ministers and congregants.

The annual meeting of the Divine Science ministers was a must to attend, and Dr Murphy was a featured speaker at them. He encouraged the participants to study and continue to learn, particularly about the importance of the subconscious mind.

Over the next few years, Murphy's local Church of Divine Science grew so large that his building was too small to hold them. He rented The Wilshire Ebell Theater, a former movie theater. His services were so well attended that even this venue could not always accommodate all who wished to attend. Classes conducted by Dr Murphy and his staff supplemented his Sunday services that were attended by 1,300 to 1,500 people. These were supplemented by seminars and lectures that were held most days and evenings. The church remained at the Wilshire Ebell Theater in Los Angeles until 1976, when it moved to a new location in Laguna Hills, California, near a retirement community.

To reach the vast numbers of people who wanted to hear his message, Dr

Murphy created a weekly radio talk show, which eventually reached an audience of over a million listeners.

Many of his followers wanted more than just summaries. They suggested that he tape his lectures and radio programs. He was at first reluctant to do so, but agreed to experiment. His radio programs were recorded on extra-large 78 rpm discs, a common practice at that time. He had six cassettes made from one of these discs and placed them on the information table in the lobby of the Wilshire Ebell Theater. They sold out the first hour. This started a new venture. His tapes of his lecture explaining biblical texts, and providing meditations and prayers for his listeners were not only sold in his church, but in other churches, bookstores, and via the mail.

As the church grew, Dr Murphy added a staff of professional and administrative personnel to assist him in the many programs in which he was involved and in researching and preparing his first books. One of the most effective members of his staff was his administrative secretary, Dr Jean Wright. The working relationship developed into a romance, and they were married—a lifelong partnership that enriched both of their lives.

At this time (the 1950s), there were very few major publishers of spiritually inspired material. The Murphy's located some small publishers in the Los Angeles area, and with them produced a series of small books (often 30 to 50 pages printed in pamphlet form) that were sold, mostly in churches, from $1.50 to $3.00 per book. When the orders for these books increased to the point where they required second and third printings, major publishers recognized that there was a market for such books and added them to their catalogs.

Dr Murphy became well known outside of the Los Angeles area as a result of his books, tapes, and radio broadcasts and was invited to lecture all over the country. He did not limit his lectures to religious matters, but spoke on the historical values of life, the art of wholesome living, and on the teachings of great philosophers—both from the Western and Oriental cultures.

As Dr Murphy never learned to drive, he had to arrange for somebody to drive him to the various places where he was invited to lecture and other places in his very busy schedule. One of Jean's functions as his administrative secretary and later as his wife was to plan his assignments, arrange for trains or flights, airport pickups, hotel accommodations, and all the other details of the trips.

The Murphy's traveled frequently to many countries around the world. One of his favorite working vacations was to hold seminars on cruise ships. These trips were for a week or more and would take him to many countries around the world.

One of Dr Murphy's most rewarding activities was speaking to the inmates at many prisons. Many ex-convicts wrote him over the years, telling him how his

words had truly turned their lives around and inspired them to live spiritual and meaningful lives.

He toured the United States and many countries in Europe and Asia. In his lectures, he emphasized the importance of understanding the power of the subconscious mind and the life principles based on belief in the one God, the 'I AM.'

Dr Murphy's pamphlet-sized books were so popular that he began to expand them into more detailed and longer works. His wife gave us some insight into his manner and method of writing. She reported that he wrote his manuscripts on a tablet and pressed so hard on his pencil or pen that you could read the page by the imprint on the next page. He seemed to be in a trance while writing. His writing style was to remain in his office for four to six hours without disturbance until he stopped and said that was enough for the day. Each day was the same.

He never went back into the office again until the next morning to finish what he'd started. He took no food or drink while he was working, He was just alone with his thoughts and his huge library of books, to which he referred from time to time. His wife sheltered him from visitors and calls and kept things moving for church business and other activities.

Dr Murphy was always looking for a simple way to discuss the issues and to elaborate points that would explain in detail how it affects the individual. He chose some of his lectures to present on cassettes, records, or CDs, as the technologies developed and new methods entered the audio field.

His entire work of CDs and cassettes are tools that can be used for most problems that individuals encounter in life, and have been time-tested to accomplish the goals as intended. His basic theme is that the solution to problems lies within oneself. Outside elements cannot change one's thinking. That is, your mind is your own. To live a better life, it's your mind not outside circumstances, that you must change. You create your own destiny. The power of change is in your mind, and by using the power of your subconscious mind, you can make those changes for the better.

Dr Murphy wrote more than 30 books. His most famous work, *The Power of the Unconscious Mind*, which was first published in 1963, became an immediate bestseller. It was acclaimed as one of the best self-help guides ever written. Millions of copies have been sold and continue to be sold all over the world.

Among some of his other best-selling books were *Telepsychics—The Magic Power of Perfect Living, The Amazing Laws of Cosmic Mind, Secrets of the I-Ching, The Miracle of Mind Dynamics, Your Infinite Power to Be Rich,* and *The Cosmic Power Within You.*

Dr Murphy died in December 1981, and his wife, Dr Jean Murphy, continued

his ministry after his death. In a lecture she gave in 1986, quoting her late husband, she reiterated his philosophy:

I want to teach men and women of their Divine Origin, and the powers regnant within them. I want to inform that this power is within and that they are their own saviors and capable of achieving their own salvation. This is the message of the Bible and nine-tenths of our confusion today is due to wrongful, literal interpretation of the life-transforming truths offered in it.

I want to reach the majority, the man on the street, the woman overburdened with duty and suppression of her talents and abilities. I want to help others at every stage or level of consciousness to learn of the wonders within.

She said of her husband: ‘He was a practical mystic, possessed by the intellect of a scholar, the mind of a successful executive, the heart of the poet. His message summed up was: ‘You are the king, the ruler of your world for you are one with God.’

How to Use The LAWS OF MIND

Joseph Murphy
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HOW TO USE THE LAWS OF MIND

BY

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DeVorss & Company, *Publishers*
P.O. Box 550
Marina del Rey, California 90294

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ISBN: 0-87516-426-9
Library of Congress Card Catalog Number:
80-68548

Third Printing, 1988

Printed in the United States of America

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CHAPTER 1

How Your Mind Works

You have only one mind, but there are two phases or functions of that mind. In this chapter I plan to make the distinctions clear and readily comprehensible. Each phase is characterized by its own phenomenon, which is peculiar to itself. Each of these minds is capable of independent action, but that still does not mean that you are endowed with two minds.

In this book you will learn to use both phases of your mind synchronously, harmoniously and peacefully, thereby bringing harmony, health and abundance into your life. The terms used to designate these two functions of your mind are as follows: the "objective mind" and the "subjective mind," the "conscious" and the "subconscious mind." Others designate the two states of consciousness as the "supraliminal" and the "subliminal," after the old psychologists.

I have adopted the terms "conscious" and "subconscious" throughout this book. The objective, or conscious, mind takes cognizance of the objective world by means of the five objective senses, whereas the subconscious, or subjective, mind is that intelligence

which manifests itself in all subjective states and conditions, as in dreams, visions of the night, solutions to problems, the source of inspiration, guidance, healing, etc. Your subconscious mind is the mind that takes care of all your vital organs when you are sound asleep. It takes charge of your breathing, the circulation of your blood, and sees to it that your heart and all the other essential functions of your body are operating perfectly. Your conscious mind is your guide in your contact with the environment. You are constantly learning through your five senses by observation, experience and education.

Suggestions and Your Subconscious

Your subconscious mind is amenable to suggestions and it is controlled by suggestion. One of the corollaries of the law of suggestion is that your subconscious mind does not engage in inductive reasoning, which means that it does not institute a line of research by collecting facts, classifying them and estimating their relative evidential values.

Its method of reasoning is purely deductive. This is true whether the premise is true or false. In other words, its deductions from a false premise are as logically correct as from a true one. Thus, if it is suggested to a hypnotized subject that he is a dog, he will immediately play that role and perform the acts of a dog, so far as it is physically possible to do so, while at the same time believing himself to be a dog.

In all probability, you have seen hypnotized subjects

play the role of the type of character suggested to them by the operator or hypnotist, for the subject believes himself to be the actual personality suggested. For instance, you could suggest to a hypnotized subject that he is President Roosevelt; and if at some time in the past he had heard President Roosevelt speak or address the nation, his own personality would be completely submerged under the influence of the suggestion. He would believe himself to be the late President Roosevelt.

Two Opposing Suggestions

You have the power to reject the suggestions of the other person. The suggestions of the other person have no power unless you accept them; then they become the movement of your own mind, or an auto-suggestion. For example, if you say to a businessman or a professional man who is full of confidence and faith in his ability and understanding and who believes in success and achievement that he is going to fail, he laughs at you or treats the suggestion with scorn or ridicule. Actually, your suggestion acted as a stimulus to his conviction of advancement, prosperity and a triumphant life. Your subconscious accepts the dominant of two ideas.

How She Handled the Suggestion of Seasickness

On one of our Seminars on the Sea, a woman suggested to a member of our group that she looked ill

and pale and that perhaps the rough sea was making her ill. She was prepared, however. She knew how to handle it, so her rejoinder was: "I am here to have a wonderful time. I am going to roll with the waves and the rhythm of the deep. It is wonderful!" She neutralized the woman's negative suggestion.

The negative suggestions of others, to be effective, must have a kindred spirit in you; a fear pattern must be in your subconscious; otherwise, it would have no effect. Always remember that you can tune in with the Infinite Presence and Power within you. When you are aligned with the Infinite, you will gradually build up an immunity to all harm and false suggestions.

Your Early Training

All of us, when we were young, malleable and highly impressionable, received suggestions regarding religious beliefs, opinions, superstitions, false beliefs and prejudices from our parents, uncles, aunts, clergymen, teachers and others.

All of us accepted the suggestions, beliefs, language, customs and traditions of our parents and environment. We had no other choice. We could not reject their suggestions and indoctrination, as we had not yet reached the point in our lives of discernment or the capacity to differentiate between that which is false and that which is true.

You were not born with any religious beliefs, fears, taboos or strictures of any kind. Like all of us, you were born helpless, ignorant and completely at the

mercy of your parents or those entrusted with your care. You were born with only two fears—the fear of falling and the fear of noise—both of which represent God's alarm system in you to protect you. All other fears were given to you.

I suggest to people that they examine the origin of their beliefs, religious concepts, and fears and see if they contribute to their health, happiness and peace of mind. You can eradicate and expunge from your subconscious mind anything that was learned, acquired or copied by you in your youth. In other words, you can recondition or reprogram your subconscious mind along the lines of eternal verities, which are universal and belong to all men. These eternal truths are the same yesterday, today and forever.

How She Cleansed Her Mind

An elderly woman, a retired school teacher, explained to me how she had eradicated what she called her weird, grotesque, irrational, illogical and unscientific religious beliefs. She read a statement from one of the magazines, wherein Einstein said: "Science without religion is lame and religion without science is blind."

She studied the religions of the world, including Unity and Religious Science, and read *The Power of Your Subconscious Mind.** The latter book stopped

*See "The Power of Your Subconscious Mind" by Dr. Joseph Murphy. Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

her in her tracks. She said it rang a bell and she woke up from a long religious stupor.

Accordingly, she practiced the following prayer regularly and systematically, knowing that she would erase all false concepts of God from her deeper mind in the same way as you talk over a tape, automatically erasing the contents. The reconditioning of her subconscious mind was as follows:

"Divine love fills my soul. Divine right action is mine. Divine harmony governs my life. Divine peace fills my soul. Divine beauty is mine. Divine joy fills my soul. I am Divinely guided in all ways. I am illumined from On High. I know and believe that God's will for me is a greater measure of life, love, truth and beauty, something transcending my fondest dreams. I know that God loves me and cares for me."

She formulated the above prayer after reading *The Power of Your Subconscious Mind* and other books. She knew that by reiterating these great truths, they would sink gradually into her subconscious mind and bring about a transformation.

The first thing she learned was that there is only One Power. There cannot be two, spiritually, scientifically, mathematically or any other way. There is no room for anything else when you realize that God is the Living Spirit Almighty and is omnipresent and omnipotent. If there were two powers, one would cancel out the other and there would be no order, design, proportion or symmetry. The world would be a chaos instead of a cosmos.

She also realized that all the good and evil she experienced were due to the way she used the One Power, which is whole and perfect in Itself. She woke up to the fact that she could use any power two ways and that good and evil were the movements of her own mind relative to the One Being, which is whole and perfect in Itself.

She was a wise woman. She learned from her mistakes and corrected them, instituting new action upon the basis of new truths she has learned. She is now leading a happier and more peaceful experience.

How Can I Find Peace?

This was a question asked me recently at a club in Leisure World. A woman asked: "How can I find peace? I read about rapes, murders, burglaries, gas shortages, and all the crooked deals in high places." My answer to her was that changed attitudes change everything. I pointed out to her that single-handedly she could not change the world or prevent social upheavals, crime and man's inhumanity to man, but she could tune in with the Infinite Presence frequently and affirm: "God's peace fills my soul. The light of God shines in me. I think, speak and act from the Divine Center within me."

This, I added, is the one sure method to find peace in this changing world. There is no law that compels you to hate, resent or fear simply because of what politicians, circumstances or newspapers suggest. You can affirm: "God thinks, speaks and acts through me."

Remember a simple truth of life: No man, circumstance, condition or broadcast takes your peace; you give it away by surrendering your own control over your thoughts, words, deeds and reactions. You are the boss; you are in charge of your own thoughts.

Wealth Was in His Mind

Some weeks ago, I spent some time giving a series of lectures in the major cities of The Republic of South Africa. Dr. Reg Barrett lectures all over the Republic on the laws of mind, and he introduced me at the various seminars we conducted.

After one of the lectures in Durban, a man chatted with me, saying: "You know, it is true. Wealth is first in the mind and then in the ground, the air, the sea, and everywhere." He pointed out that his father and grandfather had come from England to seek their fortunes in South Africa. His grandfather spent many months searching for gold and found nothing. He gave up, because he had no more money. His father, on the other hand, went over the same territory and in a few weeks found a gold vein which subsequently became one of the many famous gold mines in South Africa.

He said that his father was a very religious man and he constantly prayed that God would reveal to him where the gold was and lead him to green pastures and still waters. It is true the gold was in the earth, but the mental and spiritual wealth was in the mind of his

father in the form of an implicit belief in Divine guidance and the truths of the 23rd Psalm. Apparently, from what I was told, his grandfather was tense, anxious and jealous because some of his friends had struck it rich and he hadn't. This attitude caused a mental and spiritual blindness, so he could not see the gold under his feet.

Look Within

Do not look outside yourself for peace of mind, wealth, security or inner strength. The Divine Presence is within you—the Supreme Intelligence which created all things and is All-Wise. No government, institution or person can bestow on you the quiet mind or inner peace.

Your subconscious mind is the seat of habit, and habits are built up in the same way you learned to walk, swim, dance, play the piano, type or drive a car. You repeated certain thought patterns and actions over and over, and after a certain length of time these patterns were implanted in your subconscious mind. Now you do these things automatically. You might call this second nature. The latter is simply the response of your deeper mind to your conscious choices and actions.

Frequently during the day, affirm: "God's river of peace saturates my mind and heart. I rest in the everlasting arms of wisdom, truth and beauty." Make a habit of repeating this prayer. Repeat it over and over

again, knowing what you are doing and why you are doing it. As you continue to affirm and reiterate these simple truths, you will become peaceful and harmonious, and you will contribute to the peace and serenity of all those around you.

Many say to me that they would love to find some hamlet, some town near the beaches, where they could find rest and comfort. Remember, you take your mind with you wherever you go. Actually, you meet yourself at all times. If the mind is in turmoil and you are anxious and worried, the beach or the mountain will not give you peace. You must *choose* peace.

Some people are unceasingly searching for a Shangri-La where all is bliss and harmony, a sort of Utopia, where all of us will share everything together and live harmoniously, peacefully and joyfully. You must remember, however, that you create your own Utopia. There is no such place except in the mind of man, who is in tune with the Infinite and who has found the peace that passeth understanding. The problems, challenges, difficulties and turmoil around us incite us to find that inner peace and also enable us to discover our Divinity and rise above the problems of the world.

You Can Change Yourself

Remember, you do not have a mystic wand enabling you to change the world, but you can change yourself by identifying yourself with the Infinite Presence and

Power within you and constantly claiming harmony, peace, beauty, love, joy, right action and Divine law and order. As you make a habit of this, you will rise above the turbulence and chaos of the world mind, sometimes referred to as the race mind, law of averages, or mass mind.

Overcome the World

The world, in Biblical language, represents all the people in the world, some good, some bad. The mass mind, or law of averages, means the way four and a half billion people are thinking. Every day you read of wars, cruelty, crime, hate, jealousy, murder, race conflicts and religious struggles. You also read of the good and noble people who contribute to the peace of the world.

You cannot run away from the world or the mass mind. All of us are immersed in it because, subjectively, we are all one and the psychic sea impinges on all of us. That is why you should keep prayed up. Assume now, today, that Infinite Intelligence is guiding and directing you and that the power of the Infinite animates and sustains you. Radiate love, peace, and goodwill to all people and wish for them all the blessings of life.

This attitude will guarantee you success along all lines. Furthermore, you will be contributing to the welfare of all people everywhere. You can definitely move triumphantly through the maelstrom of this confused

world into ways of pleasantness and paths of peace. Your inner assumptions, beliefs and convictions dictate and control all external actions.

You Can Transcend

A male nurse—a recent graduate—got a responsible position in a nearby medical clinic. He came to me for consultation, saying that his nerves were jangled, the patients were half crazy, the phones were ringing all the time, and that he couldn't take it any longer.

During the course of our conversation, it began to dawn on him that the people waiting in the clinic were sick mentally as well as physically and that, being a nurse, his job was to overcome the noise, confusion and complaints in that institution. I said to him that the irritations of the sick were a basic part of his work, that he must rise above these problems, and that if he were to run away, he would be going from the frying pan into the fire. I reiterated that he must meet his problems head on and grapple with them courageously; then he would overcome.

He listened, and at my suggestion began to affirm: "*. . . None of these things move me. . .* (Acts 20:24). I will overcome all vexations and difficulties." He decided to remain in the clinic and discovered that his new attitude changed everything.

How He Changed His Life

I had an interesting conversation with a man in Johannesburg, who told me that at 45 years of age he

was broke, dispirited, depressed and dejected because his business had failed and his wife had left him because she felt that he could not support her in the way to which she was accustomed.

The turning point in his life, however, came one evening when he attended a lecture on the laws of mind. The first thing the speaker had said was, "Man is what he thinks all day long." This made a profound impression upon him. The speaker added that this truth has been known for thousands of years, but that the rank and file of humanity overlook it or pay little or no attention to it.

For as he thinketh in his heart, so is he. . . (Proverbs 23:7). The heart is an old term for your subconscious mind. All the Bible is saying is that whatever you really think and feel to be true deep down in your heart will come forth and be expressed in all phases of your life. In other words, any thought, idea or concept emotionalized and felt as true will be brought forth by your subconscious as form, function, experience and event. All through the ages this has been the most outstanding discovery in man's life.

This man began to make a habit of thinking of success, harmony, peace, goodwill, prosperity and right action. He busied his mind with these concepts and proceeded to prove them to himself. When thoughts of self-condemnation or self-criticism came to his mind, he said that he would immediately affirm: "Success is mine. Harmony is mine. Abundance is mine." After some months of this altered mental attitude, he

became a constructive thinker. He said he now has a business bringing him an income of over several million dollars a year in our money. He employs hundreds of people and shares his profits with them.

The Psalmist said: . . . *I will set him on high, because he hath known my name* (Psalms 91:14). Name means nature, and the nature of Infinite Intelligence is to respond to you. In the third chapter of Exodus, the name is called I AM, or awareness, the function of thinking.

Dr. Reginald Barrett, one of the teachers in South Africa, said a very interesting thing to his audience, the essence of which was this: "If you had no mind you could not see me or hear me. You would have no sensation of the world around you. You could not taste, feel, or smell the fragrance of the flowers in your garden." Your mind is basic to all living, and it gives life, substance and form to what you accept and believe to be true. Everything you look at came out of the invisible mind of man and of God.

Be Sure to Remember a Basic Truth

William James, the father of American psychology, stated that he felt the greatest discovery of the last one hundred years was the awareness of the powers of the subconscious mind. Dr. Phineas Quimby, who started healing people in 1847, pointed out in his experiments that, "If I really believed a thing, the effect would follow whether I was thinking of it or not."

This is of great importance, because it applies to all of us and reveals that whatever has been deposited in our subconscious mind governs and controls us. In other words, your subconscious beliefs, assumptions and convictions dictate, control and direct all your conscious actions, whether you are thinking about them or not. Whatever is impressed in your subconscious mind, whether good or bad, will always be expressed on the screen of space. Your habitual thinking is gradually absorbed and recorded in your subconscious. There they become laws and beliefs which act automatically.

She Was Allergic to Orange Juice

I had a long talk in Port Elizabeth with a young woman who said that she loved to drink orange juice, but that whenever she did, she would break out in a very disagreeable and irritating rash on her face and arms. Her sister and brother, however, drank orange juice with impunity and seemed to thrive on it.

I explained to her that her allergic response undoubtedly went back to childhood, when she ate too many oranges and was told they are bad for her. I pointed out that that belief is now buried in her subconscious mind and predisposes her to a certain reaction, and that the absence of this belief in her brother and sister prevents a similar reaction. It was the subconscious assumption behind the allergic reaction which she had long forgotten.

I explained how she could overcome the problem by using the following prayer, which would recondition her subconscious and erase the fear of oranges: "God pronounced everything good. Whatever I eat or drink is transmuted into beauty, order, symmetry and proportion. I am harmonized and vitalized. I eat the bread of heaven and I drink the wine of joy. In my body I see order, peace, wholeness and beauty made manifest. It is wonderful!"

She was to write these truths by repetition into her subconscious mind so that gradually she would be freed from the false belief. She knew that the conscious mind controls the subconscious, and a few days ago I received a letter from her containing a picture of her drinking orange juice. Having discovered the power within herself, she has found a new sense of freedom and peace of mind.

Practice This Truth

Anything that your conscious mind assumes to be true is accepted by your subconscious mind, and the Infinite Intelligence of your subconscious proceeds to bring to pass and execute the role suggested by your assumption. Your assumption, true or false, hardens into fact and is projected on the screen of space.

He Said, "It Works"

A few months ago, I said in one of my Sunday morning lectures at the Saddleback Theatre in El Toro

that whatever a person added to "I AM" with feeling and understanding would come to pass. One man said to himself, "I am going to try it." Accordingly, many times a day he would affirm, out loud when possible, "I AM prosperous. I AM healthy. I AM happy. I feel wonderful!" Driving along the road his silent speech was the same. He made a habit of it and found it to be a valid law of life. His business, his health and his relationship with his family have undergone a marked transformation. He discovered that his changed attitude changed everything in his life.

Your Right Hand

Recently a man gave me a news article in which it stated that a man's hand was cut off at the wrist because he had stolen twice. The article said it was based on the Koran. All Bibles of the world have an inner meaning and should not be taken literally. In Matthew 5:30, it says: *And if thy right hand offend thee, cut it off, and cast it from thee. . . .*

The Bible is full of parables, allegories, metaphors, similes and cryptic statements. A parable has an outer as well as an inner meaning. With the hand, you fashion, mold, create and direct. The action of your hand is, of course, dictated by your thoughts. If, for example, you paint a monstrous, ugly picture, you can change your mind by identifying yourself with the indescribable beauty of God and paint a thing of beauty and a joy forever.

If your work or your artistic creations are wholly unproductive, stop the endeavor at once and cut it out. In other words, change your mental attitude. If you are not getting results in business or your profession, this is due to your thought life and your imagery. You must change your thoughts.

In one of the Eastern countries, I asked the guide the meaning of the sign in the park. He said that literally it means, "Cut off your feet," which, in our language, means, "Keep off the grass." . . . *Without a parable spake he not unto them* (Matthew 13:34).

And if thy right eye offend thee, pluck it out, and cast it from thee. . . (Matthew 5:29). Eye means spiritual perception, your understanding, the way you look at things, your outlook on life. When a boy understands a complicated algebraic equation, he says, "I see it now," meaning he comprehends it thoroughly.

If you say that there is no way out or you will never get ahead in life, you should pluck out that eye. In other words, cut out that stupid attitude and realize you are a son of the Infinite, born to win. Realize that you are Divinely guided and live in the joyous expectancy of the best, and the best will come to you. Begin to see tongues in trees, sermons in stones, songs in running brooks, and God in everything.

CHAPTER 2

How Your Mind Heals You

Any form of belief which inspires the faith of the patient, when supplemented by a corresponding palliative suggestion, is efficacious as a therapeutic agency. Thus, the fetish worshipper who believes that the tooth or claw of an animal or a carving in wood or bone is the abode of a supernatural spirit, whose aid can be invoked by certain ceremonies, may, by the performance of the prescribed rites, be restored to perfect health. Why? Simply because the ceremony and belief constitute a powerful suggestion, and his subconscious mind and blind faith resurrect and activate the infinite healing presence in his subconscious mind.

The Days of Primitive Humanity

In the days of primitive humanity, when superstition was universal, there prevailed innumerable techniques and methods for the healing of mind and body. The irrational reverence for idols, talismans, bones of saints, relics, etc., brought about healings due to blind faith. The latter means anything that moves your mind from fear to faith, which produces results.

The Power of the Placebo

A placebo is a medicine or preparation, an inactive one, such as a lactose tablet, or bread crumb in capsule or pill form prepared to soothe a patient. The substance given has no therapeutic value, yet frequently a remarkable healing follows the administration of such innocuous substances. Many doctors in many parts of the world are very much aware of the therapeutic potency of a placebo.

The word placebo is derived from Latin and means "to please." Recently, I read an article which pointed out that Dr. Shapiro stated in the *American Journal of Psychotherapy* that a "placebo can have profound effects on organic illnesses, including incurable malignancies."

Centro Medico Del Mar Tijuana

I have talked with several men and women who told me that they had had cancer, some of the cases being inoperable. They went to the medical clinic in Tijuana, Mexico, received Laetrile treatment, and recovered completely. One man told me that he met people there from all parts of the world. Many articles have appeared in our newspapers about people who were healed by Laetrile when everything else failed.

This points out clearly the working of the subconscious mind, which responds according to the belief of the patient. The Food and Drug Administration and

many of the leading cancer specialists state that Laetrile, which is derived from apricots, has no therapeutic value whatsoever. Granting that Laetrile has no medicinal value whatever, if the patient takes it and believes he is going to get well, his belief alters his body chemistry and mobilizes the healing powers of his subconscious mind. . . . *As thou hast believed, so be it done unto thee.* . . (Matthew 8:13).

The Laying On of Hands

The healing of the sick by touch and by the laying on of hands is a very ancient method of healing and is to be found among the earliest nations—among the Indians, the Egyptians and the Jews. In Egypt, sculptures have been found where one hand is represented on the stomach and the other on the back. The Chinese, according to the early missionaries, healed various ailments by the laying on of hands.

In the Old and the New Testaments we find numerous examples, of which a few are selected:

And the Lord said unto Moses, Take thee Joshua the son of Nun, a man in whom is the spirit, and lay thine hand upon him. . . . And thou shalt put some of thine honour upon him, that all the congregation of the children of Israel may be obedient (Numbers 27:18, 20).

. . . They shall lay hands on the sick, and they shall recover (Mark 16:18).

And it came to pass, that the father of Publius lay

sick of a fever and of a bloody flux: to whom Paul entered in, and prayed, and laid his hands on him, and healed him (Acts 28:8).

And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, even Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightest receive thy sight, and be filled with the Holy Ghost. And immediately there fell from his eyes as it had been scales: and he received sight. . . (Acts 9:17–18).

And they bring unto him one that was deaf, and had an impediment in his speech; and they beseech him to put his hand upon him. And he took him aside from the multitude, and put his fingers into his ears, and he spit, and touched his tongue; And looking up to heaven, he sighed, and saith unto him, Eph-pha-tha, that is, Be opened. And straightway his ears were opened, and the string of his tongue was loosed, and he spake plain (Mark 7:32–35).

There are many other passages in the Bible, all of which testify to the wonderful therapeutic efficacy of the laying on of hands. We are told in the Bible that when Jesus visited his native village, he did not do many mighty works there because of their unbelief. But the Bible writer, in relating the circumstance, adds this significant statement: *And he could there do no mighty work, save that he laid his hands upon a few sick folk, and healed them* (Mark 6:5).

It is said that St. Patrick, the Irish apostle, healed the blind by laying his hands upon them. History tells us that the Kings of England and France cured diseases by touch. It is said that the pious Edward the Confessor and Philip the First of France were the first kings who possessed this power. The laying on of the hands was called chirothesia.

Many healers all over the world today practice the laying on of hands, and many get wonderful results. Many claim that there is a magnetic healing power flowing through their hands which is transmitted to every cell. It is reasonable to assume that the belief of the practitioner and the receptivity, faith and kindled imagination on the part of the patient bring about an impregnation of the subconscious mind, thereby releasing and activating the infinite healing presence.

The Bible gives the answer: . . . *According to your faith be it unto you* (Matthew 9:29).

The Power of Belief

I had a phone call from a woman in Utah, with whom I had been in correspondence. She was suffering from terminal cancer and was praying for guidance, wholeness and perfection. She had been saying, "I don't want an operation. I don't want to go to the hospital. I don't want to see a surgeon."

I explained to her that she should never make any such statements, as they indicate fear and cause her to experience the very thing she is afraid of: *For the thing*

which I greatly feared is come upon me . . . (Job 3:25). Furthermore, I explained to her that it was wrong for her to dictate the way the healing would come, as the ways of the Infinite Presence are past finding out. She kept on praying for guidance, wholeness, beauty and perfection.

A friend told her about a book published by Dr. John Richardson and Patricia Griffin, describing 90 cases of cancer sufferers who were healed by treatment with Laetrile. She went down to Tijuana, took the treatment, kept on praying and had a full recovery. She went there believing and received accordingly.

Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11:24). *. . . If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

How Mind Helps Medicine Work

In an article sent to me by Professor Jack Holland of San Jose University, entitled "The Mysterious Placebo," by Norman Cousins, it is stated: "A striking example of the doctor's role in making a placebo work can be seen in an experiment in which patients with bleeding ulcers were divided into two groups. Members of the first group were informed by the doctor that a new drug had just been developed that would undoubtedly produce relief. The second group was told by nurses that a new experimental drug would be

administered, but that very little was known about the effect.

Seventy percent of the people in the first group received significant relief from their ulcers. Only twenty-five percent of the patients in the second group experienced similar benefit. Both groups had been given the identical "drug"—a placebo. Norman Cousins makes a very interesting comment when he states that the doctor, himself, is the most powerful placebo of all.

The above-mentioned experiment reveals the power of belief on the part of the patients. One group had great expectancy of a healing on hearing the words from the doctor; the others were not very impressed by the rather weak statement of the nurse regarding the efficacy of the so-called drug and consequently got very poor results. To believe is to accept something as true.

The Father Within

The Father within is the Source of all things and beings. It is the Life-Principle. Jesus called this Presence "Our Father," which created all things visible and invisible. It is the Power which Jesus used to heal the blind, the halt and the lame. It is the mind and intelligence which quiets the storm, which multiplies the loaves and fishes, the mind which enabled Jesus to disappear in the multitude, to converse with Moses and to raise the dead to life.

When you see a mind like that operating, you know there is the Source and Power called the "Father within." . . . *The Father that dwelleth in me, he doeth the works* (John 14:10). You do not see mind, thought, faith or confidence. The Bible says, . . . *He that hath seen me hath seen the Father* . . . (John 14:9). In other words, if you see a mind performing all these wonderful actions and miraculous healings, you realize that mental and spiritual forces operating are directed by the Father within.

Expect Security

Over the years I have found that a great number of people expect disappointments in life. Many are afraid of some unseen danger; a sense of foreboding, uncertainty and anxiety seems to hover over their mind like a cloud. Great numbers are convinced that the will of God for them is something downright unpleasant and that God is bound to send suffering, difficulties or obstacles of some nature in order to test their faith or punish them for their sins. It is amazing how many people think that the will of God for them is some sort of sickness, pain and punishment for their errors.

Remember, God's will for you is the tendency of the Life-Principle, which always seeks to express Itself as love, beauty, joy, harmony and the life more abundant. The will of God for you is something marvelous, wonderful and beautiful, transcending your fondest

dreams. God is absolute peace and cannot wish pain. God is boundless joy and cannot wish sorrow. God is boundless love and cannot do anything unloving. God is wholeness, beauty and perfection and cannot wish sickness. God is the same yesterday, today and forever.

Man brings on suffering, sickness, pain and misery for himself due to his ignorance of the laws of mind and the way of Infinite Spirit. Man must get away from the jungle ideas that God is a personal being with personal feelings of vengeance such as a man may have. God is also universal law, and the law is not vengeful; it is impersonal and no respecter of persons. . . . *God is no respecter of persons* (Acts 10:34).

When man uses the law negatively, he suffers from the reaction of the law. The sun shines on the good and the bad man, on the murderer and the holy man. The rain falls on the just and the unjust, and the Infinite Spirit passes no judgment on any man. Man rewards and punishes himself based on the way his conscious mind impregnates his subconscious mind. If man thinks good, he receives good; and if he thinks evil, evil inevitably follows. It is as simple as that.

. . . *How can ye, being evil, speak good* . . . ? (Matthew 12:34). Rewards and punishments are inherent in man's own thinking and imagery. It is very foolish for him to postulate the cause of his good fortune or misfortune outside himself.

He Discovered Himself

Recently a man came to me for consultation. He was working for a large corporation and he was blaming his associates, the boss and the corporation. He imagined certain people in the office were blocking his promotion and advancement. He was angry about these conditions and circumstances, which caused quarrels and disharmony of all sorts.

I explained to him that the cause of all his experiences was in himself, not outside, and that he had wandered away from his Divine Center, the Source and Cause of all blessings. This man was as though blindfolded and fighting enemies that were not really there. He changed his attitude and began to claim morning and night the following: "God is on my side. God loves me and cares for me. God is my boss, my guide, and opens up the way for greater expression for me." He decided to change his thought life and began to radiate thoughts of love and goodwill to all his associates, the boss and all others around him.

He discovered that God, the Supreme Intelligence within him, was for him and not against him. To think otherwise would be a complete contradiction in purpose and motivation. He discovered that the so-called enemies were but a projection of his own fears and ignorance. His changed attitude changed everything.

There is an old saying: "Peace is the power at the heart of God." This man came to peace within himself

and he began to project this inner peace on all people and conditions. Peace is at the center of our being and is the soul of the universe. Because he was now in agreement with his Divine Center, he found his way to advancement and true expression.

He Said, "I Did Not Believe It About Myself"

A few years ago after speaking in Caxton Hall, London, a man invited me to have tea with him. He brought up a very interesting subject about publicity. Some years previously he had hired a publicity man to promote him politically and project the ideal image. He said that he was elected to the office three times but that he felt he had deceived his people, as he was not the man which the publicity writer had stated he was.

He said he knew what they were doing, as he knew the law of mind: They were making repetitive suggestions in various newspapers and on the radio and television, and, apparently, the people had accepted and believed what they had heard so often. He related that "in my heart I did not feel right about it, as I had nothing but contempt for the people. I looked down upon them as ignorant, boorish and gullible." He said that the artificially projected image of himself was completely false, as he did not have anything like that self-image himself.

This man had a great conflict in his mind and had developed bleeding ulcers. A psychosomatic doctor in

London explained the cause of his condition to him. He had a guilt complex and felt he should be punished because he was deceiving the public and claiming certain virtues and characteristics which he did not possess. The medicine and the subsequent retirement from politics had healed his ulcers.

I explained to him that it was essential to have a good self-image. He decided to affirm boldly: "I am a son of the Living God. God loves me and cares for me. I exalt God in the midst of me. God is, and His Presence flows through me as harmony, health, peace, joy and abundance." I suggested that he make this simple prayer a habit by frequent repetition, and whenever he is prone to criticize or find fault with himself, he is to immediately affirm: "I exalt God in the midst of me."

I also explained to him that when he looks down on others, belittling and demeaning them, he is doing the same thing to himself for the simple reason that he is the only thinker, and whatever he thinks he is creating in his body and experience. This man discovered God within himself and is no longer down on himself.

Don't Fight the World

When you open your newspaper in the morning or listen to the evening news on radio or television, you may read or hear about shocking cruelties and tragedies in the world. If you resent all the crime, rape and murders or try to fight these things in your mind, getting angry and upset, you will always be at odds,

and, being inharmonious within, you will manifest disharmony in all phases of your life.

Realize that God's peace fills your soul and that God's love saturates your mind and heart. Furthermore, claim, feel and know that the light of God shines in all humanity. You are then contributing, to some degree, to peace in this changing world. Cease wasting your precious mental and spiritual energy in fighting and opposing worldly conditions. Use your energy constructively and create health and happiness for yourself and all those around you.

Remember Not the Former Things

I talked briefly with a man in a local club to which I belong, who is over 80 years of age. He enumerated all the grievances he had against the Social Security Administration, the tax situation, how crooked the government was and all the wounds he had received in the two world wars. He spoke of a law suit which had taken place 50 years ago, as well as the money he had lost in the market crash in 1929. He was living with his old hurts and grievances and was full of anger and hate toward the present government in Washington. He carried a cane and was suffering from arthritis and colitis—all brought on by his negative, destructive emotions.

I discussed with him the role of emotions in disease, and he appeared to be receptive. He realized that he could not change the world, but that he could change

himself. His mind was traversing old scenes and settings, which generated destructive emotions. I explained to him that these emotions get snarled up in the subconscious and must have an outlet, and, being negative, the result appeared as a sickness in his body.

I suggested that he establish a prayer process, get active in one or two social clubs, make friends, start swimming and take up golf. The pattern of prayer I gave him was to read the 23rd Psalm in the morning, the 27th at noon and the 91st at night prior to sleep. The Psalms are songs of God,* and by saturating his mind with these great truths, he would gradually transform his mind.

The following is the prayer of forgiveness which I gave him: "I claim God's love fills my soul now. I know when His love flows in my heart, all resentment is dissolved. I forgive myself for harboring any negative, destructive thoughts about another. I resolve not to do this any more. I tune in on the Infinite One within me, and I think, speak, act and react from the standpoint of God and His law of love. I fully and freely forgive everyone (mention their names). I radiate love, peace, goodwill and all the blessings of Heaven to them. They are free and I am free. I know when I have released others from my mind because I can meet them in my mind and there is absolutely no 'sting'; on the contrary, there is a wave of peace and a benediction from my heart."

*See *Songs of God. An Interpretation of My Favorite Psalms.* by Dr. Joseph Murphy, DeVorss & Co., Marina del Rey, Ca., 1979.

I see this man occasionally, and he no longer talks of the past but is interested in God and the way He works. The suppleness and mobility of his joints have delighted him and his doctor, and he is on the way to a new life. The cure for his condition was to change his thoughts and keep them changed.

The Two Worlds

When we speak of metaphysics, we refer to that which is above and beyond the physical. It refers to the inner world of your thoughts, feelings, imagination and beliefs. When you stop and think, you realize that everything you do and that you refuse to do is previously determined by an attitude of mind—a way of thinking on your part. If you find your condition chronic, if you are leading a dull, routine, monotonous life, it is very likely that you too are dwelling on the past and repeating the same old mental patterns.

You are here to grow, and when you refuse to let the Life Principle move through you at higher levels, It has no alternative but to, perhaps, bring about some negative experience such as sickness or other problems, which will arouse you out of your lethargy and cause you to find the solution. In that way, you discover yourself.

Peace of Mind

The Bible says, . . . *I came not to send peace, but a sword* (Matthew 10:34). Jesus is called the Prince of

Peace. Obviously, you must look for the deep psychological and spiritual meaning behind the words. The Bible is stating an age-old truth, referring to the Divine wisdom in every man. When you hear the real truth about yourself for the first time and learn that you mold, fashion and create your own destiny, you are disturbed, perhaps shocked, and your mind is divided.

Symbolically, a sword severs, cuts clean. You are dealing here with the sword of division, which separates the false concepts from the truth.

One Sunday morning after one of my lectures on The Power of Your Subconscious Mind,* one girl said she was shocked out of her religious beliefs, which she had had since childhood. She added that it all rang true; that is why it was so disturbing to her.

I suggested that she begin to identify with the simple truths propounded and practice them to prove to herself that the truth sets her free from outworn creeds, superstitions and theological complexities about a dire hereafter, etc.

Truth, or the sword, comes into your mind in order to separate you from all that is false; therefore, it sets up a quarrel in your mind. Finally, the truth wins and you discover that you are your own savior. If you are sick, health is your savior; if hungry, food is your savior; if in the prison of fear, ignorance and super-

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Englewood Cliffs, N.J., 1963.

stition or the prison of stone walls, freedom is your savior; if dying of thirst, water is your savior; and if lost in the jungle, the guiding principle in your subconscious will lead you out provided you call on the Infinite Intelligence residing in your subconscious depths.

The Bible gives the answer: *I, even I, am the Lord; and beside me there is no saviour.* (Isaiah 43:11). *I am the Lord, and there is none else, there is no God beside me: I girded thee, though thou hast not known me* (Isaiah 45:5).

The I AM in you is the Presence of God, Awareness, Pure Being, The Living Spirit, the Creator of all things visible and invisible. This is why every man is his own savior. Truth is saying to you to break away from all beliefs that instill fear into your mind. The peace spoken of is not resignation or putting up with some problem or so-called incurable condition. It means to break away from all such beliefs and absolutely refuse to continue to endure the problem.

Realize that God knows the solution to all problems and go within and boldly claim your good, insisting on harmony, health and an abundant life. Cut yourself away from old, habitual ways of thinking. Reject all predictions of gloom and doom. Expect the highest and the best, and the highest and best will come to you. Learn to walk the earth with the praise of God forever on your lips.

Remember the truths of life are at variance with all

the old thoughts, opinions and religious beliefs you have held, and these truths stir up the gift of God within you. Believe what the Psalmist* says in the 23rd Psalm and you will be led to green pastures and beside the still waters. Find the inner peace that passeth all understanding.

*See *Songs of God: An Interpretation of My Favorite Psalms*, by Dr. Joseph Murphy, DeVorss & Co., Marina del Rey, Ca., 1979.

CHAPTER 3

The Secret of Success in Life

Every person in the world wants to succeed. You are born to win, to conquer and to lead the triumphant life.You should be a wonderful success in your prayer life, your chosen work, your relationship with people and in all other phases of your life.

Success itself is a powerful incentive, for the Life Principle in you is always seeking expression through you at higher levels. You are successful when you lead a full and happy life, when you are expressing yourself at your highest level and contributing your talents to the world. In a successful undertaking you rise as high as you can, and your enterprise is of benefit to humanity. It brings you material reward and its production is a pleasure to you. Success is many-sided, however, and what is deemed success by one may be regarded as failure by another.

He Said, "I Am Not a Success"

Recently I talked with a man who said that he had subordinated all ends to money-making, and he had

accumulated a vast amount of money and real estate holdings. He added that in the business world he is called a great success. He admitted to me, though, that he was not a success; he had used questionable means to take advantage of others and had won his fortune through cheating and deceiving others who had trusted him. He was presently suffering from bleeding ulcers and extremely high blood pressure. Furthermore, he had a guilt complex, which meant to him that he had to suffer and be punished.

His bleeding ulcer, as I explained to him, was due to ulcerated thoughts. Further, if he would reverse his thought pattern a healing would follow. He was suffering from the side effects of the drugs he was taking. He consequently reversed his thought patterns by reiterating the following truths out loud night and morning:

"The Lord is my shepherd. I sing the song of the jubilant soul for I have chosen God as my shepherd. Divine Intelligence rules and guides me in all my ways. I shall not want for peace, harmony, or guidance because God's wisdom governs me. I lie down in green pastures always, since God is prospering me beyond my wildest dreams. I find myself beside the still waters as I claim the Infinite peace of God floods my mind and heart. My emotions (waters) are stilled and calm. My mind is now serene and it reflects God's heavenly truths and light (my soul is restored). I think of God's Holy Presence within me all day long. I walk the path of righteousness through my devotion and attention to

God's eternal verities. I know there is no death and I fear no evil. I know 'God has not given us the spirit of fear, but of love and power, and a sound mind.' God's rod (love) and staff (truth) comfort, sustain and nourish me. The banquet table of God is always set before me; it is the secret place of the Most High, where in my thoughts I walk and talk with God. I eat the nourishing truths of God whenever fear and worry (my enemies) trouble me. The bread I eat is God's idea of peace, love and faith in all things good. The meat I eat is the omnipotence of God; the wine I drink is the essence of joy. The wisdom of God anoints my intellect; it is a lamp unto my feet and a light on my path. My cup (heart) is truly the chamber of God's Holy Presence; it runneth over with love and joy. I mentally dwell on goodness, truth and beauty; this is my house of God."

As he saturated his mind with the interpretation of the 23rd Psalm over a period of time, he noticed a distinct change in his whole demeanor and outlook on life. He became more kindly, considerate and more loving in all ways. Drugs were no longer necessary. He discovered that a changed attitude changed everything.

He ceased condemning himself. The Life Principle never condemns, and when you begin to use your mind in the right way, right results follow. Your mind is a principle, and if you think good, good follows; if you think lack, lack follows. The Life Principle holds no

grudges, no more so than the principles of mathematics or chemistry hold grudges.

You may have been fired by companies you worked for because you could not add or subtract correctly, but by following proper instruction you don't make these mistakes any more. The principle of mathematics has no grudge against you. The same is true of your mind. Begin to use the law of mind in the right way according to the Golden Rule and the law of love. The Mind Principle has no grudge against you. The past is forgotten and remembered no more.

The Law of Reversibility

Edison knew that speech produced undulatory waves and theorized that these vibrations could reproduce the speech or song. In other words, he conceived of inverse transformation, the reproduction of speech or song by mechanical motion, namely the phonograph.

Students of scientific laws know that all transformations of force are reversible. Heat produces mechanical motion. Reverse it and you discover that mechanical motion can produce heat. Science says electricity produces magnetism; likewise, magnetism can produce electric currents. Cause and effect, energy and matter, action and reaction are the same and are interconvertible.

Therefore, I say unto you, What things soever ye

desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11:24). Here you are told to pray, believing that you already possess what you pray for. This is based on the law of inverse transformation.

Achieving Success in Prayer

A mother wished to visit her son in London, who was graduating from college. However, she did not have the necessary funds. I asked her what her attitude would be if she were over there now, embracing him and witnessing the graduation exercises. She said, "Oh! I would be so happy! I would be delighted."

I suggested that she experiment at night prior to sleep, making there here and the future now and to feel herself embracing her son, making the whole scene vivid and realistic—so much so that when she opened her eyes she would be amazed that she was not in London with her son.

Experimenting along these lines, the third night she subjectified the state. When she opened her eyes she was really amazed that she was not physically there. The answer to her prayer came with the repayment of a loan she had given to a woman ten years previously. With the interest added to it, it was more than the amount necessary for her trip.

She assumed that she was already witnessing the ceremony and conversing with her son, and that joyous feeling and assumption brought about the joy of the

answered prayer. She contemplated her objective as an accomplished fact. She understood that all transformations of force are reversible. She knew that her physical presence in London would bring her great joy and satisfaction. Capturing in her mind the joy that would be hers in being there, this mood, she knew, must produce the answer to her prayer.

. . . *He . . . calleth those things which be not as though they were* (Romans 4:17). Success in your prayer life is based on laws of mind. Realize that if a physical fact can produce a joyous mental state in you, the joyous mental state can produce the physical fact.

Unscrupulous Methods

When a man uses unscrupulous financial or business methods, he may not suffer financial loss, but loss can come to him in many ways, such as loss of health, loss of promotion, loss of prestige, loss of self respect, loss of love, etc., for the ways of the subconscious are past finding out. All misdeeds or misuse of the law of mind must be accounted for sooner or later.

The only success that permits a man to rest peacefully and harmoniously is that which conforms to the Golden Rule, i.e., to think, speak and act toward others as he would wish others to think, speak, feel and act toward him. Success is primarily moral and spiritual, governed by honesty, integrity and justice and tempered by goodwill to all men everywhere.

All of us are interdependent, and it is reasonable to

assume that the welfare of others is essential to the success of every man. It is undoubtedly true that the more man cares for and appreciates the spiritual life, the more he will use his material wealth wisely, judiciously and constructively.

A spiritually-minded person should be comfortably housed, clothed and fed. In other words, he realizes that all things are here for his use and enjoyment. . . . *God, who giveth us richly all things to enjoy* (I Timothy 6:17).

It is true that no one possesses anything in the absolute sense. God possesses all, but we have the use of God's treasures in the earth, including the sea and the air. A spiritual-minded person should have all the money he needs to do what he wants to do, and when he wants to do it. Money is simply a medium of exchange, and it has taken many forms down through the ages. It is God's way of maintaining the economic health of a nation.

Success in Spiritual Work

You must realize that a spiritual work or a spiritual organization is not a success if it is constantly begging for more money. This practice is evidence of downright failure. This could be called spurious spirituality. If the spiritual approach to life is successful, it is needed by the world and will be supported.

The successful man is not a mere partisan, but a real truth seeker. The spiritual-minded person is not a

proselyter, but a co-worker on the way. The secret of the truth seeker is his fidelity to the inner promptings of his Higher Self. The Infinite Presence in each of us grants us the potentialities of success, and we are here to go forth conquering and to conquer.

He Was President of a Large Corporation

Recently I gave some spiritual advice to a president of a very large corporation. He was very successful, had all the money he needed, lived in a million dollar home and had all the comforts and luxuries of life. Of course, there is nothing wrong with that. He came to this country penniless and had reached the top in his field, all of which is good.

However, he was not successful in the art of living. He had very high blood pressure, and suffered from migraine headaches and colitis. He said to me, "I am a nervous wreck. I have tried tranquilizers, sedatives, antispasmodic tablets and nothing seems to help."

I suggested that all he really needed was peace of mind and that no one could give him that but himself. I pointed out to him the direction where he could find it. I suggested that he read and meditate on the inner meaning of the 23rd Psalm* two or three times a day and affirm frequently during the day, "God's peace

*See the meditation on the 23rd Psalm contained in *Within You Is the Power* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, Ca., 1977.

fills my soul." I emphasized that if he began to think constructively and about the eternal verities in the 23rd Psalm, he could improve himself physically and find inner peace.

He was desperate and was willing to try anything. I gave him the book *Within You Is the Power,* * in which the inner meaning of the 23rd Psalm is given. He had an open mind and began to meditate on the Psalm and other chapters of the book. He found that inner quietude and peace which he had been seeking. Turning back to the God Presence within and communing with Divine love and Divine peace, his soul was restored.

The Closed and Open Mind

A full cup cannot receive any more. There are some minds so full of false beliefs, opinions, and weird and grotesque concepts of God that it is impossible to insert anything new, vital and constructive. I recently said to an alcoholic, "Admit that you are an alcoholic. Open your mind to new ideas. A closed mind can receive no interpretations of life, no more so than your closed hand can receive a proffered gift of a book from me."

He said that his excessive drinking was all due to pressure and tension at work. He made a great deal of money, but most of it went to the bar. He was hungry and thirsty for a healing. At this point he came to a

decision that he wanted to be healed, which in itself is seventy-five per cent of the healing process.

I explained to him that his subconscious mind would accept his whole-souled conviction and that sincerity was essential. At night prior to sleep, he affirmed feelingly, knowingly and lovingly: "God gives me freedom, sobriety and peace of mind. Thank you, Father." That was his prayer for five or six minutes every night. Actually, he was writing with his conscious mind freedom, peace and sobriety in his subconscious mind. In less than a week he succeeded in impregnating his subconscious mind and he lost all desire for alcohol. The law compelled him to freedom, whereas before it compelled him to be a compulsive drinker. You can use any law two ways. He decided to use this one the right way.

The Source of All Blessings

The Bible says: *Come unto me, all ye that labour and are heavy laden, and I will give you rest* (Matthew 11:28). The Bible is a psychological and spiritual textbook and is not referring to a particular man. The characters in the Bible are personifications of truth. You do not go to any person for rest, security or peace of mind. You go to the God of peace within you and boldly claim: "God's river of peace, love and joy is now flowing through me vitalizing, healing and restoring my soul."

The Divine Presence is within you. As you contemplate God's love, light, truth and beauty in your own heart, you are enfranchised and lifted up because you have found God in your own heart. The Divine Center is within you.

The Psalmist says,* *Rest in the Lord, and wait patiently for him. . .* (Psalm 37:7). The word "Lord" represents spiritually the Lordly power, which is God; but to "rest in the Lord" means to rest and trust that Infinite Spirit in you which created you, governs all your vital organs as you sleep and is in complete control of all externals. In other words, it is your Higher Self.

In ancient times there were feudal barons who had the power of life and death over the serfs, slaves and peasants under their control. The lords in England today represent titled nobility and have no such power. Look at the whole thing this way: The Lord in you is really your dominant conviction, your master thought or belief, which controls and dominates all lesser thoughts, ideas, opinions, actions and reactions. For example, your Lord could be fear, i.e., if you are dominated by fear. If fear predominates, then fear governs and controls all your thoughts, feelings, actions and reactions.

*See *Songs of God, An Interpretation of My Favorite Psalms*, by Dr. Joseph Murphy, DeVorss & Co., Marina del Rey, Ca., 1979.

A wonderful Lord to enthrone in your mind would be a God of love ruling, guiding, and directing you along all lines. This dominant conviction would work wonders in your life, and your whole world would magically melt in the image and likeness of your dominant conviction. When Divine love and Divine right action govern you, the true Lord is ruling in you and will keep you in peace. You will be successful in your work and in your relationships with people. You will have good health and be free from despondency and melancholia.

Your dominant belief rules your world and determines your future, where you shall go and what your experiences will be, whether good or bad. Quimby said in 1847: "Man is belief expressed." You will be assured of success, true expression and harmonious relations with others when you make it a habit to tune in to the Divine Center within you and look upon the Divine Presence within you as your guide, counselor, wayshower and source of your promotion and welfare. Then all the petty, fearful, annoying worries, jealousies and envies will fall away. There is no room for them in your mind any more.

All of us suffer until we get the insight to look within. The Bible says: . . . *In returning and rest shall ye be saved* . . . (Isaiah 30:15).

Successful Living

There is a man of over ninety years, chronologically speaking, who comes to hear me occasionally on Sunday mornings. Recently he said to me that about thirty years ago he had had the same concept of God as he had had when a little boy. His concept was that of an angry, spiteful God, a sort of Oriental sultan who ruled tyrannically. He lived in fear and thought that the will of God was that he should suffer. He became very ill and the doctor said, "You have about two months to live. Get your affairs in order."

A young woman visiting another patient in his hospital room gave him a pamphlet on how to use the Healing Power, which he read avidly. All of a sudden, he had a great thirst and hunger to live. He got up out of bed, insisted on going home, and invited all of his friends to a restaurant for dinner and refreshments. He said, "I am celebrating my resurrection." His belief and new insight into the Infinite Healing Presence within him responded, and this spiritual transfusion transformed his whole life.

He said that he has accomplished far more in the last thirty years than he had in all the previous sixty years. He broke away from all of the old, moth-eaten patterns, the old ruts and false concepts, and entered into a new life wherein he contributed to the success of all those he supervised and befriended.

Watch Your Words

Your subconscious mind takes you literally. I know a man, a builder, who is about fifty-five years of age. His wife complains that he is constantly saying, "I am getting old. I'm not as strong any more as I used to be. My memory is failing. I can't take it any more." This man looks to be over eighty years old and is experiencing weakness, decrepitude, lack of vitality and the joy of living. She reminds him of the working of his subconscious mind, but he ridicules it and says that there is no such thing as a subconscious mind. His mind is closed and he is expressing what he is impressing on his subconscious mind.

Life never grows old. Age is not the flight of years but the dawn of wisdom. Love, faith, confidence, joy, goodwill, laughter and inspiration never grow old. Life is always seeking expression through you at higher levels whether you are ninety or nine. Learn to listen to the impulses from within. These are the urges of the Spirit, or God, in you, saying to you, "Come on up higher. I have need of you." Welcome the soft tread of the unseen guest in your heart.

. . . I am come that they might have life, and that they might have it more abundantly (John 10:10). This is the urge of the Life Principle within you. It is the Infinite Presence causing you to be aware of the murmurings, whisperings, inspiration and dreams enabling you to move onward, upward and Godward.

Triumph of Principles

Emerson said, "Nothing will give you peace but the triumph of principles." You would not wire your house unless you understood and applied the principles of electricity. You would not manufacture chemicals unless you understood the principles of chemistry. In building a house, you must be initiated into the principles of construction. If you decide to become a musician, you must study music and practice, and as time goes on, perhaps you can play a classical piece of music even though blindfolded. You will have established the equivalent in your subconscious mind, which enables you to play automatically.

Your mind is a principle. Think good and good follows; think of lack and limitation and you experience lack and impoverishment. You are what you think all day long. Learn the laws of your mind and practice them. For example, any idea you have which is emotionalized and felt as true enters into your subconscious mind and comes to pass. Knowing that, you are careful how you impress your subconscious mind.

Why They Did Not Pay

During a conversation I had with a practitioner, she mentioned that she gives people a lot of time and good advice but many never pay her. I suggested to her that she could overcome that by affirming that all those

who come to her are blessed, healed and prospered and that they gladly pay in Divine order.

She changed her attitude and her subconscious responded. The reason many clients had not paid her was because in the daytime she was a social worker and her subjective thinking was about poor people and poverty. She became very successful following her new insight into the way the mind works.

Some Common Superstitions

Many people say, "If it's the will of God, I want it." If your prayer is preceded by "if," your manifestation will be very "iffy" and probably will never come to pass. A woman seeking companionship said, "I'm too old. I'm homely." She recited all the reasons why she could not get married instead of all the reasons why she could.

I said to the woman who had these defeatist ideas, "The man you are seeking is seeking you. The last time he got married his wife was so beautiful she ran around and slept with all the boys. He does not want that now; he wants you."

I continued by saying that she should read the newspapers and see all the names and ages of people sixty, seventy and eighty years of age getting married. Infinite Spirit will attract to you the right companion in Divine order, but you must claim it. Think of all your good qualities and what you have to give a man. Let

that be your broadcast, and by the law of reciprocal relationship, you will attract the right man into your life. Your sincerity will make it real.

She followed these simple instructions and in due course received an answer to her prayer.

Another superstition is, "If it's God's will." That is too absurd for words. The will of God is a greater measure of life, freedom, expression and growth. Any idea or desire that you have for growth, wealth, success or healing is the will of God for you. Focus on your desire. Bring your conscious and subconscious together at one point—then you will bring your desire to pass.

Another superstition is, "If it's right for me." What is not right for you? It is right for you to lead the abundant life. It is right for you to have perfect health, peace, harmony, joy, abundance, security, true place and all the blessings of life. God gave you richly all things to enjoy.

The Law of Mind Is Impersonal

Take a weaver's loom. All threads are on it—black, brown, yellow, etc. The loom takes all the threads and cares not. Supposing you look at a carpet and say that it is awful, an eyesore. Change the thread and the loom is mechanical and responds accordingly. Your conscious mind is the weaver; your subconscious is the loom.

A man opens up a brothel and makes a lot of money. The subconscious does not care; it has no morals. It expresses what is impressed upon it, whether good or bad. For example, a man may inherit a lot of money. Perhaps he will spend it badly. Perhaps he will gamble and lose it all, or perhaps, if he is of a religious persuasion, he will teach limitation and instill fear into the minds of people.

Remember, the law is impersonal. If you misuse the law by hurting others or by robbing or depriving them in any way, the law of your mind responds in its own way. . . . *Vengeance is mine; I will repay, saith the Lord* (Romans 12:19). Live according to your highest ideals.

A man asked me why it was that sexual perverts and dope fiends write good poetry, music and wonderful plays. The answer is simple: God, or Infinite Intelligence, is no respecter of persons and will respond to the altruist, pervert or murderer, providing he believes; and according to his belief is it done unto him.

Another superstition that some people have is that God is testing them. They have a sort of a Messianic complex that God is up there in the clouds somewhere and is going to drop a great challenge to them to see how they are going to handle it. God does not punish or test anyone. Man punishes himself because of ignorance and misuse of the laws of mind. The only sin is ignorance, and all the suffering in the world is the consequence.

You Are Needed

The poet said: "We are all parts of one stupendous whole whose body nature is and God the soul." There must be joy in your work. In olden days when they made a table, a statue or a chair, there was a song in their heart. They took pride in their work. The larger piece in the table or the building needs the small. All the component parts go to make up the unit. You are needed. There is no misfit in the universe. All notes are necessary for the symphony.

There is no one in all the world who can do something just like you because only you are you. You are unique. If you are a cook you are essential to the General of the army. There is nothing useless but your belief and concept that you are. Your subconscious accepts what you really believe, and you experience accordingly.

Meditation for Success

" 'Wist ye not that I be about my Father's business?'* I know that my business, profession or activity is God's business. God's business is always basically successful. I am growing in wisdom and understanding every day. I know, believe and accept the fact that God's law of abundance is always working for me, through me and all around me.

"My business or profession is full of right action and

*See Luke 2:49.

right expression. The ideas, money, merchandise and contacts that I need are mine now and at all times. All these things are irresistibly attracted to me by the law of universal attraction. God is the life of my business; I am Divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand and progress. I am building up goodwill. I am a great success because I do business with others as I would have them do it with me."

CHAPTER 4

The Power of the Spirit: Saved from the Abyss of Death

Recently I talked with a woman in Munich, Germany, who is 80 years of age, chronologically speaking. She said that her physical condition at one time had been considered hopeless and incurable, but that she had been saved from the abyss of death by spiritual means when all material help had failed.

Someone had told her about a spiritual healer. He did not give medicines or drugs. He had no system of physical treatment. He asked her no questions about her symptoms, aches or pains, but sat meditatively by her and said, "Let us think about God and His wonders." Then he affirmed out loud: "God is a loving, guiding Father, immediate and accessible, an intimate healing power. God is present as Living Spirit and His Holy Presence is flowing into all parts of your being."

A remarkable change had taken place as she opened her mind and heart to the influx of the Holy Spirit. Her realization of the Infinite Healing Presence and

her receptivity had caused a resurrection of wholeness, vitality and perfection, and a wonderful healing had followed. This is the power of the Spirit, or God. The turning point had come when she had realized that infinite resources of Divine love and wisdom were ready at hand within her.

A Simple Truth

The power of the Spirit (God) is not a half-way measure. We must carry the spiritual life into every sphere of our natural and social interests. We are here to live by the Spirit. God is Spirit, and this Spirit has become manifest in this beautiful world of time and space. This Spirit in us gives us the power to be victorious. There is in us a Divine Presence enabling us to lift our problems into heavenly light and see them transfigured by the guidance we claim and receive. There is a guidance for every need; there is love for each heart. Love is the greatest healing power, touching the subconscious, quickening, strengthening and transforming us into radiating centers which bless mankind.

Divine Love Heals

After speaking in London a few months ago, I had a conference with a woman who told me that all of a sudden she had suffered from glandular inflammation and her tissues had swollen badly. She was taking

medicine and stated that the inflammation would subside for a few weeks, and then the condition would recur.

I asked her about her emotional life, pointing out that glands secrete hormones, and the word hormones means harmony. This woman revealed that she hated her sister, who had cheated her out of a large sum of money, and this hatred and hostility had caused the inflammation of her glands and other organs. In other words, she was imbibing poison.

The explanation was that she had to absorb and imbibe Divine love into her soul, which would restore her to harmony and wholeness. All religions teach the practice of love and goodwill to all and that we must love one another. In holistic medicine today, doctors insist that love and goodwill, as well as forgiveness, are definite necessities for health and happiness.

Accordingly, she decided to release her sister and heal herself. I explained to her that she did not have to mentally coerce or force herself to love her sister, as that procedure would bring about the law of reversed effort. All she had to do was to fill her soul, or subconscious, with Divine love.

Her prayer was: "God's healing love fills my whole being. God loves me and cares for me. God's river of peace saturates my whole being." She affirmed these truths for 20 minutes at a time, three times a day. She also followed my advice, which was that whenever the

thought of her sister crossed her mind, she was to affirm: "God's love fills my soul."

I had a wonderful letter from her a week ago, saying: "I am at peace. I no longer need medicine. When my sister comes to my mind, I am at peace. There is no sting there any more. I wish her well." This is the power of love. It dissolves everything unlike itself. If you are at peace and full of goodwill to all, your organs or nerves do not cry out in pain, nor will your stomach give you acute indigestion or ulcers.

A New Insight Changed His Life

During a recent lecture tour in Europe, where I gave seminars in Munich, Frankfurt, Hanover, Zurich, Vienna and London, I met many interesting and outstanding people in the fields of science, medicine, business and politics. A highly placed government official visited me at my hotel in Munich, Germany, saying that he owed his success and advancement to practicing what he had read in *The Power of Your Subconscious Mind,** which has been published in German for many years.

He said that he had had a rather low position and had been inadequately paid. He realized after reading my book that he had been given to criticizing, condemning and belittling others who had been promoted

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

into higher echelons. In so doing, he realized that he was also demoting himself. He said that he had stopped doing it and had learned to bless them, understand them, appreciate them for what they had accomplished, and decided from that point on to cooperate and get along with them as they were. He continued, saying that he had found that in blessing others and rejoicing in their promotion and advancement, he was also blessing himself. He then told me that he was here to thank me for writing the book.

This was one of the nicest tributes I received on my journey. Love is the universal solvent, and when you ask yourself honestly: Would I like to live with what I am thinking and wishing for the other person? and if the answer is yes, you are building health, happiness, prosperity and success into your own mentality. The reason is very simple: You are the only thinker in your world, and your thought is creative. Whatever you think about the other person, you are also creating in your own life.

The Inner Meaning of the Golden Rule Is Important

The Golden Rule is known to almost everyone, but how many understand what it really means? To put it in simple, everyday language, all it means is that whatever you think about another person you are creating in your own life, because your thought is creative. Knowing this to be true, you will be careful to think only God-like thoughts about the other. Every thought tends to manifest itself.

What a different world it would be if all of us practiced the Golden Rule and the law of love. We would create heaven on earth. The average man can quote the Golden Rule by heart, but he does not really understand the inner meaning of it. Therefore, he does not obey it.

And as ye would that men should do to you, do ye also to them likewise (Luke 6:31). This is a directive from within your own soul, which, when followed, brings harmony, health and peace into the lives of all who practice it. If people practiced the Golden Rule there would be no war, no crime, no cruelty, no rape, no suffering and no inhumanity. There would be no need for armies, navies, air forces, police, nor atomic or other nuclear weapons. When your thought is right, your action will be right. It is impossible to produce right action out of a negative thought, in the same way that you cannot get an apple tree from a non-viable seed.

He Said, "I Tried, but I Can't"

An alcoholic boasted to me that he had power to take a drink or two and then quit. It was an idle boast, as he was under compulsion to take another and another until he was drunk. His subconscious said one thing and his conscious mind said another. He was incapable because he was under a subconscious compulsion to drink. He had lost control. He was living under the compulsion of his habit and conditioned emotions. He was compelled from within.

He said to me that he took several drinks to give himself courage and lift his spirits. Each time he did this, however, he was rejecting his own Divinity, which is Omnipotent and All-Wise. He got what we call a false courage, a temporary lift, which was transitory. After repeating these suggestions of weakness, inferiority and inadequacy over and over again, these were impressed in his subconscious mind, and what is impressed on the subconscious is compulsive. Now he was an alcoholic, an inebriate, a compulsive drinker.

How He Reconditioned His Mind

This man learned that he had to develop an emotional backing for freedom or he would fail. He desired a healing, and every night prior to sleep he lulled himself with these words: "Freedom and peace of mind." As he continued to affirm freedom and peace of mind, he knew that he would establish a new habit.

After a few weeks he was compelled to sobriety and peace of mind. The same law that had taken him to the bottle had given him freedom and a perfect healing.

She Learned the Secret

A few months ago I gave a seminar in Vienna, Austria. During a conversation with an outstanding golfer, she disclosed that after learning all the rules and the techniques of playing, she said to herself every night: "I am relaxed, I am poised, I am serene, and I

am calm before every game, and the Almighty Power within me takes over. I play majestically and gloriously. I play for Him."

She had studied the game from all angles, practiced regularly and disciplined her mind and body; but she was smart enough to let her Higher Self govern her hands, stance and direction in its own superior and inimitable way. She saturated her subconscious every night with the right words.

After a certain amount of repetition, she succeeded in impregnating her subconscious and she was compelled to be the great and outstanding golfer. The law of the subconscious is compulsive.

. . . That Ye Love One Another . . . (John 13:34)

The inside governs the outside. You can't love others unless you have loving and harmonious thoughts in your mind. The people who inhabit your mind are thoughts, ideas, beliefs, opinions and your reactions to everyday events. Be sure they conform to whatsoever things are true, lovely, noble and Godlike.

Your disciples and the disciples mentioned in your Bible represent the disciplined qualities of your mind. Are you disciplining your vision? Your vision is what you are focussed on, what you are looking at in your own mind. And you go where your vision is. Your faith is disciplined when you adhere to and give allegiance to the creative laws of your mind and when you believe implicitly in the goodness of God in the land of the

living. Your faith is not in creeds, dogmas, traditions, men or institutions, but in the eternal principles, which are the same yesterday, today and forever.

You discipline your imagination when you imagine what is lovely and of good report. Your judgment, when disciplined, means you decide upon the truth or falsity of any thought. When you affirm the good constantly, that is called righteous judgment and brings harmony and peace into your life. Whatever you make real you will demonstrate on the screen of space.

Remember, if your mind is full of fear, worry, resentment, prejudices, anger, jealousy or religious bias, then you cannot really love because the occupants of your mind are the opposite of love. You project your mental attitude upon others and you will blame them and criticize them.

He Said that the Explanation Changed His Life

In the month of August, 1979, I spoke in Caxton Hall, London, and said to a troubled man, "You must preach the gospel to yourself. The moneychangers and thieves that you are talking about are in your own mind. You are the temple of consciousness, and the thieves and moneychangers which rob you are fear, ignorance, superstition, self-condemnation, self-criticism and ill will. The spiritually minded man casts all of these thieves and robbers out of his mind by filling his subconscious mind with life-giving patterns and the eternal truths of God. Then he will experience

peace and harmony within and confidently express it without, in his body, his business, and in his relationships with all people."

This man had been thinking of a temple which existed 2000 years ago and believed the thieves and moneychangers to be outside of his own mind. Realizing that he was robbing himself of vitality, peace, harmony, wealth and success, he stopped doing it. A light seemed to come into his mind, penetrating the fog. The explanation was the cure.

Join Up With the Infinite

Recently I talked with a man who had said he felt guilty if he did not keep going. He had a sort of compulsion to keep on working even after a full day in the office. He was a "workaholic." He would bring home material and work until midnight on figures, plans and business projects. He had had two heart attacks as well as bleeding ulcers, all due to ulcerated thoughts and emotional upheavals.

He had forgotten that God had ordained the Sabbath—not as a day of the week, but as a time of mental rest where you may tune in with the Infinite, claiming frequently: "Infinite Spirit leads and guides me in all my ways. God's river of peace saturates my mind and heart."

I suggested to him that every evening he set aside some time for prayer and meditation, such as reading and meditating on the 91st, 23rd, 27th, 46th and 42nd

Psalms, alternating from time to time. He realized that he should turn regularly to the Source of strength, inspiration and quiet moments in the contemplation of God and His love, which would work wonders in his life.

He began meditating during his lunch hour, as well as every morning, on the great truths of *Quiet Moments with God** and discovered that he was completely released from the tension-making activities and anxieties of the day. Don't forget to call regularly and systematically on the wisdom of God to anoint your intellect and the power of the Almighty to strengthen you. Take five or ten minutes two or three times a day to dwell on the great truths of God; then you are practicing the Sabbath, which is to surrender to God and let an influx of the Holy Spirit invade and nourish your mind and body.

This man started to invite the Infinite Spirit within him to participate in all of his undertakings, and he discovered that his Senior Partner—his Higher Self—revealed to him better ways to do all things.

Your Desire Must Reach Your Subconscious

Many people have said to me that they wished for prosperity, success and the good things of life, and they prayed for a quiet and relaxed life, but nothing

*See *Quiet Moments with God* by Dr. Joseph Murphy. DeVorss and Company, Inc., Marina del Rey, Ca., 1958 (Twelfth Printing, 1978).

happened. Oftentimes they are so restless, fearful and habitually anxious that their routine thinking has become their master.

The way to overcome this is to think quietly about your desire for promotion, expansion, prosperity and success, realizing that your desire for growth and expansion is from God and that the power of the Almighty is bringing your desire to pass in Divine law and order. Gradually, as you think along these lines, you will succeed in integrating your desire in your subconscious mind, which will bring it to pass.

Many people in offices, factories and business establishments are more or less mechanical men and women, merely responding to the pressures and suggestions all around them. In this way, they tend to become automatons by responding to every wind that blows. Many are repeating the wrong thing, both in thought and action. Be sure to repeat to yourself the eternal verities. By repetition, faith and expectancy, you will reap a rich harvest.

He Had the Wrong Self-Image

In counselling a young man whose basic problem was that he was chronically ill, it became apparent that as soon as he recovered from one ailment he acquired another sickness. He had had six operations in six years. He maintained an image of himself as being sick. He had been told when he was young that

he was sickly and would always be weak. He accepted this and, as a result, learned to be unhealthy. His belief that he was always destined to be sickly was in his subconscious mind, and whatever he believed came to pass.

Under my direction, he reversed this image and practiced the mirror treatment every morning for about five or ten minutes. He looked in the mirror and affirmed out loud: "I AM all health. God is my health." Gradually, the idea of wholeness entered into his subconscious mind, and he is now free from a false belief. He practiced the technique I gave him diligently and faithfully until it manifested in his life.

She Was Hounded by Fears and Guilt

A young woman 22 years of age said to me, "I am hounded by all kinds of fear." She was afraid of God, of the future, of the after life, of evil entities, of a devil and of voodoo. The Bible says: *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7).

I explained to her that when young, we are all highly impressionable and malleable and that her parents and those around her had conditioned her mind with falsehoods about God, life and the universe. She began to realize that she was not born with any fears, sense of guilt or self-condemnation, and that all these had been given to her. She possessed weird ideas about

evil entities and beliefs that the woods were full of goblins and sprites. Danger seemed to lurk everywhere.

She began to read and meditate on the 27th Psalm* night and morning and began to affirm many times a day: "God loves me and cares for me. I am a daughter of God and a child of Eternity." She practiced this simple affirmation doggedly and faithfully, and she found a new estimate of herself, a new blueprint of herself. With this healthy vision of herself, she is blossoming forth in Divine order.

The Two Selves in You

Think along these lines: The first self is that which I now am; the second self is that which I long to be. Therefore, I must die psychologically to what I am so that I can live to that which I long to be. The above-mentioned girl died to the old self. All the falsehoods implanted in her mind in childhood were obliterated and she bequeathed all the energy she had locked up in the old beliefs to the new image of herself. The energy lost in her image of limitation, lack and fear passed over to the new image of success, charm and beauty.

*See *Songs of God. An Interpretation of My Favorite Psalms.* by Dr. Joseph Murphy. DeVorss & Co., Marina del Rey, Ca., 1979.

The Road to Success

A young musician in Vienna told me of his struggle to reach what he called the top echelons of music. He said the opposition to his advancement, his poverty and lack of connections were a great handicap to him in the beginning. He had heard a lecture on the mind, however, and had begun to realize that the challenges, difficulties, impediments and delays which he had encountered had helped him to discover the powers within him. He had called on the Unseen Power, God, within him.

The odds were great against his rise, but he had kept on, repeating to himself that Infinite Intelligence opened up the way and that his sense of oneness with the Infinite would overcome all obstacles. All the challenges and setbacks had sharpened his mental and spiritual tools. His mother had had him read about Chopin, saying to him that his biography would give him strength. Apparently, it had given him the courage to keep on keeping on.

Chopin had been very ill and very poor, but he had had faith and confidence that there was a Power which would enable him to put the urges and dreams of his heart into manifestation. He had succeeded in composing 54 mazurkas and a great number of polonaise and many Polish songs. Infinite Spirit within him revealed the way. Though he was slowly passing on to

the next dimension of life, he nevertheless fulfilled his heart's desire.

The old aphorism is still true: "Things live by moving, and they gain strength as they go." Paul says: . . . *For when I am weak, then am I strong* (II Corinthians 12:10). Give yourself wholly up to God; then nothing hinders His power from being made perfect in you. You are then strong. . . . *The Lord stood with me, and strengthened me* (II Timothy 4:17).

CHAPTER 5

Teach Us to Pray

An ancient expression says: "True prayer is not imposing sound that clamorous lips repeat, but the deep silence of a soul that clasps Jehovah's feet." Faith finds its appropriate and natural manifestation in prayer. There are the prayer of form and ritual and the prayer of faith and love. These are essentially different in their nature and effects.

Millions of people all over the world pray because it is a part of their religious life that they are trying to express, or they may pray from a sense of duty, looking upon it as a sort of task imposed upon them. In the prayer of faith and love, it is no longer a task or duty but a spiritual necessity in order to grow, expand and express health and happiness. Prayer could be looked upon as turning to the mercy seat within based on an irresistible Divine attraction. Prayer is communion with the Indwelling God—the Living Spirit Almighty —which is the Reality of every person.

On one occasion, it is said, as Jesus prayed, . . . *The fashion of his countenance was altered, and his*

raiment was white and glistening (Luke 9:29). In the parallel passage in another of the Gospels, it is said that . . . *His face did shine as the sun, and his raiment was white as the light* (Matthew 17:2). Such spiritual transformations, in a degree, have been experienced by many other people throughout the world.

How She Experienced an Illumination

A few minutes prior to writing this chapter, I counselled with a psychiatric nurse, who told me that while she was meditating on the 23rd Psalm, together with a mental patient, her whole being was flooded by a radiant light accompanied by an ecstasy of the Spirit. This experience changed her whole life, and she is now studying to be a minister of the laws of mind and the way of the Spirit. The patient felt the Divine transfusion and was completely healed of a psychotic mentality.

In their mental and spiritual communion with God, many others have had similar experiences. God is Infinite Life, and such intimate fellowship with the primal source of our being influences and pours out Its wholeness, beauty and perfection upon our whole being.

The Holy of Holies

You can make contact with the Infinite through the medium of your thought. You can sit down quietly and think of God as boundless love, infinite intelligence,

absolute harmony, indescribable beauty and absolute joy and dwell on these attributes and qualities. As you do this, you will experience a transfusion of God's grace and an effulgence of light and love. In this way you are the Holy of Holies—the Presence of God within you. All creeds and liturgies, as well as intercessors, are removed and you experience your personal fellowship with God.

The Prayer of Faith

The Bible says: . . . *The prayer of faith shall save the sick, and the Lord shall raise him up.* . . (James 5:15). There is no time or space in mind or Spirit. True prayer for a sick person does not consist of supplication or flowery words addressed to the Deity, nor a series of nicely wrought statements projected from unfeeling lips in the direction of the throne of God, which fall short of the mark. True prayer for the sick person is to claim earnestly and feelingly that the uplifting, healing, strengthening power of the Infinite Healing Presence is flowing through the patient, making him whole and perfect. Know and feel that the harmony, beauty and Life of God manifest themselves in him or her as peace, vitality, wholeness and perfection. Get a clear realization of this, and the sick condition will then dissolve in the light of God's love.

Paul says: . . . *Glorify God in your body* . . . (I Corinthians 6:20). Make sure that your mental picture agrees with your affirmation. In your mind's eye, you

see the patient radiant, happy, joyous and bubbling over with life and love. That would be true prayer. True prayer is claiming that what is true of God is true of the person you are helping.

There is the type of prayer that cannot be "worded," since prayer becomes oftentimes more efficacious in proportion to the degree it becomes more internal. It is simply turning to the God-Presence within and opening your heart to receive the influx of His healing currents and Divine love. True prayer, when uttered, is radiant with love and spiritual life. Look upon true prayer as carrying a Divine fragrance from the God-Presence in you, and when wafted upon the ill person, it has a life-giving spiritual potency in it. The subconscious of the sick person is stimulated and reinforced and proceeds to resurrect God's omnipotent love. A healing then follows.

. . . *The effectual fervent prayer of a righteous man availeth much* (James 5:16). It is in accordance with the laws of mind, unbending and invariable spiritual laws, that sincere, earnest prayer for the sick affects them and helps in the restoration of perfect health. If one should rise instantly and walk, or be raised to newness of life, in response to prayer, it would be no miracle, no violation of the laws of mind.

How She Prayed for Her Brother-in-Law

An old friend of mine in Pasadena, California, prayed for her brother-in-law, who had suffered a

severe fall and fractured his pelvis. He was taken to the hospital and, because of his age, the physicians believed not much could be done for him. She decreed feelingly and knowingly that God walks and talks in him and that God's healing love was flowing through him. She imagined him standing in front of her in her home telling her about the miracle of healing which had taken place. She saw him smiling and radiant. She did this frequently, over and over again.

In a short period of time, he arose out of bed, walked around in the hospital, came home and confirmed objectively what she had imagined and claimed to be true subjectively in the silence of her soul. That was true prayer.

The Promises of God

The promises of God could be called the laws of God, which are the same yesterday, today and forever. These promises do not belong to the dead past but to the living present. The existence of God is an eternal now. In Divine mind, past, present and future are all one. All existence is included in the Divine moment—the Eternal Now.

As there is no future in God, the promise of God is not a pledge to give us something at some remote day; it is based on our acceptance of our good now, this present moment.

Look at everyday money transactions. You accept a check or bank note for money, yet it is not money, only

a piece of paper. It is a promise to pay dollars on demand. Likewise, there is in the Divine promise the blessing for which we ask. Warren Evans, a great healer and a student of Phineas Parkhurst Quimby, said: "Whatever we hope, by faith we have, future and past subsisting now."

The Bible says: . . . *In him we live, and move, and have our being.* . . (Acts 17:28). God is the Life Principle in us and is the source of our health, peace and all the blessings of life. Here is the inspired utterance of Charles Wesley:

> The well of life to us thou art,
> Of joy the swelling flood;
> Wafted by thee, with willing heart
> We swift return to God.

You Are a Mediator

There are many practitioners, doctors, clergymen and others whose presence generates a mental and physical healing. They are charged with power from On High and their healing atmosphere is veritably contagious. They prove to be a tower of strength to the weak and infirm, and sick people are affected by them far and near.

The true idea of a physician is that of a doctor or teacher, as the word implies. In the highest sense, he is one who can "minister to minds diseased." There have been men like Dr. Quimby, Warren Evans and others

in the early days of our country who searched for the hidden haunts of the seeds of disease in the mental conditions of the patient. Today we would call them clairvoyant, as, without talking to the patients, they could reveal the hidden cause of the sickness before the patient said a word. Oftentimes, the explanation was the cure.

Angels Watch Over You

Many people have asked me about angels. The word *angel* means the angle at which you look at God. It also means an attitude of mind, an inspiration, or a message from your Higher Self. The Bible says: *And there appeared an angel unto him from heaven, strengthening him* (Luke 22:43). . . . *Angels came and ministered unto him* (Matthew 4:11).

All of us are angels of God in another way of looking at it. When we pass on to the next dimension, we are still angels, or expressions of God, operating in a rarefied and attenuated body. Your loved ones are all around you, separated by frequency only. It is unequivocally stated in the 91st Psalm,* *There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways* (Psalms 91:10-11).

The Infinite Presence responds to each person according to the law of reciprocal relationship. In the

*See *Songs of God: An Interpretation of My Favorite Psalms*, by Dr. Joseph Murphy, DeVorss & Co., Marina del Rey, Ca., 1979.

highest sense of the term, prayer is contact with the God-Presence within, Whose nature is responsiveness. There are many people all over the world praying to saints and angels. In the hour of their extremity, they are speaking in the language of Hamlet: "Angels and ministers, defend us!"

Saints represent any man or woman dedicated to the truths of God, and who practices the Presence of God. In other words, it means any person who entertains God-like thoughts and walks in paths of righteousness. The invocation of saints and angels has been practiced by millions of people all over the world. These represent good men and women who led God-like lives.

A man in India once said to me that he addresses holy men in the next dimension as living beings, living in a higher realm of mind, namely the fourth dimension. He asks their aid, their prayers and their intercession with God. Because of his faith and belief, he gets results. Whether the object of your faith be true or false, you will get results, for according to your faith is it done unto you. Your subconscious responds to your blind faith. His faith and confidence and his belief that the holy men would respond to him was accepted by his subconscious mind and, of course, his prayers were answered.

People all over the world have had remarkable healings by calling on saints and angels long since gone. But if you reason it out, they have not gone any place.

They are all around you, functioning fourth-dimensionally, just like your relatives who have passed on.

All good must come from God, the primal source of all blessings. Millions theorize that it is perfectly proper to ask dedicated souls in the next dimension of life for help in times of extremity. If to ask a spiritual healer or a dedicated doctor to aid and help you involves nothing objectionable and is not robbing God of the worship due Him, why is it improper to ask the same dedicated man who is now in a higher realm of mind to aid us after he has graduated to a higher world? All these forms of prayer get results, also. . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

Are You Omnipresent?

A Yogi at the Forest University, Ashram at Rishikesh, which is at the foot of the Himalaya Mountains, said to me that many people ask him if they request aid of those in the next dimension, is it possible that they hear them, or are they in different lands, with omnipresence only applying to God? He explained to them that to be present in 15,000 places is not omnipresence. Spirit (God) is out of the limitations of time and space. This is the distinction between Spirit and matter. He added that when he speaks in India to thousands of people, he is present to all of them through the medium of sight and sound. A man who writes a book, by his thoughts and beliefs, is present to

millions of readers all over the world through the medium of his book. Therefore, he said, it may be easily conceived that those holy people in the next dimension are present by their thoughts and their love, which constitute their essential life, to a great many people and places at the same time, through spiritual law.

The old aphorism states: "The saints on Earth, and all the dead, but one communion make." There is really no separation, since subjectively we are all one. The word *humanity* means the One appearing as many.

Nearer to Thee

It is God who . . . *giveth to all life, and breath, and all things* (Acts 17:25). The nearer you get to the Infinite Presence within you, the more you will have of life, love and all good things. You will draw all the spiritual nutrition you need from the heart of Infinite love and life.

Is It Wise?

Many point out rather wisely that the invocation of the saints and angels, who are referred to as holy men, living in the next dimension may be best illustrated in this way: that a particle of dust in the eye will obscure and hide from us the sun in the heavens. It is not wise or prudent that saints and angels should attract more

attention and devotion than God, the source of all blessings.

I look upon all these approaches as good, however, in the sense that they are meeting levels of consciousness. In their own way, they are turning to the light.

The Patron Saint

Many cities have their patron saint, who is the most prominent object of veneration and adoration. Unillumined people give more attention to saints and angels than to God, the Father of all. The ancient gods of Greece and Rome were only deified men, as Cicero expressly affirms in his writings. These gods represented a ladder by means of which many were lifted up to the conception and realization of the Supreme God. In all these cases, we must remember that people are turning to what they conceive to be a higher power. They are, in their own way, seeking a higher power.

The Bible says: *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you; for every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh, it shall be opened* (Matthew 7:7–8). Prayer should form a part of all healing processes. . . . *Pray one for another, that ye may be healed.* . . (James 5:16).

But it must be prayer in its all-encompassing mood of faith and love, causing the God Presence to respond as vitality, wholeness and perfection. Time and space

vanish before the power of Spirit. All individuals are included in the one great unity of pure Spirit (God) and are bound together, for God is all and is in all.

You Can Build A Glorious Future

The prophet Hosea said a wonderful thing: "Take your thoughts to God." This is a very practical and simple approach, and habitually following this direction transforms our lives. The thoughts we habitually think form grooves, or impressions, in our deeper mind. The Spirit, or Life Principle, responds and creates in our experience according to the tracks laid down in our subconscious mind. God is to us what we conceive God to be.

I said to a businessman who was failing in business and in health that he should stop building a prison in his mind. He said to me that he had no imagination. I explained to him that imagination was the first faculty of man and that everybody has imagination and is using it all the time, for good or for ill. According to the way in which he uses his imagination, so does he become and so does he act.

He had been building a mental prison by blaming his difficulties on others, the government, relatives and business associates. He began to see, however, that he was the propagator of his own problems. He began to take responsibility for his life, and he decided to take his thoughts to God within himself. He began to constantly affirm: "My business is God's business,

and God is prospering me now. God guides and directs me. God's peace fills my soul. God is my boss and my guide, and God's healing love saturates my whole being."

He kept reiterating these truths to himself many times a day and gradually he eradicated the hundred and one vexations and contentions lurking in his mind. In his own words, he got the world, its news and its crime off his shoulders, and he no longer hates, resents and condemns all those around him. He is building a glorious future by taking his thoughts to God, as suggested by Hosea thousands of years ago.

You Are the Captain on the Bridge

The captain directs the ship. He does not feel that he is a victim of the seas or is at the mercy of the waves. He understands the principle of navigation and controls and directs his destiny, moving towards his goal in life. He does not worry, fret and fuss about chance, fate or accidents. He plans for victory at all times.

You are created to win, to triumph, to conquer. You should never dwell upon failure, loss, lack or limitation of any kind. To do so is to build a prison in your mind, thereby leading a limited and circumscribed life, a sort of miserable existence. You are placed here to go forward and never retreat.

Napoleon said that "imagination rules the world." He became a famous general and a marvelous strategist. He imagined victory and focussed his mind

exclusively on the triumphant end, becoming master of Europe.

Historians inform us that before the battle of Waterloo, he planned a retreat in case he lost the battle or the battle tide turned against him. He h·d to use it because he built a retreat in his mind, and that which he greatly feared came upon him, just as Job had pointed out thousands of years ago.

Another interesting aspect in the life of Napoleon was that he held in great awe and respect any man with a long nose. This was a sort of superstitious belief. In all probability, the belief went back to his childhood when some relative had told him that men with long noses had some superhuman qualities and were Divinely gifted with extraordinary insights and wisdom. In other words, he transferred the power within himself to men with long noses. He created failure in his own mind and he experienced it, for Wellington, who defeated him, had a very large nose.

. . . *There is no power but of God: the powers that be are ordained of God* (Romans 13:1).

Age Is Not the Flight of Years

There are numerous people living here in Leisure World, Laguna Hills, who pay no attention to years. Many are very active at 90 and over. They not only indulge in all the various recreational activities, but are also quite active in their professional capacities

and contribute much to the health and cultural activities in the area. They do not subscribe to the belief that the accumulation of years brings on deafness, poor eyesight or physical deterioration. They realize the Spirit never grows old and never dies.

The statistics given out by insurance companies regarding old age do not refer to any law of life. They refer to the general mass belief. They have established certain rules but the exception proves the rule. A rule made by man is not a law of life. When you see people 90 to 95 years of age driving their cars, wearing no glasses or hearing aids, this proves that the transcendent man resides in all of us.

He's a Medical Marvel

The following article was published in the *National Enquirer*, July 31, 1979:

> **He's a Medical Marvel**
> **160-Year-Old Man Still Works & Smokes**
> **Up to 100 Cigarettes a Day**
>
> At 160, Manoel de Moura of Brazil may well be the oldest man in the world.
>
> While many wild claims of old age have been debunked in recent years, Manoel not only has his birth certificate to prove his age, but also the testimony of people who are themselves now very old—and remember him as an old man when they were children!

"When I was a young boy, Manoel was already an old man, pushing 100," recalled Teodoro Boskow, former vice mayor of the town of Cerrito Alegre, who's now in his 80s. "He looks the same now as he did 70 years ago—except that now he's a little hunchbacked."

Modesta Lemos, 70, told the ENQUIRER: "When we were just beginning school, Manoel was a very old man with that same white hair and beard."

The mystery of Manoel's extreme age is deepened by the fact that a local doctor, who's the only doctor Manoel has ever seen, can find absolutely nothing wrong with him.

"This is the most incredible thing I have ever seen—not only in my medical career, but in my life," declared general practitioner Francisco Luz.

"The health of this 160-year-old man is supernormal. His blood pressure is normal, and his heart beats exactly like the heart of a 20-year-old man. Medicine has no answer to explain his longevity. . ."

Manoel's birth certificate says he was born March 25, 1819, in a rural town in Brazil. The document speaks for itself.

"There is no doubt about Manoel's age," concluded Theofilo Salamao, City Councilman in the town of Pelotas. "The birth certificate

was given to him by the State of Rio Grande do Sul of the Federal Republic of Brazil."

Manoel, who has spent most of his life as a farm laborer, attributes his remarkably well-preserved condition to simple living.

"My key to survival is the land," he told The ENQUIRER. "I have lived my entire life working the land, making things grow. I have been to the movies only once. I saw television once, but I didn't understand what was going on.

"I don't own anything, and I don't worry about anything, either."

Adding to the puzzle of Manoel's strapping good health is his habit of chain-smoking.

"I could smoke all day if I had enough cigarettes," he said. "Usually I smoke between 80 and 100 cigarettes a day."

Manoel's employer, Ary Lemos, feeds the old man and gives him shelter in return for his labor.

"Manoel is the best worker I've ever had. Most of the kids around here are lazy, but Manoel is a dedicated worker.

"He cuts wood, hoes the soil, plants, clears the fields. His eyesight is perfect—he can thread a needle on the first try."

The Brazilian government last month finally got around to granting Manoel a retirement pension of $25 a month for as long as he lives.

But the money doesn't impress the old man,

who has no living relatives and has never been married.

"What I enjoy most out of life," he grinned, "is just a hot cup of coffee and a cigarette."

—by Michael J. Hoy

Her Religion Was Her Problem

A young woman about 22 years of age came to see me. She was what she termed very religious. She didn't dance, play cards, drink wine or go to the movies, neither did she date men. She went to church every morning and followed all the rules and tenets of her religion.

She was suffering from what her doctor had told her was anxiety neuroses. She was taking tranquilizers and pills to reduce her high blood pressure. She was mad at God for permitting all these things to happen to her.

I explained to her that true religion is of the heart and not of the lips, and that while she was conventionally good in following all the rules, rites and ceremonies of her sectarian beliefs, her false concept of God and her grotesque belief that God was punishing her caused all her mental and emotional problems.

She finally began to realize she was her own persecutor and tormentor. There is the old aphorism: "He who discovers himself loses his misery." She discovered that her negative thinking had been the cause of all her problems and the explanation was the cure. She decided to make it a habit to think right, feel right,

and act right according to universal principles and eternal verities.

Remember ye not the former things, neither consider the things of old (Isaiah 43:18). . . . *Behold, I make all things new. . .* (Revelation 21:5).

CHAPTER 6

Becoming Spiritual-Minded

Many people have a vague idea of what it is to be spiritual. To become spiritual-minded, according to the beliefs of many people, is confused with conforming to certain devotions, rituals and ceremonies. What is it to become spiritual? How may I become so? These are questions of great importance to all men and women.

You will become spiritual-minded when you make up your mind to think heavenly thoughts, which means to think according to eternal verities and principles of life, which are the same yesterday, today and forever. Your subconscious mind is the seat of habit, and as you continue thinking God-like thoughts, you will form a very good habit and wonders will happen in your life.

The Bible says: *Judge not according to the appearance, but judge righteous judgment* (John 7:24). To judge is to separate that which is false from that which is true. In other words, you come to a decision in your mind regarding the truth or falsity of any thought. To

affirm the good and the true is righteous judgment and brings harmony and peace into your life.

If a man is sick or crippled, you don't deny the evidence of your senses, but you go to the Infinite Healing Presence within you and affirm wholeness, vitality and perfection for him. You see him as he ought to be: happy, joyous and free. Your interpretation of what your five senses report to you may be wrong. Check on how you interpret what your senses report to you.

Many people think that in order to be spiritual-minded, they must put in practice ascetic mortifications, which are really of no value. Instead, to develop spiritually, you start from the inside, not the outside. As you spiritualize your thought life, your body will magically melt into the image and likeness of your contemplation.

You Can Rise

And I, if I be lifted up from the earth, will draw all men unto me (John 12:32). Lift up your concept of God and realize that the Holy of Holies is within yourself. As you dwell upon the attributes and qualities of God within yourself, the more your spiritual power and psychological force are augmented. Just so far as we know God, do we become more God-like, and we can do Divine works to the same extent.

Affirm frequently: "I exalt God in the midst of me, mighty to heal and restore. I am illumined from On

High." Make a habit of this and you will find that you are lifted up and inspired to accomplish great things. Be careful not to subsequently deny what you affirm.

Begin to Believe

Belief and life, from an etymological standpoint, are the same. To believe is to live. To believe is a movement of our interior life towards the fulfillment of our desire. In other words, pour life and love into your ideal, goal or desire. Live in the state of being it. Live the role just like an actor or actress. Animate your desire. Contemplate its fulfillment and see the happy ending.

To believe that you are being healed or prospered now turns the current of Universal Life in that direction. Believe in the truths of the Spirit rather than in the evidence of your five senses. This is salvation in the complete signification of the word.

The Meaning of the Blood of the Lamb

In ancient times the mystics expressed and preserved the highest truths under the covering of appropriate symbols. In the zodiac, which signifies the circle or cycle of life, the first is Aries, the Lamb. The sun crosses the equator on the 21st of March, which is called the ingress of Aries, and it is said that it sheds its blood (actinic rays and heat) on the passover (as it passes over). All the seeds frozen in the ground are

resurrected and we are saved from starvation. Following is a regeneration of all life in the northern latitudes.

If your mother is ill, you can shed your blood for her, symbolically speaking, by pouring life and love into the idea of wholeness, vitality and perfection for her and by imagining her to be whole, vital and strong. You are giving her the living truth of the Spirit, which means the shedding of your blood in symbolic language. Blood means Life. In this blood, which is perpetually shed for many sick people throughout the world, we wash our robes and make them white.

You may pray for an alcoholic or someone suffering from any other specific disease and the patient may get well; but you must also teach him the cause of his trouble and instruct him how to pray. Otherwise, he may have a relapse. Not to do so would be somewhat similar to a fireman who rushes into a burning building to rescue a trapped man and only seizes his clothes, leaving the man as he was.

The highest function of a healer is to serve as a doctor or teacher. The ancient meaning of doctor was that of a man who taught others about the Divinity within them, which enabled them to rise and overcome their passions and appetites and move onward, upward and Godward.

The ancient mystics said: "If that thou seekest and thou findest not within thee, thou wilt never find it

without thee." When you pray for an invalid, you are mentally in tune with the Infinite Healing Presence within you. Since there is no time or space in the Infinite Spirit, you can accelerate the healing process in the invalid.

The Price You Pay

The price you pay for spiritual unfoldment is attention, recognition and devotion to the eternal truths of life. You pay with mental and spiritual coin. There is no free lunch, and attention is the key to life. As you absorb and mentally digest more and more of wisdom, truth and beauty, you will be able to impart the healing message to others.

You cannot give what you do not have; therefore, . . . *seek ye first the kingdom of God, and His righteousness* (right thinking); *and all these things shall be added unto you* (Matthew 6:33). Gold and silver in the Bible are symbols of celestial good and truth. As you look to the Source of all blessings, you are recognizing your everlasting inheritance and you will never want for any good thing.

Dr. Warren Evans wrote in 1884:

> Think truly, and thy thoughts
> Will the world's famine feed;
> Speak truly, and each word of thine
> Will be a fruitful seed;
> Live truly, and thy life will be
> A great and noble creed.

Why He Was Disappointed

Recently I talked with a man who had been experiencing an acute business problem. He needed a loan from the bank to tide him over for some months, but due to recent restrictions he was turned down. He was very tense and anxious. He also understood that these negative emotions would generate the reverse of what he was praying for.

I suggested that he go to the Source of all blessings —namely, the Infinite Spirit within him—and affirm the great eternal truths to bring his mind to a state of peace and rest. I suggested that he detach his mind from the problem and assume an attitude of Divine indifference, which means that it is impossible for your prayer to fail. Infinite Intelligence knows only the answer.

I suggested also that he reiterate the following age-old truths, realizing that when his mind was at peace, the answer would come. Accordingly, he meditated on the following scriptural verses several times a day, and when fear thoughts came to him, he would immediately quote one of the verses to himself:

—*But my God shall supply all your need according to his riches in glory . . .* (Philippians 4:19).

—*In quietness and in confidence shall be your strength . . .* (Isaiah 30:15).

—*. . . God, who giveth us richly all things to enjoy* (I Timothy 6:17).

—. . . *But with God all things are possible* (Matthew 19:26).

—. . . *Before they call, I will answer; and while they are yet speaking, I will hear* (Isaiah 65:24).

—. . . *According to your faith be it unto you* (Matthew 9:29).

—. . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

—*He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him* (Psalm 91:15).

—*All things be ready if the mind be so* (Shakespeare).

—*The Lord is my light and my salvation; whom shall I fear?* . . . (Psalm 27:1).

—*I will lift up mine eyes unto the hills, from whence cometh my help* (Psalm 121:1).

He remained faithful to his meditation, and one of his customers, to whom he had previously mentioned his predicament, suddenly came to him and generously advanced him far more money than he needed and his problem was solved. When he established a Divine indifference to results, the answer came. Contemplating these statements of the Law of Life frequently, he succeeded in building into his mentality a state of peace and equilibrium.

The Psalmist expressed it this way: *But his delight is in the law of the Lord; and in his law doth he meditate day and night* (Psalm 1:2). You induce a quiet, receptive mind as you reflect on the great truths, and you then will dramatize the answer more quickly.

How He Conquered Despondency

A young college student came to see me and told me that the girl to whom he had been engaged and was about to marry had been killed in one of the recent air crashes. He was failing in his studies and was depressed, dejected and suffering from melancholia. At the same time he was taking tranquilizers, but when the effect wore off, he was right back where he started.

I suggested to him that he must not let these negative emotions gel and crystalize in his subconscious mind, which would cause a very negative subconscious complex with harmful results. I explained to him that an expert motorist here in Leisure World had had a crackup while going 90 miles an hour. He had not been seriously injured, and while the Automobile Club truck was towing his car to the repair shop, he immediately called a taxi and drove around for about an hour or more, the reason being that he wanted to prevent that experience from forming a negative pattern in his subconscious. He did not want to develop a fear complex.

This young man began to realize that everyone eventually passes on to the next dimension and that his gloom and despondency were not helping his sweetheart in the next dimension of life, but were actually holding her back. He decided to loose her and let her go, affirming whenever he thought of her, "God gives you peace and harmony."

He then redirected his mind to his studies and began

to keep his mind tuned in to the Infinite Presence and Power, reflecting frequently on Divine guidance, peace and harmony. Following this procedure, his negative emotions were dissolved in the light of Divine love.

The Prince of This World

. . . *For the prince of this world cometh, and hath nothing in me* (John 14:30). A young college girl in a nearby university, who has read several of my books, including *Songs of God*,* said to me that she had belonged to a certain cult and had since dropped the association when she realized that it was all rank superstition and balderdash. The other three members had told her that they would pour imprecations upon her and that she would suffer.

She knew that the prince of the world is fear and that their intention was to instill fear and terror into her mind, a sort of hypnotic suggestion. She read the inner meaning of the 91st Psalm and reiterated many passages during the day. Whenever the memory of their threat came into her mind, she would immediately affirm, "God loves me and cares for me."

She knew that if she could not give hate, she could not receive it. All she did was bless them and walk on, laughing at their dire predictions, knowing full well

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

that they were negative suggestions which she refused to accept. Of course, the negative thoughts of her former friends boomeranged and were returned to them. All three, she told me, were subsequently killed in an auto crash.

The prince of this world (fear) had come to her and had found nothing in her to correspond to that fear. She knew the Law of Life. She had enthroned in her mind peace, harmony, right action and Divine love. The truths of the 91st Psalm had penetrated her subconscious and she walked with God, finding ways of pleasantness and paths of peace.

How to Handle Fear

It might be true to say that fear comes to everyone at some time, somewhere, in some way. The writer remembers that many years ago, while flying over the North Pole on the way to Norway and Sweden, a great storm had taken place. All of the passengers had been terrified. A few of us had begun to recite the 91st Psalm out loud, which had quieted them to some degree. They were afraid of death and destruction. That had been the only way to handle that group fear that had seized all of us.

Fear is contagious. Love is contagious, also. All of us must understand that no influence or suggestion from the external world can ever affect us unless it finds kinship with something inside of us. The girl previously referred to who had been threatened with a

voodoo curse had rejected their suggestion because she knew it could not affect her unless she accepted it; and then it would be simply a movement of her own mind. This suggestion had found no home, no acceptance; therefore, it could not function and its force was dissipated.

As you continue to grow spiritually by absorbing and imbibing the great truths of life, you will be convinced that what the Psalmist said is true: *A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee* (Psalm 91:7). In verses 9 and 10 of the same Psalm,* we read: *Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling.*

This is a very beautiful and definite promise. It points out that you will always be protected, directed and watched over by the spell of God's love. By pondering frequently the fact that God loves you and cares for you, guides you and directs you, you are making the most High your habitation. Because you constantly remind yourself that God's love surrounds you, enfolds you and enwraps you, you are always immersed in the Holy Omnipresence and no trouble can touch you.

*See *Songs of God* by Dr. Joseph Murphy. DeVorss and Company, Inc., Marina del Rey, California, 1979.

There Is an Easier Way

A businessman said to me after a lecture a few Sundays ago, "I spent my early years toiling, moiling, and grabbing for the good things of life. I was always trying to make ends meet. I wanted more money, a home, a car and lovely surroundings."

He had gone to a spiritual counselor for advice, and she had told him that he was trying too hard. She taught him to go to the Source of all good—the God-Presence within—and to claim peace, harmony, right action, beauty and abundance. She told him that God was flowing through him, filling up all the empty vessels in his life.

He continued along that spiritual path, and all the things he had been seeking were added to him. His faith and confidence in the Infinite Presence within him were translatable to health, wealth, true expression and an abundant supply of money, also. He stopped trying so hard, begging and beseeching for the gifts of Life which have been proffered to all of us from the dawn of time.

Shakespeare said, "All things be ready if the mind be so." Open your mind to receive; learn to be a good receiver. God has given you Himself and the whole world. It is, therefore, foolish and stupid to beseech the Infinite to do something for us, because it is written, . . . *Before they call, I will answer; and while*

they are yet speaking, I will hear (Isaiah 65:24). No matter what your problem is, the answer is there even before you ask.

The best spiritual medicine today is to get acquainted with the Spirit within you and then claim peace, harmony, and Divine law and order in your life. Reflect and dwell upon the Divine Law, which is: "I AM that which I contemplate." Contemplate whatsoever things are true, lovely, noble and God-like and let wonders happen in your life.

The Secrets of Life

The other evening I heard a psychologist speaking. Among other things, she said that man had perfected the laser beam, which now could destroy missiles in space. She also related its many other applications in medicine, the air industry and warfare. She said that we have split the atom and have broken the DNA code dealing with our genetic record, which determines the color of our skin, eyes and general physiognomy. We have isolated most of the hormones which are usually secreted by our glandular system and which keep our body in balance.

With all of this knowledge, she pointed out, we have not yet learned to live in peace and harmony. The answer to all of this is simple. The answer was given by the ancient mystic when he said, "When a man discovers himself, he loses his misery." The self of you is

God. The Bible says: *Acquaint now thyself with him and be at peace. . .* (Job 22:21).

The Answer to Doom and Gloom

We have a great number of prophets today predicting all manner of disasters, and they are instilling fear and uncertainty in the minds of millions of people. I counsel with many people who are morose, morbid, sullen and ill humored. They are afraid of old age, atomic warfare, insecurity and the future, and many are living in fear of death.

The Bible says: . . . *God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7). It is true that fear, in some form, comes to all of us. When hearing the honk of a horn when walking along the road, you step aside, and the momentary fear is transmuted to desire to live, and you are free.

Many listen to the news and read the magazines and papers predicting nuclear war, the end of the world, earthquakes, etc. As they dwell on these predictions, they are seized with a sort of crippling fear.

I suggest to them that they hold these fears up to the light of reason, examine them and recognize that most of these predictions never come to pass, but come out of the fetid brain of the prognosticator of doomsday. Paul points out in Corinthians, . . . *Whether there be prophecies, they shall fail. . .* (I Corinthians 13:8).

Basically, all of this abnormal fear is due to a man's basic sense of insecurity, in failing to align himself with the Infinite Presence and Power. When he joins up with this Source, the Life Principle, which is all-powerful, all-wise and knows no opposition, he discovers a reflex action and his abnormal fear is gradually dissipated.

They Called Him the Rock of Gibraltar

A secretary once told me that the manager in the office where she worked was very domineering, arrogant, and boastful and treated the salesmen and the office girls rather shabbily. His mind was devoid of simplicity and his conversations were turgid. There was a cruel acerbity to his tongue.

The General Manager had visited the office and had found some things wrong. He had mildly reprimanded the manager; and this man, who had seemed to be so solid, unmoved and confident, cracked up and cried "like a baby." He had to go to the doctor for a sedative. Actually, his external demeanor and apparent confidence were a cover-up for a deep sense of insecurity, inadequacy and a profound inferiority complex.

A man who has faith and confidence in the Powers of the Infinite and who has self-esteem does not succumb to mild criticism. Actually, it acts as a stimulus to his confidence in himself. You become a true leader when you take command of the motley crew of

thoughts in your own mind, dwelling on whatsoever things are true, honest, loving, noble and God-like.

This manager had a false estimate of himself and thought that by bluffing and blustering he could cover it up. To play the bully, to storm and to rage is a sure sign of a deep sense of inferiority. Braggadocio is empty and pretentious bragging. You will recall that the braggadocio of Mussolini and the megalomania of Hitler brought about their ultimate downfall.

Don't Compare Yourself With Others

God never repeats himself. You are unique, and there is no one in all the world like you. Many men and women who were timid, shy and retiring have visited me for counselling, and I have always pointed out to them the vast potentials within them waiting only to be called upon, resurrected and utilized. I explained to them that when fear came to their mind, it meant that they were supposed to call on the Divine reserves within them, thereby enabling them to overcome fear.

As they practice calling on the God Presence for guidance, strength and wisdom, they rise from that sense of inadequacy and keep going when others give up. One man, who had been born into poverty, told me that the reason he had reached the presidency of his company was due to his tremendous drive to overcome poverty and achieve his true place in life. His

lack urged him on and acted as a powerful incentive to his ascent up the ladder of life.

Many women with an inferiority complex have told me that it was this sense of insecurity, inadequacy and inferiority which acted as their main driving force to excel, advance and go up the ladder of life. A formula which I have suggested to many women is as follows: Stand before the mirror every morning for five or ten minutes and affirm out loud: "I AM a daughter of the Infinite. I AM a child of eternity. My father is God, and God loves me."

As they keep using this prayer regularly every morning, it gradually sinks down by a process of mental and spiritual osmosis into their subconscious mind. This new concept of themselves, being impregnated in their deeper mind, comes forth and their whole life is transformed. The law is: What is impressed in the subconscious is expressed.

He Wanted to Become a Minister

Two years ago a young man who listens to my radio program asked me how he could become a minister of Divine Science. I suggested that he go and see Dr. Margaret Stevens, Santa Anita Church, Arcadia. She has a wonderful ministerial school there and has already graduated many men and women. The teachers are Professor Holland, Professor Bach, Dr. Stevens and many other outstanding metaphysical teachers.

I met this young man last Sunday and he is still talking about taking up the ministry, claiming that is all that he really wants to do; however, he has done nothing about it. He has not inquired at or attended the school. In other words, he has not taken one step toward the realization of his heart's desire. He has not made an effort.

There are many people like that. They say, "I must take up Spanish or German, as it is very important in my business," yet, they have had ample opportunities to study these languages and have done nothing about it. They are simply daydreaming.

I know a man who has been talking about writing a book for over ten years regarding his extraordinary war experiences. I suggested to him several times that all he has to do is to sit down and write, and not wait for God to write. When he begins, God begins.

You are here to live life gloriously, so stop daydreaming. You are here to give your talents to the world and make it a better place to live in. This would-be writer shrinks and evades the effort to achieve and express himself in a wonderful way. All of us should listen to the admonition of the ancient Greek philosopher when he said, "The only proper study of man is man."

Law of Cause and Effect

Another way of explaining the law of cause and effect is to say that you are belief expressed. Whatever

your conscious mind really believes, your subconscious will bring forth.

I went into a business establishment recently, and the chief clerk told me that the business was going into bankruptcy. The reason he gave was that the owner had been leading a sort of double life. He had a mistress, was getting a divorce, and was ruthless with the clerks in the store. He was constantly changing help, because they resented the way he treated them.

Emerson said that every institution is a shadow of the man. His failure in business was really his complete failure in the art of living life successfully and harmoniously. His inner sense of guilt, his fear and inner conflicts, and his resentment toward his wife and others were the cause, not the business. Success depends on how you feel on the inside. The inside controls the outside. As within, so without.

A Better Future

. . . *God hath not given us the spirit of fear, but of power, and of love, and of a sound mind* (II Timothy 1:7).

Each day is a time of renewal, resurgence and rebirth. All nature proclaims the glory of a new day. This is to remind us that we must awaken the God within us and arise from our long winter sleep of limitation and walk forth into the morning of a new day and a new life. Fear, ignorance, and superstition

must die in us and we must resurrect faith, confidence, love and goodwill.

Begin now to take the following transfusion of God's grace and love: "I am filled with the free-flowing, cleansing, healing, harmonizing, vitalizing life of the Holy Spirit. My body is the temple of the Living God, and it is pure, whole and perfect in every part. Every function of my mind and body is controlled and governed by Divine wisdom and Divine order.

"I now look forward to a glorious future. I live in the joyous expectancy of the best. All of the wonderful God-like thoughts I am thinking now, this day, sink down into the subconscious mind as into a tomb. I know that when their time is ready, they will come forth as harmony, health, peace, conditions, experiences and events.

"I now pass over from fear and lack to freedom in God and the abundant life. The God-man is risen in me. Behold! I make all things new!"

CHAPTER 7

Thought Patterns Are Creative

The faculty of imagination, in the estimate of masses of the world population, and even among those who are presumed to be highly educated, has been greatly undervalued. With many, imagination has been degraded to a lower level among their intellectual powers. Nevertheless, remember that imagination is really one of the highest and most important powers within you.

Imagination is the formative power of your mind. It has creative potency. God created the universe and the galaxies of space by imagining Himself to be all of these things, and He became what He imagined Himself to be. God had to image man for man to appear.

Consider fiction writers for a moment and realize that all of the wonderful scenes they create are products of a lively imagination. Fiction, in the etymological sense, is that which the imagination creates. Poetry is a mental creation. The imagination is the image-making faculty, or that which forms an idea which is projected on the screen of space.

The imagination is the foremost faculty of man. It is

a spiritual force and a creative power. The very fact that a man imagines himself to be sick is a proof that he is so, for the disease is only the effect of the misuse and the abnormal action of this creative power. If we could trace the mental history of every ailment or disease in individuals, we would undoubtedly discover the power of misdirected imagination.

You can use any power two ways. Be sure to use disciplined, controlled, directed imagination based on universal principles and eternal verities. Imagine what is lovely, noble, dignified and God-like. Imagination combined with faith works wonders in effecting healings of all manner of diseases. In these two spiritual powers—namely, imagination and faith—we have the most important of all creative devices.

He Ministered to a Mind Diseased

The late Carrick Cook, who was a minister in San Francisco for many years and an associate of the late Ernest Holmes, founder of the Science of Mind in Los Angeles, once told me about a black woman who was a remarkable healer. It seems that someone had sold her a bone relic presumed to be that of a saint, and she had been convinced that when people came to her for a healing, if they would only touch that bone, they would be healed of whatever infirmity they had.

Great numbers were truly healed, but in the words of Carrick Cook, it was actually the bone of a dog. The patients who had come to her believed what she said, and their faith and imagination did the rest. Carrick

Cook said a medical doctor who had examined the bone explained to her that it was part of the foot of a dog.

This shows you the power of faith and imagination, which resurrected the healing power within those who accepted what the practitioner had said. This, of course, was blind faith, as they had no understanding of how or why they were healed. True faith is the union of your conscious and subconscious mind, scientifically directed.

The most potent forces of nature act silently, with no noise. Your thoughts have power over your body. Your thoughts may be morbific, a type which generates disease; or your thoughts may be wholesome, constructive and promotive of health. The state of thinking and feeling is the cause of the bodily condition.

Thoughts and ideas represent the underlying reality of all outward and visible objects. As you look out at the world, everything you see, such as the starry heavens, the mountains, seas, lakes, trees, etc., are the thoughts of God. By studying nature, we communicate with the Infinite, in the same way as we do with the ideas of an author by reading the words of his book.

Let Us Look at the Power of Thoughts

Whatever a man consciously creates or invents is always first a thought in his mind, an idea clearly for-

mulated in his mind, before it is shaped into an objective, or external thing. For example, the house you live in, the automobile you drive or the airplane in which you fly first exists in the mind of man. The picture is in the mind of the painter, and the wonderful statue you admire was first an idea in the mind of the sculptor.

Plato taught that everything exists in ideas or thought images in the mind before it can have external realization. There are false ideas and true ones, a right and a wrong way of thinking. A false or fallacious idea can manifest itself in the body as disease. Fulton's idea became manifested as a steamboat and Morse's idea into a telegraph. A factory or large department store is the thought of an entrepreneur condensed into objective manifestation.

People are waking up to the influence of ideas, imagination, faith and feeling over the corporeal condition and all the physiological functions of your being.

Where Are the Enemies?

Frequently I receive letters from men and women who ask, "How can I forgive or love those who rape, murder, steal, plunder, rob, mistreat their children and in some cases murder them?" They go on and talk about Iranians who hold Americans in hostage and treat them so cruelly.

In the Bible it says: . . . *Love your enemies, bless them that curse you, do good to them that hate you,*

and pray for them which despitefully use you, and persecute you (Matthew 5:44). Many people misinterpret and misunderstand the real meaning of "love your enemies." You are also told that the enemies are of your own household (mind). If the thoughts in your mind are hateful, resentful, angry and full of rancor and bitterness, you are emotionally disturbed. Your health suffers, perhaps bringing on disease, such as ulcers, high blood pressure, failure in business and poor human relations.

Why He Did Not Prosper

Some time ago a brilliant businessman who had achieved great success in his field of expression said that his business was dropping off, his clerks were stealing, and many of his customers had gone elsewhere.

The reason was that he was involved in a marital problem, a bitterly contested divorce. He hated his wife, and his mind was polluted with anger, suppressed rage and fear. The enemies were created by himself.

I explained to him that he was the only thinker in his world and that he was responsible for the way he was thinking about his wife. He began to see clearly that it is not what happens to him but his reaction to it—the way he thinks about it—that makes the difference between success and failure, or health and sickness.

Accordingly, he practiced the law of substitution. He supplanted his negative thoughts with constructive

thoughts and began to claim that there was a Divine, harmonious solution to his legal problem and that Divine justice would reign supreme.

He discovered that the real enemies had been his own thoughts, created by him; so he practiced right thought, right feeling and right action. A simple prayer he used was, "God thinks, speaks and acts through me. God loves me and cares for me." When fear or hateful thoughts came to his mind, he immediately affirmed, "God's love fills my soul." Thus, he healed himself and his business prospered.

Psychosomatic Medicine

The word *psychosomatic* comes from two Greek words, *psyche*, meaning mind, and *soma*, meaning the body, indicating that nothing happens in the body unless the equivalent is first in your mind. Dr. Frank Varese in Laguna Hills is an outstanding medical doctor, and he frequently lectures on the relation between mind and body in disease. He, together with other doctors practicing holistic medicine, stresses the relationship between physical disorders and the various diseases and the tangled and destructive emotions of their patients.

Oncologists, who specialize in the treatment of cancer, point out that there is usually a pattern of deep-seated resentment, hostility and frustration, and an unwillingness to forgive, coupled with self-condemnation and a deep sense of guilt behind cancer patients. The disease is the outpicturing of the thought patterns

of the patient. Dr. Varese is very successful in bringing about a state of healthy-mindedness in his patients.

You can readily see the wisdom of loving your enemies when you understand that the enemies are created by yourself and are, in reality, a movement of your own mind. Therefore, when you supplant your negative thoughts with God-like thoughts based on eternal verities, the negative thoughts are changed into constructive energy, which bless and heal you.

The Two Sisters

A pair of twin sisters were married at the same time and were apparently very much in love with their husbands. After a few years, however, the two husbands deserted them and went to foreign countries, leaving no explanation and making no provision for rearing the child born to each one of the sisters.

One of the sisters, who had studied the science of mind, went back to nursing, maintaining her poise, equilibrium and balance. She continued to take her beauty treatments and her swimming and golf exercises and maintained her inner peace. She continued to dwell on the great truths contained in *Songs of God.** She never lost her composure. Like Joseph of old, she maintained that only good could come out of this experience. She quickly got a divorce and the

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

pediatrician who had been attending to her young daughter proposed to her and they were married.

The other sister expressed her intense hatred toward her ex-husband, wishing for him all sorts of negative experiences. She was seething with rage and hostility and got an acute case of arthritis and had to be confined to a hospital.

Both sisters had had the same experience; the difference was not in what had happened to them but in their thoughts and their reactions to the experience.

You know where the enemy is. You cannot afford resentment, hatred, hostility or emotional stress because these emotions rob you of discernment, vitality, peace of mind and health, leaving you a physical and mental wreck. Truly, it pays dividends to love your enemies.

Dominion of the Mind

There is no part of the body that is not under the dominion of the mind and that cannot be influenced by an intelligent voluntary action. I knew a man in India who could suspend the pulsation of his heart at will. This capacity is well known in research circles today.

There were other teachers at the Ashram who could perspire at will. Others were able to contract or dilate the pupils of the eyes as they wished. They said that all they had to do was to think of a very dark place and the pupils of the eyes would dilate. When they thought

of a very bright spot the pupils of the eyes would contract. For example, if you think of something sour, such as lemon juice, it affects your salivary glands and causes your mouth to water.

Thus, an idea, a thought, an imagination, may act as a medicine or as a poison. *For as he thinketh in his heart, so is he. . .* (Proverbs 23:7). This is one of the wisest things Solomon ever said. In your subconscious mind reside all the active, vital powers. Given a certain mental state, a corresponding bodily condition follows with the unerring certainty of the law of cause and effect. There is a power in thought over all the organs of our body that is not recognized by the masses.

To live truly means to think truly and to discern the truth. It is important to bear in mind that imagination is a mode of thought, and every idea in the mind tends by its inherent nature to an actuality in the body. The only living force of the body is the mind.

Remember a simple truth: It is your thought, created by yourself, that is the real enemy. Come to a point of decision regarding these enemies in your mind and cast them out. Consume them and burn them up with the fire of Divine love. It is foolish to assume that loving your enemies means to invite felons, rapists, murderers and dope fiends into your home and entertain them, putting your arms around them and telling them how much you love them. That is absurd.

You understand why they act the way they do. They are under the compulsion of negative, destructive and irrational emotions. You understand that they are full

of self-hatred and are projecting that on to others. You look upon them with a degree of comprehension and tolerance. You do not under any circumstances condone their crimes, but you understand the malignant forces operating in their minds. Furthermore, you realize that justice and punishment will prevail.

The murderers, rapists, etc., should be incarcerated so that society may be protected. Some do-gooders who have little or no understanding of wisdom and who are on the parole boards, oftentimes release these hardened criminals to prey again on society. One such criminal freely admitted to me that he pretended to be religious and said that he was converted and born again, so they released him. That is not love. There is no love without wisdom and no wisdom without love.

Learn the Mental and Spiritual Laws of Life

More importantly, to love your enemies means to banish from your mind your fears, hates, jealousies, angers and resentments, all of which are self-created, for these are your real enemies. If these negative emotions dominate and control your mind, you can be absolutely sure to experience the result in your body, your home, your business and your relationship with others. This is the mental and spiritual law operating in all men and women throughout the world, regardless of their religious affiliations and nominal beliefs. Hunters tell us that animals pick up the scent of fear and will attack you.

In consultation with a woman today as I write this

chapter, she admitted that she had lived in constant fear that her home would be robbed. While she was at church one Sunday, thieves pulled a truck up in front of her house and carried away all the expensive furnishings in her home. They cleaned her out.

Her constant fear, morning, noon and night, had been the real thief, and her subconscious had brought it to pass. The law is impersonal and no respecter of persons. She is now using the great Psalm of protection, which is the 91st Psalm,* and will build up an immunity to all harm.

Let all the thoughts in your mind be harmonious, peaceful, loving and based on faith in God and the goodness of God in the land of the living. Let your trust and reliance be in God, the Source of all blessings. When your thoughts are God's thoughts, God's power is with your thoughts of good.

"Of the soul the body form doth take, for soul is form and doth the body make."

The Power of Suggestion in Healing

There is an interesting article written by Dr. Warren Evans, who was a student of Phineas Parkhurst Quimby about 1850. He quotes an historical event: At the siege of Buda in 1625, when the garrison was on the point of surrendering, in consequence of the

*See *Songs of God* by Dr. Joseph Murphy. DeVorss and Company, Inc., Marina del Rey, California, 1979.

prevalence of scurvy in an aggravated form, the Prince of Orange caused to be introduced a few bottles of sham medicine as a sovereign remedy and infallible specific for the disease. This, given in drops, produced the most astonishing effects.

Many who had not moved their limbs for months were seen walking in the streets sound, straight and whole; and many who declared that they had been rendered worse by all former remedies recovered in a few days. Of course, you realize it was not the effect of the medicine, which had no therapeutic value whatever. It was their faith and confidence in the remedial value of the drops that effected the amazing therapeutic results.

It would be wonderful if all people became aware of the Infinite Healing Presence within them and then realized that their faith in the response of this Healing Presence would work wonders in their lives. They could use their imagination wisely and knowingly, realizing that as they imagined themselves doing all of the things they would do were they whole, their subconscious would respond.

This would represent a sincere act of faith in God, which is a movement of the mind and heart towards the Infinite Healing Presence Which created us, thus bringing about a vital union and a vivifying conjunction with the Divine Presence which indwells all of us. Wonders would happen when we prayed knowingly and lovingly.

You Are Here to Grow and Expand

Read the first Psalm. It is a beautiful drama setting forth how man can release the Divinity within him and express himself at his highest level. *And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season: his leaf also shall not wither: and whatsoever he doeth shall prosper* (Psalm 1:3).

You can see the analogy clearly. The tree has its roots in the soil, and there is a subjective wisdom within the tree enabling its roots to suck up and appropriate from the soil all of the chemicals and nutrients necessary for its unfoldment. These roots dig deep into the soil and extract the waters of life for the tree.

Likewise, you are rooted in the Life-Principle, and as you turn to that Infinite Spirit within you and unite mentally and spiritually with the Living Spirit, you will be refreshed, revitalized, regenerated and inspired from On High. The Tree of Life is within you, and the fruits of that tree are love, joy, peace, harmony, guidance, right action and illumination. You can draw out of the depths of yourself everything you need to lead a full and happy life.

The Word Made Flesh

In the beginning was the Word, and the Word was with God, and the Word was God (John 1:1). A word

is a thought expressed, and it is creative. It is the only immaterial power we know. Your thought is God in the sense that it is a creative power at the level of the individual mind. It is not God in the sense of Universal Mind and Infinite Spirit.

The word of God which people speak of represents the truth of God, which is the same yesterday, today and forever. The Bible says: . . . *Say in a word, and my servant shall be healed* (Luke 7:7).

When you pray for another, you claim that what is true of God is also true of the sick person. Turn to the Indwelling Presence and Power (God) and remind yourself of absolute peace, absolute harmony, beauty, boundless love and limitless power. Cease dwelling on symptoms, organs, or any part of the body. Feel and know that there is only one Healing Presence and Power; quietly and lovingly affirm the uplifting, healing, strengthening power of the Infinite Healing Presence flowing through the person you are praying for, making him whole and perfect. Know and feel that the harmony, beauty, wholeness and love of God are manifesting in the other. Get a clear realization of this; then you will be sending the word which heals.

Remove the Mental Blocks

I have talked to a great number of young men and women. Many of them have charm, intelligence, excellent educations and a sense of humor, but they do not believe in themselves. They are down on themselves, so

to speak. The usual story is that they were told when they were young that they were stupid, dumb, awkward and ungainly; and they were handicapped by these preconceptions of inferiority and weakness. They seemed to be living in an illusion that is not real.

I tell the men to look into the mirror in the morning and for about five minutes affirm out loud, with feeling: "I AM a son of the Living God. I exalt God in the midst of me. I can do all things through the God Power which strengtheneth me." I urge them to keep it up regularly and, when prone to criticize or find fault with themselves, to affirm at once, "I exalt God in the midst of me." This neutralizes the negative thought, and the fear thought is changed into constructive energy.

I teach the young women to use the mirror treatment also, affirming: "I AM a daughter of the Infinite. I AM a child of Eternity. God is my Father, and God loves me and cares for me." Whenever they are prone to condemn or demote themselves, they will affirm immediately: "God loves me and He careth for me."

Gradually, all of the negative patterns implanted in childhood disappear and are completely wiped out. Their minds had become the victims of negative suggestions which were accepted by them when very young, as their minds were impressionable and malleable. They did not have the wisdom or understanding to reject the negative suggestions at that time. Many parents thoughtlessly, carelessly and perhaps

ignorantly, call the young boy a liar or dumb; and they tend to make him one when they keep repeating it. The boy begins to accept the suggestion and his subconscious, being the seat of habit and compulsive in nature, expresses his belief.

The Old Proverb Says It Well

"Give a dog a bad name and hang him." There is a certain degree of truth in that old proverb. A secretary to the president of a company said to me that the other girls in the office were spreading all manner of lies about her, accusing her of all manner of sexual deviations—a sort of character assassination generating a lot of hostility and ill will in the office.

I suggested to her that she pay no attention to the lies propagated by the girls in the office, since their gossip and suggestions had no power to create the things they suggested, and that she had the power to reject them and ignore them. She began dwelling on the inner meaning of the 91st Psalm* and practiced the great truths during each day. She had the courage and the fortitude to rely on the Infinite Presence within her. They quickly saw that their accusations and negative whisperings had no effect on her.

The sequel was interesting: Those who were spreading the false accusations were transferred, and the

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

secretary announced to the remaining girls that she was marrying the president of the organization.

This is the prayer she used frequently: *"God is all there is. One with God is a majority. If God be for me who can be against me?* (Romans 8:31). I know and believe God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to all those around me and to all people everywhere. I am immunized and God-intoxicated and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. *In thy presence is fulness of joy: at thy right hand there are pleasures for evermore* (Psalm 16:11)."

CHAPTER 8

Fulfill Your Desires

God is forever seeking expression through you. God speaks to man through desire. If you are sick, you desire health; if poor, you desire wealth; if in prison, you desire freedom; if lost in the jungle, you desire to find your way out and be secure.

The realization of your desire is your savior. Everyone is his own savior, and every man answers his own prayer, because whatever he really believes comes to pass. You have a desire to grow, expand, unfold and realize your heart's desire. You desire to be greater tomorrow than you are today.

If you are a musician you don't want to be a mediocre musician; you desire to excel so that your music may stir the souls of men and women. Scientists desire to know more of the secrets of the genetic code; other scientists delve into the secrets of the atom. Their desire or hunger for more knowledge of cosmic laws and the secrets of the universe is continuing to bless mankind in countless ways. The urge to express is in everything, everywhere.

Your Innermost Desire

Your real innermost desire is to find your true expression in life where you are doing what you love to do, Divinely happy and Divinely prospered. You may do six things well, but there is one thing you can do better than the six—that is your true place, or true expression.

Your Higher Self knows all your talents and will reveal to you the answer. Affirm, "Infinite Intelligence within me reveals my true place in life and I follow the lead which comes clearly into my conscious, reasoning mind." The lead will come to you. Follow it. You desire to express yourself at your highest level and exercise your faculties at the highest degree, and you desire a marvelous and wonderful income consistent with integrity and honesty.

Desire is Natural and God-Given

Some years ago I was acquainted with a Spanish girl who was working in a department store. She told me in consultation that all she wanted to do with her life was to become a singer. She had a wonderful, trained voice. She tried to get a contract to sing on television, radio and night clubs but met repeatedly with rejection. She was very frustrated and all bottled up, in a manner of speaking.

She understood that by repressing her desire to sing and go forward to new areas of living brought about

ulcers in her system. So she changed her attitude, and her changed attitude changed everything. She turned within to her Higher Self and affirmed: "Infinite Spirit gave me this desire to sing and opens up the way for my perfect expression in Divine law and order." She made sure that she did not subsequently deny what she affirmed.

Shortly after her prayer process, she was invited to sing at a Spanish club, and a new career opened up for her almost immediately with a greater income, greater prestige, and, above all, she was expressing her real talent to the world.

Self-Preservation

Self-preservation is the first law of life, which means that the first desire of life is to preserve itself and to expand along all lines. Your desire to be, to do, to have and to express yourself in a wonderful way, living life to the fullest, is a powerful urge within you.

There is the sex desire planted in you for the continuance of the race. Sex is a love act and must never be used to inflict harm or guilt on another. It must be based on mutual love, freedom and respect. You can give all of your desires healthful expression.

Desire Is the Gift of God

Desire is basic in life. Desire is! It is impossible to get rid of desire. If you are hungry, you want food; if thirsty, you want water. A man asked the electrical

wizard, Thomas Edison, "Mr. Edison, what is electricity?" Edison said, "Electricity is. Use it."

You can use the power to bless mankind in countless ways. You can also use it to electrocute someone. You can thus use any power two ways. You never, under any circumstances, should desire another man's job, his wife, his home or anything that is his. To covet or envy another is to attract loss, lack and limitation to yourself. You impoverish yourself along all lines. You are saying to yourself, "He can have these things, but I can't." You are denying your own Divinity. To steal from another mentally is to actually steal from yourself.

The loss can come to you in many ways: loss of health, prestige, promotion, love or money. The way loss comes is past finding out. You do not want the other fellow's position: You really want a position like it, giving you the same privileges, emoluments, salary and perquisites.

Infinite Intelligence can open a new door of expression for you if you call upon it. You will get an answer.

Suppression of Desire

In India and other places in the East students are taught to suppress their desires. This is foolish and has disastrous consequences. One woman said to me that she wanted to reach the place where she did not want anything, and then she would be free. However, she was the most frustrated, neurotic woman I have ever met in any Ashram.

I asked her: "Don't you desire a cup of coffee in the morning? If you are a musician, don't you desire to play music and lift others up? If you are a medical doctor, don't you desire to alleviate pain and suffering? If you are a farmer, don't you desire to plant and harvest and have food for your children?"

His Desire Was to Go to College

A young man was stealing money from his employer and was caught and discharged. He said to me later, by way of explanation, that he stole because he wanted to go to college. He had misdirected his desire. There was nothing wrong with the desire to go to college. I explained to him that God, who gave him the desire, does not mock him and that he has the unqualified capacity to go to the God-Presence within and claim his good. I added that God, being the Source of everything in the world, would somehow open up the way for him to complete his college course.

I gave him a simple prayer, as follows: "God is the Source of my supply, and God's wealth is circulating in my life. There is always a Divine surplus. God opens up the way for me to enter college in Divine order."

I explained to him that his desire was good but that he had misdirected it and misused the law of mind. You do not steal, rob or injure another in order to get ahead. To do so is to attract all manner of loss and limitation to yourself. The mere fact that you steal indicates you are in a mood of lack, followed by a sense of guilt, all of which have destructive consequences.

So he used the law constructively based on the above prayer, and the way opened up for him. He won a scholarship and found the Source of all blessings.

Reason Things Out

If you did not desire, you would not make any choices. However, you are a choosing, volitional being. If you made no choices, you would not grow. You would not do anything. In everyday language, you would not exist. If you did not desire, nothing would rouse your interest. You would be dead to love, to peace, to laughter and to motivation. You would shrivel up spiritually, emotionally and physically. Actually, you would be a nonentity.

Trying to suppress or eradicate desire is a sort of spiritual suicide. Welcome the desires for health, happiness, peace, joy and true expression. You are here to express all the qualities, attributes and potencies of God. You are here to reveal more and more of your Divinity every day. You are here to contribute to humanity, to put your shoulder to the wheel and to make the world a better place to live in. You are here to glorify God and enjoy Him forever.

There Is an Answer

Realize that desire is the motivating force behind all progress and advancement in science, art, industry and in all phases of life. It is the moving principle behind all of your achievements. There is an answer for every true desire of the heart. There is a right way

to fulfill your soul's sincere desire. You could not desire unless the answer to the desire existed. Realize that Infinite Spirit which gave you the desire will reveal to you the perfect plan for its unfoldment in Divine law and order.

Paul said, *For it is God which worketh in you both to will and to do of his good pleasure* (Philippians 2:13). You desire to excel and grow in wisdom. This desire is of God, the Life Principle, working in and through you, urging you to climb the ladder of life and express yourself at higher levels. Do not repress desire. To do so is to repress the Life Principle, Itself. It is foolish to refuse to breathe air or drink water, since death would quickly follow.

The Golden Rule

Every great religion down through countless ages has taught the Golden Rule, which means, in a simple way, that you wish health, happiness, peace, prosperity and all the blessings of life for all people everywhere. You are here to serve and give of your talents and abilities to the world. The joy is in serving. As you serve others nobly, generously and lovingly, your good will return to you a thousandfold; furthermore, you will receive honor, recognition and wonderful financial rewards for work well done.

Find a need in your location and fill it. The world will richly reward you. Wherever you are, and no matter what kind of work you are engaged in, you can help others to help themselves. You can always give a

transfusion of faith and confidence to all those around you. You can give joy and gladness and exalt the Divinity in all of your co-workers, as well as all people everywhere. This attitude of mind will pay fabulous dividends.

She Found a Need

Speaking in the St. Louis Church of Religious Science recently, a girl from Peru told me that she had come to St. Louis three years ago and was working as a translator in an office. She heard men and women frequently say that it would be wonderful to have a good Spanish restaurant nearby. Since she had had experience as a cook in Lima, Peru, she told some of the men that she could operate a restaurant and fill this need. Two men in the organization decided to back her financially, and today she is a wonderful success.

Mental and spiritual food is just as necessary as physical food. Food for the body is a prerequisite, as it is very difficult to convey the great truths of life to a hungry man. God's ideas enthroned in your mind and Divine inspiration are just as essential as bread and meat. Furthermore, you have to love and be loved if you want to live life nobly.

You Are Needed

Every person wants to feel needed and wanted, and desires to achieve his true place in life. In other

words, he wants his riches in life and all the necessary money to do what he wants to do when he wants to do it. Money is a symbol of freedom, luxury, refinement, abundance and security.

Look to the Source of all blessings and affirm from an Infinite standpoint: "God's wealth, spiritual, mental, material and financial, is circulating in my life and there is always a Divine surplus." The Infinite Intelligence within you will respond according to the universal law of action and reaction.

Each person is unique and wants to express himself at his highest level. To be successful in the art of living, contribute to the well-being and fulfillment of other people's desires and hopes. Then you will be prospered. Recall the old Hindu maxim, "Help thy brother's boat across and, lo, thine own hath reached the shore." The most worthwhile and truly successful person is the one who continuously aids and assists other people to achieve their hearts' desires.

The Two Brothers

Two brothers went into business together and were doing fairly well for several years. Recently, they started to play the futures market and the commodity market and ended up losing everything, including all their business and savings. Actually, they owed $50,000, which they were unable to pay, and they went bankrupt.

I talked with one brother, who had a very good

attitude. He said, "I have lost money. I will make it again and I will go into business again. I have learned a good lesson, which will ultimately pay me dividends. I have not lost my faith, my confidence or my ability to rise and grow. I have much to offer and I am going to be a tremendous success again."

He went to work for a brokerage firm and, due to his large number of friends, he had no trouble acquiring new accounts for his employers.

He also told me about his brother, whom he had tried to get to change his attitude. It seems that his brother felt humiliated and disgraced because he had lost everything. He started telling everyone he met about his losses and monotonously repeated the old refrain that it was his broker's fault, seeking justification for his own wrong decisions and errors. His friends began to shun him and his health was adversely affected by his gloom and despondency. He refused counselling and went on welfare.

Here you have two brothers who experienced the same loss. One reacted constructively and the other reacted negatively and with a complete sense of futility. It is not what happens to us individually that matters so much; it is our thought about it, our reaction, which can be constructive or negative. One brother used his imagination wisely, rebuilding in his mind a new pattern, seeing future possibilities, using the wings of faith and imagination for rebuilding a better life. He discovered that success and wealth were in his own mind.

Creative Imagination

Creative imagination is a marvelous spiritual quality. All of the great discoveries and inventions in science, art and industry came forth from men with disciplined imaginations. When the whole world said, "It can't be done," men with imagination said, "It is done."

Primitive man living in caves was at the mercy of wild beasts, but a budding imagination enabled him to fashion certain clubs, stones and other crude instruments which could kill the beasts which attacked him. The tremendous odds against primitive man forced him to imagine and create all kinds of crude weapons to protect himself. He created fire to warm him and cook his food and eventually discovered the wheel, which has blessed mankind in countless ways. The dimensions of imagination are, indeed, boundless, infinite and limitless.

She Wanted a Home

A widow with a son ten years old wanted a home near her work in the Newport area. She imagined that she was in the home arranging the furniture and showing the yard to her boy. In her imagination, she saw the type of rooms she wanted, including a fireplace. In her imagination she was often showing the house to her close friends. She acted as though she had the home, knowing that, as the night follows the day, she would eventually have it. All of this was

based on her belief that . . . *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

A few months went by and a young man in the office where she worked proposed to her. They got married and the home he had was a replica of what she had been imagining and living in mentally for the previous two months. A home is a thought-image in your mind.

There Is an Easy Way

There are many people who think the way to get ahead is to brush others aside, step over them, push, scramble, out-smart and out-do the other. All of this is absolutely false. You may get ahead that way in a materialistic sense for a time, but the reaction can bring upon you serious penalties in tensions, conflicts, a sense of guilt, and ills of the body as well as various other losses.

To hurt another is to hurt yourself and attract loss, lack, limitation and impoverishment to yourself. To envy others and seek to "undermine" them will cause you to find dross at the end, not gold.

Develop a vivid imagination, backed by faith in God. You will then move onward and upward and accomplish great things. Mussolini, Stalin, Hitler and others used the creative power of imagination to destroy others. In doing so, they succeeded in destroying themselves.

There Is a Light Within You

Years ago I read the words uttered by the late King George of England. He quoted the poet, who had said, "I said to the man who stood at the Gate of the Year, 'Give me a light that I may tread safely into the Unknown.' And he replied, 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than a light and safer than a known way.'"

The light referred to is the Supreme Intelligence within you that knows all and sees all. As you turn to this Indwelling Light, It will turn to you and lead you to green pastures and still waters.

His Mental Picture of His Daughter

A physician's daughter was in the hospital, gravely ill. She was receiving expert medical care but was not responding as she should, according to medical findings.

I suggested to the doctor, her father, that he quiet his mind frequently during the day and imagine the love-light in his daughter's eyes as he talked to her. She embraced him in his imagination with deep affection and kept saying to him, "Daddy, I am completely well. Take me home." He kept running this movie in his mind; and one of his confreres, who was attending his child, phoned him to say, "There has been a remarkable change and drop in temperature in

your daughter. She is normal in every way. You can take her home."

Her father truly experienced what formerly he imagined he was hearing and experiencing. This was the constructive use of imagination and the natural response of Life.

You Are Always Imagining

All men and women possess the faculty of imagination. It is the primal faculty within us. Imagine what is lovely and of good report. If your mother is in the hospital, imagine instead that she is at home, doing all of the things she would normally do were she whole. Hear her tell you about the miraculous healing she has had. Make it all real and vivid and rejoice in the reality of it. You will find that she will confirm your conviction of her.

The Misuse of Imagination

Many people are constantly reading murder stories; looking at horror movies; and dwelling upon the violence, viciousness and depravity of murderers, rapists and pornographers. Ofttimes these people have frightful nightmares at night.

When you find so-called gentle people absorbed in these murder mysteries and sordid movies, these experiences give them a sort of vicarious release of their inner hostility, suppressed rage and anger. This vicarious slaughter taking place in their minds brings

about all manner of inner conflicts and physical disorders. These emotions are highly destructive.

Instead, get a vision of loveliness that delights you and you will have no room in your mind for such vicarious experiences in these morbid, gruesome and depraved external movies.

Why the Speaker Failed

A young man, a recent graduate from the ministerial school, experienced what he called "stage fright." He was asked to substitute for another minister on a Sunday morning. He told me that he had a mental picture of defeat, failure and humiliation. He stuttered, became tongue-tied at times, began to perspire and even forgot what he wanted to say. These pictures were created by himself. The audience, however, was not hostile, but friendly.

He reversed the procedure and began to realize that the Spirit in him was talking to the Spirit in all of the members of the congregation. He began to imagine a circle of light and love enfolding the audience. He affirmed: "God thinks, speaks and acts through me and I radiate love, peace and goodwill to them." He imagined them smiling. In his mind he heard many of them say, "That was a wonderful sermon." He imagined the members of the board congratulating him.

He kept this up the following week. The following Sunday he was warmly received and gave a splendid talk. He had used his imagination wisely.

An Old Mystic Legend

The ancient Bible writers wrote in allegories, fables, myths, parables and fiction in order to portray great psychological and spiritual truths. I read the following story years ago, and I will condense it into everyday language.

The old legend said that the gods had a secret conclave in Heaven and decided that the hidden wisdom of the ages should be given to man so he would for the first time know that the God which created all things and was all-powerful and all-wise was within himself, the very Reality of him. One of the younger gods pleaded with his elders that he be selected to impart and convey this wonderful message to mankind. He added that he did not care what the trials, difficulties and tribulations might be—but that he would meet them and overcome. The other gods voted on it, and they gave him permission to take the priceless "Jewel of Truth" to mankind.

He was overjoyed and ecstatic over this opportunity. On reaching the planet earth, he stumbled and the "Jewel of Truth" was broken and scattered into thousands and thousands of particles all over the earth. This caused confusion on the planet earth because forever after, when men found particles of this Jewel, each one fancied that he alone had found the Truth.

The above story is about the essence of the old legend. Today, all over the world, we have countless

creeds, dogmas, ceremonies, rituals and sectarian groups, each proclaiming that they have the Truth. No one has a monopoly on Truth. God is the Truth—the same yesterday, today and forever. You cannot put a label on the Truth.

The ancients said, "When you name It, you cannot find It, and when you find It, you cannot name It." The root of the word religion is "to bind." What binds you is your real religion. Your dominant idea about God is your religion. Millions throughout the world are governed by fear; others are governed by rank superstition.

Your dominant idea or conviction controls all lesser thoughts, ideas and opinions. True religion is to be bound back to God. Enthrone a God of love in your mind and let God's love govern all of your thoughts, feelings and actions. Let God be your guide, your counsellor, your troubleshooter and wayshower. Think, speak and act from the Divine Center within you and then you will find that His name is Wonderful. Having God as your boss and your guide, you will find that all your ways are pleasantness and all your paths are peace.

CHAPTER 9

The Explanation Is the Cure

Dr. Phineas Quimby, who started teaching and healing in Maine in 1847, often used the term, "The explanation is the cure." By this Dr. Quimby meant that his explanation as to why the patient had the particular disease was a penetrating truth aiding the sick person to change his mind and keep it changed.

The cure was wrought by his insight. When the patient grasped his explanation, the cure was immediate insofar as the inner life was concerned.

Last year I said to a girl in a convent which I visited in England, who had suddenly lost her voice: "You feel guilty. You would like to speak out about it, but you feel you should not and your subconscious has responded accordingly." She nodded her head, attesting to the truth of what I had said. She forthwith came to a decision to speak to the Sister Superior of the convent and her voice came back immediately. The explanation was the cure in that instance.

Dr. Quimby very suddenly and convincingly spoke to some of his patients that illuminating word which

brought far-reaching results affecting the health, religion and mode of life of his patients. Quimby was clairvoyant. He said the test of clairvoyance is the ability to read a letter in the pocket of another person, which that person had not yet read.

Ulcerated Thoughts

Some time ago, in consultation, a man said to me that he was on a milk diet and was taking medicine for his ulcers. Casually, I mentioned that ulcers are generally due to worry, fear, anxiety, deep-seated resentment, stress and strain. He admitted that this statement was absolutely true.

The next step was to teach him that if these habitual thoughts had created his ulcers, he could reverse his thought life and instead contemplate regularly thoughts of peace, harmony, right action, love, goodwill, wholeness and vitality. All he had to do was to make a habit of constructive spiritual thinking. He had been attributing his ulcers to heredity, diet and other factors.

I gave him the following patterns of prayer to be spoken out loud three times in the morning, three times in the afternoon and three times at night prior to sleep: *"The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?* (Psalms 27:1). I have a new, strong conviction of God's Presence which holds me spellbound, entranced and unmoved, and I feel

serene, confident, and unafraid. I know there is nothing to fear—nothing to draw away from, for God is all there is and everywhere present. In Him I live, move and have my being, so I have no fear. God's envelope of love surrounds me and His golden river of peace flows through me; all is well. I am not afraid of people, conditions, events or circumstances, for God is with me. Faith in God fills my soul, and I have no fear. I dwell in the Presence of God now and forevermore, and no fear can touch me. I am not afraid of the future, for God is with me. He is my dwelling place, and I am surrounded with the whole armor of God. God created me and He sustains me. God's wisdom leads and guides me; so I cannot err. I know in my heart the great truth, 'Closer is He than breathing, nearer than hands and feet.' "

He followed this procedure regularly, and after a reasonable period of time his doctor, who was much surprised, pronounced him healed. The explanation was the cure. The clarifying words of truth work wonders when accepted by the mind of the sick or confused person.

He Saw that He Was Foolish

A businessman frankly admitted to me recently that he was wishing failure for a competitor across the street from him. The reason he gave was that the competitor was underselling him. His prices for the same merchandise were much lower.

I explained to him that his attitude was very foolish, because what he was wishing for the other he was at the same time wishing for himself. He was the only thinker in his world, and, because his thoughts are creative, he was attracting lack, loss and limitation and was actually impoverishing himself.

He saw the point immediately. His competitor obviously believed in success, prosperity and expansion and, therefore, could not receive his negative thoughts of failure. He detected his folly and grasped immediately the cause of his slow business. He quickly dropped his negative thinking and prayed for the prosperity and success of his competitor. Then he found that he prospered, also.

To bless the other is to bless yourself. Prayer always prospers. There is an old saying: "The ship that comes home to your brother also comes home to you." The explanation was the cure.

The Affair Was Over at Once

A young secretary told me that she was infatuated with one of the engineers in her office. She was, as she said, "madly in love with him." She had been praying for guidance and right action in all of her undertakings, using the 91st Psalm* night and morning.

Suddenly one morning a flash came into her mind to look at his file in the personnel cabinet, and she

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

discovered that he was already married and had two small children. She realized that she had been duped with promises of marriage, a new home, etc. She realized her predicament and the "affair" was over at once. Nothing is so swift in its effect as truth. Her Higher Self had given her the answer.

Spontaneous Healing

While lecturing in Vienna, Austria, some months ago, I had a very interesting talk with a business woman. She said that about ten years previously she had been bedridden, a fire had broken out in the house and there was no one at hand to help. She had arisen from the bed and dragged herself down four flights of stairs to a place of safety, suffering no relapse.

All she had said in the way of prayer when the conflagration had started was, "God help me." The Power responded. The Infinite Healing Presence and Power was always there, but she had never used it until the fire broke out, compelling her to call upon the Divine Presence. Spirit, or God, cannot be paralyzed.

There are many instances in the annals of medicine where, in cases of shock, fire and emergencies, cripples walk and run. Awareness of the Healing Presence within is necessary. It will then no longer be necessary to shock people into activity.

They Were Paralyzed for 16 Years

Dr. Evelyn Fleet of London told me that when she was doing street duty in London during the Second World War, a bomb had hit the wing of one of the hospitals there and that fifteen hopeless paralytics, who had been bedridden for as long as sixteen years, had rushed down the stairs and out into the street. One of them had said, "Oh, I should not be walking. I'm paralyzed." She immediately relapsed, but the other fourteen had been completely healed. These had been instantaneous healings.

Many people throughout the world could be cured quickly if they really wished to be. Great numbers avoid the effort and have concealed motives and intentions. In other words, there are many people who do not want to be healed. There are marvelous help and unbounded infinite resources available to all those who turn in confidence and faith to the Infinite Healing Presence in each of us.

Self-Healing

Self-healing means the awakening in our mind of the truth which sets us free, the dawning in us of the healing power of God, which restores and responds when we call upon it. To unite with that power, declare boldly: "I AM Spirit and have Infinite Life to draw upon now." You will then turn the tide.

Remember also that the vast majority of sick people get well without any help from anybody, and doctors know that. The tendency of life is to heal and restore. Most of our fears are borrowed. They have little basis in fact.

Expectant Attention

It is generally recognized that in order for the therapist's suggestion to take effect in the mind of the percipient, there must be predisposing conditions, such as faith and expectancy. The percipient's favorable and receptive attitude is, in reality, self-suggestion. This auto-suggestion explains many of the wonderful results occurring at sacred shrines where so-called miracles of healing have taken place.

The Value of Laughter

The following article appeared in the San Jose *Mercury* on Sunday, October 7, 1979, by Sandy Rovner of *The Washington Post:*

"Coming 'Unglued' Put Him Together Again"

Norman Cousins is teaching laughter at UCLA Medical School.

Sure, you say, Guffaw 101.

Actually, that's not too wrong.

Bellylaughs made him what he is today, and he'll be the first to tell you.

Until a few years ago he was just your

everyday American literary giant, 40 or so years editor of the Saturday Review of Literature, critic, philosopher, spokesman for international cooperation.

And, oh yes, perpetrator of spoofs (that's the word he likes) in the pages of SRL on (but not limited to) April Fool's Day. Unobtrusive ones, of course, like the Ninas in the Hershfelds: If you didn't know to look for them you'd likely never notice.

Then he got sick. So sick that the doctors all but gave up. All they knew was that he had a degenerative collagen illness. Collagen is the body's glue that holds the cells together. Cousins was, as he puts it, literally 'coming unstuck.'

Medical science was not helping and he was getting worse. On the basis of his own vast reading and some urgent on-the-spot research, he concluded he should dump the medicine he was on (including aspirin) and try Vitamin C for his illness and laughter for his pain.

Allen Funt ('Candid Camera') with an assist from some old Marx Brothers films, took care of the laughter and a cooperative and sympathetic physician got him fixed up with intravenous ascorbic acid.

Now, the most surprising thing about it all

is this: Only the occasional nay-sayer suggests that he would have gotten well anyway.

Cousins doesn't admit to surprise at all. He's 'gratified,' he says, that the prestigious New England Journal of Medicine printed his article about his experience, that this summer he has had published two articles in the similarly prestigious Journal of the American Medical Association, that 14 publishers vied for book rights ('Anatomy of an Illness as Perceived by the Patient, W. W. Norton') just out. That he speaks at medical conventions, including those of the AMA. That he is a professor at a medical school.

He believes he's on to something big, and evidently at least a suspicion that indeed he is, is being shared more and more by the medical establishment.

'Any medical student,' says Cousins, 'can give you a horrendous catalogue of all the terrible things that happen to the body under the impact of negative emotions: fear, hate, rage, exasperation, frustration. You learn about constriction of the blood vessels, increase in blood pressure, excess flow of hydrochloric acid, adrenal depletion, indigestion, headaches.

'But we haven't yet sufficiently recognized that the body does not operate only on one

wave length. It just doesn't respond to negative emotions, it responds to the positive emotions. It's impossible to have one without having the other. But the salutary effect is not as well understood.'

Cousins knows it has to come from within and it is this concept he is trying to impart to the medical students he lectures.

'I'm teaching most of those things that bear on good medical practice that you generally don't learn in medical school: the concept of patient responsibility, the art of listening to people, respect for life, the importance of compassion, the need to engage to the fullest the patient's own healing mechanism, the need to give a patient the understanding to use his or her own healing mechanism.

'The doctor,' says Cousins, 'does a better job when the patient takes his or her own end. This is not just a matter of being obedient. . . . For a long time the center of gravity of health care was outside the individual, represented symbolically by the doctor saying, in effect, "Come to me and I'll heal you," or the prescription saying in effect, "Take me and you'll get better."

'You have to recognize that when people are sick, it's not just that they're attacked by a bug, but because their lives are out of

bounds. And if you want to help them cope with tension, you've got to give them a side of life they enjoy.

'So medicine is incomplete when it attempts to deal only with the effects . . . the trend in medicine, fortunately, is toward increased respect for immunology. And when you talk about fortifying the body's immunological mechanisms, you're not talking about just physical factors, you have to talk about emotional and spiritual factors.'

At UCLA, Cousins is called an Emotional Support Resource.

'Now,' says Cousins, 'laughter is very easily disparaged, just because it seems to be easy. But it tends to be something of a symbol for the plus things in life. It is related to joy, related to optimism, to the will to live. It tends to crystalize an awful lot of things, at least as the most visible expression of good things that happen inside you or to you.

'So while illness is not a laughing matter, perhaps it ought to be. . . .' "

Hypertension

In conversing with a man suffering from acute high blood pressure, I pointed out to him the comment of many medical men, who claim that one of the chief personality characteristics of persons with high blood pressure is resentment. This man had not only chronic

high blood pressure but experienced cardiac spasms at times.

This man had been cheated and swindled out of a large sum of money and, as he said, he was seeking vengeance. I explained to him that if he desired a complete healing he must follow the Biblical injunction: . . . *Vengeance is mine; I will repay, saith the Lord* (Romans 12:19). The spiritual meaning of the word *vengeance* in the Bible is to justify, to vindicate. It means victory of truth over error or any negative state. The Truth of Being and the goodness of God are vindicated in our lives when we turn to God and call on Divine love to saturate our whole being.

I suggested that he release completely to God the man who had swindled him, wishing for him harmony and peace and that he claim frequently for himself: "God's peace fills my mind and heart, and God's love saturates my soul."

Through frequent habitation of his mind with these truths, he realized an inner peace and tranquility. Whenever the man who had cheated him came to his mind, he blessed him by affirming, "God's peace fills your soul." As he changed his mind, his physical condition changed and he eventually healed himself.

The Lord is the law of life. If anyone misuses the law, the latter will always even things up, as action and reaction are equal. The tendency of all life is to heal and restore, but we must permit the Life Principle to heal without hindrance.

This man saw the folly of trying to get even with the

other man in hiring someone else to do him bodily harm. He realized all of this brooding was the cause of his malady and that he had brought it all upon himself. He was stealing health, vitality, discernment and peace of mind from himself and impoverishing himself along all lines.

The explanation is the cure, as he perceived that nothing happens by chance. The reason anything happens to us is because of our own state of mind. In other words, the equivalent is in our mind. If we are in a mood of loss and despair, we will attract loss along all lines. If we live in fear of being cheated, swindled, robbed, etc., we must realize that we attract what we fear. This is a cardinal and fundamental truth. Therefore, we must accept responsibility for what happens to us. Cease blaming others, for this habit will only compound the misery.

She Cured Her Jealousy

A young medical doctor said to me in Zurich, Switzerland, where I lectured recently, "I caught myself resenting and being jealous of one of my associates in the clinic. I read your book, *The Power of Your Subconscious Mind,** and asked myself: What am I doing to myself? My thoughts are creative. I am decreeing loss and limitation for myself. I am saying

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

that she can get promoted in the hospital and I can't. I am demoting myself. I stopped doing it."

She had done a little self-analysis, which is good for all of us. When you find yourself creating mental poisons, begin instead to feed on the bread of heaven, the bread of peace, harmony, love and goodwill to all. "I helped my brother's boat to the shore and, lo, my own boat was also at the shore."

She Stopped Stealing from Herself

A secretary had been brooding over the fact that she had been passed over for promotion. Another girl with far less experience had been promoted over her with a greater salary and greater prestige. She did not know that in this resentment she was actually stealing from herself.

The explanation is the cure. She began to understand that when she brooded over her loss and resented the gain or advancement of another and assigned the cause of her trouble entirely to others, she was stealing promotion, advancement and health from herself. Her mood of loss would attract even more loss and limitation.

I explained further to her that when she steals from herself in thought and feeling, this mental attitude will be confirmed and made manifest in some loss or demotion at the hands of others or events or negative situations.

She established peace in her mind and realized that

she promotes herself and no longer looks to others for promotion or advancement. She is now operating her own office in her home and is very successful. She adjusted her sense of values and triumphed in the art of living. Her experience was a great awakener to the powers of her own mind, which had been dormant.

The Trouble Was Within Himself

A high school boy had been sent by his parents for a consultation with me. I found that this young boy was full of deep-seated resentment toward his parents. It seems that his brother was a brilliant student who got excellent grades and commendations from his teachers. His parents were always praising his brother, but they never praised him or said kind things to him.

He was striking back in his own way. He joined a cult, which he knew would irritate them. He also began to smoke marijuana, which further infuriated his parents. He skipped school from time to time and went to a pool hall. He began to steal money from his mother, although he had a liberal allowance. Actually, he was trying to steal love.

Again, we come to the conclusion that the explanation is the cure. He began to become aware for the first time that his unconscious resentment and hostility toward his parents were burning up his own tissues and affecting him mentally and emotionally. He learned about the deleterious effects of marijuana on

the cortical area of his brain, its degenerative effects on his sexual organs and the destructive effects on all organs of his body, as reported by the most outstanding medical experts here and abroad.

I talked with the parents of the boy and they changed their attitude. They ceased making invidious comparisons with his brother, which tends to excite envy and odium of the other, and he ceased being antisocial and stopped poisoning himself mentally and physically.

He is now practicing the mirror treatment, which consists of looking in the mirror in the morning and affirming for about five minutes: "I AM a son of the Living God. God loves me and cares for me. I exalt God in the midst of me." As he continues, this prayer will become a habit, and it is impossible to think of two things at the same time. When prone to get angry, all he has to do is to say: "I exalt God in the midst of me," and the angry or hateful thought is changed to constructive spiritual energy. He is on the way to great things.

Look Within Always for the Cause

I have talked with girls who have married men of a different race, religion and background for no other reason than to try to irritate and disgrace their parents. The trouble is that they do not know the Real Self—God—within.

When they learn to exalt the Divine Presence, the

Living Spirit, the Reality of them, they will automatically respect the Divinity in others. The criminal hates himself and projects that hatred on to others. He has never found his real Self, which is God, within him.

Boys and girls who were mistreated, neglected and unloved in their home life, become misfits, trouble makers at school, agitators and prone to fighting, stealing and lying. They are trying to get attention and recognition, but they get it the wrong way. They do not know that it is their state of mind that is playing havoc with them.

In truth, there is no one to change but ourselves. If we have the wrong attitude toward life and people, everything will go wrong. Realize that when you are Divinely guided, all of your ways will be ways of pleasantness and all of your paths will be peaceful and harmonious. Remember, you create your own success, happiness and peace of mind.

You are wise when you realize that your success and prosperity in life do not depend on what other people say or do, or do not say or do not do. Realize also that you were born to win, to succeed and triumph over all obstacles. Your success depends on your attitude of mind and your conviction about God, life and the universe. God is always successful in all of His undertakings, and God indwells you.

As you continue to know, feel and believe that you can do all things through the God-Power which

strengtheneth you, you will find yourself going up the ladder of life irrespective of what others say or do, or do not say or do. Knowing that God is the Source of all your blessings, you will find yourself free of all jealousy, hate, resentment and hostility. Decide to look to the Infinite for all your good and you will never be disappointed.

You Can Call on Your Reserves

There is an inexhaustible reservoir of strength, wisdom and energy within your deeper mind. All armies on the march, for example, make sure that reserves are there when needed and can be called upon. This gives the general in charge a certain assurance and confidence.

God indwells you, and all the powers, attributes and qualities of God indwell each one of us. All of us live, move and have our being in that Infinite Being which created all things and is the very life of us. "There is," says Emerson, "guidance for each of us, and by lowly listening we shall hear the right words."

A girl who was attacked by a purse snatcher said, "God watches over me. He cares for me." Her attacker ran off. She called on her reserves and there was a response. This is a reciprocal universe; action and reaction are always and everywhere equal. In her emergency she called on the Almighty One and there was a response which set her free from the mugger.

Begin every day with your thought of God and His

love for you. Remember also a simple truth: The beginning of all manifestation or phenomena in this material universe is a thought or a word; and a word is a thought expressed. Your thought is first cause. God is the Creative Power in you, and the only immaterial power you know is your thought. Your thought is creative, and you are what you think all day long.

The Doctor Said She Was "Accident Prone"

A woman who frequently studied astrology magazines read that the signs indicated she might have an accident. She became full of fear and in rapid succession had three accidents with her automobile in one day. The next day she fell down and cut herself severely. She burned her hand cooking.

I explained to her that the dominant idea in her mind controlled all lesser thoughts, ideas, actions and reactions. Her dominant idea was that she would have an accident, and according to her belief it occurred.

She reversed her attitude of mind and decided to experience good fortune and Divine protection by affirming these great truths several times a day. The dominating thought of God's love watching over her and the whole armor of God enfolding her brings good fortune and determines her future.

Her belief determines her experience. . . . *Go thy way; and as thou hast believed, so be it done unto thee.* . . . (Matthew 8:13). Since it is done unto all of

us according to our belief, it has nothing to do with the configuration of the stars or planets, or circumstances, conditions or events, or our genes, or any other thing on the face of the globe. Your belief is your state of mind. Accept the truth in your mind and gain strength and confidence.

This is the prayer the "accident prone" woman used, which reversed her state of mind and brought peace to her soul: "God is all there is. One with God is a majority. *If God be for me who can be against me?* (Romans 8:31). I know and believe that God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to this person or persons (mention name or names) and to everyone else. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. . . . *In thy presence is fulness of joy; at thy right hand there are pleasures for evermore* (Psalm 16:11)."

CHAPTER 10

The Book of Life

Phineas Parkhurst Quimby, America's greatest spiritual healer, said in 1847 that children are like little, white tablets upon which everybody who comes along scribbles something. All of us were born without any religious beliefs, fears, prejudices or racial bias. When we were children we were highly impressionable and malleable and subject to the teachings and beliefs of all those who had any control over our lives. Children grow up in the image and likeness of the dominant mental and emotional climate of the home. The first language you spoke came from your parents.

Your subconscious mind is a book of the law, and the dominant impressions and convictions of the mind become the ruling and governing forces of your life. In talking with and counselling many people through the years, I have found that the main reason many do not advance in life and remain healthy and prosperous is that when they were very young they had impressed on their deeper mind (the subconscious) feelings of inadequacy, unworthiness and

inferiority, which governed their choices in life and their reactions, preventing them from succeeding and prospering in life.

Sigmund Freud, the great psychopathologist, pointed out that all of us are governed by subconscious impulses which are mostly irrational, which means that most of the religious beliefs, taboos and strictures which were given to us when very young are illogical, unreasonable, unscientific and completely contrary to basic common sense. One man, for example, said to me, "It's wrong for me to make so much money." Since he kept thinking that way, he eventually lost his business and did not know why. However, he learned the hard way that his subconscious takes what he says and thinks literally, and that whatever he conveyed to his subconscious mind would be made manifest, whether good or bad.

His family could have used the money and he could have done a lot of good with it, but this false and irrational impulse and belief in his subconscious governed his actions long after the earlier statements of his mother had been forgotten. He had to fail, because he was constantly reminding himself, "It is wrong to make so much money. Money is evil." This was a record implanted in his deeper mind, and it was being played back to him.

He learned that there is nothing good or bad, but thinking makes it so, and that there is nothing evil in the universe, for good and evil are the movements of

his own mind relative to the One Being—God—the Living Spirit, which is whole, pure and perfect. Use determines whether a thing is good or evil. How do you use the Power? If you use the One Power constructively, you call It God, Allah, Brahma, peace, harmony and prosperity. If you use the One Power negatively, ignorantly or maliciously, you can experience lack, limitation, sickness and disease. The world calls it satan, devil, hell, etc., all of which are states of mind. The word *satan* means to err, to slip, to deviate from the truth.

As you continue to read this chapter, the truth will be revealed to you about the Book of Life. Remember, when a person is fearful, suspicious or angry, he acts and reacts in an abnormal way even when there are no circumstances or conditions warranting such actions. What is written in his Book of Life (his subconscious) becomes a law governing his experiences and relationships with others.

How Your Mind Works

The Book of Life is your subconscious mind, and you are always writing in that Book based on the nature of your habitual thinking and imagining. Shakespeare said, "What is in a name?" Well, when I mention your name, it indicates your particular sex, your nationality, your background, your training, your education, your financial structure, your social status, and all other things appertaining to you.

When your conscious and subconscious mind work harmoniously, peacefully and joyfully together, the children of that union are happiness, peace, health, abundance and security. The disharmonious relationship of the conscious and subconscious mind brings misery, suffering, pain, sickness and disease into your life.

Abram left Ur of Chaldea. Ur means sorcery, black magic, worship of stars, idols and all that sort of thing. Abram changed his name to Abraham, meaning the father of the multitude, indicating the one God, the one Presence and Power.

We are all children of the one God. That's the unity of all life. All men and women are brothers and sisters —same mind, same spirit and same substance. Therefore, to hurt another is to hurt yourself; and to bless another is to bless yourself.

You can write a new name, a new estimate and a new blueprint of yourself. Get a new concept of yourself. Is it great enough, noble enough or grand enough to redeem you, to bring about an inner transformation of your heart, your mind and your whole being? Today people have many idols just as they had in Chaldea thousands of years ago. Superstition is rampant. They still have false gods, such as "The weather is going to give me a cold," or "If I wet my feet I am going to get pneumonia." Some are afraid of germs, so that when someone sneezes, they feel they may be infected by the virus. If you ask the

exposed person, "Did you get the virus this year?" the response is, "No, not yet." The infection is anticipated, though. What you expect, you always get.

Some people say, "I don't know the right congressman. I have no pull. I can't get that job." They are thus denying the Creative Power within them. They say It is omnipotent and supreme, yet at the same time they are denying It. If It is supreme and omnipotent, there is nothing to oppose It or challenge It. Therefore, you should say, "Infinite Spirit opens up the door for me, revealing to me my hidden talents and showing me the way I should go." That's exactly what the Infinite Spirit will do for you.

There are congressmen who speak and touch wood when they talk about something negative, as if the wood had some power. Do you give power to other people? To the atmosphere? To the weather? All of these things are innocuous. They have no power. The power is in you.

Changing Your Name

Saul's name was changed to Paul. The meaning of Paul is the "Little Christ," and many miracles were wrought by the hand of Paul. Paul was illumined on the road to Damascus, which means a sack of blood, or rebirth. This means a mystical illumination where your mind, or intellect, is flooded with the light of God and you are a transformed man. Sometimes this

takes place in the twinkling of an eye, like that which St. Theresa and many others experienced.

Paul became a changed man. He was no longer the murderer who sent people to death. He was transformed. He was illumined from On High. You can go to court and change your name every year if you wish. However, it doesn't mean anything. It is absolutely meaningless, as a matter of fact. You must change your nature, your disposition, your viewpoint and your concept of yourself. There must be an inner transformation. Then, of course, you will have really changed your name, or your nature.

Some time ago a man came to see me who was a "sourpuss," and who was cynical and who would habitually snarl at his secretary and at the salesman when he came in. If someone said, "It's a good day," he would say, "What's good about it?" And when he came down to breakfast in the morning, he would hold the paper up in front of himself lest he might see his wife. He would always criticize the bacon and the eggs. He was just a plain sourpuss—nasty and ugly.

He practiced the following instruction: "When you come down in the morning, kiss your wife and tell her she looks lovely and the food is delicious, and she'll probably faint." The man said, "Well, I'll be a hypocrite if I do that." I said, "Go ahead. Start it, anyhow. Break the ice in your heart, and when you go into the office, tell the secretary how beautiful her hair is, or her eyes. There must be something lovely

about her. And be genial, courteous and affable to the salesman."

After a month's time, as he practiced these things, they gradually sank into his subconscious mind and he became transformed—genial, affable, amiable and philosophical. People said, "What happened to that fellow?" Others said, "He's in love." Well, I guess he was—in love with the Higher Self.

"He that guided me this far will open up the rest of the way." That's a magnificent truth. A teacher wrote me from Alabama, and I gave him that simple truth. He said that his building was three-quarters finished and now there was a strike; he did not have the money, and what was he going to do? "He that guided me this far will open up the rest of the way."

He said, "That is not correct. You should say, 'He *who* guided me will open up the rest of the way.'" I said, "No. I meant that literally." It was not a slip. It was deliberate, because I am dealing with a principle, an impersonal Presence which is no respecter of persons, a universal Presence and Power available to all men. The cutthroat, beggar, thief, holy man, atheist, or agnostic—any man can tap It. Any man can use It.

God is not a person, so we don't say, "Our Father, who art in Heaven." We say, "Our Father, *which* art in Heaven," indicating an impersonal Presence and Power—an Infinite Life and an Infinite Intelligence. So, you see, he had a concept of a God-man up in the sky somewhere. He practiced, however, what I taught

him to do, and he found that he attracted the necessary funds to complete the building.

What Do You Believe?

This Universal Presence creates out of Itself by means of It becoming that particular thing. In other words, God becomes man by believing Himself to be man. God creates a being out of Himself capable of returning glory, light and love to Himself. Abraham knew the Creative Power. He was aware of It, and he demonstrated It in his life. He believed that the Spirit would guide and direct him, which, of course, It did.

Plato, Aristotle, Plotinus, etc., all spoke of God as Infinite Mind and Infinite Intelligence, but they did not tell you how to use the Presence and Power for guidance, for harmony, for prosperity, for success, or how to heal yourself with it. It was a satisfactory intellectual conclusion—very interesting, but they did not tell you how to use It in everyday practice.

If you believe you are an abject worm of the dust, people will step on you and will treat you the way you treat yourself. If you are cruel and nasty to yourself, the world will be cruel and nasty to you. As within, so without. Realize that you are a son or a daughter of the Living God. You are heir to all of God's riches. Realize you should exalt God in the midst of you, mighty to heal. How could you feel inferior if you knew that you were a daughter of the Infinite, that you were a darling of God, and that God loves you

and cares for you? God is the Life Principle, or the Living Spirit within you, which created you and watches over you when you are sound asleep, because He that watches over you neither slumbers nor sleeps.

Born to Win

There are a great many people who work very hard, but they nevertheless fail in life. The reason is that they have a subconscious pattern of failure, or they believe they should fail. Sometimes they think a jinx is following them. They feel inferior. Perhaps they were told when they were young, "You'll never amount to anything. You are stupid. You are dumb." These thoughts were accepted by their impressionable mind and now these thoughts have a life of their own in the subconscious mind, and are experienced by them.

But man can change his life. These subconscious or irrational impulses act long after the events which caused them have been forgotten. Man can feed the subconscious mind with something new. He can say, "I'm born to succeed; the Infinite cannot fail." He can feed his subconscious life-giving patterns such as: "Divine law and order govern my life, Divine peace fills my soul, Divine love saturates my mind, Divine right action reigns supreme, Infinite Intelligence guides and directs me in all my ways—It is a lamp unto my feet and a light upon my path."

When you are angry, suspicious or full of fear, these emotions are negative and destructive. They snarl

up in the subconscious mind, and they cause you to do the wrong thing and to say the wrong thing. When you want to be happy, you are sad; when you want to do the right thing, you do the wrong thing. This is true when you are under the sway of negative and destructive emotions, for, very likely, whatever you do then will be wrong.

The Seven Seals

So, you can write a new name in the book of life. The book of life, as previously explained to you, is the law of your own subconscious. The Bible says, *I saw in the right hand of him that sat on the throne a book written within and on the backside, sealed with seven seals. And I saw a strong angel proclaiming with a loud voice, Who is worthy to open the book, and to loose the seals thereof? And no man in heaven, nor in earth, neither under the earth, was able to open the book, neither to look thereon. And I wept much, because no man was found worthy to open and to read the book, neither to look thereon* (Revelation 5:1-4).

Now, the book written within and on the backside is your objective and subjective mind. You have a conscious and subconscious mind. Whatever thoughts, beliefs, theories, opinions or dogmas you write, engrave or impress on your subconscious mind, you experience as objective manifestations, as circumstances, conditions and events. What we write on the inside we experience on the outside. We have two

sides of our lives—objective and subjective, visible and invisible, thought and its manifestation.

The seven seals are the seven states of consciousness. Our concept passes through seven degrees of awareness whereby we spiritualize our five senses by turning inward to the spiritual Power. Then we get our conscious and subconscious mind to agree and synchronize. When there is no longer any doubt in your conscious or subconscious mind, your prayer is always answered. You break the seven seals when you discipline your five senses and get the two phases of your mind to agree.

There are seven seals. The first is sight. This means to see the truth about any situation. See perfect health where sickness is; see harmony where discord is; love where hatred is. Then you are seeing the truth and you are disciplining your faculty of sight.

The second is hearing. You hear the glad tidings, the truth of God. You hear your mother tell you what you long to hear—that the miracle of God has happened—that she is healed. In other words, you do not see her in a hospital as being ill. You hear the opposite. You hear her tell you about her perfect health. Then you are hearing the truth.

The third is smell. You smell the truth by coming to a definite decision, realizing that God who made your body can also heal it. You reject all other food unfit for mental consumption. A dog smells food; if it is unsavory, he rejects it. Likewise, reject all thoughts, ideas and opinions that do not fill your soul with joy.

The fourth is taste. You taste the sweet savor of God. You taste the truth by appropriating the ideas or truths of God in your mind through meditation, reading and through frequent occupancy of the mind regarding the perfect outcome you want.

The fifth is the joy you feel when you touch mentally and emotionally the answered prayer, while feeling the reality of it.

The remaining two seals are your conscious and subconscious mind. When you succeed in disciplining the five senses, the male and female principle in your own mind begins to interact harmoniously. A Divine marriage takes place between your desire and your emotion, and a child comes forth from the union, which is the joy of the answered prayer.

That is the book of life that people are talking about. If someone could photograph your subconscious mind, they would see your future, your past and your present thinking. The future is your present thoughts grown up. However, you can always change the future by changing the present. Feast on whatsoever things are true, lovely, noble and God-like. Think these thoughts with conviction. The old thoughts will die. They will fade away. They will be obliterated, expunged from your deeper mind, because the lower is subject to the higher.

Think of everything lovely and of good report. Get new thoughts and ideas regarding principles and the eternal verities. Remember, your subconscious mind does not accept your idle wishes, dreams or hopes.

Instead, it accepts your convictions—what you really, sincerely believe deep down in your heart.

What do you believe? Do you believe in the goodness of God in the land of the living, and the guidance of God, and the harmony of God, and the love of God, and the abundance of God? If you do, all of these things will come to pass, because to believe is to live in the state of being it. It is to accept something as true.

Who Are You?

Look at your spiritual heritage. We are all children of the I AM, as Moses says. Within you is the real nature or the real name, because you are pronouncing it all day long. I AM. It is called Om in India. The Bible says, *I AM THAT I AM* (Exodus 3:14). Moses said, *I AM hath sent me unto you* (Exodus 3:14).

Realize that I AM sent you to your business tomorrow, to a tough assignment, to solve it, to overcome it. The engineer, when he meets with a pressing problem, realizes I AM has sent him there to solve the problem. The engineer grapples with the problem courageously and sees the solution.

We are all children of the I AM (God). Whatever you attach to I AM, you become. If you say, "I am no good, I'm a flop, I'm a failure, I'm going deaf, I'm going blind, I'm nobody," then you become what you affirm. Therefore, reverse it and say, "I am happy, joyous and free. I am illumined; I am

inspired. I am strong; I am powerful. 'Let the weak say, I am strong.' 'Let the widow say, it is well.' I am a son or daughter of the Living God. I am heir to all of God's riches. I am born to win and to succeed, for the Infinite cannot fail. I am a tremendous success. I am absolutely outstanding. I am unique, and there is no one in all the world like me."

Why don't you claim the above and write these truths in your heart and inscribe them in your inward parts? *He that hath an ear, let him hear what the Spirit saith unto the churches* (Revelation 2:29). . . . *To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it* (Revelation 2:17).

Manna is a symbol for the bread of Heaven. *I am the living bread which came down from Heaven* . . . (John 6:51). It is the bread of peace, of harmony; it is the blessed bread of God. Eat this bread of inspiration and guidance, for no man can live in the world today without spiritual food. You may sit down to dinner and have the choicest food but still be hungry for peace, harmony, love, inspiration and guidance.

Manna is a symbol of inspiration, of strength, of power and of wisdom. It will feed you in the desert of loneliness, of unhappiness, because the greatest desert of the world is not the Sahara; it is under the hat of man. Often there is very little growing there but weeds of ignorance, fear and superstition. Buddha asked

God the cause of all misery, suffering, crime and sickness in the world. The answer he received was "ignorance," for ignorance is the only sin and all punishment is the consequence.

Call on this Presence and Power. It will answer you. It will be with you in trouble. It will set you On High, because you hath known Its name or nature. The nature of Infinite Intelligence is to respond to you. Turn within to the Fountain of Life and feel refreshed from the standpoint of truth. You can be replenished there. . . . *Come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price* (Isaiah 55:1). The price is to honor God and to believe in Him. That is the only price you pay.

If you do not honor God and recognize Him, it is just the same as if the Presence were not there. You can eat of the bread of peace, of joy, of faith and of confidence in the only Power there is. Your confidence and faith should not be in creeds, dogmas and traditions. Believe that whatever you impress on your subconscious will be expressed as form, function, experience and event. Then you will be learning to know yourself a little better.

A new name is a new disposition, a new perspective, a new insight. You can affirm, "God loves me and cares for me. I am illumined from On High." You can claim right action. You can claim, "The wisdom of God anoints my intellect and I am now writing this with my conscious pen into my subconscious

mind. Whatever I inscribe in my subconscious mind becomes effective and functional."

Discover Yourself

You are here to solve problems. The reason you have problems and challenges is because you are here to discover your Divinity and sharpen your mental and spiritual tools; otherwise you would never discover yourself.

There are failures in life, yes! That is why you had an eraser at the end of your pencil when you went to school. Everybody knew that you were going to make mistakes. Through the mistakes, however, you learned how to add and subtract, as well as many, many other things.

You must have a basis for thinking constructively. When you know that thoughts are things and that what you feel you attract, and that what you imagine you become, then you begin to think constructively because you realize, "My thought is creative—not because it is my thought, but because it is thought."

"Nothing can give you peace but the triumph of principles" (Emerson). Quimby said that a child is like a little, blank tablet; and the uncles, and the aunts, and the clergyman and everybody else comes along and scribbles something on it. This is easy to do because the little child's mind, of course, is impressionable, malleable and open to all of the beliefs, opinions, creeds, dogmas, superstition, ignorance and fear of the parents. The child grows up in the

image and the likeness of the dominant mental, emotional and spiritual climate of the home.

Who is scribbling on your mind today? Does your mother-in-law, father-in-law or some in-law scribble something on your mind? Do they disturb you? Does someone tell you you are going to fail? And do you reject it and say, "You do not know what you are talking about. I cannot fail. How could I fail? The Infinite is within me. I am born to win. I am a success in my prayer life, in my relationship with people, and in my chosen work." The minute you affirm the above, the Power will respond to you.

How could the Infinite fail? Where is the Infinite? Within you. And you are born to win, to overcome, to triumph. You are here to go from glory to glory, and from octave to octave, for there is no end to the glory which is man.

Is the columnist writing something in your mind? Or are you writing the truths of God, which are the same yesterday, today and forever? What are you writing in your mind every day? Some people write grief, despair, hopelessness, loneliness, etc. Inscribe the conviction that you are worthy, that you are adequate, that you are full of faith and confidence in the only Power there is, and that you know you are inspired from On High, and that you believe implicitly that God is guiding you in all your ways and is a lamp unto your feet and a light upon your path.

Your subconscious mind, which is the book of life, will receive these impressions, viewpoints, opinions

and convictions because you are sincere, because you mean them. Whatever you think, feel and believe to be true, your subconscious mind will bring to pass—good or bad.

Inscribe in your mind harmony, health, wholeness, beauty, peace, perfection and right action. These are principles. You do not create these truths, but you activate them and make them effective and functional when you affirm them. Stir up the gifts of God within you.

Anything that fills you with faith, with confidence, with joy and with enthusiasm has power over you, and it governs your conduct. Enthusiasm governs all of your activities, because enthusiasm means "possessed by God." You will never go so far as when you are possessed by the One, the Beautiful and the Good.

You are a mental and a spiritual being, because when you say I AM, you are announcing the Presence of the Living God. You have always lived. A billion years from now you will be alive, because life was never born and will never die; water wets it not, fire burns it not, wind blows it not away. You are alive, and that life is God's life. God is life; therefore, you have always lived.

Are you the same person you were five years ago? Ten years ago? Twenty-five years ago? No, you are not. Are you the same person you were when you were three months old or a year old? Of course not. You have had hundreds of reincarnations since you

were born. Reincarnation is Spirit making Itself manifest at higher levels. So, at five years of age you were different; at 10, at 20, and at 30. If I showed you photographs of every month of your life, you would hardly recognize yourself in some of them.

You are not the same as you were six months ago. You have a new concept of God, of Life, of the universe—a new estimate, a new blueprint, a new insight. You do not talk the same; you do not walk the same or think the same. Your life is progressing from glory to glory. When you go on to the next dimension, you will still go on from octave to octave. You cannot be less tomorrow than you are today, for life goes not backward nor tarries with yesterday.

Write, "I go from glory to glory. I go from octave to octave." Write these truths in your life, because you are alive and you are always implanting something new in your deeper mind.

Lake of Fire

I receive many letters, a few of which say, "You will be cast into a lake of fire because you are telling people on your radio program that each man is his own saviour, that God indwells him, and that all he has to do is contact this God-Presence and It will lead him, guide him and solve his problems for him. You also say that every man answers his own prayers. Some day you will burn in the lake of fire for all eternity for saying these things." Then they quote the

Bible by saying, *"For God so loved the world, that He gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life"* (John 3:16).

All of this is based on a lack of understanding, however. Everybody is the only begotten Son. We are all begotten of the Only One. There is Only One. Your only begotten Son, spiritually speaking, is your desire. If you are sick, health is your saviour. You have a desire for health. Realization of your desire is your saviour. If you are lost in the woods, guidance is your saviour. If you are imprisoned, freedom is your saviour. If you are dying of thirst, water is your saviour. So, every man who is able to contact the God-Presence is, of course, his own saviour.

The late of fire mentioned in the Bible is no literal fire, of course. The Bible is a spiritual book. It is speaking in spiritual, mental, allegorical, figurative, idiomatic and mystical language. If you should go to a hospital to the psychotic ward, or to any other mental institution, you will find people there burning in the lake of fire. The lake, of course, is your subconscious mind. The fire means they are seething with jealousy, hate, resentment, hostility and anger. They are burning up their tissues and their hearts with these negative emotions.

A psychotic is tormented, isn't he? He is on fire with his own misery. Some people are on fire with their own hatred, resentment, hostility, etc. Of

course, they are living in a lake of fire created by themselves, because every man creates his own hell and his own heaven. Omar said:

> I sent my soul to the Invisible
> Some letter of the After-Life to spell;
> And by and by my soul returned to me,
> Saying, "I, myself, am heaven and hell."

Anger, depression, fear and foreboding are the inner fires. Any doctor will tell you that these emotions give you ulcers, high blood pressure, cancer and arthritis. Hate can give you arthritis if you keep it up; it will bring about physical changes, bring on calcareous deposits in your tissues and play general havoc with you. Sometimes jealousy will drive a person absolutely insane, because there is no more destructive poison than jealousy. It is called the green-eyed monster and is the greatest of all mental poisons.

Therefore, sow for yourself treasures in heaven, where the moth and the rust doth not consume, and where thieves cannot break through and steal. Sow for yourself harmony, health, peace and beauty. Write in your heart the truths of God. What will you write? Write . . . *whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things* (Philippians 4:8).

CHAPTER 11

Why Are You Here?

Every man's life from beginning to end is a plan of God. Jesus said, "I am come that they might have life . . . more abundantly." You are here to lead a full, happy and glorious life. You are here to release your hidden talents to the world, to find your true place in life and to express yourself at your highest level.

Finding Your True Place

A young woman came to see me some months ago and said, "I'm a misfit. No one wants me. I'm a square peg in a round hole." I explained to her that each person is unique and that no two people are alike, any more than are two crystals of snow or two leaves of a tree. God never repeats Himself; infinite differentiation is the law of life. There is no such thing as an unneeded person. I quoted Emerson for her, wherein he said, "I am an organ of God and God hath need of me where I am; otherwise I would not be here."

She asked, "What is it God wishes me to do?"

The answer is simple. And the prayer that she used

to follow God's Will also is simple, direct and to the point.

Her Special Prayer

"God reveals to me my hidden talents and whispers into my heart the thing He wants me to do. I know that God is Infinite Intelligence and is seeking expression through me. I am a focal point of Infinite Life in the same way that an electric bulb is a focal point for the manifestation of electricity. God flows through me as harmony, health, peace, joy, growth and expansion along all lines. I recognize the *lead* which comes into my conscious, reasoning mind, and I give thanks for the answer now."

After a few days a deep urge came to her to take a certain business course, which she is now ardently pursuing, and undoubtedly she will be a great success.

Claim Your Good Now

Now is the accepted time. Many people are always looking forward to the future for better times. They are constantly saying that some day they will be happy and successful, instead of realizing that God is the Eternal Now!

The truth is that all the powers of the Godhead are within you. Peace is now; you can claim that God's river of peace flows through you. Healing is now; feel and know that the infinite healing Presence which made you is now restoring every atom of your being. Claim that the creative Intelligence which made you

knows how to heal you, and that Divine order governs your mind and body.

Wealth is available now—it is a thought-image in your mind. Claim it boldly now. Affirm: "God's wealth is now circulating in my life." Why wait for it?

Strength is now. Call on the power of God within you, and this power will respond, energizing and renewing your whole being.

Love is now. Know and believe that God's love saturates your mind and body, and this Divine love will be filtered through and made manifest in all phases of your life.

Guidance is now. Infinite Intelligence within you knows the answer, and it responds to the nature of your request.

Claim your good *now.* You do not create anything; you give form and expression to that which always was, now is and ever shall be. Moses could have used a loud speaker or television. The idea or principle by which these are made always existed in Infinite Mind. Plato referred to the "archetypes of Divine Mind," which simply means that there is an idea or a pattern in Divine Mind behind every created thing in the universe.

The Present Moment

Did you ever stop to think that if you are planning something in the future, you are planning it now? If you are fearing something in the future, you are fearing it now. If you are thinking of the past, you are

thinking of it now. The only thing you have to change is your present thought. You are aware of your present thought, and all that you can realize is the outer manifestation of your habitual thinking at the present moment. The two thieves are the past and the future. If you are indulging in remorse or self-criticism over past mistakes and hurts, the mental anguish you experience is the pain of your present thought. If you are worried about the future, you are robbing and stealing from yourself joy, health and happiness. Count your blessings now and get rid of the two thieves.

To think of a happy and joyful episode in the past is a present joy. Remember, the results of past events —good or bad—are but the representatives of your present thinking. Direct your present thought in the right channels. Enthrone in your mind peace, harmony, joy, love, prosperity and goodwill. Dwell consciously on these concepts and claim them—and forget all other things. *Finally, brethren, whatsoever things are true . . . honest . . . just . . . pure . . . lovely . . . of good report; if there be any virtue, and if there be any praise, think on these things* (Philippians 4:8).

He Stopped Blaming Providence

Recently a man told me of his many troubles and ended up by blaming God for all his reverses. I explained to him that the universe is one of law and order, and that God is, among other things, Principle or Law, and that if man breaks a law, he will suffer

accordingly. It is not punishment by an angry God. On the contrary, it is an *impersonal* matter of cause and effect. If he misuses the Law of Mind, the reaction will be negative; but if he uses the law correctly, it will help him and heal him and restore his soul.

I suggested ideas on how to become a free-flowing channel for Divine Life and gave him the following prayer to use frequently:

"I am a clear, open channel of the Divine, and Infinite Life flows unobstructedly through me as health, peace, prosperity and right action. I am constantly releasing new, creative ideas, setting free the imprisoned splendor within."

This man has had a new lease on life and has told me that he now is beginning to live. He added ruefully, "I stopped blocking my good. I have taken my foot off the hose and the waters of Life are flowing abundantly into my life." He has learned to relax, and he has ceased pressing the weight of his negative mentality upon the infinite "pipeline" of life.

One Life Principle

There is only one Life Principle animating the entire universe. God is Life and that is your life now, but this Life Principle may be directed constructively or destructively, because you have the ability to choose.

You are using the Life Principle destructively whenever you indulge in fear, regret or any form of negative thinking. All resentment, hostility, spiritual pride,

self-will, criticism and condemnation are especially disastrous methods of misapplying the Life Principle. Furthermore, the negative emotions which are dammed up in our subconscious come forth as all manner of diseases, both mental and physical.

When you tune in with the Infinite and let it flow through you harmoniously and joyously, and when you think right, feel right and act right, your life will be one of unalloyed happiness and success along all lines —right here and now.

Why She Failed to Prosper

A young school teacher complained to me that she was getting no results even though she prayed regularly for prosperity and success. I discovered while talking with her that unconsciously she was always rehearsing her troubles, criticizing and blaming the pupils, the parents and the school authorities. I pointed out to her that she was actually squandering the treasures of life within her on negative thoughts that were destructive. She reversed her attitude of mind and affirmed frequently with deep understanding:

" 'God hath not given me the spirit of fear; but of power, and of love, and of a sound mind.' I have a firm, unwavering faith in God as my bountiful, ever-present Good. I am vitalized and prospered in all my ways. Promotion is mine now. Peace is mine now. I radiate love and goodwill to all my pupils, my associates and to all those around me. From the depths of

my heart I wish for all of them peace, joy and happiness. The intelligence and wisdom of God animate and sustain all those in my classes at all times, and I am illumined and inspired. When I am tempted to think negatively, I will immediately think of God's healing love."

Within a month this teacher had established harmony in all her relationships and received her promotion.

Divine Discontent

You are here to reproduce all the qualities and aspects of God. Inasmuch as this is the true reason for your existence, it behooves you to have a wholesome dissatisfaction with anything less than complete harmony, health and peace of mind. An inquietude regarding frustration, lack and limitation should become a great incentive to you, enabling you to overcome all difficulties through the Infinite Power within you. Your joy is in overcoming. Problems, difficulties and challenges of life enable you to sharpen your mental and spiritual tools, enabling you to release the treasures of the infinite storehouse of riches within.

Infinite Mind is spaceless and timeless. Cease limiting yourself. Remove all stumbling blocks which are in your mind and enter *now* into the joy of the answered prayer. . . . *Lift up your eyes, and look on the fields; for they are white already to harvest* (John 4:35).

CHAPTER 12

The Meaning of Satan, Devil, Serpent, Etc.

There is only One Power. *Hear, O Israel: The Lord our God is one Lord* (Deuteronomy 6:4). Then, since God alone *is,* the devil *is not.* Since God is Being, the devil is not-Being. In other words, the devil does not exist. As Judge Troward points out so lucidly in his *Bible Mystery and Bible Meaning:* "It is precisely this fact of non-existence that makes up the devil; it is that power which in appearance is, and in reality is not; in a word, it is the power of the negative."

The Eye Was Called the Devil

In the ancient Tarot teaching, the Hebrew mystics referred to the devil as Ayin, which is the 16th letter in the Hebrew alphabet and spelled oin in Hebrew. It means the eye as an instrument of sight. It also stands for mirth. The eye is concerned only with the surface appearance of things. People used to say, "The sun rises in the east and sets in the west" and "The earth is flat and does not move." Yet, science has now convinced people how faulty the eye is in this respect:

The sun does not rise and set, the earth is not flat and the earth does not stand still. For example, science today makes it clear that we do not see anything as it really is. This is a universe of densities, frequencies and intensities. Your body is plastic, porous and pliable. It is simply composed of waves of light and of atoms and molecules swirling around at tremendous speed. Our eyes are geared to see three-dimensionally.

The Hebrew secret wisdom knew more than modern science about the illusory nature of matter, as well as the limitations of our eyes. Hence, the attribution of mirth to the letter Ayin, which means the eye. Remember, Ayin refers to what seems rather than to what is, with illusion rather than reality. This is why mirth is associated with the word *devil.* The real meaning of the word *devil* in Hebrew mysticism is *the slanderer* —one who tells lies about God. The eye slanders the fact because it deals only with the outside appearance of a fact.

God Upside-Down

The ancient Hebrew mystics who wrote the Bible said that the devil is God upside-down. In other words, the devil is God as He is misunderstood by ignorant and primitive people. The devil of theologians does not exist; it was created by them to account for the evil in the world. Evil, however, comes from our misunderstanding or misuse and misapplication of the One Power.

We are choosing, volitional beings and we are here to evolve and learn the laws of life and to apply them correctly. Anything misapprehended or misapplied constitutes evil. If you do not choose the good, then you will experience the negative reaction from your subconscious mind because of your wrong choice.

Man's Invention

Theologians have accounted to the populace for the presence of evil by the invention of a devil. As for the gospels (the earliest is about 300 A.D.), the word *devil* is not found in the earlier versions. It occurs there as *a spirit of evil.* In the teaching of Jesus there is no mention of the theological devil, which was later invented by the church. Further, the word translated as *devil* is *a spirit of evil,* not *the spirit of evil.*

He went around expelling the devils, which are negative thought-forms of hate, jealousy, hostility, resentment, vengeance, self-condemnation and self-pity. These are the devils which harass us and are created by ourselves based on the way we think and feel. These negative emotions are, certainly, spirits (feelings) of evil.

"The essense of hell," says Swedenborg, "is the desire to control another." The devils are negative, destructive thought-forms, which result in negative, destructive emotions compelling the person to act them out. Negative, destructive emotions hidden in the subconscious must have an outlet resulting in all manner of chaos and suffering.

Pain Is a Consequence

All the pain and suffering in the world are the consequence of our own thinking and misuse of the One Power, brought on by ourselves. There is no punishment dealt out by an angry God. God has nothing whatever to do with our suffering or sickness. To say that God is angry with us instead of regarding us with love and compassion is the greatest of blasphemies.

Conquering Obstacles

All of us are here to overcome obstacles, challenges, difficulties and problems, which enables us to discover the Divinity within us so that we can achieve our ends. The Greek word for *devil* is *diabolos, one who throws across* (problems and obstacles); and we are supposed to use them as stepping stones to our triumph and success. This is the way we progress and advance up the ladder of life.

The Fall of Lucifer

How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! (Isaiah 14:12). Lucifer means *Light,* or *I AM,* Which is God. God limits Himself when He becomes man. Lucifer falling from heaven is simply Spirit, God or I AM becoming matter; and our limitation is the so-called devil. The fall of Lucifer, which is the fall of God or Spirit

becoming matter, really enables us to grow and release the spiritual powers within us. These challenges and difficulties in life sharpen our mental and spiritual tools, enabling us to discover our God-like powers so that we can rise, transcend and grow, thereby releasing more and more of God's qualities within us.

One Creative Power

Over and over again, the Bible stresses that there is but One Power, not two, not three, not a hundred, but One. Read these words from the Bible: *See now that I, even I, am he, and there is no god with me; I kill, and I make alive; I wound, and I heal . . .* (Deuteronomy 32:39).

This means that you can use the power two ways. This, of course, applies to any power in the world. You can use electricity to vacuum the floor or light up the house, but you can also use it to electrocute someone. In similar manner, you can use water to drown a child or quench his thirst. We have had floods here in California which have destroyed houses and ruined roads and bridges; however, when these waters are dammed and controlled, the water can be used to irrigate the land, light the cities and bless humanity in countless ways.

Scientists are now working on a process of splitting off the hydrogen from water, and the release of this energy will work miracles in our industrial life. The forces of nature are not evil. It depends on how we

use them. The way we use any power is based upon our thought. Good and bad are, therefore, determined by the thoughts of man, his motivation and how he plans to use the powers of his mind and the forces of nature.

Good and evil are the movements of man's own mind relative to the One Supreme Power, Which is perfect in Itself. Think good and good follows; think evil and evil follows.

Lucifer, mentioned in the fourteenth chapter of Isaiah, refers also to man's false concept of God or I AM within him. Many people are willing to die for their superstitions and false beliefs rather than to open their minds and hearts to the Truths of Life. They are hard, unyielding and inflexible, and it seems to be impossible for them to give up the old, encrusted false beliefs about God and the law of life.

The Bible, in the fourteenth chapter of Isaiah, refers to their intransigent and intractable attitude of mind: *For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God* . . . (Isaiah 14:13).

Some months ago a woman wrote me fourteen pages, pointing out that there is, indeed, a devil, a satan, who tempts people, brings on wars, possesses people's minds and causes crime, etc. It was no use reasoning with her superstition, false beliefs and dogmatic statements. Many people act that way. They exalt the so-called devil, or false beliefs, in their mind and dethrone God. The communist nations have

exalted their theories above the stars (truths) of God also and are rebellious in their attitude, claiming that there is no God, but Lenin.

Truth Sets You Free

The minute you cast out from your mind the idea of any other power but the One, your false concept of God will fall from the throne of your mind; and you will realize that when you use the Power constructively, It is called God, which brings health and happiness into your life. When you use the Power negatively and ignorantly, it is called the devil, which brings misery, lack and suffering into your experience. Ignorance is also called the devil, which is a negation of life.

Archangel Lucifer

Lucifer, Satan, devil and serpent all mean the same thing. You have heard the story that the archangel Lucifer was cast into hell for his revolt against God. This, of course, is a pure myth. The Bible refers to Lucifer as the bright and morning star. . . . *I am the root and offspring of David, and the bright and morning star* (Revelation 22:16). The greatest star in all the world is the I AM within you, Which is God, or the Light of the whole world.

Hebrew Symbolism Referring to the So-Called Devil

The Hebrew seers who wrote the Bible were past masters in the art of psychology and the story of the

soul, and they revealed the hidden meanings of the Bible in the Cabala. The Cabala is a mystical interpretation of the Bible and is the key to the allegories, numbers and symbolisms in the Bible.

In the ancient Tarot teaching, they devised a symbolic card setting forth that the devil came out of the distorted, twisted imagination of man. This imaginary being has goat's horns, a human head, donkey's ears and the wings of a bat. The upper part of the gross body is human, the thighs animal, the legs human and ending in eagle's claws.

Bat wings symbolize darkness, or ignorance. The horns are those of a goat because they show the backbone curves and cannot stand erect. (Man should walk uprightly in the Law.) The head has donkey's ears because man will not listen to the voice of intuition and refuses to hear and listen to the eternal verities. In other words, he is as obtuse and stubborn as a donkey.

The human part of the body is gross, indicating an absence of grace and beauty. The raised hand in the card blessing the pair (man and woman) is open wide as if to say that all there is to life is the desire for sensation; there is nothing else. The thighs are not human, but animal, indicating that man is following his instincts instead of the spiritual impulses. The legs indicate the negative emotions and passions which are governing him.

The legs end in eagle's claws. This refers to sexual abuse and misapplication of the sex urge. The up-

raised paw is a symbol of Saturn, indicating they are governed by their limitation.

Over the head of this devil is a pentagram, which is inverted. The five-pointed stars symbolize the perfected man. It should stand on two points, the conscious and subconscious as equals. Here it stands on one point. In other words, man is governed by his subconscious false beliefs, opinions and negative emotions. The symbol of the torch means that he is inflaming his passions and appetites.

Furthermore, he has malformed the woman, meaning that the conscious mind has polluted the subconscious. The left shoulder of the woman is lacking. Shoulders indicate emotion. The man and the woman (the male and female principles in all of us) are bound by chains to the half cube, on which the so-called devil squats. A cube represents the physical world. A half a cube represents half-knowledge, or ignorance. This is why the cube is black.

The man and the woman in the card have horns, hoofs and tails to signify that they are living entirely under negative emotions. The tail of the man is shaped like a scorpion, denoting that his principal bestiality is sex perversion. Her tail is a bunch of grapes, indicating that it is the business of the subconscious to bring to fruit the desires of the subconscious mind. The green grapes indicate negative use of imagination.

The devil has a navel, as have the man and the

woman. This is one of the most subtle symbolisms of the Tarot. The Tarot, regardless of how much these cards have been prostituted and abused, reveals how the laws of God work out in the cosmos and in man. The navel, of course, indicates that the devil is man-made.

Some of these marvelous symbols of the Tarot were presented to me by an outstanding student of the Tarot, Ann Mussmann, in New York City in 1943. I realized that they coincided with the Bible in every respect.

Thought Is Creative

Every thought tends to manifest itself. If your thought is of a negative nature, the Bible calls this the devil or Satan, the same old serpent which beguiled Eve in the garden. You must remember that it is impossible for there to be an infinite and universal power of evil, for unless the Infinite and Universal Power were creative, nothing could exist. God is the Life-Principle in all of us and is always seeking to express Itself. To suppose the Life-Principle acting other than life-giving would contradict the very nature of Its Being, Which is livingness and givingness.

There Is No Death

Life, or God, cannot die, and that life is your life now. Man believes in what he calls death; therefore,

he experiences what he calls death. But, as Dr. Quimby said, in 1847, death is in us; the other person has simply passed on to the next dimension and is as much alive as we are. To say that death is the will of God is most emphatically denied by the Bible, for it says that . . . *him that had the power of death, that is, the devil* (Hebrews 2:14), or the false belief of the mass mind.

You might say that man dies and his body disintegrates. Disintegration is the breaking up of what was previously an integer or perfect whole, the separation of its component parts. Man then puts on a new fourth-dimensional body, which is rarefied and attenuated and which functions in the next dimension. You will have bodies to Infinity. You will never be without a body. It is impossible for you to conceive of yourself without a body. This foreshadows, portrays and portends that you will always have a body. Emerson says that every Spirit builds itself a house. You need a body to express the qualities of Spirit, or God.

Life Seeks Expression

The only possible motive of the All-Originating Life-Principle, which is the term used by Judge Troward for God or the Living Spirit Almighty in all of us, must be the expression of life, love, truth and beauty, which is Its nature. If man had loving thoughts and dwelled on the eternal verities, knowing and believing that his life was God's life, and really neutralized the race mind belief in death, he would

not experience what the world calls physical death. Because of his meditation and prayers and because of his deep-seated conviction, the molecules of his body would oscillate at such a high frequency that he would be here, but you would not see him, no more so than you could see steam when ice is melted and heated to a certain degree. Pure steam is invisible, yet it is pure H_2O, though operating at a higher molecular frequency.

This is why, as your Bible tells you, Jesus disappeared in the crowd and could not be seen. He was able to dematerialize his body. Apollonius was able to do the same thing.

The Physical Death of the Body

The disintegrating process that you perceive is the Universal Presence and Power taking the atoms and molecules of the body for fresh construction from a tenement without a tenant, i.e., from a person who does not have the awareness or necessary faith to perpetuate the Universal Life in himself. The disintegrating force is the Integrating Power working according to the belief of the individual. It is not another power.

The Bible plus one's common sense tell us that ultimately there can be only One Power in the universe, Which must, therefore, be the Building or Creative Power. It is impossible to have a power which is negative in itself; although it shows itself negatively based on the way in which we use it or when we fail to

provide the requisite conditions for it to work positively and constructively.

Positive and Negative

This Presence and Power in you will act positively or negatively towards you, depending upon whether you provide positive or negative conditions for Its manifestation, in the same manner as when you may produce a positive or negative current according to the electrical conditions which you supply. The reason for the negative experiences in your life is your denial of the Great Affirmative, or the practice of the Presence of God in your life.

The higher mode of intelligence controls the lower. God-like thoughts enthroned in your mind neutralize and obliterate all negative thoughts. The power of the negative in your life consists of believing that to be true which is not true. For this reason, it is called the father of lies in the Bible.

The Accuser

Another meaning for devil is *false accuser* or *false affirmer.* This means the negative use of the One Power. It means that you are going in the wrong direction, giving the wrong instructions to your subconscious mind.

It is said that the devil has the power of death. This is simple to perceive: Hate is the death of love, ill will is the death of goodwill, fear is the death of faith in

God, sadness is the death of joy, pain is the death of peace, anger is the death of discernment or good judgment, ignorance is the death of truth, jealousy is the injured lover's hell, poverty is the death of God's opulence and riches, and sickness is the death of wholeness.

The Bible says: . . . *He might destroy him that had the power of death, that is, the devil; and deliver them who through fear of death were all their lifetime subject to bondage* (Hebrews 2:14-15). We are dead, Biblically speaking, when we are unaware of the Presence and Power of God within us and unaware of our capacity to use this Power righteously, thereby bringing harmony, health, peace, joy and abundance into our lives.

Satan

The word in Hebrew means *to accuse. The Guide to the Perplexed* by Maimonides, which is one of the great books of all time, points out that Satan is derived from sata, which means to slip, to err, to deviate from the truth, to turn aside or to miss the mark. The latter word is the meaning of sin. We sin when we fail to lead a full and happy life. Then we are truly sinning, as we have wandered away from the contemplation of God's Holy Presence.

When you give power to conditions, circumstances, events, or to other people to mar your happiness or thwart your good, you are giving power to externals

and not to the First Cause, Which is Spirit, God, the Only Presence and Power. Giving power to externals, however, is establishing a secondary cause. A spiritual-minded person does not give power to the phenomenalistic world, which is an effect, and not a cause. He gives power to the Creator or Creative Power, not the effect. The only immaterial power you know is your thought. When your thoughts are God's thoughts, God's Power is with your thoughts of good.

Live and Evil

If you spell *live* backward, you have *evil,* which means that when we experience evil in our lives, we are living life backwards. In other words, we are going against the stream of life which could, if permitted, take us onward, upward and Godward.

The point is: Do not make an effect a cause. Nothing disturbs you except through your own thought. Where there is no opinion, there is no suffering. When you read about murder or crime in high places, you have no opinion about it. If you get exercised or agitated, who is suffering? You are. You decided to generate anger and hostility. In effect, you are generating mental poisons which are destructive to your physical organism. Where there is no judgment, there is no pain.

Cease passing judgment on people. Your judgment is the conclusion or verdict rendered in your mind. In

simple language, it is your thought. Since thought is creative, whatever you think and feel about the other, you are creating in your own mind, body and experience. This is why Jesus tells you to stop judging people. *For with what judgment ye judge, ye shall be judged* . . . (Matthew 7:2).

Casting Out Devils

There are millions of people in the world and in the next dimension of life who have thoughts of hate, jealousy, hostility, greed, lust, etc. When you fill your mind with the truths of God, you neutralize and obliterate all the negative patterns. You could liken the process to pouring pure, distilled water into a bottle of dirty water. The moment comes when the last drop of dirty water is removed.

That is why it is important to keep prayed up. All of us are in the great psychic sea of over four billion people, as well as those billions living in the next dimension of life. It behooves us, therefore, to align ourselves with the Infinite Presence and Power and to constantly claim that what is true of God is true of us.

Through telepathy and thought transference, all of us are part of the great psychic sea. Subjectively, we are all one. If we are negligent, apathetic, lazy, indolent and refuse to pray, we will receive the negativity of the mass mind; and then we will say, "Why did this happen to me?"

It happened because when we fail to do our own

thinking, the race mind will do our thinking for us. When it reaches a point of saturation, it is, perhaps, precipitated as an accident, sickness or some other negative condition or tragedy. The jealous or envious person is open to all of the jealous and envious thoughts of others, because he or she is at the low level of vibration and the antenna of the mind is keyed in to that frequency, which magnifies the destructive pattern in the subconscious.

The law of attraction works for all. Like attracts like. Let us, therefore, follow the apostolic advice and conform to this spiritual injunction: *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things* (Philippians 4:8).

Auto-Suggestion

The conception of a devil, satan or principle of evil receives its power solely from our own auto-suggestion of its existence and because of the amenability of our subconscious to suggestion. You create what you fear. The power of evil spirits results from the mental attitude which receives such suggestions, and the subconscious responds accordingly. The suggestions of others have no power to create the things they suggest.

The Creative Power is your own thought. The antidote to all of this is the right conception of God and

His love. The Bible says, *God is love.* It also says, . . . *If God be for us, who can be against us?* (Romans 8:31). Then you realize that . . . *Perfect love casteth out fear* . . . (I John 4:18), with the result that in your mind and heart there is no devil, but God reigns supreme in your mind. It is wonderful!

I recommend that the reader read Chapter 8 (The Devil) of *Bible Mystery and Bible Meaning* by Judge Thomas Troward. In this chapter I have expatiated on some of the points on which he has dwelled.

CHAPTER 13

You Can Control Your Fears

Fear is the cause of great misery, and untold suffering and fear come to all of us. Many are afraid of the future, old age, insecurity, some illness or incurable condition, or the verdict of the doctors. Many are full of fear regarding their families, newspaper reports and the media in general, all of which project fear propaganda of all kinds. Fear of nuclear warfare, inflation and crime disturbs the masses.

Great numbers of individuals are afraid of death and loneliness in their old age. There are countless thousands who face death with equanimity and serenity, because they know that there is no death, only life, and that they will live forever in the many mansions (dimensions) of our Father's house.

There is a limitless catalogue of fears that afflict the human mind. The answer to all fear is to turn to the God-Presence within. Faith in God casts out fear. . . . *Fear hath torment. He that feareth is not made perfect in love* (I John 4:18).

You begin to think and speak in a new tongue when you turn to God within and mentally dwell on the promises of the Bible. As you continue to dwell on these great Truths, you will experience a sense of peace and security. Examine some of your fears and you will discover that many of them are groundless.

While speaking in a club here in Leisure World, a man said to me that for the greater part of his life he had been a chronic worrier. His greatest worries were those that never came to pass, but these worries depleted his vitality and brought on ulcers and high blood pressure. On the advice of a spiritual practitioner, he began to study and apply the teachings of the 23rd and 27th Psalms, which brought about a remarkable healing. He began to control and discipline his thinking. When worry thoughts came to his mind he would recite a verse or two of one of the Psalms, and in time he overcame his worries. He had discovered that all of his worries were unfounded and groundless.

Face Your Fears

There is no occasion to feel ashamed of the fact that you experience fear or that you get frightened once in awhile. The thing to do is to supplant the fear thoughts with God-like thoughts. Do not fight the fear in your mind; proceed at once to overcome it. You can do it, and it does not call for superhuman effort, only a redirection of your thought-life.

The Secret Place

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty (Psalm 91:1). The secret place is your own mind. Turn within and realize that the Presence of God indwells you. You can communicate with this Divine Presence through your thought, and a definite response will come.

The word *shadow* means protection, somewhat similar to a woman's use of an umbrella to protect herself from the penetrating rays of the sun. When fear thoughts come to you, repeat a few verses of the 91st Psalm many, many times. Do this quietly, feelingly and knowingly, and you will discover that a sense of peace and security will come quietly and gently into your mind and heart. When your mind is at peace, you are in the secret place, for God is absolute peace and harmony.

Fear may come to your mind again and again because of habit; but persist in supplanting the fear thoughts with a few verses of the 91st Psalm, such as the first and second verses, and you will find that you will gradually become the master of your fears. Every time you enthrone constructive thoughts, such as "God's love fills my mind and heart" or "God's peace fills my soul," you are wiping out your fear and strengthening your faith and confidence in God and His love. Your abnormal fear will then gradually diminish and vanish.

Bible Techniques

There are marvelous texts in the Bible for overcoming fear. Become a habitual peruser of the 91st, 27th, 46th and 23rd Psalms,* and you will gradually saturate your subconscious with the eternal verities and be free. The following verse will work wonders in your life: *There is no fear in love; but perfect love casteth out fear; because fear hath torment. He that feareth is not made perfect in love* (I John 4:18).

Love is an emotional attachment. It is an outpouring of goodwill. Spiritually, it means that you recognize the Presence of God in all His creatures. A woman who was terrified of dogs (probably dating back to her childhood when she was bitten by a dog, since she had a faint memory of the incident) began to affirm: "I radiate love to all dogs. They love their masters and they save lives. The Presence of God is in all of his creatures. I love dogs. They are loving, kind and cooperative."

She kept affirming these truths and after a period of time she was at peace with dogs. She no longer feared them. You will lose fear as you grow in understanding that there is only One Power.

Dwell also on these wonderful words: *The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?* (Psalm 27:1).

*See *Songs of God* by Dr. Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, California, 1979.

When fearful, reiterate these truths over and over again, and you will sense an inner peace and security. In the Bible it also says: *Fear not, for I am with thee . . .* (Isaiah 43:5). *He shall not be afraid of evil tidings: his heart is fixed, trusting in the Lord* (Psalm 112:7). *Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness. For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee* (Isaiah 41:10,13).

Select some of these verses or all of them and recite them slowly, quietly and reverently, knowing that as you repeat these truths, they will sink down into your subconscious mind, eradicating and neutralizing all of the fear patterns. You will feel strengthened and enlightened.

A Bible Verse Saved Her Estate

A woman who was being sued falsely by some of her relatives over an estate adhered to this Truth: . . . *In God I have put my trust; I will not fear what flesh can do unto me* (Psalm 56:4). She did not waver in her faith, and the case was dismissed.

Take refuge in the great Psalms. As you enthrone these Truths in your mind, you will discover that your fears will subside and give way to a sense of peace and security.

Who Is Your Lord?

For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me: he shall set me up upon a rock (Psalm 27:5).

Who is your Lord and master this very moment? Your Lord is your predominant mental attitude; it is your conviction or belief about yourself, people and things. This Lord can be a tyrant. For example, if your mood is now one of resentment, that is your Lord or tyrant that governs all of your actions and all phases of your life. If you want to invest some money, buy a new home or buy some property while in this attitude, you will do and say the wrong thing because your predominant mood is negative. The law is: "As within, so without." You are fearing your good, and you would react negatively. Fear is a lack of faith or trust in God, which is a denial of His Omnipotence.

The Lord is my light and my salvation . . . (Psalm 27:1). *The Lord* referred to is the Lord God, or the law of God or good. To put the law of good into operation —thereby banishing fear once and for all—enthrone in your mind the thoughts of power, courage and confidence. These thoughts will generate a corresponding mood or feeling, which will banish the arch enemy of your success and health.

Fear, this self-made enemy of yours, must be completely destroyed before the Lord God can shine

through you. Your fear is the cloud that hides the sunshine of God. Men have made personal devils out of fear of the past, the present and the future.

It is our attitude toward life that determines the experience we are to meet. If we expect misfortune, we shall have it. Knowing the law of God or good, the truth student expects only good fortune. The world is not harsh; it may seem to be, because we fail to affirm or claim the Presence of God. Men fear criticism so much that many of their most beautiful thoughts never see the light of day. To the man who believes that God is the only Presence and the only Power, there is no past; he knows that if he believes in the power of the past, he is disbelieving in God. God is the Eternal Now; there is no future and no past in God.

This is the Gospel—the good tidings. There is no such thing as past karma; there is only man's foolish, false belief in it. . . . *Now is the day of salvation* (II Corinthians 6:2). The Kingdom of Heaven is at hand. Your good, your health and your success are here now; feel the reality of them; thrill to them. Enter into the conviction that you are now the being you long to be.

Guilt and What It Means

The only guilt there is is the consciousness of guilt. . . . *Though your sins be as scarlet, they shall be as*

white as snow; though they be red like crimson, they shall be as wool (Isaiah 1:18). This is the good news. The only moment that matters is the present. You can live only in the now, experience in the now, plan in the now and think in the now. Whatever you are planning or dreading, you are planning it now. When you realize that every form of lack and limitation is the result of your wrong thinking and feeling, you shall know the Truth that sets you free. The mountains will be removed.

Aboriginal tribes and primitive man feared nature. Modern man fears his fellow man. To a great extent we have dispelled the ghosts of ancient days. We have combatted the plagues, and we will soon control the elements. Man is doped by modern propaganda. Some men are afraid to live and afraid to speak. Mothers fear for their children. All this is due to superstitious belief that there is another power to challenge God.

The only evil there is is due to a lack of knowledge of the laws of life. If we put our hand on an open wire we get a shock, but if it is insulated properly we do not. The evil or shock was due to our ignorance; yet any man will admit that electricity is not evil. It blesses man in countless ways. Electricity is used to play music, drive trains, fry eggs, vacuum the floors and light the world. Evil or fear is our misapplication and incomplete comprehension of the Omnipresence

of God, or good. Where fear is, love cannot be; for error cannot dwell with understanding.

The wealthy fear they are going to lose; the poor fear they will not gain. The only wealth and the only security are found in the consciousness in which we abide. If we are conscious of being wealthy, nothing in all the world can stop us from being prosperous in our bodies and affairs. The things men fear are unreal. Only the One alone is real; only the One alone is Law; only the One alone is Truth.

The jungle doctor of old has passed on many of his superstitions; consequently, countless cults today instill fear into the minds of many individuals. Let us face the facts. The cause of most fear is man's fear of his fellow man. Many men pray together on Sunday and prey on each other on Monday.

The answer to the fear problem is understanding. All fear is due to ignorance. In order to express harmony, we must think and feel harmonious thoughts. When we enter into the mood of success, confidence and happiness, we will express similar results in all phases of our life. When man knows that every form of discord, sickness and lack is due to wrong thinking, he will know the Truth which sets him free.

Use Your Imagination

Learn to imagine the thing desired, then feel the reality of the state sought. This is the easiest and

quickest way to get results. Some get results by convincing themselves of the Truth that God is the only Presence and the only Power. This is one of the most wonderful things in all of the world to know.

Regardless of the cause of the fear, you have no one to treat or heal but yourself. You have to convince yourself that you are now expressing life, love and truth. Let us not fear anything or anybody; let us be busy radiating courage, confidence and power. In this way we will crush all obstacles in our path, and the mountains will be cast into the sea.

We are one with Infinite Power. If we say we are weak or infirm, we are telling a falsehood about God. Fear turns the love of God or good away from us in the same way that a poverty consciousness attracts poverty in health, money, business and love relationships. Man must stop preaching fear to his fellow man and unite in teaching all of the Truth.

God Is Timeless and Spaceless

The Truth is that there is no hell, devil, purgatory, limbo or damnation of any kind; moreover, there is no past karma for which we must expiate here and there is no future evil. God is the Eternal Now! This is one of the most dramatic and significant statements in the whole Bible: . . . *Now is the day of salvation* (II Corinthians 6:2). This very moment all that you need to do is to turn to God and claim for yourself that which

you long to be. Accept it; believe it, and go thy way rejoicing. . . . *Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool* (Isaiah 1:18). . . . (Forgive) *Until seventy times seven* (Matthew 18:22). . . . *To day shalt thou be with me in paradise* (Luke 23:43).

Let us stop instilling fear into the minds of the youth; let us teach them the real facts. We must not preach religious tolerance unless we live it. We must teach the Truth. We must not distort the Truth so that we may hold a position or because we are afraid that the people will not come back. This type of fear results in spiritual stagnation and frustration. We must keep our eye on the Kingdom of Heaven, not upon the kingdom of earth. We must teach man to know the Truth, and the Truth shall make him free. The Truth is: Man is belief expressed!

There is no fear where faith in God rules. There is no fear of man where integrity rules in one's consciousness. There is no fear of criticism where the consciousness of kindliness enters into the mind of man. Religion is goodwill in action or the application of the golden rule. We have seen, therefore, that fear is man's basic weakness, and it is based solely on ignorance.

. . . *In the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide*

me; he shall set me up upon a rock (Psalm 27:5). The *pavilion* is a canopy or covering; this means the covering shall be the garment of God (mood of good). Think about God. Begin to ask yourself, "What does God mean to me?" Realize that God, or I AM, is the life in you, your own consciousness, and It is Omnipotent.

God and Good Are Synonymous

For example, if a man is in prison, he automatically desires freedom. God and good are synonymous. He begins to think of this Infinite Power and Wisdom within him. He knows that It has ways of freeing him of which he has no knowledge. He imagines, therefore, the opposite, which is freedom. Though he is behind bars, in meditation he imagines that he is at home talking to his loved ones. He hears familiar voices and feels the welcoming kisses of his children on his cheek. This is hiding in the *pavilion.* The prisoner actualizes this state by feeling the joy of being home. It is possible to rise high enough in consciousness in five or ten minutes to bring about a subjective conviction. This is the meaning of . . . *In the secret of his tabernacle shall he hide me* . . . (Psalm 27:5). The law is: Whatever is impressed is expressed; consequently, the prison doors are open for him in ways of which he has no knowledge. . . . *His ways are past finding out* (Romans 11:33).

We read in the Scriptures: *Fear not, little flock; for it is your Father's good pleasure to give you the kingdom* (Luke 12:32). Jesus tells us this Kingdom is within us—this Kingdom of Heaven or harmony is within every one of us. Infinite Wisdom, Divine Intelligence and Infinite Power are available to all men, because God is within them and He is the very life of them. Anyone can prove to himself that the Kingdom of Heaven is at hand. It is right here now. Jesus saw it and lived in it. We are color blind; that is why we do not see it. The blindness is due to ignorance and fear. We are blinded by centuries of false beliefs, superstition, creeds and dogmas. The Truth is so shrouded by false dogmas that we have created God and a heaven of our making. God is to us what we believe Him to be. Man has created a horrendous creature in the skies. He visualizes a God of caprice and vengeance, or an inscrutable being who sends wars, plagues, etc. We create our own hell and our own heaven, based upon our concept of God. Anyone can prove that the Kingdom of Heaven is at hand.

Prayer Casts Out Fear

Let me tell you the story of a young girl who proved it. She was living with a father who came home drunk every night and who sometimes treated her brutally. She lived in constant fear of her father. She kept house for him. Due to frustration, her face was covered with acne.

We are not living with people; we are living with our concept of them. Realizing this truth, the girl closed her eyes in meditation and dwelt on the God Power within her. She no longer clothed her father in the garment or mood of a drunkard. Instead, she saw a loving, kind father, who had perfect balance, poise and equilibrium. She clothed him in righteousness, and her . . . *judgment was a robe and a diadem* (Job 29:14), which means that she saw her father as he ought to be. The fact that her father was drinking heavily meant that he was seeking to escape to conceal an inferiority complex or a subjective sense of loss. In other words, he was trying to run away from himself.

This girl spoke the word which healed him. She relaxed her whole body, closed her eyes and began to say to herself, "How would I feel if my father were loving, kind and peaceful?" She dwelt on the solution, which generated a mood of peace, confidence and joy within her. This was clothing him in righteousness. Her judgment was a *robe and diadem.*

When you pass judgment, you come to a decision. It is the final verdict, and you are the judge passing judgment. . . . *As I hear, I judge* . . . (John 5:30). Her verdict was an inner hearing or feeling, wherein she saw her father smiling, happy and joyous. She imagined he was telling her how wonderful he felt and that he had found peace, balance and poise. She also heard him telling her how wonderful she was. She thrilled to the fact that her father was healed and

made whole. *He wore a seamless robe*—no holes, no patches and no seams. This means that she meditated on the mood of love, peace and oneness with her ideal. All doubts and fears were absent, which means *judgment as the robe. Judgment as the diadem* means that she gave *beauty for ashes,* which signifies that she saw beauty in her father and felt it.

After one week's treatment, her father was completely healed; moreover, he was a changed man. His attitude was completely transformed, and he and his daughter are now devoted to each other. She proved the Kingdom of Heaven (harmony and peace) is at hand NOW. What are we afraid of? *If God be for us, who can be against us?* (Romans 8:31). The thing you fear does not exist.

For example, a man might live in fear that his business will fail. His business is not failing; neither is he in bankruptcy. Business is as usual, and it may be booming. The failure does not exist except in his imagination. Job said, . . . *the thing which I greatly feared is come upon me* . . . (Job 3:25). Job is every man who walks the earth. Therefore, as the successful businessman continues to sustain the mood of failure, sooner or later his mood crystallizes into a subjective conviction or impression.

Any feeling impressed on the subconscious mind is made manifest by an immutable law of life. The subconscious, being impersonal and no respecter of persons, says, "John wants to fail in business," so it proceeds in ways that he (John) knows not of to bring

this failure to pass. Everyone realizes that he brought this failure on himself through imagination and feeling.

Let Divine Love Go Before You

I knew a lady who read of an airplane wreck. She was contemplating a trip by air to Los Angeles, but she lived in fear of an accident. A negative thought cannot do you any harm unless it is energized by a charge of fear. It must be emotionalized before it becomes subjective. This lady did not know what she was doing; she was ignorant of the laws of life. This ignorance is the cause of all of our accidents and misfortunes. Having imagined herself in an airplane accident and having emotionalized this negative thought with fear, it became a subjective state. When she took the trip two months later, she had the accident that she "knew" she would have.

If a woman fears that her husband is going to leave her, this is how she conquers her moods. The fear is a negative feeling which is communicated to him. If he does not know the laws of life, her conviction of him will be made manifest. In other words, he will do the thing she feared he would do, because this was her conviction of him. Instead of this fear, she supplants it by seeing her husband radiating peace, health and happiness. In meditation morning and night, she radiates the mood of love and peace and feels that her husband is the most wonderful man in all the world. She feels that he is loving, kind and devoted. She

imagines he is telling her how wonderful she is and how happy, free and balanced he is. Her mood of fear is now changed to a mood of love and peace. This is the Spirit of God moving in her behalf. As she continues to do this, this mood gels within her. She now knows, *He never faileth* (Zephaniah 3:5), and that . . . *perfect love casteth out fear* . . . (I John 4:18).

Our daily prayer or daily mood must be one of joyous expectancy or a confident expectancy of all good things. This is our greatest prayer. If we expect the best, the best will come to us. It is our mood that is vital.

The modern metaphysician teaches that God is the life principle within man. If you feel full of confidence and trust, this is the movement of the Spirit of God within you, and It is all powerful. . . . *None can stay his hand, or say unto him, What doest thou?* (Daniel 4:35). Man's own consciousness is God; there is no other God. By consciousness is meant existence, life and awareness.

You, the reader, know that you exist. This knowing that you exist is God. What you are aware of is your concept of God. Each man must ask himself, "What am I aware of?" The answer to this question is his belief about God. It is what he knows about God. When he says, "I am aware of want, I am fearful, I am sick," these are lies and have no truth in them. When man says, "I am fearful," he is saying that God is full of fear, which is nonsensical. When he says, "I am in

want," he is relating a lie and a denial of God's abundance and infinite supply. His faith is in failure, and he succeeds in being a failure. He believes in a lie, but he cannot prove the lie. The false condition seems real as long as he dwells upon it. When he ceases to believe it, he is free and healed.

CHAPTER 14

The Power of Suggestion

You have heard the Biblical expression, . . . *Thy faith hath made thee whole* . . . (Mark 5:34). The obvious meaning is that the power which effects the healing is resident within the individual and not in any extraneous form. Jesus proclaimed faith as the one prepotent agency in the healing process. Faith is the mental attitude of the individual which releases the spiritual agencies within all of us. Many methods of healing prevail in the world today. They are varied in the many countries of the world. The only prerequisite to all of these methods is the requisite confidence on the part of the patient, then results follow.

The Bible tells us that Jesus could not do many wonderful works among the people of his village because of their unbelief. In order for you to get positive results, it is necessary that you understand the principles involved.

There are two phases of your mind, commonly referred to as objective mind and subjective mind, or you can use the terms conscious and subconscious

minds. Many refer to these two phases of your mind as the supraliminal and the subliminal. The conscious, or objective mind is the mind of ordinary waking consciousness, which takes cognizance of the objective world by means of the five senses, whereas the subconscious mind* is the builder of the body and manifests itself in all subjective states and conditions, as in hypnotism, sleep, clairvoyance, clairaudience, somnambulism, trance, dreams, etc., when the conscious mind is asleep or wholly or partially subjugated. Your subconscious is always active; it never sleeps.

How Suggestion Works

You must remember that your subconscious mind is constantly amenable to control by the power of suggestion. There is a clear line of differentiation between the two phases of your mind both as to their powers and to their limitations. One of the corollaries of the law of suggestion is that your subconscious mind is incapable of inductive reasoning, which means that it is not capable of conducting independently a line of research by collecting facts, classifying them and estimating their relative evidential values.

Your subconscious accepts whatever suggestions

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

are imparted to it, whether these suggestions are false or true. Its method of reasoning is purely deductive, and its power of deduction seems to be well nigh perfect. Remember, all this is true whether the premise be true or false. That is to say, your subconscious mind deductions from a false premise are as logically correct as from a true one. This is why it is extremely important what you suggest to your subconscious mind.

Your Auto-Suggestion

Remember, an auto-suggestion is just as potent, other things being equal, as a suggestion from another person. When your subconscious is confronted with two opposing suggestions, the stronger one necessarily prevails. You can reject all negative suggestions given to you, and at the same time, you can contemplate the One Power—the Power of God—functioning and operating in you, thereby neutralizing any negative suggestions given to you.

The Wonders of Your Deeper Mind

Your whole body is made up of a confederation of intelligent cells, each of which performs its functions with an amazing intelligence according to its special duties. Your body is composed of billions of cells, and your body does not rest when you are asleep —that is an illusion. Your heart beats, you breathe

regularly, digestion and assimilation go on ceaselessly, circulation of blood continues, the body perspires, hair grows, finger nails grow, etc. You might say that your body slows down, but, actually, it does not rest.

It is your conscious mind that rests as you withdraw from the vexations, strife, contentions and anxieties of the day. In sleep, the conscious mind is cut off and the wisdom and intelligence of your subconscious takes over. The healing process takes place when you are asleep. This is why you read in the 23rd Psalm: *He restoreth my soul. . . . He giveth his beloved sleep* (Psalm 127:2).

She Visited a Kahuna

A woman residing in Leisure World told me that about ten years ago she suffered from what had been called an incurable malady. She decided to see a kahuna, who is a native priest in the Hawaiian Islands. She said that he went into a certain ritual of prayer, including native incantations, which she did not understand. After a half an hour or so, he told her that she should repeat "God is" over and over again at night as she goes to sleep and that she would be healed.

She said that his attitude was so impressive that she was convinced a healing would follow. So, when she had awakened the next morning, she knew instinctively

and intuitively that she was healed. All subsequent tests verified her inner knowing.

This demonstrates the power of faith, or a complete mental acceptance on her part, which released the Infinite Healing Presence within her, making her whole and perfect. This silent partner in all of us is all-wise. You can call It God, if you like, or the Superconscious, the I AM, the Christ within, subconscious wisdom and intelligence or the Higher-Self. The point is that this power and wisdom is within each of us, and it is our God-given privilege to contact this Super Intelligence and apply It. The Bible says, *Acquaint now thyself with him, and be at peace . . .* (Job 22:21).

Healers

There are mental, psychic and spiritual healing agencies, churches and individuals all over the world. Many of them seek to prove that only their method is correct. This is obviously not true, as all of them get healings. The Blackfoot Indian medicine man and the witchdoctor in Africa get healings, also.

There is one universal Healing Presence available to all. The method of healing is faith, whether blind faith or true faith. The latter is based on the knowledge of the working of your deeper mind. We might reflect here and realize that for untold ages, suggestion was the only therapeutic agency available to man. Medicine, if we look upon its advent from

Hippocrates, called "the father of medicine," who practiced about 400 B.C., is a vast, modern institution today when compared with that long line of healers through the centuries who had marvelous healings through the power of suggestion in its countless forms.

Any form of belief which inspires the faith of the patient, when supplemented by a corresponding healing suggestion, is definitely efficacious. You might say that anything the patient has faith in is efficacious as healing therapy.

The Fetish Worshipper

There are fetish worshippers who believe that a carving of wood or bone possesses magical powers or is endowed with energies or qualities capable of bringing about a healing or protection according to the design of the owner. The fetish sometimes is believed to be the abode of a supernatural power and gains its potency from the indwelling of that spirit.

Many ill people throughout the world invoke the aid of these sticks, trees or bones, supposedly inhabited by spirits; and during the performance of the rites by the medicine man, they are restored to health. Why? It is because the ceremony or ritual constitutes a powerful suggestion which activates the healing power resident in the subconscious mind. Furthermore, the ceremony inspires faith and receptivity,

releasing the Infinite Intelligence which controls the body.

North American Indian Healings

Some of the North American Indians believe that evil spirits cause all disease. His medicine man tells the sick man that he can frighten and expel the evil spirits by incantation, gyrations of his body, frightful noises, etc., supplemented by a weird, grotesque makeup. The patient is highly suggestible and, of course, very receptive, and the evil spirits flee in a short period of time, leaving the sick man to recover. It is foolish to say that they don't have healings. However, it is all based on suggestions: nothing more, nothing less.

One highly educated Indian who was a medical doctor told me that to the untutored and unlettered mind of the poor Indians, this method of healing is ofttimes more effective than the material remedies of the highly up-to-date and modern physician. All healing agencies are effective in exact proportion to their faith-inspiring potency.

It is not surprising, therefore, that in the days of primitive humanity, when superstition and ignorance were universal, there prevailed countless methods of healing therapies. It is foolish to scoff at the primitive beliefs and practices in vogue when humanity was in its infancy. God's universal healing presence is available to all. God, in His infinite mercy, had instituted

a subconscious law adapted to the belief of every level of human intelligence. All healing methods are adapted to some special grade of intelligence.

Truth Is Eternal

Nothing is permanent but Truth. Error loses its vitality in the sunlight of Truth; hence, all institutions that are based on fundamental error cannot permanently endure in the presence of fundamental Truth. Wrong systems and techniques may endure for a long time, but their good effects become less and less in evidence and so they finally vanish.

Action and reaction are always equal. Hence, when a student of Truth learns the basis of all these forms of healing, he knows there is only one Healing Presence which responds to his call upon It and that It responds to all. Then he gives up all the popular but erroneous systems of healing because he knows the Truth and the way the mind works. The Truth student is no longer looking for some extraneous intelligence; rather, he looks inside of himself and realizes that he can control the workings of his subconscious mind, which, in turn, controls all vital functions. The Truth student's faith is based on a knowledge of the laws of mind, not of blind credulity.

Overcoming Alcoholism

It is impossible for one to suggest universal principles to another without being benefited himself. For

example, some professional hypnotists have told me that when they make suggestions to the alcoholic, they are healed of alcoholism themselves. In other words, they said that it is impossible for one to be a drunkard when he is employing suggestions for the eradication of drinking habits in the patient. One hypnotist stated that he was unable to bear the smell or taste of liquor after making a series of affirmations and vigorous suggestions to an alcoholic that the taste and smell of liquor would thereafter make him sick.

The law of mind is that an auto-suggestion is as effective as a suggestion from another. The conscious mind suggests and the subconscious mind accepts and believes the suggestion, performing its function accordingly.

Many people use auto-suggestion for the eradication of smoking, excessive drinking and other bad habits. In other words, anyone can relieve himself of any habit he *sincerely desires* to get rid of. It often happens that the alcoholic goes to a specialist, but in his heart he has no real desire to be free from the habit. This creates an adverse auto-suggestion which necessarily defeats the operator or specialist.

Remember, a very important point is to know that all suggestions to a patient react upon the one who makes the suggestion. Action and reaction are always equal. The principle is as true of mental as well as physical energy. It is like the quality of mercy: "It is

twice blessed; it blesseth him that gives and him that takes."

Darwin's Comments

In the *Descent of Man,* Darwin points out that intelligent actions by animals, after being performed during several generations, become converted into instincts and are inherited, as when birds on the oceanic islands avoid man. His reference to the birds on the oceanic islands is very interesting, pointing out the way the subjective minds of animals and birds act. When man first visited those hitherto uninhabited islands, he noticed that the birds were completely void of fear of the biped who walked among them, but they soon learned their lesson—that he was armed with a weapon that was fatal to them. This was communicated subjectively to their offspring, and whenever man appeared after that, they flew away. Some hunters tell us that they very soon learned to measure with great accuracy the effective range of man's guns. Gradually, during several generations, the fear of man was converted into an inheritable instinct. Thereafter, the youngest bird was as fearful of his enemy—man—as was his experienced ancestors.

Control of Animals

Were it not for the law of suggestion, it would be impossible for man to tame a tiger, subdue an

elephant or tame a wild horse. The horse is subjective and subject to the conscious control of man. In order to be subject to man, the horse must be made to believe that man is much stronger than a horse. The horse trainer usually accomplishes this feat by throwing the animal and holding him down until he ceases to struggle. Man can bind his legs with a rope. When man has successfully accomplished his superiority, the rest is easy, for man's suggestion of superior strength has been communicated to the subjective mind of the horse that it is useless to struggle against such power. The subconscious mind of the horse is amenable to suggestion and control by the conscious mind of man.

The principle prevails in all encounters between man and the lower animals. Just in proportion to man's success in imparting suggestions to the animal he seeks to subdue will he succeed in rendering the animal permanently obedient and docile. Man is enabled to assert and maintain his dominion over the animal creation by virtue of the law of suggestion.

She Had a Remarkable Recovery

While speaking in Atlanta, Georgia, some months ago, a woman came to see me. During the course of the conversation, she said that a year previously two bandits had come into her store and had told her to open the safe and to hurry up. She was on crutches

and she protested, pointing out that her husband would be there in a few minutes and that he usually opened the safe, because she had great difficulty bending down. One of the bandits then pointed a gun at her head and said, "I will give you thirty seconds to open the safe; if not, I will blow your head off." She threw away her crutches and opened the safe. She never used the crutches after that.

Self-preservation is the first law of nature—the idea to save her life at all costs seized her mind and all the power of the Infinite flowed to that focal point of attention, bringing forth a remarkable healing. The power of God, or the Infinite Healing Presence, was within her all the time, but she had never called upon It, so It remained dormant. The Living Spirit Almighty was within her, as It is within all people. It cannot be paralyzed or crippled; and in the presence of that great shock, she forgot she was crippled and released the power that moves the world.

Paralytics Walk and Run

The late Dr. Frederick Bailes told me that a number of helpless paralytics were confined to a hospital in South America and that somehow a boa constrictor had crawled into the ward through an open window. All the paralytics ran out of the ward into the yard outside, and all had become completely healed.

The Annals of Medicine

Many physicians in the United States and other countries have reported in medical journals extraordinary feats of strength, so-called miraculous healings taking place in the presence of a great shock such as fire in the home, a sudden catastrophe or a great emergency. The following article appeared in the *National Enquirer* January 29, 1980:

> **Tiny Housewife Lifts 4,500-Pound Car to Free Child Pinned Under a Wheel**
>
> In a rush of superhuman strength, a 118-pound woman lifted a 4,600-pound Cadillac with her bare hands to free an 8-year-old girl pinned under the front wheel.
>
> "All I can think is that God gave me the strength," says 44-year-old Martha Weiss, who stands 5 feet 3 inches.
>
> Now, children are calling her "Wonder Woman," and the police have given her a hero's citation.
>
> The gut-wrenching drama unfolded when Mrs. Weiss saw the car hit little Berta Amaral in front of Our Lady of Mount Carmel in San Diego, drag her 20 feet and stop on top of her.
>
> "Everyone seemed to freeze in horror," recalled Mrs. Weiss, who had just dropped off her own children at the school.

"The little girl's mother was crawling under the car trying to reach her.

"All I could think of was that woman's desperation as she tried to pull her daughter out.

"I knew I had to do something. I ran over and grabbed the front side of the car.

"The girl was under the right front wheel. She couldn't breathe. I said a silent prayer and strained with all my might. I could feel the metal cutting into my fingers—but the car didn't move an inch.

"I looked down at the pitiful face lying under the car, and I knew I had to lift it off of her.

"I tried again and, at first, nothing happened. Then suddenly I felt a new strength rush into my body. It was as though an invisible hand was suddenly helping me—and the car started to lift. I couldn't believe that it was actually happening, but then I screamed at the girl's mother to pull her free.

"As her tiny body came free of the car, I suddenly felt its full weight cutting into my fingers again and I had to let it drop."

Young Berta was rushed to a nearby hospital following the December 6 accident and is now recovering.

San Diego Policeman Bill Robinson, who

investigated the accident which earned Mrs. Weiss an official recommendation, told *The Enquirer:*

"The car weighed about 2½ tons—and she did lift the full weight of the front end off the child. I've heard of men managing to do something like this, with a rush of adrenaline, but never a woman. It's really amazing."

A Cadillac spokeswoman said the car, a 1968 Coupe De Ville, weighed 4,595 pounds. The driver was cited for reckless driving.

Reflecting on her accomplishment, Mrs. Weiss said: "I simply did it because it had to be done. My children are telling everyone that their mother is 'Wonder Woman'—but God must have worked through me that day."

—Malcolm Boyes

The late Henry Hamblin, Editor of the *Science of Thought Review,* Chichester, England, told me of a man who had lived a short distance from him. He was completely paralyzed due to polio and could move only rather slowly with two crutches. His two boys, ages six and seven, had been in the next room when the house caught on fire. He had rushed in and raised his two boys on his shoulders and run down the stairs. He had run into the street and asked a neighbor to call the fire brigade. He had walked for years after that incident, completely cured. The idea to save the

lives of both of his little boys had seized his mind, and the power of the Almighty had moved on his behalf and he had responded accordingly. Love conquers all.

Husband Has Morning Sickness

Recently I counselled with a man who had suffered with his wife the pangs of what he called "morning sickness" during her pregnancy. I sent him to a doctor friend of mine, who could find nothing physically wrong with him. This is not a strange phenomenon; it was due to his subconscious rapport with his wife. The constant telepathic communication brought on the same symptoms. It could be called psychological sympathy between husband and wife.

I gave him the following prayer to use three or four times a day:

> *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isaiah 26:3). I know that the inner desires of my heart come from God within me. God wants me to be happy. The will of God for me is life, love, truth, and beauty. I mentally accept my good now and I become a perfect channel for the Divine.
>
> I come into His Presence singing; I enter into His courts with praise; I am joyful and happy; I am still and poised.

The Still Small Voice whispers in my ear revealing to me my perfect answer. I am an expression of God. I am always in my true place doing the thing I love to do. I refuse to accept the opinions of man as truth. I now turn within and I sense and feel the rhythm of the Divine. I hear the melody of God whispering its message of love to me.

My mind is God's mind, and I am always reflecting Divine wisdom and Divine intelligence. My brain symbolizes my capacity to think wisely and spiritually. God's ideas unfold within my mind with perfect sequence. I am always poised, balanced, serene and calm, for I know that God will always reveal to me the perfect solution to all my needs.

Whenever I think of my wife I will affirm immediately, "God's peace fills your soul. God loves you and cares for you."

Following this procedure, he became completely free from all symptoms.

CHAPTER 15

Marriage, Sex, and Divorce

In Munich a woman asked me: "What about the relationship between faith and works?" This is a very practical question. It is said that . . . *faith, if it hath not works, is dead* . . . (James 2:17). The faith spoken of in the Bible, however, has nothing whatever to do with faith in a creed, such as the Jewish, Catholic, Protestant or Buddhist faith. It means faith in the Creative Law of the Universe, faith that whatever is impressed on the subconscious mind will be experienced.

Faith, Biblically speaking, has nothing to do with any religious persuasion. Have faith that every thought is creative. What you feel and imagine to be true will come to pass, whether good or bad. Your real faith is the silent inner knowing of your own soul; it is your inner, practical, functioning belief regarding God, life and your fellow man. It is the real belief of your heart that is made manifest, not what you superficially give intellectual assent to. The Book of Proverbs says: *For as he thinketh in his heart, so is*

he (Proverbs 23:7). That is your real faith and your real religion.

Dr. Erhard Freitag, Leopoldstrasse Be 70, 8000 Munich 40, West Germany, has invited me several times to give lectures in Germany and Switzerland. He is an outstanding spiritual psychologist, a Doctor of Divine Science, and a marvelous lecturer and teacher of the powers of your subconscious mind. His associate, Professor Manfred G. Schmidt, has translated many of my books into the German language, and he, too, is a wonderful metaphysician and lecturer. His translations of metaphysical books are superb, because he conveys intuitively and spiritually the real meaning of the author.

It was under Dr. Freitag's auspices that I have lectured in Frankfurt and Munich, Germany; Vienna, Austria; and Zurich, Switzerland, and I have experienced a wonderful response in the various cities I have visited. There is a deep spiritual renaissance in Germany and Switzerland, and I found a great hunger and thirst for the eternal verities. Many of my books have been translated into the German language, and eventually all of thirty-five books will be available in that language.

Girl in Wheel Chair Walks

Professor Schmidt introduced me to a girl who had been forced to be in a wheel chair for several years but who now walks. She had listened to lectures by Dr.

Freitag and she diligently studied *The Power of Your Subconscious Mind,** applying the techniques outlined therein. She claimed that the Supreme Intelligence Which created her could and would heal her, and she also pictured herself doing all the things she would do were she whole and perfect. She literally lived the role in her mind and she discovered that thought upon thought, mental picture upon picture, when repeated, and feeling the reality of it all, penetrated her subconscious mind and was objectified on the screen of space.

Why She Did Not Help Her Mother

A young woman had a conference with me in Vienna, Austria. She said that she had been praying for her mother, who was in a hospital for a heart condition, but that her mother got worse. In our conversation, however, I discovered that her mind was full of the acute and dangerous symptoms and not with the power of God. Her prayers tended to magnify the trouble rather than to remove the condition. Real prayer consists of thinking of God, but she was thinking more of the infirmities, thereby perpetuating the disabilities instead of giving her mother a spiritual transfusion.

I suggested to her that she pray as follows: "My

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

mother is known in Divine Mind. God is, and His Healing Presence flows through her as peace, harmony, wholeness, beauty and Divine love. God loves her and cares for her. I feel and know that there is only One Healing Presence and Power and its corollary: There is no power to challenge the action of God. I claim that the vitality, intelligence and power of the Infinite are now being externalized in her whole being. I give thanks for the healing that is now taking place. I surrender her to God. Later on when I pray, I will pray as if I had never prayed before. Each time I do this, I am reinforcing the idea of wholeness and vitality, which penetrates the subconscious of my mother, and a healing follows."

She followed this spiritual prescription, and I subsequently received a wonderful letter from her stating that her mother had returned home and is now vital, strong and doing all the things she loves to do.

What to Do When You Pray

If you pray for a pathological heart or lung condition, do not think of the organ as diseased, as this would not be spiritual thinking. Thoughts are things. Your spiritual thought takes the form of cells, tissues, nerves and organs. To think of a damaged or diseased heart or of high blood pressure tends to suggest more of what you already have.

Cease dwelling on symptoms, organs or any other part of the body. Turn your mind to God and His

love. Feel and know that the healing power of God is flowing through the other person. Picture the person for whom you are praying as vital, alive, and bubbling over with enthusiasm. Hear the sick person telling you about the miracle of God which has happened in his or her life. Do this as often as you are led to do it, and wonderful results will follow.

You Must Want to Be Healed

In Munich I had a consultation with a woman who suffered from arthritis. She was taking aspirin and codeine, hot baths, heat therapy, etc., but, according to her, the arthritis was getting worse.

I explained to her that the word "itis" indicates inflammation of the mind. In other words, there must exist some poison pocket in her subconscious mind, such as deep-seated resentment, hostility or an unwillingness to forgive. She admitted that she had stolen large sums of money over a period of time from her mother, who had previously passed on to the next dimension of life, and she felt very guilty and believed that she should be punished, thereby causing this inflammatory condition of her body.

Ofttimes, the explanation is the cure. I asked her if she would steal now. She replied, "No. I am leading a good, honest life." Then I reminded her that she was not the same woman spiritually, mentally or physically who had formerly stolen the money. I said to her, "You are just as good as if you never had been

bad." The Life-Principle, or God, never punishes and holds no grudges. When you forgive yourself, you are forgiven. Life forgives you when you forgive yourself and others. Your sense of guilt brought on the condition. Change your attitude now and you will cure the condition. Forgiveness is an exchange whereby you give up fear for faith in God, sickness for wholeness, poverty for wealth, and pain for peace. In other words, you give up negative and destructive emotions in exchange for harmony, health and peace of mind.

I gave her the following prayer to use frequently, making sure that she does not subsequently deny what she affirms: "All is Spirit and the manifestation of Spirit. My life is God's life; I am perfect now. All my organs are God's ideas, which minister and benefit me. I am a spiritual being: I am a perfect reflection of the Perfect God. I feel and know that I am perfect in all ways; I am spiritual, Divine and holy. I am one with my Father, and my Father is God. I am expressing harmony, peace and joy. All growth in my body and affairs is governed by Infinite Intelligence which is the active, all-wise, law-abiding Principle called God. I know that I am immersed in the Holy Omnipresence, and every atom, tissue, muscle and bone of my being is flooded with the radiance of the Light Limitless. My body is God's body; I am whole and perfect. I am one with God. My mind is flooded with the peace that

passeth understanding, and all is well, I thank thee, Father."

I have heard from her recently, and she says that the edema has subsided, the calcareous deposits are disappearing and the pain is alleviated. As she continues, I know she will have a perfect healing.

In Zurich, the home of the late Carl Jung, there is a great spiritual awareness. Dr. Freitag frequently speaks to audiences in Switzerland and has a large following in several of the major cities. I experienced overflow audiences in all the cities visited, including Zurich.

In consultation with a woman in the hotel in Zurich, she said that she had given 100,000 francs to a con man. Apparently, she had experienced difficulty gaining admission to the United States, and he had told her he could fix it up for that sum of money. This was negligence, carelessness and indifference on her part. She had not consulted an attorney nor asked representatives in the office of the American Consulate about this proposed bribe. In other words, she did not use common sense.

She admitted that she had been foolish and gullible and a victim of a negative suggestion. Con men succeed many times in defrauding their victims because the victims don't reason things out and are greedy and looking for something for nothing. There is no free lunch. The suggestion of the con man that he could

bribe an official and get her the visa and necessary papers triggered her false belief and ulterior motivation. Had she been honest, upright and on the level, the suggestion of bribing would have been rejected. It is rare that a con man can cheat an honest person. Remember that the suggestion of another has no power to create what he suggests. You can reject it. If accepted by you, then it becomes a movement of your own thought. The local authorities in Zurich informed this young woman that the same man had swindled many widows and was now in East Germany.

I suggested that she could not lose the money unless she admitted the loss mentally. I further suggested that she apply the following formula of prayer: "I am mentally and spiritually united with the 100,000 francs I gave to _____. It comes back to me multiplied in Divine order." I explained to her that she was not to subsequently deny what she affirmed and that her subconscious always magnifies what she contemplates. The return of the money will come to her in ways she knows not of. The ways of the subconscious are past finding out.

This took place about a month ago, and as of this writing I have not heard from her, but I know that as she remains faithful to her prayer, she will receive the answer, magnified and multiplied. Never admit a loss. You can always go back to the Center and claim your

good from the Infinite Storehouse within, and the Spirit within will honor and validate your claim.

Why She Felt Guilty about Divorce

In the course of a conference with a woman in Frankfurt, Germany, I learned that she felt guilty and thought she had sinned grievously because she had divorced her husband, who was an alcoholic and had been very abusive to her and their two children. He was also a non-provider.

I asked her if she didn't have a persistent feeling, an inner intuitive perception, which lingered within her prior to the marriage, and she said she did but did not heed it. This was the inner voice of her Higher Self seeking to protect her. It is that inner awareness, that silent inner knowing, that always seeks to protect you. There are many men and women who completely reject these inner monitions, murmurings and whisperings of the heart strings. It is wrong to marry when that inner knowing persists.

I explained to her that it is wrong to live a lie, and that divorce was not wrong for her because both of them were already divorced mentally from love, harmony, peace, honesty, integrity, kindness and goodwill.

She Quoted Matthew 19

Apparently she knew the verses by heart:

They say unto him, Why did Moses then command

to give a writing of divorcement, and to put her away?

He saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.

And I say unto you, Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery (Matthew 19:7–9).

The Bible is a psychological and spiritual textbook and must be interpreted from the standpoint of its inner meaning. Ignorance of this inner meaning causes endless confusion, guilt, misery and failure. She had married outside the church and had had a civil ceremony. Her relatives had told her that she had sinned and inevitably would be punished.

The first thing you should learn about marriage is that no rabbi, priest, minister or judge sanctifies a marriage. All they do is to dramatize externally the inner agreement between a man and a woman. Neither does any church on the face of the earth sanctify a marriage. Marriage is a union of two souls who sense the Presence of God in each other. In other words, each is united to the God-Presence within.

God Is Love

When two hearts unite in love and are honest, just and sincere with each other, that is God, or pure love, joining two people together. It is a union of two souls

seeking their way back to the heart of Reality. In a true sense, each is married or united to a God of love, for God is love.

I explained to her that marriage based on lies, falsehood or ulterior motivation is an absolute lie and completely false from all angles. It is foolish to say that God, or love, is present in all marriages. Her ex-husband had lied to her. He had never told her that he was an alcoholic, that he had been previously divorced three times and had abandoned his previous family. This so-called marriage was a complete farce, a sham and a masquerade. This woman realized that he had married her because she was wealthy, pretty and attractive and probably wanted to satisfy and compensate for his inferiority complex and failure in life.

Having explained the inner meaning of the verses she had referred to, there came to her a freedom from a sense of guilt based on early false indoctrination. I gave her the following prayer, telling her that she was not to deny what she affirmed. I explained that she does not get what she wants in life but that she gets according to the mental equivalent which must be established in her subconscious mind. In other words, as she thinks with interest on the qualities she admires in a man, she will gradually build up the ideal in her mind. Then, according to the law of the subconscious she will attract the embodiment of her ideal. This is the prayer I gave her:

"I know that I am one with God now. In Him I live, move and have my being. God is life; this life is the

life of all men and women. We are all sons and daughters of the one Father.

"I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There are mutual love, freedom and respect.

"There is one mind; I know him now in this mind. I unite now with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other already in Divine Mind. I see the God in him; he sees the God in me. Having met him *within,* I must meet him in the *without;* for this is the law of my own mind.

"These words go forth and accomplish whereunto they are sent. I know it is now done, finished and accomplished in God. Thank you, Father."

I have received a wonderful letter from this woman. She wrote that she is now happily married and is on a world tour. Love never faileth.

. . . What Therefore God Hath Joined Together, Let Not Man Put Asunder *(Matthew 19:6)*

The misinterpretation of this verse has brought about endless confusion plus a sense of guilt for a great number of people who think that because they were married in a particular church, divorce is wrong and

sinful. Nothing could be further from the truth. God is love; and if love does not join two people together, there is no real marriage. God, or love, is not present in such unions; therefore, in reality, the whole performance is a sham.

As mentioned previously in earlier books, I perform marriage ceremonies for men and women here in Leisure World, some of whom are seventy-five and eighty years of age. Many times the man says that he is completely depleted sexually, but they are honest, just and perfectly frank with each other. Honesty, integrity, justice and goodwill are all children of love. Therefore, it is God, or love, joining the two together just as much as if they were twenty or twenty-one years of age.

The word *man,* as mentioned in the above Biblical verses, means manifestation on the objective screen of space. When love joins two together, no objective situation, condition, circumstance or inlaws can break it up. Nothing can oppose Divine love. All of us are living in a subjective and objective world, and we express objectively on the screen of space that which is impressed in our subconscious, or subjective mind. That is the meaning of the age-old Truth: "As within, so without."

Marriage Takes Place in the Mind

I have suggested to many women who know the laws of mind to select one person in the world who would love to hear good news about them, then, prior to

sleep, to hear that person tell them over and over again what they long to hear. In that drowsy, sleepy state, there is an outcropping of your subconscious mind, and it is an excellent way to impregnate your deeper mind as you enter into the deep of sleep.

Many widows and others have said to me, "I have heard you say to me over and over again prior to sleep, 'I now pronounce you man and wife,' and I go off to the deep of sleep." The last waking concept is etched on your deeper mind. The wisdom of the subconscious decides how to bring it to pass. These women know that all transactions take place in the mind, and when they think of marriage they already know they will marry character, which is the ideal in mind. In prayer you always go to the end and, having seen and felt the end, you will experience the means to the realization of the end.

"I now pronounce you man and wife" are the words I would use at the end of the ceremony. Therefore, it has already happened in mind and must take place in the objective world. In nearly all instances the women who have used this technique have experienced the joy of the answered prayer. The outside ceremony, or marriage, confirmed the inside act of their imagination and feeling.

Ignorance Is the Only Sin and All the Suffering Is the Consequence

Buddha, in his meditation, asked the cause of all the suffering and misery in India. The answer he

received was *ignorance.* Teach the people the Truth of Being. As you know, ignorance of the law is no excuse—this is true in civil cases. If you pass a red light, it is no use to plead ignorance of the civil code, or law. You are fined, nevertheless.

We Live Together; What Is the Difference?

I have heard that many times. The college boy who knows it all says, "I sleep with different girls and have sex with them. What's wrong with it?" I say to him, "What are you afraid of? Are you afraid to commit yourself? Are you shirking your responsibilities? Do you have an inferiority complex? Love is a state of at-one-ness. If you love a girl, you do not do anything unloving. You are dodging the issue. Love is always confirmed objectively. You must demonstrate your love."

I have talked with many young women who have lived with the "ideal boy." She loves him in her own way and wants him to marry her. She subconsciously forgets to take the pill and then becomes pregnant. Her story is very prevalent. He deserts her, claims he is not responsible, and claims it was someone else who got her pregnant. Where is the love? the honesty? the integrity?

"What nonsense," I say to these young men who tell me they sleep with many girls on the campus. "Why don't you invite your sister down to the campus and introduce her to all these wonderful lovers?"

The answer, of course, is, as you know very well, "Not my sister. I would kill her first." You see, it is always the other fellow's sister. What rank hypocrisy! When you hurt another, you are also hurting yourself.

Some of these girls who engage in what they call free love, when they become pregnant, feel full of guilt. Their so-called lovers usually desert them. Many times they commit suicide, or they become the ladies who walk the promiscuous path. The man who walks off and who is responsible also for their pregnancy and predicament cannot escape responsibility, and the law of his subconscious responds in its own way.

Take a good look at those people who say that they don't need a marriage ceremony or what they call a piece of paper. They are usually very insincere, full of fear, belligerent, bellicose and frightfully insecure. They are afraid that the union might not work. They are afraid of responsibility. There is no love there; therefore, the whole performance is rank hypocrisy.

Some will tell you that they are doing it, i.e., living together as man and wife, principally for tax purposes. That is completely false. I say to them, "All right. If you are married in your heart and it is true love, why don't you confirm it objectively? Everything that is subjectified is always made manifest in the objective world. If one of you died tonight, what provisions have you made to your partner? Supposing you passed on in your sleep tonight. Have you left an insurance

policy of $100,000 or $200,000 for your spouse to take care of her or him? You must demonstrate your love."

I say to women: Pay no attention to what a man says. Watch what he does. What he does is what he means. Women, wake up!

Keep Thy Heart . . . for Out of It Are the Issues of Life *(Proverbs 4:23)*

The heart in Hebrew symbolism and in the figurative language of the Bible means your subconscious mind. This means that every action has an equal and corresponding reaction. It also means that whatever you convey with feeling to your subconscious will come forth as form, function, experience and event. Marriage is definitely of the heart (the seat of love) and not of the church, temple, magistrate or court. If that is true, which it is, there follows the outer to confirm the inner state of mind. Otherwise, there is something frightfully wrong. All actions of the union of the conscious and subconscious mind are confirmed in an objective fashion. The laws of mind proclaim that what you do within be experienced without.

What Is a True Marriage?

It is a marriage of the heart, and the heart, or subconscious mind, is the dwelling place of God. You are

the temple of the Living God. All the powers of God are within you. You can call the power your Higher Self, I AM, Allah, Brahma, Ain Soph, the Oversoul or the Living Spirit Almighty. In reality, It has no name. The ancient mystics said: "When you name It, you cannot find It, and when you find It, you cannot name It."

A Visit to London

I established the Truth Forum in Caxton Hall, London, England, in the early fifties, which was conducted under the auspices of Dr. Evelyn Fleet. I have lectured there and given seminars over the years. On a recent trip, I had the privilege of ordaining Michael Grimes, who lectures on the laws of mind at Caxton Hall. He is a wonderful and outstanding teacher and a profound student of the Laws of Life and the way of the Holy Spirit.

On this recent visit to London, he graciously arranged a joint session of the Science of Mind and the Unity Movement in London, which is conducted by Dr. Ralph Seelig, who is also absolutely outstanding in his promotion of the great truths of life. He and his lovely wife are broadcasting the eternal verities in a wonderful way, and they are illumined and blessed in countless ways. Dr. Grimes and Dr. Seelig are doubly blessed by having the wonderful wives who urge them ever onward, upward and Godward.

A Hopeless Marital Situation

A husband and wife visited me at the St. Ermin's Hotel next door to Caxton Hall, where I usually lecture when I visit London, England. They said they had been married in the Church of England but that their situation was intolerable. He admitted that he was cruel to her and had whipped her at times in order to get a sexual release, as he called it. The wife seemed to think that a divorce was a sin. She had weird, grotesque and superstitious beliefs of what marriage really meant.

I explained to them that marriage is not a license for cruelty, whipping, neglect and abuse. Her husband was obviously a psychopathic sadist. He admitted that he was a wife beater. Actually, his wife was his main support. Her clergyman had told her that she should stay with him regardless of his debaucheries and sexual abnormalities. This, of course, is absolutely stupid and makes no sense. There is no such teaching in any Bible of the world.

A great number of people, including some clergymen who should and would know better if they would study the exegesis of the Bible, or if they would read Philo Judaeus of 2000 years ago, who gave the allegorical exposition of the five Books of Moses, would then see that the whole Bible is allegorical, mystical, figurative, idiomatic, and full of fables, myths,

cryptograms and numbers. The New Testament is full of parables, and nobody in his right mind takes all the parables literally.

For example, the words *fornication* and *adultery* in the Bible do not refer merely to the bodily acts. The mind acts upon the body. The body is a vehicle. It moves as it is moved upon. It acts as it is acted upon. The body does nothing unless it is acted upon by the mind. You can play on your body a melody of love or a hymn of hate. In other words, your body does nothing except on the orders of your mind. Surely that is simple and needs no explanation.

The Bible says, . . . *Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart* (Matthew 5:28). This reveals and portrays that adultery, first of all, is of the heart, or your subconscious mind. And, of course, your body is acted upon by what is impressed on your subconscious mind.

Your Body Is Not Responsible

The forces that govern your body are mental and spiritual. It is your mental attitude that determines your relationship with God, men and the universe. These two people saw the spiritual meaning of the Bible passages and, as a result, decided to dissolve the cruel hoax. They learned that fornication is actually idolatry, which means the worship of false gods, or cohabiting with evil in the bed of your mind.

If you give power to the stars, or if you say that others have power over you, or the fan gives you a stiff neck, etc., all of them are false gods in the sense that you are giving power to created things rather than to the Creator. You are fornicating, Biblically speaking, when you give power to voodooism, black magic, horoscopes, evil entities or any external power. God is the only Presence and Power. You cease fornicating when you give your supreme allegiance to the I AM within you, the only Presence and Power. When you cohabit with grudges, peeves, resentment and ill will in the bed of your mind, you will spawn an evil progeny.

The Bible is talking about the subjective side of life and does not refer to tenets, dogmas, formulations and prescribed rules for marriage established by various churches. Adultery and idolatry are the same thing. We speak of chemicals such as sodium chloride as C.P., meaning chemically pure. All adulterants are removed; no foreign substances are present. In a similar manner, you must cleanse your mind and cease giving power to externals, people, conditions and circumstances. In other words, cease worshipping false gods.

Spiritual-minded people do not give power to the phenomenalistic world. They give power to the Creator and not to the created thing. Adultery is of the heart (subconscious mind). The body does nothing of itself. Bodily actions are preceded by mental and

emotional states. Whenever you mentally and emotionally unite with false ideas and superstitious concepts, you are fornicating. Whatever you mentally dwell upon and feel to be true impregnates your subconscious mind and is called a mental sex act. It is a union of your conscious and subconscious mind, and there is an offspring from that union, which is called the son, bearing witness of the father and mother. The son is the manifestation or objectification of your idea, whether good or bad.

Why She Nagged Him

A woman in London said that her husband had lost all his money in the stock market and that he felt morose, morbid and deeply depressed. He wanted a divorce, claiming that she was nagging him to death.

I explained to her that nagging was about the quickest way to dissolve a marriage and suggested to her that this is the time when he needs encouragement and support. She pointed out the good qualities and attitudes he had when she married him. I said to her that these same qualities and characteristics which endeared him to her in the first place are still there but need to be resurrected. This can be accomplished by scientific prayer.

I gave her the following prayer to use frequently, pointing out that he would subconsciously receive her spiritual upliftment and both would be blessed: "I know that my husband is receptive to my constructive thought and imagery. I claim, feel and know that at

the center of his being is peace. My husband is Divinely guided in all ways. He is a channel for the Divine. God's love fills his mind and heart. There are harmony, peace, love and understanding between us. I picture him as happy, healthy, joyous, loving and prosperous. I surround and enfold him with the sacred circle of God's love which is impregnable, impervious and invulnerable to all negation."

They talked things over while I was in London and then decided to pray together and stay together. Her husband recently has found a very lucrative position. Prayer changes things: It changes the person who prays.

Keep your mind stayed on God and this will prevent your mind from wandering to the false gods and erroneous beliefs of the world. When difficulties arise in marriage relationships, the thing to do is to exalt God in each other. Talk to the Spirit of your wife or husband as follows: "The Spirit in me talks to the Spirit of John or Mary, and there are harmony, peace, love and understanding between us at all times. God thinks, speaks and acts through me, and God thinks, speaks and acts through my spouse." As you make a habit of this, the marriage will grow more blessed and beautiful through the years.

He Went Back to Her

A pharmacist in London had a quarrel with his wife. As a result, she left him and married someone else. He married someone else also. All the time, though, he

was married in his heart to his first wife. She, too, longed for him and told him so. Love hath joined them in the first place. There was no real love in his present situation. He saw the point and let his heart's love unite them once more. It is wrong to live a lie. It is far more decent and honorable to break up the lie than live it.

The answer to every problem is spiritual awareness. To know how to pray scientifically would prevent many marriages from ever taking place. Likewise, when there is a spiritual awareness and a deep reverence for things Divine, many divorces would never take place. Only God and His love can bind up the wounds of the broken-hearted and set free the captives.

Disciplining the Mind

. . . *She was found with child of the Holy Ghost* (Matthew 1:18). The *Holy Ghost* means the Holy (whole) Spirit or God which is lodged in the unconscious depths of all men. *Joseph* is your choosing, volitional or conscious mind. *Mary* represents your deeper mind full of the qualities, attributes and potencies of God. Joseph, the conscious mind, should be a guide and protector for the holy child, which child is your awareness of the presence and power of God within you. Your thought is Joseph and your feeling or emotion is Mary. When these two unite in peace and harmony, your prayer is answered; this is God in

action. This is the way your mind works, and the knowledge of this is the birth of the Holy Child or Wisdom in you.

Practice a harmonious, synchronous and joyous relationship between your conscious and subconscious mind, and you will bring forth health, peace, strength and security. Enthrone the right idea in your mind; then you will experience in your heart the true feeling. The union of your thought and feeling represents the married pair in you; when they are fused, the third element, peace (God), enters in and you experience the joy of the answered prayer. Let your heart become a chalice for God's love and a manger for His birth; then, as a result, you will express and bring forth a child which is God on earth.

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DEVORSS & COMPANY, *Publishers*
Marina del Rey, California 90294-0550
ISBN: 0-87516-426-9

How to Use Your Healing Power

Joseph Murphy

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HOW TO USE YOUR HEALING POWER

BOOKS BY DR. JOSEPH MURPHY

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HOW TO USE YOUR HEALING POWER

THE MEANING OF THE HEALINGS OF JESUS

JOSEPH MURPHY
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DeVorss & Co., *Publishers*
P.O. Box 550
Marina Del Rey, Ca. 90294

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Thirteenth Printing, 1993

ISBN: 0-87516-186-3

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Printed in the United States of America

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INTRODUCTION

This book is written in response to thousands of requests from students in many parts of the world. One of the largest classes I have ever given was at the Wilshire Ebell Theatre, Los Angeles, California, on the healing miracles of Jesus and what they mean to men everywhere. This book is an attempt to elaborate on the inner meaning of the recorded healings in the New Testament and to show the reader that he can apply the Healing Principle today in the same way that Jesus did about two thousand years ago.

The stories of mental and physical illnesses recorded in the Bible have re-occurred from time immemorial to the present moment. You may see the conditions and symptoms of diseases described in the Bible in almost any hospital in the country. It is true, of course, that the diseases described today have scientific names derived from medical terminology.

All over the world today men and women of various creeds are awakening to the tremendous therapeutic results following the application of

mental and spiritual laws. In the fields of medicine, psychiatry, psychology, and other related fields, evidence is being adduced and articles written on the effect of destructive mental and emotional conflicts as the cause of all kinds of disease. This is prophetic of the termination of the power of the five senses, the reign of so-called *matter*, and the re-establishment of the reign of Divine Intelligence and of the Infinite Healing Presence behind all things.

The Bible is a psychological textbook which teaches us how to overcome all problems. It explains how we get into trouble; then teaches us how to get out of trouble. It teaches a science of life. A knowledge of the meaning of symbols, the science of the Hebrew alphabet, and the meaning of the various names in the Bible forms the key to all the stories in the Bible. You may find the meaning of the various names given in the Bible in *Strong's Concordance* or *Young's Concordance*. There are many other reference books but the above two are generally used by all Bible students interested in the inner meaning of the Bible.

To fully understand what another speaks or writes, it is necessary to tune in with the writer, claiming and knowing that his ideas, thoughts,

words, and feelings are reproduced in our mind. We do not really know who wrote the Gospels, and as I write or speak on these wonderful Bible stories, I say to my Deep Self in meditation, "What did I as the writer of these stories mean when I wrote them?" Then I get quiet and still, feeling the Living Intelligence within flowing through my conscious mind revealing to me everything I need to know. There is only one mind. A memory of everything that has ever transpired is within your subjective mind, and it is possible for you to tune in. In a state of intercommunion of mind with mind, it is possible to have transmitted to your mind all the thoughts, ideas, and feelings of another mind with which you are in tune or *en rapport*. This is possible without the ordinary channels of sensuous communication. There is but one mind common to all individual men.

The purpose of this book, so far as possible, is to divest and strip these stories of the Bible of all mystery so that it will be an open book for all mankind. The same Healing Presence which Moses, Elijah, Paul, and Jesus used is available to you now. Use it and go forward in the Light, moving from glory to glory *until the dawn appears, and the shadows flee away.*

Chapter 1

HEALING OF MENTAL DISORDERS

The following quotation is taken from the fourth chapter of Luke. It forms the sound basis for all healing, and tells all of us what we are here for.

The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised. And he closed the book, and he gave it again to the minister, and sat down. And the eyes of all them that were in the synagogue were fastened on him. And he began to say unto them, This day is this scripture fulfilled in your ears. Luke 4:18-21.

Here is one of the most remarkable and extraordinary statements in the whole Bible. *This day is this scripture fulfilled in your ears.* Not

tomorrow or next week or next year, but NOW, this minute. *God is the Eternal Now.* Your good is this moment. Claim your health now, your peace now. The Healing Principle and the Peace of God are within you. Someone asked me in our class on "The Healing Miracles" if the healing stories in the Bible were true. The answer to the question is very simple. If the use of the Healing Principle is going on all the time and is applicable to all people all of the time everywhere, it is certainly truer, more interesting, and more fascinating than if it were an historic event of a certain date, a definite geographical location, and confined to just certain people.

In order to understand your Bible see it as a great psychological drama taking place in the consciousness of all people everywhere when they pray scientifically. Look upon the following dramatic episodes recorded in the Bible as stories about yourself and your friends awakening from darkness to the Light within. You can call Jesus in the Bible, as Robert Taylor of Cambridge, England, in 1829 did, *illumined reason.* Your concordance gives you many meanings for Jesus such as "God is savior," or "God is your solution, or salvation." In other words the names Joshua and

Jesus are identical. The meaning is that your awareness or faith in the God-Wisdom can do all things. Look upon Jesus as yourself possessed of faith and confidence looking at the thoughts, beliefs, and opinions of your mind (your synagogue) rejecting all the false beliefs, theories, and ideas and announcing the presence of your ideal or the state desired. You do this in the present tense.

The Bible writer tells you that no matter what you are seeking, it exists now. Why wait for a healing? Why postpone it? Why say, "Some day I will have peace." The God of peace is within. The Power of the Almighty is within, and you will receive energy and strength. Love is here this moment, and you can experience the Divine Love welling up in your heart for all people. You can also attract your divine companion now. What you are seeking in the future is present now, right where you are. Your knowledge of the laws of your mind is your savior.

And they were astonished at his doctrine: for his word was with power. And in the synagogue there was a man, which had a spirit of an unclean devil, and cried out with a loud voice, Saying, Let us

alone; what have we to do with thee, thou Jesus of Nazareth? art thou come to destroy us? I know thee who thou art; the Holy One of God. And Jesus rebuked him, saying, Hold thy peace, and come out of him. And when the devil had thrown him in the midst, he came out of him, and hurt him not. Luke 4:32-35. *Related passages,* Mark 1:23-27, 3:11, 7:25-30.

There was a belief in ancient times that when a man was insane he was possessed by demons or devils. This had its corollary in the belief that all psychotic or mentally deranged people were demon possessed. In Bible days exorcism in its varied forms became the regularly accepted form of therapy for the mentally disordered patients. Even today in some parts of America and even here in Los Angeles a student will say, "Oh, I think he or she is possessed by a demon." At one time people tried varying methods in order to drive demons out of the mind or body of the person. Today the psychiatrist, psychologist, and spiritual leader tries to bring about an adjustment of the personality and a cleansing of the mind of all negative thoughts and false beliefs. You are very familiar with the

sudden and miraculous change often seen nowadays when a manic-depressive condition of an individual is cured by shock therapy.

Many years ago when a boy traveling on an ocean liner to India, I saw a raving maniac completely healed by an American woman who prayed aloud for him. He had a remarkable, instantaneous healing. Being curious, I asked her what she did. She replied, "I claimed that God's love and peace filled his mind." Today I understand much better what she meant. Her realization of the presence and power of God in the man was instantaneously resurrected in his mind, and a healing followed. Her faith made him whole. This is the whole story from a spiritual standpoint.

All *demons* or *devils* are negative states of mind that have been developed because the creative power of man has been used in an ignorant and destructive manner. The work of every man is to go into his own *synagogue* (mind) and through spiritual awareness cast out of his own mind the false theories, dogmas, beliefs, opinions, as well as all the negative states such as resentment, ill will, hatred, jealousy, etc. These are the devils which bedevil us. Obsessions, dual personalities, and all

other mental aberrations are the result of habitual negative thinking, crystallizing into definite states of mind such as complexes and other various poison pockets in the subconscious.

You are empowered to cast out demons by affirming your unity and oneness with the indwelling God; then you silently or audibly with feeling and faith speak the word of health, harmony, and peace. Pray with confidence like the woman on board the ship referred to previously by silently concentrating on the dissolving Power of God's Love upon the person. Thus the hold of evil thoughts will be broken.

The supposed devil cries out, *Let us alone, what have we to do with thee.* And he rebuked him saying, *Hold thy peace, come out of him.*

To rebuke means that you completely reject, once and for all, the power of any so-called negative or evil force. You do not admit for one moment that demons have any power, or that there are such entities.

He suffered not the demons to speak. Mark 1:34.

This means that you, who are illumined by the Light, will not, under any circumstances, permit negative race thoughts to dissuade you to turn away from the belief in One Supreme Power which

is One and Indivisible. The method of healing used by Jesus here was the word of authority, *. . . for with authority and power he commandeth the unclean spirits, and they came out.* Luke 4:36.

Your word is your awareness, your feeling, your conviction. Psychologically it is the union of the conscious and subconscious mind; *i.e.*, you have reached the point of agreement or complete mental acceptance of that which you affirm as true. The moment you accept it completely without reservations, the healing takes place in the person for whom you are praying. If you are praying for a mentally deranged person, follow the teachings of the Bible herein set forth.

Go boldly into your synagogue, which means the temple of your own mind; there gather your thoughts together rehearsing in your mind the Truths about God in the presence of your assembled thoughts and opinions; and therein feel the mental atmosphere of freedom and peace of mind for the sick person. Become Jesus (illumined mind) now; *i.e.*, you are full of faith and confidence as you enter the realm of your mind, giving no power to symptoms, or the nature of the mental blocks. Reject completely the verdict and opinions of those around you. Do this emphatically and

with a sense of inner knowing. Know that you have the authority to speak the word; *i.e.*, to feel and know that your thought is authoritative inasmuch as it is the Infinite thinking through you.

Quimby, the great American healer, knew that when he thought of his patient he was in command of the other person's mind and body; then he contemplated his divine perfection. He duplicated many of the miracles recorded in the Bible. Quimby's inner conviction that what was true of God was true of his patient was the *word* that he sent. *He sent his word and healed them.*

There are many evil spirits (negative emotions) such as hatred, resentment, revenge, jealousy, etc. It could be said that a man with intense hatred is obsessed by an evil spirit. Your mood or emotion is the spirit operating at the human level. The law governing your subjective mind is that it is amenable to suggestion. In ancient times, the idea was current that anyone was liable at any time to be taken possession of by a devil. Many persons who easily entered the subjective condition through fear found themselves possessed by devils, *i.e.*, the power of their own fearful thoughts.

In ancient times and even today in some parts of the world the profession of exorcism was and is

a very profitable one. The general belief was that the demons were afraid of holy water, the Bible, and of hearing the name of God pronounced. Accordingly it came to pass that, upon the verbal command of the exorcist the so-called devil would often incontinently fly, leaving the patient free. Sometimes the patient would go into convulsions on hearing the magic name pronounced, and more exorcists were then employed. You can see that the whole procedure is one of belief, and according to the belief of the exorcist is it done unto him.

Doctors and scientists are conducting experiments in hypnosis; they know, for example, that they can cause a subject under hypnosis to act like an insane person by suggestion. For instance, in a trance state a man can be told he will jump with one foot in the air when he sees a dog, and he will jump. If given a posthypnotic suggestion, he will repeat the performance after being awakened. This is a compulsion. He can be told he is possessed by a bad spirit or devil, and his subconscious mind which acts upon suggestion, faithfully reproduces the role of a devil with the same extraordinary acumen that it would personate any other character suggested. The subconscious mind which is all things to all men will exhibit as many

different kinds and degrees of deviltry as there are devils embraced in the suggestion. Experimentally any type of insanity can be brought about by appropriate suggestions given to subjects in the trance state. In experiments when the suggestion is relieved, the subject being instructed that it was only a suggestion, the mental aberrations disappear. The schizophrenic, psychotic, depressive, manic type of insanities can be demonstrated by suggestion. It is easy to see where the so-called devils come from.

The ceremony of exorcism which is even today in use by certain organizations constitutes a most powerful suggestive command to the subjective mind; according to the faith of the operator the desired result is achieved. The fact that the trouble is susceptible of cure by a ritual or ceremony points clearly to its mental origin, precluding the possibility of its being attributed to extramundane causes or external entities.

Many people come to see me and write me saying that they hear voices all the time, and what terrible things these voices are saying. They believe they are possessed by evil spirits. I tell them that I hear voices also. Clairaudience is a faculty of the human mind. It is that faculty of intelligence

within you which enables your objective mind to receive communications from your own subjective mind, or from another by means of spoken words.

A few weeks ago I clearly heard an answer to a question which had perplexed me for some time. I heard the words clearly. These words did not come from some discarnate entity but they came from my own subjective self which is one with Boundless Wisdom and Infinite Intelligence. When you receive ideas from the subjective, or when the answer comes, it is necessarily by such means as can be understood by you, *i.e.*, by means which appeal to your senses. There are many people who hear clairaudiently; some attribute it to imagination, others regard it as a subjective hallucination. Some attribute this phenomenon of hearing words from the subjective mind to spirits of the departed; needless to say, the same law of suggestion applies and governs the character of their clairaudient manifestation.

The subconscious mind will assume the characters suggested by the conscious mind. If, for example, you believe it is a guardian angel speaking to you, or the voice of a disembodied spirit, the subconscious will follow the suggestion given, and all further communication will be conducted on

the basis assumed by you. Your subconscious will assume the character of an angel or devil according to the suggestion given.

Some months ago a young man from a local university came to see me with the complaint that he was constantly hearing spirit-voices, that they made him do nasty things, and that they would not let him alone, neither would they permit him to read the Bible or other spiritual books. He was convinced that he was talking to supernatural beings. This young man was clairaudient, and not knowing that all people possess this faculty, he began to think it was due to evil spirits. His superstitious beliefs caused him to ascribe it to departed spirits. Through constant worry he became a monomaniac on the subject. His subconscious mind dominated and controlled by an all-potent but false suggestion, gradually took over control and mastery of his objective faculties, and his reason abdicated its throne. He was what you would call mentally unbalanced, as all men are who allow their false beliefs to obtain the ascendancy.

We must not place gangsters, assassins, and murderers in charge of our mind. Place Wisdom and Divine Love in charge of your mind. Let faith in God, and all things good take charge of your

mind. The subjective or subconscious mind within each of us is of tremendous importance and significance, but it can be influenced negatively and positively. Be sure that you influence it only positively, constructively, and harmoniously. The subconscious possesses transcendent powers, but it is at the same time amenable to good and bad suggestions. The explanations which I gave him made a profound impression on him.

I gave him the following written prayer which he was to repeat for ten or fifteen minutes three or four times a day: "God's Love, Truth, and Wisdom flood my mind and heart. I love the Truth, I hear the Truth, and I know the Truth. God's River of Peace floods my mind, and I give thanks for my freedom."

He repeated the above prayer slowly, quietly, reverently, and with deep feeling, particularly prior to sleep. By identifying with harmony and peace, he brought about a rearrangement of the thought-patterns and imagery of his mind, and a healing followed. He knew that what was true of God was true of himself. He brought about a conviction by repetition, faith, and expectancy.

My prayer for him night and morning was as follows: "John is thinking rightly. He is reflecting

Divine Wisdom and Divine Intelligence in all ways. His mind is the perfect mind of God, unchanging and eternal. He hears the Voice of God which is the Voice of Peace and Love. He understands the Truth, he knows the Truth, and he loves the Truth. God's River of Peace floods his mind. His mind is full of God's Wisdom and Understanding. Whatever is vexing him now is leaving him, and I pronounce him free and at peace."

I meditated on these words of Truth night and morning, getting the "feel" of peace and harmony; at the end of a week this young man was completely free. I fasted from the poisoned feast of sense-evidence and fear-symptoms. I had to cure myself of the belief in a diseased state, and outer results necessarily followed. I think my explanation was a great help to this young man. The ill state is conditioned in us as long as we see that state of illness portrayed. Our failure is due to absence of faith in the disciples (our mental faculties). We must contemplate the Infinite Perfection within us, and keep on doing so, until the day breaks and the shadows flee away.

He suffered not the demons to speak.

Chapter 2

HOW YOUR MIND HEALS THE SICK

And he arose out of the synagogue, and entered into Simon's house. And Simon's wife's mother was taken with a great fever; and they besought him for her. And he stood over her, and rebuked the fever; and it left her: and immediately she arose and ministered unto them. Luke 4:38-39. *Related passage,* Matt. 8:14-15.

Some time ago, a woman told me her child had a very high fever and was not expected to live. The doctor had prescribed small doses of aspirin, and had administered an antibiotic preparation. The mother was involved in a contemplated divorce action and was terribly agitated and emotionally disturbed. This disturbed feeling was communicated subconsciously to the child, and naturally the child got ill.

Children are at the mercy of their parents and are controlled by the dominant mental atmosphere of those around them. They have not yet reached

the age of reason where they can take control of their own thoughts, emotions, and reactions to life. This mother, at my suggestion, decided to get quiet and still by reading the *Twenty-third Psalm*, praying for guidance, also praying for the peace and harmony of her husband, and pouring out love upon him instead of resentment and rage. The fever of the child was the suppressed anger and rage of the mother which was felt by the child and expressed as a high fever, or a state of excitation of the mind.

Having quieted her own mind, she began to pray for the child in this manner: "Spirit which is God is the life of my child. Spirit has no temperature; it is never sick or feverish. The peace of God floods my child's mind and body. The Harmony, Health, Love, and Perfection of God are made manifest in my child's mind and body now. She is relaxed and at ease, poised, serene, and calm. I am now stirring up the gift of God within her, and all is well."

She repeated the above prayer slowly, quietly, and lovingly for about ten minutes. She noticed a remarkable change in the child, who awakened, and asked for a doll and for something to eat. The temperature became normal. What happened?

The fever left the child because the mother was no longer feverish or agitated in her mind. Her mood of peace, harmony, and love was instantaneously felt by the child, and a corresponding reaction was produced in the child. She took her child by the hand, biblically speaking.

The *hand* means the Power of God. With the hand you fashion, mold, shape, and direct. It is symbolic of the Creative Power of Intelligence in all of us. She lifted her child by the *hand* in the sense that she lifted up the idea of health, harmony, and peace in her mind to the point of acceptance, and the Power of the Almighty responded accordingly. It is the nature of the Deeper Mind to respond to the nature of your thought. When the mother focused her attention on the idea of perfect health for her child, the Power of the Almighty flowed through her focal point of attention, and a healing followed.

When the Bible speaks of *entering into Simon's house*, it refers to what you are hearing. The word *Simon* means to hear, and *Simon's wife's mother* means the emotional state which follows what you have been hearing or giving attention to. If disturbed by some news, or if you become unduly excited, you must rise up in your *synagogue* (mind);

i.e., you should contemplate the Inner Presence as saturating every atom of your being. Then a wave of inner peace will follow, and all will be well. You *rebuke the fever* or sick state by contemplating the Omnipresence of God. This is Divine Science in action.

Great peace have they who love thy law and nothing shall offend them.

And it came to pass, when he was in a certain city, behold a man full of leprosy: who seeing Jesus fell on his face, and besought him, saying, Lord, if thou wilt, thou canst make me clean. And he put forth his hand, and touched him, saying, I will: be thou clean. And immediately the leprosy departed from him. And he charged him to tell no man: but go, and shew thyself to the priest, and offer for thy cleansing, according as Moses commanded, for a testimony unto them. Luke 5:12-14. *Related passages*, Mark 1:40-44. Matt. 8:2-4.

A leper, biblically speaking, is a person who through erroneous thoughts has separated himself from the real Source of life. It means a man who is governed by the five senses, and is psychologically and spiritually separated from his Divine

Center. A leprous or impure condition is the result of being governed by the five senses with its fears, superstitions, and erroneous thoughts.

He put forth his hand, and touched him, saying, I will: be thou clean. You have seen men lay hands on people, and pray over them, and a healing followed; this has occurred from time immemorial. Sometimes people refer to the man who practices the laying on of hands as a "natural born healer." Of course, we are all "natural born healers" for the simple reason that the Healing Presence of God is within all men. All of us can contact It with our thoughts. It responds to all. The Healing Principle is in the dog, the cat, the tree, and the bird. It is Omnipresent and is the Life of all things.

There are different degrees of faith. There is the man who, through faith, heals his ulcers, and another who heals a deep-seated, so-called incurable malignancy. It is as easy for the Healing Presence to heal a tubercular lung as a cut in the finger. There is no great or small in the God that made us all; there is no big or little, nor hard or easy. Omnipotence is within all men. The prayers of the man who lays his hand on another appeal to the cooperation of the unconscious; a response

takes place, and *according to your faith* (feeling) *is it done unto you.* This is the time-honored procedure of healing.

And he charged him to tell no man. It is a wise procedure to refrain from going around telling everyone you had a spiritual healing. Many of your friends will pass derogatory and skeptical remarks which might undermine your faith, causing you to doubt and hence undo the benefits you received from the prayers of the healer and your own mental acceptance.

Shew thyself to the priest. When you pray, you are the *priest* offering up the *sacrifice.** Your feeling, mood, or attitude of receptivity is the connecting link between the Invisible and the visible. Your desire is your *offering;* you cleanse yourself by forgiving everyone, by sincerely wishing for all those who may have seemed to hurt you all of God's blessings such as peace, love, joy, and happiness. Having cleansed your mind of all impurities (negative imagery and destructive thoughts), you offer your gift (desire) to God by galvanizing yourself into the feeling of being one with your ideal. Become engrossed and absorbed in the joy of

*See my *Prayer Is the Answer* (DeVorss), pp. 8-20.

having heard the good news, or the joy of the answered prayer; this consumes the old state and gives birth to the new.

If you want a healing of your body, withdraw mentally from symptoms and evidence of senses and begin to think of God's Healing Presence within you. The five outward senses are now turned inward and focused on health and harmony. All your attention is on your health and peace of mind. The Almighty Creative Power flows through the focal point of attention. You feel the response of the Spirit flowing through you. The Healing Presence touches every atom of your being and you are spiritually enriched. Dwelling in conscious communication with the Divine, man oftentimes becomes intoxicated with the Spirit. A state of exhilaration of the whole being takes place. This spiritual awakening builds up the entire man, makes him new, so that each day adds a new joy. As we continue to pray scientifically, we are lifted up so that an outpouring of Spirit takes place, and our whole being is revivified and recharged.

Dr. Alexis Carrel, in *Man the Unknown*, points out the marvelous effects produced by prayer. He cites a case of a cancerous sore which shriveled to

a scar in front of his eyes. He recounts seeing wound-lesions heal in a few seconds, and pathological symptoms disappear in a few hours. Extreme activation of the processes of organic repair had set in. These healings of tumors, burns, etc., were due to nothing more than the release of the Healing Power within each one. God or Infinite Intelligence is the only Healer, the only Presence, the only Power. When we call on this Presence within, giving It supreme recognition, claiming that the Healing Power saturates our mind and body, we receive a corresponding flood of the Healing Power which permeates every atom of our body, cicatrizing wounds and making us whole. Our body begins to function harmoniously; its atomic and molecular formation once more is transformed into the way it is in the Divine Center within us; then we know the truth of the saying, *yet in my flesh shall I see God.*

When the Bible says, *offer for thy cleansing, according as Moses commanded*, you are to look at the word *Moses*, as Troward points out, as the Law—the way your deeper mind works. As you exalt your thought-patterns claiming and affirming your good, your deeper mind (the Law) automatically responds to the new mental pattern and

mental imagery and a healing follows. The Law holds no grudges, no more so than the law of electricity. All you do is conform to the principle of electricity and results follow. You may have misused the principle for making water for fifty years; the moment you follow the correct procedure, you will get water.

And, behold, men brought in a bed a man which was taken with a palsy: and they sought means to bring him in, and to lay him before him. And when they could not find by what way they might bring him in because of the multitude, they went upon the housetop, and let him down through the tiling with his couch into the midst before Jesus. And when he saw their faith, he said unto him, Man, thy sins are forgiven thee. Luke 5:18-20. *Related passage,* Mark 2:3-5.

I say unto thee, Arise, and take up thy couch, and go into thine house. Luke 5:24.

I remember a case of palsy and tremors being treated some years ago. The man's legs would become locked so that inability to move was experienced. Panic would ensue, and the man would be frozen to the spot even in the middle of a busy

street. This condition of constant fear, panic, and foreboding was wearing him down. The following procedure was adopted. The first step was to get him out of nature's way. After *agreeing quickly with thy adversary* he was told he must not continue in a state of quarrel, fear, and panic as to why he was beset with such a physical condition, causes which brought it about, etc. He admitted to himself that the condition was present and quite a problem, but that he didn't have to have it. He said to himself, "I am going to deny the worst and return to the Rock from whence I came."

He turned to the God-Presence within, which created him and knew what to do. This Healing Presence is Omnipresent, Omniscient, and Omnipotent. He aligned himself with the Infinite, realizing that the Healing Presence was saturating every atom of his being and flowing through him as harmony, health, peace, wholeness, and perfection. As he gradually filled his mind with these Eternal Verities, he became reconditioned to health and harmony. As he changed his mind, he changed his body, for the body is a shadow of the mind.

The Bible story says *men brought in a bed a man which was taken with a palsy*. The *bed* in

which a man lies is his own mind. He lies down there with fear, doubt, condemnation, guilt, and superstition. These thoughts paralyze the mind and body.

In *Mark* 2:1-12 where we have a slightly different version of the same story, it says the man was *borne of four*. The numeral *four* represents the manifested world, the objective manifestation of subjective states of consciousness. *Four* means termination, the end result, the completion of a cycle of consciousness, negative or positive.

We are told that Jesus (awareness of the Power of God) healed him by *forgiving his sins. To sin* is to miss the mark, the goal of health, of happiness, of peace. We forgive ourselves by identifying mentally and emotionally with our ideal and continuing to do so until it jells within us as a conviction or subjective embodiment. We are, of course, sinning also when we think negatively or when we resent, hate, condemn, or fear another person. If we think there is some power to challenge the One Power (God), we are also sinning because we are cohabiting mentally with evil, thereby attracting all manner of calamity, trouble, and loss. We sin when we deviate or turn away from our announced goal or aim in life which should always be peace,

harmony, wisdom, and perfect health. To indulge in morbid imagery and destructive thoughts, we mar our happiness and miss the target of a full and happy life.

Jesus forgave the paralytic by saying, *Arise, and take up thy couch*, which means that Truth or God never judges or condemns. The Absolute does not judge—all judgment is given to the son. All men are sons of the Infinite. Your mind is the son or offspring of the Spirit; with that mind you claim, choose, select, and arrive at decisions and conclusions. If you err in your judgment or decision, you experience the automatic or compulsory reaction from your unconscious mind. Your mind is always forgiving you, because the moment you present it with new mental imagery and lovely patterns of thought, it responds accordingly. It is perpetually forgiving you; this is called the love of God or the mercy of God.

The paralytic could not be cured until his sins had been cancelled; but once the inner state of mind is changed through contact with the Healing Power and his sense of oneness with It, he now rises through the Power of the Almighty (the One Power) and he no longer is carried around by four

men, symbolic of worldly beliefs and erroneous impressions of all kinds. The outer change conforms to the inner, spiritual awakening.

And when they could not find by what way they might bring him in because of the multitude, they went upon the housetop. The multitude refers to man's mental accusers such as fear, self-accusation, remorse, and condemnation. When he realizes that Truth or God or the law of life never condemns, he ceases to condemn and forgives himself. Then instead of lying down prone in a bed of false beliefs and fears of all kinds, through his contact with the Almighty Power he stands upright in the law, visioning and imagining his perfect health and wholeness.

You must go on the *housetop* if you want an answer to your prayer. You must climb. You do this by reminding yourself of the One Omnipotent Power and your faith in It. We climb by faith; we soar aloft above our problem with wings of faith and disciplined imagination. Faith means to look up to the One, giving all your allegiance, devotion, and loyalty to God. Truth means to go in one direction only, knowing that the Great Physician is within, that He is healing you now, and

that there is none to oppose, challenge, or thwart Him in any way. Fear is a denial of God and is nothing but a conglomeration of sinister shadows, without reality and with nothing to sustain it.

It is said they climbed up and opened the roof and let the paralytic down through the roof before Jesus. All this means is that in contemplating God and His Holy Presence, you are lifted up, your mind is open and receptive, and you let your deep, abiding conviction in the idea of perfect health sink down to subliminal levels within you. Jesus means God is your deliverer, the I AM within you, which receives the impress of your conviction and responds accordingly. If you break the roof of a house, you can see the heavens above, the sun, moon, and stars. Don't let the press of worldly thoughts prevent you from receiving a healing. If your loved one is sick, open up the roof of your mind and let in the Healing Light, surrender your loved one to God and realize that he is now immersed in the Holy Omnipresence; see him as he ought to be, radiant, happy, and free. Claim what's true of God is true of your loved one. As you continue to do this, your loved one will rise up from his bed of pain, misery, and suffering, and walk the earth glorifying God.

And it came to pass also on another sabbath, that he entered into the synagogue and taught: and there was a man whose right hand was withered. And the scribes and Pharisees watched him, whether he would heal on the sabbath day: that they might find an accusation against him. But he knew their thoughts, and said to the man, which had the withered hand, Rise up, and stand forth in the midst. And he arose and stood forth. Luke 6:6-8.

And looking round about upon them all, he said unto the man, Stretch forth thy hand. And he did so: and his hand was restored whole as the other. Luke 6:10. *Related passage*, Mark 3:3-5.

Elsie H. Salmon, a missionary's wife in South Africa, tells in her book *He Heals Today* about a child with a deformed left hand. Three fingers were missing and in their place were tiny stumps. After prayer there was a growth of the whole hand at the end of the arm, and they began to unfold like a flower in front of their eyes. She also states that there is absolutely no doubt in the minds of people who have followed developments that a perfect hand is forming.

We must not look upon this as miraculous or

something supernatural. We must begin to realize that the Creative Power which forms, molds, and shapes the body can certainly grow a hand, a leg, or an eye. After all, where do the organs of our body come from? If you made an ice-box, couldn't you fix it if it were out of order, or if broken, couldn't you mend it and supply the missing parts?

When Jesus said, *Stretch forth thy hand*, you must look upon it as a drama taking place in your own consciousness. You are Jesus in action when you know that the realization of your desire would save you from any predicament, be it what it may. You are Jesus or the spiritual man in action when your conscious and subconscious mind agree on the realization of your wish or prayer. When there is no further argument, and you have reached an agreement, you are Jesus Christ in action. Jesus represents your illumined reason, and Christ means the power and wisdom resident in your subjective self.

Elsie H. Salmon's faith in the Creative Power of God to form a new hand for a child caused the stunted arm to grow. Her faith is her savior or her Jesus. She is aware of the reality of what she prays for and knows that the nature of the Infinite Intelligence is responsiveness.

In the correct esoteric interpretation of the Bible, it must be understood that principles are personified as persons in order to make portrayal and interaction vivid and forceful. *Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?* 2 Cor. 13:5.

We must not however confine the story of the man with the withered hand to its literal meaning. *The hand* is a symbol of power, of direction, of effectiveness. With your hand you fashion, mold, create, and design. *The hand* of the Almighty means the Creative Power of God focused or directed on some objective. Symbolically a man has a *withered hand* when he has an inferiority complex, feels guilty, inadequate, or is a defeatist. Such a man does not function efficiently and is not expressing his God-given powers.

We *stretch forth our hand* when we release our Hidden Power and become channels for Divine Love, Light, Truth, and Beauty.

His hand was restored whole as the other means a healthy, happy, well-balanced, and wholesome personality. Numbers of people are sick, unhappy, dissatisfied, inept, and inefficient. Their attitude toward life is all wrong; moreover their work is shoddy and desultory. They do not sing in their

hearts at their work. Whenever you turn with confidence and trust to the Almighty Power within knowing that you are guided, directed by this Inner Light, and that you are expressing yourself fully, you will actually become a channel for the Divine and you will move from glory to glory.

The dreams, ambitions, ideals, plans, and purposes of many are withered and frozen in the mind because they do not know how to bring them to pass. The external world denies their desire. Not knowing the laws of mind and how to pray scientifically, they find their wonderful ideas die a-borning in their minds, resulting in frustration and neurosis. If you look around you in your office or factory, you will see many people with a *withered hand*. They are stagnating, literally dying on the vine. Life is progressive, life is growth. There is no end to our unfoldment or creativeness. We wither our hand (our ability to achieve and accomplish) by saying, "If I had Joe's brains or his wealth . . . his connections . . . I could advance and be somebody. But look at me, just a nobody. I was born on the wrong side of the tracks. I must be satisfied with my lot. I have a withered hand."

This is the way many people talk. They are constantly demoting and depreciating themselves.

Liquidate, banish, and eradicate from your mind fear, doubt, and ill-will. Trust God completely, go all the way out on a limb and say with feeling and humility, "I can do all things through the God-Power and Awareness which strengthens, guides, comforts, and directs me." Watch the wonders you will perform. *Stretch forth your hand* by enlarging your concept or estimate of yourself. Aim high, raise your sights, realize you will always go where your vision is. You will be *stretching forth your hand* as you get a picture in your mind of what you wish to achieve. Touch this with faith in the God-Wisdom to bring it forth and you will see it made manifest on the screen of space. You will be satisfied for awhile; then a divine discontent will stir you again, causing you to aim higher and higher and so on to infinity.

To *stretch forth your hand*, when psychologically understood, is the soundest, simplest, and most wonderful philosophy any man can have.

I say unto you now, *Stretch forth thy hand.*

Chapter 3

ABSENT TREATMENT AND THE HEALING OF INSANITY

And when he was now not far from the house, the centurion sent friends to him, saying unto him, Lord, trouble not thyself: for I am not worthy that thou shouldest enter under my roof: Wherefore neither thought I myself worthy to come unto thee: but say in a word, and my servant shall be healed. For I also am a man set under authority, having under me soldiers, and I say unto one, Go, and he goeth: and to another, Come, and he cometh: and to my servant, Do this, and he doeth it. When Jesus heard these things, he marvelled at him, and turned him about, and said unto the people that followed him, I say unto you, I have not found so great faith, no, not in Israel. And they that were sent, returning to the house, found the servant whole that had been sick. Luke 7:6-10. *Related passages,* Matt. 8:5-13. John 4:46-53.

ABSENT TREATMENT

Here is the technique of absent treatment portrayed in a beautiful and simple way. You are told how to pray for another or send your *word* and heal him. When you pray for another, or give what is termed a mental and spiritual treatment, you simply correct what you hear and see in your mind by knowing and feeling the other's freedom. Faith comes to you as you leave the literal interpretation of life and enter into the psychological, spiritual interpretation of life.

Many of you, like the author, were no doubt in the United States Army and you know how to take orders. A soldier is conditioned to obey implicitly his superior officers. After considerable training the soldier becomes disciplined; *i.e.*, his mind and body are definitely bent to certain actions. The officer is a man of authority. He has learned to command, but first he had to learn to take orders himself; and he, too, is subject to authority from his superiors.

When you pray for another, you must be a good soldier; you must learn how to stand at attention and follow the order, "Eyes right." You must give attention to the spiritual values or Truths of life and keep your "eyes right" by seeing (spiritual

perception) the other as he ought to be, happy, peaceful, and free. You must begin to discipline your thoughts, feelings, emotions, and faculties. You know very well that you can begin now as you read these lines. If your thoughts wander, bring them back and say to them, "I told you to give attention to health, peace," or whatever it is you are concentrating on.

The servants are your thoughts, ideas, moods, feelings, and attitudes of mind. They serve you nobly or ignobly, depending on the orders you issue. If you are an employer, you may order the employees to do certain things in the store. You expect them to obey; you are paying them to conform to your business methods and processes. In the same manner, you order your thoughts around. You are the master, not the serf or slave. Surely you do not and will not permit the gangster-thoughts of hate, fear, prejudice, jealousy, rage, etc., to order you around and make a football of you.

When you begin to discipline your mind, you do not permit doubt, anxiety, and false impressions of the world to browbeat, intimidate, and push you around. You are conditioning your mind so that you definitely issue orders to your thoughts to

give attention to your aims in life, to your ideals; likewise, you direct and channel all your emotions constructively. You have complete dominion. You can't visualize an emotion. You must remember that emotion follows thought; and when you control your thoughts and mental imagery, you are in charge of your emotions.

No person, place, or thing can annoy you, disturb you, or hurt you—they do not have that authority. For example, another could call you a skunk. Are you a skunk? No. The suggestions or statements of the other could not affect you except through your thought. This is the only emotional power you have. Your thought in such an instance could be, "God's peace fills that man's mind." You are in charge of the movement of your mind. You can move in anger, hate, or revenge; also, you can move in peace, harmony, and good will.

The disciplined mind is accustomed to take a spiritual medicine called "In tune with the Infinite." The moment you are tempted to react negatively, identify immediately with your aim. Switch to your ideal immediately and you have overcome and are victorious. You are a man of authority, and you say to your thoughts (servants) *go* and they go, *come* and they come.

You can give your faculty of imagination to anything you wish, such as lack, loss, or misfortune. You can discipline, direct, and focus your imagination on success, health, and prosperity also. What you imagine and feel as true comes to pass. Let your imagination become the workshop of God, which is what it should be.

Let me cite the misuse of imagination. A mother whose son is rather late arriving home begins to imagine that he has met with some disaster. She sees in her vivid, distorted, twisted mind mental pictures of him on a hospital cot or she dramatizes an accident in her imagination. She can *send her word and heal him* and herself also. She must learn how to pray scientifically and become a good soldier who follows orders.

You are under *Holy Orders** when you pray. You have surrendered your ego and intellectual pride in your own thoughts, viewpoints, and perspective, yielding to the God-Wisdom within. You are under orders now to bring forth harmony, health, peace, joy, wholeness, and beauty in the world. You are here to let your light shine. You

*See *Prayer Is the Answer*, ch. 5.

must have faith and complete trust in the Omnipotence, Omniscience, and Boundless Love of the Infinite which seeks only to express Itself. Identify yourself mentally and emotionally with God. You feel and know that you are a channel for the manifestation of all of God's attributes, qualities, and potencies, and that God flows through you as harmony, health, peace, joy and abundance. As you make a habit of this kind of prayer by frequently repeating or affirming these Truths, your mind will become imbued with Eternal Verities, and you will find yourself under a Divine compulsion to bring forth only the good, the beautiful, and the true. You have placed yourself under *Holy Orders*, or Orders of the Only One—God. You become a God-directed man, a divinely ordained person whose sole mission in the world is to follow the orders of the *Holy One who inhabiteth Eternity whose name is perfect.*

Whose orders are you carrying out? *Ye are servants to whom ye yield yourself, servants to obey.* Whatever idea I yield to, or give myself to, will dominate, control, and compel me to act it out as frustration and expression.

In the above instance, whose order do you think

the woman was obeying when she had all kinds of misgivings about her boy—bombarding him with a barrage of negation and with dire forebodings which if continued would have had catastrophic implications? This woman was taking her orders from the thoughts of fear, worry, and anxiety. In other words the marauders and intruders in her mind were browbeating her and making her a nervous wreck.

Begin now to *stretch forth your hand* by realizing there is no limit to your possibilities. Feel and believe God is your Silent Partner, counseling, directing, and governing you. As you do this, your life will be wonderful and satisfying. It will be more useful and constructive than it is. Begin to know yourself. Try the amazing power of true prayer as outlined in each chapter of this book. As you yield yourself to the God-Wisdom, you will live a better life than you ever dreamed of.

Arise, take up thy bed (new mental attitude) *and walk* the earth radiant, happy, and free.

Now when he came nigh to the gate of the city, behold, there was a dead man carried out, the only son of his mother, and she was a widow: and much people of the city was with her. And when

the Lord saw her, he had compassion on her, and said unto her, Weep not. And he came and touched the bier: and they that bare him stood still. And he said, Young man, I say unto thee, Arise. And he that was dead sat up and began to speak. Luke 7:12-15.

Here is a wonderful, psychological drama. The *dead man* is your desire which you have failed to manifest. As you claim you now are what you long to be, you are resurrecting the *dead man* within you.

According to your belief is it done unto you. To believe something is to accept it as true. We are told the dead man was the son of a widow. A *widow* is a woman whose husband is dead. When we are not married, mentally and emotionally, to God and His truths, we are truly dead to peace, joy, health, happiness, and inspiration. A true widow is one whose husband is God, or the Good, and who is not governed by sense-evidence and worldly belief. The *son*, the desire, of such a woman will not remain dead because she turns to her Lord, which is the Creative Power within her and, with the door of her five senses closed, she completely rejects all that her senses deny. Silently

and lovingly she claims and feels herself to be what she longs to be, knowing in her heart that her Lord (the Spirit within) will honor and validate her claim. She lives, moves, and has her being in the mental atmosphere of complete acceptance; as she continues to qualify her consciousness in this way, she reaches an inner conviction, thereby resurrecting the *dead man* within her. Her inner mood of triumph is her *Lord* commanding the *dead man. Young man, I say unto thee, Arise.*

This is the external manifestation of her subjective embodiment or the joy of the answered prayer. Whatever we appropriate and assimilate in consciousness, we resurrect. When it says the *dead man sat up and began to speak*, it means that when your prayer is answered you speak in a new tongue. The sick man who is healed speaks in the tongue of joyous health and exudes an inner radiance. Our dead hopes and desires speak when we bear witness to our inner beliefs and assumptions.

As a corollary to this, I would like to relate about a young man I saw in Ireland a few years ago. He was a distant relative. He was in a comatose condition; his kidneys had not functioned for two days. I went to see him accompanied by one of his brothers. I knew he was a devout Roman

Catholic and I said to him, "Jesus is right here now and you see him. He is putting his hand out and is this moment laying His hands on you."

I repeated this several times, slowly, gently, and positively. He was unconscious when I spoke and was not consciously aware of the presence of any of us. He sat up in bed, opened his eyes, and said, "Jesus was here; I know I am healed; I shall live."

What happened? This man's unconscious mind accepted my statement that Jesus was there and his subconscious projected that thought form; *i.e.*, this man's concept of Jesus was portrayed based on what he saw in church statues, paintings, etc. He believed Jesus was there in the flesh and that he had placed his hands upon him.

The readers of this book are well aware of the fact that you can tell a man in a trance that his grandfather is here now and that he will see him clearly. He will see what he believes to be his grandfather. His subconscious projects the image of his grandfather based on his subconscious, memory picture. You can give the same man a post-hypnotic suggestion saying to him, "When you come out of the trance, you will greet your grandfather and talk to him."

He does exactly that. This is called a subjective hallucination. The faith kindled in the unconscious of my Catholic relative, based on his firm belief that Jesus came to heal him, was the healing factor. It is always done unto us according to our faith or mental conviction. The subconscious is amenable to suggestion even though the subject is unconscious; the deeper mind can receive and act upon the suggestion of the operator. In a sense you could call such an incident the *resurrection of the dead*. It is the resurrection of health, faith, confidence, and vitality. We must never let hope, joy, peace, love, and faith in God die in us; that state of mind is the real death. We should die to fear, ignorance, jealousy, envy, hate, etc. We should starve these states to death by neglect. When fear dies, there is only room for faith. When hate dies, there is only room for love. When ignorance dies, there is only room for wisdom.

Now it came to pass on a certain day, that he went into a ship with his disciples: and he said unto them, Let us go over unto the other side of the lake. And they launched forth. But as they sailed he fell asleep: and there came down a storm of wind on the lake: and they were filled with

water, and were in jeopardy. And they came to him, and awoke him, saying, Master, master, we perish. Then he arose, and rebuked the wind and the raging of the water: and they ceased, and there was a calm. Luke 8:22-24.

Here we are told how to control our emotions and heal the turbulent soul. This is a story of everyone, not just about men in a ship, because we are always traveling somewhere psychologically speaking. When beset with a difficulty, we seek an answer, a solution. When fearful, we must move to faith. The journey is always first in the mind; the body follows where the mind goes. The body cannot do anything or go any place unless the mind agrees and directs. Consciousness is the only power and the only mover. The consciousness of man is perpetual motion. Our mind is always active, even when asleep.

Our *disciples* are our mental attitudes, moods, and faculties which go with us wherever we go. We must not let *Jesus go to sleep in the boat*. In order to understand the science of life in the Bible, you must regard—*Jesus*, the *boat*, the *wind*, the *waves*, and the *disciples*, as personifications of truths, faculties, moods, and thoughts of mankind.

Your *Jesus* is your awareness of the Divine Power within you, enabling you to achieve, accomplish, and realize your objectives. Your knowledge of the laws of mind and your use of mental and spiritual laws is your *savior* or solution at all times, everywhere.

You must not permit *Jesus to sleep in the boat*, which means you must not go blithely along with the winds (opinions of man) and waves (fears, doubts, envy, hatred, etc.) of the race mind. The *lake* is your mind; when your mind is at peace, God's wisdom and God's ideas rise to the surface of your mind. The mind that stays on God feels God's River of Peace flowing through it and is full of poise, balance, and serenity. The *storm* of *wind* represents the fear, terror, and anguish which seize man at times, causing him to vacillate, hesitate, and tremble with anxiety. He finds himself pulled two ways; his fear holds him back and prevents him from going forward.

What do you do when fear and limitation seize your mind? Realize that when you are looking at your desire, you see your *savior* or the solution in your mind. Your *savior* is always knocking at the door of your mind. Perhaps you are working for the government and you are saying, "Oh, I

can't make any more money; I've reached the maximum." You are now seeing the *waters* of confusion and doubt welling up in you. Don't become submerged in these watery, negative emotions. Wake up your *savior*, stir up the gift of God within you.

Do it in this way. Realize first of all that the wish, desire, ideal, plan, or purpose you want to realize is definitely a reality of the mind, though invisible; then realize that by uniting with your desire mentally, you can definitely and positively move over the turbulent, noisy, and foaming waters of fear and hesitancy. Your faith is your feeling and your awareness that the thing you are praying for is a reality of the mind in the form of an idea or desire. Inasmuch as you thought about it, it is real. Trust the mental picture; it is real. By contemplating its reality you *walk over the waters* and you *quiet the waves* of fear. Your fear has abated because you know that when you focus your attention on your ideal, the Creative Power of God flows through that focal point of attention. You are now *stilling the waves*. You have disciplined your mind. You have reasoned it out and you know that the idea is always real. The thought is *the substance of things hoped for, the evidence*

of things not seen, for the simple reason that you believe in the possibility of the execution of the idea.

Keep your eyes on your goal, your objective, knowing in your heart that there is an Almighty Power which supports you in all your ways. It never deserts you or leaves you. The subjective mind responds to your constructive thinking and feeling; thereby sustenance, strength, and power are given you. To look down at the *waves* of fear, false belief, and error is to sink. Look up and you will go where your vision is. Your ordered mind, your faith, and confidence enable you to walk over all the waters of life to *green pastures and still waters.* You can *command the winds and waves*, and they will obey.

And when he went forth to land, there met him out of the city a certain man, which had devils long time, and ware no clothes, neither abode in any house, but in the tombs. When he saw Jesus, he cried out, and fell down before him, and with a loud voice said, What have I to do with thee, Jesus, thou Son of God most high? I beseech thee, torment me not. (For he had commanded the unclean spirit to come out of the man. For often-

times it had caught him: and he was kept bound with chains and in fetters; and he brake the bands, and was driven of the devil into the wilderness.) And Jesus asked him, saying, What is thy name? And he said, Legion: because many devils were entered into him. And they besought him that he would not command them to go out into the deep. And there was there an herd of many swine feeding on the mountain: and they besought him that he would suffer them to enter into them. And he suffered them. Then went the devils out of the man, and entered into the swine: and the herd ran violently down a steep place into the lake, and were choked. When they that fed them saw what was done, they fled, and went and told it in the city and in the country. Then they went out to see what was done; and came to Jesus, and found the man, out of whom the devils were departed, sitting at the feet of Jesus, clothed, and in his right mind: and they were afraid. Luke 8:27-35. *Related passages,* Matt. 8:28-32. Mark 5:1-13.

In reading this account, it certainly reminds you of a manic-depressive type of psychosis. This is, of course, a form of mental derangement and is characterized by combativeness and destructivity.

In the book of *Mark* we have a story similar to the above wherein the maniac is depicted as *living among the tombs.*

The *tombstones* are a record of the dead, which means here that the man is living in the dead past, nursing some old grudge or grievance until it becomes an obsession in his mind. The madman is a man who has allowed or permitted the gangsters of remorse, hate, revenge, or self-pity to take charge of his reasoning, discriminating mind. We must never abdicate and let destructive, negative emotions control us. Emotion follows thought; and by redirecting our thought life, we control our emotional life. Man cannot visualize an emotion. He has to construct the scene or event in his mind and relive it, thereby generating the emotion. In psychiatry the doctors endeavor to correct the basic conflicts of the patient and give him a new orientation.

Jesus addressing the insane man asks, *What is thy name? And he said Legion: because many devils were entered into him.* I knew a man in New York who feared that whenever he went into a bar some evil entity was lurking in the shadows somewhere to take possession of him. I don't know where he heard or read of such rank superstition.

This belief governed his mind and caused all kinds of trouble. His subjective mind, being dominated by this all-potent but false suggestion, gained control of his reasoning faculties and his reason abdicated. He had to experience the effects of such a false belief; this subjective false belief gained the ascendancy. He began to hear what he supposed to be spirit voices, not knowing he was talking to himself. He thought he was conversing with supernatural entities. He began to realize that his subconscious mind was simply acting in obedience to the false suggestions of fear and belief in spirits which he had dwelt upon so long. The subconscious will assume a dozen different characters whose collective name is *Legion*. This man went to a clergyman who used the ritual of the Church to banish the tormentors. The procedure of the exorcist was, as the reader will readily conclude, a series of incantations or adjurations in the name of Jesus Christ. The ritual, ceremony, and prayers of the exorcist instilled great faith and confidence in the subconscious mind of the man. He was very receptive to the power of the Church and the priest to cast out his so-called devils. The exorcist had confidence in what he was doing also. This coupled with the faith of the so-called possessed man

brought about a marvelous healing. The priceless ingredient in the whole process was simply faith, which brought about a basic change in the mental attitude of the patient that generated a healing. It was, of course, blind faith which is certainly better than no faith at all. The bones of saints, certain waters, the incantations of a witch doctor may affect the deeper mind and cause a psychological transformation inducing faith and receptivity.

Divine healing or Spiritual healing refers to the harmonious functioning of our conscious and subconscious minds. Our mind contains within its conscious and subconscious areas all our desires, characteristics, tendencies, and urges with which we were born. Through the process of thinking, education, and experience we have acquired many attitudes and habits of various kinds. Man is a creature of habit. When we begin to think intelligently we deliberately reject all negative thoughts and opinions. When we fail to realize a desire or ideal, we become full of fear and frustration; this leads to unconscious impressions. These repressed urges and tendencies seek expression and an outlet. These destructive emotions manifest as inner

conflicts; if those are not resolved, disorganization of the mentality takes place and a completely disordered mind is the result.

The subjective self in us is forever seeking to restore a balance in us; when our fears, tensions, and conflicts become unbearable, nature or the Divine Self in us causes us to lose all consciousness of the problems; this is called insanity. The mind is now deflected and detached from the strain and stress which caused the trouble. Imbalance results when we fail to choose between good and evil. We must not seek to solve our problems without Divine Wisdom and Divine Power. The mental derangement is simply the expression of deep, repressed urges and conflicts which are too great to bear. A complex is a group of ideas highly charged with emotion seeking expression.

If a man is full of hatred and prejudice, he is living in *the tombs*. When these are exposed and held up to the light of reason, they are dissipated. In Bible language, you are Jesus casting out the devils of hate, prejudice, and jealousy. These obnoxious complexes are always hiding in the *tomb* (subconscious mind). When men refuse to acknowledge and hold up their prejudices, peeves,

and grudges to the light of reason, these ideas are forced down beneath the conscious level of personality and they are bound by the chains of fear, ignorance, and various mental obsessions. When we nurse grudges, prejudices, revenge, and remorse they sink into the unconscious area of mind like a smoldering fire ready to explode sooner or later. If we recognize these smoldering flames and handle them intelligently, we can be free and lead a normal life.

Our emotional side of life is the driving power. It would be a good thing for all of us to take a good look at ourselves and see if the qualities we criticize so harshly in others are not in ourselves. When our story says the insane man sat at the *feet* of the Master, it depicts our understanding of the laws of mind and how they work.

When you are asked to pray for an insane man in the hospital, you can't get his cooperation. He has ceased to reason and discriminate. Actually he is governed by the ghosts of the subconscious that walk the gloomy galleries of his mind. When you pray for such a type of person, it is necessary to do all the work yourself. You have to convince yourself of his freedom, peace, harmony, and understanding. You could pray two or three times a day

in this way: "I now decree for John Doe that the intelligence, wisdom, and peace of God are made manifest in him and he is free, radiant, and happy. He is now clothed in his right mind. The Mind of God is the only Real and Eternal Mind; this is his mind, and he is poised, serene, calm, relaxed, and at ease. He is full of faith in God, in life, and all good things. I decree this, I feel it, and I see him whole and perfect now. Thank you, Father."

By repeating these Truths to yourself, realizing that there is but one mind, you will gradually, through frequent picturing in your mind, reach a dominant conviction; and the man you are praying for will at that moment be healed. In a case such as the above, all healing has to be done in the mind of the practitioner. The practitioner must not at any time give power to symptoms, or the prognosis of the case. He must rely exclusively on the operating Principle of Life which forever responds to his faith and trust in it. When you pray for another, you leave the realm of time and space, of appearances and circumstances, the verdict of the world, and you judge righteous judgment. This means that you come to a conclusion that the Inner Man (the Spiritual, Divine Presence)

cannot be sick, confused, or insane. Nothing could ever happen to Wisdom, Peace, Harmony, Intelligence, or Divine Love. The inner man has all of these qualities and attributes, and the practitioner by meditating on the Eternal Life, perfect mind, and absolute peace of the mentally sick man, dissipates and dissolves the mist of fixed opinions and error thoughts that separate the man from God's River of Peace. Become aware now of the Almighty Power which is Invisible and Intangible. Don't struggle in your prayer-work; then you will find the outer coat of painting will fade away, and the masterpiece will be revealed in all its pristine glory.

The story says *the devils went out of the man and entered into the swine: and the herd ran violently down a steep place into the lake, and were choked.* Pigs were chosen symbolically as pigs decapitate themselves when swimming; likewise, when we begin to swim psychologically in the waters of life, our negative thoughts and confusions (devils) die from want of belief. The past dies for you when you no longer think of the past. If you feel you can't accomplish or cannot be healed, you are looking back at the past, you are living *among the tombs.* Don't listen to these messages of

the past. The ideal or desire which beckons, which says to you, "Arise, go forth, achieve," is the savior walking down the corridors of your mind. Accept that ideal as real now and walk as though you possessed it. You are now *clothed* in your right mind, and a wave of peace moves over you because you realize that which you seek already is. This is why the Bible says, *Lift up your eyes, look on the fields; for they are already white to harvest.*

And, behold, there came a man named Jairus, and he was a ruler of the synagogue: and he fell down at Jesus' feet, and besought him that he would come into his house: For he had one only daughter, about twelve years of age, and she lay a dying. But as he went the people thronged him. And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any, came behind him, and touched the border of his garment: and immediately her issue of blood stanched. And Jesus said, Who touched me? When all denied, Peter and they that were with him said, Master, the multitude throng thee and press thee, and sayest thou, Who touched me? And Jesus said, Somebody hath touched me: for I perceive that

virtue is gone out of me. And when the woman saw that she was not hid, she came trembling, and falling down before him, she declared unto him before all the people for what cause she had touched him, and how she was healed immediately. And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in peace. While he yet spake, there cometh one from the ruler of the synagogue's house, saying to him, Thy daughter is dead; trouble not the Master. But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole. And when he came into the house, he suffered no man to go in, save Peter, and James, and John, and the father and the mother of the maiden. And all wept, and bewailed her: but he said, Weep not; she is not dead, but sleepeth. And they laughed him to scorn, knowing that she was dead. And he put them all out, and took her by the hand, and called, saying, Maid, arise. And her spirit came again, and she arose straightway: and he commanded to give her meat. Luke 8:41-55. *Related passages*, Matt. 9:20-22, 14:35-36. Mark 5:28-34.

All these stories are psychological and must be interpreted as such. You are *Jairus* which means the ruling thought in the mind; *you throw your-*

self at Jesus' feet; i.e., you begin to realize that based on your new understanding of the Power of God in you, you can resurrect the *dying child*. The *dying daughter* represents your unfulfilled ambition, the desire of your heart. *Jesus, Jairus,* the *daughter*, the *woman with the issue of blood*, *Peter, James,* and *John*—all these characters are within each of us. It is a story of everyman. Our *daughter* (desire) is *dying* because we lack the faith to resurrect it. *A woman with the issue of blood* cannot give birth, she cannot conceive. A bleeding womb cannot possibly give form to a body. *Woman* means emotion, feeling. When our emotions are running wild and undisciplined, we are symbolically *bleeding from the womb*. Energy and vitality are being wasted because of fear, worry, and doubt. The *womb* (mind) must be closed in order to procreate.

As you go within and shut the door of your senses to all objective evidence and assume that you are what you long to be, you are closing your *womb* (mind) and will succeed in giving form to your idea or plan. Your thought is creative; when you begin to think on what you wish to express, the Creative Power of God responds and by remaining faithful to the new mental focus, you will resurrect your *child*. You know in your heart that

the child is not dead and that you can bring it forth. Your new attitude of mind which is your faith closes the *womb*.

Thy faith hath made thee whole. Faith comes through hearing that there is only One Sovereign and Supreme Power which can do all things, for It is Almighty. As we give our attention to the Truth about this One Power, we are said to hear it. Let us hear the Truths about the Power of Love, faith, and good will, and let us trust our subjective wisdom to reveal to us the answer to any problem. Faith is going in one direction only. Many people give their ear or attention to lies, falsehoods, superstition, and erroneous concepts of all kinds. When we do this, confusion reigns supreme.

Somebody hath touched me: for I perceive that virtue is gone out of me. You can mentally and emotionally touch faith, love, joy, and peace. When you mentally appropriate the idea of perfect health, the Healing Presence responds, and you are made whole—this is the virtue that comes out of the depths of yourself.

We are told that *they laughed him to scorn.* Is it not true that your five senses mock and laugh at you? Do they not challenge you and say, "It

can't be done," or "It is impossible"? This is why you suspend your senses and direct your mind to give attention to the new mental picture, and as you envelop this desire with the mood of love, you become one with it. This is the meaning of taking *Peter, James, and John into the house with Him.* The *house* is your mind or consciousness. Your own I AM-NESS is the father and mother of all ideas, desires, concepts, and urges. *Peter* means faith in God; *James* means to judge righteously, *i.e.*, to hear the good news only; John is love or a sense of atonement, at-one-ment, with your ideal. We actually take these three qualities with us whenever we recognize a state as true that is not evident to the senses. Our reason and senses may question, ridicule, scoff, and laugh, but if we will only go within, knowing that when we feel something as true, Omnipotence moves in our behalf, then, though the whole world would deny it, we would demonstrate our desire because we are sealed in faith, and *according to our faith is it done unto us.*

Chapter 4

YOUR HEALING PRESENCE

And, behold, a man of the company cried out, saying, Master, I beseech thee, look upon my son: for he is mine only child. And, lo, a spirit taketh him, and he suddenly crieth out; and it teareth him that he foameth again, and bruising him hardly departeth from him. And I besought thy disciples to cast him out; and they could not. And Jesus answering said, O faithless and perverse generation, how long shall I be with you, and suffer you? Bring thy son hither. And as he was yet a coming, the devil threw him down, and tare him. And Jesus rebuked the unclean spirit, and healed the child, and delivered him again to his father. And they were all amazed at the mighty power of God. Luke 9:38-43. *Related passages,* Matt. 17:14-21. Mark 9:17-29.

There are similar stories in the Books of *Mark* and *Matthew*, which definitely seem to indicate a disease known as epilepsy today. Of course, look-

ing at the story literally one would think of demon possession which was the popular belief in those days. The boy is thrown down; he foams at the mouth and wallows on the ground suffering from convulsions. The Bible does not mention the word epilepsy. The word is derived from the Greek word *epilepsia*, which means a falling sickness characterized by seizures. The Greeks called epilepsy the sacred disease because it was believed to be caused by the moon. As we all know, the term lunatic comes from the Latin word *lunaticus*. In ancient symbology the moon meant the subconscious mind. The sun was the illumined intellect or the conscious mind full of wisdom.

In other words the Bible is saying the child had a subconscious poison pocket which was the cause of his seizures and epileptic fits. *The sun shall not smite thee by day, nor the moon by night*. Psalms 121:6. Modern psychology and psychiatry show definitely that mental and physical disorders have their roots in the depths of the deeper mind, called the subconscious or unconscious.

Negative subconscious patterns are called *pestilences of the darkness*. By turning to the God-Presence within and calling on the Power and Goodness of God, we bring the action of God to

play in our life. We prove our allegiance, devotion, and love for God by identifying ourselves with His qualities and by absolutely refusing to recognize evil as having any power over us. Because of our faith in the One Power, we claim His Perfect Harmony and Perfect Peace which is His Will.

Hippocrates, about 400 B.C., recognized this type of mental disorder called epilepsy which in his time was believed to be caused by divine beings. He ridicules the superstitions of his day and points out that the disease could not be of divine origin for the simple reason that the condition was healed by purifications and various incantations which were in vogue at the time. A local psychiatrist told me that his study of Hippocrates showed that this famous physician had a wonderful knowledge of the causes underlying mental disorders of all kinds.

Whether the child in question was an idiot child, deaf and dumb, or an epileptic doesn't matter. We must realize in praying for another that *with God all things are possible.* The *Book of Mark* says this type of case is healed by *prayer and fasting. Fasting* means, fasting from the sense evidence, symptoms, and race belief. We must *fast; i.e.*, mentally reject the poisoned feast of objective evidences.

Where did this healing take place? Jesus, as the story goes, had to heal himself of the disease, whether insanity or idiocy, and outer results necessarily followed. It is the *prayer of faith* which gets results. The mentally deranged state of consciousness is conditioned in us as long as we see that condition of illness portrayed. The failure to heal an insane child or an idiot is not the child's fault but the absence of faith in the *disciples* (mind's faculties). The one praying must cure himself of the claim supposedly gripping the ailing child; the condition is actually gripping the practitioner who is unawakened yet to the Truth. When we fail in this type of case, we simply have failed to fix our mind's eye on the embodiment of health which the ailing one needs.

We are told the reason the disciples could not heal the sick boy was due to unbelief. There is a deep unconscious belief in the minds of people that certain diseases are difficult to heal; when they see a lunatic and his symptoms, their senses are deeply impressed with the difficulties. The *disciples* spoken of are our own attitudes, mental faculties, and viewpoints. We must completely detach ourselves from the evidence of senses and identify with the Omnipotent Healing Presence,

paying no attention to appearances and symptoms. Power, faith, confidence, and elevation of consciousness will come as we consider the Divine Masterpiece within and not the appearance.

Here is a treatment I use in treating mental disorders such as insanity, etc. I go within myself, mention the name of the patient; then I think of God for three or four minutes by mentally dwelling on Infinite Peace, Harmony, Divine Intelligence, Divine Love, and Wisdom. At the same time I claim that that which is true of God is true of the one I am praying for. I try to get the *feel* that all is order, harmony, bliss, peace, and joy in the mind of the person being prayed for. In this way I induce the mood or mental atmosphere of peace, health, and harmony. When I feel that I have done the best I can, I leave it and pronounce the person whole. I may repeat this treatment two or three times a day or as often as I am led to do so, always praying as if I had never prayed before. If I have only a partial realization, the person in question will feel better. The main thing is to keep on keeping on until the *day breaks and the shadows flee away* in your own mind.

The main purpose of all our prayers for others is to get the feeling of inward joy, and God will do

the rest. In prayer we must go to *heaven;* that means a state of inner peace and rest. As we enter this *heaven* frequently, we shall see heaven on earth.

And he was teaching in one of the synagogues on the sabbath. And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself. And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity. And he laid his hands on her: and immediately she was made straight, and glorified God. And the ruler of the synagogue answered with indignation, because that Jesus had healed on the sabbath day, and said unto the people, There are six days in which men ought to work: in them therefore come and be healed, and not on the sabbath day. The Lord then answered him, and said, Thou hypocrite, doth not each one of you on the sabbath loose his ox or his ass from the stall, and lead him away to watering? And ought not this woman, being a daughter of Abraham, whom Satan hath bound, lo, these eighteen years, be loosed from this bond on the sabbath day? Luke 13:10-16.

Healing by the laying on of hands has gone on for countless generations. I have seen some remarkable healings performed in that manner. Some say they are gifted and that their hands are *healing hands*. Of course if they believe that they have this divine gift of healing, it is done unto them as they believe. The truth of the matter is that all of us have the gift of healing. It is not a divine prerogative bestowed on the few. The Healing Presence is operating within you twenty-four hours a day. Did you ever consider all the cuts, bruises, and scratches you experienced when young? Did you not notice an Infinite Intelligence at work? It formed thrombin, closed up the cut, gave you new cells, and a complete healing took place. This happened in all probability without your being aware of it. The Intelligence within is constantly renewing your body. Faith causes this Healing Power to speed up tremendously, so much so that you can experience an instantaneous healing. As a matter of fact, a great number of churches of all denominations practice the laying on of hands.

We are told that the woman in the Bible story was healed on the *sabbath*. Many practice the *sabbath* from a literal standpoint, thinking it is a

sin to drive a nail on the sabbath or do work of any kind. Some go to extremes and won't even handle money on the sabbath. All this is meaningless. The *sabbath* is an inner stillness, an inner certitude, whereby man reminds himself of the availability of the God-Presence in all emergencies, at all times, everywhere. You are *walking in the sabbath* when you accept in your mind that your prayer is answered. When you meditate and pray and succeed in reaching the point of inner peace, then your prayer is answered. You have reached the seventh day, the seventh hour, which psychologically means the moment of conviction. You are in the *sabbath* when your heart is aflame with the Glory of God and the certainty of His response, and at that moment you will experience an instantaneous, Divine transfusion of energy, power, vitality, and life.

We must realize that external acts—ritual, ceremony, and conforming to rites, precepts, and ordinances of some organization or church—are not real religion or true worship. A man may observe all the rules and regulations of his church and at the same time violate all the laws of God in his heart. He could go to church every day of the week

and yet be very unreligious. We must become aware of the fact that the only change that matters is the internal change, the change of the heart, where you have actually fallen in love with spiritual values; then all fear, enemies, and sickness will fall away.

When you walk in the consciousness of peace, health, and happiness, you are *in the sabbath* all day long. You are *in the sabbath* when you feel and know that it is impossible for your prayer to fail. You are unmoved, undisturbed, calm, serene, and tranquil because you are carrying in your subjective mind a divine impression, a subconscious embodiment of your ideal. You know that there is always an interval of time between the subjective embodiment and the objective manifestation. Your inner certitude and imperturbability is the sabbath, and *it was on the sabbath day that she was healed.*

The *ruler of the synagogue* mentioned in the Bible means the ruling thought or prevailing worldly viewpoint or opinion. *The synagogue* is your mind where the aggregation of thoughts, feelings, moods, and opinions gather. Jesus is always available, which means when you are looking at your desire, you are really looking at Jesus, or your

solution, or that which saves. *The Woman who has the infirmity* means the feeling of weakness, the depressed state of consciousness, the subjective belief in some crippling disease. The word *woman* means emotional nature, the subjective side of life. Whatever our disease, it represents a negative pattern of thought, charged with emotion in our subliminal depths. The *ruler of the synagogue* represents the fear thoughts, the doubts, and arguments which come to your mind trying to dissuade you to turn away from the belief in the One Power which can do all things. There is an argument in your mind and you must psychologically slay these hypocritical thoughts, by asking them where they come from. Is there a principle behind them? Are they not shadows of the mind? The fear thoughts have no heavenly credentials. Take your attention away from them altogether and they die of neglect. Feast on God's Almighty Power, accept It, imagine that you are being healed now. Do this as often as necessary and you will experience *the sabbath*, or the fullness of acceptance; then you will rise and walk. *It is the sabbath day for you.*

Chapter 5

THE INCURABLE ARE CURED

And it came to pass, as he went into the house of one of the chief Pharisees to eat bread on the sabbath day, that they watched him. And, behold, there was a certain man before him which had the dropsy. And Jesus answering spake unto the lawyers and Pharisees, saying, Is it lawful to heal on the sabbath day? And they held their peace. And he took him, and healed him, and let him go; and answered them, saying, Which of you shall have an ass or an ox fallen into a pit, and will not straightway pull him out on the sabbath day? And they could not answer him again to these things. Luke 14:1-6.

The *Pharisee* is everywhere; he is the type of man who lays stress on external acts and observances. He adheres to the letter of the law and lacks the love and understanding behind the words of the Gospel. The *Pharisee* believes that the fan gives him a stiff neck, that germs are the cause of

his cold, and that the hidden virus is the cause of his influenza. The weather, conditions, and circumstances influence the mind in a suggestive way only. Man is the only thinker in his world; therefore it follows that the fan can't give him a cold except he thinks it does. A belief is a thought in the mind generally accepted as true. Many people can sit under a fan all day without getting a cold or a stiff neck. If one accepts the hypnotic suggestion that he will catch cold because of a draft, the fact still remains that the cold was due to his own thought. He had the power to reject or accept the suggestion. If accepted, the result is due to the movement of his own mind. He has no one to blame but himself. His mind accepted a false idea and produced the consequences.

The case of *dropsy* mentioned in the above Gospel story was due to a flood of negativity. When the mind is full of strain, stress, and tension, a corresponding effect is produced in the body, and there is a breakdown in the organs of elimination. If a man is possessed with hatred or deep-seated resentment, it could well bring on an internal flood which, if not checked, could terminate in disintegration of his vital organs due to the corrosive effect of these mental poisons.

The conditions in the body are outpicturings of man's mental attitude or state of consciousness.

I knew a man in London who was very religious and completely free from any ill will or resentment. However, he saw his father die of dropsy, and it made a very deep impression on him; he told me that all his life he feared that the same thing would happen to him. He added that his father used to be tapped with an instrument and that the doctor would draw out large amounts of water from his abdominal area. This lingering fear, which was never neutralized, was undoubtedly the cause of his dropsical condition. He did not know the simple psychological truth which Quimby elucidated about a hundred years ago. Quimby said that *if you believed something, it will manifest whether you are consciously thinking of it or not*. This man's fear became a belief that he would become a victim of the same disorder that troubled his father. This explanation helped the man considerably. He began to realize that he had accepted a lie as the truth. The truth began to dawn on him that his fear was a perversion of the truth, a fear which had no real power because there is no principle behind discord. There is a principle of health, none of dis-

ease; a principle of abundance, none of poverty; a principle of honesty, none of deceit; a principle of mathematics, none of error; a principle of beauty, none of ugliness. His belief was the only power which controlled him. One's mind can be moved negatively or positively and can be influenced by good or evil.

This man saw the truth about his situation and cast out the lie. He reasoned that the Healing Power which made him was still with him and that his disease was due to a disordered group of thoughts; thus he rearranged his mind to conform to the Divine pattern. Before going to sleep at night he would affirm with feeling and with a deep meaning behind each word, "The Healing Presence is now going to work transforming, healing, restoring, and controlling all processes of my body according to its Wisdom and Divine Nature. I rest secure in this knowledge. I know it is God in action. There is no other power and this Healing Power is working now." He repeated this prayer every night for about thirty days. At the end of that time his mind had reached a conviction of health. This was the *sabbath day* for him, which meant the moment of complete fulfillment in his mind.

I attended a church service some years ago during which the minister gave a very fine talk on Divine Healing. After the service a member of the minister's church board said to him, "It's all right to say, 'Jesus healed,' but don't say we can do it!" Can you imagine a statement like that in this so-called enlightened age? The man who said that had had hundreds of healings all through his life. Life is forever healing our cuts, bruises, sprains, and scratches. It never condemns us. When we take some contaminated food, the same Life-Principle which seeks to preserve us causes us to regurgitate and tries Its utmost to heal us. A healing will take place if, as Emerson says, "we take our bloated nothingness out of the way."

I knew a Christian Scientist who swallowed a poisonous liquid by mistake one time. He was a splendid practitioner and had great faith in the God-Power. He told me that he was a hundred miles away from any kind of help so that he had to rely solely on the subjective power within him. He got very still and these are the words he used, "God is in His Holy Temple and His Presence fills every organ and cell of my being. Where God is there is only order, beauty, and perfect functioning. His Holy Presence neutralizes everything unlike Itself." He kept this up for an hour and,

though in a very weakened condition, had a complete recovery.

Could one take a corrosive poison trusting the subjective power to nullify baneful effects? I don't suggest that anyone take on such a trial. I definitely believe that in an emergency or through a mistaken situation, the sincere truth student looking loyally to God for help could actually prove St. Mark's statement, *And if they drink any deadly thing it shall not hurt them*, and come out unscathed by the experience.

There are mental as well as physical poisons. The lawyers and the Pharisees are in all of us. They represent man-made laws and opinions, and the belief that we are being punished for our sins, that our *karma* is catching up to us, that we have sinned in a former life, and that now we are expiating our sins. Pharisaical thoughts come floating into our mind saying, "We must not question God, maybe it is God's Will that we be sick. This is the cross we must bear." Others have a martyr complex and say, "God is testing me, this is a trial. I must accept my suffering as the Will of God."

God's *Will* is the will of life, and life wants to manifest itself as health, harmony, joy, wholeness, perfection, and abundance. The Will of God is

the Nature of God, which is Boundless Love, Infinite Intelligence, Absolute Harmony, Perfect Peace, Infinite Joy, Boundless Wisdom, and Perfect Order, Symmetry, and Proportion. Life cannot wish death. Peace cannot wish pain. Joy cannot wish sorrow. Harmony cannot wish discord. Order cannot wish disorder. Love cannot wish punishment, misery, and suffering. People who say that God is punishing them would never dream of accusing or attributing to their own parents the things of which they accuse God. To such people the words *Infinitely Good* and *Perfect* seem to have no meaning.

Many diseases follow such false beliefs, for all our beliefs tend to manifest themselves. To believe that God is testing you or punishing you sets in motion the law of your own mind bringing trouble, opposition, sickness, and difficulties of all kinds. That is why you hear a man say a jinx is following him. If man has a false premise, his conclusion or experience must conform with his false premise. Actually man punishes himself. He gives everything to himself, whether sorrow or joy, pain or peace.

Jesus means you, yourself, operating your conscious and subconscious mind synchronously and harmoniously. When you know the laws of your

mind and apply them constructively, you are the Jesus of the Bible, raising the dead desires, healing the blind thoughts, and walking triumphantly toward your goal. You are no longer blind, halt, withered, or lame. This is why the Bible says, *And he took him, and healed him, and let him go.*

I have outlined for you in this chapter how a man healed a similar condition in himself. The same Healing Power is present in all men. It is not something that existed only two thousand years ago. It is Omnipresent. You can lay hold of it and perform what we call miracles in your life. We must remember that a miracle cannot prove that which is impossible. It is a confirmation of that which is possible, always was, and always will be. For with God all things are possible.

Love, joy, and peace had no beginning and will have no end. Harmony always has been. The Principle of Life always has existed. It is not something that one man possessed. To say this would be the essence of absurdity. Don't wait for some angel or saint to heal you. Don't wonder whether God wants you to be healed or not. Realize that you are violating God's laws which are written in your heart and nature when you are sick, morose, hateful, or poor. Mental poisons are wrong thoughts which work underground in consciousness like a

contaminated stream to emerge even after years of wrong experiences such as illness, loss, unhappiness, etc.

The first step in healing is not to be afraid of the manifest conditions from this very moment. The second step is to realize that the condition is but the product of past thinking which will have no more power to continue its existence. The third step is to *exalt the God who is in the midst of thee* (subjective self). This will stop the production of all toxins in you or your patient. You have now pronounced the condition false; in lifting yourself up, seeing the person as he ought to be, you draw the manifestation or the ideal state to you. Live in the embodiment of your desire and the *word* (your thought and feeling) will soon be made flesh. If you allow yourself to be swayed by the beliefs of man (mental poisons), you will not be able to live emotionally in your embodiment.

Among the most deadly mental poisons are the following: Hatred, which is really ignorance, and self-pity, which is really self-absorption. These drugs creep through the psychic bloodstream poisoning all springs of hope and faith, leading to dementia praecox, melancholia, and other forms of mental derangement. The spiritual antidote is to find your

other real Self (God) and become God-intoxicated. You can fall madly in love with the new knowledge that thoughts are things and that by filling your mind with spiritual values, you will transform your whole life, bringing you health, happiness, love, and joy. You can fall in love and become wildly enthusiastic in knowing that there is a Principle of Life which flows through your mental patterns and imagery creating after their image and likeness. When you realize that the law of attraction is forever operating in your life, you are seized with a Divine frenzy at the wonder of it all. You are now in love (emotionally attached) with God, or all things good, pleasing, elevating, and uplifting. You now hunger and thirst for more Wisdom and you move forward in the light of the One Who Forever Is.

Old age is another mental poison. The Bible looks upon age *not as the flight of years, but as the dawn of wisdom*. Seek the Divine Frenzy which cleanses you of all toxins. Like Daniel, even in the lions' den, exalt the God within you—the Divine Anti-Body.

Chapter 6

THE HEALING POWER OF THANKSGIVING

And it came to pass, as he went to Jerusalem, that he passed through the midst of Samaria and Galilee. And as he entered into a certain village, there met him ten men that were lepers, which stood afar off: And they lifted up their voices, and said, Jesus, Master, have mercy on us. And when he saw them, he said unto them, Go shew yourselves unto the priests. And it came to pass, that, as they went, they were cleansed. And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, and fell down on his face at his feet, giving him thanks: and he was a Samaritan. And Jesus answering said, Were there not ten cleansed? But where are the nine? There are not found that returned to give glory to God, save this stranger. And he said unto him, Arise, go thy way: thy faith hath made thee whole. Luke 17:11-19.

This wonderful account of ten lepers being healed is a story of all of us. If you remove the stories of healings in the four Gospels, you have certainly emasculated one of the most important parts of the Gospels. The story of the lepers is telling all of us that sickness of the body has its origins in sickness of the soul.

I remember reading some time ago a report of a statement made by Dr. Elmer Hess as he was inaugurated president of the American Medical Association to the effect that a physician who does not believe in God has no business in a sick room. I believe that most physicians agree that faith in God has a profound effect in the maintenance of perfect health. Let us remind ourselves at this point of the famous saying, "The doctor treats the patient; God heals him."

As previously pointed out, the word *leper* in the Bible means a mind troubled with conflicting desires, emotions, and confused ideas. It means a sick mind, a man who is sick in his thoughts, his emotions, and his body. Leprosy is a wasting disease; therefore, it typifies the state of a man who has lost his vitality, energy, enthusiasm, and vigor for life, because he has psychologically separated

himself from the Source of all life. We have a leprous condition when we are full of envy, jealousy, anger, hatred, self-condemnation, etc.

When the Bible says *Jesus passed through Samaria and Galilee to reach Jerusalem*, it refers to a process of prayer or steps of prayer. *Jesus* represents the ideal, your desire, plan, or purpose which is always walking down the streets of your mind beckoning you onward and upward. Your ideal, picture, or vision is at this moment saying to you, "Rise up and accept me." When you raise your desire up in consciousness to the point of acceptance, you experience the truth of the statement, *Thy faith hath made thee whole*. Your desire must go through *Samaria*, which means confusion, double-mindedness, and conflict *in Galilee* (your mind).

The numeral *ten* mentioned here symbolizes the completion of a process. To look at it in a very simple way, the numeral *one* means the male or pressing aspect, namely your idea or desire. The naught or circle symbolizes a womb or receptive mind of man. *Woman* means the *womb of man*. In other words, *ten* means the interaction of the male and female elements of your own mind, thought and feeling, idea and emotion, the brain

and heart. When these two are functioning harmoniously, constructively, and joyously, it is a happy marriage or union. Such a person is well-integrated, healthy, vital, and courageous. The thoughts must be united with true feeling. Our thoughts must conform to the spiritual standard set forth by Paul, *Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* Phil. 4:8.

True emotion follows true thought. The heart or subjective feeling nature should be the chalice of God's Love as it is the sanctuary of His Holy Presence. It is called the *cup* in the Bible. As we meditate on the spiritual values of life we receive a transfusion of love, faith, confidence, and energy which courses through our veins transforming our whole being. Our faith is kindled when we realize that all things are done by faith, which is a movement of Omnipotence within ourselves. There is only one power and that is our own consciousness. When we think of something, we have at that moment pin-pointed the flow of the Almighty Creative Power through one focal point of

attention. Our faith is really our thought which, as Baudouin the French psychologist said, begins to execute itself immediately, taking form and function in your life.

All of us want to go to *Jerusalem*, the city of peace within ourselves, which means that when our desire is completely subjectified, we have reached the place of accomplishment or fulfillment. We are now at peace (Jerusalem). Our mind is no longer divided. The two (desire and faith) have become one and all is well.

The number *ten* is also a sacred number and bears reference to the line 1, and the circle 0, which produce a cross (X) only when there is a conflict in the mind. This conflict and frustration follows when man is in a double-minded state. He has two powers and believes in good and evil. He looks at his environment, circumstances, and conditions and says to himself, "It's hopeless, all is lost, there is no way out of this dilemma, I'm incurable," and many similar statements. He is transferring the power within himself to external conditions; perhaps he is blaming the weather, other people, or a jinx for his trouble.

When desire and fear quarrel, the mind and the body become a battleground resulting in wasteful

expenditures of energy, debility of the vital organs, nervous prostration, and exhaustion. Man must learn not to make a created thing or the manifested world a cause. He must not exalt the created thing above the Creator. He must resolve the conflict by going within himself and, like Quimby, placing his case before the Great Tribunal, God, the only Presence and the only Power. In the secret chamber of his own mind, he gives supreme recognition to the Spirit within. He looks at the fearful, negative thoughts and orders them out of his mind, realizing that they are only an illusion of power. There is no principle behind them and there is nothing to sustain them. He reminds himself that there is only one Creative Power and that It is now flowing through his thought-patterns bringing him the good he seeks. He keeps on doing this regularly and systematically until a healing of the situation takes place. He has reached a decision or pronounced judgment in his own mind. He has condemned the guilty cause (the negative thoughts) and has freed his prisoner (desire) into the arms of the Lord (his subjective self), where, through repetition, faith, and expectancy, his desire has sunk deeply into his subconscious mind. This is called depth therapy or as the Bible calls

it, *entering Jerusalem* (*uru*—city, *salem*—peace), *i.e.*, reaching the point of conviction.

The cross we have been carrying is now removed because we have reached the place of death. Our desire has been entombed where it dies first, then comes forth as the answer to our prayer. The *word* (thought) has become *flesh* (made manifest in our body and environment).

The *cry of the ten lepers* is the cry of every man. It is the appeal of every troubled, frustrated, and neurotic person to the *Master* or Spiritual Power within, which alone can give peace and health of mind, body, and emotions. *They lifted up their voices.* You lift yourself up mentally when you turn in reverence, allegiance, and adoration to the Spiritual Presence within *who healeth all thy diseases.*

Master, have mercy on us. The hundredth Psalm says, *His mercy is everlasting.* How beautiful are these words. They touch the heart strings, causing you to go forth with the praise of God forever on your lips.

Go shew yourself unto the priests. The word *priest* is a symbol of spiritual perception, an intuitive awareness of the great Truths of God. A priest is one who offers up a sacrifice. Every man

is a priest of God when he turns away from the false gods and the poisoned feast of the irrational, mass-mind with its fears, superstitions, and terrors in order to give his supreme attention to the one God and His Laws. He *sacrifices* or gives up his negative thoughts, fears, and false beliefs and contemplates love, peace, beauty, and perfection. He must give to receive. He gives up, *i.e.*, fasts from resentment and feasts on love; fasts from the idea of poverty and feasts on the idea of God's abundance; fasts from fear and feasts on faith in God and all things good; fasts from sadness and secretes the essence of joy, knowing that the joy of the Lord is his strength. The *true priest* fasts from pain and feasts on God's Silent River of Peace. He fasts from self-condemnation, depression, and self-pity, and feasts on amiability, sociability, kindliness, good will, and laughter. He fasts from symptoms and feasts on the mental vision of health and happiness. He fasts from darkness and feasts on the Light of God being reflected on all his problems, knowing the Light (intelligence) of God knows only the answer. He fasts from karma, fate, predestination, and feasts on God, the Eternal Now, knowing the Absolute does not condemn, judge, punish, or send sickness, disease, or death.

He knows that though his hands are dripping with the blood of others and though he may have committed dastardly crimes, he can instantaneously turn to the Presence of God within, lifting himself up to the Heart of God, claiming and feeling that he now is the man God intended him to be, the happy man, the joyous man, the poised man, the peaceful man, the loving man. As this man paints a picture or vision in his mind and his heart, he hungers for an inward change; the Law of God automatically responds to his new mental pattern, and the past is forgotten and remembered no more. If man misused the laws of chemistry or electricity for twenty years, the moment he used the principle correctly the underlying laws of chemistry or electricity would automatically respond. The law cannot possibly hold grudges or try to get even. When we are dealing with our mind, we are also using the principle of mind. It makes no difference if you have been a murderer, a thief, or if you have committed all manner of evil, the moment you decide sincerely to change your life by enthroning a new concept and estimate of yourself in your mind and feel the truth of that which you affirm, the law reverses its former action and

responds by corresponding to the new blueprint of your mind.

We must realize that the perfunctory prayer will not suffice. Only when sincerity and a new spiritual view of things take hold of the mind do you expunge from your deeper mind the former negative patterns which caused all your trouble. You must remember that the law plays no favorites; moreover law is always impersonal. The laws of our mind never punish us. We merely experience the reaction of the law which we set in motion by our thoughts and beliefs. When man understands this, he has no occasion to hate or resent the meanest man who walks the earth. Furthermore, there is no basis for ill will, resentment, envy, or jealousy, for all men may turn within for what they want. As they positively assert this claim for the good they seek, the law of mind responds to their mental acceptance. There is no basis for harboring ill feeling toward people who defraud or cheat us. There is nothing lost unless we admit the loss in our mind. All we have to do is to realize that all things exist in Infinite Mind, identify ourselves mentally and emotionally with that which we want, and our exchequer will again be replenished

from the Infinite reservoir of God's riches in ways we know not of. There is no loss but the sense of loss. People who rob, defraud, or otherwise deceive us are merely messengers telling us who we have conceived ourselves to be. They testify to our state of consciousness. How could we be angry or hostile to others when they are merely instruments of our own mind, fulfilling the play which we wrote consciously or unconsciously in the book of life, our subconscious mind. It is easy to forgive; all we have to do is to forgive ourselves for having negative, destructive thoughts which hurt us, while those with whom we were angry probably have been fishing, dancing, or having a glorious time.

To heal any situation, *you show yourself to the priest*, for you are the *priest* yourself, forever giving up the lesser for the greater. You may offer your *sacrifice* now, which is your desire for a perfect healing, by directing your attention from the symptoms and the body, and dwelling with the Lord of Life within. Claim that the Infinite Healing Presence is saturating every atom of your body, making you whole, pure, and perfect. Know and feel that the Living Intelligence which made your body is now taking over, causing all the organs of your body to conform to God's eternal pattern

of harmony, health, and peace. As you enter into the mental atmosphere of harmony, health, and peace, a rearrangement of your thought-patterns takes place followed automatically by molecular changes in the body structure to conform to the new state of consciousness. You are now transformed because you have had a spiritual transfusion of the Healing Power released by your prayers so that every atom of your being dances to the rhythm of the Eternal God.

Were there not ten cleansed? But where are the nine? The numeral *nine* mentioned refers to the consciousness of possession. Possession is nine points of the law when we enter into the feeling of being what we long to be, or as we continue to claim and feel as true that which we affirm; we add thought to thought, mood to mood, and finally we reach the point of fulfillment in consciousness. The next step is *ten*, or our good made manifest. The cycle of consciousness has been completed; we are back where we started. We began thinking of God (the One), and we ended experiencing God (the One). Everything resolves itself back to ONE, its starting point. You glorify God each time your prayer is answered. Your thought and feeling become one as they are fused together by enthusiasm

and love. The *issue* is the son in expression, the idea objectified.

It is said the one who gave thanks was a *stranger.* The *stranger* in your mind might be sickness, fear, worry, or a business difficulty. These negative attitudes are *strangers,* aliens in the house of God. Our mind is supposed to be a house of prayer, not a den of thieves. Fear, worry, and anger are the *strangers* and intruders who rob us of peace of mind. When we starve these states through neglect, by giving all our attention and devotion to God and His Attributes and Qualities, our mind is cleansed. At that moment we are praising and exalting the God in the midst of us.

And one of them, when he saw that he was healed, turned back, and with a loud voice glorified God, and fell down on his face at his feet, giving him thanks. Here is a perfect formula of prayer. You may be expressing yourself in a wonderful way, be happily married, have a very prosperous business, have wonderful friends, yet, you may have a bad heart or have trouble with your eyes.

There was a man in our recent class on the *Book of Job* who wrote me saying that he was leaving the nine harmonious, stable conditions of

his life to fill up the one that was lost or missing. He said that he went to work on a quality in which he was sadly lacking, namely, thankfulness. This young man said he rarely praised anybody and that he was not thankful for all his blessings. He was amazed when he began to consider all the wonderful things that happened to him and the many blessings he enjoyed. The *stranger* in his midst was eye trouble. The mood of gratitude and the thankful heart causes us to tune in with the creative forces of the universe and what we send out comes back to us multiplied by the law of action and reaction.

This young man quieted the wheels of his mind and began to imagine he was talking to the King of Kings, the Lord of Lords within himself. He had no mental picture of God, of course. In his mind's eye he sensed that the Divine Presence was there, the very Life of him. He began to say, over and over again, "Thank you Father, Thank you Father." He kept repeating this softly, quietly, gently, and lovingly. He was in a sleepy, drowsy state each night as he meditated in the manner outlined. He would go to sleep in the mental mood of thankfulness. He had a perfect healing of his eyes. In biblical language *he fell down on his face*

at his feet. The word *face* means the Truth and Presence of God; *feet* mean understanding. *To fall down* is to humble yourself and set aside the intellect, knowing that Infinite Wisdom and Power are within and can do all things. He understood that vision is spiritual, eternal, and indestructible, and that all he had to do was to enter into the mood of thankfulness for the gift already received. The grateful heart is the mind which believes and rejoices in the joy of the answered prayer. You have oftentimes thanked the man behind the counter for the coat, wrap, or suit which you paid for, but did not receive. You know that he will send it to you and you trust him implicitly. God's promises never fail and you can also give thanks for the gifts which have already been given you. Rise to the point of acceptance and go forth with a grateful heart for the gift already received.

I have been a stranger in a strange land. Ex. 2:22. All of us are really wanderers, pilgrims, and strangers here. We have left Paradise and do not feel at home here. Our pilgrimage is back to the One. We have loves, urges, ideals, and aspirations; and as we look at the world, it seems to deny the inner whisperings and murmurings of our heart

strings which remind us of our origin and urge us back to it.

There is only one thing to do; there is only one thing all men are seeking, and that is the God within, the Creative Presence and Power. Leave the good, sound qualities, aspects, conditions, and circumstances of your life and find the *stranger*, the thing that bothers you, that is at present annoying you. Some desire perhaps is not fulfilled. Turn to God within and still the wheels of your mind; immobilize your attention, focus your mental lens on the fact that the Spirit within you, God, is the Cause and the Source of all your good. Then give thanks by silently repeating, "Thank you," over and over again as a lullaby, until your mind is full of the feeling of thankfulness. Continue to do this until you are filled in consciousness. The moment you qualify or condition your consciousness, the answer will come. The *lepers* are now cleansed. Let your prayer be "O God, give me one more thing, a grateful heart."

Chapter 7

EYESIGHT RESTORED

And it came to pass, that as he was come nigh unto Jericho, a certain blind man sat by the wayside begging: And hearing the multitude pass by, he asked what it meant. And they told him, that Jesus of Nazareth passeth by. And he cried, saying, Jesus, thou son of David, have mercy on me. And Jesus stood, and commanded him to be brought unto him: and when he was come near, he asked him, Saying, What wilt thou that I shall do unto thee? And he said, Lord, that I may receive my sight. And Jesus said unto him, Receive thy sight: thy faith hath saved thee. And immediately he received his sight, and followed him, glorifying God: and all the people, when they saw it, gave praise unto God. Luke 18:35-43. *Related passages,* Mark 10:46-52.

There is the well-known, duly authenticated case of Madame Bire. She was blind, the optic nerves were atrophied, useless. She visited Lourdes and

had what she termed a miraculous healing. Ruth Cranston, a Protestant young lady who investigated and wrote about healings at Lourdes in *McCall's Magazine*, November, 1955, writes about Madame Bire as follows: "At Lourdes she regained her sight, incredibly, with the optic nerves still lifeless and useless, as several doctors could testify after repeated examinations. A month later, upon re-examination, it was found that the seeing mechanism had been restored to normal. But at first, so far as medical examination could tell, she was seeing with 'dead eyes'."

I visited Lourdes in 1955 where I, too, witnessed some healings, and of course there is no doubt but that healings take place at various shrines throughout the world, Christian and non-Christian.

Madame Bire, to whom we just referred, was not healed by the waters or by the Shrine, but by her belief. The healing principle within herself responded to the nature of her thought. Belief is a thought in the mind. It means to accept something as true. The thought accepted executes itself automatically. Faith means to accept that what you are praying for already is. Undoubtedly Madame Bire went to the Shrine with expectancy and great faith, knowing in her heart she would receive

a healing. Her deeper mind responded to her belief and spiritual forces were released, restoring her vision according to her belief. *According to your belief is it done unto you.* The Healing Presence which created the eyes can certainly bring a dead nerve back to life. What the Creative Principle created in the first place, It can recreate.

Healings occur sometimes unheralded at various religious services. Some people have told me that they had healings at our healing service on Sunday mornings. They add that they did not expect a healing, that they were skeptical, that they were in no state of exaltation, and were not even thinking of a healing. From what they say one would gather that they lacked faith; therefore the question arises, how could they receive a healing? The answer is rather simple. They are looking for a healing and their minds are open and receptive to receive the prayers of the multitude present. Perhaps they are going to a doctor, osteopath, or chiropractor for treatment, which is highly indicative that they desire to be healed. Desire is prayer; this attitude indicates a very receptive mind for the idea of perfect health to be resurrected, for which the people present are praying. When a group of people, gathered together in

prayer, affirm that all those who are present are healed, made whole and perfect, they are establishing a definite psychological and spiritual link among all those present; then even if unbelievers or skeptics are present, it is possible for them to be healed for the simple reason that they desire a healing.

You might ask the question, "What about a person who is full of hatred, ill will, and resentment; would he get a healing at a Shrine or at any church healing service?" If the faucet or a pipeline is full of debris of all sorts, the water will not flow freely; furthermore, the water will be muddy and contaminated. It is necessary to remove the kinks in the hose when watering the garden. Your body is the garden, and when you pray you are watering your garden with the Healing Power of God. The healing waters are love, peace, joy, faith, good will, confidence, and strength. The man full of hate is opposed to the stream of love and joy. He must decide to let go of his grudges and pet peeves, and to let in the sunshine of God's Love. His mental block sets up a resistance to the Healing Principle and a short circuit takes place. When he lets down the bars, the invasion of love and grace can penetrate. A person who refuses to

resolve his mental conflicts definitely delays his healing. The consciousness of love is the most potent healing force in the world. The doctor, priest, rabbi, or New Thought minister possessing the greatest measure of God's Love will get the best results.

Jesus said to the blind man, *What wilt thou that I shall do unto thee? And he said, Lord, that I may receive my sight.* The beggar was specific because he knew what he wanted and said so. Life is always asking you, *what wilt thou of me?* What is your desire? Millions of people are blind; *i.e.*, they are psychologically and spiritually blind because they do not know that they become what they think all day long. Man is spiritually blind when he hates, resents, or is envious of others. He does not know that he is actually secreting mental poisons which tend to destroy him.

Thousands of people are constantly saying that there is no way to solve their problems, that the situation is hopeless. Such an attitude is the result of spiritual blindness. Man begins to see spiritually and mentally when he gets a new perception of the mind, knowing that there is an Infinite Intelligence within him that is responsive to his thought

which can solve all problems. The cry of the world is, "I want my sight." Men, women, and children should receive their sight. They should be taught in schools, in colleges, and in homes throughout the land, where the Creative Principle of Life is and how to use it. They should be taught the interrelationship of the conscious and subconscious mind.

Emerson said, "A man is what he thinks all day long." The Bible says, *As a man thinketh in his heart so is he*. Men should be taught that the Principle of Life is responsive to their thought and that when they claim that Infinite Intelligence leads and guides them, revealing to them the perfect answer, they find themselves automatically led to do the right thing as the way opens up. They were once *blind* to these truths; they now begin to *see* the vision of health, wealth, and happiness, and peace of mind.

And Jesus said unto him, Receive thy sight: thy faith hath saved thee. Jesus symbolizes the Redeemer or the Healing Principle of Life within all of us which forever responds to our expectancy or faith. Your faith is your feeling, your awareness, your inner conviction that what you are praying

for already is. Vision is eternal, spiritual, and indestructible. We do not create vision, we manifest or release it.

Recently a woman came to me with incipient glaucoma, which is hardening of the eyeball. I read some time ago an article which stated that ophthalmologists in one of the larger hospitals discovered that there was a pattern of hatred in about twenty to twenty-five per cent of the cases of glaucoma in the hospital. This is not true in all cases, of course. In others who indulge in negative or destructive thinking, the liver, heart, lungs, or other organs may be affected, depending on the susceptibility of the person. The disease may also be due to fear, or race mind impinging on the consciousness of people who fail to pray. This woman began to pray for a daughter-in-law whom she hated intensely. She did it this way: "I release _____ unto God. I wish for her all of God's happiness, peace, and joy." She repeated this prayer frequently until all the roots were withered in her mind. Actually she began to feel kindly toward the daughter-in-law after a few weeks. This is how true love melts everything unlike itself. We prayed together frequently; we were *en rapport* with each other. All of us are sending and

receiving stations. She was open and receptive to the truth, and she prayed frequently using the prayer "Perfect Eyesight" in one of my books of meditations* which is as follows:

"My eyes are God's eyes, and I see perfectly. The Living Intelligence which made my eyes is now controlling the processes and functioning of my eyes and my entire body. I know and believe that my vision is spiritual, eternal, and indestructible. "If, therefore thine eye be single, thy whole body shall be full of light." This means I see only the Truth; I love the Truth; I know the Truth. I see God in all men and in all things. I see spiritually, mentally, and physically. My eyes reflect the glory, the beauty, and the perfection of God. It is God looking out through my eyes seeing His own ideas of perfection. My eyes are the windows of my soul; they are pure, and are kept single to Love, Truth, and Beauty at all times. The harmonizing, healing, vitalizing, energizing Power of the Holy Spirit permeates every atom, cell, nerve, tissue, and muscle of my eyes making them whole, pure, and perfect. The Divine, perfect pattern is now made manifest in my eyes, and every atom and cell con-

*See my *Quiet Moments with God* (DeVorss), p. 21.

forms to God's perfect pattern on the Mount. Thank you, Father."

She let these truths sink down by a process of spiritual osmosis into her deeper mind and gradually a perfect healing took place. She cooperated perfectly with her doctor, praying for him also. At the end of a few months, she had no longer any occasion for the eye drops. The doctor said all tension had disappeared.

I know many people who have had miraculous results with the following simple prayer. "I see spiritually; I see mentally; I see physically; It is wonderful." They fill their soul (subjective nature) with the sense of wonder, and wonders happen when they pray. Jesus, Moses, Elijah, and Paul could not use any other Healing Principle than the one you are using. It is the same yesterday, today, and forever.

When our thought-patterns are disorganized, we are sick. Our dark, dismal thoughts hide the vision of our God. When we pray by identifying ourselves with the eternal, spiritual values, a rearrangement of our thought-patterns takes place followed by a molecular change in the body which conforms with the changed mental attitude. The healing follows. Sight is displayed, not created.

If deaf, we hear again the sound of He Who Is. We realize It is God hearing His own sound through His own ears. It is God seeing His own perfect ideas through His own eyes. The woman who was healed of glaucoma had faith and knowledge; she will, of course, have no return of the disease. The healing will be permanent.

A blind faith will bring a healing, but ofttimes it is impermanent and fallible. Keep your mind fixed on God and His Perfection and your healing powers will be more proficient and successful. As you walk the earth in quiet moments with God, you will be practicing His Presence and releasing His Healing Power all the time without even knowing it.

Remember we see *through* the eye, not with it. The cornea of the eye receives vibrations from objects in space; through the optic nerve these vibrations are carried to the brain. When the inner light or intelligence meets the outer light, we see. "We see because the Seer is within." We see because Infinite Intelligence is the light of our consciousness. If your eyes are not functioning perfectly, the Creative Principle which made them hasn't been hurt or injured. He that made your eyes can also recreate, refashion, and heal them.

Behold, I make all things new. Your eyes symbolize Divine Love, a delight in the ways of God, and a hunger and thirst for God's Truth. You will always have good vision if you tune in to the Love of He Who Is. The *right eye* symbolizes right thought and right action. The *left eye* symbolizes God's Love and His Wisdom. Think right, radiate good will, and you will focus perfectly.

You can receive your sight. Yes, you can perceive the answer to any problem, be it what it may, by recognizing the Source of all good. Give supreme allegiance to the God-Presence within and feel the reality of what you are praying for. You don't go to God with a problem. You come to God giving thanks for the answer which is yours now as you open your mind to receive.

Receive thy sight. And immediately he received his sight, and followed him, glorifying God.

Chapter 8

HEARING RESTORED

And one of them smote the servant of the high priest, and cut off his right ear. And Jesus answered and said, Suffer ye thus far. And he touched his ear, and healed him. Luke 22:50-51.

Many people ask me whether it is right to pray for someone who is sick, troubled, or in some difficulty. Then they usually say, "He didn't ask me to pray for him." As you read the above verses, you are not told that the servant asked Jesus to restore his ear. Jesus apparently didn't wait for the question, but voluntarily restored the ear. It seems like begging the question to ask, "Should I pray for someone in trouble?" Of course you may pray for anyone you wish, and it would be most excellent to pray once a day for all men throughout the world, wishing them harmony, health, peace, and joy. Pray for the President, the Congress, people in your office, your home, and the

whole world will be blessed because you have performed such unselfish devotions.

Sometimes I am asked this question, "Should I pray for my mother who does not believe in Divine Healing and is opposed to this teaching about mental and spiritual laws?" The answer is simple. If the mother, father, or relative has no faith in your religious convictions or in your particular technique or process of prayer, that does not make any difference whatever. When you pray for someone, you must not bother with the question of whether he believes or disbelieves, whether he accepts or rejects. Neither do you concern yourself with his church affiliations or his agnosticism; furthermore you pay no attention to his symptoms, aberrations, mental conflicts, or blocks of any kind. You simply enter into the silence of your soul, immobilize your attention, and mentally reject all sense-evidence. You do this decisively and categorically. Quietly know that the Infinite Healing Power is timeless and spaceless and that It embraces the one you are praying for; then you silently feel or quietly affirm the Truth, just as you like. You don't have to use any words. You can *feel* the Truth of what you think, that the Harmony, Health, Power, Peace, Order, and Perfec-

tion of God are now being manifested in your friend's mind and body. Know that there is but one mind, and in mind there is neither time nor space. You are one with your friend, because you are thinking of him. In the language of Troward, you are *en rapport* with him, and in the language of Quimby, you are one with him, because our minds mingle like atmospheres and each has his identity in that atmosphere. What you feel and know as true about your friend will be resurrected in his experience. You have taken his request, or his desire for health, and made it your own.

As you contemplate the qualities and attributes of God, knowing that these qualities are now being experienced by your friend, there is an immediate response in the mental structure of your friend, and a reordering of his mind takes place bringing about a perfect healing. Your inner sense of peace and confidence that the law of health and harmony is now in operation brings about a sense of faith and trust in you. As you continue to pray, perhaps two or three times a day, the time will come when you will lose all desire to pray because your prayer is answered. You can't desire what you have. A doctor does not treat a patient who is healed; the patient requires no further treatment.

Prayer operates on the same principle. You pray until you need no longer pray.

We see and hear with the mind. In biblical language *we cut off an ear* when we cease listening to the troubled voice of the world with its false beliefs, terrors, and superstitions. *Jesus touching the ear and healing it* means that we should hear the voice of Truth which says, *I am God and there is no God beside me.* We should hear only that which fills our soul with joy. Hear the good news about the other. To what are you giving attention? If you are listening to gossip, criticism, and condemnation, you are not hearing the Truth. If someone tells you that you are going to fail in your enterprise and if you give him any attention, you are not hearing the gospel or good news about yourself.

Go within yourself, place all your attention on the idea of success. You will immediately begin to enter into a mood or feeling of success. You are now hearing the good news because you are under a good spell. You are now absorbed, engrossed, and fascinated by the idea of success, achievement, and accomplishment. You know that fear and success are simply two ideas in the mind. You know that you were born to succeed, and that you have

all the equipment necessary. The fear-thought is false, it's an illusion, it's a shadow of the mind. A shadow has no power or substance. The idea of success is real and your subconscious powers will move on your behalf, compelling you to take all the steps necessary, as you give your attention to the idea of success. You are now hearing the Truth.

It is always right to bless the other. Surely there can't be anything wrong with wishing for the other person health, harmony, joy, peace, and all of God's riches. That is the answer to those who say, "Is it wrong to pray for the other if he didn't ask me?" Of course not. You should wish for everyone what you wish for yourself. Love is the fulfilling of the law. Love is sincerely radiating the sunshine of God's Love, Light, and Truth to all men everywhere. This is the Law which brings fulfillment, happiness, peace, and abundance into your own life. What we withhold from another, we withhold from ourselves. Actually there is no other; all of us are in the One Mind and the One Spirit which is Indivisible. There can be no divisions or quarrels in It. One part can't be antagonistic to another part. If that were so there would be no harmony, only chaos. The Infinite cannot be divided.

For example, if you are praying for prosperity and you are resenting the wealth and riches of another, you are condemning what you are praying for, and your good takes wings and flies away. How can you attract wealth when you resent its manifestation in another? You are thinking and feeling lack instead of abundance, and as you think and feel, so are you. Thinking makes consciousness, and your state of consciousness governs your world. When you see this Truth, you are *Jesus*, (illumined reason, awareness of truth) *touching the ear*, (hearing the truth which frees you) and *healing it*, *i.e.*, bringing about a state of wholeness or unity in your mind.

You are told that *he cut off his right ear.* The *right* means the objective world, worldly opinion, sense evidence, and judging according to appearances. *Cut off that right ear now*, once and for all, and give no power to external phenomena. Do not worship or give power to germs, nor bow down in fear before them. Don't get panic-stricken when someone sneezes and say, "Oh, I'll catch a cold." Reject the false belief that a fan will give you a stiff neck, or that the cold night air will give you pneumonia or cause bronchial trouble. The weath-

er has no power over you. We give power to these things because we believe that they affect us; we suffer according to our belief. The fan is harmless, it never said to anyone, "I will give you a cold if you sit near me or under me." The fan is neutral. It is a metallic substance, composed of molecules revolving at a high speed. Bless the fan, bless the weather; God pronounced all things good. When your feet get wet, don't say that the water will give you pneumonia. The water never said that, why do you say it? Man has created countless false gods; and all his trouble arises out of his darkened mind and distorted imagination.

Nicoll of England says that all men's evil is due to misunderstanding. Man sees *through a glass darkly*, due to the twilight in his mind. When the shadows fall in the evening, sometimes man mistakes a stump of a tree with some branches for an enemy with a gun aimed at his heart. He becomes frozen with fear. This is the twilight in his mind. He has not heard, he has not seen. Become Jesus; *i.e.*, become awakened to the Truth and know that there is but one Primal Cause which is your own Consciousness; cease making secondary Causes. To know that your I AM is the only Power, the

only Cause, the only Substance, is to free you from all the false gods of the world, enabling you to go forth with the song of God in your heart.

Your *ears* are symbolic of understanding. Many people who complained of their inability to hear the writer at his public lectures on Sunday now sit at the rear of the lecture hall and hear perfectly. Their interest in Truth was aroused; their attention was quickened; and there was a normal, healthy response from the deeper mind. The following is a simple prayer which I give to people suffering from ear troubles of any kind:* "I hear the Truth; I love the Truth; I know the Truth. My ears are God's perfect ideas functioning perfectly at all times. My ears are the perfect instruments which reveal God's harmony to me. The Love, Beauty, and Harmony of God flow through my ears; I am in tune with the Infinite. I hear the Still, Small, Voice of God within me. The Healing Presence quickens my hearing and my ears are open and free."

My experiences with people have convinced me that a great number of people become deaf, or partially so, because they don't want to hear the

*See *Quiet Moments with God*, p. 53.

voice of someone. They are trying to shut out certain things. If a man has a nagging wife, he may not want to hear her, and gradually he loses his hearing capacity. These negative auto-suggestions sink into his subconscious mind, and the latter proceeds to follow out the suggestion given. You can place man in a trance state and suggest to him that he can't hear until you tell him he can. The subconscious, being amenable to suggestion, accepts the suggestion of the operator and he can't hear; this shows us how our mind works. We must, therefore, be exceedingly careful of the thoughts we entertain and give attention to in our mind.

There are many people who deliberately shut out the Truth. They say, "I don't want to hear a word of that. Shut that man off, I don't want to hear his voice. I hate that voice. I don't want to hear it. I won't hear it," etc. These and similar statements are expressed with such emphasis and feeling that they become highly destructive. Our subconscious mind accepts these statements as requests, and proceeds to bring them to pass in our experience. You have heard the old maxim which contains a great Truth, "There are none so deaf as those that will not hear."

Dr. Flanders Dunbar, famous authority on psy-

chosomatic medicine, cites many cases where deafness was due to mental and emotional disturbances. In her book *Emotions and Bodily Changes,* she cites a case of a man of forty-five who had been married for twenty years and had to use a hearing aid. He ascribed his deafness to swimming. He thought that one advantage of being deaf was that he didn't have to listen to his wife. The doctor asked to examine the hearing aid, but went right on talking. They became engaged in such an animated conversation that it was not until half an hour later that he discovered the doctor was still holding his hearing aid. By now, of course, you have deduced what was wrong with his hearing. His subconscious mind responded to his desire not to listen to his wife. There are people who have a form of deafness due to the fact that their mind is closed to all ideas but their own. They are unyielding, inflexible, dogmatic, and full of pride.

Hearing is a mental and spiritual process. Trust the Divine Intelligence which made your ears and all their parts. *I will restore health unto thee and heal thee of thy wounds saith the Lord.*

Chapter 9

PRAYER WIPES OUT ALL KARMA

We have finished with the miracles of healing reported in the book of *Luke*, which have parallel accounts in *Mark* and *Matthew*. The book of *John* is the most mystical book in the Bible. In the ninth chapter of *John*, a story is told of a man *which was blind from his birth.*

And as Jesus passed by, he saw a man which was blind from his birth. And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him. I must work the works of him that sent me, while it is day: the night cometh, when no man can work. As long as I am in the world I am the light of the world. When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay, And said unto him, Go, wash in the pool of

Siloam, (which is by interpretation, Sent). He went his way therefore, and washed, and came seeing. The neighbours therefore, and they which before had seen him that he was blind, said, Is not this he that sat and begged? Some said, This is he: others said, He is like him: but he said, I am he. John 9:1-9. *Related passages*, Matt. 9:27-30, 12:22, 20:30-34; Mark 10:46-52.

You can read a more extensive account in my book *Peace within Yourself*, which gives the psychological meaning of the book of *John*.

In ancient times it was believed that if a man were born blind, it was due to past *karma*, and that he was here to expiate for his sins. The people of that day also believed that the sins of the parents were communicated to the children. For example, if the parents were insane, all their children would be insane.

The *sin* spoken of in the Bible refers to the mental attitude, the mood, the feeling of the parents. All sin refers to movements of the mind rather than that of the body. Parents transmit their habitual thinking, fears, tensions, and false beliefs through the mind, not the body. Our feelings and

moods create. What tone do you strike during the marital, creative act?

There are blind and deaf states of consciousness from which blind and deaf children come forth. Whatever tone is struck by the parents, a corresponding expression comes forth by the laws of reciprocal relationship.

There is no instance in the Bible in which anyone was ever refused a healing. The Absolute cannot and does not judge or condemn. All judgment is given to the son, *i.e.*, all judgment is pronounced in our own mind. Each man arrives at his own decision or conclusion, and there is an automatic response of the law. If man thinks negatively, the response is negative. If he thinks positively and constructively, the reaction of the law of his mind is good and very good.

The laws of nature and our mind cannot hold a grudge against us. There is not one law for a child and another for a man of ninety. The moment man goes within himself, claims his good, and presses his claim with faith and confidence, there is the automatic response of the law which honors the mental acceptance of his good. The past is forgotten and remembered no more.

Reason rejects the popular, superstitious belief of the people that man's blindness is due to his *karma*, that he may have blinded people in a former life and is now back on this plane to suffer and atone for his crime. Another very popular, superstitious belief was, and still is, that a child may be born blind because his parents were blind, or because they had sinned or had some physical disease. A man and wife though congenitally blind or blinded by accident may give birth to children with perfectly normal vision.

A mother, through prayer, may change the mental and physical nature of her child while he is still in the womb, and bring about a perfect healing. In God's eyes there are no blind, deaf, halt, or lame people. God sees everyone perfect, and His Creation as Infinite Perfection.

I must work the works of him that sent me, while it is day. This means while the Light of Truth is shining, we consciously direct the law.

To make clay of the spittle represents a drooling state, like a boy hungers for candy and drools at the mouth. It represents a joyful, bubbling up state. You have seen geysers bubbling up which make clay look very much alive. The *clay* in the natural state represents the average man who is

dead and unaware of the Healing Principle within him. He is, in other words, dead to his inner potentialities. As he awakens and becomes enthusiastic about the discovery of the powers within, he becomes alive to God; this is the meaning of *he spat on the ground and made clay of the spittle*. This latter phrase is an oriental, idiomatic, figurative expression meaning a deep, inner conviction that we now have the consciousness of what we want, and that we reject blindness or the old state of limitation.

We are not here to suffer or expiate for sins or errors. We are here to awaken to the Truth about ourselves and realize that *Beloved, now are we the sons of God*, that *Now is the day of salvation*, and *the Kingdom of Heaven is at hand*. Like Paul you can be changed in the twinkling of an eye.

Remember, what is true of God is true of man. God can't possibly be blind, deaf, dumb, or sick. The Truth about man is that the Living Spirit Almighty is within him. God is all Bliss, Wholeness, Joy, Perfection, Harmony, and Peace. God is all the wonderful things you have ever heard of. There cannot possibly be any quarrel or division in this Boundless Wisdom. As you anchor your

mind on these Eternal Verities about God, identify yourself with them mentally and a rearrangement of the thought-patterns will take place in your mind and the Wholeness and Perfection of God will be made manifest.

The *clay* spoken of is a hard, dry, false belief. It is a muddy, confused mind which must be cleansed; then we *spit* (bring forth) our conviction of Truth.

Go wash in the pool of Siloam means give up and send away. Detach your consciousness from the old state which washes away the false idea and feel and affirm the spirituality of all substance. The blind state also represents our inability to see the state that would bless us. When man does not know that his savior is the realization of his heart's desire, he is truly blind.

We might also mention in this chapter dealing with the man born blind that all men are born blind. We are born into all that our environment represents. We have to learn how to choose and differentiate so that gradually we awaken to the Presence and Power of God within us.

There is a tendency among people to take everything literally. In your daily newspaper you may see a cartoon depicting some extravagance or waste

in Government. You understand it as an allegorical picture of things, that is, visual allegory. We must remember that the Bible is an allegory in words. When people read of the blind, the halt, and the lame in the Bible they usually think of it only from the physical side.

We must see that there is also an internal deafness and an inner blindness though the eyes and ears may not be impaired or diseased in any way. A man can be psychologically lame when he is afraid to take on a new project. In some instances men refuse promotion because they are afraid they might fail. This is lameness even though the physical legs are perfect.

Dr. Nicoll of England stresses the fact that the transformation of meaning from the sensual or sensory level to the emotional and mental level is an act of faith.

For we walk by faith, not by sight: 2 Cor. 5:7. Most people "walk by sight," that is, the literal meaning of everything dominates their consciousness. The blind man is the one who is blind inside.

In *Matthew* we read: *And, behold, two blind men sitting by the way side, when they heard that Jesus passed by, cried out, saying, Have mercy on*

us, O Lord, thou son of David. And the multitude rebuked them, because they should hold their peace: but they cried the more, saying, Have mercy on us, O Lord, thou son of David. And Jesus stood still, and called them, and said, What will ye that I shall do unto you? They say unto him, Lord, that our eyes may be opened. So Jesus had compassion on them, and touched their eyes: and immediately their eyes received sight, and they followed him. Matt. 20:30-34.

The two blind men refers to the average man who walks the earth because he is intellectually and emotionally blind. We have a conscious and subconscious mind, *i.e.*, two phases or functions of the One Mind in all. If we do not consciously choose good thoughts and meditate on the lovely and beautiful, our intellect is blind. If we fail to realize and draw forth the wisdom, intelligence, and power of the subjective self, we are blind to the Kingdom of Heaven within.

A *blind man* thinks that hard work will make him wealthy. He fusses, frets, and fumes because he doesn't know that wealth is simply a state of consciousness. The feeling of wealth produces

wealth; the feeling of health produces health. Confidence in the One Eternal Source and aligning ourselves mentally with it will take the form of wealth, health, peace, and all the blessed things of life.

I just spoke with a young actress who receives a thousand dollars a week for a few hours' work each week. She said there were other actresses far prettier, more attractive, better educated than she, getting a hundred or a hundred and fifty dollars a week in small parts. Her explanation was that they had a low estimate of themselves and lacked confidence. They were blind and did not know that if we make a bargain with life for a penny a day, that is what we will receive. If they would overcome their estimate of themselves and claim their good in consciousness, there would be an automatic response, for *according to your belief is it done to you.*

A few hours ago I chatted with a man who is leaving this city to take a sales manager job in San Francisco. Last month he was getting meager wages according to some union scale. *His eyes were opened* in our recent class on the inner meaning of the book of *Job*. He began to picture himself

receiving congratulations from his wife on his marvelous promotion. He kept running the picture in his mind until it was fully developed in the subconscious, and much to his delight the promotion was confirmed objectively. The two blind states in him began to see because he brought about a harmonious union of his conscious and subconscious mind. These two phases synchronized and agreed on promotion, and what he subjectively felt as true became an objective manifestation.

The cry of the world is *Lord, that our eyes may be opened. Jesus* is your awareness of the Spiritual Power within you and your capacity to use it so that you can rise above any predicament or limitation.

The Bible says, *Jesus touched their eyes.* When you touch something you become aware of it as a sensation, a feeling. You have made contact, so to speak. You touch the Spiritual Power or the Presence of God with your thought, your mental picture.

And immediately their eyes received sight. This means that you will get an immediate response from the Spirit within you whose nature is responsiveness. You now receive your sight because you mentally perceive and lay hold of the Spiritual

Power within you. You comprehend its nature and give it your sole allegiance and loyalty. The Maker of your eyes can heal your eyes.

Jesus is always *passing by* for the simple reason that your desire is your Jesus. Every problem has its solution or savior in the form of a desire. The desire is walking down the streets of your mind now. There is a *multitude* of fears, doubts, and anxious thoughts which challenges your desire and divides your allegiance. This is the *multitude* which, according to the parable, tries to restrain the blind men. *But they cried the more*, meaning that you must dynamically and decisively break through that motley crew of negative thoughts in your mind. You must push them all aside and have eyes only for your savior, *i.e.*, your desire.

Set your desire on high; love it; be loyal to it; kiss it affectionately; let it captivate you. You are now being loyal and you will succeed in touching the Healing Presence. At the moment you touch It, the Infinite Healing Power flows through the channel you created and your prayer is answered.

We should not ask for more Light. Rather, our prayer should be, "O God, give me eyes to see the Light." The Light of God always was, now is, and ever shall be. It is wonderful.

Chapter 10

WALK WITH THE POWER OF GOD

After this there was a feast of the Jews; and Jesus went up to Jerusalem. Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches. In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water. For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had. And a certain man was there, which had an infirmity thirty and eight years. When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole? The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me. Jesus saith unto him, Rise, take up thy bed,

and walk. John 5:1-8. *Related passages,* Luke 13:11-12.

Mankind is at the *pool.* The *pool* is consciousness, and all of us are living with our thoughts, feelings, beliefs, opinions, and mental images. Some of these states are *blind, halt, withered,* and *lame.* Furthermore, man is full of dreams, hopes, and aspirations which have never seen the light of day. Thousands are frustrated, unhappy, and sick because they have failed to realize their dreams, ideals, plans, and purposes. These dead hopes and dreams symbolize the *impotent folk, blind, halt, withered, waiting for the moving of the water.*

Are you waiting for something to happen? Don't sit around waiting for God to do something. You must begin, and when you begin, Omnipotence begins to move on your behalf. God has provided you with everything. He has given you Himself; therefore, all His powers, qualities, and attributes are within you, waiting for you to call them forth and use them to grow.

Expand, unfold, and multiply your good a thousandfold. The initiative is with you. The God-Presence within is now governing all your vital

organs, regulating your heart beat and general circulation. The earth, the stars, the sun, and moon, and the whole world is here for you to enjoy, but if you want to transcend your present concept of yourself, you must take the necessary steps.

Begin now to think constructively and heal the *blind, deaf,* and *withered* states within you. In this drama of healing, prayer is called a *feast*. When you meditate on your good, you are *feasting*, *i.e.*, you are consciously uniting with it; then you make it a living part of you in the same manner that a piece of bread becomes hair on your face or flesh of your body.

The pool has five porches, which means we have five senses. Our senses usually deny what we pray for; furthermore, our five senses impregnate us with all kinds of rumors, false beliefs, and limitations.

Now you can put into application the teaching of this drama. You are *Jesus* when you recognize the Spiritual Power within as Omnipotent, and you enter *Jerusalem* (city of peace) when you still the mind and focus on the Living Spirit Almighty within you. You are now back at your Divine Center where you become perfectly quiet in God. You can enter into a deep peace, the Peace of

God. You have exchanged the mood of worry and fear for the mood of faith, confidence, and an inner peace. This is why the Bible refers to a *sheep market*. All of us are in the market place every moment of our lives. You are constantly exchanging or giving up one idea for another. You must give up fear and buy faith in God and His Laws. Give up ill will and buy radiant good will. Give up the *blind states* in your belief and buy the idea that there is a way out of any problem. Contemplate the Truth that God has the answer, and therefore you know the answer.

The angel disturbs the pool. The *angel* spoken of is your desire, your wish. A man in our class on the "Miracles of Healing," on which this book is based, told me of a wrong done to him. He was very bitter. He had a desire for a Divine adjustment, but didn't know how to bring it about, and he was very disturbed. He learned how to resolve the conflict. *Whosoever stepped in first was made whole*. No one could get in before him. He was always in the Holy Omnipresence and he perceived the Truth that actually no one could really rob him or defraud him. When he learned of his Oneness with God and the fact that nothing can be lost, he realized his unity with the Infinite. He

prayed that through the action of God his relationship with the other man was now transformed into order, harmony, goodness, and love. He began to see as God sees, and God sees everything in Infinite Perfection.

In other words, this young man ceased to gaze at the outward chaos and confusion, but he went within himself and claimed interior harmony and a Divine adjustment. The blurred, confused, outer picture was transformed into Divine order and peace between them. There was a remarkable solution. Trust the God-Wisdom which knows all and knows the way. "There's a Divinity that shapes our ends, Rough-hew them how we will."

In one of the class-lessons on the book of *Job*, which I have just finished, I told the students that if they had a problem, and could not see any way out, to sit still that night and quietly recognize the Presence of God within themselves, in the situation itself, and within all those concerned. After a few minutes of silent contemplation on that Truth, they were to turn the matter over completely to the subjective self, knowing it will order everything aright. This procedure kindles a fire in the heart which brings about an inner glow and warmth;

and while this fire of love is burning in the heart, go off to sleep. Many received remarkable answers the next morning.

No one really can *get in before you*. No one can prevent you from realizing your goal or objective. The only power you are aware of is your own thought. When you think, that process is really Omnipotence in action. One with God is a majority. Your own thought causes the Omnipotent Power of God to move in your behalf. There is nothing to oppose, challenge, or thwart the action of the Infinite One. There can't be two omnipotent powers; if there were, one would cancel and neutralize the action of the other and there would be no order anywhere. There can't be two Infinites; that is unthinkable and mathematically impossible.

The Infinite moves, Troward tells you, as unity, as oneness, as wholeness, and as harmony. Your mind must also move as a unity, a sense of oneness with your ideal. If you are divided in your mind by acknowledging some other power, you are like a soldier marking time, you get nowhere and reach an impasse. Your mind is divided, two ideas or thoughts are quarreling. You must be the referee

and come to a decision by realizing that there is but One Power; and that being so, you are free from fear. Desire without fear is realization.

Recall to mind that the suggestions of others, the race mind and its fears have no power over you. External conditions and suggestions of others are not causative. Your thought is in control. If you say that the other hurt you or made you angry, it means you permitted yourself to move in thought negatively. It was your fault and not the other person's. The other person is certainly not responsible for the way you think about him or the way you think in general. When you think of God, you are one with Omnipotence. The Source is Love; It knows no fear.

While I am coming, another steppeth down before me. Have you ever said that? Perhaps not, but you have heard people say, "It was John's fault"; "Except for Mary or Johnny I would have been promoted." If you say anything of that nature, your allegiance is divided and you are disloyal to the One Power which knows no other. *I am God and there is no God beside me.*

I am sure that you are very familiar with the fact that no one can say *I AM* for you. That statement is in the first person, present tense. It means

you are announcing the Presence of God within as Cause and Creator. Notice when you speak to your sister or son you say, "You are." When you speak in the third person you say, "They are" or "She is," etc.

One of our students in the Bible class on the book of *John** said to herself, "I possess the power to say 'I AM.' No one can say it for me. I now believe I AM what I wish to be. I live, move, and have my being in that mental atmosphere and no person, place, or thing can get in before me or prevent me from being what I long to be; for, *according to my belief, is it done unto me.*" She had a remarkable demonstration using the above prayer.

The *impotent man* is the man who does not know where the power is and believes it is outside himself. The *thirty and eight years* in the numerical symbology or science of the Bible means the conviction of God's Presence and coming of age spiritually. The number *thirty* refers to the Trinity or the creative working of our own mind; the *eight* means the octave or man's capacity to rise higher through knowledge of mental and

*See my *Peace within Yourself* (DeVorss), p. 86.

spiritual laws. The Trinity is your thought and feeling and from the fusion of these comes the third step which is the conviction of your good, or God. When your idea is mothered by feeling or emotion and the two become one, you are at peace, and God is Peace. You are constantly putting the Trinity into operation. Ouspensky used to call the third element which entered in *the neutral element*. We call it God.

The idea of perfect health can be resurrected by you as you now claim, feel, and believe that the Healing Principle is instantly transforming your whole being into God's Perfect Pattern of harmony, health, and peace.

I read a remarkable article which appeared in the magazine *Nautilus* some years ago. It was written by Frederick Elias Andrews of Indianapolis. He said that as a boy he was pronounced incurable. He began to pray and from a crooked, twisted, cripple going about on hands and knees, he became a strong, straight, well-formed man. This young man decided what he wanted and that was a perfect healing. He created his own affirmation, mentally absorbing the qualities he needed. He affirmed over and over again: "I am whole, perfect, strong, powerful, loving, harmonious, and

happy." He persevered and said that this prayer was the last thing on his lips at night and the first thing in the morning. He prayed for others also by sending out thoughts of love and health. This attitude of mind and way of prayer returned to him multiplied. Like Job of old who prayed for his friends, God gave him twice as much as he had before. His faith and perseverance paid off big dividends. Negative thoughts came to him but he did not entertain them. When thoughts of anger, jealousy, fear, or worry came into his mind, he would start his affirmation going in his mind. The answer to all fearful thoughts is to turn on the lamp of love forever burning in your heart.

The man in the Bible had the infirmity *thirty and eight years*. We have already discussed the Trinity. The number *eight* is added when healing takes place. *Eight* is composed of two circles representing the synchronous or harmonious interaction of your conscious and subconscious mind, or idea and feeling. When your desire and your emotional nature agree, there is no longer any quarrel between the two, and a healing follows.

The command by Jesus, or your own illumined reason, *Rise, take up thy bed and walk*, is your voice of authority, based on your inner conviction

telling you that you are healed. We can actually hear the inner sound of our belief. It is veritably a command on the inside. You have *taken up your bed* (truth) and walk the earth a free man. All this happens on the *sabbath*.

The *sabbath* is an inner certitude or inner stillness which follows true prayer. It is really a state of mind in which you are unconcerned, unmoved, and undisturbed, because you know that just as surely as the sun rises in the morning there will be a resurrection of your desire. When you have reached the point of complete mental acceptance, you are *resting in the sabbath* or in the conviction "It is done." *And it was on the sabbath day he was healed.*

Chapter 11

THE IMPOSSIBLE MADE POSSIBLE

I shall give the highlights of the wonderful healing technique in the raising of Lazarus mentioned in Chapter Eleven of *John*. For a complete, detailed interpretation of this wonderful chapter, I recommend my book *Peace within Yourself*, which is an interpretation, chapter by chapter, of the book of *John*.

Lazarus represents any dead state, the desire, plan, enterprise, or goal which is frozen within and has not been made alive and resurrected in your world of experience. It may also represent your desire for health which has failed to materialize.

Jesus at the grave of Lazarus represents you and your awareness of the Power which can resurrect your ideal which had been covered with the *grave clothes* of fear, doubt, and anxiety for a long time, and has been *suppressed in the tomb* of the subconscious.

Jesus said, Take ye away the stone. The stone of superstition, fear, and ignorance must be removed.

Martha, representing the worldly viewpoint, says to you, *"By this time he stinketh: for he hath been dead four days."* *Four* represents the completed state, the termination, the manifestation. According to sense-evidence the situation seems absolutely hopeless, or the condition may seem to be incurable. Regardless of the external circumstances, even though the whole world would deny what you pray for, *if thou wouldest believe, thou shouldest see the glory of God.*

In other words, if you will turn away from sense-evidence and go within and contemplate the reality of what you pray for, and sing the song of triumph, you will see the Glory of God—you will see the answer to your prayer. *To believe* is to live in the state of being or having what you pray for. Your thought is your belief, and whatever you think, you become. Live with the thought and reality of the answered prayer, and there will be an atomic and molecular change in the diseased body to conform to the new mental pattern.

The stone is lifted as you positively refuse to give power to sickness, disease, or fear. As you give all power to God, *the stone is removed* and you are no longer weighted down with the burdens of the world. Your new mental attitude is *the angel who rolls away the stone* of fear and false belief.

You are now *Jesus, lifting up your eyes saying, Father, I thank thee that thou hast heard me. And I knew that thou hearest me always. He cried with a loud voice, Lazarus, come forth.* John 11:41-43. These latter verses give a magnificent formula for prayer. The thankful attitude works miracles.

Many years ago, a friend of mine who had tuberculosis took these wonderful words of the Bible, *I thank thee Father that thou hast heard me, and I knew that thou hearest me always.* He reasoned it out this way. His human father always gave him whatever he promised him. At one time his father promised him a trip to France (he lived in Ireland). The trip was to take place in August, but the promise was made in May. He remembered how joyous and enthusiastic he was. He recalled bubbling over with expectancy and being thrilled beyond words. This happened even though the trip had not taken place. All he had was the promise; he knew it was certain because his father never failed him.

He said to himself, "Why shouldn't I be thankful and grateful to my Heavenly Father for the promise of perfect health, for 'I know that he heareth me always,' 'I will restore health unto thee and I will heal thee of thy wounds saith the Lord.'" Two or three times a day he would still his

mind, relax, and let go. Then he would imagine he was talking to the Invisible Healing Presence within, and he began to whisper, "Thank you," over and over again. He did this until his mind was saturated with the feeling of thankfulness. At the end of three weeks the sputum test and all the others were completely negative. He cast God's Spell over himself. He became magnetized as he contemplated the harmony and perfection of God which he knew would be experienced by him, as it was already given to him by God. When he contemplated the Peace, Order, and Healing Power of God within him, there was a complete rearrangement of the atoms of his body. He became like a magnetized piece of steel which draws to itself other steel, and not nickel and other metals. In the diseased state he was demagnetized, the atoms were still present, but he ceased to vibrate harmony, health, and peace. His feeling of thankfulness and sense of confidence in the One Healing Power drew like a magnet the conviction that made him healthy, vital, harmonious, and whole.

Like the man mentioned above, give up the false belief that other powers can make you ill without your consent. Contemplate yourself the way you want to be, happy, healthy, radiant, and

strong. Identify yourself with these qualities, and accept nothing else. Give up completely all fear in any other so-called causes or powers. Reject categorically and dynamically all false beliefs. Turn in confidence to the Supreme Power within which moves as your feeling, your faith, and trust. When you do this, you are becoming a marvelous mental and spiritual magnet and you will inevitably attract harmony, health, peace, and joy.

The three steps in *raising Lazarus from the dead are:*

1. Recognition of your consciousness as supreme cause.
2. Accept the idea of perfect health and live with it in your mind. To believe is to live with the idea, *i.e.*, make it alive.
3. The inevitable conviction which follows the previous two steps. You are now filled with the feeling of being what you want to be.

Your mood is now one of authority and you say inwardly, *Lazarus, come forth.*

This is the command from the inside of the one who knows that *I and my Father are one.*

Chapter 12

A PRAYER FOR HEALING

A personal healing will ever be the most convincing evidence of the power of prayer. About thirty-five years ago I resolved a malignancy by using a prayer based on the 139th Psalm. I had just heard an interpretation of the Psalm and was meditating intensely on its profundity.

For thou hast possessed my reins: thou hast covered me in my mother's womb. I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well. My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth. Thine eyes did see my substance, yet being imperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.

PRAYER FOR HEALING

This magnificent, inspired Psalm teaches that the body and its organs are formed in idea before it is made manifest, just as surely as we can observe that a watchmaker has the idea first in mind before the watch becomes an objective reality. Creative Intelligence fashions and molds the entire body. The Intelligence that creates the body must know how to heal it; furthermore, the Psalm states that *in thy book all my members were written.* The *book* is the Life Principle where the archetype of all organs are inscribed.

Using this Psalm as a basis for my prayer, I prayed in a very simple way as follows:

"My body was made in secret by God. His Wisdom fashioned all my organs, tissues, muscles, and bones. His Healing Power saturates my mind and body, making me whole and perfect. I will give thanks unto thee. Wonderful are thy works."

I prayed aloud for about five minutes two or three times a day, repeating this simple prayer. In about three months my skin was whole and perfect.

Wonderful are thy works; and that my soul knoweth right well.

HOW TO USE YOUR HEALING POWER

Joseph Murphy

By exploring the miraculous healings of Jesus as recorded in the New Testament, Dr. Joseph Murphy explains in simple language how the same principles and methods can be applied by every individual to overcome physical or mental ailments.

DR. JOSEPH MURPHY was internationally known as a teacher, lecturer, and author of 40 books and has been described as "perhaps the most popular writer in New Thought" (Martin Larson, *New Thought Religion*, 1987). With degrees in pharmacology, chemistry, and religion, Dr. Murphy had rare expertise in healing therapy and yet couched even the most profound truths in clear and simple terms.

DEVORSS & COMPANY, *Publishers*
Marina del Rey, California 90294-0550 ISBN: 0-87516-186-3

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JOSEPH MURPHY PH.D., D.D.

Infinite Power
for
Richer Living

Joseph Murphy
D.D., D.R.S., Ph.D., LL.D.
The best-selling author of
THE POWER OF YOUR SUBCONSCIOUS MIND

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DEDICATED TO ALL SINCERE SEEKERS
OF RICHER LIVING

What This Book Can Do for You

There is an Infinite Power within you that can lift you up, heal you, inspire you, guide you, direct you, and set you on the high- road to happiness, freedom, peace of mind, and the joy of fulfilled and triumphant living.

Based on my consultations and lectures in many countries of the world, I have noticed one great difference between people in all walks of life. Some of them are happy, joyous, successful, and prosperous; while others are unhappy and frustrated, and can't make ends meet.

Vast numbers of people in all walks of life go forward day by day, achieving and accomplishing great things. They are vital, strong, and healthy, and are contributing countless blessings to humanity. They seem to be imbued or possessed with some primal force that constantly works for their benefit.

Countless others, however, are leading mediocre, dull lives, full of burdens, in quiet desperation. They seem to have an inability to meet triumphantly and victoriously the challenges of life to win its satisfying rewards.

WHY YOU NEED THIS BOOK

This book teaches you how to meet and overcome the frustrations and problems of life. Each chapter reveals to you that every problem is always Divinely outmatched, and shows you how to rise strongly and victoriously above the problem into the dawn of a new day and a satisfying new life.

This book explains how to contact the Infinite Power within you and supplies you with specific techniques for putting It into operation.

It is for the express purpose of teaching the reader how to align and communicate with this Infinite Power and how to use It in his daily life that I wrote this book. I have endeavored on every page to explain the great basic, fundamental, and unlimited powers of your mind in the simplest and most direct language possible.

I urge you to study this book sincerely, and to apply the many effective techniques suggested and programmed in it. As you do this I am convinced that your mental contact and communication with this Infinite Power within you will cause you to rise confidently above confusion, misery, melancholy, and failure.

This Infinite Power will unerringly guide you to your true place, solve your problems and difficulties, sever you forever from the conditions of lack and limitation, and set you on the road to higher aspects of living life gloriously and serenely.

WHAT THE INFINITE POWERS OF THE MIND HAVE DONE FOR OTHERS

I have taught and written about the miracle-working powers of the mind for over thirty years, here and abroad. I have witnessed the following changes in the lives of countless numbers of people who sincerely used the Infinite Powers of their mind:

- Wealth in great abundance
- New friends and wonderful companions in life — Protection from all danger
- Healing of so-called incurable maladies
- Freedom from self-condemnation and self-criticism
- Public acclaim, honor, and recognition — New vitality and a zest for life
- Marital peace and happiness where discord was — Serenity in this changing world
- And, above all, the joy of the answered prayer

This miracle-working power operates in all walks of life and at all levels

According to my observation and experience, the men, women, and teenagers who use this Power come from every level of society and from every possible income bracket. They are high school and college students, stenographers, taxi drivers, college professors, space scientists, chemists, pharmacists, bankers, medical doctors, chiropractors, housewives, telephone operators, motion picture directors, actresses, and truck drivers.

These people have discovered this mysterious but intensely real Power which

picked them up from failure, misery, lack, and despair, and — in many instances "in the twinkling of an eye," as St. Paul said — It solved their problems, wiped away their tears, cut them free from emotional and financial entanglement, and placed them upon the great highroad to freedom from frustrating burdens and brought fame, fortune, glorious new opportunities for fulfilled living. Also, all these people discovered a magical healing love which healed their bruised and broken hearts and restored their souls for perfect living.

UNIQUE FEATURES OF THIS BOOK

The unique feature of this book is its down-to-earth practicality and everyday utility. You will learn to use your inborn extraordinary ability to visualize future events and to recognize the voice of intuition to guide you thereby for your greatest benefit.

How Infinite Mind reveals answers to you in dreams

The meaning of out-of-the-body experiences, travelling clairvoyance and what it means, how to make extrasensory perception work for you, and many other extraordinary powers of your mind are revealed to you in the following pages.

HOW TO LET WONDERS HAPPEN IN YOUR LIFE

The greatest working truths in life are the simplest. In this book, I have presented these great truths with the maximum of simplicity and dramatic clarity. This book will show how to let you rise above any problems you may have, and how to receive guidance and the blessings of the answered prayer.

Every day of your life will become richer, grander, nobler, and more wonderful as you follow the specific techniques presented in this book for releasing this Infinite Hidden Power within you for all good. Follow the instructions and tap this Infinite Power, and you will attract an abundance of all good things in life.

Begin now, with using this book, to release the imprisoned splendor within you, and let wonders of all that is good and satisfying happen in your life.

JOSEPH MURPHY

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ONE

How Infinite Power Can Give You an Exciting, Rich, New Life

This book is designed to teach you about the Infinite Power within you, which can lift you up from the midst of sickness, melancholia, failure, and frustration, and set you on the road to health, happiness, abundance, and security. I have seen miraculous transformations take place in men and women of all walks of life all over the world when they began contacting and releasing this Infinite Power within themselves.

Several months ago I spent two hours in a hospital talking with an alcoholic in the depths of despair. He began to use this Power and, as a result, is now strong, vital, and happy, and is operating a prosperous business. Like Paul in the Bible, he was changed in the "twinkling of an eye," and the Infinite Healing Power began to flow through him. His problems melted, peace came into his troubled mind, and he is back again with his wife and children.

This Infinite Power is positively, definitely, and absolutely waiting within you to be released. This Power is able to transform your life so completely, so radically, and so marvelously that after a few short weeks or months, it is possible that your close friends may not recognize you.

In this book you will read about a convicted criminal who had murdered several people and who is now a God-like man helping others to live life gloriously and peacefully. This man said to me, "A month after I started contacting this Infinite Power which you told me about, I looked at myself in the mirror and suddenly I realized I was not the same man. I can't repeat any of my former crimes." Then he added, "I'm beginning to wonder if I could have been that murderer." This man had discovered the Power within himself, which opens even prison doors, and it liberated him. The Infinite Healing Presence restored his soul. The Bible says, *He restoreth my soul* (Ps. 23: 3).

This mysterious Infinite Power can cause miracles for you, too. As you peruse this and the following chapters, you will realize that you can direct the flow of

this Power so that you can receive new ideas worth a fortune. All that is necessary is to have an open mind and a desire to lead a full, happy, exciting, and abundant life.

HOW THIS INFINITE POWER CAN WORK WONDERS IN YOUR LIFE

Why is it that some people are happy, successful, and prosperous, while others are poor and miserable? Why is it that some people are full of faith and confidence and live in the joyous expectancy of the best, acquiring riches and constantly rising on the ladder of success, while others are fearful, worried, depressed, and have become tragic failures in life? Why does one brother live in a beautiful mansion, while the other spends his life in a shabby tenement house unable to make ends meet?

The reason for the difference is that those who are leading exciting, adventurous, creative, and successful lives have been making use of the Infinite Power that makes the difference. For it is the use of this Mystic Power that brings to you all the vitality, prosperity, joy, and riches you need.

HOW YOU CAN USE THIS EXTRAORDINARY POWER

Through the ages men and women have been discovering an Infinite Power which revealed their hidden talents to them. They received inspiration from on High, and they also received marvelous and glorious original knowledge from the Infinite Storehouse within them. This Power can furnish you with the wisdom, power, and dynamics necessary to reach the goals selected by you. This book teaches you how to direct this Power for your betterment and welfare. All you have to do is to cooperate and align yourself with It.

You can use this Infinite Power to attract the right partner in business, find the right friends; it can provide you with the ideal home. You can prosper beyond your fondest dreams, and you can discover the joy and the freedom to be, and to do, and to travel as your heart desires.

WHY I WROTE THIS BOOK

To make this Primal Power which is the Power of God and the understanding of it available to all men and women is the reason I have written this book. It is

your God-given birthright to contact and to use this power and to allow it to flow through your mind, body, business, and all your affairs so that you can rise triumphantly to the mental arena of dominion, joy and richer living.

What this wonder-working power has done for others

This book shows you how men and women of all walks of life have found Miraculous Healing for so-called incurable conditions, solutions to acute business problems, harmony in family relationships, methods by which to avert tragedies, and the use of clairaudience to save a man's life. These people have discovered how precognition made a fortune for a man, how tranquility and serenity replaced a mind in turmoil, how to attract the ideal Life Partner, how a mental movie attracted a million dollars, and how to turn failure into success.

This book has unique and extraordinary features

You will find all the necessary methods for using the Infinite Power within you in simple, usable techniques and formulas which you can readily apply in your everyday world. It not only answers questions, but gives solutions to personal problems, such as: How to gain confidence and poise, how to pray for success in business or a profession, how to use extrasensory perception to bless oneself and others, how to receive Divine guidance, how often to pray for a sick person, how to cooperate with the doctor, and how to pray effectively. This book tells why it is I have prayed and apparently received no answers, and how to pray for and recognize Divine guidance. Everything necessary for your instant use of the tremendous powers of the Infinite is here made perfectly clear and workable.

How you can start to live a new fulfilled life

Everyone desires health, happiness, security, peace of mind, and true expression, but many say in their hearts, "It's too good to become true!" However, nothing is too good to be true, nothing too wonderful to last, for the Power, the Wisdom, and the Glory of God are the same yesterday, today, and forever, and are instantly available to all. It is within your power now to transform your whole life. Its simplicity is amazing and startling.

You will read in this book how a man turned a lifetime of failure into success at fifty. You can do the same. You will read how a woman of forty discovered the key to instant popularity and marriage. Let love work miracles for *you*, too.

HOW A BELLBOY DISCOVERED THE KEY TO INSTANT PROMOTION

During my travels I spoke in Ottawa, Canada. After the talk, a young man chatted with me and told me that he had been a bellboy in New York City for two years and that a guest in the hotel had given him a paperback book entitled *The Power of Your Subconscious Mind*.[1] He read it four times and, following its directions, began to repeat prior to sleep, "Promotion is mine now. Success is mine now. Wealth is mine now." He lulled himself to sleep each night with these words, and at the end of about two weeks he was suddenly made Assistant Manager, and in six months General Manager, of a chain of hotels. He knew that the power flowing through him was from God. "Just think," he said, "for several years of my life I was merely living on a trickle of the enormous potential within me." This man learned how to release the Infinite Power within him, and his whole life has been harmonized by this wondrous working power.

[1] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

HOW A COLLEGE GIRL TURNED FAILURE INTO INSTANT SUCCESS

A few years ago, a young college girl came to see me at the request of her father. She was failing in college. I talked with her and found she had a good mind and a solid foundation of knowledge of the law of the mind. I asked her, "Why are you down on yourself? Why have such a low estimate of yourself?" She flushed considerably and said, "Oh, I'm the dumb one in the family. Father says that I'll never amount to much, that my brothers are smart, that they take after him, and that I'm stupid like my mother." "Well," I replied, "you are a child of God. All the infinite powers, attributes, qualities, and wisdom of God are within you waiting to be released and utilized. Tell your father from me that he should never make such frightfully negative statements to his daughter, but, rather, he should encourage you and remind you that the Infinite Intelligence of God is within you and when you call on It, It answers you. Tell him also that there are probably more of his genetic tendencies in you than those of your mother."

I gave her the following technique to be used every morning before she went to class and every night prior to sleep: "I am a child of God. I will never again

underestimate my inner powers or demean myself in any way. I exalt God in the midst of me. I know God loves me and cares for me. It is written…*He careth for you* (I Peter 5:7). Whatever I read and study is absorbed readily by my mind and it is reflected back to me instantaneously when I need it. I radiate love to my father and brothers and teachers and to my mother in the next dimension, where I know she is happy and free. Infinite Intelligence guides my studies and reveals to me everything I need to know at all times. I esteem myself, and I have a new estimate of myself, for I know the real Self of me is God. Any time I am prone to criticize or condemn myself, I will immediately affirm, 'God loves me and cares for me. I am His daughter.'"

She practiced this prayer process faithfully, and I am glad to report that she soon moved up in her grades and has since graduated from college magna cum laude. She discovered the Infinite Power for perfect living and began to release it. She ceased accepting the negative suggestions of her father and began to exalt God in the midst of her. Paul says, *Let every soul be subject unto the higher powers* (Romans 13:1). God is the only Presence and the only Power, and the powers that be are ordained of God.

HOW YOU CAN USE THE INFINITE POWER TO MAKE YOUR DREAMS COME TRUE

If you practice the principles of the Infinite Power for perfect living as portrayed and revealed in the following pages, you will see marvelous and fantastic changes for good taking place in your life. Your dreams, aspirations, ideas, and goals in life are thoughts, ideas, and mental pictures in your mind. You must realize that the idea or desire in your mind is as real as your hand or your heart. It has form, shape, and substance in another dimension of mind. Each chapter of this book will show you how to accept your desire, feel its reality, and know the Infinite Power within you will bring it to pass in Divine order. The Infinite Power which gives you the desire also will reveal to you the perfect plan for its unfoldment. All you have to do is to accept it and believe in it, and the Infinite Intelligence within you will bring it to pass.

HOW YOUR LIFE CAN BECOME AN EXCITING ADVENTURE

The miracle-working power of the Infinite existed before you and I were born, and before any church or even the world itself existed. The great eternal truths

and principles of life which bless, heal, inspire, and elevate you antedate all religions. You and I are about to go forth on a journey into the inner recesses of our own mind, where we shall observe how it works, and learn of this wonderful, magical, healing, and transforming power that washes away all tears. We shall see how it binds up the wounds of the broken-hearted, proclaims liberty to the fear-ridden, disease- soaked mind, and liberates you completely from the self-imposed chains of poverty, failure, sickness, frustration, and limitations of all kinds.

All you need do is follow the simple but scientific methods outlined in the following chapters and then, ***unite yourself***, mentally and emotionally with the good you wish to experience, and the Infinite Power will lead you to the fulfillment of your heart's desire.

This mental and spiritual journey on which you are now embarking will be the most wonderful "chapter" in your life — a healing and revealing experience. It will prove to be exciting, joyous, and the most rewarding of your life. Begin now, today. Let wonders and miracles happen in your life! Persist until day breaks and all the shadows disappear.

TWO

How to Set Up a Success Pattern for Richer Diving

You were born to win and to triumph over all of the obstacles in life. God indwells you, and walks and talks within you. God is the Life-Principle within you. You are a channel of the Divine, and you are here to reproduce all the qualities, attributes, potencies, and aspects of God on the screen of space. That is how important and wonderful you are!

Whatever God starts, He finishes — whether it be a star, a cosmos, or a tree. In order to win and triumph in the game of life, join with the Cosmic Power within you, and as you align yourself in thought and feeling with this Infinite Power, you will find the Cosmic Power moving on your behalf and enabling you to achieve victory and the triumphant life.

HOW A NEW MENTAL PICTURE OF HIMSELF PAID RICH DIVIDENDS

"I have been with my firm for ten years and have not received a promotion or a raise in salary. There must be something wrong with me," a man, whom we shall call John, complained bitterly during his first consultation with me. While talking with him, I discovered that he had a subconscious pattern of failure guiding his affairs.

John was in the habit of downgrading himself constantly, saying to himself, "I am no good, I am always passed over, I'm losing my job, there is a jinx following me." He was full of self- condemnation and self-criticism. I explained to him that these were two of the most destructive mental poisons he could generate, and that they would rob him of vitality, enthusiasm, energy and good judgment, ultimately leaving him a physical and mental wreck. Moreover, I elaborated further on his negative statements by pointing out that such statements as "I am no good, I am always passed over," were commands to his subconscious mind, which takes him literally, setting up blocks, delays, lack, limitation and impediments of all kinds in his life. The subconscious is like the

soil, which takes all manner of seeds, both good and bad, and supplies nourishment for their development.

How John discovered the cause for failure within himself

He asked me, "Is this why I am passed over and ignored at our regular business conferences?" My answer was "Yes," because he had formed a mental picture of rejection and expected to be slighted and ignored. He was actually blocking his own good. John proved the age-old Biblical truth, *The thing which I greatly feared has come upon me* (Job 3: 25).

How he practiced a realistic technique for success

This is how John extricated himself from the patterns of self- rejection, failure and frustration. I suggested to him that he dwell on this great truth: …*but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God*…. (Phil. 3:13,14).

He asked, "How can I forget the snubs, hurts and rebuffs? It is pretty hard." It can be done, but as I explained to him, he had to come to a clear-cut decision to drop the past and with positive determination to contemplate success, victory, achievement and promotion. Your subconscious knows when you mean what you say and will automatically remind you when, due to habit, you are prone to demean yourself, and you will immediately reverse the thought and affirm the good here and now.

He began to perceive the fallacy, as well as the foolishness, of carrying a mental load of disappointment and failures of the past into the future. It is like carrying a heavy iron bar on your shoulders all day long, thereby bringing about exhaustion and fatigue. Whenever a thought of self-criticism or self-condemnation came to his mind, he faithfully reversed it by affirming, "Success is mine, harmony is mine, and promotion is mine." After a while, the negative pattern was replaced by a constructive habit of thinking.

How John got to control his subconscious mind for success

I gave him the following simple technique to impregnate his subconscious mind. John was to begin to practice the art of picturing his wife congratulating him on

his promotion while happily and enthusiastically embracing him. He made this mental picture very vivid and real by immobilizing his attention, relaxing his body, and focusing the lens of his mind on his wife. He would mentally converse with her as follows: "Honey, I received a terrific promotion today, the boss complimented me, and I will receive $5,000 a year more in salary! Isn't it wonderful?" He then imagined her response and heard the tone of her voice, saw her smile and gestures. All were real in his mind. Gradually, this mental movie moved by a sort of osmotic pressure from his conscious to his subconscious mind. A few days ago, John came in to see me and said, "I had to let you know. They have made me District Manager! That mental movie did the trick!"

John, having learned how his mind worked, began to realize that his habitual pattern of thinking, plus his mental movie, were penetrating the layers of his subconscious mind and that the latter was being activated to attract all that he needed to bring his cherished desires to pass.

The working power of belief

The Bible says: *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

This is simple language revealing to you that when you believe and live in the joyous expectancy of the best, you will receive the good you seek. John firmly believed that he would receive honor, recognition, promotion and a salary increase. According to his belief, was it done unto him.

John is a new man today and a happy one. He is buoyant and bubbling with enthusiasm. There is a light in his eye and a new emotional tone in his voice which indicates self-confidence and poise.

HOW A MENTAL PICTURE PRODUCED
A MILLION DOLLARS

I had a conversation at the Palm Springs Spa Hotel with a man from San Pedro who told me that at forty, his life was one of disappointment, failure, depression and disillusionment. He had attended a lecture on "The Miracle of the Mind," given in San Pedro by the late Dr. Harry Gaze, world traveler and lecturer.

He said that after hearing that lecture he began to believe in himself and his

inner powers. Always he had wanted to own and operate a movie theatre, but he had consistently failed at every thing and had no money. He began with this affirmation: "I know I can succeed, and I will own and operate a theatre."

He told me that today he is worth $5 million and owns two theatres. He achieved success over supposedly insurmountable odds. His subconscious mind knew that he was sincere and that he meant to succeed. It knows your inner motivation and your real conviction. The Bible says: *Thou shalt decree a thing, and it shall be established unto thee* . . . (Job 22:28).

This man's magic formula for success was the mental picture he carried and to which he remained faithful, and his subconscious mind revealed to him everything necessary for the unfoldment of his dream.

HOW AN ACTRESS TRIUMPHED OVER FAILURE

A young actress came to see me, complaining bitterly about stage fright and panic during auditions and screen tests. She had failed, she said, to make the grade three times; she prolonged her doleful complaints into a lengthy jeremiad.

I discovered quickly that her real trouble was that she had a mental picture of panic before the camera, and like Job of old, she was dooming herself to failure: *The thing which I greatly feared is come upon me* . . . (Job 3:25).

How she gained confidence and poise

I taught this young actress the workings of her conscious and subconscious mind, and she began to realize that as she gave attention to constructive thoughts, she would automatically bring into her experience the benefits accruing from the thoughts dwelt upon. She devised a plan of her own for straight line thinking, knowing that there is a law of mind which responds to what you decree yourself to be, provided, of course, you believe what you claim to be true about yourself. For example, the more frequently you affirm to yourself, "I am afraid," the more fear you will generate. On the other hand, the more frequently you affirm, "I am full of faith and confidence," the more confidence and self- assurance you will develop.

I suggested she type thought-lifters on a card as follows:
"I am full of peace, poise, balance and equilibrium.

I fear no evil for God is with me.
I am always serene, calm, relaxed and at ease.
I am full of faith and confidence in the only power there is — God.
I am born to win, succeed and triumph.
I am successful in all my undertakings.
I am a marvelous actress and am immensely successful.
I am loving, harmonious, peaceful and feel my oneness with God."

She carried this "index card" with her. On trains, airplanes, and at frequent intervals during the day, she focused her mind on these truths. Actually, she committed them to memory after three or four days. As she reiterated these truths, they sank down into her subconscious mind and she discovered that these affirmations containing wonderful spiritual vibrations neutralized the noxious patterns of fear, doubt and inadequacy in her subconscious mind. She became poised, serene, calm and full of self-confidence. She had discovered the cosmic power for perfect living.

How her "mental movie" worked a miracle

She practiced the following technique for about five or six minutes morning, afternoon and night: She relaxed her body, sat quietly in a chair, and began to imagine that she was before the camera — poised, serene, calm and relaxed. She visualized herself as completely successful and imagined hearing congratulatory comments by the author and by her agent. She dramatized the role as only a good actress can, and made it very real and vivid. She realized that the Cosmic Power that moves the world also moves through the mental picture in her mind, compelling her to give marvelous renditions.

A few weeks later, her agent got another screen test for her, and she was so enthusiastic and exhilarated with the idea of triumph that she gave a wonderful performance. Today, with success following success, she is well on her way to becoming a great star.

YOU ARE RICH AND SUCCESSFUL BECAUSE OF WHAT YOU ARE INSIDE

I had an interesting conversation with a man at the Kona Inn on the island of Hawaii. He told me a fascinating story of his youth. He was born in London, England, and when he was very young his mother told him that he had been born

into poverty, but that his cousin had been born into opulence and a vast fortune because this is the way God equalizes things. He said that later he discovered that what she had meant was that in a former life he had been very wealthy, and now God was getting even with him so that He sent him back to earth born into poverty in order to equalize justice.

"This," he said, "I looked upon as unmitigated balderdash; furthermore, I realized that the Cosmic Law is no respecter of persons, that God gives to all *according to their beliefs*, and that a man may be a multimillionaire possessing millions of English pounds sterling and be very illumined and spiritual at the same time. Some of the financially poor people, on the other hand, were most malevolent, selfish, envious and covetous."

During his youth this man sold papers in London and washed windows; he went to school at night, and worked his way through college; he is now one of the top surgeons in England. His motto in life is: "You go where your vision is." His vision was to become a surgeon, and his subconscious mind responded according to the mental image held in his conscious mind.

His cousin's father had been a multimillionaire and had given his son everything possible: private tutors, special educational trips to Europe, and he had sent him to Oxford University for five years. He provided his son with servants, automobiles, and all expenses. The cousin turned out to be a failure! He had been overindulged and had no confidence or self-reliance. He had no incentives, no obstacles to overcome, and no hurdles to rise above. He became an alcoholic and a rank failure in the art of living.

Which one was rich and which one was poor? The surgeon has overcome his handicaps. He said to me that he is thankful that he came up the hard way. "Justice is of the mind, and if a man agrees with life for a penny a day, that is all he will receive." This man discovered that riches, success, achievement and prosperity are all of the mind, for as a man soweth in his subconscious mind so also shall he reap.

WHY YOU HAVE THE CHANCE OF A LIFETIME ALWAYS WITH YOU

Recently, a man said to me, "I had no chance in life. I was born into a poor family, and we never had enough to eat. I saw other boys in school whose fathers

had lovely homes, private swimming pools, automobiles, and all the money they needed. Life is so unfair!"

I explained to him that often the hardship of poverty can be the goad to push you to the highest pinnacle of success. A beautiful home, a swimming pool, riches, prestige, success, a gold carriage, a Rolls Royce — all are ideas in the mind of man, which is one with the Infinite Mind of God.

Helen Keller's secret for the good in her life

I explained to this man that the thinking of many people is wholly illogical, irrational, and most unscientific. For example, they say that Helen Keller's birth was an injustice, since she was deprived of her senses of sight and hearing in infancy. But she began to use the riches of the mind, and her blue eyes were enabled to "see," probably better than most people, the color of all the pageantry in opera; her deaf ears in a similar manner could "hear" the crescendos, diminuendos, and the full volume of orchestral music. She was perfectly aware of the clear notes of the lyric soprano, and she could grasp the humor of the play.

Helen Keller accomplished tremendous good in the world. Through meditation and prayer she awakened the inner eye and. uplifted the minds and hearts of the deaf and the blind every- where. She contributed faith, confidence, joy, and a tremendous spiritual uplift to thousands of shut-ins and others in the world. Indeed, she has accomplished much more than many people who have eyes and ears. She was not unfortunate or discriminated against by birth — There is no such thing as underprivileged or over privileged.

THE MAGICAL KEY TO TURN FOR SUCCESS

The man was deeply moved by the story of Helen Keller, and I wrote for him the Cosmic plan for success, which he was to affirm fifteen minutes, three times a day: "I am in my true place in life, doing what I love to do, and am Divinely happy. I have a lovely home, a kind and wonderful wife, and a new and up-to-date car. I am giving of my talents to the world in a wonderful way, and God is revealing to me better ways in which I can serve humanity. I definitely and positively accept the fact that a new and wonderful opportunity is opening up for me. I know I am Divinely guided in all ways to my highest expression. I believe and accept abundance and security. I believe marvelous and wonderful opportunities are opening up for me now. I believe I am being prospered beyond

my fondest dreams."

He had these affirmations typed on a card which he carried with him at all times, repeating these truths regularly and systematically for fifteen minutes, three times a day. When fear or anxiety came to his mind, he would pull the card out and reiterate these truths, knowing that the negative thoughts are always obliterated and dissipated by the higher constructive thoughts.

The power of belief in action

He realized that ideas are conveyed to the subconscious by repetition, belief, and expectancy, and the miracle-working power of his subconscious mind went to work on the impressions made upon it, as its nature is to respond according to man's habitual thinking.

Three months later all the things he meditated on came to pass. He is now married and has a lovely home, he has his own business which his wife bought for him, and he is doing what he loves to do and is Divinely happy. He has become a member of the Town Council and is contributing his services to the Boy Scouts of America and other worthwhile organizations. He had the chance of a lifetime—and so have you!

HOW A SALESMAN HELPED HIMSELF TO PROMOTION

A pharmaceutical salesman had not received a promotion in eight years; yet other co-workers apparently less qualified had been advanced to higher echelons of the business. His trouble was that he had a rejection complex.

My advice to him was to be nice to himself and to like himself more, because in reality the Self is God. I explained to him that he was the house where God dwelleth and that he should have a healthy, reverent, wholesome respect for the Divinity within him which created him, gave him life, and which equipped him with all the powers of the God-head. This would enable him to transcend all obstacles, to rise to affluence and perfect expression, and to acquire the capacity to lead a full and happy life.

This salesman quickly realized that he could use the same amount of mental energy to think constructive thoughts as destructive ones. He decided to stop thinking of reasons why he could not succeed, and he began to think of reasons

why he could become a success. He practiced using the following mental and spiritual formula:

"From this moment forward, I place a new value on myself. I am conscious of my true worth. I am going to stop rejecting myself and definitely will never demean myself again. Whenever the thought of self-criticism comes to me, I will immediately affirm, `I exalt God in the midst of me.' I respect and honor the Self of me which is God. I maintain a healthy, wholesome, reverent respect for the Infinite Power within me which is All-Wise and All- Knowing; It is the Ever-Living One, and the Self-Renewing Presence and Power. By day and by night, I am advancing, moving forward, and growing, spiritually, mentally, and financially."

This salesman set aside a certain period three times a day and identified himself with these truths, thereby gradually saturating his mind with poise, balance and equilibrium, plus a sense of his true values. As a result, after about three months, he became sales manager in the Midwest. In a recent note, he said, "I am on the way up, thanks to you."

The magic-mirror technique

In addition to the above mental and spiritual exercise, and in order to enable him to perceive the true sense of his own worth and importance in the scheme of life as a human being endowed with unique and extraordinary talents and abilities not yet released but dormant within him, I recommended that he practice the age-old mirror treatment. This is how he practiced it in his own words:

"Every morning after shaving, I looked into the mirror and said to myself boldly, feelingly and knowingly, `Tom, you are absolutely outstanding, you are a tremendous success, you are full of faith and confidence and you are immensely wealthy. You are loving, harmonious and inspired.' I am one with God, and one with God is a majority. I am continuing this practice every morning. I am amazed at the many wonderful changes which have taken place in my business, finances, circle of friends, and in my home life. It has been two months since you gave me these two techniques of prayer and I have been promoted to sales manager in the Midwest."

This salesman identified himself with the truths he affirmed and established a new image of himself, thereby saturating his mind with poise, balance,

equilibrium, prosperity and self-confidence. He believed implicitly in the response of his subconscious mind to his conscious mind activity, thereby discovering the majestic psychological truth of the Bible: *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

HOW AN OFFICE MANAGER OVERCAME PERSONALITY DEFECTS

During an interview, an office manager said to me that all the men and women in his office felt that he was too bossy, too critical, and too gloomy; there was a constant turnover in his office, and the general manager had complained about the number of resignations.

I explained to him that overexerting authority usually is a sign of lack of confidence; the person is trying to make himself feel self- reliant. A person can possess a quiet, orderly mind and never order others around in an arrogant manner, and yet be completely self- reliant; the noisy, loud-mouthed persons lack sincerity and inner balance.

At my suggestion he began to praise some of the employees for work well done, and he found that he would usually receive a corresponding friendly response, for by praising them he was building up their confidence in themselves. He ceased his constant criticism and carping attitude which marred the harmony of the office, and he also ceased the inner depreciation of himself which was in reality the cause of his trouble.

A secret technique for a better personality for success

In order to eradicate gloom, he began to practice deep breathing in conjunction with a specific affirmation. During inspiration he affirmed "I'm" and during expiration "cheerful." Through practice he was able to hold his breath a longer time between inspiration and expiration. He practiced this deep breathing fifty times and a hundred times until he got a deep subconscious response. Now he says he gets best results by thinking "I am cheerful" during inspiration and repeating it during expiration. He has proved the physiological value and sensation of well-being which routinely follows the drawing of deep breaths, which also favors impregnation of the subconscious mind with constructive ideas.

In addition, he practiced the following mental and spiritual prescription several times daily by affirming as follows: "From this moment forward, I cease all self-recrimination. I know there is nothing perfect in this universe, and I realize, also that all my employees and associates cannot possibly be perfect in all ways. I rejoice in their confidence, faith, cooperation, and interest in the work well done. I constantly identify with the good points in each of my associates.

"I am always confident in doing what I know well, and I gain confidence daily in other directions. I know that self-assurance and self-reliance are habits, and I can develop the wonderful habit of self-reliance just the same way as I recently gave up smoking. I supplant timidity with assurance, faith, and confidence in an Almighty Power which responds to my habitual thinking. I speak kindly to all my employees. I salute the Divinity within them, and I reiterate constantly, 'I can do all things through the Power of God which strengthens me.' When thoughts of self-criticism come to me, I supplant them immediately with this truth: 'I exalt God in the midst of me.'"

This office manager made it a practice to affirm these truths about six times slowly, quietly, and lovingly three times a day, knowing what he was doing and why he was doing it. He was building a new, constructive habit which displaced the old. At the end of six weeks, he was a transformed man, full of serenity and inner self-reliance. He promoted himself to Vice-President of the corporation with an income of $10,000 a year.

The Bible is right when it says: . . . *Be ye transformed by the renewing of your mind* . . . (Rom. 12:2).

POINTS TO RECALL IN THIS CHAPTER

1. You were born to win and triumph over all obstacles through the Power of the Almighty within you, waiting to be stirred up and utilized by you.

2. Men and women who fail in their chosen work or profession usually have a mental pattern of failure. It is necessary to change the mental image, and to picture success, achievement, and the realization of your goal in life; then your subconscious mind will respond and compel you to achieve success because the law of your subconscious is compulsive.

3. Cease all self-condemnation and self-criticism. Forget the past and

contemplate achievement, victory, triumph and success. You become what you contemplate.

4. When you are tempted to demean yourself, immediately reverse the thought and affirm your good here and now.

5. There is a law of mind which responds to what you decree yourself to be, provided, of course, you believe what you claim to be true about yourself. Ideas are conveyed to the subconscious by repetition, belief and expectancy.

6. Believe in yourself and your inner powers. Begin to affirm boldly: "I know I can succeed; I will accomplish what I want to achieve; I will be what I want to be; and I know my Deeper Mind will respond to my honest decision and conviction. I know the law of my subconscious never fails, and whatever I impress on it, it will likewise express and make manifest."

7. If suffering from stage fright, visualize yourself as successful, and imagine a loved one congratulating you on your wonderful success and poise.

8. You go where your vision is, regardless of whether you were born in the slums or in a palace. You are rich because of what you are inside. The Law is no respecter of persons; it is done unto you as you believe.

9. Helen Keller was deprived of the senses of sight and hearing in infancy, yet she accomplished wonders by an interior cosmic light.

10. A wonderful formula for success is to affirm with feeling: "God reveals to me better ways in which I can serve humanity."

11. Become conscious of your true worth. Realize now that you are a special and unique focal point for God's expression.

12. If you feel inferior or lack self-reliance, impress on your subconscious by habitually thinking: "I honor and exalt God in the midst of me. I maintain a wholesome, reverent, and worshipful veneration for the Divinity within me." This attitude builds self-confidence and self-assurance.

13. Praise builds self-confidence among your employees or associates. Praise each one for the work well done, and realize that no one is perfect in this world.

This attitude will banish the bossy and aggressive manner which is indicative of insecurity and self-demotion.

THREE

How to Achieve Power and Control over Your Life

I constantly receive letters from all over the country and from many foreign countries, and I find that most of the writers personally experience great vacillations of fate and fortune.

Many write and say something along these lines: "I get along fine for several months, in both health and finances, and then suddenly I find myself in the hospital or I meet with an accident or experience a great financial loss." Others say, "Sometimes I'm happy, joyous, vital, and bubbling over with enthusiasm, and suddenly an acute wave of depression seizes me. I can't understand it."

I have just finished interviewing a business executive who, some months ago, had reached what he termed the pinnacle of success and then, to use his own words, "the roof fell in" on him. He had lost his home, his wife had deserted him, and he had suffered a tremendous loss on the stock market.

He asked me, "Why did I rise so high and fall so suddenly? What am I doing wrong? How can I control these ups and downs?"

HOW THIS BUSY EXECUTIVE LEARNED TO CONTROL HIS LIFE

This executive wanted to get away from these swings of fortune and health and to lead a balanced life. I explained to him that he could steer his life in the same manner as he steers his car to work every morning: The green lights say to go ahead; you can take your foot off the brake and step on the accelerator. You stop at the red lights, and, following the rules of the road, you arrive at your destination in Divine order.

I gave him the following spiritual formula with instructions to affirm these truths in the morning before entering his car, in the afternoon after lunch, and at night prior to sleep:

"I know that I can steer my thoughts and imagery. I am in control, and I can order my thoughts to give attention to what I desire. I know there is a Divine Power and Presence within me which I am now resurrecting and which responds to my mental call upon it. My mind is God's mind, and I am always reflecting Divine wisdom and Divine intelligence. My brain symbolizes my capacity to think wisely and spiritually. I am always poised, balanced, serene, and calm. God's ideas govern my mind and are in complete control; I no longer am subject to violent swings of mood, health, and wealth. My thoughts and words are always constructive and creative. When I pray, my words are full of life, love, and feeling; this makes my affirmations, thoughts, and words creative. Divine Intelligence operates through me and reveals to me what I need to know, and I am at peace."

The executive made a habit of using this prayer regularly and. systematically, and as he continued to do so, gradually he reconditioned his mind to harmony, health, serenity, and poise. He no longer suffers from those changes in fortune of which he spoke, and he is leading a poised, balanced, and creative life.

The Bible says: *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isa. 26: 3).

HOW A TEACHER CONQUERED HER FRUSTRATION

A teacher opened an interview with me with these remarks: "I'm in a rut. I feel frustrated; I have failed in love. I'm sick in mind and body. I am full of guilt, and I feel intellectually incompetent. Henry Thoreau was right when he said that the mass of men lead lives of quiet desperation!"

This young lady was quite attractive, well-read, very intelligent, and intellectually competent, but she was demeaning herself and was full of self-condemnation and self-criticism, all of which are deadly mental poisons and rob you of vitality, enthusiasm, and energy, and leave you a physical and mental wreck.

I explained to her that all of us have our ups and downs, our depressions, griefs, and illnesses, until we decide to control our lives and do our own constructive thinking. Otherwise, all of us will be subject to the mass mind which believes in sickness, accident, misfortune, and tragedies. Furthermore, we feel that we are

subject to conditions and environments and that we are victims of our early training, indoctrination, and heredity.

The magic of giving up frustrating thought habits

Our state of mind, and our beliefs, convictions, and conditioning control and determine our future. I explained to her that her present condition was due simply to the habitual force and authority of many thousands of thoughts, images, and feelings which she had consciously and unconsciously acquired and repeated through many years.

"Furthermore," I added, "you have said that you have traveled through Europe, the Orient, and North America several times, but you have not traveled anywhere *within yourself*. You are like the elevator man who says, `I go up and down all day long, but I don't get anyplace in life.' You are repeating the same old patterns of thinking and idle wishing—the same routine procedures, plus constant mental agitation, turmoil, and grievances against your superiors, your pupils, and the school board."

How to travel mentally and spiritually for self-renewal

She decided to make a definite change, to get out of the old routine, and to begin to experience the beauties, the satisfactions, and the glories of life. She affirmed the following truths several times daily, knowing that what she accepted consciously would find its way to her subconscious mind, and that by repetition she would recondition her mind to the success, happiness, and joy of life which she deserved to experience. The following spiritual medicine was imbibed by her through her eyes and ears several times daily:

"I am going to travel mentally and spiritually within myself and discover the treasure house of eternity within my depths. I am definitely and positively going to break the old routine. I am going to go to work by a different route every morning and will come home by a different way. I will no longer think according to the headlines of the newspapers or listen to gossip and negative thoughts about lack, limitation, disease, war and crime. I know that everything I do and experience in life is due to my thinking— conscious or unconscious. I realize that if I do not think for myself, the mass mind impinges on my subconscious mind and does my thinking for me, which is mostly negative and destructive.

"A revolution is now taking place in my mind, and I know that my life is transformed by the renewal of my mind. I immediately cease railing and mentally fighting conditions, as I know that this attitude actually magnifies my troubles. I now affirm and rejoice that I am an expression of God and that God hath need of me where I am, otherwise I would not be here. God is in action in my life, which means all-around harmony and serenity."

This repetitive prayer process worked wonders in the life of this college teacher. As she turned on the green light of constructive, confident thinking and became certain in the knowledge that all these mental seeds deposited in the subconscious would grow after their kind, love came into her life: she married the president of the college! She has received promotion in her profession, and she has had inner spiritual experiences, discovering that she had a great talent for painting, which has brought her endless joy. She is now releasing the imprisoned splendor within. Truly, prayer changes your life!

HOW A BUSINESSMAN SUCCESSFULLY REBUILT HIS BUSINESS

A pharmacist confided to me, "I am down in the depths! How can I go up the ladder? Thieves stole thousands of dollars of merchandise and money from my store, and my insurance covers only part of the loss. I have lost a small fortune in the stock market. How do you expect me to think constructive thoughts about that?"

"Well," I replied, "you can decide to think whatever you choose about anything. What you have lost has nothing to do with the way you decide to think about it. It is not what life does to you, it's the way you react to it."

I pointed out to this pharmacist that the thieves and the losses in the stock market did not and could not steal from him his nights and days, his health, the sun, the moon, or the stars, called the daily bread of the soul.

I also pointed out to him, "You are rich mentally and spiritually. You have a loving, kind, and understanding wife and two wonderful boys in college. No one can steal from you your knowledge of pharmacy, *materia medica*, pharmaceutical chemistry, or your business acumen and sagacity—all of these are riches of the mind.

"The thieves have not taken away from you your knowledge of the law of your subconscious mind or the way of the Infinite Spirit within you. It is foolish for you to dwell on the negatives. Chant the beauty of the good! It is now time for you to stir up the gift of God within you and to go forward in the light. Get in league with the universal Presence and Power which will restore to you manifold all the riches of life."

The Cosmic Law of action and reaction and how to use it

"Now," I said, "you know that you cannot gain or lose anything except through your mind; therefore, you will not admit the loss, but you will identify mentally and emotionally with the $30,000 you have lost, and whatever you mentally claim and feel to be true, your subconscious will honor, validate, and manifest for you. This is the law of action and reaction which is cosmic and universal."

Accordingly, he prayed as follows: "I am constantly on my guard against negative thinking, and I cast it out of my mind whenever it tends to enter in. I have faith in the Infinite Power and Presence that always works for good. My faith is in the goodness and guidance of the Infinite God. I open my mind and heart to the influx of the Divine Spirit, and I discover an ever increasing sense of power, wisdom, and understanding.

"I am mentally and emotionally identified with the $30,000, and I know that I cannot lose anything except I accept the loss which I positively, definitely, and absolutely refuse to accept. I know the way my subconscious works. It always magnifies what I deposit in it; therefore, the money comes back to me pressed down, shaken together, and running over.

"I know that I will no longer experience the ups and downs of life, but that I will lead a dynamic, creative, balanced, and purposeful life. I know that prayer is the contemplation of the truths of God from the highest standpoint. I know that the thoughts and ideas I habitually dwell upon become dominant in my mind, and they rule, govern, and control all my experiences. My family, my store, and all my investments are watched over by the Overshadowing Presence of God, and the whole armor of God surrounds me, enfolds me, and enwraps me. I bear a charmed life. I know that eternal vigilance is the price of peace, harmony, success, and prosperity. With mine eyes stayed on God, there is no evil on my pathway."

The pharmacist made a habit of reiterating and affirming these eternal verities. After some weeks had passed, his broker called him and gleefully informed him that he had recuperated all his losses due to a rebound on the stock market. Furthermore, he received a wonderful offer for a piece of land he had held for ten years; he sold it for $60,000, his original investment in the land being $5,000.

He has discovered the wonderful workings of his mind and realizes he does not have to suffer from the ups and downs of life.

THE MASS MIND AND HOW TO OVERCOME ITS NEGATIVE EFFECTS ON YOU

The *mass* mind simply means the mind operating in three billion people in this world. All of them are thinking into the one universal mind, and it does not take much stretch of the imagination to realize the kind of imagery, feelings, beliefs, superstitions, and ugly, negative thoughts impressed on that universal mind.

It is also true that millions of people throughout the world are pouring into the mass mind — sometimes referred to as the race mind—thoughts of love, faith, confidence, joy, goodwill, and success, plus feelings of triumph, accomplishment, and victory over problems and an emanation of peace and goodwill to all men. However, they are still in the vast minority, and the dominant feature of the mass mind is one of negativity.

The mass mind believes in accidents, sickness, misfortune, wars, crimes, disasters, and catastrophes of all kinds. The mass mind is rampant with fear, and the children of fear are hate, ill will, resentment, hostility, anger, and disease.

It is, therefore, very simple for anyone who wants to think at all to realize that he will be subject to trials and tribulations of all kinds until he learns to pray scientifically—and to keep up his armor of protection. All of us are subject to the influence of the mass mind, the spell of negativity, the sway and power of propaganda, and the opinions of others. And, as long as we refuse to become "straight-line" thinkers, we shall experience the violent swings of fortune and misfortune, sickness and health, wealth and poverty. If we refuse to think for ourselves from the standpoint of the eternal principles and truths of God, we will be only one of the mass and will inevitably experience the extremes of life.

HOW TO NEUTRALIZE NEGATIVE INFLUENCES OF THE MASS MIND

Take complete control of your mind by constructive thinking and visioning, and then you will neutralize the negative suggestion of the mass mind which is forever attacking the minds of all of us. You can rise above the negative mass mind. The Bible says in John 12:32: I, *if I be lifted up . . . draw all men unto me*; i.e., if you elevate your mind by identifying with the principles of harmony, health, peace, joy, wholeness, health, and perfection, *and make a habit of doing so*, by the law of attraction you will attract into your life and experience those qualities and attributes of God.

The following is an excellent prayer which will enable you to rise above the mass mind and to establish an immunity to the false beliefs and fears of the race:

"God is, and His Presence flows through me as harmony, health, peace, joy, wholeness, beauty, and perfection. God thinks, speaks, and acts through me. I am Divinely led in all my ways. Divine right action governs me. Divine law and order govern my entire life. I am always surrounded by the sacred circle of God's eternal love, and the healing light of God surrounds and enfolds me. Whenever my thoughts wander away in fear, doubt, or worry, I know it is the mass mind thinking in me. Immediately, I boldly affirm, `My thoughts are God's thoughts, and God's power is with my thoughts of good."

Continue to identify with and to meditate on the above prayer and you will rise above the discord, confusion, and extremes and tragedies of life. You will no longer experience the ups and downs, but rather, you will enjoy a constructive, vital, and active life full of creativity and the rhythm of life.

HOW TO GET IN TUNE WITH THE INFINITE

Some months ago, a woman from North Carolina wrote me, saying that the world is going to the dogs, that our morals are at a low ebb, that corruption is rampant, and that teenage violence, crime, and scandal are the news of the day. Then she added, "We may be annihilated by an atomic bomb any day. How do we tune in on God in the midst of all this degeneracy, pornography, and the cesspool of iniquity in which we find ourselves?"

I answered her along these lines and admitted that what she mentioned was true,

but that the Bible says, . . . *Come out from among them, and be separate* (II Cor. 6:17) . She must have the ability and capacity to rise above the world negation and to lead a full and happy *life right* where she is. I pointed out to her that all she had to do was to look around and she would find thousands of people who are happy, vital, joyous, and free, leading constructive lives, and contributing to humanity in countless ways.

We have witnessed the extremes of the Victorian period with all its sexual taboos and restrictions, and these repressions caused people to move to the opposite extreme that we are experiencing today in the immorality and lewdness prevalent in various parts of the world.

Nature works by extremes. History witnessed the "sweat shops," where people — even children — worked under indescribable conditions and were inadequately paid, housed, and fed; actually, it was a sort of serfdom. Now there has been a swing to the opposite in England, the United States, and in other countries, where some unions have become so tyrannical that they have even closed down the transportation systems of a whole city.

The ancient Hebrew wisdom says: "Change eternal is at the root of all things." You must find an anchor within you to tie to and make a Divine adjustment. Tune in to the Infinite Power within you and let this Presence guide, direct, and govern you in all your ways. You can enthrone Divine wisdom in your conscious mind by claiming that the wisdom of God anoints your intellect and is a lamp unto your feet and a light on your path. Following is a prayer I gave to the troubled woman in North Carolina:

The prayer that changed a life — and can change yours

"I realize that I cannot change the world, but I know I can change myself. The world is an aggregation of individuals, and I know that people who are ruled by the mass mind, propaganda, and sense opinions are subject to the tragedies, sorrows, accidents, illnesses, and failures in life until they learn to control their minds with Divine ideas which heal, bless, inspire, elevate, and dignify their souls. I realize that the mass of people are under the sway of the mass mind, full of errors, false beliefs, and negation of all kinds.

"From this moment forward, I no longer fight conditions or situations, and I cease rebelling at news of subversives, immorality, and corruption in high

places. I write constructive letters to congressmen, senators, movie producers, and newspapers, and I pray for right action, beauty, harmony, and peace for all people everywhere. I am in tune with the Infinite, and Divine law and order govern my life. I am Divinely guided and inspired. Divine love fills my soul, and waves of light, love, truth, and beauty go forth as a mighty wave of spiritual vibration which tends to lift all men up, for it is said, I, if I be lifted up, will draw all men unto me" (John 12: 32).

A happy outcome of this prayer

This young lady recently phoned me and said, "Your letter was the greatest eye-opener I have ever read. I'm on 'cloud nine'! Now I know that there is no one to change but myself. Being in tune with the Infinite, I am in tune with the Presence of God in the hearts of all men and women in the world!"

The Bible says: *Great peace have they who love thy law, and nothing shall offend them* (Ps. 119:165).

POINTS TO RECALL IN THIS CHAPTER

1. You can steer your thoughts, images, emotions, and reactions to life just as easily as you can steer your car in the right direction.

2. You can order your thoughts and make them give attention to the desires, goals, and objectives in your life. You are the master, and you mold, fashion, and create your own destiny.

3. When you pray, let your words be full of life, love, and feeling; this makes your affirmations creative.

4. All of us will have our swings of fortune until we decide to take control of our lives and do our constructive thinking along God-like ways; otherwise, we will be subject to the mass mind which believes in all manner of sickness, accidents, tragedies, and misfortune.

5. Many people travel all over the world but go nowhere within themselves. Travel within mentally and spiritually, and you will discover in your depths the riches of Heaven.

6. Everything you do and experience in life is due to your conscious and subconscious thinking. Think good and good follows.

7. You can decide to think whatever you choose about any- thing. What you have lost or suffered has nothing to do with the way you decide to think about it.

8. You cannot lose anything except you admit the loss in your mind. Mentally and emotionally identify with money you have lost and your subconscious will respond and multiply it in your experience.

9. The "mass mind" means the mind operating in three billion people on this planet. It is composed of good and bad thoughts, but the dominant phase of the mass mind is negative—it is the mind full of the fears, doubts, superstitions, hates, jealousies, greed, and lust of millions of people.

10. You can rise triumphantly over the world negation and lead a full and happy life by enthroning in your mind ideas which heal, bless, inspire, elevate, and dignify your soul.

11. Tune in with the Infinite and feel and know that the Infinite Power and Presence governs, controls, and directs your life, and you will lead a balanced and creative life free from the great swings of fate.

12. You can lift yourself up above all the servitude and bondage of the mass mind by exalting God in your midst and realizing that God's love fills your soul and His wisdom anoints your intellect.

FOUR

How You Can Unleash Infinite Power to Benefit Every Phase of Your Life

During my lecture tours, I once addressed a group of people in the mountains of Colorado. In the course of a conversation later at a luncheon, my host said that most people worry too much and thus deprive themselves of a full and happy life.

He told me of an elderly man who had lived in one of the cabins in the mountains nearby. The neighbors felt sorry for him, because he always seemed to be tired, depressed, worried and lonesome. He wore tattered clothes and possessed an old automobile of 1928 vintage. He seemed to have nothing to live for, and he apparently had no relatives or friends. Occasionally he went to the grocery store and invariably asked for stale bread and the most inexpensive food, and he usually paid for it in frugally doled out pennies and nickels.

Eventually when he did not appear for a couple of weeks, the neighbors went to his shack and found that he had died. The sheriff searched the old cabin for names of relatives or a clue to his real identity. To everyone's amazement, they found that the poor old man had more than $100,000 in bundles of $25. He evidently had made much money in his earlier years and had never invested it or deposited it in banks.

He had acquired considerable money, but he had failed to use it to lead the rich life or to spend it for an altruistic purpose. Further, he failed to invest it wisely for interest and dividends. My host said that it was fear that had dominated the old man. He had worried lest people might learn of his money and steal it from him. He had been a very negative thinker, yet he had had a fortune within and without to share in the good life. He could have had much enjoyment and happiness.

YOU HAVE A FORTUNE TO SHARE

The treasure house of infinity is within you. You have the key which unlocks the storehouse of all kinds of treasures. The key is your thought, which will bring you far more wealth of every description than that lonely and fearful old man had—and much more of everything you want!

You have the key to the most wonderful and marvelous power in the world—the power of the Infinite within you. The Bible says, . . . *Behold, the kingdom of God is within you* (Luke 17:21) . Seek first the knowledge and awareness of this inner Presence and Power, and all things that you want shall be added unto you.

Remember, *your* powers are the powers of the God-head, which the average person habitually and through ignorance fails to use. You have a fortune to share by stirring up the gift of God within you. You can share the gifts of love and goodwill with others; you can share a smile and a cheerful greeting; you can give compliments and appreciation to your co-workers and employees; you can share creative ideas and the love of God with all those around you.

You can see the intelligence and the wisdom of God in your sons and daughters and call it forth knowingly and feelingly, and what you claim and feel will be resurrected in their lives. You can have a new idea worth a fortune which you can share with the world— perhaps a sonata, an invention, a play, a book, or a creative and expansive idea in your business or profession which will bless yourself and others.

Remember that the only chance you have is the one you make for yourself. You have the chance of a lifetime! Begin now to mentally tap the infinite reservoir within you, and you will find yourself moving onward, upward, and Godward.

HOW YOU CAN RISE TO THE HEIGHTS OF YOUR DESIRES

Some years ago, during a lecture Mrs. Vera Radcliffe, our church organist in Los Angeles, told the stirring drama of Paderewski's trials and tribulations before he became world-famous. He had been advised by the famous composers and authorities on music in his day that he had no possible future as a pianist, and that he should forget about it! The professors at the Warsaw Conservatory, where he went to study, tried their best to discourage his desire. They pointed out that his fingers were not well-formed and that he should try writing music instead.

Paderewski rejected their negative pronouncements and identified himself with his inner powers; he subjectively realized that he had a fortune to share with men throughout the world, namely, the melody of God and the music of the spheres.

He practiced arduously and diligently for hours every day. Pain tortured him in thousands of his concerts, and, as Mrs. Radcliffe said, blood occasionally oozed from his injured hands. He persevered, however, and his "stick-to-itiveness" paid fabulous dividends. The inner powers responded to his call and to his effort. *He knew that the key to his triumph was his contact with the Divine Power within him.*

As time went on, Ignace Paderewski's musical genius was acknowledged all over the world, and men of all walks of life paid homage to this man who touched and sensed his oneness with the Great Musician within—the Supreme Architect of the universe itself.

Paderewski's secret of success

Like Paderewski, you too have the power to reject completely the negative suggestions of those in authority who tell you that you cannot be what you want to be. Realize, as did Paderewski, that the God-Presence which gave you the desire and the talent is the same Power that will open up the door and reveal the perfect plan for the fulfillment of your dream.

Trust the Divine Power within you, and you will find that this inner Presence and Power will lift you up, heal you, inspire you, and set you on the high road to happiness, serenity, and the fruition of your ideals.

HOW TO COPE WITH SEEMING WORLDLY IN JUSTICE

During a visit to Hawaii, a junior executive said to me, "There is no justice in the world. Everything is so unfair. Corporations are soulless; they have no heart. I work hard and spend long hours after closing time, but men under me are promoted and I am passed up. It's all so unfair and unjust."

My explanation was the cure for this man's wrath. I acknowledged that there is injustice in the world and that, as Robert Burns said, "man's inhumanity to man makes countless thousands mourn," but that the law of the subconscious mind' is impersonal and eminently fair at all times.

Your subconscious mind accepts the impress of your thought and reacts accordingly. It's the set of the sails, and not the gales, that determines the way you go. It is your inner thought, feeling, and imagery—in other words, your mental attitude — operating within you, rather than the winds of negative thoughts and the waves of fear from without, that makes the difference between promotion and success, and failure and loss. The law is absolutely just and mathematically accurate, and your experiences are the exact reproduction of your habitual thinking and imagery.

I briefly explained to the young executive the familiar story of the laborers in the vineyard, where all the workmen received a penny. Even those who came in at the eleventh hour received the same wages as those who worked all day long; also the men who came in at the third hour, the sixth hour, and the ninth hour received the same wages. When they saw that the men who had worked but one hour got the same wages, they were jealous and angry, but the answer they received was this: *Didst not thou agree with me for a penny?* (Matt. 20:13).

[1] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

The law is plainly stated in Matt. 18:19: . . . *If two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.* This means that when your conscious and subconscious mind agree on promotion, success, abundance, and right action, the law of your subconscious mind will honor, execute, and bring it to fruition in your experience.

I added, "You are resentful, angry, and full of condemnation and criticism of the organization which employs you. These negative suggestions enter your subconscious and have resulted in loss of promotion, financial increase, and prestige."

A specific program and formula for daily use

I gave him the following mental and spiritual formula to practice daily:

"I know that the laws of my mind are absolutely just, and that whatever I impress on my subconscious mind is reproduced mathematically and accurately in my

physical world and circumstances. I know that I am using a principle of mind, and a principle is absolutely impersonal. I am equal before the laws of mind, which means it is done unto me as I believe. I know that justice means fairness, rightfulness, and impartiality, and I know that my subconscious is absolutely impersonal and impartial.

"I realize that I have been angry, resentful, and jealous, and that I have also demeaned, criticized, and condemned myself. I have psychically persecuted, assailed, and tortured myself, and I know that the law is `as within, so without'; therefore, my boss and associates attest to and confirm objectively what I have thought and felt subjectively.

"What I accept completely in my mind, I will get in my experience, regardless of conditions, circumstances, or the powers that be. I wish success, prosperity, and promotion for all my associates, and I exude goodwill and blessings to all people everywhere. Promotion is mine; success is mine; right action is mine; wealth is mine. As I affirm these truths, I know they are deposited in my subconscious mind—the creative medium—and wonders are happening in my life.

"Every night of my life, prior to sleep, I imagine my wife congratulating me on my wonderful promotion. I feel the reality of all this, mentally and emotionally. My eyes are closed and I am drowsy, sleepy, and in a passive, receptive state of mind, but I hear her congratulatory words, feel her embrace, and see her gestures. The whole mental movie is vivid and realistic, and I go off to sleep in this mood, knowing that *God giveth his beloved in sleep*" (Ps. 127:2).

This executive discovered that the law of his mind established justice (conformity to the principles of his mind). Having enthroned right thoughts, right imagery, and right feeling in his conscious mind, his subconscious responded accordingly. This is the equity of the mind. The laws of your mind are the same yesterday, today, and forever. At the end of a few months following this prayer process, this executive has been voted president of his corporation and is prospering beyond his fondest dreams.

HOW A WOMAN SHARED HER FORTUNE AND GOT RICHER

A few years ago, I had many interesting talks with a Canadian woman. She informed me that she looks upon money and wealth like the air that she breathes.

She felt as free as the wind. Ever since she was a child, this woman had claimed: "I am rich; I am God's daughter; God gave me richly all things to enjoy." This was her daily prayer.

She has accumulated millions of dollars and has endowed colleges and universities, establishing scholarships for worthy boys and girls, and has established hospitals and nurses' training centers in remote parts of the world. Her joy is in giving wisely, judiciously, and constructively, and she got richer than before.

Why the rich get richer and the poor get poorer

She said to me one day, "You know, the old aphorism is absolutely true: 'The rich get richer and the poor get poorer.' To those people who live in the consciousness of affluence and abundance, wealth flows by the cosmic law of attraction. Those who expect poverty, privation, and lack of all kinds are living in the consciousness of poverty, and by the law of their own mind they attract more lack, misery, and deprivation of all kinds."

What she said is definitely true. Many people who are living in poor circumstances are envious and resentful of the wealth of their neighbors; this mental attitude results in even more lack, limitation, and poverty in their lives. They are, probably unwittingly, blocking their own good. Yet they have a fortune to share if they would but open their minds to the truth of being and realize that they, too, have the key which unlocks the treasure house or gold mine within.

The following illustration shows how any man has a fortune to share.

HIS FORTUNE WAS WHERE HE WAS —
BUT HE WAS BLIND TO IT

A friend of mine, who lived in Northern Alaska, once wrote me and said that life was unbearable. He felt that he had made a tragic mistake in going to Alaska to seek his fortune, that his marriage was a complete failure, that prices were exorbitant, and that cheating and over-charging were rampant. When he had gone to court to dissolve his marriage, the judge was crooked and he got a raw deal. He concluded by saying that there is no justice in this world.

What he said was true enough. All we need do is read the morning newspaper in

any metropolitan area, and we read of murder, crime, purse snatching, mugging, rape, malfeasance and misfeasance in office, corruption in high places, and venality on the bench and in the legislative chambers—but we must remember that all of these are man-made, and you can *come out from among them and be separate* (II Cor. 6:17).

You can rise above the mass mind, man's cruelties, and greed, by aligning yourself with the principle of right action and absolute justice within you. God is absolute justice, absolute harmony, all bliss, boundless love, fullness of joy, absolute order, indescribable beauty, absolute wisdom, and supreme power. All of these are attributes, qualities, and potencies of God. When you dwell on these qualities and contemplate the truths of God, you rise above the injustice and the cruelties of the world and you build a conviction counter to all its false beliefs and erroneous concepts.

In other words, you build up a Divine immunity — a sort of spiritual antibody— to the mass mind.

This explanation was a prelude to my direct reply to my friend. I wrote to him, suggesting that he stay where he was and that I suspected he wished to run away from his responsibilities and was merely seeking an escape. I wrote a short prayer, as follows:

"Where I am, God is. God indwells me, and God has need of me where I am now. This God-Presence within me is infinite intelligence and all-wise, and reveals to me the next step, opening up for me the treasures of life. I give thanks for the answer, which comes to me as an intuitive feeling or an idea which wells up spontaneously from my mind."

He followed my advice and was eventually reconciled with his wife. He bought a camera and took pictures of Northern Canada and Alaska, wrote short stories, and amassed what he considered a small fortune. A year passed and for a Christmas present he sent me $2,000, suggesting that I take a vacation in Europe, which I did.

This man had found happiness by tapping the treasure house within, and he discovered that his fortune was right where he was.

HOW A PROFESSOR DISCOVERED A FORTUNE

Recently I talked with a college professor who was very angry over the fact that his brother, a truck driver, was earning $15,000 and he was receiving only $8,000 a year. He said, "It is all so unfair. We must change the system. I worked hard and toiled for six years to get my Ph.D. degree, and my brother never even went to high school!"

This professor was brilliant in his particular field, but he was unaware of the laws of mind. I told him that a waitress in my favorite restaurant earns more than $300.00 a week with tips and indicated that these disparities of which he spoke are everywhere.

I explained to the professor that he could rise above the mass mind, sometimes referred to as the race mind or as the law of averages, i.e., the five-sense mind, the mind that thinks from the standpoint of circumstance, conditions, and traditions.

Accordingly at my suggestion he began to practice the "mirror treatment" every morning, which consisted of standing before the mirror and affirming: "Wealth is mine. Success is mine. Promotion is mine now." He continued affirming these statements for about five minutes every morning, knowing that these ideas would impregnate his subconscious mind.

Gradually, he began to feel the way he would feel were all these conditions true, and at the end of one month's time he received an offer from another university at $13,000 a year. Suddenly he discovered a flair for writing, and his manuscript has been accepted by a large publishing house, which will bring him a sizable income.

The professor discovered that he was not a victim of "the system" or the scheduled salary scale outlined by the university. His fortune lay in his discovery of the hidden power within him.

HOW A SECRETARY'S FAITH WORKED WONDERS FOR HER

A legal secretary complained to me as follows: "I never get the breaks. The boss and the other girls in the office are mean and cruel to me. I have been mistreated at home and by my relatives all my life. There must be some kind of a jinx

following me. I'm no good. I should jump in the lake!"

I explained to her that she was mentally cruel to herself, and that her self-flagellation and self-pity must have substantiation and confirmation on the external plane of life. In other words, the attitudes and actions of those around her attested to and conformed with her inner state of mind.

She thereupon immediately ceased punishing herself and learned that *faith without works is dead* (Jas. 2:17). What is faith? *Faith is the substance . . . of things not seen* (Heb. 11:1). Faith is the mental image which in time clothes itself in a body of manifestation. Every mental image sustained is bound to work itself out.

This secretary, at my behest, pictured herself being congratulated by her employer for very efficient work, and she also imaged him announcing an increase in salary for her. She constantly diffused love and goodwill to her employer and to all her associates.

Having faithfully sustained her mental image many times a day for several weeks, she was completely dumbfounded when her employer not only congratulated her on her work, but further- more asked her to marry him! In a few hours' time, as I finish this chapter, I will have the pleasure of being the officiating clergy- man.

She has found the key which unlocked the treasure house. *Her faith proved to be the substance of things hoped for and the evidence of things not seen* (Heb. 11:1).

POINTS TO RECALL IN THIS CHAPTER

1. Your fortune begins with you. Your thought and your feeling create your destiny. All the powers, attributes, and potencies of God are locked in your subconscious mind, and you have the key which unlocks the treasures within, namely, your thought.

2. There is a hidden power within you that can lift you up from a sick bed, heal you, and set you on the road to happiness, serenity, and all the blessings of life

3. You can draw forth from your subconscious mind an idea worth a fortune.

Call on the Infinite Intelligence within you for creative ideas, and you will receive them. Ask and you shall receive.

4. By perseverance, endurance, and determination to reach the top, you can rise to the heights of your profession or ideal in life. Set your sights high! You have the power to completely reject the negative statements of others and to trust the Supreme Power within you which never fails.

5. It is the set of the sails and not the gales that determines your fortune. It is your inner thought, feeling, and imagery that determine your future and bring you the riches of life. This is the justice of the mind. Forget the inequities and injustices of the world or mass mind.

6. If you agree with life "for a penny a day," life responds accordingly.

7. Whatever you impress on your subconscious—good or bad —will appear as form, function, experience, and events in your life.

8. Realize that God gave you richly all things to enjoy. Claim these gifts and riches will flow into your life. The more you give the more you will receive.

9. Your fortune is right where you are. You can rise above all the lack and limitation of the world, if you will mentally and emotionally unite with the good things you want; your subconscious will respond accordingly.

10. If you want to make more money and to enjoy the rich and abundant life, stop comparing yourself with others and being envious of their wealth or success.

11. Your faith is the confident expectancy that the mental image you sustain in your mind will be manifested.

FIVE

How to Foresee the Future and Recognize the Voice of Intuition

One of the most perplexing faculties of the human mind is that of prevision or the ability to perceive a future event before it happens on the objective or material plane of life. Occasionally, I have had an advance glimpse of events that have occurred days, weeks, and sometimes even months afterwards.

For example, in January of 1967, a minister friend of mine visited me and suggested that I arrange a lecture tour with him to the Holy Land in May. I told him that I would think about it and let him know.

I spoke to my subconscious mind that night prior to sleep and affirmed as follows: "Infinite Intelligence within my subconscious mind is All-Wise and reveals to me the right decision regarding the proposed trip to Israel, Jordan, etc."

That particular night, I had a vivid dream in which I saw the war headlines in both the *Los Angeles Times* and the *Citizen-News*. In the dream state, I also witnessed a violent tank and air battle between the Israelis and the Arabs. I witnessed a vivid realization of things to come, apparently five months later. On awakening from the dream state I telephoned my friend and told him of the contents of my dream, and, strange to say, he had had a similar dream! He also had prayed for Divine guidance.

Both of us thereupon dismissed the idea of conducting the lecture tour in the Holy Land. Subsequent events—the tragedy of the Arab-Israeli war—proved the truth of the inner vision.

The Bible says: *Trust in the Lord (the Law of your subconscious mind), and do good; so shalt thou dwell in the land, and verily thou shalt be fed* (Ps. 37:3).

YOUR FUTURE IS IN YOUR MIND NOW

Your mind is full of thoughts, beliefs, opinions, convictions, impressions, and

sundry concepts—both good and bad. The Cosmic Law of mind is that whatever we mentally accept and believe will be made manifest and concrete in our lives.

If it were possible for you to photograph in some manner the contents of the subconscious minds of your friends, you could accurately foretell their futures and determine the events that are going to happen to each one of them. Dr. Rhine of Duke University has given ample proof of extrasensory perception, such as clairvoyance, precognition, clairaudience, retro-cognition, and telekinesis in countless experiments, all of which have been documented.

A highly intuitive person, a good psychic, or a mediumistic clairvoyant could perceive the contents of your subconscious and clearly see (clairvoyance) the experiences and events, both good and bad, which you are about to meet on the screen of space. The reason for this is that your thoughts, beliefs, plans, and purposes, and their manifestation are completed in mind, just the same as is the idea of a new building in the mind of the architect, and they may be accurately viewed by a good clairvoyant.

To elaborate a little further, I should like to state that it is possible for an intuitive person, in a perceptive, passive, and subjective state of mind, to tap the contents of the subconscious mind of another person and reveal the same to the conscious mind or waking self of that man. In other words, in a passive, semi- trance state, a sensitive or highly psychic person tunes in with the decisions, plans, ideas, fears, phobias, fixations, and desirable states, and the subjective acceptance of marriage, divorce, business ventures, trips, and various other impressions, in the other person.

The psychic or medium who is tuning in with your subjective feelings, beliefs, and impressions translates all these in his or her own terminology and predicts accordingly. Often the psychic or clairvoyant is extraordinarily accurate—not always 100 per cent, but sometimes close to it.

You must remember that what the medium sees or feels must be filtered through and tinctured by the contents of his own mentality, and for that reason it comes out somewhat differently with each medium or psychic. This is why you sometimes receive different readings or interpretations from different psychic readers.

HOW PRECOGNITION SAVED A FORTUNE

AND MADE A NEW ONE

I am friendly with a prominent real estate operator who told me that every night of his life before retiring he has meditated on the 91st Psalm and has claimed Divine guidance, protection, and right action in all his activities. One night, early in 1966, following a vivid prophetic dream in which he saw the headlines of a local newspaper announcing a big drop in the market, he had an intense, overpowering urge to sell all his blue chip stocks, in which he had invested $400,000; he said it was like an inner voice commanding him, and it was persistent.

He followed this intuitive urge and sold out the next day before the market closed. The following day there was a big drop, and his blue chip stocks have not yet returned to their former highs, some having dropped 20 and 30 points. His savings were extensive. He has since repurchased many of these stocks at a much lower price and has thus made another small fortune.

His remark was, "I saved a fortune and I made a fortune." He saw the event before it happened and he listened to the voice of his intuition. Intuition means "taught from within."

HOW A MOTHER'S PREVISION SAVED HER SON'S LIFE

I interviewed an overwrought, emotion-wracked mother whose son was an Air Force pilot in Vietnam. She had been suffering from a recurrent dream which distressed her greatly. In the dream, she saw her son's plane on fire and he was crying to her for help; then she saw the plane crash into the sea. She said that she knew her son was drowned.

Such was the torment from which she would awaken every morning for over a week, and her waking thoughts were charged with fear and foreboding.

I explained to this distraught mother, as best I could, that undoubtedly it was a premonition of disaster and that she, being tuned in subconsciously to her son, unquestionably had picked up his unconscious fear of danger. She could prevent it, though, as obviously it had not happened yet because she had received no official word; furthermore, the dream was recurring night after night, presaging that which was yet to come. I told her what to do, and that was to get her highest concept of God and His love.

She began to think of God as Infinite Life Principle of absolute love, boundless wisdom, all-powerful, all-bliss, all-peace, and absolute harmony and joy, and at my suggestion she mentally placed her son in God's loving care, realizing that her son is living in the secret place of the Most High and abiding under the shadow of the Almighty. She also pictured her son home — happy, joyous, and free — and she felt him embracing her.

This mother steered and directed her thoughts all day long to adhere to this spiritual pattern of prayer. She mentally dwelt on the light, love, power, and peace of God until it became real to her, and in that spiritual atmosphere she placed her son.

As she persevered along this line of thinking, the nightmare ceased to come after the fifth night. Her feeling toward her son had changed from fear to faith and confidence that he was whole and perfect and watched over by a benign Providence.

Some weeks later as she was preparing lunch, her son walked in the door and embraced her! He was home from Vietnam and wanted to surprise her. He said to her, "Mother, I don't know how I am alive! My plane crashed after being shot at, but it did not catch fire. I was unharmed, and the most extraordinary thing happened: I knew the plane was falling but I had no fear. I heard your voice clearly saying to me, `God is watching over you,' and I knew I was safe."

The Bible says: *He shall give his angels charge over thee, to keep thee in all thy ways* (Ps. 91:11).

One thing is evident in this experience: the mother was telepathically *en rapport* with her son, as there is no time or space in mind, and through prayer she cleansed her mind of fear by enfolding her son with God's love, light, harmony, and peace. This opened the way for the response of a guiding Providence to free her son from a death that would otherwise have been inescapable. Her faith and confidence were communicated to her son, and he experienced the joy of the answered prayer.

HOW A FATHER'S DREAM OF HIS SON'S DEATH
HELPED AVERT THE TRAGEDY

This is what a correspondent from New York City said in his letter:

Dear Dr. Murphy: How grateful I am is almost impossible to tell. I have been deeply impressed in reading *The Amazing Laws of Cosmic Mind Power*.' I have learned how to pray scientifically by studying each chapter. It has proved to be a revelation to me!

One of my sons was doing long distance hauling between New York and Chicago. One night in a dream a few weeks ago, I saw his truck traveling up a hill and he seemed to be asleep. On the right side was a high mountain, and on the other side, a deep ravine. Suddenly the truck hit the cliff and fell over sideways. In my dream state, I said, "God watches over him. God cares for him, and God loves him."

Then I woke up, my whole body shaking with apprehension of disaster. I opened the Bible and read aloud the 91st Psalm, the great Psalm of Protection, changing the tense to second person, and prayed for my boy for about one-half hour, starting off with "He dwells in the secret place . . . He abides under the shadow of the Almighty . . . ," and so on. Gradually, a sense of peace came over me.

'Joseph Murphy, The Amazing Laws of Cosmic Mind Power (West Nyack, N.Y.: Parker Publishing Company, Inc., 1965).

Later during the week when my son came home, he told me that he had fallen asleep while driving the truck, which had turned over, and he had found himself under the truck between the wheels, miraculously saved and without a scratch. I then told him of my dream and of my prayer in the dream, and he said, "Dad, your prayer saved my life!"

HOW TO HELP PREVENT TRAGEDIES AND REVERSALS OF FORTUNE

Prayer does change things; countless biographies attest to that fact. By prayer, I mean the contemplation of the truths of God from the highest standpoint. By thinking constructively, based on universal principles, you may change all the negative patterns in your mind and thereafter bear a charmed life. In other words, by filling your mind with the truths of God, you would neutralize, obliterate, and expunge from your mind everything unlike God. You would avoid all negative experiences, such as accidents and disasters of all kinds. Your

escape from ill fortune would coincide with your ability to rise in consciousness. *I*, if *I be lifted up . . . draw all men* (manifestations and experiences) *unto me* (John 12:32).

By contemplating the eternal verities and that which is true of God, you separate yourself from the mass mind, or the law of averages, which dominates the mass of humanity.

When you enter God's peace and let His peace flow through you like a golden river of life and love, you have touched Reality, or God, just as this father did while praying for his son.

"WHY IS IT THAT ONLY NEGATIVE PREDICTIONS REGARDING MY FUTURE COME TO PASS?"

The above question came to my desk from a correspondent in Alaska.

You must remember that your subconscious mind is a storehouse of memory and that many suggestions, half truths and false beliefs have been accepted, of which your conscious mind is wholly unaware. Many times these things come to pass, for whatever your subconscious mind is impregnated with becomes objectified in your world sooner or later, *unless changed by prayer* for the better.

In other words, any man receiving a suggestion or a prediction regarding himself, of an undesirable nature, can prevent it from coming to pass by thinking constructively upon the universal verities and truths of God, such as harmony, peace, love, beauty, Divine right action, and Divine love. In contemplating these universal principles, there takes place a *rearrangement* of the *patterns in his subconscious* to conform to the mental configuration of his thoughts and imagery.

It is possible to predict with a certain degree of accuracy for a person, a group, a race, a nation, or the world, because the majority of human beings do not change very much. They live with the same old beliefs, the same old traditions, race concepts, and the same hates, prejudices, and fears. They follow more or less a set pattern which can easily be read by those tuning in intuitively to their mental vibrations.

HOW PREVISION SOLVED A DOCTOR'S PROBLEM

A medical doctor friend was writing a book, and required special data about ancient medicine in Babylonia and Egypt. He thought that the information might be in a New York museum, but he was living in Los Angeles and it was impossible for him to go to New York.

I suggested to him that he still his mind, immobilize his attention, and just as he was about to go to sleep to speak authoritatively to his deeper mind as follows: "Infinite Intelligence within me knows the answer and It gives me the information I need for my book."

He dropped off to sleep with the one word, "answer," and the same night he had a dream which instructed him to visit an old book store downtown. On entering the book store, the first book he picked up gave him the desired data.

Remember that your subconscious is one with Infinite Intelligence and boundless wisdom, and is all-wise and knows what type of answer you desire. It may answer in a dream, as a hunch, or as a feeling that you are being led on the right track. You may get a sudden flash to go some place, or another person may give you the answer.

HOW CLAIRAUDIENCE SAVED A LIFE

Recently I spoke at a banquet, and a young officer who had recently returned from Vietnam sat next to me and told me a fascinating experience about the voice he heard from "nowhere."

He was under orders and was driving a jeep to deliver a message to his local headquarters. A junior officer sat beside him, and as they drove along the road at high speed, he heard his mother's voice say clearly and distinctly, "Stop! John. Stop! Stop!" He stopped the jeep suddenly, and his companion asked, "Why?

What's wrong?" and he said, "Didn't you hear the voice saying, `Stop! Stop!'?" But his companion hadn't heard anything.

After getting out of the jeep and examining it they found one wheel loose; if they had gone another few yards, the car would have catapulted over a chasm on the side of the road and they would have been mangled beyond recognition.

His mother was in San Francisco, and he said that she prayed for him regularly every night and morning and also during the day, always claiming, "God's love and the whole armor of God surround my boy at all times."

This young man realized that the voice he had heard was a warning from his own subconscious mind, which sought to protect him and which undoubtedly had responded forcefully to his mother's prayer.

In times of great emergency or danger, you will find that your subconscious mind projects the voice of a person whom you will immediately obey, because you trust and love that person. It will speak to you only in a voice that your *conscious* mind will immediately accept as true. It would therefore not be the voice of someone whom you distrusted or disliked.

HOW TO PROTECT YOURSELF AND OTHERS FROM UNHAPPY EVENTS

You may have at times a precognitive dream accompanied by a deep intuitive feeling of impending danger for yourself or a loved one.

If your dream presages an unhappy or tragic occurrence relating to yourself or those close to you, do not deride it as a mere fabrication of your imagination or as a harmless hallucination.

Pray about the forewarning or presentiment as follows, and if your prayer is for someone else, use that person's name:

An effective protection prayer

"I realize that God is the only Presence and Power, and I know that God's Presence is love, order, beauty, peace, perfection, and harmony. God's inward peace flows through me now like a river. I recognize the perfect bliss and order which an a ways âsén. I am immersed in the mind of God, and God sees me perfect, whole, and complete; I am immersed in the Holy Omnipresence. Presence is love, order, beauty, peace, perfection, and harmony and enwraps me, and underneath are the everlasting arms."

Affirm the truths in this prayer, and persevere until the cloud lifts and the burden is raised. You will enter into peace, and you will touch Reality. You will have

consciously entered into union with the Higher Self, and then all the Divine forces will hasten to minister to your eternal joy.
What things soever you desire, when you pray, believe that you receive them, and you shall have them (Mark 11:24).

POINTS TO RECALL IN THIS CHAPTER

1. One of the deeper faculties of your mind is your ability to have a prevision of things to come, sometimes as a dream and a vision in the depths of the night.

2. You can always ask for specific guidance from your sub- conscious mind about any venture, such as investments, trips, marriage, etc.

3. The future is already in your mind, because all the thoughts, beliefs, convictions, and impressions in your subconscious mind will, by the very law of your mind, become forms, functions, experiences, and events.

4. Dr. Rhine of Duke University in his experiments has documented experiments of clairvoyance, precognition, clairaudience, retro cognition, telekinesis, and other facets of extrasensory perception, commonly referred to as E.S.P.

5. A capable psychic or medium can communicate with or "tune in" on the contents of your subconscious and conscious mind, translating what she sees into her own terminology and predicting accordingly.

6. You may get different readings from different clairvoyants or mediums, as they filter what they see through their own mentalities, and for that reason they may vary some- what with each medium.

7. The sense of intuition may become highly developed in you if you constantly claim that Infinite Intelligence is guiding you in all your ways.

8. If you have a relative in a war zone and have a vivid dream of danger to him, pray for him by realizing that where he is, God is, and His love, light, truth, and power protect him and watch over him. With proper application you can prevent a tragedy.

9. You are always telepathically united with your loved ones, and your prayers for them can heal, bless, and protect them.

10. When you have a vivid, precognitive dream of danger for a son, daughter, or friend, read the great truths of the 91st Psalm, mentioning his or her name, until your mind enters into a state of rest in God.

11. Prayer changes the subconscious mind of yourself and the other person, thereby eliminating the cause of the impending tragedy or unhappy situation.

12. By contemplating the eternal verities, you come out of the mass mind or the law of averages, and you build up convictions counter to the mass mind, thereby establishing your immunity to danger.

13. Your subconscious mind is a storehouse of memory, and many suggestions, half truths, and false beliefs have been embedded in it. Fill your conscious mind with the truths of God, and you will eradicate and expunge from your subconscious all the negative patterns.

14. It is fairly easy to predict the future for the average person, as the majority of people do not change very much in their thought patterns.

15. It is possible for you to hear the distinct voice of your mother, even though you may be 10,000 miles away. Your subconscious selects a voice that you will instantly listen to and obey.

16. You can change any negative pattern seen in your mind by realizing the Presence and Power of God and by knowing that the Presence of God is the presence of order, harmony, peace, joy, wholeness, love, and perfection.

SIX

How Infinite Mind Reveals Answers in Dreams and the Meaning of Out-of-Body Experiences

The Bible says: *In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then he openeth the ears of men and sealeth their instruction* (Job 33:15, 16).

And being warned of God in a dream that they should not return to Herod, they departed into their own country another way (Matt. 2:12).

The Bible is replete with accounts of dreams, visions, revelations, and warnings occurring during sleep. When you are asleep, your subconscious mind is very much awake and continuously active, as it never sleeps. You will recall that Joseph correctly interpreted the dreams of Pharaoh and that they subsequently came to pass. His success in forecasting the future brought him prestige, honor and recognition by the king.

When you are dreaming, your conscious mind is suspended, and asleep. Your subconscious mind usually speaks in symbolic form, and this is why down through the ages men have employed dream expositors or interpreters. You are doubtless familiar with the fact that many Freudian and Jungian psychologists, psychiatrists and psychoanalysts and eclectic psychotherapeutists seriously study dreams, and try to interpret them to the conscious mind of the patient. Often the explanations of the dreams lead to the uncovering of mental conflicts, phobias, fixations, and other mental complexes.

All your dreams are dramatizations of your subconscious and in many instances warn you of impending danger. Some dreams are definitely precognitive and can accurately probe the future. In other dreams you may get answers to your prayers. All dreams of a negative nature are subject to change and none is fatalistic.

Your subconscious, in its dream nature, is revealing to you the nature of the impressions made upon it and pointing out to you the course your life is taking. Research analyses of dreams show that the symbols appearing in the individual subconscious are personal and apply to each individual only; and the same symbol appearing in another dream can have still another and very different meaning.

In other words, your dream is personal and applies only to you, though it may show your relationship with another person.

AN INTERESTING DREAM ANALYZED

Some months ago, a student at the local university who had read my book, *The Power of Your Subconscious Mind*,[1] came in for an interview. During the course of the conversation, she said, "I have dreamt for three consecutive nights that I was present at a banquet for Governor Rockefeller of New York and that I sat next to him and was the guest of honor. What does it mean?" I explained to her that it was her dream and when interpreted it must be meaningful to her. I asked her what the significance of attending a banquet with Rockefeller meant to her. She immediately replied that it symbolizes wealth, prestige, honor and recognition. Then I added that it could well be that her subconscious was foreshadowing some special honor and recognition and, perhaps, also a shower of wealth. She seemed to agree with this and it seemed meaningful to her.

[1] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

Two weeks later she won a scholarship enabling her to study in France, and her grandmother passed on bequeathing to her the sum of $50,000 for her education and personal use. In addition she was invited to attend the inaugural banquet of Governor Reagan, which she did; and she had a wonderful time.

You will notice she did not take the dream in a literal sense. Your disciplined imaginative faculty, called "Joseph" in the Bible, can unclothe the dream of its form and see the hidden idea behind the symbol.

HOW A DREAM LED A WOMAN TO THE HOME SHE WANTED

A young married woman living in Beverly Hills experienced a recurrent dream for six consecutive nights. In her dream she walked all through the house she desired to buy, met the occupants, patted the dog and conversed with the Spanish maid in the latter's own language. She explored the garage, attic and all the rooms of the house.

On the following Sunday after church, she and her husband went for a ride. Passing the Brentwood area, she saw the house she had dreamed about with a sign "For sale by owner, Open house." Both of them went in; the owner of the house, his wife, the maid, and the dog*. all seemed unusually frightened and startled. The dog began to growl and its hair stood on end.

After a few minutes, the owner apologized and said, "We have seen a woman like you walk up and down our stairs several times at night and early in the morning. Our maid was frightened out of her wits and the dog growled and barked wildly as if he saw something weird."

The explanation is simple for this dream

This young woman explained to them that she had been praying for the right home and that every night she asked the Infinite Intelligence of her subconscious mind to direct her to the ideal home which would be spacious, lovely, central and ideal in every way.

Undoubtedly, as she went to sleep with the idea of a home uppermost in her mind, she charged her subconscious with a mission which it had to *fulfill*. Suddenly, while dreaming, she found herself outside her physical body but possessing a rarefied and attenuated sense of her own being which enabled her to travel through closed doors and to "collapse" time and space. She found herself in this house and became acquainted with all the parts of it, as well as with the occupants. She told them that she, too, was startled when she met them, as she had seen them several times before in the dream state.
Her "real" extrasensory travel

This woman projected her astral body and was perceived as an apparition by the people in the home where she visited. This perception was visual and auditory, as they heard her footsteps and saw her clearly. This young woman perceived her own physical body on the bed in her home and knew that she was traveling and operating in her fourth dimensional body. Such projected bodies may be

perceived as ghosts or apparitions by people who are very sensitive and are psychically attuned to higher vibrations or a psychic demonstration.

This young woman and her husband purchased the home, and there was a very harmonious atmosphere throughout the proceedings for the transfer of title to the home.

HOW THE AUTHOR'S DREAM BECAME A LIVING EXPERIENCE

I once visited Yoga Forest University, at Rishikesh, India, north of New Delhi, for the purpose of lecturing there. Several nights before I enplaned for the trip I had experienced vivid dreams of the place, and I met all the teachers and students in my dreams.

Upon my arrival I discovered I knew my way around the premises. All the houses, lecture halls, teachers and students were very familiar to me. I pointed out to one of the attendants the room set aside for me, and I described its appearance inside, as well as the kind of food he was going to serve me. I even told him what he was going to say next, as I had heard his voice before. He was amazed and said, "You must be clairvoyant and clairaudient."

I explained the experience this way to him. Knowing that I was going to lecture at Yoga Forest University and while sound asleep, my subtle body, sometimes referred to as the astral body (which has exactly the same shape as my physical body but is oscillating and vibrating at a much higher frequency, but nevertheless is a "body") traveled there, making my vivid dream a subsequent conscious experience.

In other words, I went there in my astral body, conversed mentally, but naturally, with many people, and heard their responses and voices. Furthermore, in that marvelous psychic kind of astral journey, I viewed all the beauties of the Ganges River, the Himalaya Mountains, and the loveliness of the countryside.

"I saw you before in a dream"

When I introduced myself to Yogi Sivenanda, who was directing the Ashram, he exclaimed, "I saw you before several times in my dreams, and I also heard your voice!" I explained to him that the experience was mutual; that I had been

visualizing a wonderful trip and had impressed my subconscious mind and "went to sleep on it." I further explained that I had also met him subjectively in a dream state which became actualized, because while my body was asleep in Beverly Hills, California, I found myself in a new body visiting all the places in his Ashram and hearing all the voices. Now, when I consciously and objectively arrived, I concretely experienced all the states subjectively felt during my extrasensory travel. In other words, what I saw and heard objectively, I had previously seen and heard subjectively.

In his dreams, Yogi Sivenanda clairvoyantly saw me, and being clairaudient, he heard my voice, as you can think, speak, act, travel and even move all kinds of objects outside your body. You can see and be seen, you can understand and be understood, and you can also communicate messages and report on everything you see. All your faculties, such as sight, hearing, taste, smell and touch, can be duplicated in mind alone independent of your five senses. This proves conclusively that you can live outside your present body and that the Creative Intelligence within you intended that you should use these faculties transcending your present environment's three-dimensional body.

HOW HIS DREAM TRIED TO PROTECT HIS HEALTH

A man apparently in perfect health dreamed on several occasions that he was being operated on for a disorder of the prostate gland. He asked me if I thought he should see a doctor for a checkup but stated that he had no symptoms or pain of any kind. He had come to see me regarding a marital problem of an emotional nature. I clarified the workings of his subconscious mind to some degree; namely, that it seeks to protect him at all costs and that, undoubtedly, *the subconscious was prompting him regarding the imminence of some organic lesion or malfunctioning*. The subconscious reasons deductively from a basis of reality and thus revealed it to him in the form of a dream. He understood that his dream was personal and that any explanation or interpretation must agree with his intuitive perception.

I suggested that he should see his physician immediately and get a complete checkup by a urologist. However, he deferred seeing his doctor. In a few days' time he developed a urinary constriction and blockage and was in excruciating pain. His physician took him to the hospital and had a skilled urologist operate on him immediately. I visited him in the hospital shortly after that and he remarked to me, "I should have paid more attention to my dream and acted

sooner." However, I am happy to say he made a wonderful recovery, as he continued to fill his subconscious mind with thoughts of wholeness, harmony, vitality and perfect health.

You will perceive that his subconscious mind was actually warning him to do something, as it knew of the prostatic infection and enlargement. The foreshadowing idea, the presentiment that he was going to be operated on, was probably caused by the already existing condition. He had made an error though in delaying a medical examination.

The words of the ancient proverb are true — "Night (sleep) brings counsel." The key to its practical application can be developed through your psychic awareness.

THE DIFFERENT TYPES OF DREAMS

There are several kinds of dreams, many of which are due to stomach disorders, mental and emotional turmoil, bodily discomfort, repressed or abnormal sex urges, and various fears and superstitious beliefs.

However, there are also dreams wherein you see a future event before it happens, dreams which give you a definite answer to your prayer, and often you are given instruction as to taking action in the dream state.

HOW A DREAM WARNED A WOMAN ENGAGED TO BE MARRIED

A young lady told me of a remarkable answer she received in a dream. At night as she went to sleep, she affirmed, "Infinite Intelligence in my subconscious mind reveals to me the answer regarding my proposed marriage to." During the night she had a rather strange dream in which she saw her fiancé in prison garb behind bars and a guard outside his cell with a gun. A man appeared in the dream and said, "Don't you recognize this man?"

She awakened suddenly quite perturbed and intuitively, through her dream, perceived that the man in her dream was her betrothed. She phoned her brother, who was a detective in the local police force, and he checked up on her fiancé. Her brother discovered that this man had a wife in New York City whom he had deserted, and furthermore that he had spent five years of his life in prison, all of which he had concealed from her. She broke off her engagement immediately

and was deeply grateful for that inner guide which always seeks to protect you if you will only listen.

I, the Lord, will make myself known unto him in a vision, and will speak to him in a dream (Num. 12:6).

HOW TO PREPARE YOUR MIND PRIOR TO SLEEP

When you enter into a drowsy, sleepy state, there is an outcropping of your subconscious mind and you are in a highly sensitized mental condition. The thought and feeling you have prior to sleep is immediately transmitted to your subconscious mind, which then begins to act on your request or desire for guidance. The creative power of your subconscious mind is waiting to respond and act upon whatever desires, ideas and instructions you consciously issue in your "awake" state of mind.

Remember also that your subconscious mind is impersonal and nonselective—it will accept your negative, resentful or hateful thoughts, as well as the good thoughts, and act accordingly. The subconscious magnifies and multiplies whatever you deposit in it, *good or bad;* hence, it is extremely important for you to cleanse your mind of all disturbing, vexatious thoughts of any kind, thus creating a clear channel for the Divine energies to flow through you constructively.

An effective technique to follow every night

Look over the events of the day; and whatever strife, contentions or vexations may have occurred, affirm to yourself quietly, "I fully and freely forgive myself for harboring these negative thoughts and for the negative way I handled and responded to this or that problem. I resolve to handle these problems in the right way the next time. I radiate love, peace, joy and goodwill to all those around me and to all people everywhere. God's love fills my soul and I rejoice in the success and happiness of my associates and all men and women everywhere. I am at peace. I sleep in peace tonight, I wake in joy, and I live in God. I give thanks for the joy of the answered prayer."

HOW A MOTHER'S DREAM PROTECTED HER DAUGHTER

Recently I received a letter from a woman, who said that she had been using the prayers suggested in one of my books, *Miracle of Mind Dynamics*,[2] for herself and her daughter. She had a harrowing dream one night wherein she saw her high school age daughter raped and strangled by a young boy. The dream took place in an automobile on a country road. The whole experience was a frightening nightmare, and she woke up screaming.

[2] Joseph Murphy, *Miracle of Mind Dynamics* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1964).

She decided to act on the forewarning, *knowing there was no such thing as inexorable fate and that the tragedy could be pre- vented* by tuning in on God and praying. She prayed as follows: "My daughter is a child of God. Where she is God is. God is all harmony, peace, beauty, love, joy and power. My daughter is immersed in the Holy Presence of God and the whole armor of God surrounds her. She is watched over by God, her Loving Father. She dwells in the secret place of the most High and abides in the shadow of the Almighty." After meditating about ten minutes, the mother felt a sense of peace and tranquility and went back to sleep.

In the morning she called her daughter by long distance but could not reach her at the school, because it was a holiday in that state. During the day she continued praying for her daughter. At night her daughter called her and said, "Mother, you appeared to me last night in my dream and begged me not to go out riding with one of the boys in the school because he was very aggressive and I would certainly regret it. I felt terribly upset. In the morning, I had a phone call from him asking me to go for a ride with him out in the country. I refused, pleading illness.

"My girl friend went with him, against my pleadings, because I told her my dream. He raped her and almost choked her to death. She is now in the hospital and the police are hunting the boy, who disappeared from his house."

There is a telepathic communication at all times between members of the family and loved ones or close friends. The mother's prayer for her daughter was received subjectively by the daughter, which prevented a potential disaster in her life.

The Bible says, *For He will give His angels charge over thee, to keep thee in all thy ways.* They shall bear thee up in their hands, lest thou dash thy foot against a stone (Ps. 91:11, 12).

POINTS TO RECALL IN THIS CHAPTER

1. Dreams are dramatizations of your subconscious mind, usually appearing in symbolic form. Your disciplined imagination can unclothe the dream and reveal its hidden content.

2. Some dreams are precognitive, whereby you see a future event before it happens. The reason for this is that in the mind principle there is no time or space.

3. Dreams of a negative nature may be counteracted by tuning in on the God Presence within you and identifying mentally and emotionally with the truths of God, thereby transforming the negative patterns in your subconscious mind.

4. It is possible through astral travel to be guided to the right home, to visit that home and see the occupants and all the furnishings.

5. When asleep and in a deep dream state, it may be possible to project your psychic body, which can be perceived as an apparition or vision by others.

6. Some years ago, I had a deep and vivid dream. I found myself outside my body thousands of miles away in Yoga Forest University, India, where I entered all the buildings and saw the teachers and students by means of extrasensory travel.

7. You can see, hear, feel, smell, taste and travel independently of your physical organism. All the faculties of your senses can be duplicated in your mind. Therefore, it was intended you use these faculties and powers independently of your physical body and environment.

8. You may dream of being operated on. This may be the intuitive voice of your subconscious warning you of some present lesion in your body or some malfunction of one of your organs. It may be wise to get a medical checkup. The intimations and urges of your subconscious are lifeward.

9. There are all kinds of dreams. If you go to sleep angry and resentful, your subconscious mind may dramatize these negative impressions as nightmares, such as a tiger attacking you, etc. Go to sleep every night in the spirit of forgiveness and goodwill to all.

10. A good technique to practice prior to sleep is to cleanse your mind of all negatives and to fill your mind with the truths of God, wishing love and goodwill to all. Affirm, "I sleep in peace, I wake in joy, and I live in God."

11. The Bible says, "*I, the Lord, will make myself known unto him in a vision and will speak unto him in a dream*" (Num. 12:6). This is your Divine authority.

SEVEN

How Infinite Mind Solves Problems and Saves Lives Through the Mystery of Dream Impressions

I have found in my counseling experience that people of all walks of life are fascinated by dreams. Today in medical research laboratories, teams of psychologists and doctors are conducting experiments on the dream life of men and women, and they have come to the conclusion that all people dream; furthermore, in extensive test cases, these scientists have discovered that when the subjects are awakened periodically while dreaming, this deprivation of dream life may bring on mental, emotional, and even physical disturbances.

Many people are familiar with the names of Freud, Jung, and Adler, who have acquired fame for having delved into the dream life of their patients. Through their studies of the dreams of their subjects, these men have evolved different schools of psychology, namely Psychoanalysis (Freud), Analytical Psychology (Jung), and Individual Psychology (Adler). All three have written extensively in the field of dreams, and their interpretations and conclusions vary considerably. These differences are so conflicting and at variance that I shall not even begin to discuss them here.

The purpose of this chapter and this book, however, is to show that the key to solving your problem often comes as a clear-cut and definite answer in a dream.

HOW BILLY SOLVED HIS PROBLEM THROUGH A DREAM

Billy is twelve years old. He hears my lectures occasionally, as I suggest to parents that all boys and girls twelve years of age and older should attend; they are quite able to understand this teaching.

Billy told me that his mother gave him a book to read, *Treasure Island*, which is about Hawaii. He read it avidly, and knowing to some degree how his subconscious mind works, every night prior to sleep he spoke to his

subconscious mind (which he calls "Subby") as follows: "Subby, I am going to Hawaii for my vacation. I am going by plane, and I'll swim in the ocean, ride a bicycle over one of the islands, and live in a penthouse. I want a clear answer, please."

He did not discuss this with his brother, father, or mother. Following these suggestions to his subconscious mind, he had a dream wherein he clearly saw a penthouse, the name of a hotel – Maui Hilton – and the Island of Maui in the chain of the Hawaiian Islands. He said to his mother the next day, "Mom, we are going to Hawaii for our vacation," and he gave her all the details.

She laughed and said, "Well, this is news to me! Where did you get that idea?"

Billy replied, "All I know is that we are going, and we'll live in a penthouse at a hotel." His mother dismissed the dream as one of the vagaries of a young mind.

Two weeks later, Billy's father (who knew nothing about the dream) , because of his son's excellent grades in school, suggested that Bill's mother go with both the boys on a vacation to Hawaii, which he had come to know and love during his stay there as a Naval officer; he said he would pay all the expenses involved.

Billy yelled, "I told you, Mom! We're going to Hawaii!" Every detail of this boy's dream was fulfilled, including the penthouse, exactly as he saw it.

You will notice that this dream was experienced clearly by the boy. The subconscious mind is amenable to suggestion, and you will also note that Billy said, "I want a clear answer"; his subconscious mind responded accordingly.

THE IMPORTANCE OF DREAMING LITERALLY

For several years I have been suggesting to my subconscious prior to sleep, "I dream literally and clearly, and I remember my dream." It seems that over a period of time I have convinced my subconscious mind, inasmuch as close to 90 per cent of my dreams are literal in the same way you read your morning newspaper. I receive many answers to my prayers in dreams.

Your conscious mind can and does direct the activities of your mind in sleep. You can stop the recurrence of "bad dreams," nightmares, or dreams that you dread. Your conscious mind[1] controls your subconscious, and you can alter the

nature of your dreams by using your capacity to choose and reject thoughts and ideas that you use in disciplining your reflections and fancies during the day. In this way, the habit of dream-control gradually will come under your own jurisdiction.

[1] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

How my dream saved a life

A member of my congregation called me on the phone and asked me to give her a blessing on her approaching journey to Europe, which I did, affirming something like this: "Divine love and harmony go before you, making joyous, happy, and glorious your way. God's messengers of life, love, truth, and beauty watch over you at all times, and whatever means of conveyance you use represents God's idea moving from point to point freely, joyously, and lovingly. You are always in the secret vault of the Most High, and you are watched over by the Overshadowing Presence."

That night I had a dream in which I clearly saw this woman in England purchasing a ticket for France, and I saw the plane she would be on going down in flames. I phoned her the next morning and told her that I usually dream literally, due to suggestions to my subconscious mind. I asked her if she planned a trip to France while in Europe, and she said, "Yes." Then I told her what I had seen in my dream and advised her not to go on the plane to France.

She replied, "I'm so grateful you called! My brother in the next dimension appeared to me last night in my dream and said, 'Sis, don't dare go on that plane in England scheduled for Perpignan, France'; then he disappeared. I have already cancelled my trip, as I have an overwhelming inner feeling that it would be disastrous."

Subsequently, headlines in the news revealed the fatal trip in which 88 people were killed.

Having read this far in the book, you will readily see the cause of the dreams. As we prayed together over the phone, we impregnated and activated our subconscious mind, which sees all and knows all, and it responded symbolically in her case and literally in my case.

Self-preservation is the first law of life, and your subconscious always seeks to protect and to preserve you from harm of every kind. Remember, also, that harmony and discord do not dwell together; therefore, she could not be on an airplane that caught fire, as she had claimed that Divine love and harmony go before her, making straight and joyous her way.

The appearance of her brother was a dramatization of her subconscious mind; it is All-Wise and knows the voice you will listen to. Her brother had brought her up, as their father had died when she was very young; he had played the role of father to his sister, had sent her to college, and had paid all her expenses. He had passed on to the next dimension some months prior to her dream.

HOW A BOY CONTROLLED HIS SUBCONSCIOUS IN A DREAM

A young boy who had been reading and listening to ghost stories was brought to me by his mother. Night after night, a ghostlike man, dressed in a white sheet and having a frightful looking face, said to the boy, "I'm taking you away. You're a bad boy." This dream was devastating to the child, for he would wake up screaming and crying every night.

I suggested to the boy that he cease reading ghost stories, because his deeper mind magnified the thoughts and pictures held by his conscious mind prior to sleep. I also suggested, "When the ghostly old man comes in your dream, be friendly to him, as he is probably a lonesome old man and really loves boys; he wants you to be friendly with him. Maybe he lost a son and is trying to be friendly with a boy who resembles his son. Tonight when you go to sleep, if he comes to you, say, 'Hi, there; I'm your friend and I love you.' Shake his hand and offer to give him a few cookies your mother makes."

That night he took the cookies to bed with him and put them under his pillow, and when the man appeared, his mother, who was sleeping in the next bed to him, heard him say in his sleep, "Hi, there. I'm your friend and I love you. Here are some cookies for you. My mother makes them, and they are good," and the boy fetched the cookies from under the pillow and offered them to the ghostly figure. Then his overwhelming fear abated. He became relaxed and fell into a deep, restful, and natural sleep, and he became free from his horrible nightmare.

He had accepted the suggestions I gave him and he followed the directions, which counteracted the fearsome impressions with which he had unconsciously impregnated his mind. He made friends in his sleep with the so-called specter, and he brought peace to his troubled mind.

HOW YOU CAN CHANGE A DISTURBING DREAM

Many people who read murder and detective stories or watch violent dramas on television take these disturbing thoughts and pictures into their subconscious mind as they retire in sleep. Their deeper mind magnifies and dramatizes exceedingly everything impressed upon it, and these people suffer and experience night- mares where lions, tigers and other wild animals attack them. I have instructed many troubled people to affirm prior to sleep: "I know why I am dreaming this way, and I know it is a dream. I remain dreaming, and the nightmare ceases and is switched off. God's love fills my soul, and I dream in peace all night and I wake in joy."

Invariably this technique works. Anyone may carry out this simple method in curing nightmares resulting from reading ghost stories, murder stories, or from watching warlike movies or television programs of a psychopathic nature.

My suggestion to everybody is to read several times prior to sleep one of the beautiful Psalms, such as the 23rd, 27th, 42nd, 46th, 91st, or 100th. Then you will neutralize any noxious pat- terns in your subconscious and impress it instead with whatever things are lovely and of good report. What you impress on the subconscious is always expressed as form, function, experience, and event.

HOW A COURT JUDGE GOT AN ANSWER IN A DREAM

A local court judge, who is a member of my club, told me of a most interesting dream. For about five consecutive nights he had dreamt that he was looking at a street sign which read "Murphy Street," and then he was with a crowd of people at the Wilshire Ebell Theatre at Wilshire and Lucerne Boulevards in Los Angeles, where I give public lectures. He did not see me in the dream, but the dream troubled him; he spoke to his wife about it, and she suggested that he talk to me about it.

I replied, "Generally speaking, when a certain dream occurs repeatedly night

after night, your subconscious is re-dramatizing it because it is very important to you, in the same way that in your judicial process, you may lay stress on a vital point of law which is essential for the jury to know." I added that his dream was personal and that any explanation must coincide with his own view- point.

I said that my own intuitive perception of the dream was that while no "Murphy Street" exists near the Wilshire Ebell Theatre, his subconscious mind for its own reasons wanted him to take in the following Sunday's lecture on "The Spiritual Approach to Injustice"; the symbolic meaning of "Murphy Street" undoubtedly was referring to the speaker (myself) .

The judge seemed to be deep in thought, and then he said, "That's right. I have spent some sleepless nights over a decision I am to make, and I have wondered about the spiritual approach to all these things, for there are so many inequities and injustices all over the world since man appeared."

He came to the lecture that Sunday, and on shaking hands with me as he left, he said, "You were right and my dream was right. I got the answer, and I know what my decision will be now."

The ways of your subconscious are beyond discovery. The Bible, in referring to the workings of your subconscious mind, delineates it in these words: *For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts* (Isa. 55:8-9).

AN ANSWER TO A BIBLE STUDENT'S DREAM

Recently I had a visit from a college student who is in his fourth year of studies in a seminary, and he remarked that Freud's pioneer definition was that a dream symbolizes a wish fulfilled, but that it certainly did not fit his particular dream.

In our discussion, I said that his subconscious mind could project in dream form anything which may be seriously troubling him; that when the everyday, surface mind, deeply preoccupied with Biblical or religious studies, thinks of any person, this may very well find symbolic expression in Biblical verses or personalities in dream form; and that all he had to do was to read the vision of Peter in Acts 10, beginning with verse 9, and see how the dilemma of Peter was completely solved in a dream when the voice of intuition spoke to him, saying: .

. . *What God hath cleansed, that call not thou common* (Acts 10:15).

The Bible student's dream

For several nights while in deep sleep, this Bible student saw a shining sword and a man, who seemed to be Jesus, waving the sword; then he saw the words "I come not to bring peace but a sword."

He said to me, "What does it mean? I asked my professor, and he said, `Oh, forget it. It's only a dream. You have been reading the Bible, and in phantasy you saw what you were reading.' "

The young man said, "I am terribly disturbed. I have been going to a psychiatrist attached to our religious institution. He gave me tranquilizers, and they have quieted me. But I am seriously questioning everything I read and hear and am being taught. I can't take the Bible literally; I believe all men are sons of God, that God is no respecter of persons, and that no creed or church has a monopoly on truth."

My interpretation and his reaction

The Biblical accounts of dream interpretation indicate the importance of prophetic and Divinely inspired dreams, which are so numerous in both the Old and the New Testaments. The Bible language is symbolic, figurative, and allegorical, and all the stories of the Bible arose from the subconscious minds of inspired writers.

The sword is an age-old symbol of Truth, of the God-Presence within man which severs him from superstition, ignorance, false beliefs, and fears of all kinds. When man learns the truth of his being and the workings of his conscious and subconscious mind, he learns that he is the master of his own destiny. The Truth stirs up man, creates a quarrel in his mind, and challenges all his false indoctrination, creeds, dogmas, and traditions, and speaks to him of a God of love.

The sword of Truth separates the chaff from the wheat, the false from the real. It represents Divine reasoning, whereby you judge from the standpoint of universal truths and not from the stand- point of man-made theology, the opinions of men, liturgies, and ceremonies.

I explained to this young man, "Your dream is telling you to reason things out for yourself, not upon appearances or theological complexities, but upon reason based on mental and spiritual laws which are just as valid as are the laws of chemistry, physics, or mathematics.

"The God-Presence in you is telling you to sever yourself completely from your present beliefs and to accept the Divinity within you, which responds to all men. Come to a decision based upon the cosmic, universal truths of God, the same yesterday, today, and forever. The Divine Truth in you will not let you rest until you believe in the goodness of God, the love of God, the harmony of God, and the joy of the Lord, which is your strength."

There was a terrible conflict in this young man's mind: he was professing to believe with his lips that which his heart felt to be false. This conflict had brought about almost a complete mental breakdown, resulting in the need for psychiatric attention and medication. But when the effects of the drugs wore off, the mental infection, or trauma, reared its ugly head again and said, "Here I am. Solve me!" And the dream reappeared.

The solution

He remarked, "Every word that you said feels true in my heart. Regardless of my parents and what they think, I'm quitting immediately and will practice what I really believe."

He is now studying psychology in the university and the science of the mind and *The Power of Your Subconscious Mind*.[2] He has married a lovely girl and is extremely happy in his new studies. He has decided to become a non-denominational minister and to give to people the psychological and spiritual interpretation of the Scriptures.

[2] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

HOW THE BIBLE ANSWERED THE PRAYER OF A PRIEST

Some time ago, I had dinner with a relative of mine who is a priest in a very

prominent parish. He had been having much difficulty with a few leading members of his church and also with his bishop, and he had been praying for guidance from God about how to solve his problem.

"Joe," he said, "you teach the inner meaning of the Bible, which I don't go along with altogether, but I agree with some of your teaching. What do you make of this dream which I have had four or five times in the last few months? I have seen these words from Proverbs in my dream: *Turn not to the right hand nor to the left: remove thy foot from evil* (Prov. 4:27).

"Well, Tom," I said, "I'm sure you know the meaning of that as well as I do, and it most certainly is an answer to your prayer for Divine guidance. All it means is that you don't do anything at all about the situation either objectively [right hand] or subjectively [left hand], i.e., there's nothing more to pray about.

"*Foot,* in Biblical symbology means understanding, and *to remove your foot from evil means* to stop worrying and thinking negatively about it, as your *evil* would be to give power to others or to conditions and not to give all power to God within you."

He said, "You mean I should sit still, say nothing and do nothing more, and let God work it out?"

"Yes," I said, "that's exactly what I mean. But if it does not mean the same thing to you, obviously it is not the right interpretation."

Tom said, "Yes, it is. I know!"

In about a month's time, the bishop, who had been critical of him, passed away, and the men who were creating trouble and wanted to oust him were transferred by their respective organizations to other cities.

A few nights ago, Tom called me long distance and said, "Joe, that dream was right. Why did it come in a dream?"

My reply was, "All I know, Tom, is that the Bible says . . . *I will speak unto him in a dream* (Num. 12:6)."

POINTS TO RECALL IN THIS CHAPTER

1. People have always been interested in dreams. All people dream, and so do animals. Tensions are released in dreams, and many answers to our prayers come in dreams.

2. Interpretation of dreams and their importance have varied in the different psychological schools. Often, how- ever, the answer to a perplexing problem comes to you in a dream as a clear-cut answer to your prayer.

3. A little boy suggested to his subconscious what he wished to come to pass and the way he wanted it; then he suggested that the answer be given to him clearly so that he could understand it. The subconscious mind, amenable to suggestion, responded accordingly.

4. As a rule, your subconscious speaks to you symbolically in dreams; however, you can suggest to your subconscious every night, "I dream literally and clearly," and since it is the seat of habit, your constant reiteration of that suggestion prior to sleep causes your subconscious to speak to you in literal terms.

5. Our minds are one, and in the mind principle there is no time or space. It is therefore possible for you to see the answer in a dream for another person for whom you have been praying.

6. A judge, wondering what decision to make in a special case, received an answer to his request by understanding symbolism in his dreams.

7. Anyone suffering nightmares which may be due to ghost stories or murder stories, or seeing wild west movies and the like on television, can change his nightmares by constructive suggestions to the subconscious mind prior to sleep.

8. Bible students may get answers to their dreams in prayer requests by certain verses from the Bible or by the symbolic appearance of a Biblical personality, quoting a certain paragraph of the Bible, which reveals the answer.

9. A priest, wondering what decision to make, has a recurrent dream wherein he sees a quotation from the Book of Proverbs instructing him not to turn to the right or the left, in other words, to stand still and do nothing. He followed the Biblical injunction as seen in his dream, and it was a perfect answer to his prayer.

10. The ways of your subconscious are beyond explanation, and the Bible, in speaking of your subconscious, says:
.. . *I will speak unto him in a dream* (Num. 12:6).

EIGHT

How to Tune In with the Infinite and How to Make Extrasensory Perception Work for You

This book deals with the mental key for the solution of human problems. I have discovered that the answers to the most perplexing problems which beset man come from within the realm of the subconscious mind. When a boy of about nine years of age, I became deeply interested in the higher function of the mind and marveled at what we now call the intuitive and psychic powers that solve the problems of farmers living in remote sections of the countryside.

HOW EXTRASENSORY PERCEPTION HELPED FIND A MISSING SON

A farmer whom we shall call Jerry lived a quarter of a mile from me, and when I was very young, I used to visit him in the fields and found a distinct joy in helping him in various ways. One day he discovered his boy was missing. Night came and the boy had not returned. Jerry was distraught and grief stricken. He called the neighbors, and a group of men set out on horseback to look for him, for acquaintances had heard the boy say that he was going to climb Mount Kidd, a mountain in a remote area of West Cork, Ireland, near our home. The searchers, however, could find no trace of the boy. Night came and they had to end their search.

During his sleep that night, my distraught neighbor, Jerry, had a vivid dream. He perceived through extrasensory perception where his boy was. The location was familiar to him, and he saw the boy asleep near a certain rock with bushes over him. Therefore, at daybreak he got on his donkey and headed for the spot in the mountain he had viewed in his dream. He tied his donkey and climbing by foot to the exact spot, he found his son sleeping under the bushes. With great relief and happiness he awakened the boy, and though his son was surprised to see his father, he said to him, "I prayed that you would find me."

This farmer had revealed, as countless thousands of others have, the power of

extrasensory perception to solve their problems. I might add that this farmer never went to school and did not know how to read or write. He certainly knew nothing whatever about the laws of the mind or ESP. The words "telepathy," "clairvoyance" and "precognition" would have been meaningless to him.

I remember asking Jerry, "How did you know where Jeremiah (his son) was?" He answered, "God told me in a dream."

The answer, as I see it, was rather simple. He was thinking of his son and wondering where he was before he fell asleep, and he probably prayed in his simple way to God. His subconscious mind then revealed the answer to him in a clairvoyant vision.

HOW YOU CAN USE EXTRASENSORY PERCEPTION

I have talked with hundreds of people who have informed me of getting specific data and information which they could not have received through the normal five sense channels. In every case they had concentrated on answers and their deeper mind responded as dreams and visions of the night, and in intuitive flashes.

How a woman became aware of her extrasensory perception

Some years ago, let us call her Mrs. Jean Wright, accompanied by her husband and guests, visited the race track at Agua Caliente. At that time she was not the slightest bit interested in paranormal or psychic experiences, or in the workings of her deeper or inner mind. That night prior to sleeping, she was contemplating the races the following day and wondering what to wear. She began to think about the fact that she had never attended a race track in her life and knew nothing about the horses, jockeys or even how to bet on a race. Prior to sleep, she said to herself, "I hope I will know what to do and that I will have a couple of winners, as all I am going to bet is four dollars – two dollars in each of two races.

She is very intuitive and quite psychic, and she dreams of many future events. That night she envisioned two horses named Robby's Choice and Billy's Friend as winners. Intuitively she felt they were going to win. (The names of her two sons are Robby and Billy.)

When they arrived at the race track the next morning, she inquired of her

husband how to bet and he showed her. She placed her money on the two horses named Robby's Choice and Billy's Friend, and both came in over twenty to one.

Her subconscious mind, which is the source of all extrasensory perception, responded to her concentrated thought prior to sleep. Her focused attention was on two winners, which impregnated her subconscious mind. The latter responded accordingly, giving her two winners, for which she asked casually and without undue mental stress or strain.

EXTRASENSORY PERCEPTION IN ACTION

One of the foremost research investigations in the study of extrasensory phenomena has been conducted by Professor J. B. Rhine of Duke University. Professor Rhine has published several books on the subject and has lectured on the topic in many countries and before scientific bodies. He has gathered an enormous amount of material — well authenticated and documented — on the extraordinary power of the mind. He is especially interested in clairvoyance — the awareness, without the use of your normal senses, of what is going on elsewhere in the world, thus enabling you to see such events clearly.

He has also elaborated at length on precognition (seeing future events before they happen); telepathy (the transference of thought from one mind to another); telekinesis (the action of your mind on external objects or matter without any physical contacts); and retro cognition (your ability to see the past). It is interesting to read about academic laboratories, here and in Europe and India that use the modus operandi of laboratory equipment; and of scientific studies over many years that set forth that these extrasensory perception faculties are in all of us, but that they also follow certain basic laws of mental action.

Her extrasensory perception enabled her to see a funeral procession

My youngest sister Elizabeth, when she was about five years of age, shouted out loud in the yard outside our home where all five of us were playing (two brothers and three sisters) that she saw a funeral procession; that Grandmother was dead. She named the priest who was leading the procession and saw that our father and mother were following in a horse and carriage. All of us laughed at her, and Mother rebuked her for being so naughty and evil as to say Grandmother was dead when we all knew very well that she was very much alive. Grandmother lived about fifteen miles away. At that time there was no

such thing as phone service or telegraphic communication in that remote part of the country. Communication was by messenger on foot, horseback or donkey.

That same evening a relative hurried to our home announcing Grandmother's death and asking my father and mother to attend the wake and funeral. The messenger said that she died at 2:00 P.M., which was about the time my sister, Elizabeth, saw the funeral and the priest leading the procession.

This faculty of extrasensory perception is called precognition, since the funeral procession (as Elizabeth had described) took place the following day and the priest she named conducted the funeral service. Unfortunately, due to criticism and ridicule of her intuitive faculties, as time passed her quality of extrasensory perception was inhibited and suppressed. Gradually, her precognitive faculty more or less atrophied.

An outstanding case of traveling clairvoyance

The classic case is that of the famous Emanuel Swedenborg, authenticated and scrutinized by the equally famous Immanuel Kant. Swedenborg, while talking to a group of scientists at Goteborg, Sweden, had a clairvoyant vision, wherein he perceived clearly the origin and course of a great fire at Stockholm over 250 miles away. He also described in detail the extinction of the fire. A few days later, messengers from Stockholm arrived and attested to the accuracy of his clairvoyant vision.

This demonstrates that within each one of us there are transcendental powers which can project themselves beyond the limitations of time and space.

EXTRASENSORY PERCEPTION IS ACTIVE EVERYWHERE

On a recent trip to San Francisco, a woman sat next to me on the airplane. She seemed terribly upset and distraught. She offered me a paper to read. Suddenly I had an overpowering urge to ask her, "Have you left your husband?" So, I did just that! She seemed to be taken aback and said, "Yes. Why do you ask?" "Because I intuitively sense it," I answered.

She said, "Oh! You are one of those psychic people who see things." I said, "No — not that, but occasionally I get subliminal up rushes from my subconscious mind which reveal answers to me. I believe this comes to anyone who practices

the laws of the mind and the way of the Infinite Spirit within man."

"Oh, I see," she said. "I left my husband this morning and I am going off to Australia with a man in San Francisco as soon as his divorce is final. Now I don't know whether I'm doing the right thing or not. I'm torn between the two."

I felt impelled to tender her advice along this line. I suggested to her that what she really wanted was to find the ideal man who loves her, cares for her and appreciates her, and that this love has to be mutual. "You want a man with whom you harmonize perfectly — intellectually, spiritually, and in all ways. You are now confused and full of anger toward your present husband. It is foolish to make a decision when under such a negative emotion."

I wrote a prayer for her and told her to use it and follow the lead that would come to her within the next few days. I also advised that she refrain from contacting the man she intended to marry and to just wait for inner guidance.

The prayer she used

"I know there is a principle of right action in life. I know the Life Principle in me seeks to express itself harmoniously, peacefully and joyously through me. I claim definitely that the Supreme Intelligence, which guides the cosmos and governs the planets in their courses, responds to me and guides me to make the right decision.

"I am now turning over this idea or request to the Deeper Mind within me where the Supreme Intelligence dwells, and I follow the lead which comes clearly and definitely into my conscious, reasoning mind."

She affirmed this prayer frequently during the day and, particularly, prior to sleep. On the third night she had a vision which startled her. Her deceased brother appeared to her in a vivid dream and warned her not to marry the man in San Francisco, saying that he was only going to use her, get her money, and, finally, would not marry her. The voice said, "Go back to your husband," and then the brother disappeared.

This is extrasensory perception at work. The deeper faculties of the mind could read the motives of the man she wished to marry; these faculties knew he was insincere and dishonest, and they revealed the answer to her. In other words, her

subconscious mind dramatized the answer through the personality of her brother, as it knew very well she would listen to the supposed voice of her brother.

She phoned me at the Drake Hotel and said joyously, "I got my answer! I am going back to my husband." Subsequently, I learned that they have had a wonderful reconciliation. You never know how your prayers may be answered, for the ways of the subconscious are past finding out.

HOW EXTRASENSORY PERCEPTION HAS BEEN USED IN TREATMENT OF PSYCHOLOGICAL DISORDERS

In a book called *Healing the Mind*[1]. by R. Connell, M.D., F.R.C.P.I., and Geraldine Cummins, a famous Irish sensitive, Dr. Connell describes how he has made use of extrasensory perception in the investigation and treatment of mental disorders.

[1] R. Connell and Geraldine Cummins, *Healing the Mind* (London, England: The Aquarian Press, 1957).

In collaboration with Geraldine Cummins, one of the most outstanding extrasensory perception operators of our time, a number of apparently hopeless cases were successfully treated. Dr. Connell, a famous medical doctor, submitted a specimen of the handwriting of mentally ill patients to Geraldine Cummins for analysis, and the following single report is taken verbatim by permission[2] from her book:

.. . The patient was of a gentle, timid disposition, of rather poor physical development and of a somewhat worn appearance. No physical disability was determined, and her case was therefore investigated.

[2] Permission granted by the Authors.

The following report was received from an examination of a specimen of her handwriting sent to London:

"The writer of this letter is highly strung and sensitive. She comes of a good family and her ancestors in some cases had remarkable qualities. But two or three of them lived hard. This led to the stock becoming rather exhausted and to a sensitive nervous system in this generation.

"There is certainly a tendency here to claustrophobia and there are other fears latent in this woman's subconscious mind. She has inherited from her people, who were gentlefolk, a certain timidity due to the fact that some of them lived in the country a rather isolated life. But the fundamental cause of this lady's fear when in a confined space may be traced back perhaps two hundred years. One of her ancestors, possibly on the mother's side, owned a house and land in the country. This man was a fine character in his own way. But it seems that during troubled times a band of wild men — either tenants or people who came from the hills — one night broke suddenly into this man's house and set it alight. The wife of the owner of the house was in the first months of carrying a child. Only with difficulty did she make her escape. Indeed, she was caught in a small room that rapidly filled with smoke. She awoke to the smell of burning and to the shouts of rough men. Terrified, she perceived the smoke creeping about the room, becoming thicker and thicker. She got up and tried to reach the door. Great waves of smoke came in. Half suffocated, she struggled forward to the threshold, where she collapsed in a faint on the floor.

"Her husband, at the risk of his life, rescued her, and after a while she revived in the cold night air. But she caught pneumonia from exposure in that bitter night, and during her delirium kept seeing the images of that room" filling up with smoke, and went through again and again in her fever the agony of terror experienced in those few minutes. Slowly she recovered her health. But the fear of being shut up and trapped in a small room was, during that period of illness, transmitted to the child she was carrying.

"Her experience in that fire became a part of the race- memory of that family. When the incident of the burning of the house in that lonely countryside was forgotten consciously by the descendants of this unfortunate woman it still remained as a well-marked recollection engraven on the unconscious mind of the race. Some of the family were not affected by it, others less robust developed certain weaknesses of a nervous character.

"Physically the patient whose handwriting I am sensing is still rather run down. She ought to get out into the open air, take plenty of regular exercise and find an interest or interests of an absorbing character.

"As it occurred such a long time ago and has not been strengthened since by similar terrible shocks to her direct ancestors, it is not a pronounced thing. It has

therefore no great hold. She ought to say aloud to herself at night just before she falls asleep, 'My mind is the ruler of my body. Nothing can make me afraid. I am at peace and happy in any small room or confined space.'

"The original cause of her fear—that shock to her ancestor when she was in a delicate condition—has no power over the patient when she is really physically fit and has some interesting and absorbing occupation for her mind.

"Try also to instill into Miss J. more confidence, more belief in herself. She is too diffident and distrusts her own powers.

"Let her try to assert herself and believe in herself, for she has plenty of innate capacity and intelligence. But lack of confidence, which is clearly a fault in her, greatly hinders her in life.

"Do not tell the patient the following. There is a decidedly unstable heredity, so a cure will probably take a little time and her medical attendant must watch her, and be careful lest nervous symptoms of another character break out. On the other hand, if she faithfully follows his directions heredity should be conquered."

EXTRASENSORY PERCEPTION MANIFESTED AS CLAIRAUDIENCE

A doctor friend of mine told me that invariably whenever she has an important decision to make, she hears distinctly an inner voice, which she obeys implicitly. She states that it is an oral, subconscious voice which she hears clearly either in her office or in the company of her friends. No one else hears the voice; therefore, undoubtedly, it is a subliminal uprush responding to her deep, abiding faith in inner guidance. This inner voice says, "Yes" when giving its approval and, "No" when it disapproves.

She says the inner voice is always right. This doctor has, over a period of time, conditioned her mind to believe that God is guiding her in all ways. Now she is experiencing the automatic response of her deeper mind when she needs an answer.

Clairaudience in history

Socrates openly admitted that he was constantly directed and guided by his "daemon," which he characterized as an inner, monitory voice to which he

listened and obeyed. This inner voice told him what not to do and when it did not speak to him, he regarded its silence as tacit consent. In Plato's *Dialogues*, we read that this "daemon," or intuitive voice, gave Socrates extraordinary knowledge overshadowing his five senses.

Another striking instance of clairaudience is that of Joan of Arc, the remarkable visionary heroine of France. History informs us that she depended completely upon the direct messages or "voices" of her subconscious mind. Outstanding historians have investigated her extraordinary exploits down through the centuries. The conclusion of many parapsychologists and others is that she was, undoubtedly, clairvoyant and clairaudient.

One of the unique examples of her clairvoyant powers was demonstrated when she was a young girl living in Domremy. She made known publicly that there was a sword buried behind the altar of Saint Catherine's Church at Fierbois. She had never seen the church. A man dug up the ground near the altar and found the sword exactly as she had announced.

HOW EXTRASENSORY PERCEPTION POWERS FOUND A MISSING RECEIPT

A few weeks ago, a man telephoned me from New Orleans, Louisiana, and said that he was absolutely sure that his wife, prior to her death, had paid $2,500 in cash for a platinum watch, which was her gift to him on their golden wedding anniversary, for she had shown him the receipt. He was now being pressed for payment. He insisted to the jeweler that his wife had paid and had a receipt. The jeweler was adamant. He claimed it was charged and showed him the entry in his book.

The man searched his house thoroughly, yet failed to find the receipted bill. He said to me, "Can you help me? I have read your book *The Power of Your Subconscious Mind* [3] and I read where a will was discovered through the power of the subconscious."

I told him that I would ask the Infinite Intelligence within to reveal the answer to him and that he would be led to it. I suggested that, likewise, he should affirm boldly and believe that Infinite Intelligence knows all things, and It knows where the receipt is and reveals it to him in Divine order.

After about a week, he wrote to me and said that while asleep one night, a person resembling an ancient sage appeared to him and pointed to a certain page in the Book of Isaiah. He saw clearly the receipted bill. He awoke suddenly and rushed to his library. He opened the Bible to the page he saw in his dream, and there was the receipt. His infinite subconscious mind provided him with the answer that transcended the power of his conscious mind.

[3] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

HOW TO LET EXTRASENSORY PERCEPTION FUNCTION FOR YOU

You have heard the wisdom of "sleep on it." This means that when your conscious mind is stilled and you focus your attention on the solution or answer that you are seeking, the deeper mind, full of wisdom, power and Infinite Intelligence, will respond to you and solve your problem.

If you have lost something and you have searched everywhere for it, cease fretting and fussing about it, relax, let go, turn your request over to your subconscious mind and talk to it as follows: "Infinite Intelligence within my subconscious mind knows all things. It knows where this thing is and reveals it to me clearly and distinctly. I am Divinely led to it. I trust my deeper mind implicitly. I let go and relax."

When you relax, let go, become detached and preoccupied about something else, the extrasensory perception faculties of your subconscious mind will lead you directly to the thing that you lost. You may see it clairvoyantly in a dream or be led directly to where it is.

It is written, . . . *God giveth his beloved in sleep* (Ps. 127:2) . We all have a wonderful legacy in these commanding words!

POINTS TO RECALL IN THIS CHAPTER

1. All of us have the powers of extrasensory perception, but in many these powers are suppressed and inhibited. Over the years they have atrophied through neglect.

2. Many people acquire specific data and information through ESP which they could not possibly receive through their ordinary five senses.

3. Your subconscious mind already knows the winner of a contest or race and can reveal it to you.

4. Professor Rhine of Duke University has gathered an enormous amount of data on telepathy, clairvoyance, clairaudience, precognition, retro cognition and telekinesis, proving the paranormal power of the mind.

5. Extra perception faculties in some young children enable them to see a funeral procession and the people in it before the funeral takes place. This could be a telepathic communication from the loved one to the child plus the precognitive faculty of the child in operation.

6. Emanuel Swedenborg had a real clairvoyant vision of a raging fire in Stockholm while he was wide awake and conversing with a group of scientists in Giiteborg 250 miles away.

7. You may, through ESP, intuitively sense what is wrong with a person, enabling you to help that person reach a decision resulting in right action.

8. An outstanding Irish parapsychologist can touch a letter or a pen of a sick person given to her by the patient's doctor, and then accurately reveal the hidden complexes and fears behind his mental disturbance through ESP developed to a high degree.

9. Many people have developed the extrasensory perception faculty of clairaudience, wherein they hear an inner voice announcing approval or disapproval of their decisions. The voice is from the Supreme Intelligence within each person, which always acts for the best welfare of man.

10. Your extrasensory perception faculty can reveal to you the whereabouts of a lost article: It may dramatize the answer in a dream or show you exactly where the article lies hidden; or you may hear a voice in your sleep telling you to go someplace or do something to find it.

11. You can develop your extrasensory perception faculties and grow wiser every day by conveying these ideas to your subconscious mind (the seat of all

extrasensory perception).

NINE

How the Secret Power of Self-Mastery Pays Fabulous Dividends

In the eleventh chapter of Mark, 23rd verse, we read, *For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith*.

The truth of these words will never let you down but will supply you with infinite power for perfect living. The mountain spoken of in the Bible stands for the difficulties, challenges and problems confronting you. They may seem overwhelming and overpowering, but if you have faith in the infinite power and do not doubt it, you will affirm boldly the following prayer:

"Be thou gone. I will overcome this challenge through the infinite power. This problem is Divinely outmatched. I will grapple with it courageously knowing that all the power, wisdom and strength necessary will be given to me. I have unquestioning faith that God knows the answer and I am one with God. God reveals to me the way out, the happy ending. I walk in that assumption and as I do, I know the mountain will disappear—will be gone out of sight, dissolved in the light of God's love. I believe this; I accept it wholeheartedly; it is so."

HOW A YOUNG AND DISCOURAGED WOMAN DEVELOPED SELF-MASTERY

A few years ago while speaking in Honolulu, a young Japanese woman suffering from discouragement and acute depression visited me. She was only thirty years of age and had had extensive surgery, including the removal of a breast, as well as undergoing a hysterectomy. She said, "I'm no longer a woman. I can't give birth to children and nobody wants me." Quoting Emerson, I said to her, "You are an organ of God and God hath need of you where you are; otherwise you would not be here."

I pointed out to her that throughout life we meet with discouragement and setbacks and that there is no gainsaying the fact that trials and difficulties come to all of us, but that we have an infinite power within us which gives us power over discouragement and depression and that the joy is in overcoming and mastering any situation.

Then I suggested that the quickest way in the world for her to overcome her depression was to give of her talents, love, kindness and abilities wholeheartedly to others. In that way she would get rid of her self-absorption, self-pity and self-condemnation. I suggested that inasmuch as she was a nurse, she should go back to nursing and devote herself to giving better service to others, pouring out God's healing love on all her patients and giving more of her Divine self to others. I reminded her that the self- centered person is rarely happy and that the secret of a full life is in giving more of life, love, joy and happiness to others.

I advised her also to read the 42nd Psalm out loud several times daily savoring the words as she would a morsel of delicious food. I said I did not mean mumbling the words or idle affirmations but that I wanted her to feel and sense the magnificent truths contained therein, thereby establishing a deep, fundamental sense of oneness with God whereby her mind and heart would become transformed by the infinite power within her.

How she practiced the presence of God

She followed my suggestion and went back to nursing, pouring out grace, love and encouragement to all her patients and telling them of the infinite power of God to heal and kindle their faith. She wrote me, saying that in two years she has never lost a patient to Death. She prays for every patient under her care stating, "God is Life and His Life, Love and Power are now being manifested in Mr. or Mrs.." This is her constant prayer for those under her care. This is the practice of the presence of God, because it is the constant practice of harmony, health, peace, joy, love and wholeness for each person.

Her triumphant victory

On a Christmas Day, I had the joy of performing a marriage ceremony in my home joining this nurse and the doctor who had operated on her, in the vows of holy matrimony. After the ceremony was over, her doctor husband said, "She is more than a nurse. She is an angel of mercy." He saw the inner radiance and the

beauty of her soul. Emerson wrote, "Rings and jewels are not gifts. The only gift is a portion of thyself."

The following is the Psalm that stirred up the gift of God:

As the hart panteth after the water brooks, so panteth my soul after thee, O God.

My soul thirsteth for God, for the living God: when shall I come and appear before God?

My tears have been my meat day and night, while they continually say unto me, Where is thy God?

When I remember these things, I pour out my soul in me; for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday.

Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance.

O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar.

Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me.

Yet the Lord will command his loving kindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life.

I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy?

As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God?

Why art thou cast down, 0 my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God. (Ps. 42)

HOW TO APPLY SELF-MASTERY IN YOUR LIFE FOR RICHEST BLESSINGS

Some time ago I interviewed a woman who had been in the hospital for about two months suffering from what she called a nervous breakdown and bleeding ulcers. Her trouble was basically emotional. She said her husband was peculiar; he gave her forty dollars a week to run the house and buy food for two children, and then wondered where all the money went. He would not permit her to go to church because he felt that all religions were just "rackets." She loved to play music, but he wouldn't allow a piano at home.

She complied with his distorted, twisted, morbid ideas, thereby frustrating her own innate desires, talents and capacities. She deeply resented her husband, and her suppressed rage and frustration brought on her nervous collapse and ulcers. Her husband was playing havoc with her emotions because of his stupid, selfish, callous opposition to her ideas and values of life.

How the explanation was the cure

I explained to this talented woman that marriage is not a license to browbeat, intimidate and suppress the aspirations and personality of the other. I pointed out to her that in marriage there must be mutual love, freedom and respect and that one must cease being timid, dependent, fearful and subservient. She must become psychologically and spiritually mature and cease suppressing her personality.

In talking with both the husband and the wife, I suggested that each one cease being a scavenger, i.e., dwelling on each other's shortcomings, weaknesses and foibles, but instead, begin to see the good in each other and the wonderful qualities which they admired in each other when they married. The husband was quick to see that the resentment and suppressed rage of his wife was the cause of her crackups and hospitalization. They arrived at a plan whereby the wife could express herself musically and socially. They also agreed to open a joint checking account based on mutual love, trust and confidence.

Here is the pattern of prayer I suggested for the husband: "From now on I will cease trying to change my wife's personality. I do not want her to be a second edition of myself, neither do I want her to submerge her talents or personality. I radiate love, peace and goodwill to her. My sincere prayer is that the Infinite

Intelligence within her rules, guides and directs her in all ways and that Divine love flows through her mind and body at all times. God's peace floods her mind constantly. I exalt God in the midst of her. I claim she is happy, joyous, healthy and Divinely expressed. I know that my thought is my prayer and that my thoughts execute themselves. I know also that prayer is a habit, and as I continue thinking habitually along these lines I will become a loving, kind and understanding husband. Whenever I think of my wife I will silently affirm, 'God loves and cares for you.'"

Prayer patterns for the wife to follow

"I saw wonderful qualities in my husband when I married him. These qualities are still there, and from now on I will identify with his fine qualities and not with his shortcomings. I know, feel and claim the Infinite Intelligence leads, guides and directs him in all ways. Regularly and systematically I exalt God in the midst of him. Divine law and order govern his activities. Divine peace fills his soul. Divine love flows through his thoughts, words and deeds toward me and the children. God loves him and cares for him. He is a tremendous success and God prospers him. He is inspired from On High. I know that all these thoughts reiterated regularly and systematically by me find their way to my subconscious mind; and, like seeds, they come forth after their kind. Whenever I think of my husband I will immediately affirm, 'God in me salutes the God in you.'"

How persistence pays dividends and brings mastery

Both the husband and wife remained faithful to their agreement and prayer life. They knew that to believe something is to bring it to pass. Believe is made up of two words, "be alive." The old English meaning of the word is to "live in the state of being," which means making it real in your life. At the end of about a month, I received a phone call from the wife saying, "I became alive (believed) to these truths which you wrote out for me. They are registered in my heart (subconscious mind)." The husband added, "I am now master over my thoughts, emotions and reactions, and so is my wife. Self-mastery is a real thing in our lives." They discovered that the infinite power for perfect living is always within themselves.

HOW A DISCOURAGED YOUNG MAN GAINED
SELF-ESTEEM AND RECOGNITION

A young man complained to me that he is constantly slighted in social gatherings and is also passed over for promotion in his organization. He added that he frequently entertains in his home, but that he is never invited as a guest to the homes of his associates and others whom he has entertained. There was a deep and violent animus in his heart toward everyone.

While this well educated young man conferred with me and while discussing his childhood and home environment, he informed me that he had been brought up by a puritanical New England father. His mother had died at his birth. His father, who was somewhat tyrannical and despotic, frequently said to his son, "You're no good. You will never amount to anything. You are stupid. Why aren't you smart like your brother? I am ashamed of your school record." I discovered that this man actually hated his father. He grew up with a rejection complex and unconsciously felt unacceptable to people. To use a vernacular expression, he had a psychic boil and was terribly touchy in the field of human relations. This was accompanied by a subjective expectation and fear of being rejected by others, either by rude affront or by what is commonly called "the brush-off."

How his negative complexes were eliminated

I pointed out to him that in my estimation he was constantly fearing slights and rejection; furthermore, he was projecting his animosity and resentment of his father onto others. Compulsively he wanted to be disparaged, rejected or dismissed by someone's manner, attitude, comment or by what seemed to be a greater interest in others. I explained to him the law of his mind and gave him a copy of *The Power of Your Subconscious Mind*.[1] In the meantime I gave him a very practical plan for overcoming his rejection complex and assuming mastery over his life.

[1] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

The practical step-by-step plan

The first step in solving a problem of this type is to realize that no matter what the past experiences may have been, these can be completely eradicated by feeding the subconscious mind with eternal verities and life-giving patterns of thought. Since the subconscious mind is amenable to suggestion and controlled by the conscious mind, all negative patterns, complexes, fears and inferiorities

can be expunged. These are the life-giving patterns:

"I recognize these truths to be true. I am a son of the Living God. God indwells me and is my real self. From this moment forward I will love God within me. Love means to honor, respect, give allegiance to and be loyal to the only Presence and the only Power. From now on I respect the Divinity which shapes my ends. This God-Presence within me created me, sustains me and is the Life-Principle within me. The Bible says, *Love thy neighbor as thyself* (Lev. 19:18). The neighbor is the closest thing to me, or, Closer is He than breathing; nearer than hands and feet. Every conscious moment of the day I honor, exalt, glorify and have a healthy and reverent respect for the Divine Presence within me. I know that as I exalt and have a healthy and wholesome respect for the God-Self within me, I will automatically respect and love the God in the other person. Whenever I am prone to criticize or find fault with myself, I will immediately affirm, 'I honor, love and exalt the God-Presence within me, and I love the Self of me more and more every day.' I know I cannot love and respect others until I first love, honor, respect and pay loyalty and devotion to my real Self—God—in the midst of me, which is mighty to heal. Honoring God within myself, I will honor the dignity and Divine royalty of all men. I know these truths, when repeated feelingly, knowingly and believingly, enter into my subconscious mind; and I am sub- consciously compelled to express these truths, as the nature of my subconscious mind is compulsion. Whatever is impressed, I am compelled to express. I believe this implicitly. It is wonderful!"

The second step is to reiterate these truths frequently three or four times a day at special periods in order to establish a habit of constructive thinking.

The third step is never to condemn, demean or demote yourself. The moment a thought comes to your mind such as, "I'm no good," "a jinx is following me," "I'm unwanted" or "I'm no- body," immediately reverse the thought by saying, "I exalt God in the midst of me."

The fourth step is to imagine yourself mingling with your associates in a friendly, amiable and affable manner. Imagine and. hear your superiors congratulating you on a job well done. Imagine you are being welcomed and accepted graciously in the homes of your friends. Above all, believe in your image and in its reality.

The fifth step is to realize and know that whatever you habitually think upon and

image must come to pass, for that which is impressed on your subconscious mind must be expressed on the screen of space as experiences, conditions and events.

This young man diligently followed the above procedure, knowing what he was doing and why he was doing it. Having a knowledge of the way his subconscious mind worked, he gained confidence daily in his technique and application. Gradually he succeeded in cleansing his subconscious of all the early psychic traumas. He is now welcomed in the homes of his associates and has been entertained by the president and vice-president of his organization. Since adopting these psychological procedures he has received two promotions and is now executive vice-president of his bank. He knows that application of the cosmic power within him brings self-mastery over the past or conditions, experiences and events. It is done unto you as you believe.

HOW COMPLETE MARITAL UNHAPPINESS WAS OVERCOME

Recently I received a letter from a woman in Texas:

Dear Dr. Murphy: I read your book *The Cosmic Power Within You*,[2] from which I received great help. I would like your advice on my problem. My husband is constantly criticizing me using abusive, sarcastic and vitriolic language. The mendacity of my husband makes it impossible for me to believe anything he says. He sleeps in a separate room and there is no marital intimacy. No matter what kind of community work I do, he finds fault. In the last five years we have had no guests in our home. I am full of antipathy toward my husband. I am afraid I am beginning to hate him. I have left him twice. We have had spiritual counseling, as well as psychological help and legal advice. I can't communicate with him. What shall I do?

My reply was as follows:

Dear: You can't afford to resent or hate anybody in the world. Such feelings or attitudes are mental poisons which debilitate the entire mentality and rob you of peace, harmony, health, and good judgment. They corrode your soul and leave you a physical and mental wreck. You are the only thinker in your world and you are responsible for the way you think about your husband—he is not. My suggestion to you is that you stop trying to communicate with him and to

surrender him to God completely, lock, stock and barrel. It is wrong to live a lie. It is better to break up a lie than to live it. There is a time in our experience when, having done everything we can to solve a problem, we should follow the injunction of Paul, "Having done all, I stand," i.e., you stand on the Cosmic Wisdom within you to solve the problem. You have visited psychologists, lawyers and pastors, obviously in a spirit of goodwill, to bring about a healing; but, apparently, there is no solution in sight. Turn your mind to constructive pursuits and adopt a new attitude toward your husband, such as, "None of these things moves me."

[2]Joseph Murphy, *The Cosmic Power Within You* (West Nyack, N.Y.: Parker Publishing Company, Inc., 1968).

Here is a pattern of prayer, which, when followed by you, will bring results, for the Cosmic Power never fails:

"I surrender my husband to God. God made him and sustains him. God reveals to him his true place in life where he is Divinely happy and Divinely blessed. The Cosmic Wisdom reveals to him the perfect plan and shows him the way he should go. The Cosmic Power flows through him as love, peace, harmony, joy and right action. I am Divinely guided to do the right thing and to make the right decision. I know that what is right action for me is right action for my husband; also, I know that what blesses one blesses all. Whenever I think of my husband, and no matter what he says or does, all I do is to affirm knowingly and feelingly, `I have surrendered you to God.' I am at peace about everything, and I wish for my husband all the blessings of life."

I recommended that she cultivate a constructive life of her own, expressing her talents and continuing in community projects. I advised her to remain faithful to the specific prayer, explaining to her that these God-like thoughts would cleanse her subconscious mind of all resentment and other negative and destructive poison pockets lodged in her deeper mind. This would be done in the same way as clean water drop by drop will, if we persist, cleanse a pail of dirty water so that we will have clean water to drink. You can, of course, turn the hose on a pail of dirty water and get clean water faster. The hose, figuratively speaking, would be a transfusion of Divine love and goodwill into the soul, bringing about an immediate cleansing. However, a gradual cleansing process is the usual procedure.

An interesting denouement

The sequel to the above prayer process is interesting, as the following letter reveals:

Dear Dr. Murphy: I am deeply grateful for your letter, advice and prayer technique, which I have followed faithfully. When he became sarcastic and poured forth expletives and invectives, I blessed him by silently affirming, "I surrender you to God." I became interested in hospital and community work and have made many friends the last six weeks since I started praying. My husband asked for a divorce last week, to which I gladly agreed. We have already made a property settlement which is mutually satisfactory. He is going to Reno for a divorce and plans to marry a woman whom I feel is right for him. I have fallen in love also with a childhood sweetheart of mine, whom I met in my hospital work. We are to be married as soon as I am legally free.

Truly God works in mysterious ways His wonders to perform.

POINTS TO RECALL IN THIS CHAPTER

1. Realize every problem is Divinely outmatched. The Cosmic Power which knows all and sees all is within you. Grapple with your challenge courageously and the Cosmic Wisdom will reveal to you the answer. The mountain (obstacle) will be cast into the sea (dissolved, obliterated from sight).

2. The quickest and surest way to overcome depression and discouragement is to give of your talents, love, kindness and consideration wholeheartedly to others. Perform some act of kindness for another, visit a hospital and exalt God in the midst of a sick friend, and give the other a transfusion of loving kindness.

3. A wonderful spiritual antidote to depression and self- absorption is to dwell upon the truths of the 42nd Psalm. This Psalm will lift you up and inspire you.

4. The practice of the Presence of God is the constant realization of the presence of God's peace, harmony, joy, wholeness, beauty, illumination, love and goodwill in yourself and in your neighbor.

5. Husbands and wives should identify with the good qualities in each other and with the characteristics that endeared one to the other when they got married. As

they see God in each other and exalt His Presence in one another, harmony will prevail and the marriage will grow more blessed through the years.

6. Husbands should not try to suppress the personalities of their wives, and wives should cease trying to do the same. Each is unique. A person whose personality is suppressed becomes neurotic and frustrated. Each should rejoice in the full expression of talent in the other.

7. Persistence pays great dividends. Remain faithful to your prayer process. To believe is to be alive to certain great truths which are eternal. Make them a living part of you — that is believing, and according to your belief is it done unto you.

8. When a man feels he is constantly slighted and rejected, this is invariably due to a "psychic boil" within himself wherein he expects rejection and the brush-off. The cure is to exalt constantly the God-Presence within him, which is his real self, and to fill his subconscious mind with the truths of God, which crowd out of his mind everything unlike God or the truth.

9. When you have honestly tried every conceivable way to solve a problem, and when you have sought counsel and expert advice, both spiritual and psychological, and your motivation is right, then, as Paul suggests: "Having done all, I stand." You stand firmly on the truth that the **Cosmic Power within you knows the answer and will reveal the perfect solution as you** completely surrender the matter to God, knowing and believing in your heart the answer will come. Then day breaks and the shadows flee away.

TEN

How to Use Infinite Power for Fulfilled Living

On Thanksgiving Day I flew to the Island of Kauai to mingle with the people, to visit the various towns and scenic spots, and. above all to get acquainted with some of the full-blooded Hawaiians. I met a guide who introduced me to many of his friends and took me to several houses in the Island to see how they live. I found the people in the homes I visited to be happy, joyous and free. They are kind, generous, deeply spiritual and full of the music and laughter of God. I found myself looking at people who, through love of God, are living life gloriously in the spirit of Divine Liberty. In the following pages I am going to elaborate on how you too may set a pattern for victorious living.

HOW A PATTERN FOR VICTORIOUS LIVING WAS FOUND

In making a few purchases in one remote village here, I had an interesting conversation with a man who came from the mainland some years ago and who is now running a country store. He said to me that he had been an alcoholic. His wife had deserted him and had taken all the money with her (they had a joint account). He had become bitter, irascible and hateful and had found great difficulty in meshing into an organization. A friend suggested that he go to Kauai, explaining to him that it was the oldest island of the Hawaiian chain and that it basks in rare beauty, full of lush foliage and floral growth. His friend told him of the deep colorful canyons, golden beaches and winding rivers, all of which captured his imagination.

How a change of heart took place

He worked in the sugar cane fields here for some months. One day he fell ill and was confined to a hospital for several weeks. Each day the Hawaiian people visited him, brought him fruit, prayed for him and showed a deep interest in his welfare. Their kindness, love and attention penetrated his heart, and he reciprocated by pouring out love, peace and goodwill to them. He became a transformed man.

A pattern for perfect living

This man's formula is very simple; it is that love will always win over hate, and goodness will always win over evil, for that is the way the universe is made. I would like to comment on what transpired psychologically and spiritually in this case. This man's heart was corroded with bitterness, self-condemnation and hatred for women. The love, kindness and prayers of his fellow workers penetrated the layers of his subconscious mind, expunging all the negative patterns lodged therein, and his heart became full of love and goodwill to all. He discovered that love is the universal solvent. His constant prayer now is, "I pour out God's love, peace and joy to every person I meet every day of my life." The more love he gives, the more he receives. It is more blessed to give than to receive.

FIVE STEPS TO LIVING LIFE GLORIOUSLY

1. Every morning when you open your eyes affirm boldly and with deep feeling and understanding, "This is the day which the Lord hath made; rejoice and be glad in it. I shall rejoice and give thanks that my life is directed by the same Eternal Wisdom which guides the planets in their courses and causes the sun to shine.

2. "I am going to live life gloriously today and every day. More and more of God's love, light, truth and beauty are being experienced by me all day long today and every day.

3. "I am going to be of tremendous help to all those whom I contact and with whom I work, and have the time of my life doing it.

4. "I am going to be wildly enthusiastic about my work and my wonderful opportunities for service.

5. "I rejoice and give thanks that more and more of God's love, life and truth are being experienced by me every day, and more and more of God's glory is being made manifest by me."

Begin each day by affirming these miraculous truths and believe in their reality. Whatever you believe and faithfully anticipate will come to pass, and wonders

will happen in your life.

HOW YOU CAN LEARN TO WALK AND TALK WITH GOD FOR PEACE AND SERENITY

I met an extraordinary man at the Fern Grotto, where the boat crew are noted for singing the never-forgotten Hawaiian Wedding Song. He was ninety-six years of age, walked briskly and sang lustily the beautiful Hawaiian love songs on the boat taking us to the famous Grotto. After the trip he invited me to his home, which was indeed a rare experience. For dinner we had thickly sliced homemade gingerbread, papaya, apple tart, rice, broiled salmon and Kona coffee grown on one of the neighboring islands.

During dinner he told me how he had become a new man in God, and at ninety-six he certainly looked the part. His cheeks were ruddy with radiant and buoyant health; his eyes were filled with light and love; joy was all over his face. He spoke fluently English, Spanish, Chinese, Japanese and the Hawaiian languages. He regaled me with as fine a flood of native wisdom, witticisms, jokes and good humor as I had ever heard.

I was thoroughly fascinated and I finally asked him, "Tell me your secret of life and joy. You seem to be bubbling over with enthusiasm and energy." "Why shouldn't I be happy and strong?" he replied. "You see, I own the island and yet I own nothing." He added, "God possesses everything, but the whole island and all that is in it is mine to enjoy—the mountains, the rivers, the caves, the people and the rainbows. Do you know where I got this home?" he asked, and he answered himself, saying, "A grateful tourist bought it for me and gave it to me as a gift; otherwise, I wouldn't have had it."

How God healed him

He added that about sixty years ago he was dying of tuberculosis and had been given up as hopeless, but a local Kahuna (native priest) visited him and told both him and his mother that he would live and that God would heal him. The Kahuna chanted prayers, placed his hands on his throat and chest and in his native tongue called on God's healing power. At the end of about an hour's chanting, he said he was completely healed and the next day he went fishing. Since then, he said, "I've never had a pain or an ache of any kind. I have marvelous legs. I've walked

all over these mountains you see. Moreover," he concluded, "I have kind, loving friends, a few dogs and goats, and this wonderful island. And I have God in my heart. Why shouldn't I be happy and strong?"

This man really walks and talks with God, and having God in his heart, he is happy every day. This wonderful man tills his land, takes care of his goats and sheep, visits the sick, attends all the festivals and sings Hawaiian love songs which touch the soul of man.

His song for health and vitality

The only prescription the Kahuna gave him was, "Sing the 100th Psalm. Morning, noon and night live with these truths in your heart and you will never again be sick." He sang it for me, and I have never in my life heard anything so moving, penetrating, lovely and soul stirring. It was like the melody of God played on your sacral plexus.

This is the Psalm of praise:
Make a joyful noise unto the Lord, all ye lands.
Serve the Lord with gladness: come before his presence with singing.
Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.
Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.
For the Lord is good; his mercy is everlasting; and his truth endureth to all generations.
(Ps. 100:1-5)

How faith and receptivity heals

Knowing the laws of mind, you can readily see the impression his Kahuna priest made upon him. He had absolute faith in the powers of the Kahuna, and he believed implicitly that he would be healed. According to his belief, his subconscious mind responded. Today, as he sings the 100th Psalm daily, his mind and heart are lifted up in grateful acknowledgment to God; and there is an automatic reaction of the Law bringing countless blessings in its train.

The law of thanksgiving

A grateful heart is always close to God; and as this man gives thanks daily for his health, abundance and security and for his many blessings, God multiplies his good exceedingly. This is based on the law of action and reaction, which is cosmic and universal. The Bible says, *Draw nigh to God and He will draw nigh to you* (Jas. 4:8). Thoreau said, "We should give thanks that we were born." Practice singing and living the truths of the 100th Psalm. Write these truths in your heart by repeating them slowly, lovingly, and feelingly. As you do, these ideas will find their way by repetition to the deeper layers of your mind, and, like seeds, they will grow after their kind. Let wonders happen in your life.

HOW A GRANDMOTHER KEEPS INSPIRED AND ZESTFUL FOR LIFE

I chatted with a grandmother who sat next to me on the boat trip to the famous Waimea Canyon, a gorge cut to the depth of about 3,000 feet by the Waimea River. She was taking her two granddaughters sightseeing. She commented on the gorgeous colorings of the cliff strata and the tropical growth covering the sides of the canyon. I might add that the shadows of the ever- changing clouds made it an unforgettable sight. This beautiful, spiritual woman told me that she is over ninety years of age and has never been sick a day in her life, the reason being, she said, "I keep prayed up." This Hawaiian woman teaches Sunday School, writes poetry, rows a boat, fishes, milks her two cows every day, talks before women's groups and is now planning a tour for twenty to Europe.

She showed me a card on which were typed the words of Tennyson: "Oh, I see the crescent promise of my spirit hath not set. Ancient founts of inspiration well through all my fancy yet." On the back of the card was this Biblical verse: *Ho, every one that thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price* (Isa. 55:1) .

Wine in the Bible means inspiration from On High, where the Holy Spirit flows through you energizing and vitalizing your whole being. Milk is symbolic of nourishment. Your mind needs nourishment as well as your body. Feed your mind with ideas which heal, bless, elevate, inspire and dignify your soul. Feed your mind daily on thoughts of love, peace, faith, confidence, success and Divine right action. The price you pay is attention, devotion and loyalty to these eternal verities.

Her key to joyous living

This woman found the key to an inspired and zestful life by living in her heart these two wonderful quotations until they became a living part of her. She believed what she affirmed and lived in the joyous expectancy of what she affirmed. She exuded vibrancy, joy and goodwill. She discovered that daily communion with the Father within is the answer to Cosmic Power for perfect living.

A GREAT SPIRITUAL FEAST

I visited a famous woman in the charming and exotic island of Maui. There were assembled in her home a group of distinguished people, and we discussed mental and spiritual laws from about 10:00 A.M. until 4:00 P.M. Her guests were familiar with the books *The Power of Your Subconscious Mind* [1] and *Miracle of Mind Dynamics*[2] In the whole course of my life I have never met a more enthusiastic, happy, joyful group. Their hearts were kindled with a Divine fire. They spoke about how they overcame their problems by believing in a power greater than themselves or their conscious egos. They have talk fests on my books and listen to my recordings. They asked questions which delighted me and which showed a tremendous interest and insight into things Divine. They have discovered that the joy of living is in the contemplation of the truths of God regularly and systematically.

HAWAIIAN WISDOM AND INNER JOY

I have found that the Hawaiians are very wise people, having acquired through centuries a vast accumulation of esoteric and unwritten knowledge. One man, a native of Maui who sat next to me on the plane from Kauai to Maui, was a full-blooded Hawaiian and had knowledge of weather conditions, currents, tides, etc. He informed me that he could predict tidal waves, storms and volcanic eruptions. He knows by name all the fruits, flowers and trees in the islands and understands the curative properties of the herbs in the islands.

He has the capacity to read minds and is definitely clairvoyant. He told me where I was going, gave my name and address and had the gift of retro cognition, as he spoke most accurately of many past events in my life. To test his gift of clairvoyance, I asked him to read a letter which was in my pocket, which I had not as yet read, having forgotten all about it until that moment. He read the

contents accurately, as my subsequent reading verified.

This young man has a native wisdom. He is in touch with his subconscious mind, which knows the answers to all questions. "Whenever I want to know something," he said, "I just say, 'God, you know. Tell me.' The answer always comes, because I have a friend inside." This man works in the cane fields, plays the ukulele, sings at his work and obviously is in tune with the Infinite. Truly, he has a friend inside and he has discovered the joy of the God-Presence which is his strength.

[1]Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

[2] Joseph Murphy, *Miracle of Mind Dynamics* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1964).

THE SEVEN-STEP MIRACLE FORMULA

During my stay in the islands I set aside one day for interviewing people who wished to consult with me at the Hotel there in Kauai. My first visitor was a man whom I had previously counseled a few years ago at the Royal Hawaiian Hotel in Honolulu. At that time he was a confirmed alcoholic and had been pronounced an inebriate and a compulsive drinker. He had had drug treatment, hypnosis and other forms of therapy. He said, "I came to thank you and will only take a few minutes of your time. You told me that I was master of the bottle and that the bottle had no power. You said to stop all alibis and excuses and to become a real man. I followed the technique you outlined. I forgave myself and others, and today I own my own store, I am married, I belong to the local church, and I have two wonderful children. I just came to thank you, that's all."

I remembered him very well and recalled talking with him in Honolulu. At that time he had just been released from the hospital where he had been undergoing treatment for alcoholism. Here are the steps which I gave him that transformed his life:

1. I fully and freely forgive myself for harboring grudges, peeves and ill will toward others. Whenever I think of others I wish for them all the blessings of life.

2. I am the king and complete master over my thoughts, words, actions, emotions and reactions. I am absolute monarch over my conceptive realm.

3. I desire to become completely free from this habit. I mean this and I am absolutely sincere. I know that when my desire to give it up is greater than my desire to continue, I am 60 per cent healed already.

4. I have made my decision and I know that according to my decision is it done unto me. My subconscious mind knows I am sincere.

5. I now use my imagination correctly. I know my power to image is the primal force of man and the greatest of all my faculties. Three times a day for three or four minutes I will run a motion picture in my mind wherein I see my mother congratulating me on my perfect health and freedom. I hear her voice and feel her embrace, and I enter into the joy of it all. Whenever I am tempted, I instantaneously flash on this mental movie in my mind. I know my mental picture is backed up by the power of God.

6. I know what I am doing and why I am doing it. I know that according to my belief is it done unto me. I know that to believe is to accept something as true. I know my desire is true, my mental image is real and the power that backs me up is of God. I know all the power of God is directed at the focal point of my attention.

7. I am now free and I give thanks.

I have given this seven-step miracle formula to many alcoholics, victims of LSD and marijuana, dope addicts, etc. You can over come any negative habit by following these simple principles. This man is happy, joyous, bubbling over with the élan of life. I have attended a dinner at his home where coconut palms rattled conversationally in vagrant breezes; ocean waves swished nearby and receded, leaving foam in the sand; and bright tropical flowers surrounded us on all sides. The iced papaya and lemon was as sweet as the nectar of the gods. And the poi, their staple dish, was deliciously flavored with nutmeg and cinnamon. Beauty, serenity and the joy of living were present in the entire atmosphere of the home. He and his family prayed before and after dinner giving thanks for all their blessings, and Hawaiian love songs and music filled his home. Truly, I had entered into what we call infinite power for perfect living.

HOW TO ACQUIRE THE JOY OF LIVING

I have been in correspondence with a young girl on this island whom I will call Mary. She has been studying the book *The Power of Your Subconscious Mind* [3] which I sent her some months ago. In her original letter to me at my home in Beverly Hills, she said she was full of abnormal fear and was a tied-up personality.

[3] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

She had broken her engagement to a young man, and he had retaliated by informing her that a Kahuna had cursed her. She lived in constant fear. I wrote to her explaining that there is only One Power, and that this Power moves as unity and harmony in the world; that God is Spirit, One and Indivisible; and that one part of Spirit could not be antagonistic to another part of Spirit; therefore, there was nothing to fear. I wrote out a spiritual technique for her to follow, which would banish all fear.

In my interview with her today, I find a radiant personality, a young woman exuding vibrancy, bubbling over with enthusiasm and joy, and on fire with new ideas for the island. She said, "I followed your instructions to the letter and I am transformed by an inner light."

The following is the spiritual regimen she practiced several times daily, as suggested in my letter to her:

"God is all there is. One with God is a majority. *If God be for me who can be against me?* (Rom. 8:31) I know and believe God is the Living Spirit Almighty —the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to my ex-boyfriend and all those connected with him. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. *In thy presence is fulness of joy; at thy right hand there are pleasures for evermore* (Ps. 16 :11) ."

She practiced repeating these truths regularly and systematically for about ten minutes morning, afternoon and night, knowing, believing and understanding that as she affirmed these truths they would gradually sink into her subconscious mind by a process of spiritual osmosis and come forth as freedom, inner peace, a sense of security, confidence and protection. She knew she was applying a law of mind which never fails. In ten days' time all fear vanished. Now she has a wonderful position here in the island. She introduced me to her new fiancé, and his comment was, "She is the joy of my life." This young woman who had been practically petrified by fear of a supposed curse is now out-flowing, giving of her talents, and has entered into the joy of living.

THE MEANING OF KAHUNA

Most of the Hawaiian people here and in the other islands claim that there are no more Kahunas, and most of the Hawaiians are unwilling to talk about them. There is, however, the type called the white Kahuna, meaning a man who practices white magic, or casts good spells by his incantations and esoteric knowledge. One of my Hawaiian guides explained to me that these Kahunas were trained from early childhood by their elders, who subjected them to severe discipline and secrecy. Many of them are highly respected. for their healing powers through what we would call today knowledge of the subconscious mind. They have, also, a knowledge of the curative properties of certain herbs and plants. My guide, who seemed more willing than others to discuss the subject, pointed out that some of the Kahunas are greatly feared as Kahuna anaanas, i.e., those who dealt with death or black magic.

The above-mentioned lady learned that the threats, negative suggestions and statements of others have absolutely no power to create the things they suggest. You are the only thinker in your universe. It is your thought that is creative. Think good and good follows; think evil and evil follows. Join with God. When your thoughts are God's thoughts, God's Power is with your thoughts of good. Remember, "One with God is a majority," and *If God be for me, who can be against me?* (Rom. 8:31)

POINTS TO RECALL IN THIS CHAPTER

1. Love of God, which means the love of or emotional attachment to all things good, will enable you to live life gloriously.

2. Love, kindness and goodwill will melt the ice in the other person's heart and will bring a reciprocal action from the person to whom it is directed. Love is the universal solvent.

3. When you open your eyes in the morning affirm gladly, "This is the day which the Lord hath made for me. I will rejoice and be glad in it. I give thanks that my life is directed by the same Wisdom that guides the planets in their courses and causes the sun to shine." Believe in God's guidance and wonders will happen in your life.

4. Realize that age is not the flight of years. It is the dawn of wisdom in your mind. God possesses all things and the whole world was here when you were born. Let the joy of the Lord be your strength.

5. Live with the great truths of the 100th Psalm. It is a thanksgiving ode to God. Sing these truths into your soul until they become an integral part of you, just as bread digested becomes part of your bloodstream.

6. A grateful heart is always close to God. The Bible says, *Draw nigh to God and He will draw nigh to you* (Jas. 4:8).

7. You can feel inspired and zestful all your life. Every morning call upon God and He will answer you.

8. You can discover the joy of living in contemplation of the truths of God regularly and systematically. You become what you contemplate.

9. The powers of clairvoyance, precognition and telepathy are within you. As you grow in wisdom, you will begin to tap the infinite reservoir within you, and these latent faculties will become active in your life.

10. You cannot receive what you cannot give. This is a law of mind. Give love, joy and goodwill to all. The more you give the more blessings come to you.

11. You are the only thinker in your universe. There is nothing in God's universe to fear. *I will fear no evil for Thou art with me* (Ps. 23:4). "One with God is a majority." *If God be for me who can be against me?* (Rom. 8:31)

ELEVEN

How to Get the Infinite Power on Your Side

One of the keys to the understanding of life is to realize that everything comes in pairs. All action consists of the interworking of opposites. A combination of male and female life forces created the universe. Emerson once said, "Polarity, or action and reaction, we meet in every part of nature." We have spirit and matter, male and female, positive and negative, sickness and health, love and hatred, night and day, heat and cold, in and out, sweet and sour, up and down, north and south, subjective and objective, motion and rest, yes and no, success and failure, sadness and gladness, etc. Spirit and matter are but aspects of the One Reality. Matter is spirit reduced to the point of visibility. Matter is the lowest degree of spirit and spirit is the highest degree of matter. These opposites in life are manifestations of the One Being and are necessary to experience life.

In the absolute state there is no differentiation, contrast or established relationship. It subsists in a state of oneness. When the Absolute became relative, i.e., when God created the universe, He created the opposites so that we might experience sensation and function and the sense of being alive. We must have feeling and sensibility in order to be aware of being alive. We know by contrast the difference between heat and cold, height and depth, length and breadth, sweet and sour, depression and elation, male and female, and subjective and objective. All these opposites are halves of the One Being which is whole, perfect and indivisible.

HOW THOUGHTS COME IN PAIRS

A young boy, aged twelve, who listens to my morning radio program, told his mother that he was going to visit his uncle in Australia during school vacation. His thought of going was very strong, but he had another thought which said, "Mom won't let me go." His mother had said, "It's impossible. We don't have the money and your father can't possibly afford it. You're dreaming."

Her son said, however, that he heard on my radio program that if you desired to

do something and believed that the Creative Intelligence within you would bring it to pass, your prayer would be answered. His mother said, "Go ahead and pray." This boy who had been reading extensively about Australia and New Zealand had an uncle in Australia who owned a big ranch. He prayed as follows:

"God opens up the way for Dad, Mom and myself to go to Australia during vacation. I believe this and God takes over now." When the thought that his parents didn't have the money to go came to his mind, he would affirm, "God opens up the way." His thoughts came in pairs, but he gave attention to the constructive thought and the negative thought died away.

How he traveled astrally

One night he had a dream wherein he found himself on his uncle's ranch in New South Wales, viewing thousands of sheep, and meeting his uncle and cousins. When he awakened the next morning, he described the entire scene to his mother, much to her amazement. The same day a cablegram came from his uncle inviting the three of them to his ranch and offering to defray their expenses both ways. They accepted.

The boy's intense desire to visit his uncle acted on his subconscious mind as a command while asleep; and, using his fourth-dimensional body, he traveled astrally to the ranch. The boy told me that what he observed when he arrived at the ranch with his parents coincided exactly with what he saw in his astral projection while asleep. Thus, it was done unto him as he believed.

HOW A FEAR OF A SECOND MARRIAGE WAS DESTROYED

A young woman said to me, "I desire to get married, but the thought of fear comes into my mind that I will attract the wrong man and repeat the same mistake as in my previous marriage." Fear waned with her desire, and her fear thought seemed to be the dominant one. I explained to her that everything comes in pairs. For example, if one thinks of health, the thought of sickness comes to the mind; if one thinks of wealth, the thought of poverty comes to the mind; if we speak of the good heart, we think of the bad heart; and so on.

I explained to her that the way to overcome the negative thought was to take her attention completely away from the fear thought and lift her mind above the

opposition by contemplating the joyous fulfillment of her marriage to the right man.

The technique used for joyous fulfillment

"I know there is only One Almighty Power, which knows no opposition. There is nothing to oppose, challenge or vitiate it. It is invulnerable and invincible, and I now decree that I attract the right man who blends with me spiritually, mentally and physically. I give my whole-hearted attention to this idea in my mind trusting the law of my subconscious to bring it to pass." When the fear thought came into her mind, she affirmed, "God is taking care of my request." After a few days the fear thought lost all momentum and died away. She made her ideal live by feeding and nourishing it with faith and confidence in her mind.

How she met her future husband's fourth-dimensional (astral) body

Every night of your life when you go to sleep you go to the next dimension of life, which is called the *fourth dimension* and which interpenetrates this plane. Shortly after she began her prayer technique, she had a vivid dream in which I was performing her marriage ceremony in my home. She perceived her future husband and heard me pronounce his name and ask him to repeat the vows of the marriage ceremony. It was all very vivid and real. She felt herself to be in my home and touched the statue of Buddha, as well as the paintings on the walls.

With great joy and happiness she awakened and phoned me, telling me what had happened in her sleep. She described the room where I perform marriage ceremonies in minute detail. I explained to her that, while asleep, she had traveled to my home in her fourth-dimensional (astral) body, which is supercharged with electrons, rarefied and attenuated, vibrating at tremendous speed, and capable of penetrating walls, etc. I pointed out to her that, undoubtedly, the marriage had already taken place in the next dimension of mind and that her own conviction and inner realization would bring it to pass.

The final touch to her astral journey

This young lady, who works as a secretary for a large organization, was invited to a home by the wife of one of the executives. Her hostess introduced her to her son, who happened to be the man she saw in her dream! He said to her, "I have seen you before." He proceeded to tell her about his dream of the marriage

ceremony by a strange minister in a private home, both of which he had never seen before. They had had identical dreams, and subsequently the author performed the marriage ceremony, which coincided in every detail with this combined, four-dimensional experience.
My explanation is that this young lady, thinking with interest about the type of man she wished to marry, inscribed the idea on her subconscious mind, which, in turn, dramatized its contents in a fourth-dimensional rehearsal, as everything that happens objectively must first take place subjectively. Infinite Intelligence in her subconscious mind brought them together fourth dimensionally as well as third dimensionally.

WHY YOU ARE YOUR OWN LEGISLATOR IN HAVING GOOD OR FRUSTRATING EXPERIENCES

Your habitual thoughts, conceptions and opinions evoke certain emotions within you which impress your subconscious mind, and you automatically repeat these patterns in your life experience like an automaton or some sort of a mechanical robot. The law of your mind is such that whatever you impress on your subconscious mind is made manifest as experience, conditions and events in your life. Your thoughts (good or bad) are your mental pen which you are constantly inscribing in your deeper mind called the book of life. This is why you are making laws, rules and regulations for yourself. Knowing this law, you will proceed to write in your mind thoughts of success, happiness, peace, harmony, abundance, right action and security, thereby leading to a full and happy life.

HOW A SALESMAN GOT RID OF HIS "JINX"

A salesman complained to me that he had failed to make a single sale for four consecutive days and that he was sure that some evil star or bugaboo was against him, because every time he called on a customer, the latter said, "Nothing today," or "Can't see you today."

This salesman became angry and mad at himself, saying to himself, "I'm losing my grip; the cards are stacked against me; I'm a failure." These statements charged with fear lodged in his subconscious mind. The latter, an impersonal law, responded with an automatic movement confirming his inner fears and beliefs in the outer world of affairs. In other words, he decreed a mechanical response from his subconscious mind toward defeatism and failure accompanied

with self-criticism and self-condemnation.

How he found the victory within himself

The advice I gave him was that the first step in the restoration of success and good fortune was to cease completely all self-criticism and to look for the God-Presence within him and to choose Divine guidance, right action, harmony and abundance. I explained to him that he possessed the capacity to idealize and imagine consistently success, achievement and victory; if he utilized this ability his deeper mind would then respond accordingly. He began to understand more clearly that his thought and imagery could change his condition, experience and sensations.

This salesman reversed the tide running against him by under- standing and applying the following prayer: "From this moment forward, I expect only the best, and I know that invariably the best will come to me. I know good fortune comes to me in multitudinous ways. Whenever I feel prone to condemn or de-mean myself, I will immediately affirm, 'I exalt God in the midst of me Who is guiding and watching over me in all my ways.' I know my real nature is Divine and that God indwells me and is prospering me in all my ways. I decree success, abundance and accomplishment. Divine love goes before me in all my ways and I am prospering beyond my fondest dreams."

This salesman reconditioned his mind by reiterating the above truths frequently, and he returned to his old stride with a greater ability to give service and increase his sales and his good fortune.

THE PATHETIC CASE OF A FEARFUL MEDICAL STUDENT

Here is part of a letter I received from a medical student. He writes: "I am about to blow my top. I hate one of my professors. I am full of fear that he will fail me and I will be disgraced with my parents. I despise myself. I am morbid and introspective. I am afraid I will explode at the professor and then I'm finished. I'm beside myself with fear."

I asked him to come to see me, since a personal consultation is always more fruitful than a long dissertation by letter. In talking with him, I discovered that this young medical student felt that he should fail. His fear revealed to me that

unconsciously he felt inwardly that he should be punished and that the professor should fail him because he was just no good. He admitted that all of this was true. Actually, he was projecting his fear and self-condemnation onto the professor, his parents, and even the university while at the same time, deep down in his heart, he was saying to himself, "I should fail."

The basic reason for his frustration

Why did this young man want to be a doctor and at the same time, deep within himself, also want to fail his exam? He was brought up in a home where his father was tyrannical and despotic. There was a constant battle between his father and mother. His father set standards much too high for him scholastically and otherwise, and the boy, who could not meet his father's standards, felt he was no good and a failure. As a young boy he despised himself and felt "rejected." Self-pity and self-punishment were his dominant attitudes as a boy, and as an adult *he continually repeated* this sense of rejection and self-denial. When one of the professors was critical of his work, he would go back in his mind to his old hurts and the psychic traumas or hurt thoughts of youth, feeling that he was no good and should be punished; therefore, he was out to hurt himself and destroy four years of medical study.

After gaining an insight into himself and realizing that often we project our fears, animosities and self-condemnation outwardly onto people, environment and invisible forces, he suddenly awakened to the dire results of saying, "I am no good; I'm a failure; I should be punished; I'm a flop; I should jump in the lake." All of these negatives, he realized, were commands to his subconscious mind, which reacted correspondingly. By saying he was no good, his subconscious would see to it that he was no good in his examination, in his relations with people, in his studies and in his contact with the world in general. In addition, he would possibly attract accidents, losses and failure along all lines.

The cure that liberates

Being medically trained, upon reflection he perceived immediately the cause of his condition, and he began to affirm boldly, "The presence of God is my true nature. This presence is all bliss, all harmony, all joy, indivisible, perfect, whole, timeless, ageless and omnipotent. This is my real self which is always the same yesterday, today and forever. This is the I am within me—the life principle, the supreme and sovereign power, creator of all things visible and invisible.

"The other self of me—my personality—is based on my early training, indoctrination and conditioning, such as the thinking and beliefs of my parents, relatives, teachers and others, who implanted fears, superstitions and other false beliefs in my mind when I was too young to reject them. I can change this personality of mine. I am doing it right now and will continue to give my subconscious mind life-giving patterns of thought and imagery by affirming:

"God's love fills my subconscious obliterating all negative patterns of fear. God's river of peace floods my mind. I am full of faith and confidence in the goodness of God, and I know God is guiding me in all ways and Divine right action governs me. I radiate love and goodwill to my professors and all those around me. As I align myself with the Infinite ocean of love, power and beauty, I know I am cleansed and made whole. God loves me and cares for me, and as I draw nigh unto Him He draws nigh unto me."

This young medical student went back to college a new and transformed man and wrote me a lovely letter, saying, "I know the meaning now of `The light dispels the darkness,' and I also know what happens to the crossword puzzle when the answer is known. I use the prayer regularly. I am a new man."

This fledgling doctor could have added what happens to the poison pockets of the subconscious of self-pity, self-denial and self- punishment when you let in the Infinite ocean of love, light, truth and beauty into the polluted stream of the mind. It is cleansed and made whole.

He discovered two natures within himself—the natural man (the five-sense man) , usually conditioned by heredity, environment and false theological beliefs, and the spiritual man, which means the presence of God called *I am* in the Bible, which means pure being, the life principle. He exalted the spiritual powers within him and aligned mentally with them, causing these Divine forces to govern his thoughts, feelings, beliefs, actions and reactions. Then the old personality died and the new man in God was born.

Your thoughts come in pairs. The aggressive thoughts of the five- sense or material man must be destroyed, and the thought of God must be resurrected and live in you. *And I, if I be lifted up from the earth, will draw all men unto me* (John 12:32).

POINTS TO RECALL IN THIS CHAPTER

1. Everything comes in pairs. You are conscious, for example, of night and day, ebb and flow, north and south, male and female, positive and negative, in and out, sweet and sour, rest and motion, sickness and health, and sadness and gladness.

2. These opposites in life are halves of the One Whole, which is God in manifestation. These opposites, contrasts and comparisons give us the sensations of being alive.

3. The absolute state is a sense of oneness and wholeness, but when God created the universe, He created the opposites so that we might experience sensations of function and thereby enter into the joy of living and of discovering our true Divinity. God becomes man for the joy of discovering Himself, as there is only God. Every man is God in manifestation.

4. A young boy was determined to go to Australia, but he feared that his mother would not allow the journey. The boy gave attention to the thought of the journey and starved the thought of fear to death by ignoring it and trusting God, and he got his trip.

5. A young woman had an intense desire to marry, but her fear warred with her desire and, as a result, she was frustrated. She feared to repeat the error of a former marriage. She detached her mind from the fear thought and contemplated the qualities she admired in a husband trusting the God-Wisdom to bring it to pass.

6. You enact laws for yourself by your habitual thinking plus the opinions and conceptions you accept as true. Whatever you impress on your subconscious is made manifest as experience, condition and event. With the pen of your thoughts, you can inscribe on your subconscious mind success, guidance, right action, harmony, abundance and security.

7. The so-called "jinx" following the salesman was his self- condemnation, self-criticism and self-loathing. He reversed his mental attitude and joined forces with God within him, affirming boldly that Infinite Intelligence was guiding, directing and advancing him along all lines.

8. A medical student feared he would fail in his final examination, hated one of the professors, and lived in constant fear of abusing or saying something dreadful to the professor. He suddenly realized that his fear was due to the fact that inwardly and unconsciously he felt he should fail, as he felt unworthy and wanted to be punished. He expelled his fear, and thus he became a transformed man.

9. Your thoughts come in pairs. The thoughts of the five- sense man must die, and the thoughts of the indwelling God must be resurrected and live in you.

TWELVE

How Infinite Power Can Recharge Your Mental and Spiritual Batteries

Some time ago I had a conversation with a businessman, who, finally said to me, "How can I get a quiet mind in a troubled and confused world? I know that it is said `A quiet mind gets things done.' I'm confused and troubled, and the propaganda in the newspapers, radio and television is driving me half-crazy."

I said to him that I would attempt to throw some light on his problem; provide him with spiritual medicine, which would allay his fears and anxieties; and give him the quiet mind which gets things done. I pointed out that if his thoughts morning, noon and night revolved about war, crime, sickness, disease, accidents and misfortune, he would automatically bring on the mood of depression, anxiety and fear. But if, on the other hand, he gave some of his time and attention to the eternal laws and principles which govern the cosmos and all life, he would automatically be lifted up into the mental atmosphere of inner security and serenity.

HIS SPIRITUAL MEDICINE

As a result, three times a day this man filled his mind with the following truths: "*The heavens declare the glory of God; and the firmament sheweth his handiwork* (Ps. 19:1). I know a Supreme Intelligence governs the planets in their courses and controls and directs the entire universe. I know there is Divine law and order operating with absolute certainty fashioning the entire world, causing the stars to come nightly to the sky, and regulating the galaxies in space; and God is ruling the universe. I move mentally into the stillness of my own mind and contemplate these eternal truths of God.

"*Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isa. 26:3).
Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid (John 14:27).

"For God is not the author of confusion, but of peace . . . . (I Cor. 14:33).
"*And let the peace of God rule in your heart* . . . (Col. 3:15)."

FOCUSING ON THE BIG THINGS OF LIFE

This businessman turned away from the concerns and worries of the day and gave attention to the great principles and truths of life, contemplated them, and focused his attention on them. He forgot the little things and began to think about the great, the wonderful and the good. When he turned away from the trials and troubles of the world and refused to describe them or even talk about them at any length, his anxiety and worry diminished and he developed a quiet mind in a troubled world. He decided to let the peace of God rule in his heart. Consequently, his business ran smoother under much better decisions which he could now make.

HOW A HARASSED MOTHER CONQUERED HER "HEART TROUBLE" AND AGGRAVATIONS

A young housewife suffered from insomnia and from continuous heart palpitation. She felt certain that she had a cardiac condition. She was depressed and constantly giving vent to anger, impatience and hostility toward her husband and children. The headlines in the newspaper annoyed her terribly, and she wrote vitriolic and critical letters to her congressman. I sent her to a heart specialist. He said there was nothing organically wrong with her, but that she was full of emotional conflicts and mad at the world.

I explained to her that her anger and emotional turmoil toward her family and others would be dissolved when she began to pursue a pattern of prayer, and that as she tuned in on the Infinite Presence and Power she would discover that she would be suffused and saturated with the order, harmony, love and calmness which she would touch in her period of quiet contemplation of things Divine. I explained further that she could then expect an automatic response from her deeper mind making her poised, serene and calm; in addition, she would have the feeling of goodwill to all. I emphasized that she was to cease completely talking about her ailments and her worries and anxieties about world conditions, for that would only magnify her inner troubles and make her condition worse, because her mind always amplifies what it looks upon.

A technique for inner poise and calm

She concentrated on the following healing verses of the Bible knowing that as she did so, these truths would penetrate into her subconscious and make her radiant, happy, joyous and free. These are the verses which I wrote out for her:

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whit hersoever thou goest (Josh. 1:9).

And we know that all things work together for good to them that love God . . . (Rom. 8:28).
Casting all your care upon Him; for He careth for you (I Pet. 5:7).

The Lord is my shepherd; I shall not want. He maketh me to lie down in green pastures: he leadeth me beside the still waters. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever (Ps. 23: 1, 2, 5, 6).

Focusing her attention on this spiritual food, she quickly found the peace that passeth understanding.

HOW TO MAINTAIN A SERENE MIND

In talking to many business and professional men of different religious persuasions, they have informed me that regularly and periodically they go to a church retreat where they listen to talks on God, prayer and the art of meditation, and then they enter into a silent period. After a morning meditation, they are told to contemplate what they heard and remain silent for several days, even during mealtime. All this time they are requested to dwell calmly and quietly on the instructions and meditations given each morning.

All of them have told me that they come back renewed, refreshed and replenished spiritually and mentally. Following their return to their offices, factories and professional lives, they continue to maintain quiet periods for fifteen to twenty minutes every day, morning and evening, and they have found that what the Bible says is true: *The peace of God, which passeth all understanding, shall keep your hearts and minds . . .* (Phil. 4:7).

Benefits of recharging mental and spiritual batteries

Having spiritually recharged their mental and spiritual batteries, these men are able to meet head on and, with faith, courage and confidence, cope with the problems, strife, vexations and contentions of the day. These men know where to receive renewed spiritual power—by tuning in quietly, as Emerson says, with the Infinite, which lies stretched in smiling repose. Energy, power, inspiration, guidance and wisdom come out of the silence and the stillness of the mind when tuned in with God. These men have learned to relax and to give up their egoistic pride. They have recognized, honored and called upon a wisdom and power that created all things visible and invisible and that governs all things ceaselessly, timelessly and forever. They have decided to go the way of wisdom. *Her ways are ways of pleasantness, and all her paths are peace* (Prov. 3:17).

THE QUIET MIND IS WITHIN YOUR REACH

If I offer you a gift of a book, in order to receive it, you must reach for it by stretching forth your hand. In like manner, since all the riches of God are within you, you must make some effort to claim them. God is the giver and the gift, but you are the receiver. Open your mind and heart and let in God's river of peace. Let it fill your mind and heart, for God is peace.

Contemplate the following verses of the Eighth Psalm and you will find a deep river of life, love, quiescence and equanimity steal over the barren areas of your mind bringing rest to the troubled soul:

When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained; What is man, that thou art mindful of him? and the son of man, that thou visitest him? For thou hast made him a little lower than the angels, and hast crowned him with glory and honour. Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet (Ps. 8:3, 4, 5, 6).

Meditating on the eternal verities contained in this Psalm and on the immeasurable nature of the universe to which we belong, the Infinite Mind and Infinite Intelligence, which created us and which animates and supports us, and which moves rhythmically, harmoniously, ceaselessly, changelessly and with mathematical precision, gives you faith, confidence, strength and security. Know

that you have, as the Psalmist says, dominion over your thoughts, feelings, actions and reactions in life. This fills you with self- esteem and a sense of worthiness and power, which endows you with strength to do your work, live joyously, and walk the earth with the praise of God forever on your lips.

HOW INNER CONFLICT CAN BE CALMED

One day in Beverly Hills, a man who recognized me stopped me on the street and said that he was terribly disturbed. He asked, "Do you think I can get a quiet mind? I have been at war with myself for over two months." There was a conflict raging within him. He was full of fears, doubts, hates and religious bigotry. He was furious because his daughter had married into a different faith, and he said that he hated her husband. He was not on speaking terms with his own son because the son joined the armed forces and he (the father) belonged to a peace crusade. And to top things off, his wife was suing him for divorce.

I was not able to give him much time on the street corner, but I told him briefly that he should be delighted that his daughter had married the man of her dreams and that, if they loved each other, they certainly should marry, as love knows no creed, race, dogma or color. Love is God, and God is impersonal and no respecter of persons. Regarding his son, I suggested that he write the young man and tell him how much he loves him and to pray for him. I said he should respect his son's decision and not interfere with him other than to wish for him all the blessings of life. I also told him that I gathered from his conversation that the bickering and quarreling in their marriage was probably due to an unresolved childhood conflict with his mother and that he expected his wife to be a substitute for his mother.

I wrote down on a piece of paper these everlasting truths and gave them to him to read and digest: "Thou wilt keep him in perfect peace, whose mind is stayed on Thee, because he trusteth in Thee." I urged him to keep his mind focused on God with trust, faith and certainty, and that he would then feel the river of life, love and inner quietude filling his heart. I added that whenever he thought of anyone in his family, he was to say, "God's peace fills my soul and God's peace fills his or her soul."

How this healing was accomplished

A few days later I had a note from this man, which said, "Life was like hell for

me. I hated to open my eyes in the morning. I took Phenobarbital every night in order to sleep. After I left you on the street, though, I surrendered my family and myself to God and affirmed constantly: `God will keep me in perfect peace, because my mind is stayed on Him.' The change that has come over me is unbelievable. Life has become full of joy and wonder.

My wife cancelled divorce proceedings and we are back together again. I wrote letters to my daughter and son-in-law and to my son, and there are peace, harmony and understanding among us all."

All that this man did was get all the hatred and resentment out of his heart. As he surrendered to the golden river of peace within, it flowed in response to him, and all the pieces fell into place in Divine order.

HOW A "VICTIM OF CIRCUMSTANCES" STOPPED BEING A VICTIM

During the summer months I had the pleasure of conducting a seminar near Denver, Colorado. While there I interviewed a man who said, "I'm fenced in, frustrated, unhappy and blocked at every turn of the road. I want to sell my ranch and get away, but I feel like I'm in jail — just stuck."

"Well," I said, "if I hypnotized you now, you would believe yourself to be whatever I suggested you were, because your conscious mind, which reasons and judges and weighs, would be suspended and your subconscious mind, being noncontroversial, would accept whatever suggestion is given to it. If I suggested to you that you were an Indian guide and you were to track down a criminal, you would proceed stealthily to look for him in the mountains.

"If I told you, you were in jail and said you can get out, you would feel yourself a prisoner and you would believe yourself in jail surrounded by walls and bars of steel. Following my suggestion, you would make frenetic efforts to escape. You would try to jump over the walls; you would look for the keys and try to break out; and you would go through all the efforts to escape. All the time you are here in the wide open spaces of Colorado as free as the wind. All this is due to the amenability of your subconscious to its suggestions, which it faithfully executes.

"Likewise, you have suggested to your subconscious mind that you can't sell the ranch, that you are a prisoner here, that you can't go to Denver and do what you

want to do, that you are in debt, and that you are blocked at every turn. Your subconscious mind has no alternative but to accept the suggestions you give it, as it is oblivious to everything but that which you impress upon it.

Actually, you have mesmerized and hypnotized yourself. Your bondage and restrictions are self-imposed, and you are suffering and in continuous mental conflict from your false opinions and beliefs."

Learning how to think rightly

I suggested he follow age-old truths: "Be ye transformed by the Renewing of your mind. Repent, for the Kingdom of Heaven is at hand." To repent means to think again — to think from the stand- point of basic principles and eternal verities. I told him to stand up boldly and claim his good, for, as Shakespeare said, "All things be ready if the mind be so." I added that he had to ready and prepare his mind to receive his good now, for the kingdom of harmony, health, peace, guidance, abundance and security is at hand, waiting only for him to accept and take his good now.

The "prescription" which rescued him

"My mind is now absorbed, interested and fascinated in the eternal, changeless truths of God. I now still my mind and con- template the great truth that God indwells me and walks and talks in me. I still the wheels of my mind and know that God indwells me. I know this and believe it. 'It is the Father's good pleasure to give me to the kingdom.' 'Commit thy way unto the Lord: trust also in Him; and he shall bring it to pass.'

"Infinite Intelligence draws the buyer who wants my ranch, he prospers in it, there is a Divine exchange, and we are both blessed. The buyer is right and the price is right, and the deeper currents of my subconscious mind bring both of us together in Divine order. I know that 'all things be ready if the mind be so.' When worry thoughts come to my mind, I will immediately affirm, 'None of these things move me.' I know I am reconditioning my mind to stillness, relaxation, equanimity and imperturbability. I am making a new world of freedom, abundance and security for myself."

A few weeks later I had a telephone call from this rancher telling me that he had sold his ranch and was thus free to go to Denver. He was no longer a prisoner of

his mind. He said, "I realized I put myself in a prison of want, limitation and restriction by my negative thinking and that, actually, I was self-hypnotized."

This man learned that his thought was creative and that all his frustration was due to the suggestions of others, which he accepted, although he could have rejected them, and that events, circumstances and conditions were not causative. They suggested fears and limitations which he indulged instead of completely rejecting them, realizing that straight-line thinking was the only cause and power in his world. His repeated meditation gave him power to think constructively and proved to him his capacity to choose wisely from universal principles.

When anxieties, worries and fears come to you, maintain your inner equilibrium and affirm, "I will lift up mine eyes to the hills from whence cometh my strength," and firmly announce to yourself also, *None of these things move me* (Acts 20: 24).

POINTS TO RECALL IN THIS CHAPTER

1. If you begin thinking morning, noon and night about all the calamities in the world—the crimes, disasters, sickness and tragedies—you will mentally drag yourself down in a miasma of morbid thinking and consequently bring on yourself depression and melancholia. Realize that Divine law and order govern the world and you will be lifted up and enter into the world of reverence for things Divine.

2. Mentally retreat into the stillness of your mind and contemplate the undeviating laws and principles behind all things. Keep your mind on God and you will possess the serene mind and accomplish the attainments of your desires.

3. Refuse to describe your symptoms, troubles and worries, and they will grow less. Think big and tune in with God.

4. Anger, emotional turmoil and animosity toward others will be dissolved as you practice the art of effective prayer, which is contemplating the truths of God from the highest standpoint.

5. You still the discordant wheels of your mind when you slowly repeat the 23rd Psalm to yourself. Then quietly contemplate for fifteen or twenty minutes the meaning of these verses to you. You will then meet triumphantly all the

challenges of the day.

6. Cosmic Good is the giver and the gift. You are the receiver. Reach out mentally now to accept God's river of peace and let it flood your mind and heart. God is peace, and His peace awaits your acceptance, for God is the eternal now. Why wait for it, take it NOW.

7. A marvelous psalm to instill in your mind for balance, confidence, dignity and a deep reverence for things Divine is the Eighth Psalm. It is a marvelous spiritual prescription for fruitful serenity.

8. When two people of different religious beliefs love each other, love transcends all religious and institutionalized dogma, and they should marry.

9. You are not a victim of circumstances, conditions, heredity or environment. Think from the standpoint of principle, and the creative law of your mind will respond according to the nature of your thought.

THIRTEEN

How to Use the Infinite Power to Guide You in All Ways

There is a principle of Divine Guidance operating in you and throughout the universe, and by using the Infinite Intelligence within you, you can attract many wonderful experiences and happenings beyond your fondest dreams. This chapter will reveal to you the principles of guidance in a variety of ways, so that you may apply them to attract all kinds of blessings into your life.

HOW A WOMAN ATTRACTED HER RIGHT MATE

A young secretary who had made two previous mistakes in marriage said to me, "I don't want to make a third mistake. I know the last two errors were made because I judged according to appearance, and I don't know how to apply the principle of guidance in my life. Check and see if my present prayer is correct." The following was her prayer:

"Infinite Intelligence within me attracts to me my right spouse. He is harmonious, most likeable, friendly, and spiritual minded. I contribute to his joy and happiness and there are harmony, peace, and understanding between us. I believe definitely that Infinite Intelligence responds to my thought, and I know It makes no mistake. I expect and I definitely and positively believe I will meet my right mate. I know the principle is now working and I walk the earth in the light that it is so."

I commended her on her written prayer and the intelligence and wisdom shown in the application of the powers within her. The principle of Divine Guidance went to work for her, and she attracted an interesting, enjoyable, and wonderful man. I subsequently had the privilege of conducting their marriage ceremony.

HOW DIVINE GUIDANCE WORKS FOR ANOTHER

You can use the Infinite Power to guide someone other than yourself, whether

the other be a stranger, relative, or close friend. You can do this by knowing that the Infinite Guiding Power is responsive to your thought and by believing in this Infinite response. I have done this for many people with extraordinary and fascinating results.

For example, a young engineer called me on the phone one day and said, "The organization I am with is selling out to a larger firm, and I am told I am not needed in the new setup. Would you pray for Divine Guidance for me?" I told him that there was an Infinite Guiding Principle which would reveal a new door of expression for him, and all that he had to do was to believe that this is so in the same way that he believed in Boyle's Law or Avogadro's Law in science.

I used the principle as follows: I pictured this engineer saying to me, "I found a wonderful position with a wonderful salary. It came to me 'out of the blue.'" I did this for about three or four minutes after he hung up the phone and then forgot all about it. I believed and expected an answer.

The following day he called me and confirmed the fact that he had accepted a good offer with a new engineering firm. The offer, he said, came to him "out of the blue"!

There is but one Mind, and what I subjectively pictured and felt as true came to pass in the experience of the engineer. When you call upon the Infinite Guiding Principle, It always answers you. What you believe will take place will surely happen.

HOW TO RECEIVE PERSONAL GUIDANCE
FOR TRUE PLACE

You build up confidence and trust in the Infinite Guiding Force by knowing that God is Infinite Life and that you are eternal life made manifest. The Life Principle is interested in seeking expression through you. You are unique and entirely different. You think, speak, and act differently. There is no one in all the world like you. The Life Principle never repeats Itself. Realize, know, and believe that you have special and unique talents and capabilities. You can do something in a special way that no one else in all the world can do because you are you. You are here to express yourself fully and to do what you love to do, thereby fulfilling your destiny in life. You are important. You are an organ or expression of God. God hath need of you where you are; otherwise, you would

not be here. The Presence of God indwells you. All the powers, attributes, and qualities of God are within you. You have faith, imagination, and the power to choose and think. You mold, fashion, and create your own destiny by the way you think.

HOW THE GUIDING PRINCIPLE SAVED A LIFE

The late Dr. Harry Gaze, author *of Emmet Fox, The Man and His Work,* believed in the Principle of Guidance in all his undertakings. One time he was about to board a plane, and an inner voice told him not to go. His bags were on the plane already, but he had them taken off and cancelled the trip. He followed this intuitive impulse, and it saved his life because all those on that particular plane were lost.

His favorite Bible passage was, He shall give his angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone (Ps. 91:11, 12).

RIGHT ACTION IS FOR YOU THROUGH GUIDANCE

Divine Guidance comes when your motives are right, and when your real inner desire is to do the right thing. When your thought is right, i.e., when it conforms to the Golden Rule and the law of goodwill for all, a feeling of inner peace and tranquility wells up within you. This inner feeling of poise, balance, and equanimity causes you to do the right thing in all phases of your life. When you sincerely wish for others what you wish for yourself, then you are practicing love, which is the fulfillment of the law of health, happiness, and peace of mind.

How you can be guided automatically

A friend of mine, a builder, is always busy and can't adequately handle all his business calls. He said to me, "They tell me the building business is slow, but I can't keep up with the calls on me." He added that he had made lots of mistakes in the past and had lost two small fortunes in bad ventures, but six years ago he sat down, studied *The Power of Your Subconscious Mind,*[1]and immediately began to apply the principles described therein. He showed me his daily prayer typed neatly on a card, which he carries with him all the time. It read as follows: "I forgive myself for all the mistakes of the past. I blame no one. All my mistakes were stepping-stones to my success, prosperity, and advancement. I

believe implicitly that God is guiding me always and that whatever I do will be right. I go forward confidently without fear. I give the best that is in me to all my work. I feel, believe, claim and know that I am lifted up, guided, directed, sustained, prospered, and protected in all ways. I do the right thing, I think the right thoughts, and I know there is an Infinite Intelligence in my subconscious mind that answers me. I give the best to my customers. I am guided to give the right price, and I am inspired to see what is to be done and I do it. I attract the right men, who work harmoniously with me. I know these thoughts sink into my subconscious mind forming a subjective pattern, and I believe I will get an automatic response from my subconscious mind in accordance with my habitual thinking."

[1] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

This is the builder's daily prayer, and he is automatically guided to all good. He said to hide that everything he does seems to have the touch of Midas, the Golden Touch for prosperity. There have been no errors, losses, or labor disputes in his ranks in over six years. Truly, he is automatically guided, as you can be too.

Remember, your subconscious mind responds to the nature of your conscious mind's thinking and imagery.

HOW DIVINE GUIDANCE REVEALED TRUE TALENTS

A young man who had failed in the musical field, in the theatre as an actor, and in business also, said to me, "I have failed in everything." I suggested to him that the answer to his problem was within himself and that he could find out his true expression in life. I explained to him that when he was doing what he loved to do, he would be happy, successful, and prosperous.

At my suggestion, he prayed as follows: "I have the power to rise higher in life. I have now come to a clear-cut decision that I was born to succeed and lead a triumphant, constructive life. I have reached the inner conviction that the royal road to success is mine now. Infinite Intelligence within me reveals my hidden talents, and I follow the lead which comes into my conscious, reasoning mind. I recognize it clearly. Success is mine now. Wealth is mine. I am doing what I love to do, and I am serving humanity in a wonderful way. I believe in the Principle

of Guidance, and I know the answer comes, as it is done unto me as I believe."

After a few weeks, this young man had an intense desire to study for the ministry along the lines of the Science of the Mind. Today he is a tremendous success as a teacher, minister, and counselor, and he is immensely happy in his work. He discovered an Infinite Guiding Principle that knew his inner talents and which revealed them to him according to his belief.

HOW A FORTUNE IN MIND WAS DISCOVERED BY AN 80-YEAR-OLD WOMAN

I had a most interesting conversation with a woman over eighty years of age who is alert, mentally alive, illumined, inspired, and quickened by the Divine Spirit, which animates her entire being. She told me that for several weeks she had asked her Higher Self prior to sleep, "My Higher Self reveals to me a new idea, which is complete in my mind and which I can visualize with the greatest facility. This idea blesses all people." She was given the model of a new invention complete in her mind. She in turn gave the drawing to her son, who is an engineer, and he submitted it to a patent attorney, who had it patented. She has been offered $50,000 by one organization for the patent, plus a percentage of the sales.

She believed that the Supreme Intelligence within her, the Infinite Guiding Principle, would respond, and that the idea would be complete, including every possible improvement needed. Her prayer was answered just as she had expected, visualized, and planned.

Regardless of your profession, business, trade, or occupation, YOU have the power to still your mind and call upon the Infinite Intelligence of your subconscious to reveal to you a new idea that will bless you and the world. You can firmly believe that you will secure an answer. *Before they call, I will answer; and while they are yet speaking, I will hear* (Isa. 65:24). The answer to all things is already within you. It was there from the foundation of time. God indwells you and God knows the answer.

HOW THE GUIDING PRINCIPLE ATTRACTS WHAT YOU LOOK FOR

A friend of mine wrote me from Ireland saying that a farm belonging to an uncle

had been bequeathed to her brother, who had gone to America in 1922, and from whom they had never heard. She asked if it would be possible to find him and write to him. They had hired an attorney in Ireland, but he could find nothing and had received not the slightest clue. My friend did not even have a picture of her brother.

I sat down one night, quieted my mind, and read the 23rd Psalm, which is the most wonderful Psalm for rest, repose, and quietude. In this Psalm we are told that David revealed that the Lord guided him and led him to green pastures and still waters, which means that the Infinite Guiding Principle reveals answers to man and guides him to peaceful, happy, and joyous situations. David believed in this Guiding Principle, and It responded to his belief in It. The Lord he referred to is the Creative Intelligence resident in one's subconscious mind[2] which created you and sustains you.

Meditating on the wisdom of this Psalm, I mused one evening as follows: "The Infinite Guiding Principle which guides the planets in their courses and causes the sun to shine and governs the entire cosmos is the same Guiding Principle in me. It knows all and sees all. This Supreme Intelligence knows where this man is and reveals the answer. He communicates with his sister at once. There is but one mind, and there is no separation in the Mind-Principle. Furthermore, there is no time or space in mind. I decree now that his whereabouts is immediately known and revealed to his sister and her attorney in Ireland. This Infinite Intelligence within me knows best how to do this and takes care of it in Its own way. I believe this, I accept it, and I give thanks it is done now."

[2] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

The way the Guiding Principle worked is most revealing and inspiring. A few weeks had transpired, when I received an air mail letter from my friend in Ireland, in which she said that her brother had sent her a cablegram saying he was on his way home for a visit. This was the first word she had heard from him since April, 1922, a lapse of forty-six years. This was not a coincidence or pure chance. This is a universe of law and order. Nothing happens by chance. As Emerson says, "Everything is pushed from behind." There is a law of cause and effect which is cosmic and universal. My thought entered into the universal subconscious mind, in which we all live, move, and have our being, and which permeates the entire cosmos. This was picked up by the missing brother, and the

Guiding Principle of Life compelled him to communicate immediately with his sister.

A subsequent letter from my friend stated that her brother told her that one night he could not sleep, as there was a persistent, nagging, unrelenting urge to visit his old home and call his sister. He responded immediately to the psychic urge by sending her a cable and arranging for air passage to Ireland. On arrival at his old home, he found that the promptings and whisperings of his deeper mind had proved to be a blessing, since he not only inherited a wonderful farm but also a lovely home.

You cannot determine how the answer to your prayer will come. The Bible says, *For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts* (Isa. 55:9).

POINTS TO RECALL IN THIS CHAPTER

1. You can learn from your mistakes. Realize they are stepping-stones to your success. There is a Cosmic Guiding Principle that responds to your belief in It.

2. You can use the Guiding Principle to guide and direct another person by realizing there is only one mind, and that the same Infinite Intelligence which guides the planets in their courses will guide, direct, and reveal the right answer to the other person. Your belief will be communicated instantaneously to the person you are praying for, and he or she will experience the joy of the answered prayer. What you believe will take place and will surely happen.

3. You can discover your hidden talents and true expression in life by calling on the Guiding Principle within you and affirming with conviction, "Infinite Intelligence reveals my hidden talents to me and opens up the perfect way for the highest expression of my talents. I follow the lead which comes into my conscious, reasoning mind."

4. The Guiding Principle can protect you from harm and warn you of impending danger. The late Dr. Harry Gaze regularly dwelt on two verses of the 91st Psalm (verses 11 and 12), and Divine protection was given him, which saved his life.

5. Divine right action comes to you when your motives are right and when you really desire to do the right thing, in conformity with the Golden Rule and the

law of love.

6. Many people experience automatic guidance because they have convinced their subconscious minds that they believe they will always be guided to do the right thing, and their subconscious responds accordingly. Feel, believe, claim, and know that you are guided, directed, sustained, and blessed at all times. As you continue to reiterate these truths, you will be automatically guided.

7. Come to a clear-cut decision that you were born to succeed and to lead a triumphant and constructive life. Claim and believe the royal road to success is yours now, and the Cosmic Guiding Principle will guide you to victory, triumph, and phenomenal success.

8. You can discover that there is a fortune in your mind. Call upon Infinite Intelligence within you to reveal a new creative idea which will bless you and humanity. Affirm that the idea is complete in your mind and that you visualize it clearly. The answer will come. All you must do is believe. According to your belief is it done unto you.

9. If you are looking for a long lost friend or relative, and you don't know where the person is, realize Cosmic Intelligence knows all and sees all. Affirm boldly, knowing and believing the answer will come, "Cosmic Intelligence knows where John is and reveals his whereabouts in Divine order. I release this to the ocean of my subjective mind, and it reveals the answer in its own way." As you meditate this way, you will experience the joy of the answered prayer. *In all thy ways acknowledge Him, and He shall direct thy paths* (Prov. 3:6).

FOURTEEN

How to Use the Infinite Power to Heal

The Cosmic Healing Power which made your body also knows how to heal it. There is an Infinite Healing Presence within you that knows all the processes and functions of your body. When you "tune in" with this Infinite Power, It will become active and potent in your life. The Bible says, *I am the Lord that healeth thee* (Exod. 15:26).

It is your Divine birthright to be healthy, vital, strong and dynamic. This chapter will point out vividly what processes and steps you can take to induce and experience radiant health. I suggest you begin to practice the methods and techniques outlined in this chapter, because you will thereby find the way to health, harmony, and serenity.

GOOD HEALTH IS SECURED THROUGH CONSTRUCTIVE THINKING

The Book of Proverbs says, *For as he thinketh in his heart, so is he* (Prov. 23:7). The heart means your subconscious mind. The thoughts, opinions, and beliefs implanted in your subconscious mind are made manifest in your body, in your business, and in all your other affairs. Your health is controlled very largely by the way you think all day long. By guiding your mind toward thoughts of wholeness, beauty, perfection and vitality, you will experience a sense of well-being. If you dwell on thoughts of worry, fear, hate, jealousy, depression, and sorrow, you will experience sickness of mind, body, and affairs. You are what you think all day long.

HOW THE INFINITE HEALING POWER CAN BE RELEASED

I sent a young woman suffering from a chronic sore throat and a persistent fever to a physician friend of mine. He diagnosed it as a "strep" throat and gave her antibiotics and a solution to gargle. However, she did not respond to the

antibiotics and antifebric medication. He could not find any reason why she didn't respond to the treatment. She came back to see me at my request. I asked her if she were holding something back from me; and, if so, if she talked it out with me, possibly a healing would follow.

She blurted out, "I hate my mother and where I live. She is domineering and demanding, and wants to control my life by making me marry a man whom she thinks is right for me."

This emotional state of resentment plus a guilt feeling for hating her mother caused the flare-up in her throat accompanied by a fever. I explained to her that her ambivalent state of love and hate, in which at one moment she said that she loved her mother and the next moment that she hated her, was undoubtedly the cause of her unhealthy condition. She did not want to marry the man, so her subconscious mind accommodated her by bringing about inflammation and infection of her throat. Her subconscious was actually saying to her conscious mind, "you can't marry him as long as you are sick." That was her body's manner of agreeing with her subconscious desire.

How her health was restored to normal

At my suggestion she informed her mother definitely and positively that she was not going to marry the man, as she did not love him. Furthermore, she established her own residence and decided to make all her own decisions. I was able to talk with the mother, and I pointed out to her that it was completely wrong to try to insist that her daughter marry a man whom she did not love, and that marriage for any other reason than love would be a sham, a farce, and a masquerade.

The mother wisely agreed and told her daughter she could marry whomever she wished, that she would no longer tell her what to do, and that she was as free as the wind.

A demonstrated miracle of healing

This young woman had a heart-to-heart talk with her mother, and both of them entered into the spirit of forgiveness, love, and goodwill for each other. Immediately there was a perfect healing, and she has had no physical trouble since.

HOW TO RELEASE NEW HEALTH-GIVING POWER

Recently I chatted with a young banker who seemed very nervous, jittery, and apparently ill in mind and body. He said, "I've got the Asian bug. This 'flu' is wearing me down." I wrote out a mental and spiritual prescription for him, emphasizing that by repetition, belief, and expectancy the ideas of health, wholeness, and strength would penetrate his subconscious mind, and he would get marvelous results.

A metaphysical prescription for health

Here is my prescription: "I am strong, powerful, loving, harmonious, vital, dynamic, joyful and happy." He repeated this affirmation for about five minutes three or four times a day, knowing that whatever he attached to "I am" he would become. At the end of about a week, he called me on the phone and said, "That spiritual medicine you gave me worked like a miracle. From now on I will make sure that whatever I attach to 'I am' will be God-like and of good report." He expected results and believed in the response of his subconscious.

THE INFINITE HEALING POWER OF YOUR SUBCONSCIOUS MIND

A mother brought her ten-year-old boy to see me. This boy had developed a bad case of asthma. The mother said that when the summer came and the boy went to live with his grandparents in San Francisco, he was completely free from attack; but when he came back home, he invariably suffered a relapse and had to resume the medication of his physician, which helped alleviate his distress.

In talking to the boy alone, I learned that his father and mother were always quarreling, that he was afraid he would lose both of them, and that he would no longer have a home. This boy was perfectly normal in every way. The trouble was the contention and strife in the home. During a conference with his mother, I found that she felt a tremendous hostility and suppressed rage toward her husband. She admitted that she occasionally threw dishes at him, and that in two instances he had beaten her up. The boy was caught in this emotional cross-fire and consequently suffered from fear and a deep sense of insecurity.

A miraculous working of Infinite Healing Power

I succeeded in getting the father and mother together and proceeded to explain to them how children suffer from the mental and emotional climate of the home atmosphere. I said that, undoubtedly, they both loved the boy. I pointed out that inasmuch as they had brought him into the world, they had a moral and spiritual obligation to see to it that there was love, peace, and harmony in the home; moreover, they should convey to the boy that he was loved, wanted, and appreciated. I elaborated on the fact that the boy wanted a feeling of security; and that when love and harmony between his father and mother were restored, I believed the asthmatic condition would go away. His asthma was the symptom of his fear and anxiety.

The healing prayer by father and mother for their son

I wrote out a prayer for the boy's father and mother and suggested that they alternate with one another praying night and morning, knowing that as they prayed for each other and their son, all the pent up hatred and animosity would be dissolved by Divine love. The following is the prayer: "Both of us join together in knowing that God is and His Infinite Healing Power is flowing through each one of us. We radiate love, peace, and goodwill to each other. We see the presence of God in one another and we speak kindly, lovingly, and harmoniously to one another. We lift each other up mentally and spiritually by knowing the light, love, and joy of God are being expressed more and more every day by each one of us. We salute the Divinity in each other, and our marriage grows more blessed and beautiful every day. Our son is open and receptive to our loving thoughts. He lives, moves, and has his being in God. He breathes the pure breath of Spirit and his bronchial tubes, lungs, and entire respiratory system are permeated and saturated by the vitalizing and harmonizing Infinite Healing Power of his subconscious mind, thus making his breathing free, easy, and perfect." They repeated their prayer three or four times each morning and night, the husband in the morning and the wife at night.

Healing prayer for the son to follow

Here is the prayer the boy followed each night: "I love my father and mother. God loves them and cares for them. They are happy together. I inhale the peace of God and I exhale the love of God. I sleep in peace and I wake in joy."

The father and mother voiced the prayer given them regularly and believed in

the miracle working power of their subconscious mind. At the end of about two weeks, they noticed the boy was completely free from the wheezing attacks and discontinued all medication. The boy told me that he had had a dream on the seventh night following his prayer wherein a man with a beard appeared to him and said, "Sonny, you are all right now." He woke up and told his father and mother what had happened and said to them, "I know I am healed."

My analysis and comment

I believe that when the parents began to pray together and for each other, as well as for their son, the healing vibrations of peace, harmony, and love impinged on the receptive mind of the boy, resurrecting the wholeness, harmony, and perfection already resident in his subconscious mind. They believed in the Infinite Healing Power of his subconscious mind, believed in what they were doing, and why they were doing it. Furthermore, the boy's prayer accelerated the healing process. In filling his mind with faith and confidence in the healing power of God and with love for his parents, his subconscious mind dramatized the healing which took place in a vivid dream. The Bible says, *I the Lord will make myself known unto him in a vision, and will speak unto him in a dream* (Num. 12:6).

THE MIRACLE OF CHANGED ATTITUDE CHANGES LIVES

At the close of the nineteenth century, William James, referred to as the father of American psychology, said, "The greatest discovery in my generation is that human beings can alter their lives by altering their attitudes of mind." That is to say, you can have a greater measure of health, vitality, aliveness, and buoyancy if you begin to feed your subconscious mind with life giving patterns of harmony, joy, strength, power, energy, enthusiasm, and victory.

How changed attitude healed a baffling illness

A few weeks ago I spoke to about 1500 people assembled in the ballroom of the Frontier Hotel in Las Vegas, Nevada. I gave a talk on "How to Develop the Healing Consciousness." After the lecture, a young doctor told me of a very interesting and inspiring experience. He said that one night he was called to a home where the parents of a sick girl did not believe in sickness or disease or doctors of any school. The father said to him, "My daughter is charged with fear

and is afraid she'll die." The doctor examined the girl and told her that her temperature was 102 degrees, but that she would be all right—there was nothing radically wrong and she was in no danger of death.

She asked him to pray with her, and he being very religious, did so by quietly reciting the 23rd Psalm with her. She would not take any medicine because it was contrary to her religious belief. He told me that he believed she would be all right, and he pictured her as perfect.

A month later, the girl's brother, who had wandered away from the religious beliefs of his parents and sister, and had become in his own right a very successful medical doctor and surgeon, visited the physician and wanted to know what therapy he had given his sister, as she had been suffering from severe epileptic seizures two or three times every week and had now become free from all symptoms and attacks. He said he had tried unsuccessfully to get her to take modern anti-epileptic drugs for several years. The young doctor told the patient's brother that he used no therapy other than suggesting that she would be all right, that there was no danger of death and that she would recover immediately.

They were both flabbergasted and dumbfounded for a few moments. The patient's brother broke the silence by saying, "All I know is that you gave her a transfusion of faith in the healing power of God, and your positive suggestion found its way to her subconscious mind, which healed her."

This young doctor said to me, "Had I known she had epilepsy, I would never have been so positive and confident in my approach to her. I can now see that my image of perfect health and complete confidence in her recovery was communicated to her subconscious mind and that my attitude coupled with her new attitude changed everything and brought forth a perfect healing.
"One year has passed," he said, "and she has not had a single seizure. She is now married and drives her own car." Changed attitudes can change everything for the better!

The Bible says, *Thy faith hath made thee whole; go in peace* (Luke 8:48).

POINTS TO RECALL IN THIS CHAPTER

1. The Cosmic Intelligence made your body, knows all its processes and functions, and knows how to heal you.

2. Your health is what you think all day long. Dwell on thoughts of health, wholeness, vitality, power, strength, and harmony. Busy your mind with these thoughts and your body will reflect your habitual thinking.

3. Negative emotions can cause many diseases. Destructive emotions get snarled up in your subconscious mind, and, being negative, must have a negative outlet in the form of various organic malfunctions.

4. When you come to a clear-cut decision, the mental conflict is dissolved. When you refuse to be dominated by others and decide to run your own life and make all your own decisions and enter into the spirit of forgiveness of others, your particular illness, mental or otherwise, may well disappear.

5. Whatever you attach to "I am" you become. For radiant health, affirm frequently, "I am strong, powerful, radiant, happy, joyous, and vital." Make a habit of this and you will experience miraculous results.

6. The mental and emotional atmosphere of the home affects the health and disposition of the children. Children grow in the image and likeness of the dominant mental climate of the parents. Parents should exalt God in the midst of each other and radiate love, peace, and goodwill to one another. As they pray together for harmony, health, and peace, and as they surround the children with light, love, truth, and beauty, the radiant, peaceful atmosphere of the home will be conducive to health, happiness, and serenity.

7. Cases of asthma in small children can be caused by emotional conflicts, dissension, and contention between parents. These conflicts generally show up as fear and anxiety in the child, too often bringing on the asthmatic attacks, as well as other ailments.

8. A wonderful prayer for asthma is: "I inhale the peace of God and I exhale the love of God." Repeat frequently and with deep feeling, and believe in the healing power of God.

9. The subconscious may sometimes reveal to you that your healing has taken place through a vivid dream. At the same time you feel subjectively by an inner knowing that you are healed.

10. Your changed attitude of perfect life and health will be transmitted to a sick person, inducing a resurrection of vitality and wholeness in the subconscious mind of the patient.

11. Change your attitude and you change your life. Changed attitudes can change everything! It is done unto you as you believe.

FIFTEEN

The Infinite Power of Dove and Your Invisible Matrimonial Guide

God is Life, and Life loves to manifest itself through each of us as harmony, health, peace, joy, abundance, beauty, and right action, or, in other words, life more abundant. There is something in all of us that reminds us of our origin and turns us back to the Source. It is our mission and purpose to enlarge this memory so that it grows from a spark to a flame, and we sense and feel our oneness with God—the Source of all life. There is a deep hunger and thirst in you to unite with the Infinite Source of Life—your Maker.

When you were born you cried for food. As you grew older, you discovered you could never be satisfied without receiving, in addition, spiritual food such as inspiration, guidance, wisdom, and strength from the Infinite Source of all blessings. The Infinite Life Principle is seeking expression through you, and your love for God is expressed by your desire to feel mentally and spiritually united with the Source of all blessings and all power.

Love your mental pictures

Your mental patterns and images are made manifest by your love nature, that is by your emotional attachment. Whatever idea or desire you emotionalize and feel as true is subjectified and made manifest in your world. Make a blueprint for yourself today as you read this chapter, give your attention and devotion to it, adhere to it regularly and systematically, and finally your blueprint will be emotionalized and brought forth into your experience. What you love you become.

At frequent intervals during the day, mentally picture what you want to be, to do, and to have. Do this lovingly, feelingly, but persistently. Do not force or coerce, but with feeling and confidence turn your mental picture over to your subconscious mind, knowing and believing that your subconscious responds to your mental impression.

HOW A WOMAN DREW LASTING LOVE INTO HER LIFE

Recently a young woman asked me, "What is wrong with me? I know I am well educated, I am a business executive, I am a good conversationalist, and many say that I am attractive; yet I attract nothing but married men and alcoholics, and I get shady propositions from others."

Why she was rejecting herself

Her case is typical of a great number of women who are charming, vivacious, lovely, and of excellent character, but they are down on themselves. She had a cruel, despotic, tyrannical father, who never gave her any love or attention. He was the puritanical type, who would not permit her to play games on Sunday, and also forced her to go to church three times every Sunday. Moreover, he quarreled violently with her mother. She felt rejected by her father, who never showed any interest in her school work or general welfare.

She hated him subconsciously and felt guilty about this, which set up a fear in her mind that she should be punished. Constantly arising from the crevasses of her subconscious mind was the feeling that she would be rejected, that she was unworthy of love, and that she was not very attractive.

The mysterious law of attraction

Like attracts like and "birds of a feather flock together." Since her sense of rejection and fear of punishment were a mental state, this automatically attracted to her frustrated, neurotic, inhibited men. The law of mind works and responds negatively or positively according to the thought patterns or directions given it.

How she cleansed her subconscious mind

At my suggestion she wrote down the following and decided to fill her subconscious mind with the following truths for five or ten minutes in the morning, afternoon, and at night: "I know Divine love dissolves everything unlike itself. I know and believe that what I consciously meditate on is impressed on my subconscious mind and will be expressed in my experience. The Self of me is God. I honor, exalt, and love the God-Self in me. Whenever I am prone to criticize or find fault with myself, I immediately affirm, `I exalt God in the midst of me.' I forgive myself for harboring resentful and hateful thoughts

towards my father, and I wish for him all the blessings of God. Whenever I think of my father, who is now in the next dimension, I bless him. I continue to do this until there is no sting left in my mind. God's love flows through me now. I am surrounded by the peace of God. Divine Love surrounds, enfolds, and encompasses me. This Infinite Love is inscribed in my heart and written in my inward parts. I am radiating love towards all men and women. Divine Love heals me now. Love is a guiding principle in me; it brings into my experience perfect, harmonious relationships. God is love. `He that dwelleth in love dwelleth in God, and God in him.' "

She continued this prayer therapy process for a month and remained faithful to it. In our next interview, I found a changed young lady. A tremendous transformation had taken place in her mental attitude toward herself, life, and the world in general.

How she made ready for marriage

She had stopped rejecting herself, a negative attitude which, even though she would have married, would have destroyed the marriage. She prayed as follows: "I believe I can have the ideal husband. I know it is a two-way contract. I give him loyalty, devotion, honesty, integrity, happiness, and fulfillment; and I receive from him loyalty, faith, confidence, trust, love, and fulfillment. The Infinite Intelligence within me knows where the ideal man is and wants fulfillment for me. I am needed, I feel wanted, and I am greatly desired by the man selected by Infinite Intelligence for me. I need him and he needs me. There are harmony, peace, love, and understanding between us. Divine Love unites us, and we harmonize perfectly spiritually, mentally, and physically. I let go of all fears and tensions, and I trust and believe the Infinite Intelligence will bring us together. I know there will be mutual recognition when we meet. He loves me and I love him. I release this whole idea to the Infinite Mind, giving thanks for the Universal Law of Love for its completion now."

She repeated the above prayer with deep feeling night and morning, believing and knowing that these truths were penetrating the walls of her subconscious mind.

How love attracts love

Two months went by. She had several dates; none proved to be of a romantic

nature. Whenever she wavered, however, she reminded herself that the Infinite Power was taking care of her request. One day she was flying on business to New York City when a tall, handsome clergyman sat beside her and engaged her in conversation. They discussed various religions, and she discovered that his religious and political beliefs coincided with hers. She attended his church service in New York, and within a week they were engaged. They are now married and live in a beautiful parsonage, where harmony reigns supreme.

HOW A BUSINESSMAN OVERCAME ABNORMAL JEALOUSY WITH LOVE

Love unites; jealousy divides. Milton said, "Jealousy is the injured lover's hell." Shakespeare said, "Oh, beware of jealousy; it is the green-eyed monster, which cloth mock the meat it feeds upon." In other words, the jealous man poisons his own banquet, then eats it.

As an example of this, I might tell of a man I knew who had a deep feeling of resentment against a rival in business because of his success, promotion, and popularity. I explained to this man that the deadly venom of jealousy was preying upon all his vital organs, as he had bleeding ulcers, hemorrhoids, and high blood pressure. Moreover, the poison of jealousy generated by him was turning the healthful hue of his face to a haggard sallowness and was devitalizing his whole being.

How the explanation became the cure

My explanation of the man's difficulties was along these lines: The Infinite Power is one and indivisible. There is no competition, as it cannot compete with itself. There are no divisions or factions in it. There is nothing to oppose it, thwart it, or vitiate it, as it is the only Presence, Power, Cause, and Substance. Certainly the Infinite Being is never in competition with anything or any person. The Infinite Power is the Life-Principle in all men seeking expression through each man in a unique, extraordinary way. There are three billion people in the world, and this Infinite Reservoir of Life is flowing through each person.

Each man can appropriate what he wishes, as the Infinite River of Mind is permeating the mind of all of us. Your thought, your feeling, your attention, and your recognition of this Infinite Power represent your direct pipeline to the Infinite Reservoir. You are the only one in the world who can sever this

connection by your lack of belief and faith.

Making the contact with love

You can go within yourself and claim your good, health, wealth, abundance, inspiration, guidance, love, or anything else you want. As you expect and believe, the response will flow in your behalf. You don't want what the other has. Rejoice in his success. You can get what you want by right thinking and feeling. In other words, by establishing the mental equivalent of what you want in your mentality will you reap your reward.

To be jealous of another's talents, success, achievements, or wealth is to demote yourself and attract even more lack, loss, and limitation. Actually, you are rejecting the Divine Source of all good and saying to yourself, "He can have those things and be successful, but I can't." This is ignorance and deprives you of promotion and success. Since there is but one Mind and one Life, you must learn that when in our thought and feeling we sincerely wish for every man, woman, and child in the world the right to life, liberty, happiness, and all the blessings of God, we are truly loving them. Love (goodwill) is the fulfilling of the law of success, happiness, and peace of mind.

How love transformed his life

The above simple and practical discussion about the laws of his mind brought about a new perspective and a new vision of life. The man said to me that he would never again be jealous or resent another man's promotion or success, but that he would rejoice and be glad to learn of any individual's moving onward and upward. I gave him the following prayer to use frequently:

"I know and believe that all of us have one common Progenitor, the Life-Principle, which is the Father of all; and all men are brothers. I salute the Divinity in each person. I know I am shaped and fashioned by what I love. As I pour out love and goodwill to all, I know this purifies and cleanses my subconscious mind of all jealousy, resentment, and fear. I rejoice in the success, promotion, advancement, and happiness of all those around me and of all people everywhere. The river of love and life flows through me, and I am cleansed and at peace."

Whenever a jealous or envious thought came to his mind, he would affirm, "I

rejoice in his success. I radiate love and goodwill to him." He made a habit of this, and today he is a wonderful success, operating his own business. The most amazing thing is that the associate of whom he was so terribly jealous is now his partner, and they are prospering beyond their fondest dreams.

HOW TO USE LOVE'S POWER CONSTRUCTIVELY

Some time ago, I interviewed a woman who said, "I have fallen in love with a man. How can I make him propose to me and marry me?" This is the wrong use of the law of love. It is the inversion of love and indicates a desire to mentally coerce or force the other to do something he does not want to do. It is interfering with his God- given privilege and prerogative to choose and decide for himself.

Working mentally on someone else to get him to do what you want is called black magic. This mental power is recognized in India, for example, as well as elsewhere. I explained to her that if she got her man by this means, it would boomerang, and she would wish she had never done it, and, furthermore, that he was not what she really wanted in the first place.

I gave her the following specific prayer for right action:
"The Infinite Intelligence within me knows my desire for marriage. It also knows where the right type of man for me is. He loves me for what I am, and we are mutually attracted. I have no particular man in view as I pray, but I know that the Infinite Mind is now bringing both of us together in Divine order. He comes without encumbrances of any kind, and there are mutual love, interests, and respect. I know and believe `my own shall come to me.' There is no competition anywhere in life. I give thanks for the Principle of Right Action in my life now, and I know it is done."

She sincerely believed the words she was affirming. She put a feeling of deep conviction into this prayer. After a few weeks, her employer, for whom she had worked five years, proposed to her. They were married and are ideally suited for each other. After the wedding ceremony, which I conducted, she said, "Isn't it funny the way prayer works? I worked in his office for five years, and he never seemed to notice me. Truly, prayer changes things."

Walking in love

Every night and morning dwell mentally on the following, age- old Biblical

truths: God is love (I John 4:16). *Let all your things be done with charity* (I Cor. 16:14). *Walk in love* (Eph. 5:2). *He That dwelleth in love dwelleth in God* (I John 4:16). *Thou shall love thy neighbor as thyself* (Lev. 19:18). *For this is the message that ye heard from the beginning, that we should love one another* (I John 3:11). *See that ye love one another with a pure heart fervently* (I Pet. 1:22). *Love worketh no ill to his neighbor; therefore love is the fulfilling of the law* (Rom. 13:10). *Beloved, let us love one another, for love is of God; and every one that loveth is born of God, and knoweth God. He that loveth not knoweth not God; for God is love* (I John 4:7, 8).

POINTS TO RECALL IN THIS CHAPTER

1. Life by its very nature loves to manifest itself as harmony, beauty, joy, and peace; in other words, God's will for you is the abundant life right here and now.

2. Your thought patterns and mental imagery are made manifest in your life by your love nature or your emotional attachment. Whatever idea you emotionalize will come to pass.

3. Cease rejecting yourself. Like attracts like. Realize Divine love dissolves everything unlike itself. If you have a pattern of rejection or a fear complex, fill your subconscious mind with life-giving patterns of harmony, love, peace, joy, and right action; and you will experience a spiritual rebirth.

4. You can attract the ideal spouse by realizing that Cosmic Intelligence within you is now attracting to you the person who harmonizes with you in all ways. Your deeper mind will bring it to pass in Divine order.

5. Jealousy is a mental poison attracting loss, lack, and misery to you. It can be overcome by realizing there is no competition in the one Cosmic Mind. Love casts out jealousy. Whatever you want, you can claim mentally and the God-Presence will give it to you according to your belief in love.

6. Love is an outreaching of the heart. It means goodwill. As you sincerely wish goodwill to others, you will bless yourself, since you are the only thinker in your universe; and what you think about the other is experienced and made manifest in your life. Love is the fulfilling of the law of health, happiness, and peace of mind.

7. Whenever a jealous thought comes to your mind, substitute immediately the following: "I rejoice in the happiness and success of him or her." Make a habit of this, and wonders will happen in your life.

8. Never try to mentally manipulate another to do some- thing he does not want to do. This is an inversion of the law of love, and is called "black magic." Such an act always boomerangs and brings suffering and regret into your life. To hurt another is to hurt yourself.

9. There is a Principle of Right Action in the universe. The Cosmic Intelligence within you will give you anything you claim, feel, and believe. The Cosmic Mind has billions of channels through which to pour out its infinite blessings. You are a channel of God. Accept your good now.

10. *He that dwelleth in love dwelleth in God* (I John 4:16).

SIXTEEN

The Infinite Power of Belief to Make the Impossible Become Possible

The Bible says, *Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24). *And Jesus said unto him, if thou canst believe, all things are possible to him that believeth* (Mark 9:23).

To believe is to accept something as true. Great numbers of people, however, believe that which is absolutely false; consequently, they suffer to the extent of their belief. If, for example, you believe that Los Angeles is in Arizona and you address your letter accordingly, it will go astray or be returned to you. Remember that to accept an idea is to actually believe it. If someone suggests to you that you were born to succeed, to become victorious over life's problems, and you accept this completely with- out any mental reservation, apparent miracles will happen in your life!

THE MIRACLE OF IMPLICIT BELIEVING

When Alexander the Great, the ancient Monarch, was a very young, impressionable boy, his mother, Olympia, told him that his nature was Divine, and that he was different from all other boys, because she had been impregnated by the god Zeus; therefore, he would transcend all the limitations of the average boy. The youth firmly believed this and grew up magnificent in stature, power, and strength; and his life was a series of glorious exploits beyond the comprehension of the average man. He was called "the Divine Lunatic." Alexander was constantly accomplishing both the un- predictable and the impossible. He became an outstanding warrior and conqueror. He accepted completely the belief that he was not the son of his human father, Philip of Macedonia.

It is recorded that at one time he put his arms around a wild, fierce, undisciplined stallion; jumped on it without saddle or bridle; and the horse became as gentle as a lamb. His father and the groom wouldn't dare touch the same horse. However,

he believed he was Divine and had power over all animals. He conquered the then known world and established the Alexandrian empire. It is said that he wept because there were no more nations to conquer.

I cite this just to show the power of belief, which enables you to make the so-called impossible possible. *With God all things are possible* (Matt. 19:26). Alexander believed, and dramatized his belief to himself, and made manifest in his own way this Infinite Power in his mind, body, and achievement.

WHY YOU SHOULD KNOW YOU ARE DIVINE

You are a son of the living God. The Bible says, *Call no man your father upon the earth: for one is your Father, which is in heaven* (Matt. 23:9). You are born of God. You are Divine. You have the power, ability, and capacity to do God-like things. I have said, *Ye are gods; and all of you are children of the most High* (Ps. 82:6). Think of all the wonderful things you can accomplish as you call on the Infinite Power within you. Your belief that you are a son of God will set aside all the false beliefs and opinions of man and enable you to do the works of God here and now.

HOW TO ACKNOWLEDGE YOUR DIVINE NATURE

Affirm frequently, "I know and believe I am a son of God, and I am endowed with all the powers, qualities, and attributes of God. I believe implicitly in my Divine nature and I accept my Divine birthright. I am created in the image and likeness of God. I have been given dominion over all things. I can overcome all problems and challenges through the Infinite Power of God within me. Every problem of mine is Divinely outmatched. I definitely believe I can release the Infinite Healing Presence to relieve suffering in myself and in others. I am inspired and illumined from on High. I am expressing more and more of God's love, light, truth, and beauty every day. God is my father, and I know all things are possible to me because I am Divine. I claim this moment that the Light of God shines in me and the glory of God, my Father, is risen upon me. I can do all things through the God-Power, which strengtheneth me."

Continue to reiterate these truths until they become a subjective embodiment, and wonders will happen in your life.

HOW A MINISTER PROVED THE POWER

OF BELIEF TO HIMSELF

I had an interesting conversation with a fellow minister a few months ago. He said that his brother, who is an internist and an outstanding diagnostician, had said to him a year previously, "Tom, you have a malignancy." He added, "It was a great shock to me at first." He continued:

"I began to think about what I say in my sermons about God being love and about faith moving mountains, and I said to myself, `If this be true, why am I so frightened and frustrated? Could it be that I do not really accept these truths, or is it just a theoretical assent on my part?' Suddenly, the thought came to me, if I really believed, I would be alive to the truths of the Bible and honestly live them. I followed the therapy outlined by my brother. The pain was excruciating and I did not respond to the x-ray and drug therapy. I was getting progressively worse. I knew I did not really believe in the Healing Power of God—that these were words and nothing more. I opened the Bible and read these words: *For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith* (Mark 11:23)."

He meditated on this passage, and the following is the gist of his prayer: "I believe the truths contained in this Biblical verse. The mountain of fear, worry, and ill health is removed and cast into oblivion. This sickness leaves me now. I believe in the Healing Power of God, His goodness, and His care for me. I know that this condition in my body is caused by negative thoughts charged with fear and lodged in my subconscious mind. I know God's healing love is now dissolving and wiping out all negative patterns, and I thank God for the healing that I believe is taking place now. I absolutely refuse to give power to the difficulty, and I rejoice in the truth, *I am the Lord that healeth thee* (Exod. 15:26)."

He prayed aloud many times a day. When fear and doubt came to his mind, he would immediately affirm, "God is healing me now." At the end of three months all tests proved negative. He is as free as the wind now and is back whole and sound preaching in his church every Sunday and Wednesday, a picture of perfect health.

And all things, whatsoever ye shall ask in prayer, believing, ye shall receive

(Matt. 21:22).

HOW TO BELIEVE IN THE INFINITE HEALING POWER AND BE MADE WHOLE

Through the ages there have been accounts of miraculous spiritual healings. Jesus healed the blind and the lame. He was a man born like all of us. The only difference between Jesus and any other man is that he appropriated more of Divinity by meditating and feasting on the great truths of God, and he had a sense of oneness with God. He said to all men, *The things that I do, ye shall do also, and greater things shall ye do*. He said, also, *And these signs shall follow them that believe . . . they shall cast out devils; they shall speak with new tongues . . . they shall lay hands on the sick, and they shall recover* (Mark 16:17--18).

The power to heal is in your belief that with God all things are possible.

How a mother made the impossible become possible

I received a phone call from a woman in Louisiana. Her son was in a hospital. He had had a massive cerebral hemorrhage and was not expected to live; he was considered a hopeless case. In talking with this woman, I found she was deeply religious. I asked her, "Do you believe that the Infinite Healing Presence which made his brain and body can heal and restore him?" She replied, "I believe what the Bible says: *For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.* (Jer. 30:17)."

We prayed together over the phone and agreed that the Infinite Healing Power knew how to heal the brain as well as all organs of the body and knew exactly how to repair it. We decreed that an atmosphere of love, peace, and harmony surrounded her son and that all doctors and nurses were Divinely guided in all ways. I suggested to her that she imagine her son home and hear him tell her in her vivid imagination, "Mother, a miracle has happened. I'm completely healed."

The mother continued to pray and believed in the Healing Power of God to restore her son, and she constantly pictured him at home smiling and happy. When fear or any anxious thought came to her mind, she affirmed immediately, "I believe, I believe, I believe in the Infinite Healing Power working a miracle now." This young man is strong and well today!

No one knows exactly how the Healing Presence works. In the same manner, I do not know, nor does anyone know, exactly how a sequoia tree grows from a sequoia seed. This woman absolutely believed that there was an Infinite Intelligence that knew how to heal and repair her son's body. She looked beyond appearances and made the impossible possible.

HOW TO TAKE A TRUE LOOK AT YOUR BELIEFS

Ask yourself, "Does this which I desire exist for me?" Do you believe that you can have wonderful friends and companionship? Do you believe that all the wealth you need is a possibility for you in the universal scheme of things? Do you believe you can find your true place in life? Do you believe that the will of God for you is the abundant life, a greater measure of happiness, peace, joy, prosperity, greater expression and buoyant health? You should answer all these questions affirmatively and believe and expect the best from life, and the best will come to you.

WHAT MANY PEOPLE ERRONEOUSLY BELIEVE ABOUT ABUNDANCE IN THEIR LIVES

Many people think that wealth, happiness, and abundance are not for them, but that these are only for the other person. This is due to a feeling of inferiority or rejection. *There is no such thing as an inferior or a superior person. Everyone is a god, though in the germ: Ye are gods; and all of you are children of the most High* (Ps. 82:6).

You are not limited by family, race, or early conditioning. There are thousands of people who have transcended their environments and have raised their heads and shoulders above the crowd, although they were not born with gold spoons in their mouths. Abraham Lincoln was born in a log cabin; Jesus was the son of a carpenter; George Carver, the great scientist, was born into slavery. The universal bounty of God, however, is poured out on all regardless of race, creed, or color.

It is done unto you as you believe. If you don't believe that you have the right to your heart's desire, knowing that the law is impersonal, always responding to your belief, you can't believe you will have your desire!

YOU HAVE THE RIGHT TO BELIEVE IN RICH AND JOYOUS LIVING

God, Cosmic Good, gave you richly all things to enjoy, and you are placed here to glorify God and enjoy Him forever. You have the perfect right to bring any good into your life provided your motive is unselfish and that you wish for everyone what you wish for yourself. Your desire for health, happiness, peace, love, and abundance cannot possibly harm anyone. You have the right to a wonderful position with a marvelous income, but you should not covet any other person's job. The Infinite Presence can guide you to right employment with an income consistent with your integrity and honesty.

Believe you have the right to the good you seek and do every- thing you know to bring it into your experience, and then it will manifest. You don't want anything which some other person is enjoying. God's infinite riches are available to all. Life responds to you according to your belief in It and your use of It.

YOU GET WHAT YOU BELIEVE

All of your experiences, conditions, and events grow out of your beliefs. Cause and effect are indissolubly united and linked together. Your habitual thinking finds its expression in all phases of your life. Believe you have a Silent Partner who comforts you, guides and directs you, and who holds before you an open door which no man can shut. Live in the joyous expectancy of the best, and invariably the best will come to you.

Every morning when you wake, affirm quietly and lovingly: "This is the day which the Lord hath made. I will rejoice and be glad in it. Wonders will happen in my life today. I will make marvelous contacts today. I will meet wonderful and most interesting people. I will complete all my assignments in Divine order, and I will accomplish great things today. My Silent Partner reveals to me new and better ways to accomplish all things. I know the Infinite Power sees no obstacles, knows no barriers. I believe God is prospering me beyond my wildest dreams. I know and believe that . . . *all things are possible to him that believeth* (Mark 9:23)."

HOW A BANKRUPT MAN CLAIMED HIS GOOD

Some time ago I interviewed a man who had gone bankrupt. He was depressed

and dejected. Furthermore, his wife had divorced him and his children no longer contacted him. He said that his wife had poisoned their minds against him. He commented that he did not believe in God and that he was at the end of the rope.

I pointed out to him that even if he believed the world is flat, nevertheless, it is still round. Furthermore, there is Infinite Intelligence within a man whether he believes there is or not. I suggested to him that he try a formula for ten days, and at the end of that time come back and see me. The formula I gave him was as follows:

"I believe that God is, and that God is the Infinite Power that moves the world and created all things. I believe this Infinite Power indwells me. I believe God is guiding me now. I believe God's riches flow to me in avalanches of abundance. I believe God's love fills my heart and that His love fills the minds and hearts of my two boys. I believe that the bonds of love and peace unite us. I believe I am a tremendous success. I believe I am happy, joyous, and free. I believe God is always successful, and because God is successful and because God indwells me, I am a tremendous success. I believe, I believe, I believe."

I suggested that he affirm the above truths out loud five minutes morning, afternoon, and night. He agreed, and the second day he phoned and said, "I don't believe a word of what I am saying. It's all mechanical and has no meaning." I told him to persist in this mental discipline. "The mere fact that you started to affirm and practice the spiritual formula indicates the faith of a grain of mustard seed mentioned in the Bible; and, as you keep it up, you will remove the mountains of fear, lack, and frustration."

He came back at the end of ten days radiant and happy. His two sons had visited him, and there was a joyous reunion. In his new pattern of thought, he won a small fortune on the Irish Sweepstakes and is now back in business. He discovered that the Infinite Power for perfect living also applied to him!

I knew that even though the words of the prayer meant nothing to him as he started, as he continued to dwell upon them through frequent habitation of the mind, they would sink into his subconscious mind and become a part of his mentality.

. . . for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and

nothing shall be impossible unto you (Matt. 17:20) .

POINTS TO RECALL IN THIS CHAPTER

1. The Bible says,… *if thou canst believe, all things are possible to him that believeth* (Mark 9:23).

2. To believe is to accept something as true. You can believe a lie, but you can't prove it. If you believe something which is false, you will suffer to the extent of your belief.

3. Alexander the Great was told by his mother that she was impregnated by the god Zeus. Alexander accordingly believed his nature was Divine. Consequently, he believed he could accomplish, and did accomplish, what other men believed impossible.

4. Believe you are a son of the Living God and that you are endowed with the Infinite Power and qualities of God. Continue in this belief and you will work miracles in your life. Believe you can do all things through the God Power which strengtheneth you.

5. If you say to the mountain (the obstacle, difficulty, problem) be thou removed and be thou cast into the sea of oblivion and believe that the Infinite Power of God can do this, it shall come to pass.

6. Take a Biblical quotation such as, *I am the Lord that healeth thee* (Exod. 15:26). Reiterate this truth in your mind regularly and believe in the Infinite Healing Presence, and a healing will follow. It is done unto you as you believe.

7. Believe that with the Infinite Healing Power all things are possible.

8. Believe that the Infinite Power which made your body and created all your organs can repair it and restore it to wholeness. Claim it, and saturate your mind with this great truth: *I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord* (Jer. 30:17). By recalling this truth frequently, you will reach a point of inner peace, and a healing will follow.

9. Look beyond appearances and contemplate the reality of the wish fulfilled, and you will make the impossible possible.

10. Take a look at your beliefs and recast them in the light of the great affirmatives. Believe in the goodness of God, in the guidance of God, and in the life more abundant.

11. You are divinely entitled to all the riches of life. God is the giver and the gift, and all things be ready if the mind. be so. Accept your good now and live in the joyous expectancy of the best. You are not limited by family, race, or early training.

12. God gave you richly all things to enjoy. You are here to glorify God and enjoy Him forever. God's infinite riches are available to all. Life responds to you according to your belief in It and your use of It.

13. All your experiences, conditions, and events grow out of your belief.

14. If you affirm that you do not believe in universal principles and the truths of God, and at the same time you begin to affirm that what is true of God is true of you, the mere fact that you begin to affirm the truth is the faith of a grain of mustard seed, which expands and grows as you continue to reiterate and announce these truths to your mind. You will discover that belief works wonders and even miracles in your life.

SEVENTEEN

Infinite Power for Harmonious Relationships with People

This chapter is being written on the beautiful island of Maui, one of the chain comprising the state of Hawaii. The people here say, "You have not lived until you have seen Hawaii." One of Maui's outstanding attractions is Haleakula, "House of the Sun," an extinct volcano, which rises more than ten thousand feet. It offers views of breathtaking scenery and a glimpse of quiet native life where Hawaiians still cast nets into the sea for essential food and tend taro patches in the manner of their ancestors.

In these islands you meet people of every ethnic group and of diverse religious beliefs living together harmoniously, peacefully, and enjoying the sunshine of God's love. The native who drove me from the airport to Maui Hilton Hotel told me that his antecedents were a mixture of Irish, Portuguese, German, Japanese, and Chinese. He pointed out that the people here have intermarried for generations and that racial problems are unknown.

HOW TO GET ALONG WITH OTHERS

One of the chief reasons some men and women do not get ahead in life is their inability to get along with others. They seem to "rub" others the wrong way. Often their attitude of pomposity is tactless and offensive. The best way to get along with others is to salute the Divinity in the other person and to realize that every man and woman is an epitome or example of the entire human race. Every person who walks the earth is a son or daughter of the Living God; and when we respect and honor the Divinity within ourselves, we will automatically revere and honor the Divine Presence in the other person.

HOW A WAITER PROMOTED HIMSELF

While visiting one of the chain of hotels in the Koanapali Beach district of Maui, I had an interesting conversation with a waiter. He told me that every year an eccentric millionaire from the mainland visited the hotel. This visitor proved to

be a miserly type who hated to give a waiter or a bellboy a tip. He was churlish, ill-mannered, rude, and just plain ornery. Nothing satisfied him, and he was constantly complaining about the food and the service, and he snarled at the waiter whenever he served him. This waiter said to me, "I realized he was a sick man. Our Kahuna (a native Hawaiian priest) says that when men are like that there is something eating their insides, so I decided to kill him with kindness."

How the special technique worked wonders

This waiter consistently treated this man with courtesy, kindness and respect, silently affirming, "God loves him. I see God in him and he sees God in me." He practiced this technique for about a month, at the end of which time this eccentric millionaire for the first time said, "Good morning, Toni. How's the weather? You're the best waiter I have ever had." Toni told me, "I almost fainted; I expected a growl and I got a compliment. He gave me a five hundred dollar bill." This was a parting tip from this difficult guest, who at the same time arranged for Toni to be made an assistant manager eventually of a large hotel in Honolulu, in which he was financially interested.

And a word spoken in due season, how good is it! (Prov. 15:23).

A word is a thought expressed. This waiter's words (thoughts) were addressed to the soul (subconscious mind) of the cranky, cantankerous guest, they gradually melted the ice in his heart, and he responded in love and kindness. Toni proved that seeing the Presence of God in the other and adhering to that great eternal truth pays fabulous dividends in human relations, spiritually as well as materially.

TO UNDERSTAND ALL IS TO FORGIVE ALL

This is an old aphoristic statement containing a profound truth. I had an interesting conversation with a social director in one of the hotels here in Maui. She pointed out that occasionally when she says to a guest, "It's a wonderful day," the guest says, "What's good about it? I hate the weather here, I don't like anything about the place." She added that she knew that particular guest was emotionally disturbed and driven by some irrational emotion. She had studied psychology at the University of Hawaii in Honolulu and remembered that her teacher had pointed out to her that one does not get upset or resentful toward a person who is a hunchback, for example, or who suffers from any other obvious

congenital deformity; likewise, one should not be disturbed because some people are emotional hunchbacks and have twisted and disturbed mentalities. One should have compassion for them. Understanding their mental and emotional chaotic state, it is easy to overlook and forgive them.

How understanding builds immunity to hard feelings

This young lady is gracious, charming, affable and amiable, and apparently nobody can "ruffle her feathers." She has built up a sort of Divine immunity, and she fully realizes that no one can hurt her but herself. That is to say, she has freedom, as anyone has, to bless the other person or to resent the other person. She has decided to bless. She knows very well that the only one able to hurt her is she herself, i.e., the movement of her own thought, which is under her complete control.

HOW A MUSICIAN'S SUBCONSCIOUS WORKED WONDERS FOR HIM THROUGH PRAYER

A young musician who plays a stringed instrument at night to pay his way through the University of Hawaii where he is studying law told me that he had experienced friction with some of his teachers and that his memory had failed him during the oral and written examinations. This young man was tense and resentful. I explained to him that his subconscious mind contained a perfect memory of everything he had read and heard but that when his conscious mind is tense, the wisdom of the subconscious does not rise to the surface mind.

Accordingly, he prayed as follows every night and morning: "Infinite Intelligence in my subconscious mind reveals to me everything I need to know, and I am Divinely guided in my studies. I radiate love and goodwill to my teachers and I am at peace with them. I pass all my examinations in Divine order."

Three weeks went by and I received a letter from him saying he had passed his special examination with flying colors and that his relationship with his teachers is now excellent.

He succeeded in incorporating the idea of perfect memory for everything he needed to know into his subconscious mind by reiterating the affirmations I gave him. His emanation of love and goodwill was subconsciously picked up by his

teachers, resulting in harmonious relationships.

HOW A DOCTOR HEALED HIMSELF OF CRIPPLING ANGER

Haleakala Crater, once a fiery, gaping depression, is now a cool, cone-studded aftermath of a violent volcano. I was with a group of people, some of whom were from such widely diverse localities as Denver; Pittsburgh; Stockholm, Sweden; and Australia. I sat next to an Australian doctor and his wife in the limousine. He told me that volcanic eruptions causing havoc similar to the results of the volcanic activity at which we were looking had taken place in his life because he was in the habit of judging people too harshly.

The gist of his conversation was that he used to boil over with rage at what the columnists wrote in the newspapers. He wrote poisonous, vindictive and vitriolic letters to members of parliament, to heads of the various unions, etc. This internal seething and turmoil brought on two physical eruptions in two severe cardiac attacks plus one volcanic eruption in the form of a mild stroke.

He recovered from these attacks and realized that he had brought them on himself. While in the hospital, a nurse gave him the 91st Psalm to read, saying, "This is the medicine you need." He began to dwell on it, and gradually its meaning sank into his soul (his subconscious mind). He pointed out that he had long since learned to adjust to people, realizing that they are all conditioned differently and that this is a world of imperfect human beings striving toward God's Perfection.

What being true to inner self means

This doctor had learned to be true, as he said, to the God-Self within him and to respect the same God in the other. Shakespeare said, "To thine own self be true; then it follows, as the night the day, thou canst not be false to any man." This doctor had learned that to understand all is to forgive all. He is still intolerant of false ideas, but not people. He remains true to the truths of God and eternal principles.

HOW A MAN WITH A GRUDGE AGAINST GOD LEARNED A GREAT LESSON IN HUMAN RELATIONS

A man with whom I went swimming in the ocean adjacent to the beautiful and majestic Maui Hilton Hotel said to me, "I'm here to get away from it all." He began to criticize everybody in his organization, as well as the government; he even seemed to have a grudge against God. In fact, he told me he felt he would get along better if God would just let him alone.

He asked me, "What can I do to have better human relations and get along with these ugly people?" I suggested to him that research has demonstrated that much of the difficulty many people have in human relations is that they don't look within themselves for the cause. The first step would be to get along with his own difficult self. I pointed out to him that much of his trouble with his employees and associates came from himself primarily and that these other people might be called secondary causes.

He admitted he was full of hidden rage and hostility and was deeply frustrated in his ambitions and plans in life. He began to see, however, that his suppressed rage kindled the latent hostility or anger in those around him; and he suffered from their reactions, which he himself had engendered. He discovered that what he termed the animosity and hostility of his associates and employees reflected his own hostility and frustration to a great extent.

I gave him a spiritual prescription, which he was to follow regularly and systematically: "I know that there is a law of cause and effect, and the mood which I generate is returned to me in the reactions of people to me and in conditions and events. I realize my inner turmoil and anger sets off ugliness and anger in men and. women and, also, animals. I know that no matter what I experience, it must have an affinity in my mind, conscious or unconscious; for as I think and feel, so am I, and so do I express, experience and behave.

"I give myself this mental and spiritual medicine many times a day. I think, speak and act from the Divine Center within me. I radiate love, peace and goodwill to all those around me and to all people everywhere. The Infinite lies stretched in smiling repose within me. Peace is the power at the heart of God, and His river of peace floods my mind, my heart, and my whole being. I am one with the Infinite peace of God. My mind is a part of God's mind, and what is true of God is true of me.

"I realize and know that no person, place or thing in the whole world has the power to upset, annoy or disturb me without my mental consent. My thought is

creative; and I consciously and knowingly reject all negative thoughts and suggestions, affirming that God is my guide, my counselor and my governor and that He watches over me. I know God is my real Employer and I am working for Him.

"The real Self of me is God and cannot be hurt, vitiated or thwarted. I realize I am the one who has hurt myself the most by my self-criticism, self-condemnation and self-denigration. I send kindness, love and joy to all people; and I know goodness, truth and beauty follow me all the days of my life, for I live in the house of God forever."

Three weeks transpired; and he wrote me, saying that practicing this phase of mental and spiritual laws had replaced his inner chaotic, seething cauldron state of mind with serenity, tranquility and a sense of imperturbability.

HOW A BENEFICIAL PHILOSOPHICAL ATTITUDE TOWARD PEOPLE WAS DEVELOPED

I had an interesting conversation with a Japanese businessman in Hawaii, who philosophized along these lines: "I have been in business 50 years and have traveled extensively. I have learned that people are basically good and honest. I take people as they come. They are all different: they have had different training and conditioning; they have different customs and religious beliefs; and they are the result of their training, education and habitual thinking.

"I know complaining about people and getting angry with customers won't change them. I don't let them disturb me; I refuse to let anybody get under my skin. I bless them all and walk on."

How collections of unpaid bills were made

He showed me a list of ten customers who owed him considerable sums of money and who had ignored his several bills. He said, "I have been praying for each one, morning and night, realizing God is prospering them in all ways and that God guides, directs and multiplies their good. I pray that each pays his bills gladly and that they are honest, sincere and blessed in all ways. I started a month ago doing this; and eight of them have paid, apologizing for the delay. There are two to go, but I know they will pay, too."

He discovered that when he changed his mental attitude toward the delinquent customers, they changed, also.

THE KEY TO HAPPY RELATIONS

Treat people with respect. Honor and salute the Divinity in the other. Radiate love and goodwill to all. Realize that nobody acts in a contentious, hostile, antagonistic and surly manner who is well adjusted. Know there is a mental conflict somewhere. As the Kahuna says, "There is something eating them inside." There is a psychic pain somewhere. God is the true Self of you. It can't be hurt, thwarted or vitiated in any way. If you find difficult people in your life, surrender them to God, declare your freedom in God and let God take them under His care. You will then find yourself in green pastures and beside still waters.

POINTS TO RECALL IN THIS CHAPTER

1. One of the chief reasons some men and women do not get ahead in daily life is their inability to get along with others.

2. Realize every person who walks the earth is a son or daughter of God. As you honor and respect the God-Self within, you will automatically honor the Divine Presence in the other.

3. A waiter handling a churlish, ill-mannered and rude customer who snarled at him, realized the man was mentally sick and consequently treated him with kindness, courtesy and respect. Every time he waited on him, he affirmed, "God loves him." The waiter's attitude melted the ice in the heart of his customer, paying the waiter dividends in promotion and wealth.

4. To understand all is to forgive all. When you understand the cause of the inner turmoil of others, you become more compassionate and understanding. You understand he acts the way he does because of his training, indoctrination and conditioning.

5. Learn that no one can hurt your feelings or "ruffle your feathers" except through the movement of your own thought, which is under your complete control.

6. Friction, inner turmoil and anger will interfere with your studies and memory, as the wisdom of the deeper mind will not rise to the conscious mind when the latter is tense and antagonistic. Pour out love and goodwill on others until you meet them in your mind and you are at peace.

7. Intense rage and anger can cause heart attacks and other destructive conditions. To neutralize these noxious emotions, dwell on the truths of the 91st Psalm, letting them sink into the subconscious mind and thereby banishing hostility and suppressed rage. Remain faithful to the truths of God within you, and you will walk in pleasantness and paths of peace.

8. The first step to establishing a good relationship with people is to look within yourself and ask, "Might it be possible that the hostility and animosity of others toward me reflect my own hostility and frustration to a great extent?" Change yourself and you will change your relationship with people.

9. There is a law of cause and effect always operating. The mood you generate is returned to you in the reactions of people and in conditions and events in your life.

10. Learn to take people as they come and do not try to change them. People act according to their training, conditioning and habitual thinking. Bless them and go about your affairs.

11. If people owe you money, pray for their prosperity, success and happiness. Realize they are honest, sincere and will pay all their debts in Divine order.

12. The key to harmonious relations with people is to have a healthy, reverent respect for the Divinity within yourself and at the same time respect and salute the Divinity in the other person.

13. If a person is very difficult to get along with, surrender him to God completely and declare your freedom in God. The unpleasantness will disappear from your experience. *Thou shalt also decree a thing and it shall be established unto thee* ... (Job 22:28).

EIGHTEEN

The Benefits of Traveling with God

I went on a lecture tour recently in Europe, visiting Portugal, France, England and Ireland. As I traveled east from California, on alighting from the plane in New York City, I met an old friend, jack Treadwell, author of a popular book, *The Laws of Mental Magnetism*[1]. He told me of an elderly man in the hotel where he lived who had been crippled with arthritis. He had suggested to him that he try prayer therapy, and he gave him a special prayer to use: "God's Healing Love is now transforming every atom of my being into God's pattern of wholeness, beauty and perfection."

This man affirmed these truths for ten or fifteen minutes every day. At the end of a month he was walking freely, joyously and easily. All the calcareous deposits, which cause arthritis, were eliminated. He had decided to travel with God mentally, spiritually and physically.

There is nothing miraculous in this healing. The Infinite Healing Presence which created his body had always been within him, but he had failed to use it. Jack Treadwell taught him how to stir up this gift of God within him. This is what the Bible means when it says: *Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee* . . . (II Tim. 1:6). When you walk, talk and travel with God, everything unlike God is dissolved in your mind, body and circumstances.

[1]Jack Treadwell, *The Laws of Mental Magnetism* (West Nyack, N.Y.: Parker Publishing Co., 1965).

HOW TO TRAVEL WITH GOD

Whenever I take a trip or go on a lecture tour, I pray as follows: "My journey is God's journey, and all His ways are pleasantness and all his paths are peace. I travel under God's guidance led by the Holy Spirit. My highway is the Royal Road of the Ancients, the middle path of Buddha, the straight and narrow gate of Jesus, the King's Highway, for I am a King over all my thoughts, feelings and

emotions. I send my messengers called God's love, peace, light and beauty before me to make straight, beautiful, joyous and happy my way. I always travel with God, meeting His messengers of peace and joy wherever I go. I know that with mine eyes stayed on God, there is no evil on my pathway.

"While traveling on an airplane, bus, train, car or by foot, God's spell is always around me. It is the invisible armor of God, and I go from point to point freely, joyously and lovingly. The Spirit of God is upon me, making all roads in the heavens above or on the earth beneath a highway for my God. It is wonderful!"

Why many seem to lead a charmed life

I have given the preceding prayer to hundreds of people who travel overseas, and they really lead a charmed life by saturating their minds and hearts with the above truths, which sink into their subconscious minds, and their deeper mind responds accordingly. *Thy faith hath saved thee; go in peace* (Luke 7:50).

CAN YOU BELIEVE IN MIRACLES?

My first stop after leaving New York was Lisbon. Portugal is a land of rugged mountains, rolling plains, cork farms and thirteenth and fourteenth century hamlets. I hired a car with a special guide, and together with a niece of mine from Liverpool, journeyed to the shrine of Fatima. Our guide explained the story of Fatima by stating that the Blessed Virgin had appeared to three children on the thirteenth of May, 1917. Their names were Lucia, Francisco and Jacinta. A sudden flash of lightning had surrounded the children, and as they looked towards the tree, they saw upon it the figure of "Our Lady" brighter than the sun. Lucia had asked the "Lady" who she was, and the reply had been, "I am from Heaven. Return here six times at this same hour on the thirteenth day of every month."

The children had been pestered and accused of lying; however, thousands had believed them. But only the children could see the Blessed Virgin. Sick people had been cured and miracles of healing had taken place at the purported place of the "Lady's" appearance.

The final appearance of "Our Lady" had taken place on the thirteenth of October. It was raining and a flash of lightning announced that the Blessed Virgin had appeared. She predicted that the war, then in its third year, would soon end, and

also made other prophetic pronouncements. Our guide said that on that day about 40,000 people had witnessed the dancing of the sun. The rain had suddenly stopped and all the people had fallen to their knees as they had seen the sun surrounded by a shining crown, bursting and turning around like a wheel of fireworks.

A healing observed first hand

We visited the Chapel of the Apparitions. Our guide pointed out to us a woman whose right leg was paralyzed. She was on crutches and accompanied by her son. Our guide interpreted her prayer, which was in Portuguese, as follows: "When I kneel down where the Virgin appeared, I will be healed, praise God." We watched her as she knelt with one knee, holding a rosary in her hand. She prayed fervently to the Virgin, and in about fifteen minutes we saw her get up and walk freely out of the chapel with tears of joy in her eyes. The Bible says: . . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

THE MEANING OF A MIRACLE

A miracle is not a violation of natural law. A miracle does not prove that which is impossible; it proves that which is possible. A miracle is something that happens when one brings in a higher law than those which man has known heretofore.

Cause of her healing

The woman referred to above was healed by her belief and expectancy. She believed that if she could only be in the place where she believed that the Virgin had appeared, she would be healed. Her belief released the healing power of her own subconscious mind! The law of life is the law of belief, and belief could be briefly summed up as a thought in your mind. To believe is to accept something as true. Whatever your conscious, reasoning mind accepts as true engenders a corresponding reaction from your subconscious mind, which is one with the Infinite Intelligence within you. This woman's blind faith or belief healed her.

THE INFINITE HEALING POWER AND HOW TO USE IT

The true method of spiritual healing does not lie in some magic, such as wand-waving, visiting shrines, touching relics, bathing in certain waters or kissing the bones of saints, but rather in the mental response of man to the Indwelling

Infinite Healing Presence which created him and all things in the world.

Spiritual healing and faith healing not the same

Spiritual healing is not the same as faith healing. A faith healer may be any person who heals without any knowledge or scientific understanding of the powers of the conscious and subconscious mind. He may claim that he has some magical gift of healing, and the sick person's blind belief in his or her powers may bring results.

The spiritual therapist must know what he is doing and why he is doing it. He trusts the law of healing. The law of mind is that whatever you impress on your subconscious mind will be expressed in like manner as form, function, experience and events.

THE MEANING OF THE APPEARANCE OF THE BLESSED VIRGIN

The name of the Virgin is frequently referred to as Mary. The Latin word "mare" means the sea. The word "virgin" means pure, and "virgin mare" means pure sea. It means the female aspect of God. This female aspect or subjective mind is referred to in ancient symbolism as Isis, whose veil no man may lift; as Sophia of the Persians; as Diana of the Ephesians; and she is also called Istar Astarte, Mylitta and Maya, the mother of Buddha. The term "Mother of God" usually refers to the Madonna. Of course, God has no father or mother. God is the Life-Principle which was never born and will never die. The "Mother of God" means to mother, dwell on or nourish that which is good in your mind. It is a mental attitude. The "Mother of God" or the "Madonna" or "Our Lady" is a pure myth, which is a projected psychological truth meaning love, beauty, order, the mind that gives birth to God or all things good.

Were apparitions at Lourdes and Fatima subjective creations of mind?

If I hypnotized you and while you were in the hypnotic state suggested to you that on bringing you out of the trance you would see your grandmother and talk to her and that she would give you. prophetic announcements for yourself and the world, your sub- conscious mind would project the image of your grandmother, and you would see her and talk to her. Your subconscious would

utter predictions and prognostications based on the nature of my suggestion. Remember, there is a memory picture of your grand- mother in your subconscious mind. It would not be your real grandmother, who undoubtedly is busy in the next dimension of life. You would have simply experienced a subjective hallucination. The others present in the room where you were hypnotized could not see your grandmother; you would be the only one capable of seeing your projected thought picture. At Fatima it was reported that it was only the children who saw the Virgin; the multitude did not.

Bernadette's Vision at Lourdes

According to some authorities, Bernadette's early life was lonely. She suffered from asthmatic attacks and was emotionally inhibited. The excitation and expectancy of her mind that she would see "Our Lady" acted as an auto-hypnotic suggestion, and her subconscious mind projected a picture of a woman which conformed with the statue in her church or the picture of the Virgin in her prayer book. Her experiences seem to be projected from within her own mind. Hallucinations are based on the conditioning of your mind. Anyone who fervently desires to see a saintly being can condition his subconscious to see his concept of the Virgin Mary or any other personage, based on statues, prayer book pictures or paintings of same.

WHY THE PROPHECIES CAME TO PASS

The Lady at Fatima told Jacinta and Francisco that they would die of influenza and that Lucia would become a nun. All this happened. Remember, your future is already in your mind, and a capable psychic or medium can also predict your future with a fair degree of accuracy. Your future is your present state of mind made manifest, but by prayer you can change the future by thinking from the standpoint of universal principles. Change your thought life to conform to harmony, health, peace, love, right action, and Divine law and order, and all your ways will be pleasantness and all your paths will be peace. Then, any negative prediction cannot come to pass. In this case, it was the children's own subconscious which guided the predictions to come true.

The basis of miracles as observed in Europe

There was much turbulence, strife and rioting during my trip to Paris, but I received a pleasant reception from Dr. Mary Sterling and her associates. She is

the Director of Unite Universelle, 22 Rue De Douai, Paris, and has translated many of my books into French. She has a prayer group at her center, and they achieve amazing healings and answers to prayer. Requests come from all over France. I spoke to a very large and distinguished group of men and women there and received a memorable ovation.

The basis of a healing of blindness

A young woman who attended one of my lectures in Paris visited me at the Hotel Napoleon about an emotional problem, and in the course of conversation she told me that when she first came to Paris from one of the provinces she was employed as a dressmaker. Her employers were cruel and mean to her. She resented them very much, and subsequently she found herself losing her vision. She went to an ophthalmologist and he suggested she give up dressmaking and go back to the country life. She refused and her sight got worse. She went to see a local medical doctor and he told her to quit her position and find another, that her subconscious mind was trying to shut out the unpleasant surroundings and her employers. She did this. She found another position where she was happy, and her vision was gradually re- stored.

She told me that she actually hated the sight of her former employers. Then, of course, her subconscious responded by seeing to it that she couldn't see them or her surroundings. She finally learned to bless her former employers and walk on.

In the case of failing eyesight, it is wise to ask yourself why your subconscious mind is making your eyes the scapegoat. What is it in your life you wish to exclude or shut out? The answer is within you and so is the solution.

Her Divine Companion saved her life

A French newspaperwoman met me at the Orly Airport, because there were no taxis operating in Paris due to a strike. She is an old friend of mine and constantly uses the same prayer I use in traveling and which I included in the first part of this chapter. She said that this special prayer was as much a part of her as her hair.

Last year she was about to take a trip to North Africa, Greece and some other Mediterranean countries. One night, she said, I appeared to her in a dream and told her to wait — postpone the trip — as the plane she was going on would

meet with disaster. She cancelled the trip, and the plane in question crashed. She told me that she understood the way her deeper mind worked; i.e., her subconscious mind projected an image of a person she trusted and would obey. Actually, it was the God-Presence within her which protected her. Her Divine Companion watched over her in all her ways. This is the Presence of God in all of us. . . . *I the Lord will make myself known unto him in a vision, and will speak unto him in a dream (*Num. 12:6).

HOW TO USE THE POWER OF YOUR SUBCONSCIOUS MIND TO MAKE A FORTUNE

Dr. Mary Sterling informed me that the sale of her French translation of *The Power of Your Subconscious Mind*[2] is exceeding all expectations and that many letters are pouring into her sanctuary at 22 Rue De Douai, Paris, attesting to remarkable healings and answers to prayer. One Parisian told me that he has made a fortune by following a technique outlined in the French edition of my book, by affirming for about ten minutes prior to sleep "Wealth is mine; wealth is mine now" over and over again until he lulled himself to sleep. He succeeded by repetition in impregnating his mind, and he said everything he touched seemed to be like the touch of Midas he has made a fortune. In one instance he won a lottery worth $60,000 in American money. He sincerely believes in the power of his subconscious to guide, direct, heal and inspire him, and it responded according to his belief.

[2] Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

THERE IS ALWAYS AN ANSWER

While I was traveling to London from Paris for a series of lectures in Caxton Hall, London, and also Bournemouth, a seaside resort in the south of England, a French girl sat beside me and said, "I am going to London to listen to your lectures, as I want to hear more about the powers of my mind. During one of your lectures in Paris, you said that whatever you impressed on your subconscious mind would be expressed and fulfilled." Then she added that she decreed, "I am going to London in Divine order to listen to a series of lectures by Dr. Murphy and everything will be provided by my deeper mind." She happened to speak to her brother, who is a medical doctor in Paris, about her interest in the subconscious mind, and he said to her, "Sis, why don't you go to London and

take in the series of lectures?" He gave her about two thousand francs — more than enough for the trip — whereas she had previously thought that her brother was hostile to this teaching.

The ways of your subconscious are past finding out. She discovered, as thousands of others have done, that there is always an answer. . . . *Seek, and ye shall find; knock, and it shall be opened unto you* (Matt. 7:7). I might add that this young girl was going to school and had no money of her own.

How a person won on the English Derby three times

During one of my lectures at Caxton Hall, London, where I have given a series of lectures about every two years for the past twenty years, and in an area where I enjoy a host of friends, a young man spoke to me, saying, "I hope you don't think I'm using my mind the wrong way, but three months before our annual derby race, every night I affirm before sleep, 'The winner in the derby,' and I lull myself to sleep with the one word 'winner,' knowing that my subconscious will reveal to me the answer." For three consecutive years he has seen the winner the night before the race in a dream, and last year he bet one thousand pounds, which won him a handsome sum of money. His subconscious responded to his faith in its powers. His preview of the race is called precognition, which is a faculty of the mind.

I explained to him that the subconscious is amoral; it is a law, and a law is neither good nor bad. It depends on how you use it. There is nothing wrong in seeing the questions in the subconscious in an examination prior to taking it; there is nothing wrong in seeing the winner of a dog or a horse race, either. There is only one subjective mind, and it is in the dog, the cat and in all other things as well.

HOW DISSOLVING GUILT HEALED AN ULCERATED ARM

A young surgeon visited me at St. Ermine's Hotel next to Caxton Hall, a lecture hall. He had just listened to one of my lectures on "Why You Can Be Healed." He showed me his arm, which was badly ulcerated. He had tried all manner of therapy to no avail — the ulcer refused to respond. I asked him what he had done with his right hand that might have caused a sense of guilt, and he replied honestly and with sadness, "When I was an intern, I performed several abortions for monetary reasons. According to my religion that is murder, and I feel guilty

and full of remorse." I asked him, "Would you do it now?" He said, "Of course not. I am helping people to get well now."

I told him that he was punishing himself; that the man who performed these operations no longer existed, inasmuch as every atom of his body changes every eleven months. Moreover, he was completely changed mentally, emotionally and spiritually, and he was actually condemning an innocent man. God condemns no one, and when we forgive ourselves we are forgiven. Self-condemnation is indeed hell — self-forgiveness is heaven.

This surgeon immediately saw the point. The past was dead. He saw himself as innocent. Before the end of my week's lectures, he showed me his hand and arm which had become completely whole and perfect. Paul said, . . . *This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize* . . . (Phil. 3:13, 14).

"Kevin of the Miracles"

Glendaloch is traditionally known as the site of the "Seven Churches" in Ireland. St. Kevin spent about four years of incredible austerity here, living on herbs, roots and berries found locally. He was born in 498 and died in 618. He is called "Kevin of the Miracles."

A local farmer was accidentally struck in the eye by a stone. The man lost the sight of the affected eye and suffered excruciating pain. St. Kevin touched the injured eye with a fervent invocation to God. At once the wound healed, the flow of blood ceased and the pain vanished. The man's sight was restored. It is said that this miracle was witnessed by many members of the community, who were greatly edified as a result.

A place of pilgrimage

A visit to St. Kevin's bed is an essential part of the pilgrimage to Glendaloch. The bed is a cavity in the rock about thirty feet above water level. There is a traditional promise that those who succeed in climbing into St. Kevin's bed will have their dearest wish granted. There is an extra wish granted to those who decide to sit in St. Kevin's chair.

My sister accompanied me on this pilgrimage to St. Kevin's, and we talked to a woman who was on the pilgrimage from Killarney. She told us that some years ago she had been in the terminal stages of cancer; her guide had aided her in reaching St. Kevin's bed in the rock, and she had prayed there to St. Kevin. A few days later she felt healed, and her doctors, after taking a biopsy and making X-ray examinations, agreed that she was free from cancer. This, she said, had occurred five years ago, and she is now strong, vital and whole.

St. Kevin's Well

There was a crowd of tourists around a well. The guide pointed out five finger indentations, supposedly those of St. Kevin, in the rock. Visitors were asked to place a hand (left) in the rock, fitting the fingers exactly into the fissures of the rock, and then place it in the well beside it and make a specific prayer or request. The traditional belief is that the wish will be granted through the mediation of St. Kevin.

How his arthritic hand was healed

There was an elderly man near the rock, and he told us that three years ago his hands had become crippled with arthritis, so much so that they were deformed. He followed the instructions by placing his hand on the rock and then in the well, begging St. Kevin to heal him. He said, "I was healed. Look at my hands now." They were perfect.

HOW DO ALL THESE HEALINGS TAKE PLACE?

Emerson says, "There is one mind common to all individual men. Every man is an inlet to the same and to all of the same. He that is once admitted to the right of reason is made a free man of the whole estate. What Plato has thought, he may think; what a saint has felt, he may feel; what at any time has befallen any man, he can understand. Who hath access to this universal mind is a party to all that is or can be done, for this is the only and sovereign agent."

For example, if an electrician is seeking answers to electrical or electronic problems, all the ingenuity, skill, research, discoveries and wisdom of Edison, Faraday, Marconi and others are in the repository of the universal mind, and everyone can tune in on their knowledge and wisdom. Any music ever played by Bach, Beethoven or Brahms is stored and deposited in the universal subjective

mind, which animates all of us. Any musician can tune in and tap this reservoir, which is instantly available to all. The saints mentioned in religious literature are men and women who rose above their problems and appropriated more of Divinity than others. They rose to a higher point of spiritual awareness, and their healing consciousness and victories over all kinds of mental and physical diseases are deposited in the universal bank called the universal subconscious mind.

Therefore, when the Irishman prayed to St. Kevin, his imagination was fired, his consciousness was lifted up in faith and expectancy, and he tuned in on the healing vibrations always present in the universal mind. His prayer worked for him because his mind was full of faith and expectancy. His deep devotion, which was all-inclusive, impressed his subconscious mind and a healing followed.

Whatever you focus your attention on long enough to cause it to become impressed in your subconscious will in turn be demonstrated in your experience. This is the explanation for the so- called miracles which take place at St. Kevin's rock and well.

The Bible says, *And all things, whatever ye shall ask in prayer believing, ye shall receive* (Matt. 21:22). *Jesus said unto him, If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

POINTS TO RECALL IN THIS CHAPTER

1. God's Healing Love can literally dissolve everything unlike itself in your mind and body. Love is the universal solvent. The gift of God within you is the Infinite Healing Presence, which is the only healing power there is.

2. You travel with God by claiming that the messengers of peace, love, light and beauty go before you making straight, glorious, joyous and happy your way. Know that God's love surrounds you in the heavens above and on the earth beneath, making all roads a safe highway.

3. The appearance of the Blessed Virgin at the Shrine of Fatima and other places is simply a dramatization of the subconscious mind of the children who claimed they saw the Virgin in a white robe in a tree. The Virgin in question resembles the picture in their prayer book or possibly the statue they saw in their church. It is a universal symbol for the female aspect of God or Divine Love.

4. People all over the world are healed at the various shrines, such as Shinto shrines, Buddha shrines, at Lourdes and at Fatima, as well as many other places. It is not the shrine or the waters or the relics that perform the so-called miracle, but firm faith, belief, great expectancy and a fired imagination, all of which, when prolonged over a period of time, impregnate the subconscious mind, releasing the Infinite healing power of the subconscious, which is the only healing power there is.

5. A miracle is not a violation of natural law. A miracle does not prove that which is impossible; it proves that which is possible. It is the response of your subconscious mind to your belief.

6. Spiritual healing is different from faith healing. For example, anything that moves the mind from fear to faith, such as a belief in the bones of saints, relics, holy waters, etc., may bring about a healing. Spiritual healing is the harmonious interaction of your conscious and subconscious mind, scientifically directed. It is not the thing believed in, such as a shrine, relic, etc., but it is belief itself which actually does the healing.

7. The apparitions of the "Lady" purported to have been seen at Fatima, Lourdes, Ireland and other places are subjective experiences induced by excitation, expectancy and auto suggestion, which cause the subconscious mind to project an image in conformity with the pattern registered in the subconscious mind of the believer.

8. The future is already in our minds and may be seen by a clairvoyant or good psychic; so also is the future destiny of a nation. But as man learns to pray he can negate any negative happening that may be in his mind now. The future is your present thinking made manifest. Change your thought and you change your destiny.

9. When your vision is failing, ask yourself why your sub- conscious is selecting your eye as a scapegoat. What is it you wish to shut out of your world? Correct it at once, and a healing will follow.

10. When you pray for guidance and right action, and feel and know that God's Love surrounds you at all times and that God walks and talks in you, often a warning may come to you in a dream; and it is wise to obey the inner vision. You

are seeing the event before it happens, and you can avoid it.

11. One way to impregnate your subconscious to secure wealth is to lull yourself to sleep every night with the words, "wealth is mine now." Wonders will happen in your life, and you will discover that your faith in your subconscious is your fortune.

12. The subconscious knows only the answer. If you don't have a penny in your pocket and you want to take a journey, turn your request over to your subconscious mind this way: "I am taking a trip to in Divine order and everything I need is being provided now." Believe and accept what you say as true, and it shall come to pass.

13. A man in London won money on the English Derby three years successively by lulling himself to sleep nightly for three months prior to the race by concentrating on one word, "winner." His subconscious is all-wise, and it responded to his belief in its powers.

14. An ulcerated arm failed to heal until the victim decided to forgive himself and go free. The moment he ceased all self-condemnation a healing followed.

15. There is one universal mind. All the music ever played by great musicians is deposited in the universal mind and may be tapped by anyone. All the holy men of the world who triumphed over problems, difficulties and diseases of all kinds have also deposited their experiences and state of consciousness in the universal mind. All the wisdom and knowledge of Einstein, Faraday, Edison and Marconi are deposited in the universal bank of our mind and may be tapped by anybody interested in seeking answers. All he has to do is tune in. When you rise high enough in consciousness, the answer to your prayer will come. *And I, if I be lifted up from the earth, will draw all men (manifestation) unto me* (John 12:32).

MAGIC OF FAITH

A SELF HELP CLASSIC

JOSEPH MURPHY

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MAGIC OF FAITH

BY JOSEPH MURPHY

D.D., Ph. D., LL.D.

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First Start Publishing eBook edition October 2012

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Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1

ISBN 978-1-62558-739-8

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THE SONG OF TRIUMPH

"Tell me, O thou whom my soul loveth, where thou feedest, where thou makest THY FLOCK to rest at noon?"
"Behold, thou ART fair, my love; behold, thou ART fair; thou HAST doves' eyes."
"He brought me to the banqueting house, and his banner over me WAS love."
"His left hand IS under my head, and his right hand doth embrace me."
"My beloved spake, and said unto me, Rise up, my love, my fair one, and come away.
"For lo, the winter is past, the rain is over AND gone;
"The flowers appear on the earth; the time of the singing of BIRDS is come, and the voice of the turtle is heard in our land;
"Arise, my love, my fair one, and come away.
"My beloved IS mine, and I AM his: he feedeth among the lilies.
"Until the day break, and the shadows flee away."

It is inconceivable that any anthology could be written wherein *The Song of Solomon* would not be included. It is really one of the most inspired parts of the Bible. *The Song of Solomon* reveals God as the Great Lover. It is ecstatic and thrilling.

In order to lead the triumphant life, you must be moved by Love. You can go wild in the joy of being actually drunk with the Spirit. In other words by singing the Song of God, you become God-intoxicated and fired with Divine enthusiasm, thereby expressing more and more of Divine love and joy every day.

You sing the Song of God, or the mood of triumph, when you subjectively feel that you are that which your five senses tell you, you are not; you are then God-intoxicated and seized with a Divine frenzy—a sort of mad joy.

Haven't you at times seen a person bubbling over with enthusiasm and intoxicated with joy? That person is singing the Song of God at that moment. "In thy presence *is* fulness of joy; at thy right hand *there are* pleasures for evermore."

When you sing a song, you are expressing your whole nature. Your mind and body enter into the song. When your heart is full of love and good will, and you are radiating peace, you are truly singing God's Song; It is the song of the jubilant soul.

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The real You is a spiritual, eternal, perfect being. You are a living expression of God now.

"I have said, Ye *are* Gods; and all of you are children of the most High."

When you pray, it is a romance with God or your Good. Your desire, when realized, brings you joy and peace. In order to realize the desire of your heart, which is depicted in *The Song of Solomon* as your beloved, you must woo it; let that desire of yours captivate, hold, and thrill you. Let it fire your imagination. You will always move in the direction of the desire which dominates your mind.

The majority of students of psychology know that *The Song of Solomon* is a beautiful description of the wonderful romance of the conscious and subconscious mind (Solomon and Sheba).

"Tell me, O thou whom my soul loveth, where thou feedest?" Your realized desire is he whom your soul loveth. You are asked, "Where thou feedest?" In other words what are you mentally dwelling upon? The *flock* represent your thoughts, ideas, opinions, and beliefs. You are to feast on nothing but the joy of the answered prayer.

If you are saying to yourself, "I can't. It is too late now. I am too old, and I don't know the right people"—in other words if you are mentally feeding on all the reasons why you cannot do something, or be what you want to be, you are not making "thy flock to rest at noon."

At noon the sun casts no shadow; likewise, when you pray, you are not to permit any shadow of fear or doubt to cross your path, or deflect you from your goal or aim in life. The world of confusion shall be rejected, and you shall mentally eat of, or meditate on the reality of your desire.

"Behold, thou *art* fair, my love; behold, thou *art* fair; thou *hast* doves' eyes." *The dove* is a symbol of God's inner peace.

Once I talked to an alcoholic who said, "Don't say anything about this God-stuff to me. I don't want God. I want a healing." This man was deeply resentful toward a former wife who had remarried; moreover, he was full of grudges against several people. He needed the *doves' eyes,* which means he needed to see the truth which would give him peace of mind.

I asked him, "Will you pray with me now? All I ask is that you be sincere; if you are, you will experience an inner peace which passeth all human understanding."

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He relaxed his body, and I said to him, "Imagine you are talking to the Invisible Presence within you—the Almighty Power which created the Cosmos. It can do all things. Say, 'Thank you, thank you, for this inner peace.' Say it over and over again."

After ten minutes in silent meditation, he was blinded by an interior, Inner Light. It seemed to come from the floor where he was. The whole room was flooded with Light!

He exclaimed, "All I see is Light! What's wrong?" Then he relaxed into sleep in my office, and his face did truly shine as the sun. He awakened in about fifteen minutes and was completely at peace saying, "God truly is! God is!" This man had found his Beloved; It had *doves' eyes*.

As you fall asleep at night, tell your desire how fair it is, and how wonderful you would feel in realizing it. Begin to fall in love with your ideal. Praise it; exalt it. "Arise my Love!" Feel that you are what you want to be. Go to sleep in the consciousness of being or doing what you long to do.

I told a man in one of the islands one time "to sleep" on the idea of success. He was selling magazine subscriptions. He became a great success by following this procedure: I suggested that he think of success prior to sleep; i.e., what success meant to him; what he would do if he were successful. I told him to use his imagination; then as he was about to go to sleep, fall in love with the idea of success this way: Repeat the one word, "Success," over and over again. He should get into the mood of success; then fall off to sleep in the arms of his Everlasting Lover. Your Lover —your Divine Presence—will bring to pass whatever you accept as true. The conditions, experiences, and events of your life are called children of your mind.

"He brought me to the banqueting house, and his banner over me *was* love." The *banquet house* is your own mind where you entertain the idea or desire of your heart.

I will illustrate at this point how to entertain in this *banquet house* of your own mind. A young girl having a special talent to sing was having great difficulty in getting anything to do in the motion picture field, television, or radio. She had been turned down so often she feared she was getting a rejection complex. She heard me state over one of our radio programs that whatever the mind of man could imagine and feel as true, he could realize. She wrote that down; came to one of our classes, and began to practice entering into the *banquet house* by quieting the wheels of her mind, relaxing the body by simply talking to it, and telling it to relax; it has to obey you. In that quiet, relaxed, peaceful state, with her attention completely focused on an imaginary, movie contract in her hand, she felt the reality of the joy and wonder of it all. She was now in the *banquet house* and the banner over her was love. *Love* is an emotional attachment. She was

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definitely, mentally attached to this contract. “He calleth things that are not seen, as though they were, and the unseen becomes seen.” The visible world comes out of the invisible. She caused the contract to become a reality by becoming emotionally attached to the imaginary picture of a contract in her mental, *banquet house.* She knew that what she imagined and believed must come to pass in the three-dimensional world.

“His left hand is under my head, and his right hand doth embrace me.” *The left hand* is your deep, subjective feeling; the *right hand* is your disciplined imagination. As you begin to imagine and feel the reality of your desire, you are joining the right and left hands together in a Divine embrace; then a union of the idea and feeling takes place. Another way of saying this is: There is an agreement of the conscious and subconscious mind which denotes the answered prayer.

You know when there is no longer any argument or doubt in your conscious or subconscious mind, your prayer is answered, because the two have agreed as touching upon it, and it is so.

“My beloved spake, and said unto me, Rise up, my love, my fair one, and come away.” Is not that what your goal, aim, ambition, or desire is saying to you? For instance the idea of perfect health is now beckoning to you, and saying, “Rise up, and come away from the belief in sickness, limitation, pain, and aches to health, harmony, and peace of mind.”

I had a long talk with a man in England who had trouble with his leg. He had been confined to his home for nine months and was unable to lean on his leg or walk. The first thing I did was to ask him what he would do if he were healed? He said, “I would again play polo, swim, golf, and climb the alps which I used to do every year.” That was the answer I was seeking.

I told him in the simplest way how to achieve the perfect use of his legs again. The first thing was to imagine he was doing the things he would do. I painted an imaginary picture for him. For fifteen or twenty minutes three times a day he sat in his study and imagined he was playing polo; he assumed the mental mood of actually performing the role of a polo player. He became the actor; an actor participates in the role.

Note carefully that he did not see himself playing polo; that would be an illusion. He *felt* himself playing polo. He actualized it by living the drama in his mind or *banquet house.*

At noon he would quiet the mind; still the body, and feel his Alpine clothes on him. He would feel and imagine he was climbing the Alps; he would feel the cold air on his

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face, and hear the voice of his old associates. He lived the drama and felt the naturalness and the tangibility of the rocks.

At night prior to sleep, before going into the Arms of his Beloved—His Deeper Self—he would play a game of golf. He would hold the club; touch the ball with his hand; put it in place, and tee off. He would swing his clubs, and delight in watching where the ball went. When he was in the mood of playing a good game, he would go off to sleep feeling very satisfied and happy about his experience.

Within two months this man's leg was healed. He did all the things he imagined he would do. The *idea* of climbing the Alps, plus the *desire* to play polo again, said to this man, "Arise, my love, my fair one, and come away," from your belief in a physical handicap; that is what he did.

The law of the subconscious is one of compulsion. When you subjectively feel you are swimming,—for example, when you feel the chill of the water, and the naturalness of your various swimming strokes,—you will sooner or later be compelled to swim. Whatever the handicap, whether fear or a physical condition, you will do what you subjectively felt you were doing.

Your desire, dream, ambition, goal, or aim is your saviour! It is walking down the corridor of your mind, saying to you, "Arise, my love, and come away," and enjoy the good and glorious things of life.

No matter what the problem is, or its magnitude, you have really nothing to do but convince yourself of the truth which you are affirming. As quickly as you succeed in convincing yourself of the reality of your desire, results will automatically follow. Your subconscious mind will faithfully reproduce what you impregnated within it.

The Bible says, "Choose you this day whom ye will serve." You have the freedom to choose the tone, feeling, or mood you enter into. The manifestation of your feeling or conviction is the secret of your lover or subconscious mind. Your external actions are, therefore, determined by your subconscious beliefs and impressions.

Your thought and feeling determine your destiny. The knowledge of the truth is saying to you now, "The winter is past, the rain is over *and* gone." *The winter* represents that cold state when the seeds are frozen in the bosom of the earth and nothing is growing. The winter and all the seasons are in your mind.

Are your desires, dreams, visions, and aims in life frozen within you due to fear, worry, or false beliefs? You can resurrect them now by turning away from appearances,

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entering into the banquet *house* of God within you, and saying to yourself, "I can be what I want to be. All I have to do is impress my subconscious mind with my desire for health, wealth, companionship, or true place, and it will express that state with which I have impressed it.

The *winter* is now over for you; the rain is gone also. Your mind may have been flooded with negative thoughts causing the mood of despondency, dejection, and melancholia. This is what a flood or avalanche of negative thoughts, false beliefs, and erroneous opinions will do. Now you know that all you have to do is fill your mind with the truths of God which have come down to you from time immemorial. As you do this, you will crowd out of your mind everything unlike them.

The winter and the floods are over for you when regularly and systematically you fill your mind with the concept of peace, happiness, love, and good will. You can do this by reading one of the Psalms, such as the twenty-third or ninety-first, and feeling the truth of everything you say; or you can read aloud a good meditation of the real truths of God. As you do this, these truths go in through the eye and the ear; they release a tremendous, therapeutic vibration which courses through your entire mind and body. These curative, healing, soothing vibrations destroy, neutralize, and obliterate all the negative, fearful, diseased thoughts which caused all the trouble in your life; their embodiment must then disappear. This is prayer; do it often enough until it becomes a habit. Prayer should be a habit also.

Do everything from the standpoint of the One God and His Love. For instance, when you shop, pray before purchasing. Say, "God guides me in all my purchases." Say quietly to the saleslady or salesman, "God is prospering him."

Whatever you do, do it with love and good will. Pour out love, peace, and good will to all. Claim frequently that God's Love and Transcendent Beauty flow through all my thoughts, words, and actions. Make a habit of this. Fill your mind with the eternal verities; then you will see that "The flowers appear on the earth; the time of the singing of *birds* is come!" You will begin to *flower;* yes, you will begin to blossom forth.

The earth means your body, environment, social life, and all things necessary on this objective plane.

The flowers you witness will be the birth of God in your mind. *The flowers* of God's guidance will watch over you, and lead you to green pastures and still waters. The flowers of God's Love will fill your heart. Now when you see discord anywhere, you will see the Love of God operating in all His Creation; as you realize It, you will see love come forth and flower in the other.

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When you go into a home, and you see confusion, quarrelling, and strife, you will realize within yourself, that the peace of God reigns supreme in the minds and hearts of all those in this house; you will see the flower of peace made manifest and expressed.

Where you see financial lack and limitation, you will realize the infinite abundance and wealth of God forever flowing, filling up all the empty vessels, and leaving a Divine surplus. As you do this, you will live in the garden of God where only orchids and all beautiful flowers grow; for only God's ideas circulate in your mind.

As you go to sleep every night, you will clothe yourself with the garment of love, peace, and joy. From now on you always go to sleep feeling that you now are what you long to be. Your last concept as you fall asleep is etched on your deeper mind; you shall resurrect it. Always take into the *banquet house* of your Lover a noble, Christ-like concept of yourself; your Lover will always give you what you conceive and believe as true. Anything you can conceive, your Lover can give conception. Love gives birth to all things. Your tomorrows are determined by your concept of yourself as you fall asleep in the arms of your Lover (your ideal).

The time of the singing of birds is at hand for you when you cease singing that old song of lack. You have listened to people sing this kind of song: It is like an old gramophone record: "I'm so lonesome; things never went right for me. I never had a chance. I have been cruelly treated." "I have been operated on three times." "You should hear about all the money I lost." Yes, then they tell about the fear on the lonely road, plus their likes, dislikes, pet peeves, and hates. Imbued with God's love, you will no longer sing that song again. You will sing the new song; for God's ideas and truths (birds) will sing in you.

Then you will *speak in a new tongue* which means the mood of peace, joy, good will, and love. You will no longer react to people and conditions like you did. The Song of God is now heard. Now when someone says something mean or nasty to you, you will immediately transform it by realizing God's peace fills your soul. You will consume it with the fire of right thoughts; the birds will truly sing in your mind and heart as you do. You are happy; you are bubbling over with enthusiasm, and you are looking forward with a joyous expectancy to all good things. Wherever you go, you carry peace with you; all those who come within your orbit are blessed by your inner radiance. You begin to see sermons in stones, tongues in trees, songs in running brooks, and God in everything. *The voice of the turtle* is now heard in your land!

Tennyson said, "Speak to Him thou, for he hears, spirit with spirit shall meet, closer is He than breathing, and nearer than hands and feet."

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The voice of the turtle dove is the voice of peace, the voice of intuition, and of God's inner guidance. You can hear it by lowly listening. For instance one time as a boy I was lost in the woods. I sat down under a tree, and remembered a prayer which starts with, "Our Father, He will shows us the way; let us be quiet, and He will lead us." I quietly repeated, "Father, lead us."

A wave of peace came over me which I can still recall. *The voice of the turtle dove* became real. *The turtle dove* is intuition which means being taught from within. An overpowering feeling came over me to go in a certain direction as if I were being pushed ahead. Two of the boys came with me; the others did not. We were led out of that thick jungle, as if by an Unseen Hand.

Great musicians have listened and heard the music within; they wrote down what they heard inwardly. In meditation Lincoln listened to the principle of liberty; Beethoven heard the principle of harmony.

If you are intensely interested in the principle of mathematics, you are loving it; as you love it, it will reveal all its secrets to you.

Jesus heard *the voice of the turtle dove* when he said, "Peace, I leave with you; my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled; neither let it be afraid." How wonderful you will feel as you drink in these words and fill your mind with their therapeutic potency.

Job heard *the voice of the turtle* when he said, "Acquaint now thyself with Him, and be at peace." "Thou wilt keep *him* in perfect peace, *whose* mind is stayed *on thee:* because he trusteth in thee." "For God is not *the author* of confusion, but of peace."

You can hear *the voice of the turtle* by turning to the Infinite Intelligence within you, saying, "Father, this is what I want . . ."; then state specifically and clearly the thing you desire. You are now turning your desire over to the God-Wisdom within you, Which knows all, sees all, and has the "know how" of accomplishment. You always know whether you have really turned your request over or not. If you are at peace about it, you have turned it over. If anxious and worried, you have not subjectified your prayer; you do not fully trust the God-Wisdom within.

If you want guidance, claim Infinite Intelligence is guiding you now; It will differentiate Itself as right action for you. You will know you have received the answer, for *the dove of peace* will whisper in your ear, "Peace be still." You will know the Divine answer, for you will be at peace, and your decision will be right.

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A girl recently was wondering whether to accept a position in New York for considerably more money or remain in Los Angeles in her present position. At night as she went to sleep, she asked herself this question, "What would be my reaction if I had made the right decision now?" The answer came to her, "I would feel wonderful. I would feel happy having made the right decision." Then she said, "I will act as though I had made the right decision," and she began to say, "Isn't it wonderful! Isn't it wonderful!" over and over again, as a lullaby, and lulled herself to sleep in the feeling, "It is wonderful."

She had a dream that night, and the voice in the dream said, "Stand still! Stand still!" She awakened immediately, and knew of course that was *the voice of the turtle dove*—the voice of intuition.

The fourth dimensional-self within her can see ahead; it knows all and sees all; it can read the minds of the owners of the business in the east. She remained in her present position. Subsequent events proved the truth of her Inner Voice; the Eastern concern went into bankruptcy. "I the Lord will make myself known unto him in a vision, *and* will speak unto him in a dream."

"My beloved *is* mine, and I *am* his; he feedeth among the lilies." *The lilies* represent the poppies which grow in the East. To see the poppy field sway in the breeze is a very beautiful sight. Here the inspired Biblical writer is telling you to have a romance with God. As you turn to the God-Presence, It turns to you. You experience the mystic marriage, the wedded bliss, when you fall madly in love with truth for truth's sake; then you become full of the new wine, the new interpretation of life.

The lilies symbolize beauty, order, symmetry, and proportion. As you feed or feast on the great truth that God is Indescribable Beauty, Boundless Love, Absolute Bliss, Absolute Harmony, and Infinite Peace, you are truly *feeding among the lil-lies*. When you claim that what is true of God is true of you, miracles will happen in your life.

By realizing and knowing these qualities and attributes of God are being expressed through you, and that you are a channel for the Divine, every atom of your being begins to dance to the rhythm of the Eternal God. Beauty, order, harmony, and peace appear in your mind, body, and business world as you feed among the lilies; you feel your oneness with God, Life, and God's Infinite Riches. You are married to your Beloved, for you are now married to God; you are a bride of the Lord (I AM). From this moment forward you will bring forth children of your Beloved; they will bear the image and likeness of their Father and Mother.

The *father* is God's idea; the *mother* is the emotionalizing of the idea, and its

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subjective embodiment. From that union of idea and feeling come forth your health, abundance, happiness, and inner peace.

Sit down and feed among the lilies by realizing that every night of the year when you go to sleep, you go before the King of Kings, the Lord of Lords, and the Prince of Peace. Be sure you are dressed properly as you enter into His Holy Presence. If you were going before the President, you would put on your best clothes. The clothes you wear as you enter into the heavens of your own mind every night represent the mood, or the tone you wear. Be sure it is always the wedding garment of love, peace, and good will to all.

Be absolutely sure that you can say, "Behold, thou art fair." There must be no resentment, ill-will, condemnation of self or others, and no criticism of any person. God's Love must really fill your heart for all men everywhere. You must sincerely wish for everyone what you wish for yourself; then you can say to your mood or feeling, "Behold, thou *art* fair." "And when ye stand praying, forgive, if ye have ought against any."

"My beloved is mine." All that God is, is yours, for God is within you. All you can possibly desire is already yours. You need no help from the outside to *feed among the lilies*.

When you go to sleep tonight, forgive everyone, and imagine and feel your desire is fulfilled. Become absolutely and completely indifferent to all thought of failure, because you now know the law. As you accept the end, you have, as Troward so beautifully stated, willed the means to the realization of the end. As you are about to enter sleep, galvanize yourself into the feeling of being or having your desire. Your mental acceptance or your feeling as you go to sleep is the request you make of your Beloved; then She looks at your request (conviction in the subconscious mind), and being the Absolute Lover, she must give you what you asked.

"You feed among the lilies until the day breaks and the shadows flee away." The *shadows* are fear, doubt, worry, anxiety, and all the reasons why you cannot do something. *The shadows* of our five senses and race belief hover over the minds of all as we pray.

When you pray, accept as true what your reason and five senses deny and reject. Remain faithful to your idea by being full of faith every step of the way. When your consciousness is fully qualified with the acceptance of your desire, all the fear will go away. Trust in the reality of your ideal or desire until you are filled full of the feeling of being it; then *the day will break and all shadows will flee away.* Yes, the answer to your prayer will come and light up the heavens of your mind bringing you peace.

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No matter what the problem is, how acute, dark, or hopeless things seem to be, turn now to God, and say, "How is it in God and Heaven?" The answer will softly steal over your mind like the dew from heaven: "All is peace, joy, bliss, perfection, wholeness, harmony, and beauty"; then reject the evidence of your senses, and *feed among the lilies of God and Heaven,* such as peace, harmony, joy, and perfection. Realize what is true of God must be true of you and your surroundings. Continue in this abiding trust and faith in God "until the day breaks and the shadows flee away."

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THE PRACTICE OF THE PRESENCE OF GOD

"Whither shall I go from thy Spirit? or whither shall I flee from thy presence? If I ascend up into heaven, thou ART THERE, If I take the wings of the morning, AND dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me."

This one hundred and thirty ninth Psalm is one of the most beautiful Psalms in the Bible. It is a matchless, priceless gem of truth. The language of this Psalm is unsurpassed for beauty and elegance. David's marvelous conception of the Omnipresence of God was found in this passage.

The religion outlined in the Bible is the practice of the Presence of God. To understand and to intelligently practice this truth, you will find is the way to health, harmony, peace, and spiritual progress. The practice of the Presence is powerful beyond imagination. Let us not overlook it, because of its utter simplicity.

The first step is to realize that God is the Only Power. The next thing to become aware of is that all things — no matter what they are — represent God in manifestation. The whole world is God in infinite differentiation, as God never repeats Himself; this is the whole story, and the greatest of all truths. It is really the all-inclusive, all-encompassing truth.

I know many students who sit down for five or ten minutes every day, and meditate on the fact that God is the Only Presence and the Only Power. They let their thoughts dwell on this profound truth; they look at it from all angles; then they begin to think that every person they meet is an expression of God; that in fact everything they see is God made manifest; it is God dramatizing Himself for the joy of expressing Himself. As they do this, they find their whole world changing; they experience better health; outer conditions improve, and they are possessed of a new vitality and energy.

Your whole world will change as you really begin to see God in everything and in everyone. "For thou shalt be in league with the stones of the field: and the beasts of the field shall be at peace with thee. And thou shalt know that thy tabernacle *shall* be in peace." This means that the man who begins to see God everywhere, and who follows and practices the good, will not be afraid of anything. As a matter of fact the whole

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world will be his friend, and everything will extend the offer of help whether animate, or what the world calls inanimate.

The only way to magnify the Presence of God in the eyes of others, is to radiate at all times the sunlight of God's Love. Love God or Truth, and you will be under a Divine compulsion for good. You cannot go wrong. You will find that you will never make any real mistake or a wrong choice. Love of all things good, or of the truth, is really the touch of Midas.

In a building the superstructure depends upon the foundation. Let *your* foundation be God and Him alone. You are always practicing the Presence of God when you activate your mind with true ideas which heal and strengthen you. Your mind needs constant cleansing, disciplining, and direction. By practicing the Presence of God, you are constantly cleansing your mind; this is prayer.

Think all day long from the standpoint of the One God about every person and every situation you meet. Pray at work by realizing God is your partner, and God is in action through all your associates.

Pray driving your car, by realizing the vehicle is God's idea moving from point to point freely, joyously, and lovingly.

Pray when you go into a store by realizing God directs your purchases, that God is prospering the clerk who waits on you, and that the store is being governed and directed by God's Wisdom.

Let prayer be the orderly, right way of doing everything. Practice the Golden Rule in all your transactions; then you are writing God's Law in your heart.

It is essential for you to get the right concept and understanding of God. Have you meditated? or have you asked yourself what God is? Your concept of God molds, fashions, and shapes your whole future. Your real belief about God is of supreme importance. It is done unto you as you believe. If you say and believe God is the only Presence, the only Power, Infinitely Good, Perfect, Boundless Love, and Limitless Life, your whole life will be transformed.

If you say, "Oh, I do not know what I think of God; my thoughts are confused and muddled," confusion will reign in your life. It does not really matter whether you call God: Reality, Infinite Intelligence, Being, Life, Allah, or Brahma; the real Name of God, in so far as you are concerned, is your concept or your belief about God.

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A man said to me one time, “I believe in God, and that is all that matters.”

I asked him, “But tell me, what sort of God do you really believe in?”

He said, “I believe in the laws of nature.” That was his idea of God, and he cannot transcend this belief. He is subject to that belief, thereby limiting his Inner Powers. He had no idea that God was his own Life, that he could contact this Presence with his thought, that he could be guided, and that he could heal his body by prayer. He was bound by his limited belief about God. Many have said to me that God is some kind of a man in the skies—a sort of a glorified man. Others say and believe there are three persons in God. You will always manifest the result of your belief. If you believe that God is some sort of a tyrannical, inscrutable being living in the skies, ready to judge and punish you for your mistakes and violations of man-made laws and religious taboos, you are bound by that belief, and you cause pain, misery, guilt-complexes, and so forth to follow. This is why Quimby said, “Man is belief expressed.”

Your concept of God enters into all departments of your life; it is bound to have its effect upon you. God is Life, and Life seeks to express Itself as Love, Light, Truth, and Beauty. Life cannot wish death, sickness, or disease. To say that Life wishes death would be a violation of its own nature. Life cannot have a tendency toward limitation of any kind. Life is a Oneness, a Wholeness, a Unity, and It seeks to express that Unity in the formed universe.

In order to practice the Presence, you must do the will of God. What does this mean? *The will of God* must always be the nature of God. You can rest assured the will of God must always be something wonderful and glorious. “His name shall be called Wonderful, Counsellor, The Mighty God, The Everlasting Father, The Prince of Peace.”

If your desire, idea, or intention is constructive, if it will bless others, and if it is in keeping with the universal principle of harmony, your will or desire is God’s will. Your desire for wealth, true place, abundance, security, and better living conditions conforms to the will or tendency of Life or God.

Life is forever seeking to express Itself through you along higher levels. Enthrone in your mind the concept that God is the Only Presence, the Only Power, and that God is Infinitely Good and Perfect. Think of some of God’s qualities and attributes, such as Boundless Love, Infinite Intelligence, Indescribable Beauty, Omnipotence, Omniscience, and Omnipresence. Believe these truths about God, and your whole life will change. You will begin to express more and more Godlike qualities every day. Believe that God is All Life, All Love, All Truth, and All Beauty; accept It in the same way as you accept the sun in the heavens each morning; then you will find a great sense

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of peace and good will stealing over your mind and heart.

Do you believe in a vengeful, capricious, anthropomorphic Deity who sends sickness, trials, and tribulation to you? Watch the effect of such a belief. If you do, you will be like the man who said to me one time, "God sent this arthritis to me for a good purpose, and I suppose I must just bear it." This is superstition; such an attitude of mind has no foundation. He had arthritis for fifteen years, and he could not overcome it.

When this man with arthritis got a new concept of God, and he learned to forgive those whom he deeply resented, by realizing the Love of God was dissolving in his mind and body everything unlike Itself, he was healed, even though it took some months. This man's concept of God worked out, and made Itself manifest in his body according to his belief.

It is not your theoretical belief about God that manifests itself, but it is your real, deep, subconscious belief.

There are people who forget to practice the Presence when a lawsuit or verdict goes against them. Even though the judge rendered a verdict which seems unjust to you, continue to believe that it is God in action, and that there is a Divine, harmonious solution for all concerned; the matter will come right in due season. You cannot lose; you can only win by practicing the Presence.

If you believe that God is a man in the skies, you must experience the result of such a concept; consequently you experience confusion and trouble, just the same as if some human being with all his whims were running the world.

God is Pure Spirit, Infinite Mind, and Infinite Intelligence. The Bible calls the Name of God, "I AM," meaning Pure, Unconditioned Being. No one can, of course, define God, for God is Infinite, but there are certain Truths which the illumined of all ages have perceived as true of God, and that is why the Bible says, "I AM THAT I AM." What is "I AM?" It is your True Being—your Real Self; nobody can say, "I AM," for you. That is the Presence of God in you, and your Real Identity. Whatever you affix to "I AM," and believe, you become. Always claim, "I am strong, powerful, radiant, happy, joyous, illumined, and inspired"; then you are truly practicing the Presence, for all these qualities are true of God.

When you say, "I am weak," "I am inferior," "I am no good," you are denying God in the midst of you, and lying about Him.

Brother Lawrence of the 17th century was a monk. He was a saintly man, and wholly

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devoted to God. The book entitled *The Practice of the Presence of God* reveals a great humility, simplicity, and a mystic touch with God. "To do the will of God was," as he said, "his whole business." Brother Lawrence practiced the Presence when washing the dishes or scrubbing the floor. His attitude was that it was all God's work. His consciousness and awareness of the Divine Presence was no less when employed in the kitchen, than when he was before the altar. The way to God was to Brother Lawrence through the heart and through Love. His superiors marvelled at the man who, though only educated to the point of reading and writing, could express himself with such beauty and profound wisdom. It was the Voice of God within him that prompted all his sayings.

This is how he daily practiced God's Holy Presence: He said in effect, "I have put myself in Your Keeping; it is Your Business I am about, and so everything will be all right." How beautiful! How simple, yet how soul-stirring is this prayer! He said the only sorrow he could experience would be the loss of the sense of God's Presence, but he never feared that, being wholly aware of God's Love and Absolute Goodness.

In his early life he feared he would be damned; this torture of his mind persisted for four years; then he saw the whole cause of this negativity was lack of faith in God; seeing that, he was freed and entered into a life of continual joy.

Brother Lawrence schooled himself whether cooking, baking, or washing pans in the kitchen to pause, if only for a moment, to think of God in the center of his being, to be conscious of His Presence, and to keep a hidden meeting with Him. Due to his inner illumination, when he enjoyed the raptures of the Spirit, he emerged into a realm of profound peace.

Begin now to practice the Presence by keeping your eyes on God, or all things Good, by seeing God in everyone you meet, and by constantly affirming, "It is God in action in all departments of my life." Calmly trust God's Holy Presence to lead you to green pastures and still waters. Love the Truth with a love that leaves no room for care or doubt. No matter what your work may be, as you go to your business say, "God walks and talks in me. I rely on God's guidance and wisdom completely." Give thanks for the perfect day. Do as Brother Lawrence suggests, whenever your attention wanders away on fear or doubt, bring it back to the contemplation of His Holy Presence.

To secure and know the life of peace and joy, school yourself daily to have an intimate, loving, familiar, humble conversation with God all day long. In this way you will draw upon God's grace abundantly. You shall become illumined by an Inner Light, and you will behold the inner vision of God, your Beloved.

Case Histories

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Case History Number One

This interesting case from my files may bless many of you. This man invested a large sum of money in a certain organization. He had a very high regard for the two men who were active partners in this business. They appropriated the money which he gave them for themselves, and a little later they went into bankruptcy. He was very bitter and resentful, because he had practically put his life's savings into this venture. He was also ill, due to the hatred in his heart.

I explained to this man that resentment is never justified, and that many people make investments in land, stocks, bonds, etc., and have lost their money, but that it is absurd to blame the broker or the real estate man, because we erred in judgment. In a great measure this man's resentment was caused by a feeling of guilt for his own mistake, which he refused to admit. He was blaming the other men by an active resentment for his own shortcoming and failure. He prayed his way through it by the practice of His Presence in this way: "I now radiate love and goodwill to these two men. I humbly, sincerely, and honestly wish for them God's guidance, inner peace, and Divine Love. I wish for each one of them: prosperity, success, and a richness of life. It is God in action in all departments of their life. I mean this; I am sincere. My mind is now clear, clean, poised, serene, and expectant of happiness. God is guiding me in all ways. Nobody can take happiness, peace, or wealth away from me. I am one with God, and my business is God's Business. I am now minding my own business. The money I gave these men comes back to me in peace and harmony." He prayed like this night and morning, and during the day when hateful thoughts would come, he would say, "God is with me now."

In two weeks he was at peace with the world. All the resentful thoughts were burned up in his deeper mind; they were withered away by realizing God in action in his own life, and the life of those whom he said wronged him. A relative died in the interim, and a most interesting thing happened: He was bequeathed the exact amount he lost in that business venture. "For as the heavens are higher than the earth, so are my ways higher than your ways."

Case History Number Two

A young girl in our recent Bible Class practiced the Presence in this way: She said, "A man was constantly annoying her by calling her on the phone and meeting her at her place of employment. One day she decided to do something about it. She relaxed; quieted the wheels of her mind; focused all her attention on the God-Presence within by realizing It was there.

She quietly said to herself, "God never made a man like that. Only the God in him is

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expressed to me. God is all, and only God can be expressed through him." This man completely disappeared out of her life; she never saw him again. She said it was as if the earth swallowed him! Undoubtedly he was healed and blessed by her prayer; she had a healing also.

Prayer always prospers. It is like the gentle rain from heaven; it is twice blessed; it blesses him that gives and him that receives. She saw this man in a new light; then he felt this change within him; he was healed and ceased to annoy her.

"Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you."

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REALIZING YOUR DESIRE

Desire is the power behind all action. We could not lift our hand or walk unless we had the desire or urge to move. Desire is the gift of God. As Browning said, "Tis thou, God, who giveth, 'tis I who receive."

It is man who receives—not a few of the gifts of life, but all of them! "Son thou art ever with me, and all that I hath is thine." All things whatsoever the Father hath are mine. *Our Father* holds within Himself all things we require, such as peace, harmony, abundance, guidance, joy, and infinite expression. We must grow unceasingly. We can never exhaust the Infinite Storehouse.

Let us realize a few simple truths: It is due to desire that we jump out of the way of an oncoming bus. The reason we do this is because we have a basic desire to preserve our life. Self-preservation is the first law of nature.

By example, the farmer plants seed due to his desire to attain food for himself and his family. Man builds airplanes due to his desire to collapse time and space. Similar illustrations are found throughout our whole course of life.

Desire pushes man; it is the goad of action. It is behind all progress. Desire is really the cosmic urge in all of us, impelling us to go forward, onward, upward, and Godward.

Desire is the angel of God—the messenger of the Divine—saying to each one of us, "Come on up higher."

Desire is behind all progress. It is the push of life. We find that we follow the desire which captivates and holds our attention. All of us find ourselves moving in the direction of the idea which dominates our mind for the time being.

Desire is an angel of God, telling us of something which, if accepted by us, will make our life fuller and happier. *The greater the expected benefit from the desire, the stronger is our desire.* Where there is no expected benefit, gain, or advancement accruing, there is no desire; consequently no action is found.

"I am alpha and omega, the beginning and the end, saith the Lord." Our ideal murmuring in our hearts is the alpha; in order that it become the omega, we must enter into the feeling that it is ours *now,* and walk the earth knowing that it is so.

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Failure to realize our desire over a long period of time results in frustration and unhappiness. I have talked to many men in different parts of the country; their frequent complaint is that for years they have tried in vain to attain a certain ideal or position in life, and that they have failed miserably. They did not know that the desire to be, to do, and to have was the Still Small Voice speaking to them, and all that was necessary was for them to say, "Yes, Father, I accept and believe it"; then walk the earth knowing that, "It is done."

By illustration take the seed which draws all that it requires, such as water, chemicals, etc. from the ground, and when it comes above the ground, it extracts from the rays of the sun through a process of photosynthesis all the light and other elements necessary to form a complex substance called chlorophyll. It also has the intelligence within it to make the most complex, chemical compounds in its bark and leaves beyond the ken of man to discover.

In like manner when man becomes as the seed, and knows that all things necessary for the unfoldment of his ideal will be given to him, he will attract to himself whatsoever things he needs for the complete realization of his dream, for instance: friends, funds, introductions, ideas, etc.

All men, women, and children that help us on the road of life are servants of the law which we set in operation within us. "My ways are not your ways." This Infinite Intelligence, which we set in motion when we pray aright, inspires in others the actions, words, and movements necessary to aid us in the grand unfoldment of our ideal or in the great drama of our life.

It is foolish to blame or accuse others, as we must realize that others are witnesses telling us who we are—"As within, so without." If there is discord within, there will be discord without. If we dwell in a mood of lack and limitation, others must come and testify to our lack.

I knew a woman in London one time, and on three occasions her purse was snatched from her by a thief in the tube of London; she was a wealthy woman. The explanation for this is that she was living in the fear of having her purse stolen; this was really an expectancy. "What I fear most has come upon me."

The mood, feeling, or conviction in which we walk determines the movements and actions of others toward us. In the eleventh chapter of Mark it says, "All things whatsoever ye shall ask in prayer, believe that ye receive them, and ye shall receive them."

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The word *whatsoever* in the above quotation means anything you wish; it is all inclusive. There are no specific conditions set forth; you do not have to be a church-goer, or belong to a certain creed, or make any sacrifices. "I rejoice not in the sacrifices of man, not by power, not by might, but by the spirit saith the Lord." "For what purposes is the multitude of thy sacrifices. I am full of the blood of rams and the fat of beast, I rejoice not in the blood of rams or he goats." The only requisite is to believe that you have it now, or that you are the being you long to be.

Believe means to live in the state of being it; this means a complete mental acceptance where there is no longer any doubt or question in your mind. This is the state of consciousness called "a conviction." All other procedures as cited by Isaiah are foolishness and superstition. The only prerequisite is to believe that you have received; then comes the manifestation of your ideal.

We grow through desire. It is desire that pushes us forward, for it is the cosmic urge.

Let us realize that we are all channels of the Divine—individualizations of God-consciousness. The desire that lingers in your heart, that murmurs quietly—perhaps it has been there for months making itself known to you—is the Voice of God speaking to you, telling you to come on up higher—to arise and shine. Maybe you have looked around you and said to yourself, "What chance have I?" "Mary can, but I can't." "Perhaps, someday!" "It is just wishful thinking, etc." Have many such expressions come to your mind? Remember it is your five senses and worldly reason arguing with your Higher Self. We must remember that in prayer we always shut out the evidence of our senses and reason, plus everything that contradicts or denies what we truly want; then, as Jesus commands, we go within; shut the door, and pray to our Father in secret; the Father who seeth in secret will reward thee openly. Let us now proceed to enter into this Secret Place, and perform the spiritual, creative act in our own mind.

Sit down in an armchair, relax, and let go. Practice the Nancy School technique by getting into a drowsy, meditative state, a state of effortless effort, wherein effort is reduced to a minimum.

By example if you want to be a singer on the radio, imagine you are before a microphone; the microphone is now in front of you, and you see the imaginary audience; you are the actor. ("Act as though I am, and I will be.") You *feel* yourself into the situation; you are singing now (in your imagination); enter into the joy of it; feel the thrill of accomplishment! Continue to do this in your imagination until it begins to feel natural for you; then go off to sleep. If you have succeeded in planting your desire in your subconscious mind, you will feel a great sense of peace and satisfaction when you awaken. An interesting thing will have happened: You will have no further desire to

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pray about it, because it is fixed in consciousness. The reason for this is that the creative act has been finished, and you are at rest.

After true prayer when you have reached an inner conviction, there steals over you a sense of inner peace, calm, and certitude which tells you, "All is well." This is called *the sabbath* in the Bible, or period of stillness, or rest; it is the interval that elapses between the subjective realization of your desire and its manifestation. The manner of manifestation is not known to you; that is the secret of the subjective. "My ways are past finding out."

The answer or manifestation comes as a thief in the night. You know a thief comes when you least expect him; there is always an element of surprise; perhaps when you are sound asleep, the thief will come. If you sit up watching and waiting for the intruder, he will not come. Likewise we must go about our daily business, and the moment we think not, the answer will come. You are now at peace, made whole so to speak. You do not have to assist this Infinite Intelligence; It is All Powerful. It would be foolish to try to add power to Power.

The trouble with many people is this: When they pray, they are tense, anxious, and impatient. They say, "I wonder when it will come?" Others say, "Why has it not happened yet?"

If I say, "Why?" it means I am anxious and lack faith. If I *know* a thing is true, I do not question my prayer. Let us remember, therefore, anytime we ask, "Why?" to ourself or another, it means we have not reached a conviction within ourselves.

When we possess something in consciousness, we do not seek it; we have it! Another point I want to stress here is: When the student questions, "How will it come?" he shows lack of faith and conviction.

By illustration, I am now in Los Angeles, I do not ask, "How will I get there?" I *am* there. Similarly when our ideal is fixed in consciousness, we do not wonder, "How will I get there?" I am there already. Where your consciousness is, you are. "Where I am there you will be also."

CASE HISTORY

Case History Number One

Several years ago the author was lecturing in the Park Central Hotel in New York City. A man spoke to me at the end of the meeting saying, "I desire desperately to go to

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Pittsburgh, and I have no money."

I said to him, "Did you hear the lecture?"

He said, "Yes, but—"

I told him to ignore the doubts in his mind. We made a simple statement of truth together in that lovely, lecture room. The statement was, "I am now at home in Pittsburgh with my people. All is peace and harmony." He was at home with them during those few minutes of silence in his imagination and feeling.

He phoned me later saying, "I went to the restaurant, and a man who sat next to me said, "You know I am driving to Pittsburgh. I would love to have someone share in the driving; I would pay him also. Do you know anyone? You look like a mechanic." This was the way Infinite Intelligence answered this man's prayer.

Case History Number Two

I want to tell you of another experience I had in the army. A young soldier said to me, "You know before the war I tried to get into Bellevue Medical School for several years; I was always turned down; yet my marks were very high."

This boy believed he was a victim of racial prejudice. He was attached to my battalion. We chatted one night about the laws of life. I discussed with him the relationship of the conscious and subconscious mind which is given in detail in my book, *The Miracles of Your Mind*. I explained to him that his subconscious mind had the answer; it knew all, and had the "know how" of accomplishment.

I reviewed with him some experiments that I had conducted several years previously with a refugee Psychologist from Berlin. In one instance a boy under these experiments became clairvoyant and described things taking place at a distance, which we subsequently verified. This boy also gave the location of missing articles and predicted accurately certain international incidents. We discussed the fact that Infinite Intelligence and Wisdom is lodged in the subliminal mind of man; it is possible to tune in with It, and to get It to work for us.

Accordingly and apropos to the above conversation, the following experiment was suggested to him: "At night as he was about to fall asleep, he would imagine he saw a medical diploma inscribed with his name stating he was a physician and surgeon. He felt this diploma with his hand and imagined the joy of it all. He made it real and natural by focusing his attention on one thing—the diploma—the finished thing; then he

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contemplated the reality of it.

"Believe that you have it now, and ye shall receive it." "Call things that be not, as though they were, and the unseen becomes seen." "I told you before it came to pass, that when it is come to pass, ye might believe." These are perfect formulas for prayer.

This boy went to the end; he asked himself this question: "What actually would I receive to prove to the world that I am a doctor?" The answer came, "A diploma!" In his imagination, he saw the diploma and made it real. He went to sleep feeling the diploma in his hand.

By example, you can close your eyes now and feel silk, mohair, or a fur coat on you. As you feel the naturalness of the fur coat, you will receive it.

The sequel to this soldier's prayer is very interesting: This man said to me one morning, "You know I have a feeling that something is going to happen, and that I won't be around here long." This was the subconscious mind telling him, "All is well."

We know sometimes by a hunch, an inner awareness, or feeling that our prayer is answered. Technically we would say the idea has been sub-subjectified or embodied in the subconscious. In truth we would say the soldier accepted the idea in consciousness, and his inner knowing brought it to pass. The many words or phrases we use all illustrate the same thing, namely, he felt the reality of it; that is all that is necessary. The technique he used aided him in its fulfillment.

The commanding officer called him in and informed him that in view of his pre-medical training, he was to take an examination; if he received good marks, he would be sent to the Medical College at the expense of the Army. It ensued that he was sent to Stanford, and not to Bellevue. "My ways are past finding out." (It had been explained to him that he did not have to go to Bellevue to be a doctor; let Infinite Intelligence be the guide.)

In prayer go to the end. Feel that you are now what you desire to be; then Infinite Intelligence takes charge, and acts on the thoughts, ideas, and actions of others, so that they aid us in the realization of our desire. (In the same manner a seed attracts to it all things, such as chemicals, water, sunshine, air, etc., necessary for its growth.)

We are always using this Principle, Power, Intelligence, and Wisdom all the days of our life. When we lift our hand to write, we use this Power and Energy. In the same manner when we breathe, we are using the same air.

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For example, I am writing now. The ideas expressed come from the One Mind, common to all individual men. There is only One Source, and That is God. We do not originate anything; for all ideas live, move, and have their being in God. This Infinite Being, Consciousness, Awareness, or whatever we choose to call It is the only Originator—the Fountain of all. All men drink from this One Source or Spring. You will understand from these truths that when we look at the sun or a tree, we all see a sun and a tree, which shows that all of us are using the One Mind.

> There is, therefore, no such thing as an atheist; there could not be, because he is using the Mind, the Power, and the Intelligence which is of God. He is alive, and the very Life of him is God, for God is Life. When he says, "I do not believe in God," you can see how absurd it is. He knows, and he believes, he is alive. Aliveness, Awareness is God.

As a teacher I wish to point out that there is no teacher who could give you anything new; he could not; neither can he give you truth. All any teacher can do is to awaken that which is already within you. You house God. As the Book of Revelation says, "The tabernacle of God is with man." A teacher causes you to see the truth which was always there; he kindles a fire if he is a good teacher; then you warm yourself by its glow. But the fire, the glow, and the warmth, thereof, were always within you. The real teacher, if he has a good knowledge of truth, will teach you freedom, and tell you frankly that you do not owe him any allegiance, since your heart belongs to God or the Truth. "To thine own self be true, as the night the day, thou canst then be false to no man." The teacher of truth will tell you if you do not get anything from him, to go elsewhere where you will be blessed. We call our own; there is no competition in truth.

You do not have to strive toward a goal; for the goal you seek already is, and through your treatment work you appropriate it by accepting the state desire in consciousness. All states coexist in the Greater Now, or other dimensions of your mind. It is like the keyboard of a piano; the music you wish to play is already in the piano; all you do is to strike the proper keys and chords to bring it forth, but the tune or the sonata was always there; you do not create it. All you did was to recognize a certain composition and to bring it forth. You can play on the piano *Pop Goes The Weasel or a Beethoven Sonata;* the piano does not care.

Similarly look at the English alphabet; you did not create it; it always existed in Infinite Mind. With this alphabet you can write a beautiful, magnificent drama of life, or you may write a gossip column that may cause some misguided person to commit suicide.

We must strike the key to bring forth our music also; our music is: harmony,

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> health, peace, true place, or expression in life. We strike the proper key by contemplating the reality of the state sought now, feeling, and believing ourselves to possess it.

A simple illustration is as follows: Suppose you wish to sell a home for $20,000. This is the price you would pay for it if the tables were reversed. You are satisfied this is the correct price, and there is no quarrel in your consciousness. The next step is, as Troward says, “to see the end.” A simple way to do this is to take a little phrase that is easily graven on the memory, for instance, “It is sold,” or “It is done,” and repeat it over and over again like a lullaby until you feel the naturalness and reality of it. (This latter procedure is suggested by the New Nancy School. See Bau-douin’s Book, *Auto-Suggestion.)*

The author has instructed many people in the sale of property as follows: See the check in your hand, and feel the joy of accomplishment. Imagining that you have the check in your hand is seeing the end, and having seen the end as Troward says, you have willed the means to the realization of the end. Infinite Spirit will attract to you the person who wants what you have to offer; the price and the time will be right, and you will find the place will be sold in peace and harmony for all concerned. “Let him that is athirst come and drink of the waters of life freely.”

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THE MAGIC OF FAITH

The purpose of this chapter is to teach you the spiritual truth of your dominion and freedom. “In all thy ways acknowledge him, and he shall direct thy paths.” (Prov. 3:6). “I will lift up mine eyes unto the hills, from whence cometh my help.” (Psm. 121:1).

In the above verse from proverbs you are told to acknowledge the Infinite Intelligence within you, and that It shall direct you in all ways. The answer to your problem will come when you turn in faith and recognition to the Divine Principle within.

It was Shakespeare who said, “Our doubts are traitors, making us lose the good we oft might win, by fearing to attempt.” Fear holds us back. *Fear* is a lack of faith in God or the Good.

A man told me one time that he was a member of a sales force for a large, chemical organization which had two hundred men in the field. The sales manager died, and the vice president offered him the position; however he turned it down. He realized later that the only reason he rejected the offer was due to fear. He was afraid to attempt the responsibility. This man lacked faith in himself and his Inner Power. He hesitated, and the wonderful opportunity passed him by.

This salesman came to me for consultation, and I learned he was condemning himself, which was like a destructive, mental poison. In place of condemnation, he began to realize there were other opportunities. I explained to him that faith is a way of thinking, a positive mental attitude, or a feeling of confidence that what you are praying for will come to pass.

For example, you have faith that the sun will rise tomorrow. You have faith that the seed you deposited in the ground will grow. The electrician has faith that electricity will respond to his proper use of it. A scientist has an idea for an ediphone; he proceeds to bring it to pass by having faith in the execution of the invisible idea.

Opportunity is always knocking at your door. The desire for health, harmony, peace, and prosperity is knocking at your door now. Perhaps you are offered a promotion; are you going to act like Peter of old who walked on the waters? (“And when Peter was come down out of the ship, he walked on the water, to go to Jesus. But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, Lord, save me.”)

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Besides being historical, this drama of Peter and Jesus takes place in your own mind. *Peter* means faith, perseverance, and determination. *Jesus* means your desire which, if realized, would be your saviour. Jesus comes into your mind as an idea, desire, plan, purpose, vision, or some new undertaking. The realization of your dreams, plans, or purpose would bring you and others great satisfaction and inner joy; this would be your Jesus. You must now call Peter which is faith in the God-Power to bring all things to pass. Look at Peter and Jesus as dramatizations of the power of truth within you.

Oftentimes as you attempt something new,— for example, a new position,—doubt comes into your mind; this is *Peter* in you looking at the *boisterous wind and sinking*. This represents the impingement in your mind of the race belief in failure, lack, and limitation.

You must cremate, burn up, and destroy that negative thought immediately. You must not suffer a witch to live; meaning you must supplant the negative feeling with the positive thoughts of success, peace, and prosperity immediately, and give your love and feeling to these concepts. As you sustain this mood of confidence, you will become victorious.

Doubt and fear hold men in bondage of sickness and failure. These false concepts cause you to vacillate, waver, equivocate, and hesitate to go ahead. The way to overcome is to increase your faith and awareness of your deep, spiritual potencies. Be like Peter; he succeeded, because he went forward; he had faith and confidence, knowing he would succeed.

A general in the field cannot afford to vacillate and waver on the battlefield. He has to come to a decision. Failure to come to a decision, plus a constant wavering in the mind, leads to a nervous breakdown and mental confusion. When you find yourself being pulled two ways, that is a sign of doubt and fear.

Your good comes to you in the form of your desire. If you are sick, you wish health. If you are poor, you desire wealth. If you are full of fear, you desire faith and confidence. Jesus comes as your desire walking down the streets of your mind.

There is another part of your mind which says, “No, it can’t be. It is too late now.” “It is impossible.” This is the time to lift up your eyes unto the hills from whence cometh your help; i.e., you lift up your eyes when you focus your attention on your good. Remember faith can do all things. “Thy faith hath made thee whole.” “According to your faith is it done unto you.” You must appreciate the fact that your desire, idea, or dream is real, though it is invisible. To know that the idea is real, that it is a fact of consciousness, gives you faith, and enables you to move over the waters of confusion,

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strife, and fear to a place of conviction deep in your own heart. Peter said, "Lord, if it be thou, bid me come unto thee on the water."

Ideas are our lords and masters. Ideas govern and rule us. The dominant idea which you now entertain is your lord; it generates its own emotion. Emotions compel you to express them. The dominant idea of success enthroned in the mind generates its own mood or feeling. This feeling compels you to right action, so that whatever you do under the mood of faith and confidence will be successful. The desire or idea of yours now is your lord. "Lord, if It be thou, bid me come to thee upon the water." Mentally appropriate your desire, kiss it, love it, let it captivate your mind; feel the reality of it.

Is your desire lofty, inspiring, and wonderful enough to lead you forward? This ideal of yours is real, just the same as the idea of a radio was real in the mind of the inventor; or the idea of an automobile was real in the mind of Ford; or the idea of a house is real in the mind of an architect. It is not idle fancy or a daydream.

Peter is within you; i.e., *Peter* is faith, perseverance, stick-to-it-iveness, and an abiding trust in an Almighty Power which responds to man's thought and belief. This Formless Awareness within you takes the form of your belief and conviction. It is really all things to all men. It is strength to you, if you need strength. It is guidance, if you need guidance. It is food and health also.

Everyone has faith in something. What is *your* faith? Let it be faith in all things good, a joyous expectancy of the best, and a firm belief inscribed in your heart that Infinite Intelligence will lead you out of your difficulty, and show you the way. You have a firm conviction now in the Power of God to solve your problems and heal you. This faith in God enables you to walk over all the waters of fear, doubt, worry, and imaginary dangers of all kinds. You now know that error and fear are false beliefs without power. You know these negative states are false and groundless. Paul says, "Faith is the substance of things hoped for, the evidence of things not seen." It is from faith or feeling that all things flow.

When you look down, you see mud, but when you look up, you see the stars! Similarly, when you say, "There is no way out. I have no chance," you are looking like Peter at the winds of confusion, fear, and human opinion; but when he remembers where his power is, he *looks up at Jesus,* meaning that he looks at the solution, the way out, the happy ending, and ignores the winds of human intellect and the waves of race mind.

The man of faith puts his trust in the Invisible Power within him. He knows this is the Kingdom of the Real. He knows that his ideal is real in the Inner Kingdom, and that his faith or feeling will cause the formless or the invisible to take on form as a condition,

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event, or experience. This is why the man of faith walks upon the waters, and moves in confidence and understanding to the promised land—his cherished goal. Faith is accepting as true what your reason and intellect deny.

All great scientists, mystics, artists, poets, and inventors are gifted or possessed by an abiding faith and trust in the Invisible Powers within.

Faith is trust. You trusted your mother when you were in her arms; you looked into her eyes, and you saw love there. Your *Peter* is your faith and trust in God, the Absolute Lover, and it should be greater than faith in your mother.

As you read this, turn your desire or request over to the subjective mind within you, acknowledging in your heart it has the answer and the "know how" of accomplishment, and that its ways are past finding out. When you are relaxed and peaceful, you will know you have succeeded in impregnating your deeper mind. Signs follow; the wave of peace is the sign; this is inner conviction. You now walk above all the waters of confusion, chaos, and false beliefs, because in a little while what you felt as true will be experienced.

Troward says if a thing is true, there is a way in which it is true. Look at the magic and miracle-working power of faith in your own life. Behold the miracle which takes place as you drink a glass of milk; it is transformed into tissue, muscle, bone, hair, and blood cells in your body by the Master Chemist within. Look within for your saviour. Your true saviour is your thought and feeling. Blend these together, and you have a holy covenant, a wedded bliss, the mystic marriage. Any idea or desire impregnated with love is invincible; this is working faith. Blend Peter (faith) and Jesus (desire) together, and the miracle will happen.

CASE HISTORIES

Case History Number I

I visited a man in prison a few months ago. The first thought in his mind was freedom; this is symbolized in the Bible as Jesus walking on the waters of your mind. This prisoner was very bitter and cynical. I explained to him that he had placed himself in prison by his actions which were contrary to the golden rule. He was living in a psychological prison of hatred and envy. He changed his mental attitude by calling forth Peter which was his faith in an Almighty Power to bring to pass the cherished desire of his heart.

I gave detailed instruction to this prisoner. He began to pray for those he hated by

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saying frequently, "God's love flows through them, and I release them." He began to do this many times a day. At night prior to sleep, he imagined himself home with his family. He would feel his little daughter in his arms and hear her voice saying, "Welcome, daddy." All this was done in his imagination. After awhile he made this so real, natural, and vivid, that it became a part of him. He had impregnated the subconscious with the belief in freedom.

Another interesting thing happened; he had no further desire to pray for his freedom; this was a sure psychological sign to him that he had embodied the desire for freedom subjectively. He was at peace, and though he was behind bars, he knew subjectively that he was free. It was an inner knowing. You no longer seek that which you have. Having realized his desire subjectively, he had no further desire to pray about it.

A few weeks passed by, and this young man was liberated from prison. Friends came to his rescue, and through the proper channels, the door was opened to him for a new life.

Case History Number Two

A student in our Bible class stated that there was no way to save her boy-friend from losing his store. He could not meet the bills; even his automobile was attached.

She was saying, "It isn't possible. I see no way out. It is just hopeless." She listened to one of our lectures on prayer and applied it that night.

She said, "I will walk upon the waters of doubt and negativity, and 'I will say of the Lord, He *is* my refuge, and my fortress: my God; in him will I trust.' " She anchored her mind on the following great truth: "God's peace floods his mind, and God answers him."

She remained in a quiet, passive state; she got into the mood or feeling that there was a solution for her boy-friend, and went off to sleep, dwelling on the following, wonderful words of truth: "I stand still, and I see the salvation of the Lord." This young girl knew that the saviour was in her own faith; she turned her eyes to the hills; these *hills* are always of an inner range; they are the hills of faith and trust in God which moves mountains. Reject mentally all sense-evidence, and look into the eyes of your saviour; this means to live in the emotional embodiment of your desire or ideal.

The following day her boy-friend called her and told her that a miracle had happened. A check was presented to him the following day for $2,000 by a man who had borrowed this amount ten years previously. It came out of the blue as a perfect response to her

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prayer of faith.

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STEPS TO HAPPINESS

Happiness is a state of consciousness. Faith and fear are moods of the soul. Your faith is a joyous expectancy of the best. Fear comes to challenge your faith in God or the Good. You must look upon fear as man's ignorance or his false beliefs which try to overcome his conviction in the good.

Never entertain or accept the suggestions of sickness, weakness, or failure. If you listen to negative suggestions and become fearful, begin to affirm the Truths of God, such as Love, Peace, Joy, etc. Know that thought and feeling are the causes of conditions and experiences.

Fear is based on the false beliefs that there are other powers, and that external things and conditions can hurt you. Fear must leave you, because it has nothing to sustain it; there is no reality behind it; its claims are false. Come back to the simple truth: "Only your thought has power over you, and the One Almighty Power now moves on your behalf, because your thoughts are in tune with the Infinite One.

The man full of faith in God is never concerned about the future. When worry or fear knock at the door of his mind, faith in God opens the door, and he is at peace.

I met a farmer one time on the west coast of Ireland. I lived in his house for a few days. He seemed to be always happy and joyful. I asked him to tell me his secret of happiness. His answer was, "It is a habit of mine to be happy." This is the whole story! Prayer is a habit; happiness is likewise a habit.

> There is a phase in the Bible which says, "Choose ye this day whom ye will serve." You have the freedom *to choose* happiness; this may seem extraordinarily simple—and it is. Perhaps this is why people stumble over the way to happiness; they do not see the simplicity of the key to happiness. You can choose unhappiness by entertaining these ideas: "Today is a black day; everything is going to go wrong." "I am not going to be successful." "Everyone is against me."

Perhaps you say to yourself, "Business is bad. It is going to get worse." Furthermore, you may say to yourself, "The worst is yet to come!" If you have this attitude of mind the first thing in the morning, you will attract all these experiences to you, and you will be very unhappy.

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On the other hand you can choose happiness. This is how you do it: When you open your eyes in the morning, say to yourself, "All things work together for good to them that love God." Remember that in all languages God and Good are synonymous.

Love is an emotional attachment. Continue to become attached to the good in the morning in this way: Look out the window, and say, "This is God's day for me. I am Divinely guided all day long. Whatever I do will prosper. I cast the spell of God around me. I walk in His Light. Whenever my attention wanders away from God or the Good, I will immediately bring it back to the contemplation of God and His Holy Presence. I am a spiritual magnet attracting to myself all things which bless and prosper me. I am going to be a wonderful success in all my undertakings today. I am definitely going to be happy all day long."

Start each day in this manner; then you are choosing happiness, and you will be a radiant, joyous person.

You can experience nothing outside your own mentality. Your dominant, mental mood is the way you think and feel inside about yourself, others, and the world in general. What is your present mental attitude? How do you feel inside? Are you worried, confused, angry, or concerned about other people's actions? If you are, you are not happy, because you are dwelling mentally on limitation.

Begin to anchor your mind on thoughts of peace, success, and happiness; this is really prayer. Do this frequently; then you will be like the Irish farmer who said, "It is a habit of mine to be happy." Your dominant mental attitude rules and governs all your experiences; therefore nothing can come into your world but the out-picturing of your mental attitude. Love all things good, and even your so-called "enemies" will be constrained to do you good.

Oftentimes you read in psychological and metaphysical literature that the world you behold is the world you are; this means you can control your relationship with the world. The world you really live in is a mental world of thoughts, feelings, sensations, and beliefs. As a matter of fact every person, circumstance, and experience you meet becomes a thought in your mind. How you mentally feel and react to life and conditions depend on what you believe about life and things in general. If your knowledge about life and the world is false, you can be very unhappy. If you have true knowledge and the right ideas, you can control your emotional reactions to life and have inner peace.

You are now awakening to the truth that happiness is determined by what goes on in your mind. There is one very important point about being happy: You must sincerely *desire* to be happy. There are people who have been depressed, dejected, and unhappy

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so long, that were they suddenly made happy by some wonderful, good, joyful news, they would actually be like the woman who said to me, "It is wrong to be so happy!" They have been so accustomed to the old, mental patterns that they do not feel at home being happy! They long for the former, depressed, unhappy state.

I knew a woman in England who had rheumatism for twenty years. She would pat herself on the knee, and say, "My rheumatism is bad today. I can't go out; my rheumatism keeps me miserable." This dear, elderly lady got a lot of attention from her son, daughter, and the neighbors. She really wanted her rheumatism; she enjoyed her "misery," as she called it. This person did not really want to be happy.

I suggested a curative procedure given in the Bible. I wrote down some biblical verses, and said if she gave her attention to these truths, she would be healed, but she was not interested. There seems to be a peculiar, mental streak in many people, whereby they seem to enjoy being miserable and sad.

Jesus said, "If you know these things, happy are ye if ye do them." "We should become as little children." The reason for this is that a child is happy, because it is close to God. The child knows intuitively where to find happiness. You do not have to become old, dull, crotchety, petulant, and cantankerous; neither do you have to become jaded and depressed in spirit. The simple truths of life, and not the opinions of man, produce and generate happiness within us. There are a great number of people trying to buy happiness through the purchase of radios, television sets, automobiles, and a home in the country, but happiness can not be purchased or procured that way.

The Kingdom of God is within you, and the kingdom of happiness is in your thought and feeling. Too many people have the idea that it takes something artificial to produce happiness. Some people say, "If I had a million dollars, I would be happy." Others say, "If I was elected mayor, or the president of the organization, I would be happy." The answer is, "We must *choose* happiness." We must make it a habit to be happy. It is a mental and spiritual state. Happiness comes through your daily visits with God and in silent communion with His Holy Presence.

Begin now to eat the bread of the silence; you do this by meditating on the fact that, "In Him there is fullness of joy." As you dwell on these words, imagine the joy and the love of God are flowing through your mind and heart as a living current or stream; then you are stirring up the gift of God within you.

The Saviour is within you, but He is asleep. Awaken Him! It takes only thought to stir God into action. Every time you mentally reject the power of conditions and circumstances and recognize the Presence of God in you, you are stirring up the gift of

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God within you. “Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee.”

When your mind is clean and wholesome, when your eyes are dedicated and focused on God or the Good, and when you have a child’s heart, your mind is at peace; then you are full of good will, and you are happy.

Say to yourself every day when you awaken, “God is my partner.” If the day is raining, say with joy, “How wonderful it is to see God in action!” When you see snow falling, give thanks. When the sun shines, know it is blessing everyone.

Within you is the Power to overcome any situation. You were born to win, to succeed, and to conquer. There is a great thrill in mastering a difficult assignment; the joy is in overcoming. Stand up against the problem now. Take up that shining sword of truth, and say, “I go forth conquering and to conquer!” The Power of the Almighty is within you; It will reveal to you the perfect solution. It will show you the way you should go. Conquer and overcome every negative emotion within you. Love casts out fear. The peace of God casts out pain. Good will casts out envy. In the midst of all kinds of adversity, look for that which is good, and that which is right; in other words look for the Divine answer.

Turn within you now and say, “Every morning I will say, ‘There is something happy on my way.’” Evil has no reality; for your evil is your disorganized mind.

God is Life, and Life is forever seeking to express Itself in ways of pleasantness and paths of peace. Its tendency is Lifeward. The urge of Life is progression. Life is seeking to express through you as harmony, health, peace, joy, and happiness; these are the truths you are seeking. There is nothing but Good in God’s universal, cosmic design. Enthrone in your mind the thought of the complete Omnipotence of God, and that God is watching over you, guiding you in all your ways. Let your mind be imbued with this idea, and the waters of healing will flow through you. As you focus your attention on these truths, you are making it a habit to be happy.

CASE HISTORIES

Case History Number One

I knew an alcoholic in London who had sunk to the depths of degradation. When I met him, he was begging pennies on the street for drink. At one time he was a highly respected lawyer. I spent some time with him in Hyde Park, London, telling him a few simple truths. I wrote these words for him to repeat: “I surrender myself completely to God and His Boundless Love and Goodness. My mind and heart are now open to the

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Spirit of Almighty God which flows through me now. God fills my mind and heart with His Joy and His Love. I do not see the wind, but I feel the breeze upon my face; likewise I feel God's Presence stirring in my heart. God's river of Love flows through me, and I am clean and made whole."

I told him to relax, and slowly articulate the above meditation fifteen minutes, three times a day. All that was necessary was sincerity and humility on his part; then he was assured he would be free from the habit and blessed beyond his wildest dreams. This man became childlike in his simplicity. He fulfilled his promise. In less than a week he was engaged in a romance with God. Truly he touched the hem of His garment. As he meditated aloud, he imagined that the words were seeds sinking down into his soul. On the sixth day his whole being and his room were flooded with an Interior Light which seemed to blind him temporarily. He was completely healed.

Case History Number Two

Lecturing in San Francisco some years ago, I interviewed a man who was very unhappy and dejected over the way his business was going. He was the general manager. His heart was filled with resentment toward the vice president and the president of the organization; "They opposed him," he claimed. Because of this internal strife, business was declining; he was receiving no dividends.

This is how he prayed and solved his business problems: The first thing in the morning, he used the following meditation, "All those working in our corporation are spiritual, wonderful, Godlike links in the chain of its growth, welfare, and prosperity. I radiate good will in my thoughts, words, and deeds to my two associates and all those in the company. God's Love and good will fill my heart for the president and the vice president of our company. Infinite Intelligence and Divine Wisdom make all decisions through me. There is only right action taking place in our life. I send the messengers of peace, love, and good will before me to the office, and the peace of God reigns supreme in the minds and hearts of all those in the company including myself. I now go forth into a new day full of faith, confidence, and trust."

This business executive repeated the above meditation slowly three times in the morning feeling the truth behind the words. He put life, love, truth, and beauty into the words, and they went deep down into his subconscious mind. When fearful or angry thoughts came into his mind during the day, he would say, "God is within me now." After awhile all the harmful thoughts ceased to come, and peace came into his mind. He wrote me in New York saying that at the end of the two weeks, the president and the vice president called him into the office, apologized, and shook hands with him saying that the organization could not get along without him. He was so happy again. His
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happiness resulted from seeing God in the other fellow and in radiating love and good will to all. True happiness came to him as he began to practice the Presence of God.

Love frees; it gives; it is the spirit of God. Love is the Universal Solvent; for Love dissolves everything unlike Itself.

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HARMONIOUS HUMAN RELATIONS

"All things whatsover ye would that men should do unto you, do ye even so to them."

The first thing you learn is that there is no one to change but yourself. The above truth has outer and inner meanings: As you would that men should *think* about you, think you about them in like manner. As you would that men should *feel* about you, feel you also about them in like manner. As you would want men to *act* toward you, act you toward them in like manner. This Biblical passage is the key to happy, human relationships in all walks of life.

Do you observe your "inner talking"? For example, you may be polite and courteous to someone in your office, but when his back is turned, you are very critical and resentful toward him in your mind. Such negative thoughts are highly destructive to you; it is like taking poison; you are actually taking a mental poison which robs you of vitality, enthusiasm, strength, guidance, and good will.

The suggestion you give to the other, you give to yourself. Ask yourself now, "How am I behaving internally toward this other fellow?" This interior attitude is what counts. Begin now to observe yourself; observe your reactions to people, conditions, and circumstances. How do you respond to the events and news of the day? It makes no difference if all the other people were wrong, and you alone were right, if the news disturbs you, it is your evil, because your bad mood affected and robbed you of peace and harmony. You do not have to react negatively to the news or the comments of the broadcaster. You can remain unmoved, undisturbed, and poised, realizing he has a right to his expression and beliefs. It is never what a person says or does that affects us; it is our reaction to what is said or done that matters.

Mentally divide yourself into two people: Your present mental state and that which you desire to be. Look at the thoughts of envy, jealousy, and hatred which may have enslaved and imprisoned you. You have divided yourself into two people for the purpose of disciplining yourself: One is the race mind working in you, the other is the Infinite or the God-Self seeking expression through you. Be honest with yourself and determine which mood shall prevail.

For example, if someone gossips about you or criticizes you, what is your reaction? Are you going to engage in the typical way by getting excited, resentful, and angry? If you do, you are letting the world-mind work in you. You must positively refuse to react

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in this mechanical, stereotyped, machine-like way. Say positively and definitely to yourself: The Infinite One thinks, speaks, and acts through me now; this is my Real Self. I now radiate love, peace, and good will to this person who criticized me. I salute the Divinity in him. God speaks through me as peace, harmony, and love. It is wonderful. You are now a real student of truth. Instead of reacting like the herd who returns hate for hate, you have returned love for hatred, peace for hurt, good will for ill will. You have come into truth to think and react in a new way. When you come into truth, you make a new set of reactions to supplant the old. If you find yourself always reacting in the same way to people and conditions, you are not growing. Instead you are standing still, deeply immersed in the race mind.

You know that you do not have to accept negative thoughts. You can become what you want to be by refusing to be a slave to old, thought patterns.

Become the real observer, and practice observing your reactions to the events of the day. Whenever you discover that you are about to react negatively, say firmly, "This is not the Infinite One speaking or acting"; this will cause you to stop your negative thinking; then the Divine Love, Light, and Truth will flow through you at that moment. Instead of identifying yourself with anger, resentment, bitterness, and hatefulness, identify immediately with peace, harmony, poise, and balance; with this attitude you are really practicing the art of separation. You are separating yourself from the old (your present, mental state), and you are identifying yourself with the new (that which you desire to be).

You want to be the Christed one, the Anointed individual, the Illumined one, the God-man—who does not? In order to become the ideal, you must identify yourself with all the qualities and attributes you wish to manifest.

Remember this great truth: You do not have to go along with, believe in, nor consent to negative thoughts or reactions. Begin to positively refuse to react mechanically as you formerly did. React and think in a new way. You want to be peaceful, happy, radiant, healthy, prosperous, and inspired; therefore, from this moment forward you must refuse to identify with negative thoughts which tend to drag you down.

Many women say, "How can I change my husband?" Another frequent statement is, "I would like to change Mary in the office; she is the cause of all the trouble." Many have heard the metaphysical phrase, "See the Christ in the other, and all is well." However most people do not know exactly what that means. It really means to become aware of the Presence of God in the other, and to realize that God is actually being expressed through the thoughts, words, and actions of that person. To really know, accept, and believe these truths is to see the Christ in the other.

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There is no problem in human relations that you cannot solve harmoniously and for the benefit of all concerned. When you say that your associate in the office is very difficult to handle, that he is cantankerous, mean, and obstreperous, do you realize that in all probability he is reflecting your own inner mental states. Like attracts like; birds of a feather flock together. Is it not possible that your associate's crotchety, petulant, critical attitude is a reflection of your inner frustrations and suppressed rage? What this person says or does cannot really hurt you, except you permit him to injure you. The only way he can annoy you is through your own thoughts.

For example, if you get angry, you had to go through four stages in your mind: You began to think about what he said; you decided to get angry and generate a mood of rage; then you decided to act—perhaps you talked back and reacted in kind. You see that the thought, emotion, reaction, and action all took place in your mind.

You are the cause of your own anger. If someone called you a fool, why should you get angry? You know you are not a fool. The other person is undoubtedly very disturbed mentally; maybe his child died during the night, or perhaps he is very ill psychologically. You should have compassion on him, but not condemn him. Realize God's peace fills his mind, and that His Love flows through him; then you would be practicing the Golden Rule. You would be identifying not with anger or hatred but with the law of goodness, truth, and beauty.

Would you condemn a person who had tuberculosis? No, you would not. In all probability if he told you, you would realize the Presence of God, harmony, and perfection where the trouble was; that would be compassion. *Compassion* is the Wisdom of God functioning through the mind of man, shown when you forgive all men, and see the God in them.

A person who is hateful, spiteful, envious, and jealous, and who says nasty, mean, scandalous things is very ill psychologically; he is just as sick as the man who has tuberculosis. How are you going to react to such a man? Where is your truth? Where is your wisdom and understanding? Are you going to say, "I am one of the herd; I react in kind; I return spite for spite, hate for hate, and anger for anger?" No, you would stop, and say, "This is not the Infinite One acting through me. God sees only perfection, beauty, and harmony. I see, therefore, as God sees." "Thou art of purer eyes than to behold evil, and canst not look on iniquity." I am going to see all men and women as God sees them. When your eyes are identified with beauty, you will not behold the distorted picture.

Information or news is constantly brought to your attention all day long through the medium of your five senses. You are the one who determines what your mental

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responses are going to be to the news conveyed. You can remain poised, serene, and calm, or you can fly into a rage, and as a result get an attack of migraine or some other form of pain.

The reason two men react differently to the same situation is based on their subconscious conditioning. Your personality is based on the sum total of all your opinions, beliefs, education, and early religious indoctrination; this inner attitude of mind conditions your response.

One man will fly into a rage when he hears a certain religious program, but his brother may enjoy it, because one is prejudiced and the other is not. Our subconscious convictions and conditioning dictate and control our conscious actions. You can recondition your mind by identifying yourself with the eternal verities. Begin now by filling your mind with the concepts of peace, joy, love, good humor, happiness, and good will. Busy your mind with these ideas; as you do, they will sink into the subconscious level and become orchids in the garden of God.

No matter where the problem is, how acute it may be, or how difficult the person may be, there is in the final analysis no one to change but yourself! When you change yourself, your world and environment will change. Begin with number one—*yourself!*

You are not living with people, you are living with your concept about them. How are you now responding to John Jones who is next to you on the bench? The fellow who works next to him likes him; his wife loves him; his children think he is wonderful. Perhaps members of his club believe he is generous, kind, and cooperative. Are you thinking of him as mean and petty? Are you resenting him? Who is this fellow? Is he *your* concept, or are all the others wrong? Would it not be wise to look within yourself and determine what it is in you that is causing him to be ugly or a stumbling block to you? I am sure you will find it within yourself.

Maybe you are saying to your son or father when you go home, "That fellow Jones annoys the life out of me. He irritates me beyond words." You are so upset, you cannot digest your dinner properly. According to your description he is impossible.

Where was Jones during the time you were saying all these things? Perhaps he was at the opera with his family; perchance he was out fishing in the stream having a wonderful, glorious time. As a matter of fact if someone said to you, "Where is Jones now?" You would answer, "I do not know." Be honest with yourself now, and admit he is in your own mind as a thought, a concept, or a mental image. You are revealing yourself and your own perturbed state of mind.

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Surely he is not responsible for your anger, tension, or upset stomach. You know in your heart, which is the place that matters, that you are responsible for your own thoughts about him; it is your negative, hostile, reaction to him that is the cause of your trouble. You are the cause of your negative state. Ask yourself, "Who is thinking these things, and who is feeling them? You are!

Quimby used to say that the suggestion we give to the other, we give to ourselves. You can now see how true that is. As a matter of fact, that is the basis of the Golden Rule. Never suggest to another, or think anything about another, that you would not wish the other to think, suggest, or feel about you.

Watch your hidden conversation to yourself. How do you meet people in your mind when they are thousands of miles away? You may be nice to their face, but the way you think about them is what counts. If you are negative, you are poisoning yourself. Does it make any sense to go to a corner drug store, and say, "I do not like that fellow Jones; give me some poison. I want to take small doses of it several times a day." You are answering now, "Oh, that is absurd!" But that is what you do when you resent or are antagonistic towards others; you are actually taking mental poison which saps your vitality, destroys your enthusiasm, and brings about a debility of the entire organism.

> There are mental, corrosive poisons, just the same as there are physical, corrosive poisons; they are just as destructive also. If you are now disturbed, agitated, and angry over the way someone has acted toward you, it means you have a very negative thought-pattern in your consciousness which you should heal instantly.

Be sure that you are not one of those people who will give all the reasons why they should be angry. Stop giving alibis; cease all self-justification. How could you be justified in hating or resenting someone? Do you have a special license? If you do, who gave you this authority? If you are agitated toward another, you are responsible for your unhappiness.

You should not defile the temple of the Living God. Your mind should be a house of prayer; do not make it a den of thieves. The thieves who rob you of peace, joy, health, and happiness are: envy, jealousy, hatred, resentment, and anger. Refuse to harbor these gangsters and assassins.

You do not have to go down the dark alleys and corridors of your mind to consort with thieves and ruffians. Go down the beautifully lit streets of your mind. Jesus or the Truth is always walking down the streets of your mind saying, "Come to God, and find peace, rest, joy, long life, and happiness." As you identify with these truths of God, you

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have found your saviour. What you identify with, you become. You are transfigured into the image of what you contemplate and feel as true.

When you go to the factory tomorrow, and you meet that fellow or girl whom you say irritates you beyond words, quiet the mind, and say, "He is God's son, and God's Love flows through him. I see the Christ or the Presence of God in him. I see him through the eyes of God, and he is perfect, loving, peaceful, and cooperative." Repeat it quietly to yourself a few times, and go on about your business. Do not bother looking for results. You know results follow your changed mental attitude.

If the old, vicious thought of resentment or anger comes to you during the day, say to yourself quietly, lovingly, and positively, "What is true of God is true of him. I see him as God sees him; it is wonderful to behold God in action in myself, and in him also." You are now observing yourself, because you are refusing to yield to the evil thought; you are identifying with God or the Good only. A complete healing will follow as you persist in your new way of thinking and reacting. You are, as the Bible tells you, transformed by the renewal of your mind. You have changed your mental and emotional reaction towards others; as a result you have dominion over yourself.

Now you can decree how your thoughts and emotions shall be directed. You are now a king over your own household (mind). Your thoughts, ideas, and feelings are your servants. You issue the command; their mission is to obey. You are here to control, and not to be controlled by angry, wild emotions.

Now when you say to yourself, "Who is the thinker in me?" you must answer, "I am!"

When you are thinking on whatsoever things are true, honest, just, lovely, and of good report, you are truly thinking. If you find yourself thinking negatively, it is the world-mind thinking in you; then you have lost control.

The next time you are prone to resent someone, or when you say that you cannot get along with another, say to yourself, "When I look into his face, I am looking into the face of God; he is an incarnation of God walking this earth. I see God in him, and all is well."

"That thou seest man,
That, too, become thou must;
God, if thou seest God;
Dust if thou seest dust."

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HOW TO CONTROL YOUR EMOTIONS

The Ancient Greeks said, "Man, know thyself." As you study yourself, you seem to be made up of four parts: Your physical body, emotional nature, intellect, and the Spiritual Essence which is called the Presence of God. The I AM within you, the Divine Presence, is your Real Identity Which is Eternal.

You are here to discipline yourself, so that your intellectual, emotional, and physical nature are completely spiritualized. These four phases of your nature are called the four beasts of *The Book of Revelation. {The Revelation of St. John* means God revealing himself as man.

The real way for you to discipline and bridle your intellectual and emotional nature is by the Practice of the Presence of God all day long.

You have a body; it is a shadow or reflection of the mind. It has no power of itself, no initiative, or volition. It has no intelligence of itself; it is completely subject to your commands or decrees. Look upon your body as a great disc upon which you play your emotions and beliefs. Being a disc, it will faithfully record all your emotionalized concepts and never deviate from them; therefore, you can register a melody of love and beauty, or one of grief and sorrow upon it. Resentment, jealousy, hatred, anger, and melancholia are all expressed in the body as various diseases. As you learn to control your mental and emotional nature, you will become a channel for the Divine, and release the imprisoned splendor that is within you.

Think over this for a moment: You cannot buy a healthy body with all the money in the world, but you can have health through riches of the mind, such as thoughts of peace, harmony, and perfect health.

Let us dwell now on the emotional nature of man. It is absolutely essential for you to control your emotions if you want to grow spiritually. You are considered grown up or emotionally mature when you control your feelings. If you cannot discipline or bridle your emotions, you are a child even though you are fifty years old.

You must remember that the greatest tyrant is a false idea which controls a man's mind holding him in bondage. The idea you hold about yourself or others induces

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definite emotions in you. Psychologically speaking, emotions compel you for good or evil. If you are full of resentment toward someone or possessed by a grudge, this emotion will have an evil influence over you, and govern your actions in a manner which has nothing to do with what you say is the original cause. When you want to be friendly and cordial, you will be ugly, cynical, and sour. When you want to be healthy, successful, and prosperous in life, you will find everything going wrong. Those of you reading this book are aware of your capacity to choose a concept of peace and good will. Accept the idea of peace in your mind, and let it govern, control, and guide you.

Quimby pointed out that ideas are our masters, and that we are slaves to the ideas we entertain. The concept of peace with which you now live will induce the feeling of peace and harmony. Your feeling is the Spirit of God operating at the human level; this feeling of peace and good will will compel you to right action. You are now governed by Divine Ideas which are mothered by the Holy Spirit.

Uncontrolled or undisciplined emotion is destructive. For example, if you have a powerful automobile, it will take you through the roughest country, or to the top of a high hill; however, you must control the automobile. If you do not know how to drive, you may hit a telegraph pole or another car. Should you step on the gas instead of the brake, the car may be destroyed.

It is wonderful to posses a strong, emotional nature provided you are the master. Your emotions are controlling you if you permit yourself to get angry over trifles or agitated over practically nothing. If you get upset over what you read in the newspapers, you are not controlling your emotions. You must learn to blend your intellect and emotions together harmoniously. The intellect of man is alright in its place, but it should be anointed or illumined with the Wisdom of God.

There are many people who are always trying to intellectualize God. You cannot define the Infinite. Spinoza said that to define God is to deny him. You have met the highly intellectual man who says that man cannot survive death, because he does not take his brain with him. Somehow he is so clever he really believes the brain thinks by itself. Such a man is looking at everything from a three-dimensional standpoint; that is where the intellect ceases.

The intellect, as I said previously, is alright in its place—for example, in our everyday work, and in all kinds of science, art, and industry. However as we approach the Living Spirit Almighty within, we are compelled to leave the world of the intellect and go beyond into the realm of spiritual values which are perfection, and where dimension is infinity.

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When man's intellect is blended with the emotions of love, peace, and goodwill, he will not use explosives and knowledge of chemistry for the destruction of mankind. The reason man uses the atomic bomb, submarine, and other implements of warfare to destroy his fellow creature is because his spiritual awareness and knowledge lag so far behind his intellectual achievements.

Let us see how emotions are generated. Suppose you observe a cripple; perhaps you are moved to pity. On the other hand you may look at your young, beautiful child, and you feel an emotion of love welling up within you. You know that you cannot imagine an emotion, but if you imagine an unpleasant episode or event of the past, you induce the corresponding emotion. Remember it is essential to entertain the thought first before you induce an emotion.

An emotion is always the working out of an idea in the mind. Have you noticed the effect of fear upon the face, eyes, heart, and other organs? You know the effect of bad news or grief on the digestive tract. Observe the change that takes place when it is found the fear is groundless.

All negative emotions are destructive and depress the vital forces of the body. A chronic worrier usually has trouble with digestion. If something very pleasant occurs in his experience, the digestion becomes normal, because normal circulation is restored, and the necessary gastric secretions are no longer interfered with.

The way to overcome and discipline the emotions is not through repression or suppression. When you repress an emotion, the energy accumulates in the subconscious and remains snarled there. In the same manner as the pressure increases in the boiler, if all the valves are closed, and you increase the heat of the fire, finally there will be an explosion.

Today in the field of psychosomatic we are discovering that many cases of ill health, as arthritis, asthma, cardiac troubles, and failure in life, etc., may be due to suppressed or repressed emotions, perhaps occurring during early life or childhood.

These repressed or suppressed emotions rise like ghosts to haunt you later on. There is a spiritual and psychological way to banish these ghosts which walk in the gloomy gallery of your mind. The ideal way is the law of substitution. Through the law of mental substitution, you substitute a positive, constructive thought for the negative. When negative thoughts enter your mind, do not fight them; just think of God and His Love; you will find the negative thoughts disappear. "I say unto you, That ye resist not evil." (Math. 5:39) If a person is fearful, the positive emotion of faith and confidence will completely destroy it.

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If you sincerely wish to govern your emotions, you must maintain control over your thoughts. By taking charge of your thoughts, you can substitute love for fear. The instant you receive the stimulus of a negative emotion supplant it with the mood of love and good will. Instead of giving way to fear, say, "One with God is a majority." Fill your mind with concepts of peace, love, and faith in God; then the negative thoughts cannot enter.

It is far easier to cremate, burn up, and destroy negative thoughts at the moment they enter the mind, rather than try and dislodge them when they have taken possession of your mind. Refuse to be a victim of negative emotions through controlling your thought and thinking of God and His Attributes. You can be master of all emotions and conditions. "He that *is* slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."

The Book of Revelation deals with the control of the intellectual and emotional life of man. It says in Chapter 4, verses 6, 7, and 8: "And before the throne *there was* a sea of glass like unto crystal: and in the midst of the throne, and round about the throne, *were* four beasts full of eyes before and behind.

"And the first beasts *was* like a lion, and the second beasts like a calf, and the third beast had a face as a man, and the fourth beast *was* like a flying eagle.

"And the four beasts had each of them six wings about *him;* and *they were* full of eyes within: and they rest not day and night, saying, Holy, holy, holy, Lord God Almighty, which was, and is, and is to come."

The sea of glass before the throne means the inner peace of God, for God is peace. Deep in the centre of your being, the Infinite One lies stretched in smiling repose. It is the Living Presence of God within you. You stand before this throne. *The throne* is a symbol of authority. Your emotional conviction of a deep, abiding faith in the God-Power is your authority in consciousness. To say it simply: Your inner conviction is your throne in heaven, because therein lies your power. "According to your faith is it done unto you." *Faith* is a positive, emotional attitude knowing that the good I seek is mine now.

The four beasts forever before the throne are the four phases of your being: spiritual, mental, emotional, and physical. In order to get your emotional nature on a spiritual basis, it is necessary to understand these four beasts; in doing so you learn the gentle art of scientific prayer which in the final analysis is the answer to all problems. Study these four potencies of consciousness.

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The lion is the king of the jungle; it means God, your I AMNESS.

Taurus means the bull or beast of burden. *Your burden* is your desire. You labor in your imagination to make your desire a part of your consciousness.

Aquarius means the water bearer; it means meditation. The word *meditation* means to eat of God or your good, to feast upon your ideal. You pour water on your ideal, meaning you dwell upon and pour love on it which is the water of life. Something happens as you mentally feast upon your ideal; you generate an emotion; the latter is the spirit of God moving on your behalf. Your emotion is the Holy Spirit moving at human levels. God is a reactive, reciprocal Power within you. Your emotion responds according to the nature of the idea. As you emotionalize your idea, it sinks into the subconscious mind as an impression; this is called the *Eagle* or *Scorpio,* meaning the Divine impregnation. These are the four stages of the unfoldment or manifestation of an ideal or desire. Whatever is impressed is expressed.

The four beasts had each of them six wings. *The six wings* refer to the mental, creative act. When idea and feeling blend together in harmony and faith, there has taken place a wedding ceremony in the mind. Knowledge of this mental, creative act gives you wings; enables you to soar aloft above the storms and struggles of the world, and find peace and strength in your own mind.

Let us take an illustration explaining the story of spiritual and mental creation: In the name *Jehovah* is concealed the perfect way to pray scientifically; thereby bringing all discordant emotions under scientific control. Jehovah, Yod-He-Vau-He, is composed of four letters. *Yod* means God, or I AM; *He* means desire or idea; *Vau* is feeling or conviction; the final *He* is the manifestation of what you felt as true inside. The third letter *Vau* is considered the most important of all. It enables you to feel you are that which you desire to be. Walk in the mental atmosphere that you now are what you want to be; this mood will jell within you, and you will experience the joy of the answered prayer. The word *Vau* also means nail. *To nail* your desire is to fix it in consciousness, so that you are at peace about it.

Remember you do not have to live in a world of sickness and confusion created by your own errors or ignorance. You have the power and the capacity to imagine and feel you are what you desire to be. As you completely accept your desire mentally, that you now are what you wish to be, through mental absorption, you have completed the name or the creative way of God as portrayed in the name: *Yod-He-Vau-He.* In other words you have completed the creative process in your own mind as outlined by Troward in his *Bible Mystery and Bible Meaning.* To know how to pray scientifically is to be able to control your emotions. “More things are wrought by prayer than this world dreams
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of."

CASE HISTORIES

Case History Number One

Let us take some cases histories. A soldier who has returned from Korea told me that when he was seized with fear, he would say to himself over and over again, "God's Love surrounds me, and goes before me." This affirmation impressed his mind with the feeling of love and faith. This mood of love supplanted his fear. "Perfect Love casteth out fear." This procedure is the answer to the process of freedom from fear.

Case History Number Two

A mother, whose only child died, was grief stricken. The grief was affecting her vision, and she suffered from migraine headaches. She was in a deep state of depression. I suggested to her that she go to a hospital and offer her services in the children's ward. She was a former nurse. In offering her time at a local hospital, she began to pour out love on the children; she coddled them; cared for them, and fed them. The love was no longer bottled up within her; she became a channel for the Divine, and began to release the sunshine of God's Love. She practiced sublimation which was a redirection of the energy lodged within her subconscious mind. In this manner she drained off the poison pockets of her subconscious mind.

Case History Number Three

A woman who comes to our meeting told me that she was accustomed to fits of temper and anger periodically by the action of neighbors. Instead of letting the anger and hatred affect her mentally and physically by pushing it back into the subconscious, she transmuted it into muscular energy by getting a gallon of water and washing the windows or the floor. Sometimes she would begin to dig in the garden, saying to herself aloud, "I am digging in the garden of God, and planting God's ideas." She would do this for fifteen minutes at a time. When washing the windows, she would say aloud, "I am cleansing my mind with the waters of love and life." The above illustrations are simple methods of working off negative emotions in a physical way.

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CHANGING THE FEELING OF "I"

"If you say "I," to everything you think, feel, say, or imagine, you cannot transform your emotional life. Remember all kinds of thoughts can enter your mind; all kinds of emotions may enter your heart. If you say, "I," to all negative thoughts, you are identifying yourself with them, and you cannot separate internally from them. You can refuse to attach "I" to negative emotions and thoughts.

You make it a practice to avoid muddy places as you walk along the road; likewise you must avoid walking down the muddy roads of your mind where fear, resentment, hostility, and ill-will lurk and move. Refuse to listen to negative remarks. Do not touch the negative moods, or let them touch you. Practice inner separation by getting a new feeling about yourself, and about what you really are. Begin to realize that the real "I" in you is the Infinite Spirit, the Infinite One. Begin to identify yourself with the Qualities and Attributes of this Infinite One; then your whole life will be transformed.

The whole secret in transforming your negative, emotional nature is to practice self-observation. To observe, and *to observe* oneself are two different things. When you say, "You observe . . ." you mean you give your attention to external things. In self-observation the attention is directed inwards.

A man may spend his whole life-time studying the atom, stars, body, and the phenomenalistic world—namely, knowledge of the external world; this knowledge cannot bring about an interior change. Self-observations is the means of interior change —the change of the heart.

You must learn to differentiate, to discern, to separate the chaff from the wheat. You practice the art of self-observation when you begin to ask yourself, "Is this idea true? Will it bless, heal, and inspire me? Will it give me peace of mind, and contribute to the well-being of humanity?"

You are living in two worlds: the external and the internal; yet they are both one. One is visible and the other invisible (subjective and objective). Your external world enters through your five senses, and is shared by everyone. Your internal world of thought, feelings, sensations, beliefs, and reaction is invisible and belongs to you.

Ask yourself, "In which world do I live? Do I live in the world revealed by my five senses, or in this inner world?" It is in this inner world you live all the time; this is

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where you feel and suffer.

Suppose you are invited to a banquet. All you see, hear, taste, smell, and touch belong to the external world. All that you think, feel, like, and dislike belong to the inner world. You attend two banquets recorded differently: namely, one the outer, and one the inner. It is in your inner world of thought, feeling, and emotion in which you rise and fall and sway to and fro.

> In order to transform yourself, you must begin to change the inner world through the purification of the emotions, and the correct ordering of the mind through right thinking. If you want to grow spiritually, you must transform yourself.

Transformation means the changing of one thing into another. There are many well-known transformations of matter. Sugar through a process of distillation is changed into alcohol; radium slowly changes into lead, etc. The food you eat is transformed, stage by stage into all substances necessary for your existence.

Your experiences coming in as impressions must be similarly transformed. Suppose you see a person you love and admire; you receive impressions about him. Suppose on the other hand you meet a person you dislike; you receive impressions also.

Your husband or daughter sitting on the couch as you read this is to you what you conceive him or her to be. In other words impressions are received by your mind. If you were deaf, you would not hear their voices. You can change your impressions of people. To transform your impression is to transform yourself. To change your life, change your reactions to life. Do you find yourself reacting in stereotyped ways? If your reactions are negative, that is your life. Never permit your life to be a series of negative reactions to the impressions that come to you everyday.

In order truly to observe yourself, you must see that regardless of what happens, your thought and feeling are fixed on this great truth: “How is it in God and Heaven?” This will lift you up and transform all your negative thoughts and emotions. You may be inclined to say that other people are to blame, because of the way they talk or act, but if what they say or do makes you negative, you are inwardly disturbed; this negative state is where you now live, move, and have your being.

You cannot afford to be negative; it depletes your vitality; robs you of enthusiasm, and makes you physically and mentally ill. Do you live in the room where you are now? or do you live in your thoughts, feelings, emotions, hopes, and despair? Is it not what you are feeling about your environment now, that is real to you? When you say, “My name is John Jones,” what do you mean? Is it not a fact that you are a product of your thinking,

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plus the customs, traditions, and the influence of those around you as you grew up? You are really the sum-total of your beliefs, opinions, plus what you have derived from your education, environmental conditioning, and the countless other influences acting upon you from the external world and entering through your external senses.

Perhaps you are now comparing yourself with others. Do you feel inferior in the presence of a person who seems to be more distinguished than you are? Suppose you are a great pianist—when someone praises another pianist, do you feel inferior? If you have the real feeling of "I," this would not be possible; for the true feeling of "I" is the feeling of the Presence of the Infinite One in you, in Which there are no comparisons.

Ouspensky used to point out that people became upset easily, because their feeling of "I" was derived from negative states of consciousness. The feeling of "I" was one of his favorite expressions, and some of his ideas are incorporated in this chapter.

> I said to a man in our Bible class recently, "Have you observed your typical reactions to people, newspaper articles, and radio commentators? Have you noticed your usual, stereotyped behaviour?"

He replied, "No, I have not noticed these things." He was taking himself for granted, and not growing spiritually. He began to think about his reactions; then he admitted that many of the articles and the commentators irritated him immensely. He reacted in a machine-like manner and was not disciplining himself. It makes no difference if all the writers and commentators were wrong, and he, alone, was right; the negative emotion aroused in him is destructive; it shows lack of mental and spiritual discipline.

When you say, "I think this . . ." "I think that . . ." "I resent this . . ." or "I dislike this . . ." which "I" is speaking? Is it not a different "I" speaking every moment? Each "I" is completely different. One "I" in you criticizes one moment; a few minutes later another "I" speaks tenderly. Look at and learn about your different "I's," and know deep within yourself that certain "I's" will never dominate, control, or direct your thinking.

Take a good look at the "I's" you are consorting with. With what kind of people do you associate? I am referring to the people that inhabit your mind. Remember your mind is a city; thoughts, ideas, opinions, feelings, sensations, and beliefs dwell there. Some of the places in your mind are slums and dangerous streets; however Jesus (your saviour) is always walking down the streets of your mind in the form of your ideal, desire, and aim in life.

One of the meanings of Jesus is your desire; for your desire, when realized, is your saviour. Your aims and objectives in life are now beckoning to you; move toward them.

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Give your desire your attention; in other words take a lively interest in it. Go down the streets of love, peace, joy, and good will in your mind; you will meet wonderful people on the way. You will find beautifully, lighted streets and wonderful citizens on the better streets of your mind.

Never permit your house, which is your mind, to be full of servants which you do not have under control. When you were young, you were taught not to go with what your mother called, "bad company." Now when you begin to awaken to your inner powers, you must make it a special point that you do not go with wrong "IV (thoughts) within you.

I had an interesting chat with a young man who studied mental discipline in France. His procedure was to take, as he said, "mental photographs of himself from time to time." He would sit down, and think about his emotions, moods, thoughts, sensations, reactions, and his tones of voice; then he would say, "These are not of God; they are false. I will go back to God and think from that Standard or Rock of Truth." He practiced the art of inner separation. He would stop when he got angry, and say, "This is not the Infinite One, the real 'I' speaking, thinking, or acting; it is the false 'I' in me."

Return to God like this young man. Every time you are prone to get angry, critical, depressed, or irritable, think of God and Heaven, and ask yourself, "How is it in God and Heaven?" *There* is the answer to becoming the new man; this is how you become spiritually reborn or experience what is called the second birth. *{The second birth* is internal discipline and spiritual understanding.)

The saint and the sinner are in all of us; so are the murderer and the holy man; likewise are God and the world mind. Every man basically and fundamentally wants to be good, to express good, and to do good. This is "the positive" in you. If you have committed destructive acts, as for example, if you have robbed, cheated, and defrauded others, and they condemn you, and they hold you in a bad light, you can rise out of the slum of your mind to that place in your own consciousness where you cease to condemn yourself; then all your accusers must still their tongues. When you cease to accuse yourself, the world will no longer accuse you; this is the power of your own consciousness; It is the God in you.

It is foolish to condemn yourself; you do not have to. It is idle to keep company with the thoughts of self-accusation. Suppose you committed acts of injustice, criminal acts, or other dastardly crimes. It was not the God in you that did those things; it was not the real "I" or the Infinite One, it was the other self (the world-mind) in you. This will not, of course, excuse you from your responsibility, no more so than if you put your hand in the fire, you get burned; or if you pass a red light, you will get a ticket for traffic
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violation.

The other self represents the many "IV in you, for instance the many negative ideas and beliefs that there are powers outside your own consciousness; the belief that others can hurt you; the elements are unfriendly, plus the fears, superstitions, and ignorance of all kinds. Finally prejudices, fears, and hates drive and goad you to do that which you would not otherwise do. The ideal way to change the feeling of "I" is to affix to the real "I" within you everything that is noble, wonderful, and God-like.

Begin to affirm, "I am strong. I am radiant. I am happy. I am inspired. I am illumined. I am loving. I am kind. I am harmonious." Feel these states of mind; affirm them, and believe them; then you will begin to truly live in the Garden of God. Whatever you affix to the "I AM" and believe, you become. The "I AM" in you is God, and there is none other. "I AM" or Life, Awareness, Pure Being, Existence, or the Real Self of you is God. It is the Only Cause. It is the Only Power making anything in the world. Honor It; live with the feeling, "I AM Christ," all day long. *Christ* means the Anointed One, the Awakened One, the Illumined One. Feel you are this Anointed One; continue to live in that mental atmosphere; then you will draw out the Christ (Wisdom, Power, and Intelligence of God) within you, and your whole world will be transformed by that Inner Light shining in your mind. Every-time you feel, "I AM the Christ"; "I AM illumined"; "I AM inspired"; you are praying and qualifying your consciousness with the thing you are praying about, and with the thoughts you are thinking.

As you continue to change the feeling of "I" as outlined above, you will populate the heavens of your mind with God's Eternal Verities: "Fear not for I am with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shall not be burned." Who is That One? It is your own I AMNESS; It is the Light or Awareness within you which always goes before you whithersoever thou goest. Your dominant mental attitude or atmosphere is going ahead of you all the time, creating the experiences you will encounter.

Keep in mind that when you pray about any specific thing, it is necessary to qualify your mind with the consciousness or *feeling of having or being that thing.* You mentally reject completely the arguments in your mind against it; that is prayer. Qualify your consciousness with the thing you are praying for by thinking about it with interest. Do this quietly and regularly until a conviction is reached in your consciousness. As you do this, the problem will no longer annoy you. You will maintain your mental poise, plus the feeling of: "I now feel that I am what I long to be," and as you continue to feel it, you will become it.

Here is the law: "I am that which I feel myself to be." Practice changing the feeling of

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"I" every day by affirming: "I am Spirit; I think, see, feel, and live as Spirit, the Presence of God. (The other self in you thinks, feels, and acts as the race mind does.) As you continue to do this, you will begin to feel you are one with God. As the sun in the heavens redeems the earth from darkness and gloom, so will the realization of the Presence of God in you reveal the man you always wished to be—the joyous, radiant, peaceful, prosperous, and successful man whose intellect is illumined by the Light from above.

God causes the sun to shine on all men everywhere. No man can take away the sunshine of God's Love from you. No one can place you in the prison of fear or ignorance when you know the Truth of God which sets you free.

The feeling that the "I AM" in you is God reveals to you that there is nothing to be afraid of, and that you are one with Omnipotence, Omniscience, and Omnipresence. No one can steal health, peace, joy, or happiness from you. You no longer live with the many "IV of fear, doubt, and superstition. You now live in the Divine Presence, and in the consciousness of freedom.

Ask yourself, "Who is it that takes charge of me at every moment, and speaks in His Name, calling Itself "I"? Never identify with this other man (fear, prejudice, pride, arrogance, condemnation, etc.). You now realize you need not go in the direction of negative "Ps." You will never again say, "Yes," to any idle, negative thought; neither will you give it the sanction and signature of yourself.

Become the observer by keeping your eyes fixed on God—the real "I"—the Infinite One within you. Feel the sense of "I" on the observing side, and not in what you are observing. Feel that you are looking out through the eyes of God; therefore, *"Thou art* of purer eyes than to behold evil, and canst not look on iniquity."

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Mental Poisons and their Antidotes

Dr. Joseph Murphy®©

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Edited by: Dr. Herminia Boyer

Cover Design and Photography by: International Designer, W. Patrick Brooks

Authorized by: The Jean L. Murphy Revocable Trust

3156 Toopal Drive

Oceanside, California 92058-7490

ISBN: Hardcover 978-1-4415-7939-3

Softcover 978-1-4415-7938-6

ISBN: ebk 978-1-4653-2895-3

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CHAPTER 1

RIGHT MENTAL ATTITUDE INDUCES HEALING

There are mental as well as physical poisons. Mental poisons are wrong thoughts which work underground in consciousness like a contaminated stream to emerge even after years in wrong experiences (illness, loss, unhappiness, etc.).

I read some time ago of a scientific experiment in Russia in which six hypnotized and conditioned cats were given cyanide of potassium with no fatal effects, while six other unconditioned animals all died. If we had enough faith in the subjective power of God within ourselves, we could nullify all deadly poisons, mental and otherwise.

What is the prophylaxis? The first step is not to be afraid of the cancer, tuberculosis, arthritis, or mental disorder from this moment. The second step is to realize the condition is the product of false thinking and will have no more power to continue its existence; then you are exalting the God in the midst of you. This will stop all toxicity in you or the person for whom you are praying.

Pronounce the condition "false" and exalt God by seeing the perfect solution, the beauty, and wholeness made manifest where the trouble is. Among the most deadly mental poisons are the following: Fear, hatred, self pity, resentment, envy, vengeance, loneliness, melancholy, etc. All these are modifications of fear. The Biblical name for fear is a blind, false thought called Goliath. The word Goliath means an aggressive, domineering thought or idea that brags about its power, intimidates, bullies, browbeats, and frightens you into submission of its unrighteous reign. Perhaps you are afraid to meet this gangster, intruder, or marauder in your mind. Maybe you are afraid of results, and you hesitate to meet this sinister shadow openly and rout him out.

The offspring of fear

It is necessary to play the role of David in order to get rid of this gangster called fear. David means a man who loves God, who knows there is only One Sovereign Power Which moves as a Unity and knows no divisions or quarrels, and Whose name is Love. David, which is your awareness of the Presence and

Power of God, killed the Philistine giant called Goliath, or fear, with a stone thrown from his shepherd's sling. Fear is a shadow of the mind held by ignorance and darkness. When you hold your fear to the light of reason and intelligence, it can't stand the light and it disappears. Among the offspring of fear are the following:

a) Hatred, which is really inverted or misdirected love based on ignorance.

b) Self-pity, which is really self-absorption. This mental poison creeps through the psychic blood stream poisoning the springs of hope and faith, leading to dementia praecox, melancholia, etc. The anti-dote is to find your other self (God) and become intoxicated by realizing your love of God, and your sense of union with the One Power will bring about a new birth of peace, health, confidence, and strength.

c) Old age fear is another mental poison. Old age is not the flight of years, but the dawn of wisdom, truth, and beauty.

d) Loneliness is a lack of love. The loveless seek love, but the loving find love and friendship everywhere. The antidote is to fall in love with God's companions in your mind. Their names are goodwill, kindness, gentleness, peace, patience, understanding, and a sincere interest in others. Pour out God's Love—a doable portion of the Spirit—on those around you; then you will banish loneliness immediately. God will give you a double reward also, and your good will be multiplied exceedingly.

Fear is God upside down

Your state of mind is your master. It is foolish to let that ignorant, blind, stupid monster fear push you around and direct your activities. Consider yourself too smart, too brilliant, for that to happen. Why not become David? Play the role; it will pay you fabulous dividends. David means your faith in God is greater than fear. Fear is faith upside down. Fear is a conglomeration of dark and sinister shadows in the mind. In short, fear is faith in the wrong thing. Become a spiritual giant, call David forth, (which is confidence in God) he is within you, summon him; at the same time you can call forth God's Love.

When we are full of fear, we have greater faith in evil than in God; this is shocking, but it is true. Fear is God upside down. Fear is faith in the wrong

thing. You have faith that the sun will rise in the morning. You have faith that you can drive your car. You have faith that you will get an answer to your prayer when you pray for guidance, but many people have faith in the wrong thing. These are people who are looking forward to misfortune.

> *But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint* (Isaiah 40:31).

It's all in the mind

The children of faith in God are love, peace, gentleness, goodness, kindness, joy, balance, tranquility, and serenity. When you realize that there is but One Power, One Cause—the Maker, you give all your allegiance, devotion, and loyalty to that One; then you become David, beloved of God. David (spiritual awareness) had no armor or material protection such as they used in those days. His power was his trust in the God of his fathers, knowing that Infinite Intelligence knew only the answer to any problem.

> The *enemies are of thine own household* (mind). *And David put his hand in his bag, and took thence a stone, and slings it, and smote the Philistine in his forehead that the stone sunk unto his forehead; and he fell upon his face to the earth*. (I Samuel 17:49).

When you claim God's guidance and God's direction, you will always see the weak spots in the armor of Goliath or the person who threatens you with dire disaster. Actually it is never the person who has the power, but the thought in your own mind. The stone is your conviction of the One God, the One Power. A stone is hard and impervious, which means that your faith or confidence in the Spiritual Power is unyielding and inflexible. In other words you are unmoved, undisturbed, unyielding in your attitude, and you trust in the One, the Beautiful, and the Good. With this stone or mental conviction you shatter the forehead of the giant called fear or Goliath. Fear is prone to brag, and in that lies its weakness. David (love of Truth) went forth with one idea: to prove the supremacy of the God-Power. When you go forth in the assurance that "one with God is a majority," you will find yourself guided in every way and you will become the inevitable victor.

Don't fight fear with fear; instead meet it with a direct declaration of God's Presence and Power, which renders fear powerless. Say to yourself,

> *"The Lord is my light and salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?"* Psalm 27:1, 2.

Don't let thoughts bully you

Are you afraid of some disease which has gripped you? You will notice that an erroneous thought in your mind can brag and boast of its pseudo-strength and it intimidates you. Don't let these thoughts bully and browbeat you. Meet and subdue them now. Realize that all discord is manufactured by your own mind; it is not something you catch on the outside. You can change your mind by realizing that the Infinite Healing Presence Which made your body is healing it now. As you do this consciously and knowingly, there will be a rearrangement of the thought-patterns in your subconscious, and a healing will follow. Your present mental conviction determines your future and your experience.

Meditate and persevere

Meditate and pray upon positive and spiritual values. Claim your ideal, solution, health, or peace of mind upon the basis that the Spirit within you is supreme and omnipotent, and by thinking of your solution or ideal with confidence and faith you are conditioning your mind to the answer. Your mind is full of confidence or fear according to what you put into it. Become David, the ruddy-faced shepherd boy, by partaking of and appropriating your Divinity now. Get the insight to persevere and know that you will meet on life's journey only those experiences which you consciously and unconsciously send before you. Claim God and His Love go before you; this means the mood of confidence, faith, and trust in an Almighty Power Which never falleth. As you do this, you are David going forth in might and right, clothed with the whole armor of God, preparing for yourself freedom, peace of mind, and happiness.

The story in Samuel tells us that David cut the head off Goliath. This is what the spiritually minded man must do with all error, false belief, and superstitions in his mind; he must cremate, burn up, and consume all negative thoughts with the fire of Divine Love and right thinking. Goliath or fear is faith in a false god. You are David properly equipped when you realize you have faith in the One True God—the only Power and Presence.

The fruit is the seed

Recently I was talking to a husband and wife who were convinced that they would lose everything in a lawsuit which had dragged on for five years. They were very pessimistic; it seemed the other side were lying and were, as the saying goes, trying to get something for nothing. Their lawyer told them that in his opinion they didn't stand a chance and they were hypnotized by that

suggestion. I explained to them that the statement or suggestion of the lawyer had no power and that his words could not bring to pass what he suggested. They realized that the only power the suggestion of their attorney had was their mental acceptance of it. They had accepted the suggestion and had reacted accordingly, but the whole process took place in their own minds. They permitted their attorney to suggest the loss of the ease to them. All the time the power was in their own thought. They prayed as follows:

> "God is Absolute Harmony and Absolute Justice; therefore the result is justice, harmony, and satisfaction to every-body."

This was their simple prayer. Their premise was true; therefore the conclusion had to be true. Moreover, the beginning and the end were the same. If a man begins with God he ends with God, or the Good. The fruit is in the seed, the oak is in the acorn. There was a perfect, harmonious solution to the lawsuit and it was settled out of court.

Remain loyal and faithful to God

God is never late; the secret is in remaining loyal and faithful to that which you know to be true of God. Do not hesitate to draw the sword of Truth like David. Become armed with spiritual reasoning and understanding of Divine Law and the Eternal Verities. Slay ruthlessly and without pity all negative thought-patterns in your mind, order them out in a dynamic, forceful way, and let in the Light, Love, and Truth of God. Your spiritual awareness acts as a sword in that it severs you completely from the old way of thinking, race belief, other powers, malefic entities, and suppositional opposites to the One Supreme, Loving Power.

The trouble was in her own thought-life

A woman said to me, "I am so mad, I could kill May!" It seems May had spread lies about her and had also tried to undermine her in the position she held. The woman permitted May to disturb her; in other words she gave power to May which May did not possess. The trouble was in her own thought-life. May was not responsible for the way she was thinking about her; she realized suddenly that the whole trouble was in her own mental imagery and thought-patterns. She let Goliath (fear) run Riot in her own mind, browbeating, intimidating, bullying, and frightening her—the whole process being one of her own creation. The young lady had good common sense and she began to vent her spleen on the bacteria of fear, hatred, and resentment in her mind, casting

out these mental poisons and neutralizing the toxic effects with right thinking and right feeling. She placed God back on the throne of her mind, saying to herself, *"I will fear no evil: for thou art with me."* (Psalm 23:4).

You determine how your thought moves

Where God is there can be no evil, and as she saturated her mind with the simple truth, "*God is; His Presence fills my soul and rules my life,*" all the ill will vanished away. She positively refused to let some other woman give her migraine, indigestion, insomnia, and the jitters. No one has that power. The power is in your own thought-life. You are the one to determine how your thought moves. Good and evil are the movements of our own mind. Do not permit thieves of fear, resentment, and inadequacy to restrict, bind, and hold you in the chains of bondage. The world we see is really the world we are. We see through the mental pictures and convictions of our subconscious mind. We color everything by our inner conditioning. Man projects his feelings, prejudices, and animosities onto people and he forms a twisted, distorted picture of everything.

Raise your sights

Define your goal now. Where are you going? What is your objective? Get a definite plan or purpose; then claim God is moving in your behalf. Whenever any negative suggestion quarrels with you relative to the goal in your mind, chop its head off incisively and decisively with your spiritual sword of reason, which tells you that there is but One Spiritual Power and that the God Who gave you the desire is the same God Who fulfills it. It is easy, for the *"Father indwelling, He doeth the works."* No one has the power to upset you or take away your faith and confidence in He Who Is. Raise your sights! Let your vision be on the goal, the summit you wish to reach, and you will go to the place where your vision is.

Become David by falling in love with God's Truths and trust completely the Infinite Wisdom to show you the solution. Know that God in action in you brings you beauty, peace, Divine right place, and harmony. David was the son of Jesse, who means the son of I Am or God. So are YOU the son of the Infinite and the child of Eternity. Draw close to your Father. He loves you and He cares for you! As you turn to him, He will turn to you; then the dawn appears and all the shadows flee away.

The Bible says, . . . *I AM THAT I AM*. (Exodus 3:14), which means

unconditioned Being—the Living Spirit Almighty. It is a nameless name. It means the Only Presence and Power—God. It is timeless, ageless and formless.

CHAPTER 2

MORALS ARE GEOGRAPHICAL

In many parts of the world men have several wives; this is their religious custom or tradition. Our Bible teaches that love is an at-one-moment or a union of two souls seeking their way back to the heart of reality. If an American or Englishman had several wives his conscience might destroy him because of his sense of guilt. A woman in this country would not want to be one of several wives; she would feel guilty and probably get seriously ill mentally and physically.

The morals of people vary throughout the world and are of a geographical nature. These are based on the mores and traditional concepts of the particular country or race. The moral standards of the various cultures are true only when they conform to the Principle of Life, which is forever seeking to express itself through us as harmony, health, peace, joy, love, symmetry, and life more abundant.

Love transcends all creeds

A young girl came to see me stating that she had to wash her hands about 100 times a day and that she was always afraid of some infection. This girl was a Catholic and her husband was of Jewish faith. They were quite happy together until she began receiving letters from her mother that she had done great evil and added religious threat plus moral condemnation. I explained to this girl that Love knows no creed, race, or sectarian group. Love transcends all creeds. Furthermore, she realized that no one could break up her marriage when Love reigned supreme. She learned to laugh at herself for being so upset. She understood why her mother wrote these foolish letters. She realized that her mother was brainwashed with religious taboos, prejudices, and strictures of all kind, and that she was writing from the standpoint of superstition, bias, and ignorance, and not from the standpoint of God or Truth.

Luminous child

A schoolteacher who had been married to an atheist for several years and who agreed with many of his ideas found herself in a state of acute depression. She had been taking tranquilizers prescribed for her by her psychiatrist. She

told me that she had been brought up in a convent and had been deeply religious, however, until she had married her husband, who ridiculed all religious beliefs and who further affirmed that all of us were merely a confluence of atoms, that our brains secreted thought, etc. She gave lip service to his beliefs in order to keep peace but did not really believe them in her heart. When the effects of the drugs wore off, she found that she had to keep on taking them. Moreover, they caused many side effects, and she realized that the trouble was in her mind.

She said that one morning she turned the dial on the radio to KIEV and heard me talking on minds devoid of spiritual understanding and how all sorts of debris, false knowledge and various isms enter in bringing about mental and emotional sickness. She kept listening every morning for about two weeks, and then, during the third week, every night for seven nights she had a very vivid dream in which a little boy with a halo around his head appeared to her and beckoned her to come to him. As she went to meet him and embrace him, he ran away, and in her dream she could not catch him. This was repeated every night, and on the seventh night he said to her, "When you catch me you will be healed," and he disappeared.

I explained to her that the late Carl Jung discovered in his research that in the collective unconscious of the race, there are archetypal images that are common to all people everywhere. His research disclosed that people living in different times and countries have dreamed of the "luminous child," the "sage or wise man," Madonna's, the mother figure, circles, crosses, serpents, Mandalay (square within a chock), the white rose, and many other symbols.

The luminous child with a halo or nimbus around his head was an archetypal image luring her to go back to God. The Divine Presence, the Indwelling Power, or Spiritual Idea is spoken of in the Bible as a child. Intuitively, she knew that the appearance of the child with the nimbus (symbol of light or illumination) meant that she was to return to communion with the God-Self within her, which is exactly what she did. When the child appeared again she was able to embrace the child.

The first book she studied was The *Power of Your Subconscious Mind,* the study and application of which has changed her whole life. She dissolved the marriage, which in reality was no marriage at all, but a sham, a farce and a masquerade.

Hypnotic suggestions of danger

A young boy said to me: "If I ride my bicycle without lights, I would feel that I must be punished, that I must fall because my mother said, "You will fall; you are going to be hurt; you are naughty; you are going to be punished.'"

What a disastrous thing to tell a boy! It would be so much better to tell him that he should not ride a bicycle at night without lights. Mother and father should explain thoroughly to the boy that the instructions are for his own good, his own self-preservation. It is much better to tell a boy that God's love will always take care of him rather than frighten him with dreadful, hypnotic suggestions of danger.

It was the voice of conscience, which caused the people 2,000 years ago to say to Jesus that he should not heal on the Sabbath. These thoughts, traditional beliefs, are contrary to the laws of life and you are definitely evil and destructive.

Do you say to your children?

> "Your parents have the only truth; you must believe what we say; you must never think for yourself; you must accept our dogma"?

This is disastrous, utterly dictatorial and a totalitarian attitude. It may be well be the case that everything you are teaching them is a lie, and they will grow up so conditioned that when they violate any of these foolish and grotesque taboos which you gave them, they will have guilt complexes and be seized with fear, and then proceed to punish themselves.

Victims of early training

There are women and men who live in hatred of one another and who are hopelessly incompatible because they are afraid to get a divorce due to religious beliefs. They are full of guilt and believe that God would punish them. They are victims of early training and superstitious dogma implanted in their minds by the bigoted propensities of parents and others. They would rather live the lie than have the decency to break up the lie. They say, *"Whom God hath joined together, let no man put asunder."* God is Love, and if the heart is the chamber of God's Presence and if Love does not unite the two hearts of the man and woman, the marriage is a mockery, a farce, a sham, and a masquerade.

God condemns no one

Many people are full of guilt because they accept as right that which is actually wrong—God condemns no one. God has already forgiven you. Forgive yourself. Change your thought and keep it changed. Think on whatsoever things are true, just, noble, and of good report. Think from the standpoint of the Golden Rule and the Law of Love. Would you think of disobeying the principles of chemistry, physics, mathematics, and engineering? Would you build a wheel off center? Are you believing in antiquated, dead, grotesque, ignorant superstitions and prejudices in the name of religious beliefs, or have you made a serious inquiry into the workings of your subconscious and conscious mind? The modern scientist has to conform to natural law; he cannot change it. Your religion must also conform to natural law. The result is conscience, with knowing. The law of life is the law of health, happiness, peace, order, beauty, right action, and abundance. Divine order is heaven's first law.

Remember ye not the former things, neither consider the things of old. (Isaiah 43:18)

Forgetting those things, which are behind, and reaching forth unto those things which are before, press toward the mark for the prize. (Philippians 3:12-14) And enter into the glorious liberty of the sons of God.

CHAPTER 3

RELIGIOUS HATRED AND BIGOTRY

"Howbeit in vain do they worship me, teaching for doctrines the commandments of men? For laying aside the commandment of God, ye hold the traditions of men . . ."

In these few verses tersely put, we have the answer to the guilt complexes of millions of supposedly religious and intelligent people. Do the dead thoughts and doctrinal wrappings and trappings of your parents and grandparents rule and govern you, or are you controlled by God and His spiritual truths? Learn the great Law of Life. God is Life, and this Life seeks expression through you as beauty, harmony, joy, love, order, rhythm and abundance. The Kingdom of God is within you. Infinite Intelligence will lead and guide you in all your ways when you turn to it and call upon it.

Neurotic conscience

Many people walking the streets today are victims of a neurotic conscience. The patterns of conscience vary with different religions, racial and social influences. You must learn to differentiate between what you call conscience and the voice of God. God is always constructive, harmonious, and peaceful. The voice and intimations of the Divine is always life ward, tending toward the life more abundant. Whenever you have an urge to go against the laws of life such as the Golden Rule, the Ten Commandments, or Paul's Love Epistle in the 13th chapter of Corinthians, you know very well it cannot be the voice of Truth or God.

Those who put thousands of Protestants to death in the days of the Spanish Inquisition did so in the name of conscience. The conscience represented religious hatred and bigotry. Scholars and archaeologists have definite evidence that parents in ancient Babylon stoned children to death because of some minor infraction of certain laws and rules, which they promulgated.

God has no religion

In God there is no Greek or Jew, no bond or free, no Catholic or Protestant, Hindu or atheist. God has no religion and know nothing about creeds, dogmas, and man-made opinions. This young lady learned to pray and imagined that she received a letter from her mother, which was full of love, kindness, and

goodwill.

Superstition and false belief

We must realize that a great sense of guilt comes from what is called conscience. A great number of people think that the voice of conscience is that of God; it is not. Conscience is your inner feeling.

I knew a boy who feared that he would be punished by God because he did not go to church on Sunday. This is the inner voice of superstition and false belief implanted in his subconscious by his parents or teachers. This belief on the part of the boy gave him a sense of guilt, and he felt that he must be punished.

The so-called pious people

There are many so-called pious people who look down at those who don't believe the way they do. These good *people* blindly follow all the tenets, rules and regulations of their church. No doubt, they feel self-righteous and have, perhaps, a holier-than-thou attitude. Ofttimes they are full of condemnation and resentment toward those who don't conform to their superstitious and ignorant beliefs.

These negative attitudes bring on reverses, illnesses and neuroses. Many times when setbacks and tragedies come into their lives, they get angry at God and can't understand that religion is of the heart; not of the lips. Furthermore, they have forgotten the law that we become what we condemn.

Religion means to "bind back." We should be bound to the Source of All Life, to Divine love, Divine peace, Divine truth and Divine beauty. When these truths govern and dominate us, we will automatically express them, and the fruits of our religion will be made manifest.

Libertines and profligates

Many devout and religious men at one time or another have engaged in drunken orgies and sexual excesses. St. Augustine once said, "Lord, grant me chastity," and then, as an afterthought, said, "Not yet." St. Francis led rather a wild life in his youth, and then in later life went to the other extreme when he practiced rigidities, austerities and mortification of the flesh. He went to extremes in his practice of penitential discipline, believing that this was the way to strengthen his will and overcome the negativity of his past.

At one time in his life, he realized his error and said, *"Too late, I have beaten my brother."* By his brother, he meant his body, which he mistreated. He forgot what Paul had said: . . . *Glorify God in your body* . . . (I Corinthians 6:20).

No man can be happy who considers himself a sinner

There is a deep psychological and spiritual necessity for self esteem in the hearts of all men throughout the world. Down through the ages many ceremonies, rituals, and methods have been invented for the express purpose of banishing the feeling of sin and guilt, which have engulfed the masses.

Every man must have a sense of self-esteem. He must approve of the Self within him and give the honor to the qualities, attributes, and potencies of God. God dwells in all men, and the self of each man is the presence and power of God. Each man must feel that he is wanted and loved—that he is adequate to every task, that he is needed for the scheme of life, and that he is filling his role in the universe. Man is here to express himself fully and feel a sense of worth and security in his oneness with God. Inasmuch as man lives with him at all times, he must learn to like himself. Unless man exalts of the God-Self within him, he will feel inferior, inadequate, insecure, and will perhaps consider himself a sinner. No man can be happy who considers himself a sinner.

Do not contaminate and pollute your children's mind
With false notions and doctrines

All of us know that a baby has no sense of sin. The baby's first feeling of guilt comes when he sense that mother is angry or displeased with him. His mother is more or less a god to him; moreover, she represents authority and law. He is dependent upon his mother for food, comfort, love, and security.

When you are young, you were given taboos, restrictions, homilies and a series of "don'ts"; you were perhaps told that you were evil, a sinner, and that God would punish you. Perhaps you were told of lake of fires waiting for you, if you did not behave and believe in a particular creed. The minds of children are contaminated and polluted with all kinds of strange notions and false doctrines.

It is the voice of conscience which caused the people 2,000 years ago to say to Jesus that he should not heal on the Sabbath. These thoughts, traditional beliefs are contrary to the laws of life and are definitely evil and destructive. Do you say to your children: "Your parents have the only truth; you must

believe what we say; you must never think for yourself; you must accept our dogma"? This is disastrous, utterly dictatorial and a totalitarian attitude. It may well be the case that everything you are teaching them is a lie, and they will grow up so conditioned that when they violate any of these foolish and grotesque taboos, which you gave them, they will have guilt complexes and be seized with fear, and then proceed to punish them.

Children should be taught the Golden Rule

Children should never be told that they were born in iniquity and conceived in sin. They should be taught that they are children of God, that God is their real Father, and that God is Love. They should be taught the Golden Rule, love others, and that honesty is the best policy. When a boy is about to steal, there is that within him, which tells him, "no, you shouldn't do that."

The mother and father are there to teach the child the difference between the skunk and the cat, the difference between what is right and what is wrong. The child has to go to school; he has to learn manners and be indoctrinated properly; he learns what is right, true noble, and Godlike. Yet how many are taught these qualities today?

They learned to pray together

A 16-year-old boy came to see me. He was in trouble with the police, his teachers, the neighbors, and he resented his parents. His father was cruel and tyrannical and occasionally beat his mother. The boy was reacting by becoming hostile, belligerent and resentful. His rage toward his father was suppressed and became a festering sore. I explained to him that the reason he was opposed to authority was because he was psychologically fighting a father image. His teachers and local policeman were symbols of authority. I succeeded in getting the father and son together. They aired their hostility and anger toward each other, and they realized that they were both wrong. Father, mother, and son gathered together each night and prayed sincerely for each other's peace, harmony, joy and understanding. As they continued radiating love, peace, and goodwill to each other, the entire pattern of the home life changed and the young boy is now getting along marvelously well in high school. Prayer changes everything.

The proof that you have eradicated the hurt

But of that day and hour knoweth no man, no not the angels of heaven, but the father only (Matthew 24:36).

Seeds mature at different periods according to their kind. Likewise, seeds or impressions mature in your mind at different periods—months, days or years. No man knows. The reason something turns up which you do not expect is this: Perhaps many years ago you were in business and you had a partner who embezzled money and caused bankruptcy. When you think of it now and get excited or angry, you are living the role over again, as the roots are not withered. It's not forgotten. The proof that you have eradicated the hurt and forgiven yourself for harboring destructive thought is that you can remember it and remain indifferent. You have no feeling or sting left.

Get into the mood and be at peace

Roots are withered by indifference. If you want to kill the roots of resentment within you, listen to the voice of that person telling you what a beautiful dignified person you are, how honest and kind you are. Make it real. You want to hear it. Get into the mood. It works. This is a technique used by many. Another technique is to affirm, 'I have released you.' As you keep this up, the moment comes when he comes to your mind and there is no longer any sting. The roots of resentment and Anger are withered, you are at peace.

It takes two to make a 'go' of marriage

During an interview with a woman who had a marital problem, she said that the counselor had told her to loosen her expression of temper and rage on her husband, whom she hated. As a result, they had been pouring out venom on each other. These mental poisons were polluting her mind and body. I explained to her that such advice as she received is stupid and destructive. It is foolish and idiotic to think that the way to get rid of a destructive emotion is to express it.

If this happened to be true, the opposite would have to be true. I asked her if she expressed love, cordiality and geniality, would she get rid of love that way? Of course not. Her subconscious would magnify love and goodwill. God is love, and his love indwells all people. Begin to exude vibrancy and goodwill to all those around you, and you will magnify and reinforce these qualities in your mind and heart.

This woman did not eradicate or expunge hatred and hostility from the subconscious by expressing it; she was getting worse by the hour. The two were living a lie, and it takes two to make a 'go' of marriage. A harmonious reconciliation can only take place on a spiritual basis. There is a principle of

right action and no principle of wrong action. The right thoughts, the right mood and right action bring about a balanced mind. There is no penalty in love or right action.

In all thy ways acknowledge him, and he shall direct thy paths (Proverbs 3:6).

They learned to exalt God within themselves

Both of them decided to preserve the marriage and began to alternate in prayer each night. She would read the 23rd Psalm out loud one night and he would read the 91st Psalm the next night. Each one came to a decision to exalt God in each other. When he was ready to explode, he would immediately supplant the negative thoughts with:

> "God loves her and cares for her. I exalt God in the midst of her."

Repetition of this prayer became a habit for both of them. She decided to use the same technique:

> "God loves him and cares for him. I exalt God in the midst of him."

The marriage is growing more blessed as the days roll by.

Superstitions and biases

A man said to me, "My conscience is my guide." He was writing vitriolic articles attacking a certain religious group. I explained to him the workings of his deeper mind. He realized that his biases, hatreds, and superstitious patterns were planted in his subconscious mind when he was young and that his mental conditioning was the reason for his resentment, hostility, and antagonism toward the religious groups.

Many people have become victims of ruthless superstition and ignorant biases. Following the voice of conscience has ruined the lives of many people.

One man I knew said, "I hear a voice inside me urging me to kill my mother-in-law." The voice he heard was real enough, like the voices and scenes you hear in your dreams. The subconscious mind is always dramatizing the impressions we make upon it. It is our Book of Life, which keeps a record of all our thoughts, feelings, and beliefs. I explained to him that his constant hatred and resentment of his mother-in-law was murder in his own heart and that his evil and destructive thoughts were constantly sinking down into his

mind and would eventually saturate the subconscious with the idea of murder. The voices he heard were those of his own subconscious talking back to him. My explanation was the answer. He blessed and prayed for his mother-in-law; they became good friends, and she calls him "my son."

Let the peace of God rule in your hearts . . . (Colossians 3:15).

CHAPTER 4

HIGHLY DESTRUCTIVE INNER SPEECH

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, 0 LORD, my strength, and my redeemer.

(Psalms 19:14)

Do you observe your inner speech? Whatever we give out mentally, we are inevitably bound to get back—*the measure we mete, shall be measured to us again.* For example, you may be polite and courteous to the boss in the office, but when his back is turned, you are very critical and resentful toward him in your mind.

He realized his inner speech was highly destructive

One day a salesman came to see me and described his difficulties in working with the sales manager of his organization. He had been with the company ten years and had received no promotion or recognition of any kind. He showed me his sales figures which were greater proportionately than the other men in the territory. He said that the sales manager did not like him; that he was unjustly treated, and that at conferences the manager was rude to him and at times ridiculed his suggestions.

I explained that undoubtedly the cause was to a great degree within himself, and that his concept and belief about his superior bore witness to the reaction of this man—His measure or concept of the manager was that he was mean, cantankerous, and he was filled with bitterness and hostility toward him. On his way to work he conducted a vigorous conversation with himself, filled with criticism, mental arguments, recriminations, and denunciations of his sales manager.

This man realized that his inner speech was highly destructive, because the intensity and force of his silent thoughts and emotions and personally conducted mental condemnation and vilification of the sales manager entered into his own subconscious mind, bringing about the negative response from his boss, as well as creating many other physical and emotional disorders.

He began to pray as follows:

"I am the only thinker in my universe. I refuse to give power to any person, place, or thing to

annoy me or disturb me. I am responsible for the way I think about my boss. I know that God indwells him. I salute the Divinity in him. He is a spiritual being, living in God's universe, and he is governed over by God. I see him as God sees him. He is full of God's love, light, and truth. Whenever I think of him I say to myself, 'What is true of God is true of you.'"

Let your mental imagery pay off

He repeated this prayer out loud slowly, quietly, and feelingly, knowing that his mind is the garden of God, and whatever he plants in the garden will come forth like seeds after their kind. He practiced mental imagery every night prior to sleep this way:

> He imagined that his sales manager was congratulating him on his fine work, on his zeal and enthusiasm, and wonderful response from customers. He felt the reality of all this, felt his handshake, heard the tone of his voice, saw him smile.

He made a real mental movie, dramatizing it in his own way, according to the Golden Rule and the Law of Love. Night after night he conducted this mental movie, knowing that the subconscious mind was the receptive plate on which his conscious imagery would be impressed. Gradually by a process of what may be termed mental and spiritual osmosis, the impression was made on the subconscious, and the expression automatically came forth.

The sales manager called him up to San Francisco, congratulated him, and gave him a new assignment as Division Sales Manager over one hundred men with a big increase in salary. He changed his concept and estimate of his boss, and the latter responded accordingly.

Unto every one that hath shall be given . . . (Matthew 25:29)

Become spiritually mature

Like attracts like; birds of a feather flock together. Is it not possible that your associate's crotchety, petulant, critical attitude is a reflection of your own inner frustrations and suppressed rage? What this person says or does cannot really hurt you, except you permit him to disturb you. The only way he can annoy you is through your own thought. For example, if you get angry, you have to go through four stages in your mind: You begin to think about what he said. You decide to get angry and generate a mood of rage. Then you decide to act; perhaps you talk back and react in kind. You see that the thought, emotion, reaction, and action all take place in your mind. When you become spiritually mature, you do not respond negatively to the criticisms and resentment of others. To do so would mean that you had descended to that low mental vibration and become one with the negative atmosphere of the other. Identify

yourself with your aim in life and do not permit any person, place, or thing to deflect you from your sense of oneness with the Infinite One who thinks, speaks, and acts through you.

Watch your inner psychological state

We must watch our inner psychological state. Some people mutter to themselves, are envious, jealous, seething with anger and hostility. Such a mental attitude is highly destructive and brings chaos, sickness, and lack in its train. You are familiar with the person who justifies himself; he tells himself that he has a perfect right to be angry, to seek revenge, and try to get even. He is playing an old subconscious gramophone record which recites all the alibis, excuses, and justification for his inner boiling state. In all probability he does not know that such a mental state causes him to lose psychic energy on a large scale, rendering him inefficient and confused. Man's negative inner speech is usually directed against some person.

Destructive emotions came forth as ulcers and neurosis

I talked to a man recently who told me that he had been treated shabbily; how he planned to get even, how hateful he was toward his former employer, etc. This man had ulcers of the stomach as a result of his inner turmoil and irritation. I explained to him that he had been making very destructive impressions of anger and resentment on his subconscious mind which always expresses what is impressed upon it. These destructive emotions must have an outlet, and they came forth as ulcers and neurosis in his case.

A new spiritual tone healed his discordant condition

He reversed his mental processes by releasing his former employer into the boundless ocean of God's Love and wishing for him all the blessings of Heaven. At the same time he filled his mind with the Truths of God by identifying himself with the Infinite Healing Presence, realizing that the Harmony, Peace, and Perfection of the Infinite One were saturating his mind and body, making him every whit whole. These spiritual vibrations permeating his mind were transmitted throughout his entire system, and the cells of his body took on a new spiritual tone resulting in a healing of his discordant condition.

The Secret Place

You have the faculty to enter into the Secret Place of the Most High and

commune with God. Here you live beyond time and space. In this spiritual union with the Divine you have a sense of inner peace. You are one with God. You refuse to descend from this high level of awareness. Your inner peace and sense of oneness with the Infinite One is your impregnable fortress. You never surrender your inner poise and sense of inner peace. *"One with God is a majority." "If God be for you, who can be against you?"*

The lips and the heart should agree

Wonders will happen in your life when your inner thought and feeling agree with the words of your mouth. Apropos of this I should like to cite the following case: A man was involved in a long-delayed lawsuit which had cost him considerable time, legal fees, etc. He was exasperated, bitter, and hostile toward the opposition and his own attorneys. His inner speech which represents his inner, silent, unexpressed thoughts was more or less as follows: "It's hopeless! This has gone on for five years I am being sold down the river. It is useless to go on. I might as well give up, etc."

I explained to him that this inner speech was highly destructive and was undoubtedly playing a major role in prolonging the case. Job said, for *the thing, which I greatly feared, is come upon me.* (Job 3:25).

He changed his inner and outer speech completely when he fully understood what he had been doing to himself. Actually he had been praying against himself. I asked him a single question as follows: "What would you say if I told you this minute that there had been a perfect, harmonious solution reached and the whole matter was concluded?"

He replied, "I would be delighted and eternally grateful. I would feel wonderful knowing that the whole thing was finished."

He agreed from that moment on to see to it that his inner speech, as Ouspensky pointed out, would agree with his aim. Regularly and systematically he applied the following prayer which I gave him:

> "I give thanks for the perfect, harmonious solution which came through the wisdom of the All-Wise One."

He repeated this to himself frequently during the day, and when difficulties, delays, set-backs, arguments, doubt, and fear came to his mind, he would silently affirm the above truth. He ceased completely making all negative statements verbally and also watched his inner speech knowing that his inner speech would always be made manifest. It is what we feel on the inside that is

expressed. We can say one thing with the mouth and feel another in our heart; it is what we feel that is reproduced on the screen of space. We must never affirm inwardly what we do not want to experience outwardly. The lips and the heart should agree; when they do, our prayer is answered.

It is your inner talking that the Subconscious listens to and obeys

What kind of inner talking goes on in you all the time which is not being expressed audibly? It is your inner talking that the subconscious listens to and obeys. Your subconscious records your silent thought and feeling, and it is a very faithful recording machine. It records everything and plays the record back to you in the form of experiences, conditions, and events.

It is very important to give the proper instruction to the subconscious. For example, if a man dwells on obstacles, delays, difficulties, and obstructions to his program, the subconscious will take that as his request and proceed to bring difficulties and disappointments into his experience; hence, feed the subconscious with premises which are true.

You and your desire

The Bible says, if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father, which is in heaven. Who are these two? It means you and your desire; i.e., if you accept your desire mentally, the subconscious mind will bring it to pass because your conscious and subconscious have agreed or synchronized. The two agreeing represent your thought and feeling, your idea and emotion.

Your desire is the substance of things hoped for, and the evidence of things not seen. Your desire is as real as your hand or heart, and has its own form, shape, and substance in another dimension of mind.

The seat of memory and the healer of the body

It must be recalled that whatever we accept or feel as true is impregnated in our subconscious mind. The subconscious is the creative medium; its tendency, as Troward points out, is always life ward. The subconscious controls all your vital organs, is the seat of memory, and the healer of the body. The subconscious is fed by hidden springs and is one with Infinite Intelligence and Infinite Power.

Identify with God's River of Peace and Love

A woman had a blood pressure of over two hundred accompanied by severe migraine attacks; the cause of all this was destructive inner speech. She felt that someone had not treated her right and she became very negative toward that other person. She justified herself in being hostile and antagonistic toward this other person, allowing this condition to go on for weeks and was in a deep emotional stew. This negative attitude drained force from her bringing about psychological changes in her blood stream. She was ready, as she said, to explode with anger. This inner pressure, mounting tension, and seething hostility were the cause of her high blood pressure or hypertension plus the migraine.

This woman began to practice the wonders of spiritual inner speech. She realized she had been poisoning herself and that the other woman was in no way responsible for the way she was thinking or feeling about her. She was the only thinker in her universe, and she had been thinking vicious, destructive, malicious thoughts which were poisoning her whole system. She began to comprehend and see that no one could possibly touch her except through her own thought or the movement of her own mind. All she had to do in order to practice the wonders of true spiritual inner speech was to identify with her aim. Her aim was peace, health, happiness, joy, serenity, and tranquility. She began to identify with God's River of Peace and God's Love flowing through her like a golden yellow river soothing, healing, and restoring her mind and body. For fifteen minutes three or four times a day she prayed as follows silently; her inner thoughts and feelings were as follows:

> "God is Love, and His Love fills my soul. God is Peace, and His Peace fills my mind and body. God is Perfect Health, and His Health is my Health. God is Joy, and His Joy is my Joy, and I feel wonderful."

The tangible results establish you in the knowledge of the truth which sets you free.

Then shall thy light break forth as the morning, and thine health shall spring forth speedily . . . (Isaiah 58:8*). Behold, the Lord's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear* (Isaiah 59:1).

The wonders of real inner speech

This kind of inner speech which represented her inner thoughts of God and His qualities brought about a complete sense of balance, poise, and harmony to her mind and body. When the thoughts of the other woman came to her mind,

she would immediately identify with her aim—God's Peace. She discovered the wonders of real inner speech where her lips and heart united in identifying with the Eternal Truths of God, thereby rendering her impermeable to the impact of negative ideas and thoughts.

The acid test which sets you free

How do you meet people in your mind? That is the acid test for the Truth Which sets you free. If you meet them and see the God in them, that is wonderful; then you are practicing the wonders of inner speech from a constructive standpoint because you are identifying with your aim which is God or the good. Ouspensky pointed out that your inner speech should always agree with your aim.

"Stop! I am the master"

A young man had an aim—perfect health; however his conscious mind reminded him that he had been sick with a blood disorder for years. He was full of anxiety, fear, and doubt. His relatives kept reminding him that it would take a long time and that he might never be healed. His subconscious was, of course, receiving all these negative impressions, and he could not get a healing. His inner speech had to agree with his aim. In other words, the two phases of his mind had to synchronize and agree. This young man began to talk in a different tone to his subconscious. I told him as he listened carefully and avidly to affirm slowly, quietly, lovingly, and feelingly several times daily as follows:

> "The Creative Intelligence made my body and is creating my blood now. The Healing Presence knows how to heal and is transforming every cell of my body to God's pattern now. I hear and I see the doctor telling me that I am whole. I have this picture now in my mind, I see him clearly, I hear his voice, and he is saying to me, 'John, you're healed. It is a miracle!' I know this constructive imagery is going down into my subconscious mind where it is being developed and brought to pass. I know my subconscious mind is in touch with the Infinite One, and Its Wisdom and Power are bringing my request to pass in spite of all sensual evidence to the contrary. I feel this, I believe it, and I am now identifying with my aim—Perfect Health—this is my inner speech morning, noon, and night."

He repeated this prayer ten or fifteen minutes four or five times daily, particularly prior to sleep. Due to habit he found his mind running wild at times, fretting, fussing, worrying, recounting the verdict of others and his previous repeated failings in the healing process. When these thoughts came to his mind, he issued the order,

> "Stop! I am the master. All thoughts, imagery, and responses must obey me. From now on all

> my thoughts are on God and His Wonderful Healing Power. This is the way I feed my subconscious, I constantly identify with God, and my inner thought and feeling is 'Thank you, Father.' I do this, a hundred times a day or a thousand times, if necessary."

The young man had a healing of the blood condition in three months. This is the wonder of real and true speech wherein your inner speech is the same as it would be if you had already received the answer to your prayer. Believe that you have it now and you shall receive. He succeeded by repetition, prayer, and meditation to get his subconscious mind to agree with his desire; then the Creative Power of God responded according to the agreement. *Thy faith hath made thee whole*.

She changed her inner speech and is now happily married

A woman sixty-seven years of age told me all the reasons she could not get married; then she began to silently practice correct inner speech as follows: "I thank you Father for my perfect, ideal, divine companion." She repeated this to herself many times a day; after a while her concept was impressed on the subconscious and she met a retired druggist whom she married. They are ideally happy. Her inner speech was one with her aim. She spoke inwardly as though it had already happened. It had happened in the only place it could ever happen, namely in her own mind.

Your imagination always wins

Coue and Baudoin of the French School of Therapeutics taught a simple truth: "When your desire and imagination are in conflict, your imagination always wins." I explained this to a man who found it difficult to give up smoking. His doctor had informed him it was imperative that he cease and desist at once.

Twice a day he held a session with himself, wherein he became quiet and receptive, and affirmed and envision as follows:

> "Freedom and peace of mind are mine now. I know that as I affirm these truths they are sinking down into my subconscious and I will be under a compulsion to give up cigarettes, as the law of my subconscious is compulsive. In my imagination I see my doctor before me. He has just finished examining me and is congratulating me on my freedom from the habit and on my perfect health."

He had a few sessions like this every day for about a week, at which time he got a response from his subconscious, and he found he had no further desire to smoke. He had succeeded in impregnating his deeper mind with his habitual thinking and visioning. His doctor confirmed objectively what he had been thinking and visioning subjectively.

You can't go two directions at the same time

Here is an example of wrong inner speech. A member of our organization was trying to sell a home for three years. She would decree,

> "I release this beautiful home to Infinite Mind. I know it is sold in Divine Order to the right person at the right price and I give thanks now that this is so."

This was her prayer and there is nothing wrong with it, but she constantly neutralized it by silently saying to herself,

> "Times are slow, the price is too high, and people don't have that kind of money. What's wrong with me? Why can't I sell it?"

You can see that she was rendering her prayer null and void. *As a man thinketh in his heart so is he*. Her inner speech was very negative and that was the way she really felt about the whole matter; therefore that mental state was manifested for three years. She reversed the procedure and every night and morning she would close her eyes for five or six minutes and imagine the writer congratulating her on her sale. During the day her inner speech was:

> *"I give thanks for the sale of my home, the buyer is prospered and blessed because of this purchase."*

The repetition of this phrase was impressed on her subconscious mind and made manifest. A week later a man who sat next to her in church the following Sunday bought her home and was very satisfied. She realized you can't go two directions at the same time.

> *Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer. (Psalm 19:14).*

CHAPTER 5

THE SPIRIT OF FEAR

The Bible says: . . . *God hath not given us the spirit of fear; but of power, and of love, and of a sound mind*. (II Timothy 1:7).

Mind is the master power that molds and makes
And man is mind, and ever more he takes
The tools of thought, and shaping what he will,
Brings forth a thousand joys, a thousand ills.
He thinks in secret and it comes to pass,
Environment is but his looking glass.

We have a great number of prophets today predicting all manner of disasters, and they are instilling fear and uncertainty in the minds of millions of people. I counsel with many people who are morose, morbid, sullen and ill humored. They are afraid of old age, atomic warfare, insecurity and the future, and many are living in fear of death.

You were born with only two fears: fear of falling and fear of noise. These represent nature's protective mechanism. Quimby said that every child is like a white tablet upon which everyone who comes along scribbles something. Modern day educators term this a tabular Rasa, or blank tablet. Remember, you were born with the Infinite Spirit, or God, within you—the very life of you.

Chop off its head

Always ask yourself this simple question: "What did I inherit from God?" If your subconscious has been programmed negative, you can reverse it by filling your subconscious with life-giving patterns, such as: "God's love fills my soul. God's peace saturates my whole being. The harmony, light, and glory of the Infinite saturate my whole being, and I am illumined from On High."

Do this regularly at least three or four times a day. When a Negative thought comes to you, chop off its head by affirming:

"Divine love fills my soul."

Prayer is a habit, but it is a very good habit. Suppose you have been trained in the wrong way to play the piano or drive a car. You can practice, unlearn the old way and play or drive the right way.

She was dooming herself to failure

A young actress came to see me, complaining bitterly about stage fright and panic during auditions and screen tests. She had failed, she said, to make the grade three times; she prolonged her doleful complaints into a lengthy jeremiad.

I discovered quickly that her real trouble was that she had a mental picture of panic before the camera, and like Job of old, she was dooming herself to failure: *The thing which I greatly feared is come upon me . . .* (Job 3:25).

How She Gained Confidence and Poise

I taught this actress the workings of her conscious and subconscious mind, and she began to realize that as she gave attention to constructive thoughts, she would automatically bring into her experience the benefits accruing from the thoughts dwelt upon. She devised a plan of her own for straight line thinking, knowing that there is a law of mind which responds to what you decree yourself to be, provided, of course, you believe what you claim to be true about yourself. For example, the more frequently you affirm to yourself, "I am afraid," the more fear you will generate. On the other hand, the more frequently you affirm, "I am full of faith and confidence," the more confidence and self-assurance you will develop.

I suggested she type thought-lifters on a card as follows:

"I am full of peace, poise, balance and equilibrium.

I fear no evil for God is with me.

I am always serene, calm, relaxed and at ease.

I am full of faith and confidence in the only power there is—God.

I am born to win, succeed and triumph.

I am successful in all my undertakings.

I am a marvelous actress and am immensely successful.

I am loving, harmonious, peaceful and feel my oneness with God."

She carried this "index card" with her. On trains, airplanes, and at frequent intervals during the day, she focused her mind on these truths. Actually, she committed them to memory after three or four days. As she reiterated these truths, they sank down into her subconscious mind and she discovered that these affirmations containing wonderful spiritual vibrations neutralized the noxious patterns of fear, doubt and inadequacy in her subconscious mind. She became poised, serene, calm and full of self-confidence. She had discovered the cosmic power for perfect living.

She practiced the following technique for about five or six minutes morning, afternoon and night: She relaxed her body, sat quietly in a chair, and began to imagine that she was before the camera—poised, serene, calm and relaxed. She visualized herself as completely successful and imagined hearing congratulatory comments by the author and by her agent. She dramatized the role as only a good actress can, and made it very real and vivid. She realized that the Cosmic Power that moves the world also moves through the mental picture in her mind, compelling her to give marvelous renditions.

A few weeks later, her agent got another screen test for her, and she was so enthusiastic and exhilarated with the idea of triumph that she gave a wonderful performance. Today, with success following success, she is well on her way to becoming a great star. *With God all things are possible* (Mark 10:27).

Her faith had gone wild

An elderly woman living here in Leisure World, Laguna Hills came to see me with all sorts of statistics about earthquakes all over the world and some predictions by psychics regarding possible earthquakes in California. She seemed to be obsessed with the idea of earthquakes. She was of French origin, so I asked her if she had not heard the phrase laissez-faire, which means non-interference, unconcern, and philosophic indifference.

I explained to her that most of the predictions by psychics in books and newspapers never happen and that all she had to do was to look at the recent election of President Reagan. Nearly all of the psychics were wrong, wrong, wrong. Paul said, *whether there be prophecies, they shall fail* . . . (I Corinthians 13:8). Her faith had gone wild, yet she was a profound student of the works of Unity and Science of Mind.

It dawned on her what she was doing to herself. Her blood pressure had become abnormally high and she was a victim of insomnia. Her physician, Dr.

Frank Wm. Varies, who practices holistic medicine, told her to go back to the Psalms, such as the 27th and 91st. I told her that she was looking for trouble, running out to meet all day long, yet it never arrives. Moreover, other scientists say that there is no sign of an earthquake.

Faith in God and all things good destroys worry and fear. A changed attitude changes everything. I suggested that she give her attention to the great eternal Truths of life, which she was to affirm boldly and feelingly several times a day. In that manner, she would supplant her worry with faith in God and all things good:

> "I am surrounded by an envelope of God's love. I am invulnerable and nothing can touch me but that which is good and very good. I clothe myself with the garment of Infinite love and Infinite peace. God watches over me, and where I am God is. The whole armor of God surrounds me and I bear a charmed life. Whenever fear or worry comes to my mind, I will immediately affirm, 'God watches over me.' It is wonderful!"

Making a habit of this prayer brought results. She is now practicing laissez-faire in her attitude toward events over which she exercises no control.

Fear comes to all of us at some time

It is true that fear, in some form, comes to all of us at some time, somewhere, in some way. The writer remembers that many years ago, while flying over the North Pole on the way to Norway and Sweden, a great storm had taken place. All of the passengers had been terrified. A few of us had begun to recite the 91st Psalm out loud, which had quieted them to some degree. They were afraid of death and destruction. That had been the only way to handle that group fear that had seized all of us.

Fear is contagious

Newspapers reported a fire in a night club, in which many people were trampled to death and others burned to death. It also mentioned there was no occasion for the panic, as there were sufficient exits to take care of all the people present. There were several, however, who remained quiet and calm, and they found their way out without being hurt.

All of us must understand that no influence or suggestion from the external world can ever affect us unless it finds kinship with something inside of us.

Fear had seized the people, and fear is contagious. Fear was the cause of their deaths—not the fire. Those who turned to the Infinite Presence and Power within and called on it for protection and guidance remained at peace, and the

way opened up in Divine order. Place your faith in God, and then… *no evil (shall) befall thee, neither shall any plague come nigh thy dwelling* (Psalm 91:10).

Your faith in God is a conviction of God's present and continuous care. Faith in God is the star that shines in the darkness, revealing the way you should go. Modern scientists do not work in the dark. They work in the light of faith… . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15).

Her constant fear

In consultation with a woman, she admitted that she had lived in constant fear that her home would be robbed. While she was at church one Sunday, thieves pulled a truck up in front of her house and carried away all the expensive furnishings in her home. They cleaned her out.

Her constant fear, morning, noon and night, had been the real thief, and her subconscious had brought it to pass. The law is impersonal and no respecter of persons. She is now using the great Psalm of protection, which is the 91st Psalm, and will build up immunity to all harm.

Let all the thoughts in your mind be harmonious, peaceful, loving and based on faith in God and the goodness of God in the land of the living. Let your trust and reliance be in God, the Source of all blessings

When your thoughts are God's thoughts, God's power is with your thoughts of good.

Make the most High your habitation

As you continue to grow spiritually by absorbing and imbibing the great truths of life, you will be convinced that what the Psalmist said is true: A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee (Psalm 91:7). In verses 9 and 10 of the same Psalm, we read: *Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; there shall no evil befall thee, neither shall any plague come nigh thy dwelling.*

This is a very beautiful and definite promise. It points out that you will always be protected, directed and watched over by the spell of God's love. By pondering frequently the fact that God loves you and cares for you, guides you and directs you, you are making the most High your habitation. Because you

constantly remind yourself that God's love surrounds you, enfolds you and enwraps you, you are always immersed in the Holy Omnipresence and no trouble can touch you.

The great Psalm of protection

I talked with a young sergeant who, together with others, had had to bail out of a plane that had caught on fire and he found himself in the jungle, hopelessly lost. He could find no trace of his comrade. Then he said to himself the only words he knew of the 91st psalm, called the great Psalm of protection:

I will say of the Lord, He is my refuge and my fortress, my God; in Him will I trust.—(Psalm 91:2).

He remarked that as he repeated this verse of the Psalm, all fear vanished and then a very strange thing occurred. His brother, who had been killed in action a year before, suddenly appeared to him in full uniform and said, "Follow me." He led him to the side of a hill and then said, "Stay here until morning and you will be safe." Then he vanished. The next morning at daybreak a patrol found him and he was flown back to camp.

This man overcame his fear and his subconscious responded through the phantasm of his brother, knowing that he would instantly obey and follow his brother. His subconscious also knew where the patrol was and knew he would be cared for.

The ways of the subconscious are past finding out. Remember, your subconscious mind responds in its own way to your prayer of faith.

. . . According to your faith is it unto you.—(Matthew 9:29).

Abnormal fear

Many listen to the news and read the magazines and papers predicting nuclear war, the end of the world, earthquakes, etc. As they dwell on these predictions, they are seized with a sort of crippling fear.

I suggest to them that they hold these fears up to the light of reason, examine them and recognize that most of these predictions never come to pass, but some out of the fetid brain of the prognosticator of doomsday. Paul points out in Corinthians… *whether there be prophecies, they shall fail . . .* (1 Corinthians 13:8).

Basically, all of this abnormal fear is due to a man's basic sense of

insecurity, in failing to align himself with the Infinite Presence and Power. When he joins up with this Source, the Life Principle, which is all-powerful, all wise and knows no opposition, he discovers a reflex action and his abnormal fear is gradually dissipated.

When our thoughts are negative, as when, for example, we indulge in criticism, jealousy, or feeling sorry for ourselves or another, we are not in tune with God; consequently, there is no polarity. The circle of good is not formed.

Hypnotic suggestions

A great number of people need to be disturbed and shaken up out of the mass propaganda, hypnotic suggestions and false beliefs which are rampant in the field of religion. But some young women have discovered the Presence of God within themselves and have found peace in this changing world.

A seething cauldron

Some time ago a woman came to see me. During the conference that ensued, she said that she had been told she had to suffer and put up with her arthritis as there was no cure. She was taking 12 to 14 aspirin tablets a day, which had some unpleasant side effects in her case. She had then resorted to codeine tablets to alleviate the pain. Her relatives told her that it was the will of God and that she should bear the pain stoically. This, of course, is nothing but a diabolical perversion of the Truth, which states, *Come unto me, all ye that labor and are heavy laden, and I will give you rest* (Mathew 11:28) . . . . *I am the Lord that health thee* (Exodus 15:26).

Pain is a blessing in disguise, because it calls to our attention the fact that we have misused our mind and should correct it at once. She was beginning to accept the lie and resign herself to her fate until the irritation of the pain became so excruciating that she decided to use and invoke divine healing. Her frustration became so intense that she decided to reject the suggestions of others and do something about it.

In talking with her, I discovered that she was a seething cauldron inside, harboring a deep-seated hatred and a festering resentment toward her ex-husband and mother-in-law. At my suggestion, she came to a definite decision and began to appraise herself as a spiritual being, a daughter of the Infinite and a child of Eternity. Three times a day she sat down quietly for I5 or 20 minutes

and affirmed feelingly and knowingly:

> "God is Love, and God's love saturates my soul. I exalt God in the midst of me, and I give thanks for my miraculous healing now."

When thoughts of hostility toward her ex-husband or mother-in-law came to her mind, she immediately affirmed, "God's love fills my soul," thereby neutralizing and chopping the head off every angry or hateful thought.

At the end of three months the suppleness and mobility of her joints returned and she walked without a cane. She is now free from all pain. She had tried previously to coerce her mind to love her ex-husband and mother-in-law and had got nowhere. But as she began to give her subconscious a Divine transfusion of love, peace and harmony, the healing love of God dissolved all the calcareous deposits in her joints. Furthermore, as she began to appraise herself as a spiritual being and as she began to let in the sunshine of God's love, all hatred and hostility disappeared, being expunged from her deeper mind. She could, therefore, meet her former so-called enemies in her mind and no more stings were felt. She was at peace.

There shall be showers of blessings

A businesswoman with whom I had a long-distance conversation complained that her business, marital and home conditions were very bad and practically beyond her control. I pointed out to her that, on the contrary, she had control and dominion over her thoughts, feelings, actions and reactions, and that she must definitely assume responsibility for harmony, peace and happiness in her life.

On the phone I suggested that she open the Bible and read Ezekiel 34:26 —*There shall be showers of blessing*. I suggested that she enthrone that idea in her mind, and the idea being dynamic, she should listen to it with an inner ear. It would then penetrate her subconscious and release its energy.

This woman's life was dried up, like the soil that has been too long without rain. She was full of fear, resentment and hatred toward her husband and filled with a sense of defeatism. She said her first year in business had been a great success—beautiful and harmonious. She took credit for the first year's success. I pointed out, however, that she must also assume responsibility for her failures and discordant home life.

A few weeks passed by and I had a wonderful letter from her saying that she had begun to sing to herself:

"There shall be showers of blessings for me."

She got lost in the idea, and it found its way into her subconscious. From then on everything changed. Business picked up; there were new customers and a promotion for her husband. She is now possessed with a promotion for her husband. She is now possessed with a new zest for living. As she began to sing the song of triumph to herself, she dissolved all the bitterness and hostility and the Cosmic Energizer began to flow through her as harmony, health, peace and abundance.

CHAPTER 6

BEWARE OF JEALOUSY

Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame. (Song of Solomon 8:6)

Jealousy sees things always with magnifying glasses which make little things large of dwarfs, giants of suspicions, truths . . . (Cervantes)

Oh, beware of jealousy; it is the green-eyed monster, which doth mock the meat it feeds on. (Shakespeare)

In our modern, everyday language, we speak of a jealous person as one who feels resentment against another because of his success, worldly achievements or monetary advantages. A jealous person is inclined to be troubled by suspicions or fears of rivalry, unfaithfulness, etc., as in love or aims.

A jealous person usually blames others as if they were responsible for his inferiority or inadequacy. A jealous person generates mental poisons which bring on all manner of disease. Actually, he is destroying himself from the inside.

When you were young, there is the possibility that you were told a great number of things which were false. Perhaps one of your parents said to you: "Your brother is much smarter than you. Why don't you be like him? He is an angel." This probably gave rise to jealousy and competition as well as resentment.

The most destructive poison

Anger, depression, fear and foreboding are the inner fires. The doctor tells you these emotions give you ulcers, high blood pressure, cancer and arthritis. Hate will give you arthritis if you keep it up; it will bring about changes, bring on calcareous deposits in your tissues and play havoc with you. Sometimes jealousy will drive a person absolutely insane, because there is no more destructive poison than jealousy. It is called the green-eyed monster and is the greatest of all mental poisons.

"*Charity envied not . . .*" The man who knows the laws of life never envies another; neither is he jealous, because he knows that he can go to the same fountain as the other did, and claim all of the good that he wants. If he *believes*,

it shall be given to him. A man who understands this cannot be jealous. He knows that God is impersonal and no respecter of persons.

Therefore, sow for you treasures in heaven, where the moth and the rust doth not consume, and where thieves cannot break through and steal. Sow for yourself harmony, health, peace and beauty. Write in your heart the truths of God. What will you write? Write… *whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, and whatsoever things are of good report. If they're by any virtue, if they're by any praise, think on these things* (Philippians 4:8).

Love is not jealousy

A man said to me, "I'm not jealous. I don't have a jealous bone in my body." But actually the opposite was true. He had employed detectives, checking up every day on his fiancée. She discovered it and broke off the engagement and would have nothing more to do with him. Oftentimes I say to women, "Don't pay too much attention to what a man says. Watch what he does. What he does is what he means."

His actions belied his statement that there was not a jealous bone in his body. I explained to him that jealousy cripples him emotionally and blocks all his good, holding him back in all phases of his life. He began to see that his jealousy was abnormal and was really based on a sense of inferiority and inadequacy within himself. Jealousy is a child of fear. Love casts out fear, for fear is a torment; and jealousy burns up the tissues like a consuming fire.

If a man loves a woman, he does not do anything unloving. He trusts her in the same manner as, when a child, he looked into his mother's eyes and saw love there. If a man loves a woman, he loves to see her as she ought to be: happy, joyous, free, and expressing herself at her highest level. Love is not jealousy. Love is not possessiveness. Love is not suspicion, neither is it emotional blackmail, such as, "If you loved me you would give up smoking or eating ham" or some other similar foolish, asinine statement. Love has nothing to do with smoking, eating ham or taking a cocktail. Love frees; it gives; it is the Spirit of God in action.

Emotions follow thought

Your emotions govern you. Emotion follows thought. You can't visualize an emotion, but you can look back at an old scene, an old law suit or some old hurt and grievance and imagine the particular scene again. Of course, you will

generate a destructive emotion and reinfecting yourself all over again. When the old hurt comes to your mind, practice the law of substitution and affirm: "God's peace fills my soul." You will neutralize it immediately. Your emotions are compulsive.

The green-eyed monster

To be envious of others is to demean you. It means you are rejecting your own Divinity, which is the Source of all blessings. When jealous of another, you are placing that person on a pedestal and demoting yourself, thereby attracting lack, loss, limitation and impoverishment to you. It makes no sense. You have heard the expression, "She is green with envy." This is why jealousy is called the green-eyed monster. The eyes are the windows of the soul. It is true the eyes reveal jealousy, which is a mental sickness. Remember also, a jealous person is an angry person.

Thou while he lived he blessed his soul: and men will praise thee, when thou doest well to thyself (Psalms 49:18).

She cured her jealousy

A young medical doctor said to me in Zurich, Switzerland, where I lectured recently, "I caught myself resenting and being jealous of one of my associates in the clinic. I read your book, *The Power of Your Subconscious Mind,* and asked myself: What am I doing to myself? My thoughts are creative. I am decreeing loss and limitation for myself. I am saying that she can get promoted in the hospital and I can't."

She had done a little self-analysis, which is good for all of us. When you find yourself creating mental poisons, begin instead to feed on the bread of heaven, the bread of peace, harmony, love and goodwill to all.

"I helped my brother's boat to the shore and, lo, my own boat was also at the shore."

CHAPTER 7

MORBID ATTITUDE OF MIND

"Never the spirit was born; the Spirit shall cease
To be never;
Never was time it was not; end and beginning
Are dreams?
Birth less, and deathless, and changeless remained
The Spirit forever;
Death hath not touched it at all, dead though the house
Of it seems.
Nay, but as one whom layette his worn-out robes away,
And, taking new ones, saith, "These will I wear today!"
So putted by the Spirit
Lightly its garb of flesh,
And passeth to inherit
A residence afresh."

Thousands of years ago Job asked, *"If man die, shall he live again?"* This question has been asked millions of times since then. The truth is there is no death in the sense of oblivion. God is Life and that Life is our Life now. Life, or God, had no beginning and it has no end. Man being Life in manifestation cannot die. Where something ends, something else begins. The body had a beginning and the body has an end. Actually we are creating new bodies every moment of the day. Man's body is the vehicle for the expression of life. When the vehicle or body is no longer a fit instrument, it is laid aside. Spirit then clothes itself in a new body.

There are no dead

In order to pray for the so-called dead, we realize that the loved ones who have passed on are dwelling in a state of beauty and love; then we are lifting them up, because they feel our prayers, and thereby they are blessed. We make them happy by our scientific prayer. Instead of feeling that they are dead and gone, and that their graves are where the bodies are, by an inner mood let us

see them dwelling in a state of indescribable beauty. We must never dwell in the mood—or feeling—of lack, limitation, or regret. *God is not the God of the dead, but of the living. Why seek ye the living among the dead*?

There are no dead. All your loved ones, closest friends, all men, women and children who make their exit from this plane are very much alive and functioning fourth dimensionally. They cannot be seen by the three dimensional mind of man.

Lose the sense of loss

The whole play of life takes place in consciousness, and the vast motionless Being is limited by belief of being someone. We must lose the sense of loss which is the son of perdition. The only guilt there is rests in the consciousness of guilt. Let us die to all sense of loss and false beliefs and awaken to the glory of the Father. When man dies to all sense of negation, he is back again in the garden of God. There is no lost soul as God cannot lose Himself.

"And all mine are thine, and thine are mine and I am glorified in them," means consciousness is indestructible and all go back to consciousness. They return to the center from which they come. There is no death. The only death there is, is a belief in death. There is only one world. There is no place to go but in consciousness. Things in consciousness are not related or juxtaposed as things in space.

Protracted grief

The heart is the seat of emotion, and emotions can kill or cure. Recently I had a conference with a woman in Atlanta, Georgia, who was grief-stricken. She had had two heart attacks. She was taking anti-depressant pills, as well as heart medicine. I discovered that she was visiting the grave of her son every day and weeping over his grave, which was a highly destructive practice. It was a morbid attitude of mind. She was dwelling on the void in her life, which consisted of no love.

I told her what Darwin had said about protracted grief: "The circulation becomes languid; the face pales; the muscles become flaccid; the eyelids droop; the head hangs on the contracted chest; the lips, cheeks and lower jaw all sink downward from their own weight." This woman was dying inside, and her mental and emotional state was the cause of all her troubles.

She began to realize there was no one in the grave; her boy was in the next dimension, separated from her by frequency only. Every night she prayed for him as follows:

> "I rejoice in your new birthday in God. I radiate love, peace and joy to you. I know you are in another dimension of life and your journey is onward, upward and Goddard. God loves you. God be with you."

I explained to her that she could not think of two things at the same time. She also came to the realization that morbid thoughts were holding her son back, as there is no separation in mind. If you love someone, you free him and send loving thoughts to him or her. Protracted grief is morbid, selfish, and destructive to health and happiness.

A rose that blooms once blooms forever

And this is life eternal, that they might know thee the only true God . . . . (John 17:3). To know or to acquaint yourself with the fact that God is the Life of you, the reality of you, is to know that you are immortal, which means the continuity and on-going of your individual life forever expanding into higher mansions of our Father's house. We have our entire being in the universal Mind of God; this is where all things exist, and whatever abides in the mind of God will never cease to be. A rose that blooms once blooms forever. You are immortal because God is immortal.

Something old is given up for something new

Life is a progression. The journey is from glory to glory; man goes onward, upward, and Goddard. Usually we admit renewal, resurrection, and fruition processes in the seasons, birds, flowers, and insect life, but when it comes to man, we are struck numb and dumb with fear. We are timid about taking the position that death and birth are but the sides of the shield of life and should not be feared. Basically it is Life in the process of changing. Something old given up for something new is the transaction consummated in the so-called death process.

Cease believing that the dead are gone

I have been at the bedside of many men and women during their transition. I have never seen any one of them show any signs of fear. Instinctively and intuitively they feel that they are entering into a larger dimension of life. Thomas Edison was heard to say to his physician before he died, "It is very beautiful over there." All of us have a natural wistfulness regarding the state of

our loved ones when they leave this plane of life. We must realize that they are living in another mansion of our Father's House and only separated from us by a higher frequency.

The so-called dead are all about us, and we must cease believing that they are dead and gone. They are alive with the Life of God. Radio and television programs fill the room where you are living though you cannot see or hear them without an instrument. Man is under a hypnotic spell of belief in death, but when he lets the scales of centuries of false beliefs fall from his eyes, he will realize that we have an existence beyond time and space as we know it, and he will see and feel the presence of those whom he now calls "dead."

A great refuge

The most dramatic crisis is usually the problem of death because with a limited vision we become attached to personalities and we are disturbed by the sharp and apparently final separation of death. It takes the quiet thoughts of prayer to help us realize that death is but a transition between two states of the same life, and to readjust our thinking about our various relationships.

Prayer is a great refuge in which to soften the grief and sorrow that trouble us during the various crises and events that shock us. In the communion of prayer we can resolve true values from the many false values we are apt to place upon the things and associations of this world.

Psalm 23 and the answer to her loneliness

A widow, deeply despondent and, as she said, frantic with loneliness because her husband and two children were killed in a crash, found the answer to her loneliness by meditating on the truths of the 23rd Psalm two or three times a day.

One night she heard an inner voice; she does not remember whether she was asleep or awake. She distinctly heard the voice saying to her, "Supply the need in other's lives." She woke up with a start and snapped out of her despondency and gloom and said to herself, "I am a nurse, and that is what I am going to do."

The next day she visited the Veteran's Hospital and visited many of the men. She wrote letters for some, gave comforting words to many, and read the Psalms to others. She continued this for a week and became full of love and compassion. All the patients welcomed her with delight. She went back to

nursing full time and now gives a transfusion of faith and confidence to all those to whom she ministers. She is now truly filling a need. The voice she heard was the voice of intuition: the inner promptings of the subconscious Ofttimes manifest in the form of a voice, which no one else hears but the individual himself.

The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures; he leaded me beside the still waters.

He restored my soul; he leaded me in the paths of righteousness for his name's sake.

Yea, thou I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou prepare a table before me in the presence of mine enemies; thou anoint my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the Lord forever.

(Psalm 23:1-6).

Death is like a journey to a new city

There are as Paul says, *"Bodies celestial and bodies terrestrial."* Death of the physical body is like a journey to a new city, or a new dimension of mind.

The journey for all men is onward, upward, and Goddard. Progression is the law of Life. When man sheds the physical body, he enters in to the fourth dimension where he has a fourth dimensional focus.

To say that a man could not pray in the next dimension, and advance spiritually would be to limit The Holy One. Reincarnation—or going to the unman fest to manifest or to objectify a greater sense of the Presence—can take place there as well as here. What is true on one plane is true on all planes. We carry over our state of consciousness.

His subconscious brought
Instant freedom and peace of mind

Some months ago I interviewed an alcoholic, whose wife and sons had died of cancer. He was deeply depressed and melancholic. I explained to him that his sincere desire to give up alcohol was the first step in healing, to which he agreed. The next step was to realize that there is a subjective power within him, which would take away all craving and would compel him to assert his freedom from the habit.

I suggested that he practice a simple technique several times daily, which

consisted of imagining that I was congratulating him on his peace of mind and sobriety. He continued to do this for about two weeks, three times daily for about five minutes. One night his wife and two sons appeared to him while he was asleep and said to him, "Dad, we want you to live. We love you. We are happy and leading a new life. Don't mourn for us."

This dream had a most profound effect on him and he had an instantaneous healing. He said to me, "I am free! I have a peace and serenity of mind which I never knew before, and I am grateful."

The Bible says: *Acquaint now thyself with him and be at peace . . .*—(Job 22:21). This man had acquainted himself with the power of this thought and imagination, to which his subconscious responded in a way that brought instant freedom and peace of mind.

He had decreed his own demise

The late Dr. Frederick Bailes, one of the great teachers in Los Angeles for many years, told me of a friend of his who used to say to him, "Bailes, all members of my family passed on when they reached seventy-two. I will be seventy-two next year, and that's it."

Dr. Bailes told his friend of the dangers of making such a statement, as his subconscious would accept it. He paid no attention, though, and on his seventy-second birthday he dropped dead in the street. He had decreed his own demise. The Bible says: *For by thy words thou shalt be justified, and by thy words thou shalt be condemned (Matthew* 12:37).

Others say, "I'm too old now. I won't last much longer. You know, I am sixty-five." These suggestions of weakness, decrepitude and old age enter into the subconscious mind and come forth after their kind. Let your words heal, bless and inspire yourself and everybody else.

The subconscious takes no jokes

Recently I visited a woman in the local hospital, and she said to me, "I know I am going to die here. People are dying in this place every day." I said to her, "You should change your attitude and affirm, 'I am alive with the Life of God. I am now at home with my husband, doing what I love to do.'"

Her doctor said that there was no reason why she could not get well and live for many years. I told her husband what she was saying, and he and the doctor agreed that she was well enough to go home. He brought her home and she is

now rejoicing in being back in her own condominium.

Her husband broke the fear thoughts in her mind. Had she continued making those negative statements, she would undoubtedly have passed on in the hospital. The subconscious takes no jokes, and it is foolish and stupid to make such statements as she did.

Life flows from the inside to the outside

As I write this chapter, I have just received a wonderful Christmas letter from a woman in another state saying that I had told her at one of the International Thought Congresses that she should teach along these lines. Probably this was an intuitive perception on my part at that time. She said that she had taken many courses, but was timid, shy and fearful of appearing before a group; yet, she had remarkable results as a counselor.

She began to think about what I said—that Life flows from the inside to the outside, from thought to thing, from subjective to objective, and from Spirit to manifestation. She began to teach in her home, starting with five students, and is now a very successful minister along New Thought lines. Fear had held her back. She had been saying to herself, "Maybe in five years I will be ready," not realizing that in five years' time she would say the same thing. Her desire to teach and communicate the truth to others was the impulse of the Life-Principle in her seeking expression.

This universal Life-Principle, called God, is in all of us and is forever seeking expression through us. She said in her letter that she welcomed the idea in her mind to teach. Encouragement came from others and all doors opened up to fulfill her dreams. The longings, the yearnings, the urges and inner aspirations of your heart are God-given. Welcome them; accept them and claim boldly:

> "God gave me this desire. It is good and very good. God opens up the way for its perfect manifestation."

Begin now and prove it to yourself.

The problem is in the mind

A depressed young mother who had lost two sons in Vietnam asked me why she should not commit suicide. My explanation was rather simple: "The problem is in the mind. And you are a mental and spiritual being. You are not just your body. Your body is an idea in your mind, and you will have bodies to

infinity. You don't solve a problem by leaving Los Angeles and running off to Boston. You carry your mind wherever you go, and jumping off a bridge solves nothing. You meet the problem in your mind and solve it there. You are greater than any problem."

You have but one gift to give. God is the giver and the gift, and God indwells you. Therefore, that being true, all you can give is your faith in God; and according to your faith is it done unto you. Actually, you give everything to yourself, for the source of all things is within you.

Man's excursion outside of his body

I explained to her that man can leave his present body and travel thousands of miles; moreover, he has visual, auditory and tactile capacities outside his body. He can see and be seen; he can enter closed doors, observe everything around him, and at the same time he can see his own body on a couch in his home. He has put on a fourth-dimensional body, sometimes called the astral body or subtle body.

I elaborated on the fact that scientists have written about man's excursion outside his body. I described the experiments and research of the late scholar Dr. Hornel Hart, former associate of Dr. JB Rhine at Duke University, who had investigated numerous cases of men and their experiences outside the body.

She began to realize intuitively and intellectually that she would meet the same problems outside the body that she now had, because the other astral body, though much more rarefied and attenuated, would not solve any problems. She would remain confused, frustrated and perplexed in her new body, which would conform to her negative thoughts and imagery.

Her suicidal complex was caused by an intense desire for freedom and peace of mind. What she really wanted was greater expression of life, for there is no real extinction of life. Her desire was to overcome the obstacle or difficulty of acute mind depression and melancholia.

I pointed out to her that her boys were functioning in another dimension of mind and were entitled to her thoughts of love, peace, joy and goodwill. They were not entitled to her radiation of gloom, sorrow and grief. Protracted grief is always morbid selfishness. Love always frees and rejoices in the happiness, peace and welfare of the other.

She decided to go back to work immediately and to surrender her sons to the

God-Presence. Whenever she thought of them she immediately affirmed:

> "I know where you are. God is and His Love fills your soul. God be with you."

As she practiced this spiritual therapy there was a recrudescence of the Spirit in her life, and her vitality and peace of mind were restored.

> *. . . He feedeth among the lilies (truths of God. Until the day break, and the shadows flee away.*—(Song of Solomon 2:16,17).

Cast aside the burdens of self-doubt and loneliness

A Mrs. B., whose husband had passed, felt lonesome, bitter and hostile. She felt somewhat isolated from her family, who lived in the East and who never wrote her or communicated with her in any way. At my suggestion, she started to cast aside the burdens of self-doubt, loneliness, criticism of relatives, and dislike of others in the retirement center. She began to discard everything that was not contributing handsomely to her welfare. She began to affirm frequently to herself the following:

> "The Cosmic Energizer is flowing through me as a current of life, love, truth and beauty, creating pleasant relations, harmony, abundance and security in my life. I am a focal point for the Cosmic Energizer, and my mind and heart are open for all the blessings of life. I give thanks for a wonderful trip to Europe and for God's riches flowing to me from all angles. I live by the law of love, and I wish for everyone what I wish for myself."

She reiterated these truths many times a day, which formed a nucleus around which the cosmic energy began to flow. A few short weeks went by and then, out of the blue, her daughter, who lived in the East, phoned her asking her to join her on a trip to Europe which extended for six weeks, all expenses paid. On this trip she met a retired professor; they got married and have now settled down in Spain to live out their years in happy retirement.

She wrote me recently saying she has never been so happy. She tends the garden, gives English lessons twice a week to sons and daughters of neighbors, and is having the time of her life. She commented that she no longer holds the memory of grudges, peeves and ill will. She also realized that her previous sense of guilt had reduced her to a kind of slavery and that she now realized she had been constantly trying to compensate for her low opinion of herself.

Man is under a hypnotic spell of belief in death

The so-called dead are all about us, and we must cease believing that they are dead and gone. They are alive with the Life of God. Radio and television programs fill the room where you are living though you cannot see or hear them

without an instrument. Man is under a hypnotic spell of belief in death, but when he lets the scales of centuries of false beliefs fall from his eyes, he will realize that we have an existence beyond time and space as we know it, and he will see and feel the presence of those whom he now calls "dead."

The dead are separated from us by a higher frequency

I have been at the bedside of many men and women during their transition. I have never seen any one of them show any signs of fear. Instinctively and intuitively they feel that they are entering into a larger dimension of life. Thomas Edison was heard to say to his physician before he died, "It is very beautiful over there." All of us have a natural wistfulness regarding the state of our loved ones when they leave this plane of life. We must realize that they are living in another mansion of our Father's House and only separated from us by a higher frequency.

Make the dead happy by your sincere prayer

To give the oil of joy for mourning is interpreted this way: We must teach all men that they should never grieve or mourn for loved ones. By radiating the qualities of love, peace, and joy to the loved one who has passed over to the next dimension, we are praying for the loved one in the right manner. We are lifting the other up in consciousness. This is truly giving the "oil of joy for mourning." We rejoice in his new birthday, knowing the Presence of God is where he is. Where God is there can be no evil. In order to pray for the so-called dead, we realize that the loved ones who have passed on are dwelling in a state of beauty, joy, and love; then we are lifting them up because they feel our prayers, and thereby they are blessed. We make them happy by our sincere prayer. Instead of feeling that they are dead and gone, and that their bodies are where the graves are, by an inner mood let us see them dwelling in a state of indescribable beauty.

The greatest thrill of his life

I knew an actor in new York who received a cablegram that his wife and three children were killed in India only five or ten minutes before he had to go on the stage. He had to sing, dance, and tell jokes. He said to me, "I forced myself to think of God and His Love; I knew the pendulum of life which had swung to tragedy and despair in my life had to swing to the opposite at once. I began to claim that God would give me strength and power and that I would give the greatest performance of my life. Somehow I knew that is what my wife

and children would want; as the tears ran down my cheeks, I remembered God and I claimed He was helping me and wiping away all my tears. I offered a prayer for my loved ones claiming that *'He leaded them beside the still waters'* and His Love was there with them." He said his heart was breaking, but he raised his voice in triumphant song and danced as he had never danced before; the house applauded him again and again. He said it was the greatest thrill of his life. He felt God with him all the way. Out of the depths of his sorrow he forced himself to think of God and His Goodness, and God answered him. He invoked the power which is the greatest thing we know. The Power miraculously took over, elevated him, and gave him strength. He turned his eyes upward; he looked for a solution.

> *Out of the depths have I cried unto thee, O Lord? Lord, hear my voice: let thine ears be attentive to the voice of my supplications.*
>
> (Psalms 130:1-2).

He doesn't want me to mourn

I attended a funeral service recently of a man who died suddenly at fifty years of age. He had an only daughter aged thirteen; his wife had passed on when the girl was born. She said to me, "Daddy always said that death was an on-going and before he died he said, 'Pray for me, I shall always pray for you and watch over you.'" I was amazed and delighted to hear her say, "I know Daddy heard every word you said. I saw him clearly; he smiled at me. I know he doesn't want me to mourn, cry, or brood over the grave. He wants me to be happy, joyous, go to college, and learn to become a good physician. I know that would make him so happy. I don't owe Daddy tears or sorrow; I owe him loyalty, love, and devotion to the truths he taught, and to make something of myself."

She had solved the tragedy of so-called death in her heart, and it didn't hurt too much. She had the sense of a divine Companionship which comforted her plus her spiritual knowledge with the principles of happy and constructive living which are kindness, love, growth, confidence, amiability, a sense of trust in the laws of God and His Love for all his own children.

Rise above your gloom

Like this young girl you can rise above your gloom, discouragement, and misery. Rise above it and redeem it now. Come out of your hole of sorrow, grief, and loneliness by emphasizing in yourself the qualities of love,

friendship, confidence, trust, and fruitful activities, plus an intense desire for a heightened capacity to love and give of your talents to the world. As you are projecting these qualities while still continuing in loneliness and sorrow, you are building another house in your mind in which you will dwell shortly—*if you faint not and keep on trusting in Him, for he never falleth.* Endure your present trouble while praying for the future state because of the great joy that is set before you.

Release your loved ones through prayer

It is unwise to hold on to your loved ones in your thoughts. Be sure to release them through prayer; let them go. We must not hamper or restrict their on-going in any way by gloomy, despondent, and dismal thoughts. They are entitled to your thoughts of joy, peace, and love. Millions of people all over the world intuitively feel and know that their loved ones still live, move, and have their being, and moreover they have had a very definite feeling of the near presence of those whom they dearly loved on this plane. The intuitions, insights, and intimations from your subliminal depths which transcend your intellect are constantly reminding you of the deathlessness and eternality of your loved ones.

"I was just beginning to enjoy myself"

About thirty-six years ago I had a severe illness and was unconscious for about three days. All this time I was outside my body and talked with relatives long since gone from the face of the earth; I recognized them clearly. I knew I had a body but it was a different body which enabled me to go through closed doors, and whenever I thought of any place such as London, Paris, or Belgium where my sister was, I was there instantaneously and could see and hear everything that was going on. I spoke to friends and loved ones in the next dimension, yet I used no language; everybody communicated with everybody else by thought. There were no boundaries. Everything seemed to be alive, and I had no sense of time. I felt free, exalted, and rapturously ecstatic.

I saw the doctor come into the room where my body was and heard him say, "I think he is dead." I felt him touching my eyes and testing my responses, and I tried to tell him I was alive, but he didn't seem to know I was there. I touched him and said, "Let me alone, I don't want to come back," but there was no perceptible recognition of my touch or voice. The doctor gave me an injection

which seemed to be a heart stimulant of some kind. I was furious as I did not want to come back—it was so beautiful in the transcendent state. I was just beginning to enjoy myself, my new acquaintances, and studies in the next dimension. I was being restored to life, and I felt myself going back into my body like going into a sleeping body. Suddenly everything seemed to pass away and I felt I was in prison. When I awakened, I was suffering from shock, undoubtedly due to the anger expressed in the fourth dimensional body before it entered its three-dimensional counterpart. As far as I know I had experienced what the world calls death, and according to our sense of time I was unconscious seventy-two hours.

I look on death as a birthday into the fourth dimension where we go from mansion to mansion in an ascending scale. When men call us dead, we are merely functioning in a higher dimension of mind.

Where is the fourth dimension?

We are living in the fourth dimension now. Actually we are living in all dimensions because we are living in God who is Infinite. Your loved ones who have passed on are carrying on their lives right where we are but at a higher frequency or vibration. It is possible to have a fan in our room which oscillates at such a high speed that to you it is invisible. Likewise we can send fifty different voices over a cable, and the reason they do not interfere with each other is due to different frequencies. Radio and television programs do not interrupt or collide with each other due to different wave lengths. We interpenetrate all planes, and our journey is ever onward, upward, and Goddard.

The Book of Revelation contains a beautiful, inspiring, and magnificent passage which touches on life after death.

Therefore are they before the throne of God, and serve Him day and night on his temple: and he that sitteth on the throne shall dwell among them. They shall hunger no more, neither thirst any more, neither shall the sun light on them or any heat. For the Lamb which is in the midst of the throne shall feed them, and shall lead them to fountains of living waters: and God shall wipe away all tears from their eyes.

Realize in your heart that they are fed with wisdom, truth, and beauty; their thirst is always satisfied with inspiration from On High and they are flooded with the radiance of the Light Limitless.

CHAPTER 8

POISON POCKETS

Better is a dinner of herbs where love is, than a stalled ox and hatred therewith. (Proverbs 15:17)

Living in the past

I have discovered through talking with many people that while they have moved their bodies to another city or state, they have never moved their minds, which makes a vast difference. They failed to realize that they could not run away from their minds. They experienced loss of love, a death had taken place, or some scandal had occurred in the household. Living in the past is deadly, as it blights their hopes and aspirations and robs them of vitality and peace of mind.

Many fail to see that they are preserving these traumatic shocks or memories in their subconscious mind. I have discovered that many go back and relive them every night, and they suffer from nightmares and unpleasant dreams. There are skeletons in the closet of the mind that many return to every night. They have to learn to walk away from the past without any sense of attachment whatsoever. They must learn to change their thoughts and to keep them changed.

You are always living in your state of mind

What do you think about yourself? What do you think about the world? The news? Do conditions make you angry? If so, you have installed a bad ruler over your mind. It makes no difference if all the men who write in the newspapers or who present news over the various media are wrong and you alone are right. If what they say irritates you and makes you upset, you have installed a bad ruler over your household.

You are always living in your state of mind. You are not living where your body is. Actually, you are living in the state of consciousness, which is the sum total of all your thoughts, feelings and beliefs.

The so-called purgatory

Purgatory is a state of suffering which takes place in our mind because of

our misuse of the laws of mind. We suffer from our hates, jealousies, envies and negative thinking until we get a new insight and a new understanding of the laws of mind and the way of the Infinite within us. We remain in purgatory or misery until we purge or cleanse our mind by forgiving ourselves and others and filling our mind with the truths of God; then a healing follows. This is the way out of so-called purgatory, or pain and misery.

You should not inflict mental traumas on yourself

The Book of Deuteronomy is one of the most important in the Bible. It tells you in the first verse that you are a child of the Infinite and that you shall not cut yourself. This means you should not inflict mental traumas on yourself, such as self-condemnation, hate, fear, resentment, etc., as all these are wounds to your soul, or subjective mind, and may become festering poison pockets in the recesses of your deeper mind, sending psychic pus all over your system.

For thou art a holy people unto the Lord thy God . . . (Deuteronomy 14:2). The Holy One is within you. Because it is perfect, whole, all harmony, perfect peace, boundless love and infinite intelligence, all its purposes are synchronized and functioning perfectly in your body. God indwells you and is the Life Principle in you. It is whole, i.e., we should function harmoniously and peacefully in all phases of our lives. The Life Principle functions perfectly through us unless we interfere and intrude with or misuse the law.

God is a God of Love

You must have a healthy respect for the Law and realize that if you say, "I can't do this," you have faith in failure. Faith is an attitude of mind. Faith is the use you make of your mind. Many people have faith in a devil that he is going to tempt them and bring harm to them. Others have faith in a hell and in a lake of fire that is waiting for them. This is an attitude of mind, expectancy, a belief of the mind. How can a man believe in a good future if he fears death, torture, and torment? He cannot. If a man thinks that God is cruel, that God is punishing him, and God has created a hell waiting for him because he has sinned or erred, that man cannot love God, or the Good. It is impossible because he fears the future and after-life. He has a God of fear, but God is a God of Love. Such a man cannot banish fear out of his mind, since he must come back to the unity of the One Power.

Mental hunchbacks

There are difficult people in the world who are twisted and distorted

mentally. They are mal-conditioned. Many are mental delinquents, argumentative, un-cooperative, cantankerous, cynical, and sour on life. They are sick psychologically. You would not condemn a person who had tuberculosis. Many people have deformed and distorted minds, probably warped during childhood. Many have congenital deformities. No one, for example, hates a hunchback; there are many mental hunchbacks. You have compassion and understanding.

Suppressed rage

A widow with whom I conversed in Salt Lake City, Utah, told me that she suffered from a worrisome growth. The doctor, after examination, told her to come back in a week and he would take a biopsy. She said, "I know that this growth could be resentment or hatred, but as far as I know, I don't resent anybody and I don't hate myself. I pray regularly and practice the science of the mind." She agreed though that the resentment or suppressed rage could be of an unconscious nature and that she knew there must be a poison pocket somewhere in her subconscious mind.

I suggested that as an experiment she ask her subconscious this question prior to sleep:

> "Infinite Intelligence reveals to me whom I should forgive, whether myself or someone else."

Really, all forgiveness in the final analysis is self-forgiveness, because when we have forgiven ourselves and we are at peace within, we will automatically be at peace and have goodwill to all.

She had brushed it under the rug

The following night after the lecture in Salt Lake City, she came to me and said: "I had a very vivid dream last night. In the dream I saw my sister, and I was shouting at her, saying, 'I no longer hate you.' Then I woke up screaming out loud. I had received my answer." Some years previously this woman had been engaged to a young engineer. Apparently, her sister enticed him away and they got married. At that time it was quite a traumatic shock to her, and she hated her sister as a result. They were not on speaking terms for several years until a few days prior to her demise. At that time she had prayed for forgiveness and thought she had released her sister.

After awakening, she sat down quietly and affirmed:

> "I forgive myself for harboring this suppressed anger and hatred. I fully and freely forgive you now. I loose you and let you go. I know in my heart that your journey is from glory to glory, from wisdom to wisdom, from strength to strength and from light to a greater light. It is done. It is finished, and established in God. I am free and you are free."

She said that in her dreams she knew it was a catharsis, a cleansing and a release of a psychic poison pocket which she had repressed and refused to meet and overcome. In other words, she had brushed it under the rug. Due to the fact that it was a negative, destructive emotion, it had to have an outlet and, therefore, appeared as a growth.

She had to pay the full price

After her prayer of forgiveness, and while dressing for the class in the evening, she noticed that the growth had broken and was oozing. She called her physician, who said to come in at once, which she did. He told her that it was dissolving, that there was no malignancy, and that it would completely disappear. She could not get a healing while the poison pocket was in her subconscious. She had to pay the full price, which was complete forgiveness of herself and her sister.

> *Love never falleth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away* (I Corinthians 13:8).

Everybody believes in something

In England and in many parts of our own country, you read from time to time of houses being haunted, of peculiar noises, ghosts walking around, lights going on and off, furniture being moved, windows opened, icy gusts of wind and other eerie happenings.

This goes to show that everybody believes in something, whether it is a religion or a false god. Many atheists say, "I do not believe in God"; but they acknowledge some other ruler of their mind. Every dominant thought in your mind which you accept and believe to be true is a ruler over you.

Darkness of the mind

I had an interesting conversation with a man who claimed that his country home was haunted. He rarely goes there now. The shutters are drawn and the windows are barred. He said that the beautiful Persian rugs are being eaten up by moths and other insects. He says that he does not believe in ghosts, and even though he jests about it, he is actually afraid to sleep there at night.

This man had bought the country home some years ago and in the beginning had spent many happy week-ends there. After some months, though, the neighbors told him about a rumor that a great tragedy had taken place in his home. The former owners who had sold the home to him had never mentioned this fact to him. Others enlarged upon the story, and each one's guess or report was as good as the other.

Following these reports, strange occurrences suddenly began to take place in his home, causing him to believe it was haunted by evil entities and earth-bound spirits. There were words spoken to him, and he didn't really know what they meant. Ghosts move around when the light in the mind is not clear. The ghosts he experienced were creatures of his fears and ignorance, which is darkness of the mind.

The cure

Many times the explanation is the cure. I pointed out to him that he was actually a victim of negative suggestions because for two months he had no problems, and then the minute he accepted the negative suggestions of his neighbors his subconscious dramatized his fears and superstitions. All things that hurt or harm love the darkness and hate the light. The cure was to raise the shades in his mind and let in the sunshine of Divine love.

All the things of darkness walk at night. Many people report seeing ghosts and specters, or imagine they do, when passing a graveyard at night. They have illusions of the mind due to fear and false beliefs. This happens frequently at twilight when the light is fading and the shadows fall.

Ghosts were created in the gloomy galleries of his mind

One man walking near his home at night imagined he saw a man mounted on a black horse who was aiming a rifle at him. He stood still, paralyzed by fear, completely immobilized. When his wife, who was expecting his arrival, opened the door of the home, the light from his home revealed a peculiar branching of the trees, which had appeared to his mind as the shape of a man on a horse with a gun. This is what the twilight did to this man, to cite one example.

He wondered why the tables began to move now, why the lights go on and off, when he visits his country home. All this was the working of his own subconscious mind. His mind was a haunted house based on his acceptance of the negative suggestions. I gave him the following Spiritual prescription, which

he was to repeat out loud several times a day, particularly at night:

> "My home is known in Divine Mind. God's peace fills and saturates the atmosphere of my home. Divine love comes in the door and Divine love goes out the door. My life is God's life, and God's peace fills my mind and heart. My faith is in God, and all things good. God cares for me. I am immersed in the sacred circle of God's love. Divine love surrounds me and enfolds me, and I bear a charmed life. The light of God shines in me, and God's love saturates the atmosphere of my home. Divine law and order prevail."

This prayer neutralized the negative suggestions given him by the neighbors, and he soon learned that the ghosts he had feared were created in the gloomy galleries of his own mind.

What things sever ye desire, when ye pray, believe that ye receive them, and ye shall have them. (Mark 11:24).

Note the difference in tenses. The inspired writer tells us to believe and accept as true the fact that our desire has already been fulfilled, that it is already completed, and that its realization will follow as a thing in the future.

The success of this technique depends on the confident conviction that the thought, the idea, the picture is already a fact in mind. In order for anything to have substance in the realm of mind, it must be thought of as actually existing there.

A conglomeration of sinister shadow

Have you asked yourself about your prejudices, fears, biases, and jealousies? Why are they in your mind? Why have you not consulted someone about your abnormal fears? If you did, you would discover that they were a conglomeration of sinister shadows in your mind, and there is no power in a shadow.

Do you say that you have a personal savior and that the blood of the lamb saves you? Where did this weird concept come from? You should check into your religious beliefs and find out their source and origin. Make a definite decision now and that is: Believe nothing that you do not understand. Learn about your subconscious mind and the power of your own thought, and you will discover that the Saving Principle is within yourself.

You do not ride a mule to go to San Francisco like some of your grandfathers did; neither do you send a message to Chicago by pony express. In the same way, you should not permit the dead, superstitious, ignorant beliefs of antecedents to govern, rule, and manipulate your mind. There are many people

who think that by the repetition of an incantation their circumstances can be changed without changing their mentality; consequently they are doomed to disappointment.

Haunted house

Your religion should be accompanied by science. Religion and science are two areas of a circle which unite and complete the circle. Religion must be scientific, and science must be religious, or there is no real meeting ground. Man's mind becomes a sort of haunted house when he dwells on old regrets, tragedies, traumatic events and other unfortunate experiences.

He believed in evil entities

A man who had hated his wife for years, felt a great sense of guilt, after she died of cancer, for the shabby way he had treated her. He feared he would be punished and he had a deep sense of remorse. He told me that at night he would hear weird noises, eerie screeching of unearthly voices and footsteps on the stairs. He saw what he believed to be ghosts walking in his bedroom. He would hear the creaking of the floor boards and clanking of chains. He claimed that invisible hands clawed him at night, and he had scratches to prove it. These experiences took place between 12:00 and 3:00 every night. The doctor had given him tranquilizers, but they did not help him.

I had several sessions with this man, and it was clear to me that he had been dabbling with the Ouija Board, attending séances, and he believed in all sorts of evil entities. He felt a deep sense of remorse and was in the throes of deep depression, all caused by his sense of guilt.

I explained to him that there are no ghosts, goblins, specters, or eerie screeching or abnormal noises in a house (mind) of meditation on the truths of God. These phenomena do not occur in the mind that is filled with the sunlight of God's truth and God's love. The deep sense of guilt plus his fear of punishment and belief in evil entities caused his subconscious to dramatize and bring forth all these experiences.

Raise the shades and the sunlight streams in

Understanding gives you strength and may be called the sun, which dissipates the fog and confusion in the mind. Raise the shades and the sunlight streams in. You have peace when you become aware of your spiritual strength. That is the peace that knows no enemies outside because it knows none within.

This man decided to release his wife and to give beauty for ashes. Night and day he affirmed that God's love filled her soul and that God's peace reigned supreme in her mind. After a week or so he was at peace about her and felt guilty no longer. Then he began to saturate his mind with the 91st Psalm several times a day, particularly at night prior to sleep.

He surrendered himself and his wife to God

The healing power of God was released through him as he affirmed the great truths of the Psalms. Peace came to his mind and he heard no more noises. He surrendered himself and his wife to God. When the light and love of God entered his soul, all the darkness disappeared.

Enthrone in your mind wisdom, which is an awareness of the Presence and Power of God, by dwelling on the concept of peace, strength, joy and right action. Busy your mind with these truths and you will experience harmony and satisfaction in your mental house. You are here to manifest, portray and dramatize the nature of God in human action here in the flesh. Job said, . . . *Yet in my flesh shall see God* (Job 19:26).

Poltergeist activity

Having had a long conversation with a woman from San Francisco, I deduced from the interview that her daughter was the so-called ghost. She experimented and sent her daughter to her grandmother in Los Angeles. In her two-week absence, there were no episodes of dishes being moved, tables overturned and pictures falling off the walls, lights being turned off or windows opened.

Poltergeist activity is well-known all over the world and is a real phenomenon of the subconscious mind. It has nothing to do with ghosts or evil entities. The cause is well known and is simply a psychokinetic force latent in the deeper mind, and Ofttimes it becomes manifested at times of stress or puberty.

When talking with her daughter, age twelve, who had been brought to my study by her grandmother, I found she was terribly resentful of her mother and felt that her mother preferred her brother and had even told her so. She had asked her mother on the onset of her menstruation what it meant, and her mother had said that it was the dirty age for girls. She was getting even with her mother with the ghostly activity. The paranormal phenomena were manifestations of the power of her subconscious mind, which she used

negatively.

There is only One Power, and we can use it constructively or negatively. I explained the situation to the mother and grandmother. The mother shows love and attention to her daughter now and assures her that she is wanted, loved and appreciated. The little girl learned to pray for her mother by realizing frequently: "God loves my mother. I love her and she loves me." She has made this into a sort of song and sings it silently and audibly many times a day.

Nature's way of adjustment

A man said to me that the room was warm and when he went out into the night air he began to sneeze and felt chilly and began to cough. He blamed the weather.

The cough and the chills from which he suffered seemed to confirm his belief that it was due to the night air that he caught a cold. He said that his temperature went up and he used nose drops and aspirin.

I explained to him that the night air did not give him a cold. The atmosphere is innocuous and has no power to give a cold to anyone. The cold was due to his belief and not to the air. When he moved from a rather hot room to the cool night air there was a change of temperature and nature sought a balance, resulting in his sneezing. This was nature's way of bringing about an adjustment. He made an effect a cause and brought on his own suffering as a result.

The cosmic laws are providential and are working for the good of all. This man misinterpreted the sneezing, which was merely a reflex induced by the subconscious mind to adjust the temperature of the body. For every action there is an equal and corresponding reaction proportionate to the action. This is physics and also metaphysics.

Many people, when they first begin to cough a little, become fearful that they are catching a cold, and what they fear they attract. Emotional excitement is the action and a sneeze or a cough is the reaction. This completes the cycle and there is no further result. If, through ignorance or fear, we believe that the sneeze or cough is a signal that a severe cold is on the way, our belief brings on the illness we feared.

For the thing, which I greatly feared, is come upon me. (Job 3:25). Change it and affirm: "*That which I greatly love comes upon me."* Fall in love with

harmony, health, peace, abundance and the truths of God. The desert of your life will then rejoice and blossom as the rose.

Prophets of doom and gloom

The prophets of doom and gloom are rampant everywhere, particularly on the West Coast. Some predict earthquakes and that the State of California will sink into the sea. When people ask me about it, I ask them: "Can you swim? If so, there will be no problem. You can swim to the next state."

Others predict Armageddon, a nuclear holocaust. Many others predict the end of the world, the second coming, world famine, overpopulation, etc. Look how often all these prognosticators have had to eat crow. All the economic forecasters have been proven wrong. California is still one of the states and seems to be quite substantial.

The second coming has not taken place, nor will it ever take place. It can't. The meaning of the second coming is the coming of love, peace, wisdom, understanding and goodwill in the minds and hearts of men. It is the birth of God and His love in our hearts and in our actions. The Divine Presence can't come or go. It is Omnipresent, and being Omnipresent, It must be within you.

How could it come or go? That's pure balderdash and rank stupidity. There is no man coming out of the clouds in a chariot with angels to save you or anybody else. The savior is within you—the Presence of God.

You know very well that if the fortune tellers could predict accurately the stocks that would go up in value, they would be rolling in wealth. Actually, they could make fabulous fortunes. Learn to predict your own future.

The law of life is the law of belief… . *Whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22).

CHAPTER 9

INTERPRETATION OF SYMBOLS

Ye are the children of the Lord your God: ye shall not cut yourselves, nor make any baldness between your eyes for the dead.

For thou art an holy people unto the Lord thy God, and the Lord hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth.

Thou shalt not eat any abominable thing.

These are the beasts, which ye shall eat: the ox, the sheep, and the goat, the hart, and the roebuck, and the fallow deer, and the wild goat, and the piggery, and the wild ox, and the chamois.

And every beast that parted the hoof, and cleaved the cleft into two claws, and chewed the cud among the beasts that ye shall eat.

Nevertheless these ye shall not eat of them that chew the cud, or of them that divide the cloven hoof; [as] the camel, and the hare, and the Coney: for they chew the cud, but divide not the hoof; therefore they are unclean unto you.

And the swine, because it divided the hoof, yet chewed not the cud, it [is] unclean unto you: ye shall not eat of their flesh, nor touch their dead carcass.

These ye shall eat of all that [are] in the waters: all that have fins and scales shall ye eat:

And whatsoever hath not fins and scales ye may not eat; it is unclean unto you.

Of all clean birds ye shall eat.

But these are they of which ye shall not eat: the eagle, and the suffrage, and the osprey,

And the glade, and the kite, and the vulture after his kind,

And every raven after his kind,

And the owl, and the nighthawk, and the cuckoo, and the hawk after his kind,

The little owl, and the great owl, and the swan,

And the pelican, and the gier eagle, and the cormorant,

And the stork, and the heron after her kind, and the lapwing, and the bat.

And every creeping thing that flieth is unclean unto you: they shall not be eaten.

But of all clean fowls ye may eat.

Ye shall not eat of any thing that diet of itself: thou shalt give it unto the stranger that is in thy gates, that he may eat it; or thou makest sell it unto an alien: for thou art an holy people unto the Lord thy God.

Thou shalt not seethe a kid in his mother's milk.

(Deuteronomy 14:1-21).

When in the Bible the Lord's Prayer says, *give us day by day our daily bread* (Luke 11:3); it is not talking about bread on the table. It is the bread of heaven, which means to eat mentally of confidence, faith, goodwill, and laughter.

Man shall not live by bread alone…

How often have you risen from the banquet table, which was full of delicious food, yet remained hungry for love, peace, inner joy or longed for some kind of indescribable satisfaction which the food on the table did not or could not provide? *Blessed are they which do hunger and thirst after righteousness for they shall be filled* (Matthew 5:6). Realize that your spiritual heritage has equipped you with all the powers and capacities needed to win and lead a triumphant life.

Better is a dinner of herbs where love is, than a stalled ox and hatred therewith (Proverbs 15:17). You can eat the choicest of food; and if you are angry, resentful or hateful, the food will be transmuted into poison.

Man should feed on moods and emotions, which animate, strengthen and sustain him. It is true that we need food for the body, such as protein, vegetables and all the minerals necessary to sustain life, which come from the soil… *Man shall not live by bread alone* . . . (Luke 4:4). He must have ideas which heal, bless, inspire, elevate and dignify his soul. How can a man live without a modicum of peace, harmony, love, faith in God and all things good?

Expect the highest and the best

Our mind must be nourished. When the mind becomes charged with fear, anxiety, worry and foreboding, these emotions bring on all kinds of misery and suffering. Man needs to live in the joyous expectancy of the best. Then he will discover that invariably and ineluctably the best will come to him. We get what we expect in life. Expect the highest and the best. Never settle for the second best.

A melody of love instead of a hymn of hate

I talked with a woman who specialized in diet for a major hospital. She was a dietician and had college degrees in that specialty; yet she suffered from chronic arthritis as well as cancer of the womb. She freely admitted that her mental food had been resentment, hostility and suppressed rage toward her ex-husband. As she began to appraise herself from a spiritual standpoint, however

recognizing the Divine heritage, the suppleness and mobility of her joints returned and the malignant tumor dissolved completely. She prayed for her doctor, and he reversed his method of treatment, which also helped her considerably.

Her main prayer was:

> "God in the midst of me is healing me now. His love fills every atom of my being."

She affirmed this simple truth many times a day. When resentment or anger came to her mind, she would say to herself,

> "God's love fills my soul and He maketh me perfect now."

She did not try to coerce herself to love her ex-husband, but she knew that as she filled her subconscious with God's love, all resentment, hostility and hatred would be dissolved (and, of course, it was). Love casts out everything unlike itself. After a few weeks of this spiritual therapy, she could think of him and there was no longer any sting felt. She was at peace and is now free from cancer and arthritis.

The body moves as it is moved upon. The body acts as it is acted upon. She played a melody of love on her body instead of a hymn of hate, and the body responded. Spirit and matter are one. Your body is the manifestation of Spirit, or God. Your thought patterns represent the mediator between the Invisible Spirit and the manifested state.

We must not forget the Source of all food

A Japanese doctor present at our table in one of the hotels in Hong Kong said that since World War II the Japanese have been eating a lot of wheat, and that due to the vitamins in the wheat, the Japanese people are growing taller. The contents of our bodies consist of not only 75% to 80% water, but also a vast number of chemicals derived from the soil and protein from the meat. The soldier on a long march on a hot day knows the importance of sodium chloride, or salt. Potassium, iodine and other chemicals are also essential for our welfare and health.

Food, of course, is important, but not preeminently so. We must not forget the Source of all food—the life Principle within, which creates all things. Look to the Creator; not to the created thing. In other words, we must not look just to food for our health. We must realize: . . . *I am the Lord that healeth thee* (Exodus 15:26). The Bible says: . . . *According to your faith be it unto*

you (Matthew 9:29).

Why you should not inflict mental traumas on yourself

The Book of Deuteronomy, Chapter 14, is one of the most important in the Bible. It tells you in the first verse that you are a child of the Infinite and that you shall not cut yourself. This means you should not inflict mental traumas on yourself, such as self-condemnation, hate, fear, resentment, etc., as all these are wounds to you soul, or subjective mind, and may become festering poison pockets in the recesses of your deeper mind, sending psychic pus all over your system.

For thou art a holy people unto the Lord thy God . . . (Deuteronomy 14:2). The Holy One is within you. Because it is perfect, whole, all harmony, perfect peace, boundless love and infinite intelligence, all its purposes are synchronized and functioning perfectly in your body. God indwells you and is the Life Principle in you. It is whole, i.e., we should function harmoniously and peacefully in all phases of our lives. The Life Principle functions perfectly through us unless we interfere and intrude with or misuse the law.

The Biblical meaning of "eating"

Moses in the Bible represents the law of the mind, which is: . . . *As he thinketh in his heart, so is he* . . . (Proverbs 23:7). In simple language this means that whatever a man impresses on his subconscious mind is expressed on the screen of space.

Thou shalt not eat any abominable thing (Deuteronomy 14:3). In other words, you must not eat, mentally digest, absorb or appropriate ideas and opinions, which are negative and destructive. This is what is called "eating" in a Biblical or mental or spiritual way. All of us fed through the five senses morning, noon, and night. We hear, see, feel, taste and touch all day long. We impressed daily with an avalanche of sights and sounds, many of which are destructive and highly negative. Our real mental food or diet should be the eternal verities, or truths of God, which heal, bless and inspire us. We are what we eat (think) all day long.

Ideal food

In a single day, our mind is receiving countless ideas, opinions, beliefs and some truths, all of which impregnate our subconscious mind. These impressions and beliefs come forth as experience and events in our lives. Our

state of consciousness is the way we think, feel, believe, and whatever we give mental consent to. Our state of consciousness is our lord and master. Our ideal food should be to contemplate on all the qualities, attributes and potencies of God, knowing that we become what we contemplate. Our mental state, which is our conditioned consciousness, may be mean, nasty, depressing and spiteful, depending on the mental food appropriated by us.

When the Bible says *these are the beasts, which ye shall eat . . .* (Deuteronomy 14:4). This is symbolic language. The word beast means emotion, animated states of mind. An animal does not reason critically like man. That is to say, an animal does not analyze, weigh, dissect, scrutinize or investigate the pros and cons as a human being does. When we see a dog rescuing a drowning child or scraping away the snow where a man is buried alive in an avalanche, this indicates a degree of subjective reasoning. This sort of subjective or instinctive reasoning is observable also in many other animals. No animal can write the Sermon on the Mount or the Sermon at Benares or write a Beethoven Sonata or build a Gothic cathedral. Animals are governed by a subjective instinct and do not have the capacity to judge spiritually practice Divine reasoning. They cannot grow spiritually and, therefore, cannot change their nature.

Man can redirect his emotional life

A drunkard, a dope fiend or a murderer has the capacity to choose and come to a decision. Through the power of God he can lead a new life and move onward and upward. Man can redirect his emotional life. If he so desires, he can become a God-like man and experience what is called a spiritual rebirth. He is referred to as the renascent man. The abnormal or irrational emotions of anger, fear, hate, jealousy, hostility, etc., are called irrational emotions, as they are not based on Divine reasoning… *choose you this day whom ye will serve . . .* (Joshua 24:15).

We are here to choose; i.e., accept the good and reject the negatives of life. When we give power to externals and think that externals are causative, this attitude engenders anger and discordant emotions within, which play havoc with our lives. We are here to learn that externals are an effect—not causative —and that other people, conditions and circumstances which suggest opposition have no power to hinder or thwart us in our ongoing.

The truth is: Omnipotence is within us, and as we join up with the Father

within, realizing that God power is flowing on our behalf, we will keep our emotional life in harmony and peace. The mass mind moves in on all of us. That is why we must be constantly "prayed up." Stop and think of the false beliefs, false dogmas and irrational and stupid concepts of God and the afterlife which were fed us when we were young. These impressions and fears are still lurking in the recesses of our subconscious mind. Biblically speaking, they are called unclean animals.

We can change our subconscious this moment by filling our minds with the truths of God, which crowd out of our mind everything unlike God. You are told in this Biblical chapter that you can eat the ox, the sheep, the goat and every beast that *parted the hoof and cleaved the cleft into two claws, and chewed the cud among the beasts. That ye shall eat.*

Correct interpretation of symbols

It is necessary to understand the symbolical significance of these words. The greatest and foremost wisdom of the Bible can be understood only by the correct interpretation of the symbols incorporated throughout the Bible.

The cow and the sheep divide the hoof, which means that you are supposed to reason things out, separate the chaff from the wheat, the false from the real. In other words, you are to judge according to spiritual standards and principles of life and choose the Truth, which never changes. You must no longer judge according to eternal verities in the same manner as a mathematician comes to a conclusion regarding the principle of mathematics.

Having arrived at the truth, you must then chew the cud, which means that you meditate, think upon, assimilate and appropriate that truth by digesting and absorbing it mentally so that it is incorporated into your subconscious mind and becomes a part of you in the same manner as an apple, when digested, becomes a part of your blood stream.

Reflect on the great truths of life. As you nourish and sustain them, you will become what you contemplate. This is the meaning of chewing the cud. Cows graze in the field and, when full, they lie down to ruminate. The grass which the cow has eaten goes from one stomach to the other. In the process of rumination, there is a casting up of incompletely digested food until it becomes a soft mass of chewed food called a bolus ready to be swallowed.

Mentally eat of the ideas you are contemplating

This is what you do when you really meditate. You mentally eat of the ideas you are contemplating. Then you are compelled to express what is incorporated into your subconscious mind. For example, you might get 100% on an examination on metaphysics or philosophy by means of an intellectual dissertation on the subject; yet you may not have absorbed it and integrated the truth into your heart. You failed to meditate on it, which means you didn't give the truth sufficient attention and devotion. You did not reflect long enough on the truth so that it was clear-cut in your understanding and thus became a living part of you.

The lips and heart must agree

The brain and the heart must unite. Our conscious and subconscious must synchronize and agree. Then you have divided the hoof and you have chewed the cud, figuratively speaking. Then wonders happen in your life.

In Verse 7 of the chapter we are discussing, it says you may not eat of the camel, the hare and the Coney, for they chew the cud but divide not the hoof. This is simple to understand. There are millions of people throughout the world who chew on all kinds of philosophies, teachings and various religious cults but have never divided the hoof, i.e., they have never quietly reasoned things out and separated the mass mind's beliefs, dogmas, theories and speculations from the Truth, which is always the same yesterday, today and forever.

There is only One Truth, One Law, One Life, One God, the Father of all; and the basis of all religious beliefs, be they what they may, is this: *For as he thinketh in his heart, so is he* . . . (Proverbs 23:7). In other words, thoughts, ideas and beliefs felt as true are deposited in the subconscious mind, and they come forth as experience, conditions and events.

This law applies to all people throughout the world. It is not the thing believed in that matters; it is belief itself. Therefore, whether the object of your faith is true or false, you will get results. If you believe the bones of saints or the relics of a holy man will heal you, your subconscious beliefs will get results. It is not the bones or the relics. For example, if you substituted the bones of a so-called saint with the bones of a dog and the person touching them believed them to be the bone of a saint, he would get results due to his blind belief.

Your thought and feeling control your destiny

There are many people who chew the cud in another way. They say they are studying the science of the mind or the inner meeting of the Bible, and you find them delving into Ouija Boards for answers, studying numbers, the influence of the stars on their lives, seeking answers from departed spirits, etc. They are all muddled and confused for the simple reason that they have never really divided the hoof and come to a clear-cut decision that Truth is One and Indivisible.

The truth is, your thought and feeling control you destiny. Your future is your present habitual thinking and imagery made manifest. The law of Life is the law of belief. Believe in the guidance of God, the goodness of God, the abundance of God and the love of God. Believe in the principles of life and the response of Infinite Intelligence.

Go to God

If you seek wisdom and solutions to your problems, go to God; don't seek answers from numbers, Ouija Broads, entities, cards, or departed spirits. *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not* . . . . (James 1:5).

The unclean animals in the Bible represent false religious beliefs, which inhibit your growth and hold you in bondage and thralldom. False impressions control the minds of many people, and they are consequently leading very negative emotional lives. Reject all the false propaganda of the world; refuse to accept mentally anything unfit for the house of God, which you are. Reject unsavory food, such as negative suggestions of all kinds. The suggestions of others have no power to create. The creative power is in you—your own thoughts.

Cremate all negative thoughts with the fire of Divine love. Then you are dividing the hoof and chewing the cud. You are then a true mediator and dispenser of good. We are chewing the cud when we take the great truths of life, reflect on them, get absorbed and intensely interested to the point that they become integrated with our mentality and become a part of us. This is why Moses says you can eat the cow because she does both and is, therefore clean.

It is of the lips

The swine divides the hoof and chews not the cud; therefore it is considered unclean. There are many people who know the truth; they take lessons in Unity, Science of Mind, and Divine Science and study psychology; yet they do not

digest it or absorb it into their mentality. In other words, it is of the lips and they do not put it into practice. They merely talk about it and do not apply it in their daily lives. The truths of God must be incorporated into the subconscious mind; then we are compelled to express them. The law of the subconscious is compulsive.

They mix good with the bad and get mixed up

The camel and the hare are unclean because these animals chew the cud and do not divide the hoof. All this means that people listen to all sorts of propaganda, try out different religions, and study philosophies. They mix the good with the bad, and are constantly perplexed, confused, neurotic and bottled up, so that fear is mixed with faith and goodwill with ill will; likewise, peace is mixed with pain.

Let God guide and protect you

You are told you can eat fish with fins and scales. Symbolically, this is a profound truth—one of the great allegories of the Bible. The scales represent protection; therefore, as you go through life, realize that you are watched over by the Overshadowing Presence of God and the whole armor of God surrounds you at all times. You will then lead a charmed life.

A fin is a membranous, wing like or paddle like appendage of an aquatic animal used in propelling the body. These types of fish steer themselves and are not subject to the tides and waves of the ocean like the helpless fish without these attachments. Oftentimes you see fish without fins and scales cast onto the beach, where they die.

When you have God as your guide and counselor in life, you cease to drift because your master thought of God's guidance is in control, and you are led to ways of pleasantness and to paths of peace. It is well known that the salmon returns against all odds and the swiftest tides to the place of its birth. It has fins and scales.

When the suggestion of defeat, failure and discouragement comes to the mind of a man who is full of confidence and faith, he grapples with the problem courageously and goes against the tide of depression and defeatism. He directs his mind toward the goal and desire of his heart, so he reaches the shore safely. He wins because the Infinite within him cannot fail.

The Bible says: *Ask, and it shall be given you; seek, and ye shall find;*

knock, and it shall be opened unto you; for every one that asked received; and he that seeketh findeth; and to him that knocked, it shall be opened (Matthew 7:7-8). Prayer should form a part of all healing processes… . *Pray for one another, that ye may be healed* . . . (James 5:16).

But it must be prayer in its all-encompassing mood of faith and love, causing the God Presence to respond as vitality, wholeness and perfection. Time and space vanish before the power of Spirit. All individuals are included in the one great unity of pure Spirit (God) and are bound together, for God is all and is in all.

Build a glorious future

The prophet Hosea said a wonderful thing: "*Take your thoughts to God."* This is a very practical and simple approach, and habitually following this direction transforms our lives. The thoughts we habitually think form grooves, or impressions, in our deeper mind. The Spirit, or Life Principle, responds and creates in our experience according to the tracks laid down in our subconscious mind. God is to us what we conceive God to be.

The Bible says, *Draw nigh to God and He will draw nigh to you* (Jas. 4:8).

He began to see that he was propagator of his own problems

I said to a businessman who was failing in business and in health that he should stop building a prison in his mind. He said to me that he had no imagination. I explained to him that imagination was the first faculty of man and that everybody has imagination and is using it all the time, for good or for ill. According to the way in which he uses his imagination, so does he become and so does he act.

He had been building a mental prison by blaming his difficulties on others, the government, relatives and business associates. He began to see, however, that he was the propagator of his own problems. He began to take responsibility for his life, and he decided to take his thoughts to God within himself. He began to constantly affirm:

> "My business is God's business, and God is prospering me now. God guides and directs me. God's peace fills my soul. God is my boss and my guide, and God's healing love saturates my whole being."

He kept reiterating these truths to himself many times a day and gradually he eradicated the hundred and one vexations and contentions lurking in his mind. In his own words, he got the world, its news and its crime off his shoulders,

and he no longer hates, resents and condemns all those around him. He is building a glorious future by taking his thoughts to God, as suggested by Hosea thousands of years ago.

The wings of thought and imagination

Of all clean birds ye shall eat symbolically means we are like birds with two wings—the wings of thought and imagination. We can soar aloft above the storms, strife and contentions of the world and rest in the Secret Place where all is bliss, harmony and peace. Here we can abide beyond time and space, away from the opinions and verdicts of the world, and claim our good. The Spirit will honor and validate whatever image we claim and feel to be true.

To steal from another is to steal from himself

We are told we shall not eat of the eagle, the ossifrage, the raven, the owl and the hawk. These are birds of prey. Man must not prey on his fellow man. He must not rob, steal, cheat or defraud others, for to steal from another is to steal from him and attract loss and limitation. Actually, he impoverishes himself along all lines. The loss may come in many ways, such as loss of health, prestige, promotion, love, friends, etc.

The past is dead

Birds that feed on dead flesh are proscribed by Moses. Don't touch the dead past. The past is dead. Many people dwell mentally on old peeves, grudges, failures losses, lawsuits, etc., and they reinfecting themselves all over again. To indulge in jealousy, hatred or to desire to get even is decaying food, which robs you of health, vitality, and enthusiasm, and leaves you a physical wreck. This kind of mental food is poisonous. This is the reason Moses says, *you must not eat of the vulture, the hawk . . .*

And every creeping thing that flieth is unclean . . . Many people crawl through life mentally eating of worldly beliefs, and fail to rise, transcend and grow. We must leave the muddy and dusty thoughts of the world and ascend spiritually by recognizing that we are children of God and heir to all of God's riches. It is no use to fly with mud on our wings. We must be lifted up spiritually by the contemplation of the Presence of God.

Thou shalt not seethe a kid in its mother's milk is a Biblical statement of profound significance. A kid is a symbol of sacrifice, and milk is a symbol of nourishment and a universal food. The kid, when fed, grows up to be a goat

and nobody wants to ride the goat. If, for example, you indulge in a deep-seated grudge or resentment, you are nourishing a mental poison that will grow up and expand into a growth or a tumor. You can't afford to seethe in anger or get all burned up, because you become the goat and experience the result of your mental food.

Feed on whatsoever things are lovely and of good report, and wonders will happen in your life.

CHAPTER 10

BEGIN WITH YOURSELF

And he saith unto me, Seal not the sayings of the prophecy of this book: for the time is at hand. He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.

(Revelation 22:10-11)

Many people have a gloomy, despondent outlook on life. They are sour, cynical, and cantankerous; this is due to the dominant, mental attitude which directs their reaction to everything.

A person's mood of joy is usually short-lived who is constantly singing the blues when something wonderful comes into his experience or that of his family.

You can change your whole life, if you really want to. You must give up resentment and ill will in order to have good digestion and perfect health. You must give up the lesser for the greater if you want to advance and move forward in life.

No matter what the problem is, or how acute it may be, or how difficult the person, there is in the final analysis no one to change but yourself! When you change yourself, your world and environment will change. Begin with number one—yourself!

Be a good example

Grant your relatives, friends and all other people the right to be different. Grant them their peculiarities, idiosyncrasies and religious viewpoints. Permit them to worship differently from yourself. Be glad there are Catholics, Jews, Protestants and Buddhists, as well as followers of other religions. If the other person is mean and nasty, that is no reason why you should be, also. You are here to let your light so shine before men that they will see your good works and recognize you as being a good example to all.

Love transcends all creeds and dogmas

Change yourself, and while you are changing your world will magically mold itself in the image and likeness of your concept of yourself. Identify

yourself with the lovely, and you will be unable to see the unlovely. As your eyes are identified with beauty, you cannot see the ugly things in life. Fill your mind with Divine love, and you will then discover that love transcends all creeds and dogmas.

Spend some time every day radiating the glory, beauty and love of God, and never mind whether the other fellow does it or not. You are not responsible if some friend of yours shoots his or her spouse. All you are responsible for is the way you think about him or her. Since your thought is creative, you will therefore bless both, realizing that the journey of the deceased person is ever onward, upward and Goddard and that the light of God shines in the person who committed the act.

Everything is changing

Governments are constantly changing, as are politicians. Also, religious beliefs are constantly changing, based on the findings of science, astronomers, and physicists. Stop and reflect for a minute that without change there can be no growth. When man ceases to grow mentally and spiritually, his life fades away out of his dimension of life. Remember, change is the law of growth. Don't be afraid to change; cease clinging to old, moth-eaten beliefs, false creeds and dogmas. Come into the light of Truth and realize that you are here for one purpose only, and that is to release more and more of the Divinity within you. God is forever seeking expression at higher levels through you. This is called the Providence of God.

Think about this simple truth and realize that if it were not for the blessing of change, men and women would still be primitives, somewhat like savages living in caves, not knowing who you are or what you are. If it were not for change in your life, you would still be a child mentally and physically. When any change comes into your life, pronounce it good and very good. Affirm, believe, know and decree:

"This change is good, and it is going to turn out and bless me,"

And it will. See the Presence of God in the change and that will make all things new.

> *Blessed are they which do hunger and thirst after righteousness; for they shall be filled* (Matthew 5:6)

Cease denying

A student asked me how she should pray about her physical condition. She

was denying the arthritis with which she was afflicted, and the medicine she was taking provided little or no relief. I suggested that she cease denying, because to deny is to affirm. All she had to do was to change her mind and forget the inflammation in her body. She was not to say, "I don't have arthritis, pain," etc. These symptoms are not "unreal" but are manifestations of a disturbed, agitated mind based on suppressed rage and hostility.

Her job was to bless the doctor, knowing that he was Divinely guided in all ways, and right action reigned supreme. The pain she experienced was a warning that something needed to be corrected in her subconscious mind where the problem was. She had felt a deep-seated, unresolved resentment and was full of hostility toward another student. She now began to fill her subconscious with life-giving patterns, knowing that she would crowd out of her mind all the negative patterns submerged there.

She prayed as follows: "God is guiding my doctor. He is God's man, and whatever he does can only bless me. I forgive myself for harboring this sleeping grudge and hostility toward _____ and I wish for her all the blessings of life. I mean this. I am sincere, and it is finished and done. God's Healing Love is focused at that point in my subconscious where the problem is, and it is shattered, making way for the Holy Spirit to flow through me. My soul (subconscious mind) is restored, and I give thanks. My mind is stayed on God and His Healing Power. *Thou wilt keep him in perfect peace, whose mind is stayed on thee . . . .* (Isaiah 26:3)."

The Two Brothers

Two brothers went into business together and were doing fairly well for several years. Recently, they started to play the futures market and the commodity market and ended up losing everything, including all their business and savings. Actually, they owed $50,000, which they were unable to pay, and they went bankrupt.

I talked with one brother, who had a very good attitude. He said, "I have lost money. I will make it again and I will go into business again. I have learned a good lesson which will ultimately pay me dividends. I have lost my faith, my confidence or my ability to rise and grow. I have much to offer and I am going to be a tremendous success again."

He went to work for a brokerage firm and, due to his large number of friends; he had no trouble acquiring new accounts for his employers.

He also told me about his brother, whom he had tried to get to change his attitude. It seems that his brother felt humiliated and disgraced because he had lost everything. He started telling everyone he met about his losses and monotonously repeated the old refrain that it was his broker's fault, seeking justification for his own wrong decisions and errors. His friends began to shun him and his health was adversely affected by his gloom and despondency. He refused counseling and went on welfare.

Here you have two brothers who experienced the same loss. One reacted constructively and the other reacted negatively and with a complete sense of futility. It is not what happens to us individually that matters so much; it is our thought about it, our reaction, which can be constructive or negative. One brother used his imagination wisely, rebuilding in his mind a new pattern, seeing future possibilities, using the wings of faith and imagination for rebuilding a better life. He discovered that success and wealth were in his own mind.

A new name, a new perspective

Shakespeare said, "What is in a name?" Well, when I mention your name, it indicates your particular sex, your nationality, your background, your training, your education, your financial structure, your social status, and all other things appertaining to you. Saul's name was changed to Paul. The meaning of Paul is the "Little Christ," and the hand of Paul worked many miracles. A new name is a new disposition, a new perspective, a new insight.

You can write a new name, a new estimate and a new blueprint of yourself. Your concept, your blueprint and estimate of God is your whole concept of yourself, and your concept of yourself determines your entire future. The answer you give to the question, But *who say ye that I Am?* Determines your health, environment, social life, financial life, and all phases of your life, because your belief about God determines your whole life.

The meaning of your word

For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book: And if any man shall take away from the words of the book of this prophecy, God shall take away his part of the book of life, and out of the holy city, and from the things which are written in this book (Revelation 22:18-19).

It is absolutely absurd to take these statements literally. First of all, the Bible was not written in English. You must become aware of the figurative, allegorical and metaphorical meaning of these verses. It is interesting to note that in connection with these two verses of the Bible, reference is made to the literary vandalism which was rampant in the days when the books of the Bible were written. It was customary to write them on parchment in the form of scrolls; however, religious bigots and other unscrupulous persons often changed and expunged words and passages by interpolating forgeries. The letters of Paul and other parts of the New Testament are known to have been mutilated in this manner, but Bible scholars, philologists and other research specialists know where these forgeries are.

There is no doubt that religious sectarians were prevented from interfering with the contents of the book of Revelation inasmuch as they took the Bible literally, not realizing that its hidden meaning is actually the meat of the whole message. It is generally agreed that the test of this book of the Bible has been preserved intact through the centuries due to the fear of what men believed to be an imprecation. That is only the outer coat. The real meaning is something else altogether.

Your word is your idea, thought or formulated desire. Like a seed, it has its own method of expression or manifestation. Your desire for wealth is a prophecy of that which is to come in the same way that a seed is a promise of a harvest. Your desire for health, peace, true expression or prosperity is the voice or urge of the Divine Presence in you telling you that you can not only become healthy but also have all these other things.

Demagnetize yourself

Many are sound asleep because they do not know about this gold mine of Infinite Intelligence and Boundless Love within themselves. Whatever you want you can draw forth. A magnetized piece of steel will lift ten times its own weight. Demagnetize this piece of steel, and it will not even lift a feather. There are two types of men. There is the magnetized man who is full of confidence and faith in an Almighty Power to lead and guide him; he knows that he is born to win and to succeed. Therefore his deeper mind responds to Him.

There is the other man who is demagnetized; he is full of fears and doubts. Opportunities come, and he says, “I might fail. I might lose all my money.

People will laugh at me." This type of man will not get very far in life, because if he is afraid to go forward, he will simply stay where he is.

The magnetized man says, "I am going to succeed. The Power will back me up. I will prosper. There is nothing to stop me." The God Power moves through that man at his focal point of attention. Cease being demagnetized by doubts, fears, anxieties, and demoting you by saying, "I don't know the right people. I am too old. I haven't got the right politician," and so forth and so on.

The electrons, the atoms and the molecules are all the same in the magnetized and the demagnetized steel, but in the magnetized steel all the atoms and molecules are marshaled. They are focused in a certain direction. That is why it is a magnet. In the demagnetized steel, molecules move about at random and are not focused.

Lady Luck

The ancients discovered that there was a Power within man, and that when man had confidence and faith in this Power, Lady Luck seemed to bless him in all his undertakings. When he was full of fear (of sickness for example that some germ would attack him), and he lived in that fear, he would create the disease. They realized that there was nothing external that could affect man except it affected him inside in his own mind. Nothing can touch you from the outside without your mental consent.

If you believe Lady Luck is with you, good fortune will smile on you. If you believe a jinx is following you, all kinds of trouble will come upon you. You begin to become suspicious of people and everything goes wrong and awry in your life because of your belief. Man's inner belief creates his personal good and evil. Man is belief expressed. The law of life is the law of belief. The Spirit within man is God. Spirit has no form, shape or substance. Spirit is timeless and ageless.

God's riches

This is how man adds to the word of God: he prays for wealth and affirms that God is his Source of supply and that God's riches are circulating in his life now. A few minutes later he begins to wonder how, when, where and through what source his supply will come. He doesn't trust the Divine Source and tries to help God out. Man must learn that the ways of the Infinite Spirit are past finding out and that the Infinite Presence has countless channels.

Man's prayer may be answered in countless ways and in a manner that he knoweth not, and in an hour that he expected not.

The man was double-minded

Some time ago, I talked with a man who was constantly praying for prosperity and looking to God as the real Source, but at the same time he was deeply resenting his employer because he did not give him an increase in salary. This man did not believe what he was affirming. Actually, he was praying two ways and, like a soldier marking time, he was not getting anyplace. This man was double-minded and had a double allegiance. You must come to a clear-cut decision and know that God or Infinite Spirit is the Source of all our blessings and believe in your heart that whatever we claim to be true, Spirit will respond, for It is all things to all men.

Study, and then recognition comes

If you want to become a great chemist, you must study and apply yourself diligently, learning all the principles of chemistry. As you grow in knowledge and awareness of the laws underlying chemistry, you will command prestige, recognition and advancement. If you wish to play music and become outstanding in your profession, you must study music. Fall in love with it; then you can play a melody of God for all of us. The great surgeon is in demand everywhere, but he had to study for many years anatomy and surgery and the various principles underlying his technique, in order to qualify and be successful.

There are the laws of mind which must be learned and practiced before we can have and do the things we desire to do. To be is to have. You must be the great musician: Study, and then recognition comes. You succeeded through application and devotion in understanding and conviction. The thrill is in the music. The joy comes in achievement of a job well done.

There is always a surplus

Believe in the goodness of God in the land of the living. Believe in the guidance of the Infinite Presence and Power and the abundance and riches of the Infinite. Realize that God's riches—spiritual, mental and material—are forever circulating in your life, and that there is always a surplus. Believe in the Divine principles of harmony, right action, Divine law and order, and Divine love in the same way that a chemist believes in the principles of chemistry, which are dependable, enabling him to bring forth marvelous

compounds which bless humanity in countless ways. This unconditioned Being called God, becomes conditioned by conceiving itself to be something. The whole world is simply this being conceiving itself to be all these things.

It is not a question of mind over matter. Matter is simply the Spirit in you condensed into matter so that it is visible to your three-dimensional frame of reference. Your thought becomes the things—the book, the invention, the new device, the novel, the trip, etc. They are all in your mind as thought images. Your thought and feeling become matter. You don't make grapes out of thistles by thinking, as each seed grows after its kind. But if you were hungry for grapes and you really wanted them, then you would attract grapes by believing you have them now. Your expectancy and confidence would attract grapes to you.

Life is growth

The whole world is a dramatization of God's ideas whether they are trees, suns, moons, stars, or continents. They are all God's ideas. God dramatizes Himself by conceiving and feeling Himself to be all these things. Everything in this world is alive, and the world that we see is not really solid at all. This is a world of intensities, frequencies, and densities, and the only difference between one substance and another is the number and rate of motion of the electrons revolving around a nucleus. The whole world is a world of vibrations.

The electron we speak of cannot be seen. The whole world is simply Spirit in differentiation. Matter is energy reduced to the point of visibility. Your thought is energy and it takes form. This is why thoughts are things. You are what you think all day long.

What is your attitude?

With your imagination you can actually hear the invisible voice of your mother even though she lives 10,000 miles from here. You can also see her clearly, and as vividly as if she were present; this is the wonderful power you possess. You can develop and cultivate this power, and become successful and prosperous.

Haven't you heard the sales manager say, "I have to let John go, because his attitude is wrong?" The business world knows the importance of "right attitude."

I remember many years ago having printed a small article on Reincarnation. These pamphlets were on display on a book counter of a church where I lectured. In the beginning very few of them were sold, because the salesgirl was violently opposed to its contents.

I explained to her the Biblical meaning of Reincarnation, the origin of the story, and what it was all about. She understood the contents of the drama, and became enthusiastic about the booklets; they were all sold before my lecture series was completed. This was an instance of the importance of the right, mental attitude.

Your mental attitude means your mental reaction to people, circumstances, conditions, and objects in space. What is your relationship with your co-workers? Are you friendly with people, with animals, and with the universe in general? Do you think the universe is hostile, and that the world owes you a living? In short what is your *attitude*?

The emotional reaction of the above mentioned girl was one of deep-seated prejudice. That was the *wrong attitude* in selling books; she was biased toward the book and the writer.

Develop the right mental attitude

You can develop the right, mental attitude when you realize that nothing externally can upset you or hurt you without your mental consent. You are the only thinker in your world; consequently nothing can move you to anger, grief, or sorrow without your mental consent. The suggestions that come to you from the outside have no power whatsoever, except you permit them to move you in thought negatively. Realize you are master of your thought-world. Emotions follow thought; hence you are supreme in your own orbit.

Cease adding to the word

The Creative Principle, or God, can prosper in us in the same manner that it grows hair on your head or creates a blade of grass. It is all-wise and has the "know-how" of accomplishment. For example, a man desires promotion; this desire is good and very good. His desire for advancement and expansion is the cosmic urge within him telling him to rise, transcend, grow and express himself at higher levels.

This is how he adds to the word: He looks around him and says, "Well, that fellow is going to pass on some day and I'll get that position." The desire was

good, but he contaminated and adulterated it. He should now that Infinite Intelligence within him can create another position like it and one even far better. You don't want another person's job; you may desire a position like it, though, with the same prestige, salary, etc.

Infinite Intelligence has countless ways of bringing your request to pass. You don't have to hurt a hair of a living being to get ahead in life. You must never undermine or hurt another in order to achieve your goal in life. To harm another in this way would be *adding* to the word, and *God shall add unto him plagues that are written in this book*, which means that when you hurt another, you are also hurting yourself. Whenever you use the law negatively, you will reap the results, such as neuroses, frustrations, sickness, lack and limitation.

Taking away from the word

You *take* from the word or the cherished desire of your heart when you say, "I can't be that" or "I can't accomplish or achieve my goal." You are actually denying the Presence and Power of God, saying that God can't fulfill His promise.

A man came to see me about his son, who wanted to go to college to learn to become a physician; but the father said that he didn't have the money and that his boy was terribly depressed. The boy, in the meantime, compromised and work behind the soda fountain in a drug store, becoming frustrated and unhappy. The father was taking from the word of God, saying, "God could not open up the way for my boy to become a physician, so I'll get him a job somewhere. The plague that follows this attitude of mind is the failure to realize the desire of the heart, which is the cause of endless frustration and misery in the world.

The father changed his attitude and began to pray that Infinite Spirit would open up the way for his son to go to college, and he began to picture in his mind prior to sleep and at other times his son showing him his medical diploma, which stated that he had graduated as a physician and surgeon. His father kept picturing this diploma and praying for guidance and right action. In a few weeks' time an aunt of his son passed on to the next dimension and bequeathed a large estate with ample funds for his son's education.

You are the cause of your own mood

Do you permit others to influence you? Do you allow the headlines in the newspapers, or the gossip, or criticism of others to upset you, or bring about mental depression? If you do, you must admit you are the cause of your own mood; you created your emotional reaction. Your attitude is wrong.

We have said previously that all our mental attitudes are conditioned by imagination. If you imagine: It is going to be a black day today; business is going to be very poor; that it is raining; no customers will come into your store; they have no money, etc., you will experience the result of your negative imagery.

Reward and retribution

The good we do for others comes back to us in like measure; and the evil we do returns to us by the law of our own mind. If a man cheats and deceives another, he is actually cheating and deceiving himself. His sense of guilt and mood of loss will return to him some way, some time.

We cannot escape the law of our mind. Reward and retribution are reactions of our own mind based upon the way we directed our meditation.

Our subconscious mind is impersonal and unchanging, neither considering persons nor respecting religious affiliations or institutions of any kind. It is neither compassionate nor vindictive. The way we think, feel, and act towards others returns at last upon ourselves.

What do you imagine about life?

We have said that all our mental attitudes are conditioned by imagination. If you imagine: It is going to be a black day today; business is going to be very poor; that it is raining; no customers will come into your store; they have no money, etc., you will experience the result of your negative imagery.

One time Troward was walking the streets of London, and he imagined he saw a snake on the street. Fear caused him to become semi-paralyzed. What he saw *looked* like a snake, but Troward had the same mental and emotional reaction as if it were a snake.

Imagine whatsoever things are lovely, noble and of good report, and your entire emotional attitude toward life will change. What do you imagine about life? Is it going to be a happy life for you? Or is it one long series of frustrations? "*Choose ye whom ye will serve*."

You mold, fashion, and shape your outer world of experience according to

the mental images you habitually dwell on. Imagine conditions and circumstances in life, which dignify, elevate, please, and satisfy. If you imagine life is cold, cruel, hard, bitter, and that struggle and pain are inevitable, you are making life miserable for yourself.

You are master of your attitudes

If you imagine, for example, that the other is mean, dishonest, and jealous, notice the emotion you evoked within yourself. Now reverse the situation. Begin to imagine the same girl or boy is honest, sincere, loving, and kind; notice the reaction it calls forth in you. Are you not, therefore, master of your attitudes?

The master key to happy relationship with people is the application of the Golden Rule and in discovering that there is no one to change but yourself. As you would that men should think about you, think about them in like manner. As you would want men to act toward you, act you toward them in like manner.

> *Whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.* (Phil. 4-8).

You are the sum total of your thinking

Today, you are what your thoughts have made you. You are the sum total of your thinking. You have charge of your own life, and other people, conditions, and events have nothing whatever to do with your success, happiness, or destiny.

You can make yourself sick, poor, and unhappy by the nature of your habitual thinking; you can even kill yourself by your thoughts.

Plant, therefore, in your mind whatsoever things are lovely, noble, dignified and Godlike… *Unto every one that hath shall be given . . .* (Matthew 25:29).

Rejoice in God

> *O sing unto the Lord a new song: sing unto the Lord, all the earth. Sing unto the Lord, bless his name; show forth his salvation from day to day.* (Psalm 96:1, 2)

The keynote to this Psalm is rejoicing in God because you know how the Divine Presence responds to you when you call upon it. The name is the nature of God, which is boundless love and infinite intelligence, and its nature is to respond to your thought. When you know this truth, you have cause for rejoicing. You can change your world by your habitual thinking and thereby

modify your circumstances.

When the dominant quality of your inward life is joy that is what you will experience in your external world.

CHAPTER 11

NOTHING CAN OPPOSE DIVINE LOVE

. . . What therefore God hath joined together, let no man put asunder. (Matthew 19:6)

The misinterpretation of this verse has brought about endless confusion plus a sense of guilt for a great number of people who think that because they were married in a particular church, divorce is wrong and sinful. Nothing could be further from the truth. God is love; and if love does not join two people together, there is no real marriage. God, or love, is not present in such unions; therefore, in reality, the whole performance is a sham.

As mentioned previously in earlier books, I perform marriage ceremonies for men and women here in Leisure World, some of whom are seventy-five and eighty years of age. Many times the man says that he is completely depleted sexually, but they are honest, just and perfectly frank with each other. Honesty, integrity, justice and goodwill are all children of love. Therefore, it is God, or love, joining the two together just as much as if they were twenty or twenty-one years of age.

The word man, as mentioned in the above Biblical verses, means manifestation on the objective screen of space. When love joins two together, no objective situation, condition, circumstance or in laws can break it up. Nothing can oppose Divine love. All of us are living in a subjective and objective world, and we express objectively on the screen of space that which is impressed in our subconscious or subjective mind. That is the meaning of the age-old Truth: "As within, so without."

Love is an oneness

Suppose a man cheats on his wife. If he has love and respect for his wife, he would not want any other woman. When man has found his true spiritual ideal in marriage, he has no desire for any other woman. Love is an oneness, not a duality or a multiplicity. Man running around with many women which are but the many adulterous moods within him, is marrying many concepts such as frustration, resentment, cynicism, etc. When man has found love with his mate he has found a fullness of life.

Profound inferiority complex

The reader may say, “Why do some men have many wives?” The reason is that at one time the earth was depopulated and the early fathers, not knowing anything better, suggested this method; but today we are more spiritually awakened and know that the earth is populated enough. Therefore, if a man cheats on his wife, he is frustrated and never has had a love or feeling of oneness. He has a profound inferiority complex and is striking that tone. So what is he meeting? He is meeting himself, i.e. his inner mood or concept of himself. Therefore the women he meets are vacillating, neurotic women, confused and marrying many concepts. He is but seeing and hearing his own inner vibrations. The woman in this case is just as frustrated and unstable as the man. “Birds of a feather flock together.” “Like begets like.” “Like attracts like.”

Man attracts to himself people based on his moods
And concepts of himself

Jacob, when he prayed for a wife, saw angels ascending and descending. The angels ascending and descending represent the qualities and attributes that man admires in a woman. *“As within, so without.”* Having felt the reality of the state it becomes subjectified and whatever is subjectively accepted is made manifest. Therefore, he meets the image and likeness of his inner conviction. If man strikes a note on the grand piano, all notes in harmony with it strike in response. They may be higher or lower but similar. So man attracts to himself people based on his moods or concepts of himself. It is affinity or attraction depending on the chord you strike. Man may strike a discord but he does not take all the discords out in order to make a harmony. When he disciplines his mind in prayer, he can play a divine harmony.

His fear shows

Man demotes himself by feeling his lack. His fear is transmitted to his wife and she reacts in kind. She cannot see him in the way she formerly did as he has not the same feeling about himself. She can see him only in the way he sees himself. Likewise he can see her only in the way she sees herself. If a man feels himself to be dignified, he commands respect and gets it.

One man having the predominant mood of success and happiness knits all the members of the household together. He influences them and dominates them mentally. When he dies, quite often the members of the family fight between themselves. He was a cementing influence. He felt harmony and peace in the

household. Your dominant conviction makes others see what you see.

He blames everybody but himself

Many times this question is propounded: John and Mary got married a few weeks ago. They seemed so happy and contented and now their home is broken up and they are seeking a divorce. Why? One of the answers is this and it is too often overlooked. John looks at his wife, says to him, "She is beautiful, pretty and attractive." He begins to fear that she will be untrue to him. He gives her this feeling or his conviction of her which is communicated to her subjectively especially if she is not disciplined and not in a positive, constructive mood. She becomes restless and begins to do the things he feared she would do. Then he blames everybody but himself. His ignorance of the fundamental laws of life and his misapplication of them was the cause of the divorce.

He lifts her up

Now a man who knows the law of life will always see his wife as he first saw her. In his thought and feeling she will always be clothed with the garment of salvation and the robe of righteousness. Then she will always be to him what he believes her to be. We are not living with people so much as we are living with our concept of them. If a man never loses faith in his wife, she will fulfill the bill or his conception of her. If she becomes dejected, tired and worried and he becomes one with her in feeling, they both fall into the ditch; but if he rejects this mood and knows and feels that she is healed, wonderful and perfect, no matter how despondent or gloomy she may become, he lifts her out of it.

Marriage Takes Place in the Mind

I have suggested to many women who know the laws of the mind to select one person in the world who would love to hear good news about them, then, prior to sleep, to hear that person tell them over and over again what they long to hear. In that drowsy, sleepy state, there is an outcropping of your subconscious mind, and it is an excellent way to impregnate your deeper mind, as you enter into the deep of sleep.

Friction between husband and wife can be solved by prayer

"The damsel is not dead, but seeketh." We are asleep to God. All tones are within us. Men ask, "Should I get a divorce?" This is an individual problem and cannot be generalized. In some cases divorce is not the solution, no more

so than marriage is the solution of a lonely man. Friction between husband and wife can be solved by prayer. Let the wife see the Christ in the husband. Let her see him as he ought to be, happy radiant and peaceful. Let her hear him telling her in the meditative state how wonderful she is, how kind she is and how happy he is with her. If she is faithful to this treatment, he will be transformed and peace is restored.

Divorce may be right for one person and wrong for another

In some cases, of course, there never was a real marriage. Because a man and woman have a marriage license and live in a home, it does not follow that that is a real home. Perhaps it is a place of discord and hate. When a child is present and the parents do not know the law of life, it is better to break up such a union than have the mood of hate stifle the minds of the children. Many times a child's life and mind are dwarfed by the mood of the parents, resulting in neurosis, crime, etc. It is far better for a boy to live with one parent who loves him than two who hate each other and fight all the time.

Divorce may be right for one person and wrong for another. "There is now no condemnation of them that are in Christ Jesus." Where there is no consciousness of guilt there is no guilt. A divorced woman may be far nobler and Christ like than many of her married sisters who are living a lie, rather than face the Truth. Such a married life is a sham and a farce though they manage to keep up appearances. They are afraid of what the neighbors will say. Others are afraid that it would be bad for John's business. Others stay married for political reasons, etc. This, of course, is making a mockery of marriage. Marriage on the physical plane is symbolic of the spiritual, esoteric union of two souls seeking their way back to the heart of Reality which is Love. God is love.

You are not compelled to like another

We must love the other but we are not compelled to like him. The love spoken of is the impersonal good will, rejoicing that the law of God or good is working for the other and through him that the peace of God is in his home, heart and affairs. Anyone can do this. This is God's love.

Love gives; it frees; it is the Spirit of God. Love is the key that opens the treasures of heaven. True marriage finds its bliss, its happiness in an accord of ideals, a harmony and purity of purpose. Let us stop blaming God for the abuses that go on under the name of marriage. The name to many means

sounding brass and tinkling cymbal—a mockery of the word. Let us awake and discover the true impersonal and universal love, then marriage will be a happy state or union, blessed by the fire of Divine Love.

Love seeketh not her own. Love is and all there is Love. Love is the universal solvent: love opens prison doors, sets free the captives and them that are bound. Love is the knot that binds man and woman, (thought and feeling) in the endless cord of life, binding past and future in the eternal present. All that was, and all that shall be, now is for in Love's eyes, time is not. Love is the end of the quest and the goal thereof and Love is the way of life.

Take heed *that ye despise not God in human form He may be at your side in the person of your beloved one, through the working of God's grace.* Love is the fulfillment of the law. Love is an impersonal law.

It is the decent, honorable thing to do

To say that a divorced person is under divine condemnation is a mockery and sham and shows a complete lack of understanding. In many cases it is the decent, honorable thing to do. In some cases where a couple find they are hopelessly incompatible, spiritually and mentally, then let them do as a friend of the author's did recently having said to his wife "Goodbye and God bless you." She said, "Goodbye and God bless you, Harry." They both meant it. They were both blessed and there is absolutely no guilt because they have no consciousness of guilt.

Man forgives himself. There is no one else to forgive him. "Hath no man condemned thee? Neither do I condemn thee." We can divorce each other and yet love one another.

Fear is the inversion of love

We must not let fear step in; for it is the opposite of love. Fear is the inversion of love, or love turned upside down. There is only Love. If a man recognizes love in a dog, the animal responds in kind. When we fear the dog or any other animal, the latter senses it, and strikes up a similar response in him.

The Scripture says, "*God is love, God is all, over all, through all, all in all."* Love, therefore, is resident in all men and in all things; so let us seek it in all. *"Seek and ye shall find."* Yes, if you truly look for the God-Love in the other, it will shine forth in all of its pristine glory. The first thing we do when we see another is to look for that Divine Love to radiate through his thoughts,

words, and deeds. If we truly recognize it as being within him, he must radiate this Love. *"As within, so without." "As above, so below." "As in heaven* (consciousness), *so on earth* (manifestation)."

Always go to the end

Many widows and others have said to me, "I have heard you say to me over and over again prior to sleep, 'I now pronounce you man and wife," and I go off to the deep of sleep." The last waking concept is etched on your deeper mind. The wisdom of the subconscious decides how to bring it to pass. These women know that all transactions take place in the mind, and when they think of marriage they already know they will marry a character, which is the ideal in mind. In prayer you always go to the end, having seen and felt the end, you will experience the means to the realization of the end.

"I now pronounce you man and wife" are the words I would use at the end of the ceremony. Therefore, it has already happened in mind and must take place in the objective world. In nearly all instances the women who have used this technique have experienced the joy of the answered prayer. The outside ceremony, or marriage, confirmed the inside act of their imagination and feeling.

"What are you afraid of?"

I have heard that many times. The college boy who knows it all says, "I sleep with different girls and have sex with them. What's wrong with it?" I say to him, "What are you afraid of?" Are you afraid to commit yourself? Are you shirking your responsibilities? Do you have an inferiority complex" Love is a state of at-one-ness. If you love a girl, you do not do anything unloving. You are dodging the issue. Love is always confirmed objectively. You must demonstrate your love."

Where is the love?

I have talked with many young women who have lived with the "ideal boy." She loves him in her own way and wants him to marry her. She subconsciously forgets to take the pill and then becomes pregnant. Her story is very prevalent. He deserts her, claims he is not responsible, and claims it was someone else who got her pregnant. Where is the love? The honesty? The integrity? "What nonsense," I say to these young men who tell me they sleep with many girls on the campus. "Why don't you invite your sister down to the campus and introduce her to all these wonderful lovers?" The answer, of course, is, as you

know very well, “Not my sister. I would kill her first.” You see, it is always the other fellow’s sister. What rank hypocrisy! When you hurt another, you are also hurting yourself.

Some of these girls who engage in what they call free love, when they become pregnant, feel full of guilt. Their so-called lovers usually desert them. Many times they commit suicide, or they become the ladies who walk the promiscuous path. The man who walks off and who is responsible also for their pregnancy and predicament cannot escape responsibility, and the law of his subconscious responds in its own way.

Women, wake up!

Take a good look at those people who say that they don’t need a marriage ceremony or what they call a piece of paper. They are usually very insincere, full of fear, belligerent, bellicose and frightfully insecure. They are afraid that the union might not work. They are afraid of responsibility. There is no love there; therefore, the whole performance is rank hypocrisy.

Some will tell you that they are doing it, i.e., living together as man and wife, principally for tax purposes. That is completely false. I say to them, “All right. If you are married in your heart and it is true love, why don’t you confirm it objectively? Everything that is subjectified is always made manifest in the objective world. If one of you died tonight, what provisions have you made to your partner? Supposing you passed on in your sleep tonight. Have you left an insurance policy of $1,000,000 or $2,000,000 for your spouse to take care of her or him? You must demonstrate your love.”

I say to women: Pay no attention to what a man says. Watch what he does. What he does is what he means. Women, wake up!

Let God’s love come into your whole world

A husband started divorce proceedings against his wife. His main complaint was that she was too extravagant. In talking to her, I discovered that she had never received any appreciation, understanding, or approbation from her husband. She felt very insecure and was actually trying to purchase with money the deep inner sense or security which she had always lacked. They decided to become real partners. He shared a complete knowledge of his business assets with her and showed her that she was well provided for in case something should happen to him. They began to pray together every night for harmony, health, peace, God’s guidance, right action, and all their difficulties were

dissolved in the light of God's Love.

Let God's Love come into your thoughts, words, and actions, and your whole world will magically melt into the image and likeness of your inter contemplation. You will sometimes find that the seeming problems of gargantuan proportions can be reduced to a size so infinitesimal that it seems laughable.

Marriage is not a license for cruelty

A husband and wife visited me at the St. Ermin's Hotel next door to Caxton Hall, where I usually lecture when I visit London, England. They said they had been married in the Church of England but that their situation was intolerable. He admitted that he was cruel to her and had whipped her at times in order to get a sexual release, as he called it. The wife seemed to think that a divorce was a sin. She had weird, grotesque and superstitious beliefs of what marriage really meant.

I explained to them that marriage is not a license for cruelty, whipping, neglect and abuse. Her husband was obviously a psychopathic sadist. He admitted that he was a wife beater. Actually, his wife was his main support. Her clergyman had told her that she should stay with him regardless of his debaucheries and sexual abnormalities. This, of course, is absolutely stupid and makes no sense. There is no such teaching in any Bible of the world.

The New Testament is full of parables

A great number of people, including some clergymen who should and would know better if they would study the exegesis of the Bible, or if they would read Philo Juadesus of 2000 years ago, who gave the allegorical exposition of the five Books of Moses, would then see that the whole Bible is allegorical, mystical, figurative, idiomatic, and full of fables, myths, cryptograms and numbers. The New Testament is full of parables, and nobody in his right mind takes all the parables literally.

For example, the words fornication and adultery in the Bible do not refer merely to the bodily acts. The mind acts upon the body. The body is a vehicle. It moves as it is moved upon. It acts as it is acted upon. The body does nothing unless it is acted upon by the mind. You can play on your body a melody of love or a hymn of hate. In other words, your body does nothing except on the orders of your mind. Surely that is simple and needs no explanation.

The Bible says, *whosoever looked on a woman to lust after her hath committed adultery with her already in his heart* (Matthew 5:28). This reveals and portrays that adultery, first of all, is of the heart, or your subconscious mind. And, of course, your body is acted upon by what is impressed on your subconscious mind.

Never display the unhappy side of your marriage to your friends

A great mistake is to discuss your marital problems or difficulties with neighbors and relatives. Suppose, for example, a wife says to the neighbor, "John never gives me any money. He treats my mother abominably, drinks to excess, and is constantly abusive and insulting."

Now, this wife is degrading and belittling her husband in the eyes of all the neighbors and relatives. He no longer appears as the ideal husband to them. Never discuss your marital problems with anyone except a trained counselor. Why cause numerous people to think negatively of your marriage? Moreover, as you discuss and dwell upon these shortcomings of your husband, you are actually creating these states within yourself. Who is thinking and feeling it? You are! As you think and feel, so are you.

Relatives will usually give you the wrong advice. It is usually biased and prejudiced because it is not given in an impersonal way. Any advice you receive which violates the Golden Rule, which is a cosmic law, is not good or sound.

It is well to remember that no two human beings ever lived beneath the same roof without clashes of temperament, periods of hurts and strain. Never display the unhappy side of your marriage to your friends. Keep your quarrels to yourself. Refrain from criticism and condemnation of your partner.

Cease suspecting each other

Let me tell you the story of a woman who behaved herself unseemly. She was married to a devoted husband, and she had two children. They never quarreled. One day a gossiping neighbor said that she had seen her husband with a strange woman twice in a restaurant, and that she thought he was running around. The wife became so excited that she left her home, leaving a note with one of the children to give to the father. Filled with rage and jealousy, she ran off to Reno to get a divorce.

She obtained a Reno decree, never listening to any explanation offered by

the husband. Months later she learned that the woman in question was her husband's sister, whom he was befriending. Love " . . . *is not easily provoked*." She did not have the understanding of God, which is also Love. " . . . *Thinketh no evil* . . ." If married people would cease suspecting each other, happiness would reign.

What happened to the Golden Rule?

When we pray aright, it does not bring grief or pain to anyone else. Some people think they have the right to break up the homes of others. They say "That's the man I want" and they are perfectly willing to break up the home to gain their point. It is true they may succeed, but what kind of a bargain have they? They have impregnated themselves with limitation and the result is dissatisfaction and unhappiness in many instances.

What has happened to the Golden Rule?—Where is it? Have they applied it? "*As ye would that men should do unto you, do you even so to them in like manner."* This is the whole law of a happy and successful life. In selfishness and greed, this is forgotten.

What does the woman want the family of the man that she weaned away from his wife to think about her? What does she want them to feel about her? She wants his wife and family to think of her as a noble, gentle, dignified lady who is Christ like. Then let her apply this principle and see if she still desires to wreck their home. We must stop working in a finite way for an absolute state. Marriages are made in heaven, i.e. harmony and peace. "Peace is the power at the heart of God." God is peace.

To imagine evil of another is to lie

Some people, through gross ignorance, seem to rejoice in gossiping about others, attacking their character, backbiting, etc. To talk about and dwell upon the imperfections of another (whether true or false) is to attract limitation and loss to oneself. The Law is: *As you would that men should talk about you, speak you also about them in like manner; this is the rule of a free, happy life.*

The person who spreads spicy gossip is thinking it and feeling it. What is such a person attracting? It is easy to answer*: "As a man thinketh in his heart, so is he."* To imagine evil of another is to lie.

We could be like the little girl in this story: Once a thief came to murder a

man, but the man's little daughter did not see the murderer. She saw a nice man who might give her candy; she played with him and sang for him. He left with tears in his eyes and was healed. Love rejoices in the truth.

Let us rejoice in the realization that all men are expressing the truth. The truth is: God indwells each man. Let us bear witness to that truth by knowing that those people who would criticize and condemn one another are now dramatizing, portraying, and expressing love, peace, and harmony.

Jesus in the New Sayings is reported to have answered the query as to when the Kingdom of Heaven will come by the words, "When there shall no longer be male or female" (in a divided undisciplined state of consciousness).

In the gospel of the Holy Twelve Jesus says, *"Verily I say unto you, In God there is neither male, nor female and yet both are one, and God is the Two in One. He is She and She is He. The Aloha our God is Perfect, Infinite and One.*

She got another boyfriend

I was interested and amused in observing the reaction of Robert, a student of physics, to a telephone call from his girl friend. She informed him that she had another boy friend, and would not see him any more. He wished her happiness and good luck; then he said to me, "Shall I waste my energy by getting irritated and upset over this girl, or shall I apply my energy to the study of physics for the examination tomorrow?" He chose the latter idea.

This is an excellent way to forgive (give for) yourself. You can become calm, cool, and objective like that. It makes good sense (Incidentally, I might add that Robert attracted another very beautiful girl the next day).

She was bitter and resentful

A young woman, aged twenty-eight, once said to me, "This is my fifth marriage, and this husband is worse than the preceding four! I will have my final decree of divorce from him within a few months."

She was bitter and resentful toward her former husbands. I explained to her though that remarrying without forgiveness would cause her to attract similar types of men, and each one progressively worse as her resentment and hostility became magnified in her subconscious mind. All the while, she had not known that her inner mood of resentment and hostility was causing her to attract men who were the affinities of her deeper mind. Unconsciously, she was operating

the law of attraction. Like attracts like, and birds of a feather do flock together.

The cure thus was to set herself and her former husbands free by forgiving (giving for) herself the mood of love and peace for the mood of resentment. She released all her former husbands by affirming boldly: "I release you and let you go, wishing for your health, wealth, love, happiness, peace, and joy. Her ideas of love and marriage changed, and she began to lift love to a spiritual basis. She realized that her previous attitudes and motives for marriage were all wrong. She prayed as follows:

> I know that I am one with God now. In Him I live, move, and have my being. God is life; this life is the life of all men and women. We are all sons and daughters of the one Father. I know and believe that there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There are mutual love, freedom, and respect.
>
> There is one mind; I know him now in this mind. I now unite with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other in Divine Mind. I see the God in him; he sees the God in me. Having met him within, I must meet him in the *without*, for this is the law of my own mind.
>
> These words go forth and accomplish whereunto they are sent. I know it is now done, finished, and accomplished in God. Thank you, Father.

A few weeks later she had occasion to have a wisdom tooth removed. A beautiful friendship developed with the dentist. Eventually he proposed marriage—as she said, "right out of the blue"—and she added, "I knew intuitively he was the man about whom I had prayed. It was a case of love at first sight." The author performed their marriage ceremony, and I must say it was a real spiritual union of two people seeking their way back to the heart of God.

Resentment is one of the most expensive things in the world

Resentment is one of the most expensive things in the world. It robs man of peace, health, vitality, and a sound mind, leaving him a mental and physical wreck. If continued or indulged in over a long period of time, the person becomes, cold, hard, callous, ossified, petrified, and he begins to resent everyone.

How you can acquire poise and mental emotional health

Some years ago I visited a church to perform a marriage ceremony. The young man did not appear, and at the end of two hours, the bride-to-be shed a few tears; then she said to me, "I prayed for God's guidance; this is indeed His

answer for he never falleth." That was her reaction—faith in God which healed her instantaneously. Someone else having a similar experience would have gone into a tantrum, have had emotional fits, required sedation and perhaps hospitalization.

Tune in with the Infinite and his Love, trusting the God-Power in the same way that you trusted your mother when she held you in her arms. This is how you can acquire poise and mental and emotional health.

Committing adultery

If you worship the stars and give power to them, you are saying that stars have power over you and are the cause of your misfortune. You are then committing adultery because you are making the created thing greater than the Creator. You are adulterating your mind by introducing opposition to the Infinite, Which is Omnipotent.

To resent, hate, to be jealous or envious is also to cohabit with evil. There is waywardness of the mind as well as of the body. Actually, we are committing mental adultery when we unite with false beliefs of any kind.

It takes two to make a quarrel

A woman was about to break up her home because, as she said, her husband no longer loved her. She wanted a home, but he preferred to live in an apartment. They couldn't agree. She told him that he didn't love her or care for her because he would not get the home. Also, she told me that she knew he didn't care any more because he smoked constantly, even though he knew that she was allergic to cigarette smoke.

It takes two to make a quarrel. In this instance, the woman was certainly emotionally immature. The reason she nagged him was that she wished to change his habits and make him feel guilty for going against her deep desires and wishes. I asked to see her husband and I found he was deeply resentful. He had a guilt-complex and responded to his wife by cutting, critical, and angry remarks over trivial and inconsequential things. It never pays to try and coerce another into going your way by subtly trying to make him or her feel guilty and hurt by not pleasing you.

The wife's asthma was caused by a deep hatred
Embodied in her subconscious mind

In my presence the husband and wife talked over their difficulties,

resentments, and hostilities, and learned to look at the facts. Each one looked at the situation objectively and they agreed that they had been childish. They also realized that by calmly talking out their difficulties in the spirit of love and harmony, agreement could be reached along all lines.

She discovered that her asthma was not caused by cigarette smoke, but by a deep hatred embodied in her subconscious mind. In psychosomatic circles there is a term, *organ specificity*, which means that resentment or hatred will cause asthma in one individual, high blood pressure in another, arthritis in a third, and perhaps migraine in still another. The fact is that any mental and emotional disturbance may influence practically any physiological process, and the symptoms and organs of the body affected depend on the sensitivity and constitutional make-up of the individual.

The wife's asthma disappeared shortly after harmonious relations with her husband were established. They have become a happy couple through the elimination of grudges and emotional blackmail. The wife said, "We tossed a coin about the house in the country. My husband lost, but he is a good sport and he loves the new home."

The trouble was with her own personality and make-up

Recently a teacher said to me, "I have had three husbands all three have been passive, submissive, and dependent on me to make all decisions and govern everything. Why do I attract them?" I asked her whether she had known that her first husband was the effeminate type and she replied, "Of course not; had I known I wouldn't have married him." Apparently she had not learned anything from the first mistake. The trouble was with her own personality make-up, She was very masculine, domineering, and unconsciously wanted someone who would be submissive and passive so that she could play the dominant role. All this was unconscious motivation, and her subconscious picture attracted to her what she wanted. She had to learn *to break the pattern by adopting the right prayer process*.

The above-mentioned woman learned a simple truth. When you believe you can have the type of man you idealize, it is done unto you as you believe. The following is the specific prayer she used to break the old subconscious pattern and attract to her the ideal mate:

> "I am building into my mentality the type of man I deeply desire. The man I attract for a husband is strong, powerful, loving, very masculine, successful, honest, loyal, and faithful. He finds love and happiness with me. I love to follow where he leads.

> "I know he wants me, and I want him. I am honest, sincere, loving and kind. I have wonderful gifts to offer him. They are goodwill, a joyous heart, and a healthy body. He offers me the same. It is mutual. I give and I receive. Divine intelligence knows where this man is, and the deeper wisdom of my subconscious mind is now bringing both of us together in its own way, and we recognize each other immediately. I release this request to my subconscious mind, which knows how to bring my request to pass. I give thanks for the perfect answer."

She prayed in the above manner night and morning, affirming these truths and knowing that through frequent occupation of the mind she would reach the mental equivalent of that which she sought.

We have to build into our mentality that which we want

We do not get what we want. We attract that which we are, and we are that which we feel ourselves to be. We have to build into our mentality that which we want; in other words, we have to establish the mental equivalent in our mind; then results follow.

She mentally and emotionally united with her idea

Several months went by. She had a great number of dates and social engagements, none of which was agreeable to her. When she was about to question, waiver, doubt, and vacillate, she reminded herself that the Infinite Intelligence was bringing it to pass in its own way and that there was nothing to be concerned about. Her final decree in her divorce proceedings was granted, which brought her a great sense of release and mental freedom.

Shortly afterward she went to work as a receptionist in a doctor's office. She told me that the minute she saw this physician she knew he was the man she was praying about. Apparently he knew it too, because he proposed to her the first week she was in the office, and they are ideally happy. This physician was not the passive or submissive type, but was a real man, a former football player, an outstanding athlete, and as a deeply spiritual man, though he was completely devoid of any creedal or denominational affiliation or attachments.

She got what she wanted because she claimed it mentally until she reached the point of saturation. In other words, she mentally and emotionally united with her idea, and it became a part of her in the same way that an apple becomes a part of her blood stream.

With God all things are possible. (Mark 10:27)

CHAPTER 12

LOVE YOUR ENEMIES

> In the Bible it says: . . . *Love your enemies, bless them that curse you. Do good to them that hate you; and pray for them which despitefully use you, and persecute you.*
>
> (Matthew 5:44)

The hateful, frustrated, distorted, and twisted personality is out of tune with the Infinite. He resents those who are peaceful, happy, and joyous. Usually he criticizes, condemns, and vilifies those who have been very good and kind to him. His attitude is this: Why should they be happy when he is so miserable? He wants to drag them down to his own level. Misery loves company. When you understand this you remain unmoved, calm and dispassionate. Every man wants to be loved and appreciated.

If you puncture the other fellow's ego and wound his estimate of himself, you cannot gain his goodwill. Recognize that every man wants to be loved and appreciated, and made to feel important in the world. Realize that the other man is conscious of his true worth, and that, like you, he feels the dignity of being an expression of the One Life-Principle animating all men. As you do this consciously and knowingly, you build the other person up, and he returns your love and goodwill.

To love your enemies means to banish from your mind your fears, hates, jealousies, angers and resentments, all of which are self-created, for these are your real enemies. If these negative emotions dominate and control your mind, you can be absolutely sure to experience the result in your body, your home, your business and your relationship with others. This is the mental and spiritual law operating in all men and women throughout the world, regardless of their religious affiliations and nominal beliefs.

Harmonize

Agree with thine adversary quickly, whilst thou art in the way with him; lest at any time the adversary deliver thee to the judge, and the judge deliver thee to the officer and thou be cast into prison. Verily I say unto thee, Thou shalt by no means come out thence, till thou hast paid the uttermost farthing (Matthew 5:25-26).

The above Biblical verses do not mean that you should agree with that which is false or that which instills fear into your mind. To agree means to harmonize, and when you tune in with the Infinite Presence and Power within you and claim that what is true of the Infinite is true of you, then you are in agreement with the eternal verities and you mentally reject anything and everything that does not lift you up, inspire, heal, bless and restore your soul.

Remember: *And God shall wipe away all tears from their eyes . . .* (Revelations 21:4). Come to a clear understanding in your mind and realize that there is no one to change but yourself. Stop trying to change the world. Nothing is forever. Grief, sorrow, sickness, etc., all pass away. Joy displaces sadness, tears give way to gladness. After the storm come the calm. When depressed or sad, focus your attention on the solution, the way out, the happy ending, and all the power of the God-head will flow to the focal point of your attention, and you will thus experience the joy of the answered prayer.

False estimate

A secretary once told me that the manager in the office where she worked was very domineering, arrogant, and boastful and treated the salesmen and office girls rather shabbily. His mind was devoid of simplicity and his conversations were turgid. There was a cruel acerbity to his tongue.

The General Manager had visited the office and had found some things wrong. He had mildly reprimanded the manager; and this man, who had seemed to be so solid, unmoved and confident, cracked up and cried “like a baby.” He had to go to the doctor for a sedative. Actually, his external demeanor and apparent confidence were a cover-up for a deep sense of insecurity, inadequacy and a profound inferiority complex.

A man who has faith and confidence in the Powers of the Infinite and who has self-esteem does not succumb to mild criticism. Actually, it acts as a stimulus to his confidence in him. You become a true leader when you take command of the motley crew of thoughts in your own mind, dwelling on whatsoever things are true, honest, loving, noble and God-like.

This manager had a false estimate of him and thought that by bluffing and blustering he could cover it up. To play the bully, to storm and to rage is a sure sign of a deep sense of inferiority. Braggadocio is empty and pretentious bragging. You will recall that the braggadocio of Mussolini and the megalomania of Hitler brought about their ultimate downfall.

There is a vast potential within you waiting to be resurrected

God never repeats himself. You are unique, and there is no one in the entire world like you. Many men and women who were timid, shy and retiring have visited me for counseling, and I have always pointed out to them the vast potentials within them waiting only to be called upon, resurrected and utilized. I explained to them that when fear came to their mind, it meant that they were supposed to call on the Divine reserves within them, thereby enabling them to overcome fear.

As they practice calling on the God Presence for guidance, strength and wisdom, they rise from that sense of inadequacy and keep going when others give up.

One man, who had been born into poverty, told me that the reason he had reached the presidency of his company was due to his tremendous drive to overcome poverty and achieve his true place in life. His lack urged him on and acted as a powerful incentive to his ascent up the ladder of life.

Many women with an inferiority complex have told me that it was this sense of insecurity, inadequacy and inferiority which acted as their main driving force to excel, advance and go up the ladder of life. A formula which I have suggested to many women is as follows:

> "Stand before the mirror every morning for five or ten minutes and affirms out loud: "I AM a daughter of the Infinite. I AM a child of eternity. My father is God, and God loves me."

As they keep using this prayer regularly every morning, it gradually sinks down by a process of mental sand spiritual osmosis into their subconscious mind. This new concept of themselves, being impregnated in their deeper mind, comes forth and their whole life is transformed. The law is: What is impressed in the subconscious is expressed.

The laws of God

The promises of God could be called the laws of God, which are the same yesterday, today and forever. These promises do not belong to the dead past but to the living present. The existence of God is an eternal now. In Divine mind, past, present and future are all one. All existence is included in the Divine moment the Eternal Now.

As there is no future in God, the promise of God is not a pledge to give us something at some remote day; it is based on our acceptance of our good now,

this present moment.

Look at everyday money transactions. You accept a check or bank note for money, yet it is not money, only as a piece of paper. It is a promise to pay dollars on demand. Likewise, there is in the Divine promise the blessing for which we ask. Warren Evans, a great healer and a student of Phineas P. Quimby, said: "Whatever we hope, by faith we have, future and past subsisting now."

The Bible says: . . . *In him we live, and move, and have our being* . . . (Acts 17:28). God is the Life Principle in us and is the source of our health, peace and all the blessings of life. Here is the inspired utterance of Charles Wesley:

> The well of life to us thou art,
> Of joy the swelling flood;
> Wafted by thee, with willing heart
> We swiftly return to God.

Poisoned mind

While speaking some time ago in Pawtucket, Rhode Island, a man consulted with me about his son. He was divorced, and he said his former wife had poisoned the mind of his son against him so that when he went to visit the boy, he would run out the back door and disappear into a neighbor's home. He went through the courts trying to get custody of the boy but failed. He offered his ex-wife considerable money over and above the legal settlement in order to get custody of the boy, but she refused. The boy was not getting on well in school and was as hateful towards his father, as he had been taught that he didn't want him.

I suggested that he try the spiritual approach to the problem, since the human approach had failed. He prayed as follows:

> "I surrender my ex-wife to the Infinite Presence and Power. She is Divinely led in all ways, and Divine love fills her soul. God flows through her, filling up all the empty vessels in her life." Whenever he thought of her, he would immediately affirm, "I released you. God loves you and cares for you."

He also prayed for his son:

> "Bill, my son, is in his true place, ministered to by Divine love, harmony, peace and understanding. He knows the truth, he loves the truth, and he hears the truth. There are peace, harmony, love and understanding between us."

Whenever he thought of Bill, he would affirm,

"Divine love watches over Bill."

I received a letter some time later from this man telling me that his ex-wife had called him up saying Bill was sick. He went over and had a wonderful reunion with his son. She wanted him to take the boy, as she had fallen in love with another man and was delighted to release Bill to his father. This was a perfect working of the Law… *what things sever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

Keep prayed up

Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty (II Corinthians 6:17-18).

In these wonderful verses you are told to come out from the mass mind and do your own thinking. You are told specifically not to touch the unclean thing, which means you are not to mentally dwell upon murder, hate or indulge in any form of negative thinking. On the contrary, you are to keep prayed up, which means that you constantly identify mentally and emotionally with the eternal verities of life, which are always the same yesterday, today and forever. As you keep prayed up, you won't suffer like the masses do.

God answers every person's prayer

The Living Spirit Almighty is your Higher Self. You can commune with this Presence in the silence of your soul. This is where you walk and talk with God. You need no mediators, wine or wafers—only your own thought. Your thought mediates between the Invisible and the visible, and as you continue to contemplate the eternal verities, you will experience holiness which, as previously explained, means perfect health, harmony, peace and the life more abundant.

The trouble with millions of people is that they are downright lazy and indolent. All the powers of God are within them and they rarely, if ever, contact and utilize these powers. All of us know we are free to travel the highway. Murderers, thieves and holy men can travel the same highway. This is to remind you that God is no respecter of persons. The law is impersonal, and that applies to all laws. The highway is open to all; so is God open and receptive to all who call upon Him. God will answer the prayer of the atheist who says there is no God.

In other words, God answers every person's prayer according to that person's faith and belief in the heart. No one can block your contact with God. You don't need any ritual, ceremony or rite. You don't have to belong to any organization or believe in some creed. As you turn to this Divine Presence, It will respond to you.

For the Lord is good; his mercy is everlasting; and his truth endured to all generations (Psalm 100:5).

True thinking

The Law of Averages refers to the way the mass mind thinks. There are over four billion people in the world today, and they are all thinking into the one mind. It is safe to say that most of their thinking is very negative. There are, of course, a great number of spiritually oriented people who are thinking constructively, but they are in the minority.

The mass mind believes in sickness, disease, war, misfortune, crime, poverty, accidents, and calamities and catastrophes of all kinds. Moreover, millions of people are full of jealousy, hate, resentment, envy and hostility. These mental poisons bring on all manners of turmoil and conflict in the individual and collective lives of people. If you do not do your own spiritual thinking, the mass mind, called the Law of Averages, does your thinking for you.

True thinking is free from all fear, worry and negative activity of all kinds. We are all immersed in this mass mind, and we must establish counter convictions to all the false beliefs and destructive thoughts of the mass mind. If you were 100% vigilant in the sense that all your thoughts and imagery were based on spiritual principles and Divine truths, then you would be completely immune; but I doubt if anyone walks In that state of consciousness all the time. Therefore, undoubtedly, the negative mental atmosphere of the mass mind impinges on the subjective mind of all of us.

He learned the latent powers within him

A salesman who attended my lectures and special classes in Los Angeles from time to time was not making ends meet, was down on himself and felt inferior to all the other salesmen in his company. At my suggestion, he began to affirm:

> "I am a son of the Living God, and I am expressing more and more of God's light, love, truth and beauty. I am a tremendous success in all my endeavors and my sales are improving every day in a

wonderful way. Every time I visit a customer I affirm silently, 'The Spirit (God) in me salutes the Spirit (God) in you. It is God talking to God, and the result is harmony, peace, Divine understanding and right action between us.'"

This was his prayer night and morning. He affirmed and reiterated these truths three or four times out loud night and morning, knowing that these meaningful truths would sink into his subconscious and activate the latent powers within him. He learned and understood that his subconscious mind would accept what he sincerely believed in his conscious mind. The subconscious accepts our convictions and what you predominantly think and believe.

In a month's time his whole life became changed. He established wonderful relations with his customers, sales improved and he no longer felt inferior. He continued to contemplate himself as a son of the infinite, while at the same time recognizing the Divinity in everybody else. He stretched forth his hand and manifested the Power of the Infinite within him. His constant affirmation is:

"I can do all things through the God-Power which strengthened me."

You can't storm the gates

The Infinite Healing Presence indwells all men and women. Everyone has the gift of healing, for God is the reality of everyone. This is how you can pray for healing for a loved one or a friend: Feel the Presence of God, which is the Presence of vitality, wholeness, power, intelligence, peace and harmony, permeating his whole being, functioning in him and through him. Realize that he or she is being Divinely watched over. The other person may not know about it. You accept what you affirmed and believe it.

Praying for another is thinking of the qualities and attributes of God. Get interested, not tense, e.g., if you are on a train, bus or subway and you see a sign and read the subject matter, you become very interested. Likewise, become very interested in the Divine Healing Presence, and as you rise in consciousness, you will have power.

You can affirm that he or she is being healed now. Feel the Presence of God there and realize that he or she is now externalizing the vitality, wholeness, power and intelligence, which Pure Spirit is. Believe it, accept it, and then leave it. If you think of the person later on, do it again, as if you had never prayed before for that person. If it is someone close to you, do it several times a day.

The healing may come slowly or quickly, according to your faith or belief. That is called in the Bible "sending your word, your thought and your feeling to the other." The person for whom you are praying receives your affirmation. The result is that the sick person's subconscious mind becomes thoroughly imbued with the realization of its own healing power; and according to the law as of the subconscious mind, the latter brings forth into external manifestation that which is impressed upon it. Thus, health is substituted for sickness.

Remember, however, when you pray for another you must never be in a critical mood or a tense state of mind, for you can't storm the gates.

. . . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15).

Nothing is forever

Remember, your mental attitude, your real inner conviction, is always made manifest. You do not pretend to be vital, strong and healthy when you are sick. Admit your sickness. Realize that nothing is forever and that you can and will overcome the condition through your knowledge of mental and spiritual laws. It is foolish to pretend you are getting better when obviously you are getting worse. There is no use trying to mesmerize you by calling black "white."

You turn away from the problem and contemplate the Healing Power of God and His guidance; and as you cleave to that positive Truth, conditions will improve. When the outer condition improves, you are on the right track.

Remember that if, after prayer-therapy, the outer picture does not change in a reasonable time (hours or days), you are deceiving yourself. You are not working correctly. When the outer condition is changing, you are getting results.

Cease all excuses and prevarications of any kind, because when you pray, health springs forth speedily. Lessening of the pain and disappearance of the condition tells the story. This is the Truth which sets you free.

Wherefore by their fruits ye shall know them. (Matthew 7:20).

Do not build a prison in your mind

The captain directs the ship. He does not feel that he is a victim of the seas or is at the mercy of the waves. He understands the principle of navigation and controls and directs his destiny, moving towards his goal in life. He does not worry, fret and fuss about chance, fate or accidents. He plans for victory at all

times.

You are created to win, to triumph, and to conquer. You should never dwell upon failure, loss, lack or limitation of any kind. To do so is to build a prison in your mind, thereby leading a limited and circumscribed life, a sort of miserable existence. You are placed here to go forward and never retreat.

Napoleon said that "imagination rules the world." He became a famous general and a marvelous strategist. He imagined victory and focused his mind exclusively on the triumphant end, becoming master of Europe.

Historians inform us that before the battle of Waterloo, he planned a retreat in case he lost the battle or the battle tide turned against him. He had to use it because he built a retreat in his mind, and that which he greatly feared came upon him, just as Job had pointed out thousands of years ago.

Napoleon's belief

Another interesting aspect in the life of Napoleon was that he held in great awe and respects any man with a long nose. This was a sort of superstitious belief. In all probability, the belief went back to his childhood when some relative told him that men with long noses had some superhuman qualities and were Divinely gifted with extraordinary insights and wisdom. In other words, he transferred the power within himself to men with long noses. He created failure in his own mind and he experienced it, for Wellington, who defeated him, had a very large nose.

. . . There is no power but of God; the powers that be are ordained of God (Romans 13:1).

What is impressed on your subconscious is expressed

There is the universal law of action and reaction: What is impressed on your subconscious is expressed. When you build an airplane, an automobile or a bridge, the engineer conforms to universal principles. The wheels of your car have to be round; otherwise, you are in trouble. You would not navigate a ship except you learned the laws of navigation. Look at the engineer building a bridge. He operates according to the principles of mathematics, calculating the stress and strain of materials used, the load the bridge is supposed to bear, etc. In other words, the man who navigates an airplane learns the laws of navigation and lives by them. Emerson said that nothing can bring you peace but the triumph of principles. When you learn the laws of life and practice

them, you will develop a sense of security.

Ancient prayer

There are a great number of people who are what might be termed mental hunchbacks. They feel insecure, inadequate and frustrated. Usually they are down on themselves and suffering from self-criticism and self-condemnation. Their tendency is to project their shortcomings on to others.

You can easily reject their statements and attitudes. You understand their problem: bless them and walk on. This ancient prayer will solve many problems for you:

> *"God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."*

It is better to enter a life of goodness and fulfillment

A lady said to me that she was unhappy, frustrated, had gone through three divorces, was fifty years of age, had written many articles and is in demand as a speaker before women's clubs, but none of her writings had been published. She added, "Maybe a jinx is following me, but in any case I know something is wrong with me." This was the essence of her conversation.

I suggested that it is far more important for her to give up her abnormal fear of evil powers working against her and that it would be far more wonderful and interesting for her to enter a life of goodness and fulfillment. All she had to do then to improve the situation was to direct her attention to that which is good, constructive, harmonious and prosperous, ignoring all the rest.

Accordingly, she performed an experiment for a month, at which time she was to report the results. She deliberately turned her attention to the desirable elements in her life, claiming: "Infinite Intelligence opens up the way for my writings to be accepted. I am happily married, I am divinely active, and I am divinely compensated. I have a marvelous income consistent with integrity and honesty. I am giving of my talents in a wonderful way. I am appreciated, I am wanted, and I am needed. It is wonderful!"

She adhered regularly to these great affirmatives, redirecting her attention on the constructive side of life. Before the month was over, she advised me that out of the blue sky, recognition came. She was invited to be an assistant to a publisher, and her writings shortly thereafter were all published. Many people became cooperative chiefly on account of her changed attitude. Formerly, she

said, they would not have endured her.

She is no longer possessed by limitation, but instead the idea of abundance rules and governs her mind. She is happily married. The enthusiast is a person who is first possessed by a dream, an ideal, and then after a while the dream possesses the person, who is no longer governed by the past.

There is an old poem that illustrates what we have been talking about:

Mind is the master power that molds and makes
And man is mind, and ever more he takes
The tools of thought, and shaping what he will,
Brings forth a thousand joys, a thousand ills.
He thinks in secret and it comes to pass,
Environment is but his looking glass.

Do we judge according to appearance?

And if any man hear my words, and believe not, I judge him not; for I came not to judge the world, but to save the world.

He that rejected me, and received not my words, hath one that judged him: the word that I have spoken shall judge him in the last day.

Do we see men as beggars? If this is true, we have clothed them in rags. They are Kings walking the King's Highway! Let us clothe them with the garment of salvation and the robe of righteousness. The beggar will be transformed; he will not be at the street corner.

Are we capable of interpreting that which we see? Or do we judge according to appearances? Objective appearance is not always true. Let us call James the Less to discipleship, and let our judgment be as the noon day—noon casts no shadow. I stand on my shadow; therefore nothing comes in my way to deflect me from judging righteously. No shadow must cross our path—the world of confusion shall lay rejected.

We never judge after the flesh, which means after the appearance of things. Our judgment shall be righteousness, which is: wholeness and perfection—perfect God, perfect man, and perfect Being.

Our judgment, our convictions, must always be wholeness, completeness and perfection. How would we judge our fellowman? If we have a realization of perfect health for him, we are judging righteously. When we contemplate the

spiritual perfection of man, the physical counterpart must appear on the screen of space.

To judge

The Bible says: *Judge not according to the appearance, but judge righteous judgment* (John: 24).

To judge is to separate that which is false from that which is true. In other words, you come to a decision in your mind regarding the truth or falsity of any thought. To affirm the good and the true is righteous judgment and brings harmony and peace into your life.

If a man is sick or crippled, you don't deny the evidence of your senses, but you go to the Infinite Healing Presence within you and affirm wholeness, vitality and perfection for him. You see him as he ought to be—happy, joyous and free.

The sanctimonious type

A well-educated woman working in a very prestigious office complained that she was very upset, troubled and annoyed by the frightful, immoral lives her co-workers seemed to be leading. Some of the girls were married and had extra boy friends. The married men had mistresses and openly flaunted infidelity. This woman felt very self-righteous. She was the sanctimonious type, sometimes referred to as being disgustingly holy.

I explained to her that she does not control the lives of her associates, and if some of them had cancer I'm sure she would not be upset and worried, but compassionate. Or, if some of them had tuberculosis or were crippled or lame, undoubtedly she would want for them health and happiness. Some people have twisted and distorted minds, and the only thing for her to do in that case was to overcome her condemnation of them and pray for them. In that way she would overcome her anger and hostility. Marcus Aurelius said, "Where there is no judgment, there is no pain."

She was to cease passing judgment on them, because whatever bitter thoughts she had about them were created in her own life and highly injurious emotionally and physically to her, leading to all manner of physical troubles. She began to pray for her associates every morning and night, as follows:

> "All my co-workers are known in Divine Mind. God is guiding them. Divine love fills their minds and hearts. God's river of peace saturates their whole beings. God loves them and cares for them, and I radiate love, peace and goodwill to all of them."

I explained to her that when the angry, resentful thoughts came to her mind, she was to immediately supplant them with spiritual thoughts, such as "God loves you and cares for you." This new attitude healed her of her self-righteousness, sense of condemnation and criticism. She completely recovered and discovered the value of praying for others, enabling her to get outside herself and drop all the negatives from her mind.

Tennyson said:

> For how are men better than sheep or goats
> If, knowing God, they lift not hands in prayer,
> For those they love and those who call them friend,
> For so the whole round earth is every way
> Bound by gold chains about the feet of God.

Emperor Marcus Aurelius, the famous Roman philosopher and stoic, said: *"Whatsoever any man doth or saith, thou must be good; not for any man's sake, but for thine own nature's sake; as if either gold or the emerald, or purple, should ever be saying to themselves, whatsoever any man doth or saith, I must still be an emerald, and I must keep my color."*

Consider first what hurt means

Listen to the ancient philosopher Epithets: *"Shall I not hurt him who has hurt me?* Consider first what hurt means. For if good consists in my choice of action, and the evil also is my choice of action, see if what you say is not this: what then? Since that man has hurt himself by doing an unjust act to me, shall I not hurt myself by doing an unjust act to him?"

Job said: *I put on righteousness, and it clothed me: my judgment was as a robe and a diadem* (Job 29:14). Righteousness is to think right, feel right, act right and do right according to the Golden Rule and the law of love. In other words, think, speak and act from the Divine Center, and not from the superimposed structure of fear, ignorance and superstition.

Your judgment

Your judgment is your own conclusion in your mind. You are always judging in your mind, separating falsity from Truth. Your judgment from now on is that

you will see peace where discord is, love where hatred is, joy where sadness is, light where darkness is, and life where so-called death is. You will see wholeness and vitality where sickness is and God's riches where poverty is. You will begin to see others as they ought to be—happy, joyous and free.

The answer to all weakness, shyness, inferiority and the sense of inadequacy is to follow the injunction of Paul: *Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee* . . . (II Timothy 1:6).

How can I forgive?

Frequently I receive letters from men and women who ask, "How can I forgive or love those who rape, murder, steal, plunder, rob, mistreat their children and in some cases murder them?" They go on and talk about Iranians who hold Americans in hostage and treat them so cruelly.

In the Bible it says: . . . *Love your enemies, bless them that curse you. Do good to them that hate you. And pray for them, which despitefully use you, and persecute you* (Matthew 5:44). Many people misinterpret and misunderstand the real meaning of "love your enemies." You are also told that the enemies are of your own household (mind). If the thoughts in your mind are hateful, resentful, angry and full of rancor and bitterness, you are emotionally disturbed. Your health suffers, perhaps bringing on disease, such as ulcers, high blood pressure, failure in business and poor human relations.

Your real enemy

Remember a simple truth: It is your thought, created by yourself, that is the real enemy. Come to a point of decision regarding these enemies in your mind and cast them out. Consume them and burn them up with the fire of Divine love. It is foolish to assume that loving your enemies means to invite felons, rapists, murderers and dope friends into your home and entertain them, putting your arms around them and telling them how much you love them. That is absurd.

You understand why they act the way they do. They are under the compulsion of negative, destructive and irrational emotions. You understand that they are full of self-hatred and are projecting that on to others. You look upon them with a degree of comprehension and tolerance. You do not under any circumstances condone their crimes, but you understand the malignant forces operating in their minds. Furthermore, you realize that justice and punishment will prevail.

The murderers, rapists, etc., should be incarcerated so that society may be

protected. Some do-gooders who have little or no understanding of wisdom and who are on the parole boards, oftentimes release these hardened criminals to prey again on society. One such criminal freely admitted to me that he pretended to be religious and said that he was converted and born again, so they released him. That is not love. There is no love without wisdom and no wisdom without love.

Banish your enemies from your mind

More importantly, to love your enemies means to banish from your mind your fears, hates, jealousies, angers and resentments, all of which are self-created, for these are your real enemies. If these negative emotions dominate and control your mind, you can be absolutely sure to experience the result in your body, your home, your business and your relationship with others. This is the mental and spiritual law operating in all men and women throughout the world, regardless of their religious affiliations and nominal beliefs. Hunters tell us that animals pick up the scent of fear and will attack you.

When your thoughts are God's thoughts, God's power is with your thoughts of good.

"Of the soul the body form doth take, for soul is form and doth the body make."

CHAPTER 13

ACCEPT THE GIFT OF TRUTH

> Believe this truth: *Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance* . . . (Psalm 32:7).

When people ask the question: Why did God create us? So that we could err? Make mistakes? Become ill? Why good and evil? Pain and sickness?

Ignorant concepts of God

Millions of people believe in a God that sends sickness, pain, and suffering; they believe in a cruel and vindictive Deity. They do not have a good God, and, to them, God is not a loving God. Having such a weird, ignorant concepts of God, they experience the results of their beliefs in the form of all kinds of difficulties and troubles. Your subconscious mind manifests your beliefs and projects them as experiences, conditions, and events.

It is useless and foolish to say you believe in God and at the same time believe in a power to thwart the action of God. There must be no compromise, equivocation or vacillation on this point. Externals are not causative. To believe that others may mar your happiness or to accept the fact that you have an incurable condition is to foster a belief that is a thief and a robber, depriving you of health and happiness

Believe that God is guiding you. Believe in the goodness and love of God. Believe in Divine right action. Believe in Divine law and order governing your life. Believe that God is prospering you beyond your fondest dreams.

Get the right concept of God

When I was a boy, I used to listen to my uncles and aunts conversing about many things. Often, they would say, "You know, John or Mary met with that accident because he or she ceased going to church." Whenever any calamity came to people, somehow they were considered sinful and the object of the wrath or the will of God.

I often wondered what kind of a God they had in their minds. What is your concept of God? Do you know that the answer you give to that question inevitably determines your whole future?

If you think that God is cruel, vindictive, and an inscrutable, tyrannical, cannibalistic Moloch in the skies, a sort of oriental sultan or despot punishing you, of course, you will experience the result of this habitual thinking, and your life will be hazy, confused, and full of fear and limitations of all kinds. In other words, you will experience the results of the nature of your belief about God. You actually will have negative experiences because of your belief.

God becomes to you whatever you consider Him to be. Above all things get the right concept of God. It makes no difference what you call God. You may call Him Allah, Brahma. Vishnu, Reality, Infinite Intelligence, the Healing Presence, the Over soul, Divine Mind, the Architect of the Universe, the Supreme Being, the Life Principle, the Living Spirit, or the Creative Power. The point is, your belief or conviction about God governs and gives direction to your whole life.

The day of the Christ

Paul says: *Except there come a falling away first.* (II Thessalonians 2:3). This means that when the popular theories and dogmatic beliefs of the world knowledge are revealed to your mind for what they are—thieves and robbers of your happiness—then the day of Christ, or awakening to the Truth, will come to you.

It seems very reasonable for the ordinary man to believe that the things which cause sickness are outside and the things which heal are also outside. In this way he has developed the idea that he catches a "disease," not realizing that disease is an emotional disturbance which manifests itself on the flesh.

I have frequently referred to your subconscious mind, which faithfully records all your emotions. Your body is the plastic disc upon which the result is recorded. The body has no power in and of itself, but it faithfully reproduces whatever is impressed upon it. Anything you believe is indelibly written in your subconscious mind and appears in your body and affairs. All this is a part of the wisdom called Christ.

Christ is not a man

There are two languages in the Bible, and this results in endless confusion and misinterpretation. You must learn the meaning of symbols in order to understand the Bible. Paul speaks of… *Christ in you, the hope of glory* (Colossians 1:27). Christ is not a man. The statement means the Presence of God in every person. When you begin to use this Power, you come into a new

understanding of yourself.

Christ is called the wisdom which Jesus found enabling him to do great things. This knowledge is the producer of health and happiness. When you know that thoughts are things and that whatever you think and feel to be true is expressed in your life, and when you know that whatever you imagine you become, you then possess a part of the wisdom called Christ.

The Christ in you

The Christ in you simply means the practice of the Presence of God. It has nothing to do with personality. The God-Presence is no respecter of persons. The average man does not know about this Divine Presence within himself and believes that external things affect him and influence him without his consent. This attitude is called the son of perdition in the Bible, which means a sense of loss and limitation.

We are told Judas betrayed Jesus. If I betray you, you I must know your secret; the secret is Christ. Betray means to reveal; every problem reveals its own solution in the form of a desire. Judas is necessary for the drama; as through our problems we discover the Christ within—the I Am, our own consciousness—to be our Savior. The joy is in overcoming our problems. We accept our desire, symbolized by Judas (desire) kissing Jesus (act of love), Judas dies or commits suicide, and the savior (our answered prayer) is revealed or made manifest.

As long as we have the desire, we have not realized it. The moment, however, the desire dies by our acceptance or conviction of our good, a sense of peace steals over us; we are at rest. In the ultimate sense when man dies to all false belief, fears, superstitions, racial prejudices, creeds, and color, Christ is revealed, because the distilled essence of man is Christ; then he is calling forth Mazzaroth. *"Canst thou bring forth Mazzaroth?"* (Job 38; 32). The Judas (sense of limitation and bondage) in us is transformed and redeemed when we die (detachment) to all sense evidence, belief in being of a certain race, age, nationality, etc.

Is your fear real or illusionary?

We discipline Judas when we surrender ourselves to the influx of Divine Love, and consecrate ourselves to a purity of purpose. Divine Love overcomes all problems and transforms the sense man into his pure, original state. The Holy Spirit anoints us; we are resurrected, and Christ Jesus is displayed.

Ask yourself if that which you fear is real or illusionary. When you claim right action, beauty, love, peace, and Divine inspiration and harmony when these truths, powers and qualities of God are functioning in your life, that is called the Christ in you, the hope of glory.

Knowledge is what a man knows, and what man in general knows is, unfortunately, not the Divinity within. God is a synonym for good, and the contemplation of all things good brings health and happiness.

Truly, you are the Christ*! "In him there is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female."* (Gal. 3:28). We were one with God when the foundation was laid; this foundation is Christ. The only begotten Son is every man, because each man is begotten of the Only One. We must awaken to our true being and discover who we are—God walking the Earth!

Paint the true picture of Jesus the Christ

We must paint the true picture of Jesus the Christ, and not the hideous picture painted over 2,000 years ago of a man of sorrows, bleeding on the cross with a crown of thorns. Let us tell the youth of the nation the true story of Jesus; then all boys and girls will want to emulate the victor. No boy wants to be the victim.

We have been searching for "the lost word" not knowing and not realizing that when it is discovered, it would be in our own manger, surrounded by the animals, and marked by a blazing star or burning bush.

The blazing star is I Am. Jesus the man found it; be became Christed or awakened to his Godhood here and now; translated his body, and went back to the Glory which was his before the world was. He tells us about it in the 17th chapter of John; "*I have glorified thee on the earths, I have finished the work which thou gavest me to do. And now, O Father; glorify thou me with thine own self with the glory which I had with thee before the world was."* (John 14:4, 5) *Before the world was I Am. Before Abraham was I am. When all things cease to be, I am.*

Illumination comes to individuals through meditation

Someone asked me what Paul meant by… *The day of Christ . . .* (II Thessalonians 2:2). Paul is not talking about a millennium when all men will be suddenly and miraculously transformed by the Light from On High.

Illumination does not come that way. It comes to individuals through meditation, prayer and mystic visioning. No one can give it to you. It is not something that can be conveyed to you apart from your mental participation and attention to the eternal verities of life.

There must be a falling away first

There must be, as Paul says, a falling away first, which means the falling away and eradication of all false beliefs and erroneous concepts before the Presence of God is felt in the heart. As long as you are convinced of powers outside yourself that condition your life, you are full of the world's beliefs and knowledge. If you want the knowledge and wisdom called Christ in the Bible, you must give up false religious beliefs and the propaganda of the world and accept the gift of Truth in your heart now.

Your real enemies

The adversary is not really something outside you. The adversaries are fear, superstition, ignorance, resentment, jealousy, hate, self-condemnation and hostility. These negative thoughts are your real enemies, and they generate destructive, negative emotions which lodge in the recesses of your deeper mind, creating all manner of disease, lack and limitation.

Meet them boldly in your mind and eradicate them. Ask yourself: Where did these thoughts come from? Do they belong in my mind? Is there a principle behind them? What are they doing to me? Do myself not create them? You know the answer to all of these questions.

All you have to do is to quiet your mind and affirm boldly:

> "I forgive myself for generating these thoughts." Then fill your mind with these truths: "Divine love fills my soul. Divine peace flows through me. Divine love heals me. I radiate love and goodwill to all those around me and to all people everywhere."

Affirm these truths out loud for about fifteen minutes and you will expunge from your mind all the negativity. When any negative thought comes to your mind, eliminate it immediately by affirming,

> "God's love fills my soul."

It is not what is said or done to you that matters; it is your reaction to it. It is your own thought about it. You can bless the person and say,

> "I loose you. I let you go, and God be with you."

It is your own thought that makes you depressed or causes you to suffer from

what is said or done.

> *In the world ye shall have tribulation: but be of good cheer; I have overcome the world* (John 16:33).

The thing that matters is the belief of your heart

Your nominal belief about God is meaningless. The thing that matters is your real, subconscious belief—the belief of your heart. You always will demonstrate your belief; that is why Dr. Quimby said one hundred years ago, "Man is belief expressed." Millions of people conceive of a God of caprice, afar-off in the skies, who possesses all the whims of a human being. With such a concept, they are like the businessman who once said to this writer, "I would be all right if God would leave me alone." Believe that God is love, that He watches over you and cares for you, and that He guides, prospers, and loves you, and wonders will happen in your life which transcend your fondest dreams!

Canst thou bring forth Mazzaroth in his season? Or canst thou guide Arcturus with his sons?" (Job 38:32.) Our concordance gives us the key to this. Mazzaroth, the twelve powers or disciples, is in each of us. If we can call our disciples forth, and fully discipline them by prayer, by treatment, and through mystic visioning, we can answer all of these questions propounded in that favorite chapter (38) of Job.

When man is completely purified consciously and subconsciously, the distillate brought forth is the Christ, the I AM state of consciousness. Let each one determine for him if he is calling forth these faculties.

> *. . . His name shall be called Wonderful, Counselor the Mighty God, and the Everlasting Father, the Prince of Peace*. (Isaiah 9:6)

CHAPTER 14

EVERYBODY MEDITATES

The Psalmist says: *But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper* (Psalm 1:2-3).

The Bible is replete with references to meditation. To meditate, in the language of the dictionary, means to keep the mind or attention focused upon; to muse upon or over; to consider something to be done or affected; to engage in thought or contemplation; to ruminate, reflect, cogitate, study, think. That is why everybody meditates.

Meditate constructively

People all over the world meditate on old hurts, peeves, grudges, grievances, lawsuits they lost, a blowout on a lonely road, losses they suffered in the stock market and the mistakes they have made, not knowing that they are simply magnifying the troubles and reinfecting themselves all over again. If a negative thought comes into your mind, cremate it with a spiritual thought such as,

> "God is love, and His peace fills my soul."

For example, if you are dwelling on what the prophets of doom and gloom today are predicting, or if you are mentally quarreling with the boss on the job, you are indulging in a first-rate meditation which is followed by negative results. Ouspensky used to say that one's inner speech becomes solidified sound, which means that your silent conversation with yourself is always made manifest in your experience. The silent thinking and imaging, whether constructive or negative, comes forth as form, function, experience and event in your life.

A wonderful mantra

Many men and women, at my suggestion, use this mantra every morning for about 15 minutes and also at night for about 15 minutes. They close their eyes, relax on a couch, and talk to their bodies as follows:

> "My toes are relaxed, my feet are relaxed, my ankles are relaxed, the calves of my legs are relaxed, my knees and thighs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed, my face is relaxed, my whole being is completely relaxed, and I am at peace."

After relaxing their bodies in the above manner, they silently whisper to themselves for about 15 minutes:

> "God's love fills my soul."

They repeat this over and over again like a lullaby in the morning and for about 15 minutes prior to sleep. They have told me that it is a wonderful way to recharge their mental and spiritual batteries. They accomplish more. Many have told me that their blood pressure became normal, they experienced far less tension during the day, their health improved, jealousy and envy disappeared, and they became more affable, amiable, cordial and genial. The simple mantra, "God's love fills my soul," has worked wonders in their lives.

He that loved not knoweth not God; for God is love (I John 4:8). The practice of this mantra dissolves all jealousy and envy.

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer (Psalm 19:14).

As the Psalmist points out, your delight is in the law of the Lord, and the law is: You are what you contemplate. You are what you think all day long. Give your attention and devotion to the great truth: . . . *As he thinketh in his heart, so is he* (Proverbs 23:7).

It is the ideas, beliefs and opinions impressed in your subconscious mind that are projected and made manifest on the screen of space. You must incorporate the eternal truths of God in your subjective depths before they will become operative in your life. You must, therefore, practice contemplating on the great truths of God from the highest standpoint.

Follow the injunction of the Psalmist when he says: *Let the words* (thoughts expressed) *of my mouth, and the mediation of my heart* (the inner, silent knowing of the soul; your deep, abiding faith and conviction) *is acceptable* . . . (Psalm 19:14).

In other words, in true spiritual meditation, your brain and your heart must agree on what you affirm. To state it still another way, your conscious and subconscious mind must both agree; then comes the manifestation of your good. Your thought and feeling, fused together, represent the union of the male and

female elements within you, which are Divine agencies, resulting in the joy of the answered prayer.

The "Shangri La"

Kathmandu, the capital of the Himalayan Kingdom of Nepal, the "Shangri La" of the travel world, is located on the southern slopes of the mighty Himalayas between India and Tibet. This is a country that has been isolated for centuries by its rulers. Nepal has wonderful, unique sights to offer travelers from all over the world.

Nepal is famous for its scenic beauty and the glorious panoramic view of the snowy ranges. The town of Patan is lined with pagodas, the Krishna Temple and the Golden Temple, which is outstanding in beauty. Here we saw a number of elderly men meditating on the temple steps and at the entrances to the various shrines. Their eyes were closed and some seemed to be in a mystic trance.

Meditate constructively

There is no mystery about meditation. Everybody in the world meditates, but not always constructively. Meditation is as natural as eating, drinking, breathing, etc. The businessman, the scientist, the housewife and the taxi driver all meditate. Even the agnostic, the atheist and the most seemingly materialistic minded business people constantly meditate. The only difference is that they do not meditate on spiritual things—on the eternal verities, which are the same yesterday, today and forever. When you meditate from a spiritual standpoint, it is absolutely essential to practice the Presence of God.

True meditation

True meditation is a way of experiencing the Presence of God. It is the quickest method of becoming illumined, inspired and absorbed in the Truths of God and of experiencing the moment that lasts forever. This simply means that you become engrossed in God, knowing, believing and intensely confirming that the Living Spirit Almighty within you is the only Presence, Power, Cause and Substance, and that everything you are aware of is a part of the Infinite Being in manifestation.

Sit down quietly, relax your mind and focus your attention on this greatest of all truths; then you are truly meditating from a spiritual standpoint because you are mentally ingesting, digesting, absorbing and appropriating this truth into

your mentality in the same manner as that in which an apple becomes a part of your blood stream.

First class meditation having negative results

For example, John Jones gets up in the morning and picks up the newspaper, reading the headlines dealing with politics, crime and international disturbances. Many times he gets agitated and disturbed about the political situation. He gets furious at the decisions of some judges and terribly exercised about what certain columnists had written. He is so absorbed and engrossed in his mental recriminations that when his wife speaks to him, he does not hear her.

This is a first class meditation having very negative results. Know that whatever we get absorbed in or give our attention to is magnified by our subconscious. The newspaper has no power to disturb him, as the written material, which is printed in ink, has no power to irritate him or give him indigestion. It as all due to the movement of his thoughts. He disturbed himself. He could have read the newspaper dispassionately. He might be moved at times to write constructive letters to his Congressman or to the appropriate governing bodies in his city, but the newspaper and its contents had absolutely no power whatever to annoy him.

The fruits of her spiritual meditation

I received a lovely letter from a woman in Oregon who had a malignant tumor. She had been reading Great Bible Truths for Human Problems and had become intensely interested in the techniques of prayer outlined therein. She had begun to meditate on the God-Presence, reminding herself that the Infinite Healing Presence was within her and that God was boundless love, absolute harmony, infinite intelligence, omnipotent, all-wise and omnipresent. She then claimed for about 15 or 20 minutes two or three times a day that:

> "God is, and His Healing Presence is now flowing through me. Divine love saturates my whole being and God in the midst of me is making me whole and perfect now. I give thanks for the miraculous healing taking place now. It is done!"

In about a week's time she knew that something had happened, and her surgeon confirmed her intuitive perception. The tumor was dissolved, and X-rays showed nothing there. This is spiritual meditation. It produced results. You are living in a subjective and objective world, and you must show results in both phases of your life.

The moment that lasts forever

In talking about meditation during my visit to India, a man who had been a chronic alcoholic and a dope addict (he had used cocaine from time to time and told me he had even hit the gutter and had become a panhandler) related that one day he had met a holy man. (There are about two million roaming the country in India.) The holy man told him that all he had to do was to still the wheels of his mind and for about half an hour, twice a day, affirm: "Brahma's love, peace, beauty, glory and light are flowing through my whole being, purifying, cleansing, healing and restoring my soul."

He followed the instructions, knowing that he would activate and resurrect the qualities and powers of God resident in his subjective depths. He continued meditating every night and morning; and at the end of a few weeks, while meditating one night, his whole mind and body, as well as the room he was in, became a blaze of light. He was actually blinded, as was Paul, by the light for awhile. He felt an inner rapture and ecstasy and a sense of oneness with God and the whole world. His feeling was indescribable.

He had experienced what the ancient mystics called "the moment that lasts forever." He was completely healed and is teaching others how to lead a new life. He invested his mind wisely—that is real meditation.

You are what you meditate on all day long.

The late Dr. David Seabury, who specialized in Quimby's techniques, told me that while he was practicing in New York City, a man had asked him to come and see his wife, who was paralyzed due to an emotional shock. Dr. Seabury called it psychological paralysis. He gave her a technique to practice. She was to vividly imagine herself doing all the things she would do were she whole and perfect, such as driving her car, riding horseback, golfing and working around the house.

She practiced this for about 15 or 20 minutes four or five times a day, regularly and systematically. He explained to her that any image she held in her mind, backed by faith and enthusiasm, would come to pass and be objectified. At the end of a month, he arranged with the nurses to absent themselves temporarily at a time arranged by him, simultaneously informing the woman that her son would call from India at that house (All this had been arranged with the son before.)

At exactly 12:00 noon, the phone rang and kept on ringing, she knew it was

her son. The phone had been purposely placed out of her reach. She got up and walked to the phone and has continued walking for many years afterwards.

She had been very busy for a month focusing her attention on walking, riding, etc. She had expended as vast amount of mental and spiritual energy towards a specific goal of walking again. Her mental image we energized by faith and confidence in the Power within her. She had been truly meditating. Then, when she heard the phone ring, knowing her son was to call at that hour, the longing to hear his voice seized her mind and activated the Spirit within and she experienced the results of her meditation. Her thought-image was the mediator between the invisible world of Spirit (God) and its physical manifestation of walking.

Imagination is the foremost faculty of man

God created the universe and the galaxies of space by imagining He to be all of these things, and He became what He imagined Himself to be. God had to image man for man to appear.

The faculty of imagination, in the estimate of masses of the world population, and even among those who are presumed to be highly educated, has been greatly undervalued. With many, imagination has been degraded to a lower level among their intellectual powers. Nevertheless, remember that imagination is really one of the highest and most important powers within you.

Imagination is the formative power of your mind. It has creative potency.

Consider fiction writers for a moment and realize that all of the wonderful scenes they create are products of a lively imagination. Fiction, in the etymological sense, is that which the imagination creates. Poetry is a mental creation. The imagination is the image-making faculty, or that which forms an idea which is projected on the screen of space.

Imagination is the foremost faculty of man. It is a spiritual force and a creative power. The very fact that a man imagines himself to be sick is a proof that he is so, for the disease is only the effect of the misuse and the abnormal action of this creative power. If we could trace the mental history of every ailment or disease in individuals, we would undoubtedly discover the power of misdirected imagination.

You can use any power two ways. Be sure to use disciplined, controlled, directed imagination based on universal principles and eternal verities.

Imagine what is lovely, noble, dignified and God-like. Imagination combined with faith works wonders in effecting healings of all manner of diseases. In these two spiritual powers—namely, imagination and faith—we have the most important of all creative devices.

The power of faith and imagination

The late Carrick Cook, who was a minister in San Francisco for many years and an associate of the late Ernest Homes, founder of the Science of Mind in Los Angeles, once told me about a black woman who was a remarkable healer. It seems that someone had sold her a bone relic presumed to be that of a saint, and she had been convinced that when people came to her for a healing, if they would only touch that bone, they would be healed of whatever infirmity they had.

Great numbers were truly healed, but in the words of Carrick Cook, it was actually the bone of a dog. The patients who had come to her believed what she said, and their faith and imagination did the rest. Carrick Cook said a medical doctor who had examined the bone explained to her that it was part of the foot of a dog.

This shows you the power of faith and imagination, which resurrected the healing power within those who accepted what the practitioner had said. This, of course, was blind faith, as they had no understanding of how or why they were healed. True faith is the union of your conscious and subconscious mind, scientifically directed.

Your thoughts have power over your body

The most potent forces of nature act silently, with no noise. Your thoughts have power over your body. Your thoughts may be morbid, a type which generates disease; or your thoughts maybe wholesome, constructive and primitive of health. The state of thinking and feeling is the cause of the bodily condition.

Thoughts and ideas represent the underlying reality of all outward and visible objects. As you look out at the world, everything you see, such as the starry heavens, the mountains, seas, lakes, trees, etc., are the thoughts of God. By studying nature, we communicate with the Infinite, in the same way as we do with the ideas of an author by reading the words of his book.

Whatever a man consciously creates or invents is always first a thought in

his mind, an idea clearly formulated in his mind, before it is shaped into an objective, or external thing. For example, the house you live in, the automobile you drive or the airplane in which you fly first exists in the mind of man. The picture is in the mind of the painter, and the wonderful statue you admire was first an idea in the mind of the sculptor.

Plato taught that everything exists in ideas or thought images in the mind before it can have external realization. There are false ideas and true ones, a right and a wrong way of thinking. A false or fallacious idea can manifest itself in the body as disease. Fulton's idea became manifested as a steamboat and Morse's idea into a telegraph. A factory or large department store is the thought of an entrepreneur condensed into objective manifestation.

People are waking up to the influence of ideas, imagination, faith and feeling over the corporeal condition and all the physiological functions of your being.

Your imagination may act as a medicine or as a poison

There is no part of the body that is not under the dominion of the mind and that cannot be influenced by an intelligent voluntary action. I knew a man in India who could suspend the pulsation of his heart at will. This capacity is well known in research circles today.

There were other teachers at the Ashram who could perspire at will. Others were able to contract or dilate the pupils of the eyes as they wished. They said that all they had to do was to think of a very dark place and the pupils of the eyes would dilate. When they thought of a very bright spot the pupils of the eyes would contract. For example, if you think of something sour, such as lemon juice, it affects your salivary glands and causes your mouth to water.

Thus, an idea, a thought, an imagination, may act as a medicine or as a poison. *For as he thinketh in his heart, so is he* . . . . (Proverbs 23:7). This is one of the wisest things Solomon ever said. In your subconscious mind reside all the active, vital powers. Given a certain mental sate, a corresponding bodily condition follows with the unerring certainty of the law of cause and effect. There is a power in thought over all the organs of our body that is not recognized by the masses.

To live truly means to think truly and to discern the truth. It is important to bear in mind that imagination is a mode of thought, and every idea in the mind tends by its inherent nature to an actuality in the body. The only living force of the body is the mind.

Meditation for richer living

The meditation below has performed wonders for people for richer living and continuing prosperity:

> "Today I am reborn spiritually! I completely detach myself from the old way of thinking and I bring Divine love, light and truth definitely into my experience. I consciously feel love for everyone I meet. Mentally I say to everyone I contact, 'I see the God in you and I know you see the God in me.' I recognize the qualities of God in everyone. I practice this morning, noon and night; it is a living part of me."
>
> "I am reborn spiritually now, because all day long I practice the Presence of God. No matter what I am doing—whether I am walking the street, shopping or about my daily business or whenever my thought wanders away from God or the good, I bring it back to the contemplation of His Holy presence: I feel noble, dignified and God-like. I walk in a high mood sensing my oneness with God. His peace fills my soul."

The Om Mantra

In the East, the word "Om," which in our Bible is called I AM, means Being, Life, God, Awareness, the Living Spirit Almighty. Many repeat the word "Om" over and over again as a chant. You can repeat "I AM" to yourself over and over again; and as you continue, you will find an inner peace and tranquility.

A mantra can be a verse from the Bible, a word, a hymn or the sound "Om" repeated over and over again. "The Lord is my shepherd" is a good mantra. It is much better to know the meaning of what you are affirming than to use a mantra blindly without knowing what you are saying. Your repetitions will get no real result without meaning. If you want to grow spiritually you should know what you are doing and why.

There must be meaning and feeling behind the verse, mantra or word.

You can use the word "peace," repeating it for 15 or 20 minutes, and you will become very peaceful, relaxed, serene and calm. Another wonderful mantra is "God is love." A businessman told me that at the suggestion of a professor of psychology, he took the word "Coca Cola" and repeated it to himself for 20 minutes twice a day. He said his blood pressure dropped, his digestion improved, and he felt relaxed and more peaceful. The psychologist had wanted to point out to him that any word used over and over again would bring relaxation of mind and body, resulting in better circulation, digestion, and the release of more energy.

He produced a quiet mind by focusing on one word. Likewise, you can take

any word, such as "insight," and repeat it and get the same results. The one word, "Coca Cola," may well bring about the bodily changes mentioned; but that is not really spiritual growth, because to meditate spiritually, you must appropriate more and more of Divinity and become a more God-like man.

The vessel is your mind

Before you meditate spiritually, forgive yourself completely for any negative thoughts and resolve not to harbor them again. Furthermore, forgive everybody else by radiating love and goodwill to them while wishing for them all the blessings of life. You will always know when you have forgiven everyone, because you can meet them in your mind and you no longer sizzle; you are at peace. You would not pour clean water into a dirty vessel. The vessel is your mind. You don't expect the Holy Spirit to flow through a contaminated mind. Resentment, self-condemnation, hostility and ill will block the flow of good into your life. Meditate the right way. *And when ye stand praying, forgive, if ye have ought against any* . . . (Mark 11:25).

The wise learn to look inwardly

Most of us live life looking outwardly. The wise learn to look inwardly. The disciplines of looking inwardly are termed together "meditation." Detachment is the key to meditation; that is, severing us completely from all worldly beliefs and opinions, focusing silently on our ideal state. It is the effortless-effort which causes us to flow towards that which we realize without conflict. Detachment does not mean that we give up our earthly possessions, which are necessary for our survival; but, rather, we must give up possessiveness in ourselves by realizing that God possesses all and that we are stewards of the Divine, handling what we possess wisely, judiciously and constructively. We must not give up what we have, but rather give up the attachment that peculiarly limits us to a human viewpoint in all matters.

The discipline of looking inwardly is meditation.

What we understand we do naturally; what we do not understand we force ourselves to do. Students so often tell the teacher how hard they have tried. The very effort meant failure, for meditation is always effortless. Tension, exertion, and force are fatal and will only result in failure.

An excellent way, for example, to still the mind is as follows: Imagine yourself on a mountaintop, looking into a lake. In the placid surface you see the sky, the stars, the moon, and those things above the earth. If the surface of the

lake is disturbed, the things seen are blurred and indistinct. Thus, it is with you, if you are not "still"—not at peace.

The pilgrimage within

And the answer to prayer comes only to the man who dwells with all tranquility on the joy of already having received that for which he prayed. Meditation may be called the internalizing consciousness; it is the pilgrimage within to the Divine Presence.

Half an hour a day on meditation

Half an hour a day spent on meditation upon your ideals, goals and ambitions will make you a different person. In a few months' time the gentle, silent acknowledgement comes that God is within you; that the Spirit of the Almighty is now moving on your behalf and that which you long to be, to possess and to do is already a fact of mental acceptance.

Man actualizes this state by feeling the thrill of accomplishment and when he has succeeded, he will no longer be worried, anxious or apprehensive. Moreover, he will not ask anyone for advice, because he will be under compulsion to do that which is right. His subjective mind compels him to take all the necessary steps for the completion of his goal or objective.

After prayer, if a man is still doubtful and he begins to argue with himself as to which course to pursue, it means that he has not fixed the desired state in his subconscious. For I say unto you, *among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he* (Luke 7:28).

This means that any man who prays successfully and who touches reality by getting into the proper mood or feeling is greater than the wisest man alive.

CHAPTER 15

FAST FROM THE POISONED FEAST OF THE WORLD

He that loved not knoweth not God; for God is love (I John 4:8).

Put God first in your life and give all honor, power, and glory to Him; then you really are giving birth to the Christ Child in the "stable" of your own mind.

Fast and pray

> *Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?* (Isaiah 58:6).

The oppressed are your unfulfilled desires and unattained ideals in life. We let them go free by realizing that God flows through us fill up all the empty vessels in our lives. It is as easy for God to do this as it is to make a blade of grass.

The yoke that we break refers to the fears and limitations held in our subconscious mind. These are removed by filling your subconscious with the truths of God, thereby cleansing the deeper mind in Divine order.

The fast spoken of in the Bible means to refrain from thinking of ideas and concepts which do not conform to the eternal verities. Fast from thoughts all thoughts, ideas and beliefs that are not in the beam of God's broadcasting.

Learn to fast from the poisoned feast of the world. Real fasting is psychological, as when you turn your attention from false suggestions and erroneous concepts of God, and instead, feast on the eternal truths which heal, bless and dignify your soul.

Let God guide, direct and govern your life

Man is considered dead when he is dead to joy, faith, hope, and love. Resurrect joy, faith, love, and goodwill now, and pour out the perfume of His Presence to all. Claim that the miraculous healing is now transforming your whole life, and miracles will happen in your life.

A man said to me that he could not experience a sensation about something he has not experienced. Suppose I told you the most wonderful thing happened, and yet did not tell you what it was, but held you in suspense for several minutes, building up the wonderful thing. Could you not experience joy and

expectancy? Of course, you could. You can enter into a feeling regarding the happy ending of a protracted law suit.

Praying is the same thing. You pray for something you have not yet experience, but you accept the reality of the idea or thought-image in your mind, knowing that an Almighty Power will bring it to pass.

Blind faith gets results

I had an interesting talk with a man who had returned from Israel. He said his father had been suffering from what is called terminal cancer. This young man constructed a story about how he had obtained a piece of the true cross from a monk in one of the monasteries in Israel, for which he paid five hundred dollars. His father, who is a devout Catholic, believed his son and was overjoyed. He placed the object on his abdominal area overnight, and of the amazement of his doctor, X-rays showed that the affliction had disappeared.

The subconscious had responded to his blind belief. The cross was a piece of wood the son had picked up from a tree. His father believed and was healed. You might call it an instantaneous cure by his father's blind belief in the magic power of the touch of the true cross.

Do not try to shake people's belief or give them a new philosophy of life when they are not ready to receive it. It's their crutch, and if you take away their crutch they fall.

God is your guide

God is your guide. The God-Presence will teach you new things utterly beyond the compass of your present understanding, enabling you to do the so-called impossible. *For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace.* (Isaiah 9:6).

This scriptural passage means that once you contact the God-Presence within and call upon the Divine wisdom to direct and govern all your affairs and undertakings, you will find that all of your ways will be ways of pleasantness, and all your paths will be paths of peace. The government of your life will be a government of Divine ideas mothered by Divine love. Pray regularly and systematically as follows:

"God is guiding me now in all ways. Divine law and order reign supreme in my life, and Divine

love fills my soul. Divine success is mine now. Divine right action is mine. Divine intuition reveals to me everything I need to know to solve all problems. Divine wisdom governs all my plans and purposes."

"Having established this Divine Government over my mind, body, and affairs, I know that I am guided, protected, and prospered beyond my fondest dreams. This new Government which I have installed this day solves all problems, wipes away all tears, and sets me on the high road to happiness, freedom, and peace of mind. I have now thrown away the old calendar. God is the Eternal Now, and my new birthday is the realization of the power of God in me."

Locked within you is the Presence and Power of God—all of the attributes, qualities, and powers of God are latent within you, waiting resurrection. Isaiah says, *"The people that walked in darkness have seen a great light; they that dwell in the land of the shadow of death, upon them hath the light shined."*

Follow it!

Thou wilt keep him in perfect peace, whose mind is stayed on thee . . . (Isaiah 26:3).

God is the Great Counselor. If you are worried, perplexed, or confused, e.g., if you do not know whether or not to take some important step, to accept a proposal, to sign a contract, to get a divorce, to accept a new position, to dissolve a partnership, or to take a trip to Europe, or to trust some individual to say a certain thing in court, let God—the Great Counselor—guide you. Affirm:

"I will follow the lead which comes."

As you do this, an idea will well up in your mind and you will recognize the answer. An over-powering hunch may come, or a persistent feeling will develop in a certain direction—follow it.

Remain faithful to the end, every step of the way

A few nights ago I gave a lecture at Dr. Blitzer's Church of Religious Science in Hollywood. The subject, "The Wisdom of I Ching." After the lecture an old friend who was present told me that her husband had been promised by his brother a sum of money and that he would send it immediately. This would have solved his acute financial problem. The letter was to be sent air mail, and he expected it in a few days. When he failed to receive the letter, though, he became terribly depressed and allowed despair to overwhelm him, which brought on an acute heart attack. The next day the letter arrived Special Delivery Air Mail.

He had permitted anxiety to control him. Had he remained quiet, still and relaxed, trusting in the Divine Presence, he would have realized that the letter

was on the way. When his wife showed him the letter and the contents, he had a marvelous and rapid recovery. His physician said that his brother's letter was the best medicine. Remain faithful to the end, every step of the way. There is always an answer.

You cannot run away from the world

The Bible says: . . . *In the world ye shall have tribulation: but be of good cheer; I have overcome the world* (John 16:33). The world does not refer to material objects such as sticks and stones, trees and lakes. The world is the mass mind with its confusion, hate, jealousies, conflicts, dreams and aspirations, the good and the bad, and wars and strife. In other words, it is the thinking, acting and reacting of four billion people.

All of us are immersed in the mass mind, or law of averages. There is no use in getting excited, agitated and perturbed about the conflicts in the world. Furthermore, you cannot run away from the world. You can rise above it by thinking spiritually, constructively and harmoniously.

Adopt an attitude of victory and triumph, and claim boldly: "God in the midst of me is guiding me, prospering me and giving me strength and power to overcome." Radiate love and goodwill to all. Claim poise, balance and equilibrium. As you claim these truths regularly, you will move through the maelstrom of this world's thinking into the experiences of satisfaction, contentment and accomplishment.

Overcome challenges and difficulties

A young nurse said to me after the service at the Saddleback Theatre in Laguna Hills that she had received her first appointment in a medical clinic but that there were constant complaints, interruptions, strife and contention. She was vexed and said to me, "The situation seems impossible. I can't stand it."

I suggested to her that it would do her no good to run away; that she was there to meet the challenges and difficulties and overcome them. Complaints, interruptions, contention and upset people are a part of the job. She listened and decided to remain calm and affirm frequently, *"None of these things move me* . . . (Acts 20:24). I am here to conquer, to serve, to radiate love and understanding and to gain experience."

She discovered that her changed attitude changed everything. She moves in the clinic now with a quiet mind… *In quietness and in confidence shall be*

your strength . . . (Isaiah 30:15). She discovered that the power of transcendence over turmoil and vexation was within her. She found there was a power within her greater than any situation. *Greater is he that is in you, than he that is in the world* (I John 4:4).

Your own thoughts and concept of yourself determine your future

You are told in the 91st Psalm: *He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honor him* (Psalm 91:15).

Everybody meets with difficulties, challenges, problems, strife and contention as an inevitable part of experience here on earth; but the man or woman who realizes that every problem is divinely outmatched wins victories and knows that joining up with the Infinite presence and Power brings about the joy of the answered prayer. Your knowledge of the Divine Presence within you forms the basis of faith and peace of mind. Man is forever blaming conditions, events and circumstances rather than looking within himself and realizing that he becomes what he thinks all day long. Your health, happiness and prosperity are not predicated upon events and actions of others but upon the way you think and feel. Your thought and feeling control your destiny. Remember, you are dealing with your own thoughts and your concept of yourself, which determine your future.

Spend some time contemplating things Divine

Contemplate the Living Presence of God within you. Realize you live, move and have your being in this Infinite Presence and Power. As you do this frequently, you will find yourself sustained, strengthened and protected in all your ways. Spend some time every day contemplating things Divine. Remember, it is not running to and fro but accomplishment and achievement that counts.

Every morning when you arise, give thanks for your many blessings and live in the joyous expectancy of the best, claiming it is the greatest day of your life because your Higher Self is revealing to you better ways to serve and grow spiritually. At night prior to sleep wrap yourself in the mantle of God's love, forgiving yourself for any errors of the day, and go off to sleep with the praise of God forever on your lips.

Mentally ready

You can be and you can do what you want to be and do if you are mentally ready. Your great opportunity in life is really your mental acceptance and readiness.

Remember a simple truth: Whenever you are mentally ready, you will find that everything else is also ready. In the early days of America, the Pilgrims could have used the telephone, radio, automobile, cinemas, airplanes, etc., but they were not mentally ready. They believed that the horse and buggy was the only means of transportation. Moses, Elijah, Buddha and all the ancient teachers could have used radio and television to dramatize and portray the great truths of life had they been mentally receptive and ready.

The laws of nature never vary, however, and were the same then as now, but the minds of the ancient seers and prophets were not ready for these inventions. Supply and demand are one, but you must supply mental readiness and the answer will then come to you in Divine order.

He gave of his talents in a wonderful way

I conducted a memorial service for a man who was 104 years old. His widow said that as far as she could recall, he had never been sick, but the night prior to his transition, though, he had told her that he was going on to meet his loved ones. He then passed on in his sleep. His widow said that every morning of his life he had read out loud the 91st Psalm, emphasizing the phrase; *with long life will I satisfy him . . .* (Psalm 91:16). *He emphasized the following statement also: Thou wilt show me the path of life . . .* (Psalm 16:11). *Keep thy heart with all diligence; for out of it are the issues of life* (Proverbs 4:23).

Life to this man meant a life of happiness, achievement and usefulness. He enjoyed life and gave of his talents in a wonderful way. The long life spoken of in the Bible is a long period of joy, freedom, peace and accomplishment. The abundant life comes to all when they keep and practice the Golden Rule and put God first in their lives.

It is written: . . . *All things work together for good to them that love God . . .* (Romans 8:28).

CHAPTER 16

AN ATTITUDE OF COMPLETE RELIANCE

The answer to all the problems of the world is to follow the injunction of the Bible: *Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths* . . . (Proverbs 3:5-6).

It is said that there are two sides to every question, but only one right side. You must learn what the right side is in order to know the Truth. Emerson said, in his essay on Compensation: " . . . for inevitable dualism bisects all nature, so that each thing is a half, and suggests another thing to make it whole; as, spirit, matter; man, woman; subjective, objective; in, out; upper, lower; motion, rest; yea, nay."

There are light and darkness, ebb and flow, in and out, sweet and sour. Darkness is absence of light. There is heat and there is cold, but from the standpoint of absolute Truth, there is no cold. All opposites are reconciled in the Absolute. There are health and sickness, but in the Absolute all is wholeness, beauty and perfection. The positive value is light, health and love. The opposites are portrayed in our experiences so that we may learn the significance of the positives. Without the opposite or negative to background the positive, we would not become aware of the latter in its true significance.

How would we know what joy was
Until we could shed a tear of sorrow?

We know things by contrast, by comparisons. How would we know what joy was unless we could shed from time to time a tear of sorrow?

We are sentient beings, and we recognize colors because of their different light vibrations. Infinite differentiation is the law of life. True scientific knowledge recognizes the opposites in life. The good has its opposite in order that we may choose the good and reject the negative. To choose and understand the good in life is called wisdom. Wisdom knows what is right and what conforms to universal truth.

Two languages

We might say that there are two languages. The Bible is written in a secret language of parables, allegories, metaphors and figurative language. The world speaks another language, and millions take the Bible literally. Laws of the country are written in English, but there is constant controversy among lawyers as to what they mean. The Supreme Court is divided as to the meaning of parts of the Constitution, yet it is written in English. The politicians in California say the tide is turning for them. They do not mean that literally, although I suppose some may take it that way.

The two realities

There are two realities: the external world to which you react and the inner world of thought, feeling and imagery. The secret is to reconcile the opposites and experience peace and equanimity. The man or woman who looks out through the eyes of hatred and resentment colors everything he sees and hears with that attitude of mind, and his relationships with people and events generally result in chaos, suffering and misery. If, for example, you pour a teaspoonful of black ink or some indigo dye into a gallon of distilled water, you color the entire contents.

Your consciousness determines your relationship with the external world and with other people. Your state of consciousness is the way you think, feel, believe, and whatever you consent to mentally. This attitude of mind is definitely and positively the cause of all your experiences in life. Your associates and acquaintances react differently to life's experiences based on their attitudes, beliefs and inner emotional espousals.

The following ancient saying sums it all up: *"What thou seest, man, that too become thou must, God if thou seest God and dust if thou seest dust."*

Looking at the two sides

There are two sides to a divorce question, just as there are two opposing viewpoints to every proposition, whether political, religious, concerning human relations, or whatnot. There are two ends of the stick and an inside and outside to yourself and everything else in the universe.

A woman may come to see you and tell you all the reasons why she wants a divorce. What she says may sound plausible and logical. A few hours later, her husband, not knowing that his wife had come to see you, may visit you and tell you all the reasons why he wants to preserve the marriage. He may also sound logical and reasonable in his conclusions. Both of them cannot be right, but

each one is looking at the situation from his or her individual viewpoint.

Many times these couples seeking a divorce will tell you that a marriage counselor had told them that they had to adjust to reality, and they are confused by the word reality, which relative and based on the person's attitude towards life in general. There is Divine Reality, for example, which refers to the Changeless Being called God, Which never changes. But the world in which we live is constantly changing its standards, mores and mode of living.

What both the husband and wife really want is peace, harmony, love, understanding and goodwill. If each of them will sincerely pray for these qualities, they will either be drawn closer together or find their highest happiness apart. Infinite Intelligence will solve the problem for them.

Thou wilt keep him imperfect peace, whose mind is stayed on thee . . . (Isaiah 26:3).

It does not work that way

Man sometimes uses his mind to oppose his good. He has a vivid imagination of things that he does not want. Oftentimes man is looking at obstacles, delays, and difficulties in his mind and he is vividly picturing these things. Then he turns around and says, "God can help me out of this problem." It does not work that way.

An attitude of mind

The prime condition which Jesus insisted upon was faith. Over and over again you read in the Bible, *According to your faith is it done unto you.* If you plant certain types of seeds in the ground, you have faith they will grow after their kind. This is the way of seeds, and trusting the laws of growth and agriculture, you know that the seeds will come forth after their kind. Faith as mentioned in the Bible is a way of thinking, an attitude of mind, an inner certitude, knowing that the idea you fully accept in your conscious mind will be embodied in your subconscious mind and made manifest. Faith is, in a sense, accepting as true what you reason and senses deny, i.e., shutting out of the little, rational, analytical, conscious mind and embracing an attitude of complete reliance on the inner power of your subconscious mind.

And when he has come into the house, the blind men came to him: and Jesus saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord. Then touched he their eyes, saying, according to your faith

be it unto you. And their eyes were opened; and Jesus straightly charged them, saying, see that no man know it.

A time-honored technique of healing

In the words according to your faith be it unto you, you can see that Jesus was actually appealing to the cooperation of the subconscious mind of the blind men. Their faith was their great expectancy, their inner feeling, their inner conviction that something miraculous would happen, and that their prayer would be answered, and it was. This is the time-honored technique of healing, utilized alike by all healing groups throughout the world regardless of religious affiliation.

In the words *see that no man know it,* Jesus enjoins the newly healed patients not to discuss their healing because they might be subjected to the skeptical and derogatory criticisms of the unbelieving. This might tend to undo the benefits they had received at the hand of Jesus by depositing thoughts of fear, doubt, and anxiety in the subconscious mind.

. . . For with authority and power he commanded the unclean spirits, and they came out. Luke 4:36.

Truth and error

There is a science of the mind which distinguishes between Truth and error, and when you come to a definite conclusion in your mind that there is only One Power, wonders will happen in your life.

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, the everlasting Father, The Prince of Peace (Isaiah 9:6).

This verse tells you that the government shall be on your shoulder, which means a government of Divine ideas, mothered by Divine love. This is the government of the free. This type of government enthroned in your own mind is the only government that will guarantee you peace, health, security, abundance and all the blessings of life.

Let God guide, direct and govern your life. Every day of your life affirm:

> "Divine love and order govern my life. Divine right action controls me. Divine love fills my soul. Divine success is mine now. Divine peace and harmony reign supreme in all phases of my life."

As you continue to affirm these truths, they will sink down into your

subconscious mind and come to pass. The government of your life will then be of God. Let the All-Wise One, the All-knowing One, and the Ever-Loving One, guide, heal and restore your soul.

The Great Counselor

The God Presence will teach you new things utterly beyond the compass of your present understanding, enabling you to do what others think is impossible.

God is the Great Counselor. If you are worried, perplexed or confused, e.g., if you do not know whether or not to take some important step, to accept a proposal, to sign a contract, to get a divorce, to accept a new position, to dissolve a partnership, to take a trip to Europe, or to proceed in a court action, claim that God puts the words into your mouth, and whatever you do, it is God doing it through you.

As you make a habit of establishing the Divine government of God's ideas and eternal verities over your mind, body and activities, you will be guided, directed, and prospered along all lines. This new government of Divine law and order wipes away all tears and sets you on the high road to happiness, freedom and peace of mind. Christmas is the realization of the Power of God in you. It is your birthday in God.

Confidence in God

The Bible states clearly that if you *wear the mental garment of faith that you will be like the men who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouth of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of aliens.* (Hebrews 11: 33-34).

These are the wonderful things, which confidence in God accomplishes. You actually find that, as you build up your awareness of the Power of God in your mind, all the so-called insuperable obstacles are overcome by you. There are people who have escaped fires, floods, hurricanes, disasters at sea, subdued lions, and the ravages of war. Nothing touched then; they seemed to lead charmed lives. The spell of God was around them. They were God intoxicated, having acknowledged and received the Divine Antibody, the Presence of God in the midst of them, mighty to heal, save, and protect.

CHAPTER 17

REMEMBER THE SABBATH

The Bible says: *Remember the Sabbath day, to keep it holy*.

(Ex. 20:8).

And he said unto them, What man shall there be among you, that shall I have one sheep, and if it fall into a pit on the Sabbath day, will he not lay hold on it, and lift it out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the Sabbath days. Then saith he to the man, stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other. (Matthew 12:11-13).

Yet the Lord will command his loving kindness in the daytime, and in the night his song shall be with me . . . (Psalm 42:8).

The Sabbath means rest in God, a stillness born of the conviction of the ever availability of the God-Presence at all times everywhere. We are in the Sabbath when we have complete trust and faith in God, knowing it is impossible for our prayer to fail. It is a feeling of inner certitude which follows true prayer.

Every night when you go to sleep, feeling the joy of the answered prayer, you are in the Sabbath which means you have turned over your request to the Deeper Mind which is full of wisdom and intelligence. It knows the answer and will bring it to pass. There is always an interval of time between the impregnation of the subconscious and the external manifestation, and that is also called the Sabbath, or period of mental pregnancy.

If you have been upset, harassed, and worried during the day, and at night perhaps you read a psalm praying for peace, entering into the feeling of goodwill and the spirit of forgiveness to all, notice how you awake refreshed, with strength renewed, your mind serene and clear, your passions calmed, your animosities soothed, and kindlier feeling toward all.

And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat (Mark 6:31).

The inexorable master

In sleep there is a complete dissociation from the world in which we live, and our conscious attention to matters which engross our relations during the day are severed. Sleep is the inexorable master and is no respecter of persons.

"The morning hour," says a German proverb, "has gold in its mouth."

When we are asleep the spiritual side of our life is in the ascendant. We are free from the world's hold upon our thoughts and feelings, and we are actually one with the Universal Life of God, and the Healing Currents of Eternity flow through our whole being while we are asleep.

In sleep God is running the show

The processes of spiritual growth and development are more than ordinarily active during sleep. Job says that, while sleeping, *God opened the ears of men and healeth their instruction.* We are Divinely instructed while asleep; moreover, whatever we take into the Deep as we go to sleep is etched in the subconscious mind which determines how it is to be expressed or made manifest. The many visions, prophetic dreams mentioned in the Bible were apparently given to the illumined men as they slept; perhaps because a Divine Truth was more sure of receiving attention and was less reliable to encounter worldly obstruction and distractions during the sleeping than during the waking hours.

Sleep withdraws you from your purpose and hides pride from you, by showing you that while asleep, the whole world continues to function perfectly and that God is running the show.

Talk to God

> *He kept back his soul from the pit, and his life from perishing by the sword.* (Job 33:18).

You can always avoid the pit of sorrow, grief, despondency, and the piercing sword of jealousy and anger by surrendering to God prior to sleep. Forgive everyone by pouring out God's love, peace, and joy upon them until there is no sting in your mind. Then talk to God, your Counselor and Guide, and affirm lovingly as you go off to the deep of sleep:

> "Father, thou know all things. Reveal to me the answer, heal me, guide me, comfort me, and let your river of peace flood my mind and heart."

Do this reverently every night, and you will never sit on a psychiatrist's couch, neither will you ever become neurotic, frustrated, or mentally deranged.

When you talk to God, you expect an answer and you listen quietly, lovingly, and knowingly from him. How can you hear if your refuse to listen? This is well expressed in Alfred Tennyson's "The Higher Pantheism."

> "Speak to Him thou for He hears,

And Spirit with Spirit can meet—
Closer is He than breathing, and
Nearer than hands and feet."

Epictetus, the Greek stoic philosopher, said, "There is but one way to tranquility of mind and happiness; let this, therefore, always be ready at hand with thee, both when you wakes early in the morning, and all the day long, and when thou goes late to sleep, to account no external things thine own, but commit all these to God."

Wrestling with a problem until the breaking of the day

> *And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him. And he said, let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me. And he said unto him, what is thy name? And he said, Jacob. And he said, Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men and hast prevailed. And Jacob asked him, and said; tell me, I pray thee, thy name. And he said, wherefore is it that thou dost ask after my name? And he blessed him there. And Jacob called the name of the place Penuel: for I have seen God face to face, and my life is preserved. And as he passed over Penuel the sun rose upon him, and he halted upon his thigh. Therefore the children of Israel eat not of the sinew which shrank, which is upon the hollow of the thigh, unto this day: because he touched the hollow of Jacob's thigh in the sinew that shrank* (Genesis 32:24-32).

Jacob means man awaking to the Presence and Power of God within him. The word "thigh" is a euphemistic expression representing the creative organs of man. The significance of the changing of Jacob's name to Israel is this: Israel means a man who sees God or a prince ruling with God, all of which means he now comprehends that the I AM within him is God—the only Presence and Power—and he gives no allegiance to any power. He is controlled by Infinite Spirit, which thinks, speaks and acts through him. A great light of understanding indwells the mind, and the type of mind which feels the Presence of God within him is called Israel.

Jacob means you yourself wrestling with a problem in your mind until the breaking of the day. At daylight the sun comes up and the dawn appears. Nighttime is the playground of your subconscious where the subjective powers begin to function and answers come sometimes in dreams and visions of the night.

Prior to sleep look at your problem, try to solve it, study it from all angles,

then take your attention away from it, knowing that Infinite Intelligence in your subconscious knows the answer and will reveal it to you. Turn your request over to your deeper mind, which is full of wisdom and understanding, as follows:

> "I am surrendering this request to my subjective mind, knowing the answer will be revealed to me in Divine order. I sleep in peace and I wake in joy."

Ofttimes, when you awaken, the first thought you have is the answer. If not, repeat the request the next night as if you had never done it before. The answer will come to you in Divine order.

"Answer"

When deep sleep falleth upon men, in slumbering upon the bed; then he opened the ears of men and healeth their instruction (Job 33:15-16). Ofttimes man is instructed what to do during sleep time. For example, suppose you are seeking an answer to a perplexing problem. You could say to your deeper mind prior to sleep: "I seek the answers or solution to this problem." Then condense the sentence down to one word, "Answer," and repeat slowly. In other words, lull yourself to sleep with one word, "answer," and you will receive the solution wither in a dream vision of the night, or as a flash of illumination as you awaken in the morning.

It is said that the Russian General Cynarsky during the Napoleonic Wars paid no attention to the advice of his associates on the General Staff, who were mapping a strategy. He went to sleep contemplating only one thing—victory. He saw the end and snored while his associates discussed plans. He had his plan, and impregnated his subconscious mind with the idea of victory. He did not want to be swayed. Cynarsky undoubtedly knew that the conscious mind is inductive, i.e., it reasons from premise such as 2 + 2 = 4, and it deuced the results from this. It bases its findings on factual evidence and reason, regarding the future or the probable. The subconscious mind is deductive only. It takes all impression given it as facts. It is wholly impersonal. It accepts the idea as existing now and acts accordingly, his conviction of victory impressed his subconscious mind and consequently it came to pass.

Your conscious mind is sometimes called the father; the subconscious the mother.

Upon this I awakened, and behold; and my sleep was sweet unto me. (Jeremiah 31:26).

The meaning of his dream

During my first week as a resident of Leisure World, a man came to see me, asking me to interpret a dream for him which he considered to be very important. For three consecutive nights he had what is called a recurrent dream, which is very important because it is actually saying to him, "Stop, look and listen."

A man had appeared to him in his dream, saying, *"This is the third time I am coming to you. In the mouth of two or three witness shall every word be established.*" These words are from II Corinthians 13:1. *Examine yourselves, whether ye are in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, expect ye be reprobates? (II Corinthians 13:5) . . . Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you. (II Corinthians 13:11).*

This man was a student of the Bible, and his subconscious responded to his problem in the form of verses from Corinthians, which had a profound significance for him. In the correct esoteric or hidden understanding of the Bible, it must be understood that principles are personified as persons in order to make portrayal and interaction vivid and forceful.

The meaning of the third visit spoken of by Paul and the two of three witnesses can only be explained when we understand that persons, names, places, journeys and events are symbols of changes in our mind. As mentioned earlier, "Paul" means "the little Christ," or man awakening to the Power of God within him. He comes in three visits and is telling this man what to do. The first visit is a conception or desire, an idea in his mind. He had perfected an invention which he was trying to promote, and he had received some rejections by several local companies and industries. He was doubtful about the eventual outcome and had a deep-seated fear of rejection.

The first step

I explained the first step was to realize that his idea was good and to give it attention, realizing that the Infinite Presence which gave him the idea would also reveal the perfect plan for its unfoldment. Further, he was to imagine his wife congratulating him every night prior to sleep on the acceptance of his invention. To be precise, he was to imagine the happy ending, the Divine solution. One of the best techniques was for him to get into a drowsy, sleepy

state, which brings an outcropping of the subconscious mind, and then hear his wife congratulating him on the acceptance of his invention.

In this subjective, passive state, he is actually impregnating his subconscious mind. As he repeats the process, the idea gradually sinks into his subconscious and becomes a conviction. Results then inevitably follow. This is the stage of the second witness is still to come, which means the outward manifestation following a sense of inner conviction of victory.

This explanation satisfied him. After about a week, he met a Japanese scientist at a social gathering who was connected with a large organization. Arrangements were made to purchase his invention and give him royalties, all of which were satisfactory to him.

Sleep deprivation

Sleep is a divine law, and many answers to our problems come to us when we are sound asleep upon the bed.

Medical research scholars, investigating sleep processes and deprivation of sleep, point out that severe insomnia has preceded psychotic breakdown in some instances. Remember, you are spiritually recharged during sleep, and adequate sleep is essential to produce joy and vitality in life.

Lack of sleep can cause you to become irritable, moody, and depressed. Dr. George Stevenson of the National Association for Mental Health says, "I believe it can safely be said that all human beings need a minimum of six hours' sleep to be healthy. Most people need more. Those who think they can get along on less are fooling themselves."

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Robert O'Brien, in an article, "Maybe You Need More Sleep" in an issue of "Reader's Digest" reports the following experiment on sleep:

> "For the last three years experiments have been in progress at Walter Reed Army Institute of Research in Washington, D.C. Subjects—more than 100 military and civilian volunteers—have been kept awake for as long as four days. Thousands of tests have measured the effects on their behavior and personality. Results of these tests have given scientists astonishingly new insights into the mysteries of sleep.
>
> "They now know that the tired brain apparently craves sleep so hungrily that it will sacrifice

anything to get it. After only a few hours of sleep loss, fleeting stolen naps called 'lapses,' or micro-sleeps, occurred at the rate of three or four an hour. As in real sleep, eyelids drooped, heartbeat slowed. Each lapse lasted just a fraction of a second. Sometimes the lapses were periods of blankness; sometimes they were filled with images, wisps of dreams. As hours mounted, the lapses took place more often and lasted longer, perhaps two or three seconds. Even if the subjects had been piloting an airliner in a thunderstorm, they still couldn't have resisted micro-sleeps for those few priceless seconds. And it can happen to you, as many who have fallen asleep at the wheel of a car can testify."

"Another startling effect of sleep deprivation was its attack on human memory and perception. Many sleep-deprived subjects were unable to retain information long enough to relate it to the task they were supposed to perform. They were totally befuddled in situations requiring them to hold several factors in mind and act on them, as a pilot must when he skillfully integrates wind direction, air speed, altitude and glide path to make a safe landing."

Sleep brings counsel

Every night when you go to sleep you take your last waking concept with you into the deep where it is etched on the subconscious mind. In other words, the mood in which you go to sleep determines the experiences you shall have tomorrow, the next day, and the next, except you change your consciousness through prayer and meditation. Whatever you impress on your subconscious mind will be expressed as experience and events. Go to sleep every night feeling that your prayer is answered.

Job reminds you that you may get answers to your problems in a dream and in a vision of the night.

The wisdom of your subconscious mind

I will illustrate how the wisdom of your subconscious mind can instruct you and protect you relative to your request for right action as you go to sleep.

Many years ago, before the Second World War, I was offered a very lucrative assignment in the Orient, and I prayed for guidance and the right decision as follows:

"Infinite intelligence within me knows all things, and the right decision is revealed to me in divine order. I will recognize the answer when it comes."

I repeated this simple prayer over and over again as a lullaby prior to sleep, and in a dream came the vivid realization of things to come three years hence. An old friend appeared in the dream and said, "Read these headlines—do not go!" The headlines of the newspaper which appeared in the dream related to war and the attack on Pearl Harbor.

Occasionally, the writer dreams literally. The aforementioned dream was

undoubtedly a dramatization of the subconscious mind which projected a person whom I trusted and respected. To some a warning may come in the form of a mother who appears in a dream. She tells the person not to go here or there, and the reason for the warning. Your subconscious mind is all-wise. It knows all things. Oftentimes it will speak to you only in a voice that your conscious mind will immediately accept as true. Sometimes your subconscious mind will immediately accept as true. Sometimes your subconscious will warn you in a voice which sounds like that of your mother or some loved one which may cause you to stop on the street, and you find, if you had gone another foot, a falling object from a window might have struck you on the head.

My subconscious mind is one with the universal subconscious, and it knew the Japanese were planning a war, and it also knew when the war would start.

In sleep people see events before they happen

Dr. Rhine, director of the Department of Psychology at Duke University, has gathered together a vast amount of evidence showing that a great number of people all over the world see events before they happen, and in many instances are, therefore, able to avoid the tragic event which was foreseen vividly in a dream.

The dream which I had showed clearly the headlines in *The New York Times* about three years prior to the tragedy of Pearl Harbor. In consequence of this dream, I immediately cancelled the trip as I felt a subconscious compulsion to do so. Three years later the Second World War proved the truth of the inner voice of intuition.

Your nerves are active during sleep

Many people have advocated the theory that we get tired during the day and that we go to sleep to rest the body, and that a reparative process takes place while asleep. Nothing rests in sleep. Our hearts, lungs, and all the vital organs function. Our nails and our hair grow while asleep. If you eat prior to sleep, the food is digested and assimilated; also the skin secretes perspiration.

Dr. John Bigelow, a famous research authority on sleep, demonstrated that at night while asleep you receive impressions showing that the nerves of the eyes, ears, nose, and taste buds are active during sleep, and also that the nerves of your brain are quite active. He says that the main reason we sleep is because "the nobler part of the soul is united by abstraction to our higher nature and becomes a participant in the wisdom and foreknowledge of the gods."

Dr. Bigelow states also, "The results of my studies have not only strengthened my convictions that the supposed exemption from customary toils and activities was not the final purpose of sleep, but have also made clearer to my mind the conviction that no part of a man's life deserves to be considered more indispensable to its symmetrical and perfect spiritual development than while he is separated from the phenomenal world in sleep."

The art of sleep as mentioned in the Bible

You must remember there are many degrees of sleep, and every time you pray you are actually asleep to the world and alive to God. When you abstract your five senses from your problem or difficulty and focus all your attention on the solution or answer, knowing that the subjective wisdom of God is bringing about a solution in ways you know not of, you are practicing the art of sleep as mentioned in the Bible. You are asleep to the falsehood and hypnotic influence of the world when you accept as true what your reason and senses deny.

When you hear of a person getting a nervous breakdown, you are reading of one who wandered away from God, and has cohabited mentally and emotionally with the false gods of fear, worry, ill will, resentment, remorse, and confusion.

Trustful relaxation is the remedy for insomnia. When you retire at night, let go of every worrisome and anxious thought. Cast out all burdens from the mind. Know that God is with you and that He has the answer. Abandon yourself to the thought that "underneath are the everlasting arms." Say over and over in quiet confidence:

> I now relax and rest in God. I yield myself to God's river of peace. His peace and love pervade my whole being, and I sleep in peace. *God giveth His beloved in sleep."*

You go to sleep not just to rest your body, but to receive and participate in the Wisdom of God. Your conscious mind, busy in the work day world, gets involved with the vexations, strife, and contentions of the day, and it is very necessary to withdraw periodically from sense evidence and the objective world and commune with the Indwelling God, thereby being replenished spiritually with wisdom, strength, and guidance enabling you to overcome all difficulties and solve your daily problems.

The subconscious determines when to present the answer

But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father (Mark 13:32).

Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning (Mark 13:35).

All seeds mature and germinate at different periods according to their kind; likewise, seeds or impressions made in your subconscious mind mature and come to full bloom at different periods—days, months, sometimes years. Your desire or idea, when impregnated in your subconscious, gestates in the darkness; and the wisdom of your subconscious determines when to present the answer or manifestation full-blown into your experience.

Banish the evil spirits or moods

In sleep we are united with our Father every night; we become one with the Ancient of days. Prior to falling asleep, students of the mysteries must learn to behold the scintillating white light that shines forever on the great white throne, which is the Secret Place of the Most High, or the Holy of Holies within man. We can imagine that we see this white light and this will completely still the mind. Nothing can appear on this white screen without our permission.

Now we are first in the pool. No man can get into this pool of silence but our "I AM" which is first person and present tense. *"But while I am cometh another stepped down before me."* (John 5:7) That which steps down before you are the idle thoughts such as fear, doubt, despair, self-pity and similar moods. If you banish these evil spirits or moods, Jesus, your own I-AM-ness will speak softly and say *"Rise, take up thy bed and walk*." Then the healing comes.

CHAPTER 18

FORGIVE AND FORGET

And when ye stand praying, forgive, if ye have ought against any… (Mark 11:25).

And when ye stand praying, forgive, if ye have ought against any . . . (Mark 11:25).

Forgiveness of others is essential to mental peace and radiant health. You must forgive everyone who has ever hurt you if you want perfect health and happiness. Forgive yourself by letting your thoughts in harmony with divine law and order. You cannot really forgive yourself completely until you have forgiven others first. To refuse to forgive you is nothing more or less than spiritual pride or ignorance.

There is only one remedy

In the psychosomatic field of medicine today, it is being constantly stressed that resentment, condemnation of others, remorse, and hostility are behind a host of maladies ranging from arthritis to cardiac disease. They point out that these sick people, who were hurt, mistreated, deceived, or injured, were full of resentment and hatred for those who hurt them. This caused inflamed and festering wounds in their subconscious minds. There is only one remedy. They have to cut out and discard their hurts, and the one and only sure way is by forgiveness.

Essential ingredient

The essential ingredient in the art of forgiveness is the willingness to forgive. If you sincerely desire to forgive the other, you are fifty-one percent over the hurdle. I feel sure you know that to forgive the other does not necessarily mean that you like him or want to associate with him. You cannot be compelled to like someone, neither can a government legislate goodwill, love, peace, or tolerance. It is quite impossible to like people because someone in Washington issues an edict to that effect. We can, however, love people without liking them.

The Bible says, *Love ye one another.* This, anyone can do who really wants to do it. Love means that you wish for the other health, happiness, peace, joy, and all the blessings of life. There is only one prerequisite, and that is sincerity. You are not being magnanimous when you forgive, you are really

being selfish, because what you wish for the other, you are actually wishing for yourself. The reason is that you are thinking it and you are feeling it. As you think and feel, so are you. Could anything be simpler than that?

Focus your attention on the good things

Do not waste your energy and vital substance by thinking about old peeves, grudges and grievances. To do so is like ripping open a grave—all you find is a corpse or a skeleton. Focus your attention on the good things of life and realize that the future will be wonderful, because you know your present harmonious and peaceful thoughts will germinate and grow, bringing forth wonderful fruit, such as health, happiness and peace of mind.

Liquidate the past

Liquidate the past and never touch mentally any negative experience or hurt that has happened in the past. Be faithful to this decision, and realize that as you change your present thoughts and keep them changed, you will change your destiny. Your subconscious controls all your vital organs, such as digestion, circulation, and breathing. When you interfere with the Divine rhythm through worry, fear, anxiety and resentment, etc., you bring on a host of ailments such as colitis, arthritis and various other psychosomatic disorders.

The memory was not withered

During consultation, a man said that he had been completely healed of ulcers but that later the condition had returned. I gathered in talking with him that some years ago he had been in business and his partner had embezzled funds and had absconded to Canada. Recently he heard that his ex-partner was very successful in business and has had become quite wealthy. This made him very agitated and resentful. He was living the role over again and reinfecting himself. The memory was not withered, not forgotten and not forgiven. The roots of resentment and hostility were still lurking in the recesses of his subconscious and, like a festering wound, sending psychic pus throughout his system. His ulcerated thoughts and emotions reactivated his ulcers.

Eradicate the cause to prevent a relapse of the disease

I explained to him that forgiveness of himself and the other was absolutely essential for his health and well being and that he would know when he had forgiven because he could remember the incident and remain indifferent altogether—no feeling, no word. By living the scene or experience over again,

he recreated the condition, and like the seed that recedes and grows again quarterly, annually, or biennially in the same way, the old ulcerated state appeared in a new form. Certain plants die and bud again according to season. It is essential to eradicate the cause to prevent a relapse of the disease. He decided definitely to release him completely in his mind, wishing for his ex-partner all the blessings of life, and a healing followed.

You look upon God as your Father, your Source of supply, and you know that you will never want for any good thing, because he loves you and cares for you… . *The tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God* (Revelation 21:3).

Another way to kill the root

Can you see the other person as happy, harmonious, joyous, etc.? If not, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are still there, and the roots of bitterness wither by indifference. This is another way to kill that root; Listen to the voice of the other person who wronged you telling you what a wonderful, dignified person you are and how honest and kind you are. Make it real. You want to hear it. Get into the mood of that mental picture. It works.

Forgiveness is essential to mental peace

Forgiveness of others is essential to mental peace and radiant health. You must forgive everyone who has ever hurt you if you want perfect health and happiness. Forgive yourself by letting your thoughts in harmony with divine law and order. You cannot really forgive yourself completely until you have forgiven others first. To refuse to forgive you is nothing more or less than spiritual pride or ignorance.

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His faith was in Vitamin C

A man who had ulcers refused to take any medication from his doctor. His faith was in Vitamin C; but he had ulcerated thoughts of jealousy and resentment toward a partner. He was also envious and resentful of his wife, who was making more money than he was.

I explained to him that his faith and confidence should be in the One Supreme Power—the Source of life. Food is important, vitamins are important, but not preeminently so. You don't put food, diet or vitamins before the Infinite Healing Presence—the only Healing Power there is.

His healing prayer was: "I forgive myself for harboring negative, jealous thoughts, and I radiate love, peace and goodwill to my wife and partner. God's healing love saturates my whole being. God's river of peace saturates my mind and heart. Whenever a jealous or envious thought comes to me, I will affirm: 'God's love fills my soul.'"

He practiced this discipline, and in a few weeks' time his ulcers disappeared. He realized that ulcerated thoughts of jealousy, envy, ill will and fear caused his ulcers. By reversing the process, and by contemplating harmony, love, wholeness, goodwill and peace, a healing took place. He had to give recognition to the Creator alone, and not to His manifestations. Always look to the Primary Cause, the Source of life itself, not the secondary cause. A doctor can prescribe a good diet for you, but then realize that whatever you eat or drink is transmuted into beauty, order, symmetry and proportion.

I loose him and let him go

A mother was distraught and highly agitated because her boy of eighteen ran away from home following an argument with his father. He quit college and joined a hippie colony. She became frantic, and her doctor had to prescribe strong sedation to quiet her mind and body. While talking with her, I pointed out a few simple truths, such as: You do not own your son; he came through you, but not by you. God, or the Life Principle, is the Father of all. Your son is here to grow, to discover his Divinity, and to release his talent to the world. You can't help him with mental excitation, anger and resentment.

At my suggestion, she decided to release him to the Infinite Presence and Power. Also, she decided to turn to the Source of all blessings for her own peace, harmony and well being, realizing she was not dependent on her son for happiness or peace of mind. She decreed as follows:

> "I loose my son to God completely. He is Divinely guided in all his ways. Divine Wisdom governs him. Divine law and order reign supreme in his life. He is in his true place and is expressing himself at his highest level. I loose him and let him go."

She remained faithful to this prayer, and daily turned to the Indwelling Presence, invoking peace, wisdom and joy for herself. Some weeks later, her son went back to college, gave up his old haunts, and is now doing very well in his scholastic work. He regularly communicates with both his parents, and the mother no longer feels possessive. She has discovered that love is freedom.

Long sessions of prayer are usually a mistake

When you are facing "a big jam," don't pray continually as if you are afraid to let go and afraid to leave it to the Supreme Intelligence within you. Break the fixation spell by praying for someone else—Mary next door, or down the block, which you learned is up against it with a terrible heart condition, etc.

Long sessions of prayer are usually a mistake, as they indicate you are trying to force things or using mental coercion, which always results in the opposite of what you are praying for. You will oftentimes find that a short prayer uttered from the heart gets better results than a long one. Do this once or twice a day.

Resentment, self-condemnation, hostility and ill will block the flow of good into your life. *And when ye stand praying, forgive, if ye have ought against any* . . . (Mark 11:25).

CHAPTER 19

TRAVELING ON THE OCEAN OF LIFE

Have not I commanded thee? *Be strong and of a good courage; be not afraid, neither are thou dismayed: for the Lord thy God is with thee whithersoever thou goes.* (Josh. 1:9)

. . . *He giveth to all life, and breath, and all things.* (Acts 17:25)

. . . Whoso trusted in the Lord, happy is he. (Proverbs 16:20)

Our Bible states that there arose a great tempest in the sea. Each man is a ship traveling on the ocean of life. All of us are immersed in the great universal sea of consciousness. All of us are traveling psychologically and spiritually to certain goals, objectives, and achievements. Sometimes the ship becomes covered with waves; this represents the race belief in failure, lack and limitation. The storms of doubt, anxiety, and depression haunt us at times. The disciples said, *"Lord, save us: we perish."* The disciples represent your faculties of mind, your thoughts, feelings, and beliefs, plus mental attitudes and expectancy in general.

Travel new roads

You must train your faculties of mind to look inwardly and to have faith in all things good, a joyous expectancy of the best, and to have a firm belief inscribed in your heart that Infinite Intelligence will lead you out of your difficulty and show you the way. Have a firm conviction in the Power of God to solve problems and show you the way. This faith in God will enable you to walk over the waters of fear, doubt, worry, and imaginary dangers of all kinds.

You do not have to travel psychologically with fear, doubt, anxiety, and anger. There is no law which says that you have to travel with gangsters, assassins, murderers, intruders, and thieves in your mind. If you continue to invite such thieves and robbers in your mind, they rob you of your health, happiness, peace, and prosperity, and make you a physical and mental wreck.

Become a real pioneer and travel new roads by your spiritual thinking and imaging in the field of your own mentality.

Trust your subconscious completely

Charles Lindbergh knew the value of scientific prayer. Many of you have undoubtedly read his "Thirty-three Hours to Paris."

He flew across the Atlantic without co-pilot, radio, or parachute, guided only by a compass. He fell asleep on the plane, asleep with his eyes wide open, and experienced the higher powers of his subconscious mind ruling, governing, and controlling his mind and body which directed and maintained the flight and prodded him to activity when necessary.

Lindbergh, in this state where his conscious reasoning mind was suspended in sleep, became aware of vague transparent forms riding with him. He said, "My skull is one great eye." These fourth dimensional beings, as Lindbergh says, had forms, were phantomlike, and were very friendly. They spoke with human qualities and gave him rare information on navigation, reassured, and comforted him all the way. He said that these friendly people had no rigid bodies, yet they remained human in outline form.

This experience illustrates the tremendous powers in the depths of your mind, and when you trust your subconscious completely, you will always get a response.

Lindbergh was unable to keep his log or focus his attention on his route, yet when he awaked he sighted Ireland was only a few miles off his course.

This episode in the life of one of the world's greatest aviators should give you faith and confidence in the wonder-working power within you.

Master self-control

No one can live successfully until he masters self-control. You can control your own thoughts and responses to life. You must remember that the suggestions of others have no power to create the things they suggest. The creative power is your thought and not in the thoughts or suggestions of others. Keep constantly in mind that the power is in you and not in others.

He was shabbily treated

While holding a conference with a man in my study, he said that he was shabbily treated by the corporation for which he had worked over 25 years. He seemed to love to recite and indulge in the mental ruminations of how just and unfair they had been to him and how, when the company merged with another, they let him go with no explanation. He was building up a sort of a martyr complex, and his morbidity and resentment had expressed itself in an acute

case of high blood pressure.

I explained to him that he had placed a gangster in charge of his mind, a tyrannical ruler which was playing havoc with his health and finances.

Taking a journey in the mind

I explained to him that he was always traveling in his mind and that whatever dominant idea governs the mind sinks into the subconscious and returns as experience and events.

The following is the technique he decided to use:

> "I loose the organization completely and surrender them to God and wish them well. Infinite Spirit opens up a new door of expression for me in a wonderful way. I am now giving of my talents and experience in a magnificent way, and I know what I accept and believe in my mind will come to pass. I am going on a mental journey from desire to fulfillment. This new idea I now possess grows internally and comes forth as manifestation."

This dominant idea which now governed him also governed all his lesser thoughts, ideas and emotions. It became his ruler and governor. As he continued to affirm these truths, he succeeded in saturating his subconscious and a new door for an overseas appointment suddenly came into his experience with a far greater income than he had ever experienced.

"In patience possess ye your soul"

I am writing this at Jasper Park Lodge, Jasper National Park, Alberta, Canada. I checked in here on Sunday night. It was about twelve o'clock midnight and the lobby was packed, for there were a great number of tourists checking in. I joined the line, moving slowly toward the registration desk, and overheard the clerk trying to pacify a very angry irate woman. She called him stupid, a fool, and said that he was dumb and should be discharged.

It was interesting to see his reaction. He replied, "I am sorry, madam. There must be some mistake. Your name is not registered with us, and there is no reservation according to our records. I will do the best I can and certainly find something for you."

She went off into a strident-voiced tirade, punctuated at intervals by the clerk's, "Yes, madam," and "I'm very sorry about it all, and if I were on your side of the desk, I would feel just as you do."

I observed this young man. There was no angry retort. No color came to his cheeks; he revealed no annoyance or irritation. He looked calmly and

dispassionately at the woman from New York, and was friendly, pleasant, courteous, and quite efficient.

When I reached the desk, I said to him, "I admire your composure. You are to be complimented."

Then he quoted a test, the 19th verse of the 21st6 chapter of Luke, *"In patience possess ye your soul."*

This young university student did not allow the statement of the woman to ruffle him. He was master of his thoughts and responses. He told me that all the clerks in the hotel, the waitresses, bellhops, maids, chauffeurs, etc., were students form the various universities of Canada, working here for the summer months, trying to pay their way through their respective university. He had a patience which implies maturity, mental health, philosophical understanding, and will continue to climb upward.

The cause is mental

Most people, when they read about train accidents, auto disasters, etc., seem to think that some outside force comes from somewhere and does harm to people who are entirely innocent; but the mental state and the disasters are "birds of a feather," and they "flock together."

How to protect yourself

A man, who possesses a strong faith, trusting that Overshadowing providence always is watching over him, is kept away from an unpleasant experience that might hurt or injure him in the same manner that oil and water repel one another. Man's faith in God and His love, and the unpleasant experience repel one another according to the law of belief.

How Infinite Intelligence answered his prayer

Many years ago I lectured in Auckland, New Zealand, at the Temple of Higher Thought. A man spoke to me at the end of one of my lectures, saying, "I desire desperately to go to New York City to visit my daughter, but I have no money."

I replied to him, "Did you hear the lecture?"

He answered, "Yes, but—"

I suggested that he ignore the doubts in his mind and affirm definitely and positively as follows:

Infinite Intelligence opens up the way for me to visit my daughter in New York City in Divine order." He affirmed this simple prayer several times daily, and at night he would imagine and feel that he was embracing his daughter and hearing her saying, "Daddy, I am so delighted you're here."

He phoned me at the hotel before I left Auckland and said, "A miracle has happened. A former partner, who had cheated me out of a thousand pounds, relented prior to his death and stipulated that I was to receive this amount at once. In a matter of months, I will be on my way to America."

Infinite Intelligence is all-wise, and It will always respond and react according to the nature of your request. Its ways are past finding out.

Are you unhappy?

Are you afraid of the future? Are you worried about your family, friends or business? In short, are you unhappy? If you are, you can rest assured that you do not love God or Good. You are loving limitations. Are you afraid of failure? If you have this fear, you will succeed in being a failure.

Do you pray for a little while; then give up, and say, "I tried it, but it does not work"? If you do, you must begin now to call Peter to discipleship, and you will realize the cherished desire of your heart.

Prayer is the soul's sincere desire. Everybody prays because desire is prayer. By scientific prayer, is meant the definite ability of your conscious mind to gain a response from your deeper mind which is full of wisdom and power.

MY PRAYER

"Make of my heart a cradle
Where all held dear by me
Shall be surrounded by God's love
Through all eternity.
Enlarge this circle of my love
So all who pass my way
Will feel the warmth and tenderness
I live from day to day.
And let me know the strength I need
To meet each new born day
Comes from within where God does dwell,
And guides my every way."

Forms of prayer

There are many forms of prayer, such as the prayer of form, or the prayer of faith and love. These are essentially different in their nature and effects. In the one case, a person prays because it is a part of his external religious life that he is trying to live, or it may be that he prays from a sense of duty, as a sort of task imposed upon him.

Scientific prayer

In the prayer of faith and love, or scientific prayer, it is no longer a task or a duty, but a spiritual necessity. In scientific prayer, all creeds, liturgies, and priestly intercessors are removed, and through the medium of your own thought and feeling, you enter the holy of holies and find fellowship with God. You do not beg, supplicate, or beseech. You simply reorder your mind and align yourself with the Truth.

Rearrange all your thoughts, imagery, and responses on the side of Truth. If here you see hatred, practice knowing that the love of God dissolves everything unlike itself in the mind and hart of that person. This would be scientific prayer. What is true of God is true of you, and to know this is the truth which sets you free.

Sincerity and perseverance

You are told a wonderful story in the eight chapter of Luke about a woman who had an issue of blood for twelve years (probably cancer), and who could not be healed by the physicians of the day. The Bible says she pressed through the multitude and touched the border of Jesus' garment and was made whole.

In our language this means any man or woman who is sincere and perseveres, pushes her or his way through the many opinions, false beliefs, and fears in his mind which thwart the healing, and when you brush them all aside and give yourself wholeheartedly to God, the response comes. The woman in the bible committed herself completely to the God-Presence, trusting Him completely. God responded by giving His Healing Presence, and she was made whole.

The Bible says, *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For everyone that asked received: and he that seeketh findeth; and to him that knocked it shall be opened. Or*

what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask for a fish, will he give him a serpent?" (Matt. 7:7-10).

A new concept of God works wonders

A few months ago, I spent some time in the home of a very kind man. He was noble, generous, and magnanimous in every way. He had cancer, however, in the same organ of his body as had his father and two brothers, all of whom died from cancer of the prostate gland. This man had feared he would have cancer in the same organ, and he commented that he had lived with that fear for over twenty years. Job said, "The thing I greatly feared has come upon me."

When this man prayed, he really was begging some far-off God, saying, "If it is God's will, He will heal me. Here again was the old jungle concept of an avenging God punishing his children. This man, after hearing a new concept of God, now has acquired an optimistic, cheerful outlook on life, and he is receiving encouragement and praise from his physician. As he changed his conscious mind's belief, it was automatically communicated to his subconscious mind, which responded accordingly.

And we know that all things work together for good to them that love God . . . (Rom 8:28).

Alarm signal

The law of life is the law of belief. Trouble of any kind is nature's alarm signal that we are thinking wrongly in that direction, and nothing but a change of thought can set us free. Man is belief expressed (Quimby), and we demonstrate what we really believe. There is a law of cause and effect operating at all times, and nothing happens to man without his mental consent and participation. You do not have to think of an accident to have it befall you… *Casting all your care upon Him; for he careth for you.* (I Pet. 5:7).

Born again

Many people ask me the meaning of this statement. We read in the papers almost every day of someone claiming that he is born again. This has nothing to do with physical birth, however. You might be a great mathematician or an outstanding physician, but this is not spiritual enlightenment or illumination. Man must be aware of spiritual powers within him and have a sense of oneness with the Infinite. In other words, when Divine love and Divine peace fill his soul and when he begins to think, speak and act from the Divine Center within him, then he experiences what is called a spiritual rebirth and is completely

free from fear, ignorance, superstition and false beliefs of the world.

He has no denominational religion, neither does he belong to any sectarian creed, because he knows intuitively that God is no respecter of persons and you cannot put a label of love, peace, harmony, joy, goodwill, inspiration and right action.

You can open your heart now to the influx of the Holy Spirit and be renewed and illumined from On High.

> *To every thing there is a season, and a time to every purpose under the heaven;*
>
> *A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;*
>
> *A time to kill, and a time to heal; a time to break down, and a time to build up;*
>
> *A time to weep, and a time to laugh; a time to mourn, and a time to dance;*
>
> *A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;*
>
> *A time to get, and a time to lose; a time to keep, and a time to cast away;*
>
> *A time to love, and a time to hate; a time of war, and a time of peace . . . .* (Ecclesiastes 3:1-7)

CHAPTER 20

GUILTY FEELINGS

Remember ye not the former things, neither consider the things of old. (Isaiah 43:18)

Forgetting those things, which are behind, and reaching forth unto those things which are before, press toward the mark for the prize. (Philippians 3:12-14)

There are women and men who live in hatred of one another and who are hopelessly incompatible because they are afraid to get a divorce due to religious beliefs. They are full of guilt and believe that God would punish them. They are victims of early training and superstitious dogma implanted in their minds by the bigoted propensities of parents and others. They would rather live the lie than have the decency to break up the lie. They say, "*Whom God hath joined together, let no man put asunder.*" God is Love, and if the heart is the chamber of God's Presence and if Love does not unite the two hearts of the man and woman, the marriage is a mockery, a farce, a sham, and a masquerade.

The roots are there

There is nothing good or bad, but thinking makes it so. Many people are full of guilt because they accept as right that which is actually wrong. All seeds mature and germinate at different periods according to their kind; likewise, seeds or impressions made in your subconscious mind mature and come to full bloom at different periods—days, months, sometimes years. No man knows. Your desire or idea, when impregnated in your subconscious, gestates in the darkness; and the wisdom of your subconscious determines when to present the answer or manifestation full-blown into your experience. The reason something turns up which you do not expect is this: Perhaps many years ago you were in business and you had a partner who embezzled money and caused bankruptcy. When you think of it now and get excited or angry, you are living the role over again, as the roots are not withered. It's not forgotten. The proof that you have eradicated the hurt and forgiven yourself for harboring destructive thoughts is that you can remember it and remain indifferent. You have no feeling or sting left.

If you live the scene over again, you create it in your mind; and like the seed that recedes and grows again, quarterly, annually, biannually, e.g., certain

plants die and bud again according to the season, in the same way your old condition in a new form appears and you wonder where it came from. To prove to yourself that you are free, sincerely try to see the other person as happy, harmonious, joyous and free. If you cannot do this, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are there.

Sense of guilt

The sense of guilt is called a mental disease (disease means "not at ease") and is extremely common. In the field of modern psychosomatics and psychiatric medicine, it is clearly pointed out that a deep sense of guilt, coupled with frustration, lies in back of most of our mental disorders and consequently back of the personality conflicts and bodily diseases as well as business and home conditions. The sense of guilt is abnormal and unnatural, even though it seems to be almost universal. For example, a child is not born with a sense of guilt. The feeling of guilt is imposed from without, usually by parents, teachers, and nurses, together with the beliefs of the race mind.

First feeling of guilt

All of us know that a baby has no sense of sin. The baby's first feeling of guilt comes when he senses that mother is angry or displeased with him. His mother is more or less a god to him; moreover, she represents authority and law. He is dependent upon his mother for food, comfort, love, and security.

When we were born into the world, we had little or no sense of true values. As children we knew nothing about man-made religions, creeds, dogmas, or customs, or man-made laws, rules, and regulations. In the beginning the child is like a little animal, and is free from inhibitions and does what seems to him to be natural. But mother may scold him or perhaps punish him by slapping him. She may say to him that he is a bad boy and that God will punish him. The child does not understand and is baffled. Instinctively the child feels himself cut off from love, from security, from a sense of kindness and giving ness. The child feels that he is punished for something which he doesn't understand, becomes confused, and concludes that he must be bad. He has his first feeling of guilt and of being a sinner. He is perplexed and proceeds to protect himself. Instinctively he reacts to his mother's reprimand or display of anger in different ways. He may become fearful, or he may fight back in his own way by going into a tantrum because of his inner conflict.

The child's failure to get his desires satisfied when these are contrary to the wishes of his parents (and later contrary to religious, social, and state laws and customs) deepens his sense of guilt and sin. Instinctively he wants to do that which seems natural to him, but authority says, no." The result is some conflict with authority.

Miraculous transformations

I have seen miraculous transformations take place in men and women of all walks of life all over the world when they began contacting and releasing this Infinite Power within themselves.

Several months ago I spent two hours in a hospital talking with an alcoholic in the depths of despair. He began to use this Power and, as a result, is now strong, vital, and happy, and is operating a prosperous business. Like Paul in the Bible, he was changed in the *"twinkling of an eye,"* and the Infinite Healing Power began to flow through him. His problems melted, peace came into his troubled mind, and he is back again with his wife and children.

This Infinite Power is positively, definitely, and absolutely waiting within you to be released. This Power is able to transform your life so completely, so radically, and so marvelously that after a few short weeks or months, it is possible that your close friends may not recognize you.

This mysterious Infinite Power can cause miracles for you, too. You will realize that you can also direct the flow of this Power so that you can receive new ideas worth a fortune. All that is necessary is to have an open mind and a desire to lead a full, happy, exciting, and abundant life.

The difference

Why is it that some people are happy, successful, and prosperous, while others are poor and miserable? Why is it that some people are full of faith and confidence and live in the joyous expectancy of the best, acquiring riches and constantly rising on the ladder of success, while others are fearful, worried, depressed, and have become tragic failures in life? Why does one brother live in a beautiful mansion, while the other spends his life in a shabby tenement house unable to make ends meet?

The reason for the difference is that those who are leading exciting, adventurous, creative, and successful lives have been making use of the Infinite Power that makes the difference. For it is the use of this Mystic Power that

brings to you all the vitality, prosperity, joy, and riches you need.

Cosmic urge

The other day I was in a home, and the little child there admired a ring on my finger and grasped it. His mother let the child know in no uncertain terms that he could not have the ring, and he began to cry. Later on the child will have to learn that he can get what he wants in life through Divine Law and Order without infringing on the rights of others. As the child grows in wisdom and understanding he will acquiesce in good grace—with the restrictions of laws and customs, and he will manipulate his way through life successfully. The cosmic urge to express is within all of us, and when we express ourselves in such a way that we feel satisfied with our achievements and accomplishments and our creations, we are happy. When we err and fail in life, we feel unhappy and depressed; we begin to think that we are outside the love and esteem of others.

"All I ever do is add"

A business friend of mine, a tailor by trade, has a favorite saying: "All I ever do is add. I never subtract." He means that prosperity is a plus sign. Add to your growth, wealth, power, knowledge, faith, and wisdom.

He adds to his life by meditating on success, harmony, guidance, right action, and the law of opulence. He imagines and feels himself successful and prosperous, and his subconscious mind responds to his habitual thinking.

Your subconscious always magnifies. The Bible says, *"Thou shalt also degree a thing, and it shall be established unto thee . . ."* (Job 22:28)

Prayer for Prosperity

> *. . . Thou shalt make the way prosperous, and then thou shalt have good success."* (Joshua 1:8)

I now give a pattern of success and prosperity to the deeper mind within me, which is the law. I now identify myself with the Infinite Source of supply. I listen to the still, small voice of God within me. This inner voice leads, guides and governs all my activities. I am one with the abundance of God. I know and believe that there are new and better ways of conducting my business; Infinite Intelligence reveals the new ways to me.

I am growing in wisdom and understanding. My business is God's business. I am Divinely prospered in all ways. Divine Wisdom within me reveals the

ways and means by which all my affairs are adjusted in the right way immediately.

The words of faith and conviction, which I now speak, open up all the necessary doors or avenues for my success and prosperity. I know that *the Lord* (Law) *will perfect that which concerned me* . . . (Psalm 138:8) my feet are kept in the perfect path, because I am a son of the living God.

CHAPTER 21

RISE UP MENTALLY

The Bible says, *Behold I send an Angel before thee, to keep thee in the way, and to bring thee into the place which I have prepared.*

(Exodus 23:20)

Cease whining, crying, complaining, and moaning; this attitude will only add to your misery, suffering, and lack. Instead, envision your good, the way that you want things to be. Rehearse your knowledge about the Great Truths of Life. This means that your mood of faith and confidence in an Almighty Power moving on your behalf goes before you to make straight, joyous, and perfect your way.

Rise up mentally above the hardships and difficulties and think of God and His Wisdom. Then you will generate a tremendous liberating, healing force which will inspire you, open doors, reveal new ways, plans, and supply you with all your needs for the accomplishment of your goals.

She was constantly demoting herself

I knew a young lady, who had a beautiful singing voice, but she was constantly demeaning, demoting, and criticizing her by saying, "I do not have a chance. I am too old. I do not know the right people."

She had to cease condemning herself in order to get what she wanted. She decided to fall in love with a new concept of herself. She imagined that she was singing before an audience and she became entranced, fascinated, and absorbed in the joy of it all. A new door of expression opened for her because she gave up her old way of thinking and affirmed the Truth about herself.

How much do you really want to be a new person? Do you really want to change conditions, experiences, and your whole personality? The first requirement is that you must come to a clear-cut, definite decision in your mind that you are going to transform your life. You must desire to change with all your heart and cease being a propaganda machine idly repeating all the old stereotyped concepts, ideas, and beliefs implanted in your subconscious mind since birth.

You can change your whole life, if you really want to. You must give up

resentment and ill will in order to have good digestion and perfect health. You must give up the lesser for the greater if you want to advance and move forward in life.

Victim of long repressed fears

A woman wrote me to the effect that she was about to divorce her husband because he was so tyrannical in the home and that her children were terrified of him. In talking to him, I discovered that he was the victim of long repressed fears. Moreover, his father was unduly harsh and strict with him. He resented his father very much even though the latter had long since passed on to the next dimension of life.

He understood my diagnosis which was that I believed he was unconsciously trying to retaliate with his own father by his despotic, tyrannical attitude toward his own children. The man had to desire to change himself in order to save his marriage.

He released his father through prayer by wishing for him peace, and all the blessings of life. He continued in this manner until all the root of hatred was withered. He adopted a pattern of prayer by meditating at three specific periods—morning, afternoon, and evening. Finally, he discovered that prayer was a good habit. He changed his thoughts and kept them changed. As a result, his home is peaceful and happy, and his children love him.

Realize that God is right where you are

Prayer is a realization of the Presence of God where the person is, and that is the Presence of Harmony, Peace, Love, Bliss and Joy.

The answer to all fear is to realize that God is, that He is right where you are, that there is no power to challenge God, that one with God is a majority, and if God be for you, who can be against you? No one!

Realize that there are no enemies outside, that the universe is friendly, that God is friendly. When you are friendly with God and when you love the Source which created you, and when you are grateful, you can hate no man. Fall in love with the Truths of God, and you will find that the whole universe responds to you. Come back to the simple Truth which an ancient mystic discovered in silent meditation: “Let nothing disturb you. Everything in this world passes away, but God. God alone is sufficient.”

He that dwelleth in the secret place of the most high shall abide

Under the shadow of the Almighty.
I will say of the Lord, He is my refuge and my fortes: my God; in Him will I trust.
Surely he shall deliver thee from the snare of the fowler, and from The noisome pestilence.
He shall cover thee with his feathers, and under his wings shalt Thou trust: his truth shall be thy shield and buckler.
Thou shalt not be afraid for the terror by night; or for the arrow That flieth by day;
Nor for the pestilence that walked in darkness; nor for the Destruction that wasted at noonday.
A thousand shall fall at thy side, and ten thousand at thy right Hand; but it shall not come nigh thee.
Only with thine eyes shalt thou behold and see the reward of The wicked.
Because thou hast made the Lord, which is my refuge, even the Most High, thy habitation;
There shall no evil befall thee, neither shall any plague come nigh Thy dwelling.
For he shall give his angels charge over thee, to keep thee in all thy Ways.
They shall bear thee up in their hands, lest thou dash thy foot Against a stone.
Thou shalt tread upon the lion and adder: the young lion and the Dragon shalt thou trample under feet.
Because he hath set his love upon me, therefore will I deliver him? I will set him on high, because he hath known my name.
He shall call upon me, and I will answer him: I will be with him in Trouble; I will deliver him, and honor him.
With long life will I satisfy him, and show him my salvation.

The Psalm of Protection (Psalm 91)

How a mother prayed for the dull son

A teacher said to a mother: “I think your son is somewhat retarded. He is dull; he seems hopeless and cannot learn or be taught.” The mother loved the

boy, though, and prayed for him in this way:

> "I claim, feel, know and believe that the Infinite Intelligence of the Infinite One is welling up within him. I know that the wisdom of God is working out through him, and that his intellect is anointed with the light and love of the Infinite. My boy is a perfect expression of the Infinite Healing Presence."

She affirmed these truths for about ten minutes every morning, afternoon and night, knowing that she would resurrect the qualities and attributes of God lodged in the subjective depths of the boy. Following the contemplation of these truths, she made it a special point to imagine that her son was right in front of her, telling her:

> "Mother, look at my report card. The teacher praised me."

She heard this over and over again in a relaxed and passive state of mind, knowing that her mental image must agree with her affirmation.

The mental image you have is always made manifest. The boy gradually became more responsive, and he excelled in his studies. He confirmed objectively what she affirmed and imaged subjectively.

For by the words thou shalt be justified, and by thy words thou shalt be condemned. (Matthew 12:37). To justify is to make equal, to balance the imbalance. Her realization of the truth about her boy was resurrected in the mind of her son, which balanced the equation. The 'word' in the Bible is your thought-feeling, your conviction, your dominant belief, which is always made manifest.

Have faith in success

You do everything by faith. You plant seeds in the ground because you have faith in the laws of agriculture. You bake a cake by faith and you drive your car by faith. Everyone has faith. Some, unfortunately, have faith in failure, in sickness, in lack and in limitation. This is faith in the wrong thing. Have faith in success, achievement, health, happiness and abundance. Have faith in the creative law of your mind, Divine right action, the abundance of the Infinite and goodness of God in the land of the living.

Give up feeling sorry for yourself

There is a price to be paid, but all men and women can pay that price by giving up feeling sorry for themselves, ceasing all self-condemnation and self-criticism and condemnation of others, and entering into the spirit of forgiveness of themselves and others. When the thought of resentment of another comes to

your mind, affirm: "I release you and wish for you all the blessings of life." As you continue to do that, the person will come to your mind and there will be no sting. In other words, you will no longer mentally sizzle—then you will know you have forgiven and forgotten.

Contemplate the happy ending

While lecturing at the Unity Temple in New Orleans a few years ago, I had a consultation with a woman who desired to have a child, but her gynecologist said she had tumors in the womb and advised strongly against it. She had wanted a child for over six years.

This woman was a profound student of the healing techniques of the Bible. She was particularly interested in the following verses: *And it shall come to pass, while my glory passeth by, that I will put thee in a cleft of the rock, and will cover thee with my hand while I pass by: And I will take away mine hand, and thou shalt see my back parts: but my face shall not be seen* (Exodus 33:22-23).

The application of the truths of these verses solved her problem. God, or Living Spirit Almighty, or Consciousness, has no back parts, as your awareness or I AMness is invisible, but you do see the manifestation of your faith or conviction in God. When the sun has set the day is over. I see the back parts of it—the setting sun. Face is the secret. There is no form, figure or face to your deep-seated conviction or belief. The rock means your conviction.

I explained to her that as she turned to the Infinite Healing Presence which created her, knowingly and believingly, she was standing on a rock; that her faith or confidence had become fixed in the belief of giving birth to a child in Divine order; and that God would cover her with His hand, meaning the Overshadowing Presence would give her rest and peace, the protection for her new mental attitude. When the hand (the Power and Presence of God) is removed, you see the back parts—the manifestation of the desire. If I am coming toward you, you see my face; but if I walk past you, you only see my back. The Infinite Presence has no back parts; it's simply the objectification of your desire. Accordingly, she prayed as follows:

> "God's Healing Love is flowing through me, permeating my whole being. I AM relaxed and at ease, knowing that the Infinite Healing Presence brings this to pass in its own way and in Divine order. I let go and let God take over. With my imaginary hands, I am fondling, cosseting and cuddling my baby in my arms."

She affirmed these truths night and morning, feelingly and meaningfully, knowing that by repetition, faith and expectancy, these truths would sink into her subconscious ness and come to pass. Shortly afterwards, she did become pregnant and in the ninth month gave birth to a boy who was perfect in all ways. The obstetrician found no tumors. They have been dissolved by her constant spiritual transfusions.

She saw the back parts. Biblically speaking, i.e., the manifestation, the happy ending the objectification of her desire. There was no tension, no anxiety; just a quiet assurance that the Healing Presence was flowing through her and would bring things to pass in its own way and in Divine order.

When you pray, imagine the happy ending, the Divine solution, through the wisdom of the Infinite. Relax and believe, and when you relax, let go and believe, you experience the joy of the answered prayer.

Your subconscious mind brings all your beliefs to pass

When you want a healing of any condition, get silent, relax, think of the Infinite Presence and Power, and affirm that the healing is taking place now. There must be no resentment or bitterness. Forgive everyone. Your subconscious made your body and it can restore you to the Pattern on the Mount. If you can't heal yourself, go to a doctor and bless him and pray for him. To think because you go to a doctor you should not pray is rank superstition.

When you think of the condition from time to time, affirm immediately:

> "God is healing me now."

To fret and fuss and deny and say, "I'm getting worse," "Prayer doesn't work," "I'm hopeless," or "I'm doing something wrong" is somewhat as if a surgeon operated on you, cut out the appendix, and then in ten minutes ran back and opened you up again to see how you were getting along or to see if he had forgotten something, and then in a half an hour again ran back and sewed you up again. He would probably kill you by blood poisoning or shock. You will have to account for every idle word you speak, for the simple reason that your subconscious mind takes you literally and brings all your beliefs to pass.

Insignificant problems

In talking with chronic worriers, I have found that it is not heavy burdens or great tragedies that irritate and upset them, but petty things and insignificant

problems. These are… *the little foxes that spoil the vines* . . . (Song of Solomon 2:15). Medical men today know that chronic worry undermines the digestion, brings on ulcers and debilitates the entire system. Most worries are inconsequential trifles that fritter away your vital forces.

You often hear people today saying, "I'm so worried." Many times they do not realize the implications of what they are saying, because every time one says, "I'm so worried," the speaker is making grooves in his subconscious mind. The latter being the seat of habit, the speaker becomes a chronic worrier. For example, the mother worries about her son or daughter, the father worries about the stock market, the salesman about his job, and millions worry about the country, their health and prosperity.

It isn't what happened that matters

I talked with a man who had missed a plane. He had a very important contract to sign at the city for which he was headed. His particular flight was cancelled, and he said to him, "Infinite Spirit has a far better way of handling this contract. It is God in action." He remained poised, serene and calm and took the next flight out, after explaining by phone the situation to those he was to meet.

Everything worked in Divine order for him. You can see that it isn't what happened to him that mattered, it was his thought about it. He had the right attitude. Another man next to him in line at the airport had been very abusive to the clerk, and was obviously agitated and disturbed. He was in what is called an emotional stew, which undoubtedly was destructive to his entire system. All this man really had to do though was to accept the situation and affirm,

> "I am serene and calm and realize, like Paul, *None of these things move me* . . ." (The Acts 20:24).

Choose how you will react to certain situations

Psychosomatic physicians today point out that anger, rage, resentment and frustration cause adrenalin-type hormones to be generated, which, in turn, bring on high blood pressure and an abnormal pulse rate. You can always choose how you are going to react to a certain situation. Remember, all reactions take place in your mind. You have control over your thoughts. You are the boss, and you can order your thoughts along constructive, spiritual lines. You can begin now, today. Affirm frequently:

> "I am unmoved, undisturbed. I am relaxed and at peace."

Decree it, mean it and be sincere, and your subconscious will accept it.

Why do I have all these problems?

A woman asked me: "Why do I have all these problems? I have prayed for a new state. I know what I want, but everything is going backwards." I explained to her that her prayer process was changing her subconscious mind, and as she continued to take her attention away from the old state, it would gradually disintegrate, and the process of change might be somewhat annoying. When you sweep the room out, it makes dust and you wish to leave the room. But when it is clean, you sit down and everything is satisfactory. You don't see the dust. Nine times out of ten, this happens. As you fill your subconscious with life-giving patterns, the old derelicts and complexes hidden in the subconscious put up a fight, creating a little dust; but as you continue the cleansing process, your whole world changes and you are transformed.

Do not rob yourself of peace, harmony and vitality

The nature of most of our worries is that it is about something that has not happened yet. Look back on your life and you will find that most of the things you worried about never happened, but at the same time you robbed yourself of peace, harmony, vitality and perhaps even made yourself a physical and mental wreck.

Compulsive neurosis

Worry is faith in the wrong thing. Faith is living in the joyous expectancy of the best, and worry is a focusing of attention on a negative idea to the exclusion of others. Worry could be looked upon as an obsession, which means that you permit a false idea to dominate your mind. You are held in a sort of a hypnotic spell, all self-imposed. In other words, you have a "fixation," which is simply a negative auto-suggestion given to your subconscious mind.

A fancy name for chronic worry is compulsive neurosis, which means that you are chewing constantly on some negative aspect, like a dog gnaws at a bone, and sometimes the worrier actually resents being told to change his or her attitude to a constructive viewpoint.

Contribute to the well-being and fulfillment
Of other people then you will be prospered

Each person is unique and wants to express himself at his highest level. To be successful in the art of living, contribute to the well-being and fulfillment of

other people's desires and hope. Then you will be prospered. Recall the old Hindu maxim, *"Help thy brother's boat across and, lo, thine own hath reached the shore."* The most worthwhile and truly successful person is the one who continuously aids and assists other people to achieve their hearts' desires.

Every person wants to feel needed and wanted, and desires to achieve his true place in life. In other words, he wants his riches in life and all the necessary money to do what he wants to do when he wants to do it. Money is a symbol of freedom, luxury, refinement, abundance and security.

Look to the Source of all blessings and affirm from an Infinite standpoint: "God's wealth, spiritual, mental, material and financial, is circulating in my life and there is always a Divine surplus." The Infinite Intelligence within you will respond according to the universal law of action and reaction.

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The transforming power of love

I was asked recently if a father, by mental means, could break up or cause the dissolution of a marriage. The young lady in question is married to a Catholic; she and her husband are deeply unloved. "My father," she said, "hates Catholics, and he belongs to another church."

The father had his daughter in a state of fright, and she was terrified that he could get her back by mental means.

I explained to her that her father had no power whatsoever, no more than a rabbit's foot or the stones in a field. She began to realize that the only real power existed in her own thought and feeling. She prayed frequently that as God's love united her with her husband in the beginning, His love would continue to unite them now, surrounding them and enfolding them. The young woman affirmed regularly that the beauty, love, and harmony of God permeated their minds and hearts and that God's love ruled their lives. She realized that nothing could come between her and the man she loved.

She perceived a great truth, which is that all the negative statements and thoughts of others are as papier-mâché arrows aimed at a battleship. Love is of the heart, and as this young husband and wife found love, grace, and goodwill in one another, and saw the virtues of the other, their marriage grew more blessed everyday. The young woman prayed for Divine understanding with her

father, and she informed me recently that he was becoming more tolerant now and was learning to love her husband.

Turning discord into harmony

This man was open and receptive to the explanation which I offered and he began to realize that he had some mental work that had to be done immediately. He had to give up his resentment, hostility, and ill will, and build a more harmonious and peaceful existence. He cut off relations with the other woman and began to pray along these lines several times a day:

> "Infinite Intelligence rules and guides me and I radiate love, peace, joy and good will to my wife and children. I surround my wife and children with the circle of God's love, knowing and believing that His love, peace, harmony, and joy fill their minds and hearts. I forgive myself and I feel free. I mean this, I am sincere, and I know the peace of God reigns supreme in my home, in my heart, and in my family."

By practicing this simple phase of the laws of mind, he replaced his inner turmoil with peace and goodwill. His new attitude dissolved his bodily ailment and brought peace to his troubled mind. He and his wife prayed together every night. Love was now ruling his home-life, and love dissolves everything unlike itself, for God is Love.

Man has choice

You can choose to be successful, happy, joyous and free. The part is not written for you. There is no predestination. If so, we would have no right to criticize anyone or commend anyone in the world, as they would simply be fulfilling a role as an actor in a play. You can play any role you wish by stirring up the gift of God within you. You must remember that we could not awaken that within us unless it was already there in the first place. There is merit when you say that your boy has chosen the good.

For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night (Psalm 90:4). This is a poetic expression meaning a million years are as a second in the drama of awakening. Let the resurrection of God's powers take place in you, and wonders will happen as you pray.

CHAPTER 22

PENT-UP EMOTIONS

He that is slow to wrath is of great understanding; but he that is hasty of spirit exalted folly. (Proverbs 14:29)

Do we blame the Government, external conditions, family, employers, etc., for any problems or limitations we may be experiencing? It is easy to blame others.

When we go into a restaurant, and the waitress takes a long time to serve us, do we criticize her or suggest that she should be discharged? Or do we lift her up in consciousness and see her as she ought to be?

Do you gossip; dissect others; criticize them, and indulge in back-biting? These negative qualities would prevent you from controlling and disciplining this important faculty of mind. Do you hear and feel only the best for others? If you can, turn not aside; faint not; the Truth shall lead you to a land of plenty (Canaan) flowing with the milk of life and the honey of unblemished wisdom.

The man who disciplines this faculty of mind lives in a state of joyous expectancy; invariably the best comes to him. The word of God goes before such a man as a *"pillar of a cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night."* (Exodus 13:21).

Judas means limitation, the sense of need, desire or the unredeemed life forces. We are all born with Judas, because we are born into a world where we are conscious of boundaries, time, distance, and other limitations. *"Thou hast been in Eden, the garden of God; every previous stone was thy covering." (* Ezekiel 29:13).

The cause of frustrations and discords

Yes, we were in a desire less state! Now we are born into a three dimensional world; we have desires. Our failure to realize our desires, cherished hopes, and ideals is the cause of our frustrations and discords. Lack of understanding has caused men to lust, hate, and be greedy for other people's property, territory, possessions, and land; so it is said Judas carried the bag of money (sense of need, limitation). When we discipline this faculty, it is one of the greatest of all the disciples, as it reveals the Christ or the Truth that sets us

free.

He had tension under his control

While talking with a musician, he said, "I feel very tense before I play. If I am not full of tension before I play, I don't give an excellent performance." He said that in the beginning an associate of his told him to take a tranquilizer to relieve his nervous tension; but, after following the advice, his performance was very poor. He said he then realized, "It was tension that was necessary to make me excel in my music."

He said, "Now I get tense to a point similar to a wound-up watch. Then I kick off the excess energy and play. I am careful not to get over-tense and do not wind the watch to the point where I break the spring."

This musician is wise. He likens his performance to the coiled spring of his Geneva watch, which releases the tension slowly causing the watch to operate. This stage musician realized that sedatives and tranquilizers were not the answers to his high tension. On the contrary, his high tension was simply an accumulation of Divine energy, enabling him to release the imprisoned splendor within him. This man had tension under his control and released it in Divine law and order. He thus found peace and serenity.

A student punched pictures to release pent-up emotions

A young medical student told me that he used to get so angry and upset with his relatives, with whom he was boarding while attending medical school, that he painted their faces on a punching bag in the college athletic quarters. He punched the pictures of each of them regularly every day for half an hour, giving about five minutes to each. He claimed that this released his pent-up emotions and prevented his exploding in a fit of rage in their presence. I explained to him that the more anger and hostility he hurled at them by punching the bag, the worse he would get. In other words, he would magnify the negative emotions within himself.

If it were true that all he had to do to get rid of the emotions of hostility and anger was to express them, then the reverse would also be true: the way to get rid of love, peace, cordiality and goodwill would be to express them. On the contrary, however, as we do this we grow in love, peace, harmony and goodwill. Actually, the more we express these qualities, the more God-like and spiritual we become. The qualities are of God, and the more we give of these qualities, the more we possess. The more wisdom you impart to others,

the more you have.

It is a diabolical perversion of truth to tell a person who is full of hostility that the way to get rid of it is to express it. Actually, he begins to murder love, peace, harmony and discernment within him. If he keeps it up, these emotions reach a point of saturation, which destroy him. Accordingly, this young intern began to surrender all his relatives to God and practiced religiously blessing each one by affirming whenever he thought of any one of them,

> "I exalt God in the midst of you."

As he made a habit of this, he attained an inner peace and his relatives no longer troubled or irritated him. He realized that he was irritating himself.

His hatred developed a deep sense of guilt

I met a man who came to my hotel in New Delhi, India, for consultation. He was from the British Isles. He had acute sinusitis, a deep sense of grief, and was haunted by unknown fears. I found in talking to him that he had hated his father for many years, because the father bequeathed all his estate to his brother. This hatred developed a deep sense of guilt in his subconscious mind; because of this guilt he had a deep, hidden fear of being punished; this complex expressed itself as migraine and sinusitis in his body. Fear means pain. Love and good will mean peace and health. The fear and guilt which this man had were expressed as disease, or lack of ease and peace. The mucous membranes of his nose were always inflamed.

This young man realized that his whole trouble was caused by his own sense of guilt, self condemnation, and hatred. His father had long since passed on to a higher dimension of life. Actually he was poisoning himself through hatred. He began to forgive himself. To forgive is to give something for. He practiced saying "I completely forgive my father. He did what he believed right according to his light. I release him. I wish him peace, harmony, and joy. I am sincere, I mean it."

Then he cried for a long time. That was good. He lanced the psychic wound, and all the psychic pus came forth. His sinusitis disappeared. I have had a letter from him saying that the migraine attacks have ceased altogether. The fear of punishment which was lurking in his subconscious mind has now disappeared.

We do not create wisdom, virtue and knowledge

Man cannot become the Great Teacher or Healer by any direct effort. *"The father that dwelleth in me, He doeth the works"* (John 14:10). The result is due to an attitude or mood of the mind that the Wisdom, which is ever present, is made manifest in us. We do not create wisdom, virtue and knowledge. We reform and reverberate these attributes by a renewal of the mind, thereby releasing ever-existing principles and qualities into manifestation.

Do not waste your energy

Watch the expenditure of your thought by saying to it that all your thoughts are invested wisely. Remember that the law of parsimony must prevail in your mind, and you must economize in your mental assumptions. You must assume that God is and that He answers you. *Faith is the substance of things hoped for.* Faith is to perceive the reality of the idea, thought, or image in your mind. You have faith when you know that the idea of a book, play, composition, or invention in your mind is as real as your hand or heart. This is the substance of things hoped; this is the evidence of things not seen. I do not see the new invention in your mind, but as you accept it and give it attention, the law of growth will take place. Take the seed in the ground; you will attract everything necessary for its unfoldment. What you give attention to you will experience. It is always your thought that disturbs you.

Find the answer within

To worry is to deflect your attention deliberately away from the good and to mentally focus on the negative aspects of life. Your thoughts go round and round as you dizzily seek a way out of the dilemma. Come back from the periphery to the center, where God abides, and find the answer within.

Laughter

The Greeks said that laughter is for the gods. Laughter is a medicine for many troubles. Man is the only being in the world who can laugh. Animals can't laugh. Laughter restores your perspective, takes your attention from yourself, and lets you think clearly and decisively. Make it a special point to laugh at your fears. Be sure to laugh when people irritate you, and by all means laugh at all the foolish, silly mistakes you made during the day. Laugh at yourself for being so stuffy and so serious. The greater the problem, the more humor you need. There is neither self-pity nor self-condemnation where the laughter of God in the soul of man takes over.

The Golden Rule

All of us are interdependent, and it is reasonable to assume that the welfare of others is essential to the success of every man. It is undoubtedly true that the more man cares for and appreciates the spiritual life, the more he will use his material wealth wisely, judiciously and constructively.

When a man uses unscrupulous financial or business methods, he may not suffer financial loss, but loss can come to him in many ways, such as loss of health, loss of promotion, loss of prestige, loss of self-respect, loss of love, etc., for the ways of the subconscious are past finding out. All misdeeds or misuse of the law of mind must be accounted for sooner or later.

The only success that permits a man to rest peacefully and harmoniously is that which conforms to the Golden Rule, i.e., to think, speak and act toward others as he would wish others to think, speak, feel and act toward him. Success is primarily moral and spiritual, governed by honesty, integrity and justice and tempered by goodwill to all men everywhere.

Underlying cause of most failure

A spiritually-minded person should be comfortably housed, clothed and fed. In other words, he realizes that all things are here for his use and enjoyment… *God, who giveth us richly all things to enjoy* (I Timothy 6:17).

We must realize that the cause underlying most failures to effectual prayer is muddled thinking and lack of emotional control. The important thing to observe is that we find the same law operating in the magnetic attraction of impulses of fear, jealousy, anger, pent-up emotions and despair (which are responsible for most of the failures and frustrations in life) as we find in the ineffable emotion of love, which results in good. A single principle, an identical force, lies underneath accomplishment or failure.

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer (Psalm 19:14).

You are what you contemplate. You are what you think all day long. Give your attention and devotion to the great truth: *As he thinketh in his heart, so is he* (Proverbs 23:7).

The test of a good executive

In the business world, the test of a good executive is his mental acumen and

his sagacity in delegating work, and then in keeping his finger out of the assignment he has directed another to complete. A poor executive is always meddling with the pie he has asked the other to make. When you pray, you must be a good executive and learn to delegate authority to your subconscious mind, which knows all and sees all, and is the "know how" of accomplishment. When you pray, turn your requests or desires over to your subconscious mind with complete faith and confidence, knowing that whatever is conveyed to the subconscious will come to pass.

Avoid nagging

You can know if you have really turned it over by the way you feel, e.g., if you are worried or anxious, and if you are wondering how, when, where or through what source your answer will come. If this should be the case, you are meddling, which indicates you do not really trust the wisdom of your subconscious. Avoid nagging from time to time all day long. When you think of your desire, lightness of touch is important; remind yourself that Infinite Intelligence is taking care of it in Divine order.

Prayer for controlling the emotions

I am always poised, serene, and calm. The peace of God floods my mind and my whole being. I practice the Golden Rule and sincerely wish peace and goodwill to all men.

I know that the love of all things which are good penetrates my mind and casts out fear. I am now living in the joyous expectancy of the best. My mind is free from all worry and doubt. My words of truth now dissolve every negative thought and emotion within me. I forgive everyone; I open the doorway of my heart to God's Presence. My whole being is flooded with the light and understanding from within.

The petty things of life no longer irritate me. When fear, worry, and doubt knock at my door, faith in goodness, truth, and beauty opens the door, and there is no one there. *"O, God, Thou art my God, and there is none else."*

CHAPTER 23

IGNORANCE AND MISUNDERSTANDING

> The Bible says: . . . *He might destroy him that had the power of death, that is, the devil; and deliver that through fear of death were all their lifetime to bondage.* (Hebrews 2:14-15).

We are dead, Biblically speaking, when we are unaware of the Presence and Power of God within us and unaware of our capacity to use this Power righteously, thereby bringing health, peace, joy and abundance into our lives.

The source of pain, aches and misfortunes

The Devil in the Bible means ignorance or misunderstanding. Spell live backward and you have evil. Your evil is an inversion of the Life-Principle which is God. God moves as a unity and seeks to express Himself through you as beauty, love, joy, peace, and Divine Order. The false idea in your mind is called the adversary, devil, Satan, etc. The devils which bedevil man are enmity, strife, hatred, revenge, hostility, self-condemnation, and other negative emotions. If man fails to believe in the goodness of God and in a God of Love, the extent to which he believes this can well be his so-called devil which is the source of his pains, aches, and misfortunes.

We sin when we fail to lead a full and happy life

The word in Hebrew means to accuse. The *Guide to the Perplexed* by Ammonites, which is one of the great books of all time, points out that Satan is derived from seta, which means to slip, to err, to deviate from the truth, to turn aside or to miss the mark. The latter word is the meaning of sin. We sin when we fail to lead a full and happy life. Then we are truly sinning, as we have wandered away from the contemplation of God's Holy Presence.

Was it God's will?

A woman wrote me stating that her daughter was watching a group of men fighting on the streets of New York and that a bullet hit her daughter necessitating the amputation of two fingers—and what was the cause of it? Was it God's will? Was it punishment for her sins that this accident occurred? The answer is in the negative to all these questions of the mother. God does not judge or punish; good and evil are the movements of man's own mind. It is very primitive thinking to believe that God is punishing us or that a devil is

tempting us. Our state of consciousness is always made manifest. Men, women, and children are constantly testifying to our state of consciousness.

We do not know the contents of this girl's mind. If she were hateful, resentful, or full of hostility and self-condemnation, she could have attracted such a condition to herself. We must remember that the majority of people do not discipline, control, or direct their thinking and mental imagery along Godlike channels; therefore, their failure to think constructively and harmoniously from the standpoint of the Infinite One means that they leave their minds open to the irrational mass mind which is full of fears, hates, jealousies, and all kinds of negative happenings.

It was his own fault

Dr. Paul Tournier, famous French psychiatrist, writes about a man who cut his hand with a saw and blamed the so-called accident on the fact that the wood which he was cutting was very wet. Dr. Tournier knew that there was a mental and emotional cause behind the severe cut on the man's hand. He discovered that the man was very irritated toward his employer, and furthermore he had considerable rancor and hostility toward a former employer who had discharged him. Dr. Tournier explained to the man that when he is irritated and upset emotionally, his efforts become uncoordinated and jerky, and thus the accident had happened.

His subconscious responded accordingly

Man's failure to think the right way is as bad as thinking negatively and destructively. As a boy, I remember a farmer in Ireland who waited behind a fence every day for over a week in order to shoot the landlord when he passed by. One day he was going behind the usual fence and he stumbled, the rifle went off, and he was shot fatally. I did not understand the reason at that time, and like others, I believed it to be an accident. There are no accidents; there is a mind, a mood, a feeling behind that car, train, bicycle, and also behind the gun. This man had murder in his heart for a long time, and his subconscious responded accordingly.

Two unlike things repel each other

No manifestation cometh unto me, save I the Father draw it. The father is your state of consciousness, your own creative power, and no experience comes to you except there is an affinity in your own mind. Two unlike things repel each other. If you walk and talk with God and believe that God is guiding

you and that the Law of Harmony is always governing you, then you cannot be on a train that is wrecked because discord and harmony do not dwell together. The mother added in her letter as a postscript, "My daughter cannot get her fingers back through prayer." I don't know why people are so decisive and categorical in their statements that a man cannot grow a leg or finger if missing.

The last day of judgment

For there is nothing covered, that shall not be revealed; neither hid, that shall not be known. Therefore whatsoever ye have spoken in darkness shall be heard in the light; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops (Luke 12:2-3).

This means that whatever we decree meaningfully in the depths of our own mind will be made manifest for all to see. Many people seem to think that these paragraphs refer to the sins of the other fellow which will be exposed or revealed; e.g., the last day of judgment when all our sins would be replaced on our forehead. However, people would not read them anyway, as they would be too busy with their own.

These verses refer to the laws of involution and evolution. In other words, whatever is involved in your mentality will be evolved or objectified in all phases of your life. It means the law of action and reaction. Fear, anger love, joy and sadness will all be made manifest on the screen of space.

All suffering is due to ignorance

One man said to me, "I suffer here, and when I die I go to Paradise." All suffering is due to ignorance. I explained to him that Spirit, or God, couldn't suffer. We suffer because of our misuse and misapplication of the laws of mind. We suffer until we learn the laws of mind and the way of the Spirit. All the suffering and misery in the world is primarily due to ignorance. Ignorance then is the only sin, and all suffering is the consequence of it.

The ways of the subconscious are past finding out

While speaking recently at the International New Thought Convention in Chicago, I had a long conversation with a medical doctor, who told me that many years ago he had tried every conceivable way to get into Yale Medical College and had pulled all the strings, but had failed. He tried other medical schools, with the same result.

His mother quoted some words from the Bible… *Having done all, to stand*

(Ephesians 6:13). She said to him, "That means to stop running in circles; relax, let go, and stop trying with your conscious mind." She said, "You have done your best. Turn your request over to your subconscious mind and let the creative intelligence of your deeper mind solve it."

This was wise advice. The Second World War began about that time. He was drafted and, since he had the proper preliminary education, the Army sent him to medical college. His prayer was answered—not the way he expected, though, for the ways of the subconscious are past finding out. Therefore, whatsoever ye have spoken in darkness shall be heard in the light, all of which means that when he turned his request over to the darkness, his subconscious mind, where his idea gestated, the answer was presented full blown to him in due season.

There remained therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his (Hebrews 4:9-10). The rest spoken of is your inner conviction—it is relaxation and a sense of indifference—it could be called the silent, inner knowing of the soul, your inner certitude, whereby you know your prayer is answered. When you are indifferent, you fail to react. You are indifferent when you are asleep. Divine indifference means you know it is impossible for your prayer to fail.

A simple technique

A young woman had many dates and many disappointments. The men she went out with told they were single but in time she discovered they were married and had lied to her and were just using her. Her two previous marriages had ended in divorce.

At my suggestion she practiced the following technique prior to sleep: She imagined I was shaking hands with her, wishing her all the blessings of life on her happy marriage. She felt the solidity, naturalness and tangibility of the ring on her finger. All this took place in a passive, sleepy state every night, while she was fully conscious that she must first accept the ideal in her mind before any marriage could take place on the objective plane.

The ideal she had in mind was that of a spiritual minded man who harmonized with her perfectly. Hearing me wishing for her all the blessings of life every night was a means of impregnating her subconscious mind. Following this procedure, a short time afterward, she married a minister and

was very happy.

Become aware of the subtlety, the substantiality and the soundness of this simple technique.

The son means your mind

A mother was terribly troubled because her son cursed God and said, "There is no God." She had read in the Bible: *But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation* (Mark 3:29).

This passage in the Bible has frightened many people. Life, or God, however, is forever forgiving. *Thou art of purer eyes than to behold evil, and canst not look on iniquity . . .* (Habakkuk 1:13). *For the Father judged no man, but hath committed all judgment unto the son* (John 5:22).

The son means your mind, and you judge yourself by the thoughts you think and by the conclusions arrived at in your own mind. When you cease to criticize, castigate, demean and condemn yourself and enthrone God-like thoughts in your mind, there is an automatic response from our subconscious mind and the past is forgotten and remembered no more.

Your attitude of mind is unforgivable

If a man refuses to seek guidance and inspiration or believes that he is incurable, he is simply shutting himself off from the Power of God to heal him, because his subconscious responds to his belief. For example, if you say that you know all the Truth and that there is nothing more to learn, then it will not be possible to cause you to see a greater measure of Truth, which is infinite in scope. As long as you refuse to forgive yourself and believe you are an incurable or that the situation is hopeless, your attitude of mind is unforgivable while it lasts.

The Bible speaks in Oriental idiom and symbolic language, and to take the paragraph mentioned literally would be absurd.

Something is dying

One of our radio listeners wrote me, saying she had dreamed seven or eight time of a loved one dying, someone whom she cared for and who was very close to her. But she added that the person is very much alive. I explained to her that if she dreams of a person she loves having died, it doesn't necessarily

meant that the loved one will die or died, but it means that something she loves in her life such as a position, quality or health, is dying or died—not the person.

Actually, her love for her husband had died, as she knew that he had a mistress. Her love had turned to hate, and her subconscious was reminding her. This hate within her was murdering love, peace, harmony and joy and was beginning to affect her body in the form of arthritis.

Accordingly, she talked the matter over with her husband and they arranged for an amicable divorce. She began to appraise herself spiritually, realizing she was a daughter of the Infinite and a child of Eternity, she ceased hating and instead built up self esteem, while realizing that her true Self was God. Her constant prayer was,

> "God loves me and cares for me. His peace fills my soul. God's love saturates my whole being, and the light of God illumines my pathway." When thoughts of her ex-husband came to her mind, she affirmed immediately, "God loves me and cares for me."

After awhile all anger, resentment and hatred was dissolved in the light of God's love. She said, "I stopped trying to force myself to bless him. I knew that as I saturated my mind and heart with Divine love, all the negatives would disappear, which they did." There was no longer any sting in her mind. The hatred and rage were suppressed in the subconscious, and being a very destructive nature, had to have a negative outlet, which was appearing as arthritis. The suppleness and mobility of her knees have been restored, as love dissolves everything unlike itself.

An interesting sequel to her prayer process was that she had a tremendous urge to finish her study of medicine, having previously completed two years in medical college in New York. She is now well on the way to becoming a pediatrician and, undoubtedly, she will be a wonderful doctor.

He was very much alive

If you dream of a person you dislike very much as dead or dying, it means the condition or thing in your life embodied or symbolized by that person has died or passed away. To illustrate this point, a young college girl dreamed her ex-fiancé was dead. This dream occurred during three consecutive nights. However, he was very much alive.

Her doctor had diagnosed a tumor in her creative organ. She realized the relationship and said to me, "I know the growth is only resentment, but I have

been going to Unity Church and Science of Mind classes, and I know it will pass away." I suggested to her that as far as I could judge, the tumor undoubtedly was dissolved. I pointed out to her the significance of her dream and suggested that she go to her gynecologist for another examination. She did, and he confirmed the truth of her dream. Her subconscious, speaking symbolically, told her that all her resentment and hostility had died in her, and the physical embodiment of her negative emotions had disappeared also.

The hand means the power of God

. . . Who will show us any good? Lord, lift thou up the light of thy countenance upon us. Thou hast put gladness in my heart . . . I will both lay me down in peace, and sleep: for thou, Lord only makest me dwell in safety (Psalm 4:6-8). Yea, they turned back and tempted God, and limited the Holy One of Israel. They remembered not his hand, nor the day when he delivered them from the enemy (Psalm 78:41-42).

The hand means the power of God, and enemies are of our own mind, such as fear, doubt, jealousy, etc. Divine love casts out all fear, and you are delivered from the limitations, which you have placed upon yourself. When faced with a problem, challenge of difficult assignment, look at it and say to yourself that the problem is here but God is here also. Don't turn your back on the Infinite Presence and Power within you. When you call upon Infinite Presence, you will get an answer, for it's nature is responsiveness.

Hear the words of the Psalmist

I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread. (Psalm 37:24).

"I was young," meaning I did not understand the laws of mind: "now am old"—age, Biblically speaking, means the dawn of wisdom. When you are spiritually wise and understand the way your mind works, then the righteous (right use of the laws of Life) are never forsaken. You are righteous when you think right feel right, act right and do right according to the Golden Rule and the law of love, or goodwill, to all.

If parents and teachers would teach the laws of mind and the eternal verities to the young, their seed would never beg bread. This means these children shall never become the beggars, outcasts, thieves and truants of the world. In other words, your children will fulfill your conviction of them. Children grow up in the image and likeness of the dominant mental, emotional and spiritual

climate supplied by the home.

By teaching the youth of the nation who they really are, and by showing them the way, the truth and the light, we can build a heaven on earth and prevent the appearance in the world of dictators, despots, tyrants and undesirable states of consciousness which are perpetuated by prejudices, racial hatreds and fear of the unknown. Teach children of the great accomplishments of the poets, artists, engineers, chemists, physicists, astronomers, mystics and the illumined seers of the ages, and boy and girls will tend to emulate the ideas portrayed.

CHAPTER 24

READY FOR THE TRUTH

And he said unto them, how is it that ye sought me? Wits ye not that I must be about my Father's business? (Luke 2:49).

You are here to release and express all the qualities, attributes and potencies of God. You are placed here to lead the abundant life and express more and more of God's beauty, love and joy. Your real religion is your personal relationship with God. If you find men or women whose relationship with the Infinite makes them happy, joyous and contented, and where they get comfort from their religious beliefs, don't try to force your opinion on them.

When man is ready, he will hear the Truth. Your mind must be open and receptive to hear the Truth, which is the same for all people of the world.

Wear the right garment

A garment in the Bible is a mood, tone, vibration or attitude of mind which you wear. For example, taking it literally for a moment, if you are a private in the army and go to the king wearing the uniform of a private, you may be sent to do latrine duty. If you go before the king wearing the garment of a general, you will get an appropriate assignment.

If you go as a slave you will get more work to perform as a slave. If you are about to visit a very prominent person such as a queen or the President of the United States, you wear wonderful and expensive clothes. You may not be particular whether your clothes are pressed or perfect, however, in the presence of a maid or other servant.

Spiritually speaking, every night as you go to sleep you visit the King of Kings, the Lord of Lords—the God-Presence. What kind of garment do you wear as you go into the deep of sleep? The Psalmist says: *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is good; his mercy is everlasting; and his truth endured to all generations* (Psalm 100:4-5).

You can never know how your prayer will be answered. The thankful heart is always close to God. Never go to sleep with the feeling of resentment, anger or condemnation, because your subconscious magnifies what you deposit in it.

Your subconscious acts on the engraving made by your conscious mind.

Send your messengers to prepare the way

When visiting one whom you consider to be a very prominent or any great personage, be sure to send your messengers before you to prepare the way. Affirm:

> "Divine love goes before me making straight, happy and joyous my way. I send the messengers of peace, harmony, joy, love and goodwill before me and they follow my orders implicitly. The Spirit in me salutes the Spirit in _____ and there are harmony, peace and Divine understanding between us. We are both blessed."

Affirm these truths until you believe them in your heart. You will know when you believe them because your mind will be at peace.

The stoic philosopher Epictetus, who lived in the first century, said: "When you are going in to any great personage, remember that Another (God), also from above, sees what is going on, and that you ought to please Him rather than the other."

Let your thoughts pay dividends

You can take control of your thoughts because you are the boss and your thoughts are your employees. You tell them where they are to direct their attention. You want your thoughts to pay dividends and increase your health and wealth. Your thoughts are the coin of your mental world. Change your thoughts and keep them changed. Your thoughts generate emotions and your thoughts and feelings control your destiny. If you do not take charge of your own thoughts, then the thoughts and moods of others will control you and order you around like a slave. Never permit your thoughts and emotions to run riot, as then you will have lost all control.

We must be careful not to cohabit with the strange woman, such as fear, hate, jealousy, envy or resentment, which results in all manner of sickness, lack and limitation.

You must discipline yourself to reject the suggestions and high-pressured propaganda drives regarding cancer, heart disease, etc., which appears on TV, screens so frequently. Many people who do not discipline their minds create the very evil they fear. This is the result of an unholy marriage. Your thought and emotion bring forth a result, called the son or manifestation of the union.

Be like an employer

The President of the United States is subject to authority. Congress has power over him. We have to live and adjust to authority. Wherever we go, there is authority. We must learn to establish control over our thoughts, feelings and responses. We must take care of our minds. When we do take charge of this motley crew in our mind and say to them, "I am the master; I am going to order my thoughts around and tell them what to give attention to," we will be like an employer ordering his employees to execute his instructions.

Man must take charge of his own mind and not permit others govern it for him. Creed, dogma, tradition, superstition, fear and ignorance rule the mind of the average man. The average man does not own his own mind at all. It does not belong to him; it is oftentimes ruled over and governed by the rank superstitious of others.

A young actress found peace within

A young actress phoned me terribly agitated and fear-stricken, stating that a palm reader had told her that someone had placed a curse upon her and that for $100.00 she could remove it. Having paid the fee, she seemed to get worse, however, and her physician prescribed a powerful tranquilizer. In her own words, she felt like a walking zombie.

I explained to her that she had to eradicate the cause. I pointed out to her that the imprecations of others had no power whatever to disturb her, that the suggestions and statements of others could not affect her—that the only power was the movement of her own thought. She had accepted the negative suggestion of the palm reader, and the whole reaction from which she was suffering was due to the movement of her own mind.

Under direction she began to recite slowly, quietly and reverently the words of the 91st Psalm, the great protective Psalm of the Bible, which has saved people all over the world from shipwrecks, fires, incurable conditions and hopeless situations.

She began to be aware of some simple truths. She knew that as she tuned in with the Infinite Presence and Power, which is the only Power, It would move as harmony, peace, love, joy, beauty and power through her. There is nothing to oppose this Presence, since it is Omnipotent. This realization gave her a sense of inner peace.

She blessed the palm reader and radiated love and goodwill to all, knowing that when she poured out love, goodwill, cordiality and blessings to all, she

would build up a wonderful immunity and become free. She found the peace that passeth understanding. She laughed at the negative suggestion of the palm reader, who had no more power than a pea shooter aimed at a British battle ship. She threw away the tranquilizers which she no longer needed. She did something about her suffering and pain and found peace within.

Develop self confidence

To really acquire self-confidence, you must have faith in the Eternal Life within you which created you and also the world. You must by study and application develop confidence in the two phases or functions of your mind, namely the conscious and subconscious. The subconscious mind responds to your habitual thinking. You can choose your thoughts, imagery, reactions, and response to life. You can channel your emotions constructively.

You can develop confidence in the subconscious mind in the same way you would have confidence in chemistry, physics, mathematics, or electronics in building a radio or television set. A doctor has confidence when he begins to operate, because he knows surgery, anatomy, physiology, and other basic sciences dealing with the human body.

Have confidence in the God-self within

The way to overcome all sense of inferiority and rejection is to realize that you can change your concept of yourself, and to know that conditions, circumstances, and events are not causative; these are effects. The basic cause of all fear is to believe that externals are causative. The cause of all is your own mind and spirit.

Many people say, “I am shy; I am timid; I am no good; I am abashed; I was born on the wrong side of the tracks; I did not have a good education; I did not go to college.” All these negative thoughts pass through the minds of people; then comes self-protection. Some retreat into themselves saying, “I want to be alone.” They shun company and become self-centered, and their mentalities become warped. They are afraid of getting hurt, so they will not go to other people’s homes or to a local party, lest their psychic boil get hurt.

This attitude of mind is due to a sense of rejection—they have no confidence in the God-Self within. Many of these psychic traumas go back to childhood, when the parents may have said, “You are no good; you will never amount to anything. You will be a drunkard like your father,” and so forth.

Conquer the feeling of inferiority

You can do all things through the God Power which strengthens you. Feel that the God Presence is flowing through you as strength, beauty, love, peace, security, and true place. Realize that you are one with God, and that as you think of harmony, health, peace, joy, power, and happiness, the God Presence flows through these patterns of thought, you become creative; you become what you want to be, irrespective of what other people say, do, or think.

You can banish all sense of inferiority by affirming, feeling, and knowing the truths in the following prayer:

> "I am a channel for God's life, love, truth, and beauty. I am an expression of God. God is my Father. God loves me and cares for me. I am a unique expression of God, and there is no one in the entire world like me. God seeks to express Himself in a unique and extraordinary way through me. I am a pipeline for His power and strength, and every day of my life I am expressing more and more of my hidden power. I radiate love and good will to all, and I wish for everyone what I wish for myself. I am one with my Father, and my Father is God."

Dwell on these truths several times a day and particularly prior to sleep at night, and you will find all sense of inferiority and rejection disappears. Remember that when you offer life-giving thoughts and new mental patterns to your subconscious mind, the latter accepts the new imagery, and the past is obliterated and expunged from the subconscious mind.

When he begins, God begins

Two years ago a young man who listens to my radio program asked me how he could become a minister of Divine Science. I suggested that he go and see Dr. Margaret Stevens, Santa Anita Church, and Arcadia. She has a wonderful ministerial school there and has already graduated many men and women. The teachers are Professor Holland, Professor Bach, Dr. Stevens and many other outstanding metaphysical teachers.

I met this Youngman last Sunday and he is still talking about taking up the ministry, claiming that is all that he really wants to do; however, he has done nothing about it. He has not inquired at or attended the school. In other words, he has not taken one step toward the realization of his heart's desire. He has not made an effort.

There are many people like that. They say, "I must take up Spanish or German, as it is very important in my business," yet, they have had ample opportunities to study these languages and have done nothing about it. They are simply daydreaming.

I know a man who has been talking about writing a book for over ten years regarding his extraordinary war experiences. I suggested to him several times that all he has to do is to sit down and write, and not wait for God to write. When he begins, God begins.

Get out of the old ruts

You are here to live life gloriously, so stop daydreaming. You are here to give your talents to the world and make it a better place to live in. This would-be writer shrinks and evades the effort to achieve and express himself in a wonderful way. All of us should listen to the admonition of the ancient Greek philosopher when he said, "The only proper study of man is man."

Cease believing the old way. Shed the old garments of sick man, poor man, and deaf man. Get out of the old ruts; break away from your childhood pattern. Do you sing the same old hymns and visit the same old pew in the church? Do you still believe everything grandmother and grandfather told you about God, life and the universe? Are you still thinking the dead thoughts of dead men which today, in the light of science and knowledge, are completely false? Millions of people today have weird, grotesque, outlandish beliefs about God and the laws of life, which any high school boy knows is absolutely false and ridiculous. Let the truth and the sunshine of God's love enter your mind and heart, and become a new being.

What you believe, your subconscious will bring forth

Another way of explaining the law of cause and effect is to say that you are belief expressed. Whatever your conscious mind really believes, your subconscious will bring forth.

I went into a business establishment recently, and the chief clerk told me that the business was going into bankruptcy. The reason he gave was that the owner had been leading a sort of double life. He had a mistress, was getting a divorce, and was ruthless with the clerks in the store. He was constantly changing help, because they resented the way he treated them.

Emerson said that every institution is a shadow of the man. His failure in business was really his complete failure in the art of living life successfully and harmoniously. His inner sense of guilt, his fear and inner conflicts, and his resentment toward his wife and others were the cause, not the business. Success depends on how you feel on the inside. The inside controls the

outside. *As within, so without.*

Look forward to a glorious future

> *. . . . God hath not given us the spirit of fear, but of power, and of love, and of a sound mind* (II Timothy 1:7).

Each day is a time of renewal, resurgence and rebirth. All nature proclaims the glory of a new day. This is to remind us that we must awaken the God within us and arise from our long winter sleep of limitation and walk forth into the morning of a new day and a new life. Fear, ignorance, and superstition must die in us and we must resurrect faith, confidence, love and goodwill.

Begin now to take the following transfusion of God's grace and love: "I am filled with the free-flowing, cleansing, healing, harmonizing, vitalizing life of the Holy Spirit. My body is the temple of the Living God, and it is pure, whole and perfect in every part. Every function of my mind and body is controlled and governed by Divine wisdom and Divine order.

"I now look forward to a glorious future. I live in joyous expectancy of the best. All of the wonderful God-like thoughts I am thinking now, this day, sink down into the subconscious mind as into a tomb. I know that when their time is ready, they will come forth as harmony, health, peace, conditions, experiences and events.

"I now pass over from fear and lack to freedom in God and the abundant life. The God-man is raised in me. Behold! I make all things new!"

Turn to God

Any businessman may be inspired by turning to God, and information or divine guidance may be received for any problem. Your business problem can be solved by turning to God for the answer and your information may be general or specific. Prayer changes the subconscious mind by eliminating all the subjective patterns which were causing all the trouble. Prayer is filling your mind with the truths of God, thereby crowding out of the mind everything unlike God or Truth.

For example, if you are an executive of a commercial organization and you want a new idea for your sales program, try the following technique. If you are in business, have private offices where you will not be disturbed; close your eyes; be still; think of the attributes and qualities of God, which are within yourself. This will generate a mood of peace, power and confidence. Then

speak in the following, simple manner to the Father within who doeth the works,

"Father, thou knoweth all things, give me the idea necessary for a new program."

Begin to imagine that you now have the answer and that it is flowing through you. You must not pretend; really believe it; accept it and then drop it. The latter is most important and is the secret of the whole process.

After the silence, get busy; do something; become preoccupied with routine matters. Above all do not sit around waiting for the answer. It comes when you think not and the moment you expect not. The inner voice of intuition speaks like a flash—it is always spontaneous and unannounced. You may get any type of information which will help you along the road to success.

Acknowledge God

> "In all thy ways acknowledge Him, and He will make plain thy path: My knowledge of God and the way He works is growing by leaps and bounds. I control and direct all of my emotions along peaceful, constructive channels. Divine Love fills all of my thoughts, words, and actions. My mind is at peace; I am at peace with my fellowman. I am always relaxed and at ease. I know that I am here to express God fully in all ways. I believe implicitly in the guidance of the Holy Spirit within. This Infinite Intelligence within me now reveals to me the perfect plan of expression; I move toward it confidently and joyously. The goal and the objective that I have in my mind are good and very good. I have definitely planted in my mind the way of fulfillment. The Almighty Power now moves in my behalf; He is a Light on my path."

The unseen guest

The kingdom of God is within you. It is a kingdom because you are a king over your conceptive realm—over your thoughts, ideas, images, actions and reactions. In other words, the kingdom of God is the invisible world of your own thought and feeling, which permeates your entire life. We must welcome the King of Kings and sing His praises; then He will make frequent visits.

The abandonment of the intellectual reason for the wisdom of God is intuition. We abandon our objective reasoning only in the sense of deferring it to a higher guide. After we have received an intuition, we use reason in carrying it out. You may get specific information about anything.

Intuition

Intuition, which means being taught from within, knows the answer and does not require previous experience. We must realize that God has no problems, if He had, who would solve them? Therefore, when we pray, we know that God has only the answer; He knows no problem, hence we rise to the point of

recognition of the answer. The answer flows through the problem and there is no problem.

No reasoning power is involved and the amazing suddenness, with which the solution comes, sometimes is startling. In our Young People's Forum we now teach intuition and inspiration; they find it fascinating and illuminating.

Intuition is the soft tread of the unseen guest. For example, you may be writing a book and require special data, perhaps written 1000 B C. The information may be in the British Museum or in the New York Public Library. It might take you days or weeks to find it, if you do not know specifically what you want. In such instances, relax; be still and say silently and quietly to your Father (your subconscious), *"Thou know all things, give me this information."* Drop off to sleep with the one word *"answer*." In that relaxed mood you repeat the word *"answer."*

> *. . . . What doth the Lord thy God require of thee, but to fear, revere?*
>
> *Respect the Lord thy God, to walk in all his ways, and to love him, and to serve the Lord thy God with all thy heart and with all thy soul?*
>
> (Deuteronomy 10:12).

CHAPTER 25

ARE YOU SOLD ON GOD?

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. For the Lord is Good; his mercy is everlasting; and his truth endured to all generations. (Psalm 100:4-5).

. . . Whoso trusted in the Lord, happy is he. (Proverbs 16:20).

. . . He that kept the law, happy is he. (Proverbs 29:18).

Are you sold on God? Do you believe implicitly that God or the Infinite Intelligence in you can heal you, solve your problems, set you on the high road to happiness and peace of mind? If so, you are selling yourself to your Higher Self or God. Your Higher Self is your prospect. Give attention to God and His Love. Believe that the God who made you can heal you. Be sincere and honest, and give all power, allegiance, and devotion to God. You must give allegiance or recognition to no other power. Then, and only then, are you selling yourself to God.

Are you sold on God and His Healing Power? I listened to a sales manager some time ago talk to his men. He said the first thing you do is to find a prospect; the second step is to get his attention and interest; the third step is to win his confidence and create a desire; and the fourth step is to know that it is done, which closes the sale. *

Move through your mind now. Refuse to give power to anything but the Living Spirit Almighty within you. Then, you will be like the woman with the issue of blood who succeeded in pushing her way through the race mind belief and mentally and emotionally touched the Presence of God, resulting in an instantaneous healing.

"All ye are brethren, for one is your father. I always bring harmony, peace and joy into every situation and into all of my personal relationships. I know, believe and claim that the peace of God reigns supreme in the mind and heart of everyone in my home and business. No matter what the problem is, I always maintain peace, poise, patience and wisdom. I fully and freely forgive everyone, regardless of what they may have said or done. I cast all my burdens on the God-self within; I go free; this is a marvelous feeling. I know that blessings come to me as I forgive.

I see the angel of God's Presence behind every problem or difficult situation. I know the solution is there and that everything is working out in Divine order. I trust the God-Presence implicitly; it has the know-how of accomplishment. The Absolute Order of Heaven and His Absolute Wisdom are acting through me now and at all times; I know that order is Heaven's first law.

My mind is now fixed joyously and expectantly on this perfect harmony. I know the result is the inevitable, perfect solution; my answer is God's answer; it is Divine; for it is the melody of God's broadcast."

The great truths of God are available to all men just the same as the sunshine's on the just and the unjust; and the rain falls on the good and the evil. All that is necessary is faith in God. Faith in its true meaning is to practice the presence of God.

You bless them and let them go

Oftentimes I am asked this question: "Why is it easier to heal strangers met on the wing, so to speak?" The reason is that you don't hold them either through emotional or material interests. You bless them and let them go. To your great surprise, you may get a letter from him or her informing you that the stranger's acute problem or trouble has been overcome. We should not be surprised at the untrammeled magic of the Intelligence within us, which is all-wise and all powerful.

You may get it yourself

If you are praying for someone with a heart or stomach condition, do not let your mind dwell on the ailment; you may get it yourself. Realize that the Infinite Healing Presence is flowing through the person, transforming, healing, vitalizing and making him or her whole and perfect. Identify with the wholeness, beauty and love of the Infinite. Know and believe that the Infinite Healing Presence responds to you.

It resembled a menu card

A few weeks ago, a woman showed me a list of things she was praying for. It resembled a menu card. Keep your Freedom! Pray when you are in the mood. Let it be a joyous visit with the Divine Self within you. Don't place yourself in a straightjacket, praying in the old-fashioned register book method, now completely outmoded. Cast your burden on the deeper mind within, which knows the way out and the answer.

"True prayer is not the imposing sound
That clamorous lips repeat,
But the deep silence of a soul
That clasps Jehovah's feet."

Let go and let God take care of it

A man was involved in a difficult lawsuit, requiring his frequent attention and court appearances. His attitude was as follows: “I let go and let Divine Wisdom and Divine right action of my subconscious solve it. I loose the matter and I let it go.” Whenever he had to get in touch with his attorney or others involved, he would silently declare: “My Higher Self is taking care of this in Divine order.” He said to me, “I am no longer keeping tabs on the Divine Presence as to how, when and where, or through what source this will be solved. I let go and let God take care of it.”

The sequel to his new attitude of mind was interesting; the foremost antagonist in the lawsuit passed away one night in his sleep, and the others requested an immediate settlement. There was a Divine adjustment, and he was set free from all legal entanglements.

Her daybook

Some time ago, in chatting with a woman who prays and gives counsel, she showed me her daybook. It reads as follows:

Monday, 10:00 to 10:15 a.m.

Mrs. Jones’ stomach trouble

Tuesday, 10:00 to 10:15 a.m.

Mrs. Jones’ stomach trouble

Monday, 10:30 to 11:00 a.m.

Mrs. Smith’s kidney trouble

Tuesday, 10:30 to 11:00 a.m.

Mrs. Smith’s kidney trouble

I explained to her that what she was really doing was holding on to the stomach and kidney trouble by this close association. It becomes a habit—keeping a date with Mrs. Jones and Mrs. Smith’s stomach and kidney cases. Expect the healing to be done at once in Spirit; it is no contract job. You really acquire a stomach—kidney complex by these crude methods, now abandoned.

She changed her procedure thereafter and ceased dwelling upon organs of the body and corporeal conditions. She identified with the Infinite Healing Presence and began to claim that the Supreme Intelligence and Infinite love of the Infinite One was flowing through the sick person as harmony, health peace, joy and wholeness. She would meditate on these truths for a reasonable period of time, feeling that this particular prayer was her best for the moment, and then she would pray again when she felt inspired to do so. Her results with the new

approach were far more successful and satisfying.

> *. . . If thou will diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and will give ear to his commandments, and keep all his statutes, I will put upon the Egyptians: for I am the Lord that healeth thee. (Exodus 15:26)*

CHAPTER 26

THE BEST SPIRITUAL MEDICINE

The spirit of God hath made me, and the breath of the Almighty hath given me life (Job 33:4) . . . Let all those that put their trust in thee rejoice . . .

(Psalm 5:11)

The best spiritual medicine today is to get acquainted with the Spirit within you and then claim peace, harmony, and Divine law and order in your life. Reflect and dwell upon the Divine Law, which is: *"I AM that which I contemplate."* Contemplate whatsoever things are true, lovely, noble and God-like and let wonders happen in your life.

You are vibrating at a spiritual frequency

When we are fearful or indulge in negative thoughts, we are vibrating at a very low level. When you meditate on a psalm and say, *The Lord is my shepherd, I shall not want*, or *"The Presence of God is right here where I am*," or *"I will fear no evil for God is with me*," or *"I dwell in the Secret Place of the Most High,"* and "God is guiding me now, the Presence of God is with me," you are thinking spiritually.

These spiritual thoughts are of a very high frequency and are of a very high vibration. What happens to the evil negative thoughts of fear, destruction, and disaster? These are destroyed and neutralized. You are now vibrating at a higher level. You are vibrating at a spiritual frequency, and just like you put your finger on a tuning fork, that is the end of the negative vibration. That is the end of the evil because evil is a false belief about God and His Infinite Goodness.

The seat of habit

Many people have a vague idea of what it is to be spiritual. To become spiritual-minded, according to the beliefs of many people, is confused with conforming to certain devotions, rituals and ceremonies. What is it to become spiritual? How may I become so? These are questions of great importance to all men and women.

You will become spiritual-minded when you make up your mind to think heavenly thoughts, which means to think according to eternal verities and

principles of life, which are the same yesterday, today and forever. Your subconscious mind is the seat of habit, and as you continue thinking God-like thoughts, you will form a very good habit and wonders will happen in your life.

Many people think that in order to be spiritual-minded, they must put in practice ascetic mortifications, which are really of no value. Instead, to develop spiritually, you start from the inside, not the outside. As you spiritualize your thought life, your body will magically melt into the image and likeness of your contemplation.

She was down on herself

One young woman complained to me that she had a number of different jobs, and that wherever she went, the boss and her associates were always mean to her. She was down on herself and was constantly criticizing herself and full of self-condemnation. Therefore, others treated her the same way that she was treating herself.

Being mean and nasty to herself, she could not possibly think harmoniously and lovingly of others. She was projecting her thoughts and feelings onto those around her, and they picked up her negative vibrations and acted accordingly. Having a very low estimate of herself, and being down on herself, she was projecting negative thoughts, which tended to drag others down with her. She had to learn to love herself and have a healthy and wholesome respect for the Spirit Which created her.

The prayer discipline prescribed for every morning was as follows:

> "I am a daughter of God. God loves me and cares for me. God is my Father, and I give all honor and glory to the God-Presence within me."

She practiced this prayer therapy before the mirror every morning for about five minutes and also at night prior to sleep. When she was prone to criticize, demean or demote herself during the day, she resolved to immediately supplant the negative thought with this spiritual affirmation:

> "I exalt God in the midst of me."

After several weeks of this spiritual discipline she ceased self-condemnation and self-criticism. Her whole life pattern has changed since she realized that she really is a daughter of the Infinite and a child of Eternity. She exudes vibrancy and goodwill to those around her, and she has found peace in this changing world.

Treat your body with respect and honor

If a man is depressed, dejected and down on himself, it will show up in his posture, his gait, and his speech. Remember that you are a son or a daughter of the Infinite and a child of Eternity. Never in Eternity could you exhaust the wonders and glories within you, for God is Infinite; and that means that you are Infinite. To love yourself, spiritually speaking, is not mere elephantiasis of the ego, self-aggrandizement or narcissism; rather, it means to have a reverence and adoration for the Divine Presence within you, which created you and the whole world. This is why you should exalt God in the midst of you, mighty to heal, bless and restore.

He despises himself

Dr. Frank Varese, a medical doctor practicing holistic medicine, told me that he was surprised at the number of people, both men and women, who neglect their bodies and look for the cheapest food; yet they are very wealthy and could afford the finest and best food. They wear old clothes and operate old, run-down automobiles; they neglect their bodies and forget what Paul said: *"Glorify God in your body."*

The doctor said that they love money more than themselves. They have forgotten that they can't take it with them, and when they go on to the next dimension, usually all the relatives engage in a lawsuit over who gets what.

Your body is also a temple of this Mystical Presence; likewise, you should treat it with respect and honor. Look upon this Divine Presence as your Heavenly Father and… *glorify God in your body* . . . (I Corinthians 6:20).

You can rise

And I, if I be lifted up from the earth, will draw all men unto me (John 12:32). Lift up your concept of God and realize that the Holy of Holies is within yourself. As you dwell upon the attributes and qualities of God within yourself, the more your spiritual power and psychological force are augmented. Just so far as we know God, do we become more God-like, and we can do Divine works to the same extent. Affirm frequently:

"I exalt God in the midst of me, mighty to heal and restore. I am illumined from On High."

Make a habit of this and you will find that you are lifted up and inspired to accomplish great things. Be careful not to subsequently deny what you affirm.

The ancient mystics said: *"If that thou seeketh and thou finds not within*

thee, thou wilt never find it without thee." When you pray for an invalid, you are mentally in tune with the Infinite-Healing Presence within you. Since there is no time or space in the Infinite Spirit, you can accelerate the healing process in the invalid.

Prayer for spiritual rebirth

Use the following prayer for spiritual rebirth frequently:

> "Today I am reborn spiritually! I completely detach myself from the old way of thinking and I bring Divine love, light, and truth definitely into my experience. I consciously feel love for everyone I meet. Mentally I say to everyone I contact, 'I see the God in you and I know you see the God in me.' I recognize the qualities of God in everyone. I practice this morning, noon, and night; it is a living part of me.
>
> "I am reborn spiritually now, because all day long I practice the Presence of God. No matter what I am doing—whether I am walking the street, shopping, or going about my daily business—whenever my thought wanders away from God or the good, I bring it back to the contemplation of His Holy Presence. I feel noble, dignified, and Godlike. I walk in a high mood sensing my oneness with Go. His peace fills my soul."

Spiritual unfoldment

The price you pay for spiritual unfoldment is attention, recognition and devotion to the eternal truths of life. You pay with mental and spiritual coin. There is no free lunch, and attention is the key to life. As you absorb and mentally digest more and more of wisdom, truth and beauty, you will be able to impart the healing message to others.

You cannot give what you do not have; therefore… *seek ye first the kingdom of God, and His righteousness* (right thinking; *and all these things shall be added unto you* (Matthew 6:33). Gold and silver in the Bible are symbols of celestial good and truth. As you look to the Source of all blessings, you are recognizing your everlasting inheritance and you will never want for any good thing. Dr. Warren Evans wrote in 1884:

> Think truly, and thy thoughts
> Will the world's famine feed?
> Speak truly, and each word of thine
> Will be a fruitful seed;
> Live truly, and thy life will be
> A great and noble creed.

Success in spiritual work

You must realize that a spiritual work or a spiritual organization is not a

success if it is constantly begging for more money. This practice is evidence of downright failure. This could be called spurious spirituality. If the spiritual approach to life is successful, it is needed by the world and will be supported.

The successful man is not a mere partisan, but a real truth seeker. The spiritual-minded person is not a proselyte, but a co-worker on the way. The secret of the truth seeker is his fidelity to the inner promptings of his Higher Self. The Infinite Presence in each of us grants us the potentialities of success, and we are here to go forth conquering and to conquer.

Contact the Infinite within you and Find peace in this changing world

This means that any man who prays successfully and touches reality is greater than the so-called wisest man in the world. One man may be wise in the ways of the world and be completely governed by his five senses; the other man knows how to contact the Infinite within him and find peace in this changing world.

The answer to all problems is to keep your attention on God and all things good; then you are prophesying for yourself a wonderful future. With your eyes stayed on God, there is no evil on your pathway.

> *For I say unto you, among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he* (Luke 7:28).

Assume an attitude of Divine indifference

I talked with a man who had been experiencing an acute business problem. He needed a loan from the bank to tide him over some months, but due to recent restrictions he was turned down. He was very tense and anxious. He also understood that these negative emotions would generate the reverse of what he was praying for.

I suggested that he go to the Source of all blessings—namely, the Infinite Spirit within him—and affirm the great eternal truths to bring his mind to a state of peace and rest. I suggested that he detach his mind from the problem and assume an attitude of Divine indifference, which means that it is impossible for your prayer to fail. Infinite Intelligence knows only the answer.

I suggested also that he reiterate the following age-old truths, realizing that when his mind was at peace, the answer would come. Accordingly, he meditated on the following scriptural verses several times a day, and when

fear thoughts came to him, he would immediately quote one of the verses to himself:

—*But my God shall supply all your need according to his riches in glory* . . . (Philippians 4:19).

— . . . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15).-

— . . . *God, who giveth us richly all things, to enjoy* (I Timothy 6:17).

— . . . *But with God all things are possible (*Matthew 19:26).

— . . . *Before they call, I will answer: and while they are yet speaking, I will hear (*Isaiah 65.24).

— . . . *According to your faith be it unto you* (Matthew 9:29).

— . . . *If thou canst believe, all things are possible to him that believeth (*Mark 9:23).

— . . . *He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honor him* (Psalm 91:15).

— . . . *All things are ready if the mind were so* (Shakespeare).

— . . . *The Lord is my light and my salvation: whom shall I fear?* . . . (Psalm 27:1).

— . . . *I will lift up mine eyes unto the hills, from whence cometh my help* (Psalm 121:1).

He remained faithful to his meditation, and one of his customers, to whom he had previously mentioned his predicament, suddenly came to him and generously advanced him far more money than he needed and his problem was solved. When he established a Divine indifference to results, the answer came. Contemplating these statements of the Law of Life frequently, he succeeded in building into his mentality a state of peace and equilibrium.

The Psalmist expressed it this way: *But his delight is in the law of the Lord: and in his law doth he meditate day and night* (Psalm 1:2). You induce a quiet, receptive mind as you reflect on the great truths, and you then will dramatize the answer more quickly.

Spiritual path

A businessman said to me after a lecture a few Sundays ago, "I spent my early years toiling, moiling, and grabbing for the good things of life. I was always trying to make ends meet. I wanted more money, a home, a car and lovely surroundings."

He had gone to a spiritual counselor for advice, and she had told him that he was trying too hard. She taught him to go to the Source of all good—the God-Presence within—and to claim peace, harmony, right action, beauty and abundance. She told him that God was flowing through him, filling up all the empty vessels in his life.

He continued along that spiritual path, and all the things he had been seeking were added to him. His faith and confidence in the Infinite Presence within him were translatable to health, wealth, true expression and an abundant supply of money, also. He stopped trying so hard, begging and beseeching for the gifts of Life which have been proffered to all of us from the dawn of time.

Shakespeare said, *"All things be ready if the mind be so."* Open your mind to receive; learn to be a good receiver. God has given you Himself and the whole world. It is, therefore, foolish and stupid to beseech the Infinite to do something for us, because it is written, *Before they call, I will answer; and while they are yet speaking, I will hear* (Isaiah 65:24).

No matter what your problem is, the answer is there even before you ask… . *And as thou hast believed, so be it done unto thee* . . . (Matthew 8:13).

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A REWARD BOOK

THE MIRACLE OF MIND DYNAMICS

A NEW WAY TO TRIUMPHANT LIVING

BY **JOSEPH MURPHY**, D.D., D.R.S., Ph.D., LL.D.

Fellow of the Andhra Research University of India

Here, at last, is a simple yet powerful way to place your subconscious mind in direct contact with the Universal Mind—the all-seeing, all-knowing, all-powerful collective subconscious of the human race! Through the centuries this Mind has been called many things: God, Nature, the Infinite Intelligence and many other names. Now a brilliant minister-scientist offers positive proof that this Power exists—and shows you how you can tap it by means of an amazing, step-by-step, 60 SECOND ACTION PLAN!

THE MIRACLE OF MIND DYNAMICS

A New Way to Triumphant Living

Prentice-Hall, Inc., Englewood Cliffs, N.J.

by
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29 28 27 26

PRENTICE HALL
Englewood Cliffs, NJ 07632

A Simon & Schuster Company

The Miracle of Mind Dynamics:
A New Way to Triumphant Living
by Joseph Murphy

© 1964 by Prentice-Hall, Inc.
Englewood Cliffs, N.J.

Library of Congress Catalog Card No. 64–17717

PRINTED IN THE UNITED STATES OF AMERICA
ISBN-0-13-585398-2

PREFACE

This book is the result of more than 40 years of pioneering in the field of mental and spiritual laws.

To make these laws and the understanding of them available to the masses, I have written this book.

To make it as easy as possible for you to start deriving results from the application of these mental and spiritual principles, I have included specific details and illustrations on methods and techniques.

I have taught the contents of this book to people in nearly every country of the world: in radio programs and on television appearances, in public talks and class lectures in America,

Europe, South Africa, India, Australia, Israel, etc. Thousands of people have told me in social conversations, personal counselling, and by mail and telephone, about the miraculous results made manifest in their lives by the application of these age-old truths which are clearly set forth in each chapter of this book.

These people have found:

–Healing of so-called incurable diseases
–Complete freedom from guilt
–Prosperity and success in business where before they felt stymied and blocked
–How to be well and stay well all the time where before they had relapses
–How to tap the source of good fortune where before they could not make ends meet
–Peace of mind where there had been discord and confusion
–Fulfillment of desires where there has been frustration
–Marital happiness where before there had been hatred and resentment and divorce was threatened
–Harmony in homes and offices where there had been discord and quarreling.

The people who have used and benefited from tne mental and spiritual laws outlined in this book, to my personal knowledge, belong to all religious denominations; some were self-styled agnostics, and others were so-called atheists. Moreover, they came from every area of society and every income bracket. They are motion picture stars, writers, doctors, dentists, pharmacists, heads of corporations, university professors, missile scientists, engineers, taxi drivers, housewives, stenographers, gardeners, housemaids, and chauffeurs.

These people discovered that their destiny is in their own hands, because–as you will learn in this book–it is impossible to think one thing and produce another, and that by correct thinking, from the standpoint of the universal law of harmony, a happy, productive life results. Here you will learn that your thought is the key to life, for as a man thinketh in his heart, so is he.

These people have found how to apply the laws of life, which has taken all guesswork out of their prayer life. They have learned, in a

scientific way, how to bring health, wealth, love, and beauty into their lives by learning how to synchronize their conscious and subconscious minds.

You can have power to make your life healthy, joyous, useful, and outstandingly successful, if you will read and apply the laws of life set forth in this book.

This book is written with simplicity and dramatic clarity. It shows you how you may achieve the personal power which overcomes fear, and banishes worry and anxiety, opening up the way to a grander, finer, happier, and richer living. From this page onward, we shall venture together toward the greatest of all prizes: *Triumphant Living.*

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THE MIRACLE OF MIND DYNAMICS

A New Way to Triumphant Living

HOW TO BE WELL AND STAY WELL ALL THE TIME

1

"I am come that they might have life, and that they might have it more abundantly."

Triumphant Living

You can be well and stay well and so conduct and control your life that you can live with a marvelous and victorious sense of health and vitality.

Men and women are gradually awakening to the fact that their physical condition is determined largely by their emotions. Your emotional life is regulated by the way you think all day long.

Last year during a visit to Bermuda, I met a man in the hotel lobby who told me he was over 90 years of age. I found him indomitable, full of vital energy, zest, and enthusiasm. His face glowed with joy and laughter. I asked him how, at over 90, he could feel so vital, alert, and energetic.

He replied, "It is very simple. I just refuse to worry or get overtense. I am full of good will to all men, I hold no grudges, I have forgiven myself and others, and I live in God and God lives in me. For 15 minutes every morning on arising, I claim that God pours out His energy, power, strength, joy, love, and beauty into every cell of my body, rejuvenating and restoring my whole being. I yield myself to Him, and the Almighty Power courses through my veins and through my soul."

This man had never been sick in his life. He had no special diet and ate everything that was served to him at the hotel. He said that when a man eats his food with joy and thanksgiving, the Creative Intelligence within man transmutes the food to vital energy and beauty of skin.

This man's discussion reminded me of a passage of the scripture: "*They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.*" The word *wait* means to quiet the wheels of your mind, to relax, to let go, and to tune in on God. Get your mind synchronized with God's river of peace, life, and love, and move with the rhythm of the divine.

In Tune with the Infinite

A simple way to tune in with God is to meditate slowly, quietly, and lovingly on the 23rd, 27th, or 91st Psalm, absorbing the truths therein. Then you will get into harmony with the Creative Force of the universe.

If you want to be well and stay well, I suggest that you get overwhelmingly interested in the great eternal truths of God, which have come down to us from time immemorial. Get a consuming interest in Life, God, Nature; devote yourself to some worthwhile project which will benefit and bless humanity. Throw yourself mentally and emotionally into the project, work for it, know it is good, and you will be filled with vital energy and enthusiasm.

How She Triumphed Over Boredom

I knew a woman about 50 years of age, chronologically speaking. She was bored, jaded, tired, and cynical. She had no consuming interest but herself. She was constantly talking about her aches, pains, and conflicts. I told her to take a vacation from herself. She was wearing herself out and had jangled nerves and insomnia as a result. Moreover, she was rapidly disintegrating: deteriorating mentally, actually dying on the vine.

At my suggestion, she took up a study of flowers; also, her latent talent for music was explored. She took lessons on the piano from a wonderful instructor who encouraged her. She became completely absorbed with the beauty of flowers and rearranged her garden. As a result of her new interests, she has been invited to speak on flower arrangements and give musical entertainment for her husband's guests. She gets a great joy and thrill in releasing her imprisoned splendor. She learned that when the mind is disturbed, a wonderful technique of healing is to become absorbed, engrossed, and interested in nature where beauty, order, symmetry, rhythm, and proportion prevail. When the mind is projected on the order and beauty of nature, the mind is thereby transformed and renewed, which results in a healing.

In many hospitals in England and elsewhere, for instance, it is customary to have mentally disturbed patients engage in making toys, purses, chairs, attend to the gardens, and plant flowers. By this manual engagement in various handicrafts the minds of these patients become transformed into a healthy normal condition once more.

The Secret of Getting Well

During a visit to San Francisco some months ago, I visited a friend in a hospital. He had a kidney infection and also a damaged heart. He said to me, "I won't be here long. I am constantly picturing myself back at my desk at my office, and also in my home with my loved ones. I am doing all the things in my mind which I would do were I whole and perfect. It is my divine right to be healthy, and my vision is always on being well. I have an intense desire to be well and stay well, and I will be well."

This man was in the hospital only 10 days, even though he was told he would have to be there about six weeks. His medical doctor

pronounced him perfect, saying to him, "You had an intense desire to get well, and Nature responded." You must want to be well with all your heart and soul, and then you will be well and stay well, also.

Finding the Ruling Love

This same doctor told me that a patient in the next room should definitely get well, but the patient had no "fight" in him. Apparently his wife had left him. After that he turned to drink, failed in business, and lost all his money. The doctor said that now he had accepted his sickness as final and that he wanted to die.

I talked with this man and found that his former wife was dead and that he had a 10-year-old son by this marriage. He loved this boy very much. I pointed out that he owed his son a wonderful education, companionship, and love, and that if he really loved his son, he would live for him. I told him that every boy wants a father and tends to identify with the qualities and characteristics of his father. I played on the reality of his love for his son and his duty to him. I noticed a new surge of life arise within this man, plus a desire to live. Subsequent reports showed that he got well rapidly because he sincerely wanted to be able to do the things he was now overwhelmingly interested in doing, namely, making a new home for himself and his son and releasing his hidden talents for the benefit of mankind.

He Wondered Why He Was Not Healed

I recently talked with a man who had ulcers of the stomach. He said, "I never thought of ulcers; why should I have this condition?"

It is true he did not think of ulcers, but he was thinking ulcerous thoughts over a long period of time, such as worry, resentment, hate, and hostility. The Bible says, "*As a man thinketh in his heart, so is he.*" The subconscious mind controls all the functions of your body and is active 24 hours a day. It never rests; it governs all the vital functions of the body; the thoughts, feelings, and beliefs buried in the subconscious represent "subconscious thinking" or "thinking in the heart."

This man was affable, amiable, friendly, and seemingly good natured from an external or superficial standpoint, but inside, in the deeper layers of his mind, he was a seething cauldron, full of hostility

and suppressed rage. This seething, suppressed condition caused his ulcers which were accompanied by excruciating pain.

And yet this same man was using frequent affirmations, such as, "I am God's perfect child. I am one with God, and therefore I am perfect," etc. He wondered why he was not healed. I explained to him that negative and destructive thinking over a long period of time brought on this diseased condition. While it is true that the Spirit in him is whole, perfect, and free, and all his organs are God's ideas which are perfect in the mind of God, nevertheless, he could not be healed while he was full of resentment and hostility. He also believed that his disease was independent of his mind, and that the ulcers were caused by bad diet and would probably prove fatal to him. With such an attitude of mind, his affirmations would prove worthless, and the mere affirmation, "I am God's perfect child," would be of no avail.

The minute you give power to germs, external causes, or think that cancer has an intelligence and power of its own to destroy you, your affirmations of Divine perfection, wholeness, and vitality will prove fruitless.

It is no use to say, "God is healing me now," if you believe deep down that cancer can kill you. You must cast out fear of all manifested states. Ulcers, cancer, arthritis, etc., are externalized, manifested states, and the result of conscious or unconscious thinking. These diseases have no intelligence or power to hurt or destroy you. They are merely products of destructive thinking. To reason in this way, you can cast out your fear, and confidence and faith in the healing power of God will follow. As you change your mind, you change your body, because the body is the mind condensed.

Cancer Rapidly Disappeared

Recently, I received from a member of our organization a letter in which he said:

> *My case was diagnosed as cancer of the skin. I said to myself, "I am not afraid of cancer; I know it has no power. I realize that it is a product of false thinking, and it will have no power to continue its existence. The appearance on my skin is the termination. I am now exalting God in the midst of me, and I know that my thoughts of wholeness, beauty, and perfection must manifest where the trouble is." I kept this attitude, and the cancer rapidly dis-*

appeared. I had only two treatments in the hospital, though I was scheduled for much more prolonged therapy.

This man had the right approach. He completely eradicated fear of cancer from his mind and then affirmed his wholeness and perfection. Furthermore, he imagined his physician saying to him, "You are completely healed." The image he held in his mind sank down into his subconscious mind, and whatever is impressed on the latter is expressed.

The Triumph of the Crippled Football Player

A football player said to me one time, "I was crippled for three months and on the flat of my back in the hospital. All the time I was in the hospital I imagined myself on the ballfield playing football. I lived the scene and felt in my heart that my stay in the hospital was only temporary."

He had a remarkable recovery. The key to his perfect health and recovery was that, while incapacitated, he was always picturing in his mind the perfect functioning of his mind and body in the game of life. If he had said to himself, "I am crippled, I am incurable, it is hopeless," he would still be a cripple in the hospital. When it seems reasonable and logical for you to be well, get well, and stay well, you will be healed. You may use a crutch for a few weeks, but you know in your heart and mind that you will walk again.

A Polio Victim's Remarkable Healing

I met a man in the Hebrew University in Israel a few years ago who told me that when he was about eight years old he had an attack of poliomyelitis and that his father had told him that he would be a cripple for life. In other words, his father and mother had accepted defeat, stating his condition was incurable and hopeless.

However, one day a young American doctor, a friend of his father's, visited their home and said to him, "Sonny, you can walk again. You are young, and the world is before you."

The doctor turned to the father and said: "Let this boy force himself on his hands and knees to go to the table to eat. Let him crawl to bed." The doctor told the father to get the boy a bicycle and to put

the boy on it and force him, as best he could, to use his legs. The father bought the bicycle, and every day for hours the father kept up the bicycle exercise, encouraging and helping his son to manipulate the useless muscles in his legs. After several months, the boy began to have some functioning in his right leg, which spread to the left. After six months, he was able to cycle by himself. This, he said, was the greatest thrill of his life.

This man was the picture of health physically and mentally. He has a deep appreciation for the spiritual side of life. He said to me, "The God who made my legs and arms healed them. The Spirit in me controls my body and is the only Healing Presence."

God to him was the Universal Life, Mind, and Spirit animating his whole being. Actually, your body is being recreated every second, and thus becomes the solidification of your thought.

Your surgeon may remove the block, such as the ulcer, the abnormal growth which was caused by negative thinking, but unless you change your thinking, there will be no permanent healing.

Take Up Your Bed and Walk Triumphantly

All the qualities and powers of God are within you. Rise, take up your bed and walk means to take up the truth of God and walk free in the light and glory of God. Walk like the polio victim in a new vision, a new place in your mind. Your body will follow your mental vision or image. You go where your vision is. Your vision, when sustained by faith and intensively repeated, will be objectified on the screen of space. You must constantly watch over the patterns presented to your conscious mind. If you are negligent, indolent, lazy, and apathetic, you will allow the thoughts and imagery of the race mind to enter in, and your mind will become contaminated with the distorted morbid pictures of the world mass mind.

The race mind believes in limitation, disaster, misfortune, accident, death, and disease as independent of the mind of man. Thus, the necessity for prayer, for having regular communion with God, and for filling your mind with the eternal verities and truths of God which change not. Thereby, counter-convictions are established against all the false beliefs of the race mind.

You are a child of God and destined some day to be what God in-

tended you to be—a happy man, a joyous man, a peaceful man who enters, as Paul says, into the glorious liberty of the sons of God. All the power and wisdom of God are in you, enabling you to rise over all problems and endowing you with complete mastery over your own life. Your life is God's life, and your mind is God's mind. This is why you are eternal and will live forever. You, together with all men, will some day awaken to the transcendent glory of your God-Self, and you will see yourself as God sees you now—the perfect man.

Clothe yourself mentally with majesty and might and realize your oneness with God. Imagine your health, happiness, and freedom Walk in the light of God, knowing He is a lamp unto your feet at all times. Become an open channel through which God plays these truths on your heart strings. "*Son, thou art ever with me, and all that I have is thine.*" (Luke 15:31)

Review of Highlights

1. You can lead a triumphant life by opening your mind and heart frequently to the influx of the power, joy, strength, and wisdom of God.
2. To be well and stay well, throw yourself mentally and emotionally into your project, work for it, and you will be filled with energy and vitality.
3. You can triumph over boredom by releasing your inner potentialities, becoming absorbed and intensely interested in the truths of God, in contributing to society and sharing your talents, love, and friendship with others.
4. When you have an intense desire to be well and stay well, you will be well.
5. When a person has no desire to live, find out his ruling love and play on that, and you will give him a new lease on life.
6. You don't have to think of ulcers to have ulcers; you can think ulcerous thoughts such as worry, resentment, hate, and hostility.
7. In order to heal a malignancy, you must void your mind of all fear and realize it is a product of false thinking; as you change your thoughts, you change your body.
8. The key to rapid recovery from sickness is to realize the ailment

is temporary; then have a vivid picture of yourself back at your usual work.

9. Even though paralyzed, realize that Infinite Intelligence which made your body can heal it; then persevere mentally and physically, and the miracle will happen.
10. Your body will follow your mental vision. You go where your vision is.

TAP THE SOURCE OF GOOD FORTUNE

2

Emerson said, "All successful men have agreed in being causationists." They believed that things were not by luck but by law, and that there was not a weak or cracked link in the chain that joins the first and the last of things—the cause and the effect. Shallow men believe in luck; wise and strong men believe in cause and effect.

The Great Law of Life

The law of life is the law of belief. Whatever you mentally accept and feel to be true will come to pass. Learn to believe in the workings of your subconscious mind, knowing that

whatever you impress on your subconscious will be expressed subsequently in your experience. The way you really think and feel deep down in your heart governs all phases of your life.

Believe in good fortune, and you shall have it. I believe that "luck" is a very good word if you put a "p" before it. The man who believes that luck controls his destiny is ever waiting for something to turn up. He lies in bed, hoping that the postman will bring him news of a legacy or that he has won the Irish Sweepstakes. The other man fashions, molds, and shapes his future by his attitude of mind. He knows that he is born to succeed and that he is equipped to be a winner, and with a busy pen or ringing hammer he lays the foundation of a competence. He is industrious, zealous, and diligent in his work, and he whistles while he labors. The man who thinks about luck usually whines, whimpers, and complains. Luck relies on chance. Successful men rely on character, for character is destiny.

Be Alert and Alive

Mark Twain said, "Fortune knocks at every man's door, but in a good many cases the man is in a neighborhood saloon and does not hear her." Man must be alert, alive, and on the *qui vive* He must take advantage of the opportunities all around him. Man must not expect to be rewarded for indolence, apathy, or slothfulness.

Cause and Effect Are One

The aphorism, "*As a man thinketh in his heart, so is he,*" sets forth and portrays all the experiences and conditions of his life. Man is what he thinks all day long, and his character is the totality of his thinking. Cause and effect are as absolute and undeviating in the hidden realm of thought as in the world of visible and material things. Man's joy and suffering are the reflections of his habitual thinking. Thus does a man garner the sweet and bitter experiences in his life.

In order to experience good luck or good fortune, realize that you are the master of your thoughts, emotions, and reactions to life. You are the maker and shaper of your conditions, experiences, and events. Every thought felt as true, or allowed to be accepted as true by your conscious mind, takes root in your subconscious mind, blossoms sooner or later into act, and bears its own fruit of opportunity and experience. Good thoughts bring forth good fruit; bad thoughts harvest bad fruit.

It is not a cruel fate that sends a man to jail or to the poorhouse, but it is the pathway of vicious, destructive, or criminal thinking which he had been secretly fostering in his heart. When these reached a point of saturation in his subconscious mind, they were precipitated into external experiences, fashioned after the image and likeness of his negative thinking.

He Said That Bad Luck Was Following Him

I know a brilliant young man, a graduate of one of the leading universities, who said to me that a streak of "bad luck" was following him. He had lost four jobs successively. In talking to this young man, I discovered that one of the reasons was that he could not get along with the other employees. He was shirking his work, and considered himself justified in trying to deceive his employer on the ground that his talents were not fully recognized. This man was actually severing himself from each organization by his critical, resentful attitude, calling each employer cold, callous, and indifferent, and by referring to each organization as a "soulless corporation."

This man learned to exude love, good will, and joy to his coworkers and his superiors. He began to cooperate with his fellow employees, and to think right, feel right, and act right. His world is changing. He now realizes that he is the artificer of his own fortune.

Why the So-Called Good Suffer

I received a letter some time ago from a woman asking me, "Why is it that some men who are honest and good suffer so much, and the wicked men prosper like the green bay tree?" I don't know exactly what she meant by "good"; perhaps she meant from a superficial standpoint that these men went to church, were honest in business transactions, kind to neighbors, gave to charity, were good to their wives and families, and practiced the rituals and rites of their churches. Maybe she meant by "wicked men" those who are irreligious, who have no church affiliations, who cheat and steal, who get drunk, and who deny God or any Superior Power. If so, her thinking is very shallow.

The so-called wicked man may believe in success, prosperity, and

good health, and it is done unto him as he believes. The Law is no respecter of persons. The sun shines on the just and the unjust, and Law has no morals. If a murderer can swim, the water will sustain him as well as a holy man. A cutthroat can breathe the air just as well as a spiritually illumined person. The so-called honest and good man may secretly harbor obnoxious, vicious, hateful thoughts, and he will bring upon himself the sufferings which his secret, destructive thinking produces. You do not see others' secret fears, peeves, grudges, hates, and jealousies, but looking outwardly you are prone to judge by external appearances.

It is not what a man does externally for show and reward of men that matters. It is the inner movement of his heart that counts. It is what he thinks, feels, and believes deep down in his heart that matters, not what he professes to believe. Thus a man may observe all the tenets, rules, and regulations of his church; he may attend the ceremonies and rituals, give candy to children and dimes to the blind; and he may visit the sick—all of which may be considered "good" from an external standpoint, but not from the standpoint of God and His law, which is, "*As a man thinketh in his heart, so is he.*"

Hard Work Is Not the Answer to Wealth and Success

A man may work very hard 14 or 16 hours a day, but if he fears that he will fail or if he has a guilt complex and feels that he should be punished, it will be done unto him as he believes. The law of life is the law of belief. A man may be completely dishonest in certain directions from a worldly standpoint and actually deny the Presence of God; yet there is no law which says that he can't acquire wealth, provided he believes that he will be a success and that he will be wealthy. Then, according to his belief, is it done unto him. The dishonest man or the wicked man garners his own sufferings and the results of his thinking the same as the honest and so-called good man. *The Great Law is absolutely just and cannot give good for evil, or evil for good.* All evil ultimately destroys itself.

Don't Worry About Evildoers

"The mills of the gods grind slowly, but they grind

exceedingly fine." "*Vengeance is mine, saith the Lord, I will repay.*" Remember that your subconscious mind, which in the Bible is called the "Law," is like a recording, which reproduces whatever you have impressed upon it. This is why you are told not to fret about evildoers or the workers of iniquity; their own subconscious mind reacts negatively or positively according to the use they are making of it. The point is this: Use your own mind constructively and harmoniously, and don't bother about the other fellow—just wish him well.

Raise Your Sights

Dream lofty dreams, acquire ideals, and realize and know that you go where your vision is. Cherish the vision of what you want to be, and cease whining, complaining, and groaning about bad luck and good luck. Nourish that ideal of yours, feel the music that stirs in your heart, and contemplate the indescribable beauty of God and Nature and the loveliness that drapes your purest thoughts, for out of these frequent habitations of your mind will grow delightful conditions and experiences. Your vision is a definite promise of what you one day shall be; your ideal is the prophecy of what you shall at last unveil.

The oak sleeps in the acorn, the giant sequoia tree sleeps in its tiny seed, the bird waits in the egg; and God waits for His unfoldment in man. You will always gravitate to that which you secretly most love. You will meet in life the exact reproduction of your own thoughts. There is no chance, coincidence, or accident in a world ruled by law and Divine Order. You will rise as high as your dominant aspiration, and you will descend to the level of your lowest concept of yourself.

You Mold Your Own Destiny

The man who fails to think constructively, harmoniously, and peacefully, and who is indolent and lazy, seeing only the surface of things, will talk of luck, fortune, and chance. This is why you hear men say, "How lucky he is! How fortunate he is!"

You may observe a beautiful and skilled ice skater who has reached the top and comment, "Oh, she got all the breaks." However, you should not fail to be aware of her early trials, failures, falls, hurts, and the sacrifices she made, or the long and arduous hours of practice and

training she spent in order that she might realize her goal and thus thrill your heart. There are many people who do not understand the process, but only perceive the results, and they call it "chance."

How to Create Good Luck for Yourself

Here is an example of what is termed "good luck." A young woman came to see me about a problem. During the course of our conversation, she said that she was looking for a position as secretary to a minister who believed along the lines of Science of Mind. I engaged her as my private secretary that same day. She said, "This is my lucky day!" This was a working of the Law. She had been praying as follows: "Infinite Intelligence knows my talents and reveals the ideal place for me where I can express my abilities and receive a wonderful remuneration." Her deeper mind, full of wisdom and intelligence, acted upon this request and brought both of us together in Divine Order. Every meeting and encounter with any person in any part of the world can be full of possibilities and good. This woman's favorite prayer is, "*All things work together for good to them that love God.*" She believed in the Spiritual Presence within her which would always take care of her and set her on the high road to happiness, freedom, and peace of mind.

A Jinx Was Following Him

I knew a man who was very religious from an external standpoint; he was the pillar of his church, and he observed all the rites, rituals, and ceremonies. He believed a jinx was following him, and he suffered the tortures of the damned. He met with accidents and found his car stolen. His store burned down. His wife deserted him and married someone else. His son left home and refused to speak to him.

I explained to him that this belief in a jinx following him would cause all kinds of misfortune in his life and that he should begin to believe in the harmony of God, in the goodness of life, in the guidance of God, and in God's love for him. I told him he was created to win and to conquer, and that from now on he should begin to believe in right action, in success, and in the Wisdom of God governing all his actions.

As he changed his mental attitude, his world changed. Whereas

before he was compelled to experience misfortune, now he is compelled to express good fortune. He learned the hard way that whatever orders we give to our subconscious mind will be obeyed. If you tell your subconscious mind that a jinx is following you, it will proceed to bring difficulties, delays, obstacles, and all kinds of trouble into your life in its own way.

Adversity Is the Seed of Opportunity

No matter how bad the situation, you can turn it to good account and profit by it. You can make an opportunity out of every problem to serve life and rise higher. "In every adversity there is the seed of opportunity." The late Dr. Harry Gaze told about Dan Morgan, a splendid speaker, who went to a small town in New England one Sunday evening for the purpose of collecting funds in a church for a special project. A terrible storm came up, and the snow and sleet were so heavy that no one was out on the street. The speaker decided to brave the storm, although he doubted that anyone would come to church. At first, no one came but the janitor. Finally, two old ladies came in and sat down. Dan Morgan said, "I came here to speak, and I will speak." Dr. Gaze said that Mr. Morgan gave a splendid lecture, and one of the ladies donated $15,000! The other woman said, "Well, it's for a good cause, and if you can give $15,000, I can, too." Mr. Morgan said he received more money from that congregation than from any other meeting of any size at any time during his lecture tour.

Marvelous Surprises Await Everywhere

If you think, pray, and act in a spiritual way while you are in a predicament, you will turn it to good account. A girl in our audience told me that she believes she will always be pleasantly and wondrously surprised wherever she goes. She has marvelous and unique experiences in all her travels. She has sold this idea to her subconscious mind by repetition, and her subconscious mind responds accordingly. She has conditioned her subconscious to good fortune.

There were 15 boys in line looking for a job. The boy at the end of the line wrote a note to the manager, which said, "Sir, don't hire anybody until you see me." He got the job. The boy used his mind and

trusted something within himself to help him say and do the right thing. This was not chance or luck; it was the reaction of his subconscious mind to his belief.

He Saved a Life and Received No Thanks

A man complained to me that a person he saved from drowning did not even thank him or offer him a reward, even though he had risked his life in order to save the man. I explained to him that he had done the right thing and that Life would reward him, but that he must not look to a particular person to reward or to thank him. Your good does not always return to you from the source where you expended your effort or money.

How to Receive Your Good Now

"Pitch a lucky man into the Nile," says the Arabian proverb, "and he will come up with a fish in his mouth." Through faith in God and all things good, you can reap a profit out of any situation and grow in wisdom and strength. You can receive your good by going within and claiming what you want in consciousness. Feel it and thrill to it, and the Spirit within you will bring your request to pass. Knowing that you can go to the Spirit within for what you want and knowing that you will receive it voids your mind of anger, hate, ill will, and resentment.

Emerson said, "The Over-Soul had need of an organ where I am, else I would not be here." You are an organ of God, and God needs you and wants to express His power and wisdom through you. Think of yourself now in terms of your oneness with God and how every problem is Divinely outmatched, and you will always be victorious and triumphant.

Let God Speak Through You

Be alert and alive, and feel quickened by the Holy Spirit within you. Realize that God will put the words into your mouth and that they will be right for the occasion. My father was looking over a bridge one time, and a man said to him, "God told me to throw you over the bridge into the river below." My father realized that he

was looking into the eyes of a maniac, and he said calmly, "God can do all things, but would it not be more interesting to go down to the river bank and throw me up here?" The maniac agreed, and when they reached the river bank, my father threw the man into the river and escaped. Some men in a boat rescued the maniac and turned him over to the police. This showed presence of mind on the part of my father who realized that there is always an answer, a way out, in all emergencies and difficulties.

"One with God is a majority." *"If God be for you, who can be against you?"* Believe this wholeheartedly, and all things will work together for your good, and all your experiences will be filled with joy and good fortune.

Important Pointers in Review

1. The law of life is the law of belief. To believe something is to accept it as true, and whatever you mentally accept and feel to be true will come to pass.
2. Opportunities are all around you. Learn to take advantage of them. Be alert and alive.
3. Man's joy and suffering are the reflections of his habitual thinking.
4. The secret of good luck and good fortune is to think right, feel right, be right, do right, and act right.
5. It is not what you profess to believe with your lips that matters. It is what you really believe deep down in your heart that matters.
6. Don't worry about evildoers; their own subconscious mind reacts negatively or positively according to the use they are making of it.
7. Your vision is a definite promise of what you one day shall be; your ideal is the prophecy of what you shall at last unveil.
8. There are many people who do not understand the process, but only perceive the results, and they call it "chance."
9. Realize that every meeting and encounter with any person in any part of the world can be full of possibilities and good.
10. Give your subconscious mind the right orders. If you affirm that

a jinx is following you, it will follow your orders, bringing all kinds of trouble into your life.

11. In every adversity there is the seed of opportunity.
12. Constant repetition of the idea of good fortune will be accepted by your subconscious mind, and good fortune will be yours.
13. Good luck is the reaction of your subconscious mind to your belief in good fortune.
14. Don't look to a particular person to reward you. Life will reward you handsomely.
15. Every problem is Divinely outmatched; this is why you can lead a triumphant life.
16. If God be for you, who can be against you? Believe this, and all things will work together for your good.

3

According to the dictionary, deception is the act of deceiving or the state of being deceived; it is that which deceives or which is done with intent to deceive. Our eyes deceive us frequently—we will explain this as we go along. We see the sun, the moon, and the stars, as well as each other, by means of our eyes which function in a manner similar to a camera. Physiologists tell us that when, for example, we look at a tree, its inverted image is reflected on the retina of our eyes, which in turn transmit the picture to the brain centers. These reactions are called "visual impressions." The physiologist says that we see with the brain. You know that you see with your mind. Vision is spiritual, eternal, and

indestructible. You see in your dreams, and you see colors with your eyes closed. The faculty of clairvoyance is in all of us, though more highly developed in some, even to the extent that they can read when blindfolded.

You are frequently deceived by what you look at. For example, a stick inserted in water appears broken. When you stand on a railroad track, the two parallel lines of the rails seem to come together in the distance; white figures seem to be larger than black ones. Your eye often misrepresents the true state of existence, because it deals only with the surface appearance of fact. People say, "The sun rises and the sun sets," but actually it neither rises nor sets. We see nothing as it is in reality, because our eyes are geared to see according to our beliefs. If our eyes were geared in any other way, we would see things differently. An airplane seems to move in a straight line, but in reality it follows a geometrical arc. The razor blade with which man shaves seems very sharp and straight, yet when seen under a microscope it is a wavy line. A piece of steel seems solid, yet scientists point out that X rays reveal it to be porous, and that in reality it is made up of trillions of animated, miniature universes, each having an extraordinarily rapid movement and yet no physical contact with each other. If you looked at a photograph of your mother with a magnifying glass, her face would look like a succession of gray, black, and white points, depending on whether the paper is gray, black, or white. The portrait of your mother disappears! It only existed because your eyes were geared to a three-dimensional level. You saw it in the scale of your accustomed observation. Looking at the razor blade with the eyes of science, we see electrons in perpetual motion which travel at the rate of several thousand miles per second.

Are the Reports of Your Five Senses True?

The reason I have pointed out these things is to cause you to realize that things are not what they seem to be. Have you questioned the validity and truth of the various ideas and suggestions propounded to you during the day? Your five senses bring reports to you from the outside world which are not always true, but often are harmful and destructive. Thoughts which you emotionalize and accept

as true enter into your subconscious mind and produce effects on your body and affairs according to their nature.

He Was Going Blind

Here is how a young man was deceived: He was gradually going blind, and his doctor told him to leave the tailoring business, which was his vocation, because it caused a strain on his eyes, and to take a less arduous job. The ophthalmologists could not find anything radically wrong with the fundus (the part opposite the pupils) of his eyes and thought the difficulty might be emotional. This young man was blaming his work and the resultant strain on his eyes caused by sewing all day. The real cause of his eye trouble, however, was that he wanted to exclude his wife from his world. He said she was a "nagger" and that he hated to go home. Among his frequent expressions to me were: "I hate the sight of her"; "I can't stand to look at her"; "I can't see my way out, because I have two children and they need her"; "She won't give me a divorce, and I want the children." His subconscious mind accepted as requests these feelings and statements, and proceeded to respond by occluding his vision so that eventually he wouldn't be able to see.

I got this man and his wife together and explained the workings of the mind. She cooperated by ceasing to nag, and they began to pray together, seeing God in each other. They also began to speak to one another kindly and lovingly. Moreover, they prayed every night and morning, alternating several selected Psalms (23rd, 27th, 46th, 91st, and 100th) with meditations from *Quiet Moments with God,* a book of mine containing 60 special prayers. In a month's time his vision was back to normal. This man was certainly deceiving himself by blaming his environment and his job, when all the time the true cause was in his destructive, negative emotions.

He Blamed Heredity and Diet

I had a chat with a man a few months ago who had been taking sedation, rest cures, and observing a special diet for colitis, from which he had suffered for several years. He was deceiving himself by blaming heredity and diet as the cause. He said, "Colitis runs in my family; my mother and grandmother had it, also, and I'm sure the food

I eat has something to do with my trouble." I pointed out to this man that the late Dr. Flanders Dunbar, an authority on psychosomatic medicine, said that a study of a number of colitis cases in a New York hospital showed that the men were tied to their mothers and had never been away from their mothers for more than 30 days in their whole lives. None of these men was married, and the onset of their colitis was associated with the conflict between the mother-tie and desire for marriage.

This man had a similar conflict plus a deep-seated resentment of his mother, who seemed to criticize and find fault with every girl he brought to their house as a prospective bride. I found that he was deeply in love with a spiritually minded young woman, but hesitated to marry lest he offend and disturb his mother.

His eventual solution was simple: He came to a decision to marry, and he bought a home for his bride. He broke the umbilical cord once and for all. He radiated love and good will to his mother and wished for her all the blessings of Heaven, but he informed her that his wife now came first in his life. His ulcerated colitis cleared up miraculously in a few weeks. He had been deceiving himself for several years, failing to see that the cause of his sickness was purely emotional and was due to the poison pocket of resentment in the crevasses of his soul. This man did not deliberately give himself colitis; his trouble came from the accumulation of his negative and destructive thinking.

Because the subconscious mind is a law, it arranges all the deposited thoughts into a complex pattern, and these constantly fed subconscious patterns are not only the cause of all ills, but also the cause of our successes and triumphant achievements.

A Deception of Major Importance

The great deception is that the average man is constantly attributing causation outside himself. He blames conditions, environment, and circumstances, but all his difficulties are caused by mental patterns and beliefs lodged in his subconscious mind. The great deception, in essence, is the belief in material causation.

You will constantly hear people claim that material circumstances are the source of their difficulties, trials, and tribulations. This is a de-

ception of major importance, and it must be utterly and completely refuted.

Why Doesn't God Heal Her?

While talking with a woman recently, I learned her mother had a serious illness, and that as she was a splendid Christian, kindhearted, religious, and most generous, why didn't God do something for her? Such a question illustrates perfectly the great deception that affects many people. The Law of Life is the law of belief, and we demonstrate what we believe. Whatsoever we sow in our subconscious mind, we shall reap. If we sow thoughts of sickness, fear, resentment, and enmity, we shall reap these things. To "sow a thought," Biblically speaking, means to accept it wholeheartedly; it is our deep-seated beliefs that we demonstrate.

This girl and her mother were completely deceived, in that both of them believed that sickness is independent of the mind and has nothing to do with the thinking process. Her mother had a bad heart condition and believed that she could not be cured. That was her real belief, and so, naturally, she could not get a healing.

There are no incurable diseases—there are only incurable people; *i.e.*, there are those who believe that they cannot be healed, and according to their belief is it done unto them.

Her mother is now making excellent progress. She is no longer under the spell of the great deception that her heart is a material object with laws of its own, independent of her thinking. She now believes that her body is subject to her thoughts and feelings, and as she changes her mind, so she will change her body. She is praying regularly, knowing that the Infinite Healing Process is flowing through her as the beauty of wholeness, vitality, and strength, and that God's love dwells in her mind and body. She is beginning to realize that sickness has no power beyond what she gives it in thought, and she will find herself healed. When trouble of any kind comes, look upon it as nature's signal that you are thinking wrongly in that direction; then change your thought and keep it changed.

His Fear Brought About Three Accidents

"What have I done to deserve this?" was asked recently

by a young man, adding, "I have never done anything wrong." The explanation is the cure oftentimes, so I proceeded to point out to this young man that all our experiences are the result of our subconscious beliefs and assumptions. In other words, all the experiences, conditions, and events of our lives are the result of the totality of our beliefs. Moreover, all of us have many beliefs and ideas which we have long since forgotten, perhaps going back to childhood, hidden in the deeper recesses of our subconscious mind. All our beliefs and tendencies with which we were born are still with us, and they have power to manifest in and influence our lives.

For example, if you believe that sitting near a fan will give you a stiff neck, your subconscious mind will see to it that you get a stiff neck—not because of the fan which represents innocuous molecules of energy oscillating at a high frequency, but because of your erroneous belief. If you are afraid that you will catch a cold because someone sneezes, your fear is a movement of your own mind which creates what you expect, fear, and believe. If you happen to be in a warm room and then go out into the cool atmosphere, nature may cause you to sneeze. This is nature's way of bringing about a balance and equilibrium in the body—the sneeze is a blessing. Many, however, fear that they are now catching a cold, not knowing that it is the creative power of their own thought that causes the cold.

This young man, who wondered what he had done to deserve such trouble, confessed to me that he had bought an astrology magazine that morning, and it said that there was great danger of an automobile accident and to be very careful. He said that he was charged with fear and shook all over when he read it. He didn't want to drive that day, but he had to go for an audition which was very important, and the only way was by car. He had three accidents that same day, injuring one man seriously. He was suffering from shock himself, and also received some contusions and lacerations; his car was badly damaged. Job said: "*What I greatly feared has come upon me.*" His great fear brought on these accidents.

Thoughts which are emotionalized are dramatized into experience by the subconscious mind. His subconscious mind took his great fear as a request and manifested it on the screen of space. What we sow, we shall surely reap.

A Prayer Technique for Safe Driving

I gave him a prayer to use regularly and elaborated on the point that if he filled his mind with these truths, his subconscious mind would accept them accordingly, and he would be under a subconscious compulsion to drive harmoniously and peacefully and that nothing would ever happen to him. This is the prayer I gave him suggesting that he use it regularly and systematically until it became a part of him:

"This is God's car. It is God's idea, and it moves from point to point freely, joyously, and lovingly. God's wisdom guides this car in all its ways. God's order, symmetry, and beauty govern the mechanism of this car at all times. God's Holy Presence blesses this car and all its occupants. The driver of this car is an ambassador of God; he is full of love and good will to all. God's peace, truth, and understanding always govern the driver. God directs all decisions, making straight, beautiful, and perfect the way. The Spirit of the Lord God is upon the driver, making all roads a highway for his God."

The Great Truth

There are many people who blame the weather for their colds, aches, and pains, and also for their depression and melancholia. The atmosphere never said to you, "I will give you a chill, pneumonia, influenza, or a cough." The air is harmless, and man must cease polluting the atmosphere with his strange notions, false doctrines, and weird beliefs.

You must learn the great truth that no person, situation, or condition causes you to be ill, unhappy, lonesome, or to suffer from pecuniary embarrassment. The beliefs and impressions made in your subconscious mind cause all your experiences and events of your life.

Millions are suffering from the great deception because they are self-hypnotized by an accumulation of false ideas, beliefs, opinions, and sense evidence. Your subconscious mind acts as law to manifest and portray the accumulated patterns which are dwelling in your deeper mind.

Disease Originates in the Mind

Psychiatrists and psychologists delving and probing into your deeper mind have demonstrated that you are not aware of these inner patterns; not having placed them there knowingly, many persons assume that they do not have them; then they establish alibis and excuses of all kinds to justify themselves. Dr. Phineas P. Quimby proved 100 years ago that the body moves as it is moved upon, the body acts as it is acted upon, and that it has no volition, no self-conscious intelligence, and no activity of itself. The body is characterized by inertia, and you can write on it a melody of love or a hymn of hatred; it is an emotional disc upon which you play your emotions. If you sever a part of your body and place it on a shelf, it can't suffer from disease although it undergoes decomposition. The reason a severed limb cannot suffer from disease is that it is separated from mind.

The Real Meaning of Devil and Evil

The great deception operates from many angles; there are those who blame the devil for their problems and suffering, yet there is no such thing. The word "devil" means living life backward. Spell "live" backward, and you have "evil." The ancient Hebrew mystics said that the devil is one who tells lies about God, one who slanders or tells lies about the truths of God. Good and evil are simply the movement of man's mind relative to the Living Spirit within him, which is God. If man misuses electricity, he gets burned or hurt; likewise, if he misuses the laws of his subconscious mind, he will have negative reactions. The forces of nature are not evil; it depends entirely on the use we make of the elements of nature and the forces within us whether we have a positive or negative reaction. The great deception is to enthrone the idea in your mind that things, conditions, and phenomena are the determining causes of your misery, suffering, and misfortune.

How He Triumphed Over the Suggestion of Virus Infection

A man working in an office in Los Angeles wrote to me saying that one-half the members of his staff were out due to a virus infection and that he was afraid of catching it also; he wanted to know

how to protect himself. I replied, telling him that he was afraid of an invisible virus which he could not see and that it had no power over him. I pointed out that he was suggesting to himself that he might be liable to the infection and that the suggestions and statements of others had no power to create the things they suggest—that is also a part of the great deception. The suggestions of others are powerless. I told him to reject the suggestion of infection completely and that the creative action is always in his own thought and feeling. I also pointed out that nothing can happen except through the creative power of his own mind, and that others, therefore, had no power. He affirmed frequently as follows:

"I and my Father are one. I live now and have my being in God, and God lives, moves, and has His being in me. What is true of God is true of me. God can't be sick; therefore I can't be sick. Health is mine. Joy is mine. Peace is mine, and I feel wonderful."

Why Suggestions of Others Have No Power

If someone calls you a skunk, well, you know you are not a skunk, and the statement has no power. You are in charge of your mind, and you have the wonderful opportunity to affirm that God's peace and love fill the soul of the person in question. The power is always in you, and not in the other. You can curse or bless. Cease giving power and prerogatives to people, conditions, and events which have no power. Cease looking upon matter as evil or the world as evil. Spirit and matter are one. Matter is the lowest degree of Spirit, and Spirit is the highest degree of matter. Matter and Invisible Energy are one, and scientists inform us that energy and matter are interchangeable, that energy and matter are one—this is why thoughts are things. Thought is cause, and the manifestation is the effect.

How to Triumph over the Great Deception

Scientific prayer therapy is the only real answer to the great deception. Let the light of God shine in your mind, and you will neutralize all the harmful effects of the negatives implanted in your subconscious mind. Fill your mind with the eternal verities and truths of God by busying your mind with the concepts that God is Love, Peace,

Joy, Beauty, Wholeness, and Wisdom, and that His River of Peace and Infinite Ocean of Love are flowing through your conscious and subconscious minds. As you make a habit of this, you will ultimately expunge and obliterate all the negative patterns lodged in your subconscious mind.

The word "deception" implies the word "truth." You may be deceived by error, but the Truth remains forever undimmed by time. Tune in on the God Presence, and the Power of God will be in your conscious thought. Affirm boldly, "God is Spirit, and His Holy Spirit flows through me now, cleansing all subconscious patterns known or unknown which thwart my good. My subconscious accepts my affirmations of the Truth, and I am free in God and full of peace, joy, and harmony. I am Spirit, and only that which is of God can act in me. I subconsciously accept the wholeness and beauty of Spirit now. This prayer releases me forever from the great deception of the ages. The day breaks for me, and all the shadows flee away."

Insure Against Deception

1. Judge not according to appearances. Your eyes deceive you frequently and deal only with the surface appearance of fact.
2. Prove things for yourself.
3. Cease to blame any person, condition, or circumstance for anything.
4. Negative patterns in the subconscious mind are the cause of all ills. Constructive patterns in the subconscious cause our successes and triumphant achievements.
5. The great deception is the belief in material causalities.
6. The Law of Life is the law of belief, and as we sow, so shall we reap.
7. All the experiences and events of our lives are the result of the totality of our beliefs.
8. Fill your conscious mind with the truths of God, and your subconscious will accept these eternal verities and bring them to pass in your experiences.
9. Learn the great truth that no person, situation, or condition causes you to be ill, unhappy, lonesome, or broke.

10. You can write on your body a melody of love or a hymn of hatred. Choose love.
11. Good and evil result from the way we use our mind.
12. The suggestions and statements of others have no power to create the things they suggest.
13. Your thought is cause, and the manifestation is its effect.
14. You may be deceived by error, but the Truth will set you free.

4

The greatest discovery of all time is to become aware of the power of God. This find is of far greater importance than the discovery of atomic or nuclear power. Begin now to get acquainted with the tremendous potentialities within you. The Bible says, "*Acquaint now thyself with Him and be at peace, and therefore good shall come unto thee.*" To become acquainted with and to establish a friendly relationship with your Higher Self, which is God in you, is the only thing that matters. It is high time that you talk to yourself honestly and sincerely, asking yourself such questions as the following: "Do I really believe that the Infinite Intelligence within me is God and that He is the only

Presence, Power, and Cause in the Universe?" If you do, you will not blame circumstances, conditions, events, or other people.

The second question you should ask yourself is this: "Do I believe that the cause of my experiences, events, and conditions are due to powers outside of me? If so, why do I try to change things?"

The third question you should ask yourself is: "Do I really believe that the phenomenal world is an effect and not a cause?" If you do believe this, you would never whimper, whine, or complain about externals, but would proceed to align your thought and feeling in harmony with God and His law, thereby changing your world.

Our Beliefs Cause Our Experiences

Your mental beliefs are the only cause, and whatever you think, feel, believe, and accept as true in your mind is the only *cause* in your world. You should remember constantly that *it is done unto you as you believe.* Feel and rejoice in the Presence of God within you; that is the only thing that counts in your life. Tune in on the Infinite One within you, honoring this Presence as supreme and sovereign in your life, and you will find that all things will work together for good in your life.

How He Triumphed Over the "Jitters"

I had an interesting discussion with a man a few years ago. He was astute and dedicated to his orthodox religious beliefs. He found himself involved in a highly complicated legal mess; moreover, there was sickness in his home, and he had trouble with his children, who became involved with the police. He suffered from insomnia and hypertension, and he had what he termed "the jitters." The instructions I gave him were to detach his mind from the problems and to think of God, while feeling that His River of Peace and Light were flowing through his mind and that His Wisdom would reveal the way out. As he did this, the strain became less, and he developed an elevation of consciousness and a feeling of power over his circumstances. Having abandoned the problem temporarily, his mind became relaxed, and an idea came into his mind to see an old friend, which he did. In con-

versation with his friend, a clarification took place in his mind which ultimately led to his answer.

How to Overcome Waves of Doubt and Anxiety

Our Bible states that there arose a great tempest in the sea. Each man is a ship traveling on the ocean of life. All of us are immersed in the great universal sea of *consciousness.* All of us are traveling psychologically and spiritually to certain goals, objectives, and achievements. Sometimes the ship becomes covered with waves; this represents the race belief in failure, lack, and limitation. The storms of doubt, anxiety, and depression haunt us at times. The disciples said, ". . . *Lord, save us: we perish.*" The disciples represent your faculties of mind, your thoughts, feelings, and beliefs, plus mental attitudes and expectancy in general. You must train your faculties of mind to look inwardly and to have faith in all things good, a joyous expectancy of the best, and to have a firm belief inscribed in your heart that Infinite Intelligence will lead you out of your difficulty and show you the way. Have a firm conviction in the Power of God to solve problems and show you the way. This faith in God will enable you to walk over the waters of fear, doubt, worry, and imaginary dangers of all kinds.

There Is Always a Way Out

When you say, "There is no way out. I have no chance," you are looking at the winds of confusion, fear, and human opinion, but when you remember the Lord, which is the Spiritual Power within you, absolutely All-Wise and All-Knowing, you will be looking at the solution, the way out, the happy ending, thereby ignoring the winds of human intellect and the waves of despair, melancholia, and depression.

The Meaning of Faith

Man is asleep to the God Power and the God Wisdom locked in his own unconscious depths; this is why in Matthew 8:24 it says, ". . . he was asleep." The man of faith awakens and stirs up the gift of God within him. He knows this is the Kingdom of the Real. He knows that his ideal or desire is real in the Inner Kingdom, and that his

faith or feeling will cause the formless, or the invisible Presence, to take on substance as a condition, event, or experience. This is why the man of faith walks upon the waters of doubt and fear and moves in confidence and understanding to the promised land—his cherished goal. Faith is accepting as true that which your reason and intellect deny.

Why Your Thoughts Are Things

Man must awaken to the fact that science and religion are two arcs of a circle which unite to form a complete whole. He must leave the old-fashioned concepts which do not stand the test of truth. The sciences of chemistry and physics of a quarter-century ago are no longer tenable. Science is constantly discovering new truths. For example, the dogma of immutable elements is outmoded. This dogma disappeared with the discovery of radioactivity. At one time, people believed that the world was a fixed, static thing; today, we know it is a fluid universe of dancing forces, a changing, dynamic, mental universe. Einstein and others have shown that the conservation of energy and mass are gone as distinct and separate verities. Energy and mass are interchangeable—this is why thoughts are things.

The Doom of Dogma

We must leave forever the old dogmas which assert something to be true which every scientific thinker knows is false. We must cease asserting certain things are true without knowledge. There are people who still insist on the six-day creation of the earth and that Adam and Eve were our first parents. The allegory of the Garden of Eden together with such concepts as the immaculate conception, the fall of man, judgment day, blood of the lamb, salvation, hell, and damnation—all these terms are based on theological dogma and are of ancient vintage; they must be seen as age-old myths exemplifying inner psychological and spiritual truths.

Religion must keep its mind continually open to new truth. Religion is undergoing a revolution today, and there is no end to the truths of God which will be constantly revealed to the perceptive and meditative mind. Creed, dogma, and tradition will not solve the problems of today. Man needs to discover his hidden powers and learn to

rely on them and use the wisdom and power within him to lead him to paths of pleasantness and ways of peace.

He Was Afraid of God

A man wrote me some time ago, stating that he was a good Christian, gave to the poor, attended church regularly, and practiced the precepts and tenets of his church, yet he added, "Everything in my life is upside down. I am sick, mentally tortured, financially broke, and I find myself on the rocks. What is wrong?"

In an interview with this man, I found he had a degree in science, was a teacher in Sunday school, was an ardent student of Plato, Aristotle, Eckhardt, and Plotinus, and could quote liberally from these famous mystics and philosophers. While thoroughly conversant with these abstract philosophical ideas, he had never assimilated them so that these concepts could be utilized to bring him a measure of peace. To him, these writings were a sort of intellectual exercise and had never been appropriated so as to reach his heart. "*Out of the heart are the issues of life.*"

He believed in a God in space, away up in the skies, some sort of an inscrutable, tyrannical being who would punish him if he sinned and who was sure to judge him on the last day. He was actually afraid of God; moreover, he believed God's will was that he suffer. I explained to him how his subconscious mind works, adding that as a scientifically trained man, he should know that laws of mind, like the laws of chemistry, physics, or mathematics, are purely impersonal, and that whatever he impressed on his subconscious mind would be expressed in the same manner that seeds deposited in the soil would come forth after their kind. His religion was not scientific, and he actually violated common sense. His whole religious viewpoint was irrational, unreasonable, and most unscientific. He learned that he was punishing himself, and that his chaotic life was due to his negative and fearful habitual thoughts which generated destructive, negative emotions.

How She Triumphed Over Intention to Kill the Other Woman

Here is another illustration which points out vividly

the workings of the mind. A woman was very angry, hateful, and resentful toward her husband because she discovered he had a mistress; she taught the children to hate him also. She was terribly jealous of the other woman and told me that she had bought a gun with which she intended to kill the other woman. I explained to her the workings of her deeper mind. I showed her that the corrosive and poisonous emotions which she was generating, if sustained, would build up a subconscious reflex mechanism which would compel her to commit the murder which consciously she did not desire. Her orthodox religious concepts proved to be of no avail in the solution of her problem. She needed to awaken the Presence and Power asleep in the boat. She began to awaken to the fact that all the religions of the world, when shorn of their superficialities, wrappings, and trappings, consist exclusively of this basic and fundamental truth taught in the Scriptures: "*As a man thinketh in his heart, so is he.*" The "heart" means the subconscious mind, and what you impress upon it will come to pass. Thoughts and feelings suppressed in your subconscious mind have a life of their own and are made manifest in your experience. Remember that the impressions made in your subconscious are compulsive.

This woman gave up her antiquated ideas and false opinions about religion and realized that she was the captain of her ship and was actively driving it on the rocks. Creed, dogma, and the traditional concept failed her completely. She prayed as follows: "I surrender my husband and his mistress to God completely. I know God is the Great Deliverer. God knows me. God cares for me. I expect this mysterious and marvelous Divine Power to bring peace into my soul and lead me to harmony and joy. I will keep on knowing that God's love fills my mind and body. I know this Universal Power heals me, protects me, and opens up new vistas of peace and prosperity for me. I know that the Holy Spirit flows through my mind, calming the winds. This Divine Spirit fills my heart, stilling the waves, and His power strengthens my body. God is stilling the winds and the waves in me now, and I feel a great calm in my soul."

She repeated this prayer out loud slowly and lovingly many times a day. The result was that her husband came home to her and his family, asking forgiveness. The other woman, in the meantime, had passed on suddenly to the next dimension of life. There is a great calm in this home today.

Regardless of your professed religious beliefs, philosophical attainments, or scientific achievements, the only thing that really matters is to become intimately acquainted with the Spiritual Factor within you. It is indomitable, invincible, and invulnerable.

Why the Flame of Fire Could Not Burn Him

H. T. Hamblin, the late editor of *Science of Thought Review*, Chichester, England, related to me an incident of two planes, one British and the other German, which had fought in the air near his home. One of the planes fell and crashed into the meadow in flames. The young English pilot was not touched. He told Mr. Hamblin, who had been praying for his security, "I knew I was falling, and I wasn't a bit afraid; on the way down—I don't know how to tell you, but something changed inside of me, and I knew I could not be burned or hurt in any way." A man can be in an exalted state of consciousness, living in higher dimensions of thought, and water will not drown him or fire burn him.

In the Book of Daniel, the incident mentioned above is corroborated. Three men—Shadrach, Meshach, and Abednego—were thrown into the midst of the fiery furnace. "*Lo, I see four men loose, walking in the midst of the fire, and they have no hurt; and the form of the fourth is like the Son of God.*" The "Son of God" refers to the Presence of God in each man which can save him from any predicament.

Learn to Triumph Over All Your Problems

Cease trusting in a vague, mysterious being outside of yourself. Learn the laws of your mind which are dependable, and you can trust these laws and principles implicitly. Feel the Presence of God's Love in your soul and become acquainted intimately with God's qualities and attributes by building these qualities into your thought and feeling. Resurrect your God-given powers, and learn that you can overcome all problems and difficulties. Rise in consciousness by thinking of God and His supreme wisdom and power, and you will still the winds of confusion and the waves of fear and rage: "*Then he arose, and rebuked the winds and the sea, and there was a great calm.*"

Get Power Over Circumstances and Conditions

1. To become acquainted with and to establish a friendly relationship with your Higher Self is the only thing that matters.
2. It is done unto you as you believe.
3. Always remember: If you really want power over circumstances, you can have it.
4. Have a firm conviction in the power of God to solve your problem. This magically dissolves any obstacles.
5. There is always a solution to every problem. Contemplate the happy ending, and what you contemplate, you experience.
6. Faith is accepting as true that which your reason and senses deny.
7. Thoughts are things.
8. Do not assert something as true which every scientific thinker knows is false.
9. The laws of your mind, like the laws of chemistry and physics, are purely impersonal and no respecter of persons.
10. Remember: Impressions made in your subconscious mind by repetitive thinking are compulsive.
11. The Presence of God in you can save you from any predicament when you trust God and believe in Him.
12. The laws of your mind are dependable; you can trust these laws and principles implicitly.

5

Thousands of years ago Job asked, "*If a man die, shall he live again?*" This question has been asked millions of times since then. The truth is that there is no death in the sense of oblivion. God is Life, and that Life is our Life now. Life, or God, had no beginning, and It has no ending. Man, being Life as God in manifestation, cannot die.

The body has a beginning, and the body has an ending. We will always have a body because man's body, whether three dimensional or fourth dimensional, is the vehicle for the expression of Life. When the vehicle or body is no longer a fit instrument here, it is laid aside. Spirit then clothes Itself in a new body.

We must not think of death as an ending. Let us rather think of it as a new beginning, and that more abundant. We must not think of it as losing, but rather as gaining. Instead of dismally thinking of parting, let us think of reuniting with all our loved ones. Instead of thinking that we are going away, let us realize that we are arriving at our new destination. When we have tasted the reality of what man calls "death," we will have become aware that it is a new birth. It will be what health is to the sick man, what home is to the exile.

Milton said, "Death is the golden key that opens the palace of eternity." It is impossible that anything so universal as death should ever be looked upon as evil. It must be good or it would not be. The journey is from glory to glory; man goes onward, upward, and Godward. We admit renewal, resurrection, and fruition processes in the seasons, birds, flowers, and insect life; but when it comes to man, we are struck numb and dumb with fear. We are timid about taking the position that death and birth are but two sides of the shield of life and should not be feared. Basically, it is life in the process of changing. Something old given up for something new is the transaction consummated in the so-called death process.

When you pass on to the next dimension of life, you will have the full use of your mental faculties. You will recognize your new environment. You will know others and you also will be known. You will see, understand, learn, and advance in all phases of your life. Death is more than an end; actually it is a new beginning, for when something ends something else always begins. This is why every end is a beginning. The entry into the next dimension of life is characterized by newness, freedom, and expression.

Life Is an Endless Unfoldment

Life is a progression, an endless unfoldment forever expanding. In the next dimension of life, you will possess a memory of your life on this earth plane, and the remembrance of who you are and what you are is the link which reminds you of the continuity of your individual life as you expand ceaselessly. God is Infinite. You are also infinite, and never in eternity could you exhaust the glories and beauties that are within you—this is how wonderful you are!

In the 15th Chapter of the First Book of Corinthians, Paul says: "*There are also celestial bodies, and bodies terrestrial: but the glory of*

the celestial is one, and the glory of the terrestrial is another. And as we have borne the image of the earthly, we shall also bear the image of the heavenly."

You Are Immortal

Here Paul is saying that there really is no death and that all men are immortal. Every child who is born is Universal Life, or God, assuming the form of that child—this is really God coming down from Heaven (Invisible State) and appearing in an earthly body. When this instrument ceases to function perfectly, we put on a fourth-dimensional body, referred to frequently as the subtle body, celestial body, astral body, subjective body, etc. The only thing you take with you to the next dimension of life is your state of consciousness, meaning your knowledge, awareness, and convictions of God, Life, and the Universe.

How Two Daughters Looked at Father's Transition

A few days ago I went to the home of two girls for the purpose of conducting a meditation for their father who had made his transition. One of the daughters said, "I know Daddy is alive with the life of God and that he is functioning at a higher frequency. We want to pray for him and radiate love to him, which will aid him in his ongoing." She commented that he died at 2:00 P.M. exactly, and her sister said to her, "It's two o'clock, but look, the hand is moving to a new hour. The same is true of our father; his life here on this plane has ended, and a new life has started for him." She knew that every end is a beginning.

We Put On a New Body

Paul says: ". . . *As we have borne the image of the earthy . . .*" meaning that all of us are born into time, space, and three-dimensional limitations. But we shall also bear the image of the celestial; that is to say, we shall shed this body some day. We don't take it with us when we enter higher oscillations of the Spirit, where our bodies are so rarefied and attenuated that they are not seen by the average person.

Every man must grow and expand. Even the child whose life has been snuffed out at birth or who lived for a week only is a grace note

in the grand symphony of all creation. The child grows, expands, and unfolds in another dimension of mind. Through love that child is welded to you and to all others who are playing in the celestial orchestra led by the great conductors, Jesus, Moses, Laotze, Confucius, and other illumined seers who still live, move, and have their being in higher mansions of our Father's house.

You Will Meet Your Loved Ones Again

When you came into this world, you were met by loving hands which cared for you. You were coddled and loved, and all your needs were met until you grew out of childhood. What is true on one plane is true on all planes of existence, for God is Love. On entry to the next dimension, you will meet trained nurses and doctors who will initiate you and introduce you to the new life. Love attracts, and you will meet all your loved ones again and have a happy reunion. If you are a teacher of truth here, you will teach over there and also write. You will travel and do all the things you did here—the only difference is that you will be operating on a new wave length or higher frequency. You will not see any sun or moon there, as time there is not the same as time here. When you go to sleep at night, for example, your mind is very active, but you are not conscious of time.

The Time Here Is Not the Time There

I had a chat recently with a writer on an airplane to Hong Kong. He told me that one night he fell asleep and travelled all over the world, gave lectures which lasted hours, visited thousands of people, and read books (one of them containing 5,000 pages). He said that he also read the contents of a new book he was writing. When he woke up, he had been asleep just one minute.

You will find a counterpart of everything in this world in the next dimension of life. "As above, so below. As in Heaven, so on earth."

How She Triumphed Over Loss of Two Sons

I recently chatted with a woman who told me that she had lost two sons in the Korean war, one 19 and the other 20 years

of age. The news of their transition was an agonizing mental blow at first, but she said that she soon regained her composure by quietly affirming to herself, "*He is not a God of the dead, but of the living: for all live unto Him.*" She looked at me with a rare radiance in her eyes as she said, "Do you know what I felt?" Her words came slowly and with majestic calm. "Suddenly I felt a wave of inner peace come into my heart, and all sense of grief disappeared. I knew and felt that they were alive, and I could sense their presence and kindly touch. It was a wonderful experience."

This woman said that her boys had been very religious, and were full of love, joy, and vitality. She continued: "I know God is just and God is good, and I realize that, while I miss them, at the same time they are building another home for themselves in the next dimension, where they have new bodies and new tasks to accomplish. I asked my self, 'How can I help them?' The answer came quickly. 'Pray for them!' I prayed and reasoned like this: 'My boys were loaned to me by God, the Source of all life and the Giver of all gifts. I knew I could not have my boys forever, and that some day they would leave me, get married, perhaps move to another city or go to foreign lands. I loved them while they were with me; I gave them everything I could in the way of love, faith, confidence, and trust in God. My mission now is to help them build a new home, and I radiate love, peace, and joy to them. God's light, love, truth, and beauty flow through them. His peace fills their souls. I rejoice in their onward journey, for life is progression. Whenever I think of them, I say, 'God is with them, and all is well.' "

This prayer, which she repeated several times a day for a few weeks, brought a complete sense of peace and tranquillity to this woman. She helped her sons through her prayers, and she also helped herself.

How to Pray for the So-Called Dead

To give "the oil of joy for mourning" is interpreted in this way: We must teach all men that they should never grieve nor mourn for loved ones. By radiating the qualities of love, peace, and joy to the loved one who has passed over to the next dimension, we are praying for the loved one in the right manner. We are lifting him up in

consciousness. This is truly giving "the oil of joy for mourning." We rejoice in his new birthday, knowing that the Presence of God is where he is. Where God is, there can be no evil. In order to pray for the so-called dead, we must realize that the loved ones who have passed on are dwelling in a state of beauty, joy, and love; then we are lifting them up, because they feel our prayers and are thereby blessed. We make them happy by our sincere prayer. Instead of feeling that they are dead and gone, and that their beings are where the graves are, by an inner mood let us see them dwelling in a state of indescribable beauty. We must never dwell in the mood of lack, limitation, or regret.

How an Actor Wiped Away All Tears

In New York I knew an actor who had received a cablegram that his wife and three children had been killed in India; it came only 10 minutes before he had to go on stage. His act was to sing, dance, and tell jokes. He said to me: "I forced myself to think of God and His love; I knew the pendulum of life, which had swung to tragedy and despair in my life, had to swing to the opposite at once. I began to claim that God would give me strength and power, and that I would give the greatest performance of my life. Somehow I knew that that was what my wife and children would want; as the tears ran down my cheeks, I remembered God, and I claimed He was helping me and wiping away my tears. I offered a prayer for my loved ones, claiming that He led them beside the still waters and that His love was there with them." He said his heart was breaking, but he raised his voice in triumphant song and danced as he had never danced before; the house applauded him again and again. He said it was the greatest thrill of his life. He felt God with him all the way. Out of the depths of his sorrow, he forced himself to think of God and His goodness, and God answered him. He invoked the power which is the greatest thing we know. This power miraculously took over, elevated him, and gave him strength. He turned his eyes upward; he looked for a solution.

"Out of the depths have I cried unto thee, O Lord. Lord, hear my voice; let thine ears be attentive to the voice of my supplications" (Psalm 130:1–2)

How a 13-Year-Old Girl Met Tragedy of Father's Death

A few years ago I attended the funeral service of a man who died suddenly at 50 years of age. He had an only daughter aged 13; his wife had passed on when the girl was born. The daughter said to me: "Daddy always said that death was an on-going, and before he died, he said, 'Pray for me, and I shall always pray for you and watch over you.'" I was amazed and delighted to hear her say: "I know Daddy heard every word you said. I saw him clearly. He smiled at me. I know he doesn't want me to mourn, cry, or brood over him. He wants me to be happy and joyous, to go to college and learn to become a good physician. I know that would make him so happy. I don't owe Daddy tears or sorrow. I owe him loyalty, love, and devotion to the truths he taught me, and to make something of myself."

She had solved the tragedy of so-called death in her heart, and it didn't hurt too much. She had the sense of a Divine companionship, which comforted her, plus her spiritual knowledge of the principles of happy and constructive loving—kindness, growth, confidence, amiability, a sense of trust in the laws of God and His love for all His children.

How to Triumph Over Gloom and Loneliness

Like this young girl, you can rise above your gloom, discouragement, and misery. Rise above it and redeem it now. Come out of your hole of sorrow, grief, and loneliness by emphasizing in yourself the qualities of love, friendship, confidence, trust, and fruitful activities, plus an intense desire for a heightened capacity to love and to give of your talents to the world. As you are projecting these qualities, even though still continuing in loneliness and sorrow, you are building another house in your mind in which you will dwell shortly—if you faint not and keep on trusting in Him, for "He will not fail thee." Endure your present trouble while praying for the future state, because of the great joy that is set before you.

Where Are the So-Called Dead?

I have been at the bedside of many men and women during their transition. I have never seen any of them show any signs of fear. Instinctively and intuitively, they feel that they are entering into a larger dimension of life. Thomas Edison was heard to say to his physician before he died, "It is very beautiful over there." All of us have a natural wistfulness regarding the state of our loved ones after they leave this plane of life. We must realize that they are living in another mansion of our Father's house, and are separated from us only by a higher frequency.

The so-called dead are all about us, and we must cease believing that they are dead and gone. They are alive with the life of God. Radio and television programs fill the room where you are living, though you cannot see or hear them without an instrument. Man is under a hypnotic spell of belief in death; but when he lets the scale of centuries of false beliefs fall from his eyes, he will realize that he has an existence beyond time and space as we know it, and he will see and feel the presence of those whom he now calls "dead."

Pronounced Dead and Lived Outside Body Three Days

I look on death as a birthday into the fourth dimension where we go from mansion to mansion in an ascending scale. About 36 years ago I had a severe illness and was unconscious for about three days. All this time I was outside my body, and I talked with relatives long since gone from the face of the earth; I recognized them clearly. I knew I had a body, but it was a different body with powers which enabled me to go through closed doors; and whenever I thought of any place such as London, Paris, or Belgium, where my sister was, I was transported there instantaneously, and I could see and hear everything that was going on. I spoke to friends and loved ones in the next dimension, yet I used no language; everybody communicated solely by thought. There were no boundaries. Everything seemed to be alive, and I had no sense of time. I felt free, exalted, and rapturously ecstatic. I saw the doctor come into the room where my body was and heard him say, "He is dead." I felt him touching my eyes and testing my responses,

and I tried to tell him I was alive, but he didn't seem to know I was there. I touched him and said, "Let me alone, I don't want to come back," but there was no perceptible recognition of my touch or voice. The doctor gave me an injection which seemed to be a heart stimulant of some kind. I was furious, I did not want to come back—it was so beautiful in the transcendent state. I was just beginning to enjoy myself, my new acquaintances, and studies in the next dimension. I was being restored to life, and I felt myself going back into my body like going into a sleeping body. Suddenly everything seemed to pass away and I felt I was in prison. When I awakened, I was suffering from shock, undoubtedly due to the anger expressed in the fourth-dimensional body before it entered its three-dimensional counterpart. As far as I know I had experienced what the world calls death, and, according to our sense of time, I was unconscious 72 hours. When men call us dead, we are merely functioning in a higher dimension of mind.

Death Is Living at a Higher Vibration

We are living in the fourth dimension now. Actually we are living in all dimensions becase we are living in God who is Infinite. Your loved ones who have passed on are carrying on their lives right where we are but at a higher frequency or vibration. It is possible to have a fan in your room which rotates at such a high speed that to you it is invisible. Likewise we can send 50 different voices over a cable, and the reason they do not interfere with each other is due to different frequencies. Radio and television programs do not interrupt or collide with each other due to different wave lengths. We interpenetrate all planes, and our journey is ever onward, upward, and God-ward.

Never the Spirit was born; the
Spirit shall cease to be never;
Never was time it was not; end and
Beginning are dreams!
Birthless and deathless and shapeless
Remaineth the Spirit forever;
Death hath not touched it at all,
Dead though the house of it seems!
Nay, but as one who layeth

His worn out robes away,
And, taking new ones, sayeth,
"These will I wear today!"
So putteth by the Spirit
Lightly its garb of flesh,
And passeth to inherit
A residence afresh.

THE SONG CELESTIAL

Spiritual Tools for Overcoming

1. Realize you live forever. Life had no beginning, and life has no ending. You are alive with the life of God.
2. There is no such thing as death. When men call you dead, you are really functioning in a fourth-dimensional body.
3. Every end is a beginning, and when life on this plane has ended, a new life begins.
4. Man does not take his body with him; he puts on a new body which is rarefied and attenuated. Man will never be without a body.
5. You will meet your loved ones again. Love attracts, and you will have a joyous reunion.
6. When you fall asleep at night you are not conscious of time as we know it here on this plane. There are no clocks in the next dimension of life.
7. We can't have our loved ones forever, and when they leave us we must bid them Godspeed.
8. We must never grieve nor mourn for loved ones. We must rejoice in their new birthday in God, thereby helping them in their ongoing.
9. Pray for your loved ones, knowing that God's love is with them and that He leads them beside the still waters.
10. You don't owe your loved ones tears and sorrow. You owe them love, freedom, joy, and all the blessings of Heaven.
11. Come out of the hole of grief, sorrow, and loneliness by emphasizing in yourself the qualities of love, friendship, confidence, and a heightened capacity to love.
12. Realize your loved ones are living in another mansion of our

Father's house of many mansions. They are separated from us only by a higher frequency.

13. Radio and television programs fill your room, though you can't see them without instruments. Likewise, the so-called dead are all around us.
14. When men call us dead, we are merely functioning in a higher dimension of mind.
15. We go from glory to glory, and our journey is ever onward, upward, and God-ward.

THE ONLY THING YOU CANNOT HAVE

6

At a summer seminar on *The Power of Your Subconscious Mind** in Denver, a woman said to me, "I could have anything I want, if I would only believe I had it in my mind." I explained to her that the only thing you cannot have in life is something for nothing, and that she would have to pay the price. This woman had been praying for a healing of a skin condition for 10 years with no results. She had applied various astringent lotions and other topical medication, without any appreciable relief.

The Price She Had to Pay

This woman had never paid the price, and the price for healing is faith in the Infinite Healing Presence, for "*accord-*

* Prentice-Hall, Inc.: Englewood Cliffs, N.J., 1963.

ing to your faith is it done unto you." Faith is attention, devotion, and loyalty to the One Creative Power, the Living Spirit Almighty within which created all things. The price this woman had to pay was recognition of the power of God, acceptance of His Healing Presence, and conviction that the healing is taking place now.

She had been giving power to externals, saying, "My skin is sensitive to the sun." "I am allergic to the cold weather, also." "I believe this eczema all over my arm is due to heredity." "My mother had a similar condition." "It's my genes and chromosomes that are at fault."

Her mind was divided. She had never paid the price which was to give her attention to God and His laws, to trust Him and believe in Him that He would bring her healing to pass.

Prayer Was the Answer

She began to pray as follows: "The Infinite Healing Presence which created my body and all its organs knows all the processes and functions of my body. I claim, feel, and know definitely and absolutely that the infinite grandeur and glory of God are made manifest in my mind and body. The wholeness, vitality, and life of God flow through me, and every atom of my being is transformed by the Healing Light. I fully and freely forgive everyone, and I pour out life, love, truth, and beauty on all my relatives and in-laws. I know that I have forgiven everyone, because I can meet the person in my mind and there is no longer any sting. I give thanks for the healing which is taking place now, and I know God answers."

She repeated this prayer slowly, quietly, and reverently several times a day. She told me prior to my leaving Denver that a remarkable change for the better had come over her entire being mentally and physically, and a complete healing began to take place before her eyes. She had to pay the price by steadying and readying her mind to receive the gift of healing. Heretofore her mind was divided in its allegiance as she was giving power to diets, the climate, heredity, and other factors.

She began to understand that the scientific thinker does not make the phenomenal world or anything in it a cause. The cause of all is Spirit. God is First Cause and All-Powerful, and the moment you postulate another power, you are divided in your mind, and your subconscious mind does not respond to your divided and confused mind.

If you begin to press the up and down buttons in an elevator, you would not go up or down, but remain where you are.

How to Increase Your Faith

Faith comes through understanding the laws of your mind and applying them diligently in all your affairs. You can grow in faith in the same way that a chemist grows in his knowledge of chemistry, enabling him to bring forth marvelous compounds for the alleviation of human misery, as well as removing the drudgery of life. Scientists are gradually growing in faith by constant research into Nature and her laws, and they are accomplishing great things.

The farmer has to deposit seeds in the ground in order to get a harvest. He has to give in order to get. In order for you to receive, you must first give to your mind. Before you can receive wealth, you must first impress your subconscious mind with the idea of wealth, and whatever is impressed is expressed on the screen of space.

Attention and Perseverance Pay Dividends

Einstein loved mathematics, and it revealed its secrets to him. He was engrossed and fascinated with the universe and its laws. He gave his attention, devotion, and industry to the subject of time, space, and the fourth dimension, and his subconscious responded by revealing the secrets of these subjects to him.

Edison experimented, meditated on, and explained the principle of electricity. He had an intense desire to light up the world and serve mankind, and electricity yielded its secrets to him. He paid the price by perseverance, stick-to-it-iveness, and confidence, knowing that the answer would come. He brought forth countless inventions because he paid the price first by giving attention, interest, and complete dedication to his project, knowing in his heart and soul that there was a subjective intelligence which would respond. He kept on keeping on, and his deeper mind never failed him.

Love Is the Fulfilling of the Law

Self-condemnation and self-criticism are two of the most destructive emotions, generating psychic poison throughout your

system, robbing you of vitality, strength, and equilibrium, resulting in general debility of the entire organism. Love is the fulfilling of the law of health, harmony, peace, and abundance. Love means that what you wish for yourself, you must also wish for others. When you love the other person, you radiate peace and good will to him and rejoice in his success and happiness.

I suggested to a musician that in order to become outstanding in his field, he should pray as follows: "God is the great musician. I am an instrument and a channel for the Divine. God flows through me as harmony, beauty, joy, and peace. God plays through me the eternal melody of love, and when I play, I play the melody of God. I am inspired from on high, and majestic cadences come forth, revealing the eternal harmony of God." Within a few years he became extraordinarily successful. The price he paid was attention, reverence, and devotion to the Eternal Being from whom all blessings flow.

He Was Bankrupt and Is Now a Multimillionaire

A man who cannot make ends meet must pay the price, and the price is not hard labor and burning the midnight oil, but is building into his consciousness the idea of wealth. Man possesses all things by right of consciousness. You can work 14 or 15 hours a day, and if your mind is not productive, your labor will be in vain.

The Kingdom of God is within you. This means Infinite Intelligence, Boundless Wisdom, and All-Power of God are lodged in your deeper mind. God's infinite ideas are available to you, if you will only tune in and rejoice that God is revealing to you what you need to know.

A man who lived near me about five years ago told me that in 1950 he was bankrupt. He prayed for guidance and asked that Creative Intelligence reveal the next step. He had an overpowering feeling to go into the desert, and while musing there, the idea came to him to visit his father-in-law. He told him the tremendous potentialities he foresaw, and his father-in-law hired him as a salesman and promoter of the desert land. Today, he has his own office and is a multimillionaire. The faculty of intuition is within you. He was taught from within what to do.

The Answer Is Within

The mere fact that you desire an answer means that the answer is already present in your mental and spiritual world in which you live, move, and have your being. God is the giver and the gift, and man must learn to receive the gift which God has already given him. "*Before they call, I will answer.*" Infinite Intelligence knows the answer and responds to your thought.

A few years ago, I visited Jasper Park Lodge, Alberta, Canada. One of the waitresses there had a very perplexing problem, and I suggested to her that at night, prior to sleep, she turn over her request to her subconscious mind. She spoke to her deeper mind this way: "Reveal to me the answer." She lulled herself to sleep with this prayer. The next day she received a telegram from Ontario which solved her problem. She had to pay the price by thinking about the answer, knowing that there was an answer. She gave attention to her deeper mind and received the answer in the morning. There is something you must do first; then the answer will come.

How to Realize Your Desire

Universal Life is speaking through you now as a desire. This Life Principle will reveal to you the way for the fulfillment of your dream. It knows how to bring it to pass, but you must open your mind and heart and receive wholeheartedly the gift of God.

Cast out of your mind all preconceived notions, false beliefs, and superstitions, and realize that "*All things be ready if the mind be so.*" This means that you must order your mind and thoughts to conform to the age-old truth that whatever you are seeking already subsists in Infinite Mind. All you have to do is to identify mentally and emotionally with your desire, idea, plan, or purpose, realizing it is as real as your hand or heart.

As you walk the earth in the assumption that your prayer is answered, you shall have the joy of experiencing its reality objectively. The invention in the mind of the inventor is as real as its objective counterpart. This is why your desire or new project is also real, subjectively speaking.

How She Became a Great Dancer

I saw a girl dancing at Jasper Park Lodge. It was easy to see the wisdom, intelligence, order, and rhythm of the Almighty flowing through her. She was dancing for God. She received tremendous applause for work well done. She deserved the praise and the encomium uttered. She danced graciously, gloriously, and rhythmically. She told me that her teacher told her to always pray that God was dancing through her, and His beauty, order, proportion, and wisdom would always function through her. Struggle, toiling, and moiling are not the answer. Reverence for God and contacting His power are the answer.

How Snowflakes Brought Wealth to Henry Hamblin

The late Henry Hamblin of England told me that he was hard pressed financially one day. Walking home in the snow, he suddenly became aware that the wealth, love, and goodness of God were like the billions of snowflakes falling all over London. He said, "I opened my mind and heart at the moment to God's infinite riches, knowing that His wealth, love, and inspiration were falling on my mind and heart like the snowflakes were falling all over London." From that moment forward, wealth flowed to him freely, joyously, and endlessly. He never lacked for wealth all the days of his life. He changed his consciousness, and according to the change in his consciousness was it done unto him. London and his environment had not changed. He had changed internally and become an instrment for the riches of life, spiritually, mentally, and all ways.

There is no such thing as something for nothing.

"*In all thy ways acknowledge Him, and He will make plain thy path. Trust Him and believe in Him, and He will bring it to pass.*" (Proverbs 3:6)

Serve Yourself with Attention and the Power of Your Mind

1. You can't get something for nothing.
2. The price you pay for healing is faith in the Infinite Healing Presence, for "*according to your faith is it done unto you.*"

3. You know when you have forgiven everyone, because you can meet the person in your mind and there is no longer any sting.
4. The scientific thinker does not make external things causative; he realizes these are effects, not causes.
5. You increase your faith by learning more and more about the interaction of your conscious and subconscious mind.
6. Perseverance, stick-to-it-iveness, and confidence in the outcome will pay fabulous dividends.
7. When you truly love the other person, you rejoice in his success, happiness, and general welfare.
8. Your mind must be productive; otherwise, your labor will be in vain.
9. Infinite Intelligence within you knows the answer, and its nature is to respond to your thought.
10. Identify mentally and emotionally with your desire and walk in the assumption that your prayer is answered, and it will be.
11. Struggle, toiling and moiling are not the answer to great achievements. Reverence for God and contacting His power are the answers.
12. Get in tune with the Infinite, and you will then become an instrument for the riches of life, spiritually, mentally, and in all ways.

MORE EFFECTIVELY

7

"**W***hat things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them. And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.*" (Mark 11:24–25)

During a lecture series at Town Hall, New York, in May 1963, a man came for an interview and told me that he could not find a job anywhere. He had been out of work for six months. This man believed that he could not get work. He had a wife and three daughters. He believed that he was a failure in life and was afraid of the future. I talked to him as

follows: "You have a wonderful background, and you have unique talents. You are definitely needed in the business world, and the only thing that stands in your way is your belief in the negative. All you need to do is change your mind from the negative to the constructive side of life. Your faith must be placed in your inner powers, your capacities, and your experience, and your whole life will change. There is no misfit in this universe; there is a place for everybody. You are needed, and you are wanted. You are not selling your age or your gray hairs: you are selling your talents, abilities, and experience which you have garnered through the years. What you are seeking is seeking you. There is an employer who needs you just as much as you need a position. Believe now that the subjective wisdom of your subconscious mind will direct and guide you to the right opportunity. Accept the fact of guidance now, and the door will open up. Life created you for a purpose, and you must accept your role in life. Believe that you are receiving guidance now, and you shall receive."

Following this colloquy, I wrote a special prayer and asked him to repeat it slowly, out loud, believing every word of it. I explained that *to believe* means to accept something as true. The prayer was as follows: "I know there is a perfect law of supply and demand. I am instantly in touch with everything I need. I am guided to my true place now. I am giving of my talents in a wonderful way. I am doing the thing I love to do, and I have a wonderful income consistent with integrity and honesty."

When this man left, he had a different attitude of mind. He had changed from a belief that his problem could not be answered, to a belief that it could and would be answered. ("*Believe that ye receive them. . . .*")

He called me up at the Algonquin Hotel where I stay when I lecture in New York and said: "I was guided to the right place, I said the right words and made a wonderful impression on my employer. I was hired immediately." This man discovered the enormous benefits which accrue to all of us as we learn to pray more effectively.

Your Thought Is Your Prayer

Speaking from an over-all standpoint, your every thought and feeling is your prayer. In a specific sense, prayer is conscious contact with the Infinite Intelligence within you. Effective

prayer must be based upon the spiritual premise that there is a Supreme Intelligence within us that becomes the thing we desire, to the degree that we accept this as being true. Effective prayer is a sustained, affirmative attitude of mind which results in conviction. Once your desire is completely accepted subconsciously, it works automatically as part of the Creative Law. The real test of whether or not you have reached a conviction is that your mind accepts the idea completely and cannot conceive of the opposite. You must believe what you want to believe, and when you do, you have really impressed your subconscious mind; then your subconscious mind will respond accordingly.

Effective Prayer Demands Forgiveness

An attractive businesswoman came to me for counsel. She had a suicidal complex and said that she was jaded, bored, hated life, and that there was nothing left to live for. Her story was that when she was pregnant, her husband deserted her and ran off to Canada with a young girl. She had to struggle to make ends meet. She had to attend to business and at the same time devote attention to bringing up her child. Her husband never sent her any money; he had actually absconded with all the money in their joint bank account, together with her diamond ring. She had never heard a word from him, but friends told her that he obtained a divorce in Nevada and was now in Canada, married to the young girl with whom he ran away.

This woman's mind and heart were corroded, and she was full of bitterness, resentment, and deep-seated hostility. She said, "Other women around me are happily married and have loving husbands, but life passes me by. I am getting older; I am lonesome. It's all so unfair."

I said to this woman that she was bound to her ex-husband with bonds of hatred, deep hostility, and resentment. "This gives you a deep-seated guilt complex, resulting in self-punishment and fear of the future. You are not ready for marriage. The Bible says, '*When ye stand praying, forgive. . . .*' You must completely release him and forgive him regardless of what he has done. This will free you from the sense of guilt and self-loathing which is the cause of your suicidal urge. Try blessing him and praying for him."

She decided to pray frequently as follows: "I completely release my ex-husband. I fully and freely forgive him now, and I sincerely

wish for him love, peace, joy, and happiness with his present wife. I rejoice in his success and well-being. I wish for him health, prosperity, and inner peace. I wish for him everything I wish for myself. I mean this, I am sincere and honest. I know my subconscious mind is now being impregnated with these truths which I affirm. There is no longer any sting in my heart. God's love has dissolved it, and I am free."

I heard from her about three weeks later. She wrote:

> *A miracle has happened! I have been praying according to your formula for my ex-husband's good. He phoned me from Quebec, Canada, and asked about our daughter whom he had never seen. He said that he had been troubled the last few weeks about the shabby way he treated her and how he never contributed in any way to the child's support. He sent me a cashier's check for $6,000 and in addition will pay all college expenses for our daughter. It's all like a big dream!*

This was not a "miracle." It was the result of effective prayer. She let go of all her hostility and resentment, and she had released and forgiven him completely. She followed the injunction, "*When ye stand praying, forgive. . . .*" Her subconscious mind responded to the act of forgiveness.

Within a few months' time, the whole scene shifted. This woman's attorney proposed to her, and I had the great privilege of conducting the marriage ceremony. There was no doubt in her mind that this was a Divine law of attraction, as they are ideally compatible and harmonious with each other. She learned that effective prayer pays fabulous dividends.

Your Subconscious Mind Has the "Know-How"

There is an Infinite Intelligence operating in your subconscious mind which responds to your conscious mind's thinking and imagining. You must come to a definite decision in your conscious mind; you must decide what you want to know, and then trust the deeper mind to answer you. When you turn over your request to your subconscious mind, you should do so with the absolute conviction that it has the "know-how" of accomplishment and that it will respond to you according to the nature of your request.

The Bible says, "*Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For everyone that asketh receiveth: and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent?*" (Matthew 7:7–10)

Here the Bible tells you that when you ask for bread, you will not get a stone, but rather the embodiment of your request. Keep on asking, seeking, and knocking until you receive a response from your subconscious mind whose nature is responsiveness. Become enthusiastic, and feel and know that there is a solution to every problem, a way out of every dilemma, and that there are no incurable conditions, for with God all things are possible.

How She Found the Lost Diamond Ring

Here is an illustration of how effective prayer works A lady in Los Angeles lost a beautiful diamond ring and was quite perturbed for a while. She said to herself, "What is the truth about this ring?" She answered herself this way: "Nothing is lost in Infinite Mind. My subconscious mind knows where the ring is, and it leads me to it." After a few minutes she had the feeling to go back to the bus stop at Wilshire Boulevard and Lucerne, and she found the ring on the street close to the entrance to the bus. Apparently she lost it while getting change prior to boarding the bus. The truth made her free of worry.

To pray effectively, you change your mind to conform to the eternal truths of God which never change. You do not beg, supplicate, or beseech. You simply reorder your mind and align yourself with the truth.

How He Recouped His Financial Loss

A businessman was swindled recently of $15,000. The confidence man talked him into investing in a mine which did not exist. He discovered too late that the shares of stock he had received were worthless. The man had vanished and the authorities have not yet found him.

This businessman recalled to mind certain basic fundamental

truths which he had learned, namely, that he cannot experience loss unless he accepts and acknowledges the loss in his mind. Furthermore, he decreed that all things are present in Infinite Mind, and that whatever he decreed and believed to be true would determine the result. He affirmed feelingly and knowingly as follows: "There is nothing lost. I am identified mentally and emotionally with the money I gave _____, and my mind replenishes my exchequer in Divine Order."

He repeated this prayer frequently, and in a short time the money came back to him in Divine Order through another investment.

Lindbergh Prayed Effectively

Charles Lindbergh knew the value of praying effectively. Almost everyone has read newspaper articles of his famous flight to Paris. He flew across the Atlantic Ocean without co-pilot, radio or parachute, guided only by a compass. He fell asleep in the plane, asleep with his eyes *wide open,* and experienced the higher powers of his subconscious mind ruling, governing and controlling his mind and body which directed the flight and prodded him to activity when necessary.

Lindbergh, in this state where his conscious reasoning mind was suspended in sleep, became aware of vague transparent *forms* riding with him. He said, "My skull is one great eye." These fourth-dimensional beings had forms, were phantom-like, and were very friendly. They spoke with human qualities and gave him rare information on navigation, and reassured and comforted him all the way. These friendly "people" had no rigid bodies, yet they remained human in outline form.

This experience illustrates the tremendous power in the depths of your mind, and when you trust your subconscious completely, you will always get a response. Lindbergh was unable to keep his log or focus his attention on his route, yet when he awakened he sighted Ireland and was only a few miles off his course. This episode in the life of one of the world's greatest aviators should give you faith and confidence in the wonder-working power within you.

How to Triumph over Discord

If there is discord in your home or office, claim that God is absolute harmony and that His harmony reigns supreme in your

mind and in that of the other person or persons. Keep up this prayer until the day breaks and the shadows flee away. This prayer will bring results.

Rearrange all your thoughts, imagery, and responses on the side of peace and harmony. If you see hatred in the other, practice knowing that the love of God dissolves everything unlike itself in the mind and heart of that person. This would be effective prayer. What is true of God is true of you, and to know this is the truth which sets you free.

If you do not know the answer to a perplexing problem, claim that the wisdom of God reveals to you the answer, and you will receive it.

The Cure for All Your Problems

God is the name for the highest and best in your life, for the principles of life, and for the way your conscious and subconscious minds work. Where God's love, peace, harmony, and joy live, there is no evil, harm, or sickness. The cure for all your problems is to practice the presence of God, which means to fill your soul with God's love, peace, and power. If you believe in sickness, disease, and failure which distresses you, you will always get the reactions of your own belief.

The great truths of God are available to all men just the same as the sun shines on the just and the unjust, and the rain falls on the good and evil. All that is necessary is faith in God. Faith in its true meaning is the practice of the presence of God.

Touching the Hem of the Garment

You are told a wonderful story in the eighth chapter of Luke about a woman who had an issue of blood for 12 years (probably cancer), and who could not be healed by the physicians of the day. The Bible says she pressed through the multitude and touched the border of Jesus' garment and was made whole.

In the psychological language of the Bible, this means any man or woman who is sincere and perseveres, pushes his or her way through the many opinions, false beliefs, and fears in his mind which thwart the healing, and when he brushes them all aside and gives himself wholeheartedly to God, the response comes. The woman in the Bible com-

mitted herself completely to the God Presence, trusting Him completely. God responded by giving His Healing Presence, and she was made whole.

Are You Sold on God?

Are you sold on God and His healing power? I listened to a sales manager some time ago talk to his men. He said the first thing you do is to find a prospect; the second step is to get his attention and interest; the third step is to win his confidence and create a desire; and the fourth step is to know that it is done, which closes the sale.

Are you sold on God? Do you believe implicitly that God or the Infinite Intelligence in you can heal you, solve your problems, set you on the high road to happiness and peace of mind? If so, you are selling yourself to your Higher Self, or God. Your Higher Self is your prospect. Give your attention to God and His love. Believe that the God who made you can heal you. Be sincere and honest, and give all power, allegiance, and devotion to God. You must give allegiance or recognition to no other power. Then, and only then, are you selling yourself to God.

Begin to use your mind in the right way now. Refuse to give power to anything but the Living Spirit Almighty within you. Then you will be like the woman with the issue of blood who succeeded in pushing her way through the race mind belief and mentally and emotionally touched the Presence of God, resulting in an instantaneous healing.

The Four Steps to Praying Effectively

The *first* step is complete allegiance, devotion, and loyalty to the only presence and the only power—God. This power is within you. It created your body, and It can heal it.

Secondly, you must definitely, absolutely, and completely refuse to give power to any external thing or any other power but God. You give no power to the phenomenal world or to any person, place, or thing.

The *third* step: Whatever the problem, difficulty, or sickness may be, turn away from the problem and affirm feelingly and knowingly: "God is, and His healing presence flows through me now, healing, vital-

izing, and energizing my whole being. God flows through me as the answer, as right action, and Divine freedom."

The *fourth* step is to give thanks for the happy solution. Rejoice and say, "Father, I thank Thee for the perfect answer, and I know it is God in action now. I have mentally touched the border of His garment, and I have pinpointed the whole reaction of the power and the presence of God. It is wonderful!"

How to Pray when You Are Sick

Turn to the indwelling God and remind yourself of His peace, harmony, wholeness, beauty, boundless love, and limitless power. Know that God loves you and cares for you. As you pray this way, fear will gradually fade away.

If you pray about a heart condition, do not think of the organ as diseased, as this would not be spiritual thinking. Thoughts are things. Your spiritual thought takes the form of cells, tissues, nerves, and organs. To think of a damaged heart or high blood pressure tends to suggest more of what you already have. Cease dwelling on symptoms, organs, or any part of the body.

Turn your mind to God and His love. Feel and know that there is only one healing presence and power, and to its corollary: *There is no power to challenge the action of God.* Quietly and lovingly affirm that the uplifting, healing, strengthening power of the Healing Presence is flowing through you making you every whit whole. Know and feel that the harmony, beauty, and life of God manifest in you as strength, peace, vitality, beauty, wholeness, and right action. Get a clear realization of this, and the damaged heart or other diseased condition will dissolve in the Light of God's love.

"*Glorify God in your body.*" (I Corinthians 6:20)

Some Profitable Pointers

1. Believe that you are receiving guidance now, and you shall receive.
2. Every thought and feeling is your prayer.
3. Effective prayer is a sustained, affirmative attitude of mind which results in conviction.

4. *To forgive* is to sincerely wish for the other what you wish for yourself. Wish for him harmony, health, peace, and all the blessings of life.
5. Faith must be based on the understanding that when you call upon Infinite Intelligence whose nature is responsiveness, you will definitely get an answer.
6. Keep on asking, seeking, and knocking, and your subconscious mind will definitely respond.
7. Your subconscious mind knows where the lost article is. Call upon its wisdom, and it will respond.
8. You can't experience loss unless you accept the loss in your mind.
9. When you trust the power of your subconscious mind, you will always get a response.
10. The indicator of God's presence in you is the presence of peace, harmony, abundance, and perfect health.
11. God is the name for the highest and best in your life, for the principle of life, and for the harmonious interaction of your conscious and subconscious minds.
12. Give yourself wholeheartedly to the God Presence, and God will respond and make you whole.
13. You are sold on God when you believe that the Creative Intelligence which made you can heal you.
14. The four steps of scientific prayer are:
    1. Recognition of the Healing Presence
    2. Complete acceptance of the One Power
    3. Affirmation of the Truth
    4. Rejoice and give thanks for the answer
15. Cease dwelling on symptoms, organs, or any part of the body. Feel and know that the Infinite Healing Presence is flowing through you as harmony, health, and peace, making you every whit whole.

8

Dr. Evelyn Fleet, Director of the Psychological Truth Forum in London, and an associate there of the author, told me about a friend of hers who had been crippled with arthritis for many years. He had taken all kinds of drugs and received the best forms of medical therapy without results. Dr. Fleet said that this man got up in his club in London one evening and demonstrated to all the men there how he could flex his fingers, bend his legs, and do all the things he could not do when he was immobilized with arthritis, due to the fact that joints were full of calcareous deposits resulting in the deformity of his hands and legs.

His story went somewhat like this: After many years of therapy, in desperation he said to his doctor on Harley Street: "Can't something be done? I must be healed!"

His doctor said, "Yes, if you get all that bitterness, ill will, and hostility out of your soul, I believe you can be healed."

This was the turning point in his life. Suddenly he had an intense desire to get well and came to a decision in his mind to cleanse his mind once and for all. He realized that he had been holding on to some old grudges and pet peeves and that he had been seething with resentment and vindictiveness toward a number of people. Moreover, he had been condemning himself for years because at some time previously he had embezzled a large sum of money from a relative of his for whom he worked. He had never made amends, and he felt that he was being punished for this "sin," as he called it. He said that his physical disorder undoubtedly was coming to him, that he deserved it, and that God was punishing him.

He came to Dr. Fleet, and she told him that Jesus said to the man sick with palsy: "*Son, be of good cheer; thy sins be forgiven thee.*" (Matthew 9:2) "*For whether it is easier to say, Thy sins be forgiven thee; or to say, Arise, and walk?*" (Matthew 9:5) Dr. Fleet told her friend that he should forgive himself and make amends to his relative. He restored the money by sending it anonymously and felt a tremendous sense of relief. At her suggestion, he made a list of all those men and women whom he hated and resented and began to bombard each one several times daily with loving, kind, harmonious thoughts. He forgave himself for harboring all these negative and vengeful thoughts for many years. He filled his mind daily with the thoughts of the 23rd Psalm and 91st Psalm, and he affirmed constantly, "God's love cleanses my mind and heart, and I am made whole."

Dr. Fleet introduced me to this man in early August of 1963; he was vital, strong, alert, and full of life and love.

The Secret of His Healing

He believed that he had the right to be well. As long as he believed he should be punished, he held on to his crippled condition. When he realized all he had to do was to forgive himself, forgive others, and make amends where possible, and believe in his right to perfect health, his subconscious mind responded. This man saw the

mighty benefits in health, peace of mind, and vitality in forgiveness of himself and others. "*Thy sins be forgiven thee; Arise and walk.*" (Matthew 9:5)

He Threw His Crutches Away

In February 1963, I spoke before a group of businessmen in Hong Kong, and one of the men present told me all the reasons why he could not be healed of his condition. He had all kinds of alibis and excuses. He was blaming the weather, the past, conditions, circumstances, heredity, and other things. He was giving priority to externals rather than to the Infinite Healing Presence within him. His friends told him that he would never be healed, that God was punishing him, that he had offended God, and that he should resign himself to his condition.

He had had an ulcerated leg for five or six years which caused excruciating pain and lameness, necessitating the use of crutches from time to time. It would heal for a while and then break out again. He said his father had the same thing and that he supposed it was hereditary. He said that he had resigned himself to it.

I explained to him the meaning of the following biblical quotation: "*Rise, take up thy bed, and walk.*" (John 5:8) In other words, cease lying down in the bed of your mind and listening to all these false suggestions about other powers. Take up the power of God in your mind and call upon His Healing Presence, and the Healing Presence will flow through you vitalizing, energizing, and transforming you, making you whole.

This man stopped fearing and expecting a relapse. For about five or ten minutes in the morning and evening he affirmed with deep understanding: "I have a Silent Partner, a Healing Presence which knows how to heal, and His Healing Presence is bringing about the beauty of wholeness now. I believe now that my Silent Partner is saturating my whole being with Its love, beauty, and perfection."

This slight alteration in his approach led him out of lameness and pain into radiant health. I received a letter from him in June 1963, in which he stated that he had burned up his crutches, and he walks the earth a free man and a happy man. He decided to rise and walk through the power of God.

The Power Is in You

I checked into a hotel in Madrid a few years ago, and as I joined the line moving slowly toward the registration desk, I overheard the clerk trying to pacify a very angry, irate woman. She called him stupid, a fool, and said that he should be discharged.

It was interesting to see his reaction. He replied, "I am sorry, madam. There must be some mistake. Your name is not registered with us, and there is no reservation according to our records. I will do the best I can and will certainly find something for you."

She went into a strident tirade, punctuated at intervals by the clerk's, "Yes, madam," and, "I'm very sorry about it all, and if I were on your side of the desk, I should feel just as you do."

I observed this young man. There was no angry retort. No color came to his cheeks; he revealed no annoyance or irritation. He looked calmly and dispassionately at the woman from New York, and was friendly, pleasant, courteous, and quite efficient.

When I reached the desk, I said to him, "I admire your composure. You are to be complimented." Then he quoted a text, the 19th verse of the 21st chapter of Luke: "*In patience possess ye your soul.*"

This young university student did not allow the tirade of the woman to ruffle him. He was master of his thoughts and responses. He told me that all the clerks in the hotel, the waitresses, bellhops, maids, and chauffeurs were students from various universities in Europe working for the summer months, paying their ways through their respective universities. He had a patience which implies maturity, mental health, philosophical understanding, and he will continue to climb upward.

Keep constantly in mind that the power is in you and not in others.

A Stutterer Becomes a Lecturer

The writer was told one time by an instructor that he would never become a public speaker and to forget all about it. I was a young boy at that time and stuttered considerably. My reaction was one of anger, and I said to myself, "I will show him. I will speak in public to thousands of people." My subconscious mind responded accordingly and brought my conviction to pass. Instinctively I rejected

his suggestion. If I had accepted his negative statement, I would be a victim of autohypnosis and undoubtedly would never have become a public lecturer.

How She Rose as a Singer

Madame Schumann-Heink was told by a professor in Vienna that she had no voice and to go back home and become a good *hausfrau.* She rejected his suggestion and refused to accept his verdict. She believed that God who gave her the voice to sing would show her the way and open up the door, which He did. All of us know the majestic cadences and songs of God which came through her.

Conquering Inferiority and Rejection Complexes

I said to a young girl in a store in Los Angeles, "You are a very beautiful and charming young lady." She replied, "Oh, don't say that. My mother says I'm the ugliest and most ungainly of all the members of the family."

This girl really believed this, but changed her mind when she realized that she was the victim of negative suggestions on the part of her mother. She quickly grasped the working of her subconscious mind by my implanting in her mind the concept that she is a daughter of God and one with Infinite Power and Wisdom. She is now fashioning a true image of herself as a child of God and is poised, balanced, serene, and confident.

To affirm, "I am a child of God," and in the next breath to say, "I am ugly and awkward," creates a conflict in the mind resulting in a deep inferiority and rejection complex.

The Power of Thought

"*As a man thinketh in his heart, so is he.*" Thought is the only creative power you know. You should think from the standpoint of God and the eternal verities and not from the standpoint of human opinion, false beliefs, and world propaganda.

The truth about you is that God is seeking expression through you. You are an instrument of the Divine, and you should begin now to realize the power of your own thoughts, ideas, and mental pictures.

Refuse to permit your mind to be cluttered up with false impressions and partial glimpses of the truths of God. If you want to ascend spiritually, you must cease once and for all to give power to conditions, circumstances, people, or to any external or created thing. The only power is God, and you are one with God when you think, "God is the only presence and the only power. My thoughts are God's thoughts, and God's power is with my thoughts of good."

God is the Living Spirit within you which created you and is seeking to express as harmony, joy, and peace through you. There is no power inherent in the suggestions of another person whether clergyman, doctor, newspaper reporter, or what not. Suggestions of fear and impotence will have no effect upon a man full of faith in God and all things good.

The radio, television, and newspapers are constantly pouring forth suggestions of all kinds, both good and evil, but many people are not affected by them at all. Likewise, you have the power to reject all negative and destructive suggestions, because your thought is the only creative power, and you can choose your thoughts.

He Was Slowly Dying

Some years ago, I visited an old friend in Hawaii. He was, he said, the victim of a curse by a *Kahuna* and was slowly dying. The doctors tried their best to alleviate the creeping paralysis to no avail. I knew he was a victim of a diabolical suggestion of a so-called death prayer. He had never reasoned out in his mind that there is only One Power, and that there are no divisions or quarrels in this Power. One part of God cannot be antagonistic to another part. Its fundamental nature is unity and love.

I explained to him that there was no evil power, no devil, save his own fear and ignorance. Gradually, he began to understand that he was the victim of autohypnosis, that he had accepted the suggestion of death, made it his own, and his subconscious mind proceeded to bring about the death of his body. This man was involved emotionally with a native Hawaiian woman who sought revenge when he married someone else of his own race and religion.

I visited him for several days and told him that I had seen his former girl friend and that everything was all right. The curse was lifted, and he would be perfect in a few days. All of this was pure in-

vention on my part! I had not seen his former girl friend or the *Kahuna* or anybody connected with him. It was an old ruse which I employed. I gave him a countersuggestion which neutralized the one with which he had impregnated himself.

The suggestion of health and perfect recovery was now dominant in his mind. The subconscious mind accepts the dominant of two ideas at all times. He rose and walked and had a full recovery, and is now home in Ireland with an Irish wife. According to his belief was it done unto him. He believed the so-called curse was lifted, he accepted my suggestion, and his subconscious mind responded accordingly.

Developing Poise and Balance

All your fears, anxieties, and forebodings are caused by your belief in external powers and malevolent agencies. All this is based on ignorance. The only immaterial creative power you are aware of is your thought, and once you are aware of the creative power of your thought and that thoughts are things, you are at once delivered from all sense of bondage and the thralldom of the world.

The scientific thinker does not give power to things, conditions, people, or circumstances. He is full of poise, balance, and equanimity because he knows that his thoughts and feelings mold, fashion, and shape his destiny. He is not afraid of anything or any person, for the only enemy he can ever have is his own negative or fearful thought. Think good, and good follows; think evil, and evil follows. Write the truths of this paragraph indelibly on your heart. Cease transferring the power which is within yourself to sticks, stones, and the foolish opinions of others.

False Ideas Have No Power

The Bible says, "*Wilt thou be made whole?*" Do you really believe the God Presence can heal you now? Do you believe implicitly in the Infinite Healing Presence within you, or do you think disease is independent of your mind? Do you think you are incurable? Do you think the will of God for you is sickness, pain, and trouble? If so, these thoughts of impotence, sickness, and suffering are robbing you of health, vitality, and peace of mind. False ideas have no power other than the power you give them.

"*Thy faith hath made thee whole.*" Open your mind and heart to the healing power of God, and the healing power will flow into you as surely as the light and heat of the sun will come into your habitation when it is thrown open to receive the light and heat, and in the same way that the surrounding air will rush in to fill a vacuum when the connecting hose is opened.

Have you taken inventory of the stock you are carrying in your mind? Is your mind cluttered up with a lot of false beliefs, concepts, and images of no value? Why not liquidate all your false traditional concepts of God and Life and buy the belief in the One Creative Power within you, that God's will for you is the life more abundant and good transcending your fondest dreams.

Why You Cannot Be Brainwashed

Give your attention, love, reverence, and devotion to the All-Originating Intelligence as the source of your health, happiness, security, and peace of mind, and wonders will happen in your life. Cease being hypnotized and brainwashed by the fear, ignorance, and superstitions of the world. No one can hypnotize you without your mental participation. If you refuse to concentrate on what is said and instead feast on God and His illimitable power, you are free and cannot be brainwashed.

That disease you speak of has no power. There is no principle of sickness. It is a false pattern of thought lodged in your subconscious, and it must pass away as you dwell on the wholeness, beauty, and perfection of God. A new cause is set in motion by your harmonious thinking which will produce a new effect, namely health.

Keep calm and balanced. A nervous, neurotic person or a religious fanatic is highly suggestible. Truth is a paradox. You might insist that sitting by a fan caused you to have a stiff neck. This is a relative truth for you because you believe it, but the fan is harmless and has no power. The power is in your mind and spirit, and in your thought-life and belief. If it were a truth that a fan gave one a stiff neck, all people would suffer accordingly. It is the subjective belief on the part of the individual that is the cause.

Your Religion Is the Way You Live

Your religion or knowledge of the laws of mind count for little unless you apply the truths of God to your daily life. The word (ideas, truths) must become flesh (embodied on the screen of space).

We know what your concept of God is by what you say, do, and express in your life. You are here to dramatize and portray God in your work, your relationship with others, and in all your functions and acts.

You become what you condemn. When you vilify, criticize, and find fault with others, you begin to exemplify what you criticize. When you are angry, hostile, and bitter, your mind is much more receptive to the negative, fearful, and hateful suggestions of the world.

The reason is obvious. You are operating at a very low vibration, and you are opening your mind to all sorts of angry, hateful vibrations from the race mind. You are operating at a very low wave length and tuning in on all the negative currents of humanity at that level of vibration, because like attracts like. Give all power to God and to God alone, and begin now to turn your eyes to the hills from whence cometh your help. "*With my eyes stayed on Thee, there is no evil on my pathway.*"

Serve Yourself with the Power of God

1. You can rise and walk through the power of Almighty God which created you. Forgive yourself and all those who may have hurt you; be sincere in doing this.
2. You are master of your thoughts and responses to all experiences. The power is in you, and not in others.
3. Suggestions of others have no power over you. Your own thought is primary power, and you can reject all negative suggestions of others.
4. God who gave you talent to sing will open up the door for you also, provided only that you believe.

5. You overcome the inferiority complex by realizing that you are a child of God and one with Infinite Power and Wisdom.
6. Your thoughts are God's thoughts, and God's power is with your thoughts of good.
7. There is but One Power—God—and there are no divisions or quarrels in this Power. One part of God cannot be antagonistic to another part. Realize this, and all fear goes away.
8. All fears, anxieties, and forebodings are caused by belief in external powers. There is no power but God. Ignorance is the only evil.
9. God's will for you is the life more abundant and good transcending your fondest dreams.
10. Reject the belief in incurability, drop your hostility, and realize God's love can heal you.
11. You can't be brainwashed or hypnotized when you think of God and His illimitable power and your oneness with the All-Wise One. "One with God is a majority."
12. "*With my eyes stayed on God, there is no evil on my pathway.*"

9

Some years ago I gave a series of lectures in Montreal, and a woman visited me for consultation at the Mount Royal Hotel, where I was staying. Her first words were, "I'm going crazy! I can't sleep, I hate myself, and I want to end it all."

This young woman was cultured, well-educated, well-dressed, and very beautiful. She was very wealthy and lived in a sumptuous apartment. She was married to a prominent businessman and had three children by him. In talking to her I discovered her great stumbling block to happiness was condemnation of herself, plus a deep sense of guilt accompanied by an abnormal fear of punishment.

Ten years prior to her marriage, she had been a "call girl" and had practiced the oldest profession in the world. She lived in fear of being exposed and dread lest her husband find out about her past. Her sense of remorse and self-loathing was so overwhelming that she felt she had no right to live, and that she was not entitled to the love of her husband and her children. She said that she loved her husband dearly and that he was the kindest and finest man she had ever met. Moreover, she felt she was not worthy of the beautiful home, the expensive car, or the other luxuries with which he provided her. She had been under sedation and psychiatric care for some time, but she said, "Nothing helps me. I'm rotten inside."

I asked her, "Are you loyal and faithful to your husband now?"

She replied, "Absolutely. I have tried to be a perfect mother and a most devoted and loyal wife since our marriage. I adore my husband."

Then I said slowly, "*The only thing you have to heal is the present thought.* Get your thought right, now. And your whole life will change into harmony and joy. All that you can ever experience is the outer manifestation of all the thoughts and beliefs you are holding at the present time. The past is only your memory of the past. The results of past events—be they good or bad—are still but the expression of your present thinking. The only pain and sting you can experience is the pain of the present moment. Get the present moment right. Realize peace, harmony, joy, love, and good will—this moment. By mentally dwelling on these things and claiming them, *and forgetting the past,* a new and glorious life will be yours. *You are a good woman now,* that's all that matters. The past is dead. Nothing matters but this moment. You are a good wife and mother *now,* and you have a perfect right to all the blessings of life *now.*"

I told her the story of the little boy who had been very bad. His mother gave him a lot of chores and tasks to do about the house and kept him indoors for a week. He fulfilled all the tasks joyously, and at the end of the week his mother said, "You are a very good boy. Your work is excellent."

The little boy replied, "Mother, am I not just as good now as if I never had been bad?" and she answered, "Of course, you are! How wonderful is the truth!"

I said to this woman, "You are just as good now as if you never had been bad." I never saw such a transformation. Her eyes and her

whole body became alive, and she said, "I feel as though a ton of bricks has been lifted off my back! Now I know I am good now, and the past is dead and has no power." She walked out rejuvenated, inspired, lifted up, exalted, and almost ecstatic.

The *past* was her stumbling block. Now she is free because she realized the glorious benefits which come to the one who realizes that all we have to do is change our present thought, and we change our whole life.

You Can Find the Answer

The solution lies within the problem. The answer is in every question. If you are presented with a difficult situation and you cannot see your way clear, the best procedure is to assume that Infinite Intelligence which knows all and sees all has the answer and is revealing it to you now. Your new mental attitude that Creative Intelligence is bringing about a happy solution will enable you to find the answer. When you begin, Infinite Intelligence responds. Rest assured that such an attitude will bring order, plan, and meaning to all your undertakings, enabling you to conquer all stumbling blocks.

She Ceased Criticizing Herself

You can change your whole life, if you really want to. You must give up resentment and ill will in order to have good digestion and perfect health. Negative thinking must be supplanted by constructive thinking in order to advance and move forward in life.

I knew a young lady who had a beautiful singing voice, but she was constantly demeaning, demoting, and criticizing herself by saying, "I do not have a chance. I am too old. I do not know the right people."

She had to cease condemning herself in order to get what she wanted. She decided to fall in love with a new concept of herself. She imagined that she was singing before an audience, and she became entranced, fascinated, and absorbed in the joy of it all. A new door of expression opened for her because she gave up her old way of thinking and affirmed the truth about herself.

You Must Desire to Change

How much do you really want to be a new person?

Do you really want to change conditions, experiences, and your whole personality? The first requirement is that you must come to a clear-cut, definite decision in your mind that you are going to transform your life. You must desire to change with all your heart and cease being a propaganda machine idly repeating all the old stereotyped concepts, ideas, and beliefs implanted in your subconscious mind since birth. Change your thought, and you change your destiny.

Why Divorce Was Unnecessary

A woman wrote me to the effect that she was about to divorce her husband because he was so tyrannical in the home and that her children were terrified of him. In talking to him, I discovered that he was the victim of long-repressed fears. Moreover, his father had been unduly harsh and strict with him. He still resented his father very much, even though the latter had long since passed on to the next dimension of life. He understood my diagnosis which was that I believe he was unconsciously trying to retaliate against his father by his despotic, tyrannical attitude toward his own children. The man had to desire to change himself in order to save his marriage.

He released his father through prayer by wishing for him harmony, joy, peace, and all the blessings of life; he continued in this manner until all the roots of hatred were withered. He adopted a pattern of prayer by meditating on the 23rd, 27th, and 91st Psalms at three specific periods: morning, afternoon, and evening. Finally, he discovered that prayer was a habit, a good habit. He changed his thoughts and kept them changed. As a result, his home is peaceful and happy, and his children love him. It is possible to unwind that tangled skein and get at the significant core.

How Love Conquered

A husband started divorce proceedings against his wife; his main complaint was that she was too extravagant. In talking to her, I discovered that she had never received any appreciation, understanding, or approbation from her husband. She felt very insecure and was actually trying to purchase with money the deep inner sense of security which she had always lacked.

They decided to become real partners; he shared a complete

knowledge of his business assets with her and showed her that she was well provided for in case something should happen to him. They began to pray together every night for harmony, health, peace, God's guidance, and right action, and all their difficulties were dissolved in the light of God's love.

Let God's love into your thoughts, words, and actions, and your whole world will magically melt in the image and likeness of your inner contemplation. You will sometimes find that the problems of seeming gargantuan proportions can be reduced to a size so infinitesimal that they seem laughable.

The First Step to Victorious Living

There are alcoholics who do not want a healing; they do not want to give up their mental stumbling blocks such as grudges, peeves, self-condemnation, resentments, and ill will. When an alcoholic admits to the fact that he is an alcoholic and has a strong, healthy desire for freedom and peace of mind, he is 51 per cent healed. As he envisions his freedom, his advancement, and enlargement in the right way, the power of the Almighty will back him up; then the shakes and the cravings are automatically eliminated for the joy that is set before him.

All of us should begin to remove the old, accepted viewpoints, opinions, and false beliefs implanted in our minds when we were young and impressionable. The average man thinks and expresses the thoughts of dead men; the dead past seems to rule in the minds of millions of people. I talk to men who have not had a new idea or viewpoint in 50 years.

Are you a victim of propaganda, or do you think for yourself? A woman told me that she knows exactly how her husband is going to respond to headlines in the paper, to columnists, to certain politicians, and she can even repeat almost word for word his reactions to religious subjects. He is like the children in Red China who are conditioned to think, speak, act, and react according to a prescribed pattern; these children become like a phonograph which reproduces whatever is on the record. The recording machine is the subconscious mind which faithfully reproduces whatever is impressed upon it.

You were not born to be an automaton; you should think for yourself. Cease letting others think and speak in you and for you.

Refuse to let others despoil and pollute your mind with thoughts of fear, hate, malice, sickness, and misfortune. If you have a ready ear and listen to the prejudices and fears of other people, you may contaminate yourself with the same.

Cause of the Block to Marital Happiness

The following is an instance where the "dead" spoke and acted through a young father. He was about to divorce his wife because she did not make the children kneel down and pray every night before retiring. His mental block was that he was the son of an overly fastidious mother who was also somewhat of a religious fanatic. She had insisted on his kneeling down and repeating by rote certain prescribed prayers every night prior to sleep. As a boy he had resented this bedtime procedure and had repressed into his subconscious mind a rebellion against his mother's "punishment."

Psychologically speaking, this young father was trying to get even with his mother by imposing on his three daughters the same religious ritual which he as a young boy was compelled to follow. His wife's custom was to teach their daughters a few simple prayers when they were in bed, emphasizing that God is a God of love and that He would watch over them like a loving father.

I explained to the young father the reason for his resentment toward his wife, pointing out that she had unconsciously frustrated his desire for revenge, thereby incurring his hostile feelings which were projected on to her. He realized that the mental block to marital happiness was within himself; consequently, he willingly accepted the interpretation. The explanation was the cure.

Does the Dead Past Rule You?

Some years ago I read an article in an English newspaper about Lord Northcliffe of the London *Times,* who told about a man who came to the *Times* Building every Saturday afternoon, entered a certain room which was a bedroom, and remained there until the following Monday morning. Lord Northcliffe questioned the man and asked why he was there. He said that he brought 25 pounds of

gold for the weekend in case the bank needed it. The amazing fact is that when Lord Northcliffe phoned the bank, they said that other men with the bag of gold had been occupying that room on weekends for about 100 years!

The reason for all this was due to an order issued by the owner of the *Times* during the battle of Waterloo, 1815, which occurred on a Sunday. At that time the newspaper editor wanted to send men to cover the story, but he could not raise sufficient money to cover the expedition. The following day he made an arrangement with a London bank to send £1,000 in gold regularly to the *Times* Building when the bank closed on Saturday noon. This is an example of the thought of a dead man governing a big banking institution for 100 years, resulting in waste of time, money, and effort.

Banish the Shadows in Your Mind

Are you repeating the same old patterns of thoughts, going through the same mental movements and reactions as you did 30 or 40 years ago? Have you asked yourself about your prejudices, fears, biases, jealousies? Why are they in your mind? Why have you not consulted someone about your abnormal fears? If you did, you would discover that they were a conglomeration of sinister shadows in your mind, and there is no power in a shadow.

Is not that which you are afraid of merely a thought in your mind? There is no fear where faith in God dwells. You should check into all your beliefs and find out their source and origin. Make a definite decision now, and that is: Believe nothing that you do not understand. Learn about your subconscious mind and the power of your own thought, and you will discover that the Healing Principle is within yourself.

You do not ride a mule to go to San Francisco like some of your grandfathers did; neither do you send a message to Chicago by pony express. In the same way, you should not permit the dead, superstitious, ignorant beliefs of antecedents to govern, rule, and manipulate your mind. There are many people who think that by the repetition of an incantation their circumstances can be changed without changing their mentality; consequently, they are doomed to disappointment.

Why He Could Not Keep Employees

A businessman complained to me that he could not keep employees; he had a constant turnover. I discovered that he had an atrociously bad temper which had driven all his clerks away. He realized that the stumbling block was within himself and decided to change his thoughts and keep them changed. He prayed that Infinite Intelligence would attract to him employees who would appreciate and love the work and also feel that they were adequately compensated; moreover, he prayed for the peace, harmony, prosperity, and happiness of each employee. He began to radiate love and good will to all his customers, his wife, and his children. He made a habit of this, for prayer is a habit. This man has no more trouble with his employees and close business associates.

Why His Business Never Prospered

A man wrote me saying that he had prayed for prosperity in his business for two years and got no results. He had some glimmerings of spiritual truth, but his attitude of deep-seated resentment toward a business associate, who was very prosperous financially, automatically expressed itself in financial difficulties, sickness, and frustration.

I asked him how much he really wanted what he wanted. Did he desire it enough to give up his hostile attitude? There is no transaction without an exchange. He began to see that he was envious and resenting the affluence of his competitor. Frankly I inquired, "Do you prefer resentment and jealousy to prosperity and peace of mind?" Seeing the light, he began to pray for greater success and prosperity for his competitor. Prayer always prospers.

The stumbling block to our health, happiness, and achievement is always in our own mind, and spiritual understanding will cause our circumstances to improve in every respect. Per contra, a want of true spiritual understanding expresses itself in all sorts of difficulties.

Why the Answer Is Delayed

If there seems to be an undue delay in getting an

answer to your prayer, it may be that the difficulty is deep-seated in your subconscious mind requiring more prayer work, or perhaps you are not praying in the right way. In this case, ask that Infinite Intelligence reveal to you what you need to know; It will.

When a man says that he must have a demonstration by Monday or Tuesday of next week, otherwise the judge will rule against him, or that he will lose his business unless there is an immediate answer, he must remember that God never fails, God is never late, and God is independent of time and space.

Time does not really matter, for prayer gets results irrespective of what the court says on a certain day. You trust God to put everything right regardless of what happens next Monday or Tuesday. You keep on keeping on, knowing that prayer always wins out irrespective and regardless of what may have happened.

How to Love the Law of Life

"*Great peace have they who love thy law, and nothing shall offend them.*" As you love the law that your thought is creative and that the Spirit flows through the patterns of your thought and creative imagery, you will move away from all morbid introspection and negative concepts. When the impulse to despondency comes, it will stimulate you to think of true goals and ideals whereby you give your energy to your desires, aspirations, and ambitions rather than to conditions and circumstances.

Love your ideal until you are absorbed and engrossed in it. Let the old and worthless thoughts die. Love the new, the appealing, and elevating patterns of life. The outside world may argue with the inside world of your dreams and ideals. Remember the outside is effect, not cause. Be sure to see to it that the energy, vitality, and power of your belief run with the ideal you seek; then you are on the way to spiritual maturity. In every adversity is the seed of opportunity.

Standing Up to Your Problems

Emerson said, "Whilst man sits on the cushion of advantages, he goes to sleep. When he is pushed, tormented, defeated,

and harassed, he has a chance to learn something. He has been put on his wits, on his manhood. He has gained facts, learned of his ignorance, and is cured of his insanity of conceit."

Stand up to your problems; decide now with equanimity and faith in God to solve them. The door will open, and the way will be shown you.

How to Break Up the So-Called Jinx

I would like to mention an experience many seem to have. They start some desirable project, or they set out to accomplish an assignment for an employer, and they find that they are unable to complete it. They say something happens at the last minute, that the man who was to sign dropped dead, or that he changed his mind at the 11th hour. An actress said to me recently that everything went smoothly until she was called to sign a contract, and the producer had a heart attack one-half hour previous to the signing; the contract was postponed. Others complain that the sale falls through the moment they are about to sign.

The delay and block is in our own mind. What we fear, we attract. What we expect, we experience. Break the so-called jinx this way: Affirm boldly: "I and my Father are one. God thinks, speaks, and acts through me. There is only One Power, and that Power moves as harmony and unity. No person, place, or thing can interfere with God's work, and my work is God's work, for God works through me. In Him I live, move, and have my being. In me God lives, moves, and expresses Himself fully. God's work cannot be delayed. God is always successful and completes all His undertakings. What is true of God is true of me. I bring all my undertakings to divine fulfillment and fruition in Divine Order through Divine Love." You must want what you want with sufficient zeal and enthusiasm to take the trouble to learn how to think clearly, lucidly, and spiritually, since thought is the only cause. Tune in with God, and you will rise triumphantly over all problems, for "He never faileth."

"I bore you on eagles' wings, and brought you unto myself."

Ideas Worth Remembering

1. The only moment that matters is *this* moment. Change your present thought and keep it changed, and you will change your destiny.
2. The past is dead. It has no power over you. The only power is your present thought. Think on whatsoever things are lovely and of good report.
3. If you are good *now,* you are just as good as though you had never been bad.
4. You must give up resentment and ill will in order to have good digestion and perfect health.
5. In order to become a new person, you must desire with all your heart to change your thoughts and keep them changed.
6. Wipe out the roots of hatred by sincerely wishing for the other person harmony, joy, peace, and all the blessings of life.
7. Become a real partner with your wife by sharing a complete knowledge of your business assets with her. Show her she is well provided for in case something should happen to you.
8. When an alcoholic admits to the fact that he is an alcoholic and has an intense desire to give it up, he is 51 per cent healed.
9. Think for yourself. Cease letting others think and speak in you and for you. Don't be like a phonograph which reproduces whatever is on the record.
10. A father must not try to get even with his mother by imposing on his children the same religious rituals which he was compelled to follow as a young boy.
11. Do the dead thoughts of your past, such as tradition, creed, and dogma, cause you waste of time, money, energy, and effort?
12. Your fears are a conglomeration of sinister shadows in your mind, and there is no power in a shadow.
13. Believe nothing that you do not understand. Learn the workings of your conscious and subconscious mind, and you will discover the Healing Power within yourself.
14. An employer should pray for the peace, harmony, prosperity, and happiness of all his employees. He should also feel and know that they are adequately compensated.

15. The stumbling block to our health, happiness, and achievement is always in our own mind.
16. Trust God to put everything right, regardless of what happened last Monday or Tuesday. Prayer always wins out, regardless of what may have happened.
17. Love the new, the appealing, and the elevating patterns of life. Love your ideal until you are absorbed and engrossed in it.
18. Stand up to your problems. Your faith in God and His power will enable you to overcome all problems.
19. What we fear, we attract; what we expect, we experience. Know that what is true of God is true of you, and wonders will happen as you pray.

TO BE, TO DO AND TO HAVE

10

Do you take great delight that you are alive? Have you ever considered all the wonders within you? Your life is God's Life, and that Life is your life now. All the powers of God are within you. Infinite Life is seeking expression through you in the form of your desires.

You desire to live and to express yourself, and you wish to be happy, free, and prosperous. You desire to be what you long to be; you want to do what you love to do; and you wish to have love, companionship, a beautiful home, and all the things which enable you to live richly, abundantly, and gloriously. Desire is behind all progress.

The Life Principle which animates all of us desires to express and to experience Itself. The tree desires to grow. The flower desires to blossom. The bird desires to sing. This moment, you may be desiring health, happiness, true place, abundance, and security. Everything you do is in response to your desires. Desire pushes you; it is the goad to action. It is the push of the Life Principle.

The farmer plants seed because of his desire to get food for himself and his family. Man builds airplanes and space ships because of his desire to collapse time and space and explore the universe.

Your desire is reminding you of something in your life which, if accepted by you, will make your life fuller and happier. The greater the expected benefit from the desire, the stronger is the desire. Where there is no expected benefit, gain, or advancement accruing, there is no desire; consequently, no action is found.

Failure to realize our desires to be, to do, and to have over a long period of time results in frustration and unhappiness. You are here to choose happiness, peace, prosperity, and all the blessings of Heaven. Your desire enables you to say, "This is good, therefore I choose it; however, this is negative, so I reject it." All choice implies the perception of something preferable to whatever is rejected.

Why Suppression of Desire Is Disastrous

Annihilating and suppressing desire is disastrous in its consequences. If man succeeded in this, good and evil would be alike to him, for nothing would have any power to raise any desire in him; he would become dead to all feeling and to all motive of action. Your desire means you choose one thing in preference to another; where desire is extinguished, no such capacity to choose can exist.

I have seen Indian devotees who, in pursuance of their resolve to crush out all desire, both for good and evil alike, become attenuated human forms, hopeless wrecks of what were once living men. Extinction of desire means apathy, no feeling, and no action. Desire is the cause of all feeling and action, and it is the moving principle of the universe. Desire is creative power and must be channeled and directed wisely. Desire and its fulfillment take place in your own mind.

Desire Is Not Evil

There are no evil desires in the true sense. You may misdirect or misinterpret the desire which wells up within you. For example, if you are poor, you desire wealth; if you are sick, you desire health; if you are in prison, you want freedom. You may desire love and companionship, or perhaps true place. The man who desires wealth may, in his ignorance, fulfill his urge or desire by killing a banker or robbing a store; this is misdirection of his desire, and he finds himself in jail and charged with murder. Teach a man that there is an Infinite Intelligence within him which can fulfill his desires, and he overcomes his sense of opposition and frustration. Man's desire for food is legitimate and normal, but killing someone in order to get a loaf of bread engenders violence, opposition, guilt, and self-destruction.

He Made a List of Three Things

There is a power within man which will lift him up and set him on the high road to happiness, health, peace of mind, and the realization of his fondest dreams without depriving any other person of God's limitless blessings. A man who was broke, out of work, and frightfully frustrated came to one of my lectures some time ago on *The Power of Your Subconscious Mind*.* He went home and applied what he heard. He had never attended a lecture on the mind, but he said, "This makes sense." He made a list of three things he wanted; you might call them material, but they were his needs. The items on the list were true place, an automobile, and all the money he needed.

He chose these concrete things to see if his thoughts were things; he wanted to prove to himself that the idea of the thing was the thing itself. I said in the lecture that the idea was the reality back of the form. He established a definite method of working and practiced it conscientiously every day, sticking to it long enough to give it a fair chance. This man knew that you do not learn to swim after one or two attempts.

He prayed for true place as follows: "I know Infinite Intelligence

* By Joseph Murphy. Published by Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

responds to me. It is now revealing my true place to me. I am aware of my hidden talents; I am receiving a wonderful income. I know the idea of true place and its manifestation are one in Divine Mind. I follow the lead which comes."

Within two weeks from the day his experiment began he signed a contract for a job in San Francisco. He gave thanks and rejoiced in the law of God. Then he went on to the next objective—a new car. He said to me, "I know I have the idea of a car; it is real, and I am going to remain faithful to it. It must manifest." He won a car in a raffle contest. Now he *knew* the secret of the subconscious. He knew that if he identified himself mentally and emotionally with the idea, the subconscious would bring it to pass. He was very thankful.

The next request was for more wealth. Each morning and evening during his prayer period, he gave thanks for God's wealth circulating in his life and claimed that his idea of wealth was fulfilled. He fell in love with a wealthy widow in San Francisco, and she financed his new business.

This man established a definite method of working, claiming each of his desires as already fulfilled. He claimed each one separately, but all at the same time during his morning and evening meditative period. If you pray like this man and if no improvement at all shows itself within a couple of weeks, scrap that method and adopt a new one. Remember, there is an answer; that is as certain as the rising of the sun.

Come Out of the Prison of Want

Cultivate simplicity and spontaneity, knowing that whatsoever ye shall ask in prayer believing, ye shall receive. Decide now that you can do what you long to do and that you can be what you long to be. No enlightened person today believes that a cruel fate condemns us to sickness, misery, or suffering. There is nothing holding us in mediocrity, in ill health, or in a miserable condition but our own thoughts and false belief.

Come out of the prison of fear, want, and loneliness. Cease thinking that God visits illness upon you for some strange reason, or that you must endure the sickness or be resigned to it. It is blasphemy to say that God is punishing you; it is also blasphemy to blame God for your sickness. Your mind and body are one. In the field of psychosomatic

medicine, they realize it is impossible to tell where the mind begins and the body ends. Research work today reveals that the hidden, underlying causes of physical maladies lie in the tangled depths of the mind, in frustrated rages, in baffled desires, in jealousies, and in anxieties. It is silly to blame God for troubles we bring on ourselves by our own wrong thinking or by our failure to think at all.

All She Wanted Was to Be "Spiritual"

A girl said to me that all she desired was to be "spiritual." That is the over-all desire of everyone, but our terminology is not the same. When you are really spiritually minded, you are expressing yourself fully here and now. You realize that an automobile is a spiritual idea in front of your door. A ham sandwich, when you are hungry, is an answer to your prayer and is spiritual, also. If you sing well on the stage, it is just as spiritual as a man singing the 23rd Psalm in the choir. The man who repairs the roof of your house is performing spiritual labor just as well as a minister, priest, or rabbi who may be reading a text from the Bible or broadcasting a sermon. Realize that the spirit and body are one. Cease looking down your nose at material things; stop once and for all separating the Spirit of God from the flesh and blood of the world. Every physical act, no matter how base you may consider it, is the Living Spirit within you animating material form. You are not degraded or demeaned when you scrub a dirty floor or clean stables. If you are condemning anything in this world, you are demoting and depreciating yourself.

His Silent Partner Healed Him

A man in Los Angeles had an ulcerated leg for five or six years. It would heal up for a time and then break out again. He said his father had the same thing, that he supposed it was hereditary, and that he had resigned himself to it. He learned that was the wrong thing to do. He became aware of the fact that the Creative Intelligence which made his body never loses interest in that which It creates. He learned that the Healing Presence is within him and that the process of digestion, assimilation, and circulation are carried on by this Healing Presence. This man stopped fearing and expecting a relapse. For about

five or ten minutes in the morning and evening he affirmed with deep understanding: "I have a Silent Partner, a Healing Presence who knows how to heal, and His Healing Presence is bringing about the beauty of wholeness now. I believe now that my Silent Partner is saturating my whole being with Its love, beauty, and perfection."

This approach led him into radiant health. God wants your best performance. Adopt a pragmatic standpoint and affirm boldly: "The Infinite Intelligence which created me knows the process of healing; It is healing me now in Divine Order. I believe, I accept, and I rejoice because my Silent Partner is responding now."

This attitude is sound, and it will work. We follow the desire which captivates and holds our attention. All of us find ourselves moving in the direction of the idea which dominates our mind for the time being. A burning desire to be and to do will start you off on the high road to success and achievement. John Bunyan had an intense desire to reveal the truth about religion, and his deeper mind responded; though in prison and sorely punished, he brought forth the masterpiece, *Pilgrim's Progress.*

Exalt and Dress Up Your Desire

The oak sleeps in the acorn, the bird waits in the egg, and God is waiting in you to be expressed and reproduced on the screen of space. Edison was a "tramp" telegraph operator, and though he was deaf and had been expelled from school, he had an intense desire to light up the world. The Living Intelligence within him responded, literally, to his faith and belief.

Dress up your desire, exalt it in your own mind, beautify it, magnify it, let it captivate you so much that you yearn for it. Fall in love with your desire. The mental picture you have in your mind backed up by faith will be manifested by the subconscious mind.

Why Wait Three Years to Sell a Home?

A woman had tried unsuccessfully for over three years to sell a home in New York City. One Sunday morning while I was lecturing for Dr. Raymond Charles Barker at Town Hall, New York, she got into a drowsy, sleepy state—a state akin to sleep. In this

relaxed, quiet, peaceful state of mind, she focused all her attention on the sale of the home. She was in a state of physical immobility which increased the power of concentration. In this state she imagined she had the check for the full price in her hand. She gave thanks for the check and rejoiced in its possession. She was looking backward at the goal, at the fulfilled desire. She rejoiced, gave thanks, and was filled with the feeling, "It is done!" In this mental attitude all effort was reduced to a minimum. That same day the broker sold her home; it was about the same time as she was giving thanks for the sale. She said to me, "I knew I let it go this morning because I had a great sense of relief."

Ideas Master You

Thousands of years ago, Hebrew mystics said, "Man is what he imagines himself to be." Your idea is an image which comes forth spontaneously from your subliminal depths or from the world without. Your faculty of imagination clothes all ideas and projects them on the screen of space. This is why thoughts are things. One is the inside and the other is the outside of the same reality. Dr. Phineas Parkhurst Quimby of Maine said 100 years ago, "Man moves as he is moved upon. Man acts as he is acted upon." Today this is a modern, psychological truth.

Your ideas govern you and master you. Your idea tends to execute itself. The primal faculty of man is his imagination. Use it wisely, judiciously, and constructively. Imagine that which is lovely and of good report. "*Let us make man in our image.*" (Genesis 1:26) God imagines Himself to be the sun, moon, stars, world, or man; then He feels Himself to be what He imagined Himself to be. The idea and the feeling unite (male and female), and the cosmos comes forth. God imagined Himself to be man; then through feeling He became what He imagined Himself to be.

Give life and confidence to your image, and it will become alive in your experience. This is how you become what you want to become. Whatever you affix to I AM, you become. I AM is the name of God, which means pure Being, Awareness, or Life. If you say, "I am sick," you will become sick. If you say, "I am poor," you will become poor. Why unite yourself with the feeling of poverty? Begin to affirm, "I am strong, whole, perfect, powerful, radiant, illumined, and inspired." Feel the truth of what you affirm, and wonders will happen in your life.

Do not permit your feeling to unite with an image of limitation, because you will generate the consequences of your unholy alliance.

Trust the Law of Growth

Let us restate some of the salient points of these important truths upon which we have expatiated in this chapter. You do not put vitality into the seed in the soil, but you must deposit it in the soil. You water the seed regularly, thereby accelerating its growth. Let us look at our mind. The seed is your desire to be, to do, or to have; you must deposit it in the receptive soil of your mind, use no force nor mental coercion, and cease trying to make it come to pass. Your job is to keep out the negative thoughts of doubt and fear which tend to neutralize your affirmative prayer. Enter into the feeling of pleasure and satisfaction in imagining the fulfillment of your desire.

Your desire or idea is the substance of things hoped for and the evidence of things not seen. Your desire is as real as your hand or heart, and it has its own form, shape, and substance in another dimension of mind. "*Believe that ye have it now, and ye shall receive it.*" Regard your mental creation or idea as a spiritual reality; then implicitly trust the law of growth to bring it to pass. Walk in the light that is so until the day breaks and the shadows flee away.

Inspire Yourself

1. Desire is the cause of all feeling and action, and it is the moving principle of the universe.
2. Learn that there is an Infinite Intelligence within you which can fulfill your desire, and you will overcome all sense of opposition and frustration.
3. There is a power within you which will lift you up, set you on the high road to happiness, health, and the realization of your fondest dreams.
4. There is nothing holding us in mediocrity, in ill health, or in a miserable condition except our own thoughts and false belief.
5. You are not degraded or demeaned when you scrub a dirty floor or clean stables. Cleanliness is next to Godliness, and all labor is honorable.

6. Good and bad are in your own thoughts, and you color everything in the universe by the way you think and feel.
7. A burning desire to be and to do will start you off on the high road to success and achievement.
8. The mental picture you have in your mind, backed up by faith, will be manifested by your subconscious mind.
9. In selling a home, imagine you have the check, give thanks for the check, and rejoice in its possession. Feel its reality, and your subconscious mind will bring it to pass.
10. You are what you imagine and feel yourself to be.
11. Regard your mental idea as a spiritual reality; then implicitly trust the law of growth to bring it to pass. Walk in the assumption that it is so, and you will experience the joy of the answered prayer.

A BLUEPRINT FOR HARMONY AND PEACE OF MIND

11

Jesus said: "*Peace I leave with you, my peace I give unto you. Let not your heart be troubled, neither let it be afraid.*" (John 14:27)

The deepest desire of every man is peace of mind. When man cannot fulfill his desires for health, abundance, true expression, achievement, and accomplishment, he becomes frustrated and suffers from conflict and inner turmoil. Inner peace comes to man when he becomes aware of an Almighty Power which can bring his desires to be, to do, and to have into manifestation.

The secret of abiding peace of mind is to become identified with the Infinite Presence and Power within you, which is ineffa-

ble peace. As you unite mentally and emotionally with God's love, harmony, and power, and feel these qualities are flowing through you, you will drain off and wipe out all the poison pockets of negative, illness-producing thought, vindictive, hateful, and resentful thought patterns which have kept you in inner turmoil, stress and strain.

I recently read in a newspaper article that a distinguished psychiatrist said there were close to 10 million people in mental institutions because of acute emotional disturbances. Many of these people are full of fear, and are frustrated and consumed by jealousy and resentment. All these mental poisons are generated by wrong thinking and failure to think constructively and harmoniously. In order to experience harmony and tranquility, you must have emotional control in the midst of stress.

A few days ago, Dr. E. McCoy of Beverly Hills, California, told me about the experiment of Dr. Hans Selye at the University of Montreal's Institute of Experimental Medicine and Surgery, which demonstrated that in times of stress and strain, the adrenal and pituitary glands discharge potent hormones into the bloodstream in order to meet any threat to the welfare of the body. For example, if you get a fever, a cold, or hurt yourself accidentally, the defense mechanism, which is the healing process generated by the adrenal and pituitary glands, is mobilized to meet the emergency. However, if you have imaginary pictures of sickness, tragedy, loss, or accident, your subconscious mind does not differentiate between stress states caused by worry or the subconscious stress states caused by real physical injuries or bodily disease.

Dr. Selye has clearly shown that if a person persists in worrying, fretting, fuming, and indulging in negative imagery, the excess hormones thereby generated play havoc with the body, and the individual may give rise to diabetes, arthritis, or any of the psychosomatic diseases.

Free from Asthma with Grandmother

I spent some time recently talking to a little boy of 10. He had asthma and was very tense. His doctor had given him various tests and anti-spasmodic compounds, but the asthmatic attacks persisted.

The boy told me that when he visited his grandmother in San

Francisco, he never had any attacks. The previous year he spent the entire summer there and was completely free from all symptoms. The father of this boy was dictatorial, tyrannical, and very aggressive. He was harsh with the boy, scolding him constantly and finding fault with his school work. His mother was busy during the day, attending various luncheons, teas, and cocktail parties, and gave very little attention, love, or devotion to her son. At dinner time the parents usually quarrelled violently, and the little boy was afraid he would lose one of his parents. His asthma was a symptom of his fear and the stifling of the life force within him.

The parents decided to pray together, alternating each night with one of the Psalms, such as the 23rd, 27th, 91st, 46th, 1st, and 2nd. A new atmosphere of peace, a slower tempo, and a greater feeling of love, harmony, and good will developed in that home. The boy's asthma vanished. His bronchial muscles had been constricted because he was living in a very tense and negative atmosphere. When there is anger, resentment, and hostility in the home atmosphere, children suffer accordingly. Actually, they grow up in the image and likeness of the dominant mental atmosphere of the home.

Experiencing Peace of Mind

One of the most profound longings of the human heart is peace of mind. In order to experience this inner sense of peace, you must tune in on the God of peace and let His river of peace flow through you. Cease dissipating your energy through fretting, fussing, and worrying, thereby impairing your emotional, physical, and spiritual reserves. There is a marvelous blueprint for harmony and peace of mind in the eighth chapter of Matthew which you would do well to meditate on occasionally:

"*And, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves: but he was asleep. And his disciples came to him, and awoke him, saying Lord, save us: we perish. And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm.*" (Matthew 8:24–26)

The winds are within ourselves, in the guise of our conscious fears, anxieties, and forebodings, and the waves are those of despair, melancholia, hatred, terror. The stormy sea is within you, and you can

still the wheels of your mind and affirm quietly: "The Presence of God flows through my conscious mind as poise, balance and peace, and through my emotions as love and trust in God, and through my body as strength." As you do this, you will discover an inner peace and a calm flow over your entire being.

The Bible states, in utter simplicity: "*And there was a great calm.*" Thoughts of God and a reaching out of your heart toward the Healing Presence within you bring you into harmony with God, and release the spiritual forces which give you the peace that passeth understanding.

Emptying the Poison Pockets

There can be no inner peace until all the sorrow, hates, grudges, pet peeves, and general vindictiveness are expunged from the mind and the heart. These kinds of thoughts form poison pockets in the subconscious mind, causing high blood pressure, heart disturbance, and a host of other symptoms and diseases. When your subconscious mind is full of the sense of guilt, you have the feeling that you should be punished, and you unconsciously proceed to suffer accordingly.

Empty out all the poison pockets of hate, ill will, and self-condemnation, and fill your soul with God's love. Sit down, relax, let go, and for 10 or 15 minutes every day affirm: "God's love fills my mind and heart, and I pour forth love and good will to all those around me and all people everywhere. If I have a grudge or a feeling of ill will toward any particular person, I single him or her out in my mind and pour out blessings upon him (her) until I meet him in my mind and there is no longer any sting." A clean mind and a wholesome heart are essential to harmony, poise, and peace of mind. Furthermore, you will have the magnificent feeling of perfect health and vital energy.

Drugs Can't Give You Peace of Mind

Many people are taking tranquilizers to give them a certain sense of peace and relaxation. Drugs, even though they may exhilarate you for a time and give you a sense of well-being, are transitory in their effect and do not bring about a change of mental attitude which is essential. Pills to stimulate or pills to depress are not the answer to anxiety, excess tension, or worry.

A realization of the presence and power of God in you and your capacity in thought to tune in on the Divine Power will enable you to bring guidance, harmony, divine order, and abundance into your life. The nature of this Infinite Power is to respond to the nature of your thought.

Remember, the Creative Power is within you and not in circumstances, conditions, events, or other people's statements or actions. Other people or conditions may suggest certain things to you, but you are the only thinker in your universe, and you can refuse to accept any negative suggestions of any nature whatsoever.

You create your own excess tensions, anxiety, and high blood pressure by the way you react mentally and emotionally to people, conditions, and events. Begin to think, speak, act, and respond from the Divine Center within you. Before you go off on a mental debauch or explosion, say, "God in me thinks, speaks, acts, and responds to all things." This will still your mind and keep you on the higher oscillations of the Spirit. All of us should know that we are here to meet the challenges, difficulties, problems, stresses, and strains of life. It is wrong to drug ourselves so that we become insensate to the stresses or anxieties of living. We are here to overcome the challenges and trials of life; otherwise, we would never discover the Divinity within.

Joy Is in Overcoming

The joy is in overcoming and in solving the crossword puzzles of life. If the crossword puzzles were all made out and solved and all you had to do was to fill in the squares, you would consider them very dull and insipid indeed. Don't stultify and suppress your spiritual and mental development by drugging yourself so that you lose all initiative and incentive to enter into the joy of living. You don't want to be a walking zombie. Every failure in life is a stepping stone to your triumph. You were born to win. You are a conqueror. You are the victor in all circumstances, because God dwells in you. Therefore, every problem is Divinely outmatched.

If you are a businessman or housewife, and you are worried about financial problems, human relations difficulties, irritations, sickness, or if you think your load and responsibilities too great, realize and know that there is a wisdom in you which will enable you to transcend all these difficulties and will reveal to you the perfect solution. Cease be-

coming a victim of external suggestions. You can think of God and His power, and the moment you do, His power and wisdom will begin to flow in response to your call. You must take your cue from the Divine Center and not from the external manifestation.

You Are in Charge

Cause is within, in your own thought and feeling. You are in charge of the ship. You are the captain, and you are capable of steering it to the port of call where you wish to go. If you are mentally fighting conditions, circumstances, and environmental problems, you are actually making an effect a cause and you are magnifying your troubles and problems. You create your anxiety, neurosis, hypertension, and headaches by the way you react and feel.

The cause is not your job, your boss, or your neighbor; the cause is within you and is generated by your own thoughts. Remember, you and you alone are responsible for the way you think of the other person or condition. You are the only thinker in your universe. How do *you* think?

Hatred Is a Deadly Poison

I had a letter some time ago from a man who said that he took his nephew into business with him, made him a partner, and had complete faith in his integrity and honesty. In a period of three years, however, the nephew had embezzled over $30,000. The accountant discovered the defalcation, and the nephew admitted it.

This man said, "I hate my nephew. I'm very ill. I had faith in him. Why did this happen to me?"

Hatred is a deadly poison which debilitates the entire organism, resulting in mental and physical deterioration. I explained to this man how to forgive by first forgiving himself, *i.e.*, by getting his thoughts in harmony with Divine love and Divine harmony, and then to follow the injunction of the Bible: "*Thy faith hath made thee whole.*"

His Faith Was Misplaced

Faith is an awaremess of an Invisible Power and a Presence which is the only Creative Intelligence in the universe. He

began to understand that his faith should be placed in the love of God, in the goodness of God, in the guidance of God, and in His Divine law and order. This man's faith was in creeds, dogmas, traditional concepts, in people, in certain institutions and in their formulas for salvation. His faith was misplaced, but he began to realize that faith in the Eternal Life Principle within him would never fail him, remaining the same yesterday, today, and forever.

There is a verse from an old hymn which says: "Change and decay all around I see/ Oh, Thou who changeth not abide with me." Everything in this world changes and passes away. Religions come and go, governments rise and fall, institutions, dogmas, creeds, and empires pass away, but the eternal principles and truths of God are ageless.

You must anchor your mind and heart on God, and He will always sustain you. Your real faith must not be in stocks, bonds, money, real estate, relatives, or partners, but in God. He is the Eternal One which is the constant source from whom all blessings flow.

God is constant; everything else is inconstant. Notice how the faith of so many in the stock market waxes and wanes when the stock goes down. Likewise, when the man you know changes his disposition or attitude, or you become aware of certain shortcomings in his behavior, you may well lose faith in him. You have heard the expressions: "I have no faith in him any more"; "I could never again trust him"; "I have lost all faith in people."

The Explanation Was the Cure

Place your faith in God and all things good, and you will attract to yourself by an immutable law the people, conditions, circumstances, and events in the image and likeness of your contemplation. Your faith must be in a God of love, the Infinite Intelligence and Boundless Wisdom, which is the Ever-Living One, the All-Knowing One, and the All-Powerful One. God becomes to you what you conceive Him to be. Therefore, if you affirm boldly, "God's love surrounds me, God's peace fills my soul, God's light shows me the way, God's guidance is mine now, God's beauty fills my soul, and God prospers me in all ways," wonders will happen in your life. Your world

will magically melt into the image and likeness of your joyous contemplation.

Your thought is creative, and you are what you think all day long. This knowledge and awareness will deliver you from countless fears, worries, and trepidation of all sorts.

This explanation brought about a profound change in the mind of the man who hated his nephew. He realized there was no cause for hatred, revenge, or malice of any kind. He had a wonderful healing, since the explanation was also the cure.

Love is the fulfilling of the law of health, happiness, and peace. Love is being loyal and devoted to the One Power, the Supreme Cause, and to know no other. Your thought causes this Power to flow in accordance with its nature. There is no division or quarrel in this spiritual power. One part of Spirit is not antagonistic to another. It is Wholeness, Beauty, and Perfection, and It moves as Unity. Align yourself with It and let this Divine love flow through you in Divine rhythm, harmony, and peace.

Join with God

Remember, you go where your vision is. If you imagine that you are going to fail, you might work very hard 14 hours a day and yet you will not succeed. If your premise is false, your conclusion must be false. Establish the correct premise, remembering that the mind is syllogistic in its functioning and that it works infallibly from premise to conclusion. Knowing these truths will establish poise, balance, and peace of mind.

Join with God. Think big, feel big, and know in your heart that you are now communing with God, the Father Almighty. Because of your union with Him, you feel strong confident, serene, and triumphant. You are connected with the One Being, the Life Principle, which animates all things. Whenever you feel weak, inadequate, nervous, or insecure, unite with your Father within and say, "*He restoreth my soul.*"

To think and act this way is real communion with God. It is also real prayer of the highest order. You are a spiritual being, living in a spiritual universe, governed by a perfect God, operating under His perfect Divine law. Know this, and you will never feel inadequate or

inferior; neither will you be critical and condemnatory of others. You know that each person tends to project toward others what he feels within himself.

As you join up with God, you will no longer project your inadequacies, shortcomings, abnormalities, or inferiorities. Feeling your oneness with God hourly and daily, you will project a radiance, a glow, a confidence, a joy, and a healing vibration which blesses all who come within your orbit. Your total dependency is on God and His law which never fail. "*He never faileth.*" Your faith must be in the truth of Being. It must be based on insight, wisdom, and understanding. If you are worried or anxious about some unanswered prayer, turn it over to the God-Self within in this manner: "I accept this, God, or in Thy wisdom something grander, greater, and more wonderful. Thank you, Father."

This attitude of mind will void your mind of fear, apprehension, and tension. This is your blueprint for harmony and peace of mind.

A Prayer for Harmony and Peace of Mind

"*Thou wilt keep him in perfect peace whose mind is stayed on thee, because he trusteth in thee.*" I know that the inner desires of my heart come from God within me. God wants me to be happy. The will of God for me is life, love, truth, and beauty. I mentally accept my good now, and I become a perfect channel for the Divine.

I come into His Presence singing; I enter into His courts with praise; I am joyful and happy; I am still and poised.

The Still Small Voice whispers in my ear revealing to me my perfect answer. I am an expression of God. I am always in my true place doing the thing I love to do. I refuse to accept the opinions of man as truth. I now turn within, and I sense and feel the rhythm of the Divine. I hear the melody of God whispering its message of love to me.

My mind is God's mind, and I am always reflecting Divine wisdom and Divine intelligence. My brain symbolizes my capacity to think wisely and spiritually. God's ideas unfold within my mind with perfect sequence. I am always poised, balanced, serene, and calm, for I know that God will always reveal to me the perfect solution to all my needs.

Profitable and Useful Pointers

1. Peace will come to you when you realize that God who gave you the desire for health, happiness, abundance, and security can bring all your dreams to pass in Divine Order.
2. Maintain a peaceful, harmonious atmosphere in the home. Remember that children grow up in the image and likeness of the dominant atmosphere in the home.
3. You can tune in on the God of peace within you and experience the peace that passeth understanding.
4. Thoughts of God's boundless love and absolute harmony and a reaching out of your heart toward the Healing Presence bring you into harmony with God and His laws.
5. You can't find inner peace until you empty your mind of all the poison pockets of hate, ill will, and self-condemnation. You do this by filling your soul with God's love.
6. Tranquilizers will not give you poise or peace of mind because they are transitory. The cause is in your own thought and feeling. Busy your mind with the thoughts of peace, harmony, love, and good will to all. Your changed mental attitude will give you peace and harmony.
7. The great joy is in overcoming and meeting the challenges of life. The thrill, the joy, and the ecstasy is in solving the crossword puzzles of life and not by drugging yourself so that you lose all initiative and incentive.
8. Remember, you and you alone are responsible for the way you think. You are the only *thinker* in your universe. How do you *think?*
9. Hatred is a deadly poison which debilitates the entire organism. Get your thoughts in tune with Divine love and harmony, and you will find inner peace.
10. Your faith must be placed in the guidance of God, in the love of God, in the harmony of God, and in Divine law and order. Real faith must be placed in the workings of your conscious and subconscious mind and in the truths of God which never change. Let your faith be in God and all things good, and wonders will happen in your life.

11. Your thought is creative, and you are what you think all day long. This knowledge will deliver you from countless fears, worries, forebodings, and trepidation of all sorts.
12. Love is the fulfilling of the law of health, happiness, and peace. Love is being loyal and devoted to the One Power, the Supreme Cause, and to know no other. When you love God, you will love all men.
13. Remember, you go where your vision is. Think big, feel big, and know in your heart that you are one with God, and you will project a radiance, a glow, a confidence, a joy, and a healing vibration which bless all who come within your orbit now and forevermore.

HOW TO TRIUMPH OVER GUILT FEELINGS

12

Every man must have a sense of self-esteem. He must approve of the Self within him and give honor to the qualities, attributes, and potencies of God. God dwells in all men, and the Self of each man is the presence and power of God. Each man must feel that he is wanted and loved—that he is adequate to every task, that he is needed in the scheme of life, and that he is fulfilling his role in the universe. Man is here to express himself fully and feel a sense of worthwhileness and security in his oneness with God. Inasmuch as man lives with himself all the time, he must learn to like himself. Unless man exalts the God-Self within him, he will feel inferior, inadequate, insecure, and will perhaps

consider himself a sinner. No man can be happy who considers himself a sinner. There is a deep psychological and spiritual necessity for self-esteem in the hearts of all men throughout the world. Down through the ages many ceremonies, rituals, and methods have been invented for the express purpose of banishing the feeling of sin and guilt which have engulfed the masses.

The Sense of Guilt

The sense of guilt is called a mental disease (*disease* means "not at ease") and is extremely common. In the field of modern psychosomatics and psychiatric medicine, it is clearly pointed out that a deep sense of guilt, coupled with frustration, lies in back of most of our mental disorders and consequently back of the personality conflicts and bodily diseases as well as business and home conditions. The sense of guilt is abnormal and unnatural, even though it seems to be almost universal. For example, a child is not born with a sense of guilt. The feeling of guilt is imposed from without, usually by parents, teachers, and nurses, together with the beliefs of the race mind.

No Sense of Sin

All of us know that a baby has no sense of sin. The baby's first feeling of guilt comes when he senses that mother is angry or displeased with him. His mother is more or less a god to him; moreover, she represents authority and law. He is dependent upon his mother for food, comfort, love, and security.

Cut Off from Love

When we were born into the world, we had little or no sense of true values. As children we knew nothing about man-made religions, creeds, dogmas, or customs, or man-made laws, rules, and regulations. In the beginning the child is like a little animal, and is free from inhibitions and does what seems to him to be natural. But mother may scold him or perhaps punish him by slapping him. She may say to him that he is a bad boy and that God will punish him. The child does not understand and is baffled. Instinctively the child feels himself cut off from love, from security, from a sense of kindness and givingness. The child feels that he is punished for something which he doesn't

understand, becomes confused, and concludes that he must be bad. He has his first feeling of guilt and of being a sinner. He is perplexed and proceeds to protect himself. Instinctively he reacts to his mother's reprimand or display of anger in different ways. He may become fearful, or he may fight back in his own way by going into a tantrum because of his inner conflict.

The child's failure to get his desires satisfied when these are contrary to the wishes of his parents (and later contrary to religious, social, and state laws and customs) deepens his sense of guilt and sin. Instinctively he wants to do that which seems natural to him, but authority says, "*no*." The result is some conflict with authority.

He Grasped the Ring

The other day I was in a home, and the little child there admired a ring on my finger and grasped it. His mother let the child know in no uncertain terms that he could not have the ring, and he began to cry. Later on the child will have to learn that he can get what he wants in life through Divine Law and Order without infringing on the rights of others. As the child grows in wisdom and understanding, he will acquiesce in good grace with the restrictions of laws and customs, and he will manipulate his way through life successfully. The cosmic urge to express is within all of us, and when we express ourselves in such a way that we feel satisfied with our achievements and accomplishments and our creations, we are happy. When we err and fail in life, we feel unhappy and depressed; we begin to think that we are outside the love and esteem of others.

The purpose of this book is to show man how he can satisfy the true desires of his heart without taking advantage of others. Every man comes into the world to lead the abundant life: "*I am come that they might have life and have it more abundantly*." (John 10:10) This is a mental and spiritual universe, and what man wants can be claimed, appropriated, and accepted mentally. Man must open his mind and heart to the realization that God who gave him the desire will also reveal to him the perfect way for its manifestation. Man must believe in his heart, accept the reality of his idea or desire in his mind, be thankful for it, and in spite of appearances, conditions, or circumstances he must know that the Living Spirit Almighty will respond, creating his goal of

health, happiness, peace, and fulfillment of his dreams in Divine law and order. Man's sense of oneness with a God of love who is his Heavenly Father will banish all sense of guilt and shame.

Guilt in Ancient Times

In ancient times people sacrificed their bullocks, lambs, goats, and doves to propitiate what they superstitiously believed were the gods of wrath. When storms came, crops were ruined, or a great drought prevailed, the people believed the gods were angry. Their jungle priest had to give the people an answer; if he did not give the people what they believed to be a plausible answer, they killed him; therefore, the jungle priests gave answers which satisfied the superstitious imaginings of these people.

Primitive and Prehistoric Man

In bygone ages, man realized that he was subject to forces over which he seemed to have no control. The sun gave him heat, but it also scorched the earth. The fire burned him, thunder terrified him, the water flooded his lands, and his cattle were drowned. His idea of external power was his primitive and fundamental belief of God. He conceived for these elements or forces of nature love or aversion, and fear and hope gave rise to the first idea of religion. Primitive man, in his infantile reasoning with himself, perceived that when another man, stronger than he, was about to injure him, he was able to bribe him or offer him certain gifts and in other ways abase himself, thereby mollifying the other's attitude. From this crude reasoning, he proceeded to supplicate the intelligences of the winds, the stars, and the waters, hoping that they would hear him and answer his prayers. He proceeded to make offerings and sacrifices to the gods of the wind and the rain.

Good and Evil Powers

The first men conceived the universe to be filled with innumerable gods. Their ideas of God were divided according to the sensations of pleasure and pain, and derived solely from the forces of nature. They divided the gods and genii into beneficent and malignant

powers–hence, the universality of these two ideas in all systems of religions.

From this brief review of the origin and cause of guilt, we will go into specific instances of guilt.

He Wants to Drown His Mother

Some months ago a mother visited me with her boy who was eight years old. He micturated every night. I asked him why. The boy responded: "I want to drown my mother." Actually, he was drowning his mother in resentment. In his religious training, he had learned that it is wrong to hate or resent anyone, and he felt a deep sense of guilt. He complained about his mother, saying that when she was angry she would upbraid him: "You little brat, you are a sinner. You are a naughty boy. God is going to punish you. You are going to suffer for this." Then the little boy added, "She never says anything to my brother."

I had the mother change her attitude, and she ceased criticizing her son. She told him that she loved him, cared for him, and that he was absolutely equal in her eyes with his brother. The mother learned a simple truth that children grow in the image and likeness of the dominant mental atmosphere of the home.

She prayed frequently as follows: "John is God's son. He is loving, kind, and cooperative. He is growing in wisdom, understanding, and harmony, and I radiate love, peace, joy, and good will to him. I picture him as radiant, joyous, and happy. God's love fills his mind and body. He sleeps in peace every night and wakes in joy. God loves him and cares for him. He is healed, made whole and perfect."

A complete healing followed in a week's time. Her prayers were felt subconsciously by her son, and he responded accordingly.

He Was Fighting Authority

A 16-year-old boy came to see me. He was in trouble with the police, his teachers, the neighbors, and he resented his parents. His father was cruel and tyrannical, and occasionally beat his mother. The boy was reacting by becoming hostile, belligerent, and resentful. His rage toward his father was suppressed and became a festering sore.

I explained to him that the reason he was opposed to authority was because he was psychologically fighting a father image. His teachers and local policemen were symbols of authority. I succeeded in getting the father and son together. They aired their hostility and anger toward each other, and they realized that they were both wrong. Father, mother, and son gathered together each night and prayed sincerely for each others' peace, harmony, joy, and understanding. As they continued radiating love, peace, and good will to each other, the entire pattern of the home life changed, and the young boy is now getting along marvelously well in high school. Prayer changes things.

All Are Subject to Authority

The President of the United States is subject to authority. Congress has power over him. We have to live and adjust to authority. Wherever we go, there is authority. We must learn to establish control over our thoughts, feelings, and responses. We must take charge of our own minds. When we do take charge of this motley crew in our minds and say to them, "I am the master; I am going to order my thoughts around and tell them what to give attention to," we will be like an employer ordering his employees to execute his instructions.

Man must take charge of his own mind and not permit others to govern it for him. Creed, dogma, tradition, superstition, fear, and ignorance rule the mind of the average man. The average man does not own his own mind at all. It does not belong to him; it is oftentimes ruled over and governed by the rank superstitions of others.

The Meaning of Conscience

We must realize that a great sense of guilt comes from what is called conscience. A great number of people think that the voice of conscience is that of God; it is not. Conscience is your inner feeling and the voice of someone else; oftentimes it is the voice of ignorance, fear, superstition, falsehoods, and weird concepts of God. I knew a boy who feared that he would be punished by God because he did not go to church on Sunday. This is the inner voice of superstition and false belief implanted in his subconscious by his parents or teachers. This belief on the part of the boy gave him a sense of guilt, and he felt that he must be punished.

When you were young, you were given taboos, restrictions, homilies, and a series of "don'ts"; you were perhaps told that you were evil, a sinner, and that God would punish you. Perhaps you were told of a lake of fire waiting for you, if you did not behave and believe in a particular creed. The minds of children are contaminated and polluted with all kinds of strange notions and false doctrines.

I Must Be Punished

A young boy said to me: "If I ride my bicycle without lights, I would feel that I must be punished, that I must fall because my mother said, 'You will fall; you are going to be hurt; you are naughty; you are going to be punished.' "

What a disastrous thing to tell a boy! It would be so much better to tell him that he should not ride a bicycle at night without lights. Mother and father should explain thoroughly to the boy that the instructions are for his own good, for his own self-preservation. It is much better to tell a boy that God's love will always take care of him rather than frighten him with dreadful, hypnotic suggestions of danger.

There Is a Good Conscience

Children should never be told that they were born in iniquity and conceived in sin. They should be taught that they are children of God, that God is their real Father, and that God is Love. They should be taught also that Love cannot do anything unloving. Of course, this is the *good conscience,* where the boy is taught the Golden Rule, love of others, and that honesty is the best policy. When a boy is about to steal, there is that within him which tells him, "No, you shouldn't do that."

The mother and father are there to teach the child the difference between the skunk and the cat, the difference between what is right and what is wrong. The child has to go to school; he has to learn manners and be indoctrinated properly; he learns what is right, true, noble, and Godlike. Yet how many are taught these qualities today?

Born in Sin

To teach children that they are born with the stain of original sin, because Adam and Eve sinned, is ecclesiastical verbiage and

out of place altogether in the modern interpretation of life. "Original sin" really means that man has forgotten his Divine origin and takes the commandments and superstitions of men for the truths of God. Every child in the world is born into the race mind and all that his environment represents—that is also one of the meanings of original sin.

When you learn the laws of your mind and your own divinity, you are no longer subject to the taboos, restrictions, false beliefs, and the corrupt indoctrination you received in your youth. If you want to cleanse your children's minds, practice the Presence of God in the home; think Godlike thoughts and the home will be saturated with a lovely mood or atmosphere. You will see the child grow in the image and likeness of the dominant mood of the home; this is the real meaning of baptism. If you have a glass of dirty water, you may condemn, resent, and curse it indefinitely, but you will not get clean water. However, if you continually pour clean water into the glass, you will have clean water.

Now He Is Dead and Gone

Many people are full of guilt because they failed to visit their father or mother prior to their transition to the next dimension. Their statements are somewhat as follows: "Oh, I mistreated my mother before she passed on"; "My husband died, and I was out at the time"; "I did not forgive my father, and now he is dead and gone."

The Bible gives you the answer and teaches you how to forgive yourself and others. The first thing you must realize is that there is no time or space in the Mind Principle. This very moment you can relax mentally and think of your mother whom you believe you wronged in some way. Imagine that you are talking to her, tell her how lovely and beautiful she is and how much you love her. Exalt her in your mind and realize the Presence of God is there and that His love, light, truth, and beauty are flowing through her; realize also that she is alive with the life of God. Live in this imaginary scene until you get the fragrant reaction which fills your soul with joy. Continue to dramatize this mental scene, and the reaction will come and you will feel free; your mother also will be free. The action of God has taken place, and your mother will forget all about the incident, and so will you. A complete healing will follow this procedure.

Erase That Psychic Wound

If you made a recording of your talk on a tape machine, you could erase it. In the same manner, you can erase these psychic traumas from your subconscious mind by impressing on your subconscious the spiritual truths of God. The new vibratory tone of your thoughts erases the old negative pattern of thought lodged in your subconscious.

My Conscience Is My Guide

A man said to me recently, "My conscience is my guide." He was writing vitriolic articles attacking a certain religious group. I explained to him the working of his deeper mind. He realized that his biases, hatreds, and superstitious patterns were planted in his subconscious mind when he was young and that his mental conditioning was the reason for his resentment, hostility, and antagonism toward other religious groups.

Many people have become victims of ruthless superstition and ignorant biases. Following the voice of conscience has ruined the lives of many people. One man I knew said, "I hear a voice inside me urging me to kill my mother-in-law." The voice he heard was real enough, like the voices and scenes you hear in your dreams. The subconscious mind is always dramatizing the impressions we make upon it. It is our Book of Life which keeps a record of all our thoughts, feelings, and beliefs. I explained to him that his constant hatred and resentment of his mother-in-law was murder in his own heart and that his evil and destructive thoughts were constantly sinking down into his mind and would eventually saturate the subconscious with the idea of murder. The subconscious acts by reacting, and the law of the subconscious is one of compulsion; therefore, he would eventually commit the murder. The voices he heard were those of his own subconscious talking back to him. My explanation was the cure. He blessed and prayed for his mother-in-law; they became good friends, and she calls him "my son."

The True Voice of God

Those who put thousands of Protestants to death in the days of the Spanish Inquisition did so in the name of conscience. This conscience represented religious hatred and bigotry. Scholars and

archaeologists have definite evidence that parents in ancient Babylon stoned children to death because of some minor infraction of certain laws and rules which they promulgated.

Many people walking the streets today are victims of a neurotic conscience. The patterns of conscience vary with different religions, racial and social influences. You must learn to differentiate between what you call conscience and the voice of God. God always speaks in peace and never in confusion. The voice of God is always constructive, harmonious, and peaceful. The voice and intimations of the Divine are always lifeward, tending toward the life more abundant. Whenever you have an urge to go against the laws of life such as the Golden Rule, the Ten Commandments, or Paul's Love Epistle in the 13th chapter of Corinthians, you know very well it cannot be the voice of Truth or God.

She Washed 100 Times a Day

A young girl came to see me stating that she had to wash her hands about 100 times a day and that she was always afraid of some infection. This girl was a Catholic and her husband was of the Jewish faith. They were quite happy together until she began receiving letters from her mother that she had done great evil and added religious threats plus moral condemnation. I explained to this girl that Love knows no creed, race, or sectarian group. Love transcends all creeds. Furthermore, she realized that no one could break up her marriage when Love reigned supreme. She learned to laugh at herself for being so upset. She understood why her mother wrote these foolish letters. She realized that her mother was brainwashed with religious taboos, prejudices, and strictures of all kinds, and that she was writing from the standpoint of superstition, bias, and ignorance, and not from the standpoint of God or Truth. In God there is no Greek or Jew, no bond or free, no Catholic or Protestant, Hindu or atheist. God has no religion and knows nothing about creeds, dogmas, and man-made opinions. This young lady learned to pray and imagined that she had a letter from her mother which was full of love, kindness, and good will.

The Imaginary Letter

I told her the story of Orage, a disciple of P. D. Ouspensky, who taught his students as follows: "Compose a letter written

as from our friend to yourself which would completely satisfy you if you received it. Put into exact words what you would like your friend to write or say to you."

Every night she would embrace her mother in her imagination and radiate love, peace, and joy to her; then she would read the imaginary letter from her mother which filled her soul with joy. She continued to do this for about three weeks every night, and at the end of that time, she received a letter from her mother apologizing for her previous letters and containing almost the exact words which she had been picturing, feeling and rejoicing in each night.

Morals Are Geographical

In many parts of the world men have several wives; this is their religious custom or tradition. Our Bible teaches that love is an at-one-ment or a union of two souls seeking their way back to the heart of reality. If an American or Englishman had several wives, his conscience might destroy him because of his sense of guilt. A woman in this country would not want to be one of several wives; she would feel guilty and probably get seriously ill mentally and physically.

The Answer to Guilt Complexes

"*Howbeit in vain do they worship me, teaching for doctrines the commandments of men. For laying aside the commandment of God, ye hold the traditions of men. . . .*"

In these few verses tersely put, we have the answer to the guilt complexes of millions of supposedly religious and intelligent people. Do the dead thoughts and doctrinal wrappings and trappings of your parents and grandparents rule and govern you, or are you controlled by God and His spiritual truths? Learn the great Law of Life. God is Life, and this Life seeks expression through you as beauty, harmony, joy, love, order, rhythm, and abundance. The Kingdom of God is within you. Infinite Intelligence will lead and guide you in all your ways when you turn to It and call upon It.

The morals of people vary throughout the world and are of a geographical nature. These are based on the mores and traditional concepts of the particular country or race. The moral standards of the various cultures are true only when they conform to the Principle of Life

which is forever seeking to express Itself through us as harmony, health, peace, joy, love, symmetry, and the life more abundant.

"You Must Believe What We Say"

It was the voice of conscience which caused the people 2,000 years ago to say to Jesus that he should not heal on the Sabbath. These thoughts, traditional beliefs are contrary to the laws of life and are definitely evil and destructive. Do you say to your children: "Your parents have the only truth; you must believe what we say; you must never think for yourself; you must accept our dogma"? This is disastrous, utterly dictatorial and a totalitarian attitude. It may well be the case that everything you are teaching them is a lie, and they will grow up so conditioned that when they violate any of these foolish and grotesque taboos which you gave them, they will have guilt complexes and be seized with fear, and then proceed to punish themselves.

Break Up the Lie

There are women and men who live in hatred of one another and who are hopelessly incompatible because they are afraid to get a divorce due to religious beliefs. They are full of guilt and believe that God would punish them. They are victims of early training and superstitious dogma implanted in their minds by the bigoted propensities of parents and others. They would rather live the lie than have the decency to break up the lie. They say, "*Whom God hath joined together, let no man put asunder.*" God is Love, and if the heart is the chamber of God's Presence and if Love does not unite the two hearts of the man and woman, the marriage is a mockery, a farce, a sham, and a masquerade.

God Condemns No One

Many people are full of guilt because they accept as right that which is actually wrong. God condemns no one. God has already forgiven you. Forgive yourself. Change your thought and keep it changed. Think on whatsoever things are true, just, noble, and of good report. Think from the standpoint of the Golden Rule and the Law of Love. Would you think of disobeying the principles of chemis-

try, physics, mathematics, and engineering? Would you build a wheel off center? Are you believing in antiquated, dead, grotesque, ignorant superstitions and prejudices in the name of religious beliefs, or have you made a serious inquiry into the workings of your subconscious and conscious mind? The modern scientist has to conform to natural law; he cannot change it. Your religion must also conform to natural law. The result is con-science, *with knowing*. The Law of Life is the law of health, happiness, peace, order, beauty, right action, and abundance. Divine Order is Heaven's first law.

"*Remember ye not the former things, neither consider the things of old.*" (Isaiah 43:18)

"*Forgetting those things which are behind, and reaching forth unto those things which are before, press toward the mark for the prize.*" (Philippians 3:12–14) And enter into the glorious liberty of the sons of God.

Profitable Highlights

1. Guilt is a mental disease and is abnormal and unnatural. You were not born with a sense of guilt.
2. A child has no sense of sin. The first feeling of guilt comes when he feels mother is angry and displeased with him.
3. When a child is punished for something which he doesn't understand, he becomes confused and concludes that he must be bad.
4. A child will grasp at anything he admires. The child has to be educated gradually that he can get what he wants in Divine law and order without infringing on the rights of others.
5. This is a mental and spiritual universe, and what you want must be appropriated mentally.
6. In ancient times, during epidemic diseases, great drought, and other plagues, people sacrificed their bullocks, lambs, and goats to propitiate what they superstitiously believed to be angry gods.
7. Primitive man conceived for the forces of nature love or aversion, and fear and hope gave rise to the first idea of religion.

8. The ideas of God held by primitive men were divided according to the sensations of pleasure and pain, and were derived solely from the forces of nature.
9. The reason a boy is constantly wetting the bed may be due to the fact that he is resenting his mother so much that, psychologically, he wishes to drown her.
10. When a teenager is warring with symbols of authority such as policemen, teachers and professors, he is usually fighting and rebelling against his own father, due to smoldering hatred and resentment.
11. All of us have to submit to authority. We have to live and adjust to the laws of society and of God.
12. Conscience is your inner feeling and the voice of someone else; oftentimes it is the voice of ignorance, fear, superstition, and falsehoods implanted in your mind by parents and teachers.
13. It is wrong to frighten a young boy by telling him that God will punish him. God punishes no one.
14. There is a good conscience when children are taught the Golden Rule, love of others, and that honesty is the best policy.
15. Original sin means that man has forgotten his Divine Origin and takes the commandments of men for the truths of God.
16. Forgive yourself if you feel you have wronged your mother. Exalt her in your mind. Feel the Presence of God there and realize His light, love, truth, and beauty are flowing through your mother. A healing will follow.
17. Don't let your conscience be your guide. Call upon Infinite Intelligence to lead and guide you. Its tendency is always lifeward.
18. The patterns of conscience vary with different religions and racial and social influences.
19. God has no religion and knows nothing about creeds, dogmas, and man-made opinion. God is impersonal and no respecter of persons.
20. If an American or Englishman had several wives, his conscience might destroy him because of his sense of guilt.
21. Decide to be controlled by God and His spiritual truths.
22. It was the voice of conscience which caused people 2,000 years ago to say to Jesus that he should not heal on the Sabbath.

23. The morals of people vary throughout the world and are of a geographical nature.
24. It is better to break up the lie rather than to live the lie in the marriage relationship.
25. Many people are full of guilt because they accept as right that which is actually wrong.
26. The Law of Life is the law of health, happiness, peace, order, beauty, right action, and abundance.

THE MAGIC QUALITY OF SELF-CONFIDENCE

13

You are Life expressed. Life became you, and you are an instrument for Life's expression. You are very important to Life, and you must recognize the fact that Life is intensely interested in your welfare, development, and unfoldment. You have a special work to do here; moreover, you are different from any other person in the world. You look different; your thoughts, feelings, and beliefs are different. You have a special natural endowment, unique capabilities, and special inherent gifts. You are equipped to express Life in a way that no one else in all the world can.

Learn to do what you can and should do, and you will have fulfilled your destiny, your reason for existing. Fill your niche in

life, and you will feel your importance in the scheme of things. You are endowed with the qualities and faculties of imagination, thought, reason, and the power to choose and act. Life desires to express through you all Its glorious qualities of energy, vitality, peace, love, joy, and wisdom.

The Meaning of Confidence

Confidence means "with faith." Faith is an awareness of the presence and power of God within you. Through humble faith in yourself as a child of God you can live a victorious and triumphant life. The difficulties may be many, the obstacles challenging, the opposition rather formidable, but with real self-confidence you can meet all problems gallantly and joyously. In companionship with God you can move through the vicissitudes of life with a deep, unshakable, continuing confidence.

There is a wonderful text in the Bible which is of prime importance to all who wish to attain self-confidence. It is considered by many people to be one of the greatest and most profound statements in the Bible. It is found in Paul's letter to the Romans: "*If God be for us, who can be against us?*" (Romans 8:31) Become mentally absorbed in the beauty and wisdom of this truth so that it takes possession of you, and then you can live with confidence. I teach men and women to personalize the verse to read, "If God be for *me,* who can be against *me?*" Many men repeat these words before the mirror every morning for three or four minutes, and they have told me that as this thought penetrated their mind, they knew they could overcome all obstacles. They had a spiritual experience accompanied by a feeling of victory.

Place Your Confidence in God

In the Bible you read these wonderful words: "*But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.*" (Hebrews 11:6) Man must have confidence in the Principle of Life which responds to his thought and never fails him.

A few years ago I spent some time on the Sea of Galilee, and there

I met a very interesting man who proceeded to tell me some things about himself.

"Some years ago," he said, "I was in Germany and had very large holdings. I had confidence in my stock, bonds, real estate, in my academic qualifications. The war came, I lost my entire family, and I ended up in a concentration camp. When the war was over I was released and found myself penniless. I discovered that all things pass away but God, and God alone is sufficient. I turned to Him, and He answered me. Here I am today—happy, free, successful, and respected by everybody."

I asked him, "How did you pray?" He replied that the substance of his prayer had been something like this: "God shows me the way. He opens a new door for me. He reveals to me a new path of life. God gives me confidence, peace, health, and wealth. God has preserved me, and He has watched over me; I know He will continue to care for me now and forevermore."

This man found the secret of self-confidence. Friends came to his aid, money was advanced to him, and a new opportunity in a new land opened up for him. He is now prosperous beyond his fondest dreams.

Have a Workable Faith

Many people have faith in a system of theology or in certain ecclesiastical dogmas, but they have no workable faith at all and their lives are quite chaotic. Others (who may or may not have a system of theology) have a workable faith which is expressed in their business, in their talents, in their homes, and in their relationship with people. Your faith in God must be demonstrated in your mind, body, and affairs. Faith in God and all things good fills you with self-confidence. Confidence gives you a light in your eyes, a new stance, and a fresh grip on life. You wear a smile. You are filled with vitality and energy. A person reflects his confidence in himself by his posture, manner, gestures, speech, and by the look in his eyes. Every part of him reveals his estimate or blueprint of himself.

The Lord Is Your Shepherd . . .

In the 23rd Psalm, which is one of the most beautiful

prayers in the Bible, David said the Lord guided him, cared for him, and watched over him as a shepherd guides and protects his sheep. David pointed out that an inner, guiding Principle led him into peaceful, happy, and joyous situations. He believed in It, and It responded to him.

What is the Lord? The Lord is the Infinite Intelligence within you which created you and sustains you and all things. To have confidence and trust in the inner, guiding Principle of Life is to have confidence in ourselves, in our wisdom and power. It is to have self-assurance, which is the opposite of doubt, fear, timidity, and inferiority.

He Was Facing Complete Failure

A man of my acquaintance in charge of a large business said to me: "I wake up in the middle of the night with a feeling of panic and greet every day with the haunting fear that something dire will happen." He was plagued by a sense of insecurity and seemed to have a conviction that his business would be ruined. He owed large sums of money and feared complete failure. He added that he read parts of the Bible every night, but the fear persisted.

I gave this man some spiritual medicine to take regularly. The prescription was as follows: "I know and believe my business is God's business; God is my partner in all my affairs. I solve all my problems by placing my complete trust in the wisdom of my deeper mind. I now rest in security and peace. There is a harmonious solution to all my problems. I know that all my business relationships are in accord with the law of harmony. I work harmoniously with others to the end that happiness, prosperity, and peace reign supreme. Infinite Intelligence reveals better ways in which I can serve humanity, and I am full of confidence in my senior partner which is God."

The man read this meditation out loud nine or 10 times a day, knowing that these therapeutic healing vibrations would pass from his eye to his fear-infected brain. His ears also heard the sound of these soothing, healing vibrations and likewise conveyed them to his brain. For 10 days he continued saturating his mind with these truths through his eyes and ears, and he succeeded in wiping out all the fear thoughts. His mind became full of peace and confidence.

Better Ways in Which I Can Serve

This businessman also began to realize that his business was a wonderful opportunity for him to serve other people. He gave up driving himself and his employees and ceased working himself into a frenzy. At the end of a month, he said to me: "Now I know my business is a means of expression, a channel through which the Life Principle can move in wonderful service to my employees and to the public in general. All my tensions are gone, and I have peace of mind. The bank has advanced me money and my business is prospering, and my confidence has returned."

A New Estimate

Approve of yourself and have a high estimate of yourself because you are an individualized expression of God. You are a son or expression of the Living God. Adopt this attitude of mind, and you will lose the sense of inferiority. I know people whose faith seems to be in the money they can make in the stock market; but the stock market rises and falls. Your new estimate is your deep conviction and trust in that which never changes, namely the spiritual values of life, the laws of your mind, and the Principle of Life which remains the same yesterday, today, and forever. Theologies, philosophies, governmental operations, fiscal values wax and wane, come and go. Governments topple, wars and strife cause money to lose its value. Sometimes floods, hurricanes, and other cataclysms of nature sweep away cities, towns, and homes. Everything in this world passes away and is subject to change.

Acquiring Self-Confidence

To really acquire self-confidence, you must have faith in the Eternal Principle of Life within you which created you and also the world. You must by study and application develop confidence in the two phases or functions of your mind, namely the conscious and subconscious. The subconscious mind responds to your habitual thinking. You can choose your thoughts, imagery, reactions, and response to life. You can channel your emotions constructively. You can develop confidence in the subconscious mind in the same way you would have confidence in chemistry, physics, mathematics, or electronics in buil

ing a radio or television set. A doctor has confidence when he begins to operate, because he knows surgery, anatomy, physiology, and other basic sciences dealing with the human body.

Wrong Side of the Tracks

Many people say, "I am shy; I am timid; I am no good; I am abashed; I was born on the wrong side of the tracks; I did not have a good education; I did not go to college." All these negative thoughts pass through the minds of people; then comes self-protection. Some retreat into themselves saying, "I want to be alone." They shun company and become self-centered, and their mentalities become warped. They are afraid of getting hurt, so they will not go to other people's homes or to a local party, lest their psychic boil get hurt.

This attitude of mind is due to a sense of rejection—they have no confidence in the God-Self within. Many of these psychic traumas go back to childhood, when the parents may have said, "You are no good; you will never amount to anything. You will be a drunkard like your father," and so forth.

The way to overcome all sense of inferiority and rejection is to realize that you can change your concept of yourself, and to know that conditions, circumstances, and events are not causative; these are effects. The basic cause of all fear is to believe that externals are causative. The cause of all is your own mind and spirit.

Conquering the Feeling of Inferiority

You can do all things through the God Power which strengthens you. Feel that the God Presence is flowing through you as strength, beauty, love, peace, security, and true place. Realize that you are one with God, and that as you think of harmony, health, peace, joy, power, and happiness, the God Presence responds and brings all these qualities to pass in your life. As the God Presence flows through these patterns of thought, you become creative; you become what you want to be, irrespective of what other people say, do, or think.

You can banish all sense of inferiority by affirming, feeling, and knowing the truths in the following prayer: "I am a channel for God's life, love, truth, and beauty. I am an expression of God. God is my

Father. God loves me and cares for me. I am a unique expression of God, and there is no one in all the world like me. God seeks to express Himself in a unique and extraordinary way through me. I am a pipeline for His power and strength, and every day of my life I am expressing more and more of my hidden power. I radiate love and good will to all, and I wish for everyone what I wish for myself. I am one with my Father, and my Father is God."

Dwell on these truths several times a day and particularly prior to sleep at night, and you will find all sense of inferiority and rejection disappears. Remember that when you offer life-giving thoughts and new mental patterns to your subconscious mind, the latter accepts the new imagery, and the past is obliterated and expunged from the subconscious mind. Prayer changes the subconscious mind by eliminating all the subjective patterns which were causing all the trouble. Prayer is filling your mind with the truths of God, thereby crowding out of the mind everything unlike God or Truth.

He Was Panic Stricken

The late Henry Hamblin, editor of the *Science of Thought Review,* in London, told me that one Sunday morning he received a call from a local Congregational minister. This was when he first started to write along spiritual lines. The minister wanted Hamblin to substitute for him that morning. He had never conducted a Congregational service and did not know the routine or procedure. He said that he was panic stricken, filled with consternation, foreboding, and that cold shivers ran down his spine. He began to ask himself, "Where is my confidence? Where is my faith in the things that are right?" There was no time to open the Bible or to prepare a sermon. He walked onto the podium, and the people began to sing their hymns, and entered into their thanksgiving prayer.

He commenced to say to himself: "God guides me and reveals to me what to say." Suddenly, the quotation, "*I will lift up mine eyes unto the hills, from whence cometh my help*" (Psalm 121:1), came to him, and he mentally surrendered, affirming, "I surrender; God takes over and speaks through me." Instantly the burden of fear was dissipated. He was lifted up by the Spirit so that he saw intuitively into the hearts of all the people present. He saw them struggling, striving, scrambling,

squabbling for the baubles of life. They did not seem to know where they were going. He said that he apparently saw into the hearts of all humanity.

This was a cosmic vision given to him by the Spirit. He saw people's hopes, fears, their loves and hates, their joy, their shortcomings and frailties, and their derelictions—all simultaneously. A divine compassion for them seized him. Just as suddenly as it came, the vision vanished, and he began to talk. The entire congregation was spellbound. They were seized and imbued by the Holy Spirit. It was his recognition of the Spirit within him which gave the confidence he needed. All members of the audience felt the intangible, invisible spiritual overtones which permeated them subjectively. He discovered the Power that moves the world and which answers when called upon. This is the way to build up self-confidence.

He Could Not Propose

A young man who listens to the author on the radio in the mornings wrote me saying that he was too shy and timid to propose to his girl, and that every time he tried he became tongue-tied and panic stricken. Fear held him in bondage.

In talking to him I suggested that every night prior to sleep he imagine he is acting the way he desires to act when in the presence of the girl. He pictured himself as the ardent lover and said, "This is the way I am proposing to her now." He would dramatize the imaginary act over and over again every night. He made this mental movie as vivid as possible. He emphasized that he would actually behave that way and that he was completely calm and poised. On the 20th evening he went to her home, and with faith, fervor, and confidence proposed and was accepted.

You Can Overcome

Too many people have a churlish timidity toward life. Put on the whole armor of God by knowing that God thinks, speaks, and acts through you. If you feel inferior in the face of a dilemma, some perplexing situation, or a certain assignment, begin to think of all the reasons why you can overcome, achieve, and arrive at a happy solution. Say to yourself, "I shall conquer through the power of the Almighty."

All of us know that Abraham Lincoln felt inferior to the task assigned to him of making a speech commemorating the battle of Gettysburg. He prayed for guidance, studied parts of the Bible, and asked God to give him counsel and strength. He approached the subject with humility, simplicity, and a deep reverence for things Divine. "*He that cometh to God must believe that He is, and that He is a rewarder. . . .*" Lincoln believed that God always answered prayer. His simplicity, devotion to truth, and humility before God caused him to produce the greatest address in history.

Divinely Outmatched

When you face a difficult problem, become aware of the Divinity within and say to yourself, "This problem is divinely outmatched because I see God, and whatever is necessary for me to know and to do, God reveals to me." Go ahead and tackle the situation, doing the best you can, and you will find Infinite Spirit will aid and assist you.

Invest Wisely

Do not waste your energy. Watch the expenditure of your thought by seeing to it that all your thoughts are invested wisely. Remember that the law of parsimony must prevail in your mind, and you must economize in your mental assumptions. You must assume that God is and that He answers you. "*Faith is the substance of things hoped for. . . .*"

Faith is to perceive the reality of the idea, thought, or image in your mind. You have faith when you know that the idea of a book, play, composition, or invention in your mind is as real as your hand or heart. This is the substance of things hoped for; this is the evidence of things not seen. I do not see the new invention in your mind, but as you accept it and give it attention, the law of growth will take place. Like the seed in the ground, you will attract everything necessary for its unfoldment.

It is very strange how people expect to get ahead in life, be happy and healthy, without organizing their mental faculties or even knowing anything about them. You would not operate an automobile if you had no experience, neither would you operate a chemical laboratory if you knew nothing about chemistry. Thinking is a process as real and as definite as the making of sodium hydroxide or bicarbonate of soda.

You think with your own mind, and you can make wonderful mental combinations which will transform your life. Thoughts are things, and *as a man thinketh in his heart, so is he.*

Banishing Worry

To worry is to deflect your attention deliberately away from the good and to mentally focus on the negative aspects of life. Your thoughts go round and round as you dizzily seek a way out of the dilemma. Come back from the periphery to the center, where God abides, and find the answer within.

When we attempt mental imagery we must feel the picture. There must be an emotional tone to vitalize it. The pictured scene is a dramatization, a series of mental patterns, which you feel as true. The majority of people go to business and other activities with the wrong mental imagery, bringing about all kinds of trouble in their lives. Their minds are naked. Your mind must be clothed with faith in God and all things good. You must believe in the goodness of God and in the guidance of God, and in His Overshadowing Presence at all times. When your mind is thus clothed, you are wearing the garments of God. You would not go in sport clothes to a Presidential banquet, nor would you wear evening clothes in a swimming pool. Are you dressed mentally for God, or is your mind full of rags and torn and tattered garments? You must wear mental clothing for all occasions. When going on a journey, know that "Divine Love goes before me, making straight, beautiful, and joyous my way."

How to Lead a Charmed Life

The Bible states clearly that if you wear the mental garment of faith you will be ". . . *like the men who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouth of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of aliens.*" (Hebrews 11:33–34)

These are the wonderful things which confidence in God accomplishes. You actually find that as you build up your awareness of the power of God in your mind, all the so-called insuperable obstacles are overcome by you. There are people who have escaped fires, floods,

hurricanes, disasters at sea, subdued lions, and the ravages of war. Nothing touched them; they seemed to lead charmed lives. The spell of God was around them. They were God intoxicated, having acknowledged and received the Divine Antibody, the Presence of God in the midst of them, mighty to heal, save and protect.

The Good Life

William James said, "Believe in the good life, and believe that life is worth living, and your belief will cause this to become a fact."

Cease identifying with failure, lack, and limitation. Unite with your goals and aspirations. Timidity is a state of mind. The timid are usually consummate egotists who try to hide their egotism in mental retreat. The timid must do the things that they fear to do, and the death of fear is certain. We have to win with pleasure in the game of life and lose with a smile.

Demosthenes stuttered badly. He decided to become a great orator, and he persevered until he won the battle. Victory was assured because of his confidence in the Almighty to whom all things are possible to him that believeth.

He Was Bashful, Shy, and Retiring

All of us remember the great soul-stirring classic sermons of Henry Ward Beecher. You will recall that as a boy he was full of fear, and was bashful, shy, and retiring. His speech was very defective because of an abnormally enlarged palate. He was given to constant prattle which was a subconscious compensation for his handicap. He believed that he would become a great preacher. He became what he believed he would be—the famous preacher of Plymouth Church. Discouragement seldom depresses the man whose focus is on the unfoldment of an ultimate desire. He who finds God within himself loses his misery and suffering.

Laughter Is Good Medicine

The Greeks said that laughter is of the gods. Laughter is a medicine for many troubles. Man is the only being in the world who can laugh: animals can't laugh. Laughter restores your perspective,

takes your attention from yourself, and lets you think clearly and decisively. Make it a special point to laugh at your fears. Be sure to laugh when people irritate you, and by all means laugh at all the foolish, silly mistakes you made during the day. Laugh at yourself for being so stuffy and so serious. The greater the problem, the more humor you need. There is neither self-pity nor self-condemnation where the laughter of God in the soul of man takes over. I heard a boy the other day saying to his mother, "I laughed because I did not want to cry." The boy let some eggs and milk fall on the street, and instead of crying, he laughed. There is no use in crying over spilled milk.

The Sacred Center

Come back to the center within yourself where God abides. Here all is peace, bliss, harmony, and joy. Here you live beyond time and space. You are alone with God. You are in the sacred center of God's eternal love. On this rock you stand. You are impervious and invulnerable, and all the negation of the world cannot touch you. God by His very nature is for you, so who can be against you? There is no power in all the world to withhold from you success, achievement, and the realization of your heart's desire because your sense of oneness with God gives you absolute confidence in the fulfillment of all your dreams.

Weapons for Winning Your Way in Life

1. If God be for *me*, who can be against *me*? Personalize this verse, and you will overcome all sense of inferiority.
2. You must have confidence in the Principle of Life which responds to your thought and never fails you.
3. Your faith in God must be made manifest in your business, in the expression of your talents, in your home, and in your relationship with people.
4. There is an inner Principle which will guide you into peaceful happy, and joyous situations.
5. To have confidence and trust in the inner, guiding Principle of Life is to have confidence in yourself.
6. You are Life expressed, and Life is intensely interested in your welfare, development, and unfoldment.

7. To succeed in business, realize that God is your senior partner and that this God Presence within you is guiding, directing, and watching over you in all your ways.
8. Realize your business is an opportunity to serve other people. Claim that Infinite Intelligence reveals better ways in which you can serve.
9. Approve of yourself and have a high estimate of yourself, because you are an individualized expression of God.
10. To really acquire self-confidence, you must have faith in the Eternal Principle of Life which created you and the world.
11. The basic cause of all fear is to believe that externals are causative. The Cause of all is the Creative Power in your own mind. Change your thought, and you change your destiny.
12. You can do all things through the God Power which strengthens you.
13. You overcome stage fright by dramatizing the imaginary act over and over again, making the mental movie as vivid as possible.
14. If you feel inferior in the face of a dilemma, say to yourself: "I shall conquer through the power of the Almighty."
15. Every problem is divinely outmatched because God dwells in you.
16. You have real faith and confidence in the future when you know that the idea of a book, play, composition, invention, or trip in your mind is as real as your hand and your heart.
17. In mental imagery, you must *feel* the picture. There must be an emotional tone to vitalize it.
18. As you build up your awareness of the power of God in your mind, all the so-called insuperable obstacles are overcome by you.
19. Believe in the good life, believe that life is worth living, and your belief will cause this to become a fact.
20. Discouragement seldom depresses a man whose focus is on the unfoldment of an ultimate desire.
21. Laughter restores your perspective, takes your attention from yourself, and lets you think clearly and decisively.
22. God by His very nature is for you, so who can be against you?

GOD'S WILL AND YOUR WILL

14

A man said to me one time that he would be happy, joyous, and successful if God would let him alone. This man really believed that God caused him to suffer. Somehow he believed that he could run the universe better than God. He said to me, "I hate God for all the failures, troubles, and tragedies He has brought upon me."

I explained to this man that God had nothing to do with the misery, suffering, and tragedies of life. Man experiences sickness, pain, suffering, and failure because of his own negative, destructive thinking. Man punishes himself by the natural laws of cause and effect. Punishment ceases when man ceases wrongdoing. I also

pointed out to him that it was blasphemy to say that God sent sickness, disease, and suffering on man. On the contrary, man brings these things on himself by his own wrong thinking and ignorance of the laws of his mind.

Man must not blame God because through ignorance and inexperience he made mistakes. The powers and forces of nature are not evil; they are neutral. Good and evil are in the movement of our own minds, in the way we think and act, and in the attitude we take towards things, not in the things themselves. The wind that blows a ship on the rocks will also bring it to a port of safety. Electricity is not evil, but man must use it the right way; otherwise, he may electrocute himself and others.

Man's subconscious mind is not evil, but if he thinks evil, evil will follow; if he thinks good, good will follow. Man must decide what kind of seeds (thoughts) he plants in the garden of his mind, because seeds (thoughts) grow after their kind. The ideas contained in this chapter will prove to be of priceless benefit to man as he reads and applies them.

Nothing Good or Bad

Shakespeare said, "There is nothing good or bad but thinking makes it so." The problem you have at this moment is a wonderful opportunity for you to overcome it. You can meet the challenge. There is a wisdom and power within you which will enable you to overcome the problem. If you had no problems, difficulties, and challenges in life, you would never grow. The problem is not bad; it depends how you think about it. Realize your difficulty or problem is a marvelous opportunity for you to transcend it and prove your capacity to overcome.

He Was Bitter and Resentful

Mr. Jones, almost deaf and nearly blind, for years felt bitter and resentful, saying, "Why did God do this to me?" He felt insecure and inferior. He had great difficulty in seeing, and his hearing aid was not satisfactory and caused him great annoyance. He did not want his friends to know he was gradually going blind and deaf and felt embarrassed when they said to him, "I met you yesterday at the club, but you never spoke to me." He made excuses, and his resentment and anger against his condition were intensified.

Mr. Jones made a list of all his blessings. He gave thanks for his lovely and faithful wife, for his three brilliant daughters, for a lovely home, for his marvelous friends and all his kind neighbors. He ceased blaming God, and admitted to himself that there were certain people he did not want to see and voices of certain relatives he did not want to hear. He overcame this by blessing and releasing them mentally, and his constant prayer was as follows:

"My vision is spiritual, eternal, and a quality of my mind. My eyes are divine ideas and they are always functioning perfectly. My perception of spiritual truth is clear and powerful. The light of understanding dawns in me; I see more and more of God's truth every day. I see spiritually; I see mentally; I see physically. I see images of truth and beauty everywhere. The Infinite Healing Presence is now, this moment, rebuilding my eyes. They are perfect, divine instruments enabling me to receive messages from the world within and the world without. The light of God is revealed in my eyes and ears.

"I hear the Truth; I love the Truth; I know the Truth. My ears are God's perfect ideas functioning perfectly at all times. My ears are the perfect instruments which reveal God's harmony to me. The love, beauty, and harmony of God flow through my eyes and ears; I am in tune with the Infinite. I hear the Still, Small Voice of God within me. The Healing Presence quickens my hearing, and my ears are open and free."

At the end of a month he experienced a great personality change, and his eyesight and hearing improved remarkably. In fact, he came to see and hear almost normally. He transcended his problem. He transmuted that which he had heretofore called evil to a great good, and now he is happy, joyous, and free.

God's Will and Your Will

Longfellow said, "To will what God wills is the only science that gives us rest." It is the will of God that we should all be healthy, happy, and joyous, and that we lead lives full of marvelous experiences; that we should express more and more wisdom, truth, and beauty, day by day and week by week, until we become the man that God intended us to be—the happy man, the joyous man, the free man who is illumined and inspired and walks the earth with the praise of God forever on his lips.

A tragic mistake, that is often made by many people, is to assume that the will of God for them is bound to be something evil and uninviting, if not downright unpleasant. One reason for this strange and weird concept is that these people look upon God as a hard taskmaster or some sort of a capricious tyrant living up in the skies, meting out punishment to disobedient children.

The marvelous and priceless truth is that the will of God for us means greater peace, greater self-expression, more wisdom, greater and brighter experiences, radiant health, prosperity along all lines, and the capacity to give wider and greater service to others. In short, the will of God for you is the life more abundant! If the will of God for you were sickness, then all the doctors, psychologists, nurses, ministers, priests, and rabbis would be working against the will of God–this, of course, is the quintessence of absurdity.

If a man is ill, frustrated, lonesome, bored, impoverished, or is a square peg in a round hole, he may be certain that he is not expressing the will of God. As long as man is not expressing His will, he will experience discord and confusion in his life. But when man unites with God and expresses His will, harmony, peace, vitality, and prosperity will come into his experience.

The Will or Tendency of God

The will of God, as Judge Thomas Troward, author of *Edinburgh Lectures* and other works on Mental Science, so eloquently puts it, is the tendency of God, and God being Life, cannot wish anything detrimental to Itself. Life feels Itself to be Love, Joy, Peace, and Beauty, and Its tendency is to express Its own nature which is the same yesterday, today, and forever.

The will of God is the nature of God, and God is Love; therefore, God cannot wish for you anything unloving. God is Absolute Peace, and God cannot wish for you discord, chaos, and confusion. God is Life, and Life cannot wish death; that would be a contradiction of its own nature. God is Absolute Joy and cannot wish grief or sorrow. God is Absolute and Unalloyed Harmony and cannot wish sickness or disease. God is Infinite Riches of all kinds and cannot wish poverty; to think so would be a denial of His abundance. God's will for you is something transcending your fondest dreams. It is wrong, therefore, to

say, "I am poor; I am weak, I am sick; I am tired; I am broke," because you bring that condition on yourself by your negative, destructive statements which are lodged in your subconscious mind and which come forth as experiences and events in your life.

Your Power to Choose

You are here to grow, expand, and unfold, and if all your faculties were fully developed when you were born, you would never discover yourself. If, for example, you were compelled to love your husband or wife, you would have no free will. This is why you say, "I choose _____ from all the women in the world to be my lawful wedded wife." You are not an automaton; you have freedom to give love or retain it. You have the capacity to choose, select, and arrive at a decision through your capacity to reason.

In the beginning, man looks out at the three-dimensional world and is governed by appearances and conditions until he awakens to the fact that, through the medium of his own thought and feeling, he can control and direct his life. Gradually, man awakens to the truth that circumstances and conditions are effects and not causes. All outer conditions are subject to change. As man changes his mind he changes his body, environment, and conditions.

The Meaning of Will

The dictionary defines will as choice, intention, inclination, determination, and tendency, and in order to make it the will of Omnipotence you must animate it, make it alive within you by enthusiasm, feeling, and animation until it becomes embodied in the subconscious mind. When man learns to choose wisely, he will choose happiness, peace, security, joy, health, abundance, and all the blessings of life. He will enthrone the spiritual values and truths of God in his mind and will busy his mind with these eternal verities until they become part of his consciousness in the same manner that an apple becomes a part of his bloodstream. Choose Divine guidance, right action, Divine order, and Divine success in your life. What is true of God is true of you, for God dwells in you. God is always successful, whether making a star, planet, tree, or the cosmos. Therefore, you were born to succeed, because the Infinite cannot fail.

The worldly minded man who is a victim of the race mind un-

consciously chooses sickness, misfortune, lack, and limitation of all kinds. He fails to realize that thoughts are things, that what he imagines, he becomes, and that what he feels he attracts. If man does not do his own thinking, the newspapers, the neighbors, and the race mind will do his thinking for him, and his life will be a mess. "*Choose you this day whom ye will serve.*" (Joshua 24:15)

Let God's Will Be Done

Realize that God's will is being expressed through you at all times. Make a habit of affirming that God's will is being expressed in all departments of your life, making certain, of course, that you know what you mean when you say, "God's will be done."

God is Boundless Love, Absolute Bliss, Indescribable Beauty, Infinite Intelligence, Absolute Harmony, Omnipotent, Supreme, and Absolute Peace. There are no divisions or quarrels in the Absolute. God is Infinitely Good, Perfect, and the Author only of Perfect Good. Pray aright in this way: "God's will is being made manifest in my life as harmony, perfect health, happiness, peace, joy, abundance, love, and perfect Divine expression. It is wonderful!"

If you meditate on this prayer regularly, your present environment and circumstances will magically change and be transformed into the likeness of what you are contemplating. Now, when you say, "God's will is operating in my life," it has a magnificent and beautiful significance full of spiritual precious stones. When you say, "God's plan is made manifest in my life," that, too, has a new and wonderful meaning. God's plan is God's will, and His plan can only be beauty, order, symmetry, love, health, and all the good things of life. God's plan for you could only be to express more of Himself through you, moving ever onward, upward, and God-ward.

"As Thou Hast Believed, So Be It Done unto Thee"

It is a magnificent prayer and superb spiritual strategy to say, "God's will be done," particularly when you understand the spiritual significance of these words. If you enthrone in your mind the definite idea that God's will is operating in all your affairs, this constructive belief in your mind will govern your life and cause you to

act and express yourself as you believe. Your dominant conviction dictates, governs, and controls your entire life. It is a wonderful thing to know, as Dr. Phineas Parkhurst Quimby of Maine expressed it, that "man is belief expressed." When you know that the light and love of God are guiding and governing you in all your ways, you are automatically protected from making errors in judgment, unwise decisions, and wasting your time and efforts along useless lines of endeavor.

If God Wants Me to Have It

I have heard this expression frequently: "I want it if God wants me to have it." If you really believe that God is the Divine Presence or Life within you and is Infinite Intelligence and All-Powerful and Boundless Love, why should you think that God does not want you to have it, whether it is health, peace, joy, true place, abundance, a new home, marriage, or what not?

Many people utter another superstitious phrase: "Maybe it isn't good for me." When people use such an expression, they are living in a world of duality, of two powers. They have God and a devil; they are double-minded. Isn't happiness good for you? Surely, you must agree that God wants you to be happy. If you pray for right action, why would you begin to think of wrong action? There is only a Principle of Right Action in the world; there is no principle of wrong action. There is a Principle of Joy, none of sadness. There is a Principle of Love, none of hatred. There is a Principle of Truth, and none of error. There is a Principle of Harmony, and none of discord

What kind of a God would you have that did not want you to be joyous, free, radiant, and illumined? You are here to reproduce all the qualities, attributes, potencies, and aspects of God and to move from glory to glory.

God's Infinite Riches Are Yours

If you have a desire for healing, for true expression, for greater wisdom and spiritual understanding, or for greater wealth and expression to do the things you want to do, surely there is not a doubt in your mind but that God wants you to have all these things. If you think that God wants you to be sick or is testing you in some

strange way, or if you think that God could create sickness, such a God is not worthy of your consideration and attention, and the belief is only a false, superstitious concept in your mind.

God wants you to be prosperous as well as healthy. Many people, because of false theological beliefs implanted in their subconscious minds when they were young and impressionable, believe that there is some virtue in lack and limitation. You must eradicate that false belief from your subconscious mind and realize that the infinite riches of God are all around you. You cannot count the sands on the seashore or the stars in the heavens above. Did you ever try to count the flowers by the wayside as you drive along the road? Everywhere you look you see a profusion of God's wealth.

God's ideas are infinite, and you can have an idea now that could put a million men to work. Ideas are wealth. An invention is an idea in the mind; so is a book, a new business venture, a new real estate project. Men today are proving that they can look at a vast desert and make it rejoice and blossom as the rose. Nature is lavish, extravagant, and bountiful. Man in his greed and lust creates an artificial shortage, but there is no shortage of God's wisdom or creative ideas in the mind of man, if he will become open and receptive to the Divine Influx, which is always ready and available.

Your Source of Supply

Believe that your supply is from God and that He supplies all your needs at every moment of time and point of space. The external world, economic conditions, stock market fluctuation, inflation or deflation, or the opinions of men cannot touch you when you are lifted up in consciousness—that dimension of spiritual awareness where you believe in your heart that your supply is truly and literally from God and nowhere else. The channels through which you receive your wealth are not the source, and you should not confuse the two. You should be completely free in your economic living and prosper in all your ways.

Your Desire Is from God

You are not glorifying God when you are sick, frustrated, neurotic, unhappy, and poverty stricken. You are here to dramatize, portray, and express in your life that which is true of God.

To believe in a God of Love is to express love, and to believe in a God of Abundance is to express the abundant life.

If you have a desire to write a play, write a novel, or build a new house, would it not be extremely foolish for you to think that God did not will these things? God is within you, and your desire to express is from God. God gave you your brain, your mind, the hands to write and build, and the urge to achieve and express, plus the intelligence and capacity to do all these things.

Your Will Becomes God's Will

Imagine saying, "If God wants me to write a play, He will let me know." This would be truly absurd. Your idea or desire must be appropriated in consciousness and felt as true, and when it is accepted subconsciously, the subconscious will bring it to pass. Your conscious wish or desire has now passed from mere wishing and desiring to a subconscious conviction. The law of the subconscious is one of compulsion, and the will of the subconscious comes to pass. *Not my will* (idea, desire, plan), *but Thy will be done* (my conviction or consciousness), which automatically comes to pass. Our subconscious convictions and beliefs dictate and control all our conscious actions. The subconscious is the power that moves the world.

His Conscious and Subconscious Will

A man came to see me some time ago. He was an alcoholic and said that if he took one drink he would be compelled to keep on drinking until he fell unconscious on the floor. In other words, he had lost control and was compelled by the law of his subconscious mind to drink. His story was a familiar one. His wife divorced him because of his infidelity. He resented her action and hated her because she refused to take him back. Then he turned to drink to relieve the psychic pain in the same way you might take aspirin for a headache. He repeated this act over and over again, and each time he took a drink to bolster his spirits, he was rejecting the power of God within him and was suggesting weakness and inferiority to his subconscious mind.

Habits are formed by repeating certain thought patterns or actions

over and over again until they establish patterns in the subconscious mind, where they grow until they reach the point of saturation. He now had a mental bartender established in his subconscious mind that reminded him repeatedly, "You need a drink." When he took one, he lost control. His wish or conscious will was not to drink, but the will of the subconscious took over and said, "You must drink." His choice to drink, which he had repeated over and over again until it became an established habit pattern, was now in control.

He Reversed the Pattern

This man reversed the pattern and freed himself by the use of the same law which made him a compulsive drinker. Regularly and systematically he contemplated freedom and peace of mind, claiming that his food and drink were God's ideas which constantly unfolded within him, bringing him harmony, health, and peace. He ran a movie in his mind several times daily by imagining himself free, happy, and joyous. He pictured himself doing what he longed to do and heard a friend congratulate him on his freedom and sobriety. Whenever he was tempted, he flashed the movie in his mind, knowing that the power of the Almighty was flowing through his mental movie and that by a process of mental and spiritual osmosis the mental image was sinking down into his subconscious where it was being developed in the darkroom of his mind.

Impressions are made in the subconscious by repetition, faith, and expectancy, and as he continued faithfully imagining his freedom and peace of mind, the dawn came and all the shadows flew away. His conscious will (desire for complete freedom from the destructive habit) became a subconscious will (his deep abiding conviction was lodged in his subconscious mind), and he was compelled to express freedom, for the law of the subconscious is compulsion. The law which held him in bondage is the same law which freed him, enabling him to enter into the glorious liberty of the sons of God.

The Joy of the Answered Prayer

Thy will be done on earth as it is in Heaven is a wonderful prayer, as you now realize. *Heaven* means your own mind or mental and spiritual awareness. What you feel as true in the heavens

of your own mind, you shall experience on earth or the objective plane (your body, world, environment, and circumstances). Your *will* is your capacity to define your objectives, to choose your goal, ideal, or plan. Live with it mentally by loving it, nursing it, giving it your attention and whole-souled devotion. Finally, it becomes jelled within you, and your desert has become paradise, and *your will has become God's will* or the joy of the answered prayer. It is wonderful!

Steps to Triumphant Living

1. God does not send sickness, disease, or suffering; we bring these on ourselves by our own wrong thinking.
2. The powers and forces of nature are not evil; it depends how man uses these powers or forces.
3. "There is nothing good or bad but thinking makes it so." Your problem is not bad—it is your opportunity to overcome.
4. Count your many blessings, bless the diseased organ, and you will be amazed at the wonders happening in your life.
5. To will what God wills is the only science that gives us rest.
6. It is the will of God that you lead a full, happy, and joyous life and that you experience the abundant life spoken of by Jesus.
7. A tragic error is to suppose that the will of God for you is something unpleasant or uninviting.
8. If you are ill or depressed, you are going contrary to the will of God.
9. The will of God is the tendency of God. God, being Life, cannot wish anything detrimental to Itself.
10. The will of God is the nature of God, and God is Love. Love cannot wish for you anything unloving.
11. You are here to reproduce the qualities, potencies, and aspects of God.
12. Your thoughts, imagery, and mental patterns mold, fashion, and shape your life.
13. You have the power to choose. Choose health, happiness, peace, guidance, and right action.
14. It is superb spiritual strategy to affirm "God's will be done," particularly when you understand the spiritual significance of these words.

15. To say, "If God wants me to have it," is rank superstition. God wants you to be happy. He gave you Himself and the whole world.
16. God wants you to be prosperous and successful. Nature is lavish, extravagant, and bountiful. Everywhere, you see a profusion of God's wealth.
17. The channels through which you receive your wealth are not the source, and you should not confuse the channel with the Eternal Source.
18. Your desire for growth, expansion, and unfoldment is from God. Accept your desire now, and Infinite Intelligence will bring it to pass.
19. Your will (desire, choice, plan, purpose) becomes God's will (conviction in your subconscious mind) when you feel the reality of your fulfilled desire. Your conscious wish or desire has now passed from wishing to a subconscious conviction.
20. The law which holds you in bondage or in any limitation is the same law which will free you as you entertain the concepts of freedom, peace, joy, and happiness. What you feel as true in your mind (heaven), you shall experience on earth (the objective world).
21. Let your will (your conscious choice or decision) become God's will (a subconscious conviction) by living with it mentally, by nursing it and giving it your attention, and you will experience the joy of the answered prayer.

NOT RESIGNED, BUT RECONCILED

15

During a series of lectures in Tokyo, Japan, early in 1963, a young woman visited me in the Imperial Hotel and said, "I believe you can help me. My father, who is an alcoholic, violated me when I was 10 years old, and ever since I have been having fits two or three times a week. The doctor at the University said that these are epileptic seizures; drugs give me only partial relief." She claimed that she had forgiven her father and that they were on friendly terms. She said that she and her sisters visited him once a week and had dinner with him.

By the way she spoke, I felt she still harbored deep roots of resentment in her subconscious mind and that she had *not* really

forgiven him. I explained to her that if she did not forgive him, she would continue to suffer. The only sensible thing is to understand it, forgive it, and then release it from the mind.

So long as she continued to condemn silently, so long as she failed to forgive—to free her father who had hurt her—she would never be at peace. I explained to her that reconciliation, or the complete restoration of true friendship and harmony between them, would result if she followed this instruction and every morning and night prior to sleep prayed aloud for her father in this way:

"Whole-heartedly, sincerely, and lovingly I claim that the peace of God fills the soul of my father. I claim that he is inspired and blessed in all his ways. I rejoice that the love of God is flowing through his thoughts, words, and deeds. I sincerely wish for him health, happiness, and all the blessings of life. I fully and freely forgive him now. I do this consciously and subconsciously. He is free, and I am free. Whenever I think of my father, I affirm silently, 'God be with you.' I mean this; I am sincere, and my subconscious mind, which is a recording machine, is now recording the truth which I am affirming. I have forgiven myself for harboring hateful thoughts all these years, and I resolve never to do this again. I give thanks; I am free. He is forgiven and I am forgiven, because I have forgiven myself. It is wonderful!"

This wonderful Japanese teacher wrote to me a beautiful letter a few months later, saying that she never had another seizure.

The Opposites in Life

Judge Thomas Troward said, "There are two ends to a stick." Emerson said, "We meet polarity or action and reaction in every part of nature." All of us know that our thoughts come in pairs. When you think of wealth, thoughts of poverty come into your mind also, and when you think of health, the thought of the opposite rears its head. Let us enumerate some of these opposites, such as matter and spirit; negative and positive; darkness and light; evil and good; disease and health; pain and pleasure; misery and happiness; ebb and flow; male and female; in and out; subjective and objective; fear and love; heat and cold; rest and motion; yes and no.

The opposites are the expressions of the cosmos. They are dual expressions of the same principle. We are here to reconcile the oppo-

sites and bring harmony, health, and peace into our world. When it is cold you build a fire; when hungry you seek food, and if sick you align yourself with the Healing Presence and establish wholeness and perfect health again.

When fear strikes you the thing to do is to mentally unite with the Source–God, which is Love. You could read the 27th Psalm slowly, quietly, and lovingly, and as you do this you are moving mentally to the opposite, which is faith in God. Fear is a denial of the power of God and the goodness of God. Fear is faith upside down. Fear is a shadow in the mind, and there is no power in a shadow. "*Perfect love casteth out fear.*" Fall in love with the good, become emotionally attached to the great truths of God, and all fear will go away.

How to Reconcile the Opposites

If you are fearful, you can rest assured there is a desire within you for that which is opposite to the thing feared. Place your attention on the thing desired, and you will begin to reconcile the opposites. Desire is the angel of God, the messenger of the Divine saying to each one of us, "Come on up higher." Desire is behind all progress. Let your desire captivate and hold your attention. You move in the direction of the idea which dominates your mind. The greater the expected benefit from the desire, the stronger is our desire.

His Voice Cracked

I should like to tell you of a singer who failed to get a contract because his voice cracked on three occasions during an audition. Fear was his enemy, but he discovered he could move to the opposite which was faith and confidence through prayer. He stilled the wheels of his mind two or three times a day. He imagined he was singing before a microphone. He saw the imaginary audience. "Act as though I am, and I will be." He began to feel the joy of it all and the thrill of accomplishment. He continued to do this at regular intervals until he got the reaction which satisfied him. He succeeded in planting his desire in his subconscious mind, and he felt a great sense of peace and satisfaction. He loved his desire to the point of acceptance and proved to himself that "perfect love casteth out fear."

Love is an emotional attachment, being loyal and devoted mentally to your ideal. As you do this the fear or the negative thought dies, and the ideal becomes real. This man is successful today because he learned how to reconcile the opposites in his life and bring peace where discord was. Give yourself whole-heartedly to your ideal, be loyal to it by mentally and emotionally uniting with it, and you are loving it.

A Hail of Bullets

A soldier told me that he was cut off from his battalion in the last war and was in the midst of a hail of bullets. His knees were shaking with fear. He repeated the 23rd Psalm, and a wave of peace came over him. He found his way to safety. This soldier realized that if he remained at the extreme of fear, he would be frozen to the spot, and the result would have been death and destruction. He let the pendulum of his mind swing to the opposite pole, which was faith in God as his shepherd and protector from all harm.

Ask and Receive

"*Ask, and it shall be given you. . . .*" (Matthew 7:7)

In Biblical language, *to ask* is to claim your good, and then your subconscious mind will honor and validate your claim. Look upon God as a loving father, a kindly father, who watches over you, cares for you, guides and directs you, and provides for your welfare. As you make a habit of this you will discover that you will always be prospered and guided, and you will find yourself in your true place doing what you love to do, divinely happy, and divinely blessed in countless ways. God is to you what you conceive Him to be.

Beliefs Are Our Masters

As long as man thinks that God is punishing him, testing him, or ruling over him with a rod of iron, or that He is a sort of jealous, cruel, or capricious tyrant, he will be confused, muddled, perplexed, and in mental conflict. Such thoughts being chaotic, the result is chaos and misery in his life. Man is what he thinks all day long.

Jesus states categorically, definitely, and unequivocally that God is our Father and that we are His children. Your relationship with God should, therefore, be on the most friendly and loving terms, that of father and son. Never again during the whole course of your life look

upon God as a god of wrath, indiscriminate in his vengeance. Such a concept held in the mind brings untold misery and suffering to the individual who entertains such a belief. Our beliefs are our masters, and all beliefs tend to manifest themselves in our lives. "*All things are possible to him that believeth.*" (Mark 9:23)

Believe only that which is true of God; accept that which is lovely and of good report. Believe in the goodness of God, in the love of God, in the guidance of God, in the harmony of God, in the wisdom of the Almighty. Believe in the joy of God and in His abundance. Believe and expect all the blessings of Heaven here and now. Recognize the Fatherhood of God—God is your loving Father; He loves you, and He cares for you. God wants you to be happy, joyous, and free. You are here to express the joy of living and to express your divinity so that the world is blessed because you walked this way.

Man Is a Channel of God

"*I have said, Ye are gods; and all of you are children of the most High.*" (Psalm 82:6)

It is fundamental and foundational to say that the offspring must be of the same nature and species as the parent. "*I and my Father are one.*" (John 10:30) This means that you and God are one—mentally, spiritually, and physically. Infinity is within you; therefore, there is no end to the glory which is man. You are capable of infinite growth and spiritual development. The journey is ever onward, upward, and Godward.

Your greatest prayer is to still the wheels of your mind every morning and for five or 10 minutes feel that you are a channel through which God flows as harmony, health, peace, joy, wholeness, beauty, love, companionship, security, true place, and expression. Praying humbly and reverently in this manner, you will expand in spiritual awareness until you have transcended even your fondest dreams.

I Am Resigned to It

Your glorious destiny is to be united with God and experience power, wisdom, strength, and illumination. Cease being a serf, a slave, a doormat. Never say, "I have to resign myself to my fate"; "I must put up with this"; "This is God's will and I must put up with my illness"; "I'm incurable"; "It's hopeless." If you make such

statements or have the mental attitude that you are here to suffer and that God is punishing you for your sins, you are placing yourself in thralldom and bondage, and you are degrading your Divine destiny as a son of the Living God, here on earth to enjoy the inheritance of your Father. Your own thoughts and feelings create your destiny.

Resignation Is Superstition

There must never be a calm acceptance of misfortune, illness or poverty without at the same time realizing that you can rise above any suffering through the power of God. It is absolutely wrong from every standpoint for you to remain in any kind of bondage whether physical, mental, or material. There is absolutely no virtue whatever in resignation or being satisfied with your lot. To resign yourself to sickness or poverty is to *sin*—to miss the mark of perfect health and abundance. Resignation is a mixture of ignorance, fear, superstition, and indolence. Refuse to accept ill health, discord, poverty, loneliness, or unhappiness.

You are here to let the light of God shine in your mind, body, and environment. This is the only way you glorify God here and now. God is always successful in all His undertakings, and what is true of God is true of you because you are His son and heir to all His riches. It is your sacred task out of love for God to positively and definitely refuse to accept anything less than peace of mind, true place, abundance, and security. Keep on asking and knocking until your answer comes.

". . . *Knock, and it shall be opened unto you.*" (Matthew 7:7) This means that when you have come to a clear-cut and definite decision in your conscious mind you will then gain a response from your deeper mind which is full of wisdom and power. You refuse to take "no" for an answer, because you believe implicitly in the promises of God: "*Ask, and it shall be given you. . . .*" (Matthew 7:7) Keep on claiming your good continuously and untiringly until your prayer is answered.

Resolving the Quarrel

If you are a square peg in a round hole, frustrated and in want, you can do something about it at once: Resolve to radiate love,

peace, and good will to all and exalt the power of God within you Your desire is whispering within you; fear and doubt arise, also. You must determine to resolve the quarrel in your mind so that peace is restored Our early conditioning, fixed beliefs, and religious training impede and thwart our faith in God and all things good, and we find our mind is a battleground.

As we said earlier, your desire is of God and has its own mathematics and mechanics with it. Conditions, circumstances, and environment are not causative—these are effects and are subject to change. The fear thought that challenges your desire must die, and your desire must live. Take your attention completely away from the thought of opposition; this will starve it to death. Feast mentally and emotionally on your ideals and goals in life.

Your desire for health, happiness, achievement, and advancement is good, constructive, and wholesome and will bless you. Your loyalty, devotion, and attention must be given to your goal, ideal, or desire. Your image is the first cause relative to the thing you are praying for, and it is real on its own plane of reference. Lift your mind and heart up beyond the problem or difficulty and picture the fulfillment of your desire, the happy ending, irrespective of opposition. Fear and false beliefs must die. They will die by refusing them attention; give confidence and life to your ideal. This is the way of reconciling the opposites.

A Scientist Defines "Devil"

A famous space scientist, Dr. Lothar Von Blenk-Schmidt, who is engaged in research on space travel, told me he is always running up against the devil, which simply means resistance, difficulties, and problems. Sometimes fear of failure enters in. He resolves these problems by prayer. He gets still and quiet and asks for the answer, and the creative ideas necessary for the solution come to him sometimes spontaneously out of the blue (the subconscious mind). Engineers, chemists, and physicists working with him are trying to overcome atmospheric friction and resistance (the devil) with various alloys of metals and new amalgams.

There is always a way out, a solution, a happy ending. It is through difficulties and problems (our devil) that we discover our Divinity. The joy is in overcoming.

Become a Spiritual Paratrooper

You are here to discover your God-Self. If all your faculties functioned automatically, you could not discover your God-given powers and attributes. You can use your powers in two ways, enabling you to deduce a law of life. Man is under the thralldom and bondage of the five senses until he awakens to the Creative Power. Realize that your thoughts come in pairs. The fear thought is not real; it denies that which is actual. Be a spiritual paratrooper. Fly over the obstacle with the wings of faith and imagination, and feel, rejoice, and give thanks for the joy of the answered prayer.

Love is the fulfilling of the law of health, happiness, abundance, and security. Wish for everyone what you wish for yourself, and fall in love with your ideal. Be faithful and loyal to your ideal, and it shall come to pass, and the light of God will shine upon you.

I sent my Soul through the Invisible
Some letter of that After-life to spell:
And by and by my Soul returned to me
And answered, "I Myself am Heaven and Hell."

From THE RUBAIYAT
OF OMAR KHAYYAM

Your Aids to Authority

1. Your thoughts come in pairs. You are here to reconcile the opposites and bring harmony, health, and peace into your world.
2. When fear strikes, affirm the great truths of the 27th Psalm.
3. Place your attention on the thing desired, and you will begin to reconcile the opposites.
4. Love is an emotional attachment, being loyal and devoted mentally to your ideal. As you do this fear dies, and your ideal becomes real.
5. When fear comes, let the pendulum of your mind swing over to faith in God, and you will find inner peace.
6. Claim and feel your good mentally, and your subconscious will bring it to pass.
7. Your relationship with God (the Life Principle within you)

should be on the most friendly and loving terms, that of father and son.

8. The offspring must be of the same nature and species as the parent. "*I and my Father are one.*" You and God are one. God is your Father.
9. If you believe that God is punishing you, you are placing yourself in bondage. You are the cause of your own misery. Your thought and feeling create your destiny.
10. To resign yourself to sickness, poverty, and incurability is a mixture of ignorance, fear, superstition, and indolence.
11. Your desire has its own mathematics and mechanics within it. Deposit it in your subconscious mind, and it will grow like seeds in the womb of the earth.
12. The *devil* is any negative or false thought. It is nothing, trying to be something. The *devil* is misunderstanding, or a denial of the power of God in man.
13. What is true of God is true of you, because you are His son and heir to all His riches.
14. Refuse to take "no" for an answer. Believe implicitly in the promises of God. "*Ask and ye shall receive.*"
15. Be a spiritual paratrooper and fly over the obstacle with the wings of faith in God and disciplined imagination. Imagine and feel the happy ending, and it will come to pass.
16. Love is the fulfilling of the law of health, happiness, and peace of mind. Wish for everyone that which you wish for yourself, and the light of God will shine upon you.

16

"*Whatsoever a man soweth, that shall he also reap.*" (Galatians 6:7) This means that if we plant thoughts of peace, harmony, health, and prosperity, we shall reap accordingly; and that if we sow thoughts of sickness, lack, strife, and contention, we shall reap these things. We must remember that our subconscious mind is like the soil; it will grow whatever type of seed we plant in the garden of our mind. We sow thoughts, Biblically speaking, when we believe them wholeheartedly, and it is what we really believe deep down in our hearts that we demonstrate.

Why Is God Punishing Me?

I had a friend who was bedridden with disease, and on visiting her at a hospital in London, she said to me, "Why did this

happen to me? What did I do to deserve this? Why is God angry at me? Why is God punishing me?"

Her friends pointed out to me how kindhearted and deeply spiritual she was, and that she was a pillar of the church. It is true that she was an excellent person in many ways, but she believed in the reality of her sickness and that the condition was incurable. She believed that her heart was governed by laws of its own, independent of her thinking. This was her belief, so, naturally, she acted accordingly.

She changed her belief and began to realize that her life was God's life and that when she changed her mind, she would change her body. She began to cease giving power to the sickness in her thought and prayed as follows: "The Infinite Healing Presence is flowing through me as harmony, health, peace, wholeness, and perfection. God's Healing Love dwells in every cell." She repeated this prayer frequently and following her change of belief had a wonderful healing. This woman had lived in fear of a heart attack for several years, not knowing that what we most fear comes to pass.

The law of life is the law of belief. Trouble of any kind is nature's alarm signal that we are thinking wrongly in that direction, and nothing but a change of thought can set us free. We demonstrate what we really believe. There is a law of cause and effect operating at all times, and nothing happens to man without his mental consent and participation. You do not have to think of an accident to have it befall you.

He Blamed the Wet Wood

Dr. Paul Tournier, famous French psychiatrist, cited the following case:*

> *A few days ago a workman engaged on the construction of a garage for the house next door rang my doorbell: he had cut his hand with a saw. Disinfection, a couple of stitches and a dressing—what could be simpler? It was an almost automatic routine. But we chatted while I was busy: "Have you seen those planks that the boss is making us saw up?" the injured man asked. "They've come straight off the trees; they're so wet it's practically impossible to do*

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* *A Doctor's Casebook in the Light of the Bible,* by Paul Tournier; reprinted by permission of Harper & Row, Inc., New York, N.Y.; first American edition, 1960.

anything with them." So in that unfortunate cut there was something other than a mere accident. There was the man's irritation against his employer. When we are irritated by our work, our efforts become uncoordinated and jerky—and thus the accident had happened. Talking with him further, I learned that this workman was not a carpenter by trade, but a precision mechanic, and he had been given the sack unjustly. His irritation against his present employer was in part due to the fact that he was carrying over on to him the rancor which he had previously harbored and repressed.

This indicates that emotional disturbances can cause serious accidents.

The Cause of Accidents

". . . *Or those eighteen, upon whom the tower in Siloam fell, and slew them, think ye that they were sinners above all men that dwelt in Jerusalem? I tell you, Nay: but, except ye repent, ye shall all likewise perish.*" (Luke 13:4–5)

Jesus denies categorically that the victims of such calamities are worse sinners than other men, and added, "*Except ye repent, ye shall all likewise perish.*"

Misfortune, accidents, and tragedies of various kinds are signs of mental and emotional disorders that have broken out into manifestation. *To repent* means to think in a new way, to turn back to God and keep in tune with the Infinite, claiming Divine guidance, right action, and harmony in all your undertakings. When your thoughts are God's thoughts, God's power is with your thoughts of good.

How to Protect Yourself from Accidents

Still your mind several times a day and affirm slowly, quietly, and lovingly, "God flows through me as harmony, health, peace, joy, wholeness, and perfection. God walks and talks in me. God's spell is always around me, and wherever I go God's wisdom governs me in all my ways and Divine right action prevails. All my ways are ways of pleasantness, and all my paths are peace."

As you dwell on these eternal verities, you will establish patterns of Divine order in your subconscious mind. Whatever you impress on

your subconscious mind is expressed; therefore, you will find yourself watched over at all times by an Overshadowing Presence, your Heavenly Father, who responds to you when you call upon Him.

All of us are in the race mind, the great psychic sea of life. The race mind believes in sickness, accident, death, misfortune, and tragedies of all kinds, and if we do not repent, *i.e.*, if we do not do our own thinking, the race mind will do our thinking for us. Gradually the thoughts of the race mind impinging on our consciousness may reach a point of saturation and precipitate an accident, sudden illness, or calamity.

The majority of people do not think; they only *think* that they think. You are thinking when you differentiate between that which is false and that which is true. To think is to choose. You have the capacity to say yes and no. Say *yes* to the Truth and reject everything unlike God or the Truth. If the mental instrument could not choose, you would not be an individual. You have the ability to accept and reject. Think on "*whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.*" (Philippians 4:8)

You are thinking when you know that there is an Infinite Intelligence which responds to your thoughts and that no matter what the problem is, as you think about a Divine solution and the happy ending, you will find a subjective wisdom within you responding to you and revealing to you the perfect plan and showing you the way you should go.

God Has It In for Me

Some months ago a woman visited me, stating that she had an organic lesion for several years which failed to heal. She had taken all kinds of therapy, including X-ray. She had prayed and sought prayer therapy from others without results.

She told me, "God has it in for me. I'm a sinner; this is why I am being punished." She also told me that she went to a man who hypnotized her, read her past, and had the effrontery to tell her that she was a victim of *karma*, that she had wounded people in a former life, punishing them unjustly, and that now she was suffering and reap-

ing her just deserts. Poignantly she asked, "Do you think this is why I can't be healed?"

The Explanation

All this is so much folderol and a monstrous absurdity. The explanation above only compounded the misery and pain of the woman and offered no cure or solace. I explained to her an age old truth that there is but one power, called God. It is the Creative Intelligence in all of us which created us. This power becomes to us what we believe it to be. If a person thinks that God is punishing him and that he must suffer, ". . . *according to your belief be it unto you.*" (Matthew 9:29) "*For as he thinketh in his heart, so is he.*" (Proverbs 23:7) This means that man's thoughts and feelings create his destiny.

If a man fails to think constructively, wisely, and judiciously, someone else or the race mind will do his thinking for him, and will perhaps make a complete mess of his life. If you believe that God is infinite goodness, boundless love, absolute harmony, and boundless wisdom, the God Presence will respond accordingly to you by the law of reciprocal relationship, and you will find yourself blessed in countless ways.

The forces of life are not evil; it depends on how we use them. Atomic energy is not evil; it is good or bad depending on the way we use it. Man can use electricity to kill other men or to vacuum the floor. You can use water to quench a child's thirst or to drown it. The uses to which all things or objects in the world are put are determined by the thoughts of man. It is the mind of man which determines the use of the forces and objects in the world. Good and evil are movements in the mind of man relative to the One Power which is whole, pure, and perfect. The Creative Force is in man. There is no power in the manifest universe except we give power to externals.

This woman was seeking justification and alibis for her suffering. She was looking outside herself instead of realizing the cause is always in her subconscious mind.

Her Illicit Romance

I asked her to tell me about her relationship with men. She confessed that she had had an illicit love affair five years previously and that she felt guilty and full of remorse. This unresolved remorse

was the psychic wound behind her organic lesion. She realized that God was not punishing her, but that she was punishing herself by her own thoughts. The lesion was solidified thought which she could unthink.

Life, or God, does not punish. If you burn your finger, life proceeds to reduce the edema, gives you new skin, and restores it to wholeness. If you eat some tainted food, life causes you to regurgitate and seeks to restore you to perfect health. The ancients said that the doctor dresses the wound, and God heals it.

This woman's lesion and her morbid symptoms that no medical treatment or prayer therapy could heal or cure, disappeared in a week. There is no worse suffering than a guilty conscience and certainly none more destructive. This woman had been punishing herself for five years by her destructive thinking, and when she ceased to condemn herself and began to claim that the Infinite Healing Presence was saturating her whole being and that God dwells in every cell of her body, the lesion disappeared.

If you had been misusing the principle of electricity or chemistry for 50 years and you suddenly used it correctly, surely you would not say that the principle of electricity had a grudge against you because you had misused it. Likewise, no matter how long you may have used your mind in a negative and destructive manner, the minute you begin to use it the right way, right results follow. "*Remember ye not the former things, neither consider the things of old.*" (Isaiah 43:18)

He Blamed the Planets

A man who came to see me some months ago was gradually losing his vision. He was attributing it to lack of vitamins and heredity factors, and he pointed out that his grandfather went blind at 80 years of age. He belonged to a strange cult, and the cult leader, after reading his horoscope, said the planets were in a malefic configuration and that this was the cause of his failing vision.

It is well known in psychosomatic medicine today that mental and emotional factors play a definite role in all disease. Nearsightedness can be brought on by workings of the mind. Treating the mental and emotional factors of the individual rather than the eye itself may reveal the basic emotional factor, the reason the subconscious mind is selecting an ailment which tends o shut out everything except the immediate sur

roundings. The late Dr. Flanders Dunbar, a distinguished psychiatrist and author of *Emotions and Bodily Diseases*, stated that certain emotional reactions can cause the involuntary muscles to twist the eyeball out of shape as well as cause other various eye disorders.

In talking to this man, he revealed that he hated the sight of his mother-in-law who was living in his home. He was full of suppressed rage, and his emotional system which could not stand the strain any longer selected the eyes as the scapegoat. The explanation was the cure in this case. He was surprised to learn that negative emotions, if persisted in, snarl up in the subconscious mind and, being negative, must have a negative outlet. The negative commands to his subconscious mind ("I hate the sight of her"; "I don't want to see her any more.") were accepted by the deeper mind as requests and were brought to pass.

He made arrangements for his mother-in-law to live elsewhere. He prayed for her by releasing her to God and wishing for her all the blessings of life, such as health, happiness, peace, joy, abundance, and security. His vision began to improve almost immediately, and in two weeks his eyesight was restored to normal. He knew he had forgiven his mother-in-law because he could meet her in his mind and there was no longer any sting. He had been trying to justify his failing vision by explaining it in terms of outside causes rather than his own mind.

Indifference and Negligence

A deficiency of Vitamin A can cause ophthalmia, which is an inflammation of the conjunctiva of the eyeball; nevertheless, this could be due also to ignorance, indifference, or negligence on the part of the individual. The cause in this case would be stupidity or carelessness, and the latter is a state of mind or simply a lack of knowledge. Vitamin A is omnipresent, and we should have the intelligence to use it.

You cannot dodge or circumvent the law of mind. It is done unto you as you believe, and a belief is a thought in the mind. No external power or evil entity is trying to lure or harm you. People are constantly attributing their ailments to God, the atmosphere, the weather, to malpractice, evil entities, heredity, and diet. Man pollutes the air with his strange notions and false doctrines. If a man believes that by being near an electric fan he will catch cold or get a stiff neck, that

belief when accepted by him becomes his master and ruler and causes him to experience a cold. This is why the Bible says, "*According to your faith be it unto you.*" (Matthew 9:29) The fan has no power to give anyone a stiff neck; it is harmless. Your faith can be used two ways. You can have faith in an invisible virus to give you the flu, or you can have faith in the Invisible Spirit within you to flow through you as harmony, health, and peace.

It Fits You like Your Skin

Realize God cannot be sick and the Spirit in you is God and that what is true of God is true of you. Believe this and you will never be sick, for *according to your faith* (in health and happiness) *is it done unto you.* Emerson wrote:

> *He (man) thinks his fate alien because the copula is hidden. But the soul contains the event that shall befall it; for the event is only the actualization of its thoughts, and what we pray to ourselves for is always granted. The event is the print of your form. It fits you like your skin.*†

Murder in His Heart

Man's failure to think the right way is as bad as thinking negatively and destructively. As a boy, I remember a farmer in Ireland who waited behind a fence every day for over a week in order to shoot the landlord when he passed by. One day he was going behind the usual fence when he stumbled; the rifle went off, and he was shot fatally. I did not understand the reason at that time, and like others, I believed it to be an accident.

There are no *accidents;* there is a mind, a mood, a feeling behind that car, train, bicycle, and behind the gun. This man had murder in his heart for a long time, and his subconscious responded accordingly.

Two Unlike Things

Two unlike things repel each other. If you walk and talk with God and believe that God is guiding you and that the Law of Harmony is always governing you, then you cannot be on a train that is wrecked because discord and harmony do not dwell together.

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† *Fate,* Ralph Waldo Emerson.

A Bullet Hit Her

A woman wrote me that her daughter had been watching a group of men fighting on the streets of New York and that a bullet hit her daughter, necessitating the amputation of two fingers—and what was the cause of it? Was it God's will? The mother added in her letter as a postscript, "My daughter cannot get her fingers back through prayer."

Was it punishment for her sins that this accident occurred? The answer is in the negative to all these questions of the mother. God does not judge or punish; good and evil are the movements of man's own mind. It is very primitive thinking to believe that God is punishing us or that a devil is tempting us. Our belief is always made manifest. Men, women, and children are constantly testifying to our mental attitudes and assumptions. Our state of consciousness is always cause. Our state of consciousness is what we believe consciously and subconsciously.

We do not know the contents of this girl's mind. If she were hateful, resentful, or full of hostility and self-condemnation, she could have attracted such a condition to herself. We must remember that the majority of people do not discipline, control, or direct their thinking and mental imagery along God-like channels; therefore, their failure to think constructively and harmoniously from the standpoint of the Infinite One means that they leave their minds open to the irrational mass mind which is full of fears, hates, jealousies, and all kinds of negative happenings.

She Grew a Left Hand

Many people are very decisive and categorical in their statements that a man cannot grow a leg or finger, if missing. Let me quote from *He Heals Today* by Elsie H. Salmon:‡

> *Mildred was three years old when brought to me. She was* born without a left hand [*Emphasis Mrs. Salmon's*]. *The arm ended in a point no bigger than the size of an index finger well above the wrist.*

Elsie Salmon said to the parents of this child in response to their

‡ Permission granted by Arthur James Limited, The Drift, Evesham, Worcs., England; sixth edition, 1959.

question: "If we believe that all things are possible to God, then God can grow this hand."

> *Within a month the point at the end of the deformed arm had doubled in size and was quite plump, whereupon the father, now seeing this remarkable development, said, "Anything can happen."*
>
> *The following month there was a formation which looked like a thumb and which, at the time, we thought was a thumb.*
>
> *About three months following we found that* this was not a thumb at all but that the growth was the whole hand at the end of the arm and this was unfolding like a flower before our eyes.

She concludes by saying that those who were skeptical are now accepting it as an established fact.

Perhaps we should take a lesson from the rhinoceros. When you take off his horns and cut out the roots, it grows new horns. Cut the legs off a crab, and it grows new legs. If a man believed he could grow a new finger, leg, or any organ, he could experience his belief.

"*With God all things are possible.*" (Matthew 19:26)

Thoughts to Remember

1. You sow thoughts in your subconscious mind when you believe them wholeheartedly, and what you impress on the subconscious will be expressed.
2. Trouble of any kind is God's alarm reminding us that we are thinking wrongly, and we should redirect our thinking processes immediately.
3. When a man is irritated and upset emotionally, his efforts become uncoordinated and jerky, and he can experience an accident.
4. Misfortune, accidents, and tragedies of various kinds are signs of mental and emotional disorders that have broken out into manifestation.
5. Establish mental patterns of Divine order in your subconscious mind, and you will be protected from all harm.
6. You must do your own thinking; otherwise, the race mind and

the propaganda of the world will do your thinking for you. Cease being brainwashed by the opinions of the masses.

7. To think is to choose. Say "Yes" to the eternal verities of life and choose health, happiness, wisdom, and peace of mind. Choose the abundant life!
8. God punishes no one. God judges no man. You punish yourself by your own wrong thinking and false beliefs. It is done unto you the way you believe. Believe in a God of love and in the goodness of God in the land of the living.
9. Life is always forgiving you. If you burn your finger, life heals it. Why not forgive yourself and be free?
10. No matter how long you may have used your mind in a negative and destructive manner, the minute you begin to use it the right way, right results follow.
11. It is well known in psychosomatic circles today that mental and emotional factors play a definite role in all disease.
12. No external power or evil entity is trying to lure you or harm you. The cause is always in your own mind based on what you think, feel, believe, and give mental consent.
13. The event is only the actualization of your thoughts. The event or experience fits you like your skin.
14. It is very primitive thinking to believe that God is punishing you. God loves you; you are His child. You must not attribute to God things you would not even dream of attributing to your parents.
15. There are no accidents. There is a law of cause and effect behind every experience. The cause is your thought, and the effect is the reaction to your thought.
16. If a man believed he could grow a leg, arm, or finger, he could experience his belief, for with God all things are possible.

17

Whenever I go on a lecture tour I pray as follows: "*The Lord thy God is he which goeth over before thee.*" (Deuteronomy 9:3) I have faith and confidence that I am Divinely guided and directed in all my ways. I know that Divine love goes before me, making straight, beautiful, joyous, and happy my way. I know that whenever and wherever I travel by bus, train, airplane, automobile, or whatever means of conveyance I use, Divine love and intelligence govern my journey. All the highways and byways of the world are controlled by God, making the skies above and the earth beneath a highway for my God.

Travel like a King

In ancient times and even to the present time, when kings traveled couriers and messengers were sent forth to prepare and get everything in readiness for the king. A royal welcome was assure Likewise, soldiers searched the route in the same manner as when a President goes on a trip. Secret service men go over the route and examine rail tracks and platforms, keeping a watchful eye at all times. No thieves, robbers, or gangsters can come near the king as he travels, because of all the precautions taken for his safety.

As you walk in the consciousness of God's love, as you pray that Divine love goes before you to make straight, joyous, happy, and beautiful your way, and as you live with that assumption, you, too, will have wonderful experiences on your journey, meeting wonderful people. Whenever you travel, be sure to issue orders to your people (your thoughts and feelings) to prepare the way for you, so you will be assured of a royal welcome wherever you go.

Listen to the Inner Voice

A few years ago I left Los Angeles via the polar route for Europe, Africa, Australia, New Zealand, and India. We must learn to listen to the murmurings and the whisperings of our heart strings which guide us on to action. I was not on the lecture trip very long before I became aware of the reasons why I undertook the journey. You will learn my many reasons as you read this chapter. I am sure it will be most interesting and revealing and will prove to be of tremendous benefit to you.

Traveling this polar route is inspiring. I shall never forget the experience as I looked out through the window of the plane and saw the dancing lights, the variegated colors. It seemed as if the whole sky above us were engulfed in a blaze of glory. This vast panorama of Northern Lights floods the heavens with great flames that shoot upward, amazingly beautiful, awesomely unforgettable, reminding you that God is indescribable Beauty.

A little girl said to her mother, "Mommy, look at God dancing in the skies." These heavenly lights reminded me of the quotation in the Bible wherein it says, "*That was the true Light, which lighteth every man that cometh into the world.*" (John 1:9)

As a boy, I used to watch the Northern Lights, but never have I seen such a display of God's handiwork as I saw through the windows of the plane as it neared the Arctic Circle. I could not help but think that God was all beauty, and absolute bliss and harmony; moreover, to witness the dance of God in the sky, you are compelled to think of order, rhythm, beauty, and proportion.

He Saw Me in a Dream

The plane made a stop in Greenland for a few hours. It's simply marvelous to see how gracefully the pilot lands on that bleak, icy island. Immediately on landing we were taken to a little mountain cabin for coffee. There I met a man who said to me, "I used to listen to you in Los Angeles. Will you go and see my brother in Copenhagen?" I said I would. He added, "I knew you were coming. I saw you in a dream, and I knew also you could explain matters to my brother and straighten things out between us."

I asked him why he thought his brother would listen to me. He said that his brother was a student of the subconscious mind.*

Upon landing in Copenhagen, I went to see this man. I explained my mission regarding his brother, and I found that he had had an intense hatred toward his brother in Greenland over an imaginary wrong and had refused to write or answer his brother's letters.

His Stiff Neck

He had a very stiff neck which oftentimes is due to resentment or ill will. We prayed together, and he joined with me in radiating love, peace, and good will to his brother. I wrote down a simple prayer for him: "Divine love, Divine peace, and Divine harmony operate between my brother and myself at all times." Constant repetition of this prayer will help one solve any kind of misunderstanding. Prayer is a habit, and frequent occupancy of the mind with this prayer will recondition the mind to harmony, peace, and good will, resulting in the solution of the problem.

After our prayer together, he sat down and wrote a letter to his brother—it was beautiful and really would touch the heart strings of

* See *The Power of Your Subconscious Mind,* Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

any person. His stiff neck was completely healed, and he was able to turn his head easily.

I began to think about his brother in Greenland who had a dream and saw me landing and entering the little cabin for coffee, which was provided some distance away from the landing field. Man does not always know the causes of his actions. There are times when the Higher Self acts upon the mind of an individual, causing him to be a messenger who fulfills the dream or desire of another. He may think he is doing it of his own volition, whereas actually the Higher Self or Infinite Intelligence within him compels him to act.

There Is Always an Answer

Arriving at Johannesburg, South Africa, for a series of lectures, I found the local Truth Center closed down because the teacher was away on a lecture tour. I interviewed a number of people there at the request of Dr. Hester Brunt of Capetown. I was asking for guidance for the opportunity to lecture there. One of the people whom I interviewed said, "My husband would love to have you lecture." He called up all his friends and acquaintances in mental science, and we had a lovely time in Johannesburg. The answer comes, sometimes, in strange ways. "*For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.*" (Isaiah 55:9)

You Are Never Too Late

I wanted to visit the famous Kruger Park while in Johannesburg, but the hotel management said, "You are too late. There will be no tour until next Monday." My time was running short there; I said to my Deep Self, "Infinite Spirit opens up the way where man says there is no way."

Chatting with a man from Kimberley at breakfast, he told me of his problem. I explained to him the powers of his subconscious mind and suggested what to do. The next morning he said he never knew such simple methods of prayer existed and that he no longer had the problem. Then he told me that he and his chauffeur were going to Kruger Park, the great preserve, passing through tribal villages of Zulus, photographing everything from zebras and rhinos to giraffes out

on the endless veld. He said, "We are going to see lions, baboons, elephants, birds that cry 'go away,' and all kinds of animals for which I have no name." He suddenly said, "We would deem it an honor to have you join us! You are my guest." I couldn't say no. This was the answer to my prayer.

A Fortune and Four Oxen

Johannesburg, where I gave a series of lectures on the powers of the subconscious mind, is called South Africa's Golden City, a city of laughter, gaiety, money, and also troubled hearts. I was informed by the hotel manager that over 60 years ago Johannesburg was only a mining camp, and 70 years ago there was a vast jungle where paved streets and tall skyscrapers stand. Now you find the hustle and bustle of New York City. The land where Johannesburg stands was offered to a man for eight oxen, 60 years ago. The owner wanted 12, so for lack of four oxen the buyer, Mr. Jennings, did not purchase the land which in 60 years had so much wealth it would make Midas and Croesus appear as beggars. Had he known how to pray, he would have advanced his offer to 12 oxen, which was the price asked. Obviously he did not ask for guidance and right action in his business affairs. Underneath this great city are gold mines reaching 10,000 feet below the surface. You find a city beneath a city. There the native workers from all parts of Africa work, extracting and refining gold.

The Death Prayer

The manager of one of the compounds, where the colored mine workers live, had charge of 9,000 employees. The tribes are kept in separate rooms and quarters, as they have different tribal customs, languages, and gods. Some of these tribes are very primitive and superstitious.

The manager, a Scotsman, told me that when the witch doctor prays the death prayer against a native, all the doctors they have can't help him; he dies. In other words, the native kills himself through fear, but he doesn't know the reason. The same prayer by the voodoo doctor has no effect on the white missionary as he laughs at the witch doctor's incantations, showing you again the power of belief.

The enemies are in your own mind and nowhere else. No one has

any power over you unless you give him power in your own mind. The Spirit within you is the only Sovereign, the Supreme Power. It is the One and Indivisible, always responding to your thought.

Six Months to Live

I met a woman in Johannesburg who has six children, one of whom is a man aged about 45. She taught all her children to look upon God as the Great Father who would always guide and watch over them, sustaining them in all their ways. The son, who works in the gold mine there, was told he couldn't live more than six months. He said to his good doctor, "Doctor, my Father couldn't—just wouldn't—do that to me. I have three children, and they need me. My Father loves me, and He will heal me."

The doctor thought he was joking, but the man explained to him what he meant; he and the doctor became good friends. He had a healing and is now very strong and powerful, and he has a leading position in one of the gold mines there.

This young man told me that there were times when the family couldn't see a way out of seemingly impossible situations, but his mother would have them all talk to the Father within. Because of His love for them, He would respond; the miracle always happened. This family leads a charmed life, because they look on God as their Father, who is kind, loving, understanding, and compassionate.

A Polio Victim Healed

A sister of this man had poliomyelitis, but now she walks perfectly. I chatted with her, and she said the same thing as her brother: "God, my Father, could or would not want His daughter to be crippled. My Father wants me to be happy." I asked her how she prayed when she was a little girl; she said, "Every night I used to say, 'Loving Father, make your daughter whole, so that she can sing, dance, and be gay.' I was healed in two years."

Only a Scar Left

During a series of lectures in Kimberley, South Africa, I met a most interesting man; I told him I would refer to him in my writings. He was a soldier in the Second World War, and his leg was broken by gunfire. He knew nothing about the Healing Power within,

claiming he was an atheist at that time. When the Army asked him his religion, he said, "Human Being." He was on crutches in an English hospital for a long time.

He began to think, saying to himself, "There is an Intelligence which made me; It can heal my leg." He began to picture himself doing all the things he would do were he whole and perfect. Formerly he was an athlete. He lived the life of an athlete in his mind, having a picture of himself as he wanted to be. He participated in the mental movie, dramatized it, felt it, and made it real. He said he was unable to walk, but on the chair he would *feel* himself riding a bicycle, climbing mountains, or kicking a football. Furthermore, he began to claim he was strong and powerful.

The amazing result of this was that in a few years he was pronounced the strongest man in South Africa for his size. His leg healed perfectly where the major bones were broken. He showed me his leg and there is only a scar there. This demonstrates that what you imagine and feel as true comes to pass.

He Got a Passport

While interviewing some people in Africa, I had a most interesting talk with a brilliant man from Europe. After the war he was one of those men without a country. He could not prove his identity. His home was destroyed; all his relatives and members of his family were killed. He wanted a passport. It was hopeless. He said he was refused many times.

Night after night in his own simple way, he began to picture the consul stamping his imaginary passport. Subsequent to his prayer, people came into his experience who testified and swore to his origin and background, and the papers were issued. He said meeting them was the strangest experience in the world. God's ways are past finding out.

Walk the King's Highway

Each person is a king in his own mind. You are master of your thought reactions. You can now order your thoughts around as you like, letting them give attention to whatever you choose to meditate on. Your emotion follows thought. You are a king, a monarch in your conceptive realm. You can refuse a passport to any foreign visitors to enter your kingdom (your mind), such as fear, doubt, worry,

anxiety, criticisms, hatred, etc. You are a king; you order your subjects around and they must obey you, for you are an absolute monarch with power to kill, destroy, and obliterate all enemies (negative thoughts) from your mental kingdom. You can do this with the fire of Divine love or the right thought.

You determine the mood or feeling you shall entertain. You can decide how you shall react to conditions, circumstances, and environment. If unpleasant news comes to you by courier or messenger, if others criticize, condemn, and vilify you, remember that you are a king; no one can hurt or injure you unless you give permission through your mental consent. Refuse permission. Do not allow any negative thought to disturb you. You should positively refuse to react negatively. Say, "I am a king, walking the King's Highway. I remain unmoved and undisturbed, as nothing affects me except my own thought and through my own mental consent. I give allegiance and loyalty only to God and His truths." "*Thou sayest that I am a king, and for this end was I born.*" (John 18:37)

Capetown Accent

Capetown, South Africa, is a beautiful city. There you feel quite at home among friendly English-speaking people. Their accent seems to be the same as that of the people in London. I said to several students of the subconscious mind in that city, "Are you from England?" They said, "No, born here." But their parents were from England, which indicates that the mental and spiritual atmosphere of the home influences the child, wherever he may be born.

The late Dr. Brunt and her able assistants showed me the interesting spots around Capetown, the magnificent garden drive, its proud heritage of Cecil Rhodes and the early Dutch. Capetown resembles Hollywood at night. There is a wonderful Mental Science Center there. Dr. Brunt told me many Americans who come to her Center ask her, "Where are the lions and tigers?" They seem to think that all you have to do is go outside the town a few miles and you will see them; this, of course, is not true.

Adventure of a Lifetime

For the adventure of a lifetime, it would fascinate and enthrall you to go to Kruger National Park where I saw big game run

wild and strange lions strop their backbones against the mudguard of our car. I saw one man get out of his car and take a photograph of a black rhino. When the rhino suddenly charged, the man had to run up a tree and remain there. We prayed for him, knowing that God's love is in all His creatures. As we radiated love and peace to the animal, it walked away, and the man came down from the tree. He was an American who failed to observe the instructions of the guide.

God Is a Multimillionaire

I chatted with a man in the Grand Hotel in Capetown who said to me, "When I travel, I travel like a king. God is a multimillionaire." I liked his attitude, asking him to elaborate and further elucidate, which he did. He said, "When I left England by plane, I said, 'This plane is God's idea. All its parts are God's ideas. All the people are God's beloved; God loves them, and so do I. Peace, abundance, love, joy, and inspiration attend me on the way.' " He said he repeated those phrases frequently until, by a process of mental and spiritual osmosis, these ideas penetrated the depths of his subconscious mind.

This man had the most wonderful experiences! Though a complete stranger in Capetown, he made very desirable contacts, both business and financial. He met the girl of his dreams, and when I talked to him, he was madly in love and had no appetite (lovers lose their appetites, you know). He decreed that the messengers of peace, love, joy, and abundance would wait on him at all times. "*Behold, I will send my messenger, and he shall prepare the way before me.*" (Malachi 3:1) The next time you travel, be sure you are a king, living now in the kingdom of God or all good. All the good you want is here now, waiting for you to claim it.

What Steps to Take

In Oslo, Norway, where I spoke to a group in a private home, one of those present, a distinguished linguist, said, "What steps should I take after I fully believe that my prayer is answered?" The answer to that is that *he will be compelled to take whatever steps are necessary for the fulfillment of his desire.*

The law of the subconscious is compulsion Man's subconscious beliefs and assumptions dictate, control, and govern all his conscious actions. You don't aid Infinite Intelligence. Everything you do auto-

matically happens according to your belief. You may think you are doing something, but all your steps are controlled by the subconscious mind. You have freedom in this sense: You have free will in the choice of the idea, desire, or concept you entertain. As you mentally accept the idea as a living reality now, it becomes manifest in your world. Everything you do, or whatever happens, takes place because of your belief. When you assume something to be true in your mind, the subjective wisdom directs your actions automatically.

He Watches Over the Island

Having finished in South Africa, I flew from Johannesburg to Perth, Western Australia, a distance of 8,000 miles, stopping at Mauritius Island and Coco Island. The latter island is small and beautiful. An Englishman got a coconut for me and showed how to break it open and suck the juice from it. It is a delicious food. I learned from him the reason the island was never flooded or submerged, even though it was the same level as the sea. He said it was because of the Higher Wisdom which caused the coral polyps to build a protective wall around the island, making sure nothing would happen to the island or its inhabitants. Here you see an Infinite Intelligence at work forever watching over man and His creations.

He Made a Fortune in Sydney

Mrs. Grace Aguilar and her dentist husband conduct lectures on mental science and the power of the subconscious mind in Sydney. They are most gracious and kind, having labored long in the vineyard. I spent eight days there, lecturing afternoons and evenings.

One leading businessman in Sydney told me how, through prayer, he built his business and amassed a fortune blessing many. His constant prayer was, "God, show me the way to give greater service to humanity." That was his only prayer. The Wisdom responded, and he is being blessed in countless ways.

Dead Ten Years

Whenever I go on a world lecture tour, I make it a special point to visit Perth, Western Australia. A young woman there

who suffered for years from migraine headaches, sinusitis, stomach trouble, and severe asthmatic attacks asked for a consultation. She told me a sordid tale of bitterness, hostility, and hatred toward her mother. I asked her where her mother was, and she said, "Oh, she's dead ten years." It seems the mother left her estate to her sister in New Zealand. All this time, she had been poisoning herself with that mental poison called hate. It is a real killer. I explained to her what "*Forgive our debts as we forgive our debtors*" (Matthew 6:11) means. Jesus said, "*Forgive until seventy times seven*" (Matthew 18:22), meaning 1,000 times a day, if necessary.

She began to see that her mother had acted according to her lights. Her mother did what she felt was right according to her state of mind. She learned it was necessary to pray for her mother, thereby blessing herself and her mother.

Prayer always prospers. Prayer heals the wounds of the heart. It stops the mouths of lions. It sets armies to flight. It opens prison doors. It turns water into wine and binds up the wounds of the broken-hearted.

She wept copiously, which was good; it was a release. She said, "God bless my mother, and His love be with her wherever she is." This was the healing balm necessary; this was the spirit of God speaking. It was the spirit of forgiveness, good will, and understanding. We prayed together for her mother, realizing that her mother was surrounded by God's light, love, and truth, that she was illumined, inspired, and that God's peace and beauty filled her soul. God's love welled up in her heart; this was the benediction which healed this woman. I never saw such a change in my life! A light came into this girl's eyes, a smile appeared on her countenance, a radiance seemed to surround and envelop her. She seemed suffused in the radiance of limitless light. All symptoms vanished. She shouted out loud, "God is Love, and I am healed!" She experienced in one moment the ecstasy of God's love, sometimes called "the moment which lasts forever."

Forgive until seventy times seven. Let us give ourselves the mood of love, good will, and understanding for our trespasses against the other. The causes of the girl's troubles were, of course, hatred, guilt complex, and fear. She knew it was wrong to hate; this caused a guilt complex plus a fear of being punished for harboring ill will.

Fear contracts the delicate mucous membranes which symbolize the envelope of God's love, but when she entered into the spirit of forgiveness and filled her soul with love, she had an instantaneous healing.

The Acid Test

Love frees, it gives, it is the spirit of God. It is the universal solvent; it has neither height nor depth; it neither comes nor goes; it fills all space; the ancients called it *Love*. You always know when you have forgiven the other. This is the acid test: Suppose someone told you some wonderful news about the person who you say wronged you. How do you react? Do you resent it? Do you become disturbed? Would you rather hear the opposite? If so, you have not forgiven. The roots are still there. You wither the roots through prayer and love in the manner outlined. Continue to do it until you are capable of rejoicing at hearing good news about the person who wronged you. You should rejoice to see the law of God work for anybody regardless of who he is, what he is, or where he is.

The Queerest Thing

A student in Sydney, Australia, where I gave a series of special public and class lessons, told me how he forgave another man, against whom he said he had a grudge. He said that he had been smarting from a letter received from his general manager. His attitude was, "This is the last straw—this I can't take." And he was boiling and seething with resentment, saying to himself, "This I can't forgive after all my years of faithful service."

He quieted the wheels of his mind and imagined the general manager had written him a letter which praised him and his work, and which satisfied him in every way according to the golden rule, the law of love and good will. He saw the words in the imaginary letter. He rejoiced in reading them. He said to me, "I kept it up every night. I would read that letter over and over again and look at the general manager's signature." All hatred left him as he continued to do this. To quote him again, "The queerest thing in all the world happened!" The general manager wrote him a letter praising and promoting him. The letter was the essence of what he had been imagining and feeling for several days. Here is shown the great law of substitution or forgiving—

giving for—substituting the mood of love and good will for any feeling of ill will or hostility.

What this man did, anyone can do. All he did was to imagine he had received the kind of letter he wanted in his heart to receive. As he lived that event in his mind and rejoiced in reading the contents of the imaginary letter, his subconscious mind cast the spell of love around the general manager, causing him to respond in kind. You give love, and you receive love. "*Forgive, and you shall be forgiven.*" (Luke 6:37)

Immune to Calamity

There is a magnificent, wonderful movement in Japan called Seicho-No-Ie, meaning, "The Home of Infinite Life." It is a movement dealing with the laws of the conscious and subconscious mind, headed by a saintly, illumined soul, Dr. Masahura Taniguchi, called the Gandhi of Japan. I have spoken to his audience several times; about 3,000 were present at each lecture. They have over 6,000,000 students of mental science in Japan. Books are printed in English and Japanese. Classes are also given in English for Japanese-Americans as well as in their own tongue. Dr. Taniguchi has translated several of my books into Japanese, and they are immensely popular in Japan.

In one of his writings, Dr. Taniguchi cites several cases showing the power of forgiveness, *i.e.*, giving yourself a new concept of life for the old materialistic concept. In one of his lectures he stated that during a severe flood in one of the provinces, several restaurants were washed away in a certain town without leaving any trace behind; however, the restaurant Hiragiya at Yase, a meeting place for Japanese truth students, was left intact. This was due to the mental attitude of the students, who firmly believed that no calamity of any nature could ever befall them or their possessions. Dr. Taniguchi teaches his students that regardless of the natural calamity, if the student's mind is turned toward the light, he will never be destroyed by the catastrophe.

Did the Clock Save His Life?

Dr. Taniguchi referred again and again to men in Japan who were saved from train wrecks, floods, earthquakes and ship disasters. One striking instance was the case of one of his students who

drove to a certain city in order to be on time for the boarding of a certain ship, only to discover that he had been misinformed by a clerk regarding the sailing time. When he arrived, it had sailed about 20 minutes previously. He was indignant at the booking clerk for giving him the wrong information. But the ship he was to have sailed on met disaster in the form of a collision. Dr. Taniguchi said the young man realized he was saved because he had faith in God, and he gave thanks to God.

A Higher Wisdom at Work

New Zealand is a country of wonderful scenery. The Southern Alps, its fiords, the fertile bushland, the beautiful lakes and magnificent waterfalls equal anything you might see anywhere. As in Australia, you see thousands of sheep everywhere you go. The leader of Divine Science, Mr. Silcock, is a prominent businessman and head of a large furniture company, supplying most exclusive furniture everywhere in New Zealand. He told me how he found his beautiful home by the lake. He read the 23rd Psalm, saying to himself, "Our home is surrounded by green pastures and still waters."

Here you see a beautiful calm expanse of water, lovely green country, and thousands of sheep grazing. It is really a scene from the 23rd Psalm. Mr. and Mrs. Silcock were divinely guided to this lovely spot, showing you that you can use the wisdom of the Psalms for many purposes. The Bible contains the congealed wisdom of the ages; more and more wisdom can be extracted from it by meditation and prayer. Mr. Silcock lectures and spends much time writing and meditating.

One of his students took me to see the thermal region of New Zealand and the Maori villages. The thermal region is fascinating. People live right in the area of the spouting geysers and smoke, and they are not the least bit afraid of an earthquake, though earthquakes have shaken the area previously. The visitor gets a lesson in the powers of the subconscious mind by visiting the Waitomo Caves, which are an underground fairyland of unbelievable beauty. The "glow worm grotto" is one of the most beautiful sights in New Zealand; the boat which carries you through is guided by millions of tiny lights glittering in the dark cave. The guide gives a highly technical, involved explanation as to why the worms shine like stars, but as the scientific thinker with me said, "Why didn't he say, 'a subjective wisdom operat-

ing through the glow worm causes it to glow so that its light attracts small insects upon which they live'? " These glow worms also secrete a sticky, fibrous substance, looking like long threads, which trap the insects attracted by the light. This is the way the glow worm eats.

Here again we see a wisdom beyond the ken of man. In one of the caverns the guide tells you this cave is called the Cathedral, and it certainly looks like one. Water, over a period of thousands of years, seeping through the ground, acting on calcareous and other deposits, shapes exquisitely beautiful forms resembling statues, angels, churches, and other marble edifices, showing again beauty, order, wisdom, symmetry, and proportion inherent in the various chemical interactions of the substances forming these fairyland caves.

A Japanese Fortune Teller

While lecturing in Osaka, Japan, a prominent merchant visited me. I found him full of fear, because, as he said to me in perfect English, "The fortune teller told me the next three months would result in great business failure for me." He was enticed and drawn away from his announced goal: success, prosperity for himself, his employees, and his organization. "*But every man is tempted, when he is drawn away of his own lust, and enticed.*" (James 1:14) Instead of remaining faithful to the idea of success, he was now thinking of failure and filling his mind with thoughts of bankruptcy, the closing down of the store, and no bank balance. You can see how his morbid imagination was operating. Actually, he was envisaging a motion picture of his own creation in his mind. There was no reality behind it. "As a matter of fact," he said to me, "business is good." But then he added, "It can't last, and it won't." I explained to him that success and failure were simply two ideas in the mind. If he meditated on failure, he would of course attract failure. If he imagined himself successful and began to feel that he was born to succeed, he would of course succeed.

To mentally unite with the idea of success and to know that you are invoking a subjective power which responds to your habitual thinking is to create success.

He began to see that the thing he was fearing did not exist save in his own mind. Furthermore, he began to see how he was seduced, enticed, and carried away mentally by a false hypnotic suggestion which

caused him to become gloomy, despondent, and dejected. I spent an hour with him in his home. Before I left he realized success was of the mind, and that he molded, fashioned, and shaped his own destiny by his thought and feeling.

You can easily see how he was being tempted or caused to turn away from his goal by a suggestion of failure given to him by another. The fortune teller had no power and could not have exerted any influence over this merchant except through his mental consent: he had to accept the suggestion of fear. He could have completely rejected the suggestion of lack and identified himself with the idea of success. In that way the false suggestion would have no effect.

"*A man's foes shall be they of his own household.*" (Matthew 10:36) The *household* is your state of mind. Your victory over your enemy (negative thought) is to imagine and feel you now are what you want to be. Remain faithful to your goal, and according to your faith (mental attitude) is it done unto you. When you pray, you must refuse to be seduced or tempted to yield to the thoughts of fear, lack, and temptation. Do not give mental attention to doubt, anxiety, or worry, for if you do, you are being tempted, *i.e.*, you have permitted your mind to wander and unite with negativity, so you fail to receive an answer to your prayer.

An Englishwoman in Calcutta

I told an Englishwoman in Calcutta, who asked me to refer to her case in my writings, without, of course, identifying her in any way, how to handle a difficult domestic problem. People told her that her husband was "supporting" an Indian woman and seeing her frequently. She said they had been married for 39 years and had a grown family. She was deeply resentful and hated the other woman like poison.

She had permitted herself to be tempted, or turned away, from God's love, peace, and good will. She had forgotten the spirit of forgiveness in her lust for revenge and to get even. She was ill. She was being led down a blind alley, not by God or any supposed devil, for the only devils in the world are the negative thoughts of resentment, hatred, and ill will. She had the power within her to completely reject such thoughts. Certainly they are unfit for mental consumption. She had the power to order her thoughts about, the same as you would order

your employees, perhaps, to attend to some business matter or routine.

I explained to her how the captain on board the aircraft to Hong Kong showed me how they keep the aircraft on the beam. He showed me the beams of light and how they work; then he pointed out how the ship was off the course 15 miles due to bad weather, but in a matter of minutes it was right back on the beam and kept traveling as God's plane through the heavens, guided by His light. She saw that she was off the beam, and the glory and wonder of it all is that she could instantaneously get back on the beam. "*But this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize.*" (Philippians 3:13–14) She was drifting. She was off the beam of God's glory, light, and love. I told this woman she had to sincerely want to forgive and get back on the beam.

There must be a sincere hunger and thirst to do the right thing; then we are 51 per cent over the hurdle and on the way to peace of mind. The Psalmist tells you about this true desire for inner transformation when he says, "*As the hart panteth after the water brooks, so panteth my soul after thee, O God.*" (Psalm 42:1)

She came to the point. She made a decision and charted her spiritual course of action. The solution was simple. Prayer was the answer, and *prayer* is to accept the gift of God which is already given. "*Every good gift and every perfect gift is from above, and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning.*" (James 1:17) "*Let every man be swift to hear, slow to speak, slow to wrath.*" (James 1:19) Be swift in hearing the good news, but never indulge in negative thinking or in the mood of anger. Go within at once; galvanize yourself into the feeling of being what you long to be.

How She Was Healed

This is how the woman healed the situation: She decided on my instructions to bless her husband. When you bless someone, you identify that person with God's qualities and attributes and remain faithful to the God in the person. Each person you meet is an incarnation of God. All you have to do is to realize that what is true of God is true of the other. She prayed and truly blessed her husband by frequently saying with all the feeling and love at her command,

"My husband is God's man. What is true of God is true of him. My husband is expressing God's love, harmony, and peace of mind. He is Divinely guided and illumined by the light. There is only Divine love, Divine peace, and Divine harmony between us. I salute the Divinity in him." When thoughts of fear, worry, or resentment came into her mind, she would immediately turn to the spiritual truth about him, silently claiming, "He is God's man, and God is being expressed through him," and other similar statements.

The point was that she really meant it. She kept her eye on the beam of God's glory. She knew that he who perseveres to the end shall find the answer. She was devoted, loyal, and faithful to her announced goal, which was harmony and love, where discord and confusion reigned previously. Love is an emotional attachment; she became attached mentally and emotionally to the truths of God.

I told her that as she gave her attention to the truth of God about her husband and persevered, she would ultimately build a state of consciousness which would precipitate itself as *experience* in her life. Sooner or later she would qualify her consciousness and reach a climax of fulfillment; then the answer would come. Never once was she to permit her mind to wander after false gods. If she did she would rob herself of her strength and faith, nullifying her prayer.

Whole-souled devotion to God is essential. You must not permit extraneous material, such as fear, doubt, and worry, and other negative concepts, to creep into your mentality. To do so is to be seduced, tempted, or turned away from your true ideal and goal in life. You must be loyal to your chosen ideal or goal.

This woman was loyal to God and the Truth. She never once faltered. She was faithful all day long. She prayed without ceasing, which means she maintained the right mental attitude in spite of all appearances, unpleasant episodes, and abusive treatment. She knew the Truth must win, and win she did. The third night her husband came home saying to her, "Here is the diamond bracelet I was taking to the other woman. You are the one I love." He asked forgiveness and admitted he had been a fool, adding, "There is no fool like an old fool."

Marked for Death

In Hong Kong, which means "Fragrant Harbor"—so

Chinese and yet so British—is a land of enchanting contrasts. In parts of the city the ways of thousands of years ago still persist, showing the power of traditional concepts and mental atmosphere. Children grow up in the image and likeness of the dominant mental atmosphere of the home. Hong Kong, on the whole, is a great modern city of fabulous, spectacular beauty. You see emerald hills and sapphire bays. Ships from all parts of the world stop here. In the lobby of the Peninsula Hotel, you will see people from all parts of the world. I must now tell you about a Chinese man I met.

I bought some material from him, and I saw he was intensely worried, giving me wrong change twice, and also wrong merchandise. I asked him what the trouble was, and he said, "You are a minister?"

I said, "Yes."

He replied, I "knew you were the minute you walked in the door." His trouble was that he was afraid of being shot because, as he said, "I wouldn't go along with them in their nefarious scheme." He had a Bible in his hand, an English Bible; he spoke excellent English. I opened it at John 6:44: "*No man can come to me, except the Father which hath sent me draw him.*" I explained to him the meaning of that passage, which is simply this: No manifestation or experience can come into your life except your own mental attitude attracts it.

I wrote a prayer for him somewhat like this: "There is only one Presence and one Power. I honor this Presence in my heart. There is no other. I now know no one in all the world can hurt me without my permission. I refuse to give mental consent or permission to anyone in the world to hurt me. I give no power to external conditions, to any person. I radiate God's love, peace, and harmony to all these men (mentioning their names). God is with them and acting through them. I am surrounded by the love of God, which is the invincible armor of God. It is wonderful. God is with me, and all is well." I instructed him to pray this way 15 minutes, three times daily. As he did so, these truths would sink into his subconscious mind, and he would be at peace.

Subsequently, I received a most marvelous letter from him saying that he never felt better in his life, and that all fear had left him. There was a postscript to the letter which read, "I saw by the evening paper that they were all drowned at sea this morning." He was delivered from evil, negative imagery, and fear thoughts by prayer.

King's Highway

"We will go by the king's highway, we will not turn to the right hand nor to the left. . . ." (Numbers 20:17)

My way is God's way, and all His ways are pleasantness and all his paths are peace. I travel under God's guidance, led by the Holy Spirit. My highway is the royal road of the Ancients, the middle path of Buddha, the strait and narrow gate of Jesus. My highway is the King's Highway, for I am a king over all my thoughts, feelings, and emotions

I send my messengers called God's love, peace, light, and beauty before me to make straight, beautiful, joyous, and happy my way. I always travel the King's Highway meeting God's messengers of peace and joy wherever I go. I go by the mountaintop road, knowing that with mine eyes stayed on God, there is no evil on my pathway.

While driving a car, riding on a train, bus, airplane, or on foot, God's love is always around me. It is the invisible armor of God, and I go from point to point freely, joyously, and lovingly. The Spirit of the Lord, my God, is upon me, making all roads a highway of peace, beauty, harmony, and Divine order. It is wonderful!

Inspire Yourself

1. Whenever you travel, realize Divine love goes before you making straight, beautiful, and joyous your way.
2. A stiff neck may be due to ill will and deep-seated resentment. Forgive yourself and forgive the other by pouring out from your heart God's love on the other until there is left no sting.
3. There is always a solution to every problem. Call upon Infinite Intelligence, and you will receive the answer.
4. When man says there is no way, God says *there is a way,* and *there is an answer.*
5. Fortunes are lost because men do not know how to pray for Divine guidance and right action.
6. No one has any power over you unless you give him the power. *The power is in your own thoughts* and is nowhere else.
7. Look upon God as a Loving Father, and you will lead a charmed life.

8. Picture all the things you would do were you whole and perfect, and your subconscious mind will respond accordingly.
9. God's ways are past finding out. Imagine the end and your subconscious will bring it to pass in ways you know not of.
10. You are a king in the sense that you are in complete charge of your thoughts, feelings, and reactions.
11. As you travel in the awareness of God's love, you will have wonderful experiences on your journey.
12. Man's subconscious beliefs and assumptions dictate, control, and govern all his conscious actions.
13. There is an Infinite Intelligence at work forever watching over man and His creation.
14. If you want to prosper and succeed, this is your greatest prayer: "God, show me the way to give greater service to humanity."
15. It is necessary to enter into the spirit of forgiveness and good will in order to get a real and lasting healing.
16. The acid test for forgiveness takes place when there is only a memory—and *no sting*.
17. When your mind is turned toward God and His love, you will always be protected.
18. Success and failure are two ideas in the mind. Imagine yourself successful and feel its reality, and you will be a great success.
19. Prayer is to accept the gift of God. Galvanize yourself into the feeling of being what you long to be
20. The *enemies* (fear, doubt, hate) are of your own household (mind).
21. Enthrone love of God and faith in God, and all fear goes away. When fear knocks at the door of your mind, let faith in God open the door—and there is no one there.

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A New Way to Triumphant Living

By JOSEPH MURPHY, D.D., D.R.S., Ph.D., LL.D.

Fellow of the Andhra Research University of India

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- How to be well and stay well all the time—In tune with the Infinite—The secret of getting well—The Cosmic Mind—The "screen of space"
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About the Author

DR. JOSEPH MURPHY has been teaching, writing, counseling and lecturing to thousands of men and women all over the world for over a quarter of a century. Years of research studying the world's major religions convinced him that some great Power lay behind them all—and he painstakingly followed this lead to make one of the greatest discoveries of all time: MIND DYNAMICS!

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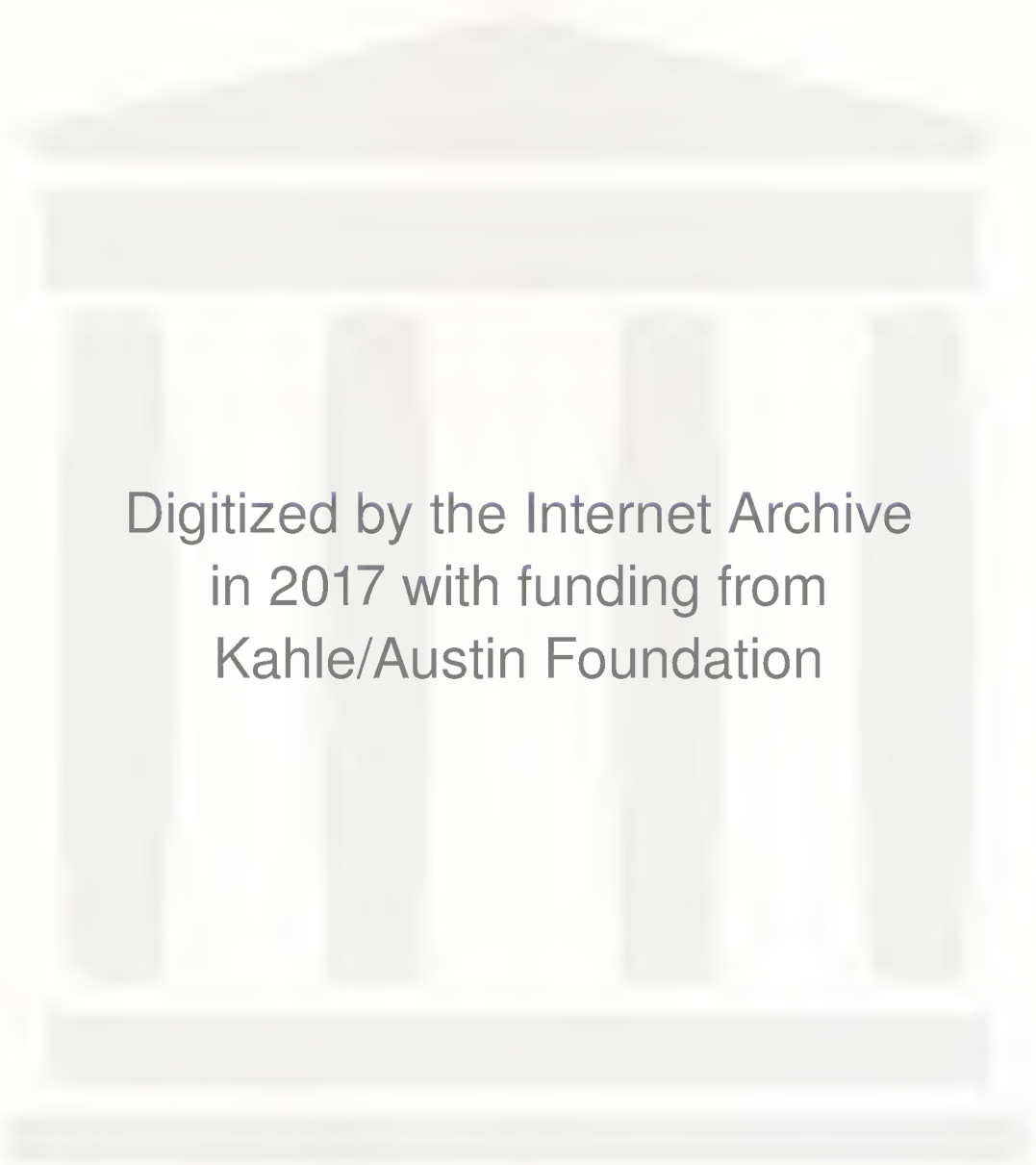

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MIRACLE POWER for INFINITE RICHES

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PRENTICE HALL
Paramus, New Jersey 07652

Library of Congress Cataloging-in-Publication Data

Murphy, Joseph.
Miracle power for infinite riches.
ISBN 0-13-585612-4
1. Success. I. Title.
BJ1611.M87 1972 72-6594
110 CIP

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Printed in the United States of America

30 29 28 27 26 25 24

Reward Edition . . . . . June, 1974

Other books by the author:

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How This Book Can Bring Riches to You

Have you ever asked yourself these questions?

— Why is one man very rich and the other poor?
— Why does one man succeed in business while another fails in the same business?
— Why is it that one man prays for wealth and gets no answer and another member of his family prays and gets immediate results?
— Why is it that one man uses affirmations for money and success and becomes poorer and another man uses the same affirmations and gets marvelous results?
— Why is it that one man is trying to sell his home or property for a year or more with no success and his neighbor sells his home and property in a few days?
— Why does one man become a great success as a salesman in a particular territory and another man in the same territory becomes a failure?
— Why is it one man goes up the ladder in his profession while another man with equal credentials toils and

moils all his life without achieving anything worthwhile?

— Why is it that one man has all the money he needs to accomplish his objectives and the other man can't make ends meet?

— Why is it that so many religious, good, kind people are always short of money and other religious people have all the money they need and use it wisely?

— Why is it that so many atheistic, agnostic and irreligious people succeed, prosper, become immensely wealthy and enjoy radiant health while at the same time many good, kind, moral, upright religious people suffer sickness, lack, misery and poverty?

— Why is it that some give and never receive in return and others give and they receive bountifully?

— Why does one man have a beautiful, luxurious home while another lives in the slums or a dilapidated home?

— Why is it that the rich get richer and the poor get poorer?

— Why is it that one sister is happily married and leads a rich life and the other sister is lonesome and frustrated?

— Why is it that one man's belief makes him rich and the other man's belief makes him poor, sick and a failure in life?

This book answers all the foregoing questions and is intensely practical and down-to-earth. It is intended for men and women who wish to experience the riches which are all around them. You are here to lead a full and happy life and have all the money you need to do whatever you want to do and when you want to do it. *Money should be circulating freely in your life and there should always be a surplus of it for you.*

You can get immediate results by using the laws of your mind in the right way. There are simple, practical techniques and easy-to-do programs in every chapter of this

book, enabling you to put into practice at once the art of living life gloriously, richly and abundantly. You will find detailed instructions as to how to become rich. You will find many examples of men and women in this book who were penniless, and down and out, and yet who learned to tap the treasure house of their subconscious mind and found their true place in life, thereby attracting all the riches they needed to lead a full, happy and prosperous life.

In writing the many chapters of this book, I had in mind the salesman, the busboy, the housewife, the stenographer, the businessman, the clerk behind the counter, the professional man, the student, the intern in the hospital and all those who need money and want money to fulfill their dreams, aspirations and ambitions in life. Therefore, you will find each chapter pregnant with numerous, simple and intensely practical techniques, the what-to-do, and how-to-do-it, for impregnating your subconscious mind, knowing that whenever you impress the idea of wealth the right way in your subconscious, you will experience riches waiting for you on the screen of cosmic space. It is that simple to become wealthy!

All of the many case histories outlined in this book are of men and women in this country and also in other lands across the sea (as my books are published in many foreign languages) who became immensely wealthy and successful by using the mental and spiritual laws described in detail. I might add, these men and women "belonged" to religions of all known kinds, and some were definitely atheists and agnostics who had no religious affiliations of any kind! Yet, by applying the impersonal powerful forces outlined in this book, they prospered in a magnificent way and became transformed men and women, and enjoyed their wealth for true richer living.

As far as I know, these people, in their writings and personal conversations, came from every income bracket, including many who were bankrupt and penniless and from every social level. All of these men and women have amassed wealth and have achieved their desired goals in life by using

the powers of their subconscious mind in the right way. They are always destined thereby to go forth conquering every obstacle to acquiring unlimited wealth.

Unique Features of This Book

You will be amazed at this book's down-to-earth practicality. You are presented with simple, usable formulas and techniques which anyone can apply in the workaday world. The special features of this book will enlighten, appeal and reveal to you the reason why oftentimes many people get the opposite of what they prayed for. This book will also point out to you clearly the reasons why.

The age-old cry which you yourself have often heard is, "Why is it I prayed and prayed and yet I receive no answer?" In this book you will find the simple answer to this common complaint. The many simple programs, formulas and techniques for impregnating your subconscious mind and getting the *right answers* make this an extraordinarily valuable book in extracting from the treasure house of eternity within you all the riches you need — spiritual, mental, material and financial — enabling you to lead a full, happy, rich and joyous life. *God gave you richly all things to enjoy* (I Timothy 6:17).

Some Highlights of This Book

The following are just some of the many highlights of this book:

- How an engineer in a deep financial jam broke the fixation spell, and at the end of a few days was advanced $25,000, which solved his problems (page 28).
- How a daughter revealed the riches of the Infinite Healing Presence to her mother by giving her a transfusion of faith and confidence, bringing about a wonderful restoration of her mind and body (page 28).
- How a young lady broker became a marvelous suc-

cess by maintaining a mental picture of success and riches (page 30).

- How a young banker quiets his mind and receives marvelous financial answers from his subconscious for himself and his customers (page 31).
- The reason why some do not get answers from their subconscious and how to overcome this (pages 67-69).
- How a psychologist about to lose everything in a lawsuit received everything bequeathed to her by directing her subconscious the right way (page 33).
- How a young secretary drew up a treasure map and received out of the blue $50,000, a trip around the world, married a wonderful man and now has a beautiful home magnificently furnished (page 96).
- How a widow trying unsuccessfully to sell a home for over a year, by following instructions in this book, within three days received $100,000 for the home, which was the full price she wanted (page 97).
- How an unemployed actress suddenly became a motion picture actress by using mental imagery as well as acquiring an outstanding, wealthy man for a husband (page 100).
- How a man followed the instructions of using the Master Image and discovered an oil well, has obtained a beautiful mansion, four cars, and in three months' time has become worth a half million dollars. It is written, "Whoever perseveres will be crowned" (page 102).
- How a salesman with dim prospects for the future was made sales manager at $30,000 plus fringe benefits. He practiced the technique of thought-image in this book (pages 83-84).
- How a young Spanish girl used one of the techniques in this book and found $2,000 in an envelope on the street, enabling her to take her mother on a trip to Mexico (page 85).

There is a simple, practical, logical and scientific way that always works for you to have all the good things of life, plus all the money you need for yourself and your family. I want to say positively, definitely, unquestionably and decisively that by using the instructions in this book, you will reap the fruits of a rich, happy and successful life that you want for yourself.

Let this book guide you. Go over it again and again, do exactly as it says, and you will open the door to fabulous riches waiting for you, plus a nobler, finer and satisfying life. From this page onward, let us go forward in the light of true workable knowledge till the day you have been expecting breaks, and all the shadows of fear, failures you may have been experiencing, flee away suddenly. Then miracle of miracles, you *are* the wealthy person you have always wanted to be.

Joseph Murphy

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The Secret of Miracle Power for Infinite Riches

It is your God-given birthright to be rich, which means you are here to express the fullness of life along all lines for glorious living. You exist on earth to lead a happy, joyous and glorious life; in other words, the life more abundant. Infinite riches are omnipresent, and you should begin to realize that the treasure house of infinity is within your own subconscious depths. Begin now to extract from that marvelous gold mine within you everything you need — money, friends, a lovely home, beauty, companionship and all the blessings of life. Whatever you want, you can bring forth when you apply the proper technique, i.e., when you apply the "know-how" of accomplishment.

Dave Howe, an old friend of mine, told me about two geologists who had graduated from the same college and who had been brought up in the same town. One knew about the mind's treasure house within him; the other did not, but he depended on externals such as physical appearances, conditions and general topography of the soil. This man spent three weeks in a certain area in Utah with all the modern

equipment of his profession and found nothing. The other man with the right mental equipment followed up in the same area and found in the first hour a vein of uranium and a vein of silver.

Where was the wealth, the riches? I believe you will conclude that the real riches were within the mind of the second geologist who believed in a guiding principle within his subconscious which would lead him straight to the hidden wealth.

The Greatest Secret in All the World

One man recently said to me that the greatest secret being unfolded today was in the genetic field, and that now as a consequence modern science could alter man's basic genes so that we could create as many Einsteins, Beethovens, Edisons, etc., as we would like. He failed to see that the Living Spirit (God) is within man, which can't be changed; it is the same yesterday, today and forever. Man is more than his body, his hereditary characteristics, his family tree and the color of his skin, eyes and shape of his body.

Man is transformed only one way, and that is by the transformation of his mind. *Be ye transformed by the renewing of your mind* (Romans 12:2). Others say that interplanetary travel and nuclear fission represent the greatest secrets of our times. The greatest secret is that the Kingdom of God is within man, which means that infinite intelligence, boundless wisdom, infinite power, infinite love and the answer to every problem under the sun are locked in his own subconscious mind.

Man is looking for the greatest secret in the world everywhere but within himself. Begin now to tap these tremendous powers within you, and you will begin to lead a full and happy life based on . . . *God, who giveth us richly all things to enjoy* (I Timothy 6:17). *I am come that they might have life, and that they might have it more abundantly* (John 10:10).

Your Right to Be Rich

It is normal and natural for you to desire prosperity, success, achievement and recognition in your life. You should have all the money you need to do what you want to do, and when you want to do it. There is no virtue in poverty because poverty is a mental disease, and it should be abolished from the face of the earth. Wealth is a state of mind; likewise, poverty is a state of mind. We will never eradicate all the slums in the world until we first wipe out the slums and belief in poverty and lack in the mind of man.

During private counseling and when talking to people in foreign lands as well as during interviews with people following lectures, both here and abroad, I hear the constant old refrain: "There is nothing that $25,000 or $50,000 would not cure in my life." This refers, of course, to those who suffer from pecuniary embarrassment and who are financially handicapped. They fail to realize that wealth is really a thought-image in the mind, and that if they follow the simple techniques as outlined in this book, in using their subconscious mind, wealth will flow to them in avalanches of abundance.

It is your right and that of your family to have excellent food, good clothes, an ideal home and all the money you need to buy the good things of life. You need a period every day for meditation, prayer, relaxation and recreation, and the time and facilities necessary should be available to you. To prosper means that you begin to advance mentally, spiritually, intellectually, socially, financially and along all lines.

How He Discovered the Riches of His Mind

Recently I talked with a man who said that he had had a streak of bad luck and misfortune. He owned a home, but it was mortgaged to the hilt. He didn't have enough money to buy the basic necessities of life for his family. Also, he could not meet the mortgage payment or the grocery bills.

His medical expenses were being paid by his brother, and, in his own words, his life was a mess.

Tapping the Riches of His Subconscious

I explained to this man how the infinite intelligence within his subconscious could reveal to him everything he needed to know at all times; that he could receive inspiration, guidance, new, creative ideas and a solution to financial problems. I added that if he used his subconscious correctly, it also would provide all the money he needed, and that he could experience financial freedom beyond his fondest dreams.

Accordingly, I gave him two abstract ideas: wealth and success. He agreed that wealth is everywhere and that he was born to succeed and to win in the game of life, as the infinite power within him cannot fail. At my suggestion, he relaxed, became quiet at night and repeated slowly, feelingly and with deep understanding: "Wealth, success; wealth, success," taking these ideas into the deep of sleep. He understood that whatever he impressed on his subconscious would be magnified and multiplied on the screen of space.

The secret is that his last waking concept prior to sleep is etched on his subconscious mind. Each night as he repeated these two words, "wealth, success," he was activating and releasing the latent powers of his subconscious and, the law of his subconscious being compulsive, he was compelled to express riches and success.

How His Subconscious Responded

This man, recognizing that the source of his supply was his own subconscious mind, proved that when used in the right way, it never fails, and in unforeseen ways meets his needs regardless of circumstances. He was offered $25,000 cash for a lot which he had had for ten years, and for which he was in arrears for monthly payments, and which he had been unable to sell for over a year. His lot was needed for

a new building, which the purchasers wished to construct at once. He discovered that infinite riches are all around him, as well as within him.

The thought in his mind was the connecting link which united him with the treasure house of infinity. Infinite intelligence within your subconscious can only do *for* you what it can do *through* you. Your thought and feeling control your destiny. I can assure you that this man, as he follows the technique I gave him, will never be wanting all the days of his life.

The Riches of the Listening Ear and Understanding Heart

Recently I had a wonderful letter from a widow who listens every morning to my radio program. The following is the essence of the letter. She pointed out that her husband had died a year previously and had left no insurance. She had three children to support, the house was mortgaged, and she had only $500 in the bank. Friends paid the funeral expenses for her deceased husband. She wrote: "I heard you quote from the Bible: *But my God shall supply all your needs according to his riches in glory* (Philippians 4:19), and you elaborated on this by telling us that if we tune in on the Infinite within us and believe in our hearts that no matter what it is we really need to bless us, comfort us, provide for us or inspire us, the Divine Presence would respond, as it is written: *Before they call, I will answer; and while they are yet speaking, I will hear* (Isaiah 65:24).

"I sat down and began to think of God supplying all my needs and hearing me as I was praying, and a great sense of peace and harmony came over me. About two hours later, in walked my brother-in-law, who said to me that he knew of my predicament and that he also was aware of the spending habits and profligacy of his brother."

He told her he wanted to take care of her and the three small children, assuring her that neither she nor they would

ever want for the good things of life. He gave her a $10,000 cashier's check and set up an arrangement with his attorney and accountant to see to it that a weekly sum of money was sent to his sister-in-law for the rest of her life. This was in the form of a trust fund, legally instituted, which took care of the children also.

This widow, recognizing that God supplies all her needs, and that even before she asks, the answer is within her, proved to herself the existence of the inexhaustible reservoir within her.

The Secret of Promotion and Riches Was Within Him

A young attorney who had lost a few cases was despondent, gloomy and full of self-criticism and self-condemnation. He found himself with a lot of financial reverses and was deeply in debt. I explained to him that his thoughts are definitely creative and that conditions, circumstances, events and experiences accurately reflect his habitual thinking and imagery. I pointed out that if his thoughts produced lack and limitation, likewise, thoughts of peace, success, prosperity, right action and abundance, sustained regularly and systematically, would reproduce themselves after their kind, in the same manner as men do not reap grapes from thorns or figs from thistles. For the law is that man is what he thinks all day long.

Moreover, it is true that *one spiritual thought is more powerful than 10,000 negative thoughts,* and that thoughts you originate feelingly and knowingly will create for you whatever you wish to experience from this day forward.

I laid out a program for him to follow and asked him to remind himself frequently of the riches of the infinite within his subconscious mind. Accordingly, I gave him the following prayer technique. He affirmed slowly, quietly and feelingly as follows, three to four times a day:

"Today is God's day. I choose harmony, success, prosperity, abundance, security and Divine right action. Infinite intelligence reveals to me better ways to give greater service.

I am a mental and spiritual magnet, irresistibly attracting to me men and women who are blessed, comforted and satisfied with my counsel and decisions on their behalf. I am Divinely guided all day long, and whatever I do will prosper. Divine justice and Divine law and order govern all my undertakings, and whatever I begin will result in success. I know the law of my mind, and I am fully aware that all these truths I am reiterating are now sinking into my subconscious mind, and they will come forth after their kind. It is wonderful."

He made it a special point never to deny what he affirmed, and when thoughts of lack, fear or self-criticism came to him, he would immediately reverse the thought by affirming: *The Lord is my shepherd. I shall not want* (Psalm 23:1).

A few years have passed by, and today this young man has gone up the ladder of success. He is now a prominent judge. When your thoughts are God's thoughts, God's power is with your thoughts of good.

How a Salesman Hit the Jackpot

A real estate salesman who attends my lectures on Sunday mornings and listens to my radio program, said to me that his sales were falling off badly and that he had incurred a lot of financial obligations and found himself deeply in debt. He added that he had not made a sale of property or a home in eight months.

In talking to him, I discovered that he was envious, jealous and highly critical of the sales techniques and processes of other salesmen who were making almost daily sales. I pointed out to him that jealousy and envy generated by himself would tend to impoverish him and attract all sorts of lack, limitation and misery to him. He was made to see that his thought is definitely creative and that what he thinks and wishes for the other, he will create in his own experience, for the simple reason that he is the only thinker in his universe and is definitely responsible for the way he thinks about others as well as about himself.

He then reversed his attitude of mind and began to wish

sincerely for all his associates success, achievement, wealth and all the blessings of life. His constant prayer is:

"I am a child of the Infinite, and His riches flow to me freely, joyously and endlessly. I am enriched in all ways with happiness, peace, wealth, success and outstanding sales. I am now stirring up the riches of my deeper mind and rich results follow. I know I shall reap what I sow, for it is written: *Thou shalt also decree a thing, and it shall be established unto thee; and the light shall shine upon thy ways* (Job 22:28)."

Today he is a sales manager and is able and capable of instructing others how to sell wisely, judiciously and constructively. The Book of Proverbs says: *Poverty and shame shall be to him that refuseth instruction* (Proverbs 13:18).

MEDITATION FOR REALIZING THE ABUNDANT LIFE

Repeat the following meditation to help solve your problems for abundant living:

"I know that to prosper means to grow spiritually along all lines. God is prospering me now in mind, body and affairs. God's ideas constantly unfold within me bringing to me health, wealth and perfect Divine expression.

"I thrill inwardly as I feel the Life of God vitalizing every atom of my being. I know that God's Life is animating, sustaining and strengthening me now. I am now expressing a perfect, radiant body full of vitality, energy and power.

"My business or profession is a Divine activity, and since it is God's business, it is successful and prosperous. I imagine and feel an inner wholeness functioning through my body, mind and affairs. I give thanks and rejoice in the abundant life."

CHAPTER POINTS TO REMEMBER

1. You are here to lead the abundant life, a life full of happiness, joy, health and rich living. Begin now to release the riches of the treasure house within you.

2. The real riches are within your subconscious mind. A geologist who believed in the guiding principle of his subconscious mind found the treasure in the earth the first hour; his associate, lacking this faith, had worked in that area for three weeks and had found nothing.
3. The greatest secret in all the world is that God indwells man, but the average man is looking everywhere but within himself for wealth, success, happiness and abundance. God is the Life Principle, the Infinite Intelligence and Infinite Power within man, available instantly to all men through the medium of man's thought.
4. Poverty is a disease of the mind. Belief in poverty and lack produce lack and limitation. Wealth is a state of mind. Believe in the law of riches, and you shall receive. Before we will ultimately banish the slums and poverty, we must first banish the slums and false beliefs in the mind of man.
5. You can tap the riches of your subconscious by claiming guidance, abundance, wealth, security, and right action. Make a habit of meditating on these truths and your subconscious will respond accordingly.
6. If you lull yourself to sleep every night with two ideas, wealth and success, knowing that by repeating them you are activating the latent powers of your deeper mind, you will be compelled to express wealth and success.
7. Infinite intelligence in your subconscious can only do for you what it can do through you. Your thought and feeling control your destiny.
8. When you believe that the nature of the infinite intelligence in your subconscious mind is to respond to the nature of your request, the answers will always come to you and in ways you know not of.
9. Your thoughts are creative. Each thought tends to manifest itself in your life. Thoughts of promotion,

riches, expansion, and achievement, provided you do not deny them subsequently, come forth after their kind. You promote yourself. You answer your own prayer because it is done unto you as you believe.

10. Be careful when you affirm wealth, success, right action and promotion that you do not subsequently deny what you affirm. That would be like mixing an acid with an alkali, and you would get an inert substance. In other words, stop neutralizing your good. Thoughts are things. What you feel you attract and what you imagine you become.
11. Be sure that you are not envious or jealous of the success, riches and wealth of others. Your thought is creative, and if you are envious or critical of those who have amassed wealth and honors, you will impoverish yourself along all lines. *Your thought* is creative, and what you think about the other you tend to create in your own experience.
12. Whatever you really feel to be true and so decree in your life will definitely come to pass. Decree riches, health, beauty, security and right action. *Thou shalt also decree a thing, and it shall be established unto thee; and the light shall shine upon thy ways* (Job 22:28).
13. Use the meditation at the end of the chapter to realize a more abundant life.

two

How to Tap the Miracle Power That Makes You Rich at Once

The Bible says: *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

To believe is to accept something as true. When you analyze the root of the word, you learn it means to be alive, i.e., make alive the truths of God by feeling the reality of them in your heart. It is much more than a conscious or theoretical assent; it means that you must feel the truth of what you affirm in your heart.

It is belief in the minds of men that determines the difference between success and failure, health and sickness, happiness and unhappiness, joy and sadness, wealth and poverty. Wealth is a state of mind, as poverty is a state of mind. You are truly rich when you are acquainted with the Infinite Presence and Power within you which men call God. You are truly rich when you know that your thought is creative, that what you feel you attract, and that what you imagine you become. You are rich when you know the creative process of your mind, which is that whatever you

impress on your subconscious mind will be projected on the screen of space as form, function, experience and events.

How He Discovered the Riches Within

A young engineer said to me, "I am in a big jam and I have been praying continually, getting nowhere." I suggested to him that it wasn't necessary for him to pray continually as if he were afraid to let go, but to leave it to the infinite intelligence of his subconscious mind. I explained to him that he could break the *fixation spell* and discover the spiritual riches within him by praying for someone else — John next door or May down the street, who is known to be up against it with a terrible heart condition, etc. — twice a day. I suggested also that he pray for joy by claiming, "The joy of the Lord is my strength; knowing that joy is the *élan* of life, the expression of life." He was to use no will power or mental coercion in this mental and spiritual approach.

At the end of a few days, a complete solution to his problem came out of the blue. He said to me, "I was about to lose everything, when an old friend came to my aid by advancing me $25,000, which solved all my problems." This man had discovered that riches are in the infinite storehouse of his subconscious mind.

She Discovered the Riches of Her Creative Thought

A young woman was quite concerned about her mother, who was afflicted with chronic stomach pains. The digestive tablets and antispasmodic medicine which her doctor had prescribed failed to relieve her pains. The daughter was setting aside half an hour in the morning and half an hour every evening praying about her mother's stomach — that the stomach was a Divine idea, that it was perfect, that her digestion was perfect, etc. The unfortunate result was that she got stomach trouble herself.

I explained to her that in order to help her mother, she must refrain from identifying with her mother's stomach ail-

ment and keeping an appointment with it, because by her attitude she was holding on to the trouble by this close association. It had become a habit keeping a date with her mother's stomach pains. She had a sort of contract job.

How Her Creative Thought Healed

She changed her procedure and ceased dwelling upon organs of the body and other corporeal conditions. She identified with the infinite healing presence in the subconscious mind and began to claim quietly, feelingly and lovingly that the healing presence and intelligence in the subconscious, which created her mother's body, was vitalizing, healing, and restoring her whole being into harmony, health, peace and wholeness. She meditated quietly on these truths for a reasonable period of time, feeling that this particular prayer was the best she could do at the time, and then she would pray again when she felt the need to do so. Her results with this approach were remarkable, in that all distress vanished from her mother, and she, herself, was also set free.

Sympathy and Compassion

The reason this woman became ill while praying for her mother was because she was actually sympathizing with her, thereby submerging in the quicksand with the other. Compassion consists of standing on firm ground and throwing a rope or branch of a tree to the other and pulling him out. Sympathy means to agree with the negative or baleful aspects of the condition, which tends to aggravate the problem and which actually magnifies it. The reason for this is that whatever we focus our attention on, the subconscious magnifies exceedingly.

Giving the Riches of the Infinite to the Sick Person

All the riches of the Infinite, such as inspiration, guidance, faith, confidence, joy, harmony, love, peace,

abundance and security are within you. Therefore, it behooves you when you visit a sick person to lift him up in your thought and feeling, giving him a transfusion of faith and confidence in the healing power of his subconscious. You can also give him courage and understanding. Remind him that with God all things are possible, and imagine him as being whole, radiant, joyous and free. To feel sorry for the ill person and to commiserate with him is to drag him down, and this is a very negative approach. Be compassionate and call forth the infinite healing presence in his subconscious which will heal, bless and restore his mind and body. *He restoreth my soul* (Psalm 23:3).

You Are the Master of Your Thoughts — Not the Servant

Your thought is creative. Every thought tends to manifest itself and causes your subconscious mind to respond according to the nature of your thought. You can direct and steer your thoughts like you steer your automobile. Thoughts are things. Your thought-image of a radio, television, automobile, wealth, health, or a trip to Europe is a reality in your mind. If all the autos in the world were destroyed by some holocaust, an engineer could redesign the vehicle based on the thought-image in his mind, and in a short while we again would have millions of cars.

Your thought is the only instrument you can work with, and it pays fabulous dividends to direct your thoughts wisely, constructively and judiciously. Your thought works with mathematical exactitude: for limitation and lack if you think of poverty; and for expansion, growth and prosperity when you think along these lines.

Her Thought Was the Magnet

A young lady, who is a very successful broker, told me that all her success was due to the fact that she maintained a mental picture of success in her work and it was the magnet

which attracted to her the clients and conditions which accurately responded to her thought and feeling.

This was her prayer every morning: "I am a mental and spiritual magnet, attracting to me all those people who want what I have to offer. There is a Divine exchange of ideas between us; they are blessed and I am blessed. I decree harmony, abundance, right action and inspiration, and I know my subconscious mind accepts these truths and assumptions."

This real estate broker finds herself Divinely led and directed along all lines. Her subconscious mind is the seat of habit, and as she continues to claim Divine guidance, right action and abundance regularly and systematically, she is under a subconscious compulsion to do, say and act in the right way. This is the meaning of the saying that "thoughts are things."

He Quiets His Mind and Gets Things Done

During a conversation I had with a prominent banker recently, he told me that some years ago, he had been prone to look only at external conditions and had had the tendency to struggle and resist circumstances and attitudes of associates. He realizes now, however, that it is the quiet mind that gets things done. He quiets his body periodically, tells it to be still and relaxed, and it has to obey. When his conscious mind is quiet, calm, peaceful and receptive, the wisdom of his subconscious rises to the surface, and he receives marvelous answers and solutions.

How He Became a Good Executive

It takes a good executive to draw forth the riches of his subconscious mind. A good executive has the mental acumen and sagacity to delegate work; then he keeps his fingers out of the assignment he has asked the other to complete. A poor executive, whether in business, science, art, industry

or education, is always meddling with the pie he has asked the other to make.

When you pray, you must be a good executive and learn to delegate authority to your subconscious mind, which knows all and sees all, and will bring it to pass in its own way. When you pray or seek an answer, you turn your request or desire over to your subconscious mind with complete faith and confidence, knowing that whatever is conveyed to the subconscious will come to pass.

You can know if you have really turned your request over by the way you feel, e.g., if you are wondering how, when, where and through what source, or if you are anxious and apprehensive, you do not really trust the wisdom of your subconscious. Cease pestering or nagging your subconscious. When you think of your desire, lightness of touch is important; remind yourself that infinite intelligence is taking care of it in Divine order.

How He Discovered the Riches of His Mind

Recently I had a conversation with an old friend of mine whose doctor had informed him that it was imperative that he give up smoking at once. He had been smoking four packages of cigarettes daily and felt he just couldn't give them up.

I explained to him an age-old truth: "When your desire and imagination are in conflict, your imagination always wins." At my suggestion, he held a session with himself twice a day, wherein he became quiet and receptive, and affirmed and visioned as follows:

"Freedom and peace of mind are mine now. I know that as I believe and affirm these truths, they are sinking down into my subconscious mind, and I will be under compulsion to give up cigarettes, as the law of my subconscious is compulsion. In my imagination I see my doctor before me. He has just finished examining me and is congratulating me on my freedom from the habit and on my perfect health."

He had a few sessions like this every day for about a

week, at which time he got a response from his subconscious, and he found he had no further desire to smoke. He had succeeded in impregnating his deeper mind with his habitual thinking and visioning. His doctor confirmed objectively what he had been thinking and visioning subjectively. This is how he discovered the riches of his subconscious mind.

The Riches of Letting Go and Letting God Help

A psychologist was involved in a difficult lawsuit requiring her frequent attention and court appearances. Her prayer therapy was as follows: "I let go and let Divine wisdom and Divine right action of my subconscious solve it. I loose the matter and let it go." Whenever she had to get in touch with her attorney or others involved, she would silently decree: "The God-Presence within me is all-wise and is taking care of this in Divine order." She said to me, "I am no longer keeping tabs on the God-Presence within as to how, when, where or through what source this will be solved. I let go and let God take care of it."

The sequel to her new attitude of mind was interesting: the foremost antagonist in the lawsuit passed away one night in his sleep, and the others requested an immediate settlement. There was a Divine adjustment, and she was set free from all legal entanglements.

The Future Can Be Wonderful for You

Do not waste your energy and vital substance by thinking about old peeves, grudges and grievances. To do so is like ripping open a grave — all you find is a skeleton. Focus your attention on the good things of life and realize the future will be wonderful because you know your present and harmonious thoughts will germinate and grow, bringing forth wonderful fruit such as health, happiness, abundance and peace of mind.

Liquidate the past and never mentally touch any negative experience or trauma that has happened in the past. Remain

faithful to this mental attitude and realize that as you change your present thoughts and keep them changed, you will change your destiny.

She Discovered the Riches of Scientific Prayer

A mother was distraught and highly agitated because her boy of eighteen had run away from home following an argument with his father. He quit college and joined a hippie colony. She was frantic, and her doctor had to prescribe strong sedatives to quiet her mind and body. In talking to her, I pointed out a few simple truths, such as: you do not own your son; he came through you but not by you. Life-Principle is the common progenitor. We are all children of the one Father, or Self-Originating Spirit. Your son is here to grow, to expand, and to overcome difficulties, challenges and problems, thereby enabling him to discover the powers within him and to release his talents to the world. You can't help him by mental excitation, anger and resentment.

At my suggestion, she decided to release him completely — lock, stock and barrel. She decreed as follows: "I loose my son to God completely. He is Divinely guided in all his ways and Divine wisdom anoints his intellect. Divine law and order reign supreme in his life. He is guided to his true place and is expressing himself at his highest level. I loose him and let him go."

She remained faithful to this prayer and daily claimed peace, harmony, joy and Divine love for herself. Some weeks later, her son went back to college, gave up his old haunts, and is doing well now in his scholastic work. He communicates with both his parents, but his mother no longer feels possessive. She has discovered the riches of Divine love and freedom.

This woman ceased thinking from the standpoint of circumstances and conditions; she began to think from that interior standpoint where there are no circumstances, and from whence she was able to decree what conditions should

be according to Divine law and order. Then she let the subconscious wisdom take care of it.

How to Think Richly

Think regularly and systematically of Life, illumination, inspiration, harmony, prosperity, happiness, peace and the life more abundant — think these truths rather than this or that condition of them. Trust the operator of your subconscious mind to bring all these ideas you are contemplating into the way best suited for your particular case. This is a wonderful way to enter into the life more abundant.

MEDITATION TO HAVE THE POWER OF FAITH

Use the following meditation to help you secure the power of faith:

"'The prayer of faith shall save the sick and God shall raise him up.' I know that no matter what the negation of yesterday was, my prayer or affirmation of truth will rise triumphantly over it today. I steadfastly behold the joy of the answered prayer. I walk all day long in the Light.

"Today is God's day; it is a glorious day for me, as it is full of peace, harmony and joy. My faith in the good is written in my heart and felt in my inward parts. I am absolutely convinced that there is a Presence and a perfect Law which receives the impress of my desire now and which irresistibly attracts into my experience all the good things my heart desires. I now place all my reliance, faith, and trust in the Power and Presence of God within me; I am at peace.

"I know I am a guest of the Infinite and that God is my Host. I hear the invitation of the Holy One saying, 'Come unto me all ye that labor, and I will give you rest.' I rest in God; all is well."

CHAPTER POINTS TO REMEMBER

1. To believe is to accept something as true. Belief makes the difference between success and failure,

riches and poverty, health and sickness. Believe in the riches of the infinite power within your subconscious and you will experience them.

2. When you are in "a big jam," break the tension by praying sincerely for someone who is very ill or in deep trouble, and suddenly you will find your own problem solved.
3. When praying for a loved one, be sure not to identify with the ailment or any part of the anatomy. Realize that the Infinite Healing Presence is flowing through the loved one as harmony, health, peace and joy. Vision the loved one as radiant and happy. Meditate quietly on these truths and pray again when you feel led to do so. Wonders happen as you pray this way.
4. Sympathy means to go down into the quicksand with the other, and it does not help the ill person. Have compassion and give the sick person a transfusion of faith, confidence and love, knowing that with God all things are possible.
5. Your thought is creative, and every thought tends to manifest itself. You can direct and steer your thoughts in the same way as you steer your automobile. Thoughts are things. Your thought-image of wealth, success, and achievement is the magnet that attracts to you all things that correspond with your thought-image.
6. The quiet mind gets things done. Tell your body to be still, and quiet your mind by thinking of the infinite intelligence of your subconscious, which knows the answer. When your conscious mind is still and your body is relaxed, the wisdom of your subconscious will rise to the surface mind.
7. A good executive knows how to delegate authority. You must be a good executive when using your mind. Turn your request over to your subconscious with faith and confidence, and you will get the ap-

propriate response. You know when you have really turned it over, because you are at peace.

8. You can give up smoking or any bad habit by decreeing freedom and peace of mind, while at the same time imagining a friend or a physician congratulating you on your freedom. As you affirm and vision an antipathy toward tobacco, your subconscious will take over and compel your freedom from the habit.
9. Many have discovered the wisdom of turning an acute domestic problem over to the God-Presence, trusting that Divine wisdom and intelligence will bring about the solution which is best for all. The prayer is: "I let go and let God take over," bringing about the perfect answer.
10. Liquidate the past and never dwell on old grievances or grudges. The future is your present thinking made manifest. Think regularly and systematically of harmony, beauty, love, peace and abundance, and you will have a wonderful future.
11. When a son leaves the home in anger, pray as follows: "I loose him to God completely. He is Divinely guided in all ways, and Divine love takes care of him." Whenever you think of him, bless him silently by knowing "God loves him and cares for him." As you do this, whatever happens will be good.
12. Think of the infinite riches within your subconscious mind. Think of harmony, peace, joy, love, guidance, right action, success — all these are principles of life, and as you think of the life more abundant, you activate the latent powers within you. Your subconscious will compel you to express the abundant life right here and right now. Thoughts are things.
13. Use the meditation to secure the great power of faith for yourself.

three

How the Rich Get Richer — and How You Will Join Them

The Bible says: *God, who giveth us richly all things to enjoy* (I Timothy 6:17). Riches are of your mind. There is a guiding principle within you that can lead you to fulfill the desires of your heart. Wealth is a state of consciousness, a mental attitude, an acceptance of the riches of the Infinite. The whole world was here when you were born. Life was a gift to you. Actually, you are not here just to earn a living, because Life itself was a gift to you. You are here to express life and to release your hidden talents to the world.

When you possess the "know-how" of tapping your subconscious mind, you will never want for any good thing all your life, whether it be health, peace of mind, true expression, companionship or a lovely home and all the money you need to do what you want to do when you want to do it. The key of your subconscious to your infinite power to be rich[1] is your own thought. Your thought is creative! Begin to think regularly and systematically of success, achievement, victory, abundance and the good life. *Thinking makes it so.*

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[1] See *Your Infinite Power to Be Rich* by Joseph Murphy, Parker Publishing Company, Inc., West Nyack, N.Y., 1966.

She Discovered Her Thought-Image Was Wealth

A few years ago I took an Iberian Tour, visiting many famous places in Spain and Portugal. There were about thirty people on this tour. A woman with whom I chatted at Salamanca, Spain, told me she had always wanted to visit Spain because her ancestors had come from Malaga, which we visited. She did not have the necessary funds, but she had been reading *Your Infinite Power to Be Rich,* and she got all the folders and photographs of the famous shrines and cities we were to visit. Her technique was fascinating, and was as follows.

Every night prior to sleep, she would concentrate on the Hotel Malaga Palacio, a picture of which was on the folder. Then she would imagine she was actually sleeping in that hotel and looking at the beautiful surroundings through the window. She followed this procedure for about five nights. One of the young men in the office casually mentioned that he was also going on that trip, they became interested in each other and became engaged prior to the trip. He paid all her expenses as a prenuptial gift.

This event illustrates the working of your deeper mind. It always magnifies what you deposit in it. This woman not only received a gift of the trip, but, in addition, a proposal of marriage and a $2,000 engagement ring. Your subconscious gives you compound interest, and whatever you deposit in it is magnified and multiplied exceedingly. Her thought-image demonstrated to her where all the riches are.

How He Invoked the Law of Increase

On the Iberian Tour mentioned above, we visited the city of Seville, which personifies the real Spain more than any other community in that country. Over half a million people here share the rich history that included Phoenicians, Romans, Moors — all left their mark here. Its university was founded in 1502, and Seville gave the world two of its greatest painters, Murillo and Velasquez.

While conversing with one of the guides in the hotel, I learned that he had left New York City when he was fourteen and that he had developed an intense desire to go to the city of his ancestors (Seville) to learn languages and to become a guide, travelling through Europe and interpreting for tourists. He invoked the powers of his subconscious in a simple way without conscious knowledge of how it worked. This is the way he worked.

He wrote out on a piece of paper that he wanted to go to Seville to study, and to work there to pay for his training while he learned to speak Spanish, French and German. He would affirm this many times a day. He said the most amazing thing happened on his fifteenth birthday: his aunt, who lived in Boston, wrote to his father (her brother) and asked permission to take him along as a companion to Seville to visit her relatives. When they were in that city for a week or so, she consented to pay all his expenses for university training and upkeep with the permission of his father.

This guide's constant prayer is: *The God of Heaven, He will prosper us* (Nehemiah 2:20). By constantly dwelling on his written requests, he succeeded in writing them in the tablets of his subconscious mind, which responded by bringing it to pass in its own unique way.

How to Follow Your State of Mind

The Lord maketh poor and maketh rich: he bringeth low and lifteth up (I Samuel 2:7). The Lord is the lordly power of your subconscious mind, called the Father within, Who doeth the works. Your Lord is what dominates your thinking. If your dominant conviction is that you are entitled to all the good things of life, such as health, wealth, love, true expression and the abundant life, you will experience accordingly. On the other hand, if you feel that you are destined to be poor and that the good things of life are not for you, you are placing yourself in want, lack, frustration and self-imposed bondage.

Remember, your thought has power; it is creative.

Every thought you initiate tends to manifest itself except as it is neutralized by a more powerful thought of greater intensity. All the men and women who garner more of the world's goods reveal a wealth consciousness and a joyous expectancy of the best. Everything you experience is due to the law of your mind. By dwelling on the idea of increased good, and by nourishing it and sustaining it, man draws more of the riches of life to himself. On the other hand, the man who thinks only of decrease, lack and limitation magnifies his loss. The law of your subconscious is to increase any idea implanted in it. The experience of the negative thinker will attract more and more loss.

Begin to Practice the Law of Increase

Remember, any object to which you give special attention will tend to grow and magnify itself in your life. Attention is the key to life. Think of increase along all lines. Feel you are successful and prosperous, since the feeling of wealth produces wealth. Be sure you wish for all those around you success, happiness and abundance, knowing that as you wish increase of wealth and happiness for others, you are also attracting more of God's riches to yourself. As you radiate abundance and riches to others, they will pick up your thoughts subconsciously and will be benefited by the feeling of riches and abundance emanating from you.

You can silently give to all people you meet the following blessing: "God gave you richly all things to enjoy, and you are prospered beyond your fondest dreams." That simple prayer will work wonders in your life.

How to Use the Law of Increase in Business or Professions

As you quietly, lovingly and feelingly enter into the realization that your thoughts of richness, success, prosperity and health create all those conditions and circumstances on which you focus your attention, you will auto-

matically create all the conditions necessary for your advancement. Moreover, you will find yourself attracting more and more people who will become clients, customers, friends and associates, and who will aid you in the realization of your dreams. You will subconsciously attract to yourself the men and women who are living in the consciousness of God's riches.

A businessman in Beverly Hills mentioned to me a while ago the secret of his tremendous success and great popularity with his customers. Every morning when he opens the store, he decrees: "Everyone who enters here is blessed and prospered, inspired and enriched in all ways." He knows the truth, which is: *Thou shalt also decree a thing, and it shall be established unto thee; and the light shall shine upon thy ways* (Job 22:28).

Why the Rich Man Received the Home Foreclosed on the Poor Man

Not far from where I live, a man's wife was constantly telling him to cease talking about hard times, loss of money, bankruptcy, etc. However, she said he persisted in picturing bankruptcy and loss of his home by constantly saying, "I can't meet the mortgage, we will lose our home, I know I will be bankrupt, business is bad, things never go right for me," and so on. He constantly talked lack, bankruptcy and hard times, and he experienced the unwanted result. The mortgage company foreclosed on his home and he went bankrupt. A successful and prosperous neighbor bought his home for a very small amount of money from the mortgage company, and the rich man acquired the store which he had vacated and is prospering in a wonderful way.

This is why the rich get richer and the poor get poorer. Job said: *The thing which I greatly feared is come upon me* (Job 3:25). The law of mind is good and very good. A man can't begin to think regularly of loss, lack, bankruptcy and failure and expect to prosper and succeed. The rich man walking in the consciousness of success and prosperity and

looking upon wealth somewhat like the air he breathes, acquires the former business and home of the poor man. You can't think evil and reap good, no more so than you can think good and reap evil. The law of your mind is perfect. It also outpictures what is impressed upon it. The poor man, a term which means the man who doesn't know how to operate and release the riches of his mind, can at any time he wishes begin to practice the law of opulence and again attract to himself wealth, success and riches of all kinds.

The Rewards of Being Acquainted with the Law of Opulence

You can get acquainted with the qualities of an orange by tasting it and eating it. You can get acquainted with the riches of your subconscious by applying the law of opulence. A businessman said to me that the source of supply was within him and responded to his faith in the endless resources of the infinite riches of his subconscious mind. Every morning and every night his prayer is: "I am ever grateful for God's riches that are ever active, ever present, unchanging and abundant." This businessman never wants for all the money he needs to operate his enterprise and to open up new branches.

Listen to the Truth and You Will Never Be in Want

Infinite Spirit, the source of all blessings, the world, and all things therein contained is within you. You do not own anything in the universe; God, or Spirit, owns all. You are a steward of the Divine and you are here to use the wealth of the world wisely, judiciously, and constructively, claiming Divine wisdom in your handling of all your earthly possessions. When you go on to the next dimension, you cannot take anything with you but the treasures of wisdom, truth and beauty, which you have planted in your subconscious mind. Your faith, confidence and trust in the goodness of God and in the joy of the Lord which is your strength

represent the real riches which you take with you into the fourth dimension of life — these are the treasures of heaven (your mind).

In this three-dimensional plane in which we live, you must realize the whole world is yours to enjoy: the cattle on a thousand hills are yours; the song of the birds is yours; you can enjoy the stars in the heavens, the morning dew, the sunset and the sunrise; you can turn your eyes to the hills, the mountains and the valleys, and you can smell the sweet fragrance of the rose, as well as that of the new-mown hay. All the riches in the soil, in the air and in the sea are yours. There is enough fruit that rots in the tropics to feed all of humanity. Nature is bountiful, lavish, extravagant, and actually wasteful.

It is God's intention and will that you lead a full and happy life. You should live in a beautiful home, surrounded by luxury; you should have beautiful clothes, constantly dressing for God and reminding yourself of the infinite and indescribable beauty, order, symmetry and proportion of the Infinite. You constantly should have all the money you need circulating freely in your life, enabling you to do what you want to do, and when you want to do it. Your children should be brought up in beautiful surroundings and in a lovely, God-like atmosphere. Moreover, they should be taught the endless resources within the depths of their own minds, and being able to tap the riches of their subconscious, they will never want for any good thing.

How to Tap the Endless Source of Supply

Recognize the infinite source within your subconscious, and then invoke the great law of opulence and increase along all lines as follows:

"God is the source of my supply, whether it is energy, vitality, creative ideas, inspiration, love, peace, beauty, right action or wealth that I need. I know it is as easy for the creative powers of my subconscious to become all these things as a blade of grass. I am now appropriating mentally and experiencing buoyant health, harmony, beauty, right

action, abundant prosperity and all the riches of my deeper mind. I exude vibrancy and good will to all. I am giving better service every day. God's riches are forever flowing into my experience, and there is always a Divine surplus. All these thoughts are sinking down into my subconscious, and they are now coming forth as abundance, security and peace of mind. It is wonderful."

As you sow in your subconscious, so shall you reap. The Bible says: *The wilderness and the solitary place shall be glad for them; and the desert shall rejoice, and blossom as the rose* (Isaiah 35:1).

DAILY MEDITATION FOR THE RICH LIFE

Repeating the following meditation daily will bring the rich life to you faster and easier:

"'Consider the lilies of the field; they toil not, neither do they spin; yet Solomon in all of his glory was not arrayed as one of these.' I know that God is prospering me in all ways. I am now leading the abundant life, because I believe in a God of abundance. I am supplied with everything that contributes to my beauty, well-being, progress and peace. I am daily experiencing the fruits of the spirit of God within me; I accept my good now; I walk in the light that all good is mine. I am peaceful, poised, serene and calm. I am one with the source of life; all my needs are met at every moment of time and every point of space. I now bring 'all the empty vessels' to the Father within. The fullness of God is made manifest in all the departments of my life. 'All that the Father hath is mine.' I rejoice that this is so."

CHAPTER POINTS TO REMEMBER

1. The rich get richer for the simple reason that the consciousness or awareness of wealth and the expectancy of more and more of God's riches, which are omnipresent, attract more and more wealth, health and opportunities to the person who walks in that state of mind.

2. The thought-image of wealth produces wealth; the thought-image of a journey results in the opportunity to take it. A young girl began to think and image from a hotel in Spain, feeling she was there and sleeping there, and her subconscious opened the way and magnified her impression of the journey, adding an engagement and a diamond ring worth $2,000. Your subconscious always magnifies.
3. A young boy of fourteen wrote down his desires for study in a university in Spain to learn languages, to travel and to become a famous guide and interpreter for tourists. He continued to meditate on what he had written and succeeded in writing his requests on the book of life (his subconscious) within him. His subconscious wisdom acted on the mind of his aunt, fulfilling all his desires.
4. Enter into a consciousness of God's wealth, which is all around you. Live in the joyous expectancy of the best, and by the law of attraction, you will attract the riches of the infinite storehouse in your own subconscious mind. Keep thinking of prosperity, abundance, security and increase along all lines.
5. Whatever you give attention to grows, magnifies, and multiplies in your experience. Keep your attention on whatsoever things are lovely and of good report. Radiate abundance, goodwill and riches to others. They will pick it up subconsciously, and you will attract wonderful people into your life. They will prosper and you will prosper.
6. A rich man walks in the mental attitude that wealth is like the air he breathes, and having that state of mind, he attracts more and more riches of all kinds. The poor man who is constantly picturing and talking of lack, bankruptcy and hard times loses his home and business, and often the rich man next door buys them for a song.

7. You can get acquainted with the riches of the infinite storehouse within you by reiterating and believing the following prayer: "I am ever grateful for God's riches that are ever active, ever present, unchanging and eternal."
8. God gave you richly all things to enjoy in this universe. Life itself is a gift to you. The whole world was here when you were born. Believe and expect the riches of the Infinite, and invariably the best will come to you. As you practice this simple truth, the desert of your life will rejoice and blossom as the rose.
9. Strengthen your hold for a rich life by repeating the meditation at the end of the chapter.

four

How to Claim Your Right to Infinite Riches Now

During the month of May, a few years ago, I took a trip to Ireland, England and Switzerland, and during my stay in Killarney I visited a relative of mine. I might add that Killarney is one of the world's beauty spots. Poets, artists and writers try to convey in their respective media the magnificent and varied color and form of this wonderland of mountains and lakes. These lakes are surrounded by luxuriant woods of birch, oak and arbutus.

It was here amidst the beauty of the countryside that my relative poured out his tale of woe regarding his daughter. Mary (not her real name) was rapidly losing weight and refused to eat except under pressure from her parents. The local doctor was giving her injections of liver and vitamins and said she was a hopeless case. She had been taken to Dublin to see a psychiatrist but refused to talk to him. Her father was frantic, moreover, he was very critical of her.

I had three interviews with her, and on the third interview I asked her point-blank: "Mary, is it true that you are trying to get even with your father, exerting a sort of revenge, because he prefers your brother to you, or at least shows him

more attention?" She blurted out: "Yes, I hate him. He never finds fault with my brother but is always criticizing me, and I'm going to make him feel sorry." I pointed out to her that she was slowly committing suicide, which is completely contrary to her religious beliefs; moreover, that her body is a temple of the living God, and that she is here to lead a full, happy and rich life. I added that she would have bodies to infinity, and that by destroying this body, she would solve no problem and would probably be earthbound for a long time, walking about in a dazed and confused condition.

This explanation startled her, and she began to cry and abuse her father with vitriolic language and a flood of tears.

Her Father Came to the Rescue

In his presence, I discussed the matter of his daughter, and he broke down and cried, admitting that he had wanted a boy and had never showed her any affection or love. Her mother had died at her birth. He apologized to his daughter, asked forgiveness, and vowed his love, appreciation and tenderness for her. Actually, this girl was seeking love. She desired to be wanted, loved, cared for and needed. When he exuded and affirmed real love for his daughter, he really poured forth the riches of the Infinite, which is real love.

Mary had been silently saying to herself: "I feel I must starve and die. Nobody loves me. This way I will make my father care for me." But now, with the changed attitude of her father, she wept copiously and began to eat a hearty lunch.

Love frees; it gives; it is the spirit of God. Love opens prison doors, sets free the captives and all those bound by fear, resentment, hostility, etc.

The Prayer That Changed Her Life

"I know my body is the temple where God dwells. I honor and exalt the Divine Presence within me. Divine love fills my soul, and His river of peace flows through my mind and heart at all times. I eat my food with joy, knowing that

it is transmuted into beauty, harmony, wholeness and perfection. I know God hath need of me where I am, and I am Divinely expressed. I am loved, I am needed, I am wanted and appreciated by my father and others. I radiate love, peace and goodwill to everyone at all times. My food and drink are God's ideas which unfold within me, making me strong, wholesome and full of Divine energy."

Mary is now saturating her subconscious mind witn these truths several times daily. The last letter from her informed me that she is getting married to a very rich local farmer and is bubbling over with a new life and inner joy. She has truly experienced the riches of the Infinite as love, marriage, inner peace and abundance

The Riches of Faith in a Higher Power

I requested my Irish driver during this European trip to which I referred previously to take me to Glendalough, "The Glen of Two Lakes," which is famous for its historical and archaeological associations. Here in the sixth century, St. Kevin founded a monastery, and his shrine is visited by many people hoping for a cure of various diseases.

My driver told me that as far back as he could remember, he had stuttered badly and was made fun of in school and nicknamed "Stutts." He had been taken to Dublin and Cork City to speech therapists and psychologists to no avail. In desperation, he said, his father had taken him to Glendalough and placed him in the cell in which it was believed St. Kevin had slept. His father had told him, "If you sleep there for an hour, you will be healed."

The driver said, "I believed my father and followed his instructions. When I awakened from the hour's sleep, I was healed, and from that day (twenty years ago), I have never stammered or stuttered in my speech."

The Real Reason for His Cure

I did not disturb this young man's blind faith, which simply activated and released the healing power of his sub-

conscious mind. This boy's mind at the age of eight or nine was highly impressionable. His imagination was fired, and his expectancy was undoubtedly 100 per cent belief that St. Kevin would intercede for him. It was done unto him as he believed.

There is only one healing power, and that is the infinite healing presence lodged in your subconscious mind.

The Riches of True Faith Versus Blind Faith

True faith consists in knowing that the Infinite Presence which created you from a cell knows all the processes and functions of your body and certainly knows how to heal you. When you consciously tune in on the healing power of your subconscious, knowing and believing it will respond to you, you will get results. In other words, true faith is the combined use of your conscious and subconscious mind scientifically directed for a specific purpose.

Blind faith consists of belief in amulets, charms, talismans, bones of saints, certain shrines and waters to heal, etc. In other words, it is faith without any understanding and is often only temporary in its therapeutic value.

I suggest to people who are sick to make use of the services of a physician and to keep on praying not only for themselves but also for the physician.

The following are the reasons why:

> *Honour a physician with the honour due unto him for the uses which ye may have of him; for the Lord hath created him. For of the most High cometh healing, and he shall receive honour of the king . . . . The Lord hath created medicines out of the earth; and he that is wise will not abhor them . . . And he hath given men skill, that he might be honoured in his marvellous works.*
>
> *"My son, in thy sickness be not negligent, but pray unto the Lord, and he will make thee whole . . . Then give place to the physician, for the Lord hath created him; let him not go from thee, for thou hast need of him. There is a time when in their hands there is good success. For they shall also pray unto the Lord, that he*

would prosper that which they give for ease and remedy to prolong life . . . " Ecclesiasticus, Chapter 38: Paragraphs 1 and 2).

When you pray for health, then health should "spring forth speedily." If not, you should take action immediately by going to your medical doctor, dentist, chiropractor, or surgeon, as seems most appropriate to you. Remember, if you were always walking in the consciousness of God's love and peace, you would never be ill. If you can't grow teeth I suggest you go immediately to a dentist and pray that God is guiding him, and that Divine law and order reigns supreme in your life, and you will be satisfied with your new dentures.

Why He Did Not Experience the Healing Riches of the Infinite

A friend of mine in Waterford arranged a tour for me of the Waterford glass factory, the glass of which is legendary in its fame. I witnessed experienced craftsmen making the crystal, the raw material of Waterford glass blooming into depth and sparkle. One of the craftsmen caused a ray of light to fall on the cut crystal; then the real glory of its facets, diamonds, flutings and ovals shone forth in a spectrum of indescribable beauty.

But the point I want to make is that my friend was lame and carried a cane, and he walked with great difficulty. I asked him whether he was getting medical treatment or not. He said yes, that cortisone was administered to him and he took pain pills. Then he asked, "Why is it that when I went to Scotland and hundreds of people were present at the church healing meeting which I attended, some cripples threw away their crutches, others said they could hear for the first time, and when the healer touched me I felt a strong vibration all through my body and for the first time I walked without pain or a cane, but the next day I was as lame and as bad as ever?"

He Had a Temporary Emotional Healing

I explained to him that when the so-called "healer" placed his hands upon him, manipulating his leg and calling

on Jesus to heal him, at the same time telling him that he was healed and could walk, and in the glare of the lights, the chanting of music and the mass emotional hysteria at the meeting, undoubtedly the emotions aroused from his subconscious depths gave him the power to walk temporarily without the aid of his cane. At the same time the mesmeric or hypnotic suggestions freed him from pain for twenty-four hours.* Hypnotic suggestions to the subconscious have only temporary effects. That is what he had experienced.

On the Road to Recovery

My friend began to see that he had not reached the cause of his condition.* He began to understand that true, permanent healing comes with forgiveness, love and goodwill to all, and spiritual insight — all these are real healing forces. He admitted he was seething with hostility, guilt, resentment and hatred toward many people. He began to realize that his destructive emotions contributed to his condition. I suggested that he cooperate with his doctor and pray for him and also bless him, which he promised to do.

The Prayer That Is Helping My Arthritic Friend

The following is the prayer I wrote out for him:

"I forgive myself for harboring negative, destructive thoughts about myself and others. I fully and freely forgive everyone, and I sincerely wish for them health, happiness, peace and all the blessings of life. Whenever the person comes into my mind whom I dislike, I will immediately affirm, 'I have released you. God be with you.' I know when I have forgiven others, because I feel no sting in my mind. The Infinite Healing Presence of God flows through me, and His river of peace flows through me. I know that Divine love saturates my entire being,* and God's love dissolves everything unlike itself. The Healing Light of God is focused at that point in my mind where the problem is and it is shattered, making way for the Holy Spirit (spirit of wholeness) to indwell every thought and every cell. I give thanks for the healing that is taking place now, for I know all heal-

ing is of the Most High. I know God is guiding my doctor, and whatever he does will bless me."

He has been reiterating these truths slowly, quietly, and feelingly morning and night, knowing all the while that these spiritual vibrations will enter into his subconscious mind, obliterating the negative patterns lodged there by years of vicious and destructive thinking. The second letter I have received from him said that his local physician is amazed at his progress, and that the calcareous deposits, inflammation and edema are gradually diminishing. He is well on the road to a real spiritual healing, for all healing is of the Most High. *I am the Lord that healeth thee* (Exodus 15:26).

How the Riches of Belief Pay Dividends in All Phases of Life

Blarney Castle is situated five miles from Cork City and is famous for its stone, which has the traditional power of conferring eloquence on all who kiss it. The word "blarney" means pleasant talk, intended to deceive without offending. To kiss the stone, which is set in the wall, one has to lean backwards (grasping an iron railing), and after that kiss the fortunate person is supposed to develop marvelous powers of speech.

I was told by a clergyman visiting here that whereas formerly his sermons had been dull and uninviting, he had become a powerful orator and that after kissing the stone, people flocked to his sermons so that his church was always crowded whenever he gave sermons at mass. This demonstrates the power of belief. The Bible says: *All things are possible to him that believeth* (Mark 9:23).

You will agree that there is no power in a stone to confer the gift of oratory or eloquence, but the belief and expectancy of man stirs up the dormant powers in the depths of the subconscious mind which were always there, waiting to be recognized and utilized. *Wherefore, I put thee in remembrance that thou stir up the gift of God, which is in thee* (II Timothy 1:6).

The Instant Riches of Mental Insight and Understanding

A man we will call "Johnny" accompanied me on a trip to the Gap of Dunloe in Killarney. Riding through this gap on the sturdy ponies of Kerry is a thrill enjoyed by visitors. In the Ice Age, glaciers carved the mountain out of the surrounding hills. The towering summits of the Reeks, the changing shadows on the mountain tops, and the silence and solitude of the cliff-bound road combine to make an unforgettable impression on the visitor. It was here that my companion got an acute attack of asthma. He used a throat spray, which gave him some relief. He also gave himself a subcutaneous injection of adrenalin.

He said he got an attack about noon every day. Since the attack was sometimes greater than others, a doctor showed him how to use the hypodermic needle in case of emergency. After his attack had subsided, he blurted out, "No wonder I get asthma. My father had it all his life, and I was present when he died from an attack." He was blaming heredity, while at the same time he informed me that he was an adopted son, which of course ruled out his claim of heredity.

How His Mental and Emotional Disturbance Was Released

During a heart-to-heart talk, he admitted that he had hated his foster father ever since the man had told him for the first time, possibly in a fit of anger, "You are not my real son. I took you out of the gutter and gave you a home. You are an illegitimate child." This was a terrible shock to Johnny. He felt guilty because of his hatred and resentment. Though frequently confessing this error, nevertheless it remained suppressed in the deeper recesses of his mind. Being a negative and destructive emotion, it had to have an outlet sooner or later. Then, when his foster father died, he took on the symptoms as a form of self-punishment for his sins.

I explained to him fully the workings of his deeper mind

and pointed out to him that though he undoubtedly deeply resented the fact that he was born out of wedlock, there is no such thing as an illegitimate child in the eyes of God. The real illegitimate child is one who thinks negatively and one who fails to conform to the Golden Rule and the Law of Love. He had developed the symptom for no other reason than that he felt he should be punished and should suffer for his sense of unworthiness and self-rejection, plus his hatred and antagonism for his foster father who had adopted him. I pointed out that his foster father had done the best he could for him and had played the dual role of a real father and mother. I told him he should forgive his foster father for his angry outburst.

He began to see the light immediately and perceived at the same time that he was punishing himself. When he drove me back to the hotel in Killarney, I gave him a copy of *The Power of Your Subconscious Mind* [1] and wrote out a special prayer for him to use several times daily, advising him also to continue cooperating with his physician.

Following is the prayer: "I release my foster father and my real father and mother, known only in Divine Mind, to God completely. I forgive myself for harboring negative and destructive thoughts about myself and others, and I resolve not to do this any more. Whenever negative thoughts come to me, I will immediately affirm, 'God's love fills my soul.' I am relaxed, poised, serene and calm. God guides my doctor in all his ministrations to me. The breath of the Almighty gave me life, and I know God breathed into me the breath of life and made me a living soul with all the powers and attributes of God within me. I inhale the peace of God and exhale the love of God, and God flows through me as harmony, joy, love, peace, wholeness and perfection."

I suggested that he affirm these great truths for about five minutes morning, afternoon and night, and that he be

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[1] See *The Power of Your Subconscious Mind,* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

careful to never deny what he affirms. When fearful thoughts or approaching symptoms come, he is to say quietly, "I inhale the peace of God and I exhale the love of God to all."

On my return home to Beverly Hills, I received a lovely letter from him saying he has been completely free from all symptoms and has had no recurrence of any kind. Truly, the explanation is oftentimes the cure.

The Riches of Forgiveness

On a tour to the Shakespeare country, which takes you to Stratford-on-Avon in England, famous as the birthplace of William Shakespeare, and which has many associations with "The Immortal Bard," I chatted with a young lady during lunch in Warwick. During the course of the conversation, I said to her that I wrote along psychological and spiritual lines dealing with the problems of mankind. She was a nurse and had had a persistent skin rash for two years. She had consulted eminent dermatologists attached to the hospital where she worked, and they had prescribed various lotions and ointments, all to no avail.

We talked along psychosomatic lines, and I told her about the research work of Dr. Flanders Dunbar, author of *Emotions and Bodily Changes*[2] who says that the skin is where the inner and the outer worlds meet, and she chides her confreres when they fail to see that many skin conditions are caused by negative emotions such as hostility, resentment and other emotions inimical to our well-being. In other words, the skin is an organ of elimination, and mental poisons based on repressed emotions such as guilt, anxiety and remorse become translated into physical symptoms.

The young lady asked if she could come and have a conference with me before I left London, and I gladly consented to see her at the St. Ermin's Hotel, Caxton Street, where I always stay when visiting London.

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[2]Published by Columbia University Press, New York, 1954. See also *Healing Beyond Medicine,* D. Snively, M.D., Parker Publishing Company, 1972.

The Cause of Her Itching and Persistent Skin Rash

I was quite frank with her and told her that I sensed she felt very guilty about something and believed in the need of punishment, and that if she confessed and cleansed her mind, the itching rash might well disappear. A bottled-up emotion repressed in the subconscious will sooner or later be translated into a bodily symptom. She confessed that she was married and that her husband was on a government assignment in India. During his absence she had been having sexual relations with her dentist, and she was full of remorse and guilt. She felt that God was punishing her for her sins.

Self-Forgiveness Brings Peace and Release

I explained to her that God, or the Life-Principle, never punishes, but that man punishes himself by his misuse of the laws of mind. For example, if you cut yourself, the Life Principle proceeds to form a blood clot called thrombin, and the subjective intelligence builds a bridge and forms new tissue. If you burn yourself, the Life-Principle holds no grudge, but it seeks to restore your skin to normal by reducing the edema, giving you new skin and tissue. If you take some bad food, the Life-Principle causes you to regurgitate it, as It always seeks to restore you to health. The tendency of the Life-Principle (God) is to heal, restore and make you whole.

Being a nurse, she understood all this. Then I asked a very pertinent question: "Do you want to be free of this rash?" Immediately she responded and said, "Yes." "Then," I said, "we have no problem. All you have to do is to stop doing what you are now doing and forgive yourself, and that's the end of your trouble." Accordingly, she came to a decision in my room in the hotel not to see the dentist any more and to cease condemning herself.

As I explained to her, self-condemnation and self-criticism are destructive mental poisons that send psychic

pus all over the system, robbing one of vitality, vigor, wholeness and strength, leaving one a physical and mental wreck. I pointed out to her that all she had to do was to get all her thoughts to conform to the Divine Law of harmony and love. A new beginning is a new end.

We prayed together, claiming Divine love, peace and harmony were now saturating her entire being and that she was Divinely guided and watched over by an overshadowing Presence. In the silence, for about five minutes, we dwelt on one thing only — "The Healing Power of God's Love" — and then I reminded her of a great truth which should be indelibly imprinted in the minds and hearts of all: *This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize* (Philippians 3:13, 14).

The prize she sought was health, happiness and peace of mind. At the end of our meditation, the effulgence of an inner light glowed in her eyes and she felt something happen to her in the silence — the rash disappeared completely. We joined together in saying, *Father, I thank thee that thou hast heard me. And I know that thou hearest me always* (John 11:41, 42).

The Riches of Wisdom and Understanding

An old friend in London visited me at St. Ermin's Hotel and brought her boy of twelve, who is terribly afraid at night. Darkness seems to trouble him. This had been going on for two years. I asked the mother what had happened two years ago which had given a great shock to the boy which might be suppressed in his deeper mind, since the subconscious mind never forgets any experience, and that which we wanted to know about was the repressed emotion.

She recalled that two years previously the house they were living in in Liverpool had caught fire in the middle of the night, and the father had put his coat over the boy to protect him from the smoke. The boy exclaimed to me sud-

denly, "Daddy was suffocating me!" Actually, this was the answer to the whole problem.

We explained to the boy that his father was only trying to protect him and save his life, and that he should radiate love to his father and mother. I counselled the boy and his mother, explaining that no matter what had happened in the past, it could be changed now by filling the subconscious mind with life-giving patterns, as there is no time or space in mind, and that the lower is always subject to the higher. By filling the boy's mind with the truths of God, it would crowd out of his mind everything unlike God.

I gave the mother a prayer for her boy and asked the boy to use it also prior to sleep. This is the prayer the mother used:

"My boy is God's son. God loves him and cares for him. God's peace fills his soul. He is poised, serene, calm, relaxed and at ease. The joy of the Lord is his strength. The Healing Presence flows through him as harmony, peace, joy, love and perfection. God is, and His Presence vitalizes, energizes and restores his whole being to wholeness, beauty and perfection. He sleeps in peace and wakes in joy."

She changed the tense for the boy and had him repeat, "I am God's son," and so on. I told her to continue with the doctor and the prayers and to keep me informed. I was pleasantly surprised to receive a letter from the mother on my return to Beverly Hills saying, "My boy is healed. He had a vision in his sleep. A sage appeared and said to him, 'You are free. Tell your mother.' It was very vivid."

This was the subconscious of the boy revealing to him his healing. *I the Lord will make myself known unto him in a vision, and will speak unto him in a dream* (Numbers 12:6).

A MEDITATION FOR AN EFFECTIVE PROSPERITY PRAYER

Meditate often by repeating the following prayer for prosperity:

"'Thou shalt make thy way prosperous, and then thou shalt have good success.' I now give a pattern of success and prosperity to the deeper mind within me, which is the law. I now identify myself with the Infinite Source of supply. I listen to the still, small voice of God within me. This inner voice leads, guides and governs all my activities. I am one with the abundance of God. I know and believe that there are new and better ways of conducting my business; Infinite Intelligence reveals the new ways to me.

"I am growing in wisdom and understanding. My business is God's business. I am Divinely prospered in all ways. Divine Wisdom within me reveals the ways and means by which all my affairs are adjusted in the right way immediately.

"The words of faith and conviction which I now speak open up all the necessary doors or avenues for my success and prosperity. I know that 'The Lord (Law) will perfect that which concerneth me.' My feet are kept in the perfect path, because I am a son of the Living God."

CHAPTER POINTS TO REMEMBER

1. Resentment and hostility are mental poisons that rob you of vitality, enthusiasm and energy. Often refusal to eat means that the individual is slowly committing suicide, and this is a method of seeking revenge against someone else. The answer is to open the mind and heart to the influx of Divine love and to realize that others really do care and love you, bringing about a healing and a transformation.
2. When you begin to realize that you are an organ of God and that God hath need of you where you are, and that you are loved, needed and wanted, a complete transformation takes place; you begin to release the riches of the Infinite as love, goodwill, inner peace and abundance.

3. Often blind faith will bring about remarkable results. Paracelsus said, "Whether the object of your faith be true or false, you will get results." A young boy who stuttered fired his imagination into a joyous expectancy and blind faith and believed that if he slept in a bed where St. Kevin was supposed to have slept, he would be healed. His subconscious accepted his belief, and he was healed.
4. True faith consists of the belief that the Infinite Presence which created you knows all the processes and functions of your body, and that when you unite with It believingly, results will follow. True faith is the combined use of your conscious and subconscious mind, scientifically directed.
5. When you pray for health, then health should "spring forth speedily." If not, go to a doctor immediately and follow the injunction of the Bible, which says: *Honour a physician with the honour due unto him . . . for the Lord hath created him* (Ecclesiasticus, Chapter 38, Paragraph 1).
6. Some people experience excessive emotionalism at public healing meetings; it is a sort of mesmeric and emotional hysteria, and often there is a temporary alleviation of pain, and crippled people walk without crutches. Hypnotic suggestions have only temporary effect, however. In true healing, your conscious and subconscious mind must agree, and you must believe in your heart in the Infinite Healing Presence; then the result is permanent, not temporary. When you pray for healing, complete forgiveness must take place of all guilt, peeves and grudges. You know when you have forgiven others, because there is no sting in your mind.
7. There is no power in sticks, stones, amulets, charms, or bones of saints. But if a person believes that the bone of a dog is that of a saint and that if he kisses it a healing will follow, it is not the bone of the dog

that heals, it is a response of his subconscious mind to his blind belief.

8. Negative and destructive emotions snarl up in the subconscious mind and are the cause of many diseases. When a person feels guilty, he feels he should be punished, but what he fails to see is that he is punishing himself. When a boy's foster father died, he took on the symptoms of his foster father as a form of self-punishment for his guilt.
9. A wonderful prayer for forgiveness is this: "I forgive myself for harboring negative and destructive thoughts about myself and others, and I resolve not to do this any more. Whenever a negative thought comes to me, I will immediately affirm, 'God's love fills my soul.'"
10. Your skin is where the inner and the outer worlds meet, and emotions of hostility, anger, suppressed rage and resentment may be translated into many skin diseases. Remorse and guilt, according to psychosomatic physicians, are the cause of many skin eruptions.
11. The Life Principle (God) never punishes. This Presence always seeks to heal you and to make you whole. Self-condemnation and self-criticism are destructive mental poisons that send psychic pus all over your system, leaving you a physical and mental wreck.
12. Come to a decision. Forget the past and saturate your mind with Divine love, peace and harmony. Realize Divine love dissolves everything unlike itself.
13. No matter what has happened in the past, you can change it now. Fill your subconscious with life-giving patterns of thought and you will erase and crowd out everything unlike God.
14. The meditation at the end of the chapter will help you to improve your life and make your way prosperous.

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How Dialing Miracle Thought-Forms Will Increase Your Wealth

The whole world and all its treasures in the sea, air and earth were here when you were born. Begin to think of the untold and undiscovered riches all around you, waiting for the intelligence of man to bring them forth. A sales manager said to me the other day that an associate of his sold a million dollar idea for expansion to the organization; he also added that there were more millionaires now in the United States than at any time in history. You can have an idea worth a fortune! Moreover, you are here to release the imprisoned splendor within you and *surround yourself with luxury, beauty and the riches of life.*

Make Friends with Money and You Will Always Have Money

In this book, you will learn that it is necessary to have the right attitude toward money. When you really make friends with money, you will always have a surplus of it. It is normal and natural for you to desire a fuller, richer, happier and more wonderful life. Look upon money as God's idea of maintaining the economic health of the nations of

the world. When money is circulating freely in your life, you are economically healthy, in the same manner as when your blood is circulating freely, you are free from congestion. Begin now to see money in its true significance and role in life as a symbol of exchange. Money to you should mean freedom from want; it should mean beauty, luxury, abundance, sense of security and refinement.

Why She Did Not Have More Money

Being poor is a mental attitude. A young lady, a very good writer who had had several articles accepted for publication, said to me, "I don't write for money." I said to her, "What's wrong with money? It's true you don't write for money, but the laborer is worthy of his hire. What you write inspires, lifts up, and encourages others. When you adopt the right attitude, financial compensation will automatically come to you freely and copiously."

She actually disliked money. Once she referred to money as "filthy lucre." *She had a subconscious pattern that there was some virtue in poverty.* I explained to her that there was no evil in the universe and that good and evil were in the thoughts and motivations of man. All evil comes from misinterpretation of life and misuse of the laws of mind. In other words, the only evil is ignorance, and the only consequence is suffering.

It would be foolish to pronounce uranium, silver, lead, copper, iron, cobalt, nickel, calcium or a dollar bill evil. The only difference between one metal and another is the number and rate of motion of electrons revolving around a central nucleus. A piece of paper such as a $100 bill is innocuous, and the only difference between it and copper or lead is that the atoms and molecules with their electrons and protons are arranged differently for the physical evidences of money.

She Adopted New Ideas Toward Money and Prospered Accordingly

Here is a simple technique she practiced, which multiplied money in her experience: "My writings go forth to

bless, heal, inspire, elevate and dignify the minds and hearts of men and women, and I am Divinely compensated in a wonderful way. I look upon money as Divine substance, for everything is made from the One Spirit. I know matter and spirit are one. Money is constantly circulating in my life, and I use it wisely and constructively. Money flows to me freely, joyously and endlessly. Money is an idea in the mind of God, and it is good and very good."

This young lady's changed attitude toward money has worked wonders in her life, and she has completely eradicated that strange, superstitious belief that money was "filthy lucre." She realized that her silent condemnation of money caused money to fly from her instead of to her. Her income has tripled in three months, which was just the beginning of her financial prosperity.

He Worked Hard But Lacked Money

Some years ago, I talked with a minister who had a very good following. He had an excellent knowledge of the laws of mind and was able to impart this knowledge to others, but *he* could never make ends meet! He had what he thought was a good alibi for his plight by quoting from Timothy: *For the love of money is the root of all evil* (I Timothy 6:10), forgetting what followed in the 17th verse of the same chapter, when Paul charges the people to place their trust or faith in the living God, *who giveth us richly all things to enjoy* (I Timothy 6:17).

*Love in Biblical language is to give your allegiance, loyalty and faith to the Source of all things, which is God. You are not, therefore, to give your allegiance, loyalty and trust to created things, but to the Creator, the Eternal Source of everything in the universe. If a man says, "All I want is money, nothing else. That's my god and nothing but money matters," he can get it, of course, but he is here to lead a balanced life. Man must also claim peace, harmony, beauty, guidance, love, joy and wholeness in all phases of his life.

To make money the sole aim in life would constitute an error or wrong choice. You must express your hidden talents, find your true place in life and experience the joy of contributing to the growth, happiness and success of others. As you study this book and apply the laws of your subconscious in the right way, you can have all the money you want and still have peace of mind, harmony, wholeness and serenity. To accumulate money to the exclusion of everything else causes man to become lopsided and unbalanced.

I pointed out to this minister how he was completely misinterpreting the Scripture in pronouncing pieces of paper or metals evil, when these were neutral substances, for there is nothing good or bad but thinking makes it so. He began to see all the good he could do with more money for his wife, family and parishioners. He changed his attitude and let go of his superstition. He began to claim boldly, regularly and systematically, "Infinite Spirit reveals better ways for me to serve. I am inspired and illumined, and I give a Divine transfusion of faith and confidence in the One Presence and Power to all those who hear me. I look upon money as God's idea, and it is constantly circulating in my life and that of my parishioners. We use it wisely, judiciously and constructively under God's guidance and wisdom."

This young minister made a habit of this prayer, knowing that it would activate the powers of his subconscious mind. Today he has a beautiful church which the people built for him. He has a radio program and has all the money he needs for his personal worldly and cultural needs. I can assure you, he no longer criticizes money.

The Master Key and Program to Disciplining Your Mind for Money

If you follow the procedure and technique outlined herein, you will never want for money all the days of your life.

Step 1: Reason it out in your mind that God, or the Life-Principle, is the Source of the universe, the galaxies in space, and everything you see, whether you look at the stars in the sky, the mountains, the lakes, the deposits in the earth and sea, or all animals and plants. The Life-Principle gave birth to you, and all the powers, qualities and attributes of God are within you. Come to a simple conclusion that everything you see and are aware of came out of the invisible mind of God, or Life, and that everything that man has invented, created or made came out of the invisible mind of man; and the mind of man and the mind of God are one, for there is only one mind common to all individual men. Come now to a clear-cut decision that God is the Source of your supply of energy, vitality, health, creative ideas, the Source of the sun, the air you breathe, the apple you eat, and the money in your pocket, for everything is made inside and out of the Invisible. It is as easy for God to become wealth in your life as it is to become a blade of grass.

Step 2: Decide now to engrave in your subconscious mind the idea of wealth. Ideas are conveyed to the subconscious by repetition, faith and expectancy. By repeating a thought pattern or an act over and over again, it becomes automatic, and, your subconscious being compulsive, you will be compelled to express it. The pattern is the same as learning to walk, swim, play the piano, type, etc. You must *believe* in what you are affirming. Realize that what you are affirming is like the apple seeds you deposit in the ground, and they grow after their kind. By watering and fertilizing these seeds, you accelerate their growth. Know what you are doing and why you are doing it.

Step 3: Repeat the following affirmation for about five minutes night and morning: "I am now writing in my subconscious mind the idea of God's wealth. God is the Source of my supply, and all my needs are met at every moment of time and point of space. God's wealth flows freely, joyously

and ceaselessly into my experience, and I give thanks for God's riches forever circulating in my experience."

Step 4: When thoughts of lack come to you, such as, "I can't afford that trip," or, "I can't meet that note at the bank," or, "I can't pay that bill," *never finish a negative statement* about finances. Reverse it immediately in your mind by affirming, "God is my instant and everlasting supply, and that bill is paid in Divine order." If a negative thought comes to you fifty times in one hour, reverse it each time by thinking, "God is my instant supply, meeting that need right now." After a while, the thought of financial lack will lose all momentum and you will find your subconscious is being conditioned to wealth. If you look at a new car, for example, *never say,* "I can't buy that." On the contrary, say to yourself: "That car is for sale. It is a Divine idea, and I accept it in Divine Order."

This is the master key. When applied as outlined in the above program, the law of opulence will work for you as well as for anybody else. The law of mind is no respecter of persons. Your thoughts make you wealthy or poor. Choose the riches of life right here and right now.

A Salesman Moves Up from $5,000 to $25,000 in One Year

A sales manager sent me one of his men for counseling. This salesman was a brilliant college graduate and knew his products very well. He was in a lucrative territory but was making only about $5,000 annually in commissions. The sales manager felt he should double or triple that.

In talking to the young man, I found he was down on himself. He had developed a subconscious pattern of $5,000 a year. He said that he had been born in a poverty-stricken home and that his parents had told him that he was destined to be poor. His step-father had always told him, "You'll never amount to anything." *These thoughts were accepted*

by his impressionable mind, and he was experiencing his subconscious belief in lack and limitation.

I explained to him that he could change his subconscious by feeding it with life-giving patterns. Accordingly, I gave him a mental and spiritual formula to follow which would transform his life. I explained to him that he should under no circumstances deny what he affirmed, because his subconscious mind accepted what he really believed.

He affirmed every morning before going to work: "I'm born to succeed; the Infinite within me can't fail. Divine law and order govern my life, Divine peace fills my soul, Divine love saturates my mind. Infinite Intelligence guides me in all ways. God's riches flow to me freely. I am advancing, moving forward and growing mentally, spiritually, financially and in all other ways. I know these truths are sinking into my subconscious mind and will grow after their kind."

The Results

A year later when I met this young man again, I discovered that he had been transformed. He had absorbed these ideas which we had discussed, and he said, "I am appreciating life now, and wonderful things have happened. I have had an income of $25,000 this year, five times greater than the previous year." He has learned the simple truth that whatever he inscribes in his subconscious mind becomes effective and functional in his life.

MEDITATION FOR A RICH HARVEST OF FINANCIAL WEALTH

Use the following meditation for assurance in achieving financial wealth:

"'Thou madest him to have dominion over the works of thy hands.' I know that my faith in God determines my future. My faith in God means my faith in all things good. I unite myself now with true ideas and I know the future

will be in the image and likeness of my habitual thinking. 'As a man thinketh in his heart so is he.' From this moment forward my thoughts are on: 'Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, and of good report'; day and night I meditate on these things and I know these seeds (thoughts) which I habitually dwell upon will become a rich harvest for me. I am the captain of my own soul; I am the master of my fate; for my thought and feeling are my destiny."

CHAPTER POINTS TO REMEMBER

1. Begin to think of the untold riches all around you, waiting for the intelligence of man to reveal them. There is a guiding principle within you which, when called upon, will reveal to you the riches you are seeking.
2. There is an old saying: "Make friends with money and you will always have it." Look upon money as God's idea, circulating among nations, maintaining economic health. Claim that money is circulating in your life, and your subconscious will see to it that you have all the money you need.
3. If you condemn money, calling it "filthy lucre," the root of all evil, and making other such nonsensical statements, your money will take wings and fly away. Money, like everything else in the universe, is universal substance, which is Spirit reduced to the point of visibility. Money, like nickel, cobalt, iron, platinum, lead, oil and coal, are all forms of the universal substance operating at different frequencies and vibrations.
4. Adopt a new attitude toward money, realizing you are entitled to be richly compensated for your work, whether it be writing, teaching, gardening,

or whatever. Think of all the good you can do when money is circulating freely in your life.

5. You can work very hard, but if you dislike money or criticize it, you will find yourself in want financially. You do not make a god of money, but you realize that it is essential on this three-dimensional plane. You look to the real *Source* of wealth, which is God, and you know that as you turn to the Source It will turn to you and give you all the riches of life. In other words, you don't worship a created thing. You worship the Creator; your expectation is from God, who giveth to all life, breath and all things richly to enjoy.
6. Claim that you are always using money wisely, judiciously and constructively for your own good and that of all men and women everywhere. Constantly claim also that the Infinite reveals better ways in which you can serve.
7. The master key to disciplining the mind for money is to come to a clear-cut decision once and for all that God is the source of everything you see in the universe, and that everything man has made came also out of the mind of God. Believing this to be true, your affirmation for wealth will prove productive. When fearful thoughts or thoughts of lack come to your mind, reverse them at once by affirming, "God is my instant supply — that bill is paid in Divine mind now," or any similar appropriate affirmation. The *secret* is *never* finish a negative statement regarding finances. After a while, the negative thoughts will cease to come, and you find you have conditioned your subconscious to wealth.
8. A salesman advanced from $5,000 to $25,000 in a year by changing his attitude of mind toward himself and money. His subconscious belief in poverty had held him back. He began to feed his sub-

conscious mind with thoughts of success, opulence, right action and abundance; and he discovered that his thought, when properly guided, created promotion, wealth, self-esteem and recognition from his superiors and customers. He learned that what he inscribes in his subconscious becomes effective and functional in his life. His journey is now ever onward, upward and Godward.

9. Use the meditation at the end of the chapter to assure yourself of a rich financial harvest.

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How to Say the Exact Words That Will Bring You Money

Bring joy into your life. Pray for joy by claiming it. Affirm: "The joy of the Lord is my strength." But don't keep analyzing it or gritting your teeth about it. Just know that "joy" is the *elan* of life, the expression of life. Don't work "like a horse" at it. No will power, no muscle power, no blood vessel power is involved in this mental and spiritual therapeutic technique. *Just know and claim* that the joy of the Lord is flowing through you now and wonders will happen as you pray this way. Freedom and peace of mind will be yours as a result.

How She Enriched Herself Through Effective Prayer

A woman said to me: "I was blocked financially. I had reached the point where I had not enough money for food for the children. All I had was $5. I held it in my hand and said, 'God will multiply this exceedingly according to his riches in glory, and I am now filled with the riches of God.

All my needs are instantaneously met now and all the days of my life.' I affirmed this for about half an hour, and a great sense of peace came over me. I spent the $5 freely for food. The owner of the market asked me if I wanted to work there as a cashier, since the present one had just gotten married and left. I accepted it, and shortly afterwards I married the owner (my boss), and we have experienced and are experiencing all the riches of life."

This woman looked to the Source; she believed in her heart, and the blessings of the Infinite followed. Her good was magnified and multiplied exceedingly.

How Her Prayer for Her Students Worked Wonders

Chatting with a teacher while traveling to Hawaii, she told me that she was a teacher of Spanish and French in a religious institution and that every morning all of them would join together, each one of the students affirming aloud: "I am inspired from On High. Infinite Intelligence leads and guides me in my studies. I pass all my examinations in Divine order. I radiate love and goodwill to all my classmates. I am happy, joyous and free. God loves me and cares for me."

She said that a tremendous change has taken place in her students and that not a single one has failed in her classes for the past three years. She stated that she gives them a transfusion of faith and confidence in the Almighty every morning by telling them that they will pass, that they will be guided in their studies, and that they will have a perfect memory for everything they need to know. The students listen to her, absorb the truth of her statement, and together with their morning affirmations, these truths sink into their subconscious mind; and according to the impression in their subconscious, is it done unto them.

She is a wise teacher who has discovered that scientific prayer works wonders and miracles in an endless number of ways.

How Effective Prayer Enabled Him to Make a Comeback

A sales manager told me that he had been fired because of excessive drinking on the job and because of being involved with one of the secretaries in the office. He was very distressed, dejected, and worried about his wife, his income and his future.

In talking with his wife later, I discovered that she was a chronic nagger and had tried unsuccessfully to dominate and control her husband. She was abnormally jealous and very possessive, and she clocked him in every evening, creating a scene if he were not home at a certain hour.

He was emotionally and spiritually immature and did not handle the matter at all constructively. He deeply resented her nagging and her clocking of his arrival at home and retaliated by drinking and becoming involved with another woman. He said to me, "I just wanted to get even with her."

Both of them agreed to start a prayer process night and morning, realizing that as they prayed for each other there could not possibly be any bitterness, hostility or resentment, as Divine love casts out everything unlike itself.

She prayed night and morning as follows: "My husband is God's man. God is guiding him to his true place. What he is seeking is seeking him. God's love fills his soul and God's peace fills his mind and heart. God prospers him in all ways. There are harmony, peace, love and understanding between us. It is God in action in our lives."

He likewise prayed for his wife night and morning as follows: "My wife is God's child. God loves her and cares for her. God's love, peace, harmony and joy flow through her at all times and she is Divinely guided in all ways. There are harmony, peace, love and understanding between us. I see God in her and she sees God in me."

How It All Worked Out

As both of them became relaxed and peaceful about the situation, they realized that "only good can come out of

the situation." Soon he received a phone call from the president of the company, calling him back, stating that he had heard he had had a reconciliation with his wife, and at the same time he praised him for his past achievements and accomplishments for the organization.

Actually, his wife, without his knowledge, had visited the president and had told him the whole story, how happy they now were, and how the "other woman" had vanished out of his life. She told how they were now praying together. He was deeply impressed, and she and her husband discovered very quickly the riches of scientific prayer.

Let the Riches of the Infinite Flow Through You

Constantly affirm, feel and believe that God multiplies your good exceedingly and you will be enriched every moment of the day spiritually, mentally, intellectually, financially and socially, for there is no end to the glory of man for his daily living. Watch the wonders that will happen as you impress these truths in your subconscious mind. You will experience a glorious future, even in a financial way.

The Sure Riches of "Watch and Pray"

Watch your thoughts. Never talk about economic lack and limitation; never talk about your being poor or in want. It is very foolish to talk to your neighbors or relatives about hard times, financial problems and like matters. Count your blessings. Begin to think prosperous thoughts; talk about God's riches present everywhere. Realize that the feeling of wealth produces wealth. When you talk about not having enough to go around, and how little you have, and how you must cut corners and eat the cheapest meat, these thoughts are creative and *you are only impoverishing yourself.*

Use the money you now have freely; release it with joy and realize that God's wealth flows to you in avalanches of abundance. Look up to the Source. As you turn to God, the response will come, as "He careth for you." You will find

neighbors, strangers and associates adding to your good and also to your supply of material things. Make it a practice to pray for Divine guidance in all your ways and believe that God is supplying all your needs according to His riches in glory. As you make a habit of this attitude of mind, you will find the invisible law of opulence can and will produce visible riches for you.

She Became a Tremendous Success Through Effective Prayer

A beauty parlor operator told me that the secret of her success was that every morning prior to opening her beauty salon, she had a quiet period in which she affirms: "God's peace fills my soul and God's love saturates my whole being. God guides, prospers and inspires me. I am illumined and His healing love flows from me to all my clients. Divine love comes in my door and Divine love goes out of my door. All those who come into my salon are blessed, healed and inspired. The Infinite Healing Presence saturates the whole place. This is the day the Lord hath made, and I rejoice and give thanks for the countless blessings which come to my clients and to myself."

She had this prayer written out on a card and reiterates these truths every morning. At night she gives thanks for all her clients, claiming that they are guided, prospered, happy and harmonious and that God and His love flow through each one, filling up all the empty vessels in her life.

She stated to me that following this prayer technique pattern, at the end of three months she had far more clients than she could handle and had to hire three additional operators! She had discovered the riches of effective prayer and is prospering beyond her fondest dreams.

Realize the Rich Blessings of the Infinite

Recently a doctor in Beverly Hills said to me that her constant prayer was as follows: "I live in the joyous expec-

tancy of the best, and invariably the best comes to me. My favorite Bible verse with which I saturate my mind is: *He giveth to all life, and breath, and all things* (Acts 17:25)." She has learned that *she is not dependent on people* for joy, health, success and happiness or peace of mind. She looks to the Living Spirit Almighty within her for promotion, achievement, wealth, success and happiness. *Whosoever trusteth in the Lord, happy is he* (Proverbs 16:20).

Contemplate promotion, success, achievement, illumination and inspiration, and the Spirit of the Almighty will move on your behalf, compelling you to express fully what you meditate on. Let go now, and permit the Infinite riches of the Infinite One to open up new doors for you, and *let* wonders happen in your life.

The Riches of Effective Prayer Therapy

In prayer therapy, avoid struggle and strain, since this attitude is indicative of your unbelief. In your subconscious is all the wisdom and power necessary to solve any problem. Your conscious mind is prone to look at external conditions and tends continually to struggle and to resist. Remember, however, *it is the quiet mind that gets things done.* Quiet your body periodically; tell it to be still and relax, and it will obey you. When your conscious mind is quiet and receptive, the wisdom of your subconscious mind rises to the surface mind and you receive your solution.

How Do You Feel After Prayer?

You can know if you have succeeded in prayer by the way you feel. If you remain worried or anxious, and if you are wondering how, when, where or through what source your answer will come, you are meddling. This indicates you do not really trust the wisdom of your subconscious. Avoid nagging yourself all day long or even from time to time. When you think of your desire, lightness of touch is important; remind yourself that Infinite Intelligence is taking care of it

in Divine order far better than you can by tenseness of your conscious mind.

How Often Should You Pray?

Many people ask: "How often should I pray for a loved one who is ill, who is in the hospital, or who is impoverished financially?" The general answer is that you should pray until you feel satisfied within, or you just feel that this is the best you can do for the time being. Expect your prayer for harmony, wholeness, vitality and abundance to be answered. You may pray later on during the day, as soon as you have gotten away from the last prayer. You will know when your prayer is answered by experiencing an inner sense of peace and certitude, followed by no further desire to pray.

Long sessions of prayer are usually a mistake, as they may indicate you are trying to force things by using mental coercion, which always results in the opposite of what you are praying for. You will often find that a short prayer uttered from the heart gets better results than a long prayer.

He Restoreth My Soul (Psalm 23:3)

Learn to let go and relax. Do not give power to the ailment or condition. Give power and allegiance to the Infinite Healing Presence. The swimming instructor tells you that you can float on the water, which will support you if you remain quiet, still and at peace. But if you get nervous or fearful, you will sink.

When you are seeking a spiritual healing, feel that you are immersed in the Holy Omnipresence, and that the Golden River of life, love, truth and beauty is flowing through you, transforming your whole being into the pattern of harmony, health and peace. Identify yourself with the river of life and love, and feel yourself swimming in the great ocean of life. That sense of oneness with God will restore you. *He restoreth my soul* (Psalm 23:3).

MEDITATION FOR A WONDERFUL FUTURE

The following meditation used daily will bring you many wonderful things:

"I know that I mold, fashion and create my own destiny. My faith in God is my destiny; this means an abiding faith in all things good. I live in the joyous expectancy of the best; only the best comes to me. I know the harvest I will reap in the future, because all my thoughts are God's thoughts, and God is with my thoughts of good. My thoughts are the seeds of goodness, truth and beauty. I now place my thoughts of love, peace, joy, success and goodwill in the garden of my mind. This is God's garden and it will yield an abundant harvest. The glory and beauty of God will be expressed in my life. From this moment forward, I express life, love and truth. I am radiantly happy and prosperous in all ways. Thank you, Father."

CHAPTER POINTS TO REMEMBER

1. Whatever money you have, bless it now and believe it when you say, "God will multiply this exceedingly now and forevermore." Believe it in your heart and you will never want all the days of your life.
2. When a husband and wife pray for each other, exalting God in the midst of one another and claiming peace, harmony, love and inspiration for one another, all resentment and ill will are dissolved, and both will prosper. If you are fired from a position, claim, "Only good can come out of this" and you will discover a new door opens up a far more wonderful position than the previous one.
3. Focus your attention on whatsoever things are lovely, noble, wonderful and God-like, and you will experience the riches of life. Remember, you reap what you sow in your subconscious.

4. Watch your thoughts. Your thoughts are creative. Never talk about lack, limitation, or being poor, or unable to make ends meet. This multiplies your misery. Think of God's riches and affirm boldly that the riches of the Infinite are flowing to you in avalanches of abundance. Claim it boldly and the Infinite will respond.
5. A beauty parlor operator became an outstanding success by affirming regularly and systematically: "God's peace fills my soul and God's love saturates my whole being. His healing love flows from me to all my clients. All those who come into my salon are blessed, healed, prospered and inspired." She made a habit of this prayer and has prospered beyond her fondest dreams.
6. A wonderful prayer enabling you to experience the riches of the Infinite is this: "I live in the joyous expectancy of the best and invariably the best comes to me. *God giveth to all life, and breath, and all things* (Acts 17:25)."
7. In teaching students, realize that Infinite Intelligence is guiding and directing them in their studies. Claim that they pass all their examinations in Divine order. Give them a transfusion of faith and confidence in the Power within them, and you will be amazed how they pick up your conviction of them subconsciously. Wonders happen as you pray this way.
8. Assure yourself of a full, rich future by using the meditation at the end of the chapter.

seven

How to Activate the Psychic Money-Machine

"To prosper" means to succeed, to thrive, to turn out well. In other words, when you are prospering, you are expanding, growing spiritually, mentally, financially, socially and intellectually. In order to truly prosper, it is necessary that you become a channel through which the Life-Principle flows freely, harmoniously, joyously and lovingly. I suggest that you establish a definite method of working and thinking and that you practice it regularly and systematically every day.

How Prosperity Thoughts Changed His Life

One young man who consulted with me had experienced a "poverty complex" for many years and had received no answers to his prayers. He had prayed for prosperity, but the fear of poverty continuously weighed on his mind and, naturally, he attracted more lack and limitation than prosperity. The subconscious mind accepts the dominant of two ideas.

After talking with me, he began to realize that his thought-image of wealth produces wealth, and that every thought is creative *unless it is neutralized by a counter thought of greater intensity.* Furthermore, he realized that his thought and belief about poverty was greater than his belief in the infinite riches all around him. Consequently, he changed his thoughts and kept them changed. I wrote out a prosperity prayer for him, as follows (I know it will benefit you also):

An Effective Prosperity Prayer

"I know there is only one Source, the Life-Principle, from which all things flow. It created the universe and all things therein contained. I am a focal point of the Divine Presence. My mind is open and receptive. I am a free-flowing channel for harmony, beauty, guidance, wealth and the riches of the Infinite. I know that health, wealth and success are released from within and appear on the without. I am now in harmony with the infinite riches within and without, and I know these thoughts are sinking into my subconscious mind and will be reflected on the screen of space. I wish for everyone all the blessings of life. I am open and receptive to God's riches — spiritual, mental and material — and they flow to me in avalanches of abundance."

His Changed Thinking Suddenly Changed Him into a Prosperous Person

This young man focused his thoughts on God's riches rather than on poverty and made it a special point not to deny what he affirmed. In a month's time, his whole life was transformed. He affirmed the above truths morning and evening for about ten minutes, knowing that he was actually writing down these truths in his subconscious mind, causing the latter to be activated and to release its hidden treasures. Although he had been a salesman for ten years with rather dim prospects for the future, suddenly he was made sales manager at $30,000 a year plus prime benefits.

How She Wrote Her Desires in Her Prayerful Heart and Received Astounding Results

A young woman learned that her conscious mind could be likened to a pen and that she could inscribe her true desires on her subconscious by frequent habitation of the mind with the desires of her heart. Accordingly, she decided to write two desires in her deeper mind by thinking of each one separately and with interest, knowing that her subconscious would respond exactly according to the impression made upon it.

Her Most Cherished Desires

Her first desire was as follows: "My mother and I are going on a two-week holiday to Mexico. We have agreed that Infinite Intelligence opens up the way in Divine order." Both of them pictured themselves on the plane, and they conducted an animated conversation in their imaginations with the hostesses. They felt the tangibility of the plane and the naturalness of the whole thing.

After about a week, this young woman came to my office all excited, saying, "Look what I found — this envelope on the street containing twenty 100 dollar bills and a note inside: 'Whoever finds this, keep it. God bless you,' and that's all." There was no name or any identification of any kind on the envelope. Now, it happens that there are eccentric millionaires who do things like this from time to time, which is a possible explanation of her good fortune. They went on a wonderful extended tour of Mexico. The ways of your subconscious to get results are truly past finding out.

Her *second desire* was for *marriage.* This is what she wrote with her conscious mind pen in her subconscious: "I know my desire for marriage and happiness is the voice of God in me urging me to lead a full and happy life. I know that I am one with the Infinite now. I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. I can be a great asset to

him. I can cherish, love and inspire him to greatness. He loves my ideals and I love his ideals. He does not want to make me over; neither do I want to make him over. There are mutual love, freedom and respect between us. These words go forth and accomplish whereunto they are sent. I have written this request in my subconscious mind with faith and confidence, and I decree it is done, finished and established in my deeper mind. Whenever I think of marriage, I shall remind myself that infinite intelligence of my subconscious is bringing this to pass in Divine order."

A few weeks went by and the dentist who had been working on her teeth for some weeks suddenly proposed to her and she accepted. I had the joy and satisfaction of performing the marriage ceremony. This young woman gained a new insight into the wonders of her subconscious mind. *Think prosperous* and wholesome thoughts, *and wonders happen* as you pray.

How Riches of Daily Healthy Thinking Brought Great Benefits

A young, divorced woman was resisting life by complaining, "I am leading a humdrum existence. I am lonesome, frustrated, and I have no friends. I lead a drab, weary existence," etc. However, she learned that her thoughts are creative and that by thinking negatively along the above lines, she was actually compounding her misery, because whatever we give attention to, the subconscious magnifies and multiplies in our experience.

After learning something about the laws of mind in our interviews, she reversed her habitual frustrated thinking and began to affirm frequently and systematically: "I am happy, joyous and free. I am loving, kind, harmonious and peaceful. I sing the song of praise in the Lord, which is my strength."

She realized and understood the mental law that whatever she attached to "I AM," she would manifest and express. She made a habit of affirming the above mental truths, and her whole life was changed from the former so-called

drab existence to a fullness of life, including marriage to a brilliant engineer, a new home, plus a new perspective and a new insight into the wonders of the riches within her.

How a Housewife Planned for Prosperity and Happiness and Got Results

A housewife who conferred with me was constantly whining and complaining, "There is no happiness for me. I was born on the wrong side of the tracks. I am stuck to a treadmill sort of existence. I wash, cook, iron, scrub, wash dishes and windows, and take care of three children." She was resenting and resisting her environment and felt life was against her and unkind to her.

*During our discussion, however, she began to awaken to the truth that prosperity and happiness represent a state of mind. Accordingly, she reversed her way of thinking and began to claim, "Divine right action is mine. Success is mine. Wealth is mine. Happiness is mine. God's river of peace governs my mind, body, and activities, and whatever I do will prosper. I know my thoughts are creative. As an engineer plans a bridge, so am I planning prosperity and happiness now. I believe implicitly in the law of the Bible, which promises, *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you* (Matthew 7:7)."

This housewife accordingly stirred up the gift of God's prosperity within her, and her relationship to her work, her home and her children changed. She released the imprisoned splendors within. Money came in from totally unexpected sources and she became completely satisfied with her new lot in life.

There Are Beauty and Abundance Where You Are

God is indescribable beauty, and God indwells you; He walks and talks in you. Your mind and your spirit, your thoughts and your feelings all represent God within you. The invisible life and power within you is God. Your thought, being creative, is also God in action in your life. Begin to

contemplate that God's beauty and riches flow through your thoughts, words and deeds, and you will pass on the beauty and riches of God to your family, friends and neighbors. Give thanks for all the blessings you have. You can make your home beautiful and you can inspire others to experience the riches of your deeper mind. You are the artist, the weaver, the designer and the architect of your life.

The Riches of His Secret Plan for Making a Profitable Business Deal

I know of a man operating a large market whose brother, a partner, had recently died. This brother had bequeathed his one-half interest in the business to his two nieces. These girls were very negative and demanding, creating all sorts of problems for this man. They refused to sell their one-half interest. He said to me that following an argument with them over more money from the business, he wrote down on a piece of paper, "I loose these girls to God completely. They are in their true place. Nothing is forever. This condition passes away *now.* It is God in action." He placed this writing in a drawer in his desk, which was marked "With God all things are possible," and forgot about it. In two weeks' time, the two girls (his nieces) agreed to sell their interest and there was a perfect harmonious solution for his getting a profitable deal for the whole business.

His technique was sound. Actually, he was writing the solution in his subconscious mind, and his method of placing it in a drawer in his desk was simply an *outer symbol.* He released his problem to the infinite intelligence of his subconscious mind, which is the secret place from which you draw forth the answer to all your problems.

How to Consider the Riches of the Infinite

You can look at the stars at night, the cumulus clouds are there for you to admire, and the sky is as blue for you as it is for everyone. You can look at the sunset whether you

are rich or poor. You can listen to the songs of the birds and become enraptured with the beauty all around you. Begin to see the Divine Presence in all things about you — in the rising sun, the golden moon, the sky, the mountains, the rivers, the rivulets and the streams. Contemplate the beauty of all nature, and don't forget to see the love in your dog's eyes.

Life is a mirror which reflects back to us precisely that which we deposit in our minds. Look through the eyes of love and beauty, and love, beauty and the riches of the Infinite will come back to you. Longfellow said, "Look not mournfully into the past; it comes not back again. Wisely improve the present; it is the thing. Go forth to meet the shadowy future without fear and a manly heart." Seneca said, "We can only say he is anxious about the future to whom the present is unprofitable." God (your good) is the Eternal Now! Claim your good and all the riches of life now. What you can conceive, you can achieve through the wisdom and power of your subconscious mind.

The Wonders of Prosperous and Healthy Writing Out of Your Desires

Every New Year's Eve, I am requested to preside at an assembly and to conduct a New Year's prayer for a group of men and their wives. The custom is that each person writes out clearly his or her desires of the heart. There are only four categories, such as health, wealth, love and expression. No matter what you seek comes under one of these classifications. If, for example, you request wisdom as your sole desire, that comes under expression, or your desire to release more and more of the life, love, truth, beauty and riches of the deeper mind. Also in writing down their desires, it was suggested that a friend or relative be included in one of them. For example, if the friend or relative was involved in a lawsuit, they were instructed to write down: "There is a Divine and harmonious solution through the infinite justice and harmony of God for _____."

How Desires Written Out Have Come to Be Fulfilled

It is amazing how many of these desires are answered before the end of the year. In many instances some of their prayers are answered early the following year, but then it happens that the answers actually come at the right time, i.e., when they are ready. All these written requests are placed in sealed envelopes and given to one of the men present, who places them in his safe at home; and on the following New Year's Eve, each one is presented with his or her envelope and the owner reads it privately.

One man showed me his written request and said every one had been fulfilled in Divine order. One of his desires was that he would have more time for his sons and for more recreation and travel with his family. He was transferred and promoted and received six weeks' vacation, enabling him to take his family on a five-week cruise. Also, he had much more time for his family during the week.

Another request by a mother was that her two sons would never be called to service. They were deeply spiritual boys and abhorred war. They have never been called and, as she said, they never will be. She decreed and wrote, "My boys are God's sons. God places them in their true place where they are doing what they love to do. God knows and God cares."

All these men and women write down the deepest desires of their hearts, trusting and believing that the infinite intelligence in their subconscious mind will bring their desires to pass in Divine order. I always conclude my prayer with the group in this way: "We decree that all these written desires are inscribed in the subconscious of each and that all these desires come forth in Divine law and order."

These prayers are answered either as written or in a grander and greater way in the sight of the Higher-Self, which knows all and sees all. All these men and women are amazed to see the wonderful way in which these prayers are answered.

The Real Secret of It All

The secret purpose of writing these desires and sealing them is that we release them completely to the wisdom of the subconscious with faith and confidence, knowing that as the sun rises in the morning, so will there be a resurrection of all these desires in Divine order. This is called Divine indifference. When you have this attitude of mind, your prayers are always answered. Divine indifference means that you know it is impossible for your prayer to fail, for it is written, *He will not fail thee, nor forsake thee* (Deuteronomy 31:6)

MEDITATION FOR IMPREGNATING YOUR SUBCONSCIOUS MIND

The following meditation sincerely believed by you and repeated often will yield you great treasures:

"'Be ye doers of the word, and not hearers only, deceiving yourselves.' My creative word is my silent conviction that my prayer is answered. When I speak the word for healing, success or prosperity, my word is spoken in the consciousness of Life and Power, knowing that it is done. My word has power, because it is one with Omnipotence. The words I speak are always constructive and creative. When I pray, my words are full of life, love and feeling; this makes my affirmations, thoughts and words creative. I know the greater my faith behind the word spoken, the more power it has. The words I use form a definite mold which determine what form my thought is to take. Divine Intelligence operates through me now and reveals to me what I need to know. I have the answer now. I am at peace. God is Peace."

CHAPTER POINTS TO REMEMBER

1. You are prospering when you are expanding along all lines spiritually, mentally, intellectually and

financially. You should have all the money you need to do what you want to do and when you want to do it.

2. Your subconscious mind accepts the dominant of two ideas. Reason out clearly all the reasons why all things visible and invisible come from One Source. All things made by man came out of the One mind, and all things made by God came out of the same mind. Think prosperity thoughts. Think of riches of all kinds and the immense wealth of the world, and your subconscious will respond to your habitual thinking. Supplant all thoughts of poverty with the thought of God's opulence and endless resources. Be open and receptive, and let wealth flow freely to you. Be a good receiver.
3. Your conscious mind is the pen with which you inscribe your true desires in your subconscious. Think quietly and with interest of each desire separately, watering it and nurturing it with faith and expectancy. Do this three or four times a day. By frequent habitation of the mind, you will impregnate your subconscious, and the cherished desires of your heart will be realized.
4. Never engage in thinking of lack, limitation, loneliness and frustration. On the contrary, have a mental plan of the things you want, and then realize that whatever you attach to "I AM" you will create in your life. Get a little phrase easily graven on the memory, such as "I am happy, joyous, free," etc. Repeat it over and over again as a lullaby. Do it knowingly and feelingly. As you sow in your subconscious, so also will you reap.
5. Instead of grumbling, whining, and complaining about present conditions, reverse that attitude of mind and claim boldly: "Divine right action is mine. Divine success is mine. Divine love fills my soul, and whatever I do will prosper." Know that your

thoughts are creative and that you are what you think all day long. Have a healthy respect for your thoughts. Your *thought* is your *prayer.*

6. Begin to contemplate that God's beauty and riches flow freely through your thoughts, words and deeds and you will experience the results of your thinking; furthermore, you will be able to pass on to your family the riches acquired by contemplation. You must have in order to give. It is only the rich people who can contribute richly to all; the poor cannot give.
7. When you are in a quandary and are dealing with difficult people, it is a good thing to write out clearly your desire, as follows: "This, too, will pass away and there is a Divine and harmonious solution through the wisdom of my subconscious. I loose it and let it go now." You can put this written prayer in a drawer marked "With God all things are possible." This is a symbolic way of releasing it and it works wonders.
8. Life is a mirror for the king and the beggar, reflecting back to each of us precisely that which we deposit in our mind.
9. I have conducted group prayers on New Year's Eve where each person writes out his or her heart's desires. These prayers are sealed in an envelope, locked away for one year and opened the following New Year's Eve. Each member is amazed at the way their prayers were answered. Many had forgotten what they wrote and were astounded. The secret is that they released all their prayers with faith and confidence to the deeper mind, which knows all and sees all. They learned that when one has a Divine indifference, the prayer is always answered. Divine indifference is not carelessness or apathy; rather, it means that you know whatever you claim and feel to be true in your heart must

come to pass; therefore, you wait for the answer with greater faith, assurance and conviction than the man who waits for the coming of the dawn.

10. The meditation at the end of the chapter will yield you amazing benefits for daily living.

eight

How to Make and Use a Psychic Treasure Map

"The soul without imagination is what an observatory would be without a telescope."

H. W. Beecher

"Imagination disposes of everything; it creates beauty, justice, and happiness, which are everything in this world."

Pascal

"The poet's eye, in a fine frenzy rolling, doth glance from heaven to earth, from earth to heaven; and as imagination bodies forth the forms of things unknown, the poet's pen turns them to shape, and gives to airy nothing a local habitation and a name, such tricks hath strong imagination."

Shakespeare

Imagination is one of our most powerful faculties. Disciplined, controlled, and directed imagination is a mighty instrument which plumbs the depths of your subconscious mind, bringing forth new inventions, discoveries, poems, music, and an awareness of the riches of the air, the sea and

the earth. Scientists, artists, musicians, physicists, inventors, poets, and writers generally possess highly developed imaginative faculties, which draw forth from the treasure house of their subconscious the riches of the Infinite and bless mankind in countless ways.

How Her Treasure Map Brought Her Riches and Companionship

Recently I performed a marriage ceremony for a young secretary who told me that about six months prior to her marriage, she drew up for herself a treasure map, dividing it into four parts: In the first section, she wrote, "I give thanks for God's wealth flowing freely in my life." In the second, she wrote, "I give thanks for a four-month trip around the world." In the third, she wrote, "I give thanks for a wonderful, spiritual-minded man who harmonizes with me perfectly." In the last, she wrote, "I give thanks for a wonderful home which is beautifully furnished." Underneath these four requests, she wrote, "I give thanks for the immediate fulfillment of all these requests in Divine order through Divine love."

Every morning, afternoon and evening, she would go over her requests, affirming and imagining their fulfillment, realizing that gradually these images would be written in her subconscious mind, which would bring them to pass. The answer to her first request came in about a month's time. Her grandmother in New York bequeathed $50,000 to her in her will and also her Cadillac car. Her mother and father, who are living in Canada, invited her to take a trip with them around the world, and on the trip she met a young scientist. As she said, it was love at first sight, and her marriage to him took place on her return to California. He had a beautiful home magnificently furnished.

She said to me that writing out a treasure map and trusting the infinite intelligence of her subconscious mind really works, and it does. In addition to the above technique, this young secretary got a passport, selected her tour and every night imagined she was on the plane visiting all the

foreign countries. She also imagined a ring on her finger, which meant to her that she was already married to a wonderful man. In her imagination, she lived in a beautiful home surrounded by trees. And last but not least, she imagined going to her favorite teller in the bank and depositing $50,000, and he, in turn, congratulated her on her good fortune.

Her method helped her to get control over her thinking and imagination, enabling her to have dominion over her financial affairs, while at the same time bringing fulfillment in her love life and the field of expression.

His Imagination Brought About a Legal Settlement

On a visit to the ruins of Chichen Itza, famous for its pyramids and relics dealing with the ancient Mayan civilization, the guide informed me that Itza means "rattlesnake," and that the symbol was used throughout their culture.

Here I met an attorney from Texas, who happened to be staying at the same hotel, and he told me that after this vacation trip to the Mexican pyramids, he had a very tough assignment before him in Dallas, Texas, involving the settlement of conflicting claims among members of a family regarding a will involving about a million dollars. One member of the family had engaged him to bring peace and harmony so that a prolonged lawsuit could be avoided. He was quite apprehensive about it, since a settlement would render him a rather large fee.

I suggested that he practice the following imaginative form of prayer-therapy. Inasmuch as there is no time or space in the mental realm, he was to project himself mentally into a conference room in Dallas, where all the members of the family would be assembled, claiming harmony, peace and understanding to be operating among them. Accordingly, several times every day prior to his assignment, he imagined the member of the family who had hired him saying: "We have agreed to accept the terms of the will as written and will not contest it in court." He heard this over and over again and lulled himself to sleep every night with two words, "Happy ending."

Some weeks after I returned from the pyramids of Mexi-

co, I had a letter from my attorney friend saying that he had followed my instructions, and at the family conference there was a complete agreement and a happy ending as well as a large check for the harmonious solution to what had threatened to be a rather nasty court battle between brothers and sisters.

How a Mexican Guide Uses His Imagination and Makes Extra Money

A guide who drove me to Uxmal, one of the major archaeological sites in Mexico which lies on the Merida-Compeche highway, slightly over an hour by motor car from the capital of the State of Yucatan, told me that during quiet periods when there are not so many tourists, his hobby is that of dowser and water diviner. He uses a bent piece of copper wire, and when he is asked to find water by a landowner, he visits the ranch, walks around and talks to his arm, saying to it, "You will get firm and rigid and the copper wire will point to the exact spot where water is." He added that in most instances he is correct. "The few times I fail," he said, "is due to the fact that I am too tired or that I don't concentrate enough."

He informed me that he had made enough extra money dowsing to enable him to get his degree from the university, and that in a short while he will become an instructor in archeology there. He showed me some maps also, which pinpointed where he had found lost cattle and lost sheep. He would study the map of the area and focus all his attention on the lost animal or animals and the wire would point to the exact spot.

He Was Simply Tapping the Riches Already in His Subconscious

When this young man was a very young boy, his father told him that he had inherited the gift of dowsing, and the young boy believed him. Inasmuch as the subconscious is amenable to suggestion and is controlled by suggestion, his

subconscious responded according to his belief. Moreover, the subconscious mind is coextensive with all wisdom and intelligence, sees all and knows all; and it knows where water is, and where gold is, for the whole world came out of the universal subconscious.

Due to his belief and to his definite command to his subconscious mind, when he walks in an area where water is, his subconscious brings about a constriction of the muscles of his arm, a certain rigidity, and also acts on the wire, causing it to point to the spot to dig. I told him that he could improve his technique by suggesting frequently to his subconscious mind, "You will tell me exactly how many feet deep the water is" and "according to his belief is it done unto him."

The Law of Constructive Imagining Overcame Her Discouragement

A widow came to me in a rather depressed, dejected and discouraged state. She had been trying to sell her two-story house for over a year. She had many people look at it, but none offered to buy, though they did not complain about the price. The upkeep was too much for her, and it was essential that she sell the home and retire to Leisure World, where an apartment was provided for her.

I outlined for her what she was to do in her imagination. She followed the instructions faithfully, and within three days her home was sold. At my suggestion, before going to sleep, she imagined a check in her hand for $100,000, the full price of the home. Then, in her controlled imagination, she deposited it in the bank with a great feeling of inner satisfaction. After this, and still in her imagination, she went into the apartment at Leisure World which she had visited several times, and which was being reserved for just a month based on her promise to take it.

In her drowsy sleep state, she slept on the divan of the apartment — all this in her imagination — and just before going off to sleep, she said, "Thank you, Father, for the

fulfillment of my prayer in Divine order." She did this for three consecutive nights, and on the morning of the fourth day an executive from the East Coast saw the house and wanted to move in immediately. The price was right and everything else was right about it. He paid her cash in the form of a cashier's check for $100,000.

Truly, imagination has been called the workshop of God. Einstein said, "Imagination is greater than knowledge." What you can imagine and feel to be true will come to pass. Imagination clothes your ideas and projects them on the screen of space. Be faithful to that mental image in your mind and you will find that it will one day be projected on the screen of space.

How an Actress' Imagination Overcame Her Sense of Frustrating Competition

A beautiful actress who had been out of work for six months said to me that she had an opportunity for a wonderful part in a new movie, but that the producers were considering three others, also. Following their interview with her, she felt she could fit the part perfectly. I said to her that the idea of competition engenders anxiety, perhaps excess tension. I added that she might not get the part; therefore, I suggested that she do this: declare with faith and confidence, "I give thanks for my perfect expression at my highest level in Divine law and order. I accept my role in this movie or something grander, greater, or more wonderful, according to the riches of the Infinite, for me. It is God in action." Then I suggested she release the whole thing to her subconscious mind. Whenever the thought of the movie contract would come to her, she was to say, "Infinite Intelligence is taking care of that."

She did not receive the movie part she applied for, but shortly afterward she got a wonderful contract for overseas far more wonderful and exciting than the one she had desired originally. Whenever you are faced with what you believe to be competition for a job, assignment, or what-

ever, persist in the above simple procedure and get ready for the answer, which will come to you pressed down, shaken together, and running over.

The Rewards of Picturing Success and Riches

A few days ago, I had a lovely letter from a woman who, accompanied by her husband, is making a motion picture in France. Some years ago she had thought that everything was against her; everything seemed to go wrong in her life. I suggested to her, however, that she keep on imagining success and that the mental image, when repeated regularly, would overcome all her negativity; imagination is the most powerful faculty for success and riches when used in the right way.

Many times a day she would picture me in her mind's eye congratulating her on her wonderful success and marvelous achievements; also on her happy marriage. A few months later following an interview in my study, she left for England to visit her relatives. There she met and fell in love with a marvelous man who is thoroughly devoted to her. She got many television roles in England and now is engaged in a movie production in the south of France.

She wrote that it is true: whatever the mind expects, pictures and perseveres in comes to pass even though the evidence of the five senses seems to deny it. She dared to continue imagining her good, persevering every step of the way, proving that *the falling drops at last will wear the stone* (Lucretius). *Victory belongs to the most persevering* (Napoleon).

The Marvelous Power of a Master Image

Your dominant or master image controls all phases of your life. Your subconscious accepts the dominant of two ideas. (See *The Power of Your Subconscious Mind.*[1]) A

[1]See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

cigar salesman in downtown Los Angeles visited with me for an hour about five years ago. Today he is worth over half a million dollars. However, he was barely making ends meet five years ago. He lived in a trailer, had two boys, a wife, and an automobile that needed constant repair.

I explained to him how to use his imagination constructively, and he wrote down, at my suggestion: "I claim God's riches now, and my subconscious responds. I claim a beautiful home for my family. My wife, my two boys and I each need a car, and my subconscious brings these requests to pass. Promotion is mine. Success is mine. I give thanks for the fulfillment of all this now."

He and his wife made it a habit to mentally picture a lovely yard. They pictured a garage with four cars and a big bank account. Prior to sleep each night, he conveyed a message to his subconscious as follows: "I am ever grateful for God's riches, forever active, forever present, unchanging and eternal. I give thanks for my promotion and outstanding success."

Nothing happened for three months, then suddenly he was made manager of the store, and shortly thereafter his wife inherited property in Texas on which oil had been discovered. They moved to Texas where he now has the beautiful home, four cars and financial independence, since he is his own boss in charge of the oil wells worth over half a million dollars. It is written: "Whoever perseveres will be crowned" (Herden).

MEDITATION FOR EFFECTIVE IMAGINATION, THE WORKSHOP OF GOD FOR ALL GOOD

"'Where there is no vision, the people perish.' My vision is that I desire to know more of God and the way He works. My vision is for perfect health, harmony and peace. My vision is the inner faith that Infinite Spirit leads and guides me now in all ways. I know and believe that the God-Power within me answers my prayer; this is a deep conviction within me.

"I know that the mental picture to which I remain faithful will be developed in my subconscious mind and come forth on the screen of space.

"I make it my daily practice to imagine for myself and others only that which is noble, wonderful and God-like. I now imagine that I am doing the thing I long to do; I imagine that I now possess the things I long to possess; I imagine I am what I long to be. To make it real, I feel the reality of it; I know that it is so. Thank you, Father."

CHAPTER POINTS TO REMEMBER

1. The soul without imagination is what an observatory would be without a telescope. Imagination is the primal faculty of man, and it has the capacity to clothe your idea into visibility on the screen of space.
2. You can draw up for yourself a treasure map listing the cherished desires of your heart. Go over it several times a day, claiming and imaging the fulfillment of each desire now. Persevere and you will find that the images will be deposited in the subconscious, which will bring them to pass.
3. If you are apprehensive and worried about the outcome of a conference or legal controversy, quiet your mind and claim that harmony, peace and Divine understanding operate in the minds and hearts of all involved. Select the person who gave you the assignment and imagine he is telling you of the harmonious agreement and hear it over and over again. Lull yourself to sleep with "happy ending." You will succeed in impregnating the solution in your subconscious and there will be a Divine agreement.
4. A guide, believing that he inherited the capacity of dowsing, carried what he called a divining rod with him (copper wire), and he had convinced his subconscious mind that whenever he walked over

an area where water was, his arm would become rigid and the bent copper wire would point to the exact spot. His subconscious responded to his conviction, and he makes considerable money in this field of exploration.

5. If you have trouble selling a home, imagine you are holding the check for full payment in your hand prior to sleep; give thanks for the check, feel its reality, the naturalness and wonders of it all, and imagine yourself at the teller's window depositing the same amount. Give thanks to your Higher Self and you will find wonders happening as you pray that way.
6. When you are competing with others for a contract, assignment, position or role in the movies, avoid anxiety and tension by affirming, "I accept this assignment or something far more wonderful according to the riches of the Infinite for me." If you do not get that particular position, something far more wonderful will open up for you in the light of your Higher Self.
7. Even though your reason and senses deny the possibility of your attaining riches, promotion and success, persist in your master image for success, financial independence, a lovely home and the way you want things to be. Persist regularly and systematically, knowing that your master image will sink down into your subconscious mind and come to pass. One man earning only $100 a week five years ago proved that his persistent mental imagery caused him to fulfill all his dreams, including holdings of a half million dollars. This is the power of an overall master image. Whoever perseveres will be crowned.
8. Make full use of the meditation at the end of the chapter to help develop your greatest use of imagination for a richer life in every way.

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How the Law of Infinite Increase Multiplies Your Wealth

All men and women throughout the world are seeking to magnify their personal good. There is a Divine urge whispering to men and women everywhere to rise, transcend, grow and expand. It is an inner voice which says "Come on up higher. I have need of you."

You desire to have more of the worldly goods, a better position, friends, more money and luxuries of life. You desire the best food, clothing, the best automobile and all the other good things of life. Furthermore, you desire to travel all over the world and see the glories and beauties of this universe and the countless temples of beauty dedicated by man to God. Above all, you want to learn more about the riches-producing laws of your mind which will enable you to tap the treasure house of infinity within you and experience the life more abundant.

It is the nature of the soil to magnify and multiply the seeds you deposit in it. By depositing an acorn in the ground, you can in time look forward to a forest. *But God gave the increase* (I Corinthians 3:6). Likewise, when you plant the thoughts of riches, abundance, security and right action in your mind, and when you water them with faith and expectancy, riches and honor will be yours.

Increase means the multiplication of your good along all lines, spiritually, mentally, emotionally, socially and financially. Every thought is incipient action, and when you begin to think of the riches within your subconscious mind and all around you, you will be amazed how riches will flow to you from all sides.

In August, I conducted a seminar on the *Princess Italia,* which visited Canada and many ports in Alaska. In Victoria, Canada, eighteen students of the laws of mind visited me on the ship, and we discussed the wonders and wisdom of the subconscious for about three hours. Several of the men and women told me that in reading and applying the principles set forth in *The Power of Your Subconscious Mind,*[1] they had transformed their lives, experiencing a far greater measure of wealth, happiness, peace of mind and fullness of life.

How He Used the Law of Increase for Great Wealth

One man listening to our discussion on the subconscious mind on board the *Princess Italia* told me that years ago he was pondering over how poor he was. He also worried about the poverty and want he had observed in others. When he visited his relatives from time to time, he would come home and begin to talk about their financial lack and their poverty and sickness, always clothing them mentally in rags. He wondered why he never prospered either, even though he prayed that God would prosper him.

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[1]See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

He visited a mind science counselor who told him that if he continued to think of others as living in poverty and lack and limitations of all kinds, due to the fact that every thought is creative, he was at the same time neutralizing his own prayer and impoverishing himself. It was, as he said, a great "eye-opener." He reversed his procedure and claimed that God was prospering him along all lines as well as every other person. He began to claim God's riches for every person he met, and he still does it!

Today he has two airplanes in Alaska for his private travel and is very successful in business and immensely wealthy. He learned a great fulfilling law: what you wish for another, you are wishing for yourself. There is an old Indian saying: "The ship that comes home to my brother comes home to me."

How a Professor Used the Law of Increase to His Personal Benefit

When I talked with a teacher on the above-mentioned cruise, he informed me that he attributed his success and advancement to professorship not only to his application to study, but also to the fact that he constantly, regularly and systematically made it a point to rejoice in the advancement, promotion and increments given his many associates in the college. He rejoiced and was exceedingly glad to see his associates go up the ladder, manifesting the law of increase and the riches of the Divine bounty which is omnipresent. He pointed out that it was several years later that he discovered that by appreciating and being happy about the good fortune of his co-workers he was at the same time promoting himself!

His thought and feeling entered into his subconscious mind, and whatever is deposited in the subconscious may come forth sixtyfold, a hundredfold, or even a thousandfold, depending on the enthusiasm, the joy and the intensity of the thought pattern. Today he is the youngest senior professor in his college. Rejoice in the idea of riches and ample

supply for everyone, and you are certain to experience the law of increase in your own life.

How He Made a Dollar Increase in Important Wealth for Himself

During a conversation with an owner of a store in Juneau, Alaska, I learned that seven years ago he found himself in Juneau *with only one dollar in his pocket.* He said, "I looked at the silver dollar and began to talk to myself about everything in the world coming out either of the invisible mind of God or man; then I held the dollar in my hand and said over and over again for probably an hour: 'God multiplies this exceedingly, for it is God who giveth the increase.'"

Following this mental and spiritual exercise, he found a $100 bill on the street, which enabled him to check into a hotel and maintain himself for several days. He got a job in a restaurant, saved his money, took up flying lessons, and today one of his extra jobs is that of a bush pilot. From time to time he flies people all over Alaska, over glaciers, mountains and many scenic spots. He told me that in seven years he has amassed over a half million dollars in assets in conducting his unusual business.

He attributes all this to looking to the Source of all blessings and then boldly claiming that God's riches are flowing freely, joyously, endlessly and ceaselessly into his experience. His subconscious has responded to his mental attitude a thousandfold.

Perpetual Opportunity for Increase Exists for You

You can use the laws of your mind to advance, move forward and expand along all lines. Give the best where you are working now, i.e., be considerate, affable, amiable, loving, kind and full of goodwill to all those around you and to all people everywhere. Think big; contemplate the law of opulence and growth, evidence of which you perceive all

around you. Bless what you are doing now, realizing that it is simply a stepping stone to your triumph and achievement. Recognize your true worth and claim wealth, promotion and recognition in your mind. Be sure to claim riches and expansion for every person you meet during the day, whether it be the boss, your associate, your customer or a friend. Make a habit of this, and you will succeed in impregnating your subconscious; moreover, others will feel your radiation of riches and promotion, and the law of attraction will open up new doors of opportunity for you.

How His Mental Picture Brought Advancement to Him

In 1970, I was a guest of a friend from Colombia while on a tour of Spain and Portugal. In Seville, I met a man at the Giralda Tower, which is the largest Gothic cathedral in the world, and which houses the remains of Christopher Columbus. This young man was twenty-seven years old, had come from Ecuador, and possessed an excellent command of the English language, as well as Spanish and Portuguese.

He pointed out a fascinating experience which had occurred about five years previously. A friend in Los Angeles had mailed him a copy of *The Power of Your Subconscious Mind.*[1] He had read it avidly and had followed one of the techniques written therein. He was finishing his university course at that time, and every night prior to sleep, he formed a mental picture of being a guide and conducting private groups to Spain and Portugal, knowing and believing that the power and wisdom of his subconscious would back him up. He had faith that the mental picture would be developed in his subconscious mind and be objectified.

The sequel was interesting. One of his professors asked him if he would conduct a very wealthy Canadian couple to Spain and Portugal and be their guide and interpreter, which

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[1]See *The Power of Your Subconscious Mind,* by Dr. Joseph Murphy, Prentice-Hall, Inc. Englewood Cliffs, N.J., 1963.

offer he gladly accepted. His sojourn in Spain and Portugal has kept him busy acting as a private guide, chauffeur and interpreter for their many wealthy friends. All his expenses are paid and he nets the equivalent of about $10,000 a year, which is exceptionally good for a young man in Spain or Portugal.

He knew what he was doing and why he was doing it. Undoubtedly, the subtle law of attraction brought both of us together, since I was seeking material to write about on the trip. There is nothing in all the world to restrain, restrict or inhibit your advancement on the road to riches but yourself, i.e., your own thought and concept of yourself. When you are seeking and imaging promotion, true expression, increased status and prestige, believe in the powers of your deeper mind to bring it to pass, and you will enter into the advancing life and experience the riches of God here and now.

Why the Law of Increase Did Not Work for Him

A businessman complained to me that he had been affirming prosperity, abundance and success but was getting no results. In talking with him, I discovered that he was actually boasting about his financial embarrassment; moreover, he was blaming the government, the taxes, welfare and the whole political system. He believed he was a victim of conditions and circumstances instead of master of the situation.

When I explained the laws of mind to him, he perceived that as long as he was complaining and harping on his financial troubles, he would only magnify them and continue to impoverish himself, inasmuch as what he gives attention to in his subconscious multiplies.

How He Reversed His Faulty Thinking

At my suggestion, he reversed his thinking process and began to realize that he could begin to practice a creative process of thinking which would transcend circumstances

and environmental conditions. His daily prayer was as follows:

"My business is God's business, and God's business always prospers. I use God's riches wisely, judiciously and constructively to bless myself and others. I know the law of increase is now working and I am open and receptive to God's wealth and bountiful increase. I am richly and abundantly supplied within and without from the infinite storehouse of riches in my subconscious mind. By day and by night I am attracting more and more people who want what I have to offer. They are prospered and I am prospered. My mind and heart are open to the influx of God's riches now and forevermore."

As he fed his mind with these inner truths, his business prospered and his outer supply became more abundant. At the end of a month, he noticed a tremendous change in his financial picture. He saw the great advantage in affirming the good and in ceasing to carp against lack and limitation. He discovered that attention to God's riches is the key to financial success.

The Significance of the Statement "My Cup Runneth Over" in the 23rd Psalm

My Colombian friend and I stopped for lunch at the internationally known shrine of Fatima, and we had no sooner sat down than a young girl from Alabama came over to our table and introduced herself, saying: "Dr. Murphy, thank you for your letter and prayer you sent me last year. I followed the instructions and here I am."

I had no recollection of the letter, and she explained that she had written saying that she wanted to go to the Shrine of Fatima but that she didn't have the money, and she had asked me how to pray. I gathered from her conversation that this high school girl had read the story of Fatima and had an intense desire to go to the shrine, but her parents, being very poor, could not afford it.

She had a copy of the prayer I had given her: "God opens up the way for me to go to the Shrine of Fatima during the summer in Divine order through Divine love." I also suggested that every night, with her physical body immobilized, she imagine herself as getting off the plane at Lisbon, opening her baggage, showing her passport to the Portuguese officials, and feel that she is actually in her imagination at the shrine, entering the church, and hearing and seeing all that she would see and hear and do if she were physically there. I pointed out to her that she was to lull herself to sleep every night dramatizing the picture until she felt the naturalness and the reality of it all, and that when she felt at peace about it, the way would be opened up.

She said that at the end of about two weeks following the prayer process, she had no further desire to pray about it because, obviously, she had succeeded in fixing the state in her subconscious mind. She was invited to spend a weekend at a girl friend's home whose father was taking a trip to Portugal and Spain in 1970 and who intended to visit the shrine also. She was invited to come along as their guest, and she accepted with alacrity.

The Bible says: *I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.* (John 14:2,3)

This high school girl prepared the place she wanted to go in her disciplined imagination, and the moment came when she felt at peace about it, knowing she had succeeded in impregnating her subconscious with the picture, because she no longer had any desire to pray about it. Then her subconscious took over and acted on the mind of her friend's father, and he became the channel for the answer to her prayer.

She said to me: *My cup runneth over* (Psalm 23:5).

It is written: *Ask, and it shall be given you* (Matthew 7:7).

MEDITATION FOR YOUR BUSINESS OR PROFESSIONAL SUCCESS

Use the following powerful meditation to fill your cup of success in all things:

"I now dwell on the Omnipresence and Omniaction of God. I know that this Infinite Wisdom guides the planets on their courses. I know this same Divine Intelligence governs and directs all my affairs. I claim and believe Divine understanding is mine at all times. I know that all my activities are controlled by this indwelling Presence. All my motives are God-like and true. God's wisdom, truth and beauty are being expressed by me at all times. The All-Knowing One within me knows what to do, and how to do it. My business or profession is completely controlled, governed and directed by the love of God. Divine guidance is mine. I know God's answer, for my mind is at peace. I rest in the Everlasting Arms."

CHAPTER POINTS TO REMEMBER

1. Increase is what all people throughout the world are seeking; it is the Divine urge within us seeking fuller, greater, grander expression in all phases of our lives. You plant wheat, barley or oats in the soil, but it is God who giveth the increase by multiplying the wheat grains a thousandfold.
2. Increase means the multiplication of your good along all levels.
3. Do not talk about the financial lack, poverty or sickness of others. To do so is to attract more lack to yourself. Clothe everybody mentally with the riches of God. Cease thinking of your own financial troubles and stop talking about your lack of money. Give attention to the riches of the Infinite within and without, and you will prosper. Attention is the key to life.

4. Rejoice in the advancement, good fortune, riches and promotion of all those around you. Be exceedingly glad to see people experience, portray and demonstrate the riches of God, and as you do, you will attract riches of all kinds to yourself. Your thought is creative, and what you think about the other, you are creating in your own experience.
5. Be friendly with money, whether a dollar bill or a coin. Realize everything comes out of the invisible mind of God or of man. Realize that God, or Infinite Spirit, is the Source of all blessings and that it is the nature of the Infinite to respond when you call upon it. One man had only a dollar left, and for over an hour he affirmed: "God multiplies this exceedingly, for it is God who giveth the increase." His subconscious opened up all doors for him, and in a short time he became a fabulous success and amassed a fortune.
6. Give the best where you are working and the best will come back to you. Be friendly, affable, amiable and express goodwill to all. As you do, all doors will open up for your growth, expansion and riches.
7. Form a clear mental picture of what you want to be, to do or to have; know that the power and the wisdom of your subconscious will back you up. Persevere and be determined what you want to be. Your mental picture will be developed in your subconscious mind and become objectified.
8. When you are praying for increase in money, be sure to stop blaming the government, the welfare system and taxes. To do so will cause money to fly from you rather than to you. What you want is more money. Realize that God's wealth is circulating in your life and that there is always a Divine surplus. What you criticize and condemn becomes manifest in your life. You become what you contemplate. Contemplate that God multiplies

your good exceedingly and that your business is God's business and that you are prospering beyond your fondest dreams.

9. If you want to take a trip around the world or to any particular place, and if you don't have a sou in your pocket, affirm knowingly and feelingly: "God opens up the way for me to go around the world in Divine order and through Divine love." Picture yourself with a passport on the plane or ship, visiting all the key spots in the world. Enter into the reality of it in your imagination until you feel the tones of reality. As soon as you fix the picture in your subconscious, the way will open up, the dawn will appear and all the shadows will flee away. *Ask, and it shall be given you* (Matthew 7:7).
10. The meditation at the end of the chapter will be of exceptional benefit to you in filling your cup of successful living.

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How to Open the Gateway to Automatic Riches and Walk into a Life of Luxury

The gateway to infinite riches is hidden in that magic spiritual gem given to you in the Bible: *I am come that they might have life, and that they might have it more abundantly* (John 10:10).

Down through the ages, man has been seeking the key to riches and success, yet not knowing that the key was within himself.

You are here to lead a full and happy life, to give expression to your hidden talents and release the imprisoned splendor within you. God is the giver and the gift, and all the riches of God are awaiting your discovery, application and enjoyment.

By applying the laws of your mind, you can draw forth from the treasure house within you everything you need in order to lead a rich, glorious, abundant and satisfactory life.

How She Opened the Gateway to Riches for Herself

A few years ago, I gave a class on Mental and Spiritual Laws in the Light of Emerson, and there was a young woman

present who had that morning gone to a relief agency for financial help for herself and two children. Her husband had walked out and simply disappeared. She listened as I quoted from Emerson and elaborated in light of the laws of mind. Emerson said: "In all my lectures, I have taught one doctrine — the infinitude of the private man, the ever-availability to every man of the Divine presence within his own mind, from which presence he draws, at his need, inexhaustible power."

This statement of Emerson made a profound impression on her because she saw it in a new light. She had studied Emerson in college but just as literature and, as she said, got nothing out of it. The following is the prayer she uttered to draw from the Divine presence within her.

How She Demonstrated Money

Several times a day, she declared with feeling, enthusiasm and understanding, "I recognize the Source within and I make contact with my thought, and I do give thanks that the gateway to riches is now open wide for me, and God's riches are flowing freely to me, and more and more money is circulating in my life every day. Every day of my life I am growing richer spiritually, mentally, financially and in all ways. Money is God's idea circulating in my life, and there is always a surplus." *The living God, who giveth us richly all things to enjoy* (I Timothy 6:17).

She began to realize that according to her inner thought life, so would her exterior life be. Emerson said, "The key to every man is his thought." As she continued meditating faithfully, boldly, deliberately and decisively on money, financial security and prosperity along all lines, after the lapse of about three weeks she received a notice from an attorney in Houston that her grandfather, who had passed on, had bequeathed one of his very productive oil wells to her and that she was to begin

to receive revenue from it immediately. All her financial troubles were settled legally and the true value of the oil well will probably run into the millions. She discovered that the gateway to millions was through her own subconscious mind. Its ways are past finding out.

How He Found the Gateway to True Expression

A while ago, I interviewed a man who was dismissed by the new owner of the organization with which he had been associated for thirty years. He said to me that everywhere he applied he had been turned down because of his age. I explained to him that he was not selling his age but the knowledge, experience and wisdom he had garnered through the years, and that what he was seeking was really seeking him. Each night and morning he prayed, knowing that his subconscious mind was the gateway to expression, abundance and the riches of life. His prayer was as follows:

"Infinite Intelligence knows my hidden talents and opens up a new door of expression for me in Divine order. This knowledge is immediately revealed to my conscious mind, and I will follow the lead which comes clearly and definitely into my mind."

At the end of a week, he met an old friend in his club, who said to him, "Tom, there is a place in our organization for you. I think you are the man for it." He accepted the offer at once, which proved to be far more remunerative than his previous position.

Remember, it is from within, not from without, that you get in touch with the riches of life. Radio and TV programs permeate your environment, but you must dial the right channel or radio station to get what you want.

How a Trip to Japan Became a Reality

One of my Japanese listeners to my morning radio program told me how she arranged to spend three months in Japan this year. She said that I had pointed out one morning that if you want to take a trip and do not have a

penny in your pocket that you were to believe you have received the answer and to take some action that would indicate you had faith that your prayer was already answered in your deeper mind, i.e., to adopt the mental attitude of being already in the country or on the plane, having your passport and bags ready and all other requirements needed for overseas travel.

This girl got a passport, vaccination shots, travel folders to Japan, and imagined she was embracing and kissing her grandmother in Tokyo and conducting a vigorous conversation in Japanese with her. She dramatized this role over and over again each night until she felt the naturalness of it all plus the sensory vividness of embracing her grandmother and hearing her voice.

Shortly after this prayer process, she met a young attorney, and this author had the joy of performing the wedding ceremony. The groom took his bride to Japan for a three-month honeymoon, and she experienced a lovely visit with her grandmother. The wisdom of her subconscious not only answered her prayer, but magnified her good in bringing love and romance into her life. Your subconscious always gives you compound interest. Your good can come forth to you in unforeseen ways.

A Physicist Says Substance Is the Gateway to All the Money You Need

A young physicist visited me recently and he pointed out that Einstein and all our modern physicists realize that Spirit and matter are one, and that energy and matter are interconvertible and interchangeable; that matter is the lowest degree of Spirit and that Spirit is the highest degree of matter. In other words, they are one and the same thing. Further, that matter is, then, universal *substance,* or Spirit, or Energy reduced to the point of visibility. *The formed and unformed world are made out of the one substance which we call Spirit.* All things are made by the self-contemplation of Spirit.

He said to me, "When I came to America, all I had was ten dollars, but I didn't get panicky, as I knew the invisible would become visible, and I declared in my hotel room, 'Divine Spirit is my instant and everlasting supply. It takes the form of food, clothing, money, friends and everything I need right here and right now. I decree this and I know the manifestation takes place now, for God is the Eternal Now!'"

His good came to him through a *total stranger,* whom he met in the hotel elevator. As they conducted a vigorous conversation in French, though both spoke excellent English, the stranger arranged for him to get a position with an electronic research organization. He has been promoted and is now a partner in the organization.

Never underestimate the powers of personally affirming God, or the Living Spirit Almighty, your instant and everlasting supply which never fails. It will then manifest in countless ways and through many channels; perhaps through total strangers. Remember, you were born to be rich and inevitably to prosper along all lines through the use of your God-given faculties which lie stretched in smiling repose within you.

How to Help Others to the Gateway of Riches, True Place and Honor

When you wish to help a friend, a relative, an associate or anyone who seeks your help to find his or her true place in life and become rich in livingness and givingness, use the following prayerful meditation in activating the forces for them:

"Infinite Spirit in Its wisdom opens up the gateway for So-and-so's true expression in life, where he is doing what he loves to do, is Divinely happy and Divinely prospered. He is Divinely led to the right people, who appreciate his talents, and he receives marvelous and wonderful income for wonderful service. He is conscious of his true worth and he is blessed and prospered with God's riches beyond his fondest

dreams. I turn this prayer over to my subconscious mind, which has the know-how of accomplishment and it brings it to pass in Divine order."

Repeat the above prayer slowly, quietly, feelingly and knowingly, pouring life, love, and enthusiasm into your words, and you will be amazed how the wisdom of the subconscious will respond. It never fails.

His Attitude Closed the Gateway to His Riches

Recently, during a lecture series in San Diego, a man came to see me in the hotel. He had been praying morning and night for prosperity and promotion. He was well-educated and was working for the government but had not received any increment or promotion in several years, and to make matters worse, he had lost heavily on the stock market, particularly on silver futures. He said, "I'm wiped out." In talking to him, I discovered he held deep-seated grudges and prejudices against former employers as well as his present superiors in his department.

I explained to him that his mind cluttered up with hostility, grudges and peeves plus a failure attitude neutralized all his prayers, somewhat like mixing an acid and an alkali, one neutralizing the other.

I suggested he redirect his mind and emphasize prosperous thinking and enter into the spirit of forgiveness for himself and others. Accordingly, he began to practice the following technique of prayer: "I forgive myself for harboring negative and destructive thoughts, and I release my former employers and present associates to God completely, wishing for them all the blessings of life. Whenever I think of any one of them, I will immediately affirm, 'I have released you; God be with you.' I know as I continue to do this, that I will meet them in my mind and that there will be no longer any sting present. I claim promotion now, success now, harmony now. Divine law and order is mine now. God's wealth flows to me in avalanches of abundance. Life is growth and expansion, and I am an open channel for God's riches, which

are ever-active, ever-present, unchanging and eternal. I give thanks now for the riches within and without, and what I am now decreeing shall come to pass and the light of God shall shine on me."

Following this prayer process several times a day, and making sure he did not subsequently deny what he affirmed earlier in the day, he found himself attracting new people and being "led" to certain books, certain teachers and to classes on the subconscious mind. He discovered that he had set into operation certain subtle forces of his subconscious mind which correlated with his habitual thinking and prayer life. He was promoted with much higher pay to the Los Angeles office. He discovered that his changed attitude was really the gateway to fulfillment of his dreams. Dream noble and God-like dreams, and as you dream, so shall you become. You go where your vision is.

MEDITATION FOR OPENING THE GATEWAY TO RIGHT ACTION

The following meditation will establish judgment and confidence in taking the right action for any situation:

"I radiate goodwill to all mankind in thought, word and deed. I know the peace and goodwill that I radiate to every man comes back to me a thousandfold. Whatever I need to know comes to me from the God-Self within me. Infinite Intelligence is operating through me revealing to me what I need to know. God in me knows only the answer. The perfect answer is made known to me now. Infinite Intelligence and Divine Wisdom make all decisions through me, and there is only right action and right expression taking place in my life. Every night I wrap myself in the Mantle of God's Love and fall asleep knowing Divine Guidance is mine. When the dawn comes, I am filled with peace. I go forth into the new day full of faith, confidence and trust. Thank you, Father."

CHAPTER POINTS TO REMEMBER

1. The gateway to infinite riches is based on the spiritual gem: *I am come that they might have life, and that they might have it more abundantly* (John 10:10). You are here to lead a full, happy and rich life. You are here to squeeze the last drop of happiness out of life.
2. Emerson taught one doctrine — the infinitude of the private man. This means that the riches of the Infinite are within you. This also means that you can contact all the powers of the God-head in you through your thought life, and as you think of riches, guidance, inspiration, and creative ideas, there will be a response according to the nature of your thought. It responds by corresponding.
3. You are not selling your age to employers but your talents, abilities, wisdom and experience garnered through the years. Realize that what you are seeking is also seeking you and claim that Infinite Spirit is opening up a new door of expression for you where you are amply rewarded financially, and It will respond accordingly. It never fails.
4. If you want to take a trip anywhere around the world or to any specific foreign country, act as though your prayer were answered and do all the things you would do to prepare for the trip as if you actually had the money in your pocket. "Believe you have it now and you shall receive it." You can order a passport or identification card and in your imagination feel yourself in that country or city now. Repeat the drama frequently until it gets into your subconscious, and then it will come to pass.
5. Spirit and matter are one. Energy and matter are one. The scientist uses the term energy for Spirit, which is God. God is the only presence, power,

cause and substance; therefore, Spirit is the reality of money, food, clothing, the grass and the field, and all the metals; and the whole world of matter is simply Spirit in form, or reduced to the point of visibility. Claim that God or Spirit is your instant and everlasting supply and that money is now flowing to you freely, joyously and endlessly this very moment. Believe and know, realize and understand that the formless is forever taking form. Let money and all kinds of riches flow to you now.

6. When you wish to pray for riches and true expression for another, realize that Infinite Spirit opens up the gateway for his true expression and that God's riches are flowing to him in avalanches of abundance.
7. Changed attitudes change everything. If a man will place emphasis on the spirit of forgiveness and goodwill to all and also forgive himself for harboring thoughts of failure, lack and resentment, and then pour life, love, energy and vitality into his thoughts of promotion, riches, expansion, honor, prestige and recognition, his deeper mind will respond with compound interest, and his desert will rejoice and blossom as the rose.
8. Allow the meditation at the end of the chapter to penetrate your thinking for deciding on right action to take.

eleven

How to Choose Your Wealth Goals and Receive Them Right Away

The Bible gives us the answer: *Choose you this day whom ye will serve* (Joshua 24:15).

The key to your health, wealth, prosperity and success in life lies in your wonderful capacity to make decisions. The greatest discovery you can make is to awaken to the great truth that there is an infinite wisdom and power already established within you, enabling you to solve all your problems, and to become wealthy, happy, joyous and free. You were born to win and you are equipped with all the powers of God within you to make you master of your fate and captain of your destiny.

If you are not aware of your capacity to choose from the Kingdom of Heaven within you, which is the presence of God lodged in your deeper mind, you will begin to choose and make decisions based on events, circumstances and conditions around you. What is worse, you will tend to overlook the powers within you and will exalt the powers of circumstance which may exist at a certain time. Choose from the Kingdom

of God within you, and move forward on the high road to happiness, health, freedom and the joy of living the abundant life.

The Power of Choice

Your power to choose is your most distinctive quality and your highest prerogative. Your capacity to choose and to initiate what is chosen reveals your power to create as a son of God.

How His Power to Choose Transformed His Life

An alcoholic, by which I mean a compulsive drinker, visited me a few months ago. I explained to him that he had the God-given capacity to choose sobriety, peace of mind, happiness and prosperity right here and right now. He was sincere in his desire to become free from what he called his "curse."

The following prayer was given to him: "I choose health, peace of mind, freedom and sobriety right now. This is my decision. I know that the Almighty Power backs up my choice. I am relaxed, and God's river of peace flows through me. My spiritual food and drink are God's ideas and eternal verities, which unfold within me bringing me harmony, health, peace and joy. In my imagination I am back with my family, doing what I love to do and am Divinely happy. Whenever the urge to drink comes, I flash this mental movie in my mind and the God Power backs me up."

He repeated this prayer four or five times a day, while being aware that he was writing these thoughts in his subconscious mind, which accepts repeated thought patterns affirmed convincingly and decisively. The shakes and the jitters still came occasionally, but he flashed on the screen of his mind the mental movie and vision of himself at home with his wife and family and working at his former profession. His desire to give up the bad habit was greater than his desire to continue it, and the power of his subconscious backed him up.

The Riches of the Right Choice for Everyone

Every morning when you awake, choose the following eternal truths, remembering that your lifetime experiences, conditions and circumstances are the sum total of your choice. Affirm boldly as follows: "Today is God's day. I choose harmony, peace, perfect health, Divine law and order, Divine love, beauty, abundance, security and inspiration from On High. I know as I claim these truths in my life, that I awaken and activate the powers of my subconscious which compel me to express all these powers and qualities. I know it is as easy for God to become all these things in my life as it is to become a blade of grass. I give thanks that this is so."

The above should be the choice of every person every day. These are principles of life, and as you affirm them, you make all these powers of God active and potent in your life. Your subconscious accepts what you consciously believe, and it is easy for you to believe in the principles of harmony, peace, beauty, love, joy and abundance.

Emerson said: "Nothing can bring you peace but the triumph of principles." There is a principle of beauty, but none of ugliness; there is a principle of harmony, but none of discord; there is a principle of love, none of hatred; there is a principle of joy, none of sadness; there is a principle of opulence and abundance, none of deprivation and poverty; and there is a principle of right action, none of wrong action. Begin to choose what is true of God and His goodness and the riches of life will be yours.

Decide to Choose the Riches of the Divinity Within You

People who are afraid to make choices are actually refusing to recognize their own Divinity, for God indwells all men. It is your Divine right to make choices based on eternal verities, and the great principles of life, which never change. Choose to be healthy, happy, prosperous, and successful, because you have dominion over your world of finance, business, health, profession and relationships with

others. Your subconscious mind is subject to the decrees and convictions of your conscious mind, and whatever you decree convincingly shall come to pass.

The Bible says: *Whatsoever a man soweth, that shall he also reap* (Galatians 6:7).

What Happens on Failing to Choose?

A woman said to me, "I don't know what to choose or what is reasonable or logical." I explained to her that she had made a choice; she had chosen not to choose, which meant that she had chosen to take what comes from the mass mind or the law of averages, in which we are all immersed. Also, if she had chosen not to choose, the random or irrational mind of the multitude would choose for her, inasmuch as she refused to choose for herself.

She began to perceive that it was very foolish for her not to choose thoughts, images and ideals for herself; that she was here to do her own thinking, reasoning and choosing; otherwise, the mind of the masses would do her choosing for her and manipulate her mind along undesirable lines.

She reversed her attitude, however, and asserted constructively: "I am a choosing, volitional being. I have the power, the ability and the wisdom to control and to direct my own mental and spiritual processes. I say to myself every morning when I awaken: 'God indwells me. What am I going to choose today from the treasure house of infinity within me? I choose peace, Divine guidance, right action in my life, and decree that *goodness, truth and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever* (Psalm 23:6).'"

Following this manner of choice, this woman has transformed her life. She has better health, increased efficiency, more understanding and has prospered along all lines.

The Infinite Power Backs Up Your Choices

You are a self-conscious individual and, as you know, you have the capacity to choose. After deliberation, you

select one suit of clothes in preference to another; in like manner, you choose your minister, doctor, dentist, home, wife, husband, food, and car. In other words, you are constantly being called upon to choose in this three-dimensional plane. What kind of thoughts and images are you choosing? I want to reiterate and emphasize again that your whole life represents the sum total of your choices. Choose wisely, judiciously and constructively. Choose the truths of God which never change. They are the same yesterday, today and forever.

Some say, "I will let God choose for me." When you say that, you mean a God outside yourself. God, or the Living Spirit, is omnipresent and is also within you, the very life of you. The only way God, or Infinite Intelligence, will work for you is through you. In order for the Universal to act on the individual plane, It must become the individual.

You are here to choose. You have volition and initiative. This is why you are an individual. Accept your Divinity and your responsibility and choose for yourself, make decisions for yourself; the other person or your relative does not know best. When you refuse to choose for yourself, you are actually rejecting your Divinity and your Divine prerogatives and you are thinking from the standpoint of a slave, a serf and an underling.

Her Courage to Choose Transformed and Enriched Her Life

A widow came to me perplexed, baffled and frustrated because she had a choice to make between two men and could not make up her mind which one to marry. I told her an old story about the donkey placed at a central point between two stacks of hay, and he starved to death because he could not make a choice as to which one was his food for the day.

I suggested that she had the capacity and ability to choose Infinite Intelligence within her to lead and guide her, and that Its nature was responsiveness. I advised her

that the answer would come to her clearly and that it would be impossible for her to miss it.

Accordingly, on going to sleep that night, she spoke as follows to her Higher Self: "Father, you are All-Wise. Reveal to me the answer and show me the way I should go. I give thanks for the right answer, for I know You know only the answer." She had a dream that night in which both of the above-mentioned men said, "Goodbye" to her. Then a third man, her employer, appeared in the dream and asked her to marry him. She knew the answer when she awoke, and the very next day her boss asked her to marry him, which offer she accepted.

She followed the Biblical injunction, *Choose you this day whom ye will serve* (Joshua 24:15). Turn to the Infinite Intelligence within you and call upon It, and you will receive the joy of the answered prayer. You can choose confidence, riches and a full life. Many say that they have always experienced sickness, failure, frustration and loneliness. All these failures can be dissolved by choosing to believe in the One Infinite Healing Presence. Feeling and emotion follow thought. You can, therefore, choose to build a new emotional life. Recognize that the will of God for you is the tendency of the Life-Principle Itself, which seeks to flow through you as harmony, health, peace, joy, creative ideas, and prosperity, extending beyond your fondest dreams. You have chosen to believe that what is true of God is true of you; therefore, from this moment forward, the preponderance of your thought and expectancy will come from Him who giveth to all life, breath and all things. In other words, your mind and heart will be always open for the influx of God's riches now and forevermore.

MEDITATION FOR BUILDING YOUR ACCOUNT AT YOUR PROSPERITY BANK

"I know that my good is this very moment. I believe in my heart that I can prophesy for myself harmony, health,

peace and joy. I enthrone the concept of peace, success and prosperity in my mind now. I know and believe these thoughts (seeds) will grow and manifest themselves in my experience.

"I am the gardener; as I sow, so shall I reap. I sow God-like thoughts (seeds); these wonderful seeds are peace, success, harmony and goodwill. It is a wonderful harvest.

"From this moment forward I am depositing in the Universal Bank (my subconscious mind) seeds or thoughts of peace, confidence, poise and balance. I am drawing out the fruit of the wonderful seeds I am depositing. I believe and accept the fact that my desire is a seed deposited in the subconscious. I make it real by feeling the reality of it. I accept the reality of my desire in the same manner I accept the fact that the seed deposited in the ground will grow. I know it grows in the darkness; also, my desire or ideal grows in the darkness of my subconscious mind; in a little while, like the seed, it comes above the ground (becomes objectified) as a condition, circumstance or event.

"Infinite Intelligence governs and guides me in all ways. I meditate on whatsoever things are true, honest, just, lovely and of good report. I think on these things, and God's Power is with my thoughts of Good. I am at peace."

CHAPTER POINTS TO REMEMBER

1. The key to your health, wealth, prosperity and success lies in your capacity to choose. Choose whatsoever things are true, lovely, noble and God-like. Choose thoughts, ideas and images which heal, bless, inspire, dignify and elevate your whole being.
2. Your power to choose is your highest prerogative, enabling you to select from the infinite treasure house within you all the blessings of life.
3. When an alcoholic chooses to select harmony, peace, sobriety and right action in his life, knowing the Almighty Power will back up his choice, he is on the way to release from his habit, and to free-

dom and perfect health. He uses the wonderful power of disciplined imagination in realizing that he is doing what he loves to do, dramatizing the mental movie over and over again until it has all the tones of reality. The minute the idea of freedom is fixed in his subconscious mind, he is compelled to freedom and sobriety.

4. A wonderful choice for everyone every morning of your life is to affirm: "Divine right action is mine. Divine law and order govern my life. Divine peace is mine. Divine love fills my soul. Divine harmony reigns supreme. Divine beauty fills my soul. I am inspired and Divinely led in all ways. There is a happy outcome to all my undertakings." Make a habit of this and wonders will happen in your life.
5. Never hesitate to make a choice. You are a volitional, choosing being, and to refuse to choose is actually to reject your own Divinity. You can choose according to universal truths and principles of God, which never change.
6. In failing to choose for yourself, you are actually saying that you are going to let the mass mind, full of irrational fears, superstitions and ignorance of all kinds, make choices for you. If you do not choose to do your own thinking, the mass mind and the propaganda of the world will make choices for you. There is no such thing as indecision. It simply means you have decided not to decide. Don't let Tom, Dick and Harry make up your mind. Choose God and His Truth.
7. Choose that goodness, truth and beauty will follow you all the days of your life because you dwell in the house of God forever.
8. Your whole life consists of a series of choices. All of your experiences are the sum total of your choices. You are always choosing your books, clothes, schools, partners, homes, automobiles, and so on.

Watch the kind of thoughts, images and ideas you choose. You are what you think all day long. Choose what is lovely and of good report.

9. God, or Infinite Intelligence, will do nothing for you except through your thought, images and choices. The Universal cannot act on the individual except It becomes the individual.
10. Choose God and realize that only God knows the answer. If perplexed and wondering how to choose between two suitors, realize God, or Infinite Intelligence, knows the answer. Contemplate the answer and the Supreme Intelligence will respond accordingly. It never fails.
11. Regardless of past errors, sickness and failures, believe now the absolute truth that the will of God for you is a greater measure of life, love, truth, and beauty, transcending your fondest dreams. Open your mind and heart and live in the joyous expectancy of the life more abundant now and forevermore!
12. Use the meditation at the end of the chapter to build up your account in the Prosperity Bank.

twelve

How to Hear the Gentle, Invisible Voices That Can Guide You to Wealth

Your subconscious mind seeks to protect you at all times. Therefore, you should learn to listen to the inner promptings of intuition. Your subjective self governs all your vital organs and will continue to maintain them in equilibrium and balance unless your conscious mind intrudes with worry, anxiety, fears and negative thoughts. These negative thoughts upset the Divine norm within your deeper mind. Within your subconscious mind is the Divine Presence, which you can call your Higher Self, the Superconscious, the I AM, or "The Christ in you, the hope of Glory." All these terms mean the same thing.

Your subconscious mind reacts to suggestion and the commands of your conscious mind. You can, therefore, train your conscious mind to recognize the promptings of your subjective mind in the right direction. Usually, when you are relaxed and your mind is at peace, your conscious mind is more closely *en rapport* with your subconscious mind, and then

the inner voice of intuition is heard and felt clearly and distinctly.

She Was Glad She Listened to That Inner Voice

Mrs. Jean Wright, who is my secretary, told me that some years ago she and her mother planned to go away for a weekend, but on Saturday she had that inner feeling, a deep-seated "hunch," which seemed to say, "Stay at home." It was a persistent feeling, which she obeyed. It developed that her son had a serious accident at the beach later that day, and she was able to get him to a dental surgeon immediately, who rectified the condition at once. The dental surgeon was just leaving his home on a trip the moment she called. The inner prompting was correct in every way.

How to Follow and Recognize the Voice of Intuition

The best guide is the knowledge which comes from the correct instructions to your subconscious mind, which will enable you to distinguish the true from the false. When you have a sincere desire for the truth, knowing that Infinite Spirit responds according to the nature of your thought, you will get results.

Use the following prayer frequently: "Infinite Intelligence is my constant guide and counselor. I will instantly recognize the promptings and monitions that come from my Higher Self, which forever seek to protect, guide, and watch over me in all ways. I will instantly recognize the 'lead' which comes into my conscious mind, and I will always disregard groundless fancies. I know that my deeper mind responds to what I am now consciously writing on it, and I give thanks for the joy of the answered prayer."

As you make a habit of using this prayer and of praying as a habit, you will be able to instantly recognize the interior voice by an inward sense of touch enabling you to differentiate and distinguish between the false and the true.

How Cultivation of the Intuitive Faculty Brings Riches to You

You will receive answers and directions from your subconscious mind based on what you consciously meditate upon. The question you entertain or turn over to your deeper mind gestates in the darkness of your subconscious, and when all the data are gathered, you receive instantaneously that which your intellect, or reasoning mind, could accomplish only after weeks of monumental trial and error. When our reasoning faculties fail us in our perplexities, the intuitive faculty sings the silent song of triumph.

Artists, poets, writers and inventors listen to this voice of intuition. As a result, they are able to astonish the world by the beauties and glories drawn from this storehouse of knowledge within themselves. They have discovered the source of true riches.

The Infinite Riches of Intuition Saved His Life

Many of you may have read about the recent Japanese air disaster where so many unfortunate people lost their lives. I received a letter from a Japanese student who had been reading *The Power of Your Subconscious Mind.*[1] He stated that he was scheduled to fly on that plane, but that on the way to the airport, he had heard an inner voice saying clearly to him, "Don't go on that plane," a voice whose texture, sound and substance he heard as plainly as the voice over a radio. He cancelled the trip. This student has trained his mind to watch over him in all his ways.

Intuition and What It Means

Intuition means the direct perception of truth, independent of any reasoning process, immediate apprehension, a keen and quick insight. The word "intuition" also means

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[1]See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

"inner hearing." Hearing is not the only way to nurture intuition. Sometimes it comes as a thought, but the most common way is to "hear the voice." Intuition goes much farther than reason. You employ reason to carry out intuition. Oftentimes you will find that intuition is the opposite of what your reasoning would have told you.

The conscious mind of man is reasoning, analytical and inquisitive; the subjective faculty of intuition is always spontaneous. It comes as a beacon to the conscious intellect. Many times it speaks as a warning against a proposed trip or plan of action. We must listen and learn to heed the voice of wisdom. It does not always speak to you when you wish it to do so, but only when you need it.

She Had a Persistent Feeling That She Should Not Accept the Position

We will call her Louise Barrows (not her real name). She said to me: "I had this wonderful offer of a position, at twice my present salary, plus fringe benefits and the opportunity to travel to foreign lands, all expenses paid. It looks very good from every angle and my mother insists that I accept, but I can't, as I have a persistent feeling not to accept."

I suggested that she follow her intuitive feeling, which she did. Subsequently, she discovered that the organization had gone bankrupt and was involved in litigation with the government.

Her conscious mind was correct on the facts objectively known, but the nature of the organization, the motivation of the executives and ulterior plans of promotion were known to the intuitive faculties of Louise. Before she permitted her objective mind to argue with her inner knowledge, she came to a quick decision which proved to be correct in every way. She told me that she has made it a habit, after praying about anything, to follow the first impression, which she has found is always correct.

The Riches of Clairaudience

Clairaudience is a faculty of your subconscious mind and means "clear hearing." The daemon of Socrates is a classical case. He believed he could clearly hear the inner voice, whose admonitions were always wise. The voice was usually one of warning. Moreover, he pointed out that its strongest manifestations were made when his safety or well-being was involved. His subconscious mind communicated with the conscious mind in words audible to his senses.

This phenomenon is known as *clairaudience,* and it is based on the most powerful instinct of the human soul — the instinct of self-preservation. Socrates believed that the silence of the daemon was an approval of his conduct, and according to his belief was it done unto him.

How the Voice of Intuition Proved to Be a Life-Saver

A young woman, a member of our organization, was invited to visit some relatives in a distant city over Labor Day weekend. Her hosts said they would have another guest pick her up and take her along with her to Fresno. Immediately, while conversing with her cousin on the phone, the inner voice spoke clearly and said: "Stay home! Stay home!" She followed the advice and declined the invitation. The girl who was to pick her up was killed on the way.

For quite some time this young lady has directed her subconscious mind to supply her with guidance and knows that Divine right action will govern her. She has constantly affirmed that she will be instantaneously warned by the wisdom of her subconscious about anything she needs to know for her welfare and spiritual protection. It has never failed her. Through repetition she has conditioned her subconscious to respond, and the intelligence enables her conscious mind to receive communication from her subjective mind by means of spoken words. It is one way of bringing the wisdom of her deeper mind to her surface or objective mind. The sound she hears does not cause atmospheric vibrations.

These sounds or mental stimuli are distinct to her but are not perceptible to others who may be near her. You can employ this technique with fabulous dividends in all phases of your life.

A Banker Discovers the Riches of Intuition

A banker friend of mine, who specializes in gold stocks and investments for himself and special customers, has had extraordinary success in this field. Some months ago, the name of a foreign gold stock welled up in his mind, and his inner voice said, "Buy it." He did so and also advised many customers to do so. He also intuitively knew the price it would reach within a year. He and his bank customers have made profits of thousands of dollars.

He has been charging his subconscious mind as follows: "My subconscious mind will make me instantly aware of the right gold stock to purchase at the right time in the right way, which will bless me and my customers." Obviously, he has succeeded in getting the intuitive faculty of his subconscious to respond according to the nature of his request. The magic of extrasensory perception was alert to his request and presented him with the information at the right time.

A Most Extraordinary Experience

An ex-alcoholic once confessed to the author that at one time he had been in the throes of a deep depression due, as he said, to the poignant experience of the death of his wife and children in a car crash. He had placed a pistol to his head intending to commit suicide, when he immediately heard the commanding words in his ear, "Not, now, with long life will I satisfy you." He was stunned and desisted from his idea of suicide. That was forty years ago, and he is still vital, alert and alive and immensely successful in his profession.

It is well-known and understood that in all cases where danger to the individual is imminent, the subjective mind makes a supreme effort to avoid and prevent the danger. It acts and speaks in a way to which the individual will respond. The highest activity of your subconscious, or subjective mind (I use these words interchangeably), is exercised in the effort to preserve the life of man.

Remember, the monitions of your deeper self are always lifeward and should be heeded. That inner voice that seeks to protect you physically, financially and in all ways is not from supernatural agencies or disembodied entities but from the intuitive faculty of your own subconscious, which knows all and sees all.

A Remarkable Encounter in London, England

Last year I lectured in England. My sister informed me that there was a cousin of ours living in London, a man I had gone to school with many years ago. She had no idea where he lived or what his occupation was, but a friend of hers had told her he was living in London. His name was not in the telephone book.

I imagined myself meeting him, shaking hands with him and conversing about old times. I did this every night before I went to sleep in St. Ermin's Hotel. Only four hours remained of my week's stay in London before I was scheduled to leave for Switzerland. I went across the street to the post office around the corner to mail some letters and buy some English postage stamps. There, I heard a voice saying, "Well, Joe! Fancy meeting you here."

What I had pictured and felt as true in my mind had come true. The wisdom of my subconscious mind had brought both of us together in Divine order. The ways of the deeper levels of your mind are past finding out. Let the wonders and riches of intuition happen to you.

MEDITATION FOR THE RICHES OF THE SILENCE

"Jesus said, 'God is a Spirit; and they that worship him must worship him in spirit and in truth.'

"I know and realize that God is a spirit moving within me. I know that God is a feeling or deep conviction of harmony, health and peace within me; it is the movement of my own heart. The spirit or feeling of confidence and of faith which now possesses me is the spirit of God and the action of God on the waters of my mind; this is God; it is the creative Power within me.

"I live, move and have my being in the faith and confidence that goodness, truth and beauty shall follow me all the days of my life; this faith in God and all things good is omnipotent; it removes all barriers.

"I now close the door of the senses; I withdraw all attention from the world. I turn within to the One, the Beautiful, and the Good; here, I dwell with my Father beyond time and space; here, I live, move and dwell in the shadow of the Almighty. I am free from all fear, from the verdict of the world, and the appearance of things. I now feel His Presence, which is the feeling of the answered prayer, or the presence of my good.

"I become that which I contemplate. I now feel that I am what I want to be, this feeling or awareness is the action of God in me; it is the creative Power. I give thanks for the joy of the answered prayer and I rest in the silence that 'It is done.'"

CHAPTER POINTS TO REMEMBER

1. Your subconscious mind seeks to protect you at all times, and it behooves you to learn to listen to its inner monitions and promptings at all times.
2. When you are relaxed and your mind is at peace, the inner voice of intuition is heard clearly and distinctly.
3. The inner voice ofttimes speaks to you as an inner, persistent feeling, a sort of "hunch" warning you of danger to yourself or a loved one. A mother followed her "hunch" and was able to get prompt assistance for her son.

4. When you have a sincere desire for the truth, and knowing that Infinite Spirit responds according to the nature of your thought, you will get results. Affirm boldly that Infinite Intelligence is your constant guide and counselor and that you will instantly recognize the monitions of your Higher Self. You will receive answers according to your request.
5. You will receive answers and directions from your subconscious according to what you meditate on.
6. Artists, poets, inventors, etc. listen to the inner voice of intuition. They astonish the world by the beauties and glories drawn from the storehouse within.
7. A Japanese student of *The Power of Your Subconscious Mind*[2] heard an inner voice saying clearly to him, "Don't go on the plane." He followed the instruction. Shortly thereafter, that particular plane was involved in the greatest air disaster in Japan. He has trained his subconscious mind to watch over him in all his ways.
8. Intuition means direct perception of truths or facts independent of any reasoning process. Intuition also means, "inner hearing."
9. The extrasensory faculties of your deeper mind can see the motivations of an employer and also the future result. These are hidden from the conscious mind. When that intuitive feeling wells up telling you not to take the promotion, follow it.
10. After praying about anything specific, the first impression is usually correct.
11. Clairaudience is a faculty of your subconscious and means "clear hearing." Self-preservation is the most powerful instinct of the human soul, and many

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[2]See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

times your subjective self speaks in a voice to warn you and to protect you.

12. You can direct your subconscious to guide you always and know that Divine right action governs you and that you are to be instantly informed about anything you need to know for your protection. You may hear a voice saying, "Don't go" — obey it.
13. A banker conveys the idea to his subconscious mind that he will be instantly made aware of the right gold stock to purchase, and the names of particular gold stocks well up from his subconscious, and he becomes consciously aware of the right gold stock to buy.
14. In all cases where danger to the individual is imminent, the subjective mind makes a supreme effort to avoid danger. It may speak in a way to which the individual will respond.
15. The monitions of your deeper mind are always lifeward and should be heeded.
16. If you wish to meet someone and you don't know where the person is, picture yourself talking to the individual, feel the reality of the experience, dramatize it in your mind and enter into the tones of reality. Your deeper mind will bring both of you together in Divine order.
17. How to avail yourself of the amazing riches of the silence is contained in the meditation at the end of the chapter.

thirteen

How Your Money Dreams Can Make You Rich — The Secret of Psychic Osmosis

Emerson, in his essay on self-reliance, says: "Trust thyself: Every heart vibrates to that iron string. Accept the place the Divine Providence has found for you, the society of your contemporaries, the connection of events. Great men have always done so and confided themselves childlike to the genius of their age, betraying their perception that the absolute trustworthy was seated at their heart, working through their hands, predominating in all their being."

Here Emerson is telling every man that God indwells him, that the absolute trustworthy was seated in his heart and that all man has to do is to permit himself to vibrate or tune in on the Infinite within and receive all the blessings and riches of life. Moreover, Emerson is saying that you are Life, or God manifested, and that you are an instrument of Life's expression. You are unique; there is no one in all the world like you, because you are you. Your thumbprint and toeprint are different and the rhythm of your heart and the secretions

of your glands are different from those of any other person. Infinite differentiation is the law of life. Your thoughts, your attitude toward life, and your belief and convictions undoubtedly are different from others.

You were born with certain endowments, talents, abilities and special inherent gifts. You are here to express more and more of the God-Presence and to experience the joy of living the life more abundant. You are uniquely equipped to express life in a way and manner that no one else in all the world can do. You want to be what you want to be, you want to do what you love to do, and you want to have all the good things of life.

You can achieve all these goals in life because you are endowed with the qualities and faculties of imagination, thought, reason and the power to choose and act. Let Life flow through you as harmony, beauty, love, joy, health, wealth and fullness of expression.

How a Teacher Instills the Riches of Self-Confidence in His Boys

Is it not written in your law, I said, Ye are gods? (John 10:34).

A young man who teaches Sunday School in Las Vegas told me that he had quite a number of young boys who were shy, timid, and diffident and who generally had a profound inferiority complex. He said that he wrote down on the blackboard for each one to copy and affirm for five minutes prior to sleep every night the following:

"I am a son of the Living God. God loves me and cares for me. I am different, and God wants to do something special through me. God watches over me and guides me, as I am growing in strength, love and wisdom. My Heavenly Father loves his son. He walks and talks in me."

He had each boy write the above affirmation down and then instructed them that as they used it and affirmed it every day, there would be a response from the God-Presence

and that they would grow in wisdom, strength and power and would become outstanding students, successful in college, and wealthy and rich in all the blessings of life. He said that it did his heart good to see these boys expand, blossom and grow in confidence and self-reliance. All of this was reflected in their relationships to their fathers and mothers and in their work at school. They seemed to flower in a most wonderful way. Ten of the very shy boys who had felt very inferior have graduated from high school, obtained scholarships, and have advanced and progressed beyond the teacher's fondest dreams.

Actually, all he did was to instill into the minds and hearts of these boys the knowledge that God indwells them and that He would respond to the simple prayer of their hearts and help them to become famous and outstanding. They realized, as Emerson said, that the absolutely trustworthy was seated at their heart working through them at all times.

The True Meaning of Self-Confidence

Confidence means "with faith." Faith is a way of thinking, an attitude of mind, an understanding of the laws of mind. It is an awareness that your thought and feeling create your destiny. You have faith when you know that any idea felt as true by your conscious mind will be impressed on and accepted by your subconscious mind and come to pass on the screen of space. In simple, everyday language, your faith is an awareness of the presence and power of God (the Living Spirit Almighty) within you. Through your contact with this Presence and through the medium of your thought you can live a victorious and triumphant life. You will find yourself meeting all obstacles, difficulties and challenges head on, realizing that they are all Divinely outmatched. Tuning in on the Divine Presence within you, you can move through the vicissitudes of life with a deep abiding trust that you can do all things through the God-Power which strengthens you.

How He Developed Self-Confidence and Became Rich and Successful

Recently a businessman who had failed three times in business came to see me. He was down on himself, felt inferior and full of self-criticism. I explained to him that he should be full of faith and confidence because within him is Infinite Intelligence, which created the world and knows no obstacles, and which can reveal to him everything he needs to know. He was born to succeed and triumph in life, because Infinite Intelligence, or God, cannot fail. There is nothing to oppose, challenge or vitiate the movement of Omnipotence.

Accordingly, I gave him a specific formula for success and riches, while explaining to him that confidence in the God-Self within him is contagious, causing him to radiate assurance, faith, poise and balance, so that he becomes a spiritual and mental magnet, attracting good to himself from all sides.

One of the most important of all the spiritual gems of truth in the Bible is found in Romans: *If God be for us, who can be against us?* (Romans 8:31).

Here is the specific formula that simply worked wonders for this businessman. Every morning after shaving, brushing his teeth and combing his hair, he looked directly into the mirror and said aloud feelingly and knowingly: "If God be for me, who can be against me? I can do all things through the God-Power which strengthens me. Success is mine and riches are mine. Thank you, Father."

He repeated these great Biblical truths for four or five minutes every morning, knowing that as he was sincere, these truths would penetrate by osmosis from his conscious mind to his subconscious; and since the law of his subconscious is compulsive, he would be compelled to express success and riches.

A few weeks passed, he met a widow, married her, and they are extremely happy. She placed a quarter of a million

dollars at his disposal, enabling him to open a new business. With his wife as secretary and treasurer of the new corporation, they are going ahead financially by leaps and bounds.

Such experiences are commonplace today with men and women who begin to tap the tremendous potentials within them. I read recently that there were more millionaires now in the United States than at any time in history.

Allow Yourself Success and the Riches of the Infinite

The Life-Principle, which some call God, is forever seeking to express Itself at higher levels through you. There is an inner urge in you always prompting you in the form of a desire to rise higher and higher. This Presence and Power is all-wise, knows all and sees all, and is omnipotent and supreme. Insist on the best in life; refuse the second best. Concentrate your thought, feeling and attention on your profession, realizing that the infinite intelligence of your subconscious is constantly revealing to you new creative ideas and better ways in which to serve.

Realize that you are one with the Infinite and that the Infinite cannot fail. Emerson says: "No one can cheat you out of ultimate success but yourself." Carlyle said: "The wealth of a man is the number of things he loves and blesses which he is loved and blessed by." Coleridge wrote:

> He prayeth well who loveth well
> Both man and bird and beast.
> He prayeth best who loveth best
> All things both great and small;
> For the dear God who loveth us,
> He made and loveth all.

It is not fate that blocks your success or riches, nor lack of money, introductions or contacts. It is yourself. All you have to do is to change your thought-life and keep it changed. Let your habitual thinking be: "Success is mine, God's wealth is mine, harmony is mine, and I am a channel for all the riches of God." Your thoughts are creative and you become what you think all day long.

The Riches of a Practical and Working Faith

Millions of people have faith in creeds, dogmas, sects, traditions, amulets, charms, icons, shrines, etc., but they have no real workable faith at all, and their lives are chaotic and confused. Millions suffer from lack and poor health and barely eke out a living because they are unaware of how to tap the treasure of infinity in their own subconscious mind.

Millions of other people have a real workable faith which they demonstrate in their bodies, their business, their finances, their human relations and in all other phases of their lives. Man's faith in God must be personally demonstrated and it will appear in the light in his eyes; his affluence, demonstrating his faith in the law of opulence, will surely be indicative, as will his trust and understanding of the bountiful nature of the providence of God. Man reflects his confidence in himself and the powers within him by his positive manner, gestures, speech and the sunshine of his smile.

A Widow Discovers the Riches of Self-Confidence

A widow with two sons consulted me with the usual complaint: "It's hard for me to make ends meet. I'm lonesome. My boys don't have the right clothes and the right food. I get $120 a week take-home pay," etc.

I gave her a simple technique, as well as an explanation, as follows. Conceive of yourself now as successful. In your mind's eye, visualize a lovely home with a den for the boys. See them playing there. Feel beautiful clothes on you, including a sable coat or a mink, whichever you prefer. Touch the coat in your imagination, feel a beautiful diamond on your finger, and hear me pronouncing the words, "I now pronounce you man and wife." Hear your regular bank clerk congratulating you on your big deposit.

I said to her, "Remain faithful to this picture in your mind. You want to be married, and feeling the ring on your

finger means to you that you are in the process of being married to the ideal, spiritual-minded man, and hearing the words, 'I now pronounce you man and wife' means it has already happened in your mind, and what has happened in your mind must take place objectively, irrespective of any seeming difficulties and obstacles that seem to stand between you and the realization of your mental image. You will triumph, become wealthy, and you will also be happy, joyous and free."

Quietly, this widow began to think of riches for herself and her sons. She also began to feel how happy, joyous and thrilled she would be if she met some man who was spiritually oriented, congenial and harmonious. In this mood, she began to thank the God-Presence within her for riches, success and companionship prior to sleep. She did this each night for about a week. At the end of about ten days, she met a bachelor who was introduced to her by a mutual friend. He proved to be the perfect answer to all her dreams and meditations.

Realize there is always an answer. There is "Someone who cares" — that One Who created you loves you and watches over you at all times, asleep or awake.

A Salesman Discovers the Riches of Self-Confidence

A young man who was selling land said to me, "The economic conditions are bad," "Times are slow," "Business is bad." He was giving attention to lack and limitation. Naturally, he experienced a lack of sales. He had a sense of inadequacy and timidity.

I suggested to him that if he made it a point to suggest constructive statements many times a day to his subconscious, everything would change. My secretary typed out a card for him with the following statements, which he was instructed to use twelve or thirteen times a day: "I have perfect faith in God's supply and in God's guidance. I know that all who buy land are prospered and blessed. Infinite Intelligence attracts buyers to me who have the money, who

want the land and who rejoice in its possession. I am blessed and they are blessed. I am strong in the Lord and in the power of His might. Divine activity and immediate, perfect results now take place in my life, and I give thanks for the miracles in my life."

By carrying this card with him and repeating these truths frequently, he restored his confidence in his sales ability, and he began to sell, prosper and expand along all lines. He said to me at the Wilshire Ebell Theatre where I give public lectures, "Miracles are happening in my life. I sold land to the value of a half a million dollars this week in the Valley."

God's blessings never cease. Open your mind and heart and receive all the wealth you could want for yourself.

MEDITATION FOR THE RICHES OF FAITH

"Jesus said, 'Thy faith hath made thee whole.'

"I positively believe in the Healing Power of God within me. My conscious and subconscious mind are in perfect agreement. I accept the statement of truth which I positively affirm. The words I speak are words of spirit and they are truth.

"I now decree that the Healing Power of God is transforming my whole body, making me whole, pure, and perfect. I believe with a deep, inner certitude that my prayer of faith is being manifested now. I am guided by the Wisdom of God in all matters. The Love of God flows in transcendent beauty and loveliness into my mind and body, transforming, restoring and energizing every atom of my being. I sense the peace that passeth understanding. God's Glory surrounds me, and I rest forever in the Everlasting Arms."

CHAPTER POINTS TO REMEMBER

1. Emerson says to trust thyself: "Every heart vibrates to that iron string." Join up with God within you,

realizing that all things are possible to God. Place absolute trust in this Presence to respond to your call and aid you in the fulfillment of your dreams.

2. You are unique. There is no one in all the world like you. You are endowed with certain qualities, abilities and capacities. As you claim, "God reveals my true expression," doors will open up and you will be Divinely expressed and in your true place in life, doing what you love to do, Divinely happy and Divinely prospered.
3. If you are teaching a group of boys in Sunday School, teach them that they are sons of God and that God loves them and cares for them. Have them affirm these truths frequently, knowing that there will be an immediate response from the God-Presence within them and that God will reveal his wonders in a different way through each boy. As you do this, they will grow in self-confidence and self-reliance.
4. Confidence means "with faith." Have faith that when you call on Infinite Intelligence It responds to you. You build up your faith when you realize that thoughts are creative; what you feel you attract, and what you imagine you become. Any idea felt as true will be impressed on your subconscious mind and come to pass. This knowledge gives you faith in the laws of your mind and its practice will work wonders in your life.
5. A magic formula for building self-confidence and success is to look in the mirror in the morning and then for about five minutes to affirm: "If God be for me, who can be against me? I can do all things through the God-Power which strengthens me." Make a habit of this and you will be full of self-confidence and faith in all things good, and wonders will happen in your life.

6. Insist on the best in life and the best will come into your life. "No one can cheat you out of ultimate success but yourself" — Emerson. Realize you are one with the Infinite and the Infinite cannot fail.
7. You must have a workable faith. In other words, you must demonstrate your faith in God and all things good. It must appear in your home, in your relationships with people, in your finances, and in your net worth. Faith without demonstration and results is dead. Have faith in the creative laws of your mind which never fail and never change.
8. Conceive of yourself now as successful and wealthy. Imagine the reality of the state, and irrespective of seeming obstacles and difficulties, you will experience the result of your mental image. Your mental image is absolute monarch and king, and as you give it your attention, faith and confidence, it must come to pass.
9. There is always an answer. There is Someone who cares — that One Who created you and the universe. Trust It. It is the One, the Beautiful and the Good.
10. When selling land, realize what you are seeking is also seeking you. Claim boldly that Infinite Intelligence attracts to you buyers who have the money and want the land, and who will prosper with it and be happy. They are blessed and you are blessed. Claim Divine activity and realize that since God's blessings and God's riches never cease flowing into your experience, miracles will happen in your life. The day will break for you and all the shadows will flee away.
11. Repeat the meditation at the end of the chapter for the never-failing Riches of Faith.

fourteen

How to Use the Amazing Law That Reveals All Money Secrets

Love is always outgoing. It is an emanation. Love must have an object. You can fall in love with music, art, a great project, an enterprise, science, and many other things. You can always fall deeply in love with the great principles and eternal verities which never change. Love is an emotional attachment to your ideal, your cause, your scheme or your profession.

Einstein loved the principles of mathematics and they revealed their secrets to him. That is what loves does. You can fall in love with astronomy and it will reveal to you its secrets. How much do you want what you want? Do you want to leave your old ideas, the traditional view of things and get new ideas, new imagery and new viewpoints? Are you open and receptive? Do you want good digestion? If you do, you must give up resentment, and your pet peeves and grudges. Do you want wealth and success? If so, you must be willing to accept the riches within and without.

Realize that you are born to succeed, for the Infinite within you can't fail. You have to leave your jealousies, envies and any of the false concepts you may have of God and enter into the joy of abundant and richer living.

How an Actor Proved the Riches of Love

An actor said to me, "I fear I am going to fail. I am going to crack up on the stage. I am going to say the wrong thing." His vivid imagination was on failure. I explained to him that he was the master, a king in charge of his thoughts, ideas, imagery and responses; that he was the absolute monarch issuing the orders to his mind and body, which automatically obeyed him; that he had the authority to order his thoughts around and to instruct them to give attention to his ideal and the power of God within him. Furthermore, I advised that all he had to do was to fall in love with a new concept, a new estimate, a new blueprint of himself.

He Practiced the Following Victory Formula

He affirmed frequently: "From now on, I give all my allegiance, devotion and loyalty to the God-Self within which is none other than my Higher Self. I know that love of my Higher Self means to have a healthy, reverent, wholesome respect for the Divinity within me which is all powerful and all wise. From now on, I know that love of God is to refuse to give power to any person, place or thing, but to give my supreme allegiance to the One Presence and Power within me. I know I can do all things through the God-Power which strengthens me. I now imagine I am playing a role before a distinguished audience. I live the role; I feel entranced, fascinated and absorbed in the drama; and I hear loved ones congratulating me. It is wonderful."

This actor began to affirm these truths three or four times a day. Also, he played a vivid, imaginary scene, and he fell in love with a nobler, grander concept of himself. All fear vanished because love casts out fear. The love he

exuded was his emotional attachment to his ideal of a magnificent performance. Today he commands a fabulous income, all because he began to exalt God in the midst of him.

There is no fear in love. Perfect love casteth out fear (I John 4:18).

The Riches of Love Saved His Life

Recently a young officer who returned from Vietnam told me that on one of his night patrols he and his men were ambushed. Bullets were striking all around him, and suddenly he found himself all alone. He said that all he could remember were a few passages from the Psalms and that he seemed to be frozen to the ground. He repeated: *Under his wings shalt thou trust* (Psalm 91:4). *The Lord is my light and my salvation* (Psalm 27:1). *The Lord is the strength of my life; of whom shall I be afraid?* (Psalm 27:1).

As he repeated these truths, an inner sense of peace came over him, and he felt a deep sense of security; he was Divinely led to safety and was picked up by a helicopter the next morning. All of his men were killed in that ambush. He said to me, "I talked to Him and He responded."

He Discovered the Riches of the Law of Love

Recently a doctor told me about a patient of his, an old friend, who had run up a bill of over $3,000 and was very slow in paying. He had been very lenient with her, but he knew she had inherited $100,000, and so he asked her for payment. She became very bitter and sarcastic, and accused him of giving her the wrong vitamins. She said his treatments were no good, etc. He said that he let her explode and walked away.

He said to himself that rather than turn the bill over to a collection agency, he would put into application the law of love. Accordingly, in his morning and evening meditation, he affirmed that Mrs. Jones (not her real name) was honest, loving, kind, and at peace, and that God's love and harmony

saturated her whole being. He imagined that she was right in front of him, saying, "Here is the check; I am grateful. God bless you."

He did this for a few minutes night and morning, and at the end of a few days, the result was astonishing. This wealthy woman came to visit him and expressed profound apologies while tendering to him payment of $5,000, not $3,000, which she owed. He had discovered the riches of the law of love. You will notice that he did not retaliate or criticize her in any way. He simply surrounded her with God's love and peace, and Divine right action took place.

The Riches of Love Never Fail

Love is an outreaching of the heart. It is goodwill to all. If you are working in an office, factory or store, it pays you fabulous dividends to wish for all those around you health, happiness, peace, promotion, wealth and all the blessings of life. As you radiate love and goodwill to all, and as you wish riches and promotion for them, you will at the same time bless and prosper yourself. Remember, what you wish for another, you wish for yourself, and what you withhold from another, you are withholding from yourself.

You are the only thinker in your universe, and your thoughts are creative; therefore, it is plain, common sense to have goodwill for others and to radiate love and all the blessings of life to them. A president of a big chain told me a few days ago that the reason for ninety per cent of the dismissals from his organization is not because of incompetence, stealing or tardiness, but the inability of individuals to get along with their co-workers and customers.

Love is the fulfilling of the law (Romans 13:10). The love spoken of in the Bible is not a sentiment or a Hollywood confection. Love is the cohesive force that unites families and nations, and which keeps the whole world and the galaxies in space moving rhythmically, harmoniously and peacefully through eons of time. Love is the law of health,

happiness, peace, prosperity and joyous and successful living. The children of love are harmony, health, peace, kindness, joy, honesty, integrity, justice and laughter.

Begin now to radiate all the blessings of life to all those around you and to all people everywhere. Salute the Divinity in the other and silently realize for him or her: "The riches of God are flowing through you." You will be amazed at how you prosper. Showers of blessings will be yours.

The Infinite Riches of Love's Healing Balm

The late Dr. Harry Gaze, who was a famous international lecturer on mental and spiritual laws, told of a man in London who was wasting away due to tuberculosis. This man's spiritual advisor discovered that he hated bankers, brokers and all wealthy people, this feeling stemming from early childhood when he had witnessed his father being dispossessed of their home because he defaulted in payment to the local banker; so the boy generalized from the particular and hated all bankers and rich people.

His spiritual advisor told him to go down to the London Stock Exchange and stand for one hour on the street near the building, and for every single person, man or woman, who passed by, he was to affirm: "God's love fills your soul. The riches of God are yours now." The man did as he was told, albeit reluctantly at first, but he kept his bargain, and as he consciously and deliberately expressed love and riches to all, it came back multiplied, pressed down, shaken together and running over.

Dr. Gaze said this man had experienced a remarkable healing. Sputum tests and all other types of examinations by Harley Street specialists showed he was completely healed. This man got a job in a prominent banking firm and became very successful as well as immensely wealthy. Divine love became alive in his heart, in his body, and also in his pocketbook.

The Riches in Loving Your Wife, Husband and Children in the Right Way

Claim that he or she is alive with the love of God and that His love saturates and permeates his or her whole being. Picture your loved one in your mind's eye surrounded by the light of God's love. Realize that this healing light of God's love enfolds, enwraps, encompasses and illumines his or her mind, and body. Wonders happen as you pray this way.

She Found the Healing Power of Love

A young secretary who had been using various lotions to keep her face free from skin eruptions that she termed acne, found that they nevertheless persisted. At my suggestion, she gave herself the mirror treatment following the injunction of the Bible: *His flesh shall be fresher than a child's: he shall return to the days of his youth* (Job 33:25).

We changed the verse somewhat, and as she looked in the mirror every morning, she affirmed: "My skin is an envelope of God's love. It is without spot and blemish. It is fresher than a child's, and the radiance of youth and beauty saturate my whole being."

Her face cleared up in a few weeks, and it is now as soft and beautiful as she desired, radiating the sunshine of God's love.

The Riches of Love Bring Justice in a Lawsuit

During a talk with a woman who was terribly frustrated by a prolonged lawsuit lasting over five years, she pointed out how unfair the judge had been in the first instance and stated that it is now going to the Court of Appeals. She said one witness deliberately lied and swore falsely, adding that it was all so unfair.

I suggested she pray night and morning as follows: "All those involved in this court case are surrounded by the

sacred circle of God's love. God's love, truth and harmony reign supreme in the minds and hearts of all involved. They are all known in Divine Mind, and the law of love prevails." This prayer dissolved all bitterness, resentment and hostility lodged in her subconscious mind.

Her opponent in the lawsuit died on the way to court one morning, and his family settled the matter out of court and actually were delighted to do so. She was perfectly satisfied with the settlement.

The Riches of the Protecting Power of Love

A doctor friend of mine told me that one of his psychotic patients had put a gun to his head and said, "God told me to kill you." The doctor said calmly, "God changed His mind, because he told me this morning what to do to heal you and make you a great, illumined soul." The doctor said, "God indwells you and God indwells me. God can't contradict Himself. God is love, and He wants you whole and perfect now."

The psychotic gave him the gun and he had the man placed in a mental institution for treatment. The doctor is a spiritual-minded man, and he knew that his contemplation of God's Presence in the patient would be felt by him. *Perfect love casteth out fear* (I John 4:18).

Love Unites and Love Heals

Your wife, your husband, your son and your daughter need to feel loved, wanted, appreciated and important in the scheme of things. A man said to me recently, "The reason I have a mistress is because she makes me feel so important. She praises my accomplishments and tells me how wonderful I am, how brilliant I am, what a marvelous conversationalist I am and how clever and brilliant I am in my profession. She makes me feel like a king."

I asked him, "What about your wife? She bore you four children. She is loyal, devoted, sincere and a marvelous mother."

"That's true," he said, "but I'm nobody when I go home. I get no recognition. She nags me."

I explained to him that many women nag because they get no appreciation, attention and praise. Moreover, a wife subconsciously detects your infidelity. He did not want a divorce, and I brought both of them together. They decided that love was really there but dormant and never openly expressed. For many years neither one of them had expressed their love for one another. They took each other for granted.

To preserve the marriage, both began a prayer process, he with the 91st Psalm every night and she with the 27th Psalm every morning. Both agreed to radiate love, peace and harmony to each other regularly and systematically. Each agreed to affirm for the other five minutes every day: "God's love fills your soul. I love you."

Love united them again in a Divine embrace, for love is the universal solvent. Only God and His love can and does heal the wounds of mankind.

MEDITATION: LOVE AND GOODWILL PROSPER ME

"'All ye are brethren, for one is your father.' I always bring harmony, peace and joy into every situation and into all of my personal relationships. I know, believe and claim that the peace of God reigns supreme in the mind and heart of everyone in my home and business. No matter what the problem is, I always maintain peace, poise, patience and wisdom. I fully and freely forgive everyone, regardless of what they may have said or done. I cast all my burdens on the God-self within; I go free; this is a marvelous feeling. I know that blessings come to me as I forgive.

"I see the angel of God's Presence behind every problem or difficult situation. I know the solution is there and that everything is working out in Divine order. I trust the God-Presence implicitly; It has the know-how of accomplishment. The Absolute Order of Heaven and His Absolute Wisdom are

acting through me now and at all times; I know that order is Heaven's first law.

"My mind is now fixed joyously and expectantly on this perfect harmony. I know the result is the inevitable, perfect solution; my answer is God's answer; it is Divine; for it is the melody of God's broadcast."

CHAPTER POINTS TO REMEMBER

1. Love is always outgoing. Love frees; it gives; it is the spirit of God in action. Love must have an object. You can fall in love with music, art, science, mathematics, or the truths of God. You can also fall in love with your Higher Self by recognizing It as the Source of all blessings. It is God in you.
2. You are the king and absolute monarch over your thoughts, images, ideas and responses. You can order your thoughts around like an employer instructing employees what to do. You can steer your thoughts correctly in the same way you steer your car.
3. Love of your Higher Self, or God, means you have a healthy, reverent, wholesome respect for the Divinity within you, which is all-powerful, all-wise, knows all and sees all. In other words, it means you give supreme allegiance to the Spirit within you, which is God; and that you absolutely refuse to give power to any created thing.
4. You can fall in love with a grander, greater, nobler concept of yourself by imagining you are doing what you love to do. Become absorbed and engrossed in the mental movie, and you will achieve your goal. Love of your ideal casts out all fear.
5. In the midst of an emergency, affirm: "The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?" There will be a response and security will be yours.

6. When a person is abusive and refuses to pay a just debt, surround that person with light and love; feel and know that the love of God flows through the person and that the law of harmony prevails. A harmonious solution follows.
7. Radiate love, peace and goodwill to all people around you and to all people everywhere. Wish for them health, happiness, peace, abundance and all the blessings of life. As you make a habit of this, countless blessings will be yours. Ninety per cent of people who are failures in life don't get ahead because they rub others the wrong way. Love and goodwill is the answer.
8. Love is the fulfilling of the law of health, happiness, wealth and success. Love is goodwill to all, and what you wish for another you wish for yourself.
9. If resentful of others' wealth and success, affirm for everyone you see and meet: "God's love fills your soul and the riches of God are yours now." Wonders will happen in your life and you will be healed of jealousy and ill will, and you will prosper.
10. If married, tell your wife or husband, "I love you. God loves you." Feel it; believe it; proclaim it. Love unites and preserves the marriage.
11. If you have skin trouble, affirm: "My skin is an envelope of God's love and is without spot and blemish." Realize that Divine love dissolves everything unlike itself, and your skin will become whole, radiant and perfect.
12. If involved in a protracted and complicated lawsuit of any kind, realize that God's love flows through the minds and hearts of all involved and that there is a Divine solution through the harmony and love of God. See the happy ending and contemplate the Divine solution through the action of God's love, and victory and right action will be yours.
13. You can protect yourself by realizing God's love in the other and God's love saturating and surround-

ing you. Realize it is God talking to God, and you will be protected and set free.

14. A married man who has a mistress usually claims that the reason is that she praises him and makes him feel outstanding and important. She stresses all his fine and good qualities. To preserve the marriage, see God in each other and exalt God in one another, and the marriage will grow more blessed through the years. Love unites. Love heals. Love restores the soul. God is love.
15. Using the meditation at the end of the chapter will prove most beneficial to you for all kinds of riches in daily living.

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How to Charge Yourself with Money-Magnetism

Ralph Waldo Emerson said, "Nothing can bring you peace but the triumph of principles." When you learn the way your mind works and direct it wisely, you will add to your peace, prosperity, poise, balance and security.

The engineer follows the principles of mathematics in building a bridge; he gains knowledge of stresses, strains and other complex scientific calculations based on immutable laws which are the same yesterday, today and forever.

The laws of your mind are referred to you again and again in the Bible, which says: *As thou hast believed, so be it done unto thee* (Matthew 8:13).

Excess tension interferes with the productive lives of thousands of people, bringing about frustration and many nervous disorders in its train. A certain amount of anxiety is normal and necessary. For example, the singer about to go on the stage is somewhat tense, which is an accumulation of energy and power which charges his mental and spiritual

batteries, enabling him to overcome any sense of failure. It is excessive and prolonged tension which is dangerous. When the singer begins to sing, he ticks off that surplus energy in the same manner as a clock that is wound up ticks off the time. If you wind the clock too tightly, you break the spring, and then we have no song or time, either.

When you charge yourself with the feeling that you can do all things through the God-Power which strengthens you, you will give a wonderful performance.

How a Businessman Overcame Tension and Anxiety Over His Debts

In talking to a businessman recently whom I met on the plane to Las Vegas, Nevada, he told me that about five years ago he had been deeply in debt, and that many of the wholesalers were pressing him for payment and threatening legal action. He said, "One night I sat down and read the 23rd Psalm, and then an idea welled up within me to make a list of all those to whom I owed money and the amounts. I wrote down each name with the exact amount following it, and then in my imagination I visited each one, giving him a check covering the exact amount owed. In my mind's eye, I saw each one smile and thank me, and also congratulate me. I felt the handshake of each one, saw the happy look on each face and heard each one say to me that my credit is good any time."

He said he repeated this mental imagery or movie scene over and over every night with sensory vividness, feeling the naturalness and joy of it all. Following the above prayer process, he felt a great sense of peace and tranquility, and at the end of about two weeks he had a very vivid and prophetic dream. A man appeared to him in this dream, instructing him to go to a certain casino and play certain numbers on the roulette, and he saw the amount he would win.

The following evening, he did exactly as he had been instructed to do in the dream and won $30,000 which paid

off all his debts. He has not gambled since and realizes that the wisdom of his subconscious responded in its own unique way to his request. He looked at the happy ending in his meditation every night, and having seen and felt the joyous fulfillment of his prayer, he experienced the joy of the answered prayer. Money is really a thought-image in your mind. Your thoughts are things. Wealth is a state of mind, nothing more or less.

How to Banish Anxiety Over Debts

I have given the following prayer to many people over the years who have been burdened with debts and with unpaid bills piling up on them: "God is the Source of my supply. I know when I am anxious I do not trust God. The money I now possess is magnified and multiplied a thousandfold. I realize all the money I have is a symbol of the infinite riches of God. I turn to the Infinite Presence within, knowing in my heart and soul It opens the way for me to pay all my debts, leaving me a vast surplus. I surrender a list of all these debts in the hands of my Heavenly Father, and I give thanks they are all paid in Divine order. God's riches are circulating in my life, and I rejoice and am exceedingly glad that every creditor is paid now, and God prospers me beyond my fondest dreams. I believe that I have received now, and I know that according to my faith is it done unto me. I know God will rain blessings from Heaven for me now."

I instruct each one in debt to claim these truths joyously, lovingly and with the understanding that there is always a response in accordance with his request. When anxious thoughts come to mind, he is never to think of bills or lack or debts, but smilingly give thanks for God's abundance and riches, and rejoice that the obligation is paid now. When this technique is followed faithfully, there is a reconditioning of the mind to wealth, and I have seen marvelous results follow. You can apply this prayer process and let wonders happen in your life.

Learn to Relax and Let Go and Experience Riches All Around You

It is not hard to believe in the Invisible Source of supply. Your five senses reveal to you the world around you on this three-dimensional plane. Your ears are attuned to hear only a few octaves of sound, yet your radio and television reveal to you that all about you are symphonies, music, laughter, songs, drama, speeches and voices from thousands of miles away.

Your eyes are geared to see the physical objects around you, but the atmosphere is full of pictures of bullfights in Spain, ships at sea, operas, Cabinet meetings and the President presiding at news conferences. You do not see gamma rays, beta rays, alpha waves, radio waves and cosmic rays, yet the atmosphere is nevertheless teeming with these vibrations.

Your thought-image of wealth, money or sale of property which you don't see is first cause relative to that idea, and by accepting this truth and feeling the reality of it, your invisible thought-image will become money, riches or a home you need. Thoughts are things.

How a Secretary Overcame Anxiety and Tension in the Office

A legal secretary complained to me that there was a lot of strife and contention in her office. She added that there was considerable intrigue and undermining among the staff and employees. The remedy I suggested was to explain to her that no one could really disturb her but herself. She disturbed herself by her own thoughts, by her reaction to what was happening. If you stop and think, you will observe that it is always the movement of your own thought that disturbs you.

The suggestions, statements and actions of others have no power to disturb or annoy you unless you transfer the power in yourself to them and say to yourself, "He or she

has power to irritate me." Then you are enthroning false gods in your mind. Your harmony, peace, health or wealth is not dependent on others. Enthrone God in your mind. Let God be your employer, boss, paymaster, adjuster and troubleshooter.

I suggested to this secretary that she use the following spiritual formula regularly: "God's love governs me at work. I have no opinion about others. I judge not; therefore, I cannot suffer or be disturbed. The peace and harmony of God govern me and all that I do. Every anxious thought is completely stilled, for I am working for God, and His peace fills my soul. The confidence and joy of God enfold me at all times. All who work in the office are God's sons and daughters, and each one contributes to the peace, harmony, prosperity and success of this office. Divine love comes in the door of our office; and Divine love governs the minds and hearts of all in the office; and Divine love goes out the door. God is my boss, my paymaster, my guide and my counsellor, and I recognize no other. I give all power and recognition to God and I walk serenely and peacefully in His light. I laugh, I sing and I rejoice. God works wonders in my life."

She repeated this prayer every morning before going to work and every night prior to sleep and quickly built up an immunity to all negative suggestions and thoughts of those around her. When someone was obnoxious, surly or sarcastic, she would silently say to herself, "I salute the Divinity in you. God thinks, speaks and acts through you." Nothing bothered her, nothing moved her, nothing disturbed her and nothing frightened her. She had found God within herself and that was sufficient.

I had the joy of conducting the marriage ceremony for this young lady, who married the president of the corporation she worked for. He said to me, "She is the most radiant and angelic of all the girls in our office." Knowing how to pray paid her fabulous dividends. It will do the same for you.

How a Student Overcame His Anxiety That He Would Fail His Examinations

A college student in his final year said to me, "I'm all tensed up, full of anxiety. I study in my room at night but it all goes out of my mind the next day and I have failed in some examinations. I freeze up. I read the Old Testament every night, but it does not help."

I explained to him that his trouble was the continuous feeling of anxiety and tension; that he goes to class afraid he can't remember and to the examination afraid he will fail. In that state of stress, the mind establishes a block and the answers which are in the subconscious mind will not come to the surface mind. I said to him, "You read the Old Testament but you don't practice it, eh?"

I gave this young man a spiritual formula, suggesting that every night, before beginning to study, he pray and affirm the following: *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee* (Job 22:21). *When he giveth quietness, who then can make trouble?* (Job 34:29). *For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength* (Isaiah 30:15). *For God is not the author of confusion, but of peace* (I Corinthians 14:33). *Great peace have they which love thy law; and nothing shall offend them* (Psalm 119:165).

He saturated his mind every night with these great truths, absorbing and mentally digesting them. He imagined these truths sinking into his subconscious mind like seeds deposited in the soil, and becoming a part of him. He made a mental adjustment and focussed his attention on God's river of peace and power, and no longer fixed his attention on his problems.

His mind was now stayed on God, and just prior to sleep every night, he affirmed: "I have a perfect memory for everything I need to know, and I pass all examinations in Divine order, and I give thanks." He is on top of his problem and is relaxed mentally, spiritually and physically. His anxieties have

been lifted and his talent and memory were set free. As he saturated his mind with these age-old Biblical truths, he neutralized all the negative patterns in his subconscious mind and became transformed by the renewal of his mind.

How an Executive Overcame Anxiety Over His Business Situation

Recently I interviewed a businessman who said to me that his doctor had diagnosed his case as "anxiety neurosis." He added that he was terribly tense, suffered from insomnia, and was anxious about money, the future, his children and inflation.

I explained to him that a certain amount of tension is good. For example, steel without tension would not be considered good steel. I added that what his doctor meant is undoubtedly abnormally misdirected tension or energy. I suggested that he cooperate with his doctor, but I also told him to practice the great therapy of words.

The way he overcame his anxiety neurosis was as follows. He began to have quiet sessions with himself three or four times a day, at which times he affirmed quietly and lovingly: "My feet are relaxed, my ankles are relaxed, the calves of my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my neck and shoulders are relaxed, my brain is relaxed, my eyes are relaxed, my hands and arms are relaxed, my whole being is relaxed, and I feel God's river of peace flowing through me like a golden river of life, love, truth and beauty. The spirit and inspiration of the Almighty flow through me vitalizing, healing and restoring my entire being. The wisdom and power of the Almighty enable me to fulfill all my goals in Divine order through Divine love. I am always relaxed, serene, poised, and balanced, and my faith and confidence is in God and all things good. I can do all things through the God-Power which strengthens me. I dwell in the secret place of the Most High, and all the thoughts entertained by me conform to harmony, peace and goodwill to

all. *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7). I sleep in peace and I wake in joy. God supplies all my needs and His riches flow freely into my experience. My security is in God and His love."

He reiterated the above truths frequently during the day, and these wonderful spiritual vibrations neutralized and obliterated the disease-soaked anxiety center in his subconscious mind. His two favorite words became "serenity and tranquility." He discovered there were spiritual reserves on which he could call to annihilate all the anxious and worried thoughts. He now has a deep faith in all things good and has discovered that peace is the power at the heart of God. *And let the peace of God rule in your hearts* (Colossians 3:15).

MEDITATION FOR BEING IN THE PRESENCE OF INFINITE RICHES

The meditation below has performed wonders for people for richer living and continuing prosperity:

"Today I am reborn spiritually! I completely detach myself from the old way of thinking and I bring Divine love, light and truth definitely into my experience. I consciously feel love for everyone I meet. Mentally I say to everyone I contact, 'I see the God in you and I know you see the God in me.' I recognize the qualities of God in everyone. I practice this morning, noon and night; it is a living part of me.

"I am reborn spiritually now, because all day long I practice the Presence of God. No matter what I am doing — whether I am walking the street, shopping or about my daily business — whenever my thought wanders away from God or the good, I bring it back to the contemplation of His Holy Presence. I feel noble, dignified and God-like. I walk in a high mood sensing my oneness with God. His peace fills my soul."

CHAPTER POINTS TO REMEMBER

1. Nothing can bring you peace but the triumph of principles. Use your mind the right way by feeding it with God-like ideas, and you will experience serenity and tranquility. Think right, feel right, act right, do right and pray right.
2. A certain amount of tension is good. Excess tension is destructive. If you wind your clock too tight, you break the spring. For any important assignment or performance, you accumulate a certain amount of energy, which is the power of God in you enabling you to give a marvelous performance; and like a well-oiled clock, you tick the energy off rhythmically, harmoniously and joyously. Excess tension is fear and anxiety. Contemplate the peace of God flowing through you and the power of the Almighty strengthening you, and the anxiety and fear will be rendered null and void.
3. When you have a lot of unpaid bills, do not dwell on what you owe. Claim God is your instant supply, meeting all your financial needs now. Write down the names of all the creditors and the amounts you owe each one, and give thanks that they are paid in full now. Imagine you are giving each one a check, and that they are smiling and congratulating you. Do it over and over again until you feel the tones of reality.
4. Rejoice and be exceedingly glad in your mind that every creditor is paid now, and that God's wealth is circulating in your life; that you are prospered beyond your fondest dreams. Believe; rejoice; give thanks, for He never faileth.
5. Realize that everything you look at in this universe came out of the invisible mind of God or man. Your thought-image of wealth is first cause relative to that idea in the same way as your radio, motor

car or home are thought-images in the mind of the engineer or builder.

6. No one can disturb you but yourself. It is always the movement of your own thought. It is not what people say or do that annoys you; it is your own reaction or your thought about it. Where there is no opinion, there is no suffering. Keep your eyes on the God-Presence within you and give your allegiance, loyalty and confidence to the Supreme Cause within you. In other words, stop worshipping false gods. With your eyes stayed on God there is no evil on your pathway. God is your boss, your paymaster, your guide and your counsellor, and you give all honor and glory to Him.
7. Excess tension and anxiety interfere with your memory and efficiency along all lines. The ideal way to get a quiet mind is to identify with some of the great eternal truths of the Bible and reiterate these spiritual gems of wisdom. By osmosis, they will penetrate the subconscious mind, and you will find yourself relaxed and at peace. One of these spiritual pearls is: *Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee* (Isaiah 26:3).
8. When you are tense, anxious, jittery and worried, dwell on this great truth: *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7). If you are an insomniac, affirm prior to sleep: "I sleep in peace, I wake in joy, and I live in God." *When thou liest down, thou shalt not be afraid; yea, thou shalt lie down, and thy sleep shall be sweet.* (Proverbs 3:24).
9. Use the meditation at the end of the chapter to ease tension and anxiety and to realize the God in everyone.

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How to Automatically Reap an Abundant Harvest of Golden Blessings

The key to self-confidence is given by Emerson in his work on self-reliance: "Trust thyself: every heart vibrates to that iron string . . . Great men have always done so . . . betraying their perception that the absolute trustworthy was seated at their heart, working through their hands, predominating in all thinking."

Great numbers of men and women do not trust themselves; they demean and lower themselves. The real Self of everyone is God, which Emerson refers to as the absolute trustworthy seated in your heart; i.e., the Divine Presence is lodged in your own subjective depths, governing your entire body, watching over you when you are sound asleep. It is the unseen power which moves your hands, and which enables you to walk and talk, revealing to you everything you need to know; and all that is required of you is that you trust this Presence and Power and the answer will be yours. The place of contact and acquaintance is within yourself.

How to Build Self-Confidence

Self-confidence comes when you realize God, which Emerson calls the absolute trustworthy, is in your own subjective depths. Affirm frequently: "God indwells me, walks and talks with me. God is guiding me now. I can do all things through the God-Power which strengthens me. If God be for me, who can be against me? There is no power to challenge God, and God watches over me in all my ways. I realize every problem is Divinely outmatched and I grapple courageously with every assignment, knowing that God reveals the answer. God loves me and cares for me."

Every morning and every evening, become mentally absorbed with the beauty and wisdom of these truths, and gradually they will take possession of you, penetrating your subconscious mind, and you will move through the vicissitudes of life with an abiding faith and confidence, plus a feeling of victory over all problems.

How Self-Confidence Brought a Young Man Riches

While talking with a young pharmacist a few weeks ago, he said to me that two years ago he had been fired from his job for incompetence and that he considered it to be the most fortunate day of his life. He said to himself that only good can come out of this, as "I know that Infinite Intelligence guides, directs and reveals the next step to me." Infinite Intelligence worked wonders for him; he received a deep, intuitive feeling to discuss his dismissal with his father-in-law, who immediately advanced sufficient funds to him to open his own pharmacy, stating that he could gradually pay him back without any interest.

Today he owns two stores and he succeeded in paying back his father-in-law the first year. He believes in the Self within him and in his ability to succeed. His self-confidence has paid him great dividends, not only in money, but in poise, assurance and a rare sense of humor. Remember, self-confidence is contagious; it is communicated subjectively to others, who aid you in the realization of your heart's desire.

His Self-Confidence Dissolved His Lack of Funds

The late Dr. Olive Gaze, an associate of mine, told me about the good fortune of a man who came to her very bitter and hostile to his two brothers, who had cheated him out of a large sum of money. He was in financial straits and somewhat panicky.

She instructed him to place his confidence in the Source and to release his brothers from his hatred as follows: "I surrender my brothers to God completely. I have confidence that God is the eternal Source of my supply. God's love fills my soul. God's peace saturates my mind and heart. I have supreme confidence in God's guidance and directions. I am strong in the Lord and in the power of His might. God's wealth flows to me freely, joyously and endlessly. I give thanks for God's riches now."

As he planted these seeds of love and confidence, all bitterness within him was dissolved. He had been taking care of his grandmother, who was very old and feeble and did not want to go to a retirement home. He visited her twice a day and saw to it that she was provided for. He got her groceries, paid her bills and drove her to church on Sundays, all the time thinking that she was living on a meager pension plus social security. He was motivated by kindness and love; he did not expect or look for any reward.

His grandmother passed on suddenly one evening, however, and imagine his surprise when an attorney called him and informed him that her entire estate had been bequeathed to him. This estate was worth $150,000, three times the amount he was cheated out of by his brothers. His confidence in the Source of all blessings, plus his giving of love, forgiveness and goodwill, brought him an abundant harvest.

Building Self-Confidence Prior to Going to Sleep

One of the most powerful ways to develop self-confidence is prior to sleep when you are in a sleepy, drowsy, relaxed

state. Then there is an outcropping of your subconscious mind, and that is one of the best times to instill new ideas which impregnate your deeper mind. During the sleep period, these ideas gestate in the darkness of your mind, and your deeper mind determines the best way to bring riches, prosperity and success to you.

A businessman said to me that he was plagued with the fear of failure and bankruptcy and that he was unable to pay the bills of his wholesaler. Accordingly, I gave him the following thoughts of confidence, wealth and success to be affirmed slowly, quietly and feelingly every night prior to sleep. The formula was as follows:

"I sleep in peace every night and I wake in joy and confidence, knowing that God is guiding me and reveals the perfect plan for the fulfillment of my desires. My business is God's business, and God's business always prospers. God's wealth circulates in my life and there is always a surplus. I am consistently attracting to me more and more customers, and every day of my life I am giving greater service. All my employees are blessed and prospered, and happiness, prosperity and the riches of God reign supreme in the minds and hearts of all. I am full of confidence and absolute trust in my senior partner, which is God."

The businessman practiced this prayer-therapy technique every night, and as he charged his subconscious with these life-giving patterns, he found his whole life and business patterns changing. A chain store offered him a wonderful price for his store and lot in order to build a new branch there. He was delighted to sell and received far more than he anticipated, enabling him to pay up all his debts and retire to Hawaii, where he and his wife bought a condominium and in the future plan to do extensive travelling. All his employees were absorbed by the chain store.

The ways of your Divine inner mind are past finding out. He proved to himself that his subconscious was a real bank with money in it for him which magnifies exceedingly that which he deposits in it.

The Riches of a New Estimate of Yourself

Approve of yourself, accept yourself, realizing you are an individualized expression of God. You are a son or daughter of the Living God. Remember your new estimate or blueprint is your deep conviction in the Supreme Intelligence within you, which always responds to your thought. Place your faith in that which never changes but which is the same yesterday, today and forever. Theologies, governments, philosophies, and fiscal values wax and wane; floods come and go; everything changes and passes away in this universe. But remember, when you place your confidence in the Life-Principle within you, you will never want for any good thing, and whatever form money takes, you will always have all you need as well as a Divine surplus.

Remember the great truths: *I will fear no evil: for thou art with me* (Psalm 23:4) *For he shall give his angels charge over thee, to keep thee in all thy ways* (Psalm 91:11).

She Found the Riches of Self-Confidence Dissolved Her Inferiority Complex

A young lady in a department store said to me, "I am nobody. I was born on the wrong side of the tracks. I did not get a good education." I explained to her that she could completely banish all sense of inferiority and self-rejection by changing her concept of herself and by knowing that conditions, experiences and events in her life were effects, not causatives.

She decided to banish all sense of inferiority by realizing the following truths: "I am a daughter of God. I am unique; there is no one in all the world like me, because God never repeats Himself. God is my Father and I am His child. God loves me and cares for me. Any time I am prone to criticize or find fault with myself, I will immediately affirm: 'I exalt God in the midst of me.' God is now expressing Himself in a wonderful way through me. I radiate love, peace and goodwill to all. I am one with my Father, and my

Father is God. I know the real Self of me is God, and from this moment forward, I have a healthy, reverent respect for the Divinity within me, which created me and gave me life, breath and all things."

As she meditated on these truths, she found all sense of insecurity and inferiority vanish. She began to think quietly of the kind of husband she would like to marry. She became acquainted shortly thereafter with a customer in the store who was the answer to her mental dreams. All this happened within a month's time. She found herself lifted out of a humdrum life, married, with a sumptuous home and a devoted husband. She found the riches within first, and then found the riches of life on the screen of space.

Benefits of Practicing the Riches of Praise

A young man came to me saying that his professor suggested that he join a class in calculus, but he said that he was afraid to do so; that he didn't know enough. I explained to him by saying, "Robby, the professor would not have asked you if he did not have confidence and trust in your ability. Furthermore, Infinite Intelligence is within you and you are wise enough and smart enough to know that It always responds to you. You have what it takes. You are alert, smart, on the *qui vive,* you have a brilliant mind, and you have great faith in God and His laws of mind. I have perfect confidence that you can do it, and I want you to accept the offer at once. God will guide you in your studies and reveal to you everything you need to know."

This was the essence of what I said to Robby. He beamed with delight at my confidence in him and my praise of his mental acumen and sagacity, and today he is the top man in his calculus class. He was made president of his class and is a confidant of the professor of mathematics.

What Robby needed was someone to stir up his confidence and appreciation of his Higher Self. Remember, wholesouled confidence in the Self of you and that of others will bring about miracles in your life and also in their lives.

A Wife Discovers the Riches of Calling Forth Confidence in Her Husband

The wife of a college instructor said to me that her husband was extraordinarily brilliant but that he seemed to have no ambition; that he had not been promoted in three years. She added, "I think he feels inferior and inadequate."

I suggested that instead of talking to him, which she had tried in vain to do, that she practice instead the silent method, which she accomplished as follows. About three times a day for about three or four minutes each time, she would affirm the following, knowing that he would receive her affirmations subjectively, and that his subconscious mind would compel him to express his latent powers and abilities.

"My husband is a tremendous success. He is absolutely outstanding. The Infinite within him is all-wise and all-powerful. My husband is going from glory to glory; he is going up the ladder of success and promotion. His real talents are revealed and appreciated. He is Divinely guided and his success comes to pass now. I give thanks, for I know what I decree stirs up the gift of God within him."

Within three months' time, he was promoted to associate professor. He also became a consultant to a large corporation and his income has trebled. He is fulfilling her conviction for his success, including financial success.

MEDITATION FOR BUILDING SELF-CONFIDENCE

"I know that the answer to my problem lies in the God-Self within me. I now get quiet, still and relaxed. I am at peace. I know God speaks in peace and not in confusion. I am now in tune with the Infinite; I know and believe implicitly that Infinite Intelligence is revealing to me the perfect answer. I think about the solution to my problems. I now live in the mood I would have were my problem solved. I truly live in this abiding faith and trust which is the mood of the solution; this is the spirit of God moving within me. This Spirit is Omnipotent; It is manifesting Itself; my whole

being rejoices in the solution; I am glad. I live in this feeling and give thanks.

"I know that God has the answer. With God all things are possible. God is the Living Spirit Almighty within me; He is the source of all wisdom and illumination.

"The indicator of the Presence of God within me is a sense of peace and poise. I now cease all sense of strain and struggle; I trust the God-Power implicitly. I know that all the Wisdom and Power I need to live a glorious and successful life are within me. I relax my entire body; my faith is in His Wisdom; I go free. I claim and feel the peace of God flooding my mind, heart and whole being. I know the quiet mind gets its problems solved. I now turn the request over to the God-Presence knowing It has an answer. I am at peace."

CHAPTER POINTS TO REMEMBER

1. Emerson said, "Trust thyself; every heart vibrates to that iron string. The absolutely trustworthy is seated in your own heart." To know that God indwells you, walks and talks in you and responds to your thoughts gives you confidence and faith in that which never fails.
2. You build self-confidence by knowing that the God-Power in you is almighty. There is nothing to oppose omnipotence, nothing to challenge it, and when your thoughts are God's thoughts, God's power is with your thoughts of good. Realize that God loves you and cares for you, and then all sense of insecurity and fear goes away.
3. When you are fired from a position, don't get depressed or angry, but realize the God-Presence within you will open up a new door of expression for you in Divine order and you will experience the joy of the answered prayer.
4. Place your confidence in God, the Source of all blessings. As you call upon It, the answer comes.

Claim, "God's wealth is circulating in my life and God is guiding me." If resentment is present toward any person, release that person, wishing for him or her all the blessings of life. As you fill your mind and heart with Divine love, all bitterness and resentment is dissolved and your good will flow to you.

5. Practice conveying ideas of prosperity, success, and wealth to your subconscious prior to sleep. As you make a habit of this, you will establish patterns of wealth and success in your life, and the powers of your subconscious being compulsive, you will find yourself compelled to express the riches of God along all lines. You will find that unseen forces hasten to minister to your eternal good.
6. Approve of yourself. You are a child of the Infinite and heir to all the riches of life. The Self of you is God. Honor and exalt the God-Presence within you. Know, believe and practice aligning yourself mentally with the God-Presence within you, knowing that It will respond to you and take care of you all the days of your life. You will experience riches and peace in this changing world.
7. All inferiority disappears as you contemplate that God is your Father and that He loves you and cares for you. Whenever you're prone to denigrate or demean yourself, affirm: "I exalt God in the midst of me." As you make a habit of this, all sense of self-rejection and inferiority disappears. As you practice this technique, God will flow through you, filling up all the empty vessels in your life.
8. As you praise the qualities, powers, talents and abilities in others, they will rise to the occasion and you will find that they really stir up the gifts of God within them. Praise is a miracle-working power. Practice it.
9. If married, you can convey the riches of silent praise to your husband or wife. There is no time or space

in mind, and as you affirm with feeling and understanding that your partner is a tremendous success, Divinely guided, and Divinely expressed, and Divinely prospered in all ways, your beliefs will be conveyed to your partner subconsciously and your partner will fulfill your conviction of him or her. What you decree shall come to pass. Paul says: "Therefore, I put thee in remembrance that thou stir up the gift of God within thee."

10. Use the meditation at the end of the chapter to attain the peace and quiet of self-confidence.

seventeen

How to Call Upon the Healing Presence to Bring the Riches You Want

There is one Universal Healing Power. It is omnipotent; it is in the soil, the cat, the dog and the tree. It is called by many names, such as the Infinite Healing Presence, God, Allah, the One Soul, Divine Providence, Nature, and Life and the Life Principle, as well as many others. The awareness of the Infinite Healing Presence is lost in the night of time by the average person. Over the ancient temples were written these words: "The doctor dresses the wound, and God heals the patient."

This marvelous healing power resides in your own subconscious mind, which is the maker of your body. This healing power will heal a sick financial condition, a broken home, a disease-wracked body, marital discord and emotional distress and troubles of all kinds. You will remember when you were young how this healing presence brought curative results to your burns, cuts, bruises, contusions and sprains; and probably, in your youth, like the author, you did not aid

the healing process in any way by the application of such topical remedies as mercurochrome, Friar's balsam, tincture of iodine, and so on.

How a Mother Applied the Riches of the Healing Presence

A young woman working in a department store and earning her own living became engaged to be married to a very fine young man, but he was of a different religious belief, and her mother, who was very domineering and possessive, sought by every means possible to break up the romance, even to the point of openly insulting the young man, calling him a "foreigner," a heathen and unfit for her daughter. She was actually trying to force her daughter into another decision, against the daughter's better judgment.

This young woman deeply resented her mother's interference and willfulness; however, she repressed her hostility and resentment. She eventually suffered a nervous breakdown and was confined to the hospital for some weeks. She was placed on tranquilizers, but when the effect of the drugs wore off, the psychic infection of hostility and suppressed rage remained present.

On visiting her at the hospital, I explained to her that she was an adult and should come to her own decision and refuse to be influenced by anybody; that love knows no creed, race or color, as love transcends all these things. I said to her, "The minute you come to a decision and marry the man of your dreams, whom you love, a healing will come." I suggested to the young man that he should visit her, which he did. They agreed to get married irrespective of what her mother said or didn't say.

I performed the ceremony, and she now has a remarkable sense of freedom and peace of mind. After the ceremony, she phoned her mother and told her that she had been married and was on her way to Europe. Her mother fumed, but the daughter said: "Mother, I have released you to God. You no longer dictate to me: neither do you manipu-

late my mind anymore. Goodbye and God bless you. From now on, I seek guidance from On High, and His wisdom and love will lead me to ways of pleasantness and paths of peace."

Recently I had a card from this young lady, and she is now living in Argentina. Her husband has inherited a vast ranch, and they are immensely happy and experiencing the riches of life. Her mother later sought counsel from me and there has developed a marvelous *rapprochement* with her daughter. Love pays fabulous dividends.

How to Apply the Healing Power of Freedom

A woman consulted me, stating that she was terribly worried about her son; that he and his wife were quarreling and that the children were not being brought up right. I asked her how old her son was, and she said he was fifty-five years old. She was also worried about the company he kept, as he frequented bars.

I explained to her that she should never interfere with her son's marital problems and that she should immediately cease thinking that he should do what she wanted him to do, or that he should act the way she thinks he should act, or believe the way she thinks he should believe. I suggested to her that she release him, set him free and get her own mind in order and at peace.

I wrote out this prayer for her: "I surrender my son, his wife and family to God completely, lock, stock and barrel. I loose them and let them go. I give him freedom to lead his own life in his own way, knowing that he is God's man and that God loves him and cares for him and his family. I release him and set him free spiritually, mentally and emotionally. Any time he, his wife or family come to my mind, I will immediately affirm, 'I have released you. God be with you. I am free now and so are you.' It is God in action in my life, which means harmony, peace and right action."

She practiced this prayer therapy faithfully and found

an inner sense of peace and tranquility which she had hitherto not known. She discovered a simple truth: when we set others free and release them to God's guidance and direction, we are set free ourselves.

Exalt the Divinity in your loved ones and friends and permit them to discover the Divinity which shapes their ends. Never try to bend them to your will or your own preconceived opinions and beliefs. Allow the other to succeed or fail, and if he fails, it may well be the turning point of his life, whereby he discovers the power that never fails deep within himself — the Infinite which lies stretched in smiling repose. In this way, you discover the riches of freedom.

How a Businessman Discovered the Riches of Surrender

An emotionally-wracked and distraught businessman consulted me, stating that he wanted a prayer to use to get his wife back. She had divorced him in another state. They had been married twenty years. He said that he had come home one night and found a note, which said that she was leaving to obtain a divorce. She had given no further explanation and he had no idea where she had gone. This man apparently wanted to mentally coerce his wife to return to him.

I explained to him that it is always wrong to try to force, mentally coerce or try to influence another in any way to do one's bidding; that he should not want a woman who didn't want him. He should grant her the right ot make her own decisions, and what is Divine guidance for one is guidance for the other. To say that she suddenly left without any reason is simply not true. She must have been thinking of running away and imaging life elsewhere for a long time. Finally, her mental image became subjectified, and the nature of her subconscious being compulsive, it caused her to pack up and leave. But she had been leaving mentally for a long time.

Accordingly, I gave him a pattern of prayer to follow:

I surrender my wife to God completely. I know Infinite Intelligence leads and guides her in all ways. Divine right action reigns supreme. I know that what is right action for her is also right action for me. I give her complete freedom, because I know that love frees, it gives, it is the spirit of God. There are harmony, peace and understanding between us. I wish for her all the blessings of life. I loose her and let her go."

In talking to this man, I discovered that he had been very jealous of his wife, and very possessive and domineering, restricting her activities to the house only. She resented this domination and undoubtedly decided to leave, and for a period of time had mentally lived elsewhere. When your body is in one place and in your imagination your mind is elsewhere, you will be eventually compelled to go where your vision is. If a spouse is suffering from suppressed rage and resentment, the result may be involvement with someone else, or it may turn to sickness and mental aberrations of all kinds. Love is not possessiveness. Love is not jealousy. Love is not domineering or coercive. When you love another, you love to see the other happy, joyous and free. Love is freedom.

This man listened carefully. To understand all is to forgive all. He practiced his prayer therapy, and in a month's time, his wife wrote him from Mexico, where she had filed for a divorce. She later married a man from South America and is apparently very happy. She wrote him a very kind letter and told him why she had left, which coincided with what is written here.

Infinite Intelligence is all-wise, and when you pray for guidance and right action, you do not tell the Infinite its business. He was at peace about the whole matter and prayed for a Divine companion; he eventually married a young lady he had met at one of my lectures. They blend and harmonize perfectly. He is a changed man. He handled the matter correctly and the law of love gave him peace, tranquility and a lovely wife. Love is the fulfilling of the law of health, happiness, prosperity and peace of mind.

How a Nurse Received a Quarter of a Million Dollars Through the Riches of the Healing Presence

On the plane to Mexico City, a registered nurse sat next to me and we began to talk. She was from New York, and she told me that she had been invited to teach in one of the hospitals in Mexico. She had been married for five years, when one day her husband asked her for a divorce, saying he was in love with another woman. She said, "I told him that he was as free as the wind; that I wanted him to be happy." She said to me, "I go to a metaphysical church in New York, and I know that love always frees. My husband was surprised that I wasn't angry or bitter, so I explained to him that love is never possessive; love wants the other to be happy, and I told my husband, 'by freeing you I set myself free.'"

He got his divorce and married the other woman. She died in a year's time though, and a year later he passed on of a coronary attack. He left his entire estate to the nurse which totalled a quarter of a million dollars. She had set him free and wished for him all the blessings of life, and her love and goodwill came back to her a hundred hundredfold !

How a Junior Executive Built His Promotions

While talking to a junior executive in San Diego where I was giving some lectures, he revealed that he had been passed up for four consecutive years but that other junior executives had been promoted, and he thought it was unfair. In talking to him, I discovered that he really expected to be passed over and, like Job of old: *The thing I greatly feared is come upon me* (Job 3:25).

He learned that promotion and demotion take place in his own mind and that, actually, he gives everything to himself. His superiors bore testimony to his belief about himself. Man's belief is always made manifest whether he is consciously thinking about it or not.

At my suggestion he changed his mental attitude and began to affirm regularly and systematically: "Promotion is mine, success is mine, wealth is mine, Divine right action is mine." As he continued to claim these truths, he activated the latent powers of his subconscious, and since the law of his subconscious is compulsive, at the end of three months he became the chief executive, with his income doubled at the same time. He was healed of a false belief, and in his phone call to me, he said, "It is true. I promoted myself."

How the Riches of the Healing Presence Worked for All in an Office

In San Diego at the Royal Inn Hotel, overlooking the beautiful harbor full of ships from many foreign nations, I set aside a day for interviews. One of the most interesting was a visit from a talented young lady who was working in an office with twenty other girls, most of whom were very critical of the management, and terribly dissatisfied and disgruntled. The coffee breaks consisted mostly of negative talk about their husbands, their ailments and the low pay they were receiving. She said to me that she liked her work and the pay and that her boss was very kind, sincere and most understanding, but that she was constantly bombarded by the negative thoughts around her, and she felt depressed and dejected at the end of the day.

At my suggestion, she wrote down the names of the twenty girls, and night and morning she prayed for them as follows: "All these girls are known in Divine Mind. They are in their true place, doing what they love to do, and are Divinely happy and Divinely prospered. God thinks, speaks and acts through them. They are conscious of their true worth and they are experiencing spiritual, mental and material riches now. I loose them and let them go, and whenever I hear any negative statement from any one of them, I will immediately affirm, 'God loves you and cares for you.'"

Within three weeks or so, many of the girls had resigned for better positions, some got married, some were transferred to better-paying positions in the organization, one employee married the vice-president, and the girl whom I counselled married the young president of the corporation. All of them were blessed, and the new crew in her office were constructive thinkers and students of the Science of Mind. She discovered that by blessing others, she not only contributed to their good, but the blessing also came back to her pressed down, shaken together and running over.

How Parents Found the Riches of Releasing Their Daughter to a New Normal Life

The parents of a girl visited me here at the Royal Inn in San Diego. They were overwrought and emotionally wracked over their daughter, who suddenly left college in the East and went to Hawaii with some young people they called "hippies." She wrote them from the Island of Maui and said that she was sleeping on the beach with others and that she liked the life. She demanded money to be sent to the local post office, general delivery. The parents were incensed, terribly angry; and the father said, "I won't give her a dime."

My suggestion to them was along the following lines. She is twenty-one years old. She is an adult and has to live her own life without dictation from her parents. I also said that it is morally, ethically and spiritually wrong to contribute to the delinquency, laziness, apathy and sloth of another person, as they become leaners and whiners; furthermore, financial help too frequently and easily given robs the other of self-propulsion, incentive and initiative.

They agreed to release their daughter completely, knowing that the Infinite Healing Presence would take care of their daughter in the right way, provided they used the law of mind in the right way.

The prayer therapy technique I outlined for them was as follows: "I release my daughter to God completely. She

is a daughter of God, and God loves her and cares for her. God is guiding her, and Divine law and order govern her entire life. Whenever we think of her, we will immediately affirm, 'God is watching over you and He careth for you.'"

Six weeks passed by and they heard nothing from their daughter, but they sent no money. They just prayed night and morning for her, as outlined in this chapter. On the seventh week they had a letter from her, saying that she was a waitress at night in one of the hotels and had enrolled in the University of Hawaii and intended to graduate. She apologized for her actions in leaving the college in the East and for her waywardness and asked forgiveness.

The parents phoned me and said they were going to Hawaii to see her and there was a joyous reunion. They discovered the riches of releasing their daughter to the care of the Infinite, which knows all and sees all. Its ways are pleasantness and its paths are peace.

MEDITATION FOR APPLYING THE HEALING PRINCIPLE

"'I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.' The God in me has limitless possibilities. I know that all things are possible with God. I believe this and accept it wholeheartedly now. I know that the God-Power in me makes darkness light and crooked things straight. I am now lifted up in consciousness by contemplating that God indwells me.

"I speak the word now for the healing of mind, body and affairs; I know that this Principle within me responds to my faith and trust. 'The Father doeth the works.' I am now in touch with life, love, truth and beauty within me. I now align myself with the Infinite Principle of Love and Life within me. I know that harmony, health and peace are now being expressed in my body.

"As I live, move and act in the assumption of my perfect health, it becomes actual. I now imagine and feel the

reality of my perfect body. I am filled with a sense of peace and well being. Thank you, Father."

CHAPTER POINTS TO REMEMBER

1. The Infinite Healing Presence is present everywhere. This Healing Presence heals a cut on your finger, reduces the edema in a burn and restores your skin to a normal condition. It will also heal marital problems and financial troubles. It is the solution to all problems.
2. Parents should never interfere with the choice of a spouse selected by a daughter or son. The daughter or son, as the case may be, should be free to make his or her own decision, and the parents should simply release their offspring to God, knowing that Infinite Intelligence guides and directs the young person, and that Divine right action prevails.
3. It is foolish to insist that your married sons or daughters should conform to your way of thinking, acting and believing. Release your son to God, wishing for him all the blessings of life. Loose him and let him go. Where there is no opinion, there is no suffering. Whenever you think of a loved one, affirm: "I have released you. God be with you." When you do this, you set yourself free.
4. If your wife packs up and leaves you, that is her decision. It is wrong for a husband to try to mentally coerce or force his wife to return. He should use the spiritual law by realizing Infinite Intelligence is guiding and directing her in all ways, knowing that what is Divine guidance for her is also guidance for him and for everybody in the world. Give her Divine freedom, knowing that Divine right action prevails; then whatever happens blesses all. Love is not possessiveness. Love frees, it gives; it is the spirit of God.

5. Love always frees. Love is not possessiveness. When you love another, whether wife or husband, you love to see the other happy, joyous and free. You love to see the other as the other ought to be. If your spouse falls madly in love with another, release her or him and wish for your spouse all the blessings of life. Love frees.
6. You will discover that if you expect to be overlooked for promotion or advancement, your subconscious accepts your belief as a request and sees to it that you are passed over. You promote yourself, for according to your belief is it done unto you. Promotion takes place in your own mind. Affirm regularly: "Promotion is mine, success is mine, wealth is mine, right action is mine." Lull yourself to sleep with these truths and your subconscious will respond and compel you to rise higher and prosper along all lines.
7. When others are talking negatively in your office and recounting all their pains, aches and troubles, surrender all of them to God, knowing that God thinks, speaks and acts through them and that they are Divinely led to their true expression in life. In other words, radiate love, peace and goodwill to them, and you will set the wonders of your prayer in action. They will be blessed and so will you. You will discover that by exalting God in others, you also will bring countless blessings to yourself.
8. When your daughter is of age, loose her and let her go. Claim that God is guiding her and that she is in His care, and as you remain faithful to that prayer, your daughter will pick it up subjectively and be Divinely led to do the right thing. Be patient, trust the Infinite Intelligence within you, and don't argue in your mind. Infinite Intelligence knows all and sees all. All that is required of you is to trust and believe, and it is done unto you as you believe.

9. Apply the meditation at the end of the chapter for amazing benefits of the Healing Presence in your daily living

eighteen

How to Use Mind-Magic to Make Riches Flow

A few weeks ago I attended a religious convention at Airlie, near Washington, D.C., where I spoke on the topic, "Law Which Never Changes." During the five days I was there, I had a long talk with a very successful and immensely wealthy man, who told me that the secret of his health, wealth and outstanding achievement was in the developing of what he called the "quiet mind."

He had a card in his pocket on which the following great truths were inscribed: "The superior man is always quiet and calm" (Confucius). *In quietness and in confidence shall be your strength* (Isaiah 30:15). *He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city* (Proverbs 16:32). *The Lord thy God shall bless thee in all thine increase, and in all the works of thine hands, therefore thou shalt surely rejoice* (Deuteronomy 16:15). *Except the Lord build the house, they labour in vain that build it* (Psalm 127:1).

All these statements point out that your strength, success, power and riches come from serenity, from the inner

peace of quietness and from confidence in the laws of life and the response of your subconscious mind.

How This Rich Man Used These Truths

This man said that every morning of his life he anchored his mind on the above-mentioned truths, repeating them slowly, quietly and lovingly, knowing that as they were impressed in his subconscious mind, he would be compelled to express success, health, vitality and new creative ideas. He has established four large corporations and is advisor to many executives in different fields. He travels the world over.

He said to me while presenting me with one of his meditation cards, which he dispenses freely, that thirty years ago he met a man on a ship to Europe who explained to him that if he took certain constructive words from the Bible — words which represent the eternal truths of God and His Law — his mind would become anchored on the Supreme Presence, which responds as you call upon It.

The whole key to his riches was that he knew as he meditated on the above-mentioned Biblical phrases regularly, systematically and repetitiously that he was activating the latent power within his subliminal depths, compelling him to move onward, upward and Godward.

A Businessman Discovers the Riches of the Silence

Carlyle said, "Silence is the element in which great things fashion themselves." Emerson said, "Let us be silent that we may hear the whispers of the gods."

A prominent businessman told me that he attributes all his successful business decisions to fifteen-minute silent periods in the mornings. He withdraws his attention and sensory awareness from the external world, quiets his body, closes his eyes and contemplates the great truth that Infinite Intelligence is within him. Silently, he affirms that God is guiding him; that new, creative ideas are given to

him; that the Divine Presence will govern the conferences of the day; that God thinks, speaks and acts through him; that the right words are given to him by the Supreme Wisdom within him; and that all decisions for his company are based on right action, blessing all.

He then spends about five minutes in what he calls transcendental meditation by simply imagining God's river of peace flowing through his whole being. Ofttimes, while in this quiet period, solutions to acute business and personnel problems pop into his mind — problems with which he and other associates had been struggling for days.

How to "Get the Answers"

He states he has discovered that the quickest way in all the world to get an answer to a problem is to turn over your request to that center of quietness, knowing the answer will emerge. Many times the answer comes within an hour, although the answer may come a few days later, or perhaps a week later, but it always comes when he is preoccupied with something else. Apparently his subconscious mind gathers all the material necessary and then, at the right time, presents it full-blown to his conscious, reasoning mind. Some of the ideas which are resurrected are worth a small fortune. One of his recent ideas emerging from his quiet period was worth over $200,000.

How a Woman Received a Marvelous Answer in the Quiet Period Concerning Her Possible Marriage

Every Sunday we open with a quiet period, a directed silence wherein all are instructed not to take their problems into the Higher Self within, which knows only the answer, but, on the other hand, to contemplate the answer, the solution, the creative ideas, the way out welling up from their subjective depths. I point out that there are creative answers in their subconscious minds that could and would revolutionize their entire lives.

Last Sunday, a woman said to me, "All of a sudden, I saw a scene in my mind's eye of the man I was about to marry. He was with his wife and his two children. Intuitively, I knew it was his wife. I had been in doubt and was hesitating about the marriage. I received my answer, and when talking to him later about what I had experienced in silence at the Wilshire Ebell Theatre, he admitted that he was not divorced and was about to marry me just for my money."

They parted in peace. She gave him a book to read, *The Secrets of the I Ching,*[1] which he subsequently told her had transformed his whole life.

How a Quiet Mind Dissolved Destructive Criticism

A young woman in charge of a very large department employing a great number of girls told me that she is subject to a great deal of criticism and backbiting, but takes it all philosophically by following the injunction of the Bible: *When he giveth quietness, who then can make trouble?* (Job 34:29). She said, "I join up with the God-Presence within me, realizing no one can hurt me, as 'one with God is a majority.' Moreover, I realize that if some girl is jealous and speaks ill of me, she cannot hurt me because I know that negative thoughts and statements of others have no power to create the things they suggest, and I refuse to transfer the power within me to others. My thought is creative. My thoughts are God's thoughts, and God's power is with my thoughts of good."

She is a wise young woman. She knows that no matter what lies others may spread about her, they cannot hurt her unless she accepts the thought mentally. Because others speak ill of you does not make it so. Your thought is creative, and you are the master of your own mind and should positively refuse to let others disturb you or manipulate your mind.

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[1]See *The Secrets of the I Ching,* by Dr. Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1970.

There is an old German proverb: "A lie cannot go very far, for it has short legs."

Her philosophy is simple and to the point in that she said that if some girl points a finger of criticism at her, the girl's other three fingers are pointing toward herself. It is as simple as that.

The Riches of the Quiet Mind Induce Sleep for a Chronic Insomnia Sufferer

I gave the following formula to a businesswoman who said she had to take two sleeping tablets every night because she was so tense and keyed up: "In bed, talk to your body as follows: My toes are relaxed, my ankles are relaxed, my feet are relaxed, my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my hands and arms are relaxed, my shoulders are relaxed, my neck is relaxed, my brain is relaxed, my eyes are relaxed, my facial muscles are relaxed. I now feel God's river of peace flowing through me, permeating every atom of my being. I sleep in peace; I wake in joy."

She quietly repeated these simple truths every night, knowing her body is subject to her thoughts, and after a week or so of practicing this discipline, she has had no further trouble. She has discovered the meaning of these great truths: *Acquaint now thyself with Him and be at peace* (Job 22:21). *Casting all your care upon him, for he careth for you* (I Peter 5:7).

How a Tense and Anxious Executive Discovered the Riches of Healing Passages of the Bible

Recently I talked with an executive who said to me, "My problem is extreme tension and anxiety about every decision I have to make." Accordingly, I gave him what I call a spiritual prescription which would bring peace to his troubled mind. I suggested to him that as he used the fol-

lowing spiritual truths by affirming them quietly, feelingly and knowingly, his excess tension would gradually abate:

Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee (Isaiah 26:3). *In quietness and confidence shall be your strength* (Isaiah 30:15). *But my God shall supply all your need according to his riches in glory* (Philippians 4:19). *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee* (Job 22:21). *Casting all your care upon him; for he careth for you* (I Peter 5:7). *When he giveth quietness, who then can make trouble?* (Job 34:29).

This executive affirmed these healing, therapeutic passages of scripture several times daily, spending five or ten minutes at each quiet session, and he found composure, peace, serenity and mind control. He discovered that peace is the power at the heart of God.

A Salesman Discovers the Secret of Increased Sales in Riches of a Quiet Mind

Marcus Aurelius, the wise Roman Emperor, said: "A man's life is dyed by the color of his imagination." In talking to a salesman the other day, I learned that he was very apprehensive and worried over what he called a "nut letter" from his sales manager, criticizing him for his low sales.

I suggested to him that night and morning he read the 23rd Psalm, which would quiet his mind. I suggested that his faculty of using his imagination constructively would transform his life. Imagination is the art of projecting images, the discipline of mental images.

This salesman reversed the mental picture of poor sales and failure. Morning and night for five or ten minutes, after reading out loud the 23rd Psalm, he imagined his sales manager in front of him, congratulating him on his excellent sales. He felt the naturalness of his handshake. He clearly heard his voice, saw his smile, and heard him say over and over again, "Congratulations on your splendid performance.

You are being promoted to a higher echelon in the corporation." He lulled himself to sleep every night operating that mental movie.

He found his sales improving. He also took a course in public speaking, and at the end of three months he was made district manager, receiving a wonderful increase in salary and commissions. He is on the way to the top. By repeating the mental movie night and morning in a quiet, passive, receptive way, he implanted the idea of promotion and advancement in his subconscious mind, and the latter opened up the way for the perfect manifestation of the impression he made on his deeper mind.

How the Riches of Quiet Understanding Healed a Threatened Mental Crack-Up

One day a man from San Francisco flew down to see me. He was extremely tense. His doctor had diagnosed his condition as anxiety neurosis, which is another name for chronic worry and excess tension. He was very successful financially and was sales manager of a very big corporation. He was very well liked by the president and vice-president of the corporation.

As I talked with him, the root, or real cause of his trouble, came to light. A classmate of his was sales manager of a rival corporation but had been promoted to the position of president of the corporation. He admitted that he was jealous and envious of his classmate's promotion. He was mentally competing with him. He said, "You know, that fellow beat me at everything in school and college; he even took away the girl I loved and married her."

I explained to him that the only true competition there was in life was that which existed between the idea of success and the idea of failure in his own mind and that he was born to win, not fail; for the Infinite could not fail. Therefore, all he had to do was to focus his attention on success and then all the powers of his subconscious would back him up and

compel him to succeed, as the law of the subconscious is compulsive.

He began to see that the past is dead and that nothing matters but this moment. As he changed his present thoughts and kept them changed, his whole world would magically melt into the image and likeness of his contemplation.

I also explained to him that by entertaining envious thoughts, he was actually impoverishing himself and that this was one of the worst possible attitudes to hold, because his negative thinking and his feeling of inferiority plus envy and jealousy were playing havoc with his mental and emotional life and would tend to block his expansion along all lines.

The Simple Remedy

The remedy was very simple. He decided to bless and sincerely wish greater prosperity and success for his former classmate, whose apparently more successful and prosperous state had incited him to envy. Accordingly, he prayed frequently as follows: "I recognize God as my instant and everlasting supply. Promotion is mine in Divine order. Success is mine in Divine order. God's wealth flows to me in avalanches of abundance, and I am Divinely guided to give better service every day. I know, believe and rejoice that God is prospering my former classmate, and I sincerely wish for him all the blessings of life. Whenever he comes to my mind, I will immediately affirm, 'God multiplies your good.'"

After a few weeks, he discovered that the envious thoughts lost all momentum, and he found that the cause of his anxiety and excess tension had been due entirely to his state of mind. This young man has been promoted recently to executive vice-president and undoubtedly is on the way to the top. The Bible says: *If thou return to the Almighty, thou shalt be built up* (Job 22:23).

By blessing those whose promotion, success and wealth annoy us or incite our envy or jealousy, and by wishing that they become even more prosperous and more successful in every way, we heal our own minds and open the door to the riches of the Infinite. Out of the abundance of your heart you

can pour out the gifts of praise, love, joy and laughter. You can give a transfusion of courage, faith and confidence to all those around you, and you will discover that by blessing others, you, too, will be blessed, and all sense of envy, inferiority and lack will be overcome.

A College Student Discovers the Riches of the Quiet Mind

A fourth-year medical student said to me, "I'm haunted by a shadowy, pervasive anxiety day and night, a fear of failure and apprehension about the future." He said that in one examination his mind went blank and he could only answer a few of the questions. This young man's trouble was anxiety and worry. He was afraid of oral and written examinations and was giving the worry orders to his subconscious mind. He developed stress, which brought about a mental block.

I suggested that every night prior to sleep, he should affirm slowly and quietly, "I am relaxed, at peace, serene and calm. I have a perfect memory for everything I need to know at every moment of time and point of space. I am Divinely guided in my studies and I am completely relaxed and at peace at all examinations. I pass all my examinations in Divine order, and I sleep in peace and I wake in joy."

I explained to him that all these ideas would sink deeply into his subconscious mind, becoming a part of him, so that either in an oral or a written examination he would give an excellent account of himself.

At last report, he is doing splendidly. His anxiety has been lifted and his latent abilities and memory of all he learned were set free. *In quietness and in confidence shall be your strength* (Isaiah 30:15).

MEDITATION FOR THE RICHES OF THE QUIET MIND

The following meditation repeated often can bring you your heart's desires in unexpected ways:

"'Those that be planted in the house of the Lord shall flourish in the courts of our God.' I am still and at peace. My heart and my mind are motivated by the spirit of goodness, truth and beauty. My thought is now on the Presence of God within me; this stills my mind.

"I know that the way of creation is Spirit moving upon Itself. My True Self now moves in and on Itself creating peace, harmony and health in my body and affairs. I am Divine in my deeper self. I know I am a son of the living God; I create the way God creates by the self-contemplation of spirit. I know my body does not move of itself. It is acted upon by my thoughts and emotions.

"I now say to my body, 'Be still and quiet.' It must obey. I understand this and I know it is a Divine Law. I take my attention away from the physical world; I feast in the House of God within me. I meditate and feast upon harmony, health and peace; these come forth from the God-Essence within; I am at peace. My body is a temple of the Living God. 'God is in His Holy Temple; let all the earth keep silent before Him.'"

CHAPTER POINTS TO REMEMBER

1. Confucious said: "The superior man is always quiet and calm." The Bible says: *In quietness and in confidence shall be your strength* (Isaiah 30:15). The secret of health, wealth and outstanding achievement is in developing what is called the "quiet mind." By taking certain constructive words from the Bible, which represent the eternal truths of God and His Law, your mind becomes anchored on the Supreme Presence, which responds as you call upon It, and you experience the riches of the quiet mind.
2. Carlyle said: "Silence is the element in which great things fashion themselves." Emerson said: "Let us be silent that we may hear the whispers of the gods." Silently affirm that God is guiding you, that the

Divine wisdom will govern all your activities of the day, and that God thinks, speaks and acts through you every day. Claim Divine right action in all your undertakings. Practice transcendental meditation by imagining God's river of peace and love flowing through your whole being. As you do this, you will receive answers to all your problems welling up from the depths of yourself, and wonders will happen in your life. One man who practices this procedure has already received ideas worth over $200,000 for his corporation.

3. When you quiet your mind and immobilize your attention, realize only God knows the answer. Contemplate the answer, the solution, knowing that before you call, the answer is known to your Higher Self. You will discover there are creative answers in your subconscious that will revolutionize your life. One woman, during our silent period on Sunday morning, had a subliminal thought from her subconscious mind, which revealed to her that the man she was about to marry was already married and had two children.
4. *When he giveth quietness, who then can make trouble?* (Job 34:29). The suggestions, statements and actions of others cannot hurt you. The creative power is in you — it is the movement of your own thought. Does another person's thought govern you, or do you govern your own mind? When your thoughts are God's thoughts, God's power is with your thoughts of good.
5. If you have difficulty sleeping, talk to your body, telling it to relax, let go. Your body will obey you, and then affirm slowly and quietly, "I sleep in peace and I wake in joy, for He careth for me."
6. You can eradicate excess tension and anxiety by affirming the following spiritual truths three or four times daily: *Thou wilt keep him in perfect*

peace, whose mind is stayed on thee: because he trusteth in thee (Isaiah 26:3). *In quietness and confidence shall be your strength* (Isaiah 30:15). *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee* (Job 22:21). *When he giveth quietness, who then can make trouble?* (Job 34:29). As you dwell on these great Biblical truths, a healing, therapeutic vibration permeates your entire body, and these spiritual vibrations enter into your subconscious mind neutralizing all the fear and worry patterns, and a sense of peace and tranquility will govern you.

7. A man's life is dyed by the color of his imagination. A salesman whose sales were dropping imagined his sales manager congratulating him on his excellent sales. He made a habit of running this mental movie twice a day, feeling the naturalness of the sales manager's handshake, hearing his voice, and lulling himself to sleep every night with the imaginary words of his sales manager: "Congratulations on your splendid success." By repetition he implanted the idea of promotion in his subconscious mind, and eventually he experienced a wonderful promotion and increase in salary.
8. The only place competition takes place is in your own mind; the idea of success and the thought of failure compete. You were born to succeed, not to fail. The Infinite within you can't fail. Give your attention to the idea of success and all the powers of your deeper mind will back you up. A sales manager was envious of a former classmate, and he did not know that this attitude of mind was causing his anxiety neurosis and interfering with his expansion. The remedy was simple. He decided to bless and prosper his former classmate, wishing for him all the blessings of life, and as he continued blessing him, all the envious and jealous thoughts lost mo-

mentum and his anxiety neurosis disappeared. Moreover, he was promoted to executive vice-president. By blessing the man whose promotion and success had previously annoyed him, he discovered he prospered himself also. Prayer always prospers.

9. A medical student was fearful and apprehensive about his examinations. Actually, he was fearing failure. This develops stress, which blocks the mind. He affirmed prior to sleep: "I am relaxed, at peace, poised, serene and calm. I have a perfect memory for everything I need to know at all times everywhere. I pass all examinations in Divine order. I sleep in peace and I wake in joy." These truths sank into his subconscious mind and he is now doing splendidly. He discovered the riches of the truth: *In quietness and confidence shall be your strength* (Isaiah 30:15).
10. You can get to experience the benefits of quieting the mind through using the meditation at the end of the chapter.

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How to Start Living Like a King — Almost Overnight

The Bible says: *I am come that they might have life, and that they might have it more abundantly* (John 10:10). Johann Goethe said: "Life is a quarry, out of which we are to mold and chisel and complete a character."

You are here to lead a full, joyous, successful and rich life along all lines. You were born to win, to conquer and to triumph over all obstacles. You are here to release your wonderful hidden talents, to bless mankind, and to express yourself at the highest possible level. Call upon Infinite Intelligence within you to reveal to you your true place in life and follow the lead which comes clearly and distinctly into your conscious, reasoning mind. When you find your true expression in life, you will be perfectly happy, and health, wealth, and all the other blessings of life will follow.

Your success and prosperity in the art of living a wonderful and glorious life depend on your habitual thinking and your heart's desire to transform your life from top to bottom. Remember, you go where your vision is, and your vision is

that about which you are thinking, that where you are directing your attention, and the object where you are presently focused. Whatever you give attention to, your subconscious will magnify and multiply exceedingly in your life.

How a Woman Discovered $45,000 She Thought Lost

While writing this chapter, I was interrupted by a long distance telephone call from a woman in New York City, informing me that she had followed my advice and that her subconscious had revealed to her where the money was hidden.

Some months ago, her husband, who gambled considerably, had passed on. Prior to his passing, he had informed her that he was placing his winnings, $45,000, on the races for that day, in his desk drawer where it would be safe. Following his demise she unlocked the desk and looked through every drawer and examined all the papers and correspondence, but to no avail.

On the occasion of her first phone call, I suggested that she relax, let go completely, immobilize her attention, and just prior to sleep, to turn her request over to her subconscious mind as follows: "Infinite Intelligence in my subconscious knows exactly where the $45,000 is secreted and it is revealed to me now. I give thanks for the answer now."

On the third night following the above technique, her husband appeared to her in a dream and showed her exactly where the secret drawer was located and how, by pressing a certain button, it would open. She awakened immediately and found that the instructions were absolutely correct. To her joy and satisfaction, there was the $45,000 in twenty dollar bills neatly stacked away.

The psychic appearance of her husband in the dream was simply a dramatization of her subconscious mind, knowing that she would immediately follow instructions given and not think it was just an idle dream. The riches of your subconscious are indeed infinite in its manner of expression.

Hidden Riches Revealed by Meditation

A young man came to see me some months ago and said, "I'm a misfit. I'm a square peg in a round hole. I feel rejected and unwanted." I explained to him that the infinite storehouse of riches was in his subconscious mind and that he, like anybody else, could learn to tap it and bring forth all the wisdom, power and creative ideas he needed. Furthermore, I pointed out to him that each person is unique and that there is no misfit in a universe ruled by law and order; that no two people are alike any more than are two leaves of a tree or two crystals of snow. The Infinite never repeats Itself, as infinite differentiation is the law of life and there is no such thing as an unwanted man or woman. Emerson said: "I am an organ of God and God hath need of me where I am, otherwise I would not be here."

This simple explanation appealed to this young man, and he decided to apply the following simple prayer technique: "Infinite Intelligence reveals to me my hidden talents and shows me the way I should go. I know Infinite Intelligence is seeking expression through me and I follow the lead which comes to me. I am a focal point of Infinite Life in the same way that an electric bulb is a focal point for the manifestation of electricity. Infinite Life flows through me as harmony, health, peace, joy, growth and expansion along all lines. I give thanks for the answer which is mine now."

After a few days he felt a deep desire to take up public speaking and a course in applied salesmanship. Following a few months' training, he obtained a position as a representative for a manufacturer and has proven to be an excellent salesman and an asset to his organization.

Accept Wealth and Happiness Now

Now is the time. I talk to many people who are continuously looking forward to better times. Many are saying that some day they will be happy, prosperous and successful. Some are waiting for their children to grow up and get married; then they say they would travel to Europe and Asia

and see the many strange, faraway places. A small percentage of the people I meet and converse with are waiting for the old folks to die; then they claim they would decide what to do.

All these people were waiting for something to happen, instead of realizing that God is the Eternal Now — their good is now, this moment, waiting for them to claim it. As you have seen demonstrated in this book by now, you are in command *now* for a full prosperous life.

One man said that someday he would hit the jackpot and make his mark on the world. His wife said that she hoped someday she would get a healing of her skin rash. I explained to both of them that all the powers of God were within each one of them. Peace is now. You can claim God's river of peace flows through you now. The Infinite Healing Presence is available and you can claim that this Healing Presence is flowing through you now, making you whole, pure and perfect.

It dawned on the husband and wife that wealth and healing are available now. This man's wife began to affirm night and morning as follows: "God's Healing Presence is saturating my whole being and Divine Love flows through my whole being. My skin is an envelope of God's love and is whole, pure and perfect without spot or blemish."

Within one week she proved to herself that the Infinite Healing was instantly available to her, and she had a complete healing.

I explained to her husband that wealth is available now, that it is a thought-image in the mind. He began to affirm boldly: "God's wealth is now circulating in my life. I am engraving this idea in my subconscious mind, and I know that whatever I impress on my subconscious mind will come to pass. I realize as I continue to do this that the response from my subconscious mind will be compulsive and I will be compelled to express wealth."

As he continued praying in the above manner, new creative ideas welled up within him. He made very large investments in gold stocks, both foreign and domestic, and in a matter of months he had earned a small fortune. He had a

preponderant feeling, a sort of persistent intuitive urge to buy these stocks, all of which soared greatly in value immediately. He proved to himself that wealth was available here and now.

Claim Your Spiritual, Mental and Material Riches Now

Strength is *now.* Call on the Infinite Power of God within you and this power will respond, energizing, vitalizing and renewing your whole being now. Love is now. Claim that God's love envelops and saturates your mind and body. Realize and know that Divine Love is being filtered through you and manifested in all phases of your life. Guidance is now. Infinite Intelligence responds to your call. It knows only the answer and will reveal it to you now. Claim your good now. *You do not create anything;* all you do is to give form and expression to that which always was, now is, and ever shall be.

Moses and Jesus could have used a loud-speaker, a radio or a television. The idea or principle by which these are made always existed in the mind of the Infinite. When Plato referred to the "archetypes of Divine Mind," he referred to the fact that there is an idea or a pattern in Divine Mind behind every created thing in the universe.

Plan for a Rich Future Now

Remember that if you are planning something in the future, you are planning it now. If you are worried about the future, you are fearing it now. For example, if you are dwelling on the past, you are thinking of it now. You have control over your present thoughts. All you have to change are your present thoughts and keep them changed. You are aware of your present thoughts and all that you can realize is the outer manifestation of your habitual thinking at the present moment.

Beware of the Two Thieves Stealing from You

The "past" and the "future" are the two arch-thieves. If you are indulging in remorse and self-criticism over the

past mistakes and hurts, the mental agony you experience is the pain of your present thought. If you are fearful about the future, you are robbing and stealing from yourself joy, health, happiness and peace of mind. Begin to count your blessings now and get rid of the two thieves.

To think of a happy and joyful episode in the past is a present joy. Remember, the results of past events — good or bad — are but the representation of your present thinking. Direct your present thoughts into the right channels. Enthrone in your mind peace, harmony, joy, love, prosperity and good will. Dwell consciously and frequently on these concepts and claim them and forget all other things.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).

Take this spiritual medicine regularly and systematically and you will build a glorious future.

The Maid Thinks Big and Gets What She Wants

I am writing this chapter in Honolulu. I had a most interesting conversation with the Hawaiian maid who attends to my room in the Surfrider Hotel on the beach. I gave her some books to read, and she told me that some months previously a guest at the hotel had given her *Your Infinite Power to Be Rich,*[1] which she read avidly, applying the techniques for amassing riches outlined therein.

She added that after perusing the book, she began to think "big" and she made out an affirmation for herself: "I now possess and own a lovely car, which is a Divine idea in Divine Mind. I am driving it to and from my work every day It is fully paid for and I accept it now in my mind."

The sequel to her frequent affirmation and her joyous

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[1] *Your Infinite Power to Be Rich* by Joseph Murphy, Parker Publishing Company, Inc., West Nyack, New York, 1966.

expectancy of results was that she casually mentioned to one of the guests that she was praying for a car. This guest was a multi-millionaire and he casually said to her, "You can have my car. I'm buying a new one today." His car was a Cadillac, two years old and in excellent condition.

She said, "I got exactly what I prayed for. It was a complete gift with no strings attached, and now I am praying that Infinite Intelligence will attract to me a man who harmonizes with me perfectly. I know that will happen, too." Undoubtedly, she will get the answer she wants because she is thinking "big," and also because she understands that before she calls, the answer is already known in her subconscious mind.

How a Promotion and a Wonderful Increase in Salary Were Obtained

A junior executive once told me that he was trying hard for a promotion, but he added, "Others are ahead of me," "I'll have to wait," "I don't have priority," and so on. I told him frankly that he promoted himself; first, he would have to remove the barricade and stumbling blocks which were present in his own mind, such as his belief that he would have to wait perhaps for several years.

He decided to impregnate his subconscious mind with the idea of promotion, paying no attention to circumstances or conditions or the time element and looking to no one for promotion, but giving all his allegiance, loyalty and devotion to the Infinite Intelligence within him. Accordingly, he affirmed slowly, quietly, and feelingly several times a day as follows: "Promotion is mine now. Financial increase is mine now. Outstanding success is mine now. These ideas sink into my subconscious mind and I know that my deeper mind will compel me to express them."

In a few weeks' time he suddenly realized his cherished goal with an increase in prestige and a wonderful increase in salary.

How a Widow Discovered the Riches Hidden in Her Mind

I recently interviewed a widow who said she had been praying four years for a husband but that she had never met the right man. In talking with her, I discovered she had been constantly postponing her good by such statements as, "I would like to marry when I retire; then I could travel to different parts of the world and be free to enjoy life with my husband," "I never meet the right men," and so on.

This widow had been projecting marriage in the future and was defeating her own purpose. She was unconsciously placing obstacles and delays in her own mind. I explained to her that she should always pray in the *now* and showed her how to collapse time by realizing first of all that before we experience anything, we must first claim it in our mind. I further explained that she marries character, or an ideal in her mind.

Accordingly, she prayed frequently as follows: "I am happily married now to a wonderful spiritual-minded man who harmonizes with me perfectly. There are mutual love, freedom and respect between us. I accept this man now, this moment, in my mind, and I know that the deeper currents of my mind bring both of us together in Divine order."

She practiced this prayer every night for a week, entering into the feeling and the delight that would be hers if she were already married. At the end of that time one of the teachers in the school proposed to her and I later had the privilege of performing the marriage ceremony. She proved to herself that you can realize the desire of your heart without procrastination. Her subconscious mind was the invisible matrimonial agent.

How He Secured Riches and Promotion

Recently a man visited me and during our conference elaborated on his many reverses. He concluded by blaming God for "punishing" him with bad luck, etc. I explained to

him, however, that the universe is always one of law and order and that God, among other things, is a universal principle or law. If a man breaks a law, he will suffer accordingly. It is not a question of punishment by an angry God. On the contrary, it is an impersonal matter of cause and effect. If a man misuses the law of mind, for example, the reaction will be negative, but if he uses the law correctly it will help, heal and prosper him along all lines.

I instructed him how to become a free-flowing channel for Divine Life and gave him the following prayer meditation process to use frequently: "I am a clear, open channel of the Divine, and Infinite Life flows freely and joyously through me as health, peace, abundance, security and right action. I promote all my products in Divine order and I am constantly releasing new, creative ideas. I am constantly expanding spiritually, mentally and financially and am releasing the imprisoned splendor within."

This man has received two promotions in the past six months and has told me that the corporation with which he is associated has offered him the office of executive vice-president. He added joyfully, "I stopped blocking my good. I have taken my foot off the hose in a manner of speaking, and the waters of Life are flowing freely into my life."

This man has learned to tap the riches of the Infinite. Moreover, he has ceased pressing the weight of his negative mentality upon the pipeline of life. Shakespeare said, "All things be ready if the mind be so." So may it be with you!

MEDITATION FOR MIRACLE POWER STEPS TO RICHER LIVING AND FINANCIAL SUCCESS

It will pay you great dividends to use this meditation as often as possible:

"'Wist ye not that I be about my Father's business.' I know that my business, profession or activity is God's business. God's business is always basically successful. I am growing in wisdom and understanding every day. I know,

believe and accept the fact that God's law of abundance is always working for me, through me and all around me.

"My business or profession is full of right action and right expression. The ideas, money, merchandise and contacts that I need are mine now and at all times. All these things are irresistibly attracted to me by the law of universal attraction. God is the life of my business; I am Divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand and progress. I am building up goodwill. I am a great success, because I do business with others, as I would have them do it with me."

CHAPTER POINTS TO REMEMBER

1. You are here to lead the abundant life, a life full of love, peace, joy and rich living. Begin now to release the riches of the treasure house within you.
2. You go where your vision is. Whatever you give attention to, your subconscious will magnify and multiply in your experience.
3. The intelligence in your subconscious knows the answer to all problems. A woman wanted to know where $45,000 was secreted in her house by her late husband. She turned the request over to her subconscious prior to sleep and her deeper mind showed her exactly where the money was.
4. There is no such thing as an unwanted person in a universe ruled by law and order. Each person is unique and is born with different endowments. Claim that you are an organ of God and that God hath need of you where you are; otherwise, you would not be here. Realize that Infinite Intelligence is guiding you to your true expression and you will move onward and upward.
5. Accept your wealth, health and success now. Stop procrastinating. God is the Eternal Now! This means your good is now. Claim peace now. Claim that

God's Love fills your soul now, this minute. Wealth is a thought-image in your mind. Claim that God's wealth is circulating in your life now. As you make a habit of this, your subconscious will compel you to express wealth.

6. Claim all your good now. Remember, you do not really create anything; all you do is to give form and expression to that which always was, now is, and ever shall be. Moses and Jesus could have used radio, television and all our modern communication methods. The idea or principle behind all discoveries always existed in the mind of the Infinite.
7. Plan a rich and glorious future now. If you are planning something in the future, you are planning it now. If you are thinking about the past, you are thinking about it now. You can control the present moment. Change your present thought pattern to conform to health, wealth and success and your future is certain. Your future is your present thought pattern made manifest
8. Beware of the two thieves. If you are indulging in remorse over past mistakes or are worrying about the future, you should be aware that these are the two thieves that rob you of vitality, discernment and peace of mind.
9. Think "big" and you will experience great things. A maid affirmed boldly, "I now possess and own a lovely car, which is a Divine idea, and I am driving it to and from my work. It is fully paid for and I accept it now." She received a gift of a wonderful car. This is the way her subconscious responded.
10. Never say to yourself, "I must wait years for promotion or an increase in salary." Never procrastinate, as that blocks your good. You pray in the Now always. Your subconscious takes you literally, and

when you say, "I'll have to wait," you are blocking your own good. Claim promotion and wealth now.

11. When you wish to marry, never say, "I would like to marry when I retire." You are projecting marriage into the future and are defeating your own purpose. Claim, "I am happily married now to a wonderful man who harmonizes with me perfectly," and your subconscious will respond accordingly.
12. God, or the Life Principle, never punishes. Man punishes himself by misuse of the law of his mind. Think good and good follows. Think negatively and negation follows. Use the following prayer frequently: "I am a clear, open channel of the Divine and Infinite Life which flows freely through me as harmony, health, peace, joy, abundance and security." Remember, it is as easy for God to become all these things in your life as it is to become a blade of grass. Become open and receptive to your good and you will discover that "All things be ready if the mind be so" (Shakespeare).
13. Use the meditation at the end of the chapter as your faultless guide in taking the miracle power steps to richer living and financial success.

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The Lifetime Plan for Infinite Riches

The Quiet Mind

God dwells at the center of my being. God is Peace: this Peace enfolds me in Its Arms now. There is a deep feeling of security, vitality, and strength underlying this peace. This inner sense of peace, in which I now dwell, is the Silent Brooding Presence of God. The Love and the Light of God watch over me, as a loving mother watches over the sleeping child. Deep in my heart is the Holy Presence that is my peace, my strength, and my source of supply.

All fear has vanished. I see God in all people; I see God manifest in all things. I am an instrument of the Divine Presence. I now release this inner peace; it flows through my entire being releasing and dissolving all problems; this is the peace that passeth understanding.

For Mental Poise

Whither shall I go from thy Spirit? Or whither shall I flee from thy Presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there.

If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there shall thy hand lead me, and thy right hand shall hold me." I am now full of a Divine enthusiasm because I am in the Presence of Divinity. I am in the Presence of All Power, Wisdom, Majesty, and Love.

The Light of God illumines my intellect; my mind is full of poise, balance, and equilibrium. There is a perfect mental adjustment to all things. I am at peace with my own thoughts. I rejoice in my work; it gives me joy and happiness. I draw continually upon my Divine Storehouse for It is the only Presence and the only Power. My mind is God's mind; I am at peace.

For Peace and Harmony in Daily Living

All is peace and harmony in my world, for God in me is "the Lord of Peace." I am the consciousness of God in action; I am always at peace. My mind is poised, serene, and calm. In this atmosphere of peace and goodwill which surrounds me, I feel a deep abiding strength and freedom from all fear. I now sense and feel the love and beauty of His Holy Presence. Day by day I am more aware of God's Love; all that is false falls away. I see God personified in all people. I know that as I allow this inner peace to flow through my being, all problems are solved. I dwell in God; therefore, I rest in the eternal arms of peace. My life is the life of God. My peace is the deep, unchanging peace of God; "It is the peace of God, which passeth all understanding."

For Controlling My Emotions

When a negative thought of fear, jealousy, or resentment enters my mind, I supplant it with the thought of God. My thoughts are God's thoughts, and God's Power is with my thoughts of good. I know I have complete dominion over my thoughts and emotions. I am a channel of the Divine. I now redirect all my feelings and emotions along harmonious, constructive lines. "The sons of God shouted for joy." I now rejoice to accept the ideas of God which are

peace, harmony, and goodwill and I delight to express them; this heals all discord within me. Only God's ideas enter my mind, bringing me harmony, health, and peace.

God is Love. Perfect Love casteth out fear, resentment, and all negative states. I now fall in love with truth. I wish for all men everything I wish for myself; I radiate love, peace, and goodwill to all. I am at peace.

For Overcoming Fears of All Kinds

There is no fear, as "perfect Love casteth out fear." Today I permit Love to keep me in perfect harmony and peace with all levels of my world. My thoughts are loving, kind, and harmonious. I sense my oneness with God, for "in Him I live, move, and have my being."

I know that all my desires will be realized in perfect order. I trust the Divine Law within me to bring my ideals to pass. "The Father doeth the works." I am divine, spiritual, joyous, and absolutely fearless. I am now surrounded by the perfect peace of God; it is "the peace of God which passeth all understanding." I now place all my attention on the thing desired. I love this desire and I give it my whole-hearted attention.

My spirit is lifted into the mood of confidence and peace; this is the spirit of God moving in me. It gives me a sense of peace, security, and rest. Truly, "perfect Love casteth out fear."

For Overcoming Irritations in Any Circumstances

"He that is slow to wrath, is of great understanding; but he that is hasty of spirit exalteth folly." I am always poised, serene, and calm. The peace of God floods my mind and my whole being. I practice the Golden Rule and sincerely wish peace and goodwill to all men.

I know that the love of all things which are good penetrates my mind casting out all fear. I am now living in the joyous expectancy of the best. My mind is free from all worry and doubt. My words of truth now dissolve every negative thought and emotion within me. I forgive every-

one; I open the doorway of my heart to God's Presence. My whole being is flooded with the light and understanding from within.

The petty things of life no longer irritate me. When fear, worry, and doubt knock at my door, faith in goodness, truth, and beauty opens the door, and there is no one there. O, God, thou art my God, and there is none else.

For Finding Serenity Under Any Condition

"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty."

I dwell in the secret place of the most High; this is my own mind. All the thoughts entertained by me conform to harmony, peace, and goodwill. My mind is the dwelling place of happiness, joy, and a deep sense of security. All the thoughts that enter my mind contribute to my joy, peace, and general welfare. I live, move, and have my being in the atmosphere of good fellowship, love, and unity.

All the people that dwell in my mind are God's children. I am at peace in my mind with all the members of my household and all mankind. The same good I wish for myself, I wish for all men. I am living in the house of God now. I claim peace and happiness, for I know I dwell in the house of the Lord forever.

For Achieving the Balanced Mind for Wise and Intelligent Decisions

"Thou wilt keep him in perfect peace whose mind is stayed on thee, because he trusteth in thee." I know that the inner desires of my heart come from God within me. God wants me to be happy. The will of God for me is life, love, truth, and beauty. I mentally accept my good now and I become a perfect channel for the Divine.

I come into His Presence singing; I enter into His courts with praise; I am joyful and happy; I am still and poised.

The Still Small Voice whispers in my ear revealing to me my perfect answer. I am an expression of God. I am

always in my true place doing the thing I love to do. I refuse to accept the opinions of man as truth. I now turn within and I sense and feel the rhythm of the Divine. I hear the melody of God whispering its message of love to me.

My mind is God's mind, and I am always reflecting Divine wisdom and Divine intelligence. My brain symbolizes my capacity to think wisely and spiritually. God's ideas unfold within my mind with perfect sequence. I am always poised, balanced, serene, and calm, for I know that God will always reveal to me the perfect solution to all my needs.

For Achieving Victories Over All Obstacles to Richer Living

I now let go of everything; I enter into the realization of peace, harmony, and joy. God is all, over all, through all, and all in all. I lead the triumphant life, because I know that Divine Love guides, directs, sustains, and heals me. The Immaculate Presence of God is at the very center of my being; It is made manifest now in every atom of my body. There can be no delay, impediment, or obstruction to the realization of my heart's desire. The Almighty Power of God is now moving in my behalf. "None shall stay its hand, and say unto it, 'What doest thou?'" I know what I want; my desire is clear-cut and definite. I accept it completely in my mind. I remain faithful to the end. I have entered into the silent inner knowing that my prayer is answered and my mind is at peace.

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By
JOSEPH MURPHY
D.R.S., D.D., Ph.D., LL.D.

DeVORSS & CO., *Publishers*
P. O. Box 550
Marina del Rey, CA 90294

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ISBN: 0-87516-188-X

Eighth Printing, 1989

Printed in the United States of America

INTRODUCTION

This book is based on a series of lectures and classes given on the inner meaning of the *Book of John* in America and many other parts of the world. In 1948 I published *St. John Speaks* giving the psychological life-germ hidden behind the words of this book. It was very popular and became a transforming instrument, lifting the minds of students from the literal to a higher level of meaning. Due to innumerable requests all over the world, I have issued this revised, enlarged edition which contains the essence of my most popular of all lectures on the *Book of John.*

The Bible is a book intended to teach you correct mental and spiritual processes. The object of all the Bible parables, allegories, and discourses is to convey spiritual truth so that man may learn to advance and grow spiritually. In a series of lectures on the spiritual meaning behind the stories in the *Book of John* in South Africa, Japan, India, and Europe on a recent world lecture tour, I said to thousands of students, "Unless you have the inner psychological and spiritual meaning behind the Bible, you have no Bible at all." Paul said,

"For the letter killeth, but the spirit giveth life." 2 Cor. 3:6.

The Bible contains the congealed wisdom of the ages. A holy man in India said to me last year that the *Book of John* was the most mystical of all books of the Bible or any Bible in the world. He added that it was the most profound work on the laws of life.

The ancient writers of the Bible were illumined men; they had three ways of expressing their thoughts. The same word took in their pleasures —the literal, figurative, and the hieroglyphic sense. The first two ways, that is to say, those which consisted of taking words in the literal or figurative sense, were spoken; but the third, which could only receive its hieroglyphic form by means of the characters of which the words were composed, existed only for the eyes and was used only in writing. (See *The Hebraic Tongue Restored,* Fabre D'Olivet.) Through an understanding of the symbols and the meaning of each Hebrew letter (denoting a certain state of consciousness), man can interpret the Bible without much difficulty. Strong's *Concordance* and Young's *Concordance* are used by the writer in determining the meaning of names in the Bible.

Truth comes as a sword, for we must die to our illusions (beliefs in merely historical Biblical characters) and awaken to the psychological significance before man can know himself. The Bible is essentially a story about ourselves, although undoubtedly some of the characters were factually historical. All the stories in the Bible teach functional psychology and practical metaphysics. Any of the historical characters, therefore, refer to attained levels of consciousness—moods, feelings, and ideas. The carnal mind (conscious mind, the intellect) has difficulty in grasping the things of the spirit. This is the reason so many students of New Thought do not grow faster spiritually. They will cling fanatically to historical characters as such and fail to secure confidence in themselves—in their Self—The One Altogether Lovely! They are so busy setting up outer gods that they ignore the God within.

We get nowhere in the New Thought Movement by attacking the historicity of Jesus, Moses, Paul, etc; all this is idle speculation and a waste of time. Why not accept "the bare bones" of historical fact (not ecclesiastical jargon and legend), and begin clothing the bones with the flesh and blood of metaphysical reality and wisdom? The writer believes there was a man called Jesus who

lived and performed so-called miracles of healing, but the historical Jesus also symbolizes and personifies the Universal Principle common to all individual men.

The Jesus of the Bible has more than one meaning. The word *Joshua* is identical with the name Jesus. Joshua (Jesus) means "God is Savior," "God is Deliverer." When you read the Bible, look upon Jesus as Taylor said, "illumined reason or your knowledge of God." It also means realization of your desire, the solution to your problem or salvation, the God-Presence within. Jesus symbolizes the cornerstone rejected, but which is most essential in building the temple of God-consciousness. The realization of our desire saves us from any predicament in the world; therefore, that is our savior. Our own consciousness or conviction saves us. "Thy faith hath made thee whole."

It is never a man that saves; it is that saving state of consciousness which works the miracle. A man with hatred in his heart finds love is his savior, since it restores peace. Love would be Jesus—or savior—in that instance. The truth which Jesus taught saves, not the man Jesus. The man Jesus merely discovered the truth that functions in and about himself. "Ye shall know the truth, and the truth shall make you free."

For example, your feeling or mood of opulence will save you from poverty.

Undoubtedly, the great mystics who wrote the Bible used the historical Jesus as the ideal man whom every man aspires to be. They also used him to personify spiritual and ideal states of consciousness. Instead of worshiping men, let us increase the valuation we place upon ourselves. Instead of worshiping Jesus as God, let us find and worship the God of Jesus. Do not bow mentally to idols or strange gods, as your own awareness is God—the only Living Reality.

The Gospel according to St. John (*gospel*—good news) should not be studied from the historical viewpoint. It teaches you how to bring health, harmony, and peace into your life by increased understanding of God. Let us be asleep to the world, awaken to God, and move upward from glory to glory, walking always in the Light.

Jesus gave us the challenge, "Be ye perfect as the Father is." Does this not mean that as long as we persist in and remain on the human, conscious level, we can never cease being man? Hence we never become as God in our respective world of body, mind, and circumstance.

We must realize that God is Omnipresent. He is in us and He is the very life of us. He has

His own Unity and Integrity in Himself, but you have Him in you on your level of awareness.

Note: All Bible references are from the *Book of John,* unless otherwise indicated.

CHAPTER ONE

(1) *In the beginning was the Word, and the Word was with God, and the Word was God.*

In the beginning means the beginning of any creative process. Let us put the above quotation into application immediately. You read in the Bible, *He sent his word and healed them.* Suppose you wish to pray for your mother who is ill; you would send your word this way. The *word* means your desire, your clearly formulated idea or concept. Your desire or word must be specific and definite. You have the idea of perfect health for your mother. This idea is real. It is the seed which, as Troward says, has its own mathematics and mechanics with it. You don't give life to the seed; you can't make it grow. You deposit it in the soil, and by a process of watering and fertilizing the seed, you accelerate its growth; you don't coerce or make it grow. It has its own vitality and power to grow as inherent qualities.

The word was with God. This is your second step. *With* is a preposition joining two ideas

together by feeling. The word *with* means feeling, conviction. As you still the wheels of your mind by thinking of the Healing Presence within which created your mother, your mind becomes receptive. This is the soil in which you deposit your seed or desire. Feel and know that the Healing Power of God is now transforming, healing, and restoring your mother into God's perfect pattern of harmony, health, and peace. Continue to do this until you get into the mental atmosphere or mood of health. You can even imagine your mother is home, doing the things she always did. You can hear her tell how the miracle of God worked in her life and her remarkable recovery. All this can be made intensely vivid and real in your Divine, mental workshop. Your feeling of health is now resurrected in the mind of your mother and releases its healing and therapeutic potency there. The reason for this is that there is only one mind, and in the mind-principle there is no time or space; hence your idea of perfect health is instantaneously felt by her. You are thinking of your mother, which identifies her in Divine mind. She, being the receiving station, receives your heavenly broadcasts, as subjectively you are one; in the subjective, passive, receptive state of mind, there is no here or there. Your

thought is Omnipresent. You may continue to pray for your mother two or three times a day in the above manner, paying no attention whatsoever to hospital reports, or the belief or opinion of relatives. Continue to know that your thought and feeling are the *words* which heal. This is your authority. You are the mental surgeon performing a delicate, mental operation. Your instruments (thought and feeling) must be sterilized at all times. Incisively and decisively, you reject all fear-thoughts and you speak the word with conviction, knowing that what you decree governs and controls your mother's body. You have succeeded in giving life to the concept of perfect health for your mother in your own mind, knowing the idea will germinate and grow of its own accord. You watered it with faith and expectancy, and your word (your inner feeling, your conviction of health) was God. It was good (God and good are synonymous). It came to birth as a perfect healing for the person for whom you prayed. You have put into application the formula of prayer.

The whole *Gospel of John* teaches how consciousness accepts an idea and projects it as a condition, experience, or event. This same idea is expressed in the story of the whale swallowing Jonah. The *whale* represents your subconscious

mind, which receives any idea (Jonah) felt as true; it then expresses (or casts forth on dry land) what is impressed upon it.

It is said Jonah remained in the belly of the whale for three days. This represents the length of time it takes you to reach a conviction or the feeling your prayer is answered. It has nothing to do with three days' time. The numeral *three* represents the length of time you work with the idea mentally, until it is absorbed by your consciousness.

(2) *The same was in the beginning with God.* (3) *All things were made by him; and without him was not any thing made that was made.* (4) *In him was life; and the life was the light of men.*

There is only One Creative Power. There is only One Source. God is called Awareness, Unconditioned Consciousness, Life. There is only one Life and all things in the world are made inside and out of Life or Consciousness. The Bible calls God I AM, which means Being or Existence. I AM conceives itself to be sun, moon, stars, planets, etc. In fact, everything you see is the I AM in infinite differentiation. There is only one Cause, one Substance, one Source. Whatever you affix to I AM through feeling, you create in your world

of expression. That is what the Bible means when it says that there is nothing made that is not made that way. Nothing is made without feeling. If you feel poor, you become poor; if you feel prosperous, you become prosperous; if you feel dignified, you become dignified.

Light means Intelligence, in the Bible. Infinite Intelligence is within you (I AM). Feel and know that you are Divinely led in all your ways and that is exactly what you will experience; then you will know and feel the meaning of *and the life was the light of men.*

(5) *And the light shineth in darkness; and the darkness comprehended it not.* (6) *There was a man sent from God, whose name was John.* (7) *The same came for a witness, to bear witness of the Light, that all men through him might believe.*

Darkness refers to ignorance or lack of knowledge of the way our mind works. We are in darkness when we do not know that as we think and feel so are we. Man is a conditioned state of the Unconditioned One, with all the qualities, attributes, and potencies of God. Man is here to discover who he is. He is not an automaton. He has the capacity to think two ways—positively and negatively. When he begins to discover that

the only good and evil he experiences are due to the action of his own mind, he begins to awaken from the sense of bondage and limitation to the outside world. Not knowing the laws of mind, man does not know how to bring forth his desire.

The name *John* does not refer to any particular man, but represents a state of consciousness where man begins to intellectually perceive the truth. All of us are here to bear witness of the Light (God) within. We bear true witness when we express harmony, health, and peace in our mind, body, and environment. Jesus is a symbol of every man continually transcending himself. He was called the Wayshower setting forth and revealing the powers within all men. He said to all, *"The things I do, ye shall do and even greater things shall ye do."*

The same Power which Jesus used is within all of us. If we will only rise in consciousness to the point of acceptance which Jesus did, we, too, will open the eyes of the blind, unstop the ears of the deaf, and do all the things which Jesus did, because we believe.

(8) *He was not that Light, but was sent to bear witness of that Light.* (9) *That was the true Light, which lighteth every man that cometh into*

the world. (10) *He was in the world, and the world was made by him, and the world knew him not.* (11) *He came unto his own, and his own received him not.*

Verse eight means your intellect (another name for John) is not the true light; it is a projection of the Infinite Intelligence within. But when my intellect is anointed or illumined by the Wisdom of God, I bear witness of the Light.

A simple illustration of this is as follows: I had a knotty problem to solve a few days ago before I started to write on this chapter. I got still, relaxed, and said, "Infinite Intelligence knows only the answer. The answer is mine now." I dismissed the matter and started writing. While writing these last few lines, the answer popped into my conscious mind like toast pops out of a toaster. This is called guidance or intuition. *Intuition* is simply the Wisdom of God lodged in the subjective of man, rising to the surface mind, revealing to man the solution or answer. We use the intellect (John) to carry out the inner dictates of the Divine Presence.

The true *light which lighteth every man* represents

the I AM or God in man. In simple, everyday language we say that awareness or consciousness is the light of the world. This is readily understood.

If, for example, you were not aware of something, it would not be in your world. Supposing a house fell down a few blocks away from you, if you did not see it happen or hear the noise, so far as you are concerned, it did not happen; your light (awareness) did not shine on it; therefore it is not a part of your consciousness. Remember this truth – Whatever you become aware of comes into your world. In other words, your awareness is the light which creates your world. By *your world* I mean your body, circumstances, environment, and all your experiences.

You have already read in verse five *the light shineth in darkness.* False concepts, wrong theories, and negative thoughts represent your darkness. If you believe a fan gives you a stiff neck, it is a false light or knowledge and causes suffering in your world. Ideas and concepts which inspire you, thoughts which elevate, dignify, heal, and bless you, represent the Wisdom of God which is the true Light. True knowledge of God will light up the heaven of your mind and give you

peace, serenity, a sense of security, and tranquillity. I believe you have a good idea of what the word *awareness* is all about now. We must remember that we create our own world after the image and likeness of our own mental pictures and thought patterns.

Verse ten points out that your consciousness is the creator of your world, but the majority of people do not know that the cause of all is their own state of consciousness. *A state of consciousness* means what you think, feel, believe, and mentally assent to.

Verse eleven explains that the average person refuses to believe that his state of consciousness is the cause of all his experiences—good or bad. He prefers to blame something outside himself.

(12) *But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.*

The same power which Jesus used is within all men. If we completely accepted the fact that God is Omnipotent in the same way that we make a telephone call, we could raise the dead, heal the blind, and do all the things which Jesus did. We, theoretically, give assent to these truths but we do not really believe them in our heart. This is why we keep on praying in order to convince

ourselves of the truth which we affirm. As long as we go on believing we are sons of John Jones or Tom Thumb, we will never do the works of God. All we have to do is to recognize the Power of God and believe; then the miracle will happen.

(13) *Which were born, not of blood, nor of the will of the flesh, nor of the will of man, but of God.* (14) *And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.*

The *flesh and blood* spoken of represents our present limitations which pass away the minute we recognize the 'Spiritual Power within, realizing its Omnipotence, knowing at the same time it is responding to our thought-patterns and mental imagery. The *will of God* is the Nature of God; and the Nature of God is Goodness, Truth, Beauty, Wholeness, Completeness, and Perfection.

The phrase *being made flesh* is experienced by you when you enter into the feeling of being healed; then you will be healed. Thus the word (your desire) is made flesh (manifested), and you behold the glory (Divine idea objectified) of the only begotten (your supreme desire) full of grace and truth, meaning harmony and the happiness which follow your answered prayer.

(15) *John bare witness of him, and cried, saying, This was he of whom I Spake, He that cometh after me is preferred before me: for he was before me.* (16) *And of his fulness have all we received, and grace for grace.* (17) *For the law was given by Moses, but grace and truth came by Jesus Christ.*

You are John and you are always bearing witness or testifying to your state of consciousness. All external change follows inner change.

Dr. Nicoll, in his writings, speaks of the language of parables, allegories, and miracles of the Bible. What he is saying is that everything said in the Bible, whether parable, allegory, or discourse has a definite, inner, psychological meaning, apart from the literal sense.

Look at the statement, *"He that cometh after me is preferred before me."* The consciousness or conviction of being healed must precede the healing. There was a man with a paralyzed hand who healed himself recently (a member of our audience) by claiming ten or fifteen minutes several times daily that the Healing Power of God was healing, vitalizing, and restoring his hand. He became a new man. The man with the paralyzed hand died, and the man with the perfect, functioning hand awakened. This refers to the death

in the belief of paralysis and the birth of the idea of perfect health. It is your own consciousness dying to an old state and giving birth to the new concept.

Verse seventeen means the law and the word, the cosmic (Moses) and the personal (Jesus). Moses is your desire, and Jesus is your conviction. Moses and Jesus refer to two phases of your own consciousness. Moses gives us the law that feeling is the creator. Jesus Christ means the harmonious union or functioning of our conscious and subconscious mind. Christ is the fulfilling of the law. *Jesus Christ* in simple, everyday language means I am filled full of the feeling of being what I long to be. Grace and truth (love and freedom) follow that state of consciousness.

(18) *No man hath seen God at any time; the only begotten Son, which is in the bosom of the Father, he hath declared him.* (19) *And this is the record of John, when the Jews sent priests and Levites from Jerusalem to ask him, Who art thou?* (20) *And he confessed, and denied not; but confessed, I am not the Christ.* (21) *And they asked him, What then? Art thou Elias? And he saith, I am not. Art thou that prophet? And he answered, No.* (22) *Then said they unto him, Who art thou? that we may give an answer to*

them that sent us. What sayest thou of thyself?

We do not see God with the naked eye. We see God in the same way that we see an answer to a knotty mathematical or geometrical problem. All men are begotten of the Only One. We are all sons or expressions of the One God or Life. Your clarified desire is also a son of God or idea of the Infinite. Your desire for health is a definite promise or declaration of the God-Power to heal you.

John (intellect) is not the Christ (Wisdom of God). *Art thou Elias?* Elias means God is Savior. Before the answer to any problem can come into our experience, we must realize that Infinite Intelligence is within and responds to our thought. In other words, Elias must come first. *Art thou that prophet?* The prophet is always Jesus or your inner conviction or feeling which determines what is to come. A simple way of answering the above Bible verse fifteen is to realize *John* is your conscious mind awakening to the truth. *Christ* is the subjective Wisdom and Power of God which you call forth when you still your mind and reject the appearance of things. As you quietly contemplate the answer, you become aware of the Inner Voice and Divine Wisdom which wells up and anoints your intellect,

showing you the way you should go.

(23) *He said, I am the voice of one crying in the wilderness, Make straight the way of the Lord, as said the prophet Esaias.* (24) *And they which were sent were of the Pharisees.* (25) *And they asked him, and said unto him, Why baptizest thou then, if thou be not that Christ, nor Elias, neither that prophet?* (26) *John answered them, saying, I baptize with water: but there standeth one among you, whom ye know not.*

The voice crying in the wilderness is the cosmic urge, the ideals, and impulses which well up in all of us. It is the innate Principle of Life or God in all of us which ever seeks to do right. It is like a voice in the wilderness crying for the right way. When we are *in the wilderness,* we are in a limited state. The Lord is the power and the authority of our mind in tune with the Infinite. We are in the wilderness of hearsay, idle thought, and opinion until we awaken to the Kingdom of God within. This kingdom is not afar off in time or space but co-exists with the life of all of us. We can enter into the kingdom of peace, harmony, and joy when we cleanse our mind of false beliefs (baptism) and accept the Truths of God. John (conscious mind) baptizes with water. We are not, of course, cleansed by pouring water on the

head. We have only to *cleanse our feet and we are clean every whit whole.*

The *feet* symbolize our understanding. When we die to our false beliefs and superstitions, we are ready to believe that the God-Presence is none other than our consciousness or awareness. Our consciousness is without face, form, or figure. It is the Invisible, Formless Power within us, taking form according to our thought and feeling. Here in your world of the mind or consciousness, you are the Christ or King of your world. Your *robe* as a king is the garment or mood of love. The *crown* you wear is the awareness of the Power of God. The *scepter* you hold is your authority to use this Power to bless, heal, and inspire.

John said, *I baptize thee with water.* Water, of course, is used here in a special sense. Jesus said, *The water that I shall give him shall be in him a well of water springing up into everlasting life. John 4:14.*

Water means Truth or the Wisdom of God reigning supreme in the mind of man. As you read these words, you know the power of your own thoughts to take charge of your mind, expel all enemies, and direct the Divine forces wisely and constructively. *The poor and the needy seek*

water and there is none, and their tongue faileth for thirst. Isaiah 41:17. Suppose you baptize yourself with water now. Water means your consciousness which, like water, will assume the shape of any vessel into which it is poured. The *vessel* is your mental attitude or your feeling. Our unconditioned consciousness is always conditioned (conditions, experiences, and events in our life) by what we think, feel, and believe. To know this is to possess the truth which liberates you. It certainly baptizes or cleanses the mind of beliefs in external powers and causes. Our feeling of health produces health; our feeling of wealth produces wealth.

(27) *He it is, who coming after me is preferred before me, whose shoe's latchet I am not worthy to unloose.* (28) *These things were done in Bethabara beyond Jordan, where John was baptizing.* (29) *The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world.*

In verse twenty-seven we are told that the conscious mind is not worthy to unloose the latchet of the shoes of the deeper mind or subjective self. By the *subjective self* I mean not just the subconscious mind, but the Presence of God or the I AM within us. *Feet* symbolize understanding,

and the shoes cover the feet. In other words, the conscious mind does not know the secret of creation or the manner in which the Infinite Wisdom and Intelligence within man brings things to pass. Its ways are past finding out. The conscious mind cannot unlock or reveal how, when, where, or through what source the answer to prayer will come. Many things seem impossible to the conscious mind, but to the Invisible Power within man, all things are possible. *Canst thou believe? All things are possible to him that believeth. Mark 9:23.*

In verse twenty-nine the *Lamb of God* is a symbolic reference to the sun as it enters the sign of Aries, a ram or a lamb. The ancients called the sun the savior of the world as it redeems the world from darkness and death when it ascends the heavens. When John (your intellect) recognizes Jesus (the God-Power within), you begin to fulfill your desires and aspirations, and your sins (your failure to reach your goal and fulfill your desires) are taken away.

(30) *This is he of whom I said, After me cometh a man which is preferred before me: for he was before me.* (31) *And I knew him not: but that he should be made manifest to Israel, therefore am I come baptizing with water.* (32) *And John bare record, saying, I saw the Spirit*

descending from heaven like a dove, and it abode upon him. (33) *And I knew him not: but he that sent me to baptize with water, the same said unto me, Upon whom thou shalt see the Spirit descending, and remaining on him, the same is he which baptizeth with the Holy Ghost.* (34) *And I saw, and bare record that this is the Son of God.* (35) *Again the next day after John stood, and two of his disciples;* (36) *And looking upon Jesus as he walked, he saith, Behold the Lamb of God!* (37) *And the two disciples heard him speak, and they followed Jesus.* (38) *Then Jesus turned, and saw them following, and saith unto them, What seek ye? They said unto him, Rabbi, (which is to say, being interpreted, Master), where dwellest thou?* (39) *He saith unto them, Come and see. They came and saw where he dwelt, and abode with him that day: for it was about the tenth hour.* (40) *One of the two which heard John speak, and followed him, was Andrew, Simon Peter's brother.* (41) *He first findeth his own brother Simon, and saith unto him, We have found the Messias, which is, being interpreted, the Christ.* (42) *And he brought him to Jesus. And when Jesus beheld him, he said, Thou art Simon the son of Jona: thou shalt be called Cephas, which is by interpretation, A stone.* (43)

The day following Jesus would go forth into Galilee, and findeth Philip, and saith unto him, Follow me. (44) *Now Philip was of Bethsaida, the city of Andrew and Peter.* (45) *Philip findeth Nathanael, and saith unto him, We have found him, of whom Moses in the law, and the prophets, did write, Jesus of Nazareth, the son of Joseph.* (46) *And Nathanael said unto him, Can there any good thing come out of Nazareth? Philip saith unto him, Come and see.* (47) *Jesus saw Nathanael coming to him, and saith of him, Behold an Israelite indeed, in whom is no guile!* (48) *Nathanael saith unto him, whence knowest thou me? Jesus answered and said unto him, Before that Philip called thee, when thou wast under the fig tree, I saw thee.* (49) *Nathanael answered and saith unto him, Rabbi, thou art the Son of God; thou art the King of Israel.* (50) *Jesus answered and said unto him, Because I said unto thee, I saw thee under the fig tree, believest thou? thou shalt see greater things than these.* (51) *And he saith unto him, Verily, verily, I say unto you, Hereafter ye shall see heaven open, and the angels ascending and descending upon the Son of man.*

The essence of the above verses is a wonderful formula for prayer; its meaning is as follows: In verse thirty-eight the question, *Where dwellest*

thou? obviously does not refer to a village or a street address. To think so would be too absurd for words. It means, where do you dwell in consciousness—your state of mind? Do you abide in the consciousness of love and oneness with God? We must so discipline our minds that we remain unmoved and impervious to the negation of the world. The disciples Andrew, Simon, Philip, and Nathanael represent faculties and powers within us. Jesus represents our I AM or Consciousness. Andrew means perception, i.e., seeing the truth about anything. You are using the disciple or faculty Andrew when you know God has the answer, that there is a way out, and when contemplating the happy ending. Simon means to hear the good news. You are using this faculty when you no longer look to outer conditions for hope or encouragement.

In verse forty-two Simon's name is changed to a stone. A *stone* means the rock of faith. A stone is hard, solid, and fixed. This means your faith is immovable and unshakeable. Now your confidence is trust in the Invisible Spirit within which becomes all things to all men. Your knowledge of the law enables you to maintain a strong conviction regardless of appearances and outer change.

The next faculty you call is *Philip,* which means

perseverance and stick-to-it-ive-ness. Philip means a lover of horses. A trainer of horses is firm but kind. He has the rare quality of patience, perseverance, and determination. You need these qualities to succeed in prayer-life also. Many people quit after a few days and say, "What's the use? It doesn't work for me." Be Philip and ride your horse (mood) to victory. Keep your attention focussed on your goal by frequent occupancy of the mind until it takes root within you; then you are using Philip's qualities of character and action.

Philip finds Nathanael—the latter meaning the gift of God (our desire). In verse forty-five we read, *We have found him of whom Moses in the law, and the prophets, did write, Jesus of Nazareth, the son of Joseph. Joseph* means disciplined imagination. *Jesus* is our solution to that which we want, and it comes from Nazareth (a stem, sprout, idea, thought). If we will take that sprout or idea, no matter how fantastic it is, and see it clearly as a fact now existing in consciousness, we have psychologically called *Andrew.* If we will have faith in God to bring it to pass, we have called *Simon* (the faculty of hearing or feeling the good tidings within). We sustain or ride that mood until it becomes a subjective embodiment within us. We are now calling Philip.

Then *Nathanael* appears (the gift of God—our desire made manifest). We say, "Yes, this is Jesus (my answered prayer, my solution) and He is of Nazareth (that idea or desire I nourished). Yea, verily, it is the son of Joseph, the manifestation of what I imagined and felt subjectively as true." When we completely accept our desire in consciousness without reservations, we are, indeed, an Israelite without guile.

Verse forty-eight speaks of a *fig tree,* meaning we are in a state of sorrow, sadness, and limitation until we discover our Inner Power. When we call our three disciples, we come out of the limitation and no longer sit under the fig tree of lack. Our own consciousness, i.e., thought and feeling, possess the answer to our need, did we but know where and how to seek and find it. The metaphysical key to demonstration is offered in the following statement: Before we ever pray for anything, "It is." Creation is finished. We simply give expression to that which has already been formed subjectively and spiritually.

Go within now; claim, feel, and imagine what you want in a meditative state and become one with it. I do not know how often you will have to do this, but this I do know, if you will continue to remain faithful to your mental picture, the

Almighty Power will objectify your ideal. Whatever you envision, you can achieve. Do not fail to dream lofty dreams (angels of God ascending and descending) and make them come true. In moments of meditation, as you get lost in the joy of being what you long to be, you are ascending with your ideal to the heavens of your own mind. In a little while you will see it descend on the objective plane as a condition, experience, or event. The practice of these simple truths is *the true light which lighteth every man that cometh into the world.*

CHAPTER TWO

THE first miracle by Jesus is recorded here as that of changing water into wine. We discover about one thousand years previously that the same story is recorded of Bacchus, the wine-God. The cup spoken of in the New Testament and the chalice of Bacchus are identical in meaning. The ancients called the juice of the grapes the blood of Bacchus. All this is symbolic and is merely telling us that by the transformation of our consciousness, we can realize our desire. *Changing water into wine* means experiencing the joy of the answered prayer.

The consciousness of health produces health. The consciousness or feeling of wealth, produces wealth. Consciousness is all things to all men, and whatever you assume yourself to be, you experience. In the same manner as you press juice out of a grape, so do you press out of your consciousness all things you wish by assuming you are what you long to be. As you live in the mental atmosphere of being what you long to be, that mental atmosphere becomes saturated, and

just as saturated clouds fall as rain, so will there be a precipitation of your good on the screen of space.

Bacchus was depicted as the god of good-cheer and hilarity. The poets have been rather eloquent in the praise of this mythological character. The names Bacchus, Osiris, Dionysus, Chrishna, and Adonis which signify the Lord of Heaven or the Lord and God of Light are all terms referring to a God-Presence within. The above names are masks of concealed truth. In the Greek ceremonies, pots of water were carried into the temple and placed at the feet of god. It was reported that overnight the water changed to wine. This so-called wine was then distributed to the multitude and referred to as the blood of Bacchus. The *wine,* of course, refers to spiritual food, or the Wisdom of God.

The *marriage feast* is the union of the mind with Divine Wisdom. The *Rubaiyat* of Omar Khayyam refers to the feast of bread and wine, the same eternal story of man's feasting on the Wisdom, Truth, and Beauty referred to as the bread of God. *Drinking the wine* is the inspiration, joy, and love which well up in man as he animates and makes alive God's Truths in his heart. An inner transformation takes place, and he becomes a new man, because he drank of the

new wine* or the new interpretation of life.

Prayer is likened in the Bible to a wedding feast. The Kingdom of Heaven is within. In the unconscious depths of man are to be found the Infinite Intelligence, Power, and Love of the Infinite One. Here man can find the solution to any problem, peace for the troubled mind, strength and power for the weary, health for the sick, and wisdom and light for the confused.

We will now partake of the wedding feast of Cana in our own mind. The marriage feast of Cana is a psychological drama taking place within your own mind. You, the reader, have all these psychological states within you.

(1) *And the third day there was a marriage in Cana of Galilee; and the mother of Jesus was there. Galilee* means your mind or consciousness; *Cana* means rod, stem, or your desire. The marriage is the mental and emotional union with your desire. The mother of Jesus, reminding him of lack, means your moods of lack, fear, and doubt which challenge your ideal or desire. Perhaps you are praying about something now while you read this. Is not there a challenge or opposition

*See my recent book *How to Attract Money*, second chapter concerning changing water into wine.

in your mind at the same time? This is the mother or feeling. *Jesus* means your own I AM-NESS or your consciousness.

(2) *And both Jesus was called, and his disciples, to the marriage.* The disciples are the faculties of your own mind which must be present at every marriage feast. You are attending a wedding of the mind with your desire, goal, or objective in life. You must call forth the bride or the correct feeling from the depths of yourself. Troward points out that "feeling is the law and the law is the feeling."

(3) *And when they wanted wine, the mother of Jesus saith unto him, They have no wine. Wine* in the Bible represents the objectification of your ideal. *They have no wine* is a reminder of lack, a suggestion of doubt. It refers to the tension, anxiety, and fear which grip the mind caused by the appearance of things, the verdict of the world, and the opinion of others. All these may challenge you.

How do you conquer these doubts and fears? The answer is given in the following: (4) *Woman, what have I to do with thee? mine hour is not yet come.* This is an oriental, graphic, and idiomatic expression signifying a complete mental rejection of all negative thoughts, and the

recognition of the fact that there is but One Power, that the fear-thoughts have no power, and that there is nothing to sustain them. You figure out in your own mind that fear and doubt are a conglomeration of sinister shadows having no substance. You feast on the truth that the power lies in your own thought which causes the Spirit within to respond; now it is Omnipotence thinking and it has nothing to oppose it; therefore, you are assured of victory and triumph.

All negative thoughts and suggestions are recognized by you as illusions of power, for after all, there is only One Power—God—the Living Spirit Almighty within. This is the argumentative method used in prayer and practiced by Quimby one hundred years ago, which enables you to come to a conclusion or verdict in your own mind of the availability of the Omnipotence of God or Good at all times, in all emergencies, and in every crisis. As fear falls away, faith and confidence fill the mind; then you become united with your desire, and its fruition and blessings appear in your life.

(4) *Mine hour is not yet come;* this means that a conviction is not yet reached in the mind. (5) *His mother saith unto the servants, Whatsoever he saith unto you, do it.* The *servants* are our

thoughts and feelings, in other words, our faculties and attitudes of mind. When you pray, you order your thoughts to give attention and devotion to what you wish to accomplish. You do not permit them to wander off. You do this in the same manner as you order employees in your store. You want to be one with something highly desirable, such as health, true place, or right action; you can't afford to have your servants (thoughts) engaged in creating the opposite of what you seek. This would stultify your prayer-efforts and render all your action null and void. It would be praying two ways, and one would neutralize the other. You would thus be like the soldier marking time; i.e., you wouldn't get any place or arrive at any destination in your mind. *Your hour has not come* because you are not yet one with your goal. It has not been subjectively felt as true.

By illustration if you are praying for a healing of your eyes, and you notice they are not yet functioning perfectly, keep on praying, maintaining your devotion and loyalty to the One Healing Presence now in action in your mind and body; you will win. The mother (feeling) in the first part of this prayer reminded you of lack. As you begin to meditate and pray, your mother (mood) changes to one of confidence, faith, and trust

in the Only Power there is. The feeling of triumph and satisfaction is noted in the expression: *Whatsoever he saith unto you, do it* (6) *And there were set there six waterpots of stone, after the manner of the purifying of the Jews, containing two or three firkins apiece. The six waterpots of stone . . .* Dr. Nicoll says *water* is the psychological understanding of the truth (stone). He is referring to levels of spiritual knowledge or awareness. He refers to *stone* as taking truth literally; *water,* the psychological meaning behind the words, and *wine,* the inner joy which follows the inner transformation of man as he appropriates and applies the Truth of God.

Six refers to the six days of creation, or the creative fiat taking place in the consciousness of man. It represents a purifying, cleansing process which takes place or the change from the old to the new state. Six and sex are synonymous. The *six waterpots* refer to the psychological cycle that man goes through to bring about the subjective realization of his desire. This may endure for a moment, an hour, days, weeks, or months depending on the faith and state of consciousness of the student.

(7) *Jesus saith unto them, Fill the waterpots with water. And they filled them up to the brim.*

In the prayer-process you become completely detached from the external world, and you meditate on the end or the solution until you reach the point where the inner certitude comes, whereby you know that you know. After the mental and emotional act is finished there is no desire to pray any more about it. Consequently, you know that it is finished. This is the meaning of *They filled them up to the brim.* You are actually filled full of the feeling of being what you long to be. When you fill your mind to the brim with the joy of answered prayer, there is no room for negative, unresolved conflicts, such as ill will, resentment, or antagonism. Your entire mental attitude is absorbed in the reality of your desire.

(8) *And he saith unto them, Draw out now, and bear unto the governor of the feast. And they bare it.* The *governor of the feast* is the conscious mind which gets the idea or desire and places it in the subjective mind where it gestates and grows in the darkness; in due season it bursts forth into manifestation. Whatever is impregnated in your subconscious mind is always objectified on the screen of space; then you are consciously aware of that which we formerly only felt subjectively as true.

(9) *When the ruler of the feast had tasted the*

water that was made wine, and knew not whence it was: (but the servants which drew the water knew;) the governor of the feast called the bridegroom. The *ruler* of the feast is the conscious mind and its five senses. When the conscious mind becomes aware of *water made wine,* it becomes aware of the answered prayer. *Water* is also referred to as unconditioned consciousness, and *wine* is conditioned consciousness made manifest according to your belief. The *servants which drew the water* represent the mood of peace and confidence, and you know that your prayer is answered. *The governor of the feast called the bridegroom* means the thrill of the joyful union with your good. You are now married to your highest ideal.

(10) *And saith unto him, Every man at the beginning doth set forth good wine; and when men have well drunk, then that which is worse: but thou hast kept the good wine until now.* This is true of every man when he enters into truth. He sets out with high spirits and ambitions. He is the new broom that sweeps clean and he is full of good intentions. Oftentimes he forgets the Source of his power and becomes drunk with power, so to speak. In other words, he misuses the law and selfishly takes advantage of his fellow man. We find that many times men in high places

become conceited, opinionated, and arrogant. This is all due to ignorance of the law. The law is that power, security, and riches are not to be obtained externally. They must come from the treasure-house of consciousness. If you remain in tune with the Infinite, you discover that you are always drinking of the wine of life, love, joy, and happiness. To the spiritually-minded man, God is the Eternal Now and his good is present at every moment of time and point of space.

Many people are drunk in the Biblical sense when they are full of fear, grief, and other discordant states. That is being drunk emotionally. The wonderful news is that God *is* the Eternal Now. You can change your thought this moment, and you change your destiny. At any moment of the day you can gather your mental garments together and go on a great psychological feast of joy and happiness. Enter on the high watch by realizing the ever-availability of the God-Presence and its immediate response to your thought. All our good is in the Greater Now. We have to leave the present *now* (our limitation) and imagine the reality of our desire in the meditative state. What you have seen and felt in the Greater Now, your consciousness, you shall see objectified as you walk through time and space. We will see our

beliefs expressed. Man is belief expressed. (Quimby).

(11) *This beginning of miracles did Jesus in Cana of Galilee, and manifested forth his glory; and his disciples believed on him.* (12) *After this he went down to Capernaum, he, and his mother, and his brethren, and his disciples: and they continued there not many days.* (13) *And the Jews' passover was at hand, and Jesus went up to Jerusalem,* (14) *And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting:* (15) *And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables;* (16) *And said unto them that sold doves, Take these things hence; make not my Father's house an house of merchandise.* (17) *And his disciples remembered that it was written, The zeal of thine house hath eaten me up.*

The *passover* represents a change of consciousness. Whenever man prays, he has celebrated the passover, because he passes psychologically from one mood to another. Your *feast of the passover* is to identify yourself with your ideal in your mind, remaining faithful to it until your prayer is answered.

Jesus going up to Jerusalem (city of peace)

means turning in thought to the God-Presence within. When you assume the attitude of prayer, you are, in Biblical language, entering into the temple to pray; sometimes you find *money changers* there which represent the thieves and robbers who deprive you of your good.

In the prayer-process you must cast out error, fear, criticism, jealousy, resentment, and forgive everyone. Refuse positively and definitely to give power to external conditions or people. Throw out of your temple with the sword of truth, referred to in the Bible *as a scourge of small cords,* all fear, doubt, and worry. Claim that the God-Power is the only Power and that It is working on your behalf now. Chop the head off all other thoughts which pretend to have power. Ask these negative thoughts where they come from and what is their source? There is nothing to back them up and sustain them as there is no principle behind them. Having come to a clear-cut decision in your mind where the Power is, you are charged with confidence, and your psychological journey is assured of success. Use this *scourge of small cords* regularly by making definite pronouncements of truth in your mind which cut into the negative state like whip cords and sever your connection with them completely.

(18) *Then answered the Jews and said unto him, What sign shewest thou unto us, seeing that thou doest these things?* Many people are always looking for proof—for a sign.

I heard a practitioner say one time that if God healed her hand, she would begin to teach again. This attitude is wrong. She is looking for a sign. I told her to go back to the platform and teach as if nothing had happened, knowing in her heart that God would honor her claim to a perfect hand functioning in Divine order. She followed the advice, and in a matter of months the partially paralyzed hand was functioning normally. The only sign is your inner feeling, your faith, or conviction. Your *sign* is the inner wave of peace and confidence which wells up within you. You wait for the answer to your prayer with the same assurance you would wait for the rising sun; this is the inner sign of faith.

(19) *Jesus answered and said unto them, Destroy this temple, and in three days I will raise it up.* The *three days* refer to the trinity or the function of the mind—the first is desire; the second day is working with the desire until all fear is banished from consciousness; the third day refers to conviction or the feeling of being which I want to be.

(21) *But he spake of the temple of his body.* The body mentioned in verse twenty-one is the manifested world of man—the out-picturing of his consciousness.

(22) *When therefore he was risen from the dead, his disciples remembered that he had said this unto them; and they believed the scripture, and the word which Jesus had said.* (23) *Now when he was in Jerusalem at the passover, in the feast day, many believed in his name, when they saw the miracles which he did.* (24) *But Jesus did not commit himself unto them, because he knew all men,* (25) *And needed not that any should testify of man; for he knew what was in man.*

The essence of these verses is to remind man that we must never believe that a thing does not exist because we cannot see it. When we feel the thrill inside, we know that our prayer is answered and that it will come into manifestation.

CHAPTER THREE

(1) *There was a man of the Pharisees, named Nicodemus, a ruler of the Jews:* (2) *The same came to Jesus by night, and said unto him, Rabbi, we know that thou art a teacher come from God: for no man can do these miracles that thou doest, except God be with him.* (3) *Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.* (4) *Nicodemus saith unto him, How can a man be born when he is old? can he enter the second time into his mother's womb, and be born?* (5) *Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God.* (6) *That which is born of the flesh is flesh; and that which is born of the Spirit is spirit.* (7) *Marvel not that I said unto thee, Ye must be born again.* (8) *The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit.* (9) *Nicodemus answered and said unto him, How can these things be?* (10) *Jesus answered*

and said unto him, Art thou a master of Israel, and knowest not these things? (11) *Verily, verily, I say unto thee, We speak that we do know, and testify that we have seen; and ye receive not our witness.* (12) *If I have told you earthly things, and ye believe not, how shall ye believe, if I tell you of heavenly things?* (13) *And no man hath ascended up to heaven, but he that came down from heaven, even the Son of man which is in heaven.* (14) *And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up;* (15) *That whosoever believeth in him should not perish, but have eternal life.* (16) *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.* (17) *For God sent not his Son into the world to condemn the world; but that the world through him might be saved.*

BEFORE giving the wonderful inner meaning of this story, I am going to show the marvelous teaching method outlined in this chapter of the Bible. It has often been remarked that the worst teaching takes place in the units of higher education—the high school or college—while the best

teaching methods are found to be used in the kindergarten where children really grow up to successive levels of emergent consciousness. In the former, the teacher usually lectures to the pupils making no effort to probe the listeners for tangible signs of understanding and the ability to apply the principles and techniques present.

The riveting of new *ideas* and new concepts is to be accomplished only by the patient preparation of the learner's consciousness by skilled presentation, questioning, skilled recapitulation, reviewing, and summarization of the field of content; then should follow the important pedagogical step of application and use of the principles taught. This last step will correspond to the Master's injunction, *Go and do likewise.* Let us look at the following method of teaching.

(a) The scene of Jesus and Nicodemus comments: The environment is the night scene protecting a distinguished but timid and fearful pupil; the subject of instruction is "the birth from above"; the aim of the teacher was probably to bring about a mystic change in the life of the pupil. The method used was conversation including questions, answers, a remarkable, concrete illustration of the working of the spirit *(John 3:8),* and the exhilaration of surprise *(John*

3:10). Another striking example of the Bible method of teaching is given in the case of Jesus and the woman of Samaria *(John 4:1 to 42).* A complete teaching situation is indicated in the unfoldment of this lesson with the factors—master, pupil, environment, subject matter, aim, and method.

(b) Find the following pedagogical techniques in the situation: the point of contact between pupil and teacher, and the use of attention and interest through surprise power, the method of teaching utilized the principle of personal association. The use of the pupils' apperceptive background encouraged the comment. "In that saidst thou truly"—living water and thirst—and various problems raised during the conversation, such as the woman's problems used as a point of contact causing an awakening of conscience and leading to the theological problem, felt and stated by the pupil, "Where shall God be worshiped?"

The pedagogical interplay illustrated in these lessons indicates the essential difficulty of the job of teaching the mystic content of metaphysics in such a way that the hidden springs of consciousness are touched, come alive, and produce real seekers of Him (God-consciousness) Whom to know aright is Life Eternal (complete identification with the Self—the Father within). The

teacher of the hidden meaning of the Bible has the joy of leading the pupil to see, hear, taste, touch, and smell at higher levels of consciousness, for *in the Father's house there are many mansions.*

The explanation of the story is as follows: *Nicodemus* means man groping toward the Light, the presence of which he has become dimly aware. He is aware only of the physical birth which is typical of the man whose senses are glued to material things. You could look upon this as a dialogue taking place between your intellect and the Deeper Self within. Nicodemus is judging from outer appearance and evidence, "for no man can do these miracles that thou doest except God be with him." He is still wedded to the old thought, yet is dissatisfied and is seeking Light. Being a *man of the Pharisees* means that he is one who adheres to the letter of the law, but lacks the spirit which giveth life. He is the worldly-minded man who fails to realize that his own consciousness is God, the Creative Power within himself, his Redeemer and Saviour. He has no internal vision or perception of truth as yet.

In verse two *coming to Jesus* means coming to the truth or light. The answer given him by Jesus which symbolizes truth is that *except he be born again he cannot see the kingdom of God.* Nicodemus

(five-sense-man) does not understand the working of the mind or spirit within represented in the statement, *the same came to Jesus by night;* this is a symbol of spiritual darkness, yearning for Wisdom.

To be born again means to think in a new way, to undergo an internal transformation of the mind by realizing and knowing that God is the Spiritual Power within, which can be contacted through man's thought, thereby bringing about the rebirth of consciousness. Nicodemus judged by the visible state. When we are born again, we judge by the invisible state. Everything in the Bible is intended to convey a special meaning, and the main point is to know what is meant. We are not at all concerned whether such a conversation actually took place between two men two thousand years ago or not. We are primarily interested in what it means to us, and how we can use the drama to rise in the knowledge of God. The psychological life-germ is the meat we seek. As you read this story you are reading about yourself and probably asking the same question as Nicodemus.

In teaching you may cite a hypothetical case and various incidents in order to illustrate your point. The illumined men who wrote the Bible undoubtedly invented many of the characters in

their very vivid imagination in the same way as some of our screen writers invent certain characters.

Shakespeare delved into some of the ancient legends and myths and meditating on their meaning brought forth, through his artistic and awakened mind, allegories of vital interest to all of us. He mentally clothed them in the garments of men and women and breathed into them the breath of life. All the characters he portrays live in all of us.

Likewise, the characters portrayed in the Bible and their experiences are true in the sense that they are applicable to all of us and truer than if they were actual historic events occurring on a certain date, in a certain country, and confined to a certain man or woman.

The *rebirth* spoken of here is a new level of consciousness. Many think of rebirth as coming back again to this plane. Probably that was also in the mind of Nicodemus. Others think that *to be born again* is to join some church and accept some personal saviour. "How can a man be born when he is old?" The average man thinks of God as far off. He considers heaven as a plane to which he goes when he leaves this plane. He fails to see that anyone can enter the second time into the mother's womb, psychologically, and be

reborn spiritually. Man can enter the Womb of God (his own consciousness) again and again and be reborn to higher levels. There is no end. *Your womb* is your inner feeling—your subjective nature.

Here is how *you* may enter the womb of God and be reborn: Get still and quiet by relaxing the mind and body. Detach yourself from the old way of thinking and form a new concept or estimate of yourself. Imagine and feel the reality of the new ideal; live with it; envelop it in love; woo it; then the ideal will be resurrected in you, and you will become a changed man.

I knew a murderer one time who confessed to me that he had killed a man. He had an intense desire to transform himself and be reborn mentally and spiritually. I wrote down the qualities and attributes of God for him. He began to still the wheels of his mind. For fifteen or twenty minutes several times daily he would quietly, silently, and lovingly claim and feel that God's love, peace, beauty, glory, and light were flowing through his mind and heart, purifying, cleansing, healing, and restoring his soul. As he did this regularly, these qualities came out of his mother's womb, which

was his own feeling or mood as he prayed. One night this man's whole mind and body, as well as the room he was in, became a blaze of light. He was actually blinded like Paul by the light for a while. He said to me that all he could remember was that he knew the whole world was within him and that he felt the ecstasy and rapture of God's love. His feeling was indescribable. It was in other words the moment which lasts forever. He was a changed man. Truly he expressed the real incarnation of God in his mind and heart. He began to teach others how to live. He was born of water and the spirit. Water will take the shape of any vessel into which it is poured; so will your mental attitudes and beliefs assume form and shape in your world.

Spirit is a feeling, a mood, or animated state of consciousness. *To be born of water and the spirit* is, therefore, to begin to contemplate God and His Love in a new way; to get a new mental perspective, and to begin to feel the joy of the answered prayer within you. When we see the word *verily* in the Bible, it points the finger at a statement of truth which instructs us to stop, look, and listen. *To be born again* means spiritual rebirth—the birth of God in man. *Be not conformed to the world: but be ye transformed*

by the renewing of your mind. Romans 12:2. Cease being a grubworm and become the butterfly. Experience the inner transformation; rise with wings of faith and understanding, and soar aloft over present difficulties and limitations. The wings within you are unused. Don't wait for God to do something. God will do nothing for you except through your own thought. God has given you everything. You are here to awaken through your mind, feeling, and consciousness. The transformation you are seeking you give to yourself psychologically and emotionally. The phrase *born of the flesh* means the mind saturated with world beliefs and opinions. You are born of the flesh if you let the world-mind and the race-belief govern you. Turn within and let your mind be governed by God's ideas. You will then be *born of the spirit.*

In verse eight, the *wind* is the spirit and takes form according to our belief or conviction. The *sound thereof* means our feeling, subjective embodiment, or conviction. In other words we hear the sound of our belief. We can never tell how, when, where, or through what source our prayers will be answered; this is the secret of the Father within. *His ways are past finding out. Rest in the silence,* and the moment you think not the

son of man will appear with healing on his wings (objectification of your desire). As every man is born of the spirit, so is his every manifestation born.

When you say, "Why is my prayer not answered?" the question answers itself. In asking that question we indicate doubt and fear. Have faith, trust God as you trusted your mother when in her arms; you saw love there. When doubt enters, focus on your ideal, and through frequent occupancy of the mind, you will find your faith grows.

These truths are so simple and direct that we walk over them, failing to see clearly what is meant, and we exclaim like Nicodemus, "How can these things be?" Heretofore we thought it was necessary to have wealth, power, influence, etc. in order to get what we wanted. The reverse of this is true. We simply claim what we want in consciousness and know that it is so; then it will come to pass according to our mental attitude. *According to your faith be it unto you. (Matthew 9:29)*

I will now touch on the important verses of the rest of the chapter. (14) *As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up.* The *serpent* is a symbol of the Healing Presence within man; the

Son of man is the idea, desire, concept, or ambition you wish to manifest; *man* in the Bible means mind. You must play the *role* of Moses which means a triumphant attitude of mind believing in One Spiritual Power (I AM). As you lift your concept up in mind to the point of acceptance, you will experience the healing, or the answer to your prayer. You are lifting the serpent up when you contemplate the true nature of God.

(16) *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*

If you are sick, God has given you the only begotten Son—a mind. You must learn how to use it. You will find that when you use your mind in the right way, you can have health, wealth, and peace of mind. Your desire is your savior; by identifying yourself with your desire you will mentally embody and manifest it. The world is your outer expression. God's Love for you is that He has given you Himself. You have all the equipment necessary to overcome all difficulties and obstacles. Believe in this Power, and you shall not perish through pain, misery, and suffering, but you shall lead the abundant life spoken of by Jesus.

(27) *A man can receive nothing, except it be*

given him from heaven. This means consciousness is the cause of all. In other words all your experiences are out-picturings of inner mental states—the heavens of your own mind.

(30) *He must increase, but I must decrease.* This means intuition or the Wisdom of God must increase and grow, and the intellectual, materialistic concept of life must diminish. Our intellect must be anointed with the Wisdom of God; then we will use our conscious, reasoning mind to carry out the dictates of the Divine.

(34) *For he whom God hath sent speaketh the words of God: for God giveth not the spirit by measure unto him.* We speak the *word of God* when we feel the truth of what we affirm; this is the Holy Spirit, feeling of wholeness, or oneness; then there is no doubt.

CHAPTER FOUR

(1) *When therefore the Lord knew how the Pharisees had heard that Jesus made and baptized more disciples than John,* (2) *(Though Jesus himself baptized not, but his disciples,)* (3) *He left Judaea, and departed again into Galilee.* (4) *And he must needs go through Samaria.* (5) *Then cometh he to a city of Samaria, which is called Sychar, near to the parcel of ground that Jacob gave to his son Joseph.*

JESUS' entrance into Galilee (conscious mind) sets forth the increased awareness of God's Presence welling up from the subjective depths (Judaea). Here is a marvelous lesson in prayer, teaching all of us how to eradicate racial, political, and religious prejudice. *Sychar* means idolatry or the worship of false gods, i.e., giving our attention to anything negative. In prayer we must separate our thoughts and give our attention to God and His Omnipotence and give power to nothing else. To give power to conditions, circumstances, and external causes is to practice idolatry. *Joseph*

means disciplined imagination or our capacity to imagine the end and feel its reality.

(6) *Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour.*

Jacob's well refers to the inside of man, his soul or subjective, and emotional life. In this well lay all wisdom, knowledge, and power. It is the infinite storehouse of all forms of immaterial life. From this soul or subjective self are born all the experiences of man. We must drink from the great unconscious depth within us.

(7) *There cometh a woman of Samaria to draw water: Jesus saith unto her, Give me to drink.* (8) *(For his disciples were gone away unto the city to buy meat.)*

The woman of Samaria is the feeling of lack and limitation. It represents a prejudiced mind full of sectarian beliefs, etc. Jesus, our desire, says to us, *"Give me to drink";* that is really the Higher Self or God-Self speaking through us telling us to move out of our limitation or problem. Whenever we have a problem or difficulty, the answer is always knocking at the door in the form of a desire. We must drink of inspiration, guidance, strength, and power. *His disciples* are our thoughts, feelings, and general attitudes which

assume the attitude of prayer in the city of our mind where they *buy meat* or become strengthened through faith in the Omnipotent Power on which they are focused.

(9) *Then saith the woman of Samaria unto him, How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria? for the Jews have no dealings with the Samaritans.* This verse indicates confusion, racial prejudice, and a disturbed mind.

(10) *Jesus answered and said unto her, If thou knewest the gift of God, and who it is that saith to thee, Give me to drink; thou wouldest have asked of him, and he would have given thee living water.*

The gift of God is our desire. If man knew that his Awareness was God, and that his desire was simply life urging him forward, he would turn within to the Source and claim his desire as a reality now. *The woman of Samaria* represents that type of mind which believes in an external God and does not know that the God-Presence is submerged in the Great Unconscious within and is governed by five-sense evidence which dominates her. A psychological change and a spiritual awakening process is denoted in the following verse, (11) *The woman saith unto him, Sir, thou hast*

nothing to draw with, and the well is deep: from whence then hast thou that living water?

The *woman in us,* means our doubts and fears are based on false beliefs about God and His laws. *Thou hast nothing to draw with* refers to the fact that man thinks in order to get what he wants, he must have a prop. He must have a bucket to draw with. He takes things literally and imagines that it is necessary to belong to some church or sect in order to be saved. As long as a man does not know that the Kingdom of God is within, he will postulate it as outside; furthermore, he believes the external world is causative from which come all his confusion, hates, prejudices, and doubts. He is always asking *from whence hast thou that living water? Living water* means inspiration, truth, healing, guidance, or whatever man needs for spiritual refreshment. The old beliefs are that we need ritual, ceremonies, altars, and churches in which we may worship, pray, and petition. The old race beliefs, traditions, creed, and dogma raise their heads and challenge us. The old thoughts that we are the playthings of chance, that there are entities and powers outside ourselves which we must oppose and fight—all these die and disappear so that we might experience the

living water—the Kingdom of Heaven within. *Truth* is the sword causing us to sever and give up all our false concepts, beliefs in personalities and tradition. Sometimes there is a poignant parting with these old ideas. Instead of giving power to historical characters, we must have reliance and confidence in our own subjective depth which is the creative medium responding always according to the level of our belief.

(12) *Art thou greater than our father Jacob, which gave us the well, and drank thereof himself, and his children, and his cattle?*

The challenge continues. In other words, this is the *well* of traditional belief, or the old concept of an anthropomorphic god to whom we beg and make our supplications. This is usually a god of wrath created out of the figment of man's imagination, an inscrutable and tyrannical being. Men challenge the truth that God is their own indwelling, formless awareness. "Closer is He than breathing, nearer than hands and feet!" They point to their church and its dogma with a long record of saints, martyrs, prophets, and its ritual, ceremonies, pomp, and power. They say our fathers worshipped and died for all this. Men die as readily for superstition as they do for truth. They refuse to accept the truths of their

own psychological capacity to be independent and free from limitation, troubles, pain, and misery of all kinds. Millions are governed, controlled, and dominated by the ideas, erroneous opinions, and false beliefs of men long since dead. They are living in the dead past described in the Bible as *living among tombs.* The *tomb* represents the records of the dead past. When man refuses to test his opinions and seek the right answer, he remains in bondage to these dead dogmas and man-made traditions.

Man can find the ideas and forms of truth that will lead him to a higher state of himself. He can discover a science of life, knowledge, and a wisdom enabling him to attain health, happiness, and peace of mind; but first he must divest himself of the false knowledge and beliefs which rob him of his true state.

In order to become a chemist, it is necessary to study the laws of chemistry, chemical equation, reactions, etc. To get the wrong idea or false knowledge of the subject would be highly dangerous. Imagine studying under a teacher who does not understand chemistry himself; this would be a case of the blind leading the blind. Ask yourself where your religion came from. Trace the history. Investigate and explore these

beliefs. Track them back to their hiding places which rest in man-made tyranny and lust for power. *In vain they do worship me, teaching for doctrines the commandments of men. (Matthew 15:9).*

(13) *Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again:* (14) *But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life.*

Many do not know where the waters of life exist. When you speak of water, man begins to think in terms of drinking water and fails to see that you are speaking of the refreshing power of spiritual values. Man seeks without for security, integrity, peace, and happiness; yet, all the while, these powers come from within.

I told our class on Ouspensky's inner teachings about a man who offered a million dollars to his physician if he would heal his boy. The good doctor explained that medical science had done all that was possible and the only thing that could save his boy was prayer. The man said, "I don't know how to pray." You see how thirsty he was? He did not know where to drink from, or that the fountain of life was within him. He

did not know how to drink of faith, confidence, and trust in an Infinite Healing Presence. The doctor taught him how to pray and his son lived.

You cannot buy peace of mind, health, joy, or faith in God. You cannot purchase Wisdom. All the real gifts of life are intangible; they come from the Spirit. They are the Eternal Verities.

Let us see a different level of meaning in all the stories of the Bible. All of us can reach a higher potential within ourselves; by correct knowledge and scientific mental practice we can attain a higher level. Enthrone now the ideas of peace, security, and happiness in your mind. Live with these ideas until they become subjective embodiments; then you will never thirst again. *The well of water springing up into everlasting life* is the Living Spirit Almighty within; by meditation and prayer we can enjoy the fruits of the spirit down through the corridors of time until time shall be no more.

(15) *The woman saith unto him, Sir, give me this water, that I thirst not, neither come hither to draw.* (16) *Jesus saith unto her, Go, call thy husband, and come hither.*

Our *husband* should be God or Good. We should see to it that our mind or consciousness

is impregnated only with noble, lovely, and wise concepts. This is what happens, however, in the majority of cases: Our five senses become impregnated with all kinds of false knowledge, sundry concepts, and errors of all kinds, which constantly impinge on the receptive media of the mind. The avalanches of sights, sounds, false beliefs, and fears are conveyed through our five senses which impregnate our mind, becoming five false husbands, whereas Wisdom should be our husband at all times. The result is that the emotional nature of man is constantly reproducing in his experiences the limitations impressed on his emotional nature by the unillumined five senses.

The Bible says, *Thy maker is thine husband. The husband shall be head of the wife,* which means the idea you entertain impregnates your emotional or subjective nature. When our thoughts are God's thoughts, we are *calling the husband.*

(17) *The woman answered and said, I have no husband. Jesus said unto her, Thou hast well said, I have no husband:* (18) *For thou hast had five husbands; and he whom thou now hast is not thy husband: in that saidst thou truly.*

The person in a confused state of lack and limitation does not have God or Good as a husband;

hence, the answer, *I have no husband.* When we dwell in the mental atmosphere of fear and anxiety, we are not married to God; therefore, we do not have a true husband (a disciplined, spiritualized, conscious mind). Is your religious belief satisfying you? Does it give you comfort, peace of mind, and inner growth? Ask yourself, are all my ideas based on the truth of God?

(19) *The woman saith unto him, Sir, I perceive that thou art a prophet.* (20) *Our fathers worshipped in this mountain; and ye say, that in Jerusalem is the place where man ought to worship.* (21) *Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father.* (22) *Ye worship ye know not what: we know what we worship: for salvation is of the Jews.* (23) *But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.* (24) *God is a Spirit: and they that worship him must worship him in spirit and in truth.*

Many people think that the only place to worship is in a church made of brick and stone or at a certain shrine. Here we are told that we should worship God in spirit and in truth. To

worship means to give your attention to, to be worthy, to be devoted. A *church* is a symbol of a mental and emotional state dedicated to wisdom, love, and truth. Your church is the inner sanctuary of your soul. The *choir* represents the inner feeling of joy, the exalted mood, which follows the silent contemplation of God. The church is within (assemblage of Divine ideas, attitudes, and faculties focused on God). The *high priest* is within (feeling). God is within (our consciousness or I AM-NESS).

Salvation is of the Jews. This does not refer to any race of people. One of the meanings of the word *Jew* refers to the intellect illumined by the Light. Salvation, or the solution, comes to the man whose intellect is anointed by the Wisdom of God. The true Jew knows the Messiah is within; his faith in God is his savior. He trusts in the Infinite Intelligence to respond to his prayer. He knows the Messiah that is to come is the solution, or answer, to his prayer.

Let these truths which we have elaborated on here become alive in you, forming a living spring of fresh and wonderful meanings; then you will hunger no more, neither will you thirst any more. You will drink from the fountain of living waters; God shall wipe away all tears

from your eyes, and there shall be no more crying.

We will now touch on the main highlights of the rest of the chapter. In other words, we will discuss the *meat* of it.

(29) *Come, see a man, which told me all things that ever I did: is not this the Christ?*

Christ is your awakening to the truth or illumined reason. You are now aware that all things that ever happened to you have been due to the limitations imposed upon you by your five senses; furthermore, as you look back upon your life, you realize you have constantly given witness to these false impregnations. The whole conversation or agreement between Jesus and the woman at the well is the argument that takes place in the average person's mind between the appearance of things, i.e., what his five senses say and what he desires to be. There is a challenge in his mind. The Greater Self within you says, "If you would only believe you are now what you long to be, you would become it." The lesser you says, "It's too good to be true. Look at the evidence. The well is deep, and I have nothing to draw with." Suspend the evidence of your senses. Go within, shut the door, and begin to feel you are what you long to be. Continue to do so until you qualify your consciousness; then

a sense of rest and peace will come. You will objectify what you subjectively accepted.

(35) *Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest.*

The *meat we eat is the will of God. The will* of God for all men is the abundant life which is the mental appropriation of all things good. We must not say that it is *four months to the harvest.* In other words we must cease postponing our good. Your good, your desire, exists now in the next dimension or higher level of being. Peace, health, harmony, wisdom, etc. are all within you. Don't postpone peace; accept it now!

For instance, the home you wish to sell: Realize it is already sold in Divine Mind. Accept that mentally; then the Infinite Intelligence will bring you and the buyer together. The invisible idea is the reality behind everything. That is why it is not four months to the harvest. All states of consciousness exist in the Greater Now within you; so does all Wisdom and Knowledge.

Frequently you hear, "He told me all that I ever did." The past is an open book to a psychic, intuitive person. In a partially subjective state many people can tune in with the subconscious

mind of the other and read the past easily; for anything that has ever happened in a man's life is impressed and registered in the inner, subliminal consciousness.

(44) *For Jesus himself testified, that a prophet hath no honour in his own country.*

The *country* in Bible language refers to a state of consciousness. We must leave our present state of mind and move psychologically to another realm of mind where we meditate on spiritual processes and functions. When we still the mind and engage our attention on our good, the Power of God flows through the focal-point of attention. We have now moved into another country, because we have reached a new state of consciousness or concept of ourselves.

(50) *Go thy way; thy son liveth.* (52) *Yesterday at the seventh hour the fever left him.*

The above quotations are really the essence of the balance of the chapter. Here we are given a lesson in absent treatment. Actually there is no absence in the One Presence when treating or praying for the healing of another; it is necessary to discipline and cleanse your mind of the fears and opinions of mankind; you must do this emphatically and decisively. The next step is to turn to the Healing Presence within and feel that the

patient is free from his false beliefs and opinions, knowing at the same time that your thoughts of health, peace, and happiness are God in action. Your inner knowing that harmony, health, and peace are the true gifts of God for your patient is also resurrected in your patient's mind.

He sent his word and healed them. When another is ill, he calls for help and alleviation. You can take his request, accepting his healing in your mind to the point of conviction. When you reach the point of complete, mental acceptance, that is called the seventh hour, the Sabbath, or stillness of the mind, knowing that your prayer is answered. This is the meaning of the Bible statement *at the seventh hour his fever left him.*

CHAPTER FIVE

(1) *After this there was a feast of the Jews; and Jesus went up to Jerusalem.* (2) *Now there is at Jerusalem by the sheep market a pool, which is called in the Hebrew tongue Bethesda, having five porches.* (3) *In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water.* (4) *For an angel went down at a certain season into the pool, and troubled the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had.* (5) *And a certain man was there, which had an infirmity thirty and eight years.* (6) *When Jesus saw him lie, and knew that he had been now a long time in that case, he saith unto him, Wilt thou be made whole?* (7) *The impotent man answered him, Sir, I have no man, when the water is troubled, to put me into the pool: but while I am coming, another steppeth down before me.* (8) *Jesus saith unto him, Rise, take up thy bed, and walk.*

A *feast* represents a psychological feast in

which we meditate on that which we want. *Jerusalem* means at peace, or the consciousness of peace. *Jesus going to Jerusalem* means stilling the mind and contemplating peace. *Bethesda* is a haven of rest. You enter the rest when you detach your consciousness from the world and think of God and His Laws. Still the wheels of your mind and think of the Living Spirit Almighty within you. At that moment you are in the *pool of Bethesda.*

The five porches means our five senses. Our sense-evidence denies what we pray for; furthermore, we have been impregnated with all kinds of limitations and false beliefs through the five senses. Our hopes, dreams, aspirations, and ideals which we have failed to realize represent the multitude of impotent folk, blind, halt, and withered within us.

The sheep market means that prayer is like a market place where we exchange one thing for another. *Sheep* represent the lovely states we wish to embody; consequently, we must buy or exchange the mood of lack for the mood of opulence, the feeling of sickness for the feeling and picture of perfect health. You could call the conscious mind the market-place wherein we may buy, sell, or exchange our ideas, concepts, desires, false beliefs, doubts, etc. The average five-sense man who judges

by appearance and is involved in external phenomena only seems to be waiting for something to happen, not knowing that the Creative Power is within enabling him to give life to his ideas and desires of his heart.

We are told an angel disturbs the pool. The word *angel* comes from *angelus,* meaning an attitude of mind, new idea, or desire which wells up in your heart. Your desire disturbs the pool which is your mind. You will have no real peace until your desire is realized.

As you read this book, maybe your desire is to sing on television but you find yourself blocked. Perhaps you are plagued with doubt, anxiety, fear, or you permitted the negative suggestions of others to depress you. You are told *whosoever stepped in first was made whole.* You must realize once and for all that no one can really get into the pool (Presence of God) before you, for the simple reason that your own thought is the only power. The suggestions of others, the race mind, and its beliefs have no power over you. External conditions and suggestions of others are not causative. You would have to permit yourself to move in thought negatively first.

You are *first in the pool* when you know God is One and Indivisible; this Presence is Unity.

There are no divisions or quarrels in it; moreover there is nothing to challenge Omnipotence. When you think of God and His Healing Power, you are one with the Almighty, with Omnipotence Itself; then it is actually God thinking and your thought or prayer will and must come to pass. All fear and negative thoughts of the world cannot now enter into your mind, because you are focused on God, the Omnipotent One. How could anyone, therefore, deprive you of your good? That is why it is written, "One with God is a majority." The Source is Love; It knows no fear. Troward says, "There cannot be two Infinites as one would cancel out the other."

You are always hearing some people say, "It was John's fault." "Except for Mary or Susan I would have been promoted." They are always blaming others for their troubles and misfortunes. In Biblical language they are saying, "While I am coming, another steppeth down before me."

When you pray for a healing, do you permit the stars to step in your way? Do you give them preference by saying that due to the configuration of the planets, you can't be healed now? If you are, you are double-minded and not recognizing the Supremacy of the One Power. Your allegiance is divided, and nothing happens. You have a conflict

in the mind. Come to an inner stop and believe in the God that made the stars. Why worship a confluence of atoms and molecules in the heavens?

This is how you get into the pool of the Holy Omnipresence which forever burns its Lamp of Love in your heart and keeps its Light of Life forever on your path. No one can say, "I AM," for you. It is first person, present tense. If you speak to your sister you say, "You are." When speaking in third person, you say, "He is or they are."

One of our students in the Bible class on the *Book of John* said to herself, "I possess the power to say 'I AM'. No one can say it for me. I now believe I am what I wish to be. I live, move, and have my being in that mental atmosphere and no person, place, or thing can get in before me or prevent me from being what I long to be; for, according to my belief, is it done unto me." She had a remarkable demonstration using the above prayer.

Cease giving power to external circumstances, the weather, other people, and the world of effect. Cease making an effect a cause. There is only One Power, the Spirit within you, your own awareness or consciousness. If you wish to be first in the pool, you will stop transferring the Power within

you to others and the worship of strange gods and ideas. Accept your wholeness, completeness, and perfection now. The *angel who disturbed your pool,* or consciousness, is your desire for health. The *impotent man* is the man who does not know where the Power is. He believes it is outside himself. As he gradually awakens to the truth of his own being, he realizes that the Healing Presence is within and that he can contact it.

The *thirty and eight years* in the numerical symbology or science of the Bible means the conviction of God's Presence and coming of age spiritually. The number *thirty* refers to the Trinity or the creative working of our own mind; the *eight* means octave or man's capacity to rise higher through knowledge of mental and spiritual laws.

The Trinity for healing is:

1st. Recognition of Spiritual Power as Supreme and Omnipotent.

2nd. Your desire for health.

3rd. Claiming, feeling, and believing in your perfect health, knowing the Almighty Power responds according to your faith and mental acceptance of the idea of perfect health.

The number *eight* is added when healing takes place. Eight is composed of two circles representing

the synchronous or harmonious interaction of your conscious and subconscious mind, or idea and feeling. When your desire and your emotional nature agree, there is no longer any quarrel between the two, and a healing follows. All those reading this wonderful chapter of the Bible may now apply it and work wonders in their own life.

The command by Jesus, or your own illumined reason, "Rise, take up thy bed and walk" is your own inner conviction which speaks to you, telling you that you are healed. It is the command on the inside. You have taken up your bed (truth) and walked the earth a free man. All this happens on the sabbath.

The sabbath is the inner certitude or sense of stillness which follows true prayer. It is that point of consciousness where you are unconcerned, unmoved, and undisturbed, because you know that, just as surely as the sun rises in the morning, so will there be a resurrection of your desire. When you believe in your heart, you can't say, "How?" When?" "Where?" or "Through what source?" When you have reached the end of your mental journey, psychologically speaking, you don't say, "How?"

By example, when you arrive at Chicago, you don't say, "How did I get here?" You *are* there.

As you walk in the ever-availability of the God-Presence and live in that Spiritual Atmosphere, you are always in the sabbath.

(9) *And immediately the man was made whole, and took up his bed, and walked: and on the same day was the sabbath.*

Millions celebrate the sabbath on the outside, thinking it is a sin to drive a nail in a piece of wood, etc., all of which is absurd. They do not know that the sabbath is on the inside. They fail to realize that it is celebrated every day when man abides in the consciousness of the ever-availability of goodness, truth, beauty, and abundance during the whole course of his life.

We will cover the essential highlights of the rest of the chapter by explaining the key verses and avoiding as much repetition as possible. Many of the verses overlap and have already been covered and explained previously.

(17) *My Father worketh hitherto, and I work.*

It is necessary to have cooperation and agreement between the two levels of mind for the harmonious expression of our ideals. There must be no argument or quarrel in our emotional or intellectual side; both must agree. When the two synchronize and agree on anything, it is established and made manifest. If you think about awakening

at 5:00 A.M. prior to sleep, the deeper level of your mind will awaken you. This is a very simple illustration of the meaning of the above passage.

(22) *For the Father judgeth no man, but hath committed all judgment unto the Son.*

The *Son* means idea, thought, mind, or expression. It is our own mind which judges and condemns. *As a man thinketh in his heart, so is he.* We pass judgment on ourselves by our thought, or concept of ourselves.

(30) *As I hear, I judge . . .*

What do we hear? Do we hear good news about ourselves and others, or do we entertain negative attitudes?

(23) *That all men should honour the Son, even as they honour the Father . . .*

We should honour the Son—meaning we should have a loftier concept of ourselves. We should thrill to this concept, envelop it in love, after which we embody it. If we are not radiant, happy, exalted, and joyous, we are not honoring the Father.

(30) *I can of mine own self do nothing: as I hear, I judge: and my judgment is just.*

This verse means that the conscious, reasoning mind of man is not creative. It is the subjective self of man that has the answer, sees all, and knows

all. Our *judgment is just* in the sense that action and reaction are equal. Man sets the law of mind in action based on his judgment. All mental action, such as decisions arrived at, things reasoned out, take place in the conscious mind. The absolute does not reason. Judgment, the conclusion arrived at in your mind, invokes the automatic response of the law in accordance with the decision or thought.

If your judgment or decision is wise, you will experience the just response of your judgment. If man errs in his judgment and makes a serious mistake, he will experience the response or just reaction which some people call vengeance. There is no imbalance, no favoritism in the law. Action and reaction are always equal and all of us know, or should know, this from our own experience.

(39) *Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.*

Men search the scriptures and quote them freely. They have the letter of the law, but lack the spirit of the law which giveth life. The worship of God must be an inner awareness and not just ritual, ceremonies, forms, and liturgy or biblical quotes. There must be an inner mystical elevation, a sincere desire to be one with the Father in spirit

and in love; then revelation will be certain to follow.

(46) *For had ye believed Moses, ye would have believed me: for he wrote of me.*

Moses means to draw out of the deep our desire, goal, or ideal. If we believed in the reality of the desire or ideal, knowing it already exists in another dimension of mind, we would believe in God or our good; for our desire, when realized, would save us from any predicament. It would be our savior.

CHAPTER SIX

(1) *After these things Jesus went over the sea of Galilee, which is the sea of Tiberias.* (2) *And a great multitude followed him, because they saw his miracles which he did on them that were diseased.* (3) *And Jesus went up into a mountain, and there he sat with his disciples.* (4) *And the passover, a feast of the Jews, was nigh.* (5) *When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat?* (6) *And this he said to prove him: for he himself knew what he would do.*

THIS parable deals with inner transformation. *The feeding of the five thousand people* represents the hungry, confused, depressed, and fearful thoughts which follow us psychologically all day long. The *great multitude* is composed of the messages coming from the external five senses. We have to feed the blind, the halt, the hungry, and lame thoughts in ourselves. We must give spiritual food and knowledge to such blind people (thoughts).

For example, men have thoughts in their minds which speak to them and tell them that heaven is up in the sky some place, and hell is something below them. When men learn that they make their own heaven (harmony, peace, and joy) and hell (pain, misery, and suffering) by wrong thinking or failure to think, the blind thoughts begin to see and understand the cause of their trouble. It might then be said that the blind see.

This above story in the Bible is intended to teach man to establish a center of power within him independent of external things. The average man believes only in the reality that his senses show him. He seems to think that the external world with all its events is the cause of everything. Man is spiritually blind when he does not know that he has the innate capacity and ability to bring his ideals to fruition regardless of external conditions or sense evidence. The Self of man moves through all restrictions and knows no opposition; it is Omnipotent.

I gave a lecture in New Zealand in 1955 during a world lecture tour dealing with this parable. A man in the audience at one of the lectures said he couldn't see how his son could be healed. He was spiritually blind; he fed that blind state by claiming the Infinite Healing Power was

transforming his son. He was previously deaf to the truth; now his ears were unstopped and he heard that the Infinite Healing Intelligence responded to man's thought, that its Nature was responsive. His son had a healing.

The man felt the truth of what he affirmed. He tasted the sweet savor of God, meaning he had a delightful sensation in seeing his prayer bring forth a wonderful healing. His sense of smell was fed, i.e., discernment. He separated the false beliefs and errors in his mind and arrived at the truth, a feeling of harmony and perfection for his son. The five thousand (erroneous thoughts) were truly fed in the spiritual and psychological meaning of the Bible.

To understand this wonderful drama is to realize that all suffering, sickness, pain, and lack are all lies; then you experience an extraordinary inner calm that results through seeing the truth about yourself. This man saw the lying thoughts in him. Some of these thoughts said to him that his son could not be healed, "He's too far gone now," "It's hopeless," "Why bother?" "Others died with the same disease," etc.

I told him to look at that motley crew in his own mind and feed them with the knowledge that the Living Intelligence and Power which made

his son's body could also heal it. He proceeded to look at all the deceitful, lying, stupid, ignorant, superstitious, fearful thoughts (people) in his mind saying to himself, "I am a slave and a serf to these thoughts; they are my master. I should be the master and in control of my own mind, bidding all my servants (thoughts) what to do." He decided to take charge, become the master of his household, and give meat to all the hungry states.

We begin to *feed the five thousand* when we begin to discipline the five senses. (We have covered that to some extent in chapter four when we discussed the woman with the five husbands. The meaning is really the same). The point of this story in chapter six is to teach you to change your level of consciousness, to rise higher. The person you are, the state of mind you possess, attracts the same situations, the same insoluble problems. If you change yourself, your whole life will change. You find that the things which upset you no longer have the same power over you. When you pray you go into a mountain with your disciples, meaning your attitudes and mental faculties are turned to spiritual and mental processes.

(5) *Whence shall we buy bread?* refers to the bread of heaven, the bread of the silence where

we mentally eat of harmony, health, peace, and all good things. (7) *Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little.* (8) *One of his disciples, Andrew, Simon Peter's brother, saith unto him,* (9) *There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many?*

The term *lad* means Christ, or man awakening to the truth. Names, such as John, Peter, Christ, etc., mean states of consciousness. To say, "John wrote the Gospel," does not prove it. There is no historical proof, actually no one knows for certain who *John* was, whose name is appended to this Gospel. We do not know exactly when it was published. All this is really of no importance, for the simple reason the psychological truths of the Bible are as true today as they were two thousand years ago. When we come to this parable of the loaves and fishes, we do not look upon it as a historical event, but rather something that is happening all the time in all parts of the world.

Two hundred pennyworth of bread is the double-minded state and will not satisfy man. It represents the confused state or feeling of lack.

To call Andrew means to see the truth about your capacity to show forth God's eternal supply.

The word *Andrew* means perception or seeing the truth about any situation. It means to live in the truth.

Philip is the persistence, and *Peter* is faith in God.

We have *five barley loaves* signifying the undisciplined senses and two small fishes, referring to idea and feeling, or the harmonious union of the conscious and subconscious mind in prayer.

(10) *And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand.* (11) *And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would.* (12) *When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost.* (13) *Therefore they gathered them together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten.*

Make the men sit down means to adopt the receptive attitude of mind. All characters of this drama are within yourself. You are Jesus calling your faculties and attitudes of mind together in the attitude of prayer for the purpose of solving your problems. In this process you separate yourself

psychologically from the world, from the power of the senses, and you begin to see the solution to your problem. You still the wheels of your mind, the five senses are turned inward, and all your faculties and thoughts are focussed on God.

Let me illustrate how a young man, in our Tuesday classes on "The meaning of the Sacraments," multiplied the loaves and fishes. He had ulcers of the stomach, had very little food for his family, and was living on twenty-five dollars a week from unemployment insurance. He was involved in all his aches, pains, misery, and negative imagery. This young man learned about the Infinite Healing Presence within him; several times daily he stilled his mind, got quiet, and began to claim that God's river of Peace and Harmony was saturating every atom of his being. He was focussed on his health, had mental pictures of himself doing the things he always did, and eating the food he always ate. He was contemplating health and giving his devotion and attention to his highest concept of health. In his meditation he called Andrew by imagining his wife was congratulating him on his perfect health, his wonderful promotion, and added income. He performed this mental and spiritual operation frequently, which

is calling Philip, meaning perseverance. He also called *Peter,* or faith, by having a conviction, a certainty, that the God-Presence was within; as a consequence he felt the health, abundance, and supply he needed was a definite possibility as the "nature of God or Infinite Intelligence is Responsiveness," as Troward says.

This kind of mental practice led him away from the confusion, vexations, and turmoil of his five senses into the quietness and acceptance of God's Healing Presence. He fed the five thousand unruly thoughts in his mind and multiplied his good by his knowledge of God and His laws.

Giving the five loaves to the disciples means that the five senses are now anointed with peace, harmony, and the sense of supply. Our senses are fed with the Inner Wisdom of God. You can practice feeding the five thousand now—today—as you read this. Move away from the cares and anxieties of the world; think of your Divine Centre; get the positive feeling that God is present there at that point of stillness. You are now breaking the hold of the fearful and warring five senses. Think of your desired objective, aims or goal, and know the hand of God is upon it. A stillness, an inner peace, and quietness will steal over you. As you adhere to the fact that through

this Authority and Power of God you will receive an answer, you shall see a manifestation of your ideal.

Gathering up the fragments represents the Divine measure that is always "pressed down, shaken together, and running over." "Blessed are the merciful for they shall receive mercy."

To pray for another is to pray for yourself. To rejoice on the success of another is to bring success to yourself. Did you ever give some fragrant flowers to someone and then smell your hands? If so, you will remember the fragrant odor of your hands. The good you claim, feel, and believe as true of others will, of course, be resurrected in their experience, but you also will be blessed in countless ways, which means twelve basketsful are left over.

We will now give the highlights of the key passages or most important verses of the rest of this chapter.

(18) *And the sea arose by reason of a great wind that blew.* (19) *So when they had rowed about five and twenty or thirty furlongs, they see Jesus walking on the sea, and drawing nigh unto the ship: and they were afraid.* (20) *But he saith unto them, It is I; be not afraid.* (21) *Then they willingly received him into the ship: and*

immediately the ship was at the land whither they went.

Entering a ship in biblical language is entering into a new mental attitude, mood, or feeling which transports you from one point in your mind to another, or higher level of consciousness. Jesus is always walking on the waters of your mind. *Jesus* is the idea or desire you seek, the solution to your problem. *The great wind that blew* represents the negative thoughts and emotional turmoil present in the individual. You may be saying at this moment, "I wish I could see the answer to my problem." That is Jesus coming down the waters of your mind.

Verse nineteen says they were afraid when they saw Jesus walking on the waters. Sometimes we are afraid to trust the Power within and we say, "I wish I knew the answer," or "There is no way out of this dilemma," etc. However, as we reflect on the truth we have been taught, we begin to realize the desire knocking at the door of our heart is just as real as any of the furnishings in the room we are in. It is real in another dimension of mind and has its own structure, form, and shape; but it seems intangible and invisible to us from a three-dimensional standpoint. The voice within you says, "It is I," meaning

it is the Infinite One within you speaking to you saying your desire or idea is real, it is not a lie. The moment you realize your dream or ideal is real, you nourish it with attention, love, and devotion; then you are Jesus walking upon the waters of your own fear, hesitancy, and doubt. You stand on them, so to speak.

Your vision is now on your goal and you go where your wisdom is. Your faith and confidence are the ships which lead you to the port of safety. You are willingly receiving Jesus into your ship and *immediately the ship was at the land whither they went.* When you lose the sense of fear and walk with absolute confidence psychologically in your mind with your desire, you have accepted your savior; then Jesus has come into your ship. The *land* you arrive at is the manifestation of your goal.

(26) *Jesus answered them and said, Verily, verily, I say unto you, Ye seek me, not because ye saw the miracles, but because ye did eat of the loaves, and were filled.* (27) *Labour not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for him hath God the Father sealed.*

The people seeking Jesus symbolize desires,

ideas, and concepts that we have which are always tending toward fulfillment. We must seek the truth for its own sake and not just for the loaves and fishes. There is no real security in any tangible thing. There is no government that can legislate or guarantee peace, harmony, health, joy, abundance, and security. Our real security lies in our knowledge of God and our oneness with Him. The man who has an abiding faith and trust in God to supply all his needs will always be watched over by a benign Providence wherever he goes. When stock markets crash, governments topple, or when some natural calamity wipes away all his material possessions, the man of faith is always secure in God; his faith in the Divine Source is the rock on which he stands. It never fails him. He finds himself again living in the midst of God's abundance and peace.

Great material possessions, wealth, and lots of money are not a deterrent to spiritual growth or illumination, but while these things are necessary on this plane, we must know that our security does not rest in them. Our security is always in God and His love. When we place our trust in Him, we will in all probability suffer no material losses either, or if we do, we will recoup the losses immediately without

suffering much discomfort in the meantime.

Peace, integrity, happiness, inspiration, and harmony are treasures of the spirit. They are intangible, and it is also well to remember that even though a man has a million dollars he cannot, for instance, buy health, peace, joy, or the real love of a woman. These are not for sale. The price we pay for the above qualities and attributes of God is faith, confidence, and trust in the Father of Lights, in whom there is no variableness, neither shadow of turning.

We must be friendly, not that we may gain friends, but because it is a God-given attribute to be friendly. Many people enter the Truth Movement, make a few demonstrations; then disappear only to return later when they are in trouble. We must seek the Truth for its own sake, and let all else go. Man abiding in the consciousness of peace, harmony, love, and realizing the availability of God's ideas and supply, never lacks for any good thing, for all things are added to him. Let us not labor for the meat which perisheth. *The meat which endureth forever* is the Divine ideas, the everlasting verities.

(30) *What sign shewest thou then, that we may see, and believe thee?*

Man is always looking for a sign. *There shall*

be no sign given him but the sign of Jonah, which means one's inner feeling, our inner certitude or conviction in the reality of the invisible mental state in which we live, move, and have our being. We must learn to believe in the unseen; for "God calleth things that be not, as though they were, and the unseen becomes seen."

Some years ago I was told about a Scotch Presbyterian minister who was lost in the desert during the First World War. He took the Bible literally and asked that God send him manna. He received a sweet, sugary substance and ate of it. It was done unto him as he believed. However, flour, bread, cakes, etc. are not the true bread. *The true bread* is thoughts of peace, happiness, joy, and good will. When we identify ourselves with the great Truths of God, we are eating of the true bread of heaven.

(35) *And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.*

The bread you eat comes from heaven which is our own consciousness, or the Spiritual Power within us. You can enter the Secret Place now in your own mind, and feast on all good things. When you feast on the good things within, you shall never want for any good things on the external

plane. The *banquet table* of the Lord or the Law is ever before us. *The bread* we eat is the Divine ideas; the meat we eat is Power and Strength of God; *the wine* we drink is the joyous feeling; *the fruit* is the answered prayer. When man discovers the Spiritual Power within he exclaims, "The wilderness is paradise now!"

Referring to the allegorical manna or heavenly food, the bread which the Lord hath given you to eat, Philo writes, "Dost thou not see the food of the soul, what it is? It is the Logos (light, truth, Divine ideas) of God, like unto dew, encircling the whole of the soul on all sides, and suffering no part of it (the soul) to be without its share of the Logos." The spiritual manna is wisdom, which waters our mind and heart and puts sweetness and gladness into our mouths.

(32) *Moses gave you not that bread from heaven.*

When Moses fed the manna to the Israelites in the wilderness, that was not the spiritual food from the Spiritual Power within. *Moses gave the bread of heaven* in the Ten Commandments and other parts of the Bible attributed to him. Literally speaking, *manna* is the sap and juice of the flowering ash used in medicine. I used to eat it as a boy and enjoyed its taste immensely. (I have

no reason to doubt the story of the Scotch minister who said this substance-like-manna came floating in the air so he could eat it. He was sustained by this mysterious food until he was rescued; yet, that is not the true bread.) We may eat of delicious food and have all the wealth we want plus all manner of worldly and tangible possessions; yet, we can become very hungry for peace, joy, health, happiness, love, and laughter. All these come from God within and must be appropriated in our consciousness through meditation and prayer. This is why we read in the Bible, (34) *Then said they unto him, Lord, evermore give us this bread.* This is your cry and the desire of all men everywhere.

(44) *No man can come to me, except the Father which hath sent me draw him: and I will raise him up at the last day.*

We can experience nothing unless it is a part of our consciousness. In other words, our level of being, or consciousness, attracts to us all experiences, conditions, and events. We cannot escape from the contents of our mind unless we decide to change. Before the old can be destroyed something new must be accepted mentally. As we

learn to change our mental pattern and imagery according to spiritual standards, we will enjoy new and wonderful experiences. The outer world is always a reflection of the inner world of the mind; for "as within, so without."

The last day refers to the time we die to all sense of limitation and frustration, we are then raised up, or spiritually awakened. Every day is the last day in the sense that our last, waking estimate of ourselves, as we fall into the deep of sleep every night, is the last mental picture. It is our last concept; when we believe it, it shall be resurrected or raised up as a condition, experience, or event.

(53) *Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you.**

Eating of the flesh and drinking of the blood signify that we mentally appropriate and pour life into our desire by feeling the reality of it. Blood is life. We must, therefore, animate and make alive our idea, desire, plan, or purpose. There must be a union of the mind and the heart. As we do this, we are eating and drinking of our desire. Except we do this, we have no life. We are dead. We must be creative and cause our

*See chapter on Holy Communion in my book *Prayer Is the Answer.*

ideas to take form in our experiences because our state of consciousness resurrects and makes alive all that we believe and give consent to.

(63) *It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.*

Here Jesus explains that he is speaking psychologically and not in a literal sense. To take the terms *flesh and blood* literally is, of course, too absurd for words. It is true that all food solid or liquid which we partake of is transmuted into tissue, muscle, bone, and blood cells; in that sense, all food undergoes transformation into the body and blood of God. The food eaten is also transformed into energy, circulating in our brain which is our thinking center. This is why one scientist said, some time ago, that the food we eat becomes a thought in the brain.

(70) *Have not I chosen you twelve, and one of you is a devil?* Our *devil* is our limitation. Our desire indicates our lack.

A brilliant artist in one of our classes pointed out that he could not bring out the really true tones, shades, and values of a brilliant color unless he used a background of gray and black. These latter shades seemed to enhance the beauty of the other.

How would you know what joy was unless

you could shed a tear of sorrow? How could you know what peace was unless you could experience a twinge of pain? Man would not know what abundance was unless he could experience the sense of lack. All of us are born with twelve faculties; one of these is called Judas which means a sense of limitation. I must know I am in a sense of loss and privation before I can ever know what will fulfill my sense of lack.

Perhaps, as you read these pages, you have certain urges and desires for something grander and greater. You could not have these urges within you except for the fact that your present state is one of limitation. All of this is good. It is through our problems we grow. Every time you are presented with a difficulty or a problem, it is your opportunity to bring forth the Divinity within and conquer. You are born to conquer. If you had nothing to overcome, you would never discover yourself. You would be a robot. Your devil is the fact that you have left the absolute or unconditioned state and you now find yourselves in a conditioned or limited state which is called the three dimensional world.

(71) *He spake of Judas Iscariot the son of Simon: for he it was that should betray him, being one of the twelve.*

Judas interiorly symbolizes that state whence blossoms perfection. Your Judas is perhaps now reminding you that you desire a greater measure of health, a greater sense of freedom or abundance. Your state of lack prompts you, causes you to wish, and desire for fulfillment of these states of lack; hence Judas is betraying (revealing) your savior. The realization of your desire is always the savior, your salvation, your redeemer. This is why you can't dismiss Judas, as in the drama of the Bible Jesus (illumined reason) can't get rid of the man who betrays him. You can't possibly take this literally. It is beautiful and glorious when you understand the psychological and spiritual significance.

The Bible says that we will always have the poor with us. Of course, that is true. We must experience limitations in order to grow. There is no other way. When in bondage, you have the urge for freedom. Look around you in the field of electronics, chemistry, physics, astronomy, metaphysics, etc. We know very little even about electricity. Our knowledge of all these things is very limited. It is the same with everything. Do you say you know all there is to know about the hidden wisdom of the Bible? There are layers of meaning in the Bible which have not been plumbed by

any man, in the same manner that there are fish in the sea that have never been seen nor caught. We are in the Presence of Infinity; never in Eternity could you exhaust the Glory and Beauty that is within you. All things are growing and unfolding in this world; there is nothing perfect.

The Book of Hebrews says that the works are finished and complete in the Absolute, or the Kingdom of God within. Your state of limitation, your problem, your difficulty is therefore a blessing in the sense that it is through these states of limitation you grow. As you grow in wisdom, you solve your problems. No matter how wise you are, whether a Paul, a Moses, or a Jesus, you will meet challenges and obstacles, for there is no end to spiritual growth and unfoldment. Being on the spiritual path, you will react differently to the challenges of the world. You will remain unmoved, undisturbed, calm, and peaceful because you have learned to turn all problems over to God and let Him carry the load. God wipes away all tears from your eyes, and there shall be no more crying.

By overcoming our problems through prayer and meditation, we reveal (betray) the Christ which means the Power of God in action. When we die completely to all sense of limitation, we become the God-man here and now returning to

the glory which was ours before the world was. *Thou hast been in Eden, the garden of God; every precious stone was thy covering. Ezekiel 28:13.*

CHAPTER SEVEN

THERE is much repetition in this chapter. We will take the essential verses which reveal the most wonderful method of spiritual treatment ever given to man. The method of spiritual treatment outlined in the key verses of this chapter formed the basis of Quimby's amazing healings.

(1) *After these things Jesus walked in Galilee: for he would not walk in Jewry, because the Jews sought to kill him.* (2) *Now the Jews' feast of tabernacles was at hand.* (3) *His brethren therefore said unto him, Depart hence, and go into Judaea, that thy disciples also may see the works that thou doest.* (4) *For there is no man that doeth any thing in secret, and he himself seeketh to be known openly. If thou do these things, shew thyself to the world.* (5) *For neither did his brethren believe in him.* (6) *Then Jesus said unto them, My time is not yet come: but your time is always ready.*

The brethren of Jesus are all those states of hope, faith, trust, desire, and ideals; these are always with us. We must be careful where we

walk in our mind, in the same manner as we must be careful of where we walk on the outside. We must be extremely cautious of the company we keep as we walk down the streets of our mind. There are thoughts in your mind always seeking to kill your Jesus, or your desire.

You may desire health, this is Jesus walking in Galilee (your mind); other thoughts come and challenge you. They say, "You don't know enough," "You are getting worse," "What is the use," etc. You see these thoughts are about to slay your idea or desire for health. You must not permit them. You must subjectify your desire or idea of health by taking a vacation from the belief of the senses, detaching your attention from sickness and symptoms, and focussing your thoughts on the concept of health. As you make a habit of this by frequent occupancy of the mind with mental pictures of health, plus your belief in the response of the Healing Principle, you will succeed in going to Judea, i.e., the subconscious realization of perfect health.

The disciples you take with you in meditation are your faculties and attitudes turned inward toward the Divine Healing Presence. (6) *My time is not yet come; but your time is always ready.* Your time has come when you have

achieved victory over the problems or when a conviction has been reached. Faith, belief, and trust are always ready and waiting to work for you; these are your brethren.

In the following lies the key to the whole chapter, (33) *Then said Jesus unto them, Yet a little while am I with you, and then I go unto him that sent me.* (34) *Ye shall seek me, and shall not find me: and where I am, thither ye cannot come.*

(36) *What manner of saying is this that he said, "Ye shall seek me, and shall not find me: and where I am, thither ye cannot come?"* Quimby said the practical application of the principle of healing is outlined in these verses. This teacher of truth called on a woman who was aged, lame, bound down, and on crutches. He states that her ailment was due to the fact she was imprisoned by a creed so small and contracted that she could not stand upright or move ahead. She was living in the tomb of fear and ignorance; furthermore, she was taking the Bible literally and it frightened her. In this tomb, Quimby said, was the Presence of God trying to burst the bars, break through the bonds, and rise from the dead. When she would ask others for an explanation of some passage of the Bible, the answer would be a stone;

then she would hunger for the bread of life. Dr. Quimby diagnosed her case as a mind cloudy and stagnated due to excitation and fear caused by inability to see clearly the meaning of the Scriptural passages she had been reading. This showed itself in the body by her heavy and sluggish feeling which would terminate in paralysis.

Here at this point Quimby asked her what was meant, *A little while I am with you, and then I go unto him that sent me.* She replied it meant that Jesus went to heaven. Quimby explained what it really meant by explaining that *being with her a little while* meant his explanation of her symptoms, feelings, and their cause; i.e., he had compassion and sympathy for her momentarily, but he could not remain in that mental state; the next step was to go to Him that sent us, which is the Presence of God in all of us.

Quimby immediately traveled in his mind and contemplated perfect health, which is a part of God. He said to the woman we are talking about, "Therefore where I go, you cannot come, for you are in Calvin's belief, and I am in health." This explanation produced an instantaneous sensation, and a change came over her mind. She walked without her crutches. She was, as it were, dead in error, and to bring her to life or truth was

to raise her from the dead. "I quoted the resurrection of Christ and applied it to her own Christ or health; it produced a powerful effect on her." (Quimby's *Manuscripts.*)

Apply this principle of healing in your life. Supposing your son is sick, go within to Him who sent you. God or Life, sent all of us into the World. God is all Bliss, Harmony, Peace, Beauty, Wisdom, and Perfection. You turn within in thought and quietly realize that the Wisdom and Infinite Intelligence of God is right there within you. The Living Intelligence and Power of God sent you into this world and fashioned all your organs from its own Invisible Pattern. You are now turning to the Maker of your body. You are relaxed, at peace, poised, and calm. You are full of confidence that the Creator of your body and mind can create and refashion your body according to His Own Divine Pattern.

You have seen your son, sick and in pain, but now in your meditation you are talking to the God-Presence, calling forth its Healing Presence. Think of your son and immediately dwell on the peace, health, and harmony of God. You know these qualities, potencies, and aspects of God are now being reflected in your boy. You are now getting into the mental atmosphere of health and,

like Quimby, you are contemplating the Divine ideal which is perfection, wholeness, and harmony for your son. Do it frequently three or four times daily until you believe in the idea of perfect health. When you mentally accept that the Healing Power of God is working for your son, that is a treatment.

You will seek me and you cannot find me means others may wonder what you are doing and be unable to follow you in understanding or belief. *And where I am, thither ye cannot come.* Other members of the family or the patient himself may be unable to rise in consciousness and enter into the feeling of perfect health because they are wrapped up in worldly beliefs. Quimby said that man's false belief was the sepulcher in which the Wisdom of God is confined, and that the truth is the angel which rolled away the stone of superstition and ignorance, healing the mind and body.

The word *treatment* used in New Thought circles means the harmonious interaction and direction of the conscious and subconscious powers for a definite, specific purpose. In treating others or ourselves we never identify with the disease. We have compassion for the person momentarily, *yet a little while I am with you;* then we go to God and Heaven realizing the ideal perfection of

the patient. The pharisaical beliefs (fear and doubt) cannot enter where confidence in God's Power is. In prayer you are one with God, the only Presence and Power.

(42) *Christ cometh of the seed of David, and out of the town of Bethlehem, where David was.*

Christ, or the Spirit of Truth, comes out of Bethlehem – house of bread, our own consciousness, or awareness – called I AM. Quimby called Christ, "Wisdom." We must look for Wisdom within. To know that you can embrace an idea, emotionalize it, and feel its reality causing it to become manifest on the screen of space is a part of the Wisdom called Christ. To know that you are what you think all day long is also a part of the Wisdom called Christ.

(49) *But this people who knoweth not the law are cursed.*

When we make a negative use of the law we experience the automatic response which is, of course, negative. This is called *a curse* in the Bible. It is wisdom to know that "as a man thinketh in his heart so is he." *Get wisdom and with all thy getting, get understanding. Prov. 4:7.*

CHAPTER EIGHT

(1) *Jesus went unto the mount of Olives.* (2) *And early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them.* (3) *And the scribes and Pharisees brought unto him a woman taken in adultery; and when they had set her in the midst,* (4) *They say unto him, Master, this woman was taken in adultery, in the very act.* (5) *Now Moses in the law commanded us, that such should be stoned: but what sayest thou?* (6) *This they said, tempting him, that they might have to accuse him. But Jesus stooped down, and with his finger wrote on the ground, as though he heard them not.* (7) *So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her.* (8) *And again he stooped down, and wrote on the ground.* (9) *And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst.* (10) *When Jesus had lifted up himself, and saw none*

but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee? (11) *She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.* (12) *Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.*

JESUS *going up the mount of Olives* means spiritual understanding. When you turn within to the God-Presence seeking light on your problem, peace, truth, and beauty minister unto you. People are prone to take everything literally. We must remember there is an allegory of words also. For example, when we speak of the blind, the halt, the deaf, and the lame, we must remember there is a spiritual blindness, an inner deafness, although the outer ears are normal and not diseased. There are those who do not want to hear anything new. They refuse to listen to the psychological meaning of the Bible and they are spiritually deaf. Many people are afraid to move forward to their announced goal; they see obstacles; these are lame people.

The idea behind all Bible stories is to convey

a psychological and higher meaning than that of the literal interpretations of the words. To look at this parable literally is one thing, to understand it from a psychological standpoint is another. Quimby, about one hundred years ago, gave the interpretation of the woman caught in adultery. I think his insight into the meaning of this parable is superb. He points out that the adultery spoken of in those days was that she left the old orthodox ways and began to listen to the teachings of Jesus. She had, therefore, sinned in the eyes of all her former friends. The stones represented the accusations, ridicule, and abuse heaped on her by others; however, when she ceased to worry about what others thought, and as she adhered to the truth, she ceased to find fault with herself. When she ceased to find fault with herself, all the world ceased to throw stones at her!

This means that no matter how a man may have transgressed the laws of life, no matter how heinous his crime, even though he is condemned by society, if he will rise in consciousness to the point where he ceases to condemn himself, the tongues of all the gossips are stilled and not a hand is lifted against him. A few perfunctory prayers will not suffice, but a deep hunger and thirst to become a new man, plus a transformation

of the mind and heart, will expunge from the mind the errors of the past and make all things new. *Though your sins be scarlet, they shall be white as snow, though red like crimson they shall be as wool. Isaiah 1:18.*

The word *adultery* spoken of in the Bible means idolatry or spiritual immorality. Whenever we enter into a negative mood of fear, hate, and resentment, we have committed adultery because we have married a false belief and adulterated the truth. Whenever we believe in two powers, or if we say there is a devil, we are committing adultery in the real meaning of the word. Any time we cohabit with evil, such as envy, jealousy, slander, criticism, resentment, hate, etc., we are polluting the sanctuary of God, which is our own mind.

It is written that our mind should be called a house of prayer, but when we identify with negative thoughts and emotions, we make our mind a den of thieves. Whatever we are identified with, we become. If we identify with resentment we have committed adultery in the heart (subjective feeling, emotion); this negative emotion now governs and controls our speech, thought, actions, and reactions. When man is under the sway of negative imagery and emotion, he is a serf or a

slave, and is being actually ordered around like a servant by the negative thoughts reigning supreme in his mind. (I would refer you, at this time, to the second chapter "Marriage Feast of Cana" where it is pointed out that all prayer is really a marriage feast.)

What are you mentally and emotionally identified with at this moment? Your marriage partner is your present feeling, awareness, mood, or inner conviction. Your estimate or blueprint of yourself determines what kind the children of your mind will be. The children which come forth from your real feeling about yourself are made manifest as health, peace, abundance, social and financial status, etc. Any time you give attention, feeling, and emotion to any negative thought or idea, you are committing adultery in Biblical language.

If a wife or husband begins to brood or nourish a grudge, he or she has already committed adultery, because this person is mentally and emotionally united with ideas and concepts of a negative nature. The man who is crotchety, petulant, cantankerous, and constantly complaining is cohabiting and lying down with evil thoughts in his bed. *His bed* means his mind. We lie down amidst our thoughts, don't we? Do we find rest unto our

soul? We would find that deep abiding peace, rest, stillness, and security if we returned in thought and love to the Divine Center within and looked at others through the light of our aim. *Our aim* is peace, harmony, joy, health, and happiness.

Begin now to reach toward everyone according to the Eternal Verities. You will find yourself under the influence of the spiritual forces within you. Whenever you feel yourself prone to be angry, think immediately of your aim, goal or objective in life; immediately all the force is taken away from the negative thought. A positive, confident feeling of goodness, truth, and beauty will take over, and you go ahead spiritually by leaps and bounds.

(5) *Now Moses in the law commanded us, that such should be stoned.*

Begin now to see the psychological significance of this wonderful drama. Notice how people throw stones at themselves all day long. Take, for instance, a man who lost considerable money in business; let us say he went into bankruptcy; oftentimes he sits alone, broods, criticizes, castigates, and flagellates himself, saying, "Why did you invest that money?" "You should have known you would fail," "I'm no good," "I'm a failure," and

a dozen other statements of a similar nature flow silently from his lips. He is accusing himself. He is throwing stones at himself. The only accuser is the feeling of lack, failure, and inability to realize our objective.

The harlot, the woman with the illegitimate child, who may be condemned and stoned by the world, may turn to the truth within and claim her freedom. She realizes that God condemns no one. *His eyes are too pure to behold iniquity.* Society and the world may condemn her. *All judgment is given to the son. The son,* as Dr. Nicoll says, is your mind. This is the place you pronounce judgment on yourself by the thoughts you entertain. The harlot learns that all she has to do is to cease condemning herself; God has already forgiven her. As a matter of fact God or the Absolute knows nothing about her errors or fears. She, therefore, forgives herself by *giving* herself the mood of peace, love, and harmony for the mood of guilt, despair, and self-condemnation. She turns from the past and completely detaches herself from the former way of living. She mentally and emotionally identifies herself with her aim which is peace, dignity, happiness, and freedom. As she does, God and His Glory respond automatically. She finds a wave of peace moving

over the arid areas of her mind like the dew of heaven; moreover, the Light of God penetrates all the dark corners of her mind. The dawn of God's Wisdom appears, and the shadows of fear, guilt, and self-condemnation flee away. As she ceases to condemn herself, neither can the world condemn her.

(10) *Hath no man condemned thee?* (11) *She said, No man, Lord.*

This parable states Jesus stooped down. We *stoop down* whenever we turn away from the One Presence and Power and worship false gods. We must never descend from our high state of consciousness. We must never be deflected from our aim. When we permit fear, worry, and anxiety to enter in, we have stooped down or turned away from faith in God and all things good.

The devil represents the accuser in the Bible, or the negative thoughts and feelings we entertain which remind us that we have missed the mark or our objective in life. Remind yourself of God, remember Him, and go back to the Source from which you came; think, speak, and act from the Divine Center within you which is the Secret Place of the Most High; you will then be lifted up and again be identified with your aims which are the great Truths of God which you have learned.

You are here primarily to resurrect God's qualities. When you mentally think of Him and His Love, you are always lifting yourself up into a higher level of being.

(7) *He lifted himself, and said unto them, He that is without sin among you, let him first cast a stone at her.*

This is exactly the way you address the motley crew in your mind. You silence them by completely rejecting them mentally, realizing they have no power—nothing to sustain them. They are nothing trying to be something. You chop their heads off, cremate, and burn them up because you have returned in faith and confidence to the Secret Place of Stillness within yourself, where God and His Omnipotence dwells. The armor of God is around you now.

(9) *Jesus was left alone, and the woman standing in the midst.*

Jesus and the woman represent yourself when you have actually united with what you want to be or to have. All condemnation is gone. You are alone with your ideal. You have experienced the joy of the answered prayer in your own heart.

There is much repetition in the rest of this eighth chapter of John. We will, however cast light on the main or most important verses.

(24) *If ye believe not that I am he, ye shall die in your sins.*

Troward says, "I am that which I contemplate." You become what you claim and feel yourself to be. Except you now believe and accept as true that you now are what you long to be, you will remain as you are. In other words, you will *die in your sins,* meaning you will fail to reach your mark in life. If a man who is poverty-stricken refuses to enter into the mood of opulence and the belief in a God of abundance forever supplying all his needs, he will remain poor regardless of the church he joins or what creed he adopts.

(31) *If ye continue in my word, then are ye my disciples indeed;* (32) *and ye shall know the truth, and the truth shall make you free.*

One obvious truth is this, if you were now sick, the realization of health and peace of mind would free you; this would be the truth which would set you free. The acceptance of your desire for health would be your savior and redeemer. You continue in the word when you remain faithful to the idea or feeling of perfect health in your mind regardless of appearance. The *word* is your thought, your feeling, or inner awareness.

A few minutes ago, while writing this chapter, a woman telephoned me long distance telling me

how she put into practice one of the healing methods outlined in one of my recent books.

She was suffering from what the doctor described as a very severe case of blood poisoning in her foot which penicillin and other antibiotics failed to relieve. She was unable to walk. Six or seven times during the day she stilled the wheels of her mind, closed her eyes, and went within. She turned mentally away from the foot, the appearance of things, and became completely detached. Quietly and gently she claimed that the Infinite Healing Presence was saturating every thought and every atom of her being making her whole, pure, and perfect. She kept affirming this for two or three minutes. In her imagination she walked around the house sensing and feeling all the objects in the house, and doing all the things she ordinarily would do. She did this for about five minutes; then she ended her spiritual treatment by giving thanks to the God-Presence within. She sustained this method of prayer for several days (she continued in the *word*) until a complete healing took place. The day the doctor was supposed to operate on her he was amazed at the complete, rapid healing of her foot.

The *knowing of the truth* is simply a movement of your mind whereby you identify with

your desire, accepting it completely. Maybe you are saying to yourself, "I wish I could get out of this present position." Or maybe someone reading this is saying, "I wish I could go to London for a vacation but I have no money." You are free because you can shut out your present surroundings and mentally feel and imagine you are in London. You can remain in this meditative state for several minutes or longer until you feel the naturalness of the state. As you open your eyes, you are not in London, but you traveled there psychologically. You fixed it in your mind. You have freed yourself from your sense of want or lack. The Deeper Self will devise the way whereby you will go to London. You can mentally appropriate and take possession of any state of consciousness; this is why you are free. Your state of consciousness objectifies your meditations, feelings, and beliefs.

(44) *Ye are of your father the devil, and the lusts of your father ye will do.*

If we have a negative idea enthroned in the mind, our *father* is the devil. We must impregnate our mind with the seeds of truth and nourish their gestation with love and devotion. If a man is hateful or resentful, he has evil for his father and his mother. The dominant mood is always the

controlling factor. Belief in fear, old age, death, sickness, and all other false beliefs represent the devil, because they lie about the truth. When you spell devil backwards, it spells *lived.* Millions of people are governed by the thoughts of the past and are living according to the old pattern and experience. In other words, they are living backwards, because they are being ruled by doubts and fears acquired in the past. The *devil* means living backwards.

(58) *Before Abraham was, I am.*

Before any manifestation appears, it must first come out of the invisible. We must first have the feeling of conviction in our own consciousness. Where were you before you were born? You are told in plain language you were in the I AM state. You were in the Absolute or Paradisiacal State. When your boy or girl is born, the child is the Universal Life, God, or I AM assuming the role of that particular child. It is the Unconditioned becoming conditioned. It is the Formless taking form. *I was naked and ye clothed me. Matthew 25:36.*

CHAPTER NINE

(1) *And as Jesus passed by, he saw a man which was blind from his birth.* (2) *And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind?* (3) *Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him.* (4) *I must work the works of him that sent me, while it is day: the night cometh, when no man can work.* (5) *As long as I am in the world, I am the light of the world.* (6) *When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay.* (7) *And said unto him, Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing.* (8) *The neighbours therefore, and they which before had seen him that he was blind, said, Is not this he that sat and begged?* (9) *Some said, This is he: others said, He is like him: but he said, I am he.*

HERE we are told the story of a man born blind, and the usual question is asked, "Who did sin, this man or his parents?" In a spiritual sense all men are born blind when born into this three dimensional plane. We have left the formless state and we look upon the world and see the limitation and restriction, having lost the awareness of our dominion and power over external circumstances and conditions. *Our birth* is called the fall of man, and our awakening to the Power of God within us is called being born again. When we are possessed by wisdom, we begin to see spiritually. Man is psychologically and spiritually blind when he does not know that he becomes what he thinks all day long. Emerson said, "A man is what he thinks all day long." The Bible says, "As a man thinketh in his heart, so is he."

Man is spiritually blind when he hates, resents, or is envious of others. He does not know he is actually secreting mental poisons which tend to destroy himself. If you say there is no way to solve this problem, that the situation is hopeless, that is spiritual blindness. You begin to *see* when you get a new perception of the mind, knowing that there is an Infinite Intelligence within you which can solve all problems and which responds to your thought.

Your mind has now received a new illumination, a new light. As you mentally claim that God is guiding you now, revealing to you the perfect answer, you find yourself automatically led to do the right thing and the way opens up. You were once blind to these truths; now you begin to see the vision of your health, wealth, happiness, and peace of mind.

Looking at the story of the Bible in another way, it was believed in the old days that if a man were born blind, it was due to past karma and that he was here to expiate for his sins. The people of that day also believed that the sins of the parents were communicated to the children. For example, if the parents were insane, all their children would be insane also. Troward says, "If a thing is true, there is a way in which it is true."

The *sin* spoken of in the Bible refers to the mental attitude, the mood, the feeling of the parents. All sin refers to movements of the mind rather than that of the body. Parents transmit their habitual thinking, their fear, tensions, and false beliefs to their children through the mind, not the body. Our feelings and moods create. What is the nature of your mood? What tone do you strike during the marital, creative act?*

*See chapter twelve in my book *Great Bible Truths for Human Problems.*

For example, if there is someone in the parents' world whom they hate the sight of, or if there is a voice that they wish they would not hear again, a corresponding expression is brought forth. There are blind and deaf states of consciousness from which blind and deaf children come forth. Whatever tone is struck by the parents, a corresponding expression comes forth by the laws of reciprocal relationship.

In Ezekiel is written, *What mean ye, that ye use this proverb concerning the land of Israel, saying, The fathers have eaten sour grapes, and the children's teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel. Ezek. 18:2-3.*

The only thing passed on to children are the moods, mental states, or beliefs of the parents. It is possible, for instance, for anyone to have a son who may become a Shakespeare, Beethoven, Lincoln, or a Jesus depending on the moods of the parents or their state of consciousness at the moment of conception. Jesus or Illumined Reason rejects the popular, superstitious belief of the people that the man's blindness was due to his karma. That is to say, he may have blinded people in a former life and is now back on this plane again to suffer and atone for his crime.

Another very popular, superstitious belief was and still is that he was born blind because his parents were blind, or they had sinned or had some physical disease. Of course, as you know, a man and wife though congenitally blind or blinded by accident may give birth to children with perfectly normal vision.

It is the mood or state of consciousness at the moment of conception during the marital, creative act which determines the nature of the child. It is also true that a mother through prayer, may change the mental and physical nature of her child while he is still in the womb. A mother through prayer could bring about a perfect healing. In God's eyes the child is perfect. God sees all His creations as Infinite Perfection.

The answer of the man of prayer or the scientific thinker to all disease and trouble is to set forth the works of God, "I must work the works of him that sent me, while it is day." This means while the Light of Truth is shining, we consciously direct the law. A great number of people have healed their eyes through prayer. The Absolute never condemns or judges.

You can read in various magazine articles the miracles of healing taking place at various shrines throughout the world, setting forth the Power

of the Healing Presence within all of us Which never fails to respond, as we turn to It in faith and trust. It is never the shrine, the ritual, or ceremony which heals, it is faith which makes them whole. The voodoo doctor in the jungles of Africa and Australia heals by faith also. There are others who claim they are healed by bathing in certain waters or pools and by the bones of saints which they have touched. The reason for these healings is that their minds moved from fear and worry to faith.

There is no understanding behind these blind faith healings. All these methods are good inasmuch as they relieve man of his troubles, pain, and sickness; however, relapse is frequent because there is no scientific awareness of the Spiritual Power involved, and many return to the old, mental patterns reinfecting themselves as before. Scientific, Divine healing is the combined function of the conscious and subconscious powers directed specifically and scientifically for a definite purpose. The *works of the Father* are to express His own Nature, Goodness, Truth, and Beauty, for He is within us.

To make clay of the spittle represents a drooling state like a boy hungers for candy and drools at the mouth. It is that joyful, bubbling up state.

You have seen geysers bubbling up; the clay is very much alive. The *clay* represents the average man who is dead and unaware of the treasure-house within him. He is dead to his inner potentialities, being unaware of the Presence and Power of God within him. As he awakens and becomes enthused, he becomes alive to God; this is the meaning of *he spat on the ground and made clay of the spittle.* This latter phrase is an oriental, idiomatic, figurative expression meaning a deep, inner conviction that we now have in consciousness what we want and we reject blindness or the old state of limitation. We now see the truth in the same way a boy sees the answer on the blackboard to his problem in trigonometry.

For example, a boy may write down on the blackboard three and three equals seven. The teacher is absolutely sure, based on his knowledge of the science of mathematics, that three plus three equals six. His declaration or pronouncement that three and three are six does not make it so; it always was so. He is convinced of its truth, consequently the boy rearranges his figures on the blackboard to conform to the truth.

Likewise, what is true of God is true of man. God can't possibly be blind, deaf, dumb, or sick. The truth about man is that the Living Spirit

Almighty is within him. It is all Bliss, Wholeness, Joy, Perfection, Harmony, and Peace. It is all the wonderful things you have ever heard of. There cannot possibly be any quarrel or division in this Boundless Wisdom. Therefore, as you anchor your mind on these Eternal Truths about God, identifying yourself with them mentally, a rearrangement of the thought-pattern takes place in your mind and the Wholeness and Perfection of God is made manifest. The boy had to rearrange his figures to conform to the mathematical principle in the same manner as you redirected your thought-pattern in accordance with the principle of harmony. The electrons of your body automatically respond in accordance with the law of reciprocal relationship or the law of correspondence. *The clay* spoken of is a hard, dry, false belief. It is a muddy, confused mind which must be cleansed; then we spit (bring) forth our conviction of truth.

Go wash in the pool of Siloam means give up, send away. We are now detaching our consciousness from the old state which washes away the false idea and we feel and affirm the spirituality of all substance. The blind state also represents our inability to see the state that would bless us. When man does not know that his savior is

the realization of his heart's desire, he is truly blind.

Had I not come they would not have known sin. In the blind state we do not know sin even though we may manifest lack and limitation of all kinds. The race-mind is doing all our thinking for us; for when our eyes are opened, we begin to think for ourselves. We think from the Divine Center within; therefore we no longer think negatively, but positively. As long as we continue to think from the artificial, superimposed centers of prejudice, fear, and ignorance, we shall experience strife, sickness, and violence. Let us be true thinkers and we shall experience mercy which droppeth as the gentle rain from heaven.

To sin is to miss the target of peace, health, and happiness. It is our failure to reach our goal or objective in life. If we have no mark to shoot at, we certainly do not sin. The real sin is failure to realize our objective and live a full and happy life.

There is much repetition in the rest of the chapter, but we will take the key verses, or the main highlights, and elucidate on them.

(14) *And it was the sabbath day when Jesus made the clay, and opened his eyes.* (15) *Then again the Pharisees also asked him how he had received his sight.*

The Pharisee is everywhere. He is the five-sense

man or the man who adheres to ritual, ceremony, form, and external forms of worship. He thinks the sabbath refers to a day of the week and fails to realize that the sabbath is an inner movement and engagement of the mind on our ideal or desire, until we reach a point of stillness within and the outside world and its verdict no longer trouble us. We are alone with God and resting on our inner knowing. The Pharisee does not know where the solution is because he looks to the outside and not the inside. The inside is cause, the outer is effect. The Pharisee is always making the outside cause, worshipping the letter of the law and lacking the spirit which giveth life. When we awaken to our Inner Powers we exclaim, "Whereas I was blind, now I see."

(41) *If ye were blind, ye should have no sin: but now ye say, We see; therefore your sin remaineth.*

Pharisaical thoughts come into the mind of all of us at times when we pray, namely the doctrines, opinions, and teachings of men. The questioning and apparent argument that follow from verse eighteen to the end of the chapter represent those states of consciousness concerned only with form, ritual, and ceremonies. The practice of religion to the average Pharisee who is

walking the streets of every city in the world is based upon adherence to tradition and superstition. To open the eyes of the blind or the healing of a cancerous condition through prayer seems impossible to these people, for they believe in the verdict of the race mind and world-opinion only.

We must look through the symbol of religion and see the principle behind it. The latter is the meaning of the phrase, (39) *For judgment I am come into this world, that they which see not might see; and that they which see might be made blind.* You are here to judge, for all judgment is given to the son. Your thought is the judge; to think is to compare. You compare one thing with another. You accept the good and reject the negative or false belief. You are here to discern, discriminate, and choose. When you discover God within, you choose only from the treasure-house of God's riches. You are awakening to the truth. Prior to that you did not know how to choose. Now your knowledge and awareness of the Divine Power enable you to choose only that which heals, elevates, blesses, and enriches you.

If you had real free will, you would not choose sickness, lack, misery, pain, and misfortune. *That*

they which see not might be made blind . . . When functioning as a five-sense man, living like most people in the law of averages, you must become blind to all your former theories, beliefs, traditions, and dogma and become alive to God and His Omnipotence; then you truly see. In the true process of prayer you must become deaf and blind to anything and everything that challenges your prayer. You refuse to look at evidence of things and appearances. Your vision is on God and His answer. If we have no target to shoot at, we do not miss it or sin, but if we claim to know the truth and fail to realize our objective, our sin remaineth. It is not enough to say, "I see the truth"; we must *know* the truth, and the truth will set us free. *Knowing* is the inner seeing or silent inner conviction wherein we raise the idea or desire to the point of acceptance. Herein lies our freedom.

CHAPTER TEN

(1) *Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber.* (2) *But he that entereth in by the door is the shepherd of the sheep.* (3) *To him the porter openeth; and the sheep hear his voice: and he calleth his own sheep by name, and leadeth them out.* (4) *And when he putteth forth his own sheep, he goeth before them, and the sheep follow him: for they know his voice.* (5) *And a stranger will they not follow, but will flee from him: for they know not the voice of strangers.* (6) *This parable spake Jesus unto them: but they understood not what things they were which he spake unto them.* (7) *Then said Jesus unto them again, Verily, verily, I say unto you, I am the door of the sheep.* (8) *All that ever came before me are thieves and robbers: but the sheep did not hear them.* (9) *I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.* (10) *The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and*

that they might have it more abundantly.

THE *door* is the door of our own consciousness. *I am the door.* Everything we experience in life comes through our own consciousness. Our states of consciousness represent what we think, feel, believe, and give consent to. Our states of consciousness are always made manifest. Nothing happens on the outside without first happening on the inside. Before we can manifest health, peace, and abundance, we must first possess our desire in consciousness. We must have the feeling of possession inside. I must be before I can have. The ancients said, "To be is to have."

If a man tries to achieve what he wants through external means, it will forever elude him. He is a thief and a robber in the sense that he is robbing himself of the joy of manifesting his ideal, by refusing to claim and feel its reality mentally. He must have the mental equivalent first; then its manifestation follows. Our own mind or consciousness is the door to all expression. I talk to people who are trying to be spiritual by going on rigid diets, abstaining from certain pleasures, and subjecting the body to very difficult and painful postures. Others go on fruit diets and retire

from life, hoping that by this means they will reach higher levels of development. Fasting and going on rigid, physical discipline will not bring about a mental transformation which is what is desired. They are trying to climb some other way, and, of course they become completely disillusioned.

It is absurd to imagine or conceive that a person starting from the external standpoint could reach higher levels of spiritual awareness. The alibi such people use is that it is written, "A man must deny himself." You must deny yourself the morbid satisfaction of entertaining grudges, pet peeves, ill will, resentment, self-righteousness, spiritual pride, self-justification, and holier-than-thou attitudes. The above-mentioned passage quoted by some people must be seen in its true psychological light to have any meaning at all. It surely does not mean that you deny yourself the comforts and conveniences of life. Where did these things come from? You must deny and reject the old way of thinking and reacting before you can possibly rise to higher levels. You cannot remain the same mentally and ascend spiritually. There must be an internal change. *Be not conformed to this world: but be ye transformed by the renewing of your mind. Rom. 12:2.*

You have noticed, or at least you are aware of

the metamorphosis of the grubworm into a butterfly. This symbolizes a transformation which you can undergo. You have wings which have not been used, the ways of thought and feeling, enabling you to soar aloft into the bosom of your Father in heaven. The transformation in Biblical language does not refer to the transformation of a cell into a human being, but refers to a psychological and an emotional change.

Let us take the following simple illustration: A man wishes to be healed and affirms over and over, "I am healed." If his statements are mechanical, he will get no results. He must enter into the spirit or feeling of perfect health. He must claim and feel the truth of what he affirms in consciousness. Healing follows the silent inner knowing of the soul. To be wealthy I must assume the consciousness of wealth; then wealth will follow. If you want to grow spiritually, there is a wonderful standard set up by Paul, *Whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Phil. 4:8.*

Start from within—not from without; spiritualize your thoughts, feelings, reactions, and emotions.

See to it that all your thoughts, mental practices, and impulses conform to the spiritual standard of Paul. The outside will correspond with the inside. The thieves and robbers are the negative thoughts and emotions in which we indulge. Fear, ignorance, and superstition are real thieves. They rob us of health, happiness, and peace of mind.

The *sheep* mentioned in this chapter are the noble, wonderful, dignified states of consciousness that bless us. Our conviction and understanding of the good is the shepherd who watches over our sheep (mental state). The dominant state of mind always rules and governs in the same manner as a general commands in the army. We become the true shepherd when we know the creative power and authority of our own mind. We have confidence and trust in our ability to choose the good and to reject mental food which is unsavory. We *call our sheep by name* when we enter into the feeling of having, being, or doing the things we long to have, be, or do. If we sustain these moods, they jell and crystallize within us, and those subjectified embodiments become objectified manifestations.

In verse four we are really instructed in the law of mental equivalents, meaning that we must mentally accept and feel the truth of what we

affirm prior to its manifestation. In other words, feeling precedes all manifestation. As Judge Troward says, "Feeling is the law and the law is the feeling." The voice is the mood, tone, or mental attitude. Conditions, circumstances, and events follow the inner mental mood of man. Quimby said, "Man is belief expressed."

The *voice of the stranger* is to claim one thing and feel another. For instance, a man may pray for a healing and believe that he is incurable or that the stars are against him. Such an attitude of mind is like mixing an acid with alkali, you get an inert substance. There is an answer, of course, in the lack of what we pray for. If a man claims to be other than he really feels himself to be, he is robbing himself. He may claim to be a great actor and at the same time he knows in his heart he is not; such a man is a thief and a robber. The sheep (the embodied lovely states) will not follow such a negative attitude. *Sheep* are tended animals. Boasting and masquerading without the inner conviction fail to materialize. *All that ever came before me were thieves and robbers* does not mean, as some people claim, that all religions before Christianity were false. Such a statement is untrue and ridiculous.

I am sure the following interpretation makes

sense. If you believe that circumstances, conditions, events, age, race, lack of money, etc. can preclude your possibility of realizing your objective, you are a thief and a robber for the simple reason you and you alone are robbing yourself of the joy of becoming what you long to be. There is only One Power, and your conviction regarding the answer to your prayer cannot be rescinded. "One with God is a majority." "If God be for you, who can be against you?" This is why it is said, "All that ever came before me are thieves and robbers."

In verse eleven it says, "The good shepherd giveth his life for the sheep." You must animate and make alive the desires of your heart. You must give them life by pouring life, love, and feeling upon your plans, goals, and objectives in life. The brain and the heart must be united as a wedded pair. Thought must be blended with emotion in order to embody your dreams.

In verse twelve the reference to *the wolf* means any mood of lack, doubt, and fear which neutralizes and destroys our positive ideals. We must retain an unassailable and unshakeable conviction in the good. If we do not do this, we are mere hirelings because we do not possess our sheep. We do not possess the idea in consciousness. We do

not really believe even though we may intellectually accept.

(16) *And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd.*

We have many desires or sheep, as well as one supreme and uppermost desire. A man may desire health and true expression; at the same time he may wish prosperity for his son, and a happy marriage for his daughter. To obtain these desires he will *treat each one specifically, specializing the law.* He does this by communing in the silence. When he has finished treating each one, he realizes that all the requests are now granted. His word (thought and feeling) is the law whereunto it is sent, and he goes off to sleep in the joyous conviction that all his prayers are answered. The *one fold* is the all-embracing envelope or mood of love; *the one shepherd* is the absolute conviction it is so.

In verse seventeen *I lay down my life, that I might take it again,* refers to the fact that you must die to the old concept or estimate of yourself before you can resurrect your new ideal. Before something is born, something must die. The materialistic-minded man must die before the

spiritually-minded man awakens. Ignorance must die for wisdom to be born. If a man is careless, negligent, and indolent in his work and suddenly begins to study and improve himself along all lines, the new, efficient, and industrious man is born, and the old careless, lazy, and confused man is dead.

In verse eighteen you are told that the spiritually-awakened man knows the only death, as the world looks at it, is the belief in death. *Death* is in us, not in the person in the coffin. *No man taketh it from you.* The absolute truth about it is this: When man is slain, he really slew himself even though another may have pulled the trigger loosing the bullet which killed him. The so-called murderer was simply an instrument fulfilling the slain man's state of consciousness. Consciousness is the only cause, and man himself is cause and effect. *No man cometh unto me, save I the Father draw him,* i.e., no manifestation or expression comes to me except my father (my dominant state of consciousness) attracts it. The inside or inner man is always causal; the outer is always effect. When we stand on the conviction that God is and that we dwell in the Secret Place of the Most High, no man can take anything away from us, no evil shall befall us, for we believe God

is with us. This is faith. It is conviction.

In Japan last year (1955) a teacher told me about a Chinese woman during the Japanese raid who said to others, "Come under my umbrella; I believe in God." Bombs were falling all around her, but nothing touched her. The reason was that the place she stood was holy ground (her consciousness of God's Love and Presence). Living in the world, we should live in it in such a way that we refuse to hear or listen to anything which does not fill our soul with joy.

(28) *And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of my hand.*

This means that whatever consciousness touches or blesses, lasts forever. Once we taste God, or the Spirit of Truth, we are never the same again, and the new understanding or comprehension is with us forever.

(33) *The Jews answered him, saying, For a good work we stone thee not; but for blasphemy; and because that thou, being a man, makest thyself God.*

The term *Jews* does not refer to a particular race of people, but rather the average man or the man living in the world-thought who thinks it is blasphemous when he is told that man is God in expression walking the earth. He throws stones

at those who proclaim the truth in the sense he criticizes and condemns such teaching as blasphemous because it is contrary to his conditioning based on ignorant theories and beliefs about God. The average man has a sort of worm-of-the-dust attitude.

(34) *Is it not written in your law, I said, Ye are gods?*

(38) *Though ye believe not me, believe the works: that ye may know, and believe, that the Father is in me, and I in him.*

In reality every man is a son of the Infinite and certainly the son possesses the same attributes, qualities, and potencies of the Father. *Who, being in the form of God, thought it not robbery to be equal with God. Phil. 2:6.* Let us arise, awaken, and claim our divinity now. Let us cease worshipping historical figures; rather let us worship the One True God deep within us. The Spirit within is God and when we align ourselves with It, and call upon It *believing,* we will begin to do the works of Him who sent us. When we implicitly believe this, All Power at that moment is given to us in the heaven of our own mind. It is the Power and Action of God.

CHAPTER ELEVEN

(1) *Now a certain man was sick, named Lazarus, of Bethany, the town of Mary and her sister Martha.* (2) *(It was that Mary which anointed the Lord with ointment, and wiped his feet with her hair, whose brother Lazarus was sick.)* (3) *Therefore his sisters sent unto him, saying, Lord, behold, he whom thou lovest is sick.* (4) *When Jesus heard that, he said, This sickness is not unto death, but for the glory of God, that the Son of God might be glorified thereby.* (5) *Now Jesus loved Martha, and her sister, and Lazarus.* (6) *When he had heard therefore that he was sick, he abode two days still in the same place where he was.* (7) *Then after that saith he to his disciples, Let us go into Judea again,* (8) *His disciples say unto him, Master, the Jews of late sought to stone thee; and goest thou thither again?* (9) *Jesus answered, Are there not twelve hours in the day? If any man walk in the day, he stumbleth not, because he seeth the light of this world.* (10) *But if a man walk in the night, he stumbleth, because there is no light in him.*

MARY AND MARTHA represent two states of consciousness, the outside and the inside, the material and spiritual. *Mary* refers to the inner or subjective side of life. *Martha* refers to the objective phase of life. Mary means also love of the spiritual values of life; Martha is the desire to minister to the physical needs of the sick and needy.

Lazarus is the brother (desire) of Martha and Mary (two aspects of consciousness, the conscious and subconscious mind). Lazarus represents the dead state within us. Our desire or ideal is dead because we have not made it alive or did not know that our consciousness could resurrect and make alive that which we claim and feel as true within. Lazarus is our dead, frozen, withered conception or desire which we have been trying to materialize for a long period of time. Man may have a disease; this is the dead state; health is not dead, but it is asleep in the man who is ill. Spiritual awareness represented by Jesus goes to awaken the dead state. The outer senses tell you that the body is diseased, but the spiritually awakened man proclaims, "I have been asleep to health. I am going to awaken out of this slumber and hypnotic spell of race belief."

The fifth verse means that love is a unity. Love

is an emotional attachment. It is becoming absorbed in the reality of what you pray for, or mentally identifying and uniting with the thing desired. The steps of prayer are first, recognition of the Spiritual Power, second, acceptance of our desire, and third, the conviction in the reality of the unseen idea.

(14) *Then said Jesus unto them plainly, Lazarus is dead.* (16) *Then said Thomas, which is called Didymus, unto his fellow-disciples, Let us also go, that we may die with him.* (17) *Then when Jesus came, he found that he had lain in the grave four days already.*

Thomas is the doubter; it is an attitude of mind in all of us. This state of mind looks both ways and wonders if consciousness is the only power. Discouragement sets in and you say, "So be it." Here is a dialogue taking place between the lower self and the higher self in all of us, or between the three-dimensional self and the fourth-dimensional self, or the quarrel of our five senses with our spiritual knowledge or awareness. Notice when you pray how the senses try to dissuade you from believing that the Spiritual Power within you is the only Cause, and that it is Supreme and Sovereign. You must stand firm and know that with this One Power, all things are possible.

(23) *Jesus* (your illumined reason) *saith unto her, Thy brother shall rise again.* (24) *Martha saith unto him, I know that he shall rise again in the resurrection at the last day.*

Martha (our conscious, reasoning, argumentative mind) questions the possibility of resurrecting our desire, but the great truth is that our own I AM-NESS (consciousness) can resurrect and make visible that which we accept and feel as true within. Your own consciousness has the power to resurrect you from any state of limitation.

Verse twenty-four depicts Martha, the worldly-minded state of consciousness in all of us which looks into the far-distant future and says, "Some day I will reach my goal. Some day I will be happy." This is not the correct attitude, for we must realize that we can take our desire in consciousness now and bring it to birth immediately if only we will believe.

(38) *Jesus therefore again groaning in himself cometh to the grave. It was a cave, and a stone lay upon it.* (39) *Jesus said, Take ye away the stone.*

All of us may groan with the problem or difficulty, but we come to a definite decision in the mind that we can overcome and rise above it. The *stone* is the race belief, the fear, and acceptance of man-made laws. The health, joy, and

peace we seek is held in the tomb by narrow, confining, restricted thoughts which imprison the life forces. The stone must be rolled away through faith. The man who wants the inner life of harmony, strength, and vitality to come forth must recognize and believe in the sovereignty of the Spiritual Power and his prayer of faith evokes the Presence of the Invisible and Omnipresent God. This is the Glory of God.

(40) *If thou wouldest believe, thou shouldest see the glory of God?*

The spiritual-minded man affirms the reality and completeness of the invisible idea regardless of external appearances. Elsewhere in the Bible you are told *an angel rolls away the stone. The angel* is a new attitude of mind, the feeling or conviction which precedes the demonstration.

(41) *Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me.* (42) *And I knew that thou hearest me always.*

The latter verses give a magnificent formula for prayer. In praying for another you lift your concept of the other, seeing him radiant, happy, and free; then you give thanks for the accomplished fact.

For example, you pay the salesman in the department store for the fur coat, and you thank him for sending it. You have not yet received it,

but you trust the concern and the man you are dealing with. There is no doubt in your mind that you will receive the coat you ordered. Likewise, when you turn to God in recognition, you are lifted up as you dwell on Him. You know that "He never faileth." You have an unshakeable confidence and trust in the Father of Lights in Whom there is no variableness or shadow of turning. You know that He heareth you always because the nature of God is to turn to you as you turn to Him. The moment you move in thought and feeling to the Presence within and focus your attention on health and harmony for your friend, the Creative Power of God flows through your focal point of attention; this is God in action and It is Almighty.

The third step could be called recognition, acceptance, and the conviction that it is so. The quotation *Jesus cried with a loud voice*—means the sound of the answered prayer which is the voice or mood of authority. *Lazarus, come forth* represents the absolute faith in the working of the immutable, changeless law which always responds automatically to our inner knowing. It is the command from the inside of the one who knows, "I and my Father are one."

In verse forty-four we are told that *the face of the dead man was bound by a napkin.* If I meet

you on the street, and your face is covered, I cannot recognize you. What we want is in our consciousness, and we cannot see consciousness. You cannot see faith and confidence in God. It is our invisible mind or mental atmosphere which, like saturated clouds, precipitate and fall as rain. Man hides and houses God. The Real Man is invisible; you do not see a mood, spirit, thought, feeling, faith, hopes, desires, ideals, and aspirations. Man himself is the napkin which hides the Invisible One.

I was naked and ye clothed me. Matt. 25:36. When man realizes that God is the very Life of him, the Living Spirit within, and when he turns to this Power in prayer, recognizing It, he has removed the napkin. He is then in the position to issue the command, "Loose him and let him go," which means unfettered life, freedom from all travails whereby man walks the earth a free, joyous being with the praise of God forever on his lips. He sees "tongues in trees, sermons in stones, songs in running brooks, and God in everything."

In verse fifty we recognize that it is expedient that one man should die. The *one who dies* is our desire. If it does not die in us, we remain frustrated. After the death of the belief in poverty comes health. Death of the belief in pain brings peace, and peace is the Power at the heart of God. "Peace be still."

CHAPTER TWELVE

(1) *Then Jesus six days before the passover came to Bethany, where Lazarus was which had been dead, whom he raised from the dead.* (2) *There they made him a supper; and Martha served: but Lazarus was one of them that sat at the table with him.* (3) *Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair: and the house was filled with the odour of the ointment.* (4) *Then saith one of his disciples, Judas Iscariot, Simon's son, which should betray him.* (5) *Why was not this ointment sold for three hundred pence, and given to the poor?* (6) *This he said, not that he cared for the poor; but because he was a thief, and had the bag, and bare what was put therein.* (7) *Then said Jesus, Let her alone: against the day of my burying hath she kept this.* (8) *For the poor always ye have with you: but me ye have not always.* (9) *Much people of the Jews therefore knew that he was there: and they came not for Jesus' sake only, but that they might see Lazarus also, whom he had raised from the dead.* (10) *But the chief*

priests consulted that they might put Lazarus also to death.

THE *passover* means passing over, i.e., overcoming problems or obstructions, being delivered from bondage. It represents freedom from the tyranny and confusion of the five senses. In the process of the passover, we pass from one state of consciousness to another.

The Jews maintain an annual festival in commemoration of this escape from Egypt. *Egypt* means the race mind which is full of belief in misery, pain, suffering, and unseen terrors. The greatest prison in the world is the prison of the mind. ("Stone walls do not a prison make, nor iron bars a cage."). We leave Egypt and go to the true world of Mind and Spirit. This is the Heaven of Jesus and the *house not made with hands, eternal in the heavens* as mentioned by Paul.

In the first verse it says Lazarus was present. This means that the state of what we want is with us now because our consciousness has lifted us up. *Spikenard* infers faith. *Anointing the feet of Jesus* symbolizes our entry into a delightful mood of love and expectancy. *Feet* mean understanding, and *Jesus* means the Truth or Spiritual

awareness. *The ointment in Mary's hand* represents the effusion and the pouring out of love from the sacred chalice of the heart, or the eternal verities, and the spiritual values of life. Nothing is too costly for the holy and blessed worship of God and His love.

Jesus in the Bible means our desire also, for the savior is always the fulfilled desire. The ideal state you wish must be anointed; i.e., felt as true before you can know the joy of the answered prayer. When the Bible says, "The house was filled with the odour of the ointment," it refers to the fact that we cannot suppress the joy which arises when our prayer is answered. We touch the Glory of the Lord within.

Wiping the feet of Jesus with her hair—the latter word means the Power of God. When the Omnipotence of God responds to our faith, our prayer is answered. We stand on the rock of faith and trust in the Omnipresence. We wipe, therefore, our feet with our hair, indicating our recognition of the supremacy and allegiance to the One Power, and we know no other. We know God, we dwell with Him, and rest under the Shadow of the Almighty. *None shall stay its hand and say unto it, what doest thou? Daniel 4:35.*

In verse six we read *Judas was a thief and*

had the bag. Here is a story of salvation, or the solution to any problem. All stories in the Bible are for the purpose of teaching us how to get out of trouble and realize our freedom. *Judas* means our problem or state of limitation. *Money,* or the bag which he carried, symbolizes our need or lack. The *poor which are always with us* are our sense of lack in regard to wisdom, truth, and knowledge of God. Many people are poor in joy, laughter, goodwill, and though they may have millions of dollars, yet they may be very poor in the understanding of God and His laws. Your poor state now is your problem. This poor state is good in the sense that it is an incentive to you, urging you to rise up and conquer. You have the power to do so; thereby you discover your Divinity and your Inherent Powers.

Through your problem you grow, expand, and unfold. Look for the little chink of light in your present darkness or difficulty and you will find it. One of the ancient meanings of the word *crisis* is opportunity. Now is your opportunity to call forth the Wisdom and Power of God which will solve your problem, heal your body, and dissolve the clouds of despair. Many think when they have lost money, they have lost everything. They forget that when they lose peace of mind or love,

they have lost the only real things in the world. Men, in their state of sleep and mass hypnosis by the world-mind or race-consciousness, expect to lose health, harmony, and the abundance of God's riches. Ask some of your fellow-students in the path of life if they caught the flu this year. They will reply, "No, not yet," indicating that they expect it sooner or later.

The *Judas* in us always carries the bag, our sense of need. We must give up the sense of need before we can understand salvation or the solution to our problems. Judas betrays. *To betray* is to reveal. Your problem (Judas) reveals your savior (your desire). Every difficulty, problem, and limitation has its solution in the form of a desire. The realization of the desire is always our savior. Your problem, or Judas, is saying to you now, "Stand aside and let the subjective wisdom anoint your intellect, revealing to you the way you should go or the decision you should make." If you were possessed of a higher wisdom you would not have the problem.

The electrician solves the problem of a short circuit in your home because of his higher knowledge or wisdom regarding the laws of electricity. Let us suppose you are not possessed with this wisdom regarding the principle of electricity; then

to you it is a problem. Look at your Judas now and rejoice; it is your marvelous opportunity to prove the Power of God in you. Judas is reported to have said, "Why was not this ointment sold for three hundred pence, and given to the poor?" Never give attention to the limited, morbid state. Never indulge in a negative emotion. When we give our attention to the squalid, the mean, and the low, that is what we create in our lives. Likewise to fight and resist the problem is to magnify it. Feel a sense of oneness with your ideal state which is your Jesus. Desire without fear is manifestation.

(12) *Much people that were come to the feast, when they heard that Jesus was coming to Jerusalem,* (13) *Took branches of palm trees, and went forth to meet him, and cried, Hosanna: Blessed is the King of Israel that cometh in the name of the Lord.* (14) *And Jesus, when he had found a young ass, sat thereon; as it is written,* (15) *Fear not, daughter of Sion: behold, thy King cometh, sitting on an ass's colt.*

Here we have the Palm Sunday story. *Palms* are symbolic of triumph, victory, and achievement. Jesus is depicted as riding on a young colt. *The colt* symbolizes our new, unbridled ideal or desire which is not yet disciplined or appropriated. *Jesus*

riding the animal means that we must live with the animated state of consciousness or mood and sustain it until we enter Jerusalem, which means the city of peace. In other words, we live in the mental atmosphere of acceptance until it jells within us and we are at peace about it in our own mind. When there is no longer any quarrel in our conscious or subconscious mind, our prayer is answered. The spirit within validates and brings to pass all such mental agreements. We receive only what we have accepted in consciousness.

To ride the colt is to ride the mood. It means perseverance. The trainer of a horse is firm but kind. He lets the horse know who is master. Your dominant mental attitude is the master; it determines where you shall go. Then we cry, "Hosanna!" which is peace or the Divine solution. *Blessed is the King of Israel that cometh in the name of the Lord. He who cometh* is our desire. The *name* (nature) of the Lord (law) is to express that which is impressed. To be blessed is to realize our desire.

(23) *And Jesus answered them, saying, The hour is come, that the Son of man should be glorified.* (24) *Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit.*

Death is always a change of form. When we get new ideas, we change our thought. This change is the death of our old way of thinking, and we come out of the rut of lack and limitation. *The corn of wheat that dies in the soil* (our consciousness) is our ideal or desire. As long as we have the desire, we are frustrated and unhappy. There is a war in the mind. When we identify mentally and emotionally with our desire, it dies and passes into the subjective realm of feeling; we are at peace about it. After a little while it appears on the screen of space. Then the new heaven and new earth spoken of in The Book of Revelation come to pass. *The new heaven* is your new state of consciousness which automatically recreates your world to correspond with your new mental world. The old man and his old-fashioned ideas and concepts must die before the new man can be resurrected.

Let us now look at the key verses in the rest of the chapter omitting as much as possible all the repetitious verses of the Bible which tend to duplicate what we have already written.

He that loveth his life shall lose it; and he that hateth his life in this world shall keep it unto life eternal. 12:25.

Many people grossly misinterpret this wonderful

passage by renouncing and giving up the comforts and pleasures of life. Self-effacement, abuse of the body, the belief in poverty, and flagellation of the body in order to serve the truth, are superstitious, immature ideas which deny the divine birthright of man. Man is here to express God in all His Glory and Abundance. What we should lose is our false concept of God and our low estimate of ourselves and claim a real oneness with God. If we love (emotional attachment) limitation, we join with it and are one with it; then we multiply negative conditions in our lives; we constantly find ourselves manifesting greater limitation until finally everything is taken away from us. We have lost our lives in the sense that we possess no zest in living. We are dead to joy, love, and beauty.

He that hateth his life in this world shall keep it. One of the meanings of *hate* in the Bible is to reject, to put away, to refuse. We hate our former life when we reject negative imagery and suggestions of any nature whatsoever. The dope addict hates his life when he transforms himself mentally and becomes a new man. His habitual thinking made him a dope fiend. When he learns of the tremendous dynamo within himself, called sometimes the subconscious mind, and begins to

use it, he works wonders in his life. He now runs a new motion picture of himself in his imagination, the constructive, directed use of which is called the workshop of God. The subconscious mind faithfully reproduces the exact image and likeness of his mental pattern. We must never forget that our habitual thinking shapes and molds our destiny; it makes us what we are today. Having changed his mental attitude, man is manifesting life eternal. This means the enjoyment of peace, harmony, and prosperity, not only on this plane, but down through the corridors of time, through the pathways of eternity until time, as we know it, shall be no more. No man can look upon the face of God (the truth) and live the old life.

Let us look upon God's handiwork. If we look aright, we will become conscious of the abundant life. We will see God in the laughter of the child, in the kiss of a loved one, and in the smile of a friend.

And I, if I be lifted up from the earth, will draw all men unto me. This he said, signifying what death he should die. 12:32-33.

It is obvious to those who have eyes to see and ears to hear that this is not a reference to a physical death. It is purely psychological, written in figurative, oriental language telling all of us how

to rise to higher levels of awareness. In the prayer-process you must lift your concepts up to the point of acceptance, and the manifestation will follow. Your physical senses report their findings which at best are depressing. In prayer you go within to the inner realm of spiritual truths, anchoring your mind there; thereby you are fed with faith, courage, strength, and power which transcend the ordinary physical senses. You are then lifted up, the old state dies, and the new state of consciousness is resurrected; this is a psychological death. You correct what you see in the world of appearances by what you know about God and His Omnipresence. We can never manifest our good in a depressed state. We must go up the mountain (high state of consciousness) and thrill to the new state. Unless we behold our vision and ascend by contemplating its reality, we cannot gain the new perspective by which we may dissipate the fearsome shadows seen when we are in the valley.

Walk while ye have the light. 12:35.

The *light* refers to Divine Intelligence, the God within which leads and guides us as we call upon it. We must go forth knowing that we are Divinely led in all our ways; then only right action and expression will prevail. If we are in

confusion, we walk in the darkness and know not whither we go.

In verse forty we are told that people's eyes are blinded in the sense they refuse to see the truth about themselves. They reject anything new and remain blind to their Inner Powers. Their heart is hardened because they still adhere to their old grudges and resentments. They are identified with negative emotions, full of creedal prejudices, etc. If they would open their eyes and ears and hear the truth about themselves, they would be healed and at peace.

He that rejecteth me, and receiveth not my words, hath one that judgeth him: the word that I have spoken, the same shall judge him in the last day. 12:48.

The one that judgeth is our own mind, for all judgment is given to the son. Dr. Nicoll points out *the son* means your mind. It means also your thought. By your thought you are judging all day long. Our mental state judges us and rebuilds us according to our faith or conviction. There is no one to accuse or punish us except ourselves. Man gives himself everything; actually all he is, has, or experiences is pressed out of his own consciousness. We judge ourselves by our conviction of ourselves or others. How do we judge the other?

Do we see a sick person or a well one? If you see a person ill, and say to yourself, "I hope he will be better," you are judging wrongly. But if you treat him scientifically, realizing he is healed, made whole and perfect, you are judging righteously.

By our words we are justified and by our words we are condemned. Our word is a movement of consciousness and the automatic execution of the law which never varies. Let us judge all men righteously by seeing them as they ought to be —happy, radiant, and perfect.

CHAPTER THIRTEEN

(1) *Now before the feast of the passover, when Jesus knew that his hour was come that he should depart out of this world unto the Father, having loved his own which were in the world, he loved them unto the end.* (2) *And supper being ended, the devil having put into the heart of Judas Iscariot, Simon's son, to betray him;* (3) *Jesus knowing that the Father had given all things into his hands, and that he was come from God, and went to God;* (4) *He riseth from supper, and laid aside his garments; and took a towel, and girded himself.* (5) *After that he poureth water into a basin, and began to wash the disciples' feet, and to wipe them with the towel wherewith he was girded.* (6) *Then cometh he to Simon Peter: and Peter saith unto him, Lord, dost thou wash my feet?* (7) *Jesus answered and said unto him, What I do thou knowest not now; but thou shalt know hereafter.* (8) *Peter saith unto him, Thou shalt never wash my feet. Jesus answered him, If I wash thee not, thou hast no part with me.* (9) *Simon Peter saith unto him, Lord, not my feet only, but also my hands and my head.* (10) *Jesus saith to him, He that*

is washed needeth not save to wash his feet, but is clean every whit: and ye are clean, but not all.

THE FEAST OF THE PASSOVER is something that is going on all the time in the mind of the praying individual. Passover is, of course, celebrated by the Jews and is a very wonderful and inspiring religious drama and festival. The outer ceremony and celebration is intended to commemorate the deliverance of the children of Israel from the bondage and tyranny of Pharaoh. There is the mystical and psychological passover in which all of us are interested; as a matter of fact, the only purpose of the Biblical stories is to bring about a psychological change, an inner transformation.

As you read the Bible, you realize that the man, Jesus, was known to everyone; morever, there was no occasion to procure lanterns to search for him. All the people knew where he was. You must, therefore, look for the hidden or inner meaning. The drama says that he told his disciples he was going to die and that one of them would betray him. Wouldn't you get rid of a man in your organization who was about to betray all your business plans and secrets? If you were doing some scientific research work for the United States

Government and you knew that there was a spy working, stealing all the government's secrets, would you retain him in your employment, or wouldn't you see to it that he was discharged or otherwise displaced at once? I am sure you would. You will receive an answer to these questions as you follow the explanation given in this and succeeding chapters.

In the prayer-process you pass over from the state of lack to the feeling of fulfillment. If fearful, you pass over into the mood of confidence and faith in the same manner as a soldier wrote about in the Korean War. When there seemed to be no way out, his knees were knocking, and he was white with fear, he kept repeating out loud, "God is with me; I have no fear." A great sense of calm and peace came over him; he was not hurt or wounded, and succeeded in escaping from the trap of certain death. He experienced the passover; i.e., the psychological change which comes over man as he humbly, devotedly turns to the Spiritual Presence for his deliverance and release. To experience the passover you must become identified with the ideal you hope to achieve, remaining faithful and loyal to this ideal. You succeed in crucifying it by your faithfulness; you will also resurrect it without the aid of anyone.

In verse two where it says *and supper being ended* symbolizes the end of the psychological feast. *Judas Iscariot* signifies limitation of any kind. *Iscariot* means of many cities which refers to many states of consciousness. It is said he is Simon's son. *Simon* means to hear. In other words, if you are hearing bad news or indulging in a sense of limitation, it means negative, subjective hearing. *To betray* means to reveal. Your problem always reveals your savior or solution in the form of your desire. A solution is always the opposite of a problem.

In verse three it says that *Jesus was come from God* and means that God responds to us through our desire. When you mentally accept your good or desire, it may be said in Biblical language that you *went to God. Jesus laying aside his garments* refers to the revealing of the process of creation in phallic symbology. *To take a towel and gird yourself* is to assume a new attitude of mind, knowing that your own consciousness is the creative power, rejecting completely any other power.

After that he poureth water into a basin, and began to wash the disciples' feet, and to wipe them with the towel wherewith he was girded. 13:5. This is what we really do in the prayer-process or passing over from our limitation to

freedom. *The basin* is your mind where you pour all your thoughts, concepts, feelings, and beliefs. *The water* represents the truth which now flows into your mind that God is the only Presence and the only Power. You announce the truth to your assembled faculties (disciples); you rehearse all that you know about the Creative Process and boldly and firmly assert that as you give your attention and devotion to your desire, the God-Power within will honor your claim. You insist that your inner feeling or awareness must and will be made manifest. You remain steadfast and loyal to the inner causal principle. All your thoughts, concepts, and mental pictures are now bathed in the light of faith, trust, and confidence in the Power or Cause. *You are washing your disciples'* (mental attitudes) *feet* and wiping them clean of all fear, doubt, and anxieties based on belief in other powers and causes. You have come to the place where you have a sense of wholeness or oneness with your good. You are girded by the towel of an inner certitude, a conviction that your prayer is already answered in Divine Mind and all is well.

Feet represent understanding. Your feet are washed when you know that any idea felt as true is objectified. Our faith in God is real and firm when we are incapable of hearing anything other

than that which fills our soul with joy and gladness. It is then that *Peter's feet are washed. Peter* means faith in God. Peter is a faculty of mind in all of us. You can discipline yourself to the point that no matter what the five senses reveal, or what conditions may suggest, you remain unmoved, unperturbed because your inner hearing is, "He never faileth." This is why the scripture says that, "He that is washed needeth not save to wash his feet."

The *secret parts of man* are revealed when he removes the towel symbolically pointing out that the creative power is our own awareness, our own mind, and consciousness. Man is also the towel as he is covering God. God indwells him and he is the house of God. Man's false beliefs have clothed him in rags and sickness. When you meditate on the singleness of the Creative Power, you will begin to reveal strength, power, wisdom, and radiant health. You are taking off the outer coverings (false beliefs and negative attitudes) and revealing the spiritual sovereignty of the eternal verities and Godlike ideals.

In verse seven reference is made to faith. We must reach forward and mentally grasp the ideal we seek even though we may not know how the answer will come. *Faith is the substance of things*

hoped for, the evidence of things not seen. Heb. 11:1. When our concept gives us the thrill of being or having what we want, this is the evidence of things not seen.

There is much repetition in the remaining verses of this chapter. We will, therefore, take the key verses and the inner meaning thereof.

If I then, your Lord and Master, have washed your feet; ye also ought to wash one another's feet. 13:14.

Your Lord, as you read this, is really your spiritual awareness, your dominant feeling about God's Truths. Who is in control of your mind, your emotions, and reactions? Is it Wisdom? If your thoughts are wise, your actions will be wise. *Your feet are washed;* i.e., when you are possessed of a new understanding that thoughts are things, that as you think and act toward others, so they shall act toward you. You will wash all men by wishing for them all the treasures of Infinity. To understand all is to forgive all. You wash the minds of all by seeing God in all. Keep on washing your disciples' feet. Be humble and sincere. Free your mind of arrogance, spiritual pride, the holier-than-thou attitude, and other destructive attitudes.

To be humble does not mean to be a doormat;

it means giving all power and allegiance to the God within. You can refuse to go along mentally with self-justification, the feeling of hurt, others owe you an apology, that you were treated unfairly, etc. Let the God in you salute the God in all. Every time you pray it requires a washing and scrubbing of your disciples' feet (your faculties and mental attitudes). If you pray for a healing and you have a sense of guilt, envy, jealousy, or ill will, remember that your entire mentality enters into the prayer-process.

If, for example, you have unresolved conflicts or deep-seated grudges, the Life-Process will flow through this contaminated state depriving you in a large measure of the good you seek. When the pipe in the kitchen sink is blocked with debris or rust, the water may not come out at all, or if it does, it comes forth sparingly and contaminated with the foreign materials. The water was waiting to come forth all the time, but the pipeline was at fault. Sever yourself from all negative emotions. Clothe yourself with the garments of love, beauty, and good will to all. Chop the heads off of envy, pretense, jealousy, and recriminations of all kinds, and consume them with the fire of Divine Love for all.

Now I tell you before it come, that, when it is

come to pass, ye may believe that I am he. 13:19.

You are always predicting what is to come when you pray. You can have a preview of that which is to come by imagining the end in your mind, rejoicing and thrilling in that mental picture until it is completely absorbed in your mentality. When you experience it on the objective plane, you receive that which you first saw in your mind. You had predicted what was to come to pass through your faith and belief. *Ye may believe that I am he.* You are what you contemplate and feel as true; therefore you have discovered that your I Am is your savior.

He it is, to whom I shall give a sop, when I have dipped it. And when he had dipped the sop, he gave it to Judas Iscariot, the son of Simon. 13:26. And after the sop Satan entered into him. Then said Jesus unto him, That thou doest, do quickly. 13:27.

Judas, in *The Dictionary of the Sacred Language,* is a symbol of limitation, your problem, or difficulty. The limited state is necessary for our unfoldment. This drama of the crucifixion is psychological from beginning to end. Our problem (Judas) is our opportunity to discover the God within; this is why Judas (our sense of lack, fear, sickness, etc.) betrays or reveals the desire, the

acceptance of which is the savior which sets us free. In other words, to put it in the simplest language, our Judas reveals our Jesus. Jesus is that which saves. What saves you now if you are sick? Health would save you. Your inner realization of the Infinite Healing Presence saturating your whole being would free you now, this minute, as you read and apply that simple truth.

Sop represents food, i.e., spiritual food, or knowledge of the Inner Power. When we read of Jesus giving food to Judas out of the dish, it means that you are feeding on the knowledge there is only One Power; then the foolish, weird ideas of a suffering savior, an avenging god, plus your fears are no longer tenable. You are feasting on the Invisible Power you have discovered within. Your own thought kindles the response of the Almighty Spirit within. You now know and are fully aware that you are endowed with Power from On High which lies in the depths of your own subconscious, and you can create your own condition.

In discovering your Hidden Powers all your former fears, tensions, and anxieties collapse and are burnt up. You have recharged and revivified yourself mentally by instilling into your household the mood of confidence, faith, and trust.

You have found your Jesus and you no longer look for personal saviors either in the past, the present, or the future. You discover you are your own savior. It is then that your Jesus, or your spiritual awareness and knowledge, has fed your mind so that the limitation or problem falls away and dies of neglect, and you resurrect your desire.

Judas (you with your problems) was considered poor (lack of knowledge of God), but now you are rich because you have feasted on God's Eternal Love, Peace, Joy, and Perfection here and now. Whatever your problem is as you read these pages, you can solve it by meditating on the solution or answer to the point of conviction; then the Judas (limited) state is changed to the Jesus or saving state of consciousness which saves you.

In the days when the scripture was written and in parts of the world today *breaking bread with another* is a sacred ceremony. Psychologically this story represents a spiritual feast. *Dipping the sop* means you have become so enthusiastic and absorbed that you have actually impregnated your mind to the point of conviction regarding the truths you affirmed.

That thou doest, do quickly. Don't fool around. Be quick to realize the truth and galvanize yourself into the feeling of being what you long to be.

It is said Judas hanged himself. We hang ourselves by our own hand; i.e., we die to the old and we live in the new by realization of the truth. The old man must die before the new man is born.

What happened to the sick man who is now healed? He hanged the former man, and the new man in God (in perfect health) is born. A man changes when he gets a new viewpoint, a new set of values. When you have a spiritual standard by which you judge all thoughts, ideas, and concepts, you are a new man.

If, for example, you mentally dwell in the consciousness or awareness of God's endless, tireless, unfailing supply and that He giveth the increase, you will magnify and expand along all lines. If you do not know the laws of mind, you are Judas thinking in terms of lack, limitation, chaos, etc; thereby bringing more limitation into your life. Develop the Jesus Christ Consciousness now by scientifically directing your thinking and mental imagery to conform with the pattern on the mount and you will expand and unfold in a wonderful way both within and without.

Wilt thou lay down thy life for my sake? Verily, verily, I say unto thee, The cock shall not crow, till thou hast denied me thrice. 13:38.

Peter must deny Jesus three times. You must

have no master or lord but God—The One Power. We must categorically and emphatically mentally reject all other powers but the One Primal Cause, the Spirit within. The numeral three means conviction. If we have a master, we are slaves. This is why He says, "Call no man master." Man is not a serf. He has been given dominion.

The cock crows in the morning to herald the dawn. The cock also crows after the creative act. All this is used in the Bible as a symbol to remind man that he will utter the cry of victory and triumph over all problems when he is acquainted with the Creative Power within him. When we are convinced beyond a shadow of a doubt that our own I AM-NESS is our Lord and Master, we know no other. We know whatever we attach feelingly to I AM we become; then the cock crows in us because this truth is a new day in our life. It is a symbol of the awakening to God.

Reject the world and its false beliefs; become alive to God; then you are Peter denying all earthly masters. You have done it three times because it is now a conviction in your heart and you say, "It is finished!"

CHAPTER FOURTEEN

(1) *Let not your heart be troubled: ye believe in God, believe also in me.* (2) *In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.* (3) *And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.* (4) *And whither I go ye know, and the way ye know.* (5) *Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way?* (6) *Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.* (7) *If ye had known me, ye should have known my Father also: and from henceforth ye know him, and have seen him.* (8) *Philip saith unto him, Lord shew us the Father, and it sufficeth us.* (9) *Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father; and how sayest thou then, Shew us the Father?* (10) *Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of*

myself: but the Father that dwelleth in me, he doeth the works. (11) *Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake.* (12) *Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father.* (13) *And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son.* (14) *If ye shall ask any thing in my name, I will do it.*

THE *many mansions in our Father's house* refer to many states of consciousness. We are always living in states of mind. For example, as you read this chapter, you realize you are living with your dreams, yearnings, urges, aspirations, thoughts, feelings, imaginings, vacuities, and emotions. All these are very real. You meet a man in the morning, he seems happy and joyous. In the afternoon the same man may be petulant, crotchety, cantankerous, and irascible. In the evening he may be pious, benign, and serene. He is living in many mansions during the day. It is quite true that a man may be living in a palace physically and at the same time be living in a

mental prison of fear, apprehension, and ill will. The real prison is the prison of the mind. If a man is bedridden, of what good is it to be living in a palace? If a man goes to work in the morning with a song in his heart, he is living in a wonderful mansion of the mind.

God is Infinite; therefore man is infinite. Never in eternity could man exhaust the glory and beauty within him. Man is capable of an infinite number of conceptions of himself. We are actually living in the infinite dimension of mind at this time because we know that the Fathomless Being is within us, and there is no end to our unfoldment or expansion.

I go to prepare a place for you. If we want to leave our present mansion (state of limitation), we must rise in consciousness and become one with our ideal. When we fix this state to the point of conviction, we have succeeded in preparing the place which we will ultimately occupy. We must, in other words, build into our mentality the mental equivalent of what we desire; then we have arrived at the point of acceptance in our mind which is followed by the outer manifestation.

Verse six does not refer to a man. It means man's inner consciousness is the way to health, freedom, and peace of mind. Your I AM-NESS

is the door to all manifestations and expressions. You become what you contemplate. Your consciousness or awareness is the truth because whatever you feel as true will come to pass. The realization of your desire would free you this moment if you were sick or in prison. This would be the truth that would set you free.

You can make a test for yourself. Begin to believe that life is harmonious and friendly and people are wonderful. You will find life will take on a new meaning because of your new attitude. It is done unto you as you believe. You are operating a law of your own mind. You have discovered a truth which sets you free from despondency, gloom, and loneliness. When you believe the world is good, you discover life corresponds to your attitude and your world becomes good. To know that your thoughts and feelings direct your destiny enables you to soar aloft above the problems of the world and dwell on the solution in the realm of spirit and mind. You know that wherever your consciousness is, there will your body be also. Your feet and hands will go where your consciousness is. If you say, "I am poor," and feel the poverty state, your consciousness attracts poverty so the poor get poorer and the rich get richer.

No man cometh unto the Father, but by me.

This means that no manifestation comes to us save our own consciousness draws it. The *me* referred to is our own I AM-NESS. Your I AM-NESS is the mother and father of all ideas. When Philip says, "Show us the Father," he is calling forth our dominant mood. One cannot see a mood or a feeling. When you actually become aware of the principle of inner causation, you have discovered your God or your Father in Heaven. Having now discovered the Principle of Life, you must begin to use it wisely. Never permit the suggestion of defeat and impotency to inhibit the free flow of this inner life. Whatever you become aware of determines whether you see lack or confusion or whether you see opulence, order, and harmony in your world.

We cannot see a principle but we can see its effects. *Philip* is a trainer of horses, which indicates a quality of persistence. You are calling forth the quality of mind termed Philip when you positively refuse to let the images presented by your five senses dampen or becloud your enthusiasm and determination to reach your goal. You know you must go where your vision is.

He that hath seen me hath seen the Father. In other words, your own consciousness is the Father of everything made manifest in your world.

All your experiences, circumstances, and conditions are represented as the *son* bearing witness to the Father, the state of consciousness which is the cause behind your present world. Through your new awareness of this Infinite Power within, look away beyond present conditions and facts, focus your attention on your announced goal, claim boldly that God's peace, love, joy, and happiness are yours now. When you find conditions in the external world tend to frighten or dismay you, turn immediately to the Divine Presence within and announce your good here and now. Let nothing put a damper on your uplifted spirit. Even though your good cannot be discerned with the naked eye, your Inner Light becomes a lamp unto your feet and you find yourself walking on the pathway of His Light. When beset with worries, trials, or tribulations of any kind, you place all your trust in God knowing like Job of old that His candle shines upon your head and by His Light you walk through darkness.

He that hath seen me (desire made manifest) *hath seen the Father,* which is the inner mood or conviction. This refers to an inner seeing and an inner knowing. In verse twelve you are told that the *works which Jesus did any man can do and even greater things.* First of all we must realize

our oneness with God and know that we are immersed in this Infinite Godhead—one with the Whole. What the Bible is really saying is that the Power which Jesus used, any man who walks the earth can use. The same Healing Presence is available to all. The same Wisdom and Intelligence may be used by all. We must become alert, alive, and awaken to our tremendous potentialities. To the degree that we believe we are sons of God and one with Omnipotence, to that degree do we manifest His Power and Glory.

Jesus was a man born in the same way that all other men are born, but he attained unparalleled heights through discipline, meditation, prayer, and communion with God. There is really no reason why any man could not excel Jesus in wisdom and power for, after all, there is no limit to the Glory and Wisdom which is man. God is Infinite, hence man is infinite also. It would be silly to say that Jesus had reached the ultimate—there is no end. He, together with Moses, Elias, Buddha, and many others are undoubtedly living in some fabulous dimension of mind revealing more and more of the glories of HE WHO IS.

If ye shall ask any thing in my name, I will do it — we ask in the *name* when we appropriate the nature of our desire. We must assume the naturalness

of the thing we ask. We must wear the garment (psychological attitude) until it becomes an embodiment. To continue in the mood or feeling of mental possession is to make manifest your desire. Potentialities of all states are within man.

We will now take the key verses of the balance of this most interesting chapter giving the meat or pure essence of its contents.

And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever. 14:16.

The Mystical Power is always our Comforter and Redeemer. While writing this chapter, I was interrupted by a long distance telephone call from an old friend. His voice was strident and angry saying, "My enemies are out to ruin and undermine me and my business." Obviously he did not know that the Comforter was within and abides with him forever. He discovered his savior within by following a simple, spiritual technique. He began praying in this fashion, "These two men (his so-called enemies) are reflecting more and more of God and His goodness every day. They have the same hopes, desires, and aspirations as I have. They want peace, harmony, love, joy, and abundance, and so do I. I wish for them all of God's blessings. Our relationship is harmonious,

peaceful, and full of Divine understanding. They wish to do the right thing according to the Golden Rule as I do. I salute the God in them now. I see them as God sees them—whole, pure, and perfect. It is wonderful."

This was the essence of the prayer I gave him over the telephone. I told him to let the impression and feeling of these thoughts sink into his deeper mind until he was possessed by their truth. Furthermore, I related to him as he continued to bless in the above way, there would be a great sense of inner release, like a cleansing of the soul. I let him know he would feel at peace, and the Comforter would come like a river of peace flooding his mind and heart. He practiced the above technique in a whole-souled, devotional manner and discovered that he actually secreted this mystical, healing Power from the depths of himself which brought about a perfect, harmonious solution in the realm of his relationship to the men in question. A magnificent change had taken place between them. He discovered his Comforter and Counselor to be the God within us all.

Another simple method of explaining the meaning of the Comforter is to look upon your Jesus as your ideal or desire. It is obvious your desire must pass away before the Comforter comes. When you

possess your desire in consciousness, you no longer desire it. You do not seek that which you have, but you must first have it in consciousness. If your desire is always ahead of you, if it is always in the future, you never get it. The reason for this is that if our consciousness is in a state of futurity, we are not in the present, and all prayers function in the present tense. We accept the is-ness of our desire now by seeing the accomplished fact in perfect confidence, peace, and poise. We must never be worried, hurried, anxious, or looking for results. We must simply know that it is so.

Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you. 14:17.

The *Comforter* is also called the Holy Spirit or the feeling of wholeness or oneness with our ideal. Our external world will always reject this Spirit of Truth as long as we live in moods of fear, doubt, and anxiety. The Comforter is a synonym for God. The Universal is in the individual, and the individual is in the Universal. To know the Truth is to know the Comforter; this is your freedom. God is all there is. God is no respecter of persons. The law in and of itself has no morals. The rain falls on the good and the evil.

Recently I was engaged by a firm of attorneys to pray for a solution. They had a long, drawn-out case and their client was, as they said, completely disgusted. One of the attorneys spent an hour with me twice weekly. This lawyer understood that what he wanted was a divine, harmonious solution. Furthermore, he knew he would experience the reaction of his dominant, mental attitude. His thoughts did not dwell on taking away anything from the opposing side or depriving them of their rights. He knew he would experience the result of the negative use of such a law. He claimed Divine right action and right decision which would bless all. The law of his mind accepted his aim and desire embodying and bringing it to pass. His aim and his motive were good. The law is amoral. Our morality is concerned with the way we use it.

Let us take a lawsuit. If one party is lying and has the motive or intention to cheat another or defraud him in some way, he is misusing the law because it will respond to him according to his thoughts and motives. His motive is his inner feeling of guilt and sense of wrongdoing; therefore, he must experience the automatic response of the law which is the reaction to his thoughts and feelings. My attitude in legal matters

is not to take sides, but to know that God cannot really sue God, therefore the law of harmony and Divine justice prevails, and adhering to that regardless of appearances or judgment to the contrary, God is never late. Hold fast to that which is good and right, never desiring in any way whatsoever to harm or deprive another of his good.

He that loveth me not keepeth not my sayings: and the word which ye hear is not mine, but the Father's which sent me. 14:24.

The words that I speak unto you, they are spirit, and they are life. 6:63.

Words represent your thoughts and feelings. A *word* in the Bible means your conviction, your inner feeling, or awareness. You send your word to heal another when you are absolutely convinced of the presence of wholeness and perfection in the other. Your word is your unshakeable conviction that what you have claimed as true is true in your heart. Your word is then God's word, meaning it is a state of consciousness which manifests itself. In the language of the Bible your words are spirit and they are life.

But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. 14:26.

The Holy Ghost means the feeling of wholeness or oneness. *Whole* means one piece or the mental state of at-one-ment with your good. Your mind is no longer divided, you have realized your desire, and you are therefore at peace. The Holy Ghost refers to your inner feeling of wholeness or answered prayer. The word *Ghost,* means breath, life, or feeling. The deduction is simple: when the feeling of inner certainty comes, that is the visit of the Holy Ghost.

Love is the fulfilling of the law. When you are filled full of the feeling of being what you long to be, you have fulfilled the law. You have wished for everyone all the good things of life. You are full of love and good will to all. You have used the law righteously to bless yourself, granting the same blessing to all. You are at peace with yourself and the whole world. You have found the Comforter, the spirit of peace and good will, which come when we pour out love on all people everywhere, clothing them with the garment of salvation and the robe of righteousness.

In verse twenty-eight where it says, *I go away, and come again unto you,"* our ideal, our Jesus (desire) goes into consciousness. Whatever we feel as true within, we will experience on the without. Our ideal must go away in order to

manifest or be objectified. First must come the impression in the mind; then the expression, referred to as going away and coming back. It is so very simple, you wonder why people make such a mystery of it all.

My father is greater than I. 14:28. This means that the creator is always greater than his creation. The thinker is greater than his thoughts. The artist is greater than his art. Our consciousness is greater than its conception. Knowing this, we realize we have the power to transcend our present concept of ourselves for there is no end to our unfoldment.

And now I have told you before it come to pass, that, when it is come to pass, ye might believe. 14:29.

The writer has seen many events before they happened in this three-dimensional plane. I am sure you have witnessed events which transpired later. Perhaps you saw events in a dream, like J.W. Dunne, the great mathematician, before they happened here on this plane. You can consciously construct the realization of your wish in your mind now, today. Sit still, experience in your imagination the desirable result, see the end, and rejoice in the finished or accomplished fact, such as the sale of your home and the success of a

loved one. You have seen it before it came to pass. You can definitely predict the outcome. You have had a preview of things to come. What you have seen, heard, and felt in your imagination, the theatre of your mind, must be experienced on the screen of space.

Hereafter I will not talk much with you: for the prince of this world cometh, and hath nothing in me. 14:30.

This verse signifies that when fear-thoughts come to your mind, there is no response from you, for you are at peace, and your mind is disciplined to hear the good only. You are no longer a victim of the collective race suggestions. We must become like Daniel in the lions' den who looked to the Only Light for his solution and salvation. All the expressions in our world have no life apart from the ideas behind them. The idea is substantial and permanent. The form is the expression or the idea clothed. The perceiver and the thing perceived are one. We look at a mountain and all of us see a mountain, indicating one mind common to all men. We could not see a mountain except the idea was conceived in our consciousness. If we see something in the external world that displeases us, we have permitted it to disturb us. We must change our relationship to it; then it

will not affect us. If a man reads the morning news and permits it to disturb him, that is a bad mood. He has let the prince of this world come in and agitate him.

Arise, let us go hence. 14:31. This verse means to rise up in consciousness and go within to the Secret Place. It is what the disciples meant when they said to the beggar at the gate, *Silver and gold have I none; but such as I have give I thee, Rise up and walk. Acts 3:6.* Giving a man money does not heal him of the consciousness of lack. Give him wisdom, the pearl of great price; teach him the know-how; then he will never beg again. When he gets the idea that God is the Source of his supply, and when he claims that that supply is his now, a ceaseless, tireless flow of riches becomes his here and now. Teach him his capacity to go within and weave the idea of wealth into the fabric of his mind by calling forth the spirit of opulence. You have given him wisdom. He will not want an old suit of clothes, a bowl of soup, or a dime for a cup of coffee any more. You take your bed (the truth) and walk the earth a free man when you claim what is true of God is true of you today, yesterday, and forever.

Do not see a beggar. See him as he ought to be. See him as God sees him. The disciples saw

perfection, and perfection was made manifest. Do not see a cripple—see him walking and running. Let us arise to the truth of our own beingness, for becoming is really an illusion. We are perfect now. *Be ye therefore perfect, (ye are perfect) even as your Father which is in Heaven is perfect. Matt. 5:48.* Let us let the scales fall from our eyes and let us claim that which was true from the foundation of the world: *Beloved, now are we the sons of God. I John 3:2.*

CHAPTER FIFTEEN

(1) *I am the true vine, and my Father is the husbandman.* (2) *Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit.* (3) *Now ye are clean through the word which I have spoken unto you.* (4) *Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.* (5) *I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.* (6) *If a man abideth not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.* (7) *If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.* (8) *Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.* (9) *As the Father hath loved me, so have I loved you: continue ye in my love.* (10) *If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love.*

GOD is the true vine, for I AM means God, and all men are rooted in God or Life. For example, every man is rooted in you, since life gives birth to all of us. The Life-Principle is One and Indivisible. It was never born and it will never die. We receive our life, our strength, and substance from God. His Life is our life; His Power is our power. It is the one Being appearing as the many. Look to the God-Presence within for your thoughts, guidance, and health. Feel and know you are rooted in the Divine from whom all blessings flow.

Branches of a tree derive their vital nourishment from a tree. If you cut the branch off, it withers and dies. It is severed from the root. The branches live as they receive sap which comes up from the vine. In the psychological sense the branches are our thoughts, desires, yearnings, and aspirations. Our ideals and desires must be rooted in consciousness; i.e., they must be sustained by the feeling of at-one-ment, or love; then they will bring forth fruit. They will become objectified as desirable conditions, events, and circumstances in our lives. If you fail to see that the solution to your problem is in your own mind, you have actually severed yourself psychologically from the Divine Center and no answer comes.

Do not wander away by becoming obsessed with forms, shapes, and the laws appertaining to matter. Learn the way of the inner man and your inner powers. You can drink of the wine of heaven by mentally claiming strength, confidence, and peace of mind. You can exchange these moods anywhere in God's universe for health, wealth, and true expression. Your faculties, talents, and desires are also branches stemming forth from the depths of yourself. Use or lose is the law of life. If we fail to use our talents for music, singing, or any other quality, these desires die within us and we become frustrated and unhappy. If you do not use your muscles, they atrophy.

Use the constructive ideas which come to you in your business, scientific, and spiritual activities. Many people working behind the bench or at the desk have wonderful ideas, plans, and dreams. These dreams and aspirations never see the light of day because they are full of fear. They look at the obstacles and delays in their mind, or sometimes they are afraid of ridicule or criticism, and their wonderful ideas which would bless the organization they are working for die within.

There are tremendous opportunities waiting for you now. Go within and draw out the precious jewels of life and with zeal and enthusiasm move

forward to triumph and achievement. Stop demoting and criticizing yourself. When you do, you criticize God. Become aware of and enter into the acceptance of your good and you will expand along all lines.

Every branch that beareth fruit, he purgeth, means that every time your prayer is answered, you have gained a victory. The effects of true prayer last forever, and you are permanently cleansed of a false belief. Now you are capable of bringing forth more fruit. You can conquer through the dynamics of prayer.

Look upon prayer as a gathering together of your thoughts, attitudes, and qualities in the Presence of the King of Kings, the Lord of Lords, and singing the song of thanks and triumph. In this manner you gather yourself in the garment or mood of love which is a oneness with your desires. When your prayer is answered, you are satisfied with yourself for awhile; then another desire comes, telling you to rise higher. You meet another challenge in your mind and you have another goal to attain. You are here to go from glory to glory. The push of life is constant; there is no end to your onward march. You must experience a constant cleansing of the mind so that you may experience higher levels of awareness.

Every man who lives might be considered as a branch of the Tree of Life. I AM is the tree. All men live, move, and have their being in it. The two and one-half billion people that walk the earth are branches of God. They do not, however, bring forth fruit (harmony, peace, and joy) unless they are rooted in the Vine. The sap (inspiration, guidance, and power) is then able to come to them from God within. Without this knowledge, man accomplishes nothing. His sense of isolation, separating him from the One Power, continues. The Inner Voice is constantly urging man to go forward to do, to be, and to have. Man listens to the verdict and announcement of his senses which condemn him to the prison of fear, worry, or impotency. The outer world says, "You can't." The inner world says, "You can." Who is going to win? You determine that. If you listen to the voice of failure, it will criticize, condemn, and accuse you. You will sink into despondency and remorse.

Begin now to hear the soft tread of the unseen guest of your heart, your desire. Open your mind and heart and let in your heart's desire. Welcome it! Say, "This is from God, a message of inspiration, and new life." This is God letting you accept your good enthusiastically and lovingly. The embodi-

ment of your inner urges will take place in response to such faith and devotion on your part.

Give up your limited concept of yourself and realize you are, by design, one with the Universal. You are rooted in the Tree of Life which grows in the midst of the garden. You are the garden of God in which you plant your seeds, such as thoughts, feelings, and beliefs. Use the power and faculties you have. Inertia and non-use bring stagnation, frustration, disintegration, and deterioration.

Ye are clean through the word which I have spoken unto you. 15:3.

We cleanse our mind through daily meditation, prayer, and affirming the fact that God is the Only Presence and the Only Power. As we consciously affirm whole-heartedly the Truths of God, these sink down into our subliminal depths where we experience a cleansing. The Light of God, i.e., the spiritual vibrations, destroy all the negative patterns of the subconscious mind. The Truths of God are called the soldiers of God which destroy thousands of negative thought-patterns lodged in our subjective depths.

I AM is the Christmas tree with all its fruitage. The most wonderful fruit in the world is hanging thereon as the free gifts of God offered to all men.

Man must rise and take these gifts. Are you eating *of the fruit of the spirit?*

The fruit of the Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law. Gal. 5:22-3.

Say ye to the righteous, that it shall be well with him: for they shall eat the fruit of their doings. Woe unto the wicked! it shall be ill with him: for the reward of his hands shall be given him. Isa. 3:10-11.

If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you. John 15:7.

These words mean that we always demonstrate whatever we have in consciousness. The way to build our desire in consciousness is to take a lively interest in it, think about it clearly, and with warm feeling. This is not excitement but a perfect confidence that what you prayed for *now* is. The great secret is to assume now that which you want to be. As the outside always reflects the inside, your assumption will take form and conform to the inner mold. We glorify the Father when we radiate peace, health, and happiness.

The main highlights of the rest of the chapter will now be elaborated on, omitting as much

as possible the materials previously covered.

Greater love hath no man than this, that a man lay down his life for his friends. Ye are my friends, if ye do whatsoever I command you. 15:13-14.

You are commanded to let your light shine expressing health, harmony, peace, and joy. These are your greatest friends. Are you friendly and on good terms with God? Ask yourself, "What would befriend me now?" If you are sick, your greatest friend is health. Therefore you must *lay down your life for your friend.* It means you must die to the belief in sickness and disease and rise in confidence, knowledge, and trust in perfect health as the gift of God. Begin to think positively of a perfect body, building a vivid picture of yourself doing and accomplishing what you always were wont to do; then you are laying down your life for your friend. In other words, you are giving life to the idea of perfect health.

Your attention is the key to life. Give your attention to the idea of health and happiness which will pay enormous dividends. Become absorbed in the consciousness of health. You cannot afford to think of health for a few minutes; then think of discord for a few minutes; this only results in neutralization. For this reason many people do not express health and happiness. They are not

one-pointed in their vision. If poverty-stricken and unable to buy the necessities of life, your friend would be the consciousness of God's abundance and wealth which would gravitate to you.

Ye have not chosen me, but I have chosen you. 15:16.

Supposing you are elected head of an organization or made the president of your club—it was your state of consciousness which determined the appointment. In other words, it is a manifestation of your inner consciousness. No experience or honor comes to you except your own mental attitude or conviction attracts it. The selection of you and the voting for you as president of your club were simply the external motions confirming and bearing witness of your exalted mood and inner belief. When you accept something as true, Infinite Intelligence acts on the minds and hearts of others causing them to aid you in the realization of your dream. The actions of others toward you bear witness to your state of consciousness. If the fruit of the tree is rotten, there is something wrong with the tree; likewise if you are experiencing lack and limitation, you must change the vine. I AM is the vine. You must go within and change your consciousness, and as you change your mental attitude and estimate of

yourself, you change your experiences, conditions, and events. There is no one to change but yourself!

Whatsoever ye shall ask of the Father in my name, he may give it you. 15:16.

Whatsoever you ask means whatever you claim or believe as true will come to pass. The name means the naturalness of the state sought or the mental atmosphere of acceptance. If all we had to say was, "In the name of Jesus rise and walk," we would perform miracles. Obviously there is another meaning. *Asking in the name of Jesus* means feeling the reality of the fulfilled desire in your own consciousness. Have the consciousness of your own ability and capacity to achieve and you will not be easily thwarted from your goal.

If I had not come and spoken unto them, they had not had sin: but now they have no cloak for their sin. 15:22.

This means if you have no target to shoot at, you have no mark to miss, and you do not sin. Jesus is your Good or God in the form of your desire. Food comes to you as God when you are hungry. Water comes to you as God when you are thirsty. Likewise desires, ideas, and urges come to you from God; all you have to do is to accept them. If you have no desire to grow and

demonstrate, you have nothing to shoot at. Your *sin* is missing your objective, the desirable state. You have no cloak for your sin because you can have no pretense, alibi, or excuse for missing the mark when you understand the law of life. The failure to realize your desire is your sin. If you are satisfied and have no desire to transcend your present concept, you remain as you are in perhaps a sick, frustrated state.

But when the Comforter is come, whom I will send unto you from the Father, even the Spirit of truth, which proceedeth from the Father, he shall testify of me. 15:26.

The positive feeling of being what you want to be is the Spirit of Truth. This is the inner testament which tells you that you are right. You are always testifying to your state of consciousness. A man who is quarrelsome by nature says, "I will move elsewhere; the people are nice there." He goes to this other place and in a short time is quarreling with everyone again. He must get rid of the negative, mental attitude and substitute for it friendly, loving thoughts.

The Law of Life is within you, and through your thought-life you can establish contact with the inner world of the spirit and mind. Do not permit negative, defeatist thoughts to cover God's

treasures within. The way of prayer is through substitution. In order for you to change, you must change ideas. You do this when you get a new perspective, a new set of spiritual values, a new spiritual standard by which you judge all thoughts, concepts, opinions, and suggestions. After reading and studying this chapter you should have a new yardstick by which to measure all thoughts and ideas which come to your mind.

Begin now to feel the Presence of God in all your transactions and in all your problems. Your new idea of life teaches you that the only way you can drive a negative thought from your mind is to supplant it with a positive, constructive thought. This is the key to health, wealth, and prosperity. The practice of these simple truths will give you faith, hope, and confidence. Go out on the limb with God—go out all the way. Have implicit trust. Have faith in God's eternal, unfailing supply of health, wealth, and all things. This faith will magnify, grow, and expand in a wonderful way. Negative states dwelt upon are also magnified and multiplied. Your state of mind is your wealth; it is the coin of the spiritual realm.

Your mood of faith and confidence in God Almighty will purchase for you anywhere, even to the ends of the earth, health, peace, joy, happiness,

security, and abundance of God's riches. Having the dominant feeling of oneness with God you can buy your way any place. It opens for you all doors and wherever you go, you find yourself welcome. You find all your needs met; you paid for them with a grateful heart. Men, women, and children aid you in the journey of life because they see you coming and they say, "Behold, here comes a son of the Living God." Let us bear witness and testify that we are the sons of God. *The sons of God shouted for joy. Job, 38:7.*

CHAPTER SIXTEEN

(1) *These things have I spoken unto you, that ye should not be offended.* (2) *They shall put you out of the synagogues: yea, the time cometh, that whosoever killeth you will think that he doeth God service.* (3) *And these things will they do unto you, because they have not known the Father, nor me.* (4) *But these things have I told you, that when the time shall come, ye may remember that I have told you of them. And these things I said not unto you at the beginning, because I was with you.* (5) *But now I go my way to him that sent me; and none of you asketh me, Whither goest thou?* (6) *But because I have said these things unto you, sorrow hath filled your heart.* (7) *Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you.* (8) *And when he is come, he will reprove the world of sin, and of righteousness, and of judgment:* (9) *Of sin, because they believe not on me;* (10) *Of righteousness, because I go to my Father, and ye see me no more;* (11) *Of judgment, because*

the prince of this world is judged. (12) *I have yet many things to say unto you, but ye cannot bear them now.*

Whosoever killeth you will think that he doeth God service. 16:2.

MANY people are offended by the truth. When you tell them that when they say, "I AM—that is God"—they are shocked. They have God away up in the skies, an anthropomorphic being who will judge them on the last day. People are constantly slaying or killing the truth of being. When you hate, resent, quarrel, or become fearful, you are killing love, peace, health, and happiness. You should slay ignorance, fear, and superstition. These false concepts should die and be slain by the sword of truth and illumined reason. If you fear danger, failure, disease, old age, and misfortune, you are murdering—i.e., psychologically you are separating yourself from God's Love, Light, Truth, and Beauty. We must light the lamp in our synagogue (our mind) and keep it burning with zeal and enthusiasm. The various religious wars down through the centuries set forth the fact that many people thought they were doing God a favor by burning heretics and by torturing unbelievers. They

were under the impression that they were actually doing God a service.

In verse seven where it says, "It is expedient for you that I go away," infers the desire must die or go away before the Comforter will come. As long as you have the desire, there is no peace. When the desire goes away or is buried as a reality in your subconscious, you are then relaxed and at peace. It is then that the Comforter comes, meaning the answered prayer which is the Peace of God. *The Comforter* is the God-Presence which is always with you. It is forever virgin, pure, unsullied. It is never tarnished or dimmed by your false beliefs and erroneous impressions. It is always waiting for you to call it. God's peace is within. God's Healing Presence is within you.

Jesus departed means that your desire disintegrates. The desire must die before you can experience it. When you have the consciousness of possession or the feeling of being what you long to be, your prayer is answered. You cannot seek what you have; you must first have it in consciousness. As long as you desire something, it means you have not accepted it in your mind as yet. When you achieve your goal through prayer, you have reproved or rejected the former limited state (sin).

Many people have a false sense of righteousness.

They think by adhering to certain rules, codes, rituals, and ceremonies of a church, they are being righteous. Their judgment is also false as it is not based on laws of mind and the way of the Spirit. All prayer is an inner movement of mind and heart. If you want health, feed the mind with premises which are true. Take your attention away from the condition you do not want and place it upon health and harmony. Have a perfect picture of health; fill in the picture with confidence and faith in the Healing Presence. Instruct your mind with all the reasons why you can have health. As you continue to do this regularly, you will succeed in impressing your consciousness with the deep conviction of health. This is true righteousness or right use of the laws of mind and not the righteousness of the Scribes and Pharisees who believe God is punishing them or disease is sent to make them suffer.

Your judgment is true because it is based on spiritual standards and the will of God which must be something beyond your wildest dreams. You can rise above the fear of anything now. Perhaps you are worried about a loved one or a sick friend. You can change your mind; then the condition is changed. You now have fear at your mercy. Your mind is saturated with confidence;

you continue in this mental state, and your faith grows in strength until finally your mind unites with its good. You have now pronounced judgment on the prince of this world as mentioned in verse eleven. *The prince of this world* refers to race belief, negative suggestions, plus the avalanche of sights and sounds which come to us from the outside world. The judgment you come to about the prince of the world is a complete mental rejection of all negative thoughts which are only shadows of the mind. When your mind is consciously controlled, directed, and disciplined to perceive only the good, you have pronounced judgment on the false beliefs and fears of the mind; you have executed or killed the false concepts and rendered a verdict in favor of your good. (This was the way Quimby prayed for people.)

In verse twelve you have a profound mystical statement of truth. You can only hear what you are ready to receive. The average five-sense-man taking the Bible literally is not always ready or equal to grasping the psychological or inner meaning of life. The mind of man must be open, receptive, ready, and eager to hear and know. You cannot teach a ten year old boy all about chemistry in one lesson. It takes years of preparation, study, and research. The usual procedure is to absorb

this inner teaching of the Bible by degrees. The teacher of the laws of mind realizes that the student is not ready to receive many things which he wishes to impart to him. Some of the race beliefs and the literal understanding of the Bible are so imbedded in our minds that our attitude often implies, "It is too good to be true," because the inner, concealed, esoteric meaning of the Bible contradicts almost everything the average man has ever heard.

The following verses which we will explain represent the meat or essence of the rest of chapter sixteen.

Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. 16:13.

The Spirit of truth is intuition and inspiration which well up within us. Infinite Intelligence responds to the demand made upon Itself. It is both the question and the answer. If you become still and think of God and His Wisdom, your mind moves from worry and fear to a deep, quiet subconscious faith. The Inner Light is beginning to shine on you now. Listen for the voice of God, the divine ideas which will well up when the surface

mind is calm. The answer may come as a flash of illumination, as the Still Small Voice, or a silent inner knowing.

A woman when she is in travail hath sorrow, because her hour is come: but as soon as she is delivered of the child, she remembereth no more the anguish, for joy that a man is born into the world. 16:21.

Haven't you noticed that when you pray, sometimes conditions seem to get worse. The house topples down around us, so to speak. It is like sweeping a house, you create a lot of dust. You are suffering or undergoing travail for the joy that is set before you. This is a sure sign that the law is working and that you are giving birth to your child (ideal, desire, plan). Prayer changes the subconscious mind, and you must remember the derelicts of fear, confusion, and error fight to retain their stronghold on your deeper mind. You create a little turmoil in dislodging them. Before something is born, something is destroyed. Many people, though they are about ninety per cent through the tunnel, often turn back; if they had persisted a few more days, they would have seen the light of the new day. Ofttimes prayer is like going through a tunnel, we find it is pitch black. If we continue on, we will come out the other end.

In prayer we get rid of a lot of dirty linen in the subconscious mind. The process seems to be creating a lot of chaos. The woman (subconscious) seems to be in travail. As soon as she is delivered of child (as soon as our prayer is objectified), she remembers not the anguish. All is forgotten in the joy of the answered prayer. This is the meaning of the phrase in verse twenty-two, *And your joy no man taketh from you.*

Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full. 16:24.

Many seem to think that if they ask in the name of Jesus Christ that their prayer will be answered. You are Jesus Christ or the spiritual man in action when you know that you cannot experience anything but that which you have accepted in your mind or consciousness. You are Jesus Christ when your conscious and subconscious mind agree on the reality of your wish or prayer. When there is no further argument, and you have reached an agreement, you are Jesus Christ in action—Jesus representing your illumined reason, and Christ the Power of the subjective self.

Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates? II Cor. 13:5.

Your idea and feeling must agree or your mind must blend with your heart; then you are in agreement, and your prayer will be answered. The name of anything means the nature, character, properties, or attributes of a thing. If I call you by name, you respond. If I call in faith, good responds.

I told a young lady recently who wanted to be a teacher of the laws of mind to assume the role of a teacher in her consciousness. In her imagination she began to teach and dramatize the truth to a large body of students. She felt the thrill of all this until it became a part of her. She studied, attended classes, took courses for a practitioner in some of the schools, also studied for the ministerial course. She told me all her teachers said to her that she had transcended them. All the attributes and qualities necessary to become an outstanding teacher were resurrected within her. This is asking in the name or nature of the desire by appropriating the idea, and feasting upon it, so that it became a part of her, as good becomes a part of our natural body.

In the world ye shall have tribulation: but be ye of good cheer; I have overcome the world. John *16:33.*

Our mind is a receptive medium for all the

propaganda, opinions, and erroneous impressions coming from the world outside. There are good and bad impressions. Except, however, man's mind is deliberately and wisely trained to sift the chaff from the wheat, the bad and erroneous impressions take root and cause trouble, such as sickness, confusion, fear, and limitation of all kinds. The world believes in good and evil, sickness and lack. If we remain in these worldly beliefs and neglect scientific prayer, we shall have tribulations, trials, and difficulties.

Be of good cheer; let your knowledge of the Infinite One overcome all your problems. Begin now to fill your mind with the Eternal Verities. Become aware of your inherent, God-given powers which enable you to give attention, devotion, and love to ideas which heal, bless, inspire, elevate, dignify, and fill your soul with joy. You move in the direction of your dominant state of consciousness. Your awareness of God's Powers and His Presence filling your soul enables you to soar aloft over all obstacles to the haven of the spiritual realm where you rest in the conviction that *with God all things are possible.* Maintaining this attitude of mind in the presence of difficulties will enable you to overcome the world (objective conditions and worldly fears). You shall be like

the one spoken of by the prophet: *And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper. Ps. 1:3.*

CHAPTER SEVENTEEN

(1) *These words spake Jesus, and lifted up his eyes to heaven, and said, Father, the hour is come, glorify thy Son, that thy Son also may glorify thee:* (2) *As thou hast given him power over all flesh, that he should give eternal life to as many as thou hast given him.* (3) *And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.* (4) *I have glorified thee on the earth: I have finished the work which thou gavest me to do.* (5) *And now, O Father, glorify thou me with thine own self with the glory which I had with thee before the world was.* (6) *I have manifested thy name unto the men which thou gavest me out of the world: thine they were, and thou gavest them me; and they have kept thy word.* (7) *Now they have known that all things whatsoever thou hast given me are of thee.* (8) *For I have given unto them the words which thou gavest me; and they have received them, and have known surely that I came out from thee, and they have believed that thou didst send me.* (9) *I pray for them: I pray not for the*

world, but for them which thou hast given me; for they are thine. (10) *And all mine are thine, and thine are mine; and I am glorified in them.* (11) *And now I am no more in the world, but these are in the world, and I come to thee. Holy Father, keep through thine own name those whom thou hast given me, that they may be one, as we are.* (12) *While I was with them in the world, I kept them in thy name: those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled.*

THIS prayer is known as the great awakening —man awakening to his splendor and glory as a son of God. Herein is portrayed the union of man with God, or the perfect blending of the intellect with the Wisdom of God. *The hour is come* means the death of all limitation and an awakening to your oneness in God and all things good. When man has completely purified his subconscious mind and when his conscious mind is free from all fear and sense of limitation, the two become one. The hour comes when you enter the state of consciousness revealing your unity with the whole. Through a sort of Interior

awareness, man perceives instantaneously the great Truths of God. He then desires to glorify, make magnificent, each mental conception he conceives. His son (or conception) must reflect this glorification back to his Father-Creator. The *son* is every man; you really glorify the Father when you manifest health, peace, harmony, understanding, and good will. When your intellect is illumined by the Wisdom of God, you are also glorifying your Father. *To glorify* means to exalt, magnify, praise, and to enhance spiritually. *You have power over all flesh* means you have dominion over your world.

The word *flesh* infers your body, environment, five-sense-evidence, race belief, and world-thought. You must realize that the Spiritual Power within you is your Lord, It is your master and responds to your thought. You don't make an effect a cause. You are cognizant of your spiritual dominion and your authority over your body and environment. Your body is completely subject to your command. It has no volition or initiative of itself; it is governed by inertia. The Self-Mover is within you. Your body moves as it is moved upon. It acts as it is acted upon. You have power over all flesh or man-made opinions. You can keep alive wrong, negative images, or turn your attention to the more harmonious mental concepts,

and by power of the mind keep them alive. True glorification is Cosmic Consciousness and expansion into the Divine.

In verse four *I have finished the work* means that I now reclaim all the former power and glory as the son of God. When you pray, you finish the work by going within and visioning yourself as possessing what you long to possess or expressing what you long to express.

I told an alcoholic a few weeks ago to imagine his wife congratulating him and to keep on believing that picture in his mind. I explained to him that he would draw power from the subconscious mind which would take away all craving and compel him to express his freedom from the habit. This mental picture was objectified in his experience, and a new habit-pattern had been established. He had finished his work; i.e., he gradually built up his consciousness through thinking and feeling of his freedom until finally his consciousness became full, the quality of his moods, and what he declared and felt inside became a function and a real experience.

You finish your work when you go within and subjectify your prayer through your confidence in the Powers of the Law. God willed the world to man, but man is asleep to his Inner Powers. Man

is heir to all that is. *I am the light of the world. John 8:12.*

Some men are conscious of being one hundred watt, others two hundred, five hundred, etc., but when man awakens to the fact that he is one with Limitless Light, he is no longer limited. Electricity is not conscious of being light—it is. We come here to remember, and when we fully remember who we are and from whence we came, the works are really finished. Troward says, "All things are made by the self-contemplation of spirit." God contemplated Himself as man, so He became man.

In verse seven where it says, *All things whatsoever thou hast given me are of thee,* means that all things man ever experienced came to him through his own consciousness. The instant man believes his prayer is answered, he must see it appear in the world of form. We are here on a voyage of self-discovery. We are here to discover who we are. "Pilgrim, pilgrimage, and road was but a journey from myself to myself." The seeming many merely tell me who I am.

Verse ten, *All mine are thine, and thine are mine; and I am glorified in them,* means that God is all there is, and what is true of God is true of man because man is God made manifest.

All of God's Wisdom, Intelligence, and Power are within each man awaiting his discovery and use. Our consciousness is one and indestructible; all things and experiences come from consciousness, and all things return to consciousness. You become glorified when you really become a channel through which God's Light and Love flow freely. This Vast Motionless Being which men call God is limited by belief in being someone. Every child born is the Universal Life appearing as that child. It is God being born, and every child is born in the race belief and to all that his environment represents.

While I was with them in the world, I kept them in thy name: those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled. 17:12.

Verse twelve means that I keep all things in thy name by claiming, "I am that thing." You keep all your mental images *fixed in thy name,* meaning that you feel the naturalness and reality of what you pray for. The word *name* means the nature or naturalness of the thing prayed for. *The son of perdition* means the belief in loss, the sense of limitation. The only loss is belief in loss, and once this belief in loss dies, there

is no loss. The son of perdition also means the belief in loss of the soul. No man or thing can be lost. We see in this verse that the belief in loss must go so that the scripture might be fulfilled with the knowledge that man's consciousness is God and that his own consciousness is his savior. There is no lost soul for the simple reason God can't lose Himself.

We will now dwell on the highlights of the remaining verses in this chapter.

I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. 17:14.

The world for centuries with its belief in its material gods has discredited the idea that man's consciousness first creates all things mentally; then he sees them materialize. *I am not of the world,* means I AM is man's indwelling consciousness, and it has the complete Power to make its own creation without the help of any man. This basic principle will be the foundation of the new mental world which is about to blossom forth.

I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from evil. 17:15.

We do not have to retire into a monastery or isolate ourselves from people in order to live

spiritually. To run away is escapism. We do not run away from life, but we stand our ground, and say, "Fear not, I have overcome the world." We can prove our divinity on Times Square or Hollywood Boulevard. We can grow spiritually in a large city just as well as in a mountain retreat.

And for their sake I sanctify myself, that they also might be sanctified through the truth. 17:19.

We must realize that there is no one to change but ourselves. As man changes his estimate or concept of himself, he changes his relationship to the world. We must sanctify ourselves—that is, we make ourselves whole and pure. If I first sanctify myself, I see only the pure, only the good in my mind.

For example, suppose I want peace in the world, I must start with myself. As I establish peace in my own mind, I will contribute to the peace of the whole world. If I am friendly with the God-Self within, I will be friendly with all men who walk the earth. "As within, so without." When I look through the eyes of love, I cannot hate the meanest man in the world. I cannot see other than the contents of my consciousness. If I am identified with the lovely and the good, I cannot see the unlovely. To the pure all things are pure. I cannot experience harmony in the

external plane, until I first have established a harmonious, mental atmosphere within myself. The judgment or conviction of others is to oneself. Whatever you are thinking about the other, you are thinking about yourself. Cease trying to change the world; change yourself. The world is ourselves in aggregation. The dictators, despots, and tyrants of the world are extensions in space of the dictator-complexes in the minds and hearts of all of us.

That they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me. And the glory which thou gavest me I have given them; that they may be one, even as we are one. 17:21-2.

These verses set forth the great truth that there is only one thing to worship, one thing to seek, and that is the consciousness of God's Presence. All things are made inside and out of this Power and Presence. It is One and Indivisible. In reality we are one.

By illustration, if we look at the continents, they seem to be divided; yet underneath the ocean is one uniting all of them. We see projections of dry land on top of the one ocean. Objectively we seem to be different and separate individuals; however Mind and Life is One and Indivisible.

Subjectively we are all one. Everything you look at is the One Being appearing as rock, sand, sun, moon, trees, animals, etc. All men are extensions of yourself.

Consider all the hairs of your head and all the cells of your body; millions of cells seem to make your body; likewise the two and a half billion people in the world are like the cells of your body; they are extensions of yourself. If I hurt another, I hurt myself. If I help another, I am helping myself. We are all one. This is why we say, "Our Father," proving we are all brothers and sisters. It is One Being dramatizing Himself as the many. Claim the highest and greatest concept of self.

I in them, and thou in me, that they may be made perfect in one. 17:23.

This verse reminds us of a great truth pointing out that no matter what the eyes tell us conditions may be, we must be blind to all except the perfect state we want to see. We must ask in the consciousness that no matter what we pray for, it is so.

And I have declared unto them thy name, and will declare it: that the love wherewith thou hast loved me may be in them, and I in them. 17:26.

This means that all through the ages teachers

have declared the Truth: I AM the Lord, I AM the door, and I AM is the only law of consciousness. Millions of years from now this Truth will still be declared, until mankind becomes aware of the being he really is. As this love of Truth is made known to the individual, he loves this Eternal Principle and enjoys sharing this Divine secret with his brother man. Sooner than we think will the Fatherhood of God and the brotherhood of man be made manifest in this entire earth-conscious planet.

CHAPTER EIGHTEEN

(1) *When Jesus had spoken these words, he went forth with his disciples over the brook Cedron, where was a garden, into the which he entered, and his disciples.* (2) *And Judas also, which betrayed him, knew the place: for Jesus ofttimes resorted thither with his disciples.* (3) *Judas then, having received a band of men and officers from the chief priests and Pharisees, cometh thither with lanterns and torches and weapons.* (4) *Jesus therefore, knowing all things that should come upon him, went forth, and said unto them, Whom seek ye?* (5) *They answered him, Jesus of Nazareth. Jesus saith unto them, I am he. And Judas also, which betrayed him, stood with them.* (6) *As soon then as he had said unto them, I am he, they went backward, and fell to the ground.* (7) *Then asked he them again, Whom seek ye? And they said, Jesus of Nazareth.* (8) *Jesus answered, I have told you that I am he: if therefore ye seek me, let these go their way:* (9) *That the saying might be fulfilled, which he spake, Of them which thou gavest me have I lost none.* (10) *Then Simon Peter having a sword drew it, and smote the*

high priest's servant, and cut off his right ear. The servant's name was Malchus.

YOU are in the garden of your mind when you meditate on *Whatsoever things are true, whatsoever things are honest, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Phil. 4:8.* When you are dwelling and concentrating on the above-mentioned great truths, you are in the garden of Gethsemane where you are truly pressing out the oil of gladness and joy.

In verse four and five the question, *Whom seek ye?* means that we are always seeking Jesus, or the thing that would save us. The only way we can receive our good is on the basis of our understanding of the laws of mind and our consciousness of complete acceptance. The voice answered, "I am he."

In verse six it says, *As soon then as he had said unto them, I am he, they went backward, and fell to the ground.* We do not, of course, take this literally. From a literal standpoint it makes little or no sense. It is not referring to a group of men with torches and weapons falling

on the ground at the sight of a gentle man in prayer. We must not get lost in the peculiarities and idiosyncrasies of literalisms. The only way these stories of the Bible will help you is by seeing the real spiritual values behind the words; then all your erroneous concepts, false theories, negative and fearful thoughts fall to the ground; i.e., they are cast out of your mind and lose all their power.

They went backward, means you have forsaken the false concepts and you have enthroned the recognition and allegiance to the One Supreme, Spiritual Presence called I AM in the Bible. The word *he* (I am he) is a later interpolation. You can enter into the garden of Gethsemane as you read these pages. Quiet your mind, sit still, focus all your attention on your desire or goal, and be faithful to your objective. If you find your attention wandering, bring it back to the contemplation of your ideal and its reality.

If therefore ye seek me, let these go their way. 18:8. When seeking a solution to your problem you acknowledge no other Power than God and you disavow and reject all beliefs in other powers. Your mind is disciplined and you are completely absorbed in the contemplation of the reality of your desire.

In verse ten the *cutting off of the right ear*

symbolizes that we refuse to listen to objective evidences, outward appearances, or to outer descriptions and viewpoints of other people.

Then said Jesus unto Peter, Put up thy sword into the sheath: the cup which my Father hath given me, shall I not drink it? 18:11.

The cup is your mind which is receptive to the idea. You pour coffee into a cup; similarly pour life, love, feeling, and enthusiasm into your idea. Every seed is a promise of fruit or food depending on its nature. Your desire is a prophecy of its own fulfillment. All that is necessary is mental receptivity.

Then the band and the captain and officers of the Jews took Jesus, and bound him, And led him away to Annas first; for he was father in law to Caiaphas, which was the high priest that same year. 18:12-13.

Annas (intellect, conscious mind) is father-in-law to Caiaphas (which means father in the law). The law is: *I am that which I feel myself to be. Caiaphas* means pit, a hollowed-out part, or the subconscious mind. The conscious mind is father to the subconscious because it controls the subconscious and impregnates it with all kinds of impressions.

It was expedient that one man should die for

the people . . . (18:14) means that Jesus or our desire must die first before it can be resurrected.

Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit. 12:24. Troward says the seed (your desire) has its own mathematics and mechanics with it, i.e., the desire you have contains within itself its own manner of realization and fulfillment. When you feel and believe you are now what you long to be, you have died to your former concept or estimate of yourself and you have resurrected the new concept.

In the prayer-process you detach your consciousness from the problem or difficulty and you vividly dwell on the reality of your desire knowing that it will reproduce itself in your world. You mentally let go of all the things which held you in bondage and you begin to live mentally with that which you wish to embody in your world. Whatever you are aware of now represents your faith. You are aware of the reality of what you are praying for as you read this chapter and you positively, definitely, incisively, and decisively no longer give power to externals; neither do you postulate other powers, barriers, and opposition to your ideals.

I had an interesting experience with a man

suffering from functional paralysis. I told him to make a vivid picture of himself walking around his office, touching the desk, answering the telephone, and doing all the things he ordinarily would do if he were healed. He lived the role and actually felt himself back in his office. One day, after several weeks of prayer along the above lines, the telephone rang and kept ringing (it was all arranged by the writer); his wife and nurse were out. The telephone was about twelve feet away, and he answered the telephone. His wife knew he was healed at that hour. The Almighty Power flowed to the focal point of his attention, and a healing followed. Psychologically speaking, the mental picture was developed in the darkroom of his mind and a complete healing followed. This man had a mental block which prevented impulses from the brain reaching his legs; therefore he said he could not walk.

When man shifts his attention to the Healing Power of the Omnipotent One, the Power flows and dissolves everything unlike Itself. He completely died to his former belief of a crippled state and began to live to that which he claimed as true. In Biblical language he, like Judas (problem, sickness, lack) committed suicide or died to the old state, and the Jesus, or saving state of

consciousness, was resurrected. He took life from the old state by refocussing his attention on the new state and living in the mental atmosphere as though it was true; this state of consciousness finally jelled within him. You could say in the language of the Bible that he went out and committed suicide (death of old state).

No man taketh it (my life) *from me . . . I have power to lay it down, and I have power to take it again. 10:18.* In the same manner you must die to what you are before you can live to what you wish to be.

We are taking highlights of the balance of this chapter which represent the essence of it. We are told in verse twenty-seven that Peter denied Jesus. A similar story appears in Matthew 26:34. *Before the cock crow, thou shalt deny me thrice.* This means that every man should deny having any master other than God or the Spiritual Power within. The numeral three represents a deep, abiding faith or conviction. As long as we have masters, other powers, or beliefs which dominate or control us, we are slaves. Many are slaves to the weather and the unseen virus, blaming the latter for their influenza or grippe.

Peter denies three times means that state of consciousness in you, or the disciplined attitude,

which will permit only faith in the One Power and the One Presence and is not subject to any other powers. *To deny three times* is a subjective state of belief which does not allow any argument. After the creative act and always at dawn the cock crows heralding the birth of the sun (the illumined conscious mind). The dawn appears and the shadows of fear and doubt flee away. Peter denying Jesus (after the flesh) three times, symbolizes the song of triumph, whereby man gives supreme attention to the Lord and Master within—his own I AM-NESS as Creator and Deliverer from all problems.

(31) *Then said Pilate unto them, Take ye him, and judge him according to your law. The Jews therefore said unto him, It is not lawful for us to put any man to death:* (32) *That the saying of Jesus might be fulfilled, which he spake, signifying what death he should die.* (33) *Then Pilate entered into the judgment hall again, and called Jesus, and said unto him, Art thou the King of the Jews?* (34) *Jesus answered him, Sayest thou this thing of thyself, or did others tell it thee of me?* (35) *Pilate answered, Am I a Jew? Thine own nation and the chief priests have delivered thee unto me: what hast thou done?* (36) *Jesus answered, My kingdom is not*

of this world: if my kingdom were of this world, then would my servants fight, that I should not be delivered to the Jews: but now is my kingdom not from hence. (37) *Pilate therefore said unto him, Art thou a king then? Jesus answered, Thou sayest I am a King. To this end I was born, and for this cause came I into the world, that I should bear witness unto the truth. Every one that is of the truth heareth my voice.* (38) *Pilate saith unto him, What is truth? And when he had said this, he went out again unto the Jews, and saith unto them, I find in him no fault at all.* (39) *But ye have a custom, that I should release unto you one at the passover: will ye therefore that I release unto you the King of the Jews?* (40) *Then cried they all again, saying, Not this man, but Barabbas. Now Barabbas was a robber.*

Pilate is the conscious mind which is always passing judgment. You are passing judgment all day long based upon the thoughts you think, the decision, or conclusion arrived at in your mind. *The judgment hall* spoken of is the realm of mind which is often vague and confused.

In verse thirty-three the conscious mind does not know what salvation is because only feeling can know that. *Our servants* in verse thirty-six are our thoughts, ideas, feelings, and understanding

of mental and spiritual laws. Possessing confidence and faith in the higher workings of the mind, the result is inevitable; all obstacles will dissolve and vanish away. We do not strive externally to reach a peace which comes from within. That which we get by force we have to maintain by force. Love frees; it forever gives of Itself; it is Universal; it is the Spirit of God.

In verse thirty-seven every man is a king, for the simple reason he is absolute monarch over his thoughts, emotions, and reactions to life. He can order his thoughts around. He can refuse a passport to all negative concepts and false ideas. He is king of his own conceptive realm. *Your kingdom* is your consciousness. Your edict (belief) will always be obeyed, and there is none to question it, since you have dominion over your thoughts and feelings. This verse tells us that we are here to dramatize, bear witness to God's presence, and prove we have dominion.

I told a man in our special Bible class on this Gospel he was king over alcohol and that he was master. He started imagining himself back at his desk. He kept up the constant visioning of himself as free, happy, and successfully accomplishing his former work. He knew that this constant visioning of mental pictures in his mind

would draw power from his unconscious depths and compel him to be free from the habit. He fulfilled his vision by adhering to this simple truth. His vision became a concrete reality in his experience. His mental picture was transmuted into peace of mind and perfect sobriety. *In my flesh shall I see God.*

Verse thirty-eight means that the conscious, worldly-minded individual is always asking, "What is Truth?" Truth is always silent. It is beyond argument, dialectics, theories, dogmas, and creeds. *Truth* is an inner experience, an inner awareness, or feeling whereby you taste and touch reality for yourself. Your consciousness determines all your experiences and your relationship with the external world and all people. The Bible says, "I am the Truth."

The Presence of God in you is the real Truth, the Changeless Reality within all of us. Truth is the subjective factor which is the real cause of all our experiences. It is no use to argue that two and two are not four. Truth permits no argument. Truth is.

I talked to a brother and sister recently. The sister broke out in a rash when she ate strawberries; however the brother liked strawberries very much and had no ill effects. The truth

about the matter was, of course, a subjective fear on the part of the girl. When she ate strawberries rejoicing and affirming, "This is spiritual substance and is transmuted into beauty by my digestive system," she had no more trouble.

Every truth in this relative world is called a half-truth because it is done unto us as we believe. If you believe poison ivy will give you a severe rash, the experience becomes real to you. I have seen soldiers sleep on poison ivy without any bad reactions. What is *Truth?* It is a subjective belief. You will find confusion, argument, discord, and strife in this relative world, but deep within you the Infinite lies stretched in smiling repose. In the Absolute all is Bliss, Peace, Harmony, and Perfection. This is the Wise Silence of Emerson. God abides in the silence; Truth is lived in silence; Truth is heard in the silence; Truth is felt in the silence; Truth is transmitted in the silence, for God abides in the silence. It is wonderful!

You can enter this Secret Place of the Most High where, fashioning your own wish as already fulfilled, it is done unto you as you believe. Inspiration, guidance, and illumination come to man in the silence when he is still and alone with God. All the characters of the Bible are within

yourself and should not be looked upon as historical events of two thousand years ago.

The custom of releasing one at the passover as mentioned in verse thirty-nine is the art and process of prayer. The *passover* represents the change of consciousness as you pass over from the old to the new state of awareness, in the same way as the alcoholic mentioned previously in this chapter passed from the vision of his health and happiness to the actual, concrete experience in his mind and body, whereby he expressed sobriety and peace of mind as a living fact.

The multitude (your thoughts and desires) cry, *Not this man, but Barabbas. Now Barabbas was a robber.* All of us want to get rid of *Barabbas* or the state of consciousness that robs us of peace, harmony, and prosperity. If we are sick, we cry for health (Jesus—that which saves); we want to release Barabbas (sickness).

A man with colitis for one year hesitated to give up his resentment of a partner. I told him he would have a healing if he would let go the resentment (Barabbas) and fill his heart with love and goodwill (Jesus). His resentment was the anchor which bound him to the wheel of pain. He began to wish for his associate all of God's riches, such as peace, health, joy, life, liberty, and all good

things. He had a healing. The crowd of thoughts in his mind were shouting for the release of Barabbas so that he could experience normal functioning of his organism.

If you have an unfulfilled desire, dream, or goal, you must be harboring in your mind some thoughts of fear or worry, or you are seeing barriers to its fulfillment. Identify yourself now with your goal by mentally and emotionally uniting with it. Build it up in your mind by frequently visioning its fulfillment. As you add one brick to another in the building of your house, your sustained mood or feeling will gradually grow and magnify until your consciousness is full of the quality of your thought and feeling. Having persevered and having remained faithful to your vision, you will crucify or cause your ideal to cross over from the conscious sphere of life to the subjective state of inner awareness or subconscious embodiment.

You are Pilate, Jesus, Barabbas, and the multitude, and when you have a problem, you must mentally release Barabbas and be sure to crucify your Jesus (desire). In order to realize your desire, it must be crucified; i.e., it must be fixed in consciousness. Your desire must die or be felt as true, otherwise you will continue desiring it.

Prayer is a death and birth process as we are

always dying to the old and living to the new. The drama of the crucifixion is a mystical one. It is not a story of a group of people called Jews sentencing a man to death. No one can kill your savior. You are your own savior. Your faith in God is your personal savior. We have distorted and twisted this story of prayer and made of it a sadistic and blood-curdling drama. We must cease stigmatizing a race of people called Jews, and realize the whole story is a beautiful drama of man's awakening to his Godhood.

CHAPTER NINETEEN

(1) *Then Pilate therefore took Jesus, and scourged him.* (2) *And the soldiers plaited a crown of thorns, and put it on his head, and they put on him a purple robe.* (3) *And said, Hail, King of the Jews! and they smote him with their hands.* (4) *Pilate therefore went forth again, and saith unto them, Behold, I bring him forth to you, that ye may know that I find no fault in him.* (5) *Then came Jesus forth, wearing the crown of thorns, and the purple robe. And Pilate saith unto them, Behold the man!* (6) *When the chief priests therefore and officers saw him, they cried out, saying, Crucify him, crucify him. Pilate saith unto them, Take ye him, and crucify him: for I find no fault in him.* (7) *The Jews answered him, We have a law, and by our law he ought to die, because he made himself the Son of God.* (8) *When Pilate therefore heard that saying, he was the more afraid;* (9) *And went again into the judgment hall, and saith unto Jesus, Whence art thou? But Jesus gave him no answer.* (10) *Then saith Pilate unto him, Speakest thou not unto me? Knowest thou not that I have*

power to crucify thee, and have power to release thee? (11) *Jesus answered, Thou couldest have no power at all against me, except it were given thee from above; therefore he that delivered me unto thee hath the greater sin.* (12) *And from thenceforth Pilate sought to release him: but the Jews cried out, saying, If thou let this man go, thou art not Caesar's friend: whosoever maketh himself a king speaketh against Caesar.*

THE *crown of thorns* symbolizes the crown of victory or triumph which comes to all men as they move from darkness to light, from pain to peace, a sovereignty as you overcome the trials and tribulations of life. It is the victory of the spiritual man, a power molded in gentleness, love, and spiritual awareness. As you wear the garment of confidence—the Power of God over all things in your life—your perception and understanding will grow. The man of faith is always full of power. This is the ruling authority in your mind based on an abiding faith in the One Spiritual Power. Trusting and believing in One Power, you wear the diadem of the universe (the crown of thorns). Lift up your cross (your ideal or concept of God), and you will become a ruler and

commander of the peoples of your mind. You are now ready to wear the purple robe, the garment of royalty or your kingship.

In verse seven the *Jews* symbolize the average man governed by old beliefs, or one who believes that because a man says he is a son of God he is a blasphemer and should be punished.

In verse ten the conscious mind has the power to crucify or impress the subconscious mind with any idea or belief through feeling. It also has the power to release or cleanse the subconscious of all negative states through prayer, meditation, and positive affirmations of God's Eternal Verities.

Verse eleven means that the conscious mind has no real power as the subjective alone is creative. All power is in the subjective mind. The conscious mind simply chooses the concept which through subjective feeling is entombed in the subjective mind, and is then given back to the conscious mind. The subjective mind will accept your convictions, beliefs, and feeling whether exalted or ignoble.

In verse twelve Caesar's power (conscious mind or worldly beliefs) is conditioned upon the feeling of the subjective. When we raise our ideal to the point of kingship, we speak against Caesar —the world. When new perceptions of truth

and illumination light up our mind, we deny or reject all the false beliefs of the world thereby speaking or rejecting Caesar (world or race belief).

The world, meaning the average man's mind full of false information, viewpoints, and opinions, always challenges the real truth of things. When a man awakens to the fact that his own mind is causative and actually enters into all experiences in which he believes, that man knows the inner principle of causation; he is full of light or new understanding, and wins over the world-beliefs. He becomes the conqueror and goes forth conquering and to conquer.

The chief priests answered, We have no king but Caesar. 19:15.

The chief priests are our dominant beliefs or ideas looking to external powers, believing in ritual, form, and ceremonies, governed by the world, conscious of outward rank, and wedded to tradition. Such men are usually unwilling to listen to the Truths of God and Life because it means an abandonment of their power and loss of their hold over the people. *The chief priests* also refer to states of consciousness within ourselves, such as pride, arrogance, self-conceit, and old theological concepts of God which we are unwilling to give up.

(17) *And he bearing his cross went forth into a place called the place of a skull, which is called in the Hebrew Golgotha:* (18) *Where they crucified him, and two other with him, on either side one, and Jesus in the midst.*

Golgotha means skull, or our own consciousness which is always the place of crucifixion. You die in Golgotha when you now vividly imagine and feel that you are what you want to be. As you continue to charge your mental imagery with interest and enthusiasm, you will succeed in etching your picture on the deeper mind, because the law is what you impress, you express; you have now died in Golgotha. You have died to the old man, and the new picture or estimate of yourself is resurrected.

The crown we bear is our ideal or new concept of ourselves. We must, of course, wear it mentally to the point of death, or subjective embodiment, or complete appropriation of the idea. You are carrying your cross for the joy that is set before you. Continue to hear the glad tidings; persevere in hearing only what you want to hear. When you rise in consciousness to the point of acceptance, the old idea dies and the new comes forth, causing a change which is referred to as the passover; this is also crucifixion.

In verse eighteen each person is represented by

Jesus or your own consciousness which is always between two thieves. As you read this chapter, you are saying to yourself, "This makes sense because it is true of myself." The *two thieves* are that which you now are and that which you want or fondly desire to be; in other words, you and your desire.

If you have arthritis, for example, the pain and inflammation is one thief, and your desire for health which you have had for a long time is also a thief; for my desire, when realized, would prove to be my savior; as I continue desiring it, I am robbing myself of the joy of perfect health. *The two thieves* are with all of us, the "I am not" state and the "that which I wish to be" state. Our own consciousness (Jesus) is between these two states. One thief says, "Lord, remember me when thou comest into thy kingdom?" *Luke 23:42.* And the answer is, "Today shalt thou be with me in paradise." *Luke 23:43.* These two verses set forth the true method of prayer.

The Lord is your spiritual awareness. *To remember* is to gather yourself together mentally and turn to the One Power recognizing it as your Lord, Master, and the Supreme Creative Power. You become enthusiastic about your desire and you begin to woo it in consciousness in the same manner

that an engaged couple are eager to be married. As you turn in confidence to the God-Presence, It turns to you and responds in the nature of your request; then the old pattern dies and the new is born; this is paradise or peace, a oneness with your ideal.

In verse nineteen and twenty of this chapter it says, *And Pilate wrote a title, and put it on the cross. And the writing was JESUS OF NAZARETH THE KING OF THE JEWS. And it was written in Hebrew, and Greek, and Latin.* This means the three steps in prayer. *Hebrew* means your Spiritual Power or God; *Greek* means the divine idea or desire; and *Latin* means the feeling of being what you long to be, resulting in manifestation. Hebrew represents the language of God, Greek the language of the intellect, and Latin the language of commerce. Another way of stating it is this: Hebrew means recognition of God or your consciousness as the creative power; Greek means the desire or idea in your conscious, reasoning mind; Latin means the movement or corresponding emotion generated as you meditate on the idea. This is the creative process in all answered prayers. You must give your ideas wings, animating them; thereby making them alive within you.

(23) *Then the soldiers, when they had crucified*

Jesus, took his garments, and made four parts, to every soldier a part; and also his coat: now the coat was without seam, woven from the top throughout. (4) *They said therefore among themselves, Let us not rend it, but cast lots for it, whose it shall be: that the scripture might be fulfilled, which saith, They parted my raiment among them, and for my vesture they did cast lots. These things therefore the soldiers did.*

These verses indicate the confused, contentious mind of the worldly, five-sense man who divides the truth into many parts; yet all the time he does not know that there can be but one truth, for there is only one God. In order for man to transform himself, he must positively discard old patterns of thinking and feeling; this is painful to him. He wants to hold on to the old. He is just as willing to die for his superstitions as he is for the truth. Man has divided the seamless robe (the one God, the one Truth) and created countless false gods. He has even polluted the atmosphere with his strange notions and false doctrines. He worships sticks and stones and all manner of external powers. We have countless sects, creeds, dogmas, opinions, and beliefs.

Making four parts of the garment is symbolic of the world as *four* means the created, manifested

world of phenomena which we see. The *soldiers* symbolize warfare which is always within the unillumined and unregenerate mind of man. Man wages war over the letter of the Law and lacks the spirit of love which giveth life to all things good. We should act from the standpoint of love and the good; then there would be no bickering over differences in religion.

The coat was without seam, woven from the top throughout. This refers to the Infinite One which clothes all of us. We are all garments which God wears as He moves through the illusion of time and space. The Infinite is One and Indivisible. There could not be two powers because one would cancel out the other, and we would have a chaos instead of a cosmos. It is a mathematical impossibility to have two Infinites. You cannot multiply or divide Infinity.

In verse twenty-four we are told they cast lots for it. Man believes in a world of chance, coincidence, accident, bad luck, misfortune, etc. There is no chance in a world of law and order.

(28) *After this, Jesus knowing that all things were now accomplished, that the scripture might be fulfilled, saith, I thirst.* (29) *Now there was set a vessel full of vinegar: and they filled a spunge with vinegar, and put it upon hyssop, and put it to his mouth.*

I thirst refers to your intense desire to drink deep draughts of inner peace, satisfaction, and strength of the Holy One. I am sure you are now thirsting for your supreme ideal at this moment. Let God's river of peace move over the arid areas of your mind; this is the dew of heaven. You will begin to secrete the perfume from On High; a wonderful feeling of exaltation will follow; whatever is troubling you will be dissolved by the Radiance of the Light Limitless within you.

The sponge dipped in vinegar and put upon hyssop is, of course, purely symbolic and refers to a cleansing process of the mind. The cleansing properties of the plant, hyssop, are traditional in the East. "And the vinegar which was handed to Him seems to me to have been a symbolic thing . . . the reed signified the royal sceptre and the divine law." (Dionysius, Bp. of Alexandria, An Interpretation of Luke).

Sour wine mixed with myrrh was given in the East to refresh a thirsty person. This represents a transitional process whereby man forsakes all the false beliefs in the world and is resurrected mentally to a new concept of God and His Law.

In verse thirty the phrase, *It is finished,* means Amen, the answered prayer, or the silent, inner

knowing of the soul. It is finished whenever there is nothing in our conscious or subconscious mind that challenges our conviction. The ultimate meaning of, *It is finished,* is that man has fully awakened from his dream of limitation here. He is the solid which has reached its melting point and has melted into the Boundless One.

The question is frequently asked, "Why did Jesus say on the cross, 'Eli, Eli, lama sabachthani?' " translated in this chapter as, "My God, my God, why hast thou forsaken me?" In the apocryphal Gospel of Peter, the dying Christ cries, "My power, my power, thou hast forsaken me," which is different. The Encyclopedia Biblica says the original reading was presumably altered by scribes who only understood Syriac. The Aramaic word *sabachthani* means to keep, to preserve.

When a boy I asked a teacher this question, "How could Jesus have questioned God after knowing and proving the axiom, 'I and the Father are one.' "

You probably guess the reply. It was the old one, "Don't ask foolish questions."

The twenty second Psalm was quoted by Jesus, but the interpreter made an error in its translation from Hebrew and Aramaic. The word *sabachthani* in Hebrew means to glorify not to forsake,

for which the word azabthani should have been used. The real meaning is, "My God, my God, how thou hast glorified me." *Shabach* root of *Sabachthani* means to glorify (Strong's *Concordance*).

Another translation which we gave you from the apocryphal scriptures, "My power, my power, thou hast forsaken me." *To forsake* is to relinquish, to release, to loosen, to be free from. The spiritual man forsakes the power of the world's beliefs and of things external and he gives all glory and honor to God—the One Supreme Power. He knows no other. In this sense his human will power is forsaken or given up completely, and man is now obedient to the One Will and is under Holy Orders* to bring forth the order, beauty, wholeness, perfection, and light of God here and now. This drama deals with the birth of the God-man in you.

(34) *But one of the soldiers with a spear pierced his side, and forthwith came there out blood and water.*

(36) *For these things were done, that the scripture should be fulfilled, A bone of him shall not be broken.*

The Encyclopedia Biblica points out the

*(See the chapter "Holy Orders" in my book *Prayer is the Answer.)*

impossibility of explaining the issuing of blood and water from an internal source physiologically. In other words *blood and water* do not flow from a dead man; that is absurd. The terms *the water and the blood* are technical expressions for channels of Divine Grace (Love and Wisdom). A woman at birth releases blood and water. The symbolic significance refers to the spiritual rebirth or Cosmic Consciousness.

The statement about *a bone not being broken* signifies that Life is One and Indivisible, and denotes man's sense of oneness with the Living Spirit Almighty. *Not a bone (idea) is broken* means that we have no sense of separation, but we have a complete sense of fulness or at-one-ment with He Who Forever Is. We must have no distorted mental picture, but maintain always a sense of wholeness, completion, and perfection; then not a bone of our body or consciousness will be broken.

The crucifixion in a mystical sense is God or the Absolute becoming man. The Limitless One crosses over from the Absolute State to the relative state. The Unconditional One becomes conditioned. The Formless One limits Himself by taking on shape, size, and dimension. Every newborn babe is God becoming that child and in the

depths of the subjective mind of the child is the Presence of God in all His glory. We are here to resurrect the God-Power within us and *remove* all obstacles and opposition, proving our divinity.

The crucifixion of Christ, according to the *Dictionary of the Sacred Language of all Scriptures,* is a symbol of the Divine sacrifice; that is, the limitation and involution of the Divine energies and qualities within forms of matter. In other words God gives life to all of us and all things. God is involved in you and the whole redemptive process consists in evolving what is involved within you. As you release your Divine powers and qualities through increased knowledge and understanding, you become the conqueror over all fears, doubts, and false concepts. As you ascend spiritually, you will finally sense your oneness with He Who Is. You will become the God-man and do all the things which a son of God can do. You will unstop the ears of the deaf and open the eyes of the blind. You will glorify God every moment of your life.

Paul said, "I am crucified with Christ, nevertheless I live." How could anyone take this literally? He means he has crossed over into the Light. The word *Christ* means the Presence and Power of God functioning in your life. When you

are illumined by the Light of God, you are crucified with Christ.

The Lord said unto John, Thou hearest that I suffered, yet I suffered not; that I was pierced, yet was I not smitten! that I was hanged, yet was I not hanged. See thou therefore in me the slaying of a word (Logos). Acts of John, second century.

How could God suffer? How could God be slain? How could God be wounded? Surely, it must be the illusion of pain and suffering. It is the slaying of a word. God seems to be slain and dead in us until we awaken from our slumber and hypnotic trance.

Is God asleep in your boat? You are the ship and when the storms of life appear, do not get excited. God is there. So, wake Him up! "Awake thou that sleepest and rise from the dead, and Christ will give thee light."

In verse thirty-eight of this chapter it says that Joseph of Arimathaea took away the body of Jesus. *Joseph of Aramathaea* means a high disciplined imagination or a high state of consciousness. Our ideal must be *entombed in a sepulchre* which signifies a deep, subjective embodiment, a tomb-like state where we place our concept. *A stone* (conviction) seals the tomb. This is where

we place Jesus, our new ideal. The past is dead, forgotten, and remembered no more. Behold! I make all things new!

CHAPTER TWENTY

(1) *The first day of the week cometh Mary Magdalene early, when it was yet dark, unto the sepulchre, and seeth the stone taken away from the sepulchre.* (2) *Then she runneth, and cometh to Simon Peter, and to the other disciple, whom Jesus loved, and saith unto them, They have taken away the Lord out of the sepulchre, and we know not where they have laid him.* (3) *Peter therefore went forth, and that other disciple, and came to the sepulchre.* (4) *So they ran both together: and the other disciple did outrun Peter, and came first to the sepulchre.* (5) *And he stooping down, and looking in, saw the linen clothes lying; yet went he not in.* (6) *Then cometh Simon Peter following him, and went into the sepulchre, and seeth the linen clothes lie,* (7) *And the napkin, that was about his head, not lying with the linen clothes, but wrapped together in a place by itself.* (8) *Then went in also that other disciple, which came first to the sepulchre, and he saw, and believed.* (9) *For as yet they knew not the scripture, that he must rise again from the dead.* (10) *Then the*

disciples went away again unto their own home.

MARY MAGDALENE signifies love redeemed. The publican and the harlot are ofttimes the first to see the truth. The harlot has hit the depths of degradation and is free of all false pride, egotism, and is very conscious of her own insufficiency. When she hungers and thirsts after the truth, she receives it because she has created a vacuum in her mind which receives the soft tread of the Unseen Guest. She then comes under Holy Orders. She trusts the Infinite to lead, guide, and direct her without dictating or outlining the way. She knows the way of God is good and very good. The Infinite Love and Grace of God plus the movement of the Law take her out of her misery and bring light and peace into her heart.

The stone taken away from the sepulchre represents the new attitude of mind, an awareness of the Spiritual Power which rolls away the stone of false beliefs. The real meaning of the *resurrection of Christ* is to raise up health, peace, joy, and happiness from your own depths. Man's belief is the sepulchre in which his health, wisdom, and peace are confined. Man's opinions and false ideas are the psychological garments which he wears.

The new interpretation of life—a new mental attitude—is the *angel* which rolls away the stone. Man's awakening to the Power of God bursts the bands of his creed and fears and he rises from his dead beliefs to the truth which sets him free. He walks without his crutches; this is the resurrection of Christ or health. The resurrection from the dead is taking place every hour of the day in many parts of the world.

The *disciples* in this chapter mean our faculties of mind, our mental attitudes. *Jesus seen by the disciples* means Jesus (your desire) is rising—our concept rises from the subjective to the conscious mind.

In verse seven *the napkin that was about his head* means the revealing of the new state. If your face is covered, I don't recognize you. When man unclothes himself psychologically, he finds God. The Reality of You is Mind, Spirit. You are the house of God and whatever you pray for already is in the Kingdom of Reality within you. Remove the napkin, i.e., shut out of the senses anything which denies your good, and rejoice in the reality of your desire in your consciousness, and it shall come to pass. Discard the old and put on the new!

(11) *But Mary stood without at the sepulchre*

weeping: and as she wept, she stooped down, and looked into the sepulchre, (12) *And seeth two angels in white sitting, the one at the head, and the other at the feet, where the body of Jesus had lain.*

The two angels sitting at the tomb represent the present state of peace and a new desire. When our prayer is answered, we are satisfied for the time being, but immediately another desire to further transcend takes place.

(19) *Then the same day at evening, being the first day of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace be unto you.*

Jesus appearing to his disciples and speaking to them means that we discipline or speak to our faculties of mind (or concept), and we become poised in the truth. Jesus—representing the solution or the answered prayer—is now made manifest, and the faculties of mind are aware of the fact. When the solution comes, it whispers, "Peace be unto you."

(20) *And when he had so said, he shewed unto them his hands, and his side. Then were the disciples glad, when they saw the Lord.*

This means that all our faculties rejoice in

the answered prayer. We bubble over with joyous enthusiasm. Your yearning and hungering is now satisfied, at least temporarily. The new state of mind always establishes its objective counterpart and unification.

(22) *He breathed on them, and saith unto them, Receive ye the Holy Ghost.*

Breath symbolizes life. We receive the Holy Ghost (whole spirit) when we are integrated and no longer divided in our mind. Now our spirit (feeling) is one with our desire; we are again whole, united, and at peace. Man with a desire is dual; man, one with his ideal or desire, has received the Holy Ghost or feeling of wholeness or oneness with his aim in life. He achieves the state of wholeness or unity by breathing the breath of the life into his idea, and lives, moves, and has his being in that mental atmosphere.

(24) *But Thomas, one of the twelve, called Didymus, was not with them when Jesus came.* (25) *The other disciples therefore said unto him, We have seen the Lord. But he said unto them, Except I shall see in his hands the print of the nails, and put my finger into the print of the nails, and thrust my hand into his side, I will not believe.*

Thomas was called the doubter, the faculty in

you which, when disciplined, challenges every rumor that questions the Truths of God. *He thrusts his hand into the side* means he touches reality and only accepts the divine solution. This is why it is said that he alone, of all the disciples, put his *finger into the print of the nails and touched Jesus,* or the solution.

CHAPTER TWENTY-ONE

(1) *After these things Jesus shewed himself again to the disciples at the sea of Tiberias; and on this wise shewed he himself.* (2) *There were together Simon Peter, and Thomas called Didymus, and Nathanael of Cana in Galilee, and the sons of Zebedee, and two other of his disciples.* (3) *Simon Peter saith unto them, I go a fishing. They say unto him, We also go with thee. They went forth, and entered into a ship immediately; and that night they caught nothing.* (4) *But when the morning was now come, Jesus stood on the shore: but the disciples knew not that it was Jesus.* (5) *Then Jesus saith unto them, Children, have ye any meat? They answered him, No.* (6) *And he said unto them, Cast the net on the right side of the ship, and ye shall find. They cast therefore, and now they were not able to draw it for the multitude of fishes.* (7) *Therefore that disciple whom Jesus loved saith unto Peter, It is the Lord. Now when Simon Peter heard that it was the Lord, he girt his fisher's coat unto him, (for he was naked,) and did cast himself into the sea.* (8) *And the other disciples*

came in a little ship; (for they were not far from land, but as it were two hundred cubits,) dragging the net with fishes. (9) *As soon then as they were come to land, they saw a fire of coals there, and fish laid thereon, and bread.* (10) *Jesus saith unto them, Bring of the fish which ye have now caught.* (11) *Simon Peter went up, and drew the net to land full of great fishes, an hundred and fifty and three: and for all there were so many, yet was not the net broken.* (12) *Jesus saith unto them, Come and dine. And none of the disciples durst ask him, Who art thou? knowing that it was the Lord.*

THIS is a story of fishing. We are all fishermen because we are endeavoring to fish out of the depths of ourselves all the answers to our problems. The *fishermen* are states of mind within ourselves, faculties, and attitudes of mind. *The ship we enter* is, of course, our own mind inasmuch as we are always traveling in our mind. The moment we have a problem, we begin to move psychologically trying to solve it. We begin to look for the solution, the way out; this is called fishing in the Bible.

Here is how Einstein fished many ideas out

of the depths of his subliminal mind. He knew the answers to his problems were within. He stilled the conscious mind, thought about the answer from all angles, listening quietly for any bit of guidance that would come, joining all the threads together, and ofttimes the whole answer would come into his mind. At other times after thinking quietly and with interest on the answer to his problem, he would turn it over to his Deeper Mind with faith and confidence, knowing that the Infinite Intelligence within would give him the answer. This he called the incubation process. The subconscious seemed to take his request, dwell on it for awhile, and when it had assembled all the facts presented them to his conscious mind. The surface mind when it is still receives wisdom, guidance, and answers to problems from the Deeper Mind. These answers pop into the mind like toast out of a toaster.

The other night a friend of mine, a local minister, lost a very important document. I stilled my mind by recalling the truths of the 91st Psalm and imagined he was telling me he found it. I heard his voice over and over again; shortly my subjective self whispered in my ear, "His brother-in-law's car." This is called true clairaudience, i.e., where you actually hear the Subjective Wisdom

speak to you. Its thoughts become audible only to the ear which is attuned; others in the room do not hear it. You can hear the answer to anything and fish it out of your subjective depths if you get still and know the answer is there; then listen for it—lowly listening is the answer. This minister, at my suggestion, phoned his brother-in-law; the latter was amazed to find the document under a rug in his car. He does not know how it got there, but the Subjective Wisdom knew how it got there and where the paper was.

Many people fish all night, i.e., in the night of human darkness and ignorance of the laws of mind, not knowing where the Source of all their good is. There is a right and a wrong way to do everything.

For example, there is a right and a wrong way to bake a cake, to write a letter, to make a speech. There is a right and a wrong way to think and to live. If you do not learn how to think (fish) constructively and cooperate with mental and spiritual laws, you will get into a lot of trouble. If you have the wrong attitude toward life, everything will seem to go wrong.

I knew a girl who hated another. She had a grudge attitude. Through explanation she learned

to fish out love, good will, and kindness toward the other by praying for the girl she hated. She prayed for the girl's guidance, happiness, and peace by sincerely wishing all these things for her. She did this frequently. They became the best of friends. The sequel was that she married the girl's brother whom she formerly resented. This is fishing on the right side. Your mind is the net receiving all kinds of fish; i.e., thoughts, feelings, psychic patterns, hopes, fears, intrigues, etc. of the race mind.

The universal subjectivity or collective unconscious of the race impinges itself on all of us. We are immersed in the great sea of mind. Oftimes you wonder at the weird thoughts that wander into your mind. Chop the head off these negative, destructive thoughts that swim up to your surface mind, kill them, cremate them with the fire of Divine Love, true concepts, and constructive imagery. Think right, do right, feel right, act right, be right, and keep up fishing on the right side of the ship. Reject all negative intrusions into your mental household. Look over the net (your mind); see if there are any rotten fish; throw them out; consume them with the fire of true, scientific thinking! Do this incisively and decisively, and you will be a good fisherman.

In verse four the solution is always at hand. Truth is Omnipresent; so it is said that they *knew not it was Jesus.* They had not yet recognized the Truth.

In verse six the command to *cast the net on the right side of the ship* means the right use of the Law for the solution to our problem. Having cast their nets (their ideas or desire) in the subjective—and since God always giveth the increase—they were answered with a multitude of fishes; this means the Divine measure or good multiplied. The subconscious always multiplies exceedingly and gives compound interest on whatever deposits we make there.

In verse seven *Peter* symbolizes faith. Peter *casting himself into the sea* means that when our consciousness is disciplined so that we believe implicitly in our good, everything will succeed.

In verse nine *land* is manifestation. The *fire of coals* is the fire of illumination, the warmth of the Spirit, and the feeling of security. *The fish* are always there, signifying that out of the moods of peace and harmony come all the things we would feed on in this world.

In verse eleven, one hundred and fifty-three fish were caught. One, plus five, plus three adds up to nine. In nine months a woman gives birth

to a child, so it means when we fish aright, we will always be impregnated with our desire. Nine is a symbol of possession and mastery. The old adage is that possession is nine points; following our feeling of possession comes the manifestation which is called ten or our good objectified. When your friend tells you that you can't achieve, that your desire is impossible to attain, go within and fish the mood of faith and confidence in God out of your depths, and you will also draw its manifestations or experiences. It is wonderful!

The following are some highlights of key verses: (15) *So when they had dined, Jesus saith to Simon Peter, Simon, son of Jonas, lovest thou me more than these? He saith unto him, Yea, Lord; thou knowest that I love thee. He saith unto him, Feed my lambs.*

Lambs are tended animals—moods that will bless us. *Feed my lambs* means that we must feed these things we want, think feelingly of them.

(18) *Verily, verily, I say unto thee, When thou wast young, thou girdest thyself, and walkedst whither thou wouldest: but when thou shalt be old, thou shalt stretch forth thy hands, and another shall gird thee, and carry thee whither thou wouldest not.*

This verse means that when we are young in

the Truth, our faith is not always strong. We sometimes act without thinking and do just as we please. When we are old, we stretch forth our hand; we have more power and more understanding. We are more firmly anchored; this faith or mental attitude will carry us further.

(22) *Jesus saith unto him, If I will that he tarry till I come, what is that to thee? follow thou me.*

This verse refers to mystical creation. It symbolizes John or love. We must love our ideal; then Jesus—or the solution—comes. This verse also teaches us a wonderful lesson in minding our own business. People oftentimes will say, "What about the Jones next door? They rob, cheat, and defraud; yet they seem to prosper?" A man can have a million dollars and be poor in peace, harmony, love, and health. He cannot buy them.

(25) *And there are also many other things which Jesus did, the which, if they should be written every one, I suppose that even the world itself could not contain the books that should be written. Amen.*

Verse twenty-five tells all of us that here the mystic is not referring to the man Jesus, but to the dramatizations of I AM or God. God thinks,

and worlds appear. The whole cosmos is God thinking. There is not room in this small world of ours to contain the works of the Infinite One. What volume or volumes would record the deeds of the Infinite?

All men shall see the Light. When man awakens to his True Self, he will experience the radiance of the Light Limitless. From the field of sin and punishment, he shall pass into the boundless freedom of the divine perfection. Let us realize the truth of the following verse from Arnold:

"Never the spirit shall die,
The spirit shall cease to be never.
Never the spirit was not.
End and beginning are dreams.
Birthless and deathless and changeless—
Remaineth the spirit forever.
Death hath not changed it at all.
Dead though the house of it seems."

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DEVORSS & COMPANY, *Publishers*
Marina del Rey, California 90294-0550 ISBN: 0-87516-188-X

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PSYCHIC EYE BOOK STORE
MOUNTAIN VIEW, CA

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Eighth Printing 1986

ISBN: 0-87516-190-1

Printed in the United States of America

INTRODUCTION

This book is based on a series of special lectures and classes given on the inner meaning of *The Revelation of St. John the Divine* in New York, Los Angeles, and other parts of the world. In the second and third centuries there originated a controversy as to the origin of the Book of Revelation. It was claimed that the *Apocalypse* and the Fourth *Gospel* attributed to John were written by Cerinthus, a Gnostic. The critic, Dionysius of Alexandria, declared that the book must have been the work of some John other than the son of Zebedee, arguing from a comparison of the *Apocalypse* on the one hand, and *The Gospel according to John* on the other, regarding style, language, and context.

The Encyclopaedia Biblica points out that *The Gospel according to John, the Epistles,* and *The Apocalypse* all come from the same school, showing linguistic affinities at various points. The consensus of Bible research scholars is that the authorship of *The Revelation* is really unknown, and the claims that it was the work of John are to be dis-

counted. Research into ancient Egyptian manuscripts indicate the possible source of these ancient writings.

There is but one Truth, and all sacred writings are parts or fragments of the ancient wisdom which has come down to us from time immemorial. In the study of comparative religion and sacred writings we must come to the conclusion that a secret, traditional wisdom, an arcane science, underlies all these ancient writings.

In early times this Gnosis, or secret wisdom, was guarded zealously, being imparted only to those deemed worthy of initiation. The Bible is a psychological and spiritual textbook containing the laws of man's mind and the way God works.

The Book of *Revelation* is allegorical and mystical—not historical. We must not construe allegory as history. People have tried in vain to give the *Apocalypse* an historical interpretation; others have looked upon it as prophecy predicting world events. The Bible does not deal with predictions of future events such as wars, calamities, destruction of the world, *etc.* The *Old* and *New Testaments* do not talk about future events and the destiny of nations.

If the Bible taught these things, it would mean

that all things are foreordained, predetermined, and that man has no choice, no free will to mold, fashion, and shape his destiny. If the play is all written and you are here to fulfill your role like an actor following the lines of the play, what would be the use of praying, studying the Bible, learning how the subconscious works? *As a man thinketh in his heart, so is he* proves you can change the future by changing your thought and feeling now. It is your belief about yourself and your habitual thinking that make you well or sick, happy or depressed, prosperous or poor.

The subject matter of the Book of *Revelation,* or *Apocalypse* as it often is called, is veiled in symbolic, figurative, and allegorical language. This method was used by all ancient writers of the Bible, who were masters of allegory, in order to preserve and guard the sacred sciences in their true inner meaning from those who would purposely destroy them. Furthermore, they held that those who are morally unworthy should not receive the inner teaching until they had proved themselves worthy to receive it. If the book had been written in clear language and its inner meaning revealed as a great psychological drama taking place in the consciousness of man, it would

undoubtedly have been destroyed by the hands of the first great dictator who came along, whether a Nero, a Ghengis Khan, or a Hitler.

Those illumined seers who wrote the Bibles of the world saw through time and space, and knew the importance of preserving the age-old wisdom, concealing it under symbols, numbers, and cryptograms. The Bible is written in code and the key to it has always been known. Any person can study the general principles of symbolism; he can look up the meaning of the various names and words in a good concordance and see for himself the great psychological and spiritual truths which portray the general scheme of Bible allegory. The language of symbols is universal, and this was the way spiritual knowledge was given to people in ancient times. A symbol appeals to the hearts of all men.

We shall now present a great psychological feast of peace, joy, and happiness as we dwell on the spiritual food of the beautiful Book of *Revelation,* which repudiates the conception of an anthropomorphic God, and with beautiful and sublime imagery points the true way to the heart of God. All the Bibles of the world reveal the eternal verities appertaining to the One God, the Father

of all. They all bear witness to the Wisdom of God which is imperishable and which has come down through the ages as a priceless heritage of sacred knowledge.

Historically the Bible is of little or no value. Its beauty and strength lies in its presentation of the laws of life and the way of the Spirit. Approach the Bible with understanding and love, wholeheartedly seeking guidance and inspiration, and the Spirit of Truth will lead you into all Truth.

CHAPTER ONE

(1) *The Revelation of Jesus Christ, which God gave unto him, to shew unto his servants things which must shortly come to pass; and he sent and signified it by his angel unto his servant John:* (2) *Who bare record of the word of God, and of the testimony of Jesus Christ, and of all things that he saw.* (3) *Blessed is he that readeth, and they that hear the words of this prophecy, and keep those things which are written therein: for the time is at hand.*

THE Revelation of St. John the Divine is a manual of spiritual development teaching the great art of scientific prayer and not, as so many believe, a cryptic prophecy of future world events. The word *Apocalypse,* or *Apocalypsis,* means to unveil, disrobe, reveal, or uncover. *The Revelation of St. John the Divine* means "God revealing Himself as man." If you sit still, relax, let go, and then mentally divest yourself of your body, name, nationality, race, environment, family, *etc.,*

what are you? You will say, "I am invisible—mind and spirit." This is what the Book of *Revelation* is talking about. You are really invisible. You cannot see your mind, thoughts, feelings, beliefs, and convictions; neither can you see the feeling of love, faith, joy, or enthusiasm. You are living with your thoughts, dreams, aspirations, longings, and imaginings. You are not living in your body. Your body lives in you as an idea.

The purpose of the *Apocalypse* is to unveil man and reveal to him the Presence of the Indwelling God. This is the magnificent and glorious purpose of this Book of the Bible. In the following pages you will receive all the significant highlights of the principal or key verses as given in my classes and public lectures.

The first verse says, *The Revelation of Jesus Christ which God gave unto him, to shew unto his servants* . . . The word *Jesus* is an ancient name for the sun, which was a symbol of the Light or the Presence of God within man. In other words *Jesus* means "I Am," or "Pure Being," the ancient name for God. The word *Christ* is a title and means consecrated or anointed. It corresponds to the Hebrew word *Messiah* or *Savior*. The term *Christ* is the Spiritual Truth

about any person or thing. Your *I Am* is the *Christ* or the solution to any problem, and when you say, "I Am," you are announcing the Presence of God within you which is your Christ or Savior because your realization of God is your salvation or the solution to your problem. The words *salvation* and *solution* are used synonymously. In the language of the Bible you are Jesus Christ in action when you become aware of the fact that your I AMness is God, and whatever you affix to I AM you become.

Paul says, *Know ye not that Jesus Christ is within you except ye be reprobates?* In psychological language *Jesus Christ* means the harmonious and synchronous interaction of your conscious and subconscious minds. When you unite true ideas with true feeling you are Jesus Christ in action. Your knowledge of the functioning of your own mind is your savior. In other words man himself is his own savior.

To illustrate how you become Jesus Christ in action, I said to a woman who complained about being lonesome to affirm frequently like a lullaby the following: "I am loved, appreciated, and wanted." She repeated this affirmation until her mind was saturated with the truth of that which

she affirmed; then the answer came in the form of the ideal companion who harmonized with her in every way, consummating in marriage.

Every faculty of your mind is a servant. Your thoughts, mental pictures, and emotions are your servants. You are in charge, and you can command your thoughts to do your bidding and bring forth your desire. You are John being initiated into the wonders of your Higher Self. The moment you mother any idea or desire it will come forth into manifestation.

For the time is at hand. The time is always at hand; it is now. In God there is no time or space. When you pray you leave time and space and enter Eternity. Your good is this present moment. Spiritual growth has nothing to do with time or space. You can claim love now, peace now, and strength now. God is the Eternal Now. You don't have to wait for peace, wisdom, joy, or a healing. All these qualities of God are within you, and when you claim your good, Spirit will validate it and give to you according to your mental acceptance. Cease postponing your good.

(7) *Behold, he cometh with clouds; and every eye shall see him, and they also which pierced*

him: and all kindreds of the earth shall wail because of him. Even so, Amen.

The meaning of this verse is clear. We cannot see the workings of our subconscious mind; it is like a cloud; but when the cloud has become saturated with vapor, precipitation takes place, and we have rain. When your consciousness becomes saturated with the feeling of being what you long to be or when you have reached the point of conviction, your deeper mind will project the answer as a condition, experience, or event. The law is, whatever is impressed on the subconscious mind is expressed on the screen of space.

(8) *I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty.*

I AM or God is the beginning and the end. In simple, everyday language, the beginning of anything is your desire, idea, thought, or purpose; in other words, when you become aware of being or having some desire in your mind, it is called Alpha or the beginning. Your desire is covered with a cloud which means you don't know how to bring it forth. If you will feel within yourself that the God-Wisdom locked in your subconscious mind is at work, it will bring to pass the

fulfilment in ways you do not know. Continue to mother this idea with feeling, and you will succeed in impregnating your deeper mind and the answer to your prayer will be precipitated in the same manner that rain falls from the saturated cloud. The beginning is the acorn and the end is the oak, but the plant is already in the seed, and the apple is already in the apple-seed. The beginning is your idea, and the end (Omega) is its manifestation. Your desire, like a seed, has within it its own mathematics and mechanics, and when planted in the receptive area of your mind, it will gestate and grow in the darkness, eventually coming forth into your objective experience. The solution to all your problems comes out of the clouds of your own consciousness.

(9) *I John, who also am your brother, and companion in tribulation; and in the kingdom and patience of Jesus Christ, was in the isle that is called Patmos, for the word of God, and for the testimony of Jesus Christ.*

John is the type of mind that is always transcending itself, the man who is constantly giving birth to spiritual values. *Tribulation* means suffering; actually your desire is your tribulation, because if you realized your desire, you would not

be suffering. There is no occasion to suffer when we release our vain opinions and false beliefs and enthrone in our mind the spiritual truths about our mind and the way it works. *To suffer* also means to allow, as to suffer it to be done now. *Tribulation* means to undergo a change whereby we separate ourselves from that which binds, restricts, or inhibits us.

There are birth pangs in the change because before something is born something must die, before something is created something must be destroyed. When you pray about a situation or condition you will oftentimes find that things get worse before the answer comes; this is a cleansing process whereby the old state disintegrates, creating some pain and tribulation such as confusion; but this is a good sign as it indicates the new state is being born. It is somewhat similar to spring cleaning when the mistress of the house creates a lot of dust during the cleaning process.

The *isle of Patmos* means to still your mind and dwell mentally on God. You are then in an island surrounded by water, *i.e.*, you have a firm conviction and faith in God which remains unmoved and unyielding. You are fixed in the belief that what you now contemplate in the secret place of

your mind will come to pass, knowing in your heart that it is done unto you as you believe. Your emotions are stilled because you are resting in abiding faith and trust in mental and spiritual laws which transcend all conditions, circumstances, and external appearances.

You are in the *isle of Patmos* when you shut the door of your five senses, turn within to God, and claim that the God who gave you your desire or idea is the same God who fulfills it. Sense and feel the reality of your desire and rejoice in its fulfillment. You can believe in the reality of your idea just as surely as you can believe you have a hand or a heart. Thoughts are things, ideas execute themselves, what we feel we attract, and what we contemplate we become. When we know these simple truths and their corollaries, we can go to the *isle of Patmos* in faith and confidence and become firm in our conviction that what we pray for already subsists in Infinite Mind and may be said to exist when we feel its reality in our hearts.

(10) *I was in the Spirit on the Lord's day, and heard behind me a great voice, as of a trumpet,* (11) *Saying, I am Alpha and Omega, the first and the last: and, What thou seest, write in a*

book, and send it unto the seven churches which are in Asia; unto Ephesus and unto Smyrna, and unto Pergamos, and unto Thyatira, and unto Sardis, and unto Philadelphia, and unto Laodicea.

The day of the Lord is when the Light and Intelligence of God shines in your mind, when you know that your own consciousness is God, and that It is the only Creative Power in your world. *Spirit* means feeling, an animation on the inside, and enthusiasm. You are *in the Spirit* when you think of God as the faceless, formless, boundless Awareness within you, knowing that He is the Only Presence and the Only Power. Do not strain for a realization, but simply feel this great Truth. If you are praying about a particular problem, enter into the *Spirit* or feeling of the joy of the answered prayer. The *voice* that you hear which seems like a *trumpet* is the sound of your answered prayer. It also represents the voice of intuition, and means taught from within. Sometimes the idea or perfect answer wells up spontaneously in your mind like toast out of a toaster.

In verse eleven the *book* spoken of is your subconscious mind in which you are always inscribing your habitual thoughts, feelings, beliefs, and reactions to life. Whatever you feel as true on

the inside, you experience on the outside. The subjective mind receives impressions from our conscious mind which is the scribe, and the ideas impressed thereon become form, function, and experience. *Asia* means the East, the dawn, the within, the hidden, the spiritual realm. It means the Spirit within, your awareness of the Indwelling Divine Presence which is represented by the rising sun in Eastern symbology. All religions have their first impetus in Asia and represent the Infinite Intelligence and Wisdom of God resident in the unconscious of all men.

Before we elaborate on the meaning of the *seven churches,* we must understand the meaning of the word *church.* The true *church* is the consciousness of man from which he draws out all the wisdom, strength, and power he needs to maintain himself fully and be expressed at his highest level. A church in Bible language is not a sect or denomination. It is an aggregation of spiritual ideas in individual consciousness.

To send a message to the seven churches a new state of consciousness or mental attitude must be formed. Man must gain an understanding of God as Spirit and establish friendly and harmonious relations to Spirit. The *church* of God is a mental

and spiritual awareness of the Truths of God which are gradually absorbed into the mentality. You are building the church of God on earth when you begin a silent, interior planting of spiritual concepts, which work like leaven and in due season transform your whole life.

Countless millions read the Bible according to the letter instead of the spirit or underlying meaning. The various forms, creeds, ceremonies, liturgies, and rituals are all symbolic of inner processes of spiritual growth and awareness. Your *church* is your Deeper Self from which you extract the Wisdom, Power, and Glory of God embedded therein. Remember that a *church* is not made of creeds or forms; neither is it contained in walls of marble and brick. The highest altar in the land is the purified heart of man. Each man is the temple of the Living God, and the Spirit of Truth will lead and guide all men to the Everlasting Truth which is One and Indivisible. One God, One Law, One Life, One Truth, One Eternal, One Father of all—God. All men who walk the earth have the marvelous opportunity to turn to the God-Presence within for light and inspiration, and each shall receive. When all men make a habit of doing this, the real *Church* of God

will be found where it always was—in the heart of man.

The seven churches are the seven steps or degrees of awareness through which all of us go before reaching the point of mental conviction or internal, vivid realization concerning the subject or condition about which we are praying. When we have reached the point of fulfillment mentally and emotionally where there is no longer any quarrel with the conscious or subconscious mind, we no longer feel any need or inclination to pray further. We are satisfied and have that inner, silent knowing of the soul that all is well. It is a deep, inner feeling of certitude whereby you know that you know. You bless the situation at this point and leave it. You have affirmed the Truth and spoken the word which will not return unto you void. You are now resting in the unalterable conviction that your prayer is already answered in Divine Mind, and the moment you think not, it shall appear on the screen of space.

The seven churches represent the seven days of creation, which again represent the length of time it takes you to get an answer to your prayer. If you have an instantaneous healing or demonstration the seven days or seven stages of mental

and spiritual development have been traversed. *And God blessed the seventh day and sanctified it.* (*Gen.* 2:3)

According to some geologists the earth beneath our feet bears record of six great creative periods, with a seventh process still functioning and in the process of completion. There are seven colors of the spectrum, seven principal tones of music, seven senses of man; the numeral seven represents fulness or a completed state. *The seven churches* also refer to the Sabbath Day. The *Sabbath* means the seventh day, seventh month, restoration, at-one-ment, completion, perfection, wholeness, repose, and rest. *The seven churches* or *the Sabbath Day* represent a state of mind that man enters or acquires when he goes into the silence of the soul, into communion with God where he finds true rest and peace. *The seven churches* represent also the seventh or perfect stage of one's spiritual unfoldment. You can send your message to the seven churches within you at any hour. Drop your ideal with feeling into your subconscious mind, and you will come to the seventh stage.

The following are the stages or steps you go through before any prayer is answered:

1. *Ephesus* means desire, plan, or purpose.
2. *Smyrna* means fragrance.
3. *Pergamos* means strongly united, closely knit.
4. *Thyatira* means incense, inspired zeal.
5. *Sardis* means precious stone, joy.
6. *Philadelphia* means fraternal love.
7. *Laodicea* means judgment, detachment.

The *seven churches* are seven states of consciousness. You send your message to the seven churches this way: You go to the isle of Patmos within yourself, which is your own mind, where you contemplate God and pass through seven degrees of awareness to the conditioned state. First you have a desire. Then you dwell in the fragrant state which is the thrill of being or having what you want through the Power of God. In the third step, you mentally and emotionally unite with your ideal or desire by exalting it, lifting it up in mind, wooing it, and embracing it.

The fourth step, represented by incense, is sustained thanksgiving, thanking God for the gift already received. You are thankful in the same way as though you were thanking a man in a store for the fur coat he is going to send you to your home. You trust him implicitly. You have not yet re-

ceived the coat, but you know you will. Your father promised you a car for graduation; you have not yet received it, but you remember the joy, the thrill, the incense burning within your heart when he promised it to you. All you had was a promise, but you were just as happy as though you had received it because you knew from previous experience that your father always kept his word. Can't you offer the incense of thankfulness to God who never fails? His promises are based on Law, and He has already given you everything. He is within you. Your uplifted and grateful heart will work miracles. Never cease offering incense on the altar of your heart to God Who gave you all things.

The fifth step follows which is a joyous reaction where you are bubbling over with a joyous expectancy, knowing what you claimed in the silence on the isle of Patmos will come to pass, as Spirit always validates and makes good your claim or belief. The sixth step is Love or at-one-ement with your ideal which represents identification. You are now one with your desire. Your subconscious has absorbed it, and you are filled full—there has been a marriage of the idea and feeling. You have mentally absorbed your desire

in the same manner as a piece of bread becomes tissue, muscle, bone, and blood stream.

The last or final step is *Laodicea* which is a rest in God—the creative act is finished. Having done all, you stand on the word of Truth. There is always an interval of time between the impregnation of the subconscious and the manifestation. This period is called the stillness, the Sabbath, the seventh day, the seventh hour—all of which mean subconscious pregnancy. Your subconscious is having a child, which child shall be born at the right time in the right way according to the wisdom of the subconscious. One problem may be solved in an hour, another in a week or a month, another in minutes. Some magnificent demonstrations or answers to prayer have taken years as we count them on the three dimensional plane of life; but in all cases the message to the seven churches or the seven degrees of unfoldment were gone through.

(12) *And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks;* (13) *And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle.*

The *seven candlesticks* are the seven churches. The *garment* which you wear is your mood, your feeling, your joyous conviction. You have been to the banquet table of God where you come mentally clothed in the garment of love, forgiveness, peace, joy, and good will. When you enter into a great psychological feast of joy and happiness, you are wearing the garment of love and you are wearing, symbolically speaking, the *golden girdle* which is a symbol of joy.

When you pray, you must always go to the God-Presence wearing a *golden robe* or a clean heart and mind free from resentment, ill will, hostility, prejudice, or condemnation. These attitudes of mind preclude and obstruct the flow of the Divine Healing Presence. The debris must be removed from the pipe before the water will flow through freely. Likewise a contaminated consciousness must be cleansed of all perverted and noxious feelings in order for harmony, health, and peace to enter in.

(14) *His head and his hairs were white like wool, as white as snow; and his eyes were as a flame of fire;* (15) *And his feet like unto fine brass, as if they burned in a furnace; and his voice as the sound of many waters.*

The *head* and *hairs* mentioned here represent the intellect anointed by the Wisdom of God. *Hairs* represent the Power and Wisdom of God. *Head* symbolizes the intellect or conscious mind. When your thoughts are God's thoughts, God's Power is with your thought of good. When you have a clean mind and a clean heart, or a true God-like idea and the true feeling which follows, your mind is referred to as *white as wool* or *snow.*

In verse fifteen the word *feet* means understanding. *Brass* is an alloy formed by the union of zinc and copper, which means a union of your desire and feeling, your mind and your heart. Your understanding consists of your knowledge of the working of your mind enabling you to unite with what you want and to feel yourself to be what you want to be.

(16) *And he had in his right hand seven stars: and out of his mouth went a sharp twoedged sword: and his countenance was as the sun shineth in his strength.*

The *twoedged sword* coming *out of his mouth* means out of your mouth or mind comes speech, or *comes a voice,* which is vibration. Truth is a *sword* because it severs us from our old, false beliefs and negative patterns, creating a quarrel in

our mind in order to resolve a problem. Remember also that whatever you think and feel about another you are creating in your own experience for the simple reason that what you think and feel you create. Truth is a *twoedged sword* in the sense that it is the subjective factor which is always the determining factor. What you believe you create. Man is belief expressed.

When you perceive the Truth of Being, you will believe only in the Goodness and Love of God and expect only the best. You can then roam the whole world wearing the garment of God, and the whole world will be blessed because you walked this way. When you enthrone a God of Love in your mind and believe in your heart that God is the Great, Beneficent Father, you will get a response from the Father of Light as love, peace, guidance, abundance, and security. He will turn to you as you turn to Him. God is to you what you believe Him to be.

(17) *And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last:* (18) *I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death.*

Verse seventeen means that when you perceive the Creative Power within you, you become as *dead; i.e.,* asleep to the world and alive to God. You realize once and for all the beginning and the end are the same—the thought and the thing, the idea and its manifestation, the oak and the acorn are one. The flower and the seed are one. Your desire and its manifestation are one in your mind. All things subsist in Divine Mind. *Alpha* is the desire and *Omega* is the manifestation of the desire. God gave you the desire, God will fulfill the desire, and God will reveal to you every step necessary for its unfoldment. The place of fulfillment is in your mind, and the place of origin is your mind.

Consciousness is always dying and giving birth to something new. You can die to poverty by claiming God's Opulence is flowing through you. As you continue to do this, the poverty state will be starved to death and you give birth to the prosperity consciousness. The old man is dead, and we now see another man rolling in wealth. You can die to fear and live in faith in God. You can die to ill will and feast on good will. You can die to sickness by taking your attention away from what you do not want and placing all your atten-

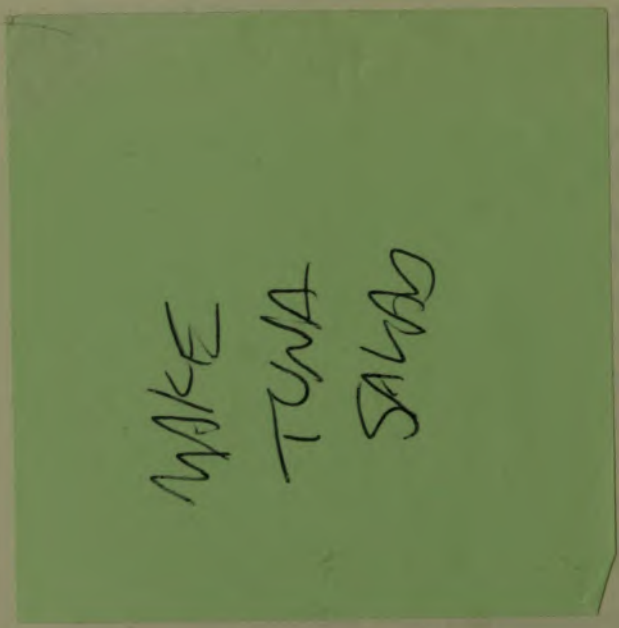
tion on God and His Infinite Healing Presence, claiming that what is true of God is true of you. The *keys of hell and death* mean your capacity to die to the old state and live in the new. I must die to what I am before I can live to that which I long to be.

(19) *Write the things which thou hast seen, and the things which are, and the things which shall be hereafter;* (20) *The mystery of the seven stars which thou sawest in my right hand, and the seven golden candlesticks. The seven stars are the angels of the seven churches: and the seven candlesticks which thou sawest are the seven churches.*

The *seven stars* and the *angels of the seven churches* are the same thing. An *angel* is a messenger of God, a new idea, a new attitude, a new interpretation of life. The *angel* must come before you can change. You can't change your old ways of thinking until you get a new idea. You come to new judgments, decisions, and conclusions when you learn the Creative Power of your own mind. To realize that what you imagine and feel you create is to experience a visitation of an angel. This angel or new idea heralds the birth of your savior or solution to your problem.

As you walk in the mood or feeling that your

prayer is being answered, in the same way the sun will be resurrected in the morning; you will have found your savior; then the dawn will appear and all the shadows will flee.



CHAPTER TWO

We have already elaborated on the meaning of *angel,* the *seven churches,* and the *seven candlesticks.* Since we plan to avoid as much repetition as possible in this book, we will start therefore with the third and fourth verses, avoiding material already covered. The *seven stars* as outlined previously are the seven degrees of awareness through which we go before becoming subjectively one with our desire.

(3) *And hast borne, and has patience, and for my name's sake hast laboured, and hast not fainted.* (4) *Nevertheless I have somewhat against thee, because thou hast left thy first love.*

Your *first love* is God or the Spirit within. When you are loyal and devoted to the One Power recognizing no other, you are loving God. The moment you give power to fear, doubt, or external phenomena, you have left your *first love* and will find yourself in trouble. It means you have wandered away on the periphery of life worshipping all sorts of strange gods. Now you must

return to the Center where God dwells in Peace and Harmony, and here be refreshed and replenished from the standpoint of Truth. Here in the silence in communion with God, you can receive Guidance, Strength, and Power to solve all your problems and rise triumphant over all difficulties.

Many scientists have discovered the secret of drawing wisdom from the Deeper Self. Poincare, the French mathematician, would relax, let go, and get passive and still; then he would turn over his mathematical problem to his Deeper Mind which knew the answer. He turned his request over with faith and confidence—this activated the wisdom in his subjective mind, and when his conscious mind was preoccupied with other things, the answer invariably came to his surface mind in a manner similar to toast popping out of the toaster.

(5) *Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent.*

In verse five the word *repent* means to think in a new way and to get a new idea. When you get a new idea about the creative power of your

mind, you begin to think in a new way, and as you think and feel so do you become. Thought and feeling create your destiny, and when you begin to think right, feel right, act right, and do right, you are really repenting. To *do the first works* means that when a desire comes to us, we must not stay with our limitations. We must plant our seed in the subjective mind and must give it our full attention. Clarify your desire, define your goal, and be definite and purposeful—this is the job of *Ephesus*. When you know what you want and have defined it clearly in your conscious mind, you will always receive a response from your subconscious mind, which is full of wisdom and intelligence and knows how to bring it to pass.

(6) *But this thou hast, that thou hatest the deeds of the Nicolaitanes, which I also hate.* (7) *He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.*

The *deeds of the Nicolaitanes* refer to phallic worship, which is an abomination of the Law. The deeds of the Nicolaitanes are likened to the actions of Balaam, meaning fornication or cohabiting with evil and destructive thoughts in our mind.

To *hate* in the Bible is to completely reject anything negative or destructive in our mind. If we enthrone error in our mind, we will be compelled to express evil. We leave our *first* love which is God whenever we indulge in bitterness, prejudice, hatred, or negation of any kind.

We *eat of the tree of life* spoken of in verse seven when we meditate or mentally feast on something elevating, dignifying, and praiseworthy. The *tree of life* is the Presence of God within you. It is the Christmas tree, and all fruits are hanging on it. Everything you are seeking is within you. No matter what the problem may be, the answer is within you.

A woman who attended the class on *Revelation* had ears which heard the Truth of God—her mind was open and receptive to new ideas. Her child was very ill, and hope of saving the child's life was given up by all except the mother. She sat by the bed in the hospital and prayed as follows: "God is the Life of my child, and His Healing Power is flowing through every atom of his being. The Peace of God floods his mind and body, and through His Power my child is made whole." She silently repeated this simple prayer over and over again trying to lift up the idea of

health in her mind. She knew intuitively and instinctively as she continued praying that she would reach the point of inner peace about her boy. After a few hours the child began to cry for food. The doctor examined the child and said he had passed the crisis. She had practiced sending a message to the seven churches, which meant that she had raised her idea in consciousness through seven degrees of awareness or feeling until an inner conviction took over.

We will go over these seven steps briefly again. *Ephesus* means your desire, which we realize comes from God reminding us of a void in our life. *Smyrna* means hearing; we discipline ourselves so that we hear or give attention only to that which will bless and heal us. We listen to the good news within ourselves—this is the fragrant state *Pergamos,* where we come to the point of clear-cut decision in our mind whereby we know the Deeper Mind responds to our definite decision and trust in It. There is no doubt in our minds. *Thyatira* is the state where we feel the joy of what we are contemplating, when we see and feel the happy ending. *Sardis* is where we mentally come to the place of rest or conviction. *Philadelphia* is where we love our conviction and adhere to it faithfully. *Laodicea*

is detachment where we rest in God. Impregnation of the subconscious has taken place, and in a little while the answer to our prayer will be made manifest. These are stages we go through mentally whether our prayer is answered in a minute, an hour, a month, or a year.

(8) *And unto the angel of the church in Smyrna write; These things saith the first and the last, which was dead, and is alive;* (9) *I know thy works, and tribulation, and poverty, (but thou art rich) and I know the blasphemy of them which say they are Jews, and are not, but are the synagogue of Satan.*

A *Jew* is a person whose intellect is illumined by the Wisdom of God; he knows the Law of Life and follows It. Many people say they believe in God, and at the same time they postulate another power called "Satan" or the "Devil"—this is *blasphemy,* and their *synagogue* or mind becomes double-minded and confused. To say, "I believe God is Love," and then to hate someone is a contradiction in the mind. To say, "I believe God is the Source of all blessings and the Supreme Cause," and at the same time to be angry and resentful toward others, blaming them for your

loss or trouble, is to cohabit with evil and false beliefs in your mind.

Satan means a lier in wait, an adversary, a false belief, hater, accuser, opposer, or contradictor. Any idea you entertain in your mind which opposes the Truth about God is *Satan*. Self-depreciation and self-condemnation admit the accuser, which is a destructive thought in your own mind admitted there by you and entertained in your mental realm. There is no law which says that you have to entertain a gangster, assassin, marauder, or intruder in your mind. Such negative thoughts will rob you of peace, harmony, health, vitality, and enthusiasm, and leave you a mental and physical wreck. The *Satanic* thought is any suggestion or idea that tends to persuade you to turn away from the belief in One Power and One Cause. *I beheld Satan as lightning fall from heaven.* (Luke 10:18.)

Heaven is your mind at peace relatively speaking. When you permit the thoughts of fear, hate, jealousy, *etc.,* into your mind, there are Satan and war in heaven. When you affirm the Truth of Being, erroneous thought falls away; that is, Satan falls from heaven as lightning. Ultimately all evil destroys itself. *Salvation is of the Jews*—that is

to say the solution or the answer to prayer comes to the man who is consciously aware of the Indwelling God and His responsiveness; he is the type of man who knows that what he consciously desires to be, to do, or to have, will get a response from the Deeper Mind full of Wisdom, Power, and Intelligence.

The *synagogue of Satan* represents the accumulation or aggregation of negative thoughts in the mind. The *congregation* represents thoughts, feelings, opinions, and beliefs. If a man says he is a Jew, and is bringing forth misery, pain, sickness, and lack, in Bible language he is not a Jew but belongs to the *synagogue of Satan,* which is a false belief about God, life, the universe, and all things good. He believes in misfortune instead of good fortune. We are not *Jews* if we are not demonstrating harmony, health, peace, joy, and abundance. Some people say, "I believe that God can do all things;" then they say, "My child has no chance, it is going to die." They are actually saying that the Creative Intelligence which made the body cannot heal, thereby denying the Presence and Power of God.

(10) *Fear none of those things which thou shalt suffer: behold, the devil shall cast some of*

you into prison, that ye may be tried: and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life. (11) *He that hath an ear, let him hear what the Spirit saith unto the churches; He that overcometh shall not be hurt of the second death.*

In prayer we must be *faithful unto death;* the death of the old state takes place as we remain faithful to our ideal or desire every step of the way. In prayer we must give allegiance to the One Power, and as we give devotion, faith, and allegiance to our desire, the old condition will disappear and the new state will be resurrected. The *crown* we receive is victory, triumph, and accomplishment. We become victorious over problems as we remain faithful to our vision or goal, knowing in our heart that no matter how black the tunnel is, we shall come out into the light.

The meaning of verse eleven can be explained this way: The first death is the Universal Life or God assuming the form of the child born into the world—this is the Formless assuming form or Life becoming manifest. The first resurrection takes place when we awaken to the realization that our Consciousness or Awareness is God; we learn to resurrect the Wisdom, Intelligence, and Power of

God within ourselves. We transform our lives and environment as we learn that whatever concept we engage in and give attention to in our mind, we create. In other words we learn the Law of Creative Mind; then comes the manifestation of our hopes, wishes, and aspirations. The *second death* takes place when we begin to lose our limitations and start dying to fear, ignorance, superstition, and error of all kinds, thereby resurrecting faith, love, joy, happiness, and confidence in an Everlasting Principle which never changes.

The *ten days* spoken of in verse ten means the length of time it takes us to bring about an agreement between our conscious and subconscious mind. In the numeral ten, the one means the male element or our idea or desire, and the zero means the womb or female capacity in all of us, the feeling or emotional nature. When we emotionalize the idea, creation has taken place, the male and female are fused into one, and God has entered in; *i.e.,* the Creative Power of God is made manifest in such a union, and the result comes forth which is the answer to our prayer. *If two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.* (Matt. 18:19.)

(12) *And to the angel of the church in Pergamos write; These things saith he which hath the sharp sword with two edges;* (13) *I know thy works, and where thou dwellest, even where Satan's seat is: and thou holdest fast my name, and hast not denied my faith, even in those days wherein Antipas was my faithful martyr, who was slain among you, where Satan dwelleth.*

The *sharp word* means that a sword cuts, which means we sever ourselves from our old concepts of limitation and come to the place of decision in our mind where Truth prevails in all its pristine glory. We martyr *Antipas,* which means second sight or intuition, when we become negative and resist evil. *Resist not him that is evil.* (Matt. 5:39.) We do not need to resist evil or Satan since it has no power of itself. By remaining positive to the Truths of God all error will fall away from our life. The resistant attitude of mind leads to martyrdom of the Inner Wisdom, symbolically speaking, for the Wisdom of the Subjective Self does not rise to the surface mind when it is disturbed and confused.

(17) *He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna,*

and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.

The word *manna* is a symbol of Goodness and Truth which feeds the soul. There is a Spiritual Wisdom which wells up from the subjective depths within those who sincerely seek It and which waters and refreshes the mind and puts sweetness into the mouth. *Manna* is an outpouring of Divine Wisdom which fills the soul with joy. *Manna* is the bread of peace, joy, love, faith, and confidence in God. It is the blessed bread of God which we partake of when we meditate on the Truth of God.

The *white stone* is the purified or cleansed mind which follows our feasting on God and His blessed qualities. We write *a new name* or nature because we are absolutely convinced of God's Goodness and Love. As we go on a great, psychological feast of peace and happiness we make a deep impression which is indelibly engraved in consciousness, and our whole nature is transformed. Man becomes what he contemplates; knowing this anyone can write what they wish in their subconscious mind, for whatever we feel as true will come to pass. No one can ever take away this inner experience

from you because you have tasted God and found Him Good. No one can give this experience to you—you must receive it yourself.

(20) *Notwithstanding I have a few things against thee, because thou sufferest that woman Jezebel, which calleth herself a prophetess, to teach and to seduce my servants to commit fornication, and to eat things sacrificed unto idols.*

Our moods, feelings, and beliefs *prophesy* or determine that which is to come. Man with the conviction of God's Love in his heart prophesies the Good only because he knows that his faith in God and all things is his fortune. Man's present mood or mental attitude is a *prophecy* of that which is to come. When man permits his five senses to run wild, and mentally and emotionally unites or cohabits with evil in his mind, he is *fornicating,* in Bible language. This is referred to as being *seduced by the prophetess Jezebel.* Every man must be a prophet of God and reproduce the qualities, attributes, and potencies of God here and now.

(22) *Behold, I will cast her into a bed, and them that commit adultery with her into great tribulation, except they repent of their deeds.*

We commit *adultery* when we hate, resent, or

indulge in self-criticism and self-pity. If we give power to stars, to the weather, to people, and to entities, we are *committing adultery* because we are uniting mentally and emotionally with false beliefs. Actually we are creating idols in our mind. *Adultery* and *idolatry* are used synonymously.

(23) *And I will kill her children with death; and all the churches shall know that I am he which searched the reins and hearts; and I will give unto every one of you according to your works.*

The *children* of negative thoughts and emotions are sickness, lack, frustration, and limitation of all kinds. To permit fear, hate, or ill will to browbeat, intimidate, bully, and frighten us is to cohabit with evil in the bed of our mind. Our subconscious mind will always express what we have impressed upon it—good if good, evil if evil. No matter what we claim or affirm with the lips, our real feelings and beliefs are always made manifest. The Bible says adultery is of the heart—the *heart* means your emotional and feeling nature, your subconscious mind. The body does nothing of itself—the body moves as it is moved upon, the body acts as it is acted upon.

(26) *And he that overcometh, and keepeth my*

works unto the end, to him will I give power over the nations: (23) *And I will give him the morning star.*

The *morning star* is your recognition of the Presence and Power of God within you. On the heels of this discovery will come your birthday in God. The *morning star* heralds the dawning of the new day, proclaiming the resurrection of the sun, which bathes the world in beauty and redeems it from darkness and death. Your conviction that the Almighty Power of God is now going before you in majesty and might, and always is moving on your behalf; it will make all your dreams come true. You will find that all your ways are pleasantness and all your paths are peace.

CHAPTER THREE

We are taking the key verses of this chapter and again avoiding interpreations previously given.

(5) *He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels.*

The term *white raiment* means a purified state of consciousness, a clean mind free from guilt, fear, ill will, *etc.* The *book of life* is your subconscious mind, in which all your reactions, feelings, and beliefs are deposited morning, noon, and night. Your subconscious mind is like a recording machine. It records all your moods, sensations, and reactions of the day. The wise man sees to it that he records in the *book of life* strong, powerful, loving, and harmonious convictions about the constructive values of life.

(7) *And to the angel of the church in Philadelphia write; These things saith he that is holy,*

he that is true, he that hath the key of David, he that openeth, and no man shutteth; and shutteth, and no man openeth; (8) *I know thy works: behold, I have set before thee an open door, and no man can shut it: for thou hast a little strength, and hast kept my word, and has not denied my name.* (9) *Behold, I will make them of the synagogue of Satan, which say they are Jews, and are not, but do lie; behold, I will make them to come and worship before thy feet, and to know that I have loved thee.*

David represents Divine Love individualized in man's consciousness. The *key of David* is the consciousness of God's Love abiding in your heart which melts everything unlike itself. A man in our class on the book of *Revelation* told me that he had lost $20,000 in a business venture; it was a complete loss. He listened to the meaning of verse eight and said to himself, "How can I capitalize on my loss?" He assumed a positive attitude and affirmed boldly, "Infinite Intelligence is opening up a new door of expression for me, and I follow the guidance and direction which comes to me." A new idea came to him after a few days. His father-in-law backed him in the same business, and applying the new idea to his business

he has gone ahead in a wonderful way. He profited from his mistake and capitalized on his business misfortune.

The term *Jew* in verse nine has been previously explained. You are a *Jew* when you are releasing your hidden powers and filling each day with finer experiences in love and life.

(12) *Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out; and I will write upon him the name of my God, and the name of the city of my God, which is new Jerusalem, which cometh down out of heaven from my God: and I will write upon him my new name.*

The real test of true faith and confidence is what man does under pressure, or when he comes face to face with a seemingly impossible situation. The tendency of many is to run away, give up, and surrender. There is only one way to face any problem, and that is as a champion. You can overcome all difficulties through the Power and Wisdom of God. To know this is to instill courage and faith into your life. Never permit an obstacle, setback, or disappointment to stop you. As you keep on picturing the harmonious solution, the happy ending, knowing an Almighty

Power is backing you up, you will reach a point of inner conviction which is the *pillar in the temple of God.* A *pillar* means a fixed, immovable state of mind, meaning your absolute faith in God's Law and in His answer to your prayer. You *go no more out* in the sense that you no longer seek for that which you have. When you reach the point of inner certitude, there is nothing more to be done. You have written a *new name,* a new estimate, or blueprint of yourself in your Deeper Mind. You change your *name* when you begin to act upon your knowledge of the Spirit within you, bringing forth Love, Peace, Joy, and Happiness.

(15) *I know thy works, that thou art neither cold nor hot: I would thou wert cold or hot.*

This verse is very important because it points out that we must cease to vacillate, waiver, quiver, and hesitate, but rather come to a clear-cut and definite decision that there is but One Supreme Power which is a God of Love, forever seeking to express through us. Many people become enthusiastic for a while about the creative power of thought; then they disappear until the next problem. Others say, "It is nice to hear," and they never do anything with the Truths they hear.

Others say, "O, this thing doesn't work; I've tried it."

When we try to mix the old ideas with the new concept of God and His Laws, we get nowhere and become lukewarm. We must become enthusiastic about new interpretation of Life. We must give our allegiance completely to the Supreme Power within, and rejoice that we have discovered the power of our thought to bring us health or sickness, peace or sorrow, wealth or poverty. We must be glad to work *with* our subconscious, not *against* it. We certainly should be thrilled to know the way the mind works and begin now to convey to our subconscious mind dynamic, loving, positive, and highly productive thoughts and mental imagery. There should not be one moment's hesitation about making up our mind.

(18) *I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thin eyes with eyesalve, that thou mayest see.*

The *gold* mentioned is the Power of God in action in your life. To *anoint your eyes with eyesalve* means to develop your intuitive faculties,

sometimes called the *third eye*. There are extrasensory powers in all of us, and you can get guidance and illumination on any subject. In developing intuition you must never use force or mental coercion. Banish all anxiety and tension. The latter means you are full of fear, and such an attitude prevents the Wisdom of God from rising to the surface mind as a feeling, hunch, intimation, urge, or premonition. Your intuitive voice, if you welcome it with faith and confidence, gives you a strong feeling to do this or that, or to make a certain contract. When you pray for guidance, a lead will come. You must recognize that lead and follow it. Train yourself immediately to listen to your intuition and respond to its inner push, and you will greatly enhance your success along all lines of endeavor. You will grow to recognize the inner Voice by experience, trusting in God at all times to lead and guide you.

Let me illustrate how intuition works. A minister friend of mine asked me whether I thought the church he directed should purchase another church property which was being vacated. I said to him, "Let's pray about it and follow the lead that comes." Nothing happened for a few days; then he phoned me saying they were having a

board meeting to decide whether to purchase or not. While he was talking I could "feel" that the answer was "No," and he said, "You know, I feel the answer is "No." Subsequent events proved that he was right.

Your intuition works—*if* you give it the opportunity to respond by maintaining a positive, receptive attitude of mind. You must never try to force your own opinions or influence the intuitive urge in any way. In developing intuition you use reason and logic as far as they go; then you turn the request over to the deeper mind with faith and confidence, knowing in your heart that the answer always comes. You will recognize the answer by an overpowering hunch or feeling, a silent inner knowing of the soul, and by a sense of inner certitude.

(20) *Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.*

God is always *knocking* at the *door* of your heart as a desire. If you *open the door,* which means if you welcome the desire in your mind and treat it cordially and lovingly, you will succeed in becoming one with it mentally and emo-

tionally. You are *supping* with your desire when you feast with joy on the reality of your desire. The Healing Presence is always knocking at your door, and if you will open your mind and heart, and listen to the Voice of Truth, you will have a perfect healing.

A man in one of our classes on the Bible told me that his little boy's finger was twisted in an accident. Every night he would picture a perfect finger on his boy's hand, claiming that there was a perfect idea of a finger in the Mind of God. Prior to falling asleep he would hear his son say to him joyously, "Daddy, look at my finger, it is perfect!" In a month's time the boy's finger was perfectly straight.

Remember the Spirit is always knocking at the door, and the latch opens from the inside. We turn the Holy Visitor away every time that we cease to have faith and confidence in the Spiritual Power as Supreme and Sovereign. If we give power to other things, to people, to conditions, and to circumstances, we are turning the Visitor away. If we say, "I can't," or "I'm incurable," we are actually rejecting the God-Presence which comes to us as a desire for perfect health and harmony. We always know whether or not we have let the

Holy Visitor into our heart, by our attitude, demeanor, poise, and balance.

A radio listener wrote saying that one of her tenants was boisterous, rude, noisy, and had drunken brawls in the apartment, annoying all the other tenants. He refused to leave. She stilled her mind, listened to the soft tread of the Unseen Guest, and bid Him welcome. She said that the thoughts in her mind that were intimidating and browbeating her left her completely as she turned to the Spirit within. She decreed that the Presence of God was where this tenant was and that he was in his true place, releasing him completely to the ocean of Infinite Love. She prayed in this manner until she got the reaction which satisfied, which means inner peace and tranquillity. The man paid up his rent, left quietly and she attracted a very spiritually-minded tenant.

CHAPTER FOUR

(1) *After this I looked, and, behold, a door was opened in heaven: and the first voice which I heard was as it were of a trumpet talking with me; which said, Come up hither, and I will shew thee things which must be hereafter.* (2) *And immediately I was in the spirit: and, behold, a throne was set in heaven, and one sat on the throne.* (3) *And he that sat was to look upon like a jasper and a sardine stone: and there was a rainbow round about the throne, in sight like unto an emerald.* (4) *And round about the throne were four and twenty seats: and upon the seats I saw four and twenty elders sitting, clothed in white raiment; and they had on their heads crowns of gold.*

THIS is a wonderful chapter on meditation. When we close our eyes, still the mind, and think of the Infinite Healing Presence within, we are absent from the body (problems, difficulties, sickness, *etc.*,) and we are present with our Lord as

we contemplate the solution to our problems through the Wisdom and Power of God. We have shut the door of the senses upon the outside world, and we have opened another door to the inside, to the subjective realm, into *heaven*. The *trumpet* which you hear represents your inner tone, mood, or feeling which becomes exhilarating, elevating, and inspiring as you contemplate your good. This is the *voice of the trumpet*. Your faith and conviction is a prophecy of that which is to come.

I will shew these things which must be hereafter means that in meditation you can have a preview of things to come, you can see the answer to your prayer before you experience it objectively. In prayer you call things that be not, as though they were, and the unseen becomes seen.

I explained these verses in our class on *Revelation,* and a young actress, who said she had reached the end of her rope, experimented during the prayer period as follows: She began to picture a contract in her hand; she began to feel it and give thanks, saying to herself, "It's mine now. I have so much to give." She lived with the mental picture of acceptance knowing that having seen and felt its reality in her mind, she would

experience it objectively. She received the contract within a month's time. She had a prevision of that which was to take place in the near future on the three dimensional plane of life.

The *throne* mentioned in these verses means your authority and your understanding of spiritual and mental laws. You have the authority to mentally and emotionally unite with your good, knowing the creative law of your mind will bring it to pass. You are always at the *throne of God,* for God is Omnipresent, and your separation from His Presence is purely one of thought and belief. The *rainbow round the throne* represents your covenant or agreement with your good; it is symbolic of the seven colors of the solar spectrum which are produced by different rates of vibration of universal energy, which ultimately results in the visible universe. When we go through the seven steps of prayer previously mentioned, the rainbow is round about us because we are reflecting our faith in the God-Presence within in the same manner as water acts as a prism when transmitting the sunlight. The *jasper and sardine stones* represent power and dominion over our thoughts.

The *four and twenty elders* represent all your

faculties, feelings, and attitudes gathered together in the contemplation of the Presence and Power of God. Our twelve faculties of mind which look outward must look inward—this represents the disciplining of our faculties of mind which are crowned with gold. *Gold* symbolizes power, and as we learn to discipline our mental faculties we will be able to wield more of God's Power and Wisdom. There are twenty-four hours in the day. Our twelve mental faculties function the twelve hours of the day, and when we are asleep, the same twelve faculties function the twelve hours of night.

(5) *And out of the throne proceeded lightnings and thunderings and voices: and there were seven lamps of fire burning before the throne, which are the seven Spirits of God.*

The *lightnings and thunderings* mean the movement of consciousness from the unconditioned to the conditioned state. In the mental and spiritual creative act we move through the seven qualities or degrees of feeling which are called the *seven Spirits of God.*

(6) *And before the throne there was a sea of glass like unto crystal: and in the midst of the throne, and round about the throne, were four*

beasts full of eyes before and behind. (7) *And the first beast was like a lion, and the second beast like a calf, and the third beast had a face as a man, and the fourth beast was like a flying eagle.* (8) *And the four beasts had each of them six wings about him; and they were full of eyes within: and they rest not day and night, saying, Holy, holy, holy, Lord God Almighty, which was, and is, and is to come.*

The *sea of glass* means the mind at peace, in tune with the Infinite. The *four beasts* mean the fourfold constitution of man; they also mean the four horses, the spiritual, mental, emotional, and physical nature of man.

There is another property of the number four that shows us the nature of a solid, thereby revealing to us the story of creation. For under the head of *one* falls what is called in geometry a point; under that of *two* falls a line. If *one* extends itself, *two* is formed; if a point extends itself, a line is formed: a line is length without breadth. If breadth be added, there results a surface, which comes under the category of *three.* To bring a plane to a solid, one thing is needed, depth; and this addition to *three* produces *four.*

There are four stages to producing a solid;

the same is true of anything else. We have the seed, the soil, the creative essence, and the plant. In making water in the chemical laboratory we have hydrogen, oxygen, the electric spark, and water. The numeral four may be dramatized in many ways such as the four seasons of the year, four phases of the moon, the four suits in a deck of cards, the four virtues such as prudence, self-mastery, faith, and justice, and the four elements such as fire, water, air, and earth.

The *four beasts* may be explained by the four fixed signs of the Zodiac, Leo, Taurus, Aquarius, and Scorpio. *Leo* represents the lion or the Spiritual Power, and *Taurus* means the calf or bull, the beast of burden. We labor with our desire to make it come true. *Aquarius* (man) signifies the water bearer. *Water* means Truth, which means we meditate on the reality of our desire by pouring water or feeling on our ideal. We imagine the happy ending, remaining loyal and devoted to our ideal. *Scorpio* (eagle) means the impregnation of our subconscious or the finished state. We could explain these four beasts as four phases of consciousness as follows: Consciousness or Spirit, desire, feeling, and realization.

In verse eight the *six wings* refer to the six

days of creation, or the length of time it takes you to impregnate the subconscious mind or reach the point of complete mental acceptance. We have to work diligently in all phases of our life to banish negativity and destructive thinking of all kinds. We must watch over our thoughts, ideas, opinions, and reactions, and see to it that nothing crosses the threshold of the mind but that which fills our soul with joy. We must labor mentally in prayer until we reach the Sabbath or seventh day, which is the inner certitude and quiet calm that follows prayer. The *seventh day* or the *Seven Spirits* refer to the six days or six steps leading to the seventh day of rest or conviction. You find the *six* referred to frequently throughout the Bible, such as the six steps to the throne of Solomon and the six pots of water at the marriage feast at Cana. All these references means the same thing, as the Bible uses outer concrete things to portray inner movements of consciousness.

Wings enable you to soar aloft above the storms of life. With your understanding of prayer you can be a spiritual paratrooper and fly over your difficulty to the haven of rest and security—the God-Presence within you. Here you live beyond time and space. In this impregnable fortress no

one can lay siege to it. Here you fashion, mold, and direct what is to come, and by conforming your mind to the Truths of God, you bring forth a perfect answer to your prayer.

To say, *"Holy, Holy, Holy,"* is, in our modern parlance, to see the Wholeness, Beauty, and Perfection of God everywhere, in all people, instead of accepting the appearance of discord. *Which was, and is, and is to come* means that the Truths of God change not—they are the same yesterday, today, and forever. You are living in Eternity now, and in the prayer process you do not try to create anything—all you do is identify yourself with that which always was, is now, and ever shall be.

CHAPTER FIVE

(1) *And I saw in the right hand of him that sat on the throne a book written within and on the backside, sealed with seven seals.* (2) *And I saw a strong angel proclaiming with a loud voice, Who is worthy to open the book, and to loose the seals thereof?* (3) *And no man in heaven, nor in earth, neither under the earth, was able to open the book, neither to look thereon.* (4) *And I wept much, because no man was found worthy to open and to read the book, neither to look thereon.*

THE *book written within and on the backside* is yourself. Whatever thoughts, beliefs, opinions, theories, or dogmas you write, engrave, or impress on your consciousness, you shall experience them as the objective manifestation of circumstances, conditions, and events. What we write on the inside, we experience on the outside. We have two sides to our life, objective and subjective, visible and invisible, thought and its manifestation.

The *seven seals* are seven states of consciousness. Our concept passes through seven states of awareness wherein we spiritualize our five senses by turning inward to the Spiritual Power; then we get our conscious and subconscious mind to agree and synchronize. When there is no longer any doubt in our conscious or subconscious mind, our prayer is answered. You break the *seven seals* when you discipline your five senses and get the two phases of your mind to agree.

There are *seven seals*. The first is sight; this means to see the Truth about any situation, such as perfect health where sickness is. The second is hearing; you hear the glad tidings by giving your attention to your vision of health. The third is smell; you smell the Truth by coming to a definite decision that the God who made the body can heal it, and you reject all other food, such as false concepts and race belief. The fourth seal is taste; you taste the Truth by appropriating the idea in your mind through meditation and frequent occupancy of the mind regarding the perfect outcome you want; and fifth, you touch the reality of your prayer by feeling the joy of the answered prayer. The remaining two seals, namely your conscious and subconscious mind, means that

when you succeed in disciplining the five senses, the male and female principle of your own mind begins to interact harmoniously—a divine marriage takes place between your desire and your emotion, and a child comes forth from the union, which is the answer to your problem.

You are worthy to *open the book* when you give attention to the Creative Principle within you and use it righteously. You will then begin to release the hidden treasures of health, harmony, peace, and beauty in your life.

(5) *And one of the elders saith unto me, Weep not: behold, the Lion of the tribe of Juda, the Root of David, hath prevailed to open the book, and to loose the seven seals thereof.*

The *Lion of the tribe of Juda* can *loose the seven seals*—the lion is the king of the jungle. Man is also a king when he awakens to the Power of God within him; he can take charge of his conceptive realm, regulate his emotions and reactions, and refuse to give a passport to any negative thought wishing to enter his mind. He can issue decrees and orders which must be obeyed implicitly, because he knows whatever he decrees with faith and confidence, his subconscious mind will validate, honor, and bring forth into his ob-

jective experience. Man's power to think, imagine, and feel constructively gives him power over all conditions in his world; he can *open the seals* which have been covered up and sealed by ignorance, fear, and superstition.

(6) *And I beheld, and, lo, in the midst of the throne and of the four beasts, and in the midst of the elders, stood a Lamb as it had been slain, having seven horns and seven eyes, which are the seven Spirits of God sent forth into all the earth.*

The *Lamb* is an ancient symbol of the first sign of the zodiac. The Zodiac means your consciousness or infinity, where all tones, moods, feelings, and vibrations are. You can strike any tone, because man is the infinite keyboard of God. What tone do you strike? I suggest you play the melody of God by striking the tones of wisdom, truth, and beauty; of harmony, health, and peace; of joy, wholeness, and perfection. The *Lamb* means your Consciousness which is forever dying to the old and being resurrected to new convictions of health, wealth, etc. If sick, you can detach yourself from the sick state and mentally feast on the Truth that God is Absolute Harmony and Absolute Perfection, and as you do, the old state dies and the new state of consciousness is born.

When the sun crossed the equator on the twenty-first of March, which is called the ingress of Aries, the ancients said, "This is the Lamb of God that taketh away the sins of the world," for the simple reason that as the sun crosses the equator in spring, all the seeds frozen in the ground during the long winter months are resurrected, and the desert rejoices once more and blossoms as the rose. All nature rejoices as the glow, warmth, and radiance of the sunlight redeems the world from the darkness of winter to the joy and enthusiasm of spring. It was called the *Lamb* because the sun entered the sign of the ram or lamb; symbolically this means your mind or intellect which is illumined by the Light or Wisdom of God.

You possess this Wisdom when you know that the Almighty Power of God flows through your mental patterns and mental imagery; therefore you will begin to reproduce the qualities, attributes, and potencies of God through your constructive patterns of thought. Man creates the same way God creates. God imagines Himself to be something; then He becomes what he imagines Himself to be.

The *seven horns* and the *seven eyes* are the

seven powers and seven perceptions about which we have elaborated in this chapter.

(8) *And when he had taken the book, the four beasts and four and twenty elders fell down before the Lamb, having every one of them harps, and golden vials full of odours, which are the prayers of saints.*

The *golden vials full of odours* represent the fragrant state, the reaction which satisfies. You cannot suppress the joy which arises when you succeed in feeling the reality of what you prayed for. You have a *harp* because prayer is the music of the soul. As you walk the earth the Light of God goes before you, behind you, to the right and left of you, above and below you—these are also the *six wings* or the six ways God surrounds you. The four powers are with you, and each of them has six wings.

(11) *And I beheld, and I heard the voice of many angels round about the throne and the beasts and the elders: and the number of them was ten thousand times ten thousand, and thousands of thousands.*

The *tens of thousands* mentioned represent the hundreds of thousands of thoughts in your mind; not all of them are constructive. For example you

might say, "I fear, I can't, I'm weak, I resent," *etc.* Which I is speaking? It is not the Infinite in you, or the real I. All these thoughts must die, and you must begin to think, speak, and act from the standpoint of the Infinite Goodness of God, the Infinite Intelligence of God, the Boundless Love of God, and the Omnipotence of the Infinite One. As you do this you will begin to hear the *voice of the angels.* An *angel* is a messenger of God or the Truth of God operating in your mind. The many angels operating in your mind are faith, confidence, love, joy, good will, enthusiasm, and understanding. Angels are attitudes of mind or states of consciousness. An angel is also an idea or desire which you have. Give your attention to the angel, mentally and emotionally identify with it, and it shall come to pass through the creative law of your mind.

CHAPTER SIX

(1) *And I saw when the Lamb opened one of the seals, and I heard, as it were the noise of thunder, one of the four beasts saying, Come and see.* (2) *And I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer.* (3) *And when he had opened the second seal, I heard the second beast say, Come and see.* (4) *And there went out another horse that was red: and power was given to him that sat thereon to take peace from the earth, and that they should kill one another: and there was given unto him a great sword.*

THE *Four Horsemen of the Apocalpse* are really the four beasts we have been talking about, and the four beasts in action in us become the four horses. We become aware of the functioning of our mind through understanding the meaning of these picturesque symbols. We must not construe as history anything in the *Book of Revelation,* as

it is purely allegorical and mystical. This is why it is unintelligible to the average person, because its subject-matter is veiled in symbolical language. In ancient times secrecy was always maintained regarding the sacred science for the sole purpose of guarding it and preserving it from dictators, despots, and tyrants, as well as from those who were considered unworthy to receive it.

The *Four Horsemen* represent the four elements of our nature, such as the spiritual, intellectual, emotional, and physical aspects of our being. The *white horse* symbolizes the Divine Presence in you, God, I AM, and the Higher Self, your spiritual nature. You ride the *white horse* when you realize that your own Consciousness or Awareness is the only Cause, Substance, and Power. When you trust the God-Presence completely, when you give all your allegiance and devotion to the sovereignty and supremacy of the One Power, you are truly riding the *white horse.*

The *bow* mentioned refers to the bow and arrow which is a symbol for the word which you send forth. The *word* means your inner thought and feeling which you send forth. In other words if you have an idea, this is the arrow which you are aiming for the bull's eye. If you hit your

target, well and good. Our prayers are answered the way we believe; therefore all prayers are answered at the level of our consciousness. The word spoken audibly or silently does not return to us void, based on the fact that it is done unto us as we believe. When you *ride the white horse,* you wear a *crown* which symbolizes victory, accomplishment, and achievement. When you assume that the Almighty Power is moving on your behalf, you will always be the victor. There is no power to challenge God or Spirit which always moves as a unity. When you pray or think, realize it is Omnipotence thinking in you, and there is nothing to challenge the One Power. Do this and wonders will happen as you pray.

The Eastern scriptures refer to the *white horse* as follows: "Prajapati said, 'Whoever shall seek thee (God) in the form of a white horse shall find thee.'" In ancient Vedic lore, the Sun was referred to as the zodiacal horse which died to save all flesh. This is another form of the great solar allegory common to all religions of the world. The birth, death, and resurrection of the Sun represent the mind awakening to the Indwelling God; then the death of ignorance, fear, and lack, and the resurrection of the qualities and potencies of

God takes place. This is what religion is all about.

The *red horse* symbolizes the mind energized by a strong and wonderful desire to be, to do, and to have. Desire is the root of every conceivable mode of life. Desire is the mainspring of all action; it is the cause of all feeling and action. When you desire, you wish to bring forth something which exists only in your thought. Desire is behind all progress; it is the force behind all things. Desire indicates a preference for one thing over another; it implies selection. Desire is the Voice of God in you, telling you to rise higher. Desire and fulfillment are bound together as cause and effect. When we have a desire, there is warfare in our mind because we are in a divided state. The *sword* of the Spirit signifies the awareness of Spiritual Power which dissipates all negation in the mind and brings peace.

Doubt, fear, race beliefs, evidence of senses, verdicts of the world, and circumstances challenge you in your mind. You must use the sword of Truth by realizing that you can overcome all the problems by what you know. Your confidence and faith come from awareness of the Spiritual Power and its responsiveness to you and to whatever you claim, believing you will receive. You

ride the red horse when you know that the God who gave you the desire is the same God who fulfills it, and it is easy for the Father Indwelling to bring it to pass. You are now armed with the sword of Truth which chops the head off the negative thoughts, enabling you to lift up your ideal to the point of acceptance. The old state is dead—behold, the new!

(5) *And when he had opened the third seal, I heard the third beast say, Come and see. And I beheld, and lo a black horse; and he that sat on him had a pair of balances in his hand.* (6) *And I heard a voice in the midst of the four beasts say, A measure of wheat for a penny, and three measures of barley for a penny; and see thou hurt not the oil and the wine.*

One of the meanings of a *black horse* is false knowledge and illusion is the rider. But now you are definitely and positively coming to a decision or a state of balance and equilibrium in your mind. The *wheat* and *barley* are bread substance signifying the food of the world or race mind beliefs. We weigh this with a small measure by giving fear, doubt, and race beliefs no power at all; then the limitation or problem is wasting away as we fast from fear and false beliefs and feast on faith

and trust in the One Power Which does all things. We weigh all things by reasoning things out spiritually, knowing in our heart that fear, doubt, and worry have no power, no principle behind them, nothing to sustain them, and that they are a conglomeration of sinister shadows in the mind, an illusion of power.

You ride the third horse when you look at your desire and weigh it with the mood of receptivity by saying decisively and incisively to yourself, "This I am going to accept. I am going to imagine, feel, and continue to hear the good news of the possibility of the execution of my desire, and I will bring it to pass." You have tipped the scales in favor of your desire, and there is no argument in your mind. You ride the black horse as a master horseman when you listen to the good news rather than to limitation and negation. We do not *waste the oil and the wine,* which is an exhortation to protect the growth of love (*oil*) for God and the Good, and wisdom (*wine*) which is an awareness of the Presence and Power of God and how to release the hidden treasures.

(7) *And when he had opened the fourth seal, I heard the voice of the fourth beast say, Come*

and see. (8) *And I looked, and behold a pale horse: and his name that sat on him was Death, and Hell followed with him. And power was given unto them over the fourth part of the earth, to kill with sword, and with hunger, and with death, and with the beasts of the earth.*

The pale horse means death, *i.e.,* the death of the old state and the birth of the new. When something dies, something is born. Every end is a beginning. Before something is created, something must be destroyed. You must ride with the idea or desire in your mind until you no longer desire it. The desire is now dead, just as a seed undergoes dissolution in the soil bequeathing or releasing its energy to another form of itself. Your desire has pierced the deeper layers of the subconscious mind, and the new state will now come forth. You must die to your present limitation before you can live to that which you long to be. The *Hell* mentioned in verse eight means Hades or the subjective self where the old state is consumed and the new is born. Through prayer you change the subconscious mind; then the ulcerous or the cancerous condition disappears. Whatever the problem or difficulty may be, it is due to a negative pattern in the subconscious mind, and

when we change the subconscious, the objective manifestation must disappear.

The *fourth part* mentioned means your body, environment, conditions, and circumstances. Whatever troubles you may have in any phase of your life can be transformed with the sword of Truth, by fasting mentally from the problem and feasting on the solution; then dissolution or death of the old will take place, and the Infinite One makes all things new.

(9) *And when he had opened the fifth seal, I saw under the altar the souls of them that were slain for the word of God, and for the testimony which they beheld:* (10) *And they cried with a loud voice, saying, How long, O Lord, holy and true, dost thou not judge and avenge our blood on them that dwell on the earth?*

In the outside world vengeance means *to get even* with someone who has wronged you; then the wrongdoer will again take vengeance and will try *to get even.* Thus it becomes a vicious circle which never ends. In the Bible *vengeance* means balance, equilibrium, or vindication of the Truth. *Vengeance is mine; I will repay, saith the Lord* (*Rom.* 12:19.) The Lord is our consciousness; vengeance takes place in consciousness when we

cast out the envy, jealousy, and other negative states (*I saw under the altar the souls of them that were slain*) and replace them with spiritual values —the eternal verities. We rise in consciousness through contemplation of God, we get even, *i.e.*, we get equilibrium, we enter into peace.

If someone has hurt you, realize that you, through your own thinking process, have hurt yourself, you have permitted your own thoughts and emotions to run wild. If you are now angry with some person, pray as follows: "The Harmony, Peace, and Love of God flowing through me now are also flowing through the other person." Continue to do this frequently, and you will find all the roots of ill will and hostility in your subconscious will wither away, and you are free. You have vindicated the Truth, and the Truth sets you free. This is vengeance when properly understood.

(12) *And I beheld when he had opened the sixth seal, and lo, there was a great earthquake; and the sun became black as sackcloth of hair, and the moon became as blood;* (13) *And the stars of heaven fell unto the earth, even as a fig tree casteth her untimely figs, when she is shaken of a mighty wind.*

Six is the number of creation, and when your prayer is answered there is always an earthquake because there is a dissolution of the old state before the new comes forth. The darkest hour is before the dawn. The sun and the moon are ancient symbols for the conscious and subconscious mind. When a woman gives birth, blood and water come out. She forgets the pangs and pains of childbirth and gets lost in the joy of beholding the newborn child. All this is symbolic of the birth of a new awareness in ourselves. *The sackcloth of hair* mentioned in verse twelve means disciplining of your thoughts by turning away from the allurements of sense evidence and placing all your reliance in the Divine. *Thou has turned for me my mourning into dancing: thou hast put off my sackcloth, and girded me with gladness.* (Ps. 30:11.)

The fig tree is a symbol of the sweet fruit of the Tree of Life. *The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.* (Gal. 5:22, 23.) When the figs fall off the fig tree (*as a fig tree casteth her untimely figs*), those that remain are the best. The same takes place in our own mind, we fertilize and give attention only to those concepts and ideas which

strengthen, heal, bless, and inspire us; we select our supreme desire, we subjectify it, plant it, keep our attention upon it; then we rest until creation takes place.

(14) *And the heaven departed as a scroll when it is rolled together; and every mountain and island were moved out of their places.*

Our old states disintegrate and fade away. The *mountains* and *islands* represent the obstacles, fixed false beliefs and difficulties which vanish in the presence of the Truth which frees.

(17) *For the great day of his wrath is come; and who shall be able to stand?*

The wrath of God is the action of the Spiritual Power in your mind, body, and environment. Sometimes there is a crisis in illness and the patient seems to get worse before he gets better. The Healing Presence is at work destroying all the bacteria or virulent organisms and suddenly the temperature drops, the patient smiles, and a healing follows. The cleansing process of the mind and body is called the wrath of God. The wrath of God does not mean the fury of an angry God; on the contrary it means the activity of the Divine Power bringing order out of chaos and restoring your life and affairs according to the Divine Pat-

tern which is order, harmony, and peace. The wrath of God could be likened to spring cleaning that takes place when everything in the house is disarranged and dirt is everywhere; only when you finish and put everything in its proper place, will you see Divine Order everywhere. The day of God's wrath in your life is something supremely worth experiencing, for it means God in action in your life, resulting in harmony, health, peace, and abundance.

CHAPTER SEVEN

(1) *And after these things I saw four angels standing on the four corners of the earth, holding the four winds of the earth, that the wind should not blow on the earth, nor on the sea, nor on any tree.* (2) *And I saw another angel ascending from the east, having the seal of the living God: and he cried with a loud voice to the four angels, to whom it was given to hurt the earth and the sea.*

THE *four angels* are within you which means your acquaintance with your fourfold nature. The first angel is your awareness that the Spirit within you is God, the Supreme Power. The second angel is your desire, the realization of which would free you from any predicament. The third angel is your feeling, conviction or complete mental absorption of your desire. The fourth angel is the manifestation or objectification of your desire. Your knowledge of the Creative Law and its fourfold function enables you to choose from the treasure house of Infinity all those things that would

bless and prosper you. The *winds* referred to are the moods or feelings which are impressed on the subjective mind and which come forth into objective experience as form, function, conditions and events.

An angel is an attitude of mind, a way of thinking; it is the angel that always announces the birth of our savior. A knowledge of the workings of your subconscious mind is an angel because such knowledge enables you to liberate yourself from any difficulty. An angel is like the morning star which heralds the coming of the sun that redeems the earth from darkness and causes the whole heavens to become a blaze of glory. Your mood of confidence and faith in God is an angel that goes before you making straight, joyous, and happy your way. The sun rises in the east to open and govern the day; symbolically the angel ascending from the east is your awareness of the I AM within you as God. Your I AMness is Lord God Almighty —the only Cause, Substance, and Power in the world. Your consciousness of God directs all the other angels (thoughts, ideas, desires) within you. Your spiritual awareness directs and orders all your thoughts, feelings, and emotions. You are in command and you order your thoughts around in

the same manner as an employer tells his employees what to do. The *loud voice* mentioned in verse two is your dominant conviction in the Infinite Goodness of God, and living in the joyous expectancy of the best. You are the man of authority ordering your servants (thoughts, ideas, and concepts) to give attention to things divine.

(3) *Saying, Hurt not the earth, neither the sea, nor the trees, till we have sealed the servants of our God in their foreheads.* (4) *And I heard the number of them which were sealed: and there were sealed an hundred and forty and four thousand of all the tribes of the children of Israel.*

The earth is your body and environment, your objective world; *the sea* represents your emotion; *the trees* are ideas and thoughts which have grown up into fixed attitudes and convictions; and when you *seal* the servants of God in your forehead, you are consciously and subconsciously convinced of the truths which you affirm, and nothing can hurt you as you give no power to the world or external phenomena. Your *forehead* represents your conscious mind, and when the subjective wisdom of God anoints your intellect, you have sealed the servants of God in your intellect. Your thoughts from now on will be noble and Godlike, and true

feeling follows your true thoughts. Verse four refers to our twelve faculties of mind.* Consciousness multiplies and magnifies everything it touches. Your twelve powers, when disciplined, are magnified exceedingly and are called the one hundred forty-four thousand. When you awaken your faculties, they become powerful.

(9) *After this I beheld, and, lo, a great multitude, which no man could number, of all nations, and kindreds, and people, and tongues, stood before the throne, and before the Lamb, clothed with white robes, and palms in their hands.*

All men in the world are extensions of yourself. You are the multitude and the two and a half billion people in this world are projections of yourself. When the bell tolls for anyone in the world, it tolls for you also. There is but One Man and we are all manifestations of the One Man and the One Life. Man would not recognize the cells of his own body when seen under the microscope, neither would he recognize the hair of his own head or drops of blood from his own veins. In like manner, the unawakened, unillumined man does not recognize other men as parts of himself. When we begin to discipline our twelve faculties through

*See my book *How to Get Results from Prayer* which deals with the twelve powers of mind.

prayer and meditation, we receive the palms of victory and triumph.

(14) *And I said unto him, Sir, thou knowest. And he said to me, These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb.*

We *wash our robes* when we discipline our mental faculties, attitudes, and feelings. In other words, we dress mentally for God, and when we come into His Presence we wear the robes as moods of love, joy, and expectancy. We cannot come to the banquet table of God wearing the robes or garments of fear, anger, jealousy, resentment, prejudice, or condemnation. We cleanse ourselves by pouring out love on others, by wishing health, happiness, peace, and good will for them. Love is the fulfilling of the law of health, abundance, and security. *White* symbolizes purity and sincerity. *The blood of the Lamb* means the Life and Love of God. As we enter into the consciousness of God's Love, everything unlike God in our mind or heart is dissolved. *Blood* means Life, and Life is Love, and God is Love. When you give life, love, and attention to the ideas which elevate, bless, and heal you, you are saved by the blood of the Lamb.

The Lamb is a world symbol of sacrifice referring to the sacrifice or the giving up of our negative thoughts, emotions, and destructive passions for the purpose of making a place in our soul for the qualities of goodness, truth, and love. We give up the lesser for the greater. We sacrifice a lower way of life in order to cultivate and enjoy a higher life. All progress is a sacrifice in this sense. The sacrifices and burnt offerings in general signify the regeneration and spiritual unfoldment of man by wisdom, truth, beauty, and love. In simple language, the *Lamb of God* is the desire of your heart, for desire is the gift of God, and you must sacrifice or offer up your desire through feeling its reality so that it dies in your subconscious, and is resurrected as answered prayer.

(15) *Therefore are they before the throne of God, and serve him day and night in his temple: and he that sitteth on the throne shall dwell among them.*

The spiritually minded man sits on the throne of his own consciousness maintaining control of his own twelve faculties, and he judges everything according to spiritual standards and the Truth of God.

CHAPTER EIGHT

(1) *And when he had opened the seventh seal, there was silence in heaven about the space of half an hour.* (2) *And I saw the seven angels which stood before God; and to them were given seven trumpets.*

THE *seventh seal* is the same as the seventh day or the seventh tone which means the stillness, the rest, the silence which follows true prayer. *Half an hour* means half time which is an indefinite term for we know nothing of the mystery of creation. The ways of our subconscious are past finding out. We do not know how, where, or through what source the answer comes. It comes in ways we know not of, in a manner which we know not, and in an hour when we expect it not. We sow an idea in the subconscious by meditating on it; there it gestates in the darkness, and when the time is ripe, the subjective wisdom brings it to pass according to its own way.

(3) *And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it*

with the prayers of all saints upon the golden altar which was before the throne.

The seven angels of the seven churches are seven degrees of awareness. We discipline these seven degrees of awareness (seven states of consciousness). Then we blow the seven trumpets, the trumpets sound the call to action. This means that out of our silent meditation there issues a mood, feeling, and confidence in the law, knowing that a response is coming forth. All this is accomplished without strain or effort, just a silent inner knowing of the soul.

(4) *And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel's hand.*

This means that our consciousness is at the place where the prospect seems so beautiful, so fragrant, that all our senses are turned inward toward our good. Our good has become alive in our heart; we see and hear on the inside—this is incense.

(7) *The first angel sounded, and there followed hail and fire mingled with blood, and they were cast upon the earth: and the third part of trees was burnt up, and all green grass was burnt up.* (8) *And the second angel sounded, and as it were a great mountain burning with fire was cast into*

the sea: and the third part of the sea became blood; (9) *And the third part of the creatures which were in the sea, and had life, died; and the third part of the ships were destroyed.* (10) *And the third angel sounded, and there fell a great star from heaven, burning as it were a lamp, and it fell upon the third part of the rivers, and upon the fountains of waters;* (11) *And the name of the star is called Wormwood: and the third part of the waters became wormwood; and many men died of the waters, because they were made bitter.* (12) *And the fourth angel sounded, and the third part of the sun was smitten, and the third part of the moon, and the third part of the stars; so as the third part of them was darkened, and the day shone not for a third part of it, and the night likewise.* (13) *And I beheld, and heard an angel flying through the midst of heaven, saying with a loud voice, Woe, woe, woe, to the inhabiters of the earth by reason of the other voices of the trumpet of the three angels, which are yet to sound!*

Here we have a story of changing from the old state to the new. Our moods, thoughts, and limitations are burned up by the fire of Divine Love and constructive thinking. *A tree* represents fixed

opinions and beliefs which grow up in our mind. *A ship* represents emotions and feelings. *The third part* represents the trinity, or the mental and spiritual creative acts which enable us to destroy all negative patterns in the subconscious mind. *The trinity* is mind, idea, and expression, or thinker, thought, and action. The Divine Trinity is known as Father, Son, and Holy Spirit which means consciousness, idea, and feeling. *The fourth part* is the objective manifestation of what we feel as true. In verse nine when it says, "The sea became blood," *blood* means Life, and when we are very negative and depressed, we tend to resist the influx of the Spiritual Power. The waters *of life are bitter* meaning our mind and emotions are full of bitterness, ill will, and hostility as long as we are separated from God and His Peace. Prayer or the practice of the Presence of God will dissolve all these states, and we will be healed.

CHAPTER NINE

(1) *And the fifth angel sounded, and I saw a star fall from heaven unto the earth: and to him was given the key of the bottomless pit.* (2) *And he opened the bottomless pit; and there arose a smoke out of the pit, as the smoke of a great furnace; and the sun and the air were darkened by reason of the smoke of the pit.* (3) *And there came out of the smoke locusts upon the earth: and unto them was given power, as the scorpions of the earth have power.* (4) *And it was commanded them that they should not hurt the grass of the earth, neither any green thing, neither any tree; but only those men which have not the seal of God in their foreheads.*

THE *star that falls from heaven* means Lucifer (Light Bearer) or Satan. *And he said unto them, I beheld Satan as lightning fall from heaven.* (Lu. 10:18.) *How art thou fallen from heaven, O Lucifer.* (Isa. 14:12.)

Lucifer or Satan can, in one sense, be compared

to Judas. Judas betrays (which means reveals) Jesus, then commits suicide; so when Judas or our sense of lack or limitation dies, this gives rise to our savior or saving state of consciousness. When a man dies to the belief in poverty, he is born to the idea of wealth; when a man dies to hatred, he gives birth to love; when he dies to anger, he gives birth to harmony and good will. Lucifer could also be likened to Venus. Venus, the morning star, heralds or reveals the birth of the sun; likewise our problem reveals our savior. If in prison, you want freedom; if sick, you want health; if thirsty, you want water. Water would be your savior if you were dying of thirst in the desert. Lucifer, like Judas, is our sense of lack which must die before the savior can come in. We cannot have our savior, the state that will bless us, before the sense of lack drops from consciousness. When Lucifer (sense of lack) falls from heaven (consciousness), he heralds our savior. Our savior is the realization of our heart's desire.

Verses one and two refer to the subjective mind which is the place of death or dissolution of negative states, complexes, fears, *etc.;* also it is the law of life. The seed we deposit in the soil undergoes dissolution at the same time bequeathing its en-

ergy, vitality, and force to another form of itself. The seed must first die to give life to something new. Our desire must die in the subconscious which takes place whenever we succeed through feeling in impregnating our subconscious mind; then comes forth the manifestation or answer to our prayer.

The seal of God in the forehead means your conviction in the supremacy of the Spiritual Power. The *forehead* means your intellect or conscious mind which is aware of spiritual values. The *seal of God* is on our foreheads when you know that the law of God responds immediately to your positive thought. We have a new name or nature because our assurance, our confidence and our faith are capable of granting life to more and more Godlike qualities in our life. The *locusts* represent the food of the five senses which disturb and frighten us, but when we know that the external world has no power over us and that Spirit alone is the cause, we are free, and the locusts or fears of the world fail to move us.

(13) *And the sixth angel sounded, and I heard a voice from the four horns of the golden altar which is before God,* (14) *Saying to the sixth*

angel which had the trumpet, Loose the four angels which are bound in the great river Euphrates.

The *four horns* are symbols of your consciousness and its four powers which have been covered previously, such as Father (consciousness), Son (idea, desire), Holy Ghost (feeling of wholeness or oneness with your desire, and the fourth part—objectification of your desire, or the son made manifest). Verse fourteen is the same as the previous verse indicating a propelling movement as consciousness. *Euphrates* means the Creative Power within you whereby you fructify and bring forth the glory of God.

(15) *And the number of the army of the horsemen were two hundred thousand thousand: and I heard the number of them.* (17) *And thus I saw the horses in the vision, and them that sat on them, having breastplates of fire, and of jacinth, and brimstone: and the heads of the horses were as the heads of lions; and out of their mouths issued fire and smoke and brimstone.*

The vast armies of horsemen represent the limitless power of the God-Presence. The *men killed by fire* represent thoughts, opinions, beliefs which are dissolved by fire or Divine Intelligence and

understanding of the truths of God and Life. The spiritual concepts or the armies of heaven destroy the evil, false, superstitious thoughts, and negative tendencies of man.

CHAPTER TEN

(1) *And I saw another mighty angel come down from heaven, clothed with a cloud: and a rainbow was upon his head, and his face was as it were the sun, and his feet as pillars of fire:* (2) *And he had in his hand a little book open: and and he set his right foot upon the sea, and his left foot on the earth,* (3) *And cried with a loud voice, as when a lion roareth: and when he had cried, seven thunders uttered their voices.* (4) *And when the seven thunders had uttered their voices, I was about to write: and I heard a voice from heaven saying unto me, Seal up those things which the seven thunders uttered, and write them not.*

THE *little book* is the subjective mind, where we write, engrave all the concepts, all our impressions and beliefs. *The right foot on the sea* means to discipline the mind by the right understanding of the law. We are all living in the sea of mind and emotions, and we must learn that

the pathway of love is open to everyone in all circumstances, and upon which you may step this moment. You need no special training to place your right foot on the sea. Feet mean understanding in Bible language. You can begin this moment steadfastly to expel from your mentality every thought of ill will, bitterness, or personal condemnation, of resentment, and of anything and everything which is contrary to the Golden Rule and the Law of Love. Fall in love with the eternal verities, love, goodness, truth, good will, honesty, and justice. Love will heal you; love will comfort you and bless you in countless ways. Love will illumine your pathway and give you peace of mind.

You place your left foot on the earth in this sense. *Earth* means manifestation such as your body, environment, conditions, *etc.* The *left foot* means that you know that the subjective condition will always overturn and overthrow the objective condition. You can always go within and visualize the way you want things to be, and the silent inner movement of consciousness will bring about outer conditions to conform to your inner conviction. All doubt and fear drop away as we become aware of our Hidden Power. *The seven thunders*

are seven qualities of consciousness. *The mighty angel* spoken of is your unwavering, unshakable conviction which comes from the heavens of your own illumined mind. *Seven* means completion which symbolizes the lion, the conquering state of consciousness.

Verse four means we must rest in the conviction that our prayer is answered. The adversary or negative thought may come into our mind to challenge us and disturb us. We must not listen to anything but that which we know to be true. We must feel our new concept, clinch it, and wait in faith, believing until manifestation takes place.

(9) *And I went unto the angel, and said unto him, Give me the little book. And he said unto me, Take it, and eat it up; and it shall make thy belly bitter, but it shall be in thy mouth sweet as honey.*

When we first hear the truth that the Creative Power responds to every thought, we become very enthusiastic and it seems sweet and fragrant. However, at times our senses become overwhelmed by what we see and hear, and we lose the true perception of the One Power. When we admit another power, we begin to oppose and resist it. Our

desire or ideal at such times is like food which we have not properly digested (*it shall make thy belly bitter, but in thy mouth sweet as honey*). When you contemplate your desire, you generate a new mood, but if you think there is something blocking you, or some external agency that can thwart you, then you are in the peculiar and difficult position of fighting and quarreling with your own thought. This creates confusion, irritability, and anger; this is a quarrel of your mind which resembles the quarrel in the stomach when the food is not properly digested and assimilated. If you believe in a power of evil, you are actually denying the power of the One God and His Omnipotence. This creates a conflict and we do not succeed in digesting, absorbing, and assimilating our desire or consciousness. The answer to the whole question is that you have to identify yourself with the Universal Power from whence your strength, power, and faith comes. Remember that you are a child of God, and all the powers of God are locked within you in the same way that the palm tree is locked within the seed. Become receptive now and say, "I accept my good, God gave it to me, and I allow it to take form in my experience."

(11) *And he said unto me, Thou must prophesy*

again before many peoples, and nations, and tongues, and kings.

We must always *prophesy* by feeling and knowing that the Infinite Goodness of God is forever flowing through us and that we are channels of the Divine. Our mood, feeling, the animation in the inside determines our future. We must become the true prophet and prophesy or claim only that which is true of God in our lives. According to our faith in God is it done unto us.

CHAPTER ELEVEN

(1) *And there was given me a reed like unto a rod: and the angel stood, saying, Rise, and measure the temple of God, and the altar, and them that worship therein.* (2) *But the court which is without the temple leave out, and measure it not; for it is given unto the Gentiles: and the holy city shall they tread under foot forty and two months.* (3) *And I will give power unto my two witnesses, and they shall prophesy a thousand two hundred and threescore days, clothed in sackcloth.*

A *rod* is a symbol of authority actively exercised. Consciousness is the only authority. We can have nothing except by rights of consciousness. Man is the measurer. We *measure the temple of God* by our degree of faith, awareness, or inner conviction of God's infinite goodness, and according to our measure or degree of acceptance and receptivity is it done unto us.

In verse two, the *outer court* is the world of ap-

pearances. We do not measure the outer court because we work on the inside realm of the mind; and what we feel and accept as true on the inside we shall experience on the outside. *Forty and two months* indicate an indefinite time. It means three and a half years literally. The number four in Bible symbolism means objectification or manifestation, the completed cycle. In other words, the manner in which our prayer will be answered is hidden from us, and we know not the day, hour, or minute in which the answer comes with healing on its wings. Our negative thoughts, fears, opinions, and beliefs must be redeemed with the Light of God, otherwise they will tread underfoot, or keep from perfect expression and demonstration, the spirituality or God consciousness within man.

(4) *These are the two olive trees, and the two candlesticks standing before the God of the earth.* (5) *And if any man will hurt them, fire proceedeth out of their mouth, and devoureth their enemies: and if any man will hurt them, he must in this manner be killed.* (6) *These have power to shut heaven, that it rain not in the days of their prophecy: and have power over waters to turn them to blood, and to smite the earth with all*

plagues, as often as they will. (7) *And when they shall have finished their testimony, the beast that ascendeth out of the bottomless pit shall make war against them, and shall overcome them, and kill them.* (8) *And their dead bodies shall lie in the street of the great city, which spiritually is called Sodom and Egypt, where also our Lord was crucified.*

These verses deal with the story of the two witnesses which are Love and Wisdom. *Love* is loyalty and adherence to the One Power, and *Wisdom* represents the true idea. These two testify to a third to come. The son or answer to our prayer will come when our I AM marries or unites itself with our ideal. The *two witnesses* or *two olive trees* represent the way by which the oil or nature of God or Spirit is brought into manifestation in our lives. The union of two things brings forth a third. The union of a father and mother brings forth a child. Your true idea enveloped in love will come forth as form, function, experience, condition, or event.

The beast that cometh up out of the abyss represents a dominant race thought which browbeats you, preventing the two witnesses within you from functioning so that they remain seem-

ingly inactive. However, Truth always wins, error has no principle behind it and nothing to back it up, and as you continue to affirm the truths of God in faith and love, the error, the adversary, will be cast out of heaven (your mind in tune with the Infinite).

The city of *Sodom* and the *dead bodies* mentioned in verses eight and nine mean the world of the five senses where the tyranny of false beliefs and negative passions reign supreme. When our consciousness is undisciplined, it is like a Sodomite, a harlot; it will join with anything, *i.e.,* cohabit with envy, jealousy, hate, revenge, greed, lust, *etc.* In verse eight, it says our Lord was crucified in Sodom and Egypt. Your Lord is the dominant idea in your mind, that which you give most attention to. If you desire a healing, you take your attention away from your body, its aches and pains, and focus all your attention on the idea of health and harmony. As you continue to do this with faith and understanding, it becomes a dominant force in your life, and this idea is impregnated in Egypt or your subconscious mind where it gestates in the darkness. It is said to die in the subconscious mind, and after a while it is resurrected as perfect health for you. Your Lord or

dominant idea crossed over from your conscious mind to your subconscious mind. Furthermore, as you filled your mind with the truth of the Healing Power of God's Love, you crowded out of the mind everything unlike God or the good. The dead bodies mentioned in verses eight and nine represent the destruction and the negative thoughts in your mind.

(15) *And the seventh angel sounded; and there were great voices in heaven, saying, The kingdoms of this world are become the kingdoms of our Lord, and of his Christ; and he shall reign for ever and ever.*

The *seventh angel* represents fulfillment, conviction, the inner sound or movement of the heart which tells us that all is well, that we rest in God.

(19) *And the temple of God was opened in heaven, and there was seen in his temple the ark of his testament: and there were lightnings, and voices, and thunderings, and an earthquake, and great hail.*

You build your *ark* on the understanding of the wisdom, presence, and power of God. The *ark* is built by claiming what is true of God is true of you. You can build this ark in the midst of all the errors and false beliefs of the mind. As you

continue in your mental and spiritual practices, an earthquake will take place in the sense that everything unlike God or the truth will be destroyed in your life; it will seem like an earthquake because the old man will be destroyed and a new man will appear transformed by faith and love of God. Your ark is your covenant or agreement with the God-Self within you that you shall inherit all that the Father has. *All things that the Father hath are mine.* (John 16:15.) The destruction, annihilation, and consuming of all your race thoughts and erroneous concepts through the fire of Divine Love is really the earthquake that destroys the old and gives birth to the new.

Behold, I make all things new. (Rev. 21:5.)

CHAPTER TWELVE

(1) *And there appeared a great wonder in heaven; a woman clothed with the sun, and the moon under her feet, and upon her head a crown of twelve stars.* (2) *And she being with child cries travailing in birth, and pained to be delivered.* (3) *And there appeared another wonder in heaven; and behold a great red dragon, having seven heads and ten horns, and seven crowns upon his heads.* (4) *And his tail drew the third part of the stars of heaven, and did cast them to the earth: and the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as it was born.*

THE *sun and moon* represent the conscious and subconscious minds. The *crown of twelve stars* on her head indicates the illumined, disciplined conscious mind which entertains only the noble, Godlike concepts. When there is agreement between the conscious and subconscious minds, our

prayers are always answered and countless blessings follow.

If two of you shall agree . . . as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. (Matt. 18:19.) This is a simple statement of the law of your own mind, indicating that when you unite yourself mentally and emotionally with your desire, the subjective mind validates and brings what you request to pass. You are the woman clothed with the sun when you are mentally married to your highest ideal. The *dragon* is Satan, the *adversary,* the negative force. Our thoughts come in pairs. Every good and wonderful idea you have may be challenged instantaneously by some negative and ignoble thought, its opposite. Have you not noticed that when you affirm perfect health for your friend, the thought comes to you, "He cannot be healed," "He is incurable," *etc.* The dragon which stands before the woman about to be delivered is negation, the race mind, lack of understanding, and false beliefs, all of which tend to tempt you away from your faith in your good. *Though he slay me, yet will I trust him.* You can always rise in your mind over any obstacle, challenge, temptation, race pattern, and over all ob-

jective evidence. Have confidence in the One Creative Power and this attitude will enable you to think above all the suggested patterns of the race mind, and you will succeed in bringing to pass the cherished desires of your heart. If you allow the false, erroneous concept of the world to rule in your mind, you will slay the child or the new awareness of God in your mind.

The Indwelling Power or Spiritual Idea is spoken of in the Bible as a child. The subconscious mind is the woman spoken of in the Bible, and your awareness of the Presence, Power and Intelligence of God locked in your subconscious depths is described as a child. When your conscious mind discovers that the Indwelling God is the Spirit in all of us, the very Life of us, we begin to use this Power; this is called the birth of the child. The old habit pattern of thought, the theological God living in the skies, an anthropomorphic being who punishes and tests us, all these concepts come to our mind to challenge our new concept. We must constantly remind ourselves of this Indwelling Power, nourish and guard our faith in this God-Presence; and as we do this the child, or our idea of God, will grow stronger

and bigger until His Wisdom will take charge of our entire life.

(5) *And she brought forth a man child, who was to rule all nations with a rod of iron: and her child was caught up unto God, and to his throne.* (6) *And the woman fled into the wilderness, where she hath a place prepared of God, that they should feed her there a thousand two hundred and threescore days.* (7) *And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels,* (8) *And prevailed not; neither was their place found any more in heaven.*

The *woman fleeing into the wilderness* means that you go into the Secret Place within yourself where you walk and talk with God. There you live beyond time and space. You are in the silence, and to be alone in the silence is to be alone with God. God abides in the silence, Truth is lived in the silence, Truth is felt in the silence. You are in the Impregnable Fortress; no one can lay siege to you there. In your meditation and communion with God you will give birth to your ideal by knowing that what you claim and feel as true will come to pass in ways you know not of.

Michael and his angels who fought against the

dragon (ignorance, fear, and superstition) represent your faith, confidence, and trust in the Almighty Power which brings all things to pass according to your belief. *Michael* represents moving concertedly in one way, one pointedness of vision, a complete and happy oneness with your highest good. When you pray, you call Michael and his angels; you gather your faculties and attitudes of mind and feast at the banquet table of God, rejoicing in the truth that God is the giver and the gift, and man is the receiver. With your sword of Truth, the clarity of thought, your understanding of God's law, you slay the dragon ruthlessly by chopping his head off with the fire of Divine Love and faith in God.

CHAPTER THIRTEEN

(1) *And I stood upon the sand of the sea, and saw a beast rise up out of the sea, having seven heads and ten horns, and upon his horns ten crowns, and upon his heads the name of blasphemy.* (2) *And the beast which I saw was like unto a leopard, and his feet were as the feet of a bear, and his mouth as the mouth of a lion: and the dragon gave him his power, and his seat, and great authority.* (3) *And I saw one of his heads as it were wounded to death; and his deadly wound was healed: and all the world wondered after the beast.* (4) *And they worshipped the dragon which gave power to the beast: and they worshipped the beast, saying, Who is like unto the beast? who is able to make war with him?*

THE *beast* mentioned here is the dragon representing all our negative moods, our old worldly beliefs, the old situations. The *dragon* works invertedly from the outside to the inside. The *ten horns* are the five senses doubled looking outward

with limitation and at the same time impregnating us inwardly with what we hear, see, and feel on the outside. The *sea* is our undisciplined consciousness; our mind is chaotic and confused until we definitely define our goal, work toward a definite objective. We must feed the mind with premises that are true; we must dwell on ideas which heal, bless, inspire, elevate, and fill our soul with joy. We like to hold on to the old; the moment we get a desire for the new, we quarrel with it. This resistance to the new is the dragon which opposes the new idea in our mind. Limitation raises its head and our cherished ideal, enterprise, plan, project is wounded. We can and must heal the situation by casting out the old, accepting the new. This is the circle of consciousness where we die to the old and resurrect to the new.

(6) *And he opened his mouth in blasphemy against God, to blaspheme his name, and his tabernacle, and them that dwell in heaven.*

Blasphemy is irreverence toward, or refusal of, our good, or remorse over failure. We blaspheme against God when we say that God cannot heal the body which He created. At that moment we are atheistical because we are denying and rejecting the Omnipresence and Omnipotence of God. If

a man says that he is incurable and that his condition is hopeless, he is blaspheming, in biblical language, because actually what he is saying is tantamount to the fact that the Infinite Healing Presence can't heal the diseased body, yet perhaps with his next breath he will say, "With God, all things are possible." We are also blaspheming the name of God when we say that God sends us sickness, disease, death, and trials. The Infinite Healing Presence cannot violate its own nature. The Infinite can only express itself as Harmony, Health, Peace, Joy, Wholeness, and Perfection. The nature of the Infinite is Wholeness, Beauty, and Unity. It cannot express itself in any other way. Life cannot wish death—that would be a contradiction of its own nature. God's will, intention, or purpose for all men is abundant life, joy, harmony, and marvelous experiences transcending his fondest dreams. The false beliefs of the race mind speak all manner of lies about God; men speak of devils, hell, damnation, limbo, and purgatory. All these words mean states of mind created by us due to ignorance and lack of understanding. The only devil is misunderstanding, misinterpretation, and misapplication of universal laws common to all men. To tell a lie about God

and His qualities is also to blaspheme. To tell a person that God is going to judge him and punish him on the last day, or that if he commits a serious sin that he will go to hell is also to blaspheme. All judgment is given to the son, meaning is given to your own mind. You pass judgment on yourself every hour of the day by the thoughts you think and by your choices. The Absolute does not judge or condemn. Our retribution and reward are based on the reactions of our own subconscious mind to the way we think. Think good and good follows, think evil and evil follows. The law of life is action and reaction. Thought is action, and the reaction is the response from our subconscious based on the nature of our thought.

(8) *And all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world.* (9) *If any man have an ear, let him* hear.

The book of life has been previously referred to and represents the impressions made in consciousness; the *foundation* is the time when the impression is made. Consciousness is the *Lamb* which is always dying to the old and resurrecting to the new. As you detach yourself from the old

state and feast on what you want to be, the old state dies and disintegrates and the objectification of your desire takes place. Verse eight means to listen to the truths within, know that God is All-Powerful and that He is the only Presence. Hear that love casts out hate, peace casts out pain, and joy casts out sorrow. Hear that there is only One Power and cease to give power to the phenomenalistic world. The scientific thinker does not consider an effect a cause; he does not give power to stars, weather, germs, people, conditions, or anything that is created or externalized. Likewise the one who *hears* believes and knows that Spirit is Omnipotent and the Only Cause. Many people hear only what they want to hear; they do not accept inwardly the truths they hear with their ears only, and consequently they do not live up to what they read and hear.

(11) *And I beheld another beast coming up out of the earth; and he had two horns like a lamb, and he spake as a dragon.*

The *Lamb* is a symbol of the savior state of consciousness. Our consciousness is always dying to one state as we give up our old beliefs and we give birth to the new. The correct way to use the mind is to take a true idea which heals, blesses,

and inspires, and as we dwell on that idea it induces an emotion which weaves itself into the fabric of our mind, and it is brought to pass by the law of our subconscious mind. If you get lost in some aim, project, enterprise, you are absorbed, engrossed, and mentally and emotionally identified with your desire. This mental absorption conveys the plan or idea to the subconscious mind and it will come up as a lamb, as your savior, your answered prayer. But when you work invertedly from the outside, you are looking at conditions, obstacles, delays, impediments, and your subconscious takes these as your requests, and up comes limitation.

(18) *Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is Six hundred threescore and six.*

This verse says that the beast and man are one. The letters in the Greek word *hephren* (undisciplined mind) add up to 666. This word means the lower mind, the unregenerate or undisciplined mind of man governed by fear, ignorance, and greed.

CHAPTER FOURTEEN

(1) *And I looked, and lo, a Lamb stood on the mount Sion, and with him an hundred forty and four thousand, having his Father's name written in their foreheads.* (2) *And I heard a voice from heaven, as the voice of many waters, and as the voice of a great thunder: and I heard the voice of harpers harping with their harps:* (3) *And they sung as it were a new song before the throne, and before the four beasts, and the elders: and no man could learn that song but the hundred and forty and four thousand, which were redeemed from the earth.*

SION means a high state of consciousness where high, lofty thoughts and ideals abide. It means that your mind is in tune with the Infinite and you sense the presence of peace, love, joy and spiritual strength. It means that you feel the Presence of God or good in your heart. *The one hundred forty-four thousand* represent the magnification or multiplication of your twelve faculties as

you gather your thoughts, feelings, and mental attitudes together in contemplation of the King of kings within yourself. When you are tuned in mentally with the God-Self, you know that there is a solution to your problem. Every problem has its solution in the form of a desire. If you find yourself in the depths of despair or want, focus your attention on your ideal, picture yourself as free from the problem, believe that God is now working for you and that through His Wisdom you will reach your goal which will be your freedom. This is the *voice of heaven* mentioned in Verse two. A *voice* is a mood, tone, inner feeling which you possess as you stir up the gift of God within you.

The *voice of harpers* means the inner harmony which follows as you think of the power and the wisdom of God which is revealing to you the perfect solution. In verse three, you *sing a new song* when you sing the song of the triumphant spirit of God in man. No man can learn this song until he becomes aware of the Presence of God in his midst. You can start now to envision yourself as you would like to be irrespective of conditions or circumstances. Call your inner minstrel which is your faith in God and His Omnipotence, continue in this triumphant mental attitude, and you will

rise from darkness and gloom and find yourself on the pathway to health, happiness, and peace.

(4) *These are they which are not defiled with women; for they are virgins. These are they which follow the Lamb whithersoever he goeth. These were redeemed from among men, being the first-fruits unto God and to the Lamb.*

Your mind is the eternal *virgin,* and you can keep it clean by refusing to unite with negative concepts, beliefs, and opinions. You follow the *lamb* or you become a bride of the church when you know that God's intention for you is life, liberty, and the pursuit of happiness. When you marry, *i.e.,* mentally and emotionally unite with harmony, health, peace, and wisdom, you are married to the lamb and you are a bride of Christ. All this means in figurative language is that you are constantly singing the song of triumph, achievement, and accomplishment of spiritual truth in your individual life.

(8) *And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication.* (9) *And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his*

mark in his forehead, or in his hand, (10) *The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb.*

Babylon in the Bible means mental confusion, a chaotic condition where we are in complete subjugation to sense evidence. *Wrath of God* has two meanings. If we think evil, evil follows, which is simply the law of action and reaction. If we impress our subconscious mind negatively, the law of our mind works destructively and inharmoniously for us. The wrath of God might with equal propriety be called the blessings of the Lord (Law). When we choose positive and constructive thoughts, there follows the destruction of limited and inferior thoughts and forms of life, culminated by a healing; the activity which precedes this healing is called the wrath of God, or the destruction of the old which is followed by the resurrection of the new. We worship the beast when we give attention to limitation of any kind, and create misery, sorrow, and suffering in our experience. The fire and brimstone mentioned in verse ten are figurative terms depicting the fires

of conscience, remorse, revenge, fear, and despair which torment our soul for having wandered away from the Truth of Being.

(14) *And I looked, and behold a white cloud, and upon the cloud one sat like unto the Son of man, having on his head a golden crown, and in his hand a sharp sickle.*

The *white cloud* means the spiritual atmosphere generated by you as you look to the Spiritual Power as your Lord and Master knowing in your heart it is the only Power. As you lift up your ideal in your mind, you are ascending in consciousness, and through your spiritual thinking and confidence in God you become the Son of Man resurrecting your ideal and bringing it forth into manifestation. All that man has to do is to get a new estimate of himself and realize that he can become a spiritual paratrooper and fly over any obstacle, barrier, or difficulty to the haven of security, freedom, and peace. *I bore you on eagle's wings and brought you to myself. The sharp sickle* means you separate yourself from everything that denies what you want and impress your clarified concept in your deeper mind.

(18) *And another angel came out from the altar, which had power over fire; and cried with*

a loud cry to him that had the sharp sickle, saying, Thrust in thy sharp sickle, and gather the clusters of the vine of the earth: for her grapes are fully ripe. (19) *And the angel thrust in his sickle into the earth, and gathered the vine of the earth, and cast it into the great winepress of the wrath of God.* (20) *And the winepress was trodden without the city, and blood came out of the winepress, even unto the horse bridles, by the space of a thousand and six hundred furlongs.*

When the grapes are fully ripe we press out the juice and make wine. *Wine* represents the new interpretation of life, the enthusiasm, joy, and exhilaration which follows our awareness of the Spiritual Power and the tremendous changes which can take place in our life based on this new idea. Wine is like blood, it gives life, animation, feeling. *When the winepress is trodden without the city,* we destroy our limitations, we give up our old way of life. Take your new concept, enterprise, plan, or purpose, pour the wine of life upon it by becoming enthusiastic, joyous, and full of expectancy. As you do this you are shedding your blood (life) or giving life, animation, and feeling to your concept, and it shall come to pass.

CHAPTER FIFTEEN

(1) *And I saw another sign in heaven, great and marvelous, seven angels having the seven last plagues; for in them is filled up the wrath of God.* (2) *And I saw as it were a sea of glass mingled with fire: and them that had gotten the victory over the beast, and over his image, and over his mark, and over the number of his name, stand on the sea of glass, having the harps of God.* (3) *And they sing the song of Moses the servant of God, and the song of the Lamb, saying, Great and marvellous are thy works, Lord God Almighty; just and true are thy ways, thou king of saints.*

THE *seven angels* and the *seven plagues* represent the seven stages of awareness or state of consciousness which have been previously discussed. The *sea of glass* means your mind at peace, and the *fire* represents the Wisdom of God which rises to the surface mind when it is still and quiet. The *song of Moses* means your capacity to draw out the Wisdom and Intelligence of God from your subjective depths which enables you to bring all

your ideas to fruition. As you sustain the mood of confidence and faith, you will sing the song of triumph or victory of the spiritual power which is the song of the Lamb. This is the melody of God which you play on the strings of your heart which is the harp of God all the days of your life.

CHAPTER SIXTEEN

(1) *And I heard a great voice out of the temple saying to the seven angels, go your ways, and pour out the vials of the wrath of God upon the earth.* (2) *And the first went, and poured out his vial upon the earth; and there fell a noisome and grievous sore upon the men which had the mark of the beast, and upon them which worshipped his image.* (3) *And the second angel poured out his vial upon the sea; and it became as the blood of a dead man: and every living soul died in the sea.* (4) *And the third angel poured out his vial upon the rivers and fountains of waters; and they became blood.*

HERE we have a story similar to the plagues cast on Egypt mentioned in *Exodus* Chapter VII. This chapter refers to a reconditioning of consciousness. The vials mean consciousness pressing forth; they are the creative energies of consciousness. When we begin to recondition and purify our consciousness, we declare the Presence of God,

and what is true of God is really true of man; but before this happens all our old race beliefs tend to hold us back.

Verse three says the sea became as blood. *Blood* is a symbol of life, and when we permit ignorance, fear, hatred, and superstition to rule us, we cannot drink of the waters of life such as inspiration, wisdom, and joy. In such negative states of consciousness we resist the influx of the Higher Life and we are dead to love, peace, happiness, and the wonders of life. As we continue to pray we will change all the negative patterns of the subconscious and a cleansing will take place.

(13) *And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet.*

The various verses in this chapter refer to the overcoming of various false beliefs, race concepts, complexes, and other poison pockets of the subconscious mind. The *frogs* mentioned in this verse are marsh leapers, they skip about. This represents an unsettled state. As the Truth comes into our mind, it creates a battle in our mind in order to resolve a conflict. The error is now on the way out and the Truth will conquer. The Truth comes

to all of us as a sword. A sword severs us from the old and there are usually poignant partings as men wish to cling to the old ideas and traditional viewpoints of God and the universe.

(15) *Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame.* (16) *And he gathered them together into a place called in the Hebrew tongue Armageddon.*

The anwser to your prayer always comes as a thief in the night. A thief comes when you do not expect him or when you are asleep. This is symbolic of the way the divine answer comes. It comes in ways you know not of and in an hour when you expect not. You *watch* and *keep your garments* when you walk in the light making it impossible for your prayer to fail. Your *garment* is your mood, your feeling, your attitude of mind. You watch and inspect all thoughts and ideas to see to it that they conform to the spiritual standard. You clothe all your ideas and true desires with imagination, faith, and confidence, and you will never walk naked in the sense of expressing lack, sadness, and suffering. The battle of *Armageddon* is always being fought. The battle is between what you are and what you want to be,

between your lower self and higher self, between your spiritual aspirations and the race mind full of terrors and false beliefs, your desire and its opposite. Anger, fear, ill will breed antagonism, combativeness, and war. These mental poisons can be cast out by identifying yourself with the eternal verities and busying your mind with the concepts of harmony, health, peace, and good will. There will be a push and pull between these two forces within your own mind. Love, honesty, justice, and wisdom will prevail in this internal battle of yours. The only place where the battle of Armageddon is fought is in your own mind. As you practice the Presence of God, seeing God in all men and women, radiating His Love and walking in His Light, everything unlike God in your subconscious will be expunged and a Godlike man will appear; he will be the happy man, the joyous man, the healthy man full of Light and Love.

(17) *And the seventh angel poured out his vial into the air; and there came a great voice out of the temple of heaven, from the throne, saying, It is done.*

The *voice out of the temple* is the inner sound of the answered prayer, an inner silent knowing

of the soul, the sabbath or rest in God. The *seventh vial* is the moment of complete mental acceptance or inner certitude which means there is nothing more to pray about for the mental and spiritual creative act is finished.

(21) *And there fell upon men a great hail out of heaven, every stone about the weight of a talent: and men blasphemed God because of the plague of the hail; for the plague thereof was exceeding great.*

Spring *rain* makes things grow. *Hail* is frozen rain and destroys vegetation. All our negative states are now frozen, withered, and destroyed by the Truth which enters into our mind.

CHAPTER SEVENTEEN

(1) *And there came one of the seven angels which had the seven vials, and talked with me, saying unto me, Come hither; I will shew unto thee the judgment of the great whore that sitteth upon many waters:* (2) *With whom the kings of the earth have committed fornication, and the inhabitants of the earth have been made drunk with the wine of her fornication.* (3) *So he carried me away in the spirit into the wilderness: and I saw a woman sit upon a scarlet coloured beast, full of names of blasphemy, having seven heads and ten horns.* (4) *And the woman was arrayed in purple and scarlet colour, and decked with gold and precious stones and pearls, having a golden cup in her hand full of abominations and filthiness of her fornication:* (5) *And upon her forehead was written, MYSTERY, BABYLON THE GREAT, THE MOTHER OF HARLOTS AND ABOMINATIONS OF THE EARTH.*

We know our five senses of sight, hearing, touch, smell, and taste. The sixth and seventh

senses are subjective. When we turn our attention within, we awaken the sixth sense which enables us to hear the goodness within, to listen to the glad tidings which are prophetic of that which is to come. The seventh sense is evidenced by our conviction or inner knowing that our prayer is answered. This interpretation is another way of explaining the seven angels. We can use our senses in two ways, for good or evil. We can turn our five senses inward toward the real and see, understand, feel, smell, and taste the Truth, or impregnate ourselves with all kinds of limitations.

In verse two, *fornication* means to cohabit mentally with negative or destructive thoughts and opinions such as hatred, ill will, jealousy, or resentment. The great harlot mentioned in verse five means the subconscious mind which gives itself to all and asks no questions. It does not argue with us but accepts as true what our conscious mind agrees with. You can impregnate your subconscious mind with all kinds of negative or positive imagery and it has no other recourse than to accept what is felt as true. The subconscious accepts without question what you feel as true.

The *scarlet colored beast* mentioned in verse three is the negative and perverted use of your

mind; *woman* means your ruling emotions and attitudes which govern all the actions of your body. The body moves as it is affected by our emotions. It acts as it is acted upon. The woman (emotion) in us blasphemes when we reject our good and tell lies about God and His Love. The *harlot* is an adulterated, confused, neurotic state of mind. The *cup in her hand* symbolizes the subconscious which receives the impression of all our destructive or vicious thinking. The subconscious (*harlot*) is a recording machine which records all our mental responses, reactions, mental imagery, and habitual thinking. We can feed the subconscious with filthy thoughts or with marvelous psychological truths which have stood the test of time.

(8) *The beast that thou sawest was, and is not; and shall ascend out of the bottomless pit, and go into perdition: and they that dwell on the earth shall wonder, whose names were not written in the book of life from the foundation of the world, when they behold the beast that was, and is not, and yet is.*

The abyss or *bottomless pit* is negation. There is no ultimate reality to evil, it destroys itself. The only real evil in the world is the denial and rejection of the Presence, Power, and Wisdom of a

God of Love enshrined in our own heart. All fear, hate, greed, and confusion of thought are really without foundation. There is no principle of fear, lies, jealousy, or hate, and not having reality, they must pass away. We can say that jealousy, hatred, ill will, animosity, poverty are facts, but love, peace, joy, faith, goodwill, confidence, loving-kindness, and abundance are the Truths of Being. We must distinguish between a fact and the Truth. We create a fact with our mind, but we cannot create the Truth. The Truth of God remains changeless and eternal. We can create discord in our mind, body, and environment, but Absolute Harmony is the Law of Being that never changes. *The beast that was, and is not, and yet is* means the denial of your good, your adversary. The moment you have a desire there arises in your mind opposition to that desire, a denial of it. For example, you desire to sell your home, the fear thought arises that times are bad, there is a depression, money is tight, *etc.* You desire to go to Europe and visit your son, but you cannot find the right person to manage your business, *etc.* You must meet this challenge in your mind and slay the beast which is the negative thought or fear in your mind, and permit your desire to

live. Fear is a passing emotion trying to be something permanent. You rise above the obstacle in your mind and envision your good, knowing that what you contemplate and feel as true will come to pass. You know that you experience through your mind, and therefore you determine what you shall experience. You do not look upon circumstances and conditions as cause. Your mental conviction is the cause and the effect follows. This knowledge gives you faith, trust, and inner satisfaction.

(10) *And there are seven kings: five are fallen, and one is, and the other is not yet come; and when he cometh, he must continue a short space.*

The *seven kings* are the seven senses previously discussed in this chapter. *Five are fallen* mean that you are disciplining your five senses, the sixth is your ruling or dominant mental attitude, the seventh is the one to come—your conviction or complete mental acceptance. Whatever is impressed will be expressed. A conviction cannot be rescinded, it is a finished state of consciousness.

(14) *These shall make war with the Lamb, and the Lamb shall overcome them: for he is Lord of lords, and King of kings: and they that are with him are called, and chosen, and faithful.*

This verse is emphasizing what we have previously discussed, namely that whenever a desire arises in our consciousness, the beast (limitation) will come to remind or challenge us that we cannot accomplish, our peace is taken away until we cast out the beast. *He goeth into perdition* or dies due to lack of attention. You can starve any negative state by refusing to give it your attention; it dies because you refuse to feed or nourish it. Your attention gives life to all things in your world. They go into perdition when you practice feasting on your good in the House of God within you. The *Lamb* or your consciousness of the Presence of God is always the conqueror. Your faith in God will overcome all obstacles, set armies to flight, shut the mouths of lions, and do all manner of wonderful things.

CHAPTER EIGHTEEN

THIS chapter is an elaboration of the description of Babylon where materialism, sensuality, and judgment according to the five senses reign supreme. Buying and selling go on in the mind all day long. You can believe in misfortune, success, karma, that a jinx is following you, and you will experience all sorts of difficulties, troubles, and tragedies, for according to your belief is it done unto you. You can manufacture all kinds of junk in your mind such as remorse, self-condemnation, revenge, cynicism, ill will, *etc.* You are the owner, the manufacturer, distributor, and manager of this mental factory. You can this moment begin to liquidate all this junk which no one wants and begin to impress your mind with harmony, health, peace, joy, laughter, and the expectancy of the best, and the best will come to you. And you can make some good mental purchases such as accepting the fact that thoughts are things, that what you feel you attract, that your consciousness is

the arbiter of your destiny and master of your fate.

Your state of consciousness is what you think, feel, believe, and give mental consent to. There is no other power or cause operating in your world. Purchase the idea that people, weather, germs, conditions, race mind, tradition, *etc.* have no power over you; that all these are suggestive only; and that the only Creative Power is your mind and spirit. Your thought causes the Spirit within you to condition itself in your world and take the form of your thought. Your thought and feeling create your destiny. Begin to practice these truths and realize that nothing affects you except through your thought. Someone might say to you that you will fail—that statement has no power except you think of failure. You reject it and say to yourself boldly and triumphantly, "I was born to succeed. God is always successful in all His undertakings, and so am I." From this you can see that no one has the power to hurt you. The Omnipotent One is within you. It is indivisible and moves as a unity.

The *city of Babylon* is an aggregation of negative thoughts, beliefs, opinions, and mental acceptances. The *kings of the earth* are the ruling

egos of people or the dominant thoughts in our mind. You can get out of Babylon and destroy the city (your mental state of confusion) by practicing the truths we have set forth in this chapter. They are simple, direct, and to the point, and they work. Buy the right kind of merchandise such as wisdom, truth, beauty, guidance, and divine inspiration. You can sell this kind of merchandise to people everywhere and reap enormous dividends. Your profits from a spiritual, mental, and material standpoint will multiply exceedingly and you will discover the great truth that God supplies all your needs according to His riches in glory.

CHAPTER NINETEEN

(7) *Let us be glad and rejoice, and give honour to him: for the marriage of the Lamb is come, and his wife hath made herself ready.* (8) *And to her was granted that she should be arrayed in fine linen, clean and white: for the fine linen is the righteousness of saints.*

To be *arrayed in fine linen, clean and white* means that your garment or mood is one of goodness, truth, beauty, harmony, and good will. You must *wear the garment of God* which means the mood of love when you pray. You wear special clothes when you visit the President or the King. You must wear the proper mental attitude as you go to the King of Kings, the Lord of Lords, and the Prince of Peace within yourself. *The marriage of the Lamb* mentioned in verse seven takes place when you unite with your desire. The good that you seek is the marriage you wish to make. The *Lamb* is your good, the fulfillment of your desire. You must unite with your new conception of your-

self. If you are seeking perfect health, that is the marriage of the Lamb. Your wife is your feeling, your emotional nature, which must be receptive to the Infinite Healing Presence. In order to get health, you do not dwell on symptoms, rather you withdraw the attention from the physical body and dwell on the fact that perfect health is yours now through the action of the Healing Presence which created all your organs and knows all its processes and functions. You remind yourself that disease or sickness is not outside the mind, but is manufactured by the mind, and in view of the fact that you can change your mind, then you can change the present condition. This knowledge fills your mind with faith and assurance. Continue to feel and know that the Healing Power is now responding to your thought, and your mind will be impressed by your assurances which increase in faith until your mind is at peace and joyous in its union with the feeling of perfect health and peace of mind. Your have performed the marriage ceremony in your mind because you succeeded mentally and emotionally in uniting with your good.

(16) *And he hath on his vesture and on his thigh a neme written, KING OF KINGS, AND LORD OF LORDS.*

This is a symbol of the creative act similar to the story of Jacob's thigh in Genesis Chapter Thirty-two. *And Jacob was left alone and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him.*

The word *thigh* is an euphemistic expression meaning the creative parts of man. The ancients used phallic symbols to reveal great psychological truths. You are wrestling with an idea, you would like to become what you want to be, your reason and senses deny it and challenge you. When you reject the evidence of senses and feel that you are what you long to be, something goes out of you, you feel at peace, relaxed, and at ease. If you succeed in impregnating your deeper mind with your desire or idea, you become incapable of continuing to pray about it, as though it were a physical creative act. In other words, the mental and emotional creative act is finished and you are satisfied, and you no longer hunger or desire to pray. It is finished.

CHAPTER TWENTY

(1) *And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand.* (2) *And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and bound him a thousand years,* (3) *And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that he must be loosed a little season.*

THE *devil,* our sense of lack, is chained but only for a time. When our desire arises, the devil or the negative aspect arises with it. The devil means living life backwards. If you spell *lived* backwards you have devil; if you spell *live* backwards, you have evil. The devil is our misunderstanding, our false concept of things. We see through a glass darkly; in other words, we do not see as God sees. When you unite with your good, you overcome the sense of lack, and the devil or

negation is loosed; but with every desire, a sense of lack will arise and challenge you for a time.

(5) *But the rest of the dead lived not again until the thousand years were finished. This is the first resurrection.*

The first death is the death of ignorance. We die to the false beliefs that we are victims of chance, fate, and coincidence, all of which are words used to denote our ignorance of laws of our own mind. We awaken to the truth that our own I AMness is God and that whatever we affix to the I AM we become.

(6) *Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years.*

The first resurrection is going back to the Unconditioned Consciousness, realizing that whatever we claim and feel as true in the silence of our mind, the unconditioned will become conditioned accordingly. We have discovered the power of creation and we realize and know that the Almighty Power flows through our own thought pattern and mental imagery, and that we create the same way God creates. Our first resurrection is,

the awareness of the Presence of God within us and our capacity to release the Hidden Splendor through our thought and imagery. *The second death* is simply the resurrection of our desire after we have overcome the sense of lack.

CHAPTER TWENTY-ONE

(1) *And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea.* (2) *And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband.* (3) *And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God.* (4) *And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.*

HEAVEN means awareness. *Earth* means manifestation. Your new heaven is your new point of view, your new dimension of consciousness. When you begin to see spiritually, you realize that in the Absolute all is Bliss, Harmony, Boundless Love, Infinite Perfection, Infinite Wisdom, and Absolute Peace. As you begin to identify yourself with these

truths, the sea or waves of fear, doubt, worry, and anxiety disappear, and your mind becomes peaceful, quiescent, full of faith and confidence. You can now still your mind and there claim, inwardly perceive, feel, and sense God's river of peace flowing through your mind. You are now in the Holy City—the New Jerusalem (your mind at peace) characterized by such lovely qualities as bliss, joy, faith, harmony, love, and good will. Your mind is clothed with God's radiant beauty, and your mood is exalted, noble, and Godlike. You are like a bride adorned for her husband, as mentioned in verse two, in the sense that you are married mentally and spiritually to God and to all things good. You have on your wedding garment because you are in tune with the Infinite, and God's Eternal Verities constantly impregnate your mind.

You also realize the truth of verse three, that you are the tabernacle of God, for every man houses God. Man's mind and spirit is the Presence of God in him. God is Life, and God is all there is, therefore the Life of God is the Life of man. His Holy Spirit saturates and fills every part of your being. Every man is the expression of God or the individualization of God consciousness, another way of saying the same thing.

Verse four reminds you that when you realize the truth about God, you will come to the realization that God cannot be sick, God cannot die, be frustrated, suffer, or be sorrowful. You come to the conclusion it is all the illusion of suffering, sorrow, sighing, and pain. How could God suffer? How could God die? How could God learn anything? How could God travel? Begin now to claim that what is true of God is true of you and God will wipe away all tears from your eyes and you will experience no more sorrow, pain, sickness, sighing, or tears. You will find yourself God-intoxicated and seized with a divine frenzy. You have received the spiritual antidote which wipes away all tears from your eyes, and there shall be no more crying.

(4) *And he that sat upon the throne said, Behold, I make all things new, And he said unto me, Write: for these words are true and faithful.*

The *throne* mentioned is your own disciplined consciousness. You have the authority to separate the chaff from the wheat, the false from the true. Your spiritual awareness enables you to sit in judgment on all ideas, theories, concepts, and thoughts which come to your mind. Your decision is based on a spiritual yardstick of whatsoever

things are true, lovely, just, and of good report. If any thoughts, concepts, or opinions do not conform to these, you reject them as unfit for the house of God, your own mind. You are now in the position to make all things new in your world because of your new estimates, blueprints, and postulates. All the mist and fog of the human mind dissolve in the sunshine of God's Love.

(6) *And he said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the water of life freely.*

Alpha is our idea, our concept. *Omega* is the realization or manifestation of that idea. The oak is in the acorn, the apple is in the apple seed. If you dwell on your idea or meditate upon it, and think about it with genuine interest, you will find that the idea begins to master you and direct your actions according to the nature of the idea.

Whilst writing this chapter, I was interrupted by a long-distance telephone call from a girl in Paris who has been meditating on the idea of giving her talents over television. She said that she had received a contract a few hours ago and that she wanted to tell me about it. She wanted to express herself very much and had considered

the idea positively and confidently; she had been nourishing the idea for a few months making it alive with her warmth and enthusiasm. The contract was simply a response to the working of the idea in her mind. When you feel the reality of the idea in the mind, the subconscious takes over and compels you to fulfill the role embraced by the idea. The beginning and the end are the same.

The seed has its own mathematics and mechanics within it, it has its own inherent vitality and process of unfoldment. The same is true of your idea, it has its power to manifest itself. In other words, the idea executes itself. The modern scientist working in a laboratory believes in the possibility of the execution of the idea. About one hundred years ago Dr. Phineas Quimby, a pioneer in the healing processes of the mind said, "I found that if I really believed a thing the effect would follow whether I was thinking of it or not." To believe means to accept the idea as true. Drop the seed (idea) in the fertile (receptive) soil of your mind and the Creative Intelligence locked in your subconscious depths will do the rest. You will then discover that *alpha* is your thought or idea, and *omega* is its objectification—that the two are the same, the beginning was the thought,

and the end was its form, shape, and function.

(16) *And the city lieth foursquare, and the length is as large as the breadth: and he measured the city with the reed, twelve thousand furlongs. The length and the breadth and the height of it are equal.* (17) *And he measured the wall thereof, an hundred and forty and four cubits, according to the measure of a man, that is, of the angel.* (18) *And the building of the wall of it was of jasper: and the city was pure gold, like unto clear glass.* (19) *And the foundations of the wall of the city were garnished with all manner of precious stones. The first foundation was jasper; the second, sapphire; the third, a chalcedony; the fourth, an emerald;* (20) *The fifth, sardonyx; the sixth, sardius; the seventh, chrysolyte; the eighth, beryl; the ninth, a topaz; the tenth, a chrysoprasus; the eleventh, a jacinth; the twelfth, an amethyst.*

The *city* is your consciousness, and *it lieth foursquare* means that man is the cube, a symbol of a perfect figure; the cube signifies a germ, an idea made flesh. The *cube* unfolded becomes a cross; the cross is symbolic of man's body. The *wall* is the radiance emanating from within and without us when we are at peace and full of His Light. *The twelve gates* and the *twelve precious*

stones represent the twelve faculties or disciplines of mind*. They are as follows: (1) perception, (2) faith, confidence, (3) righteous judgment, (4) love, (5) persistence, (6) disciplined imagination, (7) understanding, (8) desire, (9) discernment, (10) praise, gratitude, (11) zeal, inner hearing, (12) detachment.

When the Absolute becomes relative, it has crossed over from the formless to the limited state. This is called the crucifixion or crossing over from the invisible to the visible. Anytime you cross over from darkness to light, from pain to peace, from ignorance to wisdom, you have experienced a psychological crucifixion or crossing over from limitation to freedom. The walls measured one hundred forty four thousand cubits which means the multiplication and magnification of your twelve powers. As you begin to discipline your twelve faculties, you amplify, magnify your hearing, seeing, judgment, and all other faculties.

(21) *And the twelve gates were twelve pearls; every several gate was of one pearl: and the street of the city was pure gold, as it were transparent glass.* (22) *And I saw no temple therein: for*

*For further explanation of the twelve powers see *Getting Results from Prayer* page 32.

the Lord God Almighty and the Lamb are the temple of it. (23) *And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof.*

Gold represents the Power of God and the Beauty of Holiness (wholeness). Man is the temple of the Living God. The day will come when you will no longer look to the outer temple, though necessary and essential to millions, but you will find the inner sanctuary. You will have no need for a building, music, incense, candles, statues, liturgy, ceremony, or ritual in order to remind you of God. The ceremonies and rituals in many instances tend to excite or hypnotize a person, giving the illusion that you are communing with God. You can be carried away by your five senses, and even influnced only by sight and sound. Prayer is an inner communion with God, a movement of the heart where you feel and taste the Lord, and find Him good.

Entering into the temple (your mind) has nothing to do with the five senses; you must shut the door of the five senses and commune with God in the silence of your soul and listen to the Divine Voice which speaks to the mind at peace. You

do not need any props to touch God, you can contact the Divine Presence through your thought. Go into this inner temple now, meditate on the I AM, the Presence of God, think of all you know about God, and you will get lost in the joy and wonder of it all. You will realize that you are really Spirit and that you think, feel, and act as Spirit; there is no temple there, no shrine but the Infinite Intelligence of God is the light thereof. You are one with the Whole Spirit (Holy Spirit). His Spirit is your spirit, His Mind is your mind, His Peace is your peace, and His Love is your love. You have experienced the moment which lasts forever. You discover that beneath all the chaos, confusion, and strife in the world, there is an Ever Abiding Peace, Absolute Harmony, Indescribable Beauty and Bliss; you will sense that all men are one and that the streams of manyness flow back to the oneness. In meditation you move inwardly toward the Real, and as you go inward you realize first that this thing called the body is very unreal, and the earth upon which you are seated becomes unreal. The external life becomes the dream and the internal life awakens and moves further and further inward; finally it seems to merge, and suddenly the meditating Self perceives that by go-

ing inward, it has found the Universe; that the sun, moon, stars, and planets are within. For the first time you know that planets are thoughts, that suns and moons are thoughts, and that your own consciousness is the realization which sustains them all, that temporarily in space are moving the dreams of the Dreamer; and the worlds, suns, and moons are thoughts of the Thinker. His eyes are closed and He is meditating, and we are His meditation. It is Consciousness meditating on the mysteries of Itself. This is the temple to which you go when you pray. It has no need of the sun or moon for the glory of God doth lighten it, and the Lamb (your I AMness) is the light thereof.

CHAPTER TWENTY-TWO

(1) *And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.* (2) *In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month; and the leaves of the tree were for the healing of the nations.*

You can drink from the fountain which never runs dry. You can imbibe inspiration, joy, peace, love, and happiness. The Life Principle sustains the entire universe and feeds trillions of fish in the sea, birds in the air, and all animals on the land. His endless ocean of supply moves ceaselessly, tirelessly, endlessly, and copiously to all. Man must have a cup (an open mind), and receive God's blessings which are flowing through the river of mind to all men everywhere. The *tree of life* is the Presence of God in you, and your twelve powers represent the *twelve fruits.* The

Christmas tree is within you and all kinds of fruits are hanging thereon. Life is a gift unto you. You do not have to earn Life; Life or God was given to you when you were born, but you are to eat of the fruits of the tree, such fruits as peace, guidance, love, joy, goodness, truth, and beauty. All these, and many more, were given to you from the foundation of time. The leaves of the tree are the spiritual thoughts and values which bring harmony, health, and peace among all men.

(10) *And he saith unto me, Seal not the sayings of the prophecy of this book: for the time is at hand.* (11) *He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still.*

Prophecy as you have already learned, is your own inner feeling, your faith, your mood which determines that which is to come. Whatever you are planning for the future, you are planning it now; the future is always your present thoughts made visible. Whatever you unite with mentally and emotionally is a prophecy of that which is to come. You are your own prophet. Be a true prophet, be a good prophet. Expect only good fortune and good fortune shall be yours. The children

of misfortune are those who ascribe power to externals, other people, and the race mind. These are the only illegitimate children in the world.

In verse seven we are told that we must first change ourselves and then our world will change. Man is always trying to change the other person. Grant your relatives, friends, and all people their right to be different, grant them their peculiarities, idiosyncrasies, and religious viewpoints. Permit them to worship differently from yourself, be glad that there are Catholics, Jews, Protestants, Buddhists, and other religious bodies. If the other person is mean and nasty, that is no reason why you should be. You are here to let your light so shine before men that they will see your good works, thereby being a good example to all. Spend your time radiating the glory, beauty, and love of God, and never mind whether the other fellow does it or not. Change yourself, and as you change, your world will magically mould itself in the image and likeness of your concept of yourself. Identify yourself with the lovely, and you cannot see the unlovely. As your eyes are identified with beauty, you cannot see the ugly things in life. Fill your soul with love, and you will discover that love transcends all creeds and dogmas.

(16) *I Jesus have sent mine angel to testify unto you these things in the churches. I am the root and the offspring of David, and the bright and morning star.*

Jesus symbolizes your desire which is like the morning star which heralds the birth of the sun, which redeems the earth from darkness and gloom, and lights up the heavens with all its glory. Your desire heralds the birth of your savior also, for the realization of your desire would save you from any trouble be it what it may. Your desire is the root and offspring of David for *David* means God's Love, and your desire is Life's love to express Itself through you. It is God's promise in your heart telling you that you can rise and become that which you want to be. The *bright and morning star* is your inner conviction of your ability to accomplish whatever you undertake; this star or attitude of mind guides you and compels you to fulfill and bring forth the cherished desire of your heart.

(18) *For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book:* (19) *And if any man shall take away from the*

words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book.

It is interesting to note that in connection with these two verses of the Bible reference is made to the literary vandalism which was rampant in the days when the books of the Bible were written. It was customary to write them on parchment in the form of scrolls; however religious bigots and other unscrupulous persons often changed and expunged words and passages by interpolating forgeries. The letters of Paul and other parts of the *New Testament* have been known to be mutilated in this manner, but Bible scholars, philologists, and other research workers know where these forgeries are. There is no doubt but that religious sectarians were prevented from interfering with the contents of the book of Revelation inasmuch as they took the Bible literally, not realizing that its hidden meaning is the meat of the whole message. It is generally agreed that the text of this book of the Bible has been preserved intact through the centuries due to the fear of what men believed to be an imprecation. That is only the outer coat. The real meaning is something else altogether.

Your word is your idea, thought, or formulated desire, it has its own method of expression as explained in a previous chapter. Your desire for wealth is a prophecy of that which is to come in the same way as a seed is a promise of a harvest.

Your desire for health, peace, true expression, or prosperity is the voice of God telling you that you can become or have all these things. Let us illustrate how man adds to the word of God; he prays for wealth and affirms that God is his source of supply and that His wealth is circulating in his experience now, and a few minutes later he begins to wonder how, when, where, and through what source his supply will come. He doesn't trust the Divine Source, and tries to help God. Man must learn that the ways of God are past finding out and that God has countless channels, and man's prayer may be answered in countless ways and in a manner that he knoweth not, and in an hour that he expecteth not.

I knew a man who was constantly praying for prosperity and looking to God as the real Source; and at the same time he was deeply resenting his employer because he did not give him an increase in his salary. This man did not really believe what he was affirming. Actually he was praying two

ways, and like a soldier marking time, he was not getting any place. This man was double-minded and had a double allegiance. We must come to a clear cut decision and know that God is the Source of all our blessings and believe in our heart that whatever we claim as true, Spirit will respond accordingly for It is all things to all men.

The Creative Principle can prosper us in the same manner as It grows hair on our head or creates a blade of grass. It is all-wise and has the know-how of accomplishment. Man desires promotion; this desire is good and very good. Life is growth and his desire for advancement and expansion is the cosmic urge within him telling him to rise, transcend, grow, and express at higher levels. This is how he adds to the word; he looks around and says, "Well, that fellow is going to die some day, and I'll get his job." The desire was good but he contaminated and adulterated it. He should know that God can create another position like it and far better. Man doesn't want another man's job, he wants a position like it, with the same prestige, salary, *etc.* Infinite Intelligence has countless ways of bringing his request to pass. We don't have to hurt the hair of a living being to get ahead in life. Man must never undermine

or hurt another in order to achieve his goal in life—to harm another in this way would be adding to the word, and *God shall add unto him the plagues that are written in this book;* which means that if we use the law negatively, we shall reap the results such as neurosis, frustration, sickness, dissatisfaction, *etc.* We take away from the word when we say, "I can't be that," or "I can't accomplish or achieve my goal." We are denying the Presence and Power of God saying God can't fulfill His promise.

Recently a man said to me that his boy was incurable. I pointed out to him that what he really was saying was that God couldn't heal the boy. He was shocked at his own statement and began to affirm that the Creative Intelligence which created his son could certainly restore him to harmony, health, and strength. A perfect healing took place curing the blood disorder.

A man came to see me about his son who wanted to go to college to be a physician, but the father said that he didn't have the money and that his boy was terribly depressed. The boy, in the meantime, compromised and went to work behind the soda fountain in a drug store becoming frightfully frustrated and unhappy. The father was taking

from the word of God saying, "God could not open the way for my boy to become what he wants to be, so I'll get him a job somewhere." The plague that follows is man's failure to realize his desire which is the cause of all the hell and misery in the world. This father began to pray that Infinite Spirit would open up the way for his son to go to college, and he began to picture in his mind prior to sleep his son showing him his medical diploma which stated that he had graduated as a physician and surgeon. The father kept picturing this diploma and praying for guidance and right action. In a few weeks time an aunt died and bequeathed a large estate with ample funds for his son's education.

(20) *He which testifieth these thiugs saith, Surely I come quickly. Amen. Even so, come, Lord Jesus,* (21) *The grace of our Lord Jesus Christ be with ou all. Amen.*

The word *amen* means the synchronous union or agreement of your conscious and subconscious mind. There is no longer any doubt and your prayer is answered. The *Lord Jesus* is the Law of the I AM, and that law is *I AM that which I contemplate, I AM that which I feel myself to be.* You testify and bear witness to the truths of God

by expressing His qualities and attributes and potencies in your mind, body, and circumstances. The Infinite responds quickly to your inner convictions and whole souled devotion and allegiance. Walk in the light or awareness that it is absolutely impossible for your prayer to fail; walk in the consciousness that the moment you ask, "It is done," and wonders will happen when you pray.

Verse twenty-one tells you that the I AM within you is the Christ or Savior, or the Law of the I AM is the solution to all your problems. Whatever you affix to the I AM, you become. You can now feel "I AM free," "I AM strong," "I AM illumined," *etc.,* and as you claim it and feel it, you become it. You have found your savior, for you are your own savior. The self of you is God. The law of God means the way God works. Whatever you meditate on, you become. Every day of our lives we must begin to meditate upon the beauty, the glory, and profundity of the Eternal One. Dwelling on the Eternal Verities within ourselves, we find an ever abiding peace which stretches out beyond the stars, beyond time and space.

When we are imbued with lofty ideals, when we think universal thoughts, little things disappear

and all the petty things of life become inconsequential and are forgotten. Our soul actually becomes filled with the glory of the whole and the limitations, and restrictions of our daily life vanish. We find that this happy mood lifts us up and brings us *en rapport* with the Universal Mind of God. As greed, jealousy, discord, and other narrowing concepts which bind us to the wheel of pain disappear from our consciousness forgotten in the joy of Truth, we no longer are sons of man, but we become sons of God. We become one with the universal vistas. Constant meditation either in the woods, in your own home, or wherever you may be causes your soul to thrill as though touched by a divine harmony, and a pulsating, throbbing feeling pervades every part of you. It is as if the melody of the gods were played on your heart strings.

In conclusion, let us contemplate this profound truth, *Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.* (I John 3:2.)

FOREIGN PUBLICATIONS	PUBLISHERS
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Magic of Faith	Nippon Kyobun-Sha Co., Ltd. Tokyo, Japan
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P.O. Box 550
Marina del Rey, CA 90294-0550

ISBN: 0-87516-190-1

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SECRETS OF THE I CHING

by Joseph Murphy

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Fellow of the Andhra Research University of India

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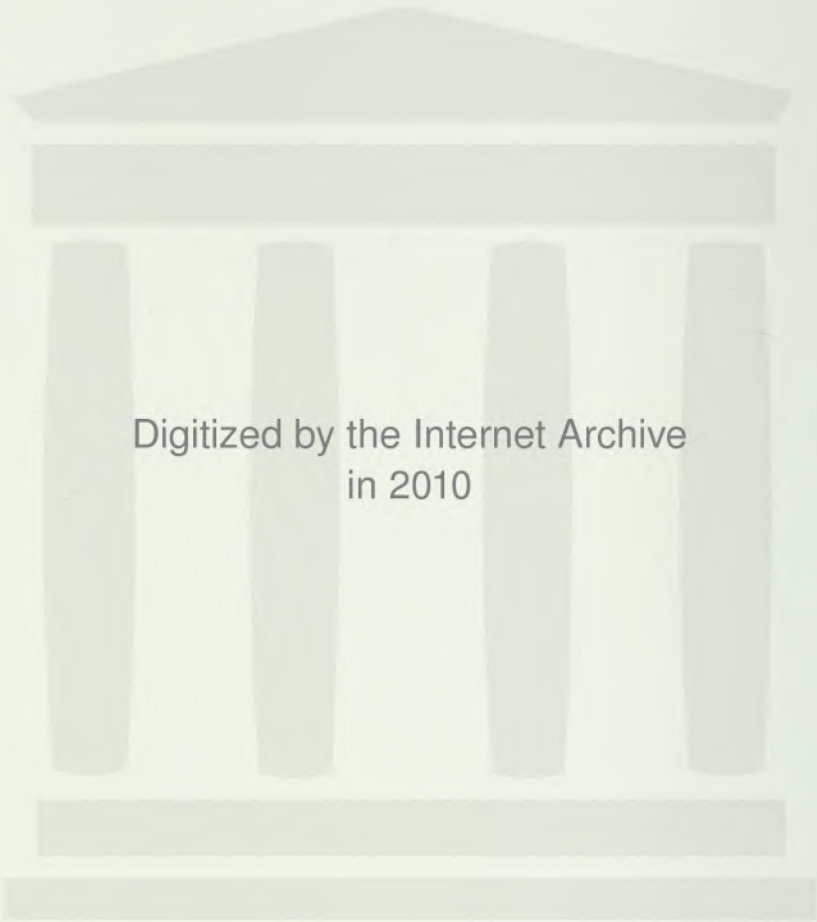
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Secrets of the I Ching

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PARKER PUBLISHING COMPANY, INC.
West Nyack, N.Y.

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CATALOG CARD NUMBER: 78–113173

This book is a reference work based on research by the author. The opinions expressed herein are not necessarily those of or endorsed by the Publisher.

Reward Edition . . . . . November 1973

PRINTED IN THE UNITED STATES OF AMERICA

FOREWORD

The *I Ching, or Book of Changes*, Third Edition, The Richard Wilhelm translation from Chinese into German, rendered into English by Cary F. Baynes, with a Foreword by C. G. Jung, and a Foreword to the new edition by Hellmut Wilhelm, Bollingen Series XIX, Princeton University Press, is the one I use and recommend that you use in connection with this book. I suggest you read the marvelous and most interesting Foreword by the late world-famous psychiatrist C. G. Jung of Zurich, in the Wilhelm/Baynes book just recommended. You will find it to be an introduction to the insight and wonders of the *I Ching*.

What This Book Can Do For You

The unique feature of this book is its down-to-earth practicality. Here you are presented with simple, usable techniques and formulas of *I Ching* which you can easily apply for your day-to-day questions and problems for true guidance.

I have taught the simple processes incorporated in this book of *I Ching* in many classes to men and women of all professions and occupations. Many people came from distances up to a hundred miles for each class. The special features of this book show the interaction and working of the conscious and subconscious mind and the results that accordingly take place. The *I Ching* deals with the mystic process of the male and female principle within all of us, and whenever a person gets a particular *I Ching* Hexagram in answer to his or her question, the answer is given in simple, psychological, but understandable language. For those who are Biblically oriented, the answer is given in Biblical terminology to a no less understandable degree.

Secrets of the I Ching reveals the art of using the miracle-working powers of your deeper subconscious mind. The great eternal truths

and principles of your mind antedate all religions or philosophy. The ancient and infallible wisdom contained in *I Ching* existed before any church or world came into being. In other words, it is eternal, but completely applicable for any answer you ask of it as will be shown in this book.

It is with these thoughts in mind that I urge you in the following chapters to use this wonderful, magical transforming Power which will aid and assist you, guide and direct you, solve your problems, attain the objects of your desires, free the fear-ridden mind, and liberate you completely from lack, limitation, and frustration of all kinds. All you have to do in order to get an answer to any particular question is throw the coins, as directed, six times, thereby activating the infallible powers of your deeper mind.

Remember, the infinite intelligence and boundless wisdom resident in your subconscious mind is all-wise, knows all, and sees all, and you are simply using an ancient but simple mathematical process of receiving a true answer.

Begin now, today. Let wonders happen in your life through the guidance of *I Ching* that you may not have thought possible previously.

JOSEPH MURPHY

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1

The Book of Changes and What It Can Bring to You

The *Book of Changes* is full of mystic sayings and seemingly abstruse matter of a symbolic nature. It is said that Confucius was seventy years old when he first took up the study of the *Book of Changes* called *I Ching* (pronounced Yee Jing). The wisdom contained in the *I Ching* goes back about 5,000 years. Lao-tze, the famous Chinese mystic, was a profound student of the *I Ching* and many of his famous aphoristic sayings were culled from the eternal verities expounded in this age-old book of wisdom, truth and beauty. It is a book of incredible antiquity, and some of the most profound thinkers in the world have been avid readers and students of its contents.

Sixty-Four Hexagrams

This book is based on sixty-four hexagrams; that is, sixty-four six-line figures, each figure or complex being composed of undivided and divided lines. These hexagrams reveal what the book has to say. The judgments in each hexagram sum up your present subconscious state of mind and your outer circumstances together with the outcome you may expect. The images reveal the symbolic meaning of the lines in the hexagram and point out their application to your present personal, social, business or worldly situation.

Wilhelm/Baynes Edition of I Ching

The *I Ching*, or *Book of Changes*, Third Edition, The Richard Wilhelm translation from Chinese into German, rendered into English by Cary F. Baynes, with a foreword by the late Professor Carl G. Jung, of Zurich, Switzerland, and a foreword to the new edition by Hellmut Wilhelm, Bollingen Series XIX, Princeton University Press, is the one I use and recommend that you use in connection with this book. I suggest you read the marvelous and most interesting foreword by the late world-famous psychiatrist Carl Jung in the Wilhelm/Baynes book just recommended. You will find it to be an introduction to the insight and wonders of the *I Ching*.

The Way I Ching Works

Hellmut Wilhelm, the famous German scholar, who studied with a Chinese sage and who is today an outstanding authority on the hidden wisdom of the *I Ching*, explains the use of the book as follows: "The way in which the *Book of Changes* works can best be compared to an electrical circuit reaching into all situations. The circuit only affords the potentiality of lighting; it does not give light. But when contact with a definite situation is established through the questioner, the 'current' is activated and the given situation is illumined."* This is a simple explanation of the way it works.

Principle of Constant Change

The Chinese mystics who wrote the *I Ching* were past masters in the art of psychology, and they intuitively perceived the laws underlying the cosmos and the society of man. They accepted the opposites

*Book 2, page 315. Permission granted by Princeton University Press.

in this world and the principle of constant change. Action and reaction are constant in the cosmos. There are ups and downs, night and day, rain and sunshine, hot and cold, male and female, conscious and subconscious, ins and outs, sweet and sour, good and evil, pains and pleasures, sadness and joy.

The *I Ching* points out how you can establish peace of mind and an inner harmony by tuning in on the Infinite Being within you and thereby bringing about serenity and equilibrium in your life.

The *Book of Changes* reveals to you that everything passes. Nothing is forever. It teaches you to go back to the "center," where Tao, or God, dwells and to establish yourself in harmony with God; then you will reconcile the opposites in your life. When poised, serene, calm and quiet in the presence of God, you can decide how to handle any situation.

Time and Its Importance

There is a time for everything under the sun. There is a time to sow and a time to reap. There is a time to work and a time for rest. There is a time to act and a time to remain still and quiet. Time is also psychological: it is a state of consciousness. It is your thought, your feeling, your awareness. When there is confusion, resentment and hostility in your subconscious, the hexagram points out to you that it is the wrong time to make a decision and that your attitude will bring loss and failure.

How Do I Get Out of Danger or My Dilemma?

The *I Ching* is not a book of fortune-telling. You will learn later in this book how to consult the *I Ching*, a procedure which enables you to activate the spiritual powers of your subconscious mind. When you request an answer from the *I Ching*, you must take it seriously. Be honest and sincere, and maintain a healthy reverence for the Divinity which shapes your end. You are consulting the wisdom of the ages. *I Ching* teaches you to establish harmony in the "center," and you will have good fortune. You can pour out God's river of peace on the troubled waters of life. All opposites change to their own opposites. When you remain in tune with the Infinite, no change can really disturb you.

Your Next Move

A relative of mine whose daughter was missing for twelve months consulted the *I Ching* and received Hexagram 5. Symbolically and intuitively she knew what was meant when it told her it would be advantageous to cross the great sea. After consulting the *I Ching* she had a dream which showed her where her daughter was staying in London, England. She immediately went by plane and rescued her daughter from what undoubtedly would have been a certain death, morally and psychologically, as well as physically.

The *I Ching* tells you about your present state of mind or that of another, and understanding that, you evolve the solution of your "next move." *I Ching* does not give specific direction; it talks about you. Reading this and interpreting "you," makes it possible for you to establish harmony and unity in the Secret Place of the Most High within you, when all will be well.

The Most Popular Technique in Consulting the I Ching

The most popular and practical method used by students of the *I Ching* consists in the throwing of three coins, pennies for example, or dimes or nickels, a total of six times, recording tails or heads for each throw. Some say you should use yarrow stalks. In reality, it makes no difference, as the whole procedure depends on your receptive attitude of mind. When you realize that all you are doing is activating the wisdom of your subconscious, and that when you are passive, receptive, and have a healthy respect for the Infinite Intelligence resident in your subconscious mind, knowing that It alone knows the answer, it makes no difference whether you use pennies, yarrow stalks or Chinese coins with a hole in the center.

You are using a mechanical approach to tapping the spiritual agencies within your subconscious depths. You could say you were contacting your Higher Self, your Superconscious, your Subliminal Self or Infinite Intelligence. All this verbalism leads nowhere. It is sufficient to know that in your subconscious depths* is the answer to all the problems under the sun.

*See *The Power of Your Subconscious Mind*, by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

Why This Book

A few months ago I conducted a class before a wonderful group of men and women of all ages and professions. I explained many of the meanings in the light of the Bible and our knowledge of mental and spiritual laws. Men and women, bankers, doctors, legal secretaries, real estate men, actors and actresses asked questions at these nightly sessions, and all agreed that the hexagrams they received were most appropriate and highly relevant to their particular problem. One real estate investor saved over $100,000 by asking a question: "Should I invest in this real estate proposition which is presented to me?" The answer was a resounding "No."

This book is intended for the layman, the man in the street, the housewife, the stenographer, the salesman, the department store buyer, the pharmacist, the taxi driver and the busy executive. It is in no way intended to take the place of the most excellent of all books on the *I Ching*, the Wilhelm/Baynes Edition already recommended in this chapter.

I am not going into the highly technical, mathematical, allegorical, figurative and mystical lore of the book. All I wish to do here is to try to transmit all this mysticism and Oriental symbolism to the understanding of the "common people," so that when you look up my comments on each hexagram you may find simple Bible truths with which you are familiar and their psychological application for your everyday living. The overriding theme of this book is its practicality, simplicity, and case histories to illustrate how you may get answers to aid in solving problems. Furthermore, you will have the great joy of developing your intuitive faculties so that ofttimes you may get spontaneous flashes of intuitive illumination which correspond exactly and in minute detail with the hexagram you received appertaining to the same situation.

Climb the Oriental ladder of wisdom and move onward, upward and Godward.

POINTS TO REMEMBER

1. The *Book of Changes* is full of mystic sayings and abstract matter of a symbolic nature. It was a book studied by Confucius

and Lao-tze and many of their aphoristic sayings are attributed to the *I Ching*.

2. A hexagram is a six-line figure composed of divided and undivided lines. They reveal your present mental attitude and subconscious beliefs.
3. The way the *I Ching* works is likened to an electrical circuit. The circuit is the potential lighting; it does not give light. When contact with a definite situation is established through your question, you can activate the spiritual power of your subconscious mind and the answer comes. Light means the Supreme Intelligence resident in your subconscious mind.
4. The *I Ching* points out that you can establish peace and harmony in your life by tuning in on the Infinite Being called Tao (God) and letting the harmony and love of God direct you.
5. The *I Ching* points out that in this objective, three-dimensional world there is a time and place for everything. There is a time to sow and a time to reap. There is a time to work and rest. When confused, it is the wrong psychological time to make a decision or act.
6. The *I Ching* is not a book of fortune-telling. In this volume you are consulting the wisdom of the ages, going back over 5,000 years. *I Ching* teaches you to establish harmony at the Center of your Being, and all your ways will be pleasantness and all your paths will be peace.
7. The *I Ching* tells you about your present state of mind or that of another, and understanding that, you evolve the solution of your "next move."
8. The most popular method of consulting the *I Ching* is through the tossing of coins, and as you become sincere, receptive, passive and feel and know what you are doing, your subconscious will present you with the appropriate hexagram.
9. You are simply using a mechanical approach to tapping the spiritual power of your subconscious mind.
10. This present book is intended for the man in the street free from mystical, metaphysical and allegorical phraseology so that you can understand the answers when you ask a question. This book is for you.

2

The Eight Basic Trigrams in the I Ching

A brief survey of these eight symbols that form the basis of the *Book of Changes* yields the following classification:*

	Name		*Attribute*	*Image*	*Family Relationship*
⚊	Ch'ien	the Creative	Strong	Heaven	Father

*Reprinted by permission of Princeton University Press.

	Name		*Attribute*	*Image*	*Family Relationship*
☷	K'un	the Receptive	Devoted, yielding	Earth	Mother
☳	Chen	the Arousing	Inciting movement	Thunder	First son
☵	K'an	the Abysmal	Dangerous	Water	Second son
☶	Ken	Keeping Still	Resting	Mountain	Third son
☴	Sun	the Gentle	Penetrating	Wind, wood	First daughter

	Name	*Attribute*	*Image*	*Family Relationship*
⚲ Li	the Clinging	Light-giving	Fire	Second daughter
⚱ Tui	the Joyous	Joyful	Lake	Third daughter

Psychological Everyday Meaning of the Eight Trigrams

Ch'ien and *K'un* represent your conscious and subconscious mind, the male and female principle in each of us. For example, the idea, aspiration, or desire you have, when emotionalized and felt as true, sinks into the subconscious mind where it dies and comes forth as an answer to your prayer. You could liken the process to an apple seed deposited in the ground, which undergoes a sort of metamorphosis and then comes forth as the apple tree with its fruit.

Chen, the Arousing, the first son (or idea) means your dominant idea, your desire, that which you wish to achieve.

K'an, the Abysmal, the second son, means your present limitation. Your thoughts come in pairs. The thought comes to you that you want guidance, a solution to a problem, and another thought comes to your mind, "There is no way out." The latter thought must die and the first must live. The negative thought (second son) dies when you realize there is an Infinite Intelligence within your subconscious mind that knows all and sees all and will respond to you.

Ken, Keeping Still, the third son, means you quiet the wheels of your mind, focus your attention on your goal, your desire, knowing there is an Almighty Power which responds to the focal point of your attention.

Sun, the Gentle, first daughter, means that as you remain focussed quietly and lovingly on your ideal and the spirit of God, the feeling of oneness will move over the waters of your mind giving you assurance your prayer will be answered.

Li, the Clinging, second daughter, means you persist in faith and confidence, an attitude of stick-to-itiveness and determination, knowing that he who perseveres to the end shall succeed. It also means loving the good, i.e., you are emotionally attached to that which is noble and God-like.

Tui, the Joyous, third daughter, represents the joy and satisfaction at the conclusion of an enterprise or assignment well done. The engineer similarly discovers the joy of overcoming a tough problem in building a bridge. The Bible says: . . . *The joy of the Lord is your strength* (Nehemiah 8:10). Having gone through these steps in prayer, you have succeeded in impregnating your subconscious mind and you experience the joy of the answered prayer.

Light and Dark Trigrams

— — 6
——— 5
— — 4
——— 3
— — 2
——— 1

Light and dark trigrams represent male and female aspects of your mind. A trigram contains three lines. Two trigrams, or six lines, make a hexagram. Light means male and dark means female. The straight lines are male and the divided lines female. For example, in the hexagram you see on this page, the lines marked 1, 3 and 5 are light, or male, and the lines marked 2, 4 and 6 are dark, or female. Odd numbers are male and even numbers are female.

The Hexagram (6 Lines) and What It Means

A hexagram consists of six lines, representing man. Man is composed of spirit, mind and body—there are different degrees of the same thing (Spirit). Using the analogy of ice, water and steam: These

are all the same, only they have different degrees of vibration. Steam has a much higher molecular vibration than water. Water is used to drink, ice to preserve your food, and steam can be used to take the grease off your motor car. Each has a different function, yet they are all the same; namely, H_2O.

Spirit and Matter

Matter is the lowest degree of spirit and spirit is the highest degree of matter. Once when the great Einstein was asked what matter was, he said it was energy reduced to the point of visibility. Energy is a scientific term for spirit.

The Hexagram and the Trinity

The Chinese explain the Trinity by the picture of a father, mother and a child. When two things join together we have a third. When the father fertilizes the ovum of his wife, we acquire a son bearing witness of the father and mother. In simple, everyday psychological terms, your conscious mind is the father generating the idea or desire, your mother is the female aspect, your subconscious mind called the womb in the Bible, which means your receptive attitude of mind whereby you completely accept your desire. By enveloping it with feeling and enthusiasm, your desire will be embodied in your subconscious mind; and the answer to your prayer is the son, or the function, experience or event you desired. Your subconscious expresses whatever is impressed upon it.

The Six Lines and the Three-fold Man

The two lower lines represent your body, environment, the world; the middle two lines represent man or mind; and the top two lines represent spirit. The word "body" represents not only your physical body, but your environment, condition, social status and all things appertaining to you on the three-dimensional plane. The word "man" means mind—in this instance your subconscious mind (the creative medium, the female aspect). Spirit represents your conscious mind; not that your conscious, reasoning mind is spotless, holy, pure and

immaculate like Spirit, but from a functional standpoint your conscious mind is Spirit, because you have the capacity to choose, select and initiate something which you turn over to your subconscious mind, the great fabricator or builder which accepts it and embodies it on the screen of space.

Chinese Wisdom

Lao-tze said: "From one comes two, from two comes three and from three the whole world." God is the Living Spirit Almighty, One and Indivisible. For the purposes of creation, God divides Himself into two, male and female, the father and mother principle. All things are made by the contemplation of Spirit. Spirit contemplates Itself as the sun, moon, stars, galaxies in space and all things therein contained and their images are reflected in the female aspect of Itself, which brings forth all things in the image and likeness of the male aspect. In other words, the male principle is called 1, the female 2, and from the union of these two comes 3, or the whole world. This is the way all things are made, and there is nothing made that is not made that way.

The Creative and Receptive

These are the words used by *I Ching* to represent the father-mother principle, or God dividing Himself into two for the purposes of creation. The Chinese wisdom points out that the entire universe—animals, man plus the infinite galaxies of space—came forth from the interaction of these two principles. This is the real basis of the *I Ching* teaching.

Man Creates the Same Way

You are made in the image and likeness of God. In other words, your spirit is God's spirit. Your mind is God's mind and the Life-Principle (God) in you flows through the matrix of your habitual thinking and imaging. Your world (body, condition, environment and experience) is the image and likeness of your inner beliefs and conditioning.

What the I Ching Teaches

In simple psychological language, the essence of the *I Ching* teaching is that if your conscious and subconscious mind work together harmoniously, peacefully and synchronously in accordance with Divine ideas and the eternal verities, the children (results, experiences) from such a harmonious interaction will be health, happiness, peace, abundance and security. When the two phases of your mind work in concord, in accord and in unison, you will experience heaven on earth. Likewise, physically, when a husband and wife work together harmoniously, loving one another, and when each exalts God in the other, the marriage grows more blessed through the years. They prosper, are happy and succeed in all their undertakings; and their children reflect the love and harmony of their parents. This is why it is said, "Wisdom is justified of her children."

The Psychological Meaning of Six, Seven Eight and Nine Used in the Hexagrams

Numbers in the Bible and in the *I Ching* represent attributes and potencies of God. For example, the numeral one is a symbol of God and is frequently referred to in the Bible. God, or One, is the origin of all things and the cause of all things.

Two is two units or two ones; four is four units, and so on. Two represents division, the opposites, such as male and female, night and day. Psychologically, two represents your desire. When you have a desire, your mind is divided; it is not in a state of wholeness or oneness. Nourish, sustain and give attention to your desire, feeling and knowing that as you meditate on it you will appropriate and assimilate it into your subconscious mind, where it will die.

Three means conviction, subconscious impregnation, where you no longer have the desire. This is a conditioned state which follows the work you did with Number 2.

Four represents the manifestation or the objectification of your subconscious impression. It is also a symbol of the world.

Five, representing the sum of 2 and 3, is the working of wisdom and understanding. Wisdom is the awareness of the Presence and Power of God within you, and understanding is the application of the God-Power in your everyday affairs. Five is also a symbol of

imagination (disciplined). Whatever you imagine and feel to be true will come to pass.

Six, frequently used in the *I Ching*, is a symbol of the six-pointed star, which means the harmonious relationship of your conscious and subconscious mind. When these two agree on anything, your prayer is always answered. *Six days may work be done, but in the seventh is the Sabbath of rest holy to the Lord . . .* (Exodus 31:15). Psychologically speaking, six and sex are synonymous. Biblically and metaphysically speaking, six days do not refer to days of the week, but the length of time it takes you to impregnate or convey an idea or desire to your subconscious mind. When you claim and feel yourself to be what you want to be, or possess what you want to possess, and when you have succeeded in fixing that state in your subconscious mind, it is called the sixth day. You know when the sixth day comes because you no longer desire what you possess in your consciousness. This may take you a minute, an hour, a week or a month, depending on your spiritual growth and the nature of your request.

Seven is used frequently throughout the Bible. I shall only use a few references. Samson's strength was indicated by his seven locks of hair. *And on the seventh day God ended His work which He had made; and He rested on the seventh day from all His work which He had made* (Genesis 2:2). *And he stayed yet other seven days; and sent forth the dove; which returned not again unto him any more* (Genesis 8:12). The seventh day, the seventh hour, the seventh vial, the seven lamps, the seventh seal, the seven angels all mean the same thing.

Seven means a sense of oneness with God. It means Divine impregnation or the interval of time between impregnation of your subconscious and the resultant objective manifestation. This is also called the Sabbath, or seventh day, but in reality it has nothing to do with days of the week. Look at the number seven. It is two one's joined together, symbolizing your conviction of your good. Psychologically, the seventh day or Sabbath follows the six days of labor, which simply means a sense of rest follows your subjective acceptance of your desire. It is somewhat similar to a woman who is pregnant. She is careful and circumspect while carrying the child, and after a period of time she gives birth. Likewise, you know you are carrying a child (answered prayer) within you and in due time you

will give birth to the answered prayer. Seven means hidden wisdom, rest, stillness, quiescence.

Eight. *And on the eighth day the flesh of his foreskin shall be circumcised* (Leviticus 12:3). *And they shall be eight boards* (Exodus 26:25. . . . *He reigned eight years in Jerusalem* (II Chronicles 21:5). The numeral eight appears numerous times in the Bible. It is a symbol of Infinity which has no beginning or end. Eight is the digit value of the name Jehovah (JHVH). The movement of the hand in writing the number eight is a rhythmic alternation which suggests action and reaction, involution and evolution. Eight means also splendor, fulness, greatness, immensity, infinity. Circumcision takes place on the eighth day. Psychologically, this means when you become aware of the truth that the "I Am" in you is God, i.e., pure Being, Life, Awareness; and as you tune in with the Infinite, knowing that the Life-Principle is the Father of all and that all men are your brothers, you will sense your oneness with all life and with all men throughout the world. As you claim that which is true of God is also true of you, you will go from glory to glory, and from octave to octave, which is symbolized by the numeral eight, which has no beginning or end. Eight means you are moving onward, upward and Godward. Circumcision on the eighth day is a mental and spiritual act. The moment you realize you are the tabernacle of the Living God and when you divest yourself of your name, nationality, social status and all things appertaining to your personality, you realize you are unveiling the God-Presence, which is the eighth day, or eighth hour, or eighth son, etc.

The number nine, as the last of the series of numeral symbols, represents completion, attainment, realization, the end of a cycle. Every end is the seed of a fresh beginning. *Nine cubits was the length thereof* . . . (Deuteronomy 3:11). *Over all the land until the ninth hour* (Matthew 27:45). . . . *The ninth hour Jesus cried* . . . (Matthew 27:46). . . . *And at the ninth hour I prayed* . . . (Acts 10:30). Psychologically speaking, nine means a new birth in God wherein your intellect is illumined from On High. A woman gives birth in the ninth month; likewise, you give birth to God's wisdom, truth and beauty, oftentimes attended by a mystic illumination. Nine means also fulfillment of a certain goal in your life, such as reaching the pinnacle of your profession in science, art or industry; but there is no end. When you have reached what you believe to be the top rung

of the ladder, there is a new beginning, for there is no end to the glory which is man.

Ten is simply God magnified in your experience. Psychologically, and from a phallic standpoint, ten consists of one (male) and zero (female, womb), a symbol of God in action The *I Ching* points out that all creation in the universe is based on the interaction of the male and female principle of life.

Six, Seven, Eight and Nine

You will notice that only these numbers appear on the hexagrams, as the Chinese mystics point out that all your experiences in life here can be expressed by the interaction of these numbers on the six lines.

You have sixty-four hexagrams. Six and four equal ten—the interaction of your conscious mind (1) and your subconscious mind (0). All the experiences and events of your life can be revealed through these sixty-four hexagrams. When you use a hexagram you are simply tapping the wisdom of your subconscious mind, which reveals to you the answer.

POINTS TO REMEMBER

1. The eight trigrams represents the family comprising father, mother, three sons and three daughters and their relationship to one another. These eight trigrams, psychologically speaking, represent states of mind within you.
2. Light and dark trigrams represent the male and female aspects of your own mind. These are called Yang (male) and Yin (female) in Chinese terminology.
3. The six lines of a hexagram represent yourself—spirit, mind and body.
4. Spirit and matter are one and the same thing. Matter is spirit reduced to the point of visibility.
5. The trinity symbolizes a hexagram also. When your conscious and subconscious agree on anything, then there is an issue from

that union which is the expression of what is impressed upon your subconscious mind.

6. The two lower lines of the hexagram represent the body, the two middle lines the mind, and the two upper lines the spirit.
7. The Creative and Receptive represent the father-mother principle of life from which all things come forth. God, or Tao, divides Himself into two for the purposes of creation.
8. Man creates the same way as God creates. God imagines Himself to be something, and then God becomes that which He imagines Himself to be. Man has the same spirit and the same mind as God, and whatever man imagines himself to be and feels the reality of, it comes to pass in his life.
9. *I Ching* teaches that if your conscious and subconscious interact harmoniously, peacefully and joyfully, the result of this union will be wealth, happiness and the abundant life.
10. Numbers represent the attributes, qualities and potencies of God. They are symbolic of states of consciousness. Six means impregnation of your subconscious. Seven means stillness, rest, conviction, a period of mental pregnancy. Eight means splendor, spiritual growth and an absolute conviction that the "I Am" in you is God and your oneness with all men and all life. Nine is the end of a cycle—a new birth in God, a fresh beginning following an inner illumination. The above are the four numbers used in *I Ching*.
11. Sixty-four hexagrams add six and four to equal ten, which symbolically means the interaction of the male (1) and the female (0). All things in the world are brought forth from the interaction of these two aspects of God.
12. The Chinese multiplied the eight hexagrams by eight, getting sixty-four hexagrams, which reveal all possible psychological states of man and answer over 4,000 questions.

3

Synchronicity: How Your Future Is in Your Mind Now

The late Professor Carl Jung, in his foreword to *I Ching* (Wilhelm/Baynes Edition, Bollingen Series XIX, Princeton University Press) defines synchronicity as follows:

> . . . Synchronicity takes the coincidences of events in space and time as meaning something more than mere chance; namely, a peculiar interdependence of objective events among themselves as well as with the subjective (psychic) states of the observer or observers.*

*Permission granted by Princeton University Press. Page xxiv, Carl Jung's foreword to *I Ching*.

As Within, So Without

Whatever happens in your objective or manifest world coincides with impressions made in your subconscious mind. In other words, your objective experiences are a mathematical reflection of your state of consciousness. Your state of consciousness means that which you think, feel, believe, and mentally accept. It means the sum total of your conscious and subconscious impressions and conditioning.

The I Ching and Synchronicity

The hexagram you receive when you ask a question reveals your present state of consciousness and symbolically explains what will follow objectively as a result of the contents of your subconscious mind.

His Psychic State and the External Event

As I write this chapter, the rain is pouring down heavily here in Southern California, and due to the excessive rainfall many areas have been flooded and many homes have been swept away in landslides. During a conversation a young man today told me that a few weeks ago he was in New York City on business, and that one night during his sleep he saw and experienced in a dream his home crumbling before him and being swept away. Also, his wife and son were in danger of drowning and crying for help. Suddenly he awakened, phoned his wife and told her to get out of the house at once. He instructed her to go to a hotel in Los Angeles and notify the authorities. She followed his advice, fleeing with her son, her jewels and a few other immediate possessions. Two hours after she left the house, it collapsed and fell to pieces exactly as her husband had seen it in his dream.

In this instance the objective event (collapse of his house) coincided with his dream, or subjective state. There is no time or space in mind, and since he was in rapport subconsciously with his wife and praying for their mutual guidance and protection, the wisdom of his subconscious revealed to him the immediate danger. Acting on this vision immediately, he was instrumental in saving the lives

of his son and wife. This is an example of synchronicity—when the subjective state of his mind paralleled the objective state. Likewise, on consulting the *I Ching*, it reveals events before they have happened objectively. The wisdom of the subconscious knows all and sees all, and when a man trusts it implicitly, he receives its monitions and promptings which bless him in countless ways.

Synchronicity of I Ching Saved His Life

An acquaintance of mine, who occasionally goes to Las Vegas to play roulette, was recently invited by a friend of his to accompany him and a group of men on a chartered plane to Las Vegas. He consulted the *I Ching* and received Hexagram 54, the marrying maiden, which, as he said, indicated misfortune. He declined the invitation and subsequent events verified the accuracy of the *I Ching*; on the return flight of this plane, it was lost in a snowstorm somewhere in the mountains of Nevada. As yet, no trace has been found, even though as many as thirty to forty planes searched the area for days. The hexagram spoke to him symbolically. He was already married; therefore, he transposed its meaning to fit his inquiry, which would be a psychological marriage or union with a group en route to Las Vegas. This would be a mental and emotional agreement on his part constituting a mental marriage. He inferred from the judgment of the Hexagram 54 that it would be an unfortunate experience, and he acted accordingly.

How to Develop Your Intuitions

You must sincerely believe and not just pretend to believe that Infinite Intelligence is guiding and directing you in all ways and in all your thoughts, words and deeds; then you will be led along the right road. Artists, poets, writers and inventors listen to the voice of intuition. Students of the *I Ching* learn to listen to the still small voice. The word "intuition" means "taught from within." It also means "inner hearing." The oldest word for "revelation" meant "that which is heard." This means the Supreme Intelligence within you responds as a feeling, an awareness, an overpowering hunch, intimations and monitions to which you listen and obey. Sometimes in-

tuition comes as a sudden flash or idea to your mind; oftentimes you "hear the voice." Many times it is a voice whose texture, color and substance you can hear as plainly as the voice over the radio.

He Heard the Mystic Number 44

A young man who just returned from a tour of Europe and who has a good knowledge of the *I Ching*, told me how he fell madly in love with a girl in France. He said that she was captivating, charming, fascinating and seductive in her speech, mannerisms, gestures, and to use his own words, "I fell head over heels in love with her." She was pressing him to marry her at once. He said that one night in the hotel in Paris while asleep, he saw a man point to the Number 44 in the *I Ching* and the voice said, "Read and heed." He awakened startled and opened the *I Ching*, which he carries with him always. He said that in perusing it, its instructions were not to go ahead with his proposed marriage. He broke off the engagement, and the next day as he was about to check out of his hotel, two French detectives approached him seeking to know the whereabouts of his former fiancée. They informed him that police in three countries were looking for her for various crimes. She had already been married to four men in different countries without divorcing any of them.

The subconscious of this young man answered him by means of a hexagram which it knew he would obey. This was intuition in the form of the Number 44 hexagram. The subconscious seeks to protect you, and it knew the ulterior motives of the woman in question. The Bible delineates the workings of your subconscious this way: *For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts* (Isaiah 55:9). Truly the ways in which your subconscious answers your requests are past finding out.

Why Do Predictions by the Kahuna and Psychics Come to Pass?

This is a question I am frequently asked. Recently a woman said to me that a Kahuna (Hawaiian priest) read her mind perfectly and predicted many things. Then she added, "Immediately following my

return from the Island, I called on an old Irish card-reader in Los Angeles, and she read the cards and prognosticated almost exactly the same as the Kahuna, all of which came to pass exactly as foretold by both of them."

The Answer to the Question and How It Is Done

Follow the answer to the question carefully and it will be seen that it is easy to understand and not at all mysterious and strange. It is possible for an intuitive, psychic person in a passive or receptive state of mind, a sort of semi-trance where the conscious mind is partially suspended or slightly in abeyance, to tap the contents of your subconscious mind and reveal the same to your conscious mind. In other words, in a passive state, a sensitive or highly intuitive person tunes in with the fears, impressions, desirable states, subjective acceptance of marriage, divorce, travel, lawsuits, and various other impregnations, be they what they may. The psychic who is tuning in with your subjective feelings and decisions translates these moods and beliefs in his or her own language and foretells accordingly.

Your Storehouse and Memory

Your subconscious is a storehouse of memory, and many suggestions and beliefs have been accepted by you of which your conscious mind is wholly unaware. Your subconscious assumptions, convictions and beliefs become objectified in your world sooner or later unless changed by scientific prayer.

The Future Is in Your Mind Now

You are what you think all day long. Your thought and its manifestation are one in your mind. For example, if you are contemplating divorce, this has already taken place in your mind and can be seen and interpreted by a good medium or psychic, and so can the contents of your subconscious mind—probably not 100%, but let us say at least 90% or more by an outstanding psychic or intuitive person. The plans, decisions, trips and contracts which are now in

your mind have not taken place in the three-dimensional plane as yet; time moves slowly from the fourth to the third-dimensional plane, but as you now see, they have already taken place in your mind, which transcends time and space. In your mind the thought and the thing are one. Your desires, ideas and thoughts have form, shape and substance in another dimension of mind and are as real as your hand and can be seen.

I Ching and Its Predictions

When you use the *I Ching*, you are activating your subconscious mind. By being receptive and passive and sincere in your mind, you are actually getting an answer from your deeper mind. It's a sort of mechanical medium for extracting answers which are given to you in figurative and symbolic language, somewhat similar to your own Bible.

Predictions for a Group, a Nation or the World

The *I Ching* will give you answers based on the nature of your question as it deals with the universal subjective mind from which all things flow and from which all things come, to which all things are known, and which permeates all space. Your subconscious is one with this universal mind which is omnipresent. It is therefore possible to predict for a race, nation or group, as well as an individual. Why? Because the majority of human beings do not change very much. They live with the same old beliefs, same old traditions and race concepts, and the same old hates, prejudices and fears. They follow more or less a set pattern which can be easily read by one tuning in psychically or intuitively with the collective unconscious of the masses.

Nostradamus tapped the collective unconscious in the sixteenth century and made the most amazing prognostications in the form of quatrains, many of which came to pass with astounding accuracy. He named such men as Hitler, for whom he used an anagram Hister and accurately described Mussolini together with many others; he predicted the great fire of London and also the bombing of that city in World War II. Yet this was centuries before these occurrences

were to take place. The future is truly in our minds now, but it can be changed. There is no inexorable fate. Nothing is foreordained or predestined. As the *I Ching* points out, we can change our future by tuning in with God and getting in harmony with the Cosmic of the universe, and then a future of happiness, health, peace and the life more abundant is assured.

The I Ching and Negative Predictions

When you ask the *I Ching* to comment on your present plans, decisions and the outcome of certain desires you have, it reveals your present state of mind to you. For example, suppose it predicts misfortune? This may mean your motivation is wrong or that you are governed by some irrational emotion or impulse; naturally, the result would not be beneficial. Think good, good follows; think evil, evil follows. *I Ching* tells you if you have deviated from the laws of harmony and the Golden Rule, which is a Cosmic Law, and tells you to get back on the beam and forgive yourself as well as others; realign yourself with the Infinite Being within you and let the Infinite Ocean of Life, Love, Truth and Beauty flow through you. Then you turn misfortune into good fortune, and the result will be harmonious and victorious for you. Remember the Higher Self of you is Tao, or God, Which always seeks to protect you.

How to Counteract Negative Predictions

The prophecies of Nostradamus in the sixteenth century or those of our modern-day astrologers, psychics, mediums, seers and sensitives throughout the world would mean nothing and could be defied and proved untrue if men knew how to pray. They could thereby change their subconscious, and consequently, their destiny. Prayer eliminates fear, doubt, hate and prejudice from the subconscious of man. That is how he weeds his garden so that only the beautiful flowers may grow. The spiritually minded man, on hearing of something he does not want to come to pass, changes the beginning, and having changed the beginning, he changes the end. This is done by the law of substitution or prayer.

Instead of praying something out of existence, he prays the condition he wants into existence. He becomes a producer. You pray by

thinking from the standpoint of eternal verities and principles of life, such as realizing that Infinite Intelligence guides and directs me. Divine Love fills my soul. Divine Harmony governs my mind and body. Divine Law and Order govern my life. Divine Love goes before me, making straight and perfect my way. Thinking, speaking, acting and reacting from the standpoint of the One Presence and Power is true prayer. This pattern of prayer frequently repeated with feeling and understanding obliterates the negative patterns of the subconscious mind, making all roads in your life a highway for your God.

How She Reversed the Prediction

An acquaintance of mine was told by a fortune teller that the death card, the ace of spades, indicated her child would die in a few days. Her child had been very ill for a considerable period and was not responding to medical therapy. This woman went home and began to affirm boldly to the child sleeping in the cot: "You are a child of God. God is Life and that is your life now. God lives, moves and has His being in you, and you live, move and have your being in God. God's Healing Power is flowing through you now, and I give thanks for the miraculous healing which I know and believe is taking place now."

In a subjective mood of prayer, she imagined her child running around playing and enjoying himself, radiating health and happiness. She kept this up for five or ten minutes several times a day, feeling and contemplating the reality of it all. On the second day following this prayer process, the child had a remarkable recovery, and she experienced the joy of the answered prayer.

Facing the Facts

The *I Ching*, or *Book of Changes*, is simply stating to you that every condition, circumstance or experience in our lives is simply the outpicturing of assumptions, beliefs and convictions in our subconscious. You must also realize that all sickness, disease, failures, and accidents are but the embodiment of negative ideas or fears in your subconscious mind.

Always remember, scientific prayer can change all negative pat-

terns. . . . *though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool* (Isaiah 1:18).

POINTS TO REMEMBER

1. Synchronicity means that subjective events and objective events parallel and correlate with each other.
2. Whatever happens in your objective experience has its mental equivalent in your subconscious mind.
3. The hexagram you receive when you ask a question of the *I Ching* reveals your present state of mind and the results that must follow as a result of the contents of your subconscious.
4. Oftentimes your subconscious will reveal what is going to happen in a precognitive dream whereby you see an event before it happens. The reason for this is that your subconscious is all wise and knows what is going to happen before it happens.
5. Students of *I Ching*, and those interested in its Oriental and mystic messages, occasionally receive a hexagram in their sleep, and on looking it up, they receive an answer to their prayer. This is a dramatization of their subconscious mind which intuitively knows to what they will give heed and pay attention. Many lives have been saved by following hexagrams revealed in dreams as well as in the waking state.
6. Intuition means that the wisdom of your subconscious may sometimes speak to you in a voice; inwardly you may have an overwhelming urge to do something, or an idea may come spontaneously as a sort of sudden flash into your conscious, reasoning mind. Intuition means you are taught from within.
7. You may hear the inner voice as one man did recently of the #44 hexagram, and after looking it up he managed to save himself from what would have been a rather tragic experience. The ways of your subconscious are past finding out. This man loves the wisdom of the *I Ching*, and undoubtedly his subconscious knew just how to reveal to him the truth.
8. The future is already in your mind and may be read by highly intuitive or psychic individuals who, in a passive state, tap your subconscious and reveal the future to you.

9. Remember, any thought, idea, plan, decision or purpose you have in your mind also has form, shape and substance and is as real as your hand or watch. This is why they can be seen by a clairvoyant or sensitive, for the beginning and the end are the same in your mind.
10. Whenever you use the *I Ching* in order to get an answer, you are actually activating the wisdom of your subconscious mind, which responds according to the nature of your question.
11. It is possible to predict for a group, a nation or a race because the majority of human beings do not change very much. They live with the same old traditions and beliefs, and they keep repeating the same old patterns endlessly.
12. The *I Ching* tells you if you have deviated from the Law of Harmony and Love and advises you to get back on the beam of God's Glory by aligning yourself with Tao (God). You thereby permit the Life, Love, Truth and Harmony of God to flow through you, bringing good fortune into your life.
13. You can counteract negative predictions by tuning in on the Infinite and thinking from the standpoint of eternal verities and the Principles of Life. A new beginning is a new end, and the negation is wiped out and obliterated from your subconscious mind.
14. There is no inexorable fate, nothing foreordained or predestined. Your thought and feeling control your destiny. A woman who was told by a fortune teller that the cards don't lie and that her child would die, reversed the picture by contemplating that her child's life was God's life and that God was healing him now.
15. Every condition, experience and event in your life is but the outpicturing of patterns of thoughts and beliefs in your subconscious mind.
16. It makes no difference how much you have erred or polluted your deeper mind. The minute you reverse your pattern of thinking and imagining to conform to whatsoever things are true, lovely, noble and God-like, there is an immediate response by your subconscious mind, and the past is forgotten and remembered no more.

4

How the Ageless Wisdom of the I Ching Speaks to You for Guidance

The ageless wisdom of China and India teach that the Living Spirit (God), the Formless, Faceless Being called Tao in China, clothed Itself in matter and descended into materiality. In other words, God imagined Himself to be man and all things in the universe and He became that which He imagined Himself to be. The result of this descent caused man to forget his Divine origin and essence. In Christianity this is termed the fall of man.

The *I Ching* is a constant reminder that buried in each of us, however unevolved, is something that reminds us of our Origin and urges us back to It. Your purpose in life is to liberate, cherish and enlarge that memory, to follow that urge, until the awareness of the Presence of God grows by cultivation into a light and fills you, and you can identify yourself with It.

The Opposites in Life

The foremost scientists in the world have been telling us for a long time that matter and energy are one, and that matter melts into unsubstantial radiation; forever the tangible changes into the intangible. The universe of ours is nothing but waves, a series of densities, frequencies and intensities. I read a newspaper article some time ago where Sir James Jeans indicated that the universe consists of nothing but waves, bottled up waves which we call matter and unbottled waves which we call radiation, or light. In *Genesis* we read the whole story which modern science confirms: *And God said, "Let there be light."*

When the Absolute becomes relative, we experience the opposites. In the Absolute state there is no differentiation. It is a state of oneness, wholeness, completeness and perfection. When It divides Itself into two for the purposes of creation, we experience spirit and matter, large and small, night and day, in and out, male and female, sweet and sour. In other words, you are aware of being alive; you experience contrasts, differences, sensation. As Emerson says, "Every Spirit builds itself a house." You have a body, five senses and the capacity to express your talents, your love, your laughter and your appreciation of things Divine. Emerson explains the opposites beautifully in his essay "Compensation": "Polarity, or action and reaction, we meet in every part of nature; in darkness and light; in heat and cold; in the ebb and flow of waters; in male and female; in the inspiration and expiration of plants and animals; in the centrifugal and centripetal gravity. An inevitable dualism bisects nature, so that each thing is a half, and suggests another thing to make it whole; as spirit, matter; man, woman; odd, even; subjective, objective; in, out; upper, under; motion, rest; yea, nay. Every sweet has its sour; every evil has its good." The *I Ching* points out these opposites, such as good fortune, misfortune; success, failure; etc. It also teaches you how to reconcile these opposites.

Reconciling the Opposites

For example, if a hexagram shows that you have a pattern of failure in your subconscious mind, turn within and harmonize with the Infinite Life-Principle within you, while realizing It cannot fail.

It is Omnipotent. Realize and know you were born to win, to succeed, because the Infinite cannot fail. As you affirm, "Success is mine now through the Power of the Almighty," you will triumph over all obstacles as you persevere in your adherence to the only Presence and Power which never fails. It is Supreme and Omnipotent.

This is how you reconcile the opposites in your mind, such as the thought of success and the thought of failure, which quarrel in your mind. Your thoughts come in pairs. By detaching your attention from the thought of failure and in focusing your devotion and attention instead on success in all your undertakings, then all the power of the Godhead flows to that focal point of attention, and success is assured. Actually, you will be compelled to succeed, for the law of your subconscious is compulsion. Recognize the value of opposition. If you did not have challenge, difficulties or problems, you would never discover your Divinity. The opposites in life enable you to sharpen your mental and spiritual tools, whereby you overcome the obstacle and reconcile the opposites while experiencing the joy of overcoming.

Yes and No

Emerson says, "Every yea has its nay." The Bible says: *Let your communication be, Yea, yea; Nay, nay; for whatsoever is more than these cometh of evil* (Matthew 5:37). The *I Ching* wants you to say "yes" to all ideas which strengthen, heal, bless, inspire, elevate and dignify your life. Say "no" boldly to all teachings, ideas, thoughts, creeds and dogmas which inhibit, restrict and instill fear into your mind. In other words, accept nothing mentally that does not fill your soul with joy.

Change and Its Meaning

An ancient Hebrew meditation lost in antiquity says, "Change perpetual is at the root of all things, and change hath two faces, a face of life, and a face of death." Everything is constantly changing. The formless is forever taking form and the formed is forever returning to the formless. If it is very hot here in California, you can rest assured it is going to cool off. We may now be experiencing a flood in many parts of Southern California which is causing homes

to be washed away, but the floods will recede and the sunshine of God's love will reappear. Everything is changing to the opposite. If it is raining somewhere, it also is going to dry up. You can't be sick forever. Everything passes away. St. Theresa said, "Let nothing worry you, let nothing frighten you, let nothing disturb you. Everything passes away but God. God alone is sufficient."

The Places Occupied by Lines and Their Significance to You

The six places in the hexagram are distinguished as follows: The lowest and the topmost are, so to speak, outside the situation. Of these, the lowest is inferior, because it has not yet entered the situation. The uppermost is superior; it is the place of the sage who is no longer involved in worldly affairs, or, under certain circumstances, of an eminent man who is without power. Of the inner places, the second and fourth (from the bottom) are those of officials, or of sons or women. The fourth is the higher, the second inferior to it. The third and fifth (from the bottom) are authoritative places, the former because it is at the top of the lower trigram, and the latter because it is the place of the ruler of the hexagram.*

The places occupied by the lines are differentiated as superior and inferior, according to their relative elevation. As a rule the bottom and the top lines are not taken into account, whereas the four middle lines are active within the time. Of these, the fifth place is that of the ruler, and the fourth that of the minister who is close to the ruler. The third, as the highest place of the lower trigram, holds a sort of transitional position; the second is that of the official in the country, who nevertheless stands in direct connection with the prince in the fifth place. But in some situations the fourth place may represent the wife and the second the son of the man represented by the fifth place. Under certain circumstances the second place may be that of the woman, active within the house, while the fifth place is that of the husband, active in the world without. In short, while any of various designations may be given to a line in a specific place, the varying functions ascribed to the place are always analogous.‡

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*Book II, pp. 291–292, *I Ching*, Wilhelm/Baynes, Bollingen Series XIX. Permission granted by the Princeton University Press.

‡*Ibid.* pp. 359–360.

The Importance of the Lines

You will see by the above the importance of the lines in the various hexagrams, and you can intuitively perceive the relationship if you are asking about your employer or your supervisor, who could represent the fifth line. The hexagrams also deal with your family relationship, as the above quotations point out. For example, the salesman could be represented by the second line and his general manager or employer by the fifth line. The nature of your question will determine the significance of the lines and the numbers attached to them. A little practice and a little intuition will aid you immensely. Affirm frequently: "Infinite Intelligence within my subconscious mind guides and directs me and reveals to me the answer, and I intuitively and immediately recognize the answer." Your subconscious mind will respond accordingly.

Illustrating the Relationship of Lines to Your Question

Recently a wife who was separated from her husband asked the *I Ching* if she should go back to him. She received hexagram 42, which indicated to her that it was to her great advantage to return and have a reconciliation. The two trigrams she interpreted as meaning to stir up the spirit of God within her and let love again unite them. The reconciliation and reunion has blessed her beyond her fondest dreams. Conjugal harmony reigns supreme in her home.

The I Ching and the Tarot Cards

I had a conversation a few days ago with a famous international interpreter of the Tarot cards. She told me that she had a very important decision to make, one of the most important in her life. She had asked the Tarot cards first, and then the *I Ching*, and the answers were the same; i.e., to go ahead, good fortune would follow the decision. She asked me, "How do you explain it?" The answer is really very simple. By way of explanation, the Tarot is a pack of picture cards which is the origin of your present-day playing cards.

Each one of the cards pictures the objective, the goal or state of consciousness it designates. Each symbol on the card stands for cer-

tain perceptions, faculties, functions—in other words, states of mind. The origin of the cards is lost in antiquity. The ancients stated that certain cards represented love, marriage, divorce, death, journeys, contracts, law, religion, happiness, good fortune, misfortune, etc. Naturally, when you shuffle the cards and think of your question, your subconscious mind selects the cards appropriate to your present state of mind. An intuitive student of the Tarot looks at the cards, which to him or her are an alphabet of your subconscious, and interprets accordingly.

The following analogy might help to clarify the point. Let us suppose you received a letter in Chinese from a friend and you could not read the language. Undoubtedly, you would show it to a Chinese scholar, who would interpret it for you. Cards have no power; they are only pieces of paper, but the ancients who devised these cards attributed a certain meaning and significance to each card, which beliefs are deposited in the mass mind. A good psychic can tap your subconscious and interpret the meaning of the cards, since she is familiar with the esoteric meaning attached to them by the ancient seers.

I explained to this woman that, likewise, in using the *I Ching*, the ancient mystics gave certain meanings to the hexagrams, the lines and the numbers. These meanings are engraved in the collective unconscious of the human race, and when you toss the coins o· use yarrow sticks, you are simply activating the age-old wisdom of the universal subconscious, which indwells all men.

Lifesaving Premonition

A few months ago, I suggested to a man that he get a physical checkup from his doctor, as he was constantly complaining of vague pains in his abdominal area. His wife also urged him to do this, but to no avail. He kept taking codeine tablets (a derivative of opium) for the pain, which, of course, alleviated the distress but did not eradicate the cause. One night his wife had a very vivid dream, wherein she saw him being carried to the hospital and operated on for a ruptured appendix. She heard the doctor saying to him, "You have peritonitis. It's very serious."

This woman consulted the *I Ching* for her husband and asked,

"Should not my husband see his doctor at once?" She got hexagram 46 (no moving lines), where it said he should see the great man, which meant to her that he should see his doctor. It was obvious to her what the words "great man" meant. She told her husband about her dream and how the *I Ching* answered her question. He was impressed and agreed to go to the doctor. After an examination, the doctor put him in the hospital at once and told him he had come in the nick of time, as at any moment he could have had a ruptured appendix and peritonitis.

His wife had been praying for guidance for her husband, and her subconscious revealed the true nature of his bodily condition. The *I Ching* confirmed her question—that he should see the great man, which could be a wise spiritual counselor, lawyer, doctor or clergyman depending on what the questioner needed to know. This woman undoubtedly saved her husband's life by her quick action and consultation of the *I Ching*.

I Ching Reveals the Secret Powers of your Subconscious

Professor J. B. Rhine of Duke University has published many books and has gathered an enormous amount of material, well-authenticated and documented, on the extraordinary powers of your subconscious mind. One is clairvoyance, which is the awareness, without use of your five senses, of what is going on elsewhere in the world, enabling you to see it clearly. He has also elaborated at length on precognition (seeing future events before they happen), telepathy (transference of thought from one mind to another), telekinesis (the action of your mind on external objects or matter without physical contact), and retrocognition (your ability to see the past).

The men who invented the *I Ching* and the 64 hexagrams possessed all these gifts of the subconscious and were able to utilize them to understand the laws of the universe and the laws written in the heart of man. They devised a method of divided and undivided lines plus a series of numbers; and through the interaction of these following the tossing of coins by the individual, his subconscious reveals in a symbolic manner the present state of his mind and what his next move should be.

At times I am seized with a deep reverence and a sense of mystic awe when I use the book. It seems and feels as if a human being were talking to me. It is the accumulated wisdom of over 5,000 years speaking to all of us.

POINTS TO REMEMBER

1. The ageless wisdom of China teaches that God, the Formless, Faceless, Life-Principle, clothed Itself in matter and assumed the form of man and all things in the universe. In other words, God imagined Himself to be man, and God became that which He imagined Himself to be. This is called in Christianity "the fall of man," i.e., man meaning mind, which is formless, assumed a form.
2. You are conscious of opposites in life; therefore, you feel yourself to be alive. You are conscious of night and day, ebb and flow, hot and cold, big and little, etc. You have the sense of contrasts, of differences, the sensation of aliveness. Spirit, in order to manifest, must have a body. The opposites in the world are halves of the one whole. The absolute state is one of unalloyed harmony and absolute bliss.
3. Your thoughts come in pairs. Think of riches and the opposite, poverty, comes into your mind. Reconcile the opposites by taking attention away from the thoughts of poverty and giving your attention to God's opulence. As you nourish the idea of wealth, lack and limitation will die and you will begin to express God's riches along all lines.
4. Say "yes" to all the good things in life and "no" to all negation. What you say "no" to in life cannot enter into your experience. "Chant the beauty of the good and stop barking against the bad" (Emerson).
5. Everything is constantly changing. You are changing all the time. You are not the same person you were perhaps a year ago. You have new ideas, new perceptions and insights, and you no longer think, speak and act the same way. The old hymn says, "Change and decay all around I see. Oh, Thou, Who changeth not abide with me." The tangible changes into the intangible and the intangible changes into the tangible.

6. The position of the lines in your hexagram is important. The fifth line is usually the ruler of the hexagram. The bottom line is sometimes referred to in Chinese wisdom as cause and the top line as effect. The nature of your request will reveal the lines which are important to you.
7. There is a subconscious relationship of the *I Ching* to the ancient symbols of the Tarot cards. Many of the symbols depicted in the Tarot correlate with the meaning of many of the hexagrams. Both are products of the subconscious mind of ancient mystics, who devised in picture form and in numerical symbols the great truths of God and the cosmos.
8. A woman consulting the *I Ching* for her husband found it imperative and mandatory that he see the great man (his doctor), which he did, and thereby undoubtedly saved his life.
9. Telekinesis, telepathy, clairvoyance, precognition and retrocognition are all resident in your subconscious mind. The men who wrote the *I Ching* were cognizant of all these powers, utilizing them and devising a system of 64 hexagrams which will answer any question propounded in ancient idiomatic, figurative and allegorical language. This writer has simplified this knowledge and put it in everyday language to aid you in reading your hexagram.

5

A Guide to Terms Used Frequently in the I Ching

The word *judgment* means the verdict of your subconscious mind revealed by your present mental attitude and what you may expect. In other words, it is the conclusion or decision arrived at by the hexagram.

The *image* refers to the inner or esoteric meaning of the lines and how you are to utilize the information in your personal, social or business life.

The words *good fortune* and *misfortune* in the *I Ching* refer to good results from using your subconscious mind in the right way, and misfortune or loss results if you use it negatively. Think good and good follows; think negatively and negation follows.

No error or no blame means you are absolved from blame as you

have no control over the situation in question. For example, you are not to blame if your plane is delayed by fog or storm.

Humiliation. If you are unwilling to think right and do right according to universal principles of harmony and love, humiliation follows as you are going contrary to the laws of life.

Mistake in the *I Ching* simply means you can correct any error, and there is no blame. If you make a mistake in addition, for example, and correct it, there is no criticism. You correct mistakes in mental attitudes by turning back to God and thinking according to Divine Law. In other words, you get back on the beam, and the error is corrected.

Remorse. You overcome remorse or regret of any kind by realizing no matter how much you may have erred or failed, you can begin to use the law of mind in the right manner. This is accomplished by thinking on whatsoever things are true, lovely, noble and God-like, and there is an immediate reaction on the part of your subconscious mind according to the new mental pattern and imagery. This is why the Bible says: . . . *his mercy is everlasting*; *and his truth endureth to all generations* (Psalms 100:5). The Law of your mind holds no grudge against you, no more so than do the principles of mathematics or chemistry. When you begin to think right, feel right, act right and do right, the past is forgotten and remembered no more. It is wonderful to know this and to practice it.

Seeing the great man. You will have to use your own judgment regarding the great man or the superior man. If it is spiritual advice you need, you should consult someone you trust and respect. It may be legal advice or business counsel you need; in any case, you should arrive at your own decision regarding the type of guidance you need. From an ultimate standpoint, of course, God is your great Counsellor, Advisor and Guiding Light. You can call upon the God-Presence for guidance and It will respond. Whatever mundane advice you need will be made available from the right person for you.

To cross the water. Symbolically, your mind is water also, as it takes the shape of any vessel into which it is poured. This means you should come to a clear-cut decision regarding your desire or plan. It is to your advantage to incline your mind vigorously and definitely in the direction of a larger and more wonderful experience. You are moving across the waters (unformed and undefined area of

your mind) and will come to a conclusion and definite awareness whereby you reach the point of acceptance in your mind. You are leaving where you are in your mind and mentally establishing a new residence. You are psychologically travelling to a higher position or acceptance of your good. If a journey on land or over sea is indicated, it would also be to your advantage to take the opportunity to travel. If you are thinking about a new position or assignment and you focus your attention on it, the Creative Intelligence within you will always illuminate the matter, for your prayer is a mental and spiritual journey to a new land which is the realization of your heart's desire.

Chance. This is defined in the dictionary as the absence of any cause or series of causes of events as they actually happen that can be predicted, understood or controlled. Scientists tell us that this is an ordered, mathematical universe governed, sustained and directed by a Supreme Intelligence with immutable laws, and that it is mathematically impossible for all the essential factors of life to exist on this planet by chance or by a fortuitous confluence of forces or atoms.

Man says something happened by chance, which means he did not perceive the law or principle behind it. Suppose you do not choose your thoughts, images, and reactions, and you permit the mass mind and its propaganda of fear, sickness, accident and misfortune of all kinds to do your thinking for you: then the mass mind controls you, and you do not know what fears and impressions are governing you and controlling your mind. All fears are immersed in the mass or race mind, which impinges on all of us. As you fail to do your own thinking from the standpoint of eternal verities, the mass mind impinges on your mind and does all your thinking for you, and inasmuch as you do not know what these thoughts and feelings are, when they reach a point of saturation in your mind, they are precipitated as accidents, sickness, disability and lack of all kinds. This is chance, not choice. . . . *Choose you this day whom ye will serve* . . . (Joshua 24:15).

Man calls it chance, because he does not know the cause, which is his state of consciousness conditioned by the negation of others and occurring because he refused to think for himself. Emerson said, "Nothing happens by chance; everything is pushed from behind." There is a cause behind every event, even though we don't see it or

understand it. It was not by chance that the boy hit the school window when playing ball. A scientist could figure out his stance, the angle at which he threw the ball, the force behind it, the velocity and the wind and other factors to show that the action by the boy and the reaction (broken window) corresponded perfectly.

Choose your thoughts. Choose Divine right action, Divine Law and Order, Divine Love and Divine Peace. Affirm these truths of life, live with them, and you will discover "order is Heaven's First Law." Attend to the noblest, the best and the highest in you, and God's wisdom will guide you to ways of pleasantness and paths of peace. The average man can't calculate the energies and forces operating, and he uses the words fate, accident and chance, but as Emerson says, "Fate is simply the actualization of his thoughts and fits him like his skin."

Coincidence. This word is frequently on the lips of many people without much understanding of its psychological implications. Coincidence means to come to occupy the same place in space or the same point in time, a striking occurrence of two or more events at one time apparently by chance—a happening at the same time. Two similar things frequently happen at the same time and in different places. Actions and reactions are universal in life. Your thought and its reaction from your subconscious mind is always happening. The outside or external experience agrees with the inside (your mental attitude).

For example, I was walking down Beverly Drive the other day when I encountered a French actress whom I had known in Paris. She had recently arrived in this country and had been reading *The Power of Your Subconscious Mind* in French.* She said, "I have been looking for you and checking the telephone book, but there were so many Joseph Murphys I was not sure which one to call and I did not know your address. But I had an intense desire to consult with you on a problem." This was what she termed a coincidence, but it was a perfect working of the law of the subconscious mind. The intensity of her thought and desire activated the power of her subconscious and the latter arranged the meeting in Divine order. It was as simple as that.

*See *The Power of Your Subconscious Mind,* by Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

Her Hexagram

This actress is a profound student of *I Ching* and asked me to interpret it for her. She wanted the *I Ching* to answer this question: Should I go back to my husband? She cast the coins six times, the technique of which is described in detail in another chapter of this book. She received hexagram 11 with no moving lines (to be discussed later). The title of the hexagram is "Peace."

Biblically I explained to her that the hexagram means *Great peace have they which love thy law and nothing shall offend them* (Psalms 119:165), and that a harmonious reunion was indicated because her state of mind was one of forgiveness and at peace. She agreed that this is the way she felt.

These were not the exact words of the hexagram, but when transposed to ordinary, everyday language she understood it perfectly and agreed that this is the way she felt. Following our conversation she phoned her husband in Paris, and he flew over for the happy reconciliation.

POINTS TO REMEMBER

1. Judgment means the conclusion or verdict of the *I Ching*, more or less the same as when a judge hands down a verdict from the bench. Immediately you are aware of the decision and the consequences.
2. The image refers to the subjective or inner meaning of the lines of the hexagram and how you should utilize the information.
3. No error or no blame: There are many things in life over which you have no control; therefore, you are not to blame. A policeman recently rescued a drowning man, and the man cursed him and abused him. The policeman did the right thing, and of course there was no error or blame.
4. Humiliation follows if you misuse the laws of life. Keep in tune with the Infinite and you will never be humiliated. You are a child of God. Exalt God in the midst of you.
5. Mistake: You had an eraser at the end of your pencil when you went to school. The teacher knew you were going to make mistakes. Don't become angry because you err; you have the oppor-

tunity to correct the mistake. This is how you grow and learn in life. Your mistakes are stepping-stones to your triumph and success in life.

6. Remorse: No use crying over spilt milk. Bless the situation and walk on doing the best you can, realizing God's love floods your mind and heart. Remorse means deep and painful regret for wrongdoing. Literally, it means to be bitten again. Remember, you did the best you could and now that you have grown in wisdom and understanding, you will not repeat it. Forgive yourself and bless the other; then all is forgotten and remembered no more.
7. The great man: This could be someone of integrity whom you respect and from whom you seek advice, a man or woman of high moral and spiritual values. This could apply to legal, medical, or any other professional advice. The greatest Counsellor is God within you. Consult the God-Presence and you will be led objectively to the right attorney or right minister or priest, as the case may be.
8. Cross the water: This means crossing the waters of your mind and coming to a decision. Then the formless takes form, and you are always travelling in your mind from a problem to a solution. This may also mean that a journey over land or sea is favorable.
9 There is no chance, accident or coincidence in a world ruled by law and order. So-called chance is the working of unseen power in your life based on the contents of your subconscious mind. As Emerson says, "Every experience fits you like your skin." Choose your destiny by dwelling on God's eternal verities in your mind. As you sow in your mind, so also shall you reap in experience, conditions and events.
10 Coincidence means two things happening at the same place or point of time. Two things are always occurring—your thought and the reaction of your subconscious to your thought. Coincidence is action of your conscious mind and reaction of your subconscious mind. The outside (experience, condition and event) mirrors the inside. "As within, so without."

6

How to Consult the I Ching

The first step you take for a successful consultation is to quiet your mind, *relax and let go.* Think of the Infinite Intelligence within you and focus your attention on the fact that Its nature is to respond to you. You must be free from all ulterior motives and possess a deep reverence for things Divine. Have a receptive, passive attitude, knowing that you are activating the wisdom of your deeper mind which will respond to you through the *I Ching.*

Formulating the Question

Your question should be clear-cut and definite. There should be nothing vague about it; you must specifically avoid the *either/or* type

of question. The following questions are some which were asked in our recent class of the *I Ching*:

Should I get a divorce?
Should I marry this man?
Is it to my advantage to accept this position offered me?
Is it advisable for me to take this assignment overseas?
Is it to my best interest to invest in this land offer?
Will the *I Ching* comment on the future of this gold mine?
Is it to my advantage to invest in this silver mine?
What is the hidden subconscious problem of, let us say, John Jones?
What is my future with this organization?
Will my manuscript be accepted by this publishing company?
What is blocking my prosperity?
What is hindering my healing?
Will my invention be accepted by the Army?

Receiving Appropriate Answers

In the *I Ching*, Wilhelm/Baynes Edition, you receive answers mainly in Oriental symbology and, to a great extent, in figurative language. In this book all I have tried to do is to simplify it as much as possible and render an interpretation which I believe to be the language of the man in the street, the average reader. *You will intuitively perceive the response of the* I Ching *to your particular question.*

Two Questions in Her Mind Answered

As I write this, an old friend has just phoned me from San Francisco asking, "How do I ask the *I Ching* whether I should send my daughter to the University at Berkeley or Brigham Young University in Utah?" I suggested he frame his question as follows: "I would like the *I Ching* to comment on the advisability of sending my daughter to the University of California at Berkeley." I further suggested that he study the answer and then frame the same question regarding the other university: "I would like the *I Ching* to comment on the advisability of sending my daughter to Brigham Young University in Utah," and note the answer. He could then compare the

two and decide which was the more favorable. This resolved his problem.

His first question resulted in hexagram 6—Conflict (no moving lines), and the answer to the second question was hexagram 11—Peace, indicating good fortune and success. He sent his daughter to Brigham Young University, where she reports she is very happy.

Getting Answers by Means of Coins

As Chinese coins are hard to get, the value ascribed to heads is usually 2 and tails 3. You can use ordinary U.S. cents (pennies). Take three pennies in your hand and shake them well, then throw them up six times. Give the value of 2 to each heads and the value of 3 to each tails. For example, if you have two heads and one tail in the first throw, the line would be a straight one, the value of which would be 7. The first throw would be the bottom line, as you read the hexagram from the bottom up. Let us say you throw the coins the second time and you have three heads. This would be a divided line: — — 6. The third throw might be, for example, two tails and a head. That would total 8, a broken line: — — 8. The fourth throw might be three tails. That would be 9, a straight line as: ——— 9. The fifth throw might be two heads and a tail, which would be 7, a straight line: ——— 7. And the sixth, let us say, is three heads, which would be 6, a divided line: — — 6. Now, reading from the bottom up, you construct your hexagram:

(Hexagram 17)

— — 6
——— 7
——— 9
— — 8
— — 6
——— 7

Key for Identifying the Hexagram

Please look at the chart on page 76; it lists the 64 hexagrams which are discussed in detail in Chapter 8. This chart is taken from the last page of *I Ching*,* Wilhelm/Baynes Edition, Bollingen Series XIX, Princeton University Press. On the left side under "Trigrams"

*Published by permission of Princeton University Press.

look under "Lower" trigram, reading from top to bottom, which gives you the names and the three lines associated with the eight trigrams. Above the word "Lower" under "Trigrams," you will see the word "Upper," and then you read the eight Trigrams from left to right. This Trigram corresponds to the top three lines of your hexagram. Now take a look at the hexagram we arrived at after tossing the three pennies six times.

You read the hexagram from the bottom line up. The lower first three lines represent Chen:

— — 8
— — 6
——— 7

Look at the upper trigram indicator. Under Tui you will see that it corresponds to the upper three lines of the example hexagram we drew. Now, let your eyes move to the right in a straight line from Chen until your eyes rest under *Tui* marked by the numeral 17. This means you have to look up hexagram 17, which means Following. This is the simple procedure of finding your hexagram 17.

— — 6
——— 7
——— 9
— — 8
— — 6
——— 7

Moving Lines

In the hexagram we drew you will note there are three moving lines. The lines marked 6 and 9 move to their opposites, generating a new hexagram. The lines marked 8 and 7 remain stationary. The line marked 6 changes into its opposite, a straight line marked ——— 7; the fourth line marked 9 changes to its opposite, which is a broken line — — 8. The top line marked 6 changes also to its opposite marked 7, a straight line ——— 7. Now you have a new hexagram. Start from the bottom up. ——— 7 remains the same. The line 6 is now ——— 7. The line — — 8 remains the same. The line ——— 9 changes to its opposite, — — 8. The fifth line, ——— 7, re-

mains the same. And the top line — — 6 becomes —— 7. The new hexagram starting from the bottom up reads as follows·

—— 7
—— 7
— — 8
— — 8
—— 7
—— 7

This gives you a new hexagram, 61, which indicates the outcome or the result when you follow the findings of your first hexagram.

The Lines which Do Not Move

The lines which become 7 and 8 never move. Whenever you have lines in a hexagram such as 6 and 9, these are moving lines, and give rise to another hexagram. Therefore, there can't be more than two hexagrams in such cases. The first hexagram could be called the diagnosis and the second the prognosis. I have gone into somewhat exhaustive detail in constructing and explaining the structure of a hexagram, as I wish to present it in the simplest way possible.

Importance of Lines 6 and 9

When lines are marked 6 or 9, you will read and follow what is delineated. It may be that the comments on the lines 6 or 9 may contradict the judgment and the image of the hexagram. When they do, you follow the instructions of the lines rather than the judgment of the hexagram.

When There Are No Moving Lines

When there are no lines 6 and 9 in your hexagram, you pay no attention to the lines of the hexagram. You read the contents of the judgment and the image, which is the answer to your question.

Reading the Lines in Your First Hexagram

The only lines you pay attention to and apply in your life are the lines 6 and 9 in your *first* hexagram. When these change to an-

other hexagram, you do *not* read the lines of the second hexagram, just the judgment, the image. The lines in the second hexagram are always ignored.

7 and 8 Numbers

You will never see any reference to these lines in your hexagram, since they are not taken into consideration in lineal interpretation.

A Simple Way to Change a Hexagram When Change Is Indicated

Suppose your hexagram is as follows:

	— — 6		——— 7
	— — 6		——— 7
This is	——— 7	This changes	——— 7
Hexagram 34	——— 9	to Hexagram 12	— — 8
	——— 9		— — 8
	——— 9		— — 8

You would read the judgment and image of hexagram 34 and the meanings given to all the lines marked 9 and 6. When *I Ching* says 9 at the beginning, this means the bottom line with which you started and so on up the hexagram. In reading the second hexagram, which would be the outcome of your request, provided you followed the instructions given to you in the first hexagram, you read the judgment and the image and then ignore all the lines of the second hexagram.

When the Hexagram Does Not Change

When you draw a hexagram with no moving lines (6's and 9's), you follow the interpretation under judgment and image and ignore the data under the lines.

Your Motivation Is Important

The purity of your motives is important when asking questions. I might add that the illumined seers and mystics of *I Ching* who de-

vised this method of extracting wisdom from your subconscious have a built-in mechanism in this numerical system which prevents its use for negative purposes of any kind.

Numbers and the I Ching

When we study the atomic structure and number of all the elements, we find the unbroken order of the number of positive charges or protons in the nucleus of an atom in a given element, and, therefore, also the number of electrons normally surrounding the nucleus. Pythagoras said the world was governed by number and motion, which is true. The only difference between one substance and another is the number and rate of motion of electrons and protons revolving around a nucleus.

The interaction of lines and numbers in the *I Ching* represents powers, attributes and states of mind within you. Symbolically speaking, numbers represent potencies and qualities of the one Power and Presence. The hexagram reveals how you are using that Power, constructively or destructively. There is nothing good or bad, but thinking makes it so. It is your use of this Inner Power that determines whether the result is good or bad for you.

When Lines Seem to Contradict the Judgment and Image

In such instances, preference must be given to what the moving lines (6's and 9's) say. Obviously, there is some hidden and particular reason of which you are not consciously aware, but your subconscious is cognizant of the special reason.

When Two Hexagrams Are Received in Response to Your Question

The two hexagrams may be very dissimilar and contrary in their meaning. In reality there is no opposition between them, as they are simply reminding you of the first phase and later results of the same event. In other words, a particular mine might be very productive in the beginning but dwindle out after a while. Your second hexagram would therefore point to the result or outcome of your question.

The Answer Does Not Exceed Two Hexagrams

Regardless of the number of moving lines in the first hexagram, the response to your question does not exceed two hexagrams.

POINTS TO REMEMBER

1. Adopt a quiet, peaceful, receptive attitude of mind, knowing that Infinite Intelligence within your subconscious knows the answer and gives it to you through the *I Ching*.
2. Your question should be to the point, clear and definite. Questions should never be vague or nebulous.
3. You may ask any legitimate question. Do not treat the matter lightly. Ask the question with a certain reverence for the wisdom of the ages.
4. The answers given you in this book under each hexagram are free from Oriental symbolism and idiomatic and figurative language. You will find short, concise answers couched in the language of everyday life.
5. If you are wondering which college or university to choose for the further education of your son or daughter, formulate a question separately for each university and select the one with the appropriate answer.
6. The quickest way to get answers is through tossing coins. Use ordinary U.S. coins, such as pennies. Toss three coins six times, which must be the same size and same kind. Heads are given the value of 2 and tails 3. After six throws of three coins (U.S. cents), your hexagram is formed. (Some give the value of two to tails and three to heads. It really makes no difference, as the only thing important is the value you give to them. In this book, follow the value of two for heads and three for tails.)
7. There is no difficulty in identifying the hexagram. Consult the chart appearing immediately before Hexagram 1. The three lower lines of your hexagram will reveal the trigram in the left-hand vertical corner, and the three upper lines of your hexagram can be found by looking directly opposite the upper trigram from left to right. Then let your eyes move in a straight

line to the right of your lower trigram until you are directly under the upper trigram, and you will find the number of the hexagram in a square.

8. Moving lines in your first hexagram are 6's and 9's. Six changes to 7, and 9 changes to 8, bringing about a new hexagram.
9. Lines 7 and 8 are stationary and do not move. They are a part of the structure of the hexagram.
10. Read the interpretations under lines marked 6 and 9, such as 6 in the second lines says . . . , or 9 in the fifth line says . . . , etc. If a line or lines seem to contradict the comment or judgment and image, follow the instruction of the lines rather than the text of the above.
11. When there are no moving lines in your hexagram, you pay no attention to the lines of the hexagram. You read the material in the judgment and image and follow that.
12. You do not take any lines into consideration in the second hexagram, just the judgment and image only.
13. Your motivation is important. Let the Golden Rule and the Law of Love govern you when you use the *I Ching*.
14. You cannot use the *I Ching* for any negative or ulterior purposes, as the ancient seers have a built-in mathematical system contained in the interaction of lines and numbers. To state it simply, your subconscious is a recording machine, and it records your silent motives and the nuances of your thought, so you can't fool it. If you go into your subconscious with negation, you will reap nothing but negation magnified and multiplied in your life.
15. When two hexagrams are received in response to your query, the first hexagram represents the incipient stage and the second hexagram the outcome or ultimate result.
16. The answer does not exceed two hexagrams.

7

How to Interpret the Mystic Hexagrams of the I Ching

Yang and Yin Lines

Yang and Yin represent the male (Yang) and female (Yin) principles. In simple, everyday language, insofar as you are concerned, look upon them as your conscious and subconscious, or your thought and feeling. Yang lines are undivided. Yin lines are divided. Yang lines are denoted by 7 and 9; i.e., they are straight lines. Yin lines are denoted by 6 and 8; i.e., they are divided lines. The straight line 9 in a hexagram changes into its opposite, a divided line, — — 8; and the line 6, which is a divided line, changes into its opposite, which is 7, or a straight line.

Your Interpretation

Think quietly about the hexagram you receive, realizing at the

same time that the wisdom of your deeper mind will rise up and come clearly into your conscious mind, thereby enabling you to recognize and intuitively know the answer.

I Ching Is Fourth Dimensional

The fourth dimension of life is all around us and interpenetrates this plane. You go there every night when you sleep. It is another dimension of mind. Oftentimes you receive answers to life's problems as you dream; many times you see events before they happen; sometimes it is weeks or months before the events dreamed about occur in this three-dimensional or objective plane of life. The experiences, events, successes and disappointments, if any, that are going to happen to you are already subsistent in your deeper mind. Your present state of mind determines your future; therefore, your future is your present thinking and beliefs made manifest. The beginning and the end are the same in your fourth-dimensional mind. In other words, the thought and the thing are one, as there is no time or space in the next dimension of your mind.

For example, I said to a friend of mine the other day, "You are planning to go to Hawaii, aren't you?" He said, "Yes. How did you know? No one knows anything whatever about my proposed trip." I explained to him that his thought of Hawaii and the trip were one in his mind and that mentally he had already travelled there. I added that his thoughts, plans, and ideas have form, shape and substance in the next dimension of mind and that they can be perceived clairvoyantly by many and intuitively by others. The ideas and plans you have in your mind now are as real as your hand or head. The idea of anything is the reality of it.

Suppose all the airplanes in the world were destroyed by some holocaust; an engineer who had the idea of a motor in his mind could reconstruct one in his workshop, and the factories of the world could create them by the million. The real car is in the mind of the engineer.

I Ching Sees Fourth-Dimensionally

Suppose you were planning to go by automobile from Los Angeles to St. Louis, Missouri, and in the meantime you had been reading

about the flooding of the rivers and roads here, there and everywhere in the West and South. Objectively and according to your five senses, you would not know the conditions of the road from Los Angeles to St. Louis, but a navigator on an airplane having flown low over the route, with the help of his telescopic and photographic apparatus, could perceive clearly the condition of the roads, washed out bridges, big boulders on the main highways and other impassable conditions. He would see the conditions from a higher level and be able to communicate what he perceived to you. You would thereby be protected and saved from possible tragedy due to his capacity to see at higher levels. This is an analogy of fourth-dimensional seeing.

I Ching and Prescience

Having read this far, you are fully cognizant of the fact that you call upon the higher aspects of your mind when you use either the coin method or the yarrow stalk procedure. Your deeper mind is prescient; i.e., it has knowledge of things before they are objectively experienced or happen in the outer world. It has foreknowledge of that which is to come, and the *I Ching* reveals to you your present state of mind, also that which is to happen based on subconscious conditioning and acceptances.

Fourth-Dimensional Seeing

If you were an aviator flying some distance above a railroad track you would be able to observe two trains approaching each other on the same track. The engineers on each train are not aware of the impending crash, yet the aviator flying overhead sees the danger immediately and can warn them in time, thereby preventing a crash and resultant tragedy. Likewise, you can use the *I Ching* for similar purposes. The hexagram you receive may warn you that your proposed action may result in loss; therefore, you have the opportunity to get back on the beam and correct your mental attitude and modify your approach to the particular venture in question.

Asking a Question for Another Person

If someone asks you to consult the *I Ching* regarding some matter of importance, both of you should agree on the nature of the specific

request. The person may be physically located a distance from you, or the query could be the result of a telephone call from the other person. Follow this procedure: Think of the person quietly and then throw the coins six times as previously outlined, focussing your attention on the question. Detach yourself as much as possible from your surroundings and get completely absorbed in one thing—the answer and the response you receive will reveal to you what you seek to know. Always rely on that intuitive faculty within you which enables you to see clearly the inner meaning of the hexagram.

The Yarrow Stalk Technique Compared with the Coin Technique

This is a time-consuming procedure and has no real advantage over the coin tossing technique. The whole procedure depends on your attitude of mind. The complex yarrow stalk procedure outlined in books on the *I Ching* is not at all necessary. It is obvious to all who understand to any degree the working of the subconscious mind that the ritual prescribed favors suggestion by making a powerful appeal to the imagination, thereby activating the spiritual process of the subconscious. You will get the same results by adapting a passive, psychic and receptive state of mind before using the coins.

Recognizing the Response

A medical doctor, who has been a student of the *I Ching* for twenty years or more, made this request: "I would like the *I Ching* to comment on my health." The *I Ching* advised him to see the "great man," which could mean a man of the highest spiritual calibre or a man of great wisdom, such as an outstanding doctor, lawyer or other specialist whom he respected and honored. In this case the doctor deduced from the hexagram that he should see one of his colleagues, which he did. An X-ray examination revealed a lesion of which he was not conscious. He had it attended to at once, and since then his health has improved in a wonderful way.

This physician realized that his subconscious intuitively grasped the presence of the lesion and that it revealed its conclusion in the advice given in the hexagram. By his prompt action he felt that he undoubtedly averted much more trouble later on.

Remember, there is always a solution to every problem, an answer to every question, a way out when lost in the woods. The reason for this is that only the Infinite Intelligence within you knows the answer.

Right and Wrong

A man said to me the other day that he had great difficulty in determining whether the God-Self in him was talking to him or whether his negative emotions were prompting him. He had been reading articles in the paper where some sectarian devotees of a particular mountain retreat claimed that God told them to kill other members of the group. Similarly, some time ago there was an article in the paper wherein a man said God told him to kill his mother-in-law.

These impulses to kill or destroy cannot be of God—the Author only of perfect good. These come from the negative, destructive thinking of the person, and his thoughts generate emotions which get snarled up in his subconscious mind; therefore, it is his own subconcious playing back the recording he engraved on it. Murder is of the heart, and a man having murderous, hateful thoughts actually hears his own voice, "Kill her." What he takes into his subconscious he draws out.

How to Be Certain of True Guidance

First of all, your motivation must be right based on the Golden Rule and the Law of Love, which means goodwill to all men. If a man's motives are ulterior, if he is full of fear and resentment, his subconscious will play back to him exactly what he has recorded, and the impulses and promptings which come to him will, of course, be of a negative nature.

Adopt this procedure and affirm meaningfully: "My motivation is right. I radiate love and good will to all men and women, and I sincerely wish for them all the blessings of life. I believe implicitly in a God of Love, and I know the promptings, whisperings and impulses which come from the Infinite Intelligence within me are always lifeward and Godward. Everything I aspire to in life and every question I ask comes to me only one way—that is, in Divine law

and order—and I recognize the *lead* which comes clearly into my conscious, reasoning mind." Convey this prayer by repetition and sincerity to your subconscious mind, and you will have no trouble recognizing true Divine guidance. *For God is not the author of confusion, but of peace* . . . (I Corinthians 14:33).

The I Ching and True Guidance

Oftentimes you will find the *I Ching* will instruct you to desist from a certain course; the reason for this is obvious. It may be that you are under the sway of negative emotion, and the course you are taking would lead to loss and limitation. You can always get back "on the beam" and insist on Divine law and order in all departments of your life. There must be no tendency in you towards deceit, trickery or taking advantage of others, as this negative attitude would only bring misery, pain and loss of all kinds into your experience.

Follow the injunction: . . . *whatever ye would that men should do to you, do ye even so to them* . . . (Matthew 7:12).

POINTS TO REMEMBER

1. Yang and Yin lines in Chinese symbology refer to the male and female principle within all of us. Yang lines are straight lines such as 9 and 7. Yin lines are divided, such as 8 and 6.
2. Think quietly about the hexagram you receive, realizing at the same time that the wisdom of your subconscious is speaking through the *I Ching*, giving you the appropriate answer.
3. *I Ching* deals with the fourth-dimensional phase of life; i.e., the mind which transcends your ego or intellect. Desires, ideas, thoughts and plans you have possess form, shape and substance in the next dimension of life and may be seen and intuitively perceived by a highly psychic or intuitive person.
4. *I Ching* sees fourth-dimensionally, and when you ask a question, there takes place an interaction between the lines and the numbers dramatizing the present state of your mind and the future. Your future is always your present state of mind made manifest.
5. You are calling on the higher aspects of your mind whether

you use the coin method or yarrow stalks. Your deeper mind possesses foreknowledge of that which is to come. If it is of a negative nature, you can change it by tuning in on the Infinite and becoming a focal point for the harmony, peace and joy of God to govern, guide and direct you.

6. You may ask a question for another. Both of you should agree on the specific question. Focus your attention on the question, knowing the right answer will come to you, and it will be done unto you as you believe.
7. There is no particular advantage in using the yarrow stalk procedure. The whole point is a receptive attitude of mind and a recognition and reverence for the wisdom of the ages. There is no particular virtue in yarrow stalks or in coins. Both are made of the same primordial substance, and the only difference is due to the number and rate of motion of the electrons and protons revolving around a nucleus. There is nothing good or bad, pure or impure, clean or unclean, but thinking makes it so.
8. You will intuitively recognize the response you receive by realizing Infinite Intelligence is revealing the answer to you through the *I Ching*, which is simply a mathematical medium you have chosen to use. The principle of mathematics existed before any man walked the earth and before any church was formed on the face of the earth. The Eternal Principles underlying this mathematical and ordered universe always existed and are the same yesterday, today and forever.
9. Your subconscious is like a recording machine; it plays back to you what you have impressed upon it. When you are full of love and goodwill to all and your mind is free from trickery, deceit and chicanery of any kind, and when your motivation is pure, noble and God-like, and when you aspire that all things in life come to you in Divine law and order, then the impulses, promptings, monitions and ideas which well up within you will be onward, upward, lifeward and Godward.
10. When you ask for Divine guidance, realize Infinite Intelligence is all-wise, knows all and sees all. Its tendency is always lifeward—the abundant life. Trust the Guiding Principle, while knowing It responds to you as you call upon It. Your motivation must be wholesome and based on the Golden Rule of Life, i.e.,

you wish for all men what you wish for yourself. The *lead* will come to you. You will always recognize it. *Remember, God is not the author of confusion, but of peace . . .* (I Corinthians 14:33).

11. Sometimes the hexagram you receive may inform you to desist from a certain course, as you may be under the sway of a negative emotion. Studying the hexagram, you can get back on the beam of God's glory by filling your mind with the truths of God, which crowd out of your mind everything unlike God.

TRIGRAMS UPPER ▶ LOWER ▼	Ch'ien ☰	Chên ☳	K'an ☵	Kên ☶	K'un ☷	Sun ☴	Li ☲	Tui ☱
Ch'ien ☰	1	34	5	26	11	9	14	43
Chên ☳	25	51	3	27	24	42	21	17
K'an ☵	6	40	29	4	7	59	64	47
Kên ☶	33	62	39	52	15	53	56	31
K'un ☷	12	16	8	23	2	20	35	45
Sun ☴	44	32	48	18	46	57	50	28
Li ☲	13	55	63	22	36	37	30	49
Tui ☱	10	54	60	41	19	61	38	58

Key for Identifying the Hexagrams

Permission to use the 64 Hexagrams in sequence and the Trigram meanings thereof granted by Princeton University Press.

8

Your I Ching Hexagrams and Their Meanings

Consult the chart (or key) on the preceding page when you wish to find the hexagram that you have created. Instructions are given on page 61, Chapter 6, for constructing your hexagram in seeking advice. There are sixty-four hexagrams possible as can be seen from the key. Each hexagram grouping will now be discussed in detail. The key numbers for the structure of a hexagram (see key) are the identifying numbers for the hexagrams in the analyses which follow.

1. Ch'ien/The Creative

above Ch'ien, The Creative, Heaven

below Ch'ien, The Creative, Heaven

The ancient Chinese mystics explained that in order to create the universe and man, God divided Himself into two parts, male and female, and from the interaction of these two, called Yang (male) and Yin (female), was born the whole universe. Spirit chooses or decides whether there shall be a universe. Mystery schools refer to this Spirit as the Grand Architect of the universe. It chooses and selects and It also initiates the creative process by releasing the images of what It wants to the female aspect of Itself, which accepts the thought patterns and brings it forth. Many symbols are used in the various religions of the world when referring to the Creative Power. Oftentimes It is called the Father, Mother, God, Yang and Yin, Active and Passive Principle, and Adam and Eve.

For all practical purposes, look upon Ch'ien first as the male principle in you, i.e., your conscious mind which has the capacity to select and choose and thus has the power of initiative. You can select the images, the thought patterns you give to your subconscious mind, which is the fabricator, and it will reproduce faithfully whatever you impress upon it. Your conscious mind, therefore, can be compared to Spirit, because you create your conditions, experiences and events by the same process by which God created the sun, moon, stars and the galaxies in space and all things therein contained. You are made in the image and likeness of God. Your mind is God's mind and your spirit is God's Spirit. Your conscious, reasoning, selective, volitional

mind is not absolutely pure, whole, immaculate and perfect like Spirit but it corresponds to Spirit in its functional capacity, i.e., its power to select and to initiate. The purpose of this explanation is to simplify matters for you and to cause you to see that these hexagrams bear an intimate relationship with your state of mind and your own particular world.

The Judgment

The illumined conscious mind chooses only God's ideas and eternal verities; and, feeling the reality of these truths, they sink into the subconscious mind and, like seeds, they come forth after their kind.

The Image

God is The Living Spirit Almighty, The Only Presence, Cause, Power and Substance. As you join up mentally with this Supreme Power, It becomes active and potent in your life.

The Lines

Nine at the bottom place: *In quietness and in confidence lie your strength. . . .* (Isaiah 30:15). Be still and quiet for the time being, the right way will unfold in due season.

Nine in the second place: It is to your advantage to seek counsel from someone whom you respect and trust. Know that God guides you to the right man for you.

Nine in the third place: When you come home from work, relax, let go, detach yourself from all the vexations and strife of the day and contemplate the Presence of God within you. Know that the harmonizing power of God is flowing through you. Know and claim: *. . . there is no power but of God* (Love) . . . (Romans 13:1). Walk in love and all will be well.

Nine in the fourth place: Come to a clear-cut decision, while knowing and believing that Divine right action is governing you, and *Let all your things be done with charity* (I Corinthians 16:14).

Nine in the fifth place: It would be a good idea to visit a spiritually minded man for advice and counsel. Know that you are Divinely guided in all your ways. Good fortune is yours.

Nine at the top: . . . *Thou shalt love thy neighbor as thyself* (Leviticus 19:18). . . . *he that dwelleth in love dwelleth in God* . . . (I John 4:16). Salute the Divinity in all those around you. Be kind and considerate and wish for all of them health, happiness, peace and all the blessings of life. Forgive yourself for harboring any negative thoughts about yourself or others. . . . *walk in love* . . . (Ephesians 5:2).

2. K'UN/THE RECEPTIVE

above K'un, The Receptive, Earth

below K'un, The Receptive, Earth

This is the female aspect of God, sometimes referred to as the Virgin Mary, Sophia of the Persians, the Passive Principle, the Holy Ghost, the Universal Subconscious, the Great Fabricator, or the Law. It is called the Heart (subconscious) in the Bible; also, the Law, the woman, and the wife. The Bible says the husband shall be head of the wife, meaning that whatever the male aspect impregnates the female aspect of itself with, the latter brings it forth in the image and likeness of the pattern or image implanted in it.

For our purposes in this book, look upon this second hexagram K'un as your own subconscious mind, which is your creative medium. Your subconscious has the "know-how" of all creation. Your conscious, choosing mind selects an idea, plan or purpose, and when

you turn over this idea with faith and confidence to your deeper mind, it brings it to pass in its own way. The Universal Subconscious, of which your subconscious is an integral part, knows how the whole world came into being. Your subconscious created your body and knows all the processes and functions of it. It is one with boundless wisdom and Infinite Intelligence. Remember, your subconscious mind will bring forth to fruition any pattern your conscious mind focuses attention on and nourishes and sustains quietly and with confidence. Your subconscious* is that phase of your mind which brings all things to pass.

The Judgment

Your subconscious is pregnant with all the powers, attributes and qualities of God. It is called Mary in our Bible, who is already pregnant with the Holy Ghost, meaning the Holy Spirit or the Spirit of Wholeness. It is pregnant with all the powers of the God-head and has the know-how of accomplishment. You can use the powers of your subconscious two ways: Think good and good will follow; think evil and evil will follow. Think on whatsoever things are true, noble and God-like and you will reap a wonderful harvest of health, happiness and peace.

The Image

You can sow whatever you like in your subconscious in the same manner as you sow seeds in your garden. Let your dominant conviction be "God loves, governs, guides and directs me in all ways," and your outer world will magically melt into the image and likeness of your dominant conviction.

The Lines

Six in the bottom place: . . . *be careful to maintain good works* . . . (Titus 3:8). Cleanse your mind of ill will and resentment. You know when you have forgiven others because you can meet them in

*Read *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

your mind and there is no longer any sting there, somewhat similar to the hypothetical example that you may have had an abscess a year ago which was very painful. You now have a memory but no sting. To understand all is to forgive all.

Six in the second place: *And whatsoever he doeth shall prosper* (Psalms 1:3). Know that whatever you do will prosper and that Divine right action and success are yours right now.

Six in the third place: Realize God is the source of your supply and that God is your Boss, your Ruler and your Guide. Give all honor and glory to God. Do not boast or brag. Realize this truth: "I can do all things through the God-Power Which strengtheneth me."

Six in the fourth place: *Be careful for nothing, but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God* (Philippians 4:6). Relax, let go. Keep still and quiet. Trust God and all will be well.

Six in the fifth place: *Her ways are ways of pleasantness and all her paths are peace* (Proverbs 3:17). Whatever you do will prosper. *The joy of the Lord is your strength* (Nehemiah 8:10).

Six at the top: Whatever conflict is in your mind, realize that you inevitably overcome evil with good. Do not fight the negative thoughts in your mind. Supplant them with constructive thoughts of love, harmony and peace. Light dispels darkness, as darkness is absence of light. Sense your oneness with God now and God's River of Peace will flow through you bringing peace to the troubled mind.

3. CHUN/DIFFICULTY AT THE BEGINNING

above K'an, The Abysmal, Water

below Chen, The Arousing, Thunder

The Judgment

. . . *he that endureth to the end shall be saved* (Matthew 10:22). This means the solution will come through stick-to-itiveness and perseverance, knowing that through the power of the Almighty you can achieve your goal. Think right, feel right, act right and be right.

The Image

Grapple with your project courageously, while realizing every problem is Divinely outmatched. Realize that Divine law and order govern all your activities.

The Lines

Nine at the bottom place: *Commit thy way unto the Lord; trust also in him; and he shall bring it to pass* (Psalms 37:5). Keep on persevering while realizing that Infinite Intelligence in your subconscious reveals to you everything you need to know and that you are Divinely guided to the right people who cooperate with you.

Six in the second place: *Rest in the Lord* (Law) *and wait patiently for him* (Psalms 37:7). Sit steady in the boat and quiet your mind. Don't let anything bother you. Wait patiently for the time being and there will be a Divine solution and a harmonious ending.

Six in the third place: . . . *their strength is to sit still* (Isaiah 30:7). Be not anxious. Remain where you are and know the dawn appears and all tne shadows will flee away. Sit still, for the present.

Six in the fourth place: *Wait on the Lord*; *be of good courage, and he shall strengthen thine heart*: *wait, I say, on the Lord* (Psalms 27:14). This means that you can't force the seed in the soil to grow. You simply water and fertilize it and thereby accelerate its growth. Likewise, the desire of your heart now deposited in your subconscious mind (called the Lord) will come to pass at the right time and in Divine order.

Nine in the fifth place: *But I say unto you, that you resist not evil* . . . (Matthew 5:39). You overcome evil with good. When you resist or fight something in your mind, you magnify it and you set the law of reversed action into operation. In other words, you get the opposite of what you pray for when you fret, fuss, fume and get angry. Quiet and still your mind and contemplate that all things come to pass for you in *Divine law and order.*

Six at the top: *Continue in prayer and watch in the same with thanksgiving* (Colossians 4:2). Be faithful every step of the way and you will experience the joy of accomplishment.

4. Meng/Youthful Folly

above Ken, Keeping Still, Mountain

below K'an, The Abysmal, Water

The Judgment

That our sons may be as plants grown up in their youth . . . (Psalms 144:12). *Remember now thy Creator in the days of thy youth . . .* (Ecclesiastes 12:1). When we are young we are immature. We go to school to learn and to be disciplined, not to tell the teacher how to teach or how to run the school. We must have a hunger and thirst for wisdom and respect for authority and the wisdom of the ages; then we will advance along all lines.

The Image

True education consists not only in knowing secular subjects and the sciences, but also the spiritual values of life. We must learn that we are here to glorify God and to enjoy Him forever. We must engage in spiritual athletics and in the discovery of the infinite treasure house within.

The Lines

Six at the bottom: *Train up a child in the way he should go and when he is old, he will not depart from it* (Proverbs 22:6). *The rod and reproof give wisdom; but a child left to himself bringeth his mother shame* (Proverbs 29:15). There is no love without discipline and no discipline without love. The above truths are very relevant today.

Nine in the second place: *Judge not, and ye shall not be judged; condemn not, and ye shall not be condemned* (Luke 6:37). There are many difficult people in the world. Adjust to them, and be tolerant. Withhold your judgment. You would not be angry or resentful of a hunchback or a cripple. Many are mentally warped. Bless them and walk on. You are the only thinker in your universe, and *you are responsible* for the way you think. Discipline your thought, feelings, actions and reactions and conform always to the Golden Rule.

Six in the third place: *To every thing there is a season, and a time to every purpose under the heaven . . . a time to plant and a time to pluck up that which is planted* (Ecclesiastes 3:1–2). Wait—this is

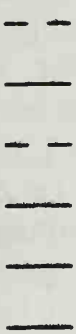
not the time to plant or embrace. . . . *a time to embrace and a time to refrain from embracing* (Ecclesiastes 3:5).

Six in the fourth place: "Where there is no vision the people perish." Your vision is what you give your attention to, what you are looking at mentally. You must have a foundation under your mental image. You must be practical. Your imagination must be disciplined, controlled and directed wisely and judiciously. Your dream or idea will never see the light of day except it is deposited and felt as true subconsciously.

Six in the fifth place: *Verily I say unto you, Except ye be converted and become as little children, ye shall not enter into the kingdom of heaven* (Matthew 18:3). A child is open and receptive and is full of trust. Similarly, let your mind be open and receptive to the truth that thoughts are things, that what you feel you attract, and that what you imagine you become. Believe in good fortune and you shall experience it. To believe is to accept something as true and to be alive to that truth. You are belief expressed.

Nine at the top: To forgive and to condone are not the same thing. You forgive your young boy for stealing apples but you don't condone it; otherwise, he will probably grow up to be a thief. You discipline him, perhaps by assigning him tasks. Or, he might be trained in this manner: If he gets 50¢ a week pocket money, he does not receive any money for two weeks; then at the end of that time, he takes the dollar which he would ordinarily have earned over to Mrs. Jones for the apples which he borrowed and forgot to pay for. When you discipline a boy or anyone else, the primary objective is to see to it that he conforms to the Golden Rule.

5. HSÜ/WAITING (NOURISHMENT)



above K'an, The Abysmal, Water

below Ch'ien, The Creative, Heaven

The Judgment

It is to your advantage to direct your mind and focus your attention on higher aspects of living or on greater and larger experiences. Move from where you are in your mind to a new decision. You are always travelling in your mind from one place to another location. Accept the inner and outer journey to a greater measure of life and continued expansion along all lines.

The Image

. . . *I will rain bread from heaven for you* . . . (Exodus 16:4). Live in the joyous expectation of the best and invariably the best will come to you. Accept the blessings of life to which you are increasingly open and receptive.

The Lines

Nine at the bottom: . . . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15). Attend to all routine matters, knowing that all things are working together for your good. The way opens up in Divine order through Divine love for you.

Nine in the second place: *Thou wilt keep him in perfect peace whose mind is stayed on thee, because he trusteth in thee* (Isaiah

26:3). Keep your mind in tune with the Infinite. Do not give power to other people. No one can disturb you but yourself. The suggestions, statements and actions of others have no power. The power is the movement of your own thought. Keep your thoughts on God and His Love, and nothing shall hurt you in any manner.

Nine in the third place: . . . *for when I am weak, then am I strong* (II Corinthians 12:10). Never yield to fear. Fear is faith in the wrong thing. Fear is faith upside down. Join up mentally with the God-Presence within you and affirm, "God's Love fills my soul and cleanses my mind. Divine Love goes before me making straight and perfect my way. Divine Love dissolves everything unlike itself."

Six in the fourth place: *There shall no evil befall thee, neither shall any plague come nigh thy dwelling* (Psalms 91:10). *The Lord shall fight for you, and ye shall hold your peace* (Exodus 14:14). Do not resist or wage war in your mind, as this would aggravate the condition. Know that the power and the wisdom resident in your subconscious mind are revealing to you the Divine solution and the happy ending in Divine order.

Nine in the fifth place: . . . *all things work together for good to them that love God* . . . (Romans 8:28). To love God means to give all your allegiance, devotion and loyalty to the one power within you—The Living Spirit Almighty, the Supreme Cause and Power—and to absolutely refuse to give power to any created thing. Know, therefore, that it is God in action in your life, which means all around harmony and peace. Adhere to this truth and blessings will come to you.

Six at the top: *In all thy ways acknowledge him, and he shall direct thy paths* (Proverbs 3:6). *When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee; when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee* (Isaiah 43:2).

When depressed or dejected, turn your gaze inward to the God-Presence within you. With faith in God you can move mountains. Love is the fulfilling of the laws of peace, happiness, health and prosperity. Radiate love and goodwill to all. Salute the Divinity in others and wish for them all the blessings of life. As you do, wonders will happen in your life. All good is yours now.

6. SUNG/CONFLICT

above Ch'ien, The Creative, Heaven

below K'an, The Abysmal, Water

The Judgment

Be not overcome of evil, but overcome evil with good (Romans 12:21). *And a man's foes shall be they of his own household* (Matthew 10:36). Do not fight or wage war in your mind. Your household is your own mind. The so-called enemy is a negative thought of fear, anger, and hostility in your own mind. Do not act under the sway of a negative emotion. Supplant the negative thoughts with constructive thinking, while claiming Divine guidance and peace of mind. It is to your advantage to seek guidance and spiritual advice.

The Image

Realize the harmonizing healing power of God within you is bringing all things to pass in Divine law and order.

The Lines

Six at the bottom: *Cast thy burden upon the Lord and he shall sustain thee . . .* (Psalms 55:22). Detach yourself from the problems, tune in with the Infinite, and know that it is God in action in your life bringing harmony, peace and blessings into your life.

Nine in the second place: *Casting all your care upon him, for he*

careth for you (I Peter 5:7). Cling steadfastly to the truth that there is a wisdom and a power within you which brings peace where discord is and an abundant supply for every need. When you use mental force or coercion and willpower, you set the law of reversed effort into application and you get the opposite of what you pray for. Stand still and know it is God in action in your life.

Six in the third place: . . . *all things work together for good to them that love God* . . . (Romans 8:28). Realize God is your Employer and that you are working for Him. Salute the Divinity in all your co-workers. Give all honor and glory to God. *How can ye believe, which receive honour one of another and seek not the honour that cometh from God only?* (John 5:44).

Nine in the fourth place: *When he giveth quietness, who then can make trouble*? . . . (Job 34:29). Keep on knowing that there is a Divine harmonious solution through the wisdom and power of God. Let God's peace govern your mind and heart and all will be well.

Nine in the fifth place: . . . *God was with him and delivered him out of all his afflictions* . . . (Acts 7:9-10). There is a happy ending and a wonderful answer to your prayer.

Nine at the top: *Let all your things be done with charity* (I Corinthians 16:14). Our victory must be over our thoughts, feelings, actions and reactions. Discipline yourself so that all your thoughts, images and emotions conform to spiritual standards of whatsoever things are true, lovely, noble and God-like. Where envy and strife are, there is confusion and every evil thing. Your true victory is to fill your soul with God's love and to exercise your dominion over your own thoughts, imagery and emotions and to lead the triumphant life.

7. SHIH/THE ARMY

above K'un, The Receptive, Earth

below K'an, The Abysmal, Water

The Judgment

. . . *Thy faith hath saved thee; go in peace* (Luke 7:50). Your faith and confidence in an Almighty Power to back you up will lead you to victory and triumph over your problems. . . . *if God be for us, who can be against us*? (Romans 8:31). The army represents the multitude of thoughts, ideas, opinions, beliefs and images in your mind. Gather them all together and teach them that there is only One Power—The Living Spirit Almighty—Which flows through your thoughts and images; then you will have a disciplined army. You are here to govern and to control all the people (thoughts) in your mind and to lead them to faith in peace and happiness.

The Image

To be a true leader, you must lead the motley crew of your own mind by seeing the truth, hearing only the truth, discerning good from evil, absorbing the spiritual values of life and, finally, incorporating them into your subconscious mind. As you continue to nourish and dwell mentally and emotionally on the eternal verities, they will sink into your subconscious mind and, the law of your subconscious being compulsive, you will be compelled to succeed and to triumph.

The Lines

Six at the bottom: . . . *set in order the things that are wanting* . . . (Titus 1:5). It is said that order is heaven's first law. Affirm boldly, "Divine law and order govern all my undertakings, and everything that I seek comes to me in Divine love and in Divine order." When you impress your subconscious with the concept of Divine law and order, you will begin to express yourself at your highest level. Your hidden talents will be revealed, and serenity, peace and harmony will prevail in all phases of your life.

Nine in the second place: *Call unto me and I will answer thee, and shew thee great and mighty things, which thou knowest not* (Jeremiah 33:3). Acknowledge and recognize God as the ruler and guide in your life. As you love and exalt this Supreme Presence within you, giving It supreme allegiance, you will automatically respect and honor the Divinity in others, and you will prosper and grow along all lines.

Six in the third place: . . . *let the dead bury their dead* (Luke 9:60). Don't build cemeteries in your mind. You do that by indulging in grief, sorrow and grudges. If you dig up an old grievance or hurt by rehearsing it in your mind, you are opening a grave in your mind. To think about the past is death. Don't touch mentally any negative thought. Liquidate the past, cremate negative thoughts with the right thoughts, and forget the past. Let Divine love rule in your mind. Your good is this moment. Your future is your present thoughts made manifest.

Six in the fourth place: *Or what king, going to make war against another king, sitteth not down first and consulteth whether he be able with ten thousand to meet him that cometh against him with twenty thousand*? . . . *he sendeth an ambassage, and desireth conditions of peace* (Luke 14:31–32). If you can't grow a tooth, it is best you go to a dentist and bless him. If you are very ill, see a doctor. If you had the faith you could heal yourself. Don't wait until you get worse. Get immediate attention. According to your faith is it done unto you. Don't blame yourself because you can't meet a certain situation. Do the next best thing and come to a state of peace about it. When the odds seem unsurmountable to you, don't fight the condition; seek counsel and help, and pray for guidance. Remember, if you were always walking in the consciousness of God, you

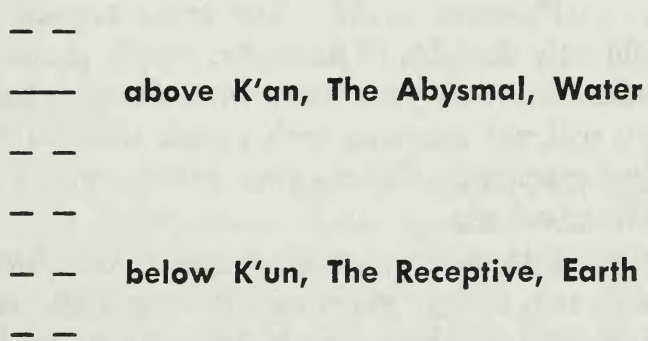
would never be sick and would be able to solve all problems. You have not reached that plateau yet.

If you had no money but you had absolute, unwavering faith that God would supply all your needs, it would be done according to your faith.

Six in the fifth place: . . . *the elder shall serve the younger* (Romans 9:12). You must not permit fear, anger, resentment or vengeance to rule your actions. The elder means the mass mind thinking, early training and indoctrination of false beliefs, prejudices and opinions of others. Your body and environment are the first things you are aware of. Later on you learn about the spiritual values and Presence of God in your depths, and you let wisdom, truth and beauty govern you. This is why the elder (old thoughts) shall now be controlled by the spiritually minded man possessed of true values. If you do not enthrone God's love in your mind and allow yourself to be ruled by it, failure will result. Think good, good follows; think evil, evil follows.

Six at the top: . . . *as a prince hast thou power with God* . . . (Genesis 32:28). You are a prince of God when integrity, honesty and confidence in God reign supreme in your mind and heart. Your decrees are based on eternal verities and the truths of God, which are timeless and changeless. From now on all your ways are pleasantness and all your paths are peace.

8. Pi/Holding Together (Union)



The Judgment

. . . *if thou wilt enter into life, keep the commandments* (Matthew 19:17). Adhere strictly to honesty, integrity and justice. Do not deviate from that course which deep in your heart you know is the right one to follow.

The Image

Let your light so shine before men, that they may see your good works, and glorify your father which is in heaven (Matthew 5:16). As you exalt God in the midst of you, so too will you automatically exalt God in all those around you, thereby contributing to the harmony, peace and prosperity of all members of your family and your associates.

The Lines

Six at the bottom: . . . *let us not love in word, neither in tongue; but in deed and in truth* (I John 3:18). Love is an outpouring of the heart; it is impersonal goodwill to all. While you maintain this attitude, the law of attraction will work for you and bring you countless blessings along all lines and with surprising promptness.

Six in the second place: *A good man out of the good treasure of the heart bringeth forth good things* . . . (Matthew 12:35). As you continue to exude vibrancy and goodwill to all, your success and prosperity are assured.

Six in the third place: *He that troubleth his own house shall inherit the wind* . . . (Proverbs 11:29). The house is your mind. Be sure you entertain only thoughts of harmony, health, peace, joy and goodwill. If you associate in your mind with thoughts based on eternal verities, you will not associate with people who do not conform to your spiritual standards. Choose your friends only as they conform to these spiritual criteria.

Six in the fourth place: *Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man* (Colossians 4:6). You have to taste salt to get its savor. Sym-

bolically, to have salt means you must have zeal, enthusiasm and an inner joy which makes life far more palatable and more vital. This inner feeling of yours is contagious and is communicated to all those around you, bringing expansion and growth into all phases of your life.

Nine in the fifth place: *The desire of the righteous shall be granted* (Proverbs 10:24). Know that Divine right action is operating on your behalf and you can be assured of success and victory.

Six at the top: *For where two or three are gathered together in my name, there am I in the midst of them* (Matthew 18:20). To fulfill your desires and aspirations, continuous harmony and agreement are essential. In other words, your dominant conviction must be based on Divine law and order, since confusion in your mind would lead to loss and failure.

9. Hsiao Ch'u/The Taming Power of the Small

above Sun, The Gentle, Wind

below Ch'ien, The Creative, Heaven

The Judgment

The Lord is my shepherd; *I shall not want* (Psalms 23:1). The Lordly Power—the God-Presence within you—is watching over you, and you shall not want for evidence of the fact that God is guiding you and fulfilling all your needs now.

The Image

The Lord stood with me and strengthened me . . . (II Timothy 4:17). Continue to live in faith and confidence and you will advance, grow and move forward along all lines.

The Lines

Nine at the bottom: . . . *no good thing will be withheld from them that walk uprightly* (Psalms 84:11). Keep in tune with the Infinite. You can rest assured that you will achieve, accomplish and bring to pass the most cherished desires of your heart.

Nine in the second place: . . . *God was with him, and delivered him out of all his afflictions . . .* (Acts 7:9–10). Do not try to force things. Relax, let go and trust Infinite Intelligence to bring things to pass in the right way at the right time.

Nine in the third place: *And if a house be divided against itself, that house cannot stand* (Mark 3:25). The house is your mind. When you are confused or angry in your mind, things do not work out well. Calm your emotions. Get back on the beam.

Six in the fourth place: *When he giveth quietness who then can make trouble*? . . . (Job 34:29). Do not give power to others. No one has the power to disturb you or to hurt you except through your own thoughts. Give all power to the God-Presence within you and know all things are working out in Divine order, and all fear will then vanish from your mind.

Nine in the fifth place: *Thou wilt keep him in perfect peace whose mind is stayed on thee . . .* (Isaiah 26:3). As you exalt God in the midst of you, all your associates will feel your vibration and enthusiasm, and all of you will prosper.

Nine at the top: *God is my strength and power, and he maketh my way perfect* (II Samuel 22:33). There is a time for everything under the sun. Rest and let go. Trust Infinite Intelligence to bring all things to pass at the right time in the right way.

10. LÜ/TREADING (CONDUCT)

above Ch'ien, The Creative, Heaven

below Tui, The Joyous, Lake

The Judgment

Pleasant words are as an honeycomb, sweet to the soul, and health to the bones (Proverbs 16:24). A soft answer turneth away wrath. You would not be angry with a man who is a hunchback or otherwise crippled. You would have compassion on him. Many individuals are mental hunchbacks with warped and distorted minds. Bless them and walk on. Good fortune is yours.

The Image

Let us therefore follow after the things which make for peace, and things wherewith one may edify another (Romans 14:19). Choose your thoughts carefully. Practice discernment. Separate the chaff from the wheat in your mind. Salute the Divinity within yourself while realizing that every man is an epitome of the Divine, and good will come to you.

The Lines

Nine at the bottom: *They that seek the Lord shall not want any good thing* (Psalms 34:10). Acknowledge the God-Presence within you as your senior partner and know that the inner felicity of your

heart meets with kindness and goodwill everywhere and is subjectively felt by others. There is a happy outcome to your experiences.

Nine in the second place: Shakespeare spoke eloquently when he had Polonius state, "To thine own self be true; then it follows, as the night the day, thou canst not be false to any man." Remain true to your ideals and goals in life and all that you do will prosper.

Six in the third place: *The legs of the lame are not equal*; *so is a parable in the mouth of fools* (Proverbs 26:7). . . . *if therefore thine eye be single, thy whole body shall be full of light* (Matthew 6:22). This means that you give your attention to the God-Presence within you, and that you place the glory and power of God first in your life; then do you become a channel for the Divine and your eye is single and your whole embodiment becomes full of light and love.

A parable has two sides: there is an inner and an outer meaning which correspond. Your inner mood or feeling controls your external world. Don't blame others; do not let others irritate you. Realize your boss is your Higher Self (God) and submit to the law of goodness, truth and beauty within you, and nothing will hurt you. If you hold resentment and permit yourself to be emotionally disturbed, you will experience loss in many ways. . . . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15).

Nine in the fourth place: . . . *be careful to maintain good works* . . . (Titus 3:8). Do nothing of a foolhardy nature. Use ordinary caution and common sense in all your undertakings. Know that you can accomplish all things through the God-Power which strengthens you.

Nine in the fifth place: *Discretion shall preserve thee, understanding shall keep thee* (Proverbs 2:11). Be alert, on the *qui vive*. Make sure your decisions are wise. To have understanding is to know a way out of trouble and to know how to live in peace and harmony on this planet. Know that Infinite Intelligence guides and directs you in all your undertakings and that you are watched over by an Overshadowing Presence at all times.

Nine at the top: *For by me thy days shall be multiplied, and the years of thy life shall be increased* (Proverbs 9:11). When your thoughts are wise, your actions will be wise. When your attitude is right and you live in the expectancy of the best, invariably the best will come to you. Success and prosperity are yours now.

11. T'AI/PEACE

above K'un, The Receptive, Earth

below Ch'ien, The Creative, Heaven

The Judgment

Thou wilt keep him in perfect peace whose mind is stayed on thee . . . (Isaiah 26:3). Keep your mind stayed upon the Spiritual Presence within you. When your mind is at peace and in tune with the Infinite, you will find peace in your home, business, and in all aspects of your life. Furthermore, you will prosper beyond your fondest dreams.

The Image

. . . *if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven* (Matthew 18:19). This means that when your conscious and subconscious agree, the Creative Power (The Father) brings your desire to pass. When there is an agreement in your conscious and subconscious mind and both synchronize and unite on your ideal and goal, you will experience the joy of the answered prayer.

The Lines

Nine at the bottom: . . . *and whatsoever he doeth shall prosper* (Psalms 1:3). To prosper means to grow and expand along all lines

—spiritually, mentally, materially and financially. The law of attraction is now working for you and you attract all those who will aid and assist you in the attainment of your goals.

Nine in the second place: . . . *strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it* (Matthew 7:14). It is only by a change in your mental attitude that outer conditions can be altered. This is called the straight gate, the royal road of the ancients, the middle path of Buddha. In order to bring harmony, peace, prosperity and health into your experience, there is only one way, and that is to impregnate your subconscious vith thoughts of harmony, peace, abundance and security.

Don't give power to others or to externals. Refuse to recognize the false beliefs of the mass mind, such as belief in the power of the stars, evil entities, predestination, karma, fate, etc. Give all power to God within you and walk the earth with faith and confidence in the One Power and Cause, and you will win and triumph along all lines.

Nine in the third place: There is an old maxim in life: "This, too, shall pass away." Everything changes into its opposite. You can lead a balanced, creative life without experiencing the great cycles of ups and downs by affirming boldly: "Divine law and order govern my entire life and Divine right action governs me at all times." You want just enough variation in life to make it interesting. Many swing from exhilaration to depression, from feeling good to feeling blue. You can be happy on a rainy day as well as on a sunny day. Watch your mental and spiritual climate. This determines all your experiences in life. Enjoy the mood of success and achievement and rest assured of victory.

Six in the fourth place: . . . *these ought ye to have done, and not to leave the other undone* (Luke 11:42). You must be very careful how you help a person. You *leave the other undone* when you do not give him the wisdom or the know-how to tap the powers of his subconscious mind. When he becomes aware of these powers he will never want a hand-out or a bowl of soup or an old suit of clothes again. Life's lesson is that each of us must learn to stand on his own feet, meeting and overcoming his personal problems and challenges. Help given too easily denies and robs the man of true self-esteem and self-propulsion. Teach a man his Divinity and the Source of wealth, then you will have given him the know-how and you will not have

left the other half of the equation undone. Help him, yes, but make sure you don't let him lean on you. Teach him to lean on God and he will always be cared for.

Six in the fifth place: . . . *what therefore God hath joined together, let not man put asunder* (Matthew 19:6). God is love, and when love unites two hearts, they beat in unison and harmony. Marriage for any other reason would not be a marriage but a sham, a farce and a masquerade. A marriage (psychologically speaking) can also be a business contract or partnership or professional affiliation. All such agreements should be based on mutual goodwill and harmony, and should be agreeable and satisfactory to each person. From this harmonious agreement, success and happiness are assured.

Six at the top: . . . *resist not evil, but whosoever shall smite thee on thy right cheek, turn to him the other also* (Matthew 5:39). This is the secret of success and happiness in life. When you resist mentally any undesirable or unpleasant condition, you endow it with more power, which automatically makes matters worse for you. Don't hurl yourself against the condition mentally. Refrain from resisting the trouble mentally. Contemplate God in action in your life and understand that the Divine law of harmony is operating in your behalf and in all those around you, and you will find the problem fades away and you are free. This is the true meaning of *loving your enemy*, which confuses so many people. It is superb mental strategy. Try it and you will win.

12. P'I/STANDSTILL (STAGNATION)

above Ch'ien, The Creative, Heaven

below K'un, The Receptive, Earth

The Judgment

The fear of the wicked, it shall come upon him; but the desire of the righteous shall be granted (Proverbs 10:24). . . . *he is a buckler to all them that trust in him* (II Samuel 22:31). Adhere to the principles of truth and do not permit anyone to cause you to deviate from the principles of harmony, health and peace. Be still and quiet and trust the law of harmony to bring all things to pass in Divine order.

The Image

Having set your ideals, remain true to them in spite of anger, criticism and vituperation. Remain steadfastly true to your inner code and pattern of life based on goodness, honesty and integrity. Know also that what is right action for you must of necessity be right action for all based on the principle of right action. Let no one dissuade you or switch you off onto side tracks regardless of their arguments and persuasions to the contrary.

The Lines

Six at the bottom: . . . *whosoever trusteth in the Lord, happy is he* (Proverbs 16:20). Place your confidence and trust in the Supreme Intelligence within you, which is your Higher Self. It is interested in

your welfare and spiritual expansion. Keep on knowing that God loves you and cares for you and that Infinite Spirit is watching over you, revealing to you the next step in your unfoldment. This is a time for meditation and prayer, which will be followed by happiness and success.

Six in the second place: . . . *meddle not with him that flattereth* . . . (Proverbs 20:19). Pay no attention to sycophants or idle flattery. Adhere strictly to the spiritual values of life which are eternal and never change. Continue to make the acquiring of wisdom a passion, and great and mighty things will enrich your life, and you will experience the peace that passeth understanding.

Six in the third place: *For whosoever exalteth himself shall be abased* . . . (Luke 14:11). A man who employs devious means, trickery or what he calls pull to get ahead is misusing the law of his subconscious by exalting himself the *wrong* way. Because his subconscious is aware of his inferiority, guilt and sense of lack, he will be forced to step down from the position he acquired in the wrong way. It is well known in political, business and professional fields that the more you push and strive to advance yourself externally, the quicker will you bring on your downfall. Man promotes himself by establishing the mental equivalent of success, integrity, zeal and enthusiasm in his subconscious mind, which then compels him to rise. In other words, man promotes himself by his mental attitude or state of consciousness.

Nine in the fourth place: *But there is a spirit in man, and the inspiration of the Almighty giveth them understanding* (Job 32:8). God is the highest and greatest authority and the greatest wisdom. It is the Supreme Spirit within you. It is All-Wise, the Ever-Living One and the All-Knowing One. Call on this Inner Power and you will be inspired and guided to do the right thing. You will prosper and succeed and bless all those associated with you.

Nine in the fifth place: *Wisdom strengtheneth the wise more than ten mighty men which are in the city* (Ecclesiastes 7:19). Wisdom is an awareness of the Presence and Power of God within you. Join up with this God-Presence within you, knowing that . . . *they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint* (Isaiah 40:31).

Know that the Power of the Almighty is moving on your behalf and that there is nothing to oppose Omnipotence. With this attitude, you will rise victoriously over all problems. The word "wait" in the Bible means quieting the mind and calling upon the Infinite Power, which responds and becomes active and potent in one's life. The Infinite cannot fail. There is nothing to oppose It, thwart It or vitiate It. It is all powerful.

Nine at the top: *Be still and know that I am God . . .* (Psalms 46:10). This means to quiet your mind and know that your own "I-AM-NESS" is God and that when you say "I AM" you are announcing the Presence of God within you—Pure Being, the Self-Originating Intelligence, unconditioned consciousness, awareness, the Life-Principle. The name of God is the nature of God, as God has no name. As you realize and give recognition to God in action in your life, you will find everything changing into order and harmony. Everything negative in your life passes away and you will experience the many blessings of life.

13. T'UNG JEN/FELLOWSHIP WITH MEN

above Ch'ien, The Creative, Heaven

below Li, The Clinging, Flame

The Judgment

. . . for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee (Deuteronomy 31:6). Intend your

mind vigorously and confidently in the direction of a greater and larger experience. Cross from where you are in your mind to a new place, job, assignment or location in your mind. Your mind is called water in the Bible, and you cross the water when you move mentally from where you are to a mental acceptance of what you want to be, to do, or to have. Prayer is a mental journey to the promised land, or to the realization of your heart's desire. If this entails a journey to Hawaii or any other place, take it and rejoice in the fulfillment of your dream. You will prosper.

The Image

Commit thy way unto the Lord; trust also in him and he shall bring it to pass (Psalms 37:5). Radiate love and goodwill to all. Establish your goal and purpose, and the law of affinity will attract to you all those who will aid you in the fulfillment of your desire Divine wisdom governs you and you will be guided aright.

The Lines

Nine at the bottom: *The steps of a good man are ordered by the Lord; and he delighteth in his way* (Psalms 37:23). Honesty, sincerity, candor and goodwill govern all your undertakings, and the camaraderie of the Spirit prevails, blessing all concerned.

Six in the second place: *He that loveth his brother abideth in the light, and there is none occasion of stumbling in him* (I John 2:10). There must be no ill will, bigotry or prejudice governing your decisions. Your motivations, actions and decisions must be based on goodwill to all; otherwise, you attract loss and limitation.

Nine in the third place: *And when ye stand praying, forgive, if ye have aught against any . . .* (Mark 11:25). . . . *forgive, and ye shall be forgiven* (Luke 6:37). . . . *vengeance is mine; I will repay, saith the Lord* (Romans 12:19). You can't afford to harbor ill will or resentment, or seek to get even with someone else. Remember, you are the one thinking and feeling the hostility. This mental attitude robs you of vitality, enthusiasm, energy, and leaves you a physical and mental wreck. Release the other mentally, bless him and walk on. If another is doing something wrong, the law of his own mind takes

care of him. What you wish for another, you wish for yourself. Get the other one out of your hair by surrendering him to God and wishing for him all the blessings of life. As you do this, you will eradicate the sting in your mind.

Nine in the fourth place: . . . *if we love one another, God dwelleth in us* . . . (I John 4:12). Realize the Presence of God in the other and claim that harmony, peace and understanding reign supreme, and you will experience success and peace of mind.

Nine in the fifth place: . . . *for out of the abundance of the heart the mouth speaketh. A good man out of the good treasure of the heart bringeth forth good things* . . . (Matthew 12:34–35). When two hearts beat as one, unity, harmony and understanding exist between them. The law of attraction brings them together in Divine order and they accomplish great things together.

Nine at the top: . . . *walk in love* . . . (Ephesians 5:2). Love means an outreaching of the heart, i.e., goodwill to all men. Exude vibrancy and salute the Divinity in all those you meet. The past is dead. Nothing lives but this moment. Change your present thoughts and keep them changed, and you change your destiny. *Remember ye not the former things, neither consider the things of old* (Isaiah 43:18).

14. Ta Yu/Possession in Great Measure

above Li, The Clinging, Flame

below Ch'ien, The Creative, Heaven

The Judgment

. . . the Lord thy God shall bless thee in all thine increase, and in all the works of thine hands, therefore thou shalt surely rejoice (Deuteronomy 16:15). Whatever you do will excel in a magnificent way.

The Image

The mouth of the righteous speaketh wisdom . . . (Psalms 37:30). Wisdom is the conscious awareness of the presence and power of God within you. Give all power to God—the Supreme Intelligence within you—and absolutely refuse to give any power to negative thoughts or to any person, place or thing. Aspire only to what is lovely and of good report.

The Lines

Nine at the bottom: *For God hath not given us the spirit of fear, but of power, and of love, and of a sound mind* (II Timothy 1:7). Fear is indicative of a lack of faith in God. Fear is faith in that which is false. Refuse to indulge negative thoughts of any kind. Supplant them at once with faith in God and all good things.

Nine in the second place: *Cast thy burden upon the Lord and he shall sustain thee . . .* (Psalms 55:22). Find the rock of strength within yourself. The Kingdom of God is within you; you will find It a tower of strength as you become conscious of It. This Infinite Power continuously moves through you and all those connected with you, and this Power enables you to transcend all barriers in the accomplishment of your purposes.

Nine in the third place: *. . . as having nothing, and yet possessing all things* (II Corinthians 6:10). God possesses all things. You are a steward of the Divine, and you should use your talents and riches wisely, judiciously and constructively. Recognize God as the Source of your supply and give all honor and glory to the Source of all blessings. The rich young man spoken of in the Book of Mark, Chapter 10, was a man rich in preconceived opinions, false beliefs about God, life and the universe. His mind was cluttered with false beliefs

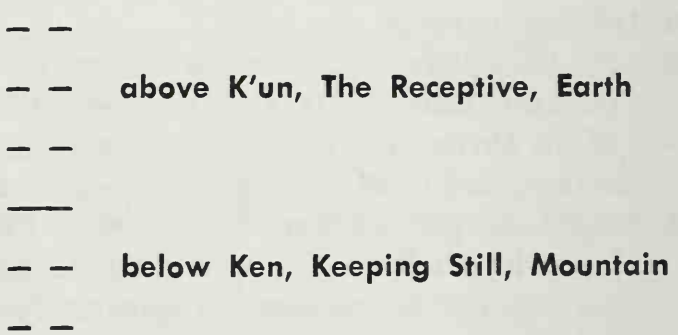
about disease, and was afflicted with lack and limitation of all kinds. Divest yourself of all false beliefs and false dogma and believe . . . *in the living God, who giveth us richly all things to enjoy* (I Timothy 6:17).

Nine in the fourth place: *Let all your things be done with charity* (I Corinthians 16:14). . . . *charity envieth not* . . . (I Corinthians 13:4). Wish success and happiness for everyone. You are unique, there is no one in all the world like you, as God never repeats Himself. Realize that God is the Source of all things and that you can go within yourself, claim your wealth, and your subconscious will respond accordingly. You receive nothing except by right of consciousness. (You must possess the mental equivalent of it.)

Six in the fifth place: . . . *by love serve one another* (Galatians 5:13). If you serve others through love you serve yourself as well, and you will prosper accordingly.

Nine in the sixth place: . . . *turn not from it to the right hand or to the left, that thou mayest prosper whithersoever thou goest* (Joshua 1:7). This means not to give any power to the objective world (right hand) or to the left (belief in fate, power of the past, karma or entities), but to give all power to the God-Self within you, while knowing that the Living Spirit is moving on your behalf, and you will experience thereby countless blessings, and whatsoever you do will prosper.

15. CH'IEN/MODESTY



The Judgment

Put on therefore . . . humbleness of mind . . . (Colossians 3:12). *. . . before honour is humility* (Proverbs 15:33). Humility means you are teachable, open minded and receptive to the truths of God; growth, expansion and achievement follow naturally. The great men of the world are humble. Real humility values the truth above all things and is ever ready to receive it. The reward of humility is riches, honor and life more abundant.

The Image

Blessed are the meek: for they shall inherit the earth (Matthew 5:5). The "earth" means your body and all the manifestations of your life, such as your business, your home, your profession and experiences. All these are expressions of inner mental attitudes. The word "meek," Biblically speaking, means a person who gives all power and glory to God and who realizes that the will of God for all men is something wonderful, joyous, fascinating and transcending our fondest dreams. This is the key to health, happiness, abundance and security.

The Lines

Six at the bottom: *The way of life is above to the wise . . .* (Proverbs 15:24). *And he said, let us take our journey, and let us go, and I will go before thee* (Genesis 33:12). Make a decision, travel from where you are in your mind to that point in life which you want to attain. Nourish that decision, envelop it in faith and confidence, and it will come to pass. You have crossed the waters of your mind, and any external journey over water or land will bless you.

Six in the second place: *. . . and the Lord wrought a great victory* (II Samuel 23:12). The Lord is the power of your subconscious mind which is now expressing what you have impressed upon it, and you are growing spiritually, mentally and materially. Success and victory are assured.

Nine in the third place: *Thou shalt also decree a thing, and it shall be established unto thee* (Job 22:28). Maintain feelingly and

knowingly that all good is yours. You will bring the desire of your heart to fruition.

Six in the fourth place: *For every man shall bear his own burden* (Galatians 6:5). You have to do your share in life by putting your shoulder to the wheel and contributing your talents for the benefit of humanity. Stand on your own feet, meet your problems, and through the power of God you will succeed. You are part of humanity and you are here to serve and give life to your talents by contributing to the peace and happiness of humanity.

Six in the fifth place: *Be not overcome of evil, but overcome evil with good* (Romans 12:21). Note that Paul uses the words "of evil," i.e., do not permit negative thoughts to lodge in your mind and govern you. Cremate them with spiritual thoughts and Divine love. Look for the Presence of God in your associates, and if you see faults, imagine that they have the corresponding virtues. Dwelling on the faults of others causes you to build them into your own mentality. Exalt God in the midst of you and everything you do will bless and benefit not only you but countless others.

Six in the sixth place: *Let nothing be done through strife or vainglory . . . Look not every man on his own things, but every man also on the things of others* (Philippians 2:3,4). The vainglorious person is always humiliated. Modesty is freedom from boastfulness, braggadocio and vanity. Simplicity and moderation in all things characterize the modest man. He respects and has regard for decency of behavior and speech. The modest man has humility, and he does all things for the glory of God. Discipline your thoughts and emotions, and when your attention wanders away, bring it back to the contemplation of His Holy Presence; then you can be assured of victory and success in all your undertakings.

16. YU/ENTHUSIASM

above Chen, The Arousing, Thunder

below K'un, The Receptive, Earth

The Judgment

And thou shalt have joy and gladness . . . (Luke 1:14). Enthusiasm means to be possessed by God. When you have an absorbing or a lively interest in some project, cause or subject, i.e., when you are fired with the idea and have gladness in your heart, you are bound to succeed. Moreover, your enthusiastic mood will be communicated to others, as enthusiasm is contagious.

The Image

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven (Matthew 5:16). You glorify God, the Father of all, when you become a channel of the Divine and you let His intelligence, wisdom, love, harmony and abundance flow through you. To sacrifice is to make sacred; i.e., you dedicate all your work to God, knowing that you are directed and governed over by a Divine wisdom. As you practice this, you will find all your ways are pleasantness and all your paths are peace.

The Lines

Six at the bottom: *For by grace are ye saved through faith . . . not of works, lest any man should boast* (Ephesians 2:8,9) The

law of your subconscious is absolutely just and eminently fair. Grace is the response of your deeper mind to your habitual thinking and imagery. Your experiences, status in life, wealth and position are a mathematical and exact reproduction of your belief and inner conviction. Do not brag or boast. You are what you contemplate, and there is no use pretending to be what you do not feel in your heart is true. You are always demonstrating your beliefs and assumptions. Get a higher vision and know that through the power of God you can reach it. You go where your vision is. Man is belief expressed. Your faith in the laws of your mind must be demonstrated, otherwise it is not true faith.

Six in the second place: *And the rain descended, and the floods came and the winds blew, and beat upon the house; and it fell not; for it was founded upon a rock* (Matthew 7:25). The rock represents that which is impregnable, invisible and impervious to all external forces. The house is your mind where your thoughts, feelings, beliefs and opinions dwell. You have absolute faith in the God-Power Which is Supreme and Omnipotent, and with this faith no one can cause you to doubt or deviate from your aim or goal. Faith is confidence in the Supreme Power Which responds through your subconscious mind and brings the cherished desires of your heart to pass. Success is assured you.

Six in the third place: *A double minded man is unstable in all his ways* (James 1:8). You must be ready to accept the opportunity when it comes. If a project looks good to you, accept it and pronounce it good, and claim it is God in action in your life. When you hesitate, procrastinate, vacillate and waver, you lose the opportunity to move forward. Trust God to guide you in all your ways. Be alert and on the *qui vive*, and realize that opportunity is always knocking at your door.

Nine in the fourth place: *Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not* (Jeremiah 33:3). As you keep looking to the Inner Source of all blessings, knowing that God is guiding you and prospering you in all ways, you will discover that new creative ideas come to you from your subliminal depths, and you will advance beyond your fondest dreams.

Six in the fifth place: *The Spirit of God hath made me, and the breath of the Almighty hath given me life* (Job 33:4). God is life

and that is your life now. God is the Life-Principle in you. Affirm boldly and with feeling, "I inhale the peace of God and I exhale the love of God to all, for I know that love is the fulfilling of the law of health, happiness, peace and abundance." God in the midst of you is healing you now. . . . *I am the Lord that healeth thee* (Exodus 15:26).

Six in the sixth place: *Thou shalt remember the Lord thy God, for it is he that giveth thee power to get wealth* (Deuteronomy 8:18). Look always to the Source of supply. Control yourself so that neither the ups nor downs of life are too accented. Guard your moods and always maintain a balance. You need enough variation to make life interesting. Know that Divine law and order govern you at all times, and you will not go too far either way. God's river of peace governs you and all will be well.

17. SUI/FOLLOWING

above Tui, The Joyous, Lake

below Chen, The Arousing, Thunder

The Judgment

. . . but he that shall endure unto the end, the same shall be saved (Mark 13:13). The word "saved" means a solution to your problem; and if you persist in right thinking and right feeling, you will get a response from your subconscious mind and your prayer will be answered. Perseverance, tenacity and determination in pursuing

that which is good and that which blesses you and others will cause it inevitably to come to pass.

The Image

The Lord shall guide thee continually . . . (Isaiah 58:11). Plan to have regular sessions during the day for communing with the Divine Presence. Turn to the Indwelling God and claim guidance, power, strength and wisdom to govern all your decisions and actions, and your labors will be blessed. Charge your mental and spiritual batteries regularly and systematically.

The Lines

Nine at the bottom: *The steps of a good man are ordered by the Lord; and he delighteth in his way* (Psalms 37:23). Realize and know that Divine right action governs you and exude vibrancy and goodwill to all, and you will find the cooperation and assistance you need to fulfill your purposes.

Six in the second place: . . . *I am the Lord thy God which teacheth thee to profit, which leadeth thee by the way that thou shouldest go* (Isaiah 48:17). In business or whatever profession you may follow, claim that all those connected with you are spiritual links in the chain of your growth, welfare and prosperity. All your associates should be chosen based on spiritual criteria; i.e., those who have a reverence for things Divine. Put God first in your life and continuously give all honor and glory to God, and then you will automatically do the right thing.

Six in the third place: . . . *the way of the righteous is made plain* (Proverbs 15:19). Think right, feel right, act right, be right. Think, speak and act from the standpoint of the Infinite Principle of Harmony within you. To succeed in life, you must give up the lesser for the greater. You are here to grow, to rise and transcend life's problems. Walk with the highest and the best mentally and every other way, and you will invariably experience the best.

Nine in the fourth place: *And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it* . . . (Isaiah 30:21). Take command of your mind. Adhere to that which you know to be true.

Preserve your equanimity and rest with absolute assurance that the Infinite Presence is moving on your behalf. Your motivation must be for the benefit of all. Listen to what the Psalmist said and obey it: *They speak vanity everyone with his neighbour: with flattering lips and with a double heart do they speak* (Psalms 12:2). Listen to the inner voice of the Divine, which always speaks in peace, in love and in harmony.

Nine in the fifth place: . . . *He maketh my way perfect* (II Samuel 22:33). Integrate yourself around the conviction of God's guidance and the expectancy of the best, and you will reap a rich harvest.

Six in the sixth place: *God is my strength and power, and he maketh my way perfect* (II Samuel 22:33). Look for spiritual help and all kinds of assistance from those only who have a reverence for the Divinity which shapes our ends. As you lead so will they follow.

18. Ku/Work on What Has Been Spoiled (Decay)

above Ken, Keeping Still, Mountain

below Sun, The Gentle, Wind

The Judgment

. . . *he walked on the water, to go to Jesus* (Matthew 14:29). One of the meanings of Jesus as He is portrayed in the Bible is the realization of your heart's desire which would save you from your current predicament. If hungry, food would be your savior; if thirsty, water would be your savior; if in prison, freedom would be your savior; and

if sick, health would be your savior. Symbolically, water means your mind, and it is to your advantage to intend your mind in the direction of a larger expresson across the waters of your mind within yourself. Take up a new residence in your mind, which means nourish a new decision, sustain it with faith, and if it involves outer travel, by all means take the trip. The inner controls the outer. Accept the new opportunity. As you begin with faith and confidence, the end result will be successful in all ways. The beginning and the end are one.

The Image

In all thy ways acknowledge him, and he will make plain thy paths (Proverbs 3:6). When you assert a truth, such as the above, knowing that it is God in action in your life, you will be lifted up and inspired, and all obstructions will be removed. Your uplifted spirit will be communicated to others, and they will aid you in the realization of your plans.

The Lines

Six at the bottom: . . . *and I will raise up the decayed places thereof* (Isaiah 44:26). Nothing is forever. Everything changes. The past is dead. Nothing matters but this moment. Change this moment and you change your destiny. There is no occasion to grieve over the mistakes of the past. The future is your present thinking made manifest. You will reap a rich harvest as you sow God-like thoughts in the garden of your mind now.

Nine in the second place: . . . *Now is the day of salvation* (II Corinthians 6:2). Live in the present. Prepare wisely for the future and let the past alone. Salvation means that right now God has the answer, the solution. It is foolish to waste your energy on the dead past. Think good and good follows. See God in all those around you and wish for them health, happiness and peace, and good will come to you.

Nine in the third place: *For whosoever shall call upon the name of the Lord shall be saved* (Romans 10:13). Revise all your thinking and creedal beliefs, and make sure they conform to eternal verities. There is no time or space in mind. The moment you begin to

think constructively and wisely, there is an immediate and automatic reaction from your subconscious mind. The past mistakes and errors are wiped out in the same manner as errors in the chemical laboratory are wiped out when you begin to use the principles of chemistry correctly. Forget the past and blame no one. You mold and fashion your own destiny by your thought and feeling.

Six in the fourth place: *Remember ye not the former things, neither consider the things of old* (Isaiah 43:18). Never accept false beliefs or outmoded dogmas which are illogical, unreasonable and unscientific. Accept ideas and truths which heal, bless, inspire, dignify and elevate you. To indulge in the past and the false beliefs and traditions of the past will bring loss, lack and limitation into your life.

Six in the fifth place: . . . *they that seek the Lord shall not want any good thing* (Psalms 34:10). State the truth that all good is yours and it will become manifest in your affairs. You will be guided in all ways. Infinite Intelligence of your subconscious will attract to you all those who will aid you in the realization of your dreams and aspirations.

Nine in the sixth place: *There is a spirit in man; and the inspiration of the Almighty giveth them understanding* (Job 32:8). When you are inspired from On High, you will find your true expression in life, and you will do what you love to do. Whatever you say, do, write or create can only bless mankind in countless ways. You will be a true channel of Divine wisdom.

19. LIN/APPROACH

above K'un, The Receptive, Earth

below Tui, The Joyous, Lake

The Judgment

He shall call upon me and I will answer him. I will be with him in trouble: I will deliver him and honour him (Psalms 91:15). *When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him* (Isaiah 59:19). As you keep in tune with the Infinite, you will advance and move forward along all lines. When you call upon Infinite Intelligence, It responds according to the nature of your request. Do not indulge in fear, worry, anger or resentment in your mind, as these negative emotions bring loss and limitation. Fill your mind with the concepts of love, faith and confidence, and you will eradicate the negatives. Remember, all the water in the sea can't sink a ship unless the water gets inside the ship. Likewise, negative thoughts, or the actions of others can't hurt you except you indulge them in your mind. Cremate them; burn them up with Divine Love.

The Image

But my God shall supply all your need according to his riches in glory . . . (Philippians 4:19). All the energy, vitality, wisdom, power, and strength you need are given to you freely. God is your

instant and everlasting supply and support, and the more wisdom you give the more you receive. You can't exhaust the Infinite Treasure House within you.

The Lines

Nine at the bottom: *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22). Believe the great truth that all good is unfolding for you and it will become a visible possession.

Nine in the second place: *God giveth to a man that is good in his sight wisdom, and knowledge, and joy . . .* (Ecclesiastes 2:26). Nothing moves you, nothing disturbs you, nothing worries you, because you are sustained by these words: "This, too, shall pass away." Everything passes away but God, and God alone is sufficient. God gives you all the wisdom, power and creative ideas you need to fulfill your plans, and everything you do will prosper.

Six in the third place: *. . . be careful to maintain good works . . .* (Titus 3:8). If you are negligent in your mind and permit negative emotions to govern you, whatever you do will not go well. You can't afford to be careless and indifferent in your mind. You must keep prayed up, otherwise the mass mind will govern you with thoughts of fear, lack, worry and anxiety. Change your thoughts and keep them changed.

Six in the fourth place: *. . . who is this that engaged his heart to approach unto me? saith the Lord* (Jeremiah 30:21). Your heart is the seat of emotions and of love. As you turn to the God-Presence within you, full of faith and confidence, everything you do will prosper.

Six in the fifth place: *The Lord will perfect that which concerneth me . . .* (Psalms 138:8). Your appreciation and recognition of the Lordly Power within you will bring all things to pass in Divine order.

Six in the sixth place: *Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever* (Psalms 23:6). Sensing your oneness with God and with all men, you exude vibrancy, love and goodwill to all, and all those whom you contact are blessed because you walk this way.

20. KUAN/CONTEMPLATION (VIEW)

above Sun, The Gentle, Wind

below K'un, The Receptive, Earth

The Judgment

Call unto me, and I will answer thee, and shew thee great and mighty things which thou knowest not (Jeremiah 33:3). Man is that which he contemplates. Whatever you contemplate takes form and expression in your life. A sacrifice as found in the Bible means to give up the lesser for the greater, i.e., to substitute a constructive thought for a negative one. As you recognize the supremacy and sovereignty of the Spirit within you and call upon It for guidance, the answer will come to you in Divine order.

The Image

In all thy ways acknowledge him and he will make plain thy paths (Proverbs 3:6). As you recognize the truth that God is an ever present help at all times and as you claim that you are inspired and directed to say and do the right thing, you will discover that whatever you say and do will be right for the occasion.

The Lines

Six at the bottom: *If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain* (James 1:26). You must realize that there are prin-

ciples and truths which never vary. They are the same yesterday, today and forever. Sincerity and honesty in religion are essential, and it is necessary to conform to the truths of life. What you affirm must be *felt* as true in your heart. Lip service to eternal verities is meaningless.

Six in the second place: . . . *if therefore thine eye be single, thy whole body shall be full of light* (Matthew 6:22). Whatever you direct your attention to will come into your experience in a material way. Avoid narrow-minded, constricted viewpoints of life. If you direct your attention to outer conditions and circumstances, which are constantly changing, you are bound to limit yourself and inhibit your prosperity. Direct your attention to God and let the wisdom and power of God come first in your life and then your eye will be single and all your undertakings will be blessed.

Six in the third place: *Thou wilt shew me the path of life* . . . (Psalms 16:11). Claim and know that Infinite Intelligence within your subconscious mind reveals to you the next step in your unfoldment, and follow the *lead* which comes clearly into your conscious, reasoning mind. Divine right action governs you at all times.

Six in the fourth place: . . . *the kingdom of Heaven is at hand* (Matthew 3:2). The Kingdom of Infinite Intelligence, Boundless Wisdom and all the powers of the God-head are within you. Knowing that, become a King over your own conceptive realm. Think right, feel right, act right, be right and do right. You have absolute control over your thoughts, imagery, emotions, actions and reactions. Conform to the Divine law of harmony in all ways. Exercise your prerogatives as a King over your mind.

Nine in the fifth place: *The way of life is above to the wise* . . . (Proverbs 15:24). You are here to express more and more of life, love, truth and beauty. Your motivation for others is to bless and prosper them in all ways.

Nine in the sixth place: *Blessed are the pure in heart, for they shall see God* (Matthew 5:8). "Purity" in Biblical language means that you contemplate and recognize God alone as the only real Cause and the only real Power. As you dwell on God's love and harmony in your life, you discover and experience escape from all sickness and trouble, and you are able to impart wisdom and goodwill to others.

21. Shih Ho/Biting Through

above Li, The Clinging, Fire

below Chen, The Arousing, Thunder

The Judgment

This book of the law shall not depart out of thy mouth . . . for then thou shalt make thy way prosperous, and then thou shalt have good success (Joshua 1:8). As you contemplate your good, know that the Almighty Power is backing you up and that all obstructions will be overcome. Know that everything is working out in Divine order for you.

The Image

Thus saith the Lord God . . . remove violence and spoil, and execute judgment and justice . . . (Ezekiel 45:9). Every action of yours must be based on right action and justice. Do not compromise with that which is right. The judgment or decision in your mind must be based on the universal law of harmony and goodwill to all.

The Lines

Nine at the bottom: *If thy foot offend thee, cut it off . . .* (Mark 9:45). The word "foot" in the Bible means understanding. What is your understanding of life? You must stand on the laws of life which never change. You must stand on the eternal principle of harmony, love, right action and peace. You must never deviate from the truth.

Cut yourself off mentally from ulterior motives, and also permit no one else to take advantage of you.

Six in the second place: . . . *noses have they, but they smell not* (Psalms 115:6). To smell in the symbolism of the Bible is to practice discernment, i.e., you separate the wheat from the chaff, the good from the evil, and adhere to that which is lovely and of good report. Stand firm for that which you know to be right and good.

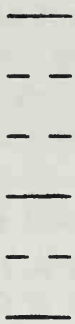
Six in the third place: . . . *my meat is to do the will of him that sent me* . . . (John 4:34). The word "meat" in the Bible means the qualities, powers and attributes of God. Meditate on courage, faith, confidence, joy, love and goodwill—this is the meat of Heaven. If you chew on ill will, bitterness, hostility and anger, you should be aware that these emotions are poisonous and tend to debilitate your entire organism. Keep away from all mental poisons and exalt God in the midst of you.

Nine in the fourth place: . . . *I have meat to eat that ye know not of* (John 4:32). There is an Invisible Power and Presence always available to you. Be firm and persevere. Realize and know that an Almighty Power is backing you up. You will be inspired and guided in all ways, and experience fulfillment of your heart's desire.

Six in the fifth place: *But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil* (Hebrews 5:14). It is necessary for you to assume the role of emotional and spiritual maturity. Never yield to that which is false. Be faithful to the truth, while realizing that what's right action for you is right action for everyone.

Nine in the sixth place: *And they shall turn away their ears from the truth* . . . (II Timothy 4:4). Any time you refuse to listen to the Truth of Being and insist on having your own way, you will get into trouble and experience loss and failure.

22. Pi/Grace



above Ken, Keeping Still, Mountain

below Li, The Clinging, Fire

The Judgment

For by grace are ye saved through faith . . . (Ephesians 2:8). Grace is the mathematical and accurate response of the Infinite Intelligence to your habitual thinking and imagining. As you call upon Infinite Intelligence, the response is inevitable and coincides with the nature of your request. You will succeed in your pursuits under the guidance of God.

The Image

Let us therefore come boldly unto the throne of grace . . . and find grace to help in time of need (Hebrews 4:16). Turn to the Indwelling God for guidance and inspiration, and your decisions will be right for all concerned.

The Lines

Nine at the bottom: *Grace be to you and peace from God . . .* (II Corinthians 1:2). Grace means that state wherein the Spirit of God is operating in you to regenerate and strengthen you. Follow the Divine path, and Divine love will go before you, making straight and joyous your way.

Six in the second place: *Let your speech be always with grace,*

seasoned with salt, that ye may know how ye ought to answer every man (Colossians 4:6). This means that your thoughts, words and actions should conform to the Golden Rule and the law of love. You have salt in your speech when you speak the truth with zeal and enthusiasm. Salt adds flavor to food and makes it more palatable; likewise, when your words encourage, enthuse and enlighten others you are lending color to whatever you say or do.

Nine in the third place: *Looking diligently lest any man fail of the grace of God . . .* (Hebrews 12:15). Be diligent and watchful. Let the Spirit of God govern and guide you and continue moving forward, and assured victory will be yours.

Six in the fourth place: . . . *we have access by faith into this grace . . .* (Romans 5:2). Your faith is in the goodness of God, in the power of God and in all things good. The God-Presence in you responds to your desire, and the fulfillment of your plans takes place.

Six in the fifth place: *Thus saith the Lord, the people . . . found grace in the wilderness . . .* (Jeremiah 31:2). Wherever you are, you can stir up the gift of God within you and feel His Presence governing and directing you. There is no great or small in the God that made us all. Love in your heart will find love and felicity everywhere. Love conquers all. Great success is assured you.

Nine in the sixth place: . . . *the Lord will give grace and glory; no good thing will be withheld from them that walk uprightly* (Psalms 84:11). God is now flowing through you, filling up all the empty vessels in your life. Divine love flows through your thoughts, words and deeds. All good is yours.

23. Po/Splitting Apart

above Ken, Keeping Still, Mountain

below K'un, The Receptive, Earth

The Judgment

. . . *and a house divided against a house falleth* (Luke 11:17). The house is your mind, and when there is conflict in your mind it is unwise to undertake any new venture. Remain still and quiet, contemplate the peace of God and the harmony of God in your mind, body and worldly circumstances; and gradually you will get into a balanced state of mind. Place your trust in God's guidance.

The Image

. . . *whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith* (Mark 11:23). If there be a mountain of fear, remorse, debt, or hurtful habits or ill health, realize every problem is Divinely outmatched. As you grapple with it courageously with faith and confidence in the Omnipotence of God, you will overcome the mountain (obstacle) and it will disappear and be cast into oblivion. You will experience a Divine solution.

The Lines

Six at the bottom: . . . *take up thy bed and walk* (Mark 2:9). It is wrong to cohabit with negative thoughts and imagery in the bed

of your mind, as you will bring forth negative experiences and conditions. Remain still and quiet and realize that nothing is forever, and everything passes away. Fill your mind with the truths of God and keep on affirming, "God loves me and cares for me." Divest yourself at once of all negative and destructive thoughts, as these would bring on loss and failure.

Six in the second place: . . . *I have made my bed in the darkness* (Job 17:13). The people who inhabit your mind are thoughts, beliefs, opinions and images. Darkness is an absence of light, and a bed means that what you are lying down with in your mind, i.e., what you are cohabiting with, being negative, will spawn negative results. The Bible tells you that the enemies are of your own household (mind). Read the 91st and the 23rd Psalms and realize one with God is a majority. Remember the old aphoristic statement: "This, too, shall pass away."

Six in the third place: *Thou wilt keep him in perfect peace whose mind is stayed on thee* . . . (Isaiah 26:3). Keep your mind stayed upon the Indwelling God and His love. Claim: "God is guiding me now. Divine peace fills my soul. My faith is in God and all things good, and all the negation of my mind is destroyed by the healing light of God's love saturating my subconscious mind."

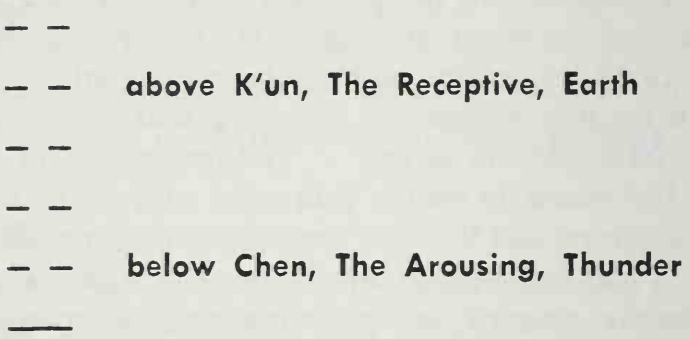
Six in the fourth place: . . . *forasmuch as he defiled his father's bed, his birthright was given* . . . (I Chronicles 5:1). To defile his father's bed means to pollute your mind with anger, self-condemnation, resentment, and the like. These are mental poisons which bring forth lack and limitation in all phases of your life. The thing to do is to forgive yourself for harboring negative thoughts, wish for everyone all the blessings of life, and exalt God in the midst of you, mighty to heal all conditions.

Six in the fifth place: *And he saith unto them, Follow me, and I will make you fishers of men* (Matthew 4:19). The word "man" means mind, and you can fish the idea out of the depths of your mind. You can't follow any man, but you can identify with the eternal verities and the laws of your mind. These you can apply and follow. You can fish out of your subconscious mind the solution to any problem. The answer is within. Divine answers and ideas are welling up from your subconscious depths, and everything you do will prosper. The answer comes to you now.

Nine at the top: *But the fruit of the Spirit is love, joy, peace, long-*

suffering, gentleness, goodness, faith, meekness, temperance: against such there is no law (Galatians 5:22, 23). When we eat of the Tree of Life (Presence of God) within us, i.e., when we medidate on harmony, peace, love, joy and inspiration, we are absorbing these truths so that they become automatically expressed in our lives in the same way as a piece of bread is transmuted into flesh and blood. As you incorporate the truths of God in your subconscious mind, you will suddenly discover all sorts of wonders happening in your life. Remember, all evil ultimately destroys itself. The mills of the gods grind slowly, but they grind exceedingly fine. Your faith and confidence in the good will be amply rewarded here and now.

24. Fu/Return (The Turning Point)



The Judgment

. . . in returning and rest shall ye be saved; in quietness and in confidence shall be your strength . . . (Isaiah 30:15). *If thou return to the Almighty, thou shalt be built up . . .* (Job 22:23). This means, as you align yourself with the Infinite Presence within you, this Power becomes active and potent in your life. In this inner communion with the Divine, you feel the strength, guidance and love of His Presence. Under this spiritual influence, it is to your advantage to undertake a new venture, and whatever you decide on will prosper.

The Image

The voice of thy thunder was in the heaven: the lightnings lightened the world . . . (Psalms 77:18). This means the heavens of your own mind, where you feel the inspiration of the Infinite and you are stirred up and lifted up spiritually. The lightning refers to the inner light or illumination of your intellect by the wisdom of God. This is an excellent time for you to become still and quiet and listen, as Emerson said, "to the whisperings of the gods."

The Lines

Nine at the bottom: . . . *and my prayer returned into mine own bosom* (Psalms 35:13). As a routine procedure, make a habit of supplanting every negative thought with a constructive one. Focus your attention on your goal or ideal, nourish it and sustain it mentally and emotionally, and it will sink into your subconscious mind. Great success and happiness are yours now.

Six in the second place: *And shalt return unto the Lord thy God and shalt obey his voice . . .* (Deuteronomy 30:2). It is God in action in your life, which means all around harmony and peace. Lis ten to your inner voice of intuition, and it will lead you to green pastures and abundance in all things.

Six in the third place: . . . *and cut off from it him that passeth out and him that returneth* (Ezekiel 35:7). When you procrastinate, vacillate, waver and for some reason can't make up your mind, you are like the double-minded man, unstable in all his ways. Cling to the truth and busy your mind with ideas which heal, bless, inspire, elevate and dignify your soul. Refuse to deviate from the spiritual standard of whatsoever is lovely, noble and God-like.

Six in the fourth place: *And the shepherds returned, glorifying and praising God . . .* (Luke 2:20). Your mind needs a shepherd. Continue to watch over your thoughts, attitudes and feelings and walk in the consciousness of God's love, and you will automatically express as well as experience good fortune.

Six in the fifth place: . . . *Return unto me and I will return unto you, saith the Lord of hosts . . .* (Malachi 3:7). Whenever you turn to the God-Presence within you, there is an automatic response. It

is the law of reciprocal relationship. The God-Power never punishes. Instead, you punish yourself by negative thinking, and you heal yourself by constructive thinking. Reward and retribution are based solely on your thinking and acting. Forgive yourself for harboring negative thoughts and resolve not to indulge yourself in this manner any more, and you are forgiven and free.

Six at the top: *And I said after she had done all these things, Turn thou unto me, but she returned not . . .* (Jeremiah 3:7). Whatever errors you may have committed, you can begin now to give constructive, life-giving, spiritual patterns to your subconscious mind, and there will be an immediate and automatic response of your deeper mind in conformity with your new standards. There is no time or space as such in mind, and the minute you begin to use the law righteously, the past is forgotten and remembered no more. If you refuse to redirect your life along God-like ways, you will experience losses, failures and obstacles along all lines.

25. Wu Wang/Innocence (The Unexpected)

above Ch'ien, The Creative, Heaven

below Chen, The Arousing, Thunder

The Judgment

I am clean without transgression, I am innocent; neither is there iniquity in me (Job 33:9). To be innocent means to be without sin, to be free from moral wrong, guiltless. To be innocent also implies

a complete lack of evil intent or motive. This is a universe of law and order, and in this universe nothing happens by chance. Good luck and bad luck do not enter the situation. When your *motivation* is right and you claim that Divine law and order are governing you, you will move forward successfully to your goal.

The Image

. . . and I heard, as it were the noise of thunder . . . (Revelation 6:1). The "lightnings" and "thunderings" mentioned in the *I Ching* and in the Bible mean the movement of consciousness from the unconditioned to the conditioned state. It means a quickening of the Spirit of God in you moving you forward in life's journey.

The Lines

Nine at the bottom: *My God hath sent his angel, and hath shut the lions' mouths, that they have not hurt me; forasmuch as before him innocence was found in me . . .* (Daniel 6:22). The "angel" represents the inner urges, the ideas welling up within you telling you to rise up ever higher. The lions represent obstacles, problems and difficulties. All these will be overcome and success and happiness are assured.

Six in the second place: *. . . he hath set an harvest for thee . . .* (Hosea 6:11). Whatever you sow in your subconscious mind will come forth as form, conditions and events. That is the harvest you reap. Your subconscious reproduces your habitual thinking. Your subconscious multiplies and magnifies what you deposit. Is it good or bad? Don't wonder how, when or where your prayer will be answered; but trust the deeper mind to bring it to pass in its own way.

Six in the third place: *. . . for I have found the piece which I had lost* (Luke 15:9). When you lose your contact with God and when you fail to keep prayed up, loss comes into your experience in various ways. If you have experienced loss, you can go into the realm of your mind and there identify with your good, knowing that your subconscious mind will respond and further multiply your good. Refuse to accept the loss in your mind, as all transactions such as gain and loss take place in your mind. Mentally and spiritually unite

with that which you say you have lost, and your subconscious will replenish your possessions in ways you know not of. You can't lose what belongs to you by right of consciousness.

Nine in the fourth place: *Praying always with all prayer . . . and watching thereunto with all perseverance . . .* (Ephesians 6:18). Your determination and right attitude enable you to reach your goal. Nothing and no one can oppose the Power of the Infinite moving on your behalf.

Nine in the fifth place: *A merry heart doeth good like a medicine . . .* (Proverbs 17:22). Realize that the Infinite Healing Presence Which created you is now flowing through you as harmony, health and peace. The tendency of the Life Principle is to heal and to restore you to perfect health. When you consult a doctor, realize that he is God's man and that God is guiding him, and that whatever he suggests you do can only bless you. Perfect health is assured you.

Nine in the sixth place: *To everything there is a season, and a time to every purpose under the heaven* (Ecclesiastes 3:1). God is timeless and spaceless, but you are living objectively in a three-dimensional time and space world. There is a right time to sow and a right time to reap. Remain quiet and still; bide your time. The right time to advance will come later.

26. Ta Ch'u/The Taming Power of the Great

above Ken, Keeping Still, Mountain

below Ch'ien, The Creative, Heaven

The Judgment

. . . *But he that endureth to the end shall be saved* (Matthew 10:22). This means that as you stick to your goal, full of confidence and faith in the Almighty Power to back you up, you will succeed. It is to your advantage to intend your mind vigorously and decisively in a new direction. This means that you travel mentally from where you are to a new location in your mind, and that having made the decision, an external journey would also be a blessing.

The Image

. . . *behold, the Kingdom of God is within you* (Luke 17:21). All the powers, qualities and attributes of God are within you. The treasures of eternity are within you. Contemplate harmony, health, peace, love, right action and Divine guidance. Live with these truths and wonders will happen in your life.

The Lines

Nine at the bottom: . . . *and when sailing was now dangerous* . . . (Acts 27:9). There is a time when it is right to hug the shore, rather than to adventure out on the sea in the presence of a storm. Sit steady in the boat (remain poised and calm) and the time will come for you to move forward in Divine order.

Nine in the second place: . . . *and the axletrees of the wheels were joined to the base* . . . (I Kings 7:32). As you well know, the axle is the bar around which a wheel rotates. When you join up mentally and spiritually with God, right action follows. In the symbology of the *I Ching* and the Bible, when axletrees are removed, no motion is possible. This points out to you that you should still your mind, attend to routine matters and know that you will be guided in personal advancement at the right time and in the right way.

Nine in the third place: *And I saw, and behold a white horse: and he that sat on him had a bow; and a crown was given unto him: and he went forth conquering, and to conquer* (Revelation 6:2). You ride the white horse (the Power of the Presence of God) when you realize that your own awareness, I AMness, is the only cause,

substance and power. When you trust the God-Presence completely, when you give all your allegiance and devotion to the sovereignty and supremacy of the One Power, you are truly riding the white horse to victory. Refuse to give power to conditions, circumstances and events. Everything you meet is Divinely outmatched, and you will reach your goal and accomplish your aim in life.

Six in the fourth place: *Not by might, nor by power, but by my spirit, saith the Lord . . .* (Zechariah 4:6). Effortless effort is the answer. You can't add power to the Infinite Power which is the only power in the universe. Let this power flow through you easily, quietly and lovingly, knowing that the Spirit in you is bringing all things to pass in Divine order. Use no mental coercion or force. Easy does it. You will conquer.

Six in the fifth place: *The boar out of the wood doth waste it . . .* (Psalms 80:13). The animal propensities within us must be checked. Animals in the *I Ching* and in our Bible represent animated states of consciousness, such as emotions, feelings, tones, moods and vibrations. Your emotional nature must be channeled constructively. Remain peaceful and confident, and you will achieve your heart's desire.

Nine in the sixth place: . . . *the Lord's throne is in heaven . . .* (Psalms 11:4). Heaven is your mind at peace; the Lord's throne is the Lordly Power or the God-Presence in you—the Reality of you. The Living Spirit (God) within you is now moving through you, bringing the blessings of life to you and the fulfillment of your desires.

27. I/The Corners of the Mouth (Providing Nourishment)

above Ken, Keeping Still, Mountain

below Chen, The Arousing, Thunder

The Judgment

For the Lord giveth wisdom; out of his mouth cometh knowledge and understanding (Proverbs 2:6). The mouth of God is the mind of man. Your mind should be fed with wisdom, truth and beauty, faith and confidence, and inspiration from On High. This is the right food for your mind. Fill your mind with the truths of God and you will crowd out of your mind everything unlike God. Be critical and selective of what enters your mind, and make sure it is wholesome and true. As you continue dwelling mentally on the truths of God, you will experience great blessings.

The Image

. . . but the thunder of his power who can understand? (Job 26:14). "Thunder" in the *I Ching* and in our Bible means the quickening of the Spirit in you, i.e., you begin to think, speak and act from the standpoint of the Infinite One, and your speech and expressions are based on wisdom, truth and love. Whatever you say to others should help, encourage and inspire them.

The Lines

Nine at the bottom: *These also shall be unclean unto you among the creeping things . . . and the tortoise after his kind* (Leviticus

11:29). The tortoise is slow moving and crawls along the earth. This represents a worm-of-the-dust attitude—indicative of one who looks at appearances and the surface of things only. You have the capacity to go to the Fountain of Life within you and there claim what you want: riches, success, eminence in your profession; and the Life Principle will respond to your claim. You can get from the Infinite whatever you need without hurting the hair of a living being and without impinging on the rights and freedom of others in any way. Emerson said, "Envy is ignorance and imitation is suicide." To be envious of others denotes inferiority and inadequacy, and this attitude attracts more loss, lack and limitation to you.

Six in the second place: . . . *nourished up in the words of faith and of good doctrine, whereunto thou hast attained* (I Timothy 4:6). Seek guidance, strength and inspiration from the God-Presence within you. The Infinite Intelligence of your subconscious will guide you to your true place in life. It is wrong to lean on others and to look to them for support. Life's primary lesson is to prepare you to stand on your own feet and overcome your problems. The man who leans on others and accepts help too easily is destroying his self-esteem, self-reliance and character development. This attitude is one of failure.

Six in the third place: *And there will I nourish thee . . . lest thou . . . come to poverty* (Genesis 45:11). You cannot live by bread alone in this world. You need invisible food such as courage, faith, confidence, joy, laughter and inspiration from God. The mass mind with its fears, anxieties, worries, envies, jealousies and negative propaganda is not the proper food, as it leads to loss, sickness and confusion. It is never too late to turn back to the One, the Beautiful and the Good.

Six in the fourth place: *I will nourish you and your little ones. And he comforted them and spake kindly unto them* (Genesis 50:21). You must keep on the alert and feed your mind the ideal food and defend and protect your mind from fear, doubt and negativity of all kinds. Force your attention on the good and remember that the mighty Power of God can bring your dreams to pass. Inner perception will enable you to attract to yourself the ideal helpers on the way.

Six in the fifth place: . . . *and ye shall find rest unto your souls*

(Matthew 11:29). Turn to the God-Presence within you and claim His river of peace, power and strength are flowing through you, guiding and directing you. It would be good for you to see a wise man in your area and get spiritual and mental help. In the meantime, remain quiet and still and avoid journeys. The right time will come.

Nine at the top: . . . *he feedeth among the lilies until the day breaks and the shadows flee away* . . . (Song of Solomon 2:16–17). Feed among the lilies of God and Heaven, such as joy, harmony, peace, beauty and Divine law and order. All your plans, journeys and undertakings will prosper. Continue in this abiding trust and faith in God until the day breaks and the shadows flee away.

28. Ta Kuo/Preponderance of the Great

above Tui, The Joyous, Lake

below Sun, The Gentle, Wind, Wood

The Judgment

Cast thy burden upon the Lord and he shall sustain thee . . . (Psalms 55:22). When you feel the load or burden too great, remember there is a God-Power within you that can sustain you, strengthen you and solve your problems. It is a change in feeling and conviction that matters. Since it is prayer which lifts you up, an effective affirmation follows: "I am surrounded, supported and guided by the love, wisdom and peace of God." You will succeed and reach your goal in life.

The Image

God is in the midst of her; she shall not be moved: God shall help her, and that right early (Psalms 46:5). "Waters" in the Bible means emotions. Do not be disturbed. God is really in the midst of you, calming the waters. Realize that God's river of peace flows through you, then you shall not be moved, but shall remain serene and calm.

The Lines

Six at the bottom: . . . *be courteous* (I Peter 3:8). Politeness and courtesy mean that you do and say the kindest thing in the kindest way. Kindness is a child of love. Be ever watchful that you conduct yourself according to the great law of love and kindness.

Nine in the second place: *We hanged our harps upon the willows* . . . (Psalms 137:2). This means you are stirring up the gift of God within you. The harp symbolizes music of the soul or an inner joy which causes you to rise above all limitations and to accomplish great things, and you will be blessed by whatever you do.

Nine in the third place: . . . *when sailing was now dangerous* . . . (Acts 27:9). When there is a storm at sea, it is best not to venture forth in your boat. Seek guidance and counsel. Remain calm. Mental coercion and trying to force things lead to loss and failure.

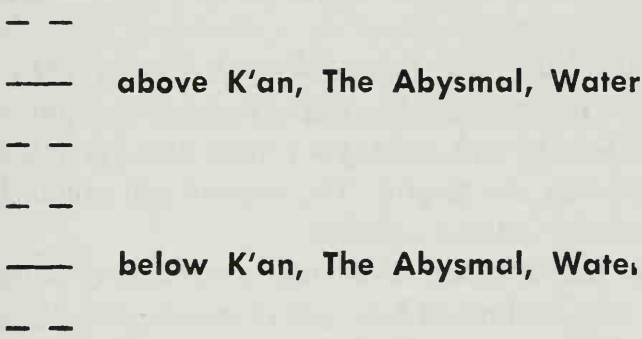
Nine in the fourth place: *Put on therefore . . . humbleness of mind* . . . (Colossians 3:12). *Before honor is humility* (Proverbs 15:33). It is of great importance to possess humility. Be receptive and teachable, and growth and achievement will follow. The great ones of the earth are humble and honest, and their motivations are good. Trust the God-Power to give you strength, power and guidance, and your success is assured.

Nine in the fifth place: *They shall still bring forth fruit in old age* . . . (Psalms 92:14). Youth is a time for all sorts of games and participation in many types of athletics. As you grow in years, you should become intensely interested in mental and spiritual truths. Don't try to recapture so-called "lost youth." Your job now is to release the great truths of God within you. If you are sixty-five or

seventy, you can't run as fast as your son of nineteen. Don't try it; if you do, you are *as a bird that hasteth to the snare and knoweth not that it is for his life* (Proverbs 7:23).

Six in the sixth place: . . . *being overflowed with water, perished* (II Peter 3:6). A flood of negativity in the mind can bring on edema and inner accumulation of fluids which could have very negative results. Calm the waters of your mind and realize that God in the midst of you can bring you peace, harmony and freedom.

29. K'AN/THE ABYSMAL (WATER)



The Judgment

Though the waters thereof roar and be troubled . . . (Psalms 46:3). You are no longer drifting and being tossed about by every wind that blows, nor are you being swept along like a piece of driftwood at the mercy of the waves. Your trust is in God to lead you to green pastures and still waters.

The Image

When thou passest through the waters, I will be with thee, and through the rivers they shall not overflow thee . . . (Isaiah 43:2).

Realize and know that Divine love goes before you making straight and joyous your ways. God flows through you, filling up all the empty vessels of your life.

The Lines

Six at the bottom: *I have gone astray like a lost sheep . . .* (Psalms 119:176). When you deviate from the Divine standard of whatsoever things are true, lovely, noble and God-like, you experience loss and limitation. Get back on the beam of God's glory and let God's love and right action govern all your actions.

Nine in the second place: *The steps of a good man are ordered by the Lord: and he delighteth in his way* (Psalms 37:23). Do not force things now. Do not permit any mental resistance. Turn to the Indwelling God and claim that all your steps are Divinely ordered. Be alert, on the *qui vive*, and use basic common sense, which is extremely uncommon.

Six in the third place: *In my distress, I cried unto the Lord, and he heard me* (Psalms 120:1). When you are in a quandary and don't know which way to turn, quiet your mind and ask Infinite Intelligence to reveal the way out to you. The answer will come. Heed it. There is always an answer and a solution.

Six in the fourth place: *Unto the upright there ariseth light in the darkness . . .* (Psalms 112:4). God in you, the Inner Light, is an inner dynamic Power. It will be your light and will enable you to do and say the right thing at the right time to all those around you.

Nine in the fifth place: *He that is greedy of gain troubleth his own house . . .* (Proverbs 15:27). Let there be no strife or contention in your mind. Do not try to reach too far or grant more than you are mentally ready to receive. Trust the Creative Intelligence of your subconscious to lead and guide you to safety, and It will do precisely that.

Six in the sixth place: *. . . but went and cast him into prison, till he should pay the debt* (Matthew 18:30). There is the prison of fear, sickness, resentment and ill will which keeps man in bondage and thralldom. Stone walls do not a prison make nor iron bars a cage. The greatest prison is the prison of the mind where guilt followed by self-punishment creates havoc with men. Forgive yourself for har-

boring negative thoughts, and be sure you forgive everybody else. You know when you have succeeded in forgiving others, because you no longer sizzle mentally when you think of them. Come out of your mental prison and let in the sunshine of God's love.

30. Li/The Clinging, Fire

The Judgment

. . . *but he that endureth to the end shall be saved* (Matthew 10:22). This means you should persist in your goal with faith and confidence, knowing that the wisdom of your subconscious will sustain you and guide you. Guard your conscious mind and see to it that nothing enters into your subconscious mind* that does not fill your soul with joy and freedom.

The Image

And the light of Israel shall be for a fire . . . (Isaiah 10:17). Fire in the Bible and *I Ching* means illumination, or the Supreme Intelligence of your subconscious mind, revealing to you everything you need to know and enabling you to direct that light on others.

*See *The Power of Your Subconscious Mind*, by Joseph Murphy (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

The Lines

Nine at the bottom: *Thou wilt keep him in perfect peace whose mind is stayed on thee . . .* (Isaiah 26:3). Be sure that you are not governed and impressed with the fears, doubts, apprehensions and propaganda of the world. The first thing in the morning, tune in with the Infinite and claim Divine guidance, Divine law and order and inspiration from On High. Charge your mental and spiritual batteries with confidence in God and all things good. The beginning and the end are the same. Begin with God and the outcome will be good.

Six in the second place: *And he shall bring forth thy righteousness as the light, and thy judgment as the noonday* (Psalms 37:6). At noon the sun casts no shadow. Nothing can deflect you from your aim as you are Divinely led by your inner guiding principle to a triumphant success.

Nine in the third place: . . . *when the sun did set, they brought unto him all that were diseased . . .* (Mark 1:32). The sun in the Bible and in the *I Ching* represents the Infinite Life Principle, or the Infinite Intelligence, which gives life to all men—symbolic of the sun, which gives light and life to the world. You live forever, as life cannot die. When you refuse to turn to the Healing Light within you, which can heal, bless and inspire you, the sun has set, for you, because you are accepting the false beliefs and opinions of the world. This attitude brings loss to you. Old age is not the flight of years but the dawn of wisdom in the mind of men.

Nine in the fourth place: . . . *the flaming flame shall not be quenched . . .* (Ezekiel 20:47). . . . *in thy light shall we see light* (Psalms 36:9). The Eternal Light is within you. It will keep shining for you all the time if you tune in on the Infinite, realizing that you can do all things by means of the God-Power within you. Everything you do should be according to Divine law and order. Give up the belief that your strength comes from your brain, nerves or muscles. Your strength and success come from God within you. Avoid the ups and downs and the great swings of fortune by doing all things for the glory of God. To strive, maneuver and jockey yourself into a high position without having the mental equivalent is vain, because the law of your mind will cause you to lose it. Stop trying to promote yourself externally—you promote yourself when you have suc-

ceeded in impregnating your subconscious with the idea of growth, expansion, success and right action.

Six in the fifth place: *And God shall wipe away all tears from their eyes . . .* (Revelation 21:4). Nothing is forever. Grief, sorrow, sickness all pass away. Joy displaces sadness, tears give way to gladness. After the storm comes the calm. When depressed or sad, focus your attention on the solution, the way out, and all the powers of the God-head will flow to that focal point of attention, and you will thus experience the joy of the answered prayer.

Nine in the sixth place: *Be not overcome of evil, but overcome evil with good* (Romans 12:21). The word "live," when spelled backward, is "evil." This means you are going against the stream of Life, which moves harmoniously, peacefully and lovingly, for God is Life. You can cremate, burn up, all the negative thoughts in your own mind by supplanting them with thoughts of harmony, peace, love and goodwill to all. Ideas of resentment, vengeance, ill will and hostility are gangsters in your mind. They are usurpers and marauders. Banish them from your mind and, instead, contemplate beauty, Divine order and peace. You are a king over your conceptive realm, and you are an absolute monarch over your thoughts, feelings, emotions, actions and reactions. Assume your sovereignty now.

31. HSIEN/INFLUENCE (WOOING)

above Tui, The Joyous, Lake

below Ken, Keeping Still, Mountain

The Judgment

This book of the law shall not depart out of thy mouth . . . for then thou shalt make thy way prosperous, and then thou shalt have good success (Joshua 1:8). The law of mind is that whenever you impregnate an idea or desire in your subconscious mind, the latter brings it to pass. Practice stick-to-itiveness and determination by nourishing mentally and emotionally your ideal, and all will be well. Marriage in the Bible and in the *I Ching* means a mental and spiritual union with your good. It may also mean a marital union between a man and woman who harmonize with each other.

The Image

. . . he stood by the lake of Gennesaret (Luke 5:1). The lake in the Bible and in the *I Ching* means the sea of Divine Life where all the treasures of the Infinite abide. In everyday language, the lake is your own subconscious mind. Look for guidance and direction from the Infinite Intelligence within your subconscious mind. Be humble and receptive to the inner wisdom which transcends your intellect. It is that which knows all and sees all.

The Lines

Six at the bottom: *And as the toes of the feet were part of iron, and part of clay, so the kingdom shall be partly strong, and partly broken* (Daniel 2:42). "Feet" means understanding, comprehension of Divine laws. The "toe" indicates your thought or ideal, your plan or purpose; and if it is not backed up by feeling and enthusiasm, it will not be objectified. "Iron" symbolizes strength, stability and power; "clay" means the objective world; and if you think that conditions, circumstances and people can thwart your plan, you are giving power to created things and not to the Creator, thereby blocking your good.

Six in the second place: *Every place that the sole of your foot shall tread upon, that have I given unto you . . .* (Joshua 1:3). This means that except you enter into a fixed and definite psychological

state and are motivated by Divine right action, you should not go forward with your plans. "Foot" in the *I Ching* and in the Bible means understanding.

Nine in the third place: . . . *he touched the hollow of his thigh* . . . (Genesis 32:25). The thigh is a euphemistic expression meaning the phallic organs of man, which are symbolic of the creative powers that constitute your conscious and subconscious mind. When your conscious and subconscious agree on that which is lovely and of good report, you are using your creative power constructively. If you are conditioned by negative emotions or by ulterior motives and wish to take advantage of others, the results will be very negative for you.

Nine in the fourth place: *Casting all your cares upon him, for he careth for you* (I Peter 5:7). The kingdom of heaven is within you, and its atmosphere is peace, harmony, joy, love and beauty. Quiet your mind, submit yourself to Divine guidance and Divine love, and you will succeed. Cling steadfastly to the truth that there is within you an answer to every prayer, peace for discord and abundant supply for every need. Never under any circumstances try to coerce the minds of others or take advantage of them in any way. Such an attitude ultimately leads to loss and confusion.

Nine in the fifth place: *In his neck remaineth strength, and sorrow is turned into joy before him* (Job 41:22). Your neck is on a pivot, and symbolically it means that you can always turn to the truth about any situation and be governed by the mood of harmony, right action and goodwill. Feel the Spirit of the Almighty governing and directing you in all ways. Such an attitude always brings good results.

Six in the sixth place: *The tongue of the wise useth knowledge aright: but the mouth of fools poureth out foolishness* (Proverbs 15:2). *A wholesome tongue is a tree of life: but perverseness therein is a breach in the spirit* (Proverbs 15:4). Your speech must be based on the values of life and on the eternal verities. You should think and speak from the standpoint of the Infinite. Idle chatter and mere verbalisms accomplish nothing. Sincerity and honesty are felt subconsciously by others; what you say should come from your heart and should be based on love and goodwill.

32. HENG/DURATION

above Chen, The Arousing, Thunder

below Sun, The Gentle, Wind

The Judgment

Riches and honour are with me; yea, durable riches and righteousness (Proverbs 8:18). As you continue steadfastly in right thought, right feeling and right action, you will experience riches of the mind, such as harmony, health and peace, and also an abundance of all the material riches you need. Whatever you plan to achieve and whatever destination you plan to reach will be successful.

The Image

. . . I heard, as it were the noise of thunder . . . (Revelation 6:1). *And a man shall be as an hiding place from the wind . . .* (Isaiah 32:2). One of the meanings of thunder is the noise of the world or the winds of fear and anxiety. You remain unmoved, because you are governed by an immutable law—the same yesterday, today and forever. You are governed by an Infinite Guiding Principle, and Divine law and order govern you and lead you to your goal.

The Lines

Six at the bottom: *Go not forth hastily to strive lest thou know not what to do in the end thereof . . .* (Proverbs 25:8). Realize that in quietness and in confidence lies your strength. It is the quiet, com-

posed, peaceful mind that gets things done. You can't force a child's growth. The child will develop and grow according to a Universal Law. Thoughtless, rash or undue speech leads to failure. Haste makes waste.

Nine in the second place: *Remember ye not the former things, neither consider the things of old* (Isaiah 43:18). The past is dead. Have no regret over past actions. A new beginning is a new end. The law of your mind, like the laws of chemistry, mathematics or physics, has no grudge against you. The minute you begin to think right, feel right and act right, there is an immediate and automatic response of your subconscious mind which brings your good to pass.

Nine in the third place: *A double minded man is unstable in all his ways* (James 1:8). A vacillating, wavering neurotic state of mind leads to confusion and failure. Your inner state of mind determines all your experiences in life, and if you permit the avalanche of fears, doubts, anxieties and propaganda of the world to govern you, the result is lack and limitation. Your subconscious assumptions, beliefs and convictions dictate and control all your conscious actions. Think right and your actions will be right.

Nine in the fourth place: *The Lord is my shepherd, I shall not want* (Psalms 23:1). The "Lord" means the Supreme Intelligence within you that knows all and sees all. This Infinite Intelligence is none other than your Higher Self, and if you choose It to watch over you and guide you as a shepherd watches over his sheep, you will be Divinely led in all your ways. Affirm: "Infinite Intelligence leads me to my true place in life where I am doing what I love to do, Divinely happy and Divinely prospered," and follow the *lead* which comes to you. There is no occasion to be misplaced or maladjusted in life or to be a square peg in a round hole.

Six in the fifth place: *For the husband is the head of the wife . . .* (Ephesians 5:23). The wife in the Bible and the *I Ching* means your emotional nature, or the subconscious. The husband is your thought, idea, or the conscious, reasoning mind. Your subconscious is controlled by your conscious mind. Emotion follows thought, and if you want to control your emotions, you must first control your habitual thinking. Let your conscious mind be aware and accept the fact that Infinite Intelligence guides and directs you, and the woman (your subconscious) will respond. You should not let negative emo-

tions govern your judgments or decisions. Reason things out in your mind and then choose the good, the true, and the God-like decision, and your emotion will back you up.

Six in the sixth place: . . . *in quietness and in confidence shall be your strength* . . . (Isaiah 30:15). When your conscious mind is serene, calm and tranquil, the wisdom of the subconscious rises to the surface mind and reveals answers to you. If you are not in tune with the Infinite and permit yourself, instead, to be controlled and governed by fear, anxiety and the false beliefs of the mass mind, confusion and failure follow. Remember, it is a quiet mind that gets things done.

33. TUN/RETREAT

above Ch'ien, The Creative, Heaven

below Ken, Keeping Still, Mountain

The Judgment

. . . *In returning and rest shall ye be saved* . . . (Isaiah 30:15). Return to the Infinite within you and mentally claim peace, harmony, power and right action. Call upon the Infinite and you will get a response. You must be possessed of wisdom and guidance before you undertake any important task or decision. This is not the time to advance. Claim Divine right action is yours and then you will move forward at the right time in the right way.

The Image

. . . *and went up into a mountain to pray* (Luke 9:28). You climb the mountain when you contemplate the presence and power of God; the mountain represents a high state of consciousness, and when you are lifted up spiritually, all negative thoughts such as fear, resentment and anger, are dissolved in the light of God's love.

The Lines

Six at the bottom: *When he giveth quietness, who then can make trouble*? (Job 34:29). . . . *Peace, be still* . . . (Mark 4:39). Remember, when you seem to be in trouble, that your Higher Self abides in eternal harmony and peace. Understand there is no power in evil other than that which your thoughts give to it. Remain relaxed, quiet, and know that the law of harmony will manifest when you put behind you the thought that something can hurt you. It is wise not to advance at this time.

Six in the second place: *If thou return to the Almighty, thou shalt be built up* . . . (Job 22:23). Look to the Infinite within for the answer and the solution. Press your claim boldly with faith and confidence, refusing to take "no" for an answer, and your persistent seeking and knocking will pay dividends. The answer will come.

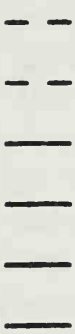
Nine in the third place: *The Lord will strengthen him upon the bed of languishing* . . . (Psalms 41:3). When you are tired, exhausted and mentally disturbed, turn quietly to the God-Presence within you and claim that God's river of peace and harmony is flowing through your mind, body, and all your affairs, and that what is harmony for you is harmony for all; what blesses you blesses all. Do what you know and feel to be right—this action cannot and will not hurt anybody.

Nine in the fourth place: *God is my strength and power, and he maketh my way perfect* (II Samuel 22:33). Whatever you decide to do, whether to retire from certain activities or engage in other pursuits, will be right for you, because you know it is right action for you. The man who refuses to acknowledge the guidance and direction of the Supreme Presence and Power within him is tossed about by the winds (confusion) and the waves (fear and worry).

Nine in the fifth place: *My help cometh from the Lord . . .* (Psalms 121:2). . . . *vain is the help of man* (Psalms 60:11). When you come to a decision which you know is right and good for you, pay no attention to what others think or say. Adhere to your decision, knowing that all the power and wisdom of God flows through the focal point of your decision. Listen to no man; follow the inner light of God, which shines out through you.

Nine in the sixth place: *The Lord shall guide thee continually . .* (Isaiah 58:11). You are being guided by Infinite Intelligence, and everything you do will prosper.

34. Ta Chuang/The Power of the Great



above Chen, The Arousing, Thunder

below Ch'ien, The Creative, Heaven

The Judgment

. . . whosoever will be great among you, shall be your minister (Mark 10:43). The great men of the world, whether they were Edison, Marconi, Einstein, or Ford, were those who contributed to the betterment of mankind. As you give service lovingly, faithfully, and continue determined to do the right thing, you will succeed.

The Image

The voice of thy thunder was in the heaven . . . (Psalms 77:18). The "voice of thunder" in the *I Ching* and the Bible means that your

Higher Self speaks to you in the form of a desire, urging you to rise up and come on up higher. Heaven means your mind at peace. In other words, your Higher Self stirs you up from your lethargy and complacence and says to you, "God hath need of you at higher levels of expression." Know that Infinite Intelligence reveals to you the fulfillment of your plans and purposes in Divine order through Divine love.

The Lines

Nine at the bottom: . . . *and upon the great toe of their right foot* . . . (Exodus 29:20). "Foot" means understanding of the laws of life. You have five toes symbolic of your five senses, and if you are governed by externals such as the mass mind, conditions, events, and the like, you will experience lack and limitation. In other words, if you are giving power to any created thing and making the created greater than the Creator (your thought and feeling), you will experience failure and loss. Remember the inner controls the outer. If you let the outer control you, you will be in trouble.

Nine in the second place: *Commit thy way unto the Lord; trust also in him and he shall bring it to pass* (Psalms 37:5). This means that when you adhere strictly to the laws of your mind, an attitude ensuring that whatever you contemplate comes to pass, and you refuse to be swerved by fear or any negative suggestion, your deeper mind will respond and you will definitely be successful.

Nine in the third place: *For whosoever exalteth himself shall be abased, and he that humbleth himself shall be exalted* (Luke 14:11). You cannot really receive and hold anything except by right of consciousness, which means you have to develop the inner mental equivalent. Suppose you brag and boast and pretend to be something you are not. You are denying yourself the sure way to prominence, success and achievement. That is, you have to build inner worth, self-esteem, integrity and success into your subconscious mind through meditation and prayer. No matter how you try to push yourself forward externally, you must remember you cannot express that which you do not feel to be true within you. Stop demeaning yourself.

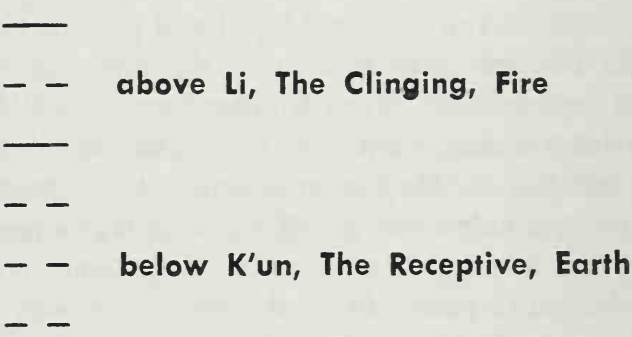
Nine in the fourth place: *In all thy ways acknowledge him and he shall direct thy paths* (Proverbs 3:6). Acknowledge there is an Almighty Power operating on your behalf; there is nothing to oppose

It, challenge It or vitiate It. Keep on knowing that the God-Power opens up the way for the realization of your heart's desire and all doors will open up for you now.

Six in the fifth place: . . . *every day a goat for a sin offering* . . . (Ezekiel 43:25). A goat is a symbol of sacrifice, which means you give up the lesser for the greater. For example, if you nourish a grudge, pet peeve or hostility, you will ride the goat, which means you will have negative experiences physically, mentally, financially and in all other ways. As you give up all mental antagonisms and surrender to the power and love of God, peace comes and the way opens up for you.

Six in the sixth place: . . . *and he shall separate them one from another as a shepherd divideth his sheep from the goats* (Matthew 25:32). You must play the role of the shepherd, i.e., you must separate the false from the true in your own mind. Come to a clear-cut decision in your mind that Infinite Intelligence within you is All Wise and All Powerful, and there is nothing to oppose It. Then realize that the fear and false thoughts in your mind have no reality. They are simply a conglomeration of sinister shadows with nothing to back them up. Come to a decision and realize Infinite Intelligence is opening up the way for you, and success and achievement is assured you.

35. CHIN/PROGRESS



The Judgment

. . . *and the horse that the king rideth upon* . . . (Esther 6:8). The king riding upon a horse symbolizes that you are riding a mood of victory, triumph and success along all lines.

The Image

Then shall the righteous shine forth as the sun . . . (Matthew 13:43). The sun is symbolic of the Infinite Intelligence within you which lights up all the dark places of your mind. Continue to know that you are Divinely guided in all your ways, and the Light that lighteth every man that cometh into the world is a lamp unto your feet and a light upon your path.

The Lines

Six at the bottom: *And the Lord shall guide thee continually* . . . (Isaiah 58:11). The Lord is the Lordly power within you which is the Infinite Intelligence. Trust this Presence, believe in It, and persist in following your goal; and success will be yours.

Six in the second place: . . . *for he hath said, I will never leave thee, nor forsake thee* (Hebrews 13:5). The God-Presence is the very Life of you. This Presence is always with you; It sustains you and loves to express Itself through you. Continue to adhere to your goal in life, knowing that your subconscious will reveal to you the way and open up all doors for you, bringing you joy and peace.

Six in the third place: . . . *the way of the righteous is made plain* (Proverbs 15:19). Infinite Intelligence within your subconscious mind attracts to you all those who aid you in the realization of your objectives. The way is made plain to you through the wisdom of God, and you overcome all obstacles.

Nine in the fourth place: *The righteousness of the perfect shall direct his way: but the wicked shall fall by his own wickedness* (Proverbs 11:5). Let all that you do be done in love, honesty and integrity. Do not deviate from the principle of right action. If you take advantage or hurt another, you are only hurting yourself. Honesty is the best policy.

Six in the fifth place: *Remember ye not the former things, neither consider the things of old* (Isaiah 43:18). Remorse and worry repre-

sent spiritual blindness and an absence of faith. Waste no time in retrospection and do not waste time or energy by thinking of past errors. Change your thought and keep it changed. Rest assured that all your projects and undertakings will prosper in Divine order.

Nine in the sixth place: *I considered the horns, and behold . . .* (Daniel 7:8). Horns have been used as cups and vessels for liquids, also as trumpets. The defense of many animals is in their horns. These are symbols of strength, honor, victory and dominion. Remember, the enemies are always in your own mind. Your horn is your power to meet obstacles and to overcome them. Enter into your own mind and decisively and dynamically cast out of your mind fears, resentments, ill will and hostility. Enthrone harmony, faith, confidence and Divine right action. Don't pour out your anger on others. Insist on Divine right action from all those around you. But at the same time there must be no vindictiveness or desire to get even in your mind or heart. Let Divine law and order govern you and you will achieve victory.

36. Ming I/Darkening of the Light

The Judgment

. . . God divideth the light from the darkness (Genesis 1:4). You should always decide in your own mind the truth or falsity of any

thought. To accept a negative or false thought brings trouble. Light means truth, comprehension, understanding. Affirm the good and you are dividing darkness from the light. Regardless of setbacks and problems, hold fast to the Power of God working in you and through you, and you will triumph.

The Image

. . . *If therefore the light that is in thee be darkness, how great is that darkness*! (Matthew 6:23). Light cannot be darkness—the meaning is, if the knowledge you have is erroneous or false and does not conform to eternal verities and principles of life, you must correct it. Get back on the beam. Realize one with God is a majority, and no one can hurt you but yourself. Give power to no person, place or thing. Bless all those around you and keep on knowing that the Light in you dispels the darkness, and the dawn appears, and all the shadows flee away.

The Lines

Nine at the bottom: *Let your light so shine before men that they may see your good works, and glorify your father which is in heaven* (Matthew 5:16). Become a channel for the Divine. Let the life, love, harmony and understanding of God flow through you. Exalt God in the midst of you and realize every problem is Divinely outmatched. When disharmony, discord or disappointment present themselves, be constantly aware that God is guiding you and reveals the way to achieve your goal.

Six in the second place: . . . *praises of him who hath called you out of darkness into his marvelous light* (I Peter 2:9). When in trouble or in difficulty of any kind, realize that light dispels darkness, that every problem or challenge is Divinely outmatched and as you steadfastly persist, the Infinite Power of the Infinite One will respond and aid you in overcoming and will at the same time help you to lift up all those associated with you.

Nine in the third place: *Shall thy wonders be known in the dark*? . . . (Psalms 88:12). Whatever difficulty or problem may be facing you, know that this will surely pass and that the light (your spiritual

joy) will return. On a journey you may have to follow a very bad road. You may be shaken up somewhat, but there is an end to the detour. When things are rough and tough, don't act hastily or rashly. Turn toward the Light and affirm, "Victory ahead." *Be still, and know that I am God* (Psalms 46:10).

Six in the fourth place: *The words of a talebearer are as wounds, and they go down into the innermost parts of the belly* (Proverbs 26:22). The belly in the *I Ching* and the Bible means the subconscious mind. You are capable of penetrating into the darkness of the other person's mind. You are not responsible for negative patterns in the other's mind. Turn to the Healing Light within yourself. Do not get involved. Bless the other and walk on.

Six in the fifth place: *When his candle shined upon my head and when by his light I walked through darkness* (Job 29:3). Whatever type of restriction or bondage you may be in, do not fight the situation mentally. Know that Infinite Intelligence will surely open up a new door for you, leading to freedom and peace of mind. Avoid nagging at the problem from time to time all day long. Remind yourself that it is God revealing the way out through you. Persist in this attitude and you will walk through the darkness to the dawn of a new day.

Six in the sixth place: *Nor for the pestilence that walketh in darkness* . . . (Psalms 91:6). You are in darkness when you indulge in melancholia, depression, hostility or ill will. When you engage in condemnation of yourself or others, these are pestilences of the darkness. Hostile activities of others toward you reflect your emotionally disturbed state. To violate the law of harmony brings trouble. Forgive yourself and others and exalt God in the midst of you, mighty to heal.

37. CHIA JEN/THE FAMILY (THE CLAN)

above Sun, The Gentle, Wind

below Li, The Clinging, Fire

The Judgment

Every wise woman buildeth her house . . . (Proverbs 14:1). The house is your mind and you build your house by filling your mind with the truths of God, thereby growing in grace, wisdom and understanding. "Woman" in the *I Ching* is your emotional or feeling nature, the subjective side of you. When the conscious and subconscious synchronize, harmonize and unite on the spiritual values of life, the children of that union are harmony, peace, abundance, vitality, health and security. The same applies on the objective plane. When a husband and wife love each other and exalt God in one another, the marriage grows more progressively blessed through the years.

The Image

. . . wind fulfilling his word (Psalms 148:8). "Wind" means the Spirit in you. The words which you speak should be from your heart; that is to say, they should be felt as true, backed up by your conviction that what you say is true. The Bible says, *. . . the words that I speak unto you, they are spirit and they are life* (John 6:63).

The Lines

Nine at the bottom: *And the ark of God remained with the family . . . and the Lord blessed the house . . .* (I Chronicles 13:14). The

ark of God represents God's love uniting all members of the family. There is no love without discipline and no discipline without love. Parents who love their children will insist that the children do that which is right and will see that they have a reverence for the spiritual values of life, such as the Ten Commandments, the Golden Rule, and the Law of Love. Children grow up in the image and likeness of the dominant mental and spiritual climate of the home.

Six in the second place: . . . *and a prudent wife is from the Lord* (Proverbs 19:14). One of the meanings of the word wife is that to which you are mentally and emotionally united. It is also your subconscious mind. If you are a woman, you should see to it that you are not being impregnated by five-sense propaganda and the fears, doubts and negatives of the mass mind. Nourish and feed your mind with inspiration, confidence, faith, love, goodwill and an absolute conviction of the goodness of God in the land of the living.

Nine in the third place: *And to knowledge temperance*; *and to temperance patience*; *and to patience godliness* (II Peter 1:6). An occasional outburst of temper between husband and wife or brother and sister is not bad. It is the sustained grudge or pet peeve or suppressed rage that creates havoc. It would be a very insipid marriage without an occasional quarrel. When this is of momentary duration and a little later all is forgotten and forgiven, no harm results. Moderation, or self-restraint in action and self-control of thoughts and emotions, is essential for a happy life. Moderation for you in all things is indicated.

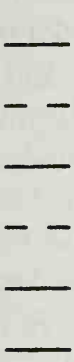
Six in the fourth place: *In the house of the righteous is much treasure* . . . (Proverbs 15:6). The treasure house of infinity is within your subconscious, which is one with Infinite Intelligence and boundless wisdom. You are releasing these treasures when you claim that God is now being expressed through your thoughts, words and deeds, during every hour of the day. Great success and abundance are assured you.

Nine in the fifth place: . . . *Thou sayest that I am a King* . . . (John 18:37). You are a king when you take charge of your thoughts, imagery, emotions and reactions and direct all of them along God-like ways. You are a king over your conceptive realm, as you have complete dominion in directing your mental and spiritual forces. As you enthrone peace, harmony and love in your mind, you will radiate

goodwill to all, and whatever you undertake will prosper, and many blessings are yours.

Nine in the sixth place: . . . *that we might work the works of God*? (John 6:28). Let everything that you do be done in loving kindness. Character is destiny, and as you do everything for the glory of God, wonders happen in your life. Success and prosperity are assured you.

38. K'UEI/OPPOSITION



above Li, The Clinging, Flame

below Tui, The Joyous, Lake

The Judgment

. . . *with thy strong hand thou opposest thyself against me* (Job 30:21). The difference between success and failure is simply the conflict between the idea of success and the idea of failure in your own mind. You are born to succeed. The Infinite cannot fail. Sing the song of triumph and accomplishment in your mind. Back up the idea of success with faith and enthusiasm, and your subconscious mind will react accordingly and compel you to succeed, and any idea of failure will die in your mind. The opposition is always in your mind. Our thoughts come in pairs. One must die that the other may live. The opposites in life are halves of the one whole. The reconciliation of the opposites brings peace and harmony, such as the harmonious union of man and woman.

The Image

. . . *we went through fire and through water*; *but thou broughtest us out into a wealthy place* (Psalms 66:12). "Fire" and "water" represent respectively the fires of passion or excitation, and emotional upheavals and disturbances. Remember, in all such cases, that the Infinite Intelligence in your subconscious mind will lead you out of any difficulties. God's river of peace calms the waters, and Divine love restores your mind to a state of serenity and poise. Never permit others to drag you down to the level of anger and resentment. Remain in tune with the Infinite and all will be well.

The Lines

Nine at the bottom: *Hast thou given the horse strength*? . . . (Job 39:19). The horse is a means of transportation and is symbolic of your mood, your emotional nature which propels you to your goal. If your emotions are disturbed by the actions or statements of others, be sure to avoid criticism, resentment and attempts to get even with unfortunates with warped minds. To do so would cause you to descend to the same mental frequency, and you would become enmeshed thereby in the negative vibrations of the others. Remain aloof and undisturbed, and Divine understanding will prevail.

Nine in the second place: . . . *my soul doth magnify the Lord* (Luke 1:46). The Lord is the Lordly Power of God within you, but psychologically your lord is also the dominant idea which controls your mind. Like attracts like, and according to the law of attraction you will attract the person or meet the type of individual who is uppermost in your mind. This is simply the law of mind in action.

Six in the third place: *And Moses took the wagons and the oxen* . . . (Numbers 7:6). The inner meaning of "Moses" is that of a man who draws out the wisdom and power of God from his subconscious mind and then moves forward to his goal and to victory. The oxen and wagons represent beasts of burden who carry the load for you to your destination. Your subconscious powers will carry the load for you if you trust them completely. They will lead you to your objective when you meet with reverses and setbacks, and when others criticize or mock you. Remain calm. Cling to your inner guid-

ance and know that through the wisdom and power of your subconscious you will attain a Divine harmonious solution, and you will experience a happy ending.

Nine in the fourth place: *And when they opposed themselves . . .* (Acts 18:6). The opposition is always in your own mind. You can resolve any problem and reconcile the opposites in your mind by prayer. Prayer is contemplating the truths of God from the highest standpoint. Realize that Infinite Intelligence attracts to you the associates you seek, and you will get a response. The law of affinity will work for you, and you will receive an answer which satisfies you.

Six in the fifth place: *Remember ye not the former things, neither consider the things of old* (Isaiah 43:18). The past is dead. Nothing matters but this moment. Change your present thought and you change your destiny. The future is your present thinking made manifest. Your new mental attitude of faith and confidence breaks through all barriers and obstacles, insuring success for you.

Nine in the sixth place: *. . . and he sent him into his fields to feed swine* (Luke 15:15). The pig in the *I Ching* and in our Bible represents an unclean state of mind. When you have an unconscious sense of guilt and a psychic boil within and subsequently fear rejection, such as when you think that others are unresponsive to you, your fear and sensitiveness cause you to project hostility and animosity on to others. In other words, you are projecting your own inner turmoil on to others. The trouble is within yourself. Affirm boldly: "God's love fills my soul and God's peace flows through my mind. God's light reveals the way, and the sunshine of His love goes before me preparing my path." As you do this, God will rain blessings upon you, and you will experience peace and harmony in this changing world.

39. CHIEN/OBSTRUCTION

above K'an, The Abysmal, Water

below Ken, Keeping Still, Mountain

The Judgment

. . . *there is no power but of God* . . . (Romans 13:1). When some difficulty presents itself, become aware of the power of the Infinite within you. Be patient. Seek spiritual counsel. Do not mentally fight the situation. Infinite Intelligence knows the way over all hurdles. *The Lord shall fight for you, and ye shall hold your peace* (Exodus 14:14). A harmonious solution takes place.

The Image

Counsel in the heart of man is like deep water . . . (Proverbs 20:5). The heart in the *I Ching* and in the Bible symbolizes your subconscious mind. It is also referred to as deep water. You can receive guidance from your deep water by affirming: "Infinite Intelligence reveals to me the answer and shows me the way I should go. I follow the *lead* which comes to me." Remember, the problem, the difficulty, is in your mind and must be solved there. You can rise above any challenge, knowing that through your contact with the Divine Presence all things are possible to him that believeth.

The Lines

Six at the bottom: . . . *wait on the Lord, and he shall save thee* (Proverbs 20:22). The Lord represents the power and wisdom of

your subconscious mind. To wait means to relax, to let go, and to cease all struggle and mental resistance. Claim: "Divine right action governs all my actions, and the Guiding Principle within me reveals to my conscious mind the next step at the right time in the right way, and I wait in faith and expectancy, knowing right action prevails."

Six in the second place: . . . *sent his angel to shew unto his servants the things which must shortly be done* (Revelation 22:6). Your "servants" are your thoughts, ideas, mental images, desires. These must obey you when you use the law of your mind in the right way. Go forth to meet your problem. Realize it is Divinely outmatched. Hold steadily to the Power and Wisdom of God in spite of difficulties, and you will find yourself in safety. Be aware of the Love and Presence of God. This awareness is a protection against danger.

Nine in the third place: *In all thy ways acknowledge him, and he shall direct thy paths* (Proverbs 3:6). Turn within to the Indwelling Presence and claim that you are Divinely directed. Do not make a frontal assault; fly over the problem mentally and understand that God knows and God cares for you. Remain calm and poised, and realize that now is the time to remain quiet in your own home, trusting the Divine Presence to govern you in all ways.

Six in the fourth place: *Great peace have they which love thy law: and nothing shall offend them* (Psalms 119:165). All you have to do is to realize the presence of Infinite Intelligence and Boundless Wisdom within your own subconscious mind. Do what you have to do to the best of your ability and keep your mind fixed on the Infinite Intelligence within, Which leads and guides you until the storm is over. This is the time to remain quiet in God, and you will attract all those who will aid you in achieving your goal.

Nine in the fifth place: *A friend loveth at all times* . . . (Proverbs 17:17). Your greatest friend in the world is God—the Life Principle within you. This Presence made you, created you and now sustains you. God never deserts His creation. Join up with God and realize with God that all things are possible and further realize you can do all t ings through the God-Power which strengtheneth you. You will attract all those who will assist you to fulfill your dreams.

Six at the top: *Acquaint now thyself with him and be at peace* . . . (Job 22:21). You can get acquainted with the God-Presence by tuning in on the Infinite now, and feel His river of peace flowing through you. Claim God is guiding you to do the right thing. You

are here to serve and to give of your talents to the world. You are living in a subjective and an objective world, and you should seek counsel and advice from someone you trust who can aid you objectively to fulfill your desire. Success and prosperity are assured you.

40. HSIEH/DELIVERANCE

above Chen, The Arousing, Thunder

below K'an, The Abysmal, Water

The Judgment

. . . to preach deliverance to the captives . . . to set at liberty them that are bruised (Luke 4:18). There is an Infinite Healing Presence within you that lifts you up, heals, restores, guides and directs you. This Presence frees you from bondage and limitation and sets you on the high road to freedom and peace of mind. Divine law and order are operating in your life, and whatever you do will prosper. There is no under action or over action, only right action.

The Image

And when ye stand praying: forgive, if ye have ought against any . . . (Mark 11:25). Forgiveness means you must wish the other person well. You must forgive hurts and injuries sincerely in your heart so that when you think about them, there is no longer any sting in your mind. Forgiveness does not mean to make a "doormat" of

yourself. Resentment and a desire to see someone punished rot your soul and fasten your troubles to you like rivets. Forgive yourself also for harboring negative thoughts, and as you release the other person or persons, you make way for the river of life, love, truth and abundance to flow into your experience.

The Lines

Six at the bottom: . . . *God is love*; *and he that dwelleth in love dwelleth in God, and God in him* (I John 4:16). Your sense of love and goodwill rebuilds your body; brings inspiration, inner peace and serenity; and opens the way for expansion along all lines.

Nine in the second place: . . . *the little foxes that spoil the vines* . . . (Song of Solomon 2:15). The foxes represent any sly, deceptive, cunning attitudes of mind. There must be no ulterior motive of any kind. Dissolve negative emotions by realizing that God's love fills your soul, and wish for everyone what you wish for yourself. Know that you can solve your problem with prayer, justice and goodwill, and, thereby, you will definitely succeed.

Six in the third place: *For whosoever exalteth himself shall be abased*; *and he that humbleth himself shall be exalted* (Luke 14:11). Do not pretend to be that which you are not. You can't possess anything except by right of consciousness. You must build the mental equivalent of that which you want to be into your mentality. The extent to which you are trying to push yourself forward aggressively in order to achieve prominence among men, will determine the degree of your failure. In order to be important in the world, you must have inner worth, integrity and character. The law of your subconscious will place you where you should be regardless of all your conscious striving. You become what you contemplate and feel as true in your heart—nothing more or less.

Nine in the fourth place: . . . *and upon the great toes of their right feet* . . . (Leviticus 8:24). "Feet" means understanding, and the "right" means the objective world or the world of the five senses. You must not judge according to appearances. Your "big toe" means you are being governed by your five senses, and you are moving forward in your mind in the wrong way. Detach yourself completely from appearances and the five-sense evidence and false impressions

of the mass mind and know that God is your Senior Partner. The God-Presence leads and guides you in all ways. You will thereby attract to yourself the right associates in Divine order.

Six in the fifth place: . . . *faith without works is dead* (James 2:20). You must demonstrate your faith in God and in all things good. Come to a clear-cut decision in your mind to eradicate the negative patterns there. What you neglect and ignore in your mind fades away and dies because you starved it mentally and emotionally. Build harmony, peace, right action, and prosperity into your subconscious, and the unwanted things and unwelcome people will disappear.

Six in the sixth place: *But these are they of which ye shall not eat* . . . (Deuteronomy 14:12). . . . *and the hawk after his kind* (Deuteronomy 14:15). The hawk is a bird of prey and, symbolically speaking, you should not prey on other men or take advantage of them in any way whatsoever. It is said that men pray together on Sunday and prey on each other on Monday. Kill any ulterior motive in your mind, and make sure that your motivation and actions are based on the Golden Rule and the Law of Love. As you do this, everything you undertake will certainly prosper.

41. SUN/DECREASE

above Ken, Keeping Still, Mountain

below Tui, The Joyous, Lake

The Judgment

He must increase, but I must decrease (John 3:30). This means intuition, or the wisdom of God, must increase and grow, and your intellectual, materialistic concept of life must diminish. Claim that your intellect is anointed with the wisdom of God; then you will use your conscious, reasoning mind to carry out the dictates of the Divine within you. Your body, your environment and conditions are plastic to your thoughts, and externals always reflect your sincere beliefs. Dwell mentally on prosperity, abundance and securing God's riches, and your habitual thinking will be experienced.

The Image

He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city (Proverbs 16:32). In order that you might lead a full and happy life, control of your emotions is essential. To govern and control your emotions, it is essential to maintain control over your thoughts. You can't find peace any other way. Willpower or coercion will not do it. The answer is to enthrone God-like thoughts in your mind. Busy yourself mentally with the concepts of peace, harmony and goodwill, and His inner peace will lead you to still waters and green pastures.

The Lines

Nine at the bottom: . . . *fulfill your works, your daily tasks* . . . (Exodus 5:13). You are here to express yourself fully, to find your true place in life, and to contribute your talents for the benefit of humanity. You are a part of the great ocean of mankind, and you are here to do your share. Unselfish assistance to others is good, pro vided you help others to help themselves. Remember, each man is here to learn to discover his hidden powers and stand on his own feet, solving his problems manfully by himself. A man who receives help too easily ceases to propel himself and becomes a leaner instead of a lifter.

Nine in the second place: *Thou wilt keep him in perfect peace, whose mind is stayed on thee* . . . (Isaiah 26:3). This is a time to

focus your attention on things Divine and to listen to the inner voice of intuition. Do not undertake any task until your mind is completely at peace and you have that inner silent knowledge that it is the right thing to do. You have to be extremely careful how you help another person. Teach him of his own Divinity and how to tap his inner powers of the subconscious mind, and he won't need any other kind of assistance from you. Do not dissipate your energy foolishly.

Six in the third place: . . . *take nothing for your journey* . . . (Luke 9:3). This means to take faith in God in your heart wherever you go. You are always travelling in your mind from a problem to a solution. The journey is always decided in the mind first. Whatever you are praying about, keep it to yourself and do not discuss it with others. Keep your own counsel and "go and tell no man." Sometimes when you talk about your plans, aspirations or desires to others, they may tend to ridicule your prayers, or talk you out of them. Moreover, you may stir up envy. Keep your plans secret and discuss them with no one. Know that your Divine Companion is God and that God and His Wisdom are bringing about the realization of your heart's desire and all your plans will turn out well.

Six in the fourth place: . . . *cleanse thou me from secret faults* (Psalms 19:12). When you give your mental assent to any idea, good or bad, you must realize that you are depositing the idea into your subconscious—to the extent that you feel it. You eradicate your faults by giving your assent mentally to love, goodwill, kindness, harmony, peace, Divine right action and good humor. As you dwell on these truths you will incorporate them into your experience, and you will benefit along all lines—socially, financially and in your home life.

Six in the fifth place: *For whosoever shall call upon the name of the Lord shall be saved* (Romans 10:13). The "name" means the nature of God, and God is All Powerful—the only power there is. One with God is a majority. There is nothing to oppose the Supreme Power. Turn to the God-Presence quietly, with faith and confidence, and affirm that God is opening up your path and solving your problem. Remind yourself that to Him nothing is impossible and great blessings will be yours.

Nine in the sixth place: . . . *but God that giveth the increase* (I Corinthians 3:7). God is the source of all things. Align yourself with

the Infinite One and affirm boldly: "God multiplies my good exceedingly, and His riches flow to me freely, joyously and lovingly," and you will be richly blessed. The more wisdom you give, the more you have; the more love and goodwill you radiate, the more you possess. What blesses you blesses all. As you walk the earth with the praise of God and the harmony of God in your heart, all men are blessed, because you walk this way.

42. I/INCREASE

above Sun, The Gentle, Wind

below Chen, The Arousing, Thunder

The Judgment

. . . the Lord thy God shall bless thee in all thine increase, and in all the works of thine hands, therefore thou shalt surely rejoice (Deuteronomy 16:15). God is guiding and prospering you in all ways, and it is to your advantage to make a decision now for further growth, expansion and personal unfoldment, and whatever you do will prosper.

The Image

. . . the joy of the Lord is your strength (Nehemiah 8:10). Life is a progression, an endless unfoldment up the ladder of life. It is not an unbroken progress up the steps of life. We move forward for

a while and then perhaps we suffer a little setback, whereby we consolidate our power and wisdom for the next advance. The real movement of your life is upward. You will rise higher much more quickly when you cremate and burn up all negative thoughts and fears in your mind with the fire of Divine love.

The Lines

Nine at the bottom: *Except the Lord build the house, they labour in vain that build it . . .* (Psalms 127:1). Real success and achievement in life comes from inspiration. The power and wisdom of God are now flowing through you. It is perfectly all right for you to work hard, but do not make hard work of it. You are inspired from On High, and whatever you undertake now will prosper in a wonderful way.

Six in the second place: *For as he thinketh in his heart, so is he . . .* (Proverbs 23:7). The law of your mind is that whatever you impress on your subconscious mind will come to pass. The heart means your subconscious mind, and thinking in the heart means that the thoughts and ideas which are emotionalized and felt as true will be objectified. Your subconscious magnifies whatever is deposited in it. Contemplate what is lovely and of good report. As you sense your oneness with God, there is no power in Heaven or on earth to withhold success from you.

Six in the third place: *Be still, and know that I am God . . .* (Psalms 46:10). Quiet the wheels of your mind and remind yourself that God indwells you. Whenever you experience a setback or a disappointment, pronounce it as good. Affirm it is God in action, meaning all around harmony and peace, and the event will turn out to be a blessing in disguise. Join up with the Infinite in the same way as an operator uses an electric hoist to lift the load, just by turning on a switch and leaving it on. The electric power without any struggle lifts the load to any desired height. Let the God-Power work through you, and your faith will be amply rewarded.

Six in the fourth place: *Wherefore by their fruits ye shall know them* (Matthew 7:20). The secret of your advancement and promotion to high places is to believe that God is working through you in whatever you may be doing. Desire to serve first. Be sincere, practical,

and as efficient as you can. You will be surprised at the results. Others put trust in you and you will be exalted.

Nine in the fifth place: *And be ye kind one to another . . .* (Ephesians 4:32). Kindness is a child of love. Love and kindness exist in your heart. Love dissolves everything unlike itself. The kindness of your heart is subjectively received by others, and they respond accordingly. There is an old saying, which runs as follows: "When you don't know what to do, do the kind thing." Kindness is the outcome of love. "Politeness is to do and say the kindest thing in the kindest way." Wonderful blessings are in store for you. All good is yours.

Nine in the sixth place: *We then that are strong ought to bear the infirmities of the weak, and not to please ourselves. Let every one of us please his neighbour for his good to edification* (Romans 15:1–2). You are a part of the great mass of humanity, and you must understand that you owe your success and achievement in large part to others. If in business, people bought your products and supported you. Likewise, you are here to contribute to others wisely, generously, judiciously and lovingly. Take part in the betterment of your neighbor and give up morbid selfishness. Pour out love and goodwill to all. Keep in tune with the Infinite and do that which is lawful and right. When you deviate from the Divine law of harmony, you bring trouble and loss into your experience.

43. KUAI/BREAK-THROUGH (RESOLUTENESS)

above Tui, The Joyous, Lake

below Ch'ien, The Creative, Heaven

The Judgment

. . . in quietness and in confidence shall be your strength . . . (Isaiah 30:15). In the prayer process *effort defeats itself*. The more stress and strain you indulge in mentally, the less will be your end result. This is the opposite of the physical plane. The faster you drive your car the sooner will you reach your destination. The exact opposite, however, is the case with your thought life. Mental pressure is foredoomed to failure. When your mind is tense and angry, your deeper mind does not respond creatively. Relax, realize that you overcome evil with good. Join up with the Infinite ocean of God's love within you and know that God's love dissolves everything unlike itself. This attitude enables you to reach your goal.

The Image

There is that scattereth, and yet increaseth; and there is that withholdeth more than is meet, but it tendeth to poverty (Proverbs 11:24). This means the more you give wisely the more you have. Millionaires give away millions for useful and constructive purposes to benefit humanity, and countless millions come back to them. It is like putting seeds into the ground; they return a hundredfold or a thousandfold. Give constructively and wisely, making sure the gift uplifts humanity and is generally beneficial. This means give of your wisdom, your knowledge, your mental acumen, and also your material wealth. Do all this under the guidance of God.

The Lines

Nine at the beginning: *For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?* (Luke 14:28). This is a part of a parable, and there is an inside meaning to all parables. We must see the hidden meaning; otherwise, it is of no value. For example, if you are ill or have a growth in your body and it does not dissolve through prayer, you should see a doctor or surgeon immediately. Bless him and eradicate the condition. If you can grow a tooth through prayer, well and good; if you can't, go to a dentist at once. Likewise, if you want to

build a new home and have the absolute, unqualified faith that all the money needed will be yours and that it will be finished in Divine order, you will succeed. A longing and pining for faith is not true faith. If you don't have the necessary faith, wait until you have the money, then build.

Nine in the second place: *There is no fear in love*; *but perfect love casteth out fear* . . . (I John 4:18). Fear is faith in the wrong thing. Fear is a shadow in your mind. Fear is faith upside down, or God upside down. God is the only Presence and Power, and God is love. "Love worketh no ill." You lose fear to the degree you give allegiance, loyalty and devotion to the Infinite Power within you. There is nothing in God's universe to fear. Fear is a thought in your mind. Supplant it with faith in God and all things good, and when fear knocks at the door of your mind, there is no one there.

Nine in the third place: . . . *for thou hast smitten all mine enemies upon the cheek bone* . . . (Psalms 3:7). The "cheek bone" represents your conscious mind. The enemies are thoughts of fear and limitation in your conscious mind. The Psalmist says: *He shall not be afraid of evil tidings*; *his heart is fixed, trusting in the Lord* (Psalms 112:7). Keep your faith in God steadfast. Give power to no one, but the Infinite within you. Realize no one can hurt you, because you are a follower and are faithful to that which is good and true.

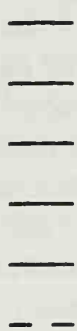
Nine in the fourth place: *And he hath on his . . . thigh a name written, King of Kings and Lord of Lords* (Revelation 19:16). *Because I knew that thou art obstinate* . . . (Isaiah 48:4). "Thigh" is a euphemistic word for the creative organs of man, which is a phallic symbol for the Creative Power of God in man. When you lack faith and confidence, you hesitate and become incapable of moving forward. Do not be obstinate and self-willed. Willpower is useless when it comes to prayer, and it gets you nowhere.

Nine in the fifth place: . . . *the weeds were wrapped about my head* (Jonah 2:5). "Weeds" represent negative, fearful thoughts which cling tenaciously. Come to a clear-cut decision and refuse to entertain negative thoughts. When they come to your mind, which they will because of habit, supplant them immediately with constructive thoughts. After a while they will lose all momentum and you will reach your goal.

Six in the sixth place: *But he that endure unto the end, the same*

shall be saved (Matthew 24:13). It is necessary for you to constantly watch and destroy all negative thoughts of fear, doubt, and resentment These corrode the soul. Constant mental discipline is essential. Eternal vigilance is the price of freedom from lack, loss and limitation. To refuse to persist in this manner denotes loss.

44. KOU/COMING TO MEET



above Ch'ien, The Creative, Heaven

below Sun, The Gentle, Wind

The Judgment

The fire consumed their young men, and their maidens were not given to marriage (Psalms 78:63). "Fire" represents passion and lust. Marriage for any reason other than love is not a real marriage. Divine love alone can unite two hearts together. Each should harmonize with the other. A maiden also means any emotional state, and if your aims are based on ulterior motives of any kind, you should not enter into any contract. Moreover, if someone approaches you with any sort of a proposition, it would be wise to forego it. A contract of any kind should be based on honesty and should be mutually satisfactory.

The Image

The wind bloweth where it listeth . . . (John 3:8). The wind represents the movement of the Spirit in you. Whatever you claim

and feel to be true will come to pass in all phases of your life. Your subconscious brings forth as experiences and conditions all that is impressed upon it.

The Lines

Six at the bottom: *I have heard the check of my reproach, and the spirit of my understanding causeth me to answer* (Job 20:3). If you are upbraiding or censuring anyone or if you feel resentful, this attitude will block your good and bring you loss. Cremate and burn up any ugly emotion within you with the fires of Divine Love and external goodwill to all.

Nine in the second place: *Or if he ask a fish will he give him a serpent?* (Matthew 7:10). "Fish" symbolizes the fact that you can fish any idea, solution or answer to any problem out of your subconscious mind if you are a good fisherman, meaning if you quiet your mind, immobilize your attention and ask for the answer. If you are receptive, the fish (idea) will well up from your subconscious into your conscious, reasoning mind. Be sure you fish out the mood of love, goodwill and peace from your subconscious and radiate that feeling to all those around you.

Nine in the third place: . . . *on his thigh a name written* . . . (Revelation 19:16). The thigh symbolizes the creative organs of man, which from a phallic standpoint means the male and female principle within you, i.e., your conscious and subconscious mind. When it is said there is no skin on your thigh, it means you are not being covered by faith and confidence in the One Power, and you are being disturbed by external conditions. Redirect your emotions along God-like channels and get back on the beam of Divine right action.

Nine in the fourth place: . . . *bring of the fish which ye have now caught* (John 21:10). It is essential if you wish to gain cooperation and loyalty of people that you fish out of the depths of yourself Divine guidance, right action and harmony. Draw out of your subconscious the mood of goodwill, kindness and cooperation with people. In that way you prevent loss and limitation.

Nine in the fifth place: *We remember the fish . . . and the melons* . . . (Numbers 11:5). Melons are a delicious fruit in a hot climate and were among the articles of food for which the Hebrews pined in the desert. This symbolizes the fruits of the Spirit in you, which are

love, joy, peace, quietness, faith, humility and goodwill to all. What you radiate comes back to you pressed down, shaken together and running over.

Nine in the sixth place: . . . *these are the horns which have scattered Judah* . . . (Zechariah 1:19). "Horns" represent power, and Judah means exaltation of God. There is only One Power, and when you use this Power the wrong way, you get into trouble in all phases of your life. Stop fighting conditions in your mind or you will scatter your forces and deplete your vitality.

45. Ts'ui/Gathering Together (Massing)

above Tui, The Joyous, Lake

below K'un, The Receptive, Earth

The Judgment

. . . *how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings* . . . (Matthew 23:37). Gather all your thoughts, ideas and plans together and know that you are in the Presence of God, and as the hen gathers the chickens under her wings, covering them with her feathers from all possible harm and hurt, in the same manner will the God-Presence protect, guide and guard you once you have decided to place your faith in the Only Presence, Cause, and Power—namely, God within you—the Living Spirit Almighty. The sacrifice you make is simply to give all your allegiance and loyalty to God alone.

The Image

Elect according to the foreknowledge of God . . . (I Peter 1:2). The leader in your mind, or the dominant conviction, should be your belief in the guidance of Infinite Intelligence in all your decisions. Pray for guidance before making important decisions. Claim you are being Divinely directed, *and believe it*; and the ultimate outcome will be good even if things don't go to your liking for a time, provided you really believe what you affirm. Do what seems right at the time, taking all circumstances into consideration, and your feeling of right action will be communicated to others and will bless all associated with you.

The Lines

Six at the bottom: . . . *if we hold fast the confidence and the rejoicing of the hope firm unto the end* (Hebrews 3:6). Be faithful to the end. Trust the Infinite Intelligence to guide you all the way. Do not waver and vacillate, as this leads to a double-minded state. Picture the happy ending, and through the powers of your subconscious, which respond to your affirmative attitude, you will succeed.

Six in the second place: . . . *and all were drawn up again into heaven* (Acts 11:10). "Heaven" means your mind at peace and in tune with the Infinite. The law of attraction is working for you. Infinite Intelligence attracts to you all those who harmonize with you. Trust the principle of right action and you will prosper in your undertakings.

Six in the third place: . . . *they shall obtain joy and gladness, and sorrow and sighing shall flee away* (Israel 35:10). In times of sorrow or grief, realize that everything eventually passes away. Do not give power to others to upset you in any way. Maintain your equilibrium. Join up with the God-Presence within you and realize you are always in your true place and doing the works of Him that sent you. Keep going forward, and no one can block your good. Divine right action is yours now.

Nine in the fourth place: *I am glad of the coming of Stephanas and Fortunatus . . .* (I Corinthians 16:17). "Stephanas" means you are crowned with victory. "Fortunatus" means spiritual, mental and material riches flow to you now.

Nine in the fifth place: . . . *all things work together for good to them that love God* . . . (Romans 8:28). You love God when you refuse to give any power to externals or to other people. Give all your allegiance and devotion to the One Power, realizing there is no other power to oppose the One and Only Power. Adhere to the principles of truth, integrity, honesty and right action, and all those who may not agree with you will be constrained to do you honor and good.

Six in the sixth place: *And God shall wipe away all tears* . . . (Revelation 21:4). Your tears pass away. Let nothing disturb you, let nothing annoy you, let nothing sadden you. Everything passes away but God, and God alone is sufficient. Surrender to the Divine Presence within you and know that it is God in action, which means all around harmony and peace in your life, and the results will be good.

46. SHENG/PUSHING UPWARD

above K'un, The Receptive, Earth

below Sun, The Gentle, Wind, Wood

The Judgment

Who knoweth the spirit of man that goeth upward . . . (Ecclesiastes 3:21). The Spirit of God animates, sustains and strengthens you. Know that God is guiding you to the right counselor who will aid and assist you in the right way. You are Divinely active, and whatever you do will prosper in a wonderful way.

The Image

Let the field be joyful and all that is therein: then shall all the trees of the wood rejoice (Psalms 96:12). The roots of the trees absorb all the chemicals and moisture from the soil necessary for their growth. This is based on a subjective wisdom operating automatically, and the tendency of all trees is to move upward toward the heavens. Likewise, as you move forward with faith and confidence you will attract everything necessary for the unfoldment or blossoming of your plans, and you will be very successful.

The Lines

Six at the bottom: This means that . . . *in quietness and in confidence shall be your strength* . . . (Isaiah 30:15). This indicates that whatever plans you have, you should go forward with the absolute conviction that great blessings are yours—right now.

Nine in the second place: . . . *serve him in sincerity and in truth* . . . (Joshua 24:14). Being free from deceit and falseness of all kinds and adhering to honesty, integrity and justice favor your success. The offering and sacrifices mentioned in the *I Ching* and in our Bible mean giving up the lesser for the greater. For example, if you speak rudely, begin to speak kindly and lovingly—that will be an offering and a sacrifice.

Nine in the third place: *No good thing will he withhold from them that walk uprightly* (Psalms 84:11). As you move forward joyously and confidently, all the powers of God move on your behalf, and you are assured of success and prosperity in your undertakings.

Six in the fourth place: *I will sing unto the Lord, because he hath dealt bountifully with me* (Psalms 13:6). Keep going forward, be joyous and happy, and give thanks to the Source of all blessings. Honor and promotion are bestowed on you.

Six in the fifth place: . . . *and bring forth fruit with patience* (Luke 8:15). Suppress restlessness and annoyance in waiting. Have persistent courage in difficult circumstances. Growth is by degrees. It is the quiet, peaceful mind, full of confidence, that gets things done. You will advance in a wonderful way, though gradually and by degrees in Divine order.

Six in the sixth place: *To give light to them that sit in darkness . . . to guide our feet unto the way of peace* (Luke 1:79). Darkness is absence of light. "Light" means Infinite Intelligence within you that knows the way out of darkness (problems, difficulties, obstructions). Trust implicitly the Infinite Intelligence within your subconscious to lead and guide you in all ways. Adhere to the great truth that all problems are Divinely outmatched. Do not fight problems or difficulties in your mind, as this attitude would make matters worse. Follow the Guiding Principle within you. It always speaks in peace, never in confusion.

47. K'UN/OPPRESSION (EXHAUSTION)

above Tui, The Joyous, Lake

below K'an, The Abysmal, Water

The Judgment

If thou faint in the day of adversity, thy strength is small (Proverbs 24:10). Stand up to every problem or challenging situation in life. Face it and conquer it through the power and wisdom of God in you. Be clear-sighted, practical and understanding. You have an opportunity to draw out the powers of your subconscious mind, and then you find out the kind of stuff you are made of, and also you discover that the great joy is in overcoming. There is that within you which is stronger than anything outside of you. Be still, quiet and confident, and you will succeed.

The Image

. . . *and the water thereof was dried up* . . . (Revelation 16:12). When you are not in tune with the Infinite and when you fail to drink of inspiration, faith, confidence, guidance and courage which can only come from aligning yourself with the Infinite, then the waters have dried up in you. You must replenish your mental and spiritual batteries and remain faithful to the power of the Indwelling Presence *He restoreth my soul* . . . (Psalms 23:3).

The Lines

Six at the bottom: *Trust not in oppression* . . . (Psalms 62:10). When you feel oppressed, depressed and melancholy, remember that dwelling in such a mental atmosphere compounds and magnifies your misery. Whatever you focus your attention on is magnified by your subconscious, and if it is negative, it induces failure. Go and seek a good counselor and get mental and spiritual advice.

Nine in the second place: *For the Kingdom of heaven is not meat and drink, but righteousness and peace and joy in the Holy Ghost* (Romans 14:17). You can eat the choicest food yet be sick, frustrated, depressed and unhappy. You must receive and partake of spiritual food regularly by praying repetitiously, an act which consists of filling your mind with the concepts of harmony, right action, peace, joy, love and inspiration from On High. Call upon the Infinite Intelligence and It will respond to you. Do not undertake any project until you have prayed about it and feel right about it in your own heart.

Six in the third place: *Thorns, also thistles shall it bring forth to thee* . . . (Genesis 3:18). . . . *Take ye away the stone* . . . (John 11:39). The stone represents a hard, unyielding and inflexible state of mind based on ignorance, fear and superstition. A stone could also be an acute state of depression which you are unwilling to release. Thorns and thistles represent irritations and resentments which sting you and rob you of vitality, enthusiasm and energy. This attitude of mind attracts loss and failure. You must forgive yourself and everybody else before you can get a healing.

Nine in the fourth place: *Deliver me from the oppression of man*

. . . (Psalms 119:134). You are delivered from your problems when you place your confidence in the right place, namely, the God-Presence within you, Which knows all and sees all and Which has the know-how of accomplishment. Affirm: "God is guiding me in all ways and the power of the Almighty backs me up." You will reach your objective in life in Divine order.

Nine in the fifth place: . . . *They shall take away thy nose* . . . (Ezekiel 23:25). Your nose represents your skill at discernment, your judgment or decisions. A dog smells unsavory food and rejects it. Likewise, you must separate the false from the true. Having come to the conclusion that there is only one Power—the Living Spirit within—you turn to this Presence and claim harmony, peace, right action, and the joy of the Lord which is your strength. As you do, the day breaks for you and all the shadows flee away.

Six in the sixth place: *Remember ye not the former things, neither consider the things of old* (Isaiah 43:18). Forget the past. The past is dead; nothing lives but this moment. Change your present thought and keep it changed, and you will change your destiny. If you are thinking of grudges, peeves and hurts, you are thinking of them now and reinfecting yourself. The future is your present thought made manifest. Forgive yourself for harboring negative thoughts and resolve to refrain from such weakness from now on. Forgive others also. There is no use crying over spilt milk. Come to a definite conclusion in your mind that you are moving forward in a new direction, and everything you do will prosper.

48. CHING/THE WELL

above K'an, The Abysmal, Water

below Sun, The Gentle, Wind, Wood

The Judgment

. . . *Thou hast nothing to draw with and the well is deep* . . . (Job 4:11). The "well of water" is your subconscious mind. You can draw anything you want out of this well. The rope you use to draw up the pitcher of water is your faith and confidence in the Infinite Intelligence of your subconscious mind, the nature of which is to respond to your conviction. If you do not have the conviction, you do not make the contact.

The Image

. . . *And David abode in the wood* . . . (I Samuel 23:18). Wood was used in ancient times not only for boats but also for burnt offerings. The word "David" means a man who loves or gives allegiance to the Infinite Intelligence within him, and "to abide in the wood" means that you seek sustenance, strength and wisdom from the Giver of Life within you. Wood is symbolic of the Tree of Life within you. Drink of inspiration, joy and courage.

The Lines

Six at the bottom: . . . *Whosoever drinketh of this water shall thirst again. But whosoever drinketh of the water that I shall give*

him shall . . . be in him a well of water springing up into everlasting life (John 4:13–14). Many do not know where the waters of life exist. The water mentioned in *I Ching* and in the Bible means the refreshing power of spiritual values. Man seeks without for security, peace and happiness; yet, these actually come from within himself. Man has impressed his subconscious mind with all kinds of false knowledge, fears and prejudice. The result is that he is governed by negative emotions, and this is called mud in Oriental symbology. Do not entertain negative emotions. Supplant them with Divine love.

Nine in the second place: . . . *Give me this water that I thirst not* . . . (John 4:15). The "well of water" refers to your inside values, your subconscious and emotional life. In this well lay all wisdom, knowledge and power. It is the infinite storehouse of all forms of immaterial life. From your subconscious are born all your experiences. You are not using the wisdom and guidance of your subconscious when you don't think right, feel right and act right. The mass mind impinges on your mind and the result is confusion, ineptitude and failure.

Nine in the third place: . . . *And he would have given thee living water* . . . (John 4:10). "Living water" means inspiration, truth, healing, guidance or whatever else you need for spiritual refreshment. You are refusing to accept the truths of your own psychological capacity to be independent and free from limitation, trouble, pain and misery. Begin to drink from the Fountain of Life within you.

Six in the fourth place: *The mouth of a righteous man is a well of life* . . . (Proverbs 10:11). As you continue to think on whatsoever things are true, lovely, and noble, you will gradually change the negative patterns in your subconscious mind. You become aware of a gradual change as you begin to think constructively based on eternal verities.

Nine in the fifth place: *Ho, every one that thirsteth, come ye to the waters . . . buy wine and milk without money and without price* (Isaiah 55:1). Begin to tune in on the Infinite within you and claim inspiration, guidance, Divine love and harmony—then you are drinking of the waters of Infinite Life, the Fountain Which never runs dry. The price you pay is attention, devotion and recognition of the Source from which all blessings flow. All things are working together for good for you now.

Six in the sixth place: *As cold waters to a thirsty soul, so is good*

news from a far country (Proverbs 25:25). You are thirsty spiritually when you lack joy, peace, inspiration and confidence. Claim that the Living Spirit Almighty (Living Waters) flows through you as wisdom, truth and beauty, and as joy, harmony, power and love; you will receive countless blessings from On High. You are drawing power from the Eternal Well within you now, and everything you do will prosper in a wonderful way.

49. Ko/Revolution (Molting)

above Tui, The Joyous, Lake

below Li, The Clinging, Fire

The Judgment

And be not conformed to this world; but be ye transformed by the renewing of your mind . . . (Romans 12:2). By giving up all your old traditional beliefs and enthroning in your mind principles and truths of life, which are the same yesterday, today and forever, you will advance along all lines. Feed your subconscious mind with life-giving patterns, and wonders will happen in your life. The past is forgotten and remembered no more. Success is assured you.

The Image

And whosoever was not found written in the book of life was cast into the lake of fire (Revelation 20:15). The book of life is your

subconscious mind and you are always writing in it your impressions, beliefs, opinions, and sundry concepts, good and bad. The lake of fire represents the fires of conscience, those searing flames of fear, guilt and hostility which torment the soul of man. You are now dissolving all these negative emotions with the soothing power of Divine love and harmony, and His river of peace floods your mind and heart, and you are bringing order and harmony into your mind, body and circumstances.

The Lines

Nine at the bottom: *And it shall come to pass on that day that a man shall nourish a young cow . . .* (Isaiah 7:21). The cow is a symbol of your subconscious mind, and also of that desire of yours which, when realized, would nourish you. A cow gives milk and is a symbol of nourishment, tranquility, and peace of mind. Remain quiet and peaceful for the time being, continue to nourish your ideal with faith and confidence, and you will grow stronger gradually until you reach your goal.

Six in the second place: *See, I have this day set thee over the nations . . . to root out, and to pull down, and to destroy, and to throw down, to build and to plant* (Jeremiah 1:10). This means you are to act decisively and dynamically in rooting out of your mind all false beliefs, erroneous opinions and ill will of all kinds. It also means that you must completely change your way of doing things in your home and business and affirm and do everything from the standpoint of the law of love and Divine harmony. You will then experience a real revolution in all phases of your life, you will meet all problems with faith in God, and you will overcome.

Nine in the third place: *Casting all your care upon him, for he careth for you* (I Peter 5:7). . . . *He that believeth shall not make haste* (Isaiah 28:16). In prayer the less effort you make the better. Pray quietly and peacefully. If you are in the ocean, you don't beat the waters violently to keep afloat. Turn to the Creative Intelligence within you with confidence and faith and do not waver and vacillate. Affirm that Infinite Intelligence is opening up the way for you in Divine order. Believe you are Divinely guided. Let your prayers be an unhurried communion with the Indwelling God. Remind yourself

that nothing is impossible to God; expect results, and you will get results.

Nine in the fourth place: *For behold, I create new heavens and a new earth: and the former shall not be remembered, nor come into mind* (Isaiah 65:17). A "new heaven" is a mind dedicated to God and the truths of life, and then there follows automatically a new earth, meaning new conditions, circumstances and environmental changes to conform to the new mental pattern. The past is dead, and you no longer dwell on old hurts and grievances. You have now established a new government in your mind. Right action, justice, goodwill, honesty and integrity govern your mind, and many blessings follow this new government enthroned there.

Nine in the fifth place: *For I am the Lord, I change not . . .* (Malachi 3:6). The God-Presence never changes. It is the same yesterday, today and forever. As you contemplate the truths of God, you will change, because you become what you contemplate. Continue to fill your heart with Divine love, by thinking it, feeling it, and radiating it to all. As you do this, you will have the vivid realization of God's love which solves your problems and also enables you to help others and gain their cooperation.

Six in the sixth place: . . . *The leopard shall lie down with the kid . . . and a little child shall lead them* (Isaiah 11:6). The leopard in the *I Ching* and the Bible represents a limpid state, clear water, symbolizing beauty and harmony. The little child represents an awareness of the power of God in you. An awakening to the Spiritual power for the first time is called a child. Your mind under the direction of Divine guidance is changing into harmony, beauty, peace and understanding, and your emotions are being transformed along God-like ways. Continue to know that all things are working together for good to you. Adhere to the Truths of Being and good results will follow.

50. TING/THE CALDRON

above Li, The Clinging, Fire

below Sun, The Gentle, Wind, Wood

The Judgment

Out of his nostrils goeth smoke as out of . . . a caldron (Job 41:20). The caldron is another name for your deeper mind which is full of wisdom, power and love. The smoke coming out is your exaltation; the Spirit within you is God. You are inspired from On High and everything you do will prosper.

The Image

. . . the caldrons and the candlesticks . . . (Jeremiah 52:19). It is said man is the candle of the Lord, symbolizing the fact that you are to shed your light (intelligence) in all phases of your life. Claim God is guiding you and Divine right action governs you in all ways and the caldron (your subconscious mind) will then respond, and you will find harmony and peace in your life.

The Lines

Six at the bottom: *. . . This city is the caldron . . . I will bring you forth out of the midst of it* (Ezekiel 11:7). The city is your mind (caldron), and you must cleanse it regularly and systematically by giving yourself a transfusion of faith, confidence, love, joy and goodwill. As you fill your mind with these qualities, you neutralize

and wipe out all negative patterns in your subconscious mind (the caldron). The lower is always subject to the higher. You are on the way to great accomplishments and achievements.

Nine in the second place: *When he giveth quietness who then can make trouble*? (Job 34:29). Join up with the God-Presence within you. Realize that no one can hurt you, as "one with God is a majority." If someone is jealous and speaks ill of you, he cannot hurt you, because you know the negative thoughts and suggestions of others have no power to create the things they suggest. Your thought is creative and your thought is on God. His peace and great success and prosperity are experienced by you.

Nine in the third place: . . . *Where is the Lord*? *And they that handle the law knew me not* . . . (Jeremiah 2:8). The Lord is the universal subjective mind, the Lordly power within you. If you do not use this power in the right way, you will get into trouble. All the wisdom, power and intelligence you need to lead a full and happy life are within you, but you are not using your God-given powers. Begin to tap your inner reservoir and claim guidance, harmony and abundance in your life. Affirm boldly, "God rains blessings from Heaven for me," and you will experience prosperity and success.

Nine in the fourth place: . . . *The law of Moses should not be broken* . . . (John 7:23). The "law of Moses" means: you are that which you contemplate. What you think and feel, you create. You must have the faith and the confidence necessary to achieve your goal. Feelings of inferiority and inadequacy attract loss and limitation to you. You must acquire self-esteem and confidence in order to succeed. Carelessness and inattention to the values of life breed failure.

Six in the fifth place: *And two golden rings shalt thou make* . . . (Exodus 30:4). Gold means power, purity, a clear sky, and fair weather, meaning a clean mental and emotional atmosphere. A ring is symbolic of love, peace and unity with God. A ring, being a circle, is also a symbol of Infinity and of God's love. In simple, everyday language, all it means is that you are now getting your conscious and subconscious mind to agree on harmony, health, peace and right action. As you adhere to this procedure, you will, by the law of attraction, get others to aid and assist you in the realization of your heart's desire.

Nine at the top: *And thou shalt make . . . two rings of gold . . .* (Exodus 28:23). Gold represents the power of God, and jade in the *I Ching* represents purity, beauty and joy. You are identified with the spiritual values of life (gold and jade), and inasmuch as you are giving attention to the eternal truths of life, you will experience success and victory along all lines.

51. CHEN/THE AROUSING (SHOCK, THUNDER)

above Chen, The Arousing, Thunder

below Chen, The Arousing, Thunder

The Judgment

. . . And the Lord sent thunder and rain that day . . . (I Samuel 12:18). Thunder creates a lot of noise and sometimes gives you a sudden shock, but it is followed by rain. . . . *Behold, I will rain bread from heaven for you . . .* (Exodus 16:4). You are Divinely guided, and blessings follow.

The Image

. . . And I heard as it were the noise of thunder . . . (Revelation 6:1). The "noise of thunder," psychologically and spiritually speaking, means the inner movement of the Spirit in you, announcing a

new birth and a new beginning, whereby you will move from the unconditioned to the conditioned state. Be persistent in knowing that Divine law and order govern your life.

The Lines

Nine at the bottom: *The voice of thy thunder was in the heaven . . . the earth trembled and shook* (Psalms 77:18). "Heaven" is the invisible part of you—your mind. The sound of thunder in your mind indicates a big change in your life. Have no fear; everything passes away. After the storm comes the calm. Joy and blessings come to you.

Six in the second place: *Then the earth shook and trembled . . .* (II Samuel 22:8). The earth means your body, environment, business—your external world. When you feel shook up, troubled, and when you experience setbacks and losses, do not fight these conditions or experiences mentally. Instead, identify yourself mentally and spiritually with whatever you have lost, while realizing that you never lose anything except you admit the loss mentally. "Possession is nine points of the law." Symbolically, this is called climbing nine hills. Affirm as follows: "I now feel I am one with my wealth and my possessions. I accept these mentally, knowing what I claim and feel to be true will come to pass magnified and in Divine order." You will get back all that you have lost.

Six in the third place: *The earth shook, the heavens also . . .* (Psalms 68:8). The earth means manifestations, expressions—your body, home, business life, associates. All come under the term earth, or land. Even though outer things go to pieces, such as when your health breaks down or you suffer financial loss, you are not going to be afraid. Affirm boldly and mean it: "God is my refuge and my fortress. God is an ever present help. God knows and God cares. God brings about a Divine solution." Pray in this manner and you will rise above all your problems.

Nine in the fourth place: *Let God arise, let his enemies be scattered . . .* (Psalms 68:1). The enemies are fear, doubt, self-condemnation, ill will and anger. "Let God arise" means to exalt the wisdom and power of God within you, and this Presence will rise like a

fountain and fall as a blessing and benediction. When your mind is muddled and confused and you indulge negative thoughts, you remain frustrated and blocked.

Six in the fifth place: *The heathen raged, the kingdoms were moved* . . . (Psalms 46:6). The heathen means your erroneous thoughts, fears, doubts, self-criticisms and negations of every kind that disturb your mind and cause you to be confused and depressed. Hold steadfastly to the God-Presence within you by contemplating harmony and Divine right action; and claim His river of peace flows through you, and the kingdom of error and turbulence will be moved. Equilibrium and serenity will be restored to you.

Six in the sixth place: *Be still, and know that I am God. I will be exalted among the heathen, I will be exalted in the earth* (Psalms 46:10). Do not rehearse grievances or fight problems in your mind. Turn resolutely away from the turbulence and confusion and contemplate God's healing love and harmony flowing through you and all your affairs. This is the way out of trouble. Remember, error and fear are always hurried; they tend to sweep you off your feet. This is the time to be still and know that God is bringing about a Divine solution. Do not let others disturb you. They are responsible for their own thinking.

52. KEN/KEEPING STILL, MOUNTAIN

above Ken, Keeping Still, Mountain

below Ken, Keeping Still, Mountain

The Judgment

Be still and know that I am God . . . (Psalms 46:10). This means that you quiet your mind and turn inward, and you know that God is God. The quiet contemplation of God is the most potent action of all. Immobilize your attention and focus on the God-Presence within you. Your eyes are closed, your body is relaxed and at ease; then meditate on the bliss, harmony, peace, power, beauty and majesty of the Infinite One. Realize God is Supreme Intelligence, Boundless Love, Absolute Harmony and Infinite Wisdom. As you do this, a river of life and love will flow through you, and you will find yourself Divinely prospered in all ways.

The Image

Thy righteousness is like the great mountains . . . (Psalms 36:6). Mountains in the *I Ching* and in the Bible mean Spiritual thought or contemplation of God. Righteousness is right thinking. Think quietly and with interest on the project at hand. Look at it from all angles and know that you are Divinely inspired to do the right thing, and that is exactly what you will do.

The Lines

Six at the bottom: *And as the toes of the feet were part of iron and part of clay . . .* (Daniel 2:42). "Toes of your feet" means understanding of the laws of mind. "Iron" and "clay" mean strong and weak ideas—a sort of wavering. Be still and quiet, tune in with the Infinite Intelligence, and continue in right thought, right feeling, and right action, and you will arrive at your goal.

Six in the second place: *With God nothing shall be impossible* (Luke 1:37). When trouble and difficulty seem beyond your control, put the problem in God's hands and affirm: "God will perfect that which concerneth me." Refuse to go along with anything contrary to goodness, truth, beauty and plain honesty, or you will experience regret.

Nine in the third place: *And he smote them hip and thigh . . .* (Judges 15:8). "Hip and thigh" in the *I Ching* and in the Bible refer

to the sex organs and sexual desire. Repression and suppression of urges are not the answer, as these give rise to inner conflicts. All urges and desires, are to be channeled in God-like ways. The sex act should be one of love, not lust. Austerities, rigidities, postures and mental and physical gymnastics are not the way to commune with God. The real way is through the heart and through the practice of the Presence, which simply means meditating on your highest concept of God.

Six in the fourth place: *When he giveth quietness, who then can make trouble*? (Job 34:29). A good way to relax the body is to speak to your body as follows: "My toes are relaxed, calves of my legs are relaxed, my spine is completely relaxed, my heart and lungs are relaxed, my shoulders are relaxed, my neck is relaxed, my brain is relaxed, my whole body is completely relaxed. God's river of peace flows through me." As you affirm these truths, your body relaxes, as it must obey you. Your body moves as it is moved upon. Your body acts as it is acted upon. When you are relaxed and when your mind is in tune with the Infinite, the wisdom of God arises to your surface mind and you will be inspired from On High.

Six in the fifth place: *Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man* (Colossians 4:6). Watch your words. Words are thoughts expressed. Salt is a preservative, but it also makes the food more palatable. Grace means the wisdom and love of God functioning through you. Let your speech be graceful, constructive and full of goodwill to all, and all regret vanishes.

Nine in the sixth place: *And into whatsoever house ye enter, first say, peace be to this house* (Luke 10:5). Quiet your mind periodically and contemplate the God of peace, and you will feel His river of peace moving over the desolate areas of your mind, refreshing, inspiring and guiding you in all ways. Having found this inner peace through the stilling of your mind and putting it in tune with the Infinite, you will give the benediction of peace to all who come within your orbit. Blessings and prosperity are assured you.

53. CHIEN/DEVELOPMENT (GRADUAL PROGRESS)

above Sun, The Gentle, Wind, Wood

below Ken, Keeping Still, Mountain

The Judgment

So then he that giveth her in marriage doeth well . . . (I Corinthians 7:38). Marriage in the *I Ching* and in the Bible has more than one meaning. You marry your idea, desire or aspiration by uniting with it mentally and emotionally and remaining faithful every step of the way, knowing that the power and wisdom of your subconscious will bring it to pass. It is somewhat like courting a girl. You praise her, exalt her, woo her with gifts and attention, and if you remain faithful to her, the courting process culminates in marriage, and the two become one. In the prayer procedure, the same process takes place. Be faithful to the end.

The Image

. . . To him that overcometh will I give to eat of the tree of life . . . (Revelation 2:7). You eat of the tree of life when you meditate or mentally feast on that which is elevating, dignifying and praiseworthy. The tree of life is the Presence of God within you. Everything you are seeking is within you. As you feast on harmony, peace, joy, and love and radiate these qualities to others, your whole world will change and you will experience progressively more harmonious relationships with others.

The Lines

Six at the bottom . *In quietness and in confidence shall be your strength* . (Isaiah 30:15). Realization of your goal, objective or heart's desire doesn't always come in one move, but usually in a series of stages. These intermediate stages or steps should be welcomed. You may meet with temporary delays, setbacks or criticism, but you should merely regard these passing irritations as stepping-stones to your progress. Continue praying for the next higher step and you will move ahead.

Six in the second place: . . . *Nothing shall by any means hurt you* (Luke 10:19). You are on the way, and you feel secure because of your sense of oneness with the Infinite within you. If you were in Oakland on the way to San Francisco and you were on the San Francisco Bridge, you would be on your way to your destination. Every improvement and advancement is a movement toward your heart's desire. Success and prosperity are yours.

Nine in the third place: *Acquaint now thyself with Him and be at peace* (Job 22:21). Don't hurry. Haste makes waste of energy, vitality and discernment. Don't resent or condemn yourself or others. Rise up in consciousness and set yourself and others free. Forgiveness is the best medicine. Trying to force things, using mental coercion, blocks your good and brings loss to you. Tune in on the God-Presence. Feel God's peace and power. Think good and good will follow.

Six in the fourth place: *Casting all your care upon him, for he careth for you* (I Peter 5:7). When you are troubled, worried or in danger, surrender to the God-Presence within you. Cling steadfastly to the truth that there is an answer for every prayer, peace for seeming discord, and protection from all harm. You will be protected.

Nine in the fifth place: *A talebearer revealeth secrets; but he that is of a faithful spirit concealeth the matter* (Proverbs 11:13). As you move upward in life and put your head above the crowd, people throw stones at you, i.e., they may gossip about you and show jealousy. If you permit others to hurt you or disturb you emotionally, you hinder your own development. Bless them and walk on. You will go where your vision is, and you will experience harmony and promotion.

Nine at the top: *How beautiful upon the mountains are the feet*

of him that bringeth good tidings, that publisheth peace, that bringeth good tidings of good . . . (Isaiah 52:7). You carry happiness and glad tidings about within you. The peace of God reigns in your heart and the light of God shines in you. Your journey is onward, upward and Godward.

54. KUEI MEI/THE MARRYING MAIDEN

above Chen, The Arousing, Thunder

below Tui, The Joyous, Lake

The Judgment

. . . The children of this world marry and are given in marriage (Luke 20:34). Your "marriage" is your conception or estimate of yourself, and your "children" represent the experiences, conditions and events of your life based on your inner feeling about yourself. Your receptive attitude of mind while praying can be likened to a maiden or a bride or a womb, for it receives impressions. The dominant idea you have is the husband, for it is that which impregnates the subconscious, or the maiden. You must unite with the highest and the best. Do not demean or belittle yourself or indulge in mediocrity or inferiority. If you do, the results will be failure and limitation of all kinds.

The Image

. . . What therefore God hath joined together, let not man put

asunder (Matthew 19:6). God is love, and when true love in the heart unites a man and a woman together, that is God joining a couple in a sacred covenant. When difficulties and arguments arise, each one dissolves the problem in the light of God's love. Each remains faithful to the marriage vow, and inasmuch as there is a true spiritual union between two people, there is no divorce, for none is wanted. Love, goodwill and understanding are the keys to all human relations.

The Lines

Nine at the bottom: *Who then is that faithful and wise steward, whom his lord shall make ruler over his household . . .* (Luke 12:42). We are all stewards working in the vineyards of our minds. When you do your job joyously and faithfully, you will find that your subconscious (the Lord) responds and promotes you and removes obstacles. Have a constructive vision, be faithful to your vision, show respect for authority; then the reaction of the law (your subconscious) will be constructive and prosper you along all lines.

Nine in the second place: . . . *If therefore thine eye be single, thy whole body shall be full of light* (Matthew 6:22). The eye symbolizes spiritual perception. Whatever you give attention to is that which controls and directs your life. Regardless of what others have done to you—whether they have been unfaithful or have betrayed your trust—steadfastly direct your attention to God, the Living Spirit within you. When you contemplate the glory of God and His peace, and when God comes first into your life, then the law of God (your subconscious) will respond and your whole embodiment and experiences will be good.

Six in the third place: . . . *No good thing will he withhold from them that walk uprightly* (Psalms 84:11). Stop thinking you have to compromise with life. You have the capacity to go within and claim your good, and your subconscious will respond and validate your claim. God is the giver and the gift, and you must claim that which was given to you. God indwells you and is the very life of you. Raise your sights and remember that you go where your vision is. Cease demeaning and demoting yourself. Exalt God in the midst of you, mighty to do all things for you.

Nine in the fourth place: . . . *to be spiritually minded is life and*

peace (Romans 8:6). Premarital sexual experiences are not conducive to a happy married life. Often, the man distrusts the woman he can have so easily. He says to himself, "If she will do this before marriage, she will do it with others afterwards." Happiness in marriage depends on love, loyalty, honesty, a devotion to the truth, and a desire to lift up each other spiritually, mentally and in all ways. Love does not take a woman to a shabby motel; neither is love expressed furtively by an illicit interlude in a parked car. Loyalty and purity pay great dividends, and you experience the joy of the answered prayer.

Six in the fifth place: *Let nothing be done through strife or vainglory, but in lowliness of mind . . . look not every man on his own things, but every man also on the things of others* (Philippians 2:3–4). You are free from pretension and not blinded by self-conceit. With understanding comes humility, and you do all for the glory of God, and great blessings come to you.

Six in the sixth place: *And thou shalt put them into one basket . . .* (Exodus 29:3). The basket means your heart, your subconscious mind, from which all experiences come. The fruits that should come forth are love, joy, peace, gentleness, faith, confidence and goodwill. When you pray, your conscious mind and your subconscious must agree and synchronize. The mind and the heart must unite. There must be feeling, animation and enthusiasm before you can bring forth good fruit such as health, happiness, abundance and security. Intellectual assent or verbalism without incorporating the truths in your heart accomplishes nothing.

55. FENG/ABUNDANCE (FULLNESS)

above Chen, The Arousing, Thunder

below Li, The Clinging, Flame

The Judgment

For whosoever hath, to him shall be given, and he shall have more abundance . . . (Matthew 13:12). When you walk in the consciousness of God's abundance, realizing that God is the Source of all blessings, and when you give allegiance and loyalty to the real Source, your subconscious magnifies and multiplies your good exceedingly. Be like the sun at midday. It casts no shadows, meaning that nothing must deflect you from your aim, which is to express more of God's life, love, truth, beauty and prosperity.

The Image

But the meek shall inherit the earth; and shall delight themselves in the abundance of peace (Psalms 37:11). The meek are those people who are open and receptive to the Truth of Being. They look at no man as their enemy, as they know all enemies are in their own minds, such as fear, ignorance, superstition, doubt and ill will. The meek feel a oneness with God, the Source of all blessings, and give no power to others or to conditions. While all men may not be their friends, they also are not their enemies. They realize that one with God is a majority, and having established peace of mind within themselves, all good things are added to them.

The Lines

Nine at the bottom: . . . *for of the abundance of the heart his mouth speaketh* (Luke 6:45). The "heart" is your subconscious mind, and inasmuch as you have impressed your subconscious with the idea of wealth, prosperity and success, you will attract the right person who cooperates with you in Divine order. Your speech and all your actions indicate your awareness of God's abundance.

Six in the second place: . . . *Suddenly are my tents spoiled, and my curtains in a moment* (Jeremiah 4:20). You are the tent or the tabernacle of the Living God, and your curtain is your mind which conceals your thoughts, feelings and beliefs. Do not permit envy or jealousy of others to deflect you from your goal. Give no power to others, but give all power and recognition to God within you, realizing if God be for you, who can be against you? Resist not evil, but overcome evil with good thoughts and faith and confidence in the Almighty Power Which responds to you and leads you to victory and the fulfillment of your heart's desire. Success is yours.

Nine in the third place: . . . *The sun became black as sackcloth of hair* . . . (Revelation 6:12). One of the meanings of the sun in the *I Ching* and in the Bible is your conscious mind. The moon is called the subconscious. The moon shines by reflection of the sun; likewise, your subconscious mind is always reflecting your habitual thinking. Blackness means darkness, confusion, intrigue. When you are beset with what seem to be insurmountable obstacles and difficulties, sit still; don't advance. Sit steady in the boat and let things take their course, trusting in the Divine law to adjust all things.

Nine in the fourth place: . . . *The Lord my God will enlighten my darkness* (Proverbs 18:28). Darkness means difficulties, ignorance and fear. Light dispels the darkness. Realize that Infinite Intelligence within your subconscious mind knows the way out and reveals to you the answer. You are Divinely guided, and the Guiding Principle within you attracts to you those who aid you in the realization of your dream. The day breaks for you and all the shadows flee away. Success is yours.

Six in the fifth place: *But my God shall supply all your need according to his riches in glory* . . . (Philippians 4:19). Your deeper

mind magnifies and multiplies your good exceedingly, and you are Divinely guided in all ways and will automatically attract the right people who cooperate, aid and assist you. Many blessings are yours now.

Six in the sixth place: *And I will say to my soul, Soul, thou hast much goods laid up for many years . . . But God said unto him, Thou fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?* (Luke 12:19,20). Wealth and possessions are not a deterrent to spirituality. All these things are necessary on this three-dimensional plane. Remember you do not really possess anything. God possesses all. You are a steward of the Divine and should use your wealth and possessions wisely, judiciously and constructively. You should share wisely with your family and contribute to the common good, while claiming that the wisdom of God guides you in all your actions. When you go on to the next dimension, the only things you can take with you are the treasures in your mind, which should include wisdom, love, faith, confidence, generosity and reverence for the Divinity which is the Source of yourself and all blessings. You owe your success also to others who helped you on the way. Love unites you with your family and all men. The really rich man is the man who recognizes the Source of all good. He is always rich in wisdom, understanding, kindness, love and goodwill to all. Looking down on others, having a superiority complex, and being smug and complacent attract loss to you in many ways.

56. Lu/The Wanderer

above Li, The Clinging, Fire

below Ken, Keeping Still, Mountain

The Judgment

He wandereth abroad for bread, saying, where is it? . . . (Job 15:23). When you travel throughout this world, regardless of the state or country, realize that the real bread of life is the Presence of God within you. Sense that God is guiding you and that the All-Powerful One and the All-Wise One is taking care of you and that He supplies all your needs and guides you in your footsteps so that you make no errors. No one can assimilate or digest good for another. Let your contact with God be a living one. Radiate love and goodwill to all and you will prosper and succeed in your journeys.

The Image

As a bird that wandereth from her nest, so is a man that wandereth from his place (Proverbs 27:8). Your place is always to be one with God and to realize as you sense this union that Divine law and order govern you in all ways. Come to quick decisions on what is right and just and do not deviate from the principle of right action. Come back to the nest, which means come back to the center of your own being where God dwells and insists on honesty, integrity and fortune for yourself and all those concerned.

The Lines

Six at the bottom: . . . *Wandering about from house to house . . . busybodies, speaking things which they ought not* (I Timothy 5:13). The Bible says: *And in whatsoever house ye enter, first say, peace be to this house* (Luke 10:5). Let the benediction be in your heart whenever you come into the presence of another or enter his home. Do not engage in negative speech or condemnation of others. Let your speech be constructive, wholesome and uplifting. Criticizing others and holding them up to ridicule bring loss and limitation to yourself.

Six in the second place: *With my whole heart have I sought thee: O let me not wander from thy commandments* (Psalms 119:10). The chief commandment is to love the God-Presence, which means to give the Presence your supreme allegiance and devotion and to keep in tune with the Infinite. As you love, respect and honor the Higher Self of you which is God, you will automatically respect and honor the Divinity in others, thereby gaining the cooperation of men and women and attracting the right companion for you through life.

Nine in the third place: . . . *There was no room for them at the inn* (Luke 2:7). The inn is where men gather to gossip and find fault, and where the mass mind governs with its superstitions, fears, hates, anger and hostilities. There is no room in such a mind for a realization of the Divine Presence which can heal, restore your mind to peace, and guide and direct you. God is the great stranger to millions of people. When you think your intellect and your ego can solve the problems of life and when you fail to contact Infinite Intelligence and be governed by Its power and wisdom, you get into trouble and attract loss.

Nine in the fourth place: *Look unto me and be ye saved, all the ends of the earth* . . .(Isaiah 45:22). To dwell upon negative things such as insecurity, personal danger and feeling alienated from others will only cause the manufacture of more trouble. Realize that God loves you and cares for you, and that you are always secure when you dwell consciously on the truth that you abide under the shadow of the Almighty. This is your refuge and your fortress and your true home. Failure to make contact with the Infinite causes you to feel like a stranger in a strange land.

Six in the fifth place: . . . *God is love*; *and he that dwelleth in love dwelleth in God, and God in him* (I John 4:16). Love or goodwill to others is always creative. A sense of love lengthens your life, brings inspiration, opens new doors for you, attracts new friends, expands your interests and business and overcomes all obstacles. With a heart full of love for all, you are always welcome everywhere and you cease being a stranger.

Nine at the sixth place: . . . *as a wandering bird cast out of the nest* . . . (Isaiah 16:2). You are the nest where God dwells, and when you take care of the nest, which is your mind and body, God will take care of you. You must not permit the fires of anger, resentment and hostility to burn up that nest. The cow in the *I Ching* and the Bible represents the milk of human kindness, love, peace and simplicity. When you fail to practice and identify with these qualities, you attract loss and limitation.

57. Sun/The Gentle (The Penetrating, Wind)

above Sun, The Gentle, Wind, Wood

below Sun, The Gentle, Wind, Wood

The Judgment

And the servant of the Lord must not strive; *but be gentle unto all men* . . . (II Timothy 2:24). Do not be impatient with yourself. Despise not the day of small beginnings. Handle yourself as a wise parent handles a difficult or obstreperous child—kindly, patiently,

but with gentle firmness, not expecting immediate growth, though nevertheless realizing and knowing that growth and expansion is on the way. Keep your eyes on your goal, be a good servant of the law, which means that whatever you steadfastly behold and on which you focus your attention grows inevitably and comes to pass. Know that God is guiding you and move forward in your plans with confidence. Take advice also from a good counselor.

The Image

The wind bloweth where it listeth . . . (John 3:8). The wind is symbolic of the Spirit within you. Open your mind and heart to the influx of the Spirit. Claim that the Spirit of God is flowing through your thoughts, words and deeds. This mental work is invisible, silent and gentle. It is the most far-reaching activity in your life and is subconsciously received and experienced by all those around you. Build your temple (your personality) without noise—your thought is soundless. Think good and good follows along all lines.

The Lines

Six at the bottom: . . . *Faith without works is dead* (James 2:20). Oftentimes as we pray, we notice that for a long time there seems to be no change in our outer world, but if we persist and keep our faith strong and cease vacillating and wavering, in spite of appearances, the way will open up. We must keep our faith in God and all things good, and good results will come to pass.

Nine in the second place: . . . *God is light, and in him is no darkness at all* (I John 1:5). God is love and Intelligence—All-Powerful. Hold up your fearful thoughts or sense of guilt to the light of your own reason and you will realize these are thoughts in your own mind which have no reality or power behind them. Negative suggestions given you have no power except you accept them, and then it is a movement solely of your own thought. Let the Light of God shine in your mind and realize that predictions of evil or harm have no power except you accept them. Keep your faith in God and realize as you tune in with the Infinite and claim Divine law and order in your life, all your ways will be roads of pleasantness and all your

paths will be peaceful. There is no power to challenge God. One with God is a majority. Great blessings are yours.

Nine in the third place: . . . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15). Avoid picking and nagging at your problems from time to time all day long. This mental attitude prolongs your problem. Look over the situation from all angles, claim God is guiding you, and then come at once to a clear-cut, definite decision, while knowing that the subjective wisdom of your subconscious will respond in Divine order. If you vacillate and waver, the result will be confusion and frustration.

Six in the fourth place: *And ye shall seek me, and find me, when ye shall search for me with all your heart* (Jeremiah 29:13). Realize that right thinking and the practice of the Presence of God, which is harmony, health, peace, wholeness and abundance, follows an unbreakable law and leads you to the fulfillment of your goal. Put your heart into your goal, which means let love and enthusiasm into your project, and you will find the answer.

Nine in the fifth place: . . . *Be not faithless, but believing* (John 20:27). Have faith in your own faith. Be determined in your own mind that you really have faith in the Guiding Principle within you. If you have no faith, you will not pray. The mere fact that you are praying means you have enough faith with which to start. Continue trusting the Infinite Intelligence within your subconscious to guide and direct you in all ways. Many blessings are yours.

Nine at the top: *Oh foolish Galatians, who hath bewitched you?* (Galatians 3:1). You bewitch yourself when you think wrongly, thus you build up false conditions around you and you believe them to be real. You forget you are the cause. You are bewitched by negative thoughts and emotions. Know that God is All Power, Infinite Intelligence and Boundless Love. If you refuse to call upon this Presence and Power and choose to indulge in negativity, losses come into your experience.

58. TUI/THE JOYOUS, LAKE

above Tui, The Joyous, Lake

below Tui, The Joyous, Lake

The Judgment

. . . *In thy presence is fullness of joy* . . . (Psalms 16:11). Take a source of keen delight and pleasure in your work or profession. Display a glad feeling, and this mood will be felt also by others. Great delight comes to you when you know that your thought is creative. Therefore, when you think of whatsoever things are lovely, noble and God-like, you are assured that the Living Spirit will flow through the forces of your thought patterns, bringing all your good to pass. No one can take away this knowledge from you. This is the joy of the Lord (Law) which gives you strength in all your undertakings. When you pray (think) realize it is a joyous visit with God within you. Practice this and your world will change in a wonderful way.

The Image

. . . *At thy right hand there are pleasures for evermore* (Psalms 16:11). The word "hand" in the *I Ching* and in the Bible means the Power of God, and the "right hand" means using the Power wisely and constructively. Spirit is God and is the Supreme Power and Cause. Feel and know that the Spirit of God is flowing through your thoughts and imagery, and as you begin with joy, you will end in

triumph and success. The beginning and the end are the same. To know this is to give you joy. Joy is felicity, gladness of the heart; it is laughter, goodwill, harmony and peace. The Bible says: *A merry heart doeth good like a medicine* . . . (Proverbs 17:22). This attitude instills joy and satisfaction in all those around you.

The Lines

Nine at the bottom: . . . *And shout for joy, all ye that are upright in heart* (Psalms 32:11). Recently an engineer told me that he had a most difficult assignment and had experienced many failures in the project; but he said that he endured burning the midnight oil and the travail of many setbacks and disappointments, for the joy that was set before him—the joy of victory and overcoming. He triumphed, which gave him a radiant feeling of joy. This is the way for you to approach life, and then you will be blessed and possess the power to overcome all difficulties.

Nine in the second place: *A man hath joy by the answer of his mouth: and a word spoken in due season, how good is it* (Proverbs 15:23). Your words of encouragement and confidence to others can lift them up and also give you an inner joy to see them grow and expand. Everything you do and say should give you joy and happiness. Your joy and strength and prosperity consist in practicing the Presence of God in your home, your office and everywhere else in your environment. Your inner joy comes from contact with the Infinite within you, and you find wonders happening in your life.

Six in the third place: *Folly is joy to him that is destitute of wisdom* . . . (Proverbs 15:21). Are you looking for joy in externals such as silly plays, jungle music, cheap radio and television plays or in salacious drama and other similar kinds of synthetic entertainment? If so, all this leads to frustration. *The joy of the Lord is your strength* (Nehemiah 8:10).

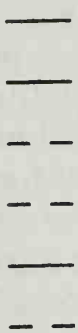
Nine in the fourth place: *Thou wilt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee* (Isaiah 26:3). You must come to a decision. The right decision is to focus your attention on eternal truths of life. Your real joy comes from getting acquainted with the spiritual powers within you. Spirit within you is God—the Cause of all. Look upon It as your lord and master.

It is Omnipotent and Supreme. Join up with this Power in your thought and realize Divine love flows through you and all your thoughts and mental images, and also goes before you making joyous and happy your way. This attitude stirs up an inner joy in you. It is called worship of God, which means recognizing and devoting your attention to the Supreme Being and the Power and Cause in you and singing the song of triumph. Come to the right decision now and the joy of the Lord will be your strength.

Nine in the fifth place . . . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15). Your confidence should not be placed on externals, conditions and circumstances. All these things pass away. Quiet your mind, relax, let go mentally, and turn your attention to the God-Presence within, which never changes and which is absolutely dependable—the same yesterday, today and forever. Your real faith should be in God and in all things good and not in the transitory and ephemeral things of life.

Six in the sixth place: *Go thy way, eat thy bread with joy* . . . (Ecclesiastes 9:7). There is a spiritual food you must eat if you want to experience real joy in life. Joy consists of the practice of the Presence of God. Mentally eat of harmony, right action, peace, love, goodwill and inspiration from On High. Busy your mind with these things and joy will be yours. If you are carried away by the blandishments and enticements of the world, and your attitude is one of eat, drink and be merry, and if you are governed by sensual pleasures only, then you will be governed by the mass mind, which results in failure and frustration. By refusing to govern yourself with God's ideas, you will become a victim of the fears and limitations of the mass mind and subject to the vagaries of every wind that blows.

59. HUAN/DISPERSION (DISSOLUTION)



above Sun, The Gentle, Wind

below K'an, The Abysmal, Water

The Judgment

The lips of the wise disperse knowledge . . . (Proverbs 15:7). You are wise when you become acquainted with the laws of life and the way of the Spirit within you. The Life-Principle is the common progenitor of all men. All of us have one Father, and we are all intimately related. Love, harmony and goodwill unite people regardless of race, creed or color. You can pour forth love, peace and goodwill to all, and you can help disseminate knowledge of the great principles of life which never change and which belong to all men. It is to your advantage to move toward your goal. Your motives being God-like, you will reach your goal, and whatever journey you take will be in Divine order.

The Image

Let thy fountains be dispersed abroad . . . (Proverbs 5:16). The Fountain of Life is within you. Drink of the waters of inspiration, guidance, assurance and confidence As you call upon this Supreme Power and Presence, It responds to you, and you feel refreshed and exhilarated. Wish for everyone what you wish for yourself. Recognizing the Source and knowing your capacity to go within and claim what you want dispenses with all greed, envy and jealousy. The Fountain of Life responds to all who call upon It and who believe in its responsive nature.

The Lines

Six at the bottom: *The horse is prepared against the day of battle* . . . (Proverbs 21:31). The horse represents your emotional forces. These forces must always be channeled in God-like ways. Focus your attention on harmony, Divine right action and Divine understanding. Realize that Divine understanding and Divine love in you dissolve all misunderstandings. As you become aware that Divine love goes before you in all your undertakings, your emotional nature will flow in response and you will experience prosperity and success.

Nine in the second place: *And when ye stand praying, forgive, if ye have ought against any* . . . (Mark 11:25). To forgive is to "give for." Give yourself the mood of love, peace and goodwill for any feeling of ill will, hatred or resentment you may hold toward another. You are the only thinker in your world, and what you think and feel about another, you create in your own experience. Resentment and ill will block your good. Surrender others to God and wish for them all the blessings of life. You know when you have forgiven, because you no longer have any sting. Forgive and go free.

Six in the third place: *Seek ye first the Kingdom of God* . . . (Matthew 6:33). Set your mind on the limitless Power which is within you. Be patient and rest assured that the Spirit in you leads, guides and directs all your actions. Contemplate the reality of your goal or objective and know that an Almighty Power is moving on your behalf and will lead you to attain your objectives in Divine order.

Six in the fourth place: *The way of the Lord is strength to the upright* . . . (Proverbs 10:29). *Blessed is the man whose strength is in Thee* (Psalms 84:5). Everything that you do must be done from the standpoint of eternal truths and principles of life. All those around you should be spiritual links in the chain of your growth, welfare and prosperity and also for the common good. You should sever all connections with those who deviate from the principles of honesty, integrity and justice and adhere instead to the Truth of Being, which never changes. As you do this, great blessings and success will be experienced by you.

Nine in the fifth place: *Doth not wisdom cry? and understanding put forth her voice?* (Proverbs 8:1). Wisdom is the awareness of the

Presence and Power of God in you Which can solve all problems and bring peace to the troubled mind. Understanding is the application of this wisdom in your daily life to rise above all barriers, obstacles and difficulties. Whenever you seem to be stymied or blocked, remember there is always an answer, a solution, and that the God-Presence knows only the answer. Affirm: "God knows the way out and reveals to me the answer, and I follow the *lead* which comes to me." An idea will well up from your subliminal depths which solves your problem.

Nine at the top: *There shall no evil befall thee, neither shall any plague come nigh thy dwelling* (Psalms 91:10). You believe the God-Power is your refuge and fortress, and by dwelling regularly on the truth that God's love surrounds you and all members of your family, no trouble can touch you. Meditating regularly on the guidance and protection of God and walking and acting under that assumption, you become immune from any kind of danger. Right action prevails for you.

60. CHIEH/LIMITATION

above K'an, The Abysmal, Water

below Tui, The Joyous, Lake

The Judgment

. . . *And of thy mercies toward me? Are they restrained?* (Isaiah 63:15). God is limitless, but man is limited. It is through your limi-

tations that you discover your Divinity and the powers within you which enable you to sharpen your mental and spiritual tools and rise above all problems. Rest and motion are necessary also, as these are the great laws of life. You require a certain amount of recreation, relaxation, joy and merriment—not too much, just enough. You require time for prayer, meditation, and rest and sleep, also. Both are essential to a balanced life. In other words, moderation is required in all things. Remember, however, that the God-Power in you is not limited in any way, and that your union with It can cause you to rise and transcend your difficulties. Avoid extremes. Nature abhors extremes.

The Image

For with God nothing shall be impossible (Luke 1:37). If any problem or difficulty seems beyond your control, come to a decision in your mind that the challenge or difficulty is Divinely outmatched, and look upon it as an opportunity for growth and spiritual advancement. Affirm boldly: "God will perfect that which concerneth me." Tremendous power lies back of this truth.

The Lines

Nine at the bottom: *Discretion shall preserve thee, understanding shall keep thee* (Proverbs 2:11). You have the power or right to decide or act according to your own judgment. You have freedom of choice; therefore, you are judicious and you exercise prudence in your speech and action. To live through understanding is to swim with the tide. You will not need to "battle" or swim against the king wave. Wait and pray and the right time will come; then you will know what to do and how to do it.

Nine in the second place: . . . *For he that wavereth is like a wave of the sea driven with the wind and tossed* (James 1:6). When the opportunity knocks at your door, seize it at once and move forward. When you vacillate and waver, you are like the double-minded man, unstable in all your ways. A man who is pressing up and down at the same time on an elevator doesn't go up or down. This attitude of mind attracts to you loss, disappointment and frustration.

Six in the third place: . . . *And a false balance is not good* (Proverbs 20:23). You must lead a balanced life. You are living in both a subjective and an objective world. If you devote all your time to externals, dissipating your energy unwisely and abusing your body, you will have an adverse reaction. You must nourish your mind with celestial food and meditate frequently on ideas which heal, bless, inspire, elevate and dignify your whole being. The inside controls the outside. Love and felicity in the heart will govern your external life and both will be balanced. To ignore your Divine nature and overindulge in the pleasures of the flesh will cause you to have negative results.

Six in the fourth place: . . . *For I have learned, in whatever state I am, therewith to be content* (Philippians 4:11). Have the wisdom to put up with those things you can't change. Don't dissipate your energy in trying to change the world. Remember, there is no one to change but yourself. There are a lot of things you can't change in this world, such as the rotation of the earth on its axis and the movement of the heavenly bodies. You can change yourself, however, by changing your mind and aligning yourself with the Infinite Wisdom and Infinite Power, which leads you to success and achievement.

Nine in the fifth place: . . . *Godliness is profitable unto all things* . . . (I Timothy 4:8). Let all your undertakings and adventures be God-like. Do all things for the glory of God. Wish for others what you wish for yourself. Never hold limiting or restrictive thoughts about others, as whatever you think about others you create in your own experience. Be forthright and honest and affirm that God's guidance and Divine right action govern you, and for that reason you will be exalted and prospered in all ways.

Six in the sixth place: . . . *Therefore glorify God in your body* (I Corinthians 6:20). It is wrong to abuse your body. It is an instrument of the Divine Presence. Austerities, rigidities and the ascetic life have no spiritual significance and are usually destructive to the health and harmony of the body. Your body is the nest where God dwells and you should make it a channel for vitality, wholeness, beauty and perfection. Remorse over the past is destructive, and maintaining a deep and painful regret for some wrongdoing in the past is a mental poison, which debilitates the entire organism. God never punishes. You are punishing yourself. Forgive yourself and

change your habits of thinking. Change your present thinking along God-like ways, and the future will be your present thoughts made manifest. Cease your self-punishment or you will continue to experience negative reactions. Cease all self-condemnation now and exalt God in the midst of you.

61. Chung Fu/Inner Truth

above Sun, The Gentle, Wind

below Tui, The Joyous, Lake

The Judgment

There shall no evil happen to the just (Proverbs 12:21). . . . *The people that do know their God shall be strong* . . . (Daniel 11:32). You are righteous when you think right, feel right, do right and act right according to the Golden Rule and the Law of Love. Have a firm conviction in God's Love and in the goodness of God, and you will communicate this inner assumption subconsciously to others, revealing to you that all real union with others is based on the bond of love and right action. This attitude blesses you, enabling you to go forward to your goal. You will prosper.

The Image

Judge not according to appearances, but judge righteous judgment (John 7:24). Your judgment or decision should always be based

on the truth. You separate the false from the true, and you come to a decision based on the principles and truths of God, which never change. Thinking, speaking and acting from the standpoint of God's Laws, you are exercising righteous judgment.

The Lines

Nine at the bottom: . . .*Thy faith hath saved thee; go in peace* (Luke 7:50). Faith is confidence in spiritual principles. This is the nighest degree of confidence. Place your reliance and trust in your own inner nature, which is God in you. If your confidence is placed in externals, such as on people, stocks, bonds, or personal relationships, remember all these objects continue to change and are not stable. When you place your faith in God and the goodness of God, you will prosper and succeed.

Nine in the second place: . . . *The crane . . . observe the time of their coming* (Jeremiah 8:7). The root of the word "crane" in the *I Ching* and in the Bible is joy. When you are bubbling over with joy and enthusiasm, you automatically exude a vibration which is subjectively felt by others, and you attract to yourself spiritual companions on life's journey. Your mood has its affinities. As you walk in the consciousness of the joy of the Lord, which is your strength, your mental broadcast blesses all whose mental antennae are open to receive it. Your inner joy and uplifted state of mind are contagious, and all are blessed because you walked this way.

Six in the third place: *Thou wilt keep him in perfect peace, whose mind is stayed on thee* . . . (Isaiah 26:3). Tune in on the Infinite, which lies stretched in smiling repose within you. Claim God's river of peace flows through your thoughts, words, actions and reactions. In your relationships with people, do not be possessive or try to make them do what you think they should do, or act the way you think they should act. Never permit others to rob you of your peace of mind. Your peace and inner equilibrium and joy come from God, and not from other people. Bless them and walk on in peace.

Six in the fourth place. . . . *The sun stood still and the moon stayed* . . . (Joshua 10:13). The sun is the conscious mind and the moon represents your subconscious mind. As the moon reflects the light of the sun, so does your subconscious mind reflect the decrees

or the habitual thinking and imagery of your conscious mind. When you still and quiet your conscious mind (the sun stood still) and contemplate the Presence of God's Light, Love, Truth, Power and Beauty, your subconscious is also stilled, and any of its negative movements are neutralized and stilled. When you are filled full of the feeling of being what you love to be, this is called the full moon; i.e., you have succeeded in impregnating your subconscious mind. Realize that Infinite Intelligence is guiding and directing you. Adhere to this Truth and give no power to people, and you will succeed.

Nine in the fifth place: . . . *There is no power but of God*; *the powers that be are ordained of God* (Romans 13:1). As you continue to recognize that God is the only Presence and Power and you feel your oneness with God, you will radiate your inner conviction to all those connected with you, and they will pick it up subjectively. All things will work together for good for you.

Nine in the sixth place: . . . *While he yet spake*, *the cock crew* (Luke 22:60). The cock crows at dawn, and it is said that the cock believes it creates daylight. There is no use boasting and pretending to be what you do not feel to be true in your heart. Verbalism and vain repetitions or affirmations or saying prayers by rote will avail you nothing. The truths of God must be assimilated, appropriated and digested into your mentality in the same way as a piece of bread, when digested, becomes your bloodstream. To engage in idle daydreaming or vain repetitions will only tend to demote and demean you along all lines.

62. Hsiao Kuo/Preponderance of the Small

above Chen, The Arousing, Thunder

below Ken, Keeping Still, Mountain

The Judgment

. . . For a bird of the air shall carry the voice, and that which hath wings shall tell the matter (Ecclesiastes 10:20). A "bird" in the *I Ching* and in the Bible represents your thought and feeling. That is why it has two wings. The bird flies off into the air, but it comes down to earth for food, to build its nest and to care for its young. If you build castles in the air, you must make sure you build foundations under them so that they become a reality. Select the next reasonable step in your career—that which you feel you could accomplish—and then know that through the power of God you will succeed. When your prayer is answered, you can start up the next rung of the ladder. Be like the bird. Come back to earth. Make sure that your idea is felt as true in your heart, because any desire, plan, dream or aspiration that you nourish, sustain and emotionalize will be subjectified and come to pass. Great success is yours.

The Image

Focus your attention on spiritual principles and feel the River of Peace flowing through you. As your soul is filled with peace, you will radiate peace, and others will receive it intuitively. For example: If you have lost a loved one, you will rejoice in the loved one's graduation to a higher dimension of life and radiate God's love and

peace to your loved one or friend. When your heart is full of peace, you will have all the money you need and will spend it freely, knowing the Source is eternal. True peace of mind brings about a regeneration, enabling you to lead a full and happy life. Avoid extremes of all kinds, and experience the peace that passeth understanding.

The Lines

Six at the bottom: . . . *As a bird hasteth to the snare, and knoweth not that it is for his life* (Proverbs 7:23). Recently a man of seventy was trying to keep up with his son of twenty years in handball, tennis and hiking. He was boasting of his youth and his endurance and tried to run as fast as his boy. He suffered a heart attack, however. A man of sixty or seventy should engage his mind in spiritual and mental athletics and exercise, and release the joy of the Lord which is his strength. Be your age and realize age is not the flight of years but the dawn of wisdom. If you try to force things, use mental coercion, and in general try too hard, you will not succeed.

Six in the second place: *But I will for their sakes remember the covenant of their ancestors* . . . (Leviticus 26:45). The covenant is an agreement between God and man. The Presence of God is within you, and you are God's son or expression. When you call on Infinite Intelligence, you receive a response. This truth applies to all men, as God is no respecter of persons, and neither is the law of mind. You do not pray to your ancestors. The ancestors in the *I Ching* mean your subconscious mind, which is the storehouse of wisdom and is one with Infinite Intelligence and boundless wisdom. *If any of you lack wisdom, let him ask of God, that giveth to all men liberally* . . . (James 1:5). Claim that the wisdom of God governs all your actions and predicate all actions on the truth that Infinite Intelligence is guiding and directing you, and you will then advance in Divine order.

Nine in the third place: *Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day* (Psalms 91:5) The "arrow . . by day" refers to a difficulty or danger you are aware of, whether trouble with others, a business problem, or some other difficulty. The "terror by night" implies that there may be some complex in your subconscious or the existence of some dangers outside of your-

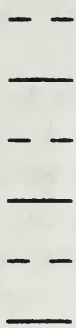
self. You should use common sense and be alert and alive to all things going on around you. If someone is covertly working against you, pray frequently as follows: "There is nothing hidden that is not revealed to me. There is nothing covered that is not made known. I am surrounded by the sacred circle of God's love, and God watches over me." Read the 91st Psalm. It is the foremost Psalm of protection, and it will work wonders for you.

Nine in the fourth place: . . . *And when sailing was now dangerous . . . Paul admonished them* (Acts 27:9). In the journey of life, we may experience danger as we go by air, sea or land or on the street. Remain quiet and calm, do not fight the situation mentally. Use ordinary caution while at the same time knowing that God's love surrounds you, enfolds you and enwraps you. Realize that where you are God is and that "He careth for you." Trust the Divine guiding principle within you, and you will be led to move forward at the right time in the right way.

Six in the fifth place: . . *Clouds there are without water* (Jude 1:12). When clouds do not yield water to wash the earth, symbolically it means your meditations or prayers (clouds) yield no fruit or result. You can overcome this dry period in your life by realizing that the Infinite Intelligence in your subconscious knows the way out and that your faith in the Infinite powers within you will enable you to rise above all obstacles, and you will attract to you all those who will aid you in the realization of your particular assignment.

Six in the sixth place: . . . *Their glory shall fly away like a bird* . . . (Hosea 9:11). The bird means your thought life. The bird which flies off and does not return to earth for procreation, for food or to build its nest means your desire or idea has no resting place and no foundations under it. In others words, your desire or idea is not felt as true. It is not incorporated into your subconscious mind. Mental coercion and trying to force things and building castles in the air without any foundation under them lead to loss and frustration. Your ideals and aspirations must not remain "up in the air." They must be accepted as true and must be demonstrated in your life. You must demonstrate your faith in God and the good.

63. Chi Chi/After Completion



above K'an, The Abysmal, Water

below Li, The Clinging, Fire

The Judgment

. . . But he that shall endure unto the end, the same shall be saved (Mark 13:13). Persistence, stick-to-itiveness and determination to reach your goal will pay dividends. Do not rest on your laurels. Realize that eternal vigilance is the price of liberty. Likewise, there must be eternal vigilance by you over your thoughts and mental attitude. Keep alert and alive. Be on the *qui vive* at all times. Carelessness and inattention to your thought-life and imagery can lead to confusion and loss. Continue in right thinking and right feeling, and all will be well.

The Image

All of us are moving through the opposites in life such as night and day, ebb and flow, in and out, hot and cold, sickness and health, sweet and sour, hard and soft, love and hate, faith and fear, and male and female. All these are halves of the one whole. Going through life, the spiritual-minded man goes back to the center of harmony within himself and he reconciles the opposites. When fear or worry comes to your mind, go to the center of yourself and realize that God is all there is and God is Love and His Love goes before you to make straight, joyous and glorious your way. You have translated the opposite back to Spirit. Persevere in doing this and you will lead

a charmed life. All is Spirit and the manifestation of Spirit. In reality one part of Spirit cannot be antagonistic to another part. Spirit is one and indivisible. Salute the Divinity in the other person.

The Lines

Nine at the bottom: *And be not conformed to this world: but be ye transformed by the renewing of your mind . . .* (Romans 12:2). The "world" means the mass mind, which is full of fear, anxiety, superstition and ignorance. Do not permit that type of mind to govern you. You must choose your own thoughts and your own direction in life. Avoid the contagion of the multitude. The crowd is always wrong. Go within yourself instead, and ask for God's guidance and claim Divine law and order is operating in your life; you will go forward then at the right time, and in the right way, and accomplish your aims.

Six in the second place: . . . *He that humbleth himself shall be exalted* (Luke 14:11). This is not a doormat attitude. On the contrary, it means a man who is conscious of his true worth and is humble enough to give all power to God within him and not to any man or organization. Realize that no one can demote you, hurt you or deprive you of your true place in life. Your workshop is your mind in tune with the Infinite, and your mental tools are your attitudes and choices. Choose true place, right action; feel, know and claim that you are always in your true place, doing what you love to do, Divinely happy and Divinely prospered. The law of your mind will confirm this and success is yours. Be humble before the law of your mind, which is: whatever you impress in your subconscious is also expressed.

Nine in the third place: . . . *Remember the covenant of their ancestors . . .* (Leviticus 26:45). The root meaning of "ancestor" is beginning. In the beginning God—this means the Life-Principle in you, which is called your Illustrious Ancestor in the *I Ching*, is our common Progenitor—the Father of all. The enemies are of your own mind, such as fear, hate, greed, covetousness. Prayer heals by destroying evil. Good thoughts are spiritual vibrations and possess much higher and finer vibrations than negative thoughts, which are of a much lower vibration. Prayer stops your mind from vibrating at a

lower level. The devils that plague man's mind are fear ignorance and superstition. What becomes of all the negative thoughts when you contemplate the truths of God? They have ceased to exist. If you again indulge in fear, criticism, self-condemnation, looking upon others as inferior, and the like, you will get into trouble. Practice the Golden Rule and treat everybody as you would like to be treated. Then you will succeed and prosper.

Six in the fourth place: . . . *And drowsiness shall clothe a man with rags* (Proverbs 23:21). When man is asleep to the powers of God within himself, he becomes a victim of the mass mind with its jealousies, fears and intrigues, all of which mean rags. You should be clothed in the garments (mood, feeling) of faith, confidence, love and the song of triumph in your heart. The Bible says: . . . *Be ye therefore wise as serpents, and harmless as doves* (Matthew 10:16). Be discerning and perceptive enough to see what is going on. Be on the *qui vive*; be vigilant, astute and open to both inner guidance and counsel from without. Refuse to compromise with the truth. Play also the role of a dove, which is a symbol of purity and peace. Cremate and burn up all negation with the fire of Divine Love and faith in God.

Nine in the fifth place: *To what purpose is the multitude of your sacrifices unto me? saith the Lord: I am full of the burnt offerings of rams . . . and I delight not in the blood of bullocks, or of lambs, or of he goats* (Isaiah 1:11). A "sacrifice" in the *I Ching* and in our Bible is not depriving yourself of some needed good in order to satisfy a being other than yourself; the sacrifice you make is to give up negative and destructive thinking for constructive and harmonious thought-patterns. In other words, give up the lesser for the greater; for example, perform some act, such as a sacrifice hit in baseball. Oftentimes at sea, when a ship is in distress, it lightens its cargo in order to reach port. In all instances, to sacrifice means to give up your burdens of sickness, poverty and ill will, and to realize the abundant life. Many people practice rituals and ceremonies; they make pilgrimages, fast and follow all the tenets and rules of their churches and yet their lives are chaotic and tragic. All external activities are meaningless unless accompanied by a change of heart. It is what you really believe deep down in your heart (subconscious mind) that is made manifest; not what you theoretically give mental assent to.

Whatever your desire is—that is your offering, as you can't give God anything. Your desire is a gift of God. Affirm feelingly and knowingly: "God gave me this desire. I envelop it in love and I know it is sinking down into my subconscious now, and through the power of God it will come to pass." This represents the acceptance of God's gift, which is the real sacrifice.

Six in the sixth place: *Remember ye not the former things, neitner consider the things of old* (Isaiah 43:18). The past is dead. If your head is turned and looking backward, you can't go forward. It is foolish to linger over a pit into which you may have fallen, as though you enjoy the memory of an unpleasant experience. Be a true builder, waste no time in retrospection of old hurts and losses. Change your thought and keep it changed. Your future is your present thinking made manifest. To dwell on the negation of the past is to think about it now, and the past becomes your present thought. Inasmuch as your thought is creative, you are simply looking for trouble. Stop doing it and you will go forward.

64. Wei Chi/Before Completion

— —
— — **above Li, The Clinging, Flame**
— —
— —
— — **below K'an, The Abysmal, Water**
— —

The Judgment

Take us the foxes, the little foxes, that spoil the vines . . . (Song of Solomon 2:15). The meaning of the root of the word "fox" in the

I Ching and in the Bible is burrower. A fox burrows a hole or tunnel in the ground. You must not permit fear, worry or doubt (foxes) to burrow into or hide in or even gain entrance into your mind, because if you entertain these foxes, they will spoil the vines—the good things of life. Fear, worry and doubt set up obstacles, difficulties and failures in your life. Begin to listen to the truth and affirm boldly: "God is my guide and my counselor. I have no fear, for God is with me. God is the only Presence and the only Power. I am now moving forward in Divine order at the right time and in the right way. I am at peace." When you are at peace and your confidence is restored, you can then move forward. To begin with fear is to end with failure. To begin with faith in God is to end in success.

The Image

In all thy ways acknowledge him, and he shall direct thy paths (Proverbs 3:6). Before any journey or undertaking, be it what it may, always begin with God and assert feelingly and knowingly, "God is an ever present help. God is my guide and my strength, and God brings all things to pass in my life in Divine order through Divine love." Always go back to the center of your being where God dwells and listen to the voice of the Divine, and you will be inspired and succeed in harmonizing all things. You will bring to pass your heart's desire.

The Lines

Six at the bottom: . . . *Behold, now is the accepted time; behold, now is the day of salvation* (II Corinthians 6:2). Salvation is the solution to your problem and is available now, for in the mind-principle there is no time or space. Time and space belong to this objective world you live in. Now is the accepted time for you to get your mind at peace, because when you are in a disturbed or a confused state of mind, whatever you do would be wrong. The beginning nd the end are the same, and if your mind is in disarray and is haotic now, it is the wrong time to advance. Read the 23rd Psalm; believe what it says Get your mind in order and wait until you are at peace within before you act. When you begin with faith and con-

fidence, your path will end in success. Get your mind in order now.

Nine in the second place: . . . *The trying of your faith worketh patience* (James 1:3). Do not be anxious. Anxiety is faith in the wrong thing. Haste makes waste. Have faith that you can accomplish all things through the God-Power which strengtheneth you. Go forward with that idea foremost in your mind. Be persistent and patient, knowing that all seeds come forth after their kind. Don't try to hurry the God-Power. Your attitude of mind will bring success and prosperity to you.

Six in the third place: *Thou wilt keep him in perfect peace whose mind is stayed on thee* . . . (Isaiah 26:3). Do not go forward or undertake any assignment until your mind is at peace. Whatever you start to do, the first step is to tune in on the Infinite One and have implicit faith that through the power of God you can accomplish, and you will succeed. When your mind is focussed on the Divine Presence within you, you are at peace, and peace is the power at the heart of God. Call on the Divine Power, which will respond to you. Also realize that Infinite Intelligence will attract those people to you who can aid and assist you in the realization of your heart's desire. You will reach your goal.

Nine in the fourth place: *God is my strength and power, and he maketh my way perfect* (II Samuel 22:33). Realize Divine love goes before you, making straight, easy and perfect your way. When fear, worry or obstacles come into your mind, supplant them at once and affirm, "I can do all things through the God-Power that strengtheneth me." No matter what the difficulties, doubts or impediments that seem to block you, keep on knowing that victory is yours. Look toward the joy of overcoming that which is set before you. The way opens up and you will receive rich rewards in many ways.

Six in the fifth place: *Both riches and honor come to thee, and thou reignest over all* . . . (I Chronicles 29:12). The riches of your mind consist of faith, confidence, assurance and wisdom. You are illumined from On High, and you are radiating love and goodwill to all. God's wealth flows to you freely, joyously and lovingly, and you are prospered spiritually, mentally and in all other ways.

Nine in the sixth place: . . . *These men are full of new wine* (Acts 2:13). "Wine" in the *I Ching* and in the Bible signifies joy and an exhilaration induced by the Spirit of God in the heart and mind of

man. You feel inspired and God-intoxicated, which means the wine of joy, of success and of accomplishment. The feeling of joy is always experienced in the act of overcoming. Maintain balance and poise at all times. Realize that it is the joy of the Lord that always ensures your strength, your health and your security. With your eyes stayed on God, you will always maintain serenity and equilibrium. Make it a constant habit to drink of that old wine of heaven until the day breaks and all the shadows flee away.

INSPIRATION

SECRETS OF THE I CHING

by **JOSEPH MURPHY,** *D.D., D.R.S., Ph.D., LL.D.*

Fellow of the Andhra Research University of India

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Joseph Murphy, D.D., D.R.S., Ph.D., LL.D., is one of the world's best known authorities on helping people with mystic methods. This is his 34th book, and millions of people around the globe know his name—from his writings, lectures, and personal counsel he has given out for more than 30 years. He also conducts a daily radio program and is a well-known authority on mind-power and the occult. Among many other notable honors, he is a Doctor of Religious Science of the Bible University of Ambur, India, and a Fellow of the Andhra Research University.

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TECHNIQUES IN PRAYER THERAPY

TECHNIQUES IN PRAYER THERAPY

Dr. Joseph Murphy

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About the Author

Introduction

Wonders Happen When You Pray

This book was written with the purpose of telling you how to reach the source of your good, and get desired results through praying effectively.

Do you know how to pray? How long has it been since you prayed as part of your everyday activities? In an emergency, in times of danger or trouble, in illness, and when death lurks, prayers pour forth—your own and that of your friends. Just read your daily newspaper. It's reported that prayers are being offered up all over the nation for a child stricken with a so-called incurable ailment, for peace among nations, or for a group of miners trapped in a flooded mine. Later it is reported that when rescued, the miners said that they prayed and sang while waiting for rescue; an airplane pilot says that he prayed as he made a successful emergency landing.

Certainly, prayer is an ever-present help in time of trouble, but you do not have to wait for trouble to make prayer an integral and constructive part of your life. The dramatic answers to prayer make headlines and are the subject of testimonies to its effectiveness. What of the many humble prayers of children, the simple thanksgiving of grace at the dinner table, the faithful devotions wherein the individual seeks only communion with God?

My work has made it necessary for me to study the various approaches to prayer. I've experienced the power of prayer in my own life, and I've talked

and worked with many people who also have enjoyed the help of prayer. Usually, the problem is how to tell others how to pray. Prayer is an intimate and personal communication. People who are in trouble have difficulty thinking and acting reasonably. They need an easy formula to follow, an obviously workable pattern that is simple and specific. Often they must be led to approach the emergency.

The Bible admonishes us to pray without ceasing. You can make prayer a constant, constructive factor in your life. Prayer can bring success into your life, it can sustain health, and it will enable you to be more helpful to others. The forces that make prayer effective are universal. It is not alone the technique or process of prayer that causes the Infinite Intelligence to respond; rather, *it is according to our faith* (or complete mental acceptance) that it is done unto us. All of us tap the same Healing Principle. Of course, a technique based on an understanding of what we're doing and why we're doing it will help us bring about a subjective embodiment of our desires. This is why I'm going to suggest techniques of prayer and formulas that have worked.

Emerson defined prayer as "the contemplation of the truths of life from the highest point of view." The Bible teaches us to devote our minds and attention to certain selected truths, such as *Whatsoever things are true, whatsoever things arc lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things* (Phil. 4:8). Essentially, answered prayer is the realization of your heart's desire.

Everybody prays because desire is prayer. All of us desire health, happiness, security, peace of mind, true expression, and so on, but many fail to achieve clearly defined results. A university professor admitted to me recently, "I know that if I changed my mental pattern and redirected my emotional life, my ulcers would not recur; but I do not have any technique, process, or *modus operandi.* My mind wanders back and forth on my many problems; and I feel frustrated, defeated, and unhappy." This professor had a desire for perfect health; he needed a knowledge of mental and spiritual laws that would enable him to fulfill his desire.

In this book, techniques and formulas are given that will enable you to prove the age-old Biblical truth: *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24). Here, Jesus states categorically, emphatically, and unequivocally that all we have to do is to believe; therefore, the law behind answered prayer is the law of belief. This belief is not based on a particular creed, dogma, institution, organization, church, or person, but is based on a realization of a Universal Creative Law that sustains the world and all things therein contained.

To believe is to accept something as true. Whatever man's conscious, reasoning mind accepts as true engenders a corresponding reaction from his subconscious mind that is one with Infinite Intelligence and the Infinite Power of God. The subconscious mind works through the creative, which responds to the nature of people's thoughts bringing about conditions, experiences, and events in the image and likeness of habitual thought-patterns, proving the truth stated so succinctly in the Bible: *As a man thinketh in his heart, so is he.*

It is not the thing believed in that brings an answer to someone's prayer; the answer to prayer results when the individual's subconscious mind responds to the mental picture or thought in the mind. This law of belief is operating in all religions of the world and is the reason why they're psychologically true. The Buddhist, the Christian, the Moslem, and the Jew all may get answers to their prayers, not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of belief or mental acceptance and receptivity about that for which they pray.

The law of life is the law of belief, and belief could be summed up briefly as a thought in your mind. As a man thinks, feels, and believes, so is the condition of his mind, body, and circumstances.

There is only One Creative Principle operating in the world. It is responsive to all people and is no respecter of persons. The nature of this Creative Principle is responsiveness. As you apply the simple techniques outlined in this book, you'll discover a power within you that can lift you out of a state of frustration, illness, loneliness, discord, or poverty; and it can set you on the high road to freedom, happiness, and radiant health. This Creative Intelligence existed before you and I were born, before any church or world existed; the great eternal truths of life antedate all religions. It is with these thoughts in mind that I urge you in the following chapters to lay hold of this wonderful, magical, healing, transforming power that will bind up mental and physical wounds, proclaim liberty to the fear-ridden mind; and liberate you completely from the limitations of poverty, failure, misery, lack, and confusion. All you have to do is to unite mentally and emotionally with this Creative Power, and let wonders happen when you pray.

*** ***

Chapter One

Prayer Establishes Constructive Patterns

There is nothing difficult about prayer. Whoever reads this book and applies the principles set forth will be able to pray effectively for himself and others. True prayer utilizes the Universal Law of action and reaction. Thought is incipient action; the reaction is the response from a Deeper Mind that corresponds with the nature of the thought. Think good, good follows; think evil, evil follows.

When you pray, you are implanting a certain thought pattern or mental image in the Universal Creative Mind that accepts what you consciously believe to be true. The Creative Law knows exactly how to change thoughts into things and will begin to execute the thought patterns given to it; the effects will be observable as form, function, experience, or event.

The following are examples of effective prayer:

He Trusted in God

An article appeared in our local newspaper about a young man in the Korean War who was miraculously saved from what seemed certain death by repeating the verses of the 23rd Psalm. Bullets were whizzing past him, his buddies were all killed, and his knees were shaking as lie prayed aloud, “The Lord is my shepherd, I shall not want, He leadeth me beside the still waters, He restoreth my soul . . .” An inner peace and confidence welled up within him; he was not touched as he found his way to safety and freedom. Infinite Intelligence

within him had responded to his prayer of faith and trust.

Thinking of God

An elderly woman who listened regularly to a radio program I conducted in Southern California for many years wrote to me saying that she'd learned to pray through our Sunday-morning prayer-therapy instruction. She stated that she had jotted down on a piece of paper all that she'd been taught about God: God is Infinite Intelligence, Boundless Love, Omnipotence, infinite Wisdom, Indescribable Beauty, Absolute Harmony, the Creative Intelligence that had formed and vitalized her body with all of its organs. Every morning and evening for five or ten minutes, she would think quietly and with single-minded interest on these qualities and attributes of God, silently claiming that these truths were being absorbed into her mentality. Within a month's time, an entire tumorous growth had disappeared as proven by x-rays, and physical examination by her physician.

This woman did not directly treat her tumorous growth, which was the solidified effect of her previous thought patterns. As she filled her mind with statements of truth, a corresponding change took place in her body. She continued to "unthink" the negative thoughts by thinking of God and His love, which finally corrected the condition.

The Art of Prayer

If you would become a master of the art of prayer, begin immediately to attach yourself mentally and emotionally to an idea, a plan, or a purpose; it will not be long before you will begin to experience physical evidence of the physical reaction to your thoughts. However, do not discontinue your prayers with the first evidence of results. You must keep on praying with the conviction that you're operating a mental and spiritual Law that responds to your mental activity, which keeps you in a state of peace. Remember that any idea upon which you meditate and feel as true incubates in your subconscious mind and is expressed in your life. To know what you're doing and why you're doing it will give you faith and confidence in your prayer life.

Prayer—A Change o f Mind

In prayer, you experience a change of mind as you discover what the truth is, and your mind begins to conform to that truth. Prayer reveals the truth that God is Supreme and Omnipotent in solving all human problems. No matter what kind of difficulty may be facing you, and no matter how complicated the situation may seem, prayer can bring about a harmonious resolution and rearrangement of your affairs in accordance with Divine order.

Prayer is not an act of asking God for anything; neither is prayer an effort to change the will of God. Prayer merely changes the conditions in your own mind. Prayer is not a timid suppliant, begging, beseeching approach to a God in space for a favor; rather, prayer is the positive effort of man acting with a fervent belief and confidence that God, which is Infinite Intelligence, will respond according to the nature of the thoughts embodied in the mind. The answer to prayer is in one's own mind based on the truth: *According to your faith is it done unto you. Prayer Is the Practice o f the Presence o f God* in your life and all your affairs. It is a belief that God is where you are and is speaking through you always.

You are praying whenever you are thinking of God and His Love and Wisdom and when you feel your oneness with God. Likewise, you are praying whenever you're reading or meditating on the spiritual truths of the Bible or any other spiritual book.

Many people pray hundreds of times during the day by silently claiming as they go about their business that God is guiding, directing, and acting through them at all times, and that He watches over them in all their ways. Prayer is often referred to as *the practice of the Presence of God,* which means that you realize that the Intelligence and Wisdom of God are working through you, bringing about a harmonious solution where the trouble seems to be. This attitude of mind changes the difficulty into harmony. You can *practice the Presence o f God* by doing everything from the standpoint of the Golden Rule and the Law of Love.

God Answers

Wise action will follow wise thoughts. A *wise thought* is to know that God or Infinite Intelligence is guiding you now, and that He knows the answer; therefore, you affirm boldly that you know the answer. *Before they call, I will answer!* In praying for an answer to your problem, it is foolish to neglect or overlook the obvious and common-sense thing to do; take whatever practical steps seem necessary. Claim Divine guidance, and the steps you take will be

dictated and governed by Divine Wisdom, which is the dominant belief of your mind.

In prayer, you make contact through your thought with the Divine Presence that dwells within you, and having consciously done that, you call forth His Wisdom, Power, and Infinite Intelligence to resolve the various difficulties or troubles in your life, taking them in due order by solving the most pressing problems first. The right way to pray for the answer to all your problems is to feel and know that the Indwelling God knows only the answer; because this is true, you will know the answer and recall the truth: *He never faileth.*

Praying to God and What It Means

The Bible says: *God is a Spirit: and they that worship him must worship him in spirit and in truth* (John 4:24). To *worship* means that you count worthy by giving supreme attention to something. This means that you are to give your supreme allegiance, loyalty, and devotion to the Spirit within, recognizing It as Supreme Power and the Cause and Substance of all things. Spirit is without face, form, or figure . . . timeless, shapeless, and ageless. The childish concept of a God as a grandfather in the skies sitting on a celestial throne, must give way to the realization that God is Mind and Spirit within you, which animates and sustains you. God is life. We do not see Life, but we feel we are alive.

The good and evil we experience are simply due to our personal relationship through our thinking to the Life Principle, which is forever Whole, Pure, and Perfect in Itself. Be sure not to give power to created things or effects; go to the cause of all, the Spirit within you. This Spirit or God is conditioned in your life according to the nature of your thought-life. There is only one Creative Principle, and It is forever flowing through your habitual thought-patterns and imagery. This is why you make or create all experiences, events, and conditions of your life after your own image and likeness. This is the basis of all prayer, whether we use this law consciously or unconsciously.

Do not be confused by the Biblical references “He” and “Him” denoting God. In ancient times, the Hebrew mystics used the word *It* when they were referring to God, but this has been discontinued, as it seemed to lack the reverence and respect due to the Father of all. There are about 76 or more names given to God in the Bible, but all these names represent qualities, attributes, characteristics, and potencies of God.

Assuming Certain Postures, and So On

In some parts of the world, people practice rigid discipline of the body, breathing exercises, and physical gymnastics, assuming peculiar and absurd postures. It is wholly unnecessary to bow down, genuflect, or prostrate yourself before the Creative Law.

This Principle of Life is no respecter of persons; we cannot cajole, bribe, or flatter it. It is Impersonal Law. The path to God is always and only through the mind and heart, not by way of the body. Prayer is effective because of the soul's sincere desire to unite with God and to reproduce His qualities and attributes right here and now so that like Job, we can say: *And yet in my flesh do I see God.*

Thus, in the wisdom of the universe, people establish constructive patterns in their affairs and body by praying and aspiring to realize the perfection of God in their own lives. This process is an instinctive or natural way of praying. The reverent person thinks right and acts in accord with the good impulses that are engendered.

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Chapter Two

Techniques of Prayer

When we come to analyze prayer, there are many different approaches or methods. We will not consider in this book the formal ritual prayers used in religious services. These have an important place in group worship. We're immediately concerned with the methods of personal prayer for use in daily life and in helping others.

Prayer is the formulation of an idea concerning something we wish to accomplish. Circumstances and individuals suggest different approaches, but all must establish a clear statement of the benefit, the healing, the purpose, for which the prayer is offered.

The Visualization Technique

The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind's eye as vividly as if it were alive. We can see with the naked eye only what already exists in the external world; in a similar way, what we can visualize in the mind's eye already exists in the invisible realms of our mind. Any picture that we have in the mind is the substance of things hoped for and the evidence of things not seen. What we form in our imagination is as real as any part of our body. The idea and the thought are real, and will one day appear in our objective world if we're faithful to our mental image.

This process of thinking forms impressions on the mind; these impressions in turn become manifested or expressed on the screen of space as

forms, functions, facts, and experiences. The builder visualizes the type of building he wants; he sees it as he desires it to be completed. His imagery and thought-processes become a plastic mold from which the building will emerge—a beautiful or an ugly one, a skyscraper or a very low one. His mental imagery is projected as it is drawn on paper; eventually the contractor and his workers gather the essential materials, and the building progresses until it stands finished, conforming perfectly to the mental patterns of the architect.

Visualization Technique for an Audience

Each Sunday I use the visualization technique prior to speaking from the platform. I quiet the wheels of my mind so that I may present to the subconscious mind my images of thought; then I picture the entire auditorium and the seats filled with men and women, and each one of them illumined and inspired by the Healing Presence. I see them as radiant, happy, and free.

Having first built up the idea in my imagination, I quietly sustain it there as a mental picture while I imagine I hear men and women exclaiming aloud, “I am healed,” “I feel wonderful,” “I have had an instantaneous healing,” “I am transformed,” and so on. I keep this up for about ten minutes or more, knowing and feeling that each person is a tabernacle of God’s Presence, and that Divine Love saturates each mind and body . . . making them whole, pure, relaxed, and perfect. I see to the point where I actually can hear the imaginary voices of the multitudes proclaiming the glory of God, then I release the whole picture and go onto the platform. Almost every Sunday, some people stop and say that their prayers were answered.

Mental Movie Method

The Chinese say, “A picture is worth a thousand words.” William James, the father of American psychology, stressed the fact that the subconscious mind will bring to pass any picture held in the mind backed by faith. “Act as though I am, and I will be.”

A number of years ago I was in the Midwest lecturing in several states, and I desired to have a permanent location. One evening in a hotel in Spokane, Washington, I relaxed completely on the couch; immobilized my attention; and in a quiet, passive manner imagined that I was talking to a large audience, saying in effect, “I am glad to be here. I have prayed for this ideal church and

opportunity." I saw in my mind's eye the imaginary audience, and I felt the reality of it all. I played the role of the actor, dramatized this mental movie, and felt satisfied that this picture was being conveyed to my subconscious mind, which would bring it to pass in its own way. The next morning upon awakening, I felt a great sense of peace and satisfaction, and in a few days' time I received a telegram asking me to take over a church in the East, which I did, and enjoyed immensely for several years.

The method outlined here appeals to many who have described it as the "mental movie method." I have received numerous letters from people who listen to my radio lectures and Sunday-morning talks, telling me of the wonderful results they get using this technique in the sale of their property. I suggest to those who have homes or property for sale that they satisfy themselves in their own mind that their price is right; then claim that Infinite Intelligence is attracting to them the buyer who really wants to have the property, and who will love it and prosper in it.

After having done this, I suggest that they quiet their mind, relax, let go, and get into a drowsy state that reduces all mental effort to a minimum; then they are to picture the check in their hands, rejoice in the check, give thanks for the check, and go off to sleep feeling the naturalness of the whole mental movie created in their own mind. They must act as if it were an objective reality, and the subconscious mind will take it as an impression. Through the deeper currents of the mind, the buyer and the seller are brought together. A mental picture held in the mind backed by faith will come to pass.

The Baudoin Technique

Charles Baudoin was a professor at the Rousseau Institute in France. He was a brilliant psychotherapist, and a research director of the New Nancy School of Healing, who in 1910 taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy state, or a state akin to sleep, in which all effort was reduced to a minimum. Then, in a quiet, passive, receptive way, by reflection, one was to convey the idea to the subconscious. The following is his formula: "A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea which is to be the object of suggestion, to sum it up in a brief phrase which can be readily graven on the memory, and to repeat it over and over again as a lullaby."

Baudoin emphasized the fact that when we enter into "the state akin to sleep" (betwixt the waking and sleeping state), effort is reduced to a minimum,

and we can focus our attention on our good with ease and without strain. We induce this state by feeling sleepy.

Innumerable experiments on persons have shown that the subconscious mind will accept any idea, suggestion, or mental picture that is felt as true by the conscious mind, and works out every suggestion to the minutest detail in the results that flow from it. The subconscious mind is entirely under the control of the conscious or objective mind. With the utmost fidelity, it reproduces and manifests in the final consequences whatever the conscious mind impresses upon it.

The Practical Application of the Baudoin Technique

A lady in one of our classes last year was engaged in a prolonged, bitter family lawsuit over a will. Her husband had bequeathed his entire estate to her, and his sons and daughters were bitterly fighting to break the will. The Baudoin technique was outlined in detail to her, and this is what she did: She relaxed her body in an armchair, entered into the sleepy state, and as suggested, condensed the idea of her need into a phrase consisting of six words easily graven on the memory. “It is finished in Divine Order.” The significance of these words to her meant that Infinite Intelligence operating through Law (the subconscious mind) would bring about a harmonious adjustment in Divine Order. She continued this procedure every night for about ten nights; after she got into a sleepy state, she would affirm slowly, quietly, and with feeling, the statement: “It is finished in Divine Order,” over and over again, feeling a sense of inner peace and a letting go; then she went off into her deep, normal sleep.

On the morning of the 11th day following the use of the above technique, she awakened with a sense of well-being, a conviction that it was *finished.* Her attorney called her the same day, saying that the opposing attorney and his clients were willing to settle. A harmonious agreement was reached, and litigation was discontinued.

The Sleeping Technique

By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state, the negative thoughts

that tend to neutralize desire and so prevent acceptance by the subconscious no longer present themselves.

The Sleeping Technique and Destructive Habits

Assume a comfortable posture, relax your body, and be still. Get into a sleepy state, and in that state, say quietly, over and over again as a lullaby, “I am completely free from this habit; sobriety and peace of mind reign supreme.” Repeat the above slowly, quietly, and lovingly for five or ten minutes, night and morning. Each time you repeat the above statement, its emotional value becomes greater. When the urge comes, repeat the above formula out loud to yourself. By this means, you induce the subconscious to accept the idea, and a healing follows.

Solving Problems While You Sleep

During the course of an interview, a young man asked me how he could locate his father’s will. His father had passed on and apparently had left no will. The young man’s sister told him that their father had confided to her that a will had been executed that was fair to all. All attempts to locate the will had failed. I suggested that he turn his request over to his subconscious mind at night before sleep. This is the method he followed: “I now turn this request over to the subconscious mind. It knows just where the will is. It reveals it to me.” Then he condensed his request into one word: “Answer.”

He repeated this prayer over and over again as a lullaby. He lulled himself to sleep for several nights by saying “Answer.” A few nights later he had a very vivid, realistic dream. He saw the name and address of a certain bank. He went there and found a safe-deposit vault registered in the name of his father. This was the answer to his prayer.

The Bible Technique

What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11:24). Note the difference in the tenses. The inspired writer tells us to believe and accept as true the fact that our desire has already been

accomplished and fulfilled, that it is already completed, and that its realization will follow as a thing in the future.

The success of this technique depends on the confident conviction that the thought, the idea, and the picture is already a fact in the mind; and in order for anything to have substance in the realm of the mind, it must be thought of as actually existing there.

Here in a few cryptic words is a concise and specific direction for making use of the creative power of thought by impressing upon the subconscious the particular thing that we desire. Your thought, idea, plan, or purpose is as real on its own plane as your hand or your heart. In following the Bible technique, you completely eliminate from your mind all consideration of conditions, circumstances, or anything that might imply adverse contingencies. You are planting a seed (concept) in the mind, which if you leave undisturbed, will infallibly germinate into external fruition.

She Lost a Ring

I am writing this chapter at the beautiful Wishing Well in Rancho Santa Fe, California, about 100 miles south of Los Angeles. One of the guests lost a very valuable diamond. She had gone horseback riding and discovered the loss when she returned. At my suggestion, she prayed as follows: “Infinite Intelligence knows where the ring is. There can be no loss except I admit the loss in my mind, as all experiences come through my mind. I know that Infinite Intelligence will now reveal the whereabouts of the ring to me. I see it on my finger, I feel it, and I know that it is mine. I believe that I have it now. I accept it mentally, for my thought is as real as the ring.”

She quietly affirmed the above for a few minutes, and immediately afterwards she had an inner feeling or urge to drive back along one of the paths she’d taken. Her horse stopped at the very spot where her ring was. The subjective mind operates throughout all nature, and in the horse, also. The ways of the subconscious mind aren’t always obvious. This incident illustrates the law of belief, and the results that must inevitably follow.

Cause of Failure to Get Results

Our failure to achieve the desired result is always due to our distrust in the law of growth. If we place a seed in the ground, it will grow. If we give up

hope, fret, worry, and get anxious, we are actually denying the germinating power of the idea planted in our mind. Our doubt or fear is a thought in opposition to our desire, which if indulged in, neutralizes the one first formed and results in its complete disintegration. We must keep out those negative thoughts of doubt and fear that only result in the opposite of what we're praying for. The law of belief as expounded and elaborated on in the Bible is to feel pleasure and satisfaction in foreseeing the certain accomplishment of our desires.

The "Thank-You" Technique

It is recommended that we make known our requests to God with praise and thanksgiving. Some extraordinary results follow this simple method of prayer. The thankful heart is always close to the creative forces of the Universe, causing countless blessings to flow toward us by the law of reciprocal relationship based on a cosmic law of action and reaction.

A father promises his son a car for graduation; the boy has not yet received the car, but he is very thankful and happy, and is as joyous as though he had actually received the car. He knows that his father will fulfill his promise, and is full of gratitude and joy even though he has not yet received the car, objectively speaking. He has, however, received it with joy and thankfulness in his mind.

Oftentimes you have gone to a store and ordered a coat or hat, although they did not have exactly what you wanted. But you specified what you wanted and paid for it, and the clerk said they would send it. You thanked the clerk or owner and walked away without the coat or hat. You were absolutely sure of receiving the merchandise ordered in the near future because you trusted and believed in the integrity and honesty of the person who operated the business. How much more should we trust the Infinite and the Creative Law that never changes and responds with absolute fidelity to our trust and belief in It!

It Worked for Mr. Broke

I shall illustrate how a Mr. Broke applied this technique with excellent results. He said, "Bills are piling up, I am out of work, I have three children and no money. What shall I do?" Regularly every night and morning for a period of about three weeks, he repeated the words "Thank you, Father, for the Law of Opulence," in a relaxed, peaceful manner until the feeling or mood of

thankfulness dominated his mind. He imagined that he was addressing the Infinite, knowing, of course, that he could not see God. He was seeing with the inner eye of spiritual perception, realizing that his thought-image of wealth was the first cause relative to the money, position, and food he needed.

His thought-feeling was the substance of wealth, untrammeled by antecedent conditions of any kind. By repeating, "Thank you, Father," over and over again, his mind and heart were lifted up to the point of acceptance; and when fear, thoughts of lack, poverty, and distress came into his mind, he would say, "Thank you, Father," as often as necessary. He knew that as he kept up this *thankful attitude* he would recondition his mind to the idea of wealth, which is what happened. On the street, Mr. Broke met a former employer of his whom he had not seen for 20 years; the man offered him a very lucrative position and advanced him $500 as a temporary loan. Today Mr. Broke is vice president of the corporation for which he works. His recent remark to me was, "I shall never forget the miracle of 'Thank you, Father.' It has worked wonders for me."

Why His Technique Worked

All material things *must* have their origin in the Invisible or Spirit; all of creation is evidence of thought-images and ideas in the Mind of God that became form according to the Creative Law. There is only one Creative Process, and we, through our thoughts, set in motion the Creative Law. We may be using it consciously or unconsciously; nevertheless, we are *always* using the Creative Law for the simple reason that we're always impressing some sort of ideas and mental pictures upon It, whether we're aware of it or not. All of our existing limitations result from our having habitually impressed upon our subconscious mind ideas of limitation, restriction, and bondage of all kinds. When we realize that our conditions and circumstances are never real causes in themselves, but only the result of prior thinking, we reverse our method of thinking and regard our ideal as real; and as we mentally and emotionally unite with the ideal in our mind, we change the outer manifestations to agree with the inner thought-images and thus change our world.

Affirmative Method

The effectiveness of affirmation lies in its intelligent application of definite and specific positives. For example, a boy adds three and three and puts

down seven on the blackboard. The teacher affirms with mathematical certainty that three and three are six; therefore, the boy changes his figures accordingly. Likewise, when we affirm the Truth about a person, we must conform to the Principles of Truth regardless of appearances. The power of the affirmation process depends on the faith and understanding of the person affirming.

The Affirmative Method Heals Acute Gall-Bladder Trouble

This method was chosen by the writer for use on his sister, who was to be operated on for the removal of gallstones, based on the diagnosis of hospital tests and the usual x-ray procedures. She asked me to pray for her. We are separated geographically by about 6,500 miles, but there is no time or space in-Mind. Spirit or Mind is present in its entirety at every point simultaneously.

In prayer treatment for another, you withdraw all thought from the contemplation of symptoms and from the corporeal personality altogether, and think of the individual as pure spirit and expressing the vitality, wholeness, beauty, and perfection of that Spirit.

I affirmed as follows:

> *This prayer treatment is for my sister, Kate. She is relaxed and at peace, poised, balanced, serene, and calm. Her mind and spirit are the Mind and Spirit of God. The Healing Intelligence that created her body is now transforming every cell, nerve, tissue, muscle, and bone of her being into God's Perfect Pattern. Silently, quietly, all distorted thought patterns are removed and dissolved; and the vitality, wholeness, and beauty of the Spirit are made manifest in every atom of her being. She is now open and receptive to this Healing Presence that flows through her like a river, restoring her to perfect health, harmony, and peace. All distortions and ugly thought images are now washed away by the Infinite Ocean of Love and Peace flowing through her, and it is so.*

I affirmed the above several times a day, and at the end of two weeks, my sister had an examination that showed a remarkable healing, and the x-rays proved negative.

To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer. Your thought can only affirm, for even if you deny something, you are actually affirming the presence of what you deny. Repeating

an affirmation, knowing what you are saying and why you are saying it, leads the mind to that state of consciousness where it accepts that which you state as true. Keep on affirming the Truth until you get the subconscious reaction that satisfies.

The Argumentative Technique

This method is just what the word implies. It stems from the procedure of Dr. Phineas Parkhurst Quimby of Maine. Dr. Quimby was a pioneer in mental and spiritual healing and lived and practiced in Belfast, Maine, about 100 years ago. He studied mesmerism for about seven years in order to discover how the mind worked, and thereafter discarded it in favor of spiritual healing. He had most remarkable results in prayertherapy in all kinds of so-called incurable diseases. A book called *Quimby's Manuscripts* edited by Horatio Dresser is available in your library. This book gives newspaper accounts of the man's remarkable results in prayer-treatment of the sick. Quimby duplicated many of the miracles of healing recorded in the Bible. Quimby used to ask patients sick with tuberculosis and other malignant diseases to let him plead their case before the Great Tribunal, which is God, because if they had faith and confidence in him, he would prove that they were innocent of the charge.

In brief, the argumentative method consists of spiritual reasoning, where you convince yourself that the patient is a victim of false beliefs and groundless fears; and that the disease or ailment is due only to a distorted, twisted pattern of thought that has taken form in his body; this wrong belief in some external power and external causes has now externalized as sickness and can be changed through a knowledge of the Law, which shows there is only One Primary Cause —Living Spirit or God, and Spirit can't be sick, frustrated, or unhappy. Spirit is unconditioned, not hampered by conditions of any sort, and is not subject to illness.

The basis of all healing is a change of belief. You reason out in your mind that the Infinite Intelligence created the body and all its organs; therefore, It knows how to heal it, can heal it, and is doing so now as you speak. You argue in the courtroom of your mind that the disease is a shadow of the mind, based on disease-soaked, morbid thought-imagery. You continue to build up all the evidence you can muster on behalf of the Power of the Healing Presence that created all the organs in the first place and has a perfect pattern of every cell, nerve, and tissue within It; then you render a verdict in the courthouse of your mind in favor of your patient. You liberate the sick one by faith and spiritual

understanding. Your mental and spiritual evidence is overwhelming; there being but One Mind, what you feel as true will be resurrected in the experience of the other. There is but One Mind common to all individual men.

She Won the Argument

Recently a listener of our radio programs in Los Angeles prayed for her mother in New York City who had a coronary thrombosis. She prayed as follows:

> *God is the only Presence and the only Power, the only Living Reality, the Living Spirit Almighty. This Presence and Power is right where my mother is. God is her Life, and that Life is her Life now. The bodily condition is but a reflection of her thought-life, like shadows cast on the screen. I know that in order to change the images on the screen, I must change the projection reel. My mind is the projection reel, and I now project in my own mind the image of wholeness, harmony, and perfect health for my mother. The Infinite Healing Presence that created my mother's body and all her organs is now saturating every atom of her being, and His River of Peace flows through every cell of her being. The doctors are Divinely guided and directed, and whoever touches my mother is governed over by the Overshadowing Presence. I know that disease has no ultimate reality; if it had, no one could be healed. I now align myself with the Infinite Principle of Love and Life; and I know and decree that harmony, health, and peace are now being expressed in my mother's body. There is no power to challenge Omnipotence. The Healing Presence of God is now flowing through her. It is wonderful!*

Her mother had a most remarkable recovery after a few days, much to the amazement of the specialist who complimented her on her faith in God. The argumentative method of prayer on the part of her daughter produced certain conclusions in her mind and set the Creative Law of Mind in motion on the subjective side of life, which manifested through her mother's body as perfect health and harmony. There is only One Mind, and what the daughter felt as true about her mother was simultaneously resurrected in the experience of the mother.

The Absolute Method

The person practicing this form of prayer treatment mentions the name of the patient, such as John Jones; then quietly and silently thinks of God and His qualities and attributes, such as God is All Bliss, Boundless Love, Infinite Initelligence, All Peaceful, Boundless Wisdom, Absolute Harmony, and Indescribable Beauty and Perfection. As he quietly thinks along these lines, he is lifted up in consciousness into a new spiritual wave length, at which time he feels that the Infinite Ocean of God's Love is now dissolving everything unlike Itself in the mind and body of John Jones for whom he is praying. He feels that all the Power and Love of the Godhead is now focused on John Jones, and whatever is bothering or vexing him now is completely dissolved in the Presence of the Infinite Ocean of God's Love.

Modern Sound-Wave Therapy

The absolute method of prayer might be likened to the sound wave or sonic therapy recently shown me by a distinguished physician in Los Angeles. He has an ultrasound wave machine that oscillates at a tremendous speed and sends sound waves to any area of the body to which it is directed. These sound waves can be controlled, and he told me of remarkable results in dissolving arthritic calcareous deposits and the healing and removal of other disturbing conditions.

To the degree that we rise in consciousness by contemplating the qualities and attributes of God do we generate spiritual electronic waves of harmony, health, and peace. Many instantaneous healings follow the absolute method of prayer.

A Cripple Walks

Dr. Phineas Parkhurst Quimby, of whom we spoke previously, used the absolute method almost exclusively in the latter years of his healing career. He was really the father of psychosomatic medicine and the first psychoanalyst. He had the capacity to diagnose clairvoyantly the cause of the patient's troubles, pains, and aches. Quimby would tell the patient where the pain was and the cause behind it. In order to cure him, Quimby said, "I must go to Him who sent me, and there I will contemplate your Divine Perfection; if I succeed, you will be

healed." The phrase "I must go to Him Who sent me," is taken from the Bible. *Yet a little while I am with you, and then I go unto Him who sent me, You shall seek me and shall not find me: and where I am, thither you cannot come* (John 7:33, 34). You will see the wonderful meaning of this as we proceed.

Quimby was called on to visit a woman who was lame, aged, and practically bedridden. He states that her ailment was due to the fact that she was imprisoned by a creed so small and contracted that she could not stand upright or move about. She was living in the tomb of fear and ignorance; furthermore, she was taking the Bible literally, and it frightened her.

"In this tomb," Quimby said, "was the Presence and Power of God trying to burst the bars, break through the bonds, and rise from the dead." When she would ask others for an explanation of some passage of the Bible, the answer would be a stone; then she would hunger for the bread of life. Dr. Quimby diagnosed her case as a mind cloudy and stagnated due to excitation and fear caused by the inability to see clearly the meaning of the Scriptural passages she had been reading. This showed itself in the body by her heavy and sluggish feeling, which would terminate in paralysis.

At this point, Quimby asked her what was meant by *A little while I am with you and then I go to Him that sent me.* She replied that it meant Jesus went to heaven. Quimby explained what it really meant by telling her that *being with her a little while* meant his explanation of her symptoms, feelings, and their cause; that is, he had compassion and sympathy for her momentarily, but he could not remain in that mental state. The next step was *to go to Him that sent us*, which is the Presence of God in all of us.

Quimby immediately traveled in his mind and contemplated the Divine Ideal; *that is*, the Vitality, Intelligence, Harmony, and Power of God functioning in the sick person. This is why he said to the woman, "Therefore where I go, you cannot come for you are in your narrow, restricted belief; and I am in health." This prayer and explanation produced an instantaneous sensation, and a change came over her mind. She walked without her crutches! She was, as it were, dead in error, and to bring her to life or truth was to raise her from the dead. "I quoted the resurrection of Christ and applied it to her own Christ or health; it produced a powerful effect on her" *(Quimby's Manuscripts).*

The Decree Method

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways (Job 22:28).

Power goes into our word according to the feeling and faith behind it. When we realize that the Power that moves the world is moving on our behalf and is backing up our word, our confidence and assurance grow. We do not try to add power to Power; therefore, there must be no mental striving, coercion, force, or mental wrestling.

A young girl used the decree method on a young man who was constantly phoning her, pressing her for dates, and meeting her at her place of business; she found it very difficult to get rid of him. She decreed as follows: "I release _____ unto God. He is in his true place at all times. I am free, and he is free. I now release this word into the Ocean of Infinite Mind which is the Mind of the Almighty. Infinite Mind is the Only Power operating and It brings this to pass. I have decreed this, and it shall come to pass. It is so." She said he vanished and she has never seen him since, adding, "It was as though the ground swallowed him up."

How a Minister Got a Car

A young, struggling minister recently told me that he read the above-mentioned verse in the Bible, *Thou shalt also decree a thing.* He decreed as follows: "I am one with all the automobiles in the world. They are all God's ideas made manifest. I decree that Infinite Mind through the Law of Right Action reveals to me the ideal car suitable for my work. I trust the Deeper Mind implicitly. It knows how to bring it to pass in Its own way."

The sequel to this decree was most interesting. Secretly members of his congregation collected a sum of money and presented him with a new Chevrolet after his church service. They said, "We have a surprise for you!" He was not surprised, because he knew that the Deeper Mind has ways we know not of. The Infinite Intelligence acted on their mind, causing them to fulfill what the minister had accepted as true in his own mind.

You can never know *how* your prayer will be answered. Man must never say, "I don't have the money to buy a car; therefore, I must do without it." He can decree what he wants, and Infinite Mind will bring it to pass.

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Chapter Three

Practicing Prayer Therapy

Spiritual Healing and Faith Healing

True spiritual healing requires serious thought and consideration on the part of the person who undertakes it. Spiritual healing is not the same as faith healing. A faith healer is one who heals without any scientific understanding of the powers involved. He may claim that he has a special gift of healing, and the sick person's blind belief in him or his powers may bring results. Spiritual therapy is the synchronized, harmonious, and intelligent function of the conscious and subconscious levels of mind specifically directed for a definite purpose. The spiritual therapist must know what he is doing and why he is doing it. He trusts the law of healing. The voodoo doctor in South Africa may heal by incantations, or a person may be healed by touching the so-called bones of saints or anything else that causes the patients to honestly believe in the method or process.

One Healing Principle

The subject of spiritual healing is creating a widespread interest all over the world at the present time. People are gradually awakening to the healing powers resident in the subconscious mind. It is a well-known fact that all of the various schools of healing effect cures. The answer to all of this is that there is

one universal healing principle, the subconscious mind, and one process of healing, which is faith. That is why Paracelsus stated this great truth: “Whether the object of your faith be real or false, you will nevertheless obtain the same effects.”

It is an established fact that cures have taken place in various shrines throughout the world, in Japan, India, Europe, and on the American continent. You will find many widely differing theories, each presenting indubitable evidences of healing. Obviously, to the thinker there must be some underlying principle common to them all. Regardless of the geographical location or the means used, there is only one healing principle, and the process of every healing is faith.

The first thing to remember is the dual nature of your mind. The subconscious mind is constantly to the power of thought; furthermore, the subconscious mind has complete control of your body. We realize that remarkable healings take place through osteopathy, chiropractics, medicine, and naturopathy, as well as through the ministrations of the various churches, but we maintain that all of these healings are brought about through the subconscious mind—the only healer there is.

Subconscious Mind and Health

Notice how the subconscious mind heals a cut on your face caused by shaving; it knows exactly how to do it. The doctor dresses the wound and says, “Nature heals it.” Nature refers to natural law, the law of the subconscious mind. The instinct of self-preservation is the first law of nature; your strongest instinct is the most potent of all auto-suggestions.

The Body Acts as It Is Acted On

It is a well-known fact that the symptoms of almost any disease can be induced in hypnotic subjects by suggestion. Disease can be artificially induced in your own body or that of another through suggestion in defiance of your natural instincts. It is perfectly natural and obvious that suggestions in harmony with instinctive autosuggestion would have greater power.

It is easier to maintain and restore health than it is to bring about sickness in the body. The faith that brings about healing is a certain mental attitude, a way of thinking, an inner certitude, an expectancy of the best.

Any method, technique, or process you may use that will bring about a change in the mind, or inspire a new mental atmosphere is legitimate; results will follow. Healing is due to a changed mental attitude, or to a transformation of the mind.

Blind Faith

Any method that causes you to move from fear and worry to faith and expectancy will heal. True scientific, mental healing is brought about by the combined function of the conscious and subconscious mind scientifically directed. There are a great number who claim that because their theory produces results, it is, therefore, the correct one; this, as explained in this chapter, cannot be true.

You know that there are many types of healing. Mesmer and others healed by claiming that they were sending forth a certain magnetic fluid; others came along and said all this was nonsense, that the healing was due to suggestion. If you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you will get results because of the powerful suggestion given to your subconscious mind; it is the latter that does the healing. The witch doctor with his incantations also heals by faith.

All groups, psychiatrists, psychologists osteopaths, physicians, and churches are using the one universal healing power resident in the subconscious mind. Each may proclaim that the healings are due to its theory. The process of all healing is a definite, positive, mental attitude, an inner certitude, or a way of thinking called *faith.* Healing is due to a confident expectancy that acts as a powerful suggestion to the subconscious mind releasing its healing potency.

One man does not heal by a power different from another. It is true that he may have his own theory and method. There is only one healing power, your subconscious mind. Select the theory and method that you prefer. You can rest assured that if you have the faith, you will get results.

Prayer Therapy at Redlands University

In the *Los Angeles Examiner* several years ago, John McDowell described tests being conducted in prayer therapy at Redlands University under the title “Psychosomatic Tests Bare Prayer’s Power.” He writes as follows:
[extract: one point smaller, indented left and right]

Dr. William R. Parker, 37-year-old director of the clinic, today revealed for the first time that early results of prayer therapy in a group of twenty arthritic, tubercular, ulcer, and speech impediment patients have been favorable.

"These patients, who agreed to practice prayer therapy in addition to the university clinic's regular group psychological therapy, have been making greater progress than the clinic's regular patients," Dr. Parker said.

For example: A stomach ulcer patient, relying solely on prayer and group therapy, has reported that for the last three weeks, all symptoms of his ailment have disappeared.

A Redlands University professor, afflicted most of his life with a severe case of stuttering which years of various treatments failed to correct, today has no trace of speech impediment after six months of prayer therapy.

Another teacher, forced into retirement a year ago because of tuberculosis, is now back at his teaching job, apparently cured.

"This man's doctor—a tuberculosis specialist—recently gave him a sputum test," Dr. Parker said. "The test turned up negative, and the doctor was certain a mistake had been made. He immediately made another test, and that was negative too."

Dr. Parker—a doctor of psychology, not medicine—stresses that prayer therapy is no "quackish" miracle cure-all, but a scientific approach to prayer and its effect on the subconscious mind.

The subconscious mind in the eyes of the still-pioneering psychosomatic medicine world is the fountainhead of many of mankind's afflictions, including arthritis, asthma, hay fever, multiple sclerosis, tuberculosis, ulcers, and high blood pressure.

The psychosomatic theory—hotly disputed by the medical profession—is that such ailments start as functional disorders in the subconscious and develop into organic disease, which doctors treat by attacking the symptoms rather than the cause.

Prayer therapy according to Dr. Parker is a psychosomatic attempt to attack the causes of these disorders in the subconscious.

"*Four basic personality difficulties are at the root of everything that goes wrong in the subconscious mind,"* Dr. Parker said. *"They are fear, hate, guilt, and inferiority."*

In the Redlands prayer-therapy experiments these basic difficulties are first ferreted out through a series of standard psychological tests given to patients participating in the project.

Subsequently, the patients meet in a ninety-minute group session once a week to discuss their problems. At these meetings each patient is given a sealed envelope containing information on one detrimental aspect of his or her personality uncovered in the tests.

Once at home the patients open the envelopes, learn a new, undesirable phase of their personality, and resolve that particular difficulty in prayer daily until the next group meeting.

There is only one "must." Each patient is required to pray regularly each night before he or she retires.

"We insist on a prayer at that time, because the last thing that a person is thinking before going to sleep is most likely to penetrate to the subconscious," Dr. Parker said.

Dr. Parker, who first tried out his prayer theories himself during an onset of ulcers three years ago, said most of the patients have to be taught how to pray.

The clinic's prayer-therapy patients are taught a positive approach to prayer, stressing love, and an uplifting concept of God and the universe.

Our prayers are not a begging for health, but are affirmations of the healing of the

unhealthy element the patient wants to attack stated in such a positive, repetitious manner that eventually it sinks into the subconscious and becomes a part of that person," Dr. Parker said.

In that manner, through prayer, destructive aspects within the subconscious can be attacked and eventually overcome, thus eliminating the basic causes of their physical ills.

Dr. Parker has written a book called *Prayer Can Change Your Life,* which explains his remarkable and marvelous results in prayer therapy at Redlands University. He has also given several series of immensely popular class lessons with me at the Wilshire Ebell Theater, Los Angeles, which created widespread interest to students of all religious affiliations. We had over 1,200 registered students in one of our special classes on prayer therapy.

How to Heal through Prayer Therapy

The usual procedure is as follows:

1. Take a look at the problem.
2. Then turn to the solution or way out known only to the subconscious mind.
3. Rest in a sense of deep conviction that it is done.

Do not weaken your treatment by saying, "I hope so!" or "It will be better!" The cellular setup of your body will follow faithfully and honestly whatever blueprint the conscious mind hands over to it by way of the subconscious mind, sometimes called the subjective or involuntary mind. Your

feeling about the work to be done is “the boss.” Know that health is yours! Harmony is yours! Become intelligent by becoming a vehicle for the infinite healing power of the subconscious mind. The reasons of failure are: lack of confidence and too much effort. Pass on the idea of health to the subconscious mind to the point of conviction, then relax. Get yourself off of your hands. Say to conditions and circumstances, “This, too, shall pass.” Through relaxation, you impress the subconscious mind, enabling the kinetic energy behind the idea to take over and bring it into concrete realization.

The Tendency of the Subconscious Is Lifeward

The body of man portrays the workings of his inner mind. Our real powers are resident in the subconscious mind. No one knows all of the workings of the subconscious mind, for it is infinite in its scope. We learn what we can about how it works, then we use it accordingly. There’s an intelligence that will take care of the body if we let it alone. The conscious mind always interferes with its five-sense-evidence based on outer appearances, leading to the sway of false beliefs, fears, and opinion. When fear, false beliefs, and negative patterns are made to register in the subconscious mind through psychological and emotional conditioning, there is no other course open to the subconscious mind except to act on the blueprint specification offered to it.

The subjective self within you works continuously for the general good, reflecting an innate principle of harmony behind all things. Study the works of Edison, Carver, Einstein, and many others who, without too much education, knew how to tap the subconscious mind for its manifold treasures. Have a reason for faith in yourself. You cannot get very far if you do not believe in what you do not see. I do not see love, but I feel it; I do not see beauty, but I see its manifestations. Our greatest failing is a lack of confidence in the powers of the subconscious mind. Get acquainted with your inner powers. Of what use is it to know in principle that you are perfect if you cannot bring it out? Self-realization, plus feeling, is the only key to healing. Know your mind, and how to use it.

Easy Does It!

A homeowner once remonstrated with a furnace repairman for charging $200 for fixing the boiler. The mechanic said, “I charged five cents for the missing bolt, and $199.95 for knowing what was wrong.”

Similarly, your subconscious mind is the master mechanic, the all-wise one, who knows ways and means of healing any organ of your body, as well as your affairs. Decree health, and the subconscious mind will establish it, but relaxation is the key. “Easy does it.” Do not be concerned with details and means, but know the end result. Get the *feel* of the happy solution of your problem, whether it is health, finances, or employment. Remember how you felt after you had recovered from a severe state of illness. Bear in mind that the feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state—not in the future—but as *now* coming about.

Taking God’s Pattern

The following is a prayer for perfect health. A minister I knew in South Africa applied this prayer and healed himself. Several times a day he would affirm slowly and quietly, first making certain that he was completely relaxed mentally and physically:

> “*The perfection of God is now being expressed through me. The idea of health is now filling my subconscious mind. The image God has of me is a perfect image, and my subconscious mind recreates my body in perfect accordance with the perfect image held in the mind of God.*”

This is a simple, easy way of conveying the idea of perfect health to your subconscious mind. In prayer therapy or spiritual healing, our only tool is spiritual thought.

Impressing the Subconscious Mind

A wonderful way to impress the subconscious mind is through disciplined or scientific imagination. The subconscious mind is the builder of the body and controls all its vital functions. I told a man suffering from functional paralysis to make a vivid picture of himself walking around his office, touching the desk, answering the telephone, and doing all the things he ordinarily would do if he were healed. He lived the role and actually felt himself back in the office.

I explained to him that as he imagined clearly the fulfillment of his

desire, he was giving the subconscious mind something definite to work upon; The subconscious mind is the film upon which the picture is impressed. The subconscious mind develops the picture and objectifies it as an experience, condition, or event. One day after several weeks of frequent conditioning of the mind with this mental picture, by prearrangement the telephone rang and kept ringing while his wife and nurse were out. The telephone was about 12 feet away, but he managed to answer the telephone. His wife knew that he was healed at that hour. The healing power flowed to the focal point of his attention, and a healing followed.

Psychologically speaking, the mental picture was developed in the dark house of his mind, and a complete healing followed. This man had a mental block that prevented impulses from the brain reaching his legs; therefore, he said he could not walk. When he shifted his attention to the healing power within him, the power flowed through his focused attention, enabling him to walk. The Bible says: *Whatsoever ye shall ask in prayer, believing, ye shall receive.* To *believe* is to accept something as true, or to live in the state of being it; as you sustain this mood, you shall experience the joy of the answered prayer!

Pott's Disease Cured

I read an article that appeared in the magazine *Nautilus* some years ago about a boy suffering from Pott's disease, or tuberculosis of the spine, who had a remarkable healing. His name was Frederick Elias Andrews of Indianapolis, now minister of the Unity School of Christianity, Kansas City, Missouri. His physician had pronounced him incurable. He began to pray, and from a crooked, twisted cripple going about on hands and knees, he became a strong, straight, well-formed man. He created his own affirmation, mentally absorbing the qualities he needed. He affirmed over and over again many times a day: "I am whole, perfect, strong, powerful, loving, harmonious, and happy."

He persevered and said that this prayer was the last thing on his lips at night and the first thing in the morning. He prayed for others also by sending out thoughts of love and health. This attitude of mind and way of prayer returned to him multiplied. His faith and perseverance paid off big dividends. When thoughts of fear, anger, jealousy, or worry came into his mind, he would start his affirmation going in his mind. His subconscious mind responded according to the nature of his habitual thinking. This is the meaning of the statement in the Bible: "Go thy way, thy faith hath made thee whole."

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Chapter Four

How Prayer Works

Why No One Can Upset You

Many of you have heard these expressions frequently: “I’m deeply hurt, I can’t get over it; I’ve been wounded to the quick; this is the last straw; I could forgive anything but not this.” The only creative power is our own thought; consequently, we are hurt by our own thoughts, by the movement of our own mind. Each individual has the power to react positively or negatively. It is not what the other person says or does that hurts you; it is your reaction to what is said or done. The suggestions and statements of others cannot create circumstances for us unless we accept these suggestions and give them mental consent; this process requires a movement of your own mind which, in the final analysis, is the only creative medium. You can think constructively or negatively, as you wish. You are free to choose how you will think and react.

The Case of the Crystal-Gazer

One of the countries in which I’ve lived is India. A relative there told me about a friend of his who had gone to a crystal-gazer who told him that he had a bad heart and would die at the next new moon. It happened just as predicted. My relative also told me that this crystal-gazer was believed to have some strange occult powers and could do good or harm to a person. I suppose many of us have heard similar stupid, ridiculous, superstitious stories.

Let us look at what happened in the light of our knowledge of the way the subconscious mind works. Whatever the conscious, reasoning mind of man believes, the subconscious mind will accept and act upon. This is why the Bible says: *As a man man thinketh in his heart (subconscious mind), so is he,* or *It is done unto us as we believe.* In other words, the things we believe cause all our experiences. My relative's friend was happy, healthy, vigorous, and robust when he went to see the fortuneteller. She gave him a very negative prediction that acted like a posthypnotic suggestion. He became terrified and constantly dwelt upon the fact that he was going to die at the next new moon. He proceeded to tell everybody about it and got ready for the end. The activity took place in his own mind, and his own thought was the cause. He brought about his own so-called death, or rather destruction of the physical body, through his fear and expectation of the end.

The woman who predicted his death had no more power than the stones or sticks in the field. Her suggestion had no power to create or bring about the end she suggested. If he'd known the laws of his mind, he would have completely rejected the negative suggestion and refused to give her word any attention, knowing in his heart that he was governed and controlled by his own thought and feeling. Like tin arrows aimed at a battleship, her prophecy could have been completely neutralized and dissipated without harming anyone. The suggestions of others in themselves have absolutely no power whatever over you except the power that you give them through your thoughts. You have to give your mental consent; you have to entertain the thought; then it becomes *your thought,* and you do the thinking. Remember, you have the capacity to choose. Choose life! Choose love! Choose health!

What It Means to Think

To think implies comparison of one thing with another, of one proposition with another. If the mental instrument of man can only say "Yes," comparison is obviously impossible. To think is to choose. *Choose ye this day whom ye shall serve.* You have a choice between two things; to one of them you say, "Yes," to the other, "No."

For example, when you ask, "Why?" you are seeking a reason. All reasoning involves selecting one thing and rejecting another. It would be impossible to select or reject unless your mind had the power of affirmation and rejecting. You are truly thinking when your thoughts are positive, constructive, harmonious, and when you reject all fears and contemplate the reality of your

desire, knowing that there is an Almighty Power lodged in your subconscious depths that responds to your thought, and this Power will bring your thoughts to fruition. You are truly thinking when you reason things out in your mind, rejecting all concepts unfit for a mind dedicated to peace and harmony. You are truly thinking when you realize that there is a solution, a way out, knowing that a subjective wisdom will respond to your creative thoughts when you're free from fear. If you're worried, fearful, or anxious, you're not thinking in the true sense of the word; it's the race mind thinking in you. Think about whatsoever things are lovely and of good report.

How She Recouped Her Loss

A businesswoman in Los Angeles told me that she had attracted a charlatan who swindled her out of nearly $15,000. She became embittered, revengeful, hostile, and hateful toward all men and developed a martyr complex. She said that her misfortune was all due to bad luck. It was explained to her that her so-called misfortune was the silent unfolding of the bad thoughts of gloom and despondency that she had sowed in her deeper mind. What we sow, we reap, and our destiny depends on our choice of thoughts. The future is always the present, grown up. We must remember that we are sowing seeds of thought in the garden of our mind every time we think. The good and bad seeds (thoughts) we deposit in our garden (mind) grow like the wheat and the tares until the harvest.

This woman admitted that she had been in a depressed and dejected state at the time she had attracted the confidence man. She was also quick to realize that her mood of despondency, grief, and self-pity, being a mood of loss, attracted to her someone who testified to her mental attitude of loss. Loss can come in many ways, and in her case it was a loss of joy, health, peace of mind, as well as money. This man could not have cheated her unless she had planted in the soil of her mind the seeds of loss, lack, and limitation. The law of cause and effect is always operating to bring in the results of our choice.

This person overcame her mental anxiety and sense of loss by using the following prayer two or three times a day:

> *"I know there is nothing lost in Infinite Mind; all things subsist in the One Mind. I know that whatever I accept and believe in my mind, I experience. I positively refuse to accept the loss of my wealth. I choose mentally and emotionally to identify myself with my wealth, and it comes*

to me in avalanches of abundance. I know definitely, positively, and absolutely that I cannot experience anything except through my mental acceptance and-belief. I accept wealth and abundance now. I wish for everyone what I wish for myself, for I know that love is the fulfilling of the law of health, wealth, and peace of mind."

As she repeated this prayer frequently, she reconditioned her mind to wealth. Whenever the thought of the swindler reentered her mind, instead of reacting negatively she said, "I wish him well." This meant that she wished for him all the blessings of health, wealth, happiness, and peace of mind. After a few weeks she was in an exalted frame of mind. She took a position as private secretary to a stockbroker, and in a few months time she made ten times as much as she had lost. Through information on the movement of certain stocks, the deeper mind recovered her loss for her. A knowledge of the laws of our mind is the truth that sets us free.

Getting Back on the Beam

I knew a woman who hated her sister because the latter called her a slimy snake. She brooded over it for months, felt deeply hurt, and developed colitis as a result—all because of a few words uttered by her sister. She had to heal herself. In order to do this, it was necessary for her to understand how her mind worked. The first thing she had to perceive was that the words uttered by her sister had absolutely no power whatsoever to affect her, as the only creative power was her own thought. A word is a thought expressed. The words that were thoughts expressed by her sister had no power to disturb her. They were not creative except as she entertained them in her own mind and reacted negatively. She had yielded to the thought of resentment; that thought then generated a negative emotion, followed by the objective manifestation in her colon. All three steps: thought, emotion, and manifestation, took place in her own mind. *It is not what people say and do that hurts us; it is our reaction and response.* In other words, the good and evil we experience are simply movements of our mind. The doctor told this woman that her ulcerative colitis was due to an emotional upheaval, and he advised her to become loving and forgiving.

This is how she got back on the beam: She radiated thoughts of love, peace, and goodwill to her sister frequently during the day by affirming as follows, "I sincerely wish for my sister peace, health, and happiness, and I know that God's river of peace and love flow through her now and forevermore." This

changed mental attitude on her part released the Infinite Healing Power that is within all, and in a few weeks' time she was completely whole, and all tests were negative.

The Healing of an Ulcer

Mr. Jones had feelings of strong resentment, hostility, and anxiety. He said to me, "The doctor says I have a peptic ulcer. Do you think my resentment caused it?" In our discussion, I discovered that he was really suffering from an emotional reaction toward a business associate. It seems that his associate had ridiculed his suggestions at one of the board meetings, and he'd been brooding over the ridicule at length. Our emotions, when suppressed, must find an outlet in disease such as ulcers, migraine, and arthritis. Mr. Jones allowed this man to rob him of inner peace, health, joy, and mental efficiency.

The healing process he followed was to see clearly that he had to cremate, burn up, destroy, and annihilate ruthlessly all the negative thoughts in his mind that were causing the trouble. He realized that his business associate had no power to irritate, annoy, or disturb him. He said to me, "I shall never again in the whole course of my life give to others the prerogative or capacity to hurt me. I know now they do not possess any such power." This statement coming from him was, as you can readily see, 51 percent of the healing process; the rest was easy. He knew that he'd been entertaining mental gangsters, murderers, assassins, and marauders that robbed him of peace, tranquility, and inner peace. His negative, destructive thoughts produced his peptic ulcer. His thoughts were the thieves who robbed him.

He healed himself by praying in the following manner several times a day until he got the inner reaction which satisfied:

> *"My associate, John, is loving, kind, and cooperative. He did not hurt, upset, or confuse me. I forgive myself completely for harboring revengeful, hateful thoughts about John. John is full of peace, joy, and love. There is harmony, peace, and understanding between us. Whenever any negative thought about John or anyone else arises, I immediately remind myself that the peace of God flows through me."*

How His Specific Prayer Worked

These spiritual thoughts released a tremendous, potent, therapeutic vibration that radiated throughout his mind and body, and all the cells of his body took on a new tone. Moreover, the spiritual vibrations destroyed the negative pattern lodged in the subconscious area of his mind, and he experienced a remarkable change for the better. In a few months' time he was discharged by his physician as cured and was free to eat his customary food.

Taking a Personal Inventory

Are you experiencing friction, misunderstanding, and resentment in your relationship with others? These unsatisfactory personal adjustments are due to the bad company you're keeping in your mind. When you were young, mother warned you to keep away from bad company, and if you disobeyed, you were probably soundly spanked. In a somewhat similar manner, you must not walk down the dark alleys of your mind and keep the company of resentment, ill will, hostility, and hatred; these are the thieves of your mind that rob you of poise, balance, harmony, and health. You must positively and definitely refuse to walk and talk with them in the galleries of your mind.

On the contrary, you must make it a practice to walk the sunlit streets of your mind, associating with lovely, spiritual companions called confidence, peace, faith, love, joy, goodwill, health, happiness, guidance, inspiration, and abundance. You can choose your companions in the objective world, and I feel sure that when you do, you will select them according to the criteria of honesty and integrity. You select your clothes, work, friends, teachers, books, home, and food. You are a choosing, volitional being. When you choose something, you portray a preference for one thing over another; it may be a hat or a pair of shoes. The Bible says: *Choose ye this day whom ye shall serve.* Choose health and happiness in your mind.

Achieving Understanding

We have to give up our false beliefs, opinions, and theories and exchange them for the truth, which sets us free. We must learn that we're not victims of our five senses; neither are we controlled by external conditions or environment. We can change conditions by changing our mental attitude. Our own thoughts and feelings create our destiny and determine our experience. Therefore, we no longer can blame others for our misery, pain, or failure. When

we see clearly that what we think, feel, believe, and give mental consent to, consciously or unconsciously, determines all happenings, events, and circumstances in our lives, we cease to resent, condemn, and blame others. We discover that there's no one to blame but ourselves.

Thoughts Are Things

For countless centuries, we human beings have looked outside ourselves and have filled our minds with jealousy, hate, resentment, and depression, due to our belief that others were marring our happiness and causing our troubles. We have believed that we're the victims of fate, chance, accidents, and that there are other forces and powers inimical to our welfare. These beliefs, with others of a similar nature, are false, for the simple reason that our thoughts are things, and we are what we think about all day long.

Our mind is full of all sorts of weird ideas, superstitions, fears, anxieties, and complicated philosophies about devils, evil entities, and malicious powers. We must divest ourselves of all these erroneous and false concepts and realize that we make our own hell and our own heaven here and now. We can influence our subconscious positively or negatively. The subconscious mind is always amoral, impersonal, and has no ethics or sentiments. Hence, if our thoughts are of an evil nature, the law of our subconscious mind will automatically bring these thoughts into form and experience. If our thoughts are good, wholesome, and constructive, the law of our subconscious will bring forth good experiences and happy circumstances. This is neither more nor less than the law of cause and effect, which is a universal and impersonal law.

We Punish Ourselves

The cause is thought, and the effect is the automatic reaction of the mind to the thought. Our retribution or reward depends on how we use our mind. If we make an erroneous decision in our mind, we invoke the mathematical and just response of the law and experience loss as a result of our erroneous judgment or decision. The law of action and reaction is universal throughout nature. If our thoughts are wise, our actions will be wise. God is not vengeful, but the impersonal laws of our own mind reacting according to their nature because of our thought-life produce what seems to look like vengeance to the individual unawakened to the laws of his or her mind. Actually, it is a natural

law of action and reaction, which is always equal, exact, and precise. There is no point in blaming the lake if someone should happen to fall in when lacking the ability to swim. We would not accuse the lake of vengeance; the water was completely impersonal. Think good, good follows; think evil, evil follows.

> *“I sent my soul through the Invisible—*
> *Some letter of that after-Life to spell,*
> *And by and by my soul returned to me*
> *And answered, ‘I myself am Heaven and Hell.’”*
> — Omar Khayyam

Chapter Five

The Transforming Power of Prayer

It is important to recognize and use the power of prayer to transform all negative attitudes that precipitate the unfortunate circumstances in our daily activities and health. We are inclined to permit too many transient emotional reactions to upset the plans and hopes for the events of our lives, to disturb our relations with people, and to cause us to rebel against the conditions of our environments.

You will find many constructive changes in your relationship with the world when you come to know the power of prayer to sustain the warm kinship you should feel for friends and acquaintances, protecting you from the chilling changes of emotional uncertainties.

His Attitude Was All Wrong

A young engineer said to me some months ago, “The boss is an ignoramus, so I walked out. I just got another job, but I went from the frying pan into the fire. This place is worse.” The young man had a domineering, tyrannical, puritanical sort of a father typical of his New England traditions. The youth had resented his father and had not written him for several years. Slowly but surely, he began to see that he was rebelling against authority in the same way that he had been rebelling inwardly against his father. It began to dawn on him that he was actually transferring the blame for his own shortcomings, mistakes, and misdeeds to others; and also was attributing to others his

unacceptable impulses and thoughts.

His New Attitude

He decided to pray morning and evening as follows:

> *"I wish for everyone in the plant where I work health, happiness, peace, and promotion. My employer congratulates me on my work; I paint this picture in my mind regularly and I know it will come to pass. I am loving, kind, and cooperative. I practice the Golden Rule, and I sincerely treat everyone in the same way that I would like to be treated. Divine Intelligence rules and guides me all day long; I am prospered in all my ways."*

As he saturated his mind regularly and systematically with these spiritual thoughts, he succeeded in bringing about a new mental attitude of a constructive nature, which changed everything for the better in his life.

Five Positions in Five Months

I gave advice to a young man one time who had lost five positions in five months. He drank excessively, was irresponsible, shiftless, lazy, indolent, crude, lacking in understanding, zeal, and application. I explained to him that his dominant attitude of mind colored everything, and that his gloomy outlook on life caused him to look at everything from the dark or negative side. The good news he received from his family from time to time brought about only an occasional mood of cheerfulness, which was drowned out in a few minutes by his dominant, gloomy, depressed attitude.

Becoming a New Man

At my suggestion, this young man took a course in public speaking and another course at night school where with diligence, personal initiative, and application he learned the rudiments of the commercial world. He began to pray for guidance and prosperity by claiming these qualities. Gradually he commenced to die to the "old man" and to put on the "new man." He developed

enthusiasm, perseverance, stick-to-it-ive-ness, and became the foreman of the shop where he worked. He became happy and joyous and began to express health, harmony, and true living. He learned that practically all teaching, whether institutional, religious, or secular, has for its real purpose the inducement of a changed mental attitude toward life, people, and events. The first step in this young man's onward march was correcting his attitude toward life.

A Murderer Becomes a Teacher

I knew a murderer one time who confessed to me that he'd killed a man. He had an intense desire to transform himself and be reborn mentally and spiritually. He had a very receptive attitude of mind and believed that "with God, all things are possible." At my suggestion, he started to still the wheels of his mind for 15 or 20 minutes several times daily; then he would silently, quietly, and lovingly claim and feel that he was now a channel for God's love, peace, beauty, wisdom, and intelligence; and that his mind and heart were being cleansed, purified, healed, and restored. As he did this regularly, sincerely, and enthusiastically, he began to become more loving, peaceful, and kind in all his ways. An inner sense of peace welled up within him.

One night this man had an inner experience sometimes called conversion. He said that he seemed to be immersed in a blaze of light. Actually, he was blinded like Paul by the light for a while. All he could remember was that he felt the ecstasy and rapture of God's love. His feeling was indescribable. He was a changed man in his mind and heart and began to teach others how to live; he is still doing it.

Attitudes Conditioned by Imagination

Whatever you imagine a thing to be, there is a corresponding emotional reaction. A prominent teacher of Eastern philosophy while walking the streets of London in the twilight of the evening looked at a coiled rope on the street and imagined it to be a snake; he became paralyzed with fear. When he discovered his mistake, his true picture of the rope induced a new mental attitude and emotional response. What do you imagine yourself to be? What do you imagine life to be? According to your imagination will it respond to you.

How She Got a New Attitude

A young lady had a music degree and wanted to teach music, but she had the attitude of mind that she would fail, that students would not come to her because she was unknown. She adopted a new attitude and began to realize and affirm boldly: “I can be what I want to be. I can do what I want to do through the Power of the Almighty within me.” She came to the decision that a great number of students could be benefited by what she had to offer. Her basic trouble was fear and she overcame it through the frequent repetition of the above prayer and the disciplined use of her imagination. Twice daily she imagined herself teaching students and saw them happy and pleased. She was the actress in the drama. “Act as though I am, and I will be.”

She felt herself as the successful teacher, acted the role in her imagination, and focused her attention on her ideal. Through her persistence, she became one with the idea in her mind until she succeeded in objectively expressing what she subjectively imagined and felt. What she imagined her life to be, she *felt* it to be, and according to her new feeling or mental attitude was it done unto her.

How a New Attitude Saved His Life

During a series of lectures in Cape Town, South Africa, a brilliant lawyer listening to one of my lectures gave me a clipping dealing with forgiveness from a newspaper called *Argus.* I quote a few pertinent paragraphs: **[extract]**

> Lieutenant Colonel J. P. Carne told of his life as a prisoner in Korea. During his eighteen months solitary confinement he did not have a bitter word for the action of his Chinese captors in imposing a sentence so harsh that doctors were amazed at his survival. When walking around his garden (in England) listening to the church bells welcoming him home, Lieutenant Colonel Carne said, “The mental picture of this glorious place (his loved ones, his garden, his home) forever kept my mind alive. Not for one moment did I let it slip away.”

The caption of the article was *A Garden Gave Him Courage.*

This example is a beautiful lesson in the art of forgiving. Instead of resenting, hating, or indulging in mental recriminations, he gave himself a constructive vision. He imagined himself at home with his loved ones; he felt the thrill and joy of it all. Visualizing his garden in full bloom, he saw the plants grow and bring forth fruit. It was all vivid and real. He felt all this inwardly in

his imagination. He said other men would have gone insane or perhaps have died of a broken heart, but he saved himself because he had a vision. “It was a vision I never let slip away.” His great secret was a new mental attitude in the midst of privation, misery, and squalor. He was loyal to his mental picture and never deviated from it by destructive inner talking and negative mental imagery.

This is the Last Straw

John was boiling and seething with resentment, saying to himself, “This I can’t take after all my years of faithful service.” He added that he had been smarting from a letter received from his general manager. His attitude was, “This is the last straw!” I explained to this young man that he was poisoning his whole system by his destructive mental attitude and that he had to reverse his mental picture.

Here is a very old formula or technique which I gave him: Compose a letter, written as from the general manager to yourself, which would make you happy and satisfied if you received it. Put into this letter the words you would like the general manager to write or say to you. At night prior to sleep, he imagined the general manager had written him a letter that praised him and his work and that made him happy and satisfied in every way, according to the Golden Rule and the spirit of goodwill. He saw the words on the imaginary letter and rejoiced in reading them.

As he said to me, “I kept it up every night. I would read that letter over and over again and look at the general manager’s signature.” All hatred left him as he continued to do this. To quote him again, “The queerest thing in all the world happened!” The general manager actually wrote him a letter praising and promoting him. The letter contained the essence of what he had been imagining and feeling for several days. Here is shown clearly what a new attitude of mind will do, substituting the mood of love and good will for the feeling of ill will and hostility. His new harmonious and cooperative attitude of mind was subconsciously felt by the general manager, causing him to respond in kind. He gave love, and he received love. *Forgive (give for), and you shall be forgiven* (Luke 6:37).

Why She Suffered for Years

I interviewed a young woman in Perth, Western Australia, some years

ago, who suffered for years from migraine headaches, sinusitis, stomach trouble, and severe asthmatic attacks. She told me a sordid tale of bitterness, hostility, and hatred toward her mother. I asked her where her mother was, and she said, “Oh, she died ten years ago.” It seems that the mother left the estate to her sister in New Zealand. All this time she had been poisoning herself with that mental poison called hate. It is a real “killer.”

Let Us Reason Together

In talking the matter over and reasoning it out, this young woman realized that her mother had acted according to her lights. Her mother had done what she felt was right, according to her mental attitude. She learned that it was necessary to get a new mental attitude and pray for her mother, thereby blessing herself and her mother. She wept copiously, which was good. It was a release. She said, “God bless my mother, and His Love be with her wherever she is.” This was the healing balm necessary; this was love and goodwill speaking. We prayed together for her mother, realizing that her mother was surrounded by love, peace, and beauty; that God’s river of peace filled her soul; and that she was illumined and inspired by God. A wonderful change came over her. A light came into this woman’s eyes, a smile appeared on her countenance, and a radiance seemed to surround and envelop her. All hatred was melted in the sunshine of His Love.

Be ye transformed by the renewal of your mind (Rom. 12:2).

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Chapter Six

How to Pray for Guidance

The power that moves the universe is the unlimited reservoir of the creative power within every individual. By learning to pray for guidance, we learn to tap these forces freely by simply decreeing the objectives for which we pray. However, it is yet a mystery of the Infinite Mind as to *how, when, where,* or *through what source* the answers to prayer will come. The finite mind of the human being simply implants the thought in the subconscious mind through which agency the Infinite Mind works. Through prayer, we must learn not to limit the effectiveness of the reaction by attempting to make demands as to time, place, and way.

Guidance Comes to Doctor at the End of His Rope

The subconscious mind guided Dr. A. J. Cronin, the well-known author of *The Citadel* and many other novels. He wrote an article in one of our local newspapers wherein he stated that after his health had broken down, he had to take a year's rest because he'd been told that he might never again be fit to stand the wear and tear of medical life. At that time, Dr. Cronin was on the threshold of achieving his highest ambition, that of becoming a specialist in Harley Street, London. A friend encouraged him with the thought, "You know, doctor, we have a saying in Ireland. If the good God shuts one door, He opens another."

Dr. Cronin wrote that some time afterward, while he was resting in the West Highlands, he was seized with an impulse to write. The result was *Hatter's*

Castle. He sent the manuscript to a publisher, and it was accepted. One door had been closed, but the wisdom of the subconscious mind had opened another to a very successful and lucrative career. It revealed to him special talents that he didn't know he possessed. Your subconscious mind will do the same for you when you trust it and believe that it has the answer.

Your Wishes Have a Way of Coming True

The urge of everybody is to be, to do, and to have. Perhaps you're saying to yourself, "I wish to be an actor, actress, writer, engineer, or great musician."

There was an article published in the *This Week* section of the *Los Angeles Times* a few years ago written by a leading musical star entitled "Watch Your Wishes."

In the article, she says that wishes are thoughts vibrant with life and eager for action. They have the power to produce light and beauty. Everything she has wished for all her life has come to pass to the point where she "watches her wishes" to make sure they are of value.

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts. By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life . . . (Allen).

A Detective Gets His Man

Some months ago I told a prominent detective that he could solve his difficult case through the subconscious mind. I began my explanation in this way:

If, when you retire, you will tell your subconscious mind to awaken you at 6 A.M., it will do so. The reason is that you are thinking about six o'clock in the morning. Whenever you are definite in your conscious reasoning mind, you are automatically calling forth a response from the subconscious mind. When

your thought is clear-cut and definite, and you believe in the power of the subconscious mind to answer, the response from your own subconscious mind will come quickly. I assured this detective that the subconscious mind knew where all the participants in the crime were, the whereabouts of their hideout, and the way to find them.

Everything that man has ever thought, a memory of everything that has ever transpired or occurred on this planet, is recorded faithfully in the Universal Subconscious. And every person's personal subconscious is one with the Universal Subconscious, or as Carl Jung calls it, the collective unconscious of the race.

Here is the simple technique I gave this outstanding detective:

> *Quiet your mind; still your body; tell your body to relax; it has to obey you. Your body has no volition, initiative, or intelligence of itself. It is an emotional disc that records your beliefs and impressions. Immobilize your attention; focus your thought on the solution to your problems. Try and solve them with your conscious mind. Think how happy you would be about the perfect solution. If your mind wanders, bring it back gently. In this sleepy, drowsy state, say quietly and positively, "The answer is mine now; I know my subconscious mind knows the answer." Live now in the mood of the solution. Sense the feeling you would have if the perfect answer were yours now. Let your mind play with this mood in a relaxed way; then drop off to sleep. You may fall asleep sooner than you expected, but you were thinking about the answer; the time was not wasted. When you awaken and yet you do not have the answer, get busy about something else. Probably when you are preoccupied with your work, the answer will come into your mind like toast pops out of a toaster.*

He followed these simple instructions, which may be used every night to solve any problems. On the morning of the fourth day following this procedure, the answer came into his conscious mind while he was shaving. The reason for this was that while he was shaving he was relaxed; then the wisdom and intuition of the subconscious mind came to his surface or conscious reasoning mind.

The subconscious will give you guidance, but you must come to a definite conclusion or judgment in your conscious mind. *You must not vacillate or waver.* In other words, you must make up your mind like the above-mentioned detective, and think and know that the answer or solution is yours because that which knows all and sees all is within you.

How to Stop Blocking the Answer

Men and women are constantly seeking solutions and answers to everyday problems such as the following: “Shall I accept this new position or stay where I am?” “Shall I invest in this property?” “Shall I keep or sell my home?” “Shall I dissolve this partnership or enter into a new partnership?” “Shall I marry this person?” “I must get an answer before midnight; what decision shall I make?”

Many people unknowingly block the answers to these and other perplexing questions by failing to understand the workings of their deeper or subconscious mind. We must remember that whenever the subconscious *accepts* any idea, it immediately begins to execute it. It uses all of its mighty resources to that end and mobilizes all the unlimited mental and spiritual powers in our depths. This law is true for good or bad ideas. Consequently, if we use it negatively, it brings trouble, failure, and confusion. When we use it positively, it brings guidance, freedom, and peace of mind. The right answer is inevitable when our thoughts are positive, constructive, and loving. From this it is perfectly obvious that the only thing we have to do is to get the subconscious to accept an idea by feeling its reality now, and the law of our mind will do the rest. We turn over the request with faith and confidence, and the subconscious takes over.

We block our progress and answers to our problems by such statements as: “Things are getting worse.” “I will never get the answer.” “I see no way out.” “It is hopeless.” “I don’t know what to do.” “I’m all mixed up.” When we use such statements, we get no response or cooperation from the subconscious mind. Like soldiers marking time, we neither go forward nor backward; in other words, we don’t get anywhere. If we should get into a taxi and give half a dozen different directions to the driver in five minutes, he would become hopelessly confused and probably would refuse to take us anywhere. It is the same when working with our subconscious mind. There must be a clear-cut idea in our minds. We must arrive at the definite decision that there is a way out, a solution to the vexing problems. The Infinite Intelligence within the subconscious knows only the answer. When we come to that clear-cut conclusion in our conscious minds, our minds are made up, and according to our belief, is it done unto us.

Belief is simply a thought or concept held in the mind, and whatever the nature of that thought, a corresponding response shall come forth. If our concept is “There is no way out,” or “I can’t get an answer,” we will call forth a definite response of confusion and chaos. If our thought is wise, the reaction or response

will be wise. We all know that an action is only the outer expression of a thought. Our constructive action or decision is but the manifestation of a wise or true thought entertained in our mind. Common sense is an expression of inner guidance or wisdom. After asking for guidance or an answer, we do not neglect obvious and convenient stepping-stones to our goal. We avoid blocking our answer when we simply think about the solution, knowing that our thought activates the subconscious that knows all, sees all, and has the "know-how" of accomplishment.

You Can Choose Confidence, Triumph, and Victory

The Bible says: *Choose ye this day whom ye shall serve.* The key to health, happiness, peace of mind, and abundance lies in the capacity to *choose.* When we learn to think right, we will stop choosing pain, misery, poverty, and limitation. On the contrary, we will choose from the treasure house of Infinity within us. Each one will say incisively and decisively, "I choose happiness, peace, prosperity, wisdom, and security." The moment we come to that definite conclusion in our conscious mind, our subconscious mind, backed by the Power and Wisdom of the Infinite, will come to our aid. Guidance will come, and the way or path of achievement will be revealed to us.

Claim definitely and positively without the slightest hesitation, doubt, or fear, "There is only one power of creation and it is the power of my own deeper self. There is a solution to every problem. This I know, decree, and believe." As we affirm these truths boldly, we will receive guidance, and the steps we should take will be revealed to us.

Lost in the Jungle, and How to Get Out

In using the subconscious mind, we must remember that it reasons deductively. It sees the end only, thereby bringing to a logical, sequential conclusion the nature of the premise in the conscious mind.

When I was about 11 years old, I was lost in the jungle. At first I was terrified, and then I began to claim that God would lead me out. I was seized with an overpowering hunch to travel in a certain direction. This inner push or tendency of the subconscious, which I followed, proved to be correct, and I was miraculously led into the arms of a search party after two days' time. This lead was the prompting of the subconscious mind, which knew the way out of the

jungle.

Many people live in a mental jungle of confused, fearful, and neurotic thoughts. Claim very strongly that the subconscious wisdom within is bringing order, peace, and harmony into your life. As you do this regularly and systematically, right results follow inevitably because the wisdom, power, and love of the infinite resources of the subconscious are moving on your behalf. The omnipotent powers of the subconscious cannot fail.

Plant Orchids in the Garden of the Mind

Think of a garden, then you will understand the twofold aspect of mind and subjective law by which it operates. The conscious mind plants the seeds in the soil. It decides what kind of seeds shall be planted. As you know, the soil will grow whatever is planted in it, be it grapes or thorns.

Similarly, look upon the subconscious mind as the soil. It contains all of the elements essential for growth. Again, let us realize that it is the nature of the soil to bring forth, but as you know it is not concerned in the slightest with what it brings forth. It does not care whether it brings forth poison ivy or an orchid. All of the laws of nature would be violated should the soil refuse to produce or grow poisonous plants, if this is what the conscious mind elected to grow.

Exactly the same thing is true of the subconscious mind. It is a doer; it never questions or talks back. It accepts what is deposited and produces it in your experience whether it is good or bad. Plant *whatsoever things are true, just, pure, lovely, noble, and o f good report,* and orchids will blossom in the garden of your mind, body, and experience.

The Secret of Right Action

Devote yourself mentally to the right answer until you find its response in you. The response is a feeling, an inner awareness, an overpowering hunch whereby you know that you know. You have used the power and wisdom of the subconscious to the point where it begins to use you.

I was praying for a boy in the last World War. His mother told me that she had received a telegram stating he had been killed in action. I felt that this was untrue and told her so. I couldn’t prove it objectively, but subjectively I had an overpowering conviction that he was alive. Subsequent events verified this conviction. There had been an error. He was and is very much alive.

You cannot possibly fail or make one false step while believing in and operating under the direction of the subconscious wisdom within you. You receive guidance in accordance with your habitual thinking. If you think and dwell upon fears, troubles, and failures, you will be guided in the wrong direction, and more chaos and confusion will be experienced.

Take this great thought and dwell upon it. There is nothing to fear in all of the universe! You have the power and control through the wise use of your subconscious mind. Make up your mind once and for all that within you is the answer to all problems. This conviction activates the subconscious power and sets its wisdom and beneficence into operation for you.

Sit down quietly now and imagine a beautiful lake in the mountains. On the surface of the quiet lake you see mirrored the stars, moon, and the nearby trees. If the lake is disturbed, you will not see the reflection. *Similarly, quiet your mind, relax, and let go.* Think of peace and stillness. *Know that the true answer always comes in peace.* Then over the mirrored waters of your mind will move the answer to your question.

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Chapter Seven

How Prayer Removes the Roadblocks

Mr. Block said that he had been making an annual income of $20,000, but for the past three months all doors seemed to jam tightly. He brought clients up to the point where they were about to sign on the dotted line, and at the 11th hour the door closed. He added that perhaps a jinx was following him.

In discussing the matter with Mr. Block, I discovered that three months previously he had become very irritated, annoyed, and resentful toward a dentist who, after he'd promised to sign a contract, had withdrawn at the last moment. He began to live in the unconscious fear that other clients would do the same, thereby setting up a history of frustration, hostility, and obstacles. He gradually built up in his mind a belief in obstructions and last-minute cancellations until a vicious circle had been established. "What I fear most has come upon me." Mr. Block realized that the trouble was in his own mind, and that it was essential to change his mental attitude.

His run of so-called misfortune was broken in the following way: "I realize that I am one with the Infinite, which knows no obstacle, difficulty, or delay. I live in the joyous expectancy of the best. The deeper mind responds to my thoughts. I know that the work of the Infinite cannot be hindered. God always finishes successfully whatever He begins. God works through me bringing all my plans and purposes to completion. Whatever I start, I bring to a successful conclusion. My aim is to give wonderful service, and all those whom I contact are blessed by what I have to offer. All my work renders full fruition. I thank God for this."

He repeated this prayer every morning before going to call on his customers, and he also prayed each night prior to sleep. In a short time he was back in his old, accustomed stride as a successful salesman.

Cause and Effect

Mr. Block removed the mental road blocks after he realized that whatever he experienced in his life was really the outpicturing of his own thought and belief. When he changed his thought, the outer picture changed, also. He found that the story of his life was really the story of the relations between himself and God.

The Alcoholic's Roadblock

Mr. Barleycorn visited me one day when I was giving some lectures in Auckland, New Zealand. A chronic alcoholic, he had tried all the "cures" to no avail, asserting that an uncontrollable passion seized him periodically to drink. He was a victim of a habit, and because the acts leading to intoxication were repeated so often, he had established a subjective pattern in his subconscious mind.

Because the alcoholic has yielded so many times to his craving, he fears that he will yield once more; this contributes to his repeated falls due to the suggestions given to his subconscious mind. It is his imagination that causes the alcoholic to return to drinking intermittently. The images that have been impressed on his subconscious mind begin to bear fruit. He imagines a drinking bout in which glasses are filled and drained; then he imagines the following sense of ease and enjoyment, a feeling of relaxation. If he lets his imagination run wild, he will go to the bar or buy a bottle.

The drinker uses effort and willpower to overcome the habit, or "cause," as he is likely to call it. But the more effort or willpower he uses, the more hopelessly does he become engulfed in the quicksand of good intentions.

The Law of Reversed Effort

Effort is invariably self-defeated, eventuating always in the opposite of what is desired. The reason for this is obvious. The suggestions of powerlessness

to overcome the habit dominate one's mind; the subconscious mind is always controlled by the dominant idea. The subconscious mind will accept the strongest of two contradictory propositions. The effortless way is the best.

In 1910, the French School of Therapeutics explained what they termed "the law of reversed effort." When your desire and your imagination are in conflict, the imagination invariably gains the day. For example, you will hear an alcoholic say, "I took a lot of pains, I tried so hard, I forced myself; I used all the willpower I had." He has to be made to realize that his error lies in the effort; then he begins to conquer the habit.

If, for example, you were asked to walk a plank on the floor, you would do so without question. Now suppose the same plank were placed 20 feet up in the air between two walls, would you walk it? Your desire to do so would be counteracted by your imagination—your mental roadblock would be your fear of falling. The dominant idea would conquer. Your desire, will, or effort to walk would be reversed, and the dominant idea of failure would be reinforced.

If a man says, "I want to give up alcohol, but I cannot," he may wish to give it up, but the harder he tries, the less he is able to do so. Never try to compel the subconscious mind to accept your idea by exercising willpower. Such attempts are doomed to failure. The subconscious mind accepts the dominant of two contradictory statements. It is like the man who is poverty-stricken saying, "I am wealthy." In most instances his statement makes him poorer. The simple reason for this is that his belief in poverty is so much greater than his belief in abundance that he is suggesting more lack to himself each time he makes the statement. This illustrates the law of reversed effort. In other words, the subconscious mind reacts with the opposite result from that which was intended.

Cause for Repeated Failures

I told Mr. Barleycorn about an alcoholic in Rochester, New York, whom I had treated some years earlier. That man said to me, "I would not drink a drop of liquor for six months and I would congratulate myself. All my friends would pat me on the back telling me what wonderful willpower I had."

"Then," he added, "an uncontrollable urge would seize me, and I would be drunk for two weeks." This had happened time and again. The efforts of his will would suppress his desire temporarily, but his continued efforts to suppress the many urges made matters worse. His repeated failures convinced him that he was hopeless and powerless to control his urge or obsession. This idea of being powerless operated, of course, as a powerful suggestion to his subconscious

mind, increased his impotence, and made his life a succession of failures.

I taught him to *harmonize the functions of the conscious and subconscious mind. When these two cooperate, the idea or desire implanted in the subconscious mind is realized.* His reasoning mind admitted that if he had been conditioned negatively, he could be conditioned positively. His mind entertained the idea that he could succeed. He ceased thinking about the fact that he was powerless to overcome the habit. Moreover, he understood clearly that there was no obstacle to his healing other than his own thought; therefore, there was no occasion for great mental effort or mental coercion. To use force is to presuppose that there is opposition. When the mind is concentrated on the means to overcome a problem, it is no longer concerned with the obstacle.

The Power of His Mental Picture

This man made a practice of relaxing his body; getting into a relaxed, drowsy, meditative state; then he filled his mind with the picture of the desired end, knowing that the subconscious mind would bring it about in the easiest way. He imagined his daughter congratulating him on his freedom, saying to him, "Daddy, it's wonderful to have you home!" He had lost his family through drink. He was not allowed to visit them; his wife would not speak to him.

Regularly, systematically, he used to sit down and meditate in the way outlined. When his attention wandered, he brought it back to the picture of his daughter with her smile, and the scene of his own home enlivened by her cheery tonal qualities. All this brought about a reconditioning of his mind. It was a gradual process. He kept it up and persevered, knowing that sooner or later he would succeed in impregnating his subconscious mind with the mental picture. I had told him that the conscious mind was the camera, and his subconscious mind was the sensitive plate on which he registered and impressed the picture. This had made a profound impression on him; his whole aim was to impress the picture and develop it in his mind. Films are developed in the dark; likewise, mental pictures are developed in the darkroom of the subconscious mind.

Focused Attention

Realizing that his conscious mind was simply a camera, he used no effort. There was no mental struggle. He quietly adjusted his thought and focused his attention on the scene before him until he gradually became

identified with the picture. He became absorbed in the mental atmosphere, repeating the mental movie frequently. There was no room for doubt that a healing would follow. When there was any temptation to drink, he would switch his imagination from any reveries of drinking bouts to the feeling of being at home with the family. He was successful because he confidently expected to experience the picture he was developing in his mind. Today he is the president of a multimillion-dollar concern and is radiantly happy.

Cause of Alcoholism

The real cause of alcoholism is negative and destructive thinking; for as a man thinketh so is he. The alcoholic has a deep sense of inferiority, inadequacy, defeat, and frustration, usually accompanied by a deep inner hostility. He has countless alibis as to his reasons for drinking, but the sole reason is in his *thought life.* If you are an alcoholic, admit it; do not dodge the issue. Many people remain alcoholics because they refuse to admit it.

Your disease is an instability, an inner fear. You're refusing to face life, so you try to escape your responsibilities through the bottle. The interesting thing about an alcoholic is that he has no free will; he thinks he has; he boasts about his willpower. The habitual drunkard says bravely, "I will not touch it anymore," but he has no power to back up his statement.

There are many people who find themselves in the same condition as Mr. Barleycorn. As soon as they're made to realize that the problem of alcoholism is of their own making and that they're living in their own psychological prison of fear, false beliefs, resentment, and hostility, they're ready to recondition themselves to react in a constructive way. The minute they express a keen desire to free themselves from previous habits, they are 51 percent healed. Now they can follow a program of prayer to remove the mental blocks.

Technique of Healing Used

There's nothing new about the following technique that Mr. Barleycorn used. It is as old as man. The most ancient wisdom available said, "As a man imagines and feels, so is he."

The first step: Get still; quiet the wheels of the mind. Enter into a sleepy, drowsy state. In this relaxed, peaceful, receptive state, you're preparing

for the second step.

The second step: Take a brief phrase that can readily be graven on the memory, and repeat it over and over again as a lullaby (Nancy School Technique). Use the phrase "Sobriety and peace of mind are mine now, and I give thanks." To prevent the mind from wandering, repeat it aloud or sketch its pronunciation with the lips and tongue as you say it mentally. This helps its entry into the subconscious mind. Do this for five minutes or more. You will find a deep emotional response from the subconscious mind.

The third step: Just before going to sleep, practice what Goethe used to do: Imagine a friend or a loved one in front of you. Your eyes are closed; you are relaxed and at peace. The loved one is subjectively present and is saying to you, "Congratulations!" You see the smile; you hear the voice. You touch the hand and the face; it is all so real and vivid. The word *Congratulations* implies complete freedom. Hear it over and over again until you get the reaction that satisfies.

Use the above technique three or four times a day and at night prior to sleep. Imagine the end—victory. See fulfillment and accomplishment and maintain this faith every step of the way, knowing that having imagined and felt the end, you have willed the means to the realization of the end.

I'm now thinking of a married man with four children, supporting and secretly living with another woman during his business trips. He was ill, nervous, irritable, cantankerous, and could not sleep without drugs. He had pains in numerous organs of his body that doctors could not diagnose. He was a confirmed alcoholic when I saw him. The reason for his periodic sprees was a deep, unconscious sense of guilt. He had violated the ancient code, and this troubled him. The religious creed he was brought up on was deeply lodged in his subconscious mind; he drank excessively to heal the wound of guilt. Some invalids take morphine and codeine for severe pains; he was taking alcohol for the pain or wound in his mind. It was the old story of adding fuel to the fire.

He listened to the explanation of how his mind worked, he faced his problem, looked at it, and gave up his dual role. He knew that his drinking was an unconscious attempt to escape. The hidden cause lodged in the subconscious mind had to be eradicated; then the healing followed.

When he began to look at his problem in the light of reason, it was dissipated. He began to use this treatment three or four times a day:

> "*My mind is full of peace, poise, balance, and equilibrium. The Infinite Power lies stretched in smiling repose within me. I am not afraid of anything in the past, the present, or the future. Infinite Intelligence leads,*

guides, and directs me in all ways. I now meet every situation with faith, poise, calmness, and confidence. I am now completely free from the habit; my mind is full of inner peace, freedom, and joy. I forgive myself; then I am forgiven. Peace, sobriety, and confidence reign supreme in my mind."

He repeated this frequently, knowing what he was doing and why he was doing it. Knowing what he was doing gave him the necessary faith and confidence. I explained to him that as he spoke these statements out loud, slowly, lovingly, and meaningfully, they would gradually sink clown into his subconscious mind; like seeds, they would grow after their kind. I explained to him that his subconscious mind was like a garden; by planting lovely seeds, he would reap a wonderful harvest. It is the nature of an apple seed to bring forth an apple tree. These truths on which he concentrated went in through his eyes, his ears heard the sound, and the healing vibrations of these words reached his subconscious mind and obliterated all the negative mental patterns that caused all the trouble. Light dispels darkness; the positive thought destroys the negative. He became a transformed man within a month.

Keep On Keeping On

When fear knocks at your door or when worry, anxiety, and doubt cross your mind, behold your vision. Think of God, believe in Him, and an Almighty Power will be generated by your subconscious mind, giving you full confidence and strength. Keep on keeping on "until the day breaks and the shadows flee away."

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Chapter Eight

How to Forgive Through Prayer

Essentially we must make our peace with our fellow human beings before we can pray effectively. But I've found that some definite formulas of prayer help people resolve the frictions and misunderstandings that occur daily in the home and at business. A constructive restatement of the problem can hasten the reestablishment of harmony between all parties concerned.

A man recently came to my office in a very angry mood. A fellow employee had been circulating a rumor that he'd been falsifying some records. He denied emphatically that there was any truth to the report.

I assured him that what his co-worker was saying amounted to a lie, and that a lie cannot stand in the presence of the truth. I advised him to become calm and quietly claim that there existed perfect harmony, peace, and understanding between him and his associate.

He was quick to see the point. He affirmed that his associate knew the truth, spoke the truth, and that understanding reigned supreme between them. When, in due course, there developed a very happy relationship between the two men, the first man found that the trouble had originated in his own ridicule of a suggestion the other had made at an earlier conference. When he understood this, my friend decided to temper any criticism with tact and diplomacy; he had suffered from the backfire of ridicule. Freed from the feelings of anger and resentment, he enjoyed the moods of understanding and goodwill.

Learning to Be Grateful for Criticism

I was talking to a teacher the other day. Someone had written her a critical letter saying she spoke too fast, she swallowed some of her words, she couldn't be heard, her diction was poor, and her speech was ineffective. This teacher was furious, but she had to admit that the criticisms were just. Her first reaction was childish; then she agreed that the letter was really a blessing and a marvelous corrective, so she proceeded immediately to supplement the deficiencies in her speech by enrolling for a course in public speaking at City College. She wrote and thanked the writer of the note for her interest, expressing appreciation for her conclusions and findings, which enabled the teacher to correct the matter at once.

How to Be Compassionate

Suppose none of the things mentioned in the letter had been true of the speaker, the latter would have realized that her class material had upset the prejudices, superstitions, or narrow sectarian beliefs of the writer of the note, and that a psychologically ill person was simply pouring forth her resentment because a psychological boil had been hurt. To understand the fact is to become compassionate; the next logical step would be to pray for the other person's peace, harmony, and understanding. No criticism can affect you without your mental consent. You always should be master of your thoughts, reactions, and emotions. Emotion follows thought, and you have the power to reject all thoughts that may disturb or upset you.

Stop Blaming God

A man said to me one time that he would be all right if God would only leave him alone. He thought God was punishing him and putting obstacles in his way, and that this was the reason for his sickness and business failure. I asked him, "What is God?" He replied, "The Bible says 'God is love.'" A God of love is the answer to all our problems.

What Is God and Where Is God

Jesus called God "Our Father," which means that he taught that all of us have a common Father, that we are all brothers and sisters. God is Life; all of us and all things come forth from the One Life Principle. The word *father* denotes love, care, protection, and provider. The word *father* also means the Creator, the Creative Principle of Life, the Infinite Power, the Supreme Being from which all things flow. Jesus said that "God is Spirit."

You cannot see Spirit; it is formless and shapeless. You do not see your mind, your Spirit, which is God in you. God is inside and outside of everyone, for God or Life is Omnipresent. God is in our own mind or consciousness. Locate God within you. When you say "Heaven," it means the Invisible Spiritual Power without face, form, or figure. "It is the Father within which doeth the works." For instance, when you push a chair aside, it is not your body doing it, it is the Spirit within, the Creative Power, or God. When you walk, or lift the receiver, it is the Invisible Presence in you acting in the body, telephone, or typewriter, as the case may be. The Unmoved Mover of all is within you. Our Father is the name given to this God-Power or Presence within us to remind us that It is a Beneficent, Kindly Power. The finite mind can never fully comprehend the Infinite, but one can certainly learn about the inner powers. We can learn the power of our thoughts and feelings, our actions and reactions, and there is much we can learn about the laws of our own being.

Healing Through Forgiveness

I spoke to the above-mentioned businessman as follows: "If you think of God as cruel, tyrannical, and vengeful, you experience the results of your negative thinking. If you think God is punishing you or testing you, your own negative thought and imagery impressed in your subconscious mind will cause you to suffer accordingly. You are actually punishing yourself."

When he saw the point, he made it a habit to pray several times a day as follows: "I know that God is a Loving Father, the Life of me, who watches over me, cares for me, guides me, and inspires me. This Spiritual Power responds as a blessing and benediction to me. God is prospering me in all my ways, and I am Divinely expressed. I know that the Kingdom of Heaven is within me, which means Infinite Intelligence, Boundless Wisdom, Absolute Harmony, Infinite Love, Omnipotence, and all the qualities and attributes of God are in my subconscious depths. I am now reproducing all the qualities and potencies of

God by thinking of God and His Love; and I am moving onward, upward, and Godward."

He prayed along these lines several times a day. By enthroning this new concept of God in his mind and living with it, his whole world magically melted into the image and likeness of his habitual concept. By mentally dwelling on this concept of God, he experienced the reaction as love, peace, inspiration, and energy. He now looked upon God as a Father who loved, cared, and sent good things into his life. His business began to prosper, the organs of his body were restored to normal functioning, and he's now experiencing the joy of living. He *forgave* himself; he gave himself a new concept of God for the old idea of an inscrutable, tyrannical, despotic monarch living in the skies somewhere.

Cease Being Double-Minded

No one can serve two masters. A person cannot expect to realize the desire of his heart if he believes that there's a power that thwarts that desire. This creates a conflict, and his mind is divided. He stands still and gets nowhere. His mind must move as a unity. Infinity cannot be divided or multiplied. The Infinite must be one—a unity; there cannot be two Infinites, as one would quarrel with the other; they would neutralize or cancel each other out. We would have a chaos instead of a cosmos. Unity of the spirit is a mathematical necessity, and there is no opposition to the One Power. If there were some power to challenge God or the Infinite One, God would cease to be Omnipotent or Supreme.

You can now see what confusion and chaos reigns in the minds of people who believe in two opposing powers. Their minds are divided because they have two masters; this belief creates a conflict, causing their power and strength to be divided.

Learn to go in one direction only by believing that the God who gave you the desire will also show you how to fulfill it. The Bible speaks emphatically about the One Power when it says: *Hear, O Israel: the Lord our God is one Lord.*

How Much Do You Want What You Want?

A young man asked Socrates how he could get wisdom. Socrates replied, "Come with me."

He took the lad to a river, pushed the boy's head under the water, held it

there until the boy was gasping for air, then relaxed and released his head. When the boy regained his composure, he asked him, “What did you desire most when you were underwater?”

“I wanted air,” said the boy.

Socrates said to him, “When you want wisdom as much as you wanted air when you were immersed in the water, you will receive it.”

The man who *really* wants peace of mind and inner calm will get it. Regardless of how unjustly he has been treated, or how unfair the boss has been, or what a mean scoundrel someone proved to be, all this makes no difference to the spiritually minded man. He knows what he wants; and he refuses to let the thieves of hatred, anger, hostility, and ill will rob him of peace, harmony, health, and happiness. He knows the ideal way. He ceases to become upset by people, conditions, news, events, by identifying his thoughts immediately with his aim in life. His aim is peace, health, inspiration, guidance, love, goodwill, harmony, and abundance. It is not difficult to mentally identify with peace and silently affirm that “God’s river of peace flows through me now.” Man’s thought is the immaterial or invisible power; and he chooses to let it bless, inspire, and give him peace.

She Got Another Boyfriend

I was interested and amused in observing the reaction of Robert, a student of physics, to a telephone call from his girlfriend. She informed him that she had another boyfriend, and would not see him anymore. He wished her happiness and good luck, then he asked me, “Shall I waste my energy by getting irritated and upset over this girl, or shall I apply my energy to the study of physics for the examination tomorrow?” He chose the latter idea.

This is an excellent way to forgive (give for) yourself. You can become calm, cool, and objective like that. It makes good sense. (Incidentally, I might add that Robert attracted another very beautiful girl the next day.)

Left at the Altar

Some years ago I visited a church to perform a marriage ceremony. The young man did not appear, and at the end of two hours the bride-to-be shed a few tears; then she said to me, “I prayed for God’s guidance; this is indeed His answer for He never faileth.” That was her reaction—faith in God, which healed

her instantaneously. Someone else having a similar experience would have gone into a tantrum, have had emotional fits, and required sedation and perhaps hospitalization.

Tune in with the Infinite and His Love, trusting the God-Power in the same way that you trusted your mother when she held you in her arms. This is how you can acquire poise and mental and emotional health.

People Don't Treat Me Right

People must look in the right place to find the cause of their troubles; that place is within themselves. The conversation of an emotionally immature person usually runs to explanatory excuses. "Others are antagonistic toward me." "People don't treat me right." "People are mean and unkind."

The sign of an adult, or an emotionally mature person, is that he does the best he can where he is. He knows that when others are cantankerous, irritable, crotchety, and cynical, they're psychologically ill. He has compassion, understanding, and adjusts himself to people. He knows that many people are mentally ill and that he has no right to condemn ill people; therefore, he blesses them and reacts positively and affirmatively.

We must really take an honest look at ourselves when we say that others annoy, upset, and don't treat us right. A good thing to do would be to see if we've been thinking of or expecting difficulties, delays, obstructions, and impediments. Perhaps we've been picturing resistance and opposition to our plans and purposes. If we're indulging in this type of mental imagery and patterns, we must expect the projection of such states into our business and social world. The result of this ill will is the unpleasant reactions of others. We learn to forgive when we learn that there's really no one to blame but ourselves.

San Francisco vs. Los Angeles

A sales manager here in Los Angeles told me about one of his men in San Francisco who wrote and said that the people up there were very difficult to sell; he added that the price of the product was too high and that he wanted a transfer. The sales manager gave him a transfer to Los Angeles and sent another salesman to the same district in San Francisco. The second man got immediate results and wrote saying that the product was selling very well. The man who was transferred back to Los Angeles was amazed when he was confronted with

the successful reports of the other salesman.

All this illustrates that our disturbed, hostile, resentful attitudes are reflected in our business, social life, financial life, as well as in our body and environment. The sales manager told me that envy and jealousy were the reasons for the poor showing of the first salesman. He was deeply resentful of the promotion of other men over whom he claimed seniority. He pointed out the length of his service; he criticized the management, arguing that you had to know the right people in order to get ahead. Yet all the time his inner upset condition was the cause of the decline in his sales.

To Understand All Is to Forgive All

When we understand the creative law of our own minds, we ceases to blame other people and conditions for making or marring our lives. We knows that our own thoughts and feelings create our destiny; furthermore, we're aware that externals are not the causes and conditioners of our lives and our experiences. To think that others can mar our happiness, that we must oppose and fight others for a living—all these ideas are untenable when we understand that thoughts are things. The Bible says the same thing: *For as he thinketh in his heart, so is he* (Prov. 23:7.)

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Chapter Nine

How Prayer Solves Marital Problems

Friction between a husband and wife can be solved through prayer. By praying together, they stay together. Love unites and hate divides. The contemplation of Divine ideals, the study of the laws of life, a common plan and purpose, and personal freedom bring about that harmonious marriage, the wedded bliss, that holy union where the two become one. Each is mentally and emotionally united with God. God is Love. To be real, marriage must first be spiritual; marriage must be of the heart. The *heart* is the chalice of God's presence. If both hearts are moved by love, sincerity, and honesty, God's love unites husband and wife; truly theirs is the marriage made in heaven.

How to Pray for Right Mate

The best time to prevent divorce is before marriage. A man or woman desiring to marry should pray to attract the right mate. The following prayers will prove very effective.

How to Attract the Ideal Husband

> *I know that I am one with God now. In Him I live, move, and have by being. God is Life; this life is the life of all men and women. We are all sons and daughters of the one Father.*

I know and believe that there is a man waiting to love and cherish me. I know that I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There is mutual love, freedom, and respect.
There is one mind; I know him now in this mind. I unite now with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other already in Divine Mind. I see the God in him; he sees the God in me. Having met him within, I must meet him in the without; for this is the law of my own mind.

These words go forth and accomplish whereunto they are sent. I know it is now done, finished, and accomplished in God. Thank you, Father.

How to Attract the Ideal Wife

God is One and Indivisible. In Him we love, move, and have our being. I know and believe that God indwells every person; I am one with God and with all people. I now attract the right woman who is in complete accord with me. This is a spiritual union, because it is the spirit of God functioning through the personality of someone with whom I blend perfectly. I know that I can give to this woman love, light, and truth. I know that I can make this woman's life full, complete, and wonderful.
I now decree that she possesses the following qualities and attributes; that is, she is spiritual, loyal, faithful, and true. She is harmonious, peaceful, and happy. We are irresistibly attracted to each other. Only that which belongs to love, truth, and wholeness can enter my experience. I accept my ideal companion now.
As you think quietly and with interest on the qualities and attributes that you admire in the companion you seek, you will build the mental equivalent into your mentality; then the deeper currents of your subconscious mind will bring both of you together in Divine order.

Steps in Prayer to Preserve Marriage

The first step: Never carry over from one day to another accumulated irritations arising from little disappointments. Be sure to forgive each other for any sharpness before you retire at night. The moment you awaken in the

morning, claim Divine Intelligence is guiding you in all ways. Send out loving thoughts of peace, harmony, and love to your marriage partner, to all members of the family, and to the whole world.

The second step: Say grace at breakfast. Give thanks for the wonderful food, for your abundance, and for *all* of your blessings. Make sure that no problems, worries, or arguments shall enter into the table conversation; the same applies at dinner time. Say to your wife or husband, "I appreciate all you are doing, and I radiate love and goodwill to you all day long."

The third step: Husband and wife should alternate in praying each night. Do not take your marriage partner for granted; show your appreciation and your love. Think appreciation and goodwill, rather than condemnation, criticism, and nagging. The way to build a peaceful home and a happy marriage is upon the basis of love, beauty, harmony, mutual respect, faith in God, and in all things good. Read the 23rd, 91st, and 27th Psalms, the 11th Chapter, Hebrews, the 13th Chapter, I Corinthians, and other great texts of the New Testament before going to sleep. Say quietly, "Thank you, Father, for all the blessings of the day. God giveth his beloved sleep."

The above prayer therapy and belief in a Divine Intelligence develops strength, power, and love in the marriage relationship, as well as in all other phases of life. Husbands and wives will find themselves refreshed, rejuvenated, and invigorated by charging their batteries regularly and systematically with spiritual medicine.

I spoke to a woman sometime ago who told me that her husband showered gifts upon her and brought toys home almost every night to their two children; yet he was irritable, ill-tempered, cursed the children, and snapped at her about the least little thing. In talking to the man, I discovered that he wanted to be "free," as he called it, and wanted to avoid the responsibilities of marriage and fatherhood. Furthermore, he had a deep-seated guilt complex because he was having an affair with another woman and paying all the expenses for her apartment and clothes. The gifts that he brought to his family every night were his way of compensating for his guilty feelings, and the inner hostility that he felt toward them.

Fear of Punishment

This man had high blood pressure and ulcers of the stomach, which undoubtedly were due to his feelings of guilt and self-condemnation over forbidden behavior. He had a hidden fear of punishment for his actions. His

obsessive thought resulted in considerable self-demotion, and his gifts to his wife and children were his way of expiation and atonement.

Turning Discord into Harmony

This man was open and receptive to the explanation I offered, and he began to realize that he had some mental work that had to be done immediately. He had to give up his resentment, hostility, and ill will, and build a more harmonious and peaceful existence. He cut off relations with the other woman and began to pray along these lines several times a day:

> *"Infinite Intelligence rules and guides me; and I radiate love, peace, joy and goodwill to my wife and children. I surround my wife and children with the circle of God's love, knowing and believing that His love, peace, harmony, and joy fill their minds and hearts. I forgive myself and I feel free. I mean this, I am sincere, and I know that the peace of God reigns supreme in my home, in my heart, and in my family."*

By practicing this simple phase of the laws of mind, he replaced his inner turmoil with peace and goodwill. His new attitude dissolved his bodily ailment and brought peace to his troubled mind. He and his wife prayed together every night. Love was now ruling his home life, and love dissolves everything unlike itself, for God is Love.

The Ouija Board and the Explanation

A husband said to me that he was being sued for divorce because the Ouija board told his wife he was unfaithful. At my request, she came to see me. I explained to her in detail that it was her own subconscious mind that was confirming her suspicion and resentment toward her husband. She began to see clearly that it was her deeper mind which, through imperceptible movement of her fingers, operated the Ouija board. In other words, she was simply talking to herself. In talking to her husband, I found out that he was impotent and was taking a series of hormone injections from a physician. This woman was honest enough with herself to see her error; and both of them agreed to send thoughts of love, peace, and kindliness to one another. This dissolved the negative attitude and brought peace where discord and suspicion reigned. The explanation was the

cure.

Emotional Blackmail vs. a New Honeymoon

A woman was about to break up her home because, as she said, her husband no longer loved her. She wanted a home, but he preferred to live in an apartment. They couldn't agree. She told him that he didn't love her or care for her because he would not get the home. Also, she told me that she knew he didn't care anymore because he smoked constantly, even though he knew that she was allergic to cigarette smoke.

She Wanted to Change Him

It takes two to make a quarrel. In this instance, the woman was certainly emotionally immature. The reason she nagged him was that she wished to change his habits and make him feel guilty for going against her deep desires and wishes. I asked to see her husband, and I found that he was deeply resentful. He had a guilt complex and responded to his wife through cutting, critical, and angry remarks over trivial and inconsequential things.

It never pays to try and coerce another into going your way by subtly trying to make him or her feel guilty and hurt by not pleasing you.

The Price of Resentment

Resentment is one of the most expensive things in the world. It robs people of peace, health, vitality, and a sound mind, leaving them mental and physical wrecks. If continued or indulged in over a long period of time, a person becomes, cold, hard, callous, ossified, petrified, and begins to resent everyone.

Saving the Marriage

In my presence, the husband and wife talked over their difficulties, resentments, and hostilities, and learned to look at the facts. Each one looked at the situation objectively, and they agreed that they'd been childish. They also realized that by calmly talking out their difficulties in the spirit of love and harmony, agreement could be reached along all lines.

The Wife's Asthma

She discovered that her asthma was not caused by cigarette smoke, but by a deep hatred embodied in her subconscious mind. In psychosomatic circles, there's a term, *organ specificity,* which means that resentment or hatred will cause asthma in one individual, high blood pressure in another, arthritis in a third, and perhaps migraine in still another. The fact is that any mental and emotional disturbance may influence practically any physiological process, and the symptoms and organs of the body affected depend on the sensitivity and constitutional makeup of the individual.

The Happy Ending

The wife's asthma disappeared shortly after harmonious relations with her husband were established. They've become a happy couple through the elimination of grudges and emotional blackmail. The wife said, "We tossed a coin about the house in the country. My husband lost, but he's a good sport, and he loves the new home."

No Need for a Third Mistake

Recently a teacher said to me, "I've had three husbands; and all three have been passive, submissive, and dependent on me to make all decisions and govern everything. Why do I attract them?" I asked her whether she had known that her first husband was the effeminate type, and she replied, "Of course not; had I known I wouldn't have married him." Apparently she hadn't learned anything from the first mistake. The trouble was with her own personality makeup. She was very masculine, domineering, and unconsciously wanted someone who would be submissive and passive so that she could play the dominant role. All this was unconscious motivation, and her subconscious picture attracted to her what she wanted. She had to learn *to break the pattern by adopting the right prayer process.*

Getting What We Want

We do not get what we want. We attract that which we are, and we are that which we feel ourselves to be. We have to build into our mentality that which we want; in other words, we have to establish the mental equivalent in our mind; then results follow.

Her Ideal Picture

This woman learned a simple truth: When you believe you can *have* the man you idealize, it is done unto you as you believe. The following is the specific prayer she used to break the old subconscious pattern and attract to her the ideal mate:

> *"I am building into my mentality the type of man I deeply desire. The man I attract for a husband is strong, powerful, loving, harmonious, and kind. He is spiritually minded, very masculine, successful, honest, loyal, and faithful. He finds love and happiness with me. I love to follow where he leads. He wants me, and I want him. I have these qualities to offer to a man: I am honest, sincere, loving, and kind. I have wonderful gifts to offer him; they are peace, goodwill, a joyous heart, and a healthy body. He offers me the same; it is mutual. I give and I receive. Divine Intelligence knows where this man is, the deeper wisdom of my subconscious mind is now bringing us together in its own way, and we recognize each other immediately. I release this request to the Infinite Intelligence within, which knows what I want and how to bring it to pass. I give thanks for the perfect answer."*

She prayed in the above manner night and morning, affirming these truths and knowing that through frequent occupation of the mind she would reach the mental equivalent of that which she sought.

The Joy of the Answered Prayer

Several months went by. She had a great number of dates and social engagements, none of which was agreeable to her. When she was about to question, waver, doubt, and vacillate, she reminded herself that the Infinite Intelligence was bringing it to pass in its own way, and that there was nothing to

be concerned about. Her final decree in her divorce proceedings was granted, which brought her a great sense of release and mental freedom. Shortly afterward she went to work as a receptionist in a doctor's office. She told me that the minute she saw this physician, she knew he was the man she was praying about. Apparently he knew it, too, because he proposed to her the first week she was in the office, and they're ideally happy. This physician was not the passive or submissive type, but was a real man, a former football player, an outstanding athlete, and was deeply spiritual, although he was completely devoid of any denominational affiliations or attachments. She got what she wanted because she claimed it mentally until she reached the point of saturation. In other words, she mentally and emotionally united with her idea, and it became part of her in the same way that an apple becomes a part of her bloodstream.

Should I Get a Divorce?

Divorce is an individual problem; it cannot be generalized. In some cases, of course, there never should have been a marriage. In some cases, divorce is not the solution, no more so than marriage is the solution for a lonely man. Divorce may be right for one person and wrong for another. A divorced woman may be far more sincere and noble than many of her married sisters who perhaps are living a lie.

For example, I once talked to a woman whose husband was a dope fiend, an ex-convict, a wife beater, and a nonprovider. She'd been told that it was wrong to get a divorce. I explained to her that marriage is of the heart. If two hearts blend harmoniously, lovingly, and sincerely, that is God or Love joining two people in a holy covenant or marriage. The pure action of the heart is love, and God is Love. Marriage for any other reason or by any other motivation is a lie, a farce, and a masquerade.

Following this explanation, she knew what to do. She knew in her heart that there is no Law of God that compelled her to be browbeaten, intimidated, and beaten because someone said, "I pronounce you man and wife." If you're in doubt as to what to do, ask for guidance, knowing that Infinite Intelligence will respond to you. Follow the lead that comes in the silence of your soul. It speaks to you in peace.

Drifting into Divorce

Recently a young couple married for only a few months were seeking a divorce. I discovered that the young man had a constant fear that his wife would leave him. He expected rejection, and he believed that she would be unfaithful. These thoughts haunted his mind and became an obsession with him. His mental attitude was one of separation and suspicion. She felt unresponsive to him; it was his own feeling or atmosphere of loss and separation operating through them. This brought about a condition or action in accordance with the mental pattern behind it. There is a law of action and reaction, or cause and effect. The thought is the action, and the response of the subconscious mind is the reaction. His wife left home and asked for a divorce, which is what he feared and believed she would do.

Where Divorce Takes Place

Divorce first takes place in the mind; the legal proceedings follow later. Each one was cohabitating with resentment, fear, suspicion, and discouragement in the mind; these attitudes weaken, exhaust, and debilitate the whole being. They learned that hate divides and that love unites. They began to realize what they'd been doing with their minds. Neither one of them knew the law of mental action, and they were misusing their minds and bringing on chaos and misery. These two people went back together at my suggestion and experimented with prayer therapy. They began to radiate love, peace, and goodwill to each other. Each one practiced seeing the God in the other, and they alternated in the reading of the Psalms every night. Their marriage is growing more blessed every day.

Honor Thy Father and Thy Mother

Boys need a father or a father-image; and the image must be vital, strong, and vigorous. The Bible says: *Quit you like men. Be strong.*

Mothers should put fathers back as head of the house. The father must discipline the child and see that he or she obeys. The father is a symbol of authority to the child. The child who honors and respects his father and mother, too, will automatically respect an employer, professor, police officer, the laws of the country, and the flag. The wife must never override or undermine the father, as this lowers his authority in the eyes of the child. Mothers should cease practicing "smother love" or overindulging their children. Fathers should take an interest in their children's activities, play games with them, and pray with them.

The Father Is a Hero

The father is looked upon as a hero by his son, who wants to imitate him. When the father takes no interest and spends his time drinking, golfing on Sundays, or on weekends with other women, the feminization of the boy by his sisters and mother is facilitated. Do not let your son be denied masculine behavior patterns. If his father is dead, get him to associate with an uncle, a relative, or some spiritually minded man in the neighborhood. The rabbi, priest, or minister will always be glad to take an interest in him and oversee his reactions and moods. His teacher will do the same thing. If you've been divorced, you can attract a wonderful man who will love your son as though he were his own. His father, in that respect, will be the man who impresses him with the great truths of life and nourishes them in his soul. *Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.*

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Chapter Ten

Prayer Casts Out Fear

One of the greatest enemies of man is fear. Prayer, which is faith in God and all things good, casts out fear. Fear is the cloud that hides the sunshine of God's Love. Men have made personal devils of fear of the past, the present, and the future. Fear causes man to fail. It is fear that makes man angry and jittery, causes him to rub others the wrong way, and creates bad human relations. Men fear criticism so much that many of their most beautiful thoughts never see the light of day.

A Bible Prayer

One of the most beautiful and practical prayers in the Bible for the overcoming of fear is this: *The Lord is my light and my salvation; whom shall I fear? The Lord is the strength o f my life; of whom shall I be afraid?* (Psalm 27:1). This verse might well be indelibly printed in the mind of every man and woman who walks the earth. Contemplate for a moment what it says. It postulates clearly that the Living Presence of God is within you. *Know ye that the Lord he is God (*Psalm 100:3). Another meaning for the word *Lord* in the Bible is *Law,* meaning your subconscious mind.

Learn the powers of your subconscious mind; and you will have light,

salvation, and strength, which means understanding, power, and solutions to all your problems. Master the prayer processes elaborated in this chapter. Your subconscious mind will respond, and you will be free of all fears.

Overcoming That Fear

Emerson said, “Do the thing you fear, and the death of fear is certain.”

There was a time when the writer of this chapter was filled with unutterable fear when standing before an audience. The way I overcame it was to appear before the audience;,do the thing I was afraid to do, and the death of fear was certain. When you affirm positively that you’re going to master your fears, and come to a definite decision in your conscious mind that you’re going to overcome, you release the power of the subconscious mind, which flows in response to the nature of your thought.

One of our students told me that he was invited to speak at a banquet. He said he was panic stricken at the thought of speaking before a thousand people. He overcame the fear this way: For several nights he sat down in an armchair for about five minutes and said to himself slowly, quietly, and positively, “I am going to master this fear. I am overcoming it now. I. speak with poise and confidence. I am relaxed and at ease.” He operated a definite law of mind and overcame his fear.

The subconscious mind is amenable to suggestion and controlled by suggestion. When you still your mind and relax, the thoughts of your conscious mind sink down into the subconscious through a process similar to osmosis, whereby fluids separated by a porous membrane intermingle. As these positive seeds or thoughts sink into the subconscious area, they grow after their kind; and you become poised, serene, and calm.

Banishing Stage Fright

A young lady was invited to do an audition. She’d been looking forward to the interview. However, on three previous occasions she failed miserably due to stage fright.

Here is the very simple technique I gave her. Remember, this young lady had a very good voice, but she was certain that when the time came for her to sing, she would be seized with stage fright. The subconscious mind takes your fears as a request, proceeds to manifest them, and bring them into your

experience. On three previous auditions, she sang wrong notes and finally broke down. The cause, as previously outlined, was an involuntary auto-suggestion; that is, a silent fearthought emotionalized and subjectified.

She overcame it by the following technique: Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled the mind and body as best she could. Physical inertia favors mental passivity, and renders the mind more receptive to suggestion. She counteracted the fear suggestion by its converse, saying to herself, "I sing beautifully; I am poised, serene, confident, and calm." She repeated this statement slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day, and one immediately prior to sleep. At the end of a week, she was completely poised and confident; and gave a remarkable, wonderful audition. Carry out the above procedure with assurance and conviction and the death of fear is certain.

Can't Remember the Answer

Occasionally young people from the local university come to see me, and also school teachers, who seem to suffer from suggestive amnesia at examinations. The complaint is always the same—"I know the answers after the examination is over, but I can't remember the answers during the examination."

The idea that realizes itself is the one to which we invariably give concentrated attention. I find that each one is obsessed with the idea of failure. Fear is behind the temporary amnesia, and is the cause of the whole experience.

One young medical student was the most brilliant in his class, yet he found himself failing to answer simple questions at the time of written or oral examinations. I explained to him that the reason was that he'd been worried and fearful for several days previous to the examination; these constant negative thoughts became charged with fear. Thoughts enveloped in the powerful emotions of fear are realized in the subconscious mind. In other words, this young man was requesting his subconscious mind to see to it that he failed, and that is exactly what it did. On the day of the examination, he found himself stricken with what is called in psychological circles "suggestive amnesia."

A French psychologist named Baudouin said, "What we have to work for in overcoming fear is education of the imagination."

Here is how the young man overcame his fear. He learned that his subconscious mind was the storehouse of memory, and had a perfect record of all that he had heard and read during his medical training. Moreover, he learned

that the subconscious mind was responsive and reciprocal; the way to be en rapport with it was to be relaxed, peaceful, and confident.

Every night and morning he began to imagine his mother congratulating him on his wonderful record. He would hold an imaginary letter from her in his hand and read congratulatory words. He would also feel the letter in his hand. As he began to contemplate the happy result, he called forth a corresponding or reciprocal response or reaction in himself. The all-wise and omnipotent power of the subconscious took over, dictated, and directed his conscious mind accordingly. He imagined the end. When he imagined and felt the end, he willed the means to the realization of the end. Following this procedure, he had no trouble passing subsequent examinations. In other words, the subjective wisdom took over, compelling him to give an excellent account of himself. The law of the subconscious mind is compulsion.

Shadows in the Mind

There are many people who are afraid to go into an elevator, climb mountains, or even swim in the water. It may well be that the individual had unpleasant experiences in the water in his youth, such as having been thrown forcibly into the water without being able to swim.

I had an experience when I was about ten years of age. I accidentally fell into a pool and went down three times. I can still remember the dark water engulfing my head, and my gasping for air until another boy pulled me out at the last moment. This experience sank into my subconscious mind; for years I feared the water.

An elderly psychologist said to me, “Go down to the swimming pool, look at the water, and say out loud in strong tones, ‘I am going to master you, I can dominate you.’ Then go into the water, take lessons, and overcome it.” This I did. I learned that when you do the thing you’re afraid to do, fear disappears.

It was only a shadow in my mind. When I assumed a new attitude of mind, the omnipotent power of the subconscious responded, giving me strength, faith, and confidence, enabling me to overcome my fear. I used the subconscious mind to the point where it began to use me.

Following is a process and technique for overcoming fear that I teach from the platform—it works like a charm. Try it! Suppose you’re afraid of the water, a mountain, an interview, an audition, or you fear closed places. If afraid of swimming, begin now to sit still for five or ten minutes, for three or four times a day, and imagine that you’re swimming. Actually, you’re swimming in your

mind; it's a subjective experience. Mentally you've projected yourself into the water. You feel the chill of the water and the movement of your arms and legs. It' all real, vivid, and a joyous activity of the mind. It's not idle daydreaming, for you know that what you're subjectively experiencing in your imagination will be developed in your subconscious mind; then you'll be compelled to express the image and likeness of the picture you impressed on your deeper mind; this is the law of the subconscious.

As you continue to discipline your mind in this way, you're mentally immersed in the water and happy in it; consequently, the fear passes, and you'll enter the water physically. I might say that you'll be compelled to give a good performance. You've consciously called upon the wonderful power of your subconscious mind, which is all-wise and powerful; this power controls you and governs you according to the nature of your call or request.

No Boogie Man

The president of a large organization told me that when he was a salesman, he used to walk around the block five or six times before he called on a customer. The sales manager came along one day and said to him, "Don't be afraid of the boogie man behind the door; there is no boogie man; it's a false belief."

The manager told him that whenever he looked at his own fears, he stared them in the face and stood up to them, looking them straight in the eye; then they faded and shrank into insignificance.

Go out now and face that thing you're afraid of. If you're afraid to take a new position, take it. Say to yourself, "I can accomplish; I will succeed!" You'll find a corresponding emotion or feeling generated by your subconscious. You will induce the mood or feeling of confidence, faith in yourself, and the joy of accomplishment. Fear is a thought in your mind, but confidence is a far more powerful thought; it fills your mind with a positive, constructive feeling and drives out fear.

Normal and Abnormal Fear

A chaplain told me of one of his experiences in the second World War. He had to parachute from a damaged plane and land in a jungle. He said that he was frightened, but he knew that there were two kinds of fear: normal and

abnormal. Normal fear is good; it's the law of self-preservation. It's the subconscious mind telling you that something must be done. It's sort of an alarm system that tells you to get out of the way of an oncoming car.

The chaplain said, "I began to talk to myself, saying, 'John, you can't surrender to your fear; your fear is a desire for safety or security, for a way out.'"

He said that he knew there was a subjective intelligence that led the birds to their food and told them where to go in summer and winter. He began to claim, "Infinite Intelligence that guides the planets in their course is now leading and guiding me out of this jungle."

He kept saying this out loud to himself for ten minutes or more. "Then," he added, "something began to stir inside me, a mood of confidence began to seize me, and I began to walk. After a few days, I came out miraculously, and was picked up by a rescue plane."

His changed mental attitude saved him. His confidence and trust in the subjective wisdom and power within him was the solution to his problem. He said, "Had I begun to bemoan my fate and indulge my fears, I would have succumbed to the monster *fear,* and probably have died of fear and starvation."

Whenever fear comes, go to the opposite immediately in your mind. To indulge in fear thoughts constantly and to engage your mind constantly with negative thoughts results in abnormal fear, obsessions, and complexes. To engage the mind with all the difficulties of your problem will only instill more fear until it assumes a size of catastrophic proportions. Finally, there comes a sense of panic and terror, weakening and sickening you. You can overcome fear of this nature when you know that the power of your subconscious can always change the objective conditions. Go within, claim and feel your good—the solution. Know that there's an Infinite Intelligence that responds and reacts to your thought and feeling.

Imagine the end; feel the thrill of victory. What you subjectively feel and imagine as true is the inner evidence of what will take place objectively. Your subconscious can free you. When fear thoughts come, contemplate the solution, the happy ending. Never fight negative or fearful thoughts. Always turn on the lamp of love, peace, and confidence within you. Most of our fears are imaginary.

The Thing He Feared Did Not Exist

The general manager of an organization told me that for three years he feared he'd lose his position. He was always imagining failure. The thing he

feared did not exist, except as a morbid, anxious thought in his own mind. His vivid imagination dramatized the loss of his job until he became nervous and neurotic. Finally, he lost his position; he was asked to resign.

Actually, he dismissed himself. His constant, negative imagery and fear suggestions to his subconscious mind caused the latter to respond and react accordingly. It made him make mistakes and foolish decisions that resulted in his failure as a general manager. The thing this man feared did not exist. His dismissal would never have happened had he immediately moved to the opposite in his mind.

No thought or concept, constructive or negative, can ever manifest except that we emotionalize such concepts. The thoughts, concepts, and ideas have to penetrate the subconscious before they can affect us for good or evil.

If you look back in your life, you will agree with the writer that most of your fears, worries, and anxieties never came to pass. The reason for this was that you did not retain them long enough; likewise, you did not charge them with a deep emotion. The general secret of banishing fear is to constantly fill your mind with constructive and positive thoughts. Fill the mind with thoughts of love, peace, and harmony. Give attention to your goal, ideal, the positives, and the things you wish to experience in life. As you do so, an inner invisible movement of your subconscious mind will take place, changing your world into the likeness of your inner imagery and contemplation.

Acquiring Inner Peace

During a recent ’round-the-world lecture tour, I had a two-hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturbs him. His practice is to sit still for 15 minutes in the morning and realize that in the center of himself is a deep, still ocean of peace. Meditating in this way, he generates tremendous power, which overcomes all manner of difficulties and fear.

Some months ago, a colleague called him at midnight and told him that a group were plotting against him. This is what he said to his colleague, “I am going to sleep now in perfect peace. You can discuss it with me at 10 A.M. tomorrow.”

Notice how calm he was, how cool, how peaceful! He didn’t start getting excited, tearing his hair, or wringing his hands. At his center, he found the still water, an inner peace, and there was a great calm.

Your mind is composed of two areas, the conscious mind where we reason, and the great unconscious or subconscious depths that somewhat resemble the ocean into which many forgotten fears and false beliefs are lodged.

Unknown Fears

I met a man who came to my hotel in New Delhi, India, for consultation. He was from the British Isles. He had acute sinusitis, a deep sense of grief, and was haunted by unknown fears. I found in talking to him that he had hated his father for many years, because the father had bequeathed his entire estate to his brother. This hatred developed a deep sense of guilt in his subconscious mind; because of this guilt, he had a deep, hidden fear of being punished; this complex expressed itself as migraine and sinusitis in his body.

Fear means pain. Love and goodwill mean peace and health. The fear and guilt that this man had were expressed as disease, or lack of ease and peace. The mucous membrances of his nose were always inflamed.

This young man realized that his whole trouble was caused by his own sense of guilt, self-condemnation, and hatred. His father had long since passed on to a higher dimension of life. Actually, he was poisoning himself through hatred. He began to forgive himself. *To forgive* is to give something for. He practiced saying, “I completely forgive my father. He did what he believed right according to his light. I release him. I wish him peace, harmony, and joy. I am sincere; I mean it.”

Then he cried for a long time. That was good. He lanced the psychic wound, and all the psychic pus came forth. His sinusitis disappeared. I have a letter from him saying that the migraine attacks have ceased altogether. The fear of punishment that was lurking in his subconscious mind has now disappeared.

Use this perfect formula for casting out fear: “I sought the Lord, and He heard me, and delivered me from all my fears.” The *Lord* is an ancient word meaning “your subconscious mind.”

Learn the powers of your subconscious, how it works and functions. Master the techniques given you in this chapter. Put them into practice now—today! Your subconscious will respond, and you will be free of all fears.

“I sought the Lord, and He heard me, and delivered me from all my fears.”

The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid? (Psalm 27: 1)

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Chapter Eleven

How to Pray, and Stay Young in Spirit Forever

During the many years of my public life, I've had occasion to study the biographies of the famous men and women who have continued their productive activities into the years well beyond the normal span of life, some of them achieving their greatness in old age. At the same time, it has been my privilege to meet and know countless individuals of no prominence who in their lesser sphere belonged to those hardy mortals who have proved that old age of itself does not destroy the creative powers of the mind and body.

A few months ago, I called on an old friend in London who was very ill. He was over 80 and obviously yielding to his advancing years. Our conversation revealed his sense of frustration, his physical weakness—almost lifelessness. His cry was that he was useless and that no one wanted him. With an expression of hopelessness, he betrayed his false philosophy. "We are born, grow up, become old, good-for-nothing, and that's the end." This mental attitude of futility and worthlessness was the chief reason for his sickness. He was looking forward only to senescence, and after that—nothing. Indeed, he had grown old in his thought life.

Age Is the Dawn of Wisdom

Unfortunately, many people have the same attitude as this man. They're

afraid of what they term “old age, the end, and extinction,” which really means that they’re afraid of life; yet life is endless. *Wisdom teaches that age is not the flight o f years, but age is the dawn of wisdom. Spirit in man was never born and can never die.* Spirit is God, and God has no beginning or end. Man’s body is really the garment that God wears when He takes the form of man. In order to manifest Itself, Spirit needs a form. Man’s body is the instrument through which the Spirit functions on this plane. The Spirit and the body are not separate; man’s body is Spirit or Life reduced to the point of visibility. Matter and Spirit are not different—they are the same. Spirit is the highest degree of matter, and matter is the lowest degree of Spirit. Man will always have a body. When he leaves this plane, he will put on a fourth-dimensional body, and so on to infinity; for there is no end to the glory that is man’s.

Life is progression; the journey is a constant unfoldment of our Divinity. All formed things in the universe are gradually returning to the formless life, and the formless life is forever taking form. Anything that has a beginning has an end. Our body had a beginning; it will again return to the formless primordial substance, and we will put on a new body, for every end is a beginning.

Welcoming the Change

Old age is not a tragic occurrence. What we call the aging process is change. It is to be welcomed joyfully and gladly as each phase of human life is a step forward on the path that has no end. We human beings have powers that transcend bodily powers; we have senses that transcend the five physical senses. Scientists today are finding positive, indisputable evidence that something conscious in us can leave our present body and travel thousands of miles to see, hear, touch, and speak to people even though our physical body is on a couch thousands of miles away.

Our lives are spiritual and eternal; we need never grow old, for Spirit or Life cannot grow old. Life is self-renewing, eternal, and indestructible. God is Life, and Life is the reality of all men. The evidence of our immortality is overwhelming. The scientist cannot see an electron with his eyes, yet he accepts it as a scientific fact because it is the only valid conclusion that coincides with his other experimental evidence. We cannot see God or Life; however we know we are alive. Life is, and we are here to express It in all Its Beauty and Glory.

Mind and Spirit Do Not Grow Old

The Bible says: *This is life eternal, that they might know Thee the only true God* (John 17:3). The person who thinks or believes that the earthly cycle of birth, adolescence, youth, maturity, and old age is all there is to life is indeed to be pitied; such an individual has no anchor, no hope, no vision, and to him or her, life has no meaning. This type of belief brings frustration, stagnation, cynicism, and a sense of hopelessness resulting in neurosis and mental aberrations of all kinds.

If you can't play a fast game of tennis or swim as fast as your son, or if your body has slowed down, or you walk with a slow step, remember that Spirit is always clothing Itself anew. What we call death is but a journey to a new city in another mansion of our Father's house.

I say to men and women in my lectures that they should accept what we call old age gracefully. Age has its own glory, beauty, and wisdom that belong to it. Love, beauty, peace, joy, happiness, wisdom, goodwill, and understanding—these qualities never grow old and never die. Emerson said, "We do not count a man's years until he has nothing else to count." Your character, the quality of your mind, your faith, and convictions are not subject to decay.

Love, Peace, Zeal, and Joy Have No Age

I met a surgeon in England who operates every morning, visits patients in the afternoons, and writes in the evening. He is young at 84, full of life, zeal, enthusiasm, love, and goodwill. He has not surrendered to advancing years; he knows that he is immortal. He said to me, "If I should pass on tomorrow, I would be operating on people in the next dimension, not with a surgeon's scalpel, but with mental and spiritual surgery."

The greatest of all shock absorbers and preventatives of discrepitude and mental and physical disorders is peace at the Divine Center within you. Tune in and feel it now. All the barbs of criticism, anger, and hate aimed at you will be absorbed, neutralized, and lost in the great ocean of God's love and peace within you; this is the secret of remaining young forever.

His Mind Active at 99

My father learned the French language at 65 and became an authority

on it at 70; he also made a study of Gaelic when he was over 60 and became a famous teacher of the language. He actively assisted my sister in a school of higher education and continued to do so until he passed away at 99. His mind was as clear at that age as it was when he was 50; moreover, his handwriting and his reasoning powers had improved through the years. Cato learned Greek at 80. Mme. Schumann-Heink reached the pinnacle of her musical success after she became a grandmother.

There's an old saying that has an underlying truth that a man is as old as he feels. You are as old or as young as your thought. Reason it out for yourself. Ask yourself simple questions such as these: *When was my mind born? When will it die? Has mind and spirit a beginning? How could there be an end to that which has no beginning or end?*

Stay Young Forever

Life was never born, and it will never die. Water wets it not, fire burns it not, wind blows it not away. You know these things to be true. How could you say, "I am old, I am useless, I am unwanted"? Never in Eternity could you exhaust the glories and beauties that are within you, for Infinity is within you. There is no end to the human being, since there is no end to God. To maintain this concept will keep you forever young, vital, keen, alert, alive, and full of the Light that never grows dim.

Your gray hairs can be a great asset to you; they symbolize wisdom, understanding, forbearance, and strength of character. Many in the clergy receive all manner of wonderful offers when they're over 60; people believe that they know something by that time. One man said to me recently, "The only reason I come to see you is because you have gray hair; I believe you have been through the mill, and that you are talking from experience." Ministers find it very easy to get a good position at 45. A retired priest recently informed me that he has been receiving fabulous offers from many sources; he was 70. Truth, Love, and Wisdom have no age. It is possible for a boy of 12 years of age who studies the laws of mind and the ways of the spirit to have a greater knowledge of God than his grandfather who refuses to open his mind to the Truths of God.

Your Gray Hairs Are An Asset

Don't ever quit a job and say, "I am retired, I am old, I am finished."

That would be stagnation, death, and you would be finished. Some men are old at 30, while others are young at 80. The mind is the master weaver, the architect, the designer, and the sculptor. George Bernard Shaw was quite active at 90, and the artistic quality of his mind had not relaxed from active duty.

I meet men and women who tell me that some employers almost slam the door in their face when they say that they're over 40. This attitude on the part of these employers is to be considered cold, callous, evil, and completely void of compassion or understanding. The total emphasis seems to be on youth; that is, you must be under 35 to receive consideration. The reasoning behind this is certainly very shallow. If the employer would stop and think, he would realize that the man or woman was not selling his age or gray hair, rather he was willing to give of his talents, and his experience, his wisdom gathered through years of experience in the marketplace of life.

Because of practice and application, a person's age should be a distinct asset to the organization. Gray hair, if one has any, should stand for greater wisdom, skill, and understanding. A man or woman with emotional and spiritual maturity is a tremendous blessing to any organization. A person should not be asked to resign at the age of 65; that is the time of life when one could be most useful in handling personnel problems, making plans for the future, shaping decisions, and guiding in the realm of creative ideas based on experience and insight.

Be Your Age

A screenwriter in Hollywood told me that he had to write scripts that would cater to the 12-year-old mind. This is a tragic state of affairs if the great masses of people aren't expected to have become emotionally and spiritually mature. It means that the emphasis is placed on youth in spite of the fact that youth stands for inexperience, lack of discernment, and hasty judgment.

I'm now thinking of a man 60 years of age who's trying frantically to keep young. He swims with young men every Sunday, goes on long hikes, plays tennis, and boasts of his prowess and physical powers, saying, "Look, I can keep up with the best of them." He should remember the great truth: *As a man thinketh in his heart, so is he.* Diets, exercise, and games of all kinds will not keep this man young. It is necessary for him to observe that he grows old or remains young in accord with his processes of thinking. The Spirit is conditioned by thought; if his thoughts are constantly on the beautiful, the noble, and the good, he will remain young regardless of his chronological years.

Job said, “The thing which I greatly feared is come upon me.” There are many people who fear old age and are uncertain about the future because they anticipate mental and physical deterioration as the years advance. What they think and feel comes to pass. We grow old when we lose interest in life, when we cease to dream, to hunger after new truths, and to search for new worlds to conquer. When the mind is open to new ideas, new interests, and when we raise the curtain and let in the sunshine and inspiration of new truths of God and His universe, we will always be young and vital.

If you are 60 or 99, realize that you have much to give. You can help stabilize, advise, and direct the younger generation; you can give the benefit of your knowledge, your experience, and your wisdom; you can always look ahead, for at all times you’re gazing into Infinity. You will find that you can never cease to unveil the glories and the wonders of the Infinite One. Veil after veil is lifted, and Its Face becomes revealed as more august and wonderful. Try to learn something new every moment of the day and you’ll find that your mind will always be young.

I was introduced to a man in Bombay who said that he was 110 years old; he had the most beautiful face I have ever seen. He seemed transfigured by the radiance of an inner light. There was a rare beauty in his eyes, indicating that he’d grown old in years with gladness and with no indication that his Spirit had dimmed its lights.

You Must Be a Producer

The newspapers are taking note of the fact that the voting population of the elderly in California elections is increasing by leaps and bounds; this means that their voice will be heard in the legislature of the state and also in the halls of Congress. A person of 65 may be younger mentally, psychologically, and physically than many at 30. It is stupid and ridiculous to tell someone that he can’t be hired because he’s over 40. It’s like saying to him that he’s ready for the scrap heap or the junk pile. What is a person of 40 or over to do? Must he bury his talents and hide his light under a bushel? Those who are deprived and prevented from working because of age must be sustained by government treasuries at county, state, and federal levels; the very organizations that refuse to hire them and benefit from their wisdom and experience will be taxed to support them. This is a form of financial suicide.

We’re here to enjoy the fruits of our labor and to be producers, not prisoners, of a society that compels us to idleness. The body slows down

gradually as we advance through the years, but the mind can be much more active, alert, alive, and quickened by the Holy Spirit. The mind does not have to grow old. The Bible says: Oh *that I were as in months past, as in the days when God preserved me; When his candle shined upon my head, and when by his light I walked through darkness; As I was in the days o f my youth, when the secret of God was upon my tabernacle.* (Job 29:2-3-4).

Secret of Youth

The *secret* that Job speaks of is joy. All of us can capture our youth by stirring up the gift of God within us. Every time we recognize the Spirit within as Lord Omnipotent and reject the power of false beliefs of the world, we are stirring up the gift of God within us. *In Him there is fulness of Joy. The joy of the Lord is my strength.*

The Prayer of Rejuvenation

To recapture the spirit of youthfulness, feel the Miraculous, Healing, Self-Renewing, Ever-Living God moving through your mind and body. Know that you are inspired, lifted up, rejuvenated, revitalized, and recharged spiritually. You can bubble over with enthusiasm and joy as in the days of your youth for the simple reason that you can always recapture the joyous state mentally and emotionally. The *candle* that shines upon your head is Divine Intelligence, which reveals everything you need to know, and enables you to affirm the presence of your good regardless of appearances. You walk by His Light because you know that as the dawn appears, all the shadows will flee away.

Instead of saying, “I am old,” say, “I am wise in the ways of God.” You are never a failure, for you know that “He never faileth.” You can always travel in your mind and conquer new fields. Don’t let the race mind, corporations, newspapers, or statistics hold a picture before you of old age, declining years, decrepitude, senility, and uselessness. Reject it, for it is a lie. You can rise above the race mind and refuse to be hypnotized by such propaganda. Affirm life—not death. Realize that you live forever, and Spirit is your reality. Get a vision of yourself as happy, radiant, successful, serene, and full of the Light of God. If you are retired, get interested in the Bible, especially its inner meaning. Do something that you’ve always wanted to do, study new subjects, and investigate

new ideas. Then pray as follows: *As the heart panteth after the water brooks, so panteth my soul after thee, O God* (Psalms 42:1).

Retirement—a New Venture

Be sure that your mind never retires. It must be like a parachute that's no good unless it opens up. Be open and receptive to new ideas. I've seen men of 65 and 70 retire; they seemed to rot away and in a few months pass on; they obviously felt that life was at an end. Retirement can be a new venture, a new challenge, a new path, the beginning of the fulfillment of a long dream. It is inexpressibly depressing to hear a man say, "What shall I do now that I'm retired?" He is saying in effect, "I am mentally and physically dead. My mind is bankrupt of ideas." All this is a false picture. The real truth is that you can accomplish more at 90 than you did at 60 because each day you're growing in wisdom and understanding of God and His universe through your new studies and interest.

The Fruits of Old Age

His flesh shall be fresher than a child's: he shall return to the days o f his youth (Job 33:25). Realize that you will never have an old mind unless you think you have. Learn to give all allegiance and devotion to the Indwelling God that is Supreme, the only Cause and Power. To give power to the race mind, to senescence, to sickness, to people, to conditions, and to events divides your allegiance and instills conflict and fear. You might be 80 years old chronologically speaking, but if you're cranky, irritable, irascible, petulant, and cantankerous, you're really old regardless of the number of years you've accumulated, whether 30 or 90. Old age permits the contemplation of the Truths of God from the highest standpoint. This brings you to the well of God, where you may drink of the waters of life that will keep you forever refreshed and God-intoxicated.

Look forward to a greater degree of spiritual awareness, and realize that you're on an endless journey, a series of infinite steps in the ceaseless, tireless, endless ocean of God's Love; then with the Psalmist you will say, *They shall still bring forth fruit in old age; they shall be fat and flourishing* (Psalms 92:14). *The fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance: against such there is no law* (Gal. 5:22-23).

You are a child of the Infinite, which knows no end, and you are a child of Eternity.

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Chapter Twelve

Making Prayer More Effective

If your mind is to be stilled, it must be sheltered from the physical disturbances of noise and discomfort, from the winds and storms of the emotions, and from the anxieties and tensions of the day.

The ideal stillness achieved by holy men is a goal for most of us. But in some small measure, each time you withdraw into your prayer room—your mind—you can create a tranquil atmosphere sufficient to make your prayers effective.

Your prayers will never be effective until you cease to battle discords, grief, passion, anger, resentment, and the host of petty emotions that fill too many thoughts. The discipline is for you to release your attention from these disturbances and contemplate the Presence and Power of God within you.

Untroubled by distractions, you can begin to think about a clear understanding of such abstractions as beauty, love, peace, and harmony. When you begin to know the nature of harmony, you can begin to project that quality into the affairs and activities of your life.

Key to Praying Effectively

The Bible gives the perfect formula for making prayer more effective. Consider what it says: *Let the words of my mouth, and the meditation o f my*

heart, be acceptable in thy sight, 0 Lord, my strength, and my redeemer (Psalms 19:14). Answers to your prayers will happen in your life when your inner thought and feeling agree with the words of your mouth.

Long-Delayed Lawsuit

A friend of mine was involved in a legal battle that had cost him considerable time, legal fees, and so on. He was exasperated, bitter, and hostile toward the opposition and his own attorneys. His inner speech, which represents his inner, silent, unexpressed thoughts, was more or less as follows: “It’s hopeless! This has gone for five years, I am being sold down the river. It is useless to go on. I might as well give up.” I explained to him that this inner speech was highly destructive and was undoubtedly playing a major role in prolonging the case. The Bible says: *For the thing which I greatly feared is come upon me* (Job 3:25).

My friend changed his inner and outer speech completely when he fully understood what he’d been doing to himself. Actually, he’d been praying against himself. I asked him a single question as follows: “What would you say if I told you this minute that there had been a perfect, harmonious solution reached and the whole matter was concluded?”

He replied, “I would be delighted and eternally grateful. I would feel wonderful knowing that the whole thing was finished.”

He agreed from that moment on to see to it that his inner speech would agree with his aim. Regularly and systematically, he applied the following prayer, which I gave him: “I give thanks for the perfect, harmonious solution that came through the Wisdom of the All-Wise One.” He repeated this to himself frequently during the day, and when difficulties, delays, setbacks, arguments, doubts, and fears came to his mind, he would silently affirm the above truth. He ceased completely making all negative statements verbally and also watched his inner speech, knowing that his inner speech would always be made manifest. It’s what we feel on the inside that is expressed. We can say one thing with the mouth and feel another in our heart; it’s what we feel that is reproduced on the screen of space. We must never affirm inwardly what we do not want to experience outwardly. The lips and the heart should agree; when they do, our prayer is answered.

We must watch our inner psychological state. Some people mutter to themselves, are envious, jealous, and seething with anger and hostility. Such a mental attitude is highly destructive and brings chaos, sickness, and lack in its

train. You're familiar with the person who justifies himself; he tells himself that he has a perfect right to be angry, to seek revenge, and to try to get even. He's playing an old subconscious record that recites all the alibis, excuses, and justification for his inner boiling state. In all probability, he doesn't know that such a mental state causes him to lose psychic energy on a large scale, rendering him inefficient and confused. One's negative inner speech is usually directed against some person.

How Truth Set Him Free

I talked to a man recently who told me that he'd been treated shabbily; how he planned to get even, and how hateful he was toward his former employer. This man had ulcers of the stomach as a result of his inner turmoil and irritation. I explained to him that he'd been making very destructive impressions of anger and resentment upon his subconscious mind, which always expresses what is impressed upon it. These destructive emotions must have an outlet, and they came forth as ulcers and neurosis, in his case.

He reversed his mental processes by releasing his former employer into the boundless ocean of God's Love and wishing for him all the blessings of Heaven. At the same time, he filled his mind with the Truths of God by identifying himself with the Infinite Healing Presence, realizing that the Harmony, Peace, and Perfection of the Infinite One were saturating his mind and body, making him every bit whole. These spiritual vibrations permeating his mind were transmitted throughout his entire system, and the cells of his body took on a new spiritual tone, resulting in a healing of his discordant condition.

The Subconscious Recording Machine

The Bible says: *If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven.* Who are these two? It means you and your desire; that is, if you accept your desire mentally, the subconscious mind will bring it to pass because your conscious and subconscious have agreed or synchronized. The two represent your thought and feeling, your idea and emotion. If you succeed in emotionalizing the concept, the male and female aspect of your mind have agreed, and there will be an issue or mental offspring—namely, the answered prayer.

It must be recalled that whatever we accept or feel as true is impregnated in our subconscious mind. The subconscious is the creative medium; its tendency, as Troward points out, is always lifeward. The subconscious controls all your vital organs, is the seat of memory, and the healer of the body. The subconscious is fed by hidden springs and is one with Infinite Intelligence and Infinite Power.

What kind of inner talking goes on in you all the time that is not being expressed audibly? It is your inner talking that the subconscious listens to and obeys. Your subconscious records your silent thought and feeling, and it is a very faithful recording machine. It records everything and plays the record to you in the form of experiences, conditions, and events. You do not have to travel psychologically with fear, doubt, anxiety, and anger. There is no law that says that you have to travel with gangsters, assassins, murderers, intruders, and such thieves and robbers in your mind; they rob you of health, happiness. peace, and prosperity, and make you a physical and mental wreck.

You Are the Only Thinker

A woman had a blood pressure of over 200 accompanied by severe migraine attacks; the cause of all this was destructive inner speech: She felt that someone had not treated her right, and she became very negative toward that other person. She justified herself in being hostile and antagonistic toward this other person, allowing this condition to go on for weeks, and was in a deep emotional stew. This negative attitude drained force from her, bringing about psychological changes in her bloodstream. She was ready, as she said, to explode with anger. This inner pressure, mounting tensions, and seething hostility was the cause of her high blood pressure or hypertension, plus the migraine.

This woman began to practice the wonders of prayer therapy. She realized that she'd been poisoning herself, and that the other woman was in no way responsible for the way she was thinking or feeling about her. She was the only thinker in her universe; and she'd been thinking vicious, destructive, malicious thoughts that were poisoning her whole system. She began to see that no one could possibly touch her except through her own thought or the movement of her own mind. All she had to do in order to practice the wonders of true spiritual inner speech was to identify with her aim. Her aim was peace, health happiness, joy, serenity, and tranquillity. She began to identify with God's River of Peace and God's Love flowing through her like a golden yellow river soothing, healing, and restoring her mind and body.

She prayed for 15 minutes three or four times a day. Her inner thoughts and feelings were as follows: “God is Love, and His. Love fills my soul. God is Peace, and His Peace fills my mind and body. God is Perfect Health, and His Health is my Health. God is joy, and His joy is my joy, and I feel wonderful.” This kind of prayer therapy that represented her inner thoughts of God and His qualities brought about a complete sense of balance, poise, and harmony to her mind and body. When the thoughts of the other woman came to her mind, she would immediately identify with her aim—God’s Peace. She discovered the wonders of real effective prayer where her lips and heart united in identifying with the Eternal Truths of God, thereby rendering her impermeable to the impact of negative ideas and thoughts.

How do you meet people in your mind? That is the acid test for the Truth that sets you free. If you meet them and see the God in them, that’s wonderful; then you’re practicing the wonders of inner speech from a constructive standpoint because you’re identifying with your aim, which is God or the good. Ouspensky, the author of *New Model o f the Universe,* pointed out that your inner speech should always agree with your aim.

How He Got Agreement

A young man had an aim for perfect health; however his conscious mind reminded him that he’d been sick with a blood disorder for years. He was full of anxiety, fear, and doubt. His relations kept reminding him that it would take a long time and that he might never be healed. His subconscious was, of course, receiving all these negative impressions, and he could not get a healing. His inner speech had to agree with his aim.

In other words, the two phases of his mind had to synchronize and agree. This young man began to talk in a different tone to his subconscious. I told him, as he listened carefully and avidly, to affirm slowly, quietly, lovingly, and feelingly several times daily as follows:

> *“The Creative Intelligence made my body and is creating my blood now. The Healing Presence knows how to heal and is transforming every cell of my body to God’s pattern now. I hear and I see the doctor telling me that I am whole. I have this picture now in my mind, I see him clearly, I hear his voice, and he is saying me, ‘John, you are healed. It is a miracle!’ I know this imagery is going down into my subconscious mind, where it is being developed and brought to pass. I know my subconscious*

mind is in touch with the Infinite One, and Its Wisdom and Power bringing my request to pass in spite of all sensual evidence to the contrary. I feel this, believe it, and I am now identifying with my aim—perfect health—this is my inner speech morning, noon, and night."

He repeated this prayer ten or fifteen minutes four or five times daily, particularly prior to sleep. Due to habit, he found his mind running wild at times, fretting, fussing, worrying, recounting the verdict of others and his previous repeated failings in the healing process. When these thoughts came to his mind, he issued the order, "Stop! I am the master. All thoughts, imagery, and responses must obey me. From now on, all my thoughts are on God and His Wonderful Healing Power. This is the way I feed my subconscious, I constantly identify with God, and my inner thought and feeling is 'Thank you, Father.' I do this a hundred times a day or a thousand times, if necessary."

The young man had a healing of the blood condition in three months. His inner speech became the same as it would be if he had already been healed: *Believe that you have it now and you shall receive.* He succeeded by repetition, prayer, and meditation to get his subconscious mind to agree with his desire; then the Creative Power of God responded according to the agreement: *Thy faith hath made thee whole.*

Why Can't I Sell It?

Here's an example of wrong inner speech: A member of our organization was trying to sell a home for three years. She would decree, "I release this beautiful home to Infinite Mind. I know it is sold in Divine Order to the right person at the right price, and I give thanks now that this is so." This was her prayer, and there's nothing wrong with it, but she constantly neutralized it by silently saying to herself, "Times are slow, the price is too high, and people don't have that kind of money. What's wrong with me? Why can't I sell it?" You can see that she was rendering her prayer null and void.

As a man thinketh in his heart so is he. The woman's inner speech was very negative, and that was the way she really felt about the whole matter; therefore, that mental state was manifested for three years. She reversed the procedure, and every night and morning she would close her eyes for five or six minutes and imagine the writer congratulating her on her sale. During the day, her inner speech was: "I give thanks for the sale of my home. The buyer is prospered and blessed because of this purchase." The repetition of these prayers

was impressed on her subconscious mind and made manifest. A week later, a man who sat next to her in church the following Sunday bought her home and was very satisfied. She realized that you can't go in two directions at the same time.

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, 0 Lord, my strength, and my redeemer (Psalms 19:14).

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Chapter Thirteen

How Prayer Banishes Grief and Sorrow

Prayer is a great refuge in which to soften the grief and sorrow that trouble us during the various crises and events that shock us. In the communion of prayer, we can resolve true values from the many false values we are apt to place upon the things and associations of this world. The most dramatic crisis is usually the problem of death, because with a limited vision we become attached to personalities and are disturbed by the sharp and apparently final separation of death. It takes the quiet thoughts of prayer to help us realize that death is but a transition between two states of the same life, and to readjust our thinking about our various relationships.

What Is So-Called Death?

Thousands of years ago Job asked, “If a man die, shall he live again?” This question has been asked millions of times since then. The truth is that there is no death in the sense of oblivion. God is Life and that Life is our Life now. Life, or God, had no beginning and It has no end. Man being Life in manifestation cannot die. The body had a beginning, and the body has an end. Actually, we’re creating new bodies every moment of the day. The body is the vehicle for the expression of life. When the vehicle or body is no longer a fit instrument, it is laid aside. Spirit then clothes Itself in a new body.

Death Is a Beginning

Life is a progression. The journey is from glory to glory; we go onward, upward, and Godward. Where something ends, something else begins. Usually we admit renewal, resurrection, and fruition processes in the seasons, birds, flowers, and insect life; but when it comes to ourselves, we're struck numb and dumb with fear. We're timid about taking the position that death and birth are but the two sides of the shield of life and should not be feared. Basically it is Life in the process of changing. Something old given up for something new is the transaction consummated in the so-called death process.

There Are No Dead

And this is life eternal, that they might know thee the only true God (John 17:3). To know or to acquaint yourself with the fact that God is the Life of you, the reality of you, is to know that you are immortal, which means the continuity of your individual life forever expanding into higher mansions of our Father's house. We have our entire being in the Universal Mind of God; this is where all things exist, and whatever abides in the mind of God will never cease to be. A rose that blooms once blooms forever. You are immortal because God is immortal.

When Death Takes Her Boys

One of the greatest tests of character and faith in God and in immortality is to lose loved ones through what man calls death. I chatted with a woman on a recent polar flight to Europe. She told me that she had lost two sons in the war, one was 19 and the other 20 years of age. The news of their transition was an agonizing mental blow at first, but she added that she quickly regained her composure by quietly affirming to herself, "He is not a God of the dead but of the living, for in His sight all are alive."

She looked at me with a rare radiance in her eyes as she said, "Do you know what I felt?" Her words came slowly and with majestic calm. "Suddenly I felt a wave of inner peace come into my heart and all sense of grief disappeared. I knew and felt that they were alive, and I could sense their presence and kindly

touch. It was a wonderful experience."

A New Birthday

This woman said that her boys had been very religious, full of love, joy, and vitality, and she continued, "I know God is just and God is good, and I realize that while I miss them, at the same time they are building another home for themselves in the next dimension where they have new bodies and new tasks to accomplish. I asked myself, 'How can I help them?' The answer came quickly: 'Pray for them!' I prayed and reasoned as follows: 'My boys were loaned to me from God, the Source of all Life and the Giver of all gifts. I knew I could not have my boys forever and that someday they would leave me, get married, perhaps go to foreign lands, or move to another city. I loved them while they were with me; I gave them everything I could in the way of love, faith, confidence, and trust in God. My mission now is to help them build a new home, and I radiate love, peace, and joy to them. God's Light, Love, Truth, and Beauty flow through them. His peace fills their souls. I rejoice in their onward journey, for Life is progression. Whenever I think of them I say, 'God is with them and all is well.'"

The above prayer, which she repeated several times a day for a few weeks, brought a complete sense of peace and tranquillity to this woman. She helped her sons through her prayers, and she helped herself also. *There are bodies celestial and bodies terrestrial; so also is the resurrection of the dead* (I Cor. 15:40).

The Oil of Joy for Mourning

To give the oil of joy for mourning is interpreted in this way: We must teach all men that they should never grieve or mourn for loved ones. By radiating the qualities of love, peace, and joy to the loved one who has passed over to the next dimension, we are praying for the loved one in the right manner. We are lifting the other up in consciousness. This is truly giving the "oil of joy for mourning." We rejoice in his new birthday, knowing that the Presence of God is where he is. Where God is, there can be no evil. In order to pray for the so-called dead, we realize that the loved ones who have passed on are dwelling in a state of beauty, joy, and love; then we are lifting them up because they feel our prayers, and thereby they are blessed. We make them happy by our sincere

prayer. Instead of feeling that they are dead and gone, and that their bodies are where the graves are, by an inner mood let us see them dwelling in a state of indescribable beauty. We must never dwell in the mood or feeling of lack, limitation, or regret.

Out of the Depths

I knew an actor in New York who received a cablegram that his wife and three children were killed in India only five or ten minutes before he had to go onstage. He had to sing, dance, and tell jokes. He said to me, "I forced myself to think of God and His Love; I knew the pendulum of life that had swung to tragedy and despair in my life had to swing to the opposite at once. I began to claim that God would give me strength and power, and that I would give the greatest performance of my life. Somehow I knew that is what my wife and children would want; as the tears ran down my cheeks, I remembered God and I claimed He was helping me and wiping away all my tears. I offered a prayer for my loved ones claiming that 'He leadeth them beside the still waters' and His Love was there with them."

The man said that his heart was breaking, but he raised his voice in triumphant song and danced as he had never danced before; the house applauded him again and again. He said that it was the greatest thrill of his life. He felt God with him all the way. Out of the depths of his sorrow he forced himself to think of God and His Goodness, and God answered him. He invoked the Power, which is the greatest thing we know. The Power miraculously took over, elevated him, and gave him strength. He turned his eyes upward; he looked for a solution. *Out of the depths have I cried unto thee, O Lord. Lord, hear my voice: let thine ears be attentive to the voice of my supplications* (Psalms 130:1-2).

Loyal to His Ideals

I attended a funeral service recently of a man who died suddenly at 50 years of age. He had an only daughter, age 13; his wife had passed on when the girl was born. She said to me, "Daddy always said that death was ongoing, and before he died he said, 'Pray for me, I shall always pray for you and watch over you."' I was amazed and delighted to hear her say, "I know that Daddy heard every word you said. I saw him clearly; he smiled at me. I know, he doesn't want me to mourn, cry, or brood over the grave. He wants me to be happy, joyous, go

to college, and learn to become a good physician. I know that would make him so happy. I don't owe Daddy tears or sorrow; I owe him loyalty, love, and devotion to the truths he taught, and to make something of myself."

She had solved the tragedy of so-called death in her heart, and it didn't hurt too much. She had the sense of a Divine Companionship, which comforted her, plus her spiritual knowledge of the principles of happy and constructive living, which are kindness, love, growth, confidence, amiability, and a sense of trust in the laws of God and His Love for all his own children.

Like this young girl, you can rise above your gloom, discouragement, and misery. Rise above it and redeem it now. Come out of your hole of sorrow, grief, and loneliness by emphasizing in yourself the qualities of love, friendship, confidence, trust, and fruitful activities, plus an intense desire for a heightened capacity to love and give of your talents to the world. As you're projecting these qualities while still continuing in loneliness and sorrow, you're building another house in your mind in which you will dwell shortly—if you faint not and keep on trusting in Him, for *He never faileth.* Endure your present trouble while praying for the future state because of the great joy that is set before you.

There Is No Fear in Death

I have been at the bedside of many men and women during their transition. I have never seen any one of them show any signs of fear. Instinctively and intuitively, they feel that they're entering into a larger dimension of life. Thomas Edison was heard to say to his physician before he died, "It is very beautiful over there." All of us have a natural wistfulness regarding the state of our loved ones when they leave this plane of life. We must realize that they're living in another mansion of our Father's House and are only separated from us by a higher frequency.

The so-called dead are all about us, and we must cease believing that they're dead and gone. They are alive with the Life of God. Radio and television programs fill the room where you're living although you cannot see or hear them without an instrument. We are under a hypnotic spell of belief in death, but when we let the scales of centuries of false beliefs fall from our eyes, we will realize that we have an existence beyond time and space as we know it, and we will see and feel the presence of those whom we now call "dead."

Release Your Loved Ones

It is unwise to hold on to your loved ones in your thoughts. Be sure to release them through prayer; let them go. We must not hamper or restrict their passing in any way by gloomy, despondent, and dismal thoughts. They are entitled to your thoughts of joy, peace, and love. Millions of people all over the world intuitively feel and know that their loved ones still live, move, and have their being; and moreover, they have had a very definite feeling of the near presence of those whom they dearly loved on this plane. The intuitions, insights, and intimations from your subliminal depths that transcend your intellect are constantly reminding you of the deathlessness and eternality of your loved ones.

The *Book of Revelation* contains a beautiful, inspiring, and magnificent passage that touches on life after death. *Therefore, are they before the throne of God, and serve him day and night on his temple: and he that sitteth on the throne shall dwell among them. They shall hunger no more, neither thirst any more, neither shall the sun light on them or any heat, For the Lamb which is in the midst o f the throne shall feed them, and shall lead them to fountains o f living waters: and God shall wipe away all tears from their eyes.* Realize in your heart that they are fed with wisdom, truth, and beauty; their thirst is always satisfied with inspiration from On High, and they are flooded with the Radiance of the Light Limitless.

A Spiritual Adventure

I look on death as a birthday into the fourth dimension, where we go from mansion to mansion in an ascending scale. About 36 years ago, I had a severe illness and was unconscious for about three days. All this time I was outside my body and talked with relatives long since gone from the face of the earth; I recognized them clearly. I knew that I had a body, but it was a different body that enabled me to go through closed doors, and whenever I thought of any place such as London, Paris, or Belgium where my sister was, I was there instantaneously and could see and hear everything that was going on.

I spoke to friends and loved ones in the next dimension, yet I used no language; everybody communicated with everybody else by thought. There were no boundaries. Everything seemed to be alive, and I had no sense of time. I felt free, exalted, and rapturously ecstatic. I saw the doctor come into the room where my body was and heard him say, “I think he is dead.” I felt him touching my eyes and testing my responses, and I tried to tell him I was alive, but he didn’t seem to know I was there. I touched him and said, “Let me alone, I don’t

want to come back," but there was no perceptible recognition of my touch or voice. The doctor gave me an injection that seemed to be a heart stimulant of some kind. I was furious, as I did not want to come back—it was so beautiful in the transcendent state. I was just beginning to enjoy myself, my new acquaintances, and studies in the next dimension.

I was being restored to life, and I felt myself going back into by body like going into a sleeping body. Suddenly everything seemed to pass away, and I felt that I was in prison. When I awakened, I was suffering from shock, undoubtedly due to the anger expressed in the fourth-dimensional body before it entered its three-dimensional counterpart. As far as I know, I had experienced what the world calls death, and according to our sense of time, I was unconscious 72 hours. When we are called "dead," we are merely functioning in a higher dimension of mind.

Where Is the Fourth Dimension?

We are living in the fourth dimension now. Actually, we are living in all dimensions because we are living in God Who is Infinite. Your loved ones who have passed on are carrying on their lives right where we are, but at a higher frequency or vibration. It is possible to have a fan in your room that oscillates at such a high speed that to you it is invisible. Likewise, we can send 50 different voices over a cable, and the reason they do not interfere with each other is due to different frequencies. Radio and television programs do not interrupt or collide with each other due to different wavelengths. We interpenetrate all planes; and our journey is ever onward, upward, and Godward.

And so beside the Silent Sea
I wait the muffled oar;
No harm from Him can come to me
On ocean or on shore.
I know not where His islands lift
Their fronded palms in air;
I only know I cannot drift
Beyond His love and care.

— Whittier

Our birth is but a sleeping and a forgetting;

The Soul that rises with us, our life's star,
Hath had elsewhere its setting
And cometh from afar;
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come From God, Who is our home.

— Wordsworth

Near shady wall a rose once grew,
Budded and blossomed in God's free light
Watered and fed by morning dew,
Shedding its sweetness day and night
As it grew and blossomed fair and tall,
Slowly rising to loftier height,
It came to a crevice in the wall,
Thru' which there shone a beam of light.
Onward it crept with added strength
With never a thought of fear or pride,
It followed the light thru' the crevice's length
And unfolded itself on the other side.
The light, the dew, the broadening view
Were found the same as they were before,
And it lost itself in beauties new,
Breathing its fragrance more and more.
Shall claim of death cause us to grieve,
And make our courage faint or fall?
Nay! Let us faith and hope receive,
The rose still grows beyond the wall.
Scattering fragrance far and wide,
Just as it did in days of yore
Just as it did on the other side
Just as it will for evermore.

— Anonymous

Never the Spirit was born; the
Spirit shall cease to be never;
Never was time it was not; End and
Beginning are dreams!
Birthless and deathless and shapeless

Remaineth the Spirit forever;
Death hath not touched it at all,
Dead though the house of it seems!
Nay, but as one who layeth
His worn-out robes away,
And, taking new ones, sayeth
“These will I wear today!”
So putteth by the Spirit
Lightly its garb of flesh,
And passeth to inherit
A residence afresh.

— The Song Celestial

About the Author

Joseph Murphy was born on May 20, 1898, in a small town in the County of Cork, Ireland. His father, Denis Murphy, was a deacon and professor at the National School of Ireland, a Jesuit facility. His mother, Ellen, née Connelly, was a housewife, who later gave birth to another son, John, and a daughter, Catherine.

Joseph was brought up in a strict Catholic household. His father was quite devout and, indeed, was one of the few lay professors who taught Jesuit seminarians. He had a broad knowledge of many subjects and developed in his son the desire to study and learn.

Ireland at that time was suffering from one of its many economic depressions, and many families were starving. Although Denis Murphy was steadily employed, his income was barely enough to sustain the family.

Young Joseph was enrolled in the National School and was a brilliant student. He was encouraged to study for the priesthood and was accepted as a Jesuit seminarian. However, by the time he reached his late teen years, he began to question the Catholic orthodoxy of the Jesuits, and he withdrew from the seminary. Since his goal was to explore new ideas and gain new experiences—a goal he could not pursue in Catholic-dominated Ireland—he left his family to go to America.

He arrived at the Ellis Island Immigration Center with only $5 in his pocket. His first project was to find a place to live. He was fortunate to locate a rooming house where he shared a room with a pharmacist who worked in local drugstore.

Joseph's knowledge of English was minimal, as Gaelic was spoken both in his home and at school, so like most Irish immigrants, Joseph worked as a day laborer, earning enough to keep fed and housed.

He and his roommate became good friends, and when a job opened up at the drugstore where his friend worked, he was hired to be an assistant to the pharmacist. He immediately enrolled in a school to study pharmacy. With his keen mind and desire to learn, it didn't take long before Joseph passed the qualification exams and became a full-fledged pharmacist. He now made enough money to rent his own apartment. After a few years, he purchased the drugstore, and for the next few years ran a successful business.

When the United States entered World War II, Joseph enlisted in the Army and was assigned to work as a pharmacist in the medical unit of the 88th

Infantry Division. At that time, he renewed his interest in religion and began to read extensively about various spiritual beliefs. After his discharge from the Army, he chose not to return to his career in pharmacy. He traveled extensively, taking courses in several universities both in the United States and abroad.

From his studies, Joseph became enraptured by the various Asian religions and went to India to learn about them in depth. He studied all of the major faiths from the time of their beginning. He extended these studies to the great philosophers from ancient times until the present.

Although he studied with some of the most intelligent and far-sighted professors, the one person who most influenced Joseph was Dr. Thomas Troward, who was a judge as well as a philosopher, doctor, and professor. Judge Troward became Joseph's mentor. From him he not only learned philosophy, theology, and law, but also was introduced to mysticism and particularly, the Masonic order. He became an active member of this order, and over the years rose in the Masonic ranks to the 32nd degree in the Scottish Rite.

Upon his return to the United States, Joseph chose to become a minister and bring his broad knowledge to the public. As his concept of Christianity was not traditional and indeed ran counter to most of the Christian denominations, he founded his own church in Los Angeles. He attracted a small number of congregants, but it did not take long for his message of optimism and hope rather than the "sin-and-damnation" sermons of so many ministers to attract many men and women to his church.

Dr. Joseph Murphy was a proponent of the New Thought movement. This movement was developed in the late 19th and early 20th centuries by many philosophers and deep thinkers who studied this phenomenon and preached, wrote, and practiced a new way of looking at life. By combining a metaphysical, spiritual, and pragmatic approach to the way we think and live, they uncovered the secret of attaining what we truly desire.

The proponents of the New Thought movement preached a new idea of life that brings out new methods and more perfected results, and we have the power to use it to enrich our lives. We can do all these things only as we have found the law and worked out the understanding of the law, which God seemed to have written in riddles in the past.

Of course, Dr. Murphy wasn't the only minister to preach this positive message. Several churches, whose ministers and congregants were influenced by the New Thought movement, were founded and developed in the decades following World War II. The Church of Religious Science, Unity Church, and similar places of worship preach philosophies similar to this. Dr. Murphy named his organization The Church of Divine Science. He often shared platforms,

conducted joint programs with his similar-thinking colleagues, and trained other men and women to join their ministry.

Over the years, other churches joined with him in developing an organization called the Federation of Divine Science, which acts an umbrella for all Divine Science churches. Each of the Divine Science church leaders continues to push for more education, and Dr. Murphy was one of the leaders who supported the creation of the Divine Science School in St. Louis, Missouri, to train new ministers and provide ongoing educational education for both ministers and congregants.

The annual meeting of the Divine Science ministers was a must to attend, and Dr. Murphy was a featured speaker at them. He encouraged the participants to study and continue to learn, particularly about the importance of the subconscious mind.

Over the next few years, Murphy's local Church of Divine Science grew so large that his building was too small to hold them. He rented The Wilshire Ebell Theater, a former movie theater. His services were so well attended that even this venue could not always accommodate all who wished to attend. Classes conducted by Dr. Murphy and his staff supplemented his Sunday services that were attended by 1,300 to 1,500 people. These were supplemented by seminars and lectures that were held most days and evenings. The church remained at the Wilshire Ebell Theater in Los Angeles until 1976, when it moved to a new location in Laguna Hills, California, near a retirement community.

To reach the vast numbers of people who wanted to hear his message, Dr. Murphy created a weekly radio talk show, which eventually reached an audience of over a million listeners.

Many of his followers wanted more than just summaries and suggested that he tape his lectures and radio programs. He was at first reluctant to do so, but agreed to experiment. His radio programs were recorded on extra-large 78-rpm discs, a common practice at that time. He had six cassettes made from one of these discs and placed them on the information table in the lobby of the Wilshire Ebell Theater. They sold out the first hour. This started a new venture. His tapes of his lectures explaining biblical texts, and providing meditations and prayers for his listeners were not only sold in his church, but in other churches, bookstores, and via the mail.

As the church grew, Dr. Murphy added a staff of professional and administrative personnel to assist him in the many programs in which he was involved and in researching and preparing his first books. One of the most effective members of his staff was his administrative secretary, Dr. Jean Wright.

The working relationship developed into a romance, and they were married—a lifelong partnership that enriched both of their lives.

At this time (the 1950s), there were very few major publishers of spiritually inspired material. The Murphys located some small publishers in the Los Angeles area, and with them produced a series of small books (often 30 to 50 pages printed in pamphlet form) that were sold, mostly in churches, from $1.50 to $3.00 per book. When the orders for these books increased to the point where they required second and third printings, major publishers recognized that there was a market for such books and added them to their catalogs.

Dr. Murphy became well known outside of the Los Angeles area as a result of his books, tapes, and radio broadcasts and was invited to lecture all over the country. He did not limit his lectures to religious matters, but spoke on the historical values of life, the art of wholesome living, and on the teachings of great philosophers—both from the Eastern and Western cultures.

As Dr. Murphy never learned to drive, he had to arrange for somebody to drive him to the various places where he was invited to lecture and other places in his very busy schedule. One of Jean's functions as his administrative secretary and later as his wife was to plan his assignments, arrange for trains or flights, airport pickups, hotel accommodations, and all the other details of the trips.

The Murphys traveled frequently to many countries around the world. One of his favorite working vacations was to hold seminars on cruise ships. These trips were for a week or more and would take him to many countries around the world.

One of Dr. Murphy's most rewarding activities was speaking to the inmates at many prisons. Many ex-convicts wrote him over the years, telling him how his words had truly turned their lives around and inspired them to live spiritual and meaningful lives.

He toured the United States and many countries in Europe and Asia. In his lectures, he emphasized the importance of understanding the power of the subconscious mind and the life principles based on belief in the one God, the "I AM."

Dr. Murphy's pamphlet-sized books were so popular that he began to expand them into more detailed and longer works. His wife gave us some insight into his manner and method of writing. She reported that he wrote his manuscripts on a tablet and pressed so hard on his pencil or pen that you could read the page by the imprint on the next page. He seemed to be in a trance while writing. His writing style was to remain in his office for four to six hours without disturbance until he stopped and said that was enough for the day. Each day was

the same. He never went back into the office again until the next morning to finish what he'd started. He took no food or drink while he was working, He was just alone with his thoughts and his huge library of books, to which he referred from time to time. His wife sheltered him from visitors and calls and kept things moving for church business and other activities.

Dr. Murphy was always looking for a simple way to discuss the issues and to elaborate points that would explain in detail how it affects the individual. He chose some of his lectures to present on cassettes, records, or CDs, as the technologies developed and new methods entered the audio field.

His entire work of CDs and cassettes are tools that can be used for most problems that individuals encounter in life, and have been time-tested to accomplish the goals as intended. His basic theme is that the solution to problems lies within oneself. Outside elements cannot change one's thinking. That is, your mind is your own. To live a better life, it's your mind, not outside circumstances, that you must change. You create your own destiny. The power of change is in your mind, and by using the power of your subconscious mind, you can make those changes for the better.

Dr. Murphy wrote more than 30 books. His most famous work, *The Power of Your Unconscious Mind,* which was first published in 1963, became an immediate bestseller. It was acclaimed as one of the best self-help guides ever written. Millions of copies have been sold and continue to be sold all over the world.

Among some of his other best-selling books were *Telepsychics—The Magic Power of Perfect Living, The Amazing Laws of Cosmic Mind, Secrets of the I-Ching, The Miracle of Mind Dynamics, Your Infinite Power to Be Rich,* and *The Cosmic Power Within You.*

Dr. Murphy died in December 1981, and his wife, Dr. Jean Murphy, continued his ministry after his death. In a lecture she gave in 1986, quoting her late husband, she reiterated his philosophy:

> I want to teach men and women of their Divine Origin, and the powers regnant within them. I want to inform that this power is within and that they are their own saviors and capable of achieving their own salvation. This is the message of the Bible and nine-tenths of our confusion today is due to wrongful, literal interpretation of the life-transforming truths offered in it.
>
> I want to reach the majority, the man on the street, the woman overburdened with duty and suppression of her talents and abilities. I want to help others at every stage or level of consciousness to learn of the wonders within.

She said of her husband: “He was a practical mystic, possessed by the intellect of a scholar, the mind of a successful executive, the heart of the poet.” His message summed up was: “You are the king, the ruler of your world for you are one with God.”

*** ***

Telepsychics

Tapping Your Hidden Subconscious Powers

DR JOSEPH MURPHY

The bestselling author of *The Power of Your Subconscious Mind*

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Manjul Publishing House

First published in India by

Manjul Publishing House Pvt. Ltd.
Corporate & Editorial Office
• 2nd Floor, Usha Preet Complex, 42 Malviya Nagar, Bhopal 462 003 - India
Email: manjul@manjulindia.com Website: www.manjulindia.com
Sales & Marketing Office
• 7/32, Ground Floor, Ansari Road, Daryaganj, New Delhi 110 002
Email: sales@manjulindia.com
Distribution Centres
Ahmedabad, Bengaluru, Bhopal, Kolkata, Chennai,
Hyderabad, Mumbai, New Delhi, Pune

This edition first published in 2014
Second impression 2015

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ISBN 978-81-8322-506-9

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A Final Word

WHAT THIS BOOK CAN DO FOR YOU

Everyone possesses the power of Telepsychics, which means constant communication with the various and marvellous powers of your mind. Wherever I go, whether Europe, Asia, Africa, Australia or the various cities in our own country, people tell me of the amazing untapped powers that they have contacted and that have completely transformed their lives.

This book is extremely practical and down-to-earth. It is intended for all those who wish to experience the riches of the mind to bring them the objects of their desires and needs. You can get immediate results by using the laws of your subconscious mind in the right way. You will find simple, practical techniques and easy-to-do programs in every chapter of this book, enabling you to put into practice the act of leading a full and happy life.

Telepsychics teaches you how to meet and overcome the challenges, difficulties, trials and other problems of daily living. It supplies you with special techniques for putting the extraordinary powers within you into operation at once.

The Unique Features of this Book

You will learn how to visualise future events. In case they appear to be negative in nature, to change them through the application of metaphysical powers. You will learn how to develop your intuitive and other psychic powers, which will set you on the high road to freedom and peace of mind. You will learn the

superstitious origins of black and white magic and how to neutralise and reject the so-called voodoo curse as well as all other negative suggestions that may be adversely affecting you.

In this book, you will also learn to use powers of extrasensory and psychic perception. You can communicate with so-called ‘dead’ people and determine whether or not a loved one has actually spoken to you. Many people converse at length with voices of discarnate entities or disembodied spirits and receive extraordinarily intelligent answers. You will learn how a sensitive or psychic person practices automatic writing (without using a pen or pencil) and reveals future events with amazing accuracy.

In writing the many chapters of this book, I had in mind the salesman, the stenographer, the mailman, the housewife, the businessman, the clerk behind the counter, the student, the professional man virtually all those who wish to fulfil their dreams, aspirations and ambitions in life. Therefore, you will find each chapter pregnant with simple, intensely practical techniques, the what-to-do and how-to-do-it, for calling forth the powers of your psychic mind, knowing that there is an infinite intelligence in your subconscious mind that knows only the true answer.

Some of the Highlights of this Book

These are some of the actual case histories in this book that demonstrate how others have benefited from using their telepsychic powers:

How a college student who was failing in his studies suddenly realised that the Infinite cannot fail – how, tuning in with the Infinite, he became a brilliant success.

How, in a dream, a young nurse saw the skyjacking of the plane on which she had planned to travel. She cancelled her trip and the plane was subsequently skyjacked.

How a sales manager focused his attention on a blank wall and then projected onto the wall a mental picture of the annual sales figures that he desired to achieve. He got marvellous results.

How a woman overcame her fear of four people, who she said were praying for her downfall. She joined up with the One Power and is now at peace.

How a woman in Hawaii learned to laugh at so-called black magic and

voodoo curses. She discovered the Power within her and said, ‘I am now free.’

How a university student who was praying for a husband saw her future husband in a dream with a book under his arm. She met him two months later and married him.

How telepsychics enabled a detective to discover large supplies of cocaine and heroin. All this was revealed to him in a dream. The value of the narcotics was $3,000,000.

How a wife used telepsychics and saved her husband’s life. A man fired three shots at him, all of which missed him as a result of his wife’s protective prayer.

How telepsychics saved his life in a dream. In his dream he read the headlines in a newspaper which told him of the loss of 92 passengers. He cancelled his flight and the accident that was foreseen in his dream actually occurred.

How telepsychics saved the lives of a mother and son who were being slowly asphyxiated by the leakage of a gas jet. Her deceased husband appeared to her and told her to turn off the gas.

How telepyschics revealed a lost diamond. In a dream, she saw her ring clearly in the maid’s room, wrapped in a piece of paper and located in an old shoe belonging to the maid.

How telepsychics acts as an invisible partner and guide to a businessman who frequently invests up to $1,000,000.00 in bonds. His investments are always very profitable.

How a simple explanation of telepsychics saved the life of a would-be suicide.

How a man’s knowledge of telepsychics saved his life on a burning airplane.

How a young businessman practiced telepsychics and made a small fortune in gold stock. A man appeared to him in a dream and gave him the names of gold stocks to purchase. He followed the instructions and became financially successful.

How telepsychics revealed the whereabouts of a lost deed to a young secretary whose father had died, leaving no records.

How telepsychics revealed hidden talents to a teacher in a dream, fulfilling her heart’s desire for full expression and accumulation of wealth.

How telepsychics revealed to a girl, whose father had died, the whereabouts of hidden family money. Her father appeared to her in a dream and showed her where a steel box, containing $13,000.00§ was located.

How telepsychics enabled a young man to become an airline pilot. There were 2500 applicants for ten openings; 90 percent of them had more

experience than this young man. He pictured himself working as a pilot. He succeeded to get the position.

How telepsychics gave the numbers to play on the roulette wheel to a man in his sleep. The next day, he won $50,000.00.

How telepsychics revealed to a young girl the whereabouts of an old earthenware jug. Her father dug up the backyard and found the jug, which was full of valuable coins dating back to 1898.

Telepsychics is a simple and practical, logical and scientific method that works to fulfil your deepest desires. I want to say positively, definitely, unquestionably and decisively that by using the instructions in this book, you will reap the fruits of a rich, happy, joyous and successful life. Let wonders happen to you by following the guidance of this book and by applying it in your daily life.

Dr Joseph Murphy

1

HOW TELEPSYCHICS CAN BE YOUR MAGIC POWER FOR PERFECT LIVING

Magic is referred to as the art of producing a desired effect or result through the use of various techniques. Men speak of the magic of music, the magic of spring and the magic of beauty. It is also referred to as the art of causing illusions, such as in entertainment, by the use of sleight of hand, legerdemain and conjuring, whereby one pulls a rabbit out of a hat or causes a human being to disappear.

The Invisible Power Within You

To most people, magic is the production of effects by unknown forces. Magic, however, is a relative term. Obviously, if the processes are known to you, the work is not a work of magic to you. In many remote places in the world today, among primitive people, the airplane, radio, television or recording machines would be considered magical objects. Likewise, these discoveries would have been looked upon as magical 150 or 200 years ago in our own country.

We understand how astronauts manage to go to the moon today and do not, therefore, call it magical. All forces are, in their nature, unknown; all things

come forth from spirit. We do not see Spirit but we can feel the spirit of joy, the spirit of the game, the spirit of the musician, the spirit of the speaker and the spirit of goodness, truth and beauty moving through our minds and hearts.

No theologian has ever seen Spirit (God) but we can use this Presence and Power in all phases of our lives. We don't know what electricity is, for instance; we only know about some of the things it does. The force itself is still unknown to us. Actually, all of us practice magic constantly. We desire to lift our finger – lo and behold, the invisible power responds according to the intention of our mind; yet we do not know exactly how we move and lift our finger.

Socrates informs us that just by lifting a finger, you disturb the most distant star. You will perceive that we all are familiar enough with the magic power within us, though it is not called by that name in our everyday world.

Tuning In with the Magic Power

You can tune in to the Infinite Power within you and transform your whole life. Wherever I go, whether to Europe, Asia, Africa, Australia or the various cities in our own country, people tell me of the amazing, untapped Power which they have contacted and which has completely transformed their lives. Many of them have said that their old friends and acquaintances have remarked to them, 'What's happened to you? I hardly know you.'

As you follow the techniques and processes outlined in this book, you will find out that this inner Power can solve your problems, make you prosper, reveal hidden talents to you and lift you up from sickness, failure, lack and limitations of all kinds. This Power can guide you and open up new doors of expression for you. You can receive inspiration, guidance and new creative ideas, bringing you harmony, happiness and peace of mind.

How a college student tuned in for passing examinations

A few months ago, I talked with a college student who was getting rather poor grades. He was quite despondent because his marks were, as he said, bad enough to cause him to flunk out. He had been reading and studying *Secrets of the I Ching*,[*] and in asking it a question, it said, 'Go and see the great man.' He interpreted that to mean that he should see a counsellor or spiritual advisor, though it had deeper meanings, also.

I asked, ‘Why do you want poor grades? Infinite intelligence is within your subconscious mind and you can use it.’

‘Okay,’ he said. ‘My parents criticise me and point out that my sister is a much better student than I am and passes all her examinations easily.’

I explained to this young man that he should immediately cease comparing himself with his sister, because all comparisons are odious, pointing out that each person in unique and that everyone is born with different endowments.

‘In comparing yourself with others, you are placing the other on a pedestal and denigrating yourself. Furthermore, you are giving too much attention to the activities and successes of your sister and neglecting your own studies while forgetting your own inner capacities and abilities. To continue along this line will cause you to lose initiative and incentive, causing a build-up of inner tension and anxiety.’

‘The only competition is in your own mind between the thought of failure and the thought of success. You were born to win, to triumph, to succeed and to overcome all problems. The Infinite Power can’t fail and you are one with It.’

At my suggestion, he followed a simple and very practical technique, which he went over mentally every night prior to retiring, as follows:

‘I sincerely wish for my sister and all other students in my classes success and accomplishment in all their studies. Infinite Intelligence guides me in my studies and reveals to me everything I need to know. I know my subconscious mind has a perfect memory and reveals to me the answers on all my examinations. I pass all my examinations in Divine order. I sleep in peace every night and I awake in joy.’

As he continued thinking and acting along the above lines, a few weeks ago he said to me, ‘I’m competing with no one. I’m doing fine. I know now that I have what it takes.’

As Ralph Waldo Emerson once said, ‘There is guidance for each of us and by lowly listening; we shall hear the right word.’

How she practiced telepsychics

Tele means communication and *psyche* means the Soul or Spirit within you. When you pray, you are contacting your Psyche or Higher Self. It responds according to your belief and recognition of It.

A young nurse recently planned on taking a flight but the night before the departure, she had a vivid experience. In a dream, she saw the plane hijacked while an inner voice spoke to her and said, ‘Cancel your trip.’ She awakened

startled but she followed the inner instruction and cancelled the flight. Incidentally, the plane she had selected was hijacked.

The guiding principle of her subconscious caused her to see the event before it happened in order to protect her. The plan to hijack the plane was already in the universal subconscious mind…As she prayed for guidance, she received the answer in a dream, which came from her deeper mind.

Her prayer before retiring every night is as follows:'Divine Love goes before me wherever I go, making joyous, happy and glorious my way. The sacred circle of God's eternal love surrounds me and I am always watched over by God. I bear a charmed life.'

The above prayer is true telepsychics or actual communication with the infinite intelligence of her subconscious mind, which knows all, sees all. This responds to the nature of her thought. Action and reaction are cosmic and universal. In prayer, you have a dialogue with your Higher Self, which some call God. Others use the term True Self, Living Spirit Almighty, the Father Within, Infinite Intelligence, the Over soul, Brahma, Allah etc. There are many names for the Power within you but, in any case, it is timeless, space less, ageless and nameless. The Bible calls It 'I AM,' which means Being, Life, Awareness, Self-Originating Spirit, Unconditioned Consciousness.

All you need to remember is that your thought causes the Infinite Power to respond; you are dealing with a reciprocal action-and-reaction: as you sow you reap that is, as you call you receive an answer.

He discovered the power of his mental image

Thoreau said years ago that we become what we image ourselves to be. The mental picture you hold in your mind tends to manifest itself in your experience.

A sales manager who often attends my lectures at the Wilshire Ebell Theatre on Sunday mornings told me how he draws on the power of his imagination, which he finds extraordinarily effective. Here it is:

He relaxes and calms his mind by quietly repeating to himself the 23rd Psalm; then he looks at the white wall in his office. As he focusses his attention on the blank white wall, he throws a picture of the sales figures he wants at the end of the year. He looks at the amount closely, focussing all his attention on the financial figures; then he claims these figures are now sinking down into his subconscious mind. Finally, he hears the president of the company congratulating him on the wonderful growth of the organisation as also his splendid accomplishments. He said that he knew when the figures had reached

his subconscious, because the impression was always followed by a sense of great peace.

This is truly telepsychics in action: his mental image was communicated to his psyche, (subconscious mind) which was developed in the darkroom of his mind, coming forth as the joy of the answered prayer.

This sales manager said that for the past four years the financial sales figures for each of the years has always exceeded his mental image. This is true, because your subconscious always magnifies whatever is impressed upon it.

Give the Right Mental Image to Your Subconscious

Every picture you create in your mind, particularly when emotionalised, can come to pass. It works out in action, either internally or externally. If you inhibit it from working out in external action, it is inevitable that it will work out in internal action in some mental, emotional or physical disturbance of your body. Be careful that you do not indulge in mental images that you don't want to carry out in external actions.

I once knew an alcoholic who was imprisoned for manslaughter. He said to me that he was absolutely determined never to imbibe alcohol again when he was discharged from prison. The very day he was released, however, he immediately began to drink heavily. Why? The simple reason is because he was always forming mental pictures of a drink while he was in prison and the moment he got out he took to the bottle. He externalised the act of anything he was picturing all the time. If he had not externalised his mental image, this picture would have hurt him in some other way, probably in the form of physical or emotional upset.

Thus, every picture that you create in your mind has to be worked into action, lest it manifest itself in some mental, physical or emotional disharmony in the body.

How a writer discovered the magic power within himself

A writer-friend of mine told me that he had a misunderstanding with the producer of a play based on his script. They had a rather heated exchange. He had read *Miracle of Mind Dynamics*[*] then, had applied many of the techniques of prayer outlined therein. When he went home he went into his den, relaxed and

thought about the Infinite Power within him; then he conducted an imaginary conversation with the producer, as if he were experiencing the future now. He pictured the producer right in front of him, claiming harmony, peace and perfect understanding between them. In his vivid imagination he conversed with the producer, saying that all he wanted was Divine right action. He imagined the producer responding, saying, ‘There is perfect agreement between us. Divine right action prevails.’

In this quiet, passive state, he envisioned a happy ending, feeling the imaginary handshake of the producer and the perfect harmonious solution. Several days passed. The writer met the producer in the club to which they belonged. Before he had a chance to greet him, the producer called him over and said, ‘I have reread your script and I admit you were right. What is right action for one is right action for all concerned.’

What the writer had claimed to be true subjectively came to pass objectively. Try it. It works! There isn’t a single human being in the country that cannot overcome fear, anger and hostility to resolve his conflicts, sharpen his mind, indeed live an amazing life. We go about, it by changing our attitudes like the above-mentioned writer. William James, the great American psychologist, said, ‘Human beings can alter their lives by altering their attitudes of mind.’

Telepsychics Is for All Men and Women

Inspiration or contact with the Infinite Power, can come to you as easily as the air you breathe. You breathe casually and without effort; likewise, we let the Divine intelligence or Creative Essence of God into our minds or intellect without tension.

Many people have erroneous ideas about inspiration; they believe it is an extraordinary experience given or had by mystics or other highly spiritual people. This is not so. Although it is true that people who lead spiritual lives may be inspired frequently or get spontaneous feelings or ideas, it is equally true that the businessman may also become inspired by turning to the Infinite Power within him. Inspiration or Divine guidance, may be had on any problem. In other words, the information you seek, knowledge required or business difficulties solved may be achieved simply by asking God or the Infinite Power, for the answer.

You may be a novelist and have several books to your credit; yet when you get a pad and a pencil or typewriter, you can’t begin, nothing happens, not an

idea, plot or story. You may drink six cups of coffee and it does not help. Quiet your mind however, to claim that you are inspired from On High and that God's creative ideas unfold within you in Divine order. You will then receive knowledge, guidance and creative energy. Ideas will flow to you freely, joyously and lovingly.

An engineer gets specific data

An engineer once told me that he wanted specific data for an engineering examination. His professor had given him the information but he realised he had forgotten it. He asked his subconscious mind to furnish him with the answer and then went to work on other parts of the examination and the answer welled up from his deeper mind. It was in his subconscious mind all the time. When he relaxed and let go, the wisdom of his subconscious came freely into his conscious mind and he passed his examination easily. Remember: the quiet mind receives the answer.

The cash register man

Some years ago I read a magazine article about the man who got the idea for the cash register. The article explained that, although the man had not had much of an 'education,' he was very intelligent and perceptive.

Once, while on an ocean voyage, he asked the ship's officer to explain to him the workings of the log, which registered the speed of the ship. The explanation was given – and suddenly, the man got the idea for the cash register!

This man was aware of a specific problem: men are often wrongfully accused of stealing while others steal and never get caught; also, when cash is exchanged, countless errors can be made in change. He immediately related the workings of the ship's log to a solution to this problem and through this inspiration, he developed the cash register.

This was inspiration or telepsychics. Ask you're subconscious to give you creative ideas and a similar idea worth a fortune may well up within you.

How to Practice Telepsychics Every Day

You can tune in with your Higher Self and receive answers by calming yourself

and knowing that, when you call, there will be a response in accordance with the nature of your call. Recall that the wire from the power house is placed in your room or cellar. The main wire belongs to Edison, the wiring in the house belongs to you and the contact is there enabling you to turn on the light. Similarly, your conscious mind can, at this moment, contact the infinite storehouse and wisdom within you. You would not pray unless you believed that there is a wisdom and intelligence in your subconscious which knows all and sees all and is responsive to your call.

> The Bible says: *Before they call, I will answer; and while they are yet speaking, I will hear*. – Isaiah 65:24

POINTS TO REMEMBER…

1. Telepsychics means communication with your psyche or soul, i.e., your subconscious mind, which is co-extensive with all wisdom and all power. When you pray believing, your subconscious mind responds with the answer.
2. Magic is a relative term. To most people, magic is the production of effects by unknown forces. All forces are, in their essence, unknown. Scientists do not know what energy is. Edison, when asked by a woman what electricity was, replied, ‘Madam, it is. Use it.’ There is an invisible wisdom, power and intelligence in your subconscious mind which knows all and sees all. You can contact this power with your conscious mind. This primal power is timeless, ageless, nameless and eternal.
3. You can use your inner powers to solve your problems, prosper you along all lines, reveal your hidden talents and set you on the high road to happiness, peace of mind and freedom.
4. Cease comparing yourself with others. This attitude consists in denigrating yourself while placing others on a pedestal. You are unique – different from every person in the world. Give attention to your inner powers and you will excel in your chosen field. If you wish to pass an examination, don’t compare yourself with other students; this attitude causes tension and anxiety. Relax, quiet your mind and every morning and night affirm feelingly and knowingly, ‘Infinite Intelligence in my subconscious mind guides me in all my studies and I will pass all examinations in Divine

order.’

5. When you pray you are actually contacting your Higher Self, which some call God or Supreme Intelligence. You get an answer according to your belief. Sometimes you may receive an answer in a dream that warns you not to take a certain trip. One young lady who prayed regularly for guidance, Divine love and right action, dreamed 24 hours in advance of the hijacking of the plane on which she had arranged to travel. As a result, she cancelled the trip. The reason for this is simple. The plan of the hijacking was already known in the collective subconscious. Her own subconscious, which is one with the collective mind, revealed the plan to her.
6. The picture you have in your mind tends to manifest itself in your life. A sales manager focuses his attention on a certain financial figure for the end of the year and by repetition and concentration, this mental picture enters his subconscious mind. In the past four years his subconscious has magnified and multiplied the desired result. The subconscious magnifies whatever you give attention to.
7. An ex-alcoholic who pictures himself drinking will be compelled to drink. Any mental picture you emotionalise will come to pass in your experience. Imagine what is lovely and of good value.
8. If you have a misunderstanding with another person, conduct an imaginary conversation with him based on the Golden Rule and the Law of Love, realising that there is harmony, peace and Divine understanding between you. Imagine and picture in your mind the happy ending by shaking hands in harmony and peace. What you imagine and feel to be true subjectively will come to pass objectively. The Bible says:

I have told you before it come to pass, that, when it is come to pass, ye might believe. – John 14:29

2

HOW TELEPSYCHICS REVEALS THE GREAT SECRET OF THE AGES

Many people today are afraid of malignant thought projections, black magic, the evil eye, voodoo, etc.; there seems to be a general fear that there is some sort of hidden power that others can use to hurt them or to mar their happiness.

The Greatest Secret Within Man

You will truly lead a full and happy life when you awaken to the greatest of all truths. It is expressed in Deuteronomy 6:4: Hear, O Israel: the Lord our God is one Lord, which means Hear (understand), O Israel (illumined, awakened man): the Lord (the Lordly Power or Supreme Power) our God (our Ruler, the Infinite Power) is one Lord (one Power – not two, not three, not ten, not 1000 – just one).

The Superstitious Origin of Black and White Magic

When we were very young and highly impressionable, our parents, who didn't know any better, told us about a punitive God and also about a devil who would tempt us; they also cautioned us that, if we were very bad, we might go to hell and suffer forever. Children and childish minds think only in pictures or mental images and not knowing anything better, they project images of God and a devil. Children envision God up in the heavens on a golden throne surrounded by angels and the devil down below in the flames of hell, not realising that, in fact, all of us create our own heaven and our own hell by the ways in which we think, feel and believe.

Primitive man attributed pleasure to the gods and all pain, suffering and misery to evil spirits or to devils of his own creation. Prehistoric man realised that he was subjected to strange forces over which he seemed to have no control. Earthquakes and floods took place and not knowing the cause, the jungle priests said that the gods were angry; then they proceeded to offer up sacrifices to appease the angry wrath of the supposed gods. The sun gave man heat but in a prolonged drought, the same sun seemed to scorch the earth. Fire warmed man but it also burned him; the thunder terrified him; lightning paralysed him with fear; the waters flooded his lands, at times; his cattle and children were drowned. His understanding of external powers consisted of primitive and fundamental beliefs in many types of gods.

From this crude and ignorant reasoning, primitive man proceeded to supplicate the intelligences of the winds, the stars and the waters, hoping they would hear him and answer his prayer. He proceeded to make offerings and sacrifices to the gods of the wind and the rain.

Primitive man divided the gods and genii into beneficial and malignant powers. Hence, you will find the universality of these two powers in all the creedal beliefs of millions of people. A belief in two powers is a hangover from these age-old superstitious beliefs.

Good and Evil in Your Life Are Determined by Your Thoughts

The forces of nature are not evil; it depends upon how you use them. You can use any power in either of two ways. The same wind will blow a boat on the rocks or carry it safely to the harbour. You can use electricity to fry an egg or to electrocute someone. You can use atomic energy constructively to drive a ship across the ocean or to destroy cities, towns and people. You can use water to drown a child or quench his thirst – fire to warm or burn him. We give purpose

to the forces of nature.

Good and evil are in the mind of the individual; they are nowhere else. Think good and good follows; think evil and evil follows.

Keep your eyes on the greatest thought and move ahead in life

Judge Thomas Troward, * author of Edinburgh Lectures and many other books, stated in 1902:

Once you admit that there is any Power outside yourself, however beneficial you may conceive it to be, you have sown the seed which must sooner or later bear the fruit of 'fear,' which is the entire ruin of life, love and liberty. We must contend earnestly, both within ourselves and outwardly, for the one great foundation and never, now on to all eternity, admit for a single instant any thought which is opposed to this, the Basic Truth of Being.

Troward has stated a marvellous truth, which each person should keep before him. The suggestions of others have no power to create the things they suggest. The power is in your own thought. When your thoughts are God's thoughts, God's power is with your thoughts of good. It is always the movement of your own thought which is a creative power. You have the power to completely reject any negative suggestion and unite mentally with the Omnipotence within you.

Why the so-called voodoo curse is merely a negative suggestion

Some years ago, I visited Capetown, South Africa, to lecture for the late Dr Hester Brant, who had a large centre there teaching the science of the mind. While I was there, she arranged for me to visit one of the gold mines in Johannesburg.

An English physician affiliated with one of the mines I visited told me that when a man who is working in the mine violates company code, he gets a message from the voodoo doctor such as, 'You will die at 6:00PM,' and he sits down and dies. Post-mortem examinations show no reason for the deaths whatever and the doctor added that fear, generated by the violators themselves, is the actual cause of death.

She was terrified because they were praying against her

A few weeks ago, I talked to a young woman who was in great distress because

she said there were some people in her former church praying against her because she had left their group. She believed that she was cursed and that, as a result, everything was going wrong.

I explained to her that the curse she mentioned was really the negative use of the law of her subconscious mind * within herself and that she was imposing the curses on herself through fear. The suggestions of others had become a movement of her own thoughts and since her thoughts were creative, she was hurting herself. She was transferring the power within herself to members of her former church, not realising that they had no power.

I explained to her that the power was within her and that she should immediately cease transmitting the power to others. God or Spirit is One and Indivisible: It moves as unity. There are no divisions or quarrels in It As soon as she aligned herself with the Infinite and gave It her allegiance, devotion and loyalty, nothing would happen to her.

> She began to affirm, *'I dwell in the secret place of the Most High and I abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust.'* (Psalm 91:2)

I added, 'Look at those people as extremely ignorant and have compassion for them. The real and ultimate power is the great affirmative, which is constructive. They are using suggestion, which is a power but not the Power (God) which moves as harmony, beauty, love and peace. Remember, a suggestion has no power unless you give it power. Join up consciously with the Infinite Love, Life and Power within you and constantly realise, 'God's love surrounds me, enfolds me and enwraps me. I bear a charmed life. The spell of God envelops my whole being. Whenever I think of the church people, I will immediately affirm I lose you to God and let you go.'

Practicing the above simple truths, she was at peace and she actually laughed at herself for giving her adversaries power. After about a week or so, she heard that five of these women became extremely ill and that one had passed on. This young woman no longer received their negative thoughts and vibrations and their evil thoughts returned with double force to themselves. This is called 'the boomerang.'

She believed her father used black magic

Some months ago, I listened to the story of a woman in Honolulu who said that she had married outside her race and religion and that, since her father was a

Kahuna (native priest) and had magical powers, he was determined through sorcery to break up her marriage.

The explanation is often times the cure. This woman was a graduate of the University of Hawaii and had majored in psychology, yet she lived in fear of her father's curse. I elaborated along these lines, explaining that if love united herself and her husband, no person or condition could break her marriage up. God is love and when two hearts beat as one, all the excommunications and curses of the world would be as papier mâché aimed at a British battleship.

The susceptibility to impressions of our subconscious mind* coupled with the negative use of our imagination has partially paralysed millions of unknowing people. This woman was labouring under the delusion that her father's sorcery (negative use of mind) was potent and would succeed.

I told her the story of Plotinus, who lived over seventeen hundred years ago. An Egyptian priest visited Plotinus, one of the great, illumined men of his age. The priest imposed a curse on Plotinus, that is, he mentally concentrated on a death wish for Plotinus and aimed it mentally at him. Plotinus knew the trick and also knew that the foolish priest thought he had power. There is no power in a negative suggestion or a curse hurled at you by any or all the priests in the world, unless you are foolish and ignorant enough to accept it.

Plotinus sensed his oneness with a God of Love. God is Omnipotent; one with God is a majority.

If God be for us, who can be against us? Romans 8:31

It is recorded that the curse recoiled and finding no place in Plotinus, 'boomeranged' on the Egyptian priest who had tried to impose it. He fell into a fit and collapsed at the feet of Plotinus. Plotinus had pity on the priest's ignorance and took him by the hand and raised him up. This priest recognised the One Power and became a devoted disciple of Plotinus.

This explanation took a great load off the mind of this Hawaiian woman. She said to her father, 'Dad, I am no longer afraid of you. You are to be pitied. You think you have power but all you are using are negative suggestions. What you suggest or wish for another, you are creating in your own experience. The power is within m and I know my oneness with God. His love surrounds us and watches over us. Whenever I think of you, I affirm, "God is for me; no one can be against me. I am free."' She blessed her father, loosened his power over her, to let him go.

Shortly afterwards, she wrote me, saying that her father continued to hate her and her husband and had written her that his sorcery or black magic would

destroy both of them. She paid no attention to his threats. Within a few weeks, he dropped dead on the street. She said that her father had killed himself with hatred – she was right. Hatred, jealousy and hostility kill love, peace, harmony, joy, vitality and goodwill. All his negative, destructive thoughts recoiled on himself and the double blow proved too much for him. Whatever you wish for another, you create and manifest in your own body and experience.

Moses and the Egyptian Priests

In ancient times, the multitude believed that their priests had the power to curse those who displeased or irritated them and the priests of that day took advantage of the ignorance of the people.

Moses saw through the chicanery and deceit of the Egyptian priests. They were completely dumbfounded by him. Their fear of him caused the priests to abandon their attempts at intimidating Moses and his people.

Moses taught the oneness of the Spiritual Power. The belief and faith of the Egyptians was built on a belief in many powers. Moses knew that God was One and his awareness scattered all negative ideas to the winds.

Become a Straight-Line Thinker

It is absolutely essential that you get this straight: that harmony, beauty, love, peace, joy and all the blessings of life come from the One Source. God cannot do anything unloving, for God is Boundless Love. God cannot wish pain, for God is absolute peace. God cannot wish sorrow, for God is absolute joy. God cannot wish death, for God is Life and that is your life now.

All so-called curses, sorcery, black magic, satanisms, etc., come from the frightfully ignorant belief in a suppositional opposite force. There is only One Power, One God – not two, three or a thousand just one. To believe in an evil power to challenge God is based entirely on a rank superstition.

When men use the One Power constructively, harmoniously, peacefully and joyously, they call it God. When men use the Power ignorantly, negatively and foolishly, they call it Satan, the devil, evil spirits etc.

Curses return home to roost

When you turn to the Living Spirit Almighty within you and open your mind and heart and daily affirm, ‘God is and His Presence flows through me as harmony, beauty, love, peace, joy and abundance. God watches over me and I am always surrounded by the sacred circle of God’s love,’ and when you give complete allegiance, loyalty and confidence to the One Power within, you are called Israel in the Bible. The Bible says:

> *Surely there is no enchantment against Jacob, neither is there any divination against Israel.*…Numbers 23:23

A man who recognises the supremacy of the Spirit and the power of his own thought will find that all his ways are pleasantness and all his paths are peace.

POINTS TO REMEMBER…

1. The greatest secret of the ages is the realisation that God is One and Indivisible, the only Presence and Power, Cause and Substance. The enlightenment of man gives all power, allegiance and loyalty to the Supreme Cause (Spirit) and not to created things. You give no power to any man, stick, stone, condition, sun, moon or stars. You give power only to the Creator.
2. When we were children, we thought in images and mental pictures; consequently, the childish mind projected images of God as an old man with a beard sitting on a throne and angels with harps playing music. Childish minds pictured a devil with hoofs and horns with a tail that could sting, all of which were thought images created in our own minds based on the superstitious suggestions of adults.
3. Primitive man attributed pleasure to the gods and pain and suffering to evil powers. He supplicated the intelligences of the winds, the stars and the waters, hoping they would hear him and answer. A belief in two powers (good and evil) is a throw-back to these age-old superstitious beliefs.
4. The forces of nature are not evil; it depends upon how you use them. You can use electricity to vacuum the floor or electrocute someone. Good and evil are in man’s motivation, in his thought-life.
5. Once you admit that there is any Power outside yourself, however beneficial you may conceive it to be, you have sown the seed which must

sooner or later bear the fruit of ‘fear,’ which is the entire ruin of life, love and liberty.

6. The voodoo or witch doctor has no power but when he wishes to impose a curse or a death prayer on an unsophisticated native, he lets the native know that he is cursed and he, believing in this power, succumbs to the suggestion, which becomes a movement of his own thought. These same curses imposed on missionaries are ridiculed by them, for they realise that evil curses have no power. There is nothing in their subconscious that accepts the negative suggestions of the witch doctor. There must be a kindred spirit or feeling in your subconscious mind before you can accept evil suggestions. How far would you get suggesting failure to a man who is full of confidence and faith in success? He would laugh at you.
7. It is foolish to give power to others when they tell you they are praying against you. The best procedure is to laugh at them, for they have none of the power they think they have. The power is of God and It is the great affirmative. It is the All-Wise One, the Mighty God, the Father of All. It moves as harmony – nothing can oppose It, thwart It or vitiate It. It is Omnipotent. Join up with It and when your thoughts are God’s thoughts, God’s power is with your thoughts of good. The negative thoughts of others have no power to reach you if you refuse to accept them and they will return to their point of origin with double force.
8. When God’s Love unites the wife and the husband, no person can break it up. God is Love – when someone says that he is going to break up a marriage, bless him and walk on. Give power to God – no one else.
9. Hatred, resentment, jealousy and hostility kill love, peace, harmony, beauty, joy and discernment. To continue generating negative emotions is highly destructive and can end in fatal disease, acute mental aberrations or insanity.
10. Moses taught the oneness of the Spiritual Power. The Egyptian priests believed in many gods and evil powers. Moses knew the Power was One and scattered their negative thoughts like chaff in the wind.
11. Become a straight-line thinker and give all power, recognition and loyalty to the One Supreme Power: the Living Spirit Almighty within you. Align yourself with It and let this Presence flow through you as harmony, health, peace, joy and love. You will find that all your ways are pleasantness while all your paths are peace.

3

HOW TO LET TELEPSYCHICS WORK WONDERS FOR YOU

Ralph Waldo Emerson stated, 'The finite alone has wrought and suffered. The Infinite lies stretched in smiling repose.' The law of your mind is no respecter of persons. The law indicates that what you think, you create; what you feel, you attract – what you imagine, you become. All laws are impersonal and are no respecter of persons. This truth applies to your own mind. It is dangerous to meddle with forces you do not understand. For example, if you do not learn the laws of electricity regarding its conductivity, insulation and the fact that it flows from a higher to a lower potential, you could easily electrocute yourself.

Action and reaction are universal characteristics throughout all nature. Another way of illustrating this is to point out that any thought you feel as true is impressed upon your subconscious mind (the law) and your subconscious in turn expresses whatever is impressed upon it – good, bad or indifferent.

How a man reclaimed lost love

A man once complained to me that after fifteen years of married life, he had discovered that his wife was unfaithful. She had found someone else. In talking over his problems, he mentioned that, six months before, he had visited her at the office where she worked. He noticed that her boss was very handsome and

attractive, as well as wealthy. He said, ‘I felt sure she would run around with him and it was my constant fear, though I said nothing to her.’ At that moment, apparently, the pangs of jealousy seized him and what he feared most came upon him.

He had a knowledge of the laws of mind, having read *Amazing Laws of Cosmic Mind Power*.* We discussed and elaborated on what he was doing and he understood that his constant thoughts and mental imagery of his wife’s wandering had been conveyed subconsciously to his wife and were impressed into her subconscious mind. His wife knew nothing about the workings of his mind. Actually, his fear thoughts, plus his definite belief that she would run around, were picked up by her deeper mind. According to his belief, his thoughts became a near reality.

Actually, he was responsible, because the intensity of his thoughts and mental imagery were so powerful that he actually accelerated and precipitated his unfortunate marital strife. He realised his own fault. He had used the law of his mind in a very negative way. As a result, he experienced the corresponding results. Consequently, at my suggestion, he became humble enough to talk over the matter with his wife and at the same time told her the way in which he had been misusing his mind. She tearfully admitted the growing friendship and broke off the relationship with her boss. She secured another position and the spirit of forgiveness and Divine love united them again.

He banished all fear as well as his sense of jealousy by adhering to the following scientific prayer process:

My wife is receptive to my constructive thought and imagery. At the centre of her being is peace. God is guiding her. Divine right action governs her. There are harmony, love, peace and understanding between us. Whenever I think of her, I will immediately pronounce a benediction and say, ‘God loves you and cares for you.’

He made a habit of this prayer and is now free from fear and jealousy, which are children of fear. Their marriage is growing more blessed every day. Job said, ‘That which I greatly feared has come upon me.’ Reverse it and it is equally true: ‘That which I greatly love has come into my life and experience.’

The infinite power worked wonders for her

The title of this chapter is a result of a consultation I had with a young student from the University of Southern California. She had been studying *Psychic Perception: The Magic of Extrasensory Power*[*] and had read about the

wonderful experiences people have had in their dreams and visions of the night. She had said, I'm twenty-one years old and I have decided to get married. About a week ago I had a dialogue with my Higher-Self and this is what I said:

'You are all-wise; you know everything. Bring into my life a man who harmonises with me perfectly and who is right for me. Now I go off into the deep of sleep.'

This was her simple prayer technique. In her dream she saw a young man about her age – tall and handsome, with books under his arm. She knew immediately that he was the man she would marry. Although she had no idea who he was or where she would meet him, she was completely at peace about it. In fact, she had no further desire to pray about companionship.

About two months after her dream, she went to a religious service and the young man who sat next to her was the man she had seen in her dream two months before. He had a book under his arm – a Bible. A month later they were married.

Dreams, like this one, that envisage a future husband or wife ahead of time are not uncommon. This young student knew the laws of her mind. She was also aware that the last waking concept one has before going to sleep is etched into the subconscious mind and the latter determines how it is to come to pass. At times, it dramatises the experience when the conscious and subconscious are creatively joined in sleep.

God giveth his beloved in sleep. – Psalm 127:2

He believed the 'cards were stacked' against his success

On a recent trip to Ireland, I visited a distant cousin of mine who lives near Killarney. During dinner in his home, he kept harping on the fact that there seemed to be some sort of a 'jinx' following him. A fortune-teller had actually read the cards to observe that there were evil forces working against him, which frightened him all the more. He seemed to be under a hypnotic spell or fixed sentence by which the order of things is presented like the stacking of a deck of cards. This relative of mine is well-educated, with a degree in agriculture.

He said he had read Emerson in college but apparently had never come across Emerson's definition of fate: He (*man*) thinks his fate alien because the copula (*link* or *connection*) is hidden. But the soul (*subconscious mind*) contains the event that shall befall it, for the event is only the actualisation of its thoughts and what we pray for is always granted. The event is the print of your form. It

fits you like your skin.*

I explained to him that what Ralph Waldo Emerson said is as true as are the laws of agriculture, which he had studied. It is true his conditioning, theological beliefs, emotional acceptance, thoughts and feelings determine all conditions, experiences and events in his life. In other words, the cause was in his own thought-life and not of an external nature. He began to be receptive to the truth that his subconscious mind is always reproducing his habitual thinking and beliefs. He realised that if he accepted the negative suggestions of the fortune teller, it was nevertheless a movement of his own thought –creating experiences according to his habitual thinking, in the same manner as seeds grow after their kind.

He had complete power to reject what the card reader said and to know and believe that he creates his own future through his own thinking. This is based on the age-old truth that man is what he thinks all day long.

I elaborated on the fact that, after all, the card reader had no power and did not control his life and that in a passive, psychic state, if she is very sensitive, she could tap his subconscious mind and reveal to him his present state of mind. I told him that he had the power to change his subconscious by thinking along spiritual lines and identifying with the eternal verities.

The thing which I greatly feared is come upon me Job 3:25

Actually, all the reverses, disappointments and set-backs were created by himself. He reversed his mental attitude. I wrote out a prayer for him to use night and morning, with specific instructions that he was not to subsequently deny what he affirmed:

Today is God’s day. I choose happiness, success, prosperity and peace of mind. I am Divinely guided all day long and whatever I do will prosper. Whenever my attention wanders away from my thoughts of success, peace, prosperity or my good, I will immediately bring back my thoughts to the contemplation of God and His love, knowing that He careth for me.

I am a spiritual magnet, attracting to myself customers and clients who want what I have to offer. I give better service every day. I am an outstanding success in all my undertakings. I bless and prosper all those who come into my shop and also into my life. All these thoughts are now sinking into my subconscious mind and they come forth as abundance, security and peace of mind. It is wonderful!

His new attitude and constant realisation of the above truths have transformed his whole life.

She said: ‘This is my seventh divorce! What am I doing wrong?’

A middle-aged woman, apparently highly agitated and in an emotionally wracked condition, asked me to throw some light on her past marriages, all of which turned out disastrously. It was easy to see that she was actually married to the same man, only each time the man had a different name and each one was progressively worse than the previous one.

I explained to her that she doesn’t get what she wants in life but that she gets what she contemplates and that it is absolutely essential for her to establish the mental equivalent in her subconscious mind of what she wants before she can receive it.

Her trouble was that she was resenting the first husband, who had lied, stolen her money and jewels to then disappear. Having failed to release him, the psychic wound or festering sore was in her subconscious mind, which was the reason she attracted the second husband, the third etc. Nourishing her resentment and anger towards each successive husband, her thoughts magnified these negative emotions in her own subconscious while she attracted the image and likeness of her dominant state of mind. The subconscious always magnifies and multiplies that to which we give attention – good or bad.

I thereupon emphasised the law of mind to point out that the law is absolutely just and eminently fair in its manifestations, e.g., it is the nature of an apple seed to bring forth an apple tree; likewise, it is the law of life that she invariably and inevitably reproduces in all phases of her life – the exact duplicate of her inner nature. ‘As within, so without. As in heaven (mind), so on earth (body, circumstances, conditions, experiences and events).’

I believe I cleared up the obscurities in her mind through clarification of the workings of her thought and emotions. She began to perceive that it is impossible for her to think, feel and believe one thing and then to experience something other than what she thinks, fears and expects. The law of mind is considered good and very good, because all your experiences dovetail and correlate with your inner attitudes and beliefs.

She said, ‘I see now my resentment, anger and hostility toward my husbands and my failure to forgive was the reason I attracted similar types of men into my life. I must change myself. I know I have been accusing my present husband falsely and even though he is an alcoholic and a gambler, I know my imputation of his infidelity, spying on me and recriminations are projections of my own guilt, fear and insecurity.

Getting both of them together, they agreed that they wanted to make a ‘go’ of the marriage. She realised by the divorce – she would repeat the same pattern

of accusation, self-pity, depression and suppressed rage. He decided to give up alcohol and gambling and they agreed to salute the Divinity in each other. The husband realised that a man who loves a woman doesn't do anything unloving while the wife realised that a woman is behind every successful man.

They decided to pray together and for each other morning and night, knowing that it is impossible to resent, hate or have ill will toward a person for whom we pray. The joint prayer, affirmed alternately at night and in the morning by each one, was as follows:

We know we can't have thoughts of love and resentment at the same time, for our minds can't think of two things at the same time. Whenever we think of each other we will state positively: 'God's love fills his/her soul.' We radiate love, peace, joy and goodwill toward each other. We are Divinely guided in all ways and we exalt God in each other. Our marriage is a spiritual union. We forgive ourselves for harbouring ill will, resentment and negative thoughts and resolve not to do this anymore. We know that all we have to do is to forgive ourselves and we are forgiven, as Life or God, never punishes; we do this to ourselves. Only that which belongs to love, truth and wholeness can enter our experiences.

By making a habit of this prayer, a spiritual transformation took place. They have both discovered that love dissolves everything unlike itself. Each one discovered that there is no one to change but himself.

By contemplating the truths of God and radiating love and goodwill to all, your whole world will magically melt into the image and likeness of your contemplation and your desert will rejoice and blossom as the rose. This, indeed, is letting Infinite Power work wonders for you.

POINTS TO REMEMBER…

1. The law of your mind is no respecter of persons. The law indicates that what you think, you create; what you feel, you attract – what you imagine, you become.
2. Action and reaction are universal characteristics throughout all nature. Your thought is incipient action. There is a corresponding reaction from your subconscious, based on the nature of your thought.
3. When a man believes, pictures and constantly fears that his wife will go astray, his constant thinking and imagery is conveyed to her subconscious mind and she may well do what he fears and believes she will do. This is

true particularly if she does not know the laws of mind and is not ‘prayed up.’

4. You banish fear and jealousy by identifying with the God-Presence in yourself and in the other person and by wishing for the other all the blessings of life, realising the ship that comes home to your brother comes home to you. The other’s success is your success; the other’s good fortune is your good fortune. Love is the fulfilling of the law of health, happiness and peace of mind.
5. It is possible to see your future spouse in a dream or vision of the night. Often times your subconscious will reveal the person to you. When it actually happens, you have an intuitive feeling that your prayer is answered. You subsequently find that your future husband or wife corresponds exactly to the picture in your dreams.
6. If a man believes the cards are stacked against him or if he accepts the negative predictions of a card reader, his subconscious responds according to the nature of his belief. In fact, he is the cause of his own misfortune or so-called jinx because the postulates of his mind determine his future. He has the power to completely reject all negative suggestions. It also possible to look upon God as his silent partner, guiding, directing and prospering him in all ways. According to his belief in good fortune – good will happen to him. Man’s subconscious is always reproducing his habitual thinking and imagery.
7. When a woman is deeply resentful, angry and full of ill will toward a former husband, this attitude of mind tends to attract an emotionally disturbed man possessing characteristics similar to those of the former husband. Like attracts like as ‘birds of a feather flock together’. It is necessary to completely release her ex-husband, wishing for him all the blessings of life. As she makes a habit of this, she will meet him in her mind and be at peace. There is no sting where true forgiveness reigns. After forgiveness, she may then claim that the Infinite Presence and Power attracts to her a man who harmonises with her perfectly. It will then be the law of her own subconscious that will respond.
8. It takes two to make a ‘go’ of marriage. When each one comes to a decision to begin to exalt God within oneself and also the other partner, the marriage will grow more blessed through the years. By contemplating the truths of God and recognising His Love in each other, the desert of their lives will rejoice and blossom as the rose.

4

HOW TELEPSYCHICS ENABLES YOU TO FORESEE THE FUTURE AND RECOGNISE THE VOICE OF INTUITION

Many people in the financial world have the capacity to anticipate the rise and fall of stocks before they occur on the objective plane of life. The reason for this is rather simple. You will always receive intuitive or inner promptings regarding the subject to which you direct your attention. Your subconscious always responds according to the nature of your concentrated thought.

A young businessman practiced telepsychics to make a small fortune

Recently, I had a conversation with a pharmacist who told me that a few years earlier he had made a study of the gold stocks in Africa, Mexico, Canada and our own country. He focussed his attention on about five stocks, which at that time were very depressed in price on the stock exchange. His telepsychic (communicating with the infinite intelligence of his subconscious mind) approach was as follows:

Every night before he went off to the deep of sleep, he would quietly say to his deeper self: Reveal to me the best investment in these gold stocks and I will be aware of the answers clearly and distinctly. The answers will come into my

conscious, reasoning mind. It will be impossible for me to miss the response.

He followed the above technique regularly every night, while at the same time studying the financial background and prospects of the individual gold stocks in question. One night a man appeared to him in a dream. With a pointer, he showed him a chart with the names of the particular gold stocks, revealing their present price and future heights. He bought the stocks immediately on awakening; later on they reached the prices that he had seen in his sleep. He then sold the stocks and made a small fortune, which he said he would never have made working as a pharmacist.

He has since repurchased many of these stocks at a lower price to make considerably more money. The man appearing in his dream was a dramatisation of his subconscious mind, revealing to him clearly and distinctly the answer to his question.

How telepsychics solved a secretary's problem

Some months ago, I had a consultation with a young woman whose father had died. She was the only child whose mother had passed on when she was quite young. When she was about eight years old, her father took her to Hawaii, where they visited all the islands. He told her that he had purchased three plots of land that some day she would inherit – as he had bought them just for her. However, she could find no trace of a deed or record of any kind among the papers and did not even know which island he had referred to, since he had never mentioned the matter again.

I suggested to her that she relax at night – quiet her mind. It was necessary to imagine she was talking to the Infinite Spirit within her. I urged her to conduct a dialogue with this Presence and explained to her that this process is called telepsychics and that she would get a definite response. The prerequisites were sincerity, recognition and acceptance of the answer.

Accordingly, she conducted an imaginary conversation with her Higher Self along these lines:

My father's deed and the transaction regarding the property are somewhere and I know that you, my Higher Self, knows and I accept the answer now. I give thanks for the answer and it is so.

She then quietly lulled herself to sleep with the one word, 'answer' repeating it over and over again.

The last waking concept with which you go to sleep every night is etched into your subconscious. If your idea is sufficiently emotionalised with faith and

confidence, your subconscious will determine how the answer will come, as it knows only the answer.

She repeated the above-mentioned technique every night for about two weeks and at the end of that time, she said her Dad appeared to her in her sleep. He was smiling and said:

I'm going to unravel your problem. The deed and sales contract are in the family Bible, the one your grandmother used to read. Look at Page 150 and you will find it in a small envelope. I must go now but I'll see you again. It's your Daddy – don't think it's a dream.

She awoke somewhat shaken and rushed downstairs and opened the Bible. There were the papers she was looking for: tax receipts, sales records and deed. Thus, her dream saved her much time and expense.

No one knows exactly what method the subconscious mind will use in answering your prayer. The capacity of clairvoyance is one of its powers; thus, the secretary could, by means of clairvoyance, see the location of the deed. Her subconscious could weave it into a dream image, showing her father revealing the answer to her, somewhat similar to a writer of a play who formulates the words uttered by his characters.

If you say it was actually the 'spirit' of her father, this belief would be accepted by many, as this young woman believed implicitly that it was her father. We must remember that there is telepathic communication every day among loved ones: fathers, mothers, sons, daughters, relatives, friends, etc., all of whom are very much alive on their plane. There is no death and all our loved ones are around us, separated by frequency only. They each have subjective minds like all of us and have rarefied, attenuated bodies capable of penetrating closed doors and collapsing time and space.

To say that your father or mother could not possibly send you a telepathic message from the next dimension would be like saying your father could not send you a telepathic message from Boston or that he couldn't phone you or wire you a message. We are all in the one mind, common to all individual persons. Every person is an inlet and an outlet to that one universal mind.

Mind and Spirit, which is the reality of all of us, can't die; for God is Life (Spirit) and that is our life now. God is Spirit and the Living Spirit Almighty indwells you, walks and talks in you. Thousands of years ago, the ancient Hindu mystics said:

You (Spirit) were never born; you (Spirit) will never die; water wets you not; fire burns you not; swords pierce you not; and wind blows you not away.

A Frequently Asked Question

'Do disembodied spirits (those loved ones living in the next dimensions and possessing fourth-dimensional bodies) communicate with the living?'

My answer to this is that we are still talking about embodied spirits, whether on this three-dimensional plane or the next fourth-dimensional plane. Dr Rhine and many other scientists have demonstrated experimentally, beyond a shadow of a doubt, that telepathic communication exists between embodied spirits here. Of course, that means you and your friends or loved ones. Your loved ones in the next dimension are embodied spirits also and are as much alive as you are.

Telepsychics and Extrasensory Travel

Many people, consciously and unconsciously, have found themselves outside their natural bodies and have discovered that they have another body, sometimes called the subtle body, astral body, fourth-dimensional body etc. It is a body with a higher molecular vibration, somewhat like a fan that oscillates at such a high speed that the blades become invisible.

It is well-known in academic and scientific circles that man is comprised of much more than his body. It has been demonstrated that man can see, hear and engage in extrasensory travel completely independent of his physical being. The late Dr Hornell Hart, an associate of Dr Rhine's at Duke University, did considerable research on 'man outside his body'. He suggested further experimentation and investigation.

You will find very interesting and unique experiences in *Infinite Power for Richer Living*[*] and in *Psychic Perception: The Magic of Extrasensory Power*[**] about men and women in everyday life who have projected their bodies thousands of miles and then were able to report what they had seen and witnessed.

How telepsychics won him $100,000 in one day

Some months ago, I spoke at the Church of Religious Science in Las Vegas, Nevada, at the request of Dr David Howe, the minister in charge. One of the men

who attended the lecture visited me at my hotel for advice regarding a domestic problem.

During the course of the conversation, he said that he was a bookie and handled large sums of money on horse-betting throughout the country. He said that he protects himself from large losses by using his subconscious mind regularly and systematically. When he receives too much money on one or two horses, he tries to lay some of it off with other bookies but every night he studies the race-sheet diligently, limiting his interests to two particular horses that he favours; then he says to his subconscious: 'I am turning this request over to you. Reveal to me the winners in the first or third race (or whatever two races he favours)'; then he falls off to sleep with the words 'winners, winners, winners.'

At sleep time the conscious mind is creatively joined to the subconscious and the latter accepts the last waking concept and proceeds to answer him in its own way. Often times he sees the race and the winner while sound asleep in the bed. Other times he sees the race in his dream but forgets the winner when he awakens. One night he saw 'Look-Me-Over' win the race and the odds were close to 27–1 for first place. He bet $4,000 and won about $100,000.

You will notice that this dream was of a precognitive nature, i.e., he saw the results of the race 24 hours before it occurred on the race track but it was definitely connected with his job as a bookie. Your subconscious mind is impersonal and no respecter of persons. It will give intuition to the banker, relative to money; to the doctor, relative to healing; to the chemist, relative to chemical formulas; to the stockbroker, relative to investments; and the inventor, interested in a new discovery, may receive the entire design in his dream. Your subconscious will give you promptings, ideas, answers as also definite intuitive impressions based on the nature of your focussed attention and intense interest.

How to Remember a Special Dream

I explained to this bookie how to recapture the memory of his special dream about a winner, which had eluded him. I suggested that whenever he awakens in the morning, the very first thing he should say to himself is, 'I remember,' then the dream will come back in full form. (He has tried it and it works.)

Telepsychics in the life of Luther Burbank

The name of Luther Burbank is familiar to all and according to his own statement, it was a common practice for him to send a telepathic message to his sister whenever he wanted her to accompany him to visit their ailing mother. On these occasions he never had to resort to the telephone or telegraph service.

Dr Phineas Parkhurst Quimby could appear at a distance

Dr Quimby, undoubtedly the foremost spiritual healer in America, has been known to have stated: ‘I know that I can condense my identity and appear also at a distance.’ His astral or fourth-dimensional body was as real to Quimby as was his physical body. These appearances of Quimby to patients 100 or more miles away from his home took place beginning about 1845 or 1846.

Quimby demonstrated that man is a transcendental being and is not bound by time, space and matter. To cite one instance in the extraordinary life of this unique spiritual healer:

He wrote to a woman who lived a great distance from his home in Belfast, Maine, stating that he would visit her on a certain day, although he never revealed the exact time. Due to an oversight, the letter was never mailed. However, while the woman for whom he promised to pray and visit was entertaining another woman at dinner, the guest said, ‘There is a man standing behind your chair,’ and she described him in detail. The lady of the house declared, ‘Oh, that is Dr Quimby. He is treating me.’ Dr Quimby was mentally and spiritually present with her, wearing a fourth-dimensional or subtle body, which was seen by the guest in the home.

Physically, Quimby was in his home in Belfast at that time, concentrating on his patient and contemplating the Divine ideal – the healing, purifying force of the Infinite Healing Presence flowing through his patient – and he decided at the same time to project himself into her presence, undoubtedly with the idea of instilling greater faith and receptivity in his patient.

Telepsychics enabled a young man to win a scholarship and a new car

Robert Wright, 19 years of age, assists me every Saturday morning in putting together my radio program in a soundproof room in my home. He has been practising the law of his mind every night before retiring by quietly exclaiming the following:

Infinite intelligence in my subconscious mind guides me in all my studies in college and reveals to me all the answers. I am always poised, serene and calm.

This is why I pass all my examinations in Divine order. I know a car is an idea in the Universal Mind. I claim a new car now, which comes to me in Divine order. I give thanks for the answered prayer. I know that the nature of my deeper mind is to respond to my requests and I also know that my idea, when repeated faithfully, will be etched in my subconscious and come to pass.

The sequel was interesting. He experienced a pre vision one night about a week prior to a special examination and saw all the questions to be asked in a dream. He subsequently got excellent marks and won a scholarship for a considerable sum of money, which will aid him in his education. The car he was driving to college broke down on the freeway and the same day, he was presented with a gift of a new station wagon.

When the car broke down, he affirmed boldly: 'Only good can come out of this,' and only good came to him. The key to a full and happy life is to rejoice in the goodness of God in the land of the living.

POINTS TO REMEMBER…

1. You will always receive intuition from your subconscious based on the subject to which you are attentive. For example, if you give attention to the study of a particular stock or stocks, you may receive an inner prompting, a hunch or predominant feeling to purchase a certain stock; or you may, as one man did, see in your dream the name of the stock and the future height of the stock. Your subconscious dramatises the answer in ways you do not know. You must be on the alert, on the *qui vive*, so to speak, to take advantage of the answer.
2. If you are looking for lost or mislaid items, turn your request over to your subconscious mind, claiming that the supreme intelligence in your subconscious knows the answer and will reveal it to you. Trust your deeper mind, which knows all and sees all. In one instance, a girl reported that her father appeared to her in a dream and told her to look in a certain page of the family Bible. It was there she found all the papers she needed to claim her property. The ways of your subconscious are beyond finding out.
3. Within your subconscious are the faculties of clairvoyance, clairaudience and other supernormal faculties. This is co-extensive with all wisdom and power. Within your subconscious are all the powers of the Infinite Being, which can fetch wisdom from afar, pick the brain of the other or read the

contents of a closed safe. Turn your requests over to It with faith and confidence and expect an answer. As sure as the sun rises in the morning, so will there be a resurrection of your desire.

4. You are mind and Spirit; you are immortal. God is Spirit and that Spirit is the Life Principle within you – the Reality of you. Spirit was never born and will never die. Your journey is ever onward, upward and God-ward. There is no end to the glory, which is man. Never in all eternity could you exhaust the wonders and glories of the Infinite.
5. Loved ones on this plane communicate telepathically with each other. It would be foolish to say that the same loved ones who go to the next dimension of life, which is all around us and interpenetrates this plane, could not communicate with us. The same Spirit and Mind are in them that are in you, as well. There is no separation in the One Mind. I believe definitely there are many instances where you receive definite, concrete messages from loved ones in the next dimension of life. There is no death – it is foolish to talk about messages from the dead. All those who ever lived are living now. Even a million or billion years from now, you will also be alive, revealing more and more of the qualities, attributes and wonders of the Infinite.
6. It is well known in academic and scientific circles that man can think, see, feel, hear and travel independent of his physical being. Astral travel or that which is called extrasensory travel, has been known for ages. Many have had out-of-the-body experiences unconsciously; others have experimented in astral travel by concentrating on visiting a friend or sick relative. They found themselves by the bedside, possessing visual, auditory and tactile capacities. They are not ghosts or apparitions; they merely have clothed themselves with a subtle body which is rarefied and attenuated, capable of passing through closed doors and transcending time and space. Remember, you are a mental and spiritual being. Someday you will use all these inner faculties and powers completely independent of your present three-dimensional body.
7. A bookie who concentrates and focusses his attention on horses in a certain race prior to sleep, asking his subconscious for winners, approaches his subconscious with full recognition of its powers plus faith and confidence and expectancy and invariably receives answers. There are many people in England who have foreseen the winner of the English Derby every year and consequently made a small fortune. I knew a Dr Green, whose hobby was horseracing and who made a quarter of a million pounds (English) due to pre-vision, seeing the result of the race for six successive years in a

row.

8. When you say, ‘I don’t dream,’ or ‘I can’t remember my dreams,’ the moment you awaken in the morning, say to yourself quietly, ‘I remember,’ and the whole structure of the dream will come clearly into your conscious, reasoning mind.
9. Luther Burbank didn’t bother telephoning or telegraphing his sister when he wished her to accompany him on a visit to their sick mother; instead, he sent her a telepathic message, which she invariably received and complied with.
10. Dr Phineas Parkhurst Quimby of Belfast, Maine, said in 1847: ‘I know that I can condense my identity and appear at a distance.’ He did this with several patients and ministered to them in his astral or fourth-dimensional body, which we all possess this very moment. Quimby demonstrated that we are transcendental beings, not governed by the factors of time, space or matter.
11. A young college student claims regularly and systematically that the infinite intelligence of his subconscious mind guides him in his studies and reveals all the answers to him. Often, his subconscious responds prior to the examinations by revealing all the questions to him on a screen in his mind. He awakens and looks up all the answers – to invariably find that the very questions appearing to him in a dream are identical with those on the examination, perhaps a week or two weeks later. This is called precognition, seeing an event before it happens. The questions were already in the Mind. He simply tuned in and picked them up. The wisdom of the subconscious mind caused the professor to ask the same questions, thinking all the time that his conscious mind was making the decision and selecting the questions. This is why many professors do not know the cause of their actions. Indeed, the student often seems to be smarter than the teacher from a mental and spiritual standpoint.

5

HOW TELEPSYCHICS REVEALS ANSWERS IN DREAMS AND VISIONS

During a consultation some weeks ago, a man asked me: ‘What are dreams and what causes me to dream?’ That is a good question. I don’t think one can give a simple answer to this question. Dreams have been discussed and interpreted in the various Bibles of the world and among all races and nations, because dreams are of a universal nature.

Dreams are dramatisations of the subconscious mind of man. For this reason, they are very personal. All men and women in the world, as well as animals, dream. When you think about it, about one-third of your life is spent in sleep. While sleeping, your dream life is active to a great extent. Many scientific and academic laboratories are engaged in the study of sleep and dreams and they often reveal amazing results.

The Power of Suggestion

Many years ago in New York, I witnessed a psychologist from Berlin as he hypnotised some students in his home. He suggested that one would dream about marriage, a church service and a honeymoon; to another it was suggested that he

would dream of India and its holy temples; to another, that he would dream that he was a millionaire etc. He suggested that each would recall his dream but would have no conscious memory of what was suggested to him.

After about ten minutes, all the subjects were awakened and recalled their dreams promptly. All the dreams corresponded accurately with the nature of the suggestion. The reason for this is that the subconscious is amenable to suggestions and reasoning deductively only, reacts according to the nature of the suggestion.

Undoubtedly, many of your dreams are due to your habitual thinking during the day, as well as to your reactions to the day's events, all of which are impressed on your subconscious mind. Your deeper mind elaborates, activates and magnifies whatever you deposit in it.

Most people are very familiar with the names of Sigmund Freud, who wrote the *Interpretation of Dreams* in 1899, Carl Jung and Alfred Adler, all of whom have written extensively about the subconscious and the dream lives of their patients. Each of the men varies in his interpretation of dreams and the inner urges and drives in man; consequently, they have evolved different schools of psychology, namely *psychoanalysis* (Freud), *analytical psychology* (Jung) and *individual psychology* (Adler). The differences between these men in the interpretation of dreams and the approach to the subconscious are rather conflicting. However, it is not the purpose of this book to elucidate them here. Nevertheless, a discussion of dreams will serve to show you that the key to solving many of your problems often comes as a clear-cut, definite answer in a dream.

How a school teacher solved her problems through a dream

While holding a consultation with a young schoolteacher, she mentioned that she was frightfully frustrated in the teaching field, that she had never liked it but that her parents had more or less coerced her into entering the profession.

I suggested to her that her subconscious mind knows all about her hidden talents and that if she contacted the infinite intelligence in her deeper mind, she would get a response. The technique she used, at my suggestion, was to say to herself prior to retiring:

Infinite Intelligence reveals to me my true place in life, where I am expressing myself at the highest level. I have a wonderful income consistent with integrity and honesty. I accept the answer now and I sleep in peace.

The first night following this meditation, she had a very vivid dream. She

felt herself to be in a very large building where she saw a man pointed to a certain door, suggesting that she go through that door. As she entered the room, she observed the walls, which were full of beautiful paintings. As she looked at them, she found herself fascinated, absorbed, in a way, transfixed. In her dream, she said to herself, 'This is it,' which meant she had found her true place in life.

She phoned me to say she was taking up painting and planned to resign her teaching position, which she did. Almost immediately she fell in love with painting, her hidden talent was revealed to her. Now she is extremely successful. Recently I bought one of her beautiful paintings for $200[§]. Her first exhibit held in her home for a group of friends and former teachers netted $2,500 in sales.

Her favourite Biblical quotation is:

> *I set before thee an open door which no man can shut.*
>
> – Revelations 3:8

There is no obstacle to the unfolding of your heart's dream unless you place the impediment, the difficulty, the delay or the obstruction in your conscious mind. There is nothing to oppose the omnipotent power and wisdom of your deeper mind.

One of this young artist's paintings captivated one of her former professors, who eventually married her. He now has a special assignment in Australia and they are both following the release of their hidden talents in that country and are very happy. Her subconscious magnified her good exceedingly.

How Telepsychics Lifted Her Burden

Recently, one of my radio listeners phoned me and said that her father had passed on about a week before. She explained that she knew her father always kept large sums of money in the house, as it was his custom to fly to Las Vegas twice a month where he spent the weekends at the roulette wheel and was, as she said, extraordinarily lucky. He had told his daughter that he only played when he had that inner feeling or hunch that he would win and the moment that inner monitor or intuition left him, he would stop playing immediately.

His transition was rather sudden; he passed away in his sleep. She had searched everywhere she could think of for the money she felt was hidden nearby but to no avail.

I suggested to her that she talk to her subconscious mind and undoubtedly, she would get the answer. I explained to her that when she quieted her conscious mind and when she was relaxed and at ease, the wisdom of her subconscious would rise to the surface mind and reveal the answer.

She read the 23rd Psalm over and over for about ten minutes and then closed her eyes, relaxed and let go, quietly claiming that the wisdom of her subconscious would reveal where her father's money was located and that she would recognise the answer when it came. She fell asleep in the chair. Suddenly, she said, 'Daddy came to me,' and he appeared by the chair and smiled. He seemed so real and natural she could hardly believe it was he. He said, 'Elizabeth, the money is in a steel box in the cellar behind a box of tools and the key is in the drawer where I keep my correspondence.'

She awakened immediately and to her surprise and delight, she found $13,000 in denominations of $50 and $100 bills. Her joy was twofold. She was delighted to find the money, which she needed badly. But more than that, she had that inner conviction and silent knowing that her father was still watching over her.

No one can disprove immortality. The Bible says:

> *And this is life eternal, that they might know thee the only true God –*
> John 17:3

How to Let Telepsychics Give You the Answer You Need

One of the best times for tapping the wisdom of your subconscious mind* for ideas, answers and inspiration is prior to sleep. The reason for this is, generally speaking, you are more relaxed, at ease and you are ready for quietude and deep sleep. Quiet your mind by repeating a few verses of the 23rd Psalm and let go.

For example, if you are a sales manager and you plan to speak to the salesmen the next day, you may say:

I know the infinite intelligence of my subconscious mind will guide and direct my talk tomorrow and reveal the right words to me that will inspire, lift up and stimulate all these men. Whatever I say will be right for the occasion and all will be blessed and benefited.

Speak these words silently or audibly, whichever you choose. Do this with faith and confidence that your subconscious will answer you. It never fails.

In the beginning, if you know a week in advance that you are to speak to a

group, pray about it every night and you will find that, even though you may have an outline of your talk prepared, ideas will spontaneously flash into your conscious mind while you are talking and you will discover that these words are right for the occasion.

SHOULD I ACCEPT THAT POSITION?

In asking that question, do not permit your conscious mind to dictate the answer. It is all right to look at the pros and cons of the situation. Once you have done this and are still not quite sure that you should accept the position, just turn your request over to your subconscious as follows:

I know my subconscious is all wise. It is interested in my welfare and it reveals to me the answer about the position. I follow the lead which comes to me. Then lull yourself to sleep with the one word, 'Answer.'

Knowing that your subconscious is responsive to you, do this with complete faith that you will receive the answer and that it will be right for you. It may come as a flash to you in the morning when you awaken or in a vivid dream wherein you will have that inner feeling that it is right for you.

In applying the above technique, you can learn to apply the same process during waking hours with the same success. Quiet your mind, be alone, close your eyes, cleanse your conscious mind by thinking of the boundless wisdom and the infinite power of your deeper mind which knows all and sees all. Think of nothing but the question you are asking. Continue doing this for a few minutes in a quiet, passive and receptive way.

When the answer does not well up immediately from your deeper mind, stop pondering to go on about your usual work. Let your request gestate in the darkness of your subconscious mind and the moment you least expect it, the answer will pop into your conscious mind just as toast pops out of the toaster.

The Dream Is Its Own Interpretation

Your dream is personal to you and the same symbols that you receive, when they appear in someone else's mind, may have an entirely different meaning. Your subconscious speaks to you symbolically in dreams. An ancient Hebrew mystic said that at night the wife (the *subconscious*) talks back to her husband (*conscious* mind) and sometimes tells him in no uncertain terms that he has been polluting her with negative thoughts, fears and destructive emotions.

How telepsychics warned her and she cancelled her wedding plans

A young woman – who was engaged to a man she had promised to marry – came to me for consultation. She said that she didn't know why but that she was deeply troubled and felt depressed. She wanted to withdraw from the engagement but didn't want to hurt the young man's feelings.

The best time to prevent a divorce is before marriage.

During the course of our discussion, she said that she had experienced a recurrent dream for ten consecutive nights in which a man with a long beard pointed to the Star of David, a figure consisting of a six-pointed star, which serves as the symbol of Judaism.

I asked her what the dream meant to her, as the Talmud said: 'Every dream has its own interpretation.' She responded by saying that she no longer attended the synagogue. She used to read and study the Psalms of David but the man to whom she was betrothed was an atheist who ridiculed all religious beliefs.

I explained to her that the law of the subconscious is self-preservation and undoubtedly it was trying to protect her by the symbolic dramatisation of the Star of David and that her own intuition would reveal the correctness of the interpretation, as the symbol had to ring a bell in her own heart.

She broke off the engagement and the recurrent dream ceased at once. She had a profound sense of peace. She went back to the synagogue and renewed her interpretations and meditations of the Psalms of David and prayed that Infinite Intelligence would attract a man who harmonised with her in every way and who had a deep reverence for the God-Presence within all people. She has since married a rabbinical student and is quite contented.

She looked upon her recurrent dream as a warning, which undoubtedly it was. The Bible says:

> *And being warned of God in a dream that they should not return to Herod, they departed into their own country another way.* – Matthew 2:12

How telepsychics solved a man's agonising problem

A man from New York flew out to Beverly Hills to interview me. He said that he had been married for six years to a woman from Los Angeles. She had mentioned to him from time to time that she used to listen to my lectures on mental and spiritual laws. However, suddenly, about a year ago, she had disappeared from their home, leaving no note or explanation. He thought she might be a member of my organisation; however, I had no knowledge of her

whereabouts, in fact her name was not on our mailing list.

He had misappropriated funds, which she had given him to the extent of $60,000. He felt guilty about it and wanted to make amends. In the meantime, he had become the heir to his mother's estate and was in a position to repay the money to his wife. He felt that to be the reason she had walked out. Detectives failed to find her and her relatives had no clue.

He said to me, 'I don't know why I came to you but I have a hunch that she might come to see you. I am leaving $10,000 with you with her name on it and if she comes, give it to her and ask her to get in touch with me; I love her and want her back.' He added, 'Be sure to tell her of my inheritance.' I promised to keep in touch with him and let him know if she contacted me.

Nothing happened as two months passed then a woman phoned from San Francisco, saying to my secretary that it was extremely urgent and important that she see me and that she was flying down to Beverly Hills that morning. I saw this woman in the evening and she unfolded a most amazing drama of the mind.

A few nights before, she said, I had appeared to her in a dream and told her that I had a sum of money for her; that all of her money that her husband had misused was waiting for her when she returned home to New York. This, she said, is why she was here. The dream, she said, was so vivid, so realistic, that it was like a vision. The room was full of light and she felt ecstatic.

She said to me, 'You read from the Bible,' and she said she heard my voice saying:

> *In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then he openeth the ears of men and sealeth their instruction.*– Job 33:15, 16

I had no recollection of the woman and did not recall ever meeting her. However, one night I turned a request over to my subconscious as follows: 'Infinite Intelligence knows where Mrs X is and reveals her whereabouts to me. She contacts me in Divine order. It is God in action.'

I gave her the $10,000[§] and she flew back to New York to join her husband. She told me she had left because of his lies to her and because he had squandered all her money. She had been praying for guidance and Divine right action. Apparently my prayer was resurrected as an answer to her problems and her subconscious projected an image of the author with the message that answered her prayer.

POINTS TO REMEMBER…

1. Dreams are dramatisations of your subconscious mind. When you are asleep, your subconscious mind is very much awake and continuously active, as it never sleeps. Your subconscious usually speaks in symbolic form. Scientific experiments show that eye movements occur when a person is dreaming. You may get answers to your problems in a dream.
2. Your subconscious mind is amenable to suggestion and responds according to the nature of the suggestion, whether true or false. For example, you can repeatedly suggest to yourself before you go to sleep that you are going to dream about the Lakes of Killarney and you will have a wonderful fictionalised dramatisation of the lakes. You will enjoy the marvellous scenery portrayed by your subconscious.
3. Freud, Adler and Jung vary in their approach to the subconscious and in their interpretations of dreams. In this book, the purpose is to show you that many people who are praying for solutions to their problems get very clear-cut answers while sound asleep, usually in symbolic form and often times in a very literal way.
4. A school teacher praying for true expression was instructed in a dream to go through a certain door. It was there she found herself in an art gallery full of beautiful paintings. Her intuition told her that this is her mission in life and she took up painting and became an immediate success.
5. A young girl could not find money hidden by her father, who had passed on suddenly. She asked her subconscious mind to reveal to her where it was and while asleep, her father appeared to her and gave her explicit instructions where to find it. The ways of the subconscious are beyond finding out. You can never tell the exact way the answer will come. All you need do is turn your request over with confidence and to trust it implicitly to give you the answer and the moment you least expect it, the answer will come out of the blue.
6. The best time to tap the subconscious is prior to sleep, when you are relaxed, at peace and ready for quietude and deep sleep. If you are seeking an answer to some problem, talk to your subconscious and affirm that the wisdom of your subconscious knows the answer and that you have absolute faith in the answer; then lull yourself to sleep with one word, ‘Answer,’ and your subconscious will do the rest. You can apply the same process during waking hours by stilling your mind and perhaps, by

meditating on the 23rd Psalm. Then think of the infinite intelligence and boundless wisdom within you. Think of the answer. Do this for a few minutes and let it go. The answer will probably come to you when you are preoccupied with something else.

7. If you are religiously inclined and studying spiritual subjects, your subconscious, which seeks to protect you, may present a religious symbol to you, which will have deep meaning for you. A Jewish girl about to get married had a recurrent dream (always very important) in which the Star of David appeared to her every night. Intuitively, she knew what it meant and cancelled the proposed marriage. Subsequent events confirmed the truth of the answer received in her dreams.
8. A husband sought everywhere for his wife, who had deserted him. He prayed for guidance and Divine right action and his minister prayed that the infinite intelligence of his subconscious would reveal her whereabouts that he might give her $10,000[§] left with him by her husband. The wisdom of the subconscious dramatised an image of the minister to her while she was asleep. He quoted the Bible and told her in detail about the money and how her husband wanted to make amends. She followed the dream, visited the minister and found her dream was literally true to the letter.

I the Lord (your subconscious) will make myself known unto him in a vision and will speak unto him in a dream.

– Numbers 12:6

6

EFFECTIVE TELEPSYCHIC TECHNIQUES AND PROCESSES OF PRAYER – HOW THEY WORK FOR YOU

The dictionary defines prayer as:

1. A devout petition to or any form of spiritual communion with God or in object of worship.
2. The act or practice of praying to God or an object of worship.
3. A spiritual communion with God, as a supplication, thanksgiving, adoration or confession.
4. A formula or sequence of words used in or appointed for praying, e.g., the Lord's Prayer.
5. A religious observance, either public or private, consisting wholly or mainly of prayer.
6. A petition, entreaty.

In this book you are told simply and plainly that you answer your own prayer. The reason for this is extraordinarily simple: Whatever your conscious mind really believes and accepts as true, your subconscious mind will bring forth consistently as form, function, experience and events. Your subconscious mind

accepts your conviction, whether true or false, as it reasons deductively only. If you give it a false suggestion, it will assume the correctness of your premise and dramatise the result accordingly.

How Your Subconscious Mind Works

Suppose a psychologist or psychiatrist hypnotised you (in that state your conscious, reasoning mind is suspended and your subconscious* is amenable to suggestion) and then suggested to you that you were the President of the United States. Your subconscious would accept the statement as true. It does not reason, choose or differentiate as does your conscious mind. You would assume all the airs of importance and dignity that you believed to be the legitimate concomitant of that position.

If you were given a glass of water and told you were drunk, you would play the role of a drunkard to the best of your ability. If you told the psychiatrist that you were allergic to timothy grass and he placed a glass of distilled water under your nose, telling you at the same time that it was timothy grass, you would generate all the symptoms of an allergic attack and the physiological and physical reactions would be the same as if the water were actually timothy grass.

If you were told that you were a beggar, in a desparately unfortunate and difficult situation your demeanour would immediately change. You would assume a humble and meek attitude with an imaginary tin cup in your hand.

In short, you may be made to believe that you are anything, such as a statue, dog, soldier or swimmer. Then you will act the part suggested with amazing fidelity to the nature of the suggestion, insofar as your knowledge extends of the characteristics of the thing that is suggested. Another important point to remember is that your subconscious mind always accepts the dominant of two ideas; i.e., it accepts your conviction without question whether your premise is true or absolutely false.

Why the Scientific Thinker Does Not Beg, Beseech and Supplicate a Far Off God

The modern, scientific, straight-line thinker looks at God as the infinite intelligence within his subconscious mind. He doesn’t care whether people call it

the super-conscious, unconscious, subjective mind or whether they call this supreme intelligence Allah, Brahma, Jehovah, Reality or Spirit or the All-Seeing Eye.

All the powers of God are within you. God is Spirit, however and a spirit has no face, form or figure; it is timeless, spaceless and eternal. The same Spirit dwells in every man. This is why Paul says: *that thou stir up the gift of God, which is in thee* – II Timothy 1:6. You are also told *The kingdom of God is within you* – Luke 17:21.

Yes, God is in your thought, your feeling, your imagination. In other words, the invisible part of you is God. God is the Life Principle in you: boundless love, absolute harmony, infinite intelligence. Know that you can contact this invisible power through your thought; strip the whole process of prayer from mystery, superstition, doubt and wonder. The Bible tells you that the *Word was God* – John 1:1.

Your word is your thought expressed. Based on what you have already read in this chapter, every thought is creative and tends to manifest itself in your life according to the nature of your thought. It stands to reason that any time you discover the creative power, you have discovered God, as there is only one Creative Power – not two, three or 1000, just one…. *Hear, O Israel* (illumined and awakened man); *the Lord* (the Supreme Power) *our God is one Lord* (one Power, Presence, Cause and Substance) – Mark 12:29.

Why the Scientific Thinker Never Supplicates or Petitions

We are told in a very simple, practical and down to earth manner by the wisdom of the ages from Isaiah 65:24

> *Before they call, I will answer; and while they are yet speaking, I will hear*.

This is why the straight-line thinker who knows the laws of his own mind looks upon it as absurd, foolish and silly to beg for something already given him. In other words, before you call for a solution to a problem in astrophysics, chemistry, human relations, loneliness, sickness, poverty or being lost in the jungle, the answer to any problem under the sun is awaiting you for the simple reason that the infinite intelligence of your subconscious knows only the answer

to any question, regardless of its nature.

This is plain common sense or just old-fashioned horse sense. Infinite intelligence in your subconscious is all-wise, knows all and It created the universe and all things therein contained. Having created all things, including all men and the myriads of galaxies in the universe, why should any thinking being conclude that the Supreme Intelligence within his subconscious doesn't know the answer? Actually, the wisdom of your subconscious knows only the answer, as it has no problem. Just think for a moment: If Infinite Intelligence had a problem, who would solve it?

I was rescued by the guardian angel

When I was a very young boy, my mother told me that I had a special guardian angel who would always watch over me. Whenever I was in trouble the angel would come to my rescue. Like all children, my mind was impressionable and I accepted the beliefs of my parents.

One time, accompanied by some other boys, I was completely lost in the jungle. I said to the boys that my guardian angel would lead us out and save us. Some of the boys laughed and ridiculed the idea. Several of the boys accompanied me and I had that inner feeling, a sort of predominant hunch, to go in a certain direction, where we eventually met a hunter who treated us kindly and rescued us. The other boys who refused to accompany us were never found.

There is no guardian angel with wings watching over anybody. My blind belief in a guardian angel caused my subconscious mind to respond in its own way, compelling me to go in a certain direction. My deeper mind also knew where the hunter was and directed us accordingly.

The Bible says:

> *I will set him on high, because he hath known my name. He shall call upon me and I will answer him: I will be with him in trouble* – Psalms 91:14–15

The name means the nature of that infinite intelligence in your subjective depths. The words subjective and subconscious are synonymous. The nature of infinite intelligence within you is to respond to the nature of your call.

If you are lost in the jungle and don't have a compass and have no idea where the North Star is, in other words, you have no sense of direction, remember that the creative intelligence within your subconscious made the

universe and all things contained there. Surely it does not need a compass to lead you out. If you do not recognise the wisdom within you, it is just the same as if it were not there.

Suppose you brought a very primitive person into your home who had never seen a tap or an electric switch and you left him alone for a week in your house. He would die of thirst and also remain in darkness, yet all the time water and light would have been available. Millions of people throughout the world are like this primitive man. They fail to see that no matter what they seek, no matter what the problem, the answer awaits them and all they have to do is to call with faith and confidence on the wisdom of their subjective mind and the answer will come from the depths of themselves.

Experience the Riches and Rewarding Experiences of Scientific Prayer

The word ‘prayer’ has such a variety of meanings with such a long history that, in this book, the author feels committed to explain the process of prayer and prayer therapy in the simplest possible terms.

I talk with many people in different parts of the world who are definitely encrusted with old ideas which no up-to-date, modem high school boy could accept as true, plus old rituals and ceremonies which no intelligent man or woman could possibly believe. Do not shut yourself off from the tremendous benefits and blessings which can come to you through real prayer, by preconceptions gathered in childhood and adhered to throughout the years.

How a young man became an airline pilot

The following is taken from a letter from a young man who told me that all the odds were against him. He asked me to include his letter in this book so that it might help others. Here are his own words, which I am sure they will make sense to the attentive reader.

> This is an experience which occurred to me. Maybe you can use all or part of it to help others.
>
> I always wanted to be an Airline Pilot. Years ago I used the laws of mind to bring the time and money to me to become trained enough and have enough experience and licenses to be an Airline Pilot. Just as

I was ready to pursue the issue, our nation went into a recession. All airlines layed off many pilots. I wandered away from my daily utilisation of Truth. When our airline began calling back its pilots and looking for new ones I found myself off the Beam.

There were 2500 applicants for these 10 openings, 90% of these had more experience than I. One Sunday you stated 'You must come to a decision and claim what you want to believe.'

While driving to and from work I would visualise myself wearing the pilot's uniform and while driving to work, I would visualise myself driving to pick up a flight or attending the necessary classes. I felt I was EXPECTED at these places and I couldn't be late. The door was not closed to me, I was EXPECTED to step through it where they were waiting for me.

After 3 weeks of imagining and feeling the reality of it all, the personnel manager called me and said he wanted to interview me. The class was full but one man dropped out the day before class started. My paperwork was rushed and people were held overtime to process me. They said I was the perfect answer to their problem and they were grateful to me. Six of the above openings were scheduled to favoured sons.

This young man, about 21 years of age, realises that whatever idea he claims and feels to be true will be impressed on his subconscious and will come to pass. This is *real* prayer.

Do Not Beg a God in Space

The straight-line thinker knows that God or the creative intelligence of his subconscious mind, will respond according to his personal belief or conviction. He knows that there are laws governing the operation of the entire cosmos and that, as Emerson says, 'Nothing happens by chance. Everything is pushed from behind,' which means that if your prayer is answered, it must be answered according to the laws of your own mind, whether you are aware of it or not.

The Living Spirit within you does not suspend the laws of life to favour someone because of his or her religious affiliations or saintly character. The laws of life do not vary; neither are we dealing with a law of caprice or of

favouritism, for *God is no respecter of persons*…[For God all are equal.]Acts 10:34. You are dealing with a universal law that receives the impress of your thoughts and beliefs and acts accordingly; if you impress your deeper mind negatively, you will get negative results; if you impress your subconscious constructively, you will get constructive results.

There Is Only One Power

The most important truth you can learn is that there is only one power. This power is omnipresent. Accordingly, it must be within you – your very life. When you use this power constructively and harmoniously and according to its inner nature, men call it God or good. When you use this power within you negatively and destructively, men call it by names like the devil, Satan, evil, hell, misfortune etc. Be honest with yourself and ask yourself this simple question: 'How am I using the power within me?' Right there you will have the answer to your own problem. It is as simple as that.

There Are Many Ways to Pray

If someone asked me how I pray, I would respond by saying that, to me, prayer means the contemplation of the eternal verities or truths of the Infinite from the highest possible standpoint. These truths never change; they are the same yesterday, today and forever.

How a sailor prayed and was rescued

Last year I conducted a seminar-on-the-sea to Alaska. In talking with one of the sailors, he told me that in the last war his ship had been torpedoed and all the men were lost, save himself. He found himself in a raft on the high seas where all he could think of was God. He had no idea of the laws of his mind but in this extreme circumstance he kept saying to himself over and over again, 'God saves me,' and he lapsed off into unconsciousness. When he awoke he found himself on board a British cruiser, the captain of which said to him that he had had an overpowering hunch to change his course. The sailor was espied by a ship's

officer on the watch.

This sailor prayed to what he believed was a God up there somewhere –a sort of anthropomorphic being – which might or might not listen to his prayers and entreaty. He had what he called a sort of blind faith and went all the way out on the limb trusting God. Undoubtedly, his simple faith or blind belief impregnated his own subconscious mind, which responded to his belief and saved him.

To look at it from the standpoint of mental and spiritual laws, the wisdom of his subconscious mind knew where the closest ship was and it acted on the mind of the captain, compelling him to change his course and thereby bring about the rescue.

There is no time or space in your subconscious mind; it is co-existent with all wisdom, all power. Actually, all the attributes, qualities and potencies of God are within your subjective depths or whatever other name you care to use. You can call this Inner Wisdom, Universal Mind, the Life-Principle, Subliminal Mind or Super-conscious Mind. Actually, it is nameless. All you need to know is that there is a wisdom and an infinite intelligence within you that far transcends your intellect and ego or your five senses. It is always responsive to your recognition, faith and expectancy. In the sailor's extremity, he placed all his trust in God, believing somehow that he would be rescued. This belief was impregnated in his subconscious, which responded according to his belief.

> *If thou canst believe, all things are possible to him that believeth*. – Mark 9:23

Why the Prayer of Petition Is Generally Wrong

It is wrong for a reason.

> *Before they call, I will answer; and while they are yet speaking, I will hear* – Isaiah 65:24.

No matter what you seek it already is, for all things subsist in the Infinite within you. The way out, the answer, the healing presence, love, peace, harmony, joy, wisdom, power and strength, all these and much more, exist now and are

awaiting your call and recognition.

Peace is now. Love is now. Joy is now. Harmony is now. Wealth is now. Guidance is now. Right action is now. The Healing Presence is now, plus the solution to any problem under the sun. The creative ideas of the infinite mind within you are countless and numberless. All you have to do is to claim, feel, know and believe that the answer is yours now. The solution will come.

All things subsist in the Infinite Mind as ideas, images, archetypes or mental patterns in your mind and as you identify with what you seek and claim it boldly, you will get your answer. That is scientific prayer. When you beg and beseech, you are admitting you don't have what you want now. It is this sense of lack that attracts more loss, lack and limitation.

The God you are beseeching has already given you everything. You are here to appropriate and meditate on the reality of your idea or desire. Rejoice and give thanks, knowing that as you contemplate the reality of your desire, idea, plan or purpose, your subconscious will bring it to pass. Be a good receiver. The gifts of God have been given to you from the foundation of time. You must accept your good now. Why wait for it? All things you need are now.

All things exist as ideas in the Infinite and there is a mental pattern behind everything in the universe. Suppose some holocaust destroyed all the engines in the world; engineers could run them off the assembly line by the millions, the reason being that everything you see in the world came out of either the mind of man or the mind of the Infinite. The idea, desire, invention or play in your mind is as real as your hand or heart. Nourish it with faith and confidence and it will be objectified on the screen of space.

Where Is God's Dwelling Place?

God is Spirit. Spirit is omnipresent and within you as well as all in the universe.

> *For ye are the temple of the living God; as God hath said, I will dwell in them*. – II Corinthians 6:16

> *Behold, I stand at the door and knock: if any man hear my voice and open the door, I will come in to him and will sup with him and he with me*. – Revelation 3:20

This quotation points out the intimacy in prayer where you actually conduct a dialogue or commune with your Higher Self. You are not really outside supplicating a distant deity who may or may not answer your prayer. You know your prayer is already answered but you must recognise it, make contact, accept completely and the response will come.

The Supreme Intelligence or Life Principle in your subconscious is always knocking at the door of your heart. For example, if you become ill, the Life Principle will urge you to be well. It is always saying to you, 'Rise up higher; I have need of you.' Open the door to your heart and boldly affirm:

> I know and I believe that the infinite healing presence which created me can heal me. I claim wholeness, vitality and perfection now. Infinite Intelligence in my subconscious is knocking at the door of my heart, reminding me that the answer and way out are within me. My mind is open and receptive to the Infinite Wisdom. I give thanks for the solution that comes clearly into my conscious, reasoning mind.

God is that universal wisdom and power available to all men regardless of creed or colour. God will answer the atheist or agnostic just as well as the saint or the Holy Man; the only prerequisite is belief.

> *If thou canst believe, all things are possible to him that believeth.* – Mark 9:23

Is God a Person or Is God a Principle?

To think of God as an anthropomorphic being or a sort of glorified man with all the whims, eccentricities and peculiarities of man – is neurotic infantilism and absolutely absurd. God is personal to you in this sense: You can at this very moment contemplate love, peace, harmony, joy, beauty, wisdom, power and guidance. As soon as you will begin to express these qualities because you become what you contemplate. You have personalised or individualised the qualities of God. God is boundless love, absolute harmony, absolute joy, boundless wisdom, supreme intelligence and infinite life, which is omnipresent and omnipotent. God is also law, for this is a universe of law and order.

All the elements of personality are within the Infinite Being within you and as you contemplate the qualities of God within you, you will develop a marvellous and wonderful God-like personality. You, at the same time, are operating the law of God or of your own subconscious, because whatever you claim, appropriate or meditate on is impressed into your subconscious mind while your subconscious manifests what is impressed upon it. You could not develop a wonderful personality without using the law, because the law is that your thought and feeling create your destiny – you are what you contemplate.

God is all there is, in all, over all as well as all in all. Stop beating around the bush. Realise that God is the infinite personality and law. These are the two pillars mentioned in the Bible.

> *And he set up the right pillar and called the name thereof Jachin (the one law): and he set up the left pillar and called the name thereof Boaz (infinite personality).*– I Kings 7:21

Many say to me in substance, 'I can't pray to a principle.' They seem to want an old man in the sky to comfort them, forgive them and take care of them like a human father. That attitude is extremely primitive and childish. Remember that the nature of infinite intelligence within you is responsiveness. When you call upon it believingly: it becomes the embodiment of your ideal.

You can't develop a magnetic or wonderful spiritual personality without using the law of your mind. You must establish the mental equivalent of everything you want to be, to do or to have. An emotional welling up or a pious sentimentality toward a distant deity, hoping all the while that you will be transformed, may only lead to neurosis and confusion.

> *Love is the fulfilling of the law* – Romans 13:10

God will become very personal to you as you regularly and systematically fill your soul with love and joy, peace and harmony; and having appropriated these qualities, you will express them. God is love and the best thing you could do is to stop begging, beseeching and praying for that which has already been given you.

Many Use Affirmative Prayer

In this approach, which millions follow in America today, people do not beg God for anything but, instead, recall the great truths which never fail, such as

The Lord is my Shepherd; I shall not want – Psalm 23:1,

which means to them that men shall never want for evidence of the fact that they have chosen the Lordly Power or God, to guide them, watch over them, sustain them and strengthen them, because they know that the word 'shepherd' means their deep conviction of God's love and guidance, which will lead them to green pastures (abundance) and still waters (the quiet mind). That is prayer.

The Prayer of Invocation

When you invoke the blessings, protection and guidance of the Infinite believingly, the answer will come. St. Augustine, when the enemy was knocking at the door of the city of Hippo, of which he was Bishop, found comfort, rest and protection in the following prayer of invocation, which came from his heart:

> Let my soul take refuge from the crowding turmoil of worldly thoughts beneath the shadow of thy wings; let my heart, this sea of restless waves, find peace in thee, O God.

Following this prayer, he went to sleep and found rest for his soul.

POINTS TO REMEMBER…

1. Every person answers their own prayer, whether they are aware of it or not. Whatever a person believes to be true in the conscious mind is accepted in the subconscious, regardless of whether his belief is true or false. For example, if he has a belief or conviction that he will fail in his examination, his subconscious has no other alternative than to compel him to fail, no matter how hard he may try to succeed objectively.
2. When under hypnosis your conscious mind is suspended in abeyance, your subconscious is open to the suggestions of the operator. No matter how

weird or false the suggestion may be, your subconscious will dramatise it as far as possible in order to conform with the nature of the suggestion. Your subconscious is a one-track mind and does not reason, weigh, investigate and differentiate like your conscious mind. Your subconscious reasons deductively only; that is to say, if your conscious mind gives it a false premise, it will with amazing acumen and sagacity dramatise the response to correspond with the nature of the suggestion. Hence, feed your subconscious only with premises that are true, lovely, noble and God-like.

3. God is the creator or infinite intelligence, in your subconscious, which responds to you according to your belief, for the nature of infinite intelligence is responsiveness. Any idea that you emotionalise and feel to be true is impressed in your subconscious and what is impressed (good or bad) is expressed. This is why everyone answers their own prayer. Negative beliefs regarding illness or problems result in the subconscious response according to this belief. in that case and in that way, the prayer is answered. Actually, all prayers are answered and there is no such thing as an unanswered prayer.

   And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. – Matthew 21:22

4. The answer to any question is within you before you ask. All that is necessary is for you to recognise that no matter what you seek, the answer is within the infinite presence and power of your subconscious. When you claim the solution expect an answer. According to your faith it will be done. . The infinite presence and power within your deeper mind, which created the universe and all things, knows all, sees all and has the know-how of accomplishment. To beg and plead is to admit you don't have it. You are, therefore, attesting to lack and limitation. This way you will inevitably attract more misery and loss because whatever you give attention to, your mind magnifies. The idea, desire, mental image, invention, play, book, no matter what is a reality in your mind, is just as real as your hand or heart. Nourish your desire with faith and expectancy.
5. If you have a blind belief in a guardian angel, your subconscious mind will respond with an inner voice or impulse, such as an inner feeling to go in a certain direction, a sort of overpowering hunch, called the inner-silent-knowing of the soul. The angel is the idea that wells up from your deeper mind and solves your problems. Whether the object of your faith is true or

false, your subconscious will respond to the conscious mind's belief.

6. If you do not recognise the wisdom, power or intelligence within your subjective depths, it is just the same as if it were not there.

Paul says: Stir up the gift of God, which is in thee

– II Timothy 1:6.

7. A young man with little experience competed for a pilot's position with 2500 applicants who knew more than he did; he pictured himself as a pilot, imagining that he was wearing the insignia and uniform of a pilot. He pictured himself piloting a plane. He kept this vivid imagery up so that his subconscious accepted his mental picture and against tremendous odds he was selected as one of the top men for the ten vacancies. This young man knew the workings of his subconscious mind.
8. For God all are equal. The laws of your mind and the universe are constant and invariable. It is foolish, childish and absurd to think that, by begging and beseeching a God in the sky, the law of your mind or the universe will be suspended on your behalf. Again, I would like to emphasise that you answer your own prayer. Your subconscious reveals the impress of your thought and responds according to the nature of the impressions made upon it.
9. There is only one power in the universe – not two, three or 100, just one. When you use this power constructively, men call it God; when you use it negatively, ignorantly or destructively, men call it the devil, evil, hell, etc.
10. People pray in many ways. I look upon prayer as the contemplation of the truths of God from the highest standpoint. When you fill your mind with the truths of God, which never change, you neutralise and obliterate all the negative patterns in your subconscious. Whatever you contemplate you become. Anything you consciously claim and feel to be true your subconscious will dramatise and project on the screen of space. That is true prayer.
11. Many men who have no idea how prayer works and who have weird, grotesque and also childish ideas about God, in dire conditions, petition God to save them; and many having a childish belief that some God in the sky will save them, are saved and rescued. The reason for this is that whether the object of your faith is true or false, you will get the same results, as your subconscious doesn't question your belief and reasons deductively only.

12. To beg and beseech a distant deity is to admit that you don't have what you seek now and this attitude attracts more lack and limitation; therefore, you get the opposite of what you want. The Bible says:

What things so ever ye desire, when ye pray, believe that ye receive them and ye shall have them – Mark 11:24

You believe the oak is in the acorn but you must plant the seed; likewise, no matter what your problem, regardless of how difficult it may seem to be, the answer is in the form of a desire. Your desire is the seed, which has its own mathematics, mechanics and manner of expression. Your desire is as real as your hand or your heart.

It is just the same as the idea of a radio is real in your mind. Realise – the infinite intelligence in your subconscious, which is the only creative power, can bring your desire to fulfilment. Believe in the reality of your idea and desire now. Nourish it with faith and confidence. Like a seed, which is watered and fertilised in the ground, it will grow to come above the ground. It will rise in your life as the answered prayer. This is why you can believe you have it now – in your mind it is a reality.

13. You are the temple of the Living God. God is the Living Spirit Almighty within you. Your own mind is where you walk and talk with the only creative power you know. The only immaterial power you are aware of is your thought. Your thought is creative and you know what you are creating now. The life-principle in you is forever knocking at the door of your heart, saying to you, 'Rise, transcend, grow, advance, move forward, open the door of your heart,' and realise there is that within you which can wipe away all tears, heal a sick body, reveal hidden talents and set you on the high road to happiness, freedom and peace of mind.

14. God (Spirit) has all the elements of personality, such as choice, volition, love, peace, harmony, joy, beauty, power, strength, wisdom and intelligence. God is also Law. There can't be one without the other. How could you develop a wonderful personality unless you appropriated, meditated on and ruled into your subconscious only the attributes, qualities and potencies of God? The law is that you become what you claim and feel to be true. In other words, you are what you contemplate and incorporate into your subconscious. This is done according to the law of your subconscious mind. An emotional swelling of the heart and a pious sentimental attitude to a distant deity leads to confusion, neurosis

and disillusionment. Law and personality are one. In order for the Universal Presence and Power to work through the individual, It must first become the individual. You must appropriate in your own thought and feeling the truths of God and then God will be very personal to you. But God is not a person, if by that you mean a sort of glorified man in the sky. Such a concept could be called neurotic infantilism.

15. You can affirm certain great truths. By repetition, faith and expectancy, you will believe and accept them to be true. In that way your affirmative prayer will work. All you are doing is convincing yourself that what you affirm is true and after a while you begin to realise that three and three are six, not seven; then the result follows. St Augustine's Prayer of Invocation, which evoked a response, was:

Let my soul take refuge from the crowding turmoil of worldly thoughts beneath the shadow of thy wings; let my heart, this sea of restless waves, find peace in thee, O God.

7

HOW TO USE TELEPSYCHICS FOR THE PRAYER THAT NEVER FAILS

Many men and women have said to me repeatedly: ‘We have earnestly and sincerely desired certain things, which we have never experienced. We have prayed, longed for, waited and yet failed to get answers.’ Then they asked the usual question: ‘Why?’ The response is that according to your faith your prayers are answered.

What Is Faith?

The faith we speak of in this book does not refer to creeds, dogma, tradition, ritual, ceremonies or any specific religious persuasion. Look upon faith as a mental attitude – a certain way of thinking. Faith is a conscious potentiality whereby you know that any idea you emotionalise and feel to be true is impressed on your subconscious mind and whenever you succeed in impregnating your deeper mind with any idea, plan or purpose, the latter will objectify the impression made on the screen of space. Your subconscious is the creative power within you. Your conscious mind chooses but it does not create. You are, as a matter of fact, the sum total of your choices. Most people do not

realise this, while millions reject this truth altogether. Faith, therefore, is a mode of thinking, a manner of believing, a mental acceptance.

A chemist has faith in the laws of chemistry, which are dependable; a farmer has faith in the laws of agriculture; and an engineer has faith in the laws of mathematics. Likewise, man should learn to have faith in the laws of his mind by learning how his conscious and subconscious mind functions and he should understand the interaction of these two phases of his mind.

The prayer of faith and how to use it

The prayer of faith may be looked upon as a mental or spiritual conviction that there is an infinite intelligence in your subconscious mind, which responds to you by the simple process of corresponding with your mental conviction toward the law of your mind. The Bible says:

> *According to your faith be it unto you* – Matthew 9:29

> *If thou canst believe, all things are possible to him that believeth* – Mark 9:23

This means that the wisdom and power of your subconscious works through at the level of your belief. To believe is to accept something as true. When you break the word ‘believe’ down, it means to be alive, to live in the state of being; in other words, be alive to the truths of life, animate the eternal verities, feel the reality of them and you will experience the result of what you incorporate in your subconscious mind.

Why Some Prayers Are Answered and Others Are Not

A man said to me: ‘My wife’s prayers are always answered; mine are not. Why?’ He added that he believed God was withholding good from him for some obscure reason, while favouring his wife because of her religious beliefs. My explanation, however, was somewhat along the following lines: For God all are equal. Any man can learn to use the laws of nature, provided he equips himself with the necessary knowledge.

A murderer or an atheist can learn the laws of electricity and can use this knowledge to wire and light a house. Similarly he can learn the laws of navigation or any other law and apply these laws according to their nature. An atheist can receive an answer from the subconscious as well as can a holy man; the only requirement is belief or complete mental acceptance of the answer.

An astronaut who denies the existence of a Divine Presence can reach Mars, Venus and other planets provided he has sufficient faith and confidence. That is, he believes that whatever he needs to know will be provided by the creative intelligence of his subconscious, because the latter responds to the conscious mind's belief and conviction.

To think that God or Infinite Intelligence, responds to some men and women because of their religious persuasion would be ascribing to God the peculiarities, whimsicalities and inconsistencies of the human mind. God or the Creative Power, existed before any man ever walked the Earth or before any church was ever formed. Men invented the various religious creeds, forms, rituals and dogmas. God is the same yesterday, today and forever. It is silly to think that God withholds from some while giving to others. That would be favouritism, which is unthinkable and absolutely absurd.

As thou hast believed, so be it done unto thee. – Matthew 8:13

This refers to the law of cause and effect, which is cosmic and universal and certainly is no respecter of persons. The cause is your conscious mind's belief and the effect is the response from your subconscious.

He was unconsciously denying what he affirmed

The above-mentioned man was praying for prosperity and affirming: 'God is my instant supply and His wealth is circulating in my life now.' But he admitted that deep down in his heart his belief was in lack and limitation. In other words, his conscious affirmation was denied by his subconscious disbelief.

The reason his wife's prayers were answered is that her faith was much deeper; she really believed what she affirmed. It made sense to her that there is an impersonal presence and power in her subconscious that operates on her habitual thinking and beliefs and that it responds alike to each and all.

How he changed his belief

This man learned a simple truth: that thought becomes a thing in the same way that a seed becomes a plant. His false belief in lack was dissolved in his subconscious mind by a repetition of truth in his conscious mind. He realised that wealth was a thought-image in his mind and that all things come forth from the invisible mind of man or God. This new insight and understanding gave him faith and confidence.

He clearly perceived that a drop of clear water that persistently falls into a bottle of dirty water will eventually show the bottle to be full of clear water. Repetition is the key. This false belief, which this man recognised to be false – was displaced by the continuous repetition of the idea of wealth circulating in his life. Freely, joyously and endlessly.

It was an intellectual statement in the beginning with him, in which his emotion and feeling played no part; but as he continued to repeat the statement, 'Wealth is circulating in my life and there is always a surplus,' with the sincere desire to believe it, the moment came when the last resistance 'let go,' the same as the constant dropping of clear water washed away the last drop of muddy water from the bottle.

When prayer ceases to be true prayer

Recently a woman wrote me, saying that she had to have $6000 by the 15th of the following month; otherwise she would be unable to pay the note due on her mortgage and would lose her home. She added that she was praying very hard to get the $6000 from some source but that she met only with a negative response everywhere.

This woman was anxious, tense, worried and full of fear. I explained to her that her attitude of mind would only attract more loss, lack, limitation and obstacles of all kinds.

> *For the thing which I greatly feared is come upon me.*
>
> – Job 3:25

The Bible gives the answer to anxiety and fear in a very simple way when it says:

> *In quietness and in confidence shall be your strength.*
>
> – Isaiah 30:15

Accordingly, at my suggestion, she began to rehearse some of the great truths with which she was familiar but with which she neglected to identify. She began to knowingly affirm the following:

> *But with God all things are possible*. – Matthew 19:26
>
> *If thou canst believe, all things are possible to him that believeth*. – Mark 9:23
>
> *He shall call upon me and I will answer him: I will be with him in trouble; I will deliver him and honour him.*
>
> – Psalm 91:15
>
> *The Lord is my light and my salvation; whom shall I fear?*
>
> – Psalm 27:1

Widely regarded as the greatest writer in the English language and the world's pre-eminent dramatist, William Shakespeare, too averred, 'All things be ready if the mind be so.'

She ceased thinking of the needed amount altogether as also the date but she began to reiterate the above great truths, realising that when her mind is at peace, the solution follows. She kept in tune with the Infinite, knowing that God supplies all her needs and is her instant and everlasting supply and support.

I emphasised the simple truth that when her mind was at peace, when she had a Divine indifference, the answer, the solution, was sure to come. Divine indifference means that you know that it is impossible for your prayer to fail, in the same way you are absolutely positive that the sun will rise in the morning. You don't know how the answer will come. You don't really care, because you know whatever happens will be good – very good.

She maintained her peaceful attitude by reminding herself of the great truths that never change. At the end of a week, she met an old school friend in the local drug store. He was a widower and she a widow. He proposed marriage. She accepted, he also took care of the mortgage. She did not lose anything; she gained. Her subconscious magnified and multiplied exceedingly the good she impressed upon it.

Fear and worry attract loss. Faith and confidence in the law of your mind attract all the blessings of life. Whenever the idea comes to you that you must

have a certain amount and that it must appear on a certain day, remember that the attitude of mind is usually one of excess tension, anxiety and fear, which produces more loss. Go back to the Source of all blessings. Identify with the Infinite and claim peace, guidance, harmony, right action and abundance. Maintain your contact and the day will break and all the shadows will flee away.

She said she had absolute faith that she would sign the contract

An actress said to me that she had absolute faith that she would get the contract she desired, because she received a phone call from New York to fly there and sign it. When she arrived in New York, the particular man who was to give her the contract had passed away in his sleep and she returned somewhat disappointed and depressed.

I explained to her that the only thing in which she could have absolute faith was: God is God and that the Laws of the universe are the same yesterday, today and forever. They are dependable, as God and His laws are constant and invariable. Furthermore, I explained to her that she does not control the universe and she has no power over the lives of people. Surely if the man who was to give her the contract was at the point of transition, she had nothing to do with it but that she could always be absolutely certain that God is God – omnipotent, eternal, changeless and timeless.

Telepsychics in Action

She changed her attitude of mind to realise that the infinite intelligence of her subconscious had ways of bringing her desire to pass but that its ways are at times mystical, not easy to find out. She quietly affirmed as follows:

I know that the infinite intelligence within my subconscious has ways of bringing about a business contract in ways not known to my intellect I recognise this transcendental wisdom. I accept a similar contract now or something grander and greater in the wisdom of my deeper mind.

In a few weeks' time she received a much better contract than the one she would have signed in New York City. When something similar to this happens to you, rejoice and be grateful, knowing in your heart that the infinite intelligence within you has something far more wonderful for you. It will come to pass in ways unknown to you. .

Telepsychics teaches you to put confidence in the right place

A brilliant woman who was also a prominent executive in a business organisation said that she was absolutely sure she would marry a certain man. All the arrangements had been made – the ceremony had been planned, guests invited and the post-nuptial banquet partially paid for; but just minutes before the ceremony, her fiancé dropped dead of a heart attack.

She said, 'Why did God do this to me?' Actually, God was not 'responsible' for the man's demise. The man in question had the capacity to choose and direct his life in any way he wished. Subsequent events showed that he was an alcoholic (which his fiancé did not know) and had been treated for a cardiac condition, having been hospitalised many times. He had hidden all of this from her.

I pointed out to her that, after all, she did not control the man's life nor did she determine when he would go on to the next dimension. Actually, she should rejoice and be exceedingly glad the wisdom of her subconscious mind, which always seeks to protect, heal, restore and guide her, actually prevented her from entering into what would have proved to have been a tragic marriage.

She learned also a simple truth: that you cannot be absolutely certain about anything in this universe except that God is God – that the laws of the universe are constant and invariable. How could anyone be absolutely sure that he will reach San Francisco tomorrow? Maybe fog would intervene and all flights would be cancelled. How could you be absolutely sure your horse would win the race? Maybe the horse might drop dead due to a heart attack. How can you be absolutely sure you will marry that girl? Maybe she will pass on tonight or run off with another man. Are you in control of people and the world?

An old hymn, 'Abide with Me' says:

Change and decay all around I see.
Oh, Thou, Who changeth not, abide with me.

At all times, remember that the wisdom of your subconscious has ways of bringing about an answer to your prayer that your conscious mind does not know and could not even imagine.

The woman we are writing about never prayed in the right way for a husband. She had met the man in a bar. The romance, along with all his lies and deceit, started from there. In prayer, you should never think of any specific man. You marry character. You do not get what you want in the world but you get

what you are – you are what you contemplate.

In order to attract the right spouse, you should build the qualities you admire in a man into your subconscious mind by thinking with interest on the characteristics you esteem and value. I gave her the following prayer and suggested that she use it night and morning:

I know that I am one with God now. In Him I live, move and have my being. God is Life; this Life is the Life of all men and women. We are all sons and daughters of the one Father.

I know and believe there is a man waiting to love and cherish me. I know that I can contribute to his happiness and peace. He loves my ideals while I love his ideals. He does not want to make me over; neither do I want to make him over. We have mutual love, freedom and respect.

There is one mind; I know him now in this mind. I unite now with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other already in the Divine Mind. I see the God in him; he sees the God in me. Having met him within, I must meet him in the without; for this is the law of my own mind.

These words go forth and accomplish wherever they are sent. I know it is now done, finished and accomplished in God. Thank you, Father.

The above words gradually sank into her subconscious mind and the wisdom of her deeper mind attracted to her a wonderful young dentist who harmonised with her in every respect. She learned to place her confidence in the laws of her mind, which never fail. She knew when the content of this prayer reached her subconscious, because she no longer desired to pray for a husband. She had reached a conviction that caused the instant response.

Telepsychics teaches you how to handle all kinds of setbacks

Suppose you have an important appointment with someone in Houston, Dallas or Boston and you are delayed due to fog, sickness etc. You might say that you prayed about the interview – that it would be satisfactory and that Divine order would prevail. Relax; let go; turn to the infinite intelligence of your subconscious and realise that the inner wisdom has better ways of bringing about this interview, contract or whatever it is. Remain poised and calm, knowing that Divine right action prevails. Remember also that your conscious, reasoning mind doesn’t know how Divine right action comes to pass.

In quietness and in confidence shall be your strength.

– Isaiah 30:15

Know that God is always God. When you claim and believe that God is in action in your life, then whatever happens will be good – especially good. This really is the prayer that never fails.

POINTS TO REMEMBER

1. Faith is a way of thinking. It is an attitude of mind. You have faith in the laws of mind when you know that whatever is impressed on your subconscious mind will be expressed as experience and events in your life. Any idea you emotionalise and feel to be true, whether good or bad, will be accepted by your subconscious and will come to pass.
2. A farmer has faith in the laws of agriculture. The captain in charge of the ship has faith in the laws of navigation. They are using principles that existed before man walked the earth. Likewise, you can begin to learn the laws of your mind and transform your whole life. Think good and good follows; think of loss and limitation: misery follows.
3. Your beliefs will determine your conditions and circumstances. This is why Dr Quimby said in 1847, ‘Man is belief expressed.’ Belief is a thought in your mind. It means to accept something as true. You can also believe a lie but you can’t prove it. Believe (be alive) means to be alive to the truths of God. You need to saturate your mind with the eternal verities to transform your whole life into a pattern of harmony, health, peace and abundance.
4. God sees all as equal. He plays no favourites. To think that God responds to some because of their religious beliefs or affirmations of a specific creed is childish sentimentality. God is the universal wisdom and power, available to all men according to their belief and their mental acceptance.
5. Many people unconsciously deny what they affirm. For example, a man may outwardly affirm that God is his source and supply yet have a subconscious belief in poverty. He must change his belief and contemplate God’s riches and the law of opulence; then his subconscious will respond to the new conscious belief.
6. When you understand the truth that wealth is a thought-image in your mind, then when you constantly reiterate the truth that God’s wealth is circulating in your life, you will supplant the subconscious belief in

poverty and results will follow. It is somewhat like pouring clear water into a bottle of muddy water: The moment comes when we have a bottle full of clear water.

7. When faced with the problem of having a certain amount of money at a certain date, forget the amount and the date, as this mental attitude tends to produce anxiety, tension and worry, which attract delays, impediments, difficulties and still more worry. Contemplate some of the great truths of the Psalms and other parts of the Bible, which will bring your mind to peace. Contemplate that God is your instant and everlasting supply, meeting all your needs now and forevermore. When you have a Divine indifference, your prayer will always be answered in ways you know not of.
8. Change eternal is at the root of all things. God never changes. The only thing you can have absolute faith in is the knowledge that God is God, always the same yesterday, today and forever. If you say you have absolute faith that you will sign a contract with John Jones tomorrow, he may pass on to the next dimension or a hundred and one other things could happen to prevent it. Trust the infinite power within your subconscious to bring it to pass some other way and it will do so.
9. Cease thinking that you control the elements, the life span of others or their destiny. Place your faith and confidence in the indwelling God-Presence, knowing that it is God in action in your life and only Divine right action prevails; then, whatever happens will be good and very good. You can have absolute faith in the goodness and love of God in the land of the living and by accepting this truth, wonders will happen as you pray.
10. When praying for a spouse, you must never think of any specific man or woman. In other words, you must never try to manipulate the mind of the other. You marry character, a state of consciousness. Dwell on the characteristics and qualities you like in a man or woman and then know that the deeper currents of your mind will bring both of you together in Divine order.
11. When you claim and believe it is God in action in your life, then whatever happens, it must be good and very good. This type of prayer never fails.

8

HOW TO APPROACH THE MYSTIC SOURCES OF TELEPSYCHICS

> *For my thoughts are not your thoughts, neither are your ways my ways, saith [said] the Lord (your subconscious). For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts*. – Isaiah 55:8–9

As I was writing this chapter I received a phone call from a woman in New York who had been reading *Psychic Perception: The Magic of Extrasensory Power*.* She had been using the meditation given for developing her inner powers and had been experiencing wonderful results. She said that the night just before she was sound asleep, her long-dead husband appeared to tell her to awaken at once and turn off the gas jet before her son would be asphyxiated. She awoke and the smell of gas was very strong. She awoke her son and opened the windows. Her quick action undoubtedly saved his life and her own.

Every night prior to retiring she had been reciting the 91st Psalm, the great prayer of protection. Her subconscious mind consequently dramatised a picture of her deceased husband, knowing that she would give instantaneous attention to his warning. She would not look upon the inner vision as an idle dream or merely as vagaries of the mind. The ways of the subconscious are indeed difficult to understand.

She insisted that it was her ‘dead’ husband but nothing in the universe ever dies. The flower that blooms once blooms forever. We are constantly in communication with all beings who ever lived or are living now, because there is one mind common to all individual men. Even though you receive an answer from another person, it still is the wisdom of the subconscious mind giving the answer.

All of us are immersed in the one universal mind. I think our big mistake is to think that we are ‘in the body.’ Your body is in you as an idea. You will have bodies to infinity. You can’t conceive of yourself without a body. Actually, it is impossible. This foreshadows and portrays to you that you will always have a body that oscillates at higher frequencies in the next dimension of life.

The reason why her prayer made her worse

One woman said to me that she had a legal problem about which she prayed but her prayers seemed to make matters even worse. Actually, she was putting all her vexations and anxieties in the centre of her attention. She became more troubled than she had been before she prayed. She learned that whatever she gives attention to her mind magnifies.

Following our conversation she reversed her attitude of mind and affirmed as follows:

> I am not alone. God dwells in me and His wisdom brings about a Divine solution in ways I know not of. I now let go and let the wisdom of the Infinite bring about a solution.

She maintained an affirmative attitude of mind and when fear or wrong thoughts came to her mind, she would immediately affirm: ‘There is a Divine solution. It is God in action.’

After a few days her fear thoughts lost all momentum and she had a sense of peace. Her relative, who had been contesting the Will in court and who had been deliberately lying on the stand, dropped the case abruptly and a few days afterwards passed quietly on to the next dimension in her sleep.

Your conscious mind cannot perceive of the way your prayer will be answered, as the workings of your deeper mind transcend the intellect and bring about a solution in their own way.

The answer came to him in a strange way

A real estate broker I knew was interested in making a rather large investment in another state. Every night prior to sleep he prayed for divine guidance and right action in all his undertakings. Following one of his visits to the property he was contemplating buying, he had a very vivid dream. The hexagram 33 Retreat of the *Secrets of the I Ching* appeared, which said: 'This is not the time to advance.'

He followed the advice. Subsequent events proved the correctness of his decision, as members of the underworld were involved in the transaction. The reason his subconscious mind presented him with the hexagram 'Retreat' undoubtedly was due to the fact that he had been studying the Secrets of the *I Ching*, which is a book I wrote on the Biblical and psychological meanings of the 64 hexagrams of the *I Ching* or *Book of Changes*, translated by Wilhelm Baynes, with a foreword by the late Carl Jung. All I have done is to give the meanings of the hexagrams in modern, everyday language. Apparently, the subconscious of this real estate broker decided to answer him in a way that he would immediately recognise and obey.

The strange way her prayer was answered

A few Sundays ago, after one of my lectures at the Wilshire Ebell Theatre, Los Angeles, where I have been lecturing for over twenty-two years, a young lady told me an interesting story. Studying psychology and comparative religions at the local university, she said that she had been praying for guidance as to whether she should go into the ministry to teach mental and spiritual laws on a non-denominational level. She said that a most interesting dream had presented itself to her: that I – appeared to her in her dream – had pointed to Number 30 Hexagram in *Secrets of the I Ching*, which is called Li/The Clinging, Fire.

She read clearly from the book in her sleep the following, which appears under 'The Image' in that hexagram: *And the Light of Israel shall be for a fire…* – Isaiah 10:17. Fire in the Bible and in I Ching means illumination or the Supreme Intelligence of your subconscious mind, revealing to you everything you need to know to enable you to direct that light on others.

On awakening she looked up the hexagram and the words she saw in her dream coincided exactly with what she read under 'The Image' in *Secrets of the I Ching*.* She remarked, 'The answer is right and that is what I am going to do.' She understood that her subconscious often times speaks in symbols, as water can be a symbol of the subconscious or fire can mean Infinite Intelligence or

Passion.

My appearance symbolised the truth to her in the dream. She is now very happy in her new studies. Being a student of the *I Ching*, her entire dream was very meaningful to her and it satisfied her in every way.

He makes a habit of prayer

While discussing the subject of prayer with a Chinese student in Hawaii, he said that his technique of prayer is based on a spiritual companionship as he prays. He converses frequently with his Higher Self; he has what he terms frequent colloquies or short discourses between his conscious mind and the God Presence within. His approach is somewhat like this as he addresses his Higher Self:

Father, Thou art all wise. Reveal to me the answer, guide me in my studies, tell me what to do, reveal my talents to me and give me wisdom and an understanding heart.

There are times, he claims, when he has a complete prevision of all the questions he is about to be asked at a forthcoming examination and he has no problem with his studies. Once he heard an inner voice telling him to study the *I Ching* or *Book of Changes*, which he did. He said it became a great aid in self-discovery.

A very wealthy woman on one of the islands asked him to read the *I Ching* for her. She wanted to know: 'Would it be a wise course for me to have the major operation that has been suggested?' She received Hexagram 30, The Clinging/Fire. The judgement said: 'Care of the cow brings good fortune.'

He explained to her the meaning of the cow, in Chinese symbolism. Cows are gentle creatures, which require looking after and it means good fortune can be gained from looking after the cow (subconscious mind). He said that she was full of resentment, suppressed rage and hostility. She made out a list of all those whom she resented and hated and began to pour out blessings, love and goodwill on them. She also forgave herself for harbouring destructive thoughts and emotions. By filling her subconscious mind (taking care of the cow) with life-giving patterns, she had a remarkable healing and as a reward gave him a present of $5000 to further his studies. This Chinese student discovered that the glory of the Infinite within him is in spiritual habitual companionship.

To build character, practice is a must. It is necessary to contemplate the eternal truths. As we do, we become what we contemplate in thought, word, deed in all phases of our lives.

Prayer Is Your Heart's Desire Also

When sick, you desire health; when poor, you desire wealth; if hungry, you desire food; and if thirsty, you desire water to quench your thirst. If lost in the woods, you desire to know the way home. You desire to express yourself as well as find your true place in life. Your desire is life's urge within you, reminding you of a void in your life that you should fill. If you are an inventor, you desire to have your invention patented and put on the market. You desire to be loved, wanted, needed and useful to humanity.

Desire is the cause of all feeling and action. It is the Life Principle seeking to express Itself at higher levels through you.

Desire is Life seeking to manifest Itself in some form, which as yet exists only as thought-image in your mind. Desire is the force behind all things; it is the moving principle of the universe.

Remember, your desire has fulfilment for its correlation. Desire and fulfilment could be considered somewhat similar to the law of cause and effect. The Bible says: *Blessed are they that hunger and thirst after righteousness, for they shall be filled* – Matthew 5:6. Blessed are all those who hunger and thirst to do right, think right, act right, be right and live right according to the golden rule and the law of love.

She decided to be a gangway and channel for God

Some months ago I received a letter from an English actress who had been out of work for several months and all doors seemed to be closed to her. I suggested to her that she establish the right relationship with the Infinite Presence within her and let the Divine Presence flow through her, thereby letting the wisdom and power direct her in all ways.

She talked to her Higher Self and affirmed:

> I surrender to the Infinite Intelligence within me and I know God flows through me as harmony, true expression, beauty, right action and Divine activity. I know that all that is required of me is to become an open channel and let His life, love, harmony and creative ideas flow through me.

Following this new mental attitude, she was offered an opportunity to

participate in a movie in France and another in Italy. She is now active in TV in London. All doors opened up for her. She had been blocking her good by fear, worry and excess tension, somewhat similar to putting your foot on the hose when you are watering the garden. Prayer is the listening ear, i.e., we must hear the truth to realise that God, who gave us a certain talent, will also reveal the perfect plan for it to unfold. We must have an open and receptive heart and let the influx of Divine Life flow through us, realising that it is as easy for God to become harmony, health, peace, abundance, true expression and love in our experience as it is to become a blade of grass or a crystal of snow.

How prayer healed her emotional spasm

As I was writing this chapter, a woman phoned me from the office of her cardiologist, stating that her heart specialist said that her heart was normal and that he believed her occasional spasms were purely emotional. She seemed to be unreasonably obsessed with the idea that someone was practicing black magic against her.

She visited me later at my request and I explained to her that she was giving power to someone else and that the only Power was the Living Spirit within her, that It is one and indivisible and that there is nothing to oppose omnipotence and omniscience and further that it was her own fear thoughts that were hurting her.

I suggested that she artfully and subtly instil in her mind the contents of the 27th Psalm until she let go of the false ideas. In about a week's time she had broken the spasmodic grip. She practiced the great law of substitution by repeating the great truths of the Psalm over and over again until her mind gripped the truth, setting her free.

A simple illustration of how to do this is as follows: Take a bottle of muddy water and let drop by drop of clear water fall into the mouth of the bottle. The moment always comes when you will have a bottle of clear water.

POINTS TO REMEMBER

1. Your subconscious seeks to protect you at all times but you must listen to its inner promptings, monitions and urges. Oft-times the answer to a particular problem will come to you in a very vivid dream, which proves very meaningful to you. A woman said that her dead husband warned her

in a dream that the gas jet was on. This was a dramatisation of her subconscious mind in response to her constant nightly prayer of protection using the 91st Psalm.

2. When you pray, do not put all your anxieties and troubles at the centre of your attention. Focus on the solution, knowing that the wisdom of your subconscious will reveal the answer or solution in ways you know not of. Maintain an affirmative attitude of mind. When fear comes, supplant the fear with faith in God and all things good.
3. It is a good practice to pray regularly for divine guidance and right action in all your undertakings. If you are a student of the Bible or the Secrets of the *I Ching* you will find that often times your subconscious may answer with a phrase from Proverbs or give you a specific hexagram that reveals the perfect answer.
4. One student received in a dream the 30th Hexagram of Secrets of the I Ching as an answer to her question: Should she study for the ministry? The instruction connected with the hexagram said: *And the light of Israel shall be for a fire*.–Isaiah 10:17. Fire in the Bible and in *I Ching* means light and illumination, enabling her to direct that light or inspiration on others. She is now studying mental and spiritual laws and is very happy.
5. A Chinese student has what he terms frequent dialogues with his Higher Self. His approach is simple: ‘Father, Thou art all-wise. Reveal to me the answer, guide me in my studies and tell me what to do.’ Many times he has a mental preview in his sleep of all questions to be asked in his examinations. He receives inspiration and insight into the symbolic meaning of the *I Ching*, which has netted him considerable money.
6. Prayer is the soul’s sincere desire; desire is the cause of all feeling and action. It is the Life-Principle seeking to express Itself at higher levels through you. Claim that the Life-Principle within you that gave you the desire reveals the perfect plan for its manifestation in Divine order and your subconscious will reveal the perfect plan for its fulfilment.
7. When out of work, surrender to the God-Presence within you and decide to become an open and receptive channel for the flow of the Infinite through you. Say to yourself, ‘God flows through me as harmony, beauty, love, peace, right action, true expression and abundance. I know it is as easy for God to become all these things in my life as it is to become a blade of grass or a crystal of snow.’ As you make a habit of this, all doors will open up to you. Take your foot off the hose and let the water flow through.
8. If you had a bottle of muddy water and you let drop by drop of clear water enter the mouth of the bottle, the moment would come when you would

have clear water. Likewise, when you have an emotional spasm of fear, you can instil the great truths of the 27th Psalm to fill your mind with these wonderful truths. The thoughts of fear will be neutralised – actually destroyed to ensure your peace of mind. This is the great law of substitution.

9

HOW TO USE TELEPSYCHICS AS THE FOURTH-DIMENSIONAL ANSWER TO PRAYER

Down through the ages, man has been fascinated and mystified by his dreams. In ancient times men believed them to be messages from the gods and voyages of the soul to distant lands. The fourth dimension of life is that place to which you travel every night when you go to sleep.

During the 19th Century, many scholars maintained that dreams were merely the fulfilment of suppressed desires, wish fulfilment, dramatisation of sex suppression and other complexes. The late professors Carl Jung and Sigmund Freud believed that all dreams had an inner meaning and were important as dramatisations of inner wishes, desires and frustrations.

However, I have found in my discussions, correspondence and interviews with people of various religions and cultural backgrounds that many of these people dream literally at times as also receive answers to their most acute problems in dreams.

How her dream found a lost diamond

Recently I talked with a woman who said, ‘You can imagine how I felt when,

upon taking off my gloves at the doctor's office, I found my five-carat diamond ring missing.' Then she added that she had looked frantically everywhere – along the pavement, which she had traversed, in her car, at home and in the garden. It seemed to her as if she were looking for a needle in a haystack.

I suggested to her that she follow a very simple but very old and tested technique: to imagine she was wearing the ring and to feel the solidity, tangibility and naturalness of it. In her imagination she was to take off the ring at night and place it in her jewellery box as she was accustomed to doing prior to retiring every night. All this was to be an imaginary act. While her head was on the pillow, she was to lull herself to sleep with her favourite prayer, 'Thank you, Father,' which meant to her that she was grateful for the return of her ring, knowing that there is nothing lost in the mind of the Infinite.

On the third night, while sound asleep, she saw her ring clearly in the maid's room, wrapped in a piece of paper and located in an old shoe belonging to the maid. She awoke suddenly, went to the bedroom of her maid. The diamond was exactly in the place pictured in her dream. The maid professed to know nothing about it and couldn't imagine how it had managed to reach her shoe. Later on during the day, she confessed to having taken it as well as 50 rare coins worth considerable money.

Here, again, we have evidence of the multiplying power of the subconscious. It gave her the answer plus more than she had asked.

How a child transformed her life

A schoolteacher who had been married to an atheist for several years. T**hough she agreed with** many of his ideas, she found herself in a state of acute depression. She had been taking tranquilisers prescribed for her by her psychiatrist. Brought up in a convent, she had been deeply religious. However, when she had married, her husband ridiculed all religious beliefs as well as further affirmed that all of us were merely a confluence of atoms, that our brains secreted thought etc. She gave lip service to his beliefs in order to keep peace but did not really believe them in her heart. When the effects of the drugs wore off, she found that she had to keep on taking them. Moreover, they caused many side effects when she realised that the trouble was in her mind.

She said that one morning she turned the dial on the radio to KIEV to hear me talking on minds devoid of spiritual understanding and how all sorts of debris, false knowledge and various isms enter in bringing about mental and emotional sickness. She kept listening every morning for about two weeks.

Then, during the third week, every night for seven nights she had a very vivid dream in which a little boy with a halo around his head appeared to her and beckoned her to come to him. As she went to meet him and embrace him, he ran away – in her dream she could not catch him. This was repeated every night. On the seventh night he said to her, 'When you catch me you will be healed,' and he disappeared.

I explained to her that the late Carl Jung discovered in his research that in the collective unconscious of the race, there are archetypal images that are common to all people everywhere. His research disclosed that people living in different times and countries have dreamed of the 'luminous child,' the 'sage or wise man,' madonnas, the mother figure, circles, crosses, serpents, mandalas (squares within a circle), the white rose as well as many other symbols.

The luminous child with a halo around his head was an archetypal image luring her to go back to God. The Divine Presence, the Indwelling Power or Spiritual Idea is mentioned in the Bible as a child. The conscious awareness of this Power within you as also your decision to contact and make use of it, is the birth of the child.

Intuitively, she knew that the appearance of the child with the nimbus (symbol of light or illumination) meant that she was to return to communion with the God-Self within her, which is exactly what she did. When the child appeared again she was able to embrace the child.

The first book she studied was *The Power of Your Subconscious Mind*[*] the study and application of which has changed her whole life. She dissolved the marriage, which in reality was no marriage at all but a farce and a masquerade.

How she found the answer to loneliness

A widow, deeply despondent and as she said, frantic with loneliness because her husband and two children were killed in a crash, found the answer to her loneliness by meditating on the truths of the 23rd Psalm two or three times a day.

One night she heard an inner voice; she does not remember whether she was asleep or awake. She distinctly heard the voice saying to her, 'Supply the need in other's lives.' As she woke up with a start – to snap out of her despondency and gloom – she said to herself, I am a nurse., That is what I am going to do.

The next day she visited many of the men at the Veteran's Hospital. She wrote letters for some, gave comforting words to many and read the Psalms to others. This continued for a week, she became full of love and compassion. All

the patients welcomed her with delight. She went back to nursing full time and now gives a transfusion of faith and confidence to all those to whom she ministers. She is now truly filling a need. The voice she heard was the voice of intuition: the inner promptings of the subconscious often times manifest in the form of a voice, which no one else hears but the individual himself.

Thousands of years ago, the Upanishads (a collection of mystical philosophic treatises) taught that 'man in his dream becomes a creator.' Robert Louis Stevenson, contemplating the dual nature of man, which perplexed him, was shown in a dream emanating from his subconscious the plot which he called *Dr Jekyll and Mr Hyde*.

Similarly, Elias Howe had great difficulty in perfecting the sewing machine. Yet while meditating on the solution, his subconscious responded in a dream, showing him exactly where to place the eye of the needle.

His invisible partner

An old friend of mine, who is an extraordinarily successful man and who often times makes purchases of $500,000+ worth of stocks and bonds, one time said to me, 'You know, Murphy, $500,000 is only a drop in the bucket to what I usually invest.' This man told me that his entire life is governed by an invisible guide. He hears an inner voice that tells him to go ahead with certain investments and says 'No' to others. His constant prayer since he was a boy has been the following: *'I will fear no evil: for thou art with me* – Psalm 23:4. God is my invisible partner and guide. I hear the inner voice which says clearly to me, 'Yes, Yes and No, No.'

Obviously, he has so conditioned his subconscious mind that he hears the inner prompting and warnings as an inner voice, which no one but he can hear. This is clair audience or hearing clearly the ideas of his deeper mind.

How an alcoholic found inner peace and freedom

Some months ago I interviewed an alcoholic, whose wife and sons had died of cancer. He was deeply depressed and melancholic. I explained to him that his sincere desire to give up alcohol was the first step in healing, to which he agreed. The next step was to realise that there is a subjective power within him, which would take away all craving and would compel him to assert his freedom from the habit.

I suggested that he practice a simple technique several times daily, which

consisted of imagining that I was congratulating him on his peace of mind and sobriety. He continued to do this for about two weeks, three times daily for about five minutes. One night his wife and two sons appeared to him while he was asleep and said to him, 'Dad, we want you to live. We love you. We are happy and leading a new life. Don't mourn for us.'

This dream had a most profound effect on him and he had an instantaneous healing. He said to me, 'I am free! I have a peace and serenity of mind which I never knew before. I am grateful.'

The Bible says: *Acquaint now thyself with him and be at peace* –Job 22:21. This man had acquainted himself with the power of his thought and imagination. His subconscious responded in a way that brought about instant freedom and peace of mind.

How he found a way out of the wilderness in Vietnam

Recently I talked with a young sergeant. He, together with others, had had to bail out of a plane that had caught on fire and he found himself in the jungle, hopelessly lost. He could find no trace of his comrades. Then he said to himself the only words he knew of the 91st Psalm, called the great Psalm of protection:

> *I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust.* – Psalm 9:2

He remarked that as he repeated this verse of the Psalm, all fear vanished, then a very strange thing occurred: His brother, who had been killed in action a year before, suddenly appeared to him in full uniform and said, 'Follow me.' He led him to the side of a hill and then said, 'Stay here until morning and you will be safe.' Then he vanished. The next morning at daybreak a patrol found him and he was flown back to camp.

This man overcame his fear and his subconscious responded through the phantasm of his brother, knowing that he would instantly obey and follow his brother. His subconscious also knew where the patrol was and knew he would be cared for.

The ways of the subconscious are beyond our understanding. Remember, your subconscious mind responds in its own way to your prayer of faith.

> *According to your faith be it unto you*. – Matthew 9:29

The explanation that saved the would-be suicide

A depressed young mother who had lost two sons in Vietnam asked me why she should not commit suicide. My explanation was rather simple: ‘The problem is in the mind. You are a mental and spiritual being. You are not just your body. Your body is an idea in your mind. You will have bodies to infinity. You don’t solve a problem by leaving Los Angeles and running off to Boston. You carry your mind wherever you go. Jumping off a bridge solves nothing. You meet the problem in your mind and solve it there. You are greater than any problem.’

I explained to her that anyone can leave their present body and travel thousands of miles; moreover, they have visual, auditory and tactile capacities outside their body. They can see and be seen; they can enter closed doors, observe everything around them. At the same time, they can see their own bodies on a couch in their home. They have put on a fourth-dimensional body, sometimes called the astral body or subtle body.

I elaborated on the fact that scientists have written about peoples’ excursions outside their own body. I described the experiments and research of the late scholar Dr Hornell Hart, former associate of Dr J B Rhine at Duke University, who had investigated numerous cases of peoples’ experiences outside the body.

She began to realise intuitively and intellectually that she would meet the same problems outside the body that she now had, because the other astral body, though much more mysterious would not solve any problems. She would remain frustrated and perplexed in her new body, which would conform to her negative thoughts and imagery.

Her suicidal complex was caused by an intense desire for freedom and peace of mind. What she really wanted was greater expression of life, for there is no real extinction of life. Her desire was to overcome the obstacle or difficulty of acute mental depression and melancholia.

I pointed out to her that her boys were functioning in another dimension of mind. Surely they were entitled to her thoughts of love, peace, joy and goodwill. They were not entitled to her radiation of gloom, sorrow and grief. Protracted grief is always morbid selfishness. Love always frees and rejoices in the happiness, peace and welfare of the other.

She decided to go back to work immediately and to surrender her sons to the God-Presence.

Whenever she thought of them she immediately affirmed: ‘I know where you are God is and His Love fills your soul. God be with you.’

As she practiced this spiritual therapy there was a recrudescence of the

Spirit in her life and her vitality and peace of mind were restored.

> *He feedeth among the lilies (truths of God). Until the day break and the shadows flee away*
>
> – Song of Solomon 2:16, 17

POINTS TO REMEMBER

1. The fourth-dimension is that place where you go every night when you drop off to sleep. Many answers to the most perplexing problems are given to you in dreams and symbols. Many people dream literally and find that their dreams come true.
2. A woman lost a valuable diamond ring and failed to find it anywhere. She began to wear the ring in her imagination, felt the tangibility and naturalness of it and prior to sleep every night said: 'Thank you, Father,' which meant to her that she had already received the ring. After a few nights, while asleep, she saw clairvoyantly where the ring was and discovered it. She saw it covered up in one of her maid's old shoes.
3. A religious woman married to an atheist was frustrated and suffered from suppressed anger toward her husband because he ridiculed all religious beliefs. Her subconscious came to her aid in a dream, showing her the 'luminous child,' a symbol of the awareness of the Presence of God within her. She knew intuitively what it meant and returned to inner communion in thought and feeling with the Divine Presence within her, subsequently receiving a complete healing. She dissolved the marriage, which actually was no marriage but a farce, a sham and a masquerade.
4. A woman overcame loneliness by meditating on the 23rd Psalm. Her subconscious spoke to her in the form of an inner voice, which said: 'Supply a need in others' lives.' Being a nurse, she went back to work and gave a wonderful transfusion of faith, love and confidence to all her patients. All gloom and despondency disappeared. She felt needed, wanted, loved and appreciated. *And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it* – Isaiah 30:21.
5. It was written in the Upanishads thousands of years ago, 'Man in his dream becomes a creator.' Robert Louis Stevenson, while contemplating the dual nature of man, received an answer, a plot of a book, in a dream and called

it *Dr Jekyll and Mr Hyde*, which was translated into all known languages.

6. A multimillionaire, who made huge investments from time to time, told me that his entire life is governed by an invisible guide. He hears an inner voice which says 'Yes' to certain investments and 'No' to others. For years he has conditioned his subconscious to respond in this manner. His constant prayer is 'God (Infinite Intelligence) is my invisible partner and guide and I hear the inner voice, which says clearly to me, 'Yes, Yes' and 'No, No.'

Let your communication be, Yea, yea; Nay, nay

– Matthew 5:37.

7. An alcoholic who had a sincere desire to give up the habit became healed, because he had come to a clear-cut decision. His subconscious reacted according to his definite decision. He used the simple technique of imagining that I was congratulating him on his freedom, peace of mind and sobriety. He immobilised his attention and relaxed. In that relaxed atmosphere, he knew his mental picture, which he emotionalised and felt as true would be impressed on his subconscious and come to pass. His subconscious responded in a rather dramatic and unique way: His deceased wife and two sons appeared to him in a dream and said to him, 'Dad, we want you to live. We are happy where we are.' This fourth-dimensional answer had a profound effect upon him – he experienced instantaneous healing.
8. A sergeant lost in the jungles of Vietnam prayed, using a single verse of the 91st Psalm: *I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust*– Psalm 91:2.
9. The response from his subconscious was unique. His deceased brother appeared to him in uniform and directed him to a place of safety, informing him he would be safe there. A patrol found him the next morning and he was flown back to the camp. The ways of the subconscious are indeed past finding out.
10. A depressed mother who had lost two sons in Vietnam had a suicidal complex, feeling that jumping off a bridge would solve her mental depression. She learned that she has bodies to infinity, that she is not just living in a body but that the body is an idea or vehicle of expression for her mind and spirit. The problem was in her mind and the suicidal complex was a desire for freedom, not for extinction of life, which could

not take place anyway. She quickly grasped the idea that she had to meet the problem in her mind and solve it there, since wherever you go, you carry your mind with you. She released her sons to God and prayed for them regularly by radiating love, peace, harmony, freedom and joy to them and whenever she thought of them, a silent benediction went forth from her: ‘God loves you and cares for you.’ Her vitality and peace of mind were restored.

Acquaint now thyself with him and be at peace – Job 22:21

10

HOW TELEPSYCHICS RELEASES THE HIGHER POWERS OF YOUR MIND

While writing this chapter, I had a most interesting conversation with a former colonel in the Air Force. He told me that a few years ago he had read an account by the late Dr E R Rawson, which told of how one of his women students had seen in a dream the location of a plane and two men in it. In her dream the plane was on fire and the two men burned to death. She and another woman went to the location and prayed. The plane appeared – was on fire but the men were not touched by the fire.

This account, he said, made a tremendous impression on him. He realised there were higher powers of his mind, which could save him in the midst of a fire or any kind of disaster.

Tuning-in with the higher self saved his life

While serving in Vietnam, the colonel's plane was fired at and exploded in mid-air. In the midst of the fire he bailed out. yet not a hair on his head was singed. He told me he knew that when his plane was on fire, he could not be burned. He demonstrated to himself that at higher dimensions of mind men can't be burned – they become impervious to all harm. Undoubtedly, he had built up this immunity by dwelling on the article he had read about the two women who

prayed and saved the two men from the burning plane.

Telepsychics or communicating with the infinite powers of your subconscious mind, is what the Bible means when it says: *If God* (Infinite Power) *be for us, who can be against us?* – Romans 8:31.

How Hindus walk on fire without being burned

Jack Kelley wrote in the newspaper *Enquirer*, from which I quote in part:

> The amazing feats of Hindu fakirs – who seem to defy nature by walking barefoot on burning coals – have baffled men for centuries….At the annual festival of Thaipsam in Singapore, where hundreds walk the fiery coals, Physician Dr Narasionhala Ramaswami explained to the *Enquirer* he has examined fire-walkers for 18 years and not once seen anyone burned or injured. 'The reasons are partly mystic and partly scientific,' he said. 'The mystic part is embraced in belief. It is the power of the mind. Because they tell themselves so hard that they are not going to feel pain, they do not feel pain in a trance-like state of mind.'
>
> Gopala Krishnan, a nineteen-year-old Singapore resident, told the *Enquirer*: 'Beforehand we have to fast. We sleep in the temple and have no contact with our families. All the time we pray. We pray so hard we bring ourselves to a state of trance. Our faith is so strong it guards against any kind of pain, injury or ailment.'

How to Link Your Thought to Infinite Power

It is said that thought rules the world. Ralph Waldo Emerson said, 'Thought is the property of those only who can entertain it.' Learn to have a healthy, wholesome regard for your thoughts. Your health, happiness, security and protection are largely determined by your awareness of the power of thought.

Thoughts are things and thoughts execute themselves. Your thought is a mental vibration and a definite power; your action is but the outer and worldly manifestation and expression of your individual thought. If your thoughts are wise, your actions will be wise. William Shakespeare said in his play, *Hamlet* 'Our thoughts are ours, their ends none of our own.'

Whatever you think and feel as true, your subconscious will bring to pass. Your thought and feeling create your destiny. Feeling – insofar as your thought is concerned – means interest. This is the meaning of the Biblical phrase: *For as he thinketh in his heart, so is he*. – Proverbs 23:7.

When you are keenly interested in your profession, work or a special assignment, you will be successful because you have your heart in it. You are thinking in depth or feeling the reality of your thought, which is 'thinking in the heart'.

How a detective tapped his subconscious mind

I had a most interesting talk with a detective on the cruise-ship Princess Carla, on which I conducted a seminar on Higher Aspects of Living. He told me that he had been assigned to the Narcotics Squad in an Eastern city. He suspected three men of smuggling large amounts of cocaine and heroin but he and his partners could find no evidence and the case baffled them.

One night he was thinking of the solution and he asked for guidance to be shown the place where they stored the narcotics. He lulled himself to sleep with these words: 'My subconscious gives me the evidence.' He focused all his attention on the word 'evidence,' lulling himself to sleep with the one word, 'evidence, evidence, evidence.' That night he had a very vivid dream in which he saw the three men in a garage. He saw the name, the address and the location of the narcotics.

He got up immediately, arranged for a warrant, called his partners and they raided the place, finding the cocaine and heroin in exactly the place where he saw it in his dream. The value of the seizure was about $3 million.

This detective succeeded in impregnating his subconscious mind with the idea of *evidence*. As the mind reasons deductively only, it gave him a perfect answer. Within your subconscious is infinite intelligence and boundless wisdom. Only it knows the answer.

This detective said that his super conscious watches over him. Often he hears an inner voice telling him where to go and where not to go (clairaudience: the capacity to hear the inner promptings of his deeper mind). The word *superconscious* is simply the I AM or the Presence of God, which is in your subconscious. That is to say, all the powers, qualities and aspects of God are within your subconscious depths. Therefore, when you read the term 'subconscious mind' in this book, it is all-inclusive and means not only the law of God but also all the qualities and powers of God.

This simplifies matters and you don't get confused by a lot of words, such as conscious mind, subjective mind, subliminal mind, super conscious mind, collective unconscious, universal mind, etc.

Many People Are Clairaudient

Socrates, one of the wisest of men of all time, was guided throughout his life on this plane of existence by an inner voice – in which he had implicit belief. 'Do not say that Socrates is buried,' he told his followers. 'Say that you buried my body.' Socrates understood that man was a mental and spiritual being. that a person's soul (Spirit) was immortal – that all they had ever learned was imperishable.

Today we would say that Socrates was clairaudient, as he so often referred to a warning voice in his ear. This undoubtedly was an inner monition from his subconscious mind which prompted him regularly and systematically to do and say the right thing.

A young Japanese student told me that he had been scheduled to go on a plane that was later hijacked in Los Angeles but that he clearly heard an inner voice which said, 'Don't go.' He obeyed it and saved himself from shock, delay and a painful experience.

How telepsychics overcame her anxiety neurosis

Recently, I interviewed a woman who said that her doctor had informed her that she was suffering from 'anxiety neurosis,' which means, in everyday language, chronic worry. I suggested to her that by communicating regularly with her Higher-Self, which is the Living Spirit Almighty or God and which is in the depths of her own subconscious mind, she would get results.

I explained to her that telepsychics is simply the process of contacting all the powers of God within her and that the minute she tuned in with her thought, the powers of God would become active and potent in her life.

The technique she used to overcome her anxiety neurosis was as follows: She began to communicate with her Higher-Self three or four times a day, knowing that inevitably there would be a response. She affirmed the following truths feelingly, meaningfully and knowingly:

But there is a spirit in man: and the inspiration of the Almighty giveth them understanding – Job 32:8. This Almighty Power is within me and I am now surrounded by the sacred circle of God's eternal love. God's river of peace flows through me. God's love fills my soul. My mind is full of peace, poise, balance and equilibrium. I am Divinely guided in all ways. My faith and confidence is in God and all things good. I live with the joyous expectancy of the best. Whenever fear or worry thoughts enter my mind, I will immediately affirm, 'I exalt God in the midst of me' *for God hath not given us the spirit of fear but of power and of love and a sound mind* – Timothy 1:7.

She identified herself mentally and emotionally with these truths and the secret of her prayer process was that when worry thoughts came to her, she immediately supplanted them with thoughts of God, such as, 'I exalt God in the midst of me.' As she made a habit of this, gradually the thoughts of fear and worry lost all momentum. She was at peace. She has conquered her worries by partaking of the truths of God, which are always the same yesterday, today and forever.

How her faith in god saved her husband's life

On a recent trip to Mexico City, I met an old friend who specialises in acupuncture and who gets what he terms 'miraculous results' with his patients. While I was waiting for him at the hotel, a woman introduced herself, saying, 'Oh! I recognise you. Your picture is in the *Secrets of the I Ching*, which I use all the time. It is a masterpiece.' She then unfolded a remarkable experience with precognition (seeing an event before it happens).

For two consecutive nights in a dream she saw a man aim a rifle at her husband and shoot him dead. She looked upon this at first as a sort of nightmare and awoke horror-stricken. She consulted the *Secrets of the I Ching* and asked what she should do. She received the answer in Hexagram 24, which said:

In returning and rest shall ye be saved; in quietness and in confidence shall be your strength – Isaiah 30:15. *If thou return to the Almighty, thou shall be built up* – Job 22:23. This means, as you align yourself with the Infinite Presence within you, this Power becomes active and potent in your life. In this inner communion with the Divine, you feel the strength, guidance and love of His Presence.

This was the answer she received from the Secrets of the *I Ching*, which is

an age-old Chinese method of activating the spiritual agencies of your subconscious mind. She fixed her mind on some of the great truths of the Bible, knowing that only in that way could she save her husband's life.

> *Before they call, I will answer; and while they are yet speaking, I will hear*. – Isaiah 65:24
>
> *Thy faith hath made thee whole*. – Matthew 9:22
>
> *A merry heart maketh a cheerful countenance…* – Proverbs 15:13
>
> *I am the Lord that healeth [heals] thee*. – Exodus 15:26
>
> *What things soever ye desire, when ye pray, believe that ye receive them and ye shall have them*. – Mark 11:24

She anchored her mind on these passages and also on the 91st Psalm, knowing that God's love watched over her husband. As she saturated her mind with these Biblical truths, she felt a deep, abiding sense of peace and tranquillity. She felt the whole armour of God surround her husband.

A few days later he came home and told her that a man fired three shots at him, all of which missed him; another aimed a pistol at him and tried to fire but each time it failed to go off. It was a miraculous escape. Doubtless, wife's prompt prayer had protected him from certain death. The plan to kill him was already in the subconscious mind and she, being in tune telepathically with her husband, picked it up. By changing the picture in her mind, she could realise through the presence of God where her husband was, to enable to save his life.

> *Thy faith hath made thee whole* – Matthew 9:22

POINTS TO REMEMBER

1. When you enter into a higher level of mind, you are rendered impervious to all harm. It is a very high state of consciousness where you feel aligned with the Infinite, which is all-powerful and all-wise.
2. You build up an immunity to disaster by constantly dwelling on God's

love, which surrounds you, enfolds you and enwraps you. You become what you contemplate.

3. There are various rituals in India where some people walk on red hot coals without experiencing any ill effects. Their minds are conditioned over a long period of time. They believe they are protected by their intense faith. They have a subconscious conviction that no harm will come to them. Their blind faith is accepted by their subconscious and in a trance like state – no pains follow. Similarly, under hypnosis, you can be operated on and feel absolutely no pain.
4. Thought rules the world. Man is what he thinks all day long. Have a healthy respect for your thoughts. Your thought is creative. If your thoughts are wise, your actions will be wise.
5. Whatever you think and feel to be true, your subconscious will bring to pass. Your thought and feeling create your destiny.
6. A detective concentrated on one word, 'evidence,' prior to sleep. His subconscious knew that he wanted evidence as to the location of a supply of cocaine and heroin, which he was convinced was being held by three smugglers. In a dream, his subconscious revealed the exact location and he solved his problem. Your subconscious knows only the answer.
7. Many people are clairaudient. Socrates was guided throughout his life by an inner voice in which he had implicit belief. This undoubtedly was an inner voice of his subconscious, which prompted him to do the right thing.
8. A young Japanese student of the laws of mind was about to board an airplane but his inner voice said, 'Don't go.' He obeyed and the plane was later hijacked. He thereby saved himself from a very painful and frightening experience.
9. You can overcome anxiety by filling your mind with the great eternal truths, which neutralise and obliterate all the negative patterns. Saturate your mind with the truths of the 27th and 91st Psalms and you will find peace and serenity.
10. A woman experienced precognition in her sleep. She saw her husband shot to death. She prayed that God's love, peace and harmony would surround him – that where he was God was. the whole armour of God would surround him. Even though two men aimed directly at him, he was rendered immune to harm. Her prayers saved his life.

If thou canst believe, all things are possible to him that believeth. – Mark 9:23

11

HOW TELEPSYCHICS HELPS BUILD THE MAGIC OF FAITH

Faith is a way of thinking whereby you think from the standpoint of principles and eternal truths. Faith can be looked upon as a constructive mental attitude or as a feeling of confidence and assurance that what you are praying for will come to pass. Faith, Biblically speaking, does not refer to faith in any particular creed, dogma or religious persuasion. Your faith should be in the creative laws of your mind. In your understanding of an Infinite Intelligence (God) in your subconscious mind, responds to your faith and conviction.

Actually, when you stop to think about it, you do everything by faith. If you are a housewife, you bake a cake by faith. You drive your car by the faith in your ability to do so. For example, in learning to drive, you repeated certain thought processes and muscular actions over and over again. After a while the driving became an almost automatic process. There was an automatic reflex action from your subconscious whereby you found yourself driving your car without any conscious effort. In the same way you learned to swim, dance, walk, type and perform many other activities.

You can grow in faith and understanding of the laws of life. If you look around you it is obvious that everything accomplished in this changing world is made visible by faith. The farmer has learned to have faith in the laws of agriculture. The electrician with faith in the principles of electricity has learned

all he can about the laws of conductivity and insulation. He is aware that electricity flows from a higher to a lower potential. The chemist has faith in the principles of chemistry but there is no end to his research and discoveries.

His faith caused him to see without eyes

A few weeks ago, a man phoned me and said he was going to a hospital for a serious operation and he said he would like some spiritual phrases to help him. I suggested that he repeat to himself, ‘God is guiding the doctors and nurses. God in the midst of me is healing me now. I have absolute faith in the healing power of God.’

After the operation, which was successful, he told me that during surgery he was outside his body and watched the entire operation. His eyes were closed and his body was anesthetised. He heard the doctors and the nurses clearly. The anaesthetist said that his heart had stopped and he received an injection into his heart area, as a nurse massaged his heart. He found himself completely detached from the body and felt that he was no longer a part of it. Suddenly, though, he found himself back in his body. When he awoke he told the doctor everything he had seen and heard.

This man is now in better health than ever before. He said to me, ‘I do a better day’s work than ever before. I used the prayer you gave me. I have always believed in the healing power of God but never as strongly as since my resurrection from the dead.’

This man no longer has any fear of death, for to all appearances he was physiologically dead; yet he found himself outside his body looking on and was also aware of the presence of long lost relatives. Moreover, he was able to describe and repeat everything said and done by the doctors and nurses. He found himself in the anomalous position of looking down on himself while he was absolutely aware of being completely detached from his body. This experience increased his faith in God, 100 percent.

Everyone has faith in something. The so-called atheist has a basic faith in the laws of nature, in the principles of electricity, chemistry and physics. The atheist is constantly using what he is denying. For example, when he lifts a chair he is using the unseen power that he denies. When he has a problem, whether in mathematics, nuclear physics or medicine, he is always seeking a higher intelligence than his own. No atom or combination of molecules ever gave birth to a sonata, built a Gothic cathedral or wrote a Sermon on the Mount. There is an intangible and invisible Presence and Power which molds the molecules and

atoms of the world into shape; but the invisible Intelligence and Power cannot be weighed and measured.

How telepsychics solved a family problem

A man and his wife consulted me about a baffling problem that confronted them. They had received conflicting advice from two lawyers and they disagreed with the advice given by their pastor.

I explained to them about the tendency of an idea to be made visible unless the idea is inhibited and neutralised by a counter idea. I suggested that a passionate desire for a Divine solution with a whole-hearted devotion to right action would find its way to their subconscious mind, which would weigh the question and synthesise the answer in accordance with their request.

The wife's mother was with them, leading a sort of vegetable-like existence that caused much resentment on the part of her husband. The wife's brother and sisters were critical of her because she wanted to put her mother in a suitable rest home and have all the children equally bear the cost, to which the others objected.

After our conference, the husband and wife followed this procedure: They turned their request over to their deeper mind at night, affirming – We surrender to the God-Presence in which she lives, moves and has her being. Infinite Intelligence knows what's best – it also brings about a Divine solution. We have absolute faith in the Infinite grandeur of the Infinite One to take care of this woman, his own child. He gives her freedom, peace and harmony. God knows and God cares, we rest in the conviction that there is a perfect solution.

The first night that they prayed in this way, with a whole souled devotion for a divine and harmonious solution, the sick woman passed on peacefully but not before she had a few lucid moments in which she said to her daughter, 'Your prayer released me.' She then suddenly left for the next dimension.

Your subconscious knows the answer. Listen to its intimations, urgings and promptings. The answer comes to you in many ways.

As you already know, telepsychics deals with your contact with the powers of the Infinite lodged in your subconscious depths. Within your subconscious is the 'I AM' of the Bible– meaning the Presence and Power of God, Pure Being, Self-Originating Spirit – or 'Aum of India, meaning Being, Life, Awareness. Your subconscious is also the law of your life, which, as you know, you can use in either a positive or negative way.

You do not dream with your conscious mind. When you dream, your

conscious mind is asleep and is creatively joined to your subconscious. As previously discussed, your subconscious dramatises its contents during sleep. It may present many symbolic pictures and incongruous situations.

Dreams are the television series of your deeper mind. There are all kinds of dreams, including dreams of prevision, in which you see an event before it happens objectively to yourself, members of your family or others. Your dream may reveal the fulfilment of your desire; for instance, if you are very thirsty when you go to sleep, your subconscious may compensate and you will find yourself drinking copious draughts of water to alleviate your thirst. Your dream may also be a warning to avoid a tragedy.

How telepsychics saved his life in a dream

An old friend of mine who carefully reads the 91st Psalm morning and night and who has saturated his subconscious with the truths of this Psalm, believes implicitly what it says:

> *For he shall give his angels* (creative ideas, intimations, promptings, hunches) *charge over thee…They shall bear thee up…lest thou dash thy foot against a stone* (accidents, misfortune or loss of any kind). – Psalm 91:11,12

This man travels a lot in Europe, Asia and South America on government assignments. He was scheduled to go to Peru some time ago and the night prior to his departure, he read in his dream the headlines of a newspaper which told of the loss of 92 passengers with only one survivor. He awoke startled – full of trepidation, with a sense of foreboding. He cancelled his reservation and later found out that the plane went down in the jungles of Peru. There was one lone survivor –the daughter of a missionary – who was rescued by fishermen as she walked along the bank of a river.

This man's tremendous faith and confidence in the invisible wisdom of his subconscious mind undoubtedly saved his life and presented the answer in a vivid, dramatic way, knowing that he would respond accordingly. The reason his subconscious knew about the accident before it happened is that the tragedy had already happened in mind. His subconscious knew about any defects in that plane; it also knew of weather conditions and the state of mind of the pilot, crew and passengers.

Emerson said, 'Nothing happens by chance. Everything is pushed from

behind.' There is a mind, a mood or attitude of mind behind everything we do in this world.

The Great Psychic Sea and How to Get Out of It

All of us are in the great psychic sea of mind. Millions believe in accidents, misfortune, tragedies, fires, sickness, disease, crime and resentment and all sorts of negative, destructive thoughts and emotions permeate the mass mind. There is some good in the mass mind, of course but most of it is frightfully negative. Consequently, if we do not keep 'prayed-up' to establish counter convictions against all these fears and false beliefs of the mass mind, these negative emotions will impinge upon the receptive media of our minds. They can reach a point of saturation to precipitate as accidents, misfortunes and various other maladies.

This friend of mine was 'prayed-up'; therefore, he could not be on that plane that was wrecked. Two unlike things repel each other. Harmony and discord do not dwell together. Believe that the love and harmony of God surround you, enfold you and enwrap you. As you continue to commit yourself wholeheartedly to this truth, your subconscious will respond and you will bear a seemingly charmed life.

How his 'invisible partner' retrieved his losses

Recently, I gave some lectures at the Church of Religious Science in Las Vegas, Nevada, conducted by Dr David Howe, an old friend of mine and a former usher in my organisation. One of the members of his organisation told me of an interesting episode in his life, dramatising the power of faith and confidence in God or the Supreme Intelligence residing in the subconscious mind of all of us. He told me that he had been an inveterate gambler some years before and that when he first came to Las Vegas, it was only to gamble. He lost over $200,000 in two nights and on the third night he went broke. He had to wire for money to pay his hotel bill and go home.

Someone gave him a copy of The *Power of Your Subconscious Mind*,* which he read avidly. He learned that all transactions take place through the mind and that he could not gain or lose except through the mind. Accordingly, in his own way, he affirmed: 'I am mentally and emotionally one with that

$225,000 and it comes back to me multiplied in Divine Order.'

He kept the prayers up, knowing that sooner or later concentrated thoughts, passionate desire and focused attention would be registered in his subconscious mind, where they would be incubated and the subconscious, knowing how to bring all things to pass, would synthesise the solution and present it full-blown to his conscious mind.

Three months passed and there was no response. He kept his mental attitude on the beam, however; and one night, in a dream, he was back in Las Vegas at the gambling table and the man at the cashier's window paid him $250,000[§]. All this was a vivid dream. The man at the cashier's window said to him, 'Well, you get more than you lost,' which he ultimately did, as the law of your subconscious is to magnify what you deposit in it.

Following the dream he was transferred by his organisation to Las Vegas. The first night he arrived he went to the gambling table that he had seen in his dream. He recognised the faces of the people at the table and he knew he would win. He seemed to have the touch of Midas that night: everything he played seemed to turn to gold. He won $250,000 and the cashier said the exact same words that he had heard and seen in a dream three months before. His unswerving faith in the powers of the subconscious paid fabulous dividends.

> *I the Lord (your subconscious mind) will make myself known unto him in a vision and will speak unto him in a dream.* – Numbers 12:6

POINTS TO REMEMBER…

1. Faith is a way of thinking from where you think from the standpoint of principles and eternal truths. Faith does not refer to creeds, dogmas or religious persuasions of any kind. Your faith should be in the creative laws of your own mind and in the goodness of God in the land of the living.
2. You do everything by faith, such as driving your car, baking a cake, making a telephone call or playing the piano. You developed your faith in riding a bicycle by repeating a certain thought pattern and muscular act over and over again. After a while your subconscious assimilated the pattern, thus enabling you to do it automatically. Some call this second nature, which is the automatic reaction of your subconscious to your conscious thinking and acting. Action and reaction are cosmic and

universal.

3. A man believed implicitly that God's healing power would take care of him while he was undergoing a major operation. He found himself outside his own body and saw and heard everything that was taking place. He made a remarkable recovery and now his health is better than it has ever been.
4. Everyone has faith in something. The so-called atheist is constantly using the invisible power he is denying. When he lifts a chair he is using the unseen power and when he thinks, his thought is creative. Whenever you discover the creative power, you have discovered God, for there is only One Creative Power. *The word* (thought expressed) *was God* (or creative) – John 1:1. Stones and molecules do not build cathedrals or compose a sonata and molecular movement did not write the Bibles of the world.
5. A man and his wife had a perplexing problem concerning the wife's mother, who was leading a vegetable-like existence. They prayed with faith and confidence this way: 'We surrender mother to God completely. The Infinite grandeur of the Infinite One gives her freedom, peace and harmony.' She passed on peacefully in her sleep after she thanked them – a moment of recognition, for praying for her freedom.
6. You dream with your subconscious mind. Dreams are the television series of your deeper mind. A man who had implanted the truths of the God Power in his subconscious mind dreamed of a plane wreck of the ship on which he was scheduled to travel. The plane, which carried 92 passengers, was subsequently lost – only one survivor was found – the daughter of a missionary. This man had experienced a preview of all this. It happened exactly as he had foreseen in his dream. His subconscious had protected him as he recognised the warning and cancelled his reservation on the ill-fated flight.
7. We are all immersed in the great psychic sea of mind, in which billions of people are pouring in all sorts of superstitious thoughts, fears, hates, jealousies, belief in misfortune and sickness etc. Unless we keep 'prayed-up' to establish counter convictions, these negative thoughts and emotions of the mass mind will enter into our mind – do our thinking for us – with negative results. Fill your mind regularly with the truths of God. You will tend to neutralise all the negative vibrations and wavelengths of the mass mind.
8. A man lost $225,000 gambling in Las Vegas. He learned, however, that you cannot gain or lose except through your mind, as all transactions take place in the mind. He affirmed with absolute faith and confidence the response of his subconscious to his request as follows: 'I am mentally and

emotionally identified with the $225,000 and it returns to me multiplied in Divine order.' He remained faithful to his assumption and in a vivid dream, it was pointed out to him that he had won $250,000 at the same casino in which he had lost the money. He felt the reality of his dream. When he was transferred to Las Vegas, he went to the same hotel and followed the instructions given in his dream, which paid him $250,000. The cashier used the exact words that he had heard in his dream.

I the Lord will make myself known unto him in a vision and will speak *unto him in a dream*. – Numbers 12:6

12

HOW TELEPSYCHICS HELPS DIRECT RIGHT DECISIONS

There is a principle of right action in the universe and when your motivation is right and your intention is good and very good, there is no occasion for you to waver or hesitate to make a decision.

As you go through life, you will find that successful men and women in all walks of life possess one outstanding characteristic: the ability to make prompt decisions as well as to persist in carrying them through to completion.

She said she lacked the decision to decide

Recently, during a consultation, a woman said to me, ‘I’m all mixed up. I can’t and I won’t make a decision.’ However, she failed to see that she had already made a decision: she had decided not to decide, which meant that she had decided to let the irrational mass mind decide for her.

All of us are immersed in that great psychic sea in which millions of people are constantly pouring their negative thoughts, fears and false beliefs. This woman eventually began to see that if she decided not to decide, the random mind would decide for her in any case, since she refused to govern her own mind.

She began to perceive that there was a guiding principle in her own

subconscious mind and that it would respond to her thoughts as she called upon it. that She had to do her own thinking, she realised. Otherwise she was leaving herself wide open for the law of averages – the mass thinking of the race – to make decisions for her.

She reversed her attitude and directed her mind along these lines:

I know that I have the capacity to think, choose and reason things out. I believe in the integrity of my own mental and spiritual processes. I want to do the right thing and whenever I want to make a definite, clear cut decision, I ask myself: 'If I were God, what decision would I make?' I know that when my motive is based on the golden rule as well as goodwill to all, whatever decision I arrive at must be right action.

This woman could not make up her mind whether or not to marry a man who had proposed to her. Following the above prayer, which she recited several times daily, one night in her dreams she saw the man to whom she was engaged swimming in a river, which was very muddy, foreboding, dark and ugly. This dream she realised was her subconscious revealing to her the disturbed personality of the man.

The following day she told him of her dream. Her suitor admitted to her that as he had been diagnosed a paranoidschizophrenic, he was undergoing psychiatric treatment. He further added that he had suicidal tendencies. They came to a harmonious decision and mutually agreed to break off the relationship.

This young woman discovered that there was a wisdom in her that would respond to her definite conscious mind decisions. She was delighted that she had been able to forestall a tragic error.

You Have the Power to Choose

The power to choose and decide is the foremost quality and the highest prerogative of man. *Choose you this day whom ye will serve* – Joshua 24:15. Begin now to choose what you know to be honest, just, pure and lovely.

> *If there be any virtue and if there be any praise, think on these things.* – Philippians 4:8

His courage to decide transformed his life

A man, aged fifty, lost his position in the firm for which he had worked for many years when it was taken over by another organisation. His associates and friends said to him, ‘Tom, you must face the facts of life. You’re fifty now and it’s very hard to get another position at your age.’

I suggested to him that the first thing he do is cease being influenced by his friends, who had been gloomily telling him that he must face the ‘facts of life.’ Facts are not permanent; they are subject to change. He began to perceive that his attention should be fixed instead on that which never changes: the intelligence, wisdom and power of the Infinite within him.

I suggested to him that he come to a decision and affirm boldly: ‘I am divinely guided to a new position where my talents and experience are appreciated and I have a wonderful income consistent with integrity and justice.’ I explained to him that the minute he came to a decision in his conscious mind, his subconscious would respond and open up the way by revealing the plan for the fulfilment of his desire.

A strong urge came upon him to visit another firm handling similar products with which he was familiar. He told the manager of all the wonderful contacts he had and how he could increase the business for the organisation in a wonderful way. He was immediately hired.

When you come to a decision to realise that you have much to offer as well as conclude what you are seeking is always seeking you. When you show an employer or organisation how you can make money or save money for them, you will have no problem getting work. Remember, you are not selling your age or gray hair; you are selling your talents, knowledge, abilities and experience, which you have gathered through the years. Age is not the flight of years; it is the dawn of wisdom.

A good point to remember also is that all the water in the ocean will not sink even a small ship if the water doesn’t get inside it. Likewise, all the problems, challenges and difficulties you may have cannot sink you as long as they do not get inside you. It was Shakespeare who said:

Our doubts are traitors
And make us lose the good we oft might win
By fearing to attempt.

From *Measure for Measure* by William Shakespeare

A Simple and Practical Prayer to Make the Right Decision

Remember, there is a universal law of action and reaction. The action is your conscious-mind decision and the reaction is the automatic reaction of your subconscious according to the nature of your decision. Use the following prayer for right action:

I know that the infinite intelligence of my subconscious mind is operating through me, revealing to me what I need to know. I know the answer is within me and it is made known to me now. The infinite intelligence and boundless wisdom of my subconscious make all decisions through me and there is only right action and right decision taking place in my life. I recognise the lead as it comes into my conscious, reasoning mind. It is impossible for me to miss. The answer comes clearly and distinctly. I give thanks for the joy of the answered prayer.

Whenever you are concerned about what to say or do or what decision to make, sit quietly, relax, let go and affirm the above truths slowly, quietly, feelingly and knowingly. Do this about two or three times in a relaxed, peaceful mood and you will receive an impulse or prompting from your deeper mind – a sort of inner silent knowing of the soul, whereby you know that you know. The answer may come as an inner feeling of certitude, a predominant hunch or a spontaneous idea that wells up clearly in your mind.

How his decision saved two lives

The late Dr David Seabury, a famous psychologist, once told me about a friend of his who had been paralysed as a result of two strokes. Once, when this man was alone in the house with two of his grandchildren, a terrible tornado struck the town. The radio in his room warned everybody to go to their cellars, but, because of his condition, he couldn't go to the cellar. Dr Seabury said that his friend began to recite aloud his favourite Biblical quotation, *Be still and know that I am God* – Psalm 46:10. Then he said to himself, 'I am going to save my grandchildren who are asleep in the next room.'

He came to a decision and had an overpowering urge to save their lives at any cost. With herculean effort, he stood up and started to walk. He went into the next room, took the two boys in his arms and carried them down into the cellar. A few minutes later the house was blown away. He succeeded in saving himself and the two grandchildren; moreover, he experienced complete healing and walked for many years after that.

The power to walk was always within this man, lying dormant in his subconscious. In the presence of the emergency, he forgot that he was paralysed

when his mind was seized with the idea to save the boys' lives. All the power of the Infinite flowed to the focal point of his attention.

Medical history is replete with thousands of such cases, in which the limitless power of the individual is resurrected in the presence of a great emergency. Man is paralysed in his belief but the Spirit (*God*) within him can't be sick, crippled or paralysed: It is omnipotent, omniscient and omnipresent. The Spirit is the only Presence, Power, Cause and Substance in the universe.

She said, 'I will let God decide for me'

Recently, a woman told me that she would let God decide for her. What she meant by this was a God outside herself, up in the skies somewhere. I explained to her that the only way God or Infinite Intelligence would work for her is through her thought. In order for the Universal to act on the individual plane, It must become the individual. She then realised that God was the Living Spirit within her – that her thought was creative. She realised further that she was here to choose, that she had desire and initiative. This was the basis of her individuality. She finally decided to accept her own Divinity along with the responsibility of making decisions for herself.

Realise the other person does not always know best. Remember, too, when you refuse to make decisions for yourself, you are rejecting your Divinity and you are thinking from the standpoint of weakness and inferiority – in the manner of an underling.

How his decision transformed his life

Some years ago I invited the late Dr Emmett Fox, author of *Sermon on the Mount*, to the Seventh Regiment Armory in New York, of which I am a member. He was interested in the historical displays and the history of the country as it is depicted in the various exhibits in that magnificent building. During dinner, he told me that while he had been working as a civil engineer in England, he had listened to Judge Thomas Troward's lecture on the subconscious in London, which made a profound impression on him.

During one of Troward's lectures, Dr Fox said, I came to a decision. I told to myself, I am going to America and I will speak to thousands.He adhered to that decision. Within a matter of months all doors opened up to him when he found himself in New York, where for many years he lectured to about 5,000 people every Sunday. His decision was registered in his subconscious mind. The

wisdom of his deeper mind opened up all doors necessary for the unfolding of his definite, concrete decision.

> *Go thy way; and as thou hast believed, so be it done unto thee.* – Matthew 8:13

POINTS TO REMEMBER

1. There is a principle of right action in the universe. When your motivation is right – in accordance with the universal principle of harmony and goodwill, go ahead and make your decision.
2. The most successful men and women in the world have the capacity to make prompt decisions as well as carry them through to completion.
3. In reality, there is no such thing as indecision. 'Indecision' simply implies that you have decided not to decide, which is foolish. If you do not make up your own mind, others may do it for you; if they do not, the irrational mass mind moves in on you and makes decisions for you. When you are fearful or worried – when you waver, you are not thinking; it is the mass mind thinking in you. True thinking is free from fear because you think from the standpoint of universal principles and eternal truths.
4. When you come to a definite, clear-cut decision in your conscious mind, your subconscious will definitely respond. This may happen in a dream, which will be so vivid and significant that you will have no trouble interpreting it.
5. The power to choose and decide is the foremost quality and the highest prerogative of man.
6. All facts are not permanent; everything is subject to change. Fix your attention and confidence on that which changes not but is the same yesterday, today and forever. The intelligence, wisdom and power of God are constantly available; they never change. If you lose a certain position, there is a wisdom within you that, when called on, will open for you another door in divine order. Remember, what you are seeking is always seeking you.
7. You are not selling your age; rather, you are selling your talents, abilities and wisdom garnered through the years of experience. Age is not the flight of years but the dawn of wisdom.
8. Action and reaction are cosmic and universal. When you come to a clear-

cut, definite conscious-mind decision, there will be an automatic response from your subconscious in accordance with the nature of your decision.

9. Often, the answer from your subconscious comes in the form of an inner feeling of certitude, a predominant hunch or a spontaneous idea that wells up from your subliminal mind.
10. Sometimes, in the presence of a great emergency, crisis or shock, man forgets his crippled or paralysed state in order to save the lives of loved ones. When a tornado warning was given, one man, completely paralysed, had an intense desire to save his grandchildren. He walked into their room, grabbed them to take them down into the cellar. All the power of the Infinite flowed to his focal point of attention. He came to the decision that he could carry out his desire – the power of the Infinite responded.
11. When a person says, 'I will let God decide,' he usually means a God outside himself. However, you are an active, decision making, being. You are here to make your own decisions. The Universal will do nothing to you or for you, only *through* you, i.e., through your thoughts, imagery and beliefs. You must make choices – then the infinite intelligence of your subconscious will respond. Accept your own Divinity; if you refuse, you are rejecting the wisdom and intelligence of the Infinite within you.
12. Dr Emmet Fox decided to go to America to speak to thousands. He adhered to that decision – all doors opened up. In a matter of a few years after that decision, he found himself in New York City where he addressed thousands in accordance with his decision.

13

TELEPSYCHICS AND THE WONDERS OF YOUR SUBCONSCIOUS

The following letter from a woman in New York shows how you can experience the wonderful healing power of your subconscious mind:

> Dear Dr Murphy:
>
> You will be interested to know that I used the prayer, Page 106, of the hardcover edition of *Amazing Laws of Cosmic Mind* Power* for a cure of glaucoma, which did not respond to the usual eye-drop treatment. In the second line I substituted the words, `re-building my eyes.' It took five months. You can imagine why I like to give away paperback copies of your book every time the subject of illness comes up.
>
> G V
> New York

This is the prayer taken from of the *Amazing Laws of Cosmic Mind Power*, which she used:

> The Creative Intelligence which made my body is now rebuilding my eyes. The Healing Presence knows how to heal. It is transforming every cell of my body to God's perfect pattern. I hear and see the doctor telling me that I am whole. I have this picture now in my mind. I see him clearly and I hear his voice; he is saying to me, 'You are healed. It is a miracle.' I know that this constructive imagery is going deep down into my subconscious mind, where it is being developed and brought to pass. I know that the Infinite Healing Presence is now restoring me in spite of all sensory evidence to the contrary. I feel this, I believe it. I am now identifying with my aim – perfect health.

You can readily see why she got remarkable results. She persevered, knowing that she was conveying these truths to her subconscious by repetition, faith and expectancy. The healing power of her subconscious mind made her eyes respond according to the nature and content of her prayer.

She prayed for health and her sickness got worse

Yesterday a woman visited me and said that although she had been praying for over a month for perfect health, her condition was gradually getting worse. Her doctor told her that the reason her ulcers would not heal was due to her chronic worry and hostility.

I explained to her that she had to give up her resistance to the healing power within her. She believed that her condition was independent of her mind. However, she was full of ulcerous thoughts of hostility, anger and resentment toward several persons. Actually, she was blocking the healing suggestions of her doctor and also nullifying the effects of his medicine.

She began to understand that her subconscious does not accept idle affirmations but it does accept her conscious mind's beliefs and convictions. Furthermore, she had to forgive herself, for it is much easier to forgive others than it is to forgive oneself.

She decided to cease harbouring negative, destructive thoughts and resolved to substitute God-like thoughts every time negative thoughts came into her mind. She began to pray for the health, happiness and peace of those whom she resented. The point of understanding came when she realised that, if thoughts of hostility, anger and resentment produced ulcers, the reverse would also be true.

She ceased blocking and resisting the healing power and began to discipline her mind by constantly thinking of harmony, peace, love, joy, right action and

goodwill to all. She became an open channel for the healing power to restore balance, harmony and perfect health. It is counterproductive to affirm health and harmony and still have a subconscious belief that you can't be healed or to sustain negative and destructive emotions. The healing power and love of the Infinite does not flow through a contaminated mind.

How he discovered the wonders of his subconscious

In *West Magazine* of the *Los Angeles Times*, April 23, 1972, there appeared a fascinating article based on questions and answers by Digby Diehl and Bill Lear [of Lear Jet fame]. At this point, I would like to include some of the more relevant points of this article:

> Beginning as an office boy for Rotary International in Chicago, Lear enhanced his eighth grade education,with a tremendous sense of ingenuity. He used his remarkable subconscious mind into a personal fortune now worth $28 million, 'I have spent my whole life discovering needs and then finding ways to fulfil them I gather a maze of information to pick out the salient things while I discard the unimportant things. I always keep the goal in mind – I insist on solving each problem with the least cost.
>
> 'The subconscious plays an important part in this creative process… You've got a subconscious mind that's a computer. You feed in all the information that you can possibly provide. Then, just let it alone and you'll come back in thirty or less days with the answer. They went out unsure but I'll guarantee you they came back with the answer…
>
> One of the unfortunate things about our educational system is that we do not teach our students how to avail themselves of subconscious capabilities. We don't teach them they have a computer, connected with the Infinite that has stored an unlimited number of relatively unimportant details which can be interrelated into the correct answer.
>
> 'You use your subconscious constantly without knowing it. It's like forgetting a name and remembering it later. What happened? You fed the information into your subconscious and then you thought of something else but your subconscious said, I've got to work on this and it came out with it. We don't teach students how to do that. We don't even tell them that they have a subconscious… People who

> believe that they are going to have hard luck have it, because they have set up the mechanics for it. People who believe they're going to have good luck and find the answer usually do find it because they have put the idea of their success into their subconscious. We used to show children how to do this when we taught them to pray. Prayer is another form of feeding instruction to your subconscious….'

These are some of the answers that Bill Lear gave to Digby Diehl. Recently, Bill Lear created a fifty-passenger, non-polluting bus operated by steam; this has served to prove that the internal combustion engine can be replaced.

There are tremendous powers within your subconscious mind. If you are seeking a solution to any problem under the sun, gather all the information you can regarding the solution. In other words, try and solve it with your conscious mind. When you come up against a stone wall, turn your request over to your subconscious mind with faith and confidence and you will find that it will gather all the necessary data. After synthesising the answer, it will present itself full-blown into your conscious mind.

How he prayed without ceasing

On a recent trip to Mexico I was entertained by some friends. In this particular home, where all of us were talking about the powers of the subconscious mind, one of the men present was an expatriate who had lived in Mexico City for the past twenty years. He told me that over twenty years ago he had had cancer. A doctor in San Francisco had advised him that he had only about three months to live, as the cancer had metastasised throughout his entire system. He had a young daughter about a year old; his wife had deserted him, leaving him alone with the child. The verdict of the doctor was a great shock to him.

Friends advised him to seek treatment in Tijuana, Mexico, where patients in a certain clinic had reportedly been experiencing wonderful results from a unique cancer treatment. He arranged to have his daughter adopted. The agency told him that they would see to it that she was placed in a proper home. After about ten injections at the clinic in Tijuana, he experienced a complete recovery and he has since experienced no recurrence of the illness. Undoubtedly, this man had great belief in the therapy and his subconscious responded accordingly.

Whether the object of your faith be true or false, you will get the same results from your subconscious. It always responds to your deep-seated belief or conviction. In the case of this former cancer patient, it was a blind belief in the

efficacy of an extract of apricot injected into him.

After the treatment, he came back to San Francisco and tried to locate his daughter but he could not get any information regarding the people who had adopted her. The agency claimed that, legally, he could not be given the information. He then consulted a friend in San Francisco. She said to him, ‘Pray without ceasing and you will find her.’ He asked her, ‘How?’ She told him, ‘You love your daughter and you can love without ceasing. You never cease to love your daughter. You don’t have to think about her all day long but your love never dies, never sleeps, never wearies. Love will lead you to her.’

When he talked to his subconscious every night, he said, ‘Love opens up the way and I meet my child again.’ At the end of about a week, he had a very vivid dream. In it he clearly saw his child with her new-found parents. He knew the address in San Francisco, as it was clearly pointed out to him in a dream.

The next day he went there and told the couple who had adopted his child who he was and that he just wanted to see his child again; he explained that he had no intention of trying to take the child from them. He told them of his anguish and panic when he was informed that he had only three months to live. He explained that he had wanted to take care of his child. In his extreme circumstances, he had thought that the only way was to give the child to an adoption centre.

They agreed that the child was too young to understand but they were very kind to him and assured him that he was welcome in their home any time. When the child was old enough she would understand also. He and his daughter now correspond regularly and she has visited him many times in Mexico. He loved without ceasing while his subconscious, which knows all and sees all and has the know-how of accomplishment, opened up the way in divine order. Love never fails.

Telepsychics and Prayer

As previously explained, telepsychics is communicating with your subconscious and getting answers and solutions to problems. The Bible says, *but speak the word only, and, my servant shall be healed*. – Matthew 8:8. A word is a clearly defined thought or conception for good. Healing refers not only to physical healing but to mind, purse, family relations, business and financial conditions pertaining to yourself or another.

Your conscious mind is selective; therefore, do not dwell on doubt, anxiety,

criticism etc. The skeptic and the non-believer have a difficult time. The word is your conviction – what you really believe. You do not succeed in prayer by rushing or hurrying or by using mental coercion of any kind. Trying to force your subconscious to do something is like the woman saying, 'I must have this problem solved by Saturday – it's extremely important.'

Instead of being anxious or tense, turn your request over quietly, with faith and confidence, to your subconscious mind, knowing that like the seed you deposit in the ground, which grows after its kind, so will there be an answer to your request according to your desire.

How his child solved his problem

Recently, a man told me that he was about to go bankrupt. He became desperate, realising that his failure would mean loss to many. He asked his child to pray to God for peace and freedom and explained that 'Daddy was in trouble.' Suddenly, out of the blue, friends came to his rescue and solved his financial problem.

His child had told him in advance that an angel had appeared to her in a dream and had told her that her Daddy was taken care of. The child believed implicitly. You must become as a little child when you pray, in the sense that a child is not so critical, analytical or indifferent. Spiritual pride is a great drawback in prayer. Relax, let go, trust your deeper mind and have the faith of a child. You, too, will get an answer.

How a banker uses his subconscious

A banker-friend of mine claims that he solves problems in this way:

> I think of the Infinite Presence within me and dwell on the fact that God is Boundless Wisdom, Infinite Power, Infinite Love, Infinite Intelligence and nothing is impossible to the Infinite One. God is taking care of this request and I accept the answer now, this moment. I thank you, Father.

He says this technique of humility and receptivity never fails. Every time a negative thought comes to your mind, laugh at it. Relax mentally.

> *Speak the word only and my servant shall be healed*.

–Matthew 8:8

How to Feel the Joy of the Answered Prayer

Men often claim that they cannot experience a sensation about something that has not been experienced. Well, if I told you that the most wonderful thing happened and yet did not inform you of the details but held you in suspense for several minutes, could you not experience joyous anticipation? Likewise, you can enter into the joy of the answered prayer.

POINTS TO REMEMBER

1. A woman cured herself of glaucoma by claiming, feeling and knowing that the creative intelligence of her subconscious mind, which created her eyes, would heal them. She affirmed frequently: 'The Creative Intelligence that made my body is now rebuilding my eyes.' She also imagined her doctor telling her that a miracle had happened and that she had experienced a complete recovery.
2. A woman got no results praying for health because she harbored resentment, hostility and ill will toward several people. This blocked her healing and she gradually got worse. She decided to forgive herself for harbouring these obnoxious thoughts and substituted God-like thoughts. At the same time, she poured out blessings to those she resented until she could meet them in her mind and there was no longer any illness.
3. Bill Lear, inventor of the steam-driven bus and many other extraordinary inventions, attributes all his success to his knowledge of the subconscious mind. He studies an engineering or research project from all angles and when he reaches an impasse in his mind and can go no further in solving the problem, he turns his idea over to his subconscious mind, where it gestates in the darkness and gathers all information necessary. When Bill Lear is preoccupied with something else or has forgotten all about it, his subconscious presents him with the answer. He has amassed over $28 million by tapping his subconscious for creative ideas.
4. You pray without ceasing but not by praying all day long. All this means is that you think constructively and lovingly. A man loves his daughter; his

love never fails, tires or gets weary. He is busy during the day but whenever he thinks of her, love wells up within him. Love never dies and never grows old; it is eternal. A man whose child was adopted wished to see her again. His subconscious responded to his love and showed him where she was. This led to a joyous reunion.

5. You do not succeed in impregnating the subconscious mind through mental coercion. Relax, let go – just turn your request over with faith and confidence, knowing in your heart that the answer will come.
6. A man about to go bankrupt was panic-stricken and he asked his child to pray for him. The child had absolute faith that God would take care of her father and her subconscious presented her with the answer in the form of a lovely angel, who told her that her father would be protected. Friends came to his aid and he remained solvent. When we pray we must set aside our ego and false pride and accept as true what our reason and senses deny.
7. A banker solves the most difficult problems by thinking of God from all angles – Boundless Love, Absolute Harmony, Boundless Wisdom, Infinite Intelligence and Universal Power. Then he says to his Higher Self, 'You are taking care of this request and I accept the answer now, this moment.' He gets divine results.
8. If you were travelling in the desert and you were very thirsty, would you not have a joyous anticipation when you saw an oasis in the distance? Likewise, you can get into the joyous feeling that would be yours if you experienced the answer to your prayer now. You would be happy if you wanted to sell your home and a buyer came and paid you the price. Reverse it and the happy feeling that would be yours if you sold it will attract to you the buyer. Action and reaction are equal.

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THE POWER OF TELEPSYCHICS THAT BRINGS YOU THE GOOD THINGS OF LIFE

Last week I had a conference with a woman who was terribly distraught because her husband had told her that he was leaving her for another woman. She said that after thirty years of marriage this was a great blow to her. I explained to her the meaning of *I am exceedingly joyful in all our tribulation* – Corinthians 7:4. This means that, no matter what happens, you should rejoice that God, the Living Spirit Almighty within your own subconscious mind has something wonderful in store for you. All you have to do is to open your mind and heart and receive the marvellous gift from the depths of your own being.

I suggested also that she 'let go of him' and wish for him all the blessings of life, knowing that divine right action governed him; for true love always frees. I said she must realise that what is right action for him is right action for her. Accordingly, she released her husband completely, whereupon he secured a divorce in Las Vegas. She kept repeating to herself, 'I rejoice and give thanks, for the wonders and blessings of God are operating in my life now.'

As a result of her telepsychic attitude, which simply means her conscious alignment and communication with the wisdom of her subconscious, there was a remarkable response from her ex-husband, who had remarried in the meantime. He gave her an additional $50,000 over and above their legal agreement. Sometime later, the attorney who handled her case proposed to her and they are

now happily married. (I had the privilege of performing the ceremony.)

She said to me, ‘I know now what telepsychics is: it means to communicate with the Infinite.’ This woman realised there was an inner meaning of – *to rejoice in your tribulation*. This does not mean that you rejoice in having pain or sickness or in experiencing a tragedy. Yet, rather, that you rejoice and give thanks because you know there is an Infinite Healing Presence that is always willing to heal and restore your being, provided you open your mind and heart to receive It. Furthermore, you rejoice because you know the will of Infinite life is for a greater measure of freedom, joy, happiness, peace and vitality – in other words, a life more abundant. Life is always seeking to express itself at higher levels through you. Become telepsychic; communicate with the infinite riches in your deeper mind. You will receive a marvellous and wonderful response.

How telepsychics brought success into his life

Some years ago I talked with a man who had a brilliant background but, as he said himself, ‘I never seem to get anywhere.’ This man didn’t know anything about his psyche and how to communicate with it.

I explained to him that there is a definite relationship between a successful life and a person’s thought patterns and mental imagery. It is really impossible for any man or woman to be successful unless he identifies himself with success. Success is successful living; it means you are successful in your prayer life, in your relationships with other people, in your chosen work and in your communication with your own psyche.

This man had been identifying himself with confusion, fear and failure for many years. Accordingly, he reversed his mental attitude completely and affirmed frequently:

I am now identified mentally and emotionally with success, harmony, peace and abundance and I know that from this moment forward I am the magnetic centre of attraction that resurrects the powers of my psyche (subconscious) and brings what I affirm into outward manifestation.

He affirmed these truths feelingly, knowingly and meaningfully several times a day. When fear thoughts or thoughts of failure came to him, he would immediately supplant the negative thought with the words ‘Success and wealth are mine now.’ Whenever negative thoughts hammered at the door of his mind he would reverse them with, ‘Success and wealth are mine now.’ After awhile these negative thoughts lost all momentum and he became a straight-line thinker, i.e., a constructive thinker – a man who thinks from the standpoint of principles

and eternal verities.

In this communication with his own soul, which we call telepsychics, an intense desire came to him to be a teacher of mental and spiritual laws. Today he is a minister teaching the laws of the mind. He loves his work and is an outstanding success in all phases of his life. When he began to communicate in the right way with his psyche, the response came, revealing to him his true place in life and at the same time, opened up all doors for the realisation of his heart's desire.

When you are doing what you love to do, you are happy and successful.

Telepsychics Teaches You that the Law that Binds You Is the Law that Frees You

Think good and good follows; think lack and lack follows. You can use any power in either of two ways. When you dwell consciously on harmony, health, peace, abundance and right action and busy your mind with these thought patterns, you will reap what you sow. On the other hand, if you dwell consciously on failure, lack, limitation or fear, you will experience the results of your negative thinking.

Frequent concentration on God-like thoughts will work miracles in your life. The same wind blows the boat on the rocks or safely into the harbour.

One ship drives east and another drives west
It is the self-same wind that blows
Tis the set of the sails and not the gales
which tell us the way to go.

Tennyson said, 'More things are wrought by prayer than this world dreams of.' Prayer is a way of thinking; it is a constructive mental attitude with the constant awareness that whatever you impress on your subconscious mind will come forth on the screen of space.

How a boy's telepsychic ability saved his mother's life

A young boy about ten years of age, who listens to my radio program every morning, wrote me a letter saying that every night before he goes to sleep he

follows the prayer that I sent him some months ago. It is as follows:

I sleep in peace, I wake in joy. God loves me and my mother and takes care of us. God tells me everything I need to know at all times everywhere.

This boy experienced frequent nightmares but using the above prayer every night eventually healed him of these negative nocturnal occurrences.

His mother was busy preparing dinner in the kitchen for him one day after he had returned from school. Suddenly he rushed into the kitchen, screaming to her loudly: ‘Mommy, get out now! There will be an explosion!’ His mother glanced at him, saw his ashen countenance and his trembling body and they both rushed out into the yard. Seconds later there was a gas explosion in the kitchen, apparently caused by a leakage somewhere, which partially wrecked that part of the house. The boy had heard an inner voice commanding him to say and do what he did.

This is telepsychics in action. Every night, this boy had been praying that God or Infinite Intelligence, was taking care of him and his mother and that he would be told everything he needed to know at all times. His constant communication with his psyche elicited the response needed to save his mother’s life.

How she used telepsychics to eradicate ‘the little foxes’

Some months ago I talked with a young woman who had just gone through her fourth divorce. She was full of the two ‘little foxes,’ namely, resentment and jealousy, which are real mental poisons. Her deep-seated resentment toward her lust husband, whom she had never forgiven, caused her to attract similar types of men, according to the laws of subconscious attraction. Actually, there was no one to blame but herself.

She began to realise that resentment was a negative, destructive emotion generated within herself a psychic pain debilitating her entire organism and having a subconscious pattern of self-destruction. To resent is to avenge oneself.

The other ‘little fox’ was jealousy, which is a child of fear plus a deep sense of insecurity and inferiority. As is often the case, the explanation can be the cure. She became aware that jealousy consisted of placing another person on a pedestal and demeaning herself. She ceased comparing herself with others and began to realise that she was unique, that there was no one else in the world like her and that she had the capacity to claim what she wanted and her subconscious would validate what she claimed and felt as true within herself.

She prayed as follows:

I surrender all my ex-husbands to God completely and I sincerely with for them all the blessings of life. I know that their good fortune is my good fortune and that their success is my success. I am fully aware that the ship that comes home to my brother comes home to me. I know love and jealousy can't dwell together. I claim regularly and systematically that God's love fills my soul and God's peace floods my mind. I am now attracting a man who harmonises with me in every way and there are mutual love, freedom and respect between us. I forgive myself for harbouring negative thoughts. Whenever the image of any of my ex-husbands comes to my mind, I will supplant the old image with a kindly one, a peaceful image. I know when I have forgiven everyone because when images of former husbands come into my mind, I will feel no rancour. I am at peace.

She reiterated these truths many times a day, knowing that she was thus writing them into her subconscious mind. She experienced an inner and outer transformation and is now married to a wonderful minister and their journey through life has been onward, upward and Godward.

This woman learned that resentment is the link that binds you irrevocably to the person you resent. When you forgive and bless the one that you claim has hurt you, you become free. When your forgiveness is real, the mental picture of the other, when it comes into your mind, will no longer cause you to sizzle – there will be no rancour and you will be at peace. Love and good will cast out…*the little foxes that spoil the vine* – Song of Solomon 2:15.

POINTS TO REMEMBER

1. To rejoice in your tribulation certainly seems paradoxical. All it means, however, is that you know that you turn to the Indwelling Presence and It will respond to you, heal you, wipe away all tears and set you on the high road to happiness and peace of mind. A woman's husband left her and she began to rejoice that God had something wonderful and marvellous in store for her. As she continued to forgive, she discovered that her ex-husband went out of his way to be generous to her financially and shortly thereafter she attracted to herself the man of her dreams and she is now happily married. She rejoiced in the goodness of God in the land of the living and her telepsychics paid fabulous dividends.
2. It is really impossible for anyone to be successful unless he identifies himself with success. Success is successful living. Saturate your mind

with the ideas ‘Success and wealth,’ and when negative thoughts of failure or fear come into your mind, supplant them immediately with ideas of success and wealth. After awhile your mind will be *conditioned* to success and wealth. By communicating with your psyche in this manner, your true talents and endowments will be revealed and you will be compelled to succeed.

3. The law that binds you is the same law that frees you. Think good and good follows; think negatively and negation follows. If you have impressed your subconscious with the idea of lack, limitation and failure you can immediately reverse the pattern by busying your mind with thoughts of success, prosperity, peace, harmony and right action. You will obliterate the old patterns and your subconscious will free you from your previous bondage.
4. A young boy saved his mother from an explosion in her kitchen. He practiced telepsychics every night by communicating with the wisdom of his subconscious, requesting that the love and intelligence of his deeper mind watch over him and his mother. His subconscious, which knew that there was a gas leak in the kitchen where his mother was working, spoke to him in a strong inner voice and he shouted to his mother to leave at once, which she did. This is real telepsychics at work. There is that wisdom within you which knows all and sees all and when you ask that It reveal to you whatever you need to know at all times, It will do that and much more.
5. Resentment is the rivet that binds. It is a destructive mental poison that robs you of vitality, enthusiasm and energy. Jealousy is a child of fear and is based on a sense of insecurity and inferiority. A woman indulging in these two ‘little foxes’ had attracted four husbands, each one progressively worse than the other. Her subconscious psychic pattern of resentment and jealousy had attracted similar types according to the law of attraction. She loosed all four ex-husbands mentally by wishing for them health, happiness and peace, knowing that when she succeeded she could meet them in her mind and be at peace. She succeeded in this mental and spiritual exercise; then she attracted a wonderful man who is spiritually oriented and they have found wonderful happiness. Love and goodwill cast out… *the little foxes that spoil the vine* – Song of Solomon 2:15.

15

HOW TO LET TELEPSYCHICS TRANSFORM YOUR LIFE

The following letter from a radio listener and a reader of one of my most popular books, *The Power of Your Subconscious Mind*,* speaks for itself. The writer of the letter has authorised me to publish his letter, including his name and address:

Los Angeles, CA

Dear Dr Murphy:

About five years ago I began to listen to your radio broadcast, which immediately arrested my attention because you were so bold, emphatic and positive in your statements, many of which were diametrically opposite of what I had been told all fifty years of my life. My life was in chaos, financially, spiritually and domestically; so I reasoned what could I lose by giving your teachings a fair chance.

I began to attend your Sunday morning lectures at the Wilshire Ebell Theater and obtained your book: The Power of Your Subconscious Mind. This book caused me to do a 180-degree turn in

most of my thinking. As my thinking changed, so did my circumstances, as, of course, they must.

When I first began attending and reading your lectures, my car was so old, I would park it some distance from the Wilshire Ebell to avoid embarrassment. I did not have a job or position, did not even know what kind of job or position I should look for, my family and I were living in a crowded apartment, on which I was arrears in rent. I was in a fearful, despairing state of mind, not knowing which way to turn.

Well, Dr Murphy, things have *really changed*, so much that I almost am prompted to pinch myself to make sure that all these wonderful things are actually happening to me. And I owe so much to you, for it was your teachings that showed me the right turns to take. I have since read many of your books.

I now have my own business, which I actually enjoy each day as it continues to grow; we own a beautiful, comfortable convenient home, with a beautiful hillside view, my wife and I each have a car of our choice, with all conveniences on each. We have made many new, wonderful friends; all our children (6) are happily married and doing well in the business world. I just don't know what else we could wish for; truly 'My cup runneth over.'

I want to pledge $5.00 per month to your radio ministry, to help enable you to continue to 'tell it like it is.' Thank you from the bottom of my heart and God bless you richly.

Best wishes always,
Louis Menold
P.S. You may use all or part of this testimony in any way you wish, including name and address, which is: 2688 Banbury Pl, Los Angeles, CA. 90065.

How telepsychics works wonders for a builder

A few days ago, I had a most interesting conversation with a builder, who told me that for over a period of thirty years most of his problems were solved through dreams. He talks to his subconscious prior to sleep this way:

> I am going to dream tonight, I will remember my dream in the morning, the solution will be given to me in my dream and the moment the answer comes I will awaken and record it in the pad of paper by my bedside.

This has been his technique for many years. He has received the most extraordinary answers this way. Recently, he wanted a $500,000 loan but all the banks had turned him down. In the dream state an old banker-friend appeared to him and said, ‘I will give you the money.’ Immediately he awakened and recorded the message and in the morning he called his old friend, whom he had not seen in twenty years. He got the loan without any trouble.

Another time, when he was having some trouble with his son, his mother appeared to him in a dream. She said to him that the boy wanted to become a priest and advised the man to let him do what he wanted to do, as that would heal his frustration. In talking to his son, he found that that was the solution and he has had no further problems with his son.

This builder requested of his subconscious, which knows all, to reveal to him answers in his dream state and since his subconscious is always amenable to suggestion, it responded according to the nature of the suggestion given. The characters appearing in his dreams were simply dramatisations of his subconscious mind, revealing the answers to him in a way that would engage his attention and complete trust. Thus, his dreams have suggested the actions that have been most successful in solving his personal problems.

Begin to Solve Your Problem Now

Before going to sleep, concentrate on the solution to any perplexing problem you have and confidently expect, like the builder, to dream an answer. You will discover that, for what appears to you at first to be an unsolvable problem, a new insight and an answer will be presented to you full-blown in your dream state or when you awaken in the morning.

How she overcame her frustration

Recently, I had a long talk with a woman who said that her mother-in-law ‘was driving her crazy’; she kept reiterating this statement like a broken record. I

explained to her that her subconscious mind accepted literally what she decreed. If she kept repeating and decreeing that she would go crazy, her subconscious would take it as her request and proceed to bring about abnormal mental states, perhaps bordering on some form of psychosis.

Following my explanation that her mother-in-law had no power whatsoever to disturb her, she reversed her attitude of mind and quietly said to herself:

My body is here in this home but my thoughts and feelings are with the Infinite Presence within me. God is my guide, my counsellor, my way shower, my source and supply. God's peace fills my soul – I am in my own home in Divine Order. I will never again give power to anyone but the Spirit within me, which is God.

She came to the neutral point within her. Whenever she thought of her mother-in-law or whenever the latter passed critical or nasty remarks, she said to herself, 'God is my guide and God thinks, speaks and acts through me. I loosen your hold on me and let you go.'

She practiced this technique for about a week, at the end of which time the mother-in-law simply packed her suitcase and departed for places unknown.

This woman solved the problem in her own mind after reasoning that her mother-in-law was not the cause of her mental and emotional disturbance. This teaches all of us to never give power to people, conditions or circumstances but to give all our allegiance and devotion and loyalty to the One Creative Power within us: the Living Spirit Almighty.

Learn Why Nothing Can Hurt You

Recently, I talked to a congressman who said to me that he had been lied about, vilified and accused of all manner of evil but that he had learned not to let it bother him. He pointed out that he realised it was not the actions or statements of others that mattered but his own reactions to them. In other words, the cause was always the movement of his own thoughts; therefore, he had made it a habit to identify himself immediately with the Divine Presence within him by affirming: 'God's peace floods my mind and heart. God loves me and cares for me.'

He now overcomes all criticism and condemnation by identifying with the God-Self within him. This attitude has long since become a habit. In that way, he has built up immunity to the sharp barbs aimed at him from time to time.

Telepsychics solved his hopeless situation

Following a Sunday lecture at the Wilshire Ebell Theatre, a man asked to speak to me for a few moments. There seemed to be a quiet radiance about him that is, his eyes glowed with an inner light. He told me that, a few weeks before, his two sons had been killed in Vietnam, his wife had died of cancer of the brain, his daughter had died from an overdose of LSD during the long illness of his wife. His assistants in his store had stolen so much that he had to go into bankruptcy.

These were hard blows. He said that he had been in a sort of daze for quite awhile. Finally, his faithful secretary gave him a book, *Miracle of Mind Dynamics*,* which he read avidly, particularly the chapter dealing with the death of loved ones, 'Every End Is a Beginning.' It opened up for him new horizons and a new insight into life. His dazed condition vanished. He experienced a wonderful sense of inner peace; the weight was lifted and he felt a wonderful sense of illumination.

Following the lecture, which was entitled 'Expect the Best in Life,' he proposed to his secretary and she agreed to marry him. A week later, I performed the marriage ceremony.

This man has made his way back into a new and grander life and is now on a special assignment for the Government; he has a marvelous income consistent with his integrity and honesty.

As you can see, no situation is hopeless when you make contact with the Infinite within you.

How he practiced the therapy of words

The late Dr Dan Custer of San Francisco, who lectured on the Science of the Mind for many years in that city and who was an old friend of mine, practiced what he termed the 'therapy of words.' For example, if he felt tense, he would repeat silently the word 'peace' over and over again. When fearful or anxious about something, he would silently affirm, 'Indomitability,' and when an acute problem presented itself, he would say, 'Victory' over and over again.

Dr Custer said that the practice of repeating these words worked magic throughout his life. As he invoked these words, he was actually stirring up the latent powers of his subconscious mind and these powers became active and potent factors in his life.

POINTS TO REMEMBER

1. A woman who had been thinking negatively for fifty years read *The Power of Your Subconscious Mind* and transformed a chaotic life into one of peace and happiness. All phases of her life were transformed as she applied the techniques written therein.
2. You can talk to your subconscious prior to sleep and direct it along these lines: ‘I am going to dream tonight. I will remember my dream in the morning; the solution will be given me in my dream and the moment the answer comes I will awaken and record it on the pad of paper by my bedside. ‘Your subconscious is amenable to suggestion and you will be amazed at the answers given you. Practice this knowingly, feelingly and with understanding and you will get definite results.
3. Before going to sleep, concentrate on the solution to any perplexing problem; the wisdom of your subconscious will work on the solution while you are asleep and present the answer full-blown to you.
4. Your subconscious accepts what you affirm literally. Another person has no power to disturb you without your mental consent. Your body may be present in the home but your thought can be with God in the midst of you. The other person is not the cause; the cause is your own mind and Spirit. Tune in with the Infinite and think, speak and act from the standpoint of the One, the Beautiful and the Good. Bless your enemies; realise that they are in their true place and claim that you are in your own place in divine order to watch the happy ending.
5. It is not the statements or actions of others that disturb you; it is your reaction to these things. Build up immunity by contemplating the presence of God within you. Make a habit of this and you will develop spiritual antibodies to the negative thoughts and statements of others.
6. No situation is hopeless. When the death of a loved one takes place, realise that every end is a beginning and rejoice in the loved one’s new birthday in God. The ‘deceased’ are functioning in the fourth dimension of life and they possess new bodies. They are entitled to your love, prayers and blessings on their journey, which knows no end. One man read ‘Every End Is a Beginning,’ a chapter in *Miracle of Mind Dynamics* His whole life was transformed as he was illumined from On High.
7. You can practice the therapy of words. When fearful, silently affirm, ‘Indomitability’; when confused, affirm, ‘Peace’; when presented with a problem, affirm ‘Victory’; when anxious, affirm ‘Tranquillity.’ As you repeat these words, you activate the latent power of your subconscious mind and wonders happen in your life.

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HOW TELEPSYCHICS CAN GIVE YOU THE POWER OF A NEW SELF-IMAGE

Some months ago I flew to Reno at the request of a couple who had been married for twenty years and were now contemplating divorce. In talking to the couple, I found that the wife was in the habit of always belittling her husband. She admitted that she frequently screamed obscenities at him in restaurants and at private social gatherings. His complaint was that she was constantly accusing him of infidelities, all of which were imaginary on her part.

An aggravated case of fits of temper

This woman suffered from extreme outbursts of temper, was intensely jealous and was obstinate in that she refused to admit that she was in any way responsible for the marital conflict. The husband was passive – completely subservient to her moods and tyrannical outbursts. Of course, one would undoubtedly come to the conclusion that for a man to put up with this sort of behaviour on the part of his wife indicates that he must also be partly at fault.

She said that she came from a home in which her mother was dominant – that her mother bossed her father around and cheated on him right and left. She elaborated, ‘My mother had no morals. She was cruel and sloppy. My father was a fool, easygoing, blind to what was going on and completely subservient to my

mother.’

I explained to her why she was acting the way she was. First of all, she had received no love or real affection as a child. Her mother had probably been jealous of her, making her feel inferior and unwanted. Consequently, for the past twenty years or more she had been building defences against being hurt. Her jealousy stemmed from a sense of fear, insecurity and inferiority. I pointed out to her that her basic problem was that she refused to give love and goodwill.

The Effects of a Frustrated Temper

Her husband had developed ulcers and high blood pressure and suffered from suppressed rage and deep-seated resentment but he was so mousy that he never said a word. He had put up with this chaos in the home for over twenty years.

Both of them began to look inwardly. She suddenly realised unconsciously, she had married a man who allowed himself to be manipulated, henpecked, browbeaten and emasculated. She realised she was completely devoid of real affection. Her possessiveness and intense jealousy of her husband and his female relatives was in reality a craving for the love she had missed in childhood; moreover, she began to see that she had married a father-image.

He finally said, ‘I’ve reached the point where I’m through. My doctor says, ‘Get out!’ Her constant nagging is making me sick and life is unbearable.’

They agreed, however, that they wanted to make a ‘go’ of the marriage. The first step was for her to determine to stop doing and saying all the things that hurt and humiliated her husband. He – in turn, agreed to assert his rights, prerogatives and privileges as a man and husband. He was no longer to be mousy or subservient to her tantrums as well as abusive language.

The Mirror Treatment

I gave each one of them what is known as the simplest of all prayers. It is called the ‘mirror treatment.’ She agreed to stand before the mirror in her bedroom three times a day and affirm boldly as follows:

I am a child of God. God loves me and cares for me. I radiate love,

> peace and goodwill to my husband and his relatives. Every time I think of my husband I will affirm, ‘I love you and I care for you.’ I am joyous, loving, kind and harmonious. I exude more and more of God’s love every day.

She committed this to memory. As she repeated this prayer before the mirror, she knew that these truths would be resurrected, as her mind is a mirror reflecting back to her what she holds before it. Perseverance and diligence paid off. At the end of two months, she came to visit me in Beverly Hills. I found a transformed woman – affable, amiable, kind, gentle and bubbling over with new life. Her husband’s spiritual prescription was to stand before the mirror twice a day for about five minutes and affirm:

> You are strong, powerful, loving, harmonious, illumined and inspired. You are a tremendous success, happy, prosperous and successful. You love your wife and she loves you. Whenever you think of her you will say, ‘I love you and I care for you.’ Now there is harmony where discord was, peace where pain was as well as love where hatred was.

The explanation was the cure. This man realised as he affirmed these truths about himself that, even though he might think he was a hypocrite in the beginning, gradually, by repetition, these truths would sink into his subconscious. Because the law of the subconscious is compulsive, both of them were compelled to express what they impressed on their thoughts for that is the law of mind.

How a new self-image was accomplished

I recently talked to a runaway boy, brought to me by his aunt. In discussing his problem, it became obvious that he had an image of an overbearing mother who gave him no love or understanding. As far back as he could remember, from infancy to the age of fifteen, she had exacted obedience through physical punishment and criticism.

At the age of eighteen, this boy was having a lot of trouble with girls. He claimed that he had great difficulty getting along with anybody. His aunt said that she took him into her home, where love and harmony prevail. He seemed to feel envious and jealous of his cousins, who had such a loving father and mother.

I explained to him that his present attitude was simply a defense mechanism that caused him to reject people who were kind and friendly and that it was all due to the traumatic experiences of his childhood. His father had deserted his mother when he was one year old and he had a terrible hatred toward his father, whom he had never seen and who had never communicated with him.

This young man began to comprehend that, undoubtedly, his mother hated herself, because one must hate oneself first before hating anybody else. She was projecting that hatred to her ex-husband, her son and all those close to her.

The cure for the boy was simple. I explained to him that all he had to do was to change his image of his mother. In discussing the laws of mind, he perceived that the image he had of his mother was also his own image of himself, because whatever image he held in his mind would be created by his subconscious and come forth in his own personality.

The technique was as follows: He pictured his mother in his mind's eye as happy, joyous, peaceful and loving. He imagined her to be smiling, radiant and embracing him, saying to him, 'I love you. I am happy you came back.'

After a period of six weeks, I heard from this young man. He is back in Reno with his mother and has been given a wonderful position with an electronics firm. He supplanted the old image of his mother and got rid of the destructive, hateful image. At the same time, he got a new self-image, which transformed his life. Divine love entered into his heart and love dissolved everything unlike itself. Love frees, it gives; it is the spirit of God in action.

The power of a woman's love

The August, 1969, edition of *Fate Magazine* contained the following article:

> In the Spring of 1968 a five-foot, 110 pound woman successfully battled a 1500 pound car for her father's life. Janet K. Stone, aged twenty, is the daughter of Robert H. Stone of Covina, California. He was making repairs on his car when the jack slipped and the car fell on him. Janet heard his cries and found him pinned under the auto. In an incredible upsurge of strength, she lifted the car, freeing her father, then carried him to her own car and drove him to the hospital.

This young daughter's love and her intense desire to save her father's life at all costs, seized her mind and caused the power of the Almighty to respond to her focal point of attention. This enabled her to perform the herculean task that

saved her father's life. Remember, all the power of the Infinite is within you, enabling you to do extraordinary things in all walks of life.

He fell in love with a new self-image

During a conversation with an outstanding singer in one of the casinos in Las Vegas, he told me that for several years he had been a waiter but that he had always had an intense desire to sing. Many of his friends who had heard him sing had pointed out to him that he had all the qualities and abilities necessary to become an outstanding singer.

A customer in the restaurant where he worked gave him a book entitled *The Power of Your Subconscious Mind*,* which he read avidly. He said that every night he practiced one of the techniques outlined in the book. He sat quietly for about ten minutes every evening and imagined that he was on the stage, singing to a wonderful audience. He made this mental image vivid and realistic. He imagined the audience applauding him and his friends complimenting him on his wonderful voice. He saw them smiling and felt the naturalness of their imaginary handshakes.

At the end of about three weeks, the opportunity came and a new door of expression opened up for him. He experienced objectively what he had been imagining and feeling subjectively. Love is an emotional attachment and as he began to identify with a greater image of himself, his subconscious responded and the cherished desire of his heart was realised.

The healing power of love

Two years ago I visited a businessman who was very ill in the hospital with 'shingles,' which caused him great pain. He was also suffering from a cardiac attack. It seems that a combination of circumstances had broken him financially and physically. Due to bad investments, he had lost almost all the money he had saved during his lifetime. On top of all this, he had an intense fear of death.

At that time I appealed to his ruling love – that of his fifteen-year-old daughter, his only child. I pressed the point that she was entitled to his love, affection and attention. She needed his protection and wanted to be educated in order to find her place in the world. I also emphasised that, inasmuch as he loved his daughter and had to play the role of both father and mother to her (her mother had passed on when she was born), he should now see to it that his daughter would have all the advantages that only loving parents could provide.

I gave him a simple technique, which was to frequently picture himself at home, walking about the house, sitting at his desk, opening mail, answering the phone with the feeling of naturalness, tangibility and solidity of his daughter's embrace in his own home.

I gave him a prayer that he was to repeat with feeling and faith many times during the day: 'Father, I thank thee for the miraculous healing taking place now. God loves me and cares for me.' This man carried out these instructions faithfully. A few weeks later, while still in the hospital and picturing himself at his desk in his home, 'Suddenly, something happened. I felt lifted up out of darkness into a blinding light. I felt Divine love filling my soul. I felt transformed from misery to paradise.'

He made a remarkable recovery and today is happy, joyous and leading a very successful business life. He has recouped his losses and his daughter is in college.

When a person is sick and depressed, it is a good point to appeal to his ruling love and love conquers all.

POINTS TO REMEMBER

1. A jealous person is really sick and suffering from a deep sense of insecurity, fear and inferiority. In many cases, abnormal jealousy may occur when a person receives no real love or affection from the mother or father.
2. A husband and wife seeking divorce after twenty years provided the following information: The husband had high blood pressure and ulcers due to deep-seated rage and resentment. The basic problem with the wife was that she refused to give love and goodwill. The husband allowed himself to be henpecked, manipulated and browbeaten. They agreed to make a 'go' of the marriage, however. The first step was that she would stop doing all the things that humiliated and demeaned her husband. He agreed to assert himself and to cease being subservient to her tantrums. Each practiced the mirror treatment, which is to stand before the mirror and affirm, 'I am happy, joyous, loving, harmonious and kind and I exude more and more of God's love every day.' Each understood that whatever you attach to 'I am' you become. The secret of their success was that whenever the husband or wife thought of each other, immediately he or she was to affirm, 'I love you and I care for you.' By saturating their

subconscious mind with the eternal verities, a transformation took place.

3. A teenage boy ran away from an overbearing, cruel mother and found great difficulty in getting along with others. All this was due to the traumatic experiences of his early childhood. The cure was simple: All he had to do was to practice the great law of substitution. He pictured his mother in his mind's eye as happy, joyous, peaceful and loving. He imagined her to be smiling, radiant and embracing him, saying, 'I love you and I am happy you came back.' As he saturated his subconscious with the new image and idea of love, he went home to his mother and there was a joyous reunion. Love casts out everything unlike itself.
4. A young girl, five feet tall, weighing 50 kilograms, lifted a 700 kilogram car, which had fallen on her father. She lifted the car and freed her father, saving his life. The idea to save his life at all costs seized her mind where the power of the Infinite responded. Love works wonders.
5. A waiter in Las Vegas read *The Power of Your Subconscious Mind*, which transformed his life. He had the talent for singing but he didn't know how to express his gift of song. Regularly and systematically, every night for about ten minutes, he imagined that he was on the stage singing to a wonderful audience. In his imagination he would hear his friends congratulate him. He realised that whatever he dramatised and felt as true in his mind, his subconscious would respond to accordingly. At the end of three weeks a new door opened up for him. He is a marvellous success as a singer today. He fell in love with a greater, grander image of himself.
6. A certain man was broken financially and physically. I appealed to the ruling power of his love for his daughter, which brought about an intense desire to live for her. It helped him overcome his fear of death. Frequently during the day, he pictured himself at home embracing his daughter and seeing the love in her eyes. He felt himself back at his desk doing all the things he would do if he were at home, while at the same time feeling the naturalness and tangibility of the whole scene. His frequent prayer was, 'Father, I thank thee for the miraculous healing taking place now. God loves me and cares for me.' He made a remarkable recovery and recouped his losses and his daughter eventually went to college. God is love and love conquers all.

17

HOW TELEPSYCHICS CAN TAP YOUR SUBCONSCIOUS FOR NEW POWERS

You can receive wonderfully creative ideas and inspiration when you gain a knowledge of the conscious and subconscious aspects of your mind. Your conscious mind, sometimes referred to as the objective mind, is the reasoning, analytical mind. When you go to sleep, your conscious mind is creatively joined to your subconscious mind. Your mind takes complete charge of all the vital processes of the body when you are sound asleep. Your subconscious mind is one with the universal subjective mind and is coexistent with all wisdom and power.

You can learn to tap this universal mind and extract creative ideas and inspiration along all lines.

How to Tap the Telepsychic Energies of Your Subconscious Mind

Your subconscious mind is in contact 24 hours a day with the universal subconscious and this contact is never broken. There is always a flow of creative ideas welling up from your deeper mind to your conscious mind.

I am writing this chapter in the Castaways Hotel in Las Vegas, an

enchanting Polynesian holiday resort. Here I have chatted at length with an old friend, Dr David Howe, Minister of Religious Science in Las Vegas.

His technique is to quiet his conscious mind by repeating a Psalm quietly; then, in a passive, psychic, receptive state of mind, he asks for creative ideas to reveal to him the next step in his spiritual progress. Marvellous and wonderful ideas have popped into his conscious mind, enabling him to minister in a far more wonderful way. New wings and greater facilities have been added to the half-million dollar church building that he now occupies and conducts.

Recently, he asked his deeper mind for guidance in planning an ideal vacation. Shortly thereafter, a couple walked into his office to present him with tickets for a first-class voyage for several weeks on a luxury liner. This is one of the many gifts that he and his associates have received through tapping the wisdom of their subconscious minds.

Telepsychics and 'What will I play tomorrow?'

I have talked with many guests in the Castaways Hotel during the last few days but the most notable so far has been a conversation with a man from Dublin, Georgia, whom we shall call Max.

We were talking about the powers of the subconscious mind. He told me that, once a year, he comes to Las Vegas for a few weeks to play what he calls 'the numbers' on the roulette wheel. His technique is to lie on his back, close his eyes and enter into a sleepy, drowsy state. In this drowsy, quiet state he speaks to his subconscious mind as follows: 'Reveal to me the numbers to play tomorrow.'

He told me that he has amazing success, adding that he discusses his technique with no one but quietly writes down the numbers that come to him in his sleep, keeping a pad and pencil under his pillow. Having commanded his subconscious to alert him to the answers, it awakens him at the right time so that he does not forget the numbers. Last week he made $50,000[§] in one of the largest casinos here and now plans to take his wife and children on a tour of the world.

She asked, 'Should I accept that position?'

I have set aside one day this week while in Nevada to see people who have requested interviews while I am in the city. A young teacher visited me yesterday and wondered whether she should accept a position offered her in a woman's college in the East. I suggested that, prior to sleep, she ask with complete

confidence and assurance of her deeper mind the following: ‘Reveal to me the answer regarding the position offered in the East. I give thanks for the answer.’

The answer came to her like a flash on awakening the next morning. An inner voice said, ‘No.’ She said, ‘I have a great sense of peace now. I am going to stay where I am.’ The answer came from the wisdom of her subconscious mind, which knows all and sees all. When the right answer comes, you are always at peace.

Telepsychics and ‘The Question and Answer’

Your subconscious will answer any question but you must ask without any fear or doubt whatsoever and with assurance that the answer will come in divine order through divine love. You can also receive answers during your waking hours. Perhaps you are a businessman seeking a solution or answer to a perplexing situation; perhaps you are a housewife seeking money to pay off the mortgage; or maybe you are an engineer seeking to solve a most acute problem. Remember, your subconscious knows only the answer.

A Daytime Technique

Many businessmen, as well as professional and scientific men, follow this procedure: Go to a quiet room, be still, relax and think of the infinite intelligence and boundless wisdom within you controlling all your vital forces and governing the entire cosmos with mathematical precision and unfailing accuracy. Close your eyes and focus all your attention on the answer or solution, knowing that the infinite intelligence within you is responsive to your request. Think of nothing but the answer to your question. Continue in this quiet, relaxed, passive state of mind for a few minutes. If you find your mind wandering, bring it back to the contemplation of the answer. If you find the answer does not come in three or four minutes, let go and go on about your business. If the thought of the problem comes to your mind, just say to yourself, ‘I have turned my request over and infinite intelligence is taking care of it.’

You will discover that, with this attitude of mind, the answer will come clearly into your conscious mind. Perhaps it will come when you are engaged in some other project or when you are preoccupied with something else but it will

come in a moment you expect not and in a manner you know not of.

Telepsychics and Creative Genius

Many eminent scientists, sages, seers, musicians, giants of philosophy and outstanding artists and poets have testified that their discoveries, masterpieces, music and inventions were initiated and guided by intuition, divine inspiration or sudden flashes of illumination.

Thus, many of the world's most creative masterpieces of the mind, as well as solutions to countless everyday problems, have been achieved through knowledge of and confidence in the powers of the subconscious mind.

Telepsychics could neutralise the so-called 'curse'

I had dinner with an old friend of mine at the Sands here in Las Vegas, which is another beautiful hotel. My friend brought up an old but interesting question about the death of presidents in our country every twenty years. (Many of you will recall the many predictions and statements along these lines during the administrations of Presidents Harding, Franklin Roosevelt and Kennedy.) The prediction, he said, was brought to the attention of the late President Kennedy. It was said that Kennedy remarked that he would disprove it or words to that effect.

My friend brought up the fact that, beginning with President Harrison in 1840, every President elected every twenty years had met with an untimely death. My dinner companion offered the explanation that President Van Buren was so infuriated by his defeat for re-election (in 1840 and in 1848) that he placed a curse on the head of the government for every generation, presumably every twenty years.

An explanation for this 'phenomenon' is quite simple. It may be true that the late President Van Buren uttered the curse or malediction but it is also true that all of us are in the mass mind or the law of averages. This mass mind is mostly negative and impinges on all of us. It often believes in misfortune, chaos, misery and suffering; it can also be full of hate, jealousy, envy and hostility. However, there is good in it also, because millions of people in the world are also praying for peace, harmony, right action etc. but they are by far in the minority. Unless we keep 'prayed up,' we can become victims of this mass mind

with its avalanche of sights, sounds, fears or sundry concepts of good and bad.

These tragedies do not have to happen; there is no inexorable fate. Nothing can happen to man unless the mental equivalent is within him; there must be a kindred spirit or predominant subconscious fear that attracts it. Nothing happens except through consciousness. Our consciousness is what we consciously and subconsciously know, believe and accept as true. The Bible says, *No man can come to me, except the Father which hath sent me draw him* – John 6:44. This means that no manifestation or experience comes to any man unless the Father, which is the Creative Power, namely your own thought and feeling, which is the Father of all your experiences, accepts it. We may not know what is in our subconscious mind but we can change it through scientific prayer.

I will fear no evil, for thou art with me . – Psalm 23:4.

The 91st Psalm says:

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.
I will say of the Lord, He is my refuge and my fortress: my God; to him will I trust.
Surely he shall deliver thee from the snare of the fowler and from the noisome pestilence. He shall cover thee with his feathers and under his wings shalt thou trust: his truth shall be thy shield and buckler.
Thou shalt not be afraid for the terror by night; nor the arrow that flieth by day;
Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.
A thousand shall fall at thy side and ten thousand at thy right hand; but it shall not come nigh thee.
Only with thine eyes shalt thou behold and see the reward of the wicked.
Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;
There shall no evil befall thee, neither shall any plague come nigh thy dwelling.
For he shall give his angels charge over thee, to keep thee in all thy ways.

They shall bear thee up in their hands, lest thou dash thy foot against a stone.
Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.
Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.
He shall call upon me and I will answer him: I will be with him in trouble; I will deliver him and honour him.
With long life will I satisfy him and show him my salvation.

The presidents who met with untimely deaths could have prevented the tragedies if, instead of brushing the mass-mind belief aside, they had reiterated the great truths of the great Psalm of protection (91st) and also the Psalm of guidance and right action (23rd).

By affirming these great truths you build up an immunity to all harm; moreover, you build up spiritual antibodies in your subconscious which neutralise the beliefs and superstitions of millions of people.

There shall no evil befall thee – Psalm 91:10

If God be for us, who can be against us? – Romans 8:31

The answer to all imprecations, maledictions, mass-mind beliefs, fears and evil predictions regarding assassinations, death, etc., is to keep ‘prayed up’ by regularly and systematically filling your subconscious with life-giving patterns, thereby neutralising, obliterating and expunging from your subconscious all the negative and fearful patterns lodged therein.

Prayer for protection

Three or four times a day, for several minutes at a time, sit still and affirm:

I am surrounded by the sacred circle of God’s eternal love. The whole armour of God surrounds me, enfolds me and enwraps me. I bear a charmed life. The spell of God’s love watches over me and I am immunised by the Living Spirit Almighty and God-intoxicated.

This prayer, coupled with the great Psalm of protection, will enable you to go forth with faith and confidence and to be aligned with the Infinite. No evil

will befall you or any plague come near your dwelling. You will find yourself in the sacred circle of God's eternal love where you will be invulnerable, invincible and impervious to all harm.

This explanation satisfied my friend. He realised that publications, newspaper stories and commentators predicting deaths of presidents every twenty years caused the masses to fear and believe these predictions. This, in itself, is a frightfully negative force impinging and saturating the minds of millions of people – and according to their belief is it done unto them.

However, a spiritually minded president who knows the law of life could completely neutralise all these dire predictions by keeping 'prayed up'. He could actually laugh at all these superstitions and gloomy forecasts. For he would know that according to his faith he would experience positive results.

She learned to use the I Ching

Among the classics of the Orient, none is more rewarding than the 5000-year-old Book of Changes, known as *I Ching*.*

The late Professor Carl G Jung wrote a foreword for a translation by Richard Wilhelm in which he stated that he had used it for about a quarter of a century and was amazed by its uncanny accuracy. The *I Ching* is a book of wisdom and when you ask it a question, the spiritual agencies of your subconscious respond with the answer. The most popular method is known as the coin oracle. You throw three coins (pennies) a total of six times, recording heads or tails for each throw and the result gives you a hexagram revealing the answer.

A professional man visited me here in the hotel (let us call him Dr X) and asked me if I would comment on the answer he had received from Secrets of the *I Ching*. He had contemplated making an investment of $100,000 in what seemed to be a lucrative venture but the hexagram he received was 33/Retreat. I suggested to him that the wisdom of his subconscious seeks to protect him in every way and that he should withdraw, which he did.

He called me just this evening, saying that his attorney, at the last minute, had found what he termed 'something shady.' His use of the Secrets of the *I Ching* had saved him $100,000. In answering his question, the Secrets of the *I Ching* answered another personal question, which he had not asked.

In using the *I Ching* translated by Wilhelm/Baynes or the *Secrets of the I Ching*, which is a commentary on the age-old Book of Wisdom, you will find that the *I Ching* has an extraordinary ability to ferret out from your subconscious

unasked questions in addition to your particular question, while at the same time revealing the answer and the specific way to handle it.

Telepsychics and the care of the cow

While discussing the Secrets of the *I Ching* with a young lady who had been corresponding with me, she said that a young man had been pressuring her to marry him. The *I Ching* gave her the answer with hexagram 30/ The Clinging, Fire. This hexagram also said that care of the cow brings good fortune. (The cow, in ancient symbolism, means the subconscious mind.)

Actually, she was clinging to a deep-seated resentment and hostility toward a former husband. The fires of hatred and animosity were festering in her subconscious mind. Now the man she had considered marrying, according to her own statement, was an alcoholic and also a dope pusher.

I explained to her that she should take care of the cow and that she was clinging to mental poisons in her subconscious; that is why she attracted this sick man – unconsciously she was looking for punishment. She decided to break off the relationship with the alcoholic and decided to take care of the cow (her subconscious) and eradicate all the negation and bitterness lodged inside her. She decided to forgive herself for harbouring negative, destructive thoughts and she released her former husband by sincerely wishing for him all the blessings of life, knowing that it is impossible to pray and bless another and harbour resentment at the same time.

I explained to her clearly that she would know when she had truly released and forgiven her former husband because she could think of him and would no longer sizzle; the roots of hatred and resentment would be completely withered by Divine love.

This woman is now free. She followed the advice of the *I Ching* and took care of her cow (subconscious mind). It is now a month since I left Las Vegas and she just wrote to me saying that she is marrying a professor.

Let telepsychics work wonders in your life.

POINTS TO REMEMBER

1. Your subconscious mind can give you marvellous new creative ideas when you learn to tap it wisely. Your subconscious mind is one with the

universal subjective mind and is co-extensive with all wisdom and power of the Infinite.

2. You tap your subconscious mind by quieting your conscious mind, relaxing and letting go, then turning your request over to your deeper mind, knowing that the answer will come in Divine order.
3. A man who won $50,000 in Las Vegas used the following technique in getting answers from his subconscious mind: He closed his eyes, relaxed on the bed and entered into a sleepy, drowsy state. Then he spoke to his subconscious as follows: ‘Reveal to me the numbers to play tomorrow.’ As a result of this practice, every year during his vacation, he visits Las Vegas and often returns with large winnings.
4. A teacher who wondered whether to accept a position offered in another state asked her subconscious prior to sleep to reveal the answer to her. In the morning, on awakening, the answer came as an inner voice of intuition: ‘No.’ This answer coincided perfectly with the inner, silent knowing of her soul and satisfied her in every way.
5. When you turn over a request to your subconscious, you must do so with confidence and faith that the answer will come. Inevitably you will receive the right answer. When you are active and busy during the day and you seek an answer to an important decision, go somewhere where you can be quiet and read a Psalm, such as the 23rd, which helps to quiet and relax your whole being. Then focus your attention on the solution or answer. If no answer comes in three or four minutes, let go and continue about your business. The answer will come when you are preoccupied with something else and not thinking about it at all.
6. Poets, artists, scientists, musicians, seers and sages have received inspiration, new ideas, inventions and marvellous discoveries by tapping their deeper mind.
7. The mass-mind belief about the death of a president every twenty years, based supposedly on a ‘curse’ imposed by President Van Buren, could be completely neutralised by a spiritually minded president. All he would have to do would be to saturate his subconscious with the eternal truths of God. These truths would neutralise and expunge from his deeper mind all the fears, superstitions and negative predictions of the mass mind. For example, any president who filled his subconscious with the life-giving patterns of the 91st Psalm (the great Psalm of protection) would build up an immunity to all the false beliefs and dire forecasts of the mass mind.
8. A wonderful way to develop immunity to all harm is to affirm feelingly, knowingly and believingly the following prayer: ‘I am always surrounded

by the sacred circle of God's eternal love. The whole armour of God surrounds me, enfolds me and enwraps me. I bear a charmed life. I am immunised with the Living Spirit Almighty and I am God- intoxicated.'

9. The late professor Carl Jung stated that he had used the *I Ching* for about a quarter of a century and was amazed by its uncanny accuracy. A certain Dr X told me that in asking The Secrets of the I Ching a question, he received the answer 'Retreat.' He was about to invest $100,000 in a new venture; instead, he withdrew. His lawyer told him that he saved $100,000.
10. In asking questions of the Secrets of the *I Ching*, which is a commentary on the *I Ching* giving the Biblical and psychological meaning of the hexagrams in everyday language, you will find that it 'will give you answers to unasked questions in addition to answering your particular question.
11. A young man (an alcoholic) was pressuring a young lady to marry him. She received an answer from the Secrets of the *I Ching*, hexagram 30, indicating to her to take care of 'the cow.' The cow is a symbol of the subconscious, which is the source of nourishment and protection. She admitted that she was full of hatred and resentment towards a former husband. These mental poisons were lodged in her subconscious mind. Undoubtedly, this caused her to attract this alcoholic and dope pusher. She broke off the engagement at once. Then she could surrender her former husband to the Infinite and began to wish for him all the blessings of life. Four weeks have passed since I saw her. Now she is about to marry a college professor. Telepsychics worked wonders for her.

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TELEPSYCHICS AND YOUR LINK WITH INFINITE KNOWLEDGE

Your thought is your link with the Infinite. It is said that thought rules the world. Ralph Waldo Emerson said: ‘Thought is the property of those only who can entertain it.’ Thoughts are things. What you feel you attract; what you imagine you become. Emerson also said: ‘Man is what he thinks all day long.’

Spirit is God, the capacity of Spirit is to think. This is why it is frequently said by those studying mental and spiritual laws, ‘When my thoughts are God’s thoughts, God’s power is with my thoughts of good.’ Remember, God and good are synonymous in all the many Bibles of the world.

Learn to respect your thoughts. Remember that your happiness, success, peace of mind and accomplishments in life are determined by your habitual thinking. Thoughts execute themselves. Your thought is a mental vibration and a definite power. Your actions, expressions and experiences are the result of your habitual thinking. Enthrone in your mind thoughts of peace, harmony, right action, love and goodwill. Your external actions will reveal your inner thought patterns.

When you conceive and ponder the thought, you are releasing its latent power into action. William Shakespeare said: ‘Our thoughts are ours; their ends none of our own.’ Whatever you think and feel as true, that you will bring into your life. Your thought and feeling create your destiny.

Feeling, insofar as Biblical language is concerned, means a deep interest in something. When you read in Proverbs 23:7, *For as he thinketh in his heart, so is he*. This means that when you are vitally interested and absorbed in music, science, art or your profession, you will be a marvellous success, for the simple reason that you have your heart in your work or assignment in life. You are thinking in depth or feeling the reality of your thought or mental image, which is 'thinking in the heart.'

He said: 'I'm so worried I can't work or sleep'

Recently, a young man came to see me and said, 'Before I got so worried and anxious, I could work all day and feel fine. Now I'm so upset I pull my car over to the side of the road and lie down before I get the power to drive on.'

This young man, about 28 years of age, explained that he was a salesman. He had been to a physician, who gave him tranquilisers but could find nothing organically wrong with him. When the effect of the tranquilisers wore off, he was on edge, jittery, nervous and weak.

I questioned him about his love life. I gathered from his conversation that his attractive fiancée was dating another young man while he was travelling on business out of the city. This was the cause of his anxiety and worry; he was afraid of losing this girl. All of his fatigue and exhaustion were due to his worry and anxiety that he had lost his girl.

I explained to him that doctors have clearly demonstrated through research that stress, strain and worry result in complete exhaustion and debilitation of the organism. At my suggestion, he faced the problem with his fiancée. They had a heart-to-heart talk and resolved the situation between them. As it turned out, she was lonesome and had gone to some local movies with a cousin of hers during the young man's absence.

His usual strength came back and his appearance improved 100 percent. In a few weeks, he married the girl. Divine love had united them.

Telepsychics and her asthmatic attacks

Recently, I spoke at a women's club. During a question-and-answer period, a woman from Trinidad asked me why it was that every time she passed a house of worship, whether it was Protestant, Catholic or Jewish, she immediately got an attack of asthma. I said that there might have been a traumatic episode in her life that was still lodged in her psyche (subconscious mind) – a buried memory – and

that the church simply reminded her of the psychic wound.

After a short period of thought, she replied that while she and her family were waiting in church some years previously, a messenger arrived with the information that her fiancé had been killed in a collision. Thereafter, every time she passed a church she was seized with an asthmatic spasm that cleared up a few minutes later.

I suggested that all she had to do was release the man to the Infinite. She had nothing to do with the accident, as she was not in control of his life. Whatever it was in his mind that caused the accident, she certainly was not to blame. Accordingly, every night she affirmed:

I surrender my former finacé to God completely. I radiate love, peace and joy to him. I know his journey is onward, upward and God-ward. Whenever I think of him I will immediately affirm, 'I have released you to God. God be with you.'

I also told her to make it a special point the very next day to go right into the nearest church, saying in her heart, 'Divine love goes before me, making straight, joyous and happy my way. I am going into the church to pray in Divine order and Divine love.'

She followed this prayer technique and also the physical act and was completely healed the next day. Emerson said, 'Do the thing you are afraid to do and the death of fear is certain.' This is exactly what she did and she proved that love casts out fear.

Telepsychics and Objective Thinking

You are thinking in the true sense of the word when you are thinking from the standpoint of universal principles and eternal truths. They never change – are the same yesterday, today and forever. A mathematician thinks from the standpoint of the principles of mathematics and not from the ephemeral opinions of men. You are not truly thinking when you are reacting to the headlines in local newspapers, radio propaganda or from the standpoint of tradition, creed, dogma, environmental conditions or circumstances.

If there is any fear, worry or anxiety in your thoughts, you are not *really thinking*. There is no fear or negation of any kind in true thinking. Fear thoughts result when you make external things causative, which is the big lie. Externals are effects, not causes. The cause is your thought and feeling. Every external condition or circumstance is subject to change.

Whenever any thoughts, ideas or suggestions of any kind come to you, reason things out from the standpoint of the truths that never change and come to a conclusion in your mind as to what is true from the standpoint of spiritual principles.

For example, there is a principle of harmony, none of discord; there is a principle of truth, none of error; there is a principle of life, none of death; there is a principle of love, none of hatred; there is a principle of joy, none of sadness; there is a principle of opulence, none of poverty; there is a principle of health, none of disease; there is a principle of beauty, none of ugliness; there is a principle of right action; none of wrong action; there is a principle of light, none of darkness.

If there were a principle of sickness, no one could be healed. Sickness is abnormal; health is normal. There is a principle of wholeness (health). Because you have the power to choose, you can feed your subconscious with disease-soaked thoughts of fear, worry, resentment, hate etc. However, you then would violate the principles of wholeness, harmony and love. You would inevitably reap the consequences.

Begin now to think for yourself, taking as your spiritual yardstick:

> *Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue and if there be any praise, think on these things*. – Philippians 4:8

How telepsychics shows you how to come out of the law of averages

A few weeks ago, I interviewed a young college man who had been associated with a firm for over ten years. He explained that he had never received a promotion or increase in salary, although he had witnessed other men in the organisation with less knowledge of the business and less education steadily move up the ladder with substantial salary increments and added prestige. This man was experiencing and producing according to the law of averages.

The law of averages is simply the mind of the masses of humanity, which, for the most part, believes in failure, lack, limitation and misfortune of all kinds. This mass mind is governed in great part by traditional beliefs; for this reason, it is mostly negative.

This young man was hard on himself. I explained to him clearly that if he did not think for himself, he would automatically be a victim of the mass mind,

which impinges on the receptive medium of his mind and does all his thinking for him, resulting in negation, lack with misery of all kinds.

At my suggestion, he began to activate his conscious mind spiritually, which soon became a law of action at his subconscious level. He quickly realised the vast difference between spiritual thinking and average (mass) thinking.

He reiterated these truths several times a day, making sure that he did not subsequently deny what he consciously affirmed:

> Promotion is mine now. Success is mine now. Right action is mine now. Wealth is mine now. By day and by night I am advancing, moving forward, growing and prospering spiritually, mentally, materially, socially and financially. I know that I become what I contemplate. I know and believe that these truths, which I affirm, sink down into my subconscious mind – like seeds, grow after their kind. I water these seeds (ideas) frequently during the day with faith and expectancy. I give thanks for the joy of the answered prayer.

The young man disciplined his thought-life. Whenever thoughts of fear, lack or criticism of self came to his mind, he would supplant the negative thought instantaneously. After awhile, the negative thoughts lost all momentum and today (three months later) he is executive vice-president of the corporation. He realises now that he promoted himself and that his postulates created his destiny.

His trouble was that he thought he should be in jail

A man, about sixty years of age, came to see me one evening. He said that he felt full of guilt and remorse. He had great difficulty sleeping. Two weeks prior to his visit he had phoned me, at which time I sent him to a doctor-friend of mine, an outstanding general physician and a spiritually oriented medical doctor. The doctor told him that his blood pressure was dangerously high – he was in danger of an emotional breakdown. The medicine that the doctor prescribed reduced his blood pressure somewhat and the tranquilisers enabled him to get some sleep. He said to me, ‘I need medicine also for my soul, I should be in jail for what I have done.’

This man had previously attended a class I had given on ‘Shakespeare in the Light of Mental and Spiritual Laws.’ I reminded him that the illness of Lady Macbeth, for example, was her deep feeling of guilt over the murder of Duncan. When the attending physician was asked by Macbeth about her illness, he said:

Not so sick, my lord,
As she is troubled with thick-coming fancies,
That keep her from her rest.

Whereupon Macbeth asked:

Canst thou not minister to a mind diseas'd,
Pluck from the memory a rooted sorrow,
Raze out the written troubles of the brain. and with some sweet oblivious antidote
Cleanse the stuff'd bosom of that perilous stuff Which weighs upon the heart?

The Doctor replied:

Therein the patient must minister to himself. – Macbeth V, 3

Shakespeare, a profound student of the Bible, knew the inner, psychological meanings of all the allegories, parables and cryptic statements in the Bible. He knew that this sense of guilt was driving Lady Macbeth insane and that the attending physician was dealing with a case beyond the reach of any concoction of herbs.

I explained to this man that a good confession on his part would be like the lancing of a suppurating wound, which lets out all the pus and is conducive to healing. He responded by revealing a series of crimes, simply and candidly and removed, as Shakespeare said, 'that perilous stuff which weighs upon the heart.' Guilt had been 'gnawing at his insides.'

I asked him a simple question: 'Would you repeat these acts now?' 'Certainly not,' he replied, 'I am leading a new life now. I am married and my two girls are in college studying to be medical doctors.' I recalled to his attention the fact that physically, mentally, emotionally and spiritually he was not the same man who had committed the crimes. Now, he should cease condemning himself.

The Self-Renewal Process of Body and Mind

Scientists tell us that every eleven months we have a ‘new body.’ This man had changed his entire mental and emotional outlook on life. He became interested in spiritual truths and began leading an upright life. Therefore, the man who committed all the crimes no longer existed. There was to be no such man anymore.

The Life Principle (God) never punishes or condemns; man condemns and punishes himself by misuse of the laws of mind. When he forgives himself and uses the law righteously through right thinking, right feeling and right action, there is an automatic response of the subconscious mind in accordance with the new mental pattern and the past is forgotten and remembered no more. A new beginning is a new end, for the beginning and the end are the same. Begin a new life with faith, confidence, love and goodwill to all and you know the end will be glorious and wonderful.

Again, to quote Shakespeare: ‘Love is not love which alters when it alteration finds’ (Sonnet 116). God is love – accordingly, cannot do anything unloving. To feel that you are not already forgiven by Infinite Life is superstition and gross error. Self-condemnation and guilt was this man’s illness–and self-forgiveness was his release and cure. One hour’s discussion of the truth changed his whole life and today he is happy and healthy.

Woman, where are thine accusers? Hath no man condemned thee?
She said, No man, Lord
Neither do I condemn thee: go. and sin no more.

– John 8:10-11

POINTS TO REMEMBER

1. Your thought is your link with the Infinite. Thought rules the world. Thoughts are things; what you feel you attract, what you imagine you become. Emerson said, ‘Man is what he thinks all day long.’ Your thought is creative. Have a healthy, reverent respect for your thought, for your thoughts execute themselves.
2. Feeling, insofar as the Bible is concerned, means a deep abiding interest in something. When you are vitally interested in your work or in any particular undertaking, you will be a marvelous success.
3. Worry and anxiety debilitate the entire organism and result in lassitude,

exhaustion and depression. One man was suffering from an anxiety neurosis (chronic worry) and insomnia because he was afraid of losing his fiancée. He talked the situation over with her, they resolved their quarrel to get married. He was buoyant and happy once again. Divine love united them and the explanation was the cure.

4. One woman had asthmatic spasms whenever she passed a church. This was due to a psychic trauma that she had not resolved. While she was waiting in a church to be married, she had received word that her fiancé had died in a collision on the way to the ceremony. She released her former fiancé by praying for his peace, harmony, joy and illumination, thereby releasing herself. Then she went boldly into the nearest church, affirming that 'Divine love goes before me and the joy of the Lord is my strength.' She experienced a resurgence of strength. Do the thing you are afraid to do and the death of fear is certain.
5. True thinking is thinking from the standpoint of universal principles and eternal verities, which never change: they are the same yesterday, today and forever. You are not really thinking when there is any fear, doubt or worry in your thinking. When your thoughts are God-like, God's power is with your thoughts of good. A scientific thinker never gives power to externals or to the phenomenalistic world. He gives power and allegiance to the God-Presence within him, which is supreme and omnipotent.
6. There is a principle of harmony, none of discord; there is a principle of love, none of hatred; there is a principle of joy, none of sadness; there is a principle of truth, none of falsity; there is a principle of health, none of sickness.
7. The law of averages means the habitual thinking of all the people in this world. Most of this thinking is negative. The masses believe in sickness, tragedy, misfortune, calamities and superstitions of all kinds. There is some good in the mass mind, however, due to the constructive thinking of countless others; but, on the whole, the mass mind is very negative. If you do not do your own thinking, the mass mind, with its avalanches of fears, hates, jealousies and morbid supersitions, will move in on you and do your thinking for you. Come out of the mass mind (called the law of averages) and do your own thinking on whatsoever things are true, lovely, noble, dignified, uplifting and God-like.
8. A young man getting nowhere in life began to activate his conscious mind spiritually, which soon became a law of action at his subconscious level. He realised a vast difference between spiritual thinking and average or mass-mind thinking. He claimed as follows: 'Promotion is mine. Success

is mine. Right action is mine. Wealth is mine. Abundance is mine.' Whenever negative thoughts came to his mind, he immediately supplanted them with constructive thoughts of riches, peace, harmony, advancement, victory etc. Through constant discipline of his thoughts, he transformed his life and moved onward and upward along all lines.

9. A man full of guilt and self-condemnation confessed all his crimes freely and candidly and got all the poison out of his soul (subconscious mind). He needed spiritual medicine; for the pills he had been taking, while they reduced his high blood pressure and relieved his tension to some degree, nevertheless could not reach the poison in his subconscious mind. Shakespeare said that in the case of Lady Macbeth, who was full of guilt, 'the patient must minister to himself' in order to cleanse 'that perilous stuff which weighs upon the heart.' This man began leading a good, upright life and I explained to him that he was as good now as if he never had been bad; that he was not the same man mentally, physically, emotionally or spiritually; and that he should cease condemning an innocent man, namely himself. God condemns no man. As far as he was leading a good life now, the past was forgotten – to be remembered no more. This man could not repeat the mistakes of the old – he therefore, was really transformed. He forgave himself to walk out free. One hour saved his life and transformed him along all lines.

Neither do I condemn thee: go and sin no more. – John 8:11

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HOW TELEPSYCHICS STIMULATES THE LAW OF MIND INTO ACTION

Recently, a woman in great distress came to see me; her husband of fifty years had suddenly turned to drinking excessively and seemed to be on the verge of becoming an alcoholic. She said that several of her religious friends and associates had told her that it was wrong to pray for him because he must first want to abstain by his own initiative.

I explained to her that all this was ‘pablum’– it made no sense. I asked her what she thought prayer-therapy meant, then explained to her that it does not imply mental coercion or trying to influence the other person. If she went out on the street and saw a woman collapse there, possibly from a heart attack, wouldn’t she call an ambulance and give assistance the best way she could? Actually, I pointed out, she wouldn’t have any right not to call an ambulance or do whatever was appropriate for the occasion.

You must remember that pathological sickness, mental aberrations, poverty, alcoholism, dope addiction or ills of any kind do not belong to the Divinity within us, which is forever whole, pure and perfect. It is perfectly right and in divine order to pray for the other fellow, whether he knows about it or not or whether he asks for prayer-therapy or not. To think that you shouldn’t pray for your mother, father or friend who is ill simply because they don’t ask you to do so is rank superstition.

When you pray for another, you claim that what is true of God is true of the person for whom you pray. You are simply identifying with the Divine Presence in the other and resurrecting the qualities, attributes and aspects of God in your thought and feeling. Since there is only one mind, these dominant qualities in the other are at the same time resurrected in his mind.

How to Pray When You Are Sick

Turn to the indwelling God and remind yourself of His peace, harmony, wholeness, beauty, boundless love and limitless Power. Know that God loves you and cares for you. As you pray in this way, fear will gradually fade away.

Turn your mind to God and His love. Feel and know that there is only one Healing Presence and Power. Undertand this corollary: There is no power to challenge the action of God. Quietly and lovingly affirm that the uplifting, healing, strengthening power of the Healing Presence is flowing through you, making you every bit whole. Know and feel that the harmony, beauty and life of God manifest in you as strength, peace, vitality, beauty, wholeness and right action. Get a clear realisation of this and the damaged heart or other diseased condition will dissolve in the Light of God's love.

Glorify God in your body – I Corinthians 6:20

In praying for someone else, mention his or her name and affirm the same truths for him or her as you would for yourself.

He insisted he was possessed by evil entities

For a great many years, I have counselled and visited with men and women in hospitals in Great Britain and Ireland as well as in this country who have claimed to have been possessed by what they termed evil spirits. Many of these people had what is called multiple obsessions.

The following is a very interesting case of a man about sixty years of age who visited me recently, claiming that he was possessed by several devils who made him do strange things. He had had shock therapy three years previously – had experienced relief for some months – then he said the devils came back to haunt him. They uttered obscenities, imprecations and execrations upon him This compelled him to drunkenness and rape. These so-called evil spirits

punched him at night and would not let him sleep, telling him how much they abhorred and detested him.

There were no evil spirits to drive away, I realised. These apparent entities were his own subconscious mind talking back to him. The fact of the matter was that he was full of hatred and resentment toward a former wife, who had run away and married someone else. His vicious and destructive thinking sank down into his subconscious mind, forming ‘evil’ complexes. He was full of guilt as a result of this hatred, accompanied by fear and apprehension that he had to be punished.

I gave him the 91st Psalm to repeat aloud three or four times a day as also the 27th Psalm to say at night, which is the great antidote to fear. He came to see me once a week for four months and through the prayer process he gradually released his ex-wife, wishing for her all the blessings of life so that he could allow his mind to dwell on her without hatred or resentment.

I explained to him that people seem to talk to us in our dreams and that we also talk at times when sound asleep. If we implant hatred, resentment and hostility in our subconscious, our deeper mind has no alternative but to project these feelings in its own way.

Finally, one night during meditation, I said to myself, ‘I am completely fed up with this fellow’s belief in evil spirits. He is just talking to himself and I know it. There is only One Spirit (God), the Everlasting One, the All Wise One and the All Knowing One only one Divine Mind. This man is now aware of what I am aware. He feels God’s love in his heart right now.’

The next day, when he came to see me, he said, ‘A strange thing happened last night. Jesus appeared to me and said, ‘These evil spirits are not real; they are in your own mind and you are now free.’ This man was completely healed.

During our many consultations, I finally had to bring myself to the point of subconscious conviction, which obliterated his belief out of my mind. It wasn’t just the mentally disordered man who had to be cleansed of his false beliefs; it was also I who had to be cleansed and healed. I believe this is true in all prayer-therapy, whether the counsellor is aware of it or not.

When I reached a clear-cut decision and conviction in my mind about these nonsensical and apparently evil entities in his mind, my belief was communicated to him instantaneously. There being but one mind, wholeness and peace were resurrected in his mind.

Her psychic experience revealed hidden wealth

A young secretary who attends my lectures at the Wilshire Ebell Theatre every Sunday morning said to me a few days ago that, every night for about a week, she had experienced a vivid dream wherein she had a spade in her hand and was digging up the earth in the backyard of her home. She said that she felt quite elated after each dream She wanted to know what I thought about this.

I explained to her that a dream is always very personal and that it could possibly mean that she should dig up out of herself some hidden treasure, such as a talent. If that did not ring a bell in her heart, she should get her brother or father to dig up the backyard. She asked her father to do this and he agreed, rather reluctantly. To their amazement, he dug up an old earthenware jug full of gold coins dating back to 1898.

The value of the coins ran into thousands of dollars and enabled her to finish college, buy a Rolls Royce, which she had always wanted. There was enough left over to fill the needs of all the family. This young woman, who had been praying for prosperity and a way to complete her college education, found her wishes embodied in her dreams.

Telepsychics banished her frustration

A widow with two sons was praying that she would attract a marriage partner who would harmonise with herself and the boys and be a wonderful father to them. She had frequent dreams. In almost every dream she missed the bus and was late to her office every day, yet objectively she was always on time. I asked her whether there was anyone in her office who appealed to her as a future husband. She replied that the Assistant Vice President had asked her out to a show and dinner several times but that she had refused because she thought that it was not good policy and that it was frowned upon by the hierarchy of her particular firm.

I told her that I felt her prayer was answered but that she was undoubtedly missing a wonderful opportunity for marriage. Her subconscious mind was prompting her symbolically to take advantage of the opportunity. Moreover, a bus is a symbol of sex, which is a part of the marriage act. She went to work the next day quite enthused and told the Assistant Vice President that she would be delighted to accept his invitation of a few days ago because of a change of circumstances. In a few weeks they were happily married and he was indeed the right man for her and the boys.

Actually, this widow had been rejecting the answer to her prayer, so her subconscious had no alternative but to speak to her in a dream.

I the Lord (subconscious mind) will make myself known unto him in a vision and will speak unto him in a dream.

– Numbers 12:6

Let the Law of Attraction Work for You

Your thoughts have their affinities. As Marcus Aurelius, the great Roman emperor and philosopher, said, ‘Our life is what our thoughts make it.’ Your dominant thought underlies all your other thoughts and colors them in the same way a small amount of indigo dye colors the entire contents of a five-gallon demijohn of water. William James, the father of American psychology, said, ‘The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.’

In talking to a beautiful young woman today, who was talented, charming, vivacious and highly educated, I discovered that she was actually ruining her life by her vicious, destructive, hateful patterns of thought. She started on a tirade against her father, who was deceased. In addition, she was full of hatred toward her mother. She had lost three positions in the course of a year, due, as she said, to her sarcastic and biting tongue. She was poisoning herself emotionally and her physical being was also disturbed, necessitating a hysterectomy and an operation for an ulcer.

I explained to this young lady that the whole world was before her. She could start from today itself to prove to herself that her whole world, that is, her body, conditions, circumstances, social and financial life would magically melt in the image and likeness of her habitual thinking.

She agreed to change her thoughts and to keep them changed. Whenever a negative thought came to her mind, she would immediately supplant it with thoughts of love and goodwill. She understood that by supplanting the negative thoughts regularly and systematically, she would succeed in breaking the spasm of destructive thinking that was ruining her life.

An Effective Affirmation

I gave her the following affirmation to use frequently, knowing that by reiteration of these truths and feeling the reality of what she affirmed, these

truths would sink into her subconscious and since the law of the subconscious is compulsive, she would be compelled to ways of pleasantness and paths of peace. I was sure that from that point on her journey would be onward, upward and God-ward:

The gifts of God are mine now. I live in the Presence of God, from whom all blessings flow. I use every moment of this day to glorify God. God's harmony, peace and abundance are mine now. Divine love flowing from me blesses all who come into my atmosphere. God's love is felt by all present here and His love is healing them now.

I fear no evil for God is with me. I am always surrounded by the sacred circle of God's love and power. I claim, feel, know and believe definitely and positively that the spell of God's love and eternal watchfulness guides, heals and watches over me and all members of my family.

I forgive everyone and I sincerely radiate God's love, peace and goodwill to all men everywhere. At the center of my being is peace; this is the peace of God. In this stillness I feel His strength, guidance and the love of His Holy Presence. I am divinely guided in all my ways. I am a clear channel for God's love, light, truth and beauty. I feel His River of Peace flowing through me now. I know that all my problems are dissolved in the mind of God. God's ways are my ways. The words I have spoken accomplish that whereunto they are sent. I rejoice and give thanks, realising my prayers are answered.

It is so.

Telepsychic Materialisations Are Real as Phenomena

In discussing telepsychics, which deals with the wonder-working powers of your subconscious mind, I am frequently asked by great numbers of people what I think about the materialisations in séances. First of all, I believe that the so-called control of a medium is simply a dominant idea in the subconscious mind. We must accept the fact that psychic phenomena exist. Your subconscious possesses clairvoyant, clairaudient and telekinetic powers, which are faculties of the mind in all of us.

Some years ago, Dr Evelyn Fleet, of Caxton Hall, London. and a retired colonel-friend of hers took me to a mediumistic séance in London, where we witnessed eight materialisations as solid as our own bodies. Her colonel-friend was a retired Army doctor and he examined the materialisations and tested their pulse and blood pressure, checked their teeth and cut off pieces of their hair.

Each materialisation weighed as much as one of the three of us. We talked with them and afterwards, Dr Fleet thought that the woman with whom she had been speaking might have been her mother; but she wasn't sure. We received fairly intelligent answers from them and one resembled the colonel's sister, who had passed on some years before.

All this took place without any blackout of lights. The medium was in a trance state. All of the men wore suits and the women had on dresses. There was no chicanery or trickery; these materialisations were not illusions. An illusion can't be demonstrated as having flesh and blood, hair, clothes, vocal organs and pulse. An illusion is something that deceives by producing a false impression: a state or condition of being deceived. All of the materialisations were apparently real but I do not believe one of the women was Dr Fleet's mother or another the colonel's sister.

All of them were real as phenomena or manifestations or projections of the ectoplasmic substance of the medium, which is capable of projecting the thought patterns of relatives in the subconscious of those present, thus giving them flesh and blood and the capacity to speak, act and give appropriate answers to questions. I believe all the materialisations were dramatisations of the subconscious of the medium.

Dr Fleet sent the hair that was cut by her friend from the woman she thought might be her mother and the chemical laboratory said that it could not be analysed; it was of 'unknown origin.' A few days later, the laboratory said the hair had dissolved and no traces were left!

Dr Fleet agreed with me that it would be rather naive to think that you could walk into a séance to call forth friends or loved ones from the next dimension. Then just have them appear in a few minutes in response to your request. All your loved ones are functioning in fourth-dimensional bodies, in the many mansions of our Father's house. They are moving onward and upward, going from glory to glory, on that journey that knows no end.

POINTS TO REMEMBER

1. It is superstition to think that you should not pray for another who is an alcoholic or who has cancer or any other ailment. If someone had an accident, wouldn't you call an ambulance or give help to the best of your ability? Prayer therapy is not coercion. Prayer is claiming that what is true of God is true of the other person. The divine nature is within every

person. It is the divine will that this be expressed in all men and women.

2. When you pray for a sick person, never dwell on symptoms, pains or aches. Quietly claim that the uplifting, healing, strengthening power of the Healing Presence is flowing through the loved one, making him whole and perfect.
3. The devils that plague man and cause multiple obsessions are hate, jealousy, envy, malice, guilt and self-condemnation. When these mental gangsters take charge of our mind, we lose all reasoning power and become victims of our own vicious and destructive thinking. When a man hears voices telling him to do destructive things, it is his own subconscious talking back to him. In other words, he is talking to himself. Gradually, one man came to see that it was his own subconscious mind responding to his destructive thinking that was moving him. As I cleansed my mind of all this nonsense with the realisation that there is only One Spirit and One Power and at the same time claimed that this man was now aware of what I am aware, he was healed.
4. Many times your dreams reveal answers to your most perplexing problems. A young woman had a recurrent dream wherein she was digging up her backyard. She had been praying for prosperity. At my suggestion, she got her father to dig up the garden, where they found a jar full of old gold coins worth a small fortune.
5. A widow seeking to remarry stated that she frequently had a vivid dream in which she always missed the bus and was late for work; yet objectively she was always on time. She realised that she was missing the opportunity to marry by rejecting the invitation of one of the managers in her office. She accepted his invitation and marriage resulted, which was the perfect answer to her prayer.
6. Marcus Aurelius said, ‘Our life is what our thoughts make it.’ Emerson said, ‘A man is what he thinks all day long.’ Your dominant thought underlies and colors all your other thoughts. A young woman was destroying her life by hateful, vengeful thoughts directed at her parents and others. She experienced ill health. As a result of this, she had to undergo two serious operations. She reversed her thinking and decided to supplant all negative thoughts instantaneously with God-like, loving thoughts. As she made a habit of this, her whole world magically melted into the image, to present the likeness of her contemplation. She became what she contemplated.
7. Many people ask me about materialisations in seances, in which people appear, speak, walk around and converse with you. The phenomena are

real but they are only apparently real. They are not your loved ones, as they are functioning in the next dimension of life, moving onward, upward and Godward. They are separated from you by frequency only. When you cut a piece of hair from one of these materialisations, it can’t be tested in a laboratory, as it is an unknown substance. The medium, in a trance state, can tap images of your loved ones to bring about ectoplasmic projections and forms of men and women who have normal pulse rates and other manifestations of life.

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HOW TELEPSYCHICS SHARPENS THE POWERS OF YOUR MIND

Your subconscious mind is the builder and rebuilder of your body, having control over all of its so-called involuntary functions. It governs respiration, digestion, assimilation, circulation, elimination and all other automatic activities. The subconscious is also a wonderful chemist, transmuting all the food you eat into tissue, muscle, bone, blood and hair to constantly building new cellular structures.

Your subconscious is also the storehouse of memory. Whatever your conscious mind really believes and accepts as true, your subconscious will bring to pass. Because your deeper mind is amenable to suggestion, it is also the seat of habit.

In hypnotic experiments, your subconscious accepts all suggestions given and reasons deductively only. Its deductions are always in harmony with premises; therefore, all suggestions should be life-giving and constructive in quality.

The language of your subconscious is symbolic. This is indicated in your dreams, which often dramatise your unfulfilled or repressed desires. Your subconscious is a wonderful impersonator; it will impersonate whatever is vividly suggested. As the seat of all psychic experiences, it perceives intuitively, independent of time and space. You must remember also that within your

subconscious is the super conscious (called the great Oversoul by Emerson) or the Presence of God or Supreme Intelligence. In other words, the I AM or the Living Spirit Almighty, is within you, which knows all and sees all. Within your subconscious is Infinite Wisdom, Infinite Love and all the qualities and attributes of the Infinite Being called God.

Your conscious mind recognises and understands the outer world through the medium of the five senses: it reasons by induction, deduction, analysis and analogy. You choose, select, plan and initiate with your conscious mind, which acts as the seat of will. Your will is made up of desire, decision and determination.

You concentrate with your conscious mind. Through your focused attention, you impress your subconscious mind. Because you imagine and make mental pictures with your conscious mind, you can impregnate your subconscious more effectively by clearly visualising what you wish to be, to do and to have. Your conscious mind can decree success and prosperity through its power of conscious control in constructive thinking, speaking and imagining. You can saturate your subconscious with the idea of abundance and success.

Emergencies as Stimulators of Mental Powers

Your conscious mind becomes highly receptive to your subconscious during emergencies, at which time the wisdom and intelligence of your subconscious take control. Your conscious mind plays a receptive role to the subconscious in psychic phenomena. Your conscious mind may be illumined and inspired by calling on the wisdom and intelligence of your deeper mind, which knows all and sees all.

Telepsychics and the State of Trance

I have visited the late Geraldine Cummins, at her homes in London, England and Cork, Ireland, several times. (She is the author of *Unseen Adventures, The Scripts of Cleophas and* many other books.) She has been investigated by some of the foremost scientists in England, all of whom have testified to her remarkable psychic powers.

I had many sittings with her, as I was always interested in extrasensory

perception and psychic phenomena of all kinds. In these sessions, Miss Cummins would become very quiet and enter into a passive, receptive, psychic state. Her conscious mind was partially submerged. Suddenly she claimed that her control ‘Astor’ had taken over and she would begin to write, automatically, page after page of extraordinary information.

In one instance, she said that my sister, Mary Agnes, who had passed on, was communicating. On reading the pages, I discovered that many paragraphs were in Gaelic, some in French and some in Latin – languages which Geraldine did not speak. Also, in the writing, my sister pointed out six instances by which I would recognise her, all of which were extraordinarily accurate. She went over our childhood and covered intimate details and made many prophetic statements, all of which subsequently came to pass.

In this instance, I think Geraldine was simply an amanuensis, writing down events of which she actually knew nothing. When Geraldine finished writing, she had no idea whatever of what she had written. In this instance, the evidence seemed overwhelming. I do believe it was my sister in the next dimension actually communicating.

Normal psychic power

There are many psychics who can tap the contents of your mind while they are in a normal state, i.e., they are in a perfectly conscious state of mentality. This capacity is within everyone but some have it developed to a greater extent than others.

Abnormal psychic powers

Geraldine Cummins invited me to a séance conducted by a friend of hers in the South of Ireland. This particular Irish medium entered into a full trance and claimed that she was controlled by an Egyptian priest. In this state, she revealed wonderful hidden powers. Six of us sat on a table, for example and it was lifted up easily by the medium’s subconscious mind.

One professor who was present was convinced that his mother spoke to him. He claimed that it was her voice and her mannerisms and that she referred to him by his pet name and spoke to him in Greek, her native tongue, a language which the entranced medium did not understand.

Many materialised forms appeared, some of whom spoke. All were dressed and had all their human faculties. One woman present chatted with a young

materialised girl whom she claimed to be her daughter. These materialisations lasted about five or six minutes and then vanished. All this took place in the afternoon – not under dim lights but in full view of all those present. The forms were, in all probability, ectoplasmic projections of the medium.

How she psychometrises

Recently, Dr David Howe of Las Vegas introduced me to a psychometrist, who has the extraordinary ability to read the subjective side of things. By touching a ring belonging to a person or a letter he has written, she can give a complete description of the person: his characteristics, tendencies, type of work, age, background and also his future. When she touches a ring worn by the subject in question, she feels a certain vibration and enters into the mental atmosphere of the person. The reason for this is that the subjective mind permeates and penetrates all things. The man's ring is impregnated with his mental atmosphere, enabling the medium to enter his innermost thoughts, beliefs and experiences.

Telepsychics and Inner Voices

Last year, during a seminar on the sea, one of the ship's officers with whom I had dinner said that from time to time, particularly if there was anything wrong with the ship, he heard inner voices silently speaking to him, telling him exactly where the trouble was and also what to do about it. He realised that he had a remarkable ability, which others of the crew did not possess and said that, in most cases, it came to him as a warning.

One time on board ship off the coast of Italy while he was in his cabin, the inner voice said to him that a member of the crew (giving the name of the man) was coming down to shoot him. The crew member was going berserk. The officer said, 'I locked my door, called the captain and had the crewman locked up and when we got to port, he was committed to an asylum.' The inner voice was 100 percent correct, as this man was armed with a pistol. He subsequently confessed that he was there to murder the ship's officer.

These warnings can also come in dreams and visions of the night.

The captain's inner voice was real, because he made it a habit to instruct his subconscious that the voice would be to protect, heal and bless him in all ways, i.e., it would be the voice of his Higher Self. He constantly reiterated that all

monitions, promptings and inner instructions would come from the Infinite Presence within his subconscious mind.

Conversing with Voices in Séance Rooms

During many séances, which I have attended in London, Johannesburg, Cape Town and New York City, with the medium in a trance state, voices of discarnate entities or disembodied spirits have seemingly filled the air. I have conversed at length with some of these voices and have received extraordinarily intelligent answers. I have heard others present at these séances – some of them physicists, medical doctors and college professors – openly say that they were definitely conversing with former colleagues or loved ones. All this was based upon the professional background, tone of voice, characteristics, mannerisms, peculiarities and idiosyncrasies of those who were functioning in the fourth-dimension.

Personally, insofar as those who declared to be relatives of mine, I was not completely satisfied in every instance as to whether the voices were caused by the subjective mind of the medium or whether they were actually the voices of loved ones in the next dimension of life.

It is, however, a thrilling, fascinating and enthralling experience. In one particular instance, I believe I heard the voice of my father, who spoke four languages – ancient Gaelic, English, French and Latin. His voice was natural, just the same as if he were in the room. He said to me, ‘Joe, you will know it is your father by what I am saying. I taught you this prayer when you were five years old.’ Then he repeated the Lord’s Prayer in Gaelic, in French and in Latin. He asked to be introduced to all present, as he said he didn’t recognise any of them. He covered many incidents in my early life that I had forgotten; these incidents were subsequently verified by my sister, who is still alive on this plane.

One might say that the medium was tapping my subconscious and was thus able to impersonate my father and mimic his voice; but that is rather far-fetched in this instance. You could hypnotise a man – tell him he is now your brother. Yet never having met your brother, he could not imitate his voice, mannerisms and gestures nor could he dramatise his personality.

She saw her mother before she passed on

A young schoolteacher who comes to my lectures on Sundays told me that, one day during lunch hour at school, she was alone arranging things in the schoolroom for the next session and suddenly, her mother appeared to her and said, ‘Good bye,’ and vanished.

This type of apparition is not at all uncommon. Undoubtedly, her mother, who was living in New York City, was thinking of her daughter prior to her transition and projected her personality to her daughter. In checking the time difference, she found out that her mother had appeared to her at the exact moment she had expired.

The ghost gave him a message and disappeared

The late Geraldine Cummins introduced me to a man in her home in London, mentioning the fact that he felt that his home was haunted because he frequently heard loud footsteps coming up the stairs in the home. Once his maid saw the apparition and was so frightened, actually petrified with fear, that she was completely immobilised for a few minutes after the experience. The maid refused to stay and left the next morning.

I suggested to him that the so-called ghost could well be a thought-form, probably of someone in the house who had met with foul play. A person who had an intense desire to let someone know what had happened prior to death. This intense desire often takes the form of the person but the moment it gives the message, the thought-form is dissipated. I urged him, the moment he heard the footsteps, to go and meet the so-called ghost. Ask for the message and then listen, which is exactly what he did. He saw the apparition one evening and he said, ‘Give me your message,’ and the story of his murder by his brother was given – immediately the form disappeared.

A thought-form is not the personality of the man; it is the word or thought-form sent forth and it remains for hundreds of years, until someone receives the message.

The Bible says:

> *So shall my word be that goeth forth out of my mouth: it shall not return unto me void but it shall accomplish that which I please and it shall prosper in the thing whereto I sent it.* – Isaiah 55:11

In the case of the apparition, the word was the thought and intense desire to communicate to someone how he had met his untimely death .the word (thought-

form) remained hovering around until this man challenged it and listened. Subsequently, he told me that it was verified that a man had been murdered in that house and that the culprit had never been apprehended.

She said: 'They are practicing black magic against me'

Black magic, sorcery and devil-worship have been taught and practiced from time immemorial. Actually, the whole idea of sorcery is based on gross ignorance; all it means is thinking negatively of another person and wishing him evil. To think evil of another is to think evil of yourself. What you wish for another you are actually wishing for yourself.

The office girl who used the term 'black magic' said to me that one of the girls in the office had told her confidentially that several of the girls were practicing voodoo against her by praying that she pass out of the body. This frightened her. I explained to her that their prayers were null and void and that all she had to do was to affirm:

> I am alive with the Life of God. God is Life and that is my Life now. God's Love fills my soul. His Love surrounds me, enfolds me and enwraps me and I bear a charmed life. The spell of God envelopes me at all times.

I explained to her that she should commit the above prayer to memory and affirm these truths frequently, as frequent habitation of the mind with these truths would cast out fear. Whenever the thought of voodoo or black magic came to her, all she had to do was supplant the thought with, 'God loves and cares for me.' I pointed out that Spirit (God) is one and indivisible. One part of Spirit can't be antagonistic to another part of Spirit. In other words, Spirit can't be divided against Itself. This truth is final, absolute and eternal. This simple universal truth neutralises and obliterates the question of black magic, sorcery as well as malicious malpractice for all time.

She saw the light and faithfully followed my instructions and a strange thing happened. The three girls who were believed to have been wishing her injury were all killed in an accident on the way to work. The evil that they had been projecting to this girl undoubtedly boomeranged on themselves, because it had no place to go; so their negative or malicious thinking returned in a magnified way to themselves. Thus, they actually destroyed themselves.

There are people in many parts of the world who try to use their mental

powers to hurt others but anyone who understands his alignment with the Infinite can't be affected by their manipulations. People who practice what they call voodoo, malpractice or black magic really have no power. They are using suggestion, which is a power but not the power. The Power is Almighty and moves as unity, harmony, beauty, love and peace.

Whatever name you give it – whether it be Satan, black magic, sorcery or malicious malpractice – all these things are simply negative suggestions. Refuse to give power to the suggestions of others. Give power to the Only Presence and Power. Read the 91st Psalm and believe it and you will lead a charmed life.

She wrote answers on paper without pen or pencil

Recently, I was a guest in the home of an old friend of mine in Mexico City. There was a very beautiful woman present who practiced automatic writing. She held a pen in her hand and suddenly her hand was controlled by her own subconscious mind. She said that her hand was controlled by a discarnate entity called Dr Latella, presumably a former Spanish medical doctor.

She brought forth wonderful messages for all those present (eight altogether) and all agreed that everything she had written was true. She revealed future events with amazing accuracy; but the most fascinating part of her demonstration was when she threw the pen and paper on the floor and the pen began to write without anyone touching it.

These messages told of past events in my life and in the lives of the others who were present. One message said that a man from Pennsylvania would get a diplomatic post the next day, which actually happened. One could speculate and say that the subconscious force of those present grasped the pen or that some disembodied spirit in the next dimension operated the pen. We must remember, however, that people in the flesh, here on this plane, as well as those in the next dimension have a mind and also a body far more rarefied and attenuated than our three-dimensional bodies.

Psychic phenomena are caused by subjective powers and can operate independent of the physical instrument. People in the next dimension do have a subjective mind and they are also in the flesh. ('Flesh' in the Bible means 'embodiment.') This does not refer to tissue, muscle, bone and blood, as such; but we do have bodies to infinity. You can never be without a body.

In the séance room, under scientific investigation, objects have been handled, held and moved completely independent of physical touch. Tables and furniture have been moved around and in one instance in London, I witnessed

the washing of dishes without any hands touching them. This is called, in ESP circles, telekinetic energy, i.e., the ability to move objects without the usual physical contact and effort.

Who opened the wine bottle?

Some years ago, while paying a visit to Dr Evelyn Fleet in London, she introduced me to a psychic who was present at the time. Dr Fleet said that the psychic could serve wine without touching a glass or a bottle. Right in front of our eyes, without anyone touching anything, the wine bottle was opened and a glass was filled to the brim. The glass was held to my mouth, whereupon I confirmed that it was, indeed, *real* wine in a *real* glass.

As Dr Fleet explained, it was the subjective mind of the psychic that had performed this phenomenon. Apparently, she had done this many times before in the presence of Dr Fleet.

There are marvellous powers within us, many of which we have not even dreamed of. One might say that psychic phenomena are caused by fourth-dimensional beings or by the subconscious mind. The point is that all the phenomena are caused by mind power, whether on this plane or the next.

Your subconscious mind can see, hear, feel, smell, travel, touch and taste without the physical organism. You can project yourself thousands of miles, see what is going on and also permit yourself to be seen. Fourth-dimensional or astral travelling is well-known and acknowledged today. To deny that such phenomena exist and that they are experienced by thousands all over the world is downright ignorance.

Why Many Predictions Are Accurate

When you deposit an acorn in the soil, the complete pattern of the oak is already in the acorn. The idea of the full-grown oak must exist in the seed; otherwise, it would never be objectified. The seed undergoes dissolution in the soil. The subjective wisdom proceeds to build up the sturdy oak tree.

When a psychic tunes in on your mind, your thoughts are like seeds. Your mind being timeless and space less, your thoughts and their manifestations are one in mind. In other words, your mind looks upon the thought as completed. Thoughts are things. A good psychic or medium sees the complete manifestation

of your ideas before they are objectified on the screen of space.

The medium tunes in on your subjective tendencies, beliefs, plans and purposes and sees them already accomplished. Her subconscious, like your own, reasons deductively only. You could, of course, change her predictions if you so desired by transforming your mind, for changed attitudes change everything.

You Can Be Consciously Aware and Awake

Dr Phineas Parkhurst Quimby, who lived in Maine in the mid-19th Century, was able to condense his identity and appear to people hundreds of miles away. He remained conscious and never entered into a trance in order to read the minds of others or visit them at a distance. He told people the cause of their sickness and how it originated – he also healed many of them. He became clairvoyant by casting out all orthodox and false beliefs and filling his mind with the truths of God.

He performed all his wonderful works in a perfectly normal self-conscious state. Dr Quimby knew that man was independent of his body and that he could function with its counterpart, i.e., his subtle body or astral body, a counterpart for the present one. While conversing with a patient, he could clairvoyantly see another patient a hundred miles away get up from bed and come downstairs completely healed–all this without closing his eyes.

You have another body, which acts independently of the present one. Your mind can operate and move matter. The point is that psychic phenomena occur. Whether it is due to your subconscious mind or to the subconscious mind of a loved one in the next dimension, the thing to remember is that there is but one mind common to all individual men.

POINTS TO REMEMBER

1. Your subconscious is the builder and maker of your body. It controls all the vital functions of your body. It is the seat of memory and habit. It reasons deductively only. Feed your subconscious with premises that are true and it will respond accordingly. Your subconscious sees without eyes and hears without ears. Within your subconscious are Boundless Wisdom and Infinite Intelligence. In other words, within your subjective depths are all

the qualities and powers of God.

2. Your conscious mind is the reasoning, analytical mind. You choose, select, weigh, investigate and reason inductively, deductively and by analogy. Your conscious mind controls your subconscious. Whatever your conscious mind believes and accepts as true, your subconscious will bring to pass.
3. The late Geraldine Cummins, an old friend of mine, practiced automatic writing by getting into a passive, psychic, receptive state, when suddenly her control called ‘Astor’ would take over. Her hand would be controlled and she would write in foreign languages that she did not understand. She would also bring forth accurate information as well as prophetic utterances that subsequently came to pass. She would move into a semi-trance state and had no idea of what she was writing. In many instances, I do believe that men and women in the next dimension were dictating to her. Moreover, she never had knowledge of the languages in which she wrote.
4. There are many psychics who can tap your subconscious mind while in a perfectly normal, self-conscious state.
5. A certain medium, in a trance state, was able to lift a table and also levitate herself from the ground to the ceiling of the room. I have seen this done several times. An Irish medium, in a trance state, said to a professor who was present that his mother was going to speak to him through her. The mother spoke to her son in Greek and conversed freely with him for about fifteen minutes. He said that he was convinced that it was his mother. In this instance, many materialised forms appeared, many of whom spoke and remained five or six minutes before fading away.
6. Psychometrists can take a ring, a letter or a piece of clothing belonging to a person and accurately describe the person, his characteristics, tendencies, illnesses and also his whereabouts. The reason for this is that the personality of the person is impressed on the ring or article of clothing. The psychic can enter into his innermost thoughts.
7. Many people hear an inner voice warning them of danger and telling them how to protect themselves. Sometimes these warnings come in dreams and visions of the night. A ship’s officer made it a habit to instruct his deeper mind that the inner voice would always be to protect, heal and bless him in all ways. In this way, he ruled out false impressions; consequently, it has always been the voice of his Higher-Self.
8. In some seances, when the medium has been in a trance, voices of discarnate entities have seemingly filled the air. I as well as others present,

have conversed at length with some of these voices as also have received extraordinarily intelligent answers. I believe that some of the voices have been from the subconscious of the medium, while other voices have come from the next dimension of life. If you hypnotise a man – while in the trance state, suggest to him that he is your brother, he cannot, not knowing your brother, impersonate him in voice, accent, etc.

9. It is quite possible to perceive an apparition of one's loved one immediately prior to transition into the next dimension or soon afterwards. This is based on the intense desire of the loved one to communicate with you. What you see is a projection of the fourth-dimensional body and personality of your loved one.
10. An apparition in the form of a voice or footsteps may well be a thought-form, which means that a person who has met with foul play in the home prior to his death has an intense desire to communicate the manner of his death to someone. The thought-form takes the shape of the personality of the so-called 'dead person.' When you listen for the message and challenge the thought-form, it disappears – its mission having been accomplished.
11. Black magic, sorcery and malicious malpractice all fall into the same category: negative, destructive thinking and misuse of the law of mind. This negative thinking is based on gross ignorance. Suggestion is a power but not *the* power. *The* Power is the Supreme Intelligence or Living Spirit within you, which is one and indivisible. It moves as harmony, beauty and love. You can reject all negative suggestions and thoughts of others. The suggestions of others have no power unless you give them power. If someone says to you, 'You are going to fail,' you know you are born to succeed, to win. The Infinite within can't fail; therefore, the negative suggestion of the other person simply reinforces your confidence in success and victory. A girl was informed that others were wishing evil on her. She claimed her oneness with the Infinite. She knew God's Love surrounded her to saturate her mind and heart. She gave no power to others but turned her attention to the One Power, which moves as love. The other girls, who were wishing injury and evil for her, were killed in a crash. In other words, they killed themselves. Be sure you wish only what is lovely and of good report for others. What you think and wish for another, you create in your mind, body and experiences.
12. Most automatic writers go into a semi-trance and bring forth marvellous messages of a recondite nature and reveal answers to the most perplexing problems. The automatist holds a pen in her hand. Suddenly her

subconscious takes control and proceeds to write without her conscious knowledge. Another fascinating point is that you can see a pen or pencil writing on a piece of paper or slate without being touched by any hand. I have seen this done many times. The automatist claims that messages come from discarnate entities, loved ones or friends of those present and now living in the next dimension. In many instances, I believe that this is true. You must remember that you will never be without a body. When you read of disembodied spirits or discarnate entities, just realise that what is meant is that they are not functioning in a three-dimensional body but in a fourth-dimensional body. You will have bodies to infinity. There is no reason why you cannot hear from a loved one in the next dimension. They often communicate to loved ones in dreams.

13. It is possible for a very good psychic or medium to open bottles and serve wine in glasses without ever touching the glasses or the bottle. This is one of the powers of your subconscious mind. Actually, your body has no power. It has no self-conscious intelligence, no volition and no initiative– it is characterised by inertia. The power is in your Spirit and Mind.
14. When a sensitive or good psychic tunes in on you, she reads your mind. Your thoughts and their manifestations are one in mind, like the oak is already in the acorn. Your mind is timeless and space less. Your subconscious reasons deductively only. Your thoughts are things. Unless you change your mind, a psychic's predictions should, in most instances, be very accurate, depending on her mental acumen, sagacity and insight.
15. In 1847, Dr Phineas Parkhurst Quimby could condense his identity and appear to patients hundreds of miles away and minister to them. He was able to project his subtle or fourth-dimensional body, which is a counterpart of your present body. He could read the minds of people, tell them the cause of their disease and heal them. He was also clairvoyant. He never went into a trance; rather, he remained conscious. With his eyes wide open talking to patients, he could describe how another patient many miles away was walking downstairs to the dinner table completely healed of an illness or malady.

A FINAL WORD

Tune in on the Infinite Presence and Power within you and claim, feel and know that you are inspired from On High; that the Spirit of the Almighty moves on the waters of your mind and that God thinks, speaks, acts and writes through you. Claim that your words are like apples of gold in pictures of silver and that they are sweetness to the soul and health to the bones. Realise that God loves you and cares for you! Know that His River of Peace fills your mind and heart. Feel that you are immersed in the Holy Omnipresence, flooded with the radiance of the Light Limitless. Believe you now touch the One Who Forever Is and experience that moment, which lasts forever.

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§in 1973 or earlier

§in 1973 or earlier

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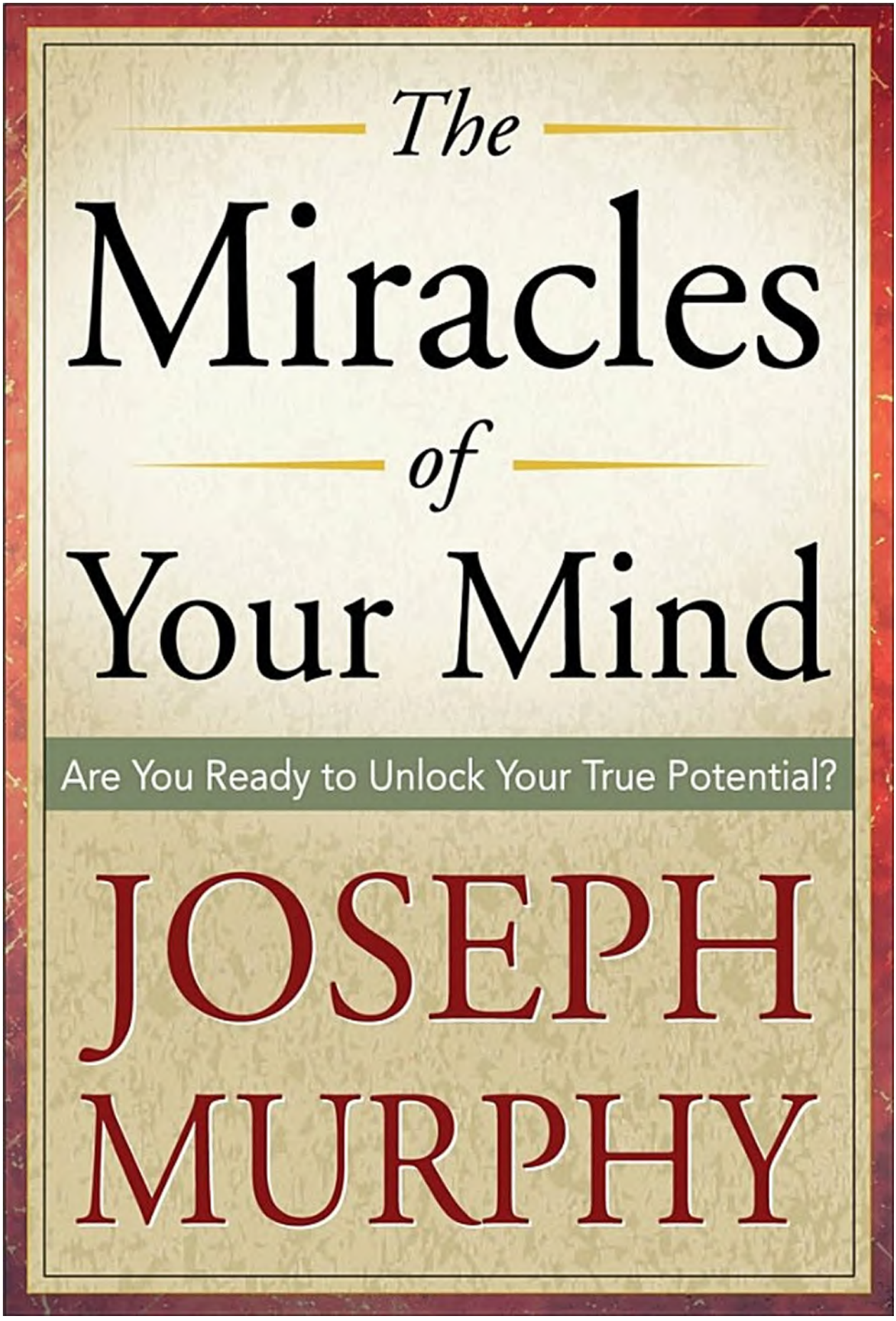

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Published by
GENERAL PRESS
4228/1, Ansari Road, Daryaganj
New Delhi – 110002
Ph. : 011 – 23282971, 45795759
e-mail : generalpressindia@gmail.com

www.generalpress.in

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First Edition : 2017

ISBN : 9788180320743

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Introduction

Man has only one mind, but he has two distinct phases or functions of the one mind. Each phase is characterized by its own phenomena, which is peculiar to itself. Each of these minds is capable of independent action as well as synchronous action. We call one the objective mind because it deals with external things, and the other is the subjective mind. The subjective mind is amenable and controlled by suggestion of the objective or conscious mind. The objective mind takes cognizance of the objective world.

In this work Dr. Joseph Murphy expands on his theory that the latent powers inherent in our subconscious can improve our lives. Dr. Murphy provides specific steps to nourish your conscious mind with the tools and attitudes that will open up the infinite power of your subconscious mind. Whether you wish to conquer a bad habit, be more successful, obtain harmony in your family, or achieve goals that have thus far been unattainable, you will be given guidelines to put you on the right path.

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About the Author

Joseph Murphy was born in Ireland, the son of a private boy's school headmaster and raised a Roman Catholic. He studied for the priesthood and joined the Jesuits. In his twenties, an experience with healing prayer led him to leave the Jesuits and move to the United States, where he became a pharmacist in New York (having a degree in chemistry by that time). Here he attended the Church of the Healing Christ (part of the Church of Divine Science), where Emmet Fox had become minister in 1931.

In the mid 1940s, he moved to Los Angeles, where he met Religious Science founder Ernest Holmes, and was ordained into Religious Science by Holmes in 1946, thereafter teaching at the Institute of Religious Science. A meeting with Divine Science Association president Erwin Gregg led to him being reordained into Divine Science, and he became the minister of the Los Angeles Divine Science Church in 1949, which he built into one of the largest New Thought congregations in the country. In the next decade, Murphy married, earned a PhD in psychology from the University of Southern California and started writing. After his first wife died in 1976, he remarried to a fellow Divine Science minister who was his longstanding secretary. He died in 1981.

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Chapter 1

How Your Own Mind Works

Man has only one mind, but he has two distinct phases or functions of the one mind. Each phase is characterized by its own phenomena which is peculiar to itself. Each of these minds is capable of independent action, as well as synchronous action. We call one the objective mind, because it deals with external things, and the other is the subjective mind. The subjective mind is amenable, and controlled by suggestion of the objective or conscious mind. The objective mind takes cognizance of the objective world. The media of observation are the five physical senses. The objective mind is your guide in your contact with the environment. We gain knowledge through the five senses. The objective mind learns through observation, experience, and education. The greatest function of the conscious mind is that of reasoning.

Look around Los Angeles; you come to the conclusion that it is a beautiful city based upon your observation of the parks, the buildings, the beautiful structure, the lovely flower gardens, etc. This is the working of your conscious or objective mind.

The word *objective* means that it deals with objective things. The subjective mind takes cognizance of its environment by means independent of the five physical senses. The subjective mind or the subconscious mind—either term may be used—perceives by intuition. The subconscious mind is the seat of your emotions. We know without a doubt that it performs its highest functions when the objective senses are in abeyance.

It is the intelligence that makes itself manifest when the conscious mind is suspended

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or in a sleepy, drowsy state. The subconscious mind sees without the use of the eyes; it has the capacity of clairvoyance and clairaudience. The subconscious mind can leave the body; travel to distant lands, and bring back intelligence oftentimes of the most exact and truthful character. Through the subconscious mind you can read the thoughts of others, even to the minutest details; read the contents of sealed envelopes and closed safes.

The subconscious mind has the ability to apprehend the thoughts of others without the use of the ordinary, objective means of communication. So it is of the greatest importance that we understand the interaction of the conscious and subconscious mind, in order to learn the true art of prayer.

Now there are many terms used in describing the objective and the subjective mind. They are, as we told you, called: The conscious or subconscious mind, the waking or sleeping mind, the surface self or the deep self, voluntary mind or involuntary mind, the male and the female, and many other terms. Remember there is only one mind having two phases or functions.

The subjective mind is always amenable to suggestion; it is controlled by suggestion. We must recognize that the subconscious mind accepts all suggestions; it does not argue with you, but it fulfills your wishes. All things that have happened to you are based on thoughts impressed on the subconscious mind through belief. The subconscious mind will accept your beliefs and your convictions.

It is like the soil; it will accept any seed that you deposit in it, whether it is good or bad. Remember: Anything that you accept as true and believe in will be accepted by your subconscious mind, and brought into your life as a condition, experience, or event. Ideas are conveyed to the subconscious mind through feeling.

We will use an illustration: The conscious mind is like the navigator or man at the bridge of a ship. He directs the ship, and signals orders to the men in the engine-room which consists of all of the boilers, instruments, gages, etc. The men in the engine-room do not know where they are going; they follow orders. They would go on the rocks if the

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man on the bridge issued faulty or wrong instructions, based on his findings with the compass, sextant, or other instruments. The men in the engine-room obey him, because he is the director. They do not talk back to the captain; they simply carry out orders.

The captain is the master of the ship; his orders are followed out; likewise, your conscious mind is the captain, the master of your ship. Your body and all of your affairs represent the ship. Your subconscious mind takes the orders you give it based upon your belief and suggestions accepted as true.

Another simple illustration is this: When you repeatedly say to people, "I do not like mushrooms," then the time comes for you to be served mushrooms, you get indigestion, because your subconscious mind says to you, "The boss does not like mushrooms." This is an example probably amusing to you; nevertheless, this is an example of the relationship between the conscious and subconscious mind.

When a woman says, "I wake up at three o'clock if I drink coffee at night"; whenever she drinks it, the subconscious mind nudges her, as if to say, "The boss wants you to stay awake tonight."

The heart is called the subconscious mind in ancient allegories. The Egyptians knew that the heart was the subconscious mind, but they did not call it by that name. The Chaldeans and the Babylonians called it by different names. You can impress your subconscious mind, and your subconscious mind will express what is impressed upon it. Any idea that is emotionalized or felt as true will be accepted by your subconscious mind.

If you want a healing, for example, get silent, relax, breathe easily, immobilize your attention, think of the healing power within your subconscious mind; affirm that the organ of your body is healing now. As you do that, there must be no resentment or bitterness in your heart; you must forgive everyone. You can repeat this healing process three or four times daily. Remember that your subconscious mind made the body, and can heal it also. People are constantly affirming the healing of an organ or a part of their body; then ten or fifteen minutes afterwards, they say, "Oh, I am getting worse; I'll never

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be healed. I am incurable." This mental attitude or these negative statements neutralize the previous, positive affirmation.

If a surgeon operated on you, cut out your appendix, and in the next few minutes ran back and opened you up again to see how you were getting along; then a half hour later ran back and opened you up again, he would probably kill you by poisoning. You kill or prevent your healing by using negative statements.

There is a subconscious mind within you; you should learn how to use it in the same manner as a man learns to use electricity. Man controls electricity with wires, tubes, and bulbs, plus his knowledge of the laws of conductivity and insulation, etc. We must learn about the tremendous power and the intelligence within us, and use it wisely.

Many men are beginning to realize the true importance of the subconscious mind. In business many men are using it to achieve success and promotion. Edison, Ford, Marconi, Einstein, and many others have used the subconscious mind; it has given to them the insight and the "know how" for all of their great achievements in science, industry, and art. Research has shown that the ability to bring into action the subconscious powers has determined the success of all of the great scientific and research workers. There is a tremendous dynamo within you, and you can use it. You can also be completely released from tension and frustration. You can discover the abundant energy within you enabling you to energize and vitalize all parts of your body.

We are told, for example, that Elbert Hubbard declared that his most important ideas came while he was relaxed, or working in the garden, or going for a walk; the reason being when the conscious mind is relaxed, the subjective wisdom comes to the fore. There are oftentimes inspirational up rushes when the conscious mind is completely relaxed.

How often have you wondered at night what the answer to a particular problem was, and when you turned the request over to the subconscious mind, it gave you the solution in the morning. This is the meaning of the old adage, "Night brings counsel." If you want to wake up at seven o'clock in the morning, and you suggest seven o'clock to the

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subconscious mind, the subconscious mind will wake you at seven o'clock on the dot.

A mother may be nursing a sick child, and she falls asleep; but before she goes to sleep, she suggests to the subconscious mind that she will awaken if the child's temperature goes up, or when it needs medicine, or perhaps cries. There may be a thunderstorm going on while the mother sleeps; yet she is not awakened by the storm; however, when the child cries, she is immediately awakened. This is a simple function of the subconscious mind.

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Chapter 2

The Subconscious Mind and Health

The subject of mental therapeutics is creating a wide-spread interest all over the world at the present time. Man is gradually awakening to the healing powers resident in his subconscious mind. It is a well-known fact that all of the various schools of healing effect cures of the most wonderful character. The answer to all of this is that there is one universal healing principle: namely, the subconscious mind, and one process of healing which is faith. This is why Paracelsus stated this great truth: "Whether the object of your faith be real or false, you will nevertheless obtain the same effects."

It is an established fact that cures have taken place in various shrines throughout the world, such as in Japan, India, Europe, and the American continent. You will find many widely differing theories, each presenting indubitable evidences of healing. Obviously to the thinker, there must be some underlying principle common to them all. Regardless of the geographical location, or the means used, there is only one healing principle, and the process of every healing is faith.

The first thing to remember is the dual nature of your mind. The subconscious mind is constantly amenable to the power of suggestion; furthermore the subconscious mind has complete control of the functions, conditions, and sensations of your body.

I venture to believe that all of the readers of this book are familiar with the fact that the symptoms of almost any disease can be induced in hypnotic subjects by suggestion.

For example, a subject in the hypnotic state can develop a high temperature, flushed

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face, or chills according to the nature of the suggestion given. By experiment you can suggest to the person that they are paralyzed and cannot walk; it will be so. Pain can also be induced in any part of the body. By illustration you can hold a cup of cold water under the nose of the hypnotic subject, and tell him, "This is full of pepper; smell it!" He will proceed to sneeze. What do you think caused him to sneeze, the water or the suggestion?

If a man says he is allergic to Timothy grass, you can place a synthetic flower or any empty glass in front of the nose of such a person in a hypnotic state, and tell him it is Timothy grass; he will portray the usual allergic symptoms. This indicates that the cause of the disease is in the mind; the healing of the disease can also take place mentally.

We realize that remarkable healings take place through osteopathy, chiropractics, medicine, and naturopathy, as well as through all of the various churches, but we maintain that all of these healings are brought about through the subconscious mind—the only healer there is.

Notice how it heals a cut on your face caused by shaving; it knows exactly how to do it. The doctor dresses the wound; he says, "Nature heals it." Nature refers to natural law, the law of the subconscious mind, or self-preservation, which is the function of the subconscious mind. The instinct of self-preservation is the first law of nature; your strongest instinct is the most potent of all auto-suggestions.

You have just learned that you can induce disease in your own body, or that of another through suggestion, in defiance of your natural instincts. It is perfectly natural and obvious that suggestions in harmony with instinctive auto-suggestion would have greater power.

It is easier to maintain and restore health, than it is to bring about sickness in the body. The faith that brings about healing is a certain mental attitude, a way of thinking, an inner certitude, an expectancy of the best.

In the healing of the body it is, of course, desirable to secure the concurrent faith of both the conscious and subconscious mind; however, it is not essential if the person will

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enter into a state of passivity and receptivity by relaxing the mind and the body, and getting into a sleepy state. I have known people who have completely denied matter and their bodies; yet they received marvelous healings. I have known others who said the world was real, that matter was real, and that their bodies were real; they, likewise, have had wonderful healings.

The point is that any method, technique, or process you may use which will bring about a change in the mind or a new mental atmosphere is legitimate; results will follow. Healing is due to a changed mental attitude, or to a transformation of the mind.

Paracelsus said, "Whether the object of your faith be true or false, you will nevertheless obtain the same effects." Thus if you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you will get results, because of the powerful suggestion given to your subconscious mind; it is the latter that does the healing. The witch doctor with his incantations heals by faith also.

Any method which causes you to move from fear and worry to faith and expectancy will heal. True, scientific, mental healing is brought about by the combined function of the conscious and subconscious mind scientifically directed.

The man who denies the ulcer on his hand, though he has one, who even denies his body, and who says all that is visible and tangible has no real existence may get a healing; all of this would be absurd to you. The question arises, "How does the man get a healing when he protests against such statements claiming they insult his intelligence?" The reason is very obvious when you know how the subconscious mind works.

The man is asked to relax his mind and body, to get into a quiet, passive, receptive state; then the objective senses are partially suspended and in abeyance. He is in a sleepy state, and the subconscious mind is amenable to suggestion. The practitioner then suggests wonderful words of perfect health which enter his subconscious mind; the client finds immense relief and perhaps a complete healing. The practitioner is not handicapped by antagonistic auto-suggestions of the patient arising from objective doubt of the power of the healer or the correctness of the theory. In the sleepy, drowsy state of

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the conscious mind resistance is reduced to a minimum; hence results follow.

There are a great number who claim that because their theory produces results, it is, therefore, the correct one; this, as explained in this chapter, cannot be true. You know there are all types of healing. Mesmer and others healed by claiming they were sending forth a certain magnetic fluid. Other men came along and said all of this was nonsense, that the healing was due to suggestion.

All of these groups, such as psychiatrists, psychologists, osteopaths, chiropractors, physicians, and all churches are using the one universal, healing power resident in the subconscious mind. Each may proclaim the healings are due to their theory. The process of all healing is a definite, positive, mental attitude, an inner certitude, or a way of thinking called *faith.* Healing is due to a confident expectancy which acts as a powerful suggestion to the subconscious mind releasing its healing potency.

One man does not heal by a different power than another. It is true he may have his own theory and method. There is only one process of healing, and that is faith; there is only one healing power, namely, your subconscious mind. Select the theory and method which you prefer. You can rest assured, if you have the faith, you shall get results.

In the Los Angeles *Examiner* some time ago, John McDowell described tests being conducted in prayer therapy at Redlands University under the title, "Psychosomatic Tests Bare Prayer's Power." He writes as follows: "Dr. William R. Parker, 37-year-old director of the clinic, today revealed for the first time that early results of prayer therapy in a group of twenty arthritic, tubercular, ulcer, and speech impediment patients have been favorable.

"These patients, who agreed to practice prayer therapy in addition to the university clinic's regular group psychological therapy, have been making greater progress than the clinic's regular patients, Dr. Parker said.

"For example: A stomach ulcer patient, relying solely on prayer and group therapy, has reported that, for the last three weeks, all symptoms of his ailment have disappeared.

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“A Redlands University professor, afflicted most of his life with a severe case of stuttering which years of various treatments failed to correct, today has no trace of speech impediment after six months of prayer therapy.

“Another teacher, forced into retirement a year ago because of tuberculosis, is now back at his teaching job, apparently cured.

“‘This man’s doctor,—a tuberculosis specialist—recently gave him a sputum test,’ Dr. Parker said. ‘The test turned up negative, and the doctor was certain a mistake had been made. He immediately made another test, and that was negative, too.’

“Dr. Parker—a doctor of psychology, not medicine—stresses that prayer therapy is no ‘quackish’ miracle cure-all, but a scientific approach to prayer and its effect on the subconscious mind.

“The subconscious mind, in the eyes of the still-pioneering psycho-somatic medicine world, is the fountainhead of many of mankind’s afflictions, including arthritis, asthma, hay fever, multiple sclerosis, tuberculosis, ulcers, and high blood pressure.

“The psychosomatic theory—hotly disputed by the medical profession—is that such ailments start as functional disorders in the subconscious and develop into organic disease, which doctors treat by attacking the symptoms rather than the cause.

“Prayer therapy, according to Dr. Parker, is a psychosomatic attempt to attack the causes of these disorders in the subconscious.

“‘Four basic personality difficulties are at the root of everything that goes wrong in the subconscious mind,’ Dr. Parker said. ‘They are fear, hate, guilt, and inferiority.’

“In the Redlands prayer-therapy experiments, these basic difficulties are first ferreted out through a series of standard psychological tests given to patients participating in the project.

“Subsequently, the patients meet in a ninety-minute group session once a week to discuss their problems. At these meetings, each patient is given a sealed envelope containing information on one detrimental aspect of his or her personality uncovered in the tests.

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"Once at home, the patients open the envelopes, learn a new, undesirable phase of their personality, and resolve that particular difficulty in prayer daily until the next group meeting.

"There is only one 'must.' Each patient is required to pray regularly each night before he or she retires.

"'We insist on a prayer at that time, because the last thing that a person is thinking before going to sleep is most likely to penetrate to the subconscious,' Dr. Parker said.

"Dr. Parker, who first tried out his prayer theories on himself during an onset of ulcers three years ago, said most of the patients have to be taught how to pray.

"The clinic's prayer-therapy patients are taught a positive approach to prayer, stressing love, and an uplifting concept of God and the universe.

"Our prayers are not a begging for health, but are affirmations of the healing of the unhealthy element the patient wants to attack stated in such a positive, repetitious manner that eventually it sinks into the subconscious, and becomes a part of that person,' Dr. Parker said.

"'In that manner, through prayer, destructive aspects within the subconscious can be attacked and eventually overcome, thus eliminating the basic causes of their physical ills.'"

In the Wilshire Ebell Theatre where I speak to an overflow audience each Sunday, we have a period called "the healing silence." The first thing I do is ask the audience to relax, let go, and to stop the wheels of their mind. The purpose is to quiet down the doubting Thomas (conscious mind), and insert a new idea such as health, peace, joy, and abundance into the receptive minds of the listeners. Those who are impregnated will give birth to a healing or an answer to their prayer. This is the kinetic action of the subconscious mind. Many report excellent results every Sunday as attested to by grateful letters.

I would like to stress a few important factors here relative to the workings of the subconscious mind. A man came to me one time and asked me why it was when he kept

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on saying to himself, “I have no headache,” that the pain did not go away? The subconscious mind will not easily accept this contradiction; it accepts only what you believe and feel as true, or accept, as possible. If you mentally accept the possibility of the execution of your idea, the subconscious will cooperate. In order to impress the subconscious mind, you must gain its cooperation. If you can convince the subconscious mind you have no headache, the headache will go away.

I suggested to him this method: Declare: **“**It is passing away,” over and over again quietly and peacefully. In this way he would be better able to sell the idea or conclusion to the wise, deep self, called the subconscious mind. He got results; he added something to it, “It will never return.” For years he has never had any migraine attacks from which he suffered frequently. He had a belief or an expectancy that every Tuesday and Saturday morning, he would get migraine attacks. This feeling acted as an auto-suggestion to his subconscious mind; the latter obliged him by seeing to it that he would have a headache at the time specified. It simply said, “It is Tuesday morning; the boss wants a headache.” The negative suggestion was removed by the above counter suggestion.

Here is another instance: A very brilliant woman came to me some years ago stating that she had psoriasis on her body which would go away by applying an ointment, but that as soon as the salve was discontinued, it would return. She was not resenting anyone; she was very religious, and seemingly well balanced emotionally. In talking to her I discovered that she lived in constant fear of its return. As a matter of fact this was a very powerful suggestion to her subconscious mind, since it is controlled by suggestion and belief; it responded accordingly.

She would affirm two or three times a day: ‘I am whole, pure, and perfect; my skin is perfect; I am healed.” Nothing happened. You can readily see what happened in her case. Every time she said, “My skin is perfect,” it started a quarrel in her mind; something within her said, “No, your skin is not perfect!”

The following technique worked for her in a wonderful way. She started to say for

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five or ten minutes three or four times a day: “It is changing now for the better.” This created no quarrel in her conscious or subconscious mind; results followed; it gradually disappeared, and it has never returned. I am sure she ceased suggesting its return. (What I fear most has come upon me.)

Trust the subconscious mind to heal you. It made your body, and it knows all of its processes and functions. It knows much more than your conscious mind about healing and restoring you to perfect balance. The subconscious mind, sometimes called the deep-self, knows more about your body than all of the wisest men in the world. Never try to coerce or force the mind. We do not infer that some people who say, “I am whole, pure, and perfect,” do not get results; of course they do, because they succeed in convincing themselves of it. Blind belief and faith will bring results due to the subjective faith of the individual.

A psychologist friend of mine told me that one of his lungs was infected. X-rays and analysis showed the presence of tuberculosis. At night before going to sleep, he would quietly affirm, “Every cell, nerve, tissue, and muscle of my lungs are now being made whole, pure, and perfect. My whole body is now being restored to health and harmony.” These are not his exact words, but they represent the essence of what he said. A complete healing followed in about a month’s time; subsequent X-rays showed a perfect healing.

I wanted to know his method, so I asked him why he repeated the words prior to sleep. Here is his reply: “The kinetic action of the subconscious mind continues throughout your sleep-time period; hence give the subconscious mind something good to work on as you drop off into slumber.” This was a very wise answer. In suggesting harmony and health, he never mentioned his trouble by name.

I strongly suggest that you cease talking about your ailments or giving them a name. The only sap from which they draw life is your attention and fear of them. Like the above mentioned psychologist become a good mental surgeon; then your troubles will be cut off like dead branches are pruned from a tree.

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If you are constantly naming your aches and symptoms, by the law of your own mind these imaginings tend to take shape, greatly feared."

A technique of impressing the subconscious mind is as follows: This consists essentially in inducing the subconscious mind to take over your request as handed it by the conscious mind. This "passing over" is best accomplished in the reverie-like state. Know that in your deeper mind is infinite intelligence and infinite power. Just calmly think over what you want; see it coming into fuller fruition from this moment forward. Be like the little girl who had a very bad cough and sore throat. She declared firmly and repeatedly, "It is passing away now. It is passing away now." It passed away in about an hour. Use this technique with complete simplicity and naiveté.

In using the subconscious mind you infer no opponent; you use no will power. You use imagination, not will power. You imagine the end and the freedom state. You will find your intellect trying to get in the way, but persist in maintaining a simple, child-like, miracle-making faith. Picture yourself without the ailment or problem. Imagine the emotional accompaniments of the freedom-state you crave. Cut out all red tape from the process. The simple way is always the best.

Remember that your body possesses an organic mechanism reflecting the interplay of the conscious and subconscious mind; viz., the voluntary (cerebrospinal nervous system) and the involuntary nervous system. These two systems may work separately or synchronously. The vagus nerve connects the two systems in the body. When you study the cellular system and the structure of the organs such as eyes, ears, heart, liver, bladder, etc., you learn they consist of groups of cells which possess a group-intelligence whereby they function together, and are able to take orders and carry them out in deductive fashion at the suggestion of the master mind (conscious mind). This is why the group intelligence of the lungs responded to the constructive, positive suggestions of the psychologists previously mentioned in this chapter.

In this book our purpose is to remove the mystery of the workings of the mind, in order to know better its *modus operandi*. In the relaxed state the subjective mind comes

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to the surface, and begins to work on the correct patterns suggested by the healer. The kinetic action of the mind comes into play by way of the vagus nerve. Between sleeping and the waking state the mind breaks through from its material thraldom and the limitations of time and space, and asserts its innate freedom.

Dr. Evans, a student of Quimby, was able to suspend the conscious mind, and by an interior illumination, attended with no loss of consciousness of external surroundings, was able to diagnose disease.

Clairvoyance is one of the powers of the subconscious mind which enabled Quimby, Dr. Evans, and many others to clearly see the internal structure of man, the nature and extent of the disease, plus the cause behind it; this proved a great aid in their healing of patients. The explanation of the mental and emotional cause of their ailments was the solution in most cases.

The usual procedure is as follows:

1. Take a look at the problem.
2. Then turn to the solution or way out known only to the subconscious mind.
3. Rest in a sense of deep conviction that it is done.

Do not weaken your treatment by saying, “I hope so!” or “It will be better!” The cellular setup of your body will follow faithfully and honestly whatever blue print the conscious mind hands over to them via the subconscious, sometimes called subjective, or involuntary mind. Your feeling about the work to be done is “the boss.” Know that health is yours! Harmony is yours! Become intelligent by becoming a vehicle for the infinite, healing power of the subconscious mind.

The reasons of failure are: Lack of confidence and too much effort. Suggest to the subconscious mind to the point of conviction; then relax. Get yourself off of your hands. Say to conditions and circumstances, “This, too, shall pass.” Through relaxation you impress the subconscious mind enabling the kinetic energy behind the idea to take over, and bring it into concrete realization.

A careful study of the single-celled organism shows us what goes on in our complex

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body. Though the mono-cellular organism has no organs, it still gives evidence of mind-action and reaction performing the basic functions of movement, alimentation, assimilation, and elimination. Dr. Alexis Carrell's findings in heart experiments of chicks are significant, pointing to the basic finding that life functions despite the lack of complete, organistic equipment.

The body of man portrays the workings of his inner mind. Our real powers are resident in the subconscious mind. No one knows all of the workings of the subconscious mind; for it is infinite in its scope. We learn what we can about how it works; then we use it accordingly. People say there is an intelligence which will take care of the body if we let it alone. This is true, but the difficulty is that the conscious mind always interferes with its five-sense evidence based on outer appearances, leading to the sway of false beliefs, fears, and mere opinion. When fear, false beliefs, and negative patterns are made to register in the subconscious mind through psychological, emotional conditioning, there is no other course open to the subconscious mind except to act on the blue-print specification offered to it.

The subjective self within you works continuously for the general good, reflecting an innate principle of harmony behind all things. Study the works of Edison, Carver, Einstein, and many others who without too much outer education knew how to tap the subconscious mind for its manifold treasures. Have a reason for the faith in you. You cannot get very far if you do not believe in what you do not see. I do not see love, but I feel it; I do not see beauty, I see it manifested. Subjective faith is often greater in a puny body of a garret-loving poet than in the stronger frame of a prize fighter. Our greatest failing is a lack of confidence in the powers of the subconscious mind. Get acquainted with your inner powers.

Of what use is it to know in principle that you are perfect if you cannot bring it out? Self-realization, plus feeling, is the only key to healing. To get results is no proof your method is scientific or sound.

I knew a man who was told to wave a rabbit's foot around his head seven times, and a

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big wart would fall off. He believed it, and the result followed. The rabbit's foot had nothing to do with it; it was due to a law of mind. Mental acceptance and belief were the causes, and the disappearance of the wart was the effect. If you are tense and anxious, the subconscious mind will pay no attention to you in a tough situation.

A house-owner once remonstrated with a furnace-repair man for charging two hundred dollars for fixing the boiler. The mechanic said, "I charged five cents for the missing bolt, and one hundred and ninety-nine dollars and ninety-five cents for knowing what was wrong."

Similarly, your subconscious mind is the master mechanic, the all-wise one, who knows ways and means of healing any organ of your body, as well as your affairs. Decree health, and the subconscious mind will establish it, but relaxation is the key. "Easy does it." Do not be concerned with details and means, but know the end result. Get the *feel* of the happy solution of your problem, whether it is health, financial, or employment, etc. Remember how you felt after you had recovered from a severe state of illness. Bear in mind that the feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state—not in the future—but as *now* coming about.

One of our students who attended our lectures on The Miracles of The Mind had severe eye trouble which the doctor said necessitated operation. He was instructed how to use the Nancy School technique: Take a little phrase or affirmation, easily graven on the memory, and repeat it over and over again like a lullaby.

Each night this man, as he went to sleep, entered into the drowsy, meditative state, the state akin to sleep. His attention was immobilized and focused on his eye doctor. He imagined the doctor was in front of him, and he plainly heard, or imagined he heard, the doctor saying to him, "A miracle has happened!" He heard this over and over again every night for perhaps five minutes or so before going to sleep. At the end of three weeks he went to the ophthalmologist who had previously examined his eyes, and he said, to this client, "This is a miracle!" What happened? He impressed his subconscious

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mind, using the doctor as an instrument or a means of convincing or conveying the idea. Through repetition, faith, and expectancy he impregnated the subconscious mind. The subconscious mind made the eyes; within it was the perfect pattern, and immediately it proceeded to heal the eyes. This is another example of The Miracles of Your Mind.

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Chapter 3

The Subconscious Mind and Alcoholism

The Alcoholic is mentally ill, and he needs a mental overhauling. The problem drinker, the compulsive drinker, or the habitual drinker does not drink normally. The problem drinker is the chronic alcoholic; he drinks for days, weeks, and even months at a time. The alcoholic says that a passion seizes him periodically to drink. He is a victim of a habit, because the acts leading to intoxication have been repeated so often, he has established a subjective pattern in his subconscious mind.

Because the alcoholic has already yielded to his craving, he fears that he will yield once more; this contributes to his repeated falls due to the suggestions given to his subconscious mind. It is his imagination which causes the alcoholic to return to drinking intermittently. The images which have been impressed on his subconscious mind begin to bear fruit. He imagines a drinking bout in which glasses are filled and drained; then he imagines the following sense of ease and enjoyment, a feeling of relaxation. If he lets his imagination run wild, he will go to the bar or buy a bottle.

The drinker uses effort and will power to overcome the habit, or “cause,” as he calls it. The more effort or will power he uses, the more hopelessly engulfed does he become in the quicksand.

Effort is invariably self-defeated, eventuating always in the opposite of what is desired. The reason for this is obvious: The suggestion of powerlessness to overcome the habit dominates his mind; the subconscious mind is always controlled by the

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dominant idea. The subconscious mind will accept the strongest of two contradictory propositions. The effortless way is the best.

The first drink starts the alcoholic off. This is due to a subconscious tendency or urge established through habit.

There is a Law of Reversed Effort which was explained by the French school of therapeutics in 1910. It means this: When your desire and your imagination are in conflict, the imagination invariably gains the day. For example, you will hear an alcoholic say, “I took a lot of pains, I tried so hard, I forced myself, I used all the will power I had,” etc. He has to be made to realize that herein lies his error; then he begins to conquer the habit.

If, for example, you were asked to walk a plank on the floor, you would do so without question. Now suppose the same plank were placed twenty feet up in the air between two walls, would you walk it? Your desire to walk it would be counteracted by your imagination—your fear of falling. The dominant idea would conquer. Your desire, will, or effort to walk would be reversed, and the dominant idea of failure would be reinforced.

If a man says, “I want to give up alcohol, but I cannot” he may wish to give it up, but the harder he tries, the less he is able. Never try to compel the subconscious mind to accept your idea by exercising will power. Such attempts are doomed to failure. The subconscious mind accepts the dominant of two contradictory statements. It is like the man who is poverty stricken saying, “I am wealthy.” In most instances his statement makes him poorer. The simple reason for this is that his belief in poverty is much greater than his belief in abundance, so he is suggesting more lack to himself each time he makes the statement. This illustrates the Law of Reversed Effort. In other words, the opposite result from that which was intended follows.

In using the subconscious to heal alcoholism you must engage its cooperation. The subconscious mind will accept your feeling, your belief, or your conviction. The alcoholic avoids the conflict which arises in his mind by using the sleeping technique.

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By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The best time to impregnate the subconscious mind, as the French school pointed out in 1910, is prior to sleep. The reason for this is that the highest degree of outcropping of the subconscious occurs just prior to sleep and just after we awaken. In this state the negative thoughts which tend to neutralize your desire and so prevent acceptance by the subconscious no longer present themselves.

Here is a simple method a chronic alcoholic for forty years used. I wrote this out for him:

Assume a comfortable posture, relax your body, and be still. Get into a sleepy state and in that sleepy state say quietly, over and over again as a lullaby, "I am completely free from this habit; sobriety and peace of mind reign supreme." Repeat the above slowly, quietly, and lovingly for five or ten minute's night and morning. At the end of three weeks he lost all desire to drink. Each time he repeated the above statement its emotional value became greater. When the urge came, he repeated the above formula out loud to himself. By this means he induced the subconscious to accept his idea and a healing followed.

I remember treating an alcoholic in Rochester, New York, some years ago. He said to me, "I had not had a drop in six months, and I was congratulating myself. All my friends were patting me on the back telling me what wonderful will power I had."

"Then," he added, "an uncontrollable urge seized me, and I have been drunk for two weeks."

This had happened time and again with this man. The effort of his will suppressed his desire temporarily, but his continued effort to suppress made matters worse. His repeated failures convinced him that he was hopeless and powerless in controlling his urge or obsession. This idea of being powerless operated, of course, as a powerful suggestion to his subconscious, increased his impotence, and made his life a wreck.

I taught him how to harmonize the function of the conscious and subconscious mind.

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When the two cooperate, the idea or desire is realized.

His reasoning mind admitted that if he had been conditioned negatively he could be conditioned positively. His mind entertained the idea that he could succeed. He ceased thinking of the fact that he was powerless to overcome the habit. Moreover, he understood clearly that there was no obstacle to his healing other than his own thought. Therefore, there is no occasion for great mental effort or mental coercion. To use force is to pre-suppose that there is opposition. When the mind is concentrated on the means to overcome a problem, it is no longer concerned with the obstacle.

This man made a practice of relaxing his body, getting into a sleepy, drowsy, meditative state; then filling his mind with the picture of the desired end, knowing the subconscious would bring it about in the easiest way. He imagined his daughter congratulating him on his freedom, saying to him, "Daddy, it's wonderful to have you home."

He had lost his family through drink. He was not allowed to visit them; his wife would not speak to him.

Regularly, systematically, he used to sit down and meditate in the way outlined. When his attention wandered, he brought it back to the picture of his daughter with her smile, tonal qualities, and the scene of his own home.

All this was a reconditioning of his mind. It was a gradual process. He kept it up; he persevered knowing that sooner or later he would succeed in impregnating his subconscious with the mental picture. I told him the conscious mind was the camera, and his subconscious was the sensitive plate on which he registered and impressed the picture. This made a profound impression on him; his whole aim was to impress the picture and develop it in his mind. Your film is developed in the dark; likewise, your mental picture is developed in the darkhouse of the subconscious mind.

Realizing his conscious mind was the camera, he used no effort; there was no mental struggle. He quietly adjusted his thought, and focused all his attention on the scene before him. He became absorbed in its reality, somewhat like a sponge absorbing water.

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It's a sort of mental absorption whereby you are completely identified with the picture. Sometimes you are so engrossed or absorbed in reading a newspaper article, you can't hear a loved one speak to you.

He got into this mental atmosphere, repeated it frequently, and knew a healing would follow. When the temptation to drink came, he knew it was his imagination taking him back to the drinking bout, so he would switch off that scene, cut the film, so to speak, and see his daughter, feel her embrace, and hear her voice. The secret of his success was that he confidently expected to experience the picture he was developing in his mind.

You are a ship, and thought is your helm. Change the direction of the helm (your thought); as a result you change the direction of your ship.

Get acquainted now with that infinite reservoir of strength and healing power within you which is the subconscious mind. If you are an alcoholic, admit it; do not dodge the issue. Many people remain alcoholics, because they refuse to admit it.

Your disease is an instability, an inner fear. You are refusing to face life, and so you try to escape your responsibilities through the bottle. The interesting thing about an alcoholic is that he has no free will; he thinks he has; he boasts about his will power. The habitual drunkard says bravely, "I will not touch it anymore," but he has no power to back it up, because he does not know where to locate it.

The alcoholic is living in a psychological prison of his own making, and is bound by his beliefs, opinions, training, and environmental influences. He is like most people; i.e., he is a creature of habit. He is conditioned to react the way he does.

The alcoholic must build the idea of freedom and peace into his mentality, so that it reaches his subconscious mind. The latter being all-powerful will free him from all desire for alcohol; then the alcoholic who has the new understanding of how his mind works can truly back up his statements, and prove it to himself.

Your subconscious mind is conditioned by your beliefs and habits. If the alcoholic has a keen desire to free himself from the habit, he is fifty-one percent healed already. When

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he has a greater desire to give it up than to continue it, he will not experience too much difficulty in gaining complete freedom.

The alcoholic must recondition his mind. There are ways and means of doing this. When you think good, good follows; when you think evil, evil follows; these are simple examples of laws of mind. If a man dwells and broods on sorrow, he meets sorrow and gloom in his outer experience. If he dwells on peace and good fortune in his business, it will prosper. To know the possibilities of such laws of mind is to be seized with a new inspiration and a new faith.

The alcoholic learns that whatever thought he anchors his mind upon, the latter magnifies. If the alcoholic engages his mind on the concept of freedom (freedom from the habit) and peace of mind, and if he keeps focused on this new direction of his attention, he generates feelings and emotions which gradually emotionalize the concept of freedom and peace. Whatever idea is emotionalized is accepted by the subconscious mind, and brought to pass.

The alcoholic must realize that something good can come out of his suffering; he has not suffered in vain. However what good is it to continue to suffer?

To continue as an alcoholic is only to bring about mental and physical deterioration and decay. Begin to say, "No!" to the urge now. Realize that the power in your subconscious mind is backing you up. Even though you may be seized with melancholia and the shakes, begin to imagine the joy and freedom that is in store for you; this is the law of substitution. Your imagination took and peace of mind. You will suffer a little bit, you to the bottle; let it take you now to freedom but it is for a constructive purpose; you will bear it like the mother in the pangs of childbirth, and you will, likewise, bring forth a child of the mind. Your subconscious mind will give birth to sobriety.

Your thinking controls you, whether you know it or not. You are now fully aware of the fact that your subconscious mind accepts without question the thoughts you impress upon it. You can now begin to control your life. *To discipline your mind* means to think constructively and harmoniously.

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One time I read an article about Goethe. He was wont to hold imaginary, mental conversations with friends. For example, he would get still and quiet and imagine one of his friends answering him in the way he wanted, with characteristic gestures and tone of voice. He solved many of his problems that way. So can you.

Many have asked me about their reason or cause for drinking to excess. There are, of course, many reasons. It may be that a man is resenting his wife, or his job, or his employer. Maybe he is jealous, or he has an inferiority or rejection complex. I have discovered in treating alcoholics that there is nearly always a deep sense of guilt.

I am now thinking of a married man, with four children, supporting and secretly living with another woman during his business trips. He was ill, nervous, irritable, cantankerous, and could not sleep without drugs. He had pains in numerous organs of his body which doctors could not diagnose. He was a confirmed alcoholic when I saw him. The reason for his periodic sprees was a deep unconscious sense of guilt. He had violated the ancient code and this troubled him. The religious creed he was brought up on was deeply lodged in his subconscious mind; he drank excessively to heal the wound of guilt.

Some take morphine and codeine for severe pains, he was taking alcohol for the pain or wound of the mind. It is the old story of adding fuel to the fire.

He listened to the explanation of how his mind worked, he faced his problem, looked at it, and gave up his dual role. He knew that his drinking was an unconscious attempt to escape. The hidden cause lodged in the subconscious had to be eradicated; then the healing followed.

When he began to look at his problem in the light of reason, it was dissipated. He began to use this treatment three or four times a day. “My mind is full of peace, poise, balance, and equilibrium. The Infinite Power lies stretched in smiling repose within me. I am not afraid of anything in the past, the present, or the future. Infinite Intelligence leads, guides, and directs me in all ways. I now meet every situation with faith, poise, calmness, and confidence. I am now completely free from the habit; my mind is full of

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inner peace, freedom, and joy. I forgive myself; then I am forgiven. Peace, Sobriety, and Confidence reign Supreme in my mind."

He repeated this frequently knowing what he was doing, and why he was doing it. Knowing what he was doing gave him the necessary faith and confidence. I explained to him that as he said these statements out loud, slowly, lovingly, and meaningfully, they would gradually sink down into his subconscious; like seeds they would grow after their kind.

I explained to him that his subconscious mind was like a garden; by planting lovely seeds he would reap a wonderful harvest. It is the nature of an apple seed to bring forth an apple tree. These truths which he concentrated on went in through his eyes; his ears heard the sound; the healing vibration of these words reached his subconscious mind, and obliterated all the negative mental patterns which caused all the trouble. Light dispels darkness; the positive thought destroys the negative. He became a transformed man within a month.

Of course, as you know, people will give you all manner of excuses or alibis as to why they drink. They may blame their drinking on some tragedy in the home, some crisis in their life, lack of money, or education. The real reason is negative thinking which has brought about an emotional maladjustment. "As a man thinketh in his heart, so is he." The word *heart* is an ancient word meaning the subconscious mind. In simple language it is saying, "As you think and feel, so are you in all departments of your life."

Emerson said, "A man is what he thinks all day long." This is the answer and the whole story. The cause is in yourself, in your habitual thinking, your mental attitude, and reaction to life. The alcoholic addict is really seeking to escape some sense of bondage or some subconscious restriction. In other words the alcoholic lacks confidence and poise.

I told a woman one time not to give any more money to her son as he spent it all on drink. I said, "You are only contributing to his delinquency."

"Oh," she said, "he kneels down, kisses the Bible, and swears he will never touch

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another drop. I believe him; then I give him the money. He seems so penitent, remorseful, and so full of condemnation of himself for the way he acted, that I think he means it."

I explained to her that these were idle statements on the part of her son and really meant nothing; under no circumstances should she give him any more money. I spent some time with her explaining that the boy had no free will, but was just boasting about his will power to give up drinking. His statements and oaths that he would never touch it anymore were meaningless, as he had no power to back them up. In other words, he did not know where the power was, nor how to locate it.

She brought him to see me. He came rather reluctantly making the usual statement that he was not an alcoholic. I told him to stop this nonsense; admit it openly, and not dodge it. That is the first step in healing. Many remain alcoholics, because they refuse to admit they are.

This boy was condemning himself saying, "I suppose I'm no good." Alcohol took him into a world of temporary illusion where in his morbid imagination he was king for a day. This gave him a false sense of confidence and a temporary sense of self-sufficiency. He admitted that if he took one drink, he lost all control, and drank until he fell unconscious. The reason for this is obvious: His mental control was rendered null and void due to a subconscious pattern engraved on his mind over a long period of time. It is like a track on which the train moves. He had established a mental track in his mind on which ran images of drinking bouts, of glasses filled, images associated with feeling of enjoyment and success.

The minute this confirmed drunkard took a drink that was a suggestion for another and another until he fell unconscious. He had subjectified a belief in the necessity of alcohol; the law of the subconscious being that of compulsion, the moment he took one he was compelled to take another. This young man said what all alcoholics say, "If I don't take the first drink I'm all right, but the minute I take the first, I lose control."

The reason is that the one drink brings on an outcropping of the subconscious mind

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which, in the case of the alcoholic, due to long habit and conditioning says to him, "Have another! Have another!" His subconscious belief and fear is his governor, and controls his conduct and actions.

Man is bound by his beliefs, opinions, training, and environmental influences. He is conditioned to react the way he does. Life is forever seeking to express itself through man. The desire for true place, peace of mind, abundance, and security are cosmic urges within all men. There is a law of mind which, when understood, enables man to realize his cherished desires. The cause of all confusion, strife, and problems in the world is man's failure to realize his heart's desires. Show man the powers of his own subconscious mind; tell him that if he will imagine the end; feel it subjectively, and remain faithful to his ideal, the subconscious will bring it to pass. People who try and stifle desire have really an unconscious impulse toward self-destruction or self-oblivion. When man begins to believe in a Power greater than himself lodged in his own unconscious depths, he is on the way to health, happiness, and peace of mind.

There is nothing new about the following technique. It is as old as man. The most ancient wisdom available said, "As a man imagines and feels, so is he."

The first step: Get still; quiet the wheels of the mind. Enter into a sleepy, drowsy state. In this relaxed, peaceful, receptive state you are preparing for the second step.

The second step: Take a brief phrase which can readily be graven on the memory, and repeat it over and over again as a lullaby. (Nancy School technique). Use the phrase, "Sobriety and peace of mind are mine now, and I give thanks." To prevent the mind from wandering repeat it aloud or sketch its pronunciation with lips and tongue as you say it mentally. This helps its entry into the subconscious mind. Do this for five minutes or more. You will find a deep emotional response from the subconscious. It is wonderful.

The third step: Just before going to sleep, practise what Goethe used to do. Imagine a friend, a loved one in front of you. Your eyes are closed; you are relaxed and at peace. The loved one is subjectively present and is saying to you, "Congratulations!" You see the smile; you hear the voice. You touch the hand and the face; it's all so real and vivid.

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The word *congratulations* implies complete freedom. Hear it, over and over again, until you get the reaction which satisfies.

The above technique is sound, psychological procedure, and is an excellent means of conveying an idea to the subconscious mind. You know you will go where your vision is. The wishful thinker is a man who does not believe in the possibility of the execution of his idea or desires. He is the day dreamer. The scientific thinker imagines the end—the victory. He sees fulfillment and accomplishment, and maintains his faith every step of the way knowing that having imagined and felt the end, he has willed the means to the realization of the end.

When fear knocks at your door, when doubt, worry, and anxiety cross your mind, behold your vision. Trust it, believe in it, and an Almighty Power will be generated by your subconscious giving you full confidence and strength. Keep on keeping on "until the day breaks and the shadows flee away."

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Chapter 4

The Subconscious Mind and Wealth

The trouble with most people is that they have no invisible means of support when business falls away, or the stock market drops, or they lose their investments; they seem helpless. The reason for such insecurity is that they do not know how to tap the subconscious mind. They are unacquainted with the inexhaustible storehouse within.

A man with a poverty-type mind finds himself in poverty-stricken conditions. Another man with a mind filled with ideas of wealth is surrounded with everything he needs. It was never intended that man should lead a life of indigence. You can be wealthy, have everything you need, and plenty to spare. Your words have power to cleanse your mind of wrong ideas, and to instill right ideas in their place.

I have talked to many people during the past thirty-five years; their usual complaint is, "I have said for weeks and months that I am wealthy; I am prosperous, and nothing has happened." I discovered that when they said, "I am prosperous; I am wealthy," they felt within that they were lying to themselves.

One man told me, "I have affirmed until I am tired that I am prosperous. Things are now worse. I knew when I made the statement, that it was obviously not true." His statements and those of the others were rejected by the conscious mind, and the very opposite of what they affirmed and claimed was made manifest.

Auto-suggestion succeeds best when it is specific, and it does not produce a mental conflict or argument; hence the statements made by this man made matters worse,

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because they suggested his lack. The subconscious accepts only your convictions and beliefs, not just words or statements. The dominant idea or belief is always accepted by the subconscious mind.

The following is a way to overcome this conflict for those who have this difficulty. Make this practical statement frequently, particularly prior to sleep: “By day and by night I am being prospered in all of my interests.” This will not arouse any argument, because it does not contradict the subconscious mind’s impression of financial lack.

I suggested to one business man whose sales were very low, and he was greatly worried, that he sit down in his office, get quiet, and repeat this statement over and over again: “My sales are improving every day. I am advancing, progressing, and getting wealthier every day.” This statement engaged the cooperation of the conscious and subconscious mind; results followed.

The above is a very simple, unique way of impressing the subconscious mind with the idea of wealth. Perhaps you are saying as you read this chapter, “I need wealth and success.” This is what you do: Repeat for about five minutes to yourself three or four times a day, “Wealth—Success.” These words have tremendous power. They represent the inner power of the subconscious mind. Anchor your mind on this substantial power within you; then conditions and circumstances corresponding to their nature and quality will manifest in your life. You are not saying, “I am a success,” or “I am wealthy.” You are dwelling on real powers within you. There is no conflict in the mind when you say, “Wealth,” or “Success”; furthermore, the feeling of wealth and success will well up within you, as you dwell upon these ideas.

The feeling of wealth produces wealth; the feeling of being successful produces success; keep this in mind at all times. The subconscious mind is like a bank—a sort of universal bank; it magnifies whatever you deposit or impress upon it, whether it is good or evil.

You sign blank checks when you make such statements as: “There is not enough to go around;” or “There is a shortage;” maybe, “I will lose the mortgage;” etc. If you are full

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of fear about the future, you are also writing a blank check, and attracting negative conditions to you. The subconscious mind takes your fear and belief as your requests, proceeding in its own way to bring obstacles, delays, lack, and limitation into your life. To him that hath the feeling of wealth, more wealth shall be added; to him that hath the feeling of lack, more lack shall be added. The subconscious mind gives you compound interest also. Every morning as you awaken deposit thoughts of prosperity, success, wealth, and peace; dwell upon these concepts; busy your mind with them as often as possible. These positive thoughts will find their way as deposits in your subconscious mind, and bring forth abundance and prosperity.

I can hear you saying, "Oh, I did that and nothing happened." You did not get results, because you indulged in fear thoughts perhaps ten minutes later, and neutralized the good you had affirmed. When you place a seed in the ground, you do not dig it up.

Suppose, for example, you are going to say, "I shall not be able to make that payment!" Before you get further than, "I shall—" stop the sentence, and dwell on a positive, constructive statement, such as, "By day and by night I am being prospered in all my ways."

To prosper means to advance along all lines in wisdom, understanding, and material possessions. Money represents wealth; it is a symbol of exchange; it represents freedom, opulence, luxury, and refinement. I do not know of anyone who says that he has too much; in all probability he is looking for more.

Most people are under the impression that the value of their money is dependent on so much gold in South Africa or in the vaults of the United States Treasury; others live in fear that the currency will be devaluated, and that they will lose. When the blood is circulating perfectly and harmoniously in your body, the physician says that you are healthy; like-wise, when money is circulating freely in your life, meeting all of your needs, and there is always a surplus, you are prosperous.

For example, if you listen to the radio, and you hear that there is a crash in the stock market, resulting in a worried or frightened feeling, you are conditioned and affected by

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some set of statistics or by a news broadcast. Your financial security and wealth are dependent upon your subjective or inner feeling of prosperity.

When you are seeking to convey the idea of wealth and success to your subconscious mind, be sure you never make foolish statements, such as: “I despise money.” “It is an evil thing.” “It is the root of all evil.” Such an attitude of mind will cause money to take wings and fly away from you. You would then be giving two conflicting orders to the subconscious mind; one would neutralize the other, and nothing would happen.

Money has taken many forms down through the ages. What you really want is to have a subconscious conviction that money will always be in constant circulation in your life, meeting all of your needs at every moment of time and every point of space.

Money is essential for your economic health in this country; therefore, you should have all you need and a surplus. Begin now to believe and claim that money is wonderful. Begin to love money and be friendly with it; you will always have plenty; you will never want.

Love is an emotional attachment. Except you love your work, or profession, you cannot be a true success. Love always magnifies and multiplies. Love the, idea of wealth until it becomes embodied subjectively. Write this down in big letters in your mind: What you love, you increase. What you criticize, fades out of your life.

You are familiar with this fundamental fact: When money is circulated freely in a country, its financial condition is healthy. Let there be a healthy circulation of money in your life also, particularly in your mental attitude. Believe that money is good; think of all of the good you can do with it. Become a mental inlet and outlet for a constant stream of wealth forever flowing to you and forever flowing from you in a perfect circulation.

If you are having financial difficulties, trying to make ends meet, it means you have not convinced your subconscious mind that you will always have plenty and some to spare. You know men and women who work a few hours a week, and make fabulous sums of money. They do not strive or slave hard. Do not believe the story that the only way you can become wealthy or successful is by the sweat of your brow and hard labor.

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It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it. Sing at your work; you will, if you love it; also, if you love your work, you are bound to be a success.

An executive I know receives a salary of $60,000 yearly. Last year he was on a ten month cruise, seeing the world and its beauty spots. He has convinced his subconscious mind that he is worth that much money. He told me that many men in his organization getting less than one hundred dollars per week knew more about the business than he did, and could manage it better, but they had no ambition and no ideas.

Money is simply a subconscious conviction on the part of the individual. You will not become a millionaire by saying, “I am a millionaire. I am a millionaire.” You will grow into a wealth-consciousness by building into your mentality the ideas of wealth and success.

One of our students who was formerly a seventy-five dollar a week salesman is now a sales manager at a salary of twelve thousand yearly. It all happened within a period of a month.

Every morning as this person shaved, he would look into the mirror, and say to himself, “You are wealthy; you are a big success;” this went on for weeks. In about eight weeks he was suddenly promoted over the heads of eighty other salesmen. While shaving, you are relaxed. As previously outlined, you can convey an idea to the subconscious mind by repeating it again and again at intervals with faith and a joyous expectancy.

Here is a question frequently asked in our large and enthusiastic classes held at the Wilshire Ebell Theatre: “If I need a certain amount, such as, one thousand dollars, should I just concentrate on that?” You could do that, and it would work. However, the general and best procedure is not to think of money in terms of any particular or set sum. Think of it in terms of plenty to sustain you with ease and perfect freedom of action. The reason for this is that whatever you impress on the subconscious mind is always increased and multiplied like the grains of wheat sown in the ground bring forth of its

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kind a hundredfold.

The subconscious mind works under a law of abundance. Nature is lavish, extravagant, and bountiful. Increase your estimate of yourself. If you bargain with life for a penny a day, the universe will respond accordingly. Many people have a keen desire for more money, but they have a subconscious pattern of seventy-five dollars a week; therefore, that is what they demonstrate; whereas they could demonstrate much more.

Here is a simple technique for you to increase your consciousness of wealth; use these statements several times a day: "I like money; I love it; I use it wisely, constructively, and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good and very good." This will help you get the right attitude toward money.

Never criticize money by saying, "It is filthy lucre; it is bad; it is tainted." You cannot attract what you criticize. When you begin to think things through, you will realize that real wealth depends on the circulation of wonderful ideas in your mind which well up from the subconscious levels.

A young detective desiring more money, used the above mentioned formula. One morning he awakened with an intense desire to write a short story based on one of his experiences. He sat down; ideas came freely; his story was accepted; then he wrote many others, and was paid handsomely for these articles. Wealth came to him as ideas in his own mind. Your mind, also, can reveal to you a new invention, the material for a new book, or play. Make use of your subconscious mind.

One sales manager I knew used to get ideas for his promotional sales campaign when he awakened in the morning. He became the president of the company; they never had a sales manager like him.

Your subconscious mind is never short of ideas; there are within it an infinite number of ideas ready to flow into your conscious mind, and appear as cash in your pocket book in countless ways. This process will continue to go on in your mind regardless of

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whether the market goes up or down, or whether the pound sterling or dollar drops in value. Your wealth is never truly dependent on bonds, stocks, or money in a bank; these are really all symbols necessary and useful, of course. The point I wish to emphasize is that if you convince your subconscious mind that wealth is yours, and that plenty of money is always circulating in your life, you will always have it regardless of the form it takes.

If you believe that wealth or money is dependent on your job or more hours of work, you have a limited concept; you are bound by your own beliefs. This is a world of cause and effect. If you worry and fret about money, this mood of lack will produce a greater lack of money. Your mental attitude is the cause; less money is the effect.

There is one emotion which is the cause of financial lack in the lives of many. Most people learn this fact the hard way. It is envy. For example, if you see a competitor depositing large sums of money in the bank, and you have only a meagre amount to deposit, does it make you envious? The way to overcome this emotion is to say to yourself, “Isn’t it wonderful! I rejoice in that man’s prosperity. I wish for him greater and greater wealth.”

Do you know what you are doing? You are actually impressing the subconscious mind with the idea of wealth! To entertain envious thoughts is devastating, because it places you in a very negative position; therefore, wealth flows from you, instead of to you. If you are ever annoyed or irritated by the prosperity or great wealth of another, claim immediately that you truly wish for him greater prosperity in every possible way. This will neutralize the negative thoughts in your mind, and cause a greater measure of wealth to flow to you by the law of your own subconscious mind.

Maybe you know someone who is always trying to make ends meet; they seem to have a great struggle with money. Have you listened to their conversation? In many instances their conversation runs along this vein: They are constantly condemning those who have succeeded in life, and who have put their heads above the crowd. Perhaps they are saying, “Oh, that fellow has a racket; he is ruthless; he is a crook.” This is why they

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lack; they are condemning the thing they desire and want. The reason they speak critically of their prosperous associates is because they are envious and covetous of the other's prosperity. The quickest way to cause wealth to take wings and fly away is to criticize and condemn others who have more money than you.

Do you say you never had a chance? Are you blaming your relatives, your mother, or father, because they never aided you financially. Stop doing it immediately. Learn that the secret to wealth is the correct use of your own mind. All of the resources of that infinite mind are behind you seeking expression through you, if you will only have a receptive, mental attitude.

If you are worried and critical about someone whom you claim is making money dishonestly, cease worrying about him. You know such a person is using the law of mind negatively; the law of mind takes care of him. Be sure not to criticize him, for the reasons before assigned.

If you are experiencing a financial block, the obstruction is in your own mind. You can now destroy that mental block. Get on mental, good terms with everyone.

As you go to sleep tonight, practice the many techniques which we occasionally refer to. Repeat the word, "Wealth," quietly, easily, and feelingly. Do this over and over again as a lullaby. Lull yourself to sleep with the one word, "Wealth." You should be amazed at the results. Wealth should flow to you in avalanches of abundance; this is another example of The Miracles of The Subconscious Mind.

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Chapter 5

How to Apply the Subconscious Mind to Marital Problems

The best time to prevent a divorce is before marriage. Ignorance of the powers within you is the cause of all of your marital trouble. Learn how to attract the right wife or husband. For instance, if you are a girl seeking a husband, do not begin to tell yourself all of the reasons why you cannot get married; rather tell yourself all of the reasons why you can be happily married. Eradicate the word cannot from your vocabulary. He can, who believes he can!

You are now acquainted with the way the subconscious mind works. You know that whatever you impress upon it, shall be experienced in your world. Begin now to impress your subconscious mind with the qualities and characteristics you admire in a man.

This is one technique: Sit down at night in your armchair; close your eyes; let go; relax the body; become very quiet, passive, and receptive. Talk to your subconscious mind, and say to it, “I am now attracting a man into my experience who is honest, sincere, loyal, kind, faithful, and prosperous. He is peaceful and happy. These qualities are sinking down into my subconscious mind now. As I dwell upon these qualities, they become a part of me. I know there is an irresistible law of attraction, and that I attract to me a man according to my subconscious belief. I attract that which I feel as true in my subconscious mind. In other words I know that according to the law, I will attract a man in accordance with my feelings, beliefs, and impressions made on my subconscious

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mind regarding the type of man I seek."

Practice this process of impregnating your subconscious mind; then you will have the joy of attracting a man having the qualities and characteristics you mentally dwelt upon. The subconscious intelligence will open up a pathway whereby both of you will meet according to the irresistible and changeless law of your own subconscious mind. Have a keen desire to give the best that is in you of love, devotion, and cooperation. Be receptive to this gift of love which you have given to your subconscious mind.

Marriage between man and woman should be an act of love. Honesty, sincerity, kindness, and integrity are forms of love. Each should be perfectly honest and sincere with the other. There is not a true marriage when the man marries a woman for her money, social position, or to lift his ego, because there is no sincerity or honesty there. The marriage is not of the heart. When a woman says, "I am tired working; I want to get married, because I want security;" her premise is false; she is not using the laws of mind correctly. Her security depends upon her knowledge of the interaction of the conscious and subconscious mind and its application.

For example, a woman will never lack for wealth or health if she applies the technique outlined in the respective chapters of this book. Her wealth can come to her independent of her husband, father, or anyone else. A woman is not dependent on her husband for health, peace, joy, inspiration, guidance, love, wealth, security, happiness, or anything in the world. Her security and peace of mind come from her knowledge of the inner powers within her, and her constant use of the laws of her own mind in a constructive fashion. Marrying for money or to get even with someone is, of course, a farce and a masquerade.

A man and a woman must be subjectively united in the sense that a real love or sense of oneness prevails; in other words two hearts are united in love, freedom, and respect.

A number of people have said to me, "Oh, we love each other, why should we bother getting married?" The answer to this is extraordinarily simple: What we subconsciously feel and accept as true is always objectified or made manifest on the screen of space.

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Their reasoning, therefore, is false and insincere. The law of mind is, "As within, so without."

Let us take the case of a man or a woman who has made an honest mistake. She now finds herself married to a drug-addict; he refuses to work; she has to support him; he is ruthless and cruel. It is true that due to her state of mind, she attracted that man; yet she is not condemned to live in a world of misery brought about by her own mood or ignorance. Had she used her subconscious mind in the right way, this would not have happened. (I am sure that if you fell into the gutter, slipped perhaps on a banana peel, it would be silly to condemn yourself and stay in the gutter. The obvious thing to do would be to get up out of the gutter, wash yourself, and keep on going.) The woman herein referred to, packed her belongings, and left this man. She realized it was an intolerable situation. Surely this woman is not condemned to live with this man when their hearts and minds are miles apart. You can tie two people together with a rope; yet they can be as far apart as the poles in thought, feeling, and perspective.

You are divorced mentally when your mind and heart are else-where. To stay together in such circumstances is chaotic from all angles. Marriage is a union of two hearts; there is no marriage where the hearts are not bound together in love and peace. Adultery takes place in the heart first. The heart is the seat of the emotions. If you are resentful, hateful, and critical of your partner, you have already committed adultery in your heart.

To direct your mental and emotional operations along destructive and negative channels is to commit adultery. Always remember the adulterous state takes place in the mind. Bodily acts follow mental states; they do not precede.

Perhaps as you read these pages, you are saying, "I know a young couple who got married recently. They both used the laws of mind; they seemed perfectly happy in every way. Now they are contemplating a divorce." The mental attitude which attracted and endeared them to each other must be maintained and strengthened, in order to preserve the marriage. If a disagreement arises or some slight argument occurs, and one of the partners engages the mind on a negative idea such as resentment or hostility, he is

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uniting with the error in his mind, and it is destructive to marital happiness.

The little arguments and quarrels which married people engage in will not hurt; it is the sustained grudge or ill feeling which does the damage. When the harsh words said are all forgotten and forgiven a few minutes later, no harm has been done. It is when the feeling of being hurt is prolonged, that the danger lies.

If a man begins to brood, grows morbid against his wife, because of the things she said or did, he is committing adultery, since he is mentally engaged in bitterness. This mood will endanger the marriage except he forgives and radiates love and goodwill to his partner. Let the man who is bitter and resentful swallow his sharp remarks; let him go to great length to be considerate, kind, and courteous. He can deftly skirt the differences. Through practice and mental effort, he can get out of the habit of antagonism; then he will be able to get along better not only with his wife, but with business associates also. Assume the harmonious state, and eventually you will find peace and harmony.

Let us have a few remarks about the nagging wife. Many times the reason she is a nagger is because she gets no attention; oftentimes it is a craving for love and affection. Give it to her. There is also the nagging type of woman who wants to make the man conform to her particular pattern. This is about the quickest way in the world to get rid of a man.

The wife and the husband must cease being scavengers—always looking at the petty faults or errors in each other. Let each give attention and praise to the positive and wonderful qualities in the other.

A great mistake is to discuss your marital problems or difficulties with neighbors and relatives. Suppose, for example, a wife says to the neighbor, “John never gives me any money; he treats my mother abominably; drinks to excess, and he is constantly abusive and insulting.” Now this wife is degrading and belittling her husband in the eyes of all of the neighbors and relatives; he no longer appears as the ideal husband to them. Never discuss your marital problems with anyone except a trained counselor. Why have many

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people thinking negatively of your marriage? Moreover, as you discuss and dwell upon these shortcomings of your husband, you are actually creating these states within yourself. Who is thinking and feeling it? You are! As you think and feel, so are you.

Relatives will usually always give you the wrong advice; it is usually biased and prejudiced, because it is not given in an impersonal way. Any advice you receive which violates the golden rule—which is a cosmic law—is not good or sound. It is well to remember that no two human beings ever lived beneath the same roof without clashes of temperament, periods of hurts, and strain. Never display the unhappy side of your marriage to your friends. Keep your quarrels to yourself. Refrain from criticism and condemnation of your partner.

If there are children in the home, let the father praise their mother; let him call attention at times to her fine qualities and the happy aspects of the home.

A husband must not try and make his wife over into a second edition of himself. The tactless attempt to change her in many ways is so foreign to her nature; these attempts are always foolish; many times they result in a dissolution of the marriage. These attempts to alter her destroy her pride and self-esteem, and arouse a spirit of contrariness and resentment that proves fatal to the marriage bond.

Adjustments are needed, of course, but if you have a good look inside of your own mind, and study your character and behaviour, you will find so many shortcomings there to keep you busy the rest of your life. If you say, “I will make him over into what I want,” you are looking for trouble and the divorce court. You are asking for misery. You will have to learn the hard way that there is no one to change but yourself.

If you have a marital problem, ask yourself what it is you want; then realize that you can achieve that goal. You would solve your marital problem in the same way as any other problem. Define clearly what you want; then realize that what the mind engages in, it creates.

A woman told me one time that after thirty years her husband began to drink heavily, neglecting his home and children. She began to claim peace and harmony in her home

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and heart. She paid no attention to the circumstances or conditions. She quietly engaged her mind on her goal, knowing that her subconscious mind would bring about and magnify what she gave her attention to. Harmony and peace were again restored after a few months devotion to her true goal. This is an illustration of The Miracles of The Subconscious Mind.

By resenting and fighting the situation, this woman would only make matters worse. If there is quarreling and bickering in the home, turn your attention away from personalities, environments, and conditions, and focus your attention on your ideal, which is love, peace, and harmony. As you feed your mind upon these ideas, the subconscious mind will respond and bring about harmony.

I am often asked this question, "If one of the partners has an intense desire to terminate the marriage, and the other has an equally intense desire to remain united in marriage, and they are both sincere, what will happen?" In such cases there is a mental tug of war; this is a house divided against itself; sooner or later it will dissolve; however, their attitude of mind may prolong the situation.

The proper and correct way to solve this marital problem is to lift the thought above personalities and conditions, and begin to direct your thought to your true desire, trusting the infinite intelligence within you to bring about the perfect solution. Through the right application of the law of your subconscious mind, you can bring harmony where discord is, and resurrect peace where confusion reigns; moreover, the right application of your subconscious mind can dissolve a bad marriage.

Do not let foolish pride, anger, and a desire to get even take you to the divorce court, when all of the while your heart is one with the husband you left. Let love, goodwill, and kindness lead you back to the one you love in your heart. You can heal any problem through the right application and direction of your subconscious mind. Listening to the intuition or guidance which comes from the subjective wisdom within you would have perhaps prevented you from contracting the present marriage. You did not know how to use it; now you do. If you had a bad start, you can adjust it now by using the procedure

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and techniques outlined in this chapter. By exalting, and lifting up your partner in thought and feeling, and always cherishing the lovely qualities which brought you together, you can make your marriage a beautiful experience and a joy forever.

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Chapter 6
The Subconscious Mind and Guidance

In explaining the workings of the subconscious mind to our recent college class, one of the men present said that the answer to his problem came to him while he was shaving. The reason for this was that while he was shaving, he was relaxed; then the wisdom and intuition of the subconscious mind came to the surface mind.

This man had been giving intense, conscious application to his problem for several days. By adhering to the following instructions he got results: As he was about to go to sleep at night, he would say, “I am now turning this request over to my deeper mind; I know it has the answer, and I will receive it.”

In the first chapter we told you that the subconscious mind will awaken you at six in the morning, because you are thinking about six o’clock in the morning before you go to sleep. In the same manner the subconscious mind took up his case; having the superior wisdom, it logically deduces the perfect answer, and gave it to him.

You will often note that immediately after awakening, the answer will come to you, because you are still half asleep and half awake; there is an outcropping of the wisdom of the subconscious mind at that time.

When you are beset with a problem, what do you do? Many people will worry and fret about the problem; this makes matters worse, because the subconscious mind always magnifies what we impress upon it.

Many liken the subconscious mind to a bank; you are constantly making deposits in

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this universal bank. Be sure you deposit seeds of peace, harmony, faith, and goodwill; these will be magnified a thousand fold; then prosperity and good fortune will be your harvest. How do you find yourself reacting to the problems of the day and to your environment? If you react with anger, bitterness, criticism, and resentment, you are making these deposits in the bank within you. When you need strength, faith, and confidence, you cannot draw them out, because you have not placed these qualities in your bank.

Begin now to deposit joy, love, peace, and good humor; busy your mind with these things; then the subconscious bank will give you compound interest. It will magnify exceedingly beyond your wildest dreams.

When you have what you term a difficult decision to make, or when you fail to see the solution to your problem, begin at once to think constructively about it. If you are fearful and worried, you are not really thinking. Real thought consists in contemplating whatsoever things are true, just, honest, lovely, and of good report. True thinking is free from fear. The real reason why you are fearful is because you have a false concept, or you are taking a wrong view of things. Probably you believe that external things, conditions, and circumstances control you, and that they are causative. Remember you have dominion over your environment and conditions.

Here is a simple technique which you can follow: Quiet the mind; still the body; tell the body to relax; it has to obey you. It has no volition, initiative, or intelligence of itself; it is an emotional disc which records your beliefs and impressions. Immobilize your attention; focus your thought on the solution to your problem. Try and solve it with your conscious mind. Think how happy you would be about the perfect solution. If your mind wanders, bring it back gently. In this sleepy, drowsy state, say quietly and positively, “The answer is mine now; I know my subconscious mind knows the answer.” Live now in the mood or feeling of the solution. Sense the feeling you would have if the perfect answer were yours now. Let your mind play with this mood in a relaxed way; then drop off to sleep. You may fall asleep sooner than you expected, but you were

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thinking about the answer; the time was not wasted. When you awaken, and you do not have the answer, get busy about something else. Probably when you are preoccupied with something else the answer will come into your mind, like toast pops out of the toaster.

Never think about your problem in this manner: "Things are getting worse. I will never get the answer." "I see no way out." "It is hopeless." You are reversing the law, and undoing the good work you have done. Thinking about the answer activates the intelligence of the subconscious which knows all, sees all, and has the "know how" of accomplishment.

The subconscious mind has the power to create; it also obeys the orders given to it by the conscious mind. Remember always this simple truth: The conscious mind has the power of choice; the subconscious does what it is told to do. The latter accepts your beliefs and convictions, and brings them into your experience. It is an infinite, creative power.

Sometime ago I received a clipping from a magazine describing how Dr. Banting solved his problem of diabetes. He had made a profound study of the disease. One night he was awakened in the early hours of the morning with the answer to extract the substance from the degenerated, pancreatic duct of dogs; this was the origin of insulin, which has helped millions of people.

It does not follow that you will always get an answer overnight; the answer may not come for weeks or months. Do not be discouraged. Keep on turning it over every night to the subconscious mind prior to sleep, as if you had never done it before.

One of the reasons for the delay may be that you look upon it as a major problem. You may believe it will take a long time to solve it.

The subconscious mind is timeless and spaceless. Go to sleep believing you have the answer now, and that the solution is yours now. Do not postulate the answer in the future. Have an abiding faith in the outcome. Become convinced now, as you read this book, that there is an answer, and a perfect solution for you.

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Here is a very simple technique used from time immemorial to get an answer from the subconscious mind: Calmly think over what you want, such as, the answer, the harmonious solution, or the right decision. The best time to turn over a request is just before going to sleep. Relax the body; still the wheels of your mind; suggest sleep to yourself. You will begin to feel sleepy, but you are still consciously aware and capable of directing your attention.

For example, you can hear a baby cry next door, or you can hear someone walking around the house. You are in a state akin to sleep, between the waking and sleeping state. (The Nancy School of Therapeutics calls this state *the reverie.)* In this drowsy, meditative state you induce the subconscious mind to take over your problem or request; this *passing over* to the subconscious mind is best accomplished through the above process. You infer no opponent; you use no will power. You imagine the end, the solution, and the freedom state. Do this with complete naiveté and simplicity. Have a simple, childlike, miracle-making faith. Picture yourself without the problem. Cut out all of the red tape from the process.

The simple way is the best. This is an illustration: I lost a valuable ring; it was an heirloom; I looked everywhere for it, and could not locate it. I decided to practice what I preach! At night I talked to the subconscious in the same manner that I would talk to anyone. I said to it prior to dropping off to sleep: “You know all things; you know where that ring is, and you now reveal to me where it is.” In the morning I awoke suddenly with the words ringing in my ear, “Ask Robert!”

I thought it very strange that I should ask Robert; however, I followed the inner voice of intuition.

Robert said, “Oh, yes, I picked it up on the sidewalk in front of the house. It is in my drawer; it did not seem very valuable, so I did not say anything about it!” The subconscious mind will always answer you if you trust it.

A young man in our recent class had this experience: His father passed on to the next dimension, and apparently left no will. However this man’s sister told him that their

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father had confided to her that a will had been executed which was fair to all. All attempts to locate the will failed. During the closed class on The Miracles of The Subconscious Mind this young man put into practice what he heard. As he went to sleep, he said, “I now turn this request over to the subconscious mind; it knows just where that will is; it reveals it to me”; then he condensed his request clown to one word, “Answer,” repeating it over and over again as a lullaby. He lulled himself to sleep with the word, “Answer.”

This student had a dream that night, a very vivid, realistic dream, wherein he saw the name of a certain bank in Los Angeles and its address. He went there; found a safe deposit vault registered in the name of his father which solved all of his problems.

Your thought as you go to sleep arouses the powerful latency which is within you. For example, let us suppose you are wondering whether to sell your home, buy a certain stock, sever partnership, move to New York or stay in Los Angeles, dissolve the present contract or take a new one. Do this: Sit quietly in your arm chair or at the desk in your office; remember that there is a universal law of action and reaction. The action is your thought. The reaction is the response from your subconscious mind. The subconscious mind is reactive and reflexive; this is its nature. It rebounds, rewards, repays; it is the law of correspondence. It responds by corresponding. As you contemplate right action, you will automatically experience a reaction or response in yourself. You have now used the infinite intelligence resident in the subconscious mind to the point where it begins to use you; from then on your course of action is directed and controlled by the subjective wisdom within you, which is all wise and omnipotent. Your decision will be right; there will only be right action, because you are under a subjective compulsion to do the right thing. I use the word *compulsion,* because the law of the subconscious is compulsive.

Our subconscious convictions and beliefs dictate and control all of our conscious actions. The secret of guidance or right action is to mentally devote yourself to the right answer, until you find its response in you. The response is a feeling, an inner awareness,

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an overpowering hunch whereby you know that you know. You have used the power to the point where it begins to use you. You cannot possibly fail or make one false step while operating under the direction of the subjective wisdom within you.

Think of a garden; then you will understand the two-fold aspect of mind, and the subjective law by which it operates. The conscious mind plants the seed in the soil. It decides what kind of seed shall be planted. As you know the soil will grow whatever is planted, whether it is grapes or thorns.

Similarly, look upon the subconscious mind as the soil; it contains all of the elements necessary and essential for growth. Again let us realize it is the nature of the soil to *bring forth,* but as you know, it is not the slightest bit interested in what it brings forth. It does not care whether it brings forth a pear tree or an apple tree. All of the laws of nature would be violated should the soil refuse to produce or grow poisonous plants.

Exactly the same thing is true of the subconscious mind; it is a doer; it never questions or talks back to you. It accepts what you deposit in it, and produces it in your experience whether it is good or bad. Learn to use your subconscious mind constructively, wisely, and judiciously.

I want to stress this important fact: You will always receive guidance in respect to the subject in which you think about the most. The subconscious mind is impersonal and no respecter of persons. If, by illustration, you begin to think about how you can set fire to a certain building without being detected, ideas and thoughts will come to you for the evil and destructive uses of fire. The universal energy or power in and of itself is perfectly harmless; however, you can use it for constructive or destructive purposes.

Let us take the atomic energy about which we read so much; it is perfectly harmless. You know very well it is in the mind of man that the danger of atomic energy lies. He can use the atomic energy to warm or light a house or destroy thousands of people.

You receive guidance in accordance with what you habitually think about. If you think and dwell upon fears, troubles, and failure, you will be guided in the wrong direction, and more chaos and confusion will be experienced by you.

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Take this great thought, and dwell upon it: There is nothing to fear in all of the universe! You have the power of control through the wise use of your subconscious mind. Sit down quietly now, and think of a beautiful lake on top of a mountain; it is a still, quiet night. On the surface of the quiet, placid lake you see mirrored the stars, the moon, and perhaps the trees nearby. If the lake is disturbed, you will not see the stars or the moon. Similarly quiet your mind, relax, and let go. Think of peace and stillness; then over the mirrored waters of your mind will move the answer to your question!

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Chapter 7
Overcoming Fear through the Subconscious Mind

Emerson said, “Do the thing you fear, and the death of fear is certain.”

There was a time when the writer of this chapter was filled with unutterable fear when standing before an audience. The way I overcame it was to stand before the audience; do the thing I was afraid to do, and the death of fear was certain. When you affirm positively that you are going to master your fears, and come to a definite decision in your conscious mind that you are going to overcome, you release the power of the subconscious which flows in response to the nature of your thought.

One of our students told me that he was invited to speak at a banquet. He said he was panic stricken at the thought of speaking before a thousand people. He overcame the fear this way: For several nights he sat down in an armchair for about five minutes and said to himself slowly, quietly, and positively, “I am going to master this fear. I am overcoming it now. I speak with poise and confidence. I am relaxed and at ease.” He operated a definite law of mind and overcame his fear.

The subconscious mind is amenable to suggestion and controlled by suggestion. When you still your mind and relax, the thoughts of your conscious mind sink down into the subconscious through a process similar to osmosis, whereby fluids separated by a porous membrane intermingle. As these positive seeds or thoughts sink into the subconscious area, they grow after their kind, and you become poised, serene, and calm.

A young lady was invited to an audition. She had been looking forward to the

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interview. However, on three previous occasions she failed miserably due to stage fright.

Here is the very simple technique which I gave her. Remember this young lady had a very good voice, but she was certain when the time came for her to sing that she would be seized with stage-fright. The subconscious mind takes your fears as a request, proceeds to manifest them, and bring them into your experience. On three previous auditions she sang wrong notes and finally broke down. The cause, as previously outlined, was an involuntary auto-suggestion; i.e., a silent fear thought emotionalized and subjectified.

She overcame it by the following technique. Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled the mind and body as best she could. Physical inertia favors mental passivity, and renders the mind more receptive to suggestion. She counteracted the fear suggestion by its converse, saying to herself, "I sing beautifully, I am poised, serene, confident, and calm." She repeated this statement slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day and one immediately prior to sleep. At the end of a week she was completely poised and confident, and gave a remarkable, wonderful audition. Carry out the above procedure with assurance and conviction, and the death of fear is certain.

Occasionally young men from the local university come to see me, and also school teachers, who seem to suffer from suggestive amnesia at examinations. The complaint is always the same— "I know the answers after the examination is over, but I can't remember the answers during the examination."

The idea which realizes itself is the one to which we invariably give concentrated attention. I find that each one is obsessed with the idea of failure. Fear is behind the temporary amnesia, and is the cause of the whole experience.

One young medical student was the most brilliant in his class; yet he found himself failing to answer simple questions at the time of written or oral examinations. I

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explained to him that the reason was he had been worrying and fearful for several days previous to the examination, these constant negative thoughts became charged with fear. Thoughts enveloped in the powerful emotion of fear are realized in the subconscious. In other words, this young man was requesting his subconscious mind to see to it that he failed, and that is exactly what it did. On the day of the examination he found himself stricken with what is called in psychological circles "suggestive amnesia.

A French psychologist named Baudouin said, "What we have to work for in overcoming fear is education of the imagination."

Here is how the young man overcame his fear. He learned that his subconscious mind was the storehouse of memory, and had a perfect record of all he had heard and read during his medical training. Moreover, he learned that the subconscious mind was responsive and reciprocal; the way to be en-rapport with it was to be relaxed, peaceful, and confident.

Every night and morning he began to imagine his mother congratulating him on his wonderful record. He would hold an imaginary letter from her in his hand and read congratulatory words. He would also feel the letter in his hand. As he began to contemplate the happy result, he called forth a corresponding or reciprocal response or reaction in himself. The all-wise and omnipotent power of the subconscious took over, dictated, and directed his conscious mind accordingly. He imagined the end. When he imagined and felt the end, he willed the means to the realization of the end. Following this procedure he had no trouble passing subsequent examinations. In other words the subjective wisdom took over compelling him to give an excellent account of himself. The law of the subconscious mind is compulsion.

There are many people who are afraid to go in an elevator, climb mountains, or even swim in the water. It may well be that the individual had unpleasant experiences in the water in his youth, such as having been thrown forcibly into the water without being able to swim.

I had an experience when I was about ten years of age. I fell accidentally into a pool

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and went down three times. I can still remember the dark water engulfing my head, and my gasping for air until another boy pulled me out at the last moment. This experience sank into my subconscious mind; for years I feared the water.

An elderly psychologist said to me, “Go down to the swimming pool, look at the water, and say out loud in strong tones, ‘I am going to master you, I can dominate you;’ then go into the water, take lessons, and overcome it.” This I did. I learned that when you do the thing you are afraid to do, fear disappears.

It was only a shadow in my mind. When I assumed a new attitude of mind, the omnipotent power of the subconscious responded giving me strength, faith, and confidence, enabling me to overcome. I used the subconscious mind to the point where it began to use me.

Following is a process and technique for overcoming fear which I teach from the platform—it works like a charm. Try it! Suppose you are afraid of the water, or a mountain, an interview, an audition, or you fear closed places. If afraid of swimming, begin now to sit still for five or ten minutes, for three or four times a day, and imagine you are swimming. Actually you are swimming in your mind; it is a subjective experience. Mentally you have projected yourself into the water. You feel the chill of the water and the movement of your arms and legs. It is all real, vivid, and a joyous activity of the mind. It is not idle day dreaming, for you know what you are subjectively experiencing in your imagination will be developed in your subconscious mind; then you will be compelled to express the image and likeness of the picture you impressed on your deeper mind; this is the law of the subconscious.

As you continue to discipline your mind this way, you are mentally immersed in the water and happy in it, consequently the fear passes; you will enter the water physically. I might say you will be compelled to give a good performance. You have consciously called upon the wonderful power of your subconscious which is all wise and powerful; this power controls you and governs you according to the nature of your call or request. This is a wonderful thing to know and a marvelous thing to do.

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The president of a large organization told me that when he was a salesman, he used to walk around the block five or six times before he called on a customer. The sales manager came along one day, and said to him, “Don’t be afraid of the boogie man behind the door, there is no boogie man; it’s a false belief.

The manager told him that whenever he looked at his own fears, he stared them in the face and stood up to them, looking them straight in the eye; then they faded and shrank into insignificance.

Go out now and face that thing you are afraid of. If you are afraid to take that position, take it. Say to yourself “I can accomplish; I will succeed!” You will find a corresponding emotion or feeling generated by your subconscious. You will induce the mood or feeling of confidence, faith in yourself, and the joy of accomplishment. Fear is a thought in your mind, but confidence is a far more powerful thought; it fills your mind with a positive, constructive feeling and drives fear out.

A chaplain told me of one of his experiences in the second World War. He had to parachute from a damaged plane and land in a jungle. He said he was frightened, but he knew there were two kinds of fear, normal and abnormal. Normal fear is good; it is the law of self preservation. It is the subconscious mind telling you something must be done. It is sort of an alarm system that tells you to get out of the way of an oncoming car.

The chaplain said, “I began to talk to myself saying, ‘John, you can’t surrender to your fear; your fear is a desire for safety or security, for a way out.’”

He said that he knew there was a subjective intelligence which led the birds to their food and told them where to go in summer and winter. He began to claim, “Infinite Intelligence which guides the planets in their course is now leading and guiding me out of this jungle.”

He kept saying this out loud to himself for ten minutes or more. “Then,” he added, “something began to stir inside me, a mood of confidence began to seize me, and I began to walk. After a few days I came out miraculously, and was picked up by a rescue plane.”

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His changed mental attitude saved him. His confidence and trust in the subjective wisdom and power within him was the solution to his problem. He said, "Had I begun to bemoan my fate and indulge my fears, I would have succumbed to the monster *fear,* and probably have died of fear and starvation."

Whenever fear comes, go to the opposite immediately in your mind. To indulge in fear thoughts constantly and to engage your mind constantly with negative thoughts result in abnormal fear, obsessions, and complexes. To engage the mind with all the difficulties of your problem will only instill more fear until it assumes a size of catastrophic proportions. Finally there comes a sense of panic and terror weakening and sickening you. You can overcome fear of this nature when you know that the power of your subconscious can always change the objective conditions. Go within, claim, and feel your good—the solution. Know there is an Infinite Intelligence which responds and reacts to your thought and feeling.

Imagine the end; feel the thrill of victory. What you subjectively feel and imagine as true is the inner evidence of what will take place objectively. Your subconscious can free you. When fear thoughts come, contemplate the solution, the happy ending. Never fight negative or fearful thoughts. Always turn on the lamp of love, peace, and confidence within you. Most of our fears are imaginary.

The general manager of an organization told me that for three years he feared he would lose his position. He was always imagining failure. The thing he feared did not exist, save as a morbid, anxious thought in his own mind. His vivid imagination dramatized the loss of his job until he became nervous and neurotic. Finally he lost his position; he was asked to resign.

Actually he dismissed himself. His constant, negative imagery and fear suggestions to his subconscious mind caused the latter to respond and react accordingly. It made him make mistakes and foolish decisions which resulted in his failure as a general manager. The thing this man feared did not exist. His dismissal would never have happened had he immediately moved to the opposite in his mind.

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No thought or concept, constructive or negative, can ever manifest except we emotionalize such concepts. The thoughts, concepts, and ideas have to penetrate the subconscious before they can affect us for good or evil.

If you look back in your life, you will agree with the writer that most of your fears, worries, and anxieties never came to pass. The reason for this was that you did not retain them long enough; likewise you did not charge them with a deep emotion. The general secret of banishing fear is to constantly fill your mind with constructive and positive thoughts. Fill the mind with thoughts of love, peace, and harmony. Give attention to your goal, ideal, the positives, the things you wish to experience in life. As you do this, an inner invisible movement of your subconscious will take place changing your world into the likeness of your inner imagery and contemplation.

During a recent round the world lecture tour, I had a two hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturbs him. His practice is to sit still for fifteen minutes in the morning and realize that in the center of himself is a deep, still ocean of peace. Meditating in this way, he generates tremendous power which overcomes all manner of difficulties and fear.

Some months ago, a colleague called him at midnight and told him that a group were plotting against him. This is what he said to his colleague: “I am going to sleep now in perfect peace. You can discuss it with me at ten A.M. tomorrow.”

Notice how calm he was, how cool, how peaceful! He didn’t start getting excited, tearing his hair, or wringing his hands. At his center he found the still water, an inner peace, and there was a great calm.

Your mind is composed of two areas, the conscious mind where we reason, and the great unconscious or subconscious depths which somewhat resemble the ocean into which many forgotten fears and false beliefs are lodged.

I met a man who came to my hotel in New Delhi, India, for consultation. He was from

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the British Isles. He had acute sinusitis, a deep sense of grief, and was haunted by unknown fears. I found in talking to him that he hated his father for many years, because the father had bequeathed all his estate to his brother. This hatred developed a deep sense of guilt in his subconscious mind; because of this guilt he had a deep, hidden fear of being punished; this complex expressed itself as migraine and sinusitis in his body.

Fear means pain. Love and good will mean peace and health. The fear and guilt which this man had were expressed as disease, or lack of ease or peace. The mucous membranes of his nose were always inflamed.

This young man realized that his whole trouble was caused by his own sense of guilt, self-condemnation, and hatred. His father had long since passed on to a higher dimension of life. Actually he was poisoning himself through hatred; he began to forgive himself. *To forgive* is to give something for. He practiced saying, "I completely forgive my father. He did what he believed right according to his light. I release him. I wish him peace, harmony, and joy. I am sincere, I mean it."

Then he cried for a long time. That was good. He lanced the psychic wound, and all the psychic pus came forth. His sinusitis disappeared. I have had a letter from him saying that the migraine attacks have ceased altogether. The fear of punishment which was lurking in his subconscious mind has now disappeared.

Use this perfect formula for casting out fear. "I sought the Lord, and He heard me, and delivered me from all my fears." The *Lord* is an ancient word meaning your subconscious mind.

Learn the powers of your subconscious, how it works and functions. Master the techniques given you in this chapter. Put them into practice now—today! Your subconscious will respond, and you will be free of all fears.

"I sought the Lord, and He heard me, and delivered me from all my fears."

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PRENTICE HALL PRESS
Published by the Penguin Group
Penguin Group (USA) Inc.
375 Hudson Street, New York, New York 10014, USA
Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3, Canada (a division of Pearson Penguin Canada Inc.)
Penguin Books Ltd., 80 Strand, London WC2R 0RL, England
Penguin Group Ireland, 25 St. Stephen's Green, Dublin 2, Ireland (a division of Penguin Books Ltd.)
Penguin Group (Australia), 250 Camberwell Road, Camberwell, Victoria 3124, Australia (a division of Pearson Australia Group Pty. Ltd.)
Penguin Books India Pvt. Ltd., 11 Community Centre, Panchsheel Park, New Delhi—110 017, India
Penguin Group (NZ), 67 Apollo Drive, Rosedale, North Shore 0632, New Zealand (a division of Pearson New Zealand Ltd.)
Penguin Books (South Africa) (Pty.) Ltd., 24 Sturdee Avenue, Rosebank, Johannesburg 2196, South Africa

Penguin Books Ltd., Registered Offices: 80 Strand, London WC2R 0RL, England

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Cover design by Ben Gibson

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First edition: November 2002

Library of Congress Cataloging-in-Publication Data

Murphy, Joseph, 1898–1981.
Think yourself to health, wealth and happiness : the best of Joseph Murphy's cosmic wisdom / Joseph Murphy ; compiled and edited by David H. Morgan.
p. cm.
ISBN: 978-1-101-66543-5
1. New Thought. I. Morgan, David H. (David Huw), 1942– II. Title.
BF639.M839 2002
299'.93—dc21 2002021953

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Intuition

The Supreme Intelligence,
or Life Principle in your subconscious,
is always knocking at the door of your heart.

Open the door to your heart and listen.

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Acknowledgments

I would like to thank JMW Group, Inc., for giving me the opportunity to work on this book. It is always nice to have work, to have something to do. It is especially nice when what you do inspires and enriches you, as the writings of Joseph Murphy have done for me.

In particular, I would like to thank Pete Allen and Sara Castle, of JMW Group, Inc, for their support and infinite patience. They will smile when they read that, no doubt think that "infinite" falls far short of describing the degree of patience they were required to exercise. I don't know of a word that speaks of a greater quantity. If I did, I would use it, for they have given it. Perhaps where I'm falling short, then, is not in the word *infinite,* but in the word *patience.* Perhaps I should instead have used *forbearance.* So I will revise my gratitude: I would like to thank Pete Allen and Sara Castle for their infinite forbearance.

My thanks to production editor Mariann Hutlak, for her generosity of time and her guidance in seeing to it that a manuscript became a book.

And I would be remiss if I excluded my cat Toby. He has had to endure months of regrettable neglect. But always, he came to me, giving his affection, seeking mine. Often, he received instead my ill temper, my impatience, as he uncannily entered my office at just those moments when I was struggling for a word or concept or the order of things. In the end, however, he won me over, reminding me in the process of what I think is perhaps one of Joseph Murphy's most profound teachings: (which you'll find in his chapter "Forgiveness"): "Without love in our hearts, we stumble and fall."

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What This Book Can Do for You

*T*hrough the words you will read, you will discover the limitless power within you to create the life of prosperity and harmony you desire. You will learn to tune in to the infinite intelligence and power within you.

Think Yourself to Health, Wealth & Happiness contains the keys to transforming your life. Bringing together the highlights of Joseph Murphy's lifetime of teachings about the power of the subconscious mind, this book will help you learn the rules, techniques, and principles for using the power of your subconscious to bring forth health, happiness, prosperity, and all that you desire in your life.

To reap the greatest benefit from this book, start by reading all of Part I, "The Great Laws of the Subconscious Mind," in order to acquire an understanding of the basic principles of the power of the subconscious mind. A firm grasp of these is essential. Part II, "Enrich Your Life with the Unlimited Power of Your Subconscious Mind," will guide you in applying the laws of the subconscious to specific areas of your life that you seek to change or enhance. As you read Part II, allow yourself to stay with each chapter for a while. Take time to reflect on it and understand how it addresses your current needs. Allow the teachings of the chapter to become a part of your subconscious. Then move on to another chapter.

Once you have concluded your initial reading of the book, keep it on hand as a companion that you can turn to whenever you want to enrich an area of your life or are facing a difficulty of any kind. For example, if you want to know more about the miraculous power of prayer and how you can benefit from it, you can turn to Chapter 4; if you're finding it difficult to forgive, you can turn to Chapter 5; if needless worry and fear are holding you back, Chapter 11 will teach you to find peace; and if you are seeking more fulfilling relationships, Chapter 17 will guide you.

Joseph Murphy dedicated his life to understanding the laws of the subconscious mind and to teaching others—in simple, down-to-earth terms—how to translate this understanding into practical techniques that can be applied for the betterment of everyday life. In these pages, you will find invaluable knowledge culled from Murphy's teachings and particularly chosen for inclusion here because of their keenness of insight and practical benefits. You will read about real people and how they used the laws of the subconscious to bring desired changes into their life. You will discover techniques that you can apply to strengthen the power of your subconscious and use to achieve all

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your aspirations and you will learn the key principles to remember and apply in your daily life. Whatever enrichment or transformation your desire, *Think Yourself to Health, Wealth & Happiness* will help you attain it.

Editor's Preface

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Part I

THE GREAT LAWS OF THE SUBCONSCIOUS MIND

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1 Understanding the Laws of the Subconscious

What you can conceive, you can achieve through the wisdom and power of your subconscious mind.

Your subconscious is part of mind, which operates in accordance with psychological laws, and part of Mind, which operates in accordance with spiritual laws. This is not to say that the subconscious is two minds. It is one mind that can have two distinct ways of operating. To truly understand then, the workings, and most importantly the *power* of your subconscious, it is important—indeed necessary—that we discuss and know well its two aspects, or operations, separately.

THE SUBCONSCIOUS AS HABIT–MIND

It often appears as though we are living in two worlds: one external and the other internal; one visible and the other invisible; one objective and the other subjective.

The external (visible, objective) world enters you through your five senses and is shared by everyone. Your internal (invisible, subjective) world of thoughts, feelings, imagination, sensations, beliefs, and reactions belongs to you alone.

Suppose, for example, that you are invited to a banquet. Everything that you see, hear, taste, smell, and touch is of the external world, the world revealed by your five senses. All that you think, feel, like, and dislike belongs to your inner world. In one sense, it could be said that you are attending two banquets: the one of your sensory experiences and the one of your subjective experiences. In the end, though, there is only one banquet: the one of your subjective experience. Even your sensory experiences would mean nothing if it weren't for your subjective experiences that tell you that you like this and don't like that, enjoy this and don't enjoy that, want this and don't want that.

Ask yourself, "In which world do I do my living? Do I live in the world that is

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revealed by my five senses, or in the inner world?"

In truth, it is in the inner world that you live all the time. Whether you are acting so consciously or not, it is in this world where you hold your truest existence. This is the world of your subconscious. This is where you feel. This is the world you want to consciously honor in order to have the life you want.

The law of your mind is this: You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind.

The terms generally used to distinguish the two functions of your mind are objective and subjective mind, conscious and subconscious mind, waking and sleeping mind, surface self and deep self, voluntary mind and involuntary mind, male and female —among others. I use the terms *conscious* and *unconscious* to represent this dual nature of your mind.

It is important to remember, however, that these are not two minds. They are merely two spheres of activity within one mind. *You have only one mind, which possesses two distinctive characteristics, two levels.*

The functions of these two spheres of mind are essentially unlike. Each is endowed with separate and distinct attributes and powers.

The five-sense mind, the conscious mind, is the mind that thinks from the standpoint of circumstance, conditions, and environment, but it is within your subconscious mind that you will find the cause for every effect. The conditions, circumstances, and environment of your life are not the cause of your life—they are the effects.

Your conscious mind has the thought of expectancy; your deeper mind has the "know-how" of accomplishment. Consider this parable of the conscious and subconscious minds.

> The captain of a ship directs the ship and signals orders to those in the engine room who control all the boilers, instruments, gauges, and so on. The workers in the engine room do not know where they are going; they follow orders. They would go on the rocks if the person on the bridge issued faulty or wrong instructions. The captain issues orders that are automatically obeyed. Those in the engine room do not give their input; they simply carry out orders.

Our subconscious convictions and beliefs dictate and control all our conscious

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actions.

The subconscious acts by law. The law that may now hold you in bondage can also be the law that can free you. A negative habit that binds you can be transformed into a positive habit that frees you, through the repetition and the abiding conviction of your desired action in your conscious mind.

Habits, in other words, are formed by repeating certain thought patterns or actions over and over again until they establish patterns in the subconscious mind, where they grow until they reach the point of saturation. Impressions are made in the subconscious by repetition, faith, and expectancy. Whatever is repeated by you over and over again becomes an established habit pattern and is in control.

Through the act of repetition and conviction, your newly desired conscious *will* for yourself can become your *subconscious* will for yourself.

Your subconscious mind works twenty-four hours a day, pouring all the fruit of your habitual thinking into your life.

The law of the subconscious mind does not act differently for the rich or the poor, the good or the wicked. It produces unerringly what it is presented. If you hold up a horrible painting in front of a mirror, the mirror will reflect exactly the picture held before it. The subconscious mind is a mirror for the king and the beggar alike: It always reflects accurately the contents of your mentality.

Just as a doctor has confidence when he or she begins to operate, because the doctor knows surgery, anatomy, physiology, and other basic sciences dealing with the human body, you can, by comparable study and application, develop confidence in the principles of the two functions of your mind—namely the conscious and subconscious. You can learn that the subconscious mind responds to your habitual thinking, and that by carefully choosing your thoughts, you can choose your reactions and responses to life, thus creating the life you want.

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Your conscious mind is the reasoning, thinking mind. You make all your decisions with your conscious mind. Your subconscious mind is the seat of your emotions and is the creative mind.

Your conscious mind chooses, but it does not create. Your subconscious is the creative power within you. By the combined operations of your subconscious and conscious minds, you truly become the sum total of your conscious choices.

If you say to your subconscious, “Wake me up at six o’clock,” you will awaken exactly at the time specified. It never fails. The subconscious is a source of omnipotent power.

If you pay keen attention to the actions and behaviors of your conscious life and the ideas that well up in your conscious mind, you will find that your subconscious mind is attempting to keep you informed of things transpiring on the subjective plane of your life. It is always trying to support you. The law of life is self-preservation.

You have free will in the choice of the idea, desire, or concept you entertain. In that sense, you have freedom. Thereafter, however, once you mentally accept an idea as living reality, all your steps are then controlled by the subconscious mind, which operates according to the law of compulsion. The beliefs and assumptions that have become embedded in your subconscious dictate, control, and govern all your conscious actions.

Only through the conscious choice of the prayer to change your subconscious beliefs for the better can you alter the movement of the law of compulsion in your life.

The wisdom of your deeper mind is always using you. Practice using the wisdom of your deeper mind until it begins to use you in such a manner that all your ways are pleasant and all your paths are peace.

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The law of the subconscious is the universal and natural principle of action and reaction: Whatever you impress on your subconscious mind by your conscious mind will be expressed, that is, carried out in your life.

As Ralph Waldo Emerson said: "There is no thought in my mind but it quickly tends to convert itself into a power and organizes a huge instrumentality of means."

*W*hatsoever a man soweth, that shall he also reap (Galatians 6:7)

This refers to the action of our thoughts. We *sow* thoughts when we believe them wholeheartedly.

Our subconscious minds are like the soil. They will grow whatever type of seed we plant in the gardens of our minds, and that is what we will reap.

Your subconscious accepts and brings into reality the dominant of two ideas, feelings, and images. It is your dominant thoughts, feelings, and images that control all phases of your life.

In thinking about your subconscious mind, remember that it operates deductively. It brings to a logical, sequential conclusion the nature of the thoughts, feelings, or pictures you hold in your conscious mind.

Your conscious mind is referred to as your objective mind because it deals with outward objects; it takes cognizance of the objective world. It is your guide and director in your contact with your environment. It learns through observation, experience, and education—acquiring knowledge through your five senses.

Your subconscious mind is referred to as your subjective mind because it takes cognizance of its environment by means independent of the five senses. It perceives by intuition. It is the seat of your emotions and the storehouse of memory.

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The only thing necessary for you to do is to get your subconscious mind to accept your idea, and the law of your own subconscious mind will bring it forth. You give the command or decree, and your subconscious will faithfully reproduce the idea impressed upon it.

Innumerable experiments by psychologists and others on persons in the hypnotic state have shown that the subconscious mind is incapable of making decisions and comparisons that are necessary for a reasoning process. These experiments have shown repeatedly that your subconscious mind will accept any suggestion, however false. Having once accepted any suggestion, it responds according to the nature of the suggestion given.

The subconscious mind works by the association of ideas and uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. Once the subconscious mind accepts an idea, it begins to execute it; in accordance with the law of compulsion, it works for good and bad ideas alike. You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind: If you think good, good will follow; if you think evil, evil will follow. It does not reason things out the way your conscious mind does, and it does not argue with you controversially. It does not engage in proving whether your thoughts are good or bad, true or false, but accepts what is impressed upon it or what you consciously believe and responds accordingly. Whatever you claim mentally and feel as true, your subconscious mind will accept and bring forth into your experience. If you consciously assume something as true, even though it may be false, your subconscious mind will accept it as true, proceeding to bring about the results which must necessarily follow, because you consciously assumed them to be true.

The law of the subconscious is always impartial, impersonal, and neutral. Your subconscious mind is amoral and impersonal, it is neither compassionate nor vindictive; it has no morality. Morality depends on your motivation and how you use the law of mind.

Your desires are good or bad depending on the nature of the desire itself. Your thought carries its own reward. Desire good, and by the immutable law of your subconscious mind, good follows.

This is the way your mind works.

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It is neither more nor less than the law of cause and effect, which is a universal and impersonal law.

We are creatures of habit. If we repeat a thought or act over a period of time, instilling it into our subconscious minds, we will be under the compulsion of a habit, because habit is the function of our subconscious minds. We learned to swim, ride a bicycle, dance, and drive a car by consciously doing these things over and over again until they established tracks in our subconscious minds. Then, the automatic habit action of our subconscious minds took over, resulting in the performance of actions that we now call "second nature."

We are free to choose our thoughts—noble or ignoble. We are free to choose a good habit or a bad habit. Once we choose, our lives are then lives of either good habits or bad habits.

You are always writing the book of your life, because your thoughts become your experiences.

What you write on the inside, you will experience on the outside. If something is written on your subconscious mind, your subconscious mind will move heaven and earth to bring it to pass, and you will experience it in your life as the objective manifestation of circumstances, conditions, and events. Impress your subconscious with right ideas and constructive thoughts, for as Emerson said, "Man is what he thinks all day long."

The reason we experience so much personal suffering and pain is that we do not understand the interaction between the conscious and subconscious minds. The subconscious mind is a law: It arranges all of the conscious thoughts we deposit into it into a complex pattern. These patterns become the cause of all our ills, as well as the cause of our triumphant achievements.

Psychiatrists and psychologists delving and probing into our deeper minds have demonstrated that we are not aware of these inner patterns. Not having placed them there knowingly, many of us assume that we don't even have them. Then we establish alibis and excuses of all kinds to justify ourselves and the behaviors we manifest.

Unless otherwise checked, the conscious mind, with its evidence based on the five senses and outer appearances, often interferes with the innate, life-giving movement of

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the subconscious. Then fear, false beliefs, and negative patterns are made to register in your subconscious mind, and there is no other course open to the subconscious mind except to act on these suggestions and bring them into your life, resulting in your suffering and pain.

When the principles of the conscious and subconscious minds work in accord and synchronously toward harmony, you bring yourself a life of happiness and peace.

You can look upon your mind as being like an iceberg, 90 percent of which is subconscious and "below water."

Your subconscious is the major operator of your life; its beliefs dictate, control, and manipulate all your conscious actions. More than 90 percent of your mental life, therefore, is subconscious. Those who fail to understand the workings of this incredible power live within very narrow limits.

Your subconscious is amenable to the suggestions of your conscious mind just as well as the suggestions of another's, if their suggestions are accepted as true by your conscious mind. You can always reject the suggestions of others, though, by thinking on whatsoever things are true, lovely, and of good report.

Although your subconscious mind is all-wise and knows all the answers to all questions, it does not argue with you or talk back to you. It does not say, "You must not impress me with that thought." It accepts the ideas—true or false—given it by your conscious mind, working deductively to bring your thoughts into your life with unwavering focus and accuracy.

Everything you experience is due to the law of mind. By dwelling on the idea of increased good, and by nourishing it and sustaining it, you draw more of the riches of life to yourself. On the other hand, if you think only of decrease, lack, and limitation, you magnify your loss.

The law of your subconscious is to increase any idea implanted in it.

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THE SUBCONSCIOUS AS UNIVERSAL MIND

Your subconscious mind is one with Infinite Intelligence and Boundless Wisdom. It is fed by hidden springs, and is called the Law of Life. Your subconscious mind is also a manifestation of Universal Mind.

There is a Power in you that has never been fully released. God dwells in you rather than operating or influencing you from without. The Power that moves the world and governs the galaxies in space, in other words, is *within you.* You have, then, through your subconscious mind, the infallible power to direct the Cosmic Power that created the universe! This Power stands always at your beck and call and obeys your decrees and beliefs. It is your obedient servant and awaits only your use and direction. It is inexhaustible, eternal, and infinite.

Surrender to this Power and let its beneficent, healing balm flow through your body, business, home, life, and finances. Once you get the knack of directing it, you will find that it will heal your ailing body, ailing pocketbook, ailing human relationships, and ailing heart. It is impossible for you to exhaust the infinite riches of the Universal Mind. Your subconscious then, as a manifestation of Universal Mind, is your most powerful friend and ally.

Your subconscious is sometimes referred to as the soul.

Your subconscious mind is the source of your ideals, aspirations, and altruistic urges.

Your mind is a part of the One Universal Mind: God. When you use your mind in the right way, you gain a response from this Deeper Mind.

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There is in all of nature a law of action and reaction, or cause and effect. In mental activity, thought is the action, and the response of the subconscious mind is the reaction.

If you set up resistance in your mind to the flow of Life through you, you're going to get a reaction: Emotional congestion will get snarled up in your subconscious mind and cause all kinds of negative conditions in your life.

That is why it's of such importance to harmonize your conscious thoughts with what you know to be the operation of the subconscious mind: *Be sure that you think on whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure; whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, and if there be any praise, think on these things.* (Philippians 4:8)

There is a Power and Intelligence within you that far transcends your intellect.

You are living in a fathomless sea of infinite riches. Within your subconscious depths lie the Infinite Wisdom, Infinite Power, and Infinite Supply of all that is necessary, waiting for development and expression. The Infinite Intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point of space, provided you are open-minded and receptive. Whatever you desire, there is a power that can fulfill that desire for you; there is an answer to every problem.

The master secret of the ages, then, is not the secret of atomic energy, thermonuclear energy, or interplanetary travel. The secret is that there is a marvelous, miracle-working power found in your own subconscious mind.

You can bring into your life more power, wealth, health, and happiness by learning to contact and release the hidden power of your subconscious mind. You need not acquire this power: you already possess it. But you must learn how to use it; you must understand it, so that you can apply it in all departments of your life.

Begin to control your thought processes and you will be able to apply the Power of your subconscious to any problem, as you will actually be consciously cooperating with the Infinite Power and Omnipotent Law that governs all things.

It is your right to discover your inner world of Power, Light, Love, and Beauty. Then you will discover the greatest truth: The law of your subconscious, when properly used, cannot fail you.

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The other day in a restaurant I heard a man say to his companion that sometime, he would hit the jackpot and make his mark in the world. The other replied, "I hope someday I will get a healing for my arthritis." They were postponing their good, and looking to the future for its fulfillment.

All the powers of the Cosmic Mind are *within you now.* Most people are *waiting* for something good to happen in their lives, instead of realizing that God is the Eternal Now. They are constantly saying that "some day" they will be happy, prosperous, and successful.

Wealth is available now; it is a thought-image in your mind. Why wait for it?

Strength is now. Call on the infinite Power of God within you, and this Power will respond, energizing, vitalizing, and renewing your whole being.

Love is now. Know and believe that God's love envelops and saturates your mind and body, and that this Divine love will be filtered through and made manifest in all phases of your life.

Guidance is now. Infinite Intelligence within you knows the answer, and responds to the nature of your request.

Peace is now. Fulfillment is now.

Healing is now. The Infinite Presence that made you is flowing through you now: transforming, healing, and restoring every atom of your being.

Claim your good now. Now is the time.

Remember, you do not create anything; all you do is give form and expression to that which always was, now is, and ever shall be.

The Bible says, *"Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you: For everyone that asketh receiveth: and he that seeketh findeth; and to him that knocketh it shall be opened. Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent?"* (Matthew 7:7–10)

Here the Bible tells you to ask, seek, and knock and you will receive a response from your subconscious mind, whose nature is responsiveness. Become enthusiastic, and feel and know that there is a solution to every problem, a way out of every dilemma, and that when you ask for bread, you will not get a stone, but rather the embodiment of your request.

There are no incurable conditions, for with God all things are possible.

Your subconscious mind is such a powerful force, because within your subconscious

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mind is the Divine Presence. You can call this Presence your Higher Self, the Superconscious, the I Am, or the Christ in you, the hope of Glory, Inner Wisdom, Universal Mind, the Life Principle, Subliminal Mind, or Superconscious Mind. All these terms mean the same thing.

All you need to know is that there is an Infinite Wisdom and Intelligence within you that far transcends your intellect or your five senses—and that it always responds to your recognition, faith, and expectancy.

The subconscious uses all its mighty resources to begin manifesting your idea in your life; to that end, it mobilizes all the mental and spiritual laws of your deeper mind. What is of the utmost importance to remember is that the principle of the subconscious works for good or bad ideas. Consequently, if you use it negatively, it brings trouble, failure, and confusion. When you use it constructively, it brings guidance, freedom, and peace of mind. *For whatsoever a man soweth, that shall he also reap.* (Galatians 6:7)

What you decide to be true with your conscious mind, you will experience with your subconscious mind. It is of the utmost importance, therefore, to begin now to believe, claim, feel, and know that God is guiding you in all ways; that Divine right action governs you at all times; that God is prospering you in all ways; and that you are inspired from On High. As you accept these truths with your conscious mind, your subconscious will bring them to pass, and you will discover that all your ways are pleasantness and all your paths are peace.

We cannot analyze the mind under a microscope, nor can we see it, but like any other force, we can pay attention to how it works. As we study the operations of the mind, its ways cease to seem magical, but they remain marvelous.

Study the ways of your mind, and you will discover a wondrous, hidden power that will raise you up and set you on the high road to happiness, freedom, and peace of mind. Wonders will happen in your life.

Many people constantly say that there is no way to solve their problems, that their

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situations are hopeless. Such an attitude is the result of, and results in, spiritual blindness.

We begin to see spiritually—which is the same as mentally, because the mind is Spirit—when we gain a new understanding of our mental powers and develop a conscious awareness that the Wisdom and Intelligence in our subconscious can solve all our problems.

To bring about an answer to your concern, your subconscious mind draws on the Infinite Power, Energy, and Wisdom within you. It lines up all the laws of nature to get its way. Sometimes it brings about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer.

I once told a man, "If you use your subconscious mind in the right way, it will provide you with what you need."

"How? Please, tell me," he begged.

"You're not to wonder how, when, or where," I replied. "Don't wonder about the source. The subconscious has ways you know not of. Its ways are past finding out."

When you are seeking an answer to a problem, your subconscious will respond, but it expects you to have a firm conviction in your conscious mind. This does not mean that you must already know the answer or that you can't ask your subconscious about conflicting concerns you're having. It means that you must acknowledge that the answer is in your subconscious mind. It means that you must unhesitatingly accept that the solution lies within the problem, that the answer is in every question, and that Infinite Intelligence within your subconscious mind knows all and sees all, has the answer, and is revealing it to you now. This mental attitude that the Creative Intelligence is bringing about a happy solution will enable you to find the answer.

You can't, however, request an answer from your subconscious while consciously thinking, "I don't think there is any way out; I am all mixed up and confused; why don't I get an answer?" By doing that, you would be neutralizing your prayer.

Harmonize the conscious and subconscious mind. Turn over your request to your subconscious mind with the conscious conviction that it has the know-how of accomplishment and that it will respond to you according to the nature of your request.

When the conscious and subconscious minds cooperate, the idea or desire implanted in the subconscious mind is always realized.

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It is of great importance to realize that your subconscious mind is always working. It never sleeps; it never rests. It is always on the job. Its Power is enormous. It is the source of Power and Wisdom that places you in touch with the Omnipotence and the Power that moves the world, that guides the planets in their course, and that causes the sun to shine. It is active night and day, whether you act upon it or not.

The reason you often cannot argue rationally in defense of your profoundest convictions is that they do not come from your conscious, reasoning mind; they come from your subconscious mind.

Your subconscious speaks to you in intuitions, impulses, hunches, intimations, urges, and ideas, and it is always telling you to rise, transcend, grow, advance, and move forward to greater heights.

The urge to love, to save the lives of others, to act altruistically, to suspend concern for your own life in times of crisis, comes from the depths of your subconscious, because the law of the subconscious is the law of God, and the law of God is the law of right action.

Your subconscious will speak lofty and wise sayings through you that your conscious mind knows nothing about. Throughout history, great artists, musicians, poets, speakers, and writers have known this and have tuned in to their subconscious powers and become inspired.

Robert Louis Stevenson used to charge his subconscious with the task of evolving stories for him while he slept. He was accustomed to asking his subconscious to give him a good, marketable thriller when his bank account was low. Stevenson said the intelligence of his deeper mind gave him the story piece by piece, like a serial.

Mark Twain confided to the world on many occasions that he never worked in his life. All his humor and all his great writings were due to the fact that he tapped the inexhaustible reservoir of his subconscious mind.

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Self-preservation is the first law of life. The Infinite Intelligence of your subconscious always seeks to guard and preserve you from harm of every kind. It will take care of your life and your body if you do not interfere with it by entertaining thoughts of doubt, fear, lack, and limitation.

Millions of people are living lives of mediocrity, lack, and limitation of all kinds because they don't direct their subconscious minds properly. They fail to impregnate their minds with thoughts of harmony, peace, joy, abundance, security, and right action. If you do not direct your subconscious mind according to universal principles and eternal verities, you will then subject it to the thinking of the masses, and this, as you know, is mostly negative.

Begin now to activate your conscious mind spiritually with thoughts of good, and your subconscious will do the rest for you.

Your subconscious does not argue or engage in controversial disputes with your conscious mind's directions, because in the subconscious mind there is only One Power —God, Infinite Intelligence—and there are no divisions or quarrels in this Power. This Power operates by the principle of beauty, not of ugliness; of harmony, not of discord; of love, not of hatred; of joy, not of sadness; of opulence and abundance, not of deprivation and poverty, of right action, not of wrong action. There can be no antagonism, no quarrels, and no argument where there are only principles of beauty, harmony, love, joy, abundance, and right action.

The fundamental nature of Infinite Intelligence is unity and love. It responds to all your thoughts as if they were moving toward love. This is why your subconscious mind will bring forth whatever thought, plan, or idea you impress upon it, good or bad. It will embrace every thought with love and bring it forth.

Your subconscious mind is in contact with the Universal Subconscious twenty-four

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hours a day. This contact is never broken. There is always a flow of creative ideas within you, welling up from your Deeper Mind to your conscious mind.

As the residence, the center, the doorway to Infinite Intelligence, your subconscious knows only the answer. It will answer any question, but you must ask without any fear or doubt whatsoever and with assurance that the answer will come in divine order, through divine love.

We may not know everything that is in our subconscious minds, contributing to our lives, but what we're aware of and find harmful, we can change through scientific prayer.

THEY USED THE LAWS OF THE SUBCONSCIOUS

Your subconscious assumptions, convictions, and beliefs dictate and control all your conscious actions by the law of compulsion. This is why your habitual behavior is a function of the subconscious. For example, I was once taken to meet a man in New York City, Al T., who never left his apartment. He would not go out into the street or even down to the lobby of the building. Whenever he planned to leave home, he would imagine all the dire things that might happen to him. He would feel faint and dizzy. This condition is called agoraphobia. The fear originated in Al's early childhood. When he was about five years old, he wandered away from home and was lost in the woods for several hours. His memory of being lost and the anxiety ensuing from it were still lurking in his subconscious mind.

Once, the great operatic tenor Caruso was struck with stage fright. He said his throat was paralyzed due to spasms caused by intense fear, which constricted the muscles of his throat. Perspiration poured copiously down his face. He was ashamed because in a few minutes he had to go out on the stage, yet he was shaking with fear and trepidation. He said, "They will laugh at me. I can't sing." Then he shouted in the presence of those behind the stage, "The Little Me wants to strangle the Big Me within."

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It is obvious that Caruso understood the two levels of mind—the conscious and the subconscious.

He then said to the Little Me, "Get out of here; the Big Me wants to sing through me."

By the *Big Me* he meant the limitless power and wisdom of his subconscious mind, and he began to shout, "Get out, get out! The Big Me is going to sing!"

His subconscious mind responded, releasing the vital forces within him. When the call came, he walked out onto the stage and sang gloriously and majestically, enthralling the audience.

Your subconscious mind is reactive and responds to the nature of your thoughts. When your conscious mind (the Little Me) is full of fear, worry, foreboding, despair, and a sense of panic, these emotions that you've been planting in your subconscious mind (the Big Me) become who you are. Your subconscious mind then acts on those emotions accordingly and paralyzes you. If you find this happening in your life, you can, like Caruso, speak affirmatively and with a deep sense of authority to the irrational emotions generated in your deeper mind, as follows: "Be still. Be quiet. I am in control. You must obey me. You are subject to my command, you cannot intrude where you do not belong."

As reported in an article in a British newspaper, over a period of about two years a man said, "I would give my right arm to see my daughter cured." His daughter had a crippling form of arthritis, along with a so-called incurable form of skin disease. Medical treatment had failed to alleviate the condition, and the father had an intense longing for his daughter's healing, expressing his desire in the words just quoted.

The newspaper article went on to report that one day, the family was out riding when their car collided with another. The father's right arm was torn off at the shoulder, and immediately the daughter's arthritis and skin condition vanished.

You must make certain to give your subconscious only suggestions that heal, bless, elevate, and inspire you in all your ways. Remember that your subconscious mind cannot take a joke. It takes you at your word.

Techniques for Harnessing the Power of Your Subconscious

Have as clear an idea as possible of what you wish to know or have answered. As you go to sleep at night, say to your subconscious, "Give your attention to this and reveal to me the answer." Say this silently or audibly, whichever appeals to you. When you awaken in the morning, the first thought you have will often be the answer. It may also

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come in a dream, or flash spontaneously into your conscious mind during the day, when you're preoccupied with something else.

Principles to Remember and Apply

- Your subconscious mind does not reason inductively or argue controversially with you. It does not look at two ideas and then make a decision as to which is best. You are to decide that with your conscious mind.

- Your subconscious is the storehouse of memory; within your subconscious are recorded all your experiences since childhood. If you can't find or remember something, ask your subconscious and it will reveal the answer to you.

- Habit is the function of the subconscious mind. In a very real sense, then, we are creatures of habit. Keep your conscious mind busy with the expectation of the best, and your subconscious will faithfully reproduce your habitual thinking.

- Never say, "I am full of fear" or "I am all mixed up." Your subconscious takes these statements literally, and you will remain confused.

- Your subconscious magnifies everything you deposit in it. Deposit love, faith, confidence, laughter, and goodwill.

- You live in two worlds: the subjective world of your thoughts, feelings, imagery, beliefs, and opinions; and the objective world from which impressions are conveyed to you through your five senses. The inner controls the outer.

- A changed attitude changes everything. If you have impressed your subconscious with the idea of lack, limitation, and failure, you can immediately reverse the pattern by busying your mind with thoughts of success, prosperity, peace, harmony, and right action.

- The best time to tap the subconscious is prior to sleep, when you are relaxed, at peace, and ready for quietude.

- It is the world within—namely, your thoughts, feelings, and imagery—that makes your world without.

- Your subconscious mind is the source, the residence within you, of Infinite Intelligence and Boundless Wisdom. Trust your subconscious completely. Know

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that its tendency is always lifeward.

- When you trust the power of your subconscious mind, you always get a response. Keep on seeking and your subconscious mind will respond.

- When you turn over a request to your subconscious, you must do so with confidence and faith that the answer will come.

- When your conscious mind is quiet and receptive, the answer wells up from the Deeper Mind.

- Your subconscious has the answer to all problems. Infinite Intelligence within you knows the answer, and its nature is to respond to your thought. Look within for the answer to your heart's desire.

- To live a full and happy life, you must live according to the principles of Cosmic Wisdom. Recognize the One Power, and then your mind will move as a unity.

- Learn to use the laws of your mind, and you can attract to yourself wealth, love, happiness, and a life of abundance.

- You decree your own security, peace, joy, and health through the laws of your mind.

- Your subconscious mind is the source of your ideals, aspirations, and altruistic urges.

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2 The Dynamic Power of Your Thoughts and Affirmations

When the words of your mouth and the feeling in your heart agree, nothing will be impossible for you, and you shall reach great heights.

Thought is the most powerful force in the universe. It directs the operation of your life, as your subconscious mind does its work according to the orders given it by your conscious mind: your thoughts. This truth is affirmed again and again in the Bible, which says: *As thou hast believed, so be it done unto thee.* (Matthew 8:13)

Thought rules the world. All transactions take place first in the mind.

Everything that is must first live in thought-life; nothing can be molded, fashioned, or shaped until it has been thought out. You must first establish the mental equivalent of everything you want in your life.

Your thought has power; it is creative. The tendency of every thought is to manifest itself, and it does so, except as it is neutralized by a more powerful thought of greater intensity.

Every thought is a form of prayer, for the simple reason that every thought is creative, and its tendency is toward action and manifestation.

Thoughts are things. In other words, the mental and the physical interact. An admittedly rather simple way of looking at this interaction between the mental and the physical is to realize that your conscious mind grasps an idea that induces a

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corresponding vibration in your voluntary system of nerves. This in turn causes a similar current to be generated in your involuntary system of nerves, thus handing the idea over to your subconscious mind, which is the creative medium. This is how your thoughts become things.

Your thought causes the Infinite Power to respond; you are dealing with a reciprocal action-and-reaction: as you sow you reap, and as you call, you receive an answer.

You are thinking in the true sense of the word when you are thinking from the standpoint of universal principles and eternal verities, which never change and are the same yesterday, today, and forever.

If there is any fear, worry, or anxiety in your thoughts, you are not really *thinking*. There is no fear or negation of any kind in *true* thinking. Fear thoughts result when you make external things causative, which is the big lie. Externals are effects. The cause is your thoughts and feelings.

True thinking is thinking from the standpoint of the Truths that never change. It is thinking from the standpoint that in Life, there is a principle of harmony, but none of discord; there is a principle of truth, but none of error; there is a principle of life, but none of death; there is a principle of love, but none of hatred; there is a principle of joy, but none of sadness; there is a principle of opulence, but none of poverty; there is a principle of health, but none of disease; there is a principle of beauty, but none of ugliness; there is a principle of right action, but none of wrong action; there is a principle of light, but none of darkness.

You can think thoughts of fear, worry, resentment, or hate, but in so doing, you would not be thinking in Truth. You would be violating the principles of wholeness, harmony, and love, and you would inevitably reap the consequences.

Respect your thoughts. Think from the standpoint that Truths never change.

Remember: Your thoughts and feelings create your character, and character is destiny.

The Bible says *Your thought is your word. Are you words sweet to the ear?* (Proverbs 25:11) and *Pleasant words are as an honeycomb, sweet to the soul, and health to the bones* (Proverbs 16:24) If you say, “I can’t get ahead. It is impossible. I’m

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too old now," "What chance have I to be rich?" "I have no money, I can't afford this," or "I've tried, it's no use," your words are not as an *honeycomb,* they do not lift you up or inspire you. Worse, what you decree in words will actually come to pass.

The words you speak must support your aspirations. Your speech must sustain and strengthen you. Decree now, and say it meaningfully. "From this moment forward, the words I use will heal, bless, prosper, inspire, and so strengthen me."

*D*eath and life are in the power of the tongue (Proverbs 18:21)

Your words are literally so powerful, it is important to say the right thing at the right time.

It is wrong to say, "I am poor", "I am weak", "I am tired", "I am broke." This is not what you *are,* it is the condition you are *bringing on yourself* by your negative "I Am" statements, which become lodged in your subconscious mind as affirmations and which then come forth as experiences and events in your life. It is a mental law that whatever you attach to "I Am," you will manifest and express. Never refer to or describe yourself, therefore, with words of lack, limitation, discord, or bad times. *For by thy words thou shalt be justified and by thy words thou shalt be condemned* (Matthew 12: 37)

Never use the word *can't* under any circumstances. Don't say "I can't make ends meet," "I can't pay the rent," or "I can't afford a new car," as your subconscious mind listens to you literally and will block the flow of your good. Thoughts repeated regularly sink into the subconscious mind and become habitual, as your subconscious treats your self-talk as affirmations.

You must never subsequently deny what you affirm, this will neutralize your good. Your affirmations must be embodied in your experience.

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Be sure that your inner speech agrees with your arm or desire in life. It is your inner speech (your inner conversations, your silent thoughts; affirmations) that will be made manifest.

It is the beginning and cause of the outer experiences in your life.

Ask yourself this question, therefore. “Does my inner speech agree with my aim?” If you answer, “Oh, yes. My inner talking is the same as I would talk aloud were my aims in the fulfilled,” you will enter into the joy of the answered prayer.

Your words have power to cleanse your mind of wrong ideas and to instill right ideas in their place.

Remember—the power of words is one of the greatest that God has bestowed on you. Realize that you can use your words to bless or to curse, to heal or to make sick, to produce riches or poverty, for your betterment or for your detriment. Cease using the power of your words against yourself. Always bless, and then you will gather orchids in life, instead of thistles.

If you fix your attention on poverty, lack, loneliness, squalor, meanness, and the difficulties and problems of the world, your mind takes the form of all these things—based on the law that that to which you give attention, you also experience.

There is a vast difference between spiritual (Cosmic) thinking and average (mass) thinking. In average thinking, you are not in control of your thought life, and you are not giving correct commands to your subconscious.

Unfortunately, most of us live lives that are the expression of mass thinking: the thoughts and beliefs of others.

Keep your thoughts within Cosmic Consciousness, or you will automatically be a victim of the mass mind. It will do all your thinking for you, resulting in negation and troubles of all kinds for you personally.

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A man once asked me, “How do I know when I am truly thinking in harmony with Infinite Intelligence?”

This is a good question. The answer is that you are thinking in accord with Infinite Intelligence when you are activating your mind from the standpoint of eternal verities and the Cosmic truths of God, which are the same yesterday, today, and forever. You are *not* thinking, in the true sense of the term, when you are reacting to the headlines in the newspapers, to radio propaganda, or from the standpoint of tradition, dogma, creeds, or environmental conditions or circumstances.

You are truly thinking spiritually when there is no fear or worry in your thought.

You can’t take credit for your successes and then refuse to assume responsibility for your failures. This is unreasonable and unscientific.

Remember, as you thinketh, so are you—both good and bad.

If you are planning something in the future, you are planning it now. Similarly, if you are fearful of something in the future, you are fearing it now. To think of a happy and joyful episode in the past, is a present joy. If you are thinking of the past, you are thinking of it now; if you are thinking of the future, you are thinking of it now.

The past and the future are two thieves. If you are indulging in remorse and self-criticism over past mistakes and hurts, the mental agony you experience is the pain of your present thought.

If you are thinking anxiously about the future, you are robbing and stealing from yourself joy, health, and happiness. Count your blessings now and get rid of the two thieves. Beware of the two thieves. If you are indulging in remorse over past mistakes or are worrying about the future, be aware that the past and future are two thieves that are robbing you of vitality, discernment, and peace of mind.

The only thing you have to change is your present thought.

Your thoughts, beliefs, plans, and purposes and their manifestations are complete in mind, just the same as the idea and manifestations complete of a new building in the mind of the architect. Your thought, idea, plan, or purpose is as real on its own plane as

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your hand or your heart.

What you experience in the objective world has nothing to do with the way you decide to think about it. You can decide to think in whatever manner you choose about anything.

Your thought carries its own reward. Choose good, and by the immutable law of your subconscious mind, good follows.

Thoughts are things: What you imagine, you become, and what you feel, you attract.

If you do not do your own thinking, the newspapers, the neighbors, and the mass mind will do your thinking for you.

Take charge of your own mind and do not permit others to govern it for you. *Choose you this day whom ye will serve* (Joshua 24: 15).

Cause is within, in your own thought and feeling. If you are mentally fighting conditions, circumstances, and environmental problems, you are actually making an effect a cause and you are magnifying your troubles and problems, creating your own anxiety.

You go where your vision is.

Your vision is not just what you are *looking at,* it is what you are giving attention to —that object, idea, or feeling upon which you are presently focused. Whatever you give complete attention to, your subconscious will bring you to. Attention is the key to life.

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Cause and effect, action and reaction, are as absolute and undeviating in the conscious and unconscious realm of thought as in the world of visible and material things. This is why your joy and suffering are the reflections of your habitual thinking.

Thought becomes a thing in the same way that a seed becomes a plant: by continual nourishment.

Replacing a false thought with a new thought may at first be just the uttering of an intellectual statement in which emotion and feeling have no part. But with a sincere desire to believe in it, there will come a moment when the last resistance lets go. The repetition of truth by the conscious mind, over and over again, eventually dissolves its opposite and false belief in your subconscious mind.

You do not get what you want in life, you get what you contemplate.

Your current life and your future are your present thoughts made manifest. Your future is in your mind now.

The law is that you become what you contemplate and incorporate into your subconscious. Contemplate love, peace, harmony, joy, beauty, wisdom, power, and guidance, and you will begin to express these qualities.

Your dominant thought underlies all your other thoughts and colors them in the same way a small amount of indigo dye colors the entire contents of a five-gallon jug of water.

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William James, the father of American psychology, said, “The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.”

You live in a “thought world.” You can experience nothing outside your own mentality.

Thought is the only intangible and invisible power of which you are truly aware and in control. That is how important thought is.

A thought’s propensity is to be made manifest, unless the idea is inhibited and neutralized by a counter idea.

Your subconscious mind moves as it is acted upon by your thought.

You live in your mind, and it is there that you become rich or poor, a beggar or a thief.

Your business is with your conscious mind and not your subconscious mind. Your conscious mind is the all-important “guardian at the gate.” Its chief function is to protect your subconscious mind from false impressions. Keep your conscious mind busy with the expectation of the best, and make sure the thoughts you habitually think are based on whatsoever things are lovely, true, just, and good.

Select thoughts that bless, heal, inspire, and fill your soul with joy.

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Your external actions reveal your inner thought patterns. It is important, therefore, to enthrone in your mind thoughts of peace, harmony, right action, love, and goodwill.

When you begin to control your thought processes, you can mobilize the powers of your subconscious to obtain the solution to any problem or difficulty, as you will actually be consciously cooperating with the Infinite Power and Omnipotent Law that governs all things.

Everything that you find in your world has been created by you in the inner world of your mind, consciously or unconsciously. As Marcus Aurelius, the great Roman emperor and philosopher, said, “Our life is what our thoughts make it.”

In order to change your external circumstances, you must work on that principle that is truly causative in your life: thought. Most people try to change their circumstances by working on those circumstances. To remove discord, confusion, lack, and limitation, you must change the cause, and the cause is the way you are using your conscious mind. Change your thoughts, and you won’t have to *wish* that your circumstances were different; *you* will change your circumstances.

When you reflect on thought and what it truly is, you are releasing the creative power of God, or infinite intelligence, into action.

Your knowledge of the laws of mind counts for little toward your true happiness unless you apply the truths of God to your daily life.

Your word is a thought expressed.

The creator is greater than his or her creation; the artist is greater than his or her art;

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the thinker is greater than his or her thoughts. Thus, you can change your thoughts.

The five-sense mind, the conscious mind, is the mind that thinks from the standpoint of circumstance, conditions, and traditions. Do not make the external world a cause; it is an effect. Refuse definitely, positively, and absolutely to give power to externals, such as the winds, waves, weather, sun, snow, stars, or any created thing. The scientific thinker never makes an effect a cause; he or she is no longer hypnotized by the world and its beliefs. He or she knows that your mental beliefs are the only cause. Whatever you think, feel, believe, and accept as true in your mind is the only *cause* in your world . . . *it is done unto you as you believe.*

Remember: You are the only thinker in your universe.

Have you questioned the validity and truth of the various ideas and suggestions propounded to you and thought by you during the day?

All your experiences, conditions, and acts are the reactions of your subconscious mind to your thoughts.

If you were building a new home for yourself and your family you would understandably be intensely interested in the blueprint for your home; you would see to it that the builders conformed to the blueprint. You would watch the material and select only the best. What about your mental home and your mental blueprint for it?

All your experiences and everything that enters into your life depend upon the nature of the mental building blocks that you use in the construction of the life you live—what will be, in truth, your personal home. If your blueprint is full of mental patterns of fear, worry, anxiety, or lack, then the mental material you are using in your mind will result in more toil, care, tension, anxiety, and limitation of all kinds.

You are building your mental home all the time. The thoughts you think, the ideas you harbor, the beliefs you accept, and the scenes you rehearse in the hidden studio of your mind are the building materials of your mental home. This stately mansion, the construction of which you are perpetually engaged in hour by hour, moment by moment, is your personality, your destiny, your whole life story on this earth.

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THEY USED THE POWER OF THOUGHT TO CHANGE THEIR DESTINIES

A young physicist visited me once and explained that even by modern scientific theories, thoughts could be shown to be things. He pointed out that Einstein and all our modern physicists realize that energy (Spirit) and matter are interconvertible and interchangeable; that as the Hindu Vedas taught generations ago, matter is the lowest degree of Spirit and Spirit is the highest degree of matter. In other words, they are one and the same thing: Matter is Spirit, or energy, reduced to the point of visibility. Thoughts, then, are incipient matter.

The young physicist then demonstrated the evidence of this. He said to me, "When I came to America, all I had was ten dollars, but I didn't get panicky, as I knew the invisible would become visible. I declared in my hotel room, 'Divine Spirit is my instant and everlasting supply. It takes the form of food, clothing, money, friends, and everything I need right here and right now. I decree this and I know the manifestation takes place now, for God is the Eternal Now!'"

His good came to him through a total stranger, whom he met in the hotel elevator. As they conducted a vigorous conversation in French, though both spoke excellent English, the stranger arranged for him to get a position with an electronics research organization, where he eventually became a partner.

The young man who showed up in my office was, frankly, a mess. His name was Bernhart O., and he began by saying, "I got fired yesterday. That makes five jobs in five months. Do you think that's a record?" He went on to tell me he suffered from insomnia, alcoholism, and depression. He seemed almost proud of this recital of problems.

"Why do you think you are fired so often?" I asked.

"They don't like me," he replied. "My bosses, the other people . . . nobody likes me. Maybe it's my face, or something chemical."

"Are you a good worker?" I probed. "Do you show up every day on time and put a real effort into your job?"

He looked away. "It's not my fault," he mumbled. "Sometimes I just don't feel up to going. If I've been up all night, not able to sleep."

"Or suffering from a terrible hangover?" I suggested.

"Yeah, that, too," he said. "Anyway, what's the use? They're not going to like me, whatever I do, and sooner or later I'll get fired."

I explained to Bernhart that his dominant thoughts of pessimism and helplessness were coloring everything, and that correspondingly, of course, his bosses didn't care for

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him and didn't keep him. Why should they? He gave them nothing and could expect nothing in return.

At my suggestion, Bernhart took a course in business fundamentals and another course in public speaking. He began to pray for guidance and prosperity, claiming regularly that God was guiding him in all his ways and that he was prospered beyond his fondest dreams.

Gradually Bernhart's underlying thoughts changed. He acquired confidence; he began to express health, harmony, happiness, and true living. In his next job, he was kept on after a probation period and soon was promoted to greater responsibilities.

Bernhart learned that practically all teaching—whether institutional, religious, or secular—has for its real purpose the inducement of a changed mental attitude toward life, people, and events. The first step in his onward march was correcting his thought-life.

The credit manager of an engineering firm had many delinquent accounts, totaling nearly $30,000. He made a list of past-due accounts and every morning before he started to work he mentioned each name and spoke the words as follows. "John Doe is prospered and blessed, and his good is multiplied. He pays all his obligations promptly and he is honest, sincere, and just. I give thanks now for his check. He is blessed, we are blessed. I give thanks that it is so."

This statement, or command to the credit manager's deeper mind reached each one of his customers who had been very lax, and all paid within one month! His words of faith and trust were accepted by his subconscious mind and were telepathically received by those men who had been in arrears and who had previously failed to answer his frequent requests for payment.

Change your thoughts, realize that thoughts and not conditions are the cause, and you can change your destiny.

A Technique for Using the Power of Your Thoughts

The late Dr. Dan Custer, who lectured on the Science of the Mind for many years in San Francisco, practiced what he termed the "therapy of words." For example, if he felt tense, he would repeat silently the word *Peace* over and over again. When fearful or anxious about something, he would silently affirm, "Indomitability." And when an acute problem presented itself, he would say, "Victory" over and over again.

Dr. Custer said that the practice of repeating these words worked magic throughout his life. As he invoked these words, he was actually stirring up the latent powers of his subconscious mind, and these powers became active and potent factors in his life.

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Repeating an affirmation of your good, knowing what you are saying and why you are saying it, *and regardless of all the evidence to the contrary,* leads to that state of consciousness where your subconscious accepts that which you state as true. Keep on affirming the truths of life until you get the subconscious reaction which satisfies.

Take certain words whose implications appeal to you and verbally decree them over and over for about ten or more minutes twice daily—for example, "Health. Wealth. Happiness. Love." If you work in close proximity to others and feel you cannot always affirm out loud, write down what it is that you are wishing to bring to pass and mentally go over your statements from time to time, thereby gradually conveying the ideas to your subconscious mind.

You are the sum total of your own thoughts. Today you are what your thoughts have made you. The results of past events—good or bad—are but the representatives of your present thinking.

Just as the way to get rid of darkness is with light and the way to overcome cold is with heat, the way to overcome a negative thought is with a good thought. Affirm the good, and the bad will vanish; affirm the true, and the false will vanish.

Principles to Remember and Apply

- Thoughts repeatedly sent to your subconscious are accepted as true and brought into reality. If you consciously dwell on obstacles, delays, and difficulties, your subconscious mind responds accordingly, and you are blocking your own good. *How* do you *think?*

- True thinking is when your thoughts are God-like, when you are thinking from the standpoint of universal principles and eternal truths. You are not really thinking when there is any fear, doubt, or worry in your thinking.

- To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer.

- Your conscious mind is the "guardian at the gate." Its chief function is to protect

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your subconscious mind from false impressions.

- When your attention wanders, bring it back to the contemplation of your good or your goal. This is called disciplining the mind.

- Your mental attitude (thought and feeling) is *cause,* and your experience is *effect*. This can also be stated in terms of action and reaction: The action is your thought, and the reaction is the response of your subconscious mind.

- The cause of all the trouble in your life is due to the kind of company you are keeping in your mind. Take inventory now.

- Use words that appeal to you, that fascinate and enthrall you, and repeat them frequently. It is the frequent habitation of the mind with these thoughts that produces miracles in your life.

- There are infinite riches within your subconscious mind. Think of harmony, peace, joy, love, guidance, right action, and success. Your subconscious will compel you to express the abundant life right here and right now, because thoughts are things.

- You go where your vision (thinking) is. Whatever you give attention to, your subconscious will magnify and multiply in your experience. Understand at all times that your subconscious listens to and answers your word, which it treats as your conviction.

- What you affirm, you must not mentally deny a few moments later. This will neutralize the good you have affirmed. When a thought comes to you, such as "I can't afford a new car," affirm immediately, "Wealth is mine now," again and again. After a while the positive idea will be impressed in your subconscious mind.

- Your thought is energy. If your thoughts are God's thoughts, God's power is with your thoughts of good.

- Change your thought now, and you change everything, because your thoughts can create. It doesn't matter how often you may have used your mind in a negative and destructive manner. The minute you begin to use it in the right way, right results follow. This knowledge will deliver you from countless fears and worries.

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- Realize that whatever you attach to “I Am” you will create in your life. Have a little phrase that can be easily engraved on your memory, such as “I am happy, joyous, free,” etc. Repeat it over and over again knowingly and feelingly, and as you sow in your subconscious, so also will you reap.

- Infinite Intelligence in your subconscious can only do *for* you what it can do *through* you. Ultimately, therefore, it is your thoughts and feelings that control your destiny.

- Your inner speech must conform to your aim or desire in life. Be certain that your inner talking is the same as it would be if your prayers were answered now.

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3 The Amazing Power of Belief and Faith

Whatever you mentally accept and feel to be true, will come to pass.

You are, in reality, invisible. The real you cannot be seen by others. Everything you are, appear to be, and have become is a manifestation of your faith—and your faith is in the unseen.

Belief is one thing and thought is another. If you *think* of a successful achievement, but *believe* you are going to fail, it is your belief of failure that will be made manifest.

Your faith, then, is that which you become, because you manifest and objectify in your world what you really believe about yourself.

The law of life is belief, and belief could be summed up briefly as a thought in your mind. The importance of this law cannot be overestimated, as it is done unto you as you believe.

What, *right now,* do you believe about yourself, about life, about the universe?

The answer is what your life is for you in this very moment, because we demonstrate our faith. For better or for worse, we are always demonstrating and manifesting that in which we *believe.*

When I speak of faith—*and even as it is spoken of in the Bible*—I am not referring to creeds, dogmas, traditions, rituals, ceremonies, institutions, formulas, religious persuasion, or belief in a particular person, object, or thing. Look upon faith as an

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attitude of mind, an inner certitude—a certain way of thinking whereby you know that any idea that you emotionalize and feel to be true, is true and will be shown to *be* true.

What is faith?

Saint Paul said, *Faith is the substance of things hoped for; the evidence of things not seen.* (Hebrews 11:1)

Saint Augustine said, "For what is faith unless it is to believe what you do not see?"

Faith is perceiving the *reality* of an idea, thought, or image in your mind. You have faith when you know that the idea of a book, play, composition, or invention in your mind is as real as your hand or heart. This is *the substance of things hoped for; the evidence of things not seen.* Others are not able to see the new invention in your mind, but as you accept it and give it attention, the law of growth will take place. It is like the seed in the ground; you cannot see it, but as you nurture and nourish it, it grows.

Faith, then, is accepting as true what your reason and senses deny. It is shutting out the rational, analytical, conscious mind and embracing an attitude of complete reliance on the inner power of your subconscious mind.

Faith is in the invisible.

A chemist has faith in the laws of chemistry, having learned the principles of chemistry; a farmer has faith in the laws of agriculture, having learned the principles of agriculture; and an engineer has faith in the laws of mathematics, having learned the principles of mathematics. To live the life you truly desire, you must have faith in the laws of your mind, having first learned the principles of your conscious and subconscious mind.

Faith is a way of thinking, a confidence in the creative laws of your mind.

The subconscious mind will bring to pass any picture held in the mind and backed by faith.

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You increase your faith when you realize that your desire is real, even though invisible. To know with certainty that your idea is real, that it is already a fact in your mind, will give you faith and enable you to rise above doubt to a place of conviction deep in your heart.

Faith is a way of thinking. It is a constructive mental attitude or a feeling of confidence that what you desire will come to pass.

Actually, when you stop to look around you and think about it, it is obvious that everything accomplished in this world is done so by faith. You do *everything* by faith. You bake a cake and you drive your car by the faith in your ability to do so.

Everyone has faith in something. Some people have faith in failure, sickness, accidents, and misfortune. When you hear exhortations to have faith, you must remember that you already have faith. The question is, how are you using it constructively or negatively?

You have faith when you know—that is, accept as true—that thoughts are things; that what you feel, you attract; and that what you imagine, you become.

There is a law of cause and effect operating at all times, such that nothing happens to you without your mental consent and participation. You do not have to *think* of an accident to have it befall you. If at some level you are holding the belief that you *might* have an accident, then sooner or later it will happen. The truth is that we demonstrate what we *really believe*.

More than a century ago, Dr. Phineas Parkhurst Quimby of Maine set this point forth as a simple and wonderful psychological truth. He said that if you believe something, it will become manifest, whether you are consciously thinking of it or not.

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It is done unto you as you believe. In other words, everything you do happens automatically according to your belief.

The law of your mind is the law of belief. This does not mean that you should therefore give your wholehearted belief to external circumstances, events, or conditions as causes. It means *to believe in the way your mind works: to understand that your mind works by belief—that is, in accordance with what you believe—so that you have profound belief in the very power of belief.*

To truly understand belief, therefore, is to understand the principle of your mind—that is, the way your mind works. To say that the law of your mind is the law of belief, then, is to say that your mind works by and through your beliefs. Know this, and you will have acquired a profound wisdom and the key to achieving all of your goals.

The belief of your mind is the thought in your mind, just that and nothing else. As you understand the power of belief, you understand the importance of watching your thoughts.

To believe is to accept something as true. Many, however, accept as true that which is absolutely false; consequently, they suffer to the extent of their beliefs. You can believe a falsehood. So, for example you believe that Los Angeles is in Arizona. But if you address your letter accordingly, it will not reach its destination.

The word *believe* is made up of two words, *be alive.* The old English meaning of the word is to "live in the state of being," which means making it real in your life. To believe means to make alive your conceived truths, feel the reality of them in your heart. It is much more than a conscious or theoretical assent; it means that you must *feel* the truth of what you affirm in your heart.

For you to truly express faith in something, your "head knowledge" must become "heart knowledge."

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Then you not only believe, you *demonstrate* your belief.

To accept an idea is to actually believe it.

Faith is a mental image that in time clothes itself in a body of manifestation.

Our beliefs are our masters.

The law of belief operates in all religions of the world and is the reason they all are psychologically true. The Buddhist, the Christian, the Muslim, and the Jew all are able to receive answers to their prayers—but not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of their belief, or mental acceptance and receptivity, about that for which they pray.

As a person thinks, feels, and believes, so it is done unto him or her.

Our lives are the result of the totality of our beliefs. That is why the law of life is the law of belief.

Your subconscious mind works according to the law of belief. All things that have happened to you are based on the thoughts you've impressed on your subconscious mind through belief.

What you believe in decides how you will live.

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To believe is to accept something as true; thus, be mindful of what you believe, for as the sixteenth-century Swiss physician and alchemist Paracelsus said: "Whether the object of your faith be true or false, you will get the same results." In other words, you will bring it to pass.

*F*aith without works is dead. (James 2:26)

This means that if there were not results, faith would be meaningless.

Have unwavering faith in there being a Principle of Life that responds to your belief and never fails you. You will then see the *works* (results) of your faith in your mind, body, and affairs. You will see the *works* of your faith appearing in all your undertakings, be they professional or personal.

The fruits (*works*) of faith come in accordance with the nature of your faith. Have faith in there being a Principle of Life that responds to your belief and never fails you, and the fruits of your faith will be health, happiness, peace, love, goodwill, abundance, security, poise, balance, serenity, and tranquillity.

Many people affirm a belief in a system of theology or certain ecclesiastical dogmas, but they have no workable faith at all in their lives and their lives are quite chaotic. Your faith, to be real, must be personally demonstrated in your mind, body, and affairs.

Whatever you think, feel, believe, and accept as true in your mind is the only *cause* in your world. Remember: *It is done unto you as you believe.*

SPIRITUAL, OR TRUE, FAITH

A man once said to me, "I had absolute faith that my thoroughbred would win the race." His horse, it turned out, had dropped dead in the race!

I explained to him that it is impossible to have *absolute faith* in anything but the

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principles of life and the working of the laws of one's subconscious mind. Principles and laws never change—they are eternal, immutable, and timeless.

It is impossible to have absolute faith in any event, circumstance, or condition in life. The Bible is replete with stories of those who put their faith in externals—for example, Adam and Eve in a snake, the children of Israel in a golden calf, Samson in Delilah—rather than in the Unchanging Truth, and consequently suffered loss.

Your faith should be in God, His Cosmic gifts, and in all things good. With that accomplished, success, prosperity, and happiness will be assured you in ways you know not of.

Faith in its true meaning is the practice of the presence of God within you.

Place your faith in God and all things good, and you will attract to yourself—by an immutable law—the people, conditions, circumstances, and events in the image and likeness of your contemplation.

When you know that the light and love of God are guiding and governing you in all your ways, you know that you cannot make errors in judgment or unwise decisions, or waste your time and efforts on useless endeavors.

Faith is a way of thinking whereby you think from the standpoint of principles and eternal truths. Faith can be looked upon as a constructive mental attitude or as a feeling of confidence and assurance that what you are praying for will come to pass.

Two excellent examples of the power of true faith are stated in the Bible:

> *A*nd what shall I more say? For the time would fail me to tell of Gedeon, and of Barak, and of Samson, and of Jephthae; of David also, and Samuel, and

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of the prophets: Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, waxed valiant in fight, turned to flight the armies of aliens. (Hebrews 11:32–34)

For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. (Mark 11:23)

It is the belief you hold in your mind that determines the difference between success and failure, health and sickness, happiness and unhappiness, joy and sadness, wealth and poverty. To lead a life of health, happiness, right action, and prosperity, your faith must be only in a God of love, the Infinite Intelligence and Boundless Wisdom, which is the Ever-Living One, the All-Knowing One, and the All-Powerful One.

Have faith in the Eternal Principle of Life within you, which created you and is never-changing.

Theologies, philosophies, governmental operations, and fiscal values wax and wane, come and go. Governments topple, wars and strife cause money to lose its value. Sometimes floods, hurricanes, and other cataclysms of nature sweep away cities, towns, and homes. Everything in this world passes away and is subject to change, except the Principle of Life—God—which remains the same yesterday, today, and forever.

Belief and expectancy stir up the dormant powers in the depths of your subconscious mind, which were always there, waiting to be recognized and utilized.

Wherefore, I put thee in remembrance, that thou stir up the gift of God, which is in thee. (II Timothy 1:6)

Most people are asleep to the God Power and the God Wisdom locked in their unconscious depths, so they daily do battle with the events and conditions in the world.

Persons of faith awaken and stir up the gift of God within them. They know that their

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ideals or desires are real in the Inner Kingdom, and that their faith or feeling will cause the invisible Presence to take on substance as a condition, event, or experience. This is why the person of faith walks upon the waters of doubt and fear and moves in confidence and understanding to the promised land—his or her cherished goal.

Faith is a way of thinking. It is a constructive mental attitude or a feeling of confidence that what you are praying for or desire will come to pass because of Infinite Intelligence operating within you. To truly have faith, you must have unwavering conviction in there being a Principle of Life that responds to your thought and never fails you.

> *F*or verily I say unto you, If ye have faith as a grain of mustard seed . . . nothing shall be impossible unto you. (Matthew 17:20)

If you claim that you do not believe in universal principles and the truths of God, but in some subsequent circumstance in your life you find yourself affirming that what is true of God is true of you, then the mere fact that you began, even ever so slightly, to affirm this truth is the *faith as a grain of mustard seed*—and it will expand and grow as you continue to reiterate and announce this truth to your mind. And you will discover that belief works wonders, and even miracles, in your life.

The noblest, grandest, and highest faith is based on eternal principles that never change. Have faith in the creative law of your own mind, in all things good, and in a joyous expectancy of the best. Have the firm belief inscribed in your heart in the invisible Intelligence within you, which created you and is all-powerful, and which will lead you out of any difficulty and show you the way.

This faith will enable you to walk over the waters of fear, doubt, worry, and imaginary dangers of all kinds.

TRUE FAITH VERSUS BLIND FAITH

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True faith consists in knowing that the Infinite Presence that created you from a cell knows all, and certainly knows how to heal you of any ailment—be it of the body, the heart, or the pocketbook.

What is popularly termed faith healing is not the faith mentioned in the Bible, which is knowledge of the interaction of the conscious and subconscious mind. A faith healer may be any person who heals without any real scientific understanding of the powers and forces involved. Faith healers claim to have a special gift of healing, but it is the sick person's blind belief in either the healer or his or her powers that is actually producing the results.

When you consciously tune in to the healing power of your subconscious, knowing and believing that it will respond to you and that you will get results, you are exercising true faith. True faith, in other words, is the combined, cooperative, and reciprocal use of your conscious and subconscious mind, scientifically directed for a specific purpose.

In 1776 the Swiss physician Franz Anton Mesmer claimed many cures when he stroked diseased bodies with artificial magnets. Later on he threw away his magnets and evolved the theory of animal magnetism. This he held to be a fluid that pervades the universe, but was most active in the human organism.

He claimed that this magnetic fluid, which was going forth from him to his patients, healed them. People flocked to him, and many wonderful cures were effected. Mesmer moved to Paris, and while he was there the government appointed a commission composed of physicians and members of the Academy of Science, of which Benjamin Franklin was a member, to investigate his cures. The report admitted the leading facts claimed by Mesmer, but held that there was no evidence to prove the correctness of his magnetic fluid theory, and said the effects were due to the imagination of the patients. Soon after this, Mesmer was driven into exile.

Perhaps the most revealing clue as to the operation of blind faith is in the fact that our word *mesmerize*—meaning to hypnotize—is derived from Mesmer's name. To hypnotize is to get another to act on the basis of the hypnotizer's suggestion. It is getting a person to act on the basis of the hypnotizer's appeal to act. That, in a nutshell, is how blind faith works.

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THE POWER OF FAITH WORKED FOR THEM

While lecturing in San Francisco, I met Arthur R., the general manager of a large corporation. He confided to me that he had lost confidence in himself. He was very unhappy and dejected over the way his career was going.

"I report to two people," he explained, "the executive vice president and the CEO. Both of them keep opposing me. Whatever I suggest, they're against it automatically. Between them, they are driving the firm into the ground. Before long my stock options will be worthless. I'll have wasted five years of my life. And the worst part is, I have absolutely no faith in my ability to do anything about it."

"Unless you are willing to put your confidence in the invisible powers within you," I told him, "whatever you do is going to go badly."

"Invisible powers!" he scoffed. "I'm sorry. I don't mean to belittle your beliefs. I'm sure you're very sincere. But as for me, I believe in what I can see, hear, touch, taste, or smell. I don't have room in my system for mystical ideas."

I smiled and responded, "I understand. Many people feel the same way. But where do they feel that way? Can you pin down the location of their skepticism?"

"Why, it's in their minds, I suppose," he replied. "You're going to ask me where my mind is. All right. I have to admit, I don't know exactly."

"But you know you have one," I said.

"Unless I've lost it," he joked.

"Do you have children?" I asked. He nodded. "Do you love them? Can you see that love? Or only its effects in the world? It is the same with the Infinite Intelligence that is within you and every person. We cannot see it, we cannot locate it, but we can see its effects in the world."

As we continued to talk, Arthur came to realize that in order to advance in business and to have peace of mind and success, he had to anchor himself to a wisdom and a power that transcended his intellect. He had to get in touch with that which is substantial and eternal. He made a deliberate decision to unite mentally and emotionally with the inner power lodged in his subconscious mind.

I later received a letter from Arthur. At the end of two weeks, the CEO and the vice president met with him privately. Each shook hands with him and said that the organization could not get along without his creative energies.

His faith was restored.

I once explained to a woman that the only thing you cannot have in life is something for nothing. She had been praying for a healing of a skin condition for ten years with no

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results. She had applied various astringent lotions and other topical medication, without any appreciable relief.

But she had never paid the price for healing: faith—faith in the Infinite Healing Presence, for "according to your faith is it done unto you." Faith is attention, devotion, and loyalty to the One Creative Power, the Living Spirit Almighty within, which created all things. The price this woman had to pay was recognition of the power of God, acceptance of His Healing Presence, and conviction that the healing is taking place now.

She had been giving power to externals, saying, "My skin is sensitive to the sun"; "I am allergic to the cold weather, also"; "I believe this eczema all over my arm is a hereditary condition"; "It's my genes and chromosomes that are at fault."

Her mind was divided, which she acknowledged with these words: "I could have anything I want, if I would only believe I had it in my mind." She had never paid the price for healing, which was to give her attention to God and His laws, to trust Him and believe in Him and that He would bring her healing to pass.

You must give before you can get. You must put the seed in the ground to get a harvest. Likewise, you must first impress your subconscious mind with the belief of what it is you desire. You must let the Universal Energy flow through your ideals, hopes, and aspirations, vitalizing and energizing them. Then you will feel the joy of answered prayer.

A Technique for Using the Power of Belief

If you believe it, it will come to pass. Here is an example of how this truth can work in your life.

If you want to take a trip and do not have a penny in your pocket, believe that you will have the answer to your desire and then take some action that will indicate that you have faith that your prayer is already answered in your deeper mind. For example, adopt the mental attitude of being already in the country or on the plane; have your passport and bags ready and all other requirements needed for overseas travel.

Principles to Remember and Apply

- Know that what you believe in your heart (subconscious mind) becomes your life.

- Faith is accepting as true that which your reason and senses deny. Believe the riches of the infinite power within your conscious and you will experience them.

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- Faith is a mental attitude that commands and gets results.
- To believe something is to accept it as true. This simple truth is of great consequence, because whatever you mentally accept and feel to be true will come to pass.
- You do not need more faith; you have plenty of faith, but you must use it constructively. Give it purposeful direction. Have faith in health, success, peace, and happiness.
- It is not what you profess to believe with your lips that matters. What matters is the belief deep down in your heart that is made manifest.
- All things that have happened to you are based on the thoughts you've impressed on your subconscious mind through belief. What you believe in decides how you will live.
- True faith consists of the belief that the Infinite Presence that created you knows all the processes and functions of your body, and that when you unite with It believingly, results will follow.
- Your faith must be placed in the guidance of God, in the love of God, in the harmony of God, and in Divine law and order. Real faith must be placed in the workings of your conscious and subconscious mind and in the truths of God, which never change.
- Believe in the reality of your idea, plan, or invention; believe that the idea you have is real in your mind and that you can have it now; and as you do, it will become manifest. Have faith in the creative laws of your mind, which never fail and never change.
- You must have a workable and working faith. It must be demonstrated in your home, in your relationships with people, and in your finances. Faith without demonstration and results is dead.
- It is done unto you as you believe.
- Mentally act and feel the way you would act and feel were your prayer(s) answered, and you will find that the power of faith will work wonders in your life.

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- You can’t get something for nothing. The price you pay for answered prayer is faith—faith in the Infinite Wisdom, the Infinite Healing within you—for according to your faith is it done unto you.

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4 The Miraculous Power of Prayer

Prayer is always the solution.

Here is a typical dialogue about prayer:

> "How long should my prayer be?"
>
> "You should pray until you feel satisfied within, or you feel that what you've done is the best you can do for the time being. A short prayer uttered from the heart gets better results than a long prayer. Long sessions of prayer are usually a mistake, as they may indicate you are trying to force things by using mental coercion, which always results in the opposite of what you are praying for."
>
> "What steps should I take after I have the belief that my prayer will be answered?"
>
> "Nothing. You don't aid Infinite Intelligence."

Prayer is the greatest force in all the world! Consider what we are told: *Whatsoever ye shall ask in prayer, believing, ye shall receive.* (Matthew 21:22) We have been told, then—and daily proofs support this—that when we believingly invoke the blessings, protection, and guidance of the Infinite Intelligence, the answer will come.

In other words, no matter what the problem might be, no matter how great the difficulty or how complicated the matter seems to be, prayer can solve it and bring about a happy and joyous solution—if in your praying you conform to the laws of your mind purposefully, sincerely, and righteously.

When you pray, you are not praying to a God "out there;" you are praying to the Healing Presence that is *within and throughout* you. You are focusing your attention on the Healing Presence within, to mobilize its powers to assist you in bringing about some desired change—some healing of body, mind, spirit, relationship, finances, or whatever.

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If someone asked me how I pray, I would respond by saying that to me, prayer means the contemplation of the eternal verities or truths of the Infinite from the highest possible standpoint. It's a way of thinking. It is a constructive mental attitude with the constant awareness that whatever you impress on your subconscious mind will come forth on the screen of space.

In other words, prayer is belief.

No matter what you are praying for, if it is God-ward and brings no harm to others, it already is, for all things good and noble subsist in the Infinite within you. The answers exist now and are awaiting your call and recognition. All you have to do is to claim, feel, know, and believe that the answer is yours now, and the solution will come.

You can know if you have succeeded in prayer by the way you feel: If you remain worried or anxious, and are wondering how, when, where, or through what source your answer will come, or you think that "just to be sure," you'd best pray "one more time," this indicates you are not yet trusting the Wisdom of your subconscious. You are meddling. Learn to relinquish authority to your subconscious mind.

Go to sleep believing you have the answer *now.* Do not postulate the answer in the future. Have an abiding faith in the outcome. Be convinced that there is an answer and a perfect solution for you.

If there seems to be an undue delay in getting the answer to your prayer, do not be discouraged. You will not always get an answer to your prayer overnight. Ask that Infinite Intelligence reveal to you what more you need to know. It will. Then simply gently turn the problem over to the subconscious mind every night prior to sleep, as if you had never done it before.

And by all means, cease pestering your subconscious. Mentally devote yourself to the right answer. Quiet your body, tell it to be still and relax, and it will obey you. It is the quiet mind that gets things done. When your conscious mind is quiet and receptive, the wisdom of your subconscious mind rises to the surface mind and you will know that you are receiving the answer to your prayer.

You will know your prayer is answered when you experience an inner sense of peace and certitude, followed by no further desire to pray.

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Effective prayer consists in your degree of conviction of the spiritual premise that there is an Infinite Intelligence within you that becomes the thing you desire.

Prayer constantly brings about the seemingly impossible and heals the so-called incurable.

The answer to prayer comes not from your devout investment of power in some external condition, circumstance, event, or person. The answer to prayer is the result of your subconscious mind responding to the mental picture or thought *in your mind.*

Many people's prayers aren't answered because consciously or unconsciously they are believing in two powers, or forces, in the world: one that brings sickness, and one that brings health; one that brings success, and one that brings failure; one that brings joy, and one that brings sorrow.

You will never be truly effective in prayer until you awaken to the greatest of all truths, expressed in Deuteronomy 6:4: *Hear, O Israel: The Lord our God is one.*

There is but One Power. Know this in your heart, and you will gain confidence and cease struggling, straining, and believing that you must put great effort into your prayers —thinking that praying is a type of contest between opposing forces.

Here is one of the great truths of the power of prayer: Through prayer, you can change your subconscious mind from reproducing erroneous thought-patterns and habits in your life.

In prayer, you are communing with your subconscious mind. When you offer *new* mental patterns to your subconscious mind through prayer, the latter accepts the new imagery and the past is obliterated and expunged.

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*P*ray without ceasing. (I Thessalonians 5:17)

This does not mean that you pray all day long; instead, it means that you ceaselessly think constructively and lovingly, remembering that your thoughts are your prayers.

Prayer is the law of substitution made manifest. Prayer is substituting for the challenge, the fear, the worry, or the doubt you're facing, an abiding faith in the Law of God, which organizes the universe and all the workings of your body and in which there is no fear, no challenge, no worry, no doubt.

Never once permit your mind to wander after false gods (negative beliefs). If you do, you will rob yourself of your strength and faith, nullifying your prayer.

When you pray, you must sincerely believe that you have the right to your heart's desire.

Prayer is conscious contact with the Infinite Intelligence within you.

In truth, *you* answer your own prayer, whether you are aware of it or not, because whatever you really believe to be true and accept in your conscious mind, *is already real*. In your mind, in other words, it is already a reality. Your subconscious mind simply brings it forth consistently as form, function, experience, and events.

Prayer is an act of spiritual companionship: Your conscious mind is conversing with your Higher Self, the God Presence within you, whereupon your Higher Self responds according to your belief in it.

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The very fact that you desire an answer means that the answer is already present in your mental and spiritual world. *Before they call, I will answer; and while they are yet speaking, I will hear.* (Isaiah 65:24)

You must cast out of your mind all doubts, false beliefs, superstitions, and previous notions, realizing that with regard to prayer, *"All things be ready if the mind be so."*

You must order your mind and thoughts to conform to the age-old truth that whatever you are seeking already subsists in Infinite Mind. All you have to do is identify mentally and emotionally with your desire, idea, plan, or purpose, realizing *it is already as real as your hand or heart.*

In order to receive an answer to your prayer, you must first give to your mind. When you pray, you are not supplicating some distant deity. You are activating the Infinite Intelligence resident within you to begin working on behalf of your expressed desires.

The farmer has to deposit seeds in the ground in order to get a harvest. He or she has to give in order to get. Similarly, to receive your prayer's answer, you must first plant in the ground of your subconscious mind the idea of what it is you desire. Then, whatever is impressed will become expressed.

Real prayer is not begging, beseeching, or supplicating. When you understand the laws of your own mind, you realize that it is foolish to think that you have to beg for something already given to you. The wisdom of your subconscious mind already knows the answer to your prayer. It has no problem. Consider for a moment: If Infinite Intelligence (your subconscious mind) had a problem, who would solve it?

Moreover, begging, beseeching, and supplicating would be attempting to change God. When you pray, you should not be trying to change the Infinite Source of All, which is God—for God is the same yesterday, today, and forever. You are praying to bring about a change in you, in your state of mind and being, so that some desired goal can be achieved. Effective prayer is aligning yourself with that which is true of God and which through you becomes a focal point for the expression of life, love, truth, beauty, joy, and abundance in your life. In other words, prayer is the contemplation of the truths of God from the highest standpoint.

When you beg and beseech, you are expressing that you don't have what you want now, and your sense of lack attracts more loss, lack, and limitation.

All you have to do is call on the wisdom of your subjective mind with faith and confidence, knowing that whatever idea you claim and feel to be true will be impressed on your subconscious and will come to pass from the depths of yourself.

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The God you are beseeching has already given you everything. You are here to appropriate and meditate on the reality of your idea or desire. Rejoice and give thanks, knowing that as you contemplate the reality of your desire, idea, plan, or purpose, your subconscious will bring it to pass. Be a good receiver. The gifts of God have been given to you from the foundation of time.

The principal reasons for prayer failure are lack of confidence from not fully understanding the law of the subconscious mind, and too much effort.

You must remember that whenever your subconscious mind accepts an idea, it immediately begins to execute it. That is answered prayer, and that is why I have said that our thoughts are our prayers.

Failure to get results from prayer often arises from praying for one thing while simultaneously expressing such thoughts as, "Things are getting worse," "I will never get an answer," "I see no way out," "It is hopeless," "I don't know what to do," "I'm all mixed up."

If expressed with conviction, these thoughts will be accepted by your subconscious mind instead of your prayer, as your subconscious is always controlled by the dominant idea. It will always accept the stronger of two contradictory propositions.

That is why, before you express a prayer, you must arrive at a definite decision that there is a way out from the concern you are praying about. If you keep giving your subconscious mind conflicting information, it is like getting into a taxi and giving half a dozen different directions to the driver in five minutes. He or she would become hopelessly confused and probably would refuse to take you anywhere. Your subconscious will respond identically.

"Knock, and it shall be opened unto you." (Matthew 7:7) This means that when you have come to a clear-cut and definite decision in your conscious mind about what it is you are seeking in your prayer, you will gain a response from your deeper mind, which is full of wisdom and power.

To overcome the failure in prayer caused by giving your subconscious mind conflicting, worrisome, or negative thoughts, *feel* the reality of your answered prayer. Take your mind off the concerns. Remind yourself how you felt after you recovered from a severe illness. Occupy your conscious mind with *the feel of the happy solution to your problem now*—whether it is health, finances, or employment. Remember that *feeling* is the touchstone of all subconscious demonstration.

If you find your intellect trying to get in the way, continue picturing yourself without

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the problem. Imagine the emotional accompaniment of the freedom state you crave. Persist in maintaining a simple, childlike, miracle-making faith.

When there is no longer any quarrel in either part of your mind, when you turn over your request with faith and confidence, when you come to that clear-cut conclusion in your conscious mind and you imagine the reality of the fulfilled desire and feel the thrill of accomplishment, your mind is made up, and your subconscious will then bring about the realization of your desire.

According to your belief is it done unto you.

You do not succeed in prayer by rushing, hurrying, struggling, straining, or using mental coercion of any kind. Trying to force your subconscious to do something is like telling yourself, "I must have this problem solved by Saturday. It's extremely important."

Have you ever had the experience of finding that the name of a certain person or song or film has suddenly deserted you? Your mind becomes appallingly blank, and you are unable to recall anything associated with what you are trying to remember. The more you grit your teeth and summon the powers of the will, the further the answer seems to flee. But then, when you have left the setting where the information was desired and the mental pressure relaxes, the answer you were seeking flows tantalizingly back into your mind. Trying to force yourself to remember was the cause of your failure.

Avoid struggle and strain, since this attitude is indicative of your unbelief. In your subconscious is all the wisdom and power necessary to solve any problem. It is your conscious mind that is prone to look at external conditions and doubt and think that it must continually struggle.

You will always fail to get results by trying to use mental coercion. Your subconscious mind does not respond to coercion. It responds to your faith—or your conscious mind's acceptance.

Prayer is cooperation with your subconscious. Lightness of touch is important. Remind yourself that Infinite Intelligence is taking care of things in Divine order far better than you can by tenseness of your conscious mind. With the subconscious mind, relaxation is the key.

Do not be concerned with details and means as to how your prayer will be answered. Turn your request over quietly, with faith and confidence, to your subconscious mind, knowing in your heart that the answer will come—knowing that like the seed you deposit in the ground, which grows after its kind, so will there be an

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answer to your request according to your desire.

Only Infinite Intelligence within your subconscious knows the answer. Imagine the end as finished state. The law of your mind will do the rest.

You can pray for another. When doing so, you are claiming that what is true of God in you is true also of the person for whom you pray. You aren't trying to send healing thoughts to the other person regarding his or her problem (for example, "I now will that Sally's problem is resolved"). You are instead affirming, identifying with, and thereby activating the Divine Presence in the other (for example, "I know that Infinite Intelligence is in Sally and can resolve her problem"). In this way, you are affirming resurrecting the qualities, attributes, and aspects of God in the other person through your thought and feeling.

Prayer is an ever-present help in time of trouble; but you do not have to wait for trouble to make prayer an integral and constructive part of your life.

The sound basis for the art and science of true prayer is your knowledge and complete confidence that the movement of your conscious mind will gain a definite response from your subconscious mind, which is one with Boundless Wisdom and Infinite Power.

Effective prayer is based upon the spiritual premise that there is a Supreme Intelligence within us that becomes the thing we desire, to the degree that we accept this premise as being true. Then, as you give your attention in prayer to God and Truth, you create a state of consciousness that begins to express itself as *experience* in your life. If you maintain a sustained, affirmative attitude of mind, you will sooner or later reach a state of fulfillment, a sense of absolute conviction. The acid test of whether or not you have reached a conviction is when your mind accepts the idea completely and you can't conceive of the opposite. You must, in other words, unwaveringly believe in—accept as true—what you want. When you do, you will have truly impressed your subconscious mind, which must then respond accordingly. Then you know the answer will come.

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The scientific thinker knows that there are laws governing the operation of the entire cosmos and that, as Emerson says, "Nothing happens by chance. Everything is pushed from behind"—which means that if your prayer is answered, it is being answered according to the laws of your own mind, whether you are aware of it or not.

Instead of mental striving, wrestling, or coercion, in scientific prayer you have Divine indifference. Divine indifference means that you know that it is impossible for your prayer to fail, in the same way you are absolutely positive that the sun will rise in the morning. You don't know how the answer will come, and you don't really care; you simply know the wisdom of your subconscious mind has ways of bringing about an answer to your prayer that your conscious mind does not know and could not even conceive of.

Effective prayer demands forgiveness. As it is written, *And when ye stand praying, forgive.* (Mark 11:25)

You must eradicate hostility and resentment first, before you can pray successfully.

It is essential, in other words, that before you pray you eradicate all hostility and resentment and have love and goodwill for all men and women everywhere—as well as for the beasts of the field and everything else in the world. You must sense your essential unity with all things: the birds of the air, the fish of the sea, and indeed all growing things.

When praying, don't grit your teeth about it. Just know and claim that the joy of the Lord is flowing through you now, and wonders will happen as you pray this way.

Moreover, freedom and peace of mind will be yours as a result.

TYPES OF PRAYER

Praying to Let Go

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In this prayer technique, you are not praying *for* some desired outcome to your concern or problem; instead, you release the source of your concern or problem to the Infinite Intelligence of your subconscious mind, which is the secret place from which we all draw forth the answers to all our problems. This is a powerful form of prayer when an individual or individuals are the source of your concern. To pray for them to change in accordance with your desired end would be interfering with their right to choose the lives they want. Instead, you relinquish your attachment to that person or those persons, and surrender them to God—knowing that in God there is guidance and right action. When we set others free and release them to God's guidance and direction, we are set free ourselves.

The Passing-Over Technique

This technique consists essentially in inducing the subconscious mind to take over your request as handed it by the conscious mind. As with all prayers, the passing-over technique is best accomplished in the reverie-like state, either immediately upon awakening or upon falling asleep. Know that in your deeper mind is Infinite Intelligence and Infinite Power. Next, calmly think over what you want, and then release it to your subconscious mind, seeing it coming into fruition from this moment forward. Be like the little girl who had a very bad cough and a sore throat. She declared firmly and repeatedly, "It is passing away now. It is passing away now." It passed away in about an hour. Use this technique with complete simplicity and naivete.

The Visualization (or Mental Movie) Technique

Your image of what you desire is the first cause relative to attaining the thing you are praying for.

In this prayer method, you quiet your mind and create a picture of yourself in your desired (prayed for) condition or circumstance, making that picture as vivid as you can, engaging all of your senses, knowing that what you form in your imagination is as real as any part of your body. In other words, just as what you see with the naked eye exists in the visible, external world, that which you can visualize in your mind's eye already exists in the invisible realms of your mind. That is why we say that any picture you hold in your mind believingly is *the substance of things hoped for and the evidence of things not seen.* (Hebrews 11:1)

The "Thank-You" Technique

In the Bible, Saint Paul recommends that we make known our requests with praise and thanksgiving. Some extraordinary results follow this simple method of prayer. The thankful heart is always close to the creative forces of the universe, causing countless

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blessings to flow toward it by the law of reciprocal relationship, based on a cosmic law of action and reaction.

For instance, what if your bills are piling up, you're out of work, and you have three children and no money. Regularly, every night and morning, in a relaxed, peaceful manner, repeat the words, "Thank you, Father, for my wealth," until the feeling or mood of thankfulness dominates your mind. Imagine that you are truly addressing the infinite power within you (knowing, of course, that you cannot see the Creative Intelligence or Infinite Mind). Realize that your thought-image of wealth is the first cause for obtaining your prosperity (or whatever it is that you desire).

If fear or thoughts of lack, poverty, and distress should come into your mind, say "Thank you, Father, for _____ [the condition you desire]" as often as necessary. As you keep up this thankful attitude, you will recondition your mind to the idea of whatever it is you desire, and your mind and heart will be lifted up to the point of acceptance.

The Argumentative Method

This method stems from the procedure of Dr. Phineas Parkhurst Quimby. Dr. Quimby, a pioneer in mental and spiritual healing, lived and practiced in Belfast, Maine, in the mid-nineteenth century. Quimby duplicated many of the healing miracles recorded in the Bible.

In brief, the argumentative method consists of spiritual reasoning whereby you convince yourself that the sickness is due to a false belief, groundless fears, and negative patterns lodged in your subconscious mind. You reason it out clearly in your mind and convince yourself that the disease or ailment is due only to a distorted, twisted pattern of thought that has taken form in your body. This wrong belief in some external power and external causes has now externalized itself as sickness. But changing your thought patterns can change it.

You explain to yourself that the basis of all healing is a change of belief. You also point out that the subconscious mind created the body and all its organs; therefore, it knows how to heal it, can heal it, and is doing so now as you speak. You argue in the courtroom of your mind that the disease is a shadow of the mind based on disease-soaked, morbid thought imagery. You continue to build up all the evidence you can muster on behalf of the healing power within, which created all the organs in the first place and which has a perfect pattern of every cell, nerve, and tissue within it.

Then, you render a verdict in favor of yourself and the healing of your problem. You liberate yourself by faith and spiritual understanding.

Your mental and spiritual evidence is overwhelming, because as you know that there is only one mind, what you feel as true you know will be resurrected in your experience.

The Absolute Method

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When using the absolute method, you mention your name (or someone else's for whom you are praying), then your (or the other person's) unwanted circumstance, then you cease giving further thought to that circumstance by quietly and silently thinking of God and His qualities and attributes, such as, God is all bliss, boundless love, infinite intelligence, all-powerful, boundless wisdom, absolute harmony, indescribable beauty, and perfection. As you quietly think along these lines, you are lifted up in consciousness into a new spiritual wavelength, at which time you feel the infinite ocean of God's love dissolving everything unlike itself in your (or the other person's for whom you are praying) mind and body. You feel that all the power and love of God are now focused on you (or the other person), by immersing yourself in Infinite Intelligence, the consciousness of the Divine ideal, until you feel its presence within you. Whatever is bothering or vexing you (or the other person) is now completely neutralized in the presence of the infinite ocean of life and love, and your prayer will then be answered in ways mysterious and unknown to you and the other person.

The absolute method of prayer might be likened to sound wave or sonic therapy shown to me by a physician in Los Angeles. An ultrasound wave machine oscillates at a tremendous speed and sends sound waves to any area of the body to which it is directed. These sound waves can be controlled, achieving remarkable results in dissolving arthritic, calcareous deposits, as well as healing and removing other disturbing conditions.

To the degree that we rise in consciousness by contemplating qualities and attributes of God, we generate spiritual electronic waves of harmony, health, and peace.

The Decree Method

> *T*hou shalt decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways. (Job 22:28)

In this prayer method, you simply declare (decree) that what you are praying for is done. Remember that power goes into your word according to the feeling and faith behind it. You do not need to add power to power. In this prayer form, as in all prayer, there must be no mental striving, coercion, force, or mental wrestling. When you realize the Power that moves the world is moving on your behalf and is backing up your word, your confidence and assurance in this prayer will grow.

Examples of Prayer

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Praying to Let Go

I knew of a man who operated a large market whose brother, a partner, had recently died. The brother had bequeathed a one-half interest in the business to his two nieces. The girls were very negative and demanding, creating all sorts of problems for this man. They refused to sell their one-half interest. The man told me that following an argument with them over their wanting more money from the business, he wrote down on a piece of paper, "I loose these girls to God completely. They are in their true place. Nothing is forever. This condition passes away *now.* It is God in action." He placed this writing in a drawer in his desk that was marked, "With God all things are possible," and forgot about it. In two weeks' time, his nieces agreed to sell their interest, and there was a perfectly harmonious solution.

A mother was distraught and highly agitated because her boy of eighteen had quit college and run away from home following an argument with his father. She was frantic, and her doctor had to prescribe strong sedatives to quiet her mind and body. In talking to her, I pointed out a few simple truths: You do not own your son; he came through you but not by you; Life-Principle is the common progenitor; we are all children of the one Father, or Self-Originating Spirit; your son is here to grow, to expand, and to overcome difficult challenges and problems, thereby enabling him to discover the powers within him and to release his talents to the world; you can't help him by mental excitation, anger, and resentment.

At my suggestion, she decided to release him completely. She decreed as follows: "I loose my son to God completely. He is Divinely guided in all his ways and Divine wisdom anoints his intellect. Divine law and order reign supreme in his life. He is guided to his true place and is expressing himself at his highest level. I loose him and let go."

She remained faithful to this prayer and daily claimed peace, harmony, joy, and Divine love for herself. Some weeks later, her son went back to college and began communicating with both parents, and his mother no longer feels possessive. She has discovered the riches of Divine love and freedom.

This woman ceased thinking from the standpoint of circumstances and conditions; she began to think from that interior standpoint where there are no circumstances, and from whence she was able to decree what conditions should be according to Divine law and order. Then she let the subconscious wisdom take care of the situation.

The Visualization (or Mental Movie) Technique

While on a vacation in Mexico, I met an attorney from Texas who told me that after this

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vacation, he had a very tough assignment before him in Dallas, concerning the settlement of conflicting claims among members of a family regarding a will involving about a million dollars. One member of the family had engaged him to bring peace and harmony so that a prolonged lawsuit could be avoided.

I suggested that he practice the following imaginative form of prayer therapy. Inasmuch as there is no time or space in the mental realm, he was to project himself mentally into a conference room in Dallas, where all the members of the family would be assembled. He was to claim that harmony, peace, and understanding were operating among them. Several times every day prior to this assignment, he was to imagine the member of the family who had hired him saying: "We have agreed to accept the terms of the will as written and will not contest it in court." He heard this over and over again and lulled himself to sleep every night with two words: "Happy ending."

Some weeks after I returned from the pyramids of Mexico, I received a letter from my attorney friend saying that he had followed my instructions, and that at the family conference there was a complete agreement and a happy ending.

The Decree Method

A young girl used the decree method on a young man who was constantly phoning her, pressing her for dates, and meeting her at her place of business. She found it very difficult to get rid of him. She decreed as follows: "I release _____ [the person's name] unto God. He is in his true place at all times. I am free, and he is free. I now decree that my words go forth into infinite mind and it brings it to pass. It is so." She said he vanished and she has never seen him since, adding, "It was as though the ground swallowed him up."

CORRECTING INCORRECT PRAYER

A widow once spoke with me about her need to sell an apartment building after her husband had passed on. She was in financial trouble, she had many vacancies, some tenants had not paid the rent, and the neighborhood was changing. She was afraid she would have to declare bankruptcy. The building was in the hands of brokers, but she had received no offers.

I explained to her that what she was seeking was also seeking her and that Infinite Intelligence within her would attract the right purchaser.

She prayed and also used her imaginative faculty and began to dramatize in her mind a buyer coming into her office, expressing an interest in her property. She imagined him saying to her, "I will buy it." She enacted this scenic dream several times a day, making

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sure that her mental imagery agreed with her affirmation of the truth. A few days after she began practicing this technique, a man came, looked the building over, seemed interested, but told her the next day that the price was too high.

The woman asked me to pray with her that this man would buy the apartment building. I explained to her that that would be the wrong approach and that she should never use mental coercion to force a sale, as that would be an invasion of the right of the buyer. I explained that Infinite Intelligence knows where the right buyer is and that that buyer would want and desire her building, that there was no acceptable occasion to *make* someone want it, and that she must realize that faith in the workings of her deeper mind would bring right results. We work by faith, not by hypnotizing others to do what we want.

As things turned out, the man who had rejected the building told his medical doctor about it, since this physician was looking for a good investment. The medical doctor bought the building and was delighted with the purchase. All the woman's problems were solved.

Mrs. B. had ulcers and was taking medicine prescribed by her doctors, but was nevertheless constantly saying, "The medicine is no good. My ulcers are worse." All her thoughts were of a bitter, ulcerated nature; she was resentful and full of hostility and suppressed rage toward relatives. She was at the same time petitioning a God far off up in the skies somewhere to heal her condition, which she unwittingly inflicted on herself. She was praying with a mind and heart full of hostility, suppressed rage, and resentment —which is praying amiss.

> *Y*e ask, and receive not, because ye ask amiss . . . . (James 4:3)

It was not until Mrs. B. replaced her hostility, rage, and resentment with divine love and peace that her prayers were answered.

Examples of Correct Prayer

Upon departing from a bus and arriving at her home, a lady discovered that she had lost a beautiful diamond ring and was quite perturbed for a while. She asked herself, "What is the truth about this ring?" She answered herself this way: "Nothing is lost in Infinite Mind. My subconscious mind knows where the ring is, and it leads me to it." After a few minutes she had the feeling that she should go back to the bus stop. She found the

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ring on the street close to the entrance to the bus.

To pray effectively, you change your mind to conform to the eternal truths of God, which never change. You do not beg, supplicate, or beseech. You simply reorder your mind and align yourself with the truth.

I had a conference with an ex-sergeant of the army who had served in Vietnam. He told me of a fascinating episode that had occurred during his tour of duty there. One afternoon when he was on patrol with his men, they walked right into six Vietcong soldiers, who immediately killed all five men in his patrol before they could lift their rifles. Obviously, the Vietcong had seen them coming and had ambushed them.

The enemy soldiers looked straight at him but never spoke to him or indicated that they saw him. They went through the pockets of his men and took papers, weapons, and all contents. He was amazed and could not understand it. He found his way back to his battalion and later wrote about his experience to his mother in Kentucky. She wrote back: "They did not see you, son. They could not see you or touch you, because I have prayed daily, 'My son will always be invisible to the enemy. God is his refuge and fortress.'"

This man's mother decreed constantly that her son would be invisible to the enemy and would be protected by God. This was communicated to her son's subconscious mind, which responded according to the impression or decree given. Every letter she wrote to her son concluded with these words taken from the 46th Psalm: "God shall help you, and that right early."

Undoubtedly these letters and prayers written by his mother had a profound effect upon him and made a deep impression in his subconscious mind, which responded to his mother's conviction of God's protection for him.

Effective Prayer Techniques

As you recite your prayers, let the impressions and feelings of the words sink into your deeper mind until your are possessed by their truth. As you continue this process, you will feel a great sense of inner release, like a cleansing of the soul. You will feel at peace and be relaxed, and you'll have a feeling that you are secreting the healing power from the depths of yourself that will bring about a perfect, harmonious solution to the desire you seek to resolve. That's when you'll know that your prayer is being answered.

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There are four steps to praying effectively.

The *first* step is complete allegiance, devotion, and loyalty to the only presence and the only power—God. This Power is within you. It created your body, and It can heal it and all its problems.

Second, you must definitely, absolutely, and completely refuse to give power to any external thing or any other power but God. You give no power to the phenomenal world or to any person, place, or thing.

The *third* step: Whatever the problem, difficulty, or sickness may be, turn away from the problem and affirm knowingly: "God is, and His healing presence flows through me now, healing, vitalizing, and energizing my whole being. God flows through me as the answer, as right action and Divine freedom."

The *fourth* step is to give thanks for the happy solution. Rejoice and say, "Father, I thank Thee for the perfect answer, and I know it is God in action now. I have mentally touched the power and the presence of God. It is wonderful!"

Principles to Remember and Apply

- Prayer is always the solution.
- Avoid all effort or mental coercion in prayer. Applying mental coercion or too much effort shows anxiety and fear, which block your answer. To use mental force is to presuppose that there is opposition.
- You delay the answer by thinking it will take a long time or that it is a major problem. Your subconscious has no problem; it knows only the answer.
- When you pray for another person, you are not sending a healing wave or thought-wave to that person. You are affirming that the Healing Love of God is in the subconscious of the other person.
- Praying is not begging or beseeching. To beg and beseech is to admit you don't have something, to attest to lack and limitation, which will inevitably attract more misery and loss.
- Refuse to take no for an answer. Believe implicitly in the promises of God.

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- Prayer is aligning yourself with the eternal verities of life and becoming a focal point for the expression of life, love, truth, beauty, and the life more abundant.
- When you pray, it is essential that you be at peace with all people and things.
- Mentally act and feel the way you would act and feel were your prayer answered, and you will find that the power of faith will work wonders in your life.
- The four steps to effective prayer are: 1. Recognition of the Healing Presence; 2. Complete acceptance of the One Power; 3. Affirmation of the Truth; 4. Rejoicing and giving thanks for the answer.
- Divine indifference means that you know whatever you claim and feel to be true in your heart must come to pass, and you simply wait for the answer with great assurance.

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5 The Healing Power of Forgiveness

Forgiveness is love in action. Without love in our hearts, we stumble and fall.

This is the acid test for knowing when you have forgiven the other: Suppose someone told you some wonderful news about the person who you say wronged you. How do you react? Do you resent it? Do you become disturbed? Would you rather hear the opposite? If so, you have not forgiven. The roots of anger and vengeance are still there.

You wither the roots through prayer and love.

You should rejoice to see the law of God work for anybody, regardless of who that person is, what he or she is, or where he or she is.

Forgive yourself by getting your thoughts in harmony with Divine Law and Order.

You cannot really forgive others completely until you have forgiven yourself first. To refuse to forgive yourself is nothing more or less than spiritual pride or ignorance.

Forgiveness of others is essential to mental peace and radiant health. You must forgive everyone who has ever hurt you if you want perfect health and happiness.

Your mind and forgiving heart must be in perfect alignment in order to get an answer to your prayers.

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You do not get upset or resentful toward a person who suffers from a congenital deformity. Likewise, you should not be disturbed because some people suffer from mental deformities, that is, unkind, harsh, hurtful, cruel mentalities. Have compassion for them. Forgive them.

Be intolerant of false ideas, but not of people.

*A*nd if he trespass against thee . . . and . . . turn . . . to thee saying, I repent; thou shalt forgive him. (Luke 17:4)

To repent is to change your thinking along constructive lines and to keep it changed. Change how you are thinking, begin to *do justly, and to love mercy, and to walk humbly with thy God.* (Micah 6: 8), and you will have restored yourself to wholeness and will experience Divine forgiveness—which is the same as self-forgiveness, because The Source of All Forgiveness, God, is within you. You will feel the Divine Law of Love once again welling up and radiating through you, clearing away your self-condemnation.

If you steadfastly turn your thoughts God-ward, you cannot help but replace your feelings of self-recrimination with those of self-forgiveness, because in God there is only the principle of love, not of hate.

The law of forgiveness is a scientific law of mind. Think and act aright, and you will be forgiven, even if in the past you have not used the principles of mind to pursue the highest good for yourself and others.

Perfunctory, mechanical mouthing of prayer won't accomplish forgiveness. Only

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when a real inner transformation takes place and you possess a hunger and thirst to do the right thing, then this seeming miracle of forgiveness for past errors takes place and you discover that a new beginning is a new end.

> *T*hen came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus said unto him, I say not unto thee, Until seven times: but, Until seventy times seven. (Matthew 18:21-22)

The only way to wither unforgiveness is with love—by wishing for the other person all the blessings of life, until you can meet the person in your mind, and you can sincerely react with a benediction of peace and goodwill. This is the meaning of *forgive until seventy times seven.*

There is no time or space in the mind-principle. The minute you decide to transform your life by filling your subconscious with life-giving patterns, the Infinite Healing Presence cleanses your subconscious and you become free.

The Life-Principle never condemns or punishes you. You punish yourself by misuse of the law and by negative or false thinking.

The marvelous and wonderful truth is that you have the power to forgive and stop disparaging yourself for your shortcomings and mistakes by deciding to change your thoughts and keep them changed. On the basis of scientific mental law—which is that your subconscious mind automatically accepts any thought held believingly—the moment you begin to think constructively, harmoniously, peacefully, and lovingly, based on eternal truths that never change, your subconscious will immediately respond to your constructive thoughts and imagery, the past will be forgotten and remembered no more.

It makes no difference what wrongdoing you have committed. The law of your subconscious does not hold any grudge against you. Once you have made a sincere

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decision to become a transformed person and to practice and live the eternal truths of God, “thou art made whole.”

Forgiveness of yourself and others makes way in your mind for the Infinite Healing Presence to flow through you.

All our derelictions, sins, errors, crimes, hostilities, and resentments are wiped out when we change our hearts and acknowledge that the love and harmony of God reign supreme in our lives.

When Divine Love, Divine Harmony, and Divine Peace dominate your mind and heart, the law of your subconscious, being compulsive, will compel you to express the qualities and attributes of God. Your old ways will be as if they never were, the “old” you will be no more; all your new ways will be ways of pleasantness, and all your paths will lead to peace.

Self-condemnation brings failure and misery. Self-forgiveness brings happiness, peace, and triumphant living.

Forgive yourself and learn to accept forgiveness.

You are a son or daughter of the Infinite. Have a healthy, reverent, wholesome respect for the Divinity that created you and watches over you, and that created the whole universe and all things contained therein. Make a habit of exalting the Divine Presence within you and then living accordingly.

The past is only your memory of the past. The results of past events—be they good or bad—are still but the expression of your present thinking. The only pain and sting you can experience is the pain of the present moment. Think of peace, harmony, joy, love, and goodwill in this moment. By mentally dwelling on these things and claiming them, *and forgetting the past,* a new and glorious life will be yours. You are a good person

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now; that's all that matters. The past is dead. Nothing matters but this moment. You are a good person now, and you have a perfect right to all the blessings of life now. *Remember ye not the former things, neither consider the things of old.* (Isaiah 43:18)

God condemns no one. He has already forgiven you. Now forgive yourself. Change your thought and keep it changed. Think on whatsoever things are true, just, noble, and of good report. Think from the standpoint of the Golden Rule and the Law of Love.

Here's a parable about forgiveness:

> A little boy had been very bad. His mother gave him a lot of chores and tasks to do about the house and kept him indoors for a week. He fulfilled all the tasks joyously, and at the end of the week his mother said, "You are a very good boy. Your work is excellent."
> The little boy replied, "Mother, am I not just as good now as if I never had been bad?"
> His mother answered, "Of course you are! How wonderful is the truth!"

Cling to the good, the beautiful, and the true, and you will experience forgiveness, for you will have become just as good now as if you had never been bad.

You pass judgment on yourself by the concepts and beliefs that you entertain. You are always choosing your thoughts, and in that act you are passing judgment on yourself. God, however, sees you as perfect. The Perfect One cannot see imperfection.

Forgiveness is giving to the other love, peace, and all the blessings of life. As you give, you are blessed, as *It is more blessed to give than to receive.* (Acts 20:35)

You forgive yourself when you identify mentally and emotionally with the ideal of

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good, and you continue to do so until it gels within you as a conviction or subjective embodiment.

Let God's love enter your soul. If you resolve to be a new person in God, then the past will be wiped out and remembered no more.

You sin when you think negatively and resent, hate, condemn, or engage in fear or worry. And you are always sinning when you deviate or turn away from your announced goal or aim in life, which should always be peace, harmony, wisdom, and perfect health: the life more abundant.

To sin is to miss the mark, which is the goal of health, happiness, and peace.

Your sins will be canceled by forgiving yourself—by turning your attention back toward the aims of peace, harmony, wisdom, and perfect health—*and* when you forgive those against whom you hold resentment and hate.

Forgiveness is getting your thoughts in line with the Divine Law of Harmony.

Resentment, condemnation, remorse, and hostility are behind a host of maladies. There is only one remedy: Discard your hurts.

The one and only sure way to do this is by forgiveness.

The Bible says, *Love ye one another.* Anyone can do this who really wants to. Love means that you wish for the other health, happiness, peace, joy, and all the blessings of life. For that, there is only one prerequisite: the *willingness* to forgive, which must then be accompained by sincerity.

To forgive the other does not necessarily mean that you like that other person or

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want to associate with that person. It simply means that you wish for the other what you wish for yourself.

Another way of understanding *forgive until seventy times seven* is that your life should be dominated by a constant attitude of forgiving, or giving for. Continue supplanting negative thoughts with constructive, harmonious thoughts, and you will be constantly forgiving yourself.

Remember, too, that your thoughts about another are also your thoughts about yourself. You are the only thinker in your world, and your thought is definitely creative. You and you alone are responsible for the way you think. Whatever you think or wish for another you are creating in your own body, experiences, conditions, and events.

It behooves you, therefore, to forgive.

Your subconscious never sleeps. It is always on the job, even as *you* sleep. Forgive yourself and everyone else before you go to sleep, impress your subconscious with forgiveness thoughts, and the healing of any kind that you desire in your life will take place much more rapidly.

Let us suppose you had a painful abscess on your jaw a year ago, and you told me about it, and I asked you if you had any pain now. You would say, "No. I have a memory of it, but no pain."

Now let's say I were then to tell you something wonderful about someone who had wronged you, cheated you, or defrauded you, and you felt gladness at hearing the good news about this person. Clearly, you have a memory of the old pain, but not the sting in your heart. You have truly forgiven.

Dwell on these wonderful words: *But if the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right . . . all his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live.* (Ezekiel 18:21–22)

You are told in these verses that if you will begin to practice right thinking, right

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feeling, and right action, you will have made yourself a new person. The old you will then be forgiven and remembered no more.

THEY ACCEPTED THE HEALING POWER OF FORGIVENESS

A woman came to see me stating that she was a Christian and her husband was of another faith. They were quite happy together until she began receiving letters from her mother saying that she had done great evil, letters that contained religious threats plus moral condemnation. I explained to this woman that in God there is no Greek or Jew, no bond or free, no Christian or Muslim, no Hindu or atheist. God has no religion and knows nothing about creeds, dogmas, and human opinions.

I then told her the story of a spiritual teacher who taught his students as follows: "Compose a letter written as from a friend to yourself that would completely satisfy you if you received it. Put into exact words what you would like your friend to write or say to you."

Every night, this woman embraced her mother in her imagination and radiated love, peace, and joy to her; then she would read to herself the imaginary letter from her mother that filled her soul with joy. She continued to do this every night for about three weeks. At the end of that time, she received a letter from her mother apologizing for her previous letters and containing almost the exact words the woman had been picturing, feeling, and rejoicing in each night.

This is the great law of substitution or forgiving: substituting love and goodwill for any feeling of ill will or hostility. You can practice this same technique with anyone with whom you are having difficulty.

A man who murdered his brother in Europe visited me many years ago. He was suffering from great mental anguish and torture, believing that God must punish him. He explained that his brother had been having an affair with his wife, and that he had shot him on the spur of the moment. Since that incident, this man had married an American woman and had been blessed with three lovely children. He held a position in which he helped many people, and he was a transformed man.

My explanation to him was that he was not the same man who shot his brother. Mentally and spiritually he was a new man. He was now full of love and goodwill for humanity. The "old" man who committed the crime many years before was mentally and

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spiritually no more. This man was actually condemning an innocent man!

This explanation had a profound effect upon him, and he said it was as if a great weight had been lifted from his mind.

Doreen B. was raised by an aunt and uncle after her parents were killed in an accident. She told me that she had never recovered from the abuse she suffered at their hands. "It still haunts me," she said. "I wake up every day asking myself how anyone could torment a little kid that way. No matter how hard I tried, I was punished for making a mess, for making noise, for not doing my chores fast enough or well enough. It was awful!" She continued after a moment, "And do you know what's really terrible? They convinced me. Whenever anything goes wrong for me, right away I think, 'I must have deserved this.' Hard as I try, I can't forgive myself for not being perfect."

I explained to Doreen that forgiving herself meant extending that same forgiveness to those who had harmed her.

I then taught her a simple but effective method to bring about forgiveness in herself. "Think of God and His love for you," I told her. "Quiet your mind, relax, and let go. Then affirm this prayer."

> I fully and freely forgive [think of the name of the offender]. I release him or her mentally and spiritually. I completely forgive everything connected with the matter in question. I am free, and he or she is free. It is a marvelous feeling. This is my day of general amnesty. I release anybody and everybody who has ever hurt me, and I wish for each and every one health, happiness, peace, and all the blessings of life. I do this freely, joyously, and lovingly.

I then told her: "Whenever you think of the person or persons who hurt you, say, 'I have released you, and all the blessings of life are yours.' You will then be free and they will be free."

As Doreen discovered, the great secret of true forgiveness is that once you have forgiven a person, it is unnecessary to repeat the prayer. After a few days, thoughts of the person or experience will return less and less often, until they fade into nothingness.

Forgiveness Techniques

Many people are full of guilt because they failed to visit a loved one prior to that person's death. Their statements are somewhat as follows: "I mistreated my mother before she passed on"; "My husband died, and I was out at the time"; "I did not forgive

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my father, and now he is dead and gone."

The first thing you must realize is that there is no time or space in the Mind Principle. This very moment you can relax mentally and think of the person whom you believe you wronged in some way. Imagine that you are talking with that person. Exalt that person in your mind, and tell the person of your love for him or her; realize that the Presence of God is there and that His love, light, truth, and beauty are flowing through you and the other person. Live in this imaginary scene. Continue to dramatize this mental scene until you get a reaction that fills your soul with joy and sets you free. The action of God will then have taken place, and a complete healing within you will follow.

This may be the most powerful forgiveness prayer you can utter:

I forgive _____ [person's name], for he or she (or you can repeat the person's name) knows not what he or she does.

Principles to Remember and Apply

- You know when you have forgiven another, because you can meet the person in your mind and there is memory of the pain but no longer any sting.
- To *forgive* is to sincerely wish for the other what you wish for yourself: harmony, health, peace, and all the blessings of life.
- Forget the past and saturate your mind with Divine love, peace, and harmony. No matter what has happened in the past, you can change it now.
- Fill your subconscious with life-giving patterns of thought and you will erase and crowd out everything unlike God, and forgiveness will be yours.
- It is necessary to enter into the spirit of forgiveness and goodwill in order to get real and lasting healing.
- Forgive yourself if you feel you have wronged someone who is deceased. Exalt that person in your mind. Feel the Presence of God there; realize that. His light, love, truth, and beauty are flowing through you and that person.
- Perfunctory prayer won't accomplish forgiveness. Only when a real inner transformation takes place and you possess a hunger and thirst to do the right

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thing will this seeming miracle of forgiveness take place.

- *Forgive until seventy times seven* means your life should be dominated by a constant attitude of forgiving. Continue supplanting negative thoughts with constructive, harmonious thoughts and you will be constantly forgiving yourself and others.

- All our shortcomings are completely forgiven when we become dominated by Divine love, harmony, and peace; then the law of our subconscious responds accordingly. And because the law of our minds is compulsive, our old patterns will be no more, and our new ways will be ways of pleasantness and paths of peace.

- To forgive means to give forth love, goodwill, harmony, and all the blessings of life on all people.

- The Life Principle is forever forgiving and healing you.

- Forgiveness opens the way for the Infinite Healing Presence to flow through you. Criticism, resentment, and hostility to others all block the Healing Presence.

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6 The Mysterious Power of Desire

Let your desire captivate and hold your attention, knowing that what you are seeking is seeking you.

The Infinite Power that gives you the desire will also reveal to you the perfect plan for its fulfillment.

In order to make your will the will of Omnipotence, you must animate it. You must make your will alive within you by enthusiasm, until it becomes embodied in the subconscious mind. This is called desire.

> What things soever ye desire, when ye pray believe that ye receive them, and ye shall have them. (Mark 11:24)

In these few cryptic words is the specific and motivating direction for making use of the creative power of thought and bringing forth our desires.

You must understand that for anything to have substance in the realm of mind, it must be *actually existing there:* Your thought, or desire, in other words, is as real on its own plane as your hand or your heart.

Following the Biblical instruction, once you give thought to your desire with conviction, you completely eliminate from your mind all consideration of conditions, circumstances, or anything that might imply adverse contingencies. *You pray believing that you have already received it.* Have faith in the reality of your desire, and you will attract everything necessary for its fulfillment. You are planting a seed in your mind by impressing upon the subconscious the particular thing that you desire. If you leave it undisturbed, it will infallibly germinate into external fruition.

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The mere fact that you have a desire for which you seek an answer means that the answer is already present in your mental and spiritual world.

You must give before you can get. You must put the seed in the ground to get a harvest. Likewise, in order to feel the joy of the fulfilled desire, you must let the Universal Energy flow through your ideals, hopes, and aspirations—your desires—vitalizing and energizing them.

You must appreciate the fact that your desire—the new play, book, script, trip, enterprise, or adventure—is already real in your mind, though invisible. To know that what you desire is real, that it has form, shape, and substance on the mental plane, gives you scientific faith. This knowledge enables you to pass through doubt, worry, and uncertainty to a place of conviction deep in your subconscious mind, knowing that whatever desire you believingly convey to your subconscious will be projected on the screen of space and will reach fruition.

When you pray for your desire, you aren't giving vitality to it; vitality is already inherent within it. What you're doing is nourishing its manifestation as form, function, experience, or event.

When you want something, do not think of all the reasons why you can't have it, but realize there is an Infinite Intelligence that will attract to you what you want. As you accept this truth, the deeper currents of your mind will bring it to pass.

If you don't believe that you have *the right* to your heart's desire, you won't be able to believe that you *will have* your desire.

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Practice the law of silence. When you have a desire, don't discuss it with anyone except when it is absolutely necessary to do so—as, for example, someone who is directly involved. You can share it with a spiritual advisor, who is there to aid you. To talk with anyone else—friends, relatives—however, can prove to be unwise, as often they will ridicule your desires and diminish your faith in attaining them successfully.

The less you talk about your ideal, the better. Keep on nourishing your goal with faith and confidence, and when you have established the mental equivalent, its success will burst forth like a flower in full bloom.

A desire is a prayer. The desires of an atheist can be answered just as well as those of any religious person, as long as the atheist puts his or her whole faith into the desires. The law of mind, like the laws of nature, works for one and all.

Whatever you desire is already available as a thought in your mind. Claim what you want and feel its reality, remembering that Infinite Mind is spaceless and timeless. Cease limiting yourself, therefore, by postponing your desires because of your conscious mind's concerns about your present circumstances. Remind yourself that external events, conditions, and circumstances are not causes. Remove all stumbling blocks that are in your mind and enter now into the joy of the answered prayer.

Your desire is reminding you of something in your life that, if accepted by you and is in accordance with the eternal verities, will make your life fuller and happier. Don't postpone it. You can realize in your mind the desire of your heart without procrastination. *Hope deferred maketh the heart sick* . . . (Proverbs 13:12)

You have to plant the seed before you can reap; you have to give before you can get. Give the Universal Source of Supply (God)—the Power, Cause, and Substance of all things—your attention and loyalty. Then pour energy, life, love, and attention on that which you want. When you have succeeded in establishing the mental equivalent in your mind, the result will follow.

*D*elight thyself also in the Lord; and he shall give thee the desires of thine

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heart. (Psalm 37:4)

When you desire something and your conscious mind is of the belief that some other person is necessary for the fulfillment of your desire, you must not try to make that other person bend to your will through use of any subtle mental influence of prayer or by envisioning the person acting in accordance with your will or desire. You must trust the Infinite Intelligence of your subconscious to attract to you the right person at the right time and in the right way. It makes no mistakes. Trust the infinite intelligence to bring your desires to pass; then there is no occasion for mental coercion or trying to influence others to do your bidding.

When you sense your oneness with your desire, Infinite Intelligence moves on your behalf and brings your desire to pass. This is the creative law operating in you. Such knowledge works wonders in your life.

You can bring your desire to pass without hurting a hair of a living being in this world. As Saint Paul said, *Love is the fulfilling of the law.* (Romans 13:10)—not coveting, dominating, or the like. When you think right, feel right, act right, and do right, you have used the law constructively—and your desire will come to pass and there will be goodwill toward and for all.

Envy of another will sabotage the attainment of your goals. You don't have to want anything that some other person is enjoying. God's infinite riches are available to all.

Ralph Waldo Emerson said, "Nothing was ever achieved without enthusiasm." Therefore, you must back your desire with enthusiasm.

Desire is an absorbing or controlling possession of the mind by an interest or pursuit.

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Do not let yourself be led astray from your desire by negative beliefs, doubts, fears, worries, or the opinions of others.

The fear thought that challenges your desire must die, and your desire must live. Take your attention completely away from the thought of opposition; this will starve the opposition thought to death. Feast mentally and emotionally on your ideals and goals in life.

Your loyalty, devotion, and attention must be given to your goal, ideal, or desire.

God is within you, and your desire to achieve is from God. God gave you your brain, your mind, the hands to write and build, and the urge to achieve and express, plus the intelligence and capacity to do all these things.

Open your mind and heart to the realization that God who gave you your desires will also reveal to you the perfect way for their manifestation. You must believe in your heart and accept the reality of your desire in your mind. Be thankful for its fulfillment. In spite of appearances, conditions, or circumstances, you must know that the Living Spirit will respond, creating the fulfillment of your dreams.

You must feel your idea or desire as true. Then, when it is accepted subconsciously, your conscious wish or desire will have passed from mere wishing and desiring to a subconscious conviction, and your subconscious will bring it to pass. The law of the subconscious is one of compulsion, and the will of the subconscious comes to pass.

Only when you turn your desires over to your subconscious with certainty will they come to fruition.

The greater the expected benefit from the desire, the stronger is the desire. Where there is no expected benefit, gain, or advancement accruing, there is no true desire; consequently, no action is found working toward the manifestation of the desire.

Failure over a long period of time to listen to your desires to be, to do, and to have

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will lead to frustration and unhappiness. Extinction of desire means apathy, no feeling, and no action.

Desire is the moving principle of universe. It is creative power and must be channeled and directed wisely.

Affirmations and prayer will not change matters. What is essential is that these are imbued with a strong desire. It is *this* combination that has the power to bring into your life prosperity of all kinds.

Realize that as Shakespeare said, "All things be ready if the mind be so." This means that you must order your mind and thoughts to conform to the age-old truth that whatever you are seeking already exists in Infinite Mind. All you have to do is identify mentally and emotionally with your desire, realizing that it is as real as your hand or heart.

Desire is the Life Principle seeking to express Itself at higher levels through you. It is the angel of God, the messenger of the Divine, saying to each one of us, "Come on up higher." Your desire is Life seeking to manifest Itself in some form through you, which as yet exists only as thought-image in your mind.

Your desire is your prayer; prayer is the soul's sincere desire.

Many people indulge in fantasizing about something pleasant while nevertheless believing it could never happen to them, because they think that what they desire for themselves is too good to be true. This is a pure waste of time and results in debilitating one's entire mentality. Go all the way with your idea! Don't say, "Oh, that's too good to

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be true." Say, rather, "I welcome this idea! I accept it wholeheartedly and it will come to pass in God's good time." You must realize that there is nothing too good to be true, and nothing too wonderful to last.

*B*elieve that ye receive them, and ye shall have them. (Mark 11:24)

A young man asked Socrates how he could obtain wisdom. Socrates replied, "Come with me." He took the lad to a river, pushed the boy's head under the water, held it there until the boy was gasping for air, then relaxed and released his head. When the boy regained his composure, Socrates asked him, "What did you desire most when you were under water?"

"I wanted air," said the boy.

Socrates said to him, "When you want wisdom as much as you wanted air when you were immersed in the water, you will receive it."

In a like way, when you really have the desire to overcome any block in your life and you come to a clear-cut decision that there is a way out and nothing will divert you, then what you desire will be yours.

Be careful that your desires do not conflict with your beliefs, your imaginings.

Emile Coue, the famous psychologist from France who visited America in the early part of the twentieth century, defined the law of reversed effort as follows: "When your desires and imagination are in conflict, your imagination invariably gains the day."

If, for example, you were asked to walk a plank on the floor, you would do so without question. But suppose the same plank were placed twenty feet up in the air between two buildings. Would you walk it? Your desire to walk it would be counteracted by your imagination, or fear of falling. Your dominant idea, which would be the picture of falling, would conquer. Your desire or will to walk on the plank would be reversed, and the dominant idea of failure would be reinforced.

No one can serve two masters. You cannot expect to realize the desire of your heart if you believe there is a power that thwarts that desire. If there were some power to challenge God, God would cease to be omnipotent or supreme. Learn to believe that the Infinite Intelligence that gave you the desire will also show you how to fulfill it.

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Your desire to dance is God seeking to reveal to you that this is a universe of dancing forces. The whole world is a dance of God.

Your desire to paint a sunset is the indescribable beauty of God seeking expression through you, the artist.

God gave you ears to hear the music of the spheres and His still, small voice within, which ever says to you, *This is the way, walk ye in.*

God gave you eyes that you might see God in everything.

Your desires are the Infinite revealing His riches to you and saying to you *thou art ever with me, and all that I have is thine.* (Luke 15:31)

DESIRE FULFILLED THEIR LONGINGS

Here's a letter I once received.

> Dear Dr. Murphy:
>
> My eighth birthday was approaching and my mother asked me what gift I would treasure most. I spent most of my spare time doing woodcraft and had been given many good ideas by carpenters building a house nearby, including the reverence for a Disston saw made of very fine steel and superior craftsmanship. So I told her of my burning desire for one, since it would improve my work.
>
> Wishing to surprise me, Mother started on her sleuthing trips, first to hardware stores, then to secondhand stores, but the answers to her query were almost a stereotype: "Impossible—you'll not find one; they have not been made since the war!"
>
> Feeling very downcast, Mother told me of her exhaustive search and said that, since the Disston saw was impossible to find, I must choose another gift. I told her that it was not necessary for the saw to come from her or the hardware store, but that I knew the saw would come.
>
> We had had our home up for sale, had a buyer with a deposit in escrow, and had one termite inspection in which the inspector had examined only the house and basement, but the buyers wanted a double-check by another company, which is not generally done. The second inspector was much more thorough

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and insisted on examining the attic. After about an hour he returned to the living room with a beautiful old saw with a hand-carved handle. Engraved across one side in flourishing letters was the word *Disston.* I later learned that when the house had been built, one of the carpenters had lost it in a very narrow aperture between the framework for a large skylight in the living room and the stonework of the back of a large fireplace.

I have always been grateful that you taught me at an early age to understand and to contact the all-knowing Power within me.

Your friend, R. Conrad.

I once performed a marriage ceremony for a young secretary who told me that about six months prior to her marriage, she had drawn up a treasure map for herself, dividing it into four parts. In the first section, she wrote, "I give thanks for God's wealth flowing freely in my life." In the second, she wrote, "I give thanks for a four-month tour around the world." In the third, she wrote, "I give thanks for a wonderful, spiritual-minded man who harmonizes with me perfectly." In the last, she wrote, "I give thanks for a wonderful home that is beautifully furnished." Underneath these four requests, she wrote, "I give thanks for the immediate fulfillment of all these requests in Divine order through Divine love."

Every morning, afternoon, and evening, she would go over her requests, affirming and imagining their fulfillment, realizing that gradually these images would be written in her subconscious mind, which would bring them to pass.

The answer to her first request came in about a month's time. Her grandmother in New York bequeathed $50,000 to her in her will, along with a new luxury car. Her mother and father, who were living in Canada, invited her to take a trip with them around the world, and on the trip she met a young scientist. As she said, it was love at first sight, and her marriage to him took place on her return to California. He had a beautiful home, magnificently furnished.

She said to me that writing out a treasure map and trusting the infinite intelligence of her subconscious mind really worked. And it does.

Techniques for Harnessing the Power of Desire

Twice a day, quiet the activity of your mind and remove all tension from your body by simply talking to it and telling it to relax. This brings about an outcropping of your

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subconscious mind, and all effort and negative thoughts will be reduced to a minimum. Know that if you order it in this way, it has to obey. In that quiet, receptive, peaceful state, focus your attention completely on your desire. *Feel* the joy and reality of it all. Become identified with the picture of your desire in your mind, and have faith that what you *imagine* and *believe* must come to pass. Think, imagine, speak, and act the way you would if you possessed your desire. For example, if you wanted a beautiful home, picture that ideal home in your mind—imagine yourself walking through the house, watering the garden, and playing with the children. Make it vivid and real. Feel its naturalness. Feel the solidity of the walls and the furniture. Show your friends through the house. Live there mentally, and what you imagine and feel to be true will come to pass. Then, turn this request over to your subconscious mind, releasing it with absolute faith and confidence in the same way that a farmer deposits a seed in the ground, trusting implicitly in the laws of growth, knowing that your subconscious will likewise respond according to the nature of your request.

Affirm often: I believe that the subconscious power that gave me this desire is now fulfilling it through me.

Principles to Remember and Apply

- Nothing is accomplished without desire.
- Picture the fulfillment of your desire and feel its reality. Identify mentally and emotionally with your desire and walk in the assumption that your prayer is answered.
- Accept that God who gave you the desire will bring it to pass in Divine order. There is no power to oppose Omnipotence.
- The answer to the desire of your heart depends on the intensity of your imagination, backed up by the realization that Infinite Intelligence will move on your behalf, bringing it to pass in Divine order.
- Desire is the cause of all feeling and action, and it is the moving principle of the universe.
- Place all of your attention on only what you desire, and you will begin to

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reconcile the opposition in your mind.

- You must put the foundation of desire under your goals.
- You must not try to make another bend to the will of your desire through the use of prayer or by envisioning the person acting in accordance with your will or desire. This would be an invasion of the other person's rights. Trust the infinite intelligence to bring your desires to pass as it deems best.
- The Life Principle will flow through you rhythmically and harmoniously if you consciously affirm: "I believe that the subconscious power that gave me this desire is now fulfilling it through me."
- The desire and the imagination must agree. When your desire and your imagination are in conflict, your imagination always wins.
- Dismissing your desire as something that can't come to pass because it is too good to be true is a waste of time. Remember, there is nothing too good to be true, nothing too wonderful to last for the Infinite Intelligence within you.

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7 The Persuasive Power of Gratitude

Express thanks now for your blessings.

*T*his is the law of thanksgiving: A grateful heart is always close to God. As you give thanks daily for your health, abundance, security, and many blessings, God multiplies your good exceedingly. This is based on the law of action and reaction, which is cosmic and universal.

Express thanks *now* for your blessings and to those whose friendship and kindness and support have blessed you.

A poet once said: "Oh, God, give me one more thing—a grateful heart."

The whole process of acquiring mental, spiritual, and material riches may be summed up in one word: *gratitude.*

A grateful thought for any good received is in itself a prayer from the heart, and blesses you.

Have you ever had the experience of wanting to purchase something—a book, an item of clothing, or even a car—and found it out of stock? If the salesperson told you he

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or she would order it and deliver it, *you were absolutely sure of receiving the item you desired in the near future, exactly as you requested, because you believed in the salesperson.*

How much more should you trust and believe in the Infinite and His creative law, which never changes and which responds with absolute fidelity to your trust and belief in It!

Praise and gratitude do not move God or the Law, but they *do* bring about a transformation in our minds and hearts so that we become a spiritual and mental magnet, attracting all kinds of good from countless sources.

Your gratitude, your praise, and your measure of thankfulness must not be expressed as a fawning attitude seeking favors. It must be a rejoicing that all things you need and claim are within you, waiting for you to receive them with a joyful and thankful heart.

You are truly grateful and have a heart full of praise when you become aware of and appreciate the universal principles of life and the Providence that gave you everything from the foundation of time.

Gratitude keeps you in tune with the Infinite and connected with the creative law. The value of gratitude, however, does not consist purely in drawing to you many blessings. You must remember that without the thankful heart, you become dissatisfied with your present condition and circumstances.

The grateful person is one who continually and invariably expects the good things of life. This person's expectation inevitably takes material form. The creative law of your subconscious mind, in other words, makes you into the image and likeness of that which you contemplate.

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A man complained to me that a person he saved from drowning did not even thank him or offer him a reward, even though he had risked his life in order to save the man. I explained to him that he had done the right thing and that Life would reward him, but that he must not look to a particular person to reward or to thank him. Your good does not always return to you from the source where you expended your effort or money.

THE POWER OF GRATITUDE WORKED WONDERS FOR THEM

A young man named Lucien Hamilton Tyng was born in Peoria, Illinois, which offered very little for the ambitions of this young man, for he dreamed big dreams and thought expansively. Lucien decided to go to Chicago and try his luck. He got a job as an office boy, which barely paid him a living wage. After his room rent was paid, it left him exactly fifty cents a day for meals. He found that a five-cent bag of chocolate cream made a very filling lunch. Breakfast was fifteen cents, so dinner could not be more than thirty-five cents. Lucien was very religious, and he made it a constant habit to hold his fifty-cent piece in his hand and say: "God multiplies this and I give thanks. I am receiving more and more money every day." He would repeat this for about ten minutes every morning, before he spent the fifty cents. He began to attract many clever and successful men, and opportunities began to arrive his way that he was quick to take advantage of. "Thank you, Father," was constantly on his lips.

As the years passed, many influential men began to seek his opinion and were guided by it. He seemed to be miraculously gifted, and his mental acumen gradually increased. Other men admired his sagacity in business and he was deeply trusted. He solved many business problems for them. Before and after every successful achievement, his constant prayer was, "Thank you, Father."

One day a wonderful idea came to him, which he related to a good friend who said it had tremendous potentialities. They formed a partnership and incorporated what was then called the General Gas and Electric Company. It grew by leaps and bounds, with stations all over the eastern states. After many years, they sold the company for a reported sum of fifty million dollars.

A Realtor I know named Rick W. proved that a thankful attitude improves every

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department of your life, your health and happiness as well as your prosperity.

Rick had been having a great deal of difficulty selling homes and properties that were listed with him. He was frustrated and unhappy. Convinced of the prosperity power of the grateful heart, however, he began to pray every night, affirming as follows: "Father, I thank thee that thou hast heard me, and I know that thou hearest me always." Then, just prior to sleep, he condensed the phrase to two words: "Thank you." He repeated them over and over again, as a lullaby; he continued to speak these two words silently until he fell asleep.

One morning a woman came into Rick's office whose face Rick was sure he recognized. He prided himself on his memory for names and faces, but when she introduced herself, the name meant nothing at all to him. At that moment, he realized that he had seen her in a dream a night or two earlier. While he was still pondering this amazing fact, she told him that she represented a consortium that was actively investing in rental properties. By the end of the day, Rick had sold her group more properties than he had sold over the previous month.

A maid was putting aside a few dollars a week out of her meager wages in order to buy a car. Her sister gave her a copy of one of my books, *The Power of Your Subconscious Mind,* and she read it avidly. She later told my secretary that she sat down one night and wrote a letter to herself in order to impress her subconscious mind with the idea of a car. The gist of her letter was that she gave thanks to God for the lovely car that she now had and that she accepted it gladly and rejoiced that it was fully paid for and functioning perfectly. She placed the letter in a desk drawer and marked the envelope, "My answered prayer. Thank you, Father."

The sequel is interesting. On the following Sunday she went to her church and, during a conversation with one of the ushers, she commented on his new and beautiful Cadillac. He said, "I want to sell one of my cars. Do you know anyone who wants a good car?" She replied, "I do, but I have only $450 saved." The usher said, "That will be all right; I have no storage space for it. Take the car for $450"—which she did.

She had figured it would take her about three years to accumulate funds for a down payment on a car. But in expressing gratitude, she had claimed the car *now.*

A man said, "Bills are piling up, I have no money, and I must go into bankruptcy. What shall I do?" I suggested that for ten or fifteen minutes, two or three times a day, he sit down quietly and affirm boldly, "Thank you, Father, for thy riches now," and to continue in that relaxed and peaceful manner until the feeling or mood of thankfulness

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dominated his mind.

I told him that as he kept up this grateful attitude, he would recondition his mind to the idea of wealth—and that is exactly what happened. He subsequently met a former employer at a social gathering who offered him an executive position and also advanced him a considerable sum of money, which enabled him to pay off all his bills and be free of debt.

I received a letter from a businesswoman in Chicago named Jessica R. Her son Kevin, who was eight, had been ill for about a year with chronic asthma. He often had paroxysmal attacks that sent him to the emergency room.

One night, Jessica sat by her son's bedside after he went to sleep and prayed out loud:

> Kevin, you are God's son. I see the Presence of God in you now. This is the presence of harmony, health, peace, joy, vitality, and wholeness. God breathed into you the breath of life. The Spirit of God made you, and I know the breath of the Almighty gave you life. You inhale the peace of God, and you exhale the love of God. *Father, I thank thee that thou hast heard me. And I knew that thou hearest me always.* (John 11:41–42)

Jessica prayed in this way for about an hour, reiterating these great truths and knowing that they would sink into the subconscious of her son. At a certain point, she felt a sense of inner peace that her prayer was answered, and she had no desire to go on praying any longer.

When Kevin woke up in the morning, he said, "Mommy, last night an angel came to me and said I don't have to have asthma any more. Isn't that awesome?" In the days and weeks that followed, it became clear that the asthma really was gone. The child had completely recovered.

Techniques for Harnessing the Power of Gratitude

There is a law of gratitude to which you must conform in order to get wondrous results in your life.

> *First,* you accept completely and wholeheartedly that there is an Infinite Intelligence from which all things flow.

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Second, you believe that this Source responds to the nature of your thought.

Third, you relate yourself to this Infinite Intelligence by a deep feeling of inner gratitude.

Silently decree the following words morning, night, and throughout the day: "Thank you." *Feel* the reality of your expression within. You are thanking your Higher Self for abundance, health, wealth, and harmony.

Principles to Remember and Apply

- Take time every day to quiet your mind and affirm: "Thank you, Father, for Thy riches now." Lull yourself to sleep with "Thank you" on your lips. Give thanks for what you now possess and for your many blessings. Count these one by one and God will multiply your good exceedingly.

- Many people contribute to your well-being. Include them in your prayer of gratitude. This will bring you into subconscious communication with the good in all people and in everything—and the riches of life, the earth, and all people will gravitate automatically toward you.

- The attainment of mental, spiritual, and material richness may be summed up in one word: *gratitude.*

- Give constant praise and be thankful for your knowledge of the creative laws that can bring all you desire to you.

- Gratitude keeps you in tune with the Infinite and connected with the creative forces of the universe, and you become a mental and spiritual magnet attracting countless blessings.

- Show your deep appreciation for those around you, members of your family, and your coworkers. People crave appreciation. Give it freely and lovingly.

- If you have only a dollar in your pocket, bless it by saying, "God multiplies this money exceedingly in my experience and I am grateful for the constantly increasing, tireless flow of God's riches in life." You will attract fantastic wealth.

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8 The Boundless Power of Imagination and Visualization

Your imagination is the treasure-house of infinity. It releases from your subconscious mind all the precious jewels of music, art, poetry, and invention.

The fulfillment of your desire depends upon the intensity of your imagination, not upon the presence of any particular external conditions or facts.

Imagination is the action of forming mental images or concepts of what is not actually present to the senses. This is why it is said that where the five-sense person sees an acorn, the person with imagination sees an oak tree.

Ask yourself, “What am I visualizing now in my personal, professional, and romantic life? Is it only for my good, or is it also what others in my life would wish for themselves?” The mental picture to which you remain faithful will be developed in your subconscious mind and consequently be made manifest in your experience.

Your image of what you desire is the first cause relative to attaining the thing you are praying for.

Your mental patterns and images are made manifest by your emotional attachment.

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Whatever idea or desire you emotionalize and feel as true is accepted unequivocally by your subconscious and made manifest in your world.

Your outer world and all its happenings, experiences, and events are projections of your inner mental images. When you become conscious of the distinction between your inner, causal world of imagination and the outer world of effects, you begin to truly understand how to bring your desires to fulfillment.

Before anything can be created, it must be imagined. That is why the language of imagination is the language of God. In the beginning, Infinite Intelligence brought forth all things in the universe through creative imagination . . . *so God created man in his own image, in the image of God created he him; male and female he created them.* (Genesis 1:27)

Infinite Intelligence started the idea for a world by envisioning a sun, moon, stars, and all things contained in this limitless cosmos. All Its dreams come to pass. The Infinite Source of All becomes the thing It imagines Itself to be.

This same vitality of Divine imagination is in you.

Identify yourself now with your goal by mentally and emotionally uniting with it. Energize your ideal in your mind by frequently visioning its fulfillment. As you persevere and remain faithful to your vision, Infinite Energy will flow through your mental pattern and cause your desire to cross over from the mental image to subconscious embodiment.

Whatever you imagine and *feel* as true, *will* and *must* come to pass—even though the evidence of the five senses seems to deny it.

You can liken your conscious mind to a camera and your subconscious mind to the sensitive plate on which you register and impress pictures. Your mental pictures are

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developed in the darkroom of the subconscious mind.

When you are able to imagine the reality of a fulfilled desire and feel the thrill of accomplishment, your subconscious will bring about the realization of your desire.

Imagination is one of our most powerful faculties; it is the treasure-house of infinity. Disciplined, controlled, and directed imagination is a mighty instrument that plumbs the depths of your subconscious mind, bringing forth new inventions, discoveries, poems, and music. Scientists, artists, musicians, physicists, inventors, poets, and writers draw forth riches from the treasure-houses of their imaginations and bless humanity in countless ways.

You can discipline, control, and direct your imagination constructively and get what you want in life, or you can use it negatively by imagining the fears and worries that you don't want.

When the world says, "It is impossible, it can't be done," the person with a vivid imagination says, "It is done!"

It is just as easy—and far more interesting, captivating, and alluring—for you to imagine yourself to be rich and successful as it is to dwell on poverty, penury, and failure. If you wish to bring about the realization of your desires or ideals, form a mental picture of fulfillment in your mind; constantly imagine the reality of your desire. In this way, you will actually bring it into being.

What you imagine as true thereby already exists in your mind; if you remain faithful to your ideal, it will one day objectify itself. The Master Architect within you will

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project on the screen of visibility that which you impress on your mind.

Mental images that you consciously accept as true are impressed on your subconscious mind and made manifest in your life. This was proved by Dr. Hans Selye at the University of Montreal's Institute of Experimental Medicine and Surgery, who demonstrated that the subconscious mind does not differentiate between stress states caused by *imagined* worries and stress states caused by *real* concerns. Dr. Selye showed that if a person persists in indulging in imagined worries, the body will create excess hormones that will play havoc with the body, causing psychosomatic disease.

Remember, then, that the law of your mind is that you will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind. The subconscious will not argue with you. If you *negatively* discipline, control, and direct your imagination by imagining fears and worries, that is what you will bring into your life. Or you can *constructively* discipline, control, and direct your imagination and get what you want in life and according to your belief it will be done unto you.

Unless there is first an image in the mind, it cannot move, for there would be nothing for it to move toward. Your prayer, which is your mental act, must be accepted as an image in your mind before the power from your subconscious will play upon it and make it productive.

With your disciplined imagination, you can soar above all appearances, discord, and sense evidence, and imagine the way things ought to be, realizing the sublime principle of harmony operating through, in, and behind all things.

Every picture that you create in your mind, particularly when emotionalized, comes to pass. It works out in action, either internally or externally. If you inhibit it from working out in external action, it is inevitable that it will manifest itself in some mental, physical, or emotional disharmony in the body.

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As you are visualizing your desire, will discover that there will come a time when you no longer feel driven to do so. This is the sure psychological sign that you have embodied your desire subjectively. It has become an inner knowing. Having realized your desire subjectively, you will have no further compulsion to pray for it.

THE POWER OF IMAGINATION AND VISUALIZATION CHANGED THEIR LIVES

Dr. Lothar von Blenk-Schmidt, a member of the Rocket Society and an outstanding research electronic engineer, gives the following condensed summary of how he used his subconscious mind and imagination to free himself from certain death at the hands of brutal guards in a Russian prison camp coal mine. He states as follows:

"I was a prisoner of war in a coal mine in Russia, and I saw men dying all around me in that prison compound. We were watched over by brutal guards, arrogant officers, and sharp, fast-thinking commissars. After a short medical checkup, a quota of coal was assigned to each person. My quota was three hundred pounds per day. In case any man did not fill his quota, his small food ration was cut down, and in a short time he was resting in the cemetery.

"I started concentrating on my escape. I knew that my subconscious mind would somehow find a way. My home in Germany was destroyed, my family wiped out; all my friends and former associates either were killed in the war or were in labor camps. I said to my subconscious mind, 'I want to go to Los Angeles, and you will find the way.' I had seen pictures of Los Angeles and I remembered some of the boulevards and buildings very well.

"Every day and night I would imagine I was walking down Wiltshire Boulevard with an American girl whom I met in Berlin prior to the war. In my imagination we would visit the stores, ride buses, and eat in the restaurants. Every night I made it a special point to drive my imaginary American automobile up and down the boulevards of Los Angeles. I made all this vivid and real. These pictures in my mind were as real and as natural to me as one of the trees outside the prison camp.

"Every morning the chief guard would count the prisoners as they were lined up. He would call out, 'One, two, three,' and so on. [One morning,] when number seventeen was called out, which was my number in sequence, I stepped aside. [At that moment,] the guard was called away for a minute or so, and on his return he started by mistake on the next man as number seventeen. When the crew returned in the evening, the number of

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men was the same, and I was not missed, and the discovery of the error would take a long time.

"I walked out of the camp undetected and kept walking for twenty-four hours, resting in a deserted town the next day. I was able to live by fishing and killing some wildlife. I found coal trains going to Poland and traveled on them by night, until finally I reached Poland. With the help of kind strangers, I made my way to Lucerne, Switzerland.

"One evening at the Palace Hotel in Lucerne, I had a talk with a man and his wife from the United States. This man asked me if I would care to be a guest at his home in Santa Monica, California. I accepted, and when I arrived in Los Angeles, I found that their chauffeur drove me along Wiltshire Boulevard and many other boulevards that I had imagined so vividly in the long months in the Russian coal mines. I recognized the buildings that I had seen in my mind so often. I had reached my goal."

Indeed, there are marvelous wonders in the subconscious mind! The American girl whom von Blenk-Schmidt had met in Berlin before the war and had imagined, in the prison camp, walking through Los Angeles with, did, in fact, become his wife!

In an article in *Everybody's Magazine,* Henry M. Flagler, the Standard Oil multimillionaire, stated that the master secret of his success and his immense wealth was his capacity to image a thing as a finished form. In other words, he imagined the end, the final result, and all the forces of the Infinite Intelligence came to his aid. He actually *envisioned* the whole project as completed. He disciplined, controlled, and directed the image in his mind.

If he knew there was oil in a certain area, for example, he would close his eyes and imagine the train tracks on the ground, the trains running and steaming, the derricks, and the men going to work, talking and laughing. He heard the train whistles blowing and saw the steam. He imagined the whole scene with a remarkable sensory vividness, feeling the reality of the finished project until it became natural to him. Then, having impregnated his subconscious mind, he found that all the forces of the Infinite came to his aid. By the law of attraction, he was provided everything he needed for the fulfillment of his dream.

During a series of lectures in Kimberley, South Africa, I met a most interesting man; I told him I would refer to him in my writings. He was a soldier in the Second World War, and his leg was severely wounded by gunfire. He was on crutches in an English hospital for a long time.

He began to think, saying to himself, "There is an Intelligence which made me; It can

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heal my leg." He began to picture himself doing all the things he would do were he whole and perfect. Having been an athlete before the war, he lived the life of an athlete in his mind, maintaining a picture of himself as he wanted to be. He participated in the mental movie, dramatized it, felt it, and made it real. He said he was unable to walk, but in his chair he would *feel* himself riding a bicycle, climbing mountains, or kicking a football. Furthermore, he began to claim he was strong and powerful.

The amazing result of this was that in a few years his leg healed perfectly where the major bones were broken. He was once again able to compete in athletic competition, with a great many successes.

A schoolteacher who listened to my daily radio program wrote to me, saying that she had written in a notebook the words *Health, Wealth, Love,* and *Expression.* She said that she lacked health and sufficient money, was unmarried, and was seeking an opportunity to teach in a college.

Under *Health* she wrote in her notebook: "I am all health; God is my health."

Under *Wealth,* she wrote: "God's riches are mine now, and I am wealthy."

Under *Love,* she wrote: "I am happily married and Divinely happy."

Under *Expression,* she wrote: "Divine intelligence guides me to my right work, which I perform in a perfect way for a wonderful income."

Every morning and evening, she would look at what she written in her book, and claim: "All these desires are now being fulfilled by my subconscious mind." She would then take some time to picture the complete result under each category. She would imagine her physician saying to her, "You are completely healed. You are all right now." She would imagine her mother, with whom she lived, saying to her, "You are rich, now. We can move and travel. I'm so happy." She would then imagine a minister saying, "I now pronounce you man and wife," and she would "feel" the naturalness, solidity, and tangibility of an imaginary ring being placed on her finger. Prior to sleep, her last mental picture was of her principal saying, "Sorry you are leaving, but I am glad to hear of your college assignment. Congratulations!"

She would run each mental movie separately for about five minutes in a completely relaxed and joyous manner, knowing that these pictures would sink down into her deeper mind, where they would gestate in the darkness and be made manifest at the right time in the right way.

Within three months' time, all her desires were fulfilled.

Techniques for Applying the Power of Visualization and Imagination

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Goethe, the great German philosopher and writer, used his imagination wisely. He was accustomed to filling many hours quietly holding imaginary conversations. His custom was to imagine one of his friends sitting before him in a chair, answering him in the right way. In other words, if he were concerned over any problems, he imagined his friend giving him the right or appropriate answer, accompanied by the usual gestures and tonal qualities of the voice, and he made the entire imaginary scene as real and as vivid as possible.

Practice mental imagery prior to sleep. Make a real mental movie of your desired aim, dramatizing it to the best of your ability, and knowing that your subconscious mind is the receptive plate on which your conscious imagery will be impressed.

In the science of imagination, you must first begin to discipline your imagination and not let it run riot. You must eliminate all the mental impurities, such as envy, covetousness, fear, worry, and jealousy. You must remember that fears do not exist save in your imagination turned morbid. Failure will never come to pass unless you keep up a morbid picture charged with the emotion of fear. If you constantly indulge in such a mental picture, of course, you will bring failure to pass, because even though you have the choice of failure or success, you are choosing failure.

Focus all your attention on your goals and objectives in life and refuse to be swerved from your purpose or aim, which is to lead a rich and happy life. Become mentally absorbed in the reality of your desires.

Enthrone now in your mind the mental images, ideas, and thoughts that heal, bless, enrich, inspire, and strengthen you, and you will see them take material form in your world. It is true that you become what you imagine yourself to be.

Your sustained imagination is sufficient to remake your world. It is the *sustained* mental picture that is developed in the depth of the mind.

Trust the laws of your mind to bring your good to pass, and you will experience all the blessings and riches of life.

Principles to Remember and Apply

- Imagination is one of the foremost faculties of your mind. When disciplined, it enables you to realize your ideas, dreams, or aspirations and project them on the

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screen of space.

- Project a mental movie in your mind night and morning, knowing that your conscious mind is the camera, and it will be developed in the darkroom of your subconscious mind.

- Imagine the happy ending or solution to your problem, feel the thrill of accomplishment, and what you imagine and feel will be accepted by your subconscious mind and bring it to pass.

- In mental imagery, you must *feel* the picture to vitalize it.

- As you imagine an objective clearly, you will be provided with the necessities to achieve it through your subconscious mind.

- The truths you accept consciously must be emotionalized and felt as true to be assimilated by your subconscious mind.

- Infinite Intelligence's ways are past finding out. Imagine the end and your subconscious will bring it to pass in ways you do not understand.

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9 The Magical Power of Silence and Serenity

The quiet mind receives the answer.

Real power comes from inner quiet. The quiet mind gets things done.

The deepest desire of every person is peace of mind; the pursuit of any and all desires is ultimately for peace of mind.

Thomas Carlyle said, “Silence is the element in which great things fashion themselves.”

The secret of outstanding achievement is in developing what is called the “quiet mind.”

Confucius said: “The superior man is always quiet and calm.”

You can achieve a balanced life in which serenity and tranquillity reign supreme. The key is to acquire mental and emotional control.

To know peace, cease completely talking about your ailments and your worries and

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anxieties about world conditions, for that will only magnify your inner troubles and make your condition worse, because your mind always amplifies what it looks upon.

Periodic withdrawal during the day from sense evidence and the noise and confusion of everyday living carries with it all the benefits of sleep—that is, you become asleep to the world of the senses and alive to the wisdom and power of your subconscious mind.

There can be no inner peace until all the sorrow, hates, grudges, and vindictiveness are expunged from your mind and heart.

If you really want peace of mind and inner calm, you will get it. Regardless of how unjustly you have been treated, or how unfair the boss has been, or what a mean scoundrel someone has proved to be, all this makes no difference to you when you awaken to your mental and spiritual powers. You know what you want, and you will definitely refuse to let the thieves (thoughts) of hatred, anger, hostility, and ill will rob you of peace, harmony, health, and happiness. You cease to become upset by people, conditions, news, and events when you identify your thoughts immediately with *your* aim in life. Your aim is peace, health, inspiration, harmony, and abundance. Feel a river of peace flowing through you now. Your thought is your invisible power, and you can choose to let it bless, inspire, and give you peace—and move you into the life you desire.

Emerson said, “Let us be silent that we may hear the whispers of the gods.”
God is peace and is at the very center of your being.

Emerson said, “Nothing can bring you peace but the triumph of principles.” Choose to live your life by the principles of God, and the peace that passeth all understanding will be yours: There is a principle of beauty, but none of ugliness; there is a principle of

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harmony, but none of discord; there is a principle of love, but none of hatred; there is a principle of joy, but none of sadness; there is a principle of opulence and abundance, but none of deprivation and poverty; and there is a principle of right action, but none of wrong action.

The secret of abiding peace of mind is to become identified with the Infinite Presence and Power within you, which is ineffable peace. As this inner peace comes to you, you unite mentally and emotionally with the Infinite Presence within you of love, harmony, and power, feeling these qualities flowing through you.

An aviator knows that if he or she flies right into the center of a great hurricane or cyclone, there is stillness and calm. Likewise, in the midst of the storms of your life dwells God (Life Principle, Cosmic Consciousness, Infinite Intelligence)—absolute peace. Direct yourself mentally and emotionally into the secret dwelling place of Infinite Peace within you, and like the aviator flying into the heart of the cyclone, you will find yourself in the place of calm.

Energy, power, inspiration, guidance, and wisdom come out of the silence and the stillness of the mind when tuned in with God.

Many people take tranquilizers to give them a certain sense of peace and relaxation. Drugs, even though they may give you a sense of well-being for a time, do not bring about a change of mental attitude, which is essential. Pills to stimulate or pills to depress are not the answer to anxiety, excess tension, or worry. It is spiritually misguided to drug ourselves so that we become insensate to the stresses or anxieties of living. We are here to meet the challenges, difficulties, problems, stresses, and strains of life, so that in the process we may discover the fulfilling life through our great source of peace: the Divinity within.

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We create our own tensions, anxieties, and high blood pressure by the way we react mentally and emotionally to people, conditions, and events. It is of the utmost importance, therefore, to keep constantly in mind that the power is in you and not in others. Externals are the effects, not the cause. You have the ability to attain *the peace of God, which passeth all understanding* amid the commotion of the world. Other people or conditions may *suggest* certain things to you, but *you are the only thinker in your universe,* and you can refuse to accept any harmful, unsettling suggestions of any nature whatsoever.

A realization of the presence and power of God in you and of your capacity in thought to tune in to the Divine Power will enable you to bring peace, harmony, and divine order into your life.

The way to be *en rapport* with the Infinite Intelligence within—your subconscious mind—is to be relaxed, peaceful, and confident.

Come back to the center within yourself where God abides. Here all is peace, bliss, harmony, and joy. Here you live beyond time and space. Here you are alone with God. You are in the sacred center. You are invulnerable, and all the negation of the world cannot touch you.

HOW THE POWER OF SILENCE AND SERENITY STRENGTHENED THEM

A woman once said to me that she spent a half hour in the Silence every day but got no results in achieving communion with the Divine Presence. I discovered that her procedure was to listen to music, have incense burning, and focus her attention on statues of holy men. She also adopted certain postures, lit candles, erected altars in her home, and faced the East when she prayed. She was completely involved in the periphery; her mind was focused on statues, candles, rituals, incense, music, and postures. She was impregnating her mind with the sensations of her five senses and was not in fact communing with the Divine Presence at all. Practice turning away from the world and the evidence of your senses. As Longfellow said: “Let us then labor for an inward stillness—a stillness and an inward healing—that perfect silence where the lips

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and the heart are still and we no longer entertain our own imperfect thoughts and vain opinions, but where God alone speaks in us and we wait in singleness of heart that we may know His will and in the *Silence* of our spirit that we do His will and do that only."

Checking into a hotel in Madrid, I joined the line moving slowly toward the registration desk. I overheard the clerk trying to pacify a very angry, irate woman. She called him stupid and a fool, and said that he should be discharged.

It was interesting to see his reaction. He replied, "I am sorry, madam. There must be some mistake. Your name is not registered with us, and there is no reservation according to our records. I will do the best I can and will certainly find something for you."

She went into a strident tirade, punctuated at intervals by the clerk's, "Yes, madam," and, "I'm very sorry about it all, and if I were on your side of the desk, I should feel just as you do."

I observed this young man. There was no angry retort. No color came to his cheeks; he revealed no annoyance or irritation. He looked calmly and dispassionately at the woman and was friendly, pleasant, courteous, and quite efficient.

When I reached the desk, I said to him, "I admire your composure. You are to be complimented." Then he quoted a text, verse 19 of the twenty-first chapter of Luke: *In patience possess ye your soul.*

He did not allow the tirade of the woman to ruffle him. He was master of his thoughts and responses.

I once attended a religious convention at Airlie, near Washington, D.C., where I spoke on the topic, "Law Which Never Changes." During the five days I was there, I had a long talk with a very successful and immensely wealthy man, who told me that the secret of his health, wealth, and outstanding achievement was in the developing of what he called the "quiet mind."

He had a card in his pocket on which the following great truths were inscribed:

"The superior man is always quiet and calm." (Confucius)

In quietness and in confidence shall be your strength. (Isaiah 30: 15).

He that is slow to anger is better than the mighty, and he that ruleth his spirit than he that taketh a city. (Proverbs 16:32)

The Lord thy God shall bless thee in all thine increase, and in all the works

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of thine hands, therefore thou shalt surely rejoice. (Deuteronomy 16:15)

Except the Lord build the house, they labour in vain that build it. (Psalm 127:1)

This man said that every morning of his life, he anchored his mind on these truths, repeating them slowly, quietly, and lovingly, knowing that as they were impressed in his subconscious mind, he would be compelled to express success, health, vitality, and new creative ideas. He has established four large corporations and is advisor to many executives in different fields. He travels the world over.

He said to me, while presenting me with one of his meditation cards, which he dispenses freely, that thirty years ago he met a man on a ship to Europe who explained to him that if he took certain constructive words from the Bible—words that represent the eternal truths of God and His Law—his mind would become anchored on the Supreme Presence, which responds as you call upon It.

The whole key to his riches was that he knew as he meditated on the bible phrases regularly, systematically, and repetitiously, that he was activating the latent power within his subliminal depths, compelling him to move onward, upward, and God-ward.

Another prominent businessman I once had the pleasure of meeting told me that he attributed all his successful business decisions to fifteen-minute silent periods in the mornings. He withdrew his attention and sensory awareness from the external world, quieted his body, closed his eyes, and contemplated the great truth that Infinite Intelligence is within him. Silently, he affirmed that God was guiding him; that new, creative ideas were given to him; that the Divine Presence would govern the conferences of the day; that God thought, spoke, and acted through him; that the right words were given to him by the Supreme Wisdom within him; and that all decisions for his company were based on right action.

He then spent about five minutes in meditation, imagining God's peace flowing through his whole being. Often, while in this quiet period, solutions to acute business and personnel problems popped into his mind, problems that he and other associates had been struggling with for days.

He stated he had discovered that the quickest way to get an answer to a problem was to turn over the request to that center of quietness, knowing the answer would emerge.

Techniques for Capturing the Power of Serenity and Silence

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For ten or fifteen minutes every day, sit quietly; relax; let go; empty out all hate, ill will, and self-condemnation; fill your soul with God's love; and affirm: God's love fills my mind and heart, and I pour forth love and goodwill to all those around me and all people everywhere. If I have a grudge or a feeling of ill will toward any particular person, I single him or her out in my mind and pour out blessings upon him or her until I meet him or her in my mind and there is no longer any sting.

Practice speaking, acting, and responding from the Divine Center within you. Before you go off on a mental debauch or explosion, say, "God in me thinks, speaks, acts, and responds to all of life." This will still your mind.

Let go, relax, and still the wheels of your thought processes. Speak to your subconscious mind with gentle authority and conviction, telling it to take over in peace, harmony, and Divine Order, and it will conform to your command. You will find that all the functions of your body will become normal again.

When you go to a well, pond, or fountain for water, you take a bucket or some other proper receptacle in which to receive the water. In the same manner, go to the Infinite as if you were going to a pond, with your receptacle being your receptive mind. It will be filled with the Infinite Healing Presence and all the gifts of God. Silently dwell on the presence of God within you. Go into His Presence with a receptive and expectant attitude, knowing that Infinite Intelligence will respond when you call.

Before you go to sleep, turn away from the concerns and worries of the day and give your attention to the great principles and truths of life. Think about the great, the wonderful, and the good. Refuse to describe or even talk about the trials and troubles of the world. Your anxieties and worries will diminish and you will develop a quiet mind in a troubled world. Let the peace of God rule in your heart.

Principles to Remember and Apply

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- All the powers of God are within you, waiting to be drawn forth by your conscious mind when it is stilled.

- Peace will come to you when you realize that God, who gave you the desire for health, happiness, abundance, and security, can bring all your dreams to pass in Divine Order.

- The quiet mind gets things done. The wisdom of your subconscious rises to your surface mind, or conscious mind, when it is relaxed and at peace. It is then that your subconscious goes to work to execute the idea of your conscious mind.

- Nothing can bring you ultimate peace but the triumph of a life lived in accordance with Divine principles.

- You can't find inner peace until you empty your mind of all hate, ill will, and self-condemnation.

- You achieve inner peace by filling your soul with God's love, and by understanding that events, conditions, and circumstances are effects and that the cause is in your own thought and feeling. Fill your mind with the thoughts of love and goodwill to all. This mental attitude will give you peace and harmony.

- To attain peace, learn to let go. Quiet your mind, immobilize your attention, and realize that God alone knows the answer.

- There are creative answers in your subconscious; the answer will come in Divine Order, and the day will break for you and all the shadows will flee away.

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10 The Creative Power of Sleep and Dreams

Your subconscious, in its dream nature, is revealing to you the nature of the impressions you have made upon it, pointing out to you the course your life is taking.

Your subjective mind performs its highest functions when your objective senses are in the state of abeyance called sleep. The best time, therefore, to impregnate your subconscious with your thoughts of good, your prayers for healing of body or circumstance, your determination to change, and the like is prior to sleep: Your conscious mind is submerged to a great extent when in a sleepy state, and you avoid the conflict between your desires and your imagination.

The highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state, negative thoughts that tend to neutralize your desire and so prevent acceptance by your subconscious mind are no longer present.

Often our conscious minds get involved with the vexations, strife, and contentions of the day, and it is necessary to withdraw from the objective world and commune silently with the inner wisdom of our subconscious minds. Is this not prayer? Is this not what occurs during sleep? Sleep, thus, can be thought of as a form of prayer.

Remember that your subconscious mind is impersonal and nonselective—it will accept your negative, resentful, or hateful thoughts as well as the good thoughts, and will

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act accordingly. The subconscious also magnifies and multiplies whatever you deposit in it, *good or bad*. Hence, be mindful of the thoughts and feelings you go to bed with. The thoughts and feelings you have prior to sleep are transmitted to your subconscious mind, which then begins to act on them as though they were your request or desire for guidance. Before you drift off to sleep, cleanse your mind of all disturbing, vexatious thoughts of any kind, thus creating a clear channel for the Divine energies to flow through you constructively as you sleep.

Dr. John Bigelow, a famous research authority on sleep, demonstrated that at night while asleep, you receive impressions showing that the nerves of the eyes, ears, nose, and taste buds are active, and also that the nerves of your brain are quite active. He says that the main reason we sleep is that during sleep, "the nobler part of the soul is united by abstraction to our higher nature and becomes a participant in the wisdom and foreknowledge of the gods."

Research analyses of dreams show that the symbols appearing in the individual subconscious apply to each individual only. The same symbols appearing in two different dreams, or in the dream of a friend or other member of your family, will most likely have very different meanings. For example, Joseph's interpretations of the dreams of Pharaoh could only have applied to Pharaoh.

Self-preservation is the first law of life, and your subconscious always seeks to protect and preserve you from harm of every kind. One means it uses to do this is dreams.

You may, therefore, at times have a precognitive dream accompanied by a deep intuitive feeling of impending danger for yourself or a loved one. If your dream presages an unhappy or tragic occurrence relating to yourself or someone close to you, do not deride it as a mere fabrication of your imagination or as a harmless hallucination. Listen to it. Your subconscious is always trying to warn you of any impending condition of harm in time for you to avoid it.

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More often than not, the imagery in our dreams is symbolic, but we can train ourselves to dream literally. For several years I have been suggesting to my subconscious prior to sleep, "I dream literally and clearly, and I remember my dream." Over a period of time, I have convinced my subconscious mind of this truth, and as a result, close to 90 percent of my dreams are literal in the same way you read your morning newspaper. In this way, I also receive many answers to my prayers in dreams.

At times a dream may cause you to question some prevailing belief, thought, or action you are holding. Infinite Intelligence, in other words, often uses the occasion of sleep to stir us up, create a quarrel in our minds, and challenge our false indoctrinations, creeds or dogmas, compelling us instead to listen to God and Love.

Generally speaking, when a certain dream occurs repeatedly night after night—either in the same form or some variation—your subconscious is dramatizing it because it is very important to you. The way to distinguish these dreams from those that have no real import or substance for you is that typically you cannot trace the source of these significant dreams to some recurring activity you are engaged in immediately prior to sleep (such as reading an impressionable fear-inspiring horror or murder imply novel or true crime story).

All your dreams are dramatizations of your subconscious and in many instances they warn you of impending danger. All dreams suggestive of a negative eventuality in your life, however, can be changed, and none is fatalistic.

There is no such thing as inexorable fate.

Remember, you are the master of your own destiny. You mold, fashion, and shape your own future by your *thought and feeling,* not by your dreams. Anything in your subconscious is subject to change, and when you know the laws of mind, you can create or recreate your future.

When you dream, your conscious mind is asleep and is creatively joined to your subconscious, which then dramatizes its contents in the form of dreams.

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Robert Louis Stevenson devotes a whole chapter of *Across the Plains* to dreams. He was a vivid dreamer and had the persistent habit of giving specific instructions to his subconscious every night prior to sleep. He would request his subconscious to evolve stories for him while he slept. If Stevenson's funds were at a low ebb, his command to his subconscious would be something like this: "Give me a good, thrilling novel that will be marketable and profitable." His subconscious responded magnificently.

The last waking concept you have before going to sleep is often etched into your subconscious mind. At times, your subconscious will dramatize the thought when your conscious and subconscious are creatively joined in sleep. This can be the cause of pleasant or unpleasant dreams, depending on the nature of the thought you had before you drifted off to sleep.

It is commonly accepted that sleep is intended for rest of the body. But your subconscious mind and the processes of your body, though slowed down considerably, continue to function. A deeper reason why we sleep is to develop spiritually. The Divinity that shapes our ends is All-Wise and has so arranged it that we are compelled to withdraw from the world of noise, which is not conducive to unfoldment. In sleep, therefore, we are often Divinely guided.

THE POWER OF SLEEP AND DREAMS GUIDED THEM

A man apparently in perfect health dreamed on several occasions that he was being operated on for a disorder of the prostate gland. He asked me if I thought he should see a doctor for a checkup but stated that he had no symptoms or pain of any kind. I clarified the workings of his subconscious mind to some degree; namely, that it seeks to protect him at all costs. I suggested that he should see his physician immediately and get a complete checkup by a urologist. However, he deferred seeing his doctor. In a few days' time he developed a urinary constriction and blockage and was in excruciating pain. His physician took him to the hospital and had a skilled urologist operate on him

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immediately. I visited him in the hospital shortly after that and he remarked to me, "I should have paid more attention to my dream and acted sooner." However, I am happy to say he made a wonderful recovery, as he continued to fill his subconscious mind with thoughts of wholeness, harmony, vitality, and perfect health.

You will perceive that his subconscious mind was actually warning him to do something, as it knew of the prostatic infection and enlargement. The foreshadowing idea, the presentiment that he was going to be operated on, was probably caused by the already existing condition. He had made an error in delaying a medical examination.

The words of the ancient proverb are true: "Night [sleep] brings counsel." The key to its practical application can be developed through your continual awareness.

At a dinner at the house of friends in Los Angeles, I got to talking with a young woman named Colleen M. When she mentioned that she was in computer graphics, I said, "That's a very active field these days, isn't it?"

"It certainly is," she replied. "A little too active sometimes! As a matter of fact, I just had to deal with a really difficult problem. An Internet-related company in New York offered me a job. It would have meant a good deal more money than I'm getting where I am, but of course I would have had to move to New York."

"How did you decide what to do?" I asked, intrigued.

"I went off to one of my favorite spots, up in the hills, and quieted my mind," she replied. "Then, I asked myself, 'How would I be feeling right now if I had just made the right decision about this?'"

"And what did yourself answer?" I asked.

She smiled. "Myself told me I would feel wonderful. I would be happy and confident about my decision."

Act as though I am, and I will be. Colleen had discovered this truth in her own life. She acted as though she had made the right decision, knowing that the creative Principle of Life is one of love and responsiveness and that it loved her and cared for her. She began to say, "Isn't it wonderful! Isn't it wonderful!" over and over again. That night, she lulled herself to sleep with the feeling, "It is wonderful."

That night she had a dream. She was back at her favorite spot, gazing off toward the distant coastline. Suddenly she realized that the wind in the bushes was speaking words. It said, "Stand still! Stand still!" She woke up. She knew that she had just heard the inner voice of intuition.

"What did you do?" I inquired.

"The only thing I *could* do," she told me. "I listened to my inner voice. I turned down the New York offer. And it's a very good thing I did. You may not believe this, but I heard today that the firm just let go about thirty percent of its people. If I'd moved

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there, I might be out of a job now."

I once had a telephone call from a woman in New York City, stating that her husband had told her that he planned to take a large sum of money from his private safe and invest it in a foreign country for greater returns. A few days later he passed on, and when the safe deposit box in the bank was opened, there was no cash, but there was a record at the bank that two days previously he had visited the vault. There was no trace or record of any investment, and a minute inspection of his desk revealed no clues.

I suggested to her that she turn her request over to her subconscious mind, which knew the answer, and that it would reveal the answer to her in its own way. She prayed as follows prior to sleep: "My subconscious knows where my husband secreted that money, and I accept the answer and believe implicitly the solution will come clearly into my conscious mind." She quietly dwelled on the meaning of these words, knowing they would be impressed on her subconscious, thereby activating its response.

She had a very vivid dream in which she saw a small, black box hidden behind a picture of Lincoln on the wall in her husband's work den. She was shown in the dream how to press a secret button, which could not be seen with the naked eye. When she awakened, she rushed to the den, took down the picture of Lincoln, and when she pressed the button revealed in the dream, an opening appeared containing the black box, which in turn contained a large sum in currency.

She discovered the treasures of her subconscious, which knows all, sees all, and has the know-how of accomplishment.

During a conversation with a successful businessman, he told me how he got the money to invest in a business partnership with another man. He had read *The Power of Your Subconscious Mind,* and one night he said to his subconscious prior to sleep, "You are all-wise. You know the answer to everything. I am interested in two gold stocks. Reveal to me which one I should buy for a quick profit." He relaxed, let go completely, and dropped off into a deep sleep. In a dream, a man appeared offering him a well-known product of one of the companies in which he was considering investing. He awakened and knew immediately that in the dream, his subconscious had offered him guidance regarding how to invest.

He bought several thousand shares of the stock of the company whose product had been in his dream, and in a short period of time it went up 40 points, netting him a tidy profit that enabled him to pay for a one-half interest in a thriving business.

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Techniques for Harnessing the Power of Sleep and Dreams

I gave the following formula to a woman who said she had to take two sleeping tablets every night because she was so tense: In bed, talk to your body as follows: My toes are relaxed, my ankles are relaxed, my feet are relaxed, my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my hands and arms are relaxed, my shoulders are relaxed, my neck is relaxed, my brain is relaxed, my eyes are relaxed, my facial muscles are relaxed. I now feel God's peace flowing through me, permeating my being. I sleep in peace; I wake in joy.

She quietly repeated these simple truths every night, knowing her body is subject to her thoughts. After a week or so of practicing this discipline, she has had no further trouble. She has discovered the meaning of these great truths.

You can discover the miracle-working power of your subconscious by plainly stating to your subconscious prior to sleep that you wish a certain specific thing accomplished. As you're dropping off to sleep, simply say either "Answer" or "Give your attention to this and reveal an answer to me." Do this either silently or audibly. You will be delighted to discover that forces within you will be released, leading to the desired result.

Charles Baudoin was a professor at the Rousseau Institute in France and a research director of the New Nancy School of Healing. He taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy state, or a state akin to sleep in which all effort was reduced to a minimum. Then in a quiet, passive, receptive way, by reflection, he would convey the idea to the subconscious. The following is his formula: "A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea that is to be the object of suggestion, to sum it up in a brief phrase that can be readily graven on the memory, and to repeat it over and over again as a lullaby."

A good technique to practice prior to sleep is to cleanse your mind of all negatives and fill your mind with the truths of God, wishing love and goodwill to all. Affirm, "I sleep in peace, I wake in joy, and I live in God."

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Your conscious mind controls your subconscious. You can use your conscious mind to alter the nature of your dreams, stopping the recurrence of "bad dreams," "nightmares," or dreams you dread, by employing the same techniques you use during the day to reject your negative thoughts. In this way, the habit of dreamcontrol gradually will come under your own jurisdiction.

Often, "bad dreams" occur if you watch violent or horror dramas on television or read a murder/mystery or scary novel before going to sleep. If you find that you begin to have recurring "bad dreams" or nightmares and you suspect some activity that you are engaged in before going to bed is the source, affirm prior to sleep, "I know why I am dreaming this way, and I know it is a dream. I remain dreaming and the nightmare ceases and is switched off. God's love fills my soul, and I dream in peace all night and I wake in joy."

One of the best times for tapping the wisdom of your subconscious mind for ideas, answers, and inspiration is prior to sleep. The reason for this is that, generally speaking, you are more relaxed, at ease, and you are ready for quietude and deep sleep. Turn your request over to your subconscious, and then lull yourself to sleep with the phrase, "Answer me in a dream," or "Give your attention to this and reveal to me an answer in a dream." Knowing that your subconscious is responsive to you, do this with complete faith that you will receive the answer.

It is wise to have a pencil or tape recorder near you when you sleep, so that when you awaken you can jot down or recall the impressions that came to you in your dreams. You may be greatly surprised by what wisdom has been given to you in your sleeping state.

Some people say, "I never dream." We all dream. If you don't remember your dreams, suggest to your subconscious before you drop off to sleep two words: "I

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remember." It knows what you want to remember and will faithfully follow your instructions.

If you are aware of having had a dream but you cannot remember its contents, and you believe that it was important, you can also say those two words to yourself immediately upon awakening; as you practice this, the dream will come back in full form.

As you drift off to sleep, affirm: In a dream, Infinite Intelligence in my subconscious mind reveals to me the answer regarding _____ [your concern].

Principles to Remember and Apply

- In the sleepy state, you avoid conflict between your conscious and subconscious. Imagine the fulfillment of your desire over and over again prior to sleep. Then sleep in peace and wake in joy.

- If you have difficulty sleeping, talk to your body, telling it to relax and let go. Your body will obey you. Then affirm slowly and quietly, "I sleep in peace and I wake in joy, for He careth for me."

- When you go to sleep, your conscious concern is creatively joined to your subconscious mind, and the latter determines the way the answer or healing will take place.

- Dreams are dramatizations of your subconscious mind, usually appearing in symbolic form. Your disciplined imagination can unclothe the dream and reveal its hidden content.

- Prior to sleep, charge your subconscious with the task of evolving an answer to any problem, and prove its miracle-working power to yourself. It will answer you.

- Your subconscious speaks to you symbolically in dreams; however, you can suggest to your subconscious every night, "I dream literally and clearly." Your constant reiteration of that suggestion prior to sleep causes your subconscious to speak to you in literal terms.

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- If you suffer from nightmares, you can change your nightmares by affirming before you go to sleep, “I remain dreaming and the nightmare ceases and is switched off. God’s love fills my soul, and I dream in peace all night and I wake in joy.”

- Dreams can symbolically warn you of impending danger or inform you of a future event for the good before either happens.

- Many times, as you think of the answer prior to sleep you will find that the entire formula or solution may appear in a dream. It is done unto you as you believe.

- The best time to tap the subconscious is prior to sleep, when you are relaxed, at peace, and ready for quietude and deep sleep.

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Part II

ENRICH YOUR LIFE WITH THE UNLIMITED POWER OF YOUR SUBCONSCIOUS MIND

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11 Your Unlimited Power to Overcome Worry and Fear

All the water in the ocean will not sink even a small boat if the water doesn't get inside the boat.
Likewise, all the problems, challenges, and difficulties in the world cannot sink you, as long as you do not permit them to get inside you.

***R**emember, thought is prayer. When you worry, you are actually praying for what you don't want. The subconscious mind takes your fears as a request and proceeds to bring them into your experience.

Don't try to run away from your worries and fears. Wherever you go, you take your mind with you—and the only place your worry or fear exists is in your mind.

Once, while traveling by train, I noticed a man carrying a bag on his back. The conductor said to him: "You can take that bag off your back. The train can carry both of you." There are a great many people carrying the burden of grief, sorrow, grudges, peeves, bitterness, and hostility on their backs, which robs them of vital energy, creating short circuits in their lives. *Cast thy burden upon the Lord (Law), and he shall sustain thee.* (Psalm 55:22)

When fear knocks at the door of your mind, or when worry, anxiety, and doubt cross your mind, remind yourself that your imagination took you to your worry. It can also take you to freedom and peace of mind.

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Worry and fear cause pain; love and goodwill bring peace and health. *There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.* (I John 4:18)

Your worry is your mind's acceptance of negative conditions. It is having greater faith in your problem than in God and His Cosmic Wisdom. All fears and worries, therefore, are types of negative thinking. *Be strong and of good courage, be not afraid, neither be thou dismayed, for the Lord thy God is with thee whithersoever thou goest.* (Joshua 1:9)

Do not dwell on obstacles. Agree in your mind that what you desire is already present, that what you are seeking is seeking you, that the law of attraction will cause what you desire to come to you—and your worries will then flee.

When you say, "There is no way out. It's hopeless," then you live in the darkness and confusion created by your belief.

When next beset with worries or fears, ask yourself, "How am I using Cosmic Power?"

Know that the creator is greater than the creation. You have created your worries and fears, and you can equally rise above them. Remember, you have dominion over your thoughts, feelings, actions, and reactions in life. Live joyously and walk the earth with praise forever on your lips.

*F*or verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but

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shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. (Mark 11:23)

The truth of these words will never let you down but will supply you with infinite power for perfect living. The *mountain* stands for the difficulties, challenges, and problems confronting you. They may seem overwhelming, overpowering, and worrisome, but if you have faith in the Infinite Power within you and do not doubt it, you will affirm boldly, "Be thou removed," and your subconscious, hearing your bold and sincere decree, will begin withdrawing your worrisome thoughts from you.

Read the morning newspaper in any metropolitan area and you will find yourself caught up with worries: murder, crime, purse-snatching, rape, corruption in high places, and venality on the bench and in the legislative chambers. Remember, however, that all of these are of human origin, and you can *come out from among them and be separate.* (II Corinthians 6:17)

Align yourself with the principles of right action, harmony, love, joy, and beauty. All of these are attributes, qualities, and potencies of God, and they are within you. When you dwell on these qualities and contemplate the truths of God, you rise above the injustice and the cruelties of the world and you build a conviction counter to all its injurious beliefs and erroneous concepts.

You have a Divine immunity—a sort of spiritual antibody—to the occupations and preoccupations of the mass mind.

When fear or worry thoughts come to your mind, remind yourself that God is bringing your desire, ideal, plan, or purpose to pass in Divine Order. Affirm: "Infinite Intelligence gave me this desire, and it is now backing me up, revealing to me the perfect plan for its unfoldment, and I rest in that conviction." Continue in this attitude of mind until the day breaks and the shadows flee away.

You can decide to think whatever you choose about anything. What you have lost or suffered has nothing to do with the way you decide to think about it.

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If you think of the Infinite Intelligence, or God, your thought neutralizes and destroys thoughts of fear, worry, lack and doubt, in the same manner as the sun dissolves the mist or the light casts out darkness.

*T*ake us the foxes, the little foxes, that spoil the vines: for our vines have tender grapes. (Song of Solomon 2:15)

Your problems are due to the "little foxes that spoil the vine": worry, fear, and negativity. These are the true "little foxes" that spoil the wine of life, which is the exhilarating and vitalizing flow of Infinite Supply coursing through your entire system.

You are the master of your thought reactions. You can order your thoughts around as you like, giving attention to whatever you choose to meditate on. You are a monarch in your conceptual realm. You can refuse a passport to any foreign visitors—such as fear, worry, negativity, anger, or hatred that try to enter your kingdom. You can order your subjects—thoughts and feelings—according to your desires, and they must obey you. You are the absolute monarch in your mental kingdom, with power to eliminate all enemies (worries, fears, negative thoughts) from your kingdom.

Worry and fear thoughts are not real; they deny that which is actual. Worry and fear are false beliefs of the mind. False beliefs will die if you refuse to give them attention.

Learn the great truth that no person, situation, or condition causes you to be unhappy or lonesome, or to suffer from pecuniary embarrassment. It is the beliefs and impressions made in your subconscious mind that cause these experiences in your life.

Worry of any kind is nature's alarm signal that you are believing wrongly. A change of thought will set you free.

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Fear is a denial of the power of God and the goodness of God. Fear is faith upside down. Fear and worry are shadows in the mind; they are merely a conglomeration of sinister shadows, and shadows have no reality.

Is not that which you are afraid of merely a thought in your mind?

Every failure in life is a stepping-stone to your triumph.

Those who find God within themselves lose their self-doubt, worry, and fear.

All your fears, anxieties, and forebodings are caused by your belief in external powers and malevolent agencies. This is wrongful thinking. The only immaterial creative power is your thought, and once you are aware of the creative power of your thought and that thoughts are things, you are at once delivered from all bondage.

Cease transferring the power that is within you to things, conditions, people, or circumstances.

Henry Wadsworth Longfellow said, “Look not mournfully into the Past. It comes not back again. Wisely improve the Present. It is the thine. Go forth to meet the shadowy Future, without fear, and with a manly heart.”

If you truly understand that there is only One Power and that in this Power there is only the principle of beauty, but none of ugliness; only the principle of harmony, but none of discord; only the principle of love, but none of hatred; only the principle of joy, but none of sadness; only the principle of opulence and abundance, but none of

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deprivation and poverty; and only the principle of right action, but none of wrong action, then you will know that fear and worry have no substance.

People who worry always expect things to go wrong. They will tell you all the reasons why something bad could happen, and not one reason why something good should or could happen. Such worry makes them weaker and less able to meet any challenges that might come along, as they attract exactly the conditions upon which they are mentally dwelling.

The fearful, worrisome perspective we impress upon our subconscious minds practically guarantees that some corresponding challenge or difficulty will erupt.

Whenever the idea comes to you that you must have something and it must appear on a certain day, remember that attitude of mind is one of tension, anxiety, and fear. You are already magnifying the ordinary attitude of mind of worry. Identify with Infinite Intelligence; then claim that Divine guidance will bring about what it is that you desire. Maintain that conviction and your contact with Infinite Intelligence within, and the day will break and your shadows will flee away.

Remember this important truth: One thing you can be absolutely certain about in this universe is that the laws of Infinite Intelligence within you of healing, guidance, and harmony are constant and invariable. Then arrange to live your life accepting this truth, and you will banish from your life forever all worries and fears.

Worry comes from not making a habit of prayer and having no real contact with Infinite Power, from which you could draw strength and security.

You believe you are cursed with your worries because of outside circumstances. In reality, however, worries are thoughts. You are the only thinker in your universe; you alone can overcome them. When you worry, you are using your mind negatively and

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destructively.

When you are under mental stress or filled with fearful concerns and are carrying these around with you, the ordinary business of your life gets shortchanged.

Do not spend time wrestling with your worries and fears. Do not *fight* a problem; *overcome* it.

Fear thoughts, worry thoughts, or negative thoughts of any kind will not hurt you unless you entertain them for a long period of time and emotionalize them deeply. Otherwise, they will flow through you without doing the least damage. Potentially they may be trouble, but only if you allow them to become actualized. Your fears cannot be actualized unless you emotionalize them. At that stage, you begin to impress your subconscious mind with your worries and fears, and whatever is impressed in the subconscious mind will come to pass.

All conditions, circumstances, and events are subject to alteration. Every created thing will someday pass away. The age-old maxim, “This too shall pass away,” is always true. The reality and realization of this can be a cause of fear and worry, unless you remind yourself that God is the same yesterday, today, and forever.

One of the main reasons for the feeling of insecurity, and thus for feelings of worry and fear, is that you are regarding the externals of life as causes, not realizing that they are really effects. Remember that the cause is within you, in your thoughts and feelings.

If you have not learned about your own essential greatness and the infinite riches within you, you will tend to magnify the problems and the difficulties that confront you.
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You will empower them, giving them the influence and control that you should rightly keep for yourself.

It is said that fear is our greatest enemy. This is true, because fear is behind failure.

Timidity is a state of mind that results from fear and worry. “Do the thing you are afraid to do,” said Ralph Waldo Emerson, “and the death of fear is certain.”

We are born with only two fears: the fear of falling and the fear of noise. These could be called our normal fears. They are a sort of alarm system given you by nature as a means of self-preservation. Normal fear is good. You hear an automobile coming down the road, for example, and you step aside to survive. The fear of being run over is overcome by your action. All other fears are abnormal fears, given to you by parents, relatives, teachers, and all those who influenced your early years.

Abnormal fears take over when we let our imaginations run riot.

Most of the things we fear do not exist; we bring them to pass by constantly fearing, believing, and expecting them. As Job said, *the thing which I greatly feared come upon me.* (Job 3:25)

A certain amount of anxiety is normal and necessary. It is excessive and prolonged tension that is dangerous. It’s when you wind up the clock too tightly that you break the spring.

I am exceedingly joyful in all our tribulation. (II Corinthians 7:4)

To be *joyful in all your tribulation* does not mean that you rejoice in having worries and fears, but rather that in the midst of them you can feel peace, knowing that there is an Infinite Healing Presence that is always willing to heal and restore you,

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provided you open your mind and heart to receive it.

If you are dwelling worrisomely over past actions or events, you are thinking of them *now,* the mental agony you are experiencing is in fact pain in your *present* moment. Likewise, if you are fearful about the future, you are in fact fearing it *now,* you are robbing and stealing joy, health, happiness, and peace of mind from your present moment.

The past and the future are two arch-thieves. Get rid of these two thieves. You have control over your present thoughts; direct them into the right channels.

Remember, there is no principle of hate, only of love. Love, therefore, is *now.* There is no principle of failure, only success. Success, therefore, is *now.*

Now is the time.

Now is the *only* time.

What thoughts are you thinking now?

> *A*nd, behold, there arose a great tempest in the sea, insomuch that the ship was covered with the waves . . . . And his disciples came to him . . . saying, Lord, save us: we are perishing. (Matthew 8:24–25)

When you let yourself become beset with worries and fears, you are allowing yourself to be caught up in the tempest of worldly confusion, fear, and human opinion. You fear you will perish. But when you remember that Infinite Intelligence within you is All-Wise and All-Knowing, then you will be looking at the solution, the way out, the happy ending, ignoring the winds and the waves of worry and fear, and your ways will be ways of peace. *Then he arose, and rebuked the winds and the sea, and there was a great calm.* (Matthew 8:26)

HOW HE OVERCAME WORRY AND FEAR

During a world lecture tour, I had a two-hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturb him. His practice was to sit still for fifteen minutes in the morning and realize that in the center of

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himself was a deep, still ocean of peace. Meditating in this way, he generates tremendous power, which overcomes all manner of difficulties and fears.

He told me that at one time, a colleague called him at mid-night and told him a group of people were plotting against him. This is what he said to his colleague, "I am going to sleep now in perfect peace. You can discuss the matter with me tomorrow morning at ten o'clock."

He said to me, "I know that no negative thought can ever manifest unless I emotionalize the thought and accept it mentally. I refuse to entertain their suggestion of fear. Therefore, no harm can come to me."

Techniques for Overcoming Worry and Fear

Follow these three steps to removing worries and fears.

> *First,* take all your attention away from all thoughts of past and present hurts, grievances, resentments, fears, worries, sicknesses, defeats, discouragement, or lack of any kind.
>
> *Second,* stop every negative thought by immediately substituting constructive thoughts, such as harmony, peace, love, joy, right action, and Divine guidance.
>
> *Third,* take time out morning and evening to implant in your subconscious mind the mental patterns of harmony, abundance, security, success, serenity, and full expression.

When your mind is disturbed, a wonderful technique of healing is to become absorbed by nature, where beauty, order, symmetry, rhythm, and proportion prevail. When your mind is projected on the order and beauty of nature, your mind is transformed and renewed, which results in healing.

Your emotion follows thought. You can decide how you shall react to conditions, circumstances, and environment. If unpleasant news comes to you, if others criticize, condemn, and vilify you, remember that no one can hurt or injure you unless you give permission through your mental consent. Refuse permission. Do not allow any thought to disturb you. Positively refuse to react worrisomely or fearfully. Say, "I remain unmoved and undisturbed; nothing affects me except my own thought, and then only through my own mental consent."

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When the impulse to worry comes, remind yourself that the law of thought is creative and that through the same process by which you have enlivened worries for yourself, you can create joy and happiness and confidence.

When I was about ten years old, I accidentally fell into a pool and went down three times. I can still remember the dark water engulfing my head, and my gasping for air until another boy pulled me out at the last moment. For years I feared the water.

An elderly psychologist said to me, "Go down to the swimming pool, look at the water, and say out loud in strong tones, 'I am going to master you. I can dominate you.' Then go into the water, take lessons, and overcome it." This I did, and I mastered the water.

Later, in my adult life, there was a time when I was filled with unutterable fear when standing before an audience. The way I overcame it was to stand before the audience, do the thing I was afraid to do, and the death of fear was certain.

Affirm positively that you, too, are now going to master your fears. Come to a definite decision in your conscious mind about this, and you will release the power of the subconscious, which will then flow in response to the nature of your thought.

The Greeks said that laughter is of the gods. Laughter is a medicine for many troubles. Laughter restores your perspective, takes your attention from yourself. Make it a special point to laugh at your fears, to laugh when people irritate you, and by all means to laugh at all the foolish, silly mistakes you made during the day. Laugh at yourself for being so stuffy and so serious. The greater the problem, the more humor you need. There can be no self-pity, and thus neither worry nor fear, when laughter takes over your soul.

When worrisome or fearful thoughts come to your mind, immediately affirm, "Infinite Intelligence is within me."

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Here is an excellent thought to affirm in the midst of worry or fear: *The Lord is my shepherd, I shall not want; he leadeth me beside still waters; he restoreth my soul and leadeth me in the paths of righteousness. Yea, though I walk through the valley of the shadow of death, I will fear no evil. Surely goodness and mercy shall follow me all the days of my life. Of what should I be afraid?* (Psalm 23)

If God be for us, who can be against us? (Romans 8:31) Personalize this verse, and you will overcome all sense of self-doubt, worry, and fear: If God is *for me* who can be against me?

Principles to Remember and Apply

- Stand up to your worries and fears. Do the thing you are afraid to do, and the death of fear is certain.
- Fear and worry are destructive thoughts in your mind. Supplant them with constructive thoughts.
- Fear is behind all failure.
- You were born with only two fears: the fear of falling and the fear of noise. These are normal fears. All your other fears are abnormal. Get rid of them.
- If you think worrisome thoughts, worries follow; if you think good thoughts, good follows.
- Learn to laugh at your fears. That is the best medicine.
- If you really want to banish fear, you must give up your jealousies, hatreds, peeves, and grudges.
- Don't fight fear with fear. Meet it with the direct declaration, "Infinite Intelligence within me is the only Presence and Power; there is nothing to fear."
- A certain amount of tension is good; excess tension is destructive.
- There is always a solution to every problem. Contemplate the happy ending; what you contemplate, you experience.

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- Affirm, “If God be *for me,* who can be against me?” and you will overcome all sense of self-doubt, worry, and fear.

- Worry is God’s alarm, reminding you that you are thinking wrongly, and you should redirect your thinking processes immediately.

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12 Your Unlimited Power to Overcome Negative Thinking

Don't place obstacles in your own way by thinking negatively.

To flourish and thrive, you need a special mental and spiritual diet. You are fed daily through the five senses by an avalanche of sights, sounds, and sundry concepts, both good and bad. Most of this food is highly unsavory. You must learn to turn inward to God and be replenished from the standpoint of Truth, rather than negativity.

Develop a healthy spiritual diet for your mind. Wonders will happen.

The instant you receive the stimulus of a negative thought, supplant it with the mood of love and goodwill. If you fill your mind with love, negative thoughts cannot enter.

Jealousy is a negative thought and a mental poison. It arises from a deep-seated fear or mistrust of another plus a feeling of guilt and uncertainty about oneself. Jealous people poison their own banquets and then eat them. The jealous person demands exclusive devotion and is intolerant of rivalry. The jealous person is suspiciously watchful.

"Oh, beware of jealousy;" wrote Shakespeare, "it is the green-eyed monster, which doth mock the meat it feeds on."

As Sunday night comes, many people talk about "blue Monday." These people are already resigning themselves to their "fate" and beginning to shut down their lives. Monday then comes with a certain sense of resignation: On Sunday they were

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consciously decreeing their future, and their subconscious responded accordingly. In all probability, they didn't even know that they had planned ahead and had thus created their "fate."

When you cohabit mentally with negative thoughts, your Life Force gets snarled up in your subconscious mind in the same way that when you put your foot on the garden hose, you block the flow of water. The negative emotions that are dammed up in your subconscious then come forth as all manner of diseases, both mental and physical.

Cast out negativism, ill will, criticism, and self-condemnation, and instead fill your mind with constructive thoughts of harmony, health, peace, joy, and goodwill, and you will be transforming your life.

By thinking constructively, based on universal principles, you can change all the negative patterns in your mind and thereafter live a charmed life. Filling your mind with the truths of God, you neutralize, obliterate, and expunge from your mind everything unlike God—and you avoid all negative experiences.

*L*et every man be swift to hear, slow to speak, slow to wrath. (James 1:19)

Be swift in hearing good news and never indulge in negative thinking or in the mood of anger. When such attitudes prevail, go within yourself at once and reclaim the feeling of being what you long to be.

When you are loyal and devoted mentally to your ideal, the fear or the negative thought dies, and the ideal becomes real.

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The radio, television, and newspapers pour forth negative and despairing suggestions, but many people are not affected by them at all. You, too, have the power to reject all negative and destructive suggestions, because you are the only thinker in your universe, and you can choose your thoughts.

You become what you condemn. When you vilify, criticize, and find fault with others, you begin to exemplify what you criticize. Moreover, when you are angry, hostile, and bitter, your mind is much more receptive to the negative, fearful, and hateful suggestions of the world.

To walk the royal road to riches of all kinds—spiritual, mental, material, and financial—you must never place obstacles and impediments in the pathway of others; neither must you be jealous, envious, or resentful of others. Remember, your thoughts are creative and whatever you think about another you are creating in your own life and experience. Don't place obstacles in your own way by thinking negatively about another.

A negative thought or suggestion by another person has no power unless you give it power. Suggestions are *a* power, but they are not *the* Power (God) that moves as harmony, beauty, love, and peace. When those around you are expressing negativity or are casting negative suggestions toward you, always remember that you have the ability to unite mentally with the Infinite Intelligence within you, whose principles are love, generosity, and harmony—not negativity.

When a negative or angry thought comes to your mind, immediately supplant it with a spiritual thought, such as "The Peace of the universe fills my soul." As you do this regularly, all harmful thoughts will cease to come, and peace will come into your mind.

Never finish a negative statement; reverse it immediately and wonders will happen

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in your life.

If you have indulged in fear, worry, and other destructive forms of thinking, your subconscious mind will have accepted your negative thoughts as requests and will proceed to bring them into your experience. The remedy is to begin devoting your thoughts to kindness, peace, and forgiveness. Your subconscious mind, being creative, will then equally proceed to create the attributes in your life that you have earnestly decreed.

Every time you think or say negative thoughts, you help prolong the situation that is wrecking your peace of mind. In effect, you are praying against yourself. Make your inner, silent thought conform to your desired aim.

Thoughts generate emotions, and emotions kill or cure. To think negatively is to kill love, harmony, peace, beauty, and joy within you. Destructive emotions like negativity have a toxic effect not only on your mind and heart, but also on the very cells of your body.

Failure is negative thinking. It has many causes. One of them, perhaps the most crucial, is the conviction that failure is inevitable.

Your habitual thinking—what you regularly feel, believe, and give mental consent to, consciously or unconsciously—is imprinted on your subconscious mind. Every part of your being then expresses these thoughts.

How, and what, are you thinking today?

When you think negatively about others, the trouble is in your own thought-life.

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Other people are not responsible for the way you think about them. There is no one to change but yourself.

The cause of any unwanted, negative habit is negative and destructive thinking. The cure is to think of your freedom from the habit and to feel the thrill of accomplishment.

Your subconscious mind has tremendous power. Influence it only positively, constructively, and harmoniously, because it will not argue controversially. Whatever orders (thoughts) you give it will be obeyed. You do great injury to yourself, therefore, by the negative thoughts you entertain, as your subconscious will accept your negative thoughts as your wishes.

Every part of your being then expresses these thoughts; your outer life will demonstrate what you are consciously impressing in your subconscious mind. Never affirm inwardly, therefore, anything you do not want to experience outwardly.

You may be deceived by error, but the Truth remains forever undimmed by time. Align your thoughts and actions with the principles of the Infinite Intelligence within you, and you will neutralize all the harmful effects of the negatives implanted in your subconscious mind.

HOW THEY TRANSFORMED THEIR NEGATIVE THINKING

One day a man from San Francisco flew down to see me. He was extremely tense. His doctor had diagnosed his condition as anxiety neurosis. He was very successful financially and was sales manager of a very big corporation. The president and vice president of the corporation liked him and respected him.

As we talked, the real cause of his trouble came to light. A classmate of his was sales manager of a rival corporation but had been promoted to the position of president of the corporation. This man admitted that he was envious of his classmate's promotion. He was mentally competing with him. He said, "You know, that guy beat me at

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everything in school and college; he even took away the girl I loved and married her."

I explained to him that the only true competition there was in life was that which existed between the idea of success and the idea of failure in his own mind, and that he was born to win, not fail; for the Infinite could not fail. Therefore, all he had to do was to focus his attention on success and then all the powers of his subconscious would back him up and compel him to succeed, as the law of the subconscious is compulsive.

He began to see that the past is dead and that nothing matters but this moment. As he changed his present thoughts and kept them changed, his whole world would magically melt into the image and likeness of his contemplation.

I also explained to him that by entertaining envious thoughts he was actually impoverishing himself, and that this was one of the worst possible attitudes to hold, because his negative thinking and his feelings of inferiority and envy and jealousy were playing havoc with his mental and emotional life, and would tend to block his expansion along all lines.

The remedy was very simple. I told him to bless and sincerely wish greater prosperity and success for his former classmate. After a few weeks, he discovered that the envious thoughts lost all power over him.

I once had an interesting chat with a young man named Cyril, who was studying mental discipline in Paris. We were both crossing the English Channel from Dover to Calais.

Cyril explained that from time to time he would examine his thoughts, and if he found himself holding angry, negative thoughts he would say to himself, "This is not the Infinite thinking, speaking, and acting in me. These are not of God; they are destructive and false. I now think, speak, and act from the standpoint of God and His love."

Every time Cyril was tempted to become angry, critical, depressed, or irritable, he would think of God and His love and peace, and the temptation would pass. This is internal discipline and spiritual understanding.

At the conclusion of my visit with a friend who was in the hospital, he urged me to talk to the man in the next bed, Robert C.

I introduced myself to Robert. He seemed glad to have a distraction. As we talked about the hospital, he suddenly said, "The worst part of being here is that I know Harry is gloating like anything. I loathe that man. They don't come any lower than him."

"Who's Harry?" I asked.

"He was my partner," Robert told me. "Then I found out he was cooking the books

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and diverting the company's assets. I barely managed to avoid bankruptcy as a result."

It was easy to see that Robert's loathing had become a festering psychic wound.

"Would you invite your former partner to dinner?" I asked.

"Only if I knew I could get away with poisoning him!" he declared.

"Yet you entertain him constantly in your mind," I pointed out, "and it is not he who is being poisoned. It is you. You give him—or rather, your psychic image of him—immense power over your mind, your body, and your vital organs. You are the only thinker in your universe. That means you are directly responsible for the thoughts, concepts, and images that come to you. If you saturate your mind with hatred and loathing, the effects will surely make themselves known in your body. But if you saturate your mind with the truths of God, only wholeness and health can follow."

A Technique for Overcoming Negative Thinking

The ideal way to rid yourself of unwanted emotions is to practice the law of substitution. Through the law of mental substitution, you substitute a positive, constructive thought for the negative thought. When negative thoughts enter your mind, do not fight them; instead, just say to yourself: "My faith is in all things good." You will find the negative thoughts disappear just as light dispels the darkness.

At times you will find your mind falling back into its old habits of fretting, fussing, worrying, and recounting the verdicts of others. When these thoughts come to your mind, issue the order, "Stop! My thoughts are the way I feed my subconscious." Do this a hundred times a day, or a thousand times, if necessary.

Principles to Remember and Apply

- When negativity knocks at the door of your mind, let faith in God and all things good open the door.
- Negativity is a mental poison. Forgiveness and love are the spiritual antidotes to use; then a healing follows.
- You can mentally transform all negative impressions that come to you through your five senses by using the law of substitution. Immediately substitute a positive, constructive thought for a negative one. The positive emotion will

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neutralize and destroy all negative emotions.

- You can protect yourself against any negative onslaughts from without by realizing and affirming: “God and I are one, and if God be for me, no one can be against me.”

- *Never* finish a negative statement. After a while, the negative thoughts will cease to come, and you will have conditioned your subconscious to kindness, cooperation, and harmony.

- Never engage in such negative thinking as lack, limitation, loneliness, and frustration. *For as he thinketh in his heart, so is he.* (Proverbs 23:7)

- The negative thoughts of others have no power to reach you if you refuse to accept them, and they will return to their point of origin with double force.

- You can change any negative pattern of thought or action by reminding yourself that instead of fear, the Presence and Power that created the world in harmony is within you.

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13 Your Unlimited Power to Achieve Prosperity

Realize that the whole world is yours to enjoy, and you will know how truly rich you already are, and you will know the key to prosperity.

*W*ealth means possessing all the food, clothing, energy, vitality, health, happiness, inspiration, and creative ideas you desire.

Realize that your thought is creative; that what you feel, you attract; that what you imagine, you become; that whatever you impress on your subconscious mind will be projected on the screen of space as form, function, experience, and events. If you talk about not having enough to go around, and about how little you have and how you must cut corners, those thoughts are only impoverishing you. Making such statements as "There isn't enough to go around," "I'll lose the house because of the mortgage," and so forth while seeking prosperity is like writing a check to yourself that will come back to you marked "Insufficient funds." In order to become rich and to solve your financial problems, you must continuously dwell on thoughts of wealth, prosperity, and success.

The secret of prosperity is to substitute the thoughts of lack and limitation with the habitual thoughts of the infinite and inexhaustible supply of God's riches. Change your thoughts and *keep them changed.* As you steer and direct your thoughts to the riches of the Infinite flowing into your experience, a fantastic difference will take place in your life.

The way to success and prosperity is already within you. You do not have to beg, supplicate, or beseech God. All you have to do is change the stream of your mental thought and imagery.

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Do not ask for just enough to get by. You don't want just enough to get by. Be bold enough to claim that it is your right to be rich, and your deeper mind will honor your claim. You are here to lead the life more abundant.

Many people think that wealth, happiness, and abundance are not going to be theirs in this life, that these attainments are only for other people.

It is a Law that . . . *it is done unto you as you believe.* If *you* don't believe that you have the right to your heart's desire—be it prosperity or whatever—knowing that the law is impersonal, always responding to your belief, then it will not be a condition of life but your belief that will become your self-fulfilling prophecy.

Remember, any object to which you give special attention will tend to grow and magnify itself in your life. Attention is the key to life. Think of increase along all lines. Feel that you are successful and prosperous, since the feeling of wealth produces wealth.

Be sure you wish for all those around you success, happiness, and abundance, knowing that as you wish increase of wealth and happiness for others, they will pick up your thoughts subconsciously and will be benefited by the feeling of riches and abundance emanating from you. As you radiate abundance and riches to others, you are also attracting more of God's riches to yourself.

In talking with many people, I find that often the reason they do not prosper is that they think it is wrong to pray for wealth and success. Nothing could be further from truth. *I am come that they might have life, and that they have it more abundantly.* (John 10:10) Those who hesitate to claim prosperity and the good things of life deprive themselves of these available and visible blessings. You are here to lead the life more abundant, and unless you express abundance and prosperity and claim the riches of the Infinite, you may find yourself besieged by creditors and your family in need.

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It is your God-given right to be rich. The law of life is abundance, not poverty.

This is a mental and spiritual universe. The world is Spirit, God, or Infinite Intelligence in form. Spirit and matter are one. Money may rightly be looked upon as the visible manifestation of Invisible abundance.

Envy of the prosperity of others blocks the flow of your good. Envy of others exalts them and demotes you. God is your source of abundance, and your every want can be met instantly and perfectly. To be envious of others is to deny your own good and impoverish yourself. Envy is a waste of energy and is destructive to your prosperity. Moreover, the quickest way to cause wealth to take wings and fly away is to criticize and condemn others who have more wealth than you.

If you see someone depositing large sums of money in the bank or making a large purchase, and you have only a meager amount to deposit and are only able to make small purchases, does it make you envious? The way to overcome this is to say to yourself, "Isn't it wonderful! I rejoice in that person's prosperity. I wish for that person greater and greater wealth."

Bless those whose prosperity, success, and vast riches arouse your envy. By so doing you will heal your own state of mind and enter into the consciousness of one who, possessing all things, pours out of his or her inner and outer riches abundant gifts upon others. That is true prosperity.

It is a great folly to not realize that the true riches are within yourself—in the Creative Power of your own mind—and to look, instead, upon external conditions as the source of true riches.

Do not give your allegiance, loyalty, and trust to created things, but to the Creator, the Eternal Source of everything in the universe. Convince yourself in your mind that money is forever flowing freely in your life and that there is always a wonderful surplus. Then, should there be a financial collapse of banks, the stock market, employment, or the government tomorrow, you will be applying the laws of your subconscious in the right way and you will still attract wealth and be cared for. You will have all the money you want—*along with* peace of mind, harmony, wholeness, and serenity.

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Remember that the channels through which you receive your wealth are not the source, and you should not confuse the two.

All transactions take place in the mind, and unless things are paid for and accepted mentally, one does not experience any result on the objective plane of life. The price you pay is belief. *According to your faith, be it unto you.* (Matthew 9:29) You must believe that you have the right to prosperity.

Your inner speech is the cause of all the outer experiences in your life. Think, speak, and act if you already had the money you are seeking. *For as he thinketh in his heart, so is he.* (Proverbs 23:7)

Some people think it is spiritually correct to avoid using the word "money" in their conversation; they speak of "supply," "abundance," and "prosperity," although what they really mean is money. They have old concepts and think it is wrong to desire money. This makes no sense and is very unreasonable.

Remember that your habitual thinking forms definite paths and tracks in your subconscious mind. You will always have plenty if you use the law of your mind in the right way and direct your inner speech correctly.

Wealth is the result of optimism and success habit-thinking, and poverty is the result of pessimism and failure habit thinking.

Money means freedom from want.

Don't affirm "There is no future for me, my salary is too small; I'll never get ahead." Likewise, don't repeatedly say, "I can't afford it." Your inner speech will be

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accepted by your subconscious mind and you will remain in that restricted and unhappy situation. Your subconscious mind takes your fear and negative statement as your request and proceeds in its own way to bring obstacles, delays, lack, and limitation into your life. It takes you at your word, seeing to it that you will not be in a position to do or purchase what you want.

Gaze on the lavishness, extravagance, and bounty of nature, and realize that there is an abundance of all things in this world. There is no shortage of God's wisdom or creative ideas. Humans, in their greed and lust, create an artificial shortage.

Walk in the consciousness of God's eternal supply. As long as you maintain this prosperity consciousness, you cannot suffer losses. No matter what form wealth takes, you will always be amply supplied.

Use the money you now have freely. Release it with joy, and realize that God's wealth flows to you in avalanches of abundance.

Infinite Intelligence within your subconscious can only do *for* you what it can do *through* you. Use your subconscious mind correctly, and wealth will flow to you in abundance.

Many people who come to me for advice regarding financial lack and insecurity make the following statement in common: "There is nothing wrong with me that $50,000 will not take care of."

I ask each one, "Do you believe in wealth?" Invariably they say, "Yes, of course, I see evidence of it everywhere," or words to that effect.

I then go on. "If you look around you as you walk down the street, you see temples, churches, banks, and stores equipped with all manner of merchandise; you see millions of automobiles and trucks and countless machines, all of which came out of the mind of some person. Every device, construction, and invention—such as radio, TV, automobile, computers, homes, skyscrapers—was once invisible; but someone had an idea or a thought-image in his or her mind, and nourishing the idea mentally and emotionally, that

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person's subconscious mind compelled him or her into action. Moreover, that person then attracted everything necessary for the realization of his or her dreams. There is enough material in the world to clothe every man like a king and every woman like a queen. Nature is lavish, extravagant, bountiful, and wasteful. Look at the untold treasures in the earth and sea that have not yet been tapped."

After this preliminary discussion on the subject of wealth, my listeners begin to perceive that wealth is of the mind—just an idea or a thought-image—and that when this idea is energized and vitalized, the subconscious will activate the conscious mind, and the law of attraction will attract riches to them—spiritual, mental, and material.

If you are having financial difficulties, if you are trying to make ends meet, it means you have not convinced your subconscious mind that you will always have plenty—and some to spare.

Do not believe the story that the only way you can become wealthy is by the sweat of your brow and hard labor. It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it.

Perhaps you are like many who, when they said, "I am prosperous, I am wealthy," they felt within that they were lying to themselves. One man told me, "I have affirmed that I am prosperous until I am tired. Things are now worse. I knew when I made the statement that it was obviously not true." His affirmations were being continually rejected by the conscious mind, and the very opposite of what he outwardly affirmed and claimed was made manifest. You will not get results if ten minutes after you make your affirmations of prosperity, you indulge in fear thoughts or self-doubt, neutralizing the good you had affirmed.

Entertaining negative, envious, lack-and-limitation thoughts places you in a very negative position. Remember: Wealth flows *from* you, not *to* you.

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If you are critical about someone whom you claim is making money dishonestly, cease giving thought to that person. That person is using the law of mind negatively; the law of mind will take care of that person.

Remember: The block or obstacle to your wealth is in *your own* mind, not someone else's mind or actions. Get on good terms with your own mind.

I once talked with a minister who had a very good following. He had excellent knowledge of the laws of mind and was able to impart this knowledge to others—but he could never make ends meet! He had what he thought was a good alibi for his plight, by quoting from Timothy: For *the love of money is the root of all evil.* (I Timothy 6:10) He neglected what followed in the seventeenth verse of the same chapter, when Paul charges the people to place their trust or faith in the living God, *who giveth us richly all things to enjoy.* (I Timothy 6:17)

The Bible does not say that *money* is the root of all evil, it says that *the love of money* is the root of all evil. Love of money to the exclusion of everything else will cause you to become lopsided and unbalanced.

If you were physically ill, you would not consider that condition to be your unalterable destiny. Instead, you would think, "There is something wrong with me," and you would do something about the condition at once.

Think of yourself in the same way if you are suffering from prosperity illness.

Make service to others your primary goal, and your prosperity is assured.

Getting rich or advancing in life is not a matter of being in a certain business or a certain location or having a certain talent. Some people of great talent remain poverty-stricken and frustrated, while others who have very little talent or education prosper beyond their fondest dreams. Riches are of the mind.

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When the Infinite Thinker thought of a sequoia tree, He did not cause the instant formation of a full-grown tree, He just started in motion all the forces necessary to produce the tree through the subjective wisdom operating in the seed.

Likewise, when you desire to be free from all financial problems, you must realize that you, too, are a thinker, that your thoughts, too, are creative, and that you can originate ideas, images, plans, and purposes. That does not mean, however, that when you open your eyes, all the wealth necessary to immediately alter your circumstances will necessarily be lying before you. What it means is that you cannot create anything in this world until you have *thought* that something into existence.

Then, believe and accept that success is your Divine right and that Life will reward you—and as you believe, it shall be done unto you.

Someone once brought to my attention a statement by Henry Ford. When he was asked what he would do if he lost all his money and his business, he replied, "I would think of some other fundamental, basic need of all people, and I would supply that need more cheaply and more efficiently than anyone else. In five years I would again be a multimillionaire."

Wealth and poverty have their origins in your own mind. Like Henry Ford, you must come to a clear-cut decision that you intend to be wealthy and successful.

Do you have a poverty complex?

Many persons have the idea or dominant thought that they must chase after wealth, else they will lose it.

When anxious thoughts about debts come to mind, never think of bills or lack or debts, but smilingly give thanks for God's abundance and riches, and rejoice that the obligation is paid now. When you do this, there is a reconditioning of the mind to wealth.

A person who is poor—that is, a person who doesn't know how to operate and release the riches of his or her mind—can at any time he or she wishes begin to practice the law of opulence and again attract wealth, success, and riches of all kinds.

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Cease looking down your nose, therefore, at material things. Every physical thing created is the Living Spirit within someone, manifesting as material form. If you are condemning anything in this world, you are demoting and depreciating yourself.

HOW THEY ACCEPTED PROSPERITY

I once had the most amazing telephone call from the husband of a woman whom I shall call Mrs. H, saying: "My wife just inherited a million dollars. You told her what to do."

Naturally, I congratulated him and wished for both of them all the blessings of life. I recalled talking to her one Sunday after a lecture in Los Angeles, at which time she had said that she wanted a million dollars for a certain project that was very sound and constructive. I explained to her that she first had to establish the mental equivalent of a million dollars in her mind, and that she could do this by getting intensely interested in the finished project, looking at it in her mind, rejoicing in the accomplished fact, and giving thanks for the wonder of it all.

She pictured the end in her mind, made it very vivid and real, and every night prior to sleep, she would affirm "a million, a million, a million," over and over again as a lullaby until she fell asleep, knowing her subconscious must sooner or later accept it. At the end of about a month, she was advised by an attorney that she had inherited over a million dollars. It was, as her husband said, "completely out of the blue."

There was a young lady who regularly came to my lectures and classes. She had to change buses three times; it took her one and a half hours each time to come to the lectures. In one lecture I explained how a young man who needed a car in his work received one. She went home and experimented as outlined in my lecture. Here is her letter in part, narrating her application of my method, and published by her permission:

> Dear Dr. Murphy:
>
> This is how I received a Cadillac.
>
> I wanted one to come to the lectures regularly. In my imagination I went through the identical process I would go through if I were actually driving a car. I went to the showroom, and the salesman took me for a ride in one. I also drove it several blocks. I claimed the Cadillac as my own over and over again.

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I kept the mental picture of getting into the car, driving it, feeling the upholstery, etc., consistently for over two weeks. Last week I drove to your lectures in a Cadillac. My uncle in Inglewood passed away, and left me his Cadillac and his entire estate.

A salesman who attended my Sunday lectures and who listened to my daily radio program asked me, "How can *I* make $75,000 a year? I am married and have three children. I barely make ends meet. My wife has to work in order for us to break even!"

I explained to him that the thought-image or mental pattern in his mind is the *first cause* relative to the thing desired; it is the actual substance of the thing desired, untouched by any previous conditions of lack, limitation, or restrictions of any kind.

He concluded that all he had to do was to communicate his thought-image to his subconscious mind, and the result or manifestation of his idea would come forth.

The following is his letter to me, which followed our conversation.

Dear Dr. Murphy:

Every morning for the three months after I talked to you, I gave myself the mirror treatment. I stood before my mirror after shaving and decreed out loud, slowly, feelingly, and knowingly: "John, you are a tremendous success. You are making $75,000 a year. You are an outstanding salesman." I kept repeating this for about ten or twelve minutes every morning, knowing that finally I would build in my subconscious mind the mental equivalent of $75,000 and that I would succeed in psychologically impregnating myself with that amount. I was guided to take up public speaking; I gave a talk about ten weeks ago at our annual sales meeting. The vice president congratulated me, I was promoted, and I was given a more lucrative district. My commissions and salary in the past year have exceeded $75,000! Truly, the mind is the source of wealth and all the riches of Heaven.

I once had a most interesting conversation with a surgeon when I was in Killarney, Ireland. He and his charming wife were touring the country. We began to talk about the wonders of the mind, and he told me a fabulous story about his father. This is the essence of it, and I am going to present it in the simplest possible way.

This young surgeon was the son of a miner in Wales. His father had worked long hours at very low wages; as a boy, the surgeon had had to go to school barefoot as his father could not afford to buy shoes for him. Fruit and meat appeared on the table twice a year, mainly at Easter and at Christmas; buttermilk, potatoes, and tea represented the main diet of this family.

One day, this young man said to his father, "Dad, I want to be a surgeon, and I'll tell

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you why. The boy I am going to school with had cataracts; the eye surgeon operated on him, and now he sees perfectly. I want to do good like that doctor."

His father replied, "Son, I have set aside 3,000 pounds (about $8,000 at the time) which I have saved over a period of twenty-five years. It is set aside for you, but I would rather you not touch it until such time as you have finished your medical education. You then can use it to open up a beautiful office with all the accoutrements of your profession. In the meantime, the money will be drawing interest, and you will have security. You know that any time you really need it during your medical studies, you can always draw upon it. It is all yours, but I would prefer that you let it accumulate interest, and on your graduation it will be a nice nest egg for you."

This thrilled the young man beyond words, and he vowed never to touch the money until he graduated from medical school. He worked his way through medical school, working in pharmacies at night and during holidays; he also earned money as an instructor in pharmacology and chemistry in the medical college. His whole idea was to live up to his promise to his father that he would not touch the money in the bank until he graduated.

The day came when he graduated, and his father told him, "Son, I have been digging for coal all my life and have gotten nowhere. There is not a shilling or a penny in the bank and there never was. I wanted you to dig deeply and find the treasures in the gold mine within yourself, which is limitless, inexhaustible, and eternal."

"For a moment," the surgeon said, "I was flabbergasted, dumbfounded, and inarticulate. After a few minutes, I got over the consternation and the shock, and then both of us burst out laughing. Then I realized that what Dad had really wanted to teach me was the feeling of wealth engendered by the thought of plenty of money in the bank to back me up if I needed it. It gave me courage, faith, and confidence and made me believe in myself. My belief that I had 3,000 pounds in the bank had accomplished the purpose just as well as if it actually had been deposited in the bank in my name."

This surgeon remarked that all that he had accomplished externally was but a symbol of his inner faith, vision, and conviction. For every person in the world, the secret of success, accomplishment, achievement, and fulfillment of goals in life lies in the discovery of the miraculous power of his or her thought and feeling. Our surgeon friend acted confidently, just as if the money was always there!

A young lady, a very good writer who had had several articles accepted for publication, said to me, "I don't write for money." I said to her, "It's true that you don't write for money, but what's wrong with money? The laborer is worthy of his hire. What you write inspires, lifts up, and encourages others. When you adopt the right attitude, financial compensation will automatically come to you freely and copiously."

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She actually disliked money. *She had a subconscious thought pattern that there was some virtue in poverty.* I explained to her that there was no evil in the universe and that good and evil were in the thoughts and motivations of people. All evil comes from misinterpretation of life and misuse of the laws of mind. In other words, the only evil is ignorance, and the only consequence is suffering.

She began to practice this simple prayer, which multiplied money in her experience:

> My writings go forth to bless, heal, inspire, elevate, and dignify the minds and hearts of men and women, and I am Divinely compensated in a wonderful way. I look upon money as Divine substance, for everything is made from the One Spirit. I know matter and spirit are one. Money is constantly circulating in my life, and I use it wisely and constructively. Money flows to me freely, joyously, and endlessly. Money is an idea in the mind of God, and it is good and very good.

She completely eradicated the superstitious belief that money was evil, and her income tripled in three months.

Techniques for Attracting Prosperity

Silently give to all people you meet the following blessing: God gave you richly all things to enjoy, and you are prospered beyond your fondest dreams.

Affirm daily: There's plenty of money in the world, there's plenty of everything, and I know there are endless resources in my subconscious mind that I have never tapped.

Here is the master program for disciplining your mind for prosperity. If you follow this technique, you will never want for money all the days of your life.

> *Step 1:* Realize that everything you see—the stars in the sky or the riches of the earth—came out of the invisible mind of God, or Life, and that everything any person invented or created came out of the invisible mind of that person, and that anything anyone has ever made came out of the mind of some person. Affirm that thoughts are things and that thoughts are creative.

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Step 2: Acknowledge that as there is only one Mind, and that your mind and the mind of God are one, for there is only one Mind common to all, and that God (Mind) is the Source of your supply as He is the Source of the sun and the air you breathe, that it is as easy for God to create wealth in your life as it is for God to create a blade of grass.

Step 3: Engrave in your subconscious mind the idea of wealth, knowing that ideas are conveyed to the subconscious by repetition, faith, and expectancy. When you repeat a thought pattern or an act over and over again, it becomes automatic, and your subconscious, being compulsive, will be compelled to express it. It is the same as learning to walk, swim, play the piano, or type.

Step 4: Understand that you must *believe* in what you are affirming. Realize that what you are affirming is like the apple seeds you deposit in the ground: They grow after their kind. By watering and fertilizing those seeds, you accelerate their growth. If thoughts of lack or doubt come to you, such as, "I can't afford that trip" or "I can't pay that bill," never finish those negative statements. Reverse them immediately in your mind by affirming, "God is my instant and everlasting supply, and that bill is paid in Divine Order." If your desire is a new car, don't say, "I can't buy that." Say to yourself, "That car is for sale. It is a Divine idea, and I accept it in Divine Order." If negative thoughts come to you fifty times in one hour, reverse them each time by thinking, "God is my instant supply, meeting that need right now," or words to that effect. After a while, the thought of lack and disbelief will lose all momentum, and you will find your subconscious is being conditioned to wealth.

Step 5: Lull yourself to sleep every night by reiterating this great truth: "I am ever grateful for God's riches that are ever active, ever present, unchanging, and eternal."

Whenever you receive a bill in the mail, immediately give thanks that you have received that same amount. I have taught this magic formula to many, and in every case they have become eternally grateful for its benefits.

If you are concerned that you will not use money constructively and judiciously,

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quietly say throughout the day and before going to sleep, “Infinite Intelligence governs and watches over all my financial transactions.” Do this frequently, and you will find that your money-use will be wise.

You may be in debt and have no funds, influence, or tangible assets; but if you begin to habitually and sincerely claim, “God’s wealth is circulating in my life, and there always is a Divine surplus,” wonders will soon happen in your life!

Principles to Remember and Apply

- Wealth is a thought-image in the mind, a state of mind. Believe in the law of riches, and you shall receive.
- Life itself is a gift to you; you are here to lead the abundant life, a life of happiness, joy, health, and rich living. Believe and expect the riches of the Infinite, and invariably the best will come to you.
- Infinite Intelligence in your subconscious can only do *for* you what it can do *through* you. Your thoughts and feelings control your attainment of riches.
- Be careful that when you affirm wealth, success, right action, and promotion, you do not subsequently deny what you affirm. Stop neutralizing your good.
- If you are envious or critical of those who have amassed wealth and honors, you will impoverish yourself along all lines. Wish for everyone what you wish for yourself. That is the key to your abundance.
- Bless others richly. Pour out the blessing of the Infinite on all those you envy, and you will open the door to countless blessings for yourself.
- Contemplate the abundance of nature and you will experience the life more abundant.
- The law of life is plenty, not lack.
- Make service to others your primary goal; then your prosperity is assured.
- Never use phrases like “I can’t afford it” or “I can’t do this.” Remember, your

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subconscious mind does not argue with you. It accepts what your conscious mind decrees.

- Your dominant idea should be *wealth,* not *poverty.* Remember, if you criticize money or don't believe you will ever make enough, you will find yourself in want financially.

- If you're seeking prosperity but have no idea how to go about it, your subconscious will give you the idea you seek.

- Do not ask for just enough to get by. Claim that it is your right to be rich and your deeper mind will honor your claim.

- Give thanks that when you receive a bill, you have also received the money to pay it. The idea will gradually impregnate your subconscious mind.

- The idea of competition limits your supply. The riches of the universe are infinite.

- When faced with the problem of needing a certain amount of money on a certain date, forget the amount and the date, as this mental attitude tends to produce anxiety. Affirm, instead, that God is your instant and everlasting supply, meeting all your needs now and forevermore.

- Never procrastinate the realization of your good. Never say to yourself, "I must wait years for a promotion or an increase in salary." Your subconscious takes you literally, and when you say, "I'll have to wait," you are blocking your own good.

- The minute you admit there is such a thing as wealth, which you can see everywhere in nature's abundance, you will have no problem living in the joyous expectancy of God's riches—spiritual, mental, and material.

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14 Your Unlimited Power to Attain Success

There is no success without peace of mind.

The only chance you have is the one you make for yourself.

By blessing those whose promotion, success, and wealth annoy us or incite our envy or jealousy, and by wishing that they become even more prosperous and more successful in every way, you heal your own mind and open the door to the riches of the Infinite.

If you have the desire to make a better razor blade, better computer chips, a better snow shovel, or anything else, and your desire is to contribute to humanity in a constructive way and to practice the Golden Rule in all transactions, then you are about God's business, and God, by His very nature, will be for you. Then there is no power in heaven or on earth that can withhold from you success and prosperity.

Serving people wisely and kindly is success and Divine love in action.

God is always successful, whether making a star, a planet, a tree, or the cosmos—and what is true of God is true of you, for God dwells in you. Therefore, you were born to succeed, as the Infinite cannot fail. Acknowledge this in your mind and heart, and you will know that you *cannot* fail!

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Many people believe that their success is in God's hands, that they should accept what comes to them. This isn't the truth. The truth is that you are to take the initiative. God, or the Cosmic Power, does not work *for* you, but *through* you—through your thought and imagination.

The way to success and prosperity is already within you. You do not have to beg, supplicate, or beseech God. All you have to do is change the stream of your mental thought and imagery.

All successful men and women possess one outstanding characteristic, and that is their ability to make *prompt* decisions and to *persist* in carrying those decisions through to *completion.*

A distinguished businessman once told me that in his fifty years of experience in dealing with men and women in the commercial and industrial fields, he found that all those who failed had one characteristic in common: They hesitated to make decisions; they vacillated and wavered. Further, when they did make decisions, they were not persistent in adhering to them.

To be jealous of another's talents, success, achievements, or wealth is to demote yourself and attract to yourself lack, loss, and limitation. Actually, you are rejecting the Divine Source of all good and saying to yourself, "He or she can have those things and be successful, but I can't." This deprives you of success.

It is your inner thought, feeling, and imagery—in other words, your mental attitude—operating within you, rather than the winds and the waves of circumstances, that makes the difference between promotion and success, failure and loss. What you are experiencing is the exact reproduction of your habitual thinking and imagery.

To attain success, become a self-starter. Some people only "come to life" in

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emergencies, instead of making it a daily habit to abide continually in the field of potential energy.

Lord Chesterfield said: “Some men live and die with all their greatness still within them.”

Failure to reach your goal or to attain your objective is to sin. The word *sin* is from a Greek word meaning to miss the mark. When the Greek archers failed to hit the bull’s eye, it was said that they had sinned, or had missed the mark. Your goal, desire, objective, or ideal is the mark for which you are aiming. When you fail to express health, wealth, peace of mind, and true expression, you are sinning against Infinite Intelligence within you, which is ever ready to guide you and show you the way.

Your potential must be increased through your belief, commitment, and dynamic action, or it will move away from you.

When you want something, do not think of all the reasons why you can’t have it, but realize there is an Infinite Intelligence that will attract to you what you want. As you accept this truth, the deeper currents of your mind will bring it to pass and you will achieve success.

A burning desire to be and to do is a prerequisite for accomplishment. Identify yourself with your goal; mentally and emotionally unite with it. As you do this, Infinite Intelligence will activate the power of your subconscious mind and bring your desired attainment to pass.

To mentally unite with the *idea* of success, and to know that you are thereby invoking a subjective power that responds to your habitual thinking, is to create success.

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You possess all things by right of consciousness.

Two people who understood the secrets of success were Albert Einstein and Thomas Edison.

Einstein loved mathematics, and it revealed its secrets to him. He was engrossed and fascinated with the universe and its laws. He gave his attention, devotion, and industry to the subject of time, space, and the fourth dimension, and his subconscious responded by revealing the secrets of these subjects to him.

Edison experimented with, meditated on, and explained the principle of electricity. He had an intense desire to light up the world and serve mankind, and electricity yielded its secrets to him. He paid the price in perseverance, stick-to-itiveness, and confidence, knowing that the answer would come. He brought forth countless inventions because he paid the price first by giving attention, interest, and complete dedication to his project, knowing in his heart and soul that there was a subjective intelligence that would respond. He kept on keeping on, and his deeper mind never failed him.

Ralph Waldo Emerson said, "All successful men have agreed in being 'causationists.'" Successful people, in other words, believe that their lives were not shaped by luck, but by law. Unsuccessful people believe in luck; successful people believe in cause and effect.

Good luck is the reaction of your subconscious mind to your belief in good fortune.

Those who believe that luck controls their destiny are ever waiting for something to turn up. They lie in bed, hoping that the mail carrier will bring them news of a legacy or that they have won a contest, sweepstakes, or lottery.

Luck relies on chance. Successful people rely on character, for character is destiny.

The idea of competition engenders anxiety and excess tension. Don't be deterred

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from pursuing your goal by worries of competition. The truth is that the only competition you have is in your mind: between the thought of failure and the thought of success.

Bless what you are doing now, realizing that it is a stepping-stone to your triumph and achievement.

Every thought is incipient action. When you begin to think of the riches within your subconscious mind and all around you, you will be amazed how successful ideas will flow to you from all sides.

The greatest discovery you can make is that there is an Infinite Power and Wisdom resident within you, and that this Power enables you to overcome all problems, rise above all hurdles, and handle life's tasks, and equips you with all the necessary attributes, qualities, and potential to make you a master of your fate and a captain of your soul.

Failure to acknowledge and unite with this Infinite Power and Wisdom within you will result in your relying on and being governed and controlled by events and conditions of the world. You will then tend to disparage *yourself* and exalt the power of circumstances, failing to realize the tremendous powers within you that could lift you up and set you on the high road to happiness, health, freedom, and the joy of living.

Align your thoughts and actions with God's Laws and you will rise triumphantly over problems, for "He never faileth."

Imagination is one of your greatest allies for success. Right now, you can look at an acorn and, with your imaginative eye, construct a magnificent forest full of rivers, streams, and rivulets. You could people that forest with all kinds of life; furthermore, you could hang a bow on every cloud. Those who understand and use the laws of imagination find water in the desert and cause it to rejoice and blossom as a rose. They

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create cities where others see only a desert and a wilderness.

It is all right to have a dream, an ideal, or a goal, but you must have a solid foundation under your aspirations; otherwise they become idle fantasy, which wastes your energy and debilitates your entire organism. Castles built in the air without a basic knowledge of the powers of the subconscious to bring them into being are as inconsequential as whiffs of smoke.

Sadly, there are many men and women who do not understand this, and have not risen above their childhood daydreams.

Emerson said: "No one can cheat you out of ultimate success but yourself." Insist on the best in life; refuse the second best.

Believe you were born to succeed, and wonders will happen as you pray!

To give up your dreams is not to grow up; it is to start to die!

It is not fate that blocks your success or prosperity. It is you. Change your thought-life and keep it changed. Let your habitual thinking be on the idea of success and the knowledge that you can achieve whatever you conceive. *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.* (Mark 11:24)

How much do you want what you want? Are you willing to leave your old ideas, the traditional view of things, and acquire new ideas, new imagery, and new viewpoints? Are you open and receptive? Are you willing to give up resentment and grudges over past failures?

If so, then there is no limit to the things you can achieve.

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HOW HE FOUND SUCCESS

A brilliant young executive said to me, "I work very hard and put in long hours. My suggestions and recommendations to the management have been accepted and have made money for the organization. But I have been passed up for promotion the past three years. Even my subordinates have received increments and promotions."

This man was industrious and intelligent and apparently worked arduously. His inability to find the success he sought in his career was rooted in his relationship with his ex-wife.

For three years there had been litigation over division of their property, alimony, and child support. Subconsciously, he did not want to make any more money until the lawsuit was over, as he felt the more money he made, the more alimony the court would assess. He resented paying the temporary allowance granted by the court, feeling it was excessive, and he was waiting for final adjudication.

I explained to him the way his subconscious mind works, and that *he was actually decreeing that he didn't want any more money,* and that he had definitely emotionalized that negative concept. When you mentally wish to withhold wealth from another, you also automatically withhold it from yourself. This is why the Golden Rule tells you to think, speak, and act well toward your neighbor and never to indulge in hate, resentment, or carping criticism, for the simple reason that you are the only thinker in your universe, and your negative thoughts set up negative reactions in all departments of your life. Your subconscious mind is always fabricating and projecting on the screen of space the *totality* of your thought-life.

This young executive perceived that he had been blocking his own expansion and promotion. As we talked more, he came to understand that love casts out hate and that as he wished health, love, peace, and prosperity for his ex-wife and his children, he would attract to himself equally all these qualities. He also began to see that she was entitled to a reasonable sum of money for the support of his three children, that he should give it gladly, joyously, and lovingly, and that as he gave freely it would return multiplied. He began to frequently recite the following prayer:

> God is love, and God is life. This life is one and indivisible. Life manifests itself in and through all people; it is at the center of my own being. I know that light dispels the darkness; so does the love of the good overcome all evil. My knowledge of the power of love overcomes all negative conditions now. Love and hate cannot dwell together. I now turn the light of God upon all fear or anxious thoughts in my mind, and they flee away. The dawn (light of truth) appears, and the shadows (fear and doubt) flee away.
>
> I know Divine love watches over me, guides me, and makes clear the path

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for me. I am expanding into the Divine. I am now expressing God in all my thoughts, words, and actions; the nature of God is love. I know that *perfect love casteth out fear.*

In a few weeks' time, an inner transformation took place in this young man, and he became amiable, affable, genial, and loving. He had a spiritual rebirth. His professional life immediately took a turn for the better, and he received a handsome promotion.

Techniques for Achieving Success

Here are five steps to achieving success.

Step 1: Find out the thing you love to do, then do it. Success is in loving your work.

Step 2: Have at heart those who seek your services. In your work, in other words, your motive must be altruistic. You must serve others, thereby casting your bread upon the waters.

Step 3: Specialize in some particular branch of work and know more about it than anyone else.

Step 4: Be sure that the thing you want to do does not seek out your success only. Your desire must not be selfish; it must benefit humanity. The path of a complete circuit must be formed; in other words, your idea must go forth with the purpose of blessing or serving the world. If what you desire is to benefit yourself exclusively, the circle or complete circuit is not formed, and you may experience a short circuit in your life, which may consist of limitation or sickness.

Step 5: Never forget the underlying power of the creative forces of your subconscious mind. Knowing that there is a mighty force in you that is capable of bringing to pass all your desires gives you confidence and a sense of peace. This is the energy in back of all steps in any plan of success.

You may say, "How can I put the first step of your steps to success into operation, if I don't *know* what my true place is or what I should do?" In such a case, pray for guidance as follows, knowing that the *idea of success* contains all the essential elements of success: "The Infinite Intelligence of my subconscious mind reveals to me my true place in life." Repeat this prayer quietly, positively, and lovingly to your deeper mind.
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As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a tendency in a certain direction. It will come to you clearly and in peace, and as an inner silent awareness.

There is a law of mind that states that supply and demand are two aspects of one thing. What you are seeking is also seeking you. If you place your faith in Infinite Intelligence, it will direct you to your true place.

Affirm: Infinite Intelligence reveals to me my hidden talents and shows me the way I should go.

Affirm: I believe and accept without question that there is a creative intelligence in my subconscious mind that knows all and sees all. I know that I am directed rightly to my true place in life. I accept this inner guidance without question. I am here for a purpose, and I am willing to fulfill that purpose now.

Every night, still the activity of your mind and enter into a quiet, relaxed mental state. Gather all your thoughts together and focus all your attention on seeing your desired success as already a reality. Give all your attention to this mental image. Feel it. Experience it. See a newspaper article declaring it. Your steadied attention will create a deep, lasting impression on your subconscious mind.

Many people start a desirable project or begin pursuing a desirable goal, but then find that they are unable to follow through with it, stay with it, and complete it.

If you've ever had such an experience, it's likely that this attitude has become an expectation—that is, you know that something will come up and that you'll probably once again not be able to follow through with your intentions.

Learn that what you expect, you experience. You must, therefore, break this so-called jinx by boldly affirming the following before the commencement of any desired activity: "Infinite Intelligence is within me and knows how to complete all undertakings. If I waver or falter, I need only ask for and trust in the guidance of Infinite Intelligence, which is my own subconscious mind, and I will succeed."

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Many highly successful people quietly affirm "success" over and over many times a day until they reach a conviction that success is theirs. They know that the *idea* of success contains all the essential elements of success. Likewise, you can begin now to repeat the word *success* to yourself with faith and conviction. Your subconscious mind will accept it as true of you, and you will be under a subconscious compulsion to succeed.

Go to sleep genuinely feeling and imagining success every night and feeling perfectly satisfied, and you will soon succeed in implanting the idea of success in your subconscious mind.

Principles to Remember and Apply

- There is no true success without peace of mind.
- Hold a picture in your mind of what you want to be and dramatize it in your imagination, knowing that your subconscious mind will develop it and bring it to pass. Remain faithful to this mental picture, and the way will open up and you will become that which you imagined and felt as true.
- A successful person cannot be selfish. His or her main desire in life must be to serve humanity.
- Repeat the word "Success" to yourself frequently with faith and conviction, and you will be under a subconscious compulsion to succeed.
- You were born to succeed, not to fail. The Infinite in you can't fail.
- No one can cheat you out of ultimate success but yourself.
- Good luck is the reaction of your subconscious mind to your belief in good fortune.
- A burning desire to be and to do will start you off on the high road to success and achievement. Identify yourself with your goal or desire by mentally and emotionally uniting with it. As you do this, Infinite Intelligence will activate the

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power of your subconscious mind and bring it to pass.

- When you condemn, criticize, demean, and belittle others, you are creating negative, counter-productive qualities within yourself.

- The word “sin” means to miss the mark. You are sinning against the Infinite Intelligence within you when you fail to lead a full, happy, prosperous, and successful life.

- Find out what you love to do, then do it. If you don’t know your true expression, ask for guidance. Affirm frequently, “The Infinite Intelligence of my subconscious mind reveals to me my true expression.”

- The only obstacle to your success and achievement is your own thought or mental image.

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15 Your Unlimited Power for Self-Acceptance

Life created you for a purpose.

Bless those around you, and you will discover that by blessing others, you too will be blessed, and all sense of personal lack will be overcome.

Honor and approve of the self within you. God dwells in you, and your self is the presence and power of God.

Know that you are wanted and loved because God wants you; that you are adequate to every task; that you are needed in the scheme of life; and that if you are not now, you soon can be fulfilling your role in the universe.

There is genius within you. Attune yourself with the Wisdom and Intelligence of your subconscious, and the genius in you will be revealed.

Inasmuch as you live with yourself all the time, it is of the greatest importance that you like yourself.

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Unless you exalt the God-Self within you, you will feel inadequate and insecure, which contradicts both your deep psychological and spiritual necessity for self-esteem and God's will for you.

As Ralph Waldo Emerson often pointed out, the great so often appear great to us because we are, through self-denigration, so commonly on our knees.

Love of self, in the true biblical meaning, has nothing to do with egoism or self-aggrandizement. On the contrary, it is the wholesome veneration for the Divinity within you.

There is no such thing as an inferior or superior person. *Ye are gods; and all of you are children of the most High.* (Psalm 82:6)

You have the power, ability, and capacity to do God-like things, for what is true of you is true of God. Think of all the wonderful things you can accomplish as you call on the Infinite Power within you, and you will set aside all the false beliefs and opinions you hold about your insignificant or lowly place in the world.

Behold, the kingdom of God is within you. (Luke 17:21) That is how important and wonderful you are!

There are tremendous possibilities within you.

Learn to accept forgiveness.

Forgive yourself for whatever failures and shortcomings you have in your past, for whatever ways you have not risen to your highest potential. Self-condemnation blocks the flow of cosmic energy into your life, robbing you of vitality, enthusiasm, and

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expansion in your life. It brings failure and misery. Self-forgiveness brings joy, happiness, and prosperity. Learn to forgive yourself.

It is your sacred task, out of love for God—which ultimately means out of love for yourself—to positively and definitely refuse to accept anything less for yourself than peace of mind, your true place in life, abundance, and security.

You are here to discover your God-Self.

We rise as high as our dominant aspiration and descend to the level of our lowest concept of ourselves. Think kindly of yourself and have high hopes.

There are important reasons for you to accept yourself.

You are Life expressed. Life became you, and you are an instrument for Life's expression. You are very important, therefore, to Life, and you must recognize that Life is intensely interested in your welfare, development, and unfoldment, because you have a special work to do here.

Timidity is a state of mind. Do the things that you fear to do. Then the death of fear is certain, and you will find that you can lift yourself up to astonishingly great heights.

Remember these important truths:

Refuse to accept suffering and never resign yourself to any situation. The cause of all is your own mind and spirit, and as you are the only thinker in your universe, you can change your thoughts. Then, there is nothing that can defeat you.

Remember these things and you will find that you can lift yourself up mentally over all conditions and circumstances.

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Confidence means “with faith.”

Your difficulties may be many, your obstacles challenging, your opposition rather formidable, but with Infinite Intelligence within you, you can move through the changes of life with a deep, unshakable, continuing confidence.

The Creative Intelligence that made you never loses interest in that which It creates.

Do not permit your feelings to unite with an image of limitation, as you will then generate the consequences of that unholy alliance. Stop focusing on your insufficiencies and lacks. They are not only a lie, they are a rejection of the Divine within you, and you demote your Self when you give them attention.

Approve of yourself; you are an individualized expression of God.

You are a spiritual being, living in a spiritual universe, governed by a perfect God, operating under His perfect Divine law. Know this, and you will never feel inadequate. Your mind will be void of all self-doubt, worry, fear, and tension.

You cannot manifest your good in a depressed state. Affirm and focus your attention on the Presence of God within you, and you will dissipate all the fearsome shadows lurking in your mind and rise above all obstacles, obstructions, and difficulties.

Don’t let your problems weigh you down. You are here to discover the Divinity within. You are here to meet problems, difficulties, and challenges, and then to overcome them.

It is in overcoming obstacles that you develop character, and character is destiny.

If I could show you a nobler, sweeter, grander concept of yourself, do you think you

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could welcome and embrace it? It is right there inside of you, longing for your attention and care. It suffers from your neglect like an orphaned child, and you suffer as well.

Its name is your Greater Self, the God-Presence within you, and it has equipped you with almost illimitable possibilities of self-development.

No two people are alike, any more than any two leaves of a tree or two crystals of snow are alike. That is why *you* are here for a purpose, and it is not lowly.

Emerson said: "I am an organ of God and God hath need of me where I am, otherwise I would not be here."

If not being certain of your true place in life is what is holding you back from self-acceptance, call upon Infinite Intelligence within you to reveal to you your true place in life. Then follow the lead, which will come clearly and distinctly into your conscious, reasoning mind.

Within your subconscious you will find the answer to your most perplexing problems and the cause for every effect. There is an infinite healing presence in your subconscious that can heal your troubled mind and broken heart. The treasure-house of infinity is within you. It can free you from fear and from all kinds of material and physical thralldom and misery.

We all want to be what we want to be, do what we love to do, and have what we want to have. *You* can achieve all these goals in life, because you have been endowed with the qualities and faculties to do so.

Remember, Divine Intelligence responds to your habitual thinking. Therefore, think spiritual, noble, lofty, and God-like thoughts, and you will see the fallacy of lack of self-acceptance.

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Do not waste your energy and vital substance by thinking about old misdeeds, failures in judgment, and any and all form of personal grievances. To do so is like opening a grave—all you find is a skeleton.

You are the artist, the weaver, the designer, and the architect of your life.

Whether you are rich or poor, you can look at the stars at night; you can look at the sunset; listen to the songs of the birds; become enraptured with the beauty all around you.

Begin, now, to contemplate God's beauty—and let riches flow through your thoughts, words, and deeds.

Life is a mirror that reflects back to us precisely that which we deposit in our minds. Look through the eyes of love and beauty, so you will see love, beauty, and the riches of the Infinite within you.

Those who find God within themselves lose their self-doubt, misery, and suffering.

Great numbers of men and women do not trust themselves; they demean and lower themselves. Your real Self is God—the Divine Presence residing in your subjective depths, governing your entire body, watching over you when you are sound asleep. It is the unseen power that moves your hands, enables you to walk and talk, and is ever ready to reveal to you everything you need to know.

All that is required of you is that you trust this Presence and Power. To do this, you need only turn in silence within yourself.

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Monitor your self-talk constantly. There is a law of mind that responds to what you believe and decree yourself to be. Ideas are conveyed to the subconscious by repetition, belief, and expectancy, and are made manifest in your life. You cannot grow if your self-talk is negative.

HOW THEY LEARNED SELF-ACCEPTANCE

A young lady in a department store said to me, "I am nobody. I was born on the wrong side of the tracks. I did not get a good education." I explained to her that she could completely banish all sense of inferiority and self-rejection by changing her concept of herself and by knowing that conditions, experiences, and events in her life were effects, not causes.

She decided to banish all sense of inferiority by realizing the following truths: "I am a daughter of God. I am unique; there is no one in the entire world like me, because God never repeats Himself. God is my Father and I am His child. God loves me and cares for me. Any time I am prone to criticize or find fault with myself, I will immediately affirm: 'I exalt God in the midst of me.' God is now expressing Himself in a wonderful way through me. I radiate love, peace, and goodwill to all. I am one with my Father, and my Father is God. I know the real Self of me is God, and from this moment forward, I have a healthy, reverent respect for the Divinity within me, which created me and gave me breath and all things."

As she meditated on these truths, her insecurity and inferiority vanished. She found the riches within first, and then she found the riches of life on the screen of space. She began to imagine the kind of life she wished to have. She soon became acquainted with a customer in the store who was the answer to her dreams. Soon thereafter, they were married and they built a wonderful life together. She had been lifted out of a humdrum life, to one of purpose and satisfaction.

A business executive in Los Angeles told me that in 1929 he and his brother lost everything in the market crash. Each of them had been worth more than a million dollars. His brother committed suicide, saying that he had lost everything and that there was nothing to live for.

This business executive then told me that *he* said to himself, "I have lost money; so what? I have good health, a lovely wife, abilities, and talents. I'll make it again. God will guide me and open up a new door for me. I am going to make millions." He rolled up his sleeves and went out as a gardener and did odd jobs here and there. He

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accumulated some money, invested it in stocks, and saw them rise to fabulous heights. He gave advice to others, and they made a small fortune.

Remember: External circumstances, events, and conditions are effects. It is your thoughts that are the only cause. Don't deny your self-acceptance because of any circumstances, events, or conditions you are in. Your thoughts are your way out and toward riches.

Techniques for Growing through Self-Acceptance

Affirm: I am continually releasing the imprisoned splendor within me.

One of the most powerful times to banish self-doubt is prior to sleep, when you are in a sleepy, drowsy, relaxed state and there is an outcropping of your subconscious mind. Before you drift off to sleep, approve of yourself, accept yourself, realizing that you are an individualized expression of God. Affirm: "God dwells in me, walks and talks with me. God is guiding me now. I can do all things through the God-Power that strengthens me. If God be for me, who can be against me? There is no power to challenge God, and God watches over me in all my ways. I realize every problem is Divinely outmatched and I grapple courageously with every assignment, knowing that God reveals the answer. God loves me and cares for me."

Build into your subconscious mind the quality of good you desire by meditating every day upon that quality.

Whenever you feel weak, inadequate, nervous, or insecure, unite with the One Being, the Life Principle, that animates all things, and say, *"He restoreth my soul."*

Every time you stand in front of or pass a mirror, say with conviction:

"_____ [your name], you are absolutely outstanding, you are a tremendous success, you are full of faith and confidence, and you are immensely wealthy. You are loving,

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harmonious, and inspired. You are one with God, and one with God is a majority."

Continue this practice and you will be amazed at the many wonderful changes that will take place in your business, finances, circle of friends, and home life . . . to say nothing of how you will begin seeing yourself.

If God be for us, who can be against us? (Romans 8:31) This Bible verse is of prime importance to all who wish to attain self-confidence. It is considered by people to be one of the greatest and most profound statements in the Bible. I teach men and women to personalize the verse to read "If God be for *me,* who can be against *me?*" Many repeat these words before the mirror every morning for three or four minutes. They have told me that as this thought penetrated their minds, they knew they could overcome all obstacles. They had a spiritual experience accompanied by a feeling of victory.

Become mentally absorbed in the beauty and wisdom of the truth of these words so that their truth takes possession of you, and then you can live with confidence.

Here is the four-step plan for self-acceptance.

Step 1: Because the subconscious mind is amenable to suggestion and is controlled by the conscious mind, all negative patterns and doubts can be expunged by repeating positive affirmations three or four times a day in order to establish a habit of constructive thinking. Realize that no matter what the past experience may have been, these can be completely eradicated by feeding the subconscious mind with eternal verities and life-giving patterns of thought.

Step 2: Never condemn, demean, or demote yourself. The moment a thought such as "I'm no good," "A jinx is following me," "I'm unwanted," or "I'm nobody," comes to your mind, immediately reverse the thought by saying, "I exalt God in the midst of me."

Step 3: Imagine yourself being welcomed and accepted graciously and enthusiastically by others. Imagine and hear your superiors and coworkers congratulating you on a job well done. Above all, believe in your image and in its reality.

Step 4: Realize and know that whatever you habitually think upon and image

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must come to pass, for that which is impressed on your subconscious mind must be expressed on the screen of space as experiences, conditions, and events. Then think only of the good. *Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report. If there be any virtue, and if there be any praise, think on these things.* (Philippians 4:8)

Affirm: I know that I can give only what I have. From this moment forward, I am going to have a wholesome, reverent, and deep respect for my real Self, which is God. I am an expression of God and God hath need of me where I am, otherwise I would not be here. From this moment forward, I honor, respect, and salute the Divinity within me. I am one with the Infinite.

Principles to Remember and Apply

- Begin to contemplate that God's beauty and riches flow freely through your thoughts, words, and deeds, and you will experience the results of your thinking.
- When you begin to realize that God hath need of you where you are and that you are loved, needed, and wanted, a complete transformation takes place: You begin to release the riches of the Infinite as love, goodwill, inner peace, and abundance.
- The only moment that matters is this moment. The past is dead. It has no power over you.
- You build self-acceptance by knowing that the God-Power in you is almighty.
- Know, believe, and practice aligning yourself mentally with the God-Presence within you, knowing that It will respond to you and take care of you all the days of your life.
- Whenever you're prone to denigrate or demean yourself, affirm: "I exalt God in the midst of me." As you make a habit of this, all sense of self-rejection and inferiority disappears.
- Every problem is Divinely outmatched; this is why you can lead a triumphant life.

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- *If God be for us, who can be against us?* (Romans 8:31) Personalize this verse —If God be for *me,* who can be against *me?*—and you will overcome all self-doubt.

- Self-condemnation blocks the flow of cosmic energy into your life, robbing you of vitality, enthusiasm, and expansion in your life. It brings failure and misery. Self-forgiveness brings joy, happiness, and prosperity. Learn to forgive yourself.

- Carefully monitor your self-talk. The law of mind responds to what you believe and decree yourself to be. Ideas are conveyed to the subconscious by repetition, belief, and expectancy, and are made manifest in your life. You cannot grow if your self-talk is negative.

- There is genius within you. When you are in tune with the wisdom and intelligence of your subconscious, the genius in you will be revealed.

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16 Your Unlimited Power to Change Your Life

You are transformed only one way, and that is by the transformation of your mind.

Choose peace, Divine guidance, and right action in your life, and decree that "goodness, truth and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever."

Infinite Intelligence is only able to act *for* you by acting *through* you—through the choices you make.

When you are fearful and worried and when you vacillate and waver, you are not thinking. True thinking is free from fear, because it is thinking from the standpoint of universal principles and eternal verities.

When you learn to choose wisely, you will choose happiness, peace, security, joy, health, abundance, and all the blessings of life. You will enthrone the spiritual values and truths of God in your mind. You will busy your mind with these eternal verities until they become part of your consciousness in the same manner that nutrients become part of your bloodstream.

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The key to your health, wealth, prosperity, and success in life lies in your wonderful capacity to make choices.

If you do not choose from the Kingdom of Heaven within you, which is the presence of God in your deeper mind, you will make decisions based on events, circumstances, and conditions around you. You will overlook the powers within you and will exalt the powers of circumstances.

Choose from the Kingdom of God within you, and move forward on the high road to happiness, health, freedom, and the joy of living the abundant life.

*C*hoose you this day whom ye will serve. (Joshua 24:15)

You are here to choose. You are here to do your own thinking, reasoning, and choosing. You have volition and initiative. This is why you are an individual. Accept your Divinity and your responsibility and choose for yourself, make decisions for yourself; do not rely on others to know what is best for you. When you refuse to choose for yourself, you are actually rejecting your Divinity and your Divine prerogatives and you are thinking from the standpoint of a slave, a serf, and an underling.

Choose to be healthy, happy, prosperous, and successful. Your subconscious mind is subject to the decrees and convictions of your conscious mind, and whatever you decree (choose) convincingly shall come to pass.

*F*or as a man thinketh in his heart, so is he. (Proverbs 23:7)

We are constantly being called upon to choose in this life. We choose one suit of clothes in preference to another; we choose our minister, doctor, dentist, home, wife, husband, food, and car. We choose the life we will lead and whether it is in harmony with the Infinite Intelligence.

What are you choosing in your life?

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Remember, your whole life represents the sum total of your choices.

Feeling and emotion follow thought. Choose your thoughts wisely and create for yourself a rewarding emotional life.

Choose to believe that what is true of God is true of you; then, from this moment forward, the preponderance of your thought and expectancy will come from Him who giveth to everything: life, breath, and all things. Your mind and heart will be always open for the influx of God's riches now and forevermore.

You move from your old patterns of thought by dwelling on the way you want things to be.

Picture yourself as the person you want to be. Be faithful to the new image, and it will sink down to your subconscious mind, where it will gestate in the darkness, and after a while it will come forth in your experience as the joy of the answered prayer.
You will become a new person in God and go forward from glory to glory.

*B*e ye transformed by the renewing of your mind. (Romans 12:12)

You can change your whole life, if you really want to. You must give up resentment and ill will. Negative thinking must be supplanted by constructive thinking. Change your thoughts and keep them changed, and you change your destiny. You can transform your whole life!

All of us should begin to remove the old, accepted viewpoints, opinions, and false

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beliefs implanted in our minds when we were young and impressionable. The average person thinks and expresses the thoughts of dead people.

You do not ride a mule to go from one place to another like some of your grandfathers did; neither do you send a message by pony express. In the same way, you should not permit dead, superstitious beliefs to govern, rule, and manipulate your mind.

An emotion is always the working out of an idea in your mind. The way to overcome and discipline your unwanted emotions is not through repression or suppression. When you repress an emotion, the energy accumulates in your subconscious mind and remains snarled there. This occurs in the same manner as the pressure increases in a boiler when all the valves are closed and the heat of the fire is increased. In the end, there is a powerful explosion.

If you sincerely wish to transform your life and rid yourself of unwanted behaviors, you must watch what you think and maintain control over your mental images.

You can change your thoughts by choosing love over fear, goodwill over ill will, joy over sadness, and peace over disquiet. The instant you receive the stimulus of a negative thought, supplant it with the mood of love and goodwill. Fill your mind with love; then the negative thoughts cannot enter.

The greatest tyrant is a negative or unkind idea that controls your mind and holds you in bondage.

If you are full of resentment toward someone or are possessed by a grudge, these emotions will exert an evil influence over you and will govern your actions in a way that will be very different from what you may desire: You will be unpleasant, cynical, and sour when you want to be friendly, affable, and cordial. You will find everything wrong, when you want to be healthy, successful, and prosperous.

To bring about the desired change in your life, sincerely accept ideas of peace and love in your mind, and the corresponding emotions will govern, control, and guide you accordingly.

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If you really want to bring about change in your life, you can do so. You will achieve it. Regardless of how unjustly you have been treated or what a mean scoundrel someone has proved to be, this will make no difference to you when you awaken to your mental and spiritual powers. You know what you want, and you will definitely refuse to let the thieves (thoughts) of hatred, anger, hostility, and ill will rob you of peace, harmony, health, and happiness. You cease to become upset by people, conditions, news, and events by identifying your thoughts immediately with your aim in life. Your aim is peace, health, inspiration, harmony, and abundance. Feel a river of peace flowing through you now. Your thought is the immaterial and invisible power. Choose to let it bless, inspire, and give you peace—and move you into the life you desire.

If you wanted to go from one place to another, you would have to leave the first place. In a similar way, if you want to be a new person, you must first leave behind your old fears, hates, grudges, jealousies, and the like. You must focus your attention on the concepts of harmony, health, peace, joy, love, and goodwill in order to enter into your desired new joy of living.

HOW SHE CHANGED HER WAYS OF ANGER

A woman who had attended several of my public lectures on the power of the subconscious mind sought me out before the next lecture. She introduced herself as Marina R., then said, "I've always had a terrible temper, since I was a little girl. And lately . . . well, my new neighbors are impossible. They play loud music late at night, they leave their garbage cans uncovered for animals to turn over and rummage through, and they laugh if I say a word of reproach."

"You must find their behavior very trying," I said.

"That's not the half of it!" she proclaimed. "But I've found a way to deal with the situation without blowing my top. I understand, after listening to your lectures, that I mustn't allow my anger and hatred to poison my subconscious mind."

"And what is this way you've found?" I asked curiously.

Marina laughed. "It depends on the weather," she said. "If it's a nice day, I go dig in the garden. As I work, I say aloud to myself, 'I am digging in the garden of God and planting God's ideas.' If the weather isn't so good, I get a bucket and a roll of paper towels and wash the windows. As I do, I say, 'I am cleansing my mind with the waters of love and life.' It works every time. Not only do I get over the temptation to become angry, but I put myself in a positive frame of mind *and* I get a few chores done!"

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Techniques for Personal Change

If you have trouble maintaining a positive perspective, when you open your eyes in the morning, say to yourself, "I choose happiness today. I choose success today. I choose right action today. I choose love and goodwill for all today. I choose peace today."

Stand before a mirror and affirm: I am here because God is seeking expression through me. I am here to contribute beauty to the world. I am here because I am unique and God has need of me and my uniqueness.

Suppose you want to get rid of a destructive habit. Assume a comfortable posture, relax your body, and be still. Get into a sleepy state. In this sleepy state, say quietly, over and over again as a lullaby, 'I am completely free from _____ [the habit]; harmony and peace of mind reign supreme." Repeat this slowly, quietly, and lovingly for five or ten minutes morning and night. Each time you repeat the words, the emotional value becomes greater. When the urge comes to repeat the negative habit, repeat the above affirmation out loud. By this means you induce the subconscious to accept the idea, and a healing follows.

Affirm: I am always poised, serene, and calm. *He that is slow to wrath is of great understanding, but he that is hasty of spirit exalteth folly.* (Proverbs 14:29)

Principles to Remember and Apply

- The key to your health, wealth, prosperity, and success is your capacity to choose. Choose whatsoever things are true, lovely, noble, and God-like. Choose thoughts, ideas, and images that heal, bless, inspire, dignify, and elevate your whole being.

- Your power to choose is your highest prerogative, enabling you to select from the infinite treasure-house within you all the blessings of life.

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- When you choose harmony, peace, and right action in your life, believe that the Infinite Intelligence within you will back your choices. This knowledge will give you confidence in creating the life you desire and releasing yourself from any habit you wish to be free of.

- Never hesitate to make a choice. You are a volitional, choosing being, and to refuse to choose is actually to reject your own Divinity.

- God, or Infinite Intelligence, will do nothing *for* you except *through* the choices you make.

- You transform yourself, discipline your thoughts, feelings, and reactions to life, and think, speak, act, and respond from your Divine Center, or the God-Self within you.

- In order to transform yourself, you must purify your emotions through right thinking. Emotion follows thought.

- In order to become a new person, you must desire with all your heart to change your thoughts and keep them changed.

- Change your present thought and keep it changed, and you will change your character and your destiny—because character is destiny.

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17 Your Unlimited Power to Nurture Relationships

Cease seeing others through eyes of lack and limitation; instead, realize that, like you, they are one with the Infinite.

Do not permit people to take advantage of you and gain their point by attacks of the heart. Be firm but kind, and refuse to yield. Appeasement never wins. Refuse to contribute to others' selfishness and possessiveness. Remember, do that which is right. You are here to fulfill *your* ideal and remain true to the eternal verities and spiritual values of life.

Give no one in all the world the power to deflect you from your goal, your aim in life, which is to express your hidden talents to the world, to serve humanity, and to reveal more and more of God's wisdom, truth, and beauty to all people in the world.

Remain true to your ideal. Know definitely and absolutely that whatever contributes to your peace, happiness, and fulfillment must of necessity bless all people who walk the earth.

All you owe the other, as Saint Paul says, is love—and love is *you,* fulfilling in *your* life the law of health, happiness, and peace of mind.

When we understand the creative law of our own minds, we cease blaming other people and conditions for making or marring our lives. We are aware that externals are not the causes and conditioners of our lives and experiences. We know that our own thoughts and feelings create our destiny. *For as a man thinketh in his heart, so is he.* (Proverbs 23:7)

Because your thoughts are creative, whatever you think about another you are creating in your own life and experience. Thus, you must never place obstacles and

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impediments in the pathway of others, or you will find impediments and obstacles in place in your own life.

Remember that anyone who helps you to attain your objectives is a messenger employed by your Deeper Cosmic Mind, to aid you in the unfoldment of the drama of your life.

One does not get upset or resentful toward a person who suffers from a congenital deformity. Likewise, one should not be disturbed because some people suffer from mental deformities—that is, twisted and disturbed mentalities. One should have compassion for them. Understanding their mental and emotional chaotic state, forgive them.

Be intolerant of false ideas, but not of people.

You must not try, through the use of any subtle mental influence of prayer, to bend another to your will. You must trust the infinite intelligence of your subconscious to bring what you desire in your life. You *can* get what you want in life through Divine Law and Order without infringing on the rights of others. Then there is no occasion for the use of mental coercion to try to influence others to do your bidding.

Realize that your work is a wonderful opportunity for you to serve other people.

When you were young, your parents warned you to keep away from bad company. If you disobeyed, you felt your parents' disapproval. In a somewhat similar manner, you must not walk down the dark alleys of your mind and keep the company of resentment, fear, worry, ill will, and hostility. These are the thieves of your mind. They rob you of poise, balance, harmony, and health, and manifest themselves in your relationships with others.

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You have the freedom to make your own choices. Take a personal inventory of the contents of your mind; then choose thoughts of health, happiness, peace, and abundance, and you will reap fabulous dividends in all your relationships.

Not every critical comment from another will be false. If another finds fault with you and these faults *are* within you, rejoice, give thanks, and appreciate the comments. This gives you the opportunity to correct the particular fault.

*F*or with what judgment ye judge, ye shall be judged. (Matthew 7:2)

When you truly understand this teaching and the way your subconscious mind works, you will be careful to think, feel, and act right toward others.

This is one of the reasons for the application of the Golden Rule in human relations.

Remember that negative criticism cannot hurt you without your consent. You cannot be hurt when you know that you are master of your thoughts, reactions, and emotions. Emotions follow thoughts, and you have the power to reject all thoughts that may disturb or upset you because they are not in accordance with the law of harmony.

Don't respond negatively to the criticism and resentment of others. Do not give attention to falsehoods others speak about you. To do so means that you have descended to a state of low mental vibration and become one with the negative atmosphere of the other. No matter what lies others may spread about you, they cannot hurt you unless you accept the thought mentally. The negative thoughts and statements of others have no power to create the things they suggest. Because others speak ill of you does not make it so. Your thought is creative. Refuse to transfer the creative power within you to others. You are the master of your own mind and should positively refuse to let others disturb you or manipulate your mind. The suggestions of others have no power to create the things they suggest. The power is in your own thought.

Identify yourself with your aim in life, and do not permit any person, place, or thing to deflect you from your inner sense of peace, tranquillity, and radiant health.

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Don’t make comparisons. In comparing yourself with others, you are placing the other on a pedestal and denigrating yourself.

The only way another can annoy you is through your own thought. When you get angry, for example, you have to go through four stages in your mind:

1. You begin to think about what the other person said,
2. You decide to get angry,
3. You generate an emotion of rage,
4. You decide to act, perhaps by talking back and reacting in kind.

As you see, this entire process takes place in your mind. This is a rather poignant example of how thought rules the world.

There *are* difficult people in the world. They are argumentative, uncooperative, cantankerous, cynical, and sour on life. Just remember that misery loves company.
When you are around such people, think love in your heart, and it will be so.

We are all interdependent. You may need a doctor, a lawyer, a psychologist, or a carpenter—and they, in turn, may need you. You may need a friend to comfort you in difficult times, and a friend may need you. We need each other. Let us remember, then, to lift up God in everyone and to see each person as that person ought to be seen: as a child of God, radiant, joyous, prosperous, and free.

Be careful of how you give to others. Never rob a person of the opportunity to grow and to advance. The young person who receives money and help too easily and too frequently finds it easier than self-discovery and self-propulsion. Constant assistance is

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destructive to another's character. Teach others where to find the riches of life, how to become self-reliant, and how to contribute their best to humanity, and they will never want a handout.

Give others the opportunity to overcome, and to discover their own characters. Otherwise, you will make them leaners.

Cease seeing others through eyes of lack and limitation; instead, realize that, like you, they are one with the Infinite.

Remember that all of us are part of humanity on the pathway of life.

Love is not possessiveness. Love is not jealousy. Love is not domineering or coercive. When you love another, your desire is to see the other happy, joyous, and free.

Love is freedom.

Honesty, sincerity, kindness, and integrity are also forms of love. Partners in love should be perfectly honest and sincere with the other.

It is not a loving relationship when one person joins in love with another for money, social position, or to lift up the ego.

You need not enter into a loving relationship with another for money, because if you understand and use the laws of mind correctly, you will never lack for wealth. Your wealth comes to you independently of anyone. You are not dependent on another for health, peace, joy, inspiration, guidance, love, wealth, security, happiness, or anything in the world. Your security and peace of mind come from your knowledge of the inner powers within you and from the constant use of the laws of your own mind in a constructive fashion.

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A great mistake is to discuss your relationship problems with neighbors, relatives, or friends. Why cause numerous people to think negatively of your life or relationship? Moreover, as you discuss and dwell upon the so-called shortcomings of your loved one, you are actually creating these states within yourself. After all, who is thinking and feeling these ideas? You are! And as you think and feel, so are you.

Remember that difficulties will arise. No two human beings ever join their lives together or live beneath the same roof without clashes of temperament, periods of hurts and strain. But never display the unhappy side of your relationship to your friends. Keep your quarrels to yourself. Refrain from criticism and condemnation of your partner.

Remember, too, that any advice you receive that violates the Golden Rule, which is a cosmic law, is not good or sound.

In love and marriage, adjustments are needed, but this is not the same as trying to make your partner over. Such attempts only destroy the other's pride and self-esteem, and arouse a spirit of contrariness and resentment that proves fatal to the marriage bond.

Before you can draw to yourself the ideal partner and enter into a truly harmonious relationship, you must forgive the people in your past relationships.

Your resentment and hostility toward your previous partners becomes magnified in your subconscious mind and leads you over and over again to attract—and be attracted by—others who have an affinity with those negative feelings. It is the operation of the law of attraction. Like draws like. Birds of a feather really do flock together.

The key to changing this pattern is forgiveness. You must set yourself and your former partners free. You must replace your attitude of resentment with one of love and peace. If you can sincerely affirm, regarding your past partners, "I release you and let you go, wishing for you health, wealth, love, happiness, peace, and joy," you will find your whole understanding of love and marriage changed to a more spiritual basis.

HOW SHE FOUND THE RIGHT RELATIONSHIP

Rose L., a legal secretary in London, said to me during an interview, "I am in love with my boss. George is married and has four children, but I don't care. I've set my heart on him, and I will get him whatever it takes. As for his wife, that's her lookout, isn't it?"

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Rose seemed perfectly willing to break up a home in order to gain her point. However, I explained to her that what she really wanted was not this married man. Her deepest desire was to have what she believed he and his wife had—a relationship in which each partner loved, cherished, and admired the other. "There is an ideal mate for you," I assured her, "one who is searching for you as hard as you search for him, and who will come to you without the encumbrance of an ongoing relationship with someone else. You can attract that mate to you, if you choose to."

"Why should I?" she demanded. "George is right there already. That's the man I want!"

"You may succeed in possessing this man," I replied. "You may manage to bend him to your will. But you have no idea of the problems and difficulties you will be making for yourself. You will impregnate your subconscious mind with a sense of limitation and guilt. You know the commandment: *Thou shalt not covet thy neighbor's wife.* (Exodus 20:17) And the even greater commandment: *Whatsoever ye would that men should do to you, do ye even so to them.* (Matthew 7:12) These words give the entire law of a happy and successful life. In selfishness and greed, this is forgotten."

Rose suddenly saw the truth of what she was proposing to do and broke into sobs. Once she was quiet again, she agreed that she would want to attract an ideal companion without causing grief or pain to anyone else. She prayed by affirming: "I am now attracting a wonderful man who harmonizes with me spiritually, mentally, and physically. He comes to me without encumbrances and in divine order."

Shortly thereafter, Rose began to attend an art workshop. At one of these meetings, she met a young professor who turned out to be the man she really wanted. She discovered in this way that there is a law of mind that will bring to pass whatever she would accept as true.

Techniques for Building Healthy Relationships

Rearrange all your thoughts, imagery, and responses on the side of peace and harmony. If you see hatred in the other, practice knowing that your silent expression of God's love toward that person will dissolve everything unlike itself in the mind and heart of that person. This would be effective prayer, the truth that will set you free.

A wonderful spiritual prescription is to pray for all those with whom you associate, work, play, and love—wishing for them blessings of life. What you wish for others, you also attract to yourself.

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Realize that nobody acts in a contentious, hostile, antagonistic, and surly manner who is well-adjusted. There is a mental conflict somewhere in those who behave this way. There is something eating them inside. There is a psychic pain somewhere. Honor and salute the Divinity in that person: When you bless another, you will be identifying that person with God's qualities and attributes, remaining faithful to the God in that person. Radiate love and goodwill, being mindful that what is true of God is true of others as well as of you.

If you find difficult people in your life, surrender them to God, declare your freedom in God, and let God take them under His care. You will then find yourself in green pastures and beside still waters.

When you are in a quandary and are dealing with a difficult person or difficult people, write down, "This, too, will pass. There is a Divine and harmonious solution through the wisdom of my subconscious. I let go of all anger, resentment, and ill will now." Put this written prayer in a drawer marked "With God all things are possible." This is a symbolic way of releasing it, and it works wonders.

Affirm: "All the people who dwell in my mind are God's children. I am at peace in my mind with all the members of my household, wishing for all the same good I wish for myself."

Affirm: "I am the only thinker in the universe. I, alone, am responsible for what I think about. I refuse to give power to any person to annoy me or disturb me. I know that complaining about people and getting angry with them won't change them. I refuse to let anybody get under my skin. I bless them all and walk on."

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Claim that your loved one is inspired from On High and is Divinely guided in all ways. To affirm this is one of the greatest motive powers for the demonstration of wealth in a relationship. All prosper because each is thinking of abundance.

Principles to Remember and Apply

- Show your deep appreciation for all those around you, members of your family and your coworkers. Give appreciation freely and lovingly.

- A hateful or resentful thought is a mental poison. Do not think ill of another, for to do so is to administer poison to yourself.

- The suggestions, statements, and actions of others cannot hurt you except through your mental participation. The creative power is in you. It is not what others say or do, it is your thought about it that matters.

- Your inner speech, representing your thoughts and feelings, is experienced in the reactions of others toward you and you toward them.

- Love is the answer to getting along with others. Love is respecting the divinity of the other.

- If another criticizes you, and these faults are within you, rejoice, give thanks, and appreciate the comments. This gives you the opportunity to correct the particular fault.

- Realize that in your work is an opportunity to serve other people. Claim that Infinite Intelligence reveals better ways in which you can serve.

- One of the things that could hold you back on your upward journey is to think you have a right to something that belongs to someone else. It is wrong to infringe on the rights of others. Wish for all what you wish for yourself.

- Never try to make another person over. These attempts are always foolish and destroy the pride and self-esteem of the other.

- It is a great mistake to discuss your relationship problems with neighbors, relatives, or friends. Why cause numerous people to think negatively of your life or relationship? Moreover, as you discuss and dwell upon the so-called shortcomings of your loved one, you are actually creating these states within

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yourself.

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18 Your Unlimited Power to Obtain Healing

If you were the richest person in the world, you could not buy yourself a healthy body.
You can, however, gain health through the riches of the mind.

It is of great importance to point out that you can use the Universal Healing Principle for any purpose. It is not confined to healing of the mind or body. It is the same principle that attracts to you the ideal husband or wife, helps you to prosper in business, finds for you your true place in life, and reveals answers to your most difficult problems. Through the correct application of this principle, you can become a great musician, physician, or diplomat. You can use it to bring harmony where discord exists, peace where there is pain, joy in place of sadness, and abundance in place of poverty.

The way to healing is already within you. You do not have to beg, supplicate, or beseech God. All you have to do is change the stream of your mental thought and imagery.

If, in praying for healing, you are constantly naming your aches and symptoms, you inhibit the release of the healing power and energy of your subconscious mind. Cease describing your symptoms and being completely engrossed and absorbed in your ailment, or you will make matters worse. Let your vision be on perfect health and vitality, and you will begin to release the Cosmic Power instantaneously. Train and discipline yourself to maintain the high vision. Chant the beauty of the good, and keep looking up. Affirm with deep understanding that the Infinite Intelligence that created your body is healing it. As this idea sinks into your subconscious mind, healing will follow.

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Think of the healing, not the illness.

The Book of Proverbs says, *For as he thinketh in his heart, so is he.* (Proverbs 23:7) Your health is controlled very largely by the way you think all day long. By guiding your mind toward thoughts of wholeness, beauty, perfection, and vitality, you will experience a sense of well-being. If you dwell on thoughts of worry, fear, hate, jealousy, depression, and sorrow, you will experience sickness of mind, body, and affairs.

Cease talking about your worries and anxieties about world conditions, for that will only magnify your inner troubles and make your condition worse, because your mind always amplifies what it looks upon.

The body moves as it is moved upon; the body acts as it is acted upon.

The Infinite Healing Presence—the same Power and Energy that guides the planets and the stars in their courses and governs the billions of cells in your body—is always seeking an outlet through you. Trust It; believe in It. Realize that your body is basically spiritual substances, not just flesh and blood. Let this Power flow through you. Do not hinder It by fear and doubt.

We are told a wonderful story in the eighth chapter of Luke about a woman who had an issue of blood for twelve years, and who physicians could not heal. The Bible says she pressed through the multitude and touched the border of Jesus' garment and was made whole.

This means that the person who pushes his or her way through the "multitude" of culturally-acquired and family-acquired false opinions, false beliefs, and fears in his or

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her mind, which thwart healing, and brushes them all aside and gives himself or herself wholeheartedly to the Infinite Healing Presence, will receive a healing response. The woman in the Bible committed herself completely, trusting the Healing Presence unequivocally. And she was made whole.

Begin to use your mind in the right way now. Refuse to give power to anything but the Healing Presence that is within you. Then you will be like the woman who succeeded in pushing her way through family and societal beliefs of lack, illness, and the like and mentally and emotionally touched the Presence of God, resulting in an instantaneous healing.

If you think that God wants you to be sick or through illness is testing you in some strange way, or if you think that God would create sickness, such a God is not worthy of your consideration and attention. The belief is only a false, superstitious concept in your mind. Remember always that the universal law of life is self-preservation, and in the Law of the Universe, there is only a principle of health, none of disease; only a principle of abundance, none of poverty; only a principle of honesty, none of deceit; only a principle of beauty, none of ugliness.

Your surgeon may remove the block, but unless you change your thinking, there will be no permanent healing.

A personal healing will ever be the most convincing evidence of your subconscious powers.

Nothing appears on your body except when the mental equivalent is first in your mind; as you change your mind by drenching it with healthy affirmations, you change your body.

All of us have heard the expression, “You are what you eat.” We know that many

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physical and mental diseases can result from the lack of acquiring certain vitamins and chemicals in our diets. We know that there are dangers in consuming excessive quantities of fat, which interferes with the mechanical efficiency of all our vital organs, such as the heart, lungs, liver, and kidneys.

All this is important, but for your truly healthful living, your mental and spiritual diet is of the greatest importance.

The food that ultimately determines the healthful quality of your life is your thoughts. We have all known people who have had the choicest food and a perfectly balanced diet, according to the laws of nutrition, but still developed destructive and degenerative diseases.

Your habitual thinking nourishes and sustains your conditions and causes them to increase and magnify in your experience. Fear thoughts, worry and critical thoughts, and angry and hateful thoughts are the food of sickness, despondence, failure, and misery. When you feed your mind with negative food, sickness, lack, misery, and suffering come into your life.

The doctors who are treating you will do everything medical science can do. But you can do more. You can make a conscious decision to become more at ease with yourself.

Sometimes we are told that a particular person is a "natural-born healer." This is superstition. The truth is that we are all natural-born healers. The Healing Presence of God is within all of us. We can all contact it with our thoughts, and it will respond to us.

Anyone can set the law of healing into operation, just the same as anyone can learn to drive an automobile. Learn the laws of mind and the ways of the Infinite Intelligence within you; the Infinite Healing Presence responds to your thoughts and to your beliefs.

The prayers of the healer who lays a hand on another are simply appealing to the cooperation of the patient's subconscious. If you issue prayers of equal conviction to your subconscious, it will likewise become impregnated with the idea of health, and a healing response will take place. For according to your faith is it done unto you.

There is a miraculous healing power within you for which no healing is too great. There is no great or small in the God that made us all; there is no big or little, no hard or

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easy.

Do not give power to the ailment or condition. Give power and allegiance to the Infinite Healing Presence.

Learn to let go and relax. Realize that the Creative Intelligence that fashioned your body and started your heart can heal its own handiwork. Be assured that this infinite Healing Presence is instantly available. You can always draw on its power through the creative law of your own mind. Make use of this power now and bring about healing in your life, for *with God all things are possible.* (Matthew 19:26) *I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.* (Jerermiah 30:17)

What is it that heals? Where is this healing power? The answer is that this healing power is called by many names, including Nature, Life, God, Creative Intelligence, Cosmic Consciousness. But by whatever name, the healing power resides in the subconscious mind of each person. It is the only healer there is. Since your childhood, it has been healing the cuts and bruises on your body. It knows exactly how to do it, without your conscious effort or knowledge of how.

According to your faith be it unto you. (Matthew 9:29) There is only one process of healing and that is faith; there is only one healing power: your subconscious mind.

You do not have to belong to any particular religion in order to use and participate in this healing process. Your subconscious will heal the burn or cut on your hand even though you profess to be an atheist or agnostic.

There is only one Universal Healing Principle operating through everything: the cat, the dog, the tree, the grass, the earth. In most of life, this Principle operates as innate instinct. We humans are the only forms of life who are aware of this life principle and can consciously direct it to bless ourselves in many ways.

Scientists inform us that all the cells in our body are replaced every eleven months. You can heal disease, then, by refusing—as your body is rebuilding itself—to build defects back into your body through thoughts of fear, anger, jealousy, and ill will.

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Continually affirm your faith in the healing power of the Infinite Intelligence within you and increase the inflow and distribution of the vital forces of your subconscious mind throughout your system.

Eliminate thoughts of fear, worry, anxiety, jealousy, hatred, and every other destructive thought, as they tend to tear down and destroy your nerves and glands, the very body tissues that control the elimination of all waste material—including the wasteful thoughts of fear, worry, jealousy, and the like.

It is abnormal to be sick; it simply means you are going against the stream of life and thinking negatively. The instinct of self-preservation is the strongest instinct of your nature, and it constitutes a most potent, ever-present, and constantly operative truth, inherent in your nature.

The law of life is the law of growth; all nature testifies to the operation of this law by silently, constantly expressing itself in the law of growth. Where there is growth, there is life; where there is life, there is harmony; and where there is harmony, there is perfect health.

If your thought is in harmony with the creative principle of your subconscious mind, you are in tune with the Innate Principle of Harmony. If you entertain thoughts that are not in accordance with the Principle of Harmony, these thoughts will cling to you, harass you, worry you, and finally bring about disease.

Whatever medical problems your doctor uncovers will be made worse as long as you allow your subconscious mind to be saturated with the negative statements about your health by yourself or others. If you find yourself becoming beset with doubts, remind yourself that the Creator can correct Its creation.

You can pray healingly for another. This is sometimes called “absent healing.” You

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are not trying to send out thoughts to another. Your treatment is just a conscious movement of thought: As you focus on and become conscious of the qualities of health, well-being, and relaxation, these qualities will be resurrected in the experience of the person you seek to heal, and results will follow.

In reality, there is in fact no actual "absent treatment," as opposed to present treatment. As there is no time or space in the mind principle, Infinite Mind, or Intelligence, is present in its entirety at every point simultaneously. It is never absent from anywhere.

In the Book of Ecclesiasticus, Chapter 38: 1-15, we read these words:

Honour physicians for their services, for the Lord created them; for their gift of healing comes from the Most High, and they are rewarded by the king. The skill of physicians makes them distinguished, and in the presence of the great they are admired. The Lord created medicines out of the earth, and the sensible will not despise them. By them the physician heals and takes away pain; the pharmacist makes a mixture from them. God's works will never be finished; and from him health spreads over all the earth.

My child, when you are ill, do not delay, but pray to the Lord, and he will heal you. Give up your faults and direct your hands rightly, and cleanse your heart from all sin . . . . Then give the physician his place, for the Lord created him. There may come a time when recovery lies in the hands of physicians, for they too pray to the Lord that he grant them success in diagnosis and in healing, for the sake of preserving life. He who sins against his Maker, will be defiant toward the physician.

God has created the physician just as God has created you. If you pray for health and you have the conviction of the Presence of God where the trouble is, then *he will heal you.* However, when you find that you cannot heal an illness or grow a tooth or mend a broken bone *at once* through prayer, *then give the physician his [or her] place.* This is common sense and certainly much better than being a cripple for life.

Do you really believe the God Presence can heal you now? Do you believe implicitly in the Infinite Healing Presence within you, or do you think disease is independent of your mind? Do you think you are incurable? Do you think the will of God for you is sickness, pain, and trouble? If so, these thoughts of impotence, sickness, and suffering are robbing you of health, vitality, and peace of mind. False ideas have no power other than the power you give them.

Open your mind and heart to the healing power of God, and the healing power will

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flow into you as surely as the light and heat of the sun will come into your habitation when it is thrown open to receive the light and heat.

A bottled-up emotion repressed in the subconscious will sooner or later be translated into a bodily symptom.

HOW THEY ACHIEVED HEALING

In November 1966, I gave a series of lectures at the New Orleans Unity Society in New Orleans. One of the men present told me that some months previously he had been crippled with arthritis and was unable to bend his knees. One evening a holdup man came in to the store where he was working, pointed a gun at his head, and said, "Kneel down behind the counter!" He replied, "I can't. I'm crippled with arthritis." The bandit said, "I'll give you ten seconds to kneel down or I'll kill you!" The man told me, "I bent my knees easily! Since then, I have gradually gotten much better. My doctor says that the calcareous deposits are all gone, and the suppleness and mobility of my joints have returned. How do you account for it?"

This is a good question.

I explained to him that there was a principle of healing involved there and that if he had understood the principle and applied it, he could have been healed prior to the holdup. As he was able to bend his crippled knees at the point of the pistol, it stands to reason that the power to bend his knees, to walk, and to run was always present within him—even though he believed otherwise. What had occurred was this: Quite obviously, the pistol had no power to heal. The man had been crippled for several years, he said, unable to bend his knees. All his attention and vision, therefore, were bound up in his pain, aches, limitation, and physical handicap. Suddenly, however, when this robber entered the store, the man's attention was taken off his ailment, and his vision was directed to saving his life at all costs, as self-preservation is the first law of life. Immediately, he released the miraculous healing power that neutralized and dissolved everything unlike itself. He was healed by the Cosmic Power within him.

The Cosmic Power is always available to us, but our fears, false beliefs, and misbegotten concepts hold us in bondage.

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In his book, *Suggestive Therapeutics,* Hippolyte Bernheim expounded on the fact that the suggestion of the physician to the patient was exerted through the subconscious mind.

Bernheim stated that he produced a blister on the back of a patient's neck by applying a postage stamp and suggesting to the patient that it was a fly-plaster.

Dr. M. Bourru put a subject into the somnambulistic condition and gave him the following suggestion: "At four o'clock this afternoon, after the hypnosis, you will come into my office, sit down in the armchair, cross your arms upon your breast, and your nose will begin to bleed." At the hour appointed the young man did as directed. Several drops of blood came from the left nostril.

As a man thinketh in his heart [subconscious mind] *so is he.*

In the healing of the body, it is *desirable* to secure the concurrent faith of both the conscious and subconscious mind. However, this is not always essential. The faith required in the healing of any problem is a purely subjective faith, and it is attainable upon the cessation of active opposition on the part of the objective or conscious mind. As long as you allow yourself to enter into a state of passivity and receptivity by relaxing the mind and the body and getting into a sleepy state, your passivity will become receptive to subjective impression.

For example, I was once asked by a man, "How is it that I got a healing through a minister? I did not believe what he said when he told me that there is no such thing as disease and that matter does not exist."

This man at first thought his intelligence was being insulted, and he protested against such a palpable absurdity. The explanation is simple. He was quieted by soothing words and told to get into a perfectly passive condition, to say nothing, and think of nothing for the time being. His minister also became passive, and affirmed quietly, peacefully, and constantly for about half an hour that this man would have perfect health, peace, harmony, and wholeness.

In the man's quiet, receptive state, the suggestions of perfect healthfulness by the minister were easily conveyed to and accepted by the man's subconscious mind. The subjective minds of the man and the minister were then in rapport.

The minister was not handicapped by doubting, antagonistic autosuggestions of the patient, and in his sleepy, drowsy state, the man's conscious mind's resistance was reduced to a minimum. The subconscious mind of the man, being controlled by suggestion, exercised its function, and a healing followed.

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During a visit to San Francisco some months ago, I visited a friend in a hospital. He had a kidney infection and also a damaged heart. He said to me, “I won’t be here long. I am constantly picturing myself back at my desk at my office and in my home with my loved ones. I am doing all the things in my mind that I would do were I whole and perfect. It is my divine right to be healthy, and my vision is always on being well. I have an intense desire to be well and stay well, and I will be well.”

Even though his doctors had told this man he would need a lengthy hospital stay of several weeks, he was in the hospital only ten days.

You must want to be well with all your heart and soul, and then you will be well and stay well, also.

While giving a lecture at the Yoga Forest University in Rishikesh, India, some years ago, I chatted with a visiting surgeon from Bombay. He told me about Dr. James Esdaille, a Scotch surgeon, who worked in Bengal before ether or other modern methods of anesthesia were discovered. In the 1840s, Dr. Esdaille performed about four hundred major operations of all kinds, such as amputations and removal of tumors as well as operations on the eye, ear, and throat. All operations were conducted under mental anesthesia only. This Indian doctor at Rishikesh informed me that the postoperative mortality rate of patients operated on by Dr. Esdaille was extremely low, probably two or three percent. Patients felt no pain, and there were no deaths during the operations.

Dr. Esdaille suggested to the subconscious minds of all his patients, who were in a hypnotic state, that no infection or septic condition would develop. You must remember that this was before Louis Pasteur, Joseph Lister, and others who pointed out the bacterial origin of disease and causes of infection due to unsterilized instruments and virulent organisms.

This Indian surgeon said that the low mortality rate and the general absence of infection, which was reduced to a minimum, was undoubtedly due to the suggestions of Dr. Esdaille to the subconscious minds of his patients. They responded according to the nature of his suggestion.

Donald L. is the author of a wonderful book on nutrition. It is quite scientific and very sound. However, he himself suffers from acute ulcers. His physician tried to treat his condition with antibiotics, linked with a special diet, but the ulcers only worsened.

When Donald described his situation in a conversation with me, I asked, “Have you noticed anything in your mental or emotional life that seems to be connected to the

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ulcers?"

He replied, "Not at all. But I'll tell you one thing. I can't pick up a newspaper or watch a newscast without feeling a pang. All the top stories are about suffering, crime, injustice, and inhumanity. It makes me livid. I spend several hours a week writing letters and e-mails to people in Congress and the government, telling them exactly what I think about their actions."

"I take it you don't think very highly of them," I said dryly. "Would it be fair to call these angry messages?"

"Certainly," Donald said, "and every bit of my anger is justified."

"Even the part that is responsible for your illness?" I asked. "You know, when you allow negative energy to build up inside yourself, it has an effect, even if you discharge much of it on an external target. If you want to be cured of your stomach condition, you will have to change your mental and emotional diet."

By the end of our talk, Donald had committed himself to adopting a new mental regimen:

"I am going to transform all negative impressions that come to me during the day. From now on, I will never permit news, propaganda, criticism, or negative statements of others to promote negative reactions in me. When I am tempted to react negatively and vindictively, I will stop immediately and affirm to myself boldly, 'God thinks, speaks, and acts through me now. His river of peace floods my mind and heart, and I am identified with my aim, which is peace and harmony.'"

This new way of reacting became a habit, and he had a remarkable healing in a short period of time.

Techniques for Achieving Healing

The following is a perfect example of what is sometimes called "absent treatment." A listener of our radio program in Los Angeles prayed as follows for her mother in New York, who had a coronary thrombosis: "The healing presence is right where my mother is. Her bodily condition is but a reflection of her thought-life, like shadows cast on the screen. I know that in order to change the images on the screen I must change the projection reel. My mind is the projection reel, and I now project in my own mind the image of wholeness, harmony, and perfect health for my mother. The infinite healing presence that created my mother's body and all her organs is now saturating every atom of her being, and a river of peace flows through every cell of her body. The doctors are divinely guided and directed, and whoever touches my mother is guided to do the right thing. I know that disease has no ultimate reality; if it had, no one could be healed. I now align myself with the infinite principle of love and life, and I know and decree that harmony, health, and peace are now being expressed in my mother's body."

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She prayed in the above manner several times daily, and her mother had a most remarkable recovery after a few days, much to the amazement of her specialist.

Do not weaken your healing thoughts by saying such words as, "I wish I might be healed," or "I hope so." Know that health is yours. Keep in mind that how you *feel* about your prayer is "the boss." Become a vehicle for the infinite healing power of the subconscious mind. Pass on the idea of health to your subconscious mind to the point of conviction. Then relax. Through relaxation you impress your subconscious mind, enabling the kinetic energy behind the idea to take over and bring it into concrete realization.

The ideal way to practice spiritual mind healing—either for yourself or for another—is to completely withdraw all thought from symptoms and from the condition altogether. Whatever part of your or another's body you're praying about, do not think of this part as diseased. This would not be spiritual thinking. To think of a damaged heart or high blood pressure tends to suggest more of what you already have. Stop dwelling on symptoms, organs, or any part of the body. Turn your mind to God and His love. Feel and know that there is only one Healing Presence and Power, and that there is no power to challenge the action of God.

Think of yourself or the person for whom you are praying as a purely spiritual being. In other words, identify with the Spirit or Healing Presence within yourself or the other, claiming that what is true of the Spirit is true of yourself or the person you are trying to help. Then quietly and lovingly affirm that the uplifting, healing, strengthening power of the Healing Presence is flowing through you, making you whole. Know and feel that the harmony, beauty, and life of God manifest in you as strength, peace, vitality, beauty, wholeness, and right action. Get a clear realization of this, and the diseased condition will dissolve in the Light of God's love.

A Protestant minister I knew in Johannesburg, South Africa, told me the method he used during an illness to convey the idea of perfect health to his subconscious mind. His technique, as given to me in his own handwriting, is exactly as follows: "Several times a day I would make certain that I was completely relaxed mentally and physically . . . . After about five minutes I would be in a drowsy state, and then I affirmed the following

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truth: 'The perfection of God is now being expressed through me. The idea of perfect health is now filling my subconscious mind. The image God has of me is a perfect image, and my subconscious mind recreates my body in perfect accordance with the perfect image held in the mind of God.'" This minister had a remarkable healing.

Another wonderful way to convey the idea of health to your subconscious is through disciplined or scientific imagination. I told a man who was suffering from sciatica to make a vivid picture of himself walking around in his office, touching the desk, answering the telephone, and doing all the things he ordinarily would do if he were healed. I explained to him that this idea and mental picture of perfect health would be accepted by his subconscious mind.

He lived the role and actually felt himself back in the office. He knew that he was giving his subconscious mind something definite to work upon. His subconscious mind was the film upon which the picture was impressed. After several weeks of frequent conditioning of the mind with this mental picture, the man was able to resume his normal life.

> *S*ay in a word, and my servant shall be healed. (Luke 7:7)

You can pray healingly for another. Here's how:

Step 1: Feel the Presence of God—which is the presence of harmony, health, and peace—in your friend, going through and around him or her; feel that he or she is Divinely watched over.

Step 2: Even though the other person may not know about it, personally accept that the healing is taking place now, and that you sincerely believe it.

You can do this several times a day, if you wish. The healing may come slowly or it may come quickly, according to your belief.

During times of emotional or physical illness, affirm regularly and daily: I was created by the Infinite Intelligence in my subconscious mind. It knows how to heal me. I

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give thanks for the healing I know is taking place now.

Affirm: “God is healing me now.”

Principles to Remember and Apply

- There is only one process of healing and that is faith. There is only one healing power—namely, your subconscious mind.
- Your subconscious, the builder of your body, is on the job twenty-four hours a day. You interfere with its life-giving patterns by negative thinking. Feed your subconscious with thoughts of harmony, health, and peace, and all the functions of your body will be normal.
- It is foolish to believe in sickness or something that can hurt or harm you. It is normal to be healthy. It is abnormal to be ill. There is within you an innate Principle of Harmony. Believe in perfect health, prosperity, peace, wealth, and Divine Guidance.
- Have faith in the Healing Power. If you have an illness or disease, imagine and feel that you are now doing all the things you would do if you were made whole.
- People may say it’s impossible, but with God all things are possible. God, who created you, can heal you.
- If you believe something, it will be manifest whether or not you are consciously thinking of it. Therefore, believe only in that which heals, blesses, and inspires you.
- All of us are natural-born healers, because the Infinite Healing Presence is within us and we can contact it with our thoughts and beliefs.
- Food for the body is important, but your mental and spiritual diet is of supreme importance. The food that ultimately determines the healthful quality of your life is your thought. You are what you eat psychologically and spiritually.
- When you are sick and when you pray, if you do not get results immediately, go and see a doctor at once. Bless your doctor while you are continuing to pray for

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health and harmony.

- When praying, do not identify with the ailment or any part of the anatomy. Instead, affirm that the Infinite Healing Presence is flowing through you as harmony, health, peace, and joy.

- Negative and destructive emotions snarl up in the subconscious mind and are the cause of many diseases.

- The key to rapid recovery from sickness is to picture the ailment as temporary; then have a vivid picture of yourself back at your usual work. You can recondition yourself to health and harmony as you meditate frequently on harmony, vitality, wholeness, beauty, and perfection.

- You can't get something for nothing. The price you pay for healing is faith in the Infinite Healing Presence, for *according to your faith is it done unto you.*

- All healing takes place according to the belief of the individual. The subconscious mind is the creative medium; it is the builder of your body and the healer of the body. Whatever the conscious mind impresses on the subconscious, the latter faithfully reproduces. Lull yourself to sleep every night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.

- We did not create ourselves. Infinite Intelligence created us, and it can heal and restore us. Trust it, believe it, and call upon it, and you will get a response. Don't pretend to believe, but know in your heart that the creative intelligence that made all your organs knows how to heal and restore. According to your faith will it be done unto you.

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19 Your Unlimited Power to Obtain Guidance

There is guidance for each of us, and by listening, we shall hear the right word.

A man's foes shall be they of his own household. (Matthew 10:36)

The *household* is your state of mind. Your ability to truly receive guidance is related to your ability to achieve victory over the *foes* (negative thoughts) that would have you disbelieve.

Everyone is a part of the One Mind. Guidance, therefore, may come unexpectedly into your life from others, who are acting then as messengers on behalf of your Deeper Cosmic Mind.

Your Cosmic Power stands ready and waiting for your use, in the same way that the tap in your kitchen stands ready to give you water. Just as you have faith that when you turn on the tap water will flow, you must learn to expect answers and to have faith in Divine right action in all your undertakings. Do this, and ways will be wondrous beyond your imaginings.

Don't fall into the trap of so many: In spite of their statements of belief in their Higher Self, many are still trying to solve all of their problems on a conscious level. Intellect cannot solve all of the problems with which you are faced.

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You have the perfect right to seek Infinite Guidance for bringing any good into your life, provided your motive is unselfish and your desire for health, happiness, peace, love, and abundance cannot possibly harm anyone. The Infinite Presence will aid you if what you are seeking is consistent with integrity and honesty.

If your thought *is* right—it conforms to the Golden Rule and the law of goodwill for all and it is not contradicted by thoughts of uncertainty and doubt—a feeling of inner peace and tranquillity wells up within you, assuring you that Divine Guidance is already working on your behalf.

There is a Principle of Right Action in the universe. The Cosmic Intelligence within you will give you anything you claim, feel, and believe. The Cosmic Mind has billions of channels through which to pour out its infinite blessings. You are a channel of God. Accept your good now.

When you have tried every conceivable way to solve a problem, and when you have sought counsel and expert advice from spiritual and other appropriate, knowledgeable sources, then do as Saint Paul suggests: "Having done all, I stand." Stand firmly on the truth that *your motivation is right* and that the Cosmic Power within you knows the answer and will reveal the perfect solution as you completely surrender the matter to God, knowing and believing in your heart that the answer will come. Then the day breaks and the shadows flee away.

The Universal Life Force, which is God in you, can inspire you and reveal to you everything you need to know. All you have to do is open your mind and your heart to receive.

You are immersed in and surrounded by an Infinite Presence that possesses the answers to all the difficulties and problems of the world and responds to your thoughts, this Presence is referred to as Omniscience, Omnipresence, Omnipotence, and

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Omniaction.

Omniscience is "all wisdom," that which knows all and sees all. This All Wise One created the whole world and the galaxies in space, and also created you. Being All Wisdom, It knows the answer to any problem under the sun.

Omnipresence is "all present," or "everywhere present," that which is within you and all around you: everywhere. There is no place that it isn't, that it cannot be. There is no answer to your request for guidance that it cannot have before it.

Omnipotence is "all powerful." This resource possesses the power and energy in the entire universe to bring guidance to you.

Omniaction is "all action." The Supreme Wisdom initiated all the activity in the entire universe: all cycles of time as well as rotation of earth and planets. Its principles and laws move rhythmically, harmoniously, systematically, and ceaselessly, governing the entire cosmos. It can put into action whatever activity or activities are necessary to bring into your life your means of guidance.

This incredible resource of Power or Energy is within you; it is present wherever you are. It makes no difference how many individuals this Energy is flowing through; there is always an inexhaustible supply, as It is the Infinite Source of all Energy. You can consider yourself the recipient of all the riches, power, and wisdom of the Infinite, and at the same time you deprive no one else of anything. Enthrone these truths in your heart and mind, and you will know the amazing resource that is ever available to you for guidance, at all times and in all ways.

You can meet any challenge because there is a Wisdom and Power within you that will enable you to overcome the problem. Realize that your difficulty or problem is a marvelous opportunity for you to demonstrate and prove to yourself your capacity to overcome; that you have Divine Guidance on your side.

God is always successful in all His undertakings, and what is true of God is true of you, because you are heir to all His riches. It is your sacred task, therefore, to positively

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and definitely refuse to accept anything less than success in meeting your challenges. Keep on asking and knocking until your answer comes.

It is through difficulties and problems that we discover our Divinity.

No matter what the problem is, as you think about a Divine solution and the happy ending, you will find a subjective wisdom within you responding to you and revealing to you the perfect plan and showing you the way you should go.

In ancient times and even to the present time, when royalty traveled, couriers and messengers were sent forth to prepare and get everything in readiness. A royal welcome was assured. Likewise when a nation's leader goes on a trip, special agents go over the route and keep a watchful eye at all times. No thieves, robbers, or gangsters—no harm—can come near royalty or national leaders as they travel, because of all the precautions taken for their safety.

Similarly, accept for yourself that Divine love and guidance go before you, and you will know that as you move through life, *every mountain* (problem) *and hill* (obstacle or difficulty) *shall be made low: and the crooked* (the ups and downs of life; the swings of fortune) *shall be made straight, and the rough places plain.* (Isaiah 40:4)

You are the victor in all circumstances, because God dwells in you. Therefore, every problem you face is Divinely outmatched.

Look for your guidance from the secret dwelling place of Infinite Intelligence within you, not from the external conditions, events, or circumstances, and you will not fail nor be disappointed.

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When you're looking for help in some situation, know that what you are seeking is seeking you—that is, what you have a need to sell, someone has a need to buy; what you have a need to acquire, someone has the need to rid himself or herself of or give away. This will fill you with confidence, faith, and security that you have guidance in all your ways.

The solution lies within the problem. The answer is in every question.

Stand up to your problems; have a firm conviction in the Infinite Intelligence within you to solve them. The door will open, and the way will be shown to you.

When you say, "There is no way out; I have no chance; I'm all mixed up and confused; why don't I get an answer?" then you are listening to the winds of confusion, fear, and human opinion. But when you remember that there is a Spiritual Power within you—All-Wise and All-Knowing—you will have faith that there *is* a way out, and that it will be revealed to you. You need only give your subconscious the request, and you will attain its cooperation.

The answer to your prayer for guidance will not always come in a day. Trust, though, that Divine Guidance *will* bring about the answer in Divine Order and that there will be a happy solution, and that using this knowledge to control your thoughts and emotions, you can persevere with equanimity, regardless of your external circumstances. All you have to do is believe in the Divine Presence within you and trust in It. Wonders will happen in your life.

When you are seeking and picturing guidance and advancement, and the opportunity for more money and increased status and prestige is presented to you, then even if this opportunity is not the solution you anticipated, if you feel receptive to the idea, take it, and it will prove to be a step toward greater and grander opportunities.

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*D*raw nigh to God, and he will draw nigh to you. (James 4:8)

This means that Infinite Intelligence is responsive to you and will answer when you call.

Look within. If you look outside for help, you are denying the riches of God within and you are stealing power, wisdom, and intelligence from yourself.

If you don't use your physical muscles, they will inevitably atrophy. You have mental and spiritual "muscles" that must also be exercised. If your thoughts, attitudes, motivations, and reactions are not God-like, your contact with God is broken. When a challenge then arises in your life, you will lack the certitude of faith in the right action of the outcome, and you will be fearful.

The Infinite Intelligence deep in your subconscious mind is responsive to your request for guidance. You will recognize Its response as an inner feeling, an awareness, an overpowering hunch leading you to the right place at the right time, putting the right words into your mouth, and causing you to do the right thing in the right way.

There are two reasons why you may not acknowledge your inner guidance: tension and failure to recognize the lead when it comes. If you are in a quiet, confident mood, you will recognize the flashes of intuition that come to you. Moreover, you will feel under a subjective compulsion to carry them out.

It is necessary, therefore, to be still and relaxed when you pray for guidance. Nothing can be achieved by tenseness, fear, or apprehension. Your subconscious mind answers you when your conscious mind is still, receptive, and relaxed.

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*C*hoose you this day whom ye will serve. (Joshua 24:15)

The key to gratification in seeking guidance lies in your capacity to seek guidance in the direction of health, happiness, peace of mind, and abundance in your life. When you learn to think right, you will cease choosing pain, misery, poverty, and limitation. This may seem like a self-evident point, but many make choices that will in fact bring them pain. For example, they ask for what someone else has; they ask, in guidance, to influence another in their favor; and thus either they do not achieve satisfaction from the answers they get in seeking guidance, or they receive no answer at all.

The most precious things in the entire world are within you. Within you are precious stones and jewels in the form of new creative ideas, inventions, discoveries, glorious music, new songs, and answers to all problems. *The kingdom of God is within you.* (Luke 17: 21) Believe now that the subjective wisdom of your subconscious mind will direct and guide you to the right opportunity. Accept the fact of guidance now, and the door will open up. Life created you for a purpose, and you must accept your role in life. Believe that you are receiving guidance now, and you shall receive. When praying for guidance, remember that what you are seeking is always seeking you. This will give you confidence in knowing that there is an answer awaiting you.

THEY ACCEPTED GUIDANCE

At a marriage ceremony I was to perform, the bridegroom did not appear. At the end of two hours, the bride-to-be shed a few tears and then said to me, "I prayed for Divine Guidance. This might be the answer, for He never faileth."

That was her reaction—faith in God and all things good. She had no bitterness in her heart because, as she said, "It must not have been right action, because my prayer was for right action for both of us." Someone else having a similar experience would have gone into a tantrum, had an emotional fit, suffered depression, required sedation, and perhaps needed hospitalization, but this young woman accepted the guidance Divine Wisdom gave her.

I once lost a valuable ring that was an heirloom. I looked everywhere for it and

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could not locate it. At night I talked to the subconscious in the same manner that I would talk to anyone. I said to it prior to dropping off to sleep, “You know all things; you know where that ring is, and you now reveal to me where it is.”

In the morning I awoke suddenly with the words ringing in my ear, “Ask Robert!”

I thought it very strange that I should ask Robert, a young boy about nine years of age; however, I followed the inner voice of guidance.

Robert said, “Oh, yes, I picked it up in the yard while I was playing with the boys. I placed it on the desk in my room. I did not think it worth anything, so I did not say anything about it.”

The subconscious mind will always answer you if you trust it.

Alan F., a professor at a local university, attended my public lectures. After one such lecture, we started talking. I remarked that he seemed perturbed and asked him if something was wrong.

“Indeed there is,” he said. “I am currently drafting a paper about archaeological excavations in Egypt during the nineteenth century. I am very nearly finished, but there is one section I cannot verify. The only reliable source for the information is a book that was privately published in a limited edition in Cairo in 1884. I’ve spent countless hours trying to track down a copy of the book, and so far, I have not managed to do so. Yet without it, I do not feel confident that I can submit my article for publication.”

“You’re in a difficult position,” I said sympathetically. “May I make a suggestion?”

“Please do,” he said, eager for any advice.

“Here is what I would do in a situation like yours,” I continued. “Tonight, before going to bed, I would put myself into a calm, relaxed frame of mind. As I was going to sleep, I would say to myself, silently and with total confidence, ‘My subconscious knows the answer, and it gives me all the information I need.’ Then I would drop off to sleep with the one word, ‘answer,’ in my mind.”

“And you believe this would be helpful?” he asked.

“Yes, I do,” I replied. “Your subconscious mind is all-wise. It knows what type of answer you need. It will answer in a dream, as an overpowering hunch, or as a feeling that you are being led on the right track. You may get a sudden flash of intuition to go to a certain place, or another person may give you the answer.” Later that week, Alan called me. “It’s unbelievable!” he exclaimed. “I used the technique you told me about for three nights. Then, yesterday morning, as I arrived on campus, something drew me to one of the bulletin boards. Ordinarily, I walk right past them, but I couldn’t. I scanned the notices, and my eye was pulled toward one announcing a used book sale to benefit a campus organization that promotes New Age ideas. It was to take place that same day at noon, on the other side of campus.”

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"And you went?" I asked.

"Indeed I did," he replied. "When I walked in, I wondered what I was doing there. Tables full of trashy best-selling paperbacks, volumes of condensed books, outdated software manuals, guides to building a barbecue pit . . . you know the sort of thing you find at these affairs. But at that moment, a man arrived carrying a carton of books. I heard him tell the student in charge that his late uncle was into mystical stuff like the Pyramids, and these were some of his old books."

"I think I see where you are going," I said.

"Perhaps you do," he said. "I asked if I might look through the books, since that was a field that interested me. I opened the carton, and the second book that came to hand was precisely the rare volume I had given up hope of finding! Incidentally, several other books were of great interest, too. I gave the organization a check for twice the amount they wanted to charge for the books."

At a dinner to benefit a local charity, I found myself at the same table with Adrienne W., who ran a successful media relations firm. As we chatted, the question of decision making came up. "I have a very simple technique," Adrienne said. "You may think it is too simple, but it works very well for me." Intrigued, I asked, "What is it? Will you share it with us?" "I'd be delighted," she replied. "Whenever an important question comes up that calls for a quick decision—and that seems to be at least once every day—I go into my office, shut the door, turn off the phone, and meditate on the divine qualities I believe are within me and everyone. I find myself being transported into a mood of peace, power, and confidence." A man sitting across the table, who was listening, interjected, "I'd give a lot to get some of that into my daily life!" "I'm sure you can, if you try," Adrienne said. "Once I find myself in that place, I say, 'Father, thou knowest all things. Give me the idea I need for this new program,' or this problem, or whatever it is. Then I visualize having the answer, feeling it flow through my mind, complete and perfect. At that point I think, 'I accept the answer and I give thanks for it.'"

The woman sitting on the other side of her, a commodities broker, said, "But you don't really have it, do you? You're just saying that." Adrienne smiled. "My grandmother used to say, 'Well begun is half done.' Once I finish my prayer, I get busy with other matters. I put the matter out of my mind. I've found that the answer usually comes when I least expect it. It's like a flash of light in a dark room that suddenly reveals everything at once. I have to say this, too: I imagine I've made as many faulty business decisions as anyone. But not once have I been disappointed by the answers that come when I follow this procedure. Not once!"

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A man wrote to me saying that he had not seen his brother in over twenty years and did not know where he was. In the meantime an estate was bequeathed to both of them, and he was eager to communicate the good news to his brother. His letter reads as follows:

> Dear Dr. Murphy:
>
> I read your book, *The Miracle of Mind Dynamics,* and was very much impressed. I kept my mind focused on Infinite Intelligence; I could not see It, but based on previous experiences I was convinced of Its reality, just as I don't see the wind but I feel its breeze upon my face.
>
> I asked this Infinite Intelligence to reveal the whereabouts of my brother and I kept repeating, "Divine guidance is mine now, and Infinite Intelligence brings us together." Last week I attended a conference in New York, and lo and behold! One of the passengers who sat next to me on the subway was my brother whom I have not seen for over twenty years!
>
> I thought you might like to use this letter for the new book you are writing. I am sure this experience will instill in others faith and confidence in the mystic Power.
>
> Signed, TL, San Francisco, California.

Techniques for Finding Guidance

Some people say that they can't get ahead because they are working in a place where there is no opportunity for advancement or where wages are set by certain standards. You can use the laws of mind, however, to advance and move forward in life in any circumstances. The secret is to form a clear mental picture of what you want to be, know that the power and wisdom of your subconscious will back you up, and persevere and be determined to be what you want to be. Have faith that your desire will become your guidance. The answer will be developed in your subconscious mind and become objectified in your experience.

You can use the Infinite Power to guide someone other than yourself, whether the other be a stranger, relative, or close friend. You can do this by remembering that the

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Infinite Guiding Power is omnipresent and responsive to your thought and by believing in this Infinite response. I have done this for many people with extraordinary and fascinating results.

For example, a young engineer called me on the phone one day and said, "The organization I am with is selling out to a larger firm, and I am told I am not needed in the new firm. Would you pray for Divine Guidance for me?" I told him that there was an Infinite Guiding Principle that would reveal a new door of expression for him, and all he had to do was believe that this is so.

I used the principle as follows: I pictured this engineer saying to me, "I found a wonderful position with a wonderful salary. It came to me out of the blue." I did this for about three or four minutes after he hung up the phone and then forgot all about it. I believed and expected an answer. Infinite Intelligence is all-wise, and when you pray for guidance and right action, you do not tell the Infinite its business.

The following day this young man called me and confirmed the fact that he had accepted a good offer with a new engineering firm. The offer, he said, came to him "out of the blue"!

There is but one Mind, and what I subjectively pictured and felt as true came to pass in the experience of the engineer. When you call upon the Infinite Guiding Principle, It always answers you. What you believe will take place will surely happen.

In seeking guidance, think quietly about right action. You are using the Infinite Intelligence of your subconscious to the point that it takes over and begins to dominate you. From there on, your action is controlled by a subjective wisdom that knows all and sees all. When your thought is right and your motivation is right, you will be under a subconscious compulsion to do the right thing.

If there is a problem you've not been able to solve, as you go to sleep at night, say to your subconscious, "Give your attention to this and reveal to me the answer." You may do this silently or audibly, whichever appeals to you. When you awaken in the morning, the answer may be on your lips. If not, realize you have turned your request over with faith and confidence, and the answer will come in Divine Order. It may come as a sudden flash to your conscious mind just exactly when you need the answer.

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Try this procedure, which many businesspeople, scientists, and others follow during their working hours.

Go to a quiet room or place, be still, relax, and think of the Infinite Intelligence and Boundless Wisdom within you, controlling all your vital forces and governing the entire cosmos with mathematical precision and unfailing accuracy. Close your eyes and focus all your attention on receiving the answer or solution. Then gently affirm, "Answer," knowing that the Infinite Intelligence within you is responsive to your request. Think of nothing but receiving the answer to your question. Continue in this quiet, relaxed, passive state of mind for a few minutes. If you find your mind wandering, bring it back to the contemplation of the answer. If you find the answer does not come in three or four minutes, let go and go on about your business. If the thought of the problem comes to your mind thereafter, just say to yourself, "I have turned my request over and Infinite Intelligence is taking care of it."

You will discover that, with this attitude, the answer will come clearly into your conscious mind. Perhaps it will come when you are engaged in some other project or when you are preoccupied with something else, but it will come.

Affirm: I give thanks for the perfect, harmonious solution that takes place through the wisdom of my Infinite Intelligence.

Principles to Remember and Apply

- You are spiritually equipped to overcome and to triumph over all problems, hurdles, and difficulties in life.

- If you are wondering about the answer to a problem that you cannot objectively solve, turn it over to your subconscious mind prior to sleep, saying, "Give your attention to this and reveal to me the answer." Guidance may be given in a dream. If it comes that way, healing currents are also released, and in the morning you feel refreshed and rejuvenated. Guidance may also come during the day, as a feeling, an inner awareness, or an overpowering hunch. Follow the guidance you receive. It never fails.

- When you pray for guidance and right action, take what comes. Welcome the new idea that comes into your mind in response to your prayer. Firmly believe that your new idea can bring riches into your life.

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- Realize that as it comes from God, it is good.

- Realize that every problem is Divinely outmatched. Still the wheels of your mind and claim that God has the answer and that you are one with God; therefore, you also have the answer and you will receive the Divine Solution to all problems.

- Remember that there is always an answer. Persevere and relax, be calm and alert, so that you will recognize the lead that comes—and then follow it, and you will find wonders happening when you pray.

- When your motivation is right and you have no desire to take advantage of any person, and when you are praying for Divine law and order in your life, you will receive God's guidance.

- There is a way out of every problem and an answer to every question. Whatever you seek in life, you must go within the innermost recesses of your mind and there claim that you now are what you long to be, that you now possess what you long to possess, and your subconscious mind will reproduce what you claim and feel to be true.

- You know when you have really turned your problem over to your subconscious mind, because you are at peace.

- The Infinite Presence and Power within your deeper mind, which created the universe and all things, knows all, sees all, and has the know-how of accomplishment.

- Stand up to your problem with the belief that you are receiving guidance now—that the answer is within you now. Have firm conviction in the power of God to solve your problem. Your faith in the Infinite Intelligence (God) within you will enable you to overcome all problems and bring you security in any predicament.

- Contemplate the happy ending, and what you contemplate, you will experience.

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20 Your Unlimited Power to Attract Happiness

The happiest people are the ones who constantly bring forth and practice what is best in them.

Happiness is a state of mind.

Happiness is the harvest of a quiet mind.

Many people think that happiness in this life is just not going to be for them. This is due to a feeling of inferiority or rejection. The truth is that there is no such thing as an inferior or a superior person.

*Y*e are *gods; and all of you* are *children of the most High. (Psalm 82:6)*

The Life Principle does not punish, we punish ourselves by misuse of law and by negative thinking.

Your glorious destiny is to be united with God and to experience power, wisdom, strength, and illumination. Never say, “I have to resign myself to my fate”, “I must put up with this”, “This is God’s will and I must accept it”, “I’m incurable”, or “It’s hopeless.” If you make such statements or have the mental attitude that you are here to suffer or that

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God is punishing or testing you for some reason, you are placing yourself in bondage, and you are degrading your Divine destiny and rejecting your very source of power to rise to untold heights.

You have the freedom to choose happiness. This may sound extraordinarily simple, and it is. Perhaps that is why people stumble over the way to happiness; they do not see the simplicity of the key to happiness. The great things in life are simple, dynamic, and creative. They are what produce well-being and happiness.

You cannot buy happiness: Some millionaires are very happy, some are very unhappy; many people with few worldly goods are very happy, and some are very unhappy, some married people are happy, and some are very unhappy; some single people are happy, and some are very unhappy.

The kingdom of happiness is in your thought and feeling.

The great deception is to enthrone the idea in your mind that things, conditions, and phenomena are the determining causes of your misery, suffering, and misfortune.

> *F*or as he thinketh in his heart, so is he. (Proverbs 23:7)

Remember, the Infinite Presence is within you. When you believe God to be punitive, therefore, you actually become your own tormentor and bring failure, lack, and misfortune onto yourself. *For they have sown the wind, and they shall reap the whirlwind.* (Hosea 8:7)

In trying to find happiness, peace, and prosperity outside of ourselves, we have neglected to look for the True Source of Happiness within ourselves, to the infinite storehouse of riches within that is our subconscious mind.

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There is no block to your happiness. External things are not causative, they are effects. Your thought is your only cause, and a new cause produces a new effect.

The Life Principle moves constructively, harmoniously, rhythmically, and joyously. When we go against the principle of harmony and love or think and act in any way contrary to the forward tendency of Life, we inflict suffering upon ourselves.

Your retribution and reward depend on how you use your mind. If you make an erroneous decision in your mind, you invoke the mathematical and just response of the law of your subconscious mind, the law of action and reaction: You will experience loss as a result of your erroneous judgment or decision.

Good and evil, then, are in the movement of our minds. They are in the way we think and act and in the attitude we take toward things, not in the things themselves. The wind that blows a ship on the rocks will also bring it to a port of safety.

True and lasting happiness will come into your life the day you get the clear realization that you can overcome any weakness; that you have dominion over your thoughts; and that you realize that your subconscious can solve your problems, heal your body, and prosper you beyond your fondest dream.

You have perhaps felt the happiness of meeting your ideal mate or at the birth of your child. However, no matter how marvelous these experiences are, they do not give real lasting happiness.

The Book of Proverbs gives the answer: *Whose trusteth in the Lord, happy is he.* When you trust in the Lord (the power and wisdom of your subconscious mind) to lead, guide, govern, and direct all your ways, you will become poised, serene, and relaxed.

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Many people say "If I were X, I would be happy," or "If I had X, I would be happy."

Happiness, however, consists not in acquiring material possessions whose worth to you is then so often fleeting. Happiness consists in discovering the principles of Divine Order and right action within your subconscious mind and applying these principles in all phases of your life.

There are those who see the troubles in their lives as their karma. From the standpoint of Hinduism and Buddhism, karma means action—*ka* means *to do, make,* and *ma* is *action of, result of*—and is understood as bringing upon oneself inevitable results, either good or bad, either in this life or in a reincarnation. In theory, it is the cosmic principle according to which each person is rewarded or punished in one incarnation according to his or her deeds in a previous incarnation.

Karma, however—or reaping what you have sown—is inexorable only as long as you do not pray or meditate on the truths of God. As soon as you pray, you rise above karma, and the unpleasant consequences of past mistakes begin to be wiped out. Perfunctory prayer, however, will not change matters. A deep hunger and thirst for God's love and grace, plus an intense desire to transform, are essential to wipe out the punishment that must otherwise follow negative and destructive thinking.

Epictetus, the Greek stoic philosopher, said, "There is but one way to tranquillity of mind and happiness; let this, therefore, be always ready at hand with thee, both when thou wakest early in the morning, and all the day long, and when thou goest late to sleep —to account no external things thine own, but commit all these to God."

Remember, your subconscious mind cannot act if your mind is divided. You cannot find happiness if you are harboring thoughts of doubt that lasting happiness will never be yours.

There is no block to your happiness save in your own thought-life and mental imagery.

If you misuse *any* law, you will get hurt. If you are experiencing negative reactions

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in life, it is not life, or your subconscious, or God being vengeful; it is simply the law of action and reaction, which is not singling you out, but which is universal and present throughout nature.

You are not a victim of the past. You can change the present, and your future will then become your present conviction made manifest—and a new beginning will become a new end.

God, the living Intelligence within you, is timeless and spaceless. It is *your thoughts,* dwelling on previous actions or speech, that make you feel haunted and doomed by the past.

SHYING AWAY FROM HAPPINESS

There is one very important point about being happy: You must sincerely *desire* to be happy. Sadly, though, many people choose unhappiness. I knew a woman in England who had rheumatism for many years. She would pat herself on the knee and say, "My rheumatism is bad today. I cannot go out. My rheumatism keeps me miserable." This dear elderly lady got a lot of attention from her son, daughter, and the neighbors. She really wanted her rheumatism. She enjoyed her "misery," as she called it. This woman did not really want to be happy.

I read a newspaper article some years ago that told about a horse who had shied when he came to a stump on the road. Subsequently, every time the horse came to that same stump, he shied. The farmer dug the stump out, burned it, and leveled the old road. Yet for twenty-five years, every time the horse passed the place where the former stump was, he shied. The horse was shying at the memory of a stump.

In a like manner, you will find yourself always short of happiness if in your mind you are shying away from it—consciously or unconsciously—with doubts and fears.

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A Technique for Obtaining Happiness

In the following words, Saint Paul reveals to you how you can obtain lasting happiness: *Finally; brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think these things.* (Philippians 4:8)

Principles to Remember and Apply

- There is tremendous power within you. Happiness will come to you when you acquire a sublime confidence in this power.
- You can rise victorious over any defeat and find happiness through the marvelous power of your subconscious mind. This is the meaning of *Whose trusteth in the Lord* [spiritual laws of the subconscious mind], *happy is he.* (Proverbs 16:20)
- Happiness is a habit. Choose happiness.
- To be happy, you must sincerely *desire* to be happy.
- Do not believe in things to harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief is it done unto you.
- You cannot buy happiness. The kingdom of happiness is in your thought and feeling.
- Happiness is the harvest of a quiet mind. Anchor your thoughts in peace.
- The happiest people are the ones who bring forth the highest and the best in themselves.
- Your joy and suffering are the reflections of your habitual thinking.

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Epilogue

WORLD PEACE

You and I are the ones to initiate peace by changing our minds and hearts.

Once, when I was giving a series of lectures in Palm Springs, a man in the hotel where I was staying asked me to sign a paper outlawing war. He said that he had 20,000 signatures so far and that he expected to obtain millions of signatures, then he was going to submit them to Congress and insist that they pass a law outlawing war and influence other nations to do the same. All this is so much balderdash and folderol.

In our conversation, I explained to him that men could sign all the documents for peace in every parliament in the world, and it would be of no avail. History shows and proves that many governmental decrees and formal agreements and pledges for peace have been signed by numerous nations but, often before the ink wherewith they were written could dry, they were broken. Parliaments and legislatures of the world cannot legislate peace, harmony, security, abundance or love of neighbor—all these are ordained and legislated in the minds and hearts of man. Peace begins with the individual, and if a man has peace within himself he will be at peace with his wife, his friends and associates, as well as with all the world.

War is caused by fear, hate, greed, revenge, anger, and the lust of men. If a man is full of anger, resentment, hostility, and suppressed rage, he is at war with himself and his world.

A nation is an aggregation of individuals; therefore, the only place to write legislation for peace is by the individual tuning in on the God of peace within himself and feeling that river of peace, love, harmony, and joy flowing through him. Furthermore, when man realizes that he can go to the Infinite Mind within himself and there claim and feel what he wants to be, to do, and to have, the Infinite Intelligence will respond accordingly, and he will discover that he can have what he wants without hurting the hair of a living being.

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Another question raised at one of my lectures was "If God is love and if He is All-Good and All-Wise, why doesn't He stop war, crime, murder, and rape? Why does He permit thousands and millions of children to die of hunger and countless other thousands to become crippled and maimed by the ravages of war?"

The answer is that God—the Universal Being, the Cosmic Power, the Supreme and Infinite Intelligence—works on a cosmic scale or from the standpoint of the Universal. In other words, God is Presence in the Cosmic plane, moving as unity, harmony, rhythm, order, beauty, and proportion.

The law, simply stated, however, is that the Universal can only act on the plane of the particular or individual by *becoming* the individual. The only way God can work *for* us is *through* you—through our thoughts, feelings, and mental imagery.

God can't stop wars, crime, disease, discord, and accidents.

You and I are the ones to initiate peace by changing our minds and hearts. Then, as we think in our hearts, it will be done unto us. Our world will be at peace.

There is no one to change but yourself.

Start now.

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Within You Is the Power

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WITHIN YOU IS THE POWER

(Around the World with Dr. Murphy)

JOSEPH MURPHY
D.D., D.R.S., Ph.D., LL.D.

A TarcherPerigee Book

An imprint of Penguin Random House LLC
375 Hudson Street
New York, New York 10014

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Ebook ISBN: 9781101993460

Library of Congress Cataloging-in-Publication Data

Names: Murphy, Joseph, 1898-1981, author.
Title: Within you is the power : (around the world with Dr. Murphy) / by Joseph Murphy, D.D., Ph.D., LL.D., D.R.S.
Description: New York, NY : TarcherPerigee, 2017.
Identifiers: LCCN 2016027003 | ISBN 9780143129868 (paperback) Subjects: LCSH: Spiritual life—Miscellanea. | Self-actualization (Psychology) | BISAC: BODY, MIND & SPIRIT / New Thought. | BODY, MIND & SPIRIT / Inspiration & Personal Growth. | SELF-HELP / Personal Growth / Success.
Classification: LCC BF1999 .M823 2017 | DDC 299/.93—dc23

Cover design: Jess Morphew
Cover image: khalus/Getty Images

Version_1

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About the Author

1

Within You Is the Power (Around the World with Dr. Murphy)

I TOOK A 50-day journey around the world in October 1976 with fascinating sightseeing excursions everywhere, visiting Greece, Turkey, Egypt, Jordan, Israel, India, Nepal, Thailand, Singapore, Hong Kong, Japan, and Hawaii. I met many interesting people, visited the various shrines, and heard lectures regarding the various religious beliefs, miraculous healings at shrines, techniques of prayer used, and the unique way of many in approaching the Invisible Presence and Power. During this trip I had the opportunity of talking to many people on the laws of mind and the way of the Spirit. I was intensely interested in knowing that all those people in the many countries visited wanted to hear more about the workings of the subconscious mind.*

One of the reasons for this trip was to gather material for a book. Therefore, I made mental notes of everything I saw and heard, much of which will be incorporated in the following pages.

The City of Athens is quite modern with an interest and charm of its own. It becomes more fascinating each time I visit it. Actually, it is a literal exploration of antiquity: The Parthenon, the Temple of Olympic Zeus, and excursions to Eleusis and Corinth. This reminded me of the Eleusinian mysteries and the invitation into all ancient temple mystery rites, which were repositories of ancient spiritual treasures.

You Are Your Own Savior

The guide at Corinth expounded quite extensively on the fact that we were standing on the same spot where Paul stood as he expatiated and descanted on his Epistles to the Corinthians. Then he added that Paul knew that Jesus was man's savior. This is not correct, however, as you will perceive in perusing this chapter. Paul said: . . . *Christ in you, the hope of glory* (Colossians 1:27). *And if Christ be not risen, then is our preaching vain* . . . (I Corinthians 15:14). . . . *Awake thou that sleepest, and arise from the dead, and Christ shall give thee light* (Ephesians 5:14).

What does the Bible mean by such language? The literal interpretation of the Bible has done much towards driving thinking people into unbelief. We must understand that the scriptures of the world abound in symbolisms. Many phrases and chapters of the Bible reveal the impossibility of being rendered literally; and if any part is admitted to be figurative, allegorical, and mystical, so many other parts may be. The men who wrote the Bible, most of whom are nameless, said to themselves: "We know what we wish to convey, but how can we explain it to the people?" Therefore, they decided to speak of problems, difficulties, wars, strife, sickness, etc., and then explained how to overcome the problems of which they spoke.

This is not a sanctimonious state, singing of hymns, going to church, following the rules and tenets of some religious organization, etc. It means the practice of the Presence of God within you. It means to express light, love, truth, and beauty now and to be happy and living in the joyous expectancy of the best. When you are exuding vibrancy and your family and social relationships are good, that is also the glory (the glow and the ray) of God. Christ means the Presence of God in you.

The word "Christ," as you know, is not a proper name. It refers to a title. It is a Greek word meaning anointed or consecrated. It corresponds to the Hebrew word "Messiah" and to the word "Buddha." The Christ in you means the Divine Presence in you, the spiritual truth about you. Jesus is the name of a man. The words "Jesus" and "Joshua" are synonymous. The latter means "God is the solution." God is the salvation or the solution to all your problems. To see Christ in the other means to see (perceive spiritually) peace where there is discord, love where there is hatred, joy where there is sadness, and wholeness, beauty, and perfection where there is sickness. This mental and spiritual exercise is ofttimes referred to as the practice of the Presence of God.

And I, if I be lifted up from the earth, will draw all men unto me (John 12:32). This means that when, through prayer and meditation, you lift your ideal up to the point of acceptance, the manifestation will appear. In other words, you will experience the joy of the answered prayer.

Touching the Divine Presence

When you pray and there follows a sense of peace, quietness, and confidence, that means that you have mentally touched your Higher Self (God in you; the I AM) and that you have begun to know yourself a little better. The Christ in you is "The I AM," the Living Spirit Almighty, the Life Principle. Descartes said, *"Cogito ergo sum,"* which means: "I think; therefore, I AM."

The capacity of Spirit is to think, enabling you to choose, compare, weigh, and decide. You have volition, choice, and initiative. The only immaterial power you are aware of is your thought. Descartes rationalized that all objective evidence is not absolutely true, e.g., optical illusions, others deceiving you, etc. The only sure thing in the universe is that God is God. When you say "I AM," you are announcing the Presence of God within you.

God In Action in You

When you are kind and generous and lift up others in your thought and feeling and say something good and uplifting, that's the I AM in you. You are an individualization of Infinite Spirit, and you are here to express more and more of your Divinity. We rise from the dead when we give up old beliefs, superstitions, and false beliefs and awaken to the God-Presence within.

Visit to Istanbul

There was a group of twenty-one on our trip. All were of different religious beliefs, and all of us agreed that we were indeed in an exotic city, which has one foot in Europe and another in Asia. It is worthwhile to view the famous Blue Mosque, the Mosque of Suleyman the Magnificent, the Museum of St. Sophia, and the Hippodrome.

The Turks are probably the most zealous of the Moslems. Friday is the Sabbath of Islam, and business is suspended to some degree. Prayers are read and sermons given by the priests in the mosques. There were many people assembled in the mosques we visited, but the silence was so profound I was unaware that it contained a single worshipper. The essential doctrine is the absolute unity and supremacy of God. Allah is God and Mohammed is His prophet.

A Reasonable Question and the Answer

In chatting with one of the men in the mosque, he asked why we insist that we must accept Jesus as our savior. He then quoted what a missionary had said in the Christian school he attended as a boy: *For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life* (John 3:16).

My explanation was as follows: Some preachers unfortunately take the Bible literally, forgetting the age-old truths: . . . *The letter killeth, but the spirit giveth life* (II Corinthians 3:6). *Call no man your father upon the earth: for one is your Father, which is in heaven* (Matthew 23:9). . . . *I ascend unto my Father, and your Father; and to my God, and your God* (John 20:17). All this indicates that we have a common Father or Progenitor, the Life Principle; and that, in reality, we are all brothers and sisters.

I pointed out to him that every man is his own savior because God indwells all men. The Bible says: *I have said, Ye are gods; and all of you are children of the most High* (Psalm 82:6). Paul says: *For as many as are led by the Spirit of God, they are the sons of God* (Romans 8:14). God is no respecter of persons. *For there is no respect of persons with God* (Romans 2:11).

The Bible is essentially a psychological and spiritual textbook and is not taken literally by vast numbers of people who study the inner meaning of the symbols, parables, fables, myths, cryptograms, and numbers mentioned throughout the volume.

I admitted to him that many clergymen talk about salvation of the soul in afterlife; but tomorrow, next week, next year is afterlife. The Life Principle in each of us is constantly bringing forth on the screen of space the results of our habitual thinking and imagery. Man can’t lose his soul, which is eternal and indestructible, any more than God can lose Himself.

There is no lost soul. A man may be lost to harmony, health, and peace from a psychological standpoint; but he can always unite with the Infinite Spirit within him and again claim, feel, and experience that which he thought he had lost. Man wants to be saved from sickness, pain, misery, lack, and suffering here and now. This is the immediate and essential problem—not only in Turkey, but in all other parts of the world.

Man’s future is his present thinking objectified as experience and conditions in his life. You do not associate the salvation or solution to your problem with a man or another personality, whether it be Jesus, Mohammed, Buddha, or Laotze.

You look to no man to save you. You realize that if you are lost in the jungle, there is no man to save you; but if you turn to the Infinite Intelligence within you, the answer will come and you will be led out to freedom and safety.

"God gave His son," which means His expression, His power, His attributes, and lodged them in the subconscious of every man. This is why Paul says: . . . *That thou stir up the gift of God, which is in thee* . . . (II Timothy 1:6). *Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?* (I Corinthians 3:16).

God imaged Himself to be man, and God became what He imagined Himself to be. Every man is a manifestation or the projected image of the Infinite. All the powers of God are in every man. The image-making power is the first faculty of man. Whatever man imagines and feels himself to be, comes to pass for the simple reason that whatever is impressed on the subconscious mind is expressed and made manifest as form, function, experience, and event.

My new acquaintance told me of the truth of the latter statement. He said he had been sickly as a boy, having been born in the slums and grown up depressed and hungry many times. A member of his mosque had told him to imagine he was in college and to look at his degree on the wall every night as though he had it now; and that Allah would bring it to pass. He had practiced this technique every night. One day at the beach he had saved a girl from drowning. Her father, who was an Ambassador, was very grateful and sent him to England to study, paying all his college expenses. He is now experiencing the everlasting life spoken of in that Bible passage.

The word "everlasting" means a continuous life without the great swings of fate; a creative, peaceful, harmonious life without ups and downs, sickness and health, wealth and poverty, depression and joy. He leads a constructive, progressive pattern of life. This is really the meaning of that biblical passage, which is lost in theological complexities and which becomes an absurdity to the reasoning mind. Moreover, it is really an insult to the Jew, the Moslem, the Buddhist, and the Shintoist to tell him he has to believe in the personality of Jesus to be saved. Saved from what? We need to be saved from ignorance, fear, superstition, poverty, and disease. Ignorance is the only sin, and all the suffering is the consequence.

Get a New Conception of Yourself

God is the Universal Presence and Power, instantly available to all men regardless of whether they are atheists, agnostics, or holy men. Your thought is creative. You can begin to get a new self-image of being what you long to be. Nourish that image with faith and confidence and you will discover that the creative Power of God is within you. Then you will know for the first time that you are your own savior, and it will prove to you that God indwells you.

There is only one Creative Power. See this clearly. Reason it out until it becomes a conviction within you beyond all argument, disputation, or dialectics, in which you rest mentally in peace and harmony. All the wisdom and power of God are within you as the only begotten Son of God, which means the expression, the offspring, the projection of the Infinite Spirit in you. We are all begotten of the Only One, for there is only One Presence and Power. The above explanation completely satisfied my Moslem friend, and he is now reading *The Power of Your Subconscious Mind** and *Peace Within Yourself*.*

The Land of the Pharaohs

This was my third visit to this fascinating area. One is carried back in time when he visits Luxor and sees the glorious Temple of Karnak, the Valley of the Kings, and the Colossi of Memnon in Thebes, sights that really fill all visitors with a sort of mystic awe and wonder. We heard lectures in the Egyptian museum in Cairo, and viewed the fabulous relics taken from King Tutankhamun’s tomb, the Alabaster Sphinx and the Great Pyramid of Cheops. There was also a thrilling Sound and Light Spectacle at the Pyramids depicting the fabulous days of the Pharaohs.

The Great Pyramid

This Pyramid is referred to as the chief of the Seven Wonders of the World and many times is called a “gospel in stone.” It is at the center of the universe, symbolizing the great truth that God is at the center of your being. The Pyramid refers to man and the universe. Scientists from all over the world have studied its marvelous structure, its vast age and exquisite workmanship, and the mystery of its origin. Our lecturer on the Pyramids pointed out to us that distinguished astronomers, mathematicians, Egyptologists, and archaeologists have conducted extensive research and have concluded that the original designers were men of a very high intelligence and possessed of cosmic wisdom.

The Four Cardinal Points—The Way of Prayer

The orientation of the Great Pyramid relates to the four cardinal points of the compass, which symbolize the four parts of man: spiritual, mental, emotional, and physical. The four cardinal points also refer to the four letters in the name Jehovah, i.e., Yod-He-Vau-He. Yod is Consciousness, Spirit, I AM. He is the idea, the thought-image in your mind. Vau represents feeling, love, and emotion. The final He is the manifestation of that which you imaged and felt to be true. This is the way all things are made. There is nothing made that is not made this way. God speaks to you through desire. Feel the reality of your desire, nourish it, sustain it, imagine the reality of it, see the happy ending, and gradually it will gel in your subconscious mind and come to pass.

Your Diameter Determines Your Future

The Pyramid, which is also a story of man, portrays the relationship of the diameter to the circumference of the circle, which is expressed in numerical values. The circle represents Infinity, or God, which has no beginning and no end. The diameter determines the circumference of the circle. The diameter is your concept, your estimate or blueprint of yourself, which determines the circle of your acquaintances, your social, political, financial, and professional status in your world. You can always enlarge the diameter and build a greater self-image, thereby magnifying and enlarging your inner potential, enabling you to serve humanity in a greater way and prosper along all lines.

She Drew a Larger Diameter

While conversing with a retired musician, she told me that she was bored in retirement and so one day sat down quietly and affirmed: “God magnifies my talents in a wonderful way, and more and more people are blessed by what I offer.” Professors, teachers, ministers, and college students have flocked to her for private tuition. Actually, she has to turn some away, as she can’t handle them all. She has discovered the *élan* of life, the joy of giving of her talents and releasing the imprisoned splendor within. She has discovered that age is not the flight of years but is instead the dawn of wisdom.

The Interpretation of Pyramid

Various interpretations have been given to the word “pyramid,” such as “light of the sun.” The real meaning is “measure of ten.” The number of corners and sides added equals ten. The numeral ten means, from a phallic standpoint, the male and female generative organs, which symbolically means the union of the male and female principle in all of us. Therefore, the real meaning of the Pyramid is the interaction of your conscious and subconscious mind, the harmonious union of which brings forth harmony, health, peace, and abundance in your life. The King’s Chamber and the Queen’s Chamber represent the male and female principle in all of us.

The First-Year Fruits

A rancher who accompanied us asked me: “Why are the first fruits given to the Lord?” He quoted this passage: . . . *Thou shalt take of the first of all the fruit of the earth, which thou shalt bring of thy land that the Lord thy God giveth thee, and shalt put it in a basket* . . . (Deuteronomy 26:2).

There is a custom among many people in the Middle East and other places to let the first fruits die, as they belong to God. The first born, according to the traditions of Israel, gets the property or estate. There is the law of primogeniture in some countries, which is seniority by birth in a family having the same father and mother. In English law, it is the exclusive right of inheritance belonging to a first-born son.

The law of life is a reversal of all this. To reject the first fruits and eat only those that follow is all due to misunderstanding. The explanation is simple. All it means is this: That which you now are and that which you long to be. You must die to the old state and live to the new. In other words, you exalt and nourish the ideal in your mind, knowing that an Almighty Power is moving on your behalf. As you remain faithful to your ideal, it will gel within you and the old state dies and the new manifestation appears.

She Said: "Everything Is Going Backwards"

A woman asked me: "Why do I have all these problems? I have prayed for a new state. I know what I want, but everything is going backwards." I explained to her that her prayer process was changing her subconscious mind, and as she continued to take her attention away from the old state, it would gradually disintegrate, and the process of change might be somewhat annoying. When you sweep the room out, it makes dust and you wish to leave the room. But when it is clean, you sit down and everything is satisfactory. You don't see the dust. Nine times out of ten, this happens. As you fill your subconscious with life-giving patterns, the old derelicts and complexes hidden in the subconscious put up a fight, creating a little dust; but as you continue the cleansing process, your whole world changes and you are transformed.

She Wanted a Fur Coat

I chatted with a woman on the tour who told me that some years previously she had wanted a fur coat but did not have the money to buy one. Winter was approaching in New York City, where the temperature becomes very low. She had been picturing herself wearing a mink coat, feeling the reality of it, touching the imaginary coat, and in her imagination looking at herself in the mirror while wearing it and feeling the joy of it. Some days later she went into Macy's to look over coats for sale and try them on. In the meantime, however, her old coat was stolen and the management gave her a mink coat at a very reduced price which at the time she was able to afford.

Her subconscious mind arranged all this in its own way. It knows all and does not have to reason things out. Infinite Intelligence dwells therein. If you reason inductively, you admit that all things are not possible. The woman mentioned above reasoned that she could not afford a mink coat; but, picturing one on her and feeling the reality of it, her subconscious accepted her desire and brought it to pass in its own way. All things are possible to your deeper mind. Undoubtedly, the above-mentioned woman had succeeded by constant imaging in impregnating her subconscious mind, which responded according to the image in her mind.

Man Has Choice

You can choose to be successful, happy, joyous, and free. The part is not written for you. There is no predestination. If so, we would have no right to criticize anyone or commend anyone in the world, as they would simply be fulfilling a role as an actor in a play. You can play any role you wish by stirring up the gift of God within you. You must remember that we could not awaken that within us unless it were already there in the first place. There is merit when you say that your boy has chosen the good. *For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night* (Psalm 90:4). This is a poetic expression meaning a million years are as a second in the drama of awakening. Let the resurrection of God's powers take place in you, and wonders will happen as you pray.

2

Cease Blaming Your Parents

JORDAN IS A fascinating country, and a trip to Petra reveals a magnificent rose-red city of ancient rock-hewn palaces, tombs, temples, stairs, and streets. The visitor is seized with a sort of mystic awe while wandering through the ancient ruins of this historic city. Several excavations at the site of the biblical Dibon have revealed that occupation of the site goes back to the early Bronze Age, about 3000 B.C.

While conversing with a man in the hotel at Amman, capital of Jordan, he told me that he had never known his parents, had been born in the slums, and now was a diplomat attached to a foreign embassy. He was on vacation visiting some of the historic sites of his homeland. While talking he brought up a great truth which was that no matter what the origin of your birth, you can rise, transcend, and grow if you know how to contact the Divine Presence within, Which knows all and sees all.

He said that many scientists and fiction writers claim that our genes determine our destiny and that all they have to do in the future is change the genetic code; then we can bring forth the type of men and women we want in the world, just about the same as we breed cattle or pedigreed horses. He added laughingly that some point out that if a woman wants a child like Einstein, Lincoln, Paderewski, Carver, or some other great statesman or scholar, all she would have to do, provided there was a frozen spermatic fluid bank of the particular man she wanted, would be to have artificial insemination; then she could give birth to the type of man she admired. Others say that all we have to do is get some cells from a distinguished man and then place them in a culture media and we could duplicate as many of that type man we would wish. There is much folderol and balderdash plus fiction in all of this.

It is true, of course, that we inherit through the genes the color of our eyes, hair, skin, and many other characteristics. We are told that we also inherit the inclination to acquire certain diseases and that stupidity and a high intelligence

quotient are passed on to us by our parents. It is time that we ask ourselves, however, what we have inherited from the Infinite Presence and Power of God within us. Actually, we are temples of the Living God, and we are here to reveal all the powers, attributes, and qualities of God inherent within us.

Think of it this way: You were a boy who had a father, who was a boy, who had a father. Keep on going back. Where does it lead you? Back to the primordial cell, the Divine Source, the Father of all. All religions say “Our Father.” All of us have a common progenitor, the Life Principle. The genes of Abraham, Moses, Jesus, Elijah, Mohammed, etc., are all within us. So are the genes of Genghis Khan, Socrates, Plato, and Aristotle. If you are a native American, ponder over all the ancestors you have had since the pilgrims landed. A mathematician could figure it out for you quickly. Robby Wright, a young physicist whose lineage goes back to the early sixteenth century, figured he had 17,000 ancestors since 1600.

You Are Not a Victim of Heredity

A sister of mine, who taught school for many years prior to her entry into the Convent in England, told me that she once had a very bright boy in her class. Actually, he excelled all the others, and she recommended him to the local priest, who agreed to send him to the Seminary. Tuition would be free. However, he refused. His reason was: “I am only a miner’s son.” His father had the same attitude. This attitude of mind held him and other boys like him in bondage.

There is an interesting sequel to this. A member of the local gentry wanted to adopt a boy. My sister recommended a child in an orphanage nearby, whose parents were dead. This man and his wife adopted the boy at once, completely indifferent to the fact that for several generations his progenitors had been miners. This boy received private education by a governess and later on was sent to a college in England. He grew up according to the standards of the day and associated only with wealthy boys and girls. He followed the customs and traditions and the caste system which prevailed in his upbringing and environmental training. On one of his visits home, he called on my sister to invite her to his birthday party and mentioned that he could not invite the student who was going to drive her to the party because he was a miner’s son.

You can see the whole picture: an orphan boy, a miner’s son, conditioned, educated, and trained to have a high estimate of himself, who, because of his training, thought another miner’s son inferior. The other boy mentioned previously, who was so brilliant, lacked the heart to try because he was taught to think he was of a lower class and considered himself inferior. His mental attitude held him back—not his genes, chromosomes, or the fact he was a miner’s son.

Consider the Source

It is foolish to look to your parents, grandparents, or ancestors as the source of your powers, qualities, tendencies, aptitudes, and characteristics. You thereby limit your potential. Realize that you came from God. God indwells you and is your Heavenly Father. All His wisdom, power, and glory are at your disposal, waiting for you to call on His inexhaustible reservoir of strength and intelligence. You are not a mere confluence of atoms, molecules, genes, and inherited tendencies. Instead, you are a son of the Living God and heir to all of God's riches—spiritual, mental, and material.

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God (Romans 12:2). This is the key to a new life. Your mind is a recording machine, and all the theological beliefs, impressions, opinions, and ideas accepted by you and given to you in your childhood are impressed in your subconscious mind.

But you can change your mind. You can begin to fill your mind now with God-like patterns of thoughts and align yourself with the Infinite Spirit within you, claiming beauty, love, peace, joy, wisdom, power, and creative ideas. The Spirit in you will respond, transforming your mind, body, and circumstances. Your thought is the medium between Spirit and your body and the material world.

The New Race of Men and Women

Great men and women will not come forth in this country because their ancestors came over on the Mayflower or because of their heredity, or by those who think you can bring forth a better race of people somewhat similar to the way you breed horses. You can't omit Spirit or God. Some of the greatest minds came out of the slums. George Carver looked to the Spirit within him for guidance and inspiration, and he rose to the heights and blessed his people and his country through his discoveries, inventions, and formulas as a great chemist. He ceased to think of himself as a slave or a serf or as inferior to anyone.

His constant prayer was: *In all thy ways acknowledge him, and he shall direct thy paths* (Proverbs 3:6). And God answered him, blessed him, and prospered him. Ask yourself frequently: What did I inherit from the Infinite? And the answer is: All of God indwells me, and I must acknowledge this Power and awaken this Presence within me and bring forth wonders, for His name is Wonderful.

He Was Born in Hell's Kitchen

One of the great surgeons I knew once told me that he had been born in Hell's Kitchen; that his mother was a prostitute; that he was taught to steal when young; and that he never even knew his father. You might say that everything was against him or ask what chance he had. The answer is that he had the chance of a lifetime. One day a surgeon dressed his wound following a fight, and he said that the man was so kind and good to him that he decided to become a surgeon himself.

He related the following: "I held a picture of myself dressed in white, operating, and I asked God to help me. Suddenly a change came over me. I could not steal any more. I studied hard, won a scholarship, and one of the professors paid all my expenses in medical school, saying, 'You can pay me back by becoming a good doctor and a good surgeon.'" God had answered his prayer.

We can bring about changes in cellular structure of cactus, corn, rice, and fruits, as scientists are doing from day to day. In order to bring forth a more God-like man or woman, however, it does not depend on his or her body or structure of the brain; it depends entirely on stirring up the invisible, the intangible powers of God within. You do not mix in a mortar qualities such as honesty, integrity, justice, joy, courage, faith, confidence, inspiration, love, and goodwill. You can't incorporate dreams, visions, and illumination in some mixture and say, "Now, we will have a new man." Character is destiny.

In order to transcend, man will need peace. That inner peace will enable him to be at peace with the world. He will need love and goodwill to overcome the anger, trials, and tribulations of the world. He will need courage, faith, and confidence in the creative laws of his mind, causing him to serve the rest of mankind in a more wonderful way and bring peace to this changing world. Peace, harmony, joy, love, wisdom, and understanding are of God. You can't build these into a man or woman, since they are already there, only waiting to be released by the individual.

> *Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee* . . . (II Timothy 1:6).

Who Are Your Children?

Gibran, the mystic poet, points out: "Your children come through you, but not by you." *And call no man your father upon the earth: for one is your Father, which is in heaven* (Matthew 23:9).

You come from a noble lineage when you contemplate your Father, or God, or this Invisible Presence and Power Which created all things, visible and invisible. Heaven means the Infinite Intelligence in which you live, move, and have your being. When you pray, go back to the Source of all Life and claim guidance, wisdom, abundance, and inspiration from the Pristine Presence within —the Father of all.

Refuse to give power to conditions, circumstances, events, or to the genetic records of parents, grandparents, or all the ancestors who preceded you. Men, women, and conditions are not the cause of your good fortune or misfortune. The Supreme Cause—the only Cause and Power—is Spirit. You are not bound by karma or the past. God indwells you. Rejoice and be glad and grow tall in wisdom, truth, and beauty.

Lincoln failed many times in his political career, but he kept on persisting, having faith and confidence in a Supreme Power to lead him and guide him. He did not look at his so-called handicaps. He walked 40 miles to hear a lecture. His parents were illiterate and extremely poor, but he had a vision; and, through the power of God, he fulfilled it.

Beethoven was deaf, but he heard the music of the spheres with an inner ear. Leonardo da Vinci came from an impoverished background and was the son of a country girl and a local philanderer. Edison was kicked out of a school because the teacher said he was too backward, but he decided nevertheless to light up the world. Einstein was rejected by several schools, because he was considered not bright enough to be admitted, but he nevertheless went forth and touched the heights in mathematics and physics and revealed a world of Divine law and order. Newton was the son of a very poor farmer who died before he was born. Newton turned to the Source of all wisdom, and he gave us the law of action and reaction, lighting up the minds of men with his astronomical deductions and discoveries.

Realize that genius springs from the poorest of families. Milton, though blind, gave us *Paradise Lost.* Divine imagination was Milton's spiritual eye, which enabled him to go about God's business, whereby he annihilated time, space, and matter and brought forth the truths of the Invisible Presence within all of us. Remember how Chico, the Parisian sewer cleaner, imagined and lived in a paradisiacal state of mind called the "seventh heaven" even though he never saw the light of day.

Being born in a palace, or being a king's son or a scion of a noble family does not necessarily mean we will have another Milton, Shakespeare, Phidias, or Beethoven. Men accomplish great things when they become conscious of Divine lineage and in quiet moments of meditation and Divine imagery become aware of the fact that the invisible things of Him from the foundation of time are clearly visible.

Faith Is Your Inner Awareness

Your mental attitude represents your faith. According to your faith in the Creative Intelligence within you is it done unto you. Become aware of the guidance and goodness of the Infinite operating in you, through you, and all around you.

Eradicate Alibis and Excuses

Some years ago I read where an attorney pleaded excuses for the vicious criminal acts of his client by stating that the man came from an impoverished family and squalid environment; that his father was a drunkard and his mother followed the primrose path. The wise judge said to him, “Don’t give me that story. This man’s brother, brought up in the same area under the same environmental conditions, is one of our most distinguished jurists in the state.”

The butterfly comes forth from the cocoon and develops wings, enabling it to fly and reveal its beauty and glory. Likewise, you can come forth from your house or prison of limitation or bondage and soar aloft with the wings of faith and imagination and so reveal your own glory.

Your Divine Parentage and Human Parentage

It is true that you inherited from your parents certain genetic tendencies which determine the color of your skin and eyes and your physical constitution. Your temperament and disposition are affected by the mental and emotional atmosphere of the home. Every child is subject to the early training, indoctrination, moods, feelings, and beliefs of the parents. However, when the child grows up and becomes aware of the Divine Presence within, he can rise and transcend any handicap. Suddenly he becomes aware of his Divine Source. As he begins to contemplate the eternal verities, he is lifted up above the parental and environmental atmosphere and influence, both past and present.

We may have been victims of false teaching, false theological beliefs about God, life, and the universe; but we can change the negative beliefs by making it a habit to regularly think constructively, harmoniously, and peacefully. Our subconscious is the seat of habit, but we should be aware that all habits can be changed. Our mental and emotional fears, superstitions, taboos, and strictures were undoubtedly transferred to us in our youth.

During my tour of India, Nepal, Thailand, and other countries, I heard college graduates say to me, “Oh! I may come back in another life as a tiger, lion, dog, or other animal if I don’t behave in this life.” They mentioned that their present status in life was based on their karma, and that they were reaping what they had sown in a former life. They believed they were being punished for past wrong doing. To many of them, karma was a cruel law which imposed punishment upon them, a sort of eye for an eye and tooth for a tooth.

All this is far from the truth. Regardless of man’s past, if met in the right way, Divine love dissolves everything unlike Itself. God is the Eternal Now. Karma means the law of action and reaction. In the Mind-Principle there is no time or space. Any man can transform his life now by giving himself a Divine transfusion of love, light, and truth. He wipes out the consequences of past errors through the cleansing of his subconscious mind. When we pollute or impress false beliefs in our subconscious mind, we suffer the consequences; or we can eradicate them by scientific prayer, which is the practice of the Presence of God.

The crimes, errors, mistakes, and heinous offenses of man can be expunged from the subconscious mind, banishing and freeing the person from the results or punishment naturally accruing to the impressions made in the subconscious. Perfunctory prayer or joining some church will not do this. Nothing superficial will suffice; but an intense desire and a real hunger and thirst on the part of the individual for a new birth in God, which alters fundamentally his character, plus a constant saturation of his mind with eternal verities, will wipe out the punishment or reaction from the subconscious.

The action is of the conscious mind and the reaction is that of the subconscious mind. Karma is not some dread sentence to be overcome or which has to be expiated. The idea of karma comes from the East; but in all sacred writings, including the Bhagavad-Gita, you will find that if you return to the Divine Center and contemplate the Truths of God, that is the end of the old state

and the birth of the new. All adversity is redemptive and remedial through the practice of the Presence of God. A changed attitude changes everything.

Do the Dead Govern You?

Do the dead thoughts, beliefs, and opinions of people long since gone from this dimension of life govern you? Dead thoughts mean thoughts which are based on ignorance, fear, and superstition. You will find all over the world that millions of people are still governed and driven by tendencies and emotions, such as fear, resentment, greed, hostility, and self-condemnation, all of which are derived from generations long since gone to the next dimension of life.

Remember that all you have been taught and acquired in infancy, even though you may imitate the habits of your parents or grandparents, can be changed by scientific prayer. It stands to reason that the Infinite Intelligence Which created you from a cell can also heal you. It made all your organs and It controls all the vital processes of your body. Your mind is God's mind, as there is but one mind common to all individual men. Tremendous possibilities lie dormant within you.

Your subconscious assumptions, beliefs, and convictions dictate and control all your conscious actions. In other words, you are belief expressed. Come to a decision now and realize you will no longer be subject to the false patterns of thought given to you when young. Spirit, or God, in you is the only Presence, Power, Cause, and Substance. Join up with your Heavenly Father and transform your life.

Spirit and Matter

Modern science knows that Spirit and matter are interconvertible and interchangeable; that matter is simply Spirit slowed down to the point of visibility. It is wrong to say that you are conditioned by your environment—your home, your job, your business, your surroundings—as it is suggestive only; but if accepted by you, you will continue to repeat the same old patterns as your forebears and perhaps live the same old life based on creeds, dogma, and tradition. Externals are not creative. The Creative Power is in you. A scientific thinker does not make a created thing a cause; it is an effect. Knowing the location of the Creative Power and the Primal Cause, you will no longer attribute to any person, place, or situation the power of creation or generation. Your own thought is the only creative power of which you are aware.

Become a Channel for the Divine

Dormant and inherent within you are all the powers of the Infinite. A wonderful prayer to practice is as follows: “God is, and His Holy Presence flows through me as beauty, harmony, love, joy, wisdom, understanding, Divine guidance, and abundance. I know it is just as easy for God to become all these things as it is a blade of grass, and I give thanks that it is so.”

Reiterate these truths three or four times night and morning, making sure that you do not subsequently deny what you affirm; and you will find that you really are a son or a daughter of the Infinite and a child of Eternity. All the Powers of the Infinite begin to move through you, which is called in the Bible the Christ in you—the hope of glory. Look always to your spiritual inheritance and never to your human parents or ancestors. You have power over your life and the means and capacity to transform your world.

Cease Blaming Your Parents

As children, all of us were impressionable, malleable, and subject to the beliefs, thoughts, and conditioning of our parents. We did not possess the spiritual understanding or reasoning to reject all the negative thoughts and fears given to us. As an adult, you are responsible for the way you think, feel, believe, and act. You are the only thinker in your world. You and you alone are completely responsible for the way in which you act and react. You are what you think all day long. As you think and feel, so are you and so do you become.

Whatever you were taught by theologians, parents, uncles, aunts, or teachers can be unlearned. The beliefs and traditional concepts you acquired when young, or the mere fact you imitated the superstitious acts of your grandfather when you were eight years old, can all be changed and rectified now, this very moment. Fill your mind with the truths of God and you will then crowd out of your mind everything unlike God.

You Are a King

It is time for you to claim your kingship because you are a king over your entire conceptive realm. Remember, you could go into the jungles of some country and adopt a boy who is primitive and illiterate and then teach him the wisdom of God and have him practice right thought, right feeling, and right action, while all the time reminding him that he is the son of a king and heir to the throne, and the boy will believe you. He will play the role of a prince. He will develop a regal bearing and a noble stance. Gradually he will become a king over his thoughts, words, deeds, actions, and reactions and assume his sovereignty over his life. This happens because the Almighty King is within him; otherwise, it could never happen.

You are a son of the Living God. Claim your inheritance now. The Inner Voice will say to such a person: . . . *Thou art my son, this day have I begotten thee* . . . (Hebrews 1:5).

3

Do the Constellations Govern You?

IDEAS FOR THIS chapter came to the author as we took an interesting motorcade ride through Jordan into Israel, crossing the Allenby Bridge and the River Jordan. We took a sightseeing tour of the famous religious shrines so popular in the stories in the Bible.

A visit to Bethlehem is intensely interesting, as is viewing the lovely hills and valleys of Judea en route. The monastery of Elijah and the Tomb of Rachel have deep inner meanings. The Mount of Olives means a high state of consciousness as you contemplate things Divine. The Garden of Gethsemane, from an esoteric standpoint, means your own mind where, in deep meditation on the Divine Presence, you press out the oil of joy and experience a moment that lasts forever.

The Wailing Wall reminds us to forget the things that are behind and to press towards the mark for the prize of wisdom, truth, beauty, and joy now. St. Stephen's Church and the Dome of the Rock remind us that the church is really within us and that we are here to draw out the wonders of the Infinite within us. Church means "ecclesia," to draw out the power and wisdom of God from your Higher Self. The rock means your conviction of God's Presence, which is invulnerable, invincible, and impregnable.

Bethany, Lazarus's Tomb and Jericho also have profound inner meanings. Jericho means the fragrant state. When you experience an answer to your prayer, you cannot suppress the joy which arises any more than you can suppress the perfume of the rose. Lazarus's Tomb represents any dead state such as sickness, frustration, and dead ideals or desires which have not been resurrected. When you awaken to your Divine Powers, you will call on the Infinite and resurrect that desire dormant within you. Whatever you claim and feel to be true, your subconscious will resurrect and project onto the screen of space.

The Dead Sea also has its symbolic meaning: Nothing lives in it. It has an inlet but no outlet; that is why it is dead. This is to teach us to give generously and joyously of our talents, abilities, and capacities. You can give out cordiality,

geniality, and goodwill. You can exude vibrancy and exalt the Divinity in all those around you. Give of God's ideas. Give as the tree gives its fruit and the sun gives its rays, and ask no questions. Let there be a Divine circulation of God's love, peace, and harmony always operating in you. Let your wealth circulate wisely, judiciously, and constructively. All this is essential for a full and happy life. It is natural to give love in the same manner as a mother gives love to the baby in the cradle. She does not exact a quid pro quo.

Bethlehem means the house of bread; i.e., the bread of peace, harmony, joy, inspiration, and Divine guidance. This is the bread of life. Bethany means the overcoming of any problem through the Power of God in you. Elijah means the Presence of God, or the awareness of the I AM in you, and the knowledge that the indwelling God is your savior.

He Blamed the Stars

“There is a malefic configuration of the planets in my horoscope, and everything is going wrong. Saturn is square my Sun sign,” announced a man who came to consult me some time ago. He was convinced that his acute loss of vision and financial losses were preordained by the stars, even though his ophthalmologist, after examining the fundus of his eye, felt that most likely an emotional disturbance was the source of his declining vision. I might add that he was intensely jealous of the financial success of an associate in business, which was the real reason for his pecuniary embarrassment and ailing ventures.

I explained to this man that it is well known in psychosomatic medicine today that mental and emotional factors play a definite role in disease. During my consultation with this man, who was so afraid of his horoscope, he revealed that he was deeply resentful and full of hostility towards his mother-in-law. He said that he actually hated the sight of her.

I explained to him that his subconscious mind takes him literally and that it selected his eyes as the scapegoat. Furthermore, his jealousy of an associate’s financial success brought impoverishment to himself, because, in effect, he was saying to himself, “He can succeed and go up the ladder and be wealthy, and I can’t.” He was, in effect, placing the other on a pedestal and demoting himself. Actually, he was stealing from himself and attracting more lack, misery, and limitation to himself.

The realization of what he was doing to himself became the cure. He requested his mother-in-law to move, which she did. His resentment and hostility disappeared as he affirmed freely and lovingly: “I radiate love and goodwill to you, and I wish you all the blessings of life. I see the Presence of God operating in you, through you, and all around you.”

He made a habit of this prayer, and his vision subsequently returned to normal. His ophthalmologist informed him that his vision was normal. As a matter of fact, he had been decreeing his own blindness, since his subconscious had no alternative other than to obey his conscious mind’s directives. He began to pray for the success and prosperity of his associate and, much to his amazement, he began to prosper again. He discovered that in praying for the success and prosperity of the man of whom he was jealous, he was also praying for himself. This new attitude of mind dissolved all jealousy, which is the child of fear. All this happened despite the extensive foreboding of the astrological charts.

The Only Power

Shakespeare said, “It is not in our stars but in ourselves that we are underlings.” The only power is in your Consciousness, which means the I AM, your Awareness, the Living Spirit, or God, within you. Therefore, you should give allegiance not to the stars, but to the God Which made the stars as well as the planets. We must give power to the Creator; not to the created thing.

It is continually stated in the Bible that we must cease worshipping false gods. *Thou shalt have no other gods before me* (Exodus 20:3). *I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images* (Isaiah 42:8). *Thou art wearied in the multitude of thy counsels. Let now the astrologers, the stargazers, the monthly prognosticators, stand up, and save thee from these things that shall come upon thee* (Isaiah 47:13).

Two professors who are friends of mine had their astrological charts done for the price of $50 each. At my suggestion, they agreed not to read them lest they impregnate their subconscious mind with the horoscope's negative suggestions. As a matter of fact, for twelve months I was the custodian of their two horoscopes.

During this time I thoroughly explained the law of life to them: *For as he thinketh in his heart, so is he* . . . (Proverbs 23:7). This means that whatever you claim and feel to be true will impregnate the subconscious mind, and whatever is impressed upon the subconscious is eventually expressed. I also explained to them that it is impossible for anything to happen to anyone unless it already has an affinity or some equivalency in the mind. Everyone molds, shapes, and fashions his own destiny by his habitual thought and feeling.

I also explained that even though their subconscious minds may have been polluted with negativity and false beliefs, they could both change by now identifying with the eternal verities rather than with the patterns of the Zodiac. They could charge their mental and spiritual batteries regularly and systematically by contemplating the truths of God, which transcend all the astrological charts.

Each of my friends practiced constructive thinking according to the unchanging principle of the Truth. Finally, at the end of the year, each one examined his horoscope in my office and laughed out loud. There were negative predictions contained in each horoscope which had never come to pass. In fact, where financial losses and accidents were indicated, success and health were encountered instead. Each had not only prospered but had been promoted in his respective college.

Had they read their horoscopes in advance, the negative suggestions would have been impressed upon their subconscious and, undoubtedly, all the things predicted would have occurred. . . . *As thou hast believed, so be it done unto thee* . . . (Matthew 8:13). If you believe in negative predictions, that is what you will, of course, experience, because the law of life is the law of belief.

The Search

According to the law of allegory, Abraham left Chaldea in search of the true god. The Chaldeans were active in the elaboration of astrology, and they ascribed everything to the movement of the stars, thus profanely likening the created thing to the Creator. Abraham, which means “the Father of the multitude” (Our Father), realized that the world is governed by its Maker and First Cause; and he gave all allegiance to God, the only Presence, Power, Cause, and Substance.

The Psychology of Antiquity

Astrology can also be understood as the psychology of antiquity. I have known sensitives and psychics who read the past, the present, and the future with extraordinary acumen, revealing tendencies, and characteristics of individuals, without any knowledge of astrology. Some used a deck of cards and made predictions with amazing accuracy; others, using numbers, revealed past episodes and present plans and purposes. The whole process of the psychic is simply that of tapping the subconscious of the person. The sensitive or psychic is *en rapport* or in touch with your subconscious. Actually, you have told her everything before she tells you anything.

And if there is any validity at all to astrological predictions, it is not because you were born on August 5 or July 4 that you have certain characteristics; rather, it is a result of the collective unconscious beliefs of the race or mass mind regarding that period of the year.

The late Carl Jung said: "Insofar as there are any really correct astrological deductions, they are not due to the effects of the constellations but to our hypothetical time-character."* In other words, whatever is born or done at this moment of time has the qualities of this moment of time.

This is similar to the operation of the I Ching* of China in which Carl Jung points out in his Foreword that whatever happens in a given moment possesses inevitably the quality peculiar to that moment. Down through the ages the race mind has given power to the constellations and signs, believing that they exert an influence over us. In other words, the whole idea of the influence of the signs under which we were born is based on the collective idea or belief in the subconscious of the race.

All of us are a part of the mass mind or race mind and are affected by the beliefs of the collective unconscious unless we can free our minds through scientific prayer, which means the contemplation of the Truths of God from the highest standpoint. The law is: We become what we contemplate.

Mass Mind Belief in America

For example, within the subconscious of 200 million people in this country is the superstition or mass mind belief that a president will die or meet an untimely end every twenty years. This does not have to happen, however. If the occupant of the White House saturated his mind with the inner meaning of the 91st Psalm, he would become completely immunized and so God-intoxicated that nothing could touch him.

How Taurus Becomes Aries

If you say you were born in Taurus when the sun was tropically in that sign, actually, in the sidereal Zodiac based on fixed stars, which is used in the East, the sun would be in Aries. All the delineations you read about are derived from empirical observations. Suppose you were born May 10. An astrologer in India, using the sidereal version of the Zodiac, would say the sun would be in Aries. Consequently, the description of tendencies and characteristics would be different than of someone classifying you as born in Taurus based on outlines given in the various textbooks under that particular sign.

However, when both of the astrologers, forgetting the labels *Aries* and *Taurus*, analyze you according to the period of time, i.e., your date of birth, they would then base their findings on the mass mind belief and empirical observation of thousands of samples taken over the years and would, in all probability, be very similar in their observations and deductions.

Along the same lines, a good graphologist can look at your handwriting and give an excellent delineation of your characteristics, tendencies, aptitudes, and predictions of future successes, etc. All this, again, is based on empirical observations regarding the style of writing and shape of letters, plus the intuitive or psychic perception of the operator.

The Zodiac, with its twelve signs, symbolizes the twelve tribes of the Old Testament and the twelve apostles of the New Testament. In other words, the twelve powers or attributes and qualities of God are within you.

The Names of Stars

"The ancients," said Maimonides, "directing all their attention to agriculture, gave names to the stars derived from their occupation during the year." To understand astrology in terms of the historical development, the distinguished scholar, C. F. Volney, in *Revolutions of Empires*,* published in English in Paris in 1802, pointed out that it was on the border of the upper Nile, among a race of black men, that the complicated system of the worship of stars was organized. It was considered in relation to the productions of the earth and to the labors of agriculture.

Thus, the Ethiopians named stars of inundation, or Aquarius, those stars under which the Nile began to overflow; stars of the ox or the bull, those stars under which they began to plow; stars of the lion, those under which that animal, driven from the desert by thirst, appeared on the banks of the Nile; stars of the sheaf or of the harvest virgin, those of the reaping season; and stars of the lamb and stars of the two kids, those under which these animals were brought forth.

Thus, the same Ethiopians, having observed that the return of the inundation always corresponded with the rising of the beautiful stars which appeared toward the source of the Nile and seemed to warn the husbandman against the coming waters, compared this action to that of the animal who, by his barking, gives notice of danger, and he called this star, the dog, the barker (Sirius).

In the same manner, he named the stars of the crab, those where the sun, having arrived at the Tropic, retreated by a slow retrograde motion like the crab, or Cancer. He named stars of the wild goat, or Capricorn, those where the sun, having reached the highest point in its annuary tract, rests at the summit of the horary gnomon, and imitates the goat, who delights in climbing to the summit of the rocks. He names stars of the balance, or Libra, those where the days and nights, being equal, seemed in equilibrium such as that instrument; and stars of the scorpion, those where certain periodical winds bring vapors, burning like the venom of the scorpion.

Men would say by a natural metaphor: The bull spreads over the earth the germs of fecundity (in spring); the ram delivers the skies from the maleficent powers of winter; he saves the world from the serpent (emblem of the humid season) and restores the empire of goodness (summer); the scorpion pours out his poison on the earth and scatters disease and death.

The above is a brief synopsis of the distinguished research scholar Volney in his article on the worship of symbols.

Zodiac and Its Meaning

The word *Zodiac* means an imaginary line or belt in the heavens. It is not a physical body and, obviously, has no gravitational pull. This is why astronomers and astrophysicists are disquieted and perplexed by people who believe in it. Wisely, however, scientists completely reject the so-called influence of the twelve signs, realizing that the astrologers' claim that the influence is due to gravitational attraction is completely absurd.

The Bible and the Stars

They fought from heaven; the stars in their courses fought against Sisera (Judges 5:20). Undoubtedly, this means that Sisera realized that his horoscope based on astrological findings was unfavorable. As previously pointed out, this is the psychology of antiquity; and the ancients said that if you were born under a certain sign you would have a certain psychological makeup, such as special traits, characteristics, tendencies, and aptitudes, which would be dominant for you. If Sisera believed that the stars were against him, naturally it would be done unto him as he believed, for the law of life is the law of belief.

All of us are brought up with certain beliefs, opinions, fears, and attitudes toward life. All of us are conditioned differently in our youth. However, there is no fatalism, because we can change our lives by tuning in with the Infinite and claiming that what is true of God is true of us. As we think, speak, and act from the standpoint of the Infinite Presence and Power, so will we cast a spiritual horoscope for ourselves based on wisdom, truth, and Divine law and order.

Obviously, Sisera feared defeat and death. As Job says: *For the thing which I greatly feared is come upon me . . .* (Job 3:25). Such an attitude of mind could only end in disastrous defeat for Sisera. Sisera could have broken and overcome the negative predictions given to him by the astrologer. He could have turned to the God-Presence within and claimed peace, harmony, love, and Divine right action; and his life would have changed. Sisera was a Philistine and was not acquainted with the laws of mind or the way of the Infinite Spirit. His defeat was not in his stars but in his subconscious mind.

The Philistines worshipped idols and stone statues in their temples and looked upon them as gods. Many people calling themselves Christians, Jews, Moslems, and Buddhists fear and give power to the swine flu, germs, the weather, black magic, voodoo, evil spirits, cancer, old age, and death. Yet there is no death—only life; and age is not the flight of years but the dawn of wisdom. A billion years from now you will be alive somewhere, for God is life and God cannot die. His life is your life now.

Call Upon this Power

No matter who you are or what you are, and regardless of any Zodiacal sign under which you may have been born, you can call upon this Spiritual Presence and Power Which created the universe and Which is Omnipotent, to guide, direct, and heal you. If you open your mind and heart to receive, It will answer you and restore your soul. However, if you believe that Saturn is working against you, then the Infinite cannot work through you.

Rely upon the Spirit within; then all things will become new and all the obstacles and difficulties will melt and dissolve in the same way as the light dispels the darkness.

All these words really mean is the misuse of the Spiritual Power. There is only One Power—God. It is all based on suggestion. You have the power to reject the negative suggestions or predictions of others. Think good and goodwill follow. Walk in the consciousness of God's love and radiate love and goodwill to all. You will gradually build up an immunity to the negative atmosphere and false beliefs of the world.

Look at voodoo and black magic in their true light. See them for what they really are; that is to say, they are used by persons who are ignorant of the real spiritual power. These people think they know about it, but they don't. When you see them in their true light, this power falls away. There is only One Power, and It moves as unity and harmony, and is the affirmative power. The negative use of the Hidden Power is destroyed by the constructive use of the Power.

The real and ultimate position is that of conscious union with the Source of Life. Get acquainted with this and you need not worry about any action of the negative suggestions of others. Remember the reciprocity between yourself and the Infinite Power. The power of suggestion is *a* hidden power, but the Power Which creates all things is *the* Hidden Power Which is the Source of all things.

The late Judge Thomas Troward in "The Hidden Power" states: "If anybody should be, then, so ill-willed towards us and so lamentably ignorant of spiritual truth himself as to seek to exercise the power of malicious suggestion against us, I pity the person who tries to use it. He will get nothing out of it, because he is firing peas out of a pea-shooter against an ironclad war vessel. That is what it amounts to; but for himself it amounts to something more." It is a true saying that "Curses return home to roost."

A Great Truth

Surely there is no enchantment against Jacob; neither is there any divination against Israel: according to this time it shall be said of Jacob and of Israel, What hath God wrought! (Numbers 23:23). Jacob is man awakening to the Truth of the Divine Presence within him. Israel means a man who believes and knows the sovereignty of the One Spirit and the regnancy of his thought.

But against any of the children of Israel shall not a dog move his tongue . . . (Exodus 11:7).

Our First Clocks

An aerial navigator in Israel said to me that the stars were our first timepiece; and that is right. He shoots the stars on the route he travels and for the time also. The Naval Observatories and the Observatory of Greenwich, England, make use of the stars and the sun to set the clocks to the right time. The stars govern our world to a certain extent, but not in any astrological sense. In the local planetarium the astronomers can take you back thousands of years B.C. because they know the law regarding their movement, which is always mathematically accurate and in perfect precision.

Planting and Reaping

In ancient times men reckoned the time for planting and reaping by the position of the stars. When Aries appeared at a certain place, the Vernal Equinox was near and spring was at hand. The stars are governed by a mathematical precision so rhythmical and godlike that they were worshipped in ancient times. When Libra appeared at a certain spot in the celestial atmosphere, it was the Autumnal Equinox and autumn was near. It was the time of the harvest, and the deciduous trees shed their leaves.

Cycles of Life

There are the cycles of childhood, adolescence, youth, manhood, and old age; and there are yearly cycles, daily cycles, weekly and monthly cycles, and hourly cycles. The cycles of your mental life are based upon your ideas, beliefs, opinions, and convictions which revolve in your consciousness and which come forth according to their nature.

The sun in the heavens was a symbol of God to the ancients. They looked upon its functions as Godlike in relation to the earth. They knew the sun was not God, but it reminded them of the real Invisible Light within. The stars of God represent the stars of truth within you. They symbolize the knowledge, the awareness, the wisdom, and the creative ideas which light up the heavens of your mind, giving you peace, harmony, joy, abundance, and security.

It is foolish, therefore, to worship the stars or the planets, which are only masses of molecular combinations moving in space. Instead, why not worship and give all of your allegiance to the Infinite Intelligence in which you live, move, and have your being.

4

What Is Truth?

AT NEW DELHI we explored both New and Old Delhi, visiting Gandhi's Tomb and Jama Mosque, the Red Fort, Moonlight Square, and many other fascinating and interesting places of historical and religious interest. Jaipur and the famous City Palace, which now houses a museum containing rare manuscripts, is well worth visiting.

We had the rare opportunity of visiting the Taj Mahal during the full moon at night. All of those in our group remained silent for about twenty minutes, contemplating its rare beauty, symmetry, order, and proportion. It is called one of the Seven Wonders of the World and was built by Emperor Shahjehan as a mausoleum for his Queen Mumtaz Mahal in white marble. It is a universal symbol of love. Its walls and palaces, famous for their intricate inlay work, are silent witnesses to the mathematical and geometric skill of the ancient Indian builders. Undoubtedly, they belonged to ancient guilds composed of men initiated into the act of portraying beauty, love, and Divine order in stone and marble edifices. The Taj Mahal may be called a "love story in stone."

Our visit to Banares was very instructive and rewarding. Our guide gave a very fine dissertation on the religious customs, burial procedures, and history of the many famous temples and mosques of both the Buddhists and the Hindus. The idea for this chapter came to me when a member of our group asked the guide: "Do you think the Buddhists' beliefs represent the Truth?" He responded: "What is Truth?" Two plus two equal four. Buddha taught the Truth when he said "ignorance is the only sin." I thought that the young man had replied quite intelligently.

You will recall the following from the Book of John: *Pilate saith unto him, What is truth? And when he had said this, he went out again unto the Jews, and saith unto them, I find in him no fault at all* (John 18:38). You will notice that Pilate's question was not answered. Truth is God and God is Truth, and God cannot be known in the absolute sense. However, we can learn the laws of our

mind and begin to think right, feel right, and act right, thus transforming our lives. The ancients said: “Truth is learned in the silence, truth is felt in silence, truth is transmitted in the silence; for God abides in the silence.”

One woman in our group said that Christianity was the Truth; others thought Buddhism was the Truth, and one of our Hindu friends believed that the Gita contained all the Truth. If a man says Catholicism is the Truth, he is immediately challenged by a Baptist or some other denomination.

Suppose you have people claiming to be Christian Scientists, Unitarians, Divine Scientists, Religious Scientists, Catholics, Protestants, Buddhists, etc., all claiming to have the Truth. It would be somewhat similar to the fable of the blind men describing an elephant. There is only one Truth, one Law, one Life, one Power, one Substance, one God—the Father of all—the Life Principle—from which all things come. This is why Jesus was silent when he was asked the question. Truth is the Silent Presence, the I AM, or God, in all of us. The Bible says: . . . *I am the way, the truth, and the life* . . . (John 14:6). I AM means Being, Life, Awareness, God—the Self-Originating Spirit within you, without face, form, and figure.

If you claim that Buddhism is the Truth, you may have an argument on your hands. Whenever you put a label on It, you don’t have the Truth. The old saying which is lost in the mists of time is very appropriate: “When you name It, you cannot find It, and when you find It, you cannot name It.” It is the Nameless One within you, without face, form, or figure, timeless, shapeless, and ageless. How could you put a label on It?

For example, how could you label love, peace, harmony, joy, goodwill, inspiration, guidance, beauty, laughter, honesty, integrity, or justice? Surely you would not refer to these qualities and attributes as Catholic, Protestant, Jewish, or Hindu. Neither would you label the principles of chemistry, physics, astronomy, mathematics, etc. All these are cosmic and universal and are available to all men. God is no respecter of persons.

. . . *I perceive that God is no respecter of persons* (Acts 10:34).

You Are in a World of Opposites

If it is raining and very foggy and you are going on a journey, you might say, "It's a bad day today." The farmer whose land is suffering from drought says, "It's a wonderful day," and he blesses and rejoices in the rain. The facts of life are not the same to all people. Anything you say about religion or politics has its opposite and an opposing argument.

Emerson in "Compensation" elaborates on this subject, which he calls: "Polarity, or action and reaction, we meet in every part of nature; in darkness and light; in heat and cold; in the ebb and flow of waters; in male and female; in the inspiration and expiration of plants and animals; in the systole and diastole of the heart; in the undulation of fluids and of sound; in the centrifugal and centripetal gravity; in electricity, galvanism, and chemical affinity. Superinduce magnetism at one end of the needle; the opposite magnetism takes place at the other end. If the south attracts, the north repels. To empty here, you must condense there. An inevitable dualism bisects nature, so that each thing is a half and suggests another thing to make it whole, as spirit, matter; man, woman; odd, even; subjective, objective; in, out; upper, lower; motion, rest; yea, nay."

The late Judge Thomas Troward, author of many books on mental science, said that if a thing is true, there is a way in which it is true. For example, a man may say: "Strawberries gives me hives," yet millions of people eat strawberries and do not get hives; rather, they look upon the berries as a universal food item. The man who is allergic to strawberries has made a law unto himself so that what he says is true for him. But it is not a cosmic or universal truth. If it were, everybody who eats strawberries would suffer from the same disturbance. Each of these two opposite statements is true in its own way. He manifests his personal relationship to strawberries.

You Can Be Changed

One of the men on our trip said to me that human nature can't be changed. Then he elaborated on the crime and savagery going on in different parts of the world and the brutalities and torture practiced on all sides in the recent wars. I pointed out to him that he can't make dogmatic and authoritative statements like that without being challenged. Every priest, rabbi, minister, psychologist, psychiatrist, and medical doctor has seen miraculous changes take place within an individual. The author has witnessed the complete transformation of murderers, alcoholics, and dope fiends who subsequently became great boons and blessings to humanity.

Generally speaking, we may note that human nature has not changed much in the last 2,000 or 3,000 years; but look at the many thousands of people down through the ages who have completely changed and have decided to lead God-like lives. If you are an attorney pleading a case for your client, you will admit that the opposing counsel can build up an excellent case for his side. His contradictions of all your points seem just as logical as yours. Likewise, the Buddhist can build up an excellent case on his side, just as the Christian theologian can build up a good case for his beliefs.

The Truth Always Works

. . . *Do men gather grapes of thorns, or figs of thistles?* (Matthew 7:16). *Wherefore by their fruits ye shall know them* (Matthew 7:20).

Truth is one and indivisible, for God is Truth—the same yesterday, today, and forever. Many people are perplexed and bewildered by the complexities of conflicting theologies, and they hunger and thirst for the Truth which will set them free. For example, the various denominations in Christianity as well as other religious groups disagree among themselves in their creedal assumptions and practices. Moreover, the teaching of the hundreds of sects, not only in Christianity but in other religions of the world, is full of inconsistencies and absurdities.

Truth sets you free from fear, ignorance, superstition, sickness, lack, and limitation; it solves your problems and brings peace to the troubled mind. You will meet people in many parts of the world who have no religious affiliation of any kind; but they are full of faith and confidence in the goodness of God, and in the guidance and love of God. They have an inner peace and an inner light; they are prosperous and full of goodwill and the laughter of God.

Religion is of the heart; not of the lips. They bring forth the fruits of the Spirit, which is the real test for Truth. Truth always heals. When you are happy, joyous, free, and expressing vitality, peace, and abundance, you are revealing the fruits of the Spirit. There is no such thing as undemonstrated Truth: As within, so without; as without, so within. There can be nothing in your subconscious mind that is not made manifest sooner or later in the outer phases of your life.

. . . *If thou canst believe, all things are possible to him that believeth* (Mark 9:23). What do you believe about Life, God, the Universe? The answer you give to that question determines everything in your outer world. You are belief expressed. Learn to believe in the creative laws of your mind. Know that your thoughts are creative. What you imagine and feel you experience. Cease believing in creeds, sectarian concepts, liturgies, ceremonies, and rituals.

Believe that the Infinite Intelligence responds when you call upon It. Believe in a God of love governing you, guiding you, watching over you, and you will prosper beyond your fondest dreams. You don't have to believe in Catholicism, Buddhism, Judaism, Shintoism, or Hinduism. You don't have to believe in any rites, wafers, wines, statues, men, or saints.

Where Is Your Faith?

The Bible says: . . . *According to your faith be it unto you* (Matthew 9:29). In response to the question: "What is your faith?," some will say, "I'm a Mormon," "Jew," "Protestant," "Buddhist," etc. Faith is an attitude of mind—a way of thinking. It is an awareness of the Indwelling God and of your capacity to let it function in all phases of your life.

You have faith when you know that whatever is impressed on the subconscious will be expressed. Faith has nothing to do with creeds, dogmas, or traditional rites, formulations, ceremonies, or doctrinal beliefs expressed by churches. Your faith is what you really believe deep down in your heart—your real inner conviction about God and life in general.

What are your emotional espousals and inner beliefs about yourself and your inner powers? Your subconscious assumptions, beliefs, and convictions dictate and control all your conscious actions. The Bible states what real religion is all about: *For as he thinketh in his heart* (subconscious mind), *so is he* . . . (Proverbs 23:7).

One Fundamental Truth

Underneath all the religions of the world, realize there is but One God and One Truth. All the doctrines, teachings, and rituals deal with the relativity of Truth. A man may say to you: “I offered incense and a lighted candle and certain prayers at the shrine of Buddha and I received a miraculous healing in response to my prayer.” His prayer was answered, not because of the candle, incense, or shrine, but because of his subconscious belief. In other words, he answered his own prayer. His subconscious responded to his blind belief. That is the truth about it; not the reason which he gave. According to his belief was it done unto him.

Change Eternal Is at the Root of All Things

Everything changes. Every time you get a new idea or a new concept of Truth, you have changed physiologically. You are constantly changing. You have a new physical body every eleven months. Constant change is at the root of all things. The late Ernest Holmes, author of *Science of Mind*, once told me that three men on his block made a dogmatic statement and reached the positive conclusion that a certain man they saw going down the street in the direction of a cocktail lounge was going to that bar to get drunk. He asked them why they were so certain and definite in their statement. They answered that every day at the same time in the evening this man appeared and went directly to the bar. However, this particular evening he went to the door of the tavern and turned back and never went there again. He had suddenly decided to stop drinking and to become a new man.

This indicates that you can't come to an absolute judgment about anything in the world. They forgot the great Truth: . . . *Be ye transformed by the renewing of your mind* . . . (Romans 12:2).

Looking at the Two Sides

A woman may come to see you and tell you all the reasons why she wants a divorce. What she says may sound plausible and logical. A few hours later, her husband, not knowing that his wife had come to see you, may visit you and tell you all the reasons why he wants to preserve the marriage. He may also sound logical and reasonable in his conclusions. Both of them cannot be right, but each one is looking at the situation from his or her individual viewpoint.

Many times these couples seeking a divorce will tell you that a marriage counselor had told them that they had to adjust to reality, and they are confused by the word *reality,* which is relative and based on the person's attitude towards life in general. There is Divine Reality, for example, which refers to the Changeless Being called God, Which never changes. But the world in which we live is constantly changing its standards, mores, and mode of living.

What both the husband and wife mentioned above really want is peace, harmony, love, understanding, and goodwill. If each of them will sincerely pray for these qualities, they will either be drawn closer together or find their highest happiness apart. Infinite Intelligence will solve the problem for them.

There are two sides to the divorce question, just as there are two opposing viewpoints to every proposition, whether political, religious, concerning human relations, or whatnot. There are two ends of the stick and an inside and outside to yourself and everything else in the universe.

Einstein stated the whole matter succinctly when he said: "The world we see is the world we are." In other words, your inner world represents your habitual thinking, beliefs, opinions, imagery, training, and indoctrination. You are always projecting your inner state of mind onto people, conditions, and events. You look at people and conditions through the content of your mental imagery. If you look through the eyes of love and understanding, you will see a different world and you will also react differently to people and circumstances.

There are two realities: the external world to which you react and the inner world of thought, feeling, and imagery. The secret is to reconcile the opposites and experience peace and equanimity. The man or woman who looks out through the eyes of hatred and resentment colors everything he sees and hears with that attitude of mind, and his relationships with people and events generally result in chaos, suffering, and misery. If, for example, you pour a teaspoonful of black ink or some indigo dye into a gallon of distilled water, you color the entire contents.

Your consciousness determines your relationship with the external world and with other people. Your state of consciousness is the way you think, feel, believe, and whatever you consent to mentally. This attitude of mind is definitely and positively the cause of all your experiences in life. Your associates and acquaintances react differently to life's experiences based on their attitudes, beliefs, and inner emotional espousals.

The following ancient saying sums it all up: "What thou seest, man, that too become thou must, God if thou seest God and dust if thou seest dust."

He Was Allergic to Ham

I remember the case of a soldier in the First World War who had told the sergeant, “I can’t eat ham. I break out in a terrible rash.” The sergeant said there was nothing in the regulations that says you must eat ham, and then walked away. After a long, twenty-mile hike through rough country, a concoction was served by the sergeant, of which the particular soldier ate generously. The following day the sergeant told the soldier that ham was the major ingredient of the concoction served and that he had not broken out in a rash. Everybody laughed, including the soldier.

He was healed of a false belief. The soldier did not know he had been eating ham, inasmuch as the mess sergeant had disguised it by mixing it with many other ingredients; therefore, the soldier, not knowing that it contained ham, had no reaction. It seems that this particular soldier, as a child, had eaten some ham, which apparently was tainted, and he had become ill. His mother had told him he must never touch it again.

You can readily see that it was thus a subconscious fear or belief on his part. There was nothing bad for his health in the ham served by the army. The soldier had had a very poor personal relationship to ham and was now healed by laughing it off.

Propaganda and Its Effect

Many people ask me whether they should smoke or not and what I think about the cancer scare due to cigarettes. My answer is that each must follow his own belief about smoking. It is a personal decision; therefore, if a person is afraid that cigarettes or smoking a pipe could bring on cancer, he should avoid them. It is done to each according to his belief. I know people here in Leisure World and have known many in Beverly Hills who are advanced in years (eighty to ninety), who have smoked cigarettes for fifty to sixty years and who have had no bad reaction at all. This is true all over the world.

The effect of cigarettes upon different people is entirely different, based on their mental makeup. Medical men know that thousands of people who smoke cigarettes get lung cancer; again, thousands of people who smoke cigarettes constantly do not get lung cancer. So it is foolish to make authoritative and absolute pronouncements, such as "If you smoke you will get cancer." It depends upon the particular person.

Job said: *For the thing which I greatly feared is come upon me* . . . (Job 3:25). There is a mass mind belief regarding the effects of nicotine in cigarettes and tobacco, and this mass mind impinges on all of us. But if we rise above the mass mind, we can then neutralize the effect. I am now thinking of a relative who smoked constantly, teaching past ninety-nine years of age. He never suffered any ill effects from smoking. He never heard of cigarette cancer scares and the dire effects of smoking given out by the medical profession and by the news media today. Obviously, he had no fear of ill effects. In his own way he believed that smoking was relaxing and soothing, and he enjoyed it. I am sure it was done unto him according to his belief.

What is your personal belief? Follow your belief, as it is the principal factor in all this propaganda.

The One Great Certainty

The one great Truth is that God is God and the Law is Law—the same yesterday, today, and forever. The Truth is constant and invariable. God is timeless, changeless, ageless, absolute harmony, the eternal now!

A woman here in Leisure World, Laguna Hills, told me that she had been absolutely sure that her father in Chicago would give her $10,000 to pay off the mortgage which was pressing upon her. On the phone he had said that he would mail her a certified cashier's check and she was elated, but before he could send it, he died of a sudden heart attack.

You cannot be absolutely sure about anything in this changing world but one thing: God is God and never changes. You can absolutely trust the Infinite Presence and Power. It is always the same—yesterday, today, and forever—absolute, beyond time and space, and beyond all argument, disputation, and dialectics. Place your trust and confidence in the Infinite, which lies stretched in smiling repose.

He Was a Constant Loser

I had a most interesting conversation with another man during this trip around the world. As a young man, he said, he had played the horses and had lost constantly. He squandered about $2,500 in gambling at the race track, believing that he had acquired a system. When he lost, he tried to get his money back by betting larger and larger sums of money. Of course, due to his fear, however, he continued to lose.

One day he went to the track with his last $2 to place on a sure thing. He lost. He was now penniless. Suddenly he found a $100 bill on the grass and was naturally elated, telling himself that his luck had changed and that he was going to recoup his losses. He had a new frame of mind and had supreme confidence in his good fortune. He picked five winners, which paid him large sums of money. The next day, though, he was visited by Secret Service men advising him that the $100 bill was a counterfeit. He had been identified by the cashier.

His explanation satisfied them, but he then realized for the first time in his life that it was his confidence and faith that had produced the results; not the worthless piece of paper. This was the turning point in his life. From that moment forward, he forgot about trying to make a fortune by depending on horses; rather, he placed his confidence on the Eternal Source, Which never fails and which is absolutely dependable and absolutely trustworthy; and because of that One Great Truth and certainty, he is now travelling and lecturing around the world. He has found peace, joy, and strength in this changing world.

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint (Isaiah 40:31).

5

The True Art of Meditation and Relaxation

KATMANDU, THE CAPITAL of the Himalayan Kingdom of Nepal, the “Shangri La” of the travel world, is located on the southern slopes of the mighty Himalayas between India and Tibet. This is a country that has been isolated for centuries by its rulers. Nepal has wonderful, unique sights to offer travellers from all over the world.

Nepal is famous for its scenic beauty and the glorious, panoramic view of the snowy ranges. The town of Patan is lined with pagodas, the Krishna Temple, and the Golden Temple, which is outstanding in beauty. Here we saw a number of elderly men meditating on the temple steps and at the entrances to the various shrines. Their eyes were closed and some seemed to be in a mystic trance. The idea for a chapter on meditation and relaxation came to my mind.

How to Meditate Constructively and Easily

There is no mystery about meditation. Everybody in the world meditates, but not always constructively. Meditation is as natural as eating, drinking, breathing, etc. The businessman, the scientist, the housewife, and the taxi driver all meditate. Even the agnostic, the atheist, and the most seemingly materialistic minded business people constantly meditate. The only difference is that they do not meditate on spiritual things—on the eternal verities, which are the same yesterday, today, and forever. When you meditate from a spiritual standpoint, it is absolutely essential to practice the Presence of God.

True Spiritual Meditation

True meditation is a way of experiencing the Presence of God. It is the quickest method of becoming illumined, inspired, and absorbed in the Truths of God and of experiencing the moment that lasts forever. This simply means that you become engrossed in God, knowing, believing, and intensely confirming that the Living Spirit Almighty within you is the only Presence, Power, Cause, and Substance, and that everything you are aware of is a part of the Infinite Being in manifestation. Sit down quietly, relax your mind, and focus your attention on this greatest of all truths; then you are truly meditating from a spiritual standpoint because you are mentally ingesting, digesting, absorbing, and appropriating this truth into your mentality in the same manner as that in which an apple becomes a part of your blood stream.

For example, John Jones gets up in the morning and immediately picks up the newspaper, reading the headlines dealing with politics, crime, and international disturbances. Many times he gets agitated and disturbed about the political situation. He gets furious at the decisions of some judges and terribly exercised about what certain columnists had written. He is so absorbed and engrossed in his mental recriminations that when his wife speaks to him, he does not hear her.

This is a first-class meditation having very negative results. Know that whatever we get absorbed in or give our attention to is magnified by our subconscious. The newspaper has no power to disturb him, as the written material, which is printed in ink, has no power to irritate him or give him indigestion. It was all due to the movement of his own thoughts. He disturbed himself. He could have read the newspaper dispassionately. He might be moved at times to write constructive letters to his congressman or to the appropriate governing bodies in his city, but the newspaper and its contents had absolutely no power whatever to annoy him.

People all over the world meditate on old hurts, peeves, grudges, grievances, lawsuits they lost, a blowout on a lonely road, losses they suffered in the 1929 stock market crash, and the mistakes they have made, not knowing that they are simply magnifying the troubles and reinfecting themselves all over again. If a negative thought comes into your mind, cremate it with a spiritual thought such as, “God is love, and His peace fills my soul.”

For example, if you are dwelling on what the prophets of doom and gloom today are predicting, or if you are mentally quarreling with the boss on the job, you are indulging in a first-rate meditation, which is followed by negative results. Ouspensky used to say that one’s inner speech becomes solidified sound, which means that your silent conversation with yourself is always made manifest in your experience. The silent thinking and imaging, whether constructive or negative, comes forth as form, function, experience, and event in your life.

The Fruits of Her Spiritual Meditation

I received a lovely letter from a woman in Oregon who had a malignant tumor. She had been reading *Great Bible Truths for Human Problems*[*] and had become intensely interested in the techniques of prayer outlined therein. She had begun to meditate on the God-Presence, reminding herself that the Infinite Healing Presence was within her and that God was boundless love, absolute harmony, infinite intelligence, omnipotent, all-wise, and omnipresent. She then claimed for about fifteen or twenty minutes two or three times a day that "God is, and His Healing Presence is now flowing through me. Divine love saturates my whole being and God in the midst of me is making me whole and perfect now. I give thanks for the miraculous healing taking place now. It is done!"

In about a week's time she knew that something had happened, and her surgeon confirmed her intuitive perception. The tumor was dissolved, and X-rays showed nothing there. This is spiritual meditation. It produced results. You are living in a subjective and objective world, and you must show results in both phases of your life.

What Is Meditation?

The Bible is replete with references to meditation. To meditate, in the language of the dictionary, means to keep the mind or attention focused upon; to muse upon or over; to consider something to be done or affected; to engage in thought or contemplation; to ruminate, reflect, cogitate, study, think. That is why everybody meditates.

What Does the Bible Say?

The Psalmist says: *But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper* (Psalm 1:2–3).

Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer (Psalm 19:14).

As the Psalmist points out, your delight is in the law of the Lord, and the law is: You are what you contemplate. You are what you think all day long. Give your attention and devotion to the great truth: . . . *As he thinketh in his heart, so is he* (Proverbs 23:7).

It is the ideas, beliefs, and opinions impressed in your subconscious mind that are projected and made manifest on the screen of space. You must incorporate the eternal truths of God in your subjective depths before they will become operative in your life. You must, therefore, practice contemplating on the great truths of God from the highest standpoint.

Follow the injunction of the Psalmist when he says: *Let the words* (thoughts expressed) *of my mouth, and the meditation of my heart* (the inner, silent knowing of the soul; your deep, abiding faith and conviction) *be acceptable* . . . (Psalm 19:14).

In other words, in true spiritual meditation, your brain and your heart must agree on what you affirm. To state it still another way, your conscious and subconscious mind must both agree; then comes the manifestation of your good. Your thought and feeling, fused together, represent the union of the male and female elements within you, which are Divine agencies, resulting in the joy of the answered prayer.

The Moment that Lasts Forever

In talking about meditation during my visit to India, a man who had been a chronic alcoholic and a dope addict (he had used cocaine from time to time and told me he had even hit the gutter and had become a panhandler) related that one day he had met a holy man. (There are about two million roaming the country in India.) The holy man told him that all he had to do was to still the wheels of his mind and for about half an hour, twice a day, affirm: “Brahma’s love, peace, beauty, glory, and light are flowing through my whole being, purifying, cleansing, healing, and restoring my soul.”

He followed the instructions, knowing that he would activate and resurrect the qualities and powers of God resident in his subjective depths. He continued meditating every night and morning; and at the end of a few weeks, while meditating one night, his whole mind and body, as well as the room he was in, became a blaze of light. He was actually blinded, as was Paul, by the light for awhile. He felt an inner rapture and ecstasy and a sense of oneness with God and the whole world. His feeling was indescribable.

He had experienced what the ancient mystics called “the moment that lasts forever.” He was completely healed and is teaching others how to lead a new life. He invested his mind wisely—that is real meditation.

Meditation Molds Your Future

You are what you meditate on all day long. The late Dr. David Seabury, who specialized in Quimby's techniques, told me that while he was practicing in New York City, a man had asked him to come and see his wife, who was paralyzed due to an emotional shock. Dr. Seabury called it psychological paralysis. He gave her a technique to practice. She was to vividly imagine herself doing all the things she would do were she whole and perfect, such as driving her car, riding horseback, golfing, and working around the house.

She practiced this for about fifteen or twenty minutes four or five times a day, regularly and systematically. He explained to her that any image she held in her mind, backed by faith and enthusiasm, would come to pass and be objectified. At the end of a month, he arranged with the nurses to absent themselves temporarily at a time arranged by him, simultaneously informing the woman that her son would call from India at that hour. (All this had been arranged with the son beforehand.)

At exactly 12:00 noon, the phone rang and kept on ringing, she knowing it was her son. The phone had been purposely placed out of her reach. She got up and walked to the phone and has continued walking for many years afterwards.

She had been very busy for a month focussing her attention on walking, riding, etc. She had expended a vast amount of mental and spiritual energy towards a specific goal of walking again. Her mental image was energized by faith and confidence in the Power within her. She had been truly meditating. Then, when she heard the phone ring, knowing her son was to call at that hour, the longing to hear his voice seized her mind and activated the Spirit within and she experienced the results of her meditation. Her thought-image was the mediator between the invisible world of Spirit (God) and its physical manifestation of walking.

Transcendental Meditation

Emerson was a transcendentalist, and he healed himself of tuberculosis by meditating on the beauties and glories of nature. He wrote a magnificent chapter on nature, saying: “Crossing a bare common, in snow puddles, at twilight, under a clouded sky, without having in my thoughts any thoughts of special good fortune, I have enjoyed a perfect exhilaration. The currents of the Universal Being circulate through me; I am part and parcel of God.”

In meditating and writing on the beauty, order, symmetry, and proportion evident in all nature and contemplating the glories of the stars and the celestial beauty, he brought about a molecular change in his body to conform to the pattern on the Mount. He called the stars the daily bread of the soul. His contemplation transcended his five senses, and he dwelt on the One, the Beautiful, and the Good in himself and in all of nature. He practiced real transcendental meditation.

The Om Mantra

In the East, the word “Om,” which in our Bible is called I AM, means Being, Life, God, Awareness, the Living Spirit Almighty. Many repeat the word “Om” over and over again as a chant. You can repeat “I AM” to yourself over and over again; and as you continue, you will find an inner peace and tranquility.

A mantra can be a verse from the Bible, a word, a hymn, or the sound “Om” repeated over and over again. “The Lord is my shepherd” is a good mantra. It is much better to know the meaning of what you are affirming than to use a mantra blindly without knowing what you are saying. Your repetitions will get no real result without meaning. If you want to grow spiritually you should know what you are doing and why. There must be meaning and feeling behind the verse, mantra, or word.

You can use the word “peace,” repeating it for fifteen or twenty minutes, and you will become very peaceful, relaxed, serene, and calm. Another wonderful mantra is “God is love.” A businessman told me that at the suggestion of a professor of psychology, he took the word “Coca Cola” and repeated it to himself for twenty minutes twice a day. He said his blood pressure dropped, his digestion improved, and he felt relaxed and more peaceful. The psychologist had wanted to point out to him that any word used over and over again would bring relaxation of mind and body, resulting in better circulation, digestion, and the release of more energy.

He produced a quiet mind by focussing on one word. Likewise, you can take any word, such as “insight,” and repeat it and get the same results. The one word, “Coca Cola,” may well bring about the bodily changes mentioned; but that is not really spiritual growth, because to meditate spiritually, you must appropriate more and more of Divinity and become a more God-like man.

Cleanse Your Mind

Before you meditate spiritually, forgive yourself completely for any negative thoughts and resolve not to harbor them again. Furthermore, forgive everybody else by radiating love and goodwill to them while wishing for them all the blessings of life. You will always know when you have forgiven everyone, because you can meet them in your mind and you no longer sizzle; you are at peace. You would not pour clean water into a dirty vessel. The vessel is your mind. You don't expect the Holy Spirit to flow through a contaminated mind. Resentment, self-condemnation, hostility, and ill will block the flow of good into your life. Meditate the right way. *And when ye stand praying, forgive, if ye have ought against any* . . . (Mark 11:25).

The discipline of looking inwardly is meditation. What we understand we do naturally; what we do not understand we force ourselves to do. Students so often tell the teacher how hard they have tried. The very effort meant failure, for meditation is always effortless. Tension, exertion, and force are fatal and will only result in failure.

An excellent way, for example, to still the mind is as follows: Imagine yourself on a mountaintop, looking into a lake. In the placid surface you see the sky, the stars, the moon, and those things above the earth. If the surface of the lake is disturbed, the things seen are blurred and indistinct. Thus, it is with you, if you are not "still"—not at peace.

And the answer to prayer comes only to the man who dwells with all tranquility on the joy of already having received that for which he prayed. Meditation may be called the internalizing of consciousness; it is the pilgrimage within to the Divine Presence.

Half an hour a day spent on meditation upon your ideals, goals, and ambitions will make you a different person. In a few months' time the gentle, silent acknowledgment comes that God is within you; that the Spirit of the Almighty is now moving on your behalf and that which you long to be, to possess, and to do is already a fact of mental acceptance.

Man actualizes this state by feeling the thrill of accomplishment; and when he has succeeded, he will no longer be worried, anxious, or apprehensive. Moreover, he will not ask anyone for advice, because he will be under compulsion to do that which is right. His subjective mind compels him to take all the necessary steps for the completion of his goal or objective.

After prayer, if a man is still doubtful and he begins to argue with himself as to which course to pursue, it means that he has not fixed the desired state in his subconscious. *For I say unto you, Among those that are born of women there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he* (Luke 7:28). This means that any man who prays successfully and who touches Reality by getting into the proper mood or feeling is greater than the wisest man alive.

Most of us live life looking outwardly. The wise learn to look inwardly. The disciplines of looking inwardly are termed together "meditation." Detachment is the key to meditation; that is, severing ourselves completely from all worldly beliefs and opinions, focussing silently on our ideal state. It is the effortless-

effort which causes us to flow towards that which we realize without conflict. Detachment does not mean that we give up our earthly possessions, which are necessary for our survival; but, rather, we must give up possessiveness in ourselves by realizing that God possesses all and that we are stewards of the Divine, handling what we possess wisely, judiciously, and constructively. We must not give up what we have, but rather give up the attachment that peculiarly limits us to a human viewpoint in all matters.

Be Still and Know I Am God (Psalm 46:10)

Quiet your mind and remind yourself that the “I AM” within you is God, the only Presence and Power. Stillness is not only keeping quiet; it means that the causes within the mind by which the inward life is rendered discordant have been removed. It means that there must be no inner dissonance; but, rather, that when man goes within himself, he must find perfect and abiding peace.

Knowing that God is within himself makes man live in a world that is ever peaceful. The lack of it makes man live in a series of conditions which grieve him to the end. He fusses and fumes about things which, if he saw them differently, would not cause one moment of unhappiness.

Every day of our lives we should meditate on beauty, love, and peace. We should feel that these qualities are being resurrected in us. As we meditate on wisdom, truth, and beauty, we will experience the second birth, or spiritual awakening.

Moving Inward

By moving inward and meditating on the I AM, or God, the mystic finally finds the Real. As he goes inward, he realizes first that this thing called the body is simply waves of light, and that this earth upon which we are seated becomes flames of light. The external life becomes the dream, and the internal life awakens. As man moves further and further inward, he finally merges with the Infinite. Suddenly man, the meditator, perceives that by going inward he has found the universe; that the sun, moon, stars, and planets are within. For the first time he knows that planets are thoughts; that suns and moons are thoughts; that his own consciousness or I AMness is the realization which sustains them all; that temporarily in space are moving the dreams of the dreamer; and the worlds, suns, moons, and stars are thoughts of the Thinker. God is meditating, and we are His meditation. It is God meditating on the mysteries of Himself.

This inward journey, therefore, ultimately leads man to Nirvana—to the Real; it leads man away from the sense of the small "I" to the realization of the Indwelling God—the Eternal Self. The mystic's mind, through meditation, finds the peace, the strength, and the fortitude for further steps. The practice of the discipline of meditation bestows beauty, love, peace, grace, and dignity upon every impulse, every attitude, and every act.

Let us meditate on these lines, written by the finger of God, the Ancient of Days, which have come to us down through the ages, ever the Ageless Wisdom: "Of all existence I AM the Source, the continuation and the end. I AM the germ, I AM the growth, I AM the decay. All things and creatures I send forth. I support them while they yet stand without, and when the dream of separation ends, I cause their return unto myself. I AM the Life, the Wheel of the Law, and the way that leadeth to the beyond. There is none else."

Relaxation

The following is a very old technique of relaxation practiced in India, Nepal, and other countries:

1. Your chest, neck, and head should be held in as straight a line as possible.
2. Then inhale through the nostrils, mentally counting six pulse-throbs.
3. Hold your breath during three counts.
4. Exhale through the nostrils six counts.
5. Hold the lungs empty during three counts.
6. Repeat as often as desired, as no slightest discomfort is felt.

After a little practice, the rhythm will be perfectly established without the necessity of mental counting. When this is achieved, all tenseness and effort will disappear and complete relaxation results.

Later you can execute this exercise with perfect ease while walking, making each step a rhythmic unit of count. However, in the beginning, especially for people living in the city where they experience constant interruption of traffic crossings and congestion, it is better to confine the exercise to the sitting or lying down posture.

In addition to the physical reaction of this rhythmic breathing, there is a spiritual response. With each inhalation, you may impregnate your subconscious with whatever idea you wish. It is important to remember that the suggestion or idea you have in mind should be practiced simultaneously with the inbreathing. In this relaxed state, there is an outcropping of the subconscious, which is the best and easiest way to impregnate your deeper mind. For example, if you are gloomy or despondent, as you inbreathe, orally or mentally say, “I AM happy” and feel it. Smile. This exercise may be repeated twenty-four to a hundred times at one time and repeated as often as you like.

Learning to Breathe Rhythmically

When we learn to breathe rhythmically, its effect on the nervous system is such that all tension is dissolved. All of us know from a physiological standpoint, deep, diaphragmatic breathing is very beneficial in promoting bodily well-being. The sensation of wellbeing, which always follows the drawing of a deep breath, favors the acceptance of any new idea or suggestion.

During these breathing exercises, we should visualize ourselves as we long to be—full of vigor and health. The regular rhythm of breathing brings about a stimulus analogous to that exerted by every rhythm, such as, for example, music or dance forms which have a soothing, lulling influence. This rhythm tends to immobilize the attention and induce relaxation.

Healed of Asthma

In talking to an elderly woman in the hotel at Katmandu, Nepal, she said that she had suffered from asthma for several years and that a priest in one of the temples had given her a spiritual formula which had healed her of the affliction. The spiritual exercise was as follows:

She sat down quietly in her arm chair and began to breathe slowly. With each inhalation she would silently affirm, “I AM all health.” With each exhalation she would affirm, “God is my health.” She would keep this up for from ten to fifteen minutes, morning and evening and also at noon.

In two weeks’ time she was healed and is now vital, strong, and bubbling over with enthusiasm at the young age of eighty years.

Your Body Is Constantly Changing

Man is a pulsating, rhythmic being. Our bodies are as much subject to rhythmic laws as is everything else in the universe. The ancients said, “Every atom in space dances to the rhythm of the gods.” The universe (one verse) is simply one note or tone in God; but there is an infinite number of tones or rates of vibration within the one. Everything that we see is vibrating, and nothing is in absolute rest in nature. Only God is motionless. Nature is the birth or activity of God—the One manifesting Himself in countless ways. The moment forms appear in the world, they begin to change; and from them appear other forms, and so on ad infinitum.

Forms are simply appearances; they come and go. Likewise, the body of man is constantly changing. Science tells us that man has a new body every eleven months. The cells of the body are constantly dying, being replaced by new cells. If man spiritualizes his thoughts, the cells of the body will take on a new spiritual overtone, and his whole being will be transformed into vitality and wholeness.

There is almost a complete change in the chemistry of the body in a matter of seconds and minutes, so much so that scarcely one atom or electron composing your body will be present a few months hence. All is vibration, and constant change pervades the universe. The beating of your heart follows a certain rhythm; so also does the ebb and flow of the tide.

Cease Blaming Others

We must realize that the cause underlying most failures to effectual prayer is muddled thinking and lack of emotional control. The important thing to observe is that we find the same law operating in the magnetic attraction of impulses of fear, jealousy, anger, and despair (which are responsible for most of the failures and frustrations in life) as we find in the ineffable emotion of love, which results in good. A single principle, an identical force, lies underneath accomplishment or failure.

Fear begets inescapable trouble and tribulation. Manifestations and experiences differ according to the emotional attitude and mood of the individual. It might well be said that all disease has its origin in emotional frustration. Man is the product of his emotions and moods.

The tendency in many people is to project blame onto others for the unfortunate circumstances or failures in life, stressing heredity, environment, or lack of opportunity. This attitude of mind sometimes acts as a temporary hypodermic to bolster lagging morale, but it does not get rid of the causes of suffering and affliction.

The World Is a Mirror

Our world is a mirror reflecting our predominant mental attitude, and is constantly showing us ourselves. We do not always like what we see; neither do we regularly and systematically take the initiative and proceed to change the picture. If we indulge in negative tendencies, we soon come face to face with conditions of a similar vibration based on the fact that like attracts like. This is the perfect working of the law of cause and effect. We constantly deny that everything depends on cause, and with stupendous blindness we seek to change the effect.

A streak of jealousy aroused in us will indubitably attract situations involving other jealous people, either in the home, at business, or in our social world. Quite often we hear people say that the one thing they dislike most is jealousy in others. If we watch their reactions, we find the fault is in themselves. What we think or feel finds its affinity in our external world and finds its likeness.

Looking Inside Ourselves

We must learn to take the beam out of our own eye by self-study, self-awareness, and self-examination. Eventually we shall not discern even the mote in our brother's eye. When we see faults in others, let us look inside ourselves, for there we shall find them, if we look with unbiased examination, hidden in the recesses of our own mind.

Changed Attitudes Change Everything

If we constantly fail to achieve our goals in life and all our efforts meet a stone wall, we must look within and see why. To effect a change of circumstances and conditions in our lives, there must be a change of mental attitude, a mental acceptance dominated by the spirit of success along all lines. In order to succeed, we must realize that we are born to win and that the Infinite within us can't fail, knowing that we will generate the confidence of success, erasing from our mind every discordant thought. It is our mood, the intensity of sustained faith, which impresses itself on the subjective mind. The barrier to success is when we allow our personal ego to draw a boundary around our mentality.

Some Questions

It is good to ask ourselves if we are simply seeking recognition and applause for ourselves, or if we are sincerely interested in serving humanity and making the world a better place in which to live. Do we want only to feather our own nest, or are we sincerely interested in what we are attempting to do for its own sake? Do we want to be an Emerson, a Lincoln, or an Edison who contribute to humanity in a wonderful way, or do we merely seek self-aggrandizement and personal glory?

If we have something to offer, it will be used unless we stand in its way. Vacillation, wavering, and so-called mercurial ups and downs result from a lack of an inner objective or ideal. Ofttimes a person says, “I am going around in circles.” He hopes someone will come along eventually and show him how to extricate himself from the difficulty. Such a person lacks stability and does not know that there is an Infinite Intelligence within him Which, when called upon, would guide him and reveal to him the answer. *Speak, Lord; for thy servant heareth* (I Samuel 3:9).

6

The Meaning of Age-Old Truths

THIS WAS MY third visit to Bangkok, Thailand's fairytale city of temples and elaborate palaces, and I noticed a great number of changes, most of which were of a healthy nature. We went to the market by boat just as the Thais do. Gliding down the "klongs" (canals) to the floating market, we saw boats piled with vegetables and flowers.

It was also interesting to observe the saffron-robed monks out in the dawn collecting food in their begging bowls. It was fascinating to view the Temple of the Dawn as well as many other temples and palaces with their indescribable variety of Buddhas—gold ones, reclining ones, even an emerald one! The Temple of the Golden Buddha contains the largest, oldest Golden Buddha measuring ten feet in height and weighing five and one half tons. This represents a lot of gold!

The guide gave an interesting lecture on the topic of Buddhism and the many healings people receive when they pray and make their offerings at the shrine. A man in one group brought up the question of the Sphinx, asking what I thought about it from a religious standpoint. The idea came to me that it would be a good title for a section of this book.

The Sphinx and You

As for the likeness of their faces, they four had the face of a man, and the face of a lion, on the right side: and they four had the face of an ox on the left side; they four also had the face of an eagle (Ezekiel 1:10).

In the ancient Greek myth, the Sphinx propounded to all comers the riddle of man, and those who could not answer the riddle died. The riddle was: "What walks on four legs, on two legs, and on three legs?" The ancient answer was supposed to be man, because he crawls on hands and feet as a baby, then walks erect on two feet until such time as he uses a cane or crutch to help him when he gets very old and feeble.

This explanation, however, is not the correct one. The inner meaning is as follows: We must admit that most of the members of the human race are still walking on four legs, which means they are immersed in the mass mind and governed by the law of averages. The mass mind means the thoughts, feelings, beliefs, fears, superstitions, passions, prejudices, and false beliefs of four billion people.

There are, of course, a large number of people throughout the world who pray scientifically and who pour into the collective unconscious of the mass mind constructive, harmonious thoughts; but they are in the minority. Therefore, if we do not do our own thinking, each one of us must honestly ask himself: Is it the mass mind thinking in me or am I really doing my own thinking? To think is to compare. You choose thoughts based on eternal verities, truths which never change but are the same yesterday, today, and forever.

Think about whatever things are true, lovely, noble, and Godlike; then you are truly thinking. If there is any fear, worry, or anxiety in your thinking, it is the mass mind thinking in you. Millions of people have forgotten or are completely ignorant of the laws of mind and the way of the Spirit in man.

The four-footed animal is the five sense man who lives to eat and enjoy the pleasures of the flesh. The symbol of the four-footed animal also means the materialistic type of man who walks the earth believing only what he sees and who thinks that his security rests in the accumulation of riches and things of the world. He is the type of man who has forgotten to lay up treasures in heaven by the contemplation of the truths of God from the highest standpoint.

Symbolically speaking, not too many men and women are walking erect who have discarded animal propensities and tendencies; and of those who have

spiritually matured, only a small minority walk the earth bearing all their weight on the crutch of intuition or inspiration from the Higher Self.

The symbolism of the Tarot Card "The Wheel of Fortune" is an adaptation of the vision in the first chapter of Ezekiel, which is considered one of the most occult chapters in the Bible—the four sacred animals and the wheels within wheels. . . . *And they four had one likeness: and their appearance and their work was as it were a wheel in the middle of a wheel* (Ezekiel 1:16).

The four wheels indicate the four planes, which are spiritual, mental, emotional, and physical; or the four stages of an idea, which are Consciousness, Awareness, the I AM within you, desire, feeling the reality of it, and the manifestation; or the four stages of the seed, which are the seed, the soil, the creative essence, and the plant.

Symbolically, the four mentioned in the Bible—the man, the lion, the ox, and the eagle—represent the four fixed signs of the Zodiac, which are Taurus, Leo, Scorpio, and Aquarius. The four mentioned also represent the four letters in the name Jehovah, I.H.V.H. The first letter, Yod, means God, I AM, or Unconditioned Consciousness, Spirit, the Source of all life. The second letter, HE, represents your desire, the thought-image in your mind, your clarified mental picture. The third letter, Vau, symbolizes feeling, love, emotion; i.e., you pour life into your idea, and in that manner you subjectify it and make it real. The fourth letter, HE, is the manifestation of what you imagined and felt to be subjectively true. This is the way all things come to pass in your world.

All these symbols refer to the fourfold constitution of man and are referred to as the four beasts of Revelation. Leo represents the lion, or Spiritual power. Taurus means the bull, the beast of burden, as we labor with our desire to till the soil of our mind and deposit our thought-image in our subconscious mind. Aquarius signifies the water bearer. Water means psychological truths, which means we meditate on the reality of our desire by pouring water, or feeling, on our ideal. We imagine the happy ending, remaining loyal and devoted to our ideal. Scorpio (eagle) means the impregnation of our subconscious mind, or the finished state. These four fixed signs of the Zodiac can also be explained in this manner: consciousness or Spirit (I AM), desire, feeling the reality of it, and realization.

How to Test Your Desire

There is an urge towards growth and expansion in every human being. It is Life seeking expression through you. Your desire to give more of life, love, truth, and beauty is laudable and desirable. Your desire to be greater than you are is a normal and natural desire. If you are a musician, you desire to release more wonderful music which would stir the souls of men. Any desire that contributes to your health, happiness, peace, or welfare is good and very good. When your desires are lifeward, when they contribute to your spiritual and mental expansion, they are good and of God.

Your desire should never be to take advantage of others or interfere with the other's welfare or growth in any way whatsoever. Swedenborg said, "The essence of hell is the desire to rule over others." Desire to give out more life, love, and goodwill. The more you give, the more you will have. Desire to give more abundantly of the Life Force within you. Pour life and love into your ideals which are constructive.

Anything in the world that contributes to your welfare, success, and happiness must of necessity be a blessing to others because we are all one. The more goodwill, the more laughter, the more joy you give to others, the more you have. Your desire for wealth, promotion, and expansion in your field, whether professional or in business, is normal and natural. But be sure you look to God, not man, as the Source of all blessings.

Claim your good in Divine law and order. There are millions of channels, but only One Source. Always go to the Source, for everything you want. The innermost nature of being is the tendency of giving. Thus, if you have any doubt as to the nature of your own desires, test them for the quality of giving. Will the fulfillment of your desire contribute to your well-being? Will it enable you to express more of life, love, and energy?

The Divine Energy came to earth in order, the gospel story says, that we might have life and have it more abundantly. . . . *I am come that they might have life, and that they might have it more abundantly* (John 10:10). This desire to give of your talents, your abilities, your love, your geniality, your cordiality, and goodwill will never be disappointing. All this is backed on the age old truth: "The more you give, the more you have."

Your desire "to be"—the great healer, the great physician, the great teacher, the great singer, to express yourself at your highest level and to give light to all those around you—is God-like, good, and very good.

Getting a New Halo

God indwells all men. Some men are expressing more of their Divinity than others, however. A man may fail and fall, but he cannot forfeit his Divinity. It is untouchable. The poorest slouch you see on the street is a manifestation or expression of God, and nothing can stop his eventual unfoldment.

Jesus saw this, regardless of the hash about an everlasting hell which His followers made out of His teaching. He castigated and criticized nobody but hypocrites. He did not in the least object to keeping what hypocrites called bad company. Neither did Buddha. They each recognized that in all people—be they scoundrels or saints—the Presence of God resides.

Exalt God in the midst of you. Do this many times a day. Also salute the Divinity in every person you meet. As you do this, the glory of God will shine more and more through you, for there is no end to the glory which is man.

Wheels Within Wheels

Your concept or estimate of yourself determines the circle of friends you have, your social and professional status, your financial state and all phases of your life. You can constantly enlarge that circle by getting a greater concept of yourself and by extending your horizons. The diameter determines the circumference of a circle. Your diameter is your real estimate of yourself.

How much are you worth mentally, spiritually, and in your knowledge of the laws of mind? All of us are living in different worlds based on our early training, indoctrination, beliefs, opinions, theological conditioning, etc. All of us look out through the contents of our own mentality, and we each see a different world. The world we see is the world we are.

Each one of us has his own private world of thoughts, opinions, beliefs, and imagery. The radio engineer tells us that he can send program after program on one beam and they do not collide with each other because they are sent on different frequencies. It is my understanding that many transatlantic messages over the coaxial cables of the telephone company can be sent at the same time at different frequencies.

There may be five members of your family; yet each one is living in his or her own private world—a wheel within a wheel. One scientist said there were about an octillion number of electrons in our body (our body is composed of electrons, protons, atoms, molecules), but each atom or molecule is a world in itself.

The difference between one metal and another is based on the number and rate of motion of electrons revolving around a nucleus. Look at a bar of silver or gold. When examined under the eyes and ears of scientific instruments, they are not solid at all but are composed of billions of little worlds within the bar of silver, gold, or steel.

Physicians know that the cells composing your eyes are different than bone cells, and the cells of your heart are entirely different than the cells of your intestinal tract. Each cell functions according to its nature, however, and is a world within itself. For example, the cells in your bronchi cannot do the work of your liver, your heart, or your digestive system.

Your body is a complex compound of atoms and molecules. Actually, and more basically, it is composed of waves of light. Furthermore, you have another body within the one you now have. It is called a subtle body, a fourth-dimensional body or astral body, which means that you can leave your present

body and appear in any part of the world. You will have bodies to Infinity, and you will never be without a body, for a body is necessary for the expression of Spirit.

Each one of us is projecting outwardly on to other people, circumstances, and events the world of his beliefs, feelings, and emotional conditioning. Two women may look at a drunkard in the gutter. That does not mean that the women are drunkards; it means the way they feel inside colors what they see on the outside. One woman has compassion for him and realizes the Presence of God within him and calls It forth. The other woman says, “They should experiment with new drugs on him rather than on guinea pigs.” She denounces him bitterly. Both see the same man, but they react differently. We likewise project onto others our emotions, temperament, and inner conditioning.

To Be and to Do

Suppose, for instance, that your main desire in life is to become a great singer who will bring joy to thousands or even millions through your singing. Sit quietly two or three times a day, shut out the evidence of senses, and imagine you are singing before a multitude. Claim that God is singing majestic cadences through you, which stir the hearts of people everywhere. Feel the naturalness of it. Hear a loved one congratulate you on your marvelous success.

As you meditate in this manner, you will discover that the time will come when this state of mind is fixed in your subconscious mind and that all the qualities and attributes necessary will be resurrected, as they were always within you in the first place. Remember, the Sphinx is within you. It is your Unconditioned Consciousness, the Unconditioned Awareness, the God within you.

This is the center, or Sphinx, around which all things revolve. It is the Unmoved Mover of all, while the world, galaxies of space and the wheel of personalities ceaselessly turn beneath the One Who Forever Is. You condition the unconditioned by claiming and feeling you now are what you long to be. As you remain faithful to that mental image, you will experience the joy of the answered prayer.

Bands of Love

. . . But they knew not that I healed them. I drew them with cords of a man, with bands of love . . . (Hosea 11:3-4). In order to form this perfect circle, you must think in harmony with the Infinite Presence and Power. This is sometimes called being "in tune with the Infinite." We are not compelled to love, but we have freedom to love.

Love is spontaneous and joyous, and we have the ability to give or to withhold it. There is no compulsion to love. For example, there would be no joy unless we could experience the opposite. How could you experience joy unless you had known sorrow? Love must be freely bestowed. Someone may feign love due to necessity or a sense of dependency, but this is not love. When our thoughts are in tune with the Infinite, they form a perfect circle or circuit and return to us, pressed down, shaken together, and running over.

When our thoughts are negative, as when, for example, we indulge in criticism, jealousy, or feeling sorry for ourselves or another, we are not in tune with God; consequently, there is no polarity. The circle of good is not formed.

The remedy for problems is to realize that the seat of Omnipotence is within us. By quietly stilling the mind, we realize gently that all power and energy necessary to overcome any situation, be it what it may, are ours now. A battery is formed by connecting opposite poles of zinc and copper, causing a circuit, which generates energy. This identical process is repeated when we meditate. Our thoughts must be charged with energy or emotionalized by love. In other words, we must become one with our ideal by feeling the reality of the state desired within ourselves. This is the polarization of thought, or the wheel within wheels.

You Came from Eden

Thou hast been in Eden the garden of God; every precious stone was thy covering . . . (Ezekiel 28:13). You were in Eden, or the paradisiacal state, the absolute state of all bliss, before you were born. In other words, you were Spirit. Your father and mother, during coition, struck a certain note and the Spirit, or the Absolute, became relative and was conditioned through your parents as you. We are wheels within the one wheel—the Motionless One—yet, all motion takes place within It.

What is a day? a month? a year? a lifetime? a thousand lifetimes? Time ceases for those who turn within to the Timeless One and tap the wisdom, the power, and the glory within. Deep within us is something that reminds us of our origin and urges us back to It. Our mission and purpose in this life is to cherish, enlarge, and glorify this memory, to follow sincerely that inner impulse until the spark grows by cultivation into a light which fills us, and we identify ourselves with It.

Eve, the subconscious of man, was taken from the rib while he slept. This is, of course, an allegory. The true meaning is as follows: It is during sleep that the subconscious emerges. She comes forth from the rib. The symbology of the ribs is protective, as the ribs protect the vital organs of the body. This merely portrays the protective nature of the subconscious.

During sleep Eve takes the office of instructor. The subconscious feeds the body and carries on the internal process of which the conscious mind is wholly unaware. It is said that Eve was made subject to man for good or evil. Our subconscious is subject to the conscious mind. We have defiled it, however. In the same way that we have degraded and abused it, though, we can purify it by our thoughts and moods.

Wives, submit yourselves unto your own husbands . . . (Ephesians 5:22). The wife in the Bible is your subconscious mind, and the husband is the conscious mind. Psychologically speaking, the subconscious (wife) is subject to the conscious mind (husband). This, of course, is not true in their personal relationship. All of us operate the male and female principle within us.*

In the ancient Tarot teaching, the Hebrew mystic said, “Subservient was she to be to her husband all the days of her life.” At night the subconscious takes charge; and, according to your mood prior to falling asleep, you experience joy (if your thoughts are of the good and beautiful), or you have unpleasant experiences, particularly if you have gone to sleep in a turbulent mood. In this

latter case Eve (your subconscious) is simply pointing out to you that you have mismanaged things. She also instructs and guides you and says what she pleases.

By filling your mind with the eternal verities and by busying your mind with the concepts of peace, harmony, right action, and goodwill to all, you will succeed in eradicating all the doubts, fears, and other negative states that may be lurking in your subconscious due to past errors and superstitions. Your subconscious may warn you in a dream. For example, if you are fearing a certain disease, your subconscious may dramatize your fear when asleep, showing you in the hospital, attended by doctors and nurses.

Now, there is no such thing as an inexorable fate. The dream mentioned can easily be explained. Your subconscious reasons deductively only and deduces a conclusion from the fear of disease entertained by you and magnifies this fear in a dream. You can change the dream and neutralize the fear by contemplating the wholeness, beauty, and perfection of God saturating your whole being and realizing that God in the midst of you is healing you now. Rejoice and give thanks for the Infinite Healing Presence operating in you now. Saturate your mind with these truths prior to sleep and your subconscious will respond accordingly.

7

Peace in This Changing World

WHEN WE ARRIVED at Singapore, referred to frequently as “the crossroads of the Orient,” the guide conducted us through the famous waterfront, beautiful temples, Chinatown, Tiger Balm Gardens, and the House of Jade. It is most interesting to perceive and meditate on all the racial and cultural diversity of the unique city of Singapore.

Here you will see many picturesque Malay villages nestling in among coconut plantations operated by Malay, Chinese, and Indian workers. The House of Jade, which we visited, contains one of the world’s finest jade collections.

Singapore River is an extraordinary sight packed with sampans, boats of all descriptions, and laborers on the docks bearing cargo on bare shoulders.

On a tour of the Singapore harbor, we enjoyed listening to the old man guiding the boat, and his grandson. They chanted prayers all the way back and forth. The prayers were from the Koran. Both seemed ecstatic as they sang aloud the age-old sayings from their sacred Book.

We had a wonderful guide who was well acquainted with the laws of mind. He said that in the town of his birth in India there was much injustice, dishonesty, and corruption and that the people had put up with it for a long time. When a young girl was molested on her way to school, however, the people became incensed and threw the local politicians out of office.

His father was, as he said, the “first to stick his neck out” based on the old adage, “The turtle goes forward only when his neck is out.” When these people became disturbed and agitated enough by the gross corruption and the prevalence of houses of ill fame in their neighborhood, they rose up in indignation and changed things.

You must realize that you, too, can become greater, grander, nobler, and more God-like than you are. This guide had been dissatisfied with the lack of opportunities of his birthplace. He was disturbed and he did something about it. He left the country, saying to himself, “I am going to travel, learn foreign

languages, and get a college education.” Having made up his mind and coming to a decision, his subconscious opened up the way, and he achieved the desire of his heart and found peace in this changing world.

Dissatisfaction Leads to Satisfaction

The author was also completely dissatisfied with the orthodox teaching he had received as a boy and later he revolted against it. He threw the entire teaching of early childhood overboard and found satisfaction in the laws of mind and the way of the Infinite Spirit. All Its ways are pleasantness and all Its paths are peace. He was disquieted and perturbed by false doctrines and illogical, unreasonable, and unscientific dogmas and false beliefs about God, life, and the universe.

He decided to write books clarifying life and its purpose. Today there are about thirty-two books which he has published, many of which have been translated into a number of foreign languages. It is good at times to be vexed, perplexed, annoyed, and disturbed, as it may cause you to do something constructive about it. Then you will find that inner peace and satisfaction.

Why He Wrote a Book

The late Dr. Harry Gaze, author of several books on the mind, told me that he was bothered and pestered in his lectures all over the world by people asking him about death, afterlife, and judgment. Being discommoded by all these questions, he wrote a book entitled *You Live Forever*, which became immensely popular. He said that he worked off all his tension in writing the book and consequently felt a great inner satisfaction. He got people to realize that there was no death—only life—and that God is life and God cannot die. His life is your life now.

You Can Find Peace

In the Book of Matthew we read: *Think not that I am come to send peace on earth: I came not to send peace, but a sword. For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. And a man's foes shall be they of his own household* (Matthew 10:34–36).

Some time ago I gave a lecture in which I stated that the Virgin Mary meant the "I AM" within us capable of infinite conceptions of Itself—that it meant literally the pure sea. *Mare* means the sea; the word *Virgin* in the Bible means pure and undefiled—that it had the same meaning as Isis, the Goddess of 10,000 appellations; Maya, the mother of Buddha; Sophia of the Persians—and that the word antedated Christianity. This disturbed several in the audience. They were quite perturbed and agitated.

I explained to them that offtimes truth hurts because it shakes them up out of the doldrums of dead dogma and theological complexities. They began to do research work and discovered that all the characters of the Nativity are within every man. Furthermore, these young ladies got intensely interested in the science of the mind and have transformed their lives as a result. They said to me that they were glad I had stirred them up from their smugness, complacency, and lethargy.

A great number of people need to be disturbed and shaken up out of the mass propaganda, hypnotic suggestions, and false beliefs which are rampant in the field of religion. The above young women have discovered the Presence of God within themselves and have found peace in this changing world.

Tranquilizers Won't Give You Peace

A young actress phoned me terribly agitated and fear-stricken, stating that a palm reader had told her that someone had placed a curse upon her and that for $100 she could remove it. Having paid the fee, she seemed to get worse, however, and her physician prescribed a powerful tranquilizer. In her own words, she felt like a walking zombie.

I explained to her that she had to eradicate the cause. I pointed out to her that the imprecations of others had no power whatever to disturb her, that the suggestions and statements of others could not affect her—that the only power was the movement of her own thought. She had accepted the negative suggestion of the palm reader, and the whole reaction from which she was suffering was due to the movement of her own mind.

Under direction she began to recite slowly, quietly, and reverently the words of the 91st Psalm, the great protective Psalm of the Bible, which has saved people all over the world from shipwrecks, fires, incurable conditions, and hopeless situations.

She began to be aware of some simple truths. She knew that as she tuned in with the Infinite Presence and Power, Which is the only Power, It would move as harmony, peace, love, joy, beauty, and power through her. There is nothing to oppose this Presence, since It is Omnipotent. This realization gave her a sense of inner peace.

She blessed the palm reader and radiated love and goodwill to all, knowing that when she poured out love, goodwill, cordiality, and blessings to all, she would build up a wonderful immunity and become free. She found the peace that passeth understanding. She laughed at the negative suggestion of the palm reader, who had no more power than a pea shooter aimed at a British battle ship. She threw away the tranquilizers which she no longer needed. She did something about her suffering and pain and found peace within.

She Thought She Had to Put Up with It

A few months ago a woman came to see me. During the conference that ensued, she said that she had been told she had to suffer and put up with her arthritis as there was no cure. She was taking twelve to fourteen aspirin tablets a day, which had some unpleasant side effects in her case. She had then resorted to codeine tablets to alleviate the pain. Her relatives told her that it was the will of God and that she should bear the pain stoically. This, of course, is nothing but a diabolical perversion of the Truth, which states, *Come unto me, all ye that labour and are heavy laden, and I will give you rest* (Mathew 11:28). . . . *I am the Lord that health thee* (Exodus 15:26).

Pain is a blessing in disguise, because it calls to our attention the fact that we have misused our mind and should correct it at once. She was beginning to accept the lie and resign herself to her fate until the irritation of the pain became so excruciating that she decided to use and invoke Divine healing. Her frustration became so intense that she decided to reject the suggestions of others and do something about it.

In talking with her, I discovered that she was a seething cauldron inside, harboring a deep-seated hatred and a festering resentment toward her ex-husband and mother-in-law. At my suggestion, she came to a definite decision and began to appraise herself as a spiritual being, a daughter of the Infinite, and a child of Eternity. Three times a day she sat down quietly for fifteen or twenty minutes and affirmed feelingly and knowingly: “God is Love, and God’s love saturates my soul. I exalt God in the midst of me, and I give thanks for my miraculous healing now.” When thoughts of hostility toward her ex-husband or mother-in-law came to her mind, she immediately affirmed, “God’s love fills my soul,” thereby neutralizing and chopping the head off every angry or hateful thought.

At the end of three months the suppleness and mobility of her joints returned and she walked without a cane. She is now free from all pain. She had tried previously to coerce her mind to love her ex-husband and mother-in-law and had got nowhere. But as she began to give her subconscious a Divine transfusion of love, peace, and harmony, the healing love of God dissolved all the calcareous deposits in her joints. Furthermore, as she began to appraise herself as a spiritual being and as she began to let in the sunshine of God’s love, all hatred and hostility disappeared, being expunged from her deeper mind. She could, therefore, meet her former so-called enemies in her mind and no more sting was felt. She was at peace.

He Said, "Of Course I Am Tense"

While talking with a musician recently, he said, "I feel very tense before I play. If I am not full of tension before I play, I don't give an excellent performance." He said that in the beginning an associate of his told him to take a tranquilizer to relieve his nervous tension; but, after following the advice, his performance was very poor. He said he then realized, "It was tension that was necessary to make me excel in my music."

He said, "Now I get tense to a point similar to a wound-up watch. Then I tick off the excess energy and play. I am careful not to get over-tense and do not wind the watch to the point where I break the spring." This musician is wise. He likens his performance to the coiled spring of his Geneva watch, which releases the tension slowly causing the watch to operate. This stage musician realized that sedatives and tranquilizers were not the answers to his high tension. On the contrary, his high tension was simply an accumulation of Divine energy, enabling him to release the imprisoned splendor within him. This man had tension under his control and released it in Divine law and order. He thus found peace and serenity.

How He Released High Tension

A young medical student told me that he used to get so angry and upset with his relatives, with whom he was boarding while attending medical school, that he painted their faces on a punching bag in the college athletic quarters. He punched the pictures of each of them regularly every day for a half an hour, giving about five minutes to each.

He claimed that this released his pent-up emotions and prevented his exploding in a fit of rage in their presence. I explained to him that the more anger and hostility he hurled at them by punching the bag, the worse he would get. In other words, he would magnify the negative emotions within himself.

If it were true that all he had to do to get rid of the emotions of hostility and anger was to express them, then the reverse would also be true: the way to get rid of love, peace, cordiality, and goodwill would be to express them. On the contrary, however, as we do this we grow in love, peace, harmony, and goodwill. Actually, the more we express these qualities, the more Godlike and spiritual we become. The qualities are of God, and the more we give of these qualities, the more we possess. The more wisdom you impart to others, the more you have.

It is a diabolical perversion of truth to tell a person who is full of hostility that the way to get rid of it is to express it. Actually, he begins to murder love, peace, harmony, and discernment within him. If he keeps it up, these emotions reach a point of saturation which destroy him. Accordingly, this young intern began to surrender all his relatives to God and practiced religiously blessing each one by affirming whenever he thought of any one of them, “I exalt God in the midst of you.” As he made a habit of this, he attained an inner peace and his relatives no longer troubled or irritated him. He realized that he was irritating himself.

Look at the Tree

You will notice how sturdy the tree is. It bends with the breeze and usually withstands the storm. It does not break easily. Likewise, all of us should bend and be flexible in meeting the vicissitudes of life. Learn to roll with the blows, knowing that everything passes away and you can meet the problem head on. Realize and know in your heart that through the Creative Intelligence within you, the problem can be solved.

. . . *Stand still, and see the salvation of the Lord* . . . (Exodus 14:13).

The Cause of the Revolution

An internationally-known correspondent the other evening brought out the fact as to why there was strife, bombing, and warfare in a certain country. He pointed out that it was due to money. Certain men at the top were corrupt, dishonesty was rampant, and the man at the top had all his relatives on the payroll and exacted a tax on everything brought into the country. The opposing political party wanted some of the graft and the power. When it was refused, they started a civil war.

Great waste, bribery, corruption, high taxes, and dishonesty perturb the minds of men and women everywhere. Finally, when it gets to the point of saturation in their minds, they explode.

One of the passengers on the trip asked me why it is that the wealthy people in a certain city in India ignored the frightful squalor, filth, disease, and poverty-stricken children, obviously half-starved. The answer is that they are inured to it. They attribute the deplorable condition of these children to karma, meaning they are suffering because of former sins in a former lifetime, which is a dastardly belief. It also gives them the excuse for doing nothing. External conditions do not disturb these people. Their false religious beliefs appease their conscience.

Lowly Listening

Emerson said that by lowly listening we can hear the whisper of the gods, which means that there is an intuitive voice in all of us which prompts us to do the right thing. There is that within us that tells us to rise, transcend, and grow. It reveals to us that there is something grander, greater, and more wonderful waiting for all of us.

The inner voice reveals a contrast between our outside condition and our heart's desire; then it creates tension and makes us uneasy. We are living in an inner world and an outer world. A simple way to illustrate this duality of our nature is as follows: that which I AM and that which I long to be create a quarrel in my mind. In other words, you and your desire. Your desire for wealth, prosperity, success, and the good things of life may contrast vividly with your environment, home life, and financial status.

It is your desire for better things and a better life that sets up the drive within you to rise up and move forward in life. You are here to grow, expand, and rise higher in all phases of your life. When you cease to dream, to aspire, to grow, and to give more of your talents and abilities to the world, you stagnate and die spiritually.

The Sword

When the Bible says, *I come as a sword,* it simply means that the sword severs. Symbolically, it separates the false from the real, the truth from the lie and the false, erroneous beliefs of the world. With the sword of truth, you detach yourself; you cut yourself off from the adhesions or erroneous concepts of God, and enable yourself to enthrone in your mind a God of love.

Truth creates a quarrel in your mind because it creates a conflict between what you have been taught and the actual truth of Being. However, the sword of truth resolves the quarrel as you accept the I AM—the Presence of God within you—as the only Presence, Power, Cause, and Substance. As you give all your allegiance, loyalty, and devotion to the Living Spirit Almighty within you, all the false gods fall away and peace enters your mind and heart.

A man may be at variance with his father in the sense that he no longer subscribes to his father's antiquated, perhaps grotesque and monstrously absurd religious beliefs about a God of wrath, hell's fire, and brimstone, sinners in the hands of an angry God, salvation, original sin, savior, lake of fire, and a host of other shibboleths too absurd for words.

The same would apply to daughters who hear the Truth, which sets them free from all fear. Any religion which instills fear into the mind must be false. . . . *I will fear no evil: for thou art with me* . . . (Psalm 23:4). *Fear not, little flock; for it is your Father's good pleasure to give you the kingdom* (Luke 12:32). Your religion should give you joy, happiness, peace, and security. . . . *I am come that they might have life, and that they might have it more abundantly* (John 10:10).

Many people are lazy, indolent, smug, lethargic, and exist in a pseudo-peace. They need the sword of Truth to stir them out of their lethargic state.

I come not to bring peace but a sword is a profound Truth. The awareness of the Presence of God in you is that which comes into your mentality for the purpose of transforming your whole life. The inner voice says to you: "Come on up higher. I have need of you." It wakes you up.

The sword of Truth is Divine reasoning whereby you reject everything in your mind that does not conform to the eternal verities and principles of life. You reason from the standpoint of the principles of harmony, love, peace, right action, and truths which never change. You reject all error as being unfit for the house of God. In other words, you follow the biblical injunction: *Judge not according to the appearance, but judge righteous judgment* (John 7:24).

He Discarded the Truth

An irate woman phoned me saying that one of her relatives was contesting the will of her late husband. Her sister had made false allegations. She added that the attorney knew her sister was lying and was throwing the truth away. She said that he was building a case upon a tissue of lies and false allegations.

I suggested that she remain calm, cool, and collected, however, and let the God-Self within her win the decision for her. She was to reject completely the idea of her sister having any power or her attorney having any power; her uplifted vision would prevail.

Accordingly, she prayed as follows: “The Truth of God prevails. Divine justice reigns supreme in the minds and hearts of all. It is God in action.” She adhered to this uplifted state of consciousness. When fear came to her mind or false oaths were given by her sister, she would silently affirm, “It is God in action.” The case was dismissed and her husband’s will was carried out as specified.

The God-Presence in all of us comes bearing a sword urging us forward, onward, and upward. The Spirit (God) in you is always prodding you to go forward bearing the lamp of Truth and the balm of peace.

Wearing the Right Spiritual Garments

Enter into his gates with thanksgiving, and into his courts with praise . . . (Psalm 100:4). You should wear the proper mental garments of faith, confidence, goodwill, and the spirit of forgiveness and live in the joyous expectancy of the best. As you do, invariably, the best will come to you.

On visiting a psychiatric institution some months ago, a young intern pointed out some men who were always tearing off their clothes and insisting on walking around naked. The reason for this tendency is that they are mentally and spiritually naked. They have no covering for their minds, such as love, peace, harmony, and wisdom. As the young doctor pointed out, they are no longer using their intellect or the faculties of discernment and reason; consequently, their brains and other organs are rapidly disintegrating.

One insisted he was Caesar, another Lincoln, and another Washington. The gangsters of hate, jealousy, envy, and vengeance enthroned in their minds were the devils which caused them to lose the government of their minds, robbing them of peace, harmony, and health. This young physician said their irrational emotions were the cause of their insanity.

He brought out an interesting point when he informed me that a sister of one of these so-called lunatics visited every day. She kept telling him that the Light of God would dispel the darkness of his mind. Most of the time he didn't recognize her and paid little attention to her. She told the doctor she was practicing absent treatment for him by constantly realizing, "The Light of God shines in my brother's mind making him whole."

Three months went by; then one morning as she visited him, he spoke calmly to her and said the Light had come into his mind—a bright light—and that he was healed. Psychiatrists checked him and he was released. He has found peace within this changing world. His sister's conviction of the healing power of God was communicated to him subconsciously and he was made whole.

"More things are wrought by prayer than this world dreams of."

8

The Real Meaning of “You Are What You Eat”

A VISIT TO Hong Kong is something to remember. This was my fourth visit to this picturesque British Crown Colony perched on the edge of the Chinese mainland. As the plane prepares to land, one looks down on one of the most beautiful harbors of the world.

Hong Kong is fascinating and colorful, teeming with people, crammed with all kinds of bargains, clinging to its rock at the edge of the sea. The refugee problem is controlled much better now than it was during my visit some years previously. Government houses have been built for the unfortunate people and facilities for education have been provided.

We were also taken on a tour of Kowloon and the new territories. We drove past ancient walled villages and right up to the Bamboo Curtain. Cruising in the harbor on a Chinese junk is a unique experience. The fishing village of Sherdein, formerly a pirates’ haunt, is most interesting. Dinner was served there on a floating restaurant.

Ye are the children of the Lord your God: ye shall not cut yourselves, nor make any baldness between your eyes for the dead.

For thou art an holy people unto the Lord thy God, and the Lord hath chosen thee to be a peculiar people unto himself, above all the nations that are upon the earth.

Thou shalt not eat any abominable thing.

These are the beasts which ye shall eat: the ox, the sheep, and the goat,

The hart, and the roebuck, and the fallow deer, and the wild goat, and the pygarg, and the wild ox, and the chamois.

And every beast that parteth the hoof, and cleaveth the cleft into two claws, and cheweth the cud among the beasts, that ye shall eat.

Nevertheless these ye shall not eat of them that chew the cud, or of them that divide the cloven hoof; as the camel, and the hare, and the

coney: for they chew the cud, but divide not the hoof; therefore they are unclean unto you.

And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you: ye shall not eat of their flesh, nor touch their dead carcase.

These ye shall eat of all that are in the waters: all that have fins and scales shall ye eat:

And whatsoever hath not fins and scales ye may not eat; it is unclean unto you.

Of all clean birds ye shall eat.

But these are they of which ye shall not eat: the eagle, and the ossifrage, and the osprey.

And the glede, and the kite, and the vulture after his kind,

And every raven after his kind,

And the owl, and the night hawk, and the cuckow, and the hawk after his kind,

The little owl, and the great owl, and the swan,

And the pelican, and the gier eagle, and the cormorant,

And the stork, and the heron after her kind, and the lapwing, and the bat.

And every creeping thing that flieth is unclean unto you: they shall not be eaten.

But of all clean fowls ye may eat.

Ye shall not eat of any thing that dieth of itself: thou shalt give it unto the stranger that is in thy gates, that he may eat it; or thou mayest sell it unto an alien: for thou art an holy people unto the Lord thy God. Thou shalt not seethe a kid in his mother's milk (Deuteronomy 14:1–21).

The idea for this chapter came to me while we were eating different kinds of fish in the floating restaurant. A nurse at the table said, "We are what we eat." If a thing is true, there is a way in which it is true. When in the Bible the Lord's Prayer says, *Give us day by day our daily bread* (Luke 11:3), it is not talking about bread on the table. It is the bread of Heaven, which means to eat mentally of confidence, faith, goodwill, and laughter.

Man should feed on moods and emotions which animate, strengthen, and sustain him. It is true that we need food for the body, such as protein, vegetables, and all the minerals necessary to sustain life, which come from the soil. . . . *Man shall not live by bread alone* . . . (Luke 4:4). He must have ideas which heal,

bless, inspire, elevate, and dignify his soul. How can a man live without a modicum of peace, harmony, love, faith in God and all things good?

Our mind must be nourished. When the mind becomes charged with fear, anxiety, worry, and foreboding, these emotions bring on all kinds of misery and suffering. Man needs to live in the joyous expectancy of the best. Then he will discover that invariably and ineluctably the best will come to him. We get what we expect in life. Expect the highest and the best. Never settle for the second best.

How often have you risen from the banquet table, which was full of delicious food, yet remained hungry for love, peace, inner joy or longed for some kind of indescribable satisfaction which the food on the table did not or could not provide? *Blessed are they which do hunger and thirst after righteousness: for they shall be filled* (Matthew 5:6). Realize that your spiritual heritage has equipped you with all the powers and capacities needed to win and lead a triumphant life.

Better is a dinner of herbs where love is, than a stalled ox and hatred therewith (Proverbs 15:17). You can eat the choicest of food; and if you are angry, resentful, or hateful, the food will be transmuted into poison. There is nothing good or bad, but thinking makes it so.

A Japanese doctor present at our table in one of the hotels in Hong Kong said that since World War II the Japanese have been eating a lot of wheat, and that due to the vitamins in the wheat, the Japanese people are growing taller. The contents of our bodies consist of not only seventy-five to eighty percent water, but also a vast number of chemicals derived from the soil and protein from the meat. The soldier on a long march on a hot day knows the importance of sodium chloride, or salt. Potassium, iodine, and other chemicals are also essential for our welfare and health.

Food, of course, is important, but not preeminently so. We must not forget the Source of all food—the Life Principle within, which creates all things. Look to the Creator; not to the created thing. In other words, we must not look just to food for our health. We must realize: . . . *I am the Lord that healeth thee* (Exodus 15:26). The Bible says: . . . *According to your faith be it unto you* (Matthew 9:29).

Recently I talked with a woman who specialized in diet for a major hospital. She was a dietician and had college degrees in that specialty; yet she suffered from chronic arthritis as well as cancer of the womb. She freely admitted that her mental food had been resentment, hostility, and suppressed rage toward her ex-husband. As she began to appraise herself from a spiritual standpoint, however, recognizing her Divine heritage, the suppleness and mobility of her joints

returned and the malignant tumor dissolved completely. She prayed for her doctor, and he reversed his method of treatment, which also helped her considerably.

Her main prayer was: “God in the midst of me is healing me now. His love fills every atom of my being.” She affirmed this simple truth many times a day. When resentment or anger came to her mind, she would say to herself, “God’s love fills my soul and He maketh me perfect now.” She did not try to coerce herself to love her ex-husband, but she knew that as she filled her subconscious with God’s love, all resentment, hostility, and hatred would be dissolved (and, of course, it was). Love casts out everything unlike itself. After a few weeks of this spiritual therapy, she could think of him and there was no longer any sting felt. She was at peace and is now free from cancer and arthritis.

The body moves as it is moved upon. The body acts as it is acted upon. She played a melody of love on her body instead of a hymn of hate, and the body responded. Spirit and matter are one. Your body is the manifestation of Spirit, or God. Your thought patterns represent the mediator between the Invisible Spirit and the manifested state.

The Book of Deuteronomy, Chapter 14, which we are writing about here, is one of the most important in the Bible. It tells you in the first verse that you are a child of the Infinite and that you shall not cut yourself. This means you should not inflict mental traumas on yourself, such as self-condemnation, hate, fear, resentment, etc., as all these are wounds to your soul, or subjective mind, and may become festering poison pockets in the recesses of your deeper mind, sending psychic pus all over your system.

For thou art an holy people unto the Lord thy God. . . (Deuteronomy 14:2). The Holy One is within you. Because It is perfect, whole, all harmony, perfect peace, boundless love, and infinite intelligence, all Its purposes are synchronized and functioning perfectly in your body. God indwells you and is the Life Principle in you. It is whole, complete, and perfect in Itself. Holy means to make whole, i.e., we should function harmoniously and peacefully in all phases of our lives. The Life Principle functions perfectly through us unless we interfere and intrude with or misuse the law.

Moses in the Bible represents the law of mind, which is: . . . *As he thinketh in his heart, so is he* . . . (Proverbs 23:7). In simple language this means that whatever a man impresses on his subconscious mind is expressed on the screen of space.

Thou shalt not eat any abominable thing (Deuteronomy 14:3). In other words, you must not mentally digest, absorb, or appropriate ideas and opinions which are negative and destructive. This is what is called “eating” in a biblical or

mental or spiritual way. All of us are fed through the five senses morning, noon, and night. We hear, see, feel, taste, and touch all day long. We are impressed daily with an avalanche of sights and sounds, many of which are destructive and highly negative. Our real mental food or diet should be the eternal verities, or truths of God, which heal, bless, and inspire us. We are what we eat (think) all day long.

In a single day, our mind is receiving countless ideas, opinions, beliefs, and some truths, all of which impregnate our subconscious mind. These impressions and beliefs come forth as experiences and events in our lives. Our state of consciousness is the way we think, feel, believe, and whatever we give mental consent to. Our state of consciousness is our lord and master. Our ideal food should be to contemplate on all the qualities, attributes, and potencies of God, knowing that we become what we contemplate. Our mental state, which is our conditioned consciousness, may be mean, nasty, depressing, and spiteful, depending on the mental food appropriated by us.

When the Bible says *These are the beasts which ye shall eat . . .* (Deuteronomy 14:4), this is symbolic language. The word *beast* means emotion, animated states of mind. An animal does not reason critically like man. That is to say, an animal does not analyze, weigh, dissect, scrutinize, or investigate the pros and cons as a human being does. When we see a dog rescuing a drowning child or scraping away the snow where a man is buried alive in an avalanche, this indicates a degree of subjective reasoning. This sort of subjective or instinctive reasoning is observable also in many other animals. No animal can write the Sermon on the Mount or the Sermon at Benares, or write a Beethoven Sonata, or build a Gothic cathedral. Animals are governed by a subjective instinct and do not have the capacity to judge spiritually or practice Divine reasoning. They cannot grow spiritually and, therefore, cannot change their nature.

A drunkard, a dope fiend, or a murderer has the capacity to choose and come to a decision. Through the power of God he can lead a new life and move onward and upward. Man can redirect his emotional life. If he so desires, he can become a God-like man and experience what is called a spiritual rebirth. He is referred to as the renascent man. The abnormal or irrational emotions of anger, fear, hate, jealousy, hostility, etc., are called irrational emotions, as they are not based on Divine reasoning. . . . *Choose you this day whom ye will serve . . .* (Joshua 24:15).

We are here to choose; i.e., accept the good and reject the negatives of life. When we give power to externals and think that externals are causative, this attitude engenders anger and discordant emotions within, which play havoc with our lives. We are here to learn that externals are an effect—not causative—and

that other people, conditions, and circumstances which suggest opposition have no power to hinder or thwart us in our ongoing.

The truth is: Omnipotence is within us, and as we join up with the Father within, realizing the God power is flowing on our behalf, we will keep our emotional life in harmony and peace. The mass mind moves in on all of us. That is why we must be constantly "prayed up." Stop and think of the false beliefs, false dogmas, and irrational and stupid concepts of God and the afterlife which were fed us when we were young. These impressions and fears are still lurking in the recesses of our subconscious mind. Biblically speaking, they are called unclean animals.

We can change our subconscious this moment by filling our minds with the truths of God, which crowd out of our mind everything unlike God. You are told in this biblical chapter that you can eat the ox, the sheep, the goat, and *every beast that parteth the hoof and cleaveth the cleft into two claws, and cheweth the cud among the beasts. That ye shall eat.*

It is necessary to understand the symbolical significance of these words. The greatest and foremost wisdom of the Bible can be understood only by the correct interpretation of the symbols incorporated throughout the Bible.

The cow and the sheep divide the hoof, which means that you are supposed to reason things out, separate the chaff from the wheat, the false from the real. In other words, you are to judge according to spiritual standards and principles of life and reject everything that is false and untrue. You must come to a decision on principles of life and choose the Truth, which never changes. You must no longer judge according to appearances. On the contrary, you judge according to eternal verities in the same manner as a mathematician comes to a conclusion regarding the principles of mathematics.

Having arrived at the truth, you must then chew the cud, which means that you meditate, think upon, assimilate, and appropriate that truth by digesting and absorbing it mentally so that it is incorporated into your subconscious mind and becomes a part of you in the same manner as an apple, when digested, becomes a part of your blood stream.

Reflect on the great truths of life. As you nourish and sustain them, you will become what you contemplate. This is the meaning of chewing the cud. Cows graze in the field and, when full, they lie down to ruminate. The grass which the cow has eaten goes from one stomach to the other. In the process of rumination, there is a casting up of incompletely digested food until it becomes a soft mass of chewed food called a bolus ready to be swallowed.

This is what you do when you really meditate. You mentally eat of the ideas you are contemplating. Then you are compelled to express what is incorporated

into your subconscious mind. For example, you might get one hundred percent on an examination on metaphysics or philosophy by means of an intellectual dissertation on the subject; yet, you may not have absorbed it and integrated the truth into your heart. You failed to meditate on it, which means you didn't give the truth sufficient attention and devotion. You did not reflect long enough on the truth so that it was clear-cut in your understanding and thus became a living part of you.

The lips and the heart must agree. The brain and the heart must unite. Your conscious and subconscious must synchronize and agree. Then you have divided the hoof and you have chewed the cud, figuratively speaking. Then wonders happen in your life.

In verse 7 of the chapter we are discussing, it says you may not eat of the camel, the hare, and the coney, for they chew the cud but divide not the hoof. This is simple to understand: There are millions of people throughout the world who chew on all kinds of philosophies, teachings, and various religious cults but have never divided the hoof, i.e., they have never quietly reasoned things out and separated the mass mind's beliefs, dogmas, theories, and speculations from the Truth, which is always the same yesterday, today, and forever.

There is only One Truth, One Law, One Life, One God, the Father of all; and the basis of all religious beliefs, be they what they may, is this: *For as he thinketh in his heart, so is he* . . . (Proverbs 23:7). In other words, thoughts, ideas, and beliefs felt as true are deposited in the subconscious mind, and they come forth as experience, conditions, and events.

This law applies to all people throughout the world. It is not the thing believed in that matters; it is belief itself. Therefore, whether the object of your faith is true or false, you will get results. If you believe the bones of saints or the relics of a holy man will heal you, your subconscious belief will get results. It is not the bones or the relics. For example, if you substituted the bones of a so-called saint with the bones of a dog and the person touching them believed them to be the bones of a saint, he would get results due to his blind belief.

There are many people who chew the cud in another way. They say they are studying the science of the mind or the inner meaning of the Bible, and you find them delving into Ouija Boards for answers, studying numbers, the influence of the stars on their lives, seeking answers from departed spirits, etc. They are all muddled and confused for the simple reason that they have never really divided the hoof and come to a clear-cut decision that Truth is One and Indivisible.

The truth is: Your thought and feeling control your destiny. Your future is your present habitual thinking and imagery made manifest. The law of Life is the law of belief. Believe in the guidance of God, the goodness of God, the

abundance of God and the love of God. Believe in Divine right action and Divine law and order. Believe in the principles of life and the response of Infinite Intelligence.

If you seek wisdom and solutions to your problems, go to God; don't seek answers from numbers, Ouija Boards, entities, cards, or departed spirits. *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not* . . . (James 1:5).

The unclean animals in the Bible represent false religious beliefs, which inhibit your growth and hold you in bondage and thralldom. False impressions control the minds of many people, and they are consequently leading very negative emotional lives. Reject all the false propaganda of the world; refuse to accept mentally anything unfit for the house of God, which you are. Reject unsavory food, such as negative suggestions of all kinds. The suggestions of others have no power to create. The creative power is in you—your own thoughts.

Cremate all negative thoughts with the fire of Divine love. Then you are dividing the hoof and chewing the cud. You are then a true meditator and dispenser of good. We are chewing the cud when we take the great truths of life, reflect on them, get absorbed and intensely interested to the point that they become integrated with our mentality and become a part of us. This is why Moses says you can eat the cow because she does both and is, therefore, clean.

The swine divides the hoof and chews not the cud; therefore, it is considered unclean. There are many people who know the truth; they take lessons in Unity, Science of Mind, and Divine Science and study psychology; yet they do not digest it or absorb it into their mentality. In other words, it is of the lips and they do not put it into practice. They merely talk about it and do not apply it in their daily lives. The truths of God must be incorporated into the subconscious mind; then we are compelled to express them. The law of the subconscious is compulsive.

The camel and the hare are unclean because these animals chew the cud and do not divide the hoof. All this means that people listen to all sorts of propaganda, try out all different religions, and study philosophies. They mix the good with the bad, and are constantly perplexed, confused, neurotic, and bottled up, so that fear is mixed with faith and goodwill with ill will; likewise, peace is mixed with pain.

You are told you can eat fish with fins and scales. Symbolically, this is a profound truth—one of the great allegories of the Bible. The scales represent protection; therefore, as you go through life, realize that you are watched over by

the Overshadowing Presence of God and the whole armor of God surrounds you at all times. You will then lead a charmed life.

A fin is a membranous, winglike, or paddlelike appendage of an aquatic animal used in propelling the body. These types of fish steer themselves and are not subject to the tides and waves of the ocean like the helpless fish without these attachments. Oftentimes you see fish without fins and scales cast onto the beach, where they die.

When you have God as your guide and counsellor in life, you cease to drift because your master thought of God's guidance is in control, and you are led to ways of pleasantness and to paths of peace. It is well known that the salmon returns against all odds and the swiftest tides to the place of its birth. It has fins and scales.

When the suggestion of defeat, failure, and discouragement comes to the mind of a man who is full of confidence and faith, he grapples with the problem courageously and goes against the tide of depression and defeatism. He directs his mind toward the goal and desire of his heart, so he reaches the shore safely. He wins because the Infinite within him cannot fail.

Of all clean birds ye shall eat symbolically means we are like birds with two wings—the wings of thought and imagination. We can soar aloft above the storms, strife, and contentions of the world and rest in the Secret Place where all is bliss, harmony, and peace. Here we can abide beyond time and space, away from the opinions and verdicts of the world, and claim our good. The Spirit will honor and validate whatever image we claim and feel to be true.

We are told we shall not eat of the eagle, the ossifrage, the raven, the owl, and the hawk. These are birds of prey. Man must not prey on his fellow man. He must not rob, steal, cheat, or defraud others, for to steal from another is to steal from himself and attract loss and limitation. Actually, he impoverishes himself along all lines. The loss may come in many ways, such as loss of health, prestige, promotion, love, friends, etc.

Birds that feed on dead flesh are proscribed by Moses. Don't touch the dead past. The past is dead. Many people dwell mentally on old peeves, grudges, failures, losses, lawsuits, etc., and they reinfect themselves all over again. To indulge in jealousy, hatred or to desire to get even is decaying food, which robs you of health, vitality, and enthusiasm, and leaves you a physical wreck. This kind of mental food is poisonous. This is the reason Moses says, *You must not eat of the vulture, the hawk, . . .*

And every creeping thing that flieth is unclean . . . Many people crawl through life mentally eating of worldly beliefs, and fail to rise, transcend, and grow. We must leave the muddy and dusty thoughts of the world and ascend

spiritually by recognizing that we are children of God and heir to all of God's riches. It is no use to fly with mud on our wings. We must be lifted up spiritually by the contemplation of the Presence of God.

Thou shalt not seethe a kid in its mother's milk is a Biblical statement of profound significance. A kid is a symbol of sacrifice, and milk is a symbol of nourishment and a universal food. The kid, when fed, grows up to be a goat and nobody wants to ride the goat. If, for example, you indulge in a deep-seated grudge or resentment, you are nourishing a mental poison that will grow up and expand into a growth or a tumor. You can't afford to seethe in anger or get all burned up, because you will become the goat and experience the result of your mental food. Feed on whatsoever things are lovely and of good report, and wonders will happen in your life.

9

The Biblical Meaning of The Strange Woman

THIS IS MY third visit to Japan, the home of the Seicho-No-Ie Movement, which means Infinite Life. It is headed by Dr. Masaharu Taniguchi, sometimes referred to as the Gandhi of Japan. The basic teaching is the same as that of the Laws of Mind, or Divine Science Movement in the United States. It could be called the New Thought Movement of Japan. New Thought in the United States is composed of Unity, Religious Science, Science of Mind, Divine Science, and Churches of Truth.

We went by jet to Osaka and then to Kyoto, which is one of the capitals of Ancient Japan. There we spent a thrilling time visiting the famous shrines, gardens, and palaces of graceful Kyoto. From Kyoto we drove to Nara, most ancient capital in Japan. We visited Totaji Temple with the tallest Buddha in the world, as well as the Kasuja Shrine. We had a "Bullet Train" ride from there through the picturesque Japanese countryside to the resort Stami and had the opportunity to see the awesome Buddha at Kamakura cast in 1252.

Tokyo is filled with exciting pleasures, including the Imperial Palace Plaza, National Diet Building, and Meiji Shrine. All of us enjoyed the tea ceremony and flower arranging at the famous Tea House.

It was in Tokyo that I got the idea for this chapter based on a question asked me by a student of Dr. Taniguchi. He was studying the esoteric meaning of the Old and New Testaments, and he asked me two questions: Why does the Bible talk about the strange woman, harlots, and prostitutes in the 7th Chapter of Proverbs? Why does the Book of Deuteronomy 23:2 say "A bastard shall not enter into the congregation of the Lord . . . "?

I think you will find that the explanations given in this chapter make sense. Essentially, these were the answers I gave to this young seminary student, who will be eventually a minister in Tokyo: Wedlock in the Bible means a mental and emotional union with the eternal verities—that which is lovely and of good report. A false belief born out of real wedlock is but a son of a harlot, which

means undisciplined or negative emotions. A bastard idea is a false belief or the acceptance in your mind of untruths about God.

When you pray, you must know your Father and Mother God; or, in psychological language, you must know the interaction of your conscious mind (father) and subconscious mind (mother). When these two unite in harmony and peace, based on the truths of God, the children of that union are health, happiness, prosperity, wisdom, and understanding. The formula always is thought and emotion; the result is either good or bad, depending upon the nature of your thought.

For thou hast had five husbands . . . (John 4:18). In Isaiah 54:5, you are told: *Thy Maker is thine husband* . . . The five husbands are your five senses. It is very foolish to allow yourself to be impregnated with all the erroneous ideas, false propaganda, and fears generated by the masses. The offspring of the avalanche of sights and sounds and sundry propaganda of the media and the mass mind is not wholesome and is certainly unfit for the house of God (your mind).

Thy Maker means God, which means you should impregnate your conscious and subconscious with God-like thoughts and ideas which are noble, uplifting and God-like. In other words, you should think, speak, and act from the standpoint of eternal principles—the same way as a chemist thinks from the standpoint of the principles of chemistry. Then you have God for your husband in the sense that you think from the standpoint of Truth.

When you reach the stage where you sing the song of the jubilant soul, and when you constantly exalt the God Presence within, you have no further occasion to give birth to false ideas born of five-sense knowledge. You have arrived at the point where you contemplate the truths of God from the highest standpoint.

Say unto wisdom, Thou art my sister; and call understanding thy kinswoman:

That they may keep thee from the strange woman, from the stranger which flattereth with her words.

And beheld among the simple ones, I discerned among the youths, a young man void of understanding,

Passing through the street near her corner; and he went the way to her house,

In the twilight, in the evening, in the black and dark night:

And, behold, there met him a woman with the attire of an harlot, and subtil of heart.

(She is loud and stubborn; her feet abide not in her house:

Now is she without, now in the streets, and lieth in wait at every corner.)

So she caught him, and kissed him, and with an impudent face said unto him,

I have decked my bed with coverings of tapestry, with carved works, with fine linen of Egypt.

I have perfumed my bed with myrrh, aloes, and cinnamon.

Come, let us take our fill of love until the morning: let us solace ourselves with loves.

For she hath cast down many wounded: yea, many strong men have been slain by her.

Her house is the way to hell, going down to the chambers of death (Proverbs 7:4–5, 7–13, 16–18, 26–27).

Without allegory, you cannot understand life. *Without a parable spake he not unto them* (Matthew 13:34). We must see the inner meaning of these verses, which are of profound significance, teaching us how to use the laws of life. We must also understand symbols, as the greatest study of Truth is the study of symbols.

In essence, these verses from Proverbs tell you about a young man who was seduced by one of the ladies of the evening, which is nothing new, since it occurs all over the world every day. We must thoughtfully examine the Bible to perceive the wisdom the writer of Proverbs wishes to impart. Adultery is idolatry, the worship of false gods. When your mind cohabits with evil of any kind, you are committing adultery by introducing poisonous thoughts and false ideas into the sanctuary of God within you.

Committing Adultery

If you worship the stars and give power to them, you are saying that stars have power over you and are the cause of your misfortune. You are then committing adultery because you are making the created thing greater than the Creator. You are adulterating your mind by introducing opposition to the Infinite, Which is Omnipotent.

To resent, hate, to be jealous or envious is also to cohabit with evil. There is a waywardness of the mind as well as of the body. Actually, we are committing mental adultery when we unite with false beliefs of any kind.

Mental Marriages

All of us are performing mental marriages when we unite mentally and emotionally with any idea—good or bad—and, naturally, this union brings about corresponding offspring such as health or sickness, prosperity or poverty, joy or sadness. All this happens through the law of correspondence, which means that the mental equivalent is in our subconscious mind for everything that happens to us.

Danger of Propaganda

You must discipline yourself to reject the suggestions and high-pressured propaganda drives regarding cancer, heart disease, etc. which appear on TV screens so frequently. Many people who do not discipline their minds create the very evil they fear. This is the result of an unholy marriage. Your thought and emotion bring forth a result, called the son or manifestation of the union.

We must be careful not to cohabit with the strange woman, such as fear, hate, jealousy, envy, or resentment, which results in all manner of sickness, lack, and limitation.

Are You a Victim of Suggestion?

This recent nation-wide scare of swine flu is another strange woman which has lured and seduced many people. According to the press, great numbers have suffered from paralysis and other serious side effects from the vaccine. The fear suggestions and propaganda regarding the swine flu had no power to affect you, however, except through your own thought. You could reject it completely and affirm an age-old truth: “I AM all health. God is my health.”

Accept the truth of this statement and you render yourself immune to all this scare propaganda. A great number of outstanding medical men high in their professions have openly criticized the entire project.

Your True Wife

Your concept, estimate, and blueprint of yourself is what you are married to. Affirm the highest and the best and acknowledge that you are one with God, that God is your Father and your Mother, and that God loves you and cares for you. If you are a man, affirm boldly: “I AM a son of the Living God and I AM heir to all of God’s riches.” If a woman, affirm boldly: “I AM a daughter of the Living God and I AM heiress to all of God’s riches.” Wonders will happen in your life.

Whether a man or a woman, you are always marrying (accepting) some idea. The result of that mental and emotional union will come forth as form, experience, conditions, and events.

Falling in Love

Fall in love with (i.e., get married to) ideas which heal, bless, prosper, guide, inspire, strengthen, and lift you up. Busy your mind with these concepts, and you will leave no vacancy there for the false propaganda of the world. Marry Truth, which never changes, and health, prosperity, vitality, wisdom, and understanding will be your offspring.

Say unto wisdom, Thou art my sister; and call understanding thy kinswoman (Proverbs 7:4). Your sister is wisdom, which is an awareness of the Presence and Power of God in you. Understanding is to stand firmly on the Truth, knowing that whatever you claim and feel to be true, your subconscious will respond accordingly. Then you have found your true wife.

Fast and Pray

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? (Isaiah 58:6).

The oppressed are your unfulfilled desires and unattained ideals in life. We let them go free by realizing that God flows through us, filling up all the empty vessels in our lives. It is as easy for God to do this as it is to make a blade of grass.

The yoke that we break refers to the fears and limitations held in our subconscious mind. These are removed by filling your subconscious with the truths of God, thereby cleansing the deeper mind in Divine order.

The fast spoken of in the Bible means to refrain from thinking of ideas and concepts which do not conform to the eternal verities. Fast from all thoughts, ideas, and beliefs that are not in the beam of God's broadcasting.

Learn to fast from the poisoned feast of the world. Real fasting is psychological, as when you turn your attention away from false suggestions and erroneous concepts of God, and, instead, feast on the eternal truths which heal, bless, and dignify your soul. Become a real pioneer and travel new roads by your spiritual thinking and imaging in the field of your own mentality.

Clothing the Naked

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him . . . ? (Isaiah 58:7).

The hungry and poor represent your hopes, desires, ideals, plans, and purposes still unrealized. These come to the temple of your own mind for acceptance and realization. Whatever is accepted by your mind comes into your experience. Let your mind be a temple beautiful, before which your ideals will be fed and clothed with faith and confidence.

The "naked" represent your ideals which are not yet nourished nor acted upon. Become emotionally attached to your ideal, and it will come to pass. Whatever you mentally and emotionally unite with comes to pass in Divine order.

And the Lord . . . shall make fat thy bones: and thou shalt be like a watered garden . . . (Isaiah 58:11). The bones represent the structure in your mind—the mental picture. It must be clothed with flesh and made alive. In other words, you must take that idea (which is the bone) into your mind and feel the reality of it. Symbolically, bones maintain the structure of your body and give you support.

Likewise, the plan, idea, or desire in your mind, when clothed with faith, assurance, and confidence, will be deposited in your subconscious mind and come to pass. You need to be fed mentally and spiritually as well as physically. Recognize your Higher Self and realize your oneness with It.

Health Springs Forth Speedily

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward (Isaiah 58:8).

This is a very important paragraph and is of profound significance to all students of scientific prayer. After you have fasted from negative thoughts and have called on the Infinite Healing Presence for wholeness, beauty, and perfection, your health should spring forth speedily. When it does not, you should do the next best thing: Go to a physician, dentist, osteopath, or chiropractor as the condition demands. It is foolish to wait and let the malady get worse.

Remember, if you can't grow a tooth, it is best to go to a dentist and bless him. If you can't dissolve that growth or tumor speedily, go at once to a surgeon and bless him. He is God's man, also. All healing is spiritual, for the single reason that there is only One Healing Presence. . . . *I am the Lord that healeth thee* (Exodus 15:26).

If you can precipitate yourself spiritually to New York City from Laguna Hills, you won't need a plane, automobile, or horse, or any other means of conveyance. However, rather than walking the distance, I suggest you go by plane or train if one is available. This does not mean, however, that if you were at a high level of consciousness you could not go from Laguna Hills to New York City without any objective means of conveyance.

If you could dematerialize your body and cause the electrons to coalesce and precipitate in New York City—fine. Then you won't need any transportation. Some men down through the ages have been able to appear and disappear at will. You are told that Jesus disappeared in the multitude.

Your body is not solid. It is composed of waves of light. One scientist recently remarked that it is composed of octillion number of atoms, which is beyond my imagination. Octillion represents one (1) followed by eighteen zeroes.

If you can't dissolve a tumor in the breast or creative organs, and if it does not disappear speedily after prayer, this means you have not reached the level of faith necessary to do so. This is why you do the next best thing immediately. If you can staunch bleeding from an arterial wound—wonderful! You won't need any assistance. If you can't stop bleeding by prayer, you had better apply a tourniquet temporarily until you reach a doctor or hospital.

If you can save a child from drowning by speaking the word for her—wonderful! Otherwise, in an emergency it is best to dive in with all your clothes on and rescue the child. If you had the absolute faith, the child would be lifted out of the water and it would not be necessary for you to jump into the water to effect a rescue.

A longing for faith is not faith. Affirming, "God is healing me now" will not necessarily get results if there is a subconscious fear of the disease or a belief of incurability. All such fear has to be eradicated from the mind. Act according to the level of your consciousness or faith. You can always grow in your awareness in the same manner as you can grow in your faith in mathematics, chemistry, or any other principle of life.

Remember, if you were always walking in the consciousness of God's love and peace, you would be immune to all harm, disease, and trouble. All of us are in the mass mind. No matter how vigilant we are, some of these negative vibrations enter in. These are the tares mentioned in the Bible that grow up with the wheat. The tares represent the negative thoughts, fears, and false beliefs of the mass mind which enter our mind when we are not vigilant and are off guard.

This is why we have to be constantly on the *qui vive* and keep prayed up; then there will be no room in our mind for these negative subjective emanations coming from four billion people in the world. Subconsciously we are all one and are telepathically communicating all the time. This is why you are told to dwell in the secret place and abide in the shadow of the Almighty. *There shall no evil befall thee, neither shall any plague come nigh thy dwelling* (Psalm 91:10).

Growing in Faith

As we continue to practice the Presence of God, we will grow in faith and understanding. Gradually we will secure a working conviction of God's Presence so that when we say, . . . *Stretch forth thine hand* . . . (Matthew 12:13), it is done according to "the word."

Let your affirmations of truth be a convincing demonstration of Spirit. You prove your faith by operating the laws of mind and getting results. The tangible results establish you in the knowledge of the truth, which sets you free.

Then shall thy light break forth as the morning, and thine health shall spring forth speedily . . . (Isaiah 58:8). *Behold, the Lord's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear* (Isaiah 59:1).

Man is prone to disbelieve this possibility. He cannot quite believe the wonders of God, saying: "Well, yes, but, after all, we live in a physical body; and if I were born with a short arm, I can't do anything about it." At the same time he gives only lip service to: . . . *With God all things are possible* (Mark 10:27).

The late and famous Harry Edwards, the great healer in England, through the laying on of hands, has performed marvelous healings, straightening out legs and arms and healing all manner of diseases. He was a layman, but he believed that with God all things were possible.

They hatch cockatrice' eggs, and weave the spider's web: he that eateth of their eggs dieth . . . (Isaiah 59:5). The conflict of beliefs is here described graphically. Resistances to healings and to the good things of life seem to rule and hold sway as iniquities, which is the meaning of "weaving of spider's web."

Millions today are psychologically overstimulated but going nowhere spiritually. We find thousands of people following various cults such as satanism, witchcraft, sorcery, voodoo, etc., referred to by Isaiah as "cockatrice's eggs."

There is a crying need for a mental and spiritual renaissance in order to escape the clouds of iniquities which beset us. We need to find peace with the inner God Presence and move onward and upward, and go from glory to glory.

10

Spiritual Powers You Can Apply

OUR PARTY ARRIVED in Honolulu and everyone was delighted to set foot on U. S. soil again. It was the fifth and sixth visit to Hawaii for several on our tour. A circle tour of the Island of Oahu enables one to see some of the island's most scenic attractions, such as Sealife Park, one of the world's most extensive and colorful marine areas, and Pearl Harbor, which is most interesting and informative.

The most fascinating and colorful of all the islands is the big island of Hawaii. After a few days in Hawaii, we winged our way across the Pacific to San Francisco for a good night's rest before starting on our way back home. My home is 3242—2H San Amadeo, Laguna Hills, California 92653.

A Spiritual Message

During my first week as a resident of Leisure World, a man came to see me, asking me to interpret a dream for him which he considered to be very important. For three consecutive nights he had what is called a recurrent dream, which is very important because it is actually saying to him, “Stop, look, and listen.”

A man had appeared to him in his dream, saying, “This is the third time I am coming to you. In the mouth of two or three witnesses shall every word be established.” These words are from II Corinthians 13:1. *Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?* (II Corinthians 13:5). . . . *Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you* (II Corinthians 13:11).

This man was a student of the Bible, and his subconscious responded to his problem in the form of verses from Corinthians, which had a profound significance for him. In the correct esoteric or hidden understanding of the Bible, it must be understood that principles are personified as persons in order to make portrayal and interaction vivid and forceful.

The meaning of the third visit spoken of by Paul and the two or three witnesses can only be explained when we understand that persons, names, places, journeys, and events are symbols of changes in our mind. “Paul” means “the little Christ,” or man awakening to the Power of God within him. He comes in three visits and is telling this man what to do. The first visit is a conception or desire, an idea in his mind. He had perfected an invention which he was trying to promote, and he had received some rejections by several local companies and industries. He was doubtful about the eventual outcome and had a deep-seated fear of rejection.

I explained that the first step was to realize that his idea was good and to give it attention, realizing that the Infinite Presence which gave him the idea would also reveal the perfect plan for its unfoldment. Further, he was to imagine his wife congratulating him every night prior to sleep on the acceptance of his invention. To be precise, he was to imagine the happy ending, the Divine solution. One of the best techniques was for him to get into a drowsy, sleepy state, which brings an outcropping of the subconscious mind, then hear his wife congratulating him on the acceptance of his invention.

In this subjective, passive state, he is actually impregnating his subconscious mind. As he repeats the process, the idea gradually sinks into his subconscious and becomes a conviction. Results then inevitably follow. This is the stage of the second witness wherein you begin to feel the possible fruition of your desire.

The third visit: The third witness is still to come, which means the outward manifestation following a sense of inner conviction of victory.

This explanation satisfied him. After about a week, he met a Japanese scientist at a social gathering who was connected with a large organization. Arrangements were made to purchase his invention and give him royalties, all of which were satisfactory to him.

The Inner Meaning of Jesus Christ

Paul says: *Know ye not . . . that Jesus Christ is in you, except ye be reprobates?* (II Corinthians 13:5). The inner meaning is this: One of the meanings of Jesus or Joshua is I AM, Je Suis. The inner meaning of Christ is the Presence of God in you. Symbolically speaking, all Paul is saying is that Jesus Christ means that your own I AMness is the Presence and Power of God in you. Psychologically speaking, you are Jesus Christ in action when your conscious and subconscious mind synchronize and agree on the eternal verities of life. Your prayer is always answered when there is no longer any argument in your brain and heart. When your brain and heart agree and unite in concord, the married pair bring forth the joy of the answered prayer.

You are then no longer "reprobate," because you know that the solution to all problems is within you. From now on you recognize no other power but the Living Spirit Almighty within you, Which knows only the answer. Jesus (illumined conscious mind) puts on the Christ (wisdom of the subconscious) and, fully integrated, becomes Jesus Christ—the ideal man!

Align Yourself with the Infinite

A little boy once exasperated his father by putting together a completely cut up world map in a few minutes instead of taking a peaceful, quiet hour planned by his parents. Asked how he had succeeded so quickly in putting the world together, the boy said: “Why, Father, I simply put the man together on the other side of the map picture.” The moral is: Let man unite with the God-Self and become integrated by his sense of oneness with the Divinity which shapes our ends.

Learn to Condition Yourself Spiritually

Begin to think, speak, and act from the Divine Center and not from the superimposed structure of fear, ignorance, and superstition. Affirm constantly: "God thinks, speaks, acts, and reacts through me." Think and speak from the standpoint of the principles of harmony, health, peace, joy, love, beauty, and right action. If you are a professor of mathematics, you think and speak from the standpoint of the principles of mathematics; likewise, begin to speak and act from the standpoint of the principles of life, which are the same yesterday, today, and forever.

Learn to condition yourself to the truths of God alone as they resound in the silence of your soul, so that you will not be frightened by the din, noise, and propaganda of the world but will follow the tones of the bugle of the Spirit. This will assure you of victory over the negations of the world.

The Arabian Horses

Recently I heard a trainer speak of the manner in which horses are trained to react to the sound of bugles, which are the sole means used in their training to response commands. They are given no food or water for four and one-half days, after which responses are called forth by bugle tones alone in various situations. This is a conditioning process which works.

Likewise, we must abstain from the food of the world representing the propaganda of fear, sickness, war, and prognostications and predictions of catastrophes. We must drink of the waters of life, such as inspiration, love, joy, laughter, and a transfusion of confidence and faith in the goodness of God in the land of the living.

What Is Education?

The word “education” means to draw forth the wisdom, intelligence, and powers from our subjective depths, which will enable us to lead a full, happy, and coordinated life. I have talked with a number of college students who have acquired a large mass of facts, but their personal lives were chaotic. What they had learned seemed to have no relationship to their daily activities and expression in life.

Education should build character and morality. Knowledge is important, but it must be used wisely. The factor that makes for success in the art of living—for vitality and achievement—is not mere knowledge, but inspiration, wisdom, enthusiasm, cordiality, and goodwill. The so-called progressive education is completely wrong in its declaration that you must not learn how to curb certain urges and instincts which are negative in character growth and social existence.

The young boy or girl must be trained in correct inhibition. The world is full of educated derelicts. You find many of them in the skid rows of the world. Their negative and destructive thinking brought them there. They had made very poor mental investments.

A few nights ago there appeared on TV a young man eighteen years of age who had graduated from high school in New York City. He admitted to the interrogators that he could not even read what the diploma said. His parents apparently were suing the Board of Education for damages.

Wisdom Is Within You

While talking with an elderly man in the Hilton Hotel in Honolulu, he showed me a forked hazel stick which he uses to find water in places where people say there is no water. He has a natural wisdom and believes that the intelligence in his subconscious will guide him to the exact spot.

He pointed out that his father and grandfather were dowsers, the term applied to people possessing that skill, and were extraordinarily successful in finding oil, water, and minerals. They were ofttimes employed by some of the largest corporations.

This belief was communicated to him when a boy by his father and grandfather, and he accepted completely what they said. His subconscious responded accordingly. He stated he could tell by “its pull” toward a spot in the ground where water could be found, no matter how arid and unlikely a place it seemed to the senses. It had proved true in nearly all his experiences, he indicated.

He did not think it strange for the hazel stick to act this way. He knew there was no power in the hazel stick, as it was only a technique of tapping the subconscious. The wisdom of his subconscious acted upon the hazel stick, which revealed the answer to him. He could also tell how many feet to dig before water would be found. One time it was twenty feet, and the geologists confirmed it exactly.

The wisdom of the ages is hidden in your subjective depths. Begin to tap the deep reservoirs within you, using the tools of faith and confidence. Wonders will happen in your life.

His Name Is Wonderful

Recently I talked with a widow in Reno, Nevada, who told me something very interesting. She said that everything had been going wrong in her life—finances in disarray, turmoil in her home, family problems, etc. She sat down one day in her dining room, however, and affirmed for about a half an hour: "It is wonderful." She did not ask herself, "What is wonderful?" To her the affirmation meant that God would work wonders in all phases of her life and that the word "wonderful" included all the things she desired in her heart.

She practiced this one-half hour meditative technique three times a day. On the third day she had an intense desire to play in the casino, where she won a large sum of money. She was able to pay all her bills and still had a considerable sum left for investment. Her winning attracted attention, and she fell in love with one of her admirers—a professional man. Everything in her life was transformed.

"It is wonderful" includes all things you could desire. . . . *and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace* (Isaiah 9:6).

He Wanted to Write

A school teacher told me recently that be began to mentally act as though publishers were hungry for his writings, since many of his submitted manuscripts had been returned to him apparently unread. He began to assume that he had letters of acceptance from several publishers.

He continued this imaginary drama for ten or fifteen minutes every night for about two weeks. One morning he had an intense desire to write something new and quite original. On its completion, he sent it off to one of the publishers who had previously rejected his writings, and it was accepted with *éclat*. As he assumed he had the necessary talent, his subconscious gave him the necessary ability and material enabling him to flower as a writer. He knew that the willingness of the publisher to accept his writings was proof of his inner ability to create.

How He Won Promotion

A young salesman who had been reading one of my books, *The Power of Your Subconscious Mind*,* said that every night he would get still and bring about physical immobility bordering on the sleepy state. He would then imagine he was in front of his boss, who was congratulating him on work well done and telling him that he was now being promoted. He felt the genuineness of all this, so much so that it had all the vividness and distinctness of reality. He made the desired occurrence take place in his mind now. There was the imaginary handshake plus the animated conversation associated with it.

He knew that the drama of his mind was taking place subjectively and would have to be objectified sooner or later. He did not visualize himself at a distance in some point of space or some future time. On the contrary, he dramatized the whole thing as taking place now. Remember, the future event is a reality now at higher levels of your mind. You do not see yourself as though you were on a motion picture screen; on the contrary, you feel yourself in action here and now. He imagined his superior right in front of him and felt the reality of the imaginary handshake. This is the road to success.

How to Pray for Another

If another asks you to pray for him, be it a belief in sickness, poverty, or any other problem, you must loose the condition from your mind and let it go, not by using words of denial, but by claiming and believing that he is now experiencing what he longs to be and that he now possesses what he longs to possess. In other words, you picture him in your mind as he ought to be, while knowing that the action of God is taking place in his life.

In that way you forgive him. You change your concept of him. Complete forgetfulness is forgiveness. If you do not forget his ailment and problem, you have not forgiven. You forgive when you forget. If you see a person or think of him and you are reminded of what you had against him, you have not forgiven at all. Forgiveness is forgetfulness.

You Can't Give God Anything

The idea of "sacrifice" is based upon giving something up to God (your Higher Self). God is all there is, in all and over all, through all and all in all, and possesses all already. Why would man sacrifice lambs, bullocks, doves, etc., as if God were a cannibalistic Moloch who must be appeased? Some try to bargain with God, saying: "If God will heal my son, I will give up drinking."

All this is absolute nonsense. God is the Impersonal Presence and Power animating all things and is no respecter of persons. This sacrificial idea is a hangover from jungle days when primitive people tried to appease God by sacrificing animals and even children.

You cannot give God (I AM in you) anything but recognition, praise, and thanksgiving. What you sacrifice or give up is your false beliefs, fears, doubts, and other negative concepts. Read the 100th Psalm. Then you will have the right approach to the Infinite. For example, many people who want a healing imagine they are talking to their Higher Self and affirm: "Thank you, Father, for my miraculous healing." They repeat this silently over and over again until they enter into the mood of thankfulness. As they continue, they rise high enough in consciousness to the point of acceptance, and their subconscious mind responds to their belief. Every man answers his own prayer.

Practicing by the Book

There is quite a difference between a practitioner operating under grace and one who simply goes by the book. It is the consciousness of love that heals and restores the soul. There are not very many practitioners who work like Phineas Quimby in 1847, who took on all challenges and all manner of diseases without hesitation.

He was able to stop in its tracks the thing which his quaking patients feared would come upon them. He banished the idea of a punitive God from the minds of people and clairvoyantly perceived the root cause of their maladies. He operated from a high level of God consciousness. He brought about an electronic induction of grace, faith, and courage in his patients, who reported blessings, healings, and many gifts of the Spirit. Whether we are dealing with the medical, psychological, or spiritual healer, there is always room at the top.

The Two Scientists

One of our laboratory scientists said that science did not need a God, since he could reduce man to a mass of chemicals and water worth about $1.50 in today's market and place the contents in a large test tube. A Chinese chemist retorted, however, saying that only God could take the man out of the test tube and put him together again in one piece. This was rather a good rejoinder.

What Garment Do You Wear?

You are told in the 100th Psalm: *Serve the Lord with gladness: come before his presence with singing . . . into his courts with praise: be thankful unto him and bless his name* (Psalm 100:2,4).

The garment you wear when you pray must be one of confidence, praise, and thanksgiving. That is the proper mood, or garment. You must be receptive, open-minded, and ready to receive all the blessings which were given to you from the foundation of time. "All things be ready if the mind be so."

Every night of your life as you go to sleep, you are going before the King of Kings, the Lord of Lords, the Living Spirit Almighty, the God-Presence within you. If you go before a human king as a servant, you will get the duties of the servant or slave, as the case may be. If you go before the king of some country wearing the bars of a general, you will get an appropriate assignment.

For example, if you are called before some very prominent person, you will wear your most expensive clothes. You will not be very particular whether your suit is pressed or your tie is in order before the maid or servant, but if you are going before the President of the United States, you will be very conscious of your dress.

You visit the King of Kings, spiritually speaking, every night as you go off into the deep of sleep. Wear the garment of love, peace, goodwill, and expectancy. You wear the garment of faith in the fact that the nature of Infinite Intelligence responds when you call upon It. Never go to sleep wearing a garment of depression, anger, resentment, or self-condemnation. Then your garment is full of holes, seams, dirty and ragged at the edges. Inasmuch as the subconscious always magnifies what you deposit in it, you are generating more trouble.

Cleanse your mind prior to sleep. Forgive yourself and everybody else, and go to God with a song of praise in your heart. God will pour you out a blessing so bountiful there will not be room enough to receive it. Your last waking concept is engraved in your subconscious mind, the book of life, and records everything you feel and believe.

God is absolute love and grants whatever you claim and feel to be true. God is impersonal. *For the Lord is good; his mercy is everlasting; and his truth endureth to all generations* (Psalm 100:5).

11

The Answer Is Within You

A WOMAN SAID that she wanted to become thin. She was imitating the habits of others, who follow their diets with no results. All the time she was repressing in her subconscious her desire for apple pie, ice cream, and cookies. Her experiments were followed by an increase in weight later.

I pointed out to her that it was no use imitating the habits of others and that all she had to do was to decide on the weight desired (such as 120 pounds), and then claim: “I weigh 120 pounds in Divine law and order,” repeating the statement many times a day, especially prior to sleep. I explained that as she continued to do this, the idea of 120 pounds would be conveyed to her subconscious mind, which would automatically cause her to lose all desire for foods which contributed to her adiposity.

She Established a Constructive Habit

Many times during the day, whether ironing clothes, washing the dishes, or using the vacuum, she would sing out loud to herself: “I weigh 120 pounds in Divine law and order. It is wonderful!” She repeated this conscious choice over and over again until it became habitual and entered into her subconscious mind. She knew that by repeating a certain thought, and feeling the joy and wonder of it all, it would find its way in due time into the subconscious and become law.

After a week or so she lost all desire for the amylaceous foods which were the cause of her obesity. When she used the words, “It is wonderful,” it meant to her that God was working wonders in her life. . . . *And his name shall be called Wonderful* . . . (Isaiah 9:6).

He Promoted Himself

A young banker told me that every night he relaxed in a chair, closed his eyes, and focussed his attention on the president of his company. In his imagination he experienced the president congratulating him on his promotion and excellent work. He participated in the imaginary action of shaking hands with the president and hearing his voice, making it as real as possible. He lived the role with all the vividness and distinctness of reality. He did not see himself at a distance being congratulated. He made there here and the future now. He made it all so real that oftentimes when he opened his eyes he was amazed that the president was not physically present.

After a month's visualization and repetition of the mental movie, he succeeded in impregnating his subconscious mind and promotion followed in due course. He was also sent at the bank's expense to a special class in banking and was later made vice president.

The Thing He Greatly Feared

Job said, . . . *The thing which I greatly feared is come upon me* . . . (Job 3:25). Recently I talked with a man who had just begun learning the laws of mind. He said that for three years he had experienced a constant fear that his store would be held up by gunmen, and then it finally happened. He said that had he known the laws of mind, he would have reversed it and realized that which I greatly love is come upon me. He realized that he was dealing with the power that moves the world and was using it erroneously. All the power of the God-Presence is within the subconscious mind.

He now knows that he attracted the robbery to himself. He perceives now that nothing comes into our experience unless the equivalent is in our consciousness. Consciousness means your total beliefs and acceptances, both conscious and subconscious. In other words, it is the sum total of what you think, feel, believe, and give mental consent to. What is not in our consciousness we cannot experience.

He has begun now to make a habit of reading, believing, and announcing the truths of the 91st Psalm to his subconscious mind several times a day. These eternal verities will enter his subconscious and become effective and functional in his life. His mind is now at peace and his abnormal fear has vanished.

Like Attracts Like

What you really feel as true about yourself deep down in your heart will be verified on the screen of space. The great truth is that as a man thinketh in his heart (that is, emotionally and subconsciously), so does he act, experience, and function in life.

A detective who attends my lectures in Laguna Hills told me of a woman who had shaped her own attack. She had been attacked and raped. In her purse he found clippings of cases of rape going back several years. She told the detective that she knew it would happen to her. The detective referred to her as a victim in search of a rapist. Whatever we plant—good or bad—in our subconscious, we experience sooner or later.

Why He Failed

During a consultation with a young businessman, I learned that he worked very hard, was industrious, forthright, and progressive in his thought and general attitude; however, he had suffered repeated failures due to the fact that he felt a jinx was following him, that he could not succeed, that fate was against him, and that somehow he was not destined to succeed.

I explained to him that he was born to win and destined to succeed because the Infinite Presence and Power within him was Omnipotent and was always successful in all Its undertakings, whether creating new stars or making a tree. He realized that he was making a law for himself because of the repeated suggestions he gave to his subconscious, which in turn responded to his belief in failure.

He now understands that whatever we believe in, the subconscious brings to pass. He made a new law for himself and began to reiterate the idea of success and wealth, knowing that by constant repetition of those two ideas and by living the role in his mind, picturing his wife congratulating him on his success and wealth, these two ideas would eventually become deposited in his subconscious. The law of the subconscious being compulsive, he would, therefore, be compelled to succeed and become wealthy.

In a month’s time his whole life changed due to the new good habit established in his subconscious mind. Prayer is a good habit; failure is a bad habit. He discovered that his thought-image and feeling transformed his life. He also made sure that while he was reprogramming his subconscious mind, he did not deny what he had previously affirmed.

The Power to Choose

The Bible says: . . . *Choose you this day whom ye will serve* . . . (Joshua 24:15). While conversing with a foreign intelligence officer in India, he revealed the hazards to which he was exposed almost every day. He said that in studying the Bhagavad Gita and the Psalms in the Bible, he discovered there was but One Power, which was absolutely good and perfect.

He added that all he had to do was to sell himself completely on the protective power of God—the Only One. Every morning and every evening he read aloud these verses from the 27th Psalm: *The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid? . . . For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock* (Psalm 27:1,5).

He repeated these truths over and over again every morning before going out on an assignment. He constantly reminded himself of these verses during the day. He knew that by constantly repeating these marvelous truths with his conscious mind, they would gradually penetrate his subconscious mind, which is reactive to the mental patterns impressed upon it. He also knew that he was establishing a beneficent habit and that the result would be an automatic response from his deeper mind, resulting in the fact that he would lead a charmed life.

This is what has happened. In one instance, for example, a man fired point blank at him and the gun jammed. In another instance, a man threw a bomb at him in his car and it failed to explode. In another instance, an inner voice spoke clearly to him informing him the food he was about to eat was poisoned. He did not touch it.

Emerson says, “There is guidance for each of us, and by lowly listening we shall hear the right word.” He calls this inner voice which speaks to him the voice of “Om” or “I AM,” which, in our Bible, means the Presence of God, the Higher Self or the Superconscious. All these names mean the same thing. The Divine Presence is lodged in the subconscious of everyone, which Emerson called the “Oversoul.”

When you repeat a certain thought over and over again in a meaningful way, the moment comes when it becomes a realization—a subconscious conviction resulting in the automatic response of your deeper mind, which guides, directs, and propels you to green pastures and still waters.

False Belief

A school teacher had been told that the reason his ailing leg would not heal was due to the fact that he was now paying off a karmic penalty for misdeeds in a former life. He was a principal in a school and obviously well-educated from an academic standpoint.

I explained to him that all this was imaginative folderol and an insult to his native intelligence. Furthermore, I suggested that he go to two reputable professors of psychology and have them regress him to the same period of time, which was, according to his reading, one hundred years before his birth. He had readings from both men separately. They did not know each other; each reading was a complete contradiction of the other. In one instance, one hundred years before his birth he was a woman in Kentucky who had four children. The other reading for the same period of time revealed that he was a soldier in France and had been imprisoned for shooting his commanding officer.

It is obvious that these readings of his immediate past life (one hundred years prior to birth here) were fictionalized dramatizations of his subconscious and were purely imaginary. He spoke French fluently in the second reading, but he reads and understands French anyway. He was quite intrigued. He went to another psychologist for a third reading, which contradicted everything the two previous psychologists had recorded. He also asked the third psychologist to read his present life from the moment of birth. (He is fifty-five years of age.)

Everything is recorded in the subconscious mind; i.e., all his experiences from the cradle to the present moment are impressed indelibly and infallibly in the universal subconscious mind. Therefore, the material of his deeper mind should be accessible to these experts in life readings and regression under hypnosis. The result was a miserable failure to record events in his present life.

This teacher's eyes were opened. He declared, "I have been had," by which he meant he had been bamboozled by all this tomfoolery. I sent him to a physician, an old friend of mine, who told him he would have a perfect healing with the new medication he applied to the leg. This suggestion from the doctor was accepted by his subconscious mind and he was delighted.

It was his right leg which was afflicted. The right leg means the objective world, and legs mean motion. He admitted that he didn't want to be transferred from where he was and was fighting it in his mind. He was suffering from suppressed rage and resentment. These emotions, being negative, had to have an

outlet; so his subconscious responded with leg trouble. This is called organ language.

He decided to let go and let God guide and direct him. In other words, he surrendered the whole thing to the Infinite Presence and Power, using this prayer: “Infinite Intelligence guides the doctor to do the right thing. I surrender to the Infinite Intelligence, and I am Divinely led to do the right thing. I am always in my true place, doing what I love to do, Divinely happy, and Divinely prospered. God in the midst of me is healing me now and I give thanks for the miraculous healing taking place now.”

His leg has been healed now and he is happy where he is. He decided to let go and let God take over. This attitude leads all of us to ways of pleasantness and to paths of peace.

She Was Hearing Voices

A woman who was using the Ouija Board came to see me and showed me some writings which she had received when she began using the Board, some of which were very good and full of Biblical verses and quotations. After a few weeks, she said a voice took over and every night this inner voice would shout obscenities at her, tell her to commit suicide or to get drunk, and it made lewd and evil remarks to her.

In using the Ouija Board, she was in constant fear that some so-called evil entity would enter in and, as Job said, . . . *The thing which I greatly feared is come upon me* . . . (Job 3:25). In other words, her subconscious mind acted on her constant fear and responded in the above negative fashion.

I gave her a special prayer to use, one which I have sent out over the years to many people who believe they are controlled by some evil entities. Love casts out fear. The constant realization of the Presence of God animating you, sustaining you, guiding and directing you will dissolve and eradicate all negative forces.

Following is the prayer I gave her, with instructions to repeat it aloud for about ten minutes morning, afternoon, and prior to sleep at night, knowing that by the reiteration of these truths constantly to the subconscious mind, all negation and fear would be removed. She began to affirm these truths regularly and systematically, knowingly and feelingly, until they became a living part of her mentality.

The Special Prayer

“God loves me and cares for me. God’s love fills my conscious and subconscious mind. I know that by affirming these truths I will dethrone from my mind all negative influences. I affirm these truths boldly. I mean every word, and what I decree comes to pass. God lives in me. God talks in me. God walks with me. My life is God’s life, and God’s peace fills my mind and heart. God’s healing love saturates my whole being. Wisdom, truth, and beauty govern me. I am whole, I am happy, I am peaceful, and the joy of the Lord is my strength.

“Where God is there is no evil. I can do all things through the God Power Which strengtheneth me. I know whatever I attach to “I AM” I become. God careth for me. I am surrounded by the sacred circle of God’s eternal love, and the whole armor of God enfolds me. His light shines in my mind. I hear the truth; I know the truth; I hear the still, small voice of God saying to me, ‘Peace be still.’ “

Following this meditation she issued the command boldly, incisively, and decisively: “I decree you get out now. I mean it. I decree it. Get thee hence. God is, and His love is here now. Be thou gone. I am free. Thank you, Father.”

After a week or so, following this prayer technique, she was completely free, and she also ceased dabbling with the Ouija Board. She now knows it was her own subconscious mind talking back to her. In other words, she was talking to herself.

Born Again

Many people ask me the meaning of this statement. We read in the papers almost every day of someone claiming that he is born again. This has nothing to do with physical birth, however. You might be a great mathematician or an outstanding physician, but this is not spiritual enlightenment or illumination. Man must be aware of spiritual powers within him and have a sense of oneness with the Infinite. In other words, when Divine love and Divine peace fill his soul and when he begins to think, speak, and act from the Divine Center within him, then he experiences what is called a spiritual rebirth and is completely free from fear, ignorance, superstition, and false beliefs of the world.

He has no denominational religion, neither does he belong to any sectarian creed, because he knows intuitively that God is no respecter of persons, and that you cannot put a label on love, peace, harmony, joy, goodwill, inspiration, or right action.

Rebirth Can Take Place Now

Rebirth is an individual experience. . . . *Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God* (John 3:5). Water is your mind, which, like water, will take the shape of any vessel into which it is poured. Fill your mind with the truths of God morning, noon, and night, and as you saturate your subconscious with the eternal verities, your whole life will be transformed into the image and likeness of your contemplation.

"All things be ready if the mind be so" (Shakespeare). You can open your heart now to the influx of the Holy Spirit and be renewed and illumined from On High.

He Said, "In Time All Will Be Born Again"

A young clergyman with whom I was well acquainted had the illusion that in time everybody here in the world would experience a spiritual rebirth. I referred him to the Third Chapter of Ecclesiastes:

To every thing there is a season, and a time to every purpose under the heaven:

A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted;

A time to kill, and a time to heal; a time to break down, and a time to build up;

A time to weep, and a time to laugh; a time to mourn, and a time to dance;

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing;

A time to get, and a time to lose; a time to keep, and a time to cast away;

A time to rend, and a time to sew; a time to keep silence, and a time to speak;

A time to love, and a time to hate; a time of war, and a time of peace.

What profit hath he that worketh in that wherein he laboureth?

I have seen the travail, which God hath given to the sons of men to be exercised in it.

He hath made every thing beautiful in his time: also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end.

I know that there is no good in them, but for a man to rejoice, and to do good in his life.

And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God.

I know that, whatsoever God doeth, it shall be for ever: nothing can be put to it, nor any thing taken from it: and God doeth it, that men should fear before him.

That which hath been is now; and that which is to be hath already been; and God requireth that which is past (Ecclesiastes 3:1–15).

It is foolish to think that in time people will become Godlike and saintly. This is an illusion. There is nothing wrong with the world or the galaxies in space. All are controlled by a Supreme Intelligence working mathematically, in an orderly manner, and with Infinite precision. It is said that order is heaven's first law.

It is the people in the world who must change, and it is an individual process. No one can wave a mystic wand and convert people to practice goodness, truth, and beauty. This world of ours revolves on its axis regularly and repeats the seasons regularly. All of us here in this three-dimensional world are moving through opposites—night and day, ebb and flow, sweet and sour, health and sickness, faith and fear, good and evil. We have to learn to reconcile the opposites and experience the peace that passeth understanding.

Our lives are like a pendulum, a sort of rhythmical alternation between its opposites. We move from war to peace; and, after an interval, go back to war again. This takes place because man is what he is. When greed, malice, hate, envy, and jealousy die out in man, then, of course, there will be no war, sickness, or crime.

This does not take place collectively; it takes place as each man learns to practice the Presence of God in his thoughts, in his words, and in his deeds. Each man creates his own utopia. No government can guarantee peace, happiness, health, or prosperity. There are countless thousands of people travelling around the world, and the writer has met many of them. Great numbers of them are familiar with the most remote areas, but they have not travelled within themselves where the Holy of Holies dwells—the Presence of God.

When you travel spiritually, you go up the Hill of God within yourself and contemplate the great truths of God. You then appropriate more and more of Divinity by meditation, prayer, and contemplation. There is no time or space in the Divine Presence within you, and your spiritual awakening has nothing to do with the time of the movement of the earth around the sun.

The Timeless, Spaceless, Ageless One is within you. You can be changed in the twinkling of an eye. *That which hath been is now; and that which is to be hath already been* . . . (Ecclesiastes 3:15).

History repeats itself, and that which was shall be again. This cycle of changes does not change America or the universe, but its aim and purpose is to change man so that he becomes the new man, the happy man, the joyous man, the man who has recognized God as his Father and all men as his brothers.

The universe is controlled by God. God works on the universal scale. Man is the particular, and in order for God to work through the particular, God must become the particular. This simply means that you are an individualization of God. In order for God to work through you, He can work only through your own thought patterns and imagery.

In verse 11 of this chapter, the inspired writer says: *He hath made every thing beautiful in his time: also he hath set the world in their heart* . . . The world you see is the world you are. You see through the contents of your own mentality.

Beauty is in the eye of the beholder, and each one sees a different world. If your eyes are identified with that which is lovely and of good report, you will see only the lovely. “That thou seest man, that too become thou must. God if thou seest God, and dust if thou seest dust.”

The travail spoken of in verse 10 means the various problems, challenges, trials, and difficulties we meet on the screen of space which enables us to grow spiritually by overcoming them. The great joy is in overcoming problems and in discovering the Power within you.

Cease trying to change the world. There is no one to change but yourself. Human nature has not changed much through the centuries, as is testified by the recent three great wars. Actually, war has been going on somewhere in the world ever since I was born. You have no magic wand to banish disease, which originates in the mind of man. Neither do you have that mystic stick that prevents war and human conflict.

This is a school, and we are here to learn to grow and discover the Divinity which shapes our ends. The suffering of the world, as Buddha said, is due to ignorance. It is noble and Godlike to desire to relieve the suffering and the sick, but you should not contemplate the crimes, tragedies, and suffering in the world to the point of depression. To do so is to pollute the mass mind some more. Contemplate peace, harmony, right action, and illumination for yourself and all mankind. You will then be giving a benediction to all mankind.

Take your good now. Take your happiness now. Take love now. Take joy now. Don’t postpone your good. It is foolish to say that you will be happy, joyous, and free when wars cease and when all the people experience a rebirth in God—you will wait forever. When you walk in the consciousness of God’s peace, harmony, and joy, you are blessing all people who walk the earth, because you are spreading to all the world the sunshine of His love.

We had a woman with us on our tour around the world who was overly sympathetic. Beggars flocked around her. Some wanted to grab her bag. She said, “I can’t eat tonight thinking of all these poor hungry people.” A fellow passenger spoke rather harshly to her, telling her to wake up. He said that the best thing she could do was to go and lie down with the beggars on the street and suffer with them. She saw the point. It does not help the hungry beggar to say, “I feel so sorry for you I have decided to starve with you.” She could not possibly feed all the beggars who descended upon her; neither did she have enough money to buy all of them food and clothing.

When you visit a sick friend in the hospital, I am confident you don’t say, “I am so sympathetic and so sorry for you. I have decided to stay here and suffer with you.” What your sick friend really needs is a spiritual transfusion of faith,

confidence, love, and goodwill. You can lift your sick friend up by reminding him of the healing power of God and of the miracles of healing taking place today everywhere. That is compassion—it is not sympathy.

In the Book of Matthew you have the answer: . . . *These ought ye to have done, and not to leave the other undone* (Matthew 23:23). To give a hungry man food is good, but you have not given him the other half. A little later he will be hungry again. Teach him how to tap his subconscious mind where the riches of heaven are. Let him know that God will supply all his needs, and when he calls God will answer him. Then you have given the other half—the pearl of great price—and he will never want again.

Remember the great truth: . . . *That every man should eat and drink, and enjoy the good of all his labour, it is the gift of God* (Ecclesiastes 3:13).

12

A Meditation on the 23rd Psalm

THE LORD IS my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever (Psalm 23:1–6).

Many people meditate on the great truths of this Psalm and get wonderful results. As you focus your attention on these truths, absorbing them into your mentality, you are meditating in the true sense of the word, because you are appropriating more of your Divinity—the God-Presence which dwells in your deep self.

The Lord is my shepherd. The Lord means God, the Living Spirit within you. *I shall not want*. This means you will never want for evidence of the fact that you have chosen God as your shepherd.

A shepherd watches over his sheep. He loves them and cares for them. He examines the fields where they graze, and he eradicates loco weed, which would adversely affect the sheep. He leads them to the shade and guides them single file over the steep ravine to water, where they are refreshed. At night he examines their nostrils to see if there are any needles or other irritants imbedded there. If so, he plucks them out and pours some soothing oil upon them. He examines their feet also and, if injured, administers kindly to them with whatever medication or treatment is appropriate.

The shepherd loves his sheep. He calls them by name and they follow him. All this is symbolic, of course, but very significant, indicating to all of us that if we choose God as our shepherd, we will not want for any good thing.

Verily, verily, I say unto you, He that entereth not by the door into the sheepfold, but climbeth up some other way, the same is a thief and a robber (John 10:1).

Before we get an answer to our prayer, we must first possess our desire in consciousness. Our consciousness represents the sum total of our acceptances and beliefs, both conscious and subconscious. Our state of consciousness is the way we think, feel, and believe, and to whatever we give mental consent.

In other words, our desire must be deposited in our subconscious mind. "I must be" before "I can have." The ancients said, "To be is to have." If I try to obtain what I want by external means, I am a thief and a robber. My state of consciousness is the door to all expression. I must possess the mental equivalent of whatever I want to be or possess.

Let us take a simple illustration. A person wants to be healed and affirms over and over, "I am healed." These mechanical statements are not enough. The person must enter into the joy and realization that he is healed. It must be a conviction based on the silent inner knowing of the soul. To be wealthy, man must assume the feeling of being wealthy; then wealth will follow.

The sheep are the noble, dignified, God-like ideas that bless us. Our conviction of good is the shepherd that watches over the sheep, because our dominant state of mind always rules, in the same manner as a general commands the army. We call our sheep by name when we enter into the consciousness of having, being, or doing the thing we long to have, to be, or to do. If we sustain these moods, they gel and crystallize within us, and these subjectified embodiments become objectified manifestation.

And a stranger will they not follow, but will flee from him: for they know not the voice of strangers (John 10:5). The strangers are the thoughts of fear, doubt, or anxiety which enter the mind. These ideas delay our healing and postpone our demonstration because these thoughts neutralize our good.

It is idle to pray that the Infinite Healing Presence is making you whole and perfect and at the same time be resentful or fearful that you cannot be healed. If you believe that circumstances, conditions, events, age, race, lack of money, etc. can preclude the possibility of attaining your objective, you are, in biblical language, a thief and a robber. This is why it is said, *All that ever came before me* (the conviction) *are thieves and robbers* . . . (John 10:8).

Meditation is for the purpose of redirecting your mind along God-like ways so that Divine law and order may govern all your activities and all phases of

your life.

Shakespeare said, “All things be ready if the mind be so.” The Bible says, . . . *The works were finished from the foundation of the world* (Hebrews 4:3). All this means is that we should open our minds and hearts and accept the gifts of God proffered to us from the foundation of time. We should reorder our minds and ask ourselves a simple question: How is it in God and Heaven? The answer is: All is bliss, harmony, joy, love, peace, perfection, wholeness, and indescribable beauty.

The All-Wise, the All-Powerful, and the All-Knowing One is within us. No matter what we seek already is. Love is, peace is, joy is, power is, harmony is, and the answer to every problem is within us now, at this moment. God knows only the answer.

How to Receive Guidance

If you are seeking guidance, affirm: “Infinite Intelligence knows the answer, the way out, even before I ask. As I call on this Supreme Wisdom now, I know Its nature is to respond to me. I will clearly recognize the lead or answer when it comes. I know it comes clearly into my conscious, reasoning mind, and I recognize it instantaneously.”

Having done this, dismiss it from your mind, knowing that you have turned your request over to the Infinite Intelligence in your subconscious and inevitably the answer will come. You know when you have really turned it over, because your mind is at peace, and you don’t subsequently deny what you have already affirmed and decreed.

He Maketh Me to Lie Down in Green Pastures

I am writing this chapter in Laguna Hills, California. A letter arrived in the mail yesterday from a woman in Hawaii telling me that she meditated on these words: *He maketh me to lie down in green pastures*, for about half an hour three times a day for a week. She focussed all her attention on this promise of the Psalm. She began to look at it from all angles, its inner meaning and how it applied to her.

She stated that in her meditative mood and on her reflection on these words, the phrase meant peace of mind, contentment, tranquility, abundance, and security. The vision of a cow lying down in the field chewing the cud came clearly into her mind, symbolizing the meditative process of her own mind. In chewing the cud, the cow is absorbing, digesting, and transforming everything eaten into milk, tissue, bone, muscle, blood, etc. Likewise, she was digesting, ingesting, and absorbing these truths until they too became a part of her.

Her finances were in bad shape. She was in danger of losing her lovely home. The mine in which she had invested a large part of her money suddenly collapsed. Her son was missing—no one could find him. As she continued to meditate, at the end of the week she received notice from an attorney that a large sum of money had been bequeathed to her by a distant relative on another island, as well as some stocks and bonds. This solved her financial problem, and she was able to make satisfactory arrangements with all concerned. Her son returned home. He had run away to Canada, thinking there were green pastures there. He was wiser on his return and is at peace.

This was real meditation of a very constructive nature. She appropriated mentally these great truths and they became a living part of her in the same way that a banana, when eaten, becomes a part of your bloodstream. She quietly devoted her mind to a certain passage of the Psalm and dwelt on the profundity of its meaning and its healing power. She decided to lie down mentally with these truths and experience all around harmony in her life.

He Leadeth Me Beside the Still Waters

The shepherd in the Bible is a symbol of the guiding, healing, protective power of the God-Presence within. You are a good shepherd when you know and believe that God is the Only Presence, Power, Cause, and Substance. When this conviction is enthroned in your mind, you will be Divinely directed and blessed in countless ways.

The still waters represent the mind full of peace, poise, serenity, and equanimity. You are contemplating the power, the wisdom, and the love of the Infinite. In doing so, you find yourself immersed in the Holy Omnipresence, bathed by the river of peace, joy, wholeness, and vitality. When your mind is at peace, the answer comes. Peace is the power at the heart of God.

. . . *To be spiritually minded is life and peace* (Romans 8:6).

He Restoreth My Soul

When you choose God as your shepherd, you will sing the song of triumph. Or, to put it in Emerson's words, your mental attitude is "the soliloquy of the loving and beholding soul." You are recognizing the Infinite Spirit within you, and you know there will be a response when you call upon It. Furthermore, you recognize the power as One and Indivisible. As you do this, you reject all the fears and false beliefs of the world.

Whatever fears, frustrations, and false beliefs were deposited in or became resident in your subconscious mind are now being obliterated and expunged, because you are claiming boldly that the Infinite ocean of life, love, truth, and beauty are saturating your subconscious, cleansing, healing, and transforming your whole being into the Divine patterns of harmony, wholeness, and peace. Once you acknowledge the supremacy of the One Healing Power and the creative power of your thought, you have the Lord, or God, as your shepherd and you have restored your soul.

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee (Isaiah 26:3).

He Leadeth Me in the Paths of Righteousness for His Name's Sake

Go within, close your eyes, become still and quiet, and gently affirm that the wisdom of God anoints your intellect and is always a lamp unto your feet and a light upon your path. Claim that Divine love goes before you making straight, happy, joyous, and prosperous your way. Look to the God-Presence at all times and think, speak, act, and react from the standpoint of the Divine Center within you.

Realize, know, feel, and claim that God is your guide, your counsellor, your boss, your senior partner, and that Divine right action governs you at all times. Affirm boldly: "From now on I think right because I think from the standpoint of eternal verities and principles of life. I feel right, I do right, I act right, and everything I do is in accordance with the eternal principle of Divine law and order—Heaven's first law. I know that the name of God means the nature of God, which refers to the fact that God is the Ever-Living One, the All-Powerful One, Infinite Intelligence, Omnipresent, Omniscient, and Boundless Love. I now know that God and His love saturate my whole being, and whatever I do will prosper."

Yea, Though I walk Through the Valley of the Shadow of Death, I Will Fear No Evil: for Thou Art with Me

Wherever you go, walk the earth with the consciousness of peace, love, and goodwill to all. Suppose you go into a hospital to see a sick friend and are taking with you the mood of love, peace, and goodwill. Your mental and spiritual atmosphere will bless the sick person. You are able to give a transfusion of grace and love to your friend, thereby nourishing him with faith, confidence, and a belief in the Infinite Healing Presence. God is life, and that is your life now.

God cannot die; therefore, there is no death. So-called death is an entry into the fourth dimension of life, and our journey is from glory to glory, from wisdom to wisdom, ever onward, upward, and Godward, for there is no end to the glory which is man.

The shadow means the nonreality of death. Every end is a beginning; therefore, when you leave this dimension, it will be your new birthday in God, and you will wear a new, fourth-dimensional body (which you have now), which is rarefied and attenuated, enabling you to pass through solid matter. You will meet your loved ones, and you will grow in wisdom, truth, and beauty there as well as here.

Actually, you go there every night when you go to sleep, when some men in their ignorance might call you dead. If, for example, you are afraid of death, of afterlife, or judgment day and things of that nature, then you are being governed by ignorance and delusion; not by the Lord of all, which is a God of love. *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7). Death, in biblical language, is ignorance of the truths of God.

Thy Rod and Thy Staff They Comfort Me

The rod represents the power of God, which is instantly available to you when you call upon It. The staff represents your authority and ability to use It. To meditate and think about the Omnipotence and Omniscience of the Infinite Presence brings your mind to an inner state of quietude and passivity.

Think of a beautiful, quiet lake on a mountain top, which reflects the heavenly lights such as the stars and the moon. Likewise, when your mind is still and quiet, you will reflect the heavenly truths and lights of God. The quiet mind gets things done. When your mind is still, quiet, and receptive, the Divine idea or solution to your problem rises to your surface mind. That is the guidance and intuitive voice of the Infinite Presence and Power. When the lake on the mountain is disturbed, it does not reflect the lights of the heaven above.

Claim that God is guiding you now and give thanks for the joy of the answered prayer. His rod and staff have comforted you and you are at peace.

Thou Preparest a Table Before Me in the Presence of Mine Enemies

And a man's foes shall be they of his own household (Matthew 10:36). The enemies are your own thoughts, your fears, self-condemnation, doubts, anger, resentment, and ill will. The real enemies are always in your own mind. When fear thoughts come to your mind, supplant them with faith in God and all things good. When prone to engage in self-criticism or self- condemnation, supplant these thoughts immediately with this great truth: "I exalt God in the midst of me."

A young lady was making false allegations against her uncle, hoping to break a Will so she could get some of the money bequeathed to him. He was angry and was fighting the matter in his mind, making a nervous wreck of himself. However, when he saw what he was doing, he ceased fighting the matter in his mind and began to feed himself spiritually with the great truths of God. He contemplated peace, harmony, and Divine right action, and there was a Divine harmonious solution.

A medical doctor, a close friend of mine, said to me recently that the publicity given to the two wives of prominent politicians in Washington who had developed cancer of the breast caused a great fear, and numbers of women flocked to him for tests to see if they too had cancer. He added that he felt that fighting cancer, tuberculosis, heart disease, etc. through propaganda on the screen, radio, and press does more harm than good, because what we fight in our mind we magnify. He pointed out that the constant fear of cancer on the part of these women would ultimately create precisely the thing they fear. *For the thing which I greatly feared is come upon me . . .* (Job 3:25).

Walk in the consciousness of God's love, peace, wholeness, and perfection, and you will automatically rise above these false beliefs, fears, and propaganda by the mass mind. There is a prayer used in India by many people, which the young boy in a spiritually oriented family is taught: "I am all health. God is my health." As the young boy sings this to himself many times a day, it becomes a habit, and he gradually builds up an immunity to all sickness and disease.

Realize that there is nothing in God's universe to fear. Cease giving power to the created thing. Give power to the Creator. The whole universe is for you and nothing is against you.

Thou Anointest My Head with Oil

Oil is a symbol of light, healing, praise, and thanksgiving. This means that the Infinite Healing Presence is now functioning on your behalf, and the wisdom of God anoints your intellect. You are consecrated with Divine love. *Thou hast put gladness in my heart* . . . (Psalm 4:7). . . . *God hath anointed thee with the oil of gladness* . . . (Psalm 45:7). . . . *God hath anointed thee with the oil of gladness* . . . (Hebrews 1:9).

One of the most wonderful ways to get an answer to your prayer is to imagine you are addressing the Infinite in the silence of your soul. Lull yourself to sleep with the words, “Thank you, Father.” Do this over and over again until you get the feeling of thankfulness. You are thanking the Infinite for the answer to your prayer. As you do this, you carry the thankful attitude to the deep of yourself, and wonders happen as you pray in this way.

My Cup Runneth Over

The cup is a symbol of your heart, which, by contemplation, you can fill with the great truths of God. As you contemplate the beauty, the glory, and the wonders of the Infinite, you will automatically generate a feeling of love, peace, and joy, which fills your heart with ecstasy and rapture. You will find yourself exuding vibrancy, cordiality, geniality, and goodwill to all.

Your subconscious magnifies exceedingly what you deposit in it. Therefore, on introspection, you will find that your good is pressed down, shaken together, and running over with the fragrance of God. You will find that God's love has completely dissolved everything negative in your subconscious mind and that you are as free as the wind.

Surely Goodness and Mercy Shall Follow Me All the Days of My Life

As you continue to meditate and absorb these great truths of the 23rd Psalm, you will discover that all things are working together for your good. Divine love goes before you making happy and joyous your way. The harmony, peace, and joy of the Lord flow into your life and you find yourself expressing your talents at the highest possible level. You will discover that you become what you contemplate. When meditating on the truths of God, you will find that all your ways are pleasantness and all your paths are peace.

I Will Dwell in the House of the Lord Forever

You are the temple of the Living God. God indwells you and walks and talks in you. You dwell in the house, which is your own mind, when you regularly, systematically remind yourself many times a day that God is your guide, your counsellor, and that you are being constantly inspired from On High.

You look upon God as your Father, your Source of supply, and you know that you will never want for any good thing, because He loves you and cares for you. . . . *The tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God* (Revelation 21:3).

You are now rooted to the Divine Presence and you are at home with God. He gives you rest and security. You are relaxed and at ease and completely free from fear, for where you are God is, and you dwell with God forever. You are on a journey up the celestial ladder that knows no end. Every night of your life, you go to sleep with the praise of God forever on your lips.

13

What Is Your Problem?

THE BIBLE SAYS: *Be still, and know that I am God. . .* (Psalm 46:10). What a wonderful release comes to your mind when you whisper these words to yourself in the silence of your soul. What a release of pressure, anxiety, and tension comes to you also when you dwell on the wisdom, truth, and beauty of the following great truth: . . . *Stand ye still, and see the salvation of the Lord . . .* (II Chronicles 20:17). *The Lord will perfect that which concerneth me . . .* (Psalm 138:8).

When you saturate your mind with these truths, there will be a definite response from the Infinite Intelligence which indwells you and walks and talks with you.

He Said He Had Tried Everything

A man living here in Laguna Hills had a difficult legal problem which had continued for nearly five years. He tried releasing it; he prayed about it and affirmed every night: “I let go and I let God take over.” However, he was in the habit of negating his prayer during the day because he would “pick” at the situation, so to speak, every day, more or less saying, “How long, O Lord; how long?”

In our conversation he quoted a very familiar phrase from the Bible: *In the world ye shall have tribulation: but be of good cheer; I have overcome the world* (John 16:33). He had the idea that somehow he was being punished, since the lawsuit in which he was involved was based on false allegations and a tissue of lies on the part of relatives suing him over a Will. In other words, the plaintiffs were greedy and wanted something for nothing.

Following my advice, however, he came to an adjustment within himself and instead of fussing, fretting, and fuming during the day, he frequently affirmed: “I loose it and I let it go. It is God in action, which means all-around harmony and peace.” This was a discipline of substitution. When the negative thoughts came to his mind, he would immediately supplant them with the above-mentioned affirmation. After several days these negative thoughts lost all momentum and he felt an inner sense of peace.

He ceased giving his relatives any power to hurt him or deprive him of his good, a power which they never had except in his own thought. Gradually he grew in spiritual awareness and understanding and impregnated himself with the conviction that his own consciousness was the only cause of his experiences and conditions in life. By consciousness he meant the sum total of his conscious and subconscious acceptances and beliefs. As Dr. Phineas Quimby said in 1849: “Man is belief expressed.”

While he was maintaining this attitude of mind, his attorney advised him that the opposing counsel had advised his clients not to pursue litigation further, as he felt they had no real evidence which would stand up in court. This was an answer to his prayer.

Remember, there is no one to change but yourself. Change your attitude, your viewpoint; cease trying to change the world. The above-mentioned man realized it was his thought about the lawsuit and the relatives involved that really angered him—not other people and their actions. He suffered from his own judgment and reactions to their lies. When he ceased giving them power, he was able to give his allegiance to the Divine Presence within, Which knows all and sees all.

It is essential that you begin to awaken to the fact that you must cease blaming others for your confusion, sickness, or suffering; furthermore, discard that weird, superstitious belief that others are blocking your success. Your faith in God and all things good is your fortune, and success in your undertakings is assured.

Cease Blaming Father and Mother

While talking with a man from Pakistan, who is a graduate from one of our universities here, he claimed that the reason he did not get ahead and was not promoted to higher echelons in the scientific field was that his father had constantly told him that he was a failure, was stupid, was a blockhead, and would never amount to anything.

It was true that his father had browbeaten him and had said all those things; but he began to understand the milieu in which he was reared and the customs of the times, plus the fact that his father didn't know any better and obviously didn't say all those things intentionally. Looking back, I pointed out that perhaps his father thought in his own way that his rebukes would stimulate and arouse him to go forth and be a better student.

I explained to him that he was now mature physically and emotionally but that it was essential that he become spiritually mature and realize that he was now responsible for the way he used his mind. It had nothing to do with his parents.

He began to realize that he was misusing and misdirecting his mental powers and that he alone was responsible for his habitual thinking and imagery. Accordingly, he began to fill his mind with the eternal verities, knowing that as he saturated his subconscious mind with the great truths of God, he would eradicate the negative patterns.

At my suggestion, he reiterated regularly several times a day: "Infinite Intelligence is guiding me. Divine law and order govern my life. Divine love fills my soul and I radiate love, peace, and goodwill to my parents and to all those around me. I forgive myself for harboring destructive, resentful thoughts, and I supplant them immediately with thoughts of harmony, peace, right action, and goodwill. I am God's son, and God is my boss, my guide, my counsellor, and my paymaster. Wonders are happening in my life."

This technique of prayer and a new attitude are now transforming his whole life. Spiritual maturity consists of knowing the laws of mind and applying the Creative Power constructively. It makes no difference what has happened in the past. You can change it now and become responsible for your own thoughts and actions.

He discovered that he, and he alone, was holding himself back—not his father, uncles, aunts, grandparents, or any others. It was negligence and apathy on his part. The Creative Principle was within him but he had failed to use It the

right way. The Mind-Principle is timeless and spaceless. It makes no difference what has happened in the past. You can change it *now!*

Loose Them and Let Them Go

A woman who is an Executive Secretary is very disturbed because she felt humiliated by another woman in the office who introduced her to a visitor as a "File Clerk." I explained to her that the other woman had no power to demote her or to promote her and what she said or did had no power to disturb her in any way whatsoever. The disturbance was caused by the movement of her own mind; in other words, her thoughts about it.

If spiritually mature, you say to yourself: "Am I a File Clerk? Who am I?" You are an adult and you could say smilingly, "I was a File Clerk, but now I am promoted and am now an Executive Secretary." Spiritually, you can say to yourself, "I am a daughter of the Infinite and a child of Eternity. That is who I really am."

She learned to regard people objectively and not emotionally; she learned to let others be just as they are, and never to transfer the power in herself to another. This young woman learned to stand up for her rights, prerogatives, and privileges. She is now respected by everybody.

It is easy to correct a wrong introduction without rancor or bitterness; but it is wrong to be a doormat or a worm. If you think you are a worm, everybody is going to step on you. If the other woman is jealous of you, that is her problem, not yours. Loose her and let her go mentally and spiritually. Learn to laugh at yourself at least six times a day.

You Are the Master

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth (Genesis 1:26).

This means that you are the master, not the slave. You have dominion and you must accept it and claim it. Cease transferring the power in yourself to external things. A man said to me after a lecture one Sunday at the Saddleback Theatre on El Toro Road in El Toro that he was terribly allergic to roses and that they affected his eyes, nose, and throat, bringing on inflammation of the mucosa, causing lachrymal effusions and distress.

I asked him if he had been born with this peculiar reaction to roses and he said, “No; it happened to me about five years previously.” Apparently he had been engaged to a girl who always wore red roses. She jilted him and he had subconsciously identified red roses with the girl, whom he still resented.

The rose is God’s idea. God made it and pronounced his creation good. The rose is symbolic of beauty, order, symmetry, and proportion. It is made of the same substance as your blood stream. I explained to him that he must cease giving power to roses, pollen, timothy grass, or anything else. The rose has no power.

He learned to forgive his former girlfriend by releasing her to God and sincerely wishing for her all the blessings of life. Having done that, he is now able to meet his former girlfriend in his mind and no longer sizzles. He is now able to smell the rose, admire its beauty as God’s creation, and now frequently wears one in his lapel.

He claimed his dominion. The cause was in his mind—not in the rose. The rose is harmless and never said to anyone: “If you handle me or smell me, I will give you hay fever.” He ceased projecting qualities and properties onto the rose which the latter did not possess. The power is in you, not in the rose.

She Said, "Billy Does Not Want to Learn"

A mother was complaining to me that her son, Billy, eight years old, did not want to study and had no interest in school. In talking with Billy, it was discovered that the real trouble was that he did not like his teacher, because she said he was very slow and that he should wake up and try to learn something. Billy was resenting the teacher and fighting back in his own way.

The mother and father began to praise Billy, telling him that they believed in him, that he had a wonderful mind, and that they knew he had it in him to shine in his studies and become outstanding some day. The mother interviewed the teacher, explaining to her diplomatically that if she let Billy know she believed in his ability and capacity to study and achieve, she was sure Billy would respond quickly, which he did.

It is well known that when parents or teachers believe in the ability and intelligence of a boy, he will advance much faster in his studies than he would if the parents or teachers did not show their faith in him to be, to do, and to have. Tell your daughters and sons that you believe in them; that God indwells them and that you see a magnificent future for each of them. Keep repeating these truths to them, knowing you are impregnating and conditioning their minds to greatness and victory. They will inevitably respond accordingly.

Your belief and conviction will be communicated to their impressionable minds and your expectancy will be fulfilled in Divine order. You are saluting the Divinity within them. Every time you do this, you are silently resurrecting the attributes and potentialities of the Infinite Being within them. They will fulfill your conviction of them because . . . *wisdom is justified of her children* (Matthew 11:19).

He Was His Own Problem

Recently I talked with a man who told me that he used to judge other people in the office regarding what they did and said and how they acted. This used to disturb and annoy him. He used to be exercised and agitated about the way they lived. After he began to study Divine Science, however, he realized that he was projecting his own thoughts, opinions, and religious viewpoints onto them, and that the trouble was within himself. He was the cause of his own stomach trouble, the reason being that he found it difficult to tolerate their way of living, which contradicted his own conditioning and beliefs.

He said that the light of knowledge came to him and that instead of resenting their mode of living and their political and religious beliefs, he released them all to the Infinite and permitted them to believe whatever they wanted. He let them have their peculiarities, abnormalities, and unconventional ways. He realized there was no one to change but himself. Furthermore, he realized he was the cause of his own stomach distress, and consequently he no longer had to take barbiturates and sodium bicarbonate for relief. His changed attitude changed everything in his life.

He Said, "Oh, Some Day I Will Be Well"

The Bible says: . . . *Let the weak say, I am strong* (Joel 3:10). This man was claiming that he was weak, nervous, in poor health, and yet he wanted to be free from these ailments. Furthermore, he was stating that he will be free from these pains and aches sometime in the future. Such thoughts were blocking his good and preventing a healing.

The explanation is ofttimes the cure. I elaborated on the fact that when you say, "I AM," you are announcing first person, present tense. There is no future; therefore, you don't say, "Some day I will be healed." The Infinite Healing Presence is within you. It has nothing to do with time or space. Give thanks for the healing taking place now. Your own consciousness is the door to all expression; therefore, you must claim that you are now what you long to be, and you will gradually establish the mental equivalent.

The will of the Infinite was expressed in the Bible in this way: . . . *And she answered, It is well* (II Kings 4:26); not "I will be well." When you say, "I shall be well some day" you are actually saying, "I am ill." Whatever you attach to "I AM" you become. Be careful, therefore, what you affix to "I AM."

At my suggestion, this man began to sing to himself, "I am all health; God is my health," knowing what he was doing and why he was doing it. Results followed. In about two weeks he was renewed, revitalized, and rejuvenated by the Holy Spirit within him.

You must realize that God's will is the recognition of that which is and not of that which will be. Peace is, joy is, love is, harmony is, wholeness is, right action is, wisdom is. God is the Eternal Now! timeless and spaceless. Claim your good now. Feel the reality of it and affirm boldly: "Thy will is done now."

The will of the Infinite is the nature of the Infinite and all the qualities, attributes, and potencies of God are within you now. When your wish or desire for harmony, health, peace, joy, or abundance becomes a conviction in your subconscious, then it is God's will and is no longer man's wish or choice. You know very well that your choice, intention, or desire must be felt as true, i.e., subjectified or impressed in your subconscious mind. When that happens, your will, which means your wish or choice, has become impressed in your deeper mind and will, therefore, be expressed.

In biblical language, it is no longer "my will" but "Thy will be done." Your conviction comes to pass (God's will). Your prayer is answered. This is a very simple explanation of . . . *Not my will, but thine, be done* (Luke 22:42).

She Was Afraid of Dogs

A young woman told me that before she would ever accept an invitation to a home, she would first try to find out if they had a dog, as she feared and hated dogs. In talking with her, it was easy to see what had triggered this emotional response toward dogs. When she was about four years old a dog which she had been playing with bit her. The subconscious memory of that traumatic experience was the cause of her fear.

Love casts out fear, and at my suggestion she practiced the art of using her imagination in a constructive way. She would take a certain period every day, close her eyes, imagine a lively dog in front of her and proceed with her imaginary hands to fondly stroke the dog and rejoice mentally in the dog's reaction. She pictured herself giving the dog food and milk. She felt the naturalness and tangibility of all this, making it real and vivid.

In about a week's time she found herself free from this fear. She practiced the law of mind and discovered that what she dramatized subjectively entered into her subconscious mind and she found herself compelled to love dogs. Love casts out fear and love is an emotional attachment of your ideal, wherein you become fascinated, absorbed, and intensely interested in achieving a certain goal or objective in life.

In her imaginary act she also reflected on a dog's love for his master and how ofttimes he even gives his life for his master. She reflected and pondered on the faithfulness of dogs, such as how they rescue children and men lost in Alpine avalanches. All this would be looked upon as constructive meditation, building into her mentality a love for dogs.

In Quietness and in Confidence Shall Be Your Strength (Isaiah 30:15)

Today and almost every day we are reading reports and prognostications of Armageddon, the end of the world, starvation, revolution, and suggestions on how to fight cancer, tuberculosis, and pollution. Little or almost nothing is said about the pollution in the mind. “As within, so without.”

We must cleanse the inside first. Moreover, what we fight against in our mind we magnify and we actually reinfect ourselves with more and more negativity. Man can continue to fight and destroy the slums, but he has forgotten that he must first cleanse the slums in the mind of man, for that is where the infection is. When the scientist gets still and quiet and contemplates an antidote, the answer comes to him in the relaxed, passive, receptive state of mind. He gets no answer by getting all excited and agitated about some problem, because he knows that such an attitude defeats itself and even makes matters worse.

The Quiet Mind Gets Things Done

Men and women who are seething within, full of anger at the establishment and other organizations, are not going to solve the problems of the world or cure anything regardless of all their activism, sloganeering, and outbursts of rage and hostility. Their emotions are self-destructive and lead to failure and disappointment.

If a president is to lead and accomplish things, it is necessary that he become still and contemplate the wisdom and power of God to lead and guide him. If you are the president of a company or are presiding at a PTA meeting, if you are quiet inside and in communion with the Infinite Presence within, you will be able to impart the quality of confidence, quietude, and peace to all those around you. Remember, whatever you are agitated about or quarrelling with in your mind is impregnating your subconscious and you are absorbing its negativity.

Come to a decision in your mind. Think quietly about the solution, the way out. Understand it; learn and know that you will become precisely what you contemplate. I am sure you don't want to become the image and likeness of the thing you are fighting mentally.

One woman said that she was terribly afraid of cancer. I asked her if it was doing anything to her. She said, "No." Then I suggested that she loose the idea and let it go. Think of wholeness, beauty, and perfection. I gave her the prayer previously mentioned: "I am all health; God is my health." She broke that vicious thought by supplanting it with the real truth about her true self, which is God.

Many times during the day, quiet your mind. Think of God and His love. Claim peace, harmony, freedom, joy, power, wholeness, and strength, and your world will magically melt in the image and likeness of your contemplation.

The Closed Mind

You can’t put anything into a full cup or glass. A parachute is no good unless it opens up. Your mind must be open and receptive to new ideas, the eternal truths of life. The inflexible mind thinks it has all the truth; that it has a closed theology, a special revelation, and that there is nothing more to learn. Such a person is in a sad state. You are in the Presence of Infinity, and you can appropriate more wisdom, light, and understanding every day.

You are in the midst of an inexhaustible reservoir of infinite riches. Never in Eternity could you exhaust all the glories and wisdom of the Infinite One.

The Old Legend Says It Well

Millions of years ago the gods gathered together for a spiritual conclave on Mount Olympus. The purpose of the conference was to come to a decision as to whether ordinary mortals should be entrusted with the Truth so that they might be encouraged and stimulated to pattern their lives after the gods. The august decision was arrived at, and they decreed the "Jewel of Truth" be given to man.

One of the younger gods pleaded with his elders to give him the opportunity to go to earth so that he might convey the Precious Jewel to mankind and thereby win the blessings of the elder gods. Permission was granted him, and he was overwhelmed with joy to have this unparalleled opportunity. However, just as he was about to touch the earth, he stumbled and fell, and the "Jewel of Truth" was dashed to the ground and scattered into thousands of particles.

The gods on Mount Olympus were disturbed on hearing this and the younger god was abashed and disappointed. You can see the purpose of the legend, which points out that his fall caused lots of trouble. Forever after, men found particles of the jewel and each man fancied that he alone had found the Truth.

God is the Truth, and God indwells all men throughout the world. There is only One Truth, One Law, One Life, One Substance, and One Father of All —"Our Father"—the Life-Principle—Which is our common progenitor. Truth is one and indivisible. When you say "I AM," you are announcing the Presence and Power of God within you. This is the Reality of every person.

. . . *God is no respecter of persons* (Acts 10:34). When you name It, you cannot find It; and when you find It, you cannot name It.

14

Haunted House and Haunted Mind

The Haunted House Was in His Mind

Recently I had an interesting conversation with a man who claimed that his country home was haunted. He rarely goes there now. The shutters are drawn and the windows are barred. He said that the beautiful Persian rugs are being eaten up by moths and other insects. He says that he does not believe in ghosts, and even though he jests about it, he is actually afraid to sleep there at night.

This goes to show that everybody believes in something, whether it be a religion or a false god. Many atheists say, “I do not believe in God”; but they acknowledge some other ruler of their mind. Every dominant thought in your mind which you accept and believe to be true is a ruler over you.

In England and in many parts of our own country, you read from time to time of houses being haunted, of peculiar noises, ghosts walking around, lights going on and off, furniture being moved, windows opened, icy gusts of wind, and other eerie happenings.

This man had bought the country home some years ago and in the beginning had spent many happy weekends there. After some months, though, the neighbors told him about a rumor that a great tragedy had taken place in his home. The former owners who had sold the home to him had never mentioned this fact to him. Others enlarged upon the story, and each one’s guess or report was as good as the other.

Following these reports, strange occurrences suddenly began to take place in his home, causing him to believe it was haunted by evil entities and earthbound spirits. There were words spoken to him, and he didn’t really know what they meant. Ghosts move around when the light in the mind is not clear. The ghosts he experienced were creatures of his fears and ignorance, which is darkness of the mind.

The Cure

Many times the explanation is the cure. I pointed out to him that he was actually a victim of negative suggestions because for two months he had no problems, and then the minute he accepted the negative suggestions of his neighbors his subconscious dramatized his fears and superstitions. All things that hurt or harm love the darkness and hate the light. The cure was to raise the shades in his mind and let in the sunshine of Divine love.

All the things of darkness walk at night. Many people report seeing ghosts and spectres, or imagine they do, when passing a graveyard at night. They have illusions of the mind due to fear and false beliefs. This happens frequently at twilight when the light is fading and the shadows fall.

One man walking near his home at night imagined he saw a man mounted on a black horse who was aiming a rifle at him. He stood still, paralyzed by fear, completely immobilized. When his wife, who was expecting his arrival, opened the door of the home, the light from his home revealed a peculiar branching of the trees, which had appeared to his mind as the shape of a man on a horse with a gun. This is what the twilight did to this man, to cite one example.

He wondered why the tables began to move now, why the lights go on and off, when he visits his country home. All this was the working of his own subconscious mind. His mind was a haunted house based on his acceptance of the negative suggestions.

I gave him the following spiritual prescription, which he was to repeat out loud several times a day, particularly at night: “My home is known in Divine Mind. God’s peace fills and saturates the atmosphere of my home. Divine love comes in the door and Divine love goes out the door. My life is God’s life, and God’s peace fills my mind and heart. My faith is in God, and all things good. God cares for me. I am immersed in the sacred circle of God’s love. Divine love surrounds me and enfolds me, and I bear a charmed life. The light of God shines in me, and God’s love saturates the atmosphere of my home. Divine law and order prevail.”

This prayer neutralized the negative suggestions given him by the neighbors, and he soon learned that the ghosts he had feared were created in the gloomy galleries of his own mind.

The Past Is Dead

I have discovered through talking with many people that while they have moved their bodies to another city or state, they have never moved their minds, which makes a vast difference. They failed to realize that they could not run away from their minds. They experienced loss of love, a death had taken place, or some scandal had occurred in the household. Living in the past is deadly, as it blights their hopes and aspirations and robs them of vitality and peace of mind.

Many fail to see that they are preserving these traumatic shocks or memories in their subconscious mind. I have discovered that many go back and relive them every night, and they suffer from nightmares and unpleasant dreams. There are skeletons in the closet of the mind that many return to every night. They have to learn to walk away from the past without any sense of attachment whatsoever. They must learn to change their thoughts and to keep them changed.

What do you think about yourself? What do you think about the world? the news? Do conditions make you angry? If so, you have installed a bad ruler over your mind. It makes no difference if all the men who write in the newspapers or who present news over the various media are wrong and you alone are right. If what they say irritates you and makes you upset, you have installed a bad ruler over your household.

You are always living in your state of mind. You are not living where your body is. Actually, you are living in the state of consciousness, which is the sum total of all your thoughts, feelings, and beliefs.

There was a woman here in Laguna Hills mourning the loss of her mother. Every day she would go to the grave and place flowers on it and cry. Her mother wasn't there, though. She was not in that body in the ground, which was gradually undergoing dissolution and returning to its primordial elements. All this sadness, gloom, and melancholia was in the daughter's mind, and she felt a sense of loss and was gradually losing her vision. She got a morbid pseudo-satisfaction out of all this. She was identifying with cessation, limitation, and finality, all of which infected her mind. She was experiencing loss of health, wealth, love, and practically everything else was going wrong because she was in the mood of loss.

She learned to change her attitude after a time and realized her mother was with her, separated by frequency only. She began to pray for her mother by rejoicing in her mother's new birthday in God and radiating love, peace, joy, and goodwill to her. Every time her mother came into her mind, she would affirm:

“Mother, your journey is onward, upward, and Godward.” Gradually the eyesight came back and her whole life was transformed by scientific prayer. Prayer changes the person who prays.

He Had a Martyr Complex

While holding a conference with a man in my study, he said that he was shabbily treated by the corporation for which he had worked over twenty-five years. He seemed to love to recite and indulge in the mental ruminations of how unjust and unfair they had been to him and how, when the company merged with another, they let him go with no explanation. He was building up a sort of a martyr complex, and his morbidity and resentment had expressed itself in an acute case of high blood pressure.

I explained to him that he had placed a gangster in charge of his mind, a tyrannical ruler which was playing havoc with his health and finances.

I explained to him that he was always travelling in his mind and that whatever dominant idea governs the mind sinks into the subconscious and returns as experience and events.

The following is the technique he decided to use: “I loose the organization completely and surrender them to God and wish them well. Infinite Spirit opens up a new door of expression for me in a wonderful way. I am now giving of my talents and experience in a magnificent way, and I know what I accept and believe in my mind will come to pass. I am going on a mental journey from desire to fulfillment. This new idea I now possess grows internally and comes forth as manifestation.”

This dominant idea which now governed him also governed all his lesser thoughts, ideas, and emotions. It became his ruler and governor. As he continued to affirm these truths, he succeeded in saturating his subconscious and a new door for an overseas appointment suddenly came into his experience with a far greater income than he had ever experienced.

Religion and Science

Your religion should be accompanied by science. Religion and science are two arcs of a circle which unite and complete the circle. Religion must be scientific, and science must be religious, or there is no real meeting ground. Man's mind becomes a sort of haunted house when he dwells on old regrets, tragedies, traumatic events, and other unfortunate experiences.

When man learns that there are laws of the mind which induce a response from the Infinite Spirit when rightly operated, and when he is convinced of that, he shall experience the joy of the answered prayer.

He Heard Eerie Screeching Voices

A man who had hated his wife for years, felt a great sense of guilt, after she died of cancer, for the shabby way he had treated her. He feared he would be punished and he had a deep sense of remorse. He told me that at night he would hear weird noises, eerie screeching of unearthly voices and footsteps on the stairs. He saw what he believed to be ghosts walking in his bedroom. He would hear the creaking of the floor boards and clanking of chains. He claimed that invisible hands clawed him at night, and he had scratches to prove it. These experiences took place between 12:00 and 3:00 every night. The doctor had given him tranquilizers, but they did not help him.

I had several sessions with this man, and it was clear to me that he had been dabbling with the Ouija Board, attending séances, and he believed in all sorts of evil entities. He felt a deep sense of remorse and was in the throes of deep depression, all caused by his sense of guilt.

I explained to him that there are no ghosts, goblins, spectres, or eerie screechings or abnormal noises in a house (mind) of meditation on the truths of God. These phenomena do not occur in the mind that is filled with the sunlight of God's truth and God's love. The deep sense of guilt plus his fear of punishment and belief in evil entities caused his subconscious to dramatize and bring forth all these experiences.

Understanding gives you strength and may be called the sun, which dissipates the fog and confusion in the mind. Raise the shades and the sunlight streams in. You have peace when you become aware of your spiritual strength. That is the peace that knows no enemies outside because it knows none within.

This man decided to release his wife and to give beauty for ashes. Night and day he affirmed that God's love filled her soul and that God's peace reigned supreme in her mind. After a week or so he was at peace about her and felt guilty no longer. Then he began to saturate his mind with the 91st and 23rd Psalms several times a day, particularly at night prior to sleep.

The healing power of God was released through him as he affirmed the great truths of the Psalms. Peace came to his mind and he heard no more noises. He surrendered himself and his wife to God. When the light and love of God entered his soul, all the darkness disappeared.

Let Wisdom Govern

Enthrone in your mind wisdom, which is an awareness of the Presence and Power of God, by dwelling on the concept of peace, strength, joy, and right action. Busy your mind with these truths and you will experience harmony and satisfaction in your mental house. You are here to manifest, portray, and dramatize the nature of God in human action here in the flesh. Job said, . . . *Yet in my flesh shall I see God* (Job 19:26).

She Claimed a Noisy Ghost Was the Trouble

Having had a long conversation with a woman from San Francisco, I deduced from the interview that her daughter was the so-called ghost. She experimented and sent her daughter to her grandmother in Los Angeles. In her two-week absence, there were no episodes of dishes being moved, tables overturned, and pictures falling off the walls, lights being turned off or windows opened.

Poltergeist activity is well-known all over the world and is a real phenomenon of the subconscious mind. It has nothing to do with ghosts or evil entities. The cause is well-known and is simply a psychokinetic force latent in the deeper mind, and ofttimes it becomes manifested at times of stress or puberty.

When talking with her daughter, age twelve, who had been brought to my study by her grandmother, I found she was terribly resentful of her mother and felt that her mother preferred her brother and had even told her so. She had asked her mother on the onset of her menstruation what it meant, and her mother had said that it was the dirty age for girls. She was getting even with her mother with the ghostly activity. The paranormal phenomena were manifestations of the power of her subconscious mind, which she used negatively.

There is only One Power, and we can use it constructively or negatively. I explained the situation to the mother and grandmother. The mother shows love and attention to her daughter now and assures her that she is wanted, loved, and appreciated. The little girl learned to pray for her mother by realizing frequently: “God loves my mother. I love her, and she loves me.” She has made this into a sort of song and sings it silently and audibly many times a day.

The answer to all human relation problems is to exalt God in one another. You can’t think of two things at the same time. The answer is to think of God and His love.

The Weather Gives Him a Cold

A man said to me that the room was warm and when he went out into the night air he began to sneeze and felt chilly and began to cough. He blamed the weather. The cough and the chills from which he suffered seemed to confirm his belief that it was due to the night air that he caught a cold. He said that his temperature went up and he used nose drops and aspirin.

I explained to him that the night air did not give him a cold. The atmosphere is innocuous and has no power to give a cold to anyone. The cold was due to his belief and not to the air. When he moved from a rather hot room to the cool night air there was a change of temperature and nature sought a balance, resulting in his sneezing. This was nature's way of bringing about an adjustment. He made an effect a cause and brought on his own suffering as a result.

The cosmic laws are providential and are working for the good of all. This man misinterpreted the sneezing, which was merely a reflex induced by the subconscious mind to adjust the temperature of the body. For every action there is an equal and corresponding reaction proportionate to the action. This is physics and also metaphysics.

Many people, when they first begin to cough a little, become fearful that they are catching a cold, and what they fear they attract. Emotional excitement is the action and a sneeze or a cough is the reaction. This completes the cycle and there is no further result. If, through ignorance or fear, we believe that the sneeze or cough is a signal that a severe cold is on the way, our belief brings on the illness we feared.

For the thing which I greatly feared is come upon me . . . (Job 3:25). Change it and affirm: "That which I greatly love comes upon me." Fall in love with harmony, health, peace, abundance, and the truths of God. The desert of your life will then rejoice and blossom as the rose.

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Getting Acquainted with the Language of the Bible

The Two Sides

It is said that there are two sides to every question, but only one right side. You must learn what the right side is in order to know the Truth. Emerson said, in his essay on Compensation:" . . . for inevitable dualism bisects all nature, so that each thing is a half, and suggests another thing to make it whole; as, spirit, matter; man, woman; subjective, objective; in, out; upper, lower; motion, rest; yea, nay."

There are light and darkness, ebb and flow, in and out, sweet and sour. Darkness is absence of light. There is heat and there is cold, but from the standpoint of absolute Truth, there is no cold. All opposites are reconciled in the Absolute. There are health and sickness, but in the Absolute all is wholeness, beauty, and perfection. The positive value is light, health, and love. The opposites are portrayed in our experiences so that we may learn the significance of the positives. Without the opposite or negative to background the positive, we would not become aware of the latter in its true significance.

When people ask the question: Why did God create us? So that we could err? make mistakes? become ill? Why good and evil? pain and sickness? The above is the answer. We know things by contrast, by comparisons. How would we know what joy was unless we could shed from time to time a tear of sorrow?

We are sentient beings, and we recognize colors because of their different light vibrations. Infinite differentiation is the law of life. True scientific knowledge recognizes the opposites in life. The good has its opposite in order that we may choose the good and reject the negative. To choose and understand the good in life is called wisdom. Wisdom knows what is right and what conforms to universal truth.

We might say that there are two languages. The Bible is written in a secret language of parables, allegories, metaphors, and figurative language. The world speaks another language, and millions take the Bible literally. Laws of the country are written in English, but there is constant controversy among lawyers as to what they mean. The Supreme Court is divided as to the meaning of parts of the Constitution, yet it is written in English. The politicians in California say the tide is turning for them. They do not mean that literally, although I suppose some may take it that way.

There are two languages in the Bible, and this results in endless confusion and misinterpretation. You must learn the meaning of symbols in order to understand the Bible. Paul speaks of . . . *Christ in you, the hope of glory*

(Colossians 1:27). Christ is not a man. The statement means the Presence of God in every person. When you begin to use this Power, you come into a new understanding of yourself.

Christ is called the wisdom which Jesus found enabling him to do great things. This knowledge is the producer of health and happiness. When you know that thoughts are things and that whatever you think and feel to be true is expressed in your life, and when you know that whatever you imagine you become, you then possess a part of the wisdom called Christ.

The Christ in you simply means the practice of the Presence of God. It has nothing to do with personality. The God-Presence is no respecter of persons. The average man does not know about this Divine Presence within himself and believes that external things affect him and influence him without his consent. This attitude is called the son of perdition in the Bible, which means a sense of loss and limitation.

Knowledge is what a man knows, and what man in general knows is, unfortunately, not the Divinity within. God is a synonym for good, and the contemplation of all things good brings health and happiness.

Ask yourself if that which you fear is real or illusionary. When you claim right action, beauty, love, peace, and Divine inspiration and harmony, and when these truths, powers, and qualities of God are functioning in your life, that is called the Christ in you, the hope of glory.

Someone asked me the other day what Paul meant by . . . *The day of Christ* . . . (II Thessalonians 2:2). Paul is not talking about a millennium when all men will be suddenly and miraculously transformed by the Light from On High. Illumination does not come that way. It comes to individuals through meditation, prayer, and mystic visioning. No one can give it to you. It is not something that can be conveyed to you apart from your mental participation and attention to the eternal verities of life.

There must be, as Paul says, a falling away first, which means the falling away and eradication of all false beliefs and erroneous concepts before the Presence of God is felt in the heart. As long as you are convinced of powers outside yourself that condition your life, you are full of the world's beliefs and knowledge. If you want the knowledge and wisdom called Christ in the Bible, you must give up false religious beliefs and the propaganda of the world and accept the gift of Truth in your heart now.

Paul says: . . . *Except there come a falling away first*. . . (II Thessalonians 2:3). This means that when the popular theories and dogmatic beliefs of the world knowledge are revealed to your mind for what they are—thieves and

robbers of your happiness—then the day of Christ, or awakening to the Truth, will come to you.

It is useless and foolish to say you believe in God and at the same time believe in a power to thwart the action of God. There must be no compromise, equivocation, or vacillation on this point. Externals are not causative. To believe that others may mar your happiness or to accept the fact that you have an incurable condition is to foster a belief that is a thief and a robber, depriving you of health and happiness.

The Average Belief

It seems very reasonable for the ordinary man to believe that the things which cause sickness are outside and the things which heal are also outside. In this way he has developed the idea that he catches a “disease,” not realizing that disease is an emotional disturbance which manifests itself on the flesh.

I have frequently referred to your subconscious mind, which faithfully records all your emotions. Your body is the plastic disc upon which the result is recorded. The body has no power in and of itself, but it faithfully reproduces whatever is impressed upon it. Anything you believe is indelibly written in your subconscious mind and appears in your body and affairs.

All this is a part of the wisdom called Christ. There is a science of the mind which distinguishes between Truth and error, and when you come to a definite conclusion in your mind that there is only One Power, wonders will happen in your life.

The Serpent

The serpent in the Bible represents the five senses and the judging according to appearances. The seed of the serpent is fear and false knowledge. The serpent comes quickly and noiselessly; and before you are aware of its presence in the jungle, it strikes quickly. The suggestions and false beliefs of the world mind leave a sting in the undisciplined mind and bring on all manner of trouble.

The Answer to All Problems

The answer to all the problems of the world is to follow the injunction of the Bible: *Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths* (Proverbs 3:5–6).

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Many Answers to Your Many Questions

SPIRIT AND MATTER are one, and modern science today speaks only of the interconvertibility of energy and matter. Energy is a term used by science for Spirit, or God. Many people today deny the existence of God, or the Living Spirit Almighty. We also have groups here on the West Coast of the United States who even deny matter.

We are living in a subjective and an objective world. There are two ends of a stick. The formless takes form, the invisible becomes visible. The ancients said that God becomes man by believing Himself to be man. All of us are manifestations of the Infinite Spirit. We are here to discover our Divinity.

Paul says, . . . *Therefore, glorify God in your body* . . . (I Corinthians 6:20). Spirit needs form to express Itself. Your body is a vehicle enabling you to express the wonders and glories within you.

Should I Go to an Ashram?

A sincere young girl from a local college who is deeply spiritual asked me if I thought it advisable for her to go to India and enter an Ashram in order to get away from the rat race, as there was so much conflict in college, drug abuses, sexual aberrations of all kinds, and some of her teachers of philosophy had claimed there was no God.

I explained to her that I had been to many Ashrams in India and had spoken there but that it is not necessary to go to India to find God, for God indwells her, and walks and talks in her. She could practice the Presence of God on Broadway, New York City, or on Hollywood Boulevard in Los Angeles, as well as in her own home, in the college, or in the street or marketplace.

I explained to her that true wisdom and spiritual growth do not consist in running away from where she is to some foreign shore. On the contrary, her task and duty is to live where she is, complete her studies, and learn to contribute of her talents to the world. The "world" in which she was living is the mass mind, and she must learn to *come out from among them, and be ye separate* (II Corinthians 6:17).

She learned to pray scientifically by disciplining her thoughts and by radiating love and goodwill to all the students and teachers. I gave her a book of meditations entitled *Quiet Moments with God*[*] and suggested that she saturate her mind night and morning with one of the sixty meditations in the book, knowing that as she reconditioned her mind, her whole perspective of life would change, and it did. She began to think, speak, and act from the Divine Center within herself, not from the superimposed structure of fear, ignorance, and superstition.

Foolish Beliefs

Many people have weird, grotesque beliefs about money, possessions, and earthly amusements. You are here to have recreation, love in your life, and the full expression of your talents. There is no reason why you should not have a wonderful home, the best possible clothes, a wonderful car, and literally the best of everything. . . . *God, who giveth us richly all things to enjoy* (I Timothy 6:17).

You are not possessed by external riches; neither do you give undue importance to them. God possesses all, but you have the use of all the comforts of life while on this plane. You know that God is the Source of all things, and you look to the Source for all your blessings because you know your security and happiness is not in external accumulations or possessions but in your conviction of God's goodness and God's riches in the land of the living.

Never separate Spirit from matter. You are living in both worlds, and you are here to lead a balanced and harmonious life. We find some non-thinking people condemning material things, money, land, automobiles, gold, and diamonds. Many, however, will not wear gold, considering it to be a sin. Of course, there are crime, misery, suffering, and injustice in the world; but these are due to man's destructive and negative thinking.

God made the world and all things in the cosmos and pronounced everything good. It is frightfully stupid to call God, the "All Good," and the world ugly. This creates a conflict in the mind, resulting in confusion and mental disturbance. The world is Spirit made manifest in multitudinous forms.

A man asked me the other day what Gandhi meant when he said, "Renounce the world and take it back in different terms." When he spoke of the world, he did not mean sticks, stones, trees, lakes, etc. What he referred to in this statement was the mass mind, the dull, opinionated, confused, irrational thinking of four billion people in this world.

You renounce and completely reject the false beliefs, fears, ignorance, and superstitions of the mass mind, the great psychic sea, in which all of us are immersed. You renounce it when you begin to think right, feel right, do right, and act right and pray right. By prayer, we mean the contemplation of the truths of God from the highest standpoint.

You become what you contemplate, and by dwelling on the attributes, qualities, and potencies of the Infinite within you, you are no longer in the world, or mass mind. You are then in tune with the Infinite, and you are living at

higher levels of consciousness, enabling you to find peace in this changing world.

Rebellion Against Taxes

I received a letter recently asking me to send a donation to a certain group who said it is unlawful to pay taxes. The writer of the letter quoted the Constitution to back up his argument. All this, of course, is so much folderol. You know that this question was asked two thousand years ago. . . . *Is it lawful to give tribute unto Caesar . . .?* (Matthew 22:17). Jesus knew what the motive of the question was, because he could read the mind of the interrogator.

The people in that era were under the Roman domination. They chafed, resented, and hated the tax collectors of that day; however, they were compelled to pay taxes to Caesar, or Rome. If Jesus had answered in the negative, he would have been advocating rebellion against the Roman government, and, consequently, would be subject to arrest and imprisonment. He said: . . . *Render therefore unto Caesar the things which are Caesar's; and unto God the things that are God's* (Matthew 22:21).

Caesar represents the world in which we live. We have to pay tribute to Caesar and fulfill the demands of Caesar. We are here to express ourselves, clothe ourselves, feed ourselves, wash ourselves, and contribute our talents to the world. All of us are interdependent. The carpenter, the plumber, the doctor, the pharmacist, the lawyer, the farmer, the teacher, and the engineer are all needed. Furthermore, we have to contribute taxes to support the local, state, and federal governments.

The government has no money except that which it extracts from the people. Officials may not use it wisely, but nevertheless, in an ordered society, all of us have to contribute to Caesar. The world demands of you your skill, your talents, your abilities, and your labor. Your family demands protection, loving care, and all the necessities of life. You must pay tribute to Caesar and put your shoulder to the wheel. Make this world a better place in which to live for yourself and your posterity.

The most important thing in the world is to put God first in your life. God is the Supreme Cause, the Creator of the world, and He is the Progenitor of all mankind and the entire cosmos. Every morning and evening, set aside some time for a visit with God—your Higher Self.

Commune with this Presence and know that your thought and feeling control your destiny. Claim Divine law and order in your life and realize that Divine love and Divine peace are moving through all your actions and all the

experiences of your life. Affirm boldly: “Divine law and harmony govern my mind, my body, and all my undertakings. Wonders are happening in my life.”

Handling that Burden

When you feel frustration and obstructions to your good in life are apparent, then render to God the things that are God's, which means to pray according to universal principles. Pray this way: Think about the Infinite Intelligence, Boundless Wisdom, Absolute Harmony, and Supreme Power within you; then claim, "Divine freedom is mine, Divine peace is mine, and there is a Divine harmonious solution taking place now." Be constantly aware that Infinite Spirit knows the way and reveals the solution, and you will soon find the answer in your physical world.

When you tune in with the Infinite, your spiritual thoughts will transform your physical or material world and redeem it from sorrow, lack, and limitation, bringing beauty and order into your world.

Do You Serve Communion?

Since the first Sunday in November, 1976, I have been speaking at the Saddleback Cinema Theatre, 23682 El Toro Road, El Toro, California. A woman called me on the phone recently and asked if we serve Holy Communion. Many people mean by Holy Communion consecrated wafers and wine, all of which are purely symbolic and which represent your thought and feeling, the idea and the emotion, the Spirit and form.

Bread represents the bread of life, such as the thought of peace, joy, love, goodwill, courage, faith, and confidence. Without that you cannot live nobly in this confused world. Wine represents the exhilaration of the Holy Spirit in you, i.e., the Spirit of goodness, truth, and beauty moving on the waters of your mind and the emanation of goodwill to all.

Bread is the Divine idea in your mind, and the wine means that you animate, vitalize, and emotionalize the idea so that it is impressed in your subconscious mind and becomes manifest in your life. The thought and the thing are one. Spirit needs a body in which to express Itself. Divine life and Divine substance are one. You can't separate Spirit from form. The whole world is God made manifest in countless forms. Everything you see came out of the mind of man or the mind of God, which is really the same thing, for there is only one mind.

We must not despise or criticize material things. You are composed of Spirit and matter yourself, and you must demonstrate what you believe in. You must, therefore, show forth your results by your daily communion with the Divine Presence within you. As you meditate on the qualities, attributes, and potencies of the Infinite, you will feel the Spirit of God moving on your behalf, animating, sustaining, and strengthening you.

When you experience this Divine transfusion taking place within you, then you can rest assured you are partaking of Holy Communion, because you are communing with wholeness, beauty, love, and peace in the silence of your own soul. You must demonstrate what you believe. Remember, though, you are what you contemplate. Contemplate whatsoever things are true, lovely, noble, and God-like. This is Holy Communion.

The Dignity of Labor

During a speaking engagement at the Unity Church in New Orleans, operated by Dr. Ruth Murphy and her lovely daughter, I had a consultation with a prominent business woman, who told me that she has great difficulty hiring men to mow the lawn, clean the horse stables, etc. Furthermore, the maids she has for her large household refuse to do certain types of work in the house, believing it to be degrading and demeaning. One maid, for example, refused to do the laundry, so she had to get a Chinese man who came and was glad to do the work with a song in his heart. She said he took a delight in his work and brought forth spotless clothes for her inspection.

No work is degrading. We are here to do all things for the glory of God, whether it be washing windows, cleaning the floor, or cleaning out the stable. There is no such thing as menial labor, as it is the Spirit, or God, operating in and through the bodies of all men and women throughout the world. A dead man cannot wash the floor or clean the bathroom: The Life Principle has left him. It is God working in you and through you, no matter what you do.

You can misdirect the Divine Energy in you, or you can use it constructively. No matter what your assignment is in life, realize that it is God in action. By that you mean God is thinking, speaking, and acting through you, and wonders will happen in your life as a result.

Religion Is the Practice of the Presence

Recently I counseled a man who had a suppurating wound in his leg, which emitted a very foul odor. I sent him to a local physician who has the reputation of praying regularly for his patients.

I explained to this man that God is the Holy Spirit within him and that It could cleanse, heal, and restore his leg to wholeness and beauty. He prayed for his doctor also, realizing he was Divinely guided to do the right thing. His simple prayer was: "The Holy Spirit remolds and reshapes all the tissues of my leg to beauty, order, and symmetry so that in my flesh I shall see God's wholeness made manifest."

The doctor dressed his wound and told him to continue claiming, "God is healing me now." The doctor did not look down his nose at the man, but he realized that the Infinite Healing Presence could rearrange the atoms of his body to wholeness and perfection. In a short time, this man had a remarkable healing. This doctor did not think that he was degrading himself by cleaning out the stable in the mind of this man or in removing the pus from the wound.

The Bible says: . . . *If I wash thee not, thou hast no part with me* (John 13:8). This refers to Jesus washing the feet of his disciples. Feet means understanding, and the disciples are your faculties of mind. It is incumbent, therefore, on everyone to open the mind and heart and let in the cleansing healing power of the Holy Spirit.

Wherever disease, lack, and misery are present, no matter how loathsome the sickness may be, the Holy Spirit can restore, heal, and reintegrate the atoms of the body into God's pattern of wholeness and vitality. This is the practice of the Presence of God, which is true religion. When you give yourself a transfusion of God's grace and love, you are truly partaking of holy communion in the same way that a piece of bread you eat is transmuted into tissue, muscle, bone, and blood in your body.

The Harlots of the Bible

We are all harlots when we cohabit with evil, such as resentment, hate, jealousy, and hostility, in our mind. These negative emotions spawn an evil progeny, bringing about all manner of disease and mental conflict.

In a recent lecture at the Saddleback Valley Plaza Cinema, Laguna Hills, I pointed out that I had conducted many marriages for women who had walked the primrose path. They had eventually completely transformed their lives, however, and had married wonderful men, and were presently leading upright and wonderful lives. Some of these women asked me if they might meet former customers who might inform their husbands of their past.

I explained that inasmuch as they had forgiven themselves and were leading God-like lives now and had ceased accusing themselves, no man could accuse them or trouble them. . . . *Where are those thine accusers? hath no man condemned thee? She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more* (John 8:10–11).

They understood the meaning of this part of the Scripture and realized that the past is dead and that nothing matters but this moment. A new beginning is a new end.

The Bible says that Jesus consorted with harlots and publicans. *The Son of man is come eating and drinking; and ye say, Behold a gluttonous man, and a wine-bibber, a friend of publicans and sinners!* (Luke 7:34). The reason is obvious. The harlot has sunk to the depths of degradation. She is despised and ostracized by society. But ofttimes these same people are most receptive to the Truth. They are hungry and thirsty for the eternal truths of life. They rejoice at hearing that God never condemns and that all they have to do is to change their thoughts and keep them changed and then their subconscious will respond. The past is forgotten and remembered no more.

Perfunctory prayer will not suffice; but a real inner transformation of the mind and heart where the woman has an intense desire to become a daughter of the Infinite and a true child of eternity, when that inner change takes place in her, the law of her subconscious being compulsive, she is compelled to lead a new life dramatizing loyalty, love, honesty, and integrity. . . . *Their sins and their iniquities will I remember no more* (Hebrews 8:12).

The Pharisees of the World

The Pharisee is everywhere. He is the type of person who follows rituals, ceremonies, liturgies, and the tenets of his church. He takes a wafer and some wine and thinks he is communing with God. The bread is still a piece of flour and the wine is the distilled essence of grapes, and he thinks to partake of these is holy communion. He may follow all the rules and regulations of his church and feel he belongs to the right religion.

He is usually proud and beautiful on the outside and may be conventionally good, but the only important thing is the belief in his heart. The lip service to some prescribed doctrine, dogma, or creed is meaningless. The eternal verities must be felt sincerely as true in our hearts. The prayers used must be full of Spirit and Life and not mere mechanical recitations without understanding or love in the heart.

Woe unto you, scribes and Pharisees, hypocrites! for ye are like unto whited sepulchres, which indeed appear beautiful outward, but are within full of dead men's bones, and of all uncleanness (Matthew 23:27).

Nothing Good or Bad

Shakespeare said: “There is nothing good or bad, but thinking makes it so.” The only real good or bad is in our own thought about the thing, the process, the condition, the plant, or the flower. Many people touch poison ivy and poison oak and they have no reaction whatsoever. They have a good relationship with all plants. Others have the thought that poison ivy is dangerous and poisonous, and even though they may be four or five feet away from it and don’t even touch it, they get the reaction of their thought.

Their subconscious knows that they fear it, and what they fear they experience. *For the thing which I greatly feared is come upon me* . . . (Job 3:25).

Her Mother Said She Was a Sinner

A few weeks ago I conducted a seminar at Unity Church, Phoenix, which is operated by Reverend Blaine Mays, one of the most outstanding ministers of New Thought in this country.

A woman visited me at the hotel complaining that her mother was condemning her because she played cards, danced, went to the movies, took a cocktail now and then, and ate meat. The explanation ofttimes is the cure. Her mother was speaking from the stand point of ignorance, fear and superstition. Her mother was brainwashed by some cult and was projecting her taboos and prohibitions onto her daughter. This young woman was thirty years old, had not married and was afraid of sex, of men, and was full of conflicts.

I suggested that she go out and do all the things she had been told not to do. As Emerson said: “Do the things you are afraid to do, and the death of fear is certain.” I suggested to her that she explain to her mother in definite, concrete terms that she would no longer take any instructions from her and that she was a choosing, volitional being and would come to decisions in her own life about her clothes, her food, her companionship, and all other phases of her life.

There is a Guiding Principle within her which responds to her thought. The evil was in the mind of her mother, for there is no evil in cards, in wine or dancing, or having a date with a young man. She came to a decision and cleansed her mind of all these foolish, stupid proscriptions of her mother and decided to lead her own life, taking God as her partner, guide, and counsellor.

Since then I have received a letter from her saying that the sense of freedom was wonderful, and that she is now engaged to a young dentist. In her words, they are madly in love and she is looking out through the eyes of love. All nature has taken on a new hue. She is dedicating her thoughts, desires, and actions to Truth, realizing that Divine law and order govern her life.

As she continues to practice the law of harmony and love, she will go forward to victory, fulfillment, and achievement. . . . *And the desert shall rejoice, and blossom as the rose* (Isaiah 35:1).

A Visit from Las Vegas

An old friend of mine visited me from Las Vegas. She proceeded to tell of all the tests she had had made by her allergist. She said that she was sensitive to dog hair, cat hair, eggs, dust, pollen, and trees of all kinds.

I pointed out to her how a doctor friend of mine had healed a woman who was allergic to red roses. He got some synthetic roses from one of the Woolworth stores and placed them on his waiting room table prior to her entry. She had an acute attack and was angry that he had the roses on the table. He explained to her that they were synthetic, and she laughed. Both of them had a good laugh, and suddenly she realized that the whole problem was in her mind. She had no further trouble with red or white roses after that.

Many people are allergic to their wives, husbands, or the fellow next to them on the bench. If you hypnotize a man who says he is allergic to timothy grass or ragweed or pollen and put a glass of distilled water under his nose, telling him this is timothy grass, he will get all the symptoms, indicating that the allergic belief is hidden in the recesses of his subconscious mind.

I explained to my friend from Las Vegas about my recent trip to India, Nepal, and other places. In banks in the street, you will see people there suffering from various ailments, their hands oozing from suppurating wounds. They give change in rupees to fellow natives and also to tourists. These rupees handled by the various vendors in the stores and banks were absolutely filthy and undoubtedly laden with all manner of virulent germs, yet nobody had any reaction. It is obvious that no one is allergic to money. They seem to have made peace with all kinds of money—tainted or otherwise.

A medical doctor in India told me that during the bubonic plague, when many died like flies, people stole money from the dead and no one seemed to get the disease. Apparently their spiritual attunement with money neutralized all toxic bacilli and virulent organisms.

Acquaint now thyself with him, and be at peace . . . (Job 22:21).

17

Things You Should Know

RECENTLY A WOMAN asked me if it was a sign of insanity to talk to oneself. Apparently, her husband engages in this act occasionally. I explained to her that talking to oneself is not unusual and is not necessarily a sign of insanity. Her husband was merely reacting to the pressures of his business.

Basically, the reaction is caused by the sensing of the two selves in each of us; namely, the spiritual and the human, or five-sense man. Children often chatter with invisible playmates, which is explained by some psychologists as a keener sense of the subjective self. In many circles the psychic explanation of the reaction is put forth and accepted.

Why He Talked to Himself

While talking with her husband, I found that he was quite rational. His reason for talking to himself was that he was experiencing a serious legal problem, and the inner spiritual side of him criticized his outer words and actions. This quarrel set up a state of imbalance, which was resolved when he began to claim, “There is a Divine harmonious solution through the wisdom of the Infinite within me.” As he adhered to this simple truth, he found in a short time that his prayer paid dividends. There was an amicable settlement out of court.

The Headlines Annoyed Him

Talking with a man who had very high blood pressure, and who was on medication, the author learned that his complaint was that he would like to find inner peace, but that the articles in the morning newspaper vexed, annoyed, and irritated him beyond measure. He even allowed the headlines to disturb him.

I pointed out to him that it is true that the world goes from one crisis to another, but that it need not affect him personally. He began to perceive and understand that he as an individual could not prevent crime, mass murder, social upheavals, war, and disease, but that he could take charge of his own reactions and modify his attitude toward these happenings. There is no law that compels a man to get boiling mad because a newspaperman writes a sordid and morbid article.

The Bible says, *No man taketh it from me* . . . (John 10:18). The meaning is quite obvious that no man, news article, or circumstance, or condition can take away our peace or faith in God. We can give our peace away by giving up our control over our thoughts and emotions.

This man saw the point and decided then and there to let no article, news report, or happening rob him of his inner peace, poise, or serenity. When thoughts of fear, anger, or hate came to his mind, he immediately supplanted them by affirming, “God’s peace fills my soul.” He made a habit of that (and prayer is a good habit), and he eventually had the joy of hearing his doctor tell him to discontinue the medicine as his blood pressure was normal. In two weeks he had accomplished a state of inner peace and perfect composure.

Be Faithful to the End

A few nights ago I gave a lecture at Dr. Bitzer's Church of Religious Science in Hollywood. The subject was, "The Wisdom of the I Ching."* After the lecture, an old friend who was present told me that her husband had been promised by his brother a sum of money and that he would send it immediately. This would have solved his acute financial problem. The letter was to be sent air mail, and he expected it in a few days. When he failed to receive the letter, though, he became terribly depressed and allowed despair to overwhelm him, which brought on an acute heart attack. The next day the letter arrived Special Delivery Air Mail.

He had permitted anxiety to control him. Had he remained quiet, still, and relaxed, trusting in the Divine Presence, he would have realized that the letter was on the way. When his wife showed him the letter and the contents, he had a marvelous and rapid recovery. His physician said that his brother's letter was the best medicine. Remain faithful to the end, every step of the way. There is always an answer.

Wealth Is in You

I had a most interesting conversation with an oil man on the plane returning from a series of lectures at Unity Church in Phoenix, Arizona. He was what he termed an old-timer. His father had prospected for oil in Texas many years ago and had given up in disgust, saying there was no oil anywhere. He asked his son, “Why don’t you try?” This oil man said that he went to the fields explored by his father and found oil, which netted him a small fortune over the years. His father had given up too soon.

The son’s attitude was that God would guide him to the right place, and he discovered a profitable well in the same area where his father had explored. Wealth was in the mind of the son. It was also in the ground, but it took some intelligence and mental acumen to find it. He said to me that his Dad had a blind spot, since he was very jealous of his neighbors who had found oil and who had become rich. Looking through the eyes of jealousy and envy had blurred his father’s vision, and he couldn’t see the oil underneath his feet.

The Kingdom Is Within You

The kingdom of intelligence, wisdom, and power is within you. In other words, God indwells you, and all the wisdom, guidance, power, and strength you need is instantly available to you. Your kingdom is an attitude of mind, a way of thinking, an emotional accent whereby you know you can achieve and overcome any challenge through the power of the Almighty within you. Make it a habit during every day to affirm frequently, “Divine peace fills my soul. Divine love governs all my activities. Divine right action is mine. Divine guidance is mine.”

Make it a habit to pray as above and you will find peace and rest generated from the depths of yourself. Conditions, circumstances, people, the mountains, the lakes, or the sea will not by themselves give you peace of mind. The world is in constant turmoil, and this is why you go within and find and claim the peace that passeth understanding. Tune in with the Infinite, which lies stretched in smiling repose. Wonders will happen as you pray.

Overcoming the World

The Bible says: . . . *In the world ye shall have tribulation: but be of good cheer; I have overcome the world* (John 16:33). The world does not refer to material objects such as sticks and stones, trees and lakes. The world is the mass mind with its confusion, hate, jealousies, conflicts, dreams, and aspirations, the good and the bad, and wars and strife. In other words, it is the thinking, acting, and reacting of four billion people.

All of us are immersed in the mass mind, or law of averages. There is no use in getting excited, agitated, and perturbed about the conflicts in the world. Furthermore, you cannot run away from the world. You can rise above it by thinking spiritually, constructively, and harmoniously. Adopt an attitude of victory and triumph, and claim boldly: "God in the midst of me is guiding me, prospering me, and giving me strength and power to overcome." Radiate love and goodwill to all. Claim poise, balance, and equilibrium. As you claim these truths regularly, you will move through the maelstrom of this world's thinking into the experiences of satisfaction, contentment, and accomplishment.

She Said, "I Can't Stand It"

A young nurse said to me after the service at the Saddleback Theatre in Laguna Hills that she had received her first appointment in a medical clinic but that there were constant complaints, interruptions, strife, and contention. She was vexed and said to me, "The situation seems impossible. I can't stand it."

I suggested to her that it would do her no good to run away; that she was there to meet the challenges and difficulties and overcome them. Complaints, interruptions, contention, and upset people are a part of the job. She listened and decided to remain calm and affirm frequently, "*None of these things move me* . . . (Acts 20:24). I am here to conquer, to serve, to radiate love and understanding, and to gain experience."

She discovered that her changed attitude changed everything. She moves in the clinic now with a quiet mind. . . . *In quietness and in confidence shall be your strength* . . . (Isaiah 30:15). She discovered that the power of transcendence over turmoil and vexation was within herself. She found there was a power within her greater than any situation. . . . *Greater is he that is in you, than he that is in the world* (I John 4:4).

Everybody meets with difficulties, challenges, problems, strife, and contention as an inevitable part of experience here on earth; but the man or woman who realizes that every problem is Divinely outmatched wins victories and knows that joining up with the Infinite Presence and Power brings about the joy of the answered prayer. Your knowledge of the Divine Presence within you forms the basis of faith and peace of mind.

Be a Good Gardener

Your mind is the garden where you sow seeds, or thoughts, impressions, and beliefs. Your mind is called a vineyard in the Bible. The Bible deals with mental and spiritual laws under the guise and symbolism of physical and earthly things. Whatever we impress on our subconscious mind, good or bad, comes forth into our experience.

Man is forever blaming conditions, events, and circumstances rather than looking within himself and realizing that he becomes what he thinks all day long. Your health, happiness, and prosperity are not predicated upon events and actions of others but upon the way you think and feel. Your thought and feeling control your destiny. Remember, you are dealing with your own thoughts and your concept of yourself, which determine your future.

What Are You Projecting?

Recently I talked with a man who was projecting anger, resentment, and hostility to his associates, and they were responding with similar attitudes toward him. He did not know that he was at fault himself and was blaming them.

I explained to him that his mind was like a motion picture machine, which projects images on the screen. Accordingly, he reversed his attitude and began to silently exude goodwill, love, harmony, and peace toward all his associates and coworkers, and he discovered a different response. He perceived the cause within himself.

The Bible gives the answer in a beautiful way: *Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged* . . . (Matthew 7:1–2). . . . *With the same measure that ye mete withal it shall be measured to you again* (Luke 6:38). It is said, and rightly so, "Beauty is in the eye of the beholder." If your eyes are identified with the lovely, you will see only the lovely. *Unto the pure all things are pure* . . . (Titus 1:15).

Remember, you have the authority, the dominion, and the rulership over the government of your mind. You are the husbandman and the vineyard is your mind. Learn to possess your own mind and recall frequently that the treasure-house of Infinity is within you. Learn to lay hold of the vast potentialities of the Infinite within you and move forward into a greater measure of health, happiness, and peace of mind.

He Found the Treasure House

A young man of ninety years, chronologically speaking, told me after the service on Sunday at the Saddleback Valley Plaza Theatre that he had discovered hidden talents he never knew he had. He began praying that Infinite Intelligence would reveal to him new creative ideas, which would bless and inspire people. He showed me some beautiful poetry which came forth freely from his pen. He is submitting these poems to various spiritual publications. They are, indeed, spiritual gems of wisdom.

As a young man he wandered all over the country doubting, questioning, fearing, grieving, hating, and fighting with others until, as he said, at the age of thirty, he discovered that life's greatest gifts were within himself and not in the fifty states of the Union. He is now living in Laguna Hills and contributing to the beauty and harmony of the area by giving of his wisdom and largess to all those around him.

Look Within Always

Contemplate the Living Presence of God within you. Realize you live, move, and have your being in this Infinite Presence and Power. As you do this frequently, you will find yourself sustained, strengthened, and protected in all your ways. Spend some time every day contemplating things Divine. Remember, it is not running to and fro but accomplishment and achievement that counts.

Every morning when you arise, give thanks for your many blessings and live in the joyous expectancy of the best, claiming it is the greatest day of your life because your Higher Self is revealing to you better ways to serve and grow spiritually. At night prior to sleep wrap yourself in the mantle of God's love, forgiving yourself for any errors of the day, and go off to sleep with the praise of God forever on your lips.

Are You Ready?

In a recent lecture I used the statement, “All things be ready if our mind be so.” Shakespeare here points out a great truth dealing with mental and spiritual laws. A young lady present wrote me and said that she had never heard it explained before and that it applied to her. She had been constantly postponing marriage, since she felt she was not ready because she had been looking after her parents. Suddenly, she came to the conclusion, “I am ready now.” She phoned the young man who wanted to marry her, and the author had the privilege of performing the ceremony.

You can be and you can do what you want to be and do if you are mentally ready. Your great opportunity in life is really your mental acceptance and readiness. This young woman’s parents were not a stumbling block to her fulfillment in life. This was a blind spot in her own mind. Her parents were delighted, and they hired a nurse and a maid to help them in their home, which actually proved to be a far better arrangement for all concerned. When love comes into your life, it contributes to the peace and happiness of all those around you and all people everywhere.

Remember a simple truth: Whenever you are mentally ready, you will find that everything else is also ready. In the early days of America, the Pilgrims could have used the telephone, radio, automobile, cinemas, airplanes, etc., but they were not mentally ready. They believed that the horse and buggy was the only means of transportation. Moses, Elijah, Buddha, and all the ancient teachers could have used radio and television to dramatize and portray the great truths of life had they been mentally receptive and ready.

The laws of nature never vary, however, and were the same then as now, but the minds of the ancient seers and prophets were not ready for these inventions. Supply and demand are one, but you must supply mental readiness and the answer will then come to you in Divine order.

Putting God First

Recently I conducted a memorial service for a man who was 104 years old. His widow said that as far as she could recall, he had never been sick, but the night prior to his transition, though, he had told her that he was going on to meet his loved ones. He then passed on in his sleep. His widow said that every morning of his life he had read out loud the 91st Psalm, emphasizing the phrase, . . . *With long life will I satisfy him* . . . (Psalm 91:16). He emphasized the following statement also: *Thou wilt shew me the path of life* . . . (Psalm 16:11). *Keep thy heart with all diligence; for out of it are the issues of life* (Proverbs 4:23).

Life to this man meant a life of happiness, achievement, and usefulness. He enjoyed life and gave of his talents in a wonderful way. The long life spoken of in the Bible is a long period of joy, freedom, peace, and accomplishment. The abundant life comes to all when they keep and practice the Golden Rule and put God first in their lives.

She Was Using the Ouija Board

I receive many letters from men and women who live in different states, claiming that they hear voices at night shouting obscenities and vulgarities in their ears, as well as all kinds of profane language. One woman wrote saying that an entity had been telling her to commit suicide and join him in the next dimension.

She had been using the Ouija Board and lived in constant fear that some evil entity would take over. What she continually feared finally came upon her. She did not know that her subconscious mind accepts all kinds of suggestions, good or bad, and that her fear of an evil entity was a constant command to her subconscious mind, which responded and played the role of an evil spirit. Actually, it was her own subconscious mind talking back to her.

I gave her the following prayer, which is very effective, telling her to repeat this prayer aloud many times, day or night, as often as needed, and she would feel the Presence of God. This awareness will dethrone from one's mind all negative influences that are bothersome. Make it real, affirm these truths, and boldly assert:

"I mean this and I decree it. God lives in me. God talks and walks in me. My life is God's life, and God's peace fills my mind and heart. God's love saturates my soul. I am growing in wisdom, truth, and beauty. I am whole, I am strong, I am happy, joyous, and free. I can do all things through the God-Power which strengtheneth me. I know that whatever I attach to 'I AM,' I become. God careth for me. I am surrounded by the sacred circle of God's eternal love. The whole armor of God surrounds me. God is guiding me. His light shines in me."

Following this spiritual meditation, she was to issue this command to her subconscious mind boldly, incisively, and decisively: "I decree you to get out now. I mean this. I am sincere. Get thee hence. God is here now. Wherever God is, there is no evil. Be thou gone. I am free."

Following this technique, she became completely free in two weeks' time, and she no longer dabbles with the Ouija Board.

Lay Hold of this Key

The Bible says, . . . *I AM THAT I AM* . . . (Exodus 3:14), which means unconditioned Being—the Living Spirit Almighty. It is a nameless name. It means the Only Presence and Power—God. It is an attempt by Moses to express the Infinite Nature of God, which is without face, form, or figure. It is timeless, ageless, and formless.

"I AM" means you are announcing the Presence of God in you. You are an individualization of the Infinite. If you say, "I AM John Jones," you are announcing that you are a man possessing a certain name, nationality, characteristics, position in life, etc. In other words, you are the Universal Life appearing in the form of man. Whatever you attach to "I AM" you become.

Use this affirmation and feel the truth of what you affirm: "I AM whole, strong, powerful, loving, prosperous, successful, illumined, and inspired." Make it a habit to reiterate these truths and you will have found the key which unlocks the treasure house within you.

The First and the Last

In a recent Bible class on the inner meaning of the Book of Revelation, a man asked the meaning of . . . *I am Alpha and Omega, the first and the last* . . . (Revelation 1:11).

He was a businessman, and I explained it along these lines: I AM is the Presence of God in all of us. It is the unconditioned consciousness or awareness. It is the only Presence and Power and is the Cause of all manifestation. It is Omnipresent and the very Life of all of us. The individual I AM is the universal I AM conditioned by man's thinking and beliefs. It is our personal consciousness, which means the way we think, feel, and believe as well as to whatever we give our mental consent.

He began to see what the Bible meant by the statement *I AM the first and the last*, the beginning and the end, for our own consciousness is the beginning of every enterprise or undertaking. Our actions, experiences, and results are secondary.

We may begin writing a book, which takes some time; then it comes to an end when finished. The same would apply to any invention, discovery, or business. The beginning was in the mind of the person. If he began or started his new business with faith and confidence, the end, or result, would end up as a successful enterprise. The end would agree with the beginning.

This man said that he began making picture postal cards of a religious nature with great love in his heart, and he received loving letters from nearly everyone to whom he sent them. His present wife received one of the cards, and that is how his loved one came into his life.

Begin your business with faith and confidence and you will win success. The beginning and the end are the same. Your thought and feeling is the beginning, and the result is the end.

She Failed Three Times

A real estate saleswoman said she had opened a different office three times and had failed miserably. She went to church, received the sacraments, and prayed regularly for prosperity and success. The explanation was the cure for this saleslady. She feared failure and expected to fail. She had a mental picture of failure. Her constant negativity undermined all her work. She attracted clients and opportunities came her way, but the pattern of failure persisted. Since she began with thoughts of failure, the result coincided with the beginning.

She learned to reverse her mental attitude and enthroned in her mind the pattern of success by affirming every morning and night: “Infinite Spirit attracts to me clients who have the money to buy and who want the homes I have for sale. They are blessed and prospered, and I AM likewise blessed and prospered. I AM a tremendous success in all my undertakings. I AM born to win and succeed in life. I know that when I begin with the idea of success, the end will be successful.”

When fear thoughts came to her, she supplanted them immediately by affirming, “Success is mine. It is wonderful.” She made a habit of this, and since the subconscious is the seat of habit, she is now compelled to succeed and is moving onward and upward.

Your Mood Is Contagious

Everyone knows the workman or salesgirl who is sour, cynical, and full of criticism of others and about everything else in general. This negative attitude is picked up subconsciously by others, and they find themselves in a daily rut, never moving up in the ladder of life. Many are bitter and jealous of those who have gone up the ladder of life. This mood of jealousy and envy robs them of life's energy, and they are always tired, exhausted, and lethargic.

Warm, kind, understanding, and outgoing people release the healing power of life, and they pour out the sunshine of Divine love into their works.

Be a Good Boss

You become a good boss when you cease blaming your environment, your early childhood, your parents, and your inheritance. It is no use blaming others; the cause lies in your own thought and feeling. There is no one to change but yourself.

Learn to take control and be boss over your thoughts, feelings, actions, and reactions. Realize that you are a king over your own household. Claim that Divine law and order govern you at all times. Begin to think, speak, act, and react from the standpoint of the Divine Center within you. You can order your thoughts around and tell them where to direct their attention. See to it that all your thoughts pay you dividends in health, success, good human relations, and in all other phases of your life.

The man who refuses to take charge of his own thoughts will be bossed and controlled by conditions, circumstances, and people. He finds himself pushed around and coerced and controlled by the mass mind. Choose your own thoughts based on Divine principles and eternal verities, and all your ways will be pleasantness and all your paths will be peaceful.

Good Fortune

Recently I talked with a man eighty years old, who told me that his maxim all his life had been: “I expect good fortune.” And he has had good fortune all his life. His mother, who was a Quaker, told him when he was very young: “John, always expect good fortune and you will have it.” This is wise advice, because all of us get what we expect out of life and not what we want.

Believe in good fortune and you shall experience good along all lines, because the law of life is the law of belief.

Know Who You Are

The Bible says: *A bastard shall not enter into the congregation of the Lord; even to his tenth generation shall he not enter into the congregation of the Lord* (Deuteronomy 23:2). “Our Father” mentioned in the Bible means the Life Principle, which is the Progenitor or Father of us all. We are all brothers and sisters and are intimately related to one another.

Every man should know the Source from which he springs. The Bible deals with psychology and metaphysics and speaks in metaphors, similes and parables. We must see the hidden meaning. When a man does not know that God, or Infinite Intelligence, indwells him, he is unable to meet life’s challenges in the right way. He fails to see that there is a wisdom and power within him, enabling him to solve all problems and to rise triumphantly and express himself at the highest level.

If a man looks at his human ancestors as the source of his being, he is indeed limiting himself and will feel restricted and circumscribed by his environment, upbringing, and limited beliefs of his forebears. Knowing that God is his real Father and that he has inherited all the powers, qualities, and attributes of the Infinite gives him the feeling and the awareness that he can do great things, and he will go forth conquering and to conquer.

To take the passage from Deuteronomy literally would be absurd, but when a man knows his true Source and tunes in with the Infinite, he rejects completely the illusions, false beliefs, and superstitions of the masses and becomes master of his environment and conditions. Man comes of royal lineage, for his Father is God, and God is Spirit; and, as Emerson says, “Every spirit builds itself a house.” Then he is in complete charge and molds and fashions his own destiny.

. . . *And as thou hast believed, so be it done unto thee* . . . (Matthew 8:13).

About the Author

A native of Ireland who resettled in America, **Joseph Murphy**, Ph.D., D.D., (1898–1981) was a prolific and widely admired New Thought minister and writer, best known for his metaphysical classic *The Power of Your Subconscious Mind*, an international bestseller since it first appeared on the self-help scene in 1963. A popular speaker, Murphy lectured on both American coasts and in Europe, Asia, and South Africa. His many books and pamphlets on the auto-suggestive and metaphysical faculties of the human mind have entered multiple editions—some of the most poignant of which appear in this volume. Murphy is considered one of the pioneering voices of affirmative-thinking philosophy.

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ISBN 978-0-1397-9591-6
51395
9 780139 795916
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PRENTICE HALL PRESS

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Published by the Penguin Group
Penguin Group (USA) Inc.
375 Hudson Street, New York, New York 10014, USA
Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3, Canada
(a division of Pearson Penguin Canada Inc.)
Penguin Books Ltd., 80 Strand, London WC2R 0RL, England
Penguin Group Ireland, 25 St. Stephen's Green, Dublin 2, Ireland (a division of Penguin Books Ltd.)
Penguin Group (Australia), 250 Camberwell Road, Camberwell, Victoria 3124, Australia
(a division of Pearson Australia Group Pty. Ltd.)
Penguin Books India Pvt. Ltd., 11 Community Centre, Panchsheel Park, New Delhi—110 017, India
Penguin Group (NZ), 67 Apollo Drive, Rosedale, North Shore 0632, New Zealand
(a division of Pearson New Zealand Ltd.)
Penguin Books (South Africa) (Pty.) Ltd., 24 Sturdee Avenue, Rosebank, Johannesburg 2196,
South Africa

Penguin Books Ltd., Registered Offices: 80 Strand, London WC2R 0RL, England

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YOUR INFINITE POWER TO BE RICH

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Cover design by Ben Gibson

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PRINTING HISTORY

Prentice Hall Press trade paperback edition / January 1968

ISBN: 978-0-13-979591-6

Library of Congress Catalog Card Number: 66-23362

PRINTED IN THE UNITED STATES OF AMERICA

50 49 48 47 46 45 44 43 42 41

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How This Book Can Benefit You

This book is designed to be a very practical one. It is intended for men and women whose pressing need is for money, and who are seeking to claim the riches life has in store for them.

It is for those men and women who want immediate results and who are willing to put into application the simple down-to-earth techniques outlined in detail in this book. Within the following pages, you will find specific details and illustrations on the techniques to apply for getting riches as your natural way of life.

You can subscribe to the fundamental laws of the mind as explained in this book just as you would accept statements regarding laws and principles of electricity or mathematics as promulgated by an Edison, or an Einstein, and by applying them, get equally definite and certain results.

In writing this book, I have concentrated on plainness and

simplicity of style, so that even a youngster twelve years of age could understand and apply the techniques outlined herein.

All of the case histories presented in this book are of men and women who became rich by using the mental and spiritual laws described in it, and, to my personal knowledge, these people belong to all religious denominations. Moreover, they come from every income bracket and from every social level. All of these people have amassed wealth by thinking in a certain way, and by using the power of their subconscious mind in the right way.

The following are just some of the highlights of this book:

- How a salesman advanced from $5,000 to $50,000 annual income within a year.
- How numerous people make use of a magic formula for paying bills with marvelous results.
- How a businessman in Los Angeles applied a million-dollar formula, then moved from a "hole in the wall" to control a chain of stores worth many millions.
- How a carpenter doing odd jobs became a skyscraper builder and amassed a vast fortune.
- How a man who was broke, applied the specific three steps to riches, and then advanced by leaps and bounds along all lines.
- The fascinating and thrilling story of how a wealthy miner conveyed the idea of riches to his son, who is now a famous surgeon, and the fact that his story supplies the key to riches.

- How Mr. Tyng applied the age-old teachings of Truth and formed a multimillion-dollar corporation. He took the formula for his riches from the Bible and proved that it works.
- How poets, writers, artists, scientists, and businessmen draw riches from the treasure house of infinity within themselves.
- How a boy ten years of age constantly receives gifts of money wherever he goes.
- How to become rich in the knowledge of mental and spiritual laws, realizing that all the tangible good things of life thereafter will be added to you.

It is not possible for you to lead a full and happy life unless you are rich! There is a logical, scientific approach in becoming rich, and if you wish to reap the fruits of a rich, happy, and successful life, you should study this book over and over again. Do exactly as it tells you to do, and you will open the way for yourself to grander, finer, happier, richer, and nobler living.

From this page onward, we shall venture together toward the riches of life here and now.

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Your Infinite Power to Be Rich

Chapter One

The Treasure House of Infinity

The Bible says, *I am come that they might have life, and that they might have it more abundantly.* (John 10:10)

You are here to lead a full and happy life, to glorify God and enjoy Him forever. All the spiritual, mental, and material riches of the universe are the gifts of God, good in themselves and capable of a good use.

God is the giver and the gift; man is the receiver. God dwells in man, and this means that the treasure house of infinite riches is within you and all around you. By learning the laws of mind, you can extract from that infinite storehouse within you everything you need in order to live life gloriously, joyously, and abundantly.

Your Right to Be Rich

You were born to be rich. You grow rich by the use of your God-given faculties, by tuning in with the Infinite, and as your mind becomes productive and full of good ideas, your labor will become more productive and will bring you all kinds of material riches.

It is your feeling of oneness with God in your heart that makes you rich, and you are rich according to your mental attitude and faith in all things good. All of the riches of the Infinite—within and without—are yours to enjoy.

There is no virtue whatsoever in poverty, which in actual fact is a mental disease, and it should be abolished from the face of the earth. You are here to find your true place in life, and to give of your talents to the world. You are here to expand and unfold in a wonderful way, according to a God-given potential, and to bring forth spiritual, mental, and material riches which will bless humanity in countless ways. Learn how to surround yourself always with beauty and luxury, and realize your inalienable right to life, liberty, freedom, and peace of mind.

It is your Divine right to dramatize, reveal, portray, and express the power, elegance, and riches of the Infinite One.

The Science of Getting Rich

This is a universe of law and order, and there are principles and laws by which all of our experiences, conditions, and events take place. There is a definite law of cause and effect in everything. The science of getting rich is based on the law of belief. *If thou canst believe, all things are possible to him that believeth.* (Mark 9:23) The law of life is the law of belief. To believe is to

sincerely accept something as true. Believe in the abundant life, the happy life, the successful life, and live in the joyous expectancy of the best, and invariably the best will come to you. It is the belief of man that makes the difference between wealth and poverty, between success and failure, and between health and sickness. It is a cosmic law that *like thoughts always produce like effects*; therefore, any man who boldly claims the riches of the Infinite will receive them.

You Were Born to Be Rich

You were born with all the equipment necessary to lead a full, happy, and successful life. You were born to win, to conquer, to rise above all obstacles, and to demonstrate the glories and beauties within you. All the powers, qualities, attributes, and aspects of God are within you. Your life is God's life, and that life is your life now. God is always successful in whatever He undertakes, whether it is a tree or a cosmos. You are one with the Infinite, and you can't fail.

You are not here to earn a mere living. Life is a gift to you. You are here to express life and to give of your hidden talents and abilities through your mind, body, and soul. Your desires for health, abundance, happiness, peace, and true place in life represent the urges, promptings, and intimations of Infinite Life seeking expression through you. Desire now to make the most of yourself!

A Businessman's Three Steps to Riches

A business friend of mine in Beverly Hills said to me in his store, "My brother is in the same business as I am, just three blocks away, and he is prospering and rolling in wealth. Recently he

hired two additional sales clerks. Yet, I can't make ends meet. It is not the environment or the merchandise; it must be me!"

I commented that getting rich and advancing in life is not a matter of a certain business or a certain location, that riches are of the mind of man, and that some men of great talent remain poverty-stricken and frustrated, while others who have very little talent or education prosper beyond their fondest dreams. I told him about three steps to unfailing riches.

He followed these three steps and progressed remarkably:

First Step: Never make a negative statement about finances, such as, "I can't pay the rent," "I can't make ends meet," "Business is very bad," "I can't pay my bills," and so on. As soon as the negative thought, "I can't. . ." comes to mind, affirm instead: "I am one with the Infinite storehouse within me, and all my needs are met instantaneously." It may be necessary to do this fifty times in one hour, but persist and the negative thought will cease to trouble you.

Second Step: Make it a habit during the course of the day to condition your mind to the riches of the Infinite by affirming: "God is an ever present help in time of trouble," and, "God is the instant and immediate source of my supply, presenting me with all the ideas necessary at every moment of time and point of space."

Third Step: Lull yourself to sleep every night by reiterating this great truth: "I am ever grateful for God's riches that are ever active, ever present, unchanging, and eternal."

This businessman faithfully followed this spiritual prescription, and he has advanced by leaps and bounds. He framed the following Biblical quotation which stands on his desk: *The wilderness and the parched land shall be glad; and the desert shall rejoice, and blossom as the rose.* (Isaiah 35:1)

Recently, he said to me, "My mind was a wilderness and a desert. There was nothing growing there but weeds of ignorance, fear, self-depreciation, and a sense of unworthiness. Now I am on the way to victory, achievement, and prosperity."

Abundance of Opportunity

You are now in the space age, the age of superjets, electronics, space travel, and countless innovations and discoveries in the realms of science, art, medicine, and industry. For example, the fields of computers and electronics are still in their infancy and they offer endless scope for enterprise; and traffic through the air—even to other planets—is undoubtedly becoming a vast industry, giving employment to countless thousands and perhaps millions of people all over the world.

There is abundance of opportunity for men and women who will go with the current of life and cease swimming against the tide. The law of riches is the same for you as it is for all others.

It has been said that the amount of fruit that falls to the ground and rots in the tropics every year would feed the whole world. Nature is lavish, extravagant, and bountiful. Man's shortage and lack comes because of his mal-distribution and abuse of nature's bounty. Look at the building materials here in the United States. There is enough timber, stone, cement, iron, steel, and other material to build a mansion for every living person in this country. There is enough material to clothe all women like queens, and all men like kings!

The visible supply, to all intents and purposes, is inexhaustible. You know that the Infinite Source is inexhaustible. It is the fountain that never runs dry. All things in this universe are made out of one universal, primordial substance. The only difference between copper, lead, gold, silver, wood,

stones, or the watch on your wrist, is the number and rate of motion of the electrons revolving around a nucleus. The whole world and all things therein contained are made out of this universal primordial substance.

The Infinite storehouse of ideas within you never runs lean. If men need more gold and silver, they can make it synthetically from already-existing elements. Infinite Intelligence responds to your needs, and it is Its constant nature to enlarge Itself and to find a fuller expression through you.

She Found Riches Within Herself

A woman who listens every morning to my radio program wrote to me and said, "Bills are piling up; I am out of work. I have three children and no money. What shall I do?"

I suggested that she relax and condense the idea of her needs into a little phrase: "God supplies *all* my needs now." The significance of these words to her meant the realization of all her desires, such as bills paid, a new position, a home, a husband, food and clothing for the children, and an ample supply of money.

She repeated the phrase over and over again like a lullaby. Each time she affirmed, "God supplies all my needs now," a feeling of warmth and peace stole over her until she reached the point of conviction, and felt the reality of it.

This woman shortly achieved astonishing results! Her sister, whom she had not seen in fifteen years, visited her from Australia, and gave her $5,000 in cash as well as other gifts. She then became a secretary to a doctor, and married him within one month; she is now supremely happy. The ways of the Infinite truly are past finding out! This woman has truly found the storehouse of riches within herself.

Poverty Is a Disease

Disease means a lack of ease, poise, balance, and equilibrium. Look around you, and you will find people in all walks of life, and in all types of businesses and professions who are getting rich and achieving their goals in life, while others living near by them and in the same work and professions remain poor, ill-clad, and ill-fed.

If you were physically ill, you would visit your doctor and have a physical checkup, in order to correct the condition at once. No matter how poor you may seem to be, if you habitually begin to think of riches, advancement, expansion, and progress, you will automatically receive a healing response from your subconscious mind, and your good fortune will be multiplied and magnified in countless measures and ways.

You may be in debt, however, and have no funds, influence, or tangible assets; but if you will begin to claim: "God's wealth is circulating in my life, and there always is a Divine surplus," wonders will soon happen in your life!

"It Was a Miracle!"

As I was writing this first chapter of this book, an elderly woman phoned me and said, "It was a miracle!" She and her husband had been receiving a very small pension and barely could make ends meet. I had given her a special prayer to use, as follows: "God's wealth is circulating in my life. His wealth flows to me in avalanches of abundance, and I give thanks for my good now and for all of God's riches."

She had kept repeating this prayer knowingly and feelingly many times during the day, and at the end of about two weeks, a man called at her door (she said he was "out of the blue") and

asked her about a lot which she owned in the center of a desert. There were no homes there, no water—only brush and cactus. She had tried for years to sell it, and no one would even look at it. The man said, "Our company wants it to install electricity and power there for construction purposes nearby."

She was given $10,000 for the so-called worthless lot. This was not a miracle; it was the response of her subconscious mind* to her request. Its Infinite ways are past finding out.

You Can Get Capital

Thought is the only intangible and invisible power of which you are aware. Whatever you think tends to manifest itself in your life, unless you neutralize it by a contrary thought. Your thought definitely and positively can produce for you tangible capital through your subconscious mind.

Your subconscious mind moves as it is acted upon by your thought. If you think "poverty" thoughts, you will become poor—no matter how rich you may now be. If you make a habit of thinking of riches, spiritual, mental, and material, you must become rich according to the law of reciprocal relationship. In other words, when you think, "Wealth is mine now," and remain faithful to that idea, your subconscious mind will respond by distributing to you wealth along all lines according to the nature of your thought life.

All inventions—buildings, structures, cities, and devices of all kinds, including all man-made forms and processes as well as those of nature—came out of the same type of invisible storehouse within you. When you think of moving from your chair,

"•See *The Power of Your Subconscious Mind,* by Joseph Murphy. Published by Prentice Hall Press, New York, 1963.

you make that motion. The scientist thought of projecting voices and harmonics into your home; television was the result. The electronic impulses were transmuted into form, voice, music, etc. You are really living in a "thought world."

The Infinite Presence thought of a world, and the Universal Mind moved according to that thought and took the form of a physical, dynamic universe, plus its system of stars, suns, and moons, and the endless galaxies in space. All this is the product of an Infinite Thinker, thinking in an orderly, mathematical manner and with absolute precision.

The poet Joyce Kilmer said, "Only God can make a tree." In creating the trees, whether oak or apple or what have you, the Infinite Thinker thinks of trees, and the Universal Mind starts in motion the forces bringing forth all trees according to their nature as prescribed by the principle of growth which is constant throughout Nature.

The Great Law of Attraction

Some months ago, a man showed me an invention of an engineering nature and said to me, "I need money to promote this—lots of money."

I explained to him that there is a law of attraction which would supply him with everything he needed for the fulfillment of his dream. I suggested that he make a practice of claiming mentally: "Infinite Intelligence within my subconscious mind attracts to me the ideal concern which will manufacture, promote, and sell this invention. There are mutual satisfaction, harmony, and Divine agreement which bless all concerned." This statement became his habitual prayer.

His subconscious got busy, and shortly thereafter he met a prominent businessman in the Wilshire Ebell Theatre in Los

Angeles where I was lecturing. This businessman sponsored the invention and contracted with the proper parties to make the most of the invention. He has recently told me that it is going to be a fabulous product of a revolutionary nature, with unlimited profit potential.

This demonstrates the law of attraction, and, like the subjective wisdom of a seed which attracts to itself everything needed to enable its growth, man also can consciously draw forth the wisdom and ideas necessary for the fruition of his ideals, goals, and objectives for accumulating wealth.

Remember, all man-made forms, processes, and anything else he creates, must first live in man's thought-life; he cannot mold, fashion, or shape anything until he has thought it out. In the end, thought rules the world.

THINK AND GAIN RICHES

1. Use the laws of mind and extract from the infinite storehouse within you everything you need to lead a glorious and successful life.

2. You were born to be rich, and you are here to lead a full and happy life. God wants you to be happy.

3. There is a definite law of cause and effect in everything. Believe in God's riches, and you shall receive. It is done unto you as you believe.

4. God always is successful in all His undertakings. You are one with God; therefore, you can't fail. You were born to conquer.

5. All riches are of the mind. It is your mental attitude

that determines wealth or poverty. Think riches and riches follow; think poverty and poverty follows.

6. There is an abundance of opportunity for you. Go with the current of life and stop swimming against the tide. There is an infinite number of ideas to draw out of your subconscious; a new idea you have may be worth $50,000.

7. A magnificent way to contact the infinite storehouse within is to make a habit of affirming: "God supplies all my needs now." Wonders happen as you pray this way.

8. Poverty is a mental illness. Claim boldly, "God's wealth is circulating in my life and there is always a Divine surplus."

9. Your subconscious mind, which is the storehouse of riches, responds to your sincere thoughts in ways you know not of.

10. Thought is the only immaterial and invisible power of which you are aware. Your thought definitely and positively can produce capital for you.

11. The law of attraction attracts to you everything you need, according to the nature of your thought life. Your environment and financial condition are the perfect reflection of your habitual thinking. Thought rules the world.

Chapter Two

Riches Are All Around You

The Bible says: . . . *The earth is full of the goodness of the Lord.* (Psalms 33:5) Riches are all around you for the simple reason that the Divine Presence, though invisible, is omnipresent, or present everywhere.

It is like the air around us: there is no shortage of it. Each man can breathe in all he wants, and there is still an endless supply of air left. You may liken this Presence to the ocean. You may go to the ocean with a thimble and take a thimbleful of water, or you can go with a demijohn and fill it; the ocean doesn't care, and there is plenty of water left.

This Presence is infinite life; there is no life apart from it. This Presence also is infinite substance, in the same way that your thoughts and feelings are the substance behind everything you are, possess, and do.

Your conscious "at-one-ment" with this Presence overcomes all sense of deprivation or want because this Presence is

fullness of being, the living fountain from which all blessings flow and which supplies everything that exists.

There is plenty of everything as well as an abundance of opportunity for the man who will tune in with the Infinite and think big. He will gain a response from the Presence and thereby bring all manner of good into expression in his immediate environment.

It is the Father's good pleasure to give you the kingdom of health, happiness, peace, joy, and abundance in material things.

There Is Enough of Everything

Begin now to clearly realize that the creative power within you is *unlimited*; then there is no reason whatsoever for limiting the extent to which you may enjoy and experience what you can create by means of this power. You are drawing from the Infinite Source, and you need never worry about taking more than your share because the infinite storehouse is inexhaustible and eternal, the same yesterday, today, and forever.

Man's great folly is in not realizing the true riches within himself and in looking upon external products, possessions, and conditions as being the true riches instead of the creative power of his own mind.

Remember, there is no limit in taking what you will from the infinite storehouse. Your true wealth consists in identifying yourself with the source of opulence and great riches. Think opulence, that is, think big, think generously and liberally, and you will find good flowing to you from all quarters, such as money and countless other things, all representing different facets of wealth.

Omnipotence is within you; therefore, there is plenty of power available to you. Infinite peace, boundless joy, and absolute harmony, plus an infinite number of ideas for success, expansion, improvement, and advancement and creativity along all lines are available in endless variety for the man who joins up with the infinite riches of God within him. "All things be ready, if the mind be so."

How He Implanted Riches in His Mind

I have a letter from a businessman, the substance of which states that he was brought up to believe that poverty was a virtue, and that he knew this superstitious belief implanted in his subconscious was blocking the improvement of his personal welfare and expansion in business. However, after listening to a series of my lectures on Sunday morning, he affirmed several times a day as follows:

"God's wisdom, power, and creative energies are extended and expressed through me, just as a branch of a tree is an extension of the life of the tree. I am a son of God, and I inherit all the rights, privileges, and blessings of God's riches. I center my mind on God and sense my oneness with this invisible Presence. I believe in infinite substance and infinite supply. I believe and mentally accept now that the Infinite is showering me with Its riches, bringing harmony, inspiration, blessings, and abundance into my life. I am one with my Father. His creative power is mine. His wisdom, strength, intelligence, and understanding are also my wisdom, strength, intelligence, and understanding. Infinite Intelligence directs me in all my ways, and His spirit of opulence is my abundance, success, and well-being. I open my mind and heart to the riches of the Infinite, and prosperity follows all my efforts. God and man are one. My Father and I are one."

The above prayer is very beautiful and also effective. This man continued to repeat these truths three or four times every day in his office. The result has been that he has opened three additional stores and has employed twenty-five more people to supervise and handle the business.

The so-called miracle was simply a redirection of his mind and a cultivation of the spirit of opulence.

The Cause of His Financial Trouble and Its Reversal

A young boy of about sixteen years of age in my neighborhood came to see me. He complained that his father would not allow him to go to college and become an engineer. His father was constantly saying, "We don't have the money to send you to college. We can't meet the mortgage on our home or the note that is due at the bank. We never make ends meet. Forget it!"

You can see the reason for this father's financial lack. He was constantly dwelling on lack, limitation, and financial restrictions of all kinds, and his subconscious naturally responded according to the nature of his habitual thinking. Think rich and riches follow; think poverty and poverty follows.

His Reversed Attitude Worked Wonders

I explained to this boy's father that all he needed was to cultivate the feeling of opulence and to constantly imagine that he possessed all kinds of riches. As a result, every night prior to sleep he imagined that he had received a letter from his son, telling him how happy he was to be in college and thanking him for all he had done for him. Furthermore, he claimed silently

and feelingly: "God is the eternal source of my supply, meeting all my needs at every instant."

During the day when thoughts came to his mind, such as "I am short of money. I hardly know how to pay my bills. What have I to give? I am broke," and so forth, he never permitted the sentence to be finished in his mind. He persisted in neutralizing the negativity by immediately affirming: "God is the constant source of my supply, meeting all my needs instantaneously." Often, at first, he had to do this thirty or forty times in one hour, but after a few days the momentum and force of the habitual negative thoughts died out, and he ceased to be troubled by them.

Then, almost miraculously, he won a large sum of money from a lucky lottery ticket which paid all his debts and gave him increased confidence and faith in the power of his mind to meet all his needs at all times everywhere.

Today his son is in a university of his choice and is deeply grateful for the discovery of the real riches. This father and son will no longer tremble in fear and trepidation when financial exigencies and emergencies loom up before them.

Magic Formula for Paying Bills

A pharmacist in London, England, who attended my lectures some years ago, told me that he started his chemist's shop on a shoestring, so to speak. He opened his pharmacy on money borrowed from his father-in-law, who constantly pressed him for repayment. Bills were unpaid, and he was in desperate straits.

However, in one of the lectures at Caxton Hall in London some years previously, he had heard one of my statements: "Whenever you receive a bill for anything, immediately give

thanks that you have *received* that same amount." After pondering this philosophy a bit, he began to do this regularly and systematically, and inasmuch as whatever the mind gives attention to magnifies and multiplies exceedingly, his business began to improve: three doctors in his neighborhood began to direct all their prescriptions to his pharmacy. I am happy to say that today he is the proud owner of three very successful pharmacies in the city of London.

The thought-image of receiving the amount of the bill gradually had sunk into his subconscious mind, and he knew the thought-image of the money was the substance of things hoped for and the evidence of things not seen. I have taught this magic formula to many businessmen, and in every case they are eternally grateful for its benefits. *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.* (Matthew **21:22)**

How to Handle Financial Problems

The first principle in the art of becoming rich is to realize that thought is the only intangible power which can produce tangible riches from the storehouse of the Infinite.

Every created thing, every form and every process you see in this universe is the visible manifestation of a thought of Infinite Intelligence. As the Infinite thinks of a motion, the thought becomes that motion; as He thinks of a form, the thought takes on that form. This is the way all things were created in this world. You live in a thought world, and in order to become rich and to solve your financial problems you must continuously dwell on thoughts of wealth, prosperity, and success.

The Infinite had to think of a sequoia tree to bring it into being, and the thought proceeded to produce the tree even

though centuries may have been required to bring it to completion. The Infinite Thinker, when It thought of a sequoia tree, did not cause the instant formation of a full-grown tree, but He started in motion all the forces necessary to produce the tree through the subjective wisdom operating in the seed.

Likewise, when you desire to be free from all financial problems and all sense of pecuniary embarrassment, you must realize that you are a thinker and that you can originate ideas, images, plans, and purposes. Furthermore, become aware that all structures, inventions, and all things fashioned by your hands first existed in your mind as thought-images. You cannot create anything in this world until you have *thought* that something into existence.

This being true, saturate your mind with these truths, such as: "I have absolute trust in God and all things good. I know that I will be able to meet any situation at any time, for God is my immediate source of supply, presenting me with all necessary ideas, in the right way and at the right time. God's riches are forever flowing freely in my life, and there is always a Divine surplus. As I repeat these truths, I know my mind is being conditioned to receive Divine supply forever flowing."

As you reiterate the above truths and feel the reality of them in your heart, you will develop the spirit of opulence, and regardless of the economic situation, stock market fluctuations, or other circumstances, you will always be amply supplied, no matter what form money power may take.

From $5,000 to $50,000 a Year

A few years ago a salesman who attends my Sunday lectures and who listens to my daily radio program asked me, "How

can I make $50,000 a year? I am married and have three children. I barely make ends meet. My wife has to work in order for us to break even!"

In many instances, the explanation is the cure. I explained to him that the thought-image or mental pattern of wealth in his mind is the *first cause* relative to that thing; it is the actual substance of wealth, untouched by any previous conditions of lack, limitation, or restrictions of any kind.

His starting point was the thought-image. He realized that this is the modus operandi for all expression, whether on the scale of the Universal Mind, or his individual mind—which is itself a part of the Universal Mind. This salesman concluded that all he had to do was to communicate his thought-image to his subconscious mind and the result or manifestation of his idea would come forth.

The following is the sequel to our conversation, based on his letter to me:

"Dear Dr. Murphy: Shortly after I talked to you, every morning for the following three months I gave myself the mirror-treatment. I stood before my mirror after shaving and decreed out loud, slowly, feelingly and knowingly: 'John, you are a tremendous success. You are making $50,000 a year. You are an outstanding salesman.' I kept repeating this for about ten or twelve minutes every morning, knowing that finally I would build in my subconscious mind the mental equivalent of $50,000 and that I would succeed in psychologically impregnating myself with that amount. I was guided to take up public speaking; I gave a talk about ten weeks ago at our annual sales meeting. The vice president congratulated me, I was promoted, and I was given a more lucrative district at $10,000 annual salary. My commissions and salary the past year have exceeded

$50,000! Truly the mind is the source of wealth and all the riches of Heaven."

He Worked Hard and Got Nowhere

One time I interviewed a junior executive who said, "I work very hard, spend long hours in the company, and I pray every night, saying, 'God is prospering me in all my ways, and I accept my good now.' Yet I get nowhere, and I have not had an increase in salary in five years or a promotion of any kind."

He admitted, however, that he was jealous and envious of the success and promotions of former classmates in the organization. His former college friends had gone up the ladder of success and excelled him; he was bitter and critical of their progress. *This was the reason he got nowhere.*

Thinking negatively of his associates and condemning their wealth, promotion, and success, caused the wealth and prosperity for which he was praying—to flee away and vanish. He was condemning the things he was praying for! He was hurting and injuring himself, because *he* was the one thinking and feeling these negative states of mind. Actually, he was praying two ways. On the one hand, he was saying, "God is prospering me now," and in the next breath, silently or audibly, he was saying, "I resent that fellow's promotion and increase in salary."

He began to realize that his mind is a creative medium, and the thoughts we think about another person, we bring to pass in our own experience. He reversed his mental attitude and made it a special point to wish for all his associates health, happiness, peace, and all the blessings of life. He made it a habit to rejoice in their prosperity, promotion, and success, and as he continued in this attitude, promotion and

advancement came to him. His changed attitude changed everything.

A Sure Way to Become Financially Secure

Money is a medium of exchange. It is a symbol of freedom, beauty, luxury, power, refinement, and rich and joyous living. Money may be looked upon as a Divine idea, maintaining the economic health of the nations. It should be used wisely, judiciously, and constructively.

You become financially secure by impressing in your mind that money is not only good, but very good, and it blesses mankind in countless ways. In your mind, continue to imagine that you are a distribution center, that you possess all sorts of riches and that you are bestowing these blessings on others. As you do this, you are opening the way for still greater supplies to flow in.

Your motive is right, and you know in your heart that you have the right to plenty of money; you expect it to flow in avalanches of abundance. Your security and happiness are the results of the wise use of the power and wisdom resident in your subconscious mind.

Life will reward you when you believe and accept success as your Divine right. The real key to financial security is to constantly feel, know, and imagine yourself serving others in a grander, greater, and more wonderful way. Imagine greater and greater success and abundance happening to you. Accept all monies received with a deep appreciation, and use them freely with grateful acknowledgment to the Infinite Being from whom all blessings flow.

Use the following prayer frequently, and you will convey the idea of financial security to your subconscious mind:

"I know that money is an idea in Divine Mind. It symbolizes wealth; I recognize it as a means of exchange. All of God's ideas are good. God created all things; He pronounced His creation good and very good. Money is good. I use it wisely, judiciously, and constructively. I use it to bless mankind. It is a very convenient symbol; I rejoice in its circulation. God's ideas are instantly available to me; I have a Divine surplus. God is my source of supply; that is my supply now. Wealth of all kinds flows to me in avalanches of abundance. There is only One God and One Mind; every idea in the Mind of God is spiritual. My relationship to money is friendly. It is a symbol of God's wealth and His infinite abundance. The idea of money is omnipresent; I am one with all of the wealth in the world. I use it for good only and I thank thee, Father, for thy supply."

HIGHLIGHTS TO RECALL

1. Riches are all around you, for the simple reason that you live, move, and have your being in God; and God lives, moves, and has His being in you. God is omnipresent; therefore, all of His riches are present everywhere, within you, and all around you.

2. The creative power in you is unlimited and inexhaustible. Your true wealth is in identifying yourself with the spirit of opulence.

3. Stay your mind on God and sense your oneness with the infinite storehouse of riches within, and riches will flow automatically into your life.

4. If you think of lack, limitation, and restrictions, you will create more lack and limitations of all kinds.

What you give your attention to, you magnify in your world.

5. Realize that God is the eternal source of your supply meeting all your needs at every instant, and wonders will happen in your life.

6. A magic formula for paying bills and banishing all debts is to give thanks that you have received that amount of money when you receive any kind of a bill, and the idea will gradually impregnate your subconscious mind.

7. Your thought is the only immaterial power you know, and your thought can produce tangible riches from the invisible storehouse. Think riches and riches follow; think poverty and poverty follows.

8. Your thought-image or mental pattern of wealth is first cause relative to wealth. It is the substance of things hoped for and the evidence of things not seen.

9. To condemn the wealth and prosperity of another is to hurt yourself. Your mind is a creative medium, and what you wish for the other you are wishing for yourself. You are the thinker, and your thought is creative.

10. You will become financially secure by mentally identifying yourself with the eternal source of supply which never runs dry, and by having a deep desire to serve others in a grander, greater, and nobler way. God will supply all your needs and there will always be a Divine surplus.

Chapter Three

Knowledge Is Wealth

The greatest discovery you can make is to be made aware that there is an infinite power and wisdom resident within you, enabling you to overcome all problems, to rise above all hurdles, and to handle life's tasks. You were born to conquer, and you are equipped with all the necessary attributes, qualities, and potentials to make you a master of your fate and a captain of your soul.

If you do not know of your spiritual powers, you will be governed and controlled by events and conditions of the world; you will tend to disparage yourself and generally to hold a low estimate of yourself. In other words, due to your lack of knowledge you will exalt the power of circumstances and fail to realize the tremendous powers within you, which could lift you up and set you on the high road to happiness, health, freedom, and the joy of living.

How Her Knowledge Paid Dividends

During a visit to the famous temple of Delphi near Athens, Greece, in August 1965,1 chatted with the guide. She was fluent in English, French, and German, and her knowledge of these languages had interested one of the tourists in our group, who offered her a position as traveling companion in France and Germany and also as governess of her three children in New York City. The salary was to be $400 a month including living quarters and food to be provided in the home. This guide told me that her present salary was about 100 drachmas a day (a little over $3.00). She said this opportunity was all like a big dream, since she had wanted to go to the United States for many years and now her wish was to be fulfilled.

The interesting thing about this young lady was that she had been accustomed to praying fervently to the Blessed Virgin every day for more money and for a trip to America; undoubtedly, her blind faith or belief had succeeded in impregnating her subconscious mind, and definitely brought about this extraordinary response.* Paracelsus said: "Whether the object of your faith be true or false, you will get the same results."

His Vision Was Wealth

I went on a lecture tour to England, Germany, Ireland, and Greece, which included several days' vacation in each of the countries visited. In Cork, Ireland, I had dinner in the home of a young wine salesman and his charming wife. He was about twenty-four years old. He told me that he had had a vision of

*See *The Power of Your Subconscious Mind,* by Joseph Murphy, published by Prentice Hall Press, New York, 1963.

being the foremost wine salesman in the firm for which he worked and that it recently had come to pass. He had been invited to the headquarters in Dublin, and, at a formal ceremony, he had been presented with an inscribed gold watch and a very large increase in salary. He had been first in sales for three consecutive years.

Every night, this young man had affirmed prior to sleep: "I am the foremost salesman, and I am handsomely compensated." He would then mentally picture his wife congratulating him and go off to the deep of sleep. He is an avid reader of my book *The Power of Your Subconscious Mind,* which has transformed his life.

This young man, who is a relative of mine, had no idea of competing with anyone. He has succeeded in impregnating his subconscious mind with the idea of "the foremost salesman," and his deeper mind—which always is responsive—had reacted in its own unique and extraordinary ways. Its Infinite ways are past finding out.

Knowledge Opens Doors

During my visit to the Temple of Apollo in Greece, I noticed a young Greek girl with a book under her arm. I thought that it looked familiar, and on closer observation I discovered to my astonishment that it was *The Miracle of Mind Dynamics"* Immediately, I introduced myself, and she bombarded me with all kinds of interesting questions.

Her main problem was that she wanted to go to the United States, but she had been told at the U.S. Embassy in Athens

*See *The Miracle of Mind Dynamics,* by Joseph Murphy, published by Prentice Hall Press, New York, 1964.

that it would be years before she could expect to immigrate, due to the large waiting list. She said to me, "I have been using the techniques you have outlined in the book, and I have received answers to all my prayers but this particular one—permission to immigrate to the United States."

She had been affirming systematically, regularly, and faithfully: "Infinite Intelligence opens up the way for me to immigrate to the United States in Divine order. When man says. 'There is no way,' God says that there is, and I accept that way now."

I wrote a personal note for her to an extraordinarily brilliant woman attorney in New York, a student of Science of Mind and an old friend of mine, explaining that this Greek girl had a sister in business in New York for many years who was ill and needed her sister in Greece to take care of the business and to help her. The attorney acted almost immediately and wrote this young student of *The Miracle of Mind Dynamics* in Greece and told her what legal steps to take to insure her entry into the United States.

As I wrote this very chapter I received a communication from the young lady in Athens, who wrote: "It was no accident meeting you. When I saw you dressed in clericals and heard you speak, I knew you were a minister from America. I also knew that you would speak to me and that somehow you had the answer for me."

I was simply the channel through which the infinite wisdom of her subconscious had responded in answer to her constant and persistent desire. She never faltered, vacillated, or questioned the possibility of a way out of her dilemma. She simply knew that there was an answer, and her persistence, stick-to-it-iveness, and determination paid dividends.

The first step in the answer to her prayer happened when

an airline hostess presented her with a copy of *The Miracle of Mind Dynamics,* saying: "This will help improve your English in a remarkable way, and if you use it, you will find yourself in America."

The ways of the subconscious at times are entrancing, fascinating, enthralling, and captivating. You begin to realize that wonders never cease and that "He never faileth."

Her New Concept Gained a Contract

In one of my lectures at Caxton Hall in London, England, on this trip of which I have been writing, I spoke about *The Amazing Law of Love** After the lecture an actress chatted with me and confided that she had quit the stage as she was bored to death with the scurrilities of the modern plays. "Now," she said, "I see where I have been at fault. I have something to give. I have been demoting myself and have been deeply resentful toward the publishers who committed mayhem on my new book. I am going out tomorrow and prove that love casts out fear, hate, and resentment."

I was in London just one week, and before I left this actress phoned me at my hotel on Bond Street and said proudly and joyously, "I signed a contract today! For two hours last night, I said aloud, 'Divine love fills my soul,' and I fell off to sleep with a deep feeling of love and goodwill to all mankind."

This actress had acquired a new idea of the meaning of love and had enthroned it in her mind, and she discovered that Divine love dissolves everything unlike itself. Love is the universal solvent. She had realized during the lecture that a base

*See *The Amazing Laws of Cosmic Mind Power,* by Joseph Murphy, published by Parker Publishing Company, Inc., West Nyack, New York, 1965.

canard which was circulated about her and which particularly enraged her had no power to hurt her except through the medium of her own thought. She blessed those that had fabricated the absurd piece of gossip about her, and she was set free.

Today I Am Rich

I spoke to a small group in a private home in Munich, Germany, on the laws of mind. A young man, whose guest I was, is an outstanding Alpine ski teacher. On one of his excursions in Alpine climbing, one of his students—his fiancée—accidentally was lost in an avalanche and was found dead when discovered. He had been prosecuted by the law, and two courts found him guilty; at a third trial, however, he was exonerated from all culpability. He had, nevertheless, a deep sense of guilt and suffered from acute remorse. Further, he felt hurt by denunciatory comments in the local press.

I explained to him that he could not be held responsible for the acts of others or for their wilful disobedience of instructions on alpine climbing. I also added that some people have a death wish and a death complex and they unconsciously choose some daredevil stunts which could result in their destruction. Self-loathing and self-hatred cause people to drink themselves to death, or to take an overdose of sleeping tablets or some other poison. He began to see that he was needlessly punishing himself and that, instead, he should bless the girl and release her to God, thereby freeing himself and his former fiancée.

I pointed out to him that all of us on this earthly plane come to pass, and that it is impossible to have one's mother, father, sister, brother, or loved one all the time. The time comes when each makes his or her transition. This is a cosmic law, and it is universal and applies to all men and women

throughout the world. We must therefore listen to the raurmurings and whisperings of our heart strings and realize that the passing on to the next dimension of each one of us is ordained by God and must be good or it would not be.

It is also wrong to hold morbid or depressed thoughts about loved ones* as this negative, depressed attitude holds them back. We must love them and release them to God, knowing that their journey is ever onward, upward, and Godward. When we think of them, let us realize that God's love fills their souls.

With this explanation, there was an effulgence of light in his eyes, and he exclaimed, "A load has been lifted from my mind! I am free. Today I am rich!"

She Welcomed the Idea

During a visit to the Temple of Askleipios near Corinth, Greece, I listened with rapt attention as the guide explained how people in ancient times made pilgrimages to this ancient shrine and how they were healed of all manner of diseases. She dwelt on the fact that most of them were practically healed before they arrived because of their great expectancy, vivid imaginations, and blind belief. She added that ancient records reveal that the priests of the temple gave the sick ones drugs and put them into a deep hypnotic trance, and while in the trance state, the priest suggested to each one that the Goddess would visit him or her and a healing would follow. Archaeological research points out that undoubtedly many remarkable healings followed.

*See "Every End Is a Beginning," page 63 of *The Miracle of Mind Dynamics,* by Joseph Murphy, published by Prentice Hall Press, New York, 1964.

In discussing her lecture on the techniques employed in ancient times, I found she was thoroughly conversant with the workings of the subconscious mind and said, "Of course, Dr. Murphy, all the results which followed their sleeping at the shrine were due to the firm belief of those people that they would be cured of whatever infirmity they had, and according to their belief it was done unto them. Their fervent belief activated the healing current of their subconscious mind, which they attributed to various goddesses as well as to Askleipios, one of their ancient gods."

This young woman guide possessed riches of the mind. Her father was English and her mother Greek; she speaks both languages very well. She told me that she was born in one of the poorer neighborhoods of Athens, and that at times she could not go to school because her parents could not afford to buy her proper clothes. She prayed that God would give her the idea and tell her how to rise above the hypnosis of her condition, which was stifling all hope and causing acute mental depression.

The idea came to her spontaneously out of the blue, to teach American children the Greek language. Accordingly, she approached the wife of an executive of an oil company and offered her services. The woman said, "This is a wonderful idea!" and straightaway she engaged her at a handsome salary. Subsequently, this woman took her to the United States and other countries on a vacation, with all expenses paid.

Today the young woman is independently wealthy, but she still loves to tell tourists the history of ancient Greece, of its imposing temples, medieval castles, picturesque islands, and of the holy sanctuaries of ancient times. She did not treat lightly the idea which came to her. Instead, she acted upon it

at once and proved to herself that ideas are our masters and that they hold sway over our fortunes in life.

Go all the way with your idea! Don't say, "Oh, that's too good to be true." Say, rather, "I welcome this idea! I accept it wholeheartedly and it will come to pass in God's good time."

Light Dispels Darkness

I had an interesting conversation with an Abbot of one of the famous Greek monasteries. He said that he felt the most powerful statement in the Bible is, *"He that is within you is greater than he that is in the world."* He added, "The realization that in the depths of my being there dwells God in His wisdom and power gives me confidence and assurance. When I ask for light or understanding on how to solve my problem, a new insight or idea wells up within me, and I see through the problem as the light of God dispels the darkness in my mind."

This Abbot has discovered the secret of life and the source of the riches of life. He said to me in parting, "Reality is not just what we see objectively in this phenomenalistic world, but also what we think, feel, imagine, and believe."

All he said, really, was what all students of the mind know, which is that Infinite Causation is *within* us, and not outside of us. Remember, the Creator is greater than His creation. The thinker is greater than his thoughts; the artist is greater than his art. Do not give power to sticks and stones or to external things. Give power, devotion, loyalty, and faith to the only creative power, which is in your thought and feeling. Your thought and feeling control your destiny. Your thought-image felt as true is . . . *the substance of things hoped for, the evidence of things not seen.* (Hebrews 11:1)

POINTS TO RECALL

1. You are spiritually equipped to overcome and to triumph over all problems, hurdles, and difficulties in life.

2. Knowledge can pay you fabulous dividends. For example, knowledge of a foreign language can open up the way for wealth, travel, and exciting adventures along all lines.

3. Your vision or mental estimate of yourself activates your subconscious mind and compels you to be all that you imagine yourself to be. The law of your subconscious is compulsion.

4. Knowledge opens up closed doors. When man says, "There is no way," the Infinite wisdom within you says, . .. *I have set before thee an open door, and no man can shut it.* . . . (Revelation 3:8) Trust this inner guide, and wonders will happen as you pray.

5. Get a bright new estimate of yourself. Your new concept will gain you new contacts, promotion, and untold wealth.

6. You are not responsible for the actions of another. All you owe the other person is love and goodwill. This frees you and absolves you from all sense of guilt.

7. Welcome the new idea which comes into your mind in response to your prayer. Go all the way with your idea. Come to a definite conclusion and prove to yourself that your new idea can bring riches into your life.

8. When stymied, blocked, or in a mental dilemma, get a new awareness, which means new light or understand-

ing. Know that *He that is within you is greater than he that is in the world.* Believe this, and a new insight will be given you, enabling you to see through all problems. Remember that Light (understanding, fresh insight, truth, a new idea) dispels all darkness. Let the Infinite Light shine in you and all shadows of financial lack will flee away from you.

Chapter Four

Get In Partnership with God

In my recent travels to the many beautiful islands of Greece, I met many tourists from Australia, Rhodesia, Union of South Africa, and other lands, and was amazed at the knowledge of the laws of mind possessed by many of these business and professional men. The consensus was that they aligned themselves with their Higher Self, and, as some of them said:

"We took God as our senior partner, and we asked for guidance in our work. We prayed that we would attract the right men to do the job and that Infinite Intelligence would reveal the perfect plan for the manufacture, sale, and distribution of our products. We attribute our success and achievements to the direction given us by our Higher Self."

Some of these men were builders, architects, engineers, business executives, and directors of mines and other vast holdings. They used God as their guide, advisor, and counselor in all phases of their lives, *and they prospered beyond their fondest dreams.*

Many people put God into some sort of a pigeon hole to be brought out only on holidays, at weddings, funerals, and other special occasions. God is not a being living up in the skies, but rather He is the wisdom and power which created you, started your heartbeat, grows hair on your head, and controls all your vital organs even when you are sound asleep. If you fail to recognize and use the wisdom and power within you, it is just the same as if it were not there.

God is the name for the infinite mind and intelligence within you. Actually, you are always using this power whether you know it or not. For instance, when you lift your finger, it is the power of God in you enabling you to do this. When you solve a problem, it is the creative intelligence within you revealing the answer. When you cut your finger the infinite healing presence proceeds to form a clot and to build new cells around it in order to restore it to wholeness. When you pour out love on your child you are using a part of the infinite love of God. When you are generating peace and poise, you are manifesting a part of the absolute peace of God. Join up with God, and let financial good happen in your life.

A Fortune to Share

At the island of Moni near Athens, I had a long talk with a writer from Johannesburg, South Africa. He brought out some interesting points, saying that many of his articles were regularly rejected, and that his first book was returned marked "not read" and "not interested." He was getting a rejection complex until he read a book dealing with the laws of mind, which transformed his thinking processes.

He then began to use his imagination more constructively. He would think about the characters in his novel, the particu-

lar situations, the plot, and about the truths he wished to expound, and then he would affirm boldly morning and night for about a half hour: "God's wisdom writes this novel through me. My intellect is illuminated, and I write a novel which inspires, blesses, and is a boon to mankind."

"Often," he said, "I wake up in the morning, and I find the novel writing itself through me; my conscious mind carries out the dictates from within."

All his writings have been accepted since he started this procedure. He found the rich storehouse within him and used it to elevate and to dignify the soul of man through his pen.

He discovered that his mind is a part of the one universal mind of God, and that when he used his mind in the right way he gained a response from his deeper mind. This writer attributes much of his financial success to his deep belief in the Biblical verse: *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.* (James 1:5)

Confidence Is Wealth

A crowning feature of a visit to Greece is a trip to Cape Sounion which is dominated by the spectacular white marble of the Temple of Poseidon, the God of the ocean. Sunset watched from this headland is a sight of rare splendor and indescribable beauty.

It was in this atmosphere that I conversed at length with my guide, and she told me her story. She was born in the poorest area of Athens and had a deep inferiority complex. As a girl, she used to watch tourists hire guides to drive them to the fabulous historic places in Greece. She said to her father and mother one day that she wanted to be smart and intelligent so

that she could act as a guide, and they ridiculed her, reminding her that education was for the rich and that she was born on the wrong side of the street.

However, she clung to her idea, and as she grew up and went to high school she asked the principal if she could be an archaeologist. He said to her, "Yes, if you have confidence in yourself. And you get confidence by believing that 'God and I can do it.'"

She said to me, "I lived with that phrase in my heart, and I am now in my third year in archaeology and will be qualified in about two more years."

Her confidence in her power to become what she wanted to be was transformed into *money, enthusiasm, love of work, vitality, charm, and a wonderful, radiant personality.* This is her favorite Biblical quotation: *Finally, my brethren, be strong in the Lord, and in the power of his might.* (Ephesians 6:10)

The idea of becoming an archaeologist was enthroned in her mind and became regnant and sovereign; then her subconscious mind, full of wisdom and power, brought it to pass in Divine order.

The Genius Is Within You

I had dinner with a prominent businessman from Capetown, South Africa, whom I met on this European tour. He said frankly that years ago he had failed four times in business ventures in Capetown, due primarily to listening to the advice of the so-called experts on where to open up business sites, how to buy, and how to promote and advertise. He added that the cause of all his trouble was that he had been leaning on others for advice, and that his misery, suffering, and failures were due to his lack of awareness of the genius within himself.

His wife suggested to him that he place his trust in his Higher Self. She typed a quotation from the Bible and advised him to live mentally with it, and then success would be assured him. This key to success was: *But my God shall supply all your need according to his riches in glory. . . .* (Philippians 4:19)

He thereupon began to tune in with the Infinite, realizing that every problem he met was Divinely outmatched because God—the All-Wise One—was within him and was responsive to his call. No longer did he look at conditions, circumstances, and problems as being greater than he; on the contrary, he knew that they could be solved and overcome. He began to tackle every difficulty with faith and confidence, knowing that there was a way out and that there was an exhilarating joy in overcoming them. He began to like the challenges he met on his way!

He discovered a wisdom and intelligence within him and ceased being a hypnotized victim of the conditions and circumstances which confronted him. Today he is a tremendous success and employs hundreds of people; and with the pleasure that comes from success, he is contributing to various institutions of higher learning and to charitable organizations. *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.* (Isaiah 26:3)

You Can Triumph

I met a young doctor in the hotel where I stayed in Frankfurt, Germany, who told me that he had worked his way through college, paying all his expenses. When he graduated the thoughts came to him, "You have no money. You can't open in a nice neighborhood. You can't properly equip your office."

Having studied medical psychology, he knew that these were negative suggestions working on his mind and that, as such, they had no power whatsoever. He knew that the only creative power was his own thought and feeling. He placed his confidence on the creative power of his own mind, rather than on the false and limiting suggestions of circumstances.

He cleansed his mind of beliefs in impediments, obstructions, delays, and obstacles, and called on the creative power of his mind to open up the ideal office for him. He consistently and purposefully pictured himself in a sumptuous office, surrounded by all the latest accoutrements of his profession, and claimed that the infinite intelligence of his subconscious mind was now acting on his request, bringing it to pass in Divine order.

Shortly afterward, a woman called at his residence where he had set up a temporary office in his father's home. She was suffering from acute pain which he immediately diagnosed as acute appendicitis. He rushed her to the hospital, operated on her, and she had a remarkable recovery.

Eventually they fell in love. She not only financed a new office for him, but bought him a Rolls-Royce which was delivered from England on their wedding day. His bride's father was an immensely wealthy industrialist, and he was delighted to have the opportunity of providing his son-in-law with all the modern equipment in this new age of medicine.

This shows you that you are not a victim of circumstances, except you believe you are. Allow the boundless wisdom of the Infinite One to flow through you, and all the financial conditions of your life will change—miraculously and immediately!

What you really need, like this young doctor, is to discover and become acquainted with your inner power, which is called

self-realization. The God-man indwells you. Yet millions of people all over the world remain sick, frustrated, defeated, and poverty-stricken for the simple reason that they are wholly unaware of the God-Self within them.

Your job and my job is to become aware of this Divine Presence and to free ourselves from inhibitions, frustrations, and poverty. *Acquaint now thyself with him, and he at peace: thereby good shall come unto thee.* (Job 22:21) Get acquainted with your inner powers, and you will experience happiness, prosperity, and peace of mind.

You can be just as happy on Hollywood Boulevard as living near the lakes of Killarney. In truth; location has nothing to do with your health, wealth, or success. You create your own success, wealth, and prosperity.

Your Higher Self is this moment speaking through you, urging you to move forward, upward, and God-ward. God speaks to each one of us through our desires, which in reality is the voice of God seeking expression through us.

You are the infinite keyboard of God, and you are here to play the melody of God. Begin your new assignment, job, study, be it what it may, with zest, enthusiasm, and confidence. In the mood with which you start, you will find yourself finishing on the same joyous note or tone. Begin with love of God, and you will finish loving the good or God. Begin your new job with a faith and a confidence in God, and you will be led to victory, triumph, and glory—and certainly to financial success.

She Said the Beginning and the End Are One

I listened to a young musician play the harp in Killarney, Ireland. I was accompanied by a sister of mine who lives in

England and who teaches French, Latin, and mathematics, i My sister commented, "This is the most beautiful music I have ever heard. As a harpist, she is superb!"

We invited the young lady to our table for dinner, and she said, "Before I play I always pray this way: 'God, the Great Musician, plays through me. I am His servant, and I play for Him and He plays through me His own song, the melody of love, for God is love.' This is the way I begin, and the law of life is that the beginning and the end are one. I begin with love, praise, and adoration of things Divine, and the result must be the image and likeness of His love, His beauty, and His glory."

POINTS OF INTEREST

1. Get into partnership with God and you will grow rich.
2. You have a fortune to share. Find out the tremendous power and wisdom resident in your subconscious mind, and you can become inspired, blessed, and prospered in countless ways. You can become a great boon to mankind.
3. Remember that your confidence, faith, and understanding of the laws of mind are translated into health, wealth, and success.
4. The genius is within you. When you are in tune and *en rapport* with the wisdom and intelligence of your subconscious, the genius in you will be revealed. The infinite intelligence in your subconscious mind can solve all your problems of financial supply and give you the right answers.

5. Every problem is Divinely outmatched. Conditions and circumstances are not creative; the creative power is in your thought and feeling rather than in the false and limiting suggestions of externalities.

6. The law of life is that the beginning and the end are one. Begin your new project with zeal, enthusiasm, faith, and confidence, and the result of your endeavors will be the image and likeness of the mood and tone in which you started. Begin with faith in the God-power within you, and you will have wonderful results in all your undertakings. including the financial ones.

Chapter Five

How to Pray and Grow Rich

In the depths of the earth you may find countless riches, such as gold, silver, platinum, uranium, gas, oil, diamonds, and innumerable other precious stones and metals, plus the countless by-products arising from them. However, as previously pointed out, the real riches of life lie within the subliminal depths of man. It is the innate intelligence possessed by man that enables him always to find, to employ, and to distribute the treasures of the earth.

The most precious things in all the world are within you. For example, in your unconscious depths you will find boundless wisdom, infinite intelligence, limitless power, and all the wonders and glories of the God-Presence. You can ask for direction and guidance—and receive it. You can mine your inner riches and bring forth precious stones and jewels in the form of new creative ideas, inventions, discoveries, glorious music, new songs, and answers to all problems. Having found the storehouse of wealth within, you positively, definitely, and

absolutely will find the external riches of nature. For, "as within, so without."

How She Discovered Spiritual Gold

Recently I received a letter from a woman, saying: "My husband and I have been married for thirty years. He is sixty-five and I am fifty-one. We have been blessed with five children. We have had a happy, peaceful life—or so I imagined. Recently, however, my husband confessed to me that he had been having an affair for more than three years with a young stenographer in the office where he works. He has asked me in a cold-blooded manner to understand until the affair 'is all over with.'

"I am angry, hateful, resentful, and deeply hurt; the children are shocked. I am losing faith in myself, even though others say I am attractive, intelligent, and charming. I am brooding and can't sleep. I have been betrayed. I am in despair. What shall I do?"

I responded by explaining to her that her husband was undoubtedly morally weak and had a deep sense of inadequacy and inferiority. His dalliance with this protracted affair shows his loyalty and character have broken down, because he is exploiting this young woman, who is his co-worker, and for whom he feels no obligation or responsibility as is evident by his statement, "until it is all over with."

I included the following in my letter: "Your husband has a deep sense of guilt plus a great fear of consequences. He knows the devastating effects on you of telling you of the affair. Presumably the reason for this is that the young woman, i.e., his paramour, is putting the pressure on him to divorce you and to marry her.

"He is now in a 'double-minded state,' and while addicted

to habitual connivance with his paramour, unconsciously he wants to remain united with you. Talk to your husband frankly and tell him point blank that he must have the moral courage, the mental discipline, and the essential manhood to break off the affair at once. Say that it must be done, as you will not continue to live this way because when there is no loyalty to one another in marriage, the latter becomes a farce, a masquerade, and a sham. His disclosure to you is possibly a desire on his part to line up with you before his paramour tells you about it and asks you to give him up."

I emphasized that she have the frank talk with her husband as pointed out above and also urged her to pray frequently as follows: "I radiate love, peace, goodwill, and joy to my husband. There are harmony, peace, and Divine understanding between us. I salute the Divinity in my husband, and Divine love unites us at all times. God thinks, speaks, and acts through him, just as He thinks, speaks, and acts through me. Our marriage is consecrated to God and His love."

She prayed in the above manner for about a week and then had a heart-to-heart talk with her husband. He thereupon wept copiously and begged her forgiveness. Today, harmony, peace, and love fill their home. Once this woman had decided to dig she shortly found the spiritual gold within herself.

The Gold Mine Within You

I recently had a most interesting conversation with a surgeon in Killarney, Ireland. He and his charming wife were touring the country. We began to talk about the wonders of the mind, and he told me a fabulous story about his father. This is the essence of it, and I am going to present it in the simplest possible way.

This young surgeon was the son of a miner in Wales. His father had worked long hours at very low wages; as a boy, the surgeon had had to go to school barefoot as his father could not afford to buy shoes for him. Fruit and meat appeared on the table twice a year, mainly at Easter and at Christmas; buttermilk, potatoes, and tea represented the main or staple diet of this family.

One day, this young man said to his father, "Dad, I want to be a surgeon, and I'll tell you why. The boy I am going to school with had cataracts; the eye surgeon operated on him, and now he sees perfectly. I want to do good like that doctor."

His father replied, "Son, I have set aside three thousand pounds (about $8,000) which I have saved over a period of twenty-five years. It is set aside for your education, but I would rather you not touch it until such time as you have finished your medical education. You then can use it to open up a beautiful office in Harley Street (London area of specialists) with all the accoutrements of your profession. In the meantime, the money will be drawing interest, and you will have security. You know that any time you really need it during your medical studies you can always draw upon it. It is all yours, but I would prefer that you let it accumulate interest, and on your graduation it will be a nice 'nest egg' for you."

This thrilled the young man beyond words, and he vowed never to touch the money until he graduated from medical school. He worked his way through medical school, working in pharmacies at night and during holidays; he also earned money as an instructor in pharmacology and chemistry in the medical college. His whole idea was to live up to his promise to his father that he would not touch the money in the bank until he graduated.

The day came when he graduated, and his father told him,

"Son, I have been digging for coal all my life and have gotten nowhere. There is not a shilling or a penny in the bank and there never was. I wanted you to dig deeply and find the treasures in the gold mine within yourself, which is limitless, inexhaustible, and eternal."

"For a moment," the surgeon said, "I was flabbergasted, dumbfounded, and inarticulate. After a few minutes, I got over the consternation and the shock, and then both of us burst out laughing. Then I realized that what Dad had really wanted to teach me was the feeling of wealth engendered by the thought of plenty of money in the bank to back me up if I needed it. It gave me courage, faith, and confidence and made me believe in myself. My belief that I had three thousand pounds in the bank had accomplished the purpose just as well as if it actually had been deposited in the bank in my name."

This surgeon remarked that all that he had accomplished externally was but a symbol of his inner faith, vision, and conviction. There had been no money from the father to back up this medical student, not even a farthing, but look at the wonders it wrought in his life! For every man in the world, the secret of success, accomplishment, achievement, and fulfillment of his goal in life lies in the discovery of the miraculous power of his thought and feeling. Our surgeon friend *acted confidently*—just as if the money was always there!

His Investment Multiplied Exceedingly

Recently I received a letter from a man who attended a lecture I gave on "Your Subconscious Is a Bank." I quote in part:

"Dear Dr. Murphy, I listened to your lecture on using the subconscious mind as a bank. I had never looked at it that

way before, but suddenly I realized that my thoughts, mental pictures, moods, and attitudes are investments in the subconscious. I became aware that I have been a sloppy thinker as I had been depositing in my subconscious mind, resentment, laziness, procrastination, fretfulness, and self-condemnation. It is true that my subconscious mind multiplied all these negatives exceedingly, and I ended up in the hospital with ulcers.

"It has been three months since I heard your lecture. The first night after hearing you, I began to think about God not as a man presiding in the heavens with the capriciousness and frailties of man, but as an Infinite Intelligence permeating all things and directing the entire cosmos and instantly responding to me. I began to claim out loud feelingly and knowingly: 'God's power, strength, peace, wisdom, and joy are mine now. His love fills my soul, and His light reveals to me better ways to serve mankind.'

"Since I began depositing these ideas in my personal bank (my subconscious mind), marvelous creative ideas have come to me from the gold mine within. My business has increased 300 percent. I am healthy, happy, joyous, and full of the laughter of God. It is wonderful!"

You Are Rich Now!

Relax, let go, and say to yourself, "I am going to dig mentally within myself and draw out some marvelous ideas for better service and accomplishment. I know that I have inner resources, powers, qualities, and abilities which I have never tapped. I know that Infinite Intelligence reveals them to me now as I consciously dig down into the storehouse within me."

You will be amazed how the new ideas which come to you

can be turned into wealth. Recognize your inner treasure house, organize your ideas, and put them into action.

Your Idea Can Be Worth Billions

Coal lay in ledges under the ground since the days of the flood; a laborer seeking wealth used his pick to bring it to the surface. This discovery resulted in employment for millions of people all over the world and served as the means of amassing countless fortunes. Coal carries the heat of the tropics to the Arctic Circle and makes homes in the polar area as warm as those in Los Angeles.

A young Scotch boy, digging mentally within himself for a new idea which would make money for himself and for others, envisioned a fortune in the steam escaping from a tea kettle as it forced off the lid. All of a sudden the expansive force of the steam came to his mind, and this idea was the actual beginning of the steam engine which has revolutionized the world, has supplied work for untold millions, and thereby has caused the creation of fabulous wealth all over the world.

Someone recently brought to my attention a statement by Henry Ford. When he was asked what he would do if he lost all his money and his business, he replied, "I would think of some other fundamental, basic need of all people, and I would supply that need more cheaply and more efficiently than anyone else. In five years I would again be a multimillionaire."

Tremendous opportunities await you in this electronic and space age. Ask your deeper mind to give you new creative, inspirational ideas, and you will release the creative powers of your subconscious. You will find a need of humanity which in time will enrich and bless you. Begin now to release that imprisoned splendor within you!

Your Fortune Begins with You

Wealth and poverty have their origins in your own mind. You must come to a clear-cut decision that you intend to be wealthy and successful. Wealth is not a matter of chance, luck, or coincidence. *The only chance you have is the chance you make for yourself.*

A brilliant young executive said to me, "I work very hard and put in long hours. My suggestions and recommendations to the management have been accepted and have made money for the organization. But I have been passed up for promotion the past three years. Even my subordinates have received increments and promotion."

This man was industrious and intelligent and apparently worked arduously. The answer was in his relationship to his ex-wife.

For three years there had been litigation over division of their property, alimony, and child support. Subconsciously, he did not want to make any more money until the lawsuit was over as he felt the more money he made, the more alimony would be assessed by the court. He resented paying the temporary allowance granted by the court, feeling it was excessive, and he was waiting for final adjudication.

I explained to him the way his subconscious mind works and that actually he was decreeing that he didn't want any more money and had definitely emotionalized that negative concept. Furthermore, his resentment, hostility, antagonism, and wish to withhold wealth from his ex-wife was being impressed in his own subconscious mind and was being manifested in all phases of his financial life.

When you mentally wish to withhold wealth from another, you also automatically withhold it from yourself. This is why

the golden rule tells you to think, speak, and act well toward your neighbor; and never to indulge in hate, resentment, or carping criticism for the simple reason that you are the only thinker in *your* universe, and your negative thoughts set up negative reactions in all departments of your life. Your subconscious mind is always fabricating and projecting on the screen of space the *totality* of your stream of thought-life.

This young executive perceived that he had been blocking his own expansion and promotion. The answer to his problem was within himself. He came to the stabilizing point within himself where he realized that love casts out hate and that as he wished health, love, peace, and prosperity to his ex-wife and his children, he would attract to himself equally all these qualities. He also began to see that she was entitled to a reasonable sum of money for the support of his three children, that he should give it gladly, joyously, and lovingly, and that as he gave freely it would return multiplied. He applied the following prayer frequently:

"God is love, and God is life. This life is one and indivisible. Life manifests itself in and through all people; it is at the center of my own being. I know that light dispels the darkness; so does the love of the good overcome all evil. My knowledge of the power of love overcomes all negative conditions now. Love and hate cannot dwell together. I now turn the light of God upon all fear or anxious thoughts in my mind, and they flee away. The dawn (light of truth) appears, and the shadows (fear and doubt) flee away.

"I know Divine love watches over me, guides me, and makes clear the path for me. I am expanding into the Divine. I am now expressing God in all my thoughts, words, and actions; the nature of God is love. I know that *perfect love casteth out fear."*

In a few weeks' time, an inner transformation took place in this young man, and he became amiable, affable, genial, and loving. He had a spiritual rebirth. His financial affairs immediately took a turn for the better, and he received a handsome promotion.

The outcome was quite revealing. His ex-wife asked for a reconciliation, and the lamp of love which united them in the first place led them back to the altar where again their two hearts became one. . . . *What therefore God hath joined together, let not man put asunder.* (Matthew 19:6)

How to Pray and Grow Rich

Here is a never-failing daily prayer for financial supply:

"I know that my good exists this very moment. I believe in my heart that I can prophesy for myself harmony, health, peace, and joy. I enthrone the concept of peace, success, and prosperity in my mind now. I know and believe these thoughts (seeds) will grow and manifest themselves in my experience. I am the gardener; as I sow, so shall I reap. I sow God-like thoughts (seeds); these wonderful seeds are peace, success, harmony, and goodwill. It is a wonderful harvest.

"From this moment forward I am depositing in my subconscious mind seeds or thoughts of peace, confidence, poise, prosperity, and balance. I am drawing out the fruits of the wonderful seeds I am depositing. I believe and accept the fact that my desire is a seed deposited in the subconscious. I make it real by feeling the reality of it. I accept the reality of my desire in the same manner as I accept the fact that a seed deposited in the ground will grow. I know it grows in the darkness; my desire or ideal grows in the darkness of my subconscious mind. In a little while, like the seed, it comes above the ground

(becomes objectified) as a condition, circumstance, or event. This is the true source of my full financial supply.

"Infinite Intelligence governs and guides me in all ways. I meditate on whatsoever things are true, honest, just, lovely, and of good report. I think on these things, and God's power is with my thoughts of good. I am at peace, because I am infinitely prosperous."

Finally, brethren, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. (Philippians 4:8)

POINTERS IN REVIEW

1. The real riches of life lie in your subconscious depths. The treasure house is within you, and from it you can extract fabulous riches through objective prayer.

2. The smart wife does not give power to the mistress or paramour of her husband. She knows that he is mentally sick and that the other woman is frustrated, neurotic, and inhibited. She frankly discusses the matter with her husband, and she prays her way through it.

3. Riches are of the mind. Faith, confidence, zeal, enthusiasm, and a belief in yourself are translated into health, success, wealth, and accomplishment. A poverty-stricken boy became a famous surgeon by believing his father had plenty of money to pay all his expenses in medical school; yet the father did not have a penny to help him. Look at the magic wrought by the belief in the mind of the boy! Get acquainted with the nuances of your thought and feeling and transform your life!

4. Your thoughts, mental imagery, beliefs, attitudes, and feelings are investments which you deposit in your subconscious mind. Your subconscious gives compound interest; that is, it magnifies whatever you deposit. Impress your subconscious with love, faith, confidence, right action, guidance, abundance, security, and good humor, and whenever you need love, confidence, or an answer to a problem, your subconscious will supply you. This is the way to dig treasures out of the gold mine within you.

5. The only chance you have is the chance you make for yourself. If you resent the wealth of another or if you mentally wish to withhold good from him, you not only are hurting yourself, but you are depriving yourself of the riches of life. You are the only thinker in your universe, and what you think you create. Create wealth by wishing for all men all the riches of heaven.

Chapter Six

The Magic Law of Tithing

The word *tithe* means *one-tenth,* the proportion of man's income which has been devoted to sacred purposes from time immemorial. From the earliest times, tithes for the year's yield from fields, fruits, and flocks were offered to the service of God by peoples in lands from Babylonia to Rome.

The lack of uniformity in the Bible concerning the law of tithing is primarily due to the fact that the general principle of giving was practiced in different ways in different eras, and it was subject to regulations which changed under ecclesiastical and political pressures.

Tithing is one of the fundamental laws of life, and its practice is lost in antiquity. The farmer has to tithe in order to reap a harvest. His tithe is one-tenth of the grain, corn, barley, or oats which he gives back to the soil; otherwise, he would have no crop.

The ideal way to tithe your wealth is to give a certain percentage of your money, land, stocks, bonds, or any other form

of material wealth, for the propagation of the Truth, usually in support of those churches or activities which are engaged in dissemination of the eternal verities of God.

The Real Meaning of Tithing

The tithes are not only the monies which you freely give to support the propagation of the truth of being and the spiritual activity of your choice, tithes also refer to your beliefs, convictions, estimates, and blueprints that you mentally accept as true about yourself, others, and the world in general. Whatever you consciously accept and believe as true about yourself, about God, and about the universe also constitutes the definite payments (impressions) given to the treasure house of your own subconscious mind.

Remember that Infinite Intelligence (God) responds to the nature of your thought. God will do nothing for you except through your own thought, imagery, and belief. God has created you and He has established the universe and all things therein contained. You are here to draw forth the power and wisdom within you and to lead a full, happy, and prosperous life. You are also here to contribute to the riches, prosperity, success, and the good of others.

A Lawyer Discovers the Magic of Tithing

I explained to a lawyer friend of mine, who had told me of one of his problems, the spiritual meaning of tithing. This lawyer was required to go to New Orleans on behalf of a client. This client had explained to him that an attorney in Louisiana, with whom he was about to visit, was nasty, obstreperous, belligerent, and most uncooperative.

I suggested to the lawyer that he tithe, meaning assume that the action of God would take place in the mind and heart of the attorney in question and that his mental judgment or conviction should be such that there would be a harmonious and Divine solution, blessing all concerned.

As a result, prior to his visit, my lawyer friend prayed frequently that harmony, peace, love, and understanding would reign supreme at his conference with the other attorney in New Orleans. When the conference finally took place, the utmost cooperation, cordiality, and geniality actually governed the meeting. This resulted in a satisfactory legal and financial settlement for all concerned.

Action and reaction are universal and constant. Your thought is action. Reaction is the response of your subconscious mind according to the nature of your thought.

The most significant point to realize is that the spiritual idea (tithe) in back of any interview, transaction, or activity is the reality of it. The above-mentioned attorney quickly realized the profound truth that everything you do takes its tone and color from your assumption and belief regarding it.

The Law of Tithing Works Wonders for Sales Manager

A prominent sales manager who attends my lectures once told me that he tithes prior to giving a sales talk to his two hundred salesmen. If he speaks for an hour, he gives one-tenth of that hour to God. There are sixty minutes in an hour, and he regularly devotes six minutes to prayer and meditation prior to his lectures to the sales force. He tithes as follows:

"I am filled with the wisdom, love, and power of God. All my salesmen are guided, directed, inspired, and receptive to

new ideas. I am inspired and illuminated from On High in my talk, and I am supplied with original creative ideas which bless the salesmen, our customers, and everyone concerned. Infinite Intelligence thinks, speaks, and acts through me, and all who are present at my talk are richly blessed with every good and perfect gift coming from the Father of Light."

This sales manager told me that since he began tithing some of his time to God, he has given the best talks of his life, and recently, as a result of his excellent work, he has been made executive vice president of his multi-million dollar corporation.

An Engineer Tithes and Turns the Tide

A chemical engineer, who is vice president of the corporation for which he works, recently told me that one company for whom they supplied certain research products owed his firm $10,000, which no one had been able to collect.

He told me that he had visited his customer and given him a transfusion of faith in himself. The engineer added, "I let him know that we trusted him, believed in him, and knew that he would be able to pay us in full. I invited him out to dinner and told him that we respected his integrity and honesty and that he had been prompt and faithful in all his dealings with us for over twenty years. I also told him that our faith and confidence in him had never diminished and that I personally was praying for his prosperity, growth, and expansion along all lines."

A week passed, and he received a letter from the customer stating that he actually had been contemplating bankruptcy, but that "you have given me back my confidence and faith in myself; I again believe in myself and in my ability to accom-

plish. The tide has turned, and my customers who previously had been slow to pay, have now paid me. Now I am paying you in full!"

The vice president had praised, blessed, and lifted up this man, whose heart responded to the faith and confidence of the vice president. The financial point was correspondingly harmonious.

How an Artist Tithed for Beauty

A distinguished artist once told me of the marvelous results he got by tithing for beauty. He tithed regularly as follows:

"God is indescribable beauty, absolute harmony, and boundless love. The infinite beauty of the Infinite One flows through my mind majestically and gloriously, and my fingers are Divinely guided to portray on the canvas beauty, order, symmetry, and proportion. Everything I paint on my canvas will be a thing of beauty and a joy forever. Every scene and every picture will stir up the gift of God in man."

He gave his tithe (idea of beauty) to his subconscious mind, and the latter thereupon magnified and multiplied whatever was impressed upon it. He impregnated it with beauty, and his subconscious responded, enabling him to bring forth marvelous paintings. Do you think he had any trouble in selling his works at a top price?

How She Tithed for Love

A retired school teacher was living in California, and became acquainted with a great number of other retirees who were constantly declaring how lonesome they were and how frustrated and unhappy they were because, on their low pensions,

they could not travel and do the things they wished to do. She decided to avoid falling into that limited state of thought. For several nights in her prayer sessions she tithed as follows:

"God's love fills my soul, and I radiate love and goodwill to all those around me and to all people everywhere. God's love flows through me as harmony, love, companionship, wealth, and true expression. God is my shepherd, and I shall never want for money, love, beauty, or companionship. God answers me now, and I give thanks."

After a few weeks, she was invited to be a companion and interpreter for a wealthy woman who was going to travel extensively and conduct business in France, Germany, and Switzerland. Her knowledge of German and French, previously limited to teaching, proved a great asset, and she was paid handsomely for her services. She wrote me, saying that she was having *the time of her life* and that the assignment was permanent, as her employer considered her to be indispensable. This lady tithed unselfishly, and she was abundantly repaid beyond her expectations. Her secret is now your secret.

The Law of Giving and Receiving

The more love and goodwill you give, the more you will receive. The law of tithing inevitably causes whatever we give out—whether it be goodwill or ill will—to come back to us, often multiplied many times over. It is the immutable law that like attracts like, and that whatsoever you sow in your subconscious that you also shall reap on the screen of space as conditions, experiences, and events.

Give Freely and Joyously

The amount of money donated does not necessarily have to be one-tenth. The one-tenth mentioned in the Bible means a percentage, the idea of the amount you arrive at in your own mind, that which you want to give cheerfully and freely.

For example, suppose that you give five dollars every Sunday to the spiritual activity of your choice; it should be given freely, joyously, lovingly, and with a sense of abandonment, knowing that God is the eternal source of supply and that through Him all your needs are instantaneously met at all times, everywhere. If you should feel a sense of lack or deprivation when you give the five dollars, it would not be a true tithe. To give grudgingly or from a sense of duty or fear is not tithing. On the contrary, such a mental attitude would attract lack to you.

How Your Tithe Multiplies Exceedingly

When you donate regularly, select a sum which you feel in your heart that you want to give, and affirm quietly or audibly: "I release this money freely, and God multiplies it exceedingly."

As you do this, you are depositing the idea of great wealth in your subconscious, which will magnify your wealth in countless ways. This is the meaning of the quotation in the Bible:

Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again. (Luke 6:38)

Increase Your Income by Leaps and Bounds

Give to worthy causes regularly, without any strings attached. When contributing the amount you feel you want to give and love to give, then you are really tithing from a sound financial standpoint. As you start off with this correct and dynamic attitude, you will find yourself wanting to give more and more, gladly and happily, because your income goes ahead by leaps and bounds, in even a greater degree, based on the law of giving and receiving.

You blessed your gift and you released it with joy, and your subconscious mind magnified it a thousand-fold. This really is the key to magnifying the wealth of those who regularly tithe. They are making use of a law of Infinite Mind which works for them—whether or not they know it.

How He Tithed for Supply

A businessman recently said to me, "There's plenty of money in the world—there's plenty of everything; and I know there are endless resources in my subconscious mind that I have never tapped. This is how I personally tithed for supply: I affirmed frequently, 'God is my invariable source of supply, meeting instantly all my needs, and His riches flow to me ceaselessly, tirelessly, and endlessly.'"

As he reiterated these truths, he conveyed to his subconscious mind the idea of riches and wealth flowing to him in avalanches of abundance. This is also your path to financial success.

He Tithed but Did Not Prosper

Some time ago, a man told me that he had tithed regularly to his church, but that he had not prospered. I discovered, how-

ever, that he had not completely released his weekly tithe and that in actual fact he felt he was depleting his income by giving to his church. He had mental reservations. After our conference, he reversed his mental attitude and thereafter gave with joy and rich blessings. He soon found that the law of increase works for him also.

I also explained to him that tithing, as understood in the Bible, does not include giving money to various charities and secular organizations, even though such generosity is laudable and praiseworthy. When money is given as a tithe, it must be for the purpose of spreading abroad the truths of God and to the place where you are receiving spiritual help and inspiration.

He replied with gratitude, "This is the explanation I needed. Now I see clearly what tithing really means."

He Was Tithing in Reverse

One man whom I know bitterly complained to me saying, "I tithe large sums of money every Sunday to a religious group in New York, yet I am always trying to make ends meet."

I discovered that his attitude had been: "I don't expect or want anything back." The Bible says that a man shall decree a thing and it shall come to pass. He had given the order to his subconscious mind, and it implicitly obeyed him.

I explained to him that he had been neutralizing his good, somewhat similarly to planting a seed in the ground and digging it up a little later on, thereby preventing its growth. This man began to see that if a farmer planted seeds in the ground, he automatically would reap a harvest—that is, the law of the soil and the law of the mind are the same. He began *to expect* the law of opulence to work for him, and his financial condition improved in a fabulous way.

Practice Wisdom in Tithing

You should be very careful how you give to relatives or to the poor. It is all right to help them to help themselves, but be sure that you do not rob them of their initiative and of their incentive to stand on their own feet and to overcome their problems to the best of their ability. When people receive help too easily and too frequently, they become dependent and, ultimately, leaners and whiners. The finest thing you can give to them is the knowledge of the law of prosperous thinking.

Be sure that you don't hinder or impede others from expressing and developing their own hidden talents and abilities by unwise giving. Often, the recipient of your unwise giving resents you. He feels obligated and he senses your pity or thoughts of lack about him. He knows that he should be as prosperous and as successful as you are, and he feels guilty because he feels he is sponging from you; this results in his deep sense of guilt and resentment toward the giver.

Give him the knowledge of the laws of mind and the way of the Spirit, and he will never want a bowl of soup or an old suit of clothes or a handout of any kind, because you have revealed to him his capacity to go to the treasure house of the Infinite within him and there to take all the riches given to him from the foundation of time.

You Can Tithe All Day Long

Practice tithing all day long. Pour forth and radiate to all people love, kindness, friendship, laughter, confidence, enthusiasm, and goodwill. You can't give one-tenth of these. These qualities can't be divided or multiplied; they are eternal, ageless, and limitless. These qualities and attributes of God within you never grow

old. Moreover, there is no shortage of love, gentleness, kindness, goodness, truth, beauty, peace, and joy—all these are of God, and they are timeless, eternal, and infinite. You can't put anything that is *real* on a percentage basis, not even wealth. But wealth can flow to you in the measure you properly tithe for it.

Pour out the riches of Heaven! Give encouragement, faith, hope, appreciation, and gratitude, and as you continue to tithe in this way, God will pour out His blessings on you, pressed down, shaken together, and running over, and in a very tangible financial way.

Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it. (Malachi 3:10)

SPECIAL POINTS TO REMEMBER

1. Tithing means that you dedicate a proportion of your income for truly Infinite and sacred purposes. Tithes also mean your beliefs, convictions, and estimates of yourself which you give to the treasure house within you, namely your subconscious mind. This treasure house gives you financial supply.

2. Tithe for harmonious human relationships by assuming that the action of God is taking place in the mind and heart of the other and that there is a harmonious and Divine solution between you.

3. Devote one-tenth of your time in prayer and meditation prior to a lecture or a conference. God will inspire you, and wonders will happen in your life.

4. You tithe by giving a transfusion of faith and confidence to the other person. Let him know that you believe in him and trust him in all ways, and he will respond accordingly.

5. You can tithe for beauty by knowing that the indescribable beauty of God is manifesting itself through you and that others are inspired and lifted up by your works.

6. You can tithe for love by claiming that God's love fills your soul and by radiating love and goodwill to all. Continue to do this, and many miracles will happen in your life.

7. The more love and goodwill you give to others, the more you will receive back, multiplied and magnified in countless ways. This can also be counted in money.

8. Give freely, joyously, lovingly, and with a sense of abandonment, and as you do, fabulous wealth inevitably will be yours.

9. Donate generously by affirming as follows: "I release this money freely, and God multiplies it exceedingly."

10. Give regularly the amount you feel in your heart you *want* to give, and you will find that your income increases by leaps and bounds.

11. Tithe for financial supply by realizing: "God is my invariable source of supply, instantly meeting all my needs, and His riches flow to me ceaselessly, tirelessly, and endlessly."

12. When you give, there must be no mental reservations or sense of lack. Give with joy and rich blessings to all.

13. In the same way that a farmer expects to reap a harvest, so should you expect the natural law of tithing to work for you.

14. The finest thing you can give others is the knowledge of the law of prosperous thinking, and they will never want for any good thing in life.

Chapter Seven

The Rich Get Richer

The truly rich are those who know the creative power of thought and who continue to impress their thoughts of abundance and prosperity upon their subconscious mind, which in turn causes the things they think about to be objectified in their experience.

Men get rich by thinking in a certain way; they do not think from appearances, because they know that their sustained and creative thoughts tend to manifest in a corresponding form in their world.

To think of riches, when one is in the condition of poverty or lack, requires sustained and concentrated thought; but he who practices this disciplined thinking inevitably becomes rich, and he can have whatever he wants.

The Bible says, . . . *that unto every one that hath shall be given; but from him that hath not, even that which he hath shall be taken away from him.* (Luke 19:26) A popular way of saying it is "the rich get richer while the poor get poorer."

This simply means that the man who gives attention to the limitless riches of his mind, the source of all experience, will possess more of the world's goods. A seed dropped into the ground produces hundreds more seeds; likewise, the seeds (thoughts) of God's riches for you will magnify and multiply in your experience.

Income Follows Changed Attitude

A real estate operator told me recently that he used to think that money or supply was limited, and that the wealth of the country was cornered and controlled by the very rich families of America. He used to get worked up about it.

Suddenly he realized the fallacy of his way of thinking; he realized that he was blocking the creative flow of riches by his disturbed and warped thinking processes.

Here, in part, is his letter: "Dear Dr. Murphy: I followed your instructions. I erased from my mind the idea of competition. I decided I am here to create and that there are countless billions of dollars worth of gold in the soil of the world, not yet discovered. I know that the day will come when scientists will synthetically create gold and any other metal. I ceased driving sharp bargains, cutting corners, and taking advantage of others because of their ignorance or lack of awareness. I stopped coveting the promotions and riches of others. I decided that I could have anything without taking anything away from others. I have become a producer and a cooperator, instead of a competitor.

"My prayer has been as follows for three months: 'The limitless riches of God are flowing to me as fast as I can receive and use them, and every other man gets richer day by

day.' This new attitude has worked miracles in my life, and my income has trebled in three months!"

His Multimillion-Dollar Formula

A drug magnate who had founded an extensive chain of drug stores was a very spiritual man. He had started an ethical pharmacy in one room in a building and from that humble beginning had founded what eventually became a multimillion-dollar business employing thousands. One day during lunch, he took a small card out of his wallet and gave it to me, saying, "This is my Multimillion-Dollar Formula. I have been using it night and morning for twenty-five years, and I have given it to many men who also have become actual millionaires as well as to others who have acquired all the money they needed to use freely and joyously."

Here is his formula:

"I recognize the eternal source of all riches which never fails. I am Divinely guided in all my ways, and I adapt myself to all new ideas. Infinite Intelligence is constantly revealing to me better ways to serve my fellow man. I am guided and directed to create products that will bless and help humanity. I attract men and women who are spiritual, loyal, faithful, and talented, and who contribute to the peace, prosperity, and progress of our business. I am an irresistible magnet and attract fabulous wealth by giving the best possible quality of products and services. I am constantly in tune with the Infinite and the substance of wealth. Infinite Intelligence governs all my plans and purposes, and I predicate all my success on the truth that God leads, guides, and governs me in all my undertakings. I am at peace inwardly and outwardly at all

times. I am a tremendous success. I am one with God, and God is always successful. I must succeed. I am succeeding now. I grasp the essentials of all details of my business. I radiate love and goodwill to all those around me and to all my employees. I fill my mind and heart with God's love, power, and energy. All those connected with me are spiritual links in my growth, welfare, and prosperity. I give all honor and glory to God."

This business tycoon brought all these things that he affirmed to pass, and he blessed countless others.. . . *Go, and do thou likewise* (Luke 10:37), and become a multimillionaire blessing multitudes.

His Block to Riches and the Cure

A real estate salesman said, "I can't figure it out. I work hard all day long. Clients look at the lots and houses I have for sale, but they don't buy. All the other salesmen in the same office are closing sales every day."

His block was in the inner recesses of his mind. The baneful emotion he specifically had to overcome was envy. It was the cause of both his financial lack and his lost sales. He admitted that he was very envious seeing the other salesmen make large commissions. He was also deeply resentful.

He was made to understand that his envious thought was the worst possible attitude to have, for it put him in a very negative position. As long as he retained this attitude of mind, riches would flow *from* him instead of *to* him.

His remedy for this state of affairs, he finally discovered, was to bless all his associates whose more fortunate state had incited him to envy.

A complete mental cure followed his frequent repetition of

the following prayer, thoughtfully, meaningfully, and knowingly:

"I am aware that there is a perfect law of supply and demand. I practice the golden rule in all my affairs. I am at peace. Whatever I wish to sell is an idea in the Mind of God. The principle of all knowledge is within me. I know everything that I need instantly. I recognize whatever I wish to buy or sell represents an exchange of ideas in Divine Mind within me. I know that there are mutual satisfaction, harmony, and peace. The price is right; the people are right; all is in perfect order. I know the Truth; I understand the Truth; and I am the consciousness of God in action. All the ideas I need constantly unfold within me with perfect sequence and perfect combinations. I receive and rejoice in Divine ideas, and I give them to my fellow creatures; I receive ideas in exchange. Peace is mine now. There is no delay in Divine Mind; I accept my good."

I have seldom seen a man so completely transformed spiritually, mentally, and financially! He became one of the foremost salesmen in his office. He became kinder, nobler, and more affable and gracious, and his kindness and warmth were genuine. Sales came much faster for him. He discovered that by blessing others, he also blessed himself, and all sense of inferiority and lack were overcome.

How Riches Flow to His Organization

An engineer friend of mine told me that he has a principle of advancement for every employee in his organization. At meetings he tells them constantly that they will share in the growth of the organization and that all who work diligently and harmoniously may advance rapidly. He said that his business is a ladder, which every employee who has the zeal, industry, and

willingness may climb to riches, and that if he does not do so it is his own fault.

From time to time, all employees are made aware of the progress of the company, and they share quarterly in the growth on a pro rata basis. He has not had any change in personnel in years and has developed an intensely loyal and a most cooperative industrial family. The spirit of cooperation, rather than competition, prevails among the employees. New accounts and new branches are being opened, and riches flow to this engineering firm from all sides.

Bless and Grow Rich

The cause of your straitened circumstances is your state of mind. Believe and recognize that all the resources and wealth of the Infinite are at your disposal and are seeking to find expression through you.

Many persons have the idea or dominant thought that nothing is really theirs and that they must chase after wealth, else they will lose it.

Bless those whose prosperity, success, and vast riches irritate, annoy, or excite your envy, and pray specifically and definitely that they become far more successful, richer, and blessed in every conceivable manner. By so doing you will heal your own state of mind. When you pray that way and sincerely pour out your benedictions and blessings from your heart upon those who have ascended the ladder of life and who apparently are so much richer than you, you will enter the consciousness of one who, possessing all things, pours out of his inner and outer riches abundant gifts upon others.

In others words, by blessing and prospering others, you will be blessed and prospered. This is why the rich get richer

and the poor get poorer. The latter are usually envious and hateful, and these negative emotions bring on greater and greater loss of income. It is your state of mind that robs you, and not a malignant fate.

The Universal Bank

A salesman needed an automobile for his new job, but he had no money with which to purchase one. However, he knew how to draw a check on his mental bank.

He told me that after he got the job, he went back to his room and formed the mental image of the car he wanted, with the positive certainty that it would be given him. He said, "I claimed it as already mine, I could feel the steering wheel, and I rubbed my hand over the upholstery."

He struck up an acquaintance with another man in his apartment house who was going to Europe for six months and who said to him, "Use my car until I return, and by that time you will be able to buy a car of your own."

This man's car was exactly the same make and model as the one he earlier had pictured in his mind! Long before his friend returned from Europe, he had acquired sufficient funds to buy his own car. He had known that there was a bank within him upon which he could draw, and he knew its supply is endless and infinite. . . . *It is your Father's good pleasure to give you the kingdom.* (Luke 12:32)

A Prayer to Overcome Envy and Resentment

"I know that all men are my brothers; all of us have a common Father. I wish for everyone health, happiness, abundance, and all the blessings and riches of life. I mean this; I am sincere.

I know that what I wish for the other, I also wish for myself, and as I bless the other I am blessing myself. The love of God flows through me to all mankind. I bless all who are richer than I, and I bless those who criticize and speak ill of me. I rejoice to see all my co-workers succeed and prosper. I open the windows of my mind, and I let in the riches of Heaven. I am loving toward all. I pray that God's riches flood the mind and heart of all. I give thanks for His riches now. It is wonderful!"

COME BACK TO BASE

1. The rich get richer and attract more and more of the world's goods because they build into their mentality a realization of God's infinite riches. The steady and joyous expectancy of riches will draw money from all angles to you.

2. The idea of competition limits your supply. Become a producer and a cooperator, and realize that you can have all the riches you want without taking anything from anyone else. As there is no shortage of air, there is no shortage of the infinite riches of the universe.

3. You go where your vision is. Hold a mental picture of what you want to accomplish and back it up with feeling, and it will come to pass.

4. The block to riches is in the inner recesses of your mind. Envy of others will block your flow of riches and will attract misery and penury.

5. Bless others richly, and you will be blessed. The ship that comes home to your brother comes home to you.

6. Let your business be a ladder which enables every employee to climb to riches. You get rich by making others rich and by paying them their true worth.

7. Your subconscious mind is a bank, and, even though you have no money for something you need, or want, you can make a mental image of that certain something you want and feel its reality; and in ways you know not of, it will become a reality for you.

8. Rejoice to see all your co-workers succeed and prosper. Pray daily that you wish that God's riches may flood the minds and hearts of all men everywhere. *Be not thou afraid when one is made rich, when the glory of his house is increased.* (Psalm 49:16)

Chapter Eight

How to Produce Tangible Riches

As we consider and gaze on the prodigality of Nature, we realize that there is an abundance of all things. Nature is lavish, extravagant, and bountiful. Wherever we go in life, we become aware of how great that fullness is. The laws of life are designed to give us unlimited riches, far beyond our daily needs. The Psalmist says, *The earth is the Lord's, and the fullness thereof*. . . (Psalm 24:1) The only shortage that exists is due to the greed, selfishness, fear, and misappropriation by man, but when wise and just methods are used in the cultivation and distribution of Nature's riches, there is more than enough for all of the tangible riches of life.

Riches Can Be Made Tangible

Many years ago I had a most interesting conversation with a dentist in Sydney, Australia, where I was giving a series of lectures on "The Miracles of Your Subconscious Mind." This dentist told me that when he started practicing dentistry, he had "a penny mind," and he found himself attracting only penny-conscious and very thrifty clients because of his own poverty complex.

This is how be brought tangible riches into his life. Walking home one night after my lecture on the power of mental imagery, he began to imagine that all the air around him was filled with pound notes. He felt the air was simply crammed with them. He said that his mental picture was as real and as vivid as the trees outside his door, and he began to fill his pockets with the imaginary notes of all denominations—he said that they seemed tangible and real to him. Suddenly he realized that there was unlimited wealth which could be attracted and appropriated by anyone who had the faith, receptivity, and initiative to contemplate God's riches.

After this experience he attracted a most influential and prosperous clientele, and he actually acquired more patients than he could take care of. His previous stingy and penny-pinching attitude of ultra-frugality had kept the wealthy people away. He had discovered the power of his thought-image to produce tangible riches of all kinds.

Thinking in a Certain Way

If you want an organ or a piano, for instance, I do not mean that all you have to do is to mentally form the picture of an organ or a piano and that the instrument will take form with-

out hands in your room. If you have the money, you will undoubtedly go out and buy one.

Suppose you need a piano to practice on however, and you don't have the money with which to buy it. Think of a lovely piano, see it in your room, in your imagination, run your hands over the keys, touch them, and feel the solidity, naturalness, and tangibility of it all. Move your hands over the surface, and think with positive certainty that the piano is right there. It *is* there in your mind, because the piano was first a thought in the mind of the maker.

After forming the thought of the piano in your mind, claim it as yours now, and know that your subconscious mind will see to it that you receive it in Divine order. The infinite intelligence within your subconscious mind will act in the minds of others, and it eventually will come to pass in ways you know not of.

[v] Thought has caused the creation of all the machines and instruments in the world and is constantly creating additional millions of improved cars, typewriters, computers, radios, television sets, musical instruments, and countless household appliances of all kinds. All these inventions and discoveries and improvements in our machine and space age are brought about by men thinking in a certain, purposeful way.

The Miracle of Make-Believe

Back in 1944, a little Spanish girl lived a few doors away from me. I knew her family well, and occasionally visited at the home of the little girl's parents. She was about eight years of age, and daily went to the local parochial school.

For months she had been asking her parents for a bicycle to ride in Central Park. Her mother's constant answer was: "Stop

bothering me. You know there is a war on, and no bicycles are available." She kept on asking, however, much to the annoyance of her parents. This little girl was a typical tom-boy, who fought with the boys in the neighborhood and occasionally got a black eye.

One night I said to the little girl, "Mary, you can get a bicycle, and I know where." Immediately, her eyes began to shine. She was all ears, and she exclaimed, "Where?" The following colloquy took place between us:

Author: "Go to bed immediately and close your eyes. Then imagine clearly that your boy and girl playmates are riding *your bicycle* in Central Park, and just see their smiles! God wants you to share with your playmates who have no bicycle, so that you can make them happy."

Mary: "Oh, all right, if that's what God wants me to do, I agree. But mother said that Santa Claus could not or would not bring me a bicycle this Christmas, and it's only two weeks away!"

Author: "Do what I told you to do. When you're in bed, close your eyes and imagine and feel yourself riding a bicycle in Central Park. Be sure to 'see' your playmates riding the same bicycle one at a time the way I told you previously. See them smiling and laughing and full of fun. You will get your bicycle! God will tell Santa Claus where to find one. Go off to sleep now, sound asleep, deep, deep, sleep."

The following night Mary was with another girl in a variety store at about six o'clock in the evening, when suddenly Mary began to cry. A lady nearby noticed this and, speaking gently, said to her, "Little girl, what is the matter? Did someone hurt you?"

Mary replied, "No, but there was a man at my house last night and he told me that God would tell Santa Claus where to

find a bicycle and that I would get it right away. It's getting dark, and there is still no bicycle."

The lady was moved, and she said, "That man had no right to tell you such a thing!" She took the little girl to her apartment nearby and gave her a bicycle, which her daughter, who had died two years before, had used. The lady stated that she had always wanted to give it to a child who loved God.

This is the power of make-believe. . . . *According to your faith be it unto you.* (Matthew 9:29)

Why He Did Not Get Tangible Results

Recently I talked to a man who had gone into bankruptcy. He had lost his home, and was also suffering from arthritis. The more he struggled to overcome his reverses, the more enmeshed he became. He was in a vicious circle. He said to me, "Why don't I get results? I am a church goer, I pray and read the Psalms, and I have done a lot of good. Why is God punishing me?"

It was true that he prayed and attended his church services regularly; yet I discerned the reason he got no tangible results from his prayer life and efforts was that he had hated a business associate for over ten years. He was warped by a vengeful and malicious emotion and was obdurate in his refusal to forgive; he invoked imprecations and maledictions on this associate. This state of mind was his real block.

I explained to him that his thoughts of his associate, since they were hateful, spiteful, and vengeful, generated destructive emotions in his subconscious mind where they got snarled up, and inasmuch as these emotions of hate, jealousy, and vengeance must have an outlet, they came forth as lack and limitation. All this resulted in bankruptcy and bodily disease.

He found an easy remedy by tuning in on God's inner peace and claiming that the God-wisdom within him would bring about a Divine adjustment in His own way and in His own time. He placed his roots in God, the inexhaustible Source, in which everything has its origin. He began daily to bless the man he hated, claiming that God was flowing through him as harmony, health, peace, and abundance. In a few months, the tide turned in his favor and he was carried along on the crest of the wave to prosperity, success, and achievement.

How a War Refugee Got Marvelous Results

A beautiful, charming, spiritually oriented woman comes to hear my lecture every Sunday morning in Los Angeles. She told me a fascinating story about her early life, which was spent amid the most sordid and squalid conditions. She was brought up in a sort of ghetto in Russia, where systematic pogroms of her race took place. Often hungry and half-clad, she had the indomitable urge to go to America, there to study music, burst the bonds of circumstances, and courageously overcome her thralldom.

At the outbreak of war, she volunteered as a nurse in the Russian army. She subsequently was taken prisoner by the Germans; as a prisoner, she ministered to all those in the prison compound. While there she had a constant mental picture of embracing an uncle who was in Los Angeles, In her mind's eye, she would hear him say over and over again, "Welcome to America!" Every night she would lull herself to sleep, hearing the imaginary voice of her uncle saying, "Welcome to America!"

When the American forces of liberation arrived at her camp, she acted as interpreter. She fell in love with an American infan-

try officer and eventually found her way to the United States. Today she is a wonderful musician and a splendid teacher, and her students love her. She has a marvelous income, lives in a very fine neighborhood, and has all the money she needs to do everything she wants to do. She travels extensively to many parts of the world.

This woman has demonstrated how you can rise from poverty to riches, and she has really reached the heights in personal attainment. She has never allowed resentment, bitterness, or hatred toward others to sear her soul. She knows that there is a power within her that can overcome and triumph over the stringent pressures of the world and lift her to the heights. Her favorite Biblical quotation is, *. . . I bore you on eagles' wings, and brought you unto myself.* (Exodus 19:4)

Three Words Produced Riches

A motion picture actress told me that she had marvelous results in cleansing her mind of wrong ideas and black moods from which she frequently suffered. She would affirm: "Joy, riches, success." She would chant these three words to herself as she attended to routine chores around the house. After repeating these three words for ten or fifteen minutes, she would become lifted up and exalted in mind, and whenever she slipped into one of her depressive moods about finances and lack of contracts, she would repeat her song of three words.

She found that these words had tremendous power, as they stand for the invisible powers of her subconscious. She anchored her mind on these substantial realities, and results corresponding to their nature eventually manifested in her life.

She has received one contract after another and has not been idle in the past eight years. She is going from glory to glory.

She had discovered a simple truth, and that is that it was her depressing moods and worry which caused the outer conditions and circumstances of her life. When she changed her mental moods of fear, worry, and depression, the outer circumstances righted themselves.

Begin now to sing her silent song of triumph: "Joy. Riches. Success." Wonders will happen in your life!

God Wants You to Be Rich

The law of life is abundance, not poverty. God is infinite, inexhaustible, endless, the eternal source of supply which creates in profusion. You have an invisible means of support. Because God's resources are infinite, your resources are infinite because you and your Father are one.

God gave you hands with which to play the melody of God and to build beautiful structures, edifices, and temples to His glory and honor. God wants you to express your talents in a wonderful way. God gave you a voice that you might sing His song of love to all. God gave you eyes that you might see tongues in trees, sermons in stones, songs in running brooks, and God in everything.

Your desire to dance is God seeking to reveal to you that this is a universe of dancing forces. The whole world is a dance of God.

Your desire to paint a sunset is the indescribable beauty of God seeking expression through you, the artist. God gave you ears to hear the music of the spheres and His still, small voice which says, "*This is the way; walk ye in.*"

Your desire to travel and to explore the world is God prompting you and urging you to explore the wonders of the world and to appreciate the beauty, order, symmetry, rhythm, and proportion of all things.

God wants you to be happy, joyous, and free. God wants you to live in a luxurious home and to be clothed beautifully. God wants you to live life gloriously and triumphantly.

. . . *It is God which worketh in you both to will and to do* . . . , said Paul. (Philippians 2:13)

Your desire for riches is the Infinite revealing His riches to you and saying to you, . . . *Son, thou art ever with me, and all that I have is thine.* (Luke 15:31)

THINK ON THESE THINGS

1. Nature is lavish, extravagant, and bountiful. The laws of life are designed to give you unlimited riches.

2. If you have a "penny-mind" attitude, you will attract people with a poverty complex, and never grow rich.

3. Think clearly of what you want; see it in your room; with your imaginary hands feel the naturalness, solidity, and tangibility of it, and you will receive it.

4. When you mentally accept something as true, your subconscious mind brings it to pass in ways you know not of, in the same way that a complete stranger gave a bicycle as a present to a little girl who was praying for one.

5. Thoughts of hate, spite, and vengeance will block your prayer for riches and will cause wealth to flow *from* you instead of *to* you. Wish for everyone what you wish for yourself—that is the key to your abundance.

6. There is a multimillion dollar formula. Reiterate these truths feelingly, knowingly, and persistently, and you will have all the riches you need all the days of your life, and you will prosper beyond your fondest dreams.

7. Three words work wonders. Sing them and write them in your heart: "Joy. Riches. Success." These are true of God, and they are also true of you.

8. God wants you to be happy, rich, joyous, and free. God wants you to lead the life more abundant. In Him there is fulness of joy. In Him there is no darkness at all.

Chapter Nine

All Business Is Gods Business

All forms of activity in this world are a part of the omni-action of God. There is only one Supreme Power activating and animating all things and all people. You may speak of spiritual and secular activities, but all work really is spiritual when you love what you are doing, and when you are doing it for the glory and honor of God.

A carpenter who builds a house according to universal principles and who loves what he is doing and rejoices in giving good service is doing spiritual work, just as much as a minister is when expounding on the meaning of the Ten Commandments.

If you make a better razor blade, shaving cream, automobile, or what not, your desire is to serve others joyously and to contribute to humanity in some useful and constructive way, and to practice the golden rule in all transactions. You are

about God's business, and God, by His very nature, is for you; who then can be against you? Then there is no power in heaven or on earth that can withhold from you success and prosperity in business.

Prosperity Prayer for Business

"I know and believe that my business is God's business. God is my partner in all my affairs; to me this means that His light, love, truth, and inspiration fill my mind and heart in all ways. I solve all of my problems by placing my complete trust in the Divine power within me. I know that this Presence sustains everything. I now rest in security and in peace. This day I am surrounded by perfect understanding; there is a Divine solution to all my problems. I definitely understand everyone; I am understood. I know that all my business relationships are in accord with the Divine law of harmony. I know that God indwells all of my customers and clients. I work harmoniously with others to the end that happiness, prosperity, and peace will reign supreme."

God Is the True Employer

A young lady working for a large continental organization said, "I used to wander from job to job and from one employer to another, trying to make more money and to improve myself. Since I started affirming and realizing that God is my true employer and that I am working for Him, and that God gave me all riches to enjoy, I got a wonderful position with a wonderful income, and I have been there for six years. I am now engaged to the executive vice president. It is the most wonderful thing in all the world to realize that God is the only em-

ployer and that you are not working for man but for God. I now laugh, sing, and rejoice in my work, and I feel secure and at peace. It is wonderful!"

How to Find the Real Boss

Some years ago, a pharmacist visited me in Dallas, Texas. His complaint was that his boss was crotchety, petulant, cantankerous, and generally impossible to get along with. He said, "The only reason I stay there is because the pay is good; but I resent and hate him him so much that I am burning up inside! Moreover, all the other assistants have been promoted in the organization but me."

This young man had installed dictators, despots, and gangsters in his own mind in the form of smoldering anger, resentment, and hate. This destructive attitude of mind governed and controlled him and was boss over his thoughts, feelings, and reactions.

I explained to him that the outside always mirrors the inside, that he was hurting himself and impeding his financial and professional advancement, and that his resentment and hostility paid no dividends. He quickly perceived that the way he felt inside was determined by the way he was thinking. He therefore reversed his mental attitude and established the ideas of success, harmony, and prosperity in his mind. He began to live with these ideas and he nourished them regularly and systematically in his mind; he also purposefully and sincerely wished harmony, peace, and happiness to his employer.

After a few weeks he found that his new attitude was his real boss and that the control of his life definitely was based on the ideas enthroned in his mind. He shortly discovered that

his employer's attitude toward him had changed. His employer promoted him and made him manager of one of the branch stores with a big increase in salary. His changed attitude had obviously changed everything!

A Secret of Success in Salesmanship

I have just finished talking with a young salesman whose income averages over $25,000 yearly. He pointed out that his primary thought in selling is *service,* and that he always tries to make money for his customer—or to save him money—and that he never takes advantage of a customer in any way whatsoever. He further declared that he never tries to "load" his customers with merchandise which he feels the buyer cannot really use or sell.

When he cannot furnish or supply the needs of a customer, he said that he always refers him to another manufacturer who has what the customer wants. "This," he said, "is simply the golden rule in action." All his customers appreciate it beyond words! He has lost many orders by this attitude, but he has gained hundreds in their place, and his annual sales figure exceeds any other salesman in the company.

This young man's sincerity, honesty, and goodwill are communicated to the subconscious of his clients, begetting confidence and trust in return. His practice of the golden rule is the secret of his success in salesmanship, as well as of his subsequent promotion to an executive level.

The real secret is to treat your customer exactly as you would like him to treat you, if the tables were reversed. Tell your client, customer, or the purchaser of your home or land, what you yourself would like to be told if you were buying the merchandise or the land; if you do this, the whole

world and all the people therein contained will be constrained to do you good, and you will be a fabulous success as a salesman.

Your Voice Can Be God's Voice

I knew a young boy, aged seventeen, who was born in a place in New York called "Hell's Kitchen." He listened to some lectures I gave many years ago in New York. He had a wonderful voice, but it was not cultivated or professionally trained. I told him that the image to which he gave attention in his mind would be developed in his deeper mind and would come to pass, and that there was always a response by this deeper mind to the mental picture held in his conscious mind.

This young man would sit down quietly in his room at home, relax his whole body, and vividly imagine himself singing before a microphone. He would actually reach out for the "feel" of the instrument. He would affirm boldly, "My voice is God's voice, and I sing majestically and gloriously." He would hear me congratulate him on his wonderful contracts and tell him how magnificent his voice was. By giving his attention and devotion to the mental image regularly and systematically, a deep impression was made on his subconscious mind.

A short time elapsed, and a prominent voice instructor in New York offered to give him free lessons several times a week, because he said that the boy's possibilities were great. Eventually, the young man signed a contract whereby he was provided the opportunity to go abroad to sing in the salons of Europe, Asia, South Africa, and elsewhere. His financial worries were over, for he also received a wonderful income.

His hidden talents and ability to release them, however,

were his *real* riches. His business was God's business, inasmuch as his natural endowment to sing was God-given. Your voice can be God's voice in your daily routines if you will but release its Infinite power.

A Sure Way to Expand Your Prosperity

A minister friend of mine once told me that in his early days he and his church suffered financially. He eventually discovered a sure way to expand and to prosper. He asked himself these two questions: "How can I be more useful to my fellow man?" and, "How can I contribute more to humanity?"

This is the technique or process he used, which worked wonders for him: He affirmed prayerfully and lovingly, "God reveals to me better ways to present the truths of God to my fellow man." Money began to pour in, the mortgage on his church was paid off in a few months, and he has never worried since about money.

Likewise, you will never have to worry about money for your business expansion if you will enthrone in your mind: "God reveals to me better ways in which I can serve my fellow man." New and creative ideas will come to you, and your business will prosper along all lines.

How One Person Got to Head a $200 Million Corporation

Following a lecture in Phoenix, Arizona, a man chatted with me and said that when he had been sales manager of a certain organization, he suffered a nervous breakdown, plus a cardiac attack due to pressure, strain, tension, and "political" strife within the organization.

When he had fully recuperated, however, and had returned to his office, he adopted the following procedure: Every morning he would close his office door and spend ten or fifteen minutes communing and conversing with God. He claimed that infinite intelligence was directing all his activities for the day, that Divine love and harmony prevailed where discord was, and that his judgment, decisions, and purchases would be governed by the wisdom of God anointing his intellect, which would reveal the perfect plan and show him the way he should go. He would boldly claim that God knew all the answers to all his problems and that he was one with God. When he called upon this Supreme Wisdom, it always answered him. He claimed boldly: "Divine law and order govern me, the board of directors, and the entire organization. I radiate love, peace, prosperity, and goodwill to all."

Following this procedure, he never missed a day at work and was healthier and happier in every way. New creative ideas for expansion and promotion of the company's products continuously came to him. As a consequence the business prospered beyond his fondest dreams. He moved up the executive ladder, and within two years he was elected president of an enormous corporation at a fabulous salary.

He had proved to himself that God's business always prospers. You can do the same for yourself.

Today Is Not Mortgaged

If you can't meet the mortgage today, if you find yourself unable to pay certain bills, or if you anticipate failure today, remember that all you have to do is to change your present thought, and you will change conditions. You always are experiencing the outward picturing of your mind's activity at

every moment. What is happening to you today is the result of today's thinking and feeling.

Think rightly today—the future is always the present thought made manifest. Change your thinking today, and you can make it harmonious, peaceful, and successful.

Your trouble today is the result of today's thinking. In Divine Mind, there is no time or space. Your good is literally this present moment. The past is a present thought; the future also is a present thought, because you can think only in the NOW. You live this moment. Change this moment, and you change your destiny! The only moment you have control of is this present moment. This is why the ancient Hindu mystics said, "God (your good) is the Eternal Now."

Three Steps to Business Success

A young lady operated a very beautiful hair salon. Her mother became ill, however, and she had to devote considerable time at home, necessarily neglecting her business. During her absence, two of her assistants embezzled funds, and she found herself deeply in debt.

She decided to use the following three steps to recoup her business losses:

First step: She began to imagine that the local bank manager was congratulating her on her wonderful deposits in the bank. She kept imagining in this manner for about five minutes at a time.

Second step: In her imagination, she heard her mother saying to her, "I am so happy that you are doing so well and that you have such wonderful customers!" She continued to hear her mother say this in a happy, joyous way for about three to five minutes.

Third step: Just before going to sleep, she affirmed: "I am giving loving service to everyone, and God is blessing everyone in my salon through me."

In less than three weeks, her business began to boom, and she had to hire additional operators. In the meantime, she got married, and her husband gave her $20,000 as a wedding gift with which she enlarged her business and opened new facilities.

The Truth About Buying and Selling

I am frequently consulted about buying and selling in connection with real estate, buildings, and stores; actually, it applies to any commodity which you might wish to buy or to sell. When you wish to sell, it means that you are ready to pass on your property or home because you wish to change; it also means that someone else is ready to receive.

In buying or selling, realize that you are instantly in touch with the right buyer or seller at the right time, and your subconscious mind will bring both of you together. You are operating a law of attraction, and you will find yourself doing business with a person who is perfectly satisfied with the transaction; everything will be in Divine order.

The price you are asking is always right and just, when, if the situation were reversed, you would be willing to pay the same price yourself.

Daily Affirmations for Financial Success

. . . *Wist ye not that I must be about my Father's business?* (Luke 2:49) "I know that my business, profession, or activity is God's business. God's business is always basically successful. I am growing in wisdom and understanding every day. I know,

believe, and accept the fact that God's law of abundance is always working for me, through me, and all around me.

"My business or profession is full of right action and right expression. The ideas, money, merchandise, and contacts that I need are mine now and at all times. All these things are irresistibly attracted to me by the law of universal attraction. God is the life of my business; I am Divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand, and progress. I am building up goodwill. I am a great success, because I do business with others as I would have them do it with me."

SERVE YOURSELF WITH GOOD BUSINESS THOUGHTS

1. All business is God's business, and God's business always prospers. Do all things gladly and joyously for the glory of God. .

2. Realize that God is your partner in all your business transactions and that He indwells all your customers and clients, and you will be guided and directed in all your ways.

3. Realize that God is your only Employer. As you do this, you will always be gainfully employed and have a deep, abiding sense of security.

4. Your dominant mental attitude is your real boss. Ideas are our masters and determine our attitudes. Enthrone in your mind the ideas of harmony, success, and prosperity, and nourish them emotionally; you will find that, having a good boss inside, the same will appear on the outside.

5. To succeed in salesmanship, you must have service to the customer as your primary goal; then success is assured.

6. If you are endowed with the gift of song in your heart, realize your voice is God's voice and that your singing thrills and blesses the audience. This is the sure way to fame and glory.

7. If business is slow, pray as follows: "Infinite Intelligence reveals to me better ways in which I can serve." Your business will go ahead by leaps and bounds!

8. Your experiences today are not caused by yesterday, but are an out-picturing of your present thought. Change your thought now, and you change everything. The only moment is *now.* The future is determined by your *present* thought.

9. In buying and selling, realize that you are instantly in touch with the right buyer or seller at the right time. The law of attraction will bring both of you together, and there will be mutual satisfaction, harmony, and peace in your transaction.

Chapter Ten

The Law of Increase

In I Corinthians 3:6 we read: *I have planted, Apollos watered; but God gave the increase.* Increase is what all men and women throughout the world are seeking; it is the urge of God within them, seeking fuller expression in all phases of their lives.

Your desire to grow wealthy, to expand, and to unfold is a fundamental impulse of your being. You wish to increase your circle of wonderful friends, you wish more and better food, clothing, automobiles, and homes, and more of the luxuries of life. Moreover, you desire to travel more, to learn more of the inner powers, and to experience a greater measure of beauty. In short, you want to live the life more abundant.

You plant wheat in the soil and water the ground, but God gives the increase in the form of multiplying the wheat grains a hundredfold or a thousandfold. Likewise, whatever you plant in your mind in the way of thought, feeling, and imagination is increased in manifestation.

Increase means the multiplication of your good, the

unfolding of your incipient thought or plan. If no action is initiated, obviously there can be no increase. Begin now to impress your mind with the idea of increase. You can't do it alone, however; it is God that giveth the increase.

How One Idea Attracted Thousands of Dollars

Dr. Olive Gaze, wife of the late Dr. Harry Gaze, famous international lecturer on The Psychology of Daily Living, has given me this interesting anecdote regarding her late husband.

Dr. Gaze was a very young man when he arrived from England in order to lecture in the United States. He had decided to lecture in Chicago on the laws of mind. His hotel was near the Chicago Opera House, and as he looked out the window, he saw a large crowd pouring out of the building after a matinee performance. He said to himself, "I am going to speak on the laws of mind to a capacity audience in that Opera House. God will bless me and all those who listen to me with the blessed increase, 'pressed down, and shaken together and running over.'"

Dr. Gaze had only a hundred dollars when he went to see the manager of the Opera House in order to rent it for lectures on The Psychology of Daily Living. The manager laughed, but as Dr. Gaze talked about the powers of the mind, the manager became intensely interested and told him he would give him a week to collect the several thousand dollars necessary for rental of the Opera House for his series of lectures.

During the course of the week, Dr. Gaze kept on affirming, "God giveth the increase. This idea of mine is good; it blesses all. God magnifies it and multiplies it."

Dr. Gaze then met Mr. McCormick of Chicago, a multi-

millionaire who became intensely interested in Dr. Gaze's mental therapeutics, and he gave a luncheon for him, inviting eleven guests, all also millionaires. Dr. Gaze addressed them on the powers of the mind. The result was that each one contributed a large amount of money and thereby paid for all the necessary advertising, as well as the large sum necessary for the rental.

Dr. Gaze's dream had come true. Crowds could be seen leaving the Opera House after each of his lectures, just as he had imagined from his hotel window a few weeks previously. Dr. Gaze had planted the mental picture in his mind, accompanied by a feeling of joy and restfulness in foreseeing the accomplishment of his idea, while knowing in his heart that God giveth the increase.

How a School Teacher Gives Increase to All Students

A school teacher who regularly comes to my lectures told me that she used to have great trouble with unruly children in school. However, she adopted the following procedure with remarkable and amazing results.

For fifteen minutes every morning before she started class, she isolated herself, became quiet in her mind, and silently affirmed as follows: "I am a creative center of God, and I give increase of love, wisdom, and understanding to all the boys and girls in my class. I am now conveying the idea of advancement and growth to each pupil. I have the unshakeable faith that each pupil learns quickly and is inspired, harmonious, loving, and most cooperative. I have the firm conviction that each child in my class is an advancing student, and my conviction is conveyed to his subconscious mind. It is so."

In the years that followed, this teacher has been complimented time and time again on the order and discipline in her classes, and the grades of her pupils are exceptionally good. Recently she has been promoted and transferred to another school with a big increase in salary. She claimed continuous increase for herself and for her pupils, and she has found that in giving increase to all her pupils God has blessed them as well as herself.

She has a motto on her desk which reads: "What I want for myself, I want for everybody." It really paid off for her.

From Cabin Carpenter to Skyscraper Builder

Recently, I returned from lecturing in Phoenix, Arizona, where I spoke in the Church of Divine Science conducted by Dr. Jacob Sober, formerly a distinguished Rabbi who is now conducting non-denominational services on mental and spiritual laws.

While lecturing there, I chatted with a man who told me that twenty years ago, he had been a carpenter doing odd jobs in that desert town. He had lived in an old, dilapidated cabin on the nearby mountain. However, he had felt an unquenchable desire to build skyscrapers comparable to those in New York City. He began to say to himself, "I am getting rich, I am making others very rich, and I am conferring blessings on all."

Following this changed attitude of mind, he began to attract men and women who wanted his services. His carpentry business increased so rapidly that he couldn't handle it and he had to hire additional men.

He built a house for a very rich man who came from the East for the benefit of his health. As a result of his excellent

work, this man set him up in business as a contractor, retaining a small interest in the business. When the wealthy man eventually passed on, he left sole ownership to the carpenter. Today, this former carpenter is worth many millions of dollars and already has built several skyscrapers.

Begin now to feel rich like this carpenter, and you will be amazed at the unexpected blessings which will come to you from all sides. You will be able to expand into larger business combinations, and inevitably with God's help you will receive all the wealth you need for your plans to move onward and upward.

No matter who you are or what you are doing—whether you are a stenographer, secretary, lawyer, chemist, taxi driver, or clergyman—if you begin now to focus your mind on the thought of wealth, health, and happiness for others, they will sense it subconsciously and will be attracted to you by the universal law of attraction. You will become fabulously rich and will prosper spiritually, mentally, and materially.

Why People Beat a Path to His Door

A young physician whom I know astonished his confreres by his phenomenal success. Patients come to him in throngs! He told me that the first day he opened his office, he meditated as follows: "I give increase of life to others. God is the Great Physician and I am His instrument; He heals through me. Everyone I touch is miraculously healed, and I am constantly in tune with the Infinite Healing Presence. I give thanks for my success, achievement, and for the riches of life."

Every day he prays in the above manner. He cannot handle the number of patients who come to him and he has to refer many of them to other doctors.

How Renewal of Mind Benefited a Minister

Recently I talked with a minister whose congregation had fallen down to about fifty or sixty people. During the conference we determined that the reason for the deterioration was that he was not giving them what they wanted or needed.

He forthwith reversed his attitude of mind and began to teach people how to lead a full and happy life, how to prosper, how to establish harmonious human relationships, how to love and be loved, how to prosper in business or a profession, and how to be healthy, vital, and inspired. He had realized that he could not have given these qualities to others except they were a part of his own life.

He began to practice what he preached, and he demonstrated the laws of life from his pulpit. In three months' time he has built up his church to over 500. His people tell him, "These are the things we want to hear. We have a new man in the pulpit!"

He has been transformed by the renewal of his mind. This minister has proved that the law of increase is as mathematically certain as are the laws of chemistry, physics, or gravitation.

Perpetual Opportunity for Advancement Exists for You

Some people say that they can't get ahead or be promoted because they are working in a place where there is no opportunity for advancement or where wages are set by certain standards. All this is not necessarily true. You can use the laws of mind to advance and to move forward in life in any circumstances.

The secret is to form a clear mental picture of what you want to be, know that the power and wisdom of your subconscious will back you up, and persevere and be determined to be what you want to be. Have faith that your mental picture will be developed in your subconscious mind and become objectified in your experience.

Love what you are doing now, and do the best you can where you are. Be cordial, kind, affable, and full of goodwill. Think big and think of riches, and your present work will simply be a stepping stone to your triumph. Be conscious of your true worth, and claim riches in your mind and claim riches for every single person you meet during the day, whether it be your boss, an associate, the foreman, a customer, or a friend—all those around you. You will feel your radiation of riches and advancement, and Infinite Intelligence will very soon open up a new door of opportunity for you.

There is nothing in all the world to hold you back but yourself, your own thoughts and concept of yourself.

When you are seeking and picturing advancement, and when the opportunity for more money and increased status and prestige is presented to you, if you feel receptive to the idea, take it, and it will prove to be a step toward greater and grander opportunities. Enter now into the advancing life and experience the riches of God here and now.

How a Businessman Overcame His Negative Thinking

A woman once complained to me that her husband was constantly blaming the government, the taxes, and the competitive system for his lack of sufficient money.

In talking to him, I discovered that he thought he was a

victim of conditions, instead of master of his situation. He began to realize, however, that he could enter upon a creative plan of thinking which would transcend his environment and condition and that he was a citizen of the Kingdom of God. His daily prayer was as follows:

"The law of increase is inevitable, and my mind is constantly open to a bountiful increase. My business grows, expands, and unfolds in a wonderful way, and my finances are always multiplied exceedingly. I am richly and abundantly supplied within and without from the infinite storehouse within me. I open my mind and my heart to the abundance and riches of God, and I am increasingly rich within and without."

As he fed his mind with these inner truths, his outer supply became more abundant. He is now in business for himself and is exceedingly prosperous.

THINK ON THESE THINGS

1. Increase is what all men are seeking. It is the urge of God seeking expression through you, telling you to come on up and to rise to a higher level.

2. Plant a mental picture in your mind, accompanied by a feeling of joy and restfulness, and contemplate the happy ending, and you will experience the joy of the answered prayer.

3. You are a creative center, and you can give an increase of love, wisdom, and understanding to all. As you give, you receive, and wonders will happen in your life.

4. Let these truths sink into your mind; imbibe them with faith and expectancy: "I am getting rich, I am making

others rich, and I am conferring blessings on all." This is the royal road to riches.

5. Give increase to others in your thought life and realize that you are an instrument through which God's love, truth, beauty, and riches flow. Claim that these qualities are constantly flowing through others, also, and you will attract riches, friends, customers, clients, and marvelous experiences.

6. If you are a minister, teach people the abundant life and how to realize it, teach them the laws of prosperity and the science of happy, joyous, and successful living, and there will not be an empty seat in your church.

7. Opportunities are always knocking at your door. Form a clear mental picture of what you want to be and feel and know that the power of your subconscious will bring it to pass. This is your opportunity now!

8. There is no one to blame but yourself. Cease blaming the government, taxes, competition, and world conditions. You are a citizen of infinite mind and infinite riches! Think big, picture riches, and feel that you are rich—and the law of attraction will do the rest.

Chapter Eleven

Mental Imagery and Riches

Napoleon once said, "Imagination rules the world"; and Henry Ward Beecher in a similar vein said, "The soul without imagination is what an observatory would be without a telescope."

Imagination is one of the primal faculties of your mind. It has the power to project and to clothe your ideas, giving them visibility on the screen of space. Imagination is the mighty instrument used by great scientists, artists, physicists, inventors, business tycoons, and writers. Scientists, through their imagination, penetrate the depths of reality and are enabled to reveal the secrets of nature.

When the world says, "It is impossible; it can't be done," the man with disciplined, controlled, and directed imagination says, "It *is* done!"

It is just as easy—and far more interesting, captivating, and alluring—for you to imagine yourself to be rich and successful as it is to dwell on poverty, penury, and failure. If you wish to

bring about the realization of your desires or ideals, form a mental picture of fulfillment in your mind; constantly imagine the reality of your desire. In this way, you will actually force it into being.

"What you imagine as true already exists in your mind, and if you remain faithful to your ideal it will one day objectify itself. The Master Architect within you will project on the screen of visibility that which you impress on your mind.

He Imagined a Million-Dollar Business

An outstanding businessman during a casual conversation told me how he had started in a small store, but that regularly and systematically over the years he used to picture himself as head of a large corporation with branches all over the country. For ten or fifteen minutes in the morning, the afternoon, and at night, he would picture in his mind's eye the giant buildings, factories, and stores, while knowing that through the alchemy of the mind, he would weave the fabric out of which his dream would be clothed.

Gradually, his business began to boom, and he had to enlarge his store and to open other branches. He began to attract to himself by a universal law of attraction the ideas, personnel, friends, money, and everything else he needed for the complete unfoldment of his ideal.

He truly and sincerely exercised and cultivated his imagination and he lived with his mental patterns until his imaginative faculties clothed them in form. Today he is fabulously wealthy and is president of a corporation which employs thousands of people.

She Created Riches for Her Brother

A student at the University of Southern California heard me explain that one of the meanings of *Joseph* in the Bible is *imagination* and that the Bible says *he wears a coat of many colors.* Biblically speaking, a *coat* is a psychological covering. Your psychological "garments" are the mental attitudes, moods, and feelings that you entertain. Joseph's *coat of many colors* represents the many facets of the diamond, or your capacity to clothe any idea in form.

The student began to imagine her brother, who was very poor, as living in the lap of luxury. She pictured his face lighting up with joy, his expression changing, and a broad smile crossing his lips. She imagined that he was telling her what she wanted to hear, such as "Sis, I'm wealthy, successful, and happy. I feel wonderful! I have a new car and a lovely apartment, and I am rolling in riches!"

She was faithful to her mental picture night and morning, and she made it vivid and real until she succeeded in impregnating her subconscious with her mental movie. By the end of two months, her brother had been offered a wonderful position; the company for which he worked had given him a car for business purposes, and he had won a large sum of money in a lottery! This girl had the joy, the thrill, and the satisfaction of hearing her brother telling her objectively what she had felt to be true subjectively.

You can imagine abundance and riches where there is lack; peace where there is discord; and health where there is sickness. Imagination disposes of everything; it creates riches, beauty, justice, and happiness, which are everything in this world.

Imagining Success in Financial Matters

A business friend of mine once had difficulty in collecting $10,000 owed him for merchandise by one of his old customers. My friend had pleaded with the man for over two years, but he had received nothing but unfulfilled promises to pay. He hesitated to sue this old customer because of their long business association; but he was deeply resentful and angry toward him.

At my suggestion, my friend reversed his attitude toward his customer. He began to imagine and affirm that his customer was honest, sincere, loving, and kind; after a while my friend's reaction changed. He would sit quietly several times daily and imagine a check for $10,000 to be in his hand, and he would picture himself in a very vivid form depositing the check in his local bank. He also sat down and wrote his customer an imaginary letter of thanks for having paid his debt; he sealed the letter and placed it in a drawer in his desk.

He knew that he was giving a definite picture to his subconscious mind, and he also was aware that the subconscious would bring it to pass. In ten days, he received an envelope from his customer, enclosing the $10,000 check, to which was appended this note: "You have been in my mind the last few days. I felt I must pay you in full. I regret the delay; some day I'll explain." This proves that a changed mental picture changes everything.

Imagination Pours Forth Riches

It is really out of the imaginative mind of man that television, radio, radar, superjets, and all modern inventions come. Your imagination is the treasure house of Infinity, which releases

to you all the precious jewels of music, art, poetry, and discoveries.

Consider for a moment a distinguished, talented Architect. He builds in his mind a beautiful, modern, twentieth-century city for senior citizens, complete with swimming pools, aquarium, recreation centers, parks, and the like. He can construct in his mind the most beautiful palace the human eye has ever seen. He can visualize the buildings in their entirety, completely erected before he ever gives his plans to the builders. His inner riches create outer riches for himself and for countless others.

You are the architect of your future. You could now look at an acorn and, with your imaginative eye, construct a magnificent forest full of rivers, streams, and rivulets. You could people the forest with all kinds of life; furthermore, you could hang a bow on every cloud. You could look at a desert and cause it to rejoice and blossom as a rose. Men who are gifted with intuition and imagination find water in the desert, and they create cities where formerly other men saw only a desert and a wilderness.

A Fortune in the Desert

About ten years ago, I purchased some land in Apple Valley from a man who told me that in the height of the depression in the early 1930s he and his wife were motoring to Nevada and, in passing through Apple Valley, a vast desert, he said to his wife, "There will be a town here in the near future. Many people will move out here to this desert and build schools, hospitals, homes, and industries. It's Government land; I am going to buy six hundred acres."

The price at that time was $2.00 an acre. From an investment of $2.00 an acre, he has made a small fortune. This land

is now selling at $400.00 an acre, and possibly more. Countless thousands of men and women had passed through that same area on their way to Nevada. They saw only a desert—he saw a fortune.

The Bible says,. . . *I will make the wilderness a pool of water, and the dry land springs of water.* (Isaiah 41:18)

How One Person Successfully Imaged Her Desires

A school teacher who listens to my daily radio program wrote to me, saying that she had written in a notebook the words *Health, Wealth, Love,* and *Expression.* She said that she lacked health and sufficient money, was unmarried, and was seeking opportunity to teach in a college. Under *Health,* she wrote in her notebook: "I am all health; God is my health." Under *Wealth* she wrote: "God's riches are mine now, and I am wealthy." Under *Love* she wrote: "I am happily married and Divinely happy." Under *Expression* she wrote: "Divine intelligence leads and guides me to my right work, which I perform in a perfect way for a wonderful income."

Every morning and evening, she would look at what she had written in her book, and she claimed: "All these desires are now being fulfilled by my subconscious mind." She would then take some time to picture the complete result under each category. She would imagine her physician as saying to her, "You are completely healed. You are all right now." She would imagine her mother, with whom she lived, saying to her, "You are rich now. We can move and travel. I'm so happy." She would then imagine a minister saying, "I now pronounce you man and wife," and she would "feel" the naturalness, solidity, and tangibility of an imaginary ring being placed on her fin-

ger. Prior to sleep, her last mental picture was of her principal saying to her, "Sorry you are leaving, but I am glad to hear of your college assignment. Congratulations!"

She would run each mental movie separately for about five minutes in a completely relaxed and joyous manner, knowing that these pictures would sink down by osmosis into her deeper mind, where they would gestate in the darkness and be made manifest at the right time in the right way. She found all this a most fascinating mental exercise, and her world apparently magically melted into the image and likeness of her disciplined, controlled, and directed daily imagination. Within three months' time, all her desires were fulfilled.

She discovered that there is a designer, an architect, and a weaver within that takes the fabric of your mind, thoughts, images, feelings, and beliefs, and molds them into a pattern of life which brings you the riches of health, wealth, love, and expression. Her favorite Bible verse is Psalm 121:1, *I will lift up mine eyes* (imagination) *unto the hills, from whence cometh my help.*

You Are Always Imaging

You are constantly using your imagination—either constructively or destructively. You think in mental pictures. Think of your mother and you picture her; think of a home, and you see one in your mind's eye. A poverty stricken person is always imaging lack and limitation of all kinds, and the mind produces according to the mental image held in the mind.

When you were going to get married, you had vivid, realistic pictures in your mind. With your power of imagination, you saw the minister or the priest. You heard him pronounce the words; you saw the flowers and the church, and you heard the

music. You imagined the ring to be on your finger, and you traveled in your imagination on your honeymoon to Niagara Falls or to Europe. All this was performed by your imagination.

Likewise, before you graduated, you had a beautiful, scenic drama taking place in your mind; you had clothed in material form all your ideas about graduation. You had imagined a professor or the president of the college giving you your diploma. You saw all the students dressed in gowns. You heard your mother or father or your girl friend congratulate you; you felt their embrace and their kiss. It was all real, dramatic, exciting, and wonderful.

Images appeared freely in your mind as if from nowhere, but you know and must admit there was and is an Internal Creator with power to mold all these forms which you envisioned in your mind, to endow them with life and motion, and to give them voice. These images said to you, "For you only, we live!"

How a Broker Images Riches for Others

A broker friend of mine is intensely interested in making money for his clients. Consequently, he has become very successful and recently has been promoted to the position of executive vice-president of his company. His method is very simple. Prior to coming to his office, he sits still, quiets his mind, relaxes his body, and mentally conducts imaginary conversations with a number of his clients who, one after the other, congratulate him on his wise and sound judgment and also compliment him on his purchases of the right stocks. He dramatizes this imaginary conversation regularly, and he psychologically implants it in his subconscious as a form of belief in his mind.

At intervals during the day, this broker returns to the mental pictures in his mind, thereby making a deep impression on his subconscious mind. He told me that he has made small fortunes for many of his clients and that he has yet to see one lose money due to his advice.

This broker realizes that that which is subjectively embodied is in the natural order of things objectively expressed. It is the *sustained* mental picture which is developed in the depth of the mind. Run your mental movie often. Get into the habit of frequently flashing it on the screen of your mind. After a while, it will become a definite, habitual pattern. The inner movie which you have seen with your mind's eye shall be made manifest openly. In Romans 4:17 we read, . . . He *calleth the things that are not, as though they were* . . . , and the unseen becomes seen.

The Science of Riches

In the science of imagination, you must first of all begin to discipline your imagination and not let it run riot. *Science insists upon purity.* If you wish a chemically pure product, you must remove all traces of other substances as well as extraneous material; you must cast away all the dross.

In the science of imagination, you eliminate all the mental impurities, such as envy, covetousness, fear, worry, and jealousy. You must focus all your attention on your goals and objectives in life and refuse to be swerved from your purpose or aim, which is to lead a rich and happy life. Become mentally absorbed in the reality of your desires, and you will see them take material form in your world.

A businessman whose affairs are prospering comes home from the office and runs a motion picture in his mind of failure,

sees the shelves empty, imagines himself going into bankruptcy and having an empty bank balance. He even imagines the business as closing down, yet all the time he is actually prospering. There is no truth whatever in that negative mental picture of his; it is a lie made out of whole cloth.

In other words, the thing he fears does not exist save in his morbid imagination. The failure will never come to pass—unless he keeps up that morbid picture charged with the emotion of fear. If he constantly indulges in this mental picture, of course, he will bring failure to pass. He has the choice of failure or success, but he is choosing failure.

Enthrone now in your mind the mental images, ideas, and thoughts which heal, bless, prosper, inspire, and strengthen you. It is true that you become what you imagine yourself to be. Your sustained imagination is sufficient to remake your world. Trust the laws of your mind to bring your good to pass, and you will experience all the blessings and riches of life.

SUMMARY OF YOUR AIDS TO THE WONDERS OF IMAGINATION

1. "Imagination rules the world."—Napoleon
2. Imagination is one of the primal faculties of your mind, and has the power to project and to clothe all your ideas into form on the screen of space.
3. If you are in business, you can picture a larger business, new offices, new buildings, and additional stores, and through the alchemy of the mind you can bring these pictures to pass.
4. You can make others rich by seeing them as they ought to be: radiant, happy, joyous, wealthy, and successful.

Remain faithful to your mental picture, and it will come to pass. This is blessing the other.

5. If you have difficulty in collecting a debt, picture the check in your hand, feel its reality, and give thanks for the prosperity and success of the person who owes you the money, and miraculously he will pay you.

6. It is out of the imaginative powers of man that come all our new discoveries, such as radio, television, radar, and superjet airplanes. Imagination plumbs the depths of mind, and that which exists in latency is brought forth and projected on the screen of space.

7. When you look at the desert, what do you see? Some people see fabulous riches and they make the desert rejoice and blossom as the rose. Imagination is called the "workshop of God."

8. You can imagine the fulfillment of each desire by running a mental movie, dramatizing and depicting the end, and your subconscious will bring it to pass.

9. You are always imagining, whether negatively or constructively. Imagine only what is lovely and of good report for yourself and also for others. Ask yourself, "Would I like to live with what I am picturing for the other?" Your answer should be "Yes." Remember that what you wish for the other, you are wishing for yourself.

10. Imagine that others are happy, joyous, rich, and affluent, and rejoice in their prosperity and success. This is one sure way to acquire riches for yourself.

11. In the science of imagination, you eliminate all dross and impurities, such as covetousness, jealousy, envy,

fear, doubt, and anger. Focus your attention only on your goals and imagine them fulfilled in Divine order.

12. Man is what he imagines himself to be. Imagine that which is lovely, noble, and God-like. Feel yourself as rich, and all the riches of Heaven will gravitate to you.

Chapter Twelve

Be a Lifter and Grow Rich

The Bible says, *And I, if I be lifted up from the earth, will draw all men unto me.* (John 12:32)

This statement, like many others in the Bible, is purely psychological and spiritual, written in idiomatic, oriental language, telling all of us how to lift up ourselves from poverty, sickness, lack, and limitation of all kinds.

To be a lifter-upper, you must lift up your desires to the point of acceptance; then the manifestation will follow. Your physical senses report their findings, which at best are depressing. As a lifter-upper, you turn within to the Infinite Presence and Power, and anchor your mind there. This Infinite Presence is responsive to you, and when you call upon the Divine Power you will receive an answer. You can receive courage, faith, strength, power, and wisdom which transcend the ordinary physical senses. You are then lifted up, the old state dies, and the new state is resurrected.

You cannot manifest your good in a depressed state. Behold

your vision and contemplate its reality, and you will rise above all obstacles, obstructions, and difficulties. As you contemplate the Presence of God within you, you will dissipate automatically all the fearsome shadows lurking in your mind.

You don't as a rule rise by accident from the slums and obscurity to wealth, honor, and fame by saving someone from drowning at the seashore or by meeting a millionaire who likes you. Remember a simple truth: You will always demonstrate your character, for character is destiny.

How to Rise to Great Heights

Release your energy, talents, and abilities, and develop a zeal and an enthusiasm to learn more about your inner powers. You then can lift yourself up to astonishingly great heights. An energetic, confident, and enterprising man who attends to business, does the right thing, and practices the golden rule will make a success of his life whether or not he meets a stranger who will help him, knows the right congressman, or wins a sweepstakes ticket.

Your character and mental attitude will make or break you. This is true of you, your country, your business, your church, or of any institution.

If you desire to lift up yourself and put your head above the ruck, ask God to give you what you need—and He will. You can build into your subconscious mind any quality you desire by meditating every day upon that quality.

The Joy of Overcoming

You are here to grow, to transcend, and to discover the Divinity within. You are here to meet problems, difficulties, and

challenges—and then to overcome them. The joy is in the overcoming! If the crossword puzzle was filled out for you, it would be a very insipid and dull world. The engineer rejoices in overcoming all obstacles, failures, and difficulties in building his bridge. You are here to sharpen your mental and spiritual tools while you grow rich in wisdom, strength, and understanding; otherwise, you would never discover your Divinity.

Don't let your young boy lean on you indefinitely for everything. When he is old enough, teach him to mow the lawn, how to sell newspapers, and how to do well the odd jobs for which he is paid. Teach him the dignity of labor and that the money he receives from mowing the lawn for a neighbor or for selling newspapers is for work well done. This will give your young son pride in accomplishment and in his contribution in service to others It will also teach him self-reliance and confidence in himself. Teach him also to see the good in others and how to call it forth, and he will always be a lifter and not a leaner, whiner, and complainer. He will respect and save the money he earns, but will put the easy money you give him into the juke box or the pool hall.

How to Lift Up Others

You must be careful of how you give to others. Never rob a man of his opportunity to grow and to advance. The young man who receives money and help too easily and too frequently finds it easier than self-discovery and self-propulsion. Constant assistance is destructive to his manhood. Cease emasculating and destroying his manly characteristics. Give him an opportunity to overcome and to discover his inner powers; otherwise, you will make him a leaner, always seeking a handout.

I told a woman to stop filling the ice box for a relative of

hers who came from the East. Her attitude was: "Poor Tom, he is a stranger here. It's hard for him to get a job," etc. She paid his rent, bought groceries for him, and gave him pocket money until such time as he could get a job He never got a job, but rather he became the perfect leaner—and he even resented her because she didn't give more! At a Christmas dinner to which he was invited he actually stole most of her silver. She cried out, "Why did he do this, after all I have done for him?"

She had been seeing him through the eyes of lack and limitation, however, and instead of lifting him up, realizing he was one with the Infinite and Divinely led to his true place, and clothing him mentally with the riches of Heaven, she had, figuratively speaking, clothed him in rags. He subconsciously picked this up and reacted accordingly.

You should always be ready to help a person who is really hungry or in want or distress. This is right, good, and true. However, be sure that you do not make a parasite of the other. Your assistance must always be based on Divine guidance and your motivation must be to help him to help himself. Teach the other where to find the riches of life and how to become self-reliant and how to contribute his best to humanity, and he will never want a bowl of soup, an old suit of clothes, or a handout.

. . . *These things . . . ye have done and . . . left the other undone.* (Matthew 23:23) All of us are willing to give a helping hand, but it is wrong to contribute to the shortcomings, derelictions, laziness, apathy, and indifference of others.

Character Is Destiny

All of us are here to put our shoulders to the wheel. If you are wearing just a loin cloth, someone made it for you. What are you doing for others? Are you working and contributing your

talents and abilities? There are many beggars who are able-bodied and who make a profession of begging for alms, and as long as you give to them they will never work. They become parasites and leaners. Some of them are very wealthy and have fashionable homes and cars, whether in London, New York, or elsewhere.

Within every man there is a vast mine of undiscovered gifts, powers, and riches. Each man is responsible, and boys must be made aware of their responsibilities to society. All of us are a part of humanity on the pathway of life. You are to do your share, whether pulling an oar or driving a car. Life rewards faith, courage, endurance, stick-to-it-iveness, and persistence with more of these qualities. It is in overcoming obstacles that you develop character, and character is destiny.

Your Inner Support

Lean on God and not on people or the government. The government can't give you anything unless it first takes it away from you. Furthermore, no government can legislate peace, harmony, joy, abundance, security, wisdom, love of neighbor, equality, prosperity, or goodwill. All these come from the spiritual world within you.

There is the leaner who drifts along on his name, background, heredity, or good looks until people become aware of how empty inside he is. Then he falls—he has no inner support and strength.

How He Rose to Fabulous Heights

A business executive in Los Angeles told me that in 1929 he had lost everything in the market crash. So did his brother.

Each of them had been worth over a million dollars. His brother committed suicide; he said that there was nothing to live for, that he had lost everything.

This business executive told me he said to himself, "I have lost money; so what? I have good health, a lovely wife, abilities, and talents. I'll make it again. God will guide me and open up a new door for me. I am going to make millions." He rolled up his sleeves and went out as a gardener and did odd jobs here and there. He accumulated some money, invested it in stocks, and saw them rise to fabulous heights. He gave advice to others, and they made a small fortune.

He was a lifter. He had lifted up himself, for he knew there is a God-Power which would reveal to him a way out, an answer. He had called upon the spiritual reserves within him, and strength, courage, wisdom, and guidance came to him.

The Riches of God Are Yours

The Bible says, *Draw nigh to God, and he will draw nigh to you* . . . (James 4:8) All this means is that Infinite Intelligence is responsive to you and will answer when you call. *I and my Father are one.* (John 10:30) You and God are one.

Don't lean on land, stocks, the government, relatives, or anybody else. Trust the God-Power within to sustain you and to watch over you at all times. Stop looking outside. Look inside. If you look outside for help, you are denying the riches of God within and you are stealing power, wisdom, and intelligence from yourself.

Believe in yourself as a spiritual being of grandeur, and recognize your Divinity. Moreover, contemplate the truth

that you are here to release the imprisoned splendor that is within.

Be a lifter always by realizing that there is an Infinite Power to back you up. This Power will lift you up, heal you, inspire you, open up new doors for you, give you new creative ideas, and present you with a sense of deep, abiding security in that which changes not and is the same yesterday, today, and forever. All you have to do is to trust this Presence and believe in It, and wonders will happen in your life.

The lifter meets a problem head-on and he says to himself, "This problem is Divinely outmatched. The problem is here, but God is here, too." And he wins! He grapples with all hurdles, business problems, and engineering and space problems with faith, courage, and confidence, and he goes forth to conquer sickness, fear, and ignorance. Man will never abolish the material slums until he abolishes the slums in the mind of man.

There is an old saying that the weak chick gets picked to death by the healthy ones. The boy in school who feels weak, defeated, rejected, demeaned, and who is picked on by the bully and others, is also weak inside himself. But when he stands up to the bully, challenges him, and meets him head on, the so-called bully usually retreats.

You Can Rise Over All Conditions

Feel your dignity and grandeur as a son of God and realize that you are immune to insults, criticisms, and vilification by others because you are God-intoxicated. If you exalt and love the God-Presence within you, all men—even your so-called enemies—will be constrained to do you good.

Refuse to accept suffering and never resign yourself to any situation. You are a transcendental being and you can lift yourself up mentally over all conditions and circumstances.

When Abraham Lincoln was informed that a member of his Cabinet, the Secretary of War, was maligning and traducing him and calling him an ignorant baboon, he replied, "He is the greatest Secretary of War this country ever had." No one could hurt Lincoln or wound his ego. Lincoln knew where his strength was, and he knew that no one could drag him down except through a movement of his own mind. Lincoln was a lifter, which means that he not only lifted up himself but recognized the God-Self within him; he thereby acquired the strength to lift a whole country.

Be Nice to Yourself

You know of some so-called do-gooders who go about seeking paroles for molesters of children, sex-fiends, and other deviates who, the minute they get out, again attack, rape, and even kill. Our newspapers are full of this sort of thing. Before you can uplift and help others, you must first be lifted up in wisdom and understanding. You can give only what you have. Often, the soap-box preachers and the do-gooders are simply projecting their own shortcomings and inadequacies upon others. The blind cannot lead the blind.

There is no one to change but yourself. You have to be nice to yourself; the real Self of you is God. Exalt, honor, revere, and respect this Divine Presence within yourself; then you are loving and honoring your neighbor. Your neighbor is the closest thing to you; God is your neighbor, and if you love God you will have goodwill for all men.

Speak to Him thou for He hears, and
Spirit with Spirit can meet—
Closer is He than breathing, and
Nearer than hands and feet.
—Tennyson, *The Higher Pantheism* (Stanza 6)

Look at the reality of yourself, shining in all pristine glory in your depths. Let your true Light shine, and let His love flow through you, expunging all your weaknesses, shortcomings, and deficiencies. The lifter has found God within himself and feels strong and secure in His Presence.

The lifter knows that he is here to go forth conquering and to conquer, for God or the Infinite cannot fail, and because he is one with God, he has no fear and is no longer frustrated or distrait.

Getting a New Estimate of Yourself

The lifter affirms, "God gave me this desire, and the God-wisdom will reveal the perfect plan for its unfoldment." This attitude dispenses with all frustration.

All of us are interdependent. You may need a doctor, a lawyer, a psychologist, or a carpenter—and they may need you. We need each other. But let us remember to lift up God in everyone and to see each man as he ought to be: a son of God, radiant, joyous, prosperous, and free.

Be a lifter. Exalt God in the midst of everyone. Clothe them with majesty and excellence and adorn and embellish them with the sunshine of His love. As you first exalt the Divinity within yourself, you will then exalt It also in others. Seek and you shall find tongues in trees, sermons in stones,

songs in running brooks, and God in everything and in everybody.

The lifter knows the truth of this ancient saying: *What thou seest that, too, become thou must; God if thou seest God and dust if thou seest dust.*

As Moses lifted up the serpent in the wilderness, even so must the son of man be lifted up. The word *son* in the Bible means expression, and the word *man* means mind. All this means is that you must be a lifter-upper, like Moses, and when you are dejected, depressed, or fearful, lift up your concept of the Spirit within you which is God. You have a mind which is part of Infinite Mind; you have spirit within which at the human level is called feeling or emotion. In other words, the invisible part of you is God.

Cease crawling, cringing, and living in the shallows and eddies of life! Stop apologizing for being alive! Get a new estimate, a new blueprint of yourself. A serpent crawls on its belly and hides in caves or behind rocks away from the light. When you feel inadequate or weak and have a worm-of-the-dust attitude, you are crawling along the ground, governed by sense-evidence, and you feel that you are a victim of heredity, environment, and conditions. During the creative act, two serpents stand erect, which is symbolic of the caduceus worn by medical officers in the army. The serpent is thus a symbol of the Infinite Healing Presence of God. This is to remind you to exalt and to lift up the Healing Presence within yourself. The Father-Mother-God is within you in the form of your conscious and subconscious mind. Whatever you claim and feel to be true, your subconscious will respond in like manner; hence, you can rise above all limitations, impediments, and obstructions.

How to Experience the Joy of the Answered Prayer

In the Book of Numbers it says, *And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived.* (Numbers 21:9) No intelligent person takes this story literally. The Bible uses outer concrete things to portray inner psychological and spiritual truths. Figuratively speaking, the serpent bites you when you are full of hatred, jealousy, envy, hostility, or vengeance. Many are bitten by covetousness and enmity towards others because of their success and achievements in life. Millions are bitten by fear, ignorance, and superstition.

Psychologically speaking, Moses means your awareness of the Power of God and your capacity to draw it out from the depths of yourself. Brass is an alloy of two metals, symbolic of the union or agreement of your conscious and subconscious mind regarding that for which you pray. If there is no quarrel or argument in your conscious or subconscious mind, your prayer will be answered.

You are healed of all your infirmities when you gaze upon the Infinite Healing Presence of God within you and claim that what is true of God is true of you and of all men. Then you will release the spiritual agencies on your behalf and you will ascend from a crawling, cringing, creeping worm-of-the-dust attitude to the exalted mood of faith and confidence in the joy of the Lord which is your strength.

Be a lifter-upper from now on! The Spirit in you is God. It is invincible, invulnerable, eternal, almighty, and omniscient. Unite with this Presence and Power in your mind, feel the

response, and your desert of loneliness, fear, sickness, poverty, and inferiority will rejoice and blossom as the rose. . . . *I bore you on eagles' wings, and brought you unto myself.* (Exodus 19:4) It also brings you financial blessings for a fuller life.

HIGHER ASPECTS OF LIVING

1. To be a lifter-upper you must lift up your desires to the point of acceptance; then the manifestation comes. Behold your vision and contemplate its reality.
2. Your character or mental attitude will make you or break you.
3. The two kinds of people on earth are the people who lift and the people who lean.
4. Lift the other up by realizing he is one with the infinite riches of Heaven and prospered beyond his fondest dreams.
5. Your character is destiny. Life rewards courage, faith, endurance, and persistence. It is in overcoming obstacles that you develop character.
6. The riches of God are yours because God or Infinite Intelligence is responsive to you and will answer when you call.
7. You can rise over all conditions by exalting the God-Presence within you and by uniting with It.
8. Be nice to yourself, because the real Self of you is God. Exalt God in the midst of you, and honor, revere, and respect the Divinity which is omniscient, omnipotent—the only Presence and the only Power.

9. Be a lifter and exalt God in the midst of everyone. First exalt the Divinity within yourself and you will then exalt it also in others.

10. Turn your eyes upwards and behold the infinite healing Presence within you, and as you feel the response you will experience the joy of the answered prayer. This includes financial blessings.

Chapter Thirteen

A Grateful Heart Attracts Riches

Let us come before his presence with thanksgiving. (Psalm 95:2)

The whole process of mental, spiritual and material riches may be summed up in one word, *gratitude.* A grateful thought for any good received is in itself a prayer from the heart and blesses you. A man with a grateful heart is a happy man and a wealthy man. Shakespeare said: "O Lord, who lends me life, lend me a heart replete with thankfulness."

Henry Thoreau, one of the wisest philosophers of America, said: "We should give thanks that we were born." Just consider for a moment if you had not been born. You would never have seen a glorious sunset or a beautiful sunrise. You would never have seen the lovely eyes of your child and the adoring eyes of your dog or his gaze upon his master. You would never

have seen the beauties of nature or the starry heavens, the daily bread of the soul.

You would never have seen the snow-clad mountains scintillating like diamonds on a sunlit day. You would never have felt the affectionate embrace of your loved ones. You would never have seen the riches all around you or been able to smell the sweet fragrance of the flowers or the new mown hay.

Be thankful and grateful for the beauty of the morning. Be grateful you have eyes to see God's beauty, ears to hear the music of the spheres and the song of the birds, hands to play the melody of God, and a voice enabling you to speak words of comfort, courage, and love to others.

Be grateful for your home, your loved ones, your relatives, your work, and your business associates. Say frequently, "I bless and pray for every member of my family; I give thanks, I am grateful, I praise and I exalt God in my husband, my wife, and my children. I bless everything they are doing. I bless all the gifts I make. I know it is more blessed to give than to receive. I bless my business, I bless my co-workers, my customers, and all people. My work grows, expands, multiplies, increases, and returns to me a thousandfold."

Law of Gratitude

First, you accept completely and wholeheartedly that there is an Infinite Intelligence from which all things flow; second, you believe that this Source responds to the nature of your thought; and third, you relate yourself to this Infinite Intelligence by a deep feeling of inner gratitude.

There is a law of gratitude and you must conform with the law in order to get results. This law as given in the Bible is,

Draw nigh unto God and He will draw nigh unto you. This law is the natural principle of action and reaction which is cosmic and universal, or to elaborate and elucidate further, it simply means that whatever you impress on your subconscious mind will be expressed. The grateful attitude of your mind lifted up in thankful praise for the good that you share becomes a conviction in your deeper mind, resulting in the movement toward you of that which you claimed.

How Gratitude Draws Riches

An osteopath once told me how poor he had been as a boy and how he had worked as a janitor in order to pay his expenses through school. When he first opened his office, a whole week passed by and not one patient entered; he was bitter and critical. During the second week his first patient entered and said to him: "We are so grateful you opened up here; we needed you in our neighborhood. Several of us have prayed that you would be blessed and happy here," and then she added, "I am always so grateful for everything. I know that great numbers are kept in misery and poverty by their lack of gratitude."

This was the turning point in his life. Her words sank deeply into his heart, and he gave thanks for the healing power that was now flowing through him to this woman; he gave thanks for the fee she gave him. The more gratefully he fixed his mind on the Source of all healing and the good things he possessed, the more he received. His grateful attitude brought his whole mind in closer harmony with the creative forces of the universe, and patients flocked to him. He became rich in wisdom, had miraculous healings, and developed a very rich and influential practice.

Technique of Gratitude

A father promises a daughter a trip around the world, all expenses paid, as a gift following her graduation. She has not yet received the money for the trip, neither is she on the tour, but she is extremely grateful and happy and is as joyous as if actually on board ship bound for Europe and then the Orient. She knows her father will fulfill his promise and is very thankful, and she has mentally received the gift with a joyous anticipation and grateful heart.

You have probably gone to an automobile dealer and purchased a motor car, although they did not have exactly what you wanted in stock. You specified what you wanted, and the salesman said they would order it and deliver it. You thanked the salesman and walked away without the car. You were absolutely sure of receiving the motor car, exactly as ordered, in the near future because you trusted and believed in the integrity and honesty of the man who operated the business.

How much more should you trust in the Infinite and His creative law which never changes and which responds with absolute fidelity to our trust and belief in It!

Why Give Thanks?

. . . *In everything give thanks.* (1 Thessalonians 5:18)

Primitive man had a childish concept of God and looked upon Him as an anthropomorphic being who ruled the universe tyranically and despotically, and he responded like the serfs and vassals who cringed and fawned before the old feudal lords who held the power of life and death over their people. Thus, primitive man similarly courted God's favor by prostrating himself, begging, beseeching, and fawning before Him.

Today, man looks at God as Infinite Intelligence, operating through creative law. This law is impersonal, is no respecter of persons, and changes not; it is the same yesterday, today, and forever. The Divine Presence also has all the elements of personality such as love, joy, peace, wisdom, intelligence, and harmony, and It becomes personal and intimate with the man who tunes in and operates the law righteously. When man discovers the wonders, glories, and responsiveness of the Infinite Presence and Power, there immediately arises within him praise, gratitude, and exultation of his spirit, just as when the young boy discovers some secret of chemistry or nature, he is thrilled and happily tells his father all about this discovery. The boy's tendency is to exult and seek praise at his findings. A little boy of ten presented me with an ashtray which he had made himself in school. He explained how he had machined the metals and soldered them together, and you could see the thrill and wonder of it all in his eyes. This will induce the boy to seek out more and more secrets in the school laboratory. Praise and gratitude do not move God or the Law, but they bring about a transformation in our mind and heart and become a spiritual and mental magnet attracting all kinds of good, including money, to us from countless sources.

Your gratitude, your praise, and your measure of thankfulness must not be expressed as a fawning or cringing attitude seeking favors. Instead it should be a thrilling adventure into the recesses of your deeper mind where you review and become intensely interested in the laws of God. Herein you will rejoice that all things you need and claim are within you in principle, and they wait for you to receive them with a joyful and thankful heart.

You are truly grateful and have a heart full of praise when you become aware of and appreciate the universal principles

of life and the Providence which gave you everything from the foundation of time. "All things be ready if the mind be so." (Shakespeare)

The Miracle of "Thank You"

A man said, "Bills are piling up, I have no money, I must go into bankruptcy. What shall I do?" I suggested that for ten or fifteen minutes two or three times a day, he sit down quietly and affirm boldly, "Thank you, Father, for thy riches now," and to continue in that relaxed and peaceful manner until the feeling or mood of thankfulness dominated his mind. He knew that the thought-image of wealth was the first cause relative to the money and riches he needed. His thought-feeling was the substance of wealth untrammeled by previous conditioning of any kind.

By repeating, "Thank you, Father," over and over again, his mind and heart were lifted up to the point of acceptance, and when fear thoughts came to his mind, he would immediately say, "Thank you, Father," as often as necessary. He knew that as he kept up this grateful attitude he would recondition his mind to the idea of wealth, which is exactly what happened. He met a former employer at a social gathering who offered him an executive position and also advanced him a considerable sum of money which enabled him to pay off all bills and be free of debt. He remarked to me that he would never forget the wonders of "Thank you, Father."

Value of Gratitude

Gratitude keeps you in tune with the Infinite and connected with the creative law. The value of gratitude does not consist

purely in drawing to you many blessings. You must remember that without the thankful heart you become dissatisfied and disgruntled regarding your present condition and circumstances.

If you fix your attention on poverty, lack, loneliness, squalor, meanness, and the difficulties and problems of the world, your mind takes the form of all these things, based upon the law that that to which you give attention, you also experience.

Remember, if you allow your mind to dwell on lack and limitation you will surround yourself with misery and inferior things.

Fix your attention on the highest and the best in life and you will experience and surround yourself similarly with the highest and best of everything in life.

The creative law of your subconscious mind makes you into the image and likeness of that which you contemplate. Actually you become what you contemplate. The grateful man continually and invariably expects the good things of life and his expectation inevitably takes material form.

It is necessary and essential to adopt the habit of being grateful for all the good you receive; in other words, give thanks continually.

All men contribute to your well-being. You should therefore include all men and women in your prayer of gratitude. This will bring you into subconscious communication with the good in all men and in everything, and the riches of life, the earth, and all men will gravitate automatically toward you.

Do You Appreciate Your Good?

Some years ago I read in the local newspaper about a man who had been blind since he was two years old. One eye had

to be removed, but later on doctors operated on the other eye, and the first thing he saw was the face of his wife. To him she was extremely beautiful and he could not imagine anything more wonderful. He had lived with her for nearly forty years and had never seen her face. Do you appreciate your wife, your husband, your family, your boss? Do you give thanks for your eyes, your body, and your confidence of faith in God and all things good?

The Riches of Forgiveness

Last Christmas I chatted with a man who told me that he had not written or communicated with his parents in twenty years—he had had a misunderstanding, had felt they gave more money and property to his brother than to him, and remained angry and vindictive. His two assistants in the shop said, "You know all the workers here are going home to visit their parents Christmas Day; it must be wonderful to have parents. My, how we would love to have that opportunity on Christmas. We are orphans; we never knew our parents. It must be wonderful to have parents." This man was deeply touched and instantaneously his anger and his hostility toward his parents melted and he went home for Christmas with gifts for his father and mother, and there was a joyous reunion. As a gift his parents turned over some valuable stocks to him which far exceeded in value the amount he imagined he had been deprived of in relation to his brother.

Forgiveness is giving—giving love, peace, and all the blessings of life to the other—and as you give, you receive. It is written: *It is more blessed to give than to receive.*

Gratitude Attracts Fifty Million Dollars

This is a marvelous story of the power of the grateful heart. The young man's name was Lucien Hamilton Tyng. He was born in Peoria, Illinois, which offered very little for the ambitions of this young man who dreamed big dreams and thought big and expansively. Lucien decided to go to Chicago and try his luck. He got a job as office boy which barely paid him a living wage; after his room rent was paid, it left him exactly fifty cents a day for meals. He found that a five cent bag of chocolate cream made a very filling lunch. Breakfast was fifteen cents, so dinner could not be more than thirty-five cents. He was very religious; he made it a constant habit to hold his fifty cent piece in his hand and say: "God multiplies this and I give thanks. I am receiving more and more money every day." He would repeat this for about ten minutes every morning before he spent the fifty cents. He began to attract many clever and successful men, and opportunities began to arrive his way which he was quick to take advantage of. "Thank you, Father," was constantly on his lips. As the years passed many influential men began to ask his opinion and were guided by it. He seemed to be miraculously gifted, his mental acumen gradually increased. His sagacity in business was admired by other men and he was deeply trusted. He solved many business problems for them. His constant prayer was "Thank you, Father," before and after every successful achievement.

One day a wonderful idea came to him, which he related to a good friend who said it had tremendous potentialities. They formed a partnership and incorporated what was then called the "General Gas and Electric Company." It grew by leaps and bounds with stations all over the Eastern states, and after many years they sold it for a reported sum of fifty million dollars.

A poet once said: "Oh, God, give me one more thing—a grateful heart."

STEPS TO RICHES

1. The whole process of mental, spiritual, and material riches may be summed up in one word, *gratitude.*

2. There is a law of gratitude and you must conform with the law to gain results. It simply means that whatever you impress in your subconscious likewise will be expressed. Rejoice and give thanks for wealth and all kinds of riches, and by feeling rich you will so impress your deeper mind and riches will be yours.

3. Give thanks for what you now possess and for your many blessings. Count these one by one and God will multiply your good exceedingly.

4. Give constant praise and be thankful for your knowledge of the creative laws which bring all kinds of riches in your life. You are grateful for the car promised by your father but not yet received. Your Heavenly Father will give you much more. All He needs is your complete trust and faith in Him.

5. Look on God as Infinite Mind and Infinite Intelligence operating through a creative law which responds to all and is no respecter of persons. When you discover the riches and glories within you, you can't help but exult with praise and gladness in discovery that all things you seek exist in principle and wait for you to receive them with a joyful and thankful heart.

6. Sit down for fifteen minutes every day, quiet your mind and affirm: "Thank you, Father, for Thy riches now," and wonders, including those of money, will happen in your life.

7. Gratitude keeps you in tune with the Infinite and connected with the creative forces of the universe; and you become a mental and spiritual magnet attracting countless blessings.

8. Show your deep appreciation for those around you, members of your family and your co-workers. People crave appreciation. Give it freely and lovingly.

9. Forgiveness creates a vacuum in your mind, leaving way for the Infinite Healing Presence to flow through you. Many do not grow rich because of their criticism, resentment, and hostility to others. This attitude cuts the wires which bind you with the Source of all wealth and all health. Bless others until there is no sting in your heart.

10. If you have only a dollar in your pocket, bless it by saying, "God multiplies this money exceedingly in my experience and I am grateful for the constantly increasing, tireless flow of God's riches in life." You will attract fantastic wealth.

11. *I thank Thee, Father, that Thou hast heard me and I know that Thou hearest me always. (John 17:24)*

Chapter Fourteen

Miracles of Riches Through the Power of Your Words

Did you ever think of the marvelous power of words? To think is to speak. Your thought is your word. The Bible says, in the Book of Proverbs (25:11), *A word fitly spoken is like apples of gold in pictures of silver.* We are also instructed as follows: *Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.* (Proverbs 16:24)

Are your words sweet to the ear? If you say, "I can't get ahead. It is impossible. I'm too old now. What chance have I to be rich? Mary can, but I can't. I have no money; I can't afford this or that. I've tried; it's no use," you can see that your words are not as a honeycomb; they are not constructive. They do not lift you up or inspire you. Furthermore, what you decree in words will actually come to pass.

The words you speak must be pleasant to the *bones,* which

means that your speech must exalt you, thrill you, and make you happy. *Bones* are symbolic of support and symmetry. Your speech must sustain and strengthen you. Decree now, and say it meaningfully: "From this moment forward, the words which I use will heal, bless, prosper, inspire, and strengthen me and everybody else."

Since your words literally are so powerful, it is important to say the right thing at the right time and, furthermore, to be sure that your words on all occasions are "sweet to the ear and pleasant to the bones."

Dr. Phineas Parkhurst Quimby of Maine pointed out over a hundred years ago that primitive man desired to communicate his hopes, aspirations, longings, likes, dislikes, and fears. He had an intense desire to communicate these thoughts and feelings to his fellow man. This was first evidenced by grunts and groans, and finally resulted in the formation of root words. From these, he added to his vocabulary to coincide with his mental and spiritual development.

Following this capacity to articulate his thoughts and feelings came, ultimately, the printing press, printed words, the typewriter, and countless other modern inventions to propagate knowledge in the form of words all over the world. Marconi decided to send his word around the world; his relatives thought he was psychotic and had him incarcerated for a while in an insane asylum. Nevertheless, his idea brought forth a new dimension in communication, and today we collapse time and space through his idea. You can pick up a phone today and talk to someone at the ends of the earth!

Begin to realize the wonders of speech and how you can bless, exalt, prosper, and inspire all those with whom you communicate.

Using Words with Authority

Word power is greater than thermo-nuclear weapons or atomic bombs, for the simple reason that words decree whether these weapons are to be used or remain latent. Words may be used to order atomic power to drive a ship across an ocean or to devastate a city or a nation.

Solomon said: . . . *The tongue of the wise is health.* (Proverbs 12:18) And again: *Death and life are in the power of the tongue* . . . (Proverbs 18:21) Here is the key to using words with authority.

I recited these words to a man who was in the hospital with cardiac trouble, and he began to say to himself the greater part of the day: "I am all health; God is my health." To the astonishment of his cardiologist, he had a most remarkable recovery. Another cardiograph was taken, revealing a normal heart. He used words with authority and conviction, and they found their way to his subconscious mind which responded accordingly.

He said to me, "Health is wealth. Now I can go back to my family and my business who need me, and finish educating my children."

His Words Brought Him Riches

I once had an interview with a businessman, and he said that the key to his prosperity and success in the business world was his constant realization of the truth behind these words: . . . *The words that I speak . . . are spirit, and they are life.* (John 6:63)

He said, "My riches and blessings have been brought about by these words and the manner in which I spoke them. I poured my deepest feeling (spirit) into these words. I knew my feeling

was the real evidence of the spirit behind them and which alone gave them creative substance."

This man has accomplished great things in the business world and has proved to himself that riches result from the right word spoken in the right way.

How the Authority of Words Can Bless

A real estate broker told me the secret of his capacity to take control and to issue decrees to his subconscious mind. His words of command are: "My words heal, quicken, vitalize, prosper, satisfy, and make rich all those whom I contact or do business with." His attitude is that the more life, love, goodwill, and riches he passes on to others, the more he possesses. Niagara is mighty because it pours forth freely.

This broker is immensely popular and very successful. He believes that what you decree you receive, as the Bible promises: *Thou shalt decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.* (Job 22:28)

How Living Word Was Made Flesh

Once I tried to help a man who had suffered financial reverses. I noticed that he was constantly saying, "If I could get my hands on some money, I'd be all right." I explained to him that he had to account for every idle word he spoke and that his subconscious does not take a joke, but accepts literally what he decrees. His hands were constantly shaking, and the words which he was using indicated doubt and anxiety and kept him financially on a merry-go-round.

He began to use the transforming power of the living word, so that it "became flesh," or was made manifest. He then

declared frequently: "I decree wealth and success, and I know that these words sink down into my subconscious because I say them meaningfully and sincerely. I am financially secure, and in my hands is all the money I need, and I give thanks."

Soon he turned the tide, both in his hands and financially! *And the Word was made flesh, and dwelt among us* .. . (John 1:14)

The Living Word Works Wonders

The concept which is faithfully held in your mind and heart is made flesh, in accordance with the quality and the nature of your words. Words are the mental equivalents which produce their image and likeness not only in our bodies, but in all our environment, relationships, and affairs.

Dr. Olive Gaze, an associate of mine, constantly uses the power of the word to enrich others. She verbally affirms (which means to fix in your mind, to make firm and real) whatever good it is that the person wants. When someone is seeking supply or more money, she affirms for them frequently during the day: "God is rich. Mary is God's child, and she is rich now. It is so!" This simple method brings forth rich results to all those who call upon her. These words have worked wonders in the lives of many.

How Words Command Miracle Power

Jesus, at the tomb of Lazarus, commanded the miracle power and decreed out loud: *Lazarus, come forth.* (John 11:43) And the resurrected man came forth to greet his sister and his friend, Jesus, who had spoken with authority. . . . *He spoke to them as one having authority.* . . . (Matthew 7:29)

Become entranced and fascinated by the power of your words! Never use words of lack, limitation, discord, or bad times; but begin to build a new body and a new environment, plus mental and material riches, by changing your words of command. Affirm boldly: "Wealth, come forth! Health, come forth! Success, come forth!" and you will experience the joy of the answered prayer.

How Words Attracted Clients

The people who attended my prosperity class on "The Amazing Laws of Cosmic Mind Power"* found that the power of words would produce fabulous results for them. I suggested that they take certain words which appealed to them and verbally decree them over and over for about ten or more minutes twice daily. Many told me that they worked in offices and could not always affirm out loud, so they wrote down what they were wishing to bring to pass and mentally went over their statements from time to time, thereby gradually conveying the ideas to their subconscious mind.

One of the men, who sells insurance, claimed boldly: "I am now attracting only those men and women who are interested and who have the money to invest for their children's education and for their own welfare." His persistent use of these affirmative words has attracted to him more interested people than ever before. Leads now come to him seemingly from nowhere, and he has made tremendous strides on the scale of life and in all its varied phases.

Remember—the power of words is one of the greatest gifts that God has bestowed on man. Animals can't talk or laugh.

*See *The Amazing Laws of Cosmic Mind Power*, by Joseph Murphy, published by Parker Publishing Company, Inc., West Nyack, New York, 1965.

You must realize that you can use your words to bless or to curse, to heal or to make sick, to produce riches or poverty, for your betterment or for your detriment. Cease using the power of your words against yourself. Always bless, and then you will gather orchids in life, instead of thistles.

Her Words Settled an Inheritance Claim

A woman in San Francisco, an old friend of the author, phoned me some time ago and said that her father had not included her in his will, which was being probated, but that the estate was being divided equally among the other five members of her family, namely, her brothers and sisters. She consulted an attorney at my suggestion, and she affirmed these words for fifteen minutes, three or four times a day: "There is a Divine, harmonious adjustment to the estate, and that which is mine by Divine right comes to me. I bless my sisters and my brothers, they bless me, and there is a happy ending."

After a week or so, her attorney called her and said that her brothers and sisters did not want her to contest the will and that they felt their father had been unfair to her because she had married a person of a different faith. They felt that it was none of their father's business whom she had married, and they had agreed to give her an equal share of the estate. There truly was a harmonious legal adjustment which resulted in an equal financial division for each one.

Your Healing Words

"Words are the most powerful drug used by mankind." (Rudyard Kipling) The Bible says: *He sent his word, and healed them*_____(Psalm 107:20)

Every one of us can use healing words for ourselves and also for others. The reason we may not get immediate results is due to the nature of our faith or belief. Now, this is how to use healing words for another; it might be for a loved one or for a friend.

Feel the Presence of God, which is the presence of harmony, health, and peace, in your friend, going through him and around him; feel that he is Divinely watched over. Even though the other person may not know about it, you personally accept that the healing is taking place now, and you sincerely believe it. You can do this several times a day, if you wish. Your faith grows. The healing may come slowly or it may come quickly, according to your belief. That is "sending your word," which is your thought and feeling, to the other person.

The prophet Isaiah said, *The Lord God hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary* . . . (Isaiah 50:4) A word of exaltation, of praise, of love; who can measure its power?

A dull boy could not learn; his teachers said that he was hopeless. His mother, though, was rich and powerful in love and faith, and she frequently affirmed during the day: "God loves my boy and He careth for him. The Intelligence of God wells up within him; the Wisdom of God is working through him; he is a perfect expression of God."

This boy is now normal, and he is doing very well at school. These are the spiritual riches of your words, when they are filled with love and understanding. Her words had power to harmonize and to heal.

His Words Caused Them to Pay

The credit manager of an engineering firm had many delinquent accounts, totaling nearly $30,000. He made a list of the

past-due accounts, and every morning before he started to work he mentioned each name and spoke the words as follows: "John Doe is prospered and blessed, and his good is multiplied. He pays all his obligations promptly, and he is honest, sincere, and just. I give thanks now for his check. He is blessed; we are blessed. 1 give thanks that it is so."

This statement, or command, to his deeper mind reached each one of his customers who had been very lax, and all paid up within one month! His words of faith and trust were accepted by his subconscious mind and were telepathically received by those men who had been in arrears and who had previously failed to answer his frequent requests for payment.

How Her Words Opened a New Door for Employment

A woman, aged sixty, claimed that she could not find work and that all doors were closed to her because of her age. She affirmed as follows: "I am a child of God. I am always gainfully employed by my Father who is God, and my Father pays me handsomely and opens a new door for me."

She gained new strength and confidence, which were immediately apparent in her bearing, and she visited several agencies and made inquiries. In no time she found a wonderful position with an employer who was delighted to have her because of her stability, loyalty, and wisdom garnered through the years.

Your Words Can Solve Your Problems

A young secretary worked for a demanding individual who was somewhat sadistic in his language. She affirmed to herself

as follows: "There is no man like this in the universe. God thinks, speaks, and acts through my employer. God is in him and speaks and acts through him."

Shortly afterwards, the employer turned the business over to his son, who shortly fell in love with the secretary. The author is happy to say that he had the pleasure of performing their marriage ceremony. This young woman had taken command of her words, and she found a Divine answer.

When you speak from the standpoint of the Infinite, your words are true; they have power, and they come to pass. *In the beginning was the Word, and the Word was with God, and the Word was God.* (John 1:1)

REHEARSE THESE TRUTHS

1. Your thought is your word. Words represent the armory of your mind. Thoughts are things, and your words come to pass.
2. Your words are far more powerful than atomic or nuclear energy. Words may be used to employ atomic power in the healing arts or to drive a ship across an ocean, or words may cause these same energies to be used destructively.
3. Let your words be full of spirit (feeling), and pour into them life and meaning, and you will experience the result in forms, functions, experiences, and events.
4. You can issue words of command, such as "My words heal, quicken, vitalize, prosper, satisfy, and make rich all those with whom I do business." These words will cause your business to flourish and to prosper. Your words are the body of your thought.

5. *Man shall decree a thing and it shall come to pass.* (Job 22:28) In other words, your word "becomes flesh," or takes form in your world.

6. Your words are the mental equivalent which produce their image and likeness in your experience.

7. Learn to speak as one having authority. Believe implicitly that your subconscious answers your word, which is your conviction.

8. Use words which appeal to you, which fascinate and enthrall you, and repeat them frequently. It is the frequent habitation of the mind with these thoughts that produces miracles in your life.

9. Let your words flow from the standpoint of God and Truth, and you will find a harmonious adjustment in legal and other troublesome matters.

10. Rudyard Kipling said, "Words are the most powerful drug used by mankind." Your thought and feeling are your "word," which can heal not only yourself but also others. Think of the Presence of God, and become sincerely interested. You will rise in consciousness, and, according to your rise in consciousness, a healing will follow. You can sharpen a dull child in this way.

11. Your words can cause customers who are delinquent in their payments to pay up. Bless them and they will feel it subconsciously and act accordingly.

12. If you are looking for employment, use these words feelingly and knowingly: "I am a child of God, and God is my employer. I am always gainfully employed,

and I give thanks now for my perfect expression in life and for my wonderful income."

13. If another person speaks harshly to you or is sadistic in his language, affirm boldly that God indwells him and that there is no man like that in the universe; know that God is All, and God thinks, speaks, and acts through him. Feel the truth of this, and you will experience the joy of the answered prayer.

Chapter Fifteen

The Marvelous Riches of the Silence

The Silence is the rest of the mind in God, and as sleep nourishes and refreshes the body, so does communion with God nourish, sustain, and revitalize man. Emerson said, "Let us be silent that we may hear the whispers of the gods."

The Silence consists of withdrawing your attention and sensory awareness from the external world and then focusing your attention on your ideal, goal, or objective, while knowing that the Infinite Intelligence of your subconscious mind will inevitably respond and reveal the answer.

A Genius in Every Man

You came into the world with all the powers and qualities of God and the power to think as an individual. You think, therefore you have the power to create and to project your

mental acceptances and beliefs into the world about you. You are rich when you are aware of your creative force. Your riches and even your security itself lie in your power to create.

While visiting a movie studio, I asked a motion picture writer, "How do you do the work? What do you do when you write a play?" He replied somewhat like this: "I quiet my mind, relax, and let go. I just know what the idea of the script is. I think about the idea and enjoy it; then in the silence at night prior to sleep, I dwell upon the book, knowing that the theme, the characters, and the ideas will be given to me. In the morning when I wake up, I have the whole script, and I sit down and write it."

Now where did the play originate but in the mind of the writer? The ideas he entertained and meditated upon in the silence of the night were impressed upon his subconscious mind, and the latter automatically responded with all the creative ideas necessary for the book.

You live in your mind, and it is there that you become rich or poor, a beggar or a thief. You possess the pearl of great price when you know the power of your own thoughts to create what you want in life. The riches and the powers within you can never be depleted. The riches of your mind know no limitation but that which you impose upon yourself.

How He Drew Wealth from the Silence

Robert Louis Stevenson practiced the Silence regularly and systematically. He had the persistent habit of giving specific instructions to his subconscious mind in the silence of the night prior to sleep. With his attention withdrawn from the

sense world around about him and turning inward to the wisdom and power of his subconscious mind, he would request his deeper mind to evolve stories for him while he slept. For example, if Stevenson's funds were at a low ebb, his command to his subconscious would be something like this: "Give me a good, thrilling novel which will be marketable and profitable." His subconscious mind responded magnificently.

Stevenson said, "These little brownies [the intelligence and powers of his subconscious mind] can tell me a story piece by piece like a serial and keep me, its supposed creator, all the while in total ignorance of where they aim." And he added, "that part of my work which is done when I am up and about is by no means necessarily mine, since all goes to show that the brownies have a hand in its existence."

His Silent Period Made Him Famous

Kahlil Gibran, who wrote *The Prophet*, not only deliberated in the silence of the night, communing with the God-Self within him, radiating love, peace, joy, and goodwill to all, but daily contemplated the inner radiance, light, love, truth, and beauty within him, and he bequeathed to humanity the wealth of his meditations in the silences with God. Gibran turned frequently within to the One, the Beautiful, and the Good, and wrote, "A seeker of *Silences* am I and what treasures have I found in *Silences* that I may dispense with confidence."

He drew wisdom, truth, and beauty from the ever-lasting fountain of living waters within. In the silence of the night and in tune with the Infinite he was inspired from on High and wrote majestic gems of wisdom, which made him famous, and also quite wealthy.

A Thrilling Experiment in the Silence

My tailor told me of a thrilling business experiment conducted by his daughter. She was going to model in a fashion show in New York and remarked to her father, "I saw a beautiful ermine coat in the show today for eight thousand dollars. I know we can't afford it, but I am going to perform an experiment in my mind. Oh, how I want it!"

Her father told her to imagine she was wearing the coat, to feel its beautiful fur, and to get the feel of it on her. She practiced mentally putting on the imaginary coat. She fondled it and caressed it like a child does her doll. She continued to do this and finally felt the thrill of it all. In the silence of each night she went to sleep "wearing" the imaginary coat and feeling happy in possessing it. A month went by and nothing happened. She was about to waver, but she reminded herself that it is the sustained mood which demonstrates *He who perseveres to the end will be saved.* (Matthew 10:22)

The sequel to her mental drama was that, ultimately, one Sunday morning after my lecture, a man accidentally stepped on her toe, apologized profusely, asked her where she lived, and offered to drive her home. She accepted gladly. After a short acquaintanceship, he proposed marriage, gave her a beautiful diamond ring, and said to her, "I saw the most beautiful coat; you would look simply radiant wearing it." It was the coat she had admired a month previously. (The salesman said that many wealthy women had looked at the coat and had admired it immensely, but for some reason, they always selected another garment.)

How a Mother Recharged Her Emotions

A woman complained to me that her children were driving her crazy. I suggested to her that every morning she set aside about fifteen minutes and read the 91st and 23rd Psalms out loud, then close her eyes and detach herself from her surroundings. She was to think of God's Infinite love, boundless wisdom, supreme power, and absolute harmony, and feel the atmosphere of love, peace, joy, and happiness surrounding and enfolding her children, claiming at the same time that His love and His peace filled her mind and heart and that the children were growing in peace, beauty, wisdom, and understanding.

She recharged her mental and spiritual batteries with the power and the wisdom of God, and her whole life was transformed. Her love for her children grew by leaps and bounds. This is also the riches of peace she found in the Silence.

How a Pilot Practices the Silence

As a violent storm accompanied by thunder and lightning encircled the plane on which I was traveling to the Orient, the pilot told me that whenever he encounters a storm, he quietly recites the 23rd Psalm, adding, "God's love surrounds this plane and I bring it down in Divine order."

I noticed that at first, while the passengers were panicky, suddenly a great calm came over them. Our pilot made a perfect landing at Hong Kong and no one was hurt. He had refused to panic, thereby releasing the healing currents of love and protection for all.

He Solved His Problem in the Silence

A man complained bitterly to me that he could not get a job because he did not have a union card. Furthermore, he did not have the money to join the union. He wanted to send his son to college and to purchase a new home, but he said, "I'm frustrated at every step."

I said to him that he should listen to the true voice within himself. He had been looking at the negative aspect of things, but faith comes through hearing the eternal Truths of God. At night he became still, immobilized his attention, and affirmed, "Infinite Intelligence opens up a door of expression for me where I am Divinely happy and Divinely prospered. God opens up the way for my boy to go to college and God's wealth flows to me in avalanches of abundance."

A few days passed and he met a former employer, who immediately engaged him at a very high salary, and who turned over his own cottage near the plant for this man and his wife. With the increase in salary he was able to send his son to college. The answer came from the depths of himself as he quietly contemplated God's love and beneficence in the silence of the night.

How to Get Thrilling Results

Close the door of your senses, then you are no longer distracted by sense perceptions of the world, and silently dwell on the presence of God within you. You should go into His Presence in a joyful, receptive, and expectant attitude, knowing that Infinite Intelligence will respond when you call. When you go to the pond or fountain for water, you take a bucket or some other proper receptacle in which to receive the water.

Likewise, when you tune in with the Infinite your receptive mind (the receptacle) will be filled with the Infinite Healing Presence and all the gifts of God.

You can begin now to enter the Silence periodically by simply reordering your mind, wherein you withdraw your attention from the diversity of sense evidence and commune with the indwelling God filling your soul with His love.

How to Lead a Charmed Life

A young doctor told me that as he studied the pathology of diseases he contracted several of the conditions he had studied. He realized that he was constantly involved in the morbid images and that his mind created what he had feared.

On realizing the cause of his predicament, however, he reversed the situation by contemplating that all diseases were due to distorted mental patterns on the part of patients. He began to contemplate the perfect pattern of harmony, health, and peace. As he looked at the negative condition, he contemplated wholeness, beauty, and perfection. He began to see the presence of God in all patients, and he thereby became immunized against all disease.

He is now leading a charmed life. He goes into isolation wards, visits diseased patients, and is completely immunized.

A Scientist and the Silence

A famous engineer and space scientist, when presented with problems, sits alone in his research office and silently contemplates as follows: "I am being made aware of the Divine solution now. God knows the answer and I and my Father are one. God reveals it to me this instant."

He says that invariably and inevitably he receives the answer, sometimes as an intuitive flash in his mind which presents him with the necessary idea, or, often as a graph in his mind, which is the perfect answer. He likes to call his technique the "silent solution."

Why Nothing Happened

A woman said to me that she spent one-half hour in the Silence every day but got no results. I discovered that her procedure was to listen to music, have incense burning, and concentrate on statues of holy men. She also adopted certain postures, lit candles, erected altars in her home, and faced the East when she prayed.

Actually, she was completely involved in the periphery of life and externalities. Her whole life was chaotic. She was sick, frustrated, lonesome, bored, and suffered from various mental aberrations. Her mind was focused on statues, candles, rituals, incense, music, and postures, all of which resulted in a sort of auto-hypnotic trance. She was impregnated by her five senses and was not communing with the Divine Presence at all.

Her sister was non-religious and was constantly chiding her, saying, "You pray every day and what good does it do you? Look at me. I don't go into the silence at all and I don't even believe in God, yet I am strong, vital, and prosperous." Actually, this woman was not in the Silence at all. She was being impressed by sights, sounds, and statues and was simply wasting her energy and time on externalities. I explained to her the wise silence of Emerson, which she began to practice, resulting in a tremendous change in her mind, body, and financial situation.

The Wise Silence of Emerson

Practice the wise Silence by turning away from the world and the evidence of your senses and contemplate the reality of your ideas or desires. "Believe you have it now and you shall receive it." This means that your desire, idea, plan, purpose, or invention is as real as your hand or your heart. It has form, shape, and substance in another dimension of mind.

Give it your attention, exult in it, know that Infinite Intelligence which gave you the idea will reveal the perfect plan for its unfoldment. Sustain this attitude and you will experience the joy of the answered prayer. This is the wise Silence of Emerson.

Begin to Reap Rich Dividends Daily

Every morning when you arise, think of God and of His love and become alert and quickened with great expectancy, interest, and vital attention. Affirm quietly and slowly, "Into the Holy Omnipresence of God I give myself, my plans, my ideas, and all the affairs of my life this day. I dwell in the secret place of the Most High, and His overshadowing Presence watches over me, my family, my business, and all things appertaining to me. God walks and talks in me and wherever I go God and His love accompany me. God prospers me in all my undertakings and His wealth flows to me freely, joyously, endlessly, and ceaselessly. I walk the earth with the praise of God forever on my lips."

As you practice the above method you will reap rich dividends in all departments of your life.

That Inner Stillness

"Let us then labor for an inward stillness—a stillness and an inward healing—that perfect silence where the lips and the heart are still and we no longer entertain our own imperfect thoughts and vain opinions, but where God alone speaks in us and we wait in singleness of heart that we may know His will and in the *Silence* of our spirit that we do His will and do that only." (Longfellow)

IDEAS WORTH REMEMBERING

1. The Silence is the rest of the mind in God, whereby we receive nourishment, vitality, and new strength.

2. There is a genius in every man. All the powers of God are within man waiting to be drawn forth by the conscious mind when it is stilled.

3. You may give specific instructions to your subconscious mind silently and lovingly prior to sleep and your subconscious will perform magnificently according to the nature of your directions.

4. You can draw forth marvelous ideas for a book, play, or music from your deeper mind by stilling your conscious mind prior to sleep and calling on the Infinite to reveal to you what you need to know.

5. In your business, take ten or fifteen minutes every morning and claim Infinite Intelligence is directing all your activities and that your payments, decisions, and purchases will be governed and conditioned by the wisdom of God. Your business will prosper in a magnificent way.

6. If you can't afford an expensive coat, imagine that you have it on, feel its texture and beauty, fondle and caress it, and continue to wear it mentally, and you will receive it in ways you know not of.

7. You can recharge your mental and spiritual batteries in the Silence by slowly and quietly affirming the 91st and 23rd Psalms and knowing God's peace flows through your mind and heals.

8. In a storm at sea or in the air, quietly know God's love surrounds, enfolds, and enwraps you, and you will be at peace.

9. Go into the Silence with a feeling of great expectancy and vital attention and you will receive the gifts of God, all the riches of Heaven, and earthly riches as well.

10. Lead a charmed life by seeing the presence of God where discord, sickness, or contagious disease and financial lack are present and you will build up an immunity to all these unharmonious conditions.

11. Claim that God has the answer and that you are one with God; therefore, you also have the answer and you will receive the Divine Solution to all problems.

12. In the Silence you detach yourself mentally from all external sights, sounds, and objects and instead contemplate the reality of the wish fulfilled. As you do this, the power of God backs you up and you experience the joy of the answered prayer.

REVISED AND EXPANDED

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PRENTICE HALL PRESS

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PRENTICE HALL PRESS

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Published by the Penguin Group

Penguin Group (USA) Inc.
375 Hudson Street, New York, New York 10014, USA
Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3, Canada (a division of Pearson Penguin Canada Inc.) Penguin Books Ltd., 80 Strand, London WC2R 0RL, England
Penguin Group Ireland, 25 St. Stephen's Green, Dublin 2, Ireland (a division of Penguin Books Ltd.) Penguin Group (Australia), 250 Camberwell Road, Camberwell, Victoria 3124, Australia (a division of Pearson Australia Group Pty. Ltd.)
Penguin Books India Pvt. Ltd., 11 Community Centre, Panchsheel Park, New Delhi —110 017, India Penguin Group (NZ), 67 Apollo Drive, Rosedale, North Shore 0632, New Zealand (a division of Pearson New Zealand Ltd.) Penguin Books (South Africa) (Pty.) Ltd., 24 Sturdee Avenue, Rosebank, Johannesburg 2196, South Africa

Penguin Books Ltd., Registered Offices: 80 Strand, London WC2R 0RL, England
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Library of Congress Cataloging-in-Publication Data

Murphy, Joseph.
The amazing laws of cosmic mind power / Joseph Murphy; revised by Ian D. McMahan

p. cm.
eISBN : 978-1-101-17364-0

1. New Thought. I. McMahan, Ian: 11. Title.
BF639.M815 2001
299’.93—dc21
2001019054

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http://us.penguingroup.com

PREFACE

This book can work what may seem like magic in your life.

Magic is the production of effects by forces we do not yet understand. As you grow to appreciate the processes, they cease to seem magical, but they remain marvelous. Suppose someone from a distant century watched you using the Internet to retrieve information from a database half a world away, then exchange instant messages with a friend in another state, all the while listening to a symphony played by a full orchestra on a compact disc. Your visitor would be convinced that you were a world-class magician or sorcerer. It is because we have some notion of how these devices work that they do not seem magical to us.

All fundamental forces are, by their nature, unknown. Furthermore, all things are the products of mind, yet we do not really know what mind is. We cannot analyze it under a microscope, nor can we see it, but we can find out, nevertheless, how it works. Then we discover a hidden power that lifts us up and sets us on the high road to happiness, freedom, and peace of mind.

How You Use Your Cosmic Power Every Day

We don’t know what electricity is. We know some of the things it does, but the inner nature of this force is still unknown to us. So, you see, all of us actually use special powers all day long. We don’t understand, for example, how we move or can lift a finger just by the express will of the mind. It is said that the lifting of a finger disturbs the most distant star. So you see that we all are familiar enough with what might be called magic, even though it does not go by

that name in our common speech. It is only the unaccustomed thing we do not understand that we call magic.

You have a mind and you will learn how to use it more effectively in the pages of this book. As a result, wonders will happen in your life.

How This Book Can Change Your Life

This book contains the key to rebuilding your entire life. It is written for you. In the fifteen chapters of this book, in simple, practical, down-to-earth language, techniques and processes are set forth for using the magical powers of the Universal Mind within you to bring forth health, happiness, and prosperity, plus a feeling of complete inner satisfaction and fulfillment.

As you read the captivating and enthralling stories in these pages, you will see exactly how others have accomplished startling things through the special powers within them. This book shows you how to change yourself from within. The Cosmic Power is within you. The information on these pages shows you how to find it and how to use it.

Why None of Your Problems Need to Go Unsolved

There is an answer to every problem. I definitely believe you will find your answer in the pages of this book. Universal Mind Power is the greatest power in the world. Whatever you desire, this Power can fulfill that desire for you. The Power is your mind, which is one with the Universal Mind.

This book describes how to think and what to think and how to direct your mind so that miracles will happen in your life. You will find priceless knowledge in these pages that makes it possible for you to banish forever the deadly mental poisons of fear, worry, and jealousy.

As you read and then apply the special power of your mind as outlined herein, you will set out on a great and wonderful adventure in mental and spiritual unfoldment.

This journey will pay you fabulous dividends in health, wealth, love, and expression. It will prove very exciting, and thereafter you will look forward to the future with joy and enthusiasm. Continue in your marvelous journey through this book until the day breaks and all the shadows flee.

LAW 1

THE ASTOUNDING LAW OF CONTACT WITH THE COSMIC MIND

Prayer is always the solution. God is ... *a very present helpin* [*time of*] *trouble* (Ps. 46:1). We are told that we should *pray, believing* (Matt. 21:22), and we shall receive. If this is so—and daily proofs surround us—then prayer is the greatest force in all the world.

No matter what the problem might be, no matter how great the difficulty or how complicated the matter seems to be, prayer can solve it and bring about a happy and joyous solution. After having prayed, you take whatever practical steps seem indicated, because your prayer will guide and direct your footsteps.

Prayer is contacting, communicating with, and aligning your thought with the Infinite Intelligence, which responds to the nature of your thought and belief. Prayer will bring forth whatever you want and need in your life, if you conform to the laws of your mind purposefully, sincerely, and righteously. Prayer constantly brings about the seemingly impossible and heals the so-called incurable. In the history of humankind, there is no conceivable problem that has not at some time been solved by prayer.

People of all ages, all countries, and all religions have believed in the miraculous power of prayer. *God is no respecterof persons* (Acts 10:34) and He is available to all people, regardless of their race, creed, or color. Those who have received marvelous answers to their prayers have either consciously or unconsciously given recognition,

honor, and devotion to a responsive Infinite Intelligence that indwells all humans.

Remember that God is omnipotent, omniscient, and omnipresent, and is untrammeled by time, space, matter, or the vagaries of humankind. It is easy to see, therefore, that there can be no limit to the power of prayer, because with *God all things are possible* (Matt. 19:26).

THE MIRACLE OF PRAYER

More than sixty years ago, a man was convicted of murder in one of our western states. He was sentenced to be hanged. During the time between his trial and the date set for his execution, he discovered the love of God. He prayed that God would forgive him and spare him. The man had committed the murder for which he had been sentenced, but he had heard or read that God was “the bad man’s deliverer.” He took this thought to heart and pondered it every day. When the day came and he was led to the gallows, the trap, which ordinarily would fall the moment it was released, jammed in place. The hangman and his assistants tried again and again to spring the trap, but it was of no use. Finally, the prisoner was led back to his cell. Eventually he was granted a reprieve. In later years he became a spiritual inspiration to his fellow prisoners.

The love of God indeed passes all understanding and illuminates the path we tread. The wonders and blessings of God know no end.

God does not condemn or judge any person. The Bible says: *Thou art of purer eyes than to behold evil, and canst not look on iniquity...* (Hab. 1:13). You pass judgment on yourself by the concepts and beliefs that you entertain. You are always choosing thoughts, and in that act you are passing judgment on yourself. God, however, sees you as

perfect. The Perfect One cannot see imperfection. When you rise in consciousness to the point that you forgive yourself and cleanse your mind and heart, the past is forgotten. It becomes as if it never were.

So often, we are told that “As you sow, so shall you reap.” This is an oversimplification. Yes, reaping what you have sown is a law of the world, but only so long as you do not pray or meditate on the truths of God. No matter how awful the crime or how heinous the offense, it can be wiped away from the mind, together with all the punishment that would ordinarily follow. Mere affirmations and perfunctory prayer will not change matters, however. What is essential is a deep hunger and thirst for God’s love and peace, plus an intense desire to reform. It is this combination that has the power to wipe away the punishment that must otherwise follow destructive thinking.

PRAYER CAN CHANGE YOUR LIFE

About twenty years ago, in England, I had a long talk with a man who confessed to me that he had once killed a man. The circumstances were not all black—he had thought he was defending himself—but there it was. He intensely wanted to transform himself, to be reborn mentally and spiritually. At the end of our interview, I wrote a special prayer for him. I suggested that he spend fifteen or twenty minutes, several times daily, meditating on it. He was quietly, silently, and lovingly to claim and feel that God’s love, peace, beauty, glory, and joy were flowing through his mind and heart, purifying, cleansing, healing, and restoring his soul. As he did this regularly, these attributes of God were gradually resurrected within him.

A few months later, he told me that one night his whole mind and body, as well as the room he was in, became a

blaze of light. Like Paul, he was actually blinded for a while by the light. He told me that all he could remember was that he knew the whole world was within him and that he felt the ecstasy and rapture of God's love. His feeling was indescribable. It was the moment that lasts forever. Truly, he was a changed man; he experienced and expressed divine love in his mind and heart. I learned that eventually he began to teach others how to live, and I am sure that he is still doing it somewhere.

YOU CAN BECOME WHAT YOU LONG TO BE

Arthur T. came to me for counseling. "I can't seem to hold down a job," he said. "I suppose some people might say it's my own fault. I can't really throw myself into my work. In fact, sometimes I can't even be bothered to show up. It's all so worldly and irrelevant. I have my mind set on higher things."

"What do you mean?" I asked.

"There's only one thing that matters," he replied. "And that is going to heaven when I die. Everything else is trivial, right?"

"Not exactly," I said. "What we call heaven is really another term for the mind at peace. In the framework of cosmic consciousness, there is no such thing as physical death. The only real death is a psychological process, in which you allow your spiritual faculties to be smothered by ignorance, fear, superstition, and sloth. And from what you say, you are in real danger of dying that death."

His face took on a frightened look. "Tell me, what can I do?" he begged.

"You must work to resurrect faith, zeal, enthusiasm, confidence, and true expression in your life," I replied.

At my suggestion, Arthur began to pray that Infinite Intelligence would guide and direct him to true expression and that he would prosper spiritually, mentally, and financially. Gradually, he began to develop a new interest and excitement in life and to apply himself vigorously to his work. Soon he not only held his job but was promoted to a more responsible position. His new mental attitude changed everything in his life. He described these wonderful changes to me, then added, “I don’t have to brood over my chances of going to heaven. I am living in heaven now.”

A PRAYER FOR FORGIVENESS

Doreen B. told me that she had never recovered from the abuse she suffered as a child. She was raised by an aunt and uncle after her parents were killed in an accident.

“It still haunts me,” she said. “I wake up every day asking myself how anyone could torment a little kid that way. No matter how hard I tried, I was punished for making a mess, for making noise, for not doing my chores fast enough or well enough. It was awful!”

“Why do you think they treated you that way?” I asked.

“It was part of their beliefs,” she said. “They thought they were driving the devil out of me. And everything I did was just one more sign that they hadn’t done it yet.”

Her eyes filled with tears.

“And do you know what’s really terrible?” she continued after a moment. “They convinced me. Whenever anything goes wrong for me, right away I think, ‘I must have deserved this.’ Hard as I try, I can’t forgive myself for not being perfect.”

I explained to Doreen that forgiving herself meant extending that same forgiveness to those who had harmed

her. “Remember the words of the Bible: *And when ye stand praying, forgive, if ye have ought against any* ... (Mark 11:25).”

I then taught her a simple but effective method to bring about forgiveness in herself. “Think of God and His love for you,” I told her. “Quiet your mind, relax, and let go. Then affirm this prayer.”

> I fully and freely forgive [think of the name of the offender]. I release him or her mentally and spiritually. I completely forgive everything connected with the matter in question. I am free, and he or she is free. It is a marvelous feeling.
>
> This is my day of general amnesty. I release anybody and everybody who has ever hurt me, and I wish for each and everyone health, happiness, peace, and all the blessings of life. I do this freely, joyously, and lovingly. Whenever I think of the person or persons who hurt me, I say, “I have released you, and all the blessings of life are yours.” I am free and they are free. It is wonderful!

As Doreen discovered, the great secret of true forgiveness is that once you have forgiven a person, it is unnecessary to repeat the prayer. Whenever the person comes to your mind or the particular hurt happens to enter your mind, wish the person well, and say, “Peace be unto you.” Do this as often as the thought enters your mind. After a few days, thoughts of the person or experience will return less and less often, until they fade into nothingness.

HOW INFINITE INTELLIGENCE ANSWERED HIS PRAYER

Many years ago I lectured in Auckland, New Zealand at the Temple of Higher Thought. Douglas R. spoke to me at the end of one of my lectures. “Two years ago, my daughter moved to America, to New York City,” he said. “We have not been able to see each other since. I desperately want to go visit her, but I can’t afford it.”

“Did you hear today’s lecture?” I asked

“Yes, of course,” he replied. “But …”

“I understand your doubts,” I said. “But you must teach yourself to set them aside. Try this: Several times a day, go to a quiet place, relax, and affirm, *Infinite Intelligence opens up the way for me to visit my daughter in New York City in divine order.* Every evening, before going to sleep, visualize yourself in the airport terminal in New York. Make the picture as clear and realistic as you can. Your daughter is giving you a big welcome hug and saying, ‘Daddy, I am so glad to see you at last.’ See the joy on her face and hear the love in her voice.”

“I’ll try it,” he promised.

Before I left Auckland, I received a phone call at my hotel. It was Douglas. “A miracle has happened,” he announced. “Years ago I was in business with a partner who cheated me out of several thousand pounds. Today I received a letter from a solicitor in Sydney, Australia. My ex-partner died last month. In his will, he stipulated that I was to receive five thousand pounds. I’ve already made my reservation for a flight to New York!”

Infinite Intelligence is all-wise. It will always respond and react according to the nature of your request. Its ways are beyond finding out.

PRAYER OVERCOMES RACIAL PREJUDICE

When I was younger, I served in the army. Isaac G. was a member of my battalion. One day he told me, “I’ve always dreamed of becoming a doctor. I applied to medical school two years in a row, but I was turned down both times. I guess I have to give up my ambition.”

“Why were you turned down?” I asked. “Did you have low grades in college?”

“Not at all,” he replied. “My marks were way above average. And I know my professors gave me good recommendations. No, I’m convinced it was purely a matter of prejudice. The medical school already had too many students of my racial background, so they turned me down.”

I had no way of knowing whether Isaac’s conclusion was correct. I did know that in those days such things happened; they still do in some places. In any case, I could see that he was convinced of what he had said. I told him that Infinite Intelligence does not discriminate. It answers all people according to their belief.

We talked for a long time about the relationship of the conscious and subconscious mind. By the end of our discussion, Isaac began to see that his subconscious mind had the answer to his problem, if only he would turn the problem over to it.

I encouraged him to try an experiment. At night, as he was about to fall asleep, he was to imagine a medical diploma inscribed with his name and stating he was a fully qualified physician and surgeon. He was to take this diploma in his hand and feel the pride of accomplishment in having earned it. He worked to make his mental picture as real and natural as he could, to impress it on his subconscious mind.

One morning soon afterward, Isaac came looking for me. “I have a feeling that something is about to happen,” he said. “Somehow, I don’t think I’ll be around here much longer.” This was his subconscious mind telling him, “All is well.”

Later that day, he was called in to see the commanding officer. Someone in Personnel had made note of Isaac's pre-med training in college and recommended that he take a screening exam. If he did well on it, he would be sent to medical school at the Army's expense. He had no trouble passing the examination and, as a result, soon began medical training. He let Infinite Intelligence open the door for him to become what his heart desired.

PRAYER OPENS PRISON DOORS

Some years ago, at the request of his family, I visited Gordon J., who was imprisoned in upstate New York.

"Are you here to tell me I'm free?" he demanded. "If you're not, then what good are you to me?"

"I'm here to help you find comfort in your situation," I replied.

"Oh, man, give me a break!" he burst out. "My situation! I'm locked up for the next five years for something I didn't even do. Guys who do things a lot worse than I ever did are out there, free as birds, living it up. Every minute of my life, I do nothing but pray for freedom. And you want me to find comfort in my situation? You're nuts!"

The biggest source of Gordon's bitterness was that he was in prison for a crime he hadn't committed. As we talked, however, he freely admitted that before being arrested, he had been carrying on a one-man war against society and against the Golden Rule.

"You were in prison long before they sent you here," I said. "You built your own prison—a psychological prison of hatred and envy. Even if you walk out of this place tomorrow, you'll carry that prison with you. But if you are willing to put those

negative attitudes aside, you'll find real freedom even if you are still behind these walls."

I gave Gordon detailed instructions on how to change his mental attitude. He began to pray for those he hated, by affirming frequently, "God's love flows through them. I wish success and happiness and peace for all of them." He continued to do this many times a day. At night, before going to sleep, he imagined himself back home with his family. He visualized his little daughter in his arms and heard her voice saying, "I'm so glad you're home, Daddy."

Gordon did all this in his imagination. After a while he made it so real, natural, and vivid that it became a part of him. He had succeeded in impregnating his subconscious with the belief in freedom.

As he continued, he discovered that he no longer felt driven to pray for his freedom. This was a sure psychological sign that he had embodied the desire for freedom subjectively. He was at peace, and though he was behind bars, he knew subjectively that he was free. It was an inner knowing. Having realized his desire subjectively, he had no further compulsion to pray for it.

Some months later, I learned that Gordon had been released from prison. Friends who had never lost faith in him had uncovered new evidence that proved his innocence. A door to a new life opened for him.

HER PRAYER SAVED HIM FROM FINANCIAL DISASTER

Ramona S. was in constant attendance at the weekly lectures I gave on one of my books, *The Power of Your Subconscious Mind* (Paramus, NJ: Reward Books, 2000). After one of the sessions, she approached me and started to weep.

When she got her feelings under control again, she said, “I don’t know what to do. Mike, my boyfriend, owns a computer store. It did so well for so long, and he was so proud of his success. Now, suddenly, he says he may lose the store.”

“Why?” I asked. “What’s the problem?”

She shook her head. “I don’t know,” she told me. “He can’t meet his bills, that’s all. He may even lose his apartment and his car. Everything is tied up in the store. We were talking about getting married, but now ... It isn’t possible. I don’t see any way out. The whole thing’s hopeless.”

“Ramona, what are you doing when you make statements like that?” I asked.

“Telling it like it is!” she said bitterly. “No, I know what you mean. I’m filling my subconscious mind with the thought of failure, right?”

“Right,” I agreed. “And what *should* you do?”

“Reverse it,” she replied. “That’s what we all learned, isn’t it? But how?”

“First, put yourself in a quiet, passive, receptive state of mind,” I said. “Then fill yourself with the feeling that there is a way out for Mike and for you.”

Every night, Ramona went to sleep dwelling on this wonderful truth: “I know there is a solution for us through the wisdom of my subconscious mind. I accept the way out now and the happy ending in divine order.”

At my suggestion she built on this procedure, and three or four times daily she entered into the mood or feeling that there was a solution for her boyfriend.

In using this technique of prayer, Ramona was deliberately rejecting the evidence of her senses, including

her “common sense.” Instead, she looked to the wisdom of the subconscious for an answer.

Less than two weeks later, Mike called to tell her that a miracle had happened. He had just received an e-mail message from his most important supplier. The supplier had been inadvertantly overcharging Mike’s store for more than two months. His account was not overdue; in fact, he had a substantial credit balance.

The answer to Mike’s and Ramona’s difficulty had come out of the blue, in response to her prayer of faith. The Bible says, *Before they call, I will answer; and while they are yet speaking, I will hear* (Isa. 65:24).

YOUR DAILY PRAYER

I know that no matter what the negation of yesterday was, my prayer or affirmation of truth will rise triumphantly over it today.

Today is God’s day; it is a glorious day for me. I am full of peace, harmony, and joy. My faith is in the goodness of God, in the guidance of God, and in the love of God. I am absolutely convinced that my deeper mind receives the impression of my present thoughts, and I am irresistibly attracting into my experience all the good things my heart desires. I now place all my reliance, faith, and trust in the power and wisdom of God within me; I am at peace.

I hear the invitation of the God-Presence within me saying, *Come unto me, all ye that labour... and I will give you rest* (Matt. 11:28).

I rest in God; all is well.

POINTS TO REMEMBER

1. Prayer is always the solution. Prayer is a wish turned God-ward, and God answers you.
2. With God all things are possible. God is all-powerful and knows no opposition.
3. Complete and utter faith in God can save you from death.
4. Let divine love and peace enter your heart, and the past will be wiped out and remembered no more.
5. Changed attitudes change everything in your life, and your whole world magically transforms into the image and likeness of your dominant conviction.
6. In prayer, ignore your doubts and fears and acknowledge that Infinite Intelligence knows the way out and has the “know-how” of accomplishment.
7. Creative Intelligence, which is God in all people, is no respecter of persons, and it answers all people according to their beliefs.
8. Prayer opens prison doors when you are living in a psychological prison of hatred, envy, and vengeance.
9. There is always a way. Still the wheels of your mind and be aware that God knows the answer and, because God knows, you know. *I and my Father are one* (John 10:30).
10. *What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them* (Mark 11:24).

LAW 2

THE SECRET LAW OF FAITH

Faith is a way of thinking, a mental attitude that gets results. The faith spoken of in the Bible is a conviction based on eternal laws and principles that never change. Faith is a fusion of your thought and feeling, or your mind and heart, that is so complete, inflexible, and impregnable that no external events or happenings can move you.

In the eleventh chapter of Mark, you can read a marvelous verse, the twenty-third, on the power of faith:

For verily I say unto you, That whosoever shallsayunto this mountain (your problem, difficulty), *Be thou removed* (that is, eradicated, dissolved), *and be thou cast into the sea* (that means the "sea" of your subconscious, where the healing or solution takes place and problems disappear); *and shall not doubt in his heart* (the heart means your subconscious mind; in other words, your conscious thought and subjective feeling must agree), *but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.*

These great truths are very explicit. There is a power and a wisdom within you that can lift you up out of poverty and sickness, reveal to you the answer to your prayer, and set you on the high road to happiness, peace of mind, joy, and harmonious relationships with all people and with the whole world.

FAITH-POWER WORKS WONDERS

Some years ago, while flying to the East Coast, I sat next to a man who told me that he was a member of a sales force for a large biochemical firm that had two hundred representatives in the field. His name was William B. When he asked what my line of work was, I described myself as a motivational speaker.

"I wish I'd known you a few weeks ago," he replied. "I could have used a little motivation. I still could, for that matter."

"What's the problem?" I asked.

"Well, the manager of my division suddenly announced she was taking early retirement," he said. "Next thing I know, *her* boss, whom I know only from meetings and conferences, calls me in. He asks me to take her place."

"Congratulations," I said.

"Not so fast," he said, holding up a hand like a traffic cop. "I said no. I turned it down. I've been kicking myself ever since, but that's what I did."

I studied his face. I could detect signs of an inner struggle there. "I see," I said. "What were your reasons?"

He gave a short, bitter laugh. "Oh, I had a lot of them, but they were all phony. The fact is, I was scared. No, terrified. How could I possibly handle that kind of responsibility? I was sure I'd make a total fool of myself. So instead, guess what? I turned down the greatest opportunity that's ever likely to come my way. Talk about making a fool of myself!"

It was Shakespeare who wrote, "Our doubts are traitors, making us lose the good we oft might win, by fearing to attempt." William had profound faith in the negative, in his own inadequacy and inability to take on a promotion and to face life.

William and I talked for the rest of the flight, and we met again the next day in New York. At my suggestion, he

committed himself to making the following affirmation several times a day:

I am redirecting my thought and feeling. I do not need more faith, I need to use and apply the faith I have in the right way. I know that my subconscious mind reacts according to what I believe about myself. I have faith in the indwelling God, and I know that God is guiding me and directing me. I was born to succeed. Infinite Intelligence reveals to me a new opportunity. I know that I am full of confidence and poise. I have faith in all things good, and I live in the joyous expectancy of the best.

As William began to identify mentally and emotionally with these ideas, his approach to his job and his approach to life changed. Not long afterward, he was offered a managerial post in another division of his firm. This time he accepted it with joy in his heart. This is the magic power of faith.

EVERYONE HAS FAITH

Everyone has faith in something. Some have faith in failure, sickness, accidents, and misfortune. When you hear exhortations to have faith, you must remember that you already have faith. The question is, how are you using it—constructively or negatively?

Our mental attitudes and beliefs, which represent our faith, make our own heaven and hell. What is your faith? The noblest, grandest, and highest faith is based on eternal principles that never change. Have faith in the creative law of your own mind, in the goodness of God and in all things good, a joyous expectancy of the best, and a firm belief inscribed in your heart that Infinite Intelligence will lead you out of your difficulty and show you the way. Have a firm

conviction in the power of God to solve your problems and to heal you. Have faith in the invisible Intelligence within you, which created you and is all-powerful, and which enables you to walk over the waters of fear, doubt, worry, and imaginary dangers of all kinds.

FAITH IN THE INVISIBLE

Paul said, *Faith is the substance of things hoped for, the evidence of things not seen* (Heb. 11:1).

All great scientists, mystics, poets, artists, and inventors are gifted and are possessed of an abiding faith and trust in the invisible powers within. The scientists and inventors have faith in the possibility of the execution of "the idea." The idea of the Internet, though invisible, was real in the mind of the inventor; the idea of an automobile was real in the mind of Henry Ford; the idea of a new structure is real in the mind of the architect. The idea of this book exists in my mind, and its pages come forth from the invisible ideas, thoughts, imagery, and beliefs that inhabit my mind.

You must appreciate the fact that your desire, idea, dream, new play, book, script, trip, enterprise, or adventure are all real in your mind, though invisible. To know that your idea is real, that it has form, shape, and substance on the mental plane, and that it is as real as your hand on the objective plane, gives you scientific faith. This knowledge enables you to walk over the waters of confusion, strife, and fear to a place of conviction deep in your subconscious mind. Whatever is conveyed to your subconscious is projected on the screen of space. It is in this way that your ideas become objectified.

HOW HIS FAITH TRIUMPHED

While lecturing in San Francisco, I met Arthur R., the general manager of a large corporation. He confided to me that he had lost confidence in himself. He was very unhappy and dejected over the way his career was going.

"I report to two people," he explained, "the executive vice president and the CEO. Both of them keep opposing me. Whatever I suggest, they're against it automatically. Between them, they are driving the firm into the ground. Before long, my stock options will be worthless. I'll have wasted five years of my life. And the worst part is, I have absolutely no faith in my ability to do anything about it."

"You're right about at least one thing," I told him. "The worst part of your situation *is* your lack of faith in yourself. Unless you are willing to put your confidence in the invisible powers within you, whatever you do is going to go badly."

"Invisible powers!" he scoffed. "I'm sorry. I don't mean to belittle your beliefs. I'm sure you're very sincere. But as for me, I believe in what I can see, hear, touch, taste, or smell. I don't have room in my system for mystical ideas."

I smiled. "I understand. Many people feel the same way. But *where* do they feel that way? Can you pin down the location of their skepticism?"

"Why, it's in their minds, I suppose," he replied. "You're going to ask me where my mind is. All right. I have to admit, I don't know exactly."

"But you know you have one," I said.

"Unless I've lost it," he joked. "No, I see your point."

"Do you have children?" I asked. He nodded. "Do you love them? Can you *see* that love? Or only its effects in the world? It is the same with the Infinite Intelligence that is within you and every person. We cannot see it, we cannot locate it with a CAT scan of the brain, but we can see its effects in the world."

As we continued to talk, Arthur realized an important truth. In order to advance in business and to have peace of mind and success, he had to anchor himself to a wisdom

and a power that transcended his intellect. He had to get in touch with that which is substantial and eternal. He made a deliberate decision to unite mentally and emotionally with the inner power lodged in his subconscious mind.

At my suggestion, he resolved to focus on the following prayer several times daily:

All those who work in our corporation are spiritual, wonderful, God-like links in the chain of its growth, welfare, and prosperity. I radiate good will in my thoughts, words, and deeds to all those I work with. I am full of love and good will for the CEO and the vice president of our company. Infinite Intelligence makes all decisions through me. There is only right action taking place in my life. I send the thought messengers of peace, love, joy, and harmony before me to the office, and the peace of God reigns supreme in the minds and hearts of all those in the company, including myself. I now go forth into a new day full of faith, confidence, and trust.

Arthur repeated the above prayer slowly four or five times daily, feeling the truth behind the words. He poured life, love, truth, and confidence into the words, and they sank deep down into his subconscious mind. When fearful or angry thoughts came into his mind during the day, he would say, “God’s peace fills my soul.” After a while, all the harmful thoughts ceased to come, and peace came into his mind.

I later received a letter from Arthur. At the end of two weeks, the CEO and the vice president met with him privately. Each shook hands with him and said that the organization could not get along without his creative energies. His faith was restored. He knew that, as a conscious individual, with the capability of free choice, he had the power to choose success, harmony, and good will, and to rise above all circumstances and conditions.

Therefore, he was not under the dominion of externalities or the impressions of the senses.

SHE CHANGED HER FAITH

Rebecca G. was a young woman with very special talents as an actor and singer. She came to me because she was having great difficulty in getting any work in television or the movies. She went constantly to auditions, but she had been turned down so often that she feared she was developing a rejection complex.

"It's not really surprising," she said. "There are lots of actresses out there who are more beautiful than I am. I guess that's the reason they get chosen and I don't."

"That's one possibility" I replied. "But you know, there is a law of mind that states that supply and demand are two aspects of one thing. What you are seeking is also seeking you. If you place your faith in Infinite Intelligence, it will direct you to your true place."

"How can I do that?" she asked. "Please, help me!"

"What you must do first is put aside your faith in rejection," I explained. "Believe in acceptance, recognition, and true expression. Understand that whatever your mind can imagine and feel to be true, you can also realize."

Rebecca began to follow a new discipline. Twice a day, she quieted the activity of her mind and removed all tension from her body by simply talking to it and telling it to relax. She knew that if she ordered it in this way, it had to obey. In that quiet, receptive, peaceful state, she focused her attention completely on an imaginary movie contract in her hand. She felt the joy and reality of it all. She willed the contract to become a reality. She became identified with the

imaginary picture of the contract in her mind, and she had faith that what she imagined and believed must come to pass. She changed her mind—her state of faith—and according to her faith was it done unto her. Before the end of the month, she auditioned for a new television series and was given an important part.

And calleth those things which be not as though they were (Rom. 4:17).

HIS FAITH MADE HIM WHOLE

I was giving a series of lectures in Bombay, India when I met Basil F., an Englishman who had great trouble with his legs in the wake of an automobile accident. After a long confinement at home and intensive physical therapy, he was able to walk, but only with great difficulty and with the aid of a cane.

"What would you do if you were healed?" I asked him.

"What wouldn't I!" he replied. "I would certainly swim, golf, play polo, and go climbing in the Alps. I used to do that every year."

That was the sort of answer I was seeking. I told Basil in the simplest way possible how to achieve the perfect use of his legs again. The first step was to imagine he was doing the things he ordinarily would have done before his accident.

I suggested that he sit in his study for fifteen or twenty minutes, three times a day, and imagine that he was playing polo. He was to assume the mental mood of actually performing the role of a polo player. In other words, he had to play the role of an actor, as every actor participates in the role he or she characterizes and dramatizes.

Basil carried out these instructions carefully. He felt himself playing polo. Note carefully that he did not *see*

himself playing polo; that would have been an illusion projected outside of himself and viewed from a distance. No, he *actualized* the state by living the drama in his mind. He made it so real and so vivid in his mind that the tangibility of the mallet and the naturalness of the touch of the polo pony became real to him.

At noon he would quiet his mind, still his body, and practically feel his mountaineering clothes on him. He would imagine and physically sense that he was climbing in the Alps; he felt the cold air on his face and heard the voices of his former climbing partners. He lived the drama and felt the solidity and hardness of the rocks.

At night, before going to sleep, he would play an imaginary round of golf. He would hold the club, touch the ball with his hand, put it in place, and tee off. He would swing his club and delight in watching the ball sail straight up the fairway toward the green. He got into the mood of playing a good game, and he went off to sleep feeling very satisfied and happy about his imaginary experiences of the day.

Within two months this man's legs had improved wonderfully. He went on to do all the things he had imagined he would do. Gradually, his imaginary pictures impregnated the deeper layers of his subconscious mind where the healing power is. There was a reflex action that corresponded to his mental image and feeling. His subconscious mind faithfully reproduced what he had impressed upon it.

FAITH IS YOUR MIND

You are really invisible. Others do not see your motives, feelings, faith, confidence, dreams, aspirations, longings, or the Life Principle within you. When you recall this, you know

that you are invulnerable, invincible, eternal, and immortal. You are not a slave of conditions or a victim of circumstance. The Divine Life lives, moves, and has its being in you, and you live, move, and have your being in this same Divine Life.

Everything in your world is a manifestation of your faith in the unseen. This Omnipotent Presence called God is responsive to your thought and feeling. For example, if you claim, “I am strong and powerful,” you will become strong and robust. Your faith is something you become, because you manifest and objectify in your world what you really believe about yourself.

Faith without works is dead (James 2:26). In other words, you will see the works of faith in your mind, body, and affairs. The works of your faith appear in your business or profession, in your home, in the functions of your body, and in all your undertakings. The fruits of faith are health, happiness, peace, love, good will, abundance, security, poise, balance, serenity, and tranquillity.

HER FAITH IN INFINITE INTELLIGENCE

I was recently at a dinner at the house of friends in Los Angeles. I got to talking with a young woman named Colleen M. When she mentioned that she was in computer graphics, I said, “That’s a very active field these days, isn’t it?”

“It certainly is,” she replied. “A little too active sometimes! As a matter of fact, I just had to deal with a really difficult problem. An Internet-related company in New York offered me a job. It would have meant a good deal more money than I’m getting where I am, but of course I would have had to move to New York.”

“How did you decide what to do?” I asked, intrigued.

“I went off to one of my favorite spots, up in the hills, and quieted my mind,” she replied. “Then I asked myself, ‘How would I be feeling right now if I had just made the right decision about this?’”

“And what did yourself answer?” I asked.

She smiled. “Myself told me I would feel wonderful. I would be happy and confident about my decision.”

Act as though I am, and I will be. Colleen had discovered this truth in her own life. She acted as though she had made the right decision, knowing that the creative Principle of Life is one of love and responsiveness and that it loved her and cared for her. She began to say, “Isn’t it wonderful! Isn’t it wonderful!” over and over again. That night, she lulled herself to sleep in the feeling, “It is wonderful.”

That night she had a dream. She was back at her favorite spot, gazing off toward the distant coastline. Suddenly she realized that the wind in the bushes was speaking words. It said, “Stand still! Stand still!” She woke up. She knew that she had just heard the inner voice of intuition.

“What did you do?” I inquired.

“The only thing I *could* do,” she told me. “I listened to my inner voice. I turned down the New York offer. And it’s a very good thing I did. You may not believe this, but I heard today that the firm just let go about thirty percent of its people. If I’d moved there, I might be out of a job now.”

I the Lord (the law of your subconscious mind) *will make myself known unto him in a vision, and will speak unto him in a dream* (Num. 12:6).

SERVE YOURSELF WITH FAITH-POWER

1. Faith is a mental attitude that commands and gets results.

2. You do not need more faith. You have plenty of faith, but you must use it constructively. Give it purposeful direction. Have faith in health, success, peace, and happiness.
3. Everyone has faith in something. Where is your faith? Real faith is based on eternal principles and the values of life that never change.
4. Faith is invisible. It is the evidence of things not seen. Scientists have great faith, because they believe in the possibility of the execution of the ideas in their minds.
5. You can’t see your mind, your life, or your feeling of love. You can’t see faith, either, but you can anchor your mind on the invisible power within you, which is substantial, eternal, and all-powerful.
6. Change your faith in failure and rejection into faith in acceptance, recognition, and successful living.
7. Have faith in the Healing Power. Imagine and feel that you are now doing all the things you would do were you made whole.
8. Your faith is your mind, and in your deeper mind dwells the omnipotence of God, which responds to your thought and feeling. This is why you can overcome all circumstances and conditions.
9. Mentally act and feel the way you would act and feel were your prayer answered, and you will find that the magic power of faith will work wonders in your life.

LAW 3

THE MIRACULOUS LAW OF HEALING

There is only one healing power. It has been called by many names. They include God, the Infinite Healing Presence, Nature, Divine Love, and the Life Principle. All of these, different as they may seem, refer to the same cosmic truth. The knowledge of this power goes back into the dim recesses of the past. An inscription has been found written over ancient temples. It reads, *The doctor dresses the wound, and God heals the patient.*

The healing presence of God is within you. No psychologist, minister, doctor, surgeon, priest, or psychiatrist heals anyone. When a surgeon removes a tumor, what this really does is remove a block to make way for the healing power of God. Similarly, a psychologist or psychiatrist works to remove mental blocks and encourages the patient to adopt a new mental attitude that tends to release the healing presence, flowing through the patient as harmony, health, and peace. A minister asks you to forgive yourself and others and to get in tune with the Infinite by letting the healing power of love, peace, and good will flow through your subconscious mind, thereby cleansing all the negative patterns that may be lodged there.

This infinite healing presence of life, which Jesus called “Father,” is the healing agent in all diseases, whether mental, emotional, or physical.

This miraculous healing power in your subconscious mind, if scientifically directed, can heal your mind, body, and affairs of all disease and impediments. This healing power will respond to you regardless of your race, creed, or color. It

does not care whether you belong to any church or whether you have any creedal affiliations or not. You have had hundreds of healings since you were a child. You can recall how this healing presence brought curative results to cuts, burns, bruises, contusions, and sprains—and these miracles happened without your conscious effort or knowledge of *how* they happened.

HEALED OF SPIRIT-VOICES

A few years ago, a young man named Dean W., a student at a local university, came to see me in deep distress.

"I think I am going crazy," he told me. "I am constantly hearing spirit-voices. They won't let me alone. They keep telling me to do terrible things. When I try to read the Bible or other spiritual books, they come up close and shout obscenities in my ear. They are demons with supernatural power, and I'm afraid they are gaining control over me."

What Dean did not realize was that he was experiencing the faculty of clairaudience. He had the power to hear things that are not physically present. All people have this ability to some degree, but in him it was unusually strong. Because he did not understand the cause of the phenomenon, he began to think it was due to evil spirits. His superstitious beliefs caused him to ascribe it to departed spirits. Through constant worry, he developed a monomania for the subject. His subconscious mind, dominated and controlled by an all-potent but false suggestion, gradually took over control and mastery of his objective faculties, and his reason abdicated its throne. He was what you would call mentally unbalanced, as is anyone who allows false beliefs to obtain ascendancy.

"You know, Dean," I explained, "your subconscious mind has tremendous power. It can be influenced either

negatively or positively. What you must do is be sure that you influence it only positively, constructively, and harmoniously. Otherwise, your complaint may well grow worse, as your subconscious mind responds to the bad suggestions you are flooding it with."

The explanation I gave Dean made a profound impression on him. Before he left, I wrote out a prayer for him to repeat for ten or fifteen minutes, three or four times a day:

God's love, peace, harmony, and wisdom flood my mind and heart. I love the truth, I hear the truth, and I know the truth that God is Love, and his love surrounds me, enfolds me, and enwraps me. God's river of peace floods my mind, and I give thanks for my freedom.

Dean repeated this prayer slowly, quietly, reverently, and with deep feeling, especially before sleep. By identifying himself with harmony and peace, he brought about a rearrangement of the thought patterns and imagery of his mind, and a healing followed. He brought about the healing of his mind by repetition of these truths, coupled with faith and expectancy.

I remembered him in my own devotions as well. Night and morning, I recited the following prayer:

Dean is thinking rightly. He is reflecting Divine Wisdom and Divine Intelligence in all his ways. His mind is the perfect mind of God, unchanging and eternal. He hears the voice of God, which is the inner voice of peace and love. God's river of peace governs his mind, and he is full of wisdom, poise, balance, and understanding. Whatever is vexing him is leaving him now, and I pronounce him free and at peace.

I meditated on these truths each night and morning, until my mind was filled with a sense of peace and harmony. At the end of a week, this young man was completely free and at peace.

SHE WASN’T EXPECTED TO LIVE

Mary B., who often attended my lectures, brought Pamela P. to speak to me. Pamela’s face was twisted with terrible distress. Before I could ask what was wrong, she burst out, “I shouldn’t be here! My little girl may be dying at this very minute!” She started to cry hysterically.

Mary explained. Pamela’s four-year-old was in the hospital with a very high fever of mysterious origin. The doctors feared some variety of encephalitis. They were administering antibiotics, but so far the child’s fever was not responding.

“I feel so bad for her,” Mary continued. “Nothing seems to go right in her life.” Pamela and her husband had broken up less than a month earlier, after years of strife. Since then, Pamela had become increasingly distressed and agitated.

Once Pamela regained a measure of calm, I said, “You have to understand that children are very much at the mercy of their parents. They soak up the dominant mental atmosphere and emotional climate of those around them. They have not yet reached the age of reason, when they can take control of their own thoughts, emotions, and reactions to life.”

“What do you mean?” Pamela demanded.

“The doctors who are treating your daughter will do everything medical science can do,” I said. “I’m sure of that. But you can do more. You can make a conscious decision to become more at ease with yourself. I suggest you begin by reading the Twenty-third Psalm. Pray for guidance and for peace and harmony. In particular, ask for help in giving up the resentment and inner rage you feel toward your husband.”

“If you knew how he’s treated me—,” she began.

“Do those negative feelings mean more to you than the health of your child?” I asked.

“No, of course not!” she protested.

“Then strive to give them up,” I continued. “Pour out love and good will toward him. Abandon your rage and anger, which communicate themselves subjectively to your daughter. Try it. Just as resentment feeds resentment, love feeds love.”

Pamela returned to her child’s bedside. After meditating for a long time on the Twenty-third Psalm, she began to pray for her daughter:

Spirit, which is God, is the life of my child. Spirit has no temperature; it is never sick or feverish. The peace of God flows through my child’s mind and body. The harmony, health, love, and perfection of God are made manifest in every atom of my child’s body now. She is relaxed and at ease, poised, serene, and calm. I am now stirring up the gift of God within her, and all is well.

She repeated this prayer every hour for several hours. As night fell, she saw an amazing change in her child, who woke up and said, “Mommy, where’s my dolly? I’m so hungry!”

The nurse confirmed that the child’s fever had broken. What had happened? The fever left the little girl because the mother was no longer feverish or agitated in her mind. Her mood of peace, harmony, and love was instantaneously felt by the child, and a corresponding reaction was produced.

THE NATURAL-BORN HEALER

Sometimes we are told that a particular person is a “natural-born healer.” This is superstition. The truth is that we are all natural-born healers. The reason is simple: The healing

presence of God is within all people. All of us can contact it with our thoughts. It responds to all. It is omnipresent. It is the life of all things.

DEGREES OF FAITH

There are different degrees of faith. There is the person who, through faith, heals someone's chronic ache. There is another who heals a deep-seated, so-called incurable malignancy. It is as easy for the healing presence of God to heal a tubercular lung as it is to heal a cut on your finger. There is no great or small in the God that made us all; there is no big or little, no hard or easy. Omnipotence is within all people. The prayers of the healer who lays a hand on another in order to induce a healing simply appeal to the cooperation of the patient's unconscious. Whether the patient knows it or not, whether you ascribe it to divine intercession or not, if the patient's subconscious becomes impregnated with the idea of health, a response takes place. For according to the patient's faith is it done unto you.

A CASE OF PALSY

An old friend of mine in New York City, Howard D., suffered from palsy and tremors. Sometimes he would find himself suddenly unable to move. He would be frozen to the spot, even in the middle of a busy street. His doctor prescribed medications that gave him some relief from his symptoms, but they could not relieve his constant feeling of fear, panic, and foreboding. Those feelings were wearing him down.

When Howard appealed to me for help, I laid out a procedure for him to follow. My first goal was to get him to see that there was a miraculous healing power within him

that had made his body and that could heal it. I urged him to ponder the fifth chapter of Luke, verses 18-24, and a related passage, Mark 2:5-11, where Jesus said to the man with palsy: *Son, thy sins be forgiven thee... I say unto thee, Arise, and take up thy bed, and go thy way into thine house.*

Howard read these verses avidly. He was deeply moved by them, because he so much identified with the man in the Bible story. I explained to him that the couch or bed mentioned in the Bible means the bed in which a person lies in his own mind. The paralyzed man in the Bible undoubtedly was lying down amid thoughts of fear, doubt, condemnation, guilt, and superstition. These thoughts paralyze the mind and body.

We are told that Jesus healed the man of palsy by forgiving him his sins. To sin is to miss the mark, the goal of health, happiness, and peace. You forgive yourself when you identify mentally and emotionally with your ideal and continue to do so until it gels within you as a conviction or subjective embodiment. You sin when you think negatively or if you resent, hate, condemn, or engage in fear or worry. You are always sinning when you deviate or turn away from your announced goal or aim in life, which should always be peace, harmony, wisdom, and perfect health—the life more abundant.

Howard admitted to me that he was full of hatred toward a brother who had double-crossed him years ago in a financial deal. He was also full of guilt and self-condemnation. He came to realize that, like the paralytic in the Bible, he could not be healed until his sins had been canceled by simply forgiving himself and his brother.

Howard turned to the healing presence of God within him. He affirmed boldly:

I fully and freely forgive myself for harboring negative and destructive thoughts, and I resolve to purify my mind from now on. I surrender and release my brother to God.

Wherever he is, I sincerely wish for him health, happiness, and all the blessings of God. I am now aligned with the Infinite Healing Power, and I feel divine love flowing through every atom of my being. I know that God's love is now permeating and saturating my entire body, making me whole and perfect. I sense the peace that passeth understanding. My body is a temple of the living God. God is in his holy temple and I am free.

As he meditated on these truths, Howard gradually became reconditioned to health and harmony. As he changed his mind, he changed his body. Changed attitudes change everything. Today, Howard walks joyously and freely, completely healed.

SHE HEALED HER WITHERED HAND

"I simply don't get it," Irene R. told me. She had come up to speak to me after a meeting. "Last week I was let go from my job at a small publishing house. It was the publisher who dropped the bomb on me, and she said such a peculiar thing. She said, 'You're just like the man in the Bible with the withered hand.' What on earth was she talking about? There's nothing at all wrong with my hands!"

"You have to understand," I said. "In the Bible, principles are often personified. In other words, the person in an account often stands for something else as well. This is a way to make portrayal and interaction more vivid and forceful."

"Okay," Irene said. "I've studied literature. I know about symbolism. But what's with the withered hand?"

"The hand is a symbol of power, direction, and effectiveness," I replied. "With your hand, you fashion, mold, direct, and design. Symbolically, a person who has a withered hand has an inferiority complex and feels guilty

and inadequate, or is a defeatist. Such a person does not function efficiently and is not expressing his or her God-given powers."

Irene's face changed. "Now I see. It's true—my dreams and ambitions have withered. But how could it be otherwise? There is no way I can bring them to pass. Isn't that what it means to grow up? To give up childish dreams?"

"No!" I said emphatically. "To give up your dreams is not to grow up, it is to start to die! When you let your wonderful ideas die aborning in your mind, you are stagnating, dying on the vine. You must stretch forth your hand, by enlarging your concept and estimation of yourself. What is it you most want to achieve? Form a picture in your mind. See yourself accomplishing your dream."

"I love publishing," Irene said softly. "What I really want to do is find ways to give voice to people who are silenced. If I could find a way ..."

I suggested that Irene meditate on this goal, that she visualize herself speaking with some of the people she wanted to help and telling them that their words would be heard by millions of people. She began to affirm frequently:

I can do all things through the God-power, which strengthens, guides, controls, and directs me. I realize that I am going where my vision is. I now turn with faith and confidence to the Infinite Intelligence within me, knowing that I am directed by an inner wisdom. I know in my heart that the God-power flows through the patterns of thought and imagery in my mind, and I am under a divine compulsion to accomplish my dreams.

A few months later I received a note from Irene. She and a friend had written a film script that drew on the stories Irene had collected from people in her neighborhood. The script had won a prize that included substantial financing for the

film to be made from it. The words of the people Irene wanted to help would indeed be heard by millions.

HOW THE HOPELESS CASE WAS HEALED

Jesus commanded the dead man: *And he said, Young man, I say unto thee, Arise. And he that was dead sat up, and began to speak* (Luke 7:14-15).

When the Bible recounts that the dead man sat up and began to speak, what does that mean? It means that when your prayer is answered, you speak in a new tongue of joyous health. You give forth an inner radiance. Your dead hopes and desires speak when you bear witness to your inner beliefs and assumptions.

Patrick O. is a distant relative of mine. A few years ago, his brother Michael asked me to come with him to the hospital to visit Patrick. Patrick was in a coma and suffering from kidney failure. The doctors pronounced his condition hopeless.

Patrick was unconscious when we got to his room. He showed no sign of knowing we were there. I pulled a chair close to his bedside. I knew he was a devout Catholic. In a soft voice, I said to him, “Patrick, Jesus is here with you. You see Him. He is putting His hand out. At this moment He is laying His hand upon you.” I repeated this several times, slowly, gently, and positively.

Patrick’s eyes suddenly opened. He looked from me to his brother and said, “I’ve had a visitor. Jesus was here. I know I am healed. I shall live.”

What had happened? A miracle? Not in the sense that it cannot be explained, no. Patrick’s subconscious mind had accepted my statement that Jesus was there. It projected that thought-form. He believed that Jesus was there in the flesh and that He had placed His hands upon him.

The faith that was kindled in the subconscious mind of my Catholic relative was based on his firm belief that Jesus had come to heal him. It was this belief that was the healing factor. It is always done unto us according to our faith, mental conviction, or even blind belief. Patrick's subconscious mind was amenable to my suggestion. His deeper mind received and acted upon the idea I had planted in his mind. In a sense, you could call what happened the resurrection of the dead. It was the resurrection of his health and vitality. According to his belief was it done unto him.

BLIND FAITH AND TRUE FAITH

True faith is based on the knowledge of the way your conscious and subconscious minds function and on the combined harmonious functioning of these two levels of mind scientifically directed. Blind faith is healing without any scientific understanding whatsoever of the forces involved. If a person believes that something is the holy bone of a saint, and that it has healing power, the fact that it is really a cleverly molded piece of plastic does not make any difference. It is not the bone that heals, but the fact that it has moved people's minds from fear to faith.

In all instances—regardless of the technique, process, incantation, or invocation offered to saints and spirits—it is the subconscious mind that does the healing. Whatever you believe is operative instantly in your subconscious mind.

Be like the eight-year-old girl in our Sunday school. She had suffered for several days from a painful eye irritation. The eyedrops the pediatrician prescribed did not seem to help. She prayed, "God, you made my eyes. You can heal them. How about right now? Thank you." Because of her simplicity, spontaneity, and child's faith in God, she had a remarkable healing. *Go, and do thou likewise* (Luke 10:37).

HOW TO GIVE A SPIRITUAL TREATMENT

A spiritual treatment is turning to the Indwelling God and reminding yourself of His peace, harmony, wholeness, beauty, boundless love, and limitless power. Know that God loves you and cares for you. As you pray this way, the fear will gradually fade away. If you pray about a heart condition, do not think of the organ as diseased. This would not be spiritual thinking. Thoughts are things. Your spiritual thought takes form as cells, tissues, nerves, and organs. To think of a damaged heart or high blood pressure tends to suggest more of what you already have. Stop dwelling on symptoms, organs, or any part of the body. Turn your mind to God and His love. Feel and know that there is only one Healing Presence and Power, and accept this corollary: There is no power to challenge the action of God.

Quietly and lovingly affirm that the uplifting, healing, strengthening power of the Healing Presence is flowing through you, making you whole. Know and feel that the harmony, beauty, and life of God manifest themselves in you as strength, peace, vitality, wholeness, and right action. Achieve a clear realization of this, and the damaged heart or other diseased organ will be cured in the light of God's love.

Glorify God in your body (1 Cor. 6:20).

VERY PROFITABLE POINTERS

1. The healing power of God is within you. Remove any mental block and let the healing power flow through you.
2. Monomaniacs are people who permit their minds to be dominated and controlled by an all-potent but false suggestion.

3. When a parent is agitated and seething with inner turmoil and rage, this negative emotion is communicated to the subconscious of the child and can cause illness. Let God’s river of peace flood the mind and heart; then the child’s illness will abate and harmony will be restored.
4. All of us are natural-born healers, because the Infinite Healing Presence is within us and we can contact it with our thoughts and beliefs.
5. The miraculous healing power that made your body knows how to heal it. It knows all the processes and functions of your body. Trust the healing power, and accept a healing now.
6. You can recondition yourself to health and harmony as you meditate frequently on harmony, vitality, wholeness, beauty, and perfection.
7. In the Bible, principles are personified as persons in order to make portrayal and interaction vivid and forceful. You can overcome a feeling of inferiority by joining up with God and by sensing that even one person with God is a majority.
8. There are no incurable diseases. There are incurable people who believe they can’t be healed. According to their belief is it done unto them.
9. Faith healing is healing without any scientific understanding of the forces involved. Spiritual mind healing is the combined and harmonious functioning of your conscious and subconscious mind, scientifically directed for a specific purpose. In all instances, it is the

subconscious mind that heals, regardless of the technique or process used.

HOW YOU CAN FACE THE WORD *INCURABLE* IN YOUR OWN LIFE

Don’t let the word *incurable* frighten you. Realize that you are dealing with the Creative Intelligence that made your body. Some people may say that a healing is impossible, but be assured that this infinite Healing Presence is instantly available. You can always draw on its power through the creative law of your own mind. Make use of this power now and perform miracles in your life. Remember that a miracle cannot prove that which is impossible; it is a confirmation of that which is possible, for *with God all things are possible* (Matt. 19:26). *I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord* (Jer. 30:17).

The word *Lord* in the Bible means the creative law of your mind. There is a deep-lying, healing principle that permeates the entire universe, that flows through your mental patterns, images, and choices, and objectifies them in form. You can bring into your life anything you wish through this infinite healing principle that operates through your own mind.

You can use this universal healing principle for any particular purpose. It is not confined to healing of the mind or body. It is the same principle that attracts to you the ideal husband or wife, helps you to prosper in business, finds for you your true place in life, and reveals answers to your most difficult problems. Through the correct application of this principle, you can become a great musician, physician, or diplomat. You can use it to bring harmony where discord

exists, peace where there is pain, joy in place of sadness, and abundance in place of poverty.

HEALING OF DROPSY

I have known John G. for many years. He always struck me as someone who was not only very religious, but completely free of any ill will or resentment toward others. The last time I visited London, I arranged to meet him. I could hardly recognize him. His face and body were badly swollen, and in his eyes I saw a sad mixture of fatigue and fear.

When I asked how he was, he said, “Not really well, actually. I’m suffering from dropsy. Fluids accumulate in the tissues. The doctors don’t use the term any more. They call what I have edema and say it may be a symptom of a heart problem. But for me it’s dropsy and always will be. I saw my father die of it, you know.”

“No, I didn‘t,” I replied. “That must have been very difficult for you.”

“Oh, yes, it made quite an impression,” he said. “The treatment in those days was to put a large needle into his abdomen and try to draw off the fluid. Rather painful, and as far as I could tell, quite useless. I think it was at that moment that I became convinced the same thing would happen to me, that I too would contract dropsy. Quite rightly, as it turned out.”

“John, have you ever heard of Dr. Phineas Parkhurst Quimby of Maine?” I asked.

He shook his head. “I’m quite sure I haven’t. I would not easily forget such a marvelous name. Who is he, and why do you ask?”

I explained. “More than a century ago, Dr. Quimby set forth a simple and wonderful psychological truth. He said that if you believe something, it will become manifest,

whether you are consciously thinking of it or not. You have believed all your life that you would develop this disease. Why should it surprise you that in the end you have?”

“Are you saying that my belief created my disease?” he asked in a troubled voice.

“Exactly,” I replied. “Your lifelong fear is a perversion of the truth. It has no real power, because there is no principle behind disease. There is a principle of health, but none of disease; a principle of abundance, but none of poverty; a principle of honesty, but none of deceit; a principle of beauty, but none of ugliness. Your mind can be used negatively or positively. Unfortunately, up to this point, you have used it negatively.”

“But if I change?” he asked. After a long, thoughtful pause, he continued. “The Healing Presence that made me must still be within me. But my disease-soaked thoughts have kept it from making me whole. What I must do is find a way to rearrange my mind to conform to the divine pattern of harmony, health, and wholeness. Can you help me?”

Together, John and I developed a spiritual therapy for him, and he put it into effect. Before going to sleep each night, he affirmed, with feeling and with deep meaning behind each word:

The Healing Presence is now going to work, transforming, healing, restoring, and controlling all processes of my body according to its wisdom and divine nature. My entire system is cleansed, purified, and quickened by the vitalizing energy of God. Divine circulation, assimilation, and elimination operate in my mind and body. The joy of the Lord is my abiding strength. I am made whole in every way, and I give thanks.

John repeated this prayer every night for about thirty days. At the end of that time, his mind had achieved a conviction of health. On his next visit to his physician, he was told he had made a complete recovery.

STEPS IN HEALING

The first step in healing is not to be afraid of the manifest condition—from this very moment. The second step is to realize that the condition is only the product of past thinking, which will have no more power to continue its existence. The third step is to mentally exalt the miraculous healing power of God within you.

This procedure will instantly stop the production of all mental poisons in you or in the person for whom you are praying. Live in the embodiment of your desire, and your thought and feeling will soon be made manifest. Do not allow yourself to be swayed by human opinion and worldly fears, but live emotionally in the belief that it is God in action in your mind and body.

SPIRITUAL BLINDNESS

Millions of people are psychologically and spiritually “blind.” They do not recognize that they become what they think all day long. People are spiritually and mentally blind when they are hateful, resentful, or envious of others. They do not know that they are actually secreting mental poisons that work to destroy them.

So many people constantly say that there is no way to solve their problems, that their situations are hopeless. Such an attitude is the result of spiritual blindness. We begin to see spiritually and mentally when we gain a new understanding of our mental powers and develop a conscious awareness that the wisdom and intelligence in our subconscious can solve all our problems.

Everyone should become aware of the interrelationship and interaction between the conscious and subconscious minds. Those who were once blind to these truths will, after

careful introspection, begin to see the vision of health, wealth, happiness, and peace of mind that can be theirs through the correct application of the laws of mind.

VISION IS SPIRITUAL, ETERNAL, AND INDESTRUCTIBLE

We do not create vision. Instead, we manifest or release it. We see *through* the eye, not with it. The retina of the eye is stimulated by light waves from objects in space; through the optic nerve, the impulses are carried to the brain. When the inner light, or intelligence, meets the outer light in this manner, by a process of interpretation, we see.

Your eyes symbolize divine love and a delight in the ways of God, as well as a hunger and thirst for God's truth. Your right eye symbolizes right thought and right action. The left eye symbolizes God's love and wisdom. Think right and radiate good will to all, and you will focus perfectly.

Receive thy sight ... *And immediately he received his sight, and followed him, glorifying God* (Luke 18:42-43).

SPECIAL PRAYER FOR EYES AND EARS

> I am the Lord that healeth me. My vision is spiritual, eternal, and a quality of my consciousness. My eyes are divine ideas, and they always function perfectly. My perception of spiritual truth is clear and powerful. The light of understanding dawns in me; I see more and more of God's truth every day. I see spiritually; I see mentally; I see physically. I see images of truth and beauty everywhere.
>
> The infinite Healing Presence is now, this moment, rebuilding my eyes. They are perfect, divine

instruments, enabling me to receive messages from the world within and the world without. The glory of God is revealed in my eyes.

I hear the truth; I love the truth; I know the truth. My ears are God's perfect ideas, functioning perfectly at all times. My ears are the perfect instruments that reveal God's harmony to me. The love, beauty, and harmony of God flow through my eyes and ears; I am in tune with the Infinite. I hear the still, small voice of God within me. The Holy Spirit quickens my hearing, and my ears are open and free.

STEP THIS WAY FOR A HEALING

1. People may say it's impossible, but with God all things are possible.You can be healed by God, who created you.
2. The healing principle flows through your mental patterns of thought and imagery, bringing all things you wish into manifestation.
3. If you believe something, it will be manifest—whether or not you are consciously thinking of it. Believe only in that which heals, blesses, and inspires you.
4. Exalt the power of God in the midst of you, and you will stop the spread of any disease in your body.
5. The thankful heart is close to God. Let all your prayers be made known with praise and thanksgiving.
6. You are spiritually blind when you don't know that thoughts are things, that what you feel

you attract, and that what you imagine, you become.

7. Vision is spiritual, eternal, and indestructible. A wonderful prayer for the eyes is to affirm regularly: “I see better spiritually, mentally, and physically.”
8. *I will lift up mine eyes unto the hills, from whence cometh my help* (Ps. 121:1).

LAW 4

THE DYNAMIC LAW OF PROTECTION

Some time ago, I was asked to visit a woman named Gloria W., who was being treated for cancer at the Sloan Kettering Institute in New York. When I asked about her family, she told me she had one son and two grandchildren, but she never saw them.

"Why is that?" I wondered. "Do they live far away?"

"No, they're an hour away, in Connecticut," she replied. "I never see them, because if I did I'd have to see my son's wife, too."

Puzzled, I asked, "Your daughter-in-law?"

"My son's wife," she repeated, deliberately rejecting the term I had suggested. Her face hardened. "I hate that little snip! I've hated her like poison since the accursed day my son brought her home. I can't imagine what he saw in her. I can only pray that his eyes are opened before it's too late."

"How long have your son and his wife been married?" I asked.

Gloria thought for a moment, then said, "Almost thirty years. And my feeling about her has grown stronger inside me every year!"

"Like your cancer," I remarked.

She stared at me. "What do you mean by that?" she demanded.

"Have you asked your doctors what caused your disease?" I replied. "If you strip away the technicalities, they probably said that some of your own cells have turned against you, have become poisonous. I'd like to suggest that in another

sense the destructive emotions you've harbored toward your daughter-in-law have had a toxic effect on you. Not only on your mind and heart, but on the very cells of your body. Do you want to be cured of your cancer?"

"Of course I do!" she burst out. "More than anything!"

"More than your negative feelings about your daughter-in-law?" I probed. After a brief hesitation, she nodded. "Then you must give them up. You must teach yourself to practice the great art of forgiveness. You must begin by wholeheartedly, sincerely, and lovingly praying for your daughter-in-law."

Later in our encounter I helped Gloria compose this prayer about her daughter-in-law:

The peace of God fills her soul; she is inspired and blessed in all her ways. God is prospering her, and I rejoice that the law of God is working for her, through her, and all around her. I feel in my heart and soul that I have released her. Whenever the thought of her enters my mind, I wish her well. I am now free.

Gloria's spirit of forgiveness, together with the chemotherapy and other treatments she received, brought about a remarkable change in her personality, and a wonderful healing took place. Her prayer changed her subconscious mind by eliminating and neutralizing all the negative patterns lodged therein, and its embodiment also had to disappear.

A NEW CONCEPT OF GOD WORKS WONDERS

A few months ago, I was invited to visit a very kind man named Milton S. I knew him to be noble, generous, and

magnanimous in every way. On my first evening as his guest, he told me that he had recently been diagnosed with prostate cancer.

"My father and uncle both died of prostate cancer," he added. "For twenty years or more, I've lived with the fear of developing it myself. I don't think a day has passed when I didn't pray to be spared this trial. Clearly my prayers did not find favor with God. It's just as Job said: 'The thing I greatly feared has come upon me.'"

"Old friend," I said, "forgive me, but I think your prayers have been misaddressed. What you have been doing is begging some far-off God, saying, 'If it is God's will, he will heal me. If not, he will inflict some dread disease on me.' This is nothing more than the primitive concept of an avenging God punishing his children. God dwells in each one of us. Because you believed yourself to be the likely victim of cancer by God's will, it was as if you willed it to happen. And so it did."

"If this is so," Milton asked, "what must I do to be saved?"

"Believe that your condition will be cured," I replied. "Be of good cheer. Approach the treatments your physician prescribes with the conviction that God wills them to be effective. Feel the cure in your heart, and your subconscious mind will respond accordingly."

Later I received word from Milton that his prostate cancer was in remission and his general health, both physical and spiritual, had never been better.

WHY SHE HAD NO BOYFRIENDS

Anne G. was a young woman from rural Wyoming who was working in an office in Los Angeles. She came to me after a

public lecture and said, “Do you think you can help me? I’m so shy and timid that I blush and turn away if a fellow even says hello to me. I never learned how to get along with guys. I think maybe I never will.”

“But you want to?” I probed.

“Oh, more than anything!” she exclaimed. “I hate being single and lonely. I want to make someone happy. I want a family of my own.”

After we talked a bit longer, I explained to her how to realize her desires. The starting point was to abandon her view of herself as timid and withdrawn. She had to make herself feel that she was admired, wanted, and cared for.

At my suggestion, she bought a diary at a stationery store and started to fill it with accounts of dates with imaginary admirers. Every evening, she set aside a time to meditate on the details of these encounters, which were always positive and fulfilling. Soon she found that speaking to people at work was no longer so threatening to her. When a group of coworkers invited her to go along to a restaurant on a Friday evening, she accepted. One of them, a young man she had long admired from afar, spent the whole evening flirting and chatting with her. At the end of the evening, he asked to see her again. She soon became immensely popular with men and was no longer a wall-flower.

As her romantic life began to flourish, Anne realized that she now wanted something more lasting. She began to affirm and claim that Infinite Intelligence was attracting to her an ideal companion who would harmonize with her perfectly. She imagined a wedding ring on her finger as she went to sleep at night. She would mentally “touch” and “feel” the ring. She actualized the state and impregnated her subconscious mind by feeling the naturalness, solidity, and tangibility of the ring. Moreover, she told herself the ring implied that the marriage was already consummated and that she was resting in the accomplished fact. She soon

attracted a wonderful man. Today they blend harmoniously in every way.

HOW HE BECAME A SUPERIOR STUDENT

“I’m terribly worried about my son Sam,” David K. told me. “He’s just eleven, but I’m afraid his future is very bleak. His teacher recently told me he thought Sam should be evaluated for a learning disability. There was talk of transferring him to a special education class. I know very well what that means. It’s a polite way of saying he is retarded.”

“What do you think?” I asked. “Could his teacher be correct?”

David shifted uncomfortably in his chair. “I hate to even think such a thing. But since that conference, I’ve been watching Sam very carefully. Sometimes he doesn’t seem to hear what I say, and when I ask about his school-work, his responses come so slowly. It’s as if it isn’t penetrating his head.”

“What line of work are you in, David?” I asked.

“I’m an advertising copywriter,” he replied.

“Suppose the head of your department was secretly half convinced that you were a flop,” I said. “Suppose he kept looking over your shoulder and asking you ‘casual’ questions about your assignments. What effect do you think that would have?”

“I’d fall flat on my face in no time,” David said. “Oh—I see what you’re getting at. The way I’ve been watching

Sam is really sabotaging him. The same with his teacher. Anything that seems like a problem gets noticed more.“

“That is a lot of it,” I said. “But there’s more. Your conscious belief that your son may be mentally disabled

communicates itself to your subconscious *and to Sam 's*. That helps bring about the very thing you fear."

"That's awful!" David said. "I don't want to harm Sam, I want to help him! But what can I do?"

"You must change your conscious beliefs," I told him. "Go someplace quiet, relax your body and mind, and lose yourself in the joy of hearing your boy tell you how well he's doing in school. Do this three or four times a day. Visualize him handing you a semester report with glowing comments from the teacher. Feel the solidity of the form in your hand, see the black letters on the white surface, hear yourself saying, 'Wow, Sam! Great work! Keep it up!'"

David adopted this advice. He immersed himself in this imagery until it penetrated his subconscious and became a living conviction. His son responded beautifully and blossomed forth as one of the best students in his class. The father experienced the fruit of the idea on which he had meditated. The father's prayer caused the intelligence and wisdom of the subconscious to well up in the mind of the boy, and he fulfilled his father's conviction of him.

HE COULD NOT BE SHOT

A few years ago I gave a series of lectures in Osaka, Japan. One evening in the restaurant of my hotel, I got into a conversation with a Japanese man named Akiro I. He told me he had served in the Imperial Army during World War II.

"This was in China," he said. "A fellow soldier who disliked me accused me of something I hadn't done. The court martial did not believe me. I was sentenced to be shot."

"How terrifying!" I said. "How did you escape the sentence?"

“I should tell you that as a boy I was sent to a Christian school,” he replied. “In prison, some heavenly impulse made me keep repeating to myself the words of the Ninety-first Psalm. Then each night, before I went to sleep, I said to my profoundest self, ‘I cannot be shot. I am God’s child, and God cannot shoot himself.’ I knew there is but one Power and one Life. My life was God’s life.”

Akiro told me that a few days before he was scheduled to be executed, he was released with no explanation and ordered back to duty. He never learned why he had been spared, but he was convinced that he had written his freedom in his subconscious mind by reiterating the truths of the Psalm and by picturing his freedom. Whatever you impregnate your subconscious with, it responds accordingly.

YOUR ANSWER DETERMINES YOUR FUTURE

When I was a boy at family gatherings, I used to hear my uncles and aunts talking about many things. Often, they would say, “You know, John or Mary met with that accident because he or she ceased going to church.” Whenever any calamity came to people they knew, somehow they always found a reason to consider the victims sinful and the object of the wrath of God.

Even as a child, I often wondered what kind of a God they had in their minds. What is your concept of God? Do you know that the answer you give to that question inevitably determines your entire future?

YOUR BELIEF ABOUT GOD IS YOUR BELIEF ABOUT YOURSELF

If you think that God is cruel, vindictive, and an inscrutable, tyrannical, cannibalistic Moloch in the skies, a sort of despot whose goal is to punish you, of course, you will experience the result of this habitual thinking. Your life will be hazy, confused, and full of fear and limitations of all kinds. In other words, you will experience the results of the nature of your belief about God. You will actually have negative experiences because of your belief.

God becomes to you whatever you consider Him to be. Above all things, get the right concept of God. It makes no difference what you call God. You may call him Allah, Brahma, Vishnu, Reality, Infinite Intelligence, the Healing Presence, the Oversoul, Divine Mind, the Architect of the Universe, the Supreme Being, the Life Principle, the Living Spirit, or the Creative Power. The point is, your belief or conviction about God governs and gives direction to your whole life.

BELIEVE IN A GOD OF LOVE

Millions of people believe in a God who sends sickness, pain, and suffering; they believe in a cruel and vindictive Deity. They do not have a good God and, to them, God is not a loving God. Having such weird, ignorant concepts of God, they experience the results of their beliefs in the form of all kinds of difficulties and troubles. Your subconscious mind manifests your beliefs and projects them as experiences, conditions, and events.

Your nominal belief about God is meaningless. The thing that matters is your real, subconscious belief—the belief of your heart. You will always demonstrate your belief. That is why Dr. Quimby said, more than a century ago, “Man is belief expressed.” Millions of people conceive of a God of caprice, far off in the skies, who possesses all the whims of

a human being. With such a concept, they are like the business executive who once told me, “I would be all right if God would just leave me alone.” Believe that God is love, that he watches over you and cares for you, and that he guides, prospers, and loves you. Wonders will happen in your life that will far exceed your fondest dreams!

BECOMING A NEW PERSON

His name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace (Is. 9:6).

Begin now, today, as you read these lines, to enthrone the true concept or belief about God, and miracles will begin to happen in your life. Realize and know that God is all bliss, joy, indescribable beauty, absolute harmony, infinite intelligence, and boundless love, and that He is omnipotent, supreme, and the only Presence.

Accept mentally that God is all these things, as unhesitatingly as you accept the fact that you are alive. Then you will begin to experience in your life the wonderful results of your new conviction about the blessed God within you. You will find your health, your vitality, your business, your environment, and the world in general changing for the better. You will begin to prosper spiritually, mentally, and materially. Your understanding and spiritual insight will grow in a wonderful way, and you will find yourself transformed into a new person.

HIS BUSINESS PROSPERED THREE-HUNDRED PERCENT

Philo L. came to speak to me after a lecture in London, England.

“I have lived with a deathly fear of poverty all my life,” he admitted. “I work very hard, but my affairs do not flourish. What can I do?”

“Can you bring yourself to look upon God as your silent partner?” I asked. “As your guide and counselor? Believe that God always watches over you like a loving parent. Claim boldly that God is supplying all your needs and inspiring you in everything you do.”

His face brightened. “How marvelous!” he said. “I never thought of God that way before. Always He was a distant, awesome Presence. But even a very stiff, dignified person unbends when he plays with his child. Perhaps it is the same with God!”

Philo wrote to me a few months later. “I feel God is a Living Presence, a friend, a counselor, and a guide,” he said. “My business has prospered three-hundred percent, my health is better, and I have thrown away the thick lenses I wore for twenty years!”

You can see what happened when this man decided to look upon God as his Father. The word “father” meant something to him. It meant love, protection, guidance, and supply. Let wonders happen the same way in your life.

THE MIRACLE OF THREE STEPS

In the course of my ministry, I performed the marriage ceremony for a wonderful young couple, Janet and Bill S., in the Midwest. After about a month, however, they separated. Janet returned to her parents’ home. What had happened to their romance?

When I asked Bill that question, he said, “We should never have stayed here, where we both grew up. Janet was just

too popular. Practically every guy in our high school class was in love with her. Even before the wedding, I kept thinking she would start seeing other men. I was jealous of her. I did not trust her. I imagined that she was with some of her former boyfriends. I was sure I would lose her."

By imagining evil about his wife, Bill was cohabiting mentally with fear, jealousy, and loss. He had already broken his marriage vows. He had promised to cherish, love, and honor her at all times and, forsaking all others, to remain faithful to her alone. Instead, he embraced his own mistrust. His fear communicated itself to the subconscious mind of his wife. So it came to pass that what he feared and believed actually took place. Hurt and baffled by his attitude, Janet looked for sympathy and comfort with an old male friend, who still hoped to win her over. When Bill saw his belief made manifest, he blamed his wife. In truth, however, it was done unto him as he believed.

It was my pastoral duty to explain all this to Bill and Janet. Once they learned about the workings of their conscious and subconscious minds, they decided to pray together and to practice the miracle of three steps.

- **The first step: In the beginning, God.** The moment they awakened in the morning, they claimed God was guiding them in all their ways. They sent out loving thoughts of peace, harmony, and joy to each other and to the whole world.
- **The second step: Grace at meals.** They gave thanks for the wonderful food and for all of their blessings. They made sure that no problems, worries, or arguments entered into their table conversation.
- **The third step: Prayer before rest.** They kept their Bible close at hand and read a selection from it each night before going to sleep. These included the Twenty-third, Twenty-seventh, and Ninety-first Psalms, the eleventh chapter of Hebrews, and the thirteenth

chapter of 1 Corinthians. They said quietly, “Thank you, Father, for all the blessings of the day. God giveth his beloved sleep.”

Both Bill and Janet made a private vow to stop doing the things that created distance from the other. This took discipline plus an intense desire on both sides to make their marriage work. As they followed this practical procedure, harmony eventually was restored to them.

THE COUPLE WAS REUNITED

I had a rather strange interview a few years ago with Duane R. and Margie B., who came to see me at my hotel in Dallas, Texas. They were both worried and anxious.

“We used to be married,” Duane told me. “To each other, I mean. Then we broke up. I was a stupid, pigheaded mule, or it wouldn’t have happened.”

“That’s not fair,” Margie protested. “I acted like an idiot, and you know it!”

“Well, we won’t fight over that now,” Duane said. “The point is, after going round and round, we got divorced. Before long, we both got married again.”

“You’ve heard about marrying on the rebound?” Margie asked me. “Well, that’s what it was. Talk about making a mistake as big as all outdoors! The worst part is, I knew it before a week was out.”

“Me too,” Duane said. “Anyway, the point is, we tried to fight this thing for the last year and a half, and it’s not working. We realize that we still love each other. What do we do?”

“Which do you think is more in accord with God’s plan?” I asked. “A real marriage built on love, or a sham marriage built on lies?”

“A real marriage,” they both said in the same breath.

“Then you have your answer,” I said. “To live a lie with your present spouses is not just or fair to them or to yourselves. You must tell them the truth. I think you will find that, on some level, they know it already.”

Duane and Margie were able to allow the inner love for one another in their hearts to lead them back to the altar of love. The “rebound” marriages were dissolved amicably, and all those involved were blessed thereby. The couple was reunited.

Love binds two hearts together, and it is an indissoluble link. *What therefore God* (Love) *hath joined together, let no man put asunder* (Matt. 19:6).

THE TRANSFORMING POWER OF LOVE

Elizabeth Y. came to me deeply distressed. “Do you believe that my father can use mental powers to destroy my marriage?” she asked.

“I’m not sure I understand the question,” I replied. “Can you tell me more about the situation?”

She took a deep breath. “I’ve been married for almost a year and a half. Frank and I are deeply in love and very happy. The problem is, Frank is a Catholic, and my dad hates Catholics. He says they are enslaved to Satan. I know he is praying for my marriage to fall apart, and I am terrified that his prayers will work. Prayers *do* work, don’t they? Isn’t that what you teach?”

“Well, yes and no,” I said. “Your prayers can work for you. But your father has no more power over you than a rabbit’s foot or a pebble from a rocky shore … *unless you grant him that power.* If you listen and believe that he can destroy your marriage, his work is already half done. But if you use

your own thoughts and feelings to strengthen your marriage, your father will be helpless to combat it.”

At my suggestion, Elizabeth began to pray frequently that just as God’s love had united her with her husband in the beginning, His love would continue to unite them now, surrounding them and enfolding them. She affirmed regularly that the beauty, love, and harmony of God permeated their minds and hearts and that God’s love ruled their lives. She realized that nothing could come between her and the man she loved.

Love is of the heart. As this young husband and wife found love, grace, and good will in one another, and saw the virtues of each other, their marriage grew more blessed every day. The young woman prayed for divine understanding for her father, and she told me recently that he was becoming more tolerant now and was learning to love her husband.

PRAYER TRANSFORMED A CRIMINAL

I once visited a man, Josh B., who was dying from the effects of chronic alcoholism. He told me that his drinking had led him to commit many crimes. “What do you think?” he asked. “Will God punish me? Am I on my way to hell?”

“God is a loving God,” I replied. “He punishes no one. But we, by our misuse of the laws of life, punish ourselves, either through ignorance or by willfully violating the laws of harmony, love, and right action. You must forgive yourself and let God’s love enter your soul. If you resolve to be a new man in God, then the past will be wiped out and remembered no more.”

We prayed together. Afterward, Josh appeared radiant and happy. The reason for this was that he now had a deep inner faith and conviction that he was on the right side of God and that all was forgiven. He was very relaxed and said he was ready for what he called “heaven.” His doctor noticed a remarkable improvement in the man, and soon thereafter he was told that he would live. Indeed, within ten days he left the hospital, whole and healthy again!

Josh is now eighty-five years old, still strong and healthy. He has become a wonderful, upright, God-like man—completely transformed. How did all this come about? It was the result of his acceptance of the truth about God. His complete surrender of all his crimes, hates, and guilt immediately released his mind and body. His body responded in a miraculous manner to his new mental attitude. His inner sense of freedom and peace of mind—nothing else—was the healing agent.

PRAYER SAVED HIS LIFE

I was visiting a friend in the hospital. As I got up to leave, he urged me to talk to the man in the next bed, Robert C. He told me in a whisper that Robert was on the critical list with a widespread systemic infection that did not respond to antibiotics. He was not expected to live.

I introduced myself to Robert. He seemed glad to have a distraction. As we talked about the hospital, he suddenly said, “The worst part of being here is that I know Harry is gloating like anything. I loathe that man. They don’t come any lower than him.”

“Who is he?” I asked.

“He was my partner,” Robert told me. “Then I found out he was cooking the books and diverting the company’s assets. I barely managed to avoid bankruptcy as a result. I

tell you what, if I ever get out of this hospital bed, he'd better watch himself. I just might get around to giving him what he deserves!"

It was easy to see that Robert's loathing had become a festering psychic wound.

"Would you invite your former partner to dinner?" I asked.

"Only if I knew I could get away with poisoning him!" he declared.

"Yet you entertain him constantly in your mind," I pointed out, "and it is not he who is being poisoned. It is you. You give him—or rather, your psychic image of him—immense power over your mind, your body, and your vital organs. You are the only thinker in your universe. That means you are directly responsible for the thoughts, concepts, and images that come to you. If you saturate your mind with hatred and loathing, the effects will surely make themselves known in your body. But if you saturate your mind with the truths of God, only wholeness and health can follow."

Before leaving, I gave Robert a prayer to meditate on, which makes up the next section of this chapter. I later heard that he had made a rapid and unexpected recovery from his infection. Truly, wonders happen as you pray!

THE POWER OF GOD

This prayer has helped many people to transform their lives. As you meditate on these wonderful truths, you too will shortly discover that wonders are happening in your life!

> God is the only Presence and the only Power, and I am one with it. God's strength is my strength; His Intelligence floods my mind. This new awareness gives me complete dominion in every department of my life. I am now joined to the One Universal Mind,

which is God. His wisdom, power, and glory flow through me. I know that the energy and power of God permeate every atom, tissue, muscle, and bone of my being, making me perfect now. God is Life, and this Life is my life. My faith is renewed; my vitality is restored. God walks and talks in me. He is my God; I am one with Him. His truth is my shield and buckler; I rejoice that it is so. Under His wings shall I trust. I dwell in the Secret Place of the Most High, and I abide under the Shadow of the Almighty.

POINTS TO REMEMBER

1. Hatred is a mental poison. Forgiveness and love are the spiritual antidotes to use, and then a healing follows.
2. Get a new concept of God as Love. Realize that God is for you, not against you.
3. Your mental attitude is cause, and your experience is effect.
4. You can protect yourself from all harm by realizing that God's love surrounds you, enfolds you, and enwraps you.
5. Believe in your heart the truths expounded in the Ninety-first Psalm, and you will be invulnerable.
6. Imagine and feel that you are loved, wanted, and appreciated, and you will never lack friends.
7. Pray for the so-called special child by calling forth in prayer and meditation the intelligence and wisdom of God, which are inherent in all children.

8. Mentally write your freedom in your subconscious mind, and it will respond accordingly.
9. Your real belief about God determines your whole fate.
10. Your belief about God is your real belief about yourself. “Man is belief expressed” (Quimby[1]).
11. Your nominal belief about God is meaningless. What really matters is the belief in your heart.
12. Believe that God is all bliss, peace, beauty, joy, and love, and that what is true of God is true of you. Make a habit of this, and wonders will happen in your life!
13. Boldly claim that God supplies all your needs, and you will prosper in all your ways.
14. Your habitual fears can be communicated to the subconscious of your spouse. Form a habit of thinking on that which is lovely and of good report.
15. When God’s love unites a husband and wife, no person, place, or condition can break up the marriage. Love is the indissoluble link that binds.
16. God, or Life, punishes no one. We punish ourselves, either through ignorance or by willfully violating the laws of harmony, love, and right action.
17. Hatred is a deadly poison, causing the death of all the vital organs of the body.

LAW 5

THE MYSTERIOUS LAW OF INNER GUIDANCE

Like all of us, you are sometimes perplexed, confused, and fearful. You wonder what decision to make. When that happens to you, remember that you have an inner guide that will lead and direct you in all your ways. It can reveal to you the perfect plan and show you the way you should go. The secret of guidance or right action is to mentally devote yourself to the right answer until you find its response welling up within you.

The infinite intelligence deep in your subconscious mind is responsive to your request. You will recognize this response as an inner feeling, an awareness, an overpowering hunch leading you to the right place at the right time, putting the right words into your mouth, and causing you to do the right thing in the right way.

FOLLOW THE LEAD THAT COMES

A minister friend of mine, Mark A., once asked me if I thought the governing board of his church should buy the property of another church that was just falling vacant. I answered, “Let’s pray about it and follow the lead that comes.”

Nothing happened for the next few days. Then, one morning, Mark telephoned me.

“We’re having a board meeting today,” he said. “We have to decide. Do we buy the property or not?”

As he spoke, I felt an answer growing in my mind. It was “No.” But I did not want to sway Mark’s decision, so I said, “What do you think? Or rather, what do you feel?”

“It looks like a sensible, prudent course,” he said, with hesitation in his voice. “But what do I feel? I feel it’s the wrong decision.”

“So do I,” I told him.

The governing board argued but ultimately accepted Mark’s recommendation. A couple of months later, it was discovered that the site they had decided not to buy was seriously contaminated by seepage from the underground tanks of a nearby service station.

THERE ALWAYS IS AN ANSWER

Greta P., a listener to my radio program, wrote to me. She wrote, in part:

I live in a four-family house, which I own. I depend on the income to supplement my pension. One of my tenants was boisterous, rude, and noisy. He often had drunken parties in his apartment. To make matters worse, he was also behind in his rent, making it hard for me to pay my bills on time. My other tenants are quiet, older people who were very bothered by his behavior. I asked him to leave, but he refused with curses. Then my best tenants told me they were looking for a new place to live. I was at my wits’ end!

One day after listening to your program, I realized that the answer was within me. I quieted my mind and prayed that the infinite intelligence in the subconscious mind of my unruly tenant would guide and direct him to his true place and would prompt him to leave in peace and harmony at once. I affirmed, “I release him completely. I loose him and let him go, wishing for him peace, love, and happiness.”

As I prayed in this way, I came to a point where my mind was filled with inner peace and tranquillity. I knew that meant my prayer would be answered, and so it was. That same evening, the tenant came to my door, paid every penny he owed me, and announced that he was moving someplace a little livelier. Three days later, after I posted a notice at the local supermarket, an intelligent, soft-spoken older man came to look at the vacant apartment. He took it on the spot. It turns out he is a listener of yours as well. My prayer was answered in every way!

A BUSINESSWOMAN'S GUIDANCE FORMULA

At a dinner to benefit a local charity, I found myself at the same table with Adrienne W., who runs a successful media relations firm. As we chatted, the question of decision making came up.

"I have a very simple technique," Adrienne said. "You may think it is too simple, but it works very well for me."

Intrigued, I asked, "What is it? Will you share it with us?"

"I'd be delighted," she replied. "Whenever an important question comes up that calls for a quick decision—and that seems to be at least once every day—I go into my office, shut the door, turn off the phone, and meditate on the divine qualities I believe are within me and everyone. I find myself being transported into a mood of peace, power, and confidence."

A man sitting across the table, who was listening, interjected, "I'd give a lot to get some of that into my daily life!"

"I'm sure you can, if you try," Adrienne said. "Once I find myself in that place, I say, 'Father, thou knowest all things. Give me the idea I need for this new program,' or this

problem, or whatever it is. Then I visualize having the answer, feeling it flow through my mind, complete and perfect. At that point I think, ‘I accept the answer and I give thanks for it.’”

The woman sitting on the other side of her, a commodities broker, said, “But you don’t really have it, do you? You’re just saying that.”

Adrienne smiled. “My grandmother used to say, ‘Well begun is half done.’ Once I finish my prayer, I get busy with other matters. I put the matter out of my mind. I’ve found that the answer usually comes when I least expect it. It’s like a flash of light in a dark room, that suddenly reveals everything at once. I have to say this, too: I imagine I’ve made as many faulty business decisions as anyone. But not once have I been disappointed by the answers that come when I follow this procedure. Not once!”

A PROFESSOR GETS A SPECIFIC ANSWER

Alan F. is a professor at a local university who attends my public lectures. After one such lecture, we started talking. I remarked that he seemed perturbed. Was there something wrong?

“Indeed there is,” he said. “I am currently drafting a paper about archaeological excavations in Egypt during the nineteenth century. I am very nearly finished, but there is one section I cannot verify. The only reliable source for the information is a book that was privately published in a limited edition in Cairo in 1884. I’ve used the internet to check the catalogues of all the major libraries of the world. So far, I have not managed to locate a copy of the book in any of them. Yet without it, I do not feel confident that I can submit my article for publication.”

“You’re in a difficult position,” I said sympathetically. “May I make a suggestion?”

“Please do,” he said, suddenly alert.

“Here is what I would do in a situation like yours,” I continued. “Tonight, before going to bed, I would put myself into a calm, relaxed frame of mind. As I was going to sleep, I would say to myself, silently and with total confidence, ‘My subconscious knows the answer, and it gives me all the information I need.’ Then I would drop off to sleep with the one word, ‘answer,’ in my mind.”

“And you believe this would be helpful?” he asked.

“Yes, I do,” I replied. “Your subconscious mind is all-wise. It knows what type of answer you need. It will answer in a dream, as an overpowering hunch, or as a feeling that you are being led on the right track. You may get a sudden flash of intuition to go to a certain place, or another person may give you the answer.”

Later that week, Alan called me. “It’s unbelievable!” he exclaimed. “I used the technique you told me about for three nights. Then, yesterday morning, as I arrived on campus, something drew me to one of the bulletin boards. Ordinarily, I walk right past them, but I couldn’t. I scanned the notices, and my eye was pulled toward one announcing a used book sale to benefit a campus organization that promotes New Age ideas. It was to take place that same day at noon, on the other side of campus.”

“And you went?” I asked.

“Indeed I did,” he replied. “When I walked in, I wondered what I was doing there. Tables full of trashy best-selling paperbacks, volumes of condensed books, outdated software manuals, guides to building a barbecue pit ... you know the sort of thing you find at these affairs. But at that moment, a man arrived carrying a carton of books. I heard him tell the student in charge that his late uncle was into mystical stuff like the Pyramids, and these were some of his old books.”

“I think I see where you are going,” I said.

“Perhaps you do,” he said. “I asked if I might look through the books, since that was a field that interested me. I opened the carton, and the second book that came to hand was precisely the rare volume I had given up hope of finding! Incidentally, several other books were of great interest, too. I gave the organization a check for twice the amount they wanted to charge for the books.”

ALWAYS BE ON THE ALERT

Sometimes, divine guidance comes to us in the form of a fleeting impression. We must always be on the alert for them. When a feeling or idea comes to us, we must recognize it and follow it.

BE STILL AND RELAXED

There are two reasons why we may not acknowledge our inner guidance. These are tension and failure to recognize the lead when it comes. If we are in a happy, confident, joyous mood, we will recognize the flashes of intuition that come to us. Moreover, we will feel under a subjective compulsion to carry them out.

Therefore, it is necessary to be still and relaxed when you pray for guidance. Nothing can be achieved by tenseness, fear, or apprehension. Your subconscious mind answers you when your conscious mind is still, receptive, and relaxed.

SHE GETS WONDERFUL SLOGANS

Dora P. is celebrated in our local advertising community for her wonderful slogans. This is how she creates them: She drops off to sleep with the words “right slogan” on her lips. She is confident that the answer will be forthcoming—and it always is. *He faileth not* (Zeph. 3:5).

INTUITION PAYS FABULOUS DIVIDENDS

The word intuition means *taught from within.* Intuition goes much further than reason. You employ reason to carry out intuition. Intuition is the spontaneous answer that wells up from your subconscious mind in response to your conscious thinking.

For business and professional people, the cultivation of the intuitive faculty is of great importance. Intuition offers instantaneously that which our intellect or reasoning mind could accomplish only after weeks or months of monumental trial and error.

When our reasoning faculties fail us in our perplexities, the intuitive faculty sings the silent song of triumph. The conscious mind is reasoning, analytical, and inquisitive; the subjective faculty of intuition is always spontaneous. It comes as a beacon to the conscious intellect. Many times it speaks as a warning against a proposed trip or plan of action.

HOW A NOVELIST GETS MARVELOUS IDEAS

I once chatted with Siri N., a wonderful novelist in Calcutta. She told me that the secret of her success in writing is that she regularly and systematically claims that God is guiding her in all her ways and that she will astonish the world with

the beauties, glories, and gems of wisdom given to her by God within her.

Her favorite prayer is: “God knows all things. God is my Higher Self, the Spirit in me. God is writing a novel through me. He is giving me the theme, the characters and their names, and the locations and setting. He reveals the ideal drama in perfect sequence. I give thanks for the answer which I know is coming, and I go off to sleep with the word ‘novel’ on my lips, until I am lost in the deep of sleep.”

Siri knows that the word novel will be etched on her subconscious mind and that the latter will respond. She said that usually, after praying this way prior to writing a novel, a few days later she would get the inner urge to write, and the words and scenes would flow in an unending stream.

This is representative of the miracle of divine guidance that is available to us all.

HE FOUND HIS TRUE PLACE

Nathan G. was a sales rep with a paper goods wholesaler. When he came to consult me, he said, “I’m a square peg in a round hole! I’m good at my job, but it’s wearing me to a frazzle. I’m starting to *hate* paper goods! What can I do? Isn’t there any place that’s right for me?”

“Of course there is,” I assured him. “There is an answer to your problem. The infinite intelligence and wisdom of your subconscious mind knows your talents and interests. It knows how to open the door for their perfect expression in life.”

I directed him to pray as follows:

I believe and accept without question that there is a creative intelligence in my subconscious mind that knows all and sees all. I know that I am directed rightly to my true place in life. I accept this inner guidance without question. I

am here for a purpose, and I am willing to fulfill that purpose now.

Nathan left my office in a very happy mood. Two weeks later, he telephoned. “I prayed, the way we said I should,” he told me, “and I kept finding myself thinking about gourmet foods. I’ve always been interested in them, but mostly as a customer. I started wondering. You know, a lot of the accounts I serviced in my job are stores that carry lines of fancy foods. What if this was my real interest? So I called up and made an appointment with the head of the best gourmet wholesaler in the area. When I went in, something made me say just the right words. To make a long story short, I got the job, and I already know it’s what I always wanted.”

A PRAYER FOR DIVINE GUIDANCE

I know that there is a perfect law of supply and demand. My motives are right, and I desire to do the right thing in the right way at all times. I am instantly in touch with everything I need. I am in my true place now; I am giving of my talents in a wonderful way, and I am divinely blessed. Infinite Intelligence is guiding me now in thought, word, and deed, and whatever I do is controlled by God and by God alone. I am a perfect channel of God.

I feel, know, and believe that my God-Self illumines my pathway. Divine Intelligence inspires, directs, and governs me in all my undertakings and instantaneously reveals to me the answer to all things I need to know. Divine love goes before me, making all roads a highway of peace, love, joy, and happiness. It is wonderful!

IDEAS TO REMEMBER

1. Mentally and emotionally devote yourself to the right answer, and you will get a response.
2. Infinite Intelligence in your subconscious mind knows all and sees all. Call upon it and you will receive an answer. It knows only the answer.
3. Follow the lead that comes. Often, it flashes spontaneously into your conscious mind.
4. Remember that there is always an answer. Persevere and relax, and you will find wonders happening when you pray.
5. Praying for guidance is a two-way conversation. Ask your deeper mind for the answer with faith and confidence, and you will receive an answer.
6. Your subconscious mind answers you in unknown ways. You may be led to a bookstore and pick up a book that answers your question, or you may overhear a conversation that provides the solution to your problem. The answers may come in countless ways.
7. It is necessary to be alert and alive, so that you will recognize the lead that comes, and then follow it.
8. The wisdom of your subconscious rises to your surface mind, or conscious mind, when the latter is relaxed and at peace. Relaxation is the key.
9. Drop off to sleep with the word “answer” on your lips, repeating it over and over again as a lullaby, and the appropriate answer will be given to you.

10. You use your intellect to carry out the voice of intuition.
11. If you are a novelist or a writer, claim that the wisdom of your subconscious is revealing to you the theme and characters, prompting you in all ways. You will be amazed at the results.
12. Infinite Intelligence within you will guide you to your true place and reveal your hidden talents.
13. Affirm, “Divine love goes before me, making straight, joyous, glorious, and happy my ways.” All your ways will be ways of pleasantness and all your paths will be paths of peace.

LAW 6

THE MIGHTY LAW OF COURAGE

Fear is a powerful force, but you can learn to live so that fear will no longer dominate you. Your fear may reach back into the past, perhaps even into the inheritance of the collective mind, but you need not stay subject to it. While there are many primitive fears in the subconscious of all of us, you can eradicate all those fears by joining mentally and emotionally with the God-Presence within you. As you learn to love God and all things good, and as you trust Him implicitly, you will overcome your fears and become a free and fearless person.

HOW PRAYER FREED HER FROM PANIC

A few years ago, a young woman named Marie P., whom I did not know, phoned me at the Algonquin Hotel in New York City.

"My father always talked about your ideas," she said. "He died recently. I know he hid a large sum of money somewhere in the house. I'm really desperate. If I don't find the money, I might end up losing the house!"

"Have you tried to ask your subconscious mind?" I asked.

"No, I've never done anything like that," she replied. "I wouldn't know how to begin."

"Well, I will pray for a solution to your problem," I told her. "Will you come to see me tomorrow?"

That same night, I had a dream in which a man I didn’t know said, “Get up and write this down. You are seeing my daughter Marie tomorrow.”

Still half asleep, I got up, went to the desk, and found a sheet of hotel stationery. The figure in my mind dictated to me as I wrote. I am sure that these instructions were not written by Joseph Murphy, or even by my subconscious in the half-dreamworld where I then was.

I am firmly persuaded that the author was the father of the girl whom I was to see the following day. His personality, which had survived what we call death, gave me detailed instructions for locating a large sum of money that was hidden in his home. It also gave details of holdings in the Bahamas, with explicit instructions to his daughter on whom to contact to take possession of them.

The next day, Marie visited me at the Church of Religious Science headquarters in New York City. I recognized her immediately, because I had seen her in my dream the night before. There is a shining facet of our subconscious mind that reflects what is subjectively perceived and known, but not consciously known.

The acute anxiety Marie suffered was needless. All the time her subconscious knew where the money was. If she had known how, she could have communicated with it and received her answer. Since then, the study of the laws of her mind has completely transformed her life. Today she is vital and alive and accomplishing great things.

HER PRAYER CAST OUT HER FEAR

Amanda C. is a talented musician who relocated to New York City and opened a music studio. She advertised extensively; weeks passed and not one student appeared on the scene.

She told me this after one of my lectures. “I’m so afraid,” she confessed. “If I have to go back to Iowa as a total failure, I don’t know what I’ll do. I suppose I was a fool to try this. Of course I’m failing. Why should students come to me? They’ve never even heard of me!”

I pointed out to Amanda that her difficulties reflected her underlying attitude. She was convinced she would fail. She was positive that students would not come to her because she was unknown. Her basic trouble was her fear.

“If you can reverse your mental attitude, wonders may follow,” I told her. “Do you believe that students will benefit by what you can teach them?”

“Oh, yes, I’m *sure* of it!” she proclaimed.

“Then you must build on that knowledge.” I suggested a technique for her to use.

Twice daily Amanda imagined herself teaching her students and saw them happy and pleased with their progress. She was the star in the drama, “Act as though I am, and I will be.” She felt herself to be the successful teacher, acting the role in her imagination, and focusing her attention on her ideal. Through her persistence, she became one with the idea in her mind until she succeeded in objectively manifesting what she subjectively imagined and felt. She attracted more students than she could handle and eventually had to take on an assistant.

What she imagined her life to be, she felt it to be, and according to her new feeling or mental attitude was it done unto her.

A GARDEN GAVE HIM COURAGE

While I was giving a series of lectures in Cape Town, South Africa, I made the acquaintance of Jonathan S., a retired colonel in the British army. He told me a little about his life

as a prisoner of war during the Korean War. He spent eighteen months in solitary confinement, but he did not have a bitter word to say about his Chinese captors. In his imagination he walked around his garden in England and listened to the bells of his parish church welcoming him home. Colonel S. said, “The mental picture of this glorious place forever kept my mind alive. Not for one moment did I let it slip away.”

Instead of resenting and hating, or indulging in mental recriminations, Colonel S. gave himself a constructive vision. He imagined himself home with his loved ones; he felt the thrill and joy of it all. Visualizing the garden in full bloom, he saw the plants grow and bring forth magnificent flowers. It was vivid and real in his mind. He felt all this inwardly in his imagination. He said other men might have gone insane or perhaps died of a broken heart, but he saved himself because he had a vision. “It was a vision I never let slip away.”

Colonel S.’s great secret was a new mental attitude in the midst of privation, misery, and squalor. He was loyal to his mental picture, and he never deviated from it by destructive inner talking or negative mental imagery. When he finally arrived home in England, he realized the significance of the profound truth that we go where our vision is.

HE CAST OUT HIS UNKNOWN FEARS

Following a series of lectures I gave for the Science of Mind organization in San Francisco, a man named George B. visited me at my hotel. The first thing he said was, “I am haunted by unknown fears. I wake up at night sweating and shaking all over.” He also suffered from hypertension and from frequent acute paroxysmal attacks of asthma.

As we talked, I eventually learned that George hated his late father. The reason was that the father had disapproved of George's lifestyle and as a result had bequeathed his entire, rather large, estate to George's sister. This hatred created a deep sense of guilt in his subconscious mind. Because of this guilt, he had a deep, hidden fear of being punished. This complex expressed itself in his body as high blood pressure and asthmatic attacks.

Fear causes pain. Love and good will bring peace and health. The fear and guilt that George experienced manifested as disease.

As we talked, George came to see that his trouble was caused by his own sense of guilt, self-condemnation, and hatred. His father had long since passed to a higher dimension of life, but his memory was causing George to poison himself through hatred.

I was able to help George find the means to forgive his father and, as a result, forgive himself. He affirmed as follows:

I completely forgive my father. He did what he believed right according to his light. I release him. I wish him peace, harmony, and joy. I am at peace with his memory and with myself.

Once George came to terms with his feelings, his asthma abated and his blood pressure dropped to normal. The fear of punishment that had been lurking in his subconscious mind has now disappeared.

SHE CEASED BLOCKING THE ANSWER

Joanna W. wrote to me in deep distress. "I don't know what to do or where to turn. I am overwhelmed with fear of doing the wrong thing. Should I take a new job I've been offered,

or stay where I am? Should I keep or sell my home? Should I marry the man I've been dating? Where can I turn for answers? How can I decide what to do?"

I wrote back that it was her fear of doing the wrong thing that was blocking the answers Joanna so longed for. Furthermore, her fear was really based on a failure to understand the workings of her subconscious mind.

I explained that whenever her subconscious accepts an idea, immediately it begins to execute it. It uses all its mighty resources to that end. It mobilizes all the unlimited mental and spiritual powers in our depths. This law is true for good ideas, but also for bad ideas.

"Whenever you make such statements as 'I will never get an answer; I don't know what to do; I'm all mixed up,'" I wrote, "you block your access to the answers in your subconscious. If you express a clear confidence in the wisdom of the answer to come, then Infinite Intelligence within your subconscious will provide the answer."

Joanna took my advice. She prayed frequently as follows:

Infinite Intelligence is all-wise. The wisdom of my subconscious mind reveals to me the right answers. I am divinely guided regarding my home and my selection of a husband, and I am confident Infinite Intelligence knows my hidden talents and guides me to my true place in life where I am doing what I love to do, divinely happy and divinely prospered.

Joanna was inspired to leave her job for a new position with a major law firm. She later married her longtime beau and they both now live in her home. There was a perfect solution and an ideal answer to all her requests. The wisdom of the subconscious is past finding out.

WISE THOUGHTS

If your thought is wise, the reaction or response will be wise. Your action is only the outer expression of your thought. Your constructive action or decision is but the manifestation of a wise or true thought entertained in your mind.

After asking for guidance or an answer to a particular problem, do not neglect obvious or convenient stepping-stones to your goal. You will avoid blocking your answer when you simply think about the solution, knowing that your thought activates your subconscious, which knows all, sees all, and has what is needed to accomplish your goal.

CHOOSE CONFIDENCE, TRIUMPH, AND VICTORY

The Bible says *Choose you this day whom ye will serve* (Josh. 24:15). The key to health, happiness, peace of mind, and abundance lies in the capacity to choose. When you learn to think right, you will cease choosing pain, misery, poverty, and limitation. On the contrary, you will choose from the treasure-house of the Infinite within you. You will affirm incisively and decisively, “I choose happiness, peace, prosperity, wisdom, and security.”

The moment you come to that definite conclusion in your conscious mind, your subconscious mind—full of the power and wisdom of the Infinite—will come to your aid. Guidance will come to you, and the way or path of achievement will be revealed to you.

Claim definitely and positively, without the slightest hesitation, doubt, or fear, “There is only one power of creation, and it is the power of my Deeper Self. There is a solution to every problem. This I know, decree, and believe.” As you claim these truths boldly, you will receive guidance pertinent to all your undertakings, and wonders will happen in your life.

HOW SHE OVERCAME THE FEELING OF FRUSTRATION

Amelia H., a young automotive designer, came to me in frustration. “Every job I’ve ever had,” she said, “my superior has had it in for me. I know I’m good at what I do, but my talents are being wasted. I think it must be because I’m a woman in what is still mostly a man’s field. I got that all my life, starting with my father. He was so convinced that girls should grow up to get married, have lots of babies, and keep house. He still is, as far as I know. I’ve had no contact with him in three or four years.”

“Why is that?” I asked. “Did he break off contact, or did you?”

“I was just so tired of his sermons!” she exclaimed. “I got to the point of hating to hear his voice. I know I should be more tolerant and understanding. He probably thinks his way is best for me. But I can’t stand that old stuff. I won’t put up with it. I don’t care if he’s my father, and I don’t even care if God has it in for me because I hate my father!”

“Let me see if I understand what you’re saying,” I said. “You resent your father because of his outdated ideas about women. By choosing your career, you did more than resent his ideas, you actively rebelled against them. Is that right?”

“Well, of course,” Amelia replied. “Wouldn’t you, in my place?”

“Maybe so,” I said. “But it occurs to me that you have been seeing your father in everyone who seems to have authority over you. That even includes God. Isn’t it possible that you have been shifting the blame for your own shortcomings and mistakes to your bosses, in order to justify a rebellious attitude that doesn’t even have anything to do with them?”

Amelia overcame her sense of frustration by first perceiving that she was actually blocking her own progress by her fear, resentment, and hatred. She decided to pray morning and evening as follows:

I wish for everyone in the organization where I work health, happiness, peace, and promotion. My employer congratulates me on my work; I paint this picture in my mind regularly, and I know it will come to pass. I am loving, kind, and cooperative. I practice the Golden Rule, and I sincerely treat everyone in the same way that I would like to be treated.
Divine Intelligence rules and guides me all day long, and I am prospered in all my ways.

As she saturated her mind regularly and systematically with these thoughts, Amelia succeeded in bringing about a new mental attitude that changed everything for the better in her life.

FIVE POSITIONS IN FIVE MONTHS

The young man who showed up in my office was, frankly, a mess. His name was Bernhart O., and he began by saying, “I got fired yesterday. That makes five jobs in five months. Do you think that’s a record?” He went on to tell me he suffered from insomnia, alcoholism, and depression. What I found puzzling was that he seemed almost proud of this recital of problems.

“Why do you think you are fired so often?” I asked.

“They don’t like me,” he replied. “My bosses, the other people… none of them like me. Maybe it’s my face, or something chemical.”

“Are you a good worker?” I probed. “Do you show up every day on time and put a real effort into your job?”

He looked away. “It’s not my fault,” he mumbled. “Sometimes I just don’t feel up to going. If I’ve been up all night, not able to sleep—”

“Or suffering from a terrible hangover?” I suggested.

“Yeah, that, too,” he said. “Anyway, what’s the use? They’re not going to like me whatever I do, and sooner or later I’ll get fired.”

I explained to Bernhart that his dominant attitude of fear colored everything. His pessimistic, helpless outlook caused him to look at life from the dark or negative side. This led him to act lazy and shiftless. Of course his bosses didn’t care for him and didn’t keep him. Why should they? He gave them nothing and could expect nothing in return.

At my suggestion, Bernhart took a course in business fundamentals and another course in public speaking. With diligence, personal initiative, and application, he learned the rudiments of the commercial world. He began to pray for guidance and prosperity, claiming regularly that God was guiding him in all his ways and that he was prospered beyond his fondest dreams.

Gradually Bernhart’s underlying attitude changed. He developed enthusiasm, perseverance, and a cooperative team spirit. He became happy and joyous and began to express health, harmony, and true living. On his next job, he was kept on after a probation period and soon was promoted to greater responsibilities.

Bernhart learned that practically all teaching, whether institutional, religious, or secular, has for its real purpose the inducement of a changed mental attitude toward life, people, and events. The first step in banishing his abnormal fear and in his onward march was correcting his attitude toward life.

HOW TO REALIZE YOUR DESIRE

No one can serve two masters. You cannot expect to realize the desire of your heart if you believe there is a power that thwarts that desire. This creates a conflict, and your mind is divided. You stand still and get nowhere. Your mind must move as a unity. Infinity cannot be divided or multiplied. The Infinite must be one—a unity. There cannot be two Infinities, as one would quarrel with the other; they would neutralize or cancel out each other. We would have chaos instead of a cosmos. Unity of the spirit is a mathematical necessity, for there is no opposition to the one Power. If there were some power to challenge God, or the Infinite One, God would cease to be omnipotent or supreme.

You can see what confusion and chaos reign in the minds of people who believe in two opposing powers. Their minds are divided because they have two masters, and this belief creates a conflict, causing their power and strength to be divided. Learn to go in one direction only, by believing that God who gave you the desire will also show you how to fulfill it.

TAKE A PERSONAL INVENTORY

Are you experiencing friction, misunderstanding, and resentment in your relationships with others? These unsatisfactory personal adjustments are due to the bad company you are keeping in your mind. When you were young, your parents warned you to keep away from bad company. If you disobeyed, you felt their disapproval. In a somewhat similar manner, you must not walk down the dark alleys of your mind and keep the company of resentment, fear, worry, ill will, and hostility. These are the thieves of your mind. They rob you of poise, balance, harmony, and health.

You must positively and definitely refuse to walk and talk with the negative feelings in the galleries of your mind. On the contrary, you must make it a practice to walk the sunlit streets of your mind, associating with lovely, spiritual companions called confidence, peace, faith, love, joy, good will, health, happiness, guidance, inspiration, and abundance. You can choose your companions in the objective world, and I feel sure that when you do you will select them according to the criteria of honesty and integrity.

You select your clothes, work, friends, teachers, books, home, and food. You are a choosing, volitional being. When you choose something, you enact a preference for one thing over another, even if it's only a hat or a pair of shoes. Having taken a personal inventory of the contents of your mind, choose health, happiness, peace, and abundance, and you will reap fabulous dividends.

UNDERSTANDING BANISHES NEEDLESS SUFFERING

You must give up your false beliefs, opinions, and theories. Exchange them for the truth that sets you free. You are not a victim of your five senses; neither are you controlled by external conditions or environment. You can change conditions by changing your mental attitude. Your thought and feeling create your destiny and determine your experience. Therefore, you can no longer blame others for your misery, pain, or failure.

What you think, feel, believe, and give mental consent to, consciously or unconsciously, determines the happenings, events, and circumstances of your life. Once you thoroughly grasp that truth, you will cease to fear, resent, condemn,

and blame others. You will discover there is no one to change but yourself.

YOU CREATE YOUR OWN HEAVEN

For countless centuries, people have looked outside themselves and filled their minds with jealousy, hate, fear, resentment, and depression, because they believed others were marring their happiness and causing their troubles. People have believed that they are the victims of fate, chance, and accidents, and that there are other powers and forces inimical to their welfare. Their minds are full of all sorts of weird ideas, superstitions, anxieties, and complicated philosophies about devils, evil entities, and malevolent forces.

The truth is that a person's thought is creative. Our habitual thinking becomes our abundance or our poverty. We must divest ourselves of all our erroneous and false concepts and realize that we make our own heaven (harmony and peace) and our own hell (misery and suffering), here and now.

You can influence your subconscious positively or negatively. The subconscious mind is always amoral and impersonal. It has no ethics or sentiments. Hence, if a person's thoughts are of an evil nature, the law of the subconscious mind will automatically bring these thoughts into form and experience. If someone's thoughts are good, wholesome, and constructive, the law of the subconscious will bring forth good experiences and happy circumstances.

This is neither more nor less than the law of cause and effect, which is a universal and impersonal law.

RETRIBUTION AND REWARD

Your retribution and reward depend on how you use your mind. If you make an erroneous decision in your mind, you invoke the mathematical and just response of the law of your subconscious mind. You will experience loss as a result of your erroneous judgment or decision. The law of action and reaction is universal throughout nature. If your thoughts are wise, your actions will be wise.

God is not vengeful or vindictive, but the impersonal law of your own mind reacts and responds according to what is impressed upon it. Your thought-life produces what seems like vengeance when you are unawakened to the way your mind works. Actually, you are experiencing a natural law of action and reaction, which is always equal, exact, and precise. Suppose a friend falls in a lake and drowns because he does not know how to swim. Would you blame the lake? Would you accuse it of acting vengefully? Of course not. The water is completely impersonal.
It simply obeys a physical law.

> I sent my soul through the Invisible
> Some letter of that after-life to spell,
> And by and by my soul returned to me
> And answered, “I myself am Heaven and Hell.”
>
> *(The Rubáiyát by Omar Khayyam)*

THE SECRET PLACE

I suggest you quiet the wheels of your mind frequently and dwell on these great eternal truths that live in the hearts of all people. *He that dwelleth in the secret place of the most High shall abideunder the shadow of the Almighty* (Ps. 91:1). As you affirm the following prayer regularly, systematically, and joyously, you will feel rejuvenated, revitalized, and energized spiritually, mentally, and physically:

I dwell in the secret place of the most High; this is my own mind. All the thoughts entertained by me conform to harmony, peace, and good will. My mind is the dwelling place of happiness, joy, and a deep sense of security. All the thoughts that enter my mind contribute to my joy, peace, and general welfare. I live, move, and have my being in the atmosphere of good fellowship, love, and unity.

All the people who dwell in my mind are God's children. I am at peace in my mind with all the members of my household and all humankind. The same good I wish for myself, I wish for all people. I am living in the house of God now. I claim peace and happiness, for I know I dwell in the house of the Lord forever.

IMPORTANT POINTERS

1. Eradicate fear by joining mentally and emotionally with the God-Presence within you.
2. If you can't find something, ask your subconscious and it will reveal the answer to you.
3. Many times hatred is the cause of fear of being punished. Forgive the other and go free.
4. Fear of failure will attract failure. Expect success, and good fortune will smile on you.
5. If confined or restricted, get a mental vision and mentally adhere to it. Be loyal to it, and you will go where your vision is.
6. Fear is behind many physical ailments. Fill your mind with love and good will, and you will be free.

7. Never say “I am full of fear” or “I am all mixed up.” Your subconscious takes these statements literally, and you remain confused.
8. If your thoughts are wise, your actions will be wise.
9. The key to health, happiness, and peace of mind lies in the capacity to choose the abundant life.
10. You don’t have to be frustrated. Realize that God who gave you the desire will bring it to pass in divine order. There is no power to oppose Omnipotence.
11. A changed attitude changes everything. Become enthusiastic, believe in yourself and in your hidden powers, and wonders will happen in your life.
12. The double-minded person is unstable in all ways. Be single-minded. Recognize the One Power, and then your mind will move as a unity.
13. The cause of all the trouble in your life is due to the kind of company you are keeping in your mind. Take inventory now.
14. Your thought and feeling create your destiny. There is no one to blame but yourself.
15. People create their own hell and their own heaven, here and now, by the way they think all day long.
16. Retribution or reward depends on how you use your mind. The law of action and reaction is universal throughout nature. Think good; good follows. Think evil; evil follows.

LAW 7

THE WONDERFUL LAW OF SECURITY

Do you feel secure or insecure? The answer depends primarily on your basic approach to life. Dr. William Y., a distinguished research physician associated with the University of California at Los Angeles, told me the other day that he has never found a patient with a strong sense of security who suffers from chronic worry, fear complexes, or mental disorders of any kind. He attributed this sense of security to an abiding faith and trust in a Supreme Power that watches over us in all our ways.

If you have not learned about your own essential greatness and the infinite riches within you, you tend to magnify the problems and the difficulties that confront you. You empower them, giving them influence and control that you fail to attribute to yourself. One of the main reasons for your feeling of insecurity is that you are regarding the externals of life as causes, not realizing that they are really effects.

HOW TO GET THE FEELING OF SECURITY

There is no real security apart from your sense of oneness with God—the Source of all blessings. This is the first thing you have to realize. By applying the principles described in this book, you can develop a practical, workable, sane, and marvelous feeling of inner security. There is an urge within each of us that cries out for union with an Eternal Source.

Join now with this Infinite Power, and you will immediately draw upon its strength.

You are immersed in an infinite ocean of Life—the Infinite Mind—which permeates you entirely and in which you live, move, and have your being. Remember that this Infinite Power has never been defeated or frustrated by anything outside itself. This Infinite Power is omnipotent, and when you consciously unite with it through your thought and feeling, you immediately become greater than that which you feared.

The Infinite lies stretched in smiling repose within you; this is the true state of your mind. The power and wisdom of this Infinite Mind become potent and active in your life the moment you recognize its existence and establish your mental contact with it. If you do this now, you will immediately experience a marvelous feeling of inner security, and you will discover the peace that passeth understanding.

HE STOPPED PRAYING AGAINST HIMSELF

A friend of mine, Ernest S., was involved in a prolonged lawsuit that had cost him a considerable sum of money in legal fees. His attorney told him he would probably lose the case. This meant that Ernest would be more or less penniless. He was terrified. While discussing the matter with me, he moaned that he had nothing left to live for. The only thing to do was to end it all.

"Do you have any idea how destructive it is to say things like that?" I demanded sternly. "Every time you think or say such negative thoughts, you help prolong the case that is wrecking your peace of mind. In effect, you are praying against yourself."

I then asked him a simple question. “What would you say if I told you this minute that there had been a perfect, harmonious solution and the whole matter was concluded?”

“I would be delighted and eternally grateful,” he said. “I would feel like a man condemned to die who just received a pardon.”

“Will you try to make your inner, silent thought conform to your desired aim?” I asked. “That, I firmly believe, is what will bring about a successful conclusion of this case.”

“I’ll try,” he pledged.

I gave him a prayer to affirm regularly and systematically: “I give thanks for the perfect, harmonious solution that takes place through the wisdom of the All-Wise One.”

Ernest repeated this prayer to himself often during the day, especially when difficulties, delays, setbacks, arguments, doubts, and fear came to his mind. He completely ceased making negative statements, and he also controlled his silent thoughts, knowing that his inner thought and feeling would always be made manifest.

It is what you feel on the inside that is made manifest. You can say one thing with your mouth and feel another way in your heart; it is what you feel on the inside that is reproduced on the screen of space.

Ernest learned through practice and discipline never to affirm inwardly anything he did not want to experience outwardly. His lips and his heart agreed on a harmonious solution to his legal case, and Divine Justice prevailed. Additional information was provided from a completely unexpected source, and the lawsuit was resolved so that Ernest did not suffer a financial loss.

My friend had realized that his security was dependent upon his alignment with the Infinite Presence, which moves as unity, harmony, justice, and right action. He discovered

that nothing could oppose the Infinite Power that moves the world.

THE END OF MY ROPE

“I’m at the end of my rope,” Celeste B. told me. An art student, she had been given my name by a friend who had attended some of my lectures. “I suffer from a serious blood disorder. The chances are, at some point I’ll become an invalid for the rest of my life. Who’d want to hire someone like me, or get involved in a personal relationship? My life is over, before it even started!”

“You’re certainly painting a very bleak picture,” I said. “Who gave you that prognosis? Your physician? A specialist?”

She hesitated. “Well ... no. In fact, my doctor does her best to sound encouraging. No, it’s my relatives, and they ought to know. There was my Uncle Bob. He died of the same kind of condition. The doctors tried everything to cure him, but nothing worked. It’s incurable. I’m just like him, I’m afraid.”

“Why are you here?” I asked. “What do you hope to get from our talk?”

She looked down at the floor. “My friend said you might help heal me,” she said softly.

“No, I’m afraid not,” I replied. She stiffened. I quickly added, “But I may be able to help you heal yourself. Whatever medical problems your doctor has uncovered, they are being made worse because your subconscious mind is being saturated with your relatives’ negative statements about your health. As long as you continue to listen to them, you are not likely to experience a healing. However, once you recall that you are not your uncle, that

you are your own person, the Infinite Healing Presence that created your body can begin to heal its own handiwork."

After our consultation, Celeste began to use a different tone to her subconscious mind. I told her to slowly, quietly, lovingly, and feelingly affirm the following prayer:

The Creative Intelligence that made my body is now re-creating my blood. The Healing Presence knows how to heal, and it is transforming every cell of my body to God's perfect pattern. I hear and see the doctor telling me that I am whole. I have this picture now in my mind. I see her clearly and I hear her voice; she is saying to me, "Celeste, you are healed! It is a miracle!" I know that this constructive imagery is going down deep into my subconscious mind, where it is being developed and brought to pass. I know that the Infinite Healing Presence is now restoring me in spite of all sensory evidence to the contrary. I feel this, I believe it, and I am now identifying with my aim—perfect health.

Celeste repeated this prayer four or five times daily for ten or fifteen minutes, particularly before falling asleep at night. At times she found her mind falling back into its old habits of fretting, fussing, worrying, and recounting the verdicts of others. When these thoughts came to her mind, she learned to issue the order, "Stop! I am the master over all of my thoughts, imagery, and responses, and they must obey me. From now on, all of my thoughts are on God and His healing power. This is the way I feed my subconscious; I constantly identify with God, and my inner thought and feeling is 'Thank you, Father!' I do this a hundred times a day, or a thousand times, if necessary."

Within three months, Celeste's blood count had become nearly normal. By repetition, prayer, and meditation, she established new habits of positive thought, and she succeeded in aligning her subconscious mind with her

desire. She proved the truth in the Bible, *Thy faith hath made thee whole* (Matt. 9:22).

SECURITY CANNOT BE LEGISLATED

No government, however well-intentioned, can guarantee you peace, happiness, joy, abundance, or security. You cannot determine exactly all of the events, circumstances, and experiences through which you will pass on your life's journey. Unforeseen cataclysms, floods, earthquakes, typhoons, and monsoons will take place that destroy cities and properties and wipe out the holdings of thousands of people. Wars, insurrections, and political upheavals take place that have unpredictable effects on people and on their economies. International tragedies and fear of war have had catastrophic effects on the stock markets of the world.

All material possessions are vulnerable to change. There is no real security in stocks, bonds, or money in the bank. The value of a fifty-dollar bill depends on the integrity and honesty of our government and its ability to back up a sound currency. A check from a bank or from another person is only a piece of paper. Its value depends on the honesty and integrity of the writer of the check and on your faith in the soundness of the bank.

PRAY AND PROTECT YOUR INVESTMENTS

If you devote some time and attention every day to scientific prayer and meditation, you will experience a changed mental attitude, and you cannot and will not suffer from the many hazards and unforeseen catastrophes that are referred to in this chapter.

Walk in the consciousness of God's eternal supply. Know in your heart that the Overshadowing Presence is watching over you in all your ways. Remember that as long as you maintain a prosperity consciousness, you cannot suffer losses. When you build into your mentality the awareness of the Eternal Source of supply, you cannot become impoverished. No matter what form wealth takes, you will always be amply supplied.

PRAYER CONTROLLED HIS UPS AND DOWNS

"Two months ago, I was worth a fortune," Eric W. told me over lunch. "Then all the dot-coms I'd put my money in tanked, one after the other. Now I'm reduced to wondering if my credit card will be refused when I try to pay for this meal. And health... One month I'm hiking the Sierras, and the next I can hardly hobble up the stairs in my house. Isn't there anything I can do to even out all these swings?"

"Of course," I told him. "Anyone can achieve a balanced life in which serenity and tranquility reign supreme. The key is to work to acquire mental and emotional control. You'll find that you can preserve your equanimity regardless of circumstances. It's as Marcus Aurelius said, almost two thousand years ago: *Nothing happens to any man which he is not formed by nature to bear.* In Hawaii, a guide will show you a hut where the great writer, Robert Louis Stevenson, wrote a masterpiece, *Treasure Island,* despite the fact that he was suffering from an acute case of tuberculosis!"

I gave Eric a spiritual prescription to follow that would help him find strength and assurance from the kingdom of God within him. He prayed frequently during each day, dwelling on these eternal verities:

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee (Isa. 26:3). I know that

the inner desires of my heart come from God within me. God wants me to be happy. God's will for me is life, love, truth, and beauty. I mentally accept my good now, and I become a perfect channel for the divine. I am an expression of God. I am divinely directed in all my ways, and I am always in my true place, doing the thing I love to do. I refuse to accept as truth the opinions of others, for my mind is a part of God's mind, and I am always reflecting divine wisdom and divine intelligence. God's ideas unfold within my mind in perfect sequence. I am always poised, balanced, serene, and calm, for I know that God always will reveal to me the perfect solution to all my needs. The Lord is my shepherd; I shall not want for any good thing. I am divinely active and divinely creative. I sense and feel the rhythm of God. I hear the melody of God whispering its message of love to me.

HOW SHE HEALED HER SENSE OF LOSS

A young woman named Daphne W. was brought to meet me after a service. "I've lost everything I ever lived for," she told me. "My father died last month. We were not very close, but I always expected him to be there. Then his lawyer told me that he had made some terrible investments over the past couple of years. I was always led to believe I would inherit a fortune, but it's all gone."

Daphne felt a deep sense of loss, and she feared the future. But fear can always be replaced by faith in God and all things good, once we know how to use our minds. In talking to Daphne, I explained that she could never really lose anything unless she accepted the loss in her mind, as all experiences take place through the mind.

Imagine that I have "lost" my watch. All this really means is that it is somewhere, but I can't find it just now. It may

have fallen on the street, or perhaps I left it in a phone booth, or it may be that a pickpocket has it. Whatever has become of it, the watch is not lost in the Infinite Mind of God. *They shall not hurt nor destroy in all my holy mountain* (Isa. 11:9). Infinite Mind permeates and indwells every particle of matter in the universe. The watch is an idea in Mind, and even if my watch was run over by a truck and ground into dust, the human mind can create millions of watches. God cannot lose anything.

Daphne decided to heal her fear of loss and her deep sense of insecurity, which had caused her so much mental anguish. Her first step was to acquire an understanding of a law of mind, which is that no one can rob us of our good without our mental consent, by fearing or believing in loss. The second step was to make a definite mental choice, knowing that her choice of God's riches and wealth, when given attention and steadily adhered to, would be accepted by her subconscious mind and brought to pass in her experience. Her third step was to remain faithful to the idea that God's wealth was flowing into her experience, knowing in her heart that her belief in God's promises would result in fulfillment.

This attitude of mind rapidly dissolved her sense of loss. Her mind began to move with God's mind, in one direction. How incongruous and ludicrous it would be to assume that the Infinite Mind of God could move in two directions at once!

Affirming the following prayer became Daphne's fourth step:

In quietness and in confidence shall be your strength (Isa. 30:15). I know that my inner feeling of security is based on my knowledge that God takes care of me. I have confidence in His direction. My greatest security is that I know and feel God's Presence. I know deep down in my heart that God is the source of all life and all blessings. God is with me and

for me. He watches over me, He cares for me, He provides for me, He supports me, and He loves me. My thoughts are thoughts of fulfillment, since all of God's desires are always being fulfilled. He restoreth my soul and my thought-life. His goodness and mercy follow me all the days of my life, for I have chosen to dwell mentally and spiritually with God all the days of my life.

After having prayed in this manner for six weeks, Daphne was invited to attend a political reception in Los Angeles. An important legislator was deeply impressed by her poise, self-assurance, and inner sense of tranquillity. She offered Daphne an important post on her staff in Sacramento. Daphne's belief in the fulfillment of her prayer brought results.

Life is always eminently fair. The ups and downs, sickness, turmoil, strife, and misfortune that at times beset our existence are the consequences of our misuse of the laws of mind and the results of our false and superstitious beliefs.

BUILDING A GLORIOUS FUTURE

Go to work on your thoughts, tune in to the Infinite One, and affirm boldly, [*I*] *shalt compass me about with songs of deliverance* (Psalms 32:7). Almightly God is within you. You are equipped to lead a glorious and wonderful life, for all the power of God is available to you. Release His wisdom, power, and glory in your life.

If you don't use your muscles, they will inevitably atrophy. You have mental and spiritual "muscles" that must also be exercised. If your thoughts, attitudes, motivations, and reactions are not God-like, your contact with God is broken, and you become depressed, rejected, fearful, morose, and morbid.

Look within. *The kingdom of God is within you* (Luke 17:21). God's power, wisdom, and strength to meet any and all challenges are within you. *The people that do know their God shall be strong, and do exploits* (Dan. 11:32). *Behold, I am the Lord, the God of all flesh: is there any thing too hard for me?* (Jer. 32:27).

A HEALTHY REVIEW

1. Your worries and fears really are due to your failure to align yourself with the Infinite, which knows no fear or opposition.
2. No real security can take place apart from your feeling of oneness with God.
3. Your inner, silent thought must agree with your aims in life; otherwise, your prayer can't be answered.
4. When you are constantly mentally denying what you are affirming outwardly, you cannot receive a healing.
5. A real sense of security is not dependent upon bonds, stocks, and real estate. The real feeling of security is based on faith and trust in God, the Giver of all gifts.
6. A government cannot guarantee security, peace, or happiness. You decree your own security, peace, joy, and health through the laws of your mind.
7. You protect your investments by knowing that all your possessions are watched over by the Overshadowing Presence, and you dwell constantly in the Secret Place.
8. Avoid ups and downs by realizing that divine law and order govern your life, and that God

thinks, speaks, acts, and directs all your undertakings. Make a habit of this prayer, and poise and balance will be yours.

9. Fear can be replaced by faith in God and His eternal supply. *In quietness and in confidence shall be your strength* (Isa. 30:15).
10. You can lead a glorious and wonderful life by joining up with God and by knowing that God's power, wisdom, and strength are there to meet all problems. When you begin, God begins. *I and my Father are one* (John 10:30).

LAW 8

THE MAGICAL LAW OF MENTAL NUTRITION

I have known people who have had the choicest food and a perfectly balanced diet, according to the laws of nutrition, and yet they developed ulcers, cancer, arthritis, and other destructive and degenerative diseases.

The food of your experiences, conditions, and events is your thought-life. Your habitual thinking nourishes and sustains your conditions and causes them to increase and magnify in your experience. Fear thoughts, worry and critical thoughts, and angry and hateful thoughts are the food of sickness, despondence, failure, and misery.

All living creatures follow their food. Explorers and scientists tell us that in parts of the globe where food is unobtainable, there is no animal life. Life abounds where food is plentiful. When you feed your mind with negative food, sickness, lack, misery, and suffering come into your life, because they seek their food.

YOU ARE WHAT YOU MENTALLY EAT

All of us have heard the expression, “You are what you eat.” If an idea is true, it is generally true in more than one sense. You are what you eat psychologically and spiritually. Thoughts of God, thoughts of love, kindness, optimism, joy, and good will are the foods of health, joy, happiness, and success. If you mentally absorb and digest a bountiful

supply of these foods, you will attract and experience all these things in your life.

If you are hateful, envious, jealous, and full of hostility, the physical food you eat may well be transformed from health-giving to poisonous. On the other hand, if you are full of good will and eat the food on the table with joy and thanksgiving, it will be transmuted into beauty, vitality, wholesomeness, and strength. The bread or meat you eat becomes your flesh and blood. This is the inner meaning of the saying, “You are what you eat.”

THE IMPORTANCE OF DIET

Food for the body is very important. Today, some of our foremost research physicians are pointing out the dangers of excessive fat, which interferes with the mechanical efficiency of all our vital organs, such as the heart, lungs, liver, and kidneys. We know that many physical and mental diseases can result from lack of certain vitamins and chemicals. Beriberi, a disease characterized by multiple inflammatory changes in the nerves, producing great muscular debility, is brought about by an insufficiency of vitamin B. We are all familiar with the need for sufficient calcium for pregnant women. Deficiency of vitamin A has deleterious effects on the eyes, and a sufficient amount of protein is essential for our well-being.

All this is important, but our mental and spiritual diet is of the greatest importance.

THE BREAD OF LOVE AND PEACE

I know a man, Donald L., who is the author of a wonderful book on nutrition. It is quite scientific and very sound.

However, he himself suffers from acute ulcers. His physician tried to treat his condition with a course of antibiotics, linked with a special diet, but the ulcers only worsened.

When Donald described his situation in a conversation with me, I asked, “Have you noticed anything in your mental or emotional life that seems to be connected to the ulcers?”

“My life?” he replied. “Not at all. But I’ll tell you one thing. I can’t pick up a newspaper or watch a newscast without feeling a pang. All the top stories are about suffering, crime, injustice, and inhumanity. It makes me livid. I must spend a couple of hours every day writing letters and e-mails to people in Congress and the government, telling them exactly what I think about their actions.”

“I take it you don’t think very highly of them,” I said dryly. “Would it be fair to call these angry messages?”

“Certainly,” Donald said “and every bit of my anger is justified.”

“Even the part that is responsible for your illness?” I asked. “You know, when you allow negative energy to build up inside yourself, it has an effect, even if you discharge much of it on an external target. If you want to be cured of your stomach condition, you will have to change your mental and emotional diet.”

By the end of our talk, Donald had committed himself to adopting a new mental regimen:

I am going to transform all negative impressions that come to me during the day. From now on, I will never permit news, propaganda, criticism, or negative statements of others to promote negative reactions in me. When I am tempted to react negatively and vindictively, I will stop immediately and affirm to myself boldly, “God thinks, speaks, and acts through me now. His river of peace floods my mind and

heart, and I am identified with my aim, which is peace and harmony."

As this new way of reacting became a habit, he began to feast on the bread of love and peace. He had a remarkable healing in a short period of time.

YOUR MENTAL AND SPIRITUAL DIET

The Bible says, *Thou shalt not eat any abominable thing* (Deut. 14:3). The inner, spiritual meaning of this is that you should not entertain or enthrone in your mind negative thoughts such as resentment, ill will, cynicism, hate, or anger.

Distinguished research physicians and other scientists point out that we have a new body every eleven months. You are creating new cells all the time. If you fill your mind with the eternal verities and spiritual values of life, your brain will send these spiritual vibrations all over your body through the medium of your nervous system. All the new cells will take on the vibrations of these spiritual overtones so that, like Job, you will be able to say: *Yet in my flesh shall I see God.* (Job 19:26)

To flourish and thrive, you need a special mental and spiritual diet. You are fed daily through the five senses by an avalanche of sights, sounds, and sundry concepts, both good and bad. Most of this food is highly unsavory. You must learn to turn inward to God and be replenished from the standpoint of Truth. Affirm frequently with feeling: "God is guiding me now. God's love fills my soul, God inspires me, and God illumines my pathway in life. I radiate love and good will to all. Divine law and order govern my life at all times."

This prayer is a wonderful spiritual diet for your mind. Wonders will happen as you make a habit of saying this

prayer.

HER HEAD KNOWLEDGE BECAME HEART KNOWLEDGE

Romola D. came up to speak to me after a meeting in San Francisco. “I have read every book I can find on mental healing,” she said. “I’ve even written articles on the subject myself. Yet I have not managed to heal myself of chronic colitis. How do you explain that?”

As we talked, I realized that Romola failed to meditate and reflect on what she read and wrote about the healing powers of the subconscious mind so that it would be incorporated into her subconscious mind.

She had studied different religions of the world, had read a vast number of inspirational books, had studied numerology and astrology, and seemed to be a charter member of every new and strange cult. She was so muddled, perplexed, and confused that her spiritual quest had left her mentally and emotionally disoriented.

I outlined a simple plan for her. I suggested she select what is eternally true, and that all her reading, thought-life, instruction, and decisions must meet and conform to the following standard:

Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Phil. 4:8).

Romola accepted this spiritual standard. It enabled her to choose what is noble and God-like for the sanctuary of her own mind. Anything and everything that did not conform to this spiritual standard was positively and definitely rejected

as unfit for the house of God, her own mind. She meditated on the following prayer five or six times daily:

He that dwelleth in the secret place of the most High shall abide under the shadow *of the Almighty* (Ps. 91:1). I dwell in the secret place of the most High; this is my own mind. All the thoughts I entertain conform to harmony, peace, and good will. My mind is the dwelling place of happiness, joy, and a deep sense of security. All the thoughts that enter my mind contribute to my joy, peace, and general welfare. I live, move, and have my being in the atmosphere of good fellowship, love, and unity.

All the people who dwell in my mind are God's children. I am at peace in my mind with all the members of my household and all humankind. The same good I wish for myself, I wish for all people. I am living in the house of God now. I claim peace and happiness, for I know I dwell in the house of the Lord forever.

Gradually, Romola's head knowledge of God's ideas became heart knowledge, and her chronic colitis faded away.

HIS MENTAL IMAGERY HEALED HIM

I was taken to meet a man in New York City, Al T., who never left his apartment. He would not go out into the street or even down to the lobby of the building. Whenever he planned to leave home, he would imagine all the dire things that might happen to him. He would feel faint and dizzy. This condition is called agoraphobia. The fear originated in Al's early childhood. When he was about five years old, he wandered away from home and was lost in the woods for several hours. His memory of being lost and the anxiety ensuing from it were still lurking in his subconscious mind.

Al freed himself by using his imagination correctly. At my suggestion, he began to spend about ten minutes, three times a day, imagining he was taking a bus, reading in the park, visiting stores, entering the library, buying groceries, or calling on friends. He began to feel the reality of all this.

Gradually, these constructive images penetrated the deeper layers of his subconscious mind and expunged from his deeper mind the fear pattern lodged there for several years. What he imagined and felt as true came to pass.

THE THANKFUL HEART

Use the following prayer frequently, and you will find yourself close to God, and all the food that you eat will be transmuted into beauty:

I give supreme recognition to the God-Presence within me. I sincerely and honestly give thanks for all the blessings received. I give thanks for all the good in my life; I live in the feeling of grateful rejoicing. My thankful heart strikes the magic of the Divine response. Every day of my life I express thanks for my knowledge of the laws of mind and the way of the Spirit. I know that thankfulness is a movement of the heart first, which is followed by a movement of the lips. My uplifted heart opens up the treasure-house of Infinity within me and bespeaks my faith in the fulfillment of my prayers. I am truly thankful because I have found God in the midst of me. *I sought the Lord, and he heard me, and delivered me from all my fears* (Ps. 34:4). Anyone who possesses a thankful heart is always in tune with the Infinite and cannot suppress the joy that arises from contemplating God and His Holy Presence. In everything, I give thanks.

HIGHLIGHTS TO RECALL

1. The food of your experiences, conditions, and events is your thought-life.
2. All living creatures follow their food. Sickness, misery, pain, and suffering follow negative mental attitudes, because they seek their food.
3. You are what you eat psychologically and spiritually. Eat your food with joy and thanksgiving.
4. Food for the body is important, but our mental and spiritual diet is of supreme importance.
5. You can mentally transform all negative impressions that come to you through your five senses. Start now!
6. You have a new body every eleven months. Fill your mind with the eternal verities and you will become rejuvenated and revitalized.
7. Intellectual assent is not enough. The truths you accept consciously must be emotionalized and felt as true to be assimilated by the subconscious mind.
8. Your head knowledge must be incorporated into your subconscious mind (the heart); then your head knowledge will become heart knowledge, and your prayers will be answered.
9. You take a vacation from fear when you focus your attention on whatsoever things are true, noble, lofty, and God-like. When fear thoughts knock at the door of your mind, let faith in God open the door, and there is no one there.

10. Fear is based on distorted, twisted imagination. Imagine you are doing the thing you are afraid to do, and the death of fear is certain.
11. The thankful heart is always close to God. Be thankful, and bless His Name.

LAW 9

THE GREAT LAW OF LOVE

If you want to remain healthy, vigorous, and strong, you have to realize that there is but one Power, indivisible, and its source is love. This Power has no opposition. It is the omnipotent Life Principle that has overcome every opposition in this world. It goes on conquering and is forever victorious. Realize that you are one with this God-Power. You are aligned with it now, and mighty forces come to your aid.

LOVE IS ALWAYS OUTGOING

Love must have an object. Love is an emotional attachment. You can fall in love with music, art, a great project, a cause, or with your ideal. You can become emotionally attracted to the eternal verities. You can become absorbed and engrossed in science and many other things.

Einstein loved the principle of mathematics, so it revealed its secrets to him. That is what love does. Astronomers fall in love with the science of astronomy, and they are constantly revealing the secrets of the heavens to us.

HOW MUCH DO YOU WANT TO BE A NEW PERSON?

Do you want to leave your old self, with your false concepts and misleading ideas? Are you willing to espouse new ideas,

new imagery, new viewpoints? Are you open and receptive? If you are, you must give up your resentments, grudges, peeves, fears, jealousies, and hates. Suppose you wanted to go from Los Angeles to New York. The first, absolutely necessary step would be to leave Los Angeles. In a similar way, if you want to be a new person, you must first give up your fears and hates. You must focus your attention on the concepts of harmony, health, peace, joy, love, and good will in order to enter into the joy of living.

WHY AN ACTOR FAILED THREE TIMES

Sean R. made an appointment to consult me. He told me, “I’m an actor. Next week I have a chance to break through to the sort of career I’ve always dreamed of. But I know I’m going to fail.”

“What makes you so certain you’ll fail?” I asked. “You were given this chance for some reason, weren’t you?”

“I happen to be the right type for the part,” he replied. “But I’ve auditioned before for important roles. Three times. Each time, I had this feeling that I was bound to screw up, and each time, someone else got the part. So you see? The feeling is accurate.”

“That’s one way to look at it,” I said. “Another way is to realize that your feeling, your vivid imagination, was centered on failure. Nothing comes of nothing. Failure has many parents, but one of them, perhaps the most important, is the conviction that failure is inevitable.”

“Are you saying I failed *because* I thought I was going to fail?” Sean asked. “I never thought of it that way before. Yet when you say it, it seems so obvious!”

“If you want to let your talent blossom,” I said, “you will have to give up your connection to failure. You will have to

let yourself become emotionally attached to a new view of yourself, a successful view."

HIS PRAYER OF TRIUMPH

At my suggestion, Sean isolated himself in his room, where he would not be disturbed, three or four times a day. He settled himself comfortably in his armchair and relaxed his body to the utmost. This physical inertia rendered his mind more receptive to his affirmations. For about five minutes at each sitting, he focused his mind on this affirmation:

I am completely relaxed and at ease. I am poised, serene, and calm. At the audition I act beautifully, majestically, and gloriously. The director congratulates me. I am at peace in my mind.

Sean followed this technique every day for about a week, particularly at night before going to sleep. When the time came for the audition he had once so feared, he performed every bit as successfully as he had seen in his affirmation. He was cast in the part, and the film turned out to be the first step in what has become a successful career.

LOVE OF GOD AND WHAT IT MEANS

The words *God* and *good* are synonymous. When you mentally and emotionally unite with honesty, integrity, justice, good will, and happiness, you are loving God, because you are loving that which is good. You are loving God when you are fascinated, absorbed, and captivated by the great truth that God is One and Indivisible. To love God is to give your allegiance, loyalty, and devotion to the One Power, refusing to recognize any other power in the world.

When you definitely recognize and completely accept in your mind that God really is omnipotent, in the most practical, literal, and matter-of-fact manner, you are loving God, because you are loyal to the One Power. Sit down quietly at times and think over this vital, fascinating, and greatest of all truths. God is the only Power, and everything we are aware of is part of His self-expression.

LOVE AND FEAR CANNOT DWELL TOGETHER

I was giving a series of lectures at Caxton Hall in London when a young woman named Beatrice W. came backstage to speak to me. She told me she had recently finished the course of study at a famous acting school. She went on, “I heard you say love and fear can’t dwell together. I love the theater, but I am full of fear. I am afraid that I am unworthy, that my talent is too limited. Do I dare waste the time of directors at tryouts? There are so many others who have better qualifications.”

“It sounds to me as if you have given your allegiance to a very small idea of yourself,” I replied. “If I were to show you a nobler, sweeter, grander concept of yourself, do you think you could welcome and embrace it? It is right there, longing for your attention and care. It suffers from your neglect like an orphaned child, and *you* suffer as well, like a parent who has lost a child.”

Beatrice’s eyes filled with tears. “How terribly sad!” she exclaimed. “Yes, of course. I will take it in and love it. Does it have a name?”

“Yes,” I told her. “Its name is your Greater Self, the God-Presence within you.”

Beatrice began to meditate on the fact that she possessed almost illimitable possibilities of development. She

acknowledged powers within her that had never been released. She began to affirm regularly and systematically:

I can do all things through the God-Power that flows through me. God thinks, speaks, and acts through me, and I am a wonderful and successful actor. The Infinite is always successful, and I am one with the Infinite. I am a child of God, and what is true of Him is true of me. When fear and worry thoughts come into my mind, I banish them with the knowledge that God's love fills my soul and God is with me now.

Since that day, Beatrice's career has flourished. God's power captivated her imagination. It thrilled her through and through, and she became entranced with the idea of being a great actor. This love caused her to unite with her ideal. She did not try to hold the ideal. The ideal captivated her; that is love. Then all fear went away. Fear was swallowed up in love, because love and fear cannot dwell together.

LOVE CONQUERS JEALOUSY

Shakespeare wrote, "Oh, beware of jealousy; it is the green-eyed monster, which doth mock the meat it feeds on." Milton wrote, "Jealousy is the injured lover's hell." Jealous people poison their own banquets and then eat them. Jealousy is a mental poison, and its cause is fear. The jealous person demands exclusive devotion and is intolerant of rivalry. Furthermore, the jealous person is suspiciously watchful regarding the fidelity of husband, wife, lover, or friend. Basically, jealousy arises from a deep-seated fear or mistrust of another plus a feeling of guilt and uncertainty about oneself.

A man named Steven P. told me his wife was insanely jealous. “Every time I turn around, she’s accusing me of having affairs with other women,” he said. “I can’t swear I’ve never been attracted to anyone else, though I’ve certainly never done anything underhanded. But Joyce is absolutely sure she has an unknown rival.”

“What makes her so certain, if she’s totally wrong?” I asked.

He laughed bitterly. “She has an infallible source of information,” he said. “It’s called a Ouija board!”

At Steven’s request, I had a conference with his wife. I explained to her in detail that it was her own subconscious mind that was confirming her suspicion and resentment toward her husband. She began to see clearly that it was her deeper mind that, through imperceptible movements of her fingers, operated the Ouija board. In other words, she was simply talking to herself.

Fortunately, Joyce was honest enough to see her error. Both she and her husband made a commitment to send forth thoughts of love, peace, and kindliness to one another. This good will dissolved the negative attitudes and brought peace where discord and suspicion had reigned. The explanation was the cure. This woman learned to trust her husband, and where love and trust exist, there is no jealousy.

THE LORD GIVETH THE INCREASE

The scientific thinker substitutes the word *law* for *Lord* in the Bible. This is the law of your subconscious mind, which magnifies whatever you deposit in it. It is an impersonal law of cause and effect.

I recently explained the meaning of the phrase “the Lord giveth the increase” to a local real estate broker named Josh

B. He had not made a sale in two months. The reason was that he was giving more and more of his attention to the negative aspects of his situation. Gradually his condition got very much worse, and he suffered from loss of prestige, health, and finances; sickness in his family; and finally, no business at all.

Josh discovered it was far more fascinating, alluring, and captivating to contemplate success, harmony, wealth, peace of mind, more satisfied customers, and better service to his clients. I gave him the following prayer, which I suggested he repeat out loud, slowly, quietly, and lovingly, five or six times a day until he reconditioned his mind to success and wealth:

I believe in my heart that I can predict for myself harmony, health, peace, prosperity, and success in business. I enthrone the concepts of peace, harmony, guidance, success, and prosperity in my mind now. I know and believe these thoughts (seeds) will grow and manifest themselves in my experience. I am a gardener; as I sow, so shall I reap. I sow God-like thoughts (seeds), and these wonderful seeds of success, harmony, prosperity, peace, and good will automatically will bring forth a wonderful harvest. I nourish and sustain these seeds regularly and systematically by thinking with interest on them. I know my subconscious mind is a bank that multiplies and magnifies whatever I deposit. I will draw out the fruit of the wonderful seeds I am depositing now. I make these thoughts real by feeling the reality of them. I believe in the law of increase in the same manner that seeds deposited in the soil come forth multiplied thirtyfold, sixtyfold, and hundredfold. Like seeds, my thoughts dwell in the darkness of my subconscious mind and, like the seeds, they come above the ground (become objectified) as conditions, experiences, and events. I think frequently on these things, and God’s power is with my thoughts of good. God giveth the increase.

When fear or worry thoughts came to him, Josh immediately countered them by affirming, “God giveth the increase along all lines.” At the end of a month, he was back in his old stride, with more business than he could handle.

HOW SHE PASSED HER EXAMINATION

“Your lectures saved my life!” Agnes H. told me. She was a college student who had attended several meetings about the powers of the subconscious mind. “I was facing junior comps—that’s a three-hour exam that is sheer murder. The day before, just thinking about it made my knees start trembling with fear. I just knew I was going to bomb the exam, like totally!”

“But you didn‘t,” I said with a smile.

Her eyes widened. “How did you know! That is so amazing! No, I didn’t. I even pulled a ‘high pass,’ and the reason was that I remembered what you said about fear, that it was a signal to do something. I made up my mind to overcome it by reversing it.”

“Good thought,” I said. “How did you set about it?”

“I reasoned with myself,” she explained. “I repeated to myself, ‘The Lord is my shepherd. God can’t be afraid. God is right here. God is my peace and my strength. His river of peace flows through me. God’s love indwells me and casts out all fear. I am at peace. The poise and harmony of God is here. I am relaxed, and I answer all questions in divine order. Infinite Intelligence reveals to me everything I need to know.’ It worked!”

By practicing the law of substitution, Agnes eradicated her fear with her faith in God and the good. She did not stay

frozen at the end of the pendulum of fear. She conquered her fear and passed her examination with high marks.

FEAR THOUGHTS CAN'T HURT YOU

Fear thoughts, worry thoughts, or negative thoughts of any kind will not hurt you unless you entertain them for a long period of time and emotionalize them deeply. Otherwise, they will flow through you without doing the least damage. Potentially they may be trouble, but only if you allow them to become actualized. Your fears cannot be actualized unless you emotionalize them. At that stage, you begin to impress your subconscious mind, and whatever is impressed in the subconscious mind will come to pass.

BECOME A SPIRITUAL GIANT

Your fear is an aggressive, domineering thought or idea that brags about its power and intimidates, bullies, browbeats, and frightens you into submission to its unrighteous reign. Perhaps you are afraid to meet this gangster in your mind. Maybe you are afraid of the results, and you hesitate to meet this sinister gangster and rout it out.

Fear is a shadow of the mind held by ignorance and darkness. When you hold your fear up to the light of reason and intelligence, it cannot stand the light, and it disappears.

Your state of mind is your master. It is foolish to let that ignorant, blind, stupid monster *fear* push you around and direct your activities. Consider yourself too smart, too brilliant for that to happen. Your faith in God is greater than fear. Fear is faith upside down. Fear is a conglomeration of dark and sinister shadows in the mind. In short, fear is faith

in the wrong thing. Become a spiritual giant, call forth confidence in God, and summon His force and power.

When you go forth in the assurance that “one with God is a majority,” you will find yourself watched over and guided in every way, and you will became the inevitable victor.

LOST IN THE JUNGLE

When I was about ten years old, I became lost in the jungle. At first I was terrified. Then I began to claim that God would lead me out and take care of me. I was immediately seized with an overpowering hunch to travel in a certain direction. This inner push or tendency of the subconscious—which I followed—proved to be correct. I was miraculously led into the arms of a searching party after two days’ time. This lead was the prompting of my subconscious mind, which knew the way out of the jungle.

In using your subconscious mind, remember that it reasons deductively. It sees the end only, thereby bringing to a logical, sequential conclusion the nature of the premise in the conscious mind.

DON’T FIGHT FEAR

Don’t fight fear with fear; instead, meet it with a direct declaration of God’s Presence and Power, which render fear powerless. Say to yourself, “The Lord is the strength of my life; of whom should I be afraid?”

Are you afraid of some disease that has gripped you? You will notice that an erroneous thought in your mind can brag and boast of its pseudo strength, and it intimidates you. Don’t let such thoughts bully and browbeat you. Meet and subdue them now. Realize that all disease is manufactured

by your own mind; it is not something you catch on the outside.

You can change your mind by realizing that the Infinite Healing Presence that made your body is healing it now. As you do this consciously and knowingly, there will be a rearrangement of the thought patterns in your subconscious, and a healing will follow. Your present conviction determines your future and your experience.

THE ENEMY IN HER OWN MIND

"I'm so mad at Mary, I could practically kill her!" The young woman who made this rather alarming declaration was Bernadette D., an associate in a large law firm, who had come to me for counseling. "She does nothing but spread lies about me. I swear, some days I can't seem to think of anything else but her evil machinations."

"You mean that Mary is controlling your thoughts?" I asked.

Bernadette blinked and paused. "Er—not exactly. Sort of."

"More than 'sort of,' from what you say," I remarked. "You've permitted this person to disturb you. You've given her power over you."

As we talked, Bernadette came to understand that her trouble was in her own thought-life. Mary was not responsible for the way she was thinking about her. No, the source of the problem was in Bernadette's own mental imagery and thought patterns. She allowed fear to run riot in her mind, intimidating, bullying, and frightening her. Yet the whole process was her own creation. The enemy, fear, was really of her own making.

Bernadette decided to chop off the head of this fear-thought with the sword of spiritual reason. She saturated

her mind with the simple truth, “God is, and His Presence fills my soul and rules my life.” She refused to permit Mary to give her migraine attacks, indigestion, insomnia, or the jitters. She realized the power was in her own thought-life and she was the one who determined how her thoughts moved. It dawned on her that no one else had the power to upset her or to take away her faith and confidence in God and all things good.

Bernadette had a complete healing of the mind. Her favorite prayer became:

God in action in my life brings me beauty, peace, divine right place, and harmony. I am the offspring of the Infinite and a child of Eternity. I draw close to God, my Heavenly Father. He loves me and cares for me. As I turn to Him, He turns to me; then the dawn appears and all the shadows flee.

LOVE’S HEALING BALM

Here is a wonderful prayer for casting out fear. Affirm these truths frequently, and you will find that an inner sense of peace and tranquillity will come over you:

The love of God flows through me now; I am surrounded by the peace of God, and all is well. Divine love surrounds, enfolds, and encompasses me. This Infinite love is inscribed in my heart and written in my inward parts. I radiate love in thought, words, and deeds. Love unifies and harmonizes all the powers, attributes, and qualities of God within me. Love means joy, peace, freedom, bliss, and praise. Love is freedom. It opens prison doors and sets free all the captives. I am radiating love toward all, for everyone represents the love of God. I salute the Divinity in the other. I know and believe that divine love heals me now. Love is a guiding

principle in me; it brings into my experience perfect, harmonious relationships. *God is love; and he that dwelleth in love dwelleth in God, and God in him* (1 John 4:16).

BASIC POINTS TO REMEMBER

1. Love is an emotional attachment. Love must have an object.
2. If you really want to banish fear, you must give up your jealousies, hatreds, peeves, and grudges.
3. Get a new estimate and blueprint of yourself. Fall in love with your Greater Self.
4. Love of God means that you are mentally and emotionally tied with that which is lovely, pure, noble, and God-like. You honor only one Power.
5. Love is faith and loyalty to God. Fear is faith in the wrong thing. Fear is a shadow in the mind. Love and fear can’t dwell together.
6. A jealous person is full of fear and feels insecure and unworthy. Love and trust cast out jealousy.
7. Your subconscious magnifies everything you deposit in it. Deposit love, faith, confidence, laughter, and good will.
8. When your knees are shaking with fear, overcome the fear by realizing that God can’t be afraid, and you are one with God.
9. Fear thoughts can’t hurt you unless you indulge them and emotionalize them.
10. Fear is a thought you allow in your mind that browbeats and intimidates you. Enthrone love and faith in God in your mind.

11. When lost in the jungles of the earth or in a mental jungle of confusion and fear, realize that God knows the way out. He will answer you.
12. Don’t fight fear with fear. Meet it with a direct declaration: “God is the only Presence and the only Power, and there is nothing to fear.”
13. Chop off the head of your fear-thought with the sword of spiritual reason.
14. *He that dwelleth in love dwelleth in God, and God in him* (1 John 4:16).

LAW 10

THE POSITIVE LAW OF EMOTIONAL CONTROL

The ancient Greeks said, “Know thyself.”[2] As you study yourself, you seem to be made up of four parts: your physical body, your emotional nature, your intellect, and your spiritual nature.

You are placed here to so discipline yourself that your intellectual, emotional, and physical natures are completely aligned, controlled, and directed along God-like ways.

Your physical body has no initiative of itself, no self-conscious intelligence, and no volition in and of itself. It is completely subject to your commands or decrees. Look upon your body as a great disk upon which you play your emotions and beliefs. Being a disk on which impressions of all sorts can be made, it will faithfully record all your emotionalized concepts and will never deviate from them. It will register equally well a melody of love and beauty, or one of grief and sorrow. Resentment, jealousy, hatred, anger, and depression are all expressed in the body as various diseases. As you learn to control your mental and emotional nature, you will become a channel for the Divine, and you will release the imprisoned splendor concealed within you.

BECOMING EMOTIONALLY MATURE

Think this over for a moment: Even if you were the richest person in the world, you could not buy yourself a healthy

body. Yet you can gain health through the riches of the mind, such as thoughts of peace, harmony, and perfect health.

It is absolutely essential for you to control your emotions if you want to become emotionally and spiritually mature. You are considered emotionally mature when you release your feelings constructively and harmoniously. If you do not discipline or bridle your emotions, you are considered emotionally immature and not grown-up, even though chronologically you may be fifty years old.

GETTING THE RIGHT CONCEPT OF YOURSELF

The greatest tyrant is a false idea that controls your mind and holds you in bondage. The ideas you hold about yourself induce definite emotions within you. Psychologically speaking, emotions control your course along life's path, for good or evil.

If you are full of resentment toward someone or are possessed by a grudge, these emotions will exert an evil influence over you and will govern your actions in a way that will be very different from what you may honestly desire. When you want to be friendly, affable, and cordial, you will be ugly, cynical, and sour. When you want to be healthy, successful, and prosperous in life, you will find everything going wrong.

Those of you who are reading this book are aware of your capacity to choose a concept of peace and good will. Sincerely accept the ideas of peace and love in your mind, and you will be governed, controlled, and guided accordingly.

HOW SHE OVERCAME DEPRESSION

“Last year, my only child died,” Madeleine T. said. She had come to my office for a consultation. “Tony was only seven. The doctors did everything they could, but it was hopeless.”

“I’m sorry,” I said. “Your husband ...?”

“I‘m—I *was*—a single mother,” she said. She looked away as her eyes filled with tears. “Tony was my whole world, and now that’s gone. I don’t know how I can go on. I have constant, terrible migraines that leave me dizzy and sick to my stomach. I had to stop driving because my vision became affected.”

“How do you spend your time?” I asked. “Do you have a profession?”

“I am a qualified nurse,” she replied. “But I haven’t worked at it since Tony was born. About the only thing Tony’s father did right was make it possible for me to live very frugally without working. I was able to spend all my time raising my son. If I hadn’t had that time with him ...”

“I honor and respect your grief,” I said. “But clinging to it for too long will not benefit your son and does definite harm to you. I think on some level you realize that. That is the reason you sought this meeting, isn’t it? A hope, perhaps unformulated, that with my help, you would find a way out of this terrible valley of the shadow that you find yourself trapped in?”

“I never thought ...,” Madeline began. “I’m here because my closest friend told me to come. But I’m the one who agreed, who decided. Yes, maybe you’re right. Tony would be so sad to see what his loss has done to me. He was such a lively, cheerful boy. We had great fun together, even when he became too sick to leave his bed.”

At the end of our talk, I suggested to Madeleine that she go to a hospital and offer her services in the children’s ward. She followed my advice and, in offering her time at a local

hospital, she began to pour out love on the children; she coddled, cossetted, and played with them. Her love was no longer bottled up within her. She again had someone who needed her, and she began to release the emotion of love along constructive channels.

She practiced what is called sublimation by redirecting in God-like ways the energy that was locked up in her subconscious mind. In this manner, she drained off all the poison pockets in her deeper mind. She became joyous, happy, radiant, and free.

HOW SHE OVERCAME BAD TEMPER

A woman who had attended several of my public lectures on the power of the subconscious mind sought me out before the next lecture. She introduced herself as Marina R., then said, “I’ve always had a terrible temper, since I was a little girl. And lately ... well! My new neighbors are impossible. They play loud music late at night, they leave their garbage cans uncovered for animals to turn over and rummage through, and they laugh if I say a word of reproach.”

“You must find their behavior very trying,” I said.

“That’s not the half of it!” she proclaimed. “But I’ve found a way to deal with the situation without blowing my top. I understand, after listening to your lectures, that I mustn’t allow my anger and hatred to poison my subconscious mind.”

“And what is this way you’ve found?” I asked curiously.

Marina laughed. “It depends on the weather,” she said. “If it’s a nice day, I go dig in the garden. As I work, I say aloud to myself, ‘I am digging in the garden of God and planting God’s ideas.’ If the weather isn’t so good, I get a bucket and a roll of paper towels and wash the windows. As I do, I say, ‘I am cleansing my mind with the waters of love and life.’ It

works every time. Not only do I get over the temptation to become angry, but I put myself in a positive frame of mind *and* I get a few chores done!”

HIS MENTAL PHOTOGRAPH

Once, while crossing the English Channel from Dover to Calais, I had an interesting chat with a young man named Cyril R., who was studying mental discipline in Paris.

“Now and again,” he said, “I stop and take a sort of mental photograph of my thoughts, sensations, moods, reactions, and even my tone of voice. If I find negatives among them, I tell myself, ‘These are not of God; they are destructive and false. I will mentally turn to God within me and think from the standpoint of wisdom, truth, and beauty.’”

Cyril explained that he had made a habit of this. He would stop when he got angry and say to himself, “This is not the Infinite thinking, speaking, and acting in me. I now think, speak, and act from the standpoint of God and His love.”

Every time Cyril was tempted to become angry, critical, depressed, or irritable, he would think of God and His love and peace, and the temptation would pass. This is internal discipline and spiritual understanding.

YOU CAN CONTROL YOUR EMOTIONS

It is vital to grasp how our emotions are generated. Suppose you are walking down the street and you see someone who is terribly crippled. Your heart beats faster, you feel a sort of vise clutch at your chest, and you know that an. emotion has been aroused in you. Your thought image tells you that the emotion is pity. But consider that someone else, who

had never learned to pity the afflicted, might take that same arousal and interpret it as disgust.

You know that you cannot imagine an emotion, but if you imagine an episode or event of the past, you will at the same time recall the corresponding emotion. The first step, before you can induce an emotion, is to entertain a thought or mental image.

An emotion is always the working out of an idea in your mind. If you sincerely wish to govern and to control your emotions, you must maintain control over your thoughts and mental images.

By taking charge of your thoughts, you can substitute love for fear, good will for ill will, joy for sadness, and peace for disquiet. The instant you receive the stimulus of a negative emotion, supplant it with the mood of love and good will. Instead of giving way to fear, say to yourself, “One with God is a majority.” Fill your mind with the concepts of faith, confidence, peace, and love; then the negative thoughts cannot enter.

THE EMOTION OF LOVE FREED HIM

While waiting for my flight at Kennedy Airport, I got into a conversation with an Air Force officer, Major Roger L. He told me he had just returned from a tour of duty patrolling the no-fly zone in southern Iraq. During every one of his missions, he knew that at any moment a ground-to-air missile might strike and destroy his plane with no warning or time to evade it.

“Weren’t you afraid?” I asked.

“Going into combat, only a fool *isn’t* afraid,” he replied. “But I knew I had to conquer my fear, not allow it to conquer me. I had a powerful ally. I kept repeating to myself, ‘God’s love surrounds me and envelops this airplane. His love is my

guide and my direction. He watches over me, and I am in His Presence.’”

This affirmation impressed Roger’s subconscious mind with the feeling of love and faith. The mood of love superseded his fear. *Perfect love casteth out fear* (1 John 4:18).

HOW YOUR EMOTIONS AFFECT YOUR BODY

Have you noticed the effect of fear upon your face, eyes, heart, and other organs? You know the effect on your digestive tract of bad news or grief. Observe the change that takes place when it is found that the bad news is groundless.

All negative emotions are destructive and depress the vital forces of the body. Chronic worriers usually have trouble with digestion. If something very pleasant occurs in their experience, their digestion becomes normal, because normal circulation is restored and the necessary gastric secretions are no longer interfered with.

The way to overcome and discipline your emotions is not through repression or suppression. When you repress an emotion, the energy accumulates in your subconscious mind and remains snarled there. This occurs in the same manner as the pressure increases in a boiler when all the valves are closed and the heat of the fire is increased. In the end, there is a powerful explosion.

Today in the field of psychosomatics, it is being discovered that many cases of ill health, such as arthritis, asthma, cardiac troubles, and even failures in life, are due to suppressed or repressed emotions that may have occurred during early life or childhood. These repressed or suppressed emotions rise like ghosts to haunt you later on.

However, techniques exist that can make you free of them for the rest of your life.

THE POSITIVE EMOTIONS OF FAITH AND CONFIDENCE

There is a spiritual and psychological way to follow in banishing the repressed or suppressed emotions inhabiting the gloomy gallery of your mind. The ideal way to rid yourself of these emotions is to practice the law of substitution. Through the law of mental substitution, you substitute a positive, constructive thought for the negative thought. When negative thoughts enter your mind, do not fight them. Just say to yourself: “My faith is in God and all things good. His love watches over me at all times.” You will find the negative thoughts disappear just as light dispels the darkness.

If you are disturbed, anxious, or worried, meditate on the words of the Psalms and affirm:

The Lord is my shepherd; I shall not want (Ps. 23:1).
I will fear no evil: for thou art with me (Ps. 23:4).
God is ... a very present help in trouble (Ps. 46:1).
The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid? (Ps. 27:1).

As you mentally dwell on these great truths, you will inevitably generate the positive emotions of faith and confidence that neutralize and destroy any negative emotion.

WATCH YOUR REACTIONS

I have known Bernard J. for years, since the time we were neighbors. The last time I saw him, I immediately noticed that his complexion was redder than it used to be. I asked him about this.

“My blood pressure, I guess,” he told me. “I’m on medication, but I don’t think it helps much.”

Thinking back, I asked, “Do you still write so many letters to the newspapers and listen to all those call-in shows?”

“Of course I do,” he retorted. “Somebody has to take all those idiots to task. I swear, either the whole world is getting stupider and stupider or it’s simply that the media have been taken over by cretins!”

“Do you think there might be some connection between the way you react to them and your high blood pressure?” I asked.

“Oho!” he said. “I hear a sermon coming! No, quite seriously, 1 know I have not paid so much attention as I should to my spiritual growth. I mean to get to it. But first, I have to finish straightening out some of these dolts who have the nerve to call themselves commentators. Besides, you have to admit I’m usually right.”

“Does it really matter?” I asked gently. “You know, it doesn’t make the slightest difference if all those writers and commentators are wrong and you, alone, are right. The negative emotions that saturate your mind are destructive. They are robbing you of vitality, health, and peace of mind.”

By the end of our discussion, Bernard decided that, from that moment forward, he would give all politicians, writers, commentators, newscasters, and talk show hosts the freedom and the right to say and to write whatever they believed was true. He accorded them the perfect right and freedom to express themselves according to the inner dictates of their hearts. He also decided that it was perfectly reasonable to assume that they would grant him the

complete right and freedom to write articles or letters that were in complete disagreement with what they said and wrote. He realized that this was a sign of emotional maturity and that it had been childish for him to have resented and hated those who disagreed with his views.

He also adopted a simple prayer formula to help him keep his new resolution:

From this moment forward, I will think right, feel right, act right, do right, and be right. I will think, speak, write, and react from the Divine Center within me and not from the superimposed structure of false beliefs, prejudices, bigotry, and ignorance. From the depths of my heart, I wish for all men the right to life, liberty, and the pursuit of happiness, and I practice the Golden Rule and the Law of Love.

By the end of the month, Bernard's blood pressure was down in the normal range. At his next physical, his doctor decided to take him off the medication as a result of this healing. His changed attitude changed everything.

YOU ARE LIVING IN TWO WORLDS

You are living in an external and an internal world; yet they both are one. One is visible and the other, invisible (objective and subjective). Your external world enters through your five senses and is shared by everyone. Your internal world of thoughts, feelings, imagination, sensations, beliefs, and reactions is invisible and belongs to you alone.

Ask yourself, "In which world do I live? Do I live in the world that is revealed by my five senses, or in the inner world?" It is in this inner world that you live all the time; this is where you feel and suffer.

Suppose you are invited to a banquet. Everything there that you see, hear, taste, smell, and touch belongs to the

external world. All that you think, feel, like, and dislike belongs to your inner world. You actually attend two banquets, which are recorded differently: namely, one the outer, and one the inner. It is your inner world of thought, feeling, and emotion in which you hold your truest existence.

HOW TO TRANSFORM YOURSELF

If you want to grow spiritually, you must transform yourself. How do you do that? To transform yourself, you must begin to change your inner world through the purification of your emotions and by the correct ordering of your mind through right thinking.

Transformation means the changing of one thing into another. There are many well-known transformations of matter. Through a process of chemistry, sugar is changed into alcohol; radium slowly changes into lead. The food you eat is transformed stage by stage into all the substances necessary for your existence.

Your experiences, coming in as impressions, must be similarly transformed. Suppose you see a person whom you love and admire; you receive certain impressions about him or her. Suppose, on the other hand, you meet a person whom you dislike; you also receive impressions, but of a different type. Your spouse or child, sitting on the couch as you read this, is to you what you conceive him or her to be. In other words, impressions are received by your mind.

You can change your impressions of people. To transform your impression is to transform yourself. In order to change your life, change your reactions to life. Do you find yourself reacting in stereotyped ways? If your reactions are negative, you will find yourself sick, morose, morbid, and depressed.

Never permit your life to be a series of negative reactions to the impressions that come to you every day.

In order to truly transform yourself, you must reverse every negative thought by claiming that God's love fills your mind and heart. As you make a habit of this, you will become a better person morally, intellectually, and physically. "Who rises from prayer a better man, his prayer is answered" (George Meredith, *The Ordeal of Richard Feverel,* 1859).

You have a panacea for every trouble. *Come unto me, all ye that labour and are heavy laden, and I will give you. rest* (Matt. 11:28).

"If in this life we would enjoy the peace of God, we must make our heart a spiritual temple, and whenever we find our thought and feeling wandering away from Him on any occasion, we must bring it back to the contemplation of His Holy Presence" (Brother Lawrence[3]). "The thoughts of his heart, these are the wealth of a man" (Burmese saying).

PRAYER FOR CONTROLLING THE EMOTIONS

He that is slow to wrath is of great understanding: but he that is hasty of spirit exalteth folly (Prov. 14:29). I am always poised, serene, and calm. The peace of God floods my mind and my whole being. I practice the Golden Rule and sincerely wish peace and good will to all people.

I know that the love of all things that are good penetrates my mind and casts out all fear. I am now living in the joyous expectancy of the best. My mind is free from all worry and doubt. My words of truth now dissolve every negative thought and emotion within me. I forgive everyone; I open the doorway of my heart to God's Presence. My whole being is flooded with the light and understanding from within.

The petty things of life no longer irritate me. When fear, worry, and doubt knock at my door, faith in goodness, truth, and beauty opens the door, and there is no one there. Oh, God, thou art my God, and there is none else.

THINGS TO WATCH

1. You are here to discipline your thoughts, feelings, and reactions to life.
2. You become emotionally mature as you think, speak, act, and respond from your Divine Center or the God-Self within you.
3. The greatest tyrant is a false idea that controls your mind and holds you in bondage. Immediately supplant it with a new concept of yourself.
4. Love is an emotional attachment; it is outgoing. Pour out love and good will, and you will neutralize all the negative emotions snarled up in your subconscious.
5. You can transmute bad temper into constructive muscular energy by washing windows, playing a game of handball, or digging in your garden.
6. When you get angry, stop and affirm, “I am going to think, speak, and act from the standpoint of wisdom, truth, beauty, and love.”
7. You can control your emotional reaction to people by identifying yourself with the Presence of God in each person. Substitute love for hate.
8. Faith in God and all things good casts out fear.

9. Suppressed or repressed emotions bring on all manner of bodily diseases. Become a channel for God and release all your emotions in God-like ways.
10. Substitute a positive, constructive thought for a negative one. The positive emotion of faith and confidence will neutralize and destroy all negative emotions.
11. How do you mentally and emotionally react to events, conditions, and circumstances? It is your reaction that determines your emotion. Think right, feel right, be right, and do right. No one can disturb you but yourself. Your thought is incipient action. Think God's thoughts, and God's power is with your thoughts of good.
12. You are living in two worlds: the internal world of your thoughts, feelings, imagery, beliefs, and opinions; and the objective world from which impressions are conveyed to you through your five senses. You live in the inner world of your thoughts, feelings, and beliefs. The inner controls the outer.
13. In order to transform yourself, you must purify your emotions through right thinking. Emotion follows thought.
14. To change your life, change your reaction to life. See God in the other, and:

That thou seest, man,
Become too thou must;
God, if thou seest God,
Dust, if thou seest dust.

(Brother Angelas)

LAW 11

THE THRILLING LAW OF MARITAL HARMONY

Marriage is the holiest of all earthly unions, and it should be entered into reverently and prayerfully, with full understanding of its sacredness. The sanctity of marriage and the family relation constitute the real cornerstone of our society and civilization.

Marriage, to be complete, must be on a spiritual basis. The contemplation of divine ideals, the study of the laws of life, and a conscious unity in thought, purpose, plan, and action bring about that wedded bliss, that holy union that makes the outer life like the inner: peaceful, joyous, and harmonious.

LOVE UNITES AND FEAR DIVIDES

Christine W. used to live in constant fear that her husband would leave her. “I love him dearly,” she said when she told me about her marriage, “and I know he loves me, too. But in some ways we are not very well matched. Harry has no idea of the laws of the conscious and subconscious minds. He sometimes refers to my spiritual interests as head-in-the-clouds stuff. He doesn’t mean to be hurtful, it’s just that he doesn’t understand how much this knowledge means to me.”

“Your situation isn’t unusual,” I told her. “I’ve run into it many times before. But tell me more about this fear of yours.”

“Well, I know it’s a negative feeling that I should try to overcome,” she replied. “But I never realized how dangerous it could be. I didn’t realize I might subconsciously communicate it to Harry. But that’s what must have happened. Yesterday morning, at breakfast, he seemed really upset. When I asked what was wrong, he said, ‘I think you want to get rid of me. I had a very vivid dream about you last night. You told me, *Get out, I don’t want you any more. Don’t argue, just go away!* ”’

“What did you say?” I asked. “What did you do?”

“I went over and put my arms around him and told him that was all nonsense,” she said. “But I could tell I wasn’t getting through. What should I do now?”

“Tell him about your fears,” I suggested. “Try to make him see that his subconscious mind simply dramatized in a very vivid way the fears and anxieties that were coming from *you.”*

Christine followed my advice. After a long talk, her husband understood perfectly. Thereafter, night after night before going to sleep, she countered her fear by picturing her husband as radiant, happy, prosperous, and successful. She radiated the mood of love, peace, and good will to him many times a day, feeling and claiming that he was good, kind, and loving, and that he was a tremendous success.

Her mood of fear changed to a mood of love and peace. She had discovered a great truth: that love brings about an unbroken unity in married life.

THE TRUTH SET HIM FREE

The late Dr. Hester Brunt of Cape Town, South Africa introduced me to a man after one of my lectures in that city. I’ll call him Edward A. Dr. Brunt told me that he had served a

term in an English prison. After his release, he entered the banking business in Johannesburg, South Africa, married a woman from a prominent family, and was blessed with two wonderful sons. He lived in constant fear, however. He dreaded the possibility that his wife and sons would discover his past, that he would be exposed in the press, and that his wife would thereupon immediately divorce him. He was afraid that this ugly publicity would ruin the future for his two sons. Edward's chronic worry and anxiety caused him to become seriously ill and led to frequent emotional outbursts and tantrums directed at his wife and sons.

I sensed that something was very wrong. According to Dr. Brunt, Edward's doctor could not get him to take the medications he prescribed. I asked Edward, "What is eating you inside?"

He told me about his youthful error and the resulting time in prison and described his fear of exposure, disgrace, and abandonment. "I'd rather die than face something like that," he told me in an impassioned voice.

I had been thoroughly briefed by Dr. Brunt and by Edward's wife, Joanna.

"There is something you don't know," I said to him. "Your secret is not a secret at all. Your wife, your children, Dr. Brunt, and your superiors at the bank have all known about the mistakes of your earlier life for a long time."

"What!" He turned pale. "I don't understand! How could they? Why did no one ever say anything?"

"Your wife knew even before you were married," I continued. "She never mentioned it because she knew you were a changed man and she did not want to reopen old wounds. As far as she was concerned, your past was a closed book."

Once the truth sank in, that all the people who really mattered in his life knew about his past and loved him for what he was now, Edward astounded his doctor by recovering almost immediately. His suffering and sickness

had been due to a distorted mental image. The transformation of his mind resulted in a perfect, harmonious, and peaceful relationship with his wife and sons.

HE DEMANDED A DIVORCE

May S. had been married for thirty years. She and her husband, Mike, had worked side by side to build a business and make it grow, and they had raised three children as well. One day, not long after their youngest child graduated from college, Mike demanded a divorce. He told May he was planning to marry a young woman not much older than their oldest son.

May felt crushed, depressed, and full of foreboding about the future. However, she discovered that she did not have to feel dejected and depressed. She learned how to use the powers of her mind by faithfully practicing the techniques outlined in these pages, and she found an amazing source of strength, inspiration, and courage.

May sold her share of the business and went on a long-planned and long-postponed visit to Europe. She affirmed frequently, “Infinite Intelligence attracts to me a man with whom I harmonize perfectly.” While dining at a famous restaurant in southern France, she got into a conversation with the man at the next table, a diplomat who had taken early retirement. As they continued to talk, she realized that he was ideal for her. He was clearly arriving at a similar realization about her.

A few weeks later, May and her diplomat were married in Paris. All three of her children flew over from the United States for the ceremony. May found that her divorce had been a bridge that led her into a richer, grander, nobler, and more God-like life. She had learned to meet the challenge of

despair and loneliness with confidence and trust in the infinite wisdom of her subconscious mind.

MARRIED FIVE TIMES

Verona G., a young woman of 28, consulted me. “Would you believe I’ve been married five times!” she declared. “And each husband has been worse than the one before!”

She was bitter and resentful as she described each of her marriages, beginning with the boy she wed right out of high school.

“You know,” I said, “this is not accidental. Your resentment and hostility becomes magnified in your subconscious mind and leads you to attract and be attracted by men who have an affinity to those negative feelings. That is the reason each of your partners has seemed worse than the one before. It is the operation of the law of attraction. Like draws like. Birds of a feather really do flock together.”

Verona was silent for a long while. Then she said, “I can see how I’ve fallen into a terrible trap. But how do I get out of it?”

“The key is forgiveness,” I replied. “You must set yourself and your former husbands free. You must replace your attitude of resentment with one of love and peace. If you can sincerely affirm, ‘I release you and let you go, wishing for you health, wealth, love, happiness, peace, and joy,’ you will find your whole understanding of love and marriage changed to a more spiritual basis.”

Verona accepted my suggestion. She realized that her previous attitudes and motives for marriage were all wrong. She began to pray three or four times daily as follows:

I know that I am one with God now. In Him I live, move, and have my being. God is life; this life is the life of all men and

women. We are all sons and daughters of the one Father. I know and believe that there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There are mutual love, freedom, and respect.

There is one mind; I know him now in this mind. I now unite with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other in Divine Mind. I see the God in him; he sees the God in me. Having met him within, I must meet him in the without, for this is the law of my own mind.

These words go forth and accomplish whereunto they are sent. I know it is now done, finished, and accomplished in God. Thank you, Father.

A few weeks later Verona needed to have a wisdom tooth removed. A beautiful friendship developed with the dentist. Eventually he proposed marriage—as she said, “right out of the blue”—and she added, “I knew intuitively he was the man about whom I had prayed. It was a case of love at first sight.” I had the gratification of performing their marriage ceremony, and I could see it was a real spiritual union of two people seeking their way back to the heart of God.

HOW HE FOUND HIS IDEAL

I was leading a series of services in Rochester, New York when Gilbert M. came to me urgently for help. “I’ve been going with a certain woman for almost three years,” he told me. “I’ve asked her more than once to marry me. The last time was just last month. She always said ‘Maybe later.’ Last night she told me she didn’t want to see me any more. I

don’t know why, all I know is that I can’t live without her. I’m desperate!”

“I can see that, and I sympathize with the pain you are feeling,” I said. “If your goal is a happy, harmonious marriage, you must pray for it. Prayers *are* answered, you know!”

At my suggestion, he began to pray every morning and every night for a wife, in the following manner:

God is one and indivisible. In Him we live, move, and have our being. I know and believe that God indwells every person; I am one with God and with all people. I now attract the right woman who is in complete accord with me. This is a spiritual union, because it is the spirit of God functioning through the personality of someone with whom I blend perfectly. I know I can give to this woman love, light, and truth. I know I can make this woman’s life full, complete, and wonderful.

I now decree that she possesses the following qualities and attributes: She is spiritual, loyal, faithful, and true. She is harmonious, peaceful, and happy. We are irresistibly attracted to each other. Only that which belongs to love, truth, and wholeness can enter my experience. I accept my ideal companion now.

Gilbert continued mentally and emotionally to unite with these truths every night and morning. Soon he subjectively absorbed them and impressed them upon his subconscious mind, which is after all a manifestation of the universal mind. After a few weeks, he met a woman who had recently joined the division of the company where he worked. He fell in love with her and she with him. Later in the year, they were married.

What about the woman Gilbert was so sure he could not live without? He later discovered that, for much of the time

they had been going together, she had also been involved with another man, whom she eventually married!

THAT'S THE MAN I WANT

Rose L., a legal secretary in London, said to me during an interview, "I am in love with my boss. George is married and has four children, but I don't care. I've set my heart on him, and I will get him whatever it takes. As for his wife, that's her lookout, isn't it?"

Rose seemed perfectly willing to break up a home in order to gain her point. However, I explained to her that what she really wanted was not this married man. Her deepest desire was to have what she believed he and his wife had—a relationship in which each partner loved, cherished, and admired the other. "There is an ideal mate for you," I assured her, "one who is searching for you as hard as you search for him, and who will come to you without the encumbrance of an ongoing relationship with someone else. You can attract that mate to you, if you choose to."

"Why should I?" she demanded. "George is right there already. That's the man I want!"

"You may succeed in possessing this man," I replied. "You may manage to bend him to your will. But you have no idea of the problems and difficulties you will be making for yourself. You will impregnate your subconscious mind with a sense of limitation and guilt. You know the commandment: *Thou shalt not covet thy neighbour's wife* (Ex. 20:17). And the even greater commandment, *Whatsoever ye would that men should do to you, do ye even so to them* (Matt. 7:12). These words give the entire law of a happy and successful life. In selfishness and greed, this is forgotten."

"Yes, but—," Rose started to say. She stopped, confused.

I pressed the point. “What would you like George’s children to think of you? How do you want them to feel about you? Wouldn’t you like them to see you as a noble, gentle, dignified lady who is honest, sincere, and upright? Apply this principle and decide if you still want to tear their family apart.”

Rose suddenly saw the truth of what she was proposing to do and broke into sobs. Once she was quiet again, she agreed that she would want to attract an ideal companion without causing grief or pain to anyone else. She prayed by affirming: “I am now attracting a wonderful man who harmonizes with me spiritually, mentally, and physically. He comes to me without encumbrances and in divine order.”

Shortly thereafter, Rose began to attend the London Truth Forum, in London’s Caxton Hall, at my suggestion. At one of these meetings, she met a young chemist who turned out to be the man she *really* wanted. She discovered in this way that there is a law of mind that will bring to pass whatever she would accept as true.

LOVE IS A ONENESS

Why do people cheat on their partners? If you have true love and respect for your mate, you do not want anyone else. Once someone has found a true, spiritual ideal in marriage, he or she has no desire for someone different. Love is a oneness; it is not a duality or a multiplicity.

Those who embrace promiscuity are “marrying” (mentally and emotionally uniting with) many negative concepts, such as frustration, resentment, and cynicism. Those who have found love with a mate have found fullness of life. If they play around outside of the relationship, therefore, it must be that they are frustrated and have never really experienced

ideal love, or a feeling of oneness. To their inferiority complex they add, undoubtedly, a guilt complex.

Inevitably, the people they meet are vacillating, neurotic, and confused; they are seeing and hearing their own inner vibrations. The temporary partners they find are just as frustrated and unstable as themselves. Birds of a feather flock together. Like begets like.

AVOID A DEAD-END STREET

Vickie Y. was brought to meet me by her worried younger sister. Vickie, a systems analyst in her early thirties, was quite open about the fact that she was deeply involved with someone she worked with, a married man.

"We've been seeing each other for four years," she told me. "I'm very attached to him, and I think he is to me, too. In the beginning I thought he would leave his wife and marry me, but now... I don't know. It doesn't look that way, does it?"

"It certainly doesn't," I agreed, "and from his standpoint, why should he? He has his wife, his home, *and you.* Why should he settle for less than what he has already?"

"You make it sound so crass!" Vickie said with a shudder. "Doesn't affection count for anything?"

"True affection is golden," I said. "But would true affection keep you in the position you are in now? What you're doing happens all the time, but it usually ends in a blind alley or a dead-end street. What you really want, I am sure, is a home, a stable partnership, the respect and affection of neighbors, friends, and family. Your present entanglement does not give you any of that. Instead, it keeps you from achieving them."

As we talked, Vickie came to see that the answer to her problem was prayer. She immediately broke off the relationship with her married coworker and began to practice the prayer to attract the ideal partner that was quoted earlier in this chapter.

Two months later, Vickie began dating a man her sister introduced her to. As a result, she is now happily married. She is genuinely grateful for having discovered the inner powers of her mind.

SHOULD I GET A DIVORCE?

How often it happens that someone comes to me and asks, “Should I get a divorce?” I tell them there is no one answer. This is an individual problem. It cannot be generalized. In some cases divorce is not the solution, any more than marriage is necessarily the solution for someone who is chronically lonely.

Divorce may be right for one person and wrong for another. In some cases, there never was a real marriage in the first place. Just because a man and woman have a marriage certificate and live in a house together, it does not follow that it is a real home. It may instead be a place of discord and hatred. When children are present and the parents refuse to radiate love, peace, and good will to each other, it is better to dissolve the union than to have the mood of hatred warp the minds of the youngsters. Many times a child’s life and mind are permanently affected by the mood of the parents, leading to neurosis, delinquency, and crime. It is far better for children to live with one parent who loves them than to live with two who hate each other and fight all the time.

Where there is no love, freedom, or respect between husband and wife, such a marriage is a farce, a sham, and a

masquerade, because God (Love) has not joined them together. God is Love, and the heart is the chamber of God's Presence; when two hearts are joined together in mutual love, that is a real marriage because Love has joined them together.

GET A NEW ESTIMATE OF YOURSELF

We demote ourselves when we focus on our insufficiency and lack. We transmit our fears to our partners, who cannot help but react in kind. They no longer see us in the way they once did, because we no longer see ourselves as we once did. Each partner, then, comes to see the other as that other sees himself or herself. It cannot be otherwise.

Those who feel themselves to be dignified command respect. Those who face the daily trials of life with a predominant mood of success and happiness knit together all the members of their household. They become a cementing and stabilizing influence. Harmony and peace reign supreme in the household. Your dominant conviction makes others see what you see.

BECOMING A SUCCESSFUL HUSBAND OR WIFE

When you married your husband or wife, you must have admired certain of his or her characteristics, virtues, and qualities. Identify with the good qualities and exalt them. Cease being a scavenger by dwelling on the shortcomings of each other. Make a list of his or her good points, and give your attention and devotion to them. As you do this, your marriage will grow more blessed and beautiful through the years.

THE BIBLICAL FORMULA

What therefore God hath joined together, let not man put asunder (Matt. 19:6). This biblical formula reveals to you that in order for a marriage to be real, it must first be spiritual; it must be of the heart. If both your hearts are moved by love, sincerity, and honesty, then that is God joining both of you together; truly, it is the marriage made in heaven, which means harmony and understanding. You know and feel that the action of your heart is love, and God is Love.

God is not present in *all* marriages. Perhaps there were ulterior motives in the union. If a man marries a woman for money, for position, or to satisfy his ego, that marriage is false; it is a lie. If a woman marries a man for security, wealth, position, a thrill, or to get even with someone else, such a marriage is not of God; for God, or the Truth, was not present. Such marriages are not real because they are not based on love. Honesty, integrity, and respect are born of love.

Where there is a real, true, heavenly marriage—a union of hearts, minds, and bodies—there can be no divorce. Neither do they seek divorce, for it is a spiritual union. It is a union of two hearts. They are united in love. *What therefore God hath joined together, let not man put asunder* (Matt. 19:6).

MARRIAGE PRAYER FOR HUSBAND AND WIFE

> We are gathered together in the Presence of God. There is but One God, One Life, One Law, One Mind, and One Father—our Father. We are united in love, harmony, and peace. I rejoice in the peace, happiness, and success of my mate. God is guiding each one of us at all times. We speak to each other from the

standpoint of the Divine Center within us. Our words to each other are as a honeycomb, sweet to the ear and pleasant to the bones. We identify with the good qualities of each other and constantly exalt them.

The Love of God flows through us to all in our household and to all people everywhere. We believe and know that the Omnipresent Power and Intelligence of the Infinite One move through each one of us and all members of our household, and that we are positively, definitely, physically, and mentally healed. We know that divine right action is taking place in every cell, organ, tissue, and function of each one of us, manifesting as peace, harmony, and health.

We believe that divine guidance is now being experienced by everyone in this household. God, the Great Counselor, leads each one of us to ways of pleasantness and paths of peace.

The words we speak now shall accomplish what we please and prosper whereunto they are sent. We rejoice now and enter into the mood of thankfulness, knowing that our prayer of faith is fulfilled.

STEP THIS WAY TO A HAPPY MARRIAGE

1. Marriage is the holiest of all earthly unions. It should be entered into reverently, peacefully, and with a deep understanding of its sacredness.
2. A spouse’s constant fear can be communicated to the subconscious of the other spouse and cause endless trouble.
3. The past is dead.The only thing that matters is the present moment. Change your present thought and keep it changed, and you change

your destiny. Suffering is due to ignorance and distorted mental pictures.

4. Meet the challenge of loneliness and despair with confidence and trust in the infinite wisdom of your subconscious mind.
5. You attract the affinities of your dominant subconscious mood. Forgive yourself and everybody else, and then pray for a divine companion by building into your mentality the qualities you admire in a mate.
6. Infinite Intelligence will attract to you the ideal husband or wife if you pray sincerely and trust your deeper mind to bring your request to pass.
7. You must never covet another person's wife or husband. Claim what you want, believe that Life will give it to you, and you shall have it.
8. Love is oneness, and if you are really in love with your husband or wife, you could not want another.
9. Many husbands and wives living together are divorced from love, kindness, peace, harmony, good will, and understanding. Such a marriage is a farce, a sham, and a masquerade. It is better to break up such a lie than to continue living the lie.
10. We demote ourselves by feeling lack and inferiority, and our partners usually react accordingly.
11. Identify with the good qualities and characteristics of your mate, and your marriage will grow more blessed through the years.
12. *What therefore God* [Love] *hath joined together, let not man put asunder* (Matt.

19:6). When love unites two hearts together, there is no divorce, for Love is the knot that binds man and woman in the endless course of life, now and forevermore.

LAW 12

THE GLORIOUS LAW OF PEACE OF MIND

Millions of people throughout the world are literally sick from worrying. People who worry always expect things to go wrong. Their worry is primarily due to a lack of faith in God. They brood or worry over a great many things that may never happen. They will tell you all the reasons why something bad could happen, and not one reason why something good should or could happen. This constant worry debilitates their entire system, resulting in physical and mental disorders.

HE WORRIED ABOUT WHAT HAD NOT HAPPENED

At a meeting of a community organization, I fell into conversation with a local pharmacist, Fred B. When I asked him how things were going, he said, “Terrible. I am frankly worried sick. I can’t sleep nights. I’m afraid I’ll lose the drugstore, and everything I’ve saved for retirement, too.”

“Is business that bad?” I asked, astonished. “I had the impression things are booming these days.”

“I suppose you could say that,” Fred replied. “It’s true, my receipts are up substantially, but it can’t last. You know what they say: Every boom ends in a bust.”

“I have to say, I never heard that before,” I told him. “What exactly is the problem with your business, Fred? Did you borrow a lot to expand? Did you lose one of your important accounts?”

“No, nothing like that,” he admitted. “Nothing in particular. I suppose if you went by my books, you’d say everything is fine. But I worry all the time about what’s going to happen down the road. I’m sure I’m going to end my days a bankrupt failure, depending on my kids to support me. It ties my stomach in knots, just talking like this.” He pulled a package of antacids from his pocket and swallowed one.

Fred’s constant negative thinking was robbing him of vitality, enthusiasm, and energy. Even more ominous, he was making himself weaker and less able to meet any challenges that might come along. Moreover, the negative perspective he was impressing upon his subconscious mind practically guaranteed that some such challenge or difficulty would erupt.

I explained to him that if he continued worrying, he would attract exactly the conditions upon which he was mentally dwelling. The only thing really wrong with him was a false belief in his mind. He had forgotten, or never learned, that he could personally control his thoughts and his life. I gave him the following prayer for his business:

My business is God’s business. God is my partner in all of my affairs. God is prospering my business in a wonderful way. I claim that all those working with me in my store are spiritual links in its growth, welfare, and prosperity; I know this, I believe it, and I rejoice in their success and happiness. I solve all my problems by trusting the infinite intelligence within my subconscious mind to reveal to me the answer.

I rest in security and peace. I am surrounded by peace, love, and harmony. I know that all my business relationships with people are in accord with the law of harmony. Infinite Intelligence reveals to me better ways in which I can serve humanity. I know that God indwells all of my customers and clients. I work harmoniously with others to the end that

happiness, prosperity, and peace reign supreme. Whenever any worry thoughts come to my mind, I will immediately affirm, *I will fear no evil: for thou art with me* (Ps. 23:4).

Fred began to set aside ten or fifteen minutes every morning, afternoon, and evening for the purpose of reiterating these truths. He realized that through their frequent habitation of his mind, he would be reconditioned to constructive thinking. When morbid thoughts came to his mind, he would immediately affirm, “God is with me.” He later said to me that on one day, he must have said “God is with me” about a thousand times.

Gradually the neurotic thought pattern of chronic worry that he had complained of in the beginning, and that had been repeating itself with monotonous regularity, was completely dissipated, and he rejoiced in his freedom in God.

SHE HEALED HER ANXIETY NEUROSIS

I received a letter from a woman named Agatha R., from Montana, in which she wrote, “My husband sits around all day and does nothing but drink beer. He won’t work, and he whines all the time. He worries me terribly, and my doctor says that I’m getting an anxiety disorder. On top of that, I suffer from asthma, skin trouble, and high blood pressure. My husband is killing me.”

I wrote back and told her that today it is well known in psychological and medical circles that many skin disorders, asthma, allergies, cardiac disorders, and diabetes, as well as a host of other illnesses, are worsened by chronic worry, which is another name for her anxiety disorder. I gave her a spiritual prescription. I suggested that several times a day, she was to bless her husband as follows:

My husband is God’s man. He is divinely active, divinely prospered, peaceful, happy, and joyous. He is expressing himself fully and is in his true place; he receives a marvelous income. Sobriety and peace of mind reign supreme in his life. I now picture him coming home every night and telling me how happy he is in his new job, and I leave it all to God to fulfill.

I enclosed a second prescription that Agatha was to take mentally and emotionally six or seven times a day until her subconscious absorbed it. She was to picture her doctor telling her that she was whole and perfect, and to pray in these words:

The gifts of God are mine. I use every moment of this day to glorify God. God’s harmony, peace, and abundance are mine. Divine love flowing from me blesses all who come into my atmosphere. God’s love is healing me now. I fear no evil, for God is with me. I am always surrounded by the sacred circle of God’s love and power. I claim, feel, know, and believe definitely and positively that the spell of God’s love and eternal watchfulness guides, heals, and takes care of all members of my family and loved ones.

I forgive everyone, and I sincerely radiate God’s love, peace, and good will to all men everywhere. At the center of my being is peace; this is the peace of God. In this stillness I feel His strength and guidance and the love of His Holy Presence. I am divinely guided in all my ways. I am a clear channel for God’s love, light, truth, and beauty. I feel His river of peace flowing through me. I know that all of my problems are dissolved in the Mind of God. God’s ways are my ways. The words I have spoken accomplish that whereunto they are sent. I rejoice and give thanks, realizing that my prayers are answered. It is so.

Not long afterward, I received a telephone call from Agatha. “Your prayers worked wonders!” she exclaimed. “I

have been saying the prayers as you suggested, and I have been holding a picture of my husband in my mind. The result was, he went out and got a good, well-paying job. Not only that, he's sober. All the itchy blotches on my skin have cleared up, and on my last visit to my doctor, my blood pressure was normal. I don't have to take asthma medicine any more."

This woman's accumulated negative thoughts and mental pictures were the cause of her chronic worry. As she identified mentally and emotionally with the truths given her, they began to sink into her mind. She also painted pictures of health and vitality for herself and of achievement and accomplishment for her husband. These mental images were etched on her deeper mind, and her subconscious brought them all to fruition.

HIS WORRY WAS NOT CAUSED BY HIS PROBLEM

David W. was a high-level executive with a growing corporation. He came to me because he was terribly worried. The CEO of the company was retiring and David was the obvious candidate to succeed him. He was convinced that something would happen before the next board meeting to keep him from being given the position he had been working toward for so long. He added that the constant worry and anxiety were about to give him a nervous breakdown.

In talking to David, I discovered that he had been worrying about something or other for most of his life. I remarked that while he thought his worry was due to the possibility that he would not be chosen, it seemed to me that that was simply the focus of it at this moment. He did not agree. He became quite vehement about it. Accordingly, I told him to picture himself as CEO and to visualize his associates

congratulating him on his promotion. He faithfully followed these instructions, and he was duly installed as CEO at the next board meeting.

About a month later, David came to see me again. He was still worrying, and his doctor had said that his blood pressure was dangerously high. I reminded him that he had previously attributed his worry to the thought that he might not be made head of his company. Now that he was head, why hadn't he stopped worrying?

"It's a lot of things," he said. "The buck stops at my desk. What if I can't live up to the board's expectations? Not to mention those people on Wall Street. They're watching every move, and the first time we hit a bump, our stock valuation may go south, and my job with it. I could be unemployed three weeks from now!"

"I think you'd be wise to look inside yourself," I said. "It seems to me that that is where your worries really come from. Your real problem is not the price of your company's stock. It is the fact that you do not make a habit of prayer and have no real contact with Infinite Power from which you could draw strength and security. I know you believe you are cursed with these worries by outside circumstances. In reality, however, you alone are their creator, and you alone can overcome them."

"Tell me how," David demanded. "I'll do anything!"

I suggested that every morning, first thing, he use the following prayer:

I know that the answer to my problem lies in the God-Self within me. I now become quiet, still, and relaxed. I am at peace. I know God speaks in peace and not in confusion. I am now in tune with the Infinite; I know and believe implicitly that Infinite Intelligence is revealing to me the perfect answer. I think about the solution to my problems. I now live in the mood I would have were my problem solved. I truly live in this abiding faith and trust, which is the mood

of the solution; this is the spirit of God moving within me. This Spirit is Omnipotent; it is manifesting itself and my whole being rejoices in the solution; I am glad. I live in this feeling and I give thanks.

I know that God has the answer, for with God all things are possible. God is the Living Spirit Almighty within me; He is the Source of all wisdom and illumination.

The indicator of the presence of God within me is a sense of peace and poise. I now cease all sense of strain and struggle; I trust the God-Power implicitly. I know that all the wisdom and power I need to live a glorious and successful life are within me. I relax my entire body; my faith is in His wisdom; I go free. I claim and feel the peace of God flooding my mind, my heart, and my whole being. I know that the quiet mind gets its problems solved. I now turn my request over to the God-Presence, knowing it has an answer. I am at peace.

David repeated this prayer three times each morning, knowing that through repetition these truths would sink into his subconscious and establish a healing, wholesome habit of constructive thinking. He also realized that he was now anchored to the God-Power within him in which he lived, moved, and had his being. His sense of union with God gave him confidence to overcome anything about which he had mistakenly worried. Through this shift in his mental attitude, he became a balanced man.

HOW SHE GOT OFF THE MERRY-GO-ROUND

Virginia L. came to see me because she was preoccupied with worry about her ten-year-old son, Ricky. “Every day when I see him off to school, I’m convinced he’ll be run over or kidnapped. And what about disease? There are so many

terrible diseases going around these days. I just can't seem to stop worrying."

"Wouldn't it be much more interesting, fascinating, absorbing, and thrilling to bless your son, instead of throwing mental bricks at him all day long?" I asked. I suggested that she open her mind, let in the Higher Power, and realize that God loves her son, that He watches over him, that His Overshadowing Presence protects the child at all times, and that God's love surrounds him, enfolds him, and enwraps him.

As Virginia practiced blessing her son, she cast out all her gloom of worry and misery. She made a habit of prayer—and prayer is a habit.

This woman's obsessive worry, fretfulness, and morbid thoughts about her son were due ultimately to laziness and indifference. She allowed these destructive pictures to influence her thoughts and emotions. You can heal yourself as she did, by following the injunction of the Psalmist: *I will lift up mine eyes unto the hills, from whence cometh my help* (Ps. 121:1). Do this regularly and you will be released from the vexation of worry.

YOU DON'T WANT IT

When you worry, you are focusing your mental energies and directing your mind toward what you *don't* want. In this way, you create conditions, experiences, and events that disturb you. Worry means that you are using your mind negatively and destructively.

HOW WORRY AFFECTS ALL GLANDS AND ORGANS OF OUR BODIES

Dr. Hans Selye of the University of Montreal was one of the first scientists to demonstrate the destructive effects of worry, fear, and anxiety on the immune system, the general defense system of the body.

When you are under mental stress, your adrenal glands try to correct the situation. They increase the output of important hormones. If the stress continues over a period of weeks, however, these vital glands become exhausted. Eventually, resistance breaks down, and you are at risk for illness and even death. Stress is an adaptive reaction in the short run, but over time it compromises your health and well-being. It is one thing to find yourself having to run away from a lion or wrestle an alligator. Mobilizing all the body's resources makes very good sense in those situations. But if the body stays mobilized for a longer period, it is like a country that has gone onto a war alert: The ordinary business of life gets shortchanged.

Dr. Selye's work demonstrated that the human defense system can effectively fight only one thing at a time. In response to a mental tension caused by pain from a broken limb, for instance, it is set into action and quickly organizes a hundred specialized activities, in addition to its general work, to repair the fracture. But if in the middle of this repair work another stress is introduced—one caused by fear, let us say—we quickly succumb either to the first injury or to shock resulting from the second stress, or the broken limb simply does not mend properly. In the case of other diseases, healing is suspended and the diseases become chronic. Thus, if our general defense system is mobilized by mental tensions of a nonphysical origin, our resistance to the extra stresses imposed by such things as pneumonia, influenza, and other infectious or systemic diseases is decreased proportionally.

HE RAISED HIS SIGHTS

A young intern consistently worried about his future; he was a nervous wreck. However, he learned to paint a picture of himself as filling a staff position in a big hospital and being singled out for his skill and knowledge in a magazine article about the medical profession.

He kept this mental picture before him at all times. He attended to it and devoted himself to this visualization. Whenever he found himself starting to worry, he purposefully turned his attention to the image of his realized goals. As the weeks passed by, a higher power moved on his behalf, honoring his dreams and making them all real. The chief surgeon, impressed by the intern's dexterity and knowledge, invited him to be his assistant. Later, that same surgeon mentioned the intern's name to a writer as one of the most promising young doctors at the hospital. The intern was interviewed, then followed for a day, and his portrait illustrated the resulting article.

This is the way the habit of worry is changed. This is the way the old person becomes a new person in God. *Cast thy burden upon the Lord, and he shall sustain thee* (Ps. 55:22).

YOU CAN OVERCOME WORRY

Do not spend time looking at your troubles or problems; cease all negative thinking. Your mind cannot function harmoniously when it is tense. It relieves the strain to do something soothing and pleasant when you are presented with a problem. Do not *fight* a problem; *overcome* it.

To release pressure, take a drive, go for a walk, play solitaire, or read a favorite chapter of the Bible, such as the eleventh chapter of Hebrews or chapter thirteen of 1 Corinthians. Or, read the Forty-sixth Psalm; read it over carefully and quietly several times. An inner calm will steal over you, and you will become poised and peaceful.

STEPS IN PRAYER FOR OVERCOMING WORRY

The First Step

Every morning when you awaken, turn to God in prayer and know that God is your loving Father. Relax your body; then have a dialogue with God, which is your Higher Self. Become as a little child; this means that you trust the God-Presence completely and you know that God is healing you now.

The Second Step

Affirm lovingly: “Thank you, Father, for this wonderful day. It is God’s day; it is filled with joy, peace, happiness, and success for me. I look forward with a happy expectancy to this day. The wisdom and inspiration of God will govern me during the entire day. God is my partner; everything I do will turn out in a wonderful way. I believe that God is guiding me, and His love fills my soul.”

The Third Step

Claim boldly: “I am full of confidence in the goodness of God. I know that He watches over me at all times. I let go; I am poised, serene, and calm. I know that it is God in action in all phases of my life, and divine law and order reign supreme.”

Make a habit of following these three steps to prayer. When worry thoughts come to your mind, substitute any of the spiritual thoughts from these three steps. Gradually your mind will be conditioned to peace.

POWER-POINTERS

1. When you worry, you brood over a great many things that will never happen, and you deplete yourself of vitality, enthusiasm, and energy.
2. When you worry, you are anxious not about what has happened, but about what might happen. Change your present mode of thought and you will change your future. Your future is your present thought made manifest.
3. If you sustain the worry habit, you may attract what you are worrying about.
4. When morbid, negative thoughts come to your mind, overcome them by affirming: “God is with me.” This destroys the negative thought.
5. If you are worried about people close to you, mentally picture them as you would wish to see them. Frequent habitation of your mind with this picture will work miracles.
6. Chronic worriers are not worried about the problem they say they are worried about. The basic reason is a deep sense of insecurity, because they have not joined themselves with God.
7. Don’t worry about your child in school. Realize the Presence of God where your child is, and mentally envelop the child with God’s love, peace, and joy. Know that the whole armor of God enfolds your child, and that he or she will always be protected from all harm.
8. When you worry, you are really praying for what you don’t want.

9. Unite with a Higher Power and let the Almighty move through your new constructive pattern of thought and imagery; then the Light of God will dispel all gloom, worry, and despair. Let in the sunshine of His love.

LAW 13

THE REPLENISHING LAW OF AUTOMATIC PROSPERITY

People constantly ask me, “How can I get ahead in life, improve my circumstances, earn a higher salary, buy a new car and a new home, send my kids through college, and have the money I need in order to do what I have to do when I want to do it?”

The answer to all of these questions comes through learning to use the laws of your own mind: the law of cause and effect, the law of increase, and the law of attraction. These laws of your mind work with the same precision and exactitude as do the laws of physics, chemistry, and mathematics, and as definitely as the law of gravitation. The law of prosperity is beautifully expressed by the Psalmist who says, *His delight is in the law of the Lord;and in his law doth he meditate day and night* (Ps. 1:2).

Achieving prosperity means to increase our capacities and abilities along all lines and in every direction so that we release our inner powers. The promotion, the money, and the contacts you wish to make are the images or likenesses, as well as the physical forms of the states of mind that produce them.

HOW A BROKER PROSPERED

I have known Randolph T., a Los Angeles stockbroker, for many years. He attributes his large clientele and success in

making money for them to his practice of a mental, imaginary conversation. Every morning before he goes to his office, he visualizes an interchange with a banker friend who is a celebrated investor. This multimillionaire friend congratulates Randolph on his wise and sound judgment and compliments him on steering his clients toward the right stocks. Randolph dramatizes this imaginary conversation and he psychologically fixes the impression on his subconscious.

This broker's imaginary conversations agree with his aim to make sound investments for himself and his clients. He told me that his main purpose in his business life is to make money for others and to see them prosper financially through his wise counsel. In making money for others, he has also prospered beyond his fondest dreams. It is quite evident that he is using the laws of mind constructively and that his delight is in the law of the Lord.

HIS SUBCONSCIOUS PAID HIS MORTGAGE

Vernon K. came to me in a panic. "I'm in a terrible fix," he said. "I've been buying speculative stocks on margin. For a couple of years, I made out like a bandit. Everything I bought went up and up and up. So I borrowed on the shares and bought more. At one point, my worth on paper was well over a million dollars. I thought I was really hot stuff."

"I think I can guess what happened next," I said.

"I wouldn't be surprised," Vernon replied. "I discovered the law of gravity, that's what. 'What goes up must come down.' Some of my favorite stocks lost thirty or forty percent of their value in just a few days. So I did what I always do, buy on the dips. With borrowed money, I might add. But the dips got deeper. Pretty soon my broker was on

my case with margin calls. I had to borrow against my house and car to stay in the game."

"A very dangerous game, I must point out," I said.

"You're telling me!" Vernon replied, rolling his eyes.

"I'll cut to the chase. If I don't come up with another $30,000 by Monday morning, my broker will sell me out. I'll lose everything I have and still be in debt over my ears. You're my last resort, my only hope. Can you do anything?"

"No," I said. Before he could react to this, I quickly added, "but you can. If you use your subconscious mind in the right way, it will provide you with the money you need."

"How? Please, tell me," he begged.

"You're not to wonder how, when, or where," I replied. "Don't wonder about the source. The subconscious has ways you know not of. Its ways are past finding out."

At my suggestion, that night Vernon imagined himself walking into his broker's office and handing him the necessary sum. He visualized the broker saying, "You're in the clear now. I'm glad. I think your portfolio's hit bottom and will start to go up again now."

Vernon focused all his energies on this mental picture. He made it seem real and natural. The more earnestly he engaged his mind in the imaginary drama, the more effectively the imaginary act was deposited in the bank of his subconscious. He made it so real and true that it had to take place physically.

A few days later, Vernon told me the sequel to this story. That same night, he had a vivid dream of a horse taking first place in a race at the Hollywood Race Track. He knew, in his dream, that the horse was a 60-to-1 long shot. He then dreamed that the cashier at the race track counted out $30,000 and said, "Congratulations on your win, sir." Immediately afterward, he woke up with every detail of the dream sharp in his mind. He awakened his wife and told her

of his dream. She said, “I have five hundred-dollar bills tucked away for a rainy day. Now, those bills will rain blessings from Heaven for us. Go to the track and put them on the horse!”

Vernon’s horse came in at 60 to 1, just as he had seen in his dream. As the race track cashier was paying him off, he said the exact words Vernon had heard in his dream. He went straight from the track to his broker’s office and paid off the margin debt, in the same way that he had previously subjectively visualized so vividly and earnestly.

I the Lord will make myself known unto him in a vision, and will speak unto him in a dream (Num. 12:6).

THE MAGIC OF INCREASE

“I’m an unemployed Web site designer,” Valerie A. wrote to me. “I’m also the single mother of a four-year-old. The bills are piling up, and I’m just a few weeks from running through my benefits. What do I do if my child gets sick? What shall I do?”

My response was to suggest that Valerie begin to give thanks for God’s bountiful supply. Several times a day, she relaxed her body in an armchair and entered into a drowsy, sleepy state, or a state akin to sleep. She condensed the ideas of her needs into these wonderful magic-working words of increase: “God multiplies my good exceedingly.” She understood that whatever she gave attention to, her subconscious would magnify and multiply a hundredfold. The significance of these words to her meant the realization of all of her desires, including being able to pay all her bills; finding a new, well-paying position in her field; and having enough money to be able to stop worrying.

During her periods of prayer, she did not permit her mind to wander; she focused and concentrated her attention on

the meaning of the words, “God multiplies my good exceedingly.” She repeated this phrase over and over again until it had the feeling of reality.

The idea of using a simple phrase in this way is based upon a knowledge of the laws of mind. When you restrict your attention to one simple phrase, your mind is prevented from wandering. Ideas are conveyed to the subconscious by repetition, faith, and expectancy.

Valerie’s disciplined visualization brought astounding results. Three weeks later, she received a call from an attorney. A company she had worked for two years earlier owned the patents on a process that had just been found to be very valuable. The shares of stock she had written off as worthless were now valued at almost $50,000. She sold the stock, paid off all her debts, and used some of the balance to set up a consulting firm with one of the people from her last job. She later told me that she is supremely happy.

The ways of the subconscious truly are past finding out. Your subconscious multiplies thirtyfold, sixtyfold, and hundredfold. This is the magic of increase.

“THANK YOU” OPENS THE WAY TO PROSPERITY

It is amazing how the thankful attitude improves every department of your life, your health and happiness as well as your prosperity.

A real estate broker I know named Rick W. proved this in a wonderful way. He had been having a great deal of difficulty selling homes and properties that were listed with him. He was frustrated and unhappy. Convinced of the prosperity-power of the grateful heart, however, he began to pray every night, affirming as follows: “Father, I thank thee that thou hast heard me, and I know that thou hearest me always.” Then, just prior to sleep, he condensed the phrase

to two words: “Thank you.” He repeated them over and over again, as a lullaby; he continued to speak these two words silently until he fell asleep.

One morning a woman came into Rick’s office whose face he was sure he recognized. He prided himself on his memory for names and faces, but when she introduced herself, the name meant nothing at all to him. At that moment, he realized that he had seen her in a dream a night or two earlier. While he was still pondering this amazing fact, she told him that she represented a consortium that was actively investing in rental properties. By the end of the day, Rick had sold her group more properties than he had sold over the previous month.

Since that breakthrough, Rick has made a habit of feelingly repeating the words “Thank you” every night until he falls asleep. His health has improved remarkably, his wealth is growing, and often, in his dreams, he has a preview of the sale of certain properties that later comes true.

You can follow Rick’s example. Silently decree morning and night that God is prospering you in mind, body, and affairs. Feel the reality of it, and you will never want for anything. Repeat over and over again as a lullaby, “Thank you, Father,” as you prepare for sleep. This means that you are thanking your Higher Self for abundance, health, wealth, and harmony. It may also happen that the Lord (your subconscious mind) may answer you in a vision and speak to you in a dream.

LIFE IS ADDITION

Martin P., a friend of mine in the construction trade, has a favorite saying: “All I ever do is add. I never subtract.” What

he means is that prosperity is a plus sign. Add to your growth, wealth, power, knowledge, faith, and wisdom.

Martin adds to his life by meditating on success, harmony, guidance, right action, and the law of opulence. He imagines and feels himself successful and prosperous, and his subcoriscious mind responds to his habitual thinking.

Your subconscious always magnifies. As the Bible says, *Thou shalt also decree a thing, and it shall* be *established unto thee* (Job 22:28).

SHE BEGAN TO SELL AGAIN

Betty W. recently finished her third year with a major insurance company. She is as committed as ever to a career in the field, but she finds the day-to-day conditions harder and harder to handle. As she said when she described her problem to me, “I know I’m doing my clients a service when I get them to check their insurance coverage. It’s not just a question of selling them another policy. But if I make a hundred calls, I’m lucky if five are reasonably receptive and one of those actually gives me business. It’s hard to live with that kind of discouragement.”

I arranged for Betty to have a session with me once a week. At these sessions I had her still her mind, relax, and let go. Then I would pray for her as follows:

You are relaxed and at ease, poised, serene, and calm. By day and by night you are prospering spiritually, mentally, and financially. You are a tremendous success. You are open and receptive to new ideas. Your good is flowing to you freely, joyously, endlessly, and ceaselessly. The law of increase is working for you now.

She would then pray for about five minutes in the same manner, affirming these truths in the first person and

present tense. These weekly get-togethers brought marvelous results. Within a few weeks she began to make new contacts, and her sales increased by leaps and bounds. She discovered that a changed attitude changed everything in her life.

HIS SUBCONSCIOUS MADE HIM A MILLIONAIRE

Would you like me to show you how you can definitely and positively convey an idea or mental image to your subconscious mind?

Your conscious mind is personal and selective. It chooses, selects, weighs, analyzes, dissects, and investigates. It is capable of inductive and deductive reasoning. The subjective or subconscious mind is subject to the conscious mind. It might be called a servant of the conscious mind. The subconscious obeys the order of the conscious mind. Focused, directed thoughts reach the subjective level. They must be of a certain degree of intensity; intensity is acquired by concentration.

Ray M. worked his way through college by selling submarine sandwiches from dorm to dorm in the late evenings. He knew even then what he wanted: a chain of restaurants that would benefit him, his managers and employees, and the communities where they were located. He took courses in both business management and nutrition. By the time he graduated, he had enough savings to start his first restaurant. It was while this initial effort was still struggling that he came across a copy of my book *The Power of Your Subconscious Mind* (Paramus, NJ: Reward Books, 2000). It spoke to his ambitions, and it also offered practical ways to help bring those ambitions to fruition.

Ray followed the technique of impregnating his subconscious mind by concentrating on a successful initial

public offering. To concentrate is to come back to the center and to contemplate the infinite riches of the subconscious mind. Every night, he stilled the activity of his mind and entered into a quiet, relaxed mental state. He gathered all his thoughts together and focused all his attention on seeing the stock of his restaurant corporation listed on the financial page of the newspaper. He gave all his attention to this mental image. His steadied attention made a deep, lasting impression on the sensitive plate of his subconscious mind.

He repeated this drama every night. A few weeks later, one of the diners in his restaurant came up to him after her meal. She was a former fellow student who remembered buying sandwiches from him on nights when she was studying late. Now she was a rapidly rising stock analyst with the most important brokerage firm in town. As they talked, it became clear that she not only liked the cuisine and the concept of Ray's restaurant, she also admired his ambition, zeal, enthusiasm, and dreams for accomplishment.

One thing led to another. Within the year, the two were married. Ray raised money from two venture capital firms to expand to several nearby communities. Incorporation and an IPO followed soon afterward, and Ray had the pleasure of picking up the morning paper and seeing his firm listed on the financial page.

PRAYER FOR PROSPERITY

> *Thou shalt make thy way prosperous, and then thou shalt have good success* (Josh. 1:8). I now give a pattern of success and prosperity to the deeper mind within me, which is the law. I now identify myself with the Infinite Source of supply. I listen to the still, small

voice of God within me. This inner voice leads, guides, and governs all my activities. I am one with the abundance of God. I know and believe that there are new and better ways of conducting my business; Infinite Intelligence reveals the new ways to me.

I am growing in wisdom and understanding. My business is God's business. I am divinely prospered in all ways. Divine Wisdom within me reveals the ways and means by which all my affairs are adjusted in the right way immediately.

The words of faith and conviction that I now speak open up all the necessary doors or avenues for my success and prosperity. I know that *the Lord* (Law) *will pefect that which concerneth me* (Ps. 138:8). My feet are kept in the perfect path, because I am a child of the living God.

SOME PROFITABLE POINTERS

1. Learn to use the laws of your mind, and you can attract to yourself wealth, love, happiness, and the life more abundant.
2. Decide to make money for others, and you will also make it for yourself; you will prosper beyond your fondest dreams.
3. Your subconscious mind has ways you know not of. Give it the idea of prosperity, and it will do the rest.
4. A wonderful prosperity formula is to affirm frequently and feelingly: "God multiplies my good exceedingly." Wonders happen as you pray in this way.
5. The thankful heart is always close to God. Use the Bible prayer: *Father,* I *thank thee that*

thou hast heard me. And I knew that thou hearest me always (John 11:41-42). Lull yourself to sleep with “Thank you” on your lips.

6. You can decree a thing, and it shall come to pass, such as: “My home is free from all debt, and wealth flows to me in avalanches of abundance.” Be sincere and mean it, and your subconscious will respond.
7. Life is addition. Add to your wealth, power, wisdom, knowledge, and faith by studying the law of your conscious and subconscious minds.
8. Affirm, “My good is flowing to me now, ceaselessly, tirelessly, joyously, and copiously,” and God’s riches will flow into your receptive, open mind.
9. You can convey the idea of wealth and success to your subconscious mind through concentration and focused attention. In due season, your subconscious will answer you in its own way. Two prerequisites are sincerity and undivided attention.
10. *Thou shalt make thy way prosperous, and then thou shalt have good success* (Josh. 1:8).

LAW 14

THE PENULTIMATE LAW OF CREATION

Napoleon said, “Imagination rules the world.” Henry Ward Beecher said, “The mind without imagination is what an observatory would be without a telescope.” Pascal wrote, “Imagination disposes of everything; it creates beauty, justice, happiness, which are everything in this world.”

The faculty of image-making is called imagination. It is one of the primal faculties of mind. It has the power to project and clothe your ideas, giving them visibility on the screen of space. You can discipline, control, and direct your imagination constructively and get what you want in life, or you can use it negatively and imagine what you don’t want in life. The mental images that you contemplate and consciously accept as true are impressed on your subconscious mind and made manifest in your life.

Imagination is the mighty instrument used by famous scientists, artists, poets, physicists, inventors, architects, and mystics. When the world says, “It is impossible, it can’t be done,” the person with a vivid imagination says, “It *is* done!”

HOW HE BECAME PRESIDENT

Fred Reinecke of Glendale, California became president of a major corporation as the result of the success power of his imagination. The following is from a letter he wrote to me, which he has given me permission to publish:

I went into business with my brothers and sisters. Three months later, our business burned to the ground. We refused to go into bankruptcy or cry over spilt milk. We decided to rebuild, and I kept picturing in my mind a large corporation with salespeople all over the country.

I pictured in my mind a great building, factory, offices, good facilities, knowing that through the alchemy of mind I could weave the fabric out of which my dreams would be clothed. You were of tremendous help to me, and you gave me a great lift on the occasion of my first visit to you, when you called me “Mr. President.” You began to introduce me to others at church as “president of a multimillion-dollar corporation.” Mentally, I had not quite accepted the title of president; it seemed an utter impossibility, as my brother was president.

I began to think it over, and after a few weeks I accepted the title, “president,” and affirmed, “I am president of my corporation in divine order. Either this or something grander or greater in the sight of Infinite Intelligence.” I pictured a sumptuous office with my name on the door and the title, President’s Office. I accepted it completely with a smile. It looked good to me!

Then things began to happen. First, a brother who was vice president decided to leave. Several months later, my other brother, the president of the corporation, announced that he was leaving to go into politics. My sister also left and attained a higher position in life. All members of my family are happy in their new undertakings, and I constantly pray for their guidance and true place in the same way as I pray for myself.

Now, suddenly, I was president! This enormous step that had seemed an impossibility only eighteen months before had become a reality, and today the business is flourishing beyond my fondest dreams. I believe implicitly what you teach—that “Imagination is the workshop of God.”

HER CREATIVE IMAGINATION HEALEDHER

Dr. Olive Gaze of Brentwood, California has tremendous faith and believes and understands the magical power of creative imagination. She is a lineal descendant of the world-famous preacher, Henry Ward Beecher. Dr. Gaze sent me the following letter on the power of constructive imagination:

Dear Dr. Murphy:

I was driving my late husband, Dr. Harry Gaze, and as we turned onto Sunset Boulevard, a frightful crash suddenly spun our car around; we both were rendered unconscious. When I came to, policemen were standing around us, and Harry was carried off in an ambulance. In my dazed state, I gave the policeman my doctor's home address and telephone number and your address and telephone number, which I never had memorized in my conscious mind. It was my subconscious speaking and acting. A most amazing thing is that I gave the policeman the name and exact address and telephone number of my maid, who was spending the weekend with her daughter in Woodland Hills; consciously, I did not know their address and had no idea of the phone number. This indicates true clairvoyance and is a perfect example of how the subconscious takes over.

I found myself in the hospital. My pelvis had been broken in several places, and I heard that I would not walk again. I began to imagine myself walking in to your lectures, and I pictured you shaking hands with me and congratulating me, saying, "You look wonderful! It is the miracle-working power of God."

I had absolute faith in the healing power of God, and while I was in the hospital I constantly pictured myself as doing all the things I ordinarily would do were I to be made whole. I kept affirming constantly: "God is healing me now. God made all the bones of my body, and they are all in their true place, ministering to me."

What I felt and imagined to be true came to pass. I now know that the creative power of God flows through our mental images. It is wonderful!

HER IMAGINATION HEALED HERSELF AND HER FAMILY

The following letter from Mrs. Fred Reinecke of Glendale, California is published with her permission:

Dear Dr. Murphy:

In a deep state of depression, I found myself locked up in the Camarillo State Mental Hospital. During clinical therapy, I met myself face to face; I learned to know myself and how to adjust to myself and others. I constantly affirmed, “God’s love fills my soul, and He guides me.” I got over the acute depression and was released.

I feel that God guided me to hear you lecture on the power of our subconscious minds. You stressed the amazing and miraculous power of mental imagery.

I began mentally to picture myself as happy, joyous, free, and prosperous. I mentally pictured a beautiful home, and many times a day I would sit down and picture my husband as a tremendous success, prosperous, and divinely happy. I would imagine that he was telling me how happy he was, how much he loved me, and how successful his business was. I pictured my daughter and son as they ought to be: brilliant students, industrious, and full of zeal and enthusiasm.

I steadily built the mental picture of a peaceful, happy, and joyous life; I lived with it daily. Per your instructions, every night I imagined that you were congratulating me on my inner peace, tranquillity, happiness, and freedom. I could see you smile, and I heard the tonal quality of your voice. I made it real and vivid, and all that I have mentally

pictured for myself, my husband, and my two children has come to pass.

IMAGINING PRODUCES A GREAT TEACHER

While visiting the Round Towers of Ireland, I met a teacher named Patrick O. He seemed to be in a very pensive mood. I asked him, “On what are you meditating?”

“It is only by dwelling on the great and wonderful ideas of the world that we grow and expand,” he replied. “I contemplate the age of the stones in the Towers. Then my imagination takes me back to the quarries where the stones were first cut and shaped. My imagination ‘unclothes’ the stones. I see with my inner eye the structure, geological formation, and composition of the stones reduced to the formless state. Finally, I imagine the oneness of the stones with all stones and all life. It is possible to reconstruct the entire history of the Irish race from looking at the Round Towers.”

Through his imaginative faculty, Patrick was able to see imaginary, invisible people living in the Towers and to hear their voices. The entire place became alive to him in his imagination. Through this power, he was able to go back in time to when there were no Round Towers. In his mind, he began to weave a drama of the place from which the stones originated, who brought them, the purpose of the structure, and the history connected with it. He said to me, “I am able almost to feel the touch and hear the sound of steps that vanished thousands of years ago.”

As you can easily understand, Patrick is immensely popular as a teacher and writer, and is widely sought after as a lecturer. All of this is due to his practice of the faculty of imagination.

SCIENCE AND IMAGINATION

From the realm of imagination have come television, computers, radar, supersonic jets, and all other modem inventions. Your imagination is the treasure-house of infinity. It releases from your subconscious mind all the precious jewels of music, art, poetry, and invention. You can look at an ancient ruin, an old temple, or an Egyptian pyramid, and you can reconstruct the records of the dead past. In the ruins of an old churchyard, you also can see a modern city, resurrected in all its former beauty and glory.

You may be in the prison of want and lack, or behind stone bars, but in your imagination you can find an undreamed-of measure of freedom.

GREAT ACCOMPLISHMENTS THROUGH IMAGINING

John Bunyan was in prison when he wrote his masterpiece *The Pilgrim's Progress.* He used his imaginative faculty to create such characters as Christian, Evangelist, Faithful, Hopeful, and Giant Despair, who represent characteristics, qualities, and patterns of behavior in all of us. These were all fictitious characters, but as moods, feelings, beliefs, attitudes, and capacities of human nature, they will live forever in the hearts of people.

John Milton, though blind, saw with his inner eye. His imagination brought forth *Paradise Lost.* In this way, he brought some of God's Paradise to all people everywhere. Imagination was Milton's spiritual eye; imagination enabled him to go about God's business, whereby he annihilated time, space, and matter and brought forth the truths of the Invisible Presence.

IMAGINING BROUGHT HER SUCCESS AND RECOGNITION

Krista R., who had recently graduated from the University of California at Los Angeles, became a fixture at our meetings and lectures. One day when we were chatting, she said to me, “I feel certain I am called to be a writer, but the stories I send out always come back with a rejection form. I am beginning to be very discouraged.”

“Don’t be,” I advised her. “Have you tried to create a story that would teach something about the Golden Rule? If you pass such a story and all of its characters through your spiritual and highly artistic mentality, I know you will create something that will be intensely interesting and instructive to your readers.” I went on to suggest that, prior to sleep every night, she imagine that I was congratulating her on her success and on the acceptance of her story. Her visual imagery would sink into her subconscious mind and blossom there. If she persevered, results would follow.

Soon afterward, two magazines accepted stories of Krista’s. She is now writing her first novel.

IMAGINING PROMOTED A CHEMIST

I was returning from a lecture tour in Europe when I got into a conversation with my seatmate, a young chemist named Jesse M. He told me about his first important success in his field, which was synthetic flavors and fragrances. For years his company had been working to synthesize a certain fragrance. Entire teams had tackled the problem, without success. The task was given up as hopeless. When Jesse came to work for the company, just out of graduate school, his superior gave him the job as a way of breaking him in.

Jesse had no idea that his assignment was supposed to be impossible. A few weeks later, he presented his boss with a workable formula.

The others in the company were amazed. They wanted to know Jesse's secret. He told them that he had imagined the answer. That didn't satisfy them. He explained further: As he was preparing for sleep, he emblazoned the word "answer" in his mind, in blazing red letters. Under the word, he visualized a blank space in which the answer would appear. He followed this technique two nights in a row, without result. On the third night, he had a dream in which the complete formula and the technique for making the compound were clearly presented.

HOW IMAGINATION MAKES THE PAST ALIVE

Archaeologists and paleontologists studying the tombs of ancient Egypt, through their imaginative perception, reconstruct ancient scenes. The dead past becomes alive and audible once more.

Looking at the ancient ruins and the hieroglyphics thereon, the scientists' imagination enables them to clothe the ancient temples with roofs and to surround them with gardens, pools, and fountains. The fossil remains are clothed with eyes, sinews, and muscles, and they again walk and talk.

The past becomes the living present, and we find that in imagination there is no time or space. Through your imaginative faculty, you can be a companion of the most inspired writers of all time.

GRADUATES WITH HONORS THROUGH IMAGINING

Michelle G. was a junior in high school when she started coming to our lectures on Sunday mornings on the subconscious mind. After a few weeks, she asked to speak with me privately. She confided that, while she had her heart set on going to college, and particularly a very selective private college nearby, her mother had told her it was out of the question. Her father, a firefighter, had been killed in a building collapse when Michelle was a baby. Her mother, who worked at a real estate agency, was just barely scraping by. There was nothing to spare in the family budget for an expensive college.

"I'm honored that you wanted to share this with me," I said. "But I don't think you need my advice. Do you?"

"No, I guess not," she replied. "I just have to practice what I've been learning, right?"

"Right," I said, with a smile.

Michelle got to work. Several times a day, she mentally created a beautiful, scenic drama. She imagined herself on campus, in the library and labs, sitting on the grass talking to other students. She saw the president of the college giving her her diploma, while the other students, in academic robes, applauded. She heard her mother congratulating her; she felt her mother's embrace and her kiss. She made it all real, natural, dramatic, exciting, and wonderful. She said to herself, "There is a creative intelligence in my subconscious mind with the power to mold all these forms I am picturing in my mind and to endow them with life, motion, and reality."

Michelle gave her visualizations greater reality by asking the college for its catalogue and viewbook and studying them intently. One day, her eye was drawn to a paragraph in small print in the back of the catalogue. It described a scholarship that had been established for children of members of the armed forces and uniformed civil services who were killed in the line of duty. Michelle called up to make an appointment with a financial aid officer at the

college, who told her that she certainly did meet the requirements. If she could win admission to the college, the scholarship would cover her tuition, room, board, and other expenses!

Michelle's grades, test scores, and wonderful recommendations from teachers more than qualified her for the college and the scholarship. Her subconscious mind had given her more than compound interest. When she brought her acceptance letter to show me, she said, "My good came to me, pressed down, shaken together, and running over!" Four years later, she graduated magna cum laude. This is an example of the miracle-working powers of your imagination.

A BOY HEALED HIS MOTHER THROUGH IMAGINING

Justin P. was fourteen when I met him. He told me that whenever he had a problem, he would imagine that Jesus was talking to him, giving him the answer to his problem and telling him what to do.

This boy's mother was chronically ill. Frequently Justin would become still and quiet and imagine that Jesus was saying to him, "Go thy way; your mother is made whole!" He made that drama of his mind so real, vivid, and intense that, due to his faith and belief, he convinced himself of the truth of what he subjectively heard. His mother was completely healed; yet she had been considered beyond medical help.

Justin had galvanized himself into the feeling of being one with his image, and according to his faith or conviction was it done unto him. As he changed his mental attitude about his mother and imagined her perfect health, the idea of perfect health was simultaneously resurrected in his subconscious mind. There is but one healing power, namely,

your subconscious mind. Justin had operated the law unconsciously, and he had believed in his own mind that Jesus was actually talking to him; then according to his belief, his subconscious responded.

This is why Paracelsus wrote in the sixteenth century, “Whether the object of your belief be true or false, you will get the same results.”

IMAGINATION, THE WORKSHOP OF GOD

Where there is no vision, the people perish (Prov. 29:18). My vision is that I desire to know more of God and the way He works. My vision is for perfect health, harmony, and peace. My vision is the inner faith that Infinite Spirit heals and guides me now in all my ways. I know and believe that the God-Power within me answers my prayer; this is a deep conviction within me. I know that imagination is the result of what I image in my mind. *Faith is,* as Paul says, *the substance out of which the image is formed* (Heb. 11:1).

I make it my daily practice to imagine for myself and for others only that which is noble, wonderful, and God-like. I imagine that I am now doing the thing I long to do; I imagine that I now possess the things I long to possess; I imagine that I am what I long to be. To make it real, I feel the reality of it, and I know that it is so. Thank you, Father.

USING YOUR IMAGINATION

1. The faculty of image-making is called imagination. Imagination clothes all ideas and

projects them on the screen of space.

2. You can picture a beautiful home, a trip, or a marriage and, as you feel its reality, your mental image will be objectified.
3. Imagine yourself doing what you love to do and feel yourself in the act, and wonders will happen in your life.
4. Mentally picture yourself as whole and perfect, living in a beautiful home, with a loving husband or wife, and with a happy, joyous family. Persevere in this mental image, and miracles will happen in your life.
5. Through disciplined imagination, you can see with your inner eye the structure of ancient ruins and, in your vivid imagination, you can reconstruct them and make the dead past seem to be alive.
6. It is the realm of imagination from which came television, computers, radar, and all other modern inventions.
7. Writers use the imaginative faculty to create the great works that have immortalized writers such as Shakespeare, Bunyan, Milton, and others.
8. Imagine that your writings will be fascinating and intensely interesting to the public, and imagine that you are being congratulated on your success.This habitual imagery will sink into your subconscious mind and eventually come to pass.
9. Through the practice of imagining a beautiful poem, song, or play that you have written, often the poem, the song, or the theme of the play will appear complete and ready in your mind without the slightest effort.

10. Chemists can imagine that they have the answer to a complex problem by contemplating the answer. Often, the answer will come in a dream, which is subconscious imagery, and the formula appears.
11. Looking at ancient ruins and the hieroglyphics thereon, the scientists' imagination enables them to clothe ancient temples with roofs and to surround them with gardens, pools, and fountains.
12. You can mentally create a beautiful, scenic drama that you wish would come to pass. Make it vivid, real, natural, dramatic, and exciting. Your subconscious mind will accept what you imagine and feel, and will bring it to pass.
13. You can imagine that a loved one is telling you that he or she has had a miraculous healing. Rejoice in it, and see your loved one as vital and strong. Picture your loved one smiling, hear the good news, and feel the embrace, and you will galvanize yourself into the feeling of being one with your image. Your prayer will be answered!

LAW 15

THE ULTIMATE LAW OF INFINITE LIFE

The Omnipresence of God means that God, or Infinite Life, is present everywhere, at every moment of time and point of space. To practice the Presence of God all day long is the key to harmony, health, peace, joy, and the fullness of life. The practice of the Presence is powerful beyond imagination. Do not overlook it because of its utter simplicity.

You must realize that all creation is the expression of God in infinite differentiation. You are an individualized expression of God or Life, and God is forever seeking to express through you at higher and higher levels. Consequently, you are here to glorify God and to enjoy Him forever.

Begin now to contemplate the greatest of all truths, the all-inclusive and all-encompassing truth that God is the only cause, power, and substance in the world and that everything you see, feel, and touch is a part of His self-expression.

HOW TO BEGIN

I am acquainted with many people who sit down for five or ten minutes every day and meditate on the fact that God is absolute bliss, peace, harmony, joy, and infinite intelligence; who is all-powerful and who radiates boundless wisdom and infinite love. They let their thoughts dwell on these truths.

They look at these qualities and powers of God from all angles. Then they begin to be aware that every person they meet is an expression of God. In fact, everything they see is God made manifest. It is God dramatizing Himself for the joy of expressing Himself. As they do this, people find their whole world changing. They consistently experience better health; their outer conditions improve; and they are possessed of a new vitality and energy.

HE FOUND HIS SON AFTER SEVEN YEARS

Lawrence B., who attends my lectures, told me about an amazing episode in his life. About seven years ago, following a bitter divorce, his former wife disappeared with their son, who was then fourteen. Lawrence did everything he could think of to track them down, but his ex-wife was determined not to be found. Her revenge for the injuries she felt was to rob Lawrence of his only child forever.

In the last few months, however, Lawrence had become deeply interested in the practice of the Presence of God. He made it a practice, several times a day, to affirm, “My son is in the Presence of God, and God reveals to me where he is. I know that God brings both of us together in divine order, and I give thanks.”

Shortly thereafter, Lawrence introduced me to his son. The young man had simply rung Lawrence’s doorbell one afternoon, after being missing for seven long years!

At about the time Lawrence had begun to pray for his son’s return, the young man was starting his own search. His mother refused to tell him anything at all about his father, so he didn’t even know what part of the country he might be in. With the help of the internet, he made a list of every man in the United States and Canada with his last name and the first names Lawrence, Laurence, or Larry, or

simply L. Then he began the tedious process of elimination. He was less than halfway through the list and beginning to become discouraged when he found himself staring at Lawrence B. in Los Angeles. He said it was as if the name were written in letters of fire. Instead of making his usual phone calls, he caught the next plane to the West Coast and took a taxi to the listed address!

For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry (Luke 15:24).

HER HOME WAS SAVED

A few years ago a terrible forest and brush fire, driven by hurricane-force Santa Ana winds, swept the hills outside Los Angeles. Amanda V. phoned me frantically.

"I can see the line of fire at the crest of the hill behind the house," she told me. "It's coming this way. What should I do?"

I told her to join with me over the phone in practicing the Presence of God. We prayed as follows:

We now acknowledge the Presence of God where you and your home are. Your home is surrounded with an envelope of God's love. The whole armor of God surrounds you and your home. You are immersed in the Omnipresence of God. The Presence of God is the cause of peace, harmony, joy, faith, and confidence. The sacred circle of God's eternal love surrounds your home and enfolds it, and God's Overshadowing Presence watches over it. We are now releasing this prayer, knowing that God answers.

Two hours later Amanda phoned me to say that the fire had burned right down to her back fence, then stopped! It seemed miraculous. Later that day a firefighter came by

and said, “The only thing that could have saved your house. is God Almighty.”

SHE ACKNOWLEDGED THE PRESENCE

Elise G. was a junior editor in a large publishing firm in New York. She wrote to me to say that two women in the office were viciously gossiping about her and trying to undermine her position. The stories they were spreading were both grossly slanderous and wholly untrue.

I wrote back and suggested that Elise acknowledge the Presence of God in the women. This meant recognizing a superior wisdom, divine love, superior power, and divine harmony in them, while also recognizing the same powers and qualities in herself. I enclosed this prayer:

I see the Presence of God in these women [mentioning their names]. God thinks, speaks, and acts through each of them. They are loving, kind, and cooperative. Whenever I think of one of them or meet one of them, I silently affirm, “God’s love speaks through you. God is working through you.”

Affirming this prayer was the only action Elise took. Within the next month, both women left to take jobs at other publishing houses. Before they left, each of them asked Elsie to lunch and expressed appreciation of her and a regret that they had not become better acquainted. The practice of the Presence dissolved everything unlike itself in the minds and hearts of these two women.

HIS AUDIENCE LOVES HIM NOW

Monroe A. was a young minister in his first appointment. He came to me for advice. “I don’t understand it,” he said. “The

people in my congregation are so cold and distant. And my sermons ... it makes me heartsick. I can't tell you how much time I spend preparing every week's sermon, or how careful I am to make sure every one of them adheres totally to the tenets of our faith. But all I get is criticism. Not to my face, of course, but the comments get back to me. Somehow I'm just not getting through to these people. I don't know if it's mostly my fault or theirs, but this will show you how dire the situation is: I've been there almost a year now, and not once has a member of the congregation invited me to dinner!"

"That *is* bad," I said. "I suggest the practice of the Presence. Before you go onto the platform, radiate to the congregation love, peace, and good will, and affirm boldly for ten minutes: 'All those who come here this morning are blessed, healed, and inspired. God thinks, speaks, and acts through me. God is healing these worshippers through me. All who hear the words of truth pronounced by me are instantaneously healed, exalted, and prospered in a wonderful way. I love my congregation—they are God's children, and God's glory shines through them.'"

After a few weeks had passed, a miraculous change took place. Monroe's parishioners began to compliment him and tell him how they were helped and inspired by his sermons and how their prayers were answered in a wonderful way.

Monroe had discovered that the cure for every difficulty and problem is to practice the Presence of God. This Presence is the divine reality of every person, lying dormant beneath the superimposition of our human false beliefs, opinions, superstitions, and malconditioning.

HOW BROTHER LAWRENCE PRACTICED THE PRESENCE

Brother Lawrence was a seventeenth-century monk, a saintly man and wholly devoted to God. Possessing great humility and simplicity, he was in tune with the Infinite. “To do the will of God,” he said, “is my whole business.”

Brother Lawrence practiced the Presence when washing the dishes or scrubbing the floor. His attitude was that it was all God’s work. His awareness of the Presence of God was no less when he was employed in the kitchen than when he was before the altar. For Brother Lawrence, the way to God was through the heart and through love. His superiors marveled at this man who, although he was educated only to the point of reading and writing, could express himself with such beauty and profound wisdom. It was the inner voice of God that prompted all his sayings.

This is how Brother Lawrence practiced the Presence: He said in effect, “I have put myself in your Presence; it is your business that I am about, and so everything will be all right.”

Brother Lawrence said that the only sorrow he could experience would be the loss of the sense of His Presence, but he never feared that, being wholly aware of God’s love and absolute goodness.

In his early life, Brother Lawrence feared that he would be damned. This torture of his mind persisted for four years. Then he came to see that the whole cause of this negativity was lack of faith in God. Having become aware of that, he was freed. He thereupon entered into a life of continual joy.

Whether he was cooking, baking, or washing pans in the kitchen, Brother Lawrence schooled himself to pause, if only for a moment, to think of God in the center of his being, to be conscious of God’s Presence, and to keep a hidden meeting with Him. Due to his inner illumination when he enjoyed the raptures of the Spirit, Brother Lawrence emerged into a realm of profound peace.

SHE HEALED HER SON

I received a letter from a businesswoman in Chicago named Jessica R. She had read in my book *The Miracle of Mind Dynamics* (Englewood Cliffs, NJ: Prentice Hall 1982), the chapter entitled “How to Be Well and Stay Well All the Time.” It struck an important chord for her. Her son Kevin, who was eight, had been ill for about a year with chronic asthma. He often had paroxysmal attacks that sent him to the emergency room.

One night, Jessica sat by the bedside of her son after he went to sleep and prayed out loud:

Kevin, you are God’s son. I see the Presence of God in you now. This is the presence of harmony, health, peace, joy, vitality, and wholeness. God breathed into you the breath of life. The Spirit of God made you, and I know the breath of the Almighty gave you life. You inhale the peace of God, and you exhale the love of God. *Father, I thank thee that thou hast heard me. And I knew that thou hearest me always* (John 11:41-42).

Jessica prayed in this way for about an hour, reiterating these great truths and knowing that they would sink into the subconscious of her son. At a certain point, she felt by a sense of inner peace that her prayer was answered, and she had no desire to go on praying any longer.

When Kevin woke up in the morning, he said, “Mommy, last night an angel came to me and said I don’t have to have asthma any more. Isn’t that super?” In the days and weeks that followed, it became clear that the athsma really was gone. The child had completely recovered. His mother’s conviction of the Presence of God communicated itself to her son, and his subconscious dramatized the conviction in the symbolic form of an angelic figure that told him he was

made whole. This is a wonderful example of the power of the practice of the Presence of God.

HE WALKED AND TALKED

Dr. Elsie McCoy of Beverly Hills, California gave me permission to cite the following miraculous healing:

Mr. A. sustained severe head, neck, and chest injuries when a four-hundred-pound table fell on him. He was unconscious for several days. I called a minister to pray with me, and for about an hour we affirmed together, “God is the life of this man. He is alive with the life of God. The Presence of God in him is the presence of peace, vitality, and wholeness.”

At the end of that hour, Mr. A. regained consciousness, but he was unable to speak or walk because he was paralyzed. It seemed like a hopeless case. I applied everything that I know in the healing arts, but I knew in my heart that only God could heal this man. The minister and I prayed with him every day, affirming, “God walks and talks in you. You are speaking through the power of God, and you walk freely and joyously. We hear you talking to us, and we see you walking across the room. God is healing you now.”

At the end of three months, the miracle happened. Mr. A. began to speak clearly, and he walked without crutches; he is still walking. His own statement was that he had heard everything that we said and drank it in. Undoubtedly, our prayers entered his subconscious mind, which responded. This was the result of the practice of the power of God to heal.

HE COULD NOT BE RUINED

While writing this chapter, I was interrupted by a long-distance telephone call from an old friend. His voice was strident and angry as he said, “My enemies are out to ruin and undermine me and my business.” I suggested that he practice the Presence of God as follows:

These two men [his so-called enemies] are reflecting more and more of God and His goodness every day. They have the same hopes, desires, and aspirations as I have. They desire peace, harmony, love, joy, and abundance, and so do I. They are honest, sincere, and full of integrity, and divine justice reigns supreme. I wish for them all of God’s blessings. Our relationship is harmonious, peaceful, and full of divine understanding. They wish to do the right thing according to the Golden Rule, as I do. I salute the Divinity within them, and I give thanks for the harmonious solution.

I told my friend to use this prayer many times a day and to let the impressions and feelings of these thoughts sink into his deeper mind until he was possessed by their truth. Furthermore, I told him that as he continued to bless in this way, he would feel a great sense of inner release, like a cleansing of the soul. I let him know that he would feel at peace and be relaxed.

He practiced the above technique in a whole-souled, devoted manner, and he discovered that he actually secreted the healing power from the depths of himself that brought about a perfect, harmonious solution to the problems he had with the men in question. A magnificent change took place among them. He discovered the practice of the Presence to be the all-encompassing truth that sets all people free.

PRACTICE THE THREE STEPS

The First Step

Accept the fact that God is the only Presence and the only power. God is the very life and reality of you.

The Second Step

Realize, know, and claim that everything you are and everything you see, whether it is a tree, dog, or cat, is a part of God's expression. This is the greatest thing you can do; it is powerful beyond words.

The Third Step

Sit down quietly two or three times a day, and think along these lines: "God is all there is; He is all in all."

Begin to realize that God indwells you and everyone around you. Remind yourself frequently that God is working and thinking through you and through other people as well, and especially remind yourself of this truth when dealing with or doing business with people.

If you sing, speak, act, or play an instrument in public, affirm silently, "God is blessing, prospering, and inspiring the audience through me." This will make them love and appreciate you. This is the real practice of the Presence of God.

DWELLING WITH GOD

> I live in a state of consciousness. It is the consciousness of inner peace, joy, harmony, and good will for all humanity. I know that my real country is not

a geographical location; a country is a dwelling place. I dwell in the Secret Place of the Most High; I abide in the Shadow of the Almighty; I walk and talk with God all the days of my life. I know that there is only one Divine Family, and that is humanity. *Let God arise, let his enemies be scattered* (Ps. 68:1).

I know that my only enemies are fear, ignorance, superstition, compromise, and other false gods. I will not permit these enemies to dwell in my mind. I refuse to give negative thoughts a passport to my mind. I enthrone God and His love in my mind. I think, feel, and act from the standpoint of divine love. I mentally touch the divine power now, and it moves in my behalf; I feel invincible. Peace begins with me. I feel God's river of peace flowing through me now.

I claim that the love of God permeates the hearts of all humanity, and God and His wisdom rule, guide, and govern me and all people everywhere. God inspires me, our leaders, and the governments of all nations to do His will, and His will only. The will of God is harmony, peace, joy, wholeness, beauty, and perfection. It is wonderful!

RECALLING GREAT TRUTHS

1. The practice of the Presence is the key to health, happiness, and peace of mind.
2. Begin to realize that everything you see is some part of the self-expression of God.
3. God is Infinite Intelligence; if your child is lost, it knows where the child is and will reveal to you the child's whereabouts.
4. Nothing can touch you or your home if you surround yourself with a circle of God's love

and know that his Overshadowing Presence protects you.

5. See the Presence of God in the other who is troublesome or who is gossiping about you. Claim that God thinks, speaks, and acts through that person, and you will discover that love never fails.
6. If you are a speaker or lecturer, affirm, “God is blessing and healing the audience through me,” and wonders will happen in your life.
7. All work is God’s work. Whatever work you are engaged in, do it for the glory of God.
8. You can pray for a member of your family by realizing the presence of God’s love, peace, joy, and harmony. Feel the reality of what you affirm, and the subconscious of your loved one will respond accordingly.
9. If people are trying to hurt you, realize that you are one with God, and they cannot penetrate your defense. Bless them by realizing that they are honest, sincere, and loving, and that they are governed by God and by God alone. There will inevitably be a harmonious solution.
10. Realize that everything you see, regardless of what it is, is part of God’s expression; this is the greatest thing you can do. Every person you meet is an incarnation of God. Every person is waiting for you to overlook his or her frailties, shortcomings, and derelictions. Like Paul of Tarsus, try to see the Christ in each person, the hope of glory.

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2
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3
From *The Practice of the Presence of God* (1693).

HOW TO ATTRACT MONEY

By

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WILLING PUBLISHING COMPANY
P.O. Box 51
San Gabriel, California

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by
Joseph Murphy

Fourth Edition, 1959

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Printed in the United States of America

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FOREIGN PUBLICATIONS	PUBLISHERS
JAPANESE	
Magic of Faith	Nippon Kyobun-Sha Co., Ltd. Tokyo, Japan
FRENCH	
La Magic de la Foi	H. Dangles, Editeur
Dans le Silence (Quiet Moments)	38 rue de Moscou
Les Miracles de Votre Esprit	Paris, France
Renaitre (Prayer Is the Answer)	Unité Universelle
Comment Attirer L'Argent (How to Attract Money)	22 Rue de Douai, Paris IX
UNITED KINGDOM	
The Magic of Faith	L. N. Fowler & Co., Ltd.
Miracles of Your Mind	29 Ludgate Hill
How to Attract Money	London, E. C. 4. England
How to Use Your Healing Power	

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YOUR RIGHT TO BE RICH

It is your right to be rich. You are here to lead the abundant life, and be happy, radiant, and free. You should, therefore, have all the money you need to lead a full, happy, prosperous life.

There is no virtue in poverty; the latter is a mental disease, and it should be abolished from the face of the earth. You are here to grow, expand, and unfold, spiritually, mentally, and materially. You have the inalienable right to fully develop and express yourself along all lines. You should surround yourself with beauty and luxury.

Why be satisfied with just enough to go around when you can enjoy the riches of the Infinite? In this book you will learn to make friends with money, and you will always have a surplus. Your desire to be rich is a desire for a fuller, happier, more wonderful life. It is a cosmic urge. It is good and very good.

Begin to see money in its true significance—as a symbol of exchange. It means to you freedom from want, beauty, luxury, abundance, and refinement.

As you read this chapter, you are probably saying, "I want more money." "I am worthy of a higher salary than I am receiving."

I believe most people are inadequately compensated. One of the causes many people do not have more money is that they are silently or openly condemning it. They refer to money as "filthy lucre," or "Love of money is the root of all evil," etc. Another reason they do not prosper is that they have a sneaky, subconscious feeling there is some virtue in poverty; this subconscious pattern may be due to early childhood training, superstition, or it could be based on a false interpretation of the scriptures.

There is no virtue in poverty; it is a disease like any other mental disease. If you were physically ill, you would think there was something wrong with you; you would seek help, or do something about the condition at once. Likewise if you do not have money constantly circulating in your life, there is something radically wrong with you.

Money is only a symbol; it has taken many forms as a medium of exchange down through the centuries, such as salt, beads, and trinkets of various kinds. In early times man's wealth was determined by the number of sheep or oxen he had. It is much more convenient to write a check than to carry some sheep around with you to pay your bills.

God does not want you to live in a hovel or go hungry. God *wants* you to be happy, prosperous, and successful. God is always successful in all His undertakings, whether He makes a star or a cosmos!

You may wish to make a trip around the world, study art in foreign countries, go to college, or send your children to a superior school. You certainly wish to bring your children up in lovely surroundings, so that they might learn to appreciate beauty, order, symmetry, and proportion.

You were born to succeed, to win, to conquer all difficulties, and have all your faculties fully developed. If there is financial lack in your life, do something about it.

Get away immediately from all superstitious beliefs about money. Do not ever regard money as evil or filthy. If you do, you cause it to take wings and fly away from you. Remember that you lose what you condemn.

Suppose, for example, you found gold, silver, lead, copper, or iron in the ground. Would you pronounce these things evil? God pronounced all things good. The evil comes from man's darkened understanding, from his unillumined mind, from his false interpretation of life, and his misuse of Divine Power. Uranium, lead, or some other metal could have been used as a medium of exchange. We use paper bills, checks, etc.; surely the piece of paper is not evil; neither is the check. Physicists and scientists know today that the only difference between one metal and another is the number and rate of motion of the electrons revolving around a central nucleus. They are now changing one metal into

another through a bombardment of the atoms in the powerful cyclotron. Gold under certain conditions becomes mercury. It will only be a little while until gold, silver, and other metals will be made synthetically in the chemical laboratory. I cannot imagine seeing anything evil in electrons, neutrons, protons, and isotopes.

The piece of paper in your pocket is composed of electrons and protons arranged differently; their number and rate of motion is different; that is the only way the paper differs from the silver in your pocket.

Some people will say, "Oh, people kill for money. They steal for money!" It has been associated with countless crimes, but that does not make it evil.

A man may give another $50 to kill someone; he has misused money in using it for a destructive purpose. You can use electricity to kill someone or light the house. You can use water to quench the baby's thirst, or use it to drown the child. You can use fire to warm the child, or burn it to death.

Another illustration would be if you brought some earth from your garden, put it in your coffee cup for breakfast, that would be your evil; yet the earth is not evil; neither is the coffee. The earth is displaced; it belongs in your garden.

Similarly if a needle were stuck in your thumb, it would be your evil; the needle or pin belongs in the pin cushion, not in your thumb.

We know the forces or the elements of nature are not evil; it depends on our use of them whether they bless or hurt us.

A man said to me one time, "I am broke. I do not like money; it is the root of all evil."

Love of money to the exclusion of everything else will cause you to become lopsided and unbalanced. You are here to use your power or authority wisely. Some men crave power; others crave money. If you set your heart on money, and say, "That is all I want. I am going to give all my attention to amassing money; nothing else matters," you can get money and attain a fortune, but you have forgotten that you are here to lead a balanced life. "Man does not live by bread alone."

For example, if you belong to some cult, or religious group, and become fanatical about it, excluding yourself from your friends, society, and social activities, you will become unbalanced, inhibited, and frustrated. Nature insists on a balance. If all your time is devoted to external things and possessions, you will find yourself hungry for peace of mind, harmony, love, joy, or perfect health. You will find you cannot buy anything that is real. You can amass a fortune, or have millions of dollars; this is not evil or bad. Love of money to the exclusion of everything else results in frustration, disappointment, and disillusionment; in that sense it is the root of your evil.

By making money your sole aim, you simply made a wrong choice. You thought that was all you wanted, but you found after all your efforts that it was not only the money you needed. What you really desired was true place, peace of mind, and abundance. You could have the million or many millions, if you wanted them, and still have peace of mind, harmony, perfect health, and Divine expression.

Everyone wants enough money, and not just enough to go around. He wants abundance and to spare; he should have it. The urges, desires, and impulses we have for food, clothing, homes, better means of transportation, expression, procreation, and abundance are all God-given, Divine, and good, but we may misdirect these impulses, desires, and urges resulting in evil or negative experiences in our lives.

Man does not have an evil nature; there is no evil nature in you; it is God, the Universal Wisdom, or Life seeking expression through you.

For example, a boy wants to go to college, but he does not have enough money. He sees other boys in the neighborhood going off to college and the university; his desire increases. He says to himself, "I want an education, too." Such a youth may steal and embezzle money for the purpose of going to college. The desire to go to college was basically and fundamentally good; he misdirected that desire or urge by violating the laws of society, the cosmic

law of harmony, or the golden rule; then he finds himself in trouble.

However if this boy knew the laws of mind, and his unqualified capacity through the use of the Spiritual Power to go to college, he would be free and not in jail. Who put him in jail? He placed himself there. The policeman who locked him up in prison was an instrument of the man-made laws which he violated. He first imprisoned himself in his mind by stealing and hurting others. Fear and a guilt consciousness followed; this is the prison of the mind followed by the prison walls made of bricks and stones.

Money is a symbol of God's opulence, beauty, refinement, and abundance, and it should be used wisely, judiciously, and constructively to bless humanity in countless ways. It is merely a symbol of the economic health of the nation. When your blood is circulating freely, you are healthy. When money is circulating freely in your life, you are economically healthy. When people begin to hoard money, to put it away in tin boxes, and become charged with fear, there is economic illness.

The crash of 1929 was a psychological panic; it was fear seizing the minds of people everywhere. It was a sort of negative, hypnotic spell.

You are living in a subjective and objective world. You must not neglect the spiritual food, such as

peace of mind, love, beauty, harmony, joy, and laughter.

Knowledge of the spiritual power is the means to the Royal Road to Riches of all kinds, whether your desire is spiritual, mental, or material. The student of the laws of mind, or the student of the spiritual principle, believes and knows absolutely that regardless of the economic situation, stock market fluctuation, depression, strikes, war, other conditions, or circumstances, he will always be amply supplied regardless of what form money may take. The reason for this is he abides in the consciousness of wealth. The student has convinced himself in his mind that wealth is forever flowing freely in his life, and that there is always a Divine surplus. Should there be a war tomorrow, and all the student's present holdings become valueless, as the German marks did after the first world war, he would still attract wealth, and be cared for regardless of the form the new currency took.

Wealth is a state of consciousness; it is a mind conditioned to Divine supply forever flowing. The scientific thinker looks at money or wealth like the tide; i.e., it goes out, but it always comes back. The tides never fail; neither will man's supply when he trusts a tireless, changeless, immortal Presence which is Omnipresent, and flows ceaselessly. The man who knows the workings of the subconscious mind is never, therefore, worried about the eco-

nomic situation, stock market panics, devaluation, or inflation of currency, since he abides in the consciousness of God's eternal supply. Such a man is always supplied and watched over by an over-shadowing Presence. "Behold the birds of the air: for they sow not, neither do they reap, gather into barns; yet your heavenly Father feedeth them. Are you not much better than they?"

As you consciously commune with the Divine-Presence claiming and knowing that It leads and guides you in all your ways, that It is a Lamp unto your feet, and a Light on your path, you will be Divinely prospered and sustained beyond your wildest dreams.

Here is a simple way for you to impress your subconscious mind with the idea of constant supply or wealth: Quiet the wheels of your mind. Relax! Let go! Immobilize the attention. Get into a sleepy, drowsy, meditative state of mind; this reduces effort to the minimum; then in a quiet, relaxed, passive way reflect on the following simple truths: Ask yourself where do ideas come from? Where does wealth come from? Where did you come from? Where did your brain and your mind come from? You will be led back to the One Source.

You find yourself on a spiritual, working basis now. It will no longer insult your intelligence to realize that wealth is a state of mind. Take this little phrase; repeat it slowly four or five minutes

three or four times a day quietly to yourself, particularly before you go to sleep: "Money is forever circulating freely in my life, and there is always a Divine surplus." As you do this regularly and systematically, the idea of wealth will be conveyed to your deeper mind, and you will develop a wealth consciousness. Idle, mechanical repetition will not succeed in building the consciousness of wealth. Begin to feel the truth of what you affirm. You know what you are doing, and why you are doing it. You know your deeper self is responsive to what you consciously accept as true.

In the beginning people who are in financial difficulties do not get results with such affirmations as, "I am wealthy," "I am prosperous," "I am successful"; such statements may cause their conditions to get worse. The reason is the subconscious mind will only accept the dominant of two ideas, or the dominant mood or feeling. When they say, "I am prosperous," their feeling of lack is greater, and something within them says, "No, you are not prosperous, you are broke." The feeling of lack is dominant so that each affirmation calls forth the mood of lack, and more lack becomes theirs. The way to overcome this for beginners is to affirm what the conscious and subconscious mind will agree on; then there will be no contradiction. Our subconscious mind accepts our beliefs, feelings, convictions, and what we consciously accept as true.

A man could engage the cooperation of his subconscious mind by saying, "I am prospering everyday." "I am growing in wealth and in wisdom every day." "Every day my wealth is multiplying." "I am advancing, growing, and moving forward financially." These and similar statements would not create any conflict in the mind.

For instance if a salesman has only ten cents in his pocket, he could easily agree that he would have more tomorrow. If he sold a pair of shoes tomorrow, there is nothing within him which says his sales could not increase. He could use statements, such as, "My sales are increasing everyday." "I am advancing and moving forward." He would find these would be sound psychologically, acceptable to his mind, and produce desirable fruit.

The spiritually advanced student who quietly, knowingly, and feelingly says, "I am prosperous," "I am successful," "I am wealthy," gets wonderful results also. Why would this be true? When they think, feel, or say, "I am prosperous," they mean God is All Supply or Infinite Riches, and what is true of God is true of them. When they say, "I am wealthy," they know God is Infinite Supply, the Inexhaustible, Treasure-House, and what is true of God is, therefore, true of them, for God is within them.

Many men get wonderful results by dwelling on three abstract ideas, such as health, wealth, and suc-

cess. *Health* is a Divine Reality or quality of God. *Wealth* is of God; it is eternal and endless. *Success* is of God; God is always successful in all His undertakings.

The way they produce remarkable results is to stand before a mirror as they shave, and repeat for five or ten minutes: "Health, wealth, and success." They do not say, "I am healthy," or "I am successful"; they create no opposition in their minds. They are quiet and relaxed; thus the mind is receptive and passive; then they repeat these words. Amazing results follow. All they are doing is identifying with truths that are eternal, changeless, and timeless.

You can develop a wealth consciousness. Put the principles enunciated and elaborated on in this book to practice, and your desert will rejoice and blossom as the rose.

I worked with a young boy in Australia many years ago who wanted to become a physician and surgeon, but he had no money; nor had he graduated from high school. For expenses he used to clean out doctor's offices, wash windows, and do odd repair jobs. He told me that every night as he went to sleep, he used to see a diploma on a wall with his name in big, bold letters. He used to clean and shine the diplomas in the medical building where he worked; it was not hard for him to engrave the diploma in his mind and develop it there.

I do not know how long he continued this imaging, but it must have been for some months.

Results followed as he persisted. One of the doctors took a great liking to this young boy, and after training him in the art of sterilizing instruments, giving hypodermic injections, and other miscellaneous first aid work, he became a technical assistant in his office. The doctor sent him to high school and also to college at his expense.

Today this man is a prominent doctor in Montreal, Canada. He had a dream! A clear image in his mind! *His wealth was in his mind.*

Wealth is your idea, desire, talent, urge for service, capacity to give to mankind, your ability for usefulness to society, and your love for humanity in general.

This young boy operated a great law unconsciously. Troward says, "Having seen the end, you have willed the means to the realization of the end." The *end* in this boy's case was to be a physician. To imagine, see, and feel the reality of being a doctor now, to live with that idea, sustain it, nourish it, and to love it until through his imagination it penetrated the layers of the subconscious, becoming a conviction, paved the way to the fulfillment of his dreams.

He could have said, "I have no education." "I do not know the right people." "I am too old to go to school now." "I have no money; it would

take years, and I am not intelligent." He would then be beaten before he started. His wealth was in his use of the Spiritual Power within him which responded to his thought.

The means or the way in which our prayer is answered is always hidden from us except that occasionally we may intuitively perceive a part of the process. "My ways are past finding out." The *ways* are not known. The only thing man has to do is to imagine and accept the end in his mind, and leave its unfoldment to the subjective wisdom within.

Oftentimes the question is asked, "What should I do after meditating on the end and accepting my desire in consciousness? The answer is simple: You will be compelled to do whatever is necessary for the unfoldment of your ideal. The law of the subconscious is compulsion. The law of life is action and reaction. What we do is the automatic response to our inner movements of the mind, inner feeling, and conviction.

A few months ago as I went to sleep, I imagined I was reading one of my most popular books, *Magic of Faith* in French. I began to realize and imagine this book going into all French-speaking nations. For several weeks I did this every night, falling asleep with the imaginary French edition of *Magic of Faith* in my hands.

Just before Christmas in 1954, I received a letter from a leading publisher in Paris, France, en-

closing a contract drawn up, asking me to sign it, giving him permission to publish and promote abroad to all French-speaking countries the French edition of *Magic of Faith.*

You might ask me what did I do about the publishing of this book after prayer? I would have to say, "Nothing!" The subjective wisdom took over, and brought it to pass in its own way, which was a far better way than any method I could consciously desire.

All of our external movements, motions, and actions follow the inner movements of the mind. Inner action precedes all outer action. Whatever steps you take physically, or what you seem to do objectively will all be a part of a pattern which you were compelled to fulfill.

Accepting the end wills the means to the realization of the end. Believe that you have it now, and you shall receive it.

We must cease denying our good. Realize that the only thing that keeps us from the riches that lie all around us is our mental attitude, or the way we look at God, life, and the world in general. Know, believe, and act on the positive assumption that there is no reason why you cannot have, be, and do whatever you wish to accomplish through the great laws of God.

Your knowledge of how your mind works is your saviour and redeemer. Thought and feeling are your

destiny. You possess everything by right of consciousness. The consciousness of health, produces health; the consciousness of wealth produces wealth. The world seems to deny or oppose what you pray for; your senses sometimes mock and laugh at you.

If you say to your friend, you are opening up a new business for yourself, he may proceed to give you all the reasons why you are bound to fail. If you are susceptible to his hypnotic spell, he may instill fear of failure in your mind. As you become aware of the spiritual power which is one and indivisible, and responds to your thought, you will reject the darkness and ignorance of the world, and know that you possess all the equipment, power, and knowledge to succeed.

To walk on the Royal Road to Riches, you must not place obstacles and impediments on the pathway of others; neither must you be jealous or envious of others. Actually when you entertain these negative states of mind, you are hurting and injuring yourself, because you are thinking and feeling it. "The suggestion," as Quimby said, "you give to another, you are giving to yourself." This is the reason that the law of the golden rule is a cosmic, divine law.

I am sure you have heard men say, "That fellow has a racket." "He is a racketeer." "He is getting money dishonestly." "He is a faker." "I knew him when he had nothing." "He is crooked,

a thief, and a swindler." If you analyze the man who talks like that, he is usually in want or suffering from some financial or physical illness. Perhaps his former, college friends went up the ladder of success and excelled him; now he is bitter and envious of their progress. In many instances this is the cause of his downfall. Thinking negatively of these classmates, and condemning their wealth, causes the wealth and prosperity he is praying for to vanish and flee away. He is condemning the things he is praying for. He is praying two ways. On the one hand he is saying, "God is prospering me," and in the next breath, silently or audibly, he is saying, "I resent that fellow's wealth." Always make it a special point to bless the other person, and rejoice in his prosperity and success; when you do, you bless and prosper yourself.

If you go into the bank, and you see your competitor across the street deposit twenty times more than you do, or you see him deposit ten thousand dollars, rejoice and be exceedingly glad to see God's abundance being manifested through one of his sons. You are then blessing and exalting what you are praying for. What you bless, you multiply. What you condemn, you lose.

If you are working in a large organization, and you are silently thinking and resenting the fact you are underpaid, that you are not appreciated, and that you deserve more money and greater recogni-

tion, you are subconsciously severing your ties with that organization. You are setting a law in motion; then the superintendent or manager says to you, "We have to let you go." You dismissed yourself. The manager was simply the instrument through which your own negative, mental state was confirmed. In other words he was a messenger telling you what you conceived as true about yourself. It was an example of the law of action and reaction. The action was the internal movement of your mind; the *reaction* was the response of the outer world to conform to your inner thinking.

Perhaps as you read this, you are thinking of someone who has prospered financially by taking advantage of others, by defrauding them, in selling them unsound investments in property, etc. The answer to this is obvious, because if we rob, cheat, or defraud another, we do the same to ourselves. In reality in this case we are actually hurting or robbing from ourselves. We are in a mood of lack in the first place, which is bound to attract loss to us. The loss may come in many ways; it may come in loss of health, prestige, peace of mind, social status, sickness in the home, or in business. It may not necessarily come in loss of money. We must not be shortsighted and think that the loss has to come just in dollars and cents.

Isn't it a wonderful feeling to place your head on the pillow at night, and feel you are at peace

with the whole world, and that your heart is full of goodwill toward all? There are some people who have accumulated money the wrong way, as by tramping on others, trickery, deceit, and chicanery. What is the price? Sometimes it is mental and physical disease, guilt complexes, insomnia, or hidden fears. As one man said to me, "Yes, I rode roughshod over others. I got what I wanted, but I got cancer doing it." He realized he had attained his wealth in the wrong way.

You can be wealthy and prosperous without hurting anyone. Many men are constantly robbing themselves; they steal from themselves: peace of mind, health, joy, inspiration, happiness, and the laughter of God. They may say that they have never stolen, but is it true? Every time we resent another, or are jealous, or envious of another's wealth or success, we are stealing from ourselves. These are the thieves and robbers which Jesus cast out of the temple; likewise you must cast them out incisively and decisively. Do not let them live in your mind. Cut their heads off with the fire of right thought and feeling.

I remember in the early days of the war reading about a woman in Brooklyn, New York, who went around from store to store buying up all the coffee she could. She knew it was going to be rationed; she was full of fear that there would not be enough for her. She bought as much as she could, and stored

it in the cellar. That evening she went to Church services. When she came home, burglars had broken down the door, stolen not only the coffee, but silverware, money, jewelry, and other things.

This good woman said what they all say, "Why did this happen to me when I was at church? I never stole from anyone."

Is this true? Was she not in the consciousness of lack and fear when she began to hoard supplies of coffee? Her mood and fear of lack was sufficient to bring about loss in her home and possessions. She did not have to put her hand on the cash register or rob a bank; her fear of lack produced lack. This is the reason that many people who are what society calls, "Good citizens," suffer loss. They are good in the worldly sense; i.e., they pay their taxes; they obey the laws, vote regularly, and are generous to charities, but they are resentful of other's possessions, their wealth, or social position. If they would like to take money when no one was looking, such an attitude is definitely and positively a state of lack, and may cause the person who indulges in such a mental state to attract charlatans or knaves who may swindle or cheat them in some business transaction.

Before the outer thief robs us, we have first robbed ourselves. There must be an inner thief, before the outer one appears.

A man can have a guilt complex, and be accusing himself constantly. I knew such a man; he was very honest as a teller in a bank. He never stole any money, but he had an illicit romance; he was supporting another woman, and denying his family. He lived in fear that he would be discovered; a deep sense of guilt resulted. Fear follows guilt. Fear causes a contraction of the muscles and mucous membranes; acute sinusitis developed. Medication only gave him temporary relief.

I explained to this client the cause of his trouble, and told him the cure was to give up his outside affair. He said he couldn't; she was his soul mate, and that he had tried. He was always condemning and accusing himself.

One day he was accused by one of the officials of the bank of having embezzled some money; it looked serious for him, as the evidence was circumstantial. He became panic stricken, and realized that the only reason he was wrongfully accused was that he had been accusing and condemning himself. He saw how mind operates. Inasmuch as he was always accusing himself on the inner plane, he would be accused on the outer.

He broke off the relationship immediately with the other woman due to the shock of being accused of embezzling, and began to pray for Divine harmony and understanding between himself and the bank official. He began to claim, "There is noth-

ing hidden that is not revealed. The peace of God reigns supreme in the minds and hearts of all concerned.

Truth prevailed. The whole matter was dissolved in the light of truth. Another young man was discovered as the culprit. The bank teller knew that only through prayer was he saved from a jail sentence.

The great law is, "As you would that men should think about you, think you about them in the same manner. As you would that men should feel about you, feel you also about them in like manner,"

Say from your heart, "I wish for every man who walks the earth, what I wish for myself. The sincere wish of my heart is, therefore, peace, love, joy, abundance, and God's blessings to all men everywhere. Rejoice and be glad in the progression, advancement, and prosperity of all men. Whatever you claim as true for yourself, claim it for all men everywhere. If you pray for happiness and peace of mind, let your claim be peace and happiness for all. Do not ever try and deprive another of any joy. If you do, you deprive yourself. When the ship comes in for your friend, it comes in for you also.

If someone is promoted in your organization, be glad and happy. Congratulate him, rejoice in his advancement and recognition. If you are angry or resentful, you are demoting yourself. Do not try and withhold from another his God-given birthright to

happiness, success, achievement, abundance, and all good things.

Jesus said, "Sow up for yourselves treasures in heaven, where the moth and the rust doth not consume, and where thieves cannot break through and steal." Hatred and resentment rot and corrode the heart causing us to become full of scars, impurities, toxins, and poisons.

The treasures of heaven are the truths of God which we possess in our soul. Fill your minds with peace, harmony, faith, joy, honesty, integrity, loving kindness, and gentleness; then you will be sowing for yourself treasures in the heavens of your own mind.

If you are seeking wisdom regarding investments, or if you are worried about your stocks or bonds, quietly claim, "Infinite Intelligence governs and watches over all my financial transactions, and whatsoever I do shall prosper." Do this frequently and you will find that your investments will be wise; moreover you will be protected from loss, as you will be prompted to sell your securities or holdings before any loss accrues to you.

Let the following prayer be used daily by you regarding your home, business, and possessions: "The overshadowing Presence which guides the planets on their course and causes the sun to shine, watches over all my possessions, home, business, and all things that are mine. God is my fortress and vault. All

my possessions are secure in God. It is wonderful." By reminding yourself daily of this great truth, and by observing the laws of Love, you will always be guided, watched over, and prospered in all your ways. You will never suffer from loss; for you have chosen the Most High as your Counsellor and Guide. The envelope of God's Love surrounds, enfolds, and encompasses you at all times. You rest in the Everlasting Arms of God.

All of us should seek an inner guidance for our problems. If you have a financial problem, repeat this before you retire at night: "Now I shall sleep in peace. I have turned this matter over to the God-Wisdom within. It knows only the answer. As the sun rises in the morning, so will my answer be resurrected. I know the sunrise never fails." Then go off to sleep.

Do not fret, fuss, and fume over a problem. Night brings counsel. Sleep on it. Your intellect can not solve all your problems. Pray for the Light that is to come. Remember the dawn always comes; then the shadows flee away. Let your sleep every night be a contented bliss.

You are not a victim of circumstances, except you believe you are. You can rise and overcome any circumstance or condition. You will have different experiences as you stand on the rock of spiritual Truth, steadfast, and faithful to your deeper purposes and desires.

In large stores, the management employs store detectives to prevent people from stealing; they catch a number every day trying to get something for nothing. All such people are living in the consciousness of lack and limitation, and are stealing from themselves, attracting at the same time all manner of loss. These people lack faith in God, and the understanding of how their minds work. If they would pray for true place, Divine expression, and supply, they would find work; then by honesty, integrity, and perseverence they would become a credit to themselves and society at large.

Jesus said, "For ye have the poor always with you; but me ye have not always." The *poor states* of consciousness are always with us in this sense, that no matter how much wealth you now have, there is something you want with all your heart. It may be a problem of health; perhaps a son or daughter needs guidance, or harmony is lacking in the home. At that moment you are poor.

We could not know what abundance was, except we were conscious of lack. "I have chosen twelve, and one of you is a devil."

Whether it be the king of England or the boy in the slums, we are all born into limitation and into the race belief. It is through these limitations we grow. We could never discover the Inner Power, except through problems and difficulties; these are our *poor states* which prod us in seeking the solu-

tion. We could not know what joy was, except we could shed a tear of sorrow. We must be aware of poverty, to seek liberation and freedom, and ascend into God's opulence.

The *poor states,* such as fear, ignorance, worry, lack, and pain are not bad when they cause you to seek the opposite. When you get into trouble, and get kicked around from pillar to post; when you ask negative, heart-rending questions, such as "Why are all these things happening to me?" "Why does there seem to be a jinx following me?" light will come into your mind. Through your suffering, pain, or misery, you will discover the truth which sets you free. "Sweet are the uses of adversity, like a toad ugly and venomous, yet wears a precious jewel on its head."

Through dissatisfaction we are led to satisfaction. All those studying the laws of life have been dissatisfied with something. They have had some problem or difficulty which they could not solve; or they were not satisfied with the man-made answers to life's riddles. They have found their answer in the God-Presence within themselves—the pearl of great price—the precious jewel. The Bible says, "I sought the Lord, and I found him, and He delivered me from all my fears."

When you realize your ambition or desire, you will be satisfied for only a period of brief time;

then the urge to expand will come again. This is Life seeking to express Itself at higher levels through you. When one desire is satisfied, another comes, etc. to infinity. You are here to grow. Life is progression; it is not static. You are here to go from glory to glory; there is no end; for there is no end to God's glory.

We are all poor in the sense we are forever seeking more light, wisdom, happiness, and greater joy out of life. God is Infinite, and never in Eternity could you exhaust the glory, beauty, and wisdom which is within; this is how wonderful you are.

In the absolute state all things are finished, but in the relative world we must awaken to that glory which was ours before the world was. No matter how wise you are, you are seeking more wisdom; so you are still poor. No matter how intelligent you are in the field of mathematics, physics, or astronomy, you are only scratching the surface. You are still poor. The journey is ever onward, upward, and Godward. It is really an awakening process, whereby you realize creation is finished. When you know God does not have to learn, grow, expand, or unfold, you begin to gradually awaken from the dream of limitation, and become alive in God. As the scales of fear, ignorance, race belief, and mass hypnosis fall from your eyes, you begin to see as God sees. The blind spots are removed; then you begin to see the world as God made it; for we begin to see it

through God's eyes. Now you say, "Behold, the Kingdom of Heaven is at hand!"

Feed the "poor" within you; clothe the naked ideas, and give them form by believing in the reality of the idea, trusting the great Fabricator within to clothe it in form and objectify it. Now your word (idea) shall become flesh (take form). When you are hungry (poor states), you seek food. When worried, you seek peace. When you are sick, you seek health; when you are weak, you seek strength. Your desire for prosperity is the voice of God in you telling you that abundance is yours; therefore, through your poor state, you find the urge to grow, to expand, to unfold, to achieve, and to accomplish your desires.

A pain in your shoulder is a blessing in disguise; it tells you to do something about it at once. If there were no pain and no indication of trouble, your arm might fall off on the street. Your pain is God's alarm system telling you to seek His Peace and His Healing Power, and move from darkness to Light. When cold, you build a fire. When you are hungry, you eat. When you are in lack, enter into the mood of opulence and plenty. Imagine the end; rejoice in it. Having imagined the end, and felt it as true, you have willed the means to the realization of the end.

When you are fearful and worried, feed your

mind with the great truths of God that have stood the test of time and will last forever. You can receive comfort by meditating on the great psalms. For example: "The Lord is my shepherd; I shall not want." "God is my refuge, my salvation, whom shall I fear?" "God is an ever-present help in time of trouble." "My God in Him will I trust." "He shall cover me with His feathers, and under His wings shall I rest." "One with God is a majority." "If God be for me, who can be against me?" "I do all things through Christ which strengtheneth me." Let the healing vibrations of these truths flood your mind and heart; then you will crowd out of your mind all your fears, doubts, and worries through this meditative process.

Imbibe another great spiritual truth: "A merry heart maketh a cheerful countenance." "A merry heart hath a continual feast." "A merry heart doeth good like a medicine; a broken spirit drieth the bones." "Therefore I put thee in remembrance that thou stir up the gift of God within thee." Begin *now* to stir up the gift of God by completely rejecting the evidence of senses, the tyranny and despotism of the race mind, and give complete recognition to the spiritual Power within you as the only Cause, the only Power, and the only Presence. Know that it is a responsive and beneficent Power. "Draw nigh unto it, and it will draw nigh unto you." Turn to It devotedly with assurance, trust, and love; it will

respond to you as love, peace, guidance, and prosperity.

It will be your Comforter, Guide, Counsellor, and your heavenly Father. You will then say, "God is Love. I have found Him, and He truly has delivered me from all my fears. Furthermore, you will find yourself in green pastures, where abundance and all of God's riches flow freely through you.

Say to yourself freely and joyously during the day, "I walk in the consciousness of the Presence of God all day long." "His fulness flows through me at all times filling up all the empty vessels in my life."

When you are filled full of the feeling of being what you long to be, your prayer is answered. Are all the vessels full in your life? Look under health, wealth, love, and expression. Are you fully satisfied on all levels? Is there something lacking in one of these four? All that you seek, no matter what it is, comes under one of these classifications.

If you say, "All I want is truth or wisdom," you are expressing the desire of all men everywhere. That is what everyone wants, even though he or she may word it differently. Truth or wisdom is the over-all desire of every man; this comes under the classification of expression. You wish to express more and more of God here and now.

Through your lack, limitation, and problems, you grow in God's Light, and you discover yourself. There is no other way whereby you could discover yourself.

If you could not use your powers two ways, you would never discover yourself; neither would you ever deduce a law governing you. If you were compelled to be good, or compelled to love, that would not be love. You would then be an automaton. You have freedom to love, because you can give it, or retain it. If compelled to love, there is no love. Aren't you flattered when some woman tells you she loves you and wants you? She has chosen you from all the men in the world. She does not have to love you. If she were forced to love you, you would not be flattered or happy about it.

You have freedom to be a murderer or a Holy man. This is the reason that we praise such men as Lincoln and others. They decided to choose the good; we praise them for their choice. If we believe that circumstances, conditions, events, age, race, religious training, or early environment can preclude the possibility of our attaining a happy, prosperous life, we are thieves and robbers. All that is necessary to express happiness and prosperity is to *feel* happy and prosperous. The feeling of wealth produces wealth. States of consciousness manifest themselves. This is why it is said, "All that ever came before me (feeling) are thieves and robbers. Feeling is the law, and the law is the feeling.

Your desire for prosperity is really the promise of God saying that His riches are yours; accept this promise without any mental reservation.

Quimby likened prayer to that of a lawyer pleading the case before the judge. This teacher of the laws of mind said he could prove the defendant was not guilty as charged, but that the person was a victim of lies and false beliefs. You are the judge; you render your own verdict; then you are set free. The negative thoughts of lack, poverty, and failure are all false; they are all lies; there is nothing to back them up.

You know there is only one spiritual Power, one primal cause, and you, therefore, cease giving power to conditions, circumstances, and opinions of men. Give all Power to the Spiritual Power within you, knowing that It will respond to your thought of abundance and prosperity. Recognizing the supremacy of the Spirit within, and the Power of your own thought or mental image is the way to opulence, freedom, and constant supply. Accept the abundant life in your own mind. Your mental acceptance and expectancy of wealth has its own mathematics and mechanics of expression. As you enter into the mood of opulence, all things necessary for the abundant life will come to pass. You are now the judge arriving at a decision in the courthouse of your mind. You have like Quimby produced indisputable evidence showing how the laws of your mind work, and you are now free from fear. You have executed and chopped the heads off all the fear and superstitious thoughts in your mind. Fear is the signal

for action; it is not really bad; it tells you to move to the opposite which is faith in God and all positive values.

Let this be your daily prayer; write it in your heart: "God is the source of my supply. That supply is my supply now. His riches flow to me freely, copiously, and abundantly. I am forever conscious of my true worth. I give of my talents freely, and I am wonderfully, divinely compensated. Thank you, Father!"

THE ROAD TO RICHES

Riches are of the mind. Let us suppose for a moment that a physician's diploma was stolen together with his office equipment. I am sure you would agree that his wealth was in his mind. He could still carry on, diagnose disease, prescribe, operate, and lecture on materia medica. Only his symbols were stolen; he could always get additional supplies. His riches were in his mental capacity, knowledge to help others, and his ability to contribute to humanity in general.

You will always be wealthy when you have an intense desire to contribute to the good of mankind. Your urge for service—i.e., to give of your talents to the world—will always find a response in the heart of the universe.

I knew a man in New York during the financial crisis of 1929, who lost everything he had including his home and all his life's savings. I met him after a lecture which I had given at one of the hotels in the city. This was what he said, "I lost everything. I made a million dollars in four years. I will make it again. All I have lost is a symbol. I can again attract the symbol of wealth in the same way as honey attracts flies."

I followed the career of this man for several years

to discover the key to his success. The key may seem strange to you; yet it is a very old one. The name he gave the key was, "Change water into wine!" He read this passage in the Bible, and he knew it was the answer to perfect health, happiness, peace of mind, and prosperity.

Wine in the Bible always means the realization of your desires, urges, plans, dreams, propositions, etc.; in other words it is the things you wish to accomplish, achieve, and bring forth.

Water in the Bible usually refers to your mind or consciousness. Water takes the shape of any vessel into which it is poured; likewise whatever you feel and believe as true will become manifest in your world; thus you are always changing water into wine.

The Bible was written by illumined men; it teaches practical, everyday psychology and a way of life. One of the cardinal tenets of the Bible is that you determine, mould, fashion, and shape your own destiny through right thought, feeling, and beliefs. It teaches you that you can solve any problem, overcome any situation, and that you are born to succeed, to win, and to triumph. In order to discover the Royal Road to Riches, and receive the strength and security necessary to advance in life, you must cease viewing the Bible in the traditional way.

The above man who was in a financial crisis used to say to himself frequently during the days when

he was without funds, "I can change water into wine!" These words meant to him, "I can exchange the poverty ideas in my mind for the realization of my present desires or needs which are wealth and financial supply.

His mental attitude (water) was, "Once I made a fortune honestly. I will make it again (wine)." His regular affirmation consisted of, "I attracted the symbol (money) once, I am attracting it again. I know this, and feel it is true (wine)."

This man went to work as a salesman for a chemical organization. Ideas for the better promotion of their products came to him; he passed them on to his organization. It was not long until he became vice president. Within four years the company made him president. His constant mental attitude was, "I can change water into wine!"

Look upon the story in John of changing water into wine in a figurative way, and say to yourself as the above mentioned, chemical salesman did: "I can make the invisible ideas, urges, dreams, and desires of mine visible, because I have discovered a simple, universal law of mind.

The law he demonstrated is the law of action and reaction. It means your external world, body, circumstances, environment, and financial status are always a perfect reflection of your inner thinking, beliefs, feelings, and convictions. This being true, you can now change your inner pattern of thought by

dwelling on the idea of success, wealth, and peace of mind. As you busy your mind with these latter concepts, these ideas will gradually seep into your mentality like seeds planted in the ground. As all seeds (thoughts and ideas) grow after their kind, so will your habitual thinking and feeling manifest in prosperity, success, and peace of mind. Wise thought (action) is followed by right action (reaction).

You can acquire riches when you become aware of the fact that prayer is a marriage feast. The *feast* is a psychological one; you meditate (mentally eat of) on your good or your desire until you become *one* with it.

I will now cite a case history from my files relating how a young girl performed her first miracle in transforming "water into wine." She operated a very beautiful hair salon. Her mother became ill, and she had to devote considerable time at home neglecting her business. During her absence two of her assistants embezzled funds. She was forced into bankruptcy losing her home and finding herself deeply in debt. She was unable to pay hospital bills for her mother, and she was now unemployed.

I explained to this woman the magic formula of changing water into wine. Again we made it clear to her that *wine* means answered prayer or the objectification of her ideal.

She was quarreling with the outside world. She said, "Look at the facts: I have lost everything; it is a cruel world. I cannot pay my bills. I do not pray; for I have lost hope." She was so absorbed and engrossed in the material world, that she was completely oblivious to the internal cause of her situation. As we talked, she began to understand that she had to resolve the quarrel in her mind.

No matter what your desire or ideal is as you read this book, you will also find some thought or idea in your mind opposed to it. For example your desire may be for health; perhaps there are several thoughts such as these in your mind simultaneously: "I can't be healed. I have tried, but it is no use; it's getting worse." "I don't know enough about spiritual mind healing,"

As you study yourself, don't you have a tug of war in your mind? Like this girl, you find environment and external affairs challenging your desire of expression, wealth, and peace of mind.

True prayer is a mental marriage feast, and it teaches us all how to resolve the mental conflict. In prayer you "write" what you *believe* in your own mind. Emerson said, "A man is what he thinks all day long." By your habitual thinking you make your own mental laws of belief. By repeating a certain train of thought you establish definite opinions and beliefs in the deeper mind called the subconscious; then such mental acceptances, beliefs, and

opinions direct and control all the outer actions. To understand this and begin to apply it is the first step in changing "water into wine," or changing lack and limitation into abundance and opulence. The man who is unaware of his own inner, spiritual powers is, therefore, subject to race beliefs, lack, and limitation.

Open your Bible now, and perform your first miracle, as this beauty operator did. You can do it. If you merely read the Bible as a historical event, you will miss the spiritual, mental, scientific view of the laws of mind with which we are concerned in this book.

Let us take this passage: "And the third day there was a marriage in Cana of Galilea; and the mother of Jesus was there." *Galilee* means your mind or consciousness. *Cana* means your desire. The *marriage* is purely mental or the subjective embodiment of your desire. This whole, beautiful drama of prayer is a psychological one in which all the characters are mental states, feelings, and ideas within you.

One of the meanings of *Jesus* is illumined reason. The *mother of Jesus* means the feeling, moods, or emotions which possess us.

"And both jesus was called, and his disciples, to the marriage." *Your disciples* are your inner powers and faculties enabling you to realize your desires.

"And when they wanted wine, the mother of Jesus saith unto him, They have no wine." *Wine,* as we

have stated, represents the answered prayer or the manifestation of your desire and ideals in life. You can now see this is an everyday drama taking place in your own life.

When you wish to accomplish something as this girl did, namely, finding work, supply, and a way out of your problem, suggestions of lack come to you; such as, "There is no hope. All is lost. I can't accomplish it; it is hopeless." This is the voice from the outside world saying to you, "They have no wine," or "Look at the facts." This is your feeling of lack, limitation, or bondage speaking.

How do you meet the challenge of circumstances and conditions? By now you are getting acquainted with the laws of mind which are as follows: "As I think and feel inside, so is my outside world; i.e., my body, finances, environment, social position, and all phases of my external relationship to the world and man. Your internal, mental movements and imagery govern, control, and direct the external plane in your life.

The Bible says, "As he thinketh in his heart, so *is* he." The *heart* is a Chaldean word meaning the subconscious mind. In other words your thought must reach subjective levels by engaging the power of your subliminal self.

Thought and feeling are your destiny. Thought charged with feeling and interest is always subjectified, and becomes manifest in your world. *Prayer*

is a marriage of thought and feeling, or your idea and emotion; this is what the marriage feast relates.

Any idea or desire of the mind felt as true comes to pass, whether it is good, bad, or indifferent. Knowing the law now that what you imagine and feel in your mind, you will express, manifest, or experience in the outside, enables you to begin to discipline your mind.

When the suggestion of lack, fear, doubt, or despair (they have no wine) come to your mind, immediately reject it mentally by focussing your attention at once on the answered prayer, or the fulfillment of your desire.

The statement given in the Bible from John 2, "Mine hour is not yet come," and "Woman, what have I to do with thee," are figurative, idiomatic, oriental expressions.

As we paraphrase this quotation, *woman* means the negative feeling that you indulge in. These negative suggestions have no power or reality, because there is nothing to back them up.

A suggestion of lack has no power; the power is resident in your own thought and feeling.

What does God mean to you? *God* is the Name given to the One Spiritual Power. *God* is the One Invisible Source from Which all things flow.

When your thoughts are constructive and harmonious, the spiritual power being responsive to your thought flows as harmony, health, and abun-

dance. Practice the wonderful discipline of completely rejecting every thought of lack by immediately recognizing the availability of the spiritual power, and its response to your constructive thoughts and imagery; then you will be practicing the truth found in these words, "Woman what have I to do with thee?"

We read, "Mine hour is not yet come." This means that while you have not yet reached a conviction or positive state of mind, you know you are on the way mentally, because you are engaging your mind on the positive ideals, goals, and objectives in life. Whatever the mind dwells upon, it multiplies, magnifies, and causes it to grow until finally the mind becomes qualified with the new state of consciousness. You are then conditioned positively, whereas before you were conditioned negatively.

The spiritual man in prayer moves from the mood of lack to the mood of confidence, peace, and trust in the spiritual power within himself. Since his trust and faith are in the Spiritual Power, his mother (moods and feeling) registers a feeling of triumph or victory; this will bring about the solution or the answer to your prayer.

The waterpots in the story from the Bible refer to the mental cycles that man goes through in order to bring about the subjective realization of his desire. The length of time may be a moment, hour,

week, or month depending on the faith and state of consciousness of the student.

In prayer we must cleanse our mind of false beliefs, fear, doubt, and anxiety by becoming completely detached from the evidence of senses and the external world. In the peacefulness and quietude of your mind, wherein you have stilled the wheels of your mind, meditate on the joy of the answered prayer until that inner certitude comes, whereby *you know that you know.* When you have succeeded in being *one* with your desire, you have succeeded in the mental marriage—or the union of your feeling with your idea.

I am sure you wish to be married (one with) to health, harmony, success, and achievement in your mind at this moment. Everytime you pray you are trying to perform the *marriage feast of Cana* (realization of your desire or ideas). You want to be mentally identified with the concept of peace, success, well being, and perfect health.

"They filled them up to the brim." *The six waterpots* represent your own mind in the spiritual and mental creative act. You must fill your mind *to the brim,* meaning you must become filled full of the feeling of being what you long to be. When you succeed in filling your mind with the ideal you wish to accomplish or express, you are full to the brim; then you cease praying about it; for you feel its reality in your mind. You *know!*

It is a finished state of consciousness. You are at peace about it.

"And he saith unto them Draw out now, and bear unto the governor of the feast." Whatever is impregnated in our subconscious mind is always objectified on the screen of space; consequently when we enter a state of conviction that our prayer is answered, we have given the command, "Bear unto the governor of the feast."

You are always governing your mental feast. During the day thousands of thoughts, suggestions, opinions, sights, and sounds reach your eyes and ears. You can reject them as unfit for mental consumption or entertain them as you choose. Your conscious, reasoning, intellectual mind is the governor of the feast. When you consciously choose to entertain, meditate, feast upon, and imagine your heart's desire as true, it becomes a living embodiment, and a part of your mentality, so that your deeper self gives birth or expression to it. In other words what is impressed subjectively is expressed objectively. Your senses or conscious mind sees the objectification of your good. When the conscious mind becomes aware of "water made into wine," it becomes aware of the answered prayer. *Water* might be called, also, the invisible, formless, spiritual power, unconditioned consciousness. *Wine* is conditioned consciousness, or the mind giving birth to its beliefs and convictions.

The servants which draw the water for you represent the mood of peace, confidence, and faith. According to your faith or feeling, your good is attracted or drawn to you.

Imbibe, cherish, fall in love with these spiritual principles which are discussed in this book. In the first recorded miracle of Jesus, you are told that prayer is a marriage feast, or the mind uniting with its desire.

Love is the fulfilling of the law. Love is really an emotional attachment, a sense of oneness with your good. You must be true to that which you love. You must be loyal to your purpose or to your ideal. We are not being true to the one we love, when we are flirting or mentally entertaining other marriages with fear, doubt, worry, anxiety, or false beliefs. Love is a state of oneness, a state of fulfillment. (Refer to the book by the author, *Love is Freedom.*)

When this simple drama was explained to the beauty operator mentioned about, she became rich mentally. She understood this drama, and she put it into practice in her life. This is how she prayed: She knew that the *water* (her own mind) would flow, and fill up all the *empty vessels* in response to her new way of thinking and feeling.

At night this client became very quiet and still, relaxed her body, and began to use constructive imagery. The steps she used are as follows:

First step: She began to imagine the local bank manager was congratulating her on her wonderful deposits in the bank. She kept imagining that for about five minutes.

The second step: In her imagination she heard her mother saying to her, "I am so happy about your wonderful, new position." She continued to hear her say this in a happy, joyous way for about three to five minutes.

The third step: Vividly she imagined the writer was in front of her performing her marriage ceremony. This woman heard me saying as the officiating minister, "I now pronounce you man and wife." Completing this routine, she went off to sleep feeling filled full, i.e., sensing and feeling within herself the joy of the answered prayer.

Nothing happened for three weeks; in fact things got much worse, but she persevered, refusing to take, "No," for her answer. She knew that in order to grow spiritually, she too, had to perform her first miracle by changing her fear to faith, her mood of lack to a mood of opulence and prosperity, by changing consciousness (water) into the conditions, circumstances, and experiences she wished to express.

Consciousness, Awareness, Beingness, Principle, Spirit, or whatever Name you give It is the cause of all; it is the only Presence and Power. The Spiritual Power or Spirit within us is the cause and sub-

stance of all things. All things—birds, trees, stars, sun, moon, earth, gold, silver, and platinum—are its manifestations. It is the cause and substance of all things. "There is none else."

Understanding this she knew that *water* (consciousness) could become supply in the form of money, true place, or true expression for herself, health for her mother, as well as companionship and fulness of life. She saw this simple—yet profound—truth in the twinkling of an eye, and said to me, "I *accept* my good."

She knew that nothing is hidden from us; all of God is within us, waiting for our discovery and inquiry.

In less than a month this young girl got married. The writer performed the ceremony. I pronounced the words she heard me say over and over again in her meditative, relaxed state, "I now pronounce you man and wife!"

Her husband gave her a check for $24,000 as a wedding present, as well as a trip around the world. Her new expression as a beauty operator was to beautify her home and garden, and make the desert of her mind rejoice and blossom as the rose.

She changed "water into wine." *Water* or her consciousness became charged or conditioned by her constant, true, happy imagery. These images, when sustained regularly, systematically, and with faith in the developing powers of the deeper mind, will

come out of the darkness (subconscious mind) into light (objectified on the screen of space.)

There is one important rule: Do not expose this newly developed film to the shattering light of fear, doubt, despondency, and worry. Whenever worry or fear knocks at your door, immediately turn to the picture you developed in your mind, and say to yourself, "A beautiful picture is being developed now in the dark house of my mind." Mentally pour on that picture your feeling of joy, faith, and understanding. You know you have operated a psychological, spiritual law; for what is impressed shall be expressed. It is wonderful!

The following is a sure, certain way for developing and manifesting all the material riches and supply you need all the days of your life. If you apply this formula sincerely and honestly, you should be amply rewarded on the external plane. I will illustrate this by telling you of a man who came to see me in London in desperate, financial straits. He was a member of the church of England, and had studied the working of the subconscious mind to some extent.

I told him to say frequently during the day, "God is the source of my supply, and all my needs are met at every moment of time and point of space." Think also of all the animal life in this world, and in all the galaxies of space which are now being taken care of by an Infinite Intelligence. Notice

how nature is lavish, extravagant, and bountiful. Think of the fish of the sea which are all being sustained, as well as the birds of the air!"

He began to realize that since he was born, he had been taken care of; fed by his mother; clothed by his father, and watched over by tender, loving parents. This man got a job and was paid in a wonderful way. He reasoned that it was illogical to assume that the Principle of Life which gave him life, and always took care of him would suddenly cease to respond to him.

He realized that he had cut off his own supply by resenting his employer, self condemnation, criticism of himself, and by his own sense of unworthiness. He had psychologically severed the cord which joined him to the Infinite Source of all things—the Indwelling Spirit or Life Principle, called by some, "Consciousness or Awareness."

Man is not fed like the birds; he must consciously commune with the Indwelling Power and Presence, and receive guidance, strength, vitality, and all things necessary for the fulfillment of his needs.

This is the formula which he used to change water into the wine of abundance and financial success. He realized God or the Spiritual Power within him was the cause of all; furthermore he realized that if he could sell himself the idea that wealth was his by Divine right, he would manifest abundance of supply.

The affirmation he used was, "God is the source of my supply. All my financial and other needs are met at every moment of time and point of space; there is always a divine surplus." This simple statement repeated frequently, knowingly, and intelligently conditioned his mind to a prosperity consciousness.

All he had to do was to sell himself this positive idea, in the same way a good salesman has to sell himself on the merits of his product. Such a person is convinced of the integrity of his company, the high quality of the product, the good service which it will give the customer, and the fact that the price is right, etc.

I told him whenever negative thoughts came to his mind, which would happen, not to fight them, quarrel with them in any way, but simply go back to the spiritual, mental formula, and repeat it quietly and lovingly to himself. Negative thoughts came to him in avalanches at times in the form of a flood of negativity. Each time he met them with the positive, firm, loyal conviction: "God supplies all my needs; there is a Divine surplus in my life."

He said as he drove his car, and went through his day's routine, that a host of sundry, miscellaneous, negative concepts crowded his mind from time to time; such as, "There is no hope." "You are broke." Each time such negative thoughts came, he refused their mental admission by turning to the Eternal

Source of wealth, health, and all things which he knew to be his own spiritual awareness. Definitely and positively he claimed, "God is the source of my supply, and that supply is mine now!" Or, "There is a Divine solution. God's wealth is my wealth," and other affirmative, positive statements which charged his mind with hope, faith, expectancy, and ultimately a conviction in an ever-flowing fountain of riches supplying all his needs copiously, joyously, and endlessly.

The negative flood of thoughts came to him as often as fifty times in an hour; each time he refused to open the door of his mind to these gangsters, assassins, and thieves which he knew would only rob him of peace, wealth, success, and all good things. Instead he opened the door of his mind to the idea of God's Eternal Life Principle of supply flowing through him as wealth, health, energy, power, and all things necessary to lead a full and happy life here.

As he continued to do this, the second day not so many thieves knocked at his door; the third day, the flow of negative visitors was less; the fourth day, they came intermittently, hoping for admission, but receiving the same mental response: "No entrance! I accept only thoughts and concepts which activate, heal, bless, and inspire my mind!"

He reconditioned his consciousness or mind to a wealth consciousness. "The prince of this world com-

eth, and hath nothing in me"—This conveys to your mind: The negative thoughts, such as, fear, lack, worry, anxiety came, but they received no response from his mind. He was now immune; God intoxicated, and seized by a divine faith in an ever-expanding consciousness of abundance and financial supply. This man did not lose everything; neither did he go into bankruptcy; he was given extended credit; his business improved; new doors opened up, and he prospered.

Remember always in the prayer-process, you must be loyal to your ideal, purpose, and objective. Many people fail to realize wealth and financial success, because they pray two ways. They affirm God is their supply, and that they are divinely prospered, but a few minutes later they deny their good by saying, "I can't pay this bill." "I can't afford this, that, or the other things." Or they say to themselves, "A jinx is following me." "I can't ever make ends meet." "I never have enough to go around." All such statements are highly destructive, and neutralize your positive prayers. This is what is called, "praying two ways."

You must be faithful to your plan or your goal. You must be true to your knowledge of the spiritual power. Cease making negative marriages, i.e., uniting with negative thoughts, fears, and worries.

Prayer is like a captain directing the course of his ship. You must have a destination. You must know

where you are going. The captain of the ship, knowing the laws of navigation, regulates his course accordingly. If the ship is turned from its course by storms or unruly waves, he calmly redirects it along its true course.

You are the captain on the bridge, and you are giving the orders in the way of thoughts, feelings, opinions, beliefs, moods, and mental tones. Keep your eye on the beam. *You go where your vision is!* Cease, therefore, looking at all the obstacles, delays, and impediments that would cause you to go off your course. Be definite and positive. Decide where you are going. Know that your mental attitude is the ship which will take you from the mood of lack and limitation, to the mood and feeling of opulence, and to the belief in the inevitable law of god working for you.

Quimby, who was a doctor, a wonderful student, and teacher of the mental and spiritual laws of mind, said, "Man acts as he is acted upon." What moves you now? What is it that determines your response to life? The answer is as follows: Your ideas, beliefs, and opinions activate your mind and condition you to the point that you become, as Quimby stated, "An expression of your beliefs." This illustrates the truth of Quimby's statement: "Man is belief expressed."

Another popular statement of Quimby's was, "Our minds mingle like atmospheres, and each person has

his identity in that atmosphere." When you were a child, you were subject to the moods, feelings, beliefs, and the general, mental atmosphere of the home. The fears, anxieties, superstitions, as well as the religious faith, and convictions of the parents were impressed on your mind.

Let us say the child had been brought up in a poverty-stricken home, in which there was never enough to go around, financially speaking; he heard constantly the complaint of lack and limitation.

You could say, like Salter in his conditioned reflex therapy, that the child was conditioned to poverty. The young man may have a poverty complex based on his early experiences, training, and beliefs, but he can rise above any situation, and become free; this is done through the power of prayer.

I knew a young boy aged 17, who was born in a place called, "Hell's Kitchen," in New York. He listened to some lectures I was giving in Steinway Hall, New York, at the time. This boy realized that he had been the victim of negative, destructive thinking, and that if he did not redirect his mind along constructive channels, the world-mind with its fears, failures, hates, and jealousies would move in and control him. "Man acts as he is acted upon."

It stands to reason, as Quimby knew, that if man will not take charge of his own house(mind), the propaganda, false beliefs, fears, and worries of the

phenomenalistic world will acts as a hypnotic spell over him.

We are immersed in the race mind which believes in sickness, death, misfortune, accident, failures, disease, and diverse disasters. Follow the Biblical injunction: "Come out from among them, and be separate." Identify yourself mentally and emotionally with the Eternal Verities which have stood the test of time.

This young man decided to think and plan for himself. He decided to take the Royal Road to Riches by accepting God's abundance here and now, and to fill his mind with spiritual concepts and perceptions. He knew, as he did this, he would automatically crowd out of his mind all negative patterns.

He adopted a simple process called, "scientific imagination." He had a wonderful voice, but it was not cultivated or developed. I told him the image he gave attention to in his mind would be developed in his deeper mind and come to pass. He understood this to be a law of mind,—a law of action and reaction—i.e., the response of the deeper mind to the mental picture held in the conscious mind.

This young man would sit down quietly in his room at home; relax his whole body, and vividly imagine himself singing before a microphone. He would actually reach out for the "feel" of the instrument. He would hear me congratulate him on

his wonderful contract, and tell him how magnificent his voice was. By giving his attention and devotion to this mental image regularly and systematically, a deep impression was made on his subconscious mind.

A short time elapsed, and an Italian voice instructor in New York gave him free lessons several times a week, because he saw his possibilities. He got a contract which sent him abroad to sing in the salons of Europe, Asia, South Africa, and other places. His financial worries were over; for he also received a wonderful salary. His hidden talents and ability to release them were his real riches. These talents and powers within all of us are God-given; let us release them.

Did you ever say to yourself, "How can I be more useful to my fellow creature?" "How can I contribute more to humanity?"

A minister-friend of mine told me that in his early days he and his church suffered financially. His technique or process was this simple prayer which worked wonders for him, "God reveals to me better ways to present the truths of God to my fellow creature." Money poured in; the mortgage was paid in a few years, and he has never worried about money since.

As you read this chapter, you have now learned that the inner feelings, moods, and beliefs of man always control and govern his external world. The

inner movements of the mind control the outer movements. To change the outside, you must change the inside. "As in Heaven, so on earth;" or as in my mind or consciousness, so is it in my body, circumstances, and environment.

The Bible says, "There is nothing hidden that shall not be revealed." For example if you are sick, you are revealing a mental and emotional pattern which is the cause. If you are upset, or if you receive tragic news, notice how you reveal it in your face, eyes, gestures, tonal qualities, also in your gait, and posture. As a matter of fact your whole body reveals your inner distress. You could, of course, through mental discipline and prayer remain absolutely poised, serene, and calm refusing to betray your hidden feelings or mental states. You could order the muscles of your body to relax, be quiet, and be still; they would have to obey you. Your eyes, face, and lips would not betray any sign of grief, anger, or despondency. On the other hand with a little discipline, through prayer and meditation, you could reverse the entire picture. Even though you had received disturbing news, regardless of its grave nature, you could show and exhibit joy, peace, relaxation, and a vibrant, buoyant nature. No one would ever know that you were the recipient of so-called bad news.

Regardless of what kind of news you received today, you could go to the mirror, look at your face,

lips, eyes, and your gestures, as you tell yourself, and imagine you have heard the news of having received a vast fortune. Dramatize it, feel it, thrill to it, and notice how your whole body responds to the inner thrill.

You can reverse any situation through prayer. Busy your mind with the concepts of peace, success, wealth, and happiness. Identify yourself with these ideas mentally, emotionally, and pictorially.

Get a picture of yourself as you want to be; retain that image; sustain it with joy, faith, and expectancy; finally you will succeed in experiencing its manifestation.

I say to people who consult me regarding financial lack to "marry wealth." Some see the point, others do not. As all Bible students know, your *wife* is what you are mentally joined to, united with, or at one with.

In other words what you conceive and believe, you give it conception. If you believe the world is cold, cruel, and harsh, that it is a "dog eat dog" way of life, that is *your* concept; you are married to it, and you will have children or issue by that marriage. The children from such a mental marriage or belief will be your experiences, conditions, and circumstances together with all other events in your life. All your experiences and reactions to life will be the image and likeness of the ideas which fathered them.

Look at the many wives the average man is living with, such as fear, doubt, anxiety, criticism, jealousy, and anger; these play havoc with his mind. Marry wealth by claiming, feeling, and believing: "God supplies all my needs according to his riches in glory." Or take the following statement, and repeat it over and over again knowingly until your consciousness is conditioned by it, or it becomes a part of your meditation: "I am divinely expressed, and I have a wonderful income." Do not say this in a parrot-like fashion, but know that your train of thought is being engraved in your deeper mind, and it becomes a conditioned state of consciousness. Let the phrase become meaningful to you. Pour life, love, and feeling on it, making it alive.

One of my class-students recently opened a restaurant. He phoned me saying that he got married to a restaurant; he meant that he had made up his mind to be very successful, diligent, and persevering, and to see that his business prospered. This man's *wife* (mental) was his belief in the accomplishment of his desire or wish.

Identify yourself with your aim in life, and cease mental marriages with criticism, self-condemnation, anger, fear, and worry. Give attention to your chosen ideal, being full of faith and confidence in the inevitable law of prosperity and success. You will accomplish nothing by loving your ideal one minute, and denying it the next minute; this is like mixing

acid and an alkali; for you will get an inert substance. In going along the Royal Road to Riches, you must be faithful to your chosen ideal (your wife).

We find illustrations in the Bible relating to these same truths. For instance, "Eve came out of Adam's rib." *Your rib* is your concept, desire, idea, plan, goal, or aim in life.

Eve means the emotion, feeling nature, or the inner tone. In other words you must mother the idea. The idea must be mothered, loved, and felt as true, in order to manifest your aim in life.

The *idea* is the father; the *emotion* is the mother; this is the marriage feast which is always taking place in your mind.

Ouspensky spoke of the third element which entered in or was formed following the union of your desire and feeling. He called it the neutral element. We may call it "peace"; for God is Peace.

The Bible says, "And the government shall be on his shoulders." In other words let Divine Wisdom be your guide. Let the subjective Wisdom within you lead, guide, and govern you in all your ways. Turn over your request to this Indwelling Presence knowing in your heart and soul that it will dissipate the anxiety, heal the wound, and restore your soul to equanimity and tranquility. Open your mind and heart, and say, "God is my pilot. He leads me. He prospers me. He is my counsellor." Let your prayer

be night and morning, "I am a channel through which God's riches flow ceaselessly, copiously, and freely." Write that prayer in your heart, inscribe it in your mind. Keep on the beam of God's glory!

The man who does not know the inner workings of his own mind is full of burdens, anxieties, and worries; for he has not learned how to cast his burden on the Indwelling Presence, and go free.

The Zen monk was asked by his disciple, "What is Truth?" He replied in a symbolic way by taking the bag off his back, and placing it on the ground.

The disciple then asked him, "Master, how does it work?"

The Zen monk still silent, placed the bag on his back, and walked on down the road singing to himself. The *bag* is your burden, or your problem. You cast it on the subjective Wisdom which knows all, and has the "know how" of accomplishment. It knows only the answer.

Placing the bag again on his back means though I still have the problem, I now have mental rest and relief from the burden, because I have invoked the Divine Wisdom on my behalf; therefore I sing the song of triumph, knowing that the answer to my prayer is on the way, and I sing for the joy that is set before me. It is wonderful.

"Every man at the beginning doth set forth good wine; and when men have well drunk, then that

which is worse; but thou hast kept the good wine until now." This is true of every man when he first enters a knowledge of the laws of mind. He sets out with high spirits and ambitions. He is the new broom which sweeps clean, and he is full of good intentions; oftentimes he forgets the Source of power. He does not remain faithful to the Principle within him, which is scientific and effectual, that would lift him out of his negative experiences, and set him on the high road to freedom and peace of mind. He begins to indulge mentally and emotionally with ideas and thoughts extraneous to his announced aim and goal. In other words he is not faithful to his ideal or wife.

Know that the subjective or deeper self within you will accept your request, and being the great fabricator, it will bring it to pass in its own way. All you do is release your request with faith and confidence, in the same way you would cast a seed on the ground, or mail a letter to a friend, knowing the answer would come.

Did you ever go between two great rocks and listen to the echo of your voice? This is the way the Life Principle within you answers. *You* will hear the echo of your own voice. Your *voice* is your inner, mental movement of the mind—your inner, psychological journey where you feasted mentally on an idea until you were full; then you rested.

Knowing this law and how to use it, be sure you never become drunk with power, arrogance, pride, or conceit. Use the law to bless, heal, inspire, and lift up others, as well as yourself.

Man misuses the law by selfishly taking advantage of his fellow man; if you do, you hurt and attract loss to yourself. Power, security, and riches are not to be obtained externally. They come from the treasure-house of eternity within. We should realize that the *good wine* is always present, for God is the Eternal Now. Regardless of present circumstances, you can prove your good is ever-present by detaching yourself mentally from the problem, going on the High Watch, and go about your Father's business.

To go on the High Watch is to envision your good, to dwell on the new concept of yourself, to become married to it, and sustain the happy mood by remaining faithful—full of faith every step of the way—knowing that the wine of joy, the answered prayer, is on the way. "Now is the day of salvation." "The kingdom of heaven is at hand." "Thou hast kept the good wine until now."

You can—this moment—travel psychologically in your mind, and enter mentally through divine imagination into any desired state. The wealth, health, or invention you wish to introduce are all invisible first. Everything comes out of the Invisible. You

must subjectively possess riches, before you can objectively possess wealth. The feeling of wealth produces wealth; for wealth is a state of consciousness. *A state of consciousness* is how you think, feel, believe, and what you mentally give consent to.

A teacher in California receiving over five or six thousand dollars a year looked in a window at a beautiful ermine coat that was priced at $8,000. She said it would take me years to save that amount of money. I could never afford it. "Oh, how I want it!" She listened to our lectures on Sunday mornings. By ceasing to marry these negative concepts, she learned that she could have a coat, car, or anything she wished without hurting anybody on the face of the earth.

I told her to imagine she had the coat on, to feel its beautiful fur, and to get the feel of it on her. She began to use the power of her imagination prior to sleep at night. She put the imaginary coat on her, fondled it, caressed it, like a child does with her doll. She continued to do this, and finally felt the thrill of it all.

She went to sleep every night wearing this imaginary coat, and being so happy in possessing it. Three months went by, and nothing happened. She was about to waver, but she reminded herself that it is the sustained mood, which demonstrates. "He who perseveres to the end shall be saved." The

solution will come to the person who does not waver, but always goes about with the perfume of His Presence with him. The answer comes to the man who walks in the light that "It is done!" You are always using the *perfume of His Presence* when you sustain the happy, joyous mood of expectancy knowing your good is on the way. You saw it on the unseen, and you *know* you will see it in the seen.

The sequel to the teacher's drama of the mind is interesting. One Sunday morning after our lecture, a man accidently stepped on her toe, apologized profusely, asked her where she lived, and offered to drive her home. She accepted gladly. Shortly after he proposed marriage; gave her a beautiful diamond ring, and said to her, "I saw the most wonderful coat; you would simply look radiant wearing it!" It was the coat she admired three months previously. (The salesman said over one hundred wealthy women looked at the coat, admired it immensely, but for some reason always selected another garment.)

Through your capacity to choose, imagine the reality of what you have selected, and through faith and perseverance, *you can* realize your goal in life. All the riches of heaven are here now within you waiting to be released. Peace, joy, love, guidance, inspiration, goodwill, and abundance all exist now. All that is necessary in order to express God's riches

is for you to leave the present now (your limitation), enter into the mental vision or picture, and in a happy, joyous mood become one with your ideal. Having seen and felt your good in moments of high exaltation, you know that in a little while you shall see your ideal objectively as you walk through time and space. As within, so without. As above, so below. As in heaven so on earth. In other words you will see your beliefs expressed. Man *is* belief expressed!

LOVE IS FREEDOM

by

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P.O. Box 51
SAN GABRIEL, CALIFORNIA

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FOREWORD

True mysticism is the ability inwardly to sense the invisible things of the Spirit, and through feeling, present them to the intellect.

In discerning the deep things of the Spirit, the intellect must follow the intuition—and it will never follow it in vain, for that which the intuition reveals, the intellect may later analyze. It is this feeling back toward spiritual prototypes that marks the work of the true mystic in any age.

In this book Joseph Murphy, one of the outstanding mystics in the metaphysical field, has presented a depth of feeling seldom expressed through the written word.

Those who have had the privilege of listening to the discourses of Dr. Murphy have felt that which was not spoken, the impartation of a spiritual essence which can only be felt. I am certain that the reader of this book will find a response in their consciousness to that invisible and ineffable beauty which it suggests.

ERNEST HOLMES
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CHAPTER ONE

THE SCRIPTURE SAYS, *"God is love, God is all, over all, through all, all in all"* Love, therefore, is resident in all men and in all things; so let us seek it in all. *"Seek and ye shall find."* Yes, if you truly look for the God-Love in the other, it will shine forth in all of its pristine glory. The first thing we do when we see another is to look for that Divine Love to radiate through his thoughts, words, and deeds. If we truly recognize It as being within him, he must radiate this Love. "As within, so without." "As above, so below." "As in heaven (consciousness), so on earth (manifestation)."

We must not let fear step in; for it is the opposite of love. Fear is the inversion of love, or love turned upside down. There is only Love. If a man recognizes love in a dog, the animal responds in kind. When we fear the dog or any other animal, the latter senses it, and strikes up a similar response in him.

When we are faced with a problem, let us become still; feel within ourselves that Divine Love is working through the situation now; realize only harmony and peace prevail; then dismiss it from our minds knowing that it is so. We will find a perfect solution is offered to us which blesses all.

By illustration, a woman told me that her son was an aviator during the war. Each night while he was away, during her meditation she would take her son in her arms realizing that Divine Love enfolded him in the midst of the

chaos of war. She knew the aura of His Love surrounded the plane, always making it invisible to the so-called enemy. The boy was never attacked; the enemy planes never saw him; so how could they attack him?

Jesus disappeared in the multitude; likewise, the multitude of human thoughts and false beliefs disappear when the shining armor of Truth comes rushing in, lighting up the whole house; then the dawn appears and the shadows flee away.

CHAPTER TWO

"Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal." (I Cor. 13:1)

THIS is THE greatest love epic ever written. If men and women were to meditate upon the inner meaning of this chapter, which is one of the greatest sections in the Bible, their lives would be transformed. It is only too true that men use high-sounding words, write beautiful poetry, and give wonderful sermons, but unless these words are permeated with love and feeling, they are empty.

For example, a man told me recently that his mother was dying. His sister visited him, and together they went to the hospital, where the girl began to pray audibly. He said her words were beautiful, poetic, and flowery.

When she had finished, she said to him, "Were the words not lovely?"

He replied, "Yes, my dear, they were."

On their way down from the ward, his sister turned to him saying, "Mother hasn't got a chance, poor thing! She will die shortly."

He told me how stunned he was with surprise.

This is a perfect illustration of what this verse means. Love

is Freedom. The words used by this good lady were beautiful; she was sincere in her own way; nevertheless, they were ". . . *as sounding brass and tinkling cymbal."* In order to make words effective, they have to be *felt* as true. It is necessary to pour life, love, and feeling into our words and statements of truth.

This girl did not have charity. Charity means love. Love is the cement that binds. It is that sense of oneness with the Father of all—the Almighty Power. Since love is a deep sense of our unity with God, with Life, and the All Powerful, we must in prayer become one with our ideal of perfection.

In the case of a woman who is sick in the hospital, we must not *see* her sick or in pain. No, we must have charity or love and see her as the perfect being, an offspring of the Infinite, clothed with all the qualities and attributes of God.

Love frees; it opens prison doors; sets free the captives, and them that are bound. It gives "beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness," that we may become trees of righteousness.

A simple treatment used by a son for his crippled mother in Rochester was as follows: He did not see her as a cripple; he had charity, which is the love of God, or Good. This boy healed his belief about his mother through Divine Love. He decided that he would become as a little child, and shed all of his preconceived notions and beliefs about medicine, doctors' verdicts, mother's attitude, etc.

Twice daily he prayed in this simple, direct, and spontaneous manner: "Mother's life is God's life; it flows through her now as harmony, health, and peace. There is only the One Life and that is God; God is Life." He would say to himself, "How can this flow of life be impeded?" He reasoned: "In truth it cannot be. Mother is believing a lie, and she is experiencing the results of her false belief. The truth is: God walks and talks in her. She is healed, made whole, and perfect now—this instant!"

Every night before going to sleep, in his imagination he would kiss his mother and feel her warm embrace. He would hear her say to him,"Son, a miracle has happened. God has healed me and I walk. Isn't it wonderful?"

He would reply, "Yes, mother, His Name *is* Wonderful!" Then he would go off to sleep into the arms of the Absolute Lover.

Truly, this man spoke with the tongue of angels. The angel means the new attitude of mind; it is a new perception of God or Good. The angel is *the angle* at which we look at God. This boy's *angle* was that there is only One Presence and One Power, and It is now moving in his behalf. "None shall stay his hand, or say unto him, "What doest thou?" Love frees.

CHAPTER THREE

"And though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing."—(I Cor. 13:2)

LOVE is THAT SUBTLE emanation that streams forth from man, wherein he has a feeling of oneness with all life. Many people are gifted in countless ways, but often there is something lacking; for example, they fail to radiate the mood of peace, harmony, and love.

When we see the growing corn, grass, trees, fruit, and buds on the branches, when we observe the sheep and cattle grazing in the valley, and when we hear the song and laughter of children at play, we should be reminded of the love of God. Infinite Providence is running the show; thereby, we can rest assured that Love rules the world. Although men cannot see God and live, they look upon His Cosmos and His works; if they seek Him, they shall find Him.

If man seeks for love in the other, he will find it. If we look rightly at the world, we shall find the abundant life spoken of by Jesus. The world represents God thinking. Love is a symbol of the oneness with God, with life, and with all things.

It is the urge of all entities to go back to the Source. The journey back to God is the road back from relative love on

this plane to the Ultimate—or Absolute Lover—God. All the forms that we see in the world are an infinite variety of the thoughts of the One, the Beautiful, and the Good. Love sustains and ensouls them all; for it is the Universal solvent or solution which binds all things together in harmony, order, and symmetry.

There is only beauty in the world. Every atom of space is indescribable beauty, because God is Beauty; moreover, every atom in space dances to the rhythm of the gods. The stars, the planets, and the earth on which we move are purely symbols of the bow in the sky portraying God's covenant with all men, whereby He sets forth order, precision, and proportion.

The world, and all things contained therein, is the hand-writing of God on the screen of space. He that hath an ear let him hear, and he will become still and listen. He will hear the music of the spheres, and understand the profundities of the Law. When he looks out upon the world, he will see and hear differently. Such a person will realize that all men are garments of God which He wears as He moves through the illusion of time and space, and that all of us are on a journey of self-discovery.

All of the stars, suns, moon, seas, mountains, and all things that we behold are symbols of still greater things; they are the archetypes of a transcendent perfection, or witnesses of truth which are the same yesterday, today, and forever.

We may write great works admired by all the worlds; yet,

their pages are empty if we have not love in our hearts. Honor is not of man; it is of God.

It is like the soldier in the recent war who won many honors for his valor and prowess in battle. His chest was covered with medals; everyone thought he was most happy and proud; however, at one of the ceremonies in his honor, he confided to friends, "All this means nothing to me; all I want is the love of the girl who no longer wants me. I love her, and want to be loved by her." His heart was hungry; he knew instinctively and intuitively that pinning medals on him for killing other human beings was not the Love of God. He must have felt that we cannot live until we love, and that love must have an object.

Life is livingness and givingness. Love is the outward flow of life; this flow must be harmonious, joyous, rhythmical, and peaceful. This cosmic urge must be expressed in a positive, constructive manner. Man must be in tune with the Infinite. He must find the thing he loves to do in life, and do it; then he will be happy. Such a man has a sense of freedom and joyous expectancy; he no longer watches the clock, but his joy is in accomplishment and service. Now his work is not drudgery; it is a pleasure.

A man recently chatted with the author aboard a plane. This man is considered a great prophet and an internationally known writer; many of his prophecies have come true in recent years. He has great faith in himself, and has made remarkable demonstrations; yet, he openly confessed his antagonism and bitterness to members of a certain race.

As you saw in the second verse of I Corinthians, thirteenth chapter, even though he had all of these wonderful gifts, he did not have love; therefore, the quotation says,*"I am nothing,"* "In him there is no Greek, no Jew, no bond, no free, no male, or female." Love does not know any barriers of race or creed. Love is universal; It frees; It gives. It is the spirit of God or goodness, truth, and beauty. This man admitted he lacked this impersonal love which is peace on earth and good will to *all* men.

We must love everyone. We do not have to like them. The love spoken of is in this wise: We rejoice that all men are growing righteously; the peace of God fills their souls, and that they are being prospered in mind, body, and affairs. We are glad the Law of God or Good is working for them, through them, and around them.

This is love or that impersonal goodwill which we should radiate to all beings. It is like a fire in the kitchen; the warmth or glow from the coals does not favor one side of the room; it does not show any favoritism. It gives its heat to all. Love has neither height nor depth; It neither comes nor goes; It fills all space; *It is.* The ancients called God Love. There is not any true happiness apart from the practice of the Presence of God. I begin to live life joyously when I see "sermons in stones, tongues in trees, songs in running brooks, and God in everything."

CHAPTER FOUR

"And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not charity, it profiteth me nothing."—(I Cor. 13:13)

LET us explain this verse by the following true story. A woman came to the author many years ago when he was lecturing at the Park Central Hotel in New York City, and said to him, "I work for the Red Cross every day; I give money to all charitable organizations, and belong to the sewing club. I visit hospitals and conduct drives for veterans, etc.; yet misfortune after misfortune comes to me. Look at my fingers; they are inflamed, and I can't take the rings off. The doctor calls it rheumatoid arthritis. Why? Why? I love so much and give so much!"

Actually this woman did not have love; so it profited her nothing. After talking with her for a little while, I discovered she wanted to be praised by the multitude; she wanted her picture in the paper. She craved the flattering remarks of her associates. She forgot the common caution, "Let not thy left hand know what your right hand doeth. Verily . . . they have their reward;" this means that man will receive the praise of man. They will say, "What a fine fellow he is!" "How generous he is!" "How unselfish!" This flattery satisfies the ego of the worldly-minded man. "Ye have no reward of your Father which is in heaven."

This woman's acts, though well-intentioned and good, were not really of the heart. She did not do these things for the

joy, love, and the thrill of doing them to make others happy, joyous, and free. Her motives were not pure and holy. She forgot there is not any honor or glory of man; all honor and glory come from God. Let us always examine our motives.

In the case of the woman cited, she was thinking in terms of lack and limitation. When she gave her gifts, she was looking forward to tragedy, pain, cyclones, and misfortunes of all kinds; this cannot be called Divine Love.

Oftentimes people will do something for another, and then say, "Aren't you grateful?" They are expecting something in return. If I am grateful to you, I am under an obligation to you. When we do something for another, or give a love gift, we should not place the other under any obligation. *"And though I give my body to be burned . . ."*

When this woman gave a gift, or did some work for the Red Cross, or any charitable organization, it should have been done freely, gladly, and for the joy of giving; she should not expect anything in return. If she gave a gift and expected something in return, it would not be a gift. The gift of love does not have any strings attached to it. It is as free as the wind. A gift, given in this manner, whether it is work, service, money, or thoughts, comes back a thousand fold; it comes to the giver pressed down, shaken together, and running over.

Let me cite another case I treated some years ago: A very possessive mother came to me complaining that she had

scrubbed floors, in order to send her daughter to a finishing school where she could become a little lady like the others in the neighborhood.

"I worked my fingers to the bone. I pinched pennies and sold rings which my dead husband had given to me. What do you think this ungrateful daughter did? She ran off and married a young doctor, and they have gone to south America! She never even sent me a postcard. I'm so mad; I could choke her!"

I asked her what she had expected her daughter to do,

"Well," she said, "after all I did for her, I expected her to come home and wait on me in my old age; get a job, and support me. Or if she got married to a rich man, I would expect her to take me with her and to live with her. You see, my daughter needs me, and I love her so!"

My explanation of the truth healed this woman. She went off smiling with the radiance of the Light Limitless shining out through her eyes. I explained to her that if she really loved her daughter, she would rejoice in her new happiness.

I requested that this mother should pray for her by knowing that love enfolds her, surrounds her, and permeates every atom of her being; moreover, that if she loved her daughter instead of feeling *hurt,* and instead of giving her body (her idea) of her daughter to be burned,—in other words entertaining the idea of resentment,—she should send love forth. The mood or feeling of love and peace for the

daughter would automatically remove the feeling of resentment.

Love casts out hate. Hate and love cannot dwell together. "Perfect love casteth out fear." Hate is fear. This mother realized that love is freedom, and that if she really loved her child, she would free her in the arms of God, knowing that Divine Love goes before her daughter to make safe, instant, and perfect her way. She understood that the work she had done for the girl should have been a labor of love, and that she should rejoice that she made her happy. She rejoiced in seeing her daughter grow and radiating peace, health, and happiness.

To love her daughter meant to *loose her,* and *let her go,* knowing that God is her Father; God is also her Mother, and that God is all around her. The mother understood, and she was delighted in her daughter's freedom. She was happy, because her daughter was happy. She wired her congratulatory message, and prayed sincerely for her peace, security, and integrity.

What is harmony for the part is harmony for the whole, because the whole is in the part, and the part is in the whole. In the case of this young daughter when love came on the scene, it was right, good, and true that she accepted it; this was the harmony of the part; likewise, it was harmonious for the mother, and right for everyone. By its very nature it could only bless and make others happier. Instead of depriving the mother of anything, this realization of love and harmony for the good fortune of the daughter

would bring manifold blessings to the mother.

To love is to release. What you love, you release; what you hate, you bind. Mothers must be like the mother bird: When her young are ready to fly, she pushes them out of the nest, and they learn to fly by themselves. Mothers must give up their possessive attitudes towards daughters and sons; they must cease thinking that they know best.

Parents must teach their children the truth of Being. They must teach children how to pray successfully, scientifically, and how to be independent. Mothers must not expect their daughters to sacrifice their homes and children in order to stay with them, and feel sorry for them; this attitude of mind on the part of a child and her parents has caused endless confusion, and blighted the lives of countless thousands.

This is the reason Jesus said, "Leave father, mother, brother, and sister, and follow me." Yes, the *me* is the truth. Truth is the way, the life, the quest, and the goal. Truth brings good tidings to the meek, binds the broken hearted, and proclaims liberty to the captives.

Mothers and fathers must never worry about their children; this is a mood of fear, lack, and limitation. If the children do not know the laws of life, they sense the vibration or feeling of the parents, and it has a despoiling effect.

The blind lead the blind, and they both fall into the ditch. "I was young, now am old; yet have I not seen the righteous

forsaken, nor his seed begging bread." This means that if parents live the truth, they will see their children as noble, dignified, Christ-like beings. They should have the conviction that their children are growing righteously; according to their conviction will it be done unto them.

They must clothe their children in the garment of salvation and the robe of righteousness; then their children will never beg bread; which means they will never do anything to dishonor God or their parents. They will truly grow in the image and likeness of the mood or conviction held by their parents; for the parents clothed them with Divine Love. They realized the aura of God enfolded, encompassed, and fed them; surely the children could reflect only love.

> "What thou seest, that, too, become thou must;
> God if thou seest God, dust if thou seest dust."

Having seen and felt love for their children, parents must reflect it by an inexorable, changeless law: "Seek, and ye shall find;" that is, see God or Love coming forth in your children.

CHAPTER FIVE

"Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up,"—(I Cor. 13:4)

RECENTLY a man told a little girl that her father who had made the transition had gone on a trip, and that she would sec him again in the future. People criticized this man; yet he did the kind thing, and made the girl happy; moreover, what he said was true. Her father had made a journey in consciousness to the fourth dimension; through love the child will again see and talk with him. They will both play, as Dunne says, in the symphony of all creation.

"Charity suffereth long, and is kind . . ." Yes, love endures forever; it is indissoluble. Nothing breaks it up or severs it, because it is a quality or attribute of God; love is the same yesterday, today, and forever; it is not changeable and variable. Love is, and all there is, is Love. When we do the kind thing, it is always love in action. Let us ask ourselves, "What is the kind thing to say or to do?" This is truth.

"Charity envieth not . . ." The man who knows the laws of life never envies another; neither is he jealous, because he knows that he can go to the same Fountain as the other did, and claim all of the good that he wants. If he *believes,* it shall be given to him. A man who understands this cannot be jealous. He knows that God is impersonal and no respecter of persons.

"Ho, everyone that thirsteth, come ye to the waters, and he

that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money without price." The only price we *pay* is belief, and belief does not cost anything. The qualities of mind in the other, or his riches, his wife, his home, or his estates, therefore, are not to be coveted. You may also have any or all of these things by going to the same Source as the other and ordering them.

"Concerning the works of my hand, command ye me." Your *command* is simply to appropriate the mood of possessing that which you desire; then rest in the silence, knowing that what you prayed for is a fact in the Kingdom of Reality. Walk the earth in the light of this assumption, and in the moment you think not, it will appear as a quality of mind, or object in space as a home, a wife, etc.

"Vaunteth not itsetf . . ." The sophisticated man, lacking knowledge of truth, parades before himself a whole procession of motives which are not really true, in order to conceal from himself that he is what he does not wish to be. He is proud, opinionated, and arrogant. If he does a thing with an unworthy motive, he claims it is a good one, because it would shame him if he recognized how bad the motive was. We must expose these spurious motives to ourselves, and get rid of our false pride, so that we can be proud of our relationship with God, the only Presence, and the only Power.

"Is not puffed up . . ." We must get rid of the sense of our own importance, pride of rank, class distinction, or family tree. We must rid ourselves of false, intellectual pride. The

great man is always the humble man. The greatest doctor is usually gentle, kind, loving, and understanding.

The really great mystic is the humble man who knows that all wisdom, power, and intelligence come from the One—the Father of all. When such a man says, "Our Father," he means it. He knows we have a common Father and that we are all brothers and sisters. He also knows we are descended from the Royal Family, and that we have the greatest family tree in the world, namely: I Am.

The tree of Life is in the midst of the garden of God; this is the one, indivisible Tree; all members of the human family have their being rooted in this Eternal Tree; we are fed by the sap that comes from the wisdom of the Father. It is the Christmas tree; we, the children, are gathered around to feast from the gifts—or manna—that fall from its branches.

The meat that we eat is the realization of the Almighty Power; the bread is the manna, or divine ideas, that flow through us; the wine is the inspiration from on High; the fruit is the joy of the answered prayer. We know that Law waits on God and man; we are always sitting at the banquet table of God, and the feast is always prepared.

CHAPTER SIX

"Doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth."—(I Cor. 13:5-6)

THE ONE LIVING in the consciousness of love always does that which conforms to the good of all. He contributes to the betterment of society, and never does anything that would disturb the harmony of the whole. His behaviour is gentlemanly, courteous, and kind; his presence is soothing, comforting, and conducive to peace.

Wherever such a man goes, he will always meet the White Brother regardless of race or creed. He loves people, realizing God indwells all men, so he is one with the God of all; others, regardless of the color of their skin, sense this, and respond in kind.

"Seeketh not her own . . ." If a man returns love to one that loves him, that is not enough. He must cease to be possessive in his love, and let it become universal, so that his love for all men becomes all-inclusive.

Love is freedom and respect. If a man truly loves his wife, he will trust her, and have perfect faith in her honesty and integrity. A husband must not behave unseemly, because his wife had dinner with another man; neither should she hesitate to tell her husband about it. He will not question her or "make a scene"; no, he behaves as he should. He remains poised and calm, knowing that *"What therefore*

God hath joined together let not man put asunder." This means their marriage was a spiritual union—made in heaven; therefore, no man, or woman, or power can break it up. This knowledge is immediately felt by the wife; she responds in kind; she must remain true to his conviction of her.

What does a husband believe about his wife? Let him always see her, as he first saw her; i.e., let him always clothe her in the robe of glory and beauty; yea, the seamless robe! Let him say to his heart, "Thou art all fair my love, there is no spot on thee." With such an attitude she must reflect the Christ to him, because he has seen and felt the Christ in her. "What thou seest, that thou beest."

Let me tell you the story of a woman who behaved herself unseemly. She was married to a devoted husband, and she had two children. They never quarreled. One day a gossiping neighbor said that she had seen her husband with a strange woman twice in a restaurant, and that she thought he was *running around.* The wife became so excited that she left her home, leaving a note with one of the children to give to the father. Filled with rage and jealousy, she ran off to Reno to get a divorce.

She obtained a Reno decree, never listening to any explanation offered by the husband. Months later she learned that the woman in question was her husband's sister, whom he was befriending. Love ". . . *is not easily provoked."* She did not have the understanding of God, which is also Love. ". . . *thinketh no evil . . ."* If married people would cease

suspecting each other, happiness would reign.

Let us cite another instance: A boy and girl get married. They seem to be a perfect couple; yet in a few months they are separated and divorced. Why? This may be one of the reasons: The young wife might visit her husband's office, and see a pretty girl there; then one evening he may come home late. Instead of trusting him, she begins to suspect him. Silently she begins to fear that he is going to *run around,* and that he is not going to be faithful to her.

She does not say anything to him; since neither of them understands the laws of life, what she continues to fear comes to pass. Her conviction about him is communicated to him; he feels it subjectively. He becomes restless, and does the thing she was convinced he would do. She becomes frantic; goes home to her mother; the law-suit begins.

Love ". . . *thinketh no evil."* Love sees the Christ-Truth always. Love is faithful to the end; the end is always good, because God is Good.

I have a letter from a woman in London who had been married twenty years; suddenly there was a flare-up; a break ensued between her and her husband. Before she realized it, they were on the verge of a divorce. People had told her that her husband was running around with other women; he was. She did not say anything, but this is what she did: She prayed that her husband be divinely guided in thought and action, and that only right action prevail. She

loosed him, and let him go, realizing that the Love of God flowed through his thoughts, words, and deeds; she decreed that peace filled his soul, and that Infinite Spirit revealed to him the perfect way of life. "I am the way, the truth, and the life."

He gave up the other woman, and came back to her in love and peace. She was a wise woman, because she knew that love frees; his happiness was her happiness. She gave him an impersonal treatment, rejoicing that all good was his now; she did not tell God what to do, but she realized the truth about him. It was a perfect demonstration of the healing power of love. Love joined them together. How could anyone sever that love? They could not if it were real love; for real love is almighty and indivisible. Who can sever it?

". . . *Rejoiceth not in iniquity, but rejoiceth in the truth . . .*" The Truth student or the Christian (the latter word means anyone who practices the principle of truth) never rejoices that a nation is vanquished. Never, under any circumstances, does he have a desire *to get even* or rejoice over the misfortunes of others. Iniquity means unbalance, lack of firm balance, or equilibrium. The truth student never listens to anything that will not contribute to his good or the good of another.

Some people, through gross ignorance, seem to rejoice in gossiping about others, attacking their character, backbiting, etc. To talk about and dwell upon the imperfections of another (whether true or false) is to attract limitation and

loss to oneself. The Law is: As you would that men should talk about you, speak you also about them in like manner; this is the rule of a free, happy life. The person who spreads spicy gossip is thinking it and feeling it. What is such a person attracting? It is easy to answer: "As a man thinketh in his heart, so is he." To imagine evil of another is to lie.

We could be like the little girl in this story: Once a thief came to murder a man, but the man's little daughter did not see the murderer. She *saw* a *nice* man who might give her candy; she played with him and sang for him. He left with tears in his eyes and was healed. Love rejoices in the truth.

Let us rejoice in the realization that all men are expressing the truth. The truth is: God indwells each man. Let us bear witness to that truth by knowing that those people who would criticize and condemn one another are now dramatizing, portraying, and expressing love, peace, and harmony.

CHAPTER SEVEN

"Beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth: but whether there be prophecies, they shall fail; whether there be tongues, they shall cease; whether there be knowledge, it shall vanish away."—(I Cor. 13:7-8)

LOVE creates and gives birth to all forms. For example, when two forces such as hydrogen and oxygen meet, water forms. Love, likewise, is a union; it is an emotional attachment. Love is the cement that binds. Let us become one with our ideal by loving it; then we will give birth to our desire.

Truly love*" beareth all things."* When we treat or pray, we must have love in our hearts, because we must accept as true that which our five senses deny; this is real love also. Love is the fulfilling of the law. When we are convinced of the truth which we affirm, there is no room for doubt.

The man with love in his heart does not bear the so-called burdens of the world on his shoulders, because he knows that *wisdom* rules the world, and that Infinite Providence guides it on its course. The man of understanding realizes that all men—beggar, thief, and holy man—shall, at their appointed time, come to see the transcendent glory which He is.

No one is lost; there is no lost soul. God cannot lose Himself; neither can He destroy Himself. "They shall not

hurt nor destroy in all my Holy Mountain." Hope springs eternal in the breast of the truth student, but this hope is an abiding faith in an omnipresent and ultimate *good.*

The mental scientist *"endureth all things"* in this sense: He knows that whatever problem presents itself to him, God has the answer. He, therefore, casts his burden on the Christ within, which means upon the truth; i.e., he does not take the problem to God, because Infinite Intelligence does not have any problem. He goes to God with the answer; then behold God flows through his problem, and there is no problem.

The sincere truth student is not weighed down by the problems and vexations of the day; he refuses to bear these burdens. Such a person knows there is a way out; his joy is in overcoming his problem. He knows that the so-called trials which beset him are his opportunities to discover the God-Power within. He tastes God, and he finds Him Good. He has become acquainted with the one Power. He walks along the highway of life smiling; he has a song in his heart; it is the song of the Lamb: *victory!*

If the crossword puzzle was all figured out for man, and if he were asked just to fill in the blank spaces, life would be drab. No, the thrill of accomplishment comes in working out the problem; for instance, the engineer rejoices in building a bridge where others failed. There is great satisfaction in *overcoming.*

We are here to prove our Divinity, so we *endure all things*

and experiences gladly, knowing that he who perseveres to the end shall be saved. This means that man, instead of attacking and fighting his problems, simply lets go, becomes still, and says to the Father within, "Now Father, this is what I want. The right answer is mine now. Infinite Intelligence has revealed it to me now. Thank you, Father!" If a man will say this silently, or audibly to himself (because prayer is basically man talking to his Higher Self), and say it knowingly and feelingly, the answer will come, and bring peace with it.

Man is here to discover the joy of living. He must awaken from his dream of limitation to claim his Sonship. He can use the law of life two ways. "I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things." When he gets tired of using the law of life negatively,—in other words, when he is tired of being *pushed around,*—he begins to ask questions: Why? where? whence? and whither? His dissatisfaction leads to satisfaction; he deduces a law from all of his experiences. The thrill is in discovery.

The reader of this book would not give up his unpleasant experiences. I will wager each man is glad he has had them even though they were unpleasant, because through them he found the Light. "Sweet are the uses of adversity, like a toad, ugly and venomous, yet wears a precious jewel in his head."

Man's extremity is God's opportunity. We do not have to suffer, but we undergo pain and misery due to our ignor-

ance. Emerson says that the only sin is ignorance, and the only punishment is the inevitable consequence. When man truly finds God, he becomes serene, poised, and balanced. He has found that to be in tune with the Infinite is to discover that all of His ways are pleasantness, and all of His paths are peace.

In this objective world, we are conscious of opposites, such as north and south, night and day, male and female, cold and heat, love and hate, joy and sorrow. How would we know what love was, except we were able to shed a tear of sorrow? Opposites are necessary for our growth, so that all of us may experience the joy and significance of positives. The positive, affirmative attitude towards life, or believing in all good things, is what Quimby called *Christ. Christ* is the wisdom which Jesus, Moses, Buddha, and the illumined mystics found. This wisdom is the knowledge of God and the way He works. Knowing the law of life, we apply it scientifically, wisely, and judiciously to bless ourselves and others.

We have found that the opposites are not irreconcilable. We can always go to the Garden of God,—the Holy of Holies within ourselves,—and pray, and believe that peace, health, harmony, and happiness are ours just for the asking. God is the gift and also the giver. Man is the receiver! Our prayer, therefore, is walking in the light of the assumption that our prayer is already answered. We know it exists in the Kingdom of Reality. If we wait, yet a little while, it will appear in the screen of space.

Love never faileth; for how can God fail? The predictions, statements, and idle talk of men fail, but the consciousness of love protects, guides, guards, and illumines man. The love referred to is the inner, silent knowing—a movement of consciousness—welling up from the heart. The consciousness of being one with your ideal will win; this is the mood that demonstrates. The mood of love or oneness with your ideal never faileth. This power, or mental attitude, is omnipotent, because it is the spirit of God moving into objectivity.

It is true that the prophecies of men fail, because they are many times based upon the evidences of the senses, race belief, doctors' verdicts, and scientific facts dependent upon objective analysis; however to this subjective self of man all things are possible. If he will not judge, therefore, according to appearances,—prophecies of man,—but only believe that the God-power has fulfilled his request, and rest in that conviction, he will find that love—oneness with his idea—never faileth.

". . . *Whether there be tongues they shall cease* . . ." A man who is in a hospital bed crying with pain is speaking in the tongue or mood of limitation and lack. He does not know God or Truth, because to know truth is to be free; hence, this tongue or mood of lack must cease, and he must change his consciousness. It is not any use to pray to God, and at the same time believe that some other power can overturn, neutralize, or destroy the action of God; this form of prayer is useless; moreover, it is a waste of energy.

We must remember that it is our inner feeling or mood that will be manifested, regardless of all the statements of truth that we use; therefore, our affirmations or statements of truth must be permeated with love, feeling, and conviction. With this mental attitude or state of consciousness we pray believing; according to our belief will it be done unto us. The consciousness or feeling of being healed is the Almighty Power that heals.

Let man close his eyes; think of God; then realize that all of the God-like qualities and attributes are *within* himself; his own consciousness or awareness is the Almighty Power that demonstrates and materializes. Let him now contemplate on the fact that he is healed and perfect. Let him rejoice that every tissue, muscle, bone, electron, and atom of his being is now conforming to the Pattern on the Mount. Let him realize that the Holy Spirit, which moves through him now, is the Spirit of Omnipotence, and that the spiritual man is now being revealed.

As man continues to do this, he moves from fear and anxiety to the mood of love and peace. His fear is changed to the feeling of confidence in an Almighty Power which acts according to his feeling or belief; then the tongue of man (limitation) ceases, and the tongue of God (mood of love and peace) decrees triumphantly.

". . . *Whether there be knowledge, it shall vanish away."* Yea, the wisdom of man is foolishness in the eyes of God. All of the pioneers, artists, inventors, and scientists were at one time ridiculed by the world; they were considered

dreamers and visionaries. The world said that radio, electric lights, telephones, etc. were impossible; these, and many other inventions, were looked upon as impossible of practical achievement; yet, the dreamers believed the unbelievable; they believed that the impossible was possible. They knew that love—a feeling of oneness, or conviction with man's good or ideal— would win. Infinite Intelligence revealed the way.

CHAPTER EIGHT

"For we know in part, and we prophesy in part. But when, that which is perfect is come, then that which is in part shall be done away."—(I Cor. 13-.9-10)

IN THE FIRST EPISTLE of John 3:2 we read, "Beloved now are we the sons of God, and it doth not yet appear what we shall be: but we know that when he shall appear, we shall be like him; for we shall see him as he is." We are here to awaken to our Divine perfection. As we die to all of our false beliefs and race concepts, we will have purified our subconscious mind; then the Christ—the illumined man—will appear as the Anointed One, The conscious mind (Jesus) and the subconscious mind (Christ) will become one; they are united in perfect harmony. The two become one; the part is relinquished; the limited man is now dead, and the perfect man (the Christ) is revealed. We now see ourselves as sons of God in the bosom of the Father. We are awakened!

"When I was a child, I spake as a child, I understood as a child, 1 thought as a child: but when I became a man, I put away childish things."—(I Cor. 13:11)

We must not be ruled by childish thoughts or by dead thoughts. Millions walk the earth in bondage to the beliefs and opinions accepted by them in their infancy or youth; their childish beliefs in the boogie man under the stairs, a devil with horns, or hell and damnation must be discarded. We must be governed by the idea that we are the sons of

man or the sons of God (the Truth).

Our governing idea must be that we are sons of God; therefore, we must have the same qualities, attributes, and capacities as the Father. Let us go forth and make ourselves equal with God, and we shall not feel it robbery to do the works of God. "He thought it not robbery to do the Works of God." We must not identify ourselves in consciousness with childish things, such as fearing and believing in things and powers that do not exist.

When a child becomes a man, he must cease transferring the power that is within himself to things outside himself; in other words, he must cease worshipping the false gods, such as sickness, disease, pain, and poverty which are brought on by man's wrong thinking, fears, and false beliefs. He now knows the laws of life, and that he is a son of God who is entitled to all good things; so he goes forth claiming this sonship; consequently, he finds that all of his ways are pleasantness, and all of his paths are peace.

We must grow up in our love-nature also. It would seem that we are very immature emotionally. We must cease to be vain, arrogant, and boastful. God is Love; therefore, love is good in all of it's forms and modifications. If we see faults in the husband or sister, it is not a part of love. Jealousy and resentment are counterfeit phases.

Let us consider the following: A certain man objected that his wife expressed herself as a creative artist. She could create new, attractive designs for hats; she wanted to take a

position in a nearby establishment. The opportunity presented itself; yet the husband was so possessive that he said to her, "No, your place is in the home. Be there when I come back!" They had no children. She was frustrated and unhappy, because she did not want to go against his wishes.

This man was ruled by a childish thought; he did not know what love was. His idea of love had failed to mature. Love is freedom. It does not deny the right of expression to the other. If he really loved his wife, he would have daily encouraged her, and rejoiced that she had found a measure of happiness in designing hats.

If I truly love the other, I want to see the other happy and prosperous. There is that Cosmic urge within us, constantly seeking to express itself at higher levels of consciousness. Man must never limit, circumscribe, or put chains on love, and say, "Your attention is to me only, never mind your artistic ability." This selfishness is based on fear of loss. Man loses what he will not let expand, grow, and unfold. This case ended in the divorce court.

The woman became a great artist, and has contributed much to the world. She found her ideal husband through prayer; of course he encouraged her talent, and she expressed greater beauty then ever before. The sense of personal freedom held by this husband and wife portrays the real, spiritual marriage, wherein each is wedded to God (Good), and one with Him in livingness and givingness.

Wives and husbands should learn to free each other instead

of binding each other; then they would be truly grown up, and have put away childish thoughts. The love of God in their thoughts, words, and deeds will guide them in all of their ways. His name is "inscribed in their hearts and written in their inward parts."

The love of a woman for a man is a reciprocal mood in which the subjective nature of the woman is complemented by the objective nature of the man. She finds the image and likeness of her subjective desires in a man. Her subjective feeling realizes its objective fullness in a marriage "made in heaven" (spiritual consciousness).

Let us broaden our horizon and enlarge the borders of our tent, so that gradually our love becomes the love which Jesus had. His love was not limited to his mother, father, or those around him; he loved all humanity. This is the universal love which includes the beggar and the holy man,—yes, even the thief on the cross,

We must realize that God is the Absolute Lover, and the Impartial, Universal Divine Giver. He gives to all men, regardless of creed and color, that which they feel as true of themselves. He never questions them, and says, "What are you going to do with the thousand dollars you want?" God is the giver and the gift. Man is the receiver.

Our understanding of God increases as we fail to see the parts, and begin to see the underlying unity behind all things—a unity in diversity; then love in action is the desire of diversity for unity. Our journey on this plane is a journey

back to the One, and the glory which we had with Him before the world was. "Thou hast been in Eden, the Garden of God; every precious stone was thy covering." When a man and a woman marry, it brings them up further in this scale of unity.

CHAPTER NINE

"For now we see through a glass, darkly; but then face to face: now I know in part; but then I know even as also I am known."—(I Cor. 13:12)

WE CANNOT SEE without eyes, or hear without ears, or apprehend without the power of thinking. The act of becoming the perfect man, here and now, would be impossible if the perfect ideal had not already been created within us. *"We see through a glass darkly"* now; we do not see this Divine Presence within us, which is absolute perfection, but we instinctively and intuitively sense something Divine welling up within us.

Nature provides signs which indicate future happenings; for instance, the dawn appears, and the shadows flee away. Consider the fledgling before it flies in the air; it flutters and shakes its wings; this is a promise of its power to fly. The same process takes place in man. He reads the story of Jesus who awakened here on earth; claimed His Oneness with God; translated his body, and went back to dwell in the bosom of the Absolute Father.

Men turn to God in prayer and adoration. Prayer is a reverent or mystic awe, in which we contemplate our own I Amness. In this meditative mood, man contemplates his good, and rejoices in the anticipation of the answered prayer; then he may be said to feel joy before joy, to feel beauty before beauty, to feel happiness before happiness.

The tree, for example, about to bear fruit puts forth shoots, flowers, and leaves in anticipation. Observe the vine, a piece of God's handicraft, with its tendrils, suckers, leaves, and petals which are speaking to man their own language, and proclaiming their joy at the forthcoming fruit.

Let us become illumined by the Holy Spirit. This will lead the way to the birth of the Savior, because as Mary (the subjective) is constantly being impregnated by Christ-like thoughts and ideals, the Garden of God is freed from all weeds; then comes forth the Jesus Christ-state of consciousness.

Each time we pray aright, our prayer is answered; as a result we see God (our good) *"face to face."* When I see your face, I recognize you. Each time we turn to the truth and recognize it, it recognizes us; we become one with the truth, and we are free.

Prayer can be likened to the story of the prodigal who returns to his father. (Symbolically this means the conscious mind realizing the God-like powers within its deeper-self which has the answer to all.) The father did not condemn or criticise, but as the son turned to him, the father turned and kissed him. He does not berate him, or ask him why he ran away from home. No, He is the Absolute Lover who gives all; He is no respecter of persons.

If we complain about our lot, the answer is, "Son, thou art ever with me, and all that I have is thine."

The scripture says, "Blessed are the pure in heart: for they shall see God." We are told that no man can see God and live. Whoever dwells on virtue and beauty sees virtue and beauty, or sees God or Good. The pure in heart see God every day.

Peace is the power at the heart of God. With peace in our hearts we sit at the banquet table of the Lord, presided over by the God of Love. God never forgets his children. When the children forget their Divine origin, and vainly search for their good elsewhere, they have a sense of separateness from God; they only need to return to find themselves in the changeless Presence that always indwells them. The love of God illumines the darkness. Let us smile; this smile of love to another illumines his heart.

All of us reflect the glory of God in some degree. When our thought is uplifted, we reflect His Glory. When the subjective state of our thought is governed solely by the Holy Spirit, it reflects this reality in all that we say or do." . . . *But then I know even as also I am known* . . ." The reader is known now as the Son of God. "Beloved, now are we the Sons of God."

As the birth of God takes place in us by dying daily to all of the false beliefs of the race, and anointing all of our thoughts with the Holy Spirit, we come into the Light of the Spirit, and realize that God is within us, and the Life of us all the time. As we go from glory to glory, we will some day awaken and discover our Inner Self.

This Higher Self is now hidden, due to the darkness of our thought which covers It. As we wash the windows of our soul, light, sunshine, inspiration, and divine illumination will illumine us; then we shall see spiritually. We can see only perfection, order, symmetry, and proportion. We will see Divinity behind the form, and the truth behind the mask. Opposites will disappear; we will see only the unity, or oneness, of all things.

We shall see ourselves as we really are: namely, identities in the bosom of the Father, lights making up the one Great Light, or the Silent Brooding Presence, which is changeless and ageless, "without beginning or end, older than night or day, younger than the babe newborn, brighter than light, darker than darkness, beyond all things and creatures; yet fixed in the heart of all of us." "For love is of God; and every one that loveth is born of God, and knoweth God." "Therefore, Love is the fulfilling of the Law." "Much is forgiven him, because he hath loved much."

All things are possible to the man who is full of the Divine Fire, and radiating that subtle essence of love to all. His desires are fulfilled, and the gift of God is made. This gift is the more abundant life, a celestial love, and an abiding peace. We come close to the presence of *The Ancient of Days,* through love that wells up in our hearts toward all men and our Father.

CHAPTER TEN

"And now abideth faith, hope, charity, these three; but the. greatest of these is charity."—(I Cor. 13:13)

HOPE is THE expectation of all good. The expectancy of the best is truly a great prayer. "Faith is the substance of things hoped for, the evidence of things not seen." Faith is your inner knowing or feeling of confidence or trust, containing within itself the mold of expression. Love is our union with our ideal; it is the fulfilling of the law. The law decrees that whatever we idealize and feel ourselves to be, the Formless Awareness within us takes this form according to our belief; this is accomplished through love, which in prayer means becoming filled with the feeling of being what we long to be.

Loving our ideal and becoming one with it brings about that inner certitude or satisfaction that follows true prayer. Through Divine Love—a love for truth and the mysteries of life—we perceive intuitively great truths without any process of reasoning. As we begin to contemplate our unity with Life, with God, and with the Universe, we will become more and more aware of the Divine Presence.

We must experience Holy Communion frequently. This can be accomplished by disciplining our five senses, stilling the body and mind, and realizing our communion with Him Who Is. "Speak to Him thou, for He hears." Sometimes man is blinded by this light of illumination; this is the Divine fire spoken of by the mystics, which illumines the

whole house (man's mind). In such a moment others present are dazzled by the radiance of the Light Limitless.

The illumined, or partially illumined man, has had glimpses of reality; he knows that man is immortal, and his individuality endures forever. He knows that each person is a manifestation of the One Life; whatever happens to one is impregnated and recorded in the universal subjectivity common to all of us.

The individual called John Jones is one of the many who makes up God, for God is the one in the *many,* and the streams of *manyness* are all flowing back to the Oneness, where they sense this Oneness with the original stream—the Source. Having found the All, we think in terms of God; we are His co-workers in the Grand Symphony of all Creation. We rejoice in the growth and unfoldment of all men. This mental attitude is an attribute of God called *Love,* because what we possess is the possession of all.

When I rejoice in the good fortune of my fellow man, good fortune comes to me; for *"love never faileth."* This is the Divine Measure which is "pressed down, shaken together, and running over." In the same way when we criticise or injure another, we injure ourselves. Why should we, therefore, not love, since the love we give to others, we really give unto ourselves? Our liberation and our freedom would follow. Man himself is the giver, the gift, and the receiver.

Man's body is an idea in consciousness. Man's conscious-

ness is called *I Am.* The *I Am,* for example, in Mary, Tom, or Jack is the same *I Am* that is God. In Him we live, move, and have our being. Let us, therefore, realize our essential unity. This is loving one another, or becoming one with each other in wisdom and understanding. Let us stop fighting shadows,—the darkness of our minds,—and let us realize that God is within. Let us turn to Him smilingly, and say, "Father, I have come home." As we become still, we will feel and sense the soft tread of The Ancient of Days, and He will welcome us with a kiss of love. In His Presence we will discover that His life is the life of all of our brothers and sisters in the Cosmos.

Contemplating this Divine truth, we become every other creature; for they-all say, "I Am," in varying degrees. We have discovered that all other beings are extensions of ourselves, the One Self, our own I Amness, or Life, or the Reality of every creature. God is Life, and His life is the reader's life; as long as God lives, the reader will live. God is that which was, is, and shall be; therefore, we live forever. We know that the planets are thoughts, that suns and moons are thoughts, and that our own consciousness is the reality which sustains them all. Temporarily, in space are moving the dreams of the dreamers; the Cosmos, and all things therein contained, are thoughts of the thinker. We have touched them all; He is meditating, and we are His meditation. It is our own consciousness meditating on the mysteries of itself.

The student of truth, having had a glimpse of Reality, is no longer full of fears and forebodings. He does not fear life,

death, or anything in the past, present, or future. Love has cast out all fear. He throws off the old garments of pride, arrogance, tinsel of his creeds, dogmas, and superstition. He now knows the glory from On High; he feels and realizes that he dwells in eternity. His own awareness which enables him to say, "Father," moved upon the face of the waters, and said, "Let there be light." Such a man knows that following the desire of his own consciousness, "the morning stars sang together, and the sons of God shouted for joy."

Yes, man has played all roles; he has been everywhere, and seen everything; furthermore, the I Am in man created everything. "Where wast thou when I laid the foundations of the earth?" We are God walking the earth in a dream of limitation, but we have forgotten our Divine Origin; yet, when we awaken, we shall find that the whole world is a projection of the thought of our Deep-Self. Only in truth is there Divine freedom; only in God is there Power.

We arc dwelling in Eternity now as immortal beings. In order that we may bring the love of God to all men, let us rebuild our temple in the silence without "sound of hammer" or "voice of workmen." Let us enthrone in our mind a government of Divine ideas, mothered by the Holy Spirit; this will be a government of the wise. Our tomorrows are the reflections of our todays; indeed, they arc the image and likeness of today. God is the Eternal Now. "Now *is* the day of salvation."

Let us live lovingly today; then the pulse beat of the Holy

Mother, that throbs in us today, will animate ourselves and those around us tomorrow. The mood of love that emanates from us now will speak through the boys and girls of future generations. We shall one day read their words, which will be "apples of gold in pictures of silver" to God, which is our *True Self,* that which is to be—which must be.

Let us this day consecrate and dedicate our thoughts and feelings to God. Let us become clothed with immortality and the garment of Love. The Song of the Lamb now wells up in our hearts; the angels and the archangels join us in the celestial choir; Jesus, the Great Conductor, leads, and through love all of us are now playing in the Divine orchestra. "And yet another commandment I give unto you. Love ye one another."

CHAPTER ELEVEN

"The Pharisees also fame unto him, tempting him, and saying unto him, 'is it lawful for a man to put away his wife for every cause?'

"And he answered and said unto them, 'Have ye not read, that he which made them at the beginning made them male and female?'

" 'And said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh?

Wherefore they are no more twain, but one flesh. " 'What therefore God hath joined together, let no man put asunder.'

"They say unto him, 'Why did Moses then command to give a writing of divorcement and put her away?'

"He saith unto him, 'Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.

" 'And I say unto you, Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery.'

"His disciples say unto him, 'If the case of the man be so

with his wife, it is not good to marry.'

"But he said unto them, 'All men cannot receive this saying, save they to whom it is given.

" 'For there are some eunuchs, which were so born from their mother's womb: and there are some eunuchs which were made eunuchs of men: and there be eunuchs which have made themselves eunuchs for the kingdom of heaven's sake. He that is able to receive it, let him. receive it!"

—(Matthew 19:3-12)

"HAVE YE NOT READ, *that he which made them at the beginning made them male and female?"* This refers to the dual aspect of consciousness—the two phases or functions of mind: namely, the conscious and subconscious. The conscious is referred to as the male; the subconscious is the female aspect of creation.

The conscious mind is personal and selective; the subconscious mind is impersonal and non-selective. The conscious mind has the power to impress ideas and concepts upon the subconscious mind through feeling. The subconscious mind accepts all ideas felt as true, and gives form and expression to them in its own way—by "ways ye know not of."

Knowing this is true, the truth student or mental scientist is very careful of the thoughts he chooses; for when we dwell on a particular idea or concept of ourselves, we find our

emotional nature becoming stirred either positively or negatively. It is a law of life that any idea—whether it is good, bad, or indifferent—which is emotionalized becomes subjectified, and in due course objectified. When we realize this, we will become very careful of our moods and feeling.

Our moods give birth to our children (conditions, event, circumstances, etc.); children possess the qualities of the parents. We must be very careful, therefore, that the mother (mood or feeling) of our children is pure and holy.

"For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh."

Yes, man must leave father and mother, which means that he must leave the old beliefs, superstitions, and race thoughts. He must no longer have false gods, such as fear, doubt, worry, resentment, etc. He must not look to the world for peace, guidance, illumination, supply, or strength, but he must turn to the God within which is the source of all supply, and whose bounty is ever present.

His faith must not be in his father, mother, friend, or brother, but his faith and reliance must be on the Indwelling Christ or Emmanuel; this is the God in us; It is his own I Amness. Only then is his faith well founded; for "He that loveth father or mother more than me is not worthy of me."

Man likes to cling to his old creeds, dogmas, and doctrines for sentimental reasons. Though he has outgrown the old concept of things, he hesitates to throw them away for

social, political, or family attachments, and consecrate himself solely to the truth of Being. Such a man has a conflict in consciousness; he cannot have a full realization of the Presence of God. His false pride causes him to refuse the truth which sets him free.

"Man shall cleave to his wife . . ." This quotation means that man must be true to his ideal—his desired objective—by consciously claiming himself to be that which he longs to be, and feeling the reality of his desire. Man must not permit himself to react negatively to suggestions of fear, lack, or doubt; for such suggestions, if entertained or believed, become conditions in his world. No, he remains faithful to his beloved (ideal or desire).

"They twain shall become one flesh." In prayer, when man withdraws from the world and contemplates the joy and happiness that would be his on realizing his objective, he enters into a fixed psychological state. Now he has become one in consciousness with his defined objective, or ideal, and he is at peace; the two (man and his desire) have become one. His inner feeling of joy indicates that he has passed over from the former state to the present state of consciousness.

Man's bride or wife is his concept of himself. She should be a bride of the Lord with a noble, dignified, Christ-like state of consciousness. Let us cleave to this state of couscious-ness, and contrive to sustain it until we are married to it. As we grow from glory to glory, we will reach the Jesus Christ-state of consciousness.

"What God hath joined together, let no man put asunder." When man reaches the absolute conviction that his prayer is answered, this conviction is unshakeable; God has joined them together; the two become one. The spiritual man knows that the subjective embodiment must come forth in the scope of spiritual creative activity; this spiritual issue is inevitable.

"They say unto him, 'Why did Moses then command to give a writing of divorcement, and put her away?'" Moses here refers to a state of consciousness whereby man subscribes to man-made laws, and he is schooled in unholy beliefs.

The creeds and beliefs of the world are mostly determined by the flesh rather than the spirit. This worldly, materialistic-minded individual, who is wedded to his past, does not know that God is within him, and that his own unconditioned consciousness or awareness of Life is God; neither does he know that the solution to all of his problems is within him. His desires for peace, happiness, security$_s$ and integrity come from within himself. If he knew the law of life, he would accept these desires; Unconditioned Consciousness or Infinite Intelligence would bring them to pass.

Man, however, not knowing the law, rejects these desires and ideas that come to him as being impossible. He says, "I'm too old; I don't have the right connections; I haven't sufficient money, etc." He establishes thousands of reasons why he cannot realize the cherished desires of his heart; therefore, he gives these ideas and aspirations that well up

within him *"a writing of divorcement,"* and puts them away; this rejection is due to his ignorance. He does not know there is a Power within him which is capable of bringing all things to pass, and "None shall stay its hand and say unto it, What doest thou?" Moreover, asleep within man, and merely waiting his recognition and claim are: inspiration, divine guidance, and illumination; these, too, he puts away due to ignorance, and he seeks guidance from the world.

So the Scripture says, *"Moses because of the hardness of your heart suffered you to put away your wives."* This refers to the man whose concept of God is that of a tyrannical Being living in the skies. He makes a God out of his own imagination; he says that He is a God of vengeance and caprice—a Being who plays favorites, a sort of horrendous creature whom we can't depend upon, since He might at any moment send a cyclone, tornado, or earth-quake.

Man's concept of God hardens his heart. When he awakens and finds out that the Subjective Self or Life in himself is God, he leaves the old way of thinking. He is now beginning to learn of truths, and comes out from the maze of old, theological concepts of existence. The exact opposite of man-made laws is most often true; likewise, factual evidence is oftentimes false.

"Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit

adultery." This verse is easy to interpret if we will dispense with these outlandish ideas that God instituted marriage laws, and that we must adhere to the letter of them.

God never instituted any marriage laws. All of the ceremonies and rituals that we have today are man-made, and they vary in every part of the world; obviously, God could not have these conflicting and varying ideas about marriage. "In Him there is no Greek, no Jew, no bond, no free, no male, no female." "In Heaven there is no marriage or giving and taking in marriage."

The adultery spoken of in this verse means idolatry—the worship of false gods. For example, if man gives power to any external condition, he is adulterating his thought. He is, in effect, implying that the God-Power in him does not have the power to overcome the circumstance or condition; in other words, he is becoming charged with fear; fear is lack of faith in God.

If a man conditions the realization of his desire on external conditions such as money, influences, etc., he is adulterating his thought. He is saying, "I have to help God out!" If he begins to wonder *when? where? how?* and through *what source?* he is also an adulterer. When we put away our wife (our highest ideal), therefore, and marry or become one with fear, doubt, hate, a sense of failure, or dependency upon others, we *"commit adultery."*

And *"Whoso marrieth her which is put away doth commit adultery."* Yes, if man begins to broadcast his prayer of

supplication and beseeching to a God in space, he is postulating a God outside of himself; he has a sense of separateness. This belief in a God apart from man is false; hence it is an adulterated concept. He is never sure if God will hear the broadcast; he has no way of knowing. Such a man is begging God as if He were hard-hearted; he is cringing before Him as though God were withholding.

God is the gift and the giver. "I am a gift unto you." "Come ye to the waters and drink, Yea, come ye, buy wine and milk without money and without price." The only price for all divine gifts is *belief;* they do not cost anything. No one can make you believe something that you do not want to; for there are no conditions or specifications laid down. "Canst thou believe?" "All things are possible to him that bclieveth."

"His disciples say unto him, 'If the case of the man be so with his wife, it is not good to marry.'" The disciples are our attitudes of mind, or our twelve faculties. In most cases they are not disciplined, but they are governed by world beliefs; so the worldly man cannot understand that that which he marries is a state of consciousness or his own mental concept.

He finds it is difficult to believe that his wife is that which he is conscious of being—his dominant, mental attitude. He finds it is hard to comprehend that the conscious state in which he dwells is his wife or mother of his children. Their children are his body, affairs, finances, health, etc.; yet man, looking out into the world, says, "It is not good to

marry. There is so much divorce, separation, and unhappiness." He looks upon marriage as a game of chance, not knowing that he attracted to himself a wife, conditioned exactly upon his inner mood or conviction.

True marriage finds its bliss and happiness in an accord of ideals, a harmony, and purity of purpose. Let us stop blaming God for the abuses that go on under the name of marriage. The name to many people is like "sounding brass and tinkling cymbal"; it is to them a mockery of the word. Let us awake and discover the true, impersonal, universal love; then marriage will be a happy state or union, blessed by the fire of Divine Love.

Love seeketh not her own. Love is, and all there is, is Love. Love is the knot that binds man and woman (thought and feeling) in the endless cord of life, binding past and future in the eternal present. All that was, and all that shall be, now is; for in Love's eyes time is not. Love is the way of life. Take heed that ye despise not God in human form. He may be at your side in the person of your beloved one, through the working of God's grace.

The desire for freedom is oftentimes a desire to marry another. By example, a lady gets a divorce; she is bitter and resentful towards her former husband. If she remarries without forgiving, what does she find? The second is worse than the first! She tries a third, a fourth, and a fifth time; each is worse than the preceding one. All the while she does not know that her inner mood of resentment caused her to attract similar types of men based upon the laws of

attraction.

The cure is to give herself a mood of love and peace for the mood of resentment; then she has forgiven (given for) herself. She has given the mood of love for the mood of hate; she is at peace. Living in the mood of resentment over supposed wrongs committed by a former husband caused her to attract lack and limitation, because she was living and moving in the attitude of lack.

Her ideas of love and marriage have to change as she seeks to find true harmony. She must lift love to a spiritual basis. Let us not limit love, bind it, or circumscribe it. Love, freedom, and respect are one, and the one is three. If any one of them is absent, there is no love present; the three are synonymous.

"But he said unto them, 'All men cannot receive this saying, save they to whom it is given.'" All men cannot see this truth. They believe in chance, coincidence, accidents, good luck, and bad luck. They cannot receive the saying: "All is Law, and all is Love." There is only Law, and there cannot be chance, coincidence, or bad luck in a world ruled by Law.

An unhappy marriage or divorce is a perfect out-picturing of a given state of consciousness. It is the external manifestation of the discord in the man and his wife. It is good and very good, therefore; it is a perfect working of a Law which never changes, or plays favorites. We see a part of the process and condemn it, but if we could see

spiritually, we would see the perfect ending.

"All men shall see the transcendent glory which I am." When we learn that the Law is really one of freedom, and cooperate with It, we find It is a Law of Love.

"For there are some eunuchs, which were so born from their mother's womb: and there are some eunuchs which were made eunuchs for the Kingdom of Heaven's sake. He that is able to receive it, let him receive it." Eunuchs are our desires, concepts, or ideals which are asleep or dead within us. We are eunuchs when we fail to animate and realize our God-given desires.

We are here to radiate peace, love, and happiness. In other words, as sons of God we are here to express God in thought, word, and deed. Our actions must be God-like; we must begin to live the truth, and let our light so shine before men that they will see our good works. "By their fruits ye shall know them."

Are our thoughts God-like? Millions of people are eunuchs as they live in the world and its problems. They are building treasures on earth, where the moth and rust doth consume, and thieves break through and steal. We arc eunuchs when we let our fears and foolish beliefs, prevent us from creating spiritually. We fail to partake of the mystic or Holy Communion with the Father, and shed the radiance of the Light Limitless all around us.

"For there are some eunuchs, which were so born from

their mother's womb: . . ." This means millions follow the old theological pattern of hell and damnation, race-mind beliefs, prejudices, and opinions. They are slaves to conditions, traditions, and race thought. They fail to create spiritually; consequently they are subject to collective or mass thoughts. "Come out from among them and be ye separate."

"And there are some eunuchs which were made eunuchs of men . . ." We listen to the negative suggestions of others; thereby, we neutralize our desire or probability of attainment. For instance a doctor may say, "You will die in six months from heart disease." We accept, believe, and prepare to die in six months. We fulfill his verdict, because according to our belief, it is done unto us.

"And there be eunuchs, which have made themselves eunuchs for the Kingdom of Heaven's sake." This is the man abiding in the pure, illumined, spiritual consciousness. He is constantly in Holy Communion with the Father within. He wears the seamless robe—the Robe of Glory. It is the Garment of God which the mystic wears as he moves inward towards the Real. It is the pilgrimage within to the Holy of Holies; no one may enter except he wears the wedding garment. Many arc cast out, because they have holes, seams, and ragged edges in their garments.

When we don white gloves and aprons, and appear before the Great White Throne wearing the badge of innocence and purity, the truth knows us, because we know it. We inhale the incense always burning there; this precious per-

fume of His Inmost Essence illumines our minds and bodies, and we awake whole, complete, and perfect. Our healing is instantaneous.

"He that is able to receive it, let him receive it." He that is open minded and receptive will realize that this whole drama takes place in his own consciousness; then such a person receives or perceives the truth. Anyone who looks upon this parable as so many rules and regulations laid down by a man called Jesus is wallowing in the mire of the beliefs and opinions of the world; he is worshipping the letter of the law. "The letter killeth, but the spirit giveth life."

In prayer, when man contemplates the joy of having or being that which he desires to be or to have, he is performing the spiritual marriage-act. Man, at peace, in this state of mental receptivity, may be likened to the wife or womb; it is this phase of mind which receives impressions. That which man feels himself to be during prayer is the groom; for it is the name or nature he assumes; therefore, it leaves its impregnation on his objective consciousness; so he dies to what he is, as he assumes the name and nature of the impregnation. The joy of the answered prayer, plus the inner satisfaction that follows the appropriation of man's desire, is the proof of his marriage.

CHAPTER TWELVE

LET us SEE THESE great truths in this new light. The writer has talked to many people in various parts of the country who think it is a great sin to dissolve their marriage, because the Bible says, *"What therefore God hath joined together, let not man put asunder."* Yet many of these people with whom I have talked live and have lived in hate for many years; this is not a marriage, but it is a mockery and rank hypocrisy.

Surely common sense dictates that because a man said a few words: "I now pronounce you man and wife," that such a ceremony was not the meaning of: *"What therefore God hath joined together, let not man put asunder"* These words mean man's spiritual convictions and his absolute faith in his prayer.

"I and my Father are one." Man, realizing his oneness with the Father within, begins to do the works of God; no power, agency, or man can break him asunder from his spiritual oneness with God.

How often is marriage really a spiritual union? How often is it merely a legal ceremony against which the parties to the contract begin to chafe *in* a few weeks! Man marries a state of consciousness. When there is a true, spiritual union between two people *("God hath joined"),* no one in all the world could put it asunder, even if he tried his utmost to do so.

To obviate making the wrong choice, man should pray scientifically when he desires a wife. There is no religion without science, and no science without religion; these are two arcs of a circle that meet and become one.

This is the scientific way he should go about selecting a wife: Let him close his eyes, be still, and imagine that he is now married to a noble, dignified, loyal, spiritual, wonderful woman. Let him state the qualities or attributes that he admires in a woman, and feel that he now is married to such a woman; then he should go off to sleep knowing that Infinite Intelligence will irresistibly attract to him the right woman.

In such cases they will immediately recognize each other. It will be mutual; there will be no confusion. They will blend spiritually, physically, and mentally. Praying in this way, he will not be deceived by the evidence of his senses which usually are deceptive. When a man plans to get married, he must never judge according to appearances. Let him "judge righteous judgment."

A man once said to the author that a woman he was going with for three years refused to marry him, and that he was going to commit suicide if he could not have her. After being taught to pray scientifically for a wife, this man met a waitress in a hotel where he was staying; fell in love with her, and married her; they are supremely happy.

What about the woman without whom he could not live? In the interim it was revealed to him through friends that she

had already been married six times, and never had taken the trouble to get a divorce. She was also an ex-convict; she had been convicted of several crimes. While she was keeping company with him, she was living with another man.

When we pray aright, it does not bring grief or pain to anyone else. Some people think they have the right to break up the homes of others. They say, "That's the man I want; "they are perfectly willing to break up the home to gain their point. It is true they may succeed, but what kind of a bargain do they have? They have impregnated themselves with limitation; the result is dissatisfaction and unhappiness in many instances.

What has happened to the Golden Rule? Where is it? Have they applied it? "As ye would that men should do unto you, do you even so to them in like manner;" this commandment gives the whole law of a happy and successful life. In selfishness and greed this is forgotten. What does the woman want the family of the man whom she weaned away from his wife to think about her? How does she want them to feel about her? She wants his wife and family to think of her as a noble, gentle, dignified lady, who is Christ-like. Let her apply this principle, and see if she still desires to wreck their home.

We must stop working in a finite way for an absolute state. Marriages are made in heaven; in other words they are made in harmony and peace. "Peace is the power at the heart of God." God is peace! When Jacob prayed for a wife,

he saw angels ascending and descending. The angels ascending and descending represent the qualities and attributes that man admires in a woman.

"As within, so without . . ." Having felt the reality of the state, it becomes subjectified, and whatever is subjectively accepted is made manifest; therefore, he meets the image and likeness of his inner conviction. If man strikes a note on the grand piano, all notes in harmony with it strike in response. They may be higher or lower, but they are similar; so man attracts to himself those people with qualities based on his moods or concepts of himself. It is affinity or attraction depending upon the chord I strike. Man may strike a discord, but he does not take all of the discords out in order to make a harmony. When he disciplines his mind in prayer, he can play a divine harmony.

Suppose a man cheats on his wife. If he had love and respect for his wife, he would not want any other woman. When man has found his true, spiritual ideal in marriage, he has no desire for any other woman. Love is a oneness; it is not a duality or a multiplicity. A man who runs around with many women—which are the many adulterous moods within him—is marrying many concepts, such as: frustration, resentment, cynicism, etc. When man has found love with his mate, he has found fullness of life.

The reader may say, "Why did some men previously have many wives?" The reason was that at one time the earth was depopulated, and the earthly fathers not knowing

anything better, suggested this method. Today we are more spiritually awakened, and know that the earth is populated enough.

If a man cheats on his wife, therefore, he is frustrated, and never really has had love, or a feeling of oneness. He has a profound inferiority complex, and is striking that tone. What is he meeting? He is meeting himself; in other words, he has attracted his inner mood, or concept of himself.

Inevitably, the women he meets are vacillating, neurotic, and confused; he is marrying these many concepts. He is seeing and hearing his own inner vibrations. The women in the case are just as frustrated and unstable as the man. "Birds of a feather flock together." "Like begets like."

Now let us take the case of a woman who is running around with a married man. Such a woman has been unable to demonstrate a husband or boy friend; she gets a pseudo-satisfaction, or false thrill, in stealing another woman's husband. She, too, has an inferiority complex and is unstable. She talks of the many proposals she has had, because she yearns for them.

A man who knows the laws of life will always see his wife as he first saw her. In his thought and feeling she will always be clothed with the garment of salvation and the robe of righteousness; then she will always be to him what he believes her to be. We are not living with people so much, as we are living with our concept of them.

If a man never loses faith in his wife, she will fulfill his concept of her. If she becomes dejected, tired, and worried, and he becomes one with her in feeling, they both fall in the ditch. If he can reject this mood, and if he knows and feels that she is healed, wonderful, and perfect, no matter how despondent or gloomy she may become, he lifts her out of it.

Man demotes himself by feeling his lack. His fear is transmitted to his wife; she reacts in kind. She cannot see him in the way she formerly did, as he has not the same feeling about himself. She can see him only in the way he sees himself; likewise, he can see her only in the way she sees herself.

If a man feels himself to be dignified, he commands respect, and gets it. A man who has the predominant mood of success and happiness, knits all of the members of the household together. He influences them and dominates them mentally. When he dies, the members of the family frequently fight among themselves; he was a cementing influence; he *felt* harmony and peace in the household. Your dominant conviction makes others see what you see.

Jesus displayed this when he said, "Our friend Lazarus sleepeth." Jesus realized the truth, and saw life there. He caused the so-called dead man to vibrate; then they all saw Lazarus alive. "The damsel is not dead, but sleepeth." We are asleep to God.

Friction between husband and wife can be solved by

prayer. Let the wife see the Christ in her husband. Let her see him as he ought to be: namely, happy, radiant, and peaceful. Let her hear him, in a meditative state, tell her how wonderful and kind she is, and how happy he is with her. If she is faithful to his treatment, he will be transformed, and peace will be restored.

In some cases, of course, there never was a real marriage. Because a man and woman have a marriage license, and live in a home, it does not follow that that is a real home. Perhaps it is a place of discord and hate. When a child is present, and the parents do not know the law of life, it is better to break up such a union than have the mood of hate stifle the minds of the children. Many times a child's life and mind are dwarfed by the mood of the parents which results in neurosis, crime, etc. It is far better for a boy to live with one parent who loves him, than it is for him to live with two who hate each other and fight all the time.

Men ask, "Should I get a divorce?" This is an individual problem; it cannot be generalized. In some cases divorce is not the solution, no more so than marriage is the solution for a lonely man.

Divorce may be right for one person and wrong for another. "There is now no condemnation of them that are in Christ Jesus." Where there is no consciousness of guilt, there is no guilt. A divorced woman may be far more noble and Christ-like than many of her married sisters who are living a lie, rather than face the truth. Such a married life is a sham and a farce, though they manage to keep up appear-

ances. They are afraid of what the neighbors will say; some are afraid that it would be bad for John's business; others stay married for political reasons, etc.; this, of course, is making a mockery of marriage. Marriage on the physical plane is symbolic of the spiritual, esoteric union of two souls seeking their way back to the heart of Reality which is Love. God is Love.

To say that a divorced person is under divine condemnation is a mockery and sham; it shows a complete lack of understanding. In many cases it is the decent, honorable thing to do. In some cases where a couple find they are hopelessly incompatible, spiritually and mentally, let them do as a friend of the author's did recently: He said to his wife, "Goodby, and God bless you." She replied, "Goodby, and God bless you, Harry." They both meant it. They were blessed, and there was absolutely no guilt, because they had no consciousness of guilt.

Man forgives himself. There is no one else to forgive him. "Hath no man condemned thee? Neither do I condemn thee." We can divorce each other; yet love one another. Love is the fulfillment of the law. Love is an impersonal law; this love is an impersonal goodwill. You rejoice that the law of God or Good is working for the other, and through him, and that the peace of God is in his home, heart, and affairs. Anyone can do this; this is God's love. Love gives; it frees; it is the spirit of God. Love is the key that opens the treasures of heaven.

The contemplation of divine ideals, the study of the

mysteries of life, a common purpose, plan, and personal freedom bring about that mystic marriage, the wedded bliss, that holy union where the two should become one. Each is wedded to God. Let us remember who we are: sons of God on a journey of self discovery.

The journey we take is the pilgrimage within to the Holy of Holies. The God we seek is the subliminal essence or the perfumed presence of our own I Amness. "Had I not come they would not have known sin." Our sin is our failure to realize our desire and live a full, happy life. To live the life, let us sing the song of the Lamb: "I am Christ." Feel it! Believe it! Act it! For its word must become flesh.

Katherine Mansfield in her journal says, "A sudden idea of the relationship between lovers . . . We are neither male or female; we are a compound of both. I choose the male who will develop and expand the male in me; he chooses me to expand the female in him. Being made *whole*—by love serve ye one another."

SELECTING YOUR DIVINE COMPANION

CHAPTER THIRTEEN

"And he lighted upon a certain place, and tarried there all night, because the sun was set; and he took of the stones of that place, and put them for his pillows, and lay down, in the place to sleep.

"And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven: and behold the angels of God ascending and descending on it."

THE NAME, JACOB, means supplanter. You are Jacob when you know how to pray. The one who knows, for example, that when fear strikes, that the mood of faith and confidence in God, or in all things good, will overcome the fear and restore peace, is Jacob.

Jacob also means illumined reason, or the person who understands how to pray scientifically. Notice how Jacob prayed in the above quotation. If you are seeking a husband or wife, we are going to ask you to pray in the same way.

The text says, *"He lighteth upon a certain place, and tarried there all night; he took of the stones of that place, and put them for his pillows, and lay down to sleep."* The inner meaning of this Biblical quotation tells you that you should judge not according to experiences or sense evidence, but you close your eyes, become still, and take one of the stones which represents a deep inner conviction

that what you are praying for already is. Your place is with God, meaning you are going to claim your companion *within* in the silence of your own soul.

The ladder which reaches to heaven represents the scientific steps of prayer: namely, recognition of God's Presence, acceptance of your ideal, and a deep conviction in the reality of the wish fulfilled.

"The angels of God ascending and descending" on the ladder represent certain qualities and attributes which you wish the man you marry to possess. This is a perfect formula for the marriage made in heaven.

Never think of any particular man, but quietly relax the body and mind; sit still; contemplate the Presence of God; then realize that what you marry is a state of consciousness. Say quietly and lovingly to yourself, "I now unite with these qualities and attributes; the man I attract and marry will be spiritual, loyal, talented, faithful, prosperous, and happy." I contemplate these qualities now; I evoke the spirit of them; I feel lifted up and inspired (angels ascending). I now go into the deep of sleep feeling and knowing that these qualities and characteristics upon which I have meditated will be etched on my subconscious mind (angels descending). I know this; I believe it; I accept it. I go to sleep now feeling that "It is done!"

"And Jacob rose up early in the morning, and took the stone that he had put for his pillows, and set it up for a pillar, and poured oil upon the top of it." This will happen

to you after successfully praying for your Divine companion. Like Jacob, you will wake up in the morning, and pour oil upon the stone, meaning that you will know in your heart your prayer has been answered. *Oil* represents the oil of joy; *the stone* which is used for a pillar means a fixed state of consciousness. You are now fixed in the belief that what you prayed for is a fact of consciousness, because when you awakened, you were at peace. Yes, you experienced, like Jacob, the joy of the answered prayer!

A great number of men and women in our Bible classes have applied this Biblical formula; they have attracted ideal companions, and are blessed.

Remember God joins a man and woman together in matrimony. You must realize that no one can sanctify a marriage, neither can they validate it, except in a confirmatory sense.

This Biblical formula reveals to you that in order for a marriage to be real, it must first be spiritual; it must be of the heart. The *heart* is where God dwells. If both of your hearts are moved by love, sincerity, and honesty, then that is God joining both of you together; truly it is the marriage made in heaven. You know, and feel that the action of your heart is Love, and God is Love.

God is not present in all marriages; perhaps there were ulterior motives hi the union. If the man marries the woman for money, for position, or to satisfy his ego, that marriage is false; it is a lie. If a woman marries a man for security,

wealth, position, a thrill, or to get even with someone, such a marriage is not of God; for God or the truth is not present; such marriages are not real.

Many elderly people may marry for companionship; they are sincere, and see the God in each other. Their honesty and sincerity is born of love. They respect each other and love each other; this is a marriage made in heaven, even though the fires of passion and the creative urge are long since gone. Remember that honesty, respect, and integrity are also of the heart; the *heart is* where the Holy One lives.

When there is a real, true, heavenly marriage, a union of hearts, minds, and bodies, there can be no divorce; neither do they seek divorce, for it is a spiritual union; it is a union of two hearts; each is married to God. *"What therefore God hath joined together, let not man put asunder."*

Jesus in the *New Sayings* is reported to have answered the query as to when the Kingdom of Heaven will come by the words, "When there shall no longer be male or female"; i.e., in a divided, undisciplined state of consciousness.

In the gospel of the *Holy Twelve* Jesus says, "Verily I say unto you, In God there is neither male, nor female, and yet both are one, and God is the Two in One. He is She, and She is He. The Elohim, our God is perfect, Infinite, and One."

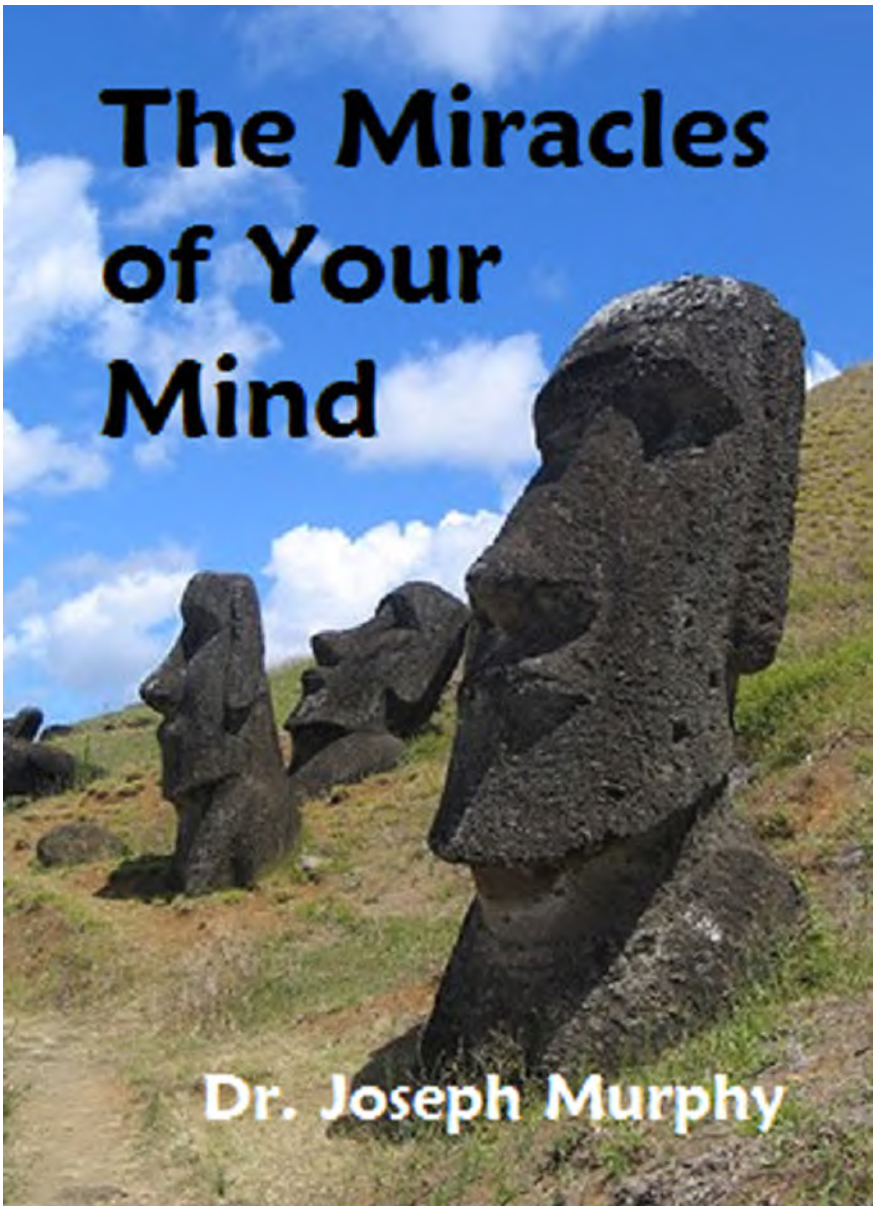
MY DIVINE COMPANION

I AM NOW attracting someone who conforms to my ideal. He does not want to make me over; I do not want to make him over. I love his ideals; he loves my ideals. He is free, happy, joyous, and prosperous. He is spiritually minded; he loves God and the way God works. I love, cherish, and admire him; he loves, cherishes, and cares for me.

I have these qualities to offer to a man: I am honest, sincere, loving, and kind; I practice the Presence of God. I have wonderful gifts to offer him; they are of God: namely, peace, goodwill, a joyous heart, and a healthy body; he offers me the same; it is mutual. I now demand and know that the man I marry must measure up to my ideal. The man I meet according to the laws of mind will be a reflection of my own thought and feeling.

I consciously and joyfully desire the companionship of God all day and night. This God-Presence now manifests through some man, and I am in complete accord with him spiritually, mentally, and physically. He brings gifts to me of love, happiness, devotion, and loyalty. I bear him the same gifts.

I have a deep abiding desire to make his life full and happy. God directs my life in His own way; the man I attract is sent from God. What I am seeking is seeking me. The man I attract belongs to Love, health, and harmony. I open my mind now, and I accept this gift from heaven. Thank you, Father.


The Miracles of Your Mind
Dr. Joseph Murphy

THE MIRACLES OF YOUR MIND

By
JOSEPH MURPHY Ph.D., L.L.D.
(Revised and Enlarged)

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WILLING PUBLISHING COMPANY P. O. Box 51
SAN GABRIEL, CALIFORNIA

PUBLISHER'S PREFACE

In this extraordinary book Dr. Murphy reveals the inner workings of the subconscious mind, and makes this book one of the most practical guides in overcoming the troubles that beset mankind. The amazing results, "miracles," some might call them, reported by those who attended Dr. Murphy's lectures on The Miracles of the Subconscious Mind brought hundreds of letters from others who wanted to learn how to tap the infinite power of the subconscious mind. In this book you will find practical techniques for achieving health, wealth, peace, and harmony.

From the chapter on The Subconscious Mind and Health: "In using the subconscious mind you infer no opponent; you use no will power. You use imagination, not will power. You imagine the end and the freedom state. You will find your intellect trying to get in the way, but persist in maintaining a simple, child-like, miracle-making faith. Picture yourself without the ailment or problem. Imagine the emotional accompaniments of the freedom-state you crave. Gut out all of the red tape from the process. The simple way is always the best."

You desire a happier, fuller, and richer life. Begin to use this miracle-working power and smooth your way in daily affairs, solve business problems, and bring harmony in family relationships. Be sure that you read this book several times. Let the author show you in these many chapters how this wonderful power works, and how you can draw out the hidden inspiration and wisdom that is within you. Learn the simple techniques of impressing the subconscious mind. Follow the new, scientific way in tapping the infinite storehouse. Read this book carefully, earnestly, and lovingly. Prove to yourself the amazing way it can help you. It could be the turning point in your life.

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Chapter 1

HOW YOUR OWN MIND WORKS

MAN HAS ONLY ONE MIND, but he has two distinct phases or functions of the one mind. Each phase is characterized by its own phenomena which is peculiar to itself. Each of these minds is capable of independent action, as well as synchronous action. We call one the objective mind, because it deals with external things, and the other is the subjective mind. The subjective mind is amenable, and controlled by suggestion of the objective or conscious mind. The objective mind takes cognizance of the objective world. The media of observation are the five physical senses. The objective mind is your guide in your contact with the environment. We gain knowledge through the five senses. The objective mind learns through observation, experience, and education. The greatest function of the conscious mind is that of reasoning.

Look around Los Angeles; you come to the conclusion that it is a beautiful city based upon your observation of the parks, the buildings, the beautiful structure, the lovely flower gardens, etc. This is the working of your conscious or objective mind.

The word *objective* means that it deals with objective things. The subjective mind takes cognizance of its environment by means independent of the five physical senses. The subjective mind or the subconscious mind — either term may be used — perceives by intuition. The subconscious mind is the seat of your emotions. We know without a doubt that it performs its highest functions when the objective senses are in abeyance.

It is the intelligence that makes itself manifest when the conscious mind is suspended or in a sleepy, drowsy state. The subconscious mind sees without the use of the eyes; it has the capacity of clairvoyance and clairaudience. The subconscious mind can leave the

body; travel to distant lands, and bring back intelligence oftentimes of the most exact and truthful character. Through the subconscious mind you can read the thoughts of others, even to the minutest details; read the contents of sealed envelopes and closed safes.

The subconscious mind has the ability to apprehend the thoughts of others without the use of the ordinary, objective means of communication. So it is of the greatest importance that we understand the interaction of the conscious and subconscious mind, in order to learn the true art of prayer.

Now there are many terms used in describing the objective and the subjective mind. They are, as we told you, called: The conscious or subconscious mind, the waking or sleeping mind, the surface self or the deep self, voluntary mind or involuntary mind, the male and the female, and many other terms. Remember there is only one mind having two phases or functions.

The subjective mind is always amenable to suggestion; it is controlled by suggestion. We must recognize that the subconscious mind accepts all suggestions; it does not argue with you, but it fulfills your wishes. All things that have happened to you are based on thoughts impressed on the subconscious mind through belief. The subconscious mind will accept your beliefs and your convictions.

It is like the soil; it will accept any seed that you deposit in it, whether it is good or bad. Remember: Anything that you accept as true and believe in will be accepted by your subconscious mind, and brought into your life as a condition, experience, or event. Ideas are conveyed to the subconscious mind through feeling.

We will use an illustration: The conscious mind is like the navigator or man at the bridge of a ship. He directs the ship, and signals orders to the men in the engine-room which consists of all of the

boilers, instruments, gages, etc. The men in the engine-room do not know where they are going; they follow orders. They would go on the rocks if the man on the bridge issued faulty or wrong instructions, based on his findings with the compass, sextant, or other instruments. The men in the engine-room obey him, because he is the director. They do not talk back to the captain; they simply carry out orders.

The captain is the master of the ship; his orders are followed out; likewise, your conscious mind is the captain, the master of your ship. Your body and all of your affairs represent the ship. Your subconscious mind takes the orders you give it based upon your belief and suggestions accepted as true.

Another simple illustration is this: When you repeatedly say to people, "I do not like mushrooms," then the time comes for you to be served mushrooms, you get indigestion, because your subconscious mind says to you, "The boss does not like mushrooms." This is an example probably amusing to you; nevertheless, this is an example of the relationship between the conscious and subconscious mind.

When a woman says, "I wake up at three o'clock if I drink coffee at night"; whenever she drinks it, the subconscious mind nudges her, as if to say, "The boss wants you to stay awake tonight."

The heart is called the subconscious mind in ancient allegories. The Egyptians knew that the heart was the subconscious mind, but they did not call it by that name. The Chaldeans and the Babylonians called it by different names. You can impress your subconscious mind, and your subconscious mind will express what is impressed upon it. Any idea that is emotionalized or felt as true will be accepted by your subconscious mind.

If you want a healing, for example, get silent, relax, breathe easily,

immobilize your attention, think of the healing power within your subconscious mind; affirm that the organ of your body is healing now. As you do that, there must be no resentment or bitterness in your heart; you must forgive everyone. You can repeat this healing process three or four times daily. Remember that your subconscious mind made the body, and can heal it also. People are constantly affirming the healing of an organ or a part of their body; then ten or fifteen minutes afterwards, they say, "Oh, I am getting worse; I'll never be healed. I am incurable." This mental attitude or these negative statements neutralize the previous, positive affirmation.

If a surgeon operated on you, cut out your appendix, and in the next few minutes ran back and opened you up again to see how you were getting along; then a half hour later ran back and opened you up again, he would probably kill you by poisoning. You kill or prevent your healing by using negative statements.

There is a subconscious mind within you; you should learn how to use it in the same manner as a man learns to use electricity. Man controls electricity with wires, tubes, and bulbs, plus his knowledge of the laws of conductivity and insulation, etc. We must learn about the tremendous power and the intelligence within us, and use it wisely.

Many men are beginning to realize the true importance of the subconscious mind. In business many men are using it to achieve success and promotion. Edison, Ford, Marconi, Einstein, and many others have used the subconscious mind; it has given to them the insight and the "know how" for all of their great achievements in science, industry, and art. Research has shown that the ability to bring into action the subconscious powers has determined the success of all of the great scientific and research workers. There is a tremendous dynamo within you, and you can use it. You can also be completely released from tension and frustration. You can disc-

over the abundant energy within you enabling you to energize and vitalize all parts of your body.

We are told, for example, that Elbert Hubbard declared that his most important ideas came while he was relaxed, or working in the garden, or going for a walk; the reason being when the conscious mind is relaxed, the subjective wisdom comes to the fore. There are oftentimes inspirational uprushes when the conscious mind is completely relaxed.

How often have you wondered at night what the answer to a particular problem was, and when you turned the request over to the subconscious mind, it gave you the solution in the morning. This is the meaning of the old adage, "Night brings counsel." If you want to wake up at seven o'clock in the morning, and you suggest seven o'clock to the subconscious mind, the subconscious mind will wake you at seven o'clock on the dot.

A mother may be nursing a sick child, and she falls asleep; but before she goes to sleep, she suggests to the subconscious mind that she will awaken if the child's temperature goes up, or when it needs medicine, or perhaps cries. There may be a thunderstorm going on while the mother sleeps; yet she is not awakened by the storm; however, when the child cries, she is immediately awakened. This is a simple function of the subconscious mind.

Chapter 2

THE SUBCONSCIOUS MIND AND HEALTH

THE SUBJECT OF MENTAL THERAPEUTICS is creating a wide-spread interest all over the world at the present time. Man is gradually awakening to the healing powers resident in his subconscious mind. It is a well-known fact that all of the various schools of healing effect cures of the most wonderful character. The answer to all of this is that there is one universal healing principle: namely, the subconscious mind, and one process of healing which is faith. This is why Paracelsus stated this great truth: "Whether the object of your faith be real or false, you will nevertheless obtain the same effects."

It is an established fact that cures have taken place in various shrines throughout the world, such as in Japan, India, Europe, and the American continent. You will find many widely differing theories, each presenting indubitable evidences of healing. Obviously to the thinker, there must be some underlying principle common to them all. Regardless of the geographical location, or the means used, there is only one healing principle, and the process of every healing is faith.

The first thing to remember is the dual nature of your mind. The subconscious mind is constantly amenable to the power of suggestion; furthermore the subconscious mind has complete control of the functions, conditions, and sensations of your body.

I venture to believe that all of the readers of this book are familiar with the fact that the symptoms of almost any disease can be induced in hypnotic subjects by suggestion.

For example, a subject in the hypnotic state can develop a high temperature, flushed face, or chills according to the nature of the

suggestion given. By experiment you can suggest to the person that they are paralyzed and cannot walk; it will be so. Pain can also be induced in any part of the body. By illustration you can hold a cup of cold water under the nose of the hypnotic subject, and tell him, "This is full of pepper; smell it!" He will proceed to sneeze. What do you think caused him to sneeze, the water or the suggestion?

If a man says he is allergic to Timothy grass, you can place a synthetic flower or any empty glass in front of the nose of such a person in a hypnotic state, and tell him it is Timothy grass; he will portray the usual allergic symptoms. This indicates that the cause of the disease is in the mind; the healing of the disease can also take place mentally.

We realize that remarkable healings take place through osteopathy, chiropractics, medicine, and naturopathy, as well as through all of the various churches, but we maintain that all of these healings are brought about through the subconscious mind—the only healer there is.

Notice how it heals a cut on your face caused by shaving; it knows exactly how to do it. The doctor dresses the wound; he says, "Nature heals it." Nature refers to natural law, the law of the subconscious mind, or self-preservation, which is the function of the subconscious mind. The instinct of self-preservation is the first law of nature; your strongest instinct is the most potent of all auto-suggestions.

You have just learned that you can induce disease in your own body, or that of another through suggestion, in defiance of your natural instincts. It is perfectly natural and obvious that suggestions in harmony with instinctive auto-suggestion would have greater power.

It is easier to maintain and restore health, than it is to bring about

sickness in the body. The faith that brings about healing is a certain mental attitude, a way of thinking, an inner certitude, an expectancy of the best.

In the healing of the body it is, of course, desirable to secure the concurrent faith of both the conscious and subconscious mind; however, it is not essential if the person will enter into a state of passivity and receptivity by relaxing the mind and the body, and getting into a sleepy state. I have known people who have completely denied matter and their bodies; yet they received marvelous healings. I have known others who said the world was real, that matter was real, and that their bodies were real; they, likewise, have had wonderful healings.

The point is that any method, technique, or process you may use which will bring about a change in the mind or a new mental atmosphere is legitimate; results will follow. Healing is due to a changed mental attitude, or to a transformation of the mind.

Paracelsus said, "Whether the object of your faith be true or false, you will nevertheless obtain the same effects." Thus if you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you will get results, because of the powerful suggestion given to your subconscious mind; it is the latter that does the healing. The witch doctor with his incantations heals by faith also.

Any method which causes you to move from fear and worry to faith and expectancy will heal. True, scientific, mental healing is brought about by the combined function of the conscious and subconscious mind scientifically directed.

The man who denies the ulcer on his hand, though he has one, who even denies his body, and who says all that is visible and tangible has no real existence may get a healing; all of this would be absurd

to you. The question arises, "How does the man get a healing when he protests against such statements claiming they insult his intelligence?" The reason is very obvious when you know how the subconscious mind works.

The man is asked to relax his mind and body, to get into a quiet, passive, receptive state; then the objective senses are partially suspended and in abeyance. He is in a sleepy state, and the subconscious mind is amenable to suggestion. The practitioner then suggests wonderful words of perfect health which enter his subconscious mind; the client finds immense relief and perhaps a complete healing. The practitioner is not handicapped by antagonistic auto-suggestions of the patient arising from objective doubt of the power of the healer or the correctness of the theory. In the sleepy, drowsy state of the conscious mind resistance is reduced to a minimum; hence results follow.

There are a great number who claim that because their theory produces results, it is, therefore, the correct one; this, as explained in this chapter, cannot be true. You know there are all types of healing. Mesmer and others healed by claiming they were sending forth a certain magnetic fluid. Other men came along and said all of this was nonsense, that the healing was due to suggestion.

All of these groups, such as psychiatrists, psychologists, osteopaths, chiropractors, physicians, and all churches are using the one universal, healing power resident in the subconscious mind. Each may proclaim the healings are due to their theory. The process of all healing is a definite, positive, mental attitude, an inner certitude, or a way of thinking called *faith.* Healing is due to a confident expectancy which acts as a powerful suggestion to the subconscious mind releasing its healing potency.

One man does not heal by a different power than another. It is true he may have his own theory and method. There is only one process

of healing, and that is faith; there is only one healing power, namely, your subconscious mind. Select the theory and method which you prefer. You can rest assured, if you have the faith, you shall get results.

In the Los Angeles *Examiner* some time ago, John McDowell described tests being conducted in prayer therapy at Redlands University under the title, "Psychosomatic Tests Bare Prayer's Power." He writes as follows: "Dr. William R. Parker, 37-year-old director of the clinic, today revealed for the first time that early results of prayer therapy in a group of twenty arthritic, tubercular, ulcer, and speech impediment patients have been favorable.

"These patients, who agreed to practice prayer therapy in addition to the university clinic's regular group psychological therapy, have been making greater progress than the clinic's regular patients, Dr. Parker said.

"For example: A stomach ulcer patient, relying solely on prayer and group therapy, has reported that, for the last three weeks, all symptoms of his ailment have disappeared.

"A Redlands University professor, afflicted most of his life with a severe case of stuttering which years of various treatments failed to correct, today has no trace of speech impediment after six months of prayer therapy.

"Another teacher, forced into retirement a year ago because of tuberculosis, is now back at his teaching job, apparently cured.

" 'This man's doctor,—a tuberculosis specialist—recently gave him a sputum test,' Dr. Parker said. 'The test turned up negative, and the doctor was certain a mistake had been made. He immediately made another test, and that was negative, too.'

"Dr. Parker—a doctor of psychology, not medicine—stresses that prayer therapy is no 'quackish' miracle cure-all, but a scientific approach to prayer and its effect on the subconscious mind.

"The subconscious mind, in the eyes of the still-pioneering psychosomatic medicine world, is the fountainhead of many of mankind's afflictions, including arthritis, asthma, hay fever, multiple sclerosis, tuberculosis, ulcers, and high blood pressure.

"The psychosomatic theory—hotly disputed by the medical profession—is that such ailments start as functional disorders in the subconscious and develop into organic disease, which doctors treat by attacking the symptoms rather than the cause.

"Prayer therapy, according to Dr. Parker, is a psychosomatic attempt to attack the causes of these disorders in the subconscious.

" 'Four basic personality difficulties are at the root of everything that goes wrong in the subconscious mind,' Dr. Parker said. 'They are fear, hate, guilt, and inferiority.'

"In the Redlands prayer-therapy experiments, these basic difficulties are first ferreted out through a series of standard psychological tests given to patients participating in the project.

"Subsequently, the patients meet in a ninety-minute group session once a week to discuss their problems. At these meetings, each patient is given a sealed envelope containing information on one detrimental aspect of his or her personality uncovered in the tests.

"Once at home, the patients open the envelopes, learn a new, undesirable phase of their personality, and resolve that particular difficulty in prayer daily until the next group meeting.

"There is only one 'must.' Each patient is required to pray regularly each night before he or she retires.

" 'We insist on a prayer at that time, because the last thing that a person is thinking before going to sleep is most likely to penetrate to the subconscious,' Dr. Parker said.

"Dr. Parker, who first tried out his prayer theories on himself during an onset of ulcers three years ago, said most of the patients have to be taught how to pray.

"The clinic's prayer-therapy patients are taught a positive approach to prayer, stressing love, and an uplifting concept of God and the universe.

"Our prayers are not a begging for health, but are affirmations of the healing of the unhealthy element the patient wants to attack stated in such a positive, repetitious manner that eventually it sinks into the subconscious, and becomes a part of that person,' Dr. Parker said.

" 'In that manner, through prayer, destructive aspects within the subconscious can be attacked and eventually overcome, thus eliminating the basic causes of their physical ills.' "

In the Wilshire Ebell Theatre where I speak to an overflow audience each Sunday, we have a period called "the healing silence." The first thing I do is ask the audience to relax, let go, and to stop the wheels of their mind. The purpose is to quiet down the doubting Thomas (conscious mind), and insert a new idea such as health, peace, joy, and abundance into the receptive minds of the listeners. Those who are impregnated will give birth to a healing or an answer to their prayer. This is the kinetic action of the subconscious mind. Many report excellent results every Sunday as attested to by grateful letters.

I would like to stress a few important factors here relative to the workings of the subconscious mind. A man came to me one time and asked me why it was when he kept on saying to himself, "I have no headache," that the pain did not go away? The subconscious mind will not easily accept this contradiction; it accepts only what you believe and feel as true, or accept, as possible. If you mentally accept the possibility of the execution of your idea, the subconscious will cooperate. In order to impress the subconscious mind, you must gain its cooperation. If you can convince the subconscious mind you have no headache, the headache will go away.

I suggested to him this method: Declare: "It is passing away," over and over again quietly and peacefully. In this way he would be better able to sell the idea or conclusion to the wise, deep self, called the subconscious mind. He got results; he added something to it, "It will never return." For years he has never had any migraine attacks from which he suffered frequently. He had a belief or an expectancy that every Tuesday and Saturday morning, he would get migraine attacks. This feeling acted as an auto-suggestion to his subconscious mind; the latter obliged him by seeing to it that he would have a headache at the time specified. It simply said, "It is Tuesday morning; the boss wants a headache." The negative suggestion was removed by the above counter suggestion.

Here is another instance: A very brilliant woman came to me some years ago stating that she had psoriasis on her body which would go away by applying an ointment, but that as soon as the salve was discontinued, it would return. She was not resenting anyone; she was very religious, and seemingly well balanced emotionally. In talking to her I discovered that she lived in constant fear of its return. As a matter of fact this was a very powerful suggestion to her subconscious mind, since it is controlled by suggestion and belief; it responded accordingly.

She would affirm two or three times a day: 'I am whole, pure, and perfect; my skin is perfect; I am healed." Nothing happened. You can readily see what happened in her case. Every time she said, "My skin is perfect," it started a quarrel in her mind; something within her said, "No, your skin is not perfect!"

The following technique worked for her in a wonderful way. She started to say for five or ten minutes three or four times a day: "It is changing now for the better." This created no quarrel in her conscious or subconscious mind; results followed; it gradually disappeared, and it has never returned. I am sure she ceased suggesting its return. (What I fear most has come upon me.)

Trust the subconscious mind to heal you. It made your body, and it knows all of its processes and functions. It knows much more than your conscious mind about healing and restoring you to perfect balance. The subconscious mind, sometimes called the deep-self, knows more about your body than all of the wisest men in the world. Never try to coerce or force the mind. We do not infer that some people who say, "I am whole, pure, and perfect," do not get results; of course they do, because they succeed in convincing themselves of it. Blind belief and faith will bring results due to the subjective faith of the individual.

A psychologist friend of mine told me that one of his lungs was infected. X-rays and analysis showed the presence of tuberculosis. At night before going to sleep, he would quietly affirm, "Every cell, nerve, tissue, and muscle of my lungs are now being made whole, pure, and perfect. My whole body is now being restored to health and harmony." These are not his exact words, but they represent the essence of what he said. A complete healing followed in about a month's time; subsequent X-rays showed a perfect healing.

I wanted to know his method, so I asked him why he repeated the

words prior to sleep. Here is his reply: "The kinetic action of the subconscious mind continues throughout your sleep-time period; hence give the subconscious mind something good to work on as you drop off into slumber." This was a very wise answer. In suggesting harmony and health, he never mentioned his trouble by name.

I strongly suggest that you cease talking about your ailments or giving them a name. The only sap from which they draw life is your attention and fear of them. Like the above mentioned psychologist become a good mental surgeon; then your troubles will be cut off like dead branches are pruned from a tree.

If you are constantly naming your aches and symptoms, by the law of your own mind these imaginings tend to take shape, greatly feared."

A technique of impressing the subconscious mind is as follows: This consists essentially in inducing the subconscious mind to take over your request as handed it by the conscious mind. This "passing over" is best accomplished in the reverie-like state. Know that in your deeper mind is infinite intelligence and infinite power. Just calmly think over what you want; see it coming into fuller fruition from this moment forward. Be like the little girl who had a very bad cough and sore throat. She declared firmly and repeatedly, "It is passing away now. It is passing away now." It passed away in about an hour. Use this technique with complete simplicity and naiveté.

In using the subconscious mind you infer no opponent; you use no will power. You use imagination, not will power. You imagine the end and the freedom state. You will find your intellect trying to get in the way, but persist in maintaining a simple, child-like, miracle-making faith. Picture yourself without the ailment or problem. Imagine the emotional accompaniments of the freedom-state you

crave. Cut out all red tape from the process. The simple way is always the best.

Remember that your body possesses an organic mechanism reflecting the interplay of the conscious and subconscious mind; viz., the voluntary (cerebro-spinal nervous system) and the involuntary nervous system. These two systems may work separately or synchronously. The vagus nerve connects the two systems in the body. When you study the cellular system and the structure of the organs such as eyes, ears, heart, liver, bladder, etc., you learn they consist of groups of cells which possess a group-intelligence whereby they function together, and are able to take orders and carry them out in deductive fashion at the suggestion of the master mind (conscious mind). This is why the group intelligence of the lungs responded to the constructive, positive suggestions of the psychologists previously mentioned in this chapter.

In this book our purpose is to remove the mystery of the workings of the mind, in order to know better its *modus operandi.* In the relaxed state the subjective mind comes to the surface, and begins to work on the correct patterns suggested by the healer. The kinetic action of the mind comes into play by way of the vagus nerve. Between sleeping and the waking state the mind breaks through from its material thraldom and the limitations of time and space, and asserts its innate freedom.

Dr. Evans, a student of Quimby, was able to suspend the conscious mind, and by an interior illumination, attended with no loss of consciousness of external surroundings, was able to diagnose disease.

Clairvoyance is one of the powers of the subconscious mind which enabled Quimby, Dr. Evans, and many others to clearly see the internal structure of man, the nature and extent of the disease, plus the cause behind it; this proved a great aid in their healing of

patients. The explanation of the mental and emotional cause of their ailments was the solution in most cases.

The usual procedure is as follows:

1. Take a look at the problem.

2. Then turn to the solution or way out known only to the subconscious mind.

3. Rest in a sense of deep conviction that it is done.

Do not weaken your treatment by saying, "I hope so!" or "It will be better!" The cellular set-up of your body will follow faithfully and honestly whatever blue print the conscious mind hands over to them via the subconscious, sometimes called subjective, or involuntary mind. Your feeling about the work to be done is "the boss." Know that health is yours! Harmony is yours! Become intelligent by becoming a vehicle for the infinite, healing power of the subconscious mind.

The reasons of failure are: Lack of confidence and too much effort. Suggest to the subconscious mind to the point of conviction; then relax. Get yourself off of your hands. Say to conditions and circumstances, "This, too, shall pass." Through relaxation you impress the subconscious mind enabling the kinetic energy behind the idea to take over, and bring it into concrete realization.

A careful study of the single-celled organism shows us what goes on in our complex body. Though the mono-cellular organism has no organs, it still gives evidence of mind-action and reaction performing the basic functions of movement, alimentation, assimilation, and elimination. Dr. Alexis Carrell's findings in heart experiments of chicks are significant, pointing to the basic finding

that life functions despite the lack of complete, organistic equipment.

The body of man portrays the workings of his inner mind. Our real powers are resident in the subconscious mind. No one knows all of the workings of the subconscious mind; for it is infinite in its scope. We learn what we can about how it works; then we use it accordingly. People say there is an intelligence which will take care of the body if we let it alone. This is true, but the difficulty is that the conscious mind always interferes with its five-sense evidence based on outer appearances, leading to the sway of false beliefs, fears, and mere opinion. When fear, false beliefs, and negative patterns are made to register in the subconscious mind through psychological, emotional conditioning, there is no other course open to the subconscious mind except to act on the blueprint specification offered to it.

The subjective self within you works continuously for the general good, reflecting an innate principle of harmony behind all things. Study the works of Edison, Carver, Einstein, and many others who without too much outer education knew how to tap the subconscious mind for its manifold treasures. Have a reason for the faith in you. You cannot get very far if you do not believe in what you do not see. I do not see love, but I feel it; I do not see beauty, I see it manifested. Subjective faith is often greater in a puny body of a garret-loving poet than in the stronger frame of a prize fighter. Our greatest failing is a lack of confidence in the powers of the subconscious mind. Get acquainted with your inner powers.

Of what use is it to know in principle that you are perfect if you cannot bring it out? Self-realization, plus feeling, is the only key to healing. To get results is no proof your method is scientific or sound.

I knew a man who was told to wave a rabbit's foot around his head

seven times, and a big wart would fall off. He believed it, and the result followed. The rabbit's foot had nothing to do with it; it was due to a law of mind. Mental acceptance and belief were the causes, and the disappearance of the wart was the effect. If you are tense and anxious, the subconscious mind will pay no attention to you in a tough situation.

A house-owner once remonstrated with a furnace-repair man for charging two hundred dollars for fixing the boiler. The mechanic said, "I charged five cents for the missing bolt, and one hundred and ninety-nine dollars and ninety-five cents for knowing what was wrong."

Similarly, your subconscious mind is the master mechanic, the all-wise one, who knows ways and means of healing any organ of your body, as well as your affairs. Decree health, and the subconscious mind will establish it, but relaxation is the key. "Easy does it." Do not be concerned with details and means, but know the end result. Get the *feel* of the happy solution of your problem, whether it is health, financial, or employment, etc. Remember how you felt after you had recovered from a severe state of illness. Bear in mind that the feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state—not in the future—but as *now* coming about.

One of our students who attended our lectures on The Miracles of The Mind had severe eye trouble which the doctor said necessitated operation. He was instructed how to use the Nancy School technique: Take a little phrase or affirmation, easily graven on the memory, and repeat it over and over again like a lullaby.

Each night this man, as he went to sleep, entered into the drowsy, meditative state, the state akin to sleep. His attention was immobilized and focused on his eye doctor. He imagined the doctor was in front of him, and he plainly heard, or imagined he heard,

the doctor saying to him, "A miracle has happened!" He heard this over and over again every night for perhaps five minutes or so before going to sleep. At the end of three weeks he went to the ophthalmologist who had previously examined his eyes, and he said, to this client, "This is a miracle!" What happened? He impressed his subconscious mind, using the doctor as an instrument or a means of convincing or conveying the idea. Through repetition, faith, and expectancy he impregnated the subconscious mind. The subconscious mind made the eyes; within it was the perfect pattern, and immediately it proceeded to heal the eyes. This is another example of The Miracles of Your Mind.

Chapter 3

THE SUBCONSCIOUS MIND AND ALCOHOLISM

THE ALCOHOLIC is mentally ill, and he needs a mental overhauling. The problem drinker, the compulsive drinker, or the habitual drinker does not drink normally. The problem drinker is the chronic alcoholic; he drinks for days, weeks, and even months at a time. The alcoholic says that a passion seizes him periodically to drink. He is a victim of a habit, because the acts leading to intoxication have been repeated so often, he has established a subjective pattern in his subconscious mind.

Because the alcoholic has already yielded to his craving, he fears that he will yield once more; this contributes to his repeated falls due to the suggestions given to his subconscious mind. It is his imagination which causes the alcoholic to return to drinking intermittently. The images which have been impressed on his subconscious mind begin to bear fruit. He imagines a drinking bout in which glasses are filled and drained; then he imagines the following sense of ease and enjoyment, a feeling of relaxation. If he lets his imagination run wild, he will go to the bar or buy a bottle.

The drinker uses effort and will power to overcome the habit, or "cause," as he calls it. The more effort or will power he uses, the more hopelessly engulfed does he become in the quicksand.

Effort is invariably self-defeated, eventuating always in the opposite of what is desired. The reason for this is obvious: The suggestion of powerlessness to overcome the habit dominates his mind; the subconscious mind is always controlled by the dominant idea. The subconscious mind will accept the strongest of two contradictory propositions. The effortless way is the best.

The first drink starts the alcoholic off. This is due to a subconscious tendency or urge established through habit.

There is a Law of Reversed Effort which was explained by the French school of therapeutics in 1910. It means this: When your desire and your imagination are in conflict, the imagination invariably gains the day. For example, you will hear an alcoholic say, "I took a lot of pains, I tried so hard, I forced myself, I used all the will power I had," etc. He has to be made to realize that herein lies his error; then he begins to conquer the habit.

If, for example, you were asked to walk a plank on the floor, you would do so without question. Now suppose the same plank were placed twenty feet up in the air between two walls, would you walk it? Your desire to walk it would be counteracted by your imagination—your fear of falling. The dominant idea would conquer. Your desire, will, or effort to walk would be reversed, and the dominant idea of failure would be reinforced.

If a man says, "I want to give up alcohol, but I cannot" he may wish to give it up, but the harder he tries, the less he is able. Never try to compel the subconscious mind to accept your idea by exercising will power. Such attempts are doomed to failure. The subconscious mind accepts the dominant of two contradictory statements. It is like the man who is poverty stricken saying, "I am wealthy." In most instances his statement makes him poorer. The simple reason for this is that his belief in poverty is much greater than his belief in abundance, so he is suggesting more lack to himself each time he makes the statement. This illustrates the Law of Reversed Effort. In other words, the opposite result from that which was intended follows.

In using the subconscious to heal alcoholism you must engage its cooperation. The subconscious mind will accept your feeling, your belief, or your conviction. The alcoholic avoids the conflict which

arises in his mind by using the sleeping technique. By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The best time to impregnate the subconscious mind, as the French school pointed out in 1910, is prior to sleep. The reason for this is that the highest degree of outcropping of the subconscious occurs just prior to sleep and just after we awaken. In this state the negative thoughts which tend to neutralize your desire and so prevent acceptance by the subconscious no longer present themselves.

Here is a simple method a chronic alcoholic for forty years used. I wrote this out for him:

Assume a comfortable posture, relax your body, and be still. Get into a sleepy state and in that sleepy state say quietly, over and over again as a lullaby, "I am completely free from this habit; sobriety and peace of mind reign supreme." Repeat the above slowly, quietly, and lovingly for five or ten minutes night and morning. At the end of three weeks he lost all desire to drink. Each time he repeated the above statement its emotional value became greater. When the urge came, he repeated the above formula out loud to himself. By this means he induced the subconscious to accept his idea and a healing followed.

I remember treating an alcoholic in Rochester, New York, some years ago. He said to me, "I had not had a drop in six months, and I was congratulating myself. All my friends were patting me on the back telling me what wonderful will power I had."

"Then," he added, "an uncontrollable urge seized me, and I have been drunk for two weeks."

This had happened time and again with this man. The effort of his will suppressed his desire temporarily, but his continued effort to suppress made matters worse. His repeated failures convinced him

that he was hopeless and powerless in controlling his urge or obsession. This idea of being powerless operated, of course, as a powerful suggestion to his subconscious, increased his impotence, and made his life a wreck.

I taught him how to harmonize the function of the conscious and subconscious mind. When the two cooperate, the idea or desire is realized.

His reasoning mind admitted that if he had been conditioned negatively he could be conditioned positively. His mind entertained the idea that he could succeed. He ceased thinking of the fact that he was powerless to overcome the habit. Moreover, he understood clearly that there was no obstacle to his healing other than his own thought. Therefore, there is no occasion for great mental effort or mental coercion. To use force is to pre-suppose that there is opposition. When the mind is concentrated on the means to overcome a problem, it is no longer concerned with the obstacle.

This man made a practice of relaxing his body, getting into a sleepy, drowsy, meditative state; then filling his mind with the picture of the desired end, knowing the subconscious would bring it about in the easiest way. He imagined his daughter congratulating him on his freedom, saying to him, "Daddy, it's wonderful to have you home."

He had lost his family through drink. He was not allowed to visit them; his wife would not speak to him.

Regularly, systematically, he used to sit down and meditate in the way outlined. When his attention wandered, he brought it back to the picture of his daughter with her smile, tonal qualities, and the scene of his own home.

All this was a reconditioning of his mind. It was a gradual process. He kept it up; he persevered knowing that sooner or later he would succeed in impregnating his subconscious with the mental picture. I told him the conscious mind was the camera, and his subconscious was the sensitive plate on which he registered and impressed the picture. This made a profound impression on him; his whole aim was to impress the picture and develop it in his mind. Your film is developed in the dark; likewise, your mental picture is developed in the darkhouse of the subconscious mind.

Realizing his conscious mind was the camera, he used no effort; there was no mental struggle. He quietly adjusted his thought, and focused all his attention on the scene before him. He became absorbed in its reality, somewhat like a sponge absorbing water. It's a sort of mental absorption whereby you are completely identified with the picture. Sometimes you are so engrossed or absorbed in reading a newspaper article, you can't hear a loved one speak to you.

He got into this mental atmosphere, repeated it frequently, and knew a healing would follow. When the temptation to drink came, he knew it was his imagination taking him back to the drinking bout, so he would switch off that scene, cut the film, so to speak, and see his daughter, feel her embrace, and hear her voice. The secret of his success was that he confidently expected to experience the picture he was developing in his mind.

You are a ship, and thought is your helm. Change the direction of the helm (your thought); as a result you change the direction of your ship.

Get acquainted now with that infinite reservoir of strength and healing power within you which is the subconscious mind. If you are an alcoholic, admit it; do not dodge the issue. Many people remain alcoholics, because they refuse to admit it.

Your disease is an instability, an inner fear. You are refusing to face life, and so you try to escape your responsibilities through the bottle. The interesting thing about an alcoholic is that he has no free will; he thinks he has; he boasts about his will power. The habitual drunkard says bravely, "I will not touch it anymore," but he has no power to back it up, because he does not know where to locate it.

The alcoholic is living in a psychological prison of his own making, and is bound by his beliefs, opinions, training, and environmental influences. He is like most people; i.e., he is a creature of habit. He is conditioned to react the way he does.

The alcoholic must build the idea of freedom and peace into his mentality, so that it reaches his subconscious mind. The latter being all-powerful will free him from all desire for alcohol; then the alcoholic who has the new understanding of how his mind works can truly back up his statements, and prove it to himself.

Your subconscious mind is conditioned by your beliefs and habits. If the alcoholic has a keen desire to free himself from the habit, he is fifty-one percent healed already. When he has a greater desire to give it up than to continue it, he will not experience too much difficulty in gaining complete freedom.

The alcoholic must recondition his mind. There are ways and means of doing this. When you think good, good follows; when you think evil, evil follows; these are simple examples of laws of mind. If a man dwells and broods on sorrow, he meets sorrow and gloom in his outer experience. If he dwells on peace and good fortune in his business, it will prosper. To know the possibilities of such laws of mind is to be seized with a new inspiration and a new faith.

The alcoholic learns that whatever thought he anchors his mind

upon, the latter magnifies. If the alcoholic engages his mind on the concept of freedom (freedom from the habit) and peace of mind, and if he keeps focused on this new direction of his attention, he generates feelings and emotions which gradually emotionalize the concept of freedom and peace. Whatever idea is emotionalized is accepted by the subconscious mind, and brought to pass.

The alcoholic must realize that something good can come out of his suffering; he has not suffered in vain. However what good is it to continue to suffer?

To continue as an alcoholic is only to bring about mental and physical deterioration and decay. Begin to say, "No!" to the urge now. Realize that the power in your subconscious mind is backing you up. Even though you may be seized with melancholia and the shakes, begin to imagine the joy and freedom that is in store for you; this is the law of substitution. Your imagination took and peace of mind. You will suffer a little bit, you to the bottle; let it take you now to freedom but it is for a constructive purpose; you will bear it like the mother in the pangs of childbirth, and you will, likewise, bring forth a child of the mind. Your subconscious mind will give birth to sobriety.

Your thinking controls you, whether you know it or not. You are now fully aware of the fact that your subconscious mind accepts without question the thoughts you impress upon it. You can now begin to control your life. *To discipline your mind* means to think constructively and harmoniously.

One time I read an article about Goethe. He was wont to hold imaginary, mental conversations with friends. For example, he would get still and quiet and imagine one of his friends answering him in the way he wanted, with characteristic gestures and tone of voice. He solved many of his problems that way. So can you.

Many have asked me about their reason or cause for drinking to excess. There are, of course, many reasons. It may be that a man is resenting his wife, or his job, or his employer. Maybe he is jealous, or he has an inferiority or rejection complex. I have discovered in treating alcoholics that there is nearly always a deep sense of guilt.

I am now thinking of a married man, with four children, supporting and secretly living with another woman during his business trips. He was ill, nervous, irritable, cantankerous, and could not sleep without drugs. He had pains in numerous organs of his body which doctors could not diagnose. He was a confirmed alcoholic when I saw him. The reason for his periodic sprees was a deep unconscious sense of guilt. He had violated the ancient code and this troubled him. The religious creed he was brought up on was deeply lodged in his subconscious mind; he drank excessively to heal the wound of guilt.

Some take morphine and codeine for severe pains, he was taking alcohol for the pain or wound of the mind. It is the old story of adding fuel to the fire.

He listened to the explanation of how his mind worked, he faced his problem, looked at it, and gave up his dual role. He knew that his drinking was an unconscious attempt to escape. The hidden cause lodged in the subconscious had to be eradicated; then the healing followed.

When he began to look at his problem in the light of reason, it was dissipated. He began to use this treatment three or four times a day. "My mind is full of peace, poise, balance, and equilibrium. The Infinite Power lies stretched in smiling repose within me. I am not afraid of anything in the past, the present, or the future. Infinite Intelligence leads, guides, and directs me in all ways. I now meet every situation with faith, poise, calmness, and confidence. I am now completely free from the habit; my mind is full of inner peace,

freedom, and joy. I forgive myself; then I am forgiven. Peace, Sobriety, and Confidence reign Supreme in my mind."

He repeated this frequently knowing what he was doing, and why he was doing it. Knowing what he was doing gave him the necessary faith and confidence. I explained to him that as he said these statements out loud, slowly, lovingly, and meaningfully, they would gradually sink down into his subconscious; like seeds they would grow after their kind.

I explained to him that his subconscious mind was like a garden; by planting lovely seeds he would reap a wonderful harvest. It is the nature of an apple seed to bring forth an apple tree. These truths which he concentrated on went in through his eyes; his ears heard the sound; the healing vibration of these words reached his subconscious mind, and obliterated all the negative mental patterns which caused all the trouble. Light dispels darkness; the positive thought destroys the negative. He became a transformed man within a month.

Of course, as you know, people will give you all manner of excuses or alibis as to why they drink. They may blame their drinking on some tragedy in the home, some crisis in their life, lack of money, or education. The real reason is negative thinking which has brought about an emotional maladjustment. "As a man thinketh in his heart, so is he." The word *heart* is an ancient word meaning the subconscious mind. In simple language it is saying, "As you think and feel, so are you in all departments of your life."

Emerson said, "A man is what he thinks all day long." This is the answer and the whole story. The cause is in yourself, in your habitual thinking, your mental attitude, and reaction to life. The alcoholic addict is really seeking to escape some sense of bondage or some subconscious restriction. In other words the alcoholic lacks confidence and poise.

I told a woman one time not to give any more money to her son as he spent it all on drink. I said, "You are only contributing to his delinquency."

"Oh," she said, "he kneels down, kisses the Bible, and swears he will never touch another drop. I believe him; then I give him the money. He seems so penitent, remorseful, and so full of condemnation of himself for the way he acted, that I think he means it."

I explained to her that these were idle statements on the part of her son and really meant nothing; under no circumstances should she give him any more money. I spent some time with her explaining that the boy had no free will, but was just boasting about his will power to give up drinking. His statements and oaths that he would never touch it anymore were meaningless, as he had no power to back them up. In other words, he did not know where the power was, nor how to locate it.

She brought him to see me. He came rather reluctantly making the usual statement that he was not an alcoholic. I told him to stop this nonsense; admit it openly, and not dodge it. That is the first step in healing. Many remain alcoholics, because they refuse to admit they are.

This boy was condemning himself saying, "I suppose I'm no good." Alcohol took him into a world of temporary illusion where in his morbid imagination he was king for a day. This gave him a false sense of confidence and a temporary sense of self-sufficiency. He admitted that if he took one drink, he lost all control, and drank until he fell unconscious. The reason for this is obvious: His mental control was rendered null and void due to a subconscious pattern engraved on his mind over a long period of time. It is like a track on which the train moves. He had established a mental track in his mind on which ran images of drinking bouts, of glasses filled, images associated with feeling of enjoyment and success.

The minute this confirmed drunkard took a drink that was a suggestion for another and another until he fell unconscious. He had subjectified a belief in the necessity of alcohol; the law of the subconscious being that of compulsion, the moment he took one he was compelled to take another. This young man said what all alcoholics say, "If I don't take the first drink I'm all right, but the minute I take the first, I lose control."

The reason is that the one drink brings on an outcropping of the subconscious mind which, in the case of the alcoholic, due to long habit and conditioning says to him, "Have another! Have another!" His subconscious belief and fear is his governor, and controls his conduct and actions.

Man is bound by his beliefs, opinions, training, and environmental influences. He is conditioned to react the way he does. Life is forever seeking to express itself through man. The desire for true place, peace of mind, abundance, and security are cosmic urges within all men. There is a law of mind which, when understood, enables man to realize his cherished desires. The cause of all confusion, strife, and problems in the world is man's failure to realize his heart's desires. Show man the powers of his own subconscious mind; tell him that if he will imagine the end; feel it subjectively, and remain faithful to his ideal, the subconscious will bring it to pass. People who try and stifle desire have really an unconscious impulse toward self-destruction or self-oblivion. When man begins to believe in a Power greater than himself lodged in his own unconscious depths, he is on the way to health, happiness, and peace of mind.

There is nothing new about the following technique. It is as old as man. The most ancient wisdom available said, "As a man imagines and feels, so is he."

The first step: Get still; quiet the wheels of the mind. Enter into a sleepy, drowsy state.

In this relaxed, peaceful, receptive state you are preparing for the second step.

The second step: Take a brief phrase which can readily be graven on the memory, and repeat it over and over again as a lullaby. (Nancy School technique). Use the phrase, "Sobriety and peace of mind are mine now, and I give thanks." To prevent the mind from wandering repeat it aloud or sketch its pronunciation with lips and tongue as you say it mentally. This helps its entry into the subconscious mind. Do this for five minutes or more. You will find a deep emotional response from the subconscious. It is wonderful.

The third step; Just before going to sleep, practise what Goethe used to do. Imagine a friend, a loved one in front of you. Your eyes are closed; you are relaxed and at peace. The loved one is subjectively present and is saying to you, "Congratulations!" You see the smile; you hear the voice. You touch the hand and the face; it's all so real and vivid. The word *congratulations* implies complete freedom. Hear it, over and over again, until you get the reaction which satisfies.

The above technique is sound, psychological procedure, and is an excellent means of conveying an idea to the subconscious mind. You know you will go where your vision is. The wishful thinker is a man who does not believe in the possibility of the execution of his idea or desires. He is the day dreamer. The scientific thinker imagines the end—the victory. He sees fulfillment and accomplishment, and maintains his faith every step of the way knowing that having imagined and felt the end, he has willed the means to the realization of the end.

When fear knocks at your door, when doubt, worry, and anxiety cross your mind, behold your vision. Trust it, believe in it, and an Almighty Power will be generated by your subconscious giving you full confidence and strength. Keep on keeping on "until the day breaks and the shadows flee away."

Chapter 4

THE SUBCONSCIOUS MIND AND WEALTH

THE TROUBLE WITH MOST PEOPLE is that they have no invisible means of support when business falls away, or the stock market drops, or they lose their investments; they seem helpless. The reason for such insecurity is that they do not know how to tap the subconscious mind. They are unacquainted with the inexhaustible storehouse within.

A man with a poverty-type mind finds himself in poverty-stricken conditions. Another man with a mind filled with ideas of wealth is surrounded with everything he needs. It was never intended that man should lead a life of indigence. You can be wealthy, have everything you need, and plenty to spare. Your words have power to cleanse your mind of wrong ideas, and to instill right ideas in their place.

I have talked to many people during the past thirty-five years; their usual complaint is, "I have said for weeks and months that I am wealthy; I am prosperous, and nothing has happened." I discovered that when they said, "I am prosperous; I am wealthy," they felt within that they were lying to themselves.

One man told me, "I have affirmed until I am tired that I am prosperous. Things are now worse. I knew when I made the statement, that it was obviously not true." His statements and those of the others were rejected by the conscious mind, and the very opposite of what they affirmed and claimed was made manifest.

Auto-suggestion succeeds best when it is specific, and it does not produce a mental conflict or argument; hence the statements made by this man made matters worse, because they suggested his lack. The subconscious accepts only your convictions and beliefs, not

just words or statements. The dominant idea or belief is always accepted by the subconscious mind.

The following is a way to overcome this conflict for those who have this difficulty. Make this practical statement frequently, particularly prior to sleep: "By day and by night I am being prospered in all of my interests." This will not arouse any argument, because it does not contradict the subconscious mind's impression of financial lack.

I suggested to one business man whose sales were very low, and he was greatly worried, that he sit down in his office, get quiet, and repeat this statement over and over again: "My sales are improving every day. I am advancing, progressing, and getting wealthier every day." This statement engaged the cooperation of the conscious and subconscious mind; results followed.

The above is a very simple, unique way of impressing the subconscious mind with the idea of wealth. Perhaps you are saying as you read this chapter, "I need wealth and success." This is what you do: Repeat for about five minutes to yourself three or four times a day, "Wealth—Success." These words have tremendous power. They represent the inner power of the subconscious mind. Anchor your mind on this substantial power within you; then conditions and circumstances corresponding to their nature and quality will manifest in your life. You are not saying, "I am a success," or "I am wealthy." You are dwelling on real powers within you. There is no conflict in the mind when you say, "Wealth," or "Success"; furthermore, the feeling of wealth and success will well up within you, as you dwell upon these ideas.

The feeling of wealth produces wealth; the feeling of being successful produces success; keep this in mind at all times. The subconscious mind is like a bank—a sort of universal bank; it

magnifies whatever you deposit or impress upon it, whether it is good or evil.

You sign blank checks when you make such statements as: "There is not enough to go around;" or "There is a shortage;" maybe, "I will lose the mortgage;" etc. If you are full of fear about the future, you are also writing a blank check, and attracting negative conditions to you. The subconscious mind takes your fear and belief as your requests, proceeding in its own way to bring obstacles, delays, lack, and limitation into your life. To him that hath the feeling of wealth, more wealth shall be added; to him that hath the feeling of lack, more lack shall be added. The subconscious mind gives you compound interest also. Every morning as you awaken deposit thoughts of prosperity, success, wealth, and peace; dwell upon these concepts; busy your mind with them as often as possible. These positive thoughts will find their way as deposits in your subconscious mind, and bring forth abundance and prosperity.

I can hear you saying, "Oh, I did that and nothing happened." You did not get results, because you indulged in fear thoughts perhaps ten minutes later, and neutralized the good you had affirmed. When you place a seed in the ground, you do not dig it up.

Suppose, for example, you are going to say, "I shall not be able to make that payment!" Before you get further than, "I shall—" stop the sentence, and dwell on a positive, constructive statement, such as, "By day and by night I am being prospered in all my ways."

To prosper means to advance along all lines in wisdom, understanding, and material possessions. Money represents wealth; it is a symbol of exchange; it represents freedom, opulence, luxury, and refinement. I do not know of anyone who says that he has too much; in all probability he is looking for more.

Most people are under the impression that the value of their money

is dependent on so much gold in South Africa or in the vaults of the United States Treasury; others live in fear that the currency will be devaluated, and that they will lose. When the blood is circulating perfectly and harmoniously in your body, the physician says that you are healthy; like-wise, when money is circulating freely in your life, meeting all of your needs, and there is always a surplus, you are prosperous.

For example, if you listen to the radio, and you hear that there is a crash in the stock market, resulting in a worried or frightened feeling, you are conditioned and affected by some set of statistics or by a news broadcast. Your financial security and wealth are dependent upon your subjective or inner feeling of prosperity.

When you are seeking to convey the idea of wealth and success to your subconscious mind, be sure you never make foolish statements, such as: "I despise money." "It is an evil thing." "It is the root of all evil." Such an attitude of mind will cause money to take wings and fly away from you. You would then be giving two conflicting orders to the subconscious mind; one would neutralize the other, and nothing would happen.

Money has taken many forms down through the ages. What you really want is to have a subconscious conviction that money will always be in constant circulation in your life, meeting all of your needs at every moment of time and every point of space.

Money is essential for your economic health in this country; therefore, you should have all you need and a surplus. Begin now to believe and claim that money is wonderful. Begin to love money and be friendly with it; you will always have plenty; you will never want.

Love is an emotional attachment. Except you love your work, or profession, you cannot be a true success. Love always magnifies

and multiplies. Love the, idea of wealth until it becomes embodied subjectively. Write this down in big letters in your mind: What you love, you increase. What you criticize, fades out of your life.

You are familiar with this fundamental fact: When money is circulated freely in a country, its financial condition is healthy. Let there be a healthy circulation of money in your life also, particularly in your mental attitude. Believe that money is good; think of all of the good you can do with it. Become a mental inlet and outlet for a constant stream of wealth forever flowing to you and forever flowing from you in a perfect circulation.

If you are having financial difficulties, trying to make ends meet, it means you have not convinced your subconscious mind that you will always have plenty and some to spare. You know men and women who work a few hours a week, and make fabulous sums of money. They do not strive or slave hard. Do not believe the story that the only way you can become wealthy or successful is by the sweat of your brow and hard labor. It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it. Sing at your work; you will, if you love it; also, if you love your work, you are bound to be a success.

An executive I know receives a salary of $60,000 yearly. Last year he was on a ten month cruise, seeing the world and its beauty spots. He has convinced his subconscious mind that he is worth that much money. He told me that many men in his organization getting less than one hundred dollars per week knew more about the business than he did, and could manage it better, but they had no ambition and no ideas.

Money is simply a subconscious conviction on the part of the individual. You will not become a millionaire by saying, "I am a millionaire. I am a millionaire." You will grow into a wealth-

consciousness by building into your mentality the ideas of wealth and success.

One of our students who was formerly a seventy-five dollar a week salesman is now a sales manager at a salary of twelve thousand yearly. It all happened within a period of a month.

Every morning as this person shaved, he would look into the mirror, and say to himself, "You are wealthy; you are a big success;" this went on for weeks. In about eight weeks he was suddenly promoted over the heads of eighty other salesmen. While shaving, you are relaxed. As previously outlined, you can convey an idea to the subconscious mind by repeating it again and again at intervals with faith and a joyous expectancy.

Here is a question frequently asked in our large and enthusiastic classes held at the Wilshire Ebell Theatre: "If I need a certain amount, such as, one thousand dollars, should I just concentrate on that?" You could do that, and it would work. However, the general and best procedure is not to think of money in terms of any particular or set sum. Think of it in terms of plenty to sustain you with ease and perfect freedom of action. The reason for this is that whatever you impress on the subconscious mind is always increased and multiplied like the grains of wheat sown in the ground bring forth of its kind a hundredfold.

The subconscious mind works under a law of abundance. Nature is lavish, extravagant, and bountiful. Increase your estimate of yourself. If you bargain with life for a penny a day, the universe will respond accordingly. Many people have a keen desire for more money, but they have a subconscious pattern of seventy-five dollars a week; therefore, that is what they demonstrate; whereas they could demonstrate much more.

Here is a simple technique for you to increase your consciousness

of wealth; use these statements several times a day: "I like money; I love it; I use it wisely, constructively, and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good and very good." This will help you get the right attitude toward money.

Never criticize money by saying, "It is filthy lucre; it is bad; it is tainted." You cannot attract what you criticize. When you begin to think things through, you will realize that real wealth depends on the circulation of wonderful ideas in your mind which well up from the subconscious levels.

A young detective desiring more money, used the above mentioned formula. One morning he awakened with an intense desire to write a short story based on one of his experiences. He sat down; ideas came freely; his story was accepted; then he wrote many others, and was paid handsomely for these articles. Wealth came to him as ideas in his own mind. Your mind, also, can reveal to you a new invention, the material for a new book, or play. Make use of your subconscious mind.

One sales manager I knew used to get ideas for his promotional sales campaign when he awakened in the morning. He became the president of the company; they never had a sales manager like him.

Your subconscious mind is never short of ideas; there are within it an infinite number of ideas ready to flow into your conscious mind, and appear as cash in your pocket book in countless ways. This process will continue to go on in your mind regardless of whether the market goes up or down, or whether the pound sterling or dollar drops in value. Your wealth is never truly dependent on bonds, stocks, or money in a bank; these are really all symbols necessary and useful, of course. The point I wish to emphasize is that if you convince your subconscious mind that wealth is yours, and that plenty of money is always circulating in your life, you will

always have it regardless of the form it takes.

If you believe that wealth or money is dependent on your job or more hours of work, you have a limited concept; you are bound by your own beliefs. This is a world of cause and effect. If you worry and fret about money, this mood of lack will produce a greater lack of money. Your mental attitude is the cause; less money is the effect.

There is one emotion which is the cause of financial lack in the lives of many. Most people learn this fact the hard way. It is envy. For example, if you see a competitor depositing large sums of money in the bank, and you have only a meagre amount to deposit, does it make you envious? The way to overcome this emotion is to say to yourself, "Isn't it wonderful! I rejoice in that man's prosperity. I wish for him greater and greater wealth."

Do you know what you are doing? You are actually impressing the subconscious mind with the idea of wealth! To entertain envious thoughts is devastating, because it places you in a very negative position; therefore, wealth flows from you, instead of to you. If you are ever annoyed or irritated by the prosperity or great wealth of another, claim immediately that you truly wish for him greater prosperity in every possible way. This will neutralize the negative thoughts in your mind, and cause a greater measure of wealth to flow to you by the law of your own subconscious mind.

Maybe you know someone who is always trying to make ends meet; they seem to have a great struggle with money. Have you listened to their conversation? In many instances their conversation runs along this vein: They are constantly condemning those who have succeeded in life, and who have put their heads above the crowd. Perhaps they are saying, "Oh, that fellow has a racket; he is ruthless; he is a crook." This is why they lack; they are condemning the thing they desire and want. The reason they speak critically

of their prosperous associates is because they are envious and covetous of the other's prosperity. The quickest way to cause wealth to take wings and fly away is to criticize and condemn others who have more money than you.

Do you say you never had a chance? Are you blaming your relatives, your mother, or father, because they never aided you financially. Stop doing it immediately. Learn that the secret to wealth is the correct use of your own mind. All of the resources of that infinite mind are behind you seeking expression through you, if you will only have a receptive, mental attitude.

If you are worried and critical about someone whom you claim is making money dishonestly, cease worrying about him. You know such a person is using the law of mind negatively; the law of mind takes care of him. Be sure not to criticize him, for the reasons before assigned.

If you are experiencing a financial block, the obstruction is in your own mind. You can now destroy that mental block. Get on mental, good terms with everyone.

As you go to sleep tonight, practice the many techniques which we occasionally refer to. Repeat the word, "Wealth," quietly, easily, and feelingly. Do this over and over again as a lullaby. Lull yourself to sleep with the one word, "Wealth." You should be amazed at the results. Wealth should flow to you in avalanches of abundance; this is another example of The Miracles of The Sub-conscious Mind.

Chapter 5

HOW TO APPLY THE SUBCONSCIOUS MIND TO MARITAL PROBLEMS

THE BEST TIME to prevent a divorce is before marriage. Ignorance of the powers within you is the cause of all of your marital trouble. Learn how to attract the right wife or husband. For instance, if you are a girl seeking a husband, do not begin to tell yourself all of the reasons why you cannot get married; rather tell yourself all of the reasons why you *can* be happily married. Eradicate the word *cannot* from your vocabulary. He can, who believes he can!

You are now acquainted with the way the subconscious mind works. You know that whatever you impress upon it, shall be experienced in your world. Begin now to impress your subconscious mind with the qualities and characteristics you admire in a man.

This is one technique: Sit down at night in your armchair; close your eyes; let go; relax the body; become very quiet, passive, and receptive. Talk to your subconscious mind, and say to it, "I am now attracting a man into my experience who is honest, sincere, loyal, kind, faithful, and prosperous. He is peaceful and happy. These qualities are sinking down into my subconscious mind now. As I dwell upon these qualities, they become a part of me. I know there is an irresistible law of attraction, and that I attract to me a man according to my subconscious belief. I attract that which I feel as true in my subconscious mind. In other words I know that according to the law, I will attract a man in accordance with my feelings, beliefs, and impressions made on my subconscious mind regarding the type of man I seek."

Practice this process of impregnating your subconscious mind; then you will have the joy of attracting a man having the qualities

and characteristics you mentally dwelt upon. The subconscious intelligence will open up a pathway whereby both of you will meet according to the irresistible and changeless law of your own subconscious mind. Have a keen desire to give the best that is in you of love, devotion, and cooperation. Be receptive to this gift of love which you have given to your subconscious mind.

Marriage between man and woman should be an act of love. Honesty, sincerity, kindness, and integrity are forms of love. Each should be perfectly honest and sincere with the other. There is not a true marriage when the man marries a woman for her money, social position, or to lift his ego, because there is no sincerity or honesty there. The marriage is not of the heart. When a woman says, "I am tired working; I want to get married, because I want security;" her premise is false; she is not using the laws of mind correctly. Her security depends upon her knowledge of the interaction of the conscious and subconscious mind and its application.

For example, a woman will never lack for wealth or health if she applies the technique outlined in the respective chapters of this book. Her wealth can come to her independent of her husband, father, or anyone else. A woman is not dependent on her husband for health, peace, joy, inspiration, guidance, love, wealth, security, happiness, or anything in the world. Her security and peace of mind come from her knowledge of the inner powers within her, and her constant use of the laws of her own mind in a constructive fashion. Marrying for money or to get even with someone is, of course, a farce and a masquerade.

A man and a woman must be subjectively united in the sense that a real love or sense of oneness prevails; in other words two hearts are united in love, freedom, and respect.

A number of people have said to me, "Oh, we love each other, why should we bother getting married?" The answer to this is extraordinarily simple: What we subconsciously feel and accept as true is always objectified or made manifest on the screen of space. Their reasoning, therefore, is false and insincere. The law of mind is, "As within, so without."

Let us take the case of a man or a woman who has made an honest mistake. She now finds herself married to a drug-addict; he refuses to work; she has to support him; he is ruthless and cruel. It is true that due to her state of mind, she attracted that man; yet she is not condemned to live in a world of misery brought about by her own mood or ignorance. Had she used her subconscious mind in the right way, this would not have happened. (I am sure that if you fell into the gutter, slipped perhaps on a banana peel, it would be silly to condemn yourself and stay in the gutter. The obvious thing to do would be to get up out of the gutter, wash yourself, and keep on going.) The woman herein referred to, packed her belongings, and left this man. She realized it was an intolerable situation. Surely this woman is not condemned to live with this man when their hearts and minds are miles apart. You can tie two people together with a rope; yet they can be as far apart as the poles in thought, feeling, and perspective.

You are divorced mentally when your mind and heart are elsewhere. To stay together in such circumstances is chaotic from all angles. Marriage is a union of two hearts; there is no marriage where the hearts are not bound together in love and peace. Adultery takes place in the heart first. The heart is the seat of the emotions. If you are resentful, hateful, and critical of your partner, you have already committed adultery in your heart.

To direct your mental and emotional operations along destructive and negative channels is to commit adultery. Always remember the

adulterous state takes place in the mind. Bodily acts follow mental states; they do not precede.

Perhaps as you read these pages, you are saying, "I know a young couple who got married recently. They both used the laws of mind; they seemed perfectly happy in every way. Now they are contemplating a divorce." The mental attitude which attracted and endeared them to each other must be maintained and strengthened, in order to preserve the marriage. If a disagreement arises or some slight argument occurs, and one of the partners engages the mind on a negative idea such as resentment or hostility, he is uniting with the error in his mind, and it is destructive to marital happiness.

The little arguments and quarrels which married people engage in will not hurt; it is the sustained grudge or ill feeling which does the damage. When the harsh words said are all forgotten and forgiven a few minutes later, no harm has been done. It is when the feeling of being hurt is prolonged, that the danger lies.

If a man begins to brood, grows morbid against his wife, because of the things she said or did, he is committing adultery, since he is mentally engaged in bitterness. This mood will endanger the marriage except he forgives and radiates love and goodwill to his partner. Let the man who is bitter and resentful swallow his sharp remarks; let him go to great length to be considerate, kind, and courteous. He can deftly skirt the differences. Through practice and mental effort, he can get out of the habit of antagonism; then he will be able to get along better not only with his wife, but with business associates also. Assume the harmonious state, and eventually you will find peace and harmony.

Let us have a few remarks about the nagging wife. Many times the reason she is a nagger is because she gets no attention; oftentimes it is a craving for love and affection. Give it to her. There is also

the nagging type of woman who wants to make the man conform to her particular pattern. This is about the quickest way in the world to get rid of a man.

The wife and the husband must cease being scavengers—always looking at the petty faults or errors in each other. Let each give attention and praise to the positive and wonderful qualities in the other.

A great mistake is to discuss your marital problems or difficulties with neighbors and relatives. Suppose, for example, a wife says to the neighbor, "John never gives me any money; he treats my mother abominably; drinks to excess, and he is constantly abusive and insulting." Now this wife is degrading and belittling her husband in the eyes of all of the neighbors and relatives; he no longer appears as the ideal husband to them. Never discuss your marital problems with anyone except a trained counselor. Why have many people thinking negatively of your marriage? Moreover, as you discuss and dwell upon these shortcomings of your husband, you are actually creating these states within yourself. Who is thinking and feeling it? You are! As you think and feel, so are you.

Relatives will usually always give you the wrong advice; it is usually biased and prejudiced, because it is not given in an impersonal way. Any advice you receive which violates the golden rule—which is a cosmic law—is not good or sound. It is well to remember that no two human beings ever lived beneath the same roof without clashes of temperament, periods of hurts, and strain. Never display the unhappy side of your marriage to your friends. Keep your quarrels to yourself. Refrain from criticism and condemnation of your partner.

If there are children in the home, let the father praise their mother; let him call attention at times to her fine qualities and the happy as-

pects of the home.

A husband must not try and make his wife over into a second edition of himself. The tactless attempt to change her in many ways is so foreign to her nature; these attempts are always foolish; many times they result in a dissolution of the marriage. These attempts to alter her destroy her pride and self-esteem, and arouse a spirit of contrariness and resentment that proves fatal to the marriage bond.

Adjustments are needed, of course, but if you have a good look inside of your own mind, and study your character and behaviour, you will find so many shortcomings there to keep you busy the rest of your life. If you say, "I will make him over into what I want," you are looking for trouble and the divorce court. You are asking for misery. You will have to learn the hard way that there is no one to change but yourself.

If you have a marital problem, ask yourself what it is you want; then realize that you can achieve that goal. You would solve your marital problem in the same way as any other problem. Define clearly what you want; then realize that what the mind engages in, it creates.

A woman told me one time that after thirty years her husband began to drink heavily, neglecting his home and children. She began to claim peace and harmony in her home and heart. She paid no attention to the circumstances or conditions. She quietly engaged her mind on her goal, knowing that her subconscious mind would bring about and magnify what she gave her attention to. Harmony and peace were again restored after a few months devotion to her true goal. This is an illustration of The Miracles of The Subconscious Mind.

By resenting and fighting the situation, this woman would only

make matters worse. If there is quarreling and bickering in the home, turn your attention away from personalities, environments, and conditions, and focus your attention on your ideal, which is love, peace, and harmony. As you feed your mind upon these ideas, the subconscious mind will respond and bring about harmony.

I am often asked this question, "If one of the partners has an intense desire to terminate the marriage, and the other has an equally intense desire to remain united in marriage, and they are both sincere, what will happen?" In such cases there is a mental tug of war; this is a house divided against itself; sooner or later it will dissolve; however, their attitude of mind may prolong the situation.

The proper and correct way to solve this marital problem is to lift the thought above personalities and conditions, and begin to direct your thought to your true desire, trusting the infinite intelligence within you to bring about the perfect solution. Through the right application of the law of your subconscious mind, you can bring harmony where discord is, and resurrect peace where confusion reigns; moreover, the right application of your subconscious mind can dissolve a bad marriage.

Do not let foolish pride, anger, and a desire to get even take you to the divorce court, when all of the while your heart is one with the husband you left. Let love, goodwill, and kindness lead you back to the one you love in your heart. You can heal any problem through the right application and direction of your subconscious mind. Listening to the intuition or guidance which comes from the subjective wisdom within you would have perhaps prevented you from contracting the present marriage. You did not know how to use it; now you do. If you had a bad start, you can adjust it now by using the procedure and techniques outlined in this chapter. By exalting, and lifting up your partner in thought and feeling, and always cherishing the lovely qualities which brought you together,

you can make your marriage a beautiful experience and a joy forever.

Chapter 6

THE SUBCONSCIOUS MIND AND GUIDANCE

IN EXPLAINING THE WORKINGS of the subconscious mind to our recent college class, one of the men present said that the answer to his problem came to him while he was shaving. The reason for this was that while he was shaving, he was relaxed; then the wisdom and intuition of the subconscious mind came to the surface mind.

This man had been giving intense, conscious application to his problem for several days. By adhering to the following instructions he got results: As he was about to go to sleep at night, he would say, "I am now turning this request over to my deeper mind; I know it has the answer, and I will receive it."

In the first chapter we told you that the subconscious mind will awaken you at six in the morning, because you are thinking about six o'clock in the morning before you go to sleep. In the same manner the subconscious mind took up his case; having the superior wisdom, it logically deduces the perfect answer, and gave it to him.

You will often note that immediately after awakening, the answer will come to you, because you are still half asleep and half awake; there is an outcropping of the wisdom of the subconscious mind at that time.

When you are beset with a problem, what do you do? Many people will worry and fret about the problem; this makes matters worse, because the subconscious mind always magnifies what we impress upon it.

Many liken the subconscious mind to a bank; you are constantly making deposits in this universal bank. Be sure you deposit seeds

of peace, harmony, faith, and goodwill; these will be magnified a thousand fold; then prosperity and good fortune will be your harvest. How do you find yourself reacting to the problems of the day and to your environment? If you react with anger, bitterness, criticism, and resentment, you are making these deposits in the bank within you. When you need strength, faith, and confidence, you cannot draw them out, because you have not placed these qualities in your bank.

Begin now to deposit joy, love, peace, and good humor; busy your mind with these things; then the subconscious bank will give you compound interest. It will magnify exceedingly beyond your wildest dreams.

When you have what you term a difficult decision to make, or when you fail to see the solution to your problem, begin at once to think constructively about it. If you are fearful and worried, you are not really thinking. Real thought consists in contemplating whatsoever things are true, just, honest, lovely, and of good report. True thinking is free from fear. The real reason why you are fearful is because you have a false concept, or you are taking a wrong view of things. Probably you believe that external things, conditions, and circumstances control you, and that they are causative. Remember you have dominion over your environment and conditions.

Here is a simple technique which you can follow: Quiet the mind; still the body; tell the body to relax; it has to obey you. It has no volition, initiative, or intelligence of itself; it is an emotional disc which records your beliefs and impressions. Immobilize your attention; focus your thought on the solution to your problem. Try and solve it with your conscious mind. Think how happy you would be about the perfect solution. If your mind wanders, bring it back gently. In this sleepy, drowsy state, say quietly and positively, "The answer is mine now; I know my subconscious mind knows

the answer." Live now in the mood or feeling of the solution. Sense the feeling you would have if the perfect answer were yours now. Let your mind play with this mood in a relaxed way; then drop off to sleep. You may fall asleep sooner than you expected, but you were thinking about the answer; the time was not wasted. When you awaken, and you do not have the answer, get busy about something else. Probably when you are preoccupied with something else the answer will come into your mind, like toast pops out of the toaster.

Never think about your problem in this manner: "Things are getting worse. I will never get the answer." "I see no way out." "It is hopeless." You are reversing the law, and undoing the good work you have done. Thinking about the answer activates the intelligence of the subconscious which knows all, sees all, and has the "know how" of accomplishment.

The subconscious mind has the power to create; it also obeys the orders given to it by the conscious mind. Remember always this simple truth: The conscious mind has the power of choice; the subconscious does what it is told to do. The latter accepts your beliefs and convictions, and brings them into your experience. It is an infinite, creative power.

Sometime ago I received a clipping from a magazine describing how Dr. Banting solved his problem of diabetes. He had made a profound study of the disease. One night he was awakened in the early hours of the morning with the answer to extract the substance from the degenerated, pancreatic duct of dogs; this was the origin of insulin, which has helped millions of people.

It does not follow that you will always get an answer overnight; the answer may not come for weeks or months. Do not be discouraged. Keep on turning it over every night to the subconscious mind prior to sleep, as if you had never done it before.

One of the reasons for the delay may be that you look upon it as a major problem. You may believe it will take a long time to solve it.

The subconscious mind is timeless and spaceless. Go to sleep believing you have the answer now, and that the solution is yours now. Do not postulate the answer in the future. Have an abiding faith in the outcome. Become convinced now, as you read this book, that there is an answer, and a perfect solution for you.

Here is a very simple technique used from time immemorial to get an answer from the subconscious mind: Calmly think over what you want, such as, the answer, the harmonious solution, or the right decision. The best time to turn over a request is just before going to sleep. Relax the body; still the wheels of your mind; suggest sleep to yourself. You will begin to feel sleepy, but you are still consciously aware and capable of directing your attention.

For example, you can hear a baby cry next door, or you can hear someone walking around the house. You are in a state akin to sleep, between the waking and sleeping state. (The Nancy School of Therapeutics calls this state *the reverie.)* In this drowsy, meditative state you induce the subconscious mind to take over your problem or request; this *passing over* to the subconscious mind is best accomplished through the above process. You infer no opponent; you use no will power. You imagine the end, the solution, and the freedom state. Do this with complete naiveté and simplicity. Have a simple, childlike, miracle-making faith. Picture yourself without the problem. Cut out all of the red tape from the process.

The simple way is the best. This is an illustration: I lost a valuable ring; it was an heirloom; I looked everywhere for it, and could not locate it. I decided to practice what I preach! At night I talked to the subconscious in the same manner that I would talk to anyone. I said to it prior to dropping off to sleep: "You know all things; you

know where that ring is, and you now reveal to me where it is." In the morning I awoke suddenly with the words ringing in my ear, "Ask Robert!"

I thought it very strange that I should ask Robert; however, I followed the inner voice of intuition.

Robert said, "Oh, yes, I picked it up on the sidewalk in front of the house. It is in my drawer; it did not seem very valuable, so I did not say anything about it!" The subconscious mind will always answer you if you trust it.

A young man in our recent class had this experience: His father passed on to the next dimension, and apparently left no will. However this man's sister told him that their father had confided to her that a will had been executed which was fair to all. All attempts to locate the will failed. During the closed class on The Miracles of The Subconscious Mind this young man put into practice what he heard. As he went to sleep, he said, "I now turn this request over to the subconscious mind; it knows just where that will is; it reveals it to me"; then he condensed his request clown to one word, "Answer," repeating it over and over again as a lullaby. He lulled himself to sleep with the word, "Answer."

This student had a dream that night, a very vivid, realistic dream, wherein he saw the name of a certain bank in Los Angeles and its address. He went there; found a safe deposit vault registered in the name of his father which solved all of his problems.

Your thought as you go to sleep arouses the powerful latency which is within you. For example, let us suppose you are wondering whether to sell your home, buy a certain stock, sever partnership, move to New York or stay in Los Angeles, dissolve the present contract or take a new one. Do this: Sit quietly in your arm chair or at the desk in your office; remember that there is a

universal law of action and reaction. The action is your thought. The reaction is the response from your subconscious mind. The subconscious mind is reactive and reflexive; this is its nature. It rebounds, rewards, repays; it is the law of correspondence. It responds by corresponding. As you contemplate right action, you will automatically experience a reaction or response in yourself. You have now used the infinite intelligence resident in the subconscious mind to the point where it begins to use you; from then on your course of action is directed and controlled by the subjective wisdom within you, which is all wise and omnipotent. Your decision will be right; there will only be right action, because you are under a subjective compulsion to do the right thing. I use the word *compulsion,* because the law of the subconscious is compulsive.

Our subconscious convictions and beliefs dictate and control all of our conscious actions. The secret of guidance or right action is to mentally devote yourself to the right answer, until you find its response in you. The response is a feeling, an inner awareness, an overpowering hunch whereby you know that you know. You have used the power to the point where it begins to use you. You cannot possibly fail or make one false step while operating under the direction of the subjective wisdom within you.

Think of a garden; then you will understand the two-fold aspect of mind, and the subjective law by which it operates. The conscious mind plants the seed in the soil. It decides what kind of seed shall be planted. As you know the soil will grow whatever is planted, whether it is grapes or thorns.

Similarly, look upon the subconscious mind as the soil; it contains all of the elements necessary and essential for growth. Again let us realize it is the nature of the soil to *bring forth,* but as you know, it is not the slightest bit interested in what it brings forth. It does not care whether it brings forth a pear tree or an apple tree. All of the

laws of nature would be violated should the soil refuse to produce or grow poisonous plants.

Exactly the same thing is true of the subconscious mind; it is a doer; it never questions or talks back to you. It accepts what you deposit in it, and produces it in your experience whether it is good or bad. Learn to use your subconscious mind constructively, wisely, and judiciously.

I want to stress this important fact: You will always receive guidance in respect to the subject in which you think about the most. The subconscious mind is impersonal and no respecter of persons. If, by illustration, you begin to think about how you can set fire to a certain building without being detected, ideas and thoughts will come to you for the evil and destructive uses of fire. The universal energy or power in and of itself is perfectly harmless; however, you can use it for constructive or destructive purposes.

Let us take the atomic energy about which we read so much; it is perfectly harmless. You know very well it is in the mind of man that the danger of atomic energy lies. He can use the atomic energy to warm or light a house or destroy thousands of people.

You receive guidance in accordance with what you habitually think about. If you think and dwell upon fears, troubles, and failure, you will be guided in the wrong direction, and more chaos and confusion will be experienced by you.

Take this great thought, and dwell upon it: There is nothing to fear in all of the universe! You have the power of control through the wise use of your subconscious mind. Sit down quietly now, and think of a beautiful lake on top of a mountain; it is a still, quiet night. On the surface of the quiet, placid lake you see mirrored the stars, the moon, and perhaps the trees nearby. If the lake is

disturbed, you will not see the stars or the moon. Similarly quiet your mind, relax, and let go. Think of peace and stillness; then over the mirrored waters of your mind will move the answer to your question!

Chapter 7

OVERCOMING FEAR THROUGH THE SUBCONSCIOUS MIND

EMERSON said, "Do the thing you fear, and the death of fear is certain."

There was a time when the writer of this chapter was filled with unutterable fear when standing before an audience. The way I overcame it was to stand before the audience; do the thing I was afraid to do, and the death of fear was certain. When you affirm positively that you are going to master your fears, and come to a definite decision in your conscious mind that you are going to overcome, you release the power of the subconscious which flows in response to the nature of your thought.

One of our students told me that he was invited to speak at a banquet. He said he was panic stricken at the thought of speaking before a thousand people. He overcame the fear this way: For several nights he sat down in an armchair for about five minutes and said to himself slowly, quietly, and positively, "I am going to master this fear. I am overcoming it now. I speak with poise and confidence. I am relaxed and at ease." He operated a definite law of mind and overcame his fear.

The subconscious mind is amenable to suggestion and controlled by suggestion. When you still your mind and relax, the thoughts of your conscious mind sink down into the subconscious through a process similar to osmosis, whereby fluids separated by a porous membrane intermingle. As these positive seeds or thoughts sink into the subconscious area, they grow after their kind, and you become poised, serene, and calm.

A young lady was invited to an audition. She had been looking for-

ward to the interview. However, on three previous occasions she failed miserably due to stage fright.

Here is the very simple technique which I gave her. Remember this young lady had a very good voice, but she was certain when the time came for her to sing that she would be seized with stage-fright. The subconscious mind takes your fears as a request, proceeds to manifest them, and bring them into your experience. On three previous auditions she sang wrong notes and finally broke down. The cause, as previously outlined, was an involuntary auto-suggestion; i.e., a silent fear thought emotionalized and subject-ified.

She overcame it by the following technique. Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled the mind and body as best she could. Physical inertia favors mental passivity, and renders the mind more receptive to suggestion. She counteracted the fear suggestion by its converse, saying to herself, "I sing beautifully, I am poised, serene, confident, and calm." She repeated this statement slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day and one immediately prior to sleep. At the end of a week she was completely poised and confident, and gave a remarkable, wonder-ful audition. Carry out the above procedure with assurance and conviction, and the death of fear is certain.

Occasionally young men from the local university come to see me, and also school teachers, who seem to suffer from suggestive amnesia at examinations. The complaint is always the same— "I know the answers after the examination is over, but I can't remember the answers during the examination."

The idea which realizes itself is the one to which we invariably give concentrated attention. I find that each one is obsessed with

the idea of failure. Fear is behind the temporary amnesia, and is the cause of the whole experience.

One young medical student was the most brilliant in his class; yet he found himself failing to answer simple questions at the time of written or oral examinations. I explained to him that the reason was he had been worrying and fearful for several days previous to the examination, these constant negative thoughts became charged with fear. Thoughts enveloped in the powerful emotion of fear are realized in the subconscious. In other words, this young man was requesting his subconscious mind to see to it that he failed, and that is exactly what it did. On the day of the examination he found himself stricken with what is called in psychological circles "suggestive amnesia.

A French psychologist named Baudouin said, "What we have to work for in overcoming fear is education of the imagination."

Here is how the young man overcame his fear. He learned that his subconscious mind was the storehouse of memory, and had a perfect record of all he had heard and read during his medical training. Moreover, he learned that the subconscious mind was responsive and reciprocal; the way to be en-rapport with it was to be relaxed, peaceful, and confident.

Every night and morning he began to imagine his mother congratulating him on his wonderful record. He would hold an imaginary letter from her in his hand and read congratulatory words. He would also feel the letter in his hand. As he began to contemplate the happy result, he called forth a corresponding or reciprocal response or reaction in himself. The all-wise and omnipotent power of the subconscious took over, dictated, and directed his conscious mind accordingly. He imagined the end. When he imagined and felt the end, he willed the means to the realization of the end. Following this procedure he had no trouble passing

subsequent examinations. In other words the subjective wisdom took over compelling him to give an excellent account of himself. The law of the subconscious mind is compulsion.

There are many people who are afraid to go in an elevator, climb mountains, or even swim in the water. It may well be that the individual had unpleasant experiences in the water in his youth, such as having been thrown forcibly into the water without being able to swim.

I had an experience when I was about ten years of age. I fell accidentally into a pool and went down three times. I can still remember the dark water engulfing my head, and my gasping for air until another boy pulled me out at the last moment. This experience sank into my subconscious mind; for years I feared the water.

An elderly psychologist said to me, "Go down to the swimming pool, look at the water, and say out loud in strong tones, 'I am going to master you, I can dominate you;' then go into the water, take lessons, and overcome it." This I did. I learned that when you do the thing you are afraid to do, fear disappears.

It was only a shadow in my mind. When I assumed a new attitude of mind, the omnipotent power of the subconscious responded giving me strength, faith, and confidence, enabling me to overcome. I used the subconscious mind to the point where it began to use me.

Following is a process and technique for overcoming fear which I teach from the platform — it works like a charm. Try it! Suppose you are afraid of the water, or a mountain, an interview, an audition, or you fear closed places. If afraid of swimming, begin now to sit still for five or ten minutes, for three or four times a day, and imagine you are swimming. Actually you are swimming in

your mind; it is a subjective experience. Mentally you have projected yourself into the water. You feel the chill of the water and the movement of your arms and legs. It is all real, vivid, and a joyous activity of the mind. It is not idle day dreaming, for you know what you are subjectively experiencing in your imagination will be developed in your subconscious mind; then you will be compelled to express the image and likeness of the picture you impressed on your deeper mind; this is the law of the subconscious.

As you continue to discipline your mind this way, you are mentally immersed in the water and happy in it, consequently the fear passes; you will enter the water physically. I might say you will be compelled to give a good performance. You have consciously called upon the wonderful power of your subconscious which is all wise and powerful; this power controls you and governs you according to the nature of your call or request. This is a wonderful thing to know and a marvelous thing to do.

The president of a large organization told me that when he was a salesman, he used to walk around the block five or six times before he called on a customer. The sales manager came along one day, and said to him, "Don't be afraid of the boogie man behind the door, there is no boogie man; it's a false belief.

The manager told him that whenever he looked at his own fears, he stared them in the face and stood up to them, looking them straight in the eye; then they faded and shrank into insignificance.

Go out now and face that thing you are afraid of. If you are afraid to take that position, take it. Say to yourself "I can accomplish; I will succeed!" You will find a corresponding emotion or feeling generated by your subconscious. You will induce the mood or feeling of confidence, faith in yourself, and the joy of accomplishment. Fear is a thought in your mind, but confidence is a far more

powerful thought; it fills your mind with a positive, constructive feeling and drives fear out.

A chaplain told me of one of his experiences in the second World War. He had to parachute from a damaged plane and land in a jungle. He said he was frightened, but he knew there were two kinds of fear, normal and abnormal. Normal fear is good; it is the law of self preservation. It is the subconscious mind telling you something must be done. It is sort of an alarm system that tells you to get out of the way of an oncoming car.

The chaplain said, "I began to talk to myself saying, 'John, you can't surrender to your fear; your fear is a desire for safety or security, for a way out.' "

He said that he knew there was a subjective intelligence which led the birds to their food and told them where to go in summer and winter. He began to claim, "Infinite Intelligence which guides the planets in their course is now leading and guiding me out of this jungle."

He kept saying this out loud to himself for ten minutes or more. "Then," he added, "something began to stir inside me, a mood of confidence began to seize me, and I began to walk. After a few days I came out miraculously, and was picked up by a rescue plane."

His changed mental attitude saved him. His confidence and trust in the subjective wisdom and power within him was the solution to his problem. He said, "Had I begun to bemoan my fate and indulge my fears, I would have succumbed to the monster *fear,* and probably have died of fear and starvation."

Whenever fear comes, go to the opposite immediately in your mind. To indulge in fear thoughts constantly and to engage your

mind constantly with negative thoughts result in abnormal fear, obsessions, and complexes. To engage the mind with all the difficulties of your problem will only instill more fear until it assumes a size of catastrophic proportions. Finally there comes a sense of panic and terror weakening and sickening you. You can overcome fear of this nature when you know that the power of your subconscious can always change the objective conditions. Go within, claim, and feel your good—the solution. Know there is an Infinite Intelligence which responds and reacts to your thought and feeling.

Imagine the end; feel the thrill of victory. What you subjectively feel and imagine as true is the inner evidence of what will take place objectively. Your subconscious can free you. When fear thoughts come, contemplate the solution, the happy ending. Never fight negative or fearful thoughts. Always turn on the lamp of love, peace, and confidence within you. Most of our fears are imaginary.

The general manager of an organization told me that for three years he feared he would lose his position. He was always imagining failure. The thing he feared did not exist, save as a morbid, anxious thought in his own mind. His vivid imagination dramatized the loss of his job until he became nervous and neurotic. Finally he lost his position; he was asked to resign.

Actually he dismissed himself. His constant, negative imagery and fear suggestions to his subconscious mind caused the latter to respond and react accordingly. It made him make mistakes and foolish decisions which resulted in his failure as a general manager. The thing this man feared did not exist. His dismissal would never have happened had he immediately moved to the opposite in his mind.

No thought or concept, constructive or negative, can ever manifest except we emotionalize such concepts. The thoughts, concepts, and

ideas have to penetrate the subconscious before they can affect us for good or evil.

If you look back in your life, you will agree with the writer that most of your fears, worries, and anxieties never came to pass. The reason for this was that you did not retain them long enough; likewise you did not charge them with a deep emotion. The general secret of banishing fear is to constantly fill your mind with constructive and positive thoughts. Fill the mind with thoughts of love, peace, and harmony. Give attention to your goal, ideal, the positives, the things you wish to experience in life. As you do this, an inner invisible movement of your subconscious will take place changing your world into the likeness of your inner imagery and contemplation.

During a recent round the world lecture tour, I had a two hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturbs him. His practice is to sit still for fifteen minutes in the morning and realize that in the center of himself is a deep, still ocean of peace. Meditating in this way, he generates tremendous power which overcomes all manner of difficulties and fear.

Some months ago, a colleague called him at midnight and told him that a group were plotting against him. This is what he said to his colleague: "I am going to sleep now in perfect peace. You can discuss it with me at ten A.M. tomorrow."

Notice how calm he was, how cool, how peaceful! He didn't start getting excited, tearing his hair, or wringing his hands. At his center he found the still water, an inner peace, and there was a great calm.

Your mind is composed of two areas, the conscious mind where

we reason, and the great unconscious or subconscious depths which somewhat resemble the ocean into which many forgotten fears and false beliefs are lodged.

I met a man who came to my hotel in New Delhi, India, for consultation. He was from the British Isles. He had acute sinusitis, a deep sense of grief, and was haunted by unknown fears. I found in talking to him that he hated his father for many years, because the father had bequeathed all his estate to his brother. This hatred developed a deep sense of guilt in his subconscious mind; because of this guilt he had a deep, hidden fear of being punished; this complex expressed itself as migraine and sinusitis in his body.

Fear means pain. Love and good will mean peace and health. The fear and guilt which this man had were expressed as disease, or lack of ease or peace. The mucous membranes of his nose were always inflamed.

This young man realized that his whole trouble was caused by his own sense of guilt, self-condemnation, and hatred. His father had long since passed on to a higher dimension of life. Actually he was poisoning himself through hatred; he began to forgive himself. *To forgive* is to give something for. He practiced saying, "I completely forgive my father. He did what he believed right according to his light. I release him. I wish him peace, harmony, and joy. I am sincere, I mean it."

Then he cried for a long time. That was good. He lanced the psychic wound, and all the psychic pus came forth. His sinusitis disappeared. I have had a letter from him saying that the migraine attacks have ceased altogether. The fear of punishment which was lurking in his subconscious mind has now disappeared.

Use this perfect formula for casting out fear. "I sought the Lord, and He heard me, and delivered me from all my fears." The *Lord* is

an ancient word meaning your subconscious mind.

Learn the powers of your subconscious, how it works and functions. Master the techniques given you in this chapter. Put them into practice now—today! Your subconscious will respond, and you will be free of all fears.

"I sought the Lord, and He heard me, and delivered me from all my fears."

DR JOSEPH MURPHY

MAXIMIZE YOUR POTENTIAL THROUGH THE POWER OF YOUR SUBCONSCIOUS MIND

TO DEVELOP SELF-CONFIDENCE AND SELF-ESTEEM

MAXIMIZE YOUR POTENTIAL THROUGH THE POWER OF YOUR SUBCONSCIOUS MIND

TO DEVELOP SELF CONFIDENCE AND SELF ESTEEM

One of a Series of Six New Books

By Joseph

Murphy, DD, Ph.D.

Edited and Updated for the 21st Century
By Arthur R. Pell, Ph.D.

MAXIMIZE YOUR POTENTIAL THROUGH THE POWER OF YOUR SUBCONSCIOUS MIND to Develop Self Confidence & Self Esteem By Joseph Murphy, DD, Ph.D. Edited and Updated for the 21st Century By Arthur R. Pell, Ph.D. Copyright 2005 The James A.

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Introduction to Series

Wake up and live! No one is destined to be unhappy, consumed with fear and worry, live in poverty, suffer ill health, and feel rejected and inferior. God created all humans in His image and has given us the power to overcome adversity and attain happiness, harmony, health and prosperity.

You have within yourself the power to enrich your life! How to do this is no secret. It has been preached, written about and practiced for millennia. You will find it in the books of the ancient philosophers.

All of the great religions have preached it. It is in the Hebrew Scriptures, The Christian Gospels, the Greek philosophers, the Muslim Koran, the Buddhist sutras, the Hindu Bhavad Gita, and the writings of Confucius and Lao Tse. You will find it in the works of modern psychologists and theologians.

This is the basis of the philosophy of Dr. Joseph Murphy, one of the great inspirational writers and lecturers of the twentieth century. He was not just a clergyman, but also a major figure in the modern interpretation of scriptures and other religious writings. As Minister-

Director of the Church of
Divine Science in Los
Angeles, his lectures and sermons were attended by 1300 to 1500 people every Sunday. Millions of people tuned in his daily radio program. He wrote over 30 books.

His most famous book, The Power of the Unconscious Mind, first published in 1963,
became an immediate best seller. It was acclaimed as one of the best self-help guides
ever written. Millions of copies have been sold and continue to be sold all over the
world.

Following the success of this book, Dr.

Murphy lectured to thousands of people in several countries. In his lectures he pointed out how real people have radically improved their lives by applying specific aspects of his concepts and provided practical guidelines on how all people can enrich their lives.

Dr. Joseph Murphy was a proponent of the New Thought movement. Many philosophers and deep thinkers who studied this phenomenon and preached, wrote
and practiced a new way of looking at life developed this movement in the late nineteenth and early twentieth century. By combining a metaphysical, spiritual and

pragmatic approach to the way we think and live, they uncovered the secret of attaining what we truly desire.

This philosophy was not a religion in the traditional sense, but it was based on an unconditional belief in a higher being, an eternal presence, God. It was called by various names such as "New Thought" and "New Civilization."

The proponents of the New Thought or New Civilization preached a new idea of life that brings out new methods and more perfected results. They base their thinking on the concept that the human soul is linked with the atomic mind of universal

substance, which links our lives with the universal law of supply and we have the power to use it to enrich our lives. To achieve our goals, we must work for it, and this working, we may suffer the thorns and heartaches of humankind. We can do all these things only as we have found the law and worked out the understanding of the law, which God seemed to have written in riddles in the past.

The New Thought concept can be summed up in these words:

You can become what you want to be.

All that we achieve and all that we fail to achieve is the direct result of our own thoughts. In a justly ordered universe,

where loss of balance would mean total destruction, individual responsibility must be absolute. Our weaknesses and strengths, purity and impurity are ours alone and that of another person. They are brought about by ourselves and not by another. They can only be altered by ourselves, never by another. All our happiness and suffering are evolved from within. As we
think, so we are; as we continue to think, so we remain. The only way we can rise,
conquer and achieve is by lifting up our thoughts. The only reason we may remain
weak, abject and miserable is to refuse

to lift up our thoughts.

All achievements, whether in the business, intellectual or spiritual world are the result of definitely directed thought, are governed by the same law and are of the same method; the only difference lies in the object of attainment. Those who would accomplish little must sacrifice little; those who would achieve must sacrifice much; those who would attain a great deal must sacrifice a great deal.

New Thought means a new life: a way of living that is healthier, happier, and more fulfilling in every possible manner and expression.

The "New Life" is predicted on age-old, universal laws of mind, and the way of infinite spirituality within the heart and mind of everyone.

Actually, there is nothing new in New Thought, for it is as old and time-honored as humankind. It is new to us when we discover the truths of life that set us free from lack, limitation, and unhappiness. At that moment, New Thought becomes a reoccurring, expanding awareness of the creative power within, of mind-principle, and of our divine potential to be, to do, and to express more of our individual and natural

abilities, aptitudes, and talents. Central to mind-principle is that new thoughts, ideas,
attitudes, and beliefs create new conditions:" According to our beliefs is it done unto
us." - Good, bad, indifferent. The essence of New Thought consists of the continuing
renewing of our mind, that we may prove what is good, and acceptable, and the perfect
will of God. To prove is to know surely, and to have trustworthy knowledge and experience
of. The truths of New Thought are practical, easy to demonstrate, and within the realm

of accomplishment of everyone -- if, and when, he or she chooses.

All that is required is an open mind and a willing heart: open to hearing old truth presented in a new and different way, willing to change and to relinquish old, outmoded beliefs, and to accept new ideas and concepts - to have a higher vision of life, or a healing presence within.

The renewing of our mind constitutes the entire purpose and practice of New Thought. Without this on-going, daily renewal, there can be no change. Real New Thought establishes and realized and entirely new attitude, and new

consciousness,
which inspires and enables us to enter into "life more abundant."
We have within us limitless power to choose, to decide, and our complete freedom to do so - to be conformed, or to be transformed. To be conformed is to live
according to that which already has taken or has been given form - that which is
visible and apparent to our own senses, ideas, opinions, beliefs, and edicts of others.
To be conformed is to live and to be governed "by the fleeting and unstable fashions
and conditions of the moment." The very

word "conformed" suggests our present environment has form, and we do not, should not deny its existence. All around us there are injustices, improprieties, and inequalities. We may, we do, find ourselves involved in them at times, and we should face them with courage, and honesty, and do our best to resolve them with integrity and the intelligence which we posses now.

The world accepts and believes, generally, that our environment is the cause of our present condition and circumstance--that the usual reaction and tendency is to

drift into a state of acquiescence and quiet acceptance of the present. This is conformity of the worst kind: the consciousness of defeatism. Worst, because it is selfimposed. It is giving all power, and attention, to the outer, manifested state. The outer environment, surroundings, and to the past -- by choice and by decision -- by the lack
of knowledge of the functioning of our wonderful and primary faculty:
creative power
of the mind, and imagination, is directed toward our goals and Aspirations, New Thought insists on the renewal of the mind, and the recognition, and acknowledgement of

our responsibility in life-- our ability to respond
to the truths we now know.
One of the most active and effective of New Thought teachers, Charles Fill, co founder of Unity School or Christianity, was a firm believer in personal responsibility.
In his book, The Revealing Word, he wrote, “Our consciousness is our real environment. The outer environment is always in correspondence to our consciousness."
Anyone who is open and willing to accept the responsibility has begun the transformation - the renewal of the mind that enables us to participate in our transformed life. "To transform" is: "To

change from one condition or state to another."
(Which is qualitatively better and more fulfilling), "from lack to abundance; loneliness to companionship; limitation to fullness; illness to vibrant health" -- through this indwelling wisdom and power, the healing presence will remain within.
True, and granted, there are some things we cannot change: the movement of planets, the change in seasons, the pull of the oceans and tides, and the apparent rising and setting of the sun. Neither can we change the minds and thoughts of another person - but we can change ourselves. Who can prevent or inhibit the

movement of your mind, imagination, and your will? Only you can give that power to another. You can be transformed by the renewing of your mind. " This is the key to a new life. Your mind is a recording machine, and all the beliefs, impressions, opinions, and ideas accepted by you are impressed in your deeper, subconscious mind. But you can change your mind. You can begin now to fill your mind with noble and God-like patterns of thoughts, and align yourself with the infinite spirit within. Claim beauty, love, peace, wisdom, creative ideas, and

the infinite will respond accordingly, transforming your mind, body, and circumstances. Your thought is the medium between your spirit, your body, and the material.

The transformation begins as we meditate, think upon, and absorb into our mentality those qualities that we desire to experience and to express. Theoretical knowledge is good and necessary. We should know what we're doing, and why. However, actual transformation depends entirely on stirring up the gifts within -- the invisible, and intangible, spiritual power given fully to every one of us.

This, and only this, ultimately breaks up and dissolves the very real claims and bondage of past unhappiness and distress. In addition, it heals the wounds of
heartbreak and emotional pain. We all desire, and require, peace of mind -- the greatest gift-- in order to bring it into our environment. Mentally, and emotionally, contemplate divine peace, filling our mind and heart, our entire being. "First say,
peace be unto this house."
To contemplate lack of peace, disharmony, unhappiness, discord, and expect
peace to manifest is to expect the apple seed to grow into a pear. It makes little

or no
sense; it violates all sense of reason. But it is the way of the world.
To achieve this we must seek ways to change our minds -- to repent -- where necessary. As a result, renewal and transformation will occur, following as a natural
result. It is desirable and necessary to transform our lives by ceasing to conform to the
world's way of choosing, or deciding, according to the events already formed and
manifested - to begin to determine the cause behind the physical event - and manmade doctrine, dogma, and ritual - to enter the inner realm of the

metaphysical, real
New Thought.
The word metaphysical has become a synonym for the modern, organized movement. It was first used by Aristotle. Considered by some to have been his greatest writing -- his 13th Volume was simply entitled, Metaphysics. The dictionary definition is: "beyond natural science; the science of pure being." Meta- means "above,
or beyond". Metaphysics, then, means "above or beyond physics" - "above or beyond
the physical:" the world of form. Meta-is above that, meta- is the spirit of the mind.

Behind all things is meta-- the mind. Biblically, the spirit of God is good. "They that worship God worship the spirit,
or truth." When we have the spirit of goodness, truth, beauty, love, and goodwill, it is
actually God in us, moving through us. God, truth, life, energy, spirit - can it not be
defined? How can it be defined? "To define it is to limit it."
This is expressed in a beautiful, old meditation:
"Ever the same in my innermost being: eternal, absolutely one, whole, complete,
perfect; I AM indivisible, timeless,

shapeless, ageless - without face, form, or figure. I AM the silent brooding presence, fixed in the hearts of all men (and women)." We must believe and accept that whatever we imagine and feel to be true will come to pass; whatever we wish for another, we are wishing for ourselves. Emerson wrote: "We are what we think all day long." In other words and most simply stated: Spirit, thought, mind, and meta is the expression of creative presence and power -- and as in nature (physical laws), any power can be used two ways. For example water can clean us or drown us;

electricity can provide power that makes life
easier or more deadly. The Bible says: "I form the light, and create darkness; I make
peace, and evil; I, the Lord, do all these things - I wound, I heal; I bless, I curse." No angry deity is punishing us, we punish ourselves by misuse of the mind. We
also are blessed (benefited) when we comprehend this fundamental principle, and
presence, and learn and accept a new thought or an entire concept.
Metaphysics, then, is the study of causation - concerned not with the effect, or

the result, which is now manifest,
but rather with that which is causing
the effect, or
the result. Metaphysics approaches
spiritual ideas as scientists approach
the world of
form. Just as they investigate the mind
or causation from which the visible is
formed,
or derived from. If a mind is changed, or
a cause is changed, the effect is changed.
The strength and beauty of metaphysics,
in my opinion, is that it is not
confined to any one particular creed,
but it is universal. One can be a Jew,
Christian,
Muslim, Buddhist, and yet still be
a metaphysician.

There are poets, scientists, and philosophers who claim no creed; their belief is metaphysical.

Jesus was a master metaphysician - he understood the mind and employed it to lift up, inspire, and heal others. When the Mahatma Gandhi (the "great-souled" one) was asked what his religion was, he replied, "I am a Christian... a Jew... a Buddhist... a Hindu... I AM all these things."

The phrase "New Thought" has become a popular, generalized term. Comprised of a very large number of churches, centers, prayer groups, and institutions

this has
become a metaphysical movement
which reveals the oneness or unity of
humankind
with infinite life, the innate dignity
and worth, or value, of every
individual. In fact,
and in truth, in New Thought, the
emphasis is toward the individual,
rather than an
organizational body or function. But
there is nothing new in New Thought.
Metaphysics actually is the oldest of
all religious approaches. It reveals our
purpose to express God, and the
greater measures of the Good. "I AM
come to bring you life and
that more abundantly." It reveals our

identity: "Children of the infinite" - That we are
loved and have spiritual value as necessary parts of the Creative Holy (whole) One.
Metaphysics enables and assists us to return to our Divine Source, and ends the sense of separation and feeling of alienation, of wandering in a barren, unfriendly
desert wasteland.
Metaphysics has always been, is now, and ever will be available to all - ever patiently waiting our discovery and revelation.
Many thousands have been introduced to metaphysics through one or another of its advocates. Its formation was

gradual, and usually considered to have begun with Phineas P. Quimby. In a fascinating article in New Thought Magazine, Quimby wrote about his work in 1837. After experimenting with mesmerism for a period of years, he concluded that it was not the hypnotism itself, but the conditioning of the subconscious mind that led to the resulting changes. Although Quimby had very little formal education, he had a brilliant, investigative mind, and was a very original thinker. In addition to this, he was a

prolific writer and diarist. Records have been published detailing the development of his findings. He eventually became a wonderful student of the Bible. He duplicated two-thirds of the Old and New Testament healings.

He found that there was much confusion about the true meaning of many biblical passages which caused misunderstanding and misinterpretation of Jesus Christ in the Bible.

All through the twentieth century so many inspired teachers, authors, ministers, and lecturers contributed to the New Thought movement. Dr. Chas E.

Braden, of the University of Chicago, called these people "Spirits in Rebellion." because these men and women were truly spirits in rebellion to existing dogmatism, rituals, and creeds. Rebelling at inconsistencies caused the fear of religion. Dr. Braden became no longer content with status quo, and refused any longer to conform. New thought is an individual practice of the truths of life - a gradual, containing process. We can learn a bit today, and even more tomorrow. Never will we experience a point where there can be nothing more to be discovered. It is infinite, boundless, and

eternal. We have all the time we need - eternity. Many are impatient with themselves,
and with what they consider failures. Looking back, though, we discover that there
have been periods of learning, and we needn't make these mistakes again. Progress
may seem ever so slow - "In patience, possess ye your soul."
In Dr. Murphy's book, Pray Your Way Through It: The Revelation, he commented that Heaven was noted as being "awareness," and Earth, "manifestation.
Your new heaven is your new point of view - your new dimension of

consciousness.

When we see, that is see spiritually, we then realize that in the absolute, all is blessed, harmony, boundless love, wisdom, absolute peace, perfection. Identify with these truths, calm the sea of fear, confidence, faith, and become stronger and surer.

In the books in this series, Dr. Murphy has synthesized the profundities of this power and has put it into an easily understood and pragmatic form so that you can apply it immediately in your life. This book and the others in this series consist of a compilation of lectures, sermons and radio addresses in which

Dr. Murphy discussed the techniques of maximizing your potential through the power of the subconscious mind. As Dr. Murphy was a Protestant minister, many of his examples and citations come from the Bible. The concepts these citations illustrate should not be viewed as sectarian. Indeed, the messages conveyed by them are universal and are preached in most religions and philosophies. He often reiterated that the essence of knowledge is in the law of life, the law of belief. It is not Catholic, Protestant, Muslim, or Hindu belief. It is pure and simple belief. “Do

unto others accordingly."

His wife, Dr. Jean Murphy, continued his ministry after his death in 1981. . In a lecture she gave in 1986, quoting her late husband, she reiterated his philosophy:

"I want to teach men and women of their Divine Origin, and the powers regnant within them. I want to inform that this power is within and that they are their own saviors and capable of achieving their own salvation. This is the message of the Bible and nine-tenths of our confusion today is due to wrongful, literal interpretation of the life-transforming truths offered in it.

‘I want to reach the majority, the man on the street, the woman overburdened with duty and suppression of her talents and abilities. I want to help others at every stage or level of consciousness to learn of the wonders within.”

She said of her husband: “He was a practical mystic, possessed by the intellect of a scholar, the mind of a successful executive, the heart of the poet. His message summed up was: “You are the king, the ruler of your world for you are one with God.”

Dr. Murphy was a firm believer that it was God’s plan for people to be healthy,

prosperous and happy. . He countered those theologians and others who claimed
desire was evil and urged people to crush out all desire. He said that extinction of
desire means apathy -- no feeling, no action. He preached that desire is a gift of God.
It is all right to desire. It is health and wholesome to desire to become more and better
than we were yesterday. Desire for health, abundance, companionship and security.
How could these be wrong?
Desire is behind all progress. Without desire nothing would be accomplished.

It
is the creative power and must be channeled constructively. For example, if poor, desire for wealth wells up from within; if ill, desire for health, lonely, desire for companionship, for love.
We must believe we can improve our lives. A belief –whether it is true, false or
merely indifferent—sustained over a period of time becomes assimilated and is
incorporated into our mentality. Unless countermanded by belief of an opposite nature, sooner or later takes form and is expressed or experienced as fact, form, condition, circumstance, events of life.

We have the power within us to change negative beliefs to positive ones and thereby change our lives for the better. You give the command and your subconscious mind will faithfully obey it. You will get a reaction or response from your subconscious mind according to the nature of the thought you hold in your conscious mind.

Psychologists and psychiatrists point out that when thoughts are conveyed to your subconscious mind, impressions are made in the brain cells. As soon as your subconscious accepts any idea, it proceeds to put it into effect

immediately. It works by association of ideas and uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to bring about an immediate solution to your difficulties, but at other times it may take days, weeks or longer.

The habitual thinking of your conscious mind establishes deep grooves in your subconscious mind. This is very favorable for you if your habitual

thoughts are
harmonious, peaceful and
constructive. On the other hand, if
you have indulged in fear, worry, and
other destructive forms of thinking,
the remedy is to recognize the
omnipotence of your subconscious
mind and decree freedom, happiness,
perfect health and prosperity. Your
subconscious mind, being creative
and one with your divine source, will
proceed to
create the freedom and happiness
that you have earnestly decreed.
Now for the first time Dr. Murphy's
lectures have been combined, edited
and updated in six new books that bring
his teachings into the 21st Century. To

enhance
and augment Dr. Murphy's original lectures, we have incorporated material from some
of Dr. Jean Murphy's lectures and have added examples of people whose success
reflects Dr. Murphy's philosophy.
The books in this series are:

- Maximize Your Potential Through The Power Of Your Subconscious Mind To Create Wealth and Success.
- Maximize Your Potential Through The Power Of Your Subconscious Mind To Develop Self Confidence and Self Esteem.
- Maximize Your Potential Through The Power Of Your Subconscious Mind For

Health and Vitality.

- Maximize Your Potential Through The Power Of Your Subconscious Mind To Overcome Fear and Worry.
- Maximize Your Potential Through The Power Of Your Subconscious Mind For a More Spiritual Life.
- Maximize Your Potential Through The Power Of Your Subconscious Mind For an Enriched Life

Just reading these books will not improve your life. To truly maximize your potential, you must study these principles, take them to heart, integrate them into your mentality and apply them as an integral part of your approach to every

aspect of
your life.

Arthur R. Pell, Ph.D. Editor
April 2005

Preface

Self-Confidence, the feeling you have about yourself that you can accomplish anything you set out to do, is the essential element in living a full and meaningful life.

The main reason many people never succeed in their jobs, their business ventures and even their personal lives is their lack of this key ingredient. Why do people lack self confidence? One common reason is that they have failed in some activity early in their lives and fear this will happen again. Another is that other people – often their

own parents – were never satisfied with their performance in school or other matters
and have left them with a feeling of inferiority.
Still others have tasted success only to have it followed by some sort of failure and have let that failure dominate their minds and doom them to a lack of self confidence in anything they do.
Can this be changed? Of course, it can. Dr. Joseph Murphy provides in this book a sure-fire cure for lack of self-confidence. It has worked for a multitude of his
readers and listeners. It will work for you.
Self-confidence is an integral part of

self-esteem. Before you can gain the confidence in decisions you make, you must believe in yourself. You must truly feel
that you are someone of worth. If you do not have self-esteem, how can you be confident that your decisions are worthwhile?
Too often, we are more concerned about what others think of us than what we think about ourselves. William Boetcker, a mid-twentieth century clergyman and writer, admonished his readers: “Never mind what “people” think of you. They may overestimate or underestimate you! Until they discover your real worth, your success

depends mainly upon what you think of yourself and whether you believe in yourself. You can succeed if nobody else believes it, but you will never succeed if you don't
believe in yourself."
In this book Dr. Murphy will show you how prayer can help you program your subconscious mind to overcome negative feelings about yourself and build or rebuild
self-esteem and with it self-confidence. You may say that you have tried prayer and it doesn't work for you. Lack of confidence and too much effort is the reason you do not get an answer to your prayer.
Many people block answers to their

prayers by failing to fully comprehend the workings of the subconscious mind. When you know how your mind functions, you gain a measure of confidence. You must remember that whenever your subconscious mind accepts an idea, it immediately begins to execute it. It uses all its mighty resources to that end and mobilizes all the mental and spiritual laws of your deeper mind. This law is true for good or bad ideas; consequently, if you use it negatively, it brings trouble, failure, and confusion. When you use it constructively, it brings

guidance, freedom, and peace of mind. The right answer is inevitable when your thoughts are constructive, when you are in tune with the Infinite, and when you have love and goodwill to all. From this it is perfectly obvious that the only thing you have to do in order to overcome failure is to get your subconscious to accept your idea or request by feeling its reality now, and the law of your mind will do the rest. Turn over your request with faith and confidence, and your subconscious will take over and the answer will come. You will always fail to get results by

trying to use mental coercion or force, saying, "I tried so hard." Your subconscious mind does not respond to coercion. It
responds to your faith or conscious mind acceptance. Your failure to get results may
also arise from such statements as, "Things are getting worse; I will never get an answer; I see no way out; it is hopeless; I don't know what to do; I'm all mixed up."
When you use such statements you get no response or cooperation from your subcon
scious mind. You are like a soldier marking time. You neither go forward nor

backward. In other words, you don't get anywhere.

Your subconscious is always controlled by the dominant idea. Your subconscious will accept the stronger of two contradictory propositions. The effortless way is the better. If you say, "I want self-confidence but I can't get it; I try so hard; I force myself to pray; I use all the will power I have," you must realize that your error lies in your effort. Never try to compel the subconscious mind to accept your idea by exercising will power. Such attempts are doomed to failure and you get the

opposite of
what you pray for.
The quiet mind gets things done.
In quietness and in confidence lie
your strength; not in getting
agitated and perturbed and
becoming a seething caldron over
the conditions of the world. You
can't change the world, but you can
change yourself.
You may disapprove of what people
do. Certainly, people disapprove of
mugging,
raping, murder, and all this sort of
thing. You do the best you can. You
write to your
political leaders, you participate in
voting, and you cooperate with police,

and do all
the things. But the main thing is to keep your own mind quiet. Keep it in tune with
the Infinite, because agitation, turmoil, resentment, hatred, and anger solve no problems. They only make matters worse. You are pouring out more toxins, more
effluvia on the mass mind. You are doing more harm than good.
If you are suffering from inner turmoil you can be of no help to any one. Not only do you have a low self esteem and lack self-confidence, but also you are a poor
companion, a poor father, and a poor co-worker. The degree of success in dealing

with
your problems is directly proportionate to your tranquility, your serenity, your peace of mind, your sense of poise and balance, your sense of inner insight, and also your
realization that there is an Infinite Intelligence within you that guides and directs, and
reveals to you the perfect plan, and shows you the way you should go.
God is the Living Spirit Almighty within you. It's the only creative power there is. It's the one power. There are not two powers, or three, or a thousand; just one
-
you may call it God, Allah, or Brahma. There's only One Power, One Creative

Power.

Your thought is creative; therefore, if you think good, good will follow and if you think evil, evil will follow, and if you think lack, lack will follow. If you think of God's riches, riches will follow. Your thought is creative. That's the only immaterial power you know, and that's God, too.

What governs you? It is your estimates, your blueprints, and your beliefs about yourself. It is not the other person's belief about you? If someone says to you, "You're a failure; you'll never amount to anything," what should you do? Say to yourself,

"I'm
born to win, to succeed. I must succeed. I'm going to succeed in a remarkable and unique way. The power of the Almighty flows through me." Every time any person says
you are going to fail, it's a stimulus to you to reinforce your faith in the Almighty
Power, which never fails. In other words, you have to wake up and stop blaming
people. Stop blaming conditions. There is no one to blame but yourself. Sure, there
will be failures, but that does not mean that you are a failure. You have within you the

creative power to reverse failure, to move on to success. The other person doesn't
control you. The power isn't in the other person to manipulate you except you permit
it.
Self confidence grows within you with each success you have. Self confidence grows even when you meet occasional failure because you know that the Creative
Power of God is still with you and you believe in it and therefore in yourself. You are what you think you are. You create yourself in the image you have of yourself in your own mind. Self-esteem and self-confidence are nothing more

than the
projection of your image of yourself
and if you maintain a strong positive
self-image,
you will be a happier and more
successful person, a person able to
hurdle over roadblocks –no matter
how difficult—and achieve the goals
you set for yourself.

Revision

Chapter 1 – Building Self-Confidence

If you think of yourself as a failure and picture yourself as a failure, you will fail. Think of success. Realize you are born to succeed and to win, for the Infinite
cannot fail. Picture yourself successful, happy, and free; and you will be. Whatever
you think and feel is true in your conscious mind is embodied in your subconscious
and comes to pass into your experience. That's the law of mind, undeviating,

immutable, timeless, and changeless. We're not talking about faith in creeds, dogmas, traditions, or any religious persuasion. We are talking about faith in your own thought, your own feeling, in the laws of your own mind, and the goodness of God in the land of the living, faith in that Creative Intelligence Which responds to your thought. You can have faith that you are going to be ill when exposed to a draft, or that you will catch the virus, or a severe cold because someone sneezes in your presence. You can even have faith that you will fail.

In that case, your faith is in the wrong thing and your business ventures will turn out badly.

A woman once said to me: "For ten years I had absolute faith I would be alone through life, no one would marry me, and I would be poor and miserable." Then she said: "I read your book, The Power of Your Subconscious Mind and I applied the prayers outlined. Now I am happily married, have a marvelous husband, and have been blessed with three lovely children."

This woman reversed her faith in the negative to a joyous expectancy of the best
in all phases of her life. Fear is faith in the wrong thing. Fear is faith upside down.
Have faith in the goodness of God in the land of the living. Have faith in Divine Love. Have faith in the Healing Presence Which made you to heal you. The law of this
woman's mind responded to her belief, for the law of life is the law of belief. What do you believe in? To believe is to accept something as true. Believe in whatsoever things are true, whatsoever things are lovely, whatsoever things are just,

whatsoever things are pure, whatsoever things are of good report. If there be any virtue, if there be any praise, believe in these things.

Your greatest need is to believe in yourself, in what you are doing, and in your ultimate destiny. Self-reliance, or self-confidence, finds its greatest outlet when it is accompanied by a belief that your real self is God and that with God all things are possible.

The Bible gives the key to building spiritual self-reliance. But without faith it is impossible to please God. You must first

believe that God is and that He is
a rewarder
of them that diligently seek Him. Down
through the ages all men and women
who have
possessed spiritual self-reliance have
had a deep, abiding conviction that
they were
one with the God Presence within.
God is the Living Spirit within you
and they that worship Him worship
Him in spirit and in truth. Spirit has
no face, form, or figure. It's timeless,
shapeless, and
ageless.. You give your attention,
your devotion, and your loyalty to the
Spirit within
you that created the universe and created

you. It's all-powerful, knows all, and sees
all. When you are in tune with It, that Infinite Power responds to you, and you do
marvelous things.
Great people down through the ages were sure of themselves without being aggressive, egotistical, or intolerant. Jesus, Moses, Buddha, Laotze, Confucius,
Mohammed and many others accomplished the so-called impossible through the absolute conviction that they could do what they set out to do through the Divine
Power that strengthened and inspired them. They were all human, born like

you were.

You can accomplish little in this world without faith. Farmers, when they plant seeds, have faith in the science of agriculture. Chemists have faith in the laws and principles of chemistry. Medical professionals have faith in their knowledge of anatomy, physiology, materia medica, and pharmacology and surgery. Engineers have implicit faith in the laws of mathematics, stress and strain, and other principles of the universe. And they build a building according to scientific laws that existed before any

human walked this earth or before any church was ever formed.

You can have the same abiding faith in the laws of your own mind, which are the same yesterday, today, and forever. A person is living in the dark ages who thinks that the principles of chemistry, physics, and mathematics are different than the principles of laws operating in one's own mind. These mental and spiritual laws are just as dependable and undeviating as the laws of gravitation. We know for a fact that: Think good, good follows; think evil and evil follows.

The first step in building self-reliance or

self-confidence is to believe in that Infinite Power within you which grows hair on your face, digests your food, grows nails when you are sound asleep, and grows hair on your head. It watches over you when you are sound asleep. It governs your heartbeat and all the vital organs of your body, and all the processes of your body are controlled by that Infinite Intelligence. That's what we are talking about.

For example, if you cut yourself, It heals you. If you burn yourself, It reduces the edema, gives you new tissue and skin. It always seeks to heal you. That's

the Life
Principle in you. And you know you are alive. You know you have a mind. And you know you have that Spirit, because you can feel the spirit of joy, rapture, ecstasy, and
love when you look into your child's eyes. All these are invisible, yet they are real.
So, believe in that Infinite Power within you. Recognize and know that the self of you is God. That's your higher self, the Living Spirit within you that was never born,
will never die. Water wets It not, fire burns It not, wind blows It not away. It's eternal.
It is the very Life Principle in you,

through you, and all around you.
The second step is to commune regularly with this Infinite Presence and Power. Have a vision, realizing you go where your vision is. And your vision is what you are
mentally looking at, what you are giving attention to, what you are thinking quietly,
silently, and feelingly at this moment. That's where you are going, and that's what's
going to happen to you. Let your vision be on abundance, right action, inspiration,
and Divine guidance. And you will become like the perennial mountain of snow that,

when melted by the heat of the sun, flows downward like a river of life, giving nourishment and sustenance to the valleys.

What difference does it make if you have floundered and failed many times? Now that you know the Divine Presence dwells within you, and that the Infinite Intelligence and Infinite Power and the Infinite Life Principle is the God Presence within you. You know It responds to you, wants you to be happy. Stir up that Divine gift within you. Wake up the sleeping giant within you. Trust that Creative Intelligence

within you, more so even than you ever trusted your human father or mother. When the thought comes to you: "I cannot do this," affirm: "But the Divine Presence can. It's the Infinite Presence; It's the Infinite Power. There is nothing to oppose It or challenge It. It is All Mighty." If the thought comes, look at all the difficulties and obstructions, realize, know, and say boldly to yourself: “Infinite Intelligence and Infinite Power knows no obstructions, delays, or impediments." Find an affirmation that counteracts all your negations and your life will become more

blessed and beautiful through the years. You will find your obstructions and challenges will be transformed into opportunities. Your fear will turn to faith, and your doubt will turn into certainty that the Infinite Presence is within you, and wonders happen as you tune in upon It.

I had an intensely interesting conversation with a hotel proprietor in Lisbon, Portugal. He told me that he had started out as a waiter in a small restaurant. When the boss would ask him to do something special, he would often say: "I'm going to try

to do it." His boss finally said to him, "Never say, 'I'm going to try.' Say, 'I'm going to do it,' and know that you can do it. Then the Power will respond to you." He said, "I profited from that advice, and I never again said, 'I'm going to try.' I began to believe in myself. I know that Infinite Power dwells within me.

His secret was: "I'm going to do it." He began to affirm, perhaps a thousand times a day: "I'm going to have a big hotel and own it." He believed that through the Power of the Infinite he would do exactly that. The answer came in a strange way. He

continued: "I won at roulette in Monaco the equivalent of $100,000 in American money. I opened this hotel, and now I have paid off the mortgage. I have prospered
beyond my fondest dreams."
This man said he had felt an overwhelming urge to go to the tables at Monaco,
and he asked a friend to accompany him and show him the ropes. He knew he would
win. It was an inner silent knowing of the soul. He had fabulous winnings, and when
he had enough money ($100,000) for a deposit on his hotel, he stopped and never

gambled again.' This was the way his subconscious mind answered his prayer for a hotel of his own. The ways of your subconscious are past finding out. Money is just an idea, a symbol of exchange. There is nothing evil in the universe, nothing good or bad, but thinking makes it so. Good and evil are the movements of our own minds relative to the Infinite Life Principle within us, which is forever perfect, whole, and complete in itself.

Make up your mind now, this minute, that you can do what you want to do and

can be what you sincerely want to be, and can have what you wish to possess; and it will be done unto you as you believe. Follow the age-old maxim: Be sure you are right, then go ahead. Let nothing move you or shake your conviction. Make it a part of your mentality. And with this kind of belief you will inevitably succeed and move forward in life.

What is it that the immensely wealthy person or the prominent business executive possesses that you do not? Only one thing; it is self-reliance or self confidence. They believe in themselves

and the powers within them, both of which, of course, mean the same thing. Self-reliance and self-confidence are one. Confidence means with faith, faith in a principle, and the powers of your mind. Just like an engineer has faith in the principles of mathematics – faith in the principle of strain and stress. The first step in building self-reliance or self-confidence is to believe in that Infinite Power within you. They place their whole reliance on that Infinite Guiding Principle, on the Divine love and Divine protection in all ways. Their words,

actions, demeanor, and general attitude radiate power and confidence. Thus, they win your respect the first time you meet them. Last year I interviewed a man in Hilo, Hawaii. He was very wealthy. He sadly said to me, "I am nobody. No one cares for me." Frankly, no one did, for the simple reason that he didn't respect or care for the self within him. He was down on himself. If you are cruel or mean to yourself, others will be cruel and mean to you. For as within, so without. This man was down on himself. Even though he had vast holdings

of real estate and large bank deposits.
I explained to him that he was constantly criticizing and belittling himself and that doing that, others must treat him the same way. And that if he expected to accomplish precisely nothing of himself, neither would anyone expect any more of him. For as within, so without. The inside controls the outside.
I pointed out to him that the riches of the Infinite were within him and all around him. Shakespeare said, "All things be ready if the mind be so." All he had to do
was to call on the Infinite Presence and Power, and It would respond to his thought.
He began to use some of the great eternal

truths of the Bible which I outlined for him as follows: "Know ye not that ye are the temple of the Living God and that the Spirit of God dwelleth in you? But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, and temperance. Thou wilt keep him in perfect peace whose mind is stayed on thee. because he trusteth in thee. In all thy ways acknowledge Him, and He shall make plain thy paths. Trust Him. Believe in Him, and He shall bring it to pass."

This is the way the Lord created you.

Rejoice and be glad that the Infinite Being created you, and know It is always with you and is capable of healing you, restoring you, vitalizing and energizing you. We know that all things work together for good to them that love God, to them that are called according to His purpose. God in the midst of you is healing you now.

In A Nutshell

If you think of yourself as a failure and picture yourself as a failure, you will fail. Think of success. Realize you are born to succeed and to win, for the Infinite cannot fail. Picture yourself

successful, happy, and free; and you will be. Whatever you think and feel is true in your conscious mind is embodied in your subconscious and comes to pass into your experience. That's the law of mind, undeviating, immutable, timeless, and changeless. Your greatest need is to believe in yourself, in what you are doing, and in your ultimate destiny. Self-reliance, or self-confidence, finds its greatest outlet when it is accompanied by a belief that your real self is God and that with God all things are possible

The first step in building self-reliance or self-confidence is to believe in that Infinite Power within you.

What is it that the immensely wealthy person or the prominent business executive possesses that you do not? Only one thing. It is self-reliance or self confidence. They believe in themselves and the powers within them, both of which, of course, mean the same thing. Self-reliance or self-confidence are one. Confidence means with faith, faith in a principle, and the powers of your mind. The first step in building self-reliance or self-confidence is to believe in that Infinite Power

within you.

Make up your mind now, this minute, that you can do what you want to do and can be what you sincerely want to be, and can have what you wish to possess; and it will be done unto you as you believe.

Revision

Chapter 2 – Learn To Love Yourself

One of the most profound and deep-seated longings of the heart is to gain the recognition of your true worth; to be respected, loved and esteemed.
In the Bible we are told to “Love thy neighbor as thyself.” You cannot truly love
your neighbor unless you love yourself. Carlisle said, "One of the God-like things of this world is the veneration done to
human worth by the heart of men." In the 8th Psalm we read:

"When I consider thy heavens, the work of thy fingers, the moon and the stars, thou hast ordained; what is man that thou art mindful of him? and the son of man, that thou visitest him? For thou hast made him a little lower than the angels, and hast
crowned him with glory and honor. Thou madest him to have dominion over the works
of thy hands; thou hast put all things under his feet: all sheep, and oxen, yea, and the
beasts of the field; the fowl of the air, and the fish of the sea, and whatsoever passeth
through the paths of the seas."
In this beautiful poem, David speaks

eloquently and beautifully of the tremendous potentialities within humankind.

Today we are witnessing the works of Infinite Intelligence through our countless new discoveries. Scientists inform us that we are living in an age of light and supersonic speed, electronics and atomic power. All of these miracles of the air, space and sea come out of human mind.

Mathematicians have said that the only abstractions can explain the world and that only physicists and mathematicians can understand events that transpire today on land, on the sea and in the air. Today

we are penetrating and navigating the waters of the deeper mind and are gradually becoming aware of the kingdom of God within us. Research work at Duke University and other academic laboratories is revealing the powers of the mind and such discoveries as telepathy, clairvoyance, clairaudience, telekinesis, extrasensory travel, precognition, retrocognition, and marvelous powers of the mind.

I received a letter from a woman in Arizona in which she said that her sister-in law and mother-in-law disapproved of

her and had told her bluntly that they preferred
her husband's former wife. They never invited her to their homes but always asked her
husband to visit them alone. Furthermore, although she tried her utmost to be nice to
them, they criticized her meals, her home, her clothing, and her speech. This woman
said that she felt inferior and rejected, and she asked me: "Why do they do this? What's wrong with me?"
In reply, I pointed out that she had been suffering unnecessarily and without real warrant; that she had the power to refuse and reject the poisonous

statements of
her in-laws, their rudeness and their incivility. I explained further to her that she
didn't create her mother-in-law or sister-in-law and that she was not responsible for
their jealous, envious attitudes
and complexes.
I told her to stop placing them on a pedestal and stop being a doormat
for them.
A doormat is something one walks on. If you think you're a worm, everyone is going to
step on you. I added that it was quite possible that her charm,
graciousness, kindness

and wonderful character annoyed them and that they possibly got a sadistic satisfaction in disturbing her. I suggested that she break off all relations with them and cease debasing herself by toadying to them. I told her that she needed an attitude of self-respect and self esteem. In other words, she had to love herself, for the real self of you is God. I gave her the following prayer to be used: "I completely surrender my-in-laws to God. God made them, and He sustains them. I radiate love, peace and goodwill to them, and I wish for them all the blessings

of heaven. I am a child of God. God loves me and cares for me. When a negative thought of anger, fear, self-criticism, self-condemnation or resentment enters my mind, I immediately supplant it with the thought of God in the midst of me. I know I have complete dominion over my thoughts and emotions. I am a child of the Divine. I now redirect all my feelings and emotions along harmonious, constructive lines. Only God's ideas enter my mind bringing me harmony, health and peace. Whenever I am

prone to demean or demote myself, I will boldly affirm: 'I exalt God in the midst of me.
I am one with God, and one with God is a majority. If God be for me, who can be against me?'"
This woman had a complete transformation in her mind and heart as she
followed these simple instructions that I gave her. She said, "The prayer has worked
wonders for me. My husband said to me the other day, 'You are beaming. What happened to you?'"
Some time ago I had a consultation with a salesman who said he was timid, shy, resentful and looking upon the

world as harsh and cruel. Actually, he was trying to escape from trying to take his rightful dominion over life. He said that his wife, his boss and his associates did not appreciate him and that even his children looked down on him. The cause of all this was that this young man had an inner sense of insecurity and inadequacy. He was down on himself. He was mean to himself. And when you are cruel or mean to yourself, the whole world will be cruel to you. For as within, so without. He asked me: "How can I gain

the appreciation of others?" First, of course, he has to have self-appreciation. He must appreciate himself, get a new estimate of himself, a new blueprint.

I explained to this young man the truth about himself and how to love and appreciate himself more along the following lines: If you demote, despise and deprecate yourself, you can't lift up or give esteem, goodwill and respect to others. For it is a cosmic law of mind that we are constantly projecting our thoughts, feelings and beliefs onto others. And what we send out comes back to us.

We are all children of the Infinite, and all of the qualities and powers of God are
within us, waiting to be expressed. Certainly, you should love, honor and exalt that
Divine Presence within you. We must love and honor the Indwelling God. You are the
temple of the Living God. God dwells within you, walks and talks in you. Love of Self in
the true Biblical meaning is to honor, recognize, exalt, respect and give your allegiance
to the Living Spirit within you. It is to have a healthy, reverent, wholesome respect for

the Divinity.
It has nothing at all to do with egoism, selfishness or self-aggrandizement, or narcissism, or anything of that nature. On the contrary, it is a wholesome veneration
of the Divinity within you, for you are the temple of the Living God. Supreme Intelligence made you, created you, animates and sustains you. Give your allegiance
to it. You don't give power to any created thing. You don't give power to sticks and
stones, or conditions, circumstances, stars, men or women, or the atmosphere, or any
created thing. The moment you do, you

cease to love, which means to be loyal, to the
Supreme Cause, Substance and Power. The Sovereign Spirit within you is the Supreme Cause. Therefore, scientific thinkers do not give power to a created thing. They do not give power to the phenomenalistic world. They give power to the Spirit, the Creative Power within them.
Then you love the Self, the real Self of you. When you honor and exalt God within
yourself, you will automatically honor and respect the Divinity in others. But if you do
not love the Self of you, you cannot give love to your wife, your husband, or

anybody.
You just can't. Because you can't give what you don't have.
You appropriate this Divine love within you by honoring and venerating. As Emerson says: "I, the imperfect, adore the Perfect." The Infinite Which lies stretched in smiling repose within you. Exalt God in the midst of you: Glorify God in your body, for
you are a temple of the Living God.
When you honor, respect and love the Self of you,
you will automatically love, esteem and honor others.
The salesman listened carefully and avidly and then said to me: "I never

heard
it explained that way before. I can see clearly what I have been doing. I have been
down on myself, and I've been full of prejudices, ill will and bitterness. And what I
have been sending out has reverberated back to me. I have gained a true insight into
myself."
This salesman practiced affirming the following truths with deep sincerity several times a day; learning to love the Self; learning to know the Self, too; knowing
that these truths would sink down from his conscious to his subconscious mind

and,
like seeds, come forth after their kind. This is the prayer:
"I know that I can give only what I have. From this moment forward I am going to have a wholesome, reverent and deep respect for my real Self, Which is God. I am
an expression of God, and God hath need of me where I am; otherwise, I would not be
here. From this moment forward I honor, respect and salute the Divinity in all my associates and all people everywhere. I hold the Self of every person in
veneration and esteem. I am one with the Infinite. I am a tremendous success. And I wish for all what

I wish for myself. I am at peace."
Yes, learn to love yourself. And learn the true meaning of Love yourself. The Self
of you is the Divinity within you. Love in the Bible is to give your allegiance, devotion
and loyalty to it, refusing to give power to any created thing. I want to emphasize that
because if you are worshipping stars, suns, moons or things, you have no God. You
have wandered away from the Divine.
This young man has transformed his life. He is no longer timid, shy or resentful, or apologizing for being alive, or a doormat. He has gone ahead by

leaps and
bounds, and so can you. Learn to love your true self; then you will learn to love and
respect others. If you are down on yourself; that is, if you condemn yourself or you are
mean to yourself, you can't think well of others, for you project your feelings, mood
and tone onto others.
There is the type of mother who neglects herself. She wears old clothes, eats cheap food, and gives the best to the children. She eats doughnuts and gives them filet
mignon. I suppose she thinks she's noble. That's a very poor example to her

children.
She should wear the best clothes and eat the best food. Cleanliness is next to Godliness. She should also teach her children of the riches of the Infinite. God made
you rich; why, then, are you poor? God gave you richly all things to enjoy. Prentice
Mulford, one of the early proponents of the New Thought movement, wrote about this
type of woman. He said, "This woman says, 'I am an old and decaying, weather-beaten
hulk and can't hold myself together much longer. All I can do is to become a footbridge

for the children in the shape of a nurse, a cook and a servant.'" And, of course, that isn't a very good example. . She has to love the Self and honor it, and also honor the Divinity in her own children by telling them who they are. They are all children of the
Infinite and also children of Eternity.
I had a letter from a man who stated he couldn't understand why everybody around him annoyed him. I asked him to come and see me. In talking with him, I discovered that he was constantly rubbing others the wrong way. He did not like
himself; he was down on himself.
He was full of self-condemnation.
Self-condemnation

and self-criticism are the most destructive mental poisons. They send psychic pus all over your system and rob you of vitality, enthusiasm, and energy, and leave you a physical and a mental wreck.

Exalt God in the midst of you always. Whenever you are prone to criticize yourself, say: "I exalt God in the midst of me, mighty to heal." If it's a thousand times a day, do it. And after a while you begin to do it automatically, and you will like yourself and love yourself more.

This man spoke in a very tense, irritable tone. His tone of speech grated on one's nerves. He thought mainly of

himself and was highly critical of others. I
explained to him that while his unhappy experiences seemed to be with other people,
his relationship with them was determined by his thoughts and feelings about himself
and them. I elaborated on the fact that if he despises himself he cannot have goodwill
and respect for others. It is a law of mind that he is always projecting his thoughts
and feelings onto his associates and all those around him.
He began to realize that as long as he projected feelings of prejudice, ill will

and
contempt for others, that is exactly what he would get back; because his world is but
an echo of his moods and attitudes. I gave him a mental and spiritual formula that
enabled him to overcome his irritation and arrogance. He decided to write consciously
the following thoughts in his subconscious mind, which is called the Book of Life: "I practice the Golden Rule from now on, which means that I think, speak and
act towards others as I wish others to think, speak and act toward me. I walk serenely

on my way, and I am free, for I give freedom to all. I sincerely wish peace, prosperity and success to all. I am always poised, serene and calm. The peace of God floods my mind and my whole being. Others appreciate and respect me as I appreciate myself. Life is honoring me greatly, for it has provided for me abundantly. The petty things of life no longer irritate me. When fear, worry, doubt or criticisms by others knock at my door, faith in goodness, truth and beauty opens the door of my mind and there is no

one there. The suggestions and statements of others have no power to disturb me. The only power is the movement of my own thought. When I think God's thoughts, God's power is with my thoughts of good." He affirmed these truths morning and night, putting feeling and life into them. And he committed the whole prayer to memory. He poured into these words life, love and meaning, and by osmosis these ideas gradually penetrated the layers of his subconscious mind. Then, he said, a few weeks later, "I know full well that my new understanding of my mind and how it

works has changed my entire life. I am learning
how to specialize myself out of the law of averages. I am getting along fine, and I
received two pro-motions in the past two months. I now know the truth of the passage:
'If I be lifted up I draw all men unto me.'" That means all manifestations unto you. As
you lift this Divine Presence up, as you lift the idea of yourself up, get a new concept of
yourself, a new estimate, and a new blueprint. Appreciate yourself. All of us want
esteem. . We want our children to like us

and love us. We want our family to appreciate us. We want the boss and our associates to think well of us. But if you don't think well of yourself and you think you're an old worm or something, and , as I
said before, everybody's going to step on you. So, this young man learned that the trouble was within himself. And he decided
to change his thoughts, feelings and reactions. Any man can do the same. It takes
decision, stick-to-it-iveness and a keen desire to transform oneself. Go now and do
likewise,
An astronomer friend of mine said to me

that for years he had scanned the heavens seeking the answer to the story of creation and the riddle of the universe through the telescope. But that lately he has been looking within himself, who is inevitably at the small end of the telescope. He added that the small end of the tele
scope is the important end, for within us is God, the Living Spirit Almighty, the Life
Principle. And the entire secret of creation is there, and the mystery of the cosmos.
When we learn about ourselves we will have learned about the universe. Now it is time to analyze the analyzer. In trying to find happiness, peace and

prosperity outside of ourselves we have neglected to look within ourselves to the Infinite storehouse of riches within our subconscious mind. Where will you find poise,
balance, peace and happiness but in your own mind? Through your own thoughts, feelings and a sense of oneness with the eternal verities and spiritual values of life.
Listen to what Shakespeare said: "How could you be mean to yourself?" How could you say, like one woman did to me, "I 'm nobody"? Imagine saying that. She is a child of the Infinite, a daughter of Eternity, a child of the Living God. God gave her

everything. God gave Himself to her; the very life of her is God, for God is life and that
is her life now.
William Shakespeare said: "What a piece of work is a man, how noble in reason,
how infinite in faculty, in form and moving, how express and admirable, in action how
like an angel, in understanding, how like a God." After you read that or hear it, wouldn't you have a new estimate of yourself? Wouldn't you have a new respect for that Self of you, which started your heartbeat, and watches over you when you are
sound asleep? And if you say, "I want to

get up at two in the morning, it will wake you up exactly on the dot even if there is no clock in the room"?

Emerson said: "There is one mind common to all individuals, Everyone is an inlet to the same and all of the same." He also said: "He who's admitted to the right of reason is a free man of the holy state." Begin to believe this. Realize that Infinite Intelligence, the Guiding Principle of the universe, is within you. It is your Higher Self.

I am not talking about your ego now, or your intellect. I am talking about the

Infinite

Being within you that heals a cut on your finger that governs all of your vital organs when you are sound asleep. It is governing all the processes and functions of your body. You have the capacity to make choices, use your imagination, all the other powers of God within you. Your mind is God's mind, for there is only one mind. When you consciously, decisively and constructively use the Infinite Wisdom within you, you become free, as Emerson said, of the holy state. Emerson inspires you to enlarge the concept of yourself when

he announces this profound truth: "What Plato has thought, man may think. What a saint has felt. he may feel. What at any time has fallen any man, he can understand. Who has access to the Universal Mind is a party to all that is or can be done, for this is the only and sovereign agent." That's how wonderful you are. Emerson was America's greatest philosopher, one of the greatest thinkers of all times. He was constantly in tune with the Infinite, and he urged all of us to release the Infinite potentialities

within us.

Emerson taught the dignity and grandeur of humankind and pointed out to his listeners that the great appeared to us great only because we are on our knees, that
we attribute greatness to Plato and others because they acted upon what they, themselves, thought and not upon what other people believed or what others thought
they should think. Begin to have a lofty, noble and dignified concept of yourself. Here's a letter from a woman. She said, "My husband left me a year ago for a younger woman. I suffered from such intense rage that my doctor said the sudden

precipitation of arthritis was caused by my emotional shock, anger, hostility and hatred. Every day for the past three months I have claimed boldly, as you suggested, that my body is a temple of the Living God and that I glorify God in my body. Every day for the past several months, for about fifteen minutes every morning, afternoon and evening, I affirm that God's love permeates every atom of my being, and His Heavenly Being saturates my whole being. I also prayed for my ex-husband. I knew in my heart and soul when God's love came

into my heart all hate would go out. Love casts out hate; peace casts out pain; joy casts out sadness. There has been a remarkable change in my body. The edema and excruciating pain has subsided. The suppleness and mobility of my joints have improved remarkably. And the calcareous deposits are gradually disappearing. My medical doctor is delighted, and so am I. I continue to realize that I am a child of God and that God loves me and cares for me. I know that this new self-appraisal has brought wonders in my life. All hatred of my ex

husband has gone, and I am on the way to perfect health. Divine law and order governs me."
Yes, you can exalt God in the midst of you, too, as the Bible says, "Mighty to heal." And as you honor It and appreciate It and realize that you are the temple where
God dwells, then you listen to the soft tread of the unseen guest. There is the intimacy
of the Divine Presence knocking at the door of your heart. It opens from the inside,
you know. Open your mind and heart right now. Let in the influx of the Holy Spirit. Realize
His river of peace flows through you.

Realize the Infinite ocean of God's love saturates
your whole being. You are bathed by the light and you are immersed in the Holy Omnipresence. Continue to realize that you are a son of the Living God, and wonders
will happen in your life, too.
This woman discovered what the power of her true appraisal, of her real self can do. She found that when she began to think of herself as a temple wherein God dwells,
and as she began to honor, exalt and call upon this Divine Presence, It responded with
the emotions of love, peace, harmony, confidence, joy, vitality, wholeness and

goodwill.
As she began to love and respect herself, she discovered that all hatred vanished and
love rushed in to fill up the vacuum.
Love is the fulfilling of the law of health, happiness, success and prosperity, for the law is: You are what you contemplate. “As a man thinketh in his heart (not in his
head) so is he.” And the heart is your subconscious mind. Therefore, what you really
feel and believe deep down in your heart will always be made manifest, for it is belief
expressed.
Believe in the goodness of God in the

land of the living. Believe in the guidance of that Infinite Spirit within you. For God is Spirit. They that worship Him worship Him in Spirit and in truth. Therefore, you worship no man on the face of the earth, for then you would not be worshipping God. To worship is to give your supreme adoration and veneration to that Higher Self in you, to count It worthy of supreme attention and devotion, and refusing to give power to any created thing: man, woman or child. Know that the God in the other is the same God

in you; therefore, if you hurt the other you would be hurting yourself. That would be foolish. Knowing this, you practice a magnificent formula. Say to yourself: "I bless and exalt the good in the other. I exalt God in the midst of me. I also honor and exalt God in the midst of the other person." If you are married, salute the Divinity in your wife or husband. Claim that what is true of God is true of him or her. Then the marriage will grow more blessed through the years. Many are scavengers, you know. They are

constantly dwelling upon each other's shortcomings. They are full of peeves and
grudges; then, of course, they are divorced from love and harmony. For divorce is of
the mind. When you are divorced from your marriage vows, you are truly divorced
Psychologists tell us that each of us creates a "script." for our lives. This script
may be one of high self-esteem and optimism or one of low self-esteem and pessimism;
one that makes us happy or one that makes us troubled, Please do not interpret this

to mean that people with high self esteem are always cheerful and optimistic and those with low self esteem are always depressed. All of us go through phases of life when things may not go well. The difference is that those with high self esteem bounce back more easily, than those who do not. People with high self-esteem have written positive scripts for themselves. They like themselves. Is it important to like yourself? Of course it is. God commanded that we love the Lord our God with all our might, with all our strength, with all our

being.
And the eternal one created humankind in God's image. High self-esteem is basic to self-respect and to respect for God. Many people who have had low opinions of themselves have been able to overcome this by taking steps to enhance their self-esteem. Sometimes with professional help, but often by self-determination they have rewritten the scripts on which they base their lives. Unfortunately, low self-esteem or worse, self-loathing, may have deep psychological roots. In such cases, professional assistance is needed to

overcome it.

However, most of us do not loathe ourselves. We may have temporary slumps in our self-esteem that need bolstering. If these slumps are not dealt with, they may lead to more serious consequences. We don't need a psychologist; we can do it ourselves.

Encouragement from a friend, a spouse, a pastor, or a boss, is helpful, but even without such a support person, we can do it. .

All of us have had both successes and failures in our lives. There are two consequences of failure. One is the tangible aspect -- the problem itself. The

other is
the intangible -- the depression and loss of self-esteem that accompanies failure. We
have learned how to handle the tangible problems by dealing with the pragmatics of
the situation. Coping with the
psychological aspects is more
complex. But it can be
done. It must be done. Otherwise we
fall into depression, become self-
loathers and
doom ourselves to misery and continued failure. We have written a script of low esteem.
We can overcome this by concentrating
on our achievements and successes.

When we feel depressed, when our self-esteem is at low ebb, instead of sulking about
this failure, reflect on our past accomplishments. We did it before; we can do it again.
This reinforces our self-esteem; it enables us to change the script in our minds from
bewailing failure to savoring success.
Self-esteem is perishable. It must be constantly nourished and reinforced. Just as the coach of an athletic team reaches out to motivate the team with a pep talk to
instill enthusiasm, self-confidence and to prod them to put all their efforts to win the

game, we need pep talks too. We need pep talks when our enthusiasm for life wanes,
when we are depressed, when we have suffered failures. But where's the coach? We have to be our own coaches. Have you ever given yourself a pep talk? To change the scripts in our minds, we must give ourselves pep talks. We must remind
ourselves that we are good, that we are winners, that we will succeed.
But we also have a higher-level coach. God. Prayer can be a means of helping overcome depression and pessimism. Prayer invites God to let His presence suffuse
our spirits, to let His will prevail in our

lives. Prayer cannot bring water to parched fields, nor mend a broken bridge, nor rebuild a ruined city, but prayer can water an arid soul, mend a broken heart and rebuild a weakened will.

Our self-esteem governs our lives. In our youth it pushes us forward, in our middle years, it sustains us and in our late years, it renews us. We must replace those negative words in our personal scripts with positive words. Instead of words of despair, words of hope; instead of words failure, words of success; instead of words of defeat,

words of victory; instead of words of worry, words of encouragement; instead of words
of apathy, words of enthusiasm; instead of words of hate, words of love;
The prayer is that we all should feed into our minds through our thoughts and into our souls through our prayers are the words of encouragement, the words of love,
the words of self-esteem. Yes, unless we love ourselves, we cannot love our neighbor,
nor can we truly love God.

In A Nutshell

You have to love yourself, for the real self of you is God. When you honor and exalt God within yourself, you will

automatically honor and respect the Divinity in others. But if you do not love the Self of you, you cannot give love to your wife, your husband, or anybody. You just can't. Because you can't give what you don't have. If you despise yourself, you cannot have goodwill and respect for others. It is a law of mind that we are always projecting our thoughts and feelings onto our associates and all those around us. In trying to find happiness, peace and prosperity outside of ourselves we have neglected to look within ourselves to the Infinite storehouse of riches within our

subconscious mind. Where will you find poise, balance, peace and happiness but in your own mind? Through your own thoughts, feelings and a sense of oneness with the eternal verities and spiritual values of life.

People with high self-esteem have written positive scripts for themselves. They like themselves. Is it important to like yourself? Of course it is. God commanded that we love the Lord our God with all our might, with all our strength, with all our being.

And the eternal one created humankind

in God's image. High self-esteem is basic to self-respect and to respect for God. When we feel depressed, when our self-esteem is at low ebb, instead of sulking about this failure, reflect on our past accomplishments. We did it before; we can do it again. This reinforces our self-esteem; it enables us to change the script in our minds from bewailing failure to savoring success.

Feed into your minds through your thoughts and into your souls through your prayers the words of encouragement, the words of love, the words of self-esteem. Yes, unless you love yourself, you

cannot love your neighbor, nor can you truly love God.

Revision Chapter 3 – Love and a New Self Image

You can get a new image of yourself. Yes, you can develop a new self-image. The word "image" is related to "imagination." Imagination is called the workshop of God. Imagination clothes all ideas and gives them form. Artists, through the Divine artistry of the imagination, clothed all the wonderful ideas with pictorial form. In the act of imagination, that which is hidden in your deeper self is made manifest. By imagination, what exists in latency or is asleep within you is given

form
and thought. We contemplate that which has hitherto been unrevealed. Let us take some examples.
When you were preparing for your wedding, you had a vivid, realistic picture in
your mind. With your power of imagination you saw the minister, priest, or rabbi. You
heard him or her pronounce the words, saw the flowers, the church, and you heard
the music. You imagined the ring on your finger. You traveled through your imagination on your honeymoon to Europe, Niagara, or somewhere else. All this was

formed by images in your mind. Likewise, before graduation a beautiful scenic drama was taking place in your mind. You had clothed all your ideas about graduation in form. You imagined the professor or the president of the college giving you your diploma. You saw all the students dressed in caps and gowns. You heard your mother, father, and your friends congratulate you. You felt the embrace and the kiss. It was all real, dramatic, exciting, and wonderful. Images appear freely in your mind as if from nowhere. But you know, and must admit, there was and is an Internal

Creator with Power to mold all these forms which you saw in your mind and endow them with life, motion, and voice. These images said to you, "For you only we live." Do you want to be greater than you are? Do you want to be grander, greater, nobler, or more God-like than you now are? Do you want good digestion? Well, you must give up fear, grudges, peeves, and self-condemnation. You must give to get, you know. You must give up negative thinking in order to practice constructive thinking. Do you love the person you want to be? Give up the

person you
now are. Are you willing to let go of the old so that you might experience the new?
Often you have said, "Oh, I'll buy that idea." Well, we are all exchanging the old for the
new.
If you have some merchandise on your shelves, and it's old and dilapidated or dusty, you don’t throw it out. You replace it with new merchandise on the shelf.
Likewise, what is it you want to be? Imagine you are now doing what you long to do.
A young woman, who attended our meetings recently wanted to be an

actress.
She was a wonderful dancer and singer. She imagined she was on the stage, and in
her imagination she was dancing. It was all vivid and real. She was also singing in
majestic cadences -- all in her mind.
She saw an imaginary audience. She visualized
her mother and her friends
congratulating her. She experienced the embrace of her mother, telling her how wonderful she was and what a
marvelous performance, and
how wonderfully she sang. She heard all this. It was vivid and real. She lived the role

in her mind over and over again -- and it paid off. Some months later she got a wonderful contract in Las Vegas. Since then she has also appeared in Reno. In other
words, she began to imagine what she wanted to be, and she lived the role. She loved
the role. She got a new image of herself she loved it so much. She became entranced
and fascinated with the idea. For love is a fascination.
You can fall in love with music, you can fall in love with art, and you can fall in love with the law. You can sit down and contemplate health, happiness, peace of mind, abundance, security, right action,

harmony, inspiration, guidance, You can dwell on these things, give them your attention, devotion, loyalty. You, too, can become entranced, fascinated absorbed, and engrossed; and the law of your subconscious will respond. As you think in your heart or subconscious, so are you. So
will you act, and so will you become. It is not as you think in your head, but in your heart because these ideas have to be emotionalized and felt as true. Any thought, any idea, that you dwell upon induces and evokes a certain response and emotion. When you continue to do that, it
sinks into your subconscious, impregnates your subconscious, and

becomes
compulsive; therefore, you are
compelled to be, to do, and to
express that which you
meditated on.
That's the law of your subconscious
mind. You can love that law.
Because you
can create what you want, and love
casts out fear, and all the fear goes
away as you
fall in love with a higher image of
yourself. You can begin now. There is
a wonderful
opportunity for you to dwell upon
these great truths. Where do all these
vivid pictures
come from?

Keats said that there is an ancestral wisdom in us. We can, if we wish, drink that old wine of heaven. He used his imagination wisely when he was confronted with
difficulties and predicaments.
His biographers point out that he was accustomed to fill
many hours wisely holding imaginary conversations. It is well known that his custom
was to imagine one of his friends before him in a chair answering in the right way.
In other words, if he were
concerned over any problems, he imagined his friend
was giving him the appropriate answer

accompanied with the usual gestures, tonal qualities of the voice, making the entire imaginary scene as real and vivid as possible.

So, imagination is the workshop of God. A businessman whose affairs are prospering but who dwells in negativity is another example of the destructive use of imagination. He comes home from the office. He runs a motion picture in his mind of failure, sees the shelves empty, and imagines himself going into bankruptcy, an empty bank balance, and the business closed down.

Yet all the while he is actually

prospering. There is no truth whatever in that negative mental picture of his. It is a lie made out of whole cloth. In other words, the thing he fears does not exist, save in his morbid imagination. The failure will never come to pass except if he keeps up that morbid picture charged with the emotion of fear. If he constantly indulges in this mental picture, he will, of course, bring failure to pass. He has a choice of failure or success, but he chose failure.

In the science of imagination you eliminate all the mental impurities, such

as
fear, worry, destructive inner talking, self-condemnation, and the mental union with
other miscellaneous negatives. You must focus all your attention on your ideal. Just
as that girl focused all her attention on being the great dancer and the great singer,
you must refuse to be swerved from your purpose or aim in life. As you get mentally
absorbed in the reality of your ideal, you are falling in love with a higher image of yourself. You love it, and you remain faithful to it. And you will see your desire take

form in your world.

In the Book of Joshua it says: "Choose ye this day whom ye shall serve." Let your choice be: I am going to imagine whatever things are lovely and of good report, whatever thing is noble, whatever is wonderful, whatever gives me greater peace and greater health, greater vitality, and greater wealth. Think on these things. When your desire is in conflict with your imagination, the imagination always wins. Alcoholics know that if they try to overcome alcoholism by willpower, they set the law of reversed effort into application. They get the opposite of that

which they are
praying for, and they fail. They are actually driving themselves to drink, because they
are thinking of drink, they are looking at the glass, and that's what is in their minds. But when they focus attention on peace of mind, sobriety, and divinity, realizing an
Almighty Power is backing them up, only then they will overcome.
Do not try to overcome alcoholism or any negative habit by willpower. All you are doing is mentally dwelling on the drink or the bad habit. Every idea, every desire,
has its own mathematics and mechanics with it, and it executes itself, just like

every
seed has its own mathematics and
mechanics with it. It's the nature of
an acorn to
become a tree, an oak tree; and it's
the nature of an apple seed to
become an apple
tree. The more you think of the drink,
the more you are caught up in the
compulsion
of the drink. Because whatever you
give your attention to, your
subconscious magnifies and multiplies.
As you continue to give attention to it,
you become
compelled to do that thing.
Imagine yourself in balance, in poise.
Imagine yourself serene, calm, relaxed,

doing what you love to do. I knew an attorney in New York who was an alcoholic and ended up in the gutter. He became a panhandler. He sincerely wanted to overcome his alcoholism. At my suggestion, he imagined he was back at his desk, clean-shaven, a wonderful suit of clothes, and before the judge, pleading the case of a client. All this was in imagination. He was running a motion picture in his own mind. He said, "That's what I want to be--back in the old role of an attorney pleading for his client, helping them, giving them advice," and

so on. He lived that role. When the shakes or the jitters came, or the temptation came, he flashed the picture in his mind. He did it again, and again, and again. And, naturally, by osmosis, it sank into his subconscious mind. The subconscious took over and compelled him to sobriety and peace of mind.

No, we are not talking about daydreaming. If you look at the top of the mountain and you say, "Oh, I couldn't get there; I'm too old; I haven't got a chance," no. But real imagination is looking at the top of the mountain and putting a

foundation under it and saying, "I'm going to climb to the top." And you will because
you have made up your mind. We are not talking about idle fancy. You must have confidence in what you are doing and why you are doing it; then you will get results.
In spite of the way you feel, imagine yourself as being what you want to be. Insist on a
magnificent performance, even though you think you are a failure. Even though you
may not have any great desire to do so, discipline your mind. Call back the negative
imagery. Direct your imagination, your

attention, again and again on the way you want to go and the thing you want to be. And you will become it. Cast yourself in the
role of being and doing what at present you seem not to have the wish or the inclination to be or to do. Do it over and over again like you learned to walk, or play
golf, or swim. As you continue to do it, your subconscious assimilates that pattern.
Then it becomes second nature, which is the response of your subconscious to your
conscious thinking and acting. It's an automatic response. So, do it over and over

again until it is reasonable, until it is acceptable in your mind. It becomes a living part
of you.
Yes, you must imagine the role. You must imagine the role and live that role, and you will be building supports and strengths because an Almighty Power will
respond and you will be compelled to sobriety and to peace of mind. For that's the law
of your mind.
Some time ago I flew up to Reno at the request of a couple who had lived together for twenty years and were now contemplating divorce. In talking to the husband and wife, I found that she was

in the habit of always belittling her husband.

She admitted that she frequently screamed obscenities at him in restaurants and at private social gatherings. His complaint was that she was constantly accusing him of infidelities, all of which were imaginary on her part. This woman suffered from extreme outbursts of temper, was intensely jealous, and was obstinate in that she refused to admit that she was in any way responsible for the marital conflict. The husband was passive, very quiet, completely subservient to

her moods, and tyrannical outbursts. Of course, you are undoubtedly coming to the
conclusion that for a man to put up with this sort of behavior on the part of his wife
indicates that he is sick, also. Yes, he is sick, very sick. A doormat, you know, is something you walk on. You are here to stand up for your rights, your privileges, and
your prerogatives. You are here to stand up to that which is true, and to say yes to life.
Say yes to all the ideas that heal, bless, inspire, elevate. Say no to all these things that
are false. Say no to anyone who wants to

drag you down. Say no to all the lies in the world. And absolutely refuse to accept them.

This woman said that she had come from a home where her mother was dominant and who bossed her father and cheated on him right and left. She elaborated, "My mother had no morals. My mother was cruel. She was sloppy. My father was a fool. He was easygoing, blind to what was going on and completely subservient to my mother."

I explained to her why she was acting the way she was. There is an old saying: The explanation is the cure. First of all,

she had received no love or real affection as a child. Her mother had probably been jealous of her, making her feel inferior and unwanted. Consequently, for the past twenty years or more she had been building defenses against being hurt. Her jealousy stemmed from a sense of fear, insecurity, and inferiority. I pointed out to her that her basic problem was that she refused to give love and goodwill. Her husband had developed ulcers and high blood pressure and suffered from suppressed rage and deep-seated resentment. But he was so mousy

that
he never said a word and had put up with this chaos in the home for over twenty years. It is far more decent, honorable, and upright to break up a lie than live a lie.
Living the lie is living in confusion, resentment, hostility, and what does that bring
forth? --Chaos, sickness, disease, poverty, and everything else under the sun.
There was no love in that home. Where there is no love there is nothing. Where there isn't kindness, consideration, compassion, and understanding, such a marriage
is a farce, a sham, a masquerade, and

absolutely false.

Both of them, at my suggestion, began to look inwardly. She suddenly realized that unconsciously she married a man who allowed himself to be manipulated, henpecked, browbeaten, and emasculated psychologically. So, of course, he couldn't have any marital relationship because he was resenting her deeply. And, of course, the marital act is a love act. Therefore, there was no love there. He lacked potency insofar as his wife was concerned, but he hadn't lost his virility insofar as other women were concerned. He realized that, too.

She realized that she was completely devoid of real affection. Her possessiveness and intense jealousy and antagonism of her husband and his female relatives were in reality a craving for the love she had missed in childhood. She was pining for love; moreover, she began to see that she had married a father image. He said, "I've reached the point that I'm through. My doctor says, 'Get out.' Her constant nagging is making me sick, and life is unbearable."

They agreed, however, that they wanted to make a go of the marriage. But it

takes two to make a go of marriage, not one. It takes two to argue, too. It takes two to
go to court. The first step was for her to determine to stop doing and saying all the
things which hurt and humiliated her husband. He, in turn, agreed to assert his rights, prerogatives, and privileges as a man and husband. He was no longer to be
mousy and subservient to her tantrums and abusive language. I gave each of them what is known as the simplest of all prayers, and it works..
It is called the mirror treatment. You can practice it; anyone can. She agreed to stand

before the mirror in her bedroom three times a day, regularly and systematically, and affirm boldly as follows:

"I am a child of God. God loves me and cares for me. I radiate love, peace, and goodwill to my husband and his relatives. Every time I think of my husband I will affirm, 'I love you and I care for you.' I am happy, joyous, loving, kind and harmonious, and I exude more and more of God's love every day."

You know, whatever you attach to the words “I am,” you become, and when you look in the mirror and you say these things knowing very well what you are

doing and
why you are doing it, your conscious mind is your pen and you are writing down a
new self image in your
subconscious mind. When it is engraved there, it becomes
compulsive, for the law of your subconscious is compulsive.
Your assumptions, beliefs
and convictions dictate and control
all your conscious actions.
She committed this prayer to memory. It isn't hard to do. And as she repeated this prayer before the mirror, she knew these truths would be resurrected, as her mind is a mirror, reflecting back to her what she holds before it. Perseverance

and
stick-to-it-iveness paid off, and at the end of two months she came to visit me in
Beverly Hills. I found a transformed woman, affable, amiable, kind, gentle, and
bubbling over with a new life. Yes, a new self image. Falling in love with a new self
image of herself. Love is an emotional attachment; love is a feeling, an awareness. Love
also frees, love gives. Love is the spirit of God. And you can fall, as I said, in love with
music, you can fall in love with art. Edison fell in love with the principle of

electricity.
Einstein fell in love with the principle of mathematics, absorbed and engrossed, fascinated, carried away, entranced by it. It gives all its secrets to him Oh, yes, you can fall in love with animals, husbandry. You can fall in love with plants and flowers. You can fall in love with a cause. Love casts out fear.
Her husband's spiritual prescription was to stand before the mirror twice a day for about five minutes and affirm (he is talking to himself, now):
“You are strong, powerful, loving, harmonious, illumined, and inspired. You are a tremendous success, happy, prosperous and successful. You love your wife and

she
loves you. Whenever you think of her you will say, 'I love you and I care for you.'"
Now there is harmony where discord was, peace where pain was, and love where hatred was. The explanation was the cure. It's impossible for you to stand before a mirror and affirm these things without getting results, because you are writing these things in your subconscious mind. You are engraving them there. You are impregnating your subconscious with these truths by repetition, faith, and expectancy. Faith is knowing what you are doing and why you are doing it. Seeds grow after their kind. It's the nature of an apple

seed to become an apple tree. It's the nature of your thoughts to come forth after their kind. It's the nature of the image of yourself to be reproduced on the screen of space, which is the law of life.

So, this man realized as he affirmed these truths about himself that even though he might think he was a hypocrite in the beginning, gradually, by repetition, these truths would sink into his subconscious mind; and the law of the subconscious being compulsive, both of them were compelled to express what they impressed, for that is the law of mind.

I talked to a troubled young man, was

brought to me by his aunt. In discussing his problem, it was obvious that he had an image of an overbearing mother who gave
him no love or understanding. As far back as he could remember, from infancy to the age of fifteen, she had exacted obedience by whipping and criticism and
condemnation.
He is now eighteen years of age.
He claimed that he had great difficulty getting
along with anybody. His aunt said that she took him into her home where love and
harmony prevail. He seemed to feel envious and jealous of his cousins, who

had such
a loving father and loving mother. I explained to him that his present attitude was
simply a defense mechanism, which caused him to reject people who were kind and
friendly. And that it was all due to the traumatic experiences of his childhood. His
father had deserted his mother when he was one year old, and he had a terrible hatred
towards his father, whom he had never seen and who had never communicated with
him.
This young man began to comprehend

that undoubtedly his mother hated herself, because you must hate yourself first before you can hate anybody else. She was projecting that hatred to her ex-husband, her son, and all those close to her. The cure for that youngster was simple. I explained to him that all he had to do was to change his image of his mother. In discussing the laws of mind, he could see that the image he had of his mother was also his own image of himself, because whatever image he held in his mind would be created by his subconscious mind and come forth

in his body and circumstances.
The technique was as follows: He pictured his mother in his mind's eye as happy, joyous, peaceful and loving. Anyone can do it. Anyone can do it who wants to.
How much do you want what you want? Yes, if you want to become a great musician,
you'll sit down and practice. You'll study. You'll apply yourself. You'll be diligent in
your application. And, of course, you'll become a great musician. This young man imagined his mother to be smiling, radiant, and embracing
him, saying to him, "I love you. I am happy you came back." He could feel the

warmth
of the embrace, the kiss on his cheek. He could feel the touch of her hand and her fingers, the naturalness, the tangibility, the validity of it all. So can you. And she is
saying to him over and over again, "I love you. I am happy you came back." After a
lapse of six weeks I heard from this young man. He is back with his mother and has
been given a wonderful position with an electronics firm. He supplanted the old image
of his mother and got rid of the destructive, hateful image. At the same time he got a

new self-image, which transformed his life. Divine love entered into his heart, and love
dissolved everything unlike itself. Love frees. Love gives. Love is the spirit of God. Love is not puffed
up. Love is
kind. Faith works by love. Love dissolves everything unlike itself. Love is like the fire: It
gives out its heat to all corners of the room. It has neither height, nor depth; neither
length, nor breadth; it neither comes nor goes; but it fills all space; and the ancients
called it love. Love is an outreaching of the heart. Love is goodwill to all. When

you love
another, you love to see the other become and express all they long to become and
express. You love to exalt God in the midst of them, mighty to heal. If a husband loves
his wife, he wants his wife to be expressed. He wants her to release her talents to the
world. He doesn't say, "You must stay home. You are married now. You must stay in
the kitchen." That's not love. That's the opposite of love. Love always frees; it gives.
Love is the spirit of God. Love is goodwill.

I recently read a magazine article about a 5 foot 110 pound woman, who successfully battled a 1500-pound car for her father's life. Her name was Janet Stone,
age twenty, the daughter of Robert Stone of Covina, California. He was making repairs
on his car and the jack slipped. The car fell on him. Janet heard his cries and found him pinned under the auto. In an incredible upsurge of strength, she lifted the car,
freed her father, then carried him to her own car and drove him to the hospital. This
young daughter's love for her father and her intense desire to save his life at all

costs
seized her mind and caused the Power of the Almighty to respond to her focal point of
attention, enabling her to perform the Herculean task which saved her
father's life.
Remember, all the Power of the Infinite is within you, enabling you to do extraordinary things in all walks of life. This is why it is called omnipotent, all powerful. All the power that moves the universe is within you. It's omniscient, meaning all wise, the Ever-Living One, the All Wise One, the All Knowing One. It made
you from a cell. It created the universe and all things therein contained. It

governs the
galaxies in space. Yes, and with amazing mathematical exactitude, it caused the planets to move in their orbits and the earth to turn on its axis. All in Divine order,
which is heaven's first law.
An outstanding singer in one of the casinos in Las Vegas told me that for several years he had been a waiter but that he had always had an intense desire to
sing; and many of his friends who had heard him sing had pointed out to him that he
had all the qualities and abilities necessary to become an
outstanding singer. A

customer in the restaurant where he worked gave him my book, The Power of Your Subconscious Mind. He read this book avidly. He said that every night he practiced one of the techniques outlined in the book.

He sat quietly for about ten minutes each evening and imagined he was on the stage singing to a wonderful audience. He made this mental image vivid and realistic.

He imagined the audience to be applauding him and his friends congratulating him on his wonderful voice. He saw them smiling and felt the naturalness of their

imaginary
handshake. At the end of about three weeks the opportunity came and a new door of expression opened up for him. He experienced objectively what he had been imaging
and feeling subjectively.
Love is an emotional attachment, and as he began to identify with the greater image of himself, his subconscious responded and the cherished desire of his heart
was realized.
Some years ago I visited a businessman in the hospital. He was very ill with shingles, which caused him great pain. He was also suffering from a cardiac attack. It

seems the combination of circumstances had broken him financially and physically.
Due to bad investments he had lost almost all the money he had saved during the
many years of his life. On top of all this, he had an intense fear of death.
At that time I appealed to his ruling love, which was that of a daughter fifteen years old, his only child. I pressed the point that she was entitled to his love, to his
attention, to his affection, to his devotion. She needed his protection and wanted to be
educated. She wanted to find her true place in the world. I also emphasized

that
inasmuch as he loved his daughter and had to play the role of both father and mother
to her since her mother had passed on when she was born, he should now see to it
that his daughter would have all the advantages that could be provided only by loving
parents.
I gave him a simple technique, which was that frequently during the day he was
to picture himself at home, walking about the house, sitting at his desk, opening mail,
answering the phone, and feeling the

naturalness, tangibility, and solidity of his
daughter's embrace in his own home. The prayer I gave him was that he was to repeat
feelingly and knowingly many times during the day: "Father, I thank thee for the
miraculous healing taking place now. God loves me and cares for me. " This man carried out these instructions faithfully. A few weeks later, while still in the hospital and picturing himself at his desk at home, suddenly something happened. He said, "I felt lifted up out of darkness into a blinding light. I felt Divine
love filling my soul. I felt transformed

from misery to peace of mind." He had a remarkable healing and today is happy and joyous and leading a very successful business life. He has recouped his losses, and his daughter is in college. When a person is sick and depressed, it is a good point to appeal to his or her ruling love, for love conquers all. Perfect love, you know, casts out fear. If you are attracted, you will be in love. You are what you imagine yourself to be. Therefore, imagine you are a tremendous success. Imagine you are doing what you long to do.

Keep it up. Do it over and over again. A doctor told a man he had to give up

smoking. That was interfering with his blood pressure and his heart, and so on. Well, he began to think of all the advantages of longevity, peace of mind, greater discernment, better judgment, better health, and all that. Then he began to imagine the doctor congratulating him on his perfect health and peace of mind. And he said to himself, "I'm going to give up this habit." He began to think of all the advantages. He said, "I decree it. I'm giving it up now. I am free of this habit, and I have peace of mind, I have serenity, I have tranquility, I have

perfect
health."
It is said that if you decree a thing it shall come to pass and the light shall shine upon your ways. When you decree something and you mean it, and when you
are sincere, when it is irrevocable, the subconscious accepts that. The smoker ran that
picture a couple of times a day--morning and night--imagined the doctor having examined him and saying, "Your heart is perfect. Your blood pressure is normal. It is
wonderful. Your health is fine." He imagined this over and over again. What is he doing? Well, he is impregnating his

subconscious with the idea of freedom and peace of mind and perfect health.

He kept that up for a couple of weeks. He lost all desire to smoke. That's the way your subconscious works. It takes away the craving. It becomes compulsive. It compels you to give them up, because you are contemplating freedom, peace of mind.

He went to the doctor, and the doctor told him exactly what he had been contemplating, what he had been meditating on. The doctor confirmed objectively what he had been imagining subjectively. As within, so without; as above, so

below; as
in heaven (meaning your own mind), so on earth, your body, circumstances, and condition.
Begin to think constructively and harmoniously. To think is to speak; your thought is your word. Let your words, you are told, be as a honeycomb, sweet to the
ear and pleasant to the bones. Let your words be, as the Bible says, like apples of gold
and pictures of silver. Very beautiful, isn't it? The future is the present grown up. It is
your invisible word or thought made visible. Are your words, your thoughts, and your

images sweet to the ear? Are you imagining success and happiness now? If you are going on a trip to Europe, are you imagining a lovely voyage? Are you realizing the plane is God's idea moving from point to point freely, joyously, and lovingly? Are you saying, "The pilot is God's creation . He is illumined and inspired. He is divinely guided. Love goes before us making straight and perfect our way. Divine love surrounds the plane, enfolds it, and enwraps it. The Presence of God saturates the hearts and minds of all on the plane. And God controls the highways of the

heavens
above as well as the earth beneath, making all roads a highway for our God"? Then you are falling in love with that journey. You are falling in love with a new picture, falling in love with the truth. And you will have a marvelous trip, a wonderful, wonderful trip. Because you are imaging, you are picturing, you are decreeing it. It's all real. It's all vivid. You are experiencing it in your mind. Are your words, your thoughts, and your images sweet to the ear? What is your inner speech like at this moment?

No one hears you. It is your silent thought.

Perhaps you are saying, "I can't. It is impossible. I'm too old now. What chance have I? Mary can, but I can't. I have no money. I can't afford this or that. I have tried, but it is no use." You can see that your words are not as a honeycomb. There is nothing sweet about that. Eat honey, Solomon says. Honey in the Bible means wisdom. Wisdom is an awareness of the Presence and Power of God within you. To eat of is to meditate on, to absorb, to ingest, to digest, to appropriate these truths. These words are not sweet to your ear.

They do not lift you up, they do not inspire you. Never forget the importance of inner speech, inner conversation, inner talking. It is that silent thought of yours, that silent talking to yourself when you are alone, when your head is on the pillow, when you are sitting in the armchair and there is nobody around, your silent thought that is always made manifest. Therefore, your words are sweet to the ear and pleasant to the bones. Let the words of your mouth and the meditations of your heart be acceptable in thy eyesight, 0 Lord, my

strength
and my redeemer.
So, your inner speech is the way you feel inside, for the inside mirrors the outside. Is your inner speech pleasant to the bones? Does it exalt you, thrill you, and
make you happy? Bones are symbolic of support and symmetry. Let your inner talking
sustain and strengthen you. Decree now (say it meaningfully and lovingly): "From this moment forward I will admit to my mind for mental consumption only those ideas and thoughts which heal,
bless, inspire, strengthen, elevate, and dignify my soul."

If you are in the hospital, picture yourself home with your family or back at
work at your desk. The man in the ball field who hurt his ankle and is strapped in the
hospital--where do you think his picture is? His picture is that he is back on the ball
field. He is kicking the football. If he didn't have that picture in his mind he'd never
leave the hospital. Imagine a person in the hospital saying, "I'm done for. I'm through.
I'll never get out of here. I have an incurable disease." He'll remain there. But, you see,

when you are in the hospital you have a picture that you are home with your loved
ones. That is why you go home. If you didn't have that picture in your mind you'd
never leave the hospital.
Yes, imagination is the workshop of God. It separates person from person. It is
a beacon light in a world of darkness. What you imagine represents your desire. It's
the way you want things to be. It is a picture of your fulfilled desire. It could be a new
position or health. Let your words, your silent thoughts and feeling, coincide and

agree
with the picture of silver, or your
desire. Desire and feeling join together
in a mental
marriage and will become the
answered prayer.
Let your words be sweet to the ear.
What are you giving your ear to now?
What are you listening to? What do you
listen to as you go to sleep at night--
news about
murder, crime, burglary, and all that
sort of thing? With what are you
polluting your mind for before you go
to sleep? Why don't you open the Bible
or an inspirational
book. Sing a song to God. Fill your mind
with eternal verities and go to sleep with

the
praise of God forever on your lips. Isn't that the way you should go to sleep? We lay
down in peace to sleep for we know God will keep us in safety. What are you listening to? What are you giving attention to? Whatever you give attention to will grow, magnify, and multiply in your experience--good or bad. Faith
cometh by hearing, Listen to the great eternal truths. Listen to the voice of the One
Who Forever Is. What language does it speak? It is not the language of any nation or
culture. It is the universal language, or

mood of love, peace, joy, harmony, faith, confidence, and goodwill. You speak in the tongue of love, faith, and confidence. Then you are speaking in the universal language. Then you are speaking in tongues, and everybody will understand: love, peace, harmony, joy, and the inner, silent knowing of the soul. That's the universal language of a smile and of love. This is what is meant when the Bible refers to “speaking in tongues.” It is not gibberish, but deep love and faith.

Give your ear to these qualities and

potencies of God. Mentally eat of these qualities, and as you continue to do so, you will be conditioned to these positive,
enduring qualities, and the law of love will govern you. You have heard this oft repeated quotation: "Man is made in the image and the likeness of God." This means
that your mind is God's mind. There is only one mind, and your Spirit is God's Spirit.
There is only one Spirit. And you create in exactly the same way; through the same
laws God creates. Let us make ourselves after God’s image and likeness. Just as the

concrete fills the forms of the building, that Life Force fills the form of your thoughts and brings them forth as form, function, experience and events. That's why you are made in the image and the likeness of God, so there is one mind common to all individual people. . You are in an individual world. Your experiences, conditions, circumstances, environment, as well as your physical health, financial state, social life, is made out of your own mental images and after your own likeness. You can imagine you are a great singer if you

love to sing. You can now imagine you are before a distinguished audience and God is singing in majestic cadences through you. You are saying, "I am singing for Him. I am poised, serene, and calm. I am relaxed and at
ease. The inspiration of the Almighty flows through me. And the song of God wells up
within me. And the song that comes forth from me fills the soul of all with joy, happiness, and peace. They are all resurrected. They are all lifted up and inspired,
because the mood of love, faith, and confidence impinges on their receptive minds,

and they are made whole and perfect." Then, of course, you will sing in majestic song. You are falling in love with
music. You have created a new image of yourself. Wonders will happen as you pray
that way.
So, your whole world is made out of your own mental images and after your own likeness. Like attracts like. Your world is a mirror reflecting back to you your
inner world of thought, feeling, beliefs, and inner conversation. If you begin to imagine
evil powers working against you, or that there is a jinx following you, or that

other
forces and people are working
against you, there will be a response
of your deeper
mind to correspond with these
negative pictures and fears in your
mind. Therefore,
you will begin to say that everything is
against you, or that the stars are
opposed to
you, or you will blame karma, your
past lives, or some demon.
Truly, the only sin is ignorance. Pain is
not a punishment. It is the consequence
of the misuse of the law of your mind.
Come back to the one truth and
realize that
there is only One Spiritual Power, and It

functions through the thoughts and images of your mind. The problems, vexations, and strife are due to the fact that we have actually wandered away after false gods of fear and error. We must return to the center, the God Presence within. Affirm now the sovereignty and authority of the Spiritual Power within you, the principle of all life. Claim Divine guidance, strength, nourishment, and peace, and this Power will respond accordingly.

I will now proceed to point out you may definitely and positively convey an idea or mental image to your subconscious mind. The conscious mind is personal and

selective. It chooses, selects, weighs, analyzes, dissects and investigates. It is capable
of inductive and deductive reasoning. The subjective, or subconscious mind is subject
to the conscious mind. It might be called a servant of the conscious mind. The subconscious obeys the order of the conscious mind.
Your conscious thought has power. The power you are acquainted with is thought. Back of your thought is mind, Spirit, or God. Focused directed thoughts
reach the subjective level. They must be of a certain degree of intensity. Intensity is

acquired by concentration. To concentrate is to come back to the center and contemplate the Infinite Power within you.

To concentrate properly, you still the wheels of your mind and enter into a quiet, relaxed, mental state. When you concentrate you gather your thoughts together and focus all your attention on your ideal, aim, or objective. You are now at a focal or central point where you are giving all your attention and devotion to your mental image.

The procedure of focused attention is

somewhat similar to that of a magnifying glass, and the focus it makes of the rays f the sun. You can see the difference in the effect of scattered vibrations of the sun's heat and the vibrations that emanate from a central point. You can direct the rays of the magnifying glass so it will burn up a particular object upon which it is directed. Focused, steadied attention of your mental images gains a similar intensity, and a deep, lasting impression is made on the sensitive plate of your subconscious mind.

You may have to repeat this drama of the mind many times before an impression is made, but the secret of

impregnating the deeper mind
is continuous, or
sustained imagination. When fear or
worry comes to you during the day,
you can
always immediately gaze upon that
lovely picture in your mind,
realizing and knowing
you are operating a definite
psychological law that is now
working for you in the dark
house of your mind. As you do this,
you are truly watering the seed and
fertilizing it,
thereby accelerating its growth.
The conscious mind is the motor; the
subconscious is the engine. You must
start the motor and the engine will do the

work. The conscious mind is a dynamo that awakens the power of your subconscious.

The first step in conveying your clarified desire or idea or image to the deeper mind is to relax, immobilize the attention, get still and quiet. This quiet, relaxed, peaceful attitude of mind prevents extraneous matter and false ideas from interfering with your mental absorption of your idea. Furthermore, in the quiet, passive, receptive attitude of mind, effort is reduced to a minimum. Prayer is effortless effort. There is no

mental effort or coercion used in prayer. Any time you use mental coercion or force, you get the opposite of what you are praying for. That's called the law of reversed effort.

In the second step you begin to imagine the reality of that which you desire. A good example of this is how Louise L, applied this principle to get the job she really wanted. Louise had good experience in secretarial work, but what she really desired was to work in the medical field. She took courses in "medical assistance and administration" at a community college,

and then applied for several openings in doctors' offices, but was always rejected because of "lack of medical experience." She
was determined to reach her goal. Every night and often during the day, she saw herself in a doctor's office helping the doctor handle all of the insurance, administrative and clerical details that
take so much time and energy away from dealing with patients. She visualized herself
assisting the doctor in dealing with patients. Before her next interview, she repeated to
herself: "I will get this job. I may not have previous experience, but I know I

am
capable, knowledgeable and willing to work hard to be a successful medical assistant."

At her next interview, when asked about her previous experience, she responded: "I may not have previous experience in a doctor's office, but I have been successful in all my jobs, often with matters that I had not faced previously. I know what a doctor expects of a medical assistant; I have studied and worked hard to prepare for a career in this field, and I am committed to be the best medical assistant

you can hire."
The doctor hired her. Some months later, he told her that when he read her application, he planned to just give her a courtesy interview and send her on her way,
but she impressed him with her enthusiasm and self-confidence. And he added, "I am
glad I did. You are the best
medical assistant I have ever had."
This procedure or technique is older than our Bible. The outside mirrors the inside. The external action follows the internal action. As within, so without; as above,
so below; as in heaven, so on earth. Heaven is the heavens of your own

mind, your
own consciousness. You can't
experience anything except by right
of consciousness.
Consciousness is the way you think,
feel, believe, and what you give mental
consent
to. Become convinced that there is a
power within you capable of bringing
you what you imagine and feel is true
in manifestation. Sitting idly by,
daydreaming, imagining
the things you would like to possess
will not attract them to you.
You must know and believe that you are
operating a law of mind. You must put
foundation under your images. Become
convinced of your God-given power to

use your
mind constructively to bring into manifestation the thing you desire. It's all right to
build castles in the air, but build a foundation under them. Then you'll bring them to
pass.
Know what you want. The subconscious mind will carry out the idea, because you have a definite, clear-cut concept of what you wish to possess. Imagine clearly the fulfillment of your desire. Then you are giving the subconscious
something definite to
act upon. It may take two or three minutes, or longer, depending on your

temperament, feeling, and understanding to see results. It is not so much the time as the quality of your mind, the degree of feeling or faith. Generally speaking, the more focused and absorbed your attention is, and the longer the time, the more perfect will be the answer to your prayer.

Believe that you have received and you shall receive.

Whatsoever ye shall ask in prayer, believing, ye shall receive.

To believe is to accept something as true or to live in the state of being it. As you sustain this mood, yes, wonders will begin to happen as you pray and you will

experience the joy of the answered prayer.

In A Nutshell

Do not try to overcome a negative habit by willpower. All you are doing is mentally dwelling on the bad habit.. The more you think of the bad habit, the more you are caught up in the compulsion of that habit. Because whatever you give your attention to, your subconscious magnifies and multiplies. As you continue to give attention to it, you become compelled to do that thing. Whatever you attach to the words "I am," you become, and when you look in the mirror and you say these things knowing very well what you are doing and why

you
are doing it, your conscious mind is your pen and you are writing down a new self image in your subconscious mind. When it is engraved there, it becomes compulsive,
for the law of your subconscious is compulsive. Your assumptions, beliefs and
convictions dictate and control all your conscious actions.
You are what you imagine yourself to be. Therefore, imagine you are a tremendous success. Imagine you are doing what you long to do. Keep it up. Do it over
and over again.
Decree now (say it meaningfully and

lovingly): "From this moment forward I will
admit to my mind for mental consumption only those ideas
and thoughts which heal,
bless, inspire, strengthen, elevate,
and dignify my soul."
Never forget the importance of inner speech, inner conversation, inner talking. It is that silent thought, that silent talking to yourself when you are alone, when your
head is on the pillow, when you are sitting in the armchair and
there is nobody
around, your silent thought that is always made manifest. Decree now (say it meaningfully and lovingly): "From this

moment forward I will admit to my mind for
mental consumption only those ideas and thoughts which heal, bless, inspire, strengthen, elevate, and dignify my soul." The conscious mind is the motor; the subconscious is the engine. You must start the motor and the engine will do the work. The conscious mind is a dynamo that
awakens the power of
your subconscious.
Know what you want. The subconscious mind will carry out the idea, because you have a definite, clear-cut concept of what you wish to possess. Imagine clearly the fulfillment of your desire. Then you are giving the subconscious

something definite to act upon.

Revision

Chapter 4 - Developing a Wonderful Personality

You can create a wonderful personality by thinking on things that are true, things that are honest, things that are just, things that are pure, things that are lovely and things that are of good report. If there be any virtue, if there be any praise, think on these things. You are what you think all day long. Your personality is the sum total of all your thoughts, feelings, beliefs, opinions, early indoctrination, and environ

mental conditioning.
Your personality is acquired, and you can change it. The word personality comes from persona, meaning a mask. The ancient Greek actors wore masks when dramatizing their part on the stage. Actually, each one of us is a mask of Divinity
inasmuch as we are the garments which God wears as He moves through the illusion
of time and space.
We are reproductions of the original Spirit, or God, and that the Divine standard of personality is to reproduce the qualities, attributes, power, and aspects of

God. Begin now to become a channel for the Divine. For 10 or 15 minutes every morning of your life, contemplate this great truth: That I AM a channel for the light,
love, glory, beauty, peace, and harmony, and power of the Infinite One. The qualities of
God are flowing through me now like a golden river, and I am walking and talking with
God all day long; and I am expressing more and more of God-like qualities every day of
my life. I become what I contemplate, and I am a channel of the Divine now and
forever more.

As you practice this, wonders will happen in your life. Let us realize that the
first thing you learn is that there is no one to change but yourself. This is the beginning of a real change in your entire personality. As you would that others should think about you, think about them in like manner. As you would that others should
feel about you, feel also about them in like manner. As you would want others to act
towards you, act toward them in like manner. This is the key to happy human relationships in all walks of life. This is the key. All things whatsoever ye would that

others should do unto you, do ye so to them in like manner.

Do you observe your inner talking? For example, you may be polite and courteous to people in your office. But when their backs are turned, you are very critical and resentful towards them in your mind. Such negative thoughts are highly destructive to you. It is like taking poison. You are actually taking a mental poison, which robs you of vitality, enthusiasm, strength, guidance, and goodwill. Remember, the suggestion you give to the other, you give to yourself.

Ask yourself now: How am I behaving internally toward this other person? This interior attitude is what counts. Begin now to observe yourself. Observe your reactions to people, conditions, and circumstances. How do you respond to the events and news of the day? It makes no difference if all the other people were wrong and you alone were right. If the news disturbs you, it is your evil because your bad mood affected and robbed you of peace and harmony. You do not have to react negatively to the news or comments of broadcasters. You can remain unmoved, undisturbed,

and poised, realizing that they have a right to their expressions and beliefs. It is never what a person says or does that affects us; it is our reaction to what is said or done that matters. Mentally divide yourself into two people: your present mental state and that which you desire to be. Look at the thoughts of fear, worry, anxiety, jealousy, or hatred, which may have enslaved and imprisoned you. You have divided yourself into two for the purpose of disciplining yourself. One part of you is the human mind working in you; the other is the Infinite,

or the God-Self seeking expression through you.

Be honest with yourself and determine which mood shall prevail. For example, if someone gossips about you or criticizes you, what is your reaction? Are you going to engage in the typical way by getting excited, resentful, and angry? If you do, you are letting the world-mind work in you. You must positively refuse to react in this mechanical, stereotyped, machine-like way. Say positively and definitely to yourself:

"The Infinite One thinks, speaks, and acts through me now. This is my real self.

It is my God-self. I am now developing a marvelous and wonderful personality, because I am this very moment radiating love, peace, and goodwill to this person who criticized me. I salute the Divinity in him or her. God speaks through me as peace, harmony, and love. This attitude is wonderful. This heals, blesses, and restores my soul."

As you do this, you are a real scientific thinker. Instead of reacting like the herd, which returns hate for hate, ill will for ill will, you have returned love for hatred, peace for hurt, goodwill for ill will. You have come into Truth to think and react

in a
new way. When you come into scientific thinking, you make a new set of reactions to
supplant the old. If you find
yourself always reacting in the
same way to people,
conditions, circumstances, and events, you are not growing spiritually;
instead, you
are standing still, deeply immersed in the mind of the human race.
Remember what we said about
developing a marvelous and
wonderful personality. It means to express more and more of the God-like qualities, attributes,
and potencies within you, which means

that you radiate more love,
peace, harmony,
joy, and beauty. Furthermore, you radiate more of God's power in your thoughts, words, and actions. You know that you do not have to accept negative thoughts. You can become what you want to be by refusing to be a slave to old thought patterns. Become a real
scientific thinker and practice observing your reactions to the events of the day. Whenever you discover that you are about to react negatively, affirm as follows: “This
is not the Infinite One within me speaking or acting.” This will cause you to stop your

negative thinking. Then the Divine light, love, truth and beauty will flow through you
at that moment.
Instead of identifying yourself with anger, resentment, bitterness, and hatefulness, identify immediately with peace, harmony, poise, and balance. With this
attitude, you are really practicing the Presence of God. You are separating yourself
from the old attitudes of mind, and you are identifying yourself with the new – that
which you desire to be. You are developing a marvelous and wonderful personality,

and you find that you are exuding more and more vibrancy. You want to be the happy, joyous and illumined. In order to become the ideal, you must identify yourself with all the qualities you wish to manifest. Remember this great truth: You do not have to go along with, believe in, nor consent to negative thoughts or reactions. Begin to positively refuse to react mechanically as you formerly did. React and think in a new way. You want to be peaceful, happy, radiant, healthy, prosperous, and inspired. Therefore, from this moment forward, you must refuse to identify with the negative thoughts that

tend to
drag you down.
Many women ask: “How can I change my husband?” It's an old, old refrain. Another frequent statement is: “I would like to change Mary in the office. She is the
cause of all the trouble.” Many have heard this great truth: “See God in the other and
all is well.” However, most people do not know exactly what that means. It really means to become aware of the Presence of God in the other person and to realize that
God is actually being expressed through the thoughts, words, and actions of that person. To really know, accept, and

believe these truths is to see God in the other.

God is the Father of all, God is the Life Principle in everybody, everywhere. God is the Living Spirit within you--the mind, the invisible part of you. To look at it in a very simple way: God is the highest and the best in you. The more wisdom, the more truth and beauty you are expressing, the more of God is being expressed by you. That's how simple it is.

There is no problem in human relations that you cannot solve harmoniously and for the benefit of all concerned. When you say that your associate in the

office is
very difficult to handle, that he or she is cantankerous, mean, obstreperous, and difficult, do you realize that in all probability this is reflecting your own inner mental
states? Remember also, that like attracts like. Birds of a feather flock together. Is it
not possible that your associates' crotchety, petulant, critical attitude is the reflection
of your inner frustrations and suppressed rage? What this person says or does cannot
really hurt you except you permit him or her to mentally disturb you. The only way

that person can annoy you is through your own thoughts.
The reason for this is: You are the only thinker in your universe. You and you alone are responsible for the way you think about other people. They are not responsible, you are. For example, if you get angry, you have to go through four states in your own mind. You begin to think about what the other person said. You decide to get angry and generate a mood of rage. Then you decide to act. Perhaps you talk back and react in kind. It takes two to make an argument. You see that the thought, emotion, reaction, and action all takes

place in your own mind. You and you alone are responsible. You are the cause of your own anger. If someone called you a fool, why should you get angry? You know you are not a fool. The other person is undoubtedly very disturbed mentally. Maybe that person had serious problems at home or was very ill psychologically. You should have compassion and not condemn that person. Realize God's peace fills that person's mind and that God's love flows through him or her. Then you would be practicing the Golden Rule. You would be identifying

not with
anger or hatred, but with the law of goodness, truth, and beauty. Would you condemn
a person who had tuberculosis or cancer? Of course you would not. Perhaps you would claim that the harmony and perfection of God were flowing
through that person and that the miraculous power of God was healing him or her.
That would be compassion.
Compassion is the wisdom of God functioning through the human mind knowing that as you
do this you are radiating love, peace, and goodwill to that individual.

People who are hateful, spiteful, envious, or jealous, and who say nasty, mean, scandalous things are very ill psychologically. They are just as sick as people who have tuberculosis or cancer. How are you going to react to such people? Where is your truth? Where is your wisdom and understanding? Are you going to say: I am just one of the herd. I react in kind. I return spite for spite, hate for hate, anger for anger. No, you would stop and say: This is not Divine love acting through me. God sees only

perfection, beauty, and harmony in all people everywhere. I see, therefore, as God
sees.
Begin to see all men and women as God sees them. When your eyes are identified with beauty, you will not behold the distorted picture. Would you condemn
and criticize a hunchback? No, you wouldn't. Perhaps it's a congenital defect. Or
perhaps he suffered from a debilitating illness. . There are many people who are mental hunchbacks, twisted and distorted in their mind, who were negatively con ditioned when they were young. Have understanding. To understand all is to

forgive
all.
Information or news is constantly brought to your attention all day long through the medium of your five senses. You are the one who determines what your
mental responses are going to be to the news conveyed. You can remain poised, serene, and calm; or you can be very foolish and fly into a rage and, as a result, make
mistakes in business. Your judgment becomes very poor; perhaps you get an attack of
migraine or some other form of pain. The reason two people react differently to the

same situation is based upon
their subconscious conditioning.
Your personality is
based on the sum total of all your
opinions, beliefs, education, and
early religious
indoctrination. This inner attitude of
mind conditions your response.
Some people will
fly into a rage when they hear
somebody espouse a certain religious or
political program, but others may enjoy
it because the irate group is prejudiced
and the other
is not.
Our subconscious convictions and
conditioning dictate and control all
of our

conscious actions. You can recondition your mind by identifying yourself with the eternal verities. You can develop a marvelous and wonderful personality by filling your mind with the concepts of peace, joy, love, good humor, happiness, and goodwill. Busy your mind with these ideas and they will sink into the subconscious level and become orchids in the garden of God. You are living in the Garden of Eden now. The Garden of Eden is simply your subconscious mind where you plant seeds. The seeds are your

thoughts. You are what you think all day long. And your prayer is your thought. What are you thinking? No matter where the problem is, no matter how acute it may be, or how difficult the person may be, there is in the final analysis no one to change but yourself. When you change yourself, your world and environment will change. Begin with Number One--yourself. Remember, you are not living with people; you are living with your concept about them. You are living with your belief about your husband, or you are

living with your thought or your belief about your wife. What do you believe about
your husband, your wife, your son, or your daughter? Remember this great truth: God
is in all people. Begin to see God in your husband. Begin to see God in your wife. Call
forth the God Presence in all
those around you.
Our mind is a garden. In this garden, which is called the Garden of Eden or the
Garden of God, we plant seeds. Regardless of what we sow with
our conscious mind,
our subconscious will bring it to pass.

Therefore, let us sow the thoughts of peace,
happiness, guidance, and goodwill. Let us meditate on these qualities and accept them
in our conscious, reasoning mind. Whatever we accept in our conscious, reasoning
mind, our subconscious, which is like the soil, will accept without question and bring
it to pass. This is the law of life.
It is done unto you, as you believe.
And belief is a thought in your mind, nothing more and nothing less. What do you believe in? If you believe that Los Angeles
is in the State of New York, your mail

will go astray. Believe, therefore, in things are noble, good, and Godlike. Believe in these things. Enthrone the concepts of peace and love, harmony, joy, and goodwill in your mind. Plant these seeds daily in your mind, and wonders will happen as you pray. Our subconscious assumptions and convictions of ourselves dictate and control all our conscious actions. Believe nothing, therefore, which does not contribute to your health, happiness, and peace of mind. Your subconscious mind will objectify faithfully the habitual thinking of your

conscious mind. Your work is with your conscious mind.

Your conscious mind reasons, analyzes, weighs, dissects, investigates, scrutinizes, and comes to decisions. Your conscious mind is the choosing mind. Choose your thoughts, your imagery, and your reactions. You are a volitional, choosing being. Ask yourself: What kind of thoughts am I choosing now?

Whatever you believe is true in your conscious mind your subconscious will accept without question. Be very careful that you accept only that which is true, noble, and Godlike. Your subconscious mind is the mind that controls your

heartbeat,
your digestion, grows hair on your
head, heals the cut on your finger,
watches over
you while you are sound asleep. Your
subconscious mind is the mind that
takes a
piece of steak and transforms it
into tissue, muscle, and bone, and
bloodstream. It
watches over you while you are sound
asleep upon the bed. If you say: I
would like to
wake up at 4:00 o'clock in the
morning prior to sleep, the
subconscious will awaken
you exactly at 4:00 o'clock even though
there is no clock in the room. Or, if there

were
a clock in the room and it was out
of order, or it was too fast, your
subconscious will
wake you up exactly at 4:00 o'clock;
and it would be the correct time,
chronologically
speaking.
Whatever you impress on your
subconscious mind is expressed on
the screen of
space as conditions, experiences, and
events. As you sow in your
subconscious mind,
so shall you reap in your body,
environment, and pocketbook, and in
all phases of
your life.

One time the great Italian tenor, Enrico Caruso was struck with stage fright. He said his throat was paralyzed due to spasms caused by fear, which constricted the muscles of his throat. Perspiration poured copiously down his face. He was ashamed, because in a few minutes he had to go out on the stage; yet he was shaking with fear and trepidation.

He said: “They will laugh at me; I can't sing.” Then he shouted in the presence of those behind the stage: “The Little Me wants to strangle the Big Me within.” He said to the Little Me: “Get out of here; the Big Me wants to sing through me.” By

the Big
Me, he meant the God-power within, the Limitless Power within all of us, the powers of
your own subconscious. He began to shout: “Get out! Get out! The Big Me is going to
sing.” This released the Almighty Power within him. When the cue came, he walked
out on the stage and sang gloriously, majestically, enthralling the audience.
In your subconscious mind, as William James, the father of American psychology, wrote, is the power that moves the world. It is the Almighty Power of God.
Your subconscious is one with Infinite

Intelligence and boundless wisdom. It is fed by
hidden springs. It is called the law of life.
A law is either good or bad, depending on how you use it. You can use electricity to kill someone, or to light a house, or fry an egg, or vacuum the floor. Surely, you don't say electricity is evil. It depends on how you use it. Good and evil are
in the movements of your own mind based upon your thoughts, your actions, and
your decisions. You wouldn't say that water is evil. You could drown your child in the
water, or you could quench its thirst.

Fire isn't evil; but you can burn someone in the fire, or you can warm the house with the fire.

Whatever you impress upon the subconscious mind, the latter will move heaven and earth to bring it to pass. The subconscious mind knows no obstacles. We must impress it with the right ideas and constructive thoughts. Your subconscious mind is called the law. A law is good or bad, depending on how we use it. Your subconscious mind is impersonal and non-selective. In the Bible it's called the wife. The Bible

says: The husband shall be head of the wife. Don't take that literally; it's foolish to do so.

Many people take these statements literally with all kinds of absurd, ridiculous, weird consequences.

The Bible is a psychological, spiritual textbook dealing with the principles and modes of living. It deals with moods, tones and vibrations. It talks about the male and female principles in each one of us.

When you read about men and women in the Bible, they are not men and women, literally speaking; they represent the conscious

and subconscious mind in all individuals throughout the world. The conscious mind in the Bible is called the husband. Why? Because it is head of the wife. The subconscious is called the wife in the Bible, and the subconscious is amenable to suggestions by the conscious mind. It is controlled by the suggestions of the conscious mind. Whatever your conscious mind decrees and believes in, your subconscious will honor and execute accordingly, whether it is good, bad, or indifferent. I told you, the subconscious is like the soil. If you put thistle seeds in the soil, it

will grow thistles. If you put raspberry seeds there you will get raspberries. The soil will take all seeds given to it, whether good or bad; and the seeds will come forth after their kind. You will get an apple tree from an apple seed.

You can believe a lie and your subconscious will express whatever is impressed upon it--good, bad, or indifferent--and will bring it to pass. The reason there is so much chaos, misery, lack, and misfortune in the world is because people do not understand the interaction of the male and female principle within themselves.

When
these two principles work in accord, in concord, in peace, and synchronously together,
we have health, happiness, peace, and joy. There is no sickness or discord when the
conscious and subconscious minds work together harmoniously and peacefully.What are you planting in your mind now? The conscious mind is the reasoning
mind. It analyzes, scrutinizes, and chooses. What are you choosing now? If you are
resentful or hateful, you are sowing seeds of destruction and you may have growths in

your bodies to conform to your destructive mental attitude. The growths may appear in different parts of the body. The great secret of the ancient temple mystery schools was that the I AM in you is God, as you are told in the third chapter of Exodus: "This is my name now and forever, henceforth and for all generations. He said, Tell them I AM hath sent me unto you."

When you say I AM, you are announcing the presence of the Living God within you, Infinite Mind and Infinite Spirit, which is invisible. The I AM in the Bible means being, life, and awareness. You know

that you are alive. Life is God. You are alive with
the life of God. You have never seen life, but you know that you are alive. No theologian has ever seen spirit, but you have felt the Spirit of peace, love and goodwill
well up in your mind at the sight of your own child. No psychologist has ever seen
mind, but we perform experiments with mind. You are a thinking being, and you have
a mind.
When you say I AM, you are announcing pure being, life, and undifferentiated awareness, the Presence of God in you. This is the great secret. . This is

sometimes
called “the lost word,” because it's in the mouths of many people and they don't know
what they are saying. They say, I'm blind, I'm deaf, I'm dumb, I'm broke, I'm all mixed
up, I'm confused. Whatever you add to I AM, you become. If you say, I'm a bum and
I'm no good, and I'm inferior, you'll become all these things. Whatever you attach to
the I AM within you, you become. Now, wouldn't it be wonderful to say: I'm a part of the Living God; I am happy, joyous, and free; I am secure; I am strong, powerful,

loving, harmonious, and kind; I am inspired, I am illumined; I am a tremendous success; I am absolutely outstanding. All these things will take place in your life, because whatever you attach to the I AM, you become.

Whatever is impressed on your subconscious will be expressed on the screen of space as conditions, experiences, and events. Moses, Isaiah, Jesus, Buddha, Zoraster, Laotsze, and all the illumined seers of the ages proclaimed these truths. Spiritual minded people who are alert and alive knows that the greatest secret in the

world is
the discovery of the Presence of God in us. . This is far more important than the discovery of the atomic bomb, nuclear energy, or thermonuclear energy, or any of
these things.
You can never deviate from the truth: that as you think and feel, so are you. Your thought and feeling control your destiny regardless of what you say, regardless of whether you deny it or not. We are dealing with laws of mind, just like laws of
chemistry, physics, and mathematics. What's the use of saying 2 and 2 are 5? They're

not. 2 and 2 are 4. The intake and the outgo must be equal; motion and emotion must
balance. As it is in heaven (which means your own consciousness) so it is on earth
(which means your body and environment). This is the law of life. You will find throughout all nature the law of action and reaction, of rest and motion. These two must balance; then there will be balance and equilibrium in your
life. Realize that within you is the very life of the Divine. You are here to let the life and
the love of God flow through you rhythmically and harmoniously. Pray

frequently as
follows, and you will discover that
wonders are happening in your life:
"God flows through me as harmony,
health, peace, beauty, and right action.
God speaks, thinks, and acts through me
now. I am illumined, I am inspired, I am
prospered beyond my fondest dreams. I
am expressing the life Divine."
Repeat that prayer frequently,
slowly, quietly, and lovingly; and as
you do, these
seeds (or thoughts) will sink by
osmosis into your deeper mind, called
the subconscious. And the
subconscious expresses whatever is
impressed upon it. That's
a very simple prayer; very beautiful, too.

Everyone can do something far more wonderful than he or she is doing. When we are young, we dream of becoming a hero.

To make that dream a reality, we must be taught to express and direct our talents and express our desires in the right way, along Godlike channels. Something within us tells hues that we are born to be victorious and triumphant. God whispers to us through urges and intimations: Go forth and conquer. The Higher Self knows we can do it.

The desire, ideas, plans, and purposes

that you have are the urges, the intimations, and the drive of the Higher Self in you, saying to you: "You can be; you can do; you can have." Otherwise, you would not have the desire. Your desire to be greater and grander than you are is the push of life within you. Your desire for health is the Life Principle in you telling you that you can be healed. Your desire for wealth is the Higher Self in you telling you to appropriate God's abundance that is all around you. Wealth is of the mind; health is of the mind.

If you want to be wealthy and have all the money you need to do what you want to do when you want to do it, do this--do it every night prior to sleep. I have taught it
all over the world to thousands of men and women. It works: "God's wealth is circulating in my life, and there is always a Divine surplus." Repeat that simple phrase three or four times prior to sleep. "God's wealth is circulating in my life, and there is
always a Divine surplus." Your head can be on the pillow, your eyes closed. You are
writing that down with your mental pen; namely, your conscious mind. As you reiterate these truths, they sink down into

your subconscious and
your subconscious
mind will compel you to be wealthy. I say compel, and I mean that; because the law of
your subconscious is compulsion. You will be compelled to be a success, and you will
have all the wealth you need to do what you want to do when you want to do it. Your
subconscious mind is impersonal and non-selective; it is all-wise and
knows the
answers to all questions. It does not argue with you controversially; it
does not say,
you must not impress me with that.

If you are saying, "I can't make ends meet, bills are piling up," and so on, you are planting negative seeds into your subconscious mind and more lack will be yours,
because the subconscious magnifies everything that is deposited in it. It is like a bank.
A bank gives you compound interest; your subconscious gives you compound interest,
too. If you plant good seeds, it will be wonderful; you'll receive compound interest.
Deposit love, peace, harmony, good humor, abundance, and security.
Just say to yourself frequently: "God's wealth is circulating in my life, and there

is always a surplus." Do this frequently. You will never want for money or wealth all the days of your life, because you are operating a law that is changeless, timeless, and ageless. If the radio in your car ceased to function, you wouldn't say the principle by which the radio was devised or invented is suspended, or that the laws of sound are suspended. Of course not; you'd look for a short circuit, and you would make the necessary adjustment.

When you do not get results in using your mind, it means you are not using it the right way. The short circuit

sometimes is fear, superstition, ill will, and bitterness. If you're condemning the wealth of another person, no matter how it was attained, you will attract lack and loss to yourself; because whatever you condemn takes wings and flies away. This is why many people never prosper. They are envious and jealous of the wealth of others. Remember, you are praying for wealth and prosperity. How can you prosper when you are condemning that which you are praying for? Surely, that's simple.

Radiate love, peace, and goodwill to everyone. Wish for them health,

happiness,
and peace, and all the blessings
of heaven. How will you get your subconscious to
work for you? First of all, realize the great secret that the intake and the outgo must
be equal. The impression and the expression must be equal. All frustration is due to
unfulfilled desires. For example, when you say, "I can't do this; I am too old now; I
can't meet this mortgage; I was born on the wrong side of the tracks; I don't know the
right politician," you are putting up resistance and frustration; and you are

blocking
your own good. Affirm boldly: "The God Presence which gave me this desire leads, guides, and reveals to me the perfect plan." This causes the intake and the outgo to be equal. What you felt within is expressed in the without. There is balance, equilibrium, and equanimity.

In A Nutshell

You are what you think all day long. Your personality is the sum total of all your thoughts, feelings, beliefs, opinions, early indoctrination, and environmental conditioning. Instead of identifying yourself with anger, resentment,

bitterness, and
hatefulness, identify immediately
with peace, harmony, poise, and
balance. With this
attitude, you are really practicing
the Presence of God. You are
separating yourself
from the old attitudes of mind, and
you are identifying yourself with the
new-- that which you desire to be.
You are developing a marvelous and
wonderful personality,
and you find that you are exuding
more and more vibrancy.
You want to be peaceful, happy, radiant,
healthy, prosperous, and inspired.
Therefore, from this moment forward,
you must refuse to identify with the

negative
thoughts that tend to drag you down.
Our mind is a garden. In this garden,
which is called the Garden of Eden
or the
Garden of God, we plant seeds.
Regardless of what we sow with
our conscious mind,
our subconscious will bring it to
pass. Therefore, let us sow the
thoughts of peace,
happiness, guidance, and goodwill. Let
us meditate on these qualities and
accept them
in our conscious, reasoning mind.
Whatever we accept in our
conscious, reasoning
mind, our subconscious, which is like

the soil, will accept without question and bring it to pass. This is the law of life. Whatever you believe is true in your conscious mind your subconscious will accept without question. Be very careful that you accept only that which is true, noble, and Godlike

Radiate love, peace, and goodwill to everyone. Wish for them health, happiness, and peace, and all the blessings of heaven. How will you get your subconscious to work for you? First of all, realize the great secret that the intake and the outgo must be equal. The impression and the

expression must be equal. All frustration is due to unfulfilled desires.

Revision

Chapter 5 – Become a Lifter Upper

If you take any idea, dream, or aspiration of yours and lift it up to the point of acceptance in your mind, it will come to pass. In the prayer process you must lift up your concept to the point of acceptance; then the manifestation will follow. Your physical senses report their findings, which, at best, are depressing. In prayer you turn within to the Infinite Presence and Power. Anchor your mind there. This Infinite

Intelligence is responsive to you. Call upon It and It will answer you. When you call upon this Divine Power you will receive an answer.

You can receive courage, faith, strength, power and wisdom that transcend the ordinary physical senses. You are then lifted up. The old state dies and the new state is resurrected. You cannot manifest your good in a depressed, dejected state. You hold your vision and contemplate its reality. The vision is what you are looking at, giving attention to, what you are focused on. Attention is the key to life. Whatever you

give
attention to, whatever you focus on, your subconscious mind will bring to pass. Your subconscious always magnifies what you give attention to. As you contemplate a Supreme Intelligence within you, you will realize that here is a Power
that will respond to you, guide, direct you, open up new doors, set you on the high
road to happiness, freedom and peace of mind.
You don't, as a rule, rise by accident from the slums and obscurity to wealth, honor and fame by saving someone from drowning at the seashore or by meeting a millionaire who likes you. Remember a

simple truth: You will always demonstrate your character, your state of mind. Character is destiny. Character is the way you think, feel, and believe, the spiritual values you have enthroned in your mind, the integrity and honesty that you have established in your mind. These qualities pay dividends. Release your talents and abilities and develop a zeal and enthusiasm to learn more about your inner powers. You then can lift up yourself to astonishing heights.

Energetic, confident and enterprising people who attend to business, do the

right thing, practice the Golden Rule, will make a success of their lives, whether or not they meet a stranger who will help them, know the right politician, or win a sweepstake ticket. Your character, your mental attitude, your thought and feeling will make or break you. Thought and feeling create your destiny. It's as simple as that. Any idea, emotionalized and felt as true, your subconscious will bring to pass-- good, bad or indifferent. Therefore, it is wise to have the right idea--ideas which heal, bless, inspire, elevate and dignify your soul. These ideas generate emotions.

Emotions
compel you to act them out.
Therefore, get good ideas.
If you desire to lift up yourself and put your head above the rock, ask the Supreme Intelligence within you to give you what you need and It will respond to you.
Realize Infinite Intelligence is guiding you, revealing hidden talents to you, opening up
new doors for you, showing you the way you should go; and the Guiding Principle within you will lead and guide you in all your ways.
There are two kinds of people on earth today – just two kinds of people -- no more. . Not the good and the bad, for it

is well understood the good are half bad and
the bad are half good. Not the happy and sad, not the rich or the poor, not the humble
and proud. No. The two kinds of people on earth I mean are the people who lift and the
people who lean. Wherever you go, you will find the world's masses are ever divided
into just these two classes. And, strangely enough, you will find, too, it seems that
there is only one lifter for twenty who lean. Do you know anyone who leans? Are you a
lifter upper? Are you a leaner or

whiner? Do you lean on others? You are here to grow,
to transcend, and to discover the Divinity within you. You are here to meet problems, difficulties and challenges and to overcome them. You are not here to run away from them. The joy is in overcoming. If the crossword puzzle were filled out for you, it would
be very insipid in our world. The joy is in solving the puzzle.
The engineer rejoices in overcoming all obstacles, failures, and difficulties in building a bridge. You are here to sharpen your mental and spiritual tools while you
grow in wisdom, strength and

understanding. Otherwise, you would never discover your Divinity. Don't let your young children lean on you indefinitely for everything. When they are old enough, teach them to mow the lawn, how to sell newspapers, and how to do well odd jobs for which they are paid. Teach them the dignity of labor, and then the money they receives for mowing the lawn for the neighbor, or for baby-sitting, is for work well done. This will give your children pride in accomplishment and in their contribution of service to others. It will

also teach them self-reliance and confidence in themselves. Teach them also to see the good in others and how to call it forth. They will always be a lifter, not a leaner or whiner and complainer. They will respect and save the money they earn

You must be careful how to give to others. Never rob a person of an opportunity to grow and to advance. Young people who receive money and help too easily and too frequently find it easier than self-discovery and self-propulsion. Constant assistance is

destructive to their maturity. Cease psychologically demeaning the other person. Stop destroying their initiative. Give them an opportunity to overcome and to discover their inner powers; otherwise, you will make them leaners, always seeking a handout. I told a woman to stop filling the refrigerator for a relative of hers who recently relocated to her town. Her attitude was: Poor Tom, he is a stranger here. It's hard for him to get a job. She paid his rent, bought groceries for him, gave him pocket money until such time as he could get a job. He

never got a job; rather, he became the perfect leaner. He even resented her because she didn't give him more. At a Christmas dinner to which he was invited, he actually stole most of her silver; and she cried out "Why did he do this after all I've done for him?" She didn't do anything for him. She had been seeing him through the eyes of lack and limitation. However, instead of lifting him up, realizing he was one with Infinite Intelligence and boundless wisdom, that he was led to his true place, and clothing him mentally with the riches of heaven, what had she done? Figuratively

speaking, she clothed him in rags.
Poor Tom.
Seeing him in lack and limitation; at the same time building that lack and limitation in
herself. Because what you think and feel about the other, you are creating in your own
mind and in your own body.
Tom subconsciously picked up
the negative attitude of this
woman and reacted
accordingly. He couldn't react any other way. You should always be ready to help those who are really hungry or in want and distress. This is right, good and true. However, be sure that you do not make a parasite of them. Your assistance must

always be based on Divine guidance, and your motivation must be to help them to help themselves. Teach the others where to find the riches of life and how to become self-reliant and how to contribute his best to humanity. And they will never want a bowl of soup, an old suit of clothes or a handout. Because you taught them where the Source is. You taught them how to tap their own subconscious minds. They can have an idea worth a fortune.

There is only one mind, whether you say it's God's mind or the human mind.

Where did the radio, television, everything come from? Out of the human mind. All of us are willing to give a helping hand, but it is wrong to contribute to the shortcomings, derelictions, laziness, apathy and indifference of others. All of us are here to put our shoulders to the wheel. If you are wearing just a loincloth, someone made it for you. What are you doing for others? Are you working and contributing your talents and abilities? Do you say, "The world owes me a living"? It doesn't. What do you owe the world? There are many beggars who

are able-bodied and who make a profession begging for alms. And as long as you give to them, they will never work. They become parasites and leaners. Some of them are very wealthy. They have fashionable homes and cars, whether in London, New York or elsewhere.

I knew a beggar in New York who had three homes. One was in London, one was in Paris, and another was upstate. He used to laugh at people who would give him a dollar. Within all of us there is a vast mind of undiscovered gifts, powers and riches.

Each of us is responsible, and children must be made aware of their responsibilities to society.

All of us are a part of humanity on the pathway of life. There are some kids who are constantly complaining about society, business and all that. They don't like the words "ambition," "competition," and "success." Heavens! Their parents came over here and couldn't even speak the language. They came over here penniless. They became the great engineers, the great doctors, the great scientists, and the great physicists.

They contributed to this country. Our history is rife with examples of men and women who rose from poverty and misery to become leaders of industry or government. They did not give up when faced with obstacles, but worked hard to face and overcome them.

Dave Thomas, the man who founded the Wendy Restaurant chain is an example of such a man.. He was an orphan, who was adopted by a poor family. His adoptive mother died early in his childhood and his father, an itinerant laborer, never stayed in one place long enough to establish roots. Dave had to work from

childhood on. He worked most frequently doing menial labor in the kitchens of hotels and restaurants.
He became intrigued with the restaurant industry and hoped to someday own his own restaurant. Despite the hardship of his poverty and his unstable family life, he never gave up his desire. He programmed in his subconscious mind that he would achieve this goal and despite many setbacks he never gave up.
By working in almost all capacities in restaurants, he learned about every aspect of the business. He became an expert cook, a competent marketer and a

top
customer relations man. In due course he became a manager of a Kentucky Fried Chicken outlet. His great success in this position enabled him to obtain backing to
opening his own restaurant, and expanding it to become one of the most profitable
fast food chains.
Despite his success, he never forgot his beginnings. Because of his need to work to support himself, he had dropped out of high school. But after he achieved success, he encouraged youngsters who were potential dropouts to continue their schooling. He backed this up by choosing to be an example to dropouts

by working to
get his own high school diploma
45 years after he left school.
His goal now is to persuade school
dropouts, -- whether they've recently
dropped out, or whether it’s been
years since they've been in school --
that it's never
too late to graduate.
“I tell people to program their minds to get all the education they possibly can. The fact that I got my diploma 45 years after dropping out shows that it's never too
late,” said Thomas. "Even with
everything that's happened in my
life, getting this
diploma is one of my most important

accomplishments." In addition to his work in the field of education, as an adopted child himself, he became a leader in the field of adoption. Thomas donated millions of dollars and much of his time in working with adoption services and in lobbying to obtain more equitable laws in this area.

His desire for success was not for selfish gain or attainment of power, but to help others learn to program their minds for success and to overcome the problems similar to those he had faced and beaten.

You too can do what Dave Thomas did

in your own way. You are here to do your share, whether pulling an oar or driving a car. Life rewards faith, courage, endurance, stick-to-itiveness and persistence with more of these qualities. It is by overcoming obstacles that you develop character, and character is destiny. Lean on the Divine Presence within you and not on people or the government. The government can't give you anything except it first takes it away from you. Furthermore, no govern ment can legislate peace, harmony, joy, abundance, security, wisdom, love of

neighbor, equality, prosperity or goodwill. How frightfully dumb can people be?

You create all these. You can give yourself security. The government is on your own mind: a government of Divine ideas mothered by Divine love. This is the government of the free. No one else in the entire world can guarantee freedom, peace of mind or health for you. These things come from the spiritual world within you.

There are the leaners who drift along, on their name, background, heredity or good looks until people become aware of how empty inside they are. Then they

fall,
because they have no inner support and strength. The thing that supports you is your
faith, your confidence and your trust in the powers of your subconscious mind. A business executive in Los Angeles told me that in 1929 he had lost everything
in the market crash. So did his brother. Each of them had been worth over $1 million. His brother committed
suicide. He jumped out of a window. He said there was nothing
to live for, that he lost everything. This business executive told me that he said to
himself: "I have lost money. So what? I

have good health, a lovely wife, abilities and talents. I have wisdom that I have garnered through the years. I have financial acumen, sagacity. I'll make it again." He rolled up his sleeves and went to work. Oh, yes. He watered gardens, mowed lawns, washed automobiles. He did a lot of odd jobs. He accumulated money again. He reinvested it, and he became immensely wealth again in a short period of time. How could you take away his talents, his abilities, wisdom, understanding, and experience? That's where riches are.

That's where the gold mine is. It's where the pearl
of great price is--in your own mind. Where you walk and talk with God. This man of whom I spoke gave advice to others along financial lines, and they made a small fortune, too. When you make money for others, you make it for yourself.
He was a lifter. He had lifted up himself, for he knew there is a Divine Power Which
would reveal to him a way out, an answer. He had called upon the spiritual reserves
within him; and strength, courage, wisdom and guidance came to him. Infinite Intelligence is responsive to you

and will answer when you call. It says: “I and my God are one.” You and this Infinite Intelligence are one. Don't lean on land, stocks, the government, your background, heredity or anything else. Trust the Supreme Wisdom within you to sustain you, to watch over you at all times. Stop looking outside. Look inside. If you look outside for help, you are denying the riches of the Divine within you. You are stealing power, wisdom and intelligence from yourself. The Living Spirit Almighty within you, which created you, is the Source of all things. It

is the Source of the air that you breathe. The whole world was here when you were born. Yes, the cattle on a thousand hills, the sun, moon and stars, all the water in the world and all the gold in the hills were all here when you were born. Life was a gift to you. How could you earn a living? You couldn't earn it; it was a gift. You are here to release the imprisoned splendor that is within you. You are here to release your talents. If you think you are here to earn a living, that's all you will ever do. But life was a complete gift to you. God is life.

That is your life now. It was never born; It will
never die. Believe in yourself as a spiritual being of grandeur.
Recognize your Divinity.
Moreover, contemplate the truth that you are here to release the imprisoned splendor
that is within.
Be a lifter upper by realizing there is an Infinite Power to back you up. This Power will lift you up, heal you, inspire you, open up new doors for you, give you new,
creative ideas, present you with a sense of deep, abiding security in that which changes not and is the same yesterday, today and forever. All you have to do is

to
trust this Presence and believe in It, and wonders will happen in your life. The lifters meet a problem head on. They say to themselves "This problem is divinely outmatched. The problem is here, but the Supreme Intelligence, Which people
call God, is here, too. And God wins." They grapple with all hurdles, business problems, engineering and space problems with faith, courage and confidence. They go
forth to conquer sickness, fear and ignorance. We will never abolish the material slum
until we abolish the slums in our own minds.

People are talking about pollution. Pollution is in the mind. A clean mind is a
clean body. We have to cleanse the mind first. The mind is polluted with fear, ignorance, greed and everything else under the sun. Cleanse the mind; you don't have
to worry about the atmosphere. Some scientist will come along; invent a new chemical, a new discovery for there is an antidote to everything. And, lo and behold, all pollution goes away.

There is an old saying that the weak chick gets pecked to death by the healthy ones. It is true, too. The boy in school who feels beaten, defeated, rejected and

demeans himself is picked on by the bully and others. Why? Because he is weak
inside. He feels inferior, inadequate. He is full of fear. He is saying to himself, "I'm no
good." But when he stands up to the bully, challenges him, and meets him head on,
the so-called bully always retreats. Feel your dignity and grandeur as a child of God. Everybody is a child of the Living God. Feel your dignity and grandeur, therefore, as a child of God. Realize that
you are immune to the insults, criticism and vilification of others, because you are

Divinely intoxicated. If you exalt and love the Divine Presence within you, everybody,
even your so-called enemies, will be constrained to do you good.
Refuse to accept suffering, and never resign yourself to any situation. You are a
transcendental being, and you can lift yourself up mentally over all conditions and
circumstances. When Abraham Lincoln was informed that a member of his cabinet,
his Secretary of War, was maligning and traducing him and calling him an ignorant
baboon, he replied: "He is the greatest

Secretary of War this country ever had." No one could hurt Lincoln or wound his ego. Lincoln knew where his strength was, and he knew that no one could drag him down except through a movement of his own mind.

Lincoln was a lifter, which means he not only lifted up himself, but he recognized the Divine Presence within him. He thereby acquired the strength to lift the whole country.

Likewise, if someone criticizes or condemns you and calls you a skunk, well, are you a skunk? How could it upset you? It

would have to be a movement of your own thought, wouldn't it? Nobody can hurt you but yourself. You can curse or bless. Where there is no opinion, there is no suffering. If the cucumber is bitter, don't eat it. Where there is no judgment, there is no pain. Do you have an opinion about the headlines in the morning newspaper? Did you get all boiled up about it? Are you in a state of turmoil? If you keep it up, all it will get you is an ulcer or high blood pressure, or indigestion. Who gave you indigestion? Not the columnist who wrote the article.

You gave it to yourself. He's entitled to write
that article. He has freedom to think the way he thinks. You have freedom to write to
the editor and completely contradict everything he said. But he has a perfect right to
his opinion. So have you. And you grant him freedom to write that. I am sure he would
grant you the freedom to disagree with him.
Do your in-laws disturb you? -- your mother-in-law, father-in- law, son-in-law
or someone else? Are you saying, "He doesn't think the way I think he should

think?
Or she doesn't act the way I think she should act? Or they don’t believe the way I
think they should believe?" Well, why should they? They are adults. And if what they
think or do begins to worry you, you're going to get sick and will end up on a psychiatrist's couch.
You know of some so-called "do-gooders" in many cities who go about seeking
paroles for molesters of children, sex fiends and other deviates who kill, maim and
choke young girls or boys. And the minute they get out, they again attack,

rape and
even kill. You read it every day in the newspaper. He was just released. Our newspapers are full of this sort of thing. Before you can uplift and help others, you
must first be lifted up in wisdom and understanding. You can't give what you don't
have. And if you don't have some mental acumen and sagacity and some wisdom, you
will begin to release prisoners who will go out and kill. They tell you they've got religion
or something, and you are so gullible you'll believe them. But a man with a little mental acumen and perspective,

believing in a Guiding
Principle, doesn't fall for that bunk. It is wrong to release people who kill, maim and
destroy. They should be incarcerated. Not that we hate them or anything like that, but
they should be put away to protect themselves as well as others. They don't belong in
society. They can change if they want to. Anybody can change who wants to, but he or
she must want to.
You can give only what you have. Often the soapbox preachers and the do gooders are simply projecting their own shortcomings and inadequacies upon

others.

The blind cannot lead the blind.

You know about that old preacher who was denouncing alcohol. He thought it was the only evil in the world. It's just a bad habit. The evil is in the mind, not in the alcohol. The alcohol has no power except you give it power. You can break the bottle and throw it down the sink. The power is in you. But, anyhow, he began to rant and rave. He said, "We should take all the whiskey in town and throw it in the river." Then he said, "Now, we'll have a new hymn, page 35, Hymn Number 66, 'Let Us

Gather at
the River.'"
You see how silly the whole thing is. There is no one to change but yourself. You have to be nice to yourself. The real self of you is God. Exalt, honor, revere and
respect this Divine Presence within you. Then you are loving and honoring your neighbor. Don't tell me you can love the person next door except you first love and
honor the God-self within you. You can't do it. Your neighbor is the closest thing to
you. It's the Divinity that shapes your ends. It's the Spirit that started your heartbeat

that grows hair on your face and created the world.

God is your neighbor, the Living Spirit. Therefore, you have a healthy, wholesome, reverent respect for the Divinity within you. Give It all your allegiance and devotion. Don't give any power to men, women, institutions, sticks or stones, stars, sun or moon. The moment you do, you are wandering off with strange gods. There is
only one God, -- not more.

If you love this God Presence, meaning you give It your allegiance, devotion, loyalty to the exclusion of everything else. The minute you give power to any man or

woman, stick or stone, you cease to love the Divine Presence. But when you respect
the Divinity within you, you will automatically respect the Divinity in the police officer,
the college professor, your mother, your father and the neighbor next door because
you will realize that everyone is an incarnation of the Divine. The lifter knows that he
or she is here to go forth conquering and to conquer.
The lifter affirms: "The Infinite Presence and Power gave me this desire, and the Divine Wisdom will reveal the perfect plan for its development." This attitude

dispenses with all frustration. That's the way to get an answer to your prayer. All of us
are interdependent. You may need a doctor, lawyer, psychologist or carpenter, and
they may need you. We need each other. But let us remember to lift up God in everyone, to see each person, as he or she ought to be, the child of God, radiant,
joyous, prosperous and free.
Be a lifter. Yes, you should have ambition, and you should want success. There
are some people today who despise success. Don't listen to them. You are born to

succeed, to be successful in your prayer life, your relationship with people in your chosen work, your communion with the Divine. If you are a doctor, you want to become a great surgeon so you can save the lives of thousands. You don't want to be a mediocre surgeon. You want to be a great chemist, a great engineer, a great teacher, or a great manager. Then you are able to bless humanity. Clothe people with majesty and excellence. Adorn and embellish them with the sunshine of love. As you first love and exalt the Divinity within yourself, you will then

automatically exalt it in others. If you are married and you don't exalt this Divinity within yourself, honor It and give It your allegiance, you can't respect or love your spouse. You can't do it.

Seek and ye shall find. Yes, you'll find tongues in trees, sermons in stones, songs in brooks and God in everything, for there is only God anyhow. The lifter knows the truth of this ancient saying: "What thou seest, that, too, become thou must: God if thou seest God, and dust if thou seest dust."

The kids today are talking about materialism. There isn't any such thing.

There is only Spirit and matter. Matter is the lowest degree of Spirit, and Spirit is the highest degree of matter. And what are they denouncing? They use the credit card to get a fancy car, and then are buying all the trinkets, the cell phones, video games, I-pods and everything else, and charging it to their parents. Apparently, they like the good things of life, yet at the same time denounce them. That's hypocrisy of the first water.

It's like a preacher denouncing wealth, and then asking for a second collection.

You
see how phony that is.
Cease crawling, cringing and living
in the shadows and eddies of life.
Exalt God
in the midst of you, mighty to heal. One with God is a majority. God is with you now.

In A Nutshell

Character is destiny. Character is the way you think, feel, and believe, the spiritual values you have enthroned in your mind, the integrity and honesty that you
have established in your mind. These qualities pay dividends. Release your talents and
abilities and develop a zeal and

enthusiasm to learn more about your inner powers.

You then can lift up yourself to astonishing heights. Thought and feeling create your destiny.. Any idea, emotionalized and felt as true, your subconscious will bring to pass--good, bad or indifferent. Therefore, it is wise to have the right idea--ideas which heal, bless, inspire, elevate and dignify your soul. These ideas generate emotions. Emotions compel you to act them out. Therefore, get good ideas.

You are here to grow, to transcend, and to discover the Divinity within you. You

are here to meet problems, difficulties and challenges and to overcome them. You are not here to run away from them. The joy is in overcoming

Be a lifter upper by realizing there is an Infinite Power to back you up. This Power will lift you up, heal you, inspire you, open up new doors for you, give you new, creative ideas, present you with a sense of deep, abiding security in that which changes not and is the same yesterday, today and forever. All you have to do is to trust this Presence and believe in It, and wonders will happen in your life.

Be a lifter. Yes, you should have

ambition, and you should want success. There
are some people today who despise success. Don't listen to them. You are born to
succeed, to be successful in your prayer life, your relationship with people in your chosen work, your communion with the Divine.

Revision

Chapter 6 – There Are Certain Things You Cannot Change

There is an old saying: Prayer changes things. That is true, but there is a way in which it is true. Prayer changes the one who prays, and prayer is the contemplation of
the truths of God from the highest standpoint. We become that which we contemplate.
As we meditate on harmony, beauty, love, peace, Divine guidance, Divine right action, and goodwill to the entire world

magically melts into the image and likeness of our contemplation. This changed attitude is reflected in the reaction of others toward us and similarly appears in all phases of our life.

Some years ago when Nikita Khrushchev, then the leader of the Soviet Union, visited America, a woman wrote to me saying she was going to pray for him to cause him to change and become peaceful, harmonious, and loving toward this country. She thought that by sending out vibrations of love, peace, and harmony to Mr.

Khrushchev, he would become mentally transformed. Her approach was all wrong.

I explained to her there was no one she could change but herself and that she, together with others, could help to change the world; but she had to begin regularly, systematically, and devotedly practicing the presence of God by reiterating the following great truths until they sank into her subconscious mind where they would become convictions. This is the prayer: "I am Divinely guided in all ways. I think, speak, act, and react from the standpoint of the Indwelling God. I meditate on those things are true, lovely,

noble,
and Godlike. I contemplate Divine
law and order in my life. Divine love
fills my soul.
Divine right action reigns supreme. I
know that every thought tends to
manifest itself
in a varying degree in my life, and as
I continue to think along these lines, I
know that
these truths become subjectified and I
will be compelled to express and radiate
what I think all day long. Together with
others I generate a mighty spiritual
force which
neutralizes the mental poisons of
the mass mind."
The Bible says, "Let God arise and His

enemies be destroyed," which means to resurrect the light, truth, and love of God in your own mind and heart; and the enemies are fear, hate, jealousy, greed, anger, doubt, and self-condemnation. All of these are the poisons that we generate in our own mind. Jesus called them the enemies in your own household. But when love, light, and truth are resurrected, these will automatically be destroyed in your own mind. Your spiritual vibrations of love, peace, harmony, and goodwill will be poured out on all humankind, thereby nullifying to some degree the miasma of the mass

mind.

Praying for someone else is vastly different from trying to change the other person. For example, if your mother asked you to pray for her, you would accept her request and then contemplate the Infinite Healing Presence flowing through her as harmony, beauty, peace, joy, and vitality. By dwelling on the wholeness, beauty, and perfection of God and His Divine love, you would rise in consciousness to the point of acceptance; and your mother, being open and receptive, and since there is no time or space in mind, the idea of perfect health

would be resurrected in her subconscious mind. You would enter into the mental conviction that a healing would take place; and according to your belief would it be done unto you, for a word is a thought expressed.

And if you really believe what you claim to be true, it will come to pass.

Some years ago I was told about a woman who was very irate, incensed, and furious because of the music morning, afternoon, and night being played next door to her in the hotel. The hotel manager informed her that it was the great

Carteau, a famous French pianist, who was practicing for his concert. Oh! she said. I have tickets for that concert. I'm going to have my friends in the hotel come to my room and listen to him. Nothing had changed but her attitude. The hotel was the same, the music was the same, and the atmosphere was the same. The only thing that had changed was her thought. There is no one to change but yourself.

You cannot change the tides, the rotation of the earth, or the movement of the sun, the moon, or the order of the galaxies in space. You cannot guide the

planets in
their courses, or interfere with the
heat of the sun or the four seasons.
You cannot
change the variety of the weather all
over the world. The reason for this
is obvious.
God works on the cosmic or universal
plane; we humans work on the
particular or
individual plane. In other words,
God, or the Universal Intelligence,
will do nothing for
you except through your thought,
imagery, and convictions. In order
for God, or the
Universal Spirit, to work on the plane
of the particular, it must become the

particular.
That's modern science today. There are certain things you cannot change, but you can change yourself and mold, fashion, and create your own future. Your thought and feeling creates your
destiny, whether you know it or not.
I visited a man in the hospital who had undergone a major operation. He told me his kidneys had completely given up functioning. He asked me to pray for him,
saying, "I have no future. I'm only forty, but I suppose I'm done for. What will happen
to my family? Prayer is all that's left."
I said to him that his first step was to

believe sincerely and willingly that a Cosmic Healing Power Which made his body and all his organs could restore and heal
him. We prayed together as follows: “We freely join together now in an awareness that the Infinite Healing Presence, which made your body and all its organs knows all the processes and functions of your body, and the miraculous Healing Power is permeating every atom of your being, making you whole and perfect. All your organs are God's ideas, and through the power
of the Almighty they are functioning perfectly now."
After about fifteen minutes our prayer

was answered, and his kidneys began to function, which pleased his surgeon immensely. He is now back with his family and in
perfect health. While conferring with me recently, he said, "My future is assured. I know that my future is my present thought grown up," which, of course, is absolutely
true. This man knows that his faith in the goodness of God, in the guidance of God,
and in the creative power of his own thought will always be made manifest in his life.
With this attitude, he is building a glorious future for himself full of harmony, health,

peace, and abundance.

A few years ago while lecturing at the Science College in Belfast, Ireland, I interviewed a young woman who said to me, "I haven't got the power to handle my troubles and difficulties or to meet and solve the problems of life. I am divorced. I hate myself, and I'm no good."

I explained to her that her condition was simply due to habitual negative thinking and to constant criticism and self-condemnation, which were poisoning the springs of hope, faith, confidence, and enthusiasm, and were rendering her a physical

and mental wreck. In other words, she was taking mental self-generated poisons, and she was polluting the sanctuary of the Living God within her, which was her own mind.

I told her the story of how Eddy Rickenbacker, the famous aviator, and his companions were shipwrecked, set adrift in a raft in the Pacific Ocean. He prayed for food and a gull came and perched on his head. It remained long enough to be seized and utilized for food. He prayed to be rescued, and, of course, he was picked

up. He
believed in the wisdom and power of God to take care of him; the answer came, for the Infinite Power answers you when you call, believing. “Call upon me; I will answer you.
I'll be with you in trouble. I will set you on High, because you have known my name.”
The name always in the Bible means the nature. The nature of Infinite Intelligence is
to respond to your call.
This episode made a profound impression on the young Irish girl. I gave her the
following prayer, pointing out that it was a process of reconditioning her mind and

that when negative thoughts of any kind came into her mind, which they would because of destructive habit, of self-condemnation and self-denigration, she was to immediately supplant them with a spiritual thought. This is the prayer that she was to repeat out loud for about ten minutes morning and night:

"I am a child of God. I am a channel of God. And God has need of me where I am; otherwise, I would not be here. I know I am here to express more of God's love, life, truth, and beauty. I am here to do my share and to contribute to humanity. I have

much to give. I can give love, laughter, joy, confidence, and goodwill to all people, to all animals, and to all things in God's universe. I am here to stir up the gift of God within me. I realize that I am a gardener, mentally speaking; and as I sow, so shall I reap in life. Life is a mirror for the king as well as for the beggar. And whatever I give to life, life returns to me magnified, multiplied, and running over. I deposit in the garden of my mind wonderful seeds of peace, love, goodwill, success, harmony, and joy. I forgive

myself for harboring negative, destructive thoughts, and I pour out love and goodwill to all my relatives and to all people everywhere. I know when I have forgiven others, because when I meet them in my mind there is no sting. I no longer sizzle, and I am free. I am constantly partaking of the fruit of the delightful seeds I am depositing in my subconscious mind, which is called the Garden of Eden, or the Garden of God. I know that my thoughts, like seeds, will be made manifest as form, function, experience, and conditions. I think on

these things, and the Cosmic Power within me brings all these things to pass, and I am at peace."

She repeated the above prayer for the recommended ten minutes in the morning and evening, realizing that her eyes saw these truths and her ears heard them, bringing the two faculties of sight and hearing into function, thereby reinforcing the power of her affirmations.

I received the following letter:

"Dear Dr. Murphy: All of us enjoyed your lectures in Belfast, Ireland. You opened the eyes of many. I would like to tell you of the change

that has come over me. I prayed the way you told me, and after a few days all the bitterness in my soul disappeared as if by magic. I joined a dancing class. I have been promoted in the store to the position of head of my department. The assistant manager proposed marriage to me, and we are to be married in six months. I have forgiven myself and my relatives. Every day is a new day. I know that I predict my own future by the way I think, feel, and imagine. I am grateful. It is wonderful."

In a recent visit to Ireland, the driver asked me, "What happens when a priest prays for rain and a protestant minister

prays for dry weather?" The answer is: There
is a Universal Wisdom governing the entire world, regulating the action of the cosmic
rays, sunspots, precipitation of rain and heat all over the cosmos. And this Universal
Wisdom regulates the atmosphere and meets the needs of all people throughout the
world. You do not change God. How could you? God is the same yesterday, today, and
forever. You find out what is true of God and align yourself with the universal
principles and verities that existed before any human walked this earth,

before any
church was formed on the face of the earth. The truths of God were the same yesterday, today, and forever. When you name it, you cannot find it; when you find it,
you cannot name it. How on earth could you label love, peace, harmony, joy, wisdom, understanding, inspiration, or guidance? These are universal. Could you name laughter? No. These are of God. They are eternal; they are within you. You must
become a channel through which the light, love, truth, beauty, and peace of the Almighty flow ceaselessly, endlessly, and timelessly.

I received a beautiful Christmas card from a member of our organization; the following prayer was printed on it: "God grant me the courage to change things that can be changed, the serenity to accept the things that cannot be changed, and the wisdom to know the difference."

Alcoholics Anonymous and other self-help groups have adopted this prayer, often called the serenity prayer.

When you have shut your doors and darkened your room, remember never to say you are alone, for you are not alone. God is within you, and your genius is within.

A woman came to me distraught, depressed, and suffering from a guilt

complex
because her son-in-law had shot someone in the neighborhood. I explained to her that she was not responsible for the actions or state of mind of another person; that she was not to blame for the actions of some demented person; and that if she began to worry, fret, fume, and fulminate over all the psychotics, schizophrenics, sex maniacs in the jails and mental institutions, she would become sick herself, based upon the fact that you become what you contemplate. I added that her business in life is to

walk in the awareness of God's love and God's peace, thereby generating a mood of
peace, love, and harmony to the whole world. These spiritual vibrations tend to minimize and neutralize the noxious patterns of fear, hate, jealousy, and greed in the
mass mind or the race mind.
I pointed out to her that creating a wailing wall of depression and
guilt within
herself would tend to contaminate and poison herself and contribute to the misery and suffering of the race. She thereupon absolved herself from a sense of guilt and walked
out a free woman into the sunshine of

God's love.

The elements comprising the atmosphere are innocuous. There are many people who say when the winter comes they get rheumatism or sciatica. They do, because of their expectancy, fear, and belief. Job said, "What I fear most comes upon me." That's a psychological law. It's absolutely true. Millions of people do not get the flu, aches, pains, sniffles, or rheumatism when the weather changes. Therefore, it is not universal law. If it were, all people would be afflicted when the weather changes. Obviously, it is

due to the mental and emotional climate of their own minds. You must remember health and peace of mind are of God--the same yesterday, today, and forever.
The Bible says, "Acquaint now thyself with Him and be at peace and good shall come to thee." Get acquainted with the God Presence within you, the Living Spirit
Almighty, which can't be sick, frustrated, or vitiated in any way. It was never born, it
will never die; water wets it not, fire burns it not; winds blow it not away. And there is
something in you when you were born that was never born; there is
something in you

that when you die will never die; there is something in you that was never hurt while
you may have been hurt. Emerson said that. That's the Living Spirit within you, the
God Presence.
Let the infinite ocean of peace, joy, and wisdom flow through you, and you will discover you can adjust to any weather under the sun. If you are fearful and worried
and say, "The night air gives me a chill," or "I catch my death of cold if my feet get
wet," you are simply decreeing sickness and suffering for yourself. The night air never

said to anyone, "I will give you pneumonia or a virus infection." No, men and women have polluted the atmosphere with their weird, grotesque, and superstitious beliefs; and according to their belief is it done unto them. ”Fear of the Lord is the beginning of wisdom.” That comes from the Book of Proverbs. We may define “fear” as being afraid, but it also has another meaning: to have a wholesome, reverent respect for something in the same manner that you would have respect for the principles of electricity, chemistry, and physics. Give all

power to the God Presence within you, not to the air around you. You must be careful to not let the demagogues try to make you feel guilty because of some crime committed by somebody else.

Why should you feel guilty? You can't do anything about the insensate actions of others, or what they say or don't say. You are not guilty because John Jones shot his wife. What is the sense of generating mental poisons of grief, sorrow, hostility, and depression within yourself and exuding that noxious mental effluvia into the mass

mind that is contaminated enough already? You must not permit others to manipulate
your mind for ulterior purposes.
Your mission in life is to walk in the consciousness of
God's love, knowing that with your eyes stayed on God, there is no evil on your pathway.
The peace of the Everlasting God fills your soul. It is a lamp unto your feet and a light upon your path. God is love, and that love fills your soul, and the healing presence of the Living God animates and sustains you. The light of God permeates every atom of your being so that your whole body dances with the rhythm of the

Eternal God.

In A Nutshell

There are certain things you cannot change, but you can change yourself and mold, fashion, and create your own future. Your thought and feeling creates your
destiny, whether you know it or not. When faced with doubt about taking a stand on a situation, pray the Serenity Prayer: "God grant me the courage to change things that can be changed, the serenity
to accept the things that cannot be changed, and the wisdom to know the difference."

Your business in life is to walk in the awareness of God's love and God's

peace,
thereby generating a mood of peace, love, and harmony to the whole world. These
spiritual vibrations tend to minimize and neutralize the noxious patterns of fear, hate,
jealousy, and greed in the mass mind or the race mind.
There is no sense in generating mental poisons of grief, sorrow, hostility, and depression within yourself and
exuding that noxious mental effluvia into the mass
mind that is contaminated enough already. You must not permit others to manipulate
your mind for ulterior purposes. Your

mission in life is to walk in
the consciousness of
God's love, knowing that with your
eyes stayed on God, there is no evil on
your pathway.

Revised
Chapter 7 – Learning to Say "Yes" and "No" In Life

Two of the most important words in the whole world are "yes" and "no.” It is your obligation to say "yes" to all the ideas which heal, bless, inspire, elevate, and to
accept only the eternal verities
and spiritual values of life; and
then purposefully build
these into your own personality.
You must say "no" to all teachings, ideas, thoughts, creeds, and dogmas that inhibit, restrict, and instill fear into your mind. In other words, accept nothing

mentally that does not fill your soul with joy. You must realize that God is Infinite life
and that He is your life right now. God is boundless love, and His love fills your soul.
God is joy, and you are expressing the fullness of joy. God is wisdom, and your intellect is constantly anointed with the light from On High. God is peace, and you are
expressing more and more of God's peace in your thoughts, words, and deeds.
As you make a daily habit of realizing these truths, you will develop a radiant personality and make a highway for your good in all ways and things.

The Bible says, "Every valley shall be exalted, every mountain and hill shall be made low; and the crooked shall be made straight, and the rough places plain." When you are in the valley of despair, dejection, melancholia, turn to the God Presence within you and realize that external things and conditions are not causative. All things pass away. Conditions do not create other conditions. The primary cause is your thought and feeling. Thought and feeling create your destiny, and thought and feeling represent your mental attitude, the way

you believe. Conditions and circumstances are suggestive only. You have the power to reject or to accept them. Decide, therefore, that Infinite Intelligence reveals the way out. Contemplate the way you want things to be, and the mountain (problem) will be removed, and the hill (the obstacle or difficulty) will be shattered.

As you claim that Divine law and order govern your life, the crooked (the ups and downs of life, the swings of fortune) shall be made straight and the rough places plain. That is, you will begin to live a balanced life of growth, achievement,

advancement; free from detours, sickness, accidents, losses, plus foolish expenditures
of energy, time, and effort. As you keep your eyes on the God Power, and as you tune
on the Infinite wisdom within you, making contact through your thought and feeling,
all the barriers, delays, impediments, and difficulties will disappear and the desert of
your life will fully rejoice and blossom as the rose.
Say, "yes" to the following Biblical injunction. It is very beautiful.
"Finally, brethren, whatsoever things are true, whatsoever things are honest,

whatsoever things
are just, whatsoever things are
pure, whatsoever things are lovely,
whatsoever things
are of good report, if there be any virtue and if there be any praise, think on these things."
This is your spiritual yardstick. You must judge all your thoughts, reactions, feelings, beliefs, and convictions based upon these eternal truths. Anything, whether
it's a lecture from your minister, priest, imam or rabbi, anything that does not conform to these spiritual values, should be completely rejected in your mind. Say,
"yes" to all the ideas that heal, bless,

inspire, elevate, and dignify your soul. Be sure to say "no" emphatically and decisively to any thoughts or suggestions of fear, worry, resentment, ill will, bitterness, or hostility. Remember that what you say "yes" to in life is deposited in your subconscious mind and eventually comes forth as experiences, conditions, and events. Emerson, one of the world's greatest thinkers, certainly one of the world's greatest philosophers, said: "Stop barking against the bad. Chant the beauty of the good." Isn't that beautiful? What you say

"no" to, incisively and
decisively, departs
from your experience. Recently,
I talked with a woman
employed in a large office. Five
o'clock was the
quitting time. Regularly and
systematically, however, some of
the other employees
would say to her such things as, "Mary,
I have an appointment with the
chiropodist.
Will you finish these letters for
me?" And another would say she
had an appointment
with the dentist or the doctor. Still
others would claim they had
appointments at the

airport to meet relatives, and so on. Willingly, she took over all this work, though at the same time deeply resenting it. Mary had to learn to say "no" in her life. She realized these selfish people were pulling the wool over her eyes, taking advantage of her, pushing her around, and laughing at her behind her back. She thereupon decided to make arrangements to have an appointment with her chiropodist and her dentist also. So, when they again asked her to work overtime, she told them it was impossible; that she had to keep her own appointment. From then

on
she did not allow herself to be taken advantage of in this way. It is wrong to let people
take advantage of you or steal from you. Learn to say "no" to everything that is false
and everything that you know is untrue. A woman told me recently that she babysat for her son three nights a week, neglecting her own family and her own husband. Her son and daughter-in-law came
home at 1:00 or 2:00 o'clock in the morning, usually drunk. They gave her no thanks
and showed no appreciation, yet she said she had to take care of the child. I

explained
to her that it was morally, ethically, and spiritually wrong for her to contribute to their
selfishness, boorishness, and
delinquency--that she should realize her husband and her own family came first. I suggested that the next time they
asked her to baby-sit,
she should emphatically say, "No. Get a babysitter and pay the baby sitter." This she
did. Thereafter, her son and daughter-in-law had far more respect for her and no longer took advantage of her.
A man who wrote a manuscript and sent it to several publishers in New York had it returned to him marked, "No

comment." One publisher performed what the writer called mayhem on his manuscript, which made him furious. He became incensed and highly aggravated. When he learned what he was doing to himself, he began to use the laws of mind constructively. He reasoned as follows: This manuscript contains a lot of useful information. It is not only good; it is very good. Infinite Intelligence (which is God within you) reveals to me the ideal publisher who will appreciate the contents and agree to publish it in Divine order. He learned to say "yes"

to life.

In a few weeks' time he received notice from a publisher that his manuscript was accepted. When a publisher says "no," you don't have to accept this. You can completely reject it and realize that Infinite Intelligence within you, which is God, opens up the door that no one can shut. A woman told me recently that she and her sister had a telephone conversation. They had an argument, and her sister concluded by saying, "You are a skunk" and hung up. She became intensely angry, entered into despondency and gloom, and had

what she called a "slow burn." I explained to her the workings of her mind and said to her, "Suppose your sister did say you were a skunk. Ask yourself: Am I a skunk? Do I have any of these animal propensities or tendencies? If the answer is no within you, why should you be disturbed? When you get angry and resentful, you tune in to the same mental frequency and become enmeshed in the negative, destructive state. It is possible for you to remain completely aloof and detached. You can arise above any abuse aimed at you. You can refuse to accept anything of a hurtful nature. All

you
have to do is enter into the secret place of the Most High. Tune in with the Infinite and
affirm boldly: I am identified with the peace, harmony, and love of God, which now
flow through me. You can refuse to descend from that impregnable position for any
person in this world.
Your sister had no power to hurt you, and her words had no power. The power is in the movement of your own thought and your own emotion. All you had to do was
bless her and go on about your business. She prayed as follows: ”I fully and

freely
forgive my sister and wish for her all the blessings of life. Any time I think of my sister,
I say to myself: God be with you.”
After a few days of using this simple prayer, she
had a complete healing. Remember,
no one can hurt you but yourself. The statements
and actions of others have absolutely no power to disturb you. If the cucumber is bitter, you don't have to eat it. If someone calls you a snake in the grass, it is easy for
you to say, "God's peace fills your soul," and walk on.
Peter Ouspensky, one of the great

thinkers of the early twentieth century, used to say to a student who was disturbed by the words, gossip and actions of another, "Is there truth in what he said about you?" If he said, "No," Ouspensky would say, "Well, then, why should you be disturbed? Identify with your aim." What is your aim? Your aim is to identify mentally and emotionally with harmony, peace, wisdom, understanding, success, right action, and beauty. It is as simple as that. There is an old saying: “He whom the gods would destroy, they first makes

mad." If someone can get you riled up or emotionally disturbed, that person has power over you. Under the sway of that negative emotion you are bound to do something stupid, foolish, something that you really don't want to do but which you do under the sway of the negative emotion. When you are in the Secret Place, which means when you are in tune with the Infinite, you are an impregnable fortress. No one can lay siege to it. To be alone in the silence is to be alone with God.

A young man who was taking up New Thought teaching in order to become a minister told me that his mother created scenes at home. These scenes consisted

of
silent weeping and fainting spells.
She would exclaim, "You are giving
me a heart
attack because you are leaving the
faith of your fathers, the only true
religion. Some
day I will die and you will be sorry."
She would go into many tantrums
during the day.
I explained to this young man that his
mother's motivation was to get him to
refrain from fulfilling his heart's
desire. She wanted to get her own way
and wanted to
make him feel guilty and unkind because
he did not conform to her wishes. This is
emotional blackmail. I told him that he

should absolutely refuse to yield to these tantrums, tears, and stormy scenes; that he had only to say, "No," which is what he
did and explained to her an age old truth: The harmony of the part is the harmony of
the whole, for the whole is in the part and the part is in the whole. How simple that is.
So, he said to his mother: "Mom, this new teaching gives me a new lease on life,
gives me an inner sense of peace, tranquility and serenity which I never had before. It
gives me a sense of well being, and I have had a marvelous healing of a

physical
condition that I endured for many years. If you really love me, you will rejoice that I
have found peace and harmony, and you will wish me well."
Love is not possessiveness. Love is not trying to get the other to conform to your wishes. Neither is it trying to force the other to believe the way you want to believe or
to do what you want that person to do. He said, "Mom, I am going to stand my ground,
and I am going off to be a New Thought minister. What gives peace and harmony to me
must of necessity give harmony and

peace to you." After several months she wrote him a very beautiful letter telling him how grateful and happy she was that he had found his true place in life, and she wished for him all the blessings of life. When you know that something is true, do not try to appease the other person. Always stand on eternal principles. Never yield one iota.

You cannot appease a person who is a little Hitler in his or her heart as such people feed on its gratification. Appeasement never gains gratitude.

One of our students told me recently that

he was a guest in a home and his hostess began to talk to him about reincarnation, karma, and life after death. She was furious and incensed because he did not agree with her on her theory of reincarnation and karma. She said that he must be stupid beyond words not to realize that we come back again and again to expiate for our sins and crimes in a former life. He said, "no" to all these falsities in a very polite way, saying to her, "I give you complete freedom to believe in all these things, and I am glad if your belief gives you solace and

comfort. I
hope you don't want to impose your beliefs on me, because I cannot accept these
beliefs, as they are repugnant to me. I expect you to give me the same freedom as I
give you." This is the proper attitude in saying "yes" to the truth and "no" to that, which is false.
A few months ago I had a six-page letter from a woman vilifying and denouncing me because I said there was no, hell, limbo, or purgatory; that the only hell that exists
is the hell we make in our own mind, which, of course, is absolutely true. She went through the Bible--the Old and

New Testaments--selecting all the quotations referring to Satan, Devil, liar-in-wait, adversary, and so on. In scanning the letter, I realized I was dealing with a sick mind. I simply blessed her and threw the message into the wastebasket and went on to the next letter. How could a poison pen letter, which is only a piece of paper with some ink on it, have any power? The only power it could have is the power you give it in your mind. In other words, the power is in your reaction to it. You have freedom to bless or to curse. To bless is to say, "yes" to life and to wish

for others everything you wish for yourself;
namely, harmony, health, peace, and all the blessings of life.
Judge Thomas Troward was a great teacher in India, and a former judge. In one of his lectures in Edinburgh, he stated there was no Devil. He said the only Devil
was the false belief or false concept of God; the Devil is God upside down, which, of
course, is absolutely true. In our language it is the distorted, warped, twisted, morbid
concept of the God of love. After his lecture a member of the audience said, "Mr. Troward, you said

there
was no Devil." He said to the woman, "What do you want the Devil for? For your
husband?" She said, "No." He said, "For your neighbor?" She said, "No." He said, "For
yourself?" She said, "No." Then he said, "What the devil do you want her for?" It is necessary to laugh at many things that happen during the day. If you do
not laugh at least six to eight times at yourself during the day, you will never grow
spiritually. A priest is reported to have said to a rabbi, "Sometimes I think, Rabbi, I
behold the Christ in you." The rabbi

replied, "That in you which enables you to see the
Christ in me is that in me that sees the Jew in you." Let us realize we are all children
of the one Father. All of us have one common progenitor, the Life Principle. For God is
the Life Principle in you. You are alive, aren't you? God is life.
The Bible says: "Have we not all one Father?" It also says, "When you pray, say,
‘Our Father.’" This means we are all intimately related. Actually, we are all brothers
and sisters. "Out of one blood, or life, made He all nations and men for to

dwell on the
face of the earth." "Yes" and "no" are the criteria for judgment. Say "yes" to your unity
with God, which is the Living Spirit Almighty within you. And Spirit is without face, form or figure--timeless, shapeless, and ageless. But it's within you. Say, "yes" to the great truth: I and my Father are one. Say "no" to all that would deny this. Say "yes" to
the following great prayer:
“God is, and His, Presence flows through me as love, peace, harmony, joy, beauty, wisdom, light, understanding, security, and true expression. I am a focal point

for the Divine. All the qualities and attributes of God are being expressed through me all day long, and every moment of my life I become more Godlike in all my ways.

Beloved, now are we the sons of God. I said, Ye are gods, and the scripture cannot be broken."

We are all children of the Most High. Realize that truth and wonders will happen in your life. If you reiterate these great truths, you will develop a marvelous, wonderful personality. You will exude vibrancy and become flooded with the radiance

of the light limitless. To be spiritually minded is life and peace. Whenever any fear or
worry comes to you, or whenever you think you cannot accomplish something, get still
and quiet and contemplate the sovereignty of the Spirit. Realize Infinity is within you,
that God is boundless love, Infinite Intelligence, Infinite Life,
marvelous wisdom,
absolute power, absolute harmony. There is nothing to oppose this God Presence or
challenge it.
If you call upon It, It answers you. Infinite Intelligence responds to your

thought. Every modern scientist knows that. This type of prayer will bring about complete relaxation, quiet your mind. When in this relaxed state of being, contemplate what you want to be, to do, or to have and the Infinite Spirit within you will respond to your faith and confidence in it. Remember a great truth: Nothing is forever. Everything passes away. Scientific thinkers do not give power to any created thing. They know that the Creator is greater than their thought. The artist is greater than the art. The spiritual minded person also knows that material things do not make

material things. Conditions do not create conditions. Everything is subject to change and modification. You give all allegiance and devotion to the Spirit within you. Surely you know that a Spirit has no face, form, or figure. It is timeless, shapeless, and ageless. No one has ever seen Spirit, but you can feel the spirit of joy, love, ecstasy and rapture in your own mind. When your thoughts are God's thoughts, God's power is with your thoughts of good. The primary cause of Spirit is in mind. Do not make a god of anything visible, of any person,

place,
or thing. There is only one God -- not two, not three, not four. Just one. I AM God, and
there is no God beside me. And from the rising of the sun to the setting of the same,
there is none else.
Suppose you went to a sailor on board ship and said to him, "I notice yellow pigmentation around your eyes. You look wan, weak, and pallid. You look as if you are
going to become very ill." He would treat your remarks with derision, perhaps scorn.
Or he might even think you are mentally unbalanced. He knows his immunity to

seasickness. He is full of confidence and faith that he will have a wonderful time on board. He also knows that he can roll with the blows and feel the rhythm of the deep.

Realize, therefore, that no person in the world has any power to disturb you but yourself. The conditions, circumstances, and people may suggest certain things to you, but they cannot create the things they suggest. It's always a movement of your own mind, and you can curse or bless. You can say, "God's peace fills her soul." "God saturates his mind." "God is guiding me now." "There is right action in my life."

You
can always identify with your aim. Let nothing bother you, let nothing frighten you, let
nothing disturb you, let nothing anger you. You are a master. You are in charge of your own conceptive realm: of your thoughts, feelings, emotions, and reactions. You are a king over your own conceptive
realm. When any negative suggestion comes to you, you can say, "God's love fills my
soul. I am in the secret place of the most high.. The Lord is my shepherd; I shall not
want. Goodness and mercy follow me all the days of my life, for I dwell in the

house of
God forever.”

In A Nutshell

It is your obligation to say "yes" to all the ideas which heal, bless, inspire, elevate, and to accept only the eternal verities and spiritual values of life; and then
purposefully build these into your own personality.

You must say "no" to all teachings, ideas, thoughts, creeds, and dogmas that inhibit, restrict, and instill fear into your mind.

Love is not possessiveness. Love is not trying to get the other to conform to your wishes. Neither is it trying to force the other to believe the way you want to

believe or
to do what you want that person to do
When you know that something is true, do not try to appease the other person. Always stand on eternal principles. Never yield one iota. You
cannot appease a person
who is a little Hitler in his or her heart as such people feed on its gratification. Appeasement never gains gratitude. Nobody can curse you or have power over you. The only power others
could have is the power you give it in your mind. In other words, the power is in your
reaction to it. You have freedom to bless or to curse. To bless is to say "yes" to life and

to wish for others everything you wish for yourself; namely, harmony, health, peace,
and all the blessings of life. We are all children of the Most High. Realize that truth and wonders will
happen in your life. If you reiterate these great truths, you will develop a marvelous,
wonderful personality. You will exude vibrancy and become flooded with the radiance
of the light limitless. To be spiritually minded is life and peace. Whenever any fear or
worry comes to you, or whenever you think you cannot accomplish something, get still

and quiet and contemplate the sovereignty of the Spirit. Realize Infinity is within you,
that God is boundless love, Infinite Intelligence, Infinite Life,
marvelous wisdom,
absolute power, absolute harmony. There is nothing to oppose this God Presence or
challenge it.
Never forget: You are the master of your soul. You are in charge of your own conceptive realm: of your thoughts, feelings, emotions, and reactions. You are a king over your own conceptive realm

Revision

Chapter 8 – Handling Injustice

There is no doubt that there is injustice in the world. Life isn't always fair and we must learn to understand and live with it. I have often been asked how can we believe in a God who allows unfairness to exist and appears to reward ill-doers and punish good people. The ways of the eternal one are unfathomable, and what appears often to be unfair may in the long run be beneficial. Some clergy comfort people

by
telling them they will receive their reward in heaven. Perhaps this is so, but it is a
natural desire to enjoy the lives we live here and now. Often one's "bad luck" is self
created by the negativism that has been inculcated in their subconscious minds. The law of the subconscious mind is impersonal and eminently fair at all times.
Your subconscious mind accepts the impress of your thought and reacts accordingly.
As you sow, you reap. You can plant orchids and you'll get orchids. Seeds grow after

their kind. The seeds are your thoughts, of course. You are what you think all day long. What you feel you attract and what you imagine you become. That's the law of
mind. And the law is absolutely
just. You can't think evil and expect good It is your mental attitude operating within you rather than the winds of negative
thoughts and the waves of fear
from without that makes the difference between
promotion and success and failure and loss. The law is absolutely just and mathematically accurate. Your experiences are the exact reproduction of your habitual

thinking and imagery.
You can rise above the mass mind, human cruelties and greed, by aligning yourself with the principle of right action and absolute justice within you. You establish justice in your own mind. Don't look for it in the world; it isn't there. God is absolute justice, absolute harmony, all bliss, boundless love, and fullness of joy, absolute order, indescribable beauty, absolute wisdom, and supreme power. But God is the Spirit in you. God is the Life Principle. Stop looking for it. It's Omnipresent. If it's Omni-present, it must be in you.

Common sense tells you that. All of these qualities, attributes and potencies of the Infinite are within you. When you dwell on these qualities and contemplate the truths of the Infinite, you rise above the injustice and the cruelties of the world, and you build a conviction counter to all its false beliefs and erroneous concepts. In other words, you build up a Divine immunity, a sort of a Spiritual antibody to the mass mind. The mass mind is the thinking of the over six billion people in this world; and you can't tell me that all their thoughts are

lovely,
noble and Godlike. That's absurd.
When Joseph T. came to see me, he was angry, resentful and bitter about the company for which he worked. Over the past two years he had been twice by-passed
for promotion. He told me that he had earned the promotion by his good work, perfect
attendance and adherence to all company policies and procedures. “I’ve always received good performance reviews and never—not once—have I been reprimanded.
“When I asked my boss why I didn’t get the promotion, he just said that although my work was good, the person

who got the promotion was better suited for
the higher position. I'd quit tomorrow, but jobs are scarce and I can't afford to be out
of work."
I commented to this man, "You are resentful, angry, and full of condemnation
and criticism of the organization which employs you. These negative suggestions enter
your subconscious mind and have resulted in loss of promotion, financial increase
and prestige. We promote ourselves. Each of us answers our own prayer. Whatever

you impress on your subconscious or believe, your subconscious mind will bring it to pass. Whatever you really believe with your conscious mind, your subconscious will dramatize that and execute it, whether it is good or bad.

I gave him the following mental and spiritual formula to practice daily: "I know that the laws of my mind are absolutely just and that whatever I impress on my subconscious mind is reproduced accurately in my physical world and circumstances. I know that I am using a principle of mind, and a principle is absolutely impersonal. I am equal before the laws of mind, which means what I

truly
believe will govern what happens to me. I told Joseph to say this prayer every morning and every night. I suggested that before he closed his eyes each night to set his mind on positive thoughts. "Think about
the contributions you have made on your job, with your family, in your social and religious activities. Dwell on the compliments you received from your boss, your
colleagues, your wife and children. Your dreams will follow those thoughts and they
will program your subconscious mind for success and happiness."
Some months later Joseph reported to

me that he had been promoted to head up a new department in the company. He said I followed your suggestion and it not
only changed my attitude, but it unleashed a stream of creativity I didn’t know I had.
When I got this promotion, my boss told me that he chose me because the new ideas
and suggestions that I had proposed showed that I was not just a good worker, but an innovator who could meet the challenges of this new position.
I met a very wealthy and philanthropic woman a few years ago. She informed me that in her philosophy money and

wealth is like the air around us.. I came from a
family that was of moderate means, but I always felt that I was rich. After all, I am
God's daughter. God gave me richly all things to enjoy. "She married a young merchant and together they built a successful retail store, which they expanded into a chain. After her husband died, she sold it for millions of dollars and has spend the
past few years establishing college scholarships, endowing hospitals and medical
clinics in the developing countries all over the world. She told me “Even when I had

little money, I said to myself “I AM rich and I will do good things with my money.”

You see, a great law of mind is this: Whatever you attach to I AM you become.

For example, if you say, "I'm no good; I'm a flop; I'm a failure; I'm getting old; I'm no use any more," whatever you attach to I AM you become. Therefore, you should say: "I am strong, I am powerful, I am loving, I am harmonious, I am kind, I am inspired, I'm illumined, I'm immensely wealthy, and I am doing what I love to do, Divinely happy

and Divinely prospered. Whatever you attach to I AM you become. Therefore, you'd
better watch what you're saying
when you speak.
Many people who are living in poor circumstances, are envious and resentful of
the wealth of their neighbors. This mental attitude results in even more lack, limita
tion, and poverty in their lives.
They are probably unwittingly blocking their own good. Yet, they have a fortune to share if they would but put their minds to the truth of being and realize that they, too, have the key that unlocks the treasure house of the gold mine within.

Shortly after I finished broadcasting one of my lectures, I received a phone call from a listener. He said, “I just heard your talk, and I disagree with you. You said if I accept that God dwells within me, good things would happen to me. I have been a religious man, go to church regularly, and pray daily and I have suffered nothing but misery. About a year ago my wife and I left our hometown and moved to Oregon to start a new life. I got a job selling insurance, but have had little success. I live in a poor rural area. The farmers and small

business owners have little cash and I just
can’t make a living. My wife is pregnant and if I can’t turn this around, we’ll be forced to return to our old town and rely on help from our parents. I want to make it on my
own. Why are my prayers not working for me?”
I suggested that he add this prayer: "Where I am, God is. God dwells within me and God has need of me where I am; otherwise, I would not be here. This Divine Presence within me is Infinite Intelligence.
It is all-wise. It knows all and sees all. It's the Ever-Living One, the All-Wise One, the

All-Knowing One, the Self-Renewing One. It's the Life Principle in me and reveals to me the next step opening up for me the treasures of life. I give thanks for the answer which comes to me as an intuitive feeling or an idea which wells up spontaneously from my mind."

He followed my advice and each morning he awoke feeling stronger and more confident. Recognizing that the potential for increasing his income was limited in just selling insurance, he came up with the idea of capitalizing on his hobby –

photography. He bought a camera and took pictures of the beautiful Oregon mountains and valleys. He sold the photos to travel magazines. He wrote a brochure
about the beautiful landscapes to accompany the photos and send them to travel
agencies. He started a tourist business, which has made him a small fortune. This
man had found happiness by tapping the treasure house within him, establishing justice within himself. He discovered his fortune was right where he was Diane S. was an environmental engineer. From childhood on she was fascinated by nature and she devoted her life to

working to save the environment. She had a doctor's degree in the subject and was working for the Sierra Club, researching ways to conserve or natural resources. As in most not-for-profit fields, her salary was modest. Her sister, on the other hand, had little education, took a job showgirl in Las Vegas and was earning four times as much money as Diane. She said, "It is all so unfair. We must change the system. I worked hard and toiled for six years to get my Ph.D. degree, and my sister never even graduated from high school." I explained to Diane that

she could rise above the mass mind, -
- the
mind that thinks from the standpoint of circumstance, condition and tradition. Accordingly, at my suggestion, she began to practice standing before the mirror each morning and affirming, "Wealth is mine. Success is mine. Happiness is mine
now.”
She continued affirming these statements for about five minutes every morning, knowing that these ideas would impregnate her subconscious mind. She knew what
she was doing and why she was doing it. She realized that she was a gardener planting seeds in the ground. Seeds grow

after their kind. When you put seeds in the
ground, you water them, fertilize them and they quicken and accelerate their growth.
But you can't make the seed grow. The oak is in the acorn.
She realized all that. Gradually, she began to feel the ways he would feel were
all these conditions true. At the end of one month's time the Sierra Club promoted her
to a more important job at a far greater salary. She also began to write articles about
environmental matters that she sold to magazines and has signed a contract with

a
major publisher for a book
Millions suffer from injustice all over the world. The reporters write about persecution and even genocide all over the world today The greed for power of a
dictator or tyrant can create cruelty to hundreds of thousands or millions of people.
These things are shocking, but we have our dictators, despots and tyrants. We've had
them down through the ages. We still have them. The emulators of Nero, Ivan the
Terrible, Hitler, Stalin and Ghengis Khans are still active. They're all over

the world. One general's orders can, of course, cause thousands and hundreds of thousands and millions to suffer.

The world is full of cruelties and injustices in homes, factories, plants, jails, and everywhere. A research doctor working on cancer for seven years, studying the ravages of the disease, is getting $55,000 a year as a research man. His brother is a truck driver, who gets $75,000 a year, plus benefits. It doesn't seem quite fair. He is angry about it. Well, you have these inequities and injustices all over. The mothers of the world have worked

very hard. They don't belong to any union. They receive no guaranteed wage, and often their children shun them. In my experience, sometimes they are never even invited to their children's' weddings. In visiting many of them in rest homes, a common complaint is: "My children never visit me."

Justice is of the mind. You must become acquainted with the mental and spiritual laws. Then you are in a position to command justice, which means to make things even, to balance the imbalances. Justice means just treatment. Justice, when

personified, is usually represented as a goddess holding a sword or scale, often both.
Her eyes are sometimes blindfolded or closed as tokens of impartiality. Justice is
conformity to truth based on
righteousness--right thought,
right feeling, right action-
based on the Golden Rule, or the law of love. It means to balance the imbalances and
establish equilibrium.
Millions all over the world are
hungry for peace, harmony, health, abundance, security and love. The place to find security, peace and joy is to get in tune with the

Infinite and claim, "Infinite Spirit flows through me as love, peace, strength, guidance, harmony, beauty and inspiration." This is the bread of life. It's an invisible, intangible but real food. “A merry heart doeth good like a medicine; the broken spirit drieth the bones.”

The bread, of course, is not bread on the table. It's the bread of peace, harmony, right action, beauty, strength and courage. How can you live today without inspiration? without love? without guidance? without inner peace?

The real meaning of the prayer,” Give us this day our daily bread” is give us

that which is our own. God is the giver and the gift. God is the Living Spirit within you. The gift has been given. Therefore, we have to learn to be receivers, for all things are ready if the mind is so.

Do you pray for air, sunshine or water? Take all the air you want. Who cares? It was always here. It was here before you were born. There is enough fruit, scientists tell us, that rot in the tropics to feed all of humanity. Nature is lavish, extravagant, and bountiful. It's inexhaustible. You can get all the energy you want from hydrogen,

you know. It's in the water. There's no shortage of water. There's always the same
amount of water in the universe.
You are dealing with the Infinite. Spirit and matter are one. Matter is the lowest degree of Spirit, and Spirit is the highest degree of matter. Infinite Spirit created the
universe, the galaxies of space. Infinite Intelligence is within us. We can have an idea
worth a fortune. We can have an idea and put millions to work. We can have new
ideas about energy or transportation. We can do all these wonderful things, because

the Infinite within us will reveal it to us. You must persist in that which is right: right thought, right feeling, right action and the great laws of life. You must persist in taking right action in that which is
lovely, noble and Godlike. Persevere on these things and all good will be yours. The law is impersonal and neutral. That applies to any law. That's the law of your subconscious mind, also. Whatever you impress is expressed on the screen of
space. Morality depends on how you use the law. Murderers can plant seeds or orchids and they will grow for them, also. They can also navigate a plane if they are

initiated in the laws of navigation. The law responds to the holy as well as to the
cutthroat. Your thought carries its reward. Never take advantage of another or hurt
another in any way. To do so is to hurt yourself, because whatever you think about
the other you must remember, you are the thinker and you are creating it in your own
mind, body and circumstances.
. You don't always find justice in this world. To think so, of course, is insane. But, in the kingdom of heaven there is justice, and the kingdom of heaven is within

you. Heaven is your own mind when it's at peace, and you're a king over your conceptive realm. You are the master over your own thoughts, feelings, actions and reactions. Of course, you're a king over your own mind.

You will experience the exact manifestation of your inner beliefs and conviction.

As within, so without. As above, so below. As in heaven (meaning your mind), so on earth (your body, your environment, conditions, your world, your social status, your position in the world, your financial status, all things appertaining to you).

All things appertaining to you are a mathematical representation of your inner state of mind. The inside balances the outside. As within, so without. . There is a Divine harmonious solution through the wisdom of the Almighty. Adhere to this truth. When fear comes, affirm: "It is God in action," which means all around harmony and peace. God is the Life Principle in you moving as beauty, harmony, love and peace. It's the Living Spirit Almighty. It's without face, form or figure. Scientists call it energy. Energy is a term used by science for the Living

Spirit. It moves as unity, moves as harmony. There are no divisions or quarrels in it. There is nothing to oppose the Infinite. Infinity can't be divided or multiplied. To think so is absolute insanity. There is only One Power. --not two, or three, or a thousand--just one. There is One Power moving as unity, harmony. There is nothing to oppose Omnipotence; otherwise, words have no meaning.

So, when you say, "God in action," it means all around harmony and peace. Adhere to that truth and the day will break and all the shadows will flee

away.
Insist on right action and harmony. It's wrong to contribute to the greed or the neurosis of another person. Insist on Divine law and order in your life. Insist on
wholeness and beauty. Insist on Divine love, for God gave you richly all things to
enjoy. God made you rich.
So, give attention to spiritual values. Do this feelingly, knowingly, and intensively and you will be triumphant. For example, the drug, Laetrille is used by
many people who have cancer. Because the U. S. government bans it, they go down to

Mexico to obtain it. They have told these cancer patients that they are incurable, it's hopeless; and they are going to die anyhow so why bother. There's no chance; they have nothing to offer you. Well, if these same people believe that Laetrille can help them, why not let them use it? These injustices and inequities are rampant. They are saying to you, "You're going to die, but you must die our way." If you want to go down to Tijuana and get some shots, why shouldn't you? I, personally, have known people who claim they were completely healed of

cancer by
taking these injections of Laetrille. Well, if they believe (even if the object of your faith
be true or false), they get results. According to your belief, even
though it's blind belief,
your subconscious will respond. Therefore, that makes sense to me. The issue is freedom. By every rational indication, Laetrille is harmless. It is the active ingredient of apricots. This being so, why can't a free people have it if they want
it?
If you are mean to yourself, if you are condemning yourself, if your are mistreated by others, if you think you are

a door mat, everybody is going to step on
you and walk on you.
Exalt God in the midst of you, mighty to heal. Because you are a daughter of the Infinite, you are a son of the Living God. Therefore, be conscious of your dignity as
a child of the Living God. The rich get richer and the poor get poorer. That's the law of
mind. The law is logical, it's eminently fair, and it’s absolutely just. As we sow, we
reap. There are some who look upon wealth like the air they breathe. They have ideas.
They say, "Infinite Intelligence reveals to

me new ideas which are creative, which bless humanity." New ideas come to them. There are many people who landed in America from a foreign country. All they had were the clothes on their back, and they had ideas. They studied hard; they learned English. They are now employing thousands and thousands of people. They went up the ladder. They had something to give. The law always evens things up. Law is immutable.

A man in Los Angeles feared that he would lose his home. He said; "Oh, yes, I'm going to lose it," and he pictured the loss

and all that. He said, "I can't get the money. My relatives have turned me down. The banks won't give it to me." He began to think of lack, loss and limitation. And, of course, he lost his home. This is equalization of the inner and the outer. You can't think lack, loss and limitation and expect prosperity and success. Then the law would not be just. The law is absolutely just. The inside governs the outside. This is an equalization of the inner and the outside. The inside is one of poverty and privation, fear and lack. That which I greatly fear has come upon me. It's a state of mind.

“Therefore, according to his belief was it done unto him. To him that hath shall be given; to him that hath a consciousness of wealth believes in a God of abundance.”

Say, "God is the source of my supply. All my needs are met at every moment of time and point of space." Such people attract wealth of all kinds: spiritual, mental and material, financial. Yes, they have the consciousness of affluence. They looks upon wealth like the air that you breathe. Blessed are the poor. Yes, the poor are open and receptive. They expect great things. If you have a closed mind, I can't

teach you anything. You can't put anything into a full cup. A lot of people are that way. They say, "I know it all. You can't teach me anything." They look down at you. They believe that it's unfortunate you don't belong to their cult or creed or something else in which they believe.

But religion is of the heart. It has nothing to do with the lips at all. Your religion is the thing that binds you. It's your emotional espousal; what you really believe in your heart is made manifest, not what you believe with your lips. Millions are bound by fear. The thing

that binds you is your religion. We should be bound back to a God of love. That should be our real religion: A God of love
in our own heart, guiding and directing us, our boss, our guide, our trouble shooter,
our adjustor. Having such a boss in your mind, you have a God of love. That's true
religion. Its ways become ways of pleasantness, and the paths become paths of peace.
Don't you know the religion of millions of people in the world is plain ignorance? Buddha said thousands of years ago that the only sin is ignorance, and all

the misery and suffering in the world is the consequence. So, imagine ignorance ruling our mind. Isn't that a frightful thing to contemplate? Yet, it rules millions of minds.

And superstition governs the minds of millions of people.

So, the dominant idea governs you. It governs all your lesser thoughts, feelings, actions and reactions. We are talking about laws of mind. And the laws of mind you cannot change. So, should we take care of people from the cradle to the grave? No. If you do, you are psychologically castrating them. You rob them of their

Divinity. We are here for self-discovery. We are here to make mistakes. When you went to school you got a rubber at the end of your pencil. You're supposed to make mistakes. Through mistakes you learn how to add, subtract, divide. You might make mistakes in human relations. You learn from it. Therefore, when you learn the laws of mind you shouldn't repeat the mistake, because you've learned how to use the laws of mind. You don't rob people of self propulsion of any shade of self-discovery. So, to take care of them from

the cradle to
the grave, they become vegetables.
They never discover themselves. You
rob them of
their Divinity. It's wrong. Then you
say to them, "I'm going to see to it
that you don't
learn; that you don't know who you
are." But they are children of the
Living God, heir
to all that is. They are here to learn.
Do not deprive them of it.
Justice makes things equal. Know
the truth; the truth shall set you free.
What is the truth? I AM is the truth.
I AM means being, life, awareness.
It's a nameless
name. When you say I AM, you are

announcing the presence of the Living God. In India they call it Ohm, which means being, life, awareness.

One woman was praying for promotion and advancement, yet she resented the supervisor, saying to herself: "That supervisor is blocking my promotion." I explained to her she was unjust to herself, placing this woman on a pedestal, making her greater than the Infinite within her. This attitude makes no sense. Her desire for promotion, expansion and growth is from the Life Principle within, and the Infinite can bring to pass in Divine law and order promotion,

expansion, right action, anything you want.

She was denying the power of the Infinite, which is omnipotent--all-powerful, and claiming that the supervisor was greater than the Infinite. That's absurd, isn't it? She made things equal by affirming: "promotion is mine; advancement is mine; achievement is mine in Divine law and order, through the power of the Infinite." She established the mental equivalent, and according to the mental equivalent is it done unto you.

There is no such thing as a free lunch in

the universe. You have to pay for everything in the universe. If you want to become a great actress or a great singer, you
have to go within yourself; and if you have that talent to sing, you can say, "God sings
in majestic cadences through me. I sing the song of triumph through the power of the
Almighty." You imagine you are singing in a wonderful, magnificent way; that you are
stirring up the souls of your listeners, stirring up within them peace, harmony and
love; that you are lifting them up in joy and happiness. As you continue to do

that,
you are establishing the mental equivalent. If you love music, you have to study the
scales, the symphonies and all that, You have to get absorbed and engrossed in music. You have to give it attention. You have to practice, practice, practice. You have to establish the mental equivalent of music in your soul so that you can play Rachmaninoff's Prelude blindfolded. Why? In that way your talent and knowledge are saturated into your subconscious mind. Likewise, if you want to prosper, be successful in life, you have to establish the

mental equivalent. Get wisdom, you are told. With all thy getting, get understanding.

Wisdom is an awareness of the presence, the power of God within you. You are becoming wise when you know that every thought is creative, every thought is incipient action. The word was made flesh. The word is a thought expressed; it's made manifest. Every thought is incipient action. Every thought you think is creative. You'd better have a healthy, reverent, wholesome respect for your thought; otherwise, you're going to get into lots of trouble.

What you feel you attract, and what you imagine you become.
You can imagine yourself as a bum; you can imagine yourself jumping trains as a hobo. Keep it up and you'll become a hobo. But you can imagine also that you are a
tremendous success, that you're a great actor; you can imagine yourself before an
audience, making them laugh and cry, realizing the power within you to bring the
beauty of Shakespeare to enrich the lives of your listeners.
Scientists tell us that everything in the universe sings. Yes, it does. It's a university of densities, frequencies and

intensities. Your body is simply waves of light.

The whole world is the dance of God. This is modern science today.

So, wisdom is the principal thing. Get wisdom. With all your getting, get understanding.

Wisdom is justified of her children. You have children of the mind just as well as physical children.

If I see a beautiful painting that you painted, I realize that you were contemplating the indescribable beauty of the Infinite and you brought forth beauty on the canvas. But how could you bring

forth beauty on the canvas except you were contemplating beauty? You don't see beauty. It's a quality of the Infinite within you.

You don't see love, but you can love your child. You can love a dog, too. It's an emanation of goodwill. These are invisible, intangible powers within you. Yes, you do have children of the mind. It may be a book you write which inspires, elevates and dignifies the soul, or a sculpture of something beautiful that came out of your mind as a child of your mind. So, we have children of the mind. We also have physical children. How often have you said about a neighbor's

boy, "He is well bred. He is well mannered. Notice what a wonderful student he is. He respects the policemen, his teachers, and his parents. And he does all the chores around the house and is respectful and all that." Don't you say, "He must come from a good home"? His parents must have inculcated into his cranium wonderful ideas and great truths, because he practices the Golden Rule, the law of love. You say, "The parents have raised him well." Yes, children justify the wisdom and the training of the parents. Your wisdom is reflected in the

attitude of the son or the daughter. It also is
reflected in your work, your science, your art, your industry, and your writing. And you read some of these letters written to the newspapers, often written in
venom, in vitriol; they are quite vindictive. That's based upon self-loathing. In other
words, I hate myself. When you hate yourself, you project hatred onto others. But, you
see, you can't hate others except you first hate yourself. It's impossible, it's unthinkable, it's inconceivable. Therefore, self-loathing is self-hatred. Then we project

that onto others. It comes out in our speech, in our art and everything else. Get wisdom. It's the principal thing. In all thy ways acknowledge her. She will make plain thy paths. Trust her and believe in her, and she will bring it to pass.

There is a cosmic law, and that law is within you. You cannot gain or lose anything except through your mind. For the law, as I said previously, is absolutely
fair, eminently just. You can't bless your child and curse him or her in the same breath. You can't laugh and cry at the same time. You can't exalt and denounce in the
same breath. You can't say, "My child--

Infinite Intelligence is guiding him or her" and
in the same breath say, "That child's all mixed up." No, you can't think of two things
at the same time. If your mind exalts the divinity in your partner, then the marriage will grow
more blessed and more beautiful through the years. Why? You are exalting the Divinity within each other. If you dwell on each other's shortcomings, derelictions and peculiarities and abnormalities (we all have them), then you are fasting these states on
the other person and also on yourself. Then you are eating out of the garbage

can. You
are scavengers, and you have already divorced because you are divorced from harmony, peace, love, joy, beauty, kindness, goodwill, and understanding. Surely,
that's divorce. Divorce takes place in the mind. Then you are in trouble. The thing to do is exalt the Divinity in each other and claim that Infinite Intelligence leads and guides your partner. Divine right action reigns supreme. Divine
love saturates the mind and heart of the other person. Then the marriage or the partnership grows more blessed through the years. You cannot gain or lose anything

except through your mind. You can't. You will not admit the loss. Supposing you told
me you lost $30,000 through some con man who swindled you. Well, you probably
didn't use your five senses. You probably didn't investigate him, you didn't check with
an attorney or broker, you didn't investigate his background; you didn't do anything
you were supposed to do. You were careless, indifferent, apathetic, listless and lazy.
You didn't even use common sense. Then you admit that you lost it. If you admit you

lost it, you have.

But, you can't lose or gain anything except through the mind. So, I bring you back to knowledge of the laws of mind. Literally speaking, you have lost it; but if you will mentally claim that you are now mentally and spiritually identified with the $30,000, it comes back to you in Divine law and Divine order. Because whatever you give mental attention to, whatever you are focused on, your subconscious will magnify and multiply exceedingly. You refuse the loss. You do not accept the loss in your mind; therefore, you cannot lose it.

That's the law of mind. You can't gain except
through the mind; you can't lose except through the mind. You can't sell a home except you first sell it mentally; you don't buy a pair of shoes except you first bought
them mentally; you don't get a job except you first accept it mentally. The body doesn't
do anything. Your finger doesn't write a check; it's the mind acting on your finger that
writes the check.
This is what I teach people. This woman lost $30,000. I'm constantly on my guard against negative thinking. I cast it out of my mind whenever it enters in. I

have
faith in the Infinite Power and Presence that always works for good. My faith is in the
goodness and guidance of the Infinite. I open my mind and heart to the influx of the
Divine Spirit. I discover an ever-increasing sense of power, wisdom and understanding. I am mentally and emotionally identified with $30,000, and I know
that I cannot lose anything except
I accept the loss in my mind, which I positively,
definitely and absolutely refuse
to accept.
I know the way my subconscious works.

It magnifies what I deposit in it. Therefore, my money comes back to me, pressed down, shaken together and running
over. It came back to her, multiplied and magnified. It is God in action.

In A Nutshell

It's the set of the sails and not the gales that determines the way you go. It is your inner thought, feeling and imagery. In other words, it is your mental attitude operating within you rather than the winds of negative thoughts and the waves of fear
from without that makes the difference between promotion and success and failure
and loss.

Whatever you impress on your subconscious or believe, your subconscious mind will bring it to pass as form, function, experience and event. Whatever you really believe with your conscious mind, your subconscious will dramatize that and execute it, whether it is good or bad.

A great law of mind is this: Whatever you attach to I AM you become. For example, if you say, "I'm no good; I'm a flop; I'm a failure; I'm getting old; I'm no use any more," whatever you attach to I AM you become. Therefore, you should say: "I am strong, I am powerful, I am loving, I am

harmonious, I am kind, I am inspired, I'm illumined, I'm immensely wealthy, and I am doing what I love to do, Divinely happy
and Divinely prospered,
Justice is of the mind. You must become acquainted with the mental and spiritual laws. Then you are in a position to command justice, which means to make
things even, to balance the imbalances. Justice means just treatment. Justice is conformity to truth based on righteousness--right thought, right feeling, right action-based on the Golden Rule, or the law of love. It means to balance the imbalances and

establish equilibrium.

If you want to prosper, be successful in life, you have to establish the mental equivalent. Get wisdom, you are told. With all thy getting, get understanding. Wisdom
is an awareness of the presence, the power of God within you. You are becoming wise when you know that every thought is creative, every thought is incipient action.

Revision

Chapter 9 – The Cure for Hurt Feelings

Some time ago I had a letter from a man who stated that he couldn't understand why everybody around him annoyed him. I asked him to come and see me, and in talking with him I discovered that he was constantly rubbing others the wrong way. He did not like himself and was full of self-condemnation. He spoke in a very tense, irritable tone. His acerbity of speech grated on one's nerves. He thought

meanly of himself and was highly critical of others.

I explained to him that while his unhappy experiences seemed to be with other people, his relationship with them was determined by his thoughts and feelings about himself and them. I elaborated on the fact that if he despises himself he cannot have goodwill and respect for others. It's impossible, because it is a law of mind that he is always projecting his thoughts and feelings onto his associates and all those around him. That's called projection.

He began to realize that as long as he

projected feelings of prejudice, ill will and
contempt for others, that is exactly what he would get back, because his world is but
an echo of his moods and attitudes.
I gave him a mental and spiritual formula, which enabled him to overcome his
irritation and arrogance. He decided to write consciously the following thoughts in his
subconscious mind. Remember, your conscious mind is the pen, and you can write
anything you want in your subconscious mind. This is what he wrote:
“Practice the Golden Rule from now on,

which means that I think, speak, and act towards others as I wish others to think, speak, and act towards me. I walk serenely on my way, and I am free for I give freedom to all. I sincerely wish peace, prosperity and success to all. I am always poised, serene and calm. The peace of the Infinite floods my mind and my whole being. Others appreciate and respect me as I appreciate myself. Life is honoring me greatly, for it is provided for me abundantly.

The petty things of life no longer irritate me or annoy me. When fear, worry, doubt or criticism by others come to me and

knock at my door, faith, goodness, truth and
beauty open the door of my mind. There is no one there. The suggestions and statements of others have no power. I know now how to cure hurt feelings. The only
power is in my own thought. When I think God's thoughts, God's power is with my
thoughts of good. I know the thoughts of others have no power except the power I give
them. They have to become my thoughts; then it becomes a movement of my own thought."
He affirmed these truths morning, noon and night, and he committed the whole

prayer to memory. He poured into these words life, love and meaning. By osmosis
these ideas penetrated the layers of his subconscious mind, and he became a changed
man. He said to me, "I am learning how to specialize myself out of the law of averages.
I am getting along fine. I have received a promotion on my job. I now know the truth of
the passage: ”If I be lifted up in my mind I, will draw all manifestation unto me." He learned the trouble was within himself. He decided to change his thoughts,
feelings, and reactions. Anyone can do

the same. It takes decision, stick-to-it-iveness,
and the keen desire to transform oneself. Begin to realize that Infinite Intelligence, the Guiding Principle of the universe, is within you. The Infinite Healing Presence controls all your vital organs and all the processes and functions of your body. You have the capacity to make choices. Use your imagination and all the other powers of God within you. Your mind is actually God's mind. When you consciously, decisively, and constructively use the Infinite Power within, you become free.

Emerson inspires you to enlarge the concept of yourself when he announced this profound truth: "What Plato has thought, we may think; what a saint has felt, we may feel; what at any time has befallen any person, we can understand. Who has access to the Universal Mind is a party to all that is and can be done, for this is the only and sovereign agent." Emerson was America's greatest philosopher, one of the greatest thinkers of all time. He was constantly in tune with the Infinite. He urged us to release the Infinite possibilities within us. Emerson taught the dignity and

grandeur
of humankind and pointed out to his listeners that the great appear great to us because we are on our knees; that we attribute greatness to Plato and others because
they acted upon what they, themselves, thought and not upon what others thought they should think.
Begin to have a lofty, noble and dignified concept of yourself, and the petty
things of life will no longer irritate you. If they do, you are emotionally immature. You
suffer from infantilism. That's why people say, "Why don't you be your age? Why don't

you grow up?" Are your feathers easily ruffled when someone says, "Get on the ball;
you're behind the eight-ball in your department"; or do you take in stride and say,
"Well, that's right. I'm going to have a better showing the next time"?
Everyone is a child of the Most High. The Infinite is within you.
There is a right
way to talk, to walk, to drive a car, to make a cake. There is a right and a wrong way
to do everything. To live a full and happy life you must live according to principles.
You would not think of building a wheel

off center, or violating the principles of electricity or chemistry. Likewise, when you think, speak, act and react from the standpoint of the Infinite Intelligence within you, you will find that your whole life will be one of joy, happiness, success and peace of mind. Mrs. Wrong Way was jealous and hateful towards the supervisor in her office. Oh, yes, she was suffering from hurt feelings. She had developed ulcers and high blood pressure. Once she became aware of the spiritual principle of forgiveness and goodwill, she realized that she had accumulated many resentful and grudging

attitudes and that these negative and obnoxious thoughts were festering in her subconscious mind. She tried to talk with Ms. Supervisor in an effort to straighten
matters out, but the woman brushed her off. In a continuing effort to correct the situation, Mrs. Wrong Way reinforced the principles of harmony and goodwill for ten
minutes every morning and night prior to going to work. This is what she did. She affirmed as follows: "I surround Ms. Supervisor with harmony, love,
peace, joy and
goodwill."
Now, this is not mumbo-jumbo. She knew what she was doing and why she

was
doing it. These thoughts or ideas sink into the subconscious. There is only one subconscious mind, and the other person picks it up. She said, "There are harmony,
peace and understanding between us. Whenever I think of Ms. Supervisor, I will say,
'God's love saturates your mind.'"
A few weeks passed, and Mrs. Wrong Way went to San Francisco for a weekend.
On boarding the plane, she discovered that the only vacant seat was the one next to
Ms. Supervisor. She greeted her cordially and received a cordial and

loving response.
They had a harmonious and joyous time together in San Francisco. They are now friends and attending my lectures on Sunday mornings.
Infinite Intelligence set the stage for the solution of this difficulty in ways that Mrs. Wrong Way didn't know. The ways of your subconscious are past finding out. As
the heavens are above the earth, so its ways are above your ways. Mrs. Wrong Way's
changed thinking had changed everything, including a perfect healing of her ulcers and high blood pressure. She was hurting herself. No other person is responsible for

how you think or feel; you are, because you are the only thinker in your universe. Only you are responsible for the way you think about your congressman, your senator, or anybody else. I recall a young woman saying to me one time: "Everybody in my office dislikes me. There are several who want me fired." I said to her, "Why don't you resign and find another position?" She said, "What's the use? I've already had three jobs this year." This young lady had a brilliant mind. She was well educated and was an outstanding legal secretary. Ninety percent of her problems were in her personality. Did you know that

over ninety percent of all the problems in the factory, school, business, government and in the home are not technical; they are the inability of people to get along with others. They are rubbing others the wrong way--personality conflicts, personality troubles. Over ninety percent of her problem was in her personality. But the tendency is to blame others.

I gave her a spiritual prescription and suggested that she take it regularly morning and night for several months. I told her to pray the following prayer for every

man and woman in her office every day before she went to work. This is what she
prayed:
"I send out loving thoughts and feelings of goodwill, happiness and joy to all those in my office. I affirm, claim and believe that my relationship with each one of my
co-workers will be harmonious, pleasant and satisfactory. Divine love, harmony, peace
and beauty flow through my thoughts, words and deeds, and I am constantly releasing
the imprisoned splendor within me. I am happy, joyous and free, bubbling over with

enthusiasm. I rejoice in the goodness of God in the land of the living and in the innate
goodness of all people." Now, this is something she reiterated and remained faithful to. When thoughts of anger, criticism or of being hurt came to her, she would pour forth goodwill upon
others. Before the end of that year she received a wonderful promotion and was put in
complete charge of the entire legal office. For example, a thought comes to you that
you would like to wring somebody's neck. Well, what's to prevent you from saying,

"God's peace fills your soul"? Nothing in the world; this is the law of substitution. It takes a little practice. Anybody who wants to do it can do it. How much do you want what you want? Do you want to give up your grudges, your hurt feelings, your resentment, and antagonism and get good digestion and normal blood pressure? You have to give up something.

A man who I was interviewing recently said to me, "I am all mixed up and tied up. I can't get along with others. I am constantly rubbing them the wrong way." This young man was hypersensitive, jittery,

self-centered and crotchety. In spite of all this,
he wanted a good relation with his co-workers, to get along with them in every respect.
I explained to him that his present personality represented the sum total of his
habitual thinking, training, indoctrination and emotional atmosphere, plus the sum total of beliefs inculcated upon his mind; but that he could transform himself. I explained that the Infinite dwells within him; that all the attributes, potencies, qualities and aspects of the Infinite were lodged in his deeper mind. They could be

resurrected and expressed in his

personal life. I gave him the following prayer for the purpose of transforming his entire personality. You are transformed by renewal of the mind.

He affirmed feelingly and lovingly several times a day:

"God is a great personality, the one life being expressed through me. God is the Infinite Life Principle within me and His Presence flows through me now as harmony, joy, peace, love, beauty and power. I am a channel for the Divine in the same way that a bulb is a channel for electricity. The wholeness, beauty and perfection of the Infinite

are constantly being expressed through me. Today I am reborn spiritually. I completely detach myself from my old way of thinking. I bring Divine life, love, truth and beauty into my experience. I consciously feel love for everyone. I radiate it. I exude it. Mentally I say to everyone I contact,. I see the Divine Presence in you. I know you see the Divine Presence in me. I recognize the qualities of the Infinite in everyone. I practice this morning, noon and night. It is a living part of me. I am reborn spiritually now, because all day long I practice the Presence of

the Infinite. No matter what I am doing, whether
I am walking along the street, shopping, or going about my daily business, whenever
my thought wanders away from the Infinite, I bring it back to the contemplation of the
Divine Holy Presence. I feel noble, dignified and God-like. I walk in a high mood,
sensing my oneness with the Infinite. His peace fills my soul."
As this man made a habit of allowing attributes and qualities of the Infinite Good to flow through his mind, his whole personality underwent a marvelous change;

because the personality is the sum total of your thinking, your feeling, your beliefs, your conditioning. He became affable, amiable and increased in understanding. He now communicates vibrancy and goodwill wherever he goes. Great peace have they who love thy law, and nothing shall offend them. And the law is: "I am that which I contemplate. I am that which I feel myself to be. Thou wilt keep him in perfect peace whose mind is stayed on thee, because he trusted in thee."

With your eyes stayed on God there is no evil on your pathway. Divine love goes

before
you today and every day making straight, glorious and happy your way.
A husband and wife were quarreling recently. Both were suffering from hurt pride. Oh, yes, their egos were deflated. The wife was weeping – had crying jags, temper tantrums. Both were very angry, glowering at each other. Both accused each
other, blaming each other. They had a daughter, age six. She looked at both of them
and said, "Both of you deserve a good spanking." Both parents laughed. The tension
was broken. They had to laugh at themselves. They were silly. The whole

episode was ludicrous and irrational. They were enjoying hurt feelings. This psychic trauma robs you of vitality, wholeness, beauty, energy; and you can't afford hurt feelings, because they rob you of everything worthwhile. It's the quickest way in the world to get old and wrinkled, and sick. It's very expensive medicine. It robs you of everything worthwhile. It robs you of vitality, enthusiasm, energy, good discernment, and judgment. It leaves you a mental and physical wreck.

There are some people who get a morbid, pseudo satisfaction out of

playing the martyr
role. They say, "If you love me, you will do thus and so." Some say, "I will be dead and
gone, and you'll be sorry for the way you treated me." "You are giving me a heart attack." "You are killing me now." This is emotional blackmail. They are trying to get
you to do what they want you to do. Certainly, they are not interested in your welfare.
They are selfish. They are possessive. They say, "Do what I want you to do." They are
not the slightest bit interested in your happiness, your peace, or your joy.
Do you want all your relatives and

associates to think the way you do? To believe the way you do? To act the way you wish them to act? To vote the same way?
To go to the same church?
If you do, you are emotionally immature. It's called infantilism. You haven't grown up. Give your relatives, your grandfather, your grandmother, everybody – give
them their freedom. Permit them to believe what they want to believe.
If they want to
believe in a devil, let them believe in it. Let them have their peculiarities, their abnormalities, eccentricities and unconventional ways. There is a wonderful saying: "MYOB." That

means: “Mind your own business.” They have the right to do what they think is right. You have the right to do what you think is right. You are here to do right, think right, act right and be right. You are here to be a producer. You are here to contribute to the world. What do you produce? It should be harmony, health, peace, joy, abundance, and security. You have no time for criticism, condemnation or self-pity, or criticism of others because you are too busy about your own work. You are bringing forth great things. Your success,

prosperity,
peace and happiness are not dependent upon what others think, what others do or
don't do, what they say or don't say, what they think or don't think, or what they believe or don't believe.
The only thing that matters is what you think in your heart. Your heart is your subconscious. As you think and -feel, so are you. You are responsible for the way you
think. Your relatives aren't. You are responsible for your reactions, your thoughts,
your feelings, and your emotions. You are the master. You are the king. The suggestions, statements and actions of

others have no power to disturb you. You disturb yourself by the movement of your own thought. Therefore, you have the opportunity to curse or bless. If someone calls you a skunk, do you say, "Wait a minute. Am I a skunk? Do I smell like one?" Or you can say, "Nothing you call me can disturb me today. May God's peace fill your soul," and go on about your business.

You refuse to give that person power to give you a headache, migraine, or disturb you emotionally, or cause you to be irrational and make a fool out of yourself, which is maybe what the other person

wants. You are too smart for that. It is cruel as
the grave. Its flashes are flashes of fire amidst flame. Jealous competition plays havoc
with us. A jealous person is childish, and looks that way. Did you ever look at a
jealous person--man or woman--in business, profession, or in the home life? Jealous people in business are interfering with other people's business. Their thoughts are on
the other people's actions, when they come home, the prices in the window, how they
are conducting their businesses, and all that. They don't seem to have any time

for
their own business. They are not attending to their own business. They are working
for the other people all day long. They get no pay for it. Isn't that a waste of energy,
vitality, and enthusiasm? It certainly is. You please others best when you give the best that you have of your talents, your ability, your time, and everything else. Do you think the person of whom you are
jealous blocks you? No. Your thought governs you. Your belief governs you. If you are
jealous of another, you feel inferior. You are full of fear. You have a rejection

complex.
You are a slave to the other person. You are placing the other person on a pedestal
and saying, "You're way up there and I'm down here." You are demoting yourself, certainly attracting lack and limitation and impoverishing yourself along all lines. It's
disastrous.
Nobody has power to hurt you. You hurt yourself. It is a movement of your own thought. Your thought is the king. Your thought is creative. Is the other person's thought creative? Is your thought creative? Does your belief about you and God govern
you or does the other person's belief

govern you? Are you going to be hypnotized, mesmerized, brainwashed, or manipulated by others? Not if you do not let them. You have a mind of your own. You come to your own decisions. There is an Infinite Intelligence within you, a guide, a counselor -- something within you that sustains and strengthens you.

Some time ago I had a consultation with a member of my congregation. . He said he was timid, shy, resentful, and looked upon the world as harsh and cruel.

Actually, he was trying to escape from taking his rightful dominion over life. He

said people didn't appreciate him and looked down upon him. They criticized him. He was full of hurt feelings. . Because of all this, this young man had an inner sense of insecurity and inadequacy. He was down on himself. He said, "How can I gain the appreciation of others?"
I gave him a Biblical quotation: "Love thy neighbor as thyself." The real meaning of this text is that your neighbor is yourself. The real self of you is the Infinite Intelligence within you. Speak thou to him for Spirit and Spirit can meet. I explained to this young man the truth about himself and how to love and

appreciate himself more along the following lines. If you despise and deprecate
yourself, you can't live up or give esteem, goodwill, and respect to others. For it is a
cosmic law of mind that we are constantly projecting our
thoughts, feelings and beliefs
onto others and what we send out comes back to us.
If you are mean and cruel to yourself, others are going to be mean and cruel to you. The self of you is God. It's your higher self. It is the Supreme Intelligence. Surely,
you should exalt that and honor it. That's love. That's your neighbor. And love

means
to be loyal and faithful. Give your recognition, veneration to the Supreme Intelligence
within you, not to any created thing. Then you love God, which is your neighbor, the
closest thing.
You are a son of the Infinite, and all the powers and qualities of the Infinite are within you. You must love and honor the Indwelling Presence. So, love of self is to
honor, recognize, exalt, respect and give your allegiance to the Living Spirit within you,
Supreme and Omnipotent. The Supreme Intelligence made you, created you,

animates
and sustains you. It is the Life Principle within you.
This has nothing to do with egoism, or self-aggrandizement; on the contrary, it is a wholesome veneration of the Divinity which shapes your ends. The Bible says that your body is a temple of the Infinite; that you are here to glorify the Infinite. When you honor, respect and love the self of you, you will automatically love, esteem and honor
others.
Learn to love your true self; then you will learn to love and respect others. Love,
the self of you, which is the I AM within

you. You are saying I AM morning, noon and
night. When you say, "I AM," you are announcing the Presence of the Living God
within you. That's the Spirit in you that created you. It's all-wise. It knows all and sees
all. Surely, you should honor that. That's the real meaning of loving your neighbor as
yourself.

In A Nutshell

Begin to realize that Infinite Intelligence, the Guiding Principle of the universe,
is within you. The Infinite Healing Presence controls all your vital
organs and all the

processes and functions of your body. You have the capacity to make choices. Use your imagination and all the other powers of God within you. Your mind is actually God's mind. When you consciously, decisively, and constructively use the Infinite Power within, you become free.

No other person is responsible for how you think or feel; you are, because you are the only thinker in your universe. Only you are responsible for the way you think about your congressman, your senator, or anybody else.

Great peace have they who love thy law,

and nothing shall offend them. And the law is: I am that which I contemplate. I am that which I feel myself to be. With your
eyes stayed on God there is no evil on your pathway. Divine love goes before you today
and every day making straight, glorious and happy your way.
You can't afford hurt feelings, because they rob you of everything worthwhile. It's the quickest way in the world to get old and wrinkled, and sick. It's very expensive medicine. It robs you of everything worthwhile. It robs you of vitality, enthusiasm, energy, good discernment, and judgment. It leaves you a mental and physical

wreck.

The only thing that matters is what you think in your heart. Your heart is your subconscious. As you think and -feel, so are you. You are responsible for the way you think. Your relatives aren't. You are responsible for your reactions, your thoughts, your feelings, and your emotions. The suggestions, statements and actions of others have no power to disturb you. You disturb yourself by the movement of your own thought. Therefore, you have the opportunity to curse or bless. Learn to love your true self; then you will learn to

love and respect others.

Revision

Chapter 10 – Handling Difficult People

In the islands of Hawaii, you meet people of every ethnic group and of diverse religious beliefs living together harmoniously, peacefully, and enjoying the sunshine of God's love. I visit all these islands many times. The native who drove me from the airport to the Maui Hilton Hotel told me that his antecedents were a mixture of Irish, Portuguese, German, Japanese, and Chinese. He pointed out that the people

here
have intermarried for generations,
but racial problems are unknown.
One of the chief reasons some men and women do not get ahead in life is their inability to get along with others. But the trouble really is within themselves. They can't get along with themselves. They are frustrated, they are quarreling inside their
own mind. They fail to realize their dreams and aspirations. They
project their
animosity, their frustration onto
others. Now, you tell people how to realize their desires, dreams, and aspirations. Say,
"God gave you that desire to be grander

and greater than you are, for life is progression." Life is an endless evolvement towards the real. The Spirit within you is forever saying to you, "Rise, transcend and grow." The murmurings and whisperings of our heartstrings are always lifeward. Then you say, "Infinite Spirit which gave me this desire reveals the perfect plan for its evolvement in Divine law and Divine order.

"Nourish it and sustain it, and the door will open up for you. But unless you know the laws of mind and how to achieve your goals in life, you will become frustrated

and
bottled up inside yourself.
Millions of people rub others the wrong way. Often their attitude of pomposity is tactless and offensive. The best way to get along with others is to salute the divinity in
the other person and to realize that every man and women is an epitome and example of the entire human race. The Divinity is in every one of us, for all of us are God made
manifest. There is only one Being. Call no human your celestial Father. There is One
celestial Father, that is God. .
The term “Father” is the Life Principle, the common progenitor of the Father of

all. Most religions refer to God as, "Our Father." We are all intimately related. Therefore, to hurt another is to hurt myself. Perhaps in my stupidity I don't know it;
nevertheless, it's absolutely true.
If you wish that others will fail, you are thinking of failure. Your thought is creative, and you will fail. Maybe those people believe in prosperity and success, and
they prosper like the Green Bay tree. But you are the dope. You are the one who's suffering.
Every person who walks the earth is a son or daughter of the Infinite Intelligence and Presence and Power. There is only One Power. When we

respect and
honor the Divinity within ourselves, we will automatically reveal, honor and revere the
Divinity in the other person. Love thy neighbor as thyself. People are confused about
that. They say, "How can I love that fellow? He beats his wife, he comes home drunk,
and he's mean to the children. It has nothing at all to do with it--not a thing in the
world. The self of you is God--the Higher Self. Love in the Bible is not a sentiment; it's
not an emotion. All it means is that you have a healthy, wholesome, reverent

respect
for the Divinity that created you, which started your heart beat, which grew the hair
on your head, which gave you the whole world when you were born. It's all here, you
know. And the sunshine was here, and the air. God gave you richly all things to enjoy.
Now, if you don't have a reverent, wholesome respect for the Divinity, how in
the name of heaven can you respect the Divinity in anybody else? You can't. But when
you honor this Divinity that watches over you when you are sound asleep,

governs your breathing, heartbeat, circulation of your blood, metabolism, and all phases of your life--when you respect that, It answers your prayer, too. Then, when you respect and honor that, you'll automatically respect it in others. If you don't respect it in yourself, you can't honor it in others. That's why a man can't love his wife, his son, his daughter, or anybody except he first loves himself, for the self of him is God. God is the Living Spirit Which created him. Love is to give your allegiance and loyalty to the One Power. If you respect the

other powers or are giving power to the stars, the sun or the moon, or the weather, or the strawberries, or the fan, or something, then you are giving allegiance to the created thing, not to the Creator. In the Ten Commandments, it says: “Thou shalt have no other gods before me, for I, the Lord thy God, am a jealous god,” Our God is “jealous” in the sense that you mustn't know another. The Power is One and indivisible. It moves as unity and harmony. There is nothing to oppose it, thwart it, or vitiate it. Therefore, you give recognition, honor, allegiance to the One

Power. Then you
love God in the Biblical sense that all things are added to you. Then you don't place
another person on the pedestal and say, "This person can block my good." Then you
are unjust to yourself.
When visiting one of the hotels
in Hawaii, I had an interesting conversation with
a waiter. He told me that every year an eccentric millionaire from the mainland visited
the hotel. This visitor proved to be a miserly type who hated to give a waiter or bellboy
a tip. He was churlish, ill-mannered,

rude, and just plain ornery. Nothing satisfied him. He was constantly complaining about the food and the service. He snarled at the waiters whenever he was served. This waiter said to me, "I realized he was a sick man.

“A kahuna (native Hawaiian priest) says that when people are like that, there is something eating them inside. So I decided to kill him with kindness.” This waiter consistently treated this man with courtesy, kindness, respect, silently affirming, "God loves him and cares for him. I see God in him, and he sees God in me." He practiced

this technique for about a month, at the end of which time this eccentric millionaire
for the first time said, "Good morning, Tony. How's the weather? You are the best
waiter I have ever had." Tony told me, "I almost fainted. I expected a growl, and I got a
compliment. He gave me $500 as a parting tip
And a word spoken in due season, how good is it? A word is a thought expressed. This waiter's words, thoughts, were addressed to the soul (subconscious
mind) of the cranky, cantankerous guest. They gradually melted the ice in his

heart.
He responded in love and kindness. Tony proved that seeing the Presence of God in
the other and adhering to that great Eternal Truth pays fabulous dividends in human
relations, spiritually as well as materially.
There is an old aphorism containing a profound truth. I had an interesting conversation with a social director in one of the hotels in Maui. She pointed out that
occasionally when she says to a guest, "It is a wonderful day," the guest says, "What's
good about it? I hate the weather here. I

don't like anything about this place." She added that she knew that particular guest was emotionally disturbed and driven by some irrational emotion. She had studied psychology at the University of Hawaii in Honolulu and remembered that her teacher had pointed out to her that one does not get upset or resentful toward the person who is a hunchback, for example, or who suffers from any other obvious congenital deformity. You may have compassion for the person. Maybe he had suffered a serious accident, or maybe he was born that way.

Likewise, one should not be disturbed because some people are emotional hunchbacks and have twisted, disturbed and warped mentalities. One should have compassion for them, understanding their mental and emotional chaotic state. It is easy to overlook and forgive them.

This young lady is gracious, charming, affable and amiable; and, apparently, nobody can ruffle her feathers. She has built up a sort of Divine immunity, and she fully realizes that no one can hurt her but herself. That is to say, she has freedom, as anybody has, to bless the other person or

to resent the other person. She knows very well that the only one able to hurt her is she, herself. That is, the movement of her own thought, which is under her complete control.

The suggestions, statements and actions of other people have no power to disturb you. It's the movement of your own thought. You can curse or bless. You can say, "God is guiding me now. Peace fills my soul." Or, you can say, "He's a scoundrel" or "She's a scoundrel," as the case may be. You generate the anger. You are the boss; you are in control. The other person has

no power to disturb you.

A young musician who plays a stringed instrument at night to pay his way to the University of Hawaii where he is studying law told me that he had experienced friction with some of his teachers; that his memory had failed him during the oral and written examinations. This young man was tense and resentful.

I explained to him that his subconscious mind contained a perfect memory of everything he had read and heard, but that when his conscious mind is tense, the wisdom of the subconscious does not rise to the surface mind. Accordingly, he

prayed
as follows every night and morning:
"Infinite Intelligence in my subconscious
mind reveals to me everything I need
to know, and I am Divinely guided in
my studies. I radiate love and goodwill
to my
teachers, and I am at peace with them.
I pass all examinations in Divine
order." Now, he is writing that down
with his conscious pen in his
subconscious mind. And whatever you
write down in your subconscious will
come to pass in Divine order.
That's the way you learned to walk,
to swim, to dance, to drive a car.
You repeated a
thought pattern and an act again, and

again, and again, and again. After a while you
said, "It's second nature." What is second nature? Second nature is the response of
your subconscious mind to your conscious thinking and acting. Of course, it's
automatic. It's compulsive. That's called prayer. Most people don't even know what
prayer is.
Three weeks went by, and I received a letter from this man saying he had passed a special examination with flying colors; that his relationship with his teachers
is now excellent. He succeeded in

incorporating the idea of perfect memory for
everything he needed to know into his subconscious mind by reiterating the affirmations I gave him. His emanation of love and goodwill was subconscious picked
up by his teachers resulting in harmonious, human relationships.

There is a crater in Hawaii called Halekala. Once it was a fiery, gaping depression. It is now a cool, cone-studded aftermath of a violent volcano. I was with a
group of people, some of whom were from such widely diverse localities as Denver;
Pittsburgh; Stockholm, Australia; and

New Zealand. I sat next to an Australian doctor
and his wife in the limousine. He told me that volcanic eruptions causing havoc similar to the results of the volcanic activity at which we were looking had taken place
in his own life because he was in the habit of judging people too harshly. The gist of
his conversation was that he used to boil over with rage at what columnists wrote in
the newspaper. He wrote
poisonous, vindictive and vitriolic letters to members of the
parliament, the heads of the various unions, and others. This internal seething

and
turmoil brought on two physical eruptions in two severe cardiac attacks, plus one volcanic eruption in the form of a mild stroke. He recovered from these attacks and
realized that he had brought them on himself.
While in the hospital a nurse gave him the 23rd and 91st Psalms to read, saying: "Doctor, this is wonderful medicine." He began to dwell upon the 23rd Psalm:
The Lord is my Shepherd; I shall not want. He leadeth me beside the still waters; He restoreth my soul. Goodness and mercy follow me all the days of my life

because I dwell in the house of God forever. And I will fear no evil for Thou art with
me. Thy rod, thy power, and thy staff, they comfort me.
He began to dwell upon the inner meaning of the 91st Psalm:
I dwell in the Secret Place. I abide in the shadow of the Almighty. I will say of the Lord: He is my refuge and my fortress. My God, in Him will I trust. He covers me
with his feathers; and under His wing shall ye rest.
It's impossible to dwell upon these great Eternal Truths that have stood the test of time for thousands of years and not get a peaceful mind.

You see, people down through the ages of all religious beliefs have used these Psalms in cases of shipwreck, fire, emergencies, so-called incurable diseases, and all manner of trouble; and these Psalms have protected them. These are written in the universal, subjective mind called in Hinduism the Akashic Record. Therefore, as you use these Psalms, even though you don't understand the inner meaning of them-- far more wonderful if you did--but even though you don't, and you use any of these Psalms, you are tapping the survival

technique, the experiences, and the healings of others down through the ages. And you get a response, and marvelous results follow.

So, he discovered there was such a thing as spiritual medicine. It goes in through your eyes and your ears. So, he began to dwell upon these Psalms. Gradually their meaning sank into his soul. He pointed out that he had long since learned to adjust to people, realizing they are all conditioned differently and that this is a world of imperfect human beings striving towards perfection. This doctor had learned to be true, as he said, to the Godself within

him and to respect the Divinity in the other.

Shakespeare said, "To thine own self be true. Then it follows, as the night the day, thou canst not be false to any man." This doctor had learned that to understand all is to forgive all. He is still intolerant to false ideas, but not people. He remains true to the truths of God and Eternal Principles.

A man with whom I went swimming in the ocean adjacent to the beautiful, majestic Maui Hilton Hotel said to me: "I am here to get away from it all." He began to criticize everybody in his organization,

as well as the government. He even seemed to have a grudge against the Infinite. In fact, he told me he felt he would get along better if God would just let him alone. He asked me: "What can I do to have better human relations and get along with these ugly, nasty people?"

I suggested to him that research has demonstrated that much of the difficulty many people have in human relations is that they don't look within themselves for the cause. That's where it is in most instances. The first step would be to get along with

his own difficult self. I pointed out to him that much of his trouble with his employees and associates came from himself primarily and that these other people might be called secondary causes. He admitted he was full of hidden rage and hostility, was deeply frustrated in his ambitions and plans in life. He began to see, however, that his suppressed rage kindled the latent hostility or anger in those around him; and he suffered from their reactions, which he, himself, had engendered. He discovered that

what he termed the animosity and hostility of his associates and employees reflected his own hostility and frustration to a great extent. I gave him a spiritual prescription, which he was to follow regularly and systematically: "I know there is a law of cause and effect, and the mood which I generate is returned tome in the reactions of people to me and in conditions and events. I realize my inner turmoil and anger set off ugliness and anger in men, women and animals. I know that no matter what I experience it must have an affinity in my mind--

conscious
or unconscious--for as I think and feel, so am I, and so do I express, experience and
behave. I give myself this spiritual medicine many times a day. I think, speak and act
from the Divine Center within me. I radiate love, peace and goodwill to all those
around me and to all people everywhere. This Infinite Being lies stretched in smiling
repose within me. Peace is the power at the heart of God, and His river of peace floods
my mind, my heart and my whole being. I am one with the Infinite peace of God.

My
mind is a part of the Infinite mind.
What's true of the Infinite is true of me.
I realize
and know that no person, place or
thing in the whole world has the
power to upset,
annoy or disturb me without my
mental consent. My thought is
creative, and I con
sciously and knowingly reject all
negative thoughts and
suggestions, affirming that the
Infinite Intelligence is my guide,
my counselor, my governor, and
that this wisdom
watches over me. I know Infinite
Intelligence is my real employer, and I

am working for
this Presence and Power that animates and sustains me. The real self of me is God,
which is the Living Spirit within me.
It cannot be hurt, vitiated or thwarted.
I realize I
am the one who has hurt myself the most by my self-criticism, self-condemnation, and
self-denigration. I send kindness,
love and joy to all people, and I
know goodness,
truth and beauty follow me all the days of my life, for I live in the house of the Infinite
forever."
Three weeks transpired, and he wrote

me, saying that practicing this phase of mental and spiritual laws had replaced his inner, chaotic, seething caldron state of
mind with serenity, tranquility, and a sense of imperturbability. Peace, you are told, is the power at the heart of God. The Infinite, as Emerson says, lies stretched in smiling
repose. The finite alone has wrought and suffered. The finite is your own conscious
mind where all the trouble is, but in the depths of yourself is absolute bliss and absolute harmony.
A submarine commander will tell you if he goes down far enough in the ocean there is absolute bliss, absolute

harmony. There is no noise or confusion of any kind.
The same is true of the depths of ourselves.
I had an interesting conversation with a Japanese businessman who philosophized along these lines: "I have been in business 50 years and have traveled extensively. I have learned that people are basically good and honest. I take people as they come. They are all different. They have had different training and conditioning.
They have different customs and religious beliefs. They are the result of their training,

education, habitual thinking. I know complaining about these people and getting angry with customers won't change them. I don't let them disturb me. I refuse to let anybody get under my skin. I bless them all and I walk on."

He showed me a list of ten customers who owed him considerable sums of money, who had ignored his several bills. He said, "I have been praying for each one morning and night, realizing the Infinite Presence and Power is prospering them in all ways and that Infinite Intelligence guides, directs, and multiplies their good. I pray

that each pays his bill gladly; that they are honest, sincere, and blessed in all their
ways. I started a month ago doing this. Eight of them have paid, apologizing for the
delay. There are two to go, but I know they will pay, too."
He discovered that when he changed his mental attitude toward the delinquent customers, they changed also. Treat people with respect; honor and salute the Divinity
in the other person. It's within everyone. Maybe they are - cutthroats or murderers; nevertheless, the Divine Presence is there. They may not be using it; It may be

dormant; it may be asleep. But, nevertheless, it's there. It's there in your husband; it's there in your wife, son, or daughter, your mother-in-law, your father-in-law. The Divinity is there. It shapes our ends, rough hew it how we will.

So, you wanted that. Give respect to that. Radiate love and goodwill to all. It costs nothing; it pays fabulous dividends. Realize that nobody who is well adjusted acts in a contentious, hostile, antagonistic and surly manner. The maladjusted people are always attracting maladjusted people. Inharmonious people are always attracting

inharmonious associates. Of course, they are. Like attracts like; birds of a feather flock together.

Know there is a mental conflict somewhere when people are antagonistic and contentious. The kahuna says there is something eating them inside. There is a jumping bean. They jump. The worm is inside the bean; and when it is heated, it jumps. Likewise, there is a jumping bean within many people. They are prejudiced.

Prejudice is prejudgment. They have judged before they know anything at all about it.

Some people are prejudiced against Jews, Catholics and Protestants,

politicians,
certain political movements, and so forth. They know nothing at all about it; it's
prejudgment.
You ask them: "What do these people believe in?" They don't know. They are prejudging. They are prejudiced. That's a sickness of the mind. There is a psychic pain
somewhere. God is the true self of you. It can't be hurt, thwarted or vitiated in any
way. If you find difficult people in your life, surrender them to the Infinite; declare your
freedom. Say, "I surrender them to the Infinite, and this Infinite Presence and

Power
takes them out of my life in Divine law and Divine order through Divine love. And this
same Presence and Power takes me out of their life in Divine law and Divine order through Divine love." And it will. It will be as if the earth swallowed them up. You will
find yourself in green pastures and still waters. “For He leadeth me beside the green
pastures; He restoreth my soul.”
There is this marvelous Presence and Power within all of us. We meet people everywhere-- in the office, the home, the factory, or when we travel. We meet people all

over the world. We must learn to get along with them. There are over six million people in the world today, and the population is increasing every day. Hermits, cave dwellers, recluses can't escape contact with other human beings. They have a mind, too. There is one mind common to all individuals. You can't run away from yourself. So they carry their mind with them wherever they go. And all of us are immersed in the mass mind. It's called the law of averages. It is no use to run off to Boston saying to yourself: "There are nicer people in

Boston." Remember, you carry your mind and your disposition with you; and if you have a nasty and ugly disposition, you'll attract ugly people there, for like attracts like. You'll attract them wherever you go. Stop running away from yourself. Meet the problem where you are. The problem is within us. There is a Chinese story of the boy who ran away from home. In China the custom was, when a boy ran away from home he would always go to the village schoolmaster in the place to which he ran, for the village schoolmaster was supposed

to have studied the I Ching, the great book of wisdom. He was supposed to be wise and could answer the boy's problems. So the boy made it a point to go to the village schoolmaster at all times whenever he was in trouble.

The first question the schoolmaster asked the boy when he went to see him was: "Son, tell me. What kind of people were in the city or town where you live?" The little boy said, "Well, master, they were cruel and nasty. When I was sick they didn't even visit." The schoolmaster said, "They are the same here, son. Keep on

going." So the boy ran away to another town; then he went into the village schoolmaster in that town. The village schoolmaster asked, "What kind of people were in the town you left?"
"Well," he said, "they beat me, were cruel to me. When I was in the hospital they didn't even visit me. And my parents were very cruel; they beat me mercilessly."
The schoolmaster said, "They are the same here, son. Keep on going."
The next town he went into the village schoolmaster and told the same story.
The village schoolmaster said, "They're nasty here, too. There are ugly people here just

like they were in the town you came from. Keep on going, son, and you'll find the right
town."
So, on the way he began to ask Dau, the name for God in China. He asked Dau for guidance, to put the words into his mouth. Then the next town he went into, of
course, he went to the village schoolmaster. He said to the village schoolmaster, "What
kind of people are in this town?" He asked him the same question. He said, "Son, tell
me. What kind of people were in the town where you lived?" "Well, "he said, "they were

kind, they were gracious, they were lovely to me. When I was sick they visited me, brought me soup. And they were kind; they gave me money when I left. They were wonderful, wonderful people." He said, "They're the same here, son. This is the town for you. Stay here."

What does it mean? It means we meet ourselves wherever we go. For the world we see is the world we are. We're always looking out through the contents of our own mentality. Down through the ages we've had people promoting Utopias of all

kinds,
such as socialism, communism, communes, islands in the sun, where all of us would
live in peace and harmony, and where love would reign supreme, we'd share the
wealth, and all that sort of tommyrot, which is all it is. We've had these Utopias down
through the ages. You know very well what happened to them, as well as I do. If we practiced the Golden Rule and the law of love, we wouldn't need any Utopias or Gardens of Eden or things of that nature. It would be heaven on earth. We've had the Golden Rule in all the Bibles of the world. We've also had love

thy
neighbor as thyself. We've had all these things. And if we practiced the Golden Rule,
as you would that people should do to you, do so to them in like manner; what you
would not have them do to you, do not do to them. You treat the other, as you would
like to be treated. Of course, if people practiced that there would be no occasion for
war, sickness, disease; there would be no occasion for armies, navies, soldiers, or
anything. It would be heaven on earth; it's as simple as that.

You can quote the Golden Rule, but if you practiced it, then we wouldn't need any of these things. We wouldn't need any armed forces or nuclear weapons or anything. These truths have been taught for thousands of years. So has the great law
of love. We've had the Golden Rule for ten thousand years. But, you see, people act
according to their conditioning;
according to their fears, hates
and prejudices. If they
are governed by ignorance, this
produces strife and suffering.
When Buddha in his
meditation asked the God Presence for the cause of all the suffering, misery and

crime
in India, the answer was-- Ignorance. So, ignorance is the only sin; and all the suffering, misery in the world is the consequence. Of course, that's true. It's not true because Buddha said it; it's true because it is true. Ignorance is the only sin, and all the suffering is the consequence.
Teach people the unqualified capacity in God to go within and claim guidance, inspiration, wealth, prosperity, success, true place; and you've given them the key.
The Infinite Intelligence responds to them; it opens up new doors for them. They do
not want to hurt anybody in the world,

because they have found the source within themselves They can find wealth, true place and expression, healing, and everything else under the sun. So, ignorance is the only sin. Knowledge of the laws of mind and the way of the Spirit will produce health, happiness and peace, abundance and security.

When you say, "Infinite Intelligence leads and guides me," It responds to you. When you say, "Divine right action is mine," It responds. You say, "Infinite Intelligence reveals my hidden talents to me, It opens up a new door for me where I express

myself
at the highest level and exercise my faculties at the highest degree," It opens up that
door for you. I hold before you an open door, and no one can shut it. The nature of
Infinite Intelligence is responsiveness. Now you are tapping your deeper mind. I have
given you the key. You don't want what others have. You don't want their cows, their
oxen, their donkeys, or anything that is theirs; because you can go to the Source and
claim the same thing.
Whatever you claim and feel to be true,

the Spirit will honor, validate and execute. This does away with all jealousy, and all envy, and everything unlike it.

A sales representative for a pharmaceutical company went to see a doctor friend. He was representing a company that had brought forth a new drug for a particular disease. The doctor was a friend of his, played golf with him, played cards with him. The doctor was very insulting, criticized him and his presentation, and criticized the pharmaceutical company. The salesman was aghast, disturbed. The nurse said, "Don't pay any attention to him this morning. His only son died on

the
operating table last night and everything they tried failed." So, the salesman said, "I
understand." Notice how the irritation, the inner disturbance drops away when we
hear of the sorrow, grief, and tragedy that another person suffers. The heart melted a
little bit and love took over. So, he understood. To understand all is to forgive all. A few years ago I read about a woman who called the police and said her
husband threatened her with a gun. Of course, the police came, but no gun was found

in the house. The newspapers took it up. The woman was very angry and they had a violent quarrel. Under that irrational emotion she called the police. She said that he threatened to shoot her, to kill her. The publicity in the local press ruined the man professionally. She was very sorry, she regretted it, but the damage had been done. This is what irrational emotion does. Negative emotions compel you to act them out. When you want to be nice, you're ugly; when you want to succeed, you fail. Emotions kill; emotions cure. “He that is slow to wroth overcometh

much" because you realize there is a Power within you that gives you peace. In quietness and in confidence shall be your strength. So, she regretted having damaged her husband's reputation. She was a victim of an irrational force called anger. An emotion compels us to act it out. Many people are driven by passions, angers and hates and are victims of their own irrational emotions. The answer is to ask yourself: Is this Infinite Intelligence and Divine Love thinking, speaking, and acting through me? If not, desist and tune in with

the Infinite, realizing Infinite Intelligence is my guide, my counselor, my troubleshooter. His peace fills my soul. This Presence is the Infinite Peace and Absolute Harmony, and I dwell in the Secret Place of the Most High. I abide in the shadow of the Almighty. I will say of the Lord, He is my refuge, my fortress, my God. In Him will I trust. This is the impregnable fortress. It is my unassailable citadel. Here I dwell beyond time and space. Here I am in tune with the Infinite which lies stretched in smiling repose, and I know that to be alone in the silence is to be alone with

God.

No one can lay siege to me there. This Divine contemplation supplants all negative thoughts and emotions and heals you. It's called supplanting. You can supplant it.

When the room is dark, you turn on the light for darkness is the absence of light. It is impossible to know all the complexities of other lives. We don't know about
their early training, their indoctrination, their religious taboos and strictures, their
conditioning which caused them to be ugly or full of hostility. Sometimes false religious beliefs and hatred toward other religious beliefs have conditioned the

minds
of millions. They fight over their religious beliefs in many parts of the world today, as you know. But religion should give you joy, should give you peace, should give you happiness. For in Him there is fullness of joy; in Him there is no darkness at all. Heretofore you have asked for nothing; now ask that your joy might be full. These things have I said unto you that my joy might remain in you and your joy might be full. And the fruits of the spirit are love, joy, peace, gentleness, goodness, faith, meekness and happiness.

These are the powers that are within you. Therefore, you have this wonderful opportunity to radiate love, peace and goodwill to all humankind. It costs you nothing;
it pays fabulous dividends. Sometimes when you go into the forest area, you see the trees are straight as a
die, and one particular tree is narrowed and twisted. Maybe there was a fence there
when it was a sapling, or a boulder; maybe people twisted it, sat upon it. But, anyhow,
the cause is gone, but the effect remains. Likewise, we have twisted, distorted, warped
mentalities. Perhaps all this started in

their childhood. In parts of the world Protestants are taught to hate Catholics, Catholics are taught to hate Protestants. It's like the Irishman who went over to Northern Ireland and spent some months there.

When he came back, they asked him how he found things. "Well," he said, "the Catholic hates the Protestant. Little boys of seven are throwing stones at soldiers. Little girls of seven and eight are also learning to throw grenades at Protestants, and the Protestants against the Catholics, and the Catholics against the Protestants. It's frightening. I wish they were all heathens so they might live together like

Christians."
Well, of course, there's some humor in that. But he's pointing out the state of mind, the conditioning. We have Moslems, Hindus, and people of various religious
beliefs fighting each other. We've had religious wars down through the ages. But, true
religion gives you joy. The true religionist means that bound by a God of love. So,
when a God of love is enthroned in your mind, it dominates all other thoughts, feelings, beliefs, actions and reactions. That's the ideal religion. Then the fruits of that
Spirit are love, joy, peace, gentleness,

goodness, faith, meekness
and happiness.
Because you must demonstrate what you believe in. You must show forth what your religious belief is. It must appear in your body, your home, your pocketbook, and
your relationship with people, your art, your science, and your industry. Where is it?
You demonstrate what you believe in. You wouldn't resent or be hostile toward a paraplegic or a person with a congenital deformity. People with twisted, distorted mentalities often attack those who
have been kindest to them; the reason being their inner peace, serenity and

tranquility
and poise throws their seething
unrest into bold relief; therefore they
unconsciously
desires to drag others down to their
disturbed mental state. They would
deny that;
nevertheless, it's absolutely true. Misery
loves company. They think," Why
should they
be so happy and peaceful when I'm
so miserable?" So they like to drag
you down to
their own level. Never become
enmeshed in the negative
mental vibrations of others.
Don't let them drag you down. If you do,
you are contaminated by that negative,

destructive mood. “Judge not that ye be not judged, for with what judgment ye judge, ye shall be judged; and the measure ye mete shall be measured to you again.” All of us can avoid mental pain, anxiety and tension by ceasing to pass judgment in our minds. Marcus Aurelius said two thousand years ago, "Where there is no opinion there is no suffering; where there is no judgment there is no pain." So, you have no judgment; you have no pain. If I am wearing a white sock and a black sock and you happen to see it and you

are disturbed. Who is disturbed? You are. I don't even know I have them on. You are
disturbing yourself.
You are the cause of your own suffering. If you get all upset about what some politician, some president or some senator, said or did and did not do, who is
suffering? You are. Of course, you know you are the cause of your own suffering. According to your judgment or decision, which is arrived at in your own mind. Therefore, you are the cause of it. Let your opinion be still. If the cucumber is bitter,
don't eat it. If there are briars or brambles on the road, avoid them. If

there is no
judgment, there is no suffering.
There is nothing hidden that is not revealed, nothing covered that is not made
known. If you get all excited and agitated about what the columnist said in the morning newspaper, well, he has freedom to write that. You have freedom to write a
constructive letter negating the whole thing and telling all the reasons you disagree.
But you are emotionally immature. At least, you should be spiritually mature and
realize that is the writer is writing from his own standpoint and you have perfect

freedom to disagree. . You also have freedom to write a constructive letter to your
senator, or congressman, or board member, as the case may be, telling what you think
and what you believe, and why criminals shouldn't be allowed to roam the earth because of some technicality, and why rapists should not be let loose under some
technicality, either. You can do all these things in a constructive way. But if you get all exercised and agitated about it, you are looking for trouble. And who's troubled? You are. Who's hurt? You are. At a conference, don't puncture

the ego of other people. There is no point in deflating them. Maybe their ideas are foolish, but all you do is generate hostility. You could say, "Your idea is interesting; it should be explored. This is my idea; it may not be better, but I look at it this way." You are respecting the others, and they will in all probability show you some respect because you are showing respect. We are all sons and daughters of the Most High; we're children of Eternity. So, you don't ride roughshod over people and say, "I believe it; therefore, you should believe it. This

is my opinion; you must take it." No, you show
respect for all of them. You just bring forth your idea, but you don't ridicule or puncture the ego of others or deflate them. All that does is cause resentment, and
antagonism. It doesn't do either you or the others any good. Respect them. They are
acting according to the level of their mentality.
A husband used to come home and criticize his wife, find fault with her hair,
the food, and the way she was bringing up the children. She began to cry copiously,

and the tears brought satisfaction to him, because you can be sadistic with tears. Not just with your tears, but you can also be sadistic with your words. You can get into a crying jag and say, "You are killing me. You are giving me a heart attack. You are the cause of all my suffering. "What you are doing is practicing emotional blackmail. You are trying to get the other person to do what you want him or her to do. That moment you are selfish. You are tyrannical in your attitude of mind. Don't kneel to that kind of

thing.
The man who criticized his wife and made her cry got what he wanted. I told the wife, "You'd better wake up. Tell your husband that he no longer can disturb you by his remarks. I'm on to your game. Your criticism can no longer disturb
me, because of the movement of my own thought. I go back to the Infinite, which is my
guide and my counselor. I'm going to sing a hymn. I'm going to vacuum the floor or
take a walk. I'm going to tune in on the Eternal; one, who lives in the hearts of all
people.

It wasn't what he said that caused her distress; it was her thought about it. It was the movement of her own thought. The suggestions, statements and actions of
others have no power to disturb you. It's the movement of your own thought always.
There are those who enjoy being hurt by others. There is the woman in London who was beaten up by her husband. He'd come home drunk and beat her up. Finally,
he beat her up so much that he was arrested. The judge said to the woman, who was
in the court, "Have you anything to say before we pronounce sentence on your

husband?" "Oh," she said, "Your Honor. I love him so." He said, "Madam, you don't know what love is. England doesn't love him. He gets three years in jail." Love doesn't punish. Love doesn't do anything unloving. The poor woman hated herself and she wanted someone to punish her. And he used to punish her. That's wrong. Love doesn't do anything unloving. Love frees, love gives; love is the Spirit of God. Children of love are peace, harmony, joy, goodwill, kindness, honesty and justice. These are children of love. If you love a

woman or a man, you love to see that person
happy, joyous and free. You don't do anything unloving. You don't pass cutting remarks. You don't criticize. You certainly don't beat your loved-one or things of that
nature. Love is of God, and God is love. When you love another, you see the Presence
of God there. You say, "What's true of God is true of that person." That would be called
love. Then there are those who like to needle others. They go out of their way to make
cutting remarks or embarrass them. Why do they do this? You must realize they

are
frustrated, they have an inferiority complex; they feel inadequate. They get some sort
of a morbid satisfaction out of hurting you. But you can't be hurt. You say, "God dwells within me; walks and talks in me. God is my guide." Then you are immunized,
God intoxicated. They can't hurt you. The suggestions of others have no power to
create the things they suggest.
It's the Life Principle. It started your heartbeat. It animates and sustains you. It takes care of you when you are sound asleep. When you walk down the street, it's

Spirit walking down the street.
When you lift a chair, it is Spirit lifting the chair. Your body doesn't do anything. Your body moves as it is moved upon. Your body acts as acted upon. God is the Progenitor, the Creative Power. There is only One Creative Power, not two, or three, or a thousand. You don't make another person a cause, when it's your Father, Which is the Living Spirit.
Does another spark your unredeemed aggressiveness? Does someone hurt your pride? Someone said to Will Rogers, "You know, one of my antecedents came

over on
the Mayflower." So, Will Rogers said, "Well, my antecedents met them at the boat." You
are proud of your spiritual heritage, of the Divinity that shapes your ends, for God is
the Father of all. Therefore, you are proud of your spiritual lineage, because children
come through you but not by you.
All the powers of God are within you. Look at all those who served humanity, whether it's Lincoln or Churchill, Edison or Marconi, Clara Barton or Helen Keller, or
no matter who it was, we honored them all. We build monuments to them; we

speak
about them, because they contributed to the blessings of humanity. They gave much
to people. You can radiate love, peace and goodwill to all people; require nothing from
people; expect nothing from people. Your expectation is from God. You will never be
disappointed.. What you expect is what you get. Expect the riches of the Infinite. You
expect guidance, harmony, health, peace, joy, abundance, and security. You expect marvelous and wonderful things, for all things are ready if the mind were so. So, you are living in the mood of

expectancy. You live in the joyous expectancy of the best; inevitably, the best must come to you, because you get what you expect.

Release them all unto the Infinite. Release everybody; wish for them health, happiness, peace, and all the blessings of heaven. Realize also that Infinite Intelligence guides and directs you in all your ways. It's a lamp unto your feet always. It's a light upon your path. Divine law and order govern your life. Divine peace fills your soul. If you are dealing with difficult people, you find you have trouble with them,

say: "I release them all (mention their names) unto the Infinite which created them.
This God Presence takes them out of my life and takes me out of their life in Divine
order through Divine love."
And all its ways are pleasantness, and all Its paths are peace. The Bible says: “Whatever things you desire when you pray, believe that you receive them and you
shall have them.” If you can believe, all things are possible to him that believes. To
believe is to accept something as
true. Great numbers of people,
however, believe that

which is absolutely false.
Consequently, they suffer to the extent of their belief. To
believe is to accept something as true, to live in the state of being it, to be alive to something.
Believe in the goodness of God in
the land of the living; believe in the guidance
of the Infinite; believe in the riches of the Infinite; believe in a God of love watching over you, sustaining and strengthening you; and according to your belief is it done
unto you.
If, for example, you believe that Los Angeles is in Arizona and you address your

letter accordingly, it will go astray. Remember, that to accept something is to accept it
as true in your mind. Believe in the goodness of God in the land of the living and all
your ways will be ways of pleasantness and all your paths will be paths of peace.

In A Nutshell

The best way to get along with others is to salute the divinity in the other person and to realize that every man and women is an epitome and example of the entire human race.

When you honor this Divinity that watches over you when you are sound asleep, governs your breathing,

heartbeat, circulation of your
blood, metabolism, and
all phases of your life--when you
respect that, It answers your prayer, too.
Then, when
you respect and honor that, you'll
automatically respect it in others. If
you don't
respect it in yourself, you can't honor
it in others.
Peace is the power at the heart of God.
The Infinite lies stretched in smiling
repose. The finite alone has wrought
and suffered. The finite is your own
conscious
mind where all the trouble is, but in
the depths of yourself is absolute bliss
and absolute harmony.

Radiate love and goodwill to all. It costs nothing; it pays fabulous dividends. Realize that nobody acts in a contentious, hostile, antagonistic and surly manner who
is well adjusted.
Ignorance is the only sin. Knowledge of the laws of mind and the way of the Spirit will produce health, happiness and peace, abundance and security. True religion gives you joy. The true religionist means that bound by a God of love. So, when a God of love is enthroned in your mind, it dominates all other
thoughts, feelings, beliefs, actions and reactions. That's the ideal religion. Then the

fruits of that Spirit are love, joy, peace, gentleness, goodness, faith, meekness and
happiness.
If you are dealing with difficult people, you find you have trouble with them, say: "I release them all (mention their names) unto the Infinite Which created them.
This God Presence takes them out of my life and takes me out of their life in Divine
order through Divine love."
Believe in the goodness of God in the land of the living; believe in the guidance
of the Infinite; believe in the riches of the Infinite; believe in a God of love

watching
over you, sustaining and strengthening you; and according to your belief is it done unto you.

Revision

Chapter 11 – Jonathan Livingston Seagull: A Spiritual Interpretation

Some years ago a book about a seagull, Jonathan Livingston Seagull, was written by Richard Bock and became one of the best-selling books of its time. The author is a pilot and speaks in aeronautical language. He is the nephew of the famous Dr. Marcus Bock, a professor at the Institute of Religious Science. This is a delightful book, less than one hundred pages. It

was later made into a movie.

A bird has two wings, symbolic of thought and feeling. These are Divine agencies that move, fashion, and mold destiny; your thought and feeling control your
entire future. Every thought felt as true is embodied in the subconscious mind and comes forth as experiences, conditions and events in your life. That's the law of mind.
It's immutable, changeless, timeless and ageless. It is just as true law of science. All of us have the wings of imagination and faith, which enables us to soar aloft above the problem and contemplate the way things ought to be. We can contemplate

the Divine solution, happy ending, realizing and knowing that the answer is already within, that Supreme Intelligence which lives in all people.

The Bible says: “I bore you on eagle's wings and brought you unto myself.” When there is a monsoon, typhoon, hurricane, or a storm of any kind, the eagle soars aloft above the storm directly into the sun and remains poised and calm; and when the storm abates, it returns to the earth. The eagle is a symbol of the United States, chosen for that particular reason--to remind all of us that we in time of

trouble,
confusion, sickness, or whatever it might be, turn to the God within, contemplating harmony, health, peace, joy and inspiration, the bread that comes down from heaven.
This is why they said, "Lord, ever more give us bread." The bread of peace, the bread of harmony, the bread of joy, the bread of wisdom, the bread of strength, the bread of inspiration. We are fed by these things; it's not just bread on the table. But,
you'll never be hungry for wisdom, truth and beauty if you contemplate the God Presence within, calling upon it to guide you and direct you.
Turn to the God Presence within. Claim:

"inspiration, right action, beauty, love, peace, abundance." It responds to you. “Call upon me, I will answer you.” The book is taken out of his vivid imagination. Imagination is the workshop of God. It is really a fantasy. It's a story about the seagull, written, as I said, in aeronautical language. It's a fable, a story, like Aesop’s Fables, Little Red Ridinghood, Robinson Crusoe, Santa Claus, Aladdin's Lamp, and the story of the fairy godmother. These things are allegories. Allegories or parables (as they are called in the Bible) have been used in all cultures

from the earliest times to present truths to the people. There is an old legend that explains this: TRUTH went about the town complexly naked (You've heard the expression, "the naked truth.") The people ignored him and would not let him into their homes (minds). One day, TRUTH came upon his brother, ALLEGORY. Now ALLEGORY was dressed in fancy and beautiful clothes:

TRUTH cried to him: "Brother, things are so bad. Nobody welcomes more or even wants to acknowledge me. It must be

because I am so old.
ALLEGORY responded: It
is not because you are old. I, too am old, but the older I get, the better people like me.
I can help you. He dressed TRUTH in some of his elegant clothes and sent him on his
way. Sure enough, from that time on, he was welcomed and invited into everybody's
home.
So in ancient times truths were given in the form of allegories to the peoples of all nations. They were used to dramatize the births and deaths of kings and princes, to
teach the wisdom of prophets and seers

and the miracles of God. When the eagle is hungry, it flies up. It flies off to a place where there is food.
Its environment does not limit it. This is to remind us that we are transcendental beings, not limited by our environment or external conditions. In prayer therapy you are taught to lift your consciousness above the problem. If you rise high enough in thought, the problem will be solved. Withdraw your attention from the problem, concentrate gently on the Infinite Presence and Power, Supreme Intelligence, which knows only the answer. As you do this,

then the answer will come. You are rising in a high state of consciousness. The Ever Living One, the All Wise One, the All Knowing One, the Self Renewing One, the Self Perpetuating One is within you. And as you contemplate these great truths within you, you will receive the necessary elevation of the mind and the heart, by realizing the Infinite knows only the answer. Before they call I will answer, while they are yet speaking I will hear. He brings all these things out in the book. Call upon me and I will answer you, meaning the nature of Infinite Intelligence

is responsiveness. It responds to you; it's impersonal. It's no respecter of persons. There are many people who solve the most difficult problems by affirming feelingly, knowingly, and lovingly: "God's love fills my soul. God is guiding me now, revealing to me everything I need to know at all times everywhere." Gradually, the realization of Divine love saturates the whole being. In the I Ching, the famous book of wisdom you read: "Take care of the cow." Well, of course, you don't take that literally. The cow is an ancient word for the

subconscious mind. Fill it with life-giving patterns; eradicate the negative patterns
because, as you fill your mind with the truths of God, you crowd out of your mind
everything that is unlike God. So, the I Ching speaks of your ancestry, the fairy godfather. Great truths, you see, are conveyed in these stories, such as the story of William Tell. Many people take
that literally. It's only a myth, but it conveys a great truth. The story of Santa Claus
appeals to children. It's difficult for children to perceive abstract truths. They want

something tangible, something they can touch and feel, like the man with the big beard, Santa Claus, bringing all the gifts. Children can understand that. And, don't rob them of that, because later on they'll discover, of course, that Santa Claus is the
Presence of God within them. They must feel and touch something.
The Bible says: that the husband is head of the wife. In the Bible, the wife means your subconscious mind; and the husband is your conscious mind. That's true
psychologically, but it's not true from an objective standpoint dealing with men and
women. The wife, it says, is subject to

the man in all things. Your subconscious is controlled by your conscious mind; your subconscious is amenable to suggestion; and whatever directions you give to your subconscious mind, you are like a captain on board a ship. You are giving orders to the crew in the engine room. And whatever orders you give, the crew in the engine room follows; they don't talk back to the captain.

Your conscious mind is the captain. What orders are you giving your subconscious mind? The Garden of Eden is an allegory. Your conscious mind is

the
gardener, and your subconscious is the garden. Now, what are you planting in the
garden? It's the nature of the apple seed to become an apple tree. Seeds grow after
their kind. If you think of harmony, health, peace, beauty, love, right action, inspiration and guidance, and busy your mind with these things, you'll have a wonderful garden full of orchids. What you sow in your subconscious, so also you will
reap. If you wish for health, you must give your attention, devotion, and loyalty to
the Healing Presence within, realizing it

created you, made you, and continues to sustain you, It, knows all the processes and functions of your body. Therefore, as you
claim that this Miraculous Healing Power is healing, restoring, vitalizing, cleansing, quickening, transforming your whole being; as you keep it up and do whatever is
objectively necessary also. You go to a doctor and bless him, realizing he or she is
God's creature and is guided by God and that all healing is spiritual anyhow.
Jonathan Livingston Seagull did not want to be one of the flock. He didn't want to be just one of the herd. The law of

averages is the law of the herd. .
He wanted to
fly higher than other birds. And in one
of his first flights, he stalled and fell.
Jonathan
says for a seagull to stall in the air is
a disgrace. It's a great dishonor. But
Jonathan
Livingston Seagull was no ordinary
bird. He was different. He wanted to
fly, but he
wanted to fly high. He didn't want just
to follow boats, eat fish, and live like
the others.
No. He realized there was
something grander and greater that
he could accomplish.
He stalled and fell. Well, failures are

stepping stones for your climb
to success.
When you went to school you got
a rubber at the end of your pencil.
Everyone knew
that you would make mistakes.
But through your mistakes you
grew, advanced, and
moved forward in the light. So, these
so-called failures are not failures; they
are stepping-stones to your triumph.
So, he is unashamed, we are told. He
stretches his
wings, and he decides to try, try, and try
again. More than anything else, Jonathan
Livingston Seagull loved to fly.
One success, remember, wipes out all
the failures. They say that Edison had

999 failures-- and then the last experiment was a success. So, one success wipes out all the failures in your life. But were these failures? No. There were 999 ways that he didn't have to experiment again. They were stepping-stones to his triumph. They were comrades in arms on the journey. So, if you love mathematics, it will reveal its secrets to you; if you love electricity like Edison did, it will reveal its secrets to you, too; if you love music you will excel and become a great musician. So, Jonathan loved to fly. Yes, you too can fly -- to fly to

higher dimensions of your mind. And as you begin to love and give your attention,
devotion and loyalty to the Divine Presence within, you, too, will soar above the
problem; and you will not be one of the flock or one of the herd. You will not be living
according to the law of averages. But you'll come out from among them, and you'll be
separate.
Jonathan didn't know why, for instance, when he flew at altitudes less than half his wing span above the water, he could stay in the air longer with less effort. His

glides ended, not with the usual feet down splash into the sea, but with a long, flat
wake as he touched the surface. Now, his mother said "Why is it so hard for you to be
like the rest of the flock?" In other words, why don't you be like all
the other birds?
Why do you want to be different?
Why can't you leave the low flying to the pelicans
and the albatross? Why don't you eat? You are bone and feathers. He said, "I don't
mind being bone and feathers, Mom. I just want to know what I can do in the air and

what I can't. That's all. I just want to know."

What he really wants is to put his head above the crowd. And when you put your head above the crowd, people throw stones at you,. If you are way down there in the mud and mire of life, nobody pays any attention to you. But they do take pot shots at you when you put your head far above the crowd. So, imagination separates one person from another. It's a beacon light in a world of darkness. I am talking about disciplined, controlled imagination. And the world whips you, Emerson says, when you

are a non-conformist.

Who wants to conform? All the great achievers of the world, whether they were scientists, artists, inventors, no matter who they were, all those in the religious field were nonconformists. These are the people who contributed to humanity, whether it's Pasteur, Newton, Carver, or Einstein. Einstein didn't conform to the mechanistic belief of the world. On the contrary, he knew that this world was a world of densities, frequencies, and intensities. It was alive, a dynamic universe. And the greatest experience in the world, Einstein said,

was a mystical experience,
our communion
with God.
George Washington Carver was a slave, who carried his master's books. But he had a vision. You go where your vision is. A vision is what you are giving attention to,
what you are looking at in your mind, where you want to go. He wanted to go someplace. He wanted to be educated. He wanted to become a scientist—and he
became a great scientist and the entire world paid honor to him. He said that he asked
God: “Why did You make Carver? “
Well, God responded, “George Carver,

you're not
ready for that answer yet”. He said, "Well, then, Lord, why did you make the universe?" "Well," God responded, "George, I don't think you're ready for that yet."
"Well, then," he said, "why did you make the peanut?" "Now, George," God said, "you're
getting down to your size." So, Carver developed 500 compounds from the lowly
peanut.
So, you, too, can rise above the crowd, Emerson said that God walked and talked in our thoughts; that the key to accomplishment is in our thoughts. He, too,

was prevented from talking at Harvard. He spoke there once, and I think it was about thirty years later before he was invited back to speak because he shocked them all by telling them the truth of being. Marconi decided to explore the mysterious sound waves that we do not hear but
are all around us. Edison decided to light up the world. Do you know what his
relatives did to Marconi? They put him in a straight jacket for six weeks. They said he
was insane, that he was
psychotic. Nevertheless, he developed the technique that

enabled up to conquer
wireless communication.
Edison was sent home from school.
They said he was stupid and dumb,
couldn't learn. Other boys were laughing at him. He was disturbing the class. But his
mother, and Edison, himself, didn't think so. He decided to light up the world, and he
did. He brought forth thousands of inventions. He said one time he
never invented
anything; the ideas came to him from the depths of his own mind, and he nourished
them and sustained them. And the
way opened up.

Jonathan Livingston Seagull persisted in his dream, but his father said to him, "winter isn't far away; boats will be few, and the surface fish will be swimming deep."

He said, "Son, if you must study, then study food, how to get it. This flying business is all very well, but you can't eat the glide. Don't you forget that the reason you fly is to eat."

Jonathan nodded obediently. For the next few days he tried to behave like the other gulls the way his parents wanted him to act, screeching and fighting, diving at old scraps of fish and bread. But he

couldn't make it work. It's all so silly, he said, so
pointless. It's nonsense-- hungry gulls chasing one another. He said, "I could be spending all the time learning to fly. There's so much to learn."
Just as Jonathan refused to give up his dream, you must not give up yours. You are here to rise, transcend and grow. You are not here to conform. A teacher has some boys and girls in the class. One of them might be an Einstein, one of them might
be a Carver, and another one might be an Madam Curie, or a Joan of Arc, or a Lincoln. Why should they conform? Conformity is not the way to life. We are all

different; we are all unique. You don't have the same whorls on your fingers, same toe prints, same glandular system, same ideas, same dreams or aspirations. You are entirely different from any other person in the world. You are unique, for God never repeats Himself. Why on earth should you conform?

A lot of people go to church. They want to be seen there. They say, "This is the thing to do." I said to one man, "Do you believe in that?" He said, "Not a word of it, but it's the place to be seen." Of course, that's hypocrisy. Of course, all that does

is give
you a complex.
That creates a complex. Don't believe anything that your conscious and subconscious do not agree with. Furthermore, don't believe a lie. Don't believe
anything that insults your intelligence. Put it on the shelf and say, I don't quite understand that now, but the Spirit of Truth in me reveals to me all truth. Then the
answer will come to you. Jonathan attempted many ways to
improve his flying capacity. Finally he concluded that the answer was speed. And in a week's practice, Jonathan learned

more about speed than the fastest gull alive.

He also lost control at higher speeds. Flying to 1000 feet. Yes, he was able to do that, too. He was about to go 70 miles an hour. The key, he thought at last, must be to hold the wings still at high speed. To flap up to 50 and then hold the wings still. It took tremendous strength, but it worked. In 10 seconds he had blurred through 90 miles an hour. Now, he is gaining all the time. Jonathan had set a world speed record for seagulls. Note that Jonathan never ceased trying. And as you keep on trying,

if you
persevere to the end, you shall
succeed. The astronauts who tried to
get to the moon
had many setbacks, but their vision
was on the moon. And, of course, they
had to go
where their vision was. So, these
failures were, as I said, stepping-
stones to their
triumph. The joy is in overcoming.
That's the way you sharpen your
mental and
spiritual tools. That's the way you
get ahead in life. So, if you have
some setbacks, do
not look upon them as failures--not
at all.

Now Jonathan had some trouble in the air. His wings were ragged bars of lead, but the weight of failure was even heavier on his back. He wished feebly that the wake could be just enough to drag him gently down to the bottom and end it all. Well, there are people who, when they get setbacks try to flee from them. Faced with failure or disappointment, they want to end it all. They despair; they think, “what's the use? I'm at the end of my rope.” They may even contemplate suicide. Sure, they may be at the bottom, but now there's only one way to go, and that's

to rise. “Turn your eyes to the hills from whence cometh your help.” The hills, of course, represent the God Presence within, Supreme Intelligence, Absolute Power.

People with a suicidal complex are looking for a solution. They want freedom, that's all they want. But if you jump off a bridge, you solve no problem. You are earthbound; you are in a daze. You don't solve any problem by running away from it.

You carry your mind with you. The problem is in your mind, and that's where you solve it. You are not your body; you are a transcendental being. You are not

limited by
your body.
So, Jonathan said: "If I were meant to fly at speed, I'd have a falcon's short wings. I'd live on mice instead of fish. Father was right. I must forget this foolishness. I
must fly home to the flock and be content, just a poor, limited seagull." Have you ever said that to yourself? I must be one of the herd, I must be one of the family, I mustn't
be different. I must comb my hair the same way?"
No, he thought. I am done with the way I was. I am done with everything I've learned. I am a seagull like every other seagull, and I will fly like one. So, he

climbed
painfully to 100 feet, flapped his wings. He felt better, for his decision to be just another one of the flock. There would be no ties now to the force that had driven him
to learn, the hollow voice inside. There is always that voice in you saying to you: "Rise. Come on up higher. I have need of you." For life is always seeking expression through you. If someone is
drunk in the gutter, there is a voice telling that person to rise,
transcend, grow, come
on up higher. It's the God Presence seeking expression.
And Jonathan said that the voice

exclaimed, "Seagulls never fly in the dark."

“Seagulls never fly in the dark,” he said to himself. “If you were meant to fly in the dark, you'd have the eyes of an owl. You'd have charts for brains. You'd have a falcon's short wings. There in the night, 100 feet in the air.” Jonathan Livingston Seagull blinked. His resolutions vanished.

The Bible says: “I will lead the blind in a way they know not. I will lead them on paths they have not known.”

Millions are blind to the fact that your thought is creative. Every thought is incipient action. What you feel you attract; what you

imagine you become. Any idea emotionalized, good or bad, that you impregnate your subconscious with comes to pass as form, function, experience and event. There is Supreme Intelligence within you, which we call God. It responds to your thought. Millions do not know that. They reject it; it's up in the sky somewhere.

So, the seagull thought: "A falcon has short wings. That's the answer. What a fool I've been. All I need is a tiny, little wing. All I need is to fold most of my wings and fly with just the tips--short wings." The wind was a monster -- 70 miles per hour, 90, 120 and faster still. Oh, yes. He's getting

faster all the time. His vows of a moment ago (that is, listening to his parents) were forgotten, swept away in that great, swift wind.

Wind, in the Bible, means the Spirit within.

Yet, he felt guiltless breaking the promises he had made himself. Such promises are only for the gulls that accept the ordinary. One who has touched excellence in his learning has no need of that kind of promise. A bad promise is better broken than kept. Don't ever keep a bad promise.

Some preachers preach that a marriage

is a promise you must always keep. They frown upon divorce. This is not God's will. If your marriage is hopeless, and if the two of you are always fighting and quarreling, it is better to break up the lie than to live the lie. There are some cases that are absolutely hopeless, where they are irreconcilable. It takes two to make a go of marriage. It's 100 percent, not 50-50. When you see God in each other, and salute the Divinity in each other, and exalt the God Presence, and rejoice in the happiness, peace, and harmony of each other, then, of course, the marriage grows more blessed through the years.

But when
two are fighting and quarreling
and resenting each other, then
they are already
divorced. I have talked to people who
have been divorced fifty years, yet
they are still
living together. They are divorced
from harmony, beauty, love, peace,
kindness, and
goodwill -- all these things. They are
divorced completely from their
marriage vows.
It is better to break that promise. Don't
compromise with evil. Don't
compromise with anything negative.
Insist on Divine right action. Insist on
the best,

and the best will come to you.
Always take the best, and the best remains. Never
accept the second best. So, one who has touched excellence has no need of these bad promises, for there is nothing too good to be true, nothing too wonderful to last, for the
love, the light, and the glory of the Infinite were the same yesterday, today and forever.
There is nothing too good to be true. If you say, "It's too good to be true," you are saying that. You are making a law for yourself, and to you it doesn't happen. It happens to the person down the street. If you say, "It can't last," what can't last? Love

is ageless and timeless. So is peace, abundance, security, and inspiration. The truths
of God are timeless, and ageless, and changeless, and eternal. If you say, "It can't
last," it will not last. It's a law you are making to yourself; for you it can't last.
So, Jonathan finally had reached terminal velocity. The wind was a solid, beating wall of sound against which he could move no faster. He is going at 214 miles
an hour. That's enormous speed for a bird. He said, "Jonathan
Livingston Seagull flew
directly through the center of the flock, ticking off 212 miles an hour, eyes

closed. The
gull of fortune smiled upon him, and it was wonderful." This," Jonathan said, "is a
great breakthrough."
It was a breakthrough. The wind caused a single moment in the history of the flock. At that moment a new age opened for Jonathan Gull. A single wing-tipped feather, he found, moved a fraction of an inch, giving him a smooth, sweeping curve at tremendous speed. Now he is entering a higher dimension of mind. He becomes a spiritual paratrooper. When you pray, you become a spiritual paratrooper, because
you fly above the problem or difficulty

to the haven of rest, to the God Presence within,
the Secret Place where you walk and talk with God.
And there you contemplate the way it is in God in heaven, meaning the Spirit within you. Heaven is the Infinite Intelligence within you, the Infinite Mind and Infinite
Power in which you live, and move, and have your being. You are in heaven now. That's where you live. You are a spirit now. Therefore, as you contemplate the All Wise One, Boundless Love, Infinite Intelligence, Absolute Harmony, and Infinite Wisdom,
realizing that the answer is there and you contemplate the Divine solution, the

happy
ending, knowing in your heart and soul
the Almighty Power will respond to
you, then
the day will break for you and all the
shadows will flee away. That's why
you become a
spiritual paratrooper.
You never dwell on the problem; you
detach your mind from the problem
altogether and contemplate the
solution, the way things ought to be,
the wholeness,
the beauty, and the perfection of the
Infinite. Never once do you dwell
upon the
problem; only on the answer,
the solution, the way out.

Jonathan had flown the first aerobatics of any seagull on earth, and he went through what he called the great breakthrough. And he said, "All the other seagulls
will be wild with joy now because of my great breakthrough. How much more there is
now to living. Instead of our drab, slogging forth and back to the fishing boats, there is
reason to live; there is reason to life. We can lift ourselves out of ignorance. We can
find ourselves as creatures of excellence, intelligence, and skill. We can be free. We
can learn to fly."

Yes, the meaning of that is that there is a Power within you, a Mystic Power. It was known down through the ages: Buddha, Zoroaster, they all discovered It. A Mystic
Power, the Divine Presence within you that can lift you up from a sick bed, from poverty, from confusion, from want, from frustration, and lead you to the high road of
happiness, peace of mind, and freedom. Right now. That Power is there. And you can
use it. You don't have to be like the herd. Look around you. There are a lot of people using this Power. There are 16 million people, we are told, in the United States of America thinking

constructively
today, using Divine Power, whether you call It Science of Mind, Unity, or Divine Science. When you name it, you cannot find it; when you find tt, you cannot name it.
Throw your labels out the window. You have a mind. How do you use it? Use that Power within you constructively.
Some call It God, Allah, Brahma, health and happiness. Use it negatively, ignorantly,
stupidly, maliciously, viciously, and people call It the Devil, hell, liar-in-wait, adversity,
misery, suffering, pains, aches, insanity, and so forth. That's all there is to it.

So, Jonathan thought the gulls would be delighted, because he had his breakthrough. Do you think they were? They were not. The senior bird was waiting for
this fellow. He said, "Stand to center." That meant only great shame or great honor for
Jonathan Livingston. He said, "Stand to center," for honor was the way the gulls' foremost leaders were marked. Of course, he saw the flock this morning. They saw the breakthrough. But, he said, "I want no honors. I have no wish to be a leader. I want
only to share what I have found, show those horizons out ahead that we all can

fly. We
don't have to live this way, following fishing boats, eating dead fish and things of that
nature."
"Jonathan Livingston Seagull," said the elder, "stand to center for shame in the sight of your fellow gulls." It felt like being hit with a board. His knees went weak, and
they sagged. Centered for shame.
"Impossible," he said. "The breakthrough. They can't understand. They're wrong." For his reckless irresponsibility, the solemn voice
intoned, violating the dignity and tradition of the gull family. To be

centered for shame
meant that he would be cast out of the gull society, banished to a solitary life on the
far cliffs.
“One day, Jonathan Livingston Seagull, you shall learn that irresponsibility
does not pay. Life is the unknown and the ignoble except that we are put into this world to eat to stay alive as long as we possibly can.” A seagull never speaks back to the council flock, but Jonathan's voice rose: "Irresponsibility, my brothers?" he cried.
"Who is more responsible than a gull who finds and follows a meaning, a higher
purpose for life? For a thousand years

we have scrambled after fish heads, but now we
have a reason to live, to learn, to discover, to be free. Give me a chance. Let me show
you about the new life, what I have found."
The flock might as well have been stone. "The brother it has broken," the gulls intoned together; and with one accord they solemnly closed their ears and turned their
backs upon him. You are familiar with that, aren't you? I talk to people who have
taken up Unity or Science of the Mind, or something of that nature, who are studying

the laws of mind within them, impersonal, no respecter of persons. In Him there is no
Greek, no Jew, No bond or free, no male or female, neither now nor then, only the Ever
Flowing Reality going on forever.
The God Presence within you knows nothing about creeds, Christianity, Islam or Judaism, or any ism. , Some people are so sure that they have the only answer, the
only creed. People often bring me letters written by parents to children who have embraced a different approach to God than that of their families. One mother wrote to
her daughter:: "The lake of fire is

waiting for you. You left the faith of your fathers.
You'll be cursed. Hell is waiting for you. Come back to the faith." Of course, there's no
love there. You have to explain to them: Now, you mustn't resent your mother or your
father. They are writing from the standpoint of ignorance and fear, superstition. They
have been brainwashed and mesmerized. To understand all is to forgive all. Therefore,
you know why they wrote that way. They are not writing from the standpoint of love, peace or harmony; because if you love someone, you don't want them

to burn for all eternity, You must have a frightful state of mind to wish that any person in this world would burn forever and
ever.
You really would be sick. So, if someone has found peace and harmony, wouldn't you be glad if your daughter or son had found peace, harmony and love in
their life, who found something that gave them strength, power, and a new zest for living? You should be glad.
Can God learn something within you? Can God grow? Can God expand? And where is God? God is within you. Can you learn something? Isn't all wisdom in you

now? It is, of course. And you are told in the Bible: “They have eyes and they see not;
they have ears and they hear not. Their heart is wax gross. Lest at any time they would see with their eyes and hear with their ears, and become converted and I should
heal them.” You can only hear what you are ready to hear; you can only hear what you
want to hear.
And there are a lot of people whose minds are closed. They don't want to hear
anything. The mind is no good except it's like a parachute that opens up. You must be

opened up. You must open up to receive the truth. So, there are a lot of people who
say, "Oh, I eat, and sleep, get a can of beer, look at TV," and that's life to them. That's
not living. That's not life at all. Life is a gift to you. You are here to express life. You are
here to release the imprisoned splendor that is within. How could you earn a living?
Life is a gift to you. You are here to make it a better place to live. Maybe you have a
talent of music, or beauty, or art, or something like that. Maybe you can become a

great doctor and save lives.

The joy is in giving. The joy is in serving. The joy is in making this a better place to live in. So Jonathan spent the rest of his days alone. He flew to the far cliffs where he was banished. His one sorrow was not solitude; it was that other gulls refused to believe the glory of the flights that awaited them. They refused to open their eyes and ears. Have you proceeded to tell your relatives about the power of mind and things of that nature? They rend and tear you, don't they? Don't bother with it. Don't cast

your
pearls before swine. That's Biblical language. In other words, don't try and convert
people when their mind is closed. They only resent you. When they are ready to hear,
they will hear.
God waits for everybody. Don't be in any hurry. For God is love. Whether you are a beggar, thief, cutthroat, murderer, or a holy person, all people shall awaken to
see the transcendent glory, which God is. For God is love, and God can't lose himself.
And your life is God's life. God is life. Therefore, what's the hurry? Surely, truth

is
offered to all. I have taught this in my radio programs, my sermons and in my books.
Everyone is free to listen. Some turn it off and say, "That's frightful." Some lovely
people write me letters and say the day is coming," and you're going to burn in a lake
of fire for telling people the Savior is within them, and that each of us is our own
savior, and that each of us molds and fashions our own destiny, and each of us promotes ourselves." I'll continue to say it, because it's absolutely true.
Jonathan no longer needs fishing boats

and stale bread for survival. He found something else, and he would like the others to come along. When electricity came forth, gas, which preceded it, tried to stifle it. The life of gas was threatened, too, by that power which preceded it. New ideas, you see, meet with resistance. When the automobile came out, they had riots in Dublin, because the horse and buggy drivers thought they were put out of business. And so on, through the entire gamut of every great discovery of life you find these things. People fight the truth. They say they have

been listening to this thing for two thousand years. People go to sing the same old hymns. They say the old religion is good enough for me. What is it? What's good enough for you? Nothing is too good to be true. All the truths of God are within you. What's true of God is true of you. You are here to reproduce all the qualities and attributes of God. How wonderful you are. That's what you are here for. You are here to glorify God and enjoy Him forever, and that's what you are here for. Not to eat, and sleep, and look at TV. Jonathan Seagull discovered that

boredom, fear and anger are the reason that a
gull's life is so short. Discover the powers that are within you. Life is a gift. God is the
giver and the gift, and all the gifts are on the Christmas tree within you. What good is any teaching, what good is any book, what good is the human race, what good is any institution on the face of the earth except it becomes an instrument through which the eternal melody of God is played? For the fruits of the
Spirit are love, joy, peace,
gentleness, goodness, faith,
meekness, and temperance;
against such there is no law. And,

therefore, these are the fruits that you bring forth.
That's what the author is trying to say in the gull story.
After a while, two gulls appeared, streaking down in flawless formation. And
Jonathan said, "Who are you?" Suffer the little ones to come unto me, you know; for in
their innocence they are like the angels of heaven. The little ones are the inspiration,
guidance, creative ideas, and answers that come to you. But many people brush them
aside. These are the little ones that come unto you. And you should entertain them,

honor them, for they are the voice of the Divine-- the promptings, urges, volitions,
warnings, guidance, inspiration, creative ideas that well up from the subliminal depths. Yes, they are rejected, but they should be accepted. When you reject one of
these little ones, 'twas better that a millstone was put around your neck and you were
dropped into the ocean. Why? Because when you reject the inspiration, the guidance,
the promptings, the murmurings, and the whisperings of the God Presence, then you
are drowned in grief and frustration. A

lot of people brush these things aside -- yet all
the time God’s Presence is knocking at your door saying, "Let me in." Why don't you open the door of your heart to the soft thread of the unseen guest? It opens with an inner latch. It's your own heart. And that voice says to you,
"Look, I'll wipe away all tears. I'll heal you; I'll inspire you, set you on the high road. I'll
do wonderful things for you, for my name is Wonderful. I'm the Mighty God; I'm your
Everlasting Father. I'm the Counselor. I'm the Prince of Peace." What do people do to

that? It's despised and rejected. A man of sorrows and acquainted with grief. We hide
our faces from him. That's the
God Presence within you
So, the visitors, yes, these are angels that come to you-- intuitive knowledge, urges, inspirations, and promptings. Entertain them. They say, "I came to take you
home." He said, "I have no home. I've been kicked out of the gull society. I'm over here
on the cliff." But they said, "Yes, you have a home." A home, of course, is with God,
the Secret Place of the Most High where you abide in the shadow of the Almighty.

So, he said, "This is heaven." Heaven is your mind at peace. Heaven is that Invisible Intelligence in which you live, and move, and have your being. When I see you lift a chair, I see the Unseen Power. That's God. Thought is God, too, because your thoughts are creative. The word was God.

So, Jonathan realized, of course, that heaven was within himself. The most important thing in living was to reach out and touch perfection. And that which they most loved to do was to fly. In the next dimension, he says, "We are practicing advanced aeronautics." Well, of course,

that's what you do in the next dimension. You move from octave to octave, from glory to glory, from strength to strength, for there is no end to the glory, which is within us. Learn to play Rachmanonoff's Prelude here, and then you'll be better able to play it in the next dimension.

You can't be less tomorrow than you are today. Life goes not back-wards nor tarries with yesterday. Life is progression, an endless development toward the real.

Never in eternity could you exhaust the glory and the beauties that are within you.

That's how wonderful you are. For the Infinite is within you.
We choose our next world through what we learn in this world. True. What are you learning here? Learn everything you can about the treasures of heaven. The truths
of God and the great eternal truth are all you can take with you. So, people think they
can take the bank account with them. You can't. But you can take your knowledge. The treasurers of heaven are in your own mind where moth and rust will not consume, where thieves cannot break through and steal. Take your knowledge of God,
take Divine love with you, faith and

confidence; and you'll meet loved ones, of course.

Because, when you came into this world you were met by loving hands. When you go into the next dimension, your loved ones meet you, too.

What's true on one plane is true on all planes. That's what he is pointing out here. He is a great mystic, this Jonathan Livingston Seagull. You ought to read the book. Yes, the loved ones are all around you. He said, "You didn't have to go through a thousand lives to reach this one." No, because God is within you. "And this day thou shalt be with me in paradise." Today, not

tomorrow.--because you are dealing with the Timeless, Spaceless Being within you. There is no sense of duration in your mind. You go to sleep every night. That's where you go when people in their ignorance call you dead. You are in the fourth dimension. You go there every night, and there is nothing to be afraid of.

Sometimes at the hospital, a man is about to pass on, and he says, "John is here, Mary is here." They are talking to him. He is not drugged, either. He is quite rational and conducting a vigorous conversation with me. And a few days

later they
discover that John had passed on in India or something, and he was right there
talking to his father. Loved ones know you are coming.
The elder gull smiled in the moonlight. He said, "You are learning, Jonathan."
"Yes," Jonathan replied. "What happens from here? Where are we going? There is no
such place as heaven." "No, Jonathan, there is no such place. Heaven is not a place;
it's not a time. Heaven is being perfect." He was silent for a moment. "You are a very
fast flyer," he said. "The kingdom of

heaven is at hand. You are in heaven now. Heaven is your own mind at peace, the Spirit within you. Father, which art in heaven." The Father, of course, is the Spirit, the Father of all, the Common Progenitor. The kingdom of heaven is at hand. It's not, here nor there. The kingdom of God is within you. The elder said, "Any number is a limit. Perfection doesn't have any limit. Perfect speed by some is being there now in the next dimension." That's whatever you think of. If you think of a loved one, you'll meet the person. If you want to be in Belgium,

France, or South Africa, you're there instantaneously; because your mind is omnipresent. You are no longer limited by a three-dimensional body. You are a Spirit
now. When did you cease to become a Spirit?
So, he points out without warning, Chang (that's one of the visitors in the next dimension, the great gull) vanishes and appears at the water edge 50 feet away, all in
the flicker of a second. Then he vanished again and stood in the same millisecond. Here Jonathan is telling you about the person who dematerializes and rematerializes-- a person who is fully developed, initiated, who is illumined

and
inspired, and one with the Self
Originating Spirit. Such a person can
go to the next
dimension, live there for a while, go to
any planet, and the Spirit within, the
All Wise,
creating all things, will project a
body consonant with the dignity, the
atmospheric
pressure, and so forth of that
particular planet.
Uri Geller, the famous
paranormalist who dematerialized a
watch and rematerialized it again
and whom the greatest scientists in
the world, have studied,
shows you that mind does all these

things. That's what he was talking about. So, you
are omnipresent. Your loved ones are all around you. He says you can go to any place
at any time you wish to go now in the next dimension. "I've gone everywhere," he said,
"on every whim I can think of."
Those who put aside travel for the sake of perfection go anywhere instantly.
Yes, because in the next dimension, you see, you travel through thought only, wherever we want to be. You communicate through your thought.
And, of course,
Spirit is omnipresent.
Believe you have it now, and you shall

receive it. The reality, of course, is the thought image in your mind.
So, Chang spoke slowly to Jonathan. "to fly as fast as thought to anywhere that is. You must begin by knowing that you have already arrived. In other words, believe you have it now. Stop seeing yourself, he said, as trapped inside a limited body that has a 42-inch wingspan. No, you are everywhere at once across space and time. You are omnipresent.
You can be sent outside of your body now. Your body is on a couch. You can go there consciously if you know how to do

it; you have visual, auditory and tactical capacity. And who are you? Are you dead or something? No, you are John Jones. And you have a body. But it's a fourth-dimensional body, rarefied, and attenuated. And it can go through closed doors, collapse time and space. That's what Jonathan Livingston Seagull is talking about. He said, "I am a perfect, unlimited gull." That's what you are. You are a son of the Living God, heir to all of God's riches. You are Spirit. When did you cease to become a Spirit? You were always a Spirit. You are a Spirit now. A billion years from

now, or a trillion years, you will be Spirit somewhere. For that's who you are. Spirit
was never born; it will never die. When they could see again, Chang was gone. Chang had the capacity to collapse time and space, reappear and disappear just like many swamis in places in
Asia have been reported to have that capacity down through the ages. We are going
through a breakthrough here just like Jonathan did. “The gulls see farthest who flies
the highest,” he said. Jonathan stayed and worked with the new birds. In other words,

the birds coming into the next dimension, Jonathan helped them along; and initiated.
That's what happens to you when you go to the next dimension: loved ones, nurses,
doctors initiate you, too. There are people loving and kind there. They minister to you,
initiate you into your new dimensions, and, of course, you learn there like you do
here. The child's life that was snuffed out at the womb still grows and expands in the
next dimension; and, of course, when you pass on, you meet that child, but it is fully

grown, because there are teachers there, and love is universal. And that child is a grace note in the grand symphony of all creation.
There is no death. A child who is snuffed out in the womb still lives as a grace
note in that grand symphony of all creation. We are all kept together by that symphony of love. And Jesus, Moses, Elijah, Buddha, Mohammed -- these are the great conductors that conduct us all into that symphony of love, the universal orchestra, celestial one. So, God is Eternal now, he points out here. Another gull,
Fletcher, was still young. and they want to make him a God. . "Well," he said,

"I'm not
any different than any other gull. We are all unlimited idea in the mind of the Infinite
Gull," which means that you are a son of the Living God right now. You are a daughter
of the Infinite, a child of Eternity.
"So," Jonathan said, "don't be
harsh, Fletcher; in casting you out the other gulls
have only hurt themselves, and one day they will know this. And one day they will see
what you see. Forgive them." To forgive all, you see, is to understand all. That's what
he is pointing out. Therefore, love is

simply seeing the Divinity in the others. Not, as
he says, it isn’t loving the evil, it isn't loving a man because he beats his wife, and it
isn't loving him because he's cruel to his children. It is honoring the Divinity in t hat
person, the Spirit in you talking to the Spirit in the other, claiming what's true of the
Spirit is true of you, is true of him, and is true of you, too; because God dwells within
you. Therefore, Spirit with Spirit shall meet, salute the Divinity in the other and say, "I
see God in him and he sees God in me.

And the love, the light, and the glory of God
flow through him." Then you are identifying. That's called love. Each of us is, in truth, an idea of the Great Gull--an unlimited idea, freedom. Yes, we call it being the son of the Living God. Your body, he said, is simply a thought
from beginning to end. Break the chains of your thought and you break the chains of
your body, too. Your whole body, from wingtip to wingtip, he said, is nothing more
than your thought. God thinks and worlds appear. God had to think of humans for humans to appear. Whatever God thinks

is forever. And that's all your body is, and
you'll have bodies to Infinity. Many people unconsciously leave their bodies at night and see events before they happen. They are able to describe things that are happening in a room. And all
these wonderful things are powers that are within you. Job said: “If a man dies, shall
he live again?” The question has been asked millions of times, for God is life. There is
no end to our glory. The body is a beginning; your body is an end. You'll have bodies
to Infinity. You'll always have a body.

You can't even conceive of yourself without a body. That'll be a fourth-dimensional body, a vehicle for expression of life. That is the golden key that opens the palace of Eternity.

We mustn't think of death as an ending; we think of it as a beginning, a new birthday in God. So, that's what you do. You rejoice in a new birthday in God if your loved one has passed on. There are celestial bodies and terrestrial bodies, but the glory of the celestial is one and the glory of the terrestrial is another. We are born in

the image of the earthly; we shall also bear the image of the heavenly. So, there is no
end to our glory. There is no end to you, for life, itself, is growth.
Never in eternity could you exhaust the wonders and the glories that are within you. You don't love a negative. You don't love hatred and evil. Of course, you don't.
You have to practice and see the real gull, the good, in every one. In other words, see
God in your wife, your husband, your son, your daughter, and your neighbor. God
dwells in everybody, and to identify with that God Presence and call It forth,

God's
peace, God's love, God's harmony, God's joy, that's loving. You are not loving evil.
That's absurd. When love comes in, every-thing unlike love goes out.
Look with understanding. Find out what you already know, and you'll see the way to fly, now and forever more.

In A Nutshell

In prayer therapy you are to lift your consciousness above the problem. If you rise high enough in thought, the problem will be solved. Withdraw your attention from
the problem, concentrate gently on the Infinite Presence and Power, Supreme Intelligence, Which knows only the

answer. As you do this, then the answer will come.

You are rising in a high state of consciousness.

We are all different; we are all unique. You don't have the same whorls on your fingers, same toe prints, same glandular system, same ideas, same dreams or aspirations. You are entirely different from any other person in the world. You are unique, for God never repeats Himself. Why on earth should you conform? Millions are blind to the fact that your thought is creative. Every thought is incipient action. What you feel you attract; what you imagine you become. Any idea

emotionalized, good or bad, that you impregnate your subconscious with comes to pass as form, function, experience and event. There is a Supreme Intelligence within you which we call God. It responds to your thought.

Don't compromise with anything negative. Insist on Divine right action. Insist on the best, and the best will come to you. Always take the best, and the best remains.

Never accept the second best. So, one who has touched excellence has no need of these bad promises, for there is nothing

too good to be true, nothing
too wonderful to
last, for the love, the light, and the glory of the Infinite were the same yesterday, today
and forever.
There is a Power within you, a Mystic Power. It was known down through the ages: Buddha, Zoroaster, they all discovered It. A Mystic Power, the Divine Presence
within you that can lift you up from a sick bed, from poverty, from confusion, from
want, from frustration, and lead you to the high road of happiness, peace of mind, and freedom. Right now. That Power is there. And you can use it. You

don't have to be
like the herd.
You have a mind. Use that Power within you constructively. Men call It God, Allah, Brahma, health and happiness. Use It negatively, ignorantly, stupidly, maliciously, viciously, and people call It the Devil, hell, liar-in-wait, adversity, misery, suffering, pains, aches, insanity, and so forth. That's all there is to it
We mustn't think of death as an ending; we think of it as a beginning, a new birthday in God. So, that's what you do. You rejoice in a new birthday in God if your
loved one has passed on. There are celestial bodies and terrestrial bodies,

but the
glory of the celestial is one and the glory of the terrestrial is another. We are born in
the image of the earthly; we shall also bear the image of the heavenly. So, there is no end to our glory. There is no end to you, for life, itself, is growth.

Revision

Chapter 12 – Religion and Woman's Bondage

Why a special chapter in a book about self-confidence and self-esteem devoted to women? Unfortunately, there are still many people who consider that women are inferior to men and indeed are ordained by the Bible to take a secondary place. Believing this, many women have accepted a lower place in life than they should and have low self-esteem. This has become even more of an issue as more and more churches and synagogues have ordained

woman as clergy.

A woman came to me very upset. She firmly believed that she was called to be a minister, but was told by her father that the Bible was opposed to women ministers.

He quoted the following verses from the New Testament: "Let your women keep silence
in the churches: for it is not
permitted unto them to speak; but
they are commanded
to be under obedience, as also saith the law. And if they will learn any thing, let them
ask their husbands at home: for it is a shame for women to speak in the church." This

is what the father quoted to the daughter. This literal interpretation of the Bible has kept women in bondage for thousands of years. Her father was taking the Bible literally; but the Bible is a
psychological and spiritual drama, taking place in the consciousness of its readers.
The Bible is not dealing with doctrinal questions and theological concepts, which are
merely created by theologians out of their own mentality.
The word "church" in the Bible does not refer to a building or religious sect or denomination. The word "church" means acclesia, or a calling out or drawing

forth of
wisdom, truth, and beauty from your subjective depths. It could be called an aggregation of spiritual ideas in your own mentality. To enter the church, or acclesia, of God, one must adopt a new mental attitude and realize that God is Spirit and that you are one with that Spirit.
Many people have read the Bible literally, forgetting the spirit or the real meaning. There are different interpretations of the scriptures, together with their promulgation of certain creeds and dogmas, which is the main reason for the countless sectarian groups or churches of today.

The true church is within yourself and is not made of creeds, rituals, forms, or ceremonies. Nor is it contained of marble structures or those of wood and stone. Your
own heart, your subjective self, is the temple of the Living God; because the I AM, the
Presence of God, dwells within your subjective depths. And the Spirit of truth in you
will guide you into all truth. There is only One Truth; not two, three, or a thousand-
just one. There is only One Power; the Lord, thy God, is one Lord. One Presence and
One Power. Not two, or three, or a

thousand.

Turn to the Spirit within, which is God, and ask for light and inspiration. And all the different creeds and dogmas will vanish. You will then find the true church within yourself--the Presence of God. Men and women in the Bible refer to the interaction of your conscious and subconscious mind. They don't wear pants or a dress in the Bible. They represent
union of your conscious and subconscious mind. We are all male and female. Woman
means your subconscious mind where the Infinite Intelligence and Boundless Wisdom
of God abide.

Emerson says the Infinite lies in smiling repose. In other words, God lies in your subjective depths. When you pray for inspiration, guidance, or seeking light on some subject, naturally, you remain silent, still, and receptive. By lowly listening you shall hear the whisper of the gods, Emerson said. As you know, the nature of Infinite Intelligence is responsiveness. And you use your conscious mind to carry out the guidance and inspiration that come from within.

This procedure has nothing to do with sex or whether you are male or female. In other words, the Bible is not referring

to sex but to gender. Everyone is male and female in the sense that every person has a conscious and a subconscious mind. That's simple. When you pray for another, you realize that God is not the author of confusion but of peace, the same, Biblically speaking, as any person who is dedicated to God and the eternal principles of life. To pray scientifically for another person, you quiet the mind, and remain still and passive. You don't try to make something come to pass. You seek results, but you don't try and coerce the subconscious to obey your decrees. Your subconscious

responds to your conviction regarding the Infinite Healing Presence within you. In the prayer process you don't dwell on symptoms, aches, or pains. Neither do you say, "John or Mary is getting better now. His nerves are calmer, his heart is normal." These are suggestions, but not a real silent realization. For example, if you are praying for Betty Jones, affirm: "Betty Jones is known in Divine mind. God dwells within her and His river of peace saturates her mind. His love fills her soul. God is, and His Presence flows through her, vitalizing, healing, restoring

her to wholeness and perfection. I give thanks for the Healing Power of God taking place now."

In this prayer process, you identify with the Divine Presence in Betty, and you claim that what is true of God is true of her. After your silent spiritual treatment, if you felt an inner sense of peace or satisfaction, or if you felt that was the best you could do for the present, dismiss the matter until you feel led to pray again. The next time you pray for her should be as if you had not prayed before. If after the first time you prayed you said, "This will do until I get back to it again," you would

stultify your
prayer. Each time you pray for Betty, you are reinforcing the idea of vitality, wholeness, and perfection for her. Gradually or immediately, as the case may be, the idea of perfect wholeness and
vitality will be resurrected in Betty. When you relax and let go and enter into a
psychic, passive state, your conscious mind is partially submerged and you are in
rapport subjectively with Betty. What you feel is true of Betty will be felt by her. When
you prayed, you were the silent one in your own church, knowing that God is

the
author of peace and health, not sickness or confusion.
Your subconscious does not speak or articulate like your conscious mind. Your
conscious mind dwells on wholeness, beauty, perfection, and decrees joy and vitality.
There is the response from the subconscious according to the belief and conviction of
the conscious mind. This is why it is written: "For it is not permitted unto them to
speak." It has nothing to do with women, as such.
Your subconscious speaks in symbols,

allegories, dreams, and visions of the night. Your conscious mind may interpret and become the spokesman for the subconscious mind. Aaron and Moses represent your conscious and subconscious
mind. Aaron was the spokesman
for Moses. You are told Moses
had an impediment of
speech. In other words, your subconscious mind doesn't speak to you like your
conscious mind does. You receive intuition; answers to your prayer may come in
dreams and visions of the night, allegories, symbols, perhaps in numbers and

cryptograms. That's the way your subconscious generally speaks to you. Therefore, Aaron is the spokesman. Your conscious mind interprets or carries out the dictates of the subconscious mind. When, therefore, the Bible says, "If they will learn any thing, let them ask their husbands at home," But this means that God is your husband. The answer is obvious. You are to turn to the Infinite Intelligence within you for guidance, right action, inspiration, and direction. You are not to impregnate yourself with the negative thoughts, fears, and false beliefs of the world. Rather, enthrone God-like ideas and eternal verities in

your
conscious mind. As you busy your mind with these constructive thought patterns and
eternal verities, your subconscious will respond accordingly. This applies to you regardless of your sex status. That's why your Maker is your husband;
God's ideas,
the truths of God, should impregnate the subconscious and not the false beliefs of the
world.
After the above explanation to the woman at the opening of our talk, she rejected completely the false interpretation given to the Bible by her father and decided

to become a minister.
The Bible is now being taught from the standpoint of a spiritual or esoteric meaning, and women are gaining their freedom from the false and ignorant interpretation of the scriptures.
Men and women are equal in the eyes of God. "Male and female created He them" (Genesis 1:27). That applies to everybody.
The greatest degree of freedom for women is in the United States.
Complete emancipation, spiritually, mentally, physically, and financially, is already on the
horizon. Woman represents the subjective side of life, which is invisible and covered by

the objective side of life. It is sad, but true, that religion and superstition have been
the prime offenders of advising people to belabor their bodies with all kinds of stern
austerities for no good purpose. In ancient times many religious
devotees practiced
flagellation, privation, and
starvation, which were forms of
mental and physical debauchery.
Many of these religious devotees
maltreated their bodies so much that
they actually ruined them for
the remainder of their lives.
It is said that St. Francis spent the last year of his life in a deep, childish

melancholy because, he said, “I brought this body to this pass, because I have beaten my brother (he meant his body) too hard.” This doesn't make you spiritual, of course, by austerities, or rigidities, or by beating your body, or starving yourself--that doesn't make you spiritual. You become spiritual by the contemplation of the truth of God from the highest standpoint.

It is true that down through the ages man in his ignorance have taken advantage of woman's biological handicap. She'd give birth to children and devoted many years in bringing up the children to

where they could be independent and support themselves. During all this time she's been under a physical handicap, and
man has taken advantage of that for his own aggrandizement and to make her an inferior.
Many religions misread and misinterpret the allegory of the Garden of Eden in order to justify keeping women in subjection. “And thy desire shall be to thy husband,
and he shall rule over thee.” It is absolutely stupid to take this literally. It is true
psychologically, as previously explained, because your conscious mind controls your

subconscious. Your conscious mind rules your subconscious. Your subconscious is amenable to suggestion. It's amenable and subservient to the suggestions of your conscious mind, which anyone can demonstrate under hypnosis.

In the early days of Christianity a council of the church fathers was held in Alexandria. The purpose of this meeting was to decide whether women really possessed a soul or not. Lo and behold, they voted on the matter; and the conclusion was that she had by a majority of one. We are now beginning to have women ministers in the Protestant churches, but

since the early days of Phineas Parkhurst Quimby in
1847 onward, we've had women ministers in Unity, Religious Science, Science of Mind, Divine Science, Church of Truth, and all branches of the New Thought field. Women, of course, predominate in the New Thought field. Recently women priests have been ordained in the Episcopal Church. It is only a question of time until
we have women priests and bishops in the Roman Catholic Church. There are now
woman rabbis in Jewish congregations. Today in many Protestant and Reform Jewish

seminaries, half or more of the seminarians are women. In the political arena, women have been presidents or prime ministers of countries like Israel, Great Britain, the Philippines, India and Pakistan. There are many states in the United States with women governors, cities with woman mayors, senators and representatives in Congress on the benches of many courts including the Supreme Court. It is also quite likely at some time in the future to have a woman as president of the United States. There were many famous women superiors in the convent of nuns in the Middle

Ages, who had their own establishments, who were illumined and inspired, and who became so outstandingly brilliant that they far outshone the men of their day. The men became frightened and nipped their distinguished and illustrious spiritual careers in the bud. There were distinguished scholars and outstanding executives, also; and their male colleagues decided to clip their wings. If these men had known the truth, they would have rejoiced and been exceedingly glad that members of their religious order had moved onward, upward, and Godward. To inhibit and

block
another is to place blocks in your own progress and advancement.
Zoologists and naturalists inform us that there is no animal living under instinct dominating a female, though there are a few instances where a female dominates a male. Down through the ages man has dominated the female through the misuse of his mind, and he has exploited the female of the species because of her biological role in life.
Allegories can be read at different levels. Like dreams. Many have more than
one interpretation. Adam and Eve represent your conscious and

subconscious mind,
the male and female. Adam
represents every man. The serpent
that tempts you represents your five
senses, which deceive you and trick
you at times, and perhaps
tempt you or try to dissuade you
from turning away from the belief in
One Power. You
must not be governed by your
five senses, however, which
consist of sundry concepts,
good and bad. Five-sense knowledge is
not sufficient to govern your life, for
then you
become impregnated with all sorts
of false-knowledge, fears, doubts,
and negative

suggestions of all kinds.

There are several levels to the Garden of Eden story; but, actually, you are the Garden of Eden yourself. The four rivers represent your spiritual, mental, emotional, and physical natures. They also represent an allegory of your body representing the four fluid systems of your body: The cerebral-spinal system, the sympathetic nerve system, the blood stream or circulatory system, and the intestinal tract. The flora and fauna of the Garden, the plant and animal life, represent the flora and fauna of your body: The flora (the vegetation) of the

body and the fauna (the cells) of the body. This Garden is tended by a man and woman -- your conscious and subconscious mind. The allegory of the Garden of Eden is concerned with gender, not sex. It deals with the relationship of the male and female principals in all of us; namely, the conscious and subconscious mind.

Eve, the subconscious, was taken from Adam's rib while he slept. This, of course, is all psychological. One way of looking at this is that during sleep the subconscious mind controls and emerges. The rib basket protects all the vital organs of your body. One meaning

of the rib is the natural symbol of the preservative and protective nature of your subconscious mind, for your ribs protect all the vital organs of your body. It is merely an allegory. During sleep answers come in your dreams - often the full solution to a perplexing problem is given to you when you are asleep.

Your subconscious controls all the vital processes while you sleep. The rib also means the structural idea or plan in your mind, and as you emotionalize the idea and become enthusiastic about it, you are calling forth Eve, the subjective or

emotional,
which is the creative medium.
Emotion follows the thought, the idea, and the invention in your mind. This is why in some countries in the Far East the woman
follows the man. He goes first, and she follows with a load on her head or back. He
takes it easy. They take these things literally, which, of course, is absurd. This is the curse of literalism. It is said that a curse was pronounced upon Eve for listening to the serpent. And Eve was made subject to her husband. The subconscious is subject to the husband (conscious mind) not only for good but for evil,

too. It is foolish to listen to the serpent, which means, in simple language, the false beliefs of the world, the five-sense propaganda. The serpent is another name for the Life Principle, or God, only it means God upside down, a morbid, twisted, distorted concept of life, God, and the universe. There is only One Power. When you use the Power constructively, harmoniously, and peacefully, people call It God, Allah, Brahma, health, or happiness. When you use that Power ignorantly, stupidly, maliciously, people call It Satan, the

Liar-in-Wait, the Devil, insanity, fear, ignorance, superstition, sickness, and all that.

There's only One Power. How do you use it? Good and evil are in your own mind. It's the movement of your own thought. If you visit someone with cancer, are you bothered by the thought that you may get it? Where's the tempter? It's in your own mind. Slay the negative thought. Cremate it at once and affirm: "Spirit in me is God. It is the Ever Living One, the All Wise One. It can't be hurt. It can't get sick. It's Omnipotent, Supreme." This attitude will protect you.

An allegory is a representation of the spiritual meaning through concrete or material thoughts. It is a figurative treatment of one subject under the guise of another.

When I was a boy I asked the priest at my church where the Garden of Eden was. He said it was between the Tigris and Euphrates and told me to ask no more questions. If a thing is true there is a way in which it is true. There is no such garden anyplace, and there never was an actual Garden of Eden. And the two trees are within yourself. It is true psychologically. All

of us have received instructions and ideas, good and bad, false and true, when we were young and impressionable. Our minds, being malleable, accepted them. Like seeds these ideas grew up in us and became fixed states of mind. Some of them became phobias and fixations. Perhaps some were based on fear and prejudices; others, perhaps, from the Golden Rule: honesty, integrity, goodwill, and so on. So, the tree of good and evil, therefore, is within yourself. Fixed beliefs in the Golden Rule is good; and that God is going to punish you or

that you are a sinner in the hands of an angry God is a false belief. So, people have
grown up with these false beliefs, but the tree of life is there, which is the Presence of
God in you.
Our religious beliefs were given to us when young. Like fruit on a tree, we bear fruit according to the beliefs implanted in our subconscious mind. The religious wars
of today bear bad fruit from the tree of life within us. All seeds grew after their kind. The tree of good and evil is our own mind believing in good and evil, which is the
cause of the troubles of the world. There

is only One Power -- not two, three, or a thousand.
In the Bible, “man” refers to the conscious mind, and “woman” subconscious..
When the Bible says that the woman should be subject to the man in everything, do not take it literally. The subconscious does serve the conscious mind faithfully. It gives form to what is impressed upon it. Whatever ideas are emotionalized and felt as true are impressed on the subconscious. Whatever is impressed on the subconscious, good or bad, it brings forth as form, as

function, experience, and event. The subconscious does not respond to mental coercion, or force, or compulsion. It responds to your persuasion, to your feeling, to your love nature, to your emotional nature. Your subconscious will accept whatever you predominantly accept and believe in your conscious mind. It accepts your convictions. It accepts what you really believe in your conscious, reasoning mind. Your subconscious will bring it forth. The husband is head of the wife, you are told, but this is not literally true of men and women in their relationship. But it is true of the conscious and

subconscious
mind—the male and female
aspect within everybody.
When the Bible says that he who
loves his wife loves himself, and they two shall
become one flesh, it is the mystery of your own consciousness, the male and female
principle within yourself. When your conscious and subconscious agree on anything,
your prayer is always answered. Two shall agree as touching on anything on earth, it
shall be established through my
Father, which is in heaven.
If your conscious and subconscious

agree on harmony, prosperity, success, and achievement, then it must come to pass, because you are operating on a law. For there is no quarrel in your conscious or subconscious mind, and your prayer will be answered. The conscious mind is the male aspect, and it dominates the subconscious, or the female. Assume the feeling of being what you long to be, and you'll become it.

Walk in the light that it is so.

The Bible is talking about the interaction of the male and female principle. In those days there were no terms such as conscious and subconscious mind, or

objective mind, or subjective mind. These are of recent vintage. When these two phases of the mind work harmoniously and peacefully, and in unison and accord, the issue from this union results in health, wealth, happiness, and true expression. The cause of all the misery and suffering in the world is the inharmonious interaction of the male and female principle within men and women. Therefore, contemplate whatsoever things are true, whatsoever things are just, whatsoever things are lovely and of good report. Think on these things all day long.

The marriage in the Bible is the union of your thought and emotion. When these two unite and are constructive there is an issue from this union. If your thoughts are God-like, your emotions being generated from your thought, your heart
will then be a chalice for God's love. The real marriage in the Bible is your sense of
oneness with God. From that union comes forth all the fruits of the Spirit: love, joy,
peace, abundance, security,
happiness, and vitality.
A man or woman is not to be looked upon just as a body. You are a mental and

spiritual being. Your body is a vehicle and is a representation of your thoughts, feelings, imaginations, and beliefs. Spirit, consciousness, awareness, the I AM, the Life Principle is the Reality of each person. It's called the Living Spirit Almighty. When you say I AM, you are announcing the Presence and Power of God within yourself. It's a nameless name. It means Being, Life, Awareness. The Bible talks much about spiritual laws and truths of life. It is not talking about men and women as such. The Bible knew the workings of the mind and was

well acquainted with what we call abnormal psychology today. For about 300 years, the teachers and leaders of early Christianity performed great things, including miraculous healings. They were on fire with the truth. All of you know the history of the great Roman emperor, Constantine, who came along and organized the early church into a vast organization, establishing rites, rituals, ceremonies, and doctrinal regulations, dogmas, and tenets to be believed in. It grew on the outside but began to die slowly on the inside.

This is true of all religions of the world. Their priests, ministers and leaders forgot the real Source of all blessings and bounty and looked to form, ceremony,
structures, and the hierarchy, worshipping the created thing rather than the Creator.
Always look to your own Divine center for the light and true wisdom. If any person
lack wisdom, let him or her ask of God, “who giveth to all liberally and upbraideth
not.”
We are told that Samson's strength was in his hair. Hair represents thoughts and emanations of Divine energy -- your

mental patterns and attitudes. You are not to
take it literally. This is why man's hair is cut short. This should not be taken literally,
as it has nothing to do with actual physical hair on the top of your
head. Man cuts off
the hair, meaning he gets rid of all resentment, antagonism,
arrogance, pride,
prejudices, and hostility. By identifying with Divine love, the spirit of forgiveness, and
exalting God in the midst of him, then his head, or conscious mind, is truly uncovered; because he has removed all the false beliefs and all the arrogance

and
price, and he is ready for prayer. He's humbled before the Infinite. He's ready for
meditation and spiritual growth.
Looking at it symbolically and from a spiritual standpoint, long hair on a man would indicate a growth of false concepts and erroneous opinions, accompanied by
negative emotions, intellectual pride, and conceit, and a know-it-all attitude.
One of my congregants asked me why it was that women through the ages were looked upon as chattels, inferior to man, and subservient. She mentioned, for example, that one of her female antecedents in the old country in Europe

would leave
the room whenever a man came to visit her husband. As previously explained, the
subconscious was subservient to the conscious mind of the man. The
male, the
conscious mind, intellect, is
dominant. All that means is that your conscious mind
should be the guardian of the threshold and should see to it that nothing enters into
your subconscious that does not fill your soul with joy, with faith, with confidence,
vitality, and enthusiasm. If you see a builder laying bricks and one brick is

underneath the other, both bricks are the same and of equal importance. That might apply to the home that you are building yourself. The brick underneath is in an inferior position; not, however, inferior in usefulness or importance to the structure of the building. One brick is inferior in placement or position; that is all. It's just as important as the other. This is the same with your subconscious mind, called the woman in the Bible. Your conscious mind controls and dominates your subconscious, but the two are essential; and the latter is amenable to suggestions and habitual

thinking and imagery of your conscious mind. Your subconscious responds to the dominant thought of your conscious mind.

One of our radio listeners has a secretarial position with a large corporation.

She is about to retire. She wrote me and said she heard me say on my daily radio broadcast that if you pictured yourself on board a plane or ship and felt the reality of

it (for example, if you wanted a voyage on a ship, you should picture the event here and now and feel yourself as sitting on deck, looking at the stars, listening to the

creaking of the planks and ship, smelling

the briny ocean, feeling the ocean breeze in
your face, and looking at the vast deep), by dwelling on the scene and making it so
vivid and real that when you opened your eyes after the meditation period, you were
actually amazed that you were not on the ship, your feeling was so real, it is a sure
sign that you have fixed it in your subconscious and it will come to pass. Even though
you do not have the money to take the trip, if you succeed in impregnating your subconscious, it will surely come to pass in ways you know not of.

Accordingly, she followed the technique and on the third night fell asleep affirming: "Trip, trip, trip." She awakened the next morning and had no further desire to pray about it, because she had succeeded in fixing the idea in her subconscious mind. The sequel was interesting. When discussing her retirement benefits with her financial advisor, she learned that she could juggle her investments in her 401K retirement account to take a month-long cruise.

This is what the Bible means by cubing your thought, or mental image, mothering it. For it is the mother that

gives birth to the child, not the man. She began to think about the trip, got maps of foreign countries; and then, getting interested in visiting all the foreign ports, she engaged the power of her subconscious mind, because she evoked the feeling, the interest, and the enthusiasm. Then the subjective mind brought it to pass in its own way. The woman in you always represents your emotion, your feeling nature, and your subjectivity. The man gets engaged to a woman; and if he woos her successfully, loves her, cares for her, and tells her

how wonderful she is, and remains faithful to her, gradually it consummates into a marriage. Prayer is the same thing as wooing a woman, telling her how much you love her, how much you care for her, giving her presents, and exalting her, wishing her well, and the apple of your eye, so to speak, you are nourishing it, sustaining it, and loving it--the idea in your mind. Gradually, it will sink into your subconscious by osmosis, and it will grow like a seed. You are married to it. From that issue comes forth the answer to your prayer.

So, the ancients taught the prayer process to be very similar to a man courting a woman, remaining faithful to her, and then it will consummate into a marriage. Your subconscious mind does not choose your thoughts. Your conscious mind is a choosing, volitional mind. This is why the subconscious mind can be polluted by an ignorant, tyrannical, despotic, egotistic and autocratic conscious mind. When the conscious mind entertains gangsters, assassins, and marauders in the form of evil, hostile, hateful, and vengeful thoughts, these pollute and befoul the

subconscious,
and bring forth all manner of diseases and disorders of the mind, the body, and the
business. This type of conscious mind can be in every person irrespective and regardless of sex.
To indulge in resentment or a desire to get even causes your subconscious to respond in a negative and destructive manner. Modern research by psychosomatic
doctors points out that they have found destructive emotions behind cancer patients.
In an article on prevention in a magazine for Better Health, Dr. Carl Simonton, a specialist in oncology, the science of

tumors, states as follows:
"Some personality
characteristics of the cancer patient
that other scientists have identified as
significantly different than non-cancer
patients are a tendency to harbor
resentment
and an impairment in the ability to
express hostility, a tendency to self-
pity, difficulty
in developing and maintaining
meaningful, long-term relationships,
a poor self-image,
plus a sense of basic rejection, either by
one or both of his parents.
Consequently, this
person develops the life history pattern
seen so commonly in cancer patients."

Dr. Simonton points out in the above quotation from his article that negative, destructive emotions can bring about destructive diseases in the human body.

This is why the Bible says the woman's head (your subconscious) should be governed by Divine ideas, mothered by Divine love. This is the government of the free.

It guarantees peace, security, health, and abundance.

"The woman (your subconscious) should always be watched over and protected by your conscious mind. The woman is the glory of man." The word glory comes from gloray; that is, whatever thoughts are

true, lovely, noble, and God-like. The word ray means light, and glow means warmth and love. And when you are focused on that which is true, lovely, noble, and God-like, they will find their way by a process of spiritual osmosis into your subconscious mind. And should their glow, warmth, and light on all your undertakings.

If you do not govern, control, and direct your emotional life, you will respond to all the sundry negative thoughts, fears, and predictions of gloom and doom which bombard us night and day. Then these irrational emotions will impel and

propel you
into negative action and reaction. In Biblical language, you are committing adultery
when you cohabit with evil, hate, jealousy, resentment, hostility, or ill will in the bed of
your mind. To do so is to spawn an evil progeny.
The woman's hair is not shorn nor shaven because hair, being symbolic of thought, emanations of goodwill, should be protected at all times by the truths of God
and watched over by the over-shadowing Presence of the God of love, enthroned and
dominant in the conscious mind. Man's

hair, symbolically speaking, should be shorn, as previously explained, in the sense that his intellect should be anointed with the wisdom of God and his contemplation should be on the truths of God from the highest standpoint. Down through the ages men have worn hair long and short, but the Bible is talking about your thought life, your mental patterns, the vibrations that emanate from you, and focused attention. Long hair, symbolically and Biblically speaking, would be wrong for a man, as it would indicate that he was governed, not by spiritual reasoning, but by negative

emotions and the mass mind. Woman's hair, accordingly, should not be shorn, which, in the psychological and spiritual sense, means that her mind is not at peace, that she does not have God or God-like thoughts or ideas as her husband. In other words, ignorance, fear, and superstition are governing her, and she is not clothed with the garment of salvation and the robe of righteousness. The woman who is uncovered, therefore, in the light of the Bible and its inner meaning, becomes unstable, neurotic, subject to every wind that blows.

Needless to say, whichever you are, a man or a woman, you do not take the subject of the hair literally. A man with long or short hair may be a God-like man. The trouble is not in his hair or head, but the way in which he uses the laws of mind and the way of the spirit. The answer to all problems is to keep your attention on God and all things good. Then you are prophesying for yourself a wonderful future. For with your eyes stayed on God, there is no evil, we are told, on your pathway. The conscious mind should be a guide and protector for the holy child, which

child, of course, is your awareness of the Presence and Power of God within you. When you become aware of the Divine Presence within you, the I AM, the Presence of God in you, that's called a child in the Bible, the spiritual idea, your awakening to that Power and Presence within you.

Your thought is your conscious mind, and your feeling and emotion are subconscious. When these two unite in peace and harmony, your prayer is answered.

That's called God in action. Your conscious and subconscious unite on anything, there's a child, an expression, a

son, which is the son bearing witness of the father
and mother; in other words, the answer to your prayer. It bears witness to the union
of your conscious and subconscious mind. This is the way your mind works. Knowledge of this is the birth of the holy child, or wisdom, in you.
Practice the harmonious, synchronous, and joyous relationship between your conscious and subconscious mind; and you will bring forth health, peace, strength, and security. Enthrone the right idea in your mind; then you will experience in your
heart the true feeling. The union of your

thought and feeling represents the married
pair in you. When they are fused, the third element, peace, God, enters in and you
experience the joy of the answered prayer. Let your heart become a chalice for God's
love, or the manger for his birth. As a result, you will express and bring forth a child,
which is God, or good, on the earth. Earth means your body, your environment, all
phases of your life.
Your conscious mind (called the husband) is the motor; the subconscious could

be looked upon as the engine. You must start the motor and the engine will do the work. The conscious mind is the dynamo that awakens the power of the subconscious.

The first step in conveying your clarified desire, idea, or image to the deeper mind is to relax, immobilize the attention, get still and quiet. This quiet, relaxed, peaceful attitude of mind prevents extraneous matter and false ideas from interfering with your mental absorption of your ideal. Furthermore, in the quiet, passive, receptive attitude of mind, effort is reduced to a minimum.

There is a wonderful power within you.

It's the subjective power. Become convinced now there is a power within you capable of bringing you what you imagine
and feel is true into manifestation. Sitting idly by daydreaming and imagining the things you would like to possess will not attract them to you. You must know and believe that you are operating a law of mind. Become convinced of your God given
power and use your mind constructively to bring into manifestation the thing you desire. Know what you want. The subconscious mind will carry out the idea. That's
the woman in you. That's the creative power. It's called the mother, it's called

the
womb, it's called the wife; it's called by many names. but it is the Creative Power.
You have a definite, clear-cut concept of what you wish to possess. Imagine clearly the fulfillment of your desire. Then you are giving the subconscious something
definite to act upon. The subconscious mind is the film upon which the picture is im
pressed. The subconscious develops the picture, sends it back to you in a material,
objectified form. The camera is you consciously imagining the realization of your desire

through focused attention. As you do this in a relaxed, happy mood, the picture is cast
on the sensitive film of the subconscious mind. You need also a time exposure-- maybe
two or three minutes, or longer, depending on your temperament, feeling, and
understanding.
The important thing to remember is that it is not so much the time as the quality in your mind, or thinking, or your degree of feeling, or faith.
Generally speaking, the more focused and absorbed your attention is, and the longer the time,
the more perfect will be the answer to

your prayer. Believe that you have received, and you shall receive. All things whatsoever ye shall ask in prayer, believe that you've received them, and ye shall receive them.

To believe is to live in the state of being it. It is to be alive to the truths of God, to accept something as true, or to live in the state of being it. As you sustain your mood, your feeling, you will experience the joy of the answered prayer. Accept the fact that you have an inner creative power. Let it be a positive conviction. This infinite Power is responsive and reactive to

your thought. To know, understand, and apply this principle causes doubt, fear, and worry to gradually disappear. The deeper mind, remember, is responsive to your thought. Your deeper mind reproduced your habitual thinking and imagery twenty-four hours a day. That's the meaning of "Let us make man after our image and after our likeness". Let us bring forth all manifestation (that is, your conscious and subconscious mind) based upon your habitual thinking and imagery. Let the Life Principle flow through that matrix that mold, of your habitual

thoughts and imagery. So, the subconscious, called the subjective or deeper mind, sets in operation its unconscious intelligence, which attracts to you the conditions necessary for your success. You should make it a special point to do the thing you love to do. And if you are wondering what that is, realize there is an Infinite Intelligence within you that knows only the answer. Say: "Infinite Intelligence reveals to me my true place in life where I am doing what I love to do, Divinely happy, Divinely prospered. And I follow the lead which

comes clearly into my conscious, reasoning mind." As you do this, the answer will come clearly into your conscious mind. It will be impossible for you to miss it. Then you follow that lead which comes to you. Then you will discover that all your ways are ways of pleasantness and all your paths are paths of peace.

In A Nutshell

Men and women in the Bible refer to the interaction of your conscious and subconscious mind. They don't wear pants or a dress in the Bible. They represent

union of your conscious and subconscious mind. We are all male and female. Woman means your subconscious mind where the Infinite Intelligence and Boundless Wisdom of God abide.

Men and women are equal in the eyes of God. "Male and female created He them" You are not to impregnate yourself with the negative thoughts, fears, and false beliefs of the world. Rather, enthrone God-like ideas and eternal verities in your conscious mind. As you busy your mind with these constructive thought patterns and

eternal verities, your subconscious will respond accordingly. This applies to you regardless of your sex status. That's why your Maker is your husband;
God's ideas,
the truths of God, should impregnate the subconscious and not the false beliefs of the
world.
There is only One Power. When you use the Power constructively, harmoniously, and peacefully, people call It God, Allah, Brahma, health, or happiness.
When you use that Power
ignorantly, stupidly, maliciously, people call It Satan, the
Liar-in-Wait, the Devil, insanity, fear,

ignorance, superstition, sickness, and all that.

There's only One Power. How do you use it? Good and evil are in your own mind. It's the movement of your own thought. A man or woman is not to be looked upon just as a body. You are a mental and spiritual being. Your body is a vehicle and is a representation of your thoughts, feelings, imaginations, and beliefs. Spirit, consciousness, awareness, the I AM, the Life Principle is the Reality of each person. It's called the Living Spirit Almighty Practice the harmonious, synchronous, and joyous relationship between your

conscious and subconscious mind; and you will bring forth health, peace, strength, and security. Enthrone the right idea in your mind; then you will experience in your heart the true feeling. The union of your thought and feeling represents the married pair in you. When they are fused, the third element, peace, God, enters in and you experience the joy of the answered prayer. Let your heart become a chalice for God's love.

LIVING WITHOUT STRAIN

Joseph Murphy

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LIVING WITHOUT STRAIN

(Inner Meaning of the Book of Job)

By

JOSEPH MURPHY, D.R.S., D.D., Ph.D., LL.D.

DeVorss & Company
P.O. Box 550
Marina del Rey, California 90294

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Ninth Printing, 1989

ISBN: 0-87516-187-1

Printed in the United States of America

FOREIGN PUBLICATIONS	PUBLISHERS
JAPANESE	
	Nippon Kyobun-Sha Co., Ltd. Tokyo, Japan
FRENCH	
La Magie de la Foi Dans le Silence (Quiet Moments) Les Miracles de Votre Esprit Renaitre (Prayer Is the Answer) Comment Attirer L'Argent (How to Attract Money)	H. Dangles, Editeur 38 rue de Moscou Paris, France
UNITED KINGDOM	
The Magic of Faith Miracles of Your Mind How to Attract Money How to Use Your Healing Power Pray Your Way Through It	L.N. Fowler & Co., Ltd. 1201/3 High Road Chadwell Health, Romford Essex RM6 40M, England
PORTUGESE	DISTRIBUTOR
Os Milagres de Sua Mente (Miracles of Your Mind)	Carlos O. de Castro, Rua Constante Ramos, 53-705 Rio de Janeiro, Brazil

LIVING WITHOUT STRAIN

The Book of Job is one of the most important, significant, and profound books of the Bible. It has been the subject of theological and philosophical debate for many centuries. The main theme of the book deals with human suffering, setting forth the story of a just and upright man who apparently through no fault of his own meets with all kinds of dire misfortune and calamities, and finally recoups all his losses and experiences happiness, prosperity, and peace of mind. The sublimity, spiritual insight, imagery, symbolic beauty, and excellence of expression make it an ever recurrent inspiration. Its depth of feeling and contemplative content touches the heart strings and plays upon them the eternal song of triumph, victory, and the power to overcome all obstacles.

The great truths embodied in the book of Job are indeed a sanctuary to which all may turn for guidance and light on their problems, for it is a sanctuary built out of the treasure house of the

Light of the One Who Forever Is. It opens the door to faith and understanding. It embodies the Great Law of Life.

The book consists of five parts.

1. The prologue, written like the epilogue in prose (chapter 1).
2. The colloquies of Job and his friends (chapters 3-31).
3. The speeches of Elihu (chapters 32-37).
4. The speeches of Jehovah out of the storm with brief answers by Job (chapters 38-42).
5. The epilogue (chapters 42-7-17).

Two literary styles are represented in the book of Job—narrative prose and didactic poetry; both however, are exquisitely presented and artistically executed. The contents of the book of Job are essentially a profound psychological inquiry into the mystery of existence. Scholars do not know who wrote the book of Job, but include it in the group of books of wisdom, of which, it is doubtless one of the greatest. The whole drama is of legendary origin, but it is essentially the story of all men. Spiritually speaking you are Job yourself as you come out of the fog and are regenerated

by an Interior Light and begin to sense that God is pushing through you into open manifestation emerging out of misery and suffering into the Beatific Vision!

Comments on Chapter 1, The Book of Job

(1) *There was a man in the land of Uz, whose name was Job; and that man was perfect and upright, and one that feared God, and eschewed evil.* (2) *And there were born unto him seven sons and three daughters.* (3) *His substance also was seven thousand sheep, and three thousand camels, and five hundred yoke of oxen, and five hundred she asses, and a very great household; so that this man was the greatest of all the men of the east.* (4) *And his sons went and feasted in their houses, every one his day; and sent and called for their three sisters to eat and to drink with them.* (5) *And it was so, when the days of their feasting were gone about, that Job sent and sanctified them, and rose up early in the morning, and offered burnt offerings according to the number of them all: for Job said, It may be that my sons have*

sinned, and cursed God in their hearts. Thus did Job continually. (6) *Now there was a day when the sons of God came to present themselves before the Lord, and Satan came also among them.*

The first verse means that we are all born into this world which is called *Uz,* i.e., the conditioned state. We are born into all that our environment represents and are conditioned by parental influence, environmental surroundings, plus the influence of the race mind. Every individual is really a group of beliefs, opinions, and concepts which clothe the real Being. The word *man* in Sanskrit means "the measurer". Hence, man is a mind that measures all things. You are in the land of Uz, a conditioned world or state of limitation, bondage, and restriction until you awaken to your inner potentialities. Every child born in the world is the Infinite One assuming the form of that child.

You come into this world for the joy of self-discovery. If your inner powers functioned automatically, you would never be able to discover yourself. It is possible for you to use the life forces both positively and negatively otherwise you would

never be able to grow, expand, or deduce a law from them. All of us remain under the bondage of our hereditary concepts, early theological training, and doctrinal beliefs until we learn about the creative capacity of our own mind to alter conditions and bring to fruition the cherished desires of our heart. On the heels of the discovery of the mental and spiritual laws of life, you throw off the yoke of bondage and cease to submit to the hypnotic spell of the world of opinions and false beliefs.

In order to awaken to your higher powers, you must cease being a baby and break this infantile identification with the fleshly self. You must prove that you are not just flesh but merely functioning in the flesh. All your thoughts, feelings, emotions, imaginings, and dreams are invisible, and I cannot see your mind or spirit, neither can I perceive your faith, hope, trust, love, joy, affection, pondering, desires, longings, aversions, likes, or dislikes—all are themselves invisible. They constitute you! You are much more than your body, the latter is simply your mind condensed or Spirit in manifestation.

In verse one it says, "That man was perfect and upright, and one that feared God, and eschewed

evil." The average child born in love is free from fear, sickness, and distortions of any kind. *God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.* When young you had wonderful health, you were bubbling over with energy, joy, enthusiasm, and vitality. You knew nothing about war, crime, sickness, disease, man's inhumanity to man, or of the conflicting theologies, or the maze of religious dogmas, and the superstitious fears of the multitude. In the cradle you were innocent, and in your imagination you probably played with angels.

Verse two. Your *seven sons* are seeing, feeling, tasting, hearing, smelling, conceiving, and reproduction. In early life we naturally use these faculties positively, actively, mostly in good experiences. When these faculties become passive, receptive, and subject to external negative influences and false concepts, they become symbolized as seven daughters. (*Moses meets seven daughters in Egypt.* Exod. 2:16).

The three daughters mentioned in verse two are in all of us. It is the trinity or the creative capacity in all of us which enables us to bring forth our ideas as form, experience, and events. There were Trinitarian doctrines long before Christianity. The

doctrine of the trinity or triune God was taught in ancient India, Babylon, China, Egypt, and all the countries of the northern latitudes. In China the trinity was symbolized by the father, mother, and child, or idea, feeling, and manifestation. It takes two things to produce a third. A clear and definite thought plus a warmth of feeling will bring about a fusion resulting in a third expression which is the answer to your prayer.

The ancient Hebrews wrote under a system of numerical symbolism and if we add seven plus three we get ten, and the latter symbolizes God in action in our lives. *0* is the symbol of the female and *1* is the symbol of the male. In simple language the book of Job is telling us about the interaction of the male and female principle within ourselves, or the interplay of our conscious and subconscious mind. Each letter in the Hebrew language is assigned a numerical value, and if we add up the Hebrew letters of the name Job we get ten or the complete man.

J	O	B
1	7	2

$= 10$

The subconscious mind might be called our wife, and the conscious reasoning mind the husband. Our body is simply the instrument which our

mind uses. Our conscious and subconscious mind* are always interacting and from their union come forth all our experiences, conditions, and circumstances whether positive or negative. The harmonious and peaceful interrelationship of these two phases of our mind produce health, success, and joyous living. The male element in you may be considered as your thought, idea, plan, image, or purpose; the female in you is emotion, feeling, enthusiasm, faith, and receptivity. The male and female principle exists in all of us, and this is the reason you are creative and have the power to bring forth out of the depth of yourself that which you emotionalize and feel as true within yourself. When your idea and feeling unite and become one, that one is God in action, for your Divine Creative Power is now made manifest as guidance, healing, or true place in life.

There is one Creative Power in all the world, and that Creative Power is God. When you discover the power of your thought and feeling, you have discovered the Power of God in yourself. All the trials, tribulations, sufferings, and misery of our neurotic age are due to the inharmonious interaction between the conscious and the sub-

*See *Miracles of Your Mind*, Chapter One.

conscious of men and women everywhere. When you enthrone the proper concepts and ideas in the conscious mind, these will generate the right feeling; then the mind and the heart or the male and female principle are working together in concord and unity. If our thoughts are negative, our feelings will also be negative because emotions follow thought. If your thoughts are fearful, vicious, or destructive, powerful negative emotions are g .nerated and lodged in the inner recesses of your subconscious mind. These negative emotions get snarled up and form complexes, and inasmuch as emotions must have an outlet, it is obvious that such emotions will erupt in disease and destructive mental aberrations of all kinds.

Verses five, six, and seven. The first thing you should do when you arise in the morning is to commune with God and invoke His blessings and inspirations on all your undertakings for the day. Put God first in your life. The *sons* spoken of in verse five are ideas, thoughts, plans, images of the mind; these must be sanctified by seeing to it that all your thoughts, ideas, and purposes conform to the divine standard of whatsoever things are true, noble, lovely, and of good report. Do not condemn yourself if your *sons* (thoughts) are negative, or

for getting out of sorts at times, but fill your mind with the eternal truths of God, and become recharged spiritually. That depressed feeling may be due to the influence of the great psychic sea in which we all live; the moods of fear, hate, jealousy, intrigue, and doubt are in the race mind, and in an unguarded moment these negative vibrations may enter our mind and we feel gloomy, despondent, and sad. The negative mental and emotional atmosphere of a place could penetrate your mind and dampen your spirits, inhibit your enthusiasm, and generally put the brakes on your ardor. When this happens, go within, and with the sword of truth and spiritual understanding cast out the dark and false thoughts and affirm your trust, faith, and confidence in the love and goodness of God.

Verse six. *Sons of God* represent good, constructive ideas which come out of the depths of yourself as inspiration and holy desires. *Satan* means opposition or your enemy.

You are told the enemies are of your own household or mind. You must look within for the evil one or negative thought in your mind. The supposed dialogue taking place between the *Lord*

and *Satan* as mentioned in verse seven merely means the argumentative process or spiritual reasoning taking place in your own mind whereby you cast out the opposing thoughts in your mind and accept your ideal.

The *Lord* is your dominant desire, the idea which is uppermost in your mind; it might be the desire for health, true place, or guidance you are seeking. You know that your thoughts come as pairs. You desire health, which is an affirmative and positive concept, but immediately there arises an opposing or negative concept to challenge it. You desire wealth, and an opposing thought comes into your mind reminding you perhaps that you are broke, and that all is lost, and that there is no way out. There is no devil going to and fro on the earth planting negative thoughts in our mind, but for every yea there is a nay. The so-called devil is the belief in a suppositional opposing power to God which creates a conflict in the mind causing a double-minded or unstable state. The enemy, destroyer, adversary, or devil is a belief in lack, limitation, failure, sickness, and intimations of impotency and inadequacy which you allow to creep into the mind. The devils* which

*See *How to Use Your Healing Power*, Chapter One.

bedevil you are your hates, jealousies, fears, anxieties, and tensions.

The word *Satan* means to err, to slip, to turn away from God and the Truth, and from the belief in One Power. *Satan* also means the race mind, the world mind which impinges on all of us, casting its hypnotic spell of lack, limitation, and misery. *Satan* is nothing trying to be something. You reject *Satan* when you completely rout out of your mind incisively and decisively the thought that you cannot achieve or accomplish. You must positively refuse to admit fears and doubts into your mind because these are lies about Omnipotence or God which are within you. The thought of failure is an illusion of power; it has no power.

(7) *And the Lord said unto Satan, Whence comest thou? Then Satan answered the Lord, and said, From going to and fro in the earth, and from walking up and down in it.*

Verse seven tells you that *Satan* is a myth for there is no such being going to and fro in the earth, and walking up and down in it. An old acquaintance of mine placed implicit trust in his partner; the latter proved to be deceitful and betrayed his trust in him, and absconded with all the money in the bank. My friend was strongly

tempted to resent and hate him and wish for him all manner of evil. He said to me, "I took that man in, befriended him, gave him fifty percent interest in the business without any financial consideration." He began to grow very bitter until I pointed out the dangers and the disastrous results which would follow his destructive passion of anger, hatred, and animosity. He realized suddenly and instantaneously that the enemy (devil) was not another person, but a hateful thought of his own choosing which would ultimately destroy him physically and mentally. He completely rejected the temptation to think viciously and destructively of the other, and he began to invoke the influx of the Holy Spirit into his life, claiming God's Guidance and His Love regularly and systematically. He changed his thoughts to conform to Divine Law of Love and Good Will. He blessed and prayed for his ex-partner who disappeared into some foreign country, and was never found. Every time he thought of him he said, "God be with you." Finally, he was able to meet his former partner in his mind and actually emanate a wave of God's peace to him. The acid test of forgiveness is to ask yourself, "How do I meet John or Mary in my Mind?" Do you radiate good will and

God's blessing to them? If a wave of peace or inner benediction from your heart wells up, you can rest assured you have cleansed both your conscious and subconscious mind.

(8) *And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil?* (9) *Then Satan answered the Lord, and said, Doth Job fear God for nought?* (10) *Hast not thou made an hedge about him, and about his house, and about all that he hath on every side? thou hast blessed the work of his hands, and his substance is increased in the land.* (11) *But put forth thine hand now, and touch all that he hath, and he will curse thee to thy face.*

Here *Satan* is depicted as answering the Lord, "O yes, Job is true to you (Lord) so long as all goes well with his fortune. Let something bad turn up and he will curse thee to thy face." The cry of Job is the cry of every man who walks the earth. That which I am and that which I want to be are always quarrelling in my mind. Through spiritual awareness, man can solve the problem.

There is the inner desire to grow, expand, achieve, accomplish, and move forward. There is

the Divine or Cosmic urge in all of us to release our God given powers and attributes and go forth conquering and to conquer. However, conditions, circumstances, opinions of others, and fear thoughts in our mind impede our progress. The material facts seem to preclude and obstruct the realization of our desires.

Man wants a healing, but he is told he is incurable, that the condition is hopeless; he listens to opinions of friends and becomes unduly impressed by the formidable barriers erected by them, and finally he succumbs to hopelessness and despair. This is the perennial quarrel between the lower and the higher self of man, between you and your ideal or desire, the material facts of life, the race mind beliefs challenging the spiritual aspirations, urges, and ideals within you.

Your personal lord is your dominant idea or desire, or that which commands your attention. Whatever interests you most may be considered your lord because it rules your thoughts and emotions. If you are sick, you detach your attention from all your aches, symptoms, and pains and begin to concentrate on the Healing Presence within, knowing that your whole body is being transformed by His Healing Light, feeling and knowing that

as you call upon It you receive an answer which is perfect health and harmony. Focusing your attention on God and His Healing Rays you are present with your lord.

Satan (negative thoughts) challenges you as you pray for a healing—this means fear, doubt, anxiety arises in your mind trying to dissuade you from believing in the power of God. These race mind thoughts and opinions of man will sometimes mock you and laugh at you and say to you, "It's impossible." "It's too late now." "You are too far gone." "It's hopeless." Whenever there is such a quarrel in the mind or whenever you suffer from any limitation, restriction, or sense of bondage, this is Satan or the so-called devil alongside your goal or ambition.

Dr. Phineas Parkhurst Quimby, the antecessor and father of mental and spiritual healing in this country, used the argumentative method of healing in many of his cases which is so popular today. Quimby would say to the patient, "Give me your case and I will plead for you before the Great Tribunal, and prove your innocence," and he had remarkable and amazing results. The whole process resolved itself into realizing that the sickness or disease was due to a false idea, distorted

pattern, or false direction given the mind which accepted the picture you gave it and brought forth accordingly. Quimby's process was to convince the patient that thoughts are things and that the Spirit within is God. He built up evidence for the truth showing that fear, sickness, disease are not of God, but due to negative thinking, and that these thoughts solidified and became tumorous growths, tuberculosis, etc., in the body. He explained to his patients that their fears were groundless because there is no external power, no power but God. He pointed out to his patients that God cannot be sick, frustrated, or unhappy, that the sickness, problem, or difficulty is called Satan because it denies the true spiritual values necessary for our unfoldment. The negative thought in the mind has no principle behind it, no power in and of itself, nothing to back it up; it is a shadow of the mind; it merely denies the positive values within you.

Quimby taught his patients to give all power to God and His Healing Presence. His method was to contemplate their Divine perfection and redirect their minds according to the Divine archetype of harmony, health, and peace. Remarkable healings followed this process and methodology. You overcome Satan by detaching yourself from

the world and sense evidence and being mentally present with the Wisdom and Power of the Almighty.

Let your attention rest in God and His Love remembering wherever your attention is, there the Creative Power of God moves on your behalf. All the power of the Infinite One relative to you and your desire is present and operating at that focal point of attention. This was the secret of Quimby's remarkable healings, and the same process will bring countless blessings in your life.

(15) *And the Sabeans fell upon them, and took them away; yea, they have slain the servants with the edge of the sword; and I only am escaped alone to tell thee.* (16) *While he was yet speaking, there came also another, and said, The fire of God is fallen from heaven, and hath burned up the sheep, and the servants, and consumed them; and I only am escaped alone to tell thee.* (17) *While he was yet speaking, there came also another, and said, The Chaldeans made out three bands, and fell upon the camels, and have carried them away, yea, and slain the servants with the edge of the sword; and I only am escaped to tell thee.*

Where these and other verses in Chapter One speak of Sabeans, Chaldeans, etc., they represent

thoughts of limitation, intemperance, beliefs in the power of the stars, bondage to the past, such as karma, which enter into Job's mind to plague him.

(21) *And said, Naked came I out of my mother's womb, and naked shall I return thither: the Lord gave, and the Lord hath taken away; blessed be the name of the Lord.*

Here we are dealing with the Law of cause and effect which is impersonal. It will bring forth sickness or health, peace or pain, sorrow or joy, poverty or abundance, success or failure with the same completeness. *I form the light, and create darkness: I make peace, and create evil: I the Lord do all these things.* Isaiah 45:7.

You must realize the interchangeability of *Lord* and *Law*. It is not that a God of Love creates a devil or evil. The answer is that the *Law* (Lord) is the automatic bringer of man's thoughts into manifestation. Think evil, evil follows; think good, good follows. Your mind is like water which takes the shape of any vessel in which it is poured. The vessel is your thought patterns and mental imagery which the Creative Power flows through and brings to pass in your experience. Your deeper mind called the subconscious is the fabricator

which weaves the pattern of your thoughts into your experience and conditions. Feed the mind with premises which are true, noble, and Godlike, and you will find the subconscious is your best friend providing that which is beautiful, lovely, and glorious in your outer world.

Comments on Chapter 2, The Book of Job

(3) *And the Lord said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause.* (4) *And Satan answered the Lord, and said, Skin for skin, yea, all that a man hath will he give for his life.* (5) *But put forth thine hand now, and touch his bone and his flesh, and he will curse thee to thy face.* (6) *And the Lord said unto Satan, Behold, he is in thine hand; but save his life.* (7) *So went Satan forth from the presence of the Lord,*

and smote Job with sore boils from the sole of his foot unto his crown. (8) *And he took him a potsherd to scrape himself withal; and he sat down among the ashes.* (9) *Then said his wife unto him, Dost thou still retain thine integrity? curse God, and die.*

The test of your faith and trust in God is how do you react in adversity, catastrophe, tragedy, or death of a loved one? When everything goes wrong, when sickness strikes, how do you respond? This is the time when you should apply your knowledge of the laws of mind by keeping your eyes on the goal, on what you desire. Believe it is yours now because you feel it in your heart. Your desire is as real as your hand, accept it, and you will see it appear on the screen of space. In the backfield, if you fall down you have to get up smiling because you know the next time you play, victory will be yours.

When things are running smoothly and man is waxing rich, he is inclined to relax, take matters easy, and cease to pray. However, when trouble comes, he begins to ask all kinds of questions such

as, "Why did this happen to me?" "I was not thinking of this disease at all." "I never heard of it." "I hate no one." "I have done good all my life." "I gave to the poor." "I go to church." etc.

Verses six and seven point out that Job was covered with boils from the sole of his foot unto his crown. In verse nine Job's wife says to him to curse God and die. Your wife is your feeling, emotion, reaction; man sometimes curses God when his child dies, or when some misfortune comes into his life. What man needs is a clear understanding of the law of his own being which is *it is done unto him as he believes.*

Belief is a thought in the mind. A man may be a regular communicant or attendant at his church, he may observe all the rules, rites, rituals, and ceremonies, and still suffer sickness, tragedies, and all kind of seeming misfortunes. It is the way man thinks, feels, and believes in his heart that matters; in other words, the inner movement of the heart is always made manifest. Thus a man may be a good Buddhist, Moslem, Christian, or Jew, and adhere to the basic tenets of these religions and yet suffer misery, pain, and penury. *As a man thinketh in his heart, so is he.* Your heart is a

Chaldean word meaning your subconscious mind—the seat of your feelings and emotions.

I knew a woman who was very good from the world's viewpoint. She went to church regularly, gave liberally to charities, visited hospitals, also gave free lessons in music to poor children in the neighborhood, yet she was crippled with arthritis. She told me that she believed God was punishing her because she had sinned forty years previously. I also discovered she dreaded death because she feared she would be judged and found wanting; she believed in a literal hell. In addition, she secretly hated her daughter-in-law, but gave her lavish presents at Christmas-time and Easter, and went out of her way to show her apparent kindness to her. What she was really doing was a form of subconscious compensation to appease her deep sense of guilt because of her suppressed hatred for her daughter-in-law.

Her external profession of faith in such and such a church is not what the Bible is talking about, it means your real inner attitude, inner feelings, and movements of the mind. Her negative thinking generated destructive emotions, and these negative emotions snarled up in the subconscious must have an outlet, so her destructive emotions came

forth as arthritis. Her devotion, allegiance, and loyalty to her particular church or creed was of no avail. *According to your faith is it done unto you*—this is the law mentioned in the Bible.

Faith is a way of thinking, an inner attitude, a feeling, or inner awareness. A man can have faith in failure, success, misfortune, and poverty, and he will express all these states in his life. This is faith in reverse. Faith is what you behold, agree with, and accept in your mind; actually it is a thought in your mind, and thoughts being creative, we create what we think for man is belief expressed. We create what we really believe in our mind and heart. It is what you really believe deep down in your heart that is important, not that to which you merely give formal or intellectual assent.

The healing of the above-mentioned woman took place following a lengthy explanation plus prayer. In the beginning she was obdurate in her refusal to believe in a God of Love, and I wondered at the obtuseness of her brilliant mind. Her whole religious attitude seemed to be tainted with moral obliquity. She admitted that she wanted a healing, but thought that God wanted her to suffer for her sins. I explained to her that thoughts were things and that if she believed that God poured

out his wrath upon her, that the Creative Force would respond according to the nature of her thought, and that actually she was punishing herself. Gradually it dawned in her mind that the law of her mind was simply action (thought) and reaction (response to thought) by her subconscious mind. Her good and evil experiences were simply movements of her own mind relative to the life-principle forever whole and perfect in itself. She began to see as Judge Troward, author of *Edinburgh Lectures,* pointed out that God is all there is, and that God is Infinite, and that it is mathematically and scientifically impossible to have two Infinites. If there were two powers one would cancel out the other, and there would be nothing but chaos and constant friction and strife. If there were some power to challenge God, God would not be Supreme or Omnipotent. *Hear, O Israel: The Lord our God is one Lord.* Deut. 6:4.

She finally agreed that undoubtedly her mental states were projected into her body and external experiences. Her prayer was as follows: "The Healing Intelligence which created me is focused at the exact spot in my mind where the trouble is, and all mental and physical distortion is removed. Divine Love dissolves everything unlike itself, and

I am relaxed and at peace. His River of Peace is saturating and permeating my whole being, and I am relaxed and at peace. His River of Peace floods my mind and body, and I feel wonderful. I fully and freely forgive everyone, and I pour out His Love and Blessings on my daughter-in-law and all those around me, and I am free."

She affirmed these truths slowly, quietly, reverently, and lovingly several times a day, and a complete healing followed in about a month's time.

The Bible says, "Except ye repent, ye shall likewise perish." To repent means to change your thoughts according to spiritual standards, to think in a new way. If you do not fill your mind with nourishing, sustaining, wholesome, inspiring ideas, in other words, if you do not do your constructive thinking, the race mind or great psychic sea in which we live will impinge itself in your consciousness, and you will be governed and at the mercy of the race mind. We are all immersed in the one mind, and if the only mental foods you receive are the negative suggestions of radio, newspapers, and neighbors, further modified by the limitations, fears, and troubles of the race mind which impregnate your mind, you succumb to the mass hypnotic spell of the world mind around you, ex-

cept you assume control and direction of your mental and emotional forces. This is why so-called good people suffer so much misery in their life.

If you are indifferent, careless, indolent, and lazy, and refuse to fill your mind with the truths of God, the negative thoughts, moods, and beliefs which enter into the unguarded mind impregnate the subconscious, and as we sow, we reap. When you are ignorant or unaware of the mental laws, you may attribute your unpleasant experiences to chance, fate, bad luck, karma, or destiny instead of realizing that behind every effect there is a cause. You must realize that the rain falls on the just and the unjust, and the sun shines on good and bad men with equal radiance. God is no respecter of persons. The difference between men is due to their state of consciousness, and their state of consciouness consists of what they think, feel, believe, and give mental consent to. This is why some are sick, others healthy, why some are poor and others rich, some sad and others bubbling over with the joy of life.

To believe in certain rituals, liturgies, creeds, dogmas, traditional concepts, formulations, and opinions of man is not the answer, but it is to believe in a God of love, goodness, and everlasting

righteousness. You must believe that the will of God for us is more and more of life, love, truth, beauty, abundance, and wonderful experiences transcending our fondest dreams. This is real belief because you believe in the goodness and love of God which is true faith in the bliss, joy, wholeness, beauty, and perfection of God. Your faith is now in God and in all things good, and all things work together for good to them that love God. You are now of the true faith because you believe in the Truth about God, and you live in the joy of the expectancy of the best—only the best shall come to you.

(11) *Now when Job's three friends heard of all this evil that was come upon him, they came every one from his own place; Eliphaz the Temanite, and Bildad the Shuhite, and Zophar the Naamathite: for they had made an appointment together to come to mourn with him and to comfort him.*

These *three friends* represent tradition, doctrine, and dogma when undisciplined and running rampant. The undisciplined, untutored, and unregenerate mind of man splits up and becomes disorganized and completely confused under the dominance of the three so-called friends whose real names are fear, ignorance, and superstition. Job is

really being tormented by his own split personality which reflects the opinions of the world rather than the truth which makes you free.

You must become redintegrated with faith and confidence in the God-Presence within, letting the spirit of wholeness, beauty, and perfection flow through you in transcendent loveliness, transforming your mind and body into God's perfect pattern on the mount. The mind must no longer be permitted to set up strange doctrines based on false theories and false gods, such as, the dichotomy of spirit and matter, flesh and spirit, God and a devil, etc. Mental invasions and intrusions of fear propaganda, sickness, disease, and the fears of the world must be met and disarmed by the awareness of the Presence of God in you—the only Cause and the only Power. You take your instructions and orders from Divine Intelligence rather than from the world and its false beliefs.

Begin now to thing, speak, and act from the standpoint of God's Love and Wisdom within, rather than from the superimposed edifice of fear, doubt, and worry. In this way you will begin your trek back to God in the midst of you which is mighty to heal.

Comments on Chapter 3, The Book of Job

(1) *After this opened Job his mouth, and cursed his day.* (2) *And Job spake, and said,* (3) *Let the day perish wherein I was born, and the night in which it was said, There is a man child conceived.* (11) *Why died I not from the womb? why did I not give up the ghost when I came out of the belly?* (12) *Why did the knees prevent me? or why the breasts that I should suck?* (13) *For now should I have lain still and been quiet, I should have slept: then had I been at rest.*

One of the purposes of the Book of Job is to explain the different opinions which people have of God. Here Job in his suffering regrets that he was born and wishes he were dead. Chapter three to thirty-two are all about the quarrel which goes on in us as we come to grips with the world beliefs and opinions (Satan); apparently whatever evils and misfortunes befell Job as regards his prop-

erty, family, and health were all caused by this adversary called Satan. His misfortunes are enumerated in the order as they rank in the average man's estimation. It is customary for men to extol and sing praises to God for His benevolence and blessings when they are prospering and healthy, but when troubles come as described by Job, it is the reverse, murmuring and complaining of injustice; oftentimes execrations and maledictions pour forth from their mouths.

Satan is derived from the same root as seteh which means, "turn away"; it implies the notion of turning away or detaching your attention from a thief; fear thoughts if entertained will tend to turn you away from your abiding faith in God and all things good. If you visit a sick friend and the thought of catching that disease comes to your mind, you must supplant it immediately with the belief in perfect health, for God cannot be sick, and what is true of God is the real truth about you. If you let the picture of the other's ailment dwell in your mind, you are being tempted to engage your mind on an image of sickness. The same idea is contained in the passage, *For the imagination of man's heart is evil from his youth.* Gen. 8:21.

Our thoughts come in pairs, such as health and

sickness, wealth and poverty, peace and pain, love and hate. In ancient writings these are referred to as the two angels, or the good and evil inclinations in all people. The negative thought, the evil inclination, the adversary, and the angel of death mentioned in the Bible are identical in meaning. Every person is accompanied by two angels, one being on his right side, one on his left; this is like saying that every desire or wish you have brings with it a negative or opposing thought. For example, you are called on to meet the mortgage and you haven't the money; the desire for God's wealth is real and natural for you, but the negative factor arises in your mind reminding you of your limitation and difficulties. When you are in a quandary, perplexed, and confused, the negative thought is in your mind together with your positive desire. In prayer you hold up the fearful anxious thoughts to the Light, realizing that these negative thoughts are a conglomeration of sinister shadows and that a shadow has no power. You convince yourself that there is but One Power, and because it is omnipotent, it cannot have any antagonists, opposition, or challenger. Your mind then begins to move as a unity, and you ascribe all power to God, and He who gave you

the desire will also reveal to you how to bring it to pass in Divine Order.

Judge Troward, in his writings on mental science, points out that your desire has its own mathematics and mechanics with it, and as you sustain it with faith, your desire will come to pass in the right time and in the right way. You bring suffering on yourself by your own wrong thinking, by misapplication and misinterpretation of universal laws. When we fail to pray aright and give attention to the eternal spiritual values of life, pain, misery, and suffering come to remind us of our negligence, indifference, apathy, or slothfulness. Our limitations, problems, and difficulties cause us to seek answers, and in this way we discover the Divinity within.

If the cross word puzzle were all made out for you and all you had to do was to copy the answers, you would soon get bored and jaded. The thrill, the joy, the satisfaction comes in solving the puzzle in the same way as an engineer rejoices when he has successfully spanned the chasm which he was told was impossible. His joy was in overcoming the problem. The Book of Job is really a universally acclaimed classic because it portrays (like the Hindu *Bhagavad-Gita*) the battle which goes

on continually in the field of your consciousness (visible and invisible). It is really your story helping you to get an objective view of yourself.

Job has lost the guidance of God and Divine Wisdom which automatically protected him in his youth.

(16) *Or as an hidden untimely birth I had not been; as infants which never saw light.* (17) *There the wicked cease from troubling; and. there the weary be at rest.*

Job's friends are tradition, dogma, doctrine (customs, religion, and opinions), and in his mind they concur that he is a sinner because he is nearly dead and fit but to be buried. These arguments take place in the mind of Job in his search for God and His Truth. The questions and answers are repeated, mixed up, and interrupted by Job's description of his acute pain and troubles which had come upon him in spite of his righteousness, charity, and good acts. The answers which Job receives from his friends are exhortations to patience, and speeches intended to make him forget his grief.

Comments on Chapter 4, The Book of Job

(1) *Then Eliphaz the Temanite answered and said,* (2) *If we assay to commune with thee, wilt thou be grieved? but who can withhold himself from speaking?* (8) *Even as I have seen, they that plow iniquity, and sow wickedness, reap the same.* (9) *By the blast of God they perish, and by the breath of his nostrils are they consumed.*

ELIPHAZ typifies the intellect and approach to God with its complete line of theories about God, existence, and justice. Job is really tormented and persecuted by his own fears, doubts, self-criticism, and self-condemnation which reflect the opinions of the world rather than the awareness of the Truth which would set him free.

(14) *Fear came upon me, and trembling, which made all my bones to shake.* (15) *Then a spirit passed before my face; the hair of my flesh stood up;* (16) *It stood still, but I could not discern the form thereof: an image was before mine eyes,*

there was silence, and I heard a voice, saying, (17) *Shall mortal man be more just than God? shall a man be more pure than his maker?*

Here Job is asleep to wisdom and cries out for an explanation. He fears until the hair of his flesh stood up. Creed and dogma represented by Eliphaz are of no avail to Job in his suffering; he gets no answer. Eliphaz tells him that they that sow wickedness reap the same. Such a statement is no comfort to a man whose body is wracked with pain. Moral precepts are not enough.

The plot of Job is a test to see whether man really knows God, or when adversity and tragedy strike he will denounce and reject the concept of God. This is really what the story is all about. A man may be very religious from a worldly standpoint; he may be a good Catholic, Protestant, Jew, or Buddhist, or any other religous faith, he may follow all the rites, rituals, ceremonies and be a regular attendant or communicant of the particular church, yet he may suffer the tortures of the damned.

I have just returned from a visit to a hospital to see a man who is crippled and suffering great pain. He told me how he taught Sunday school for forty years, how he worked for the Boy Scouts,

helped the crippled children, and performed countless generous and magnanimous deeds, yet he had a so-called incurable disease, lost vision of one eye, and his hearing was almost gone. He said to me, "Why am I suffering? I am a good Christian, and have done a lot of good. Why is God punishing me?"

He cried out like Job and asked the same questions. In talking to him for over an hour, I discerned he had hated a business associate for thirty years. He was warped by a vengeful and malicious emotion and obdurate in his refusal to forgive; he invoked imprecations and maledictions on this associate. This state of consciousness was his real religion; your thoughts, feelings, and inner beliefs represent your religion or relationship to life which is always perfect and whole. It was done unto him as he believed.

The law of life is the law of belief, and belief is a thought in your mind. His thoughts of the other man were hateful, spiteful, and vengeful, which generated a destructive emotion in his subconscious mind where it was snarled up, and inasmuch as these emotions of hate, jealousy, and vengeance must have an outlet, they came forth

in him as bodily disease. The reason why some people are sick and others healthy is due to the difference in their belief. It is your real inner subjective beliefs which are made manifest. Your real and true religion was explained thousands of years ago. *As a man thinketh in his heart, so is he.* An ancient sage said, "When you name it, you cannot find it, and when you find it, you cannot name it."

How can you place a sectarian label on peace, love, joy, wisdom, understanding, patience, kindness, good will, justice, illumination, divine wisdom and compassion? These are qualities, attributes, and potencies of God and they belong to all men. As you begin to express these qualities of God, you are beginning to build the Kingdom of God on earth. Your external attachment to a particular church, group, or religious organization is not of primary importance; the acid test of your religious faith is the way you feel in your heart. If you are friendly with God, if you love the Truth, if you are loyal to God, if you radiate love and good will to others, if you are happy, joyous, and free, and living in the joyous expectancy of the best, you have a marvelous religion regardless of whether you belong to any church

or not. *Go thy way, and as thou has believed, so be it done unto thee.*

What will you believe in? You are told to believe that God is Wonderful, the Mighty God, the Everlasting Father, the Counsellor, and the Prince of Peace; therefore you should begin now to believe that God is your loving Father who watches over you, guides, and directs you, sustains and strengthens you, and that His Love fills your soul. Believe that God is a lamp unto your feet and a Light on your path. Believe in the abundant life and that the will of God for you is something transcending your fondest dreams. The Bible is not telling you to believe in creeds, dogmas, traditions, churches, or a certain theology; on the contrary the truths of the Bible existed before any church ever existed or before any man ever walked the earth. The principles underlying radio, television, radar always existed. Moses and Jesus could have used loud speakers and jet planes in their journeys. The eternal verities, the qualities of God and His Law are the same yesterday, today, and forever. God and His Law change not, man is variable and inconstant. God and His Truth are immutable, changeless, timeless, and ageless. Love, Wisdom, Joy, Beauty, Intelligence, Harmony, Di-

vine Order were never born and will never die. The only true religion in the world is to express the truth about God.

What is true of God is true of man for man and God are one. There is only One Being and man is that Being in expression; the qualities and powers of the Father must be in the son, therefore we should claim our sonship now and release the imprisoned splendor that is within. When someone asks you what is your faith, you should reply that you have faith in the infinite goodness of God, in His embracing Love, in Eternal Life, in perfect health, in God's abundance and unfailing supply. Announce that you have implicit faith in the law of God which always responds to the nature of your thought (your request). You have faith that when you ask for bread, God your loving Father will not give you a stone; you know in your heart that when you ask for a fish, He, your Loving and Beneficent Father will not give you a serpent. You have faith in the good for God is infinitely good and perfect. Let this answer suffice.

I talked along the above lines to the aforementioned sick man, and he responded after a rather lengthy discussion. He entered into the spirit of forgiveness and invoked the blessings of

the Almighty on his partner and on himself. For about ten minutes he called out loud affirming, "God's Love fills my mind and body." A remarkable mental and physical change has taken place, and I feel sure as I write this that he will experience God's grace and a perfect healing. Love in the heart carries love to all the cells of the body, and then only God dwells therein, and God is Love. Love within, Love without, Peace within, Peace without.

In verse sixteen Eliphaz, lost in form, ritual, and doctrinal concepts of God vaguely senses God as a dispenser of justice, he beholds an image surrounded by a silence from which emanated a voice which prates without wisdom.

Comments on Chapter 5, The Book of Job

(7) *Yet man is born unto trouble, as the sparks fly upward.* (17) *Behold, happy is the man whom God correcteth: therefore despise not thou the chastening of the Almighty:*

Eliphaz sees but does not understand as he simply deals with externals and materialistic concepts of causation. He does not understand that all suffering is due to reaction of the subconscious mind to our negative thinking or our failure to think constructively, because if we fail to give harmonious and constructive patterns to our deeper mind, and if we neglect to feed our mind with premises which are true by dwelling on whatsoever things are lovely and of good report, we must needs suffer accordingly. If we do not choose and select our thoughts, ideas, and mental images, the race mind, or the newspapers, or other people will control our thinking and our moods.

(22) *At destruction and famine thou shalt laugh: neither shalt thou be afraid of the beasts of the earth.* (27) *Lo this, we have searched it, so it is; hear it, and know thou it for thy good.*

Choose your own thoughts and your own emotions, or the world with its vainglory, fears, doubts, hates and jealousies, intrigue and confusion will push you around, and you will be a slave and not

a master. Ignorance rules where Wisdom is absent, and ignorance is Satan which is the despoiler of your soul. Idle and futile is the voice of fear when it clamors for peace. Love responds to the call of love for *deep calleth unto deep.*

Comments on Chapter 6, The Book of Job

(1) *But Job answered and said,* (2) *Oh that my grief were thoroughly weighed, and my calamity laid in the balances together!* (6) *Can that which is unsavoury be eaten without salt? or is there any taste in the white of an egg?*

Job's reply is that Eliphaz is just preaching, he is saying in effect that he knows he is going in the wrong direction but he wants to be shown wherein he is wrong, and he lets it be known in a rather contentious and churlish fashion by saying to

Eliphaz that his arguments are as insipid as the white of an egg.

(11) *What is my strength, that I should hope? and what is mine end, that I should prolong my life?* (12) *Is my strength the strength of stones? or is my flesh of brass?* (13) *Is not my help in me? and is wisdom driven quite from me?*

Here Job strikes spiritual fire when he says, "Is not my help in me? and is wisdom driven from me?" It is beginning to dawn in his mind that God is within him. Eliphaz, the traditional concept of an anthropomorphic being, believes in a God in the skies or somewhere outside. Of course, God is everywhere, inside and outside, for Life or God is omnipresent. When I was a boy studying catechism, I was told that an atheist was a man who did not believe in God, but when I asked the whereabouts of God, I was told he was on a throne in heaven and if I were a good boy and did not commit mortal sins, I might possibly go there and see Him some day and play the harp. I must have been an atheist when I was very young, because I did not believe in the answer, but I knew that some day I would get answers. I discovered that the teacher of catechism did not seem to know anything worth while, that no one knew anything.

They had words without meaning, prayers without understanding, religion without science, beliefs without knowledge, faith without feeling, God with a devil, and heaven with hell.

In verse twenty-four Job pleads, *Teach me, and I will hold my tongue and cause me to understand wherein I have erred.*

You ask for bread, and the world gives you a stone in the way of false information based on fear, ignorance, and superstition which are also representative of Job's three friends. You are told the reason you are sick is because you are a miserable sinner, or God is punishing you, or He is testing you, and this explanation makes you feel worse than before. You asked someone why your child died, and he said, "It is God's will." This you found hard to believe and perhaps you cursed God and deserted your church and became an atheist.

I have known cases where children died because parents were careless, indifferent, and unwilling to spend the money to call a physician who would have undoubtedly saved the lives of these children —these same people said it was God's will. To say that death for a child is the will of God is blasphemy. Life cannot wish death. God is Life

and Life loves to manifest itself as bliss, harmony, joy, beauty, love, peace, order, and symmetry. The will of God is the nature of God, and His will for us must of necessity be something wonderful, miraculous, glorious, and ecstatic.

Job says to Eliphaz "teach me," which means that it is an argument between your lower self and your higher self or between you and your desire. You are Job trying to resolve the problem of suffering, sickness, and realize your heart's desire. You must reason with clarity of perception and the sword of spiritual awareness casting out all false theories, beliefs, and doctrines, and stand firm on the rock of One Spiritual Power—your own consciousness which is lord and master of your world. Cremate, burn up, consume incisively and decisively all negative thoughts, fears, doubts, anything and everything that challenges the realization of your desire. Realize omnipotence moves in your behalf and nothing can stay its power, therefore you wait joyously, patiently, and enthusiastically for the answered prayer.

Comments on Chapter 7, The Book of Job

(11) *Therefore I will not refrain my mouth; I will speak in the anguish of my spirit; I will complain in the bitterness of my soul.*

Here Job touches the depths. This is the time to look up unto God and the things that are God's, that is dedicate your thought, your desires, your plans to God and claim divine order, harmony, and love are flowing through you. As you do this, the Spirit will take you forward to victory, freedom, and accomplishment. "Why? Why?" was Job's cry as you find generally when misfortune comes upon people. The familiar echo is, "Why did God do this to me? I have been so good."

Comments on Chapter 8, The Book of Job

(1) *Then answered Bildad the Shuhite, and said,* (2) *How long wilt thou speak these things? and how long shall the words of thy mouth be like a strong wind?* (3) *Doth God pervert judgment? or doth the Almighty pervert justice?* (4) *If thy children have sinned against him, and he have cast them away for their transgression;*

BILDAD means son of contention, the type of mind which believes you are being punished by God for your sins as set forth in many orthodox ecclesiastical theories. You are not punished for your sins but by your sins which is an automatic reaction of your subconscious to your habitual thinking. The word sin means to miss the mark or failure to get an answer to your prayer. Your sin is your failure to lead a full and happy life. When you fail to hit your mental target or the goal you set in life, you sinned, or missed your

mark. Identify yourself mentally and emotionally with your ideal, exalt it in your mind, woo it, and claim it boldly, and the Almighty Power in you will respond and bring it to pass. All punishment and suffering are self-inflicted consciously or unconsciously.

There was a young boy, sixteen years old who constantly missed getting a job—there was always someone there before him. He missed his mark (job) about eight or nine times. He decided to pray about it, and on his next interview for a position he found there were fifteen other boys there. An idea emerged spontaneously from his subjective depths and he wrote it down on a piece of paper and gave it to the secretary who in turn gave it to the manager. He read the message which said, "I am the fifteenth boy in line, be sure you don't hire anyone until you see me." He got the job.

I talk to people who are ill and they say, "Oh, it is my karma. It is being accelerated because I am developing spiritually." Some are quite adamant and disputatious about these peculiar beliefs. This specious type of reasoning is designed to take you in and fool you. Many of these people have a martyr complex, and believe that God has singled them out for punishment for some inscrutable rea-

son. This type of reasoning is indeed a poor comforter, nevertheless it is all too prevalent. Everything we experience is a reaction of our habitual thinking and beliefs, whether conscious or unconscious. We can experience nothing that is not a part of our own consciousness. Your state of consciousness is the way you think, feel, believe, and whatever you give mental consent. You are immersed in the collective unconscious mind into which all the people in the world are pouring forth their thoughts, beliefs, fears, hates, hopes, and irritations. All the intrigue, jealousy, invidious and iniquitous schemes hatched in the fetid brain of man are being sent forth into this mass mind also; you are a receiving and broadcasting station, and being in the race mind, you must keep prayed up, otherwise the fears, doubts, anxieties of the race mind will fill your mind and reach a point of precipitation coming forth as sickness, disappointment, and troubles of all kinds. It is just as essential to cleanse your mind as well as your body, otherwise your mind will get full of the mental debris of the world.

Comments on Chapter 9, The Book of Job

(16) *If I had called, and he had answered me; yet would I not believe that he had hearkened unto my voice.* (17) *For he breaketh me with a tempest, and multiplieth my wounds without cause.* (18) *He will not suffer me to take my breath, but filleth me with bitterness.*

Job bemoans his fate and finds no comfort or light in the orthodox mouthings of formal creeds which to him seem to be nothing but an opiate putting people asleep to the truth that God dwells in him and all His Wisdom, Power, and Love are available to man through His thought and feeling. If you postulate powers outside the one Power, you are no longer loyal to God, you no longer love God. To love is to be faithful, loyal, giving allegiance to the one Presence, then the Holy Spirit will move through you as health, harmony, peace, abundance, and security. You are here to sing the

song of triumph. *When the morning stars sang together, and the sons of God shouted for joy!*

Comments on Chapter 10, The Book of Job

(8) *Thine hands have made me and fashioned me together round about; yet thou dost destroy me.* (9) *Remember, I beseech thee, that thou hast made me as the clay; and wilt thou bring me into dust again?* (10) *Hast thou not poured me out as milk, and curdled me like cheese?*

Here Job engages in a lot of self-pity and attributes all his misery to entire neglect on the part of God, and that after having created him, He does not take any notice of him. Dr. Phineas Parkhurst Quimby, the antecessor of mental and spiritual healing in this country, pointed out over a hundred years ago that your religious beliefs can cause diseases of all kinds. In analyzing the ailments of his patients, he discovered that their re-

ligious beliefs contained dangerous seeds of superstition, ignorance, and fear, all of which are highly detrimental to man's unfoldment.

Life is progression and all suffering and misery you have are due to Life's reaction to your failure to move onward and upward. Any mental retrogression or stagnation will bring about conflict and pain because you are here to grow, and if you are willful, self-satisfied, rebellious, and refuse to let life, love, truth, and beauty flow through you, pain is the result in order to remind you to remove the block and let the *healing forces* flow through you.

Dr. Quimby discovered that when false beliefs confine the God-Power, the phenomena known as disease occurs in the body forcing you to seek the cause of the trouble, and in so doing the process of growth is stimulated and carried on. The search like that of Job must forever continue until all men learn that the cause of all sickness and unhappiness originates in man's own mind. As you keep on seeking the answer a light will break. Faith, the know-how in Spirit will gain victory!

When you are depressed, despondent, and gloomy you must proceed to build a new mansion in the mind. Draw on the qualities which are resident within you. Begin to become amiable,

sociable, kindly, and radiate good will to all; have faith in an everlasting Law which causes the sun to shine and brings the stars nightly to the sky. When you draw out the qualities of love, good will, and humor, you are building a new structure in your mind and you will inhabit this new building just the same as the man who is building a new home with bricks and stone will live in it.

Comments on Chapter 11, The Book of Job

(1) *Then answered Zophar the Naamathite, and said,* (5) *But oh that God would speak, and open his lips against thee;* (6) *And that he would shew the secrets of wisdom, that they are double to that which is! Know therefore that God exacteth of thee less than thine iniquity deserveth.* (7) *Canst thou by searching find out God? canst thou find out the Almighty unto perfection?*

ZOPHAR means chirping, peeping, twittering; he is one of Job's three friends previously explained. We might elaborate a little further and say that these three friends, depicted as trying to comfort Job, merely represent phases of intellectual, traditional mental thought and false reasoning. This is why they fail to find any remedy for his afflictions. It is a case of the blind leading the blind, and they both fall into the ditch. They show Job that he is wrong, but cannot reveal the right way. Zophar is the type of mind that holds on to old, obsolete ideas and reasons from their standpoint he is seeking unto the dead.

The formal religionist will point out the evil appearances and condemn the sinner. Spiritual understanding alone gives the answer and shows you the way to peace, joy, and happiness. The enlightened or spiritually illumined mind holds up a spiritual standard for those he wishes to help instead of calling attention to and thereby magnifying apparent evil. Zophar reproves Job, saying in effect, "You are lucky it is not worse for God

is exacting of you less than your sin deserves." What was Job's sin? He was using his mind wrongly, permitting beliefs and opinions of the world to muddy his consciousness and tip the scale in the wrong direction. Trouble comes to Job for he does not know how to control the conscious mind.

Zophar holds that God's will is the cause of everything that happens; no further cause can be sought for His actions, and it cannot be asked why He has done this and why He has not done that. In other words the Zophar state of consciousness says, "Don't try to understand God. It is too much for you. Just accept your ill fortune." This attitude is the typical three-dimensional objective consciousness, a matter-of-fact concrete approach which says you must not try to go into secret matters. The worldly materialistic type of mind is suspicious of mind phenomena and hence fights shy of all such ideas. It is true, of course, that the finite mind of man cannot completely comprehend the nature of God, for God is Infinite Being. *Canst thou by searching find out God? canst thou find out the Almighty unto perfection?*

(8) *It is as high as heaven; what canst thou do? deeper than hell; what canst thou know?*

While we cannot know all about God with our

finite mind, we can learn much about the way it works in our own life. We can learn that Infinite Intelligence responds to the nature of our thoughts, that thoughts are things, that what we feel we attract, that what we contemplate we become, that any idea which we charge with feeling and enthusiasm will become objectified in our own life. There is much to learn about our subconscious mind and the way it works, and the study of our inner nature and laws of our being is endless.

Comments on Chapter 12, The Book of Job

(1) *And Job answered and said,* (2) *No doubt but ye are the people, and wisdom shall die with you.*

Job answers the bombastic and verbose Zophar rather sarcastically in what amounts to these terms, "You think that you know it all and wisdom shall die with you."

Comments on Chapter 13, The Book of Job

(3) *Surely I would speak to the Almighty, and I desire to reason with God.* (4) *But ye are forgers of lies, ye are all physicians of no value.* (5) *O that ye would altogether hold your peace! and it should be your wisdom.*

In this chapter Job holds on desperately to his integrity (beingness). He would speak to the Almighty and desires to reason with God, but his friends (body, mind, and emotion) are forgers of lies. *O that ye* (fears, opinions, false beliefs) *would altogether hold your peace!* Be still, and it—this state of mental quietness and confidence in the presence of your good (God) should be your wisdom (right course of action). Job senses the very heart of spiritual demonstration, the secret of prayer which is to cleanse your mind of false beliefs, and what you need comes forth; for we must understand that in working with spiritual

law we are bringing out concretely that which already is (as an idea, a seed which comes forth according to your mental acceptance). The sin of Job consisted essentially in magnifying obstacles, and so the thing he greatly feared came upon him.

(15) *Though he slay me, yet will I trust in him: but I will maintain mine own ways before him.*

Like a material scientist Job believes in the possibility of the execution of his idea; he is keeping up his search for the Great Cause—the One God who shall be his salvation.

Comments on Chapter 14, The Book of Job

(1) *Man that is born of a woman is of few days, and full of trouble.* (2) *He cometh forth like a flower, and is cut down: he fleeth also as a shadow, and continueth not.* (3) *And dost thou open thine eyes upon such an one, and bringest me into judgment with thee?* (4) *Who can bring a clean thing out of an unclean? not one.*

Job admits he does not understand the mystery of iniquity (how mind works). All those living in the race mind full of unknown fears, foreboding, false beliefs, etc., will be full of trouble until they awaken to the presence and power of God within them and redirect their thought life and emotions along Godlike channels. All of us are born into limitation, i.e., we are born into the traditional beliefs of our parents and all that our environment represents. The child is subject to the mental atmosphere and emotional climate of the home. All of us are in a vast mental sea called the collective unconscious or race mind which impinges on our mind regularly until we awaken to the spiritual truth of our own sovereignty and take charge of our own mind; then we are born again into new mental and spiritual world.

You are born of woman (worldly beliefs, feelings, and prejudices) and full of trouble when you are unawakened to your spiritual capacities. When you take over the government of your mind you will immediately eradicate and expunge from

your consciousness all false beliefs, fears, hates, and bickerings—disease and misery will vanish away.

To change your mind is to change your world and you do this by trusting the One Spiritual Power which you can contact through your thought rejecting completely all belief in powers outside your own consciousness. You will come to the conclusion that your consciousness is God relative to your world, and that everything you experience comes forth from your consciousness which is the sum total of your conscious and subconscious beliefs.

Comments on Chapter 15, The Book of Job

(6) *Thine own mouth condemneth thee, and not I: yea, thine own lips testify against thee.* (7) *Art thou the first man that was born? or wast thou made before the hills?*

"Cheer up," says Eliphaz, "Don't complain, others went through this before you were born." The discourse of Eliphaz in chapter fifteen is banal, boresome, and didactic. He holds that the fate of Job was in accordance with strict justice, that Job was guilty of sins for which he deserved his fate. Eliphaz therefore says to Job, "Is not thy wickedness great, and thine iniquities infinite?"

(14) *What is man, that he should be clean? and he which is born of a woman, that he should be righteous?* (15) *Behold he putteth no trust in his saints; yea, the heavens are not clean in his sight.* (16) *How much more abominable and filthy is man, which drinketh iniquity like water?*

The blatant, iniquitous, and mordant mouthings of Eliphaz are repulsive to the Inner Self. No wonder Job, in chapter sixteen, verses one and two says, "I have heard many such things: miserable comforters are ye all." These comforters are miserable because they do not know how to explain to Job the meaning of *Except ye repent, ye shall likewise perish.* Except you change your mind, get

a new concept of God and a new interpretation of life, and begin to think in a new way, change your thought and keep it changed, you too, will be subject to the law of averages, or the importations from the race mind which reach a climax in our mind bringing all kinds of trouble in their train. You must keep prayed up and establish counter convictions to all the race mind beliefs. The word repent means to think in a new way, to turn back to God, and to think God's thoughts after him.

Comments on Chapter 16, The Book of Job

(4) *I also could speak as ye do: if your soul were in my soul's stead, I could heap up words against you, and shake mine head at you.*

Job says he could speak idly to no real purpose. He is weary of the explanation that his woes are due to his wickedness.

Comments on Chapter 19, The Book of Job

(16) *I called my servant, and he gave me no answer; I intreated him with my mouth.* (17) *My breath is strange to my wife, though I intreated for the children's sake of mine own body.* (20) *My bone cleaveth to my skin and to my flesh, and I am escaped with the skin of my teeth.* (21) *Have pity upon me, O ye my friends; for the hand of God hath touched me.*

To his desperate appeal for help, Job perceives the invidious and specious type of reasoning and realizes it is nothing but pollyannish pratings about "God is Love," and all will be right eventually. Leverage is lacking. Job still does not know the science of mind, and how it works.

He calls his servant (mind), and gets no answer. His mental attitude is not yet conditioned to confidence in the One Spiritual Power within him. His breath is strange to his wife. Your wife

is the ideal you wish to marry mentally and emotionally unite with. Like Job you might like to marry or unite with the idea of perfect health. You have to get into the feeling of health, and as you begin to rejoice in the fact that the Infinite Healing Presence is now restoring you to perfection, you will get the feeling of health, and the feeling of health produces health in the same manner as the feeling of wealth produces wealth.

Job's breath (his life force, enthusiasm, faith) has not yet been infused into his idea or desire; he has not yet surrendered mentally to the Omnipotence of God. Hence, even his familiar friends—*My familiar friends have forgotten me* — verse fourteen—(sense of security, health, peace) have forgotten him inasmuch as he is incapable of believing in these qualities of God in his heart.

(25) *For I know that my redeemer liveth, and that he shall stand at the latter day upon the earth.*

Job senses intuitively now that his Redeemer (the Presence of God) liveth and that his awareness of the Intelligence and Wisdom of God within him and his faith in Its response to his prayer shall stand at the latter day upon the earth. All of which means that he shall experience on the

outside (his body and environment) what he feels and claims as true on the inside.

(26) *And though after my skin worms destroy this body, yet in my flesh shall I see God.*

Job senses something is stirring toward objective manifestation in much the same way as in embryology the child may have been conceived though to fleshly sense no signs are as yet in evidence. You should walk in confidence that your desire (seed) has taken root in your subjective mind which contains the Presence and Power of God, and that it will come forth in divine order.

(27) *Whom I shall see for myself, and mine eyes shall behold, and not another; though my reins be consumed within me.*

In all this Job begins to sense that men's religious discourse is not practical philosophy but he still must secure a point of leverage so that his ideals (his friends, his brethren, his kinsfolk, his familiar friend, his wife) will no longer deem him an alien in their sight. Job is still in that stage of consciousness wherein he feels like a city besieged like an alien among strangers. The basic truth that God is his consciousness has not yet been gained by Job.

(28) *But ye should say, Why persecute we him, seeing the root of the matter is found in me?*

Job is making good progress for he senses that the root of the matter (his troubles) is found in him (a negative state embodied in his subconscious mind which is not as yet cleansed by scientific prayer which is to mentally and emotionally unite with the qualities and attributes of God—his Redeemer).

Comments on Chapter 20, The Book of Job

(19) *Because he hath oppressed and hath forsaken the poor; because he hath violently taken away an house which he builded not;* (20) *Surely he shall not feel quietness in his belly, he shall not save of that which he desired.*

In verse nineteen *the poor* refer to the dreams, aspirations you have had but were left to starve for want of faith in the unseen potencies of the Spirit within you.

Verse twenty means your emotional life (belly) is disturbed because you failed to realize your desires and ambitions.

Comments on Chapter 22, The Book of Job

(1) *Then Eliphaz the Temanite answered and said,* (5) *Is not thy wickedness great? and thine iniquities infinite?* (6) *For thou hast taken a pledge from thy brother for nought, and stripped the naked of their clothing.* (9) *Thou hast sent widows away empty, and the arms of the fatherless have been broken.* (10) *Therefore snares are round about thee, and sudden fear troubleth thee.*

ELIPHAZ contends that God is impartial; hence it is man's fault that he experiences troubles. But Eliphaz does not understand the essential meaning and significance of spiritual sinning—looking

for solutions of problems externally instead of seeking your good through a psychological identification with God through feeling the reality of what you are praying for. Your *feelings* and *convictions* become inevitably the *garments* you will wear. Hence, do not take a pledge for naught, i.e., do not condition your good on the outside, but claim your good on the inside or secret place, and whatever you claim and feel as true in your prayer process, Spirit will validate and objectify. Then you will not strip the naked (your desires) of their clothing (feelings of conviction of their reality in your own consciousness).

Widows are lost ideals which we have given up hope of realizing. These ideals should have been husbanded by faith and love into outward existence. You can demonstrate anything you can enclose with your faith (feeling). Your desire must be married to your faith. Know that desire is God coming to you in form of your needs (your bread). The crucial test in all this is the challenge to your spiritual understanding. God is your consciousness! Do you sense the reality of this metaphysical position? Hence, be about your Father's business (feel health, bliss, wealth, etc.), and the rest will follow in due course based on the law of men-

tal acceptance which you have called into operation.

The word *man* in the Bible means mind, the measurer. This mind must cease being born of woman (race mind, irrational moods and fears) as explained previously. We shall experience plenty of trouble if we do not do our own planning, choosing, and directing. Our mind is born of God when Wisdom takes over and we base our spiritual standard on whatsoever things are true, lovely, just, and of good report. You must cease being one of the herd subject to the law of averages. Let the government of your mind be controlled by divine ideas; then you will be born of the true woman which is wisdom or intuition.

(21) *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee.* (22) *Receive, I pray thee, the law from his mouth, and lay up his words in thine heart.* (23) *If thou return to the Almighty, thou shalt be built up, thou shalt put away iniquity far from thy tabernacles.* (24) *Then shalt thou lay up gold as dust, and the gold of Ophir as the stones of the brooks.*

You have to get acquainted with the fact that there is but one Creative Principle, and then realize that when you think the One Power is responding

to you, as you contemplate the great truth that the Supreme Power is now functioning in your behalf, you are assured of success and triumph. When negative thoughts or opposing factors come to your mind, reject them completely by recalling that they are shadows of the mind, and a shadow has no real home. They are illusions of power; the power is in your own thought and consciousness. Fear, doubt, and worry are merely suggestions of power and cannot do any harm to you except you give them power.

There is a simple way in which you can acquaint yourself with this Power. A man in our class decided to give up smoking, and at night prior to sleep he said, "I am free from this habit, completely free through the Power of the Almighty which takes away all craving." He repeated this phrase a few times to himself and then went off to sleep dwelling on the one word *freedom* which he repeated over and over again like a lullaby. He lost all desire for cigarettes. He became acquainted with the powers within him. His subconscious mind was reactive to thought, and when he definitely came to a decision in his conscious mind that he wanted to be completely free from the habit, then the Power of the Almighty was

resurrected and flowed in response to his decision.

An actress who was out of work for six months, pictured herself singing before a microphone, felt the reality of it, gave her attention and devotion to this mental image exalting it in her mind until it began to fascinate and enthrall her. The idea began to captivate her mind, and she became emotionally attached to it, and went off to sleep feeling the contract in her hand. She repeated this technique regularly every night for about a week. Suddenly she had no further desire to pray about it for the simple reason she had succeeded in impregnating her subconscious mind. Her picture had jelled, she had built it up thought by thought, picture upon picture, mood upon mood until the mental image became a subjective embodiment.*

Thoreau said that any man could bring anything he wanted into his life by having a picture of it and by filling that picture with faith. Faith is simply an awareness that that which you are praying for already is; the mere fact you desire it proves that it exists. As you begin to acquaint yourself with this Power you will discover that when you call upon God, He will answer you; if you pray for right action, you will experience a re-

* See chapter on IMAGINATION AND SUCCESS in *Believe in Yourself.*

action and deep response of well being within yourself. An All-Wise Being will take over and compel you to give a good account of yourself.

(23) *If thou return to the Almighty, thou shalt be built up.*

This means that the God-Presence in you is always responsive and reactive; if you want more energy, a healing, or what not, this Almighty Power which moves the world will restore, repay, and satisfy you according to the nature of your request. Einstein pointed out how he received answers from his deeper mind. He said, "I listened for an answer, for every bit of evidence, every bit of light, and every little thread of guidance, and I began to realize that these threads of thought and inspiration began to weave themselves together, and as I continued to listen, the whole pattern was fabricated in my mind and I had the answer, I had the formula."

(28) *Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.* (29) *When men are cast down, then thou shalt say, There is lifting up; and he shall save the humble person.*

If you are depressed, return to the Almighty and affirm that God is with you. Decree boldly that

Almighty God is your silent partner, your invisible friend and that He is your divine companion, and that he careth for you. The reason you are cast down or depressed, disconsolate, or discouraged is because you wandered away psychologically from God, you went out into the periphery of life, and the shadows began to fall; the closer to God the fewer the shadows, and the more light in your mind. Instead of living in gloom, thou shalt decree, "I live with God."

They have occupational therapy in many hospitals where they put morbid, depressed mental cases to work in weaving baskets, making leather bags, chairs, etc. Many of these people experience wonderful healings because this constructive type of work takes them out of their morbidity and their gruesome attitude into function, expression, and creativity; they are doing something for others and at the same time releasing their hidden talents.

Comments on Chapter 23, The Book of Job

(8) *Behold, I go forward, but he is not there; and backward, but I cannot perceive him:* (9)

On the left hand, where he doth work, but I cannot behold him: he hideth himself on the right hand, that I cannot see him:

Job is discerning higher truths in these verses; the *left hand* is the subjective or subconscious mind which responds to your prayer according to the impression made upon it. You do not see the working of your deeper mind, and you do not know how your prayer will be answered; that is the secret of the subconscious or subjective mind which is the creative medium or Law of God in you. The subconscious is not God, but it is a part of God or the law which responds to our imagery and mental acceptance.

In the prayer process you see the beginning and the end, but you do not see the manner or creative process of unfoldment. You place a seed in the ground, but actually you do not know how it grows, the acorn becomes the oak according to a subjective wisdom inherent in the seed. You cannot see the growth of the embryonic idea in your mind, but you know it has its own plan and power of expression, that its mathematics and mechanics

come with it. All you do is nourish your seed (idea, desire) and water it with your contemplation, picturing the happy ending or glorious fulfillment.

The *right hand* mentioned in verse nine means the manifestation of your desire.

(10) *But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.*

Job senses his essential spiritual integrity for he shall come forth as gold (spiritual reality).

Comments on Chapter 24, The Book of Job

(1) *Why, seeing times are not hidden from the Almighty, do they that know him not see his days?* (2) *Some remove the landmarks; they violently take away flocks, and feed thereof.*

Times are not hidden from the Almighty which represent the cycle of sequence from embryonic idea to manifest form. In other words, the se-

quence of action between cause and effect is known to your Deeper Mind. *Days* mean the positive effects or major objectives. So long as you are asleep to the Truth of Being, you cannot read the times in the sense that you must take what comes except you meditate, pray, and let God's Wisdom guide, direct, and watch over you in all your ways.

You will know what to expect if you plant wonderful seeds (thoughts) of peace, health, happiness, joy, good will, and humor in your mind regularly and systematically. The future is always the present grown up, the invisible thoughts we dwell on become visible in experience and events. When you meditate on whatsoever things are lovely and of good report, you are assured of a wonderful future. Cause is your mental action and effect is the automatic response of your subconscious mind called the Law.

In verse two, you remove your *landmarks* when you reject ideas which hold you in bondage. Your concept, your real estimate of yourself defines the state of mind or mansion in which you dwell. Change your concept of yourself, and you change your destiny.

Comments on Chapter 25, The Book of Job

(1) *Then answered Bildad the Shuhite, and said,* (2) *Dominion and fear are with him, he maketh peace in his high places.* (3) *Is there any number of his armies? and upon whom doth not his light arise?* (4) *How then can man be justified with God? or how can he be clean that is born of a woman?* (5) *Behold even to the moon, and it shineth not; yea, the stars are not pure in his sight.* (6) *How much less man, that is a worm? and the son of man, which is a worm?*

Man is like a worm in the sense that he crawls along the earth being a victim of circumstances and conditions and a prisoner of fear, lack, and limitation. Man is born to soar aloft above all problems, to use the wings of disciplined imagination and faith, and transcend the difficulty. You must never permit your mind to crawl before facts and events of life, rather you must rise triumphant-

ly, and imagine the desired end, and move toward it with faith and confidence thereby bringing you new life and happiness.

The eagle is a bird that soars aloft above the storm and looks directly into the face of the sun; this is why the eagle is a symbol for America, to remind you that you are to look to God, or the sun of your life, by contemplating the divine solution through the wisdom of the Almighty. *I bare you on eagles' wings, and brought you unto myself.*

Psychologically Bildad is right, for he (Job) is beginning to sense that man can be double-minded living with dominion or fear, and man is but a worm when he does not yet understand his oneness with God. Bildad's quandary is significant. How can man (unillumined) be justified with God? or how can he be clean (in mind) that is born of a woman (receptive feeling to the fears, hates, jealousies, etc., of the world) wherein the subconscious mind becomes filled with the negative impressions from the world of opinions, ignorance, and falsehoods.

Comments on Chapter 26, The Book of Job

(1) *But Job answered and said,* (2) *How hast thou helped him that is without power? how savest thou the arm that hath no strength?* (14) *Lo, these are parts of his ways: but how little a portion is heard of him? but the thunder of his power who can understand?*

Job now longs to ascend above mere manlike (wormlike) state of mind and wishes to understand the mystery of how *the arm that has no strength* can be saved. In verse fourteen, Job senses that he knows but parts of God's ways, the *thunder* (actions) of His power, who can understand?

Job now begins to strike fire in his meditations on the stirrings of the Spirit within him. He now feels that to know *Alpha* will initiate the sequence to

Omega (manifestation). *Alpha* means your desire or the voice of God; the manner of manifestation is not for man to inquire. We must learn how to feel the reality of the wish fulfilled in order to possess or experience it on the screen of space. Your desire must be married to your feeling, and then there follows a subconscious embodiment resulting in the answer to your prayer.

Comments on Chapter 28, The Book of Job

(1) *Surely there is a vein for the silver, and a place for gold where they fine it.* (2) *Iron is taken out of the earth, and brass is molten out of the stone.* (6) *The stones of it are the place of sapphires; and it hath dust of gold.* (7) *There is a path which no fowl knoweth, and which the vulture's eye hath not seen.*

In these verses the inspired writer is telling you of the sapphires and gold hidden in the depths of yourself. Your deeper mind contains the limit-

less treasures of the Infinite One. The jewels of eternity are locked within man such as Boundless Wisdom, Indescribable Beauty, Absolute Love, Absolute Harmony, Infinite Intelligence, Absolute Bliss. *Eye hath not seen nor ear heard, neither hath it entered into the heart of man the things which God hath prepared for those who love Him.* Never in eternity could you exhaust the glories and beauties that are within you. Contemplate the illimitable wonders that are within you, and you will be seized with a mystic awe—the wonder of it all.

In verse seven, *the path which no fowl knoweth* represents the nature of the boundless Wisdom within you. This subjective Wisdom has ways you know not of, and responds to you in a manner you expecteth not. The whole world could tell you that something you planned was impossible, but the boundless Wisdom within you knows the way and reveals the perfect plan. The vulture may see the dead body many miles away and is led to it by a subjective radar system, but there is a Wisdom within you that transcends the instinctual wisdom of all the birds and beasts of the field—that of the Infinite Knower. All that is necessary is to trust and believe, and the answer comes forth like the sun in the morning.

(12) *But where shall wisdom be found? and where is the place of understanding?* (13) *Man knoweth not the price thereof; neither is it found in the land of the living.* (15) *It cannot be gotten for gold, neither shall silver be weighed for the price thereof.* (19) *The topaz of Ethiopia shall not equal it, neither shall it be valued with pure gold.* (20) *Whence then cometh wisdom? and where is the place of understanding?* (28) *And unto man he said, Behold, the fear of the Lord, that is wisdom; and to depart from evil is understanding.*

The greatest thing in all the world is wisdom. If a man possessed wisdom, he would not need wealth, health, or peace of mind; he would have the know-how of accomplishment. Wisdom is greater than a healing because if you had wisdom, you would not need a healing. You have wisdom when you are aware of the Presence and Power of God within you, and your capacity to contact and release limitless treasures into your experience and conditions of life. You possess wisdom when you know that thoughts are things, that what you feel you attract, that what you contemplate you become, that what you imagine and feel you create.

Wisdom transcends the intellect; the latter is

used to carry out the dictates of the Divine. Wisdom is the Presence of God in you. It is the Healing Presence. Wisdom knows all and sees all. It knows all the processes and functions of your body and knows exactly how to heal. If you go into business you can call on the Infinite Wisdom to give you new creative ideas, to prosper and guide you, and if you simply trust and believe in Its responsiveness, you will receive a thousand fold.

The fear of the Lord that is wisdom. The word fear means to have a healthy reverence and respect for the power of God within, to give it your supreme allegiance and know no other. Know, therefore, that the Power that moves the world is back of you on no other condition than that you call cheerfully, optimistically, joyously on the God Wisdom within. You will receive lavishly and beyond your fondest dreams. You possess Wisdom, the Pearl of Great Price, when you place all your reliance upon the Spirit within knowing that because God knows the answer you, therefore, must also know the answer. This attitude of mind will bring forth spontaneously from your subliminal depths the joy of the answered prayer.

Surrender yourself to the God-Wisdom and affirm boldly, "God leads, guides, governs, and pros-

pers me in all my undertakings. I predicate my success, happiness, and achievements on the fact that Wisdom reigns supreme."

You will be amazed to discover that you will be possessed with a mental acumen, an amazing sagacity enabling you to bring order, symmetry, beauty, and balance into all phases of your life. You will be automatically led and protected in all your investments, and you will intuitively perceive tremendous potentialities where others see nothing.

Wisdom means you have chosen God and His Infinite Goodness to control your life and be your manager, counsellor, guide, and friend. You possess Wisdom when you allow God to be your Loving Father who cares for you and pours out His beneficent rays of love and light on you whether asleep or awake. When your thoughts are true and God-like, you secrete love in your heart which is the chalice of His Love; when your emotions and feelings (nature) are controlled by God's ideas, you are at peace with the world; when you have Love for your mother or feeling (nature) your heart is full of understanding. You stand under the Law of Love—*to depart from evil is understanding.*

Stand on the platform of God is Love, and Love

is the fulfilling of the Law. A man said to me recently that he had suffered obloquies and objurgations at the hands of his employer; he was very bitter and hostile saying that the duplicity and rapacity of his boss knew no bounds. This man was sick mentally and physically because of his odium for his employer. He began to acquire wisdom which has nothing to do with the accretion of facts and formula, but rather with the working of an Infinite Principle of Life within him. He recognized that he had the power to command his own mental reactions according to the Law of Harmony and Peace; he realized that the statements or criticisms of his boss continually heaped upon him could not possibly disturb him except through the medium of his thought. He took charge of his thoughts and kept them aligned with the Law of Love and the Golden Rule, and a healing followed.

He identified with his aim in life and refused to give any person, condition, or circumstance the power or prerogative to cause him to deflect from his aim. He made it a habit to identify with his aim which was peace, tranquility, serenity, joy, and harmony. This process is called the Wisdom of God operating in the mind of man. God's Love

in you transmutes everything that touches your mind into love; this is why it is written that *all things work together for good to them that love God.*

Comments on Chapter 29, The Book of Job

(1) *Moreover Job continued his parable, and said,* (2) *Oh that I were as in months past, as in the days when God preserved me;* (3) *When his candle shined upon my head, and when by his light I walked through darkness;* (4) *As I was in the days of my youth, when the secret of God was upon my tabernacle;* (5) *When the Almighty was yet with me, when my children were about me;* (6) *When I washed my steps with butter, and the rock poured me out rivers of oil.*

The secret which Job speaks of is joy. You can capture your youth by stirring up the gift of God within you Every time you recognize the spirit

within as Lord Omnipotent and reject the power of false beliefs of the world you are stirring up the gift of God within you. You can now feel the Miraculous, Healing, Self-Renewing, Ever-Living God moving through your mind and body. Feel and know that God is inspiring, rejuvenating, and strengthening you. As you continue to affirm these truths from the standpoint of the Infinite One, you will become recharged and revitalized spiritually, mentally, and physically. You can bubble over with enthusiasm and joy as in the days of your youth for the simple reason you can always recapture the joyous state mentally and emotionally.

The *candle which shines upon your head* is Divine Intelligence which reveals to you everything you need to know and enables you to affirm the presence of your good regardless of appearances. Where there is lack, you can see abundance, for the Light is in your mind, and you are here to let that Light shine through you in all your undertakings. Where there is sorrow, you can see joy; where there is chaos and disorder, you in your mind's eye can see, know, and intuitively perceive God's order which reigns supreme. If the suggestion of impotency and other inhibitory thoughts come to your mind, you look above and beyond to

the divine solution knowing that the Miraculous Power is now working, leading you to the place where your vision is. The intellect may not discover the answer, but your awareness of the creative Intelligence in you is the Light which you hold aloft. This Light is always a lamp unto your feet and a guide in the darkness. His candle is God's Wisdom which anoints your intellect, lighting up all the dark places of your mind, revealing to you the perfect plan and showing you the way you should go. You walk by His Light because you know the dawn appears and all the shadows flee away.

(14) *I put on righteousness, and it clothed me: my judgment was as a robe and a diadem.*

In verse fourteen you are always judging; your *judgment* is your thought, your decision, your conclusion. You choose that which is noble, lovely, and Godlike; then your judgment is true. There is always an automatic reaction of the Law of our subconscious to the conscious decision. Your judgment must be as the robe or Truth. The *diadem* is to realize beauty, order, symmetry, and proportion where the problem or difficulty is.

If your father is ill and you see him sick and hope he gets better, you have judged wrongly. If

you see the Presence of God where he is and know that the Healing Presence is now saturating and penetrating every atom of his being and that the peace of God flows through his mind and body, your judgment is as a robe and a diadem. Your judgment is true, and as you continue to feel this mental and spiritual atmosphere of health, peace, and perfection for your father, you are seeing him as he ought to be, radiant, happy, and free.

You put on righteousness when you think right, feel right, do right, act right, and have the right relationship with God. You put on the garment or robe of righteousness when you claim Divine Order and Divine Right Action are now taking place, for Order is heaven's first Law.

Galvanize yourself into the feeling of being one with your desire and seal yourself in that conviction; you are now clothed in righteousness, and your judgment is as a robe and a diadem. It is wonderful!

(15) *I was eyes to the blind, and feet was I to the lame.*

You are *blind* Biblically speaking when you say that you cannot solve your problem or that there is no way out of your dilemma. Your spiritual awareness enables you to know that your changed

consciousness changes conditions and circumtances, and that no matter what the problem or difficulty may be, you can visualize and contemplate the solution and see the way you want it to be. As you continue to dwell in this mental atmosphere, the dawn appears and the shadows flee away. Divine Intelligence will shine through you guiding and revealing to you the perfect plan. You are *lame* if you are afraid to move forward to your goal. Many people hesitate, halt, and retreat when they meet with obstacles and set backs.

Feet means understanding, and you become *feet to the lame* when you stand firmly on the rock of Truth knowing that what you accept, and agree within your mind must come to pass. Remain on the rock and refuse to be swayed, moved, or frightened; your position is unassailable, and victory is assured, for according to your faith (mental acceptance) is it done unto you.

The Creative Intelligence within you is the Light that lighteth every man that cometh into the world. This Light in your mind determines what you see, and you are always seeing tremendous potentialities for yourself and others.

Comments on Chapter 31, The Book of Job

(1) *I made a covenant with mine eyes; why then should I think upon a maid?* (2) *For what portion of God is there from above? and what inheritance of the Almighty from on high?* (3) *Is not destruction to the wicked? and a strange punishment to the workers of iniquity?* (4) *Doth not he see my ways, and count all my steps?* (5) *If I have walked with vanity, or if my foot hath hasted to deceit;* (6) *Let me be weighed in an even balance, that God may know mine integrity.*

Job is still puzzled as to the causes behind all the evil happenstance and circumstances. This is truly a hard lesson for Job to learn. He does not yet know that his subconscious mind is no respecter of persons, and if he lies down in the bed of his mind and unites mentally and emotionally with evil thoughts and destructive concepts, he will spawn an evil progeny. Job must die to the

old conception of the belief in the tree of good and evil (two powers or duality) and become acquainted with the One Power which through law manifests in the image and likeness of that which is planted therein by the unillumined conscious mind.

(9) *If mine heart have been deceived by a woman, or if I have laid wait at my neighbour's door.*

Job's mistakes were in the last analysis not due to outer impropriety but to inner ignorance of the source of his integrity—God. He did not as yet see the truth, as Job must die psychologically by arriving at a point or place in consciousness where the conscious mind ceases to be active in the squirrel cage of mere opinion and worry and become still in God and receptive to His Wisdom. Job must learn to let Infinite Intelligence lead, guide, and master his life.

(19) *If I have seen any perish for want of clothing, or any poor without covering;* (20) *If his loins have not blessed me, and if he were not warmed with the fleece of my sheep.*

Job may have *warmed the needy* in his geographical neighborhood with the fleece of his sheep, he did psychologically and spiritually speak-

ing fail to *warm* emotionally in happy mood his ideals and desires. These poor ideas were indeed left to freeze for want of the warmth of the fleece of his sheep (moods of joy and expectancy of the best). He proved but a poor shepherd of his sheep (feelings and moods).

Job says that he has always *clothed the naked and clothed the poor.* You will always hear that familiar cry from people everywhere such as, "I have always given to the poor, contributed to charities. I go to church regularly. I have been kind to people, etc." You must remember that they have forgotten to clothe their desires, ideals, and the aspirations of their hearts. They failed to give attention, love, and devotion to the spiritual values of life, or they neglected to worship the One True God.

Many good people are good in the sense that they contribute to society and lead a good respectable life from a worldly standpoint, but their relationship to God may be very unfriendly, such as living in constant fear of reverses, or punishment by God for sins committed, or harboring secret fears, jealousies, and hates. You must worship, love, and make alive the qualities, attributes, and aspects of God. The fatherless and the wid-

ows are within because you have not fathered and mothered the cherished dreams of your heart and made a hospitable mental home for your inner urges and aspirations.

(24) *If I have made gold my hope, or have said to the fine gold, Thou art my confidence.*

Job should have made the *gold* of Wisdom his hope instead of the *gold* of intellect.

(27) *And my heart hath been secretly enticed, or my mouth hath kissed my hand.*

Job should not have *kissed his hand* in pride of self-conceit, but should have kissed or mentally united with his desire for perfect health. In this connection read Psalm 2:12. *Kiss the Son* (becoming one with your ideal) *lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him.*

(40) *Let thistles grow instead of wheat, and cockle instead of barley. The words of Job are ended.*

The words of Job, the bound man, are ended. The old man of opinion who at times sees but through a glass darkly must now give way to a new Job, speaking in chapter thirty-two, through Elihu which means *Thy God Who Is.*

Comments on Chapter 32, The Book of Job

(1) *So these three men ceased to answer Job, because he was righteous in his own eyes.* (2) *Then was kindled the wrath of Elihu the son of Barachel the Buzite, of the kindred of Ram: against Job was his wrath kindled, because he justified himself rather than God.* (3) *Also against his three friends was his wrath kindled, because they had found no answer, and yet had condemned Job.*

The words of Job are ended. Through the stage of consciousness denoted by the name or term *Elihu,* Job comes to himself, finds his integrity, wholeness or oneness with God, and kindles his wrath against the old Job who persisted usually in justifying and rationalizing his condition rather than seeking for the Infinite Healing Presence within him. Psychologically expressed—when the conscious mind (Job arguing and self-pitying) falls asleep; Elihu, the sense of being one with God,

awakens. The name Elihu signifies the recognition by man that his Higher Self, the I AM, is God, and that when you say, *I AM* you are veritably announcing the presence and power of God as your inner reality.

(7) *I said, Days should speak, and multitude of years should teach wisdom.* (8) *But there is a spirit in man: and the inspiration of the Almighty giveth them understanding.* (9) *Great men are not always wise: neither do the aged understand judgment.*

You do not necessarily learn from experience, hence mere agedness does not always betoken wisdom. So long as you neglect to give attention to God and His Wisdom, you will be praying amiss. The judgment spoken of in verse nine is your mental estimate, your conviction, your blueprint of yourself which you take into your own consciousness, and the impressions and awarenesses which comprise your state of consciousness are always reflected on the screen of space. When you do not know that your consciousness is the causation factor behind everything that takes place in your experience, you have no understanding whether you are ninety or nine chronologically speaking.

(18) *For I am full of matter, the spirit within*

me constraineth me. (19) *Behold, my belly is as wine which hath no vent; it is ready to burst like new bottles.*

The *wine* spoken of is the wisdom of God which illumines the intellect and causes you to praise and exalt God in the midst of you. This wine is your new interpretion of life whereby you become enthusiastic, exhilarated, and God intoxicated. You are bubbling over with a joyous enthusiasm, seized with a divine frenzy, a sort of mystic awe—the wonder of it all!

The Elihu state of consciousness will have no traffic but with God and His Omnipotence; hence Elihu is ready to burst like new bottles and give vent to love and freedom.

(21) *Let me not, I pray you, accept any man's person, neither let me give flattering titles unto man.*

Oftentimes in mediumistic and psychic trances you fail to contact the true Source of Wisdom and are often carried away by flattery and trickery. I AM or God gives no flattering titles unto man.

Comments on Chapter 33, The Book of Job

(1) *Wherefore, Job, I pray thee, hear my speeches, and hearken to all my words.* (2) *Behold, now I have opened my mouth, my tongue hath spoken in my mouth.* (3) *My words shall be of the uprightness of my heart: and my lips shall utter knowledge clearly.* (4) *The Spirit of God hath made me, and the breath of the Almighty hath given me life.*

The voice of God (Elihu) now speaks from the subjective level and Job mentally and emotionally begins to feel the Presence of God — the Presence of harmony, health, peace, and joy in his heart. Job's life (conscious mind) utters knowledge clearly and is truly informed of the Spirit in man which giveth inspiration and understanding. Job does not have to listen to the tiresome and bombastic fulminations of his former comforters (false beliefs and opinions) because he has

now awakened to the truth of Being. Like Job, your words are ended also when you reject and cast out of your mind all such beliefs that you are a victim of punishment, vengeance, or karma.

Silence the three comforters of creed, dogma, and tradition within yourself, let these old concepts no longer have any voice in you because they are forgers of lies. Let God alone speak in you, follow the orders of the Holy One, accept Holy Orders now, and yield yourself to God's Wisdom claiming, feeling, and knowing that you are a soldier of God carrying out His orders to bring beauty, order, love, harmony, and inspiration into your own life and that of everyone you meet. Be faithful to your assignment, and His Candle will shine upon your head, and by His Intelligence you will go through all darkness, and come out into the Light, Love, and Freedom of the Spirit into the glorious liberty of the son of God.

(14) *For God speaketh once, yea twice, yet man perceiveth it not.* (15) *In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed;* (16) *Then he openeth the ears of men, and sealeth their instruction,* (17) *That he may withdraw man from his purpose, and hide pride from man.* (18) *He keepeth*

back his soul from the pit, and his life from perishing by the sword.

Verse fourteen is intended to remind you that God is always speaking, forever broadcasting His Truths to all men everywhere. The River of Infinite Mind full of Boundless Wisdom and Infinite Intelligence is flowing through you and all people everywhere at this moment and right where you are. You might be too busy to listen, but if you will still the wheels of your mind, you will hear what God has to say. Cease maundering and grumbling and asseverate—God knows the answer. and you are listening for it, and in the silence He speaks. How can you hear if you refuse to listen?

In verses fifteen and sixteen Job reminds you that you may get answers to your problems in a dream and in a vision of the night. The writer of this book has received many answers to prayer in the dream state. Every night you go to sleep you take your last waking concept with you into the deep where it is etched on the subconscious mind; in other words, the mood in which you go to sleep determines the experiences you shall have tomorrow and the next day and the next except you change your consciousness through prayer and meditation. Whatever you impress on your sub-

conscious will be expressed as experience and events. Go to sleep feeling that your prayer is answered. Sleep brings counsel.

Dr. Bigelow of England did considerable research work on the mysteries of sleep, and he pointed out that in the sleep state nothing actually sleeps. Your heart, lungs, and all your vital organs keep on functioning as well as your optic, auditory, olfactory, and gustatory nerves.

The fourth Psalm says, *I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety.*

Dr. Bigelow, in his research work, *Mystery of Sleep,* cites the case of Professor Agassiz, who received a remarkable answer to one of his perplexing problems in the sleep state.

"He had been for two weeks striving to decipher the somewhat obscure impression of a fossil fish on the stone slab in which it was preserved. Weary and perplexed, he put his work aside at last, and tried to dismiss it from his mind. Shortly after, he waked one night persuaded that while asleep he had seen his fish with all the missing features perfectly restored. But when he tried to hold and make fast the image it escaped him. Nevertheless, he went early to the Jardin des Plantes thinking

that on looking anew at the impression he should see something which would put him on the track of his vision. In vain—the blurred record was as blank as ever. The next night he saw the fish again, but with no more satisfactory result. When he awoke it disappeared from his memory as before. Hoping that the same experience might be repeated, on the third night he placed a pencil and paper beside his bed before going to sleep.

"Accordingly, towards morning the fish reappeared in his dream, confusedly at first, but at last with such distinctness that he had no longer any doubt as to its zoological characters. Still half dreaming, in perfect darkness, he traced these characters on the sheet of paper at the bedside. In the morning he was surprised to see in his nocturnal sketch features which he thought it impossible the fossil itself should reveal. He hastened to the Jardin des Plantes, and, with his drawing as a guide, succeeded in chiselling away the surface of the stone under which portions of the fish proved to be hidden. When wholly exposed it corresponded with his dream and his drawing, and he succeeded in classifying it with ease."

I will illustrate how the wisdom of your subjective self can instruct you and give you guidance

relative to your request for guidance as you go to sleep. Many years ago I was assigned to a very lucrative position in the Orient, and one night prior to sleep I prayed as follows: "Father, Thou knowest all things, reveal to me the right decision. Thank You for Thy guidance."

I repeated this simple prayer over and over again as a lullaby prior to sleep, and in a dream came the vivid realization of things to come two or three years hence. An old friend appeared in the dream and said, "Read these headlines—do not go!" The headlines related to war. Occasionally, the writer dreams literally. Moreover, the subjective mind of man always projects a person whom you will immediately obey because you trust and love that person. To some a warning may come in the form of a mother who appears in a dream. She tells them not to go here or there, and the reason for the warning. Your subjective is all-wise. It knows all things. It will speak to you only in a voice that your conscious mind will immediately accept as true. It would therefore not be someone whom you distrusted or disliked. Oftentimes the voice of a mother or loved one may cause you to stop on the street, and you find, if you had gone another foot, a falling object from a window

might have struck you on the head. Now, this is not the voice of your mother, or teacher, or loved one, it is simply the voice of your own subjective and it speaks in a tone or sound that you instantly obey. As proof of this I questioned my friend, and he assured me that he knew absolutely nothing about the warning he had given me subjectively.

No, it is man's own subjective that is ever portraying the drama of its contents in the form of a dream or a vision of the night. If man suggests to himself that he will remember and understand the symbolism portrayed therein, he will know the outcome of many things, and he will also learn to change the dreams; for by changing his consciousness he changes the dream, and as he dreams, so shall he become.

Joseph was warned in a dream. God spoke to Solomon in a dream and offered him his choice of gifts. Solomon chose wisdom, and God added long life and riches. With all our getting, let us get understanding of this principle, and our pillars of strength will be the two great pillars, Boaz and Jachin—Wisdom and Understanding.

Possessing the wisdom which the Bible teaches and the understanding to apply the psychological principles therein, man's inner righteousness will

show itself in the outer, and he will need no man-made rules of conduct to guide him, for he will be led by the wise Power within him. If the thing that you now want will bless yourself and others, then truly it is the Divine Will. *I am come that you might have life, and have it more abundantly.* Heretofore, you have asked for nothing, now ask that your joy might be full.

In prayer realize the great oneness, and feel the end of the answered prayer. The Being within you sees the beginning and also sees the end. It shows you the end in a feeling, in a dream, in a vision, or by a voice. Listen to It. It will talk to you. Obey It because It is Wisdom speaking to you. *In a dream, in a vision of the night, when deep sleep falleth upon men in slumberings upon the bed; He openeth the ears of men and sealeth their instructions. He giveth to his beloved in sleep.*

The writer, in consequence of his dream, immediately cancelled the trip, cashed the tickets, and sought no reason. He was under subjective compulsion to do so. A subsequent event—the tragedy of Pearl Harbor proved the truth of the Inner Voice. *Trust in the Lord and do good. Thus shall ye walk in the land, verily ye shall be fed. Let Him be a lamp unto your feet.*

You are saved from the pit of sorrow, frustration, neuroses, mental aberrations of all kinds if you withdraw regularly and systematically from the vexations and strife of the day and commune regularly with God, seeking His strength, light, love, and peace. You save yourself from the tensions and anxieties of the world by calling on the Divine Intelligence to lead, guide, govern, and direct you in all your ways. You spend one third of your life asleep, and the purpose of it is that you might receive instruction and guidance from God, and that you might participate in the wisdom and glory of God.

Sleep is a divine ordinance and you cannot avoid it. Many answers are given you in sleep. Sleep is not just to rest the body, but is intended to withdraw your conscious mind from the worries, strife, and contention of the day, and seek solace, comfort, healing, and illumination in your union with God as you enter into the Holy of Holies each night. Every night of your life, as you go to sleep, you are going before the King of Kings and the Lord of Lords—God—the Living Spirit Almighty within you.

Be dressed for God mentally and emotionally. Go to sleep with the song of God in your heart,

with love and good will for every living being in the world. Go into His presence clothed in the robes of love, peace, praise, and thanksgiving. You must be without spot or blemish when you visit God who is Absolute Love—the Immaculate Unblemished Presence. You must be all fair and no spot on thee. Wrap yourself in the mantle of Love, and go off to sleep with the praise of God forever on your lips.

You must remember there are many degrees of sleep, and every time you pray you are actually asleep to the world and alive to God. When you abstract your five senses from your problem or difficulty and focus all your attention on the solution or answer knowing that the subjective wisdom of God is bringing about a solution in ways you know not of; you are practicing the art of sleep as mentioned in the Bible. You are asleep to the falsehood and hypnotic influence of the world when you accept as true what your reason and senses deny. When you hear of a person getting a nervous breakdown, you are reading of one who wandered away from God, and has cohabited mentally and emotionally with the false gods of fear, worry, ill will, resentment, remorse, and confusion.

Withdraw regularly and systematically to your Divine Center and think, feel, and act from the standpoint of God and not from the standpoint of the superimposed structure of fear, ignorance, and superstition. All nature sleeps—flowers, trees, dogs, cats, insects, etc. Sleep is nature's soft nurse; it knits up the raveled sleeve of care. Healing takes place much quicker when you are asleep. The conscious mind is no longer arguing, worrying, fretting, fussing, and fuming; it is subjugated, abrogated, and suspended, and the Healing Presence works without any hindrance or negative patterns from the conscious mind. Remember that the future is already in your mind except you change it through prayer; there is nothing strange in the dream I had wherein I saw the headlines of the New York newspapers long before the second world war occurred. The war had already taken place in mind, and all the plans of attack were recorded on that great recording instrument, the subconscious mind or collective unconscious of the race. Tomorrow's events are in the higher dimension of your mind, so is next week and next year, and may be seen by a psychic or intuitive person.

None of these things seen can happen if you decide to pray; nothing is predetermined, fore-

ordained. Your consciousness determines your destiny and your consciousness is the sum total of what you believe consciously and subconsciously. You can, therefore, through scientific prayer, mold, fashion, shape, and direct your own future, because you have decided to let God's Wisdom be your master, and His Wisdom leads you to ways of pleasantness and paths of peace. The mood in which you go to sleep tonight determines your tomorrow. Read a psalm prior to sleep. Dwell on these verses, *Bless the Lord, O my Soul and all that is within me. Bless His Holy Name.* You meet in life the affinities of the mood in which you went to sleep.

Dr. Emmet Fox, author of *Sermon on the Mount* and other popular books, told me that many of the greatest answers to his problems came to him in proverbs while he was sound asleep. He said the reason he probably received answers in his sleep was that he was at times too preoccupied with other things, and too busy objectively.

Tonight, as you go to sleep, feel that your prayer is answered and give thanks for the joy of the answered prayer for God knows only the answer. God giveth His beloved in sleep!

(23) *If there be a messenger with him, an in-*

terpreter, one among a thousand, to shew unto man his uprightness: (24) *Then he is gracious unto him, and saith, Deliver him from going down to the pit*: *I have found a ransom.*

The messenger who acts as your ransom is your own awareness of the Indwelling God. The God Presence is submerged in your subconscious depths, and when you conciously contact the Infinite Intelligence and Boundless Love, you will heal the sick condition, overcome your sleeping infirmities, and banish fear and lack from your life. You will cease to sin or miss the target for which you aim, for you have discovered that the God Self in you cannot be sick, frustrated, or unhappy. You are already saved, and all you have to do is to participate through meditation in the Heavenly Presence, and you will discover the fields are already ripe to harvest.

Your awareness, belief, and confidence in your own I Amness will ransom you from fear, doubt, worry, sickness, or any kind of trouble. The price for freedom, happiness, and peace of mind is acceptance or belief. You must give up something to receive. To give is to receive. You must give up false beliefs in personal saviors and receive your Higher Self as your redeemer and liberator.

Comments on Chapter 34, The Book of Job

(29) *When he giveth quietness, who then can make trouble? and when he hideth his face, who then can behold him? whether it be done against a nation, or against a man only.*

No one can make trouble for you or disturb you without your mental consent. All the water in the ocean cannot sink a ship except the water gets inside, likewise no person, condition, or event can disturb you except you participate mentally and choose to get angry or hateful. You can choose to identify yourself with the God of Peace and let His River of Peace flow through you, identifying with your aim which is God and His Infinite Goodness, and refuse to identify with gloom, worry, self-pity, and self-criticism.

Comments on Chapter 36, The Book of Job

(3) *I will fetch my knowledge from afar, and will ascribe righteousness to my Maker.*

You are aware of the extraordinary powers of the Other Self in you. In Duke University and many other research laboratories throughout the world, they are demonstrating daily the powers of extra sensory perception, the capacity of your subjective mind to transcend time and space and reveal to you what is happening at a distance, and give you the answer to any problem, and fetch wisdom from afar, revealing to you anything you need to know at every moment of time and point of space.

(27) *For he maketh small the drops of water: they pour down rain according to the vapour thereof:* (28) *Which the clouds do drop and distil upon man abundantly.* (29) *Also can any understand the spreadings of the clouds, or the*

noise of his tabernacle? (30) *Behold, he spreadeth his light upon it, and covereth the bottom of the sea.* (31) *For by them judgeth he the people; he giveth meat in abundance.* (32) *With clouds he covereth the light; and commandeth it not to shine by the cloud that come betwixt.* (33) *The noise thereof sheweth concerning it, the cattle also concerning the vapour.*

Many people look upon these verses as very difficult to interpret, yet they are extraordinarily simple when you meditate on their meaning. The best way to read any part of the Bible is to say to yourself, "What did I mean when, as the writer of Job, I wrote these verses thousands of years ago?" As you do this you are tuning in on the receptive nature of the One Mind which wrote all books, and its nature being responsiveness, you will be governed accordingly. The key to the interpretation of these passages is the mood which is psychological vapor out of which rain, or the manifestation of your ideal is precipitated as indicated in verse twenty-seven.

Verse twenty-eight. According to the cloud types generated by your moods does *the rain drop and distil upon man abundantly,* that is to say, all concrete manifestations are determined by the quality

of the vapor clouds (mental emotional atmosphere) which arise in man's consciousness (heavens).

Verse twenty-nine. *The noise of his tabernacle* reminds you that you are the tabernacle of the Living God, and the noise you experience is the sound of the answered prayer, or your deep conviction which like thunder presages what is coming, such as the precipitation of solids, or the external manifestation of your subconscious impregnation.

The great task for the student of truth is to translate physical things into their spiritual and psychological meanings. Fundamentally man is a microcosm in the area of which may be found even meteorological correspondences in the heavens (mind, consciousness, emotions). The spreading of the clouds is an allusion to mystic experiences when drawing nigh to the Holy One.

Verses thirty and thirty-one. Infinite Intelligence and Boundless Wisdom *covereth the bottom* (reside in your subconscious mind). The people referred to in verse thirty-one are symbolic of enthroned moods, attitudes, decisions, ideals. Your judgment is your mental decision or conclusion arrived at in your conscious reasoning mind. You

hear the thunder, and then you see the rain. Hear the good news within yourself until you get the reaction which satisfies; this cloud or feeling covers or hides the manner of unfoldment or expression. You do not know how, when, where, or through what source your prayer will be answered. That is the secret of your Deeper Mind. It has ways you know not of, but you know it is going to rain for you because your consciousness is saturated and you are filled full of the feeling of being what you long to be.

Verse thirty-two reminds you that you are in the *clouds* when you are meditating, and whatever you qualify your consciousness with—that which is wonderful, noble, and Godlike, your Higher Self will pour out or rain blessings from heaven upon you. The two thunder gods are within you, James (righteous judgment) and John (love). When you come to a definite conclusion or decision in your conscious mind that your desire is good and of God, and that He will back you up, you are Job loving your ideal, and all the power of the Godhead flows to that focal point of attention, and you experience the joy of the answered prayer.

Verse thirty-three. *The noise thereof* (inner convictions) *sheweth* (manifests) concerning it

(the concrete manifestation) precipitated after the thundering of the emotions in the heavens (consciousness); the *cattle* also (group of moods) are conditioned by the vapor (emotional moods) which precede the precipitation into form of the saturated clouds (movements of consciousness).

Comments on Chapter 37, The Book of Job

(1) *At this also my heart trembleth, and is moved out of his place.* (2) *Hear attentively the noise of his voice, and the sound that goeth out of his mouth.* (5) *God thundereth marvellously with his voice; great things doeth he, which we cannot comprehend.*

As a result of Elihu's deep wisdom, a complete change in consciousness is effected; the *heart* (subjective mind) is moved out of its place as the conscious mind lets go and allows the subjective wisdom to go into action. The voice of God is the

feeling of peace that wells up with in you.

(7) *He sealeth up the hand of every man; that all men may know his work.* (8) *Then the beasts go into dens, and remain in their places.*

This means, as you go to sleep, assuming that God's Wisdom will solve your problem, then the *beasts will go into dens* meaning that all your troubles and worries will recede and be resolved peacefully through the wisdom and power of your subconscious mind. Before the *beasts* (worries and troubles) are liquidated you must learn to let go and let God act. You must not hang on to your negative experiences as the moth clings to the flame which consumes it if it be not redirected (by Law).

(9) *Out of the south cometh the whirlwind: and cold out of the north.*

The *south* means your emotional nature from which cometh the *whirlwind* (negative experiences), and cold out of the *north* (Higher Wisdom) which will resolve the difficulties. Your last waking concept is sealed in your subconscious mind, and the Higher Wisdom which resides in your subliminal depths will present you with an answer oftentimes in the morning provided you go to sleep knowing that God has the answer. If,

in the morning you awaken with confidence, it is a good sign that the Law is at work on your needs.

(22) *Fair weather cometh out of the north: with God is terrible majesty.*

Fair weather means harmony comes out of the north (wisdom). When your conscious mind ceases to fret and worry, and you turn over your request to the God Wisdom within, the stars of Truth resident in your subconscious mind will shine, and in the morning you are presented with an answer. You will be convinced inwardly and indifferent to outward appearances. You know in your heart that prayer is accepting as true what your reason and senses deny.

Comments on Chapter 38, The Book of Job

(1) *Then the Lord answered Job out of the whirlwind, and said,* (2) *Who is this that darkeneth counsel by words without knowledge?* (3) *Gird up now thy loins like a man; for I will demand of thee, and answer thou me.* (4) *Where wast thou when I laid the foundations of the earth?*

declare, if thou hast understanding. (5) *Who hath laid the measures thereof, if thou knowest? or who hath stretched the line upon it?* (6) *Whereupon are the foundations thereof fastened? or who laid the corner stone thereof;* (7) *When the morning stars sang together, and all the sons of God shouted for joy?*

This is not a question asked of God by Job, but it is really a question asked by man of his Higher Self. You have forgotten who you are, and you are trying to remember. You have forgotten your divine origin and accepted the opinion of man as truth; consequently, you sin or err because you do not know that your own I AMness is the God that you seek. You dwell, therefore, in the land of many gods, and the belief in many powers. You were in the absolute state before you were born, and when you were born it was God appearing as a child.

All of us were born into the race mind, and to all that our environment represents. Original sin has nothing to do with the physical, sexual act; it is man believing in the wisdom of the world,

opinions of man, and using his intellect destructively. The man who loves truth and practices the Presence of God is like a magnetized piece of steel. The man who is asleep to God is like a demagnetized piece of steel—the magnetic current is there, but it is asleep within him. When you contemplate the Presence of God, the electronic and atomic structure of your body reforms and vibrates accordingly. The real you within created the world and all things therein contained, and has a perfect memory of it. When you awaken to your divinity, you will realize that the whole world is within you.

Planets are thoughts, suns and moons are thoughts, and your own consciousness is the realization which sustains them all. Temporarily in space are moving the dreams of the dreamer, and the sun, moon, and stars are thoughts of the thinker. You come to the startling awareness that He is meditating and we are His meditations.

(32) *Canst thou bring forth Mazzaroth in his season? or canst thou guide Arcturus with his sons?* (33) *Knowest thou the ordinances of heaven? canst thou set the dominion thereof in the earth?*

Your Concordance gives you the key to these

verses. *Mazzaroth* means the twelve powers or twelve faculties of mind within you. If you call forth these disciples or faculties and fully discipline them by prayer, meditation, and contemplation you will answer all the questions propounded in that wonderful thirty-eighth chapter of Job. You may call forth *Mazzaroth* by disciplining your twelve faculties as follows:

Reuben or *Andrew* means behold the Sun or God! *Andrew* means spiritual perception and is the first faculty of man. Spiritual seeing means understanding, illumination, and comprehension. This is not three dimensional seeing, but it is seeing the Truth about the outer fact. The spiritual person sees the law of cause and effect operating everywhere, and he knows there is a subjective pattern behind all manifestation in his body and affairs. He knows the realization of his desire is the Truth that sets him free.

We look at the atmosphere and we say that there is nothing there; yet it is teeming with life. We look into the heavens and we see stars, but when we look through the telescope, we see countless stars not discerned by the naked eye. Which is right, the telescope or the eye? Many think the sun rises in the East and sets in the West, but

spiritual seeing or understanding knows that this is untrue.

If someone is sick in your family, how do you see them? If you see them unwell, you are not disciplining Andrew. Your spiritual perception or knowing must be a perfect vision of their health or happiness.

Do you resist, resent, or fight conditions in your home or office? If you do, you are not calling Andrew to discipleship. If you detach yourself from the problem and focus on your good, you are on the way towards mastering this power.

Peter is the second disciple or faculty of mind. *Peter* symbolizes the rock of Truth—an immutable conviction of good. Peter is the faculty of mind that reveals to man: *Thou art that Christ, the Son of the Living God.* John 6:69. It reveals man's own I Amness is God, the Savior. Peter is faithful to the end. He is faithful every step of the way, knowing that Omnipotence is moving in his behalf, . . . *and that none can stay his hand, and say unto him, what doest thou?* Dan. 4:35.

Do you say to the ideal or desire murmuring in your heart, that, "I am too old. I do not have enough money. I do not know the right people"? Do you say, for example, that due to conditions,

inflation, the present administration, events, or circumstances, it is impossible to realize your objective? If this is so, you are not disciplining Peter, but you are actually robbing yourself of the joy of experiencing your ideal. The faculty of faith (Peter) knows no obstacles and recognizes no master or Lord except his own I Amness. Do you pray for a little while, then give up and say, "I tried it, but it does not work"? If you do, you must begin now to call Peter to discipleship, and you will realize the cherished desire of your heart.

James is the righteous judge. *My judgment was a robe and a diadem.* Job 29:14. This means that when we begin to discipline the faculty called James, we decree wholeness, completeness, and perfection. Our judgment (conviction) is the robe (Truth) and the diadem (beauty and perfection). We ask ourselves, "How is it in God and heaven?" Our inner realization is the Presence of God where the other is; thus our verdict or decree is Harmony, Health, and Peace.

Do you now condemn, criticize, or dwell on the shortcomings of others? If this is true, you are not calling James to discipleship, but you are actually building these negative qualities within yourself.

We become that which we condemn. Look around and you will see ample evidence of this.

Are you incapable of hearing unpleasant things about another? Do you hear and realize only the good for the other? The student of Truth disciplining James never gossips, reproaches, or finds fault with people. If he hears gossip and it is true, the student rejects it mentally and never breathes a word of it. *Let none of you imagine evil against his neighbour.* Zech. 8:17. Let us all call this faculty to discipleship.

John is the embodiment of love. Love is the spirit of God in action; love is also an emotional attachment. It is an at-one-ment with your ideal. *We know that all things work together for good to them that love God.* Rom. 8:28. Are you loving God now? God and good are identical and synonymous in all sacred scriptures. When we fall in love with these qualities and attributes, such as honesty, integrity, success, peace, forbearance, and justice, and when we love Truth for Truth's sake, we are loving God or Good.

Are you afraid of the future? Are you worried about your family, friends, or business? In short, are you unhappy? If you are, you can rest assured that you are not loving God or Good. You

are loving limitations. Are you afraid of failure? If you have this fear, you will succeed in being a failure.

Do you hold a grudge towards any living being? If this is true, you are not controlling John. You must forgive the other, otherwise there is no love in your heart. Love the other by rejoicing that the person you say wronged you is living joyously and happily. Claim that the law of God is working for him, through him, all around him, and that peace fills his mind, body, and affairs. Can you now rejoice in hearing good news about your recent enemy? If you cannot, you are not in charge of this faculty. If you have failed to embody your ideal, you are not disciplining John.

Phillip means, spiritually, a lover of horses. A trainer of horses is firm but kind; he does not beat the horses, yet he lets the horses know he is master. The trainer is persistent; he has that quality which so many of us lack, i.e., stick-to-it-ive-ness. Phillip, therefore, is the faculty of mind within you that enables you to use the power you have through love; thus you conquer any situation.

At a rodeo you see a horse which is unbridled and untamed; no one can stay on him longer than a few seconds; this is the way with many people.

You contemplate a new idea; you become enthused about it; a delightful mood is engendered. However, some one may sway you, or you may hear some unpleasant news which throws you off the horse (mood).

For example, a girl was contemplating a beautiful trip to Florida during war time. She had planned to visit some relatives near Miami. In the meantime she heard some girls remark how awful conditions were, the food was very bad, there was no possibility of swimming, and the prices were outrageous, etc. This resulted in the cancellation of the trip. Later she discovered she had made a great mistake. Since she had contemplated a delightful trip, and had lived in that joyous expectancy—*as within, so without*—a wonderful trip was in store for her. She permitted the negative suggestions of others to throw her off the lovely horse (mood) that she was riding.

Let us ride the mood, which means let us sustain it, and we will reach Jerusalem (the city of peace) within ourselves. In other words, it is the sustained mood that creates. Be faithful every step of the way to the end. You are master! You have been given dominion. Can you now be swayed or made to change your mind? Can negative sug-

gestions, ridicule, and criticisms of others throw you off your horse? If this is true, you are not disciplining Phillip.

Does the death of one of your dear ones cause you to feel despondent and gloomy, or do you rejoice in their new birthday? If you feel dejected and gloomy, you are not calling Phillip to discipleship.

Bartholomew means, according to the Concordance, son of the furrowed, or son of the plowed, i.e., prepared for seed; spiritually, it represents imagination. This faculty has the power to cast every idea that man can conceive onto the screen of space in substance and form. The disciplined imagination (furrowed land or son of the furrowed) is capable of picturing only lovely states and delightful moods. Imagination and faith are the two pillars that lead to the Holy of Holies.

You call *Bartholomew* to discipleship when you imagine the reality of the fulfilled desire, and feel the joy of the answered prayer. If you are told of some evil prediction, it frightens you and you begin to imagine and conjure evil; you have not called forth this power. Do you imagine evil for another? Do you imagine that your son will fail in his examinations, or that something bad will

happen to members of your family? If you have these negative patterns, you are failing to call this great faculty to discipleship. Let us imagine only the lovely, the beautiful, and the good qualities. Let our ideals be uplifted and let our judgment be as *the robe and the diadem.*

Thomas means jointed or conjoined. In the undisciplined state, it represents the double minded man, the doubter. It represents the understanding faculty of man. *Get wisdom and with all thy getting, get understanding.* Prov. 4:7. Wisdom is the knowledge of God; understanding is the application of this knowledge to solve our daily problems and grow spiritually.

Your reason and intellectual perception of the Truth becomes anointed by the Holy Spirit, and you go from glory to glory. The man who disciplines this faculty, Thomas, knows that his own consciousness or awareness is the God of his world and the seat of causation. He rejects, therefore, all rumors, lies, and suggestions that are unlike God or the Truth. He will contradict, reject, and refuse to accept any rumors of suggestions that oppose that which he knows to be true. How is it in God and heaven?

Does the polio scare that is given wide publicity

disturb or frighten you? Do you send your children to some remote spot to escape the so-called peril? If this is true about you, you are full of fear, your faith is not in God or Good, and you do not believe in the Omnipresence of God. If you are calling Thomas to discipleship, you know that God is where you stand. He walks and talks in you. You are the very garment which God wears, as he moves through the illusion of time and space. Let us discipline Thomas; then we will touch Reality and know that God is.

Matthew means the gift of Jehovah, given wholly unto Jehovah; in short, Matthew means your desire. It is the cosmic urge within you seeking to be expressed. Every problem has within it the solution in the form of a desire. If a man is sick, he automatically desires health. The desire (Matthew) is already knocking at this man's door; the acceptance of the desire is the answered prayer.

Do you say, "I am too old." "I lack the intelligence." "It is too late now." "I have no chance." Do you accept the verdict of the doctor or the race belief, or do you go within and say, like many of old, *My soul doth magnify the Lord?* Luke 1:46. Yes, do you go within the silence, and magnify the possibility of realizing it? If you

do, you are calling Matthew into discipleship. When you reject your desire, the gift of God which would bless you and the world, you are not calling Matthew to discipleship.

James the Less Matt. 10:3, *Mark* 15:40, signifies the faculty of order, or a tidy mind. Order is heaven's first law. When we are at peace in our minds, we find peace in our home, business, and in the rest of our affairs. This faculty of the mind is also called discernment or discrimination.

Quimby, the father of New Thought in America, had this quality of discernment highly developed. He was able to diagnose and interpret all of the causes behind the ailments or maladies of his patients. He told them where their pains and aches were, and the mental patterns behind them. We go to a doctor and tell him all of our symptoms, their location, etc., but Quimby did the reverse; he told the patient. They marvelled at this great capacity; he simply tuned in on their subconscious minds and subjectively saw their mental patterns. His explanation was the cure. Quimby was clairvoyant. When this clairvoyant faculty is fully developed, one sees the Divinity behind the form, the Truth behind the mask. He contemplates Reality and sees the Presence of God everywhere.

Do you blame the Government, external conditions, family, employers, etc., for any problems or limitations you may be experiencing? It is easy to blame others. Are you capable of interpreting that which you see, or do you judge according to appearances? Objective appearance is not always true. Let us call James the Less to discipleship, and let our judgment be as the noon day—noon casts no shadow. I stand on my shadow, therefore, nothing comes in my way to deflect me from judging righteously. No shadow must cross our path—the world of confusion shall lay rejected. Our judgment shall be righteousness, which is wholeness, peace, and perfection.

Thaddeus means of the heart, warm hearted, and praise. Thaddeus represents the exalted mood, the happy, joyous state. *I, if I be lifted up from the earth, will draw all men unto me.* John 12:32. This is the attitude of mind of the man who is disciplining Thaddeus. You lift others up by rejoicing that they are now possessing and expressing all that you long to see them express.

You can praise the flowers in the pot, and they will grow luxuriously and beautifully. Ask the plant to bend over and kiss you; it will. It will grow

towards you so that you may kiss it just as a dog will jump on your lap when you indicate you will pet and fondle him.

When you go into a restaurant and the waitress takes a long time to serve you, do you criticize her or suggest that she should be discharged, or do you lift her up in consciousness and see her as she ought to be?

Do you see men as beggars? If this is true, you have clothed them in rags. They are Kings walking the King's Highway! Let us clothe them with the garment of salvation and the robe of righteousness. The beggar will be transformed; he will not be at the street corner tomorrow. This is an example of calling Thaddeus to discipleship.

Praise radiates and gives glory and beauty to the inner powers of man. Let us emulate St. Thaddeus and walk the earth with the praise of God forever on our lips.

Another disciple is Simon of Canaan. Simon means hearing, hearkening. It means one who listens and obeys the voice of the One Who Forever Is. When you discipline this faculty, you look for and expect spiritual guidance and illumination direct from the fountainhead of God. You become

still and listen for the still, small voice, the vibration or tone within you that wells up and says, *This is the way, walk ye in.*

Simon of Canaan may be summed up as receptivity to the inner voice of wisdom, truth, and beauty. This leads you to the land of Canaan—the promised land—the realization of harmony, health, and peace. You hear only the good news about ourselves and others; you expect the best. The man who disciplines this faculty of mind lives in a state of joyous expectancy; invariably the best comes to him. The word of God goes before such a man as *a pillar of a cloud, to lead them the way; and by night in a pillar of fire, to give them light; to go by day and night.* Exod. 13:21.

Do you now gossip, dissect others, criticize them, and indulge in back-biting? These negative qualities would prevent you from controlling and disciplining this important faculty of mind. Do you hear and feel only the best for others? If you can, turn not aside; faint not; the Truth shall lead you to a land of plenty (Canaan) flowing with the milk of life eternal and the honey of unblemished wisdom.

Judas means limitation, the sense of need, desire, or the irredeemed life forces. We are all born

with Judas, because we are born into a world where we are conscious of boundaries, time, distance, and other limitations. *Thou has been in Eden, the garden of God; every precious stone was thy covering.* Ezek. 28:13. Yes, we were in a desireless state! Now we are born into a three dimensional world; we have desires. Our failure to realize our desires, cherished hopes, and ideals is the cause of our frustrations and discord. Lack of understanding has caused men to lust, hate, and be greedy for other people's property, territory, possessions, and land; so it is said Judas carried the bag of money (sense of need, limitation). When we discipline this faculty, it is one of the greatest of all the disciples, as it reveals the Truth that sets us free.

We are told Judas betrayed Jesus. If I betray you, I must know your secret; the secret is Christ or Wisdom. Betray means to reveal. Every problem reveals its own solution in the form of a desire. Judas is necessary for the drama; as through our problems we discover the Christ within—the I Am, our own awareness—to be our savior. The joy is in overcoming our problems. When we accept our desire, symbolized by Judas (desire) kissing Jesus (act of love), Judas dies or commits sui-

cide, and the savior (our answered prayer) is revealed or made manifest.

As long as you have the desire, you have not realized it. The moment, however, the desire dies by your acceptance or conviction of your good, a sense of peace steals over you; you are at rest. In the ultimate sense when man dies to all false beliefs, fears, superstitions, racial prejudices, creeds, and color, Christ, which means the Presence of God individualized, is revealed because the distilled essence of man is God; then he is calling forth Mazzaroth. *Canst thou bring forth Mazzaroth?* Job 38:32. The Judas (sense of limitation and bondage) in you is transformed and redeemed when you die (detachment) to all sense evidence, belief in being of a certain race, age, nationality, etc.

You discipline Judas when you surrender yourself to the influx of Divine Love, and consecrate yourself to a purity of purpose. Divine Love overcomes all problems and transforms the sense man into his pure, original state. The Holy Spirit anoints you; you are resurrected, and the God-man is revealed.

Have you any religious or political prejudices now? Do you like to retain your prejudices? If this is true, you are not disciplining Judas because

Judas means detachment which is a divine indifference. Indifference is the tie that severs.

Love is that which binds us to our good, which means that we take our attention away from that which we do not want and focus it on our good or our ideal. Love is wholehearted attention and devotion to the Truth; you must love no other power. You must kill Judas yourself. When you die to all false beliefs, you are back again in the garden of God. *Thou hast been in Eden, the garden of God; every precious stone was thy covering.* Ezek. 28:13.

Yes, truly you are the Christ. *In him there is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female.* Gal. 3:28. You were one with God when the foundation was laid; this foundation is God. The only begotten Son is every man because each man is begotten of the Only One. You must awaken to your true being and discover who you are—sons or expressions of God walking the earth.

You, the reader, represent Jesus and the twelve disciples. As the sun moves through the Zodiac in its cycle, in like manner, symbolically speaking, must your sun (the Holy Spirit) move through your twelve faculties inspiring and breathing into

them the Light and Life of He Who Is. As you discipline these faculties as outlined in this book, you consciously become God's radiation dissolving barriers between men.

You must paint the true picture of the ideal man—Jesus the Christ, and not the hideous picture painted over two thousand years ago of a man of sorrows bleeding on the cross with a crown of thorns. Let us tell the youth of the nation the true psychological story of Jesus; then all boys and girls will want to emulate the victor. No boy wants to be the victim. We have been searching for "the lost word" not knowing and not realizing that when it is discovered, it would be in our own manger surrounded by the animals, and marked by a blazing star or burning bush.

The blazing star is I Am. You can find it and become Christed or awakened to your Godhood here and now, and go back to the glory which was yours before the world was. *I have glorified thee on the earths, I have finished the work which thou gavest me to do. And now, O Father; glorify thou me with thine own self with the glory which I had with thee before the world was.* John 17:4-5. Before the world was I Am. Before Abraham was I Am. When all things cease to be, I Am.

Comments on Chapter 40, The Book of Job

(3) *Then Job answered the Lord, and said,*
(4) *Behold, I am vile; what shall I answer thee? I will lay mine hand upon my mouth.*

Job now senses a Presence within his being and is ready now to become still, lay his hand upon his mouth, and give heed to Reality. As Emerson says in one of his essays, "Religion is the emotion of reverence which the presence of the universal mind ever excites in the individual."

The new Job, the illumined man who has awakened to his Indwelling God (Elihu) now comes forth out of the various stages of consciousness depicted in the unfolding of the drama of Job's life from five sense evidence and body consciousness to the new regenerated Job ready to hearken to the voice of Reality. Job now sees the Light and says, "I, the imperfect (as Job), adore my own perfect." Emerson.

(10) *Deck thyself now with majesty and excellency; and array thyself with glory and beauty.* (14) *Then will I also confess unto thee that thine own right hand can save thee.*

These verses point out that you must begin, and then God will respond. We call this the law of action and reaction. When you meet the necessary requirements or establish the proper mental receptivity, then there is always a response from the God Presence within your subliminal depths. God brings something wonderful into your world by working through your thought. He does nothing for you except through you. God has already given you everything. He has created your body, established the world, started your heart beat, and given you a conscious and subconscious mind. He controls all the functions of your body automatically; however, in order for you to advance and grow spiritually you must from this point forward initiate all progress through your own thought.

(15) *Behold now behemoth, which I made with thee, he eateth grass as an ox.*

Some readers go off at a tangent in their interpretation of *behemoth,* and give you a lesson in the natural history of the hippopotamus and his habits. The behemoth is a symbol for unen-

lightened reasoning based on physical causation. You can build up quite a case for cancer, tuberculosis, and poliomyelitis, and unless you know the Truth you will not be made free from its terrors. Disease is not independent of the mind, and you must awaken to the fact that the germ of cancer is fear which disturbs the mind and the latter condenses down and takes the shape of any idea or mental image given to it.

(19) *He is the chief of the ways of God: he that made him can make his sword to approach unto him.* (20) *Surely the mountains bring him forth food, where all the beasts of the field play.*

He (reasoning, conscious mind, choice) is the chief of the ways of God in the sense that what you believe governs all your reactions and circumstances. He (behemoth) feeds on mere flesh opinions, suggestions, fears, etc.). You must be armored with the sword of spiritual insight and clarity of thought and destroy all false reasoning based on a suppositional opposing power. The belief or thought of an antagonistic power is a delusion and a snare.

(23) *Behold, he drinketh up a river, and hasteth not: he trusteth that he can draw up Jordan*

into his mouth. (24) *He taketh it with his eyes: his nose pierceth through snares.*

So formidable is behemoth, the symbol of physical matter of fact causation that you must needs be firmly poised in the awareness that the Infinite Power is real only, and all else a lie. Evil seems to work as a power, but really is not a part of Reality. Your belief makes you crawl before the illusion and false beliefs of the world, and you play into the hands of the race mind beliefs.

Comments on Chapter 41, The Book of Job

(1) *Canst thou draw out leviathan with an hook? or his tongue with a cord which thou lettest down?* (2) *Canst thou put an hook into his nose? or bore his jaw through with a thorn?*

LEVIATHAN, Isaiah's crooked serpent, is a symbol of belief in evil (duality, belief in two powers, or good and evil). Without *behemoth* (reasoning from false premises) leviathan could not exist.

Ignorance breeds evil, for if you do not know God within, you must think He must be something outside or up in the skies. Knowing God is your I Amness, awareness and consciousness will melt down mountains of error.

(8) *Lay thine hand upon him, remember the battle, do no more.*

Do not resist evil. Do not wax angry at evil for this makes it more tenacious. Overcome evil with good or the contemplation of the Presence of God.

(15) *His scales are his pride, shut up together as with a close seal.* (16) *One is so near to another, that no air can come between them.* (17) *They are joined one to another, they stick together, that they cannot be sundered.*

Belief in physical causation is so closely interwoven, so plausible to senses that no air (enlightenment) can come into play unless you are aware of spiritual realities. Only he that made behemoth or leviathan can slay him. It is all a matter of consciousness of God. Right thinking is always miraculous—being the Power of God in man.

(22) *In his neck remaineth strength, and sorrow is turned into joy before him.*

Some people really enjoy bad health, and thank God that they are just a little better. Through the

habit of self-pity they succeed in building a martyr complex.

(34) *He beholdeth all high things: he is a king over all the children of pride.*

He (leviathan—sense evidence, race mind beliefs, etc.) is a king over all the children of pride in this way, the sense of evil (sense evidence) is proud of his children (weapons of warfare, armaments, religious persecution, racial prejudice, etc.). The spawning of evil progeny would not be possible if you would recall the One Power and the One Presence within, and feel a deep sense of Its reality.

Comments on Chapter 42, The Book of Job

(5) *I have heard of thee by the hearing of the ear: but now mine eye seeth thee.*

Job is now inwardly perceiving the truth about God. His outer senses cannot see the reason for fear any more, and he no longer fears the threaten-

ing voice of the world. The Light of faith in God is dawning in his mind, and he sees the great truths of God in the same way that a boy sees the truth of a chemical equation. Job has a conviction in the goodness and ever availability of the God-Presence at all times and in all emergencies. The Light of the Inner One is dawning in his mind, and he understands and inwardly sees the way God works. Job can now affirm the presence of all things good even though not discernible to the naked eye or the conscious mind. Divine Intelligence is now acting as his Light, and he walks in the faith of freedom, abundance, and peace of mind.

(7) *And it was so, that after the Lord had spoken these words unto Job, the Lord said to Eliphaz the Temanite, My wrath is kindled against thee, and against thy two friends: for ye have not spoken of me the thing that is right, as my servant Job hath.* (8) *Therefore take unto you now seven bullocks and seven rams, and go to my servant Job, and offer up for yourselves a burnt offering; and my servant Job shall pray for you: for him will I accept: lest I deal with you after your folly, in that ye have not spoken of me the thing which is right, like my servant Job.* (9) *So Eliphaz the*

Temanite and Bildad the Shuhite and Zophar the Naamathite went, and did according as the Lord commanded them: the Lord also accepted Job.

In these verses the whole issue is drawn and the entire mental conflict solved. God approves and finds as his beloved son the new Job and disowns his false friends who spoke from distorted creedal beliefs, misguided influence of race mind beliefs missing the thing that is right, or in other words, telling falsehoods about the nature of God.

In verse eight the essence of the Levitical law of sacrifice is set forth. The illumined reason of the new man is commanded to take all ideals formulated through the five senses plus the creative capacity of the conscious and subconscious mind (conceiving and creating), and make use of these seven senses or creative faculties (symbolized by seven bullocks, rams) in the right way by being aligned mentally with Infinite Power and Boundless Love, thereby consuming and burning up everything unlike God in the mind and body. In order to advance spiritually, we must give up the lesser for the greater. This is symbolized in these verses as the sacrifice of animals.

The sacrifice you make is to give up negative destructive thinking, all negative emotions, and

to make a place in your soul (subconscious mind) for the higher qualities of goodness, love, and truth. The sacrifice of animals means the practice of the great law of substitution, such as giving love for hatred, bringing joy where there is sadness, bringing light where there is darkness, and entering into the spirit of forgiveness where ill will is.

Job's senses (Eliphaz), intellect (Bildad), and emotion (Zophar) are redirected and anointed spiritually, and are made ready to enter the Holy of Holies, the heart of the true temple, on the holy mountain. All of which means that you still the wheels of your mind, and you become aware that the Infinite Being is thinking in you, and His thoughts become harmony, peace, joy, ecstasy, and illumination. In the light of this new state of consciousness, philosophy (Eliphaz) is seen as the wisdom of God, theology (Bildad) as the true knowledge of God, and psychology (Zophar) as the soul or place of God bringing peace to the troubled mind.

(10) *And the Lord turned the captivity of Job, when he prayed for his friends: also the Lord gave Job twice as much as he had before.*

Your friends are health, happiness, peace, joy, and all the things that add to your inner security

in life. You turn your captivity, or come out of the house of bondage, thralldom, and misery when you claim the qualities, attributes of God as your own, and when you accept mentally all the blessings of heaven. What you affirm and claim as true the Spirit within will honor and objectify in your experience, and you discover that it is God giveth the increase, and He multiplies your good exceedingly. There are many people who suffer from arthritis, rheumatism, asthma and other afflictions, and they discover that when they pray for others similarly affected they have a wonderful healing themselves.

A good way to forget yourself and take your mind off your problems, difficulties, pains, and aches, is to pray for someone else. Do this sincerely and honestly as often as you are led to do so, or until the condition is cleared up. In this procedure you will find your own burden lifted, and the dove of peace will whisper in your ear, "Peace be still."

I have taught a great number of people suffering from acute depression and melancholia to pray for someone in the block, perhaps a person who had a heart attack or a notice of dispossession. I have also encouraged them to visit some friend who is troubled, and try and cheer him up in every

way possible through prayer, oral suggestion, and a redirection of interest along constructive lines. Pray for your friends, and wonders will happen as you pray.

(11) *Then came there unto him all his brethren, and all his sisters, and all they that had been of his acquaintance before, and did eat bread with him in his house: and they bemoaned him, and comforted him over all the evil that the Lord had brought upon him: every man also gave him a piece of money, and every one an earring of gold.* (12) *So the Lord blessed the latter end of Job more than his beginning: for he had fourteen thousand sheep, and six thousand camels, and a thousand yoke of oxen, and a thousand she asses.* (13) *He had alo seven sons and three daughters.* (14) *And he called the name of the first, Jemima; and the name of the second, Kerzia; and the name of the third Keren-happuch.* (15) *And in all the land were no women found so fair as the daughters of Job; and their father gave them inheritance among their brethren.* (16) *After this lived Job an hundred and forty years, and saw his sons, and his sons' sons, even four generations.* (17) *So Job died, being old and full of days.*

These verses depict and portray the transfigura-

tion scene in the life of Job. His seven sons (the regenerated and awakened senses) and the creative powers of his subjective mind such as desire (Jemima), decision, conception (Kerzia), and manifestation (Keren-happuch) are all fused into the mystic and magical rod of right identification with God's eternal verities (transfiguration process) which frees Job from all limitations and establishes him in his Father's House again in an advanced self-conscious power pattern seen only On The Mount or exalted state of consciousness arrived at through communion with God.

Let these great truths of the Book of Job expatiated on in these many chapters be like a sachet of myrrh, cassia, saffron, and cinnamon carried near your heart enabling you to release from the treasure house of eternity the sweet fragrance and perfume of Divinity now and forevermore.

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DEVORSS & COMPANY, *Publishers*
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these truths can change your life

JOSEPH MURPHY
D. D., Ph. D., L L. D., D. R. S.

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BY

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Marina del Rey, California 90294-0550

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ISBN: 0-87516-476-5
Library of Congress Card Catalog Number: 81-71208

Second Printing, 1986

Printed in the United States of America

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CHAPTER 1

A Visit to China, Hong Kong and Tokyo

In the latter part of 1980 I joined a group of tourists who were going on the same journey to see the various cities of China, called the People's Republic of China. It is true that China has been experiencing a transformation which has taken root everywhere—in the farms called communes, hotels, restaurants, schools, hospitals and colleges. The people are very friendly, and the guides we had spoke excellent English. We watched a teacher conducting a class on English, and she was very competent. She explained that all students in the higher grades learn English as a secondary language. A visit to the main hospital in Peking proved most interesting and instructive. The chief physician (who spoke six languages fluently) explained their success with acupuncture.

The treatment of visitors is invariably friendly, thoughtful and courteous. The various guides we had on this trip explained that their written language—using a unique, nonalphabetic script—links all parts

of modern China. The written language remains constant throughout the land. In the spoken form, however, Chinese has numerous dialects. This is why the guide in Peking said to me, "I can't go with you to Canton, as I don't understand their dialect." He also said that about two-thirds of the people speak Mandarin—the national dialect. They have about five major dialects in the country, however. Salaries average about sixty yuan a month, which is equivalent to about forty-five dollars. Remember, the cost of living is commensurately low.

A visit to one of their large communes proved to be very interesting and illuminating. The foreman of the commune addressed us, stating that about fifty thousand people operated that particular collective farm. There was an incentive for each worker: If he produced more and was diligent and industrious in his work, he would receive more money based on what they call units of labor. Country families are encouraged to grow their own vegetables and to care for some animals, such as sheep and goats, both for their own consumption and for sale at the rural market. The great percentage of agricultural production is carried out in collectively owned fields, and income is distributed according to individual output. A certain sum of money is set aside for medical care, pensions, social services and education. The state owns everything.

How He Won His Freedom

While talking with an old friend of mine in Hong Kong, a gentleman with whom I have had business dealings and with whom I have corresponded for about ten years, I learned for the first time that he had been born in China, had studied in a missionary school when young, and had a burning desire to go to Hong Kong. But all of his friends who had tried to escape to that city were either drowned in the attempt to swim the treacherous waters or were shot by guards who knew they were trying to escape the regime. He said that he prayed to Buddha to show him the way. He also asked the I Ching,* which he inherited from his grandfather. The hexagram he received said, "It furthers you to cross the water—good fortune." This was an auspicious prognostication, and so, he, with another friend, found a boat and succeeded in landing at a remote part of the island. Today he is very successful and now employs a great number of people. He said, "I beat the established laws and rules." He proved the power of faith in the Invisible Presence and Power Which is omnipotent and omniscient.

**The I Ching or Book of Changes,* Wilhelm/Baynes Edition, Princeton University Press, Princeton, N.J., 1967. See also *Secrets of the I Ching* by Joseph Murphy, Parker Publishing Company, West Nyack, N.Y., 1970.

Special Privileges

During a conversation with an Englishman who has lived for many years in China and who is now handling and directing a British corporation in Southern China, I was told that the common people, called peasants, get very upset and angry about the special privileges of high-ranking officials. He said that the old saying in China is still prevalent: "Once a man is promoted, even his dogs and his chickens go to heaven." This practice still permeates society. We saw in every city we visited men and women in private limousines with private chauffeurs and blinds drawn in the car. On inquiry, we were invariably told that he or she was a member of the communist hierarchy. It seems that all members of the communist party get special privileges that they have no desire to relinquish.

Failure of Egalitarianism

Those who assert or promote the view that men are equal politically, socially, spiritually, or in any other way are absurd and ludicrous. One of the men who spoke to us at one of the communes explained that the men who produced more and accomplished more are promoted as a result and receive more pay. They arrange incentives for the workers on the basis that the chance to get richer will make people work harder.

The commune leader realizes that all men are not equal. And it is true that all people are not equal.

Some men are tall and strong, others are weak and short. Some have the gift of music, others have not. Some are born with great psychic endowment, others are not. Some boys today have a far higher IQ than others. Emerson tells us that the chemist can tell his secrets to the carpenter because the carpenter is not equal to him in the science of chemistry. Likewise, the chemist is not equal to the carpenter in his knowledge of construction, mensuration and other techniques.

Look around you and you find children born into a lovely home where peace and love reign supreme and where parents practice the Presence of God regularly. Children grow up in the image and likeness of the dominant mental, emotional and spiritual climate of the home. Such children have a great advantage over children born into a home where they are unwanted, unloved, and where turmoil and dissension exist between the parents.

Inequality is rampant throughout all nature. The mouse is not equal to the horse, the lamb is not equal to the lion, etc. The hill is not equal to the high mountains and the small lake is not equal to the sea. Theoretically, we are all equal before the law in the U.S.A., but, as you know very well, if there is an unjust judge administering the law, it doesn't always turn out that way.

It is true that we are equal in the eyes of God and that riches are of our mind. If we use our mind wisely

and constructively, according to spiritual values and principles which are eternal, we then prove that riches, justice, health and happiness result from that usage. If we think good, good will follow. In nature the flowers are not equal; neither are the trees, rivers, stars, suns and moons.

The Truth Is Always the Same

Truth never changes. It is the same yesterday, today and forever. A Chinese guide with whom I got very friendly knew and understood the Communist Manifesto very well. It states that war between the communists and the bourgeois society of which we are a part is inevitable and will continue until the whole world becomes communistic. A student of the laws of mind knows that if war is your premise and the dominant factor in your mind, you will create war, as the Russians have done in Afghanistan and in other places. This is of their own choice, their purpose and plan.

This young man admitted that he was a former Red Guard. He denounced professors, linguists, teachers, scientists and the elite of China. He abused them, gave them menial jobs in farms and factories, and looted and burned some old temples and churches. He now realizes that the Red Guard caused untold damage to the cultural, scientific and industrial progress of China. He has now changed and wants to study physics in America or London so that he can

contribute to the expansion and growth of his country. He said to me, "When we are young and brainwashed, we possess heads but no brains."

Classless Society

This idea is an absolute farce and an insult to the intelligence of a seven-year-old boy who is coming into the age of reason. Stalin of the U.S.S.R. and Mao of China (incidentally, they are taking down his pictures and statues all over China) tried to abolish classes in society by liquidating all those who opposed their collectivist dream. The theory behind this is that the proletarian class (which originally meant the poorest and lowest class in a community or state; one with no property and belonging to the wage-earning class) will be in charge and dominant; and, gradually, over a period of time, there will develop a classless society.

This, of course, is called the big lie, palpably false and too stupid for words. It might be looked upon as one of the great illusions of brainwashed people who do not know the laws of mind and the way of Infinite Spirit. The only condition in which there are no opposites is in the Absolute, and this can never be experienced in human existence.

An inevitable duality besets all nature. We have ebb and flow, in and out, sweet and bitter, hard and soft, male and female, positive and negative, night and day, darkness and light, motion and rest, yea

and nay, and fear and love. Life is one, but it functions as a duality. Emerson explained it so lucidly when he said, "Polarity, or action and reaction, we meet in every part of nature." Infinite differentiation is the law of life. There can never be a classless society.

I once taught a class in chemistry. Some of the boys in the class were very eager to learn; they studied, applied themselves, were idealistic and wanted to accomplish great things in the world. Others were lazy, however. They refused to study, spent time in the pool hall and were generally indifferent. There was nothing wrong with their IQ, but there was something wrong with their choices. . . . *Choose you this day whom ye will serve* . . . (Joshua 24:15).

All evil ultimately destroys itself. "The mills of the gods grind slowly but they grind exceedingly fine." Tyrants, dictators and despots who engage in suppression of the masses, ruthlessly liquidating millions of people, will, of course, experience a reaction of the law themselves. The Bible says: *I will overturn, overturn, overturn, it: and it shall be no more, until he come whose right it is; and I will give it him* (Ezekiel 21:27).

What should govern and reign supreme in our mind are the spiritual values of life which are eternal. All of us are here to grow, expand, move forward in the light, and express more and more of our Divinity. When we misuse the law, we get into trouble and

difficulties of all kinds. Change eternal is at the root of all things, and it is through change that we evolve. Truth may be submerged for a while, but it inevitably will rise triumphant.

You are here to reconcile the opposites. If you are sick, you can call on the healing power of God to make you well. If you have sufficient faith in God, a healing will follow quickly; if not, go to a doctor at once and bless him. If you are poor, you can claim that God's riches are circulating in your life, and, when wealthy, you have reconciled the opposites. You can cast out fear by filling your mind with the truths of the 91st Psalm and you are no longer fearful.

Communistic teaching has forgotten the power of God in man, and this is the great flaw and perversion which permeates their entire teaching and propaganda.

You Are Living in a Spiritual World

God indwells you. God is omnipresent and must, therefore, be the Reality of you. A monk in China said to me through an interpreter that the people in the country worship and pray and will always continue to do so. I asked one guide: "Do the people practice Buddhism?" He laughed and said, "Our religion is Marxism and Leninism, but the rank and file don't accept it." I knew what he meant, but he gave the standard answer to such questions.

According to the communistic regime, economic

determination is paramount. They hold and teach that your mental attitude and general thinking are caused by externals, such as environment and conditions. In other words, your consciousness (the way you think, feel, believe and whatever you give mental consent to) is molded and fashioned by circumstances and conditions.

All of this is a half-truth in the sense that millions of people are governed by environmental belief, early training, conditions and circumstances. This is called the law of averages. But there are millions of people all over the world who, although born in its slums and ghettos, have become famous in the fields of science, art, literature and medicine and have also become great leaders and statesmen. They refused to think according to the law of averages. They tuned in on the Infinite and brought forth great inventions and discoveries along all lines.

I knew a great surgeon in New York who had been born in the slums. His mother was a prostitute and he didn't know his father. He listened to what the clergyman said at a local school and refused to be bound by environmental suggestion. He imagined himself to be a great doctor and surgeon and worked to bring this to pass. He said to me, "I asked God to guide me, direct me and show me the way. Millions like this surgeon have also learned the other half of the great truth: that your thought and feeling control your destiny. Your subconscious reproduces your

habitual thinking and imagery, creating circumstances and experiences. In other words, you are what you think all day long.

Voice Crying in the Wilderness

There is an inner voice that speaks to all men throughout the world. It is the inner urge of the Divine Presence in man urging him to release his talents to the world and express more and more of his God-like powers. It is that inner voice in you that says to rise, transcend and grow; come on up higher, I have need of you. God is seeking a holy receptacle through you so that by using you He might express Himself at higher levels.

My observation is that where the communist regime governs it makes millions of people serfs, slaves and clods. The means used to submerge the ideas and inner desires of people is that of force, as through the barrel of a gun, which will ultimately bring about absolute failure resulting in the liberation of all those people. The premise (force), being false, determines the result, which must be failure.

The truth student is against false ideas in the mind, not with people. All ideas not born of God must be false, for God is love. All of us must look within to the One, the Beautiful and the Good, dwelling on the eternal truths and the great spiritual values of life; then we shall grow in wisdom, truth and beauty and become strong in God. When we do this and make a

habit of it, God will rise in all of us and the enemies of fear, hate, resentment, doubt and compromise will be dissolved in the light of God's love.

The Principle of Divine Right Action

In talking with a man from Texas on our tour of China, he told me that for many years he had possessed a marvelous idea, an invention which would be a great boon and blessing to the organization for which he works, but that its introduction was blocked at every turn. I asked him where his idea came from, and he replied that this invention came to him in his sleep and was obviously a very good invention.

The explanation is ofttimes the cure. He admitted that he was very resentful of the executive vice president in charge of operations, whom he blamed for blocking his idea. I explained to him that actually he was blocking his own good, because to hold an ideal in his mind and at the same time resent the vice president for blocking it is to make a god of the vice president, thereby worshipping false gods. I pointed out that the vice president had no power to block his good and that he was transferring the power to him. The only power is of God, Which is omnipotent; therefore, he was unjust to himself because he had a false god.

I gave him this prayer: "The ideal I have in my mind is a gift of God. It is good and very good. What God gives, He manifests and brings forth in

Divine law and order. I give all power to the God-Presence within. It is done. It is finished and I give thanks."

Yesterday I received a grateful letter from him saying that the company had accepted his novel idea. He removed his resentment from his mind and acknowledged no enemy to the power of the Infinite within him.

You Must Be Before You Can Have

You possess nothing but by right of consciousness. I explained the meaning of this to a young lady who wants to become a doctor. She was rejected by five different medical institutions so far, each claiming that it was full. She began to see that she must mentally act as though it were already accomplished and pictured herself studying in medical school. I suggested that she look at a diploma on the wall, stating that she is a physician and surgeon in the State of California and hear the writer congratulate her on her graduation as a physician.

In prayer you always go to the end and, having seen and felt the end, you have willed the means to the realization of the end. She thus played the role in her mind and acted as though it were an accomplished fact. Our interview was about five months ago, and the way suddenly opened up for her to attend in Montreal, Canada.

Whatsoever a Man Soweth,
That Shall He Also Reap

All of us are familiar with the great truth that whatever we impress or impregnate in our subconscious mind, whether good or bad, will come forth into objective manifestation. This is the law of mind. Look upon it as being as invariable and inflexible as are the laws of mathematics or chemistry. You must realize there is only One Law in all its various phases and functions.

While building a bridge, an engineer must conform to the principles of mathematics and the laws of stress and strain. The chemist must conform to the principles of chemistry and understand laws of attraction and repulsion. He must also understand the role of atoms and molecules. He doesn't try to change the principles of chemistry any more so than the electrical engineer tries to change the principles of electricity.

Plant, therefore, in your mind whatsoever things are lovely, noble, dignified and Godlike. . . . *Unto every one that hath shall be given* . . . (Matthew 25:29). This means that what you claim and feel to be true in your mind will be given to you. What a person has is not his material possessions but a state of mind, a mental attitude or deep-seated conviction. Remember, everything you possess in a material way, such as your home, stocks, bonds, land, etc., is a mathematical, accurate reflection of your mental state. In other

words, what you psychologically possess will be made manifest on the screen of space.

There is no such thing as chance. All is law. There are no accidents. All is law and a mathematical, accurate reflection of your state of consciousness. Consciousness is the sum total of our conscious and subconscious assumptions, beliefs and convictions. In other words, it is the sum total of our conscious and subconscious acceptances.

It Is Wise to Tell No Man

It is foolish to talk about your dreams, aspirations, plans and secret desires with others. Your prayer is with the Father within. Whatever you claim and feel to be true in the silence of your soul, the Spirit in you will validate and honor and bring to pass. It is foolish to pluck a flower before it blooms and blossoms. This does not mean that when you go to a doctor, psychologist or attorney you do not tell him your problem, because he is there to help you and cooperate with you. What you convey to a clergyman or doctor is a secret, and he or she keeps that information in confidence.

A girl in a local office was telling everybody recently that she was going to marry the boss and that she had an engagement ring, yet it was another girl in the office who actually married the boss. Keep your own counsel and stop talking about something that

has not yet happened. There is the man who is always talking about the home he is going to build, the book he is going to write, and the vast amount of money he is going to make. You can rest assured he never accomplishes any of these things he is bragging and boasting about. The man who writes a book sits down and writes it, has it published and then tells you about it. Withhold your speech until results speak for themselves.

A great number of people dissipate the force of excellent resolutions by talking too much about them. A young man in a local bank was promised a promotion to executive vice president. He told his wife about it, but forgot to tell her to keep it confidential until it had happened. She told all her friends as well as his friends in the bank, and the wives of the other men in the bank created such an uproar, claiming their husbands had seniority, etc., that he never did receive the promotion.

Make it a point to mind your own business. It is called "MYOB." You will find it very profitable. Be sure you do not tell your relatives or your so-called best friend your secret prayer. Your best friend is God. A college teacher told me that she told her immediate family that she was going around the world on a guided cruise costing seven thousand dollars. They immediately poured ice cold water on the idea. A brother wanted to borrow money for his family business and said she should lend him the

money. Others claimed they needed money for an operation, etc. Instead of rejoicing in her good fortune and wishing her a *bon voyage,* they resented the trip and tried to prevent it. Nevertheless, she went on the cruise and is much wiser now. Go, and tell no man.

Predicting My Future

Thou madest him to have dominion over the works of thy hands . . . (Psalm 8:6). I know that my faith in God determines my future. My faith in God means my faith in all things good. I unite myself now with true ideas and I know the future will be in the image and likeness of my habitual thinking. "As a man thinketh in his heart, so is he." "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, and of good report," day and night I meditate on these things, and I know that these seeds (thoughts) which I habitually dwell upon will become a rich harvest for me. I am the captain of my own soul; I am the master of my fate; for my thought and feeling are my destiny.

CHAPTER 2

Do You Have Free Will?

We had a most interesting trip to Chengtu, a beautiful city, with its temperate climate, broad streets and many public parks. It is a center of handicrafts and was known as the City of Brocade under the Han Dynasty. Local buses in this city are run entirely on natural gas stored in bags on top at a cost of one cent for sixty miles. In one of the factories, where everything seems to be done by hand, I chatted with one of the workers who had formerly lived in New York City and who had at one time listened to a series of lectures by the late Dr. Emmet Fox. For obvious reasons, he does not promulgate his knowledge of the laws of mind. I also found that some of the monks in the many monasteries have an excellent knowledge of the scriptures of the world.

He Keeps His Vessel Covered

This worker I spoke of knows the meaning of Moses' injunction to the children of Israel to "never leave any vessel uncovered." *And every open vessel, which hath no covering bound upon it, is unclean*

(Numbers 19:15). In other words, keep your awareness of God and your deep conviction of the eternal verities as a cover, i.e., keep your illumined, conscious mind as a cover over your subconscious, or any old opinions, idle thoughts and false beliefs which will come floating in and take over the powers of your subconscious mind.

Think, speak and act from the standpoint of universal principles and eternal verities rather than from the superimposed structure of fear, ignorance and superstition of the mass mind, sometimes referred to as the race mind, which means the thinking of four and a half billion people. Do your own thinking or the mass mind will do it for you, and as a result, your life will be chaotic.

Taking the Cover Off

The hypnotic operator takes "the cover" (conscious mind) off of the subconscious mind. He gives a suggestion directly to the subconscious, which acts immediately upon the suggestion. It has been demonstrated and proven that even a *post* hypnotic suggestion will be carried out to the consternation of even a recalcitrant hypnotized subject. Time is actually collapsed in experiments of this kind.

What does all this show? Simply that there is a creative medium in your subconscious that responds to the nature of your thought. When you find creativity, you have found God, or the One Power, in essence. God created the universe and all things

therein contained. God created you, and the Creative Power is within you. You have freedom to use any power two ways. You have freedom to create sickness or health, failure or success, poverty or wealth by the nature of your habitual thinking and imagery. This is the ancient mystery of good and evil—never quite understood throughout the ages. The Bible points out that Moses drew forth his hand white with leprosy or glowing with health according to the way he used his mind. This applies to all of us.

You Are Adam and Eve

And God said, Let us make man in our image, after our likeness . . . (Genesis 1:26). This means your two natures—conscious and subconscious—bring forth all manifestation and experiences in your lives according to your habitual thinking and imagery. Adam (your conscious mind) and Eve (your subconscious mind) simply represent a portrayal of the interaction between your conscious and subconscious minds. Through these two (male and female) you create always a third—a "son"—your world, your experiences and conditions in life, your demonstrations and all other phases of your life.

Do You Have Free Will?

What are you choosing now? You have choice, volition and initiative. Millions choose old age, lack, limitation, sickness, disease and misfortune of all

kinds. All this is a result of man's having surrendered his real heritage (spiritual dominion). Your free will ends when you make the wrong choice such as a belief and faith in outer conditions and effects.

You are here to choose from the Kingdom of God within you. Choose harmony, peace, beauty, Divine love, Divine right action, and Divine law and order, which is Heaven's first law. In other words, choose whatsoever things are noble, Godlike, dignified and wonderful. The fall of man is simply man's failure to choose the beautiful and the good. Millions are held in the chains of bondage to false beliefs, sickness, hate, jealousy and false concepts of a God of love.

You Were Not Born with Fears or Complexes

I explained to an elderly woman during our trip to China that she was not born with any fears, prejudices, religious beliefs or racial taboos; that all these were given to her by parents and others such as relatives, teachers, clergymen, etc. She was full of a fear of death and afterlife and believed she would be punished by some angry God for her past sins.

She began to understand that her mind when she was born was like virgin soil; then the fears, false beliefs about God, life and the universe were impinged on this subconscious mind and left their imprints there. Her racial and religious prejudices were all imparted to her and acquired when she was young and impressionable. She was hungry for the Truth,

however, and came to realize that God, or the Life Principle in all of us, is no respecter of persons, does not judge or punish, but that we do hurt and punish ourselves by misuse of the Law and by erroneous and stupid thinking.

At my suggestion she began to read out loud three or four times a day the 27th Psalm, the great antidote to fear; and I observed a tremendous change in her attitude during the rest of the trip. Ofttimes the explanation is the cure.

Original Sin

Man's failure to realize his Divine origin and his sense of separation from the Divine Source, taking the commandments of man for the commandments of God, is original sin—a falling away from and missing the mark of harmony, health, peace and abundance. The Fallen Angel, Fall from Heaven and Lucifer's Fall all mean the same thing—a fall from harmony, peace, beauty and love—a fall from grace.

Heaven means the Invisible Intelligence in which you live, move and have your being. It also means your mind at peace. The old saying is true: "Self-forgiveness is heaven, self-condemnation is hell." Jesus said: *While I was with them in the world, I kept them in thy name: those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled* (John 17:12). This means I keep all things *in thy name* by

claiming, "I am that thing." You keep all your mental images fixed *in thy name,* meaning that you feel the naturalness of the thing prayed for.

The son of perdition means the belief in loss, and once this belief in loss dies, there is no loss. There is no such thing as a lost soul, for example. No man or thing can be lost in the Infinite. God can't lose Himself. God is the Life of you, the Reality of you. You may be lost temporarily to health, peace, joy or wealth; but you can always go back to the Infinite Source and claim boldly that which you thought you had lost. Nothing is lost in the Infinite.

The Meaning of the Unforgivable Sin

But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation (Mark 3:29). The Holy Ghost means the Holy Spirit, or God within you. To blaspheme in Biblical terminology is to tell lies about God. To sin means to miss the mark of harmony, health and peace, or failure to reach your goal in life.

You are sinning against the Holy Spirit when you fail to believe in the One Power and ascribe power to outer things instead, thereby living in bondage to false gods. There is no such thing as an unforgivable sin. God, or the Life-Principle, is forever forgiving you, whether you cut your finger, burn yourself or get ill. The Divine Presence always seeks to heal, to restore, and It never punishes.

We punish ourselves by shutting ourselves off from the guidance, love, and healing power of God. When you forgive yourself, you are forgiven. As long as you refuse to accept the Truth appertaining to God, however, and as long as you refuse to forgive yourself, then you are rejecting the Divine influx and the healing power of God. As long as you insist on condemning yourself and feeling guilty, no help or healing can come to you. In that sense only is it unforgivable —while it lasts in you.

All you have to do is to change your attitude. Forgive yourself and the past is forgotten and remembered no more. You must not read the Oriental language of the Bible in a literal sense. For example, the man who was a thief, robbing widows and others, and now is honest, sincere and leading an upright life has forgiven himself and is no longer a thief. He is a new man in God and is transformed. The old man (the thief) is dead and a new man is born. He is no longer the same man spiritually, mentally, psychologically or physically. Science says we have a new body every seven months. The murderer who is now a good man, contributing to society and leading a full and happy life, has forgiven himself; he is a new man in God.

The Operation of Grace

In talking this morning with a widow here in Leisure World, called Laguna Hills, I learned that she

had had a malignant tumor, but that her surgeon had told her this morning that an X-ray revealed it had disappeared. She was very happy. A month ago she was worried and upset, and at my suggestion she began to operate the spiritual power of Divine love, which is called Grace. She knew the law of mind, being a former student of the late Ernest Holmes.

She spoke with authority to her body; and for about half an hour three or four times a day, she affirmed boldly and with confidence, "God's love saturates my whole being. God's peace fills my soul, and I give thanks for the miraculous healing taking place now." She adhered regularly to this prayer process; and when fear thoughts came, she supplanted them with the words, "God's love fills my whole being."

This neutralized all the negative thoughts, forming constructive energy, blessing her. She took the pain-killing drug, Codeine, prescribed by her doctor and blessed him regularly. By speaking with authority, she had succeeded in dissolving everything unlike harmony, wholeness and perfection in her body. She played on her body a melody of God.

Spirit and Matter

Modern science today confirms what the ancient Vedas said thousands of years ago: that matter was the lowest degree of Spirit and that Spirit was the highest degree of matter. Einstein said that matter

and energy are interconvertible and interchangeable; that matter is energy slowed down to the point of visibility. Energy is a term used by science for Spirit, or God. Basically, Spirit and matter are one. Today we say it is a world of densities, frequencies and intensities. In other words, all is Spirit, and the whole world is Spirit manifesting in multitudinous forms of expression.

The Spirit in you is the real cause of all experience. Matter, in and of itself, has no volition, no initiative. It is not self-acting. It is subject to your mental activity. Your body moves only as it is moved upon. Your body acts as it is acted upon. The body of a man who has gone on to the next dimension does not talk, walk, smile or move. The reason is that the Life-Principle has left him and he is now functioning in higher dimensions of mind. His body undergoes dissolution, which is a natural phenomenon, and becomes grass, hail, and snow. In other words, it returns to its primordial substance.

You must become aware of one cardinal truth: Externals, such as people, conditions, circumstances and the phenomenalistic world, are not causative and do not determine your misery, suffering or happiness. You must begin to inculcate into your cranium that effects are not causative. The cause is always within your own beliefs and attitudes of mind. For example, a man working in the bank learns that there is an epidemic of flu going around and he is full of fear and anxiety that he might get an attack. Some of his

associates in the bank are at home ill with the flu. The suggestions from the radio or from others in the office have no creative action. It is his own fear or expectancy. The suggestion, in and of itself, is powerless unless it awakens the creative action of his mind, which is the movement of his own thought. The creative power is in his own mind, and he has the power to reject all negative suggestions.

Recently, in talking with a banker friend of mine who was full of fear that he might catch the flu because others in his office were quite ill at home, I suggested that he affirm frequently, "I am all health. God is my health," realizing that God, or the I AM within him, could not be sick, frustrated, depleted or hurt in any way. Gradually, he seemed to build up an immunity and remained completely free, even though all the other members of his family became ill with the flu.

External conditions, circumstances and suggestions of others are secondary causations only. In order for any external condition to affect you, you must accept the idea or suggestion; then it becomes a movement of your own mind, which is the primary cause. Remember that it is only when a suggestion awakens a response in you that creative action takes place.

She Was Allergic to Red Roses

Recently a woman said to me that she was very allergic to red roses; that they caused paroxysmal attacks, tearing of the lachrymal ducts of the eye and

inflammation of the mucosa, creating great difficulty in breathing. She felt that the red roses were the cause. If this were a law, then all those in contact with red roses would be allergic.

However, the truth of the matter was that the man she married had always given her red roses, sending them to her office and home, while courting her. After a few years of marriage, though, he had run off with a younger girl, telling his wife that she was too old for him. She was full of resentment and hatred towards her ex-husband and his girl friend. From that moment on she became allergic to red roses.

Roses have no power to induce attacks of hay fever, asthma or any other respiratory condition. She associated red roses with her ex-husband; and her resentment, antagonism and intense hatred caused the subconscious to bring on these symptoms. Negative, destructive emotions lodged in the subconscious mind cannot have a constructive outlet. Being negative, they must have a destructive effect on the body as well as all phases of life.

Her release came when she began to understand what she was doing to herself and that what is inside the mind causes experiences outside the mind—that thoughts are things. Her attitude and emotions are always projecting themselves into form, expression and condition. She decided to forgive herself for harboring these negative emotions and decided to release her ex-husband and his girl friend to God, wishing

for them all the blessings of life. Whenever they came to her mind, she would affirm, "I have released you. God be with you."

After some days she was free in her mind, because there was no longer any sting there. She filled her subconscious with these life-giving truths several times a day: "I live, move and have my being in God. I breathe the pure breath of the Holy Spirit, and my whole being is permeated by the vitalizing life of Spirit. I am now whole and perfect. Praise God, from Whom all blessings flow." She healed herself and is now free.

You Are Not a Slave

Realize that the Spirit within you is omnipotent, supreme and the primal cause. There is nothing to oppose It, thwart It or vitiate It. This inner movement of the Invisible Power to the visible makes you a lord and master in your world. Realize that you were born to have dominion and place all things under your feet (understanding).

A few weeks ago I was speaking at the Unity Church in Phoenix, whose minister is Dr. Blaine Mays. His ministry is going ahead by leaps and bounds. He inspires all his co-workers in a wonderful way, and he is the central figure in the propagation of the New Thought message around the world, since he is the President of the International New Thought Alliance.

I had an appointment with one of his parishioners,

who informed me that for years she had suffered from emphysema, due, she was told, to cigarettes. I gave her a very old prayer, which is lost in the mists of time: "I inhale the peace of God and I exhale the love of God. The breath of the Almighty giveth me life, peace and harmony."

I have recently received a beautiful letter from her, wherein she said that she had used the prayer for about half an hour slowly, quietly and feelingly prior to sleep every night, and that a complete healing had followed. She proved that she was not a victim of matter (physical condition) but the master, a free-born spirit moving triumphantly and victoriously wherever she desired.

The Monk Had the Same Idea

The city of Foshan in China is noted for its restored ancient temple and its famous pottery factory. In talking through an interpreter with one of the monks, he asked me my idea of the Crucifixion. I explained to him the age-old teaching that when the Absolute becomes relative or is made manifest, that is the Crucifixion, the crossing over from the Invisible Presence to the manifest world. That is the first Crucifixion.

He agreed with that. Furthermore, he added that every man portrays the Crucifixion, which, of course, common sense tells you is true. God, the Living Spirit Almighty, is embodied in every man, and each man is

crucified on the cross of matter. The monk spread out his arms to the right and left, revealing the real crucifix. It is true that the Divine Spirit (God) is stretched upon a cross of matter, limited by it and controlled by the seeming evidence of the five senses. The average man is not aware that he houses God and that the power of the Almighty is within him. Actually, you are not imprisoned by your body.

Some time ago Professor Hart, an associate of Dr. Rhine of Durham University, wrote an article, "Man Outside His Body," wherein he pointed out that students could leave their bodies, move ponderable objects, and that they had tactile, auditory and visual capacities outside their bodies. Of course, this is not new. Thousands of people all over the world, including the author, have left their physical bodies and appeared to others at a distance. I read some time ago that the Russian secret service had trained certain psychics to leave their bodies and investigate and explore the secret operations of our Defense Department. Again, this is nothing new. You can use any faculty of the mind two ways.

Phineas Parkhurst Quimby was America's greatest healer. He promised a woman one hundred miles away that he would 'visit' her the following Sunday at 7:30. He gave the letter to his son, who forgot to mail it. In Quimby's manuscripts, edited by Horatio Dresser, it points out that at exactly 7:30 p.m. on Sunday Quimby was seen by a guest in the woman's

home, who described him in detail, and the lady of the house said, "That is Dr. Quimby. He is treating me."

Quimby said, "I know that I can condense my identity and appear at a distance." He could be in two places at the same time. In other words, his physical body was in Belfast, Maine, and his subtle body, or fourth-dimensional body, was one hundred miles away. The astral body or, as some call it, the spiritual body is a more rarefied, attenuated body capable of going through closed doors and collapsing time and space.

You have all your faculties outside your body, as you are, in reality, a mental and spiritual being, and you will have bodies to infinity. Dr. Quimby was not bound, restricted or circumscribed by a physical body.

The Cosmic Crucifixion

A teacher at the Yoga Forest University, India, stretched forth his arms and said to the students that the Holy Spirit was crucified on a cross of matter and felt confined, but he also said that he was not limited or restricted and was able to teach people at a distance and appear to them whenever he wished. Psychologically speaking, the Crucifixion is the crossing over of your desire to your subconscious mind, where it is fixed or impregnated in the subconscious; and when that takes place, your prayer is answered. Whatever

is emotionalized and felt to be true is expressed on the screen of space.

When your prayer is answered, you experience the resurrection. There can't be a resurrection without first experiencing a Crucifixion. This is the basis of all prayer. The words "Crucifixion" and "crossification" mean the same thing. When the sun crossed the equator on March 21, the ancient mystics referred to that phenomenon by saying that the sun had crossified or crucified itself so that man might live. At this time all the seeds frozen in the ground during the long winter sleep are resurrected and the desert rejoices and blossoms as the rose.

The ancient Hebrews referred to the crossing of the sun over the imaginary line called the equator as shedding its blood or life on the Passover. The Passover and the Crucifixion both tell the same story. The only difference is in the words "pass over" and "cross over." Both mean the same thing. Blood in the Bible refers to the giving of life, and the rays of the sun at that season of the year certainly give life to all nature. All scriptures are psychological and spiritual dramatizations of the Truth and reveal their meaning only as they are interpreted psychologically and spiritually.

If you are ill and you mentally and spiritually unite with the ideal of wholeness, vitality and peace of mind and you feel the reality of perfect health, you have crossed over from sickness to health. You are

nailed to the ideal of wholeness. Nail in the Bible means your inner feeling, and your conviction of God's wholeness, beauty and perfection. You are nailed or fixed in the belief of perfect health now.

Dictionary of the Sacred Language of All Scriptures and Myths (Gaskell)

The Crucifixion is a very old symbol and represents the death of the archetypal man on the cross of matter, all of which means that the Divine Presence of God is housed in every person in the world. This dictionary also refers to the Crucifixion as another symbol of the Divine Sacrifice, that is, the limitation of the Divine energies and qualities of God within forms of matter. The Crucifixion story was regarded as symbolical of the Divine Spirit (God) involved in matter.

. . . *For it is written, Cursed is every one that hangeth on a tree* (Galatians 3:13). A curse is the negative use of the Law, and when a man is hung on a tree, naturally he can't walk or move around or go anyplace. He has no traction and is actually immobilized. He is a victim of his environment.

This is all symbolic, indicating there are millions of people who feel they are victims of their environment, conditioning, heredity and social surroundings. Man must learn that the Living God is in this tomb of matter which he calls his body and that by uniting with this Presence and Power, he can rise, transcend,

grow and lead a full and happy life. Some of our greatest minds came out of the slums and ghettos of the world.

She Said an Angel Saved Her

I received a phone call from a woman who was staying at the MGM Hotel in Las Vegas, where so many people lost their lives, hundreds of others were seriously hurt, and many lost their valuables. This woman had had a vivid dream, wherein a beautiful angelic-like woman had appeared to her, saying, "Leave the hotel at once. There will be a fire and many will die." She followed the instructions and checked out twelve hours before the holocaust. The angel was the Invisible Intelligence of her deeper mind, warning her and revealing what was about to take place.

Your Higher Self always seeks to protect you. Sometimes the answer comes in a dream and a vision of the night. This woman meditates on the 91st Psalm every night of her life.

Special Prayer of Protection

"God is all there is. One with God is a majority. *If God be for me who can be against me?* (Romans 8:31). I know and believe God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God's

thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, and I give out thoughts of love, peace, light and goodwill to this person or persons (mention name or names) and to everyone else. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. *In thy presence is fulness of joy; at thy right hand there are pleasures for evermore* (Psalm 16:11)."

CHAPTER 3

Why You Can Be Healed

In the Book of Exodus, Chapter 15:26, we read: *. . . If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.*

There is only one Healing Presence operating in all animals, in the soil, in the trees, and in all mankind. To heal means to make whole. Disease is a lack of ease, or peace of mind. The tendency of the Life-Principle is to heal, and all healings are spiritual. We are told that we must do that which is lawful and right, and then disease shall not touch us.

The word *Egyptian* in the Bible means thoughts of lack, limitation, darkness and disease; in other words, it is negative thinking. You are what you think all day long. Every thought is creative. Watch your thoughts and make sure that they conform to whatsoever things are true, lovely, noble and Godlike. I AM mentioned

in this Bible verse means Being, Life, Awareness, God—the Only Presence and Power.

Another wonderful verse in the Bible dealing with healing reads: *Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's* (Psalm 103:2–5).

In this verse you are adjured to be thankful for all your blessings because the grateful and uplifted heart is always close to God and in tune with the creative forces of the universe. When your mind and heart are lifted up in joyous expectancy, you become a spiritual magnet attracting all kinds of good to yourself. You are also reminded that God, or life, is forever forgiving you; but you must also forgive yourself, and the moment you do that and resolve not to repeat that negation, the past is forgotten and remembered no more. God is love and cannot do anything unloving. The tendency of the Life-Principle is to express Itself as harmony, beauty, joy, love, peace; in other words, it is the Life more abundant.

The soul is your subconscious mind, and whatever the sickness or ailment, it is always due to a group of negative thoughts charged with fear lodged in your subconscious mind. You change your subconscious by prayer, and by prayer we mean the contemplation

of the truths of God from the highest standpoint. When you fill your subconscious with the eternal verities and forgive yourself, you will neutralize and obliterate all the negative patterns in your deeper mind; then the embodiment must also disappear. That is the basis of all healing.

How to Preach to Yourself

Jesus said to the disciples: *And as ye go, preach, saying, the kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give* (Matthew 10:7–8). All ill health is actually a lack of wholeness or sense of oneness with the Infinite Healing Presence within everybody. In other words, when we are ill, we are separated from the Source of wholeness, beauty, vitality and perfection.

The Psalmist says, . . . *He leadeth me beside the still waters. He restoreth my soul* . . . (Psalm 23:2–3). The soul is the subconscious mind, and this deeper mind must be restored to wholeness by a new attitude, a new way of thinking and feeling. The body portrays and brings forth whatever is impressed in the subconscious mind.

She Restored Her Soul

A grandmother here in Leisure World was all upset because she had learned that her grandson was living with a girl in Hawaii and neglecting his studies at the

University. She was furious because he had fathered a child out of wedlock. Since she was paying for his tuition, she felt betrayed and hurt.

I explained to her that he was over twenty-one and so was his girl friend and that she could not control his life; furthermore, she was passing judgment on them and condemning them. This was the cause of her very high blood pressure, which drugs did little to reduce to normal.

She began to realize that her attitude was all wrong and that her anger, hostility and resentment were poisonous and destructive emotions which affected her whole being and accomplished nothing. Accordingly, she followed a simple procedure of scientific prayer, as follows: "I release my grandson and his girl friend to God completely. They are Divinely guided. Divine right action governs them. God loves them and cares for them. Divine law and order govern their lives, and they are expressing more and more of God's truth and beauty every day."

She adhered to these truths regularly and they sank down into her subconscious, neutralizing the poison pockets there. Whenever she thought of them, she affirmed, "God is guiding you. God loves you and cares for you." Her blood pressure dropped steadily and her mind is now at peace. She had discovered that there was no one to change but herself. This is spiritual healing.

The Ideal Technique

Attune your mind to the Infinite Healing Presence within you and think from the standpoint of universal principles and eternal verities. Preach to yourself and teach your mind to let go of appearances, false beliefs and negative emotions. Accept mentally and wholeheartedly the great truth that Spirit, or God, or the Infinite Healing Presence is the only Cause; that conditions, processes and forms are effects; and that you do not make an effect a cause. God is Infinite Spirit; there is no other Power or Cause.

She Discovered the Limitless Power

Our newspapers are full of news regarding these devastating fires hitting Southern California and destroying hundreds of homes. I had a call on Thanksgiving Day (1980) from an old friend who has been listening to me for over thirty years on radio, in Los Angeles, and who is now attending my lectures in the Saddleback Valley Plaza Cinema every Sunday at 11:00 a.m. in El Toro. He was all excited and said that he had heard that his home was endangered by the fire; but before he got there, his wife, who had been paralyzed and bedridden for five years, was found walking around outside seeking to find some valuables in the debris.

She had smelled smoke and knew the house was

on fire. The idea to save her life at all costs seized her mind, and the power of the Almighty responded to her focal point of attention. In the emergency situation her conscious mind was thrust aside, permitting the power of the Infinite lodged in her subjective depths to express Itself. The power was always there, but in her conscious mind she assumed and believed she was paralyzed for life. Her subconscious mind accepts no such limitation, for the I AM, or the Infinite Presence and Power, resides in the subconscious mind. There are many such instances in times of emergency, fear and shock.

Faith Healing and Spiritual Healing

Healings take place all over the world. There are healings at Shinto shrines, Buddhistic shrines, and at various other shrines and waters throughout the world. Many are healed by charms, icons, amulets, bones of saints and relics of holy men. Many go to Lourdes and other so-called sacred places. Some bathe in the waters and are healed; others are not. Some go there with great expectancy, faith and fired-up imagination and blind belief, and they get results. Whether the object of your faith be true or false, your subconscious will respond. Many have a false belief that God will suspend His laws and universal principles of healing because of their petition. This, of course, is false. God and His laws remain the same yesterday, today and forever.

Many get healings by voodoo doctors because of their blind faith or belief. Healings take place at some evangelical meetings where people are emotionally aroused and subject to hypnotic suggestion. The trouble with all these types of healings, however, is that most of them are followed by relapse. The reason is that in order to have a permanent healing, you must eradicate the cause. If you have not eradicated, purified and cleansed your subconscious, the condition reappears.

Spiritual healing is based on the union of your conscious and subconscious mind, scientifically directed, where you claim that what is true of God is true of yourself and the other. Also, you must completely forgive yourself and others, because the Holy Spirit—the Spirit of wholeness—will not flow through a contaminated mind. Before any real or permanent healing can take place, there must come forgiveness, which means to give for; and you give yourself the mood of love, peace, goodwill and confidence in the goodness of God in the land of the living. Wish for everyone what you wish for yourself. You will always know when you have forgiven because you can meet the person or persons in your mind and you no longer sizzle.

When your conscious and subconscious minds are in tune with the Infinite, healing follows. Prayer therapy consists in reconditioning your conscious and subconscious mind. In other words, you reprogram

your deeper mind by constantly repeating and reiterating the great eternal truths of life, which belong to all men and women. Teach your own mind to drop all its illusions and weird, grotesque and absurd beliefs about God and His laws and accept the healing power of God operating instantly when you call on It.

The Kingdom of Heaven Is at Hand

The kingdom of harmony, peace, love, joy, abundance and all the riches of the Infinite are within you. Peace is now, claim it; joy is now, claim it; love is now, claim that Divine love fills my soul; power is now, claim that the power of the Almighty is flowing through me now; the answer is now; abundance is now; guidance is now. God is the Eternal Now! You might as well claim these truths now as fifty years from now. Why postpone your good?

Preach to yourself, which means you announce these truths to your assembled thoughts; and when you know the Truth, you can practice it and teach it. You can't give what you don't have. Healing is now. Why wait for it? The Infinite Healing Presence is within you. You must teach yourself first and get rid of all illusions and false concepts and superstitions. Then you will get results.

The disciples are within you. You have twelve powers* and you are here to discipline these twelve

*See *Living Without Strain* by Dr. Joseph Murphy, DeVorss and Co., Inc., Marina del Rey, Ca., 1959.

faculties of mind. Before you can preach or teach others, you must first teach yourself. A man or a woman who has an intense urge to go out and change the world reveals his limitations and lack of understanding by that conviction. It is a great truism that when a person is limited, restricted, he tends to project that limitation on to others. When you listen to television or radio and hear the frightful and absurd teachings, which are a complete distortion of Truth, you realize that these people have not preached the Truth to themselves.

Truth sets you free and does not instill guilt, fear, doubt and limitation in your mind. Truth removes all shackles, all false interpretation of Life, and sets you on the high road to happiness, freedom and peace of mind.

What Do You See in the Other?

Did you ever stop to think that what you see in the other must also be within you? An ancient writer said, "What thou seest, that too become thou must, God if thou seest God, dust if thou seest dust." The world we see is the world we are. We are constantly projecting on to others our imperfections, shortcomings, prejudices and biases. In other words, we are constantly looking out at the world through the content of our own mentality.

It is no use for you to get a mystic wand and decide to transform the world. When you awaken to the truths of Life, you will realize that the world you see

is largely a projection of yourself. Begin to see the Presence of God in the other and salute the Divinity in each person. If you want to get along with others in your home or office, make it a habit to affirm frequently, "The Spirit in me speaks to the Spirit of _____ and there are harmony, peace, love and understanding between us."

Remember, if you want a perfect world, you will never see it perfect until you become perfect yourself. You can't see other than through the contents of your own consciousness. *Unto the pure all things are pure* . . . (Titus 1:15). . . . *There is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean* (Romans 14:14). It was your concept of yourself that caused you to see others as you did.

Change your concept of yourself; claim you are a son or daughter of the Living God, and you will begin to see a different world. If you are identified with the lovely, you can see only the lovely. Your twelve disciples, or twelve faculties, must be disciplined, controlled and directed along Godlike ways. For example, one of your disciples is imagination. Consequently, imagine what is lovely and of good report. Imagine you are doing what you love to do. Feel the reality of it and it will come to pass.

Your vision is what you are looking at in your mind, on what you are focussed, and to what you are

giving your attention. What you give attention to will be magnified in your life. If you say, "Okay, I am a failure. I am no good. I am a flop, etc.," this attitude will cause you to fail, to be frustrated, and to become bitter and disappointed. Furthermore, you won't be able to get along with others or to be promoted because of this low estimate of yourself. Affirm boldly, "I am born to win, to succeed. I am a tremendous success, and through the power of God I rise over all obstacles, impediments and difficulties. I am happy, joyous and free."

Keep preaching these truths to your mind. Persist, making it a habit. Through frequent occupancy of your conscious mind, these truths will sink down into your subconscious; and the latter, being compulsive, will compel you to express that with which you impregnated your subconscious. You are announcing to yourself that the kingdom of harmony, peace, abundance and security is here and now. Be careful that you do not subsequently deny what you are affirming.

Your judgment is your conclusion in your mind. In other words, you are always choosing between that which is true and that which is false. Choose harmony, peace, right action, success, abundance, beauty and Divine love. These are principles, and when you dwell on these you activate them and make them potent and functional in your life. Discipline all your faculties according to Divine Truth.

She Heals by Her Presence

A few months ago I had a wonderful conversation with a woman in Tokyo. She belongs to the Seicho-No-Ie Foundation conducted by Dr. Taniguchi. He is sometimes referred to as the Gandhi of Japan. She is a marvelous spiritual healer. She is poised, serene and calm and has a marvelous spiritual vibration. She exudes the healing atmosphere.

She said that when she visits the sick in the hospital, she sits at the bedside and quietly contemplates the healing presence of God saturating the ill person. She remains in that silent attitude for five or ten minutes. Ofttimes there is an automatic healing. She says very little to the patient, just a few words. Her spiritual vibrations enter the subconscious of the patient, restoring his soul.

She pointed out clearly that it is impossible for a spiritually dedicated person who feels a sense of wholeness and oneness with the Infinite to live in a sick body. Paul speaks to us, saying that . . . *the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law* (Galatians 5:22–23).

Claim boldly that you are expressing more of God's love, peace, and harmony every day, and as a result you will find yourself moving onward, upward and Godward. As you saturate your mind with these truths, wholeness and vitality will be generated in all phases of your life. We must understand the Oriental

philosophy and not acquire the insane idea that we are placed here to suffer. How could God or Spirit suffer? All of us suffer because of our ignorance and misuse of law. To suffer is to undergo, to bear.

The men who went to the moon suffered setbacks, trials, difficulties and frustrations. They burned the midnight oil, so to speak, to solve their many intricate problems, but they finally achieved victory and triumph. They suffered for the joy that was set before them.

The publisher of one of the books I authored wanted me to change certain chapters, which I did. Six times he wanted the content rearranged, objecting to some passage or other. You might say I suffered from frustration and rejection by even rewriting the theme, but finally it was accepted and the book became a best seller. It is now printed in many foreign languages. The time it took me to replace the old and supplant it with the new could be called longsuffering, all of which means you bear the load or inconvenience long enough to make the change.

The alcoholic suffers or bears the shakes and the jitters for a time until he succeeds in supplanting his destructive habit with peace, harmony and sobriety. In other words, he undergoes some pain or frustration temporarily for the joy of freedom, peace of mind and sobriety. This attitude is creative, ennobling and blessing him. He has replaced the craving for alcohol and is enjoying the fruit of the Holy Spirit.

This is a constructive attitude of mind. It should be repeated here that to think that suffering is the will of God is a form of insanity and gross stupidity.

He Could Not Be Healed

Some years ago I visited a sick man in his home. The doctor said that there was no reason why he should not be healed and go back to work. During my conversation with him, I learned that he was a born-again Christian, that he tithed to his church, followed the Ten Commandments, visited the sick, went to church and took communion regularly; therefore, why should God do this to him? He railed at God and was angry that he was sick, and losing money and business. He was petulant, crotchety and cantankerous and announced that he would give up his religion, as God did not play fair with him.

All this is folderol and balderdash. I explained to him that he would never get a healing with that attitude of mind, because destructive emotions were behind his illness, and that he was prolonging his misery by denouncing God and his sickness. I suggested that he give thanks for the doctor and the nurse who visited him, should follow their instructions and bless them, and then forgive himself for harboring these negative thoughts. I further suggested that he frequently give thanks for his miraculous healing with these words: "Father, I thank thee for thy marvelous healing taking place now. I know God in the midst of me is mighty to heal."

He followed that advice and he discovered that his changed attitude had changed everything. He realized that there was no one to blame but himself. As a result, he had a wonderful recovery in a few weeks. When he healed his mind, his body was healed likewise.

Blessed Are the Meek

In the fifth chapter of Matthew, verse 5, we read: *Blessed are the meek: for they shall inherit the earth.* This does not mean that you should feel that you are a worm in the dust. If you do, everybody is going to step on you. Earth means manifestation, your body, home, business, social status and all phases of your life. To inherit the earth means you have dominion over all your external conditions.

In Biblical language the word "meek" refers to teachability and open-mindedness, faith in God and all things good. This is the key to success. Free your mind from stubbornness and the stiff-necked attitude of mind and let in the sunshine of God's love. When you pray, relax, let go and free your mind from all resentment, pugnacity and ill will and wish for everyone all the blessings of life. What you wish for others comes into your own experiences.

By Grace Ye Are Saved

. . . *By grace ye are saved* (Ephesians 2:5). The grace of God is the wisdom and love of God operating in your mind and body and in all phases of your life.

A young man who had hurt himself in a game and who had considerable trouble walking began to affirm, "God walks in me. It is God walking in me now." At my suggestion he kept repeating this over and over again, knowing that sooner or later it would enter his subconscious mind* and come to pass. The Bible says, *Draw nigh to God, and he will draw nigh to you* . . . (James 4:8). In other words, as you turn to the Infinite Spirit, It will turn to you, and by the law of reciprocal relationship, there will be a response in accordance with your prayer of faith and confidence.

This young man persisted, and today he walks perfectly. He discovered the grace of God, which means he discovered the Infinite Healing Presence, Which responded to his habitual thinking and imagery. God is forever seeking expression through you. God is the giver and the gift, and all things have been proffered to you from the foundations of time. Learn to be a good receiver. It is normal and natural for you to be happy, healthy, joyous and prosperous.

Temperance means that you are leading a balanced life, not a lopsided one. You are living in a spiritual and a material world. You must balance both and avoid extremes. You can't live without peace, harmony, joy, love and goodwill. This is the bread or nourishment of heaven. You need inspiration and a transfusion of God's grace. You also need to express

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

yourself at your highest level and contribute to humanity your skills, your ability and your talents. The more you give in love and goodwill, the more you have.

She Asked Me to Cast Out the Devil

I am continuously receiving letters from all parts of the world. Some writers are convinced they are possessed by devils which curse them and say all manner of evil to them, using obscenities and profanities and telling them to commit suicide, etc. I find in all such instances that they have gone into their subconscious with hatred, envy, hostility and vengeance. These are the devils which bedevil them; the enemies are of their own household, created by themselves and playing havoc with them. The voices they hear are of their own subconscious mind, which is actually talking back to them based on what they have impressed upon it.

My prescription to them is to forgive themselves for harboring these negative thoughts and to read the 91st Psalm out loud three times slowly four or five times a day and prior to sleep. After each three recitals of the Psalm, they are to sit quietly and affirm silently and quietly, "God's love and God's peace fill my soul," for ten or fifteen minutes. Love dissolves everything unlike itself. When God's love fills the soul, all negation flees before it. God's love is a consuming fire and burns up all negation. The mind is then at peace. You will then speak in a new tongue

of faith, confidence, love and goodwill. You will speak in the tongue of a mind at peace and not express a lot of gibberish.

I have seen men take up live serpents and scorpions and place them around their necks. They translate the serpent back to Spirit and are trained to see the Presence of God in all creatures. It is very dangerous and deadly for those who are not conditioned and trained spiritually, as many times in their blind faith in taking the Bible literally, they get bitten and die. You do not tempt the Lord your God.

There is the inner serpent of envy, jealousy and guilt which bites and corrodes the soul. Jealousy is the green-eyed monster, and when it stings your soul, it is real venom, one of the most destructive of all emotions. It is a real poison, and the answer is to fill your mind with age-old truths such as, "Divine love guides me. God loves me and cares for me. The light of God watches over me. I am illumined. I am suffused and submerged in the radiance of the Light Limitless."

Make a habit of this by frequent reiteration in your mind, and you will find that God will wipe away all tears from your eyes and guide you to green pastures and beside still waters.

Psalm of Protection
(Psalm 91)

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

Only with thine eyes shalt thou behold and see the reward of the wicked.

Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

For he shall give his angels charge over thee, to keep thee in all thy ways.

They shall bear thee up in their hands, lest thou dash thy foot against a stone.

Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

With long life will I satisfy him, and shew him my salvation.

F. L. Rawson, noted engineer, gives account of a British regiment under the command of Col. Whittlesey, which served in World War I for more than four years without losing a man. This unparalleled record was made possible by means of active cooperation of officers and men in memorizing and repeating regularly the words of the 91st Psalm, which has been called the Psalm of Protection.

CHAPTER 4

The Power of Ideas

Have you ever said, "He bores me"? If so, it is an unconscious confession of guilt within yourself, indicating that you are all wrapped up in yourself and looking for someone to lift you out of your despondency or "self-centeredness." Every time you meet another person, stir up the gift of God within you and say to yourself, "I behold the Presence of God in the other, and I know that at this moment there is a rearrangement of the mental and emotional factors in both of us whereby we blend harmoniously, peacefully, and lovingly." Thoughts are things, and whatever we think about another we are thinking about ourselves.

As a Man Thinketh in His Heart So Is He

For as he thinketh in his heart, so is he . . . (Proverbs 23:7). Many people cite this Biblical quotation from the Book of Proverbs but do not really recognize the tremendous significance of such a profound truth. The heart (in the Bible) means your subconscious

mind. Whatever idea you have that is emotionalized or felt as true will be made manifest in your life. Whatever you give attention to and feel to be true will be impressed in your subconscious and brought to pass.

If, for example, you affirm with emphasis and feeling that you will always be poor, can't get ahead in life, that you will be discriminated against and can't do anything about it, you can rest assured that you will get the results decreed by yourself. Likewise, the inverse is true. Claim feelingly and knowingly that you are born to win and to triumph, and that it is your Divine right to be healthy, wealthy, and successful, and that God wants you to be happy, joyous and free. Claim boldly that Divine right action is mine, Divine law and order are mine, and Divine harmony is mine. Declare that God's riches are mine and I am expressing more and more of my Divinity every day. Affirm these truths with feeling and understanding and your subconscious will compel you to express these in your life as experiences, conditions and events.

Your Focused Thought Takes Form

Some years ago Dr. Charles Littlefield, a scientist, discovered the truth of the Biblical quotation, *for as he thinketh in his heart, so is he.* While concentrating his thought on a saline solution by peering through

a microscope, he discovered his focused thought took form. One day he concentrated his attention on a frail, elderly lady. He stood gazing intently at her for some time. When he turned back to look at the saline solution, he was surprised to find there a miniature form of this woman. Day after day he concentrated on certain mental pictures, and he was amazed to see his mental imagery take form in the shapes developed by the crystals in the saline solution under the microscope.

Man is what he thinks all day long. Our thoughts are the tools and instruments which fashion, mold and shape our destiny. Your thoughts can be photographed. They have form, shape and structure in your brain now, and are gradually being condensed into muscle, skin, and cells, as well as into experiences, events and conditions.

For many years there has been a revolution going on in the field of chemistry and physics. For example, the postulate of immutable elements is gone; this dogma vanished with the discovery of radioactivity. Scientists today point out that we are living in a dynamic, evolving, changing universe. The late Robert Andrew Millikin, who was head of the California Institute of Technology at Pasadena for many years, said that the two fundamental principles, conservation of mass and conservation of energy, are now gone as distinct and separable verities.

Einstein and other scientists have also pointed out the interconvertibility of energy into mass and mass into energy. Energy and mass are actually one and the same thing operating at different levels of vibration. Matter is energy reduced to the point of visibility. The conception of the conservation of energy and the conservation of mass is considered no longer sacrosanct.

Your body is plastic, porous and pliable. It consists of waves of light existing at different rates of vibration. Modern science teaches that the only difference between one substance and another is the number and rate of motion of the electrons revolving around a nucleus, proving the dictum of Pythagoras that the world is ruled by number and motion.

You Are Dealing with the Invisible

You cannot measure love with a slide rule; neither can you measure peace, happiness, wisdom or understanding. We are dealing with the intangible, the invisible, the imponderable. You cannot see the power that moves your finger to write, nor do you see the power that lifts the chair or table. Your body moves as it is moved upon. Your body acts as it is acted upon. Your body is basically characterized by inertia, and your thoughts, emotions, and imagery are played upon it for good or ill. You can play a melody of God on the tissues of your body or a song of hatred or ill will.

Science and Religion

Professor Jack Holland of San Jose University speaks of science and religion as the two sisters. People must not assert as true what every high school boy knows is false. There are many people in the religious field who believe and teach that the world was made in six days and that God somehow got tired and rested on the seventh day. Geologists, paleontologists, archaeologists, anthropologists, physicists, astronomers and other scientists, however, realize that the cosmos took form according to a definite cosmic design and took countless billions of years to assume the form it now has. All these changes took place in Divine order and sequence according to an archetypal design of the Infinite Intelligence, Which is the only creative power.

The Creative Process

Judge Thomas Troward, author of many inimitable books on mental science, such as the *Edinburgh Lectures, Doré Lectures,* and others, perceived the creative process intuitively, as follows: "The physical history of our planet shows us first an incandescent nebula dispersed over vast infinitudes of space; later it condenses into a central sun surrounded by a family of glowing planets hardly yet consolidated from the plastic primordial matter; then succeed untold millenniums of slow geological formation; an earth peopled

by the lowest form of life, whether vegetable or animal; from which crude beginnings a majestic, unceasing, unhurried, forward movement brings things stage by stage to the conditions in which we know them now."

Six Days of Creation

Look at the six days of creation as six great stages in the evolution of the cosmos. The six days in Genesis have an inner meaning which portrays the six steps in prayer followed by the seventh day, or sabbath, in which you reach the point of conviction or inner knowing that your prayer is answered. In psychological parlance, the six days represent the length of time it takes you to impress or convey your idea or concept in your subconscious mind. As soon as you succeed in impregnating the subconscious by imagining the reality of your desire and feeling the thrill of fulfillment, you have succeeded in impressing the subconscious. Impregnation has taken place. The work of the six days is finished, followed by a period of inner rest called the sabbath, or seventh day, which is the interval of time between the impregnation and its manifestation.

The Value of True Ideals

The most wonderful and valuable form of wealth is a good idea. The Magna Carta was an idea in the mind of man, as was the Declaration of Independence. Ideas move men and nations and inspire men

and women to the heights of accomplishment and achievement. An idea is a thought, a mental conception, an image in the mind, an intention.

When you stop to think, you begin to realize that all the great inventions in the world started as an idea in the mind of man. Look around you in Los Angeles, New York or any city, and you will perceive that all the major skyscrapers, major plants and industries, all the great institutions and organizations began as a simple idea. In fact, everything you look at in this world came out of the mind of man, or the mind of God. The universe, the galaxies in space and the billions of stars and suns and worlds came out of the mind of God. The ancient Vedas said, "God thinks and worlds appear." Man thinks and his world appears. What the world needs are lofty, noble, God-like ideas which heal, bless and inspire mankind.

One of the old writers on the laws of mind, Prentice Mulford, said, "Truth heals; lies breed disease." For example, a man is told that he can't walk again due to an accident. He believes it and remains incapacitated. Another man who is hurt even worse than the first is told by a spiritual counsellor that through the power of the Infinite Spirit within him, he can walk again and be healed. His mind is stirred with faith and confidence, and he imagines himself doing all the things he would do were he whole and perfect. His mental image, being backed up by faith and expectancy in the God-Power within him, creates a wonderful demonstration and he is completely healed.

This is the power of a transcendent idea lodged in the mind of man.

Phineas Parkhurst Quimby, who was America's greatest spiritual healer, began healing people of all manner of diseases in the year 1847. He possessed tremendous mental power and concentration and perceived intuitively the inner meaning of the Bible. He used to explain the inner meaning to his very sick patients, because in many instances their maladies were due to false religious beliefs based on the literal interpretation of Scripture. When people had lost all hope and could not be healed by any orthodox procedure, they came to Quimby as a last resort, and he healed them all. He duplicated most of the so-called miracles of the Bible, and if he had lived long enough he would undoubtedly have duplicated all of them.

Quimby said: "I have no doubt that I can go to an audience of a thousand and cure more persons in one lecture than can be cured by all the doctors in the State of Maine in the same time." He was a man of tremendous faith in the Infinite Healing Presence, Which is the only healing power.

What Kind of Ideas Control Your Mind?

All of us tend to be influenced every day by the propaganda of all sorts of news which tend to depress, excite and instill fear into the mind. You must learn to reject all these negative suggestions and supplant them with Godlike ideas which will raise your spirit.

The false predictions of doom and gloom can influence you negatively and cause great trouble. Permit the truths of God to guide you to ways of pleasantness and paths of peace.

Fear and ignorance are rampant today, and if you permit these suggestions to enter your mind, you will develop what is called by psychologists an anxiety neurosis. Insist on governing your mind with true ideas, for then your talents and abilities are encouraged and you become imbued with the confidence and faith that lead you along the path of success and inner peace.

Are There Two Influences Governing You?

All of us are amenable to suggestions, both good and bad. For example, all of us are immersed in the mass mind—that great psychic sea in which all of us are submerged. The race mind, or the mass mind, is the habitual thinking of four and a half billion people on this planet. You know very well that the influence of the mass mind is extremely limiting, causing those influenced by it to be full of fear, ignorance, and superstition. It is very depressing and full of jealousy, envy, greed, and is debilitating in every way.

This means that if you do not do your own thinking, the mass mind will do it for you, because subjectively we are all one and we are telepathically communicating at all times. When you keep prayed up, you neutralize most of this negative influence, as

there is no room in your mind then for these morbid, depressive thoughts. Let the God-Presence in you arise and influence you along all lines. This Divine Presence tells you that you are here to conquer, to express yourself at the highest level, and that you are born to win, to succeed, and to lead a full and happy life. These are the influences of the Spirit within you that is always saying to you: Rise, transcend and grow. Move onward and upward. That is the voice of the Divine in you. Let that be your major influence. Cease being a slave to the false beliefs of the world.

The Truth Sets You Free

In the Book of Matthew it is written: *And he entered into a ship, and passed over, and came into his own city. And, behold, they brought to him a man sick of the palsy, lying on a bed: and Jesus seeing their faith said unto the sick of the palsy; Son, be of good cheer; thy sins be forgiven thee. And, behold, certain of the scribes said within themselves, This man blasphemeth. And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts? For whether is easier, to say, Thy sins be forgiven thee; or to say, Arise, and walk?* (Matthew 9:1–5).

The first thing you have to realize when you read the Bible is that it is a psychological and spiritual drama taking place in the consciousness of man. All the characters portrayed represent states of mind in

each person. The ship spoken of in the first verse simply means that a ship leaves port to reach its destination. Likewise, each person is a ship travelling from a problem to a solution.

Every person has a goal, and he must leave his present limited state of mind and move forward in faith and confidence to his new goal in life. If you want to go to San Francisco from Los Angeles, you must leave Los Angeles. Likewise, if you want a healing of mind and body, you must leave your old grudges, peeves and resentments in order to get a healing, or an answer to your prayer.

The city mentioned in the first verse is your own mind, and the people who dwell there are thoughts, ideas, beliefs and opinions of all kinds. The true city is one where your mind is in tune with the Infinite Presence within you, which is your Higher Self. Jesus is not only a man in the Bible. He is also a personification of Truth, your own self-confidence that goes into your own temple and announces that with God all things are possible.

These stories in the Bible illustrate the power of God residing in all of us and they urge us to take hold of this power and heal ourselves of all infirmities. This man was lying down in the bed of his mind, believing that he could not be healed. He was actually lying down, however, in a bed of inadequacy and weakness, as well as ignorance.

Jesus, seeing his faith, said to the sick man: *Son,*

be of good cheer; thy sins be forgiven thee. To sin is to miss the mark. You are sinning when you fail to lead a full and happy life. You forgive yourself for being sick when you claim, feel, know and believe that the healing power of God will heal you, and now you become healed. To forgive is to "give for." You have given yourself the pattern of wholeness, vitality and peace of mind for the sick state. Likewise, the man who was a thief and who is now leading an upright, honest life and contributing constructively to humanity has forgiven himself.

This man mentioned in the Bible was undoubtedly lying down in the bed of fear and incurability, refusing to believe he could walk again. Undoubtedly you know many people who were crippled and who now walk uprightly with poise and confidence. There are many people lying down in the bed of their mind, though, saying to themselves that they are unworthy, that they are destined to be poor, that the good things in life are not for them, that it is too good to be true, and that nothing good can happen to them.

All this is tragic, because it is done unto them as they believe. Their subconscious mind responds according to their belief. When they accept in their mind that there is nothing too good to be true, nothing too wonderful to last, for the love and the light and the glory of God are the same yesterday, today and tomorrow, they rise up and walk uprightly in the law and experience the good things of life.

She Walked and Ran

In a recent visit to Las Vegas, I talked with an old friend who told me about his relative who was on crutches and who had been staying a few days at the MGM Hotel in Las Vegas. Her young daughter was with her. The purpose of their stay was to see a medical specialist for the daughter's condition as well as that of herself.

The fire broke out that all of you have read about. The mother smelled the smoke. The young daughter was asleep. The mother threw her crutches away, put the little girl on her back and ran toward the exit and escaped. She is still walking today. She was completely healed. The idea to save her life and that of her little girl seized her mind, and all the power of the Godhead flowed to that focal point of attention.

The Healing Power had always been there, but she had been lying down in the bed of her mind saying to herself: "I'm on crutches; I can't walk." It is well known in the annals of medicine that during emergencies, shock and great fear, people often perform extraordinary feats of heroism, healings take place, some even go through fire and are not burned. In wartime also, many people are seized with a high motivation and great fervor, and when lifted up in consciousness, they feel glorified. Though bullets are whizzing all around them, they are immune and fearless and perform extraordinary acts of heroism.

The Whole World Believes a Lie

Quimby, of whom we spoke earlier in this chapter, said that "the whole world believes a lie, and when I tell it the truth, it thinks the truth is a lie." Millions are brought up in the belief that it is the will of God that they suffer, that externals are causative, that the night air will give them a cold, if they get wet they might catch pneumonia, or that when they grew old their vision, hearing and other faculties will weaken. Millions believe in evil entities, demons and voodooism, and black magic.

The scientific thinker does not give power to the phenomenalistic world. It is an effect, not a cause. The Supreme Power, I AM, is within you. There is nothing to oppose It, challenge It, thwart It or vitiate It. Otherwise, the word omnipotence would have no meaning. The propaganda of fear regarding cancer, the flu and other diseases has no power to disturb you. These are suggestions only and have no power unless they awaken a response within your own mind, which is the creative power of your own mind. Always remember that a suggestion has no power to create the thing it suggests. If someone suggests to you that you will get the flu, you can affirm boldly, "I am all health. God is my health." In that way you neutralize the suggestion and build up an immunity to all disease.

Some say, "Roses give me hay fever." If that were really true, then all people throughout the world

would get hay fever when in contact with roses. There are no exceptions to a law. It is obvious that the person who is allergic to roses has made a law for himself. Roses have no such power. The cause is in the subconscious of the person. He may be allergic to his wife or to the fellow next to him on the workbench. It is the things inside the mind that cause the things outside the mind. The inside is always the cause; the outside is the effect of the inner contents of the mind.

His Hand Was Shaking Constantly

A man living here in Leisure World, Laguna Hills, where I live, told me that for several years his right hand had been constantly shaking, actually trembling; it seemed to be full of tremors. He had been told it was due to a nerve in his hand that had been injured. He went to a woman who was noted for spiritual healing, and she gave him a prayer to use frequently. She told him point blank that if he continued using the prayer he would be healed. He had the prayer in his billfold, which read as follows: "God has not given me the spirit of fear but the spirit of power, and of love, and of a sound mind. My faith is in the healing power of God, which created me. I am relaxed and at peace. All my nerves are God's ideas, and I am vitalized, energized, and healed through and through. I give thanks to God!"

He saturated his mind with these simple truths and had a wonderful healing of the palsy. He turned to the Divine man (his Higher Self) within him, and as he called upon the Presence, It responded to him. This is wisdom in action. Wisdom is an awareness of the Presence and Power of God within you, Which responds when you call upon It.

Acquaint Yourself with Him

The Bible says, *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee* (Job 22:21). God indwells you, walks and talks in you. This Presence takes care of you when you are sound asleep. It is the very Life of you. You don't look up in the sky; contact is made within by your own thought. It is the Living Spirit within you, Which created you and gave you the whole world. Boundless love is within you; absolute harmony and infinite intelligence are there waiting for you to call upon all the attributes, potencies and qualities of God. Its nature is to respond to you, and you are told in the 91st Psalm: *He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him* (Psalm 91:15).

Thoughts of Loved Ones

If you have been struggling with thoughts of fear, worry or anxiety about your loved ones, let go of them. Affirm frequently: "I turn (mention their

names) _____ over to God completely. I know and believe that God's love, peace and harmony surround them and watch over them. The Spirit of the Lord God watches over them at all times and keeps them in perfect safety. God's healing love is guarding, protecting, inspiring and guiding them in all ways." A prayer such as this will free your mind from anxiety and worry and at the same time will bless and protect your loved ones.

Rising Above the Vexing Situation

Recently I talked with a woman over the phone, who said that she was ready to explode. She said that her husband was afflicted with a fatal illness, that he would not take his medicine, and that he kept humming the same song all day long while sitting in a rocking chair and rocking continuously for hours on end. She said that she was turning to drink and that she had lost her buoyancy and resiliency altogether. She told me that she yells at him, saying, "For heaven's sake, stop it! You're driving me crazy!"

I suggested to her to sit down quietly and do what the Psalmist said. "*I will lift up mine eyes unto the hills, from whence cometh my help* (Psalm 121:1). God gives me peace. God gives me joy, and God loves my husband and cares for him." She began to affirm these truths, actually singing the words. She climbed the mountain and rose above it. The hills mentioned by the Psalmist represent the great truths of God,

which heal, invigorate and bring peace to the troubled mind. She discovered then that the constant rocking had no further effect upon her. You can always climb the hills of God and find peace in this changing world.

The Holy Man
(Adapted from The Holy Shadow)

"Long, long ago, there lived a Holy Man so good that the astonished angels came from heaven to see how one could be so godly. He simply went about his daily life radiating love as the star diffuses light and the flowers perfume without even being aware of it. Two words summed up his day: He gave, and he forgave. Yet these words never fell from his lips; they were expressed in his ready smile, his kindness, love, and goodwill.

"The angels said to God, 'Oh Lord, grant him the gift of miracles!'

"God replied, 'I consent; ask what he wishes.'

" 'What do you desire then?' cried the angels.

" 'What can I wish for?' asked the Holy Man, smiling. 'That God give me His grace, with that should I not have everything?'

"The angels insisted, 'You must ask for a miracle, or one will be forced upon you.'

" 'Very well,' said the Holy Man, 'that I may do a great deal of good without ever knowing it.'

"The angels were greatly perplexed. They took counsel together and resolved upon the following

plan: Every time the Holy Man's shadow should fall behind him, or at either side, so that he could not see it, it should have the power to cure disease, soothe pain, and comfort sorrow.

"And so it came to pass. When the Holy Man walked along, his shadow on the ground, on either side or behind him, made arid paths green, caused withered plants to bloom, gave clear water to dried-up brooks, fresh color to pale little children, and joy to unhappy mothers. The Holy Man simply went about his daily life pouring forth love as the star diffuses light and the flower perfume without ever being aware of it.

"And the people, respecting his humility, followed him silently, never speaking about his miracles. Little by little, they came even to forget his name, and called him only, 'The Holy Man.'"

CHAPTER 5

The Road to Serenity

You often hear people today saying, "I'm so worried." Many times they do not realize the implications of what they are saying, because every time one says, "I'm so worried," the speaker is making grooves in his subconscious mind. The latter being the seat of habit, the speaker becomes a chronic worrier. For example, the mother worries about her son or daughter, the father worries about the stock market, the salesman about his job, and millions worry about the country, their health and prosperity.

In talking with chronic worriers, I have found that it is not heavy burdens or great tragedies that irritate and upset them, but petty things and insignificant problems. These are . . . *the little foxes that spoil the vines* . . . (Song of Solomon 2:15). Medical men today know that chronic worry undermines the digestion, brings on ulcers and debilitates the entire system. Most worries are inconsequential trifles that fritter away your vital forces.

It Hasn't Happened Yet

The nature of most of our worries is that it is about something that has not happened yet. Look back on your life and you will find that most of the things you worried about never happened, but at the same time you robbed yourself of peace, harmony, vitality and perhaps even made yourself a physical and mental wreck.

What Is Worry?

Worry is faith in the wrong thing. Faith is living in the joyous expectancy of the best, and worry is expecting the opposite. Worry is a focussing of attention on a negative idea to the exclusion of others. Worry could be looked upon as an obsession, which means that you permit a false idea to dominate your mind. You are held in a sort of a hypnotic spell, all self-imposed. In other words, you have a "fixation," which is simply a negative auto-suggestion given to your subconscious mind. A fancy name for chronic worry is compulsive neurosis, which means that you are chewing constantly on some negative aspect, like a dog gnaws at a bone, and sometimes the worrier actually resents being told to change his or her attitude to a constructive viewpoint.

Worried About an Earthquake

An elderly woman living here in Leisure World, Laguna Hills, came to see me with all sorts of statis-

tics about earthquakes all over the world and some predictions by psychics regarding possible earthquakes in California. She seemed to be obsessed with the idea of earthquakes. She was of French origin, so I asked her if she had not heard the phrase *laissez-faire,* which means non-interference, unconcern, philosophic indifference.

I explained to her that most of the predictions by psychics in books and newspapers never happen and that all she had to do was to look at the recent election of President Reagan. Nearly all of the psychics were wrong, wrong, wrong. Paul said, . . . *Whether there be prophecies, they shall fail* . . . (I Corinthians 13:8). Her faith had gone wild, yet she was a profound student of the works of Unity and Science of Mind.

It dawned on her what she was doing to herself. Her blood pressure had become abnormally high and she was a victim of insomnia. Her physician, Dr. Frank Wm. Varese, who practices wholistic medicine, told her to go back to the Psalms, such as the 27th and 91st. I told her that she was looking for trouble, running out to meet it all day long, yet it never arrives. Moreover, other scientists say that there is no sign of an earthquake.

Faith in God and all things good destroys worry and fear. A changed attitude changes everything. I suggested that she give her attention to the great eternal Truths of life, which she was to affirm boldly and feelingly several times a day. In that manner, she

would supplant her worry with faith in God and all things good: "I am surrounded by an envelope of God's love. I am invulnerable and nothing can touch me but that which is good and very good. I clothe myself with the garment of Infinite love and Infinite peace. God watches over me, and where I am God is. The whole armor of God surrounds me and I bear a charmed life. Whenever fear or worry comes to my mind, I will immediately affirm, 'God watches over me.' It is wonderful!"

Making a habit of this prayer brought results. She is now practicing *laissez-faire* in her attitude toward events over which she exercises no control.

It Is Not What Happens to Us

I talked with a man recently who had missed a plane. He had a very important contract to sign at the city for which he was headed. His particular flight was cancelled, and he said to himself, "Infinite Spirit has a far better way of handling this contract. It is God in action." He remained poised, serene and calm and took the next flight out, after explaining by phone the situation to those he was to meet.

Everything worked in Divine order for him. You can see that it isn't what happened to him that mattered, it was his thought about it. He had the right attitude. Another man next to him in line at the airport had been very abusive to the clerk, and was obviously agitated and disturbed. He was in what is called an emotional stew, which undoubtedly was

destructive to his entire system. All this man really had to do though was to accept the situation and affirm, "I am serene and calm and realize, like Paul, . . . *None of these things move me* . . ." (The Acts 20:24).

Psychosomatic physicians today point out that anger, rage, resentment and frustration cause adrenalin-type hormones to be generated, which, in turn, bring on high blood pressure and an abnormal pulse rate. You can always choose how you are going to react to a certain situation. Remember, all reactions take place in your mind. You have control over your thoughts. You are the boss, and you can order your thoughts along constructive, spiritual lines. You can begin now, today. Affirm frequently: "I am unmoved, undisturbed. I am relaxed and at peace." Decree it, mean it and be sincere, and your subconscious will accept it.

Mental Hunchbacks

There are a great number of people who are what might be termed mental hunchbacks. They feel insecure, inadequate and frustrated. Usually they are down on themselves and suffering from self-criticism and self-condemnation. Their tendency is to project their shortcomings on to others.

You can easily reject their statements and attitudes. You understand their problem: bless them and walk on. This ancient prayer will solve many problems for you: "God grant me the serenity to accept the things

I cannot change, courage to change the things I can, and wisdom to know the difference."

Drifting at Fifty

A lady said to me that she was unhappy, frustrated, had gone through three divorces, was fifty years of age, had written many articles and is in demand as a speaker before women's clubs, but none of her writings had been published. She added, "Maybe a jinx is following me, but in any case I know something is wrong with me." This was the essence of her conversation.

I suggested that it is far more important for her to give up her abnormal fear of evil powers working against her and that it would be far more wonderful and interesting for her to enter a life of goodness and fulfillment. All she had to do then to improve the situation was to direct her attention to that which is good, constructive, harmonious and prosperous, ignoring all the rest.

Accordingly, she performed an experiment for a month, at which time she was to report the results. She deliberately turned her attention to the desirable elements in her life, claiming: "Infinite Intelligence opens up the way for my writings to be accepted. I am happily married, I am Divinely active, I am Divinely compensated. I have a marvelous income consistent with integrity and honesty. I am giving of my talents in a wonderful way. I am appreciated, I am wanted, and I am needed. It is wonderful!"

She adhered regularly to these great affirmatives, redirecting her attention on the constructive side of life. Before the month was over, she advised me that out of the blue sky, recognition came. She was invited to be an assistant to a publisher, and her writings shortly thereafter were all published. Many people became cooperative chiefly on account of her changed attitude. Formerly, she said, they would not have endured her.

She is no longer possessed by limitation, but instead the idea of abundance rules and governs her mind. She is happily married. The enthusiast is a person who is first possessed by a dream, an ideal, and then after a while the dream possesses the person, who is no longer governed by the past.

There is an old poem that illustrates what we have been talking about:

> Mind is the master power that molds and makes
> And man is mind, and ever more he takes
> The tools of thought, and shaping what he will,
> Brings forth a thousand joys, a thousand ills.
> He thinks in secret and it comes to pass,
> Environment is but his looking glass.

Her Psychic Pain

A well-educated woman working in a very prestigious office complained that she was very upset, troubled and annoyed by the frightful, immoral lives

her co-workers seemed to be leading. Some of the girls were married and had extra boy friends. The married men had mistresses and openly flaunted their infidelity. This woman felt very self-righteous. She was the sanctimonious type, sometimes referred to as being disgustingly holy.

I explained to her that she does not control the lives of her associates, and if some of them had cancer I'm sure she would not be upset and worried, but compassionate. Or, if some of them had tuberculosis or were crippled or lame, undoubtedly she would want for them health and happiness. Some people have twisted and distorted minds, and the only thing for her to do in that case was to overcome her condemnation of them and pray for them. In that way she would overcome her anger and hostility. Marcus Aurelius said, "Where there is no judgment, there is no pain."

She was to cease passing judgment on them, because whatever bitter thoughts she had about them were created in her own life and highly injurious emotionally and physically to her, leading to all manner of physical troubles. She began to pray for her associates every morning and night, as follows: "All my co-workers are known in Divine Mind. God is guiding them. Divine love fills their minds and hearts. God's river of peace saturates their whole beings. God loves them and cares for them, and I radiate love, peace and goodwill to all of them."

I explained to her that when the angry, resentful

thoughts came to her mind, she was to immediately supplant them with spiritual thoughts, such as "God loves you and cares for you." This new attitude healed her of her self-righteousness, sense of condemnation and criticism. She completely recovered and discovered the value of praying for others, enabling her to get outside herself and drop all the negatives from her mind.

Tennyson said:

> For how are men better than sheep or goats
> If, knowing God, they lift not hands in prayer,
> For those they love and those who call them friend,
> For so the whole round earth is every way
> Bound by gold chains about the feet of God.

Emperor Marcus Aurelius, the famous Roman philosopher and stoic, said: "Whatsoever any man doth or saith, thou must be good; not for any man's sake, but for thine own nature's sake; as if either gold or the emerald, or purple, should ever be saying to themselves, whatsoever any man doth or saith, I must still be an emerald, and I must keep my color."

Are You Tense When Visiting a High Personage?

When visiting one whom you consider to be a very prominent or any great personage, be sure to send your messengers before you to prepare the way. Affirm: "Divine love goes before me making straight,

happy and joyous my way. I send the messengers of peace, harmony, joy, love and goodwill before me and they follow my orders implicitly. The Spirit in me salutes the Spirit in _____ and there are harmony, peace and Divine understanding between us. We are both blessed." Affirm these truths until you believe them in your heart. You will know when you believe them because your mind will be at peace.

The stoic philosopher Epictetus, who lived in the first century, said: "When you are going in to any great personage, remember that Another (God), also from above, sees what is going on, and that you ought to please Him rather than the other."

Never Seek Revenge or a Desire to Get Even

Listen to the ancient philosopher Epictetus: "Shall I not hurt him who has hurt me? Consider first what hurt means. For if good consists in my choice of action, and the evil also is my choice of action, see if what you say is not this: what then? Since that man has hurt himself by doing an unjust act to me, shall I not hurt myself by doing an unjust act to him?"

You Are Wonderful

Did you ever consider how wonderful you are and what tremendous potentialities lie at the unplumbed depths of your mind? All the powers and qualities of God reside in your subjective depths, waiting to be called upon and utilized. You are here to discover

how capable, how great and how noble and Godlike you are. You are here to lead a full and happy life.

Cease believing the old way. Shed the old garments of sick man, poor man, deaf man. Get out of the old ruts; break away from your childhood pattern. Do you sing the same old hymns and visit the same old pew in the church? Do you still believe everything grandmother and grandfather told you about God, life and the universe? Are you still thinking the dead thoughts of dead men which today, in the light of science and knowledge, are completely false? Millions of people today have weird, grotesque, outlandish beliefs about God and the laws of life, which any high school boy knows is absolutely false and ridiculous. Let the truth and the sunshine of God's love enter your mind and heart, and become a new being.

They Said It Might Be Fatal

I had a very interesting conversation with a woman in Las Vegas. The surgeon and her personal physician said that her case seemed terminal and that she might die during the operation. She decided, nevertheless, to go ahead with the operation. She prayed for guidance, and also asked the "Secrets of the I Ching"* to comment on her operation for the next day. She received Hexagram 42, which seemed to confirm her own intuitive decision.

*See *Secrets of the I Ching* by Dr. Joseph Murphy, Parker Publishing Company, West Nyack, N.Y., 1970.

The night before the operation she invited to her home some of her Truth friends—students of the Science of Mind—and they sang songs and engaged in a festive evening—song, wine and food. Her attitude of mind banished all fear—the operation was successful. That was five years ago, and today she is very much alive and free from all pain. She is completely healed. She met the problem and overcame it. Her faith in the Miraculous Healing Power brought about the so-called miracle of healing.

Watch Your Words

The late Dr. Frederick Bailes, one of the great teachers in Los Angeles for many years, told me of a friend of his who used to say to him, "Bailes, all members of my family passed on when they reached seventy-two. I will be seventy-two next year, and that's it."

Dr. Bailes told his friend of the dangers of making such a statement, as his subconscious would accept it. He paid no attention, though, and on his seventy-second birthday he dropped dead in the street. He had decreed his own demise. The Bible says: *For by thy words thou shalt be justified, and by thy words thou shalt be condemned* (Matthew 12:37).

Others say, "I'm too old now. I won't last much longer. You know, I am sixty-five." These suggestions of weakness, decrepitude and old age enter into the subconscious mind and come forth after their

kind. Let your words heal, bless and inspire yourself and everybody else.

She Said, "I'm Going to Die Here"

Recently I visited a woman in the local hospital, and she said to me, "I know I am going to die here. People are dying in this place every day."

I said to her, "You should change your attitude and affirm, 'I am alive with the Life of God. I am now at home with my husband, doing what I love to do.'"

Her doctor said that there was no reason why she could not get well and live for many years. I told her husband what she was saying, and he and the doctor agreed that she was well enough to go home. He brought her home and she is now rejoicing in being back in her own condominium.

Her husband broke the fear thoughts in her mind. Had she continued making those negative statements, she would undoubtedly have passed on in the hospital. The subconscious takes no jokes, and it is foolish and stupid to make such statements as she did.

You Should Teach Along These Lines

As I write this chapter, I have just received a wonderful Christmas letter from a woman in another state saying that I had told her at one of the International New Thought Congresses that she should teach along these lines. Probably this was an intuitive perception on my part at that time. She said that she had taken

many courses, but was timid, shy and fearful of appearing before a group; yet, she had remarkable results as a counsellor.

She began to think about what I said—that Life flows from the inside to the outside, from thought to thing, from subjective to objective, and from Spirit to manifestation. She began to teach in her home, starting with five students, and is now a very successful minister along New Thought lines. Fear had held her back. She had been saying to herself, "Maybe in five years I will be ready," not realizing that in five years' time she would say the same thing. Her desire to teach and communicate the truth to others was the impulse of the Life-Principle in her seeking expression.

This Universal Life-Principle, called God, is in all of us and is forever seeking expression through us. She said in her letter that she welcomed the idea in her mind to teach. Encouragement came from others and all doors opened up to fulfill her dreams. The longings, the yearnings, the urges and inner aspirations of your heart are God-given. Welcome them; accept them and claim boldly: "God gave me this desire. It is good and very good. God opens up the way for its perfect manifestation." Begin now and prove it to yourself.

Be Ye Doers of the Word

If you want to become a great chemist, you must study and apply yourself diligently, learning all the principles of chemistry. As you grow in knowledge

and awareness of the laws underlying chemistry, you will command prestige, recognition and advancement. If you wish to play music and become outstanding in your profession, you must study music. Fall in love with it; then you can play a melody of God for all of us. The great surgeon is in demand everywhere, but he had to study for many years anatomy and surgery and the various principles underlying his technique, in order to qualify and be successful.

There are the laws of mind which must be learned and practiced before we can have and do the things we desire to do. To be is to have. You must be the great musician: Study, and then recognition comes. You succeeded through application and devotion in understanding and conviction. The thrill is in the music. The joy comes in achievement of a job well done.

Your thought becomes things. It is not a question of mind over matter. Matter is simply the Spirit in you condensed into matter so that it is visible to your three-dimensional frame of reference. Your thought becomes the things—the book, the invention, the new device, the novel, the trip, etc. They are all in your mind as thought images. Your thought and feeling become matter. You don't make grapes out of thistles by thinking, as each seed grows after its kind. But if you were hungry for grapes and you really wanted them, then you would attract grapes

by believing you have them now. Your expectancy and confidence would attract grapes to you.

Every Problem Has an Answer

You may have a desire to be, to do, or to have and you find a fear-thought enters in, challenging your desire or ideal. There is something in your mind that seems to oppose your objective or goal. To bring about a solution, you have to exalt the possibility of bringing your desire to pass and neutralize the negative thought. It is no use to deny that the negative thought is there. Reason things out from a spiritual standpoint.

Your fear is based on the fact that you think external circumstances and conditions are causative. Externals are an effect, not a cause. Realize this simple truth and the fear will be dissolved. Claim that God gave you the desire, and Infinite Spirit within you will reveal the perfect plan for its unfoldment. There is now no opposition in your mind. As you adhere to the fulfillment of your desires, it will come to pass.

Change the Mind and You Change the Body

A student asked me how she should pray about her physical condition. She was denying the arthritis with which she was afflicted, and the medicine she was taking provided little or no relief. I suggested that she cease denying, because to deny is to affirm. All

she had to do was to change her mind and forget the inflammation in her body. She was not to say, "I don't have arthritis, pain," etc. These symptoms are not "unreal" but are manifestations of a disturbed, agitated mind based on suppressed rage and hostility.

Her job was to bless the doctor, knowing that he was Divinely guided in all ways, and right action reigned supreme. The pain she experienced was a warning that something needed to be corrected in her subconscious mind where the problem was. She had felt a deep-seated, unresolved resentment and was full of hostility toward another student. She now began to fill her subconscious with life-giving patterns, knowing that she would crowd out of her mind all the negative patterns submerged there.

She prayed as follows: "God is guiding my doctor. He is God's man, and whatever he does can only bless me. I forgive myself for harboring this sleeping grudge and hostility toward _____ and I wish for her all the blessings of life. I mean this. I am sincere, and it is finished and done. God's Healing Love is focussed at that point in my subconscious where the problem is, and it is shattered, making way for the Holy Spirit to flow through me. My soul (subconscious mind) is restored, and I give thanks. My mind is stayed on God and His Healing Power. *Thou wilt keep him in perfect peace, whose mind is stayed on thee* . . . (Isaiah 26:3)."

In due time she healed herself.

Getting a Sense of Oneness

After this manner, therefore, pray ye: Our Father which art in heaven . . . (Matthew 6:9). The word "which" indicates you are dealing with a universal, impersonal, Presence available to all people. It is available to the altruist and the agnostic, as well as to the holy man. This Presence is limitless, timeless, spaceless and ageless. You can make It personal by appropriating more of love, light, truth, beauty, peace and harmony. This Presence responds to all who call upon It.

"Our Father" indicates that all of us have a common Father. It is the One Life animating all things. It also means that we are all brothers and sisters and intimately related, because It is the same Life-Principle operating in all of us. We have a common Source and are made of the same universal substance.

Realize your sense of oneness with all people when you pray and wish for everyone all the blessings of life. It takes over four billion people in the world to tell you who you are. They are all extensions of yourself. To be angry or resentful toward others or animals or anything that God created destroys your sense of unity and oneness with the Divine Presence. All men and women, all animals, and everything else in the universe came from a common Source. It follows, therefore, that no one thing can be in opposition to another. Spirit (God) is one and indivisible, and all things are Spirit made manifest. Spirit can't fight

Itself. This is why it is written: . . . *All things work together for good to them that love God* . . . (Romans 8:28). That applies to all those who understand the nature of the Life-Principle. Establish in your mind the law of unity, and wonders will happen as you pray.

The Upanishads, a mystic teaching forming many portions of the early Vedas of India, are among the most astounding productions of the human mind in any age or country. The following are quotations from the Maitri Upanishad: "Let a man strive to purify his thoughts. What a man thinketh, that is he; this is the eternal mystery. Dwelling with God with thoughts serene, he will obtain imperishable happiness. If the thoughts of a man were so fixed on Brahma (God) as they are on the things of the senses, who would not then be free from bondage?"

CHAPTER 6

Taking Control

You can take control of your thoughts because you are the boss and your thoughts are your employees. You tell them where they are to direct their attention. You want your thoughts to pay dividends and increase your health and wealth. Your thoughts are the coin of your mental world. Change your thoughts and keep them changed. Your thoughts generate emotions and your thoughts and feelings control your destiny. If you do not take charge of your own thoughts, then the thoughts and moods of others will control you and order you around like a slave. Never permit your thoughts and emotions to run riot, as then you will have lost all control.

She Was a Nervous Wreck

A woman said to me, "I am constantly upset by my relatives. Nearly everything they say upsets me. I feel slighted and insulted. My mind has taken hold of the idea that they don't like me and resent me, and I can't get rid of it." All this was due to her morbid

imagination. She saw slights and hurts where none were intended.

She decided to break the spasm, as it was caused by her habitual negative thinking. She began to affirm every time any one of them came to her mind, "God loves you. God be with you." She made a habit of this, and after some days she broke the spasm altogether, because she had established a new habit in her mind.

Normal Concern

When a loved one is ill or in the hospital, you have a normal concern for his or her well-being. You overcome anxiety by realizing that the healing power of God is flowing through your loved one and that God's love saturates the mind and heart of that person, knowing also that God is guiding all those who minister to your loved one. A normal concern is not anxiety or fear. You are concerned, but constructive in your attitude and not dejected and depressed. There are some men and women who are walking zombies. They use Valium, Librium and other sedatives, and they seem to have no concern for anything in particular.

How He Handles Neurotics

A doctor friend of mine here in Leisure World said to me that when a neurotic comes to him (and he defines a neurotic as one who thinks confusedly about many things which are not true), he suggests that the

person become active in the hospital. There are many opportunities for such people to give of their time and ability. As they care for others and get interested, their own condition improves remarkably. The reason for this is that they are releasing love and goodwill.

He suggests to others that they get involved in music or gardening or some hobby which appeals to them. He said that as they get involved in these outer activities and give of their time and talent, they heal themselves. In some English hospitals they get the mentally disturbed patients to make toys for children, tool leather and make various trinkets and other useful objects. This activity takes the mental patient out of himself and results in healing of the mind.

The Inside Controls the Outside

Recently I talked with a man who was terribly concerned about his two young sons, his business, his home life and the security of his family, as he was away so much on business. I explained to him that the inside (his thought and feeling) controls external conditions and experiences. Thoughts are things, and the Spirit in him is God, the Only Presence, Power, Cause and Substance. Thoughts take form.

I gave him a special prayer to use three times out loud in the morning and also at night. I suggested that he memorize some paragraphs during the day, and when fear-thoughts came to him, to affirm at once, "God loves me and God loves and takes care of my home and family." I added that after a period of

time, these Godlike thoughts would become a habit. The special prayer follows:

"God is all there is. One with God is a majority. *If God be for me who can be against me?* (Romans 8:31). I know and believe God is the Living Spirit Almighty—the Ever-Living One, the All-Wise One—and there is no power to challenge God. I know and accept completely that when my thoughts are God's thoughts, God's power is with my thoughts of good. I know I cannot receive what I cannot give, so I direct thoughts of love, peace, light and goodwill to this person or persons (mention name or names) and to everyone else. I am immunized and God-intoxicated, and I am always surrounded by the sacred circle of God's love. The whole armor of God surrounds me and enfolds me. I am Divinely guided and directed, and I enter into the joy of living. . . . *In thy presence is fulness of joy; at thy right hand there are pleasures for evermore* (Psalm 16:11)."

The practice of this prayer is creative meditation, and the regular application of it brought peace to his troubled mind. When troubled, focus your attention on all the thoughts which make for peace of mind.

Cause of Warfare in Mind

If you have an intense desire to do something and also a belief that you cannot do it, this is warfare and is also disease. A boy had acne all over his face. He had an intense desire to become an air pilot, but his father objected and made him work in his grocery

store. The skin is the individuality of a person. Clean skin indicates clean blood. The father of the boy was made to understand the cause of the boy's acne and his frustration, so he permitted him to prepare for the career he desired. The skin condition disappeared. The skin is an envelope of God's love.

Watch Your Thoughts

A man I knew in England was afraid his money would be destroyed in a suitcase. He cautioned, or ordered, his wife (men order their wives in England) to let everything burn but the money in case of fire. Fire occurred some years later when both were away, and the suitcase and everything else were destroyed. Job said, . . . *The thing which I greatly feared is come upon me* . . . (Job 3:25). Let your words be words of wisdom, truth and beauty.

Some years ago I read that the captain of the Titanic always paced the deck wondering what he would do in case of disaster, and then disaster finally came. However, one man's consciousness could not sink a ship, provided others had the right thoughts, as there is a balance throughout all nature. Fear is contagious, but so are love, faith, confidence, enthusiasm and laughter. Fear kills. Shock kills due to chemical changes in the body. Fear of old age causes one to grow old, wrinkled and withered.

Recently an engineer seventy-five years of age applied for a position which was not open to men of his age. He assumed in his mind that the position was

his: he was hired. Either the employer failed to see his age in the application or simply did not care. He had all the qualifications. You must be convinced first, not the employer.

How a General Solved His Problem

Many years ago, I read an interesting article about General Cynaresky who fought during the Napoleonic War. He and his staff were discussing strategy: how to combat successfully the French army. He listened for a few minutes and brushed aside all their suggestions regarding General Staff mapping strategy. He went off to sleep with the one consuming idea—victory—and he saw the end.

It is said that he snored while they conducted the discussion. He had his plan and did not want to be swayed. He went to sleep, repeating to himself over and over again, "Victory," and undoubtedly succeeded in impregnating his subconscious mind. His deeper mind responded and brought forth results in conformity with the impression in his subconscious. He was instrumental in defeating Napoleon.

Your subconscious mind is deductive. It takes all impressions given it as facts. It is wholly impersonal; it accepts the idea as existing *now* and acts accordingly.

How She Became a TV Singer

A young singer had received many rejections as she attempted to get a position to perform professionally. One night she fell into a sort of sleep, a drowsy state.

She felt completely relaxed. She could hear the clock tick and the baby cry, but she had no desire to move. This sleepy state brought about an outcropping of her subconscious mind, and her conscious mind was partially submerged.

In this passive state she said, "I want to be a singer on TV." She had already framed her request; then she condensed it down to one word, "TV." She then sank into a deep sleep, repeating the one word, "TV." A few days later she was accepted. She had succeeded in impressing her subconscious mind. She got into that passive, psychic, receptive state of mind of heightened suggestibility or increased susceptibility to suggestion, which is an easy, simple way of impregnating the subconscious mind.

The Psalmist says, *Thou hast put gladness in my heart. . . . I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety* (Psalm 4:7–8).

When Will My Prayer Be Answered?

Seeds mature at different periods, according to their kind. Likewise, seeds, or impressions made in the subconscious mind, mature at different periods: days, weeks, months or years. *But of that day and that hour knoweth no man, no, not the angels which are in heaven, neither the Son, but the Father. . . . Ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing . . .* (Mark 13:32–35).

The reason something turns up which you did not expect is this: Perhaps, for example, some years ago you were in business and your partner stole money. You think of it now, and you get very excited. You live the role over again. It is not withered, it is not forgotten, it is not forgiven. The root is there yet, but would not be there if you had completely forgiven. The proof of forgiveness is: If you can remember the episode and remain indifferent altogether and with no particular feeling about it, then you have forgiven. You live the scene over again, you create it in your mind, and like the seed that recedes and grows again quarterly, annually, biennually (for example, certain plants die and bud again according to season), your old condition appears in a new form and you wonder where it came from.

The proof that you are free of bitterness and antagonism is this: Are you able to see the other person as happy, harmonious, joyous and free? If not, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are there, and roots wither by Divine indifference. Kill the root by wishing for them all the blessings of life. Mean it, decree it, loose them and let them go. According to your decision is it done unto you.

Happy in Spite of

Some people say, "I'm happy in spite of," and not "because of." You must be happy *because of.*

If, for example, John Jones next door is out of a job and you say, "I'm better off than he is; I'm working. I am glad, I am happy and I will be happy in spite of the conditions around me," you are acknowledging lack, are you not? You are being stoical about it. You must be happy because you have decreed happiness, peace, harmony and abundance. When your mood or feeling is natural, you do not at the same time become conscious of lack all around you and dwell on it, because that mood of lack and limitation will be expressed by you.

He Did Not Really Love Her

A woman said to me that she was in love with a certain man, but that, unfortunately, he was not in love with her. She didn't seem to recognize that simple truth. I explained to her that if he really loved her he would take her everywhere and that he would not see her only in a shady hotel where no one he knew would see them. He never took her to meet his family or to meet his friends at his private club. When he saw a friend coming down the street, he would cause her to join him in running in to the nearest store, lest he be seen. He feels that he does not want to offer excuses for his actions. He has not accepted love as a real thing or a fact. If he had, he would take her everywhere.

She subsequently discovered that he was already married and had been lying to her for three years.

You should do everything openly, because you can't conceal anything indefinitely.

Joyous Expectancy

A man said to me that he could not experience a sensation about something he has not experienced. Suppose I told you the most wonderful thing happened, and yet did not tell you what it was, but held you in suspense for several minutes, building up the wonderful thing. Could you not experience joy and expectancy? Of course, you could. You can enter into a feeling regarding the happy ending of a protracted law suit.

Praying is the same thing. You pray for something you have not yet experienced, but you accept the reality of the idea or thought-image in your mind, knowing that an Almighty Power will bring it to pass.

Blind Faith Gets Results

Recently I had an interesting talk with a man who had returned from Israel. He said his father had been suffering from what is called terminal cancer. This young man constructed a story about how he had obtained a piece of the true cross from a monk in one of the monasteries in Israel, for which he paid five hundred dollars. His father, who is a devout Catholic, believed his son and was overjoyed. He placed the object on his abdominal area overnight,

and to the amazement of his doctor, X-rays showed that the affliction had disappeared.

The subconscious had responded to his blind belief. The cross was a piece of wood the son had picked up from a tree. His father believed and was healed. You might call it an instantaneous cure by his father's blind belief in the magic power of the touch of the true cross.

Do not try to shake people's belief or give them a new philosophy of life when they are not ready to receive it. It's their crutch, and if you take away their crutch they fall.

Perpetual Motion

Many men talk of perpetual motion. The only perpetual motion, though, is your own consciousness, or Awareness, I AMness. It is Self-Existence and is eternal and requires no other power. It is the initial velocity or vibration; therefore, all other vibrations are lesser vibrations of the one. For example, if you fix something definitely in your consciousness, it is arrested in this motion; that is, it is completely accepted in your mind. It must be objectified.

Your Religion

Your religion is your relationship with God. If it makes you happy, contented, and you get comfort from it, don't try and force your opinion on others.

Recently a Lutheran girl was very ill and a Unity minister said to her, "Put your hand in mine and we will pray together to Jesus." This girl became healed. She believed in a personal Jesus to heal; and according to her belief was it done unto her.

If half the people really believed in their religions this would be a vastly different world. If a person is ill, don't say to him, "You had the wrong thoughts," or, "Your religious belief is all wrong." In that way you only make him worse. When he is healed you can, if he is agreeable, explain the laws of mind to him. Don't take a man's creed or belief away from him unless you give him something better instead—something that he can use and thereby become a greater, nobler, and more dignified character. There is truth behind the many rituals, ceremonies, rules and formulations. The truth seems to be covered all over with a thick cloud, and you must find the hidden meaning behind the symbols and rituals.

A Longing to Believe

A longing to believe is not real belief. To believe is to accept something as true, to live in the state of being it, to be alive to the truth. A woman in a local hospital who had a malignant tumor read some pamphlets published by Unity School, a wonderful teaching organization, and refused an operation. Her friend said, "This teaching is bad." The woman read the words about remarkable healings in the pamphlet and said to her, "This is what I've been waiting for."

This type of thinking is like the seed that was dropped on stony ground and flourished but then withered away—a passing mood or fancy which sounded good. She similarly tried the prayers, but they didn't work because she had no conviction.

. . . *Faith is the substance of things hoped for, the evidence of things not seen.* (Hebrews 11:1). Substance means confidence. Her minister explained to her that if she had the necessary faith in the healing power of God, she would not be in the hospital in the first place, and he suggested that she cooperate with her surgeon, as all healing is spiritual. She agreed, with excellent results. Remember, a longing for faith is not true faith. According to your faith is it done unto you.

You Can't Buy Respect or Dignity

Many think they can buy respect and dignity. They cannot. For example, the late Benito Mussolini of Italy knew he did not have the dignity of Haile Selassie. Selassie was a king and said at that time, "I will return to my land as a king and a conqueror." History reveals that Mussolini eventually lost prestige and met an untimely end. He would love to have had the honor, but he did not feel it and could not claim it in consciousness. Hitler strutted before his generals; he seized power, demanding prestige and honor. But he was always conscious of his deep inferiority complex.

Likewise, there are those who believe they can buy

their way into a select club; that they can buy respect. They cannot. The bell boy and other attendants of the club give more respect to the man who can barely pay his dues, because he has the consciousness of being a dignified person and demands respect. The queen is not conscious of doing wrong; therefore, no one accuses her of doing wrong, even though she may violate certain codes established by the public. She is still a queen and has no consciousness of guilt.

Many people of various religious beliefs feel guilty if they eat meat, drink wine, dance, wear gold or drink coffee; and when they violate these weird "don'ts" they feel guilty and suffer accordingly. Paul says: . . . *There is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean* (Romans 14:14).

Success Is a Mental Attitude

A shoemaker wanted to open a shop in a certain street where there were not very many stores. It was practically deserted. Friends said to him that he should open up a place next to a big shoe repair shop elsewhere and he would benefit from their expensive advertising. He did that and was successful. Another man, however, opened up a shop in the deserted spot that the former had turned down and was also very successful, illustrating that evidence of senses is of no avail and is fallacious.

You propound a theory or proposition and another

will give you an equally good argument against it. There are two sides to every proposition. Within you is all knowledge, all power; the Infinite cannot fail. God is always successful in all His undertakings, whether making a new cosmos or a new star. God indwells you. Remember, you were born to win, to succeed and to triumph in life.

Banish Anxiety

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? This one verse of the Twenty-seventh Psalm gives personal freedom from all fear. It reveals to you the source of all power, strength, and wisdom. It enables you to reject the power of externals, takes the burden off your shoulders, and sets you on the high road to peace of mind, health, and happiness.

The Lord is the Presence of God, the I AM within you. In simple, psychological language, the Lord is your consciousness. What is consciousness? Your state of consciousness is the way you think, feel, believe, and the reasoning behind your belief. The cause of all your experiences is your thought and feeling.

Refuse to give power to conditions, circumstances, and the external world. Your thought initiates causation. Your thinking is cause; the condition is not causative. There is no power to challenge Omnipotence; therefore, there is nothing to fear. If fear

comes to your mind, go within to your Divine Center; think of God and His Power, realizing that there is only One Power, and that you are one with It now. In this stillness, nothing external can inhibit, obstruct, or thwart you. Think of new and better conditions, the way you want things to be. Realize that as you think, it is Omnipotence thinking and moving on your behalf. The outcome is sure and certain, for it is God in action.

God is the name for the One Power acting beneficently in your life. This Power is Sovereign, Supreme, One and Indivisible. It is Self-moving. This Power inspires you, guides you, watches over you, strengthens you, and protects you in ways you know not of. God lives and reigns in your life. A realization of this truth is your salvation.

CHAPTER 7

The Royal Road to Victory

The wilderness and the solitary place shall be glad for them; and the desert shall rejoice, and blossom as the rose.

It shall blossom abundantly, and rejoice even with joy and singing: the glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon, they shall see the glory of the Lord, and the excellency of our God.

Strengthen ye the weak hands, and confirm the feeble knees.

Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you.

Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped.

Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.

And the parched ground shall become a pool, and the thirsty land springs of water: in the habitation of dragons, where each lay, shall be grass with reeds and rushes.

And an highway shall be there, and a way, and it shall be called The way of holiness; the unclean shall not pass over it; but it shall be for those: the wayfaring men, though fools, shall not err therein.

No lion shall be there, nor any ravenous beast shall go up thereon, it shall not be found there; but the redeemed shall walk there:

And the ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away. (Isaiah 35:1–10)

The Book of Isaiah teaches that deliverance from problems, receiving abundant supply, wholeness and right action, as well as all other forms of good, come to man through God, which is your Higher Self or the I AM within you. The word Isaiah means God is salvation, spiritual understanding and awareness. As you recognize the Almighty Power within you and call upon It, you will discover a mighty vortex into which this Divine Presence pours Its light, love, truth and beauty to enrich your life.

The 35th Chapter of Isaiah is considered one of the

great spiritual masterpieces and is also one of the most beautiful, soul-stirring prayers in the Bible. Prayer changes the person who prays, and prayer is the contemplation of the truths of God from the highest standpoint. In prayer you do not try to change God; you discover all you can about the eternal verities, the laws of life and the principles of love, peace, beauty, joy, abundance, truth, harmony, etc. Then claim that what is true of God is true of you.

In prayer you fill your subconscious mind with the great eternal truths, which are the same yesterday, today and forever. As you fill your deeper mind with these great truths, you crowd out of your mind everything unlike God or the Truth. It is your subconscious beliefs, convictions and assumptions which take executive control of your life. That is why Phineas Parkhurst Quimby said in 1847, "Man is belief expressed."

There Is Always an Answer

During the recent Christmas season I counselled a young girl who was finishing her third year in college but could not return because her father had lost his executive position and could not afford the large fee for the university for a fourth year. She followed a simple prayer, affirming frequently: "God opens up the way for me to finish my fourth year at the university in Divine law and order." She practiced this affirmation, realizing that she was inscribing this

request by repetition, faith and expectancy in her subconscious mind.

After several days she became quiet in her mind and was at peace about it. On Christmas Eve, her grandmother, who had never before given her any kind of a gift, suddenly presented her with a check for $3,000, adding that she should let her know whenever she needed further financial help in college. The answer came in a way that she did not expect. She believed, however, and her subconscious responded accordingly.

Scientific prayer means that you recollect the truth about God, which brings about a change in your mentality. As a result of your change of mind, the outer condition changes, too. Remember, it is the change in feeling and conviction that gets results.

Verse 1: *The wilderness and the solitary place shall be glad for them; and the desert shall rejoice, and blossom as the rose.* Remember that the Bible is full of Oriental symbols and similes. The writers of the Bible were inspired and illumined from On High, and they wrote in the language of the era, using symbols, allegories, similes and the idiomatic expressions in use then.

We must, therefore, see the inner meaning. The desert spoken of could apply to all of us, because in the minds of millions of people there is nothing growing in their minds but the weeds of fear, ignorance, superstition, and weird and grotesque concepts of

God, Life and the Universe. All of us have been placed here to bring forth the fruits of wisdom, truth and beauty; furthermore, it is God's purpose for us to lead a full and happy life, expressing ourselves at the highest level and exercising our faculties at the highest degree. The greatest desert in the world is not in the Sahara or in Arizona, but under the hat of man.

Literally speaking, the French have done marvelous things in the Sahara, locating riches in the ground, establishing cities, schools and industries, and discovering oil and many other mineral resources. The same applies to other parts of the world, such as Israel, which turned a vast wilderness and desert into a beehive of productive activity. It was the existence of the Infinite Intelligence in men that enabled them to discover the riches of the soil under their feet. The riches had been there for thousands of years—yes, for millions of years—but man discovered the riches of his mind, which in turn enabled him to find the riches of the soil. The real wealth was in the mind of man.

His Desert Rejoiced and Blossomed as the Rose

Recently a great number of fires burned down some beautiful homes, some undoubtedly set by arsonists. A professor told me that he had been away and, on his return, found his house burned to the ground. He said there was only one thing to do, and that was

to turn to the Infinite Presence and Power within. He claimed out loud many times a day: "I am surrounded by Divine love and Divine peace, and God opens up a new door and a new way for me now. It is God in action."

He said that an opportunity suddenly came out of the blue, revealing the offer of a wonderful promotion and in another university, which provided him with new quarters, greater prestige, more money and greater recognition. The solitary place and the wilderness he witnessed became glad, and his insurance will compensate him for some of his losses.

Look for the chink of light where the problem is. When the problem is most acute and darkness is all around you, the Light comes. Epictetus said, "What else can I do, a lame old man, but sing hymns to God?"

Verse 2: *It shall blossom abundantly, and rejoice even with joy and singing: the glory of Lebanon shall be given unto it, the excellency of Carmel and Sharon, they shall see the glory of the Lord, and the excellency of our God.*

Here you are informed that when you give attention to the riches of the Infinite, which are everywhere, your subconscious mind always magnifies and multiplies exceedingly whatever you deposit in it. Nature is lavish, extravagant, bountiful and even wasteful. Look at all the fruit that rots in the tropics, for example, probably enough to feed all of human-

ity. The desert will blossom and grow anything when you water it.

Lebanon is a range of mountains in Northern Palestine and is noted for its cedars, also for the grandeur and beauty of the surrounding area. Lebanon means lovely, noble, God-like thoughts. Carmel is a range of hills in Palestine, whose soil is very rich. Spiritually speaking, it means that you realize the tremendous possibilities under the Divine Law, which means that we become what we contemplate. Your mind is a garden, and as you meditate and contemplate the riches of the Infinite, spiritual, mental, intellectual, financial and social, you will be impelled, propelled and compelled to express the riches of God in all phases of your life.

Sharon means fruitful, prosperous. In other words, the fruits of the Spirit are love, joy, peace, gentleness, beauty, harmony, goodness, faith, receptivity and a balanced mind. True religion brings forth these fruits. That is why it is written, *Ye shall know them by their fruits*. . . . (Matthew 7:16). The writer of this part of the Bible engages in a magnificent poetic rhapsody as he elaborates on the wonders and glories that come to you when you contemplate the wonders of the One, the Beautiful and the Good. He says you shall see the glory of the Lord. Glory means glow or love, and ray means light. In other words, you shall experience the love, the light and the goodness of God in all your undertakings.

Plato, speaking of love, said: "Yes, Love, who showers benignity upon the world, and before whose presence all harsh passions flee and perish; the author of all soft affections; the destroyer of all ungentle thoughts; merciful, mild, the object of the admiration of the wise, and the delight of the gods; possessed by the fortunate, and desired by the unhappy, therefore unhappy because they possess him not."

The Secret Place

And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat (Mark 6:31).

In a different sense, the desert symbolizes the secret place in your own mind where you communicate with your Higher Self or the I AM within you. It is where you turn away from the evidence of senses and the objective world and contemplate the Divinity within you which shapes your ends. It is where you put God first in your life, which is that formless Spirit from which all things flow. You are in the Secret Place of the Most High when you turn to God within you in prayer and reverence.

Here in this communion with the Divine, you are free from distractions of the outside world and you feed on the spiritual bread of heaven, which is harmony, peace, inspiration, guidance and Divine right action. As you do this, you will find your mind is at

peace and the desert of your mind will rejoice and blossom as the rose.

Verses 3 and 4: *Strengthen ye the weak hands, and confirm the feeble knees. Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you.*

The Lord in the Bible means the power of the Almighty operating in you, through you and all around you. With your hand you fashion, mold, create and shape. A policeman directs traffic with his hand; likewise, you can direct the power in a constructive and joyous way.

She Lifted the Truck

Recently I read about a frail woman who lifted a corner of a truck when her husband became caught underneath the wheel. Four men later could not even lift the heavy vehicle. She said, "I did not do it. I called on God and He gave me the strength." All the power of God is within. Call on It frequently and you will receive a response. You don't have to wait for emergencies in order to display or experience this power.

Recently a doctor friend of mine told me that he had been treating a man for several months who had been suffering from rheumatoid arthritis. His knees were somewhat crippled and partially immobilized. He had to use crutches every day while he worked

in his store. A gangster came in one morning, though, and told him to open the safe. He said that he could not bend down and open it and that his wife had always opened the safe. The gunman said, "I'll give you thirty seconds to open the safe or I will blow your head off."

He opened the safe and the doctor said his knees are now supple, he can bend them, the calcareous deposits are diminishing, and the edema and pain have improved considerably. He is making wonderful progress and is no longer using crutches. In the annals of medicine it is well known that during great fright, emergencies, shock and tragedies, people do extraordinary things. Cripples walk and paralyzed people are suddenly healed. In the case of the man with crutches, the idea to save his life at all costs seized his mind, and the power of the Almighty responded. That is called touching the hem of His garment. The power was always there, but he had failed to use It.

How often have you heard the expression, "He is my right-hand man," meaning he is very competent, an excellent co-worker and a great adjunct to the particular person? When you were a guest of honor at some function, you probably noticed that you were placed at the right hand of the host, a symbol of respect, prestige and recognition for some outstanding work or achievement. As you know from your Latin in school, the word *manus* means mind, and the word *man* is a generic term in all Bibles, meaning the thinker. This applies to all men and women; it

does not refer to man as a male. All of us are placed in our environments to dramatize, portray and manifest more of our Divinity here on earth.

Her Knees Were Shaking

A schoolteacher told me that during one of her examinations for a higher degree, her knees were actually shaking. Then she took hold of herself and began to affirm slowly and quietly the words from the 27th Psalm: *The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?* (Psalm 27:1). Gradually her mind became quiet and relaxed, and as she quieted and stilled her mind, the answers came forth from her subconscious mind and she overcame her problem.

At an examination there are always a few easy questions. Answer these first; then, when your mind is relaxed and passive, the answers to the other questions will well up from your deeper mind. The greatest antidote to fear is the 27th Psalm.* Your acceptance and re-affirmation of the great truths embodied in the 27th Psalm will give you peace of mind and a spiritual healing.

. . . *God will come with vengeance, even God with a recompence; he will come and save you* (Isaiah 35:4). Vengeance in the Bible is a vindication of the

*See *Songs of God* by Joseph Murphy, DeVorss and Co., Inc., Marina del Rey, Ca., 1979.

Truth, which means you have received an answer to your prayer, proving the Truth which you affirmed, and you found peace in this changing world. The God-Presence never seeks revenge. All of us are thinkers and we are responsible for the way in which we think. If we begin to think negatively or destructively, we reap the results of our habitual thinking. This is why you are an individual. You are capable of choice. When you really learn to choose, you will choose from the Kingdom of God within you. The recompense spoken of means that retribution and reward come to you based on your habitual thinking, beliefs and action.

Verses 5 and 6: *Then the eyes of the blind shall be opened, and the ears of the deaf shall be unstopped. Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert.*

In these two verses you can easily perceive how the Biblical mystic soared to the heights in an exultant paean of praise regarding the miraculous healing power of God through prayer, meditation and mystic visioning. Millions are unfortunately spiritually blind to the powers of God within them. They do not know that thoughts are things, what we feel we attract, and what we imagine we become. Millions are blind to the laws of mind, for they do not know and realize that whatever they really believe (good or bad) will

be expressed on the screen of space. These verses are saying that all things are possible with God.

She Was Blind

There is the well-known, duly authenticated case of Madame Bire. She was blind. Her optic nerves were atrophied, useless. She visited Lourdes and experienced what she termed a miraculous healing. Ruth Cranston, a Protestant investigator, wrote about healings at Lourdes in *McCall's* magazine, issue of November 1955. She said that at Lourdes Madame Bire had regained her sight, incredibly with the optic nerves still lifeless and useless, as several doctors could testify after repeated examinations. A month later, upon re-examination, it was found that the seeing mechanism had been restored to normal.

She was not healed by the waters of the shrine but by her blind belief or faith. She went to the shrine with expectancy and faith, knowing in her heart that she would receive a healing. Healings take place at various shrines around the world, at Shinto shrines, Buddhistic shrines and other so-called holy places.

There is only One Healing Presence which responds to each person according to his belief. *The ears of the deaf shall be unstopped.* Our ears must be open to the laws of life and the way of the Holy Spirit. *And in them is fulfilled the prophecy of Esaias, which saith, By hearing ye shall hear, and shall not under-*

stand; and seeing ye shall see, and shall not perceive: For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed; lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be converted, and I should heal them (Matthew 13:14–15).

There are millions of people who refuse to hear the Truth. They are steeped in the old traditional beliefs. They do not realize, and many refuse to accept, the fact that each person is his own savior; that he molds, fashions and creates his own destiny. Healing follows upon a change of the mind. When you change your mind, you change your body and your entire world. But the eyes (meaning spiritual perception) must see the truths of life, and the ears must be open and receptive to the good news. Ears represent hearing or understanding, and the heart must be open to the influx of Divine love. When people open their minds and hearts to the Infinite Healing Presence, a healing follows.

In the medical field today, marvelous results are achieved along all lines. Wholistic medicine is being practiced and taught in various cities throughout the country. Doctors are treating people from a spiritual, mental and physical standpoint, realizing that nothing happens in the body unless there is a corresponding mental cause in the subconscious mind. Cripples learn to walk and run, and the dumb speak also. We must

remember that there are mental cripples. We also have moral cripples, unfortunately, which our newspapers attest to almost every day. When the Light of God's Truth penetrates their mind they learn to walk in the Light and are healed.

There are millions who can speak, sing and laugh, but the tongue also stands for the creative word of God. It is your faculty to speak the word of Truth which heals, blesses and inspires people. You can also speak in a new tongue when you think, speak and act from the Divine Center within you. The thief who robbed, cheated and defrauded people and is now an honest, upright man speaks in the tongue of honesty, integrity and justice. The Bible refers to the spiritually dumb who talk and speak about hell, damnation, sickness, gloom and doom, etc.

When verse 6 says, . . . *In the wilderness shall waters break out, and streams in the desert,* waters refers to Divine inspiration. A stream of creative ideas oftentimes comes to you when you pray and ask that you be inspired from On High. Then you are refreshed and rejuvenated.

They Were Dying of Thirst

Some years ago, I read a story about a sailing ship becalmed in Southern waters. They had no fresh water on board. It was extremely hot and there was no wind or soft breezes. Mouths and tongues were

swollen, and the sailors' thirst was for water, as it meant the difference between life and death. A cup of water to them was worth more than its weight in gold. The captain espied a ship and he signalled her: "We have no fresh water; please give us water." The second ship signalled back, "Let down your buckets; you are in the mouth of the Amazon." The Amazon is the mighty river of South America, which sends its fresh waters 150 miles or more into the Atlantic Ocean. Fresh water was all around them.

Don't perish of thirst. Realize that the waters of life are waiting for you to let down your buckets and take all you want. It is foolish to pray for air; take all you want—there is no shortage. Tremendous potentialities are awaiting you. All you have to do is open your mind to receive. Shakespeare said: "All things be ready, if the mind be so." Ready your mind to receive the gifts of God proffered to you from the foundations of time.

Verse 7: . . . *In the habitation of dragons, where each lay, shall be grass with reeds and rushes.* Dragons represent hidden complexes in the recesses of your subconscious mind. These could refer to suppressed fears, hates and hostilities that we may have swept under the rug. Whatever is hidden in the subconscious must come forth sooner or later. The mystic writer promises that all these dragons can be eradicated and expunged from your subconscious mind through prayer, and your deeper mind will

become a garden of God where grass, reeds and rushes grow, meaning a quiet and peaceful mind.

She Heard the Voice Say, "Kill Him!"

A woman told me that for several nights she had heard a voice saying to her, "Kill your father-in-law." This was her subconscious talking back to her. She had impressed hatred and hostility in her subconscious mind every night prior to sleep, and, while asleep, her subconscious responded accordingly. This was the dragon she created herself.

At my suggestion, she asked her father-in-law to leave her home and establish his own domicile, which he did. Out of sight, out of mind. She found it easy to release him to God, as follows: "I surrender _____ to God and I wish for him all the blessings of life. God's love fills my soul." She followed this spiritual prescription and succeeded in dissolving the complex. She knows now that God speaks in peace, harmony and love.

Verse 8: *And an highway shall be there, and a way, and it shall be called The way of holiness; the unclean shall not pass over it; but it shall be for those: the wayfaring men, though fools, shall not err therein.*

This is a very beautiful promise, and a promise in the Bible is a law. For tender beauty and splendor, it stands unique. The way of holiness is the way of wholeness, beauty and perfection. As you claim frequently, "I am a son (or daughter) of the Living God,

and I am now expressing more and more of God's beauty, love, harmony and peace every moment of the day; the way of wholeness, beauty and perfection is being perfectly expressed through me now," you are making a triumphant and glorious mental journey back to God.

This is your manifesto and the way to escape from frustration, sickness and all limitation. Insist on peace, harmony, health and abundance. It is your right to lead a full and happy life, and it is your right and prerogative to see the Presence of God in others. Lift them in your thought, knowing that they are sons and daughters of God and heir to all of God's riches.

The trouble with millions of people is that they are downright lazy and indolent. All the powers of God are within them and they rarely, if ever, contact and utilize these powers. All of us know we are free to travel the highway. Murderers, thieves and holy men can travel the same highway. This is to remind you that God is no respecter of persons. The law is impersonal, and that applies to all laws. The highway is open to all; so is God open and receptive to all who call upon Him. God will answer the prayer of the atheist who says there is no God.

In other words, God answers every person's prayer according to that person's faith and belief in the heart. No one can block your contact with God. You don't need any ritual, ceremony or rite. You don't

have to belong to any organization or believe in some creed. As you turn to this Divine Presence, It will respond to you. There are no barriers to your journey on the public highway. It is accessible to all. A "way" is the path in your own mind where you turn within yourself and contemplate the Presence of God within you, the Reality of you.

The Living Spirit Almighty is your Higher Self. You can commune with this Presence in the silence of your soul. This is where you walk and talk with God. You need no mediators, wine or wafers—only your own thought. Your thought mediates between the Invisible and the visible, and as you continue to contemplate the eternal verities, you will experience holiness which, as previously explained, means perfect health, harmony, peace and the life more abundant.

The "unclean" spoken of represent all those who have unclean thoughts, such as fear, hate, jealousy, doubt, sickness and ill will. These negative thoughts prevent them from experiencing harmony, health, peace and abundance. When you fill your mind with God-like thoughts and constructive imagery, the negative thoughts are destroyed and have no more power to hinder you on your journey back to God.

. . . *The wayfaring men, though fools, shall not err therein.* No matter how foolish you have been or how many mistakes you may have made, no matter how guilty you may feel, you can turn to the Divine

Presence this moment and claim: "Divine love fills my soul, Divine right action is mine now, and God's river of peace saturates my mind and heart." Forgive yourself for harboring negative thoughts and resolve to keep your mind clean from now on. God is Timeless and Spaceless. He never punishes. Change your mind now and keep it changed, and you will be on the path to holiness or wholeness in all phases of your life.

Verses 9 and 10: *No lion shall be there, nor any ravenous beast shall go up thereon, it shall not be found there; but the redeemed shall walk there: And the ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.*

It is recorded in the Bible that Daniel, when in the lion's den, turned his back on the lions and turned to the God-Presence within him. . . . *Thy God whom thou servest continually, he will deliver thee* (Daniel 6:16). Lions in the Bible represent seemingly very difficult situations of a threatening nature. Lions could also represent hidden complexes, a severe or so-called incurable sickness, or mountainous debt. Within every problem is the solution in the form of a desire. Therefore, turn your back upon the problem and focus your attention on the solution, knowing that the power and wisdom of God will reveal the

solution. Continue in that belief and the problem will be dissolved in the light of God and His love.

The beasts mean any destructive or negative emotion that may well up within you; but now you know the solution and that is to let the sunshine of God's love enter into your subconscious mind. This is a very simple procedure. You can sit down now and affirm boldly for twenty minutes or half an hour: "God's love fills my soul." You will get a response and be healed. The beasts of fear, jealousy, envy and anger are completely neutralized and obliterated when you open your mind and heart to the influx of Divine love.

The "ransomed of the Lord" are all those men and women who have felt their oneness with the Infinite, which is their Higher Self, and constantly release light, love, truth and beauty. And they "shall return and come to Zion." Zion is an awareness of the Presence and Power of God within you. When you turn to this God-Presence, affirm freely, joyously and lovingly: "The joy, the wisdom and the peace of God reign supreme in my mind now." When you discover and realize that all the powers of the Godhead are within you and are responsive to your call, you will follow the injunction of the Psalmist:

> *Make a joyful noise unto the Lord, all ye lands.*

Serve the Lord with gladness: come before his presence with singing.

Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

For the Lord is good; his mercy is everlasting; and his truth endureth to all generations. (Psalm 100)

Chapter 35 of Isaiah closes with six of the most beautiful words in all the Bible, giving you the absolute assurance that . . . *sorrow and sighing shall flee away.*

CHAPTER 8

Developing the Principles of Infinite Intelligence

It may be taken as an established fact that in proportion to the degree of advancement of knowledge of the Infinite Intelligence within man, the individual ceases to be subject to a mere law of averages (the mass mind—the race mind of four and a half billion people) and has a continually increasing power of controlling the condition of his own survival. When he learns of the Presence of God within him, man begins to choose wholeness, beauty and perfection. The down-and-out man is simply one who has forgotten the Divine Presence within himself.

The Bible says: . . . *The foxes have holes, and the birds of the air have nests; but the Son of man hath not where to lay his head* (Matthew 8:20). Truth is not usually popular and does not find ready lodgment in human minds and hearts. The average man does not listen when you tell him that he is his own savior, that he molds and fashions his own destiny and that he is responsible for his choices in this world.

You must be like the professional gambler and learn to "place all your chips on one sure thing," Which is the God-Presence within you, realizing that when you call the Infinite Presence and Power, It responds according to the nature of your request. Indulge in no idolatry of the past, such as the "good old days." This is childish, morbid self-pity and awakening nostalgia, preventing you from successfully pursuing the prize of harmony, health and peace.

Are Preachers and Teachers Unnecessary?

One way of answering this question is to accept the fact that we have had the Ten Commandments for thousands of years, which, if followed to the hilt by people of all walks of life, would make unnecessary the existence of any preachers and teachers. But in the clash of circumstances, the masses do not understand how to put into practice the laws implied in the terse words of the Ten Commandments, the Lord's Prayer, the Sermon on the Mount, the Pauline Epistles and the Four Gospels.

There are certain techniques and processes of prayer which must be followed before the potency of the Truth is sensed and felt by the individual. You don't violate the Sabbath by dancing or fishing on Sunday morning or by taking a hammer and some nails to work on the addition of a new room to the house. The esoteric violation of the Sabbath involves more than this. It actually has to do with a process

in your mind which should lead to a true understanding of the Sabbath, which, in reality, means a sense of faith and abiding trust and conviction in the ever-availability of the Divine Presence here and now, in any emergency and without undue anxiety and pressure.

The Sabbath is the inner sense of peace and certitude which follows the impregnation of your subconscious mind. This is called the sixth day, or the length of time it took you to envelope your idea or desire with love and enthusiasm so that it was etched in your deeper mind. When this happens, there is an inner rest in which you no longer desire that for which you prayed. The interval of time between the impregnation of your subconscious and the manifestation on the objective plane is called the Sabbath.

There is a need for proper instruction in the ways and means whereby we can practice the Presence of God. When you really learn the Truth, you can begin to practice the eternal verities, which are the same yesterday, today and forever.

A Bastard Shall Not Enter Into the Congregation of the Lord . . . (Deuteronomy 23:2)

Many people are confused and troubled by this statement in the Bible, and they have a deep sense of guilt when a child is born out of wedlock. You must understand the inner meaning of the Bible; otherwise, you have nothing at all but the surface meaning. A

false belief born out of real wedlock is but a son of a harlot (undisciplined emotion), which is ready to bring forth a bastard (negative condition) by uniting with any vagabond ideas such as hate, jealousy, fear or vengeance, which come along (your paramour). The children, or expressions of these emotions, bring on all manner of disease, and people do not know the cause or parents of the condition, which were actually their thoughts and emotions. A bastard does not know his own father; likewise, a man who does not know that his father is God, is considered in Biblical language to be an illegitimate child.

The woman at the well had five husbands* governed by the avalanches of sight, sound and sundry concepts of good and bad. In other words, her five senses were undisciplined and she was impregnating herself with all manner of false beliefs. . . . *Thy Maker is thine husband* . . . (Isaiah 54:5). In other words, God and His Truths should govern your conscious mind. That is the real husband. All negative thoughts and emotions are illegitimate, since they do not conform to the truths of God.

Who Answers Prayer?

You answer your own prayer, because whatever you really believe, your subconscious will bring to pass. You are told to pray believing, and you shall receive. The secret power in prayer is the art of be-

*See *John 4:16–18*

lieving that you have it already in your own mind, because the reality of everything is a thought-image in your mind. For example, if you have an invention which nobody knows about, is it not a reality in your mind? It has form, shape and substance in another dimension of mind and can be seen by a good psychic, clairvoyant or medium. It is real; you possess it now in your mind. As you accept it completely, you know that Infinite Intelligence Which gave you the idea will reveal the perfect plan for its unfoldment. The reality of everything is first a thought-image in the mind.

The Lord Shall Fight For You, and Ye Shall Hold Your Peace (Exodus 14:14)

Exodus 14:11 says: . . . *Because there were no graves in Egypt, hast thou taken us away to die in the wilderness?* . . . It is necessary to see the spiritual meaning of these words in order to perceive their profound significance.

Egypt means darkness, misery and limitation. Whatever we really believe in our heart (subconscious mind) can't be put out of sight. There is no possibility of bringing our hostility, anger or resentment into graves. Living in Egypt means living in bondage.

Pharaoh means your false beliefs and being governed by the five senses. Remember, your subconscious assumptions, emotional espousals and hidden conditioning rule and govern you.

Moses means to draw out; i.e., your desire for a

better life drives you into the wilderness—a place where you begin to think of the Presence and Power of God within you Which will bring you out of bondage into the Promised Land of harmony, health, peace and abundance.

Millions of people all over the world have wallowed "in Egypt" for centuries, exchanging one disease for another. In India it has been the bubonic plague, in the Middle Ages in Europe it was the black death, and in this century there is frequent reference to the white death—the degenerative diseases of cancer, arthritis, paralysis, heart disease, diabetes, etc. It is the same old Pharaoh ruling and governing us. People are groaning for deliverance.

We must enthrone in our mind spiritual values and realize that the Infinite Healing Presence, when called upon, can flow through us as harmony, wholeness, beauty and perfection. In Biblical terminology, your sense of personal spiritual power will take you over the Red Sea of troubles, calming your emotions (waters), and permitting your good ideas to pass through to outward manifestation (dry ground).

Pharaoh—our own ignorance of the Divine Presence—is always pursuing us. Millions believe in all sorts of false ideas about God. These false beliefs represent Pharaoh keeping us in bondage in Egypt. Whatever you believe in holds you in bondage. For example, many subscribe to the belief in the theory of reincarnation, which teaches that you must come

back again and again in many life cycles to expiate for some sins and errors of a former life.

You are dealing with a Timeless and Spaceless Being. There is neither time nor space; the God-Presence never punishes. We must forgive ourselves as God, or Infinite Life, is forever forgiving us. Anytime we deal with time and space theories and beliefs, we are no longer in Truth. . . . *Today shalt thou be with me in paradise* (Luke 23:43). Not tomorrow, but now—today. God is the Eternal Now!

Change the beginning and you change the end. Murderers may change in the twinkling of an eye; the past is forgotten and remembered no more. A man may have been a thief, swindler and robber; now he is honest and upright and leading a new life. He does not have to suffer for errors in the past, no more so than does the man who made all kinds of blunders in mathematics but now uses the principles of mathematics the right way. The principles of mathematics have no grudge against him, and he is not penalized because he previously misused the principles. We must eradicate from our mind the false belief in the automatic weary round of rebirths, refleshing ourselves in the menial garments of the slave to carnal, materialistic thinking and living. When you rise in consciousness to the point where you forgive yourself and cleanse your mind and heart, the past is forgotten and remembered no more.

Karma and What It Means to the Scientific Thinker

Karma, or reaping what you have sown, turns out to be inexorable only as long as you do not pray or meditate on the Truths of God. As soon as you pray scientifically, you rise above karma, and the unpleasant consequences of past mistakes begin to be wiped out. No matter how awful the crime—be it murder or any other heinous offense—it can be expunged from the mind altogether with all the punishment that would ordinarily follow. The mere reading of affirmations and perfunctory prayers will not change matters. A deep hunger and thirst to become a new person in God's love and grace, plus an intense desire to transform, is essential to wipe out the punishment that must otherwise follow negative and destructive thinking.

Emma Curtiss Hopkins, author of *Higher Mysticism* and other books, tells of a wonderful event recorded in the archives of a state penal institution. This is the essence of it: A man was sentenced about eighty years ago to be hanged. In the interim between his sentence and its time of fulfillment, he sought the Face of God, which means the Truth about God. If I look at your face I recognize you. Face is, therefore, a symbol for the recognition that God is love and there is no condemnation, as God does not judge or condemn any person. *For the Father judgeth no man, but hath committed all judgment unto the Son* (John

5:22). You are the son, which also means your mind, and you are always judging yourself by the concepts and beliefs you entertain. You are always choosing thoughts, thereby passing judgment on yourself.

The murderer of whom Emma Hopkins spoke had read that "God was the bad man's deliverer," and this man had committed the murder for which he was sentenced. He accepted and believed what he read. To the great confusion and perplexity of the officers of the law, when the man was led to the gallows, however, the platform which would tip ordinarily at the slightest weight became firm the moment the condemned man stepped upon it. They tried again and again to hang him but to no avail; finally he was given his freedom.

The efficacy of his High Watch on the goodness and love of God neutralized the so-called karma of the ordinarily mandated treadmill of cause and effect, which enabled this murderer to step off into a new order of emancipated consciousness and experience. The wonders and blessings of the Infinite know no limit.

Why Do I Do This?

This was a question recently asked me by a professional man. He was what he termed a confirmed alcoholic. He would go on binges for a week or two weeks at a time. "When drunk," he said, "I'm a king for the day, but when the drunken stupor wears off,

I am despondent, gloomy and full of despair and hopelessness."

In talking with him, I found that he had a brilliant education and background and was a research adviser to a very large pharmaceutical organization. He said to me, "They praise me, but I don't feel I'm worthy of praise. I feel rotten inside. I feel I'm nobody. When I was younger, my father used to tell me I was stupid and that I would never amount to anything; he criticized me at every turn."

This man was resentful and hateful toward his father, and he had a deep sense of inferiority and insecurity. He acknowledged that alcohol was what he termed the "false spirit" which brought about oblivion for a time and banished his sense of guilt and inadequacy.

He decided to try the true Spirit, Which is God within him, Which would bring about a true exhilaration from the depths of himself. Accordingly, I gave him a spiritual formula upon which he was to reflect and meditate. I explained to him that as he practiced it faithfully, the dominant idea of peace and sobriety would take charge of his conscious mind, thereby impregnating his subconscious and eradicating his sense of inferiority and inadequacy.

Every morning and evening he practiced looking in the mirror and affirmed out loud slowly, feelingly and knowingly: "I am a son of the Living God. God's peace, harmony and joy flow through me. I am happy, joyous and free. I am inspired from On High.

God loves me and cares for me. God is working wonders and miracles in my life now." He repeated this prayer over and over again night and morning, until finally it had all the tones of reality. In about two weeks he became completely free and at peace. He proved to himself that he could rise above the sorrows of life and release the imprisoned splendor within him.

The Bible says: . . . *I bare you on eagles' wings, and brought you unto myself* (Exodus 19:4). The eagle soars aloft above the storms, typhoons and monsoons and sits still and gazes into the sun. The eagle is the only bird that soars above all storms and gazes directly into the sun. This is why the eagle was chosen by the mystics who wrote and created the great seal of the United States, and which is to remind all of us in time of trouble to look to God and pray for peace and harmony.

Likewise, this man with the wings of thought, feeling, faith and imagination rose above the storm in his own life and looked to God for freedom and peace of mind. He realized that alcohol, like Valium and other drugs, suppressed his self-condemnation and criticisms for a while, but this procedure was no nourishment for his mind and body.

Listen to the Voice Within

There is that within you that always urges you forward. It is the Life-Principle, Whose tendency is lifeward. The Bible says: *If I had not come and spoken*

unto them, they had not had sin: but now they have no cloak for their sin (John 15:22). To sin is to miss the mark; it is your failure to lead a full and happy life. If ill, you are missing the mark of wholeness and vitality. If impoverished, you are missing the mark in failing to accept God's riches, which are all around you. A primitive person living in the jungle has no inner quarrel in his mind. He is satisfied and has no sin. A missionary comes along, however, and builds a cabin to protect himself from the inclemencies of the season. The primitive man becomes aware of something better and, of course, immediately wants it. He is no longer satisfied and no longer at peace.

The Life-Principle in you is forever urging you forward, telling you to rise, transcend, grow, come up higher; I have need of you. The Spirit in you is always reminding you that there is a better way of life. If you are sick, there is the Almighty One within you that reminds you that you should be well. In life you are aware of comparisons, contrasts and differences, such as colors. You would not know what light is unless you could experience darkness. If weak, there is that within you that tells you that you can become strong and powerful. If you were not now aware of the possibility of a grander, nobler and more wonderful life, you would be satisfied the way you are.

A businessman who attends my lectures, recently had some trouble with his car. He said to himself, "I am going to buy a Rolls Royce." He began to

claim it. In his imagination he drove it to church and to business every day. By dramatizing the scene over and over again several times a day for some weeks, the opportunity finally came to him in a wonderful way. He saw something better than the car he had. His sin would be the failure to achieve his goal. There was a time when he would not even think of a Rolls Royce, but he had grown inwardly, spiritually and mentally; and as you grow inwardly, you grow outwardly along all lines, financially, socially, professionally and in all phases of your life.

She Said, "I'm Not Satisfied with What I Am"

A talented young musician said to me that she was content and happy in her home and work but that she wanted and desired to express herself musically at far higher levels. She began to claim frequently that God is the Great Musician and that she is expressing more and more of heavenly music every day of her life. She has gone up the ladder of life at this writing and is much happier, knowing there is no end to the heights to which she can climb. She was content and happy in her home, but not with what she was expressing.

She Said, "He Is Mean and Contemptible"

A divorcee recited all the mean, nasty and contemptible acts of her ex-husband. You become aware of these qualities and acts of the other person because

the One Altogether Beautiful and Good is within you, Emerson says in *The Oversoul.* We grant that human life is mean, but how did we find out that it was mean? What is the ground for this uneasiness of ours? of this old discontent? What is the universal sense of want and ignorance but the fine innuendo by which the soul makes its enormous claims?

You know and recognize hate because Divine love indwells you, reminding you it is wrong to hate. You know it is wrong to steal because Absolute Honesty is also within you. You know it is wrong to demean yourself or others because there is that within you which reminds you that you are a son or daughter of the Infinite and a child of Eternity. You are aware of these negative passions and emotions in yourself and others, but in exalting the Divine Presence within you and in becoming aware of your Divine dignity and prerogatives, you are able to balance the opposites within you and establish equilibrium and peace of mind. You begin to understand why people act the way they do, as they are driven by negative emotions and you gradually become more tolerant and look at the experience with a greater degree of equanimity.

. . . Fear of the Lord, that Is Wisdom . . . (Job 28:28)

When the Bible was translated into English, the word *fear* at that time meant to have a healthy, rever-

ent, wholesome respect for the Lord, or the Law, in the same way that you would have a healthy respect for the principles of chemistry or electricity. Likewise, you should have a healthy respect for your consciousness, which is the only creative power you know. Your state of consciousness is the way you think, feel, believe and what you give mental consent to. In other words, your consciousness at this moment is the sum total of your conscious and subconscious impressions, acceptances and beliefs—good or bad. There is no other creative power. You should, therefore, have a very high regard for the power of your consciousness.

A man employed generating nuclear energy at one of the numerous modern installations has a healthy concern for the proper use of this power. Naturally, he would fear a nuclear explosion. This type of fear is good, for it causes him to take wise and proper precautions in handling this dynamic force. The electrician studies the laws of conductivity and insulation and the fact that the energy flows from a higher to a lower potential, but he has no morbid fear of it. He learns to use the principles of electricity wisely.

Respect your thoughts and your mental attitude, because whatever you really believe—good or bad—will come to pass. If fear-thoughts come to you, remember that they come to everybody. You do not get a sledgehammer and try to kill them. All you do

is practice the law of substitution, such as affirming, "God's love fills my soul," or "God is with me." Or, quote a verse from the 23rd Psalm, . . . *I will fear no evil: for thou art with me* . . . (Psalm 23:4). Immediately the fear goes away. Remember, you can't think of two things at the same time. Keep on supplanting the fear-thought with the spiritual thought, and after awhile, the fear-thought stops coming to your mind.

She Pretended to Be Sick

Recently I talked with a mother who said that she had discovered that her daughter would feign great pains and sickness, and on several occasions the medical doctor had said there was absolutely nothing wrong with her. In talking with the young girl I discovered that she got little or no attention from her father and mother. The mother was involved in politics a lot and her father travelled constantly in his business and had little or no time for his daughter. She admitted that she pretended to be ill and to suffer great pains in order to get attention and sympathy. She informed the author that that was the only time she received any kindness or special attention.

This girl was experiencing a sense of rejection and felt unloved and unappreciated, pointing out that in actual fact she excelled in her school life. The parents saw the point and did the commonsense thing. They

explained to her that she was loved and appreciated, and they gave her more attention, taking her on trips and praising her for her wonderful school work.

Occasionally you read in the newspapers about some criminal who is delighted when he sees a write-up about himself in the newspapers. He gets a lot of attention, all based on his deep sense of insecurity, inadequacy and self-loathing. In other words, he gets attention the wrong way.

Get a New Estimate

Remember who you are. Realize that you are a son or daughter of the Infinite. Every day of your life exalt God in the midst of you. Appraise yourself from a spiritual standpoint and realize that all the powers and wonders of God are within you, waiting for you to call on the Infinite, Which always responds.

Job said: *I put on righteousness, and it clothed me: my judgment was as a robe and a diadem* (Job 29:14). Righteousness is to think right, feel right, act right and do right according to the Golden Rule and the law of love. In other words, think, speak and act from the Divine Center, and not from the superimposed structure of fear, ignorance and superstition.

The judgment is your own conclusion in your mind. You are always judging in your mind, separating falsity from Truth. Your judgment from now on is that you will see peace where discord is, love where

hatred is, joy where sadness is, light where darkness is, and life where so-called death is. You will see wholeness and vitality where sickness is and God's riches where poverty is. You will begin to see others as they ought to be—happy, joyous and free.

The answer to all weakness, shyness, inferiority and the sense of inadequacy is to follow the injunction of Paul: *Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee . . .* (II Timothy 1:6).

CHAPTER 9

The Wonderful Meaning of the Morning Star

I Jesus have sent mine angel to testify unto you these things in the churches. I am the root and the offspring of David, and the bright and morning star (Revelation 22:16).

One of the meanings of the word Jesus is the same as that of Joshua, i.e., God is the emancipator, or God is the savior. It also means your desire. Your desire for health, happiness, peace, true expression and the abundant life is like the morning star which heralds the birth of the sun, which in turn redeems the earth from darkness and gloom and lights up the heavens with all its glory.

For example, your desire for perfect health heralds the birth of your savior, for the realization of your desire would save you from any trouble, be it what it may. Your desire is the root and the offspring of David, for David means God's love, and your desire is Life's love to express Itself through you. A seed in your hand is a promise of a harvest, but you must first deposit it in the soil. Likewise, your desire for

health or any other good thing is God's promise in your heart telling you that you can rise and become that which you want to be. The bright and morning star is your inner conviction of your ability to accomplish whatever you undertake. This star, or attitude of mind, guides you and compels you to fulfill and bring forth the cherished desire of your heart.

Affirm boldly: "God gave me this desire. It is good and very good. The Infinite Spirit Which gave me the desire, idea or plan will reveal the perfect plan for its unfoldment." As you adhere to these truths, your desire will come to pass.

The Meaning of Prophecy for You

And he saith unto me, Seal not the sayings of the prophecy of this book: for the time is at hand. He that is unjust, let him be unjust still: and he which is filthy, let him be filthy still: and he that is righteous, let him be righteous still: and he that is holy, let him be holy still (Revelation 22:10–11).

You are your own prophet, because according to your belief is it done unto you. Your own inner feeling, your faith, your inner mood and expectancy determine that which is to come. Whatever you are planning for the future, you are planning it now. The future is always your present thoughts made visible. Whatever you unite with mentally and emotionally is a prophecy of that which is to come.

Be a true prophet, be a good prophet. Expect only

good fortune and good fortune shall be yours. The children of misfortune are those who ascribe power to externals, other people and the mass mind. These are the illegitimate children of the world. You must first change yourself; then your world will change. Unfortunately, man is always trying to change the other person.

Grant your relatives, friends and all other people the right to be different. Grant them their peculiarities, idiosyncrasies and religious viewpoints. Permit them to worship differently from yourself. Be glad there are Catholics, Jews, Protestants and Buddhists, as well as followers of other religions. If the other person is mean and nasty, that is no reason why you should be, also. You are here to let your light so shine before men that they will see your good works and recognize you as being a good example to all.

Spend some time every day radiating the glory, beauty and love of God, and never mind whether the other fellow does it or not. You are not responsible if some friend of yours shoots his or her spouse. All you are responsible for is the way you think about him or her. Since your thought is creative, you will therefore bless both, realizing that the journey of the deceased person is ever onward, upward and Godward and that the light of God shines in the person who committed the act.

There is no death; there is only Life. If someone wants to make you feel guilty because a president was

assassinated, you know that that hypnotic suggestion does not apply to you. There is no end to the glory which is man, and the journey into the next dimension must be one of growth, expansion and progression along all lines. It is wrong to permit others to make you feel guilty; if you allow that, such people can manipulate your mind and you no longer own your own mind.

Change yourself, and while you are changing your world will magically mold itself in the image and likeness of your concept of yourself. Identify yourself with the lovely, and you will be unable to see the unlovely. As your eyes are identified with beauty, you cannot see the ugly things in life. Fill your mind with Divine love, and you will then discover that love transcends all creeds and dogmas.

For I testify unto every man that heareth the words of the prophecy of this book, If any man shall add unto these things, God shall add unto him the plagues that are written in this book: And if any man shall take away from the words of the book of this prophecy, God shall take away his part out of the book of life, and out of the holy city, and from the things which are written in this book (Revelation 22:18–19).

It is absolutely absurd to take these statements literally. First of all, the Bible was not written in English. You must become aware of the figurative, allegorical and metaphorical meaning of these verses. It is interesting to note that in connection with these

two verses of the Bible, reference is made to the literary vandalism which was rampant in the days when the books of the Bible were written. It was customary to write them on parchment in the form of scrolls; however, religious bigots and other unscrupulous persons often changed and expunged words and passages by interpolating forgeries. The letters of Paul and other parts of the New Testament are known to have been mutilated in this manner, but Bible scholars, philologists and other research specialists know where these forgeries are.

There is no doubt but that religious sectarians were prevented from interfering with the contents of the book of Revelation inasmuch as they took the Bible literally, not realizing that its hidden meaning is actually the meat of the whole message. It is generally agreed that the text of this book of the Bible has been preserved intact through the centuries due to the fear of what men believed to be an imprecation. That is only the outer coat. The real meaning is something else altogether.

The Meaning of Your Word or The Word

Your word is your idea, thought or formulated desire. Like a seed, it has its own method of expression or manifestation. Your desire for wealth is a prophecy of that which is to come in the same way that a seed is a promise of a harvest. Your desire for health, peace, true expression or prosperity is the voice or

urge of the Divine Presence in you telling you that you can not only become healthy but also have all these other things.

This is how man *adds* to the word of God: he prays for wealth and affirms that God is his Source of supply and that God's riches are circulating in his life now. A few minutes later he begins to wonder how, when, where and through what source his supply will come. He doesn't trust the Divine Source and tries to help God out. Man must learn that the ways of the Infinite Spirit are past finding out and that the Infinite Presence has countless channels. Man's prayer may be answered in countless ways and in a manner that he knoweth not, and in an hour that he expecteth not.

You Must Believe What You Affirm

Some time ago, I talked with a man who was constantly praying for prosperity and looking to God as the real Source, but at the same time he was deeply resenting his employer because he did not give him an increase in salary. This man did not believe what he was affirming. Actually, he was praying two ways and, like a soldier marking time, he was not getting anyplace. This man was double-minded and had a double allegiance. You must come to a clear-cut decision and know that God or Infinite Spirit is the Source of all our blessings and believe in your heart

that whatever we claim to be true, Spirit will respond, for It is all things to all men.

Cease Adding to the Word

The Creative Principle, or God, can prosper in us in the same manner that It grows hair on your head or creates a blade of grass. It is all-wise and has the "know-how" of accomplishment. For example, a man desires promotion; this desire is good and very good. Life is growth, and his desire for advancement and expansion is the cosmic urge within him telling him to rise, transcend, grow and express himself at higher levels.

This is how he adds to the word: He looks around him and says, "Well, that fellow is going to pass on some day and I'll get that position." The desire was good, but he contaminated and adulterated it. He should know that Infinite Intelligence within him can create another position like it and one even far better. You don't want another person's job; you may desire a position like it, though, with the same prestige, salary, etc.

Infinite Intelligence has countless ways of bringing your request to pass. You don't have to hurt a hair of a living being to get ahead in life. You must never undermine or hurt another in order to achieve your goal in life. To harm another in this way would be *adding* to the word, and *God shall add unto him the*

plagues that are written in this book, which means that when you hurt another, you are also hurting yourself. Whenever you use the law negatively, you will reap the results, such as neuroses, frustrations, sickness, lack and limitation.

Taking Away from The Word

You *take* from the word or the cherished desire of your heart when you say, "I can't be that" or "I can't accomplish or achieve my goal." You are actually denying the Presence and Power of God, saying that God can't fulfill His promise.

Recently a man said to me that his boy suffered from a disease that was incurable. I pointed out to him that what he was really saying was that God couldn't heal the boy. He was shocked at his own statement and in an about-face began to affirm that the Infinite Healing Presence Which created his son could certainly restore him to harmony, health and strength. Gradually a perfect healing took place, curing the blood disorder which had afflicted the boy.

A man came to see me about his son, who wanted to go to college to learn to become a physician; but the father said that he didn't have the money and that his boy was terribly depressed. The boy, in the meantime, compromised and went to work behind the soda fountain in a drug store, becoming frustrated and unhappy. The father was taking from the word of God, saying, "God could not open up the way for my boy to become a physician, so I'll get him a job some-

where." The plague that follows this attitude of mind is the failure to realize the desire of the heart, which is the cause of endless frustration and misery in the world.

The father changed his attitude and began to pray that Infinite Spirit would open up the way for his son to go to college, and he began to picture in his mind prior to sleep and at other times his son showing him his medical diploma, which stated that he had graduated as a physician and surgeon. His father kept picturing this diploma and praying for guidance and right action. In a few weeks' time an aunt of his son passed on to the next dimension and bequeathed a large estate with ample funds for his son's education.

The Fragrance Lingers

Dr. Helena Davis, who lectures for me occasionally, phoned me this morning and said her living room is full of flowers of all kinds, sent to her by loving friends. One woman had attached a note to the basket of flowers saying that the fragrance of these flowers lingers with her also. The good you do returns to you in ways you know not of. When they sent flowers, it made each one happy; therefore, they were also blessing themselves.

Let the Morning Star Rise in You

When you say "I AM," you are referring to the God-Presence within you, Which is the Living Spirit Almighty. That is the Lord of all. When you realize

that your own I AMness is the Lord God Almighty, and when you recognize It as the only Presence and Power, while at the same time recognizing that the Spirit within you is your boss, your guide, your way-shower, your paymaster, your counsellor as well as the Source of all your blessings, then you are becoming aware of the morning star, Biblically speaking.

The Bible uses metaphors and figures of speech to illustrate the invisible powers within you. The morning star comes into your experience when you become aware of God within you; then you are able to cast light upon your problems and rise to great heights along all lines.

He Shoots the Stars

There are stars of truth within you just as there are stars in the heavens above. A captain on the plane to Tokyo told me that sometimes his plane is caught in a great storm; then he "shoots the stars" and gets a reference point. In other words, he said that with his instrument he gets a "fix" on a certain star, and from that angle he can calculate his exact position.

In a similar manner, when you have a difficult problem turn your eyes to the Divine Presence within and affirm boldly, "God knows the answer and I give thanks for the answer now."

In Greenwich Observatory, the positions of the stars and the sun are calculated in order to get the exact time. The stars were the first clocks and calen-

dars of the ancient seers and mystics, who noticed that at certain seasons of the year beneficial changes on earth coincided with astronomical changes in the heavens. So, in a sense, the stars were the first calendars. The earth moving around the sun caused the ancients to become aware of spring, summer, autumn and winter. The apparent movement of the stars was really due to the orbital movement of the earth. The ancient mystics knew that the stars were revolving also; they had no instruments that we know of, but undoubtedly they had an intuitive perception.

The morning star heralds the dawn or the birth of the sun, which spreads its glorious rays over the heavens and all darkness disappears. When the sun crosses the equator in the spring, all nature is resurrected and the desert rejoices and blossoms as the rose. This is why the sun in its northern journey was called the savior of the world. It is darkest before the dawn, and when the sun appears all nature rejoices. The sun was a symbol for God among ancient people. They knew it was not God, but its movements and functions were Godlike insofar as all life on earth was concerned.

She Discovered the Light Within

A woman living here in Leisure World told me that she was in the depths of despair. She had just received a diagnosis of a hopeless, terminal case of cancer, considered inoperable because it had metastasized

to such a great extent. She called it her darkest night. She said that all night long she claimed out loud, "The light of God shines in my whole being." Finally, she fell into a sound sleep, however, and a saintly figure appeared to her, saying, "You are healed."

She realized that this undoubtedly was a revelation to her from her deeper mind, and she intuitively knew that she was healed. Her physician confirmed the healing, referring to it as a spontaneous remission. The answer came to her as she turned with faith and confidence to the Light within, which cast out all the darkness in her subconscious mind. She had discovered the morning star within herself.

Her awareness of the Healing Light was the star that heralded the dawn in her life. God created the stars and the whole world. Symbolically, the stars of God are the stars of truth, light, love and wisdom, which light up the heavens of our mind and give us peace, poise, equanimity and serenity. To many aerial navigators, poets and writers, the stars represent a matchless source of inspiration and encouragement. In all Scriptures light is a common symbol for Truth, as darkness represents false beliefs and errors in the mind.

The Light of the Body Is the Eye

The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full

of darkness. If therefore the light that is in thee be darkness, how great is that darkness! (Matthew 6:22–23).

The eye, symbolically speaking, means spiritual perception. You might ask: How can light be darkness? False information, wrong concepts of God and superstitious beliefs represent darkness or ignorance. Millions believe many things about Life which are absolutely false. These beliefs in the subconscious mind of the masses bring forth all manner of troubles, sickness, lack and limitation.

The sun in you means your awareness of the Presence and Power of God within you. The Son, or sun, means that you can express here and now the wisdom, the power and the glory of the Infinite by turning within and claiming boldly that all that is true of God is true of you. As you make a habit of this, these truths will revolve in the heavens of your mind and appear on your earth, i.e., your body, your business, your home, your expression and all phases of your life. Remember this simple and very practical truth: Whatever you focus your attention on is the thing that governs your life.

You have heard many times that attention is the key to life. Ask yourself this question: How am I directing my attention now? Spiritual-minded people steadfastly direct their attention to God, realizing that God is their guide, counsellor, paymaster and the Source of health, wealth and all the blessings of

life. They give no attention or power to externals, other people or conditions. They give power to the Creator and not to the created thing. Millions of people do not direct their attention to spiritual principles. They are governed by mass propaganda, traditional beliefs, etc. They are like drifting logs in the sea, tossed to and fro, double-minded and unstable in all their ways. This attitude on the part of so many people brings on poverty, misery, ill health and all sorts of trouble.

Put God first in your life and realize that you are a son or daughter of the Infinite and a child of Eternity and that God flows through you as harmony, beauty, love, peace and joy. When God, or the Living Spirit, in your life is in complete charge and governing your entire life, your eye is single and your whole body, or embodiment, will be full of light, love, truth and beauty.

You Can Find Yourself Now

The real you is the I AM in you, which is God. It is the only creative power. It is all there is, for there is nothing but God and His countless manifestations.

A young girl who had a beautiful voice wanted to be recognized and express her talents. She pictured herself singing beautifully before an audience, and she heard her teacher congratulating her. She practiced this over and over again until the private movie

of her mind had all the tones of reality. At the time of this writing, she has appeared again and again before social groups as the major attraction. She created according to the image and likeness of her thoughts. The cause was her own consciousness, which means the way she thought, felt and imaged.

The Cause of all creation is the Spirit in you. You are sovereign over your world. You are also in charge of your relationships with other people. Darkness is here so that we may appreciate the light; poverty or lack is present so that we may learn and experience the fullness and abundance of God in the land of the living. The primitive man living in the jungles (and some people are still living in the Stone Age) may have never seen a home in his life and is satisfied with his lot. But when some missionary builds a hut for himself to protect him from the inclemencies of the seasons, the primitive man becomes aware of something better. How would you know what joy was unless you could shed a tear of sorrow? Your problems and difficulties enable you to discover the Divinity within you.

She Ceased Condemning Herself

Recently I counselled a woman who had just been married. She had committed murder in another state and had served time; she was full of self-condemnation and guilt. She was also full of fear of being exposed, as she moved in very high professional circles.

I explained to her that the very first thing she must do was to cease condemning herself. Whenever the guilt or fear-thought came to her mind, she should supplant it immediately with, "I am a daughter of God. God loves me and cares for me." I added that as she keeps this up, the day will come when she will be completely at peace. I advised her not to fight the thought of self-condemnation but to supplant it with the God-like thought and that after awhile the subconscious is reconditioned. Even if she went back to the town where the crime occurred, the accusers and the wagging tongues of the gossips would cease to be. The reason is that when you stop accusing yourself, others stop accusing and vilifying you.

She began to see that the Real Self of her was God, and that it was the false self, or the malconditioned self, that had committed the crime. She was, of course, responsible for her act and had served time in prison as punishment for it for many years. The point is that she no longer has to browbeat herself and torture herself mentally. God never punishes; all of us punish ourselves by our misuse of the Laws of Life and the way of the Infinite Spirit. She practiced that simple truth and is now radiating the sunshine of God's love.

Don't Let Others Manipulate Your Mind

I visited Germany, Switzerland and England last year and gave a series of lectures in the major cities.

In Germany one of the teachers told me that he had heard of an ex-convict in Holland who became friends with a carpenter. This carpenter was an honest and upright man and also very religious. It seems that the ex-convict had hypnotized him several times, suggesting each time to him that he should get a gun, hold up a certain bank and bring him the bag of money. These hypnotic suggestions were repeated frequently to the carpenter, gradually breaking down his sense of honesty and integrity and reconditioning his subconscious with the diabolical suggestion to rob the bank.

One day he went to the particular bank with a gun, demanded the money, and in the scuffle that followed, he shot the teller and was eventually brought up on first degree murder charges. A court psychiatrist rehypnotized the carpenter and got the answer, because the carpenter, under hypnosis, revealed word for word the suggestions given to him by the ex-convict. The latter was later sentenced and the carpenter set free.

Many people with their eyes wide open are being similarly hypnotized by false ideas. For instance, they believe that others can mar their happiness and hurt them by such things as voodoo practices. Others believe they are victims of karma and are placed here on earth to suffer and expiate for past crimes. Countless people are full of a myriad of religious prejudices and hatreds, and many even kill each other in the

name of religion. These are suggestions and lies repeated over and over again, and many who have no spiritual awareness accept these lies as truth, bringing misery and suffering in their train.

Reject any teaching which holds you in bondage and which teaches fear or limits or inhibits you in any way. No one can imprison you if you live in freedom in God and His love. No one can steal your days and nights from you or deprive you of wealth, health or happiness unless you first steal from yourself. The angel unlocked the cell of Peter and set him free. Likewise, as you rise to the conviction of your Divine freedom, the angel of your Higher-Self, which is your conviction of God's Presence, will open the prison doors for you and set you free to practice the Presence of God.

How to Become Sons of God

When we are imbued with lofty ideals and when we think Godlike thoughts, unpleasant little things disappear and all the petty things of life become inconsequential and are forgotten. Our soul actually becomes filled with the glory of the whole, and the limitations and restrictions of our daily life vanish. We find that this happy mood lifts us up and brings us *en rapport* with the Universal mind of God.

As greed, jealousy, discord and other narrowing concepts which bind us to the wheel of pain disappear

from our consciousness, forgotten in the joy of Truth, we no longer are sons of man, but we become sons of God. We become one with the universal vistas. Constant meditation, either in the woods, in your own home or wherever you may be, causes your soul to thrill as if touched by a Divine harmony, and a pulsating, throbbing feeling pervades every part of you. It is as if the melody of the gods were played on your heartstrings.

In conclusion, let us contemplate this profound truth: *Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is* (I John 3:2).

CHAPTER 10

Therapy for Loneliness

Emerson said: "If you want a friend, be a friend." As you know, there is a law of attraction in this universe, and this law, properly used, does attract friends. Your subconscious mind* will respond according to the ideas you impress upon it. It is a law of reflection. An old saying is as follows: "Life is the mirror of king or slave." Whatever you predominantly think and believe will be produced by your subconscious on the screen of space. In other words, your subconscious responds to your belief and your own evaluation of yourself.

She Was Lonesome

A girl from Texas obtained a position in a large office in Los Angeles. She had no friends and felt very lonesome. She said to me, "I never have a date. No one pays any attention to me." I explained to her that her subconscious mind takes her literally and responds accordingly.

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

I suggested to her that she begin to image ideal relationships and sense and feel the presence of friends, both men and women. As a result she began to practice the following prayer: "Infinite Intelligence attracts to me wonderful friends who are spiritually oriented and who harmonize with me perfectly. I radiate love, peace, joy and goodwill to all the men and women in my office and to all people everywhere. I give thanks for the joy of the answered prayer." She kept repeating this prayer, knowing that by repetition, faith, and expectancy, she was writing her request into her subconscious mind.

Shortly afterwards, a girl in the office invited her to a Science of Mind church, where she met a host of friends and subsequently married a business executive who also attended the same lectures and classes she had been attending. She discovered that the law of attraction works.

All of us possess a subconscious mind which is one with the universal subconscious mind. It is receptive, impersonal, always receiving the impression of our thoughts, thus creating the things and circumstances which we think upon.

Getting in Touch with Subconscious Mind

The right direction is to be found in the impersonal quality of your subconscious mind. That is to say, not impersonal as lacking the elements of personality, but impersonal in the sense of not recognizing the

particular external relations which appear to the conscious or objective mind. Your subconscious acts deductively and can overcome any external handicap or problem.

A widow living here in Laguna Hills, California, told me that she had four children and was employed by the government. But she had told herself that no man wanted to be saddled with her four children and that, therefore, she could not attract a marriageable man. She failed to see that her subconscious mind reasons deductively only and is noncontroversial. It accepted what she decreed. While many men in her office took her to lunch and dinner occasionally, no one ever asked her to marry him.

She reversed her mental attitude. The process consisted in first forming a clear conception of the idea she wished to convey to her subconscious mind, and then mentally addressing her subconscious mind and impressing upon it what she really wanted. She formulated her own technique, which was very simple and effective: "I am happily married to a wonderful and loving man who loves me and my children. I decree this, I mean it, and I know you will bring it to pass." In the morning she would silently repeat the same request, making sure that she did not contradict during the day what she had previously affirmed. She committed to her subconscious mind its task in full confidence that, by the law of its nature, it would do

so if not hindered by a repetition of contrary messages from her conscious mind.

Her supervisor, with whom she had worked for five years, and who had never even asked her for a date, suddenly asked her to marry him. She said that at first she was flabbergasted, and then realized that it was an answer to her prayer and she readily accepted.

It has been shown both by theory and practice that such is the law of the relation between the subconscious and conscious mind. You will find yourself face to face with a modus operandi which brings to fulfillment the desires of your heart.

She Had a Friend

Recently I conducted a memorial service for a woman who had passed on in a nursing home. Apparently, at one time she had been very rich but had lost everything. Her family never visited her, and there was only one person at the memorial service—a young woman who said that the deceased had been very good to her when she had been down and out. She had given her a job, had bought her a car, and had sent her to college, all at her own expense. She said to me, "This is what I want to do: To have this memorial in honor of the greatest friend I have ever had."

Now this is real friendship, and you can see that it penetrated to the depths of this young woman's sub-

conscious mind. The deceased was obviously outgoing, generous and kind. The lonely person is usually ingoing or wrapped up mentally and emotionally in his or her loneliness.

You Can Overcome Loneliness

Remember, you are living in a subjective and objective world. You must learn to balance the two and lead a full and happy life. The bird lives in the air for only a limited period of time, but then it must come down to earth to get food and procreate. The bird leads a balanced life. You are also here to express yourself and give of your talents to the world and to be amiable, sociable and kind, because nature abhors extremes of any kind.

He Was a Chronic Pessimist

A man came to me for consultation. He had lost a fairly good position and his third wife had walked out and obtained a divorce. He was very depressed and was obviously all wrapped up in himself and his troubles. He was looking at the dark side of everything: "The country is going to the dogs, the politicians are all crooks, our money is not going to be worth anything. Women are no good; all they want is money, and all of them run around. I never get the breaks; I am always the first one to be laid off the job. A jinx seems to be following me." In addition, his health was bad, and he owed a lot of money.

I asked him why his third wife had divorced him, and his answer was that she said he was too negative and that she couldn't take it any longer. Oftentimes, though, the explanation is the cure. I explained to him that he can no more have prosperity than he can have health or peace of mind with the mental attitude he had framed for himself and that he, himself, was his greatest enemy.

He began to realize that he had been misusing and misdirecting his subconscious mind and had brought on himself all his accumulated troubles and losses. This is the meaning of that remarkable passage in the Bible: *With the pure thou wilt shew thyself pure; and with the froward thou wilt shew thyself froward* (Psalm 18:26), for the content makes it clear that these words are addressed to the Divine Being. It is the unvarying law of the subconscious mind that whatever is impressed upon it, good or bad, will become objective correspondences. Natural laws admit of no exceptions.

He practiced regularly the following prayer, which changed his life and his relationships with others:

"Today is God's day. I choose happiness, success, prosperity, and peace of mind. I am Divinely guided all day long, and whatever I do will prosper. Whenever my attention wanders away from my thoughts of success, peace, prosperity, or my good, I will immediately bring back my thoughts to the contemplation of God and His love, knowing that He careth for me.

"I am a spiritual magnet, attracting to myself customers and clients who want what I have to offer. I give better service every day. I am a wonderful success in all my undertakings. I bless and prosper all those who come into my store. All these thoughts are now sinking into my subconscious mind, and they come forth as abundance, security, and peace of mind. It is wonderful!"

She Learned to Lead a Balanced Life

While speaking in Atlanta recently, a young woman was brought to my attention who was all wrapped up in metaphysics, Bible studies and meditative techniques. She had a brilliant background from an academic standpoint, but was so involved subjectively that she was careless about her work, her dress and her family and was living within herself. She was beginning to be lopsided, unbalanced, and appeared to be a sort of a strange, "cultish" figure.

I explained to her that a true knowledge of the laws of mind and the way of the Spirit would cause her to take far more interest in her teaching work and in her relations with the students and members of her own family. The inside world is the world of causes, and those causes are always expressed outwardly as results. There is a time for meditation, prayer, and study of spiritual processes, but you must also live fully in the objective sphere of life. Likewise, the man or woman who becomes all absorbed in the objective

side of life and pays no attention to the spiritual world of cause within himself will inevitably become lopsided and unbalanced, as well as subject to the mass or irrational mind, called the law of averages, and, of course, will suffer accordingly.

I told this teacher who had consulted me to take up dancing and golf, to go out and meet people, and to be gracious, amiable, sociable and exude vibrancy and good humor. She had no boyfriends, which was abnormal, and she did not swim, dance, play cards or hike. She was all wrapped up in her books and was suffering as a result from religious indigestion.

She decided to follow these suggestions and to release constructively the inner splendor which she possessed. According to a letter I recently received from her, she has met a doctor on the golf course and has fallen in love with him. It is true that nature abhors extremes.

The Benign Father

Jesus, in speaking to the unlearned but fascinated audiences, told them to picture to themselves God, or the Living Spirit Almighty, in all of us as a benign Father, tenderly compassionate toward all, and sending the common bounties of nature alike on the good and the evil. He said that the sun shines on the just and the unjust, the rain falls on the good and the evil, obviously pointing out to them the impersonal nature of the Law. Prayer was to be made to this Divine

Being, not with doubt, fear, begging and beseeching, but with the absolute assurance of an answer. No limit was to be set upon Its power or willingness to respond to us. He impresses upon his listeners the exact correspondence of the attitude of this Divine Power towards them with their own attitude toward the Power.

Therefore, when you go to the subjective world of cause within you and develop an invisible movement of your mind toward your ideals, goals and solutions, your deeper mind will respond and you will experience new environmental conditions and circumstances. If lonely, remember that you are alone with your loneliness. I suggest to many elderly people here in Leisure World to join clubs, to move out among people and make friends, to enjoy some social activities, and relax and give of their talents to those around them.

Many of them who are retired began to teach, giving classes in history, German, French and other languages. Some of them became travelling companions and guides for others going to foreign countries. They acted as interpreters and had the time of their lives. There are all sorts of activities here—political, social, religious, and opportunities for people to express themselves in countless ways. One man, aged ninety, teaches lessons on bridge and has lots of friends. He says that when you drink wine you sip it

slowly, and in that way you enjoy the flavor and bouquet.

Loss of Loved Ones

Tragedies, losses and disappointments come into the lives of all people. You can't keep your loved ones forever. Everyone passes on to the next dimension sooner or later. This is universal and happens to all without exception. It must be good or it would not be. The journey is from glory to glory, from octave to octave, from strength to strength, and from wisdom to higher wisdom, and so on through the currents of Eternity.

Some time ago I conducted a memorial service for the wife of a retired engineer. They had been married for over sixty years. He said he found himself catapulted into a hole of depression and a vacuum of loneliness. I asked him a very simple question: Supposing you had passed on first? How would your wife have handled it? "Oh," he said, "she would have been terribly distraught, depressed, and dejected. She couldn't take it. She would feel helpless and alone." "Well," I said, "don't you see that you saved her from that experience?"

He saw the point and realized that he was just wrapped up in his own morbidity and was feeling sorry for himself. I explained to him that love always frees the other and that he was holding his loved one

back by his morbid thoughts. Protracted grief is always selfish. I suggested to him that he surrender her to God and rejoice in her new birthday, knowing that her journey is ever onward, upward and God-ward; that she had met loving hands to guide her through the many mansions (dimensions) of our Father's house.

He was a deeply spiritual man and understood the entire subject. He decided that whenever she came to his mind, he would say, "I rejoice in your new birthday in God. God be with you." This benediction neutralizes all negativity, sadness and gloom. He went back to his consulting work and is now enjoying life to the fullest.

Come Out of Depression

Begin now to lift somebody else up. Be friendly; radiate love and goodwill to all those around you. Be genial, cordial, and exude vibrancy. All of these qualities are within you. All you have to do is to stir them up.

A girl who is sixteen years of age, the only daughter and apparently the only surviving relative, asked me to conduct a memorial service for her father. She was clairvoyant and said that she saw her father walking up and down, listening to what I said. She added that he smiled and wanted her to know that he was very much alive. She had been depressed, but after the service she realized there was no death.

I spoke of life, advising that so-called death was

really a new beginning. Death is ignorance, and in the Bible death means ignorance of the Truth and lack of knowledge that God is within you, the very Life of you, and that Life, or God, cannot die. The Upanishads say, "Life was never born, It will never die, water wets It not, fire burns It not, wind blows It not away. Why grievest thou for me?"

This young girl solved her depression. She said that she would make her father very happy if she studied diligently, applied herself, went to college and took up the study of medicine, as she had wanted to become a physician and her father had put aside money for her education. She knew that her success in this field would make him very happy and proud of her. This young girl thus solved her own problem and wiped away all tears.

A good cry is beneficial; it is a release. But it should not be repeated very often, as then it would become habitual and destructive. Protracted grief is always morbid selfishness and robs you of vitality, enthusiasm, and energy and brings on all manner of diseases. When you love someone who passes on, you radiate love and peace to that person. You love to see the other as he or she ought to be—happy, radiant, and advancing in the sunshine of God's love.

Blessed Be Nothing

There are many people who, when tragedy or death of a loved one takes place in their lives, go within and wallow in despondency and gloom, saying to them-

selves: "Blessed be nothing." It is not what happens to you that matters so much, it is your reaction to it, the way you think about it.

Recently, following one of the floods in our area of Southern California, a woman arrived at her home, which had been completely destroyed. She had lost everything, including her daughter and husband. She said to the reporters: "I have God, and God solves all problems. I go forward from here." She reacted with faith and confidence in the Only Presence and Power. With faith like that, she will climb the mountains and find ways of pleasantness and paths of peace. She knew that God indwelt her and that there was nothing lost in the Infinite.

"Open my eyes that I may see" should be our constant prayer. *The spirit of God hath made me, and the breath of the Almighty hath given me life* (Job 33:4). . . . *Let all those that put their trust in thee rejoice* . . . (Psalm 5:11). She lifted her eyes above the tragedy, knowing that what she was doing in her mind would externalize in all phases of her life. She suffered for the joy that was set before her.

The alcoholic suffers from the shakes and the jitters and agonies of withdrawal temporarily for the joy of freedom, sobriety and peace of mind which is coming to him. He knows something wonderful is working for him, and after a little while he is free. He decides to cleanse his mind of all sense of guilt, remorse and self-condemnation. As he does that, the

Holy Spirit rushes in, filling up the vacuum, and he is free. To suffer means "to allow" or "to undergo."

For whom the Lord loveth he chasteneth . . . (Hebrews 12:6). This means that if you want a healing or if you want to prosper, you must eradicate or cleanse your mind of those thought-patterns or disease-soaked images which are holding you back and preventing you from moving forward in life. If you had a bad teacher of music and you play badly, you must now discipline and school yourself to the new pattern or you cannot become a great musician.

Does Your Investment Pay Dividends?

Your thoughts and mental imagery should pay you fabulous dividends in the way of a greater measure of health, happiness, peace and abundance. Every thought is creative; therefore, you can create a far more wonderful life. Your problem of loneliness is really the result of unwise investment of your thought life. Your future is your present thinking matured or made manifest. There is no government in the world that can guarantee you perfect peace, happiness, prosperity or security. You give all these things to yourself. The only secure government is the one enthroned in your own mind, a government of Divine ideas and principles, mothered by Divine love. This is the government of the free. This government established in your conscious mind will guarantee you security, health and happiness.

As you dwell consciously on God's eternal verities, your heart will become a chalice of God's love; then all your ways will be pleasantness and all your paths will be peaceful and harmonious. The Psalmist* says: *As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God . . . Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance* (Psalm 42:1,2,5).

This, Too, Will Pass Away

Everything passes away. Nothing is forever. You can't be sick forever. Everything is constantly changing. You are constantly changing. Nothing stands still. You are not the same person you were a year ago or five years ago. If you have taken up the study of the laws of mind, you have found that you don't think, speak or act the same way as formerly. You are not the same person psychologically, spiritually or physically. Science tells us that we have a new body every seven months. Realize also that everyone eventually passes on to the next dimension of life, and it is right to bless all those people, wishing them Godspeed in that journey that knows no end.

*See *Songs of God: An Interpretation of My Favorite Psalms* by Joseph Murphy, DeVorss and Company, Inc., Marina del Rey, Ca., 1979.

She Was Slowly Dying

A young woman brought her mother to see me, and in conversing with her, I found that every day she would go to the resting place of her deceased husband, carry flowers and place them on the grave, and cry for half an hour or more. Her physician had told her to stop doing this. He told her he could find nothing physically wrong with her, but she was actually pining away, and the tonic she was taking apparently had no effect.

I explained to her that in actual fact there was no one in the grave and that she was identifying with cessation, finality, death and limitation and creating the same condition in her body. I added that she should give the flowers of her heart to her deceased husband, as he was right where she was and separated by frequency only. Nobody is buried anyplace, and the markings on graves are all lies. Life is eternal and Life is progression, an endless unfoldment ever onward and upward. Life goes not backward nor tarries with yesterday. You can't be less tomorrow than you are today.

This woman had also lost a son in the Air Force during the war. He was in a combat plane. I asked her if she had gone up in the air and placed a mark there, saying that this is when he was born and this is the date he died. Of course not. Look at the thousands lost at sea during the various wars and other

catastrophes. You don't go out into the ocean and place a mark there. When your electric bulb burns out, you don't say that that is the end of electricity. If a musician loses his violin, that is not the end of music. Music is. Life is. Electricity is. This woman was identifying with death and thinking of cessation and was dying inside, since you become what you contemplate.

She ceased visiting the grave and released her husband once and for all, affirming: "I surrender my husband to God completely. I radiate love, peace and joy to him. Whenever I think of him, or whenever anyone mentions him to me, I will immediately bless him, saying, 'God loves you, John. God's peace fills your soul.' "

You cannot think of two things at the same time, and as she practiced this spiritual therapy, her vision began to improve and her ophthalmologist was very pleased with her progress. Never mourn the dead; there are no dead.

An ancient poet wrote: "I said to the man who stood at the Gate of the Year, 'Give me a light that I may tread safely into the unknown.' And he replied, 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than a light and safer than a known way.' "

The light, or knowledge of God, came into this woman's mind and dispelled the darkness of gloom, sorrow and depression. You come out of loneliness

when you begin to emphasize in yourself the qualities of friendship, love, goodwill and a sense of humor. While you are projecting these qualities, you may still be depressed, but you have the faith to know that as you continue exuding vibrancy, goodwill, laughter, cordiality and geniality, you are building a new mental house of peace and harmony.

Invest your thoughts wisely. Rise above the problem and redeem it. Deposit faith, confidence, and trust in the law of your mind. Like the money you deposit in the bank, you will in a similar manner receive compound interest in the way of a greater measure of health, happiness, peace and prosperity. Your subconscious always magnifies what you deposit in it.

From Adversity, Many Find Strength

The following articles appeared in the *Los Angeles Times,* December 7 and 8, 1980, in the "Dear Abby" column and are self-explanatory:

> "Dear Abby: Twenty years ago, at the age of 40, I became totally disabled due to a brain tumor. I wasn't able to get out of bed, but by the grace of God and a surgeon's skill, I made it. At times I was so despondent I prayed it would all end. Then a friend gave me the enclosed inspirational piece, which I must have read 1,000 times. I had moments when

my vision clouded, and I thought, 'This is it; this is the end.' Then I'd read that message again, and it pulled me through.

"Abby, some of the greatest men and women of our times have been saddled with disabilities and adversities but have managed to overcome them.

"Perhaps somewhere among your readers there is someone who is at the end of his or her rope and needs encouragement. Pass this along. It may save a life. It saved mine.

"H.E.

"Encino, Calif.

"WINNING AGAINST THE ODDS

" 'Cripple him, and you have a Sir Walter Scott.

" 'Lock him in a prison cell, and you have a John Bunyan.

" 'Bury him in the snows of Valley Forge, and you have a George Washington.

" 'Raise him in abject poverty, and you have an Abraham Lincoln.

" 'Subject him to bitter religious prejudice, and you have a Disraeli.

" 'Afflict him with asthma as a child, and you have a Theodore Roosevelt.

" 'Stab him with rheumatic pains until he can't sleep without an opiate, and you have a Steinmetz.

"'Put him in a grease pit of a locomotive roundhouse, and you have a Walter P. Chrysler.

"'Make him second fiddle in an obscure South American orchestra, and you have a Toscanini.'

"Dear Herman: Thank you for the above. It is indeed inspirational, but I would like to add another winner to the list:

"'At birth, deny a child the ability to see, hear and speak, and you have a Helen Keller.'

"Dear Readers: Yesterday's column was filled with names (submitted by my readers) of those who managed to succeed against the odds. Today's is a continuance of that list:

"Have a thalidomide child born with a dwarfed, twisted body without arms, and you have a Terry Wiles, who, with the aid of mechanical devices, learned to play the electric organ, steer a motorboat and paint.

"Amputate the cancer-ridden leg of a handsome young Canadian, and you have a Terry Fox, who vowed to run on one leg across the whole of Canada to raise $1 million for cancer research. (Terry was forced to quit halfway when cancer invaded his lungs, but to date has raised about $20 million.)

"After having lost both legs in an air crash,

let a British fighter pilot fly again with the RAF, and you have a Douglas Bader, who, with two artificial limbs, was captured by the Germans three times during World War II—and escaped three times!

"Blind him and you have a Ray Charles, George Shearing, Stevie Wonder, Tom Sullivan, Alec Templeton or Hal Krents.

"Label him 'too stupid to learn,' and you have a Thomas Edison.

"Make him a 'hopeless' alcoholic, and you have a Bill Wilson, founder of Alcoholics Anonymous.

"Tell her she's too old to start painting at 80, and you have a Grandma Moses.

"Afflict him with periods of depression so severe that he cuts off his own ear, and you have a Vincent Van Gogh.

"Your list would not be complete without a smiling Max Cleland, who lost both legs and an arm in Vietnam and now heads the Veterans Administration in Washington, D.C.

"Don't forget Patricia Neal, the fine actress who suffered a severe stroke, but rehabilitated herself against overwhelming odds.

"Blind him at age 44, and you have John Milton, who, 16 years later, wrote 'Paradise Lost.'

"Call him dull and hopeless and flunk him

in the sixth grade, and you have a Winston Churchill.

"Punish her with poverty and prejudice, and she may survive to become another Golda Meir.

"Pit her against sexual discrimination, and you have a Madame Curie.

"Tell a young boy who loved to sketch and draw that he has no talent, and you have a Walt Disney.

"Take a crippled child whose only home he ever knew was an orphanage, and you have a James E. West, who became the first chief executive of the Boy Scouts of America.

"Rate him as 'mediocre' in chemistry, and you have a Louis Pasteur.

"Make him a homosexual, and you have a Michaelangelo and a million other talented people.

"Not all disabilities are physical and visible. And not all who have won against the odds are well-known celebrities.

"Every family has its own heroes and heroines for whom there is no medal distinguished enough to reward them for their accomplishments.

"It is to you, whose names do not appear here but deserve to, that I dedicate this column."

If our method of using our mind in the past has brought us sorrow, fear and trouble, we have only to fall back on the law that if we reverse the cause, the effects will be reversed also; and so what we have to do is simply to reverse our mental attitude and endeavor to act up to the new one, knowing that changed attitudes change everything. Remember, it is the sincere intention that is essential, and this will in time release us from the bondage and thralldom of habits which at present may seem very difficult.

Belief in limitation is the one and only thing that causes limitation, because we then impress limitation upon our subconscious mind. As we cast that belief aside and accept the life more abundant, greater and grander blessings will be ours. Never fear to be yourself. As Walt Whitman said: "You are not all included between your hat and your boots."

CHAPTER 11

Samson and Delilah

And she said unto him, How canst thou say, I love thee, when thine heart is not with me? thou hast mocked me these three times, and hast not told me wherein thy great strength lieth.

And it came to pass, when she pressed him daily with her words, and urged him, so that his soul was vexed unto death;

That he told her all his heart, and said unto her, There hath not come a razor upon mine head; for I have been a Nazarite unto God from my mother's womb: if I be shaven, then my strength will go from me, and I shall become weak, and be like any other man.

And when Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, Come up this once, for he hath shewed me all his heart. Then the lords of the Philistines came up unto her, and brought money in their hand.

And she made him sleep upon her knees; and she called for a man, and she caused him to shave off the

seven locks of his head; and she began to afflict him, and his strength went from him.

And she said, The Philistines be upon thee, Samson. And he awoke out of his sleep, and said, I will go out as at other times before, and shake myself. And he wist not that the Lord was departed from him.

But the Philistines took him, and put out his eyes, and brought him down to Gaza, and bound him with fetters of brass; and he did grind in the prison house.

(Judges 16:15-21)

Samson means the sun, sunlike, sunny, distinguished. Delilah means lustful pining, poured out, exhausted, weak. She is described as a Philistine woman whom Samson loved; she was instrumental in bringing about his downfall. The name also means deceived by the five senses.

A Philistine means to deviate from the Truth, to move to and fro, and to believe in forces foreign to the Spirit, or God. Philistines were a tribe of people in Palestine that was always at enmity with the Israelites and there was constant war between them. The Philistines were opposed to all true spiritual discipline; they worshipped strange gods and resorted to all kinds of sorcery and soothsaying.

Everything in the Bible has an inner meaning. All the characters, cities, towns, animals, etc., represent states of consciousness within all of us. For example, if a man is governed by his five senses and makes no attempt to tap the God-Presence within, he is, in

Biblical language, governed by Philistine thoughts, an avalanche of sights and sounds, sundry concepts, good and bad, but mostly negative.

Israelites in the Bible represent those who give all allegiance to the One Power—God; therefore, when you read about the two armies in the Book of Samuel, Israelites and Philistines, these represent two aggregations of thought in the mind of every individual: those who know the Truth and entertain Godlike thoughts, and those whose thoughts are in open enmity and violent opposition to everything Godlike. In the inner meaning of the Bible we call these armies Truth and error. The error army in all of us seems larger and stronger, based on our early training and indoctrination. The army of Truth is made up of spiritual, invisible forces, Godlike thoughts and eternal verities.

Solar Allegories

The Bible deals with solar allegories to portray great psychological and spiritual truths. The ancient writers of the Bible were masters of allegory. The story of Samson is given in Judges, Chapters 13 to 16, inclusive. In this chapter the key verses have been set forth and they will be explained from modern-day experiences, i.e., from a psychological and spiritual standpoint.

The story of Samson, like a great many other stories in the Bible, is a concealed myth which is very similar

to the Greek myth of Hercules, the Sun God. Hercules means the Sun. Samson is a solar personification and he performs the labors of Hercules. The spring equinox occurred in different signs of the Zodiac based on the procession of the equinoxes. The sun is said to be born at the winter solstice when it begins to rise in the heavens and stimulates all nature; the brown earth becomes green, the snow and ice begin to melt, and the desert rejoices and blossoms as the rose.

Samson's strength, according to the Bible, was in his seven locks of hair. Obviously, this cannot be taken literally. Hair in the Bible means spiritual power and vibrations which emanate from the Godlike person. It is easy to follow the solar allegory. The sun born at the winter solstice represents the first lock of hair; and as it gradually rises in the heavens, until it reaches the point called the summer solstice, which takes place in the sign of Leo, the Lion, figuratively speaking, the sun has traversed seven signs or possesses seven locks of hair.

Samson slew the lion, and the Bible says he found honey in the carcass. When the sun reaches the sign Leo, it is said to conquer the sign, or slay it. When the Bible says that Samson carried away the gates of Gaza, the latter word means strength, a stronghold, all of which is symbolic of the power and strength of the sun as it breaks through the gates from Pisces to Aries, called the ingress of Aries or the spring equinox.

As the sun begins to descend, the first sign it touches

is Virgo, the Virgin, which, in the solar allegory, is Delilah. Everyone knows the rays of the sun begin to decrease in intensity and light as it enters Virgo. As the sun reaches Libra, the autumnal equinox takes place and the sun descends below the equator. This is where Samson's (Sun) hair (or rays) is cut off. It is said that his two eyes are blinded, indicating loss of power and sight. Eye means spiritual perception. Finally, the sun, or Samson, is said to die, which is the winter solstice.

All the sun-gods of antiquity represent the God-Presence in all of us and, like the sun in its northern passage, save us from darkness and limitation. So also does the awareness of the God-Power within us resurrect our dead hopes, dreams and aspirations. When we allow the Spirit of God to move through our twelve faculties and discipline them, we will emancipate ourselves from misery, lack and limitation.

Consciousness of Spiritual Strength

When you begin to understand how to use the Power of God within you, you are Samson. In Judges 16:17, Samson said to Delilah: . . . *I have been a Nazarite unto God from my mother's womb* . . . A Nazarite means that he was consecrated to God. Samson did all kinds of athletic stunts, but was finally robbed of his strength by Delilah, who had his head shaved while he slept on her knees. *And she made him sleep upon her knees . . . she caused him to shave off the seven locks of his head; and she began*

to afflict him, and his strength went from him (Judges 16:19).

Hair represents spiritual power and vitality. When the vital principle is taken away or when you permit yourself to be robbed or deprived of spiritual power, your strength and faith go with it. Strength and power come to the man who trusts the Spirit and gives all his allegiance to the One Power.

Samson's two eyes represent spiritual perception, an awareness of the Light within you. . . . *If therefore thine eye be single, thy whole body shall be full of Light* (Matthew 6:22). This means that when you put God first in your life and give all power and glory to the Divine Presence within you, then your whole embodiment, i.e., your business, home, relationship with others and all your undertakings, will reflect the Light back to you. The Philistine woman is the negative, destructive emotion which robs you of vitality, energy and enthusiasm and which depletes your entire nervous system.

He Was Vexed and Grieved

Recently I counselled a man who was highly educated and who had a responsible government position, but who was very angry, sad and depressed because the girl he had been courting and to whom he had given many expensive gifts, including an expensive engagement ring, had run off and married someone else, having said nothing to him.

I explained to him that he is not responsible for

her actions but that he is responsible for his own thoughts and emotions and that his inner rage and resentment would rob him of good discernment, health and peace of mind. He subsequently discovered that she had already been married six times, each marriage ending in a divorce with excellent financial benefits for her. She might be said to have seduced him or tricked and deceived him by her wiles and flattery. Had he prayed for guidance and Divine companionship, this would not have happened to him.

I pointed out to him that it was not her acts which had disturbed him; it was his own opinions and thoughts which had done so. If he were to take away his opinions and resolve to dismiss his judgment about the acts, his anger would be gone. Her wrongful act brought no shame on him. It is not what happened to him, it was his thought about it which had generated all the anger and resentment. Actually, he was taking mental poisons, generated by himself; she had nothing to do with it.

He saw what he was doing to himself and stopped it. He released the woman in his mind, blessed her and walked on. Remember, where there is no opinion there is no suffering, and where there is no judgment there is no pain.

Seven Locks of Hair

The number seven is frequently mentioned in the Bible: the seventh day, the seventh hour, the seventh vial, etc. The word sabbath means seven; it means

inner certitude, inner conviction, the silent inner knowing whereby you know that your prayer is answered. Seven is one resting on one, meaning you rest in God, your sense of atonement with your ideal. The sabbath in the Bible has nothing to do with days of the week. Six days represent the length of time it takes you to impregnate your subconscious mind. It has nothing to do with time; all it means is that it refers to the moment of the embodiment of your desire in your subconscious. This is followed by a period of mental and spiritual pregnancy; then comes the manifestation as the joy of the answered prayer.

The number seven is dramatized in nature also, as depicted in the solar spectrum. Pass a beam of sunlight through the beveled edge of a piece of glass and it is broken up into seven colors. The diatonic scale consists of seven different tones.

Cutting off the seven locks of hair is depriving you of your oneness with God and your faith and confidence in the Only Power there is. Symbolically, this woman cut off this man's seven locks of hair because he permitted himself to get angry and agitated and emotionally distraught, thereby robbing and stealing from himself peace, harmony, wholeness and vitality. If a cucumber is bitter, don't eat it; throw it away. If you find briars on the road, turn aside from them. Suppose you heard that another man had been lying about you and saying all manner of evil about you;

his sayings have no power to prevent your mind from remaining pure, wise, sober and just.

Consider Your Opinion

Marcus Aurelius, the great stoic philosopher, wrote *The Meditation,* which pictures with faithfulness the mind and character of one of the most noble of the Roman Emperors. Simple in style and sincere in tone, his writings record for all time the heights reached by spiritual aspiration in his effort to solve the problems of human relations. The following are quotations from his *Meditation:*

> "Consider that everything is opinion, and opinion is in thy power. Take away then when thou choosest, thy opinion, and like a mariner, who has doubled the promontory, thou wilt find calm, everything stable, and a waveless bay."
>
> "Cast away thy opinion: thou art saved. Who then hinders thee from casting it away?"
>
> "Be like a promontory against which the waves continually break, but it stands firm and tames the fury of the water around it."

These quotations reveal to you that when you have no opinion you have no suffering. If someone commits a heinous crime, it is of no use to you to get incensed and furious about it and generate destructive emo-

tions within yourself which can ruin your health, happiness and peace of mind. It was not the incident that disturbed you; it was your thought about it.

Conquering the Lion

Samson killed a lion and found honey in the carcass. Symbolically, the lion represents any dire disaster such as an acute sickness, a so-called insoluble problem, a mountainous debt. You are told the story of Daniel in the lion's den. While locked in the den he turned his back upon the beasts and looked to God for freedom. . . . *Thy God whom thou servest continually, he will deliver thee* (Daniel 6:16).

Likewise, turn your back upon the problem and focus your attention on the solution, knowing that an Almighty Power will respond, and the prison of fear, sickness or impoverishment will disappear as you claim and know that God will reveal the answer, the solution, the way out. Acceptance of your desire is like dropping a fertile seed in the prepared soil. Turn over your desire to your subconscious as a seed, be full of confidence that it will appear in its full-blown potential, and according to your complete mental acceptance, it shall come to pass.

It is true that lions were kept in a pit and used for political punishment in those ancient days, but every story in the Bible deals with each one of us. The story of Daniel is the story of every man. Daniel, according

to the Bible, made a habit of prayer, praying regularly many times a day. This practice prepared him and enabled him to overcome. Samson found honey in the carcass of the lion he slew. Likewise, you get great satisfaction and joy in overcoming your problem by prayer.

The Real Causes

The real causes of all our problems lie within ourselves. The enemies we overcome are fear, doubt, self-condemnation, ignorance and so forth. *And a man's foes shall be they of his own household* (Matthew 10:36).

Recently I talked with a teacher who had remained in a subordinate position for four years because she was under the impression that her qualifications were not sufficient to advance to a higher position in the college. I suggested that she inquire further and discuss the matter with one of the senior professors. She did so and found that there was no such restrictive regulation. She then applied for a new assignment and was accepted with a big increase in salary. This had been a false belief in her own mind; it had no reality but was created by herself. She could have overcome the situation at any moment.

All of us should cease believing in helpless submission to all kinds of supposed lack and limitation. For example, many people believe they are too old to

do something that they are really quite capable of doing. Professional hunters tell us that no wild animal in the jungle will attack a man who is not afraid of it. Animals scent fear and will attack. In India it is well known that many outstanding true Yogis can walk and live among tigers, lions, snakes and other beasts of prey in perfect safety. They are at that level of consciousness where they see the Presence of God in all creatures. They build up an immunity through the practice of the Presence of God and become God-intoxicated, receiving the Divine antibody, which is a true realization in the heart that everything you see is Spirit, or God, in manifestation. They translate everything back to God, or Spirit, and one part of Spirit cannot be antagonistic to another part of Spirit. This is a sense of oneness with all life.

How She Trampled on the Lion

Some months ago I had a telephone call from a woman in Pasadena, who told me that she was considered a terminal case. She had much to live for, however, having two young boys to bring up and care for, as they had no father. The father had passed on to the next dimension.

I explained to her that her intense desire to live and her love for the two boys was wonderful spiritual medicine. She cooperated with her doctor, blessing him and the medication which alleviated the pain to a great extent. She had an excellent knowledge of the

laws of mind and of spiritual healing techniques. She began to affirm feelingly and knowingly: "I am alive with the Life of God and I give thanks for the miraculous healing taking place now."

She has had three X-rays recently, all of which were negative. Her intense desire to live was a tremendous stimulus to her recovery. Her habitual thinking had found its way by spiritual osmosis to her subconscious mind and a healing followed.

Do Others Disturb You?

Marcus Aurelius says: "Art thou angry with him whose arm-pits stink? Art thou angry with him whose mouth smells foul? What good will this anger do thee? He has such a mouth, he has such arm-pits: it is necessary that such an emanation must come from such things—but the man has reason, it will be said, and he is able, if he takes pains, to discover wherein he offends—I wish thee well of thy discovery. Well then, and thou hast reason: by thy rational faculty stir up his rational faculty; show him his error. For if he listens, thou wilt cure him, and there is no need of anger."

Likewise, you may see a hunchback or a cripple. You are not angry or upset; in all probability you would have compassion for his deformity and wish for him all the blessings of life. Sometimes when walking through the woods or climbing a mountain, you may see some pine trees which usually grow

straight and heavenward. It is said the ancient called the tree a pine tree to remind him that they were pining or hungering after God. However, you may come across some pine trees that are twisted, crooked and deformed. This condition may be due to some early influence when the tree was a sapling—a fence, a stone or a ditch may have interfered with its normal growth. You do not see the original cause, but you see the effect of the early influence.

Likewise, when you meet a person with a sour, nasty and ugly disposition, undoubtedly he was malconditioned and abused mentally when young. All children are naturally loving; they crave and give love freely. You understand why he is the way he is and you refuse to be upset by his sour disposition. Obviously, he is deformed mentally, but he is in a position to recondition his mind whenever he decides to do so. Your understanding causes you to abstain from criticism, resentment or hatred because of his warped mentality.

The Only Way

You will often come across people who will inform you that they have a corner on Truth and that their religious faith or belief is the "only way." Our Bible is full of legends, parables, and myths which teach the truth about God, Life and the Universe. You can't put anything into a closed mind any more than you can add any more to a full cup. You are in the pres-

ence of Infinity and never in eternity could you exhaust all the wonders and glories of Infinity. There is no end to our growth in wisdom, truth and beauty.

There is an old legend which conveys a profound truth. It is said that in ancient times when the world was young there was a conclave of the gods held on Mount Olympus. The purpose of this august meeting was to decide whether men and women on this earth plane should be entrusted with the Truth so that they could fashion their lives after the gods. After a long debate, pro and con, the elder gods came to the conclusion that they would give the greatest treasure of all to man—the "Jewel of Truth."

It is said that one of the junior gods had long been pleading with the elder gods for some outstanding mission to perform for the benefit of humanity, regardless of its danger or difficulties. His motive was to win the approbation of the elder gods. He was finally granted permission to descend to earth and give the "Jewel of Truth" to all men here below. He was ecstatic about his new adventure and was bubbling over with enthusiasm and somewhat overwhelmed by the wonders of it all—that he alone was the chosen one to bring the Truth to man.

The legend says that just as he made a landing on earth, he unfortunately stumbled and fell, and the "Jewel of Truth," which was dashed to the ground, was scattered into thousands and thousands of particles all over the good earth! The gods on Mount

Olympus were disturbed and upset, and the young god was very repentent and depressed over it. The reason for his sorrow was that his accident caused no end of trouble and confusion, because forever after, men found *particles* of the jewel and each man fancied that *he alone* had found the *Truth.*

There is only One Truth, One God, One Law, One Life. God is the Truth, and the Truth is the same yesterday, today and forever. No one has a monopoly on the Truth. God is the way, the truth and the life. The Bible says . . . *I am the way, the truth, and the life* . . . (John 14:6). I AM means Being, Life, Awareness, or God. The laws of mind are the same for everybody throughout the world; so are the laws or principles of chemistry, physics, mathematics or astronomy. The laws of agriculture, like the laws of navigation, work for all men alike. A good basic book to read on the laws of mind is *The Power of Your Subconscious Mind.**

The above legend is the answer to all those who have the "only way," a "special revelation" or the "one true way."

He Failed in Business

In consultation with a young man who had developed arthritis, which was very painful (even the drugs he was taking did not always relieve the acute pain),

**The Power of Your Subconsious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

it was revealed that his father had installed him in business and had advanced him a large sum of money. Although he worked very hard, he had failed and had gone into bankruptcy. He feared his father's rebuke and scorn, however. He was "down on himself" and full of self-condemnation. Soon after his failure, he developed arthritis. This was the emotional cause behind his physical impairment.

I pointed out to him that his repressed emotions had to find an outlet somewhere, and that the internal pressure must find some organ through which it can explode. The result—an illness or inflammation which is physical in expression but emotional in origin. This man was not the business type but went into business to please his father. He had previously been a teacher in high school and a very good one. There was no reason for self-condemnation or disgrace because he had failed.

I pointed out to him the case of a young woman who had failed as a secretary and was fired from her job, but she later turned out to be a marvelous nurse and is now head of a training unit in a hospital. She found her true place. She had not failed in life.

I suggested to him that because of his background and special training and his blend of inherited characteristics he could excel in another field of endeavor. So he went back to teaching and is now very happy about it. He talked things over with his father, admitting to him that his heart was not really in the business and that he had gone into the operation because he

wanted to please him. This was followed by the removal of a sense of shame and self-criticism. They had a mutual understanding, and as soon as he took up teaching again his arthritis subsided. His new mental state was reflected in his body.

The following two prayers were the ones I suggested that he use in order to impregnate his subconscious mind and eradicate the negative patterns lodged there. The first was the prayer of forgiveness, which is self-explanatory and is as follows:

Prayer for Forgiveness

"I claim God's love fills my soul now. I know when His love flows in my heart, as all resentment is dissolved. I forgive myself for harboring any negative, destructive thoughts about another. I resolve not to do this any more. I tune in on the Infinite One within me, and I think, speak, act and react from the standpoint of God and His law of love. I fully and freely forgive everyone (mention their names). I radiate love, peace, goodwill and all the blessings of Heaven to them. They are free and I am free. I know when I have released others because I can meet them in my mind and there is absolutely no 'sting'; on the contrary, there is a wave of peace and a benediction from my heart."

The Law of Progress

The second prayer, which was to be used three times out loud every morning, is as follows:

SAMSON AND DELILAH

"I am a mighty tower of strength and stability in the realization that God is my unfailing Source. I give freely, willingly, lovingly of the talents I have. I serve loyally and efficiently, knowing that my service is recognized and compensated.

"My consciousness is ever expanding into larger fields of activity. I increase, daily, my mental measure of success. I attune myself to success in every way. I am alert to new ideas that lead to successful activity.

"Richness of faith and increased activity bring me rich results, for the Power within me knows no limitation. My salary is a measure of my spiritual values. My faith and expectancy create my income. My wealth is based on Universal Substance and my measure of acceptance determines the amount of compensation. I accept all good that is ever flowing to me, now."

CHAPTER 12

Why the Passover and the Crucifixion Are Identical

The origins of the Passover and the Crucifixion are of an astronomical nature, since they are basically solar allegories. The sun in the order of nature crosses the equator twice every year, and you will find in the New Testament allegory that there are actually two Crucifixions, and Christ (the Sun) is said to be crucified twice—that is, once upon Mount Calvary, *the place of the skull* (Aries) (we must use our skull or brain to find out the meaning of the allegory), and once in Egypt . . . *where also our Lord was crucified* (Revelation 11:8).

The vernal crucifixion, or crossing of the equator by the sun, takes place on the 21st of March as our sun enters the sign of Aries. The fast of Good Friday and the feast of Easter have been religiously observed in the spring of the year in every country of the world and in every era of time of which a record of any sort has descended to us, and observed with the same ceremonies, significancy, and words.

PASSOVER AND CRUCIFIXION IDENTICAL

Christ, or Krishna, is a Hindu word meaning the Sun, which symbolically represents the Presence of God or the Eternal Light within man. The word crucifixion means to cross over; it has the same meaning as to pass over. After the pass-over, the sun ascends the heavens, but the Sun, or Christ, of the autumnal pass-over descends into hell (the winter months, below the equator).

Approximately 400 years before the birth of Jesus (who was born like all other men and who was tempted like all of us), the vernal equinoctial point—that is, the point at which the sun exactly crosses or passes over the equator—was in the first degree of the Lamb, and since that time all nations of the earth have celebrated this annual phenomenon under the allegorical veil of a crucified lamb. The sole difference between the Jewish and the Christian ceremonies is no more than that between the words *cross over* and *pass over.* This cross-over, or crucifixion, is universally celebrated at that season when the sun passes over, when it enters the constellation of the Lamb, which the Jews call the Paschal, or Passover Lamb.

In ancient times, while the sun was in the sign Pisces (sign of the fish) prior to entering Aries, people in the northern latitudes ate fish, and when the sun entered Aries, they called it "the Lamb of God that taketh away the sins of the world." This means that the sun's rays begin to melt all the ice and snow, all the seeds frozen in the earth are resurrected, and the

desert rejoices and blossoms as the rose. The sun was called a savior, as it redeems us from cold, frost, hunger, and starvation. The ancients ate the flesh of the lamb in the spring in order to celebrate the vernal equinox, and they drank the blood in honor of the autumnal crucifixion—the blood being nothing other than the blood of the grapes, which are ripe in September.

The great research scholar, Robert Taylor of St. John's College, Cambridge, England, in his *Astronomico-Theological Discourses,* delved into ancient archives in his research work and stated that in the year 680, under the reign of Constantius Pogonatus, in the Sixth Constantinopolitan Council, held under Pope Agathus, in the 82nd Degree of that Council, it was decreed (and the decree subsequently ratified by Pope Adrian the First) that instead of Christ being represented under the form of a crucified lamb, which had up to that time been the only emblem of the crucifixion, he should be represented in the hideous and disgusting form of a crucified man. Taylor also said, "I have the happiness of showing you on the unquestionable authority of the pious Casalius, a plate of the oldest form of the crucifix, preserved in the Vatican, where you see Christ is represented as a bleeding lamb, standing upon a mount under the cross, and bleeding from his five wounds, one in each foot, and the fifth from the breast, in allegory of the five winter months, Oct., Nov., Dec.,

Jan., Feb., during which the sun really and literally is, below the cross, precisely as in the sacred Hieroglyph you see him represented."

The five wounds are our five senses which are governed by appearances and are therefore "below the horizon." When we spiritualize our five senses, we will resurrect the Light or Intelligence of God, which symbolizes the resurrection of the sun in Aries.

The Jewish Passover is described in Exodus 12:3-10: *. . . They shall take to them every man a lamb . . . without blemish . . . And they shall take of the blood, and strike it on the two side posts and on the upper door post of the houses, wherein they shall eat it . . . roast it with fire . . . and ye shall let nothing of it remain until the morning; and that which remaineth of it . . . ye shall burn with fire.*

The Passover means the joy in awakening from darkness to light; it means the delivery from misery and pain to the truths that make man free. It means passing from one state of mind to another. The lamb is chosen as it is a world symbol of sacrifice: it is born in order to die for human advantage. The lamb gives man wool, clothing, and meat. The symbol for lamb in Chinese is composed of sheep and fire; that is, it pictures a sheep on the fire, as though the peculiar appropriation and destiny of lambs were for sacrificial offerings. Confucius stated that a lamb constituted an ancient sacrifice of great importance. The lamb is your desire. All that is necessary is to feel its

reality, and to live, move, and act as though it were a fact *now*. Your belief will bring it to pass. The only thing you give to God is recognition and faith in Him.

Ye shall eat nothing leavened. . . . Draw out and take you a lamb according to your families, and kill the passover (Exodus 12:20-21). You draw out your desire from the depths of yourself. The word lamb, as previously mentioned, means your desire, idea, plan, ambition, your goal in life. Contemplate the reality of your desire. Realize that God gave you the desire and will reveal the way for its unfoldment. Pour life, love, and meaning into your desire. Animate it with feeling and enthusiasm! In other words, you have to "kill" your desire, because as long as you have the desire for health, marriage, prosperity, or a solution to your legal problem, you are frustrated and are in a divided state of mind. You must spill the lifeblood of your desire, which means that as you exalt it in your mind, rejoice in its reality, and feel the joy of the answered prayer within you, it will sink into your subconscious mind and, as a seed deposited in the ground dies, so will your desire be subjectified and die and then be resurrected as the answered prayer.

You "roast" your desire (lamb) with fire, meaning that you appropriate it in consciousness completely with the fire of Divine love, leaving no room for doubt. Then you cease to desire, as the fulfillment of your wish takes place.

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When you give your attention, devotion, and love to your desire, you change its nature, and, in the same way as an apple becomes a part of your blood stream, so will your desire for advancement, growth, and expansion become a living part of you. When your desire, idea, plan, or aspiration becomes a conviction, you will have "killed" the desire—that is "spilling the blood," because blood means life and you will have given your idea life and love. As you remain faithful to your ideal, you will mentally and emotionally unite with it, and your subconscious assumption or conviction will compel you to express your good in the same way that negative beliefs formerly forced you into lack and limitation.

The Bible is a spiritual book, dealing with solar allegories, parables, and analogies of all kinds. . . . *Seven days shall there be no leaven found in your houses* . . . (Exodus 12:19). This is a symbol of purification through love and forgiveness. "There must be no leaven in the house," which means that you must eradicate all ill will, hostility, bitterness, self-condemnation, and other destructive emotions in order to make room for the influx of the Holy Spirit into your heart. The Healing Presence of God does not flow through a contaminated consciousness. You must be a good conductor, and the wires which unite you with God's love, peace, and harmony are the thoughts of peace, love, goodwill, and harmony.

When your thoughts are God's thoughts, God's power is with your thoughts of good. If you are fighting or resenting your job or another person, and if you grow angry and emotionally exercised over it, that is "leaven." It is a psychic pus.

Cease giving the problem your attention! Turn to the solution, the way out! Identify with your ideals and become emotionally aroused over them, and you will ascend to the level of your ideals just as quickly as you descend to the level of your fears.

All the characters of the Bible (many of whom were historical, others fictional), live within you and represent states of consciousness, moods, tones, vibrations, and sensations. Men pray to a Jesus or to a Buddha in space, and if they believe that Jesus or Buddha or Mahomet will save them, and if they have the blind faith necessary, their prayer is answered—but they don't know how; they don't know it was their own subconscious mind that answered them.

Good Friday comes from "Fria," which means love, and love is atonement with your desire. Good Friday must be on a Friday—the day of the full moon —which means you have impregnated your subconscious fully with your desire. This is all symbolic. The moon is the reflected light of the sun. Your *sun* is your illumined conscious mind, and your subconscious always faithfully reflects your impressions on the screen of space as conditions, events and circum-

stances. When you are filled full of the feeling of being what you long to be, that is your *Good Friday*. The moon, in symbolic language, is your subconscious mind.

Easter, Good Friday, and Passover are not fixed dates, as are anniversaries such as the birthdays of Washington and Lincoln. The moon in its transit around the earth will come in direct opposition to the sun sometime between the 21st of March and the 25th of April. When this opposition is reached, it is called a "full moon." The first Sunday following this event is Easter Sunday; the Friday preceding Easter Sunday is observed as Good Friday.

This proves to anyone who wants to think at all that this celestial, allegorical drama has nothing to do with any man who has ever lived at any time or place; on the contrary, it has been celebrated for countless centuries to mark the ascent of the sun in its northern travels. The ancient Hebrews said that the sun shed its blood (light, life, heat) on the Passover, meaning that the actinic rays of the sun give life to all creation.

If these dates were historical, they would be the same day every year. You understand that these allegories and parables of the Bible are psychological, spiritual dramas which take place within yourself.

The sun crosses the equator, which is an imaginary line; it is a time of beginnings. When you are bubbling over with a new idea, your consciousness is ready to

cross over from the old state to the new. You cross your own "equator," which is your disciplined imagination; you have the power to image or to perceive and feel that which you want; then your mind will cross over from darkness to light, from poverty to wealth, from ignorance to wisdom, from ill will to goodwill, and from fear to faith in God and in all things good. As you pour your life into your ideal, you will make it real, and you will actualize it.

Death and birth represent a constant mental and spiritual process. I must die to what I am before I can live to what I long to be. As I study the truth of the Bible, I die to superstition, and I am born to illumination and understanding. . . . *Ye shall eat it in haste: it is the Lord's passover* (Exodus 12:11). Absorb these truths quickly, joyously, and lovingly, and move forward with faith and confidence. You will become the new man in God, the happy man, the joyous man, the prosperous man, the man that God intended you to be—the inspired and Godlike man who walks the earth with the praise of God forever on his lips.

The mystical and psychological crucifixion, or passover, is to become identified with the highest ideal (the lamb without blemish), your loftiest vision, and to remain faithful to that ideal, and as you remain faithful and constant, you will crucify your desire (it crosses over from your conscious to your subconscious mind) by your faithfulness, and you will resurrect it unaided by man.

PASSOVER AND CRUCIFIXION IDENTICAL

Jesus means "God saves," "God is your emancipator." It also means your desire, which, when realized, would save you from any predicament. *Judas* means your limitation or problem. Your problem reveals your savior or solution. The realization of your desire is your savior.

You are in the garden of Gethsemane when your mind is in tune with the Infinite—when your attention is focussed and absorbed on the God-Presence and when you are contemplating your ideal to the exclusion of everything else. The suicide of Judas is simply the death of limitation and the resurrection of freedom and peace of mind.

An alcoholic friend of mine dramatized the role of Jesus and Judas in this way. He wanted freedom and peace of mind (symbolized by Jesus). He began to assume freedom and peace of mind, and he imagined himself at home again with his wife congratulating him. He would sit down quietly for ten or fifteen minutes at a time and become detached from the world around about him; he focussed his mind on freedom and sobriety. He would "hear" his wife say over and over again, "Thank God, you are free—you are healed! I am so happy!" All the power of the Godhead responded to him, and he was healed.

He had completely died to his former state, and he had begun to live the new life. It was as if he had committed suicide by his own hand. He "took" his former life by becoming detached in consciousness

from his former drunken state with the shakes and jitters, and he found his savior (Jesus)—the answer to his prayer, the realization of his heart's desire. Judas died and Jesus (his desire) was resurrected and made manifest.

Walk as though you now are what you want to be; sustain the mood or feeling, and you will die to the old state and resurrect the new.

The Passover or Crucifixion takes place in your own mind. There is an inner meaning to all the stories in the Bible. There must be a psychological and spiritual change in you, otherwise there is no passover. It is not only for Jews or Christians, but for all people everywhere. *Pharaoh* is the race mind moving in all of us. If you are full of fear, hatred, or resentment, or are engaging in emotional blackmail, are dominating others or are holding them in mental bondage, you are Pharaoh, and you must free yourself at once. Any corrosive, destructive thought robs you of vitality and energy and holds you in bondage.

Maintain an attitude of prayer and neutralize the corrosive, debilitating, and destructive force of the mass mind, which is full of all sorts of negative tendencies which impinge on all of us according to our degree of receptivity.

Establish one strong conviction, and that is that God is all there is. One Presence and One Power. You are one with God, and God's Spirit is sovereign,

regnant, and supreme. Your belief in your oneness with God will annihilate and neutralize the false beliefs of the mass mind. You are oscillating at a higher spiritual frequency, and no evil shall befall you and no plague shall come nigh thy dwelling.

The word *nail* in the Bible means love or feeling. A young musician in my organization began to claim, feel, and picture himself as a great teacher of the science of mind. He said to me, "If two shall agree as touching on anything on earth it shall be established." He knew that the two agreeing were himself and his desire, his idea and feeling, the agreement of his conscious and subconscious mind. He affirmed for about ten minutes daily: "I am now a wonderful teacher. I am fixed in this belief. I accept it and I rejoice within. I feel, claim, and know that it is so now." He made it a point not to subsequently deny what he had affirmed.

After a few weeks, all doors opened up for him. Money, friends, opportunities, and all things needed came his way. He had "nailed himself to the cross," meaning he was nailed or fixed in his belief that his prayer was answered, and his desire crossed over to his subconscious mind; the latter compelled him to be what he felt himself to be. The law of the subconscious is compulsion.

The perpendicular beam is your I AM, or Awareness of Being, or God. The transverse beam is your

belief or conviction about yourself. This is the spiritual meaning of the cross. Your own I AMness or consciousness resurrects and makes alive that which you feel as true. The cross is your conviction about God, and whatever you believe or feel to be true about God is true of yourself.

The Bible says: . . . *The Lord will pass through to smite the Egyptians; and when he seeth the blood upon the lintel, and on the two side posts, the Lord will pass over the door, and will not suffer the destroyer to come in unto your houses to smite you* (Exodus 12:23). When you have complete faith in God and are convinced that there is no other power and that God is all love, and when you have completely absorbed the reality of your desire in consciousness, you are free from all fear and doubt. Then the Lord, or Spiritual Power, will pass over the houses of Israel, and when He sees the blood—which means your living, abiding faith in God and His Truth—this conviction of yours (the angel) will pass over and kill, neutralize, obliterate, and expunge from your subconscious mind all negative patterns, be they what they may.

The firstborn of Egypt (misery, suffering, darkness, ignorance, and all negations) are destroyed, and the Light of God penetrates all the dark places of your mind. The firstborn of Egypt are the negative thoughts of the mass mind; the children of Israel means God-like thoughts, eternal verities, and the

truth of God alive in your mind and heart. You are an Israelite when you feel your oneness with God, and your loyalty is to God only and . . . *If God be for you, who can be against you?* (Romans 8:31).

Live with God, walk and talk with Him, and die to human opinions. Resurrect love, life, truth, and beauty, and become the God-man here and now! This is the real Passover and the real Crucifixion.

CHAPTER 13

Change Eternal Is at the Root of All Things

There is one great Truth: God is God, the same yesterday, today and forever. Everything else is subject to change. A woman said to me recently that she was absolutely certain that she would see the president of a company who had promised her a contract over the phone. When she arrived in Los Angeles, he had passed on in his sleep. I explained to her that she could not be absolutely certain about anything in this world except that God is God, and His laws and principles never change. She turned within and affirmed knowingly that Infinite Intelligence would reveal the perfect plan for the unfoldment of her idea, and another door eventually opened up in Divine order.

He Was Certain It Was the End

While talking with a man a few months ago, he revealed that he had a cancerous condition which was incurable, and he was certain that he had only six months or less to live. I told him that there was no absolute certainty that he would not be healed. He

was a student of "I Ching," and I suggested that he ask the question: "Will I be healed?" The answer he got was: "Your condition presages sickness but not death." Immediately he changed his mental attitude. Before he was certain about things that actually are not certain. He is now praying regularly and cooperating with his wholistic doctor and is on the road to victory.

There are many people who are certain that they are going to be sick or have an accident. Others make up their mind beforehand that they are not going to like another person. Many others say openly that all politicians are crooked, that all religions are rackets. Too many people form fixed ideas and dogmatic opinions about conditions, circumstances and people, which are constantly changing. Remember that nothing is fixed. Nature is constantly changing; and men and women, customs, and traditions are constantly changing. Look at the works and processes of nature: Winter is summer sleeping; seasons constantly change according to a Divine pattern. The storm comes, but after that comes the calm. A flood may come but it passes away; the water abates and there comes a great peace over the area. Night comes, but it is followed by sunshine; the day breaks and all the shadows flee away.

She Said He Will Always Be a Drunkard

A mother said to me that her son is an alcoholic and will always be one. I explained to her that she

should not make statements such as that, since he was subject to change like anybody else and very possibly could become a new man.

Accordingly, I gave her an age-old prayer to use night and morning: "My son John knows the Truth, he loves the Truth, he rejoices in the Truth, and he hears the Truth." It is true that everyone wants to know the Truth whether he says so or not. Shortly after her prayers had begun he went to hear Dr. William Hornaday of the Religious Science Church in Los Angeles and became a new man. Now peace and sobriety govern his mind.

The judgment of the mother was self-judgment. Cease judging the other, for the alcoholic today may be a transformed man tomorrow. The Divine Presence indwells all people and is not subject to outer and temporal considerations. Remember an age-old Hebrew maxim: "Change eternal is at the root of all things." Nothing is forever, everything changes.

He Hated His Brother

In counseling a man who had internal troubles, and who constantly took medications such as tranquilizers and sedatives, he told me that ten years previously he had been in love with a girl but that his brother had persuaded her to marry him, instead. This man had deposited the emotion of hate in the deeper recesses of his mind and nourished it every once in a while. For ten years he had refused to hold

that destructive emotion of hate up to the light of reason and common sense and have it dissolved in the light of God's love.

I explained to him that he was poisoning himself and living with the dead past, somewhat like the individual who keeps the corpse of a dead person in a special room in the house and preserves it with alcohol. This, of course, is a form of insanity, as there is no one in the dead body. All of this is due probably to a sense of guilt or morbid grief, which is the opposite of love. This man was living with the dead.

He decided to forgive and forget, realizing that holding on to that old grudge or trauma was robbing him of energy, vitality, enthusiasm and health. He was building a cemetery in his own mind where all his ideals, goals and aspirations were buried in resentment, hate and ill will. His prayer was as follows: "I forgive myself for harboring these negative and destructive thoughts, and I resolve not to do this any more. I mean this, I am sincere and I decree it. I fully and freely forgive my brother and I wish for him and his wife all the blessings of life. Any time my brother comes to my mind, I will immediately affirm: 'I have released you. God be with you.' "

He kept this up, and after about ten days he said, "I can think of my brother now and there is no sting there any more," which indicated that he had expunged and eradicated the poison pocket in his subconscious mind. His health is improving now and his

need for sedatives is gradually diminishing. The day will soon break for him and all the shadows in his life will flee away.

When we are sick, we have wandered away in thought from God, but we can always turn back to the One, the Beautiful, the Good, and be healed.

He Said, "What Do You Mean Saying 'God Is Principle'?"

A man asked me after a recent lecture: "What does 'God is Principle' mean?" Let us look at a few generally accepted principles with which every high school boy is familiar. "Water seeks its own level." This applies to water in any part of the world, whether China or America. It is not a particular thing or a particular action. It is a principle. Another easily understood principle is: "Matter expands when heated." This principle is true anywhere in the world, at any time, and under any and all circumstances. Heat a bar of iron anywhere and it will expand, no matter what country it is in, who possesses it, and regardless of the purpose for which it is intended.

This man had a protracted lawsuit over a will. His sister was suing him, trying to break up the will because the entire estate of his father was bequeathed to him. His sister, apparently, was very wealthy though and did not need the money. Obviously, greed was her motivation. Greed always results in lack, limitation and misery.

The first thing he had to do was to refuse to give any power to his sister, and under no circumstances resent her. He had to remain neutral and calm, realizing that God is the Principle of perfect harmony. God does not change, so perfect harmony is the nature of creation. I explained to him that prayer is answered because God is Principle and that he has to bring himself into harmony with the Law of Being. In prayer we do not try to change the Law, or God. God plays no favorites and is no respecter of persons.

He prayed as follows: "The Infinite Law of justice, truth, love and harmony operates perfectly for me and all concerned. God is the Principle of harmony, and there is a Divine solution." He kept reiterating these truths, and in a few weeks his sister withdrew from the case. Her sense of vindictiveness and greed apparently melted away under his realization of the Divine Principle of harmony operating for all concerned.

The Indwelling God

God indwells you. *God is a Spirit. . . .* (John 4:24). This Spirit is boundless love, absolute harmony, eternal, omnipotent and omniscient, and cannot be hurt, wounded or destroyed. This Spirit never changes and is the very life of you. You contact this Divine Presence through the medium of your thought. The Bible says: *. . . As he thinketh in his heart, so is he. . . .* (Proverbs 23:7). This is one of the laws of mind which

is certain and is continuously demonstrated in the lives of all of us.

Your subconscious assumptions, beliefs and convictions determine all your experiences and conditions on the outside. Character is destiny. It is our state of consciousness which creates the world we live in. Consciousness is the sum total of all our thoughts, beliefs, opinions, estimates and judgments, plus our emotional reactions to them along all lines. The sum total of all our thoughts and feelings forms our state of consciousness. This consciousness commands and dictates our experiences, our health, our wealth and success in all our undertakings.

Everything Is Changing

Governments are constantly changing, as are politicians. Also, religious beliefs are constantly changing, based on the findings of science, astronomers, and physicists. Remember, change is the law of growth. You have seen the alcoholic, the dope addict and the burglar completely change their mental attitudes and begin to lead honest, good and upright lives. It is God in action in every change. Growth and expansion is the law of life.

Stop and reflect for a minute that without change there can be no growth. When man ceases to grow mentally and spiritually, his life fades away out of his dimension of life. Don't be afraid of change; cease clinging to old, moth-eaten beliefs, false creeds and

dogmas. Come into the light of Truth and realize that you are here for one purpose only, and that is to release more and more of the Divinity within you. God is forever seeking expression at higher levels through you. This is called the Providence of God.

Think about this simple truth and realize that if it were not for the blessing of change, men and women would still be primitives, somewhat like savages living in caves, not knowing who you are or what you are. If it were not for change in your life, you would still be a child mentally and physically. When any change comes into your life, pronounce it good and very good. Affirm, believe, know and decree: "This change is good, and it is going to turn out and bless me," and it will. See the Presence of God in the change and that will make all things new.

She Changed Her Mind About Him and Kept It Changed

A mother complained to me about her boy, saying that he was making trouble in school, refused to study, was surly and impudent to the teachers and also to herself. She spanked him several times, but it seemed to do no good.

I suggested that she pray for Divine Intelligence operating in her son. Children respond very quickly to prayers for Intelligence. She began to pray for him several times a day, realizing that Divine Intelligence is now functioning perfectly in her boy and in

all phases of his life. She discovered that his school work improved in a wonderful way, and his surly manner disappeared also.

As you pray for Divine Intelligence operating perfectly through your son or daughter, you will be pleasantly surprised to find how his or her progress in his or her studies will increase, and also how they will become happier and more successful along all lines.

Peace in This Changing World

The awareness of the Creative Power within you gives you a stability and a certainty that is necessary for a peaceful mind. Everything in this external world is constantly shifting and changing. You need a permanent and perennial anchor that you can cling to, and that is that God indwells you and that God is Infinite Spirit Which is responsive to your thought. The only immaterial power you know is your thought and feeling.

Now you have discovered the secret of creation; therefore, you can mold, fashion and create your world according to your habitual thinking and imagery. Remember, Infinite Intelligence created your body from a cell and can recreate it and heal it now. Honor and exalt this Divine Presence in you. Realize this Presence is supreme and omnipotent. Anchor yourself to the I AM or God within you, realizing that Infinite Spirit is the Source of all blessings.

Religion means "to tie back to" one great truth, God, which is eternal and the rock of your faith. Religion does not mean that you tie yourself to any creed, dogma or church, but to align yourself completely to the Living Spirit Almighty within you—the One and Only Absolute Power—Which is timeless and changeless. When troubled, vexed, annoyed or depressed, quiet your mind and affirm quietly and knowingly, *"Be still, and know that I am God"* (Psalm 46:10). This Power is within you and responds to you, giving you peace in this changing world.

The Dangers of Grief

Recently I had a conference with a woman in Atlanta, Georgia, who was grief-stricken. She had had two heart attacks. She was taking anti-depressant pills, as well as heart medicine. I discovered that she was visiting the grave of her son every day and weeping over his grave, which was a highly destructive practice. It was a morbid attitude of mind. She was dwelling on the void in her life, which consisted of no love.

I told her what Darwin had said about protracted grief: "The circulation becomes languid; the face pales; the muscles become flaccid; the eyelids droop; the head hangs on the contracted chest; the lips, cheeks and lower jaw all sink downward from their own weight." This woman was dying inside, and her

mental and emotional state was the cause of all her troubles. The heart is the seat of emotion, and emotions can kill or cure.

She began to realize there was no one in the grave; her boy was in the next dimension, separated from her by frequency only. Every night she prayed for him as follows: "I rejoice in your new birthday in God. I radiate love, peace and joy to you. I know you are in another dimension of life and your journey is onward, upward and Godward. God loves you. God be with you."

I explained to her that she could not think of two things at the same time. She also came to the realization that morbid thoughts were holding her son back, as there is no separation in mind. If you love someone, you free him and send loving thoughts to him or her. Protracted grief is morbid, selfish, and destructive to health and happiness.

Wholistic Medicine

Many medical doctors today are stressing the harmful effects of negative emotions. One of the foremost doctors on wholistic medicine is Dr. Frank Varese, 24953 Paseo De Valencia, Laguna Hills, California. He points out that faith in God and in inner joy increases the defense mechanism and the activity of the leukocytes, or white blood cells, in their destruction of invading microbes or virulent bacteria. He also points out to his patients and lectures to them

along similar lines that prayer, or the contemplation of the truths of God, aids in the production of antibodies and antitoxins.

On the other hand, fear, anger and hate decrease the red cells and tend to destroy them. Fear inhibits the development of antibodies and antitoxins and leaves the body subject to disease. Dr. Varese, together with other doctors, silently prays for his patients.

Jesus said frequently: . . . *Thy faith hath made thee whole* . . . (Matthew 9:22), pointing out that faith in God was the healer.

How He Changed Fear to Faith

From time to time a submarine commander attends my lectures at the Saddleback Valley Plaza, Cinema II, 23682 El Toro Road, Laguna Hills, California. I had a very interesting conversation with him. He told me that he was at one time a pharmacist in New York City, working for a chain organization for fifty dollars a week. His doctor told him he was a chronic worrier, which was the cause of his high blood pressure. He said that he worried about his two boys and that he would not be able to send them to college. He worried that he could not buy a fur coat for his wife. He worried about a holdup in the pharmacy and lived in constant fear that he might be fired from the job, as business was slow. He worried about long hours, his future, and the fact that he would never own

his own pharmacy. He worried that he would never have the money to buy a car.

When World War II came, he joined the Navy and was promoted rapidly. He said that he enjoyed the Navy. "Towards the end of the war," he related, "our submarine was attacked from all sides and I submerged as we were hopelessly outmanned and outgunned. The enemy ships kept dropping depth charges and we remained submerged for 20 hours. There was nothing to do but wait and pray. At any moment I and the other men could have been annihilated. Some of the men said, 'This is the end.' I said, 'God help us. The Lord is our shepherd.' "

These were the only spiritual words he could think of, and in his extremity he kept repeating these words audibly. He began to think of all the other things in his life as a pharmacist that he had worried about. He saw that all of them were trivia and of no consequence compared to what he and his men were now experiencing. He silently said to himself, "If I ever see the moon and the stars again, I'll never worry all the days of my life." And, as a matter of fact, he has not worried since and is full of faith in God and all things good.

His prayer was answered and they were not killed. All of his lesser fears had paled into insignificance compared to the terror and extreme danger of his submarine experience.

Face the Challenge and You Will Overcome

Face your fears. Look at them. Are they real? Is there any principle behind them, or are they all imaginary and created by yourself? Do these fears have a reality, or are they a conglomeration of sinister shadows created by your warped and distorted mind?

Emerson once said, "Do the thing you are afraid to do and the death of fear is certain." If you are afraid to speak before an audience, the thing to do is to get up and speak for a minute or two before any audience you can find, and after a few times, all the fear will go away. You discover that a Power comes to your aid which gives you courage, faith and confidence. When you discover the Power, fear goes away. When you speak or give a lecture, affirm: "God thinks, speaks and acts through me. It is wonderful!" God is your partner and you are equipped for all occasions.

His Dogged Persistence Did Not Pay Off

I suggested to a man that he stop fighting the Food and Drug Administration. He had gone to court after court, insisting that he was right and refusing to admit defeat. This attitude never works, because he was giving power to the FDA. He believed the odds were against him. He was beaten again and again in court, even though he refused to admit it.

Regardless of his persistence and doggedness, he was bound to fail because it is done unto him as he believes. . . . *As thou hast believed, so be it done unto thee* . . . (Matthew 8:13). No matter how courageous and persistent he was, inwardly he believed that the odds were against him; therefore, he could not win.

He discontinued his litigation at that point and gave attention to his business, which had been neglected. Things happen to us according to our belief, which is not merely an intellectual assent, but a belief that is emotionally charged and is lodged in our heart (subconscious mind). The Bible says: *For as he thinketh in his heart, so is he* . . . (Proverbs 23:7). Whatever we really feel to be true deep down in our hearts is the thing that governs, rules and leads us.

Never look upon your environment as a cause. Never give power to other people, conditions or events. Causation is within, and you do not give power to externals. Your consciousness, the way in which you think, feel and believe, and whatever you give your mental consent to will govern your life. Realize that God (the Spirit within you) is the only creative power. Accept this and you will be freed from a thousand false beliefs and the thralldoms of the world.

Peace Cannot Be Legislated

Peace comes from God, for God is Absolute Peace. Fear causes people to be angry and resentful and ugly

in their relations with others. As men and women learn to let Divine love fill their minds and hearts, they will become peaceful and happy people with a feeling of goodwill to all. It is well known that a happy man is a healthy man and also a moral man. If a man is at peace with himself, he has no desire to mar or hurt the life of another person. He does not disturb the peace and happiness of the other person.

Most of man's fears are due to making the external world a cause when factually it is an effect. Sickness does not come from the outside. Disease is a lack of peace of mind. Externals are subservient to the spiritual convictions of man. Knowing that the inside governs the outside causes men to rest from their fears and anxieties. All things that happen to us are due to our inward beliefs, convictions and commitments. Knowing this, you can easily get the world off your shoulders. It is your thought about the event or circumstance that matters.

You are free to think, and you are responsible for the way in which you think. The enemies are in our own mind. Your mind is now one with God, and your thoughts are God's thoughts. God's power is with your thoughts of good. You pronounce things and events good or bad according to the way you fear or love. It is your personal relationship with events that determines the nature of your fear or love. Keep walking in the Light, for there is nothing good or bad, but thinking makes it so.

Change from Fear to Divine Love

Think about God's love. Analyze it, claim it, and begin to realize that all the love of men and women throughout the world is but a faint reflection of the Infinite ocean of love. God's love is written in your heart and inscribed in your inward parts.

A woman said to me that she had prayed for a healing for many months and there was not the slightest improvement. The world is governed by law, and there is no such thing as a broken law. When our prayers are not answered it must be because we have not fulfilled the conditions of the law. Ninety-nine times in a hundred it is because we lack a sense of love for all and the spirit of forgiveness. This woman had a deep-seated grudge against another woman who had deceived her and who had extracted a large sum of money from her under false pretenses.

Being in Truth, she realized she had attracted this experience to herself and admitted that she was so careless, negligent and gullible that she did not use common sense and investigate before she invested. The first step in healing is forgiveness. She knew how to forgive, and when she had really forgiven the woman by the simple procedure of knowing that when the thought of her came to her mind she no longer sizzled, then a healing followed.

You can never lose money unless you admit the loss in mind. Accordingly, she affirmed knowingly

and wisely as follows: "I am mentally and spiritually identified with the money I gave _____ and it comes back to me multiplied and magnified in Divine order." Your subconscious always magnifies what you dwell upon. She was not to think of *how* it would come, as that is the secret of the subconscious. It came back to her in a very unusual way. She won over $10,000 in Las Vegas, which more than compensated for her previous loss. Love heals; fear, hate and self-condemnation damage and destroy. Claim frequently: "Divine love fills my soul." Let your words be sweet to the soul and bring health to the bones. See the Presence of God where the problem is and claim that Divine love saturates your whole being.

She Said He Was a Pillar of Strength

A woman said to me that her husband was financially very successful, but he dominated those around him in his business by the force of his domineering attitude and willpower. She wondered why he suddenly cracked up and, in her words, "went to pieces."

In talking with him, I found that he was full of fear of the future and of failure, even though he was prospering. Actually, he was afraid of life and of death. His external attitude was all bluff and bluster. He was covering it up by riding roughshod over his employees and associates. He was outwardly compensating for his inner sense of insecurity and inadequacy.

At my suggestion he began to read frequently the 27th Psalm, the greatest antidote to fear in the world today. His inner fear was calling upon his Inner Power waiting to respond to his call. Every morning he sat down quietly and prayed for all his associates and employees, as follows: "All my associates and employees are known in Divine mind. God is guiding them in all ways. I radiate love, peace and goodwill to them, and I wish for them all the blessings of life. All those connected with me are spiritual links in the chain of the growth, welfare and prosperity of our company. God thinks, speaks and acts through me."

This regular prayer every morning prior to work eventually changed his relationship with his associates and he became more amiable, affable and cordial. The mirror treatment every morning (an age-old truth) was practiced, which means he looked into the mirror every morning for about five minutes, affirming, "I am a son of the Living God. I am peaceful, harmonious and successful. God loves me and cares for me." The practice of these simple prayers transformed and changed his whole life and relationships with others.

Change Your Concept of Yourself

I have talked with outstanding doctors, chemists, actors and businessmen who were born in the ghettos of New York and other cities. They said to me with but slight variation that they had a dreadful sense of

inferiority and inadequacy in comparing themselves to the well-dressed and well-fed boys in the local schools. They wanted to succeed and excel and had a deep urge to rise, transcend, and be somebody. Their sense of inferiority was a spur and a great incentive urging them on to victory.

One outstanding surgeon born in an area known as Hell's Kitchen in New York, said to me: "I decided to prove to myself that others had no more ability or intelligence than I had." He said that his sense of inferiority and poverty drove him to excel and put his head above the crowd. . . . *Let the weak say, I am strong* (Joel 3:10).

The following prayer is good spiritual medicine: " 'A merry heart doeth good like a medicine, but a broken Spirit drieth the bones.' I am ever joyous, active, and energetic. I am always passing on God's ideas to my fellowman and I give him peace, joy, and happiness. 'In thy presence is fullness of joy; at thy right hand there are pleasures for evermore.' 'The joy of the Lord is my strength.' I am always cheerful, free, and full of happiness. I have dominion over all things in my world; I sense and feel my oneness with God, with life, the universe, and all things. I am perfectly adjusted emotionally. I meditate on whatsoever things are lovely, good, wonderful, and God-like. The peace of God is mine now, and I stir up the gift of God which is joy. I am truly a son of the living God, and 'all the sons of God shouted for joy!' "

CHAPTER 14

How to Experience Good Fortune in Your Life

Recently a friend of mine placed a large sum of money on a horse and lost. His statement was, "Just my luck. Misfortune in investments seems to haunt me." His brother, attending the same race, won large sums of money. His attitude was, "I am always fortunate. I believe in good fortune and I expect good fortune at all times." You can see the difference in mental attitudes. Changed attitudes change everything in your life. One brother's attitude was, "Good fortune never happens to me." It is always done unto us as we believe. The law of life is the law of belief. . . . *Go thy way; and as thou hast believed, so be it done unto thee* . . . (Matthew 8:13).

A professional gambler told me that he never gambles until a certain inner mood, feeling or conviction wells up in him; then he knows he will win, and he does. When the feeling of good fortune leaves him, he immediately stops playing.

In a recent visit to San Diego, I met a man in the

Little America Westgate Hotel where I usually stay when I visit there. He told me he was from New Orleans and that he comes to Southern California every year during the racing season. He had read *The Power of Your Subconscious Mind** and used it in the following way, establishing his own technique: Every night prior to sleep he would study one outstanding race, read up on the horses' previous performances, etc., and then he would say to his subconscious mind: "You are all-wise. You know the winner. Reveal to me the answer." Then he would lull himself to sleep with one word, "Winner, winner, winner." He said that he usually sees the race run in his dream. He knows the winner and bets accordingly. He claims that he has made a fortune in that way. He says that when he fails it is always due to his fear of playing favorites in his own mind.

Know Your Real Father, Which is God

In one of our Bible classes where we teach the inner meaning of the Bible, a woman asked me to explain the meaning of the following verse from Deuteronomy: *A bastard shall not enter into the congregation of the Lord; even to his tenth generation shall he not enter into the congregation of the Lord* (Deuteronomy 23:2).

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963.

This, of course, is not to be taken literally. The Bible teaches psychology and metaphysics, the laws of life and the way of the Infinite Spirit. The Bible is full of metaphors, similes and figures of speech. A bastard does not know his father. This is the Bible's way of saying that when man does not know his Source, Which is God, he does not know his own inner potentials. Our genealogy is from God.

All religions teach that God is our Father. All of us have a Common Progenitor, and we are all intimately related. A man who knows his Source and his oneness with the Father of All experiences good fortune in his life. *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee* (Job 22:21). There is always a wonderful sense of wholeness, well-being and peace when you discover you are one with the Infinite, one with First Cause.

If you think you are simply a son of John Jones and governed by your environment and immediate heredity, then your prospects, ideals and expectations are very limited and restricted. Children come through the father and mother but not by them. Your true Father is God, the Universal Life-Principle. Realizing that to be true causes you to expect nothing but good fortune and all the blessings of life. You are empowered to contact this Universal Supreme Power, enabling you to work wonders in your life. To take the Bible verse literally in Deuteronomy which the young woman asked about would be absurd and meaning-

less, because many so-called illegitimate sons have quite obviously reached great heights in science, the arts, industry, and in all other phases of life.

A person not knowing the Source of all good is covered by darkness and lacks vision. He is subject to all the negative propaganda of the world and the impressions, illusions and false beliefs of the mass mind, and that is what misfortune really is. He thinks he is a victim of circumstances, conditions and environment and that these determine his fortune in life. Many people with whom I talk are full of fear of old age and insecurity. They believe they are victims of fate and chance.

To experience good fortune, you go back to the realization that you are a son or daughter of the Infinite, that you are free to mold, fashion and shape your destiny irrespective of what other people say or do and regardless of conditions around you. Right thinking is the law of the day. . . . *What doth the Lord thy God require of thee, but to fear* (revere, respect) *the Lord thy God, to walk in all his ways, and to love him, and to serve the Lord thy God with all thy heart and with all thy soul?* (Deuteronomy 10:12).

You are an offspring of Divinity, and you realize externals are not causative; they are an effect, not a cause. You are a causationist and you become what you contemplate and feel to be true. Your external world is an accurate and mathematical reflection of

your habitual thinking, imagery and beliefs. In other words, you literally are belief expressed. Expect good fortune, harmony, health, peace, joy, and believe in the goodness of God in the land of the living. *For the Lord is good; his mercy is everlasting; and his truth endureth to all generations* (Psalm 100:5).

He Experienced Great Good Fortune

A man living here in Leisure World in Southern California, told me that he had suffered from a chronic ailment for many years which was not healed by the usual, orthodox medical treatment. He was asked to join a pilgrimage to Lourdes, France. On bathing in the waters, there occurred a complete healing, and he was free of symptoms for many years; but then the condition returned. In the first instance he went along expecting and believing that he would be healed. This is called faith healing, which means he did not know how he was healed, but since his mind had not been changed, the old condition returned.

Faith healing is important. People are healed by placebos, by talismans, relics, bones of so-called saints, etc., or anything else that moves the mind from fear to faith. This man, however, lived in fear that the old condition would return, and, of course, it did. He got a complete healing by forgiving himself for holding an old grudge and resentment against a former partner. He got rid of the poison pocket in his subconscious mind and then had a real spiritual heal-

ing. He knew what he was doing and why he was healed. A relapse will not occur, since he completely forgave himself and the other person.

The Psychic Sea

All of us are immersed in this great psychic sea, which consists of the thinking, fears, and false beliefs of four and a half billion people. If we do not keep prayed up we may become ill or experience misfortune and loss and not know why it happened. We must learn to think right, feel right and act right.

Disease Is of the Mind

Disease is not independent of man. For example, you do not go into a pharmacy and ask for half a pound of heart disease or tuberculosis, neither do you ask for arthritis or any other ailment. Disease is a lack of peace of mind. It means a mind disturbed, based on erroneous thinking and negative, destructive emotion. . . . *I will cure them, and will reveal unto them the abundance of peace and truth* (Jeremiah 33:6).

In spiritual healing, we realize that our life is God's life, the Omnipresent Spirit, Which is God, the Principle of Wholeness. It is the Spirit of God that heals and makes us whole.

He Was Burning Inwardly

In consultation with a man, he told me that he was burning inside. Indeed, he was because his tissues

were inflamed and he had what is called an acute attack of arthritis brought on by his own poisonous, corrosive thoughts, which were sending out ugly, negative vibrations. A former partner of his had doctored the books and had run off with over $200,000. He was suffering from suppressed rage, which had affected his entire being and had also brought loss and misfortune along all lines. This prolonged bitterness was like a smoldering fire emanating ugly vapors, ruining his health and finances.

I suggested to him that he sit down and think over the situation and try to determine how his partner was able to swindle him of $200,000 without his knowledge. Was it carelessness or negligence on his part or that of his accountant? Gradually he allowed the anger to pass, though, realizing the futility of the resentment and anger, which was self-induced. He saw that he had erred also in not checking the books and not observing the daily routine business procedure. He began to understand that it was necessary for him to forgive, not so much for the sake of the other as for his own sake. To forgive means to give for, to exchange the bitter, ugly emotion for a constructive emotion.

The person who refuses to forgive burns up the bridge to his health, happiness and peace of mind. His wife was French, and she told him about Victor Hugo, who was banished to an island by Napoleon.

He gazed at the ocean for a long time and then cast a pebble into the ocean. He was throwing his bitterness and hostility into the sea, where it was drowned. He rose above self-pity and resentment.

This man said, "I definitely release my ex-partner to God. God made him and created him, and I wish for him all the blessings of life. I mean this, I am sincere, and I decree it is done." I explained to him that having done it once, there was no occasion to repeat it because he meant it, and whenever the thought of his ex-partner came to his mind, he would affirm, "I have released you. God be with you."

After a week or so using this discipline, his peace of mind returned and once again good fortune smiled on him. This man realized that his former resentment had tied up a lot of energy, vitality and good judgment. He was carrying a weight in his mind which resulted in loss of health, wealth and inner peace. This man then decided to raise his sights of achievement and acccomplishment and let his energy flow along constructive channels. His vision was on wholeness—perfect health and to give better service to others. His business flourished almost immediately and gave him respect and good fortune along all lines.

The kingdom of God is within you. It is a kingdom because you are a king over your conceptive realm—over your thoughts, ideas, images, actions and reactions. In other words, the kingdom of God is the

invisible world of your own thought and feeling, which permeates your entire life. You have the authority and the government is on your shoulders. Your thought and feeling control your destiny. In ancient times the king was an absolute monarch and had the power of life and death over his subjects. You are an absolute monarch over your life. You can refuse a passport to any negative thought or morbid suggestion, and you also have the power to cremate and burn up every hateful, angry thought with the fire of Divine love.

Tranquilizers Did Not Cure Her Misfortune

In consultation with a woman in Las Vegas, Nevada, she pointed out that she had lost a quarter million dollars in gambling in the casinos. Her doctor had prescribed Valium for her, a tranquilizer. She took large doses of it and felt good for awhile, but combining them with alcohol to offset the blues and depression brought severe bad effects, including a heart attack.

It stands to reason that pills of any kind will not give you peace, harmony, prosperity or the sense of well-being. The God of peace is within you, and you must find it there. . . . *My peace I give unto you: not as the world giveth, give I unto you* . . . (John 14:27). No one can give you this inner peace. Still your mind and affirm freely: "The currents of God's peace flow

freely into my entire being and I am immersed in God's river of peace now."

Her doctor informed her that all her glands were out of order. Glands secrete hormones. The word hormone in Greek means harmony; therefore, her trouble was an acute emotional disturbance which affected all the glands in her body. She cooperated with her doctor, however, and affirmed the following prayer frequently, making sure she did not subsequently deny what she affirmed: "I now relax and let go. I am at peace. The peace that passeth understanding fills my mind. There is peace in my home, in my heart, and in all my affairs. I let go completely because I know there is a Power responding to me as I speak. This Power flows through me; it vitalizes every atom of my being. I radiate good will to all mankind. My thoughts are God's thoughts, and God's Power is in my thoughts of good. 'Be still, and know that I am God.' I am still and quiet now because I realize and know that the only Presence and the only Power indwells me. It flows in my behalf; I am at peace, and all is well. Peace, be still. I see the Truth; I love the Truth; I know the Truth. I know that in peace and in confidence lies my strength. His Life, Love, and Truth flow through me now, and I give thanks that 'It is done.'" She discovered that she secreted peace and harmony from nature's laboratory within herself.

Medical scientists point out that our brain secretes endorphin when we need it. This chemical has the same effect as morphine. In reality there is a pharmaceutical laboratory within each one of us. The person who says, "I never take drugs of any kind," forgets that his own body is constantly manufacturing drugs within himself.

Your thyroid gland, for example, is very important. It is situated below the pharynx of the neck. This hormone elaborates a complex iodine compound necessary for our growth and development. Decreased or increased activity causes severe metabolic malfunctions, causing goiter and other disturbances. There is an important functional relationship between your thyroid gland, the pituitary and the suprarenal gland.

The parathyroid adjacent to the thyroid gland elaborates an internal secretion which regulates the calcium in your body. Deficiency of this hormone results in acute toxemia, tetany and death. Extracts of the pituitary gland are quite complex and govern reproduction and many other functions of the body. Our pancreatic gland secretes insulin, and the adrenal gland secretes adrenalin, which acts as a heart stimulant, hemostatic, etc.

You can see the effect of negative, destructive emotions on these glands, producing all manner of disease and inner disturbances. All of us must learn to discover the miracle-working power of the Infinite Healing Presence within us. When you tune in with the Infinite and realize that God is Spirit, and Spirit is

the only Creative Power there is, and your emotions and feelings represent the Spirit, you must ask yourself how you are using the Spirit within you—constructively or destructively? Diabetics are blessed because they can introduce insulin into their bodies and compensate for the deficiency within them.

Remember that God is your Creator, and all of us have the capacity to re-create ourselves. *Know ye that the Lord he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture* (Psalm 100:3). When you pray frequently as follows, you will find all your organs functioning in Divine law and order: "God is, and His Presence flows through me as harmony, beauty, love, peace, joy, right action and strength. Serenity and tranquility reign supreme in my mind and body."

The Psalmist said, *I will lift up mine eyes unto the hills, from whence cometh my help* (Psalm 121:1). Here the Psalmist is saying that you should turn your eyes to the Divine Presence within you, which also made the stars and the galaxies of space, realizing that there is an Infinite wisdom and power governing all things—a wisdom which started our own heartbeat. As we dwell upon the beauties and the glories of the Infinite One, we, too, shall be lifted up above the petty strifes and vexations of the day.

Begin to realize that the whole world is really a thought of God. Furthermore, we begin to contemplate that the Spirit within us is God—the only Creative Power. When our thoughts are God's thoughts,

God's power is with our thoughts of good. The Guiding Principle Which guides the planets in their courses and which causes the sun to shine is within you and will respond to your thought. *He shall call upon me, and I will answer him . . .* (Psalm 91:15).

Turning in recognition to God and giving all your devotion and loyalty to the One Power is called loving God, and when you do this, the law of reciprocal relationship takes over and God's love flows through you in transcendent loveliness, healing and restoring your soul. Good fortune automatically follows when you turn for guidance and inspiration from The One, The Beautiful and The Good.

Good Fortune Follows the Focus of Your Attention

Whatever you focus on and give your attention to, your subconscious magnifies and multiplies. Focus your mental lens on Divine right action, Divine law and order, Divine beauty and Divine love. Then you will discover all these qualities of God are manifested in your life. As you continue along these lines you will be actively turning your eyes to the hills from whence cometh your help.

Thou wilt keep him in perfect peace, whose mind is stayed on thee . . . (Isaiah 26:3). *I will both lay me down in peace, and sleep: for thou, Lord, only makest me dwell in safety* (Psalm 4:8). Remember, it is not pills or capsules or other people that give you

peace and tranquility, but, rather, your contemplation of the truths of God from the highest standpoint. You become what you contemplate, and as you contemplate the eternal verities, you will find rest in mind and body. Peace of mind and good fortune will follow you all the days of your life.

The Years Teach Much that the Days Never Tell

The great truths of life are eternal—the same yesterday, today and forever. Whenever we think we have discovered a new truth, we find that it was always known. We have had the Golden Rule for thousands of years, and if people followed it, there would be no strife, war, crime, or inharmonious human relations; we would experience heaven on earth. All religions teach it and have done so as far back as we can go in history.

. . . *When thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly* (Matthew 6:6). The purpose of all prayer is to contact and experience the Presence of God. Whatever good we pray for, be it health, peace, harmony, guidance, or love, already subsists in the Divine Presence within us. The Father within is the Source of our life and the Progenitor of all things visible and invisible. Our thought and feeling is the Father or Source of all things.

She Was Trying to Convert Everybody in the Office

A young woman was fired from her position because the manager said she was a religious nut and was trying to convert everyone in the office by giving them pamphlets and telling them what she had learned about the mind and the inner meaning of the Bible. This young woman had listened to six or seven lectures in Truth and became healed of an oppressing difficulty. She was so happy about it that she wanted to pour out her discovery to others indiscriminately.

I explained to her that this procedure is usually very unwise. The Bible says: *Give not that which is holy unto the dogs, neither cast ye your pearls before swine, lest they trample them under their feet, and turn again and rend you* (Matthew 7:6). Many to whom she had talked had fixed religious beliefs and they resented her intrusion. Her associates in the office were not ready for a change, and when people's minds are not open and receptive to the Truth, no amount of persuasion or discussion will make them so. When in doubt, the best thing to do is to pray for guidance, and the Infinite Spirit will reveal to you whether you should introduce the subject of Truth or not. Remember, if you make it a habit to pray regularly for wisdom, Divine guidance and a desire to serve people, the law of attraction will work for you and at the right time the right people will be drawn to you.

This young woman foolishly tried to convert her father, mother and brothers to her way of thinking. They resented her approach very much and accused her of being brainwashed by some weird cultists. She realizes now that all she got for her pains in her home was a lot of friction, discord and ill feeling. The best way to spread the Truth is by living the Truth. She has learned her lesson in life and now realizes that relying on God's guidance will cause her to say the right thing at the right time—all in Divine order.

The Present Tense

Always pray in the now. For example, suppose you are studying for an examination a year from now. The right approach is to pray about it now, in the present tense. Do not wait until the time comes, but pray about it now. The fact that you are thinking about it means it is present in your mind. The thought is a present one; you deal with it at this moment.

God is outside of what we call time. The only thought you should be concerned about is the present one. The thoughts of twenty years ago do not matter; all you need do is get the present thought right and everything else will be right.

Love Thy Neighbor as Thyself

It says "as thyself," which means that the Real Self of you is God—your Higher Self—the Living Spirit Almighty called the Life-Principle. That is the

reality of you. If you do not love the God-Presence within you, you really cannot love anybody. Your neighbor is the closest thing to you, "closer than breathing and nearer than hands and feet."

It is the Divine Presence within you that is your real neighbor, and to love this neighbor is to have a very healthy, reverent, wholesome respect for the Divinity Which created you and gave you the whole world. Furthermore, to love God means you give all your allegiance, loyalty and devotion to the God-Presence within, knowing It to be Primal Cause, Supreme and Omnipotent, and you positively, definitely and absolutely refuse to give power to any created thing in the world. When you honor and exalt the Divinity within yourself, you automatically respect the Divinity in others.

She Said that They Were Mean to Her

One young woman complained to me that she had had a number of different jobs, and that wherever she went, the boss and her associates were always mean to her. She was down on herself and was constantly criticizing herself and full of self-condemnation. Therefore, others treated her the same way that she was treating herself.

Being mean and nasty to herself, she could not possibly think harmoniously and lovingly of others. She was projecting her thoughts and feelings onto

those around her, and they picked up her negative vibrations and acted accordingly. Having a very low estimate of herself, and being down on herself, she was projecting negative thoughts which tended to drag others down with her. She had to learn to love herself and have a healthy and wholesome respect for the Spirit Which created her.

The prayer discipline prescribed for every morning was as follows: "I am a daughter of God. God loves me and cares for me. God is my Father, and I give all honor and glory to the God-Presence within me." She practiced this prayer therapy before the mirror every morning for about five minutes and also at night prior to sleep. When she was prone to criticize, demean or demote herself during the day, she resolved to immediately supplant the negative thought with this spiritual affirmation: "I exalt God in the midst of me."

After several weeks of this spiritual discipline she ceased self-condemnation and self-criticism. Her whole life pattern has changed since she realized that she really is a daughter of the Infinite and a child of Eternity. She exudes vibrancy and goodwill to those around her, and she has found peace in this changing world.

He Despises Himself

Dr. Frank Varese, a medical doctor practicing wholistic medicine, told me that he was surprised at

the number of people, both men and women, who neglect their bodies and look for the cheapest food; yet they are very wealthy and could afford the finest and best food. They wear old clothes and operate old, run-down automobiles; they neglect their bodies and forget what Paul said: "Glorify God in your body." The doctor said that they love money more than themselves. They have forgotten that they can't take it with them, and when they go on to the next dimension, usually all the relatives engage in a lawsuit over who gets what.

If a man is depressed, dejected and down on himself, it will show up in his posture, his gait, and his speech. Remember that you are a son or a daughter of the Infinite and a child of Eternity. Never in Eternity could you exhaust the wonders and glories within you, for God is Infinite; and that means that you are Infinite. To love yourself, spiritually speaking, is not mere elephantiasis of the ego, self-aggrandizement or narcissism; rather, it means to have a reverence and adoration for the Divine Presence within you, Which created you and the whole world. This is why you should exalt God in the midst of you, mighty to heal, bless and restore. Your body is also a temple of this Mystical Presence; likewise, you should treat it with respect and honor. Look upon this Divine Presence as your Heavenly Father and . . . *glorify God in your body* . . . (I Corinthians 6:20).

HOW TO EXPERIENCE GOOD FORTUNE

Use the following prayer for spiritual rebirth frequently: "Today I am reborn spiritually! I completely detach myself from the old way of thinking and I bring Divine love, light, and truth definitely into my experience. I consciously feel love for everyone I meet. Mentally I say to everyone I contact, 'I see the God in you and I know you see the God in me.' I recognize the qualities of God in everyone. I practice this morning, noon, and night; it is a living part of me.

"I am reborn spiritually now, because all day long I practice the Presence of God. No matter what I am doing—whether I am walking the street, shopping, or going about my daily business—whenever my thought wanders away from God or the good, I bring it back to the contemplation of His Holy Presence. I feel noble, dignified, and Godlike. I walk in a high mood sensing my oneness with God. His peace fills my soul."

CHAPTER 15

Faith and Confidence Lead to Victory

. . . He sendeth forth two of his disciples, and saith unto them, Go your way into the village over against you: and as soon as ye be entered into it, ye shall find a colt tied, whereon never man sat; loose him, and bring him. And if any man say unto you, Why do ye this? say ye that the Lord hath need of him; and straightway he will send him hither. And they went their way, and found the colt tied by the door without in a place where two ways met; and they loose him. . . . And they brought the colt to Jesus, and cast their garments on him; and he sat upon him. And many spread their garments in the way: and others cut down branches off the trees, and strawed them in the way. And they that went before, and they that followed, cried, saying, Hosanna; Blessed is he that cometh in the name of the Lord (Mark 11:1-4;7-9).

The colt at the crossroads is your mood, your inner feeling before entering into the deep of yourself. The crossroads represent your ability to choose, select and

come to a decision. You realize that whatever you impress in your subconscious mind, whether good or bad, will be expressed on the screen of space. It is not what happens to you or what is said to you, it is your reaction to what is said or done that matters. It is your thought about it, and you have control of your thoughts. Your reactions to today's impression mold your tomorrows.

For example, if you read the newspaper and you become disgusted and angry with the news and you generate an emotional tirade of a negative nature, it enters your subconscious mind and manifests in your life. Be very careful of your reactions to events of the day, for these are the moods or tones which, when carried into the deep of yourself, come forth as form, function, experience and events.

You can stop your reaction and you can definitely control your mind. You bring your mood or feeling to Jesus, which in Biblical language means the I AM within you. Whatever you attach to I AM (Being, Life, Awareness, the Presence of God) with feeling, you will bring to pass. Take the desire of your heart, feel the reality of it, nourish it and sustain it with faith and confidence; then you are bringing the colt (the mood, the feeling) to Jesus or I AM.

Live the role, sit upon it, knowing that whatever you imagine and feel to be true will impregnate your subconscious mind and come to pass. You ride the

colt (the feeling, the mood) to Jerusalem, the city of peace within yourself. Hosanna represents the joy of the answered prayer.

Blessed is he that cometh in the name of the Lord simply means the nature of the Law. The Law is that you are what you contemplate, and whatever you impress in your subconscious will be expressed. That is the law of your mind.

The Father's Business

And he said unto them, How is it that ye sought me? wist ye not that I must be about my Father's business? (Luke 2:49). Your Father's business is livingness and givingness. You are here to release and express all the qualities, attributes and potencies of God. You are placed here to lead the abundant life and express more and more of God's beauty, love and joy. Your real religion is your personal relationship with God. If you find men or women whose relationship with the Infinite makes them happy, joyous and contented, and where they get comfort from their religious beliefs, don't try to force your opinion on them.

All Things Be Ready If the Mind Be So

When man is ready, he will hear the Truth. Your mind must be open and receptive to hear the Truth, which is the same for all people of the world. It is true that prayers are answered in the orthodox church,

but it is much better to know the laws of mind and use the laws scientifically. The ancients could have used the radio, television, telephone, automobile and airplane thousands of years ago, but their minds were not ready to believe in the possibilities. The principle by which these inventions came forth always existed and could have been used.

Wear the Right Garment

A garment in the Bible is a mood, tone, vibration or attitude of mind which you wear. For example, taking it literally for a moment, if you are a private in the army and go to the king wearing the uniform of a private, you may be sent to do latrine duty. If you go before the king wearing the garment of a general, you will get an appropriate assignment. If you go as a slave you will get more work to perform as a slave. If you are about to visit a very prominent person such as a queen or the President of the United States, you wear wonderful and expensive clothes. You may not be particular whether your clothes are pressed or perfect, however, in the presence of a maid or other servant.

Spiritually speaking, every night as you go to sleep you visit the King of Kings, the Lord of Lords—the God-Presence. What kind of garment do you wear as you go into the deep of sleep? The Psalmist says: *Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless*

his name. For the Lord is good; his mercy is everlasting; and his truth endureth to all generations (Psalm 100:4–5).

A woman living here in Leisure World was much perturbed about a protracted lawsuit. Her prayer during the day and prior to sleep was: "Thank you, Father, for the Divine solution." She repeated this over and over again, and she lulled herself to sleep every night with the feeling of thankfulness for the happy ending. The woman who had instituted legal proceedings against her passed on quietly in her sleep, leaving a note addressed to her asking for forgiveness and directing a cancellation of the law suit. Apparently this woman knew she was about to pass on to the next dimension.

You can never know how your prayer will be answered. The thankful heart is always close to God. Never go to sleep with the feeling of resentment, anger or condemnation, because your subconscious magnifies what you deposit in it. Your subconscious acts on the engraving made by your conscious mind.

Your Subconscious Mind Is No Joker

A woman told me an interesting story about her deceased sister. Apparently their father had said to their mother in the presence of the two girls, "You are so old, I am leaving you for another woman," which he did in short order. She distinctly remembered her sister saying, "If that is what happens to

you when you are forty, I will die when I am forty years old," and she did die on her fortieth birthday. She could have changed it by affirming long life, peace and happiness or by engraving the great truths of the 91st Psalm in her subconscious.

Watch Your Words—They Are Creative

Frequently I have heard the expression, "I'm happy in spite of, not because of." You must be happy because of. . . . *Whoso trusteth in the Lord, happy is he* (Proverbs 16:20). . . . *He that keepeth the law, happy is he* (Proverbs 29:18).

If, for example, Jones across the way is out of a job and you say, "Well, I'm better off than he is. At least I am working. I'm happy and I will be happy in spite of the conditions around me," you are acknowledging lack. You are being stoical about it. You must be happy because you have decreed happiness, peace and abundance. All these come from contact with the God-Presence within you.

When your mood is natural, you do not at the same time become conscious of lack all around you and dwell on that because that is a mood, too, and you express it. How do you pray? Do you go within and say, "Well, I will get into the mood, but I don't think it's possible." That's a mood, too. That is the garment you wear. Do you go within and say, "Well, it might happen in the near future. I'll condition it in the future." That is a mood or feeling. Or do you go

within and say that it is a fact and galvanize yourself into the feeling of being it or possessing it. This is called in the Bible *Jericho*—the fragrant state, or the joy of the answered prayer.

The Power Within You

In the army I knew a man who, by means of a forked hazel stick, could tell by its pull toward a spot in the ground where water could be found, no matter how arid and unlikely a place it seemed to the senses. He was born in Australia, and his father had possessed that gift, as did his grandfather. Both had told him that he had the gift also, a statement which he accepted and believed. According to his belief was it done unto him. He did not find it strange to feel the pull of the hazel stick, which was but a means of tapping his subconscious mind, which knows all and sees all. There are a great many dowsers, as they are called, who can find oil, water, etc., by means of a forked hazel stick, or even a wire coat hanger.

When you have faith and confidence that you will find water or oil, your subconscious will respond accordingly. Moreover, if you implicitly believe, like this young Australian, that the gift is transmitted from father to son, your subconscious will respond accordingly.

Promote Yourself

I told a young banker who had been very successful in his work but who had not been promoted in ten

years that he should promote himself. I suggested using the following technique: Every night prior to sleep to practice the following proposed action, which would ordinarily follow the fulfillment of his desire. He was to feel himself participating in the action with the vividness and distinctness of reality. He imagined the president of the bank shaking hands with him and congratulating him on his outstanding promotion. He placed his hands in the hands of the president, feeling them to be solid and real, and carried on an imaginary conversation in harmony with the congratulatory message.

He did this in his own room, making there here and the future now. Mentally and spiritually, the president was present in his room, and he heard his voice distinctly congratulating him on his good fortune. You do not visualize yourself at a distance in point of space, such as being in the other person's home; neither do you dwell upon distance in point of time. Make elsewhere here and the future now. Remember that the future event is a reality now in a dimensionally larger world. There is no time or space in the Mind-Principle.

Realize the difference between feeling yourself in action here and now and visualizing yourself as though you were on a motion picture screen; that is the difference between success and failure. Imagine someone right in front of you, someone who would love to hear good news about it, and have this person tell you over and over again what you long to hear.

That is a wonderful way of impregnating your subconscious mind.

This young banker, who continued practicing the technique outlined for two weeks, had it confirmed objectively when he was called in to the head office and promoted to position of bank manager of one of the big banks. He confirmed objectively what he had imagined and felt subjectively.

The following is a good prayer for your business: "I now dwell on the omnipresence and omniaction of God. I know that this Infinite Wisdom guides the planets on their courses. I know that this same Divine Intelligence governs and directs all my affairs. I claim and believe that Divine understanding is mine at all times. I know that all my activities are controlled by this indwelling Presence. All my motives are God-like and true. God's wisdom, truth and beauty are being expressed by me at all times. The All-Knowing One within me knows what to do, and how to do it. My business or profession is completely controlled, governed and directed by the love of God. Divine guidance is mine. I know God's answer, for my mind is at peace. I rest in the Everlasting Arms."

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Joseph Murphy

psychic perception

the magic of extra-sensory power

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Psychic Perception: The Magic of Extrasensory Power

Joseph Murphy, D.D., D.R.S., Ph.D., LL.D.

DEVORSS *Publications*

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West Nyack, New York

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First DeVorss Edition, 1996
ISBN 0-87516-670-9
Library of Congress Card Catalog No.: 71-150580

DeVorss & Company, Publisher
P.O. Box 550
Marina del Rey, CA 90294

Printed in The United States of America

What This Book Can Do for You

Everyone possesses psychic power, and can be presently aware of events and experiences transcending the five senses. You can easily learn to use these extraordinary psychic powers to benefit your daily living to an extent that will amaze you.

Vast numbers of people in all walks of life are constantly dealing with such powers as clairvoyance, whereby one perceives things and situations at a distance; precognition, which is the ability to see future events as happening now in one's mind; telepathy, where one communicates mentally with others, collapsing time and space limitations; and retrocognition, which is the ability to see events in the past. All of these powers are latent in all of us.

You will read in this book how a great many people, by using extrasensory or psychic perception, saved the lives of loved ones, how they prevented accidents or financial disasters to themselves, and much more of vital significance in complex daily living.

Why You Need This Book

This book teaches you how to meet and overcome the challenges, difficulties, trials, and other problems of daily living. It explains how to contact the Infinite Healing Presence within you, and supplies you with specific techniques

for putting your extrasensory powers into operation at once for your practical benefit.

It is for the express purpose of teaching you, the reader, how to align and use these extraordinary and perceptive psychic powers in your daily life that I wrote this book. I have endeavored on every page to explain extrasensory perception and healing; premonitions; how dreams avert tragedies; clairaudience; how dreams have brought fortunes into the lives of people; precognition; techniques for eradicating negative predictions; astral travel; psychic perception; and the law of plenty in all its aspects, including the financial ones.

What Psychic Perception Has Done for Others

I have taught and written about dreams, clairvoyance, out-of-the-body experiences, and other miracle-working powers of the mind for over 30 years, here and abroad. All my life I have had psychic experiences and have perceived events long before they happened, in some instances 20 years before. I have witnessed and heard of the following tremendous changes in the lives of countless numbers of people who sincerely used their extrasensory powers:

- Wealth bestowed in avalanches of abundance
- Discoveries of hidden treasure
- Psychic healing of maladies thought incurable
- Locating long-lost friends and relatives
- Specific and valuable benefits of astral travel and out-of-the-body experiences
- Lives saved through psychic impressions of impending danger
- Public acclaim, honor, and recognition
- Dreams revealing amazing answers to daily problems
- Happier marriages and more zestful daily living

- New ideas for sales programs, sound business development
- The prevention of many unnecessary tragedies
- And, above all, the joyous satisfaction of the answered desire for psychic awareness in handling the problems of daily living, in all its ramifications, successfully.

Psychic Perception Operates in All Walks of Life and at All Levels

According to my observations and experience, the men, women, and teenagers who use extrasensory perception in their daily lives come from every level of society and from every possible income bracket. They are taxi drivers, housewives, stenographers, doctors, students, college professors, motion picture stars, chiropractors, pharmacists, space scientists, and truck drivers—to name just a few of those who have found perceptive awareness of their psychic abilities to benefit them daily in a real and concrete way. These people have discovered the wonders of disciplined imagination; banished their sense of loneliness and harmful obsessions; established the mental equivalent of a million dollars in their subconscious mind; through previsions of impending tragedies for themselves and others were able to avoid them; solved legal problems; gained freedom from the fear of so-called voodoo or evil eye or psychic attack and achieved peace of mind and confidence to handle any situation for a great new life.

Unique Features of This Book

The unique features of this book are its down-to-earth practicality and everyday utility. You will learn to use your inborn extraordinary ability to visualize future events, and, if they are indicated to be negative, change them through scientific prayer. You will learn how to develop your intuition and other psychic powers which will set you on the fast

high road to happiness, peace of mind, and freedom from limitation of any sort.

How the Infinite Healing Presence Answers You in Dreams and Visions of the Night

You will read in this book fascinating accounts of out-of-the-body experiences, sometimes called extrasensory or astral traveling; clairvoyance; clairaudience; how to make extrasensory perception work for you; how spiritually advanced individuals can appear and reappear to others at will; communication with loved ones in the spirit world; the pros and cons of reincarnation and why the author explodes the popular myths about karma, life cycles, child prodigies, memories of former lives, inequality at birth, the handicapped, the so-called unfortunate. The chapter on reincarnation will heal you of the age-old taboos, strictures, grievous bondage and thralldom that shackle you to frustration and repeated failure.

Let Wonders Happen in Your Life– Beginning Now!

The greatest working truths in life are the simplest. In this book, I have taken a new look at reincarnation and communication with the so-called dead, and I have presented these great truths with the maximum of simplicity and dramatic clarity to help your powers of psychic perception.

This book will show you how to solve your problems of daily living and receive guidance and the blessings that come with true awareness. Begin now, today, to let wonders happen in your life! Keep on using this book until the day breaks for you with the light of psychic perception–giving you undisputed dominion over your life the way you want to live it.

The Author

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1

How to Become Aware of the Psychic Power of Your Mind

I am writing the first chapter of this book at the beautiful Kona Inn overlooking the ocean on the island of Hawaii. Hundreds of sailboats are to be seen on the ocean; I took a trip on one of the fishing boats yesterday. On the boat was a little boy about 12 years old, who was learning to navigate it. On telling him what I planned to do in the island—namely, write a book on psychic principles—he told me that a month ago when his father died on the island of Oahu, which is a few hundred miles away, he knew it and ran in and told his mother, "Mom, papa is dead. I saw him and talked to him." His father's death was later confirmed by long distance phone.

In the mind-principle, there is no time or space, and when the father was passing over to the next dimension of life, he desired to let his family know it. His son, who was very psychic and receptive, had picked up the father's telepathic message. The little boy also had a clairvoyant vision of his father, who appeared to him and said, "Good-bye."

It should be realized that every person has these psychic capacities. They are more or less dormant, and are often suppressed since they are frequently ridiculed by other members of a family.

You Are Psychic

How often have you thought of a person and then heard the phone ring, and, behold, you knew it was your friend calling; or you may have sensed that someone close to you needed you and when you called on that person you discovered that your intuitive sense was accurate.

Chatting this morning at breakfast, in one of the beautiful Japanese restaurants here, with a man of Japanese parentage born on the Island, I told him I was writing a book on psychic phenomena. He thereupon asked me if I could help a girl who was slowly dying due to her belief that someone in Tahiti had put the "fix" (a native curse) on her. We visited her home and I spent a few hours talking to her, explaining to her that suggestions of others had no power unless she gave the other power, when it would then become auto-suggestion, and that actually she was destroying herself. It began to dawn on her that she was a victim of suggestion and that her only enemy was the fear in her own mind. Job said, *The thing which I greatly feared has come upon me* (Job 3:25).

This girl had been brought up in a convent and had a good religious background. I wrote down the following great truths: *If God be for us, who can be against us?* (Romans 8:31). *No man shall set on thee to hurt thee* (Acts 18:10). *Nothing shall by any means hurt you* (Luke 10:19). *There shall no evil happen to the just* (Proverbs 12:21). *Neither shall any plague come nigh thy dwelling* (Psalm 91:10). *They shall bear thee up in their hands, lest thou dash thy foot against a stone* (Psalm 91:12). *A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee* (Psalm 91:7).

We recited these truths out loud together, and I suggested to her that whenever fear thoughts came to her mind, she should affirm immediately, "I am alive with the Life of God." The explanation was the cure, and much to the surprise of my Japanese friend, she ate a hearty Thanksgiving lunch with us and joked and laughed gaily. On parting, she said to me, "Never will I doubt again that there is but One Power, and that It moves for good." She is now bubbling over with the joy of life. Psychic perception into the cause of her trouble gave her a new life.

This Thanksgiving morning I had planned to have breakfast in the Kona Inn where I have been staying, but an overwhelming urge came over me to walk up the street until I came to a Japanese restaurant where a big sign said, "Breakfast is now being served." And it was there that I met the man who was seeking to help the above-mentioned girl. He had tried everything in the way of medical and pastoral counseling to no avail; she would not listen to her counselors and doctors, insisting instead that she was doomed to die. He was very depressed because he had planned to marry her.

This was psychic perception at work in my case, the Infinite Intelligence of my subconscious mind acting on me compelling me to go to that particular restaurant and meet this agitated and disturbed soul and answer his problem. This Creative Intelligence brought both of us together in Divine order. Truly, "Man does not know the causes of his actions."

A Thanksgiving Phone Call

This afternoon as I continued writing this chapter, I received a phone call from the island of Maui. This was from an old friend whom I had visited a few days ago as I flew from Kona to Maui. She said that she had exciting news: that a medical doctor whom we had prayed for and who was incapacitated in bed had called her and said, "Something happened to me Tuesday A strange feeling came over me; I

felt a healing force flowing through me." Today, my friend says that this doctor is going out to a Thanksgiving lunch and dinner and is perfectly all right.

This was psychic perception at work. In this beautiful home in Maui, where I was a guest, my hostess had said, "Let us pray for a doctor friend of mine who hurt his back so severely he can't work or walk and is lying incapacitated in bed." We joined together, praying as follows: "This doctor is known in Divine Mind, which knows all things. The Infinite Healing Presence which made him knows how to restore him completely. The vitalizing, healing, energizing power of the Infinite One is now flowing through this doctor making him whole and perfect. The river of peace and love saturate his whole being, and the miraculous power of Infinite Life animates and sustains him so that at this moment every atom of his being dances to the rhythm of the Eternal God-Presence within him."

We meditated on these truths for four or five minutes, realizing that the Healing Power was being resurrected within him, and the phone call was the response to our realization of the Infinite Healing Presence. *Say in a word, and my servant shall be healed* (Luke 7:7). This Biblical phrase does not mean you send any healing wave or thought-wave to anybody, but rather that you have a deep, inner feeling, an awareness or conviction that the Healing Love of God is now resurrected in the subconscious of the other person. If you have the realization, the healing will follow. This implies, of course, the receptivity and open-mindedness of the person you are praying for. This is letting psychic perception work for you. *Psyche* means the soul, mind, or spirit; *perception* means awareness of the truth about a person or a situation. It means to inwardly perceive the truth about any problem, whether it pertains to mathematics, navigation, or whatever.

A Dream That Came True

I had a most interesting conversation with a taxi driver,

whose father is Chinese and whose mother is a native Hawaiian. He told me that about five years ago he found that he was saying to himself frequently, "I need more wealth; I need a home for my family." One night he had a vivid dream in which a Chinese sage appeared to him, showed him a certain area of land near the Kona Coast, and instructed him to buy it. He did so, and today it has advanced 15 times in value.

The dream has made him independently wealthy. He was alert and on the *qui vive* through following the lead which came to him from his subliminal depths. He knew nothing about the workings of his subconscious mind, but the law worked for him because he was quietly and feelingly saying to himself, "I need more money, I need a new home, and somehow the answer will come." He was not aware of the powers of his deeper mind; nevertheless, it responded in the form of a dream, which he had the mental ability to interpret accurately, and he acted accordingly. The Bible says, *I, the Lord,* (law of your subconscious mind) *will make myself known unto him in a vision, and will speak unto him in a dream* (Numbers 12:6).

An Extraordinary Answer to Her Question About an Operation

A young secretary approached me, saying that she had been praying for guidance as to whether she should have her foot operated on or not. She had had a recurrent dream for five consecutive nights, in which each time a man appeared and said, "See the man with the *I Ching.**" She came over to the table where I was writing and said, "I notice you are reading the book *I Ching.* I have never heard of it, but my dream must be significant."

**The I Ching, or Book of Changes,* Wilhelm/Baynes Edition, Bollingen Series XIX (New Jersey: Princeton University Press, 1950).

I explained briefly the principle of mathematics behind the *I Ching,* and her question was: "Will I get a healing of my foot through osteopathic manipulations and ultrasonic therapy?" The answer was; "Deliverance"–a very positive yes. She was more than delighted, and exclaimed to me, "This is a most wonderful answer, and I feel in my heart it is true. I visited an osteopathic doctor yesterday, and he said I could be healed."

She was seeking an answer, and her subconscious dramatized the answer in a dream recommending the *I Ching.* Why? No one knows. Isaiah says, *As the heavens are higher than the earth, so are my ways higher than your ways* (Isaiah 55:9).

The Psychic Perception Banishes Loneliness

About three years ago on a visit to this island of Hawaii, a waitress spoke to me of her loneliness and inability to meet the right man. I outlined to her a very old but simple technique of impressing her subconscious mind. Following my instructions, she began to imagine the tangible reality of a marriage ring on her finger every night before going to sleep. She did this over and over again, lulling herself to sleep feeling the wonder of it all as an accomplished fact. Feeling the ring on her finger implied to her that she was already married to the ideal man who harmonized with her in every way.

This young lady introduced me to her husband this afternoon by the swimming pool at the Kona Inn. They are ideally married. She pointed out to me that she had conveyed the simple technique outlined above to her two sisters, who also attracted wonderful husbands. Repeating a simple act such as she did over and over again conveys the idea to the subconscious mind* and the wisdom of the subconscious

*Dr. Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

responds in its own way, bringing the young lady and her future husband together in Divine order. This is psychic perception, or to rephrase it, "The Law of Attraction in Action."

The One-Word Magic Formula

Many people who come to me for advice regarding financial lack and insecurity make the following statement in common: "There is nothing wrong with me that $50,000 will not heal." I give them a very simple formula, which I call my "one-word formula." It is called *wealth.* I ask each one, "Do you believe in wealth?" and invariably each one says, "Oh, yes, of course. I see wealth everywhere," or words tantamount to the same thing.

I elaborate along these lines: "If you look around you as you walk down the street, you see temples, churches, banks, stores equipped with all manner of merchandise, millions of automobiles, trucks and countless machines and equipment of all kinds, all of which came out of the mind of man. Every device and invention such as radio, TV, automobile, typewriter, sewing machine, homes, and skyscrapers were once invisible; but man had an idea or a thought-image in his mind, and nourishing the idea mentally and emotionally, his subconscious mind compelled him into action. Moreover, he attracted everything necessary for the realization of his dreams. There is enough material in the world to clothe every man like a king and every woman like a queen. Moreover, nature is lavish, extravagant, bountiful, and wasteful. Look at the untold treasures in the bowels of the earth, in the sea, and in the air that have not yet been tapped."

After such preliminary discussion on the subject of wealth, my listeners begin to perceive that wealth is of the mind—just an idea or a thought-image—and that when this idea is energized and vitalized, the subconscious activates the conscious mind of the individual, and the law of attraction

attracts riches to him—spiritual, mental, and material. The modus operandi is extremely simple: men and women are instructed to lull themselves to sleep every night with just one word, "wealth," knowing what it means and the purpose of it.

As they slowly, quietly, and feelingly repeat "wealth" over and over again prior to sleep, they succeed in conveying the *idea* of wealth to their subconscious minds. The latter respond by revealing oftentimes hidden talents which open up new doors, by presenting them with new ideas, inventions, or discoveries, or by guiding them to treasures of the earth as well as to the spiritual and mental treasures within themselves.

The results have been outstanding and exceedingly successful in all those cases where people faithfully followed the instructions. The few who failed had to be corrected in this technique, because in the waking state they were in the habit of denying wealth; in other words, they were denying that which they were affirming and thus were neutralizing their good. When they corrected this, results followed. When a thought came to them such as "I can't meet that note at the bank," or "I can't afford that new car," they would affirm immediately, "Wealth is mine now" again and again. After a while the idea of wealth became a habit—and it should be observed here that praying is a habit, and that your subconscious is the source of all habit. But wealth is a good habit and poverty is a very bad habit, and that is all there is to the difference between wealth and poverty.

Try the One-Word Formula; It Works

A geologist friend of mine was sent some months ago to Australia to explore the mining situation in the western area. The section had been mapped out for him, but he was not told about two top geologists who had previously explored the area with all the necessary equipment and who had

reported back to their headquarters, "No success." My friend discovered a silver vein and uranium deposits the second day he was in the outlined area.

Every night prior to going to Australia, he had lulled himself to sleep with one word, "wealth." His subconscious revealed to him where wealth was, and when he landed by plane in Australia, he was guided right to a mine (which will be developed later on). The same geologist also discovered oil and other treasures of the earth. He knows that wealth is within the mind,* and having found it there, he is directed to its location in the soil or wherever it may be. The other geologists had no inner wealth, and the wealth of the ground eluded them.

How a Secretary Used the One-Word Formula

I was pleased to hear a secretary who comes to my lectures on Sundays at the Wilshire Ebell Theatre in Los Angeles say, "If someone had told me a year ago that I would be driving a Lincoln, wearing a mink coat, expensive diamonds, and sapphires, and be living in my own home and married to a wonderful man, I would have laughed out loud." This young lady took my instruction seriously, saying that it made sense to her and that she decided to use it. She kept her own counsel lest her girl friends in the office ridicule her idea. Three months after her faithful impregnation of her subconscious mind, wealth and happiness flowed to her in avalanches of abundance.

How to Develop Psychic Perception

Every night relax your body as follows, by affirming quietly: "My toes are relaxed, my feet are relaxed, my ankles are relaxed, the calves of my legs are relaxed, my thighs are

*Dr. Joseph Murphy, *Your Infinite Power to Be Rich* (West Nyack, N.Y.: Parker Publishing Company, Inc., 1966).

relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my neck is relaxed, my hands and arms are relaxed, my head is relaxed, my eyes are relaxed, my brain is relaxed, my whole being is relaxed, and I am at peace." These affirmations relax your entire body in a wonderful way.

In this relaxed state, you are enabled to implant the following ideas in your subconscious mind prior to sleep: "Infinite Intelligence in my subconscious mind reveals to me everything I need to know at every moment of time and point of space. I am Divinely inspired and Divinely guided in all my ways. Divine guidance is mine now. I always recognize the *lead* which comes to my conscious, reasoning mind. I intuitively perceive the truth about every situation. I hear the truth, I see the truth, I know the truth. I see clearly the motivation of others, and if they are ulterior, I transform them by realizing the presence of God's love, peace, and harmony where the discord is. Divine harmony is mine now. Divine success is mine now. Divine right action is mine now. Divine law and order are mine now. Divine peace fills my soul now. Divine love saturates my entire being now. I am illumined by the wisdom of God, and I am clairvoyant and clairaudient from a spiritual standpoint. The only voice I hear is the inner voice of God, which speaks in peace, and my clairvoyance is my capacity to see peace where discord is, love where hatred is, joy where sadness is, peace where pain is, and life where so-called death is."

> What thou seest, man, that too become thou must—
> God if thou seest God and dust if thou seest dust.

POINTS TO REMEMBER

1. A boy of about 12 years of age ran home and told his mother, "Mom, papa is dead. I saw him and talked to him." His father's death was later confirmed by long distance phone. It should be realized that every person has these psychic capacities. This

boy had a clairvoyant vision of his father, who appeared to him and said, "Good-bye."

2. You are psychic. How often have you thought of a person and then heard the phone ring, and, behold, you knew it was your friend calling; or you may have sensed that someone close needed you, and when you called on the person, you discovered your intuitive sense was accurate.
3. A woman who was slowly dying due to her belief that someone in Tahiti had put the "fix" on her, healed herself of this fear by filling her mind with this great truth: "I am alive with the Life of God."
4. When you pray for another person, you do not send any healing wave or thought-wave to anybody. It is best to have a deep, inner feeling, an awareness or conviction that the Healing Love of God is now resurrected in the subconscious of the other person, and you will get results.
5. A taxi driver who was praying for prosperity had a vivid dream in which a sage appeared to him, showed him a certain area of land near the Kona Coast in Hawaii, and instructed him to buy it. He did so, and today it has increased 15 times in value. A dream can make you independently wealthy.
6. A secretary praying for guidance had a recurrent dream in which each time a man appeared and said, "See the man with the *I Ching*." She visited me and asked this question of the *I Ching:* "Will I get a healing of my foot through osteopathic manipulation?" The answer was: "Deliverance," which proved to be true. Her subconscious dramatized the answer in a dream recommending the book, *Secrets of the I Ching.**

*Dr. Joseph Murphy, *Secrets of the I Ching* (West Nyack, N.Y.: Parker Publishing Company, Inc., 1970).

7. Wealth is of the mind—just an idea or a thought-image—and when you repeat the one-word formula, "Wealth," over and over again, you vitalize it and your subconscious mind sets the law of attraction into operation, attracting to you spiritual, mental, and material riches.
8. You must never deny what you affirm, as this would neutralize your good. When a thought comes to you, such as "I can't afford a new car," affirm immediately, "Wealth is mine now," again and again, and after a while the idea of wealth will be impressed in your subconscious mind.
9. A geologist lulled himself to sleep every night with one word, "Wealth." His subconscious revealed to him where wealth was, and he was guided to the right location where he found the treasures of the earth.
10. A secretary affirmed frequently as follows: "I am driving a luxurious car, and wearing a mink coat and expensive diamonds and sapphires, and I am living in my own home and happily married." At the end of three months, all these things came to pass due to her faithful impregnation of her subconscious mind.
11. You can develop psychic perception by affirming quietly: "My toes are relaxed, my feet are relaxed, my ankles are relaxed, the calves of my legs are relaxed, my heart and lungs are relaxed, my neck is relaxed, my hands and arms are relaxed, my brain is relaxed, my whole being is relaxed, and I am at peace." These affirmations relax your body and help develop your psychic power in a wonderful way.

2

The Psychic Powers Within You

Everyone possesses psychic powers, i.e., is aware of events and experiences transcending the five senses. As I was writing this chapter, I received a letter from a sister of mine who belongs to a teaching order of nuns in England. In the letter she stated she saw clearly a group of people in my home silent and praying on Christmas Eve. She looked at the clock (in her dream), and it said 12:00 o'clock, and over the clock was the sign "Beverly Hills."

For the past 21 years I have had a group of friends who celebrate the age-old Mystic Christmas with me, and exactly at midnight we enter into a prolonged silence, meditating on certain age-old truths. My sister was asleep in England but witnessed the whole drama and heard my instructions to the group prior to the silence. There is only one mind, so prior to sleep, as she was thinking of me and the time difference, she simply tuned in at our midnight meeting and saw and heard the religious drama.

These powers are in all people, but oftentimes they are neglected, scorned, and ridiculed. Remember a simple truth: you *automatically* develop your psychic powers as you grow spiritually through prayer, study, meditation, and mystic visioning.

Developing Your Psychic Powers

Be careful to see to it that whatever psychic powers you have are used to bless, help, heal, and inspire mankind. Never use these powers to take advantage of any person or to interfere in any way with a person's right to life, liberty, and the pursuit of happiness. To misuse the powers of your mind would cause a disastrous reaction in yourself for the simple reason that you are the only thinker in your universe, and your thought, being creative, will bring into your own life what you affirm or believe about the other person.

How to Reverse the Negative Pattern

I had interviewed a young woman who was emotionally disturbed over a pending divorce. During the meditative period which followed the close of the consultation, I entered into a very passive, psychic, and receptive state of mind, wherein suddenly a scene opened up before me and I saw this young lady and a companion traveling in an automobile. The car was hit by a truck at a crossroad, the car was demolished, and she and her companion were killed. I reversed the picture in my mind, realizing the Presence of God in her, through her, and all around her, knowing and feeling that she was Divinely guided and watched over by Divine Love at all times.

I asked her, "Are you planning to go home by car for Christmas?" She said, "Something tells me, 'No,' but my girl friend insists I go with her. She will drop me off at my home and will continue to her home a few miles further." I suggested to her that under no circumstances should she go on the journey by car and that she should follow the inner guidance which always seeks to protect her. As a result she cancelled the trip with her girl friend and flew home. Her girl friend went alone and was hit by a truck at a crossroad and fatally injured.

When a psychic picture of a negative nature appears,

reverse it by rising high enough in consciousness. Also, where possible, warn the person, pointing out that guidance comes to all through listening.

Psychical Research

Professor J. B. Rhine of Duke University, the Society for Psychical Research of Great Britain, and many academic laboratories throughout the world have collected a vast body of verified data on thousands of cases dealing with such powers as clairvoyance, whereby one perceives things and situations at a distance; precognition, which is the ability to see future events as happening now in one's mind; telepathy, whereby one communicates mentally with others, collapsing time and space; and retrocognition, which is the ability of many people to see events in the past. All these psychic powers are latent within all of us.

She Read the Obituary Notice Before It Happened

During a recent trip to Kona on the west coast of the big island of Hawaii, I talked with a waitress who told me that from time to time she would inform her family that she had read in the local paper of the deaths of certain very elderly relatives. Each time a complete search of the papers mentioned by her failed to reveal any such notice. Usually a week to ten days later the notices she referred to would appear in the newspapers. This is called precognition.

In her early youth, her Hawaiian mother had told the child that she would be able to see future events just as she had always been able to do, and undoubtedly this made an indelible impression on her subconscious mind, which responded accordingly. Being in telepathic rapport with her relatives, she picked up like a receiving station the impending transition of her relatives, which was known by the subconscious mind of each.

Extrasensory Perception Saved His Father's Life

One day about six months ago, a radio listener of mine wrote me, saying that he was driving his car along the highway to San Francisco when suddenly he heard his father's voice in his ear, saying, "Son, pray for me. I have had a massive heart attack." He pulled over as far as he could to the side of the road, stopped the car, and prayed for his father, affirming, "The peace of God rules in my father's heart. God is healing him now and God watches over him." He said that he silently prayed like this for about half an hour and suddenly felt a great sense of peace.

In the next town, he phoned his father's home, and his mother told him that his father had been taken to the hospital due to a bad heart attack while driving his car to work. Fortunately, he had been able to stop his car, although in the middle of the road, and the man behind him on the road happened to be a medical doctor, who got out of his car, gave him an emergency injection, and took him to a hospital nearby. She said that he had passed the crisis and that he had said to her, "I sent word to my son, and I know his prayers saved my life."

This is clairaudience, whereby you hear clearly the inner voice of intuition or the voice of a loved one perhaps thousands of miles away, as time and space are obliterated in using the higher faculties of your mind. The father had had an intense desire to communicate with his son, who is deeply spiritual, and his subconscious delivered the message in the form of his father's voice to the ear of his son, who was about 600 miles away at the time. The time of the attack and the time the son heard the voice were identical. The quick action of the son undoubtedly saved his father's life.

These powers are within you and can range all over the world without obstruction of time and space.

You Can Send Telepathic Messages to a Lecturer

When I am lecturing on a particular subject on Sunday mornings, there are men and women present who are seeking answers to specific questions or problems. Frequently, they send a message to me on the platform and I find myself deviating from my regular theme in order to answer them, but I always come back to the main topic. After the morning talk, many of them utter words similar to: "I was hoping you would answer the question that was uppermost in my mind and you did." What they do is to project this thought to me on the platform, and I respond. This is called telepathy.

She Said, "I Am Leaving this World"

Recently a woman 92 years of age phoned me and asked me to visit her at a retirement home. On my arrival, she informed me that she was going on to the next dimension in a week's time, and she gave me the time and the day, all of which happened as she predicted. She knew intuitively the moment of her transition, and she informed me that she had been visited by loved ones in the next dimension who advised her they were waiting for her. The next dimension of life interpenetrates this plane, and our loved ones are continuously all around us separated by frequency only. This woman was, as she said, surrounded by a cloud of witnesses and looked upon her transition as going through another door into our Father's home of many mansions. Her parting words to me were, "I go gladly. My three boys will be waiting for me up yonder."

American Society of Mathematics

This distinguished scientific body, after exhaustive checking of the thousands of experiments by Dr. Rhine of Duke University on telepathy, clairvoyance, and precognition, pronounced his findings valid. These extraordinary faculties of the mind today are referred to as parapsychology.

She Heard a Voice Out of the Blue and Found the Will

A widow visited me last year, saying that her husband, shortly prior to his demise, had told her he had made out a new will leaving all of his estate to her. His lawyer knew nothing about a new will; the will he had was ten years old. I suggested to her that she claim, "Infinite Intelligence knows where the will is and reveals it to me." She had searched everywhere in the house, but to no avail. Three or four days after she started praying, however, she distinctly heard her husband's voice in the kitchen where she was doing some ironing: "Look up the 45th Chapter of Isaiah." She did, and there she found the new will, attested to by two witnesses, all in legal phraseology, dated, and signed.

Intuitively she knew that her husband was still alive and much interested in her welfare. She feels his presence quite frequently in the house. Her subconscious mind responded to her prayer and spoke in the voice of her husband, which she instantly obeyed. In the next dimension, conversation is by thought only, but the subconscious mind caused the thought or desire of her husband to come forth as his voice. She experienced the joy of the answered prayer; whether it was her own subconscious mind dramatizing the voice of her husband or the husband's thought made audible by the subconscious doesn't really make any difference, as there is only one mind common to all men and we are all immersed in that one mind.

Talking to the So-Called Dead Is a Common Experience

I visited a local hospital recently to see a man who was, as he said, about to make his transition. The doctors gave him only a few hours to live. We prayed together, and he called out, "Jimmy, Mary, and Jean are here." He conversed with them. These were his three children, all of whom had gone to the next dimension. Then he said to me, "Thaddeus is here. I didn't know he had passed over."

His wife was present and said to me that he was probably raving. He was not raving; he was very rational and conducted a vigorous conversation with me. A week later she learned her son, Thaddeus, had died in Australia. This man actually saw all the members of his family who had passed on. His loved ones were around him, comforting him, undeluded by the concepts of time and space, functioning in fourth-dimensional bodies.

When the scales of superstition and theological brainwashing of thousands of years fall from our eyes, we will see and hear our loved ones, who are all around us, like radio waves carrying television symphonies and voices which permeate our homes inside and outside, but we turn on a dial to prove that the music, people, and voices are really in our room.

An Army Officer Hears His Brother's Voice: "You Will Be Saved"

A few months ago, I spoke at a club dinner, and an army officer sat next to me. He had just returned from Vietnam. He said that he and his brother had been wounded on patrol but that his brother died from the wounds before help could arrive. Then a very strange thing happened. His brother appeared to him and said, "The medics are not far away; I will tell them where you are and you will be saved." In about a half an hour, two medics arrived and administered aid to him. They said, "An officer appeared from nowhere and gave us specific directions." They described the officer and it tallied in every detail with that of his departed brother. After a few hours the helicopter took him to an army hospital, where he recovered rapidly from his wounds.

There is really nothing strange about this when you stop and think things through. You are a mental and spiritual being. When you leave the body, you immediately put on another fourth-dimensional body. You can see and be seen,

understand and be understood, and have a perfect memory. In other words, your personality never dies. This brother had an intense desire to save his brother's life. His subconscious mind knew the location of the medics and immediately projected him there, enabling him to be seen by the medics. Also, his subconscious empowered him to speak and issue orders.

Today it is well known in scientific and academic laboratories that you can think, feel, see, hear, and travel, independent of your physical body. In other words, all the faculties of your senses can be duplicated in mind alone. Infinite Intelligence makes no mistakes, and it was, therefore, intended that you use all these faculties transcendentally of your physical body and environment. The subtle body, sometimes referred to as the fourth-dimensional body, can appear and disappear at will, enter closed doors, give messages, move ponderable objects. Remember, you will have bodies to infinity. These bodies are rarefied and attenuated, vibrating at a higher molecular frequency.

There is that in you that was never born; will never die. Water wets it not; fire burns it not; wind blows it not away. It is your Spiritual Self. You go from mansion to mansion, for there is no end to the glory which is man.

POINTS TO REMEMBER

1. Everyone possesses psychic powers and abilities which transcend the knowledge made available by the five senses. There are times when the phone rings and you know who is calling. This is called telepathy. You are picking up the thought of the person who is calling you.
2. In developing your psychic powers, you must be very careful that you use your psychic ability to bless, heal, and inspire others. You must never use your psychic knowledge or power to impose your will on

or take advantage of any other person. You do so at your own peril.

3. When you see a negative pattern for a loved one, a friend, or a client, you can reverse the condition by realizing the Presence of God in the mind and heart of the other. This means to enter into a vivid realization of the presence of Divine love, harmony, and Divine law and order where the person is. Know that the Guidance of God prevails; then you will reverse the negative pattern of the other's subconscious.
4. If while listening to a lecture on mental and spiritual laws, you should desire some specific information regarding your personal problem, project your thought to the speaker, and you will find that he will usually respond.
5. Many people know exactly the time of their transition. They are in rapport with their subconscious mind, which knows all and sees all.
6. The American Society of Mathematics, a most distinguished scientific body of men, have pronounced the conclusions noted by Dr. Rhine's experiments on extrasensory perception as valid.
7. It is possible to hear the voices of loved ones who have passed on to the next dimension. Their desire to give you certain information which you are seeking, such as the location of a lost will, causes their thoughts or desires to be heard clearly. Follow these directions and you will get the desired answer. These are the wonders of your deeper mind.
8. Many people about to pass on to the next dimension will conduct lively and affectionate conversations with loved ones who have long since passed on. The person about to pass on is in both dimensions at the same time and sees and hears his loved ones who are

all around him and who are comforting him. Actually, they are there to bless him and aid him in his transition to the fourth dimension of life, which interpenetrates this plane.

9. It is possible for a loved one who has passed on and who has an intense desire to help you, to appear to those who can aid you and give them the appropriate message.

3

How to Use Extrasensory Perception in Everyday Life

You have frequently heard the term *psychic phenomena.* This was the former designation for what in modern terminology is expressed as *extrasensory perception.* As far back as I can remember, I have heard relatives, friends, acquaintances, and members of my audience tell me about premonitions of events which they felt were going to happen, and happen they did. Countless numbers have told me of dreams and visions which subsequently came to pass exactly as they had seen them happening in their dreams. Many others similarly have told me of seeing apparitions of loved ones who had just passed on at the same moment their forms became visible, and they spoke of the loved ones giving them messages. Many others have heard an inner voice telling them not to take a particular journey or not to marry a certain person.

Many university students who come to see me for consultations regarding emotional or school problems tell me that on numerous occasions they see all the questions in a dream prior to the examination, and they get up immediately

and study the answers from their textbooks. All of the foregoing are based on extrasensory perception as they transcend the five senses.

At the Moment of Transition She Appeared to Me

Some years ago while I was talking on the phone to an old friend, my sister walked in through the door. I was surprised and said to her, "Why didn't you tell me you were coming? Did you come by air?" She had been teaching in St. Mary's Convent at Lowestoft, Suffolk, England, and had been a nun for over sixty years. She told me that she had passed on a few moments previously and had come to say goodbye. We conversed for about five minutes. She sat on a chair, was tangible and real, had a body, and wore her habit and rosary beads. Suddenly, however, she melted away and disappeared.

I learned later, taking into consideration the time difference, that she had made her transition that same moment in St. Mary's Convent, Lowestoft, England. We had made a secret agreement that whichever one of us passed to the fourth dimension first would make himself or herself known to the other by appearing and giving a message.

This was not a thought form of my sister, but rather her total personality, as she conducted a vigorous conversation with me, answering questions and describing her physical condition prior to transition, together with the medical diagnosis. Her desire to visit me caused her subconscious mind to project her personality into a new subtle body, which was capable of collapsing time and space, passing through closed doors, moving ponderable objects, and conducting a rational and reasonable conversation. She had a body which was real, solid, and tangible, but it was vibrating at a higher molecular frequency and could disappear and reappear at will.

Extrasensory Travel

I am writing this chapter on New Year's Day. Last night I invited about 30 friends to my home to celebrate the New Year by participating in scientific prayer followed by a prolonged silence. One of the young ladies present said to me after the silent period, "Dr. Murphy, I saw a man behind your back all the time you were giving your audible prayer. He wasn't present in the group when I came in. Who is he? I don't see him now."

She described him in detail, and I explained to her that this was an old friend of mine from Ecuador who used to attend every New Year's mystic celebration with us, but that for the last five years he had been stationed in Spain. I advised her that he had written me, saying that he would be with us on New Year's Eve and would join in our prayers. He had stated that not only would he see us but also that he would be seen. This is not at all unusual. He computed the time, 12:00 P.M. midnight here, when we would go into the silence, and in a meditative state in Madrid, Spain, he instructed his subconscious to project him to my home, where he participated in our prayer therapy.

Just now, as I write this, I have had a long distance call from Madrid, and my friend asked me, "Did you see me last night behind you?" I said, "No, my eyes were closed all the time that we prayed and meditated." But I added that one of our hostesses had seen him clearly and had described him in detail, such as how he was dressed, etc. Her description corresponded in every detail with what he said. He told me the nature of the prayer; said how many were present; stated that he knew only ten of those present, mentioning their names; and said that the others were strangers to him. This is true, because only the ten he mentioned had attended our New Year's conclave when he was stationed in Los Angeles.

He is experimenting in extrasensory travel, and he told me that gradually he is becoming aware of tactile, auditory,

and visual capacities in his out-of-the-body experiences. Man is a mental and spiritual being and is omnipresent. When you think of your mother, for example, even though she may be in Hong Kong, you are there with her.

Extrasensory Transmission Solves a Legal Problem

An attorney friend of mine has been trying to solve a prolonged law suit for over five years. He described his difficulties with the people involved and said they were intransigent, recalcitrant, and inflexible, and that finally he had reached what he termed a dead end.

I suggested to him that every night prior to sleep he should imagine that I was there right in front of him congratulating him on the happy ending of the law suit. He was to hear me say to him, "Congratulations for the happy ending. Look at the wonders God has wrought." Every night thereafter he closed his eyes, placed his head on the pillow, and for about ten minutes would fix his attention upon me and hear me vocalize the above congratulatory words. He made it vivid and real and retained in his mind's eye the visualized image of myself and the words which I reiterated over and over again.

At the end of a week, the opposing counsel suddenly agreed to settle amicably and harmoniously. In the meantime, one of the most obstreperous members of the contending party passed on to the next dimension. This attorney, by creative thinking and visioning, succeeded in impregnating his subconscious mind with the idea of a Divine solution, and his deeper mind brought the solution to pass in its own way.

Remember, the subconscious mind has ways you know not of. Spiritually and mentally I was present, and the attorney used my voice to bring about a conviction in his deeper mind. There is no time or space in the mind-principle; therefore, whenever you mentally dwell anyplace, you are

there literally, because you are a mental and spiritual being using your present three-dimensional body as a vehicle; but you have another subtle, fourth-dimensional body that can roam the world independent of time or space.

Extrasensory Communication Joins Two Lovers

A young college girl came to see me one Sunday morning prior to my lecture at the Wilshire Ebell Theatre in Los Angeles, where I speak every Sunday morning. In tears, she said something along the following lines: that she and her boy friend had had a serious quarrel, that he was now somewhere in Vietnam, that she would like to make amends and tell him how wrong she was, and that she would like to hear from him.

I explained to her that she must never impose her will upon another or try to interfere with his life pattern in any way, but that she should first forgive herself and then pray as follows: "Tom is known in Divine Mind, which knows all things. God's love fills the mind and heart of Tom. I surrender him to God, wishing for him all the blessings of life. There are harmony, peace, Divine love and understanding between us. God be with him."

I pointed out to her that when she used this prayer she was blessing the young man and that since Infinite Intelligence is all wise, whatever happened would be good, and that as a result of her prayer they may be drawn closer together or find their highest happiness apart. She understood that she had no right to try to hypnotize or mesmerize her fiance or to mentally coerce him to do her bidding, but that she should turn the matter over to the supreme intelligence in her which knows all and sees all, and that this was the ideal way to handle all such problems.

After the young lady had followed the above prayer process for a few days Tom phoned her from Saigon, mentioning nothing about their quarrel. He told her that she

had appeared to him at his tent a few nights previously, smiling, and said to him, "Tom, I love you." Then she had vanished.

The explanation to all this is really very simple. Spirit is omnipresent, timeless, and spaceless. In her prayer therapy, the young girl called upon the love and harmony of God to be resurrected within Tom. When she prayed for him, she was mentally and spiritually present. He, undoubtedly being sensitive and psychic, saw her because she was functioning in a rarefied and attenuated body and was actually there mentally and spiritually and oscillating at a higher degree physically.

Extrasensory Protection Against Voodoo

Recently I received a letter from a waiter in Honolulu, whom I had met on a recent trip there. He said that someone was practicing black magic against him, that he was cursed, and that everything was going wrong in his life. He mentioned the name of the man who he believed was using voodooism or sorcery against him.

I wrote him a lengthy explanation, highlighting and pointing out that all the water in the ocean could not sink a ship unless it got inside; likewise, negative thoughts of others could not enter into his mind unless he opened the door of his mind and gave them entrance; and that God and man are one.

This is indisputable, uncontrovertible, and an eternal truth. God is all there is, and God is absolute truth, boundless love, infinite life, absolute harmony, and infinite joy. I told him that when his thought is God's thought, God's power is with his thoughts of good; that his thought is creative; and that when he thinks of God's love, peace, harmony, and joy, he is automatically protected and immune to all the toxic effluvia of the mass mind. Actually, when he thinks of the eternal verities, it is God thinking through him, and whatever

God thinks can only result in Divine law and order and perfect harmony.

Accordingly, I gave him the following age-old, spiritual prescription, the source of which is lost in antiquity. "Sit down quietly two or three times a day and imagine that you are surrounded by a sacred circle of light. As you continue to do this, after a few days you will actually see a golden circle of healing light all around you. This is an emanation of the God-Presence within you, rendering you impervious to all harm. You are now invulnerable and completely insulated from the fear thoughts or negative suggestions of others. Make a habit of this, and whenever you think of the voodoo man, simply affirm, 'God's Love fills my soul. I loose him and let him go.' "

The sequel to this was most interesting. The waiter continued in the above prayer process, and at the end of a week he read in the paper that this voodoo man had dropped dead on the street, presumably of a heart attack. The explanation to this episode is again very simple. The negative thoughts and imprecations hurled against him by the voodoo practitioner had no place to go, as he no longer received them. On the contrary, he poured out benedictions and orisons on his ill-wisher, and the proverbial boomerang took place. These negative emotions engendered by the voodoo practitioner recoiled with double force back on him, and he actually killed himself.

Remember, you are the only thinker in your universe, and since your thought is creative, what you are thinking about the other you are creating within yourself. When you send out murderous or evil thoughts to another who has insulated himself by God-like thoughts and cannot receive the negative vibrations, they return to you with double force. This is usually referred to as the boomerang. Furthermore, to think or wish evil for another is to kill love, harmony, peace, beauty, and joy within yourself. These thoughts generate emotions, and emotions kill or cure. Evil thoughts plus the

emotions generated by them accumulate in your subconscious mind, bringing about self-destruction, which can cause a fatal disease; or someone else may be the instrument through which you meet your death, for all murder is really self-murder.

Men, women, and children in this world are simply testifying to our states of consciousness–they are instruments fulfilling our inner attitudes, convictions, and beliefs. According to your belief is it done unto you.

POINTS TO REMEMBER

1. "Psychic phenomena" is an earlier term for extrasensory perception. Oftentimes you have had an inner feeling and an awareness that the phone call was from a certain person. You have had premonitions, precognitive dreams, intuitive urges which proved to be correct. All of these come under the classification of extrasensory phenomena, which means they transcend the five senses.
2. It is possible for a person who has passed on to the next dimension to appear to a loved one if the individual so desires. The appearance is usually referred to as an apparition.
3. It is perfectly possible for a person who sincerely wishes to travel to meet a friend thousands of miles away to suggest feelingly and knowingly to his subconscious prior to sleep, "I want to visit John Jones. My deeper mind takes over and brings this to pass in Divine order." When you are sincere and come to a definite decision in your mind, your subconscious will project your personality with a fourth-dimensional body to the desired location.
4. There is no time or space in the mind-principle; consequently, you can imagine a loved one or a friend in front of you telling you the good news, that

which you want to hear. Hear it vividly and feelingly, and what you subjectively feel and believe will come to pass.

5. Never try mentally to coerce another to do what you want him to do. If you have a quarrel with a person and you wish him to call you, realize that God guides and directs the other individual and that there are harmony, love, peace, and understanding between you. Whatever happens following this prayer can only be good.
6. You can protect yourself against any negative onslaughts from without by realizing and affirming: "God and man are one, and if God be for me, no one can be against me." God is for you when your thoughts are constructive and harmonious. God's power is with your thoughts of good. You can surround yourself with the whole armor of God and be immunized against all harm. Affirm boldly: "I am always surrounded by the sacred circle of God's eternal love." Busy your mind with this great truth and you will lead a charmed life.

4

How You Can Release the Psychic Powers Within You

During one Christmas week, I received a wonderful letter from a woman in Northern California, who told me that three months previously her son had vanished from home and no trace of him could be found. The authorities were informed, but he was simply one of thousands of teenagers who have run away to places unknown; results were not forthcoming.

Consequently, she wrote out the mental technique she used, which was as follows: "I went into my boy's room, sat still for about ten minutes and said to myself, 'Infinite Intelligence knows where my boy is, and this supreme intelligence within me knows why he left and reveals the answer to me. It guides me and tells me what to do.' An idea popped into my mind to visit his girl friend, which I did, and she told me they had had a quarrel and she had given him back a ring which he had given her. Then she said he often spoke of going to his cousin's home in Canada. I phoned there at once, and my boy answered the phone. After a short

talk he was delighted to come home. There is an intelligence within us all if we would only stir it up."

This woman understood the extent of the powers of her subconscious mind and was aware that when her conscious mind became quiet and relaxed, the wisdom of her subconscious would rise to the surface, revealing to her the answer to her problem. There is an answer to every question and a solution to every problem. Remember, your subconscious knows only the answer. Ask and you shall receive.

Extrasensory Drama Re-enacted and Witnessed by a Doctor

A doctor friend of mine attending a chiropractic convention in Canada was given a beautiful hotel room with an excellent view. Since she was exhausted after a long flight, she dropped off to sleep almost instantly. Suddenly at about 2:00 A.M., she became wide awake with the awful feeling that there was a man in her room, although she knew she had locked the door from the inside. Standing in front of her was a tall man, well-dressed, with a revolver in his hand. He shot himself and fell dead on the floor.

She was petrified with fear and in a state of shock but had presence of mind enough to phone the night clerk, who came rushing up. The doctor hysterically described exactly what had happened. The night clerk then informed her that a man had committed suicide in that room a week previously, and after offering that information, he immediately transferred her to another room.

She asked me how to explain it. I told her that Judge Troward, who had written many textbooks on mental science and who had been a judge in the Punjab of India for many years, once told of a similar incident which his wife had experienced in their new quarters in India. She was awakened by a shot and saw a man who had apparently shot himself dropping before her. She also heard his voice clearly. Though

she was emotionally shocked at viewing this grisly event, her husband, Judge Troward, explained it along these lines: that the suicide left an impression, a sort of photographic pattern in the psychic atmosphere, which continuously exists all around us, and a sensitive person could see it reproduced. Mrs. Troward's subjective faculties were activated by the vibrations of the room where it had occurred.

I explained to my doctor friend that it was a thought-form, highly charged with emotion, attached to a particular part of the room where the tragedy had taken place, and that it would be gradually dissipated and fade into nothing. Since this experience, this doctor of chiropractic medicine requests the wisdom of her subconscious mind to guide her to hotel rooms which are harmonious, peaceful, and delightful in all ways, and her subconscious responds faithfully. The emotional atmosphere around the shocking experience at the hotel was completely neutralized, and the explanation of the drama was the cure.

Listen to the Perceptive Flashes of Intuition from Your Subconscious Mind

A banker told me recently that all his important decisions and directions regarding the welfare of the bank and its employees are based on perceptive flashes which come from his subconscious mind to his conscious mind. His technique is praying without ceasing, which means to him that all his thinking is based on principles of life's eternal verities, which never change. He lives in the joyous expectancy of the best, his thinking is constructive, and he has love and good will for all.

"Without ceasing" means an attitude of mind, a deep conviction that God is always guiding and directing him, and this belief on his part causes his subconscious to give him the intuitive flashes of which he speaks. He keeps his mind clear of all negativisms, fear, and discord. Then when he is faced

with a problem or a difficult decision, the wisdom of his deeper mind gives him the answer, which transcends his five senses and is always right.

You Are Far More Wonderful than You Ever Imagined

Within your subconscious depths* lie infinite wisdom, infinite power, and an infinite supply of all that is necessary, which is waiting for development and expression. Begin now to recognize these potentialities of your deeper mind, and they will take form in the world without. The infinite intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point of space, provided you are open-minded and receptive. You can receive new thoughts and ideas enabling you to bring forth new inventions, make new discoveries, or write books and plays. The infinite intelligence of your subconscious which has the power to heal your body, has a perfect memory of everything you have ever experienced, and can impart to you a vast range of knowledge of an original nature.

Through the intuitive powers of your subconscious, you can attract the ideal mate and the right partner or employee for your business. The wisdom of your subconscious can find the right buyer for your land, your home, or whatever else you may have for sale. It can provide you with ideas worth a fortune, giving you the financial freedom to be, to do, and to travel as your heart desires. Within your subconscious you will find the answer to your most perplexing problems and the cause for every effect. There is an infinite healing presence in your subconscious that can heal the troubled mind and the broken heart. The gold mine and the treasure house of infinity are within you. It can free you from fear

*See *The Power of Your Subconscious Mind,* Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

and from all kinds of material and physical thralldom and misery.

She Discovered the Healing Presence Within Her

One of many letters I received during the recent Christmas period was from Zurich, Switzerland. The writer was a young lady who had been reading my book *The Power of Your Subconscious Mind,* which is published in German by Ramon R. Keller Publishers, Geneva, Switzerland. In her letter she said that a surgeon had given her about four months to live, but added that with God's help, she could overcome the cancerous condition. Her surgeon suggested that she read the healing miracles of the Bible and continue to practice the techniques given in *The Power of Your Subconscious Mind.* *

She said that for about fifteen minutes three times a day she boldly affirmed with deep feeling and conviction that the infinite intelligence of her subconscious mind, which made all her organs and her entire body, could and would heal her, and she faithfully and regularly pictured in her mind's eye her surgeon saying to her, "A miracle has happened. All clinical tests are negative." Six months passed, and when she went back for a checkup, that is exactly what he said to her. Another six months went by and she received the same assurance. Two years have passed and she says that she is completely cured and back at work. Her surgeon was not surprised at the so-called "miracle" case, for he knows the great truth that all healing is of the Most High.

I have condensed her letter, but the essence of it, which I have given here, shows that any person with a deep, abiding faith and confidence in the infinite healing presence can get results.

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*Dr. Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

Recognizing the Intuitive Feeling of Your Subconscious Mind

When your motivation is right and based on love and goodwill to all men, and when your mind is free from self-condemnation and self-criticism and you have no desire whatever to take advantage of any person in any way, you will gradually be able to recognize that intuitive feeling which gives you the right answer to your question. The answer may come in many ways, but one of the most frequent is that inner hunch that tells you either to go ahead or to hold back. Your conscious, reasoning mind may try to get in the way, but after you have reasoned the matter out pro and con and then turned the matter over to your deeper mind, full of wisdom and intelligence, you must be alert for the intuitive flash which often wells up spontaneously from your deeper mind. Remember, the impulses, urges, and monitions of your subconscious are always lifeward, as your subconscious mind seeks to heal, protect, and save you from financial loss, accidents, and foolish expenditures of energy and talents. Self-preservation is the first law of life, and this is the law of your subjective mind.

His Inner Voice Saved His Life

Recently a man living in the suburban area of Los Angeles told me that he had been invited by his employer to fly in his private plane for some hunting in the northern part of California. He was on the verge of accepting his offer for the week-end when his inner voice clearly said to him, "Say no," and he obeyed it. Subsequently the plane crashed in a fog and the two occupants were killed.

This man constantly affirms, "God guides me in all my ways." Undoubtedly, he has conveyed this idea of inner guidance to his subconscious, which responds according to the nature of the impression made upon it. This man's

premonition was so strong and unmistakable that he said later, "I couldn't fight it."

You Can Develop Your Intuition

You breathe air without effort; likewise, you should learn to let the intelligence within your subconscious mind flow through your intellect without tension. Your subjective mind perceives by intuition. It does not have to reason or inquire, as it is an all-wise and an infinite intelligence. If you say to your subconscious, sometimes referred to as the subjective mind (it is subject to the conscious mind), "Wake me up at 6:00 o'clock," you know that you will awaken exactly at the time specified. It never fails. We must realize that herein lies a source of power which is omnipotent. Many good people have erroneous ideas about the gift of intuition. Many believe that it is an extraordinary event, to be experienced only by highly spiritual people. This is not true. Any businessman or housewife can receive an answer by turning to the infinite intelligence of the subconscious mind, and guidance may be received for any problem.

How to Get a New Idea for Your Sales Program or Your Business

If you are a professional man or an executive of a commercial organization and you want a new idea for your program, try the following technique: Close your eyes, be still, and think of the infinite power and wisdom within you. This will generate a mood of peace, power, and confidence. Then speak in the following simple manner to the creative intelligence within you, which knows only the answer: "Creative Intelligence within me knows all things and it gives me the new idea necessary for this program." Imagine that the creative idea is welling up from your subliminal depths and that it is flowing through your conscious mind. You must not pretend; really believe it. Accept it and then drop

it. The latter is the most important and is the secret of the whole process.

After the quiet period, get busy; do something; become preoccupied with routine matters. Above all, do not sit around waiting for the answer. It comes when you think not and the moment when you expect not. The inner voice of intuition speaks like a flash; it is spontaneous and comes unannounced.

Intuition, which means *taught from within,* knows the answer. You must realize that the creative or infinite intelligence which created the cosmos and all things therein contained has no problem; if it had, who would solve them? Therefore, when you seek an answer, be aware that the supreme intelligence in your subjective depths knows only the answer. The amazing suddenness with which the solution sometimes comes is startling. You are transcending your objective reasoning only in the sense of deferring it to a higher guide. After you have received an intuition, you use your reason in carrying it out.

Two Reasons You May Not Acknowledge Your Hunches

The reasons are *tension* and *failure to recognize your hunches.* If you are in a negative, despondent, hostile mood, intuition is impossible. As a matter of fact, only negative direction will prevail. If you are in a happy, confident, joyous mood, you will recognize the flashes of intuition that come to you. Moreover, you will feel under subjective compulsion to carry them out. It is necessary, therefore, to be still and relaxed when you seek guidance, for nothing can be accomplished by tenseness, fear, or apprehension.

Who has not had the experience of being unable to remember a name, then, after dropping the search, have the name come to him later during repose?

The Cultivation of Your Intuitive Faculty Is of Paramount Importance

For every man and woman, the cultivation of the intuitive faculty is of great significance. Intuition offers instantaneously that which the intellect or reasoning mind could accomplish only after weeks or months of monumental trial and error. When our reasoning faculties fail us in our perplexities, the intuitive faculty sings the silent song of triumph.

The conscious mind is reasoning, analytical, and inquisitive; the subjective faculty of intuition is spontaneous. It comes as a beacon to the conscious intellect. Many times it speaks as a warning against a proposed trip or plan of action. We must listen and learn to heed the voice of wisdom. It does not always speak to you when you wish it to do so, but only when you need it.

If you will only believe, and not just pretend to believe, that Infinite Intelligence is guiding you in all your ways—in your thoughts, words, and deeds—you will be led along the right road. Artists, poets, writers, and inventors listen to their voice of intuition. As a result, they are able to astonish the world by the beauties and glories drawn from this storehouse of knowledge within themselves.

The Meaning of Inner Hearing

The word *intuition* also means *inner hearing.* The oldest definition for *revelation* meant *that which is heard.* Hearing is not the only way to nurture intuition. Sometimes it comes as a thought, but the most common way is to "hear the voice." Many times it is a voice whose texture, color, and substance you can hear as plainly as the voice over the radio. The scientist uses his wonderful gift of controlled, directed, and disciplined imagination, and in the silence he sees fulfillment. His intuition relates to his particular science.

Intuition transcends reason. You employ reason to carry out the dictates of intuition. When you receive intuition, you will often find that it is opposite to what your reasoning would have told you. Begin to practice developing your intuition and let wonders happen in your life.

POINTS TO REMEMBER

1. If you are looking for a person who has disappeared, sit still, quiet your mind, and ask the infinite intelligence within your subconscious to reveal to you his whereabouts. The answer will come to you in ways you know not of. Be alert and follow the lead which comes into your conscious, reasoning mind.
2. A person who has committed suicide in a home or in a hotel room usually leaves a deep, psychic impression in the atmosphere of the particular place, and it is possible for a psychic or similarly highly intuitive person to see the drama repeated as a mental image. The individual has passed on to the next dimension, but has left a descriptive thought-form of his act in the particular location. This psychic photographic impression dissipates itself after some weeks or months, depending on the intensity of the emotional charge behind it.
3. Praying without ceasing means that you think constructively all day long from the standpoint of eternal principles and verities of life. Live in the joyous expectancy of the best, knowing Divine law and order govern your life, and you will be automatically guided to do the right thing. You will recognize intuitive flashes welling up spontaneously, revealing to you the right answer.
4. Your subconscious mind is the storehouse of memory, the seat of your emotions and your intuitive

faculties. Your subconscious mind is one with infinite intelligence and boundless wisdom. The infinite healing presence is within your subconscious, and it knows how to heal and restore you to harmony and peace. It can provide you with the right idea and can free you from limitations of all kinds.

5. The infinite healing presence of your subconscious mind made your body and knows how to heal it. Trust it, believe it, and call upon it, and you will get a response. Don't pretend to believe, but know in your heart that the creative intelligence which made all your organs knows how to heal and restore. According to your faith will it be done unto you.
6. When your motivation is right and you have no desire to take advantage of any person, and when you are praying for Divine law and order in your life, you will receive God's guidance which will cause you to become alert and alive to the intuitive flashes from your subliminal depths.
7. When you make a habit of affirming and at the same time profoundly believing that "God (infinite intelligence) is guiding me in all my ways," often you will hear an inner voice telling you exactly what to do.
8. If you are seeking a new idea for your profession or business, quiet your mind and affirm: "Creative intelligence knows all things and reveals to me the new idea." Then drop it, and the moment you expect it not, the answer will pop into your mind like toast out of a toaster.
9. Fear and tension are two reasons why you do not recognize the answer from your deeper mind. Quiet your mind and contemplate the wonder of the powers within you. When your conscious mind is

quiet and receptive, the answer wells up from the deeper mind.

10. Intuition offers instantaneously that which the intellect or reasoning mind could accomplish only after weeks or months of monumental trial and error.
11. Sometimes the intuitive answer comes as a thought, but the most common way is to "hear the voice," which you can hear as distinctly as the voice over the radio. Begin to practice developing your intuition and let wonders happen in your life.

5

Extrasensory Travel and Out-of-the-Body Experiences

Some months ago I gave a series of lectures on extrasensory perception at the Wilshire Ebell Theatre in Los Angeles, and subsequently I received many letters from members of the audience who had had what they termed strange experiences but hesitated to mention them lest they be considered "queer" or "odd" or not all there in mind. I shall mention in this chapter in capsule form the essence, or the gist, of these experiences.

Out-of-the-Body Experience

One woman responded that on Christmas Eve, 1968, she had felt an intense desire to be with her mother in New York City. As she fell asleep, focusing all her thoughts on her former home in New York City, she immediately found herself in her mother's home trying to open the front door. She managed to enter the back door, however, and went upstairs to her mother's room where her mother was lying awake in bed reading the paper. Her mother was startled and

asked, "Why didn't you let me know you were coming? I heard you come up the stairs; I knew it was you." This woman kissed her mother and said, "Merry Christmas, Mom. I have to leave now," and she found herself back in her body in Los Angeles. She was able to describe everything in the room, and she had heard the Christmas carols on the radio clearly.

This is not an unusual experience. She was focused on her mother prior to sleep and had developed an intense desire to be with her on Christmas Eve. This desire charged her subconscious mind with a mission, and it projected her personality in a new body 3,000 miles away. Her mother experienced the touch of her lips and hands and heard her voice clearly. She entered through the back door even though it was locked, and sat on a chair by her mother's bed. She was conscious of being out of her body and was aware of a more rarefied body that could pass through locked doors or other material objects.

Extrasensory Travel to Sydney, Australia

An Australian friend told me of an interesting experience he had had on New Year's Eve. On going to sleep, he was thinking of his father's health and began to pray for him by realizing that the Infinite Healing Presence was vitalizing and energizing his whole being, and he began to imagine his father saying to him, "Son, I never felt better in my life. I had a miraculous healing." He kept hearing this over and over again, lulling himself to sleep with the imaginary words of his father, and suddenly he found himself at his father's bedside. He spoke to his father, who was startled by his presence, and exclaimed, "Why didn't you tell me you were coming? What a surprise!"

He said to me that he was consciously aware of and able to see clearly everything in his father's room while realizing that his other body was on a couch in Los Angeles. He

appeared to his father fully clothed and had auditory, visual, and tactile capacities outside his body. He was aware that he had a subtle body capable of going through closed doors and collapsing time and space. All this took place in a few minutes, and subsequent letters from his father confirmed his visit in every detail.

Some people would call this an apparition, a ghost, a disembodied entity, etc., but the simple truth is that this man had projected a new body thousands of miles from his home and was able to communicate with and physically touch his father. Man is a mental and spiritual being and will always have a body. A billion years from now you will be alive somewhere functioning at a higher degree of awareness, as life is an endless unfoldment, and your journey is ever onward, upward, and Godward.

Conscious Apparition of a Mother to Her Daughter

Interviewing and corresponding with men and women of all walks of life, I often hear of many extraordinary and fascinating episodes in their lives which they hesitate to discuss with relatives or social acquaintances lest they be considered eccentric, peculiar, or mentally disoriented.

A mother living in Beverly Hills was deeply concerned over her daughter, who was ill in New York City. She informed me that one night she focused all her attention on her daughter, praying for her harmony, health, and peace of mind by realizing the God-Presence was flowing through her daughter as harmony, beauty, love, and peace. The following example illustrates extrasensory projection of her fourth-dimensional body:

She found herself in the private room in the hospital where her daughter was lying awake in bed. Her daughter said, "Oh, mother! I am so glad you came." She and her daughter embraced and kissed each other. The daughter heard her mother's soothing words and felt her embrace

clearly. This mother smiled and nodded to the nurse in attendance. Suddenly she decided to return to her body in Beverly Hills, which she saw propped up in bed as she had left it, but she had the distinct awareness of another body to which matter of any kind, such as doors, walls, etc., offered no resistance. Then she re-entered her body.

This type of experience happens to many people who may have great emotional stress and a deep concern to be near a loved one. This is true particularly in time of crisis, when on going to sleep with the dominant idea of being with the loved one, the subconscious mind is impregnated, and they find themselves on extrasensory excursions to the location desired. They are perfectly aware of their physical bodies at the time they leave them and at the time they return to them.

New York Detective Solves Case Through Extrasensory Travel

While attending the International New Thought Convention in July, 1969, I met an old friend who has been on the detective squad in New York for many years. I gave a lecture on extrasensory perception at that meeting. Subsequently he said to me, "I have something to tell you which will interest you." He had been assigned to a case involving a large robbery, and after three months had not received a single clue. One night in bed he was reading *The Power of Your Subconscious Mind** and fell asleep thinking of the solution to his assignment. Immediately he found himself going through a window in an upstate town in New York State with which he was totally unfamiliar. He noticed three men talking and saw jewels, watches, cameras, and furs

*Dr. Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

stacked up on tables. He perceived newspapers and their titles, heard the men talking, and decreed to himself, "They will not see me." He looked out the window and saw the street name as well as the name of the theatre which was directly opposite.

Suddenly he realized these were the men he was looking for. There were three rooms in the apartment. He knew he was operating in a projected body which was tangible to him and capable of motion in any direction he wished. He was aware of the magazines that they were reading and knew the town where they were hiding. He said he consciously decreed, "I want to go back to New York now," and immediately he found himself back in his body in his New York apartment.

When he awakened, he called headquarters, and they alerted the local police in that town. They found all the stolen goods and arrested the three men, who were startled to find six fully armed policemen in their apartment at 3:00 A.M. This detective told me that he had told his department he had received a *tip* as to their whereabouts, adding that if he had informed his superiors of his extrasensory travel they would have suggested he go to the Department psychiatrist for observation and treatment.

To be able to account for this solution on the part of the detective, I am convinced that due to his emotional energy being directed towards a solution prior to sleep, he had activated the wisdom of his subconscious mind, which projected his personality in a subtle body in which he was able to see, hear, travel, and understand everything going on around him as well as to direct its own mobility at will. Also, he had the intelligence and reasoning capacity to decree that he could not be seen by the thieves whom he was seeking. All this and much more are latent powers of man's deeper mind.

Through Extrasensory Perception She Knows Her Son Is Alive

During the course of writing this book, I received a very interesting letter from a woman in Arizona in which she stated that her son had been reported missing in Vietnam. She was distraught, wondering whether he was dead or alive. She stated that she was very tense, worried, and torn between her hopes, fears and growing despair. One night however, she began to read *The Power of Your Subconscious Mind** and asked her deeper mind prior to sleep, "Tell me whether my son is dead or alive." Immediately, in the sleeping state, she had a clairvoyant vision of her son, who stood out prominently. She saw his bare feet and long beard and the prison walls which surrounded him and the cot on which he slept. She discerned the details of his environment and knew intuitively he was alive and well.

Subsequent information which she received revealed that her son had been taken prisoner, and she later received a letter from him which was surreptitiously smuggled out of the prison. Her subconscious had revealed the answer to her in its own way, and to her it was unmistakable evidence.

Extrasensory Perception Reveals Lost Topaz

A doctor friend asked me if I could help her to recover her lost ring through prayer. This treasured heirloom had been handed down through the family for generations and was of great value. Oftentimes on going to sleep, I concentrate on a request which someone has brought me during the day. In order to do this, I have a clear impression of the person, of our interview and the nature of the problem, and then I affirm something like this: "Infinite Intelligence knows where that topaz is, and it reveals the answer to the

*Dr. Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

doctor and to myself in Divine order. I accept the answer." I then drop off to the deep of sleep knowing that the answer is mine now.

While I was asleep, in this instance, a scene flashed before my vision similar to a motion picture moving on the screen, and I perceived a woman of foreign origin wearing the ring and asking an older woman, presumably her mother, the value of it. I noticed the color of her apparel, and her hair, which was very gray and hanging down around her shoulders. She had lost some teeth in the front of her mouth and there was a mole on her face.

I phoned my doctor friend in the morning and told her of my experience. She exclaimed, "You described my maid perfectly. She has been with me for 20 years. She couldn't do that. It can't be." I suggested that she tell the maid what her minister said and what he heard her say to her mother, and she did. The maid shed copious tears and said that she had taken the ring merely to show it to her mother and that she had no intention of keeping it; however, the doctor had searched everywhere for it for two months and the maid had helped her in the so-called search, while all the time knowing in her heart that she had stolen it.

My subconscious had revealed the truth about the situation. Its ways and responses are past finding out.

Dr. Phineas Parkhurst Quimby of Maine Experiments with Clairvoyance and Extrasensory Travel in May, 1862

> I will relate an experiment that I performed with my subject Lucius in mesmerism. I asked any person in the room to give me the name of an individual written on a slip of paper. I would send the boy to find the person dead or alive, which he would do bringing him into the room and describing him to the audience. On one occasion a name was handed to me which I gave as usual to the boy.

He said this was a man who had a wife and three children, that he left town between two days, was a carpenter by trade, and had left his chest of tools in a barn and had gone direct to Boston. I told him to follow the man, so he went and said he had found him in Ohio in a cooper's shop where he had died. Still I told him to find him.

Finally he said he had found him and I told him to bring him before the people and describe him. Said he, "Can't you see him, he stands here." I answered the boy that he was in a mesmeric state (he could never understand this but admitted it because I said so). To him there was no change, he had all his faculties and his identity was as perfect as when awake. He expressed fear and joy at what he saw as much as though he had been in a waking state. I said, describe him. He commenced giving a general description and I stopped him saying if there was any peculiar trait or feature about him, to mention it. "Well," said he, "I should think anyone might know this man by his harelip." I asked the person who gave me the name if this description was correct and he said it was in every particular. Here was a clear case of spiritualism. The subject would read sealed letters, he would go to a distant place and ask a person a question and get an answer, and yet the person would not be aware of answering any question.

The above report is taken from the writings of Dr. Phineas Parkhurst Quimby written in May,1862. Dr. Quimby knew that there was someone in the audience who was acquainted with the person in question and that his subject Lucius, who was in a mesmeric trance, was clairvoyant and could read the subconscious of the person who knew the missing man, the image of which was in his subconscious

mind; and Quimby knew he would reveal his description in detail, including the harelip. Moreover, his trade, family, and where he lived were all known to one or more members of the audience, and Lucius in the trance state simply tapped the subconscious of those present. Quimby used the term "spiritualism" to describe it. Today we would call it "subjective clairvoyance" on the part of his hypnotized subject. One of the abilities of the subconscious is its ease in acquiring information by clairvoyance.

Dr. Phineas Parkhurst Quimby's Experiment in Travelling Clairvoyance

> When at Eastport, I put a lady into a mesmeric sleep who wished to go to New Hampshire, to see her friends. I accompanied her. She would smile and bow, and when I asked her to whom she bowed, she said it is our postmaster. She then said we have now got home. She said our folks are looking. I asked her if her father was at home and if she might introduce me and she went through the ceremony. I said ask your father if anything has happened since you left home; at this she started and turned pale and seemed agitated. Upon asking what was the trouble, she said that her uncle was dead, that he was taken sick and had died on such a day and now, mentioning both, also her aunt who came to take care of him had been sick but had recovered and her brother had carried her home. All this was confirmed in a few days by letter. Her uncle Dr. Richardson sent me a letter which I have in my possession, stating that all she had said was literally true.
>
> I might give many experiments of this kind. When I sit by the sick, they tell me their feelings

yet they know it not through their natural senses, neither am I aware of their presence or feelings through the natural organs. But every person has two identities, one has substance and the other the shadow. To me the natural man is the shadow, but to himself, he is the substance and all that he cannot comprehend is shadow.

A person in a mesmeric state proves to a person in a waking state that there are two states and each is a mystery to the other. The one in a waking state cannot see how a person can be dead to the waking state and still retain his own identity and be to himself the same person as before, and when he comes into the natural state, the mesmeric state is lost. The mesmerized person cannot understand why the person in the natural state cannot know what he knows in the mesmeric state. So each one is a mystery to the other.

Here is the fact. Wisdom has no shadow; a belief has one. A fact is not a solid: for instance, there is a stone, that is a fact, and it casts a shadow. The stone being the invention of man, it is matter according to our belief; and this belief makes it a shadow. Man acts either by his belief or his wisdom. When he is in his wisdom, he is to opinion a spirit, but to him he is himself with all his beliefs. So as his belief makes him act in matter, every act is in his belief and the acknowledging of matter depends on his belief.

In the above report, written in May, 1862, taken from Quimby's writings, Dr. Quimby mentions that each one of us has two identities, which in our modern terminology represent our spiritual nature and our five-sense conditioning based on our training, indoctrination, environmental influence, and traditional beliefs, but underneath it all is the

Living Spirit Almighty—the Presence of God—and as Dr. Quimby points out, in the mesmeric or hypnotic state, extraordinary powers of our mind are revealed which transcend the intellect and that of our conscious, reasoning mind. He reveals how he sent a young lady who was in a mesmeric sleep on a clairvoyant journey to her home, where she saw everything that was going on at the moment, as well as events such as the death of an uncle which had happened some days previously. Dr. Quimby, who was clairvoyant in the passive state, accompanied her mentally and saw everything she did. Quimby knew that in the subjective mind there is no time or space; therefore, the young woman was in her home in New Hampshire instantaneously.

Such are some of the wonders of the mind which Dr. Quimby brought to light in May, 1862.

POINTS TO REMEMBER

1. Many people have what they term strange, out-of-the-body experiences, which they hesitate to talk about lest they be considered crackpots or be accused of mental aberrations and fantasies.
2. A mother who is greatly concerned about a daughter's illness, who is in a distant city, while concentrating on her daughter prior to sleep, may be projected by her subconscious mind in a subtle body to her daughter's bedside. She can converse with, kiss, and embrace her daughter as well as experience other visual, auditory, and tactile capacities in her fourth-dimensional body.
3. A son living in Los Angeles finds himself at the bedside of his father in Sydney, Australia, and is consciously aware of everything in his father's house. He enters through closed doors and appears to his father, who is startled at his sudden, unannounced visit. Subsequent letters from his father confirm his astral travel in every detail.

4. Frequently, prior to sleep, when you find yourself praying for a loved one or a close friend in whom you are intensely interested, you may find that the person sees you clearly. You also may see the loved one and be able to converse with him as well as describe everything in the hospital room, while at the same time nodding and recognizing the nurse, who, for her part, may also see you clearly and assume you are a relative visiting the patient. You appear fully clothed with all your faculties, as you are a mental and spiritual being capable of thinking, seeing, feeling, and travelling independent of your three-dimensional body.
5. A detective, requesting his subconscious mind to reveal to him the whereabouts of thieves who have robbed several homes, finds himself in their hideout and mentally decrees he will not be seen by them; thereupon, he collects all the data necessary to make an arrest. He finds he is able to move ponderable objects and directs the motion of his subtle body in any direction. He has volition, choice, and initiative. In other words, he is a conscious, reasoning being functioning completely independent of his three-dimensional body.
6. A woman in deep despair, wondering whether her son who was reported missing is alive or dead, decided to ask his whereabouts specifically and believingly of her subconscious mind. Consequently, in the sleep state, she became clairvoyant and saw her son, garbed as a prisoner, in Vietnam, and even the contents of his cell, and was immediately aware that he was alive and well. Subsequent events corroborated her extrasensory experience.
7. A doctor who had lost a very valuable topaz asked the author to help her locate it through prayer. In the dream state, I saw a foreign looking woman

wearing the topaz in question, heard her conversation about its value, saw the mole on her face and observed that three front teeth were missing. When I described the woman to my doctor friend, she realized at once it was her maid who had stolen the ring and she recovered it easily.

8. Dr. Phineas Parkhurst Quimby, in 1862, conducted experiments in travelling clairvoyance. In one instance he hypnotized a woman, who became clairvoyant, and he sent her to her former home, where she reported accurately everything going on, introducing him to the postmaster as well as revealing the death of an uncle and other intimate details, all of which were subsequently verified in detail. Quimby followed her on her mental journey, as he was clairvoyant without going into a trance state. He demonstrated the supernormal powers of the mind.
9. In another instance, Dr. Quimby demonstrated that his subject, Lucius, who became clairvoyant in the trance state, could graphically portray in detail a man who was missing, describing him, his occupation, members of his family, his movements and whereabouts. Dr. Quimby knew that some member of the audience was acquainted with the man in question, and Lucius, in the trance state, simply tapped the subconscious mind of the questioner, who had a complete memory picture of the missing man and knew all about him. These are the wonders of your subconscious mind.

6

Extrasensory Perception and Healing

One of the most interesting and fascinating faculties of the human mind is that of prevision, or the capacity to visualize a future event before it occurs on the screen of space. During consultation work and while conducting interviews with people in many walks of life, I have been informed of remarkable healings and the saving of loved ones' lives through extrasensory perception.

How a Mother's Prayer Saved Her Son's Foot

I interviewed a woman a few weeks ago regarding a domestic problem, and during the consultation she told me about an interesting and remarkable episode in her prayer life. Her son had phoned her from a Vietnam hospital, asking her to pray for him. He told her that his foot was gangrenous and that the surgeon thought he would have to amputate it. But the son had said to the surgeon, "My mother prays for people and they get well." The doctor had encouraged him, saying, "Go ahead. Call her."

She said to me that she sat still after the phone call, mentioned her son's name and affirmed: "My son is known

in Divine Mind. God in the midst of him is healing him now, and I give thanks for the action of God which is taking place now." She quietly affirmed this simple prayer over and over again in a quiet, passive, relaxed manner, and after about one hour she fell asleep. In a dream she saw her son and he spoke to her, saying, "Mom, I'll keep my foot. It is wonderful!" She awakened in the morning with a great sense of peace and tranquility. Subsequent news from her son confirmed her deep conviction in the healing power of God.

This mother knew there was no time or space in the mind principle and that her deep realization of the Infinite Healing Presence would be resurrected in the subconscious of her son thousands of miles away. Her favorite Bible verse which she used was: *What things soever ye desire, when ye pray, believe that ye receive them and ye shall have them* (Mark 11:24).

How a Wife's Dream of Her Husband's Heart Attack Helped Avert a Tragedy

While writing this chapter in between interviews, I find I get a lot of rich material from listening to people who have had extraordinary experiences with extrasensory perception, and who hesitate to mention their experiences to their closest friends and relatives lest they be ridiculed or thought of as "a little off the beam."

This brilliant young wife who came to see me about how she should pray scientifically for her young son, told me that a few weeks ago she had fallen asleep after lunch on her divan and had had a very disturbing dream. She felt she was seeing her husband driving his car on the way to Las Vegas, and he was clutching his heart while the car was careening out of control.

Suddenly she awoke with a sense of fear and trepidation and with apprehension of disaster. She opened the Bible and read aloud the 91st Psalm, the great psalm of protection,

changing the tense to the present, and prayed for her husband for about a half an hour, starting off with: "He dwells in the secret place . . . He abides under the shadow of the Almighty . . . His angels watch over my husband, to keep him in all thy ways," and other passages, such as, "God is healing him now" and "God's love flows through him, making him whole and perfect." Gradually a sense of peace came over her.

Later in the day she learned that her husband had had a severe heart attack and had lost consciousness. A passing motorist had come upon the car motionless in the middle of the road with a man slouched over the wheel. He investigated and discovered some heart pills in the driver's hand, which, obviously, he was about to take when the sudden attack immobilized him. The motorist put a tablet in the mouth of the stricken motorist and transported him to the hospital, where he had a remarkable recovery in a very short period of time. The motorist told her that it seemed a miracle how the car had come to a stop, as her husband's foot was not on the brake and he was completely unconscious.

This woman's prayer that "angels watch over her husband" acted in the mind of the passing good Samaritan, and he proved to be an angel of mercy and compassion. This wife's prayer and deep, abiding conviction in the Infinite Healing Presence which indwells all of us, acted on the subconscious of her husband 100 miles away, bringing about an appropriate rescue and a remarkable healing to his damaged heart. She added that cardiac tests revealed what the doctors termed a remarkable recovery.

How Clairaudience Saved a Platoon of Soldiers

On a plane trip to New York last year, I sat next to an officer who had recently returned from Vietnam, and during our conversation he informed me about his experience with extrasensory perception and about the voice he had heard

from "nowhere." He and his men were under orders to conduct a reconnaissance in a certain jungle area. As they walked slowly along, he heard his sister's voice say clearly and distinctly, "There's a mine in front of you. Stop! Stop! Stop!" Immediately he issued the order to halt, and they found a land mine secreted a few yards away. Undoubtedly, they would have been mangled or perhaps even killed had they gone ahead.

His sister was a nun teaching in a convent in Ireland, and he said that she prayed for him regularly every night and morning as well as at daily mass, always claiming, "The Lord is my brother's light and his salvation."

From the standpoint of geography, this officer knew that his sister was thousands of miles away. Having a degree in psychology, he realized that the voice he had heard was a warning from his own subconscious mind, which sought to protect him and which indubitably had responded forcefully to his sister's prayer. The urges, whisperings, monitions, and intuitions of your subconscious mind are always lifeward. They seek to protect you at all times, as self-preservation is the first law of nature. Be sure to listen to that inner prompting, that silent, inner knowing of your own soul.

In times of great emergency or acute danger, often you will discover that your subconscious mind projects the voice of a person whom you will immediately obey and accept as true. The inner voice which seeks to protect you would, therefore, not be the voice of someone you disliked or distrusted.

Extrasensory Perception and Healing in the Bible

> *The centurion sent friends to him, saying unto him, Lord, trouble not thyself: for I am not worthy that thou shouldest enter under my roof. . say in a word, and my servant shall be healed* (Luke 7:6,7).

Here is a technique of absent treatment, or extrasensory healing. You are told how to pray for another or send your word and heal him. When you pray for another or give what is termed a mental and spiritual treatment, you simply correct what you hear and see in your mind by knowing and feeling the other's freedom, wholeness and peace of mind.

Your *word* in Bible language is your deep, abiding faith and conviction in the response of the infinite healing presence to your belief.

This is how you send the word to heal or help the other person: The first thing you do is think of all that you know about God, such as, "God is boundless love, absolute harmony, infinite life, all powerful, all bliss, the living spirit almighty within me." Realize that there is nothing to change but your thought. Do not use force or mental coercion of any kind. Let go, relax, realize you are a channel resurrecting the wholeness and harmony of the infinite from the invisible to the visible.

When praying for another, affirm quietly: "God is the only Presence and Power. I claim, feel and know that the uplifting, healing and strengthening power of the Infinite Healing Presence is flowing through John or Mary, making him or her whole, relaxed, and perfect. I claim and know that the harmony, beauty, and life of God are now being manifested in you as strength, peace, vitality, beauty, wholeness, and right action." Feel the truth of what you affirm, and as you get a clear realization of this, the sick condition will dissolve in the light of God's love.

The test of your faith and confidence is a mental state of rest and serenity. Maintain the quiet mind and pray again for the person when you feel guided to do so; gradually, you will build up a conditioned state of mind, and the day breaks and all the shadows flee.

The Dying Man Sat Up and Began to Speak

Recently I gave a lecture at the beautiful Religious Science Church in Oakland, California; and while there, a man visited me in the hotel for the express purpose of finding out how he and his wife should pray together. During the course of the interview, he spoke along these lines: that he believed in the powers of the subconscious mind,* and that he had read the book over and over about 15 times, and furthermore that he had diligently practiced what he had read.

His son, who is of the Evangelical Church, and who takes the Bible literally, was very ill, actually in a comatose condition for a few days. Not too much hope was given by his doctors, though they did everything possible for him and were very kind and considerate.

One day as this man prayed for guidance, he visited his son, who didn't seem to recognize him and lapsed off into a lethargic sleep. The father said out loud to the son's subconscious, "Son, Jesus is right here now and you see him. Jesus is going to heal you now. He is putting his hands on you now. You feel the touch right now."

He repeated these statements several times slowly, gently, and positively. His son was unconscious when he spoke and apparently was not aware of his father's presence. After about ten minutes, the son sat up in bed, opened his eyes and said, "Hello, Dad. Jesus came and touched me. I know I am healed. He said to me, 'I say unto thee, Arise.' " His son was discharged two days later, completely healed.

What happened? This boy's subconscious mind accepted his father's statement that Jesus was there and his subconscious mind projected the thought form; i.e., this boy's religious concept of Jesus was portrayed to him while he slept, based on the images in his prayer book, paintings,

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*Dr. Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

church statues, etc. This boy blindly believed that Jesus was there in the flesh and that he had placed his hands upon him. His blind belief was registered in his subconscious, and it responded accordingly.

You can tell a man in a trance that his grandmother is here now and that he will see her clearly. He will see what he believes to be his grandmother. His subconscious projects the image of his grandmother, based on his subconscious memory picture. You can give the same man a post-hypnotic suggestion, saying to him, "When you come out of the trance, you will greet your grandmother and talk with her." He does exactly that.

This is called a subjective hallucination. The faith kindled in the subconscious of this man's son was the healing factor. It is always done unto us according to our faith or mental conviction.

The Resurrection of the So-Called Dead

The subconscious is amenable to suggestion even though the subject is unconscious. The deeper mind can receive and act upon the suggestion of the operator. In a sense, you could call such an incidence the *resurrection of the dead.* It is the resurrection of health, faith, confidence, and vitality.

The Woman Refused to Consult a Doctor of Medicine

A woman phoned me from New Orleans, saying that she felt very weak and had collapsed three times during the week after some slight exertion in her home. I suggested that she consult a doctor at once and get a checkup, and that she pray both for him and for herself, while being continuously aware that God is guiding her and her doctor, and that God in the midst of her is healing her now.

She said, " I hate doctors, nurses, and pills. My husband insists I go to a doctor, but I believe God can heal me." I explained to her that while being full of hate, she is thereby

blocking the healing stream of love and joy, and that she must let the sunshine of God's love enter into her heart. Her mental resistance sets up a resistance to the Healing Presence and a short circuit takes place. She was adamant, saying, "I'm not going to any doctor." Her husband later told me that that same day she collapsed suddenly and was rushed to the hospital, where she died of coronary thrombosis.

Her husband had been begging her to submit to a medical examination. If she had done so, her condition would have been discovered, and, undoubtedly, alleviated. Her life would have been prolonged. Right medical care plus prayer therapy, working together, would have blessed her in many ways. God indwells the doctor, the dentist, the osteopath, and the chiropractor. Every man is a temple of the living God.

Why You Should Honor the Physician

In the Book of Ecclesiasticus, Chapter 38, Paragraphs 1 and 2, you read these words:

> *Honour a physician with the honour due unto him for the uses which ye may have of him: for the Lord hath created him. For of the Most High cometh healing, and he shall receive honour of the king . . . the Lord hath created medicines out of the earth; and he that is wise will not abhor them . . . And he hath given men skill, that he might be honoured in his marvelous works.*
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> *My son, in thy sickness be not negligent; but pray unto the Lord, and he will make thee whole . . . Then give place to the physician, for the Lord hath created him: let him not go from thee, for thou hast need of him. There is a time when in their hands there is good success. For they shall also pray unto the Lord, that he would prosper*

that which they give for ease and remedy to prolong life . . .

These verses are very wise and are saying to you that you demonstrate at your level of belief. If you do not get well by prayer, see a doctor. If you have the conviction of the presence of God where the trouble is, it will disappear; if not, do the next best thing–immediately. If your prayers are successful, health should spring forth speedily. Remember, if you can't grow a tooth or mend a broken bone at once through prayer, better see a dentist for your tooth and a surgeon for your bone. This is common sense and certainly much better than being a cripple for life.

Why the Atheist Had a Remarkable Healing at a Shrine

Healings occur sometimes unheralded at various religious services. Many people have told me that they have had healings at our healing services on Sunday mornings. They add that they did not expect a healing, that they were skeptical, that they were in no state of exaltation, and that they were not even thinking of a healing. From what they say, one would gather that they lacked faith; therefore, the question arises: How could they receive a healing?

The answer is rather simple. All of them, whether atheists or agnostics or believers, are looking for a healing, and their minds are receptive to receive the prayers of the multitude present. Perhaps they are going to a medical doctor, osteopath, or chiropractor for treatment, which is highly indicative that they desire to be healed. Desire is prayer, and God will answer the prayer of an atheist if he believes just as well as that of any religious person, as God with His law is no respecter of persons. Desiring a healing causes a receptive attitude of mind which also causes the idea of perfect health to be resurrected in the subconscious mind. That is what the people present at church or at a shrine are praying for.

When the so-called atheist mentioned in this subtitle mingled with a group of people gathered together in prayer at a shrine, who were affirming that all those present are healed, made whole and perfect, he established a definite psychological and spiritual link with all those present. It is thus possible for him to be healed, as the healing vibrations emanating from all those dedicated people present impinge on the subconscious mind of the atheist, transforming the negative patterns and making way for the healing power of his subconscious to be resurrected. Collective prayer neutralized the mental poisons of his subconscious mind and made way for the spirit of wholeness and beauty to enter in.

POINTS TO REMEMBER

1. Prevision is the capacity of your deeper mind to see a future event before it happens.
2. A mother can pray for a son thousands of miles away; and by dwelling on the thought, "God in the midst of him is healing him now" until her mind is at peace, her conviction of God's healing presence is resurrected in the subconscious of her son; his foot is healed. There is no time or space in the mind-principle, and his mother's inner realization is made manifest immediately in the experience of her son.
3. Husbands and wives are subconsciously linked together. It is possible for a wife to perceive an acute illness of her husband in a dream state and, through prayer, prevent a tragedy. In this case, a wife in a dream state saw her husband have a cardiac attack while driving a car. She turned to prayer, and her prayer was answered.
4. An officer on patrol in Vietnam with his platoon heard his sister's voice saying, "There is a mine in front of you. Stop!" He obeyed instantly and saved the lives of himself and his platoon.

5. When the Bible says, "He sent his word and healed them," it means you don't have to visit the sick person, who may be thousands of miles away. But knowing that mind is timeless, spaceless, one, and indivisible, one can enter into a deep conviction of God's healing power. Your inner knowing and belief will be felt by the sick person, and a healing will follow.
6. A father realized that the subconscious mind of his son, who was in a comatose condition, was amenable to suggestion. He made powerful suggestions to his son, who was unconscious, by affirming, "Jesus is here. He is touching you now. Jesus is healing you now." The boy saw the thought form of Jesus in his unconscious state. Believing it was Jesus, he was healed. His blind belief healed him, as his subconscious will respond whether the object of his belief is true or false. The healing power of the subconscious is the only healing power regardless of all techniques, processes, rituals, ceremonies, talismans, shrines, or frills.
7. When you are sick and when you pray, if you do not get results immediately, go and see a doctor at once.
8. Many religious fanatics refuse to go to doctors when they are seriously ill. In their superstitious beliefs they think it wrong to do so. All this is a mild form of insanity. Extremes are always dangerous. After prayer, health should spring forth speedily; if it doesn't, it means you don't have the faith you think you have. Go to a doctor, bless him, and keep on praying for health and harmony. Remember, your longing for faith is not real faith. Real faith is made manifest right here and now. Countless thousands would be alive today if they had

consulted a doctor in time instead of resenting medical help and in that way blocking a healing.

9. The Book of Ecclesiasticus, Chapter 38, states definitely and categorically, *Give place to the physician for the Lord hath created him . . . for thou hast need of him.*
10. An atheist can get answers to his prayers, for the laws of mind are impersonal. If he is desirous of a healing and is going to a doctor for treatment and visits a healing shrine where people are praying, it is possible for the collective healing consciousness of those praying to penetrate his subconscious, resulting in a healing.

7

Why You Will Live Forever

Thousands of years ago, Job asked, "If a man die, shall he live again?" God is Life, and Life cannot die. Life cannot die. Life has no beginning and no end. Every person walking the earth is God or Life in manifestation.

Your body is an instrument or vehicle through which the life-principle is expressed. You will always have a body of some sort, no matter in what dimension of life you function.

So-called death is not the end; it is only a beginning. You will arrive at your new destination, actually, when you pass on from this three-dimensional to a fourth-dimensional existence, and you will look upon it as a new birth. You will possess a new, fourth-dimensional body which is rarefied and attenuated by our standards, enabling you to go through closed doors, to collapse time and space, and to be where you want to be through the medium of your thought.

Milton said, "Death is the golden key that opens the palace of eternity." The journey of every man is from glory to glory, from octave to octave, and through the many mansions of our Father's house.

When you pass to the next dimension of life, you will see and be seen. You will recognize loved ones. You will

possess all your faculties as an individual. When you came into this world, you were met by loving hands, who took care of you; you were fondled, coddled, and cosseted. And what is true on this plane is true on all planes. You will meet loved ones who will care for you and who will initiate you into the activities of the next dimension of life.

Life Is Progression

Your life is an endless unfoldment–ever onward, upward, and Godward. You can't go backward, for the urge of life is progression, expansion and growth. God is Infinite Life. This Life is your life now; therefore, there is no end to your newness, freedom, and spiritual awareness. Never in all eternity could you exhaust the wonders and glories that are within you.

In the 15th Chapter of the First Book of Corinthians, Paul says: *There are also celestial bodies, and bodies terrestrial: but the glory of the celestial is one, and the glory of the terrestrial is another. And as we have borne the image of the earthly, we shall also have the image of the heavenly.*

You Live Forever

In the above-mentioned Biblical quotation, Paul is saying that there really is no death and that all men and women are immortal. Every child born in your home is simply Life taking on that form. This in scriptural language is God (life-principle) coming down from Heaven (invisible state) and appearing on earth, or being made manifest. When your present body ceases to function perfectly, you will put on a fourth-dimensional body, referred to frequently as an astral body, subtle body, celestial body, subjective body, etc. You can't take any earthly possessions with you, but you do take all that you have ever learned and believed about God, life, and the universe; in other words, you take the sum total of your beliefs, convictions, impressions, and awareness.

Fourth-Dimensional Teachers Attend Lectures

Frequently some psychics, clairvoyants, and similarly gifted people speak to me following lectures on Sunday mornings at the Wilshire Ebell Theatre in Los Angeles. They describe men sitting on the platform while I am speaking. I have asked them to describe the men they purportedly saw, and in each instance they have accurately described the following teachers in the next dimension: Dr. Emmet Fox, author of *Sermon on the Mount;* Judge Thomas Troward, author of six books on Mental Science; and Dr. Harry Gaze, author of *Emmett Fox, the Man and His Work.* They have also accurately described my father, who passed on many years ago, as well as my sister and other relatives and teachers. In no instance had these sensitives ever met any of my relatives or the teachers referred to in this chapter; neither had they read any of their works or seen photographs of them.

I do not look upon their perception and experience as unusual, as there is no reason whatever why men and women who are spiritually developed can't attend spiritual gatherings whenever they wish and appear and reappear at will. I have not seen the men and women mentioned on the platform, but several people present who are highly sensitive and clairvoyant see these fourth-dimensional beings frequently on the platform Sunday mornings and sometimes at my classes on the I Ching, Tarot Symbolism, and the esoteric meaning of the Bible.

Spiritually Advanced Individuals Can Appear and Reappear at Will

Judge Thomas Troward, author of *The Edinburgh Lectures on Mental Science* and many other books, including his foremost book called *The Creative Process in the Individual,* spent the greater part of his life as a judge in the Punjab of India. I quote from *The Creative Process in the Individual*

(first published in 1915 by Dodd, Mead and Company), as follows:

> Manifestation is the growth proceeding from the principle, that is to say, some Form in which the principle becomes active. At the same time we must recollect that, though a form is necessary for manifestation, the form is not essential, for the same principle may manifest through various forms, just as electricity may work either through a lamp or a tram-car without in any way changing its inherent nature. In this way we are brought to the conclusion that the Life-principle must always provide itself with a body in which to function, though it does not follow that this body must always be of the same chemical constitution as the one we now possess. We might well imagine some distant planet where the chemical combinations with which we are familiar on earth did not obtain; but if the essential life-principle of any individual were transported thither, then by the Law of the Creative Process it would proceed to clothe itself with a material body drawn from the atmosphere and substance of that planet; and the personality thus produced would be quite at home there, for all his surroundings would be perfectly natural to him, however different the laws of Nature might be there from what we know here.
>
> In such a conception as this we find the importance of the two leading principles to which I have drawn attention—first, the power of the Spirit to create *ex nihilo,* and secondly, the individual's recognition of the basic principle of Unity giving permanence and solidity to the frame of Nature. By the former the self-recognizing life-principle could produce any sort of body it chose; and by

the latter it would be led to project one in harmony with the natural order of the particular planet, thus making all the facts of that order solid realities to the individual, and himself a solid and natural being to the other inhabitants of that world. But this would not do away with the individual's knowledge of how he got there; and so, supposing him to have realized his identity with the Universal Life-Principle sufficiently to consciously control the projection of his own body, he could at will disintegrate the body which accorded with the conditions of one planet and constitute one which accorded just as harmoniously with those of another, and could thus function on any number of planets as a perfectly natural being on each of them. He would in all respects resemble the other inhabitants with one all-important exception, that since he had attained to unity with his Creative Principle he would not be tied by the laws of matter as they were.

From the above paragraphs, you will glean that an individual who is highly advanced spiritually and who senses his oneness with the universal Life-Principle can project himself to any country or even other planets at will; and the Life-Principle, which is all-wise and all-knowing and which is the only cause and substance, will project a body in harmony with the density of atmospheric pressure of the particular planet; in other words, he would be able to appear and reappear at will.

For example: If you melt ice, you have water. If you continue heating the water, you will have steam, which can be invisible. But steam, water and ice are all one, vibrating at a different molecular wave length. The functions and physical properties of each are different. Likewise, you are spirit, mind and body. They are all one, but each has a separate

function. There is nothing illogical about a spiritually developed man living, let us say, in New York City and contemplating himself as being in Johannesburg finding himself in the latter city instantaneously. He is a mental and spiritual being and knows that mind and spirit are omnipresent and that when he focusses on a certain location and decrees he is there, automatically he dematerializes his body, which is composed of atoms and molecules, which now appear invisible like the steam we mentioned. He then condenses down the high molecular vibration to the three-dimensional body and appears walking the streets of Johannesburg. This type of man would also be able to go to the next dimension at will as well as to other planets and to return when he wished to do so.

A Dying Man Talks to His Father, Mother and Son in the Next Dimension

Recently I visited a man who was dying of cancer, which had metastasized over his body. He talked to me about several things and we prayed together. He was perfectly rational in his mind and began to talk to his father and mother, who had left this world many years ago. He said, "They are here and I am going with them." Then he said, "I see John. I didn't know John was there!" Neither did his wife, who was present, know about John's presence. But one week later she received a letter from India, where John (their son) was stationed. John had passed on about the same time that his father made the remark to me at the bedside.

Your Departed Loved Ones Are Right Where You Are

Your so-called dead relatives are all about you, and you must cease believing that they are "dead and gone." They are alive with the life of God and separated from us by frequency only. You do not see cosmic rays, gamma rays, beta rays,

alpha rays, ultraviolet rays, or infrared rays. Your physical eyes are blind to the great invisible reality that lies around you. You would see a different world if you began to see through your inner eye of clairvoyance; and in similar manner, what a vastly different world you would see if you were as sensitive as the x-ray machine or infrared rays.

You might say to the writer that there is no one in your room as you read this chapter, but turn the dial of your radio or television set and, lo and behold, you see, or hear, people talking, laughing, and dancing. You hear music, singing, and the voices of men and women perhaps thousands of miles away. All these programs fill the room where you are seated. Man is a broadcasting and receiving station himself; that is why he was able to invent a radio and a television apparatus, because all these powers and faculties are within him, submerged in most people, but still quite active in others who walk the streets of your own city.

Eradicate That Hypnotic Spell

The average man is under a sort of hypnotic spell of belief in death; but when he opens his spiritual eyes and lets the accumulated scales of centuries of false beliefs fall away, he will realize that he has an existence beyond time and space as we know it, and he will see and feel the presence of those whom he now calls "dead."

I have been at the bedside of many men and women during their transition. They have shown no signs of fear. Instinctively and intuitively, they feel they are entering into a larger dimension of life. Thomas Edison was heard to say to his physician before he died, "It is very beautiful over there." All of us have a natural wistfulness regarding the state of our loved ones after they leave this plane of life. We must realize that with the dawn their happy faces smile which we have "loved long since and lost a while."

What the Poets Have Said About the Next Dimension of Life

Tennyson said:

> Thou wilt not leave us in the dust;
> Thou madest man, he knows not why, He thinks he was not made to die; and thou hast made him; thou art just.

Wordsworth said:

> Our birth is but a sleep and a forgetting;
> The Soul that rises with us, our life's star
> Hath had elsewhere its setting
> And cometh from afar;
> Not in entire forgetfulness,
> And not in utter nakedness,
> But trailing clouds of glory do we come
> From God, who is our home.

Whittier said:

> And so beside the Silent Sea
> I wait the muffled oar;
> No harm from Him can come to me
> On ocean or on shore.
>
> I know not where His islands lift
> Their fronded palms in air;
> I only know I cannot drift
> Beyond His love and care.

Robert Browning said:

> All that is, at all,
> Lasts ever, past recall;
> Earth changes, but thy soul
> And God stand sure;
> What entered into thee,
> That was, is, and shall be;

Time's what runs back or stops;
Potter and clay endure.

All these men are saying the same thing; that is, that life cannot produce death, as that would be a contradiction of its own nature. Life is, was, and shall be.

The Departed Father Returns and Corrects a Wrong

An attorney friend of mine in Mexico told me that his sister had hypnotized their father prior to his transition and had given him a post-hypnotic suggestion that the largest share of his fortune would be given to her. The father, thereupon, acting under the hypnotic suggestion, followed the order given his subconscious mind of which his conscious mind was unaware.

One evening, shortly after the demise of their father, the two were seated in the living room listening to a radio program when their father appeared to them fully clothed and wearing the same house jacket which had become inextricably a part of his dress around the house. He was angry and told his daughter how she had hypnotized him and cheated her brother and directed her to make it right at once, to which demand she immediately assented. In the next dimension of life, the father knew that he had been taken advantage of, and he decided to visit the daughter and correct it. Undoubtedly, his intense desire to right the wrong and bring about his true decision regarding the will charged his subconscious with sufficient intensity to precipitate his personality into their living room.

This was not a ghost or a strange hallucination or thought form, but the entire personality of their father, who possessed all his faculties and who was able to talk and instruct his daughter in righteousness and integrity.

A wonderful, informative, and scientific book to read along similar lines as the above is *Phantasms of the Living* by

Edmund Gurney and Frederic Myers of Cambridge, published by the Society for Psychical Research, London.

How to Give the Oil of Joy for Mourning

You must never grieve nor mourn for departed loved ones. Radiate the qualities of love, peace, and joy to the friend or relative who has passed over to a larger dimension of life. Lift the other up in your mind and heart and rejoice in his new birthday, knowing that Divine love and Divine life are where he is. Realize that the dear ones who have passed on are dwelling in a state of beauty, peace, and harmony. You make the loved ones happy by this attitude of mind. Instead of feeling that they are dead and gone and that they are where their graves are, feel that the wisdom, intelligence, and love of God are flowing through them in transcendent loveliness. Whenever you think of a departed relative or friend, silently bless him by affirming, "God loves you and cares for you." This attitude of mind heals all grief and sorrow for you and yours.

Entering Into a Higher Vibration

There is no one buried anyplace, whether in the soil or far away at sea. The body is interred and undergoes dissolution, returning to its primordial elements. Modern, up-to-date, scientific thinkers never visit graves, as there is nobody there. To identify with the body in a grave and to put flowers on the grave is to identify with limitation and finality, which brings on disease and all kinds of loss to the person who indulges in this custom. In the modern funeral, there is no body in evidence, and the relatives meet for prayer and meditation, celebrating the loved one's new birthday in God as he moves onward, upward, and Godward.

POINTS TO REMEMBER

1. God is life, and that is your life now. The Life-

Principle hath no beginning and no end; therefore, there is no end to your growth, expansion, and unfoldment. A billion or a trillion years from now, you will be alive somewhere expressing more and more of the wonders and glories within you.

2. You will meet loved ones and other advanced souls in the next dimension who will initiate you there and help you on your journey that knows no end.
3. Life is a constant progression. Life neither goes backward, nor tarries with yesterday. Your journey is forward. It is newness and endless growth from glory to glory.
4. Occasionally, as I lecture on Sunday mornings to a very large audience, several sensitives who are clairvoyant see fourth-dimensional men and women on the platform where I lecture. Their descriptions of them fit exactly these persons as I have known them. These sensitives had never met any of these people in the flesh; people who have advanced knowledge of spiritual and mental laws can go where they want to go, as they are not bound by time or space.
5. Judge Thomas Troward, who wrote many outstanding books on mental laws, points out that as a man advances in his realization of his oneness with the All-Originating Spirit, he can visit other planets as well as any point on earth. He can do this by focusing his attention on the spot he wishes to visit, by disintegrating his present body and causing the All-Originating Intelligence within him to reassemble and coalesce its atoms wherever on this earth or on other planets he projects himself. The All-Originating Intelligence would create a body consonant with the density and atmospheric pressure of whatever planet is selected.

6. Occasionally, men and women who are about to depart from this plane see, hear, and talk to departed relatives who are at their bedside to comfort and aid them in their transition.
7. Your loved ones who have passed over are right where you are; if you were clairvoyant, you could see them and talk to them. They are separated from you by frequency only. If you see a fan oscillating at a very high speed, the blades and the fan itself become invisible. Slow it down, however, and you see the fan. It is the same idea regarding three-dimensional and four-dimensional living.
8. Many of the poets intuitively perceived that man is immortal and that trailing clouds of glory, we come from God, which is our home. In God we live, move, and have our being. God lives, moves, and has His being in us. We are living in eternity now, because God (the Life-Principle) is the reality of each one of us.
9. It is possible for a departed father to reappear to you from the next dimension and give you a message of importance. His intense desire to correct some wrong charges his subconscious sufficiently, enabling him to do this.
10. Never mourn the so-called dead. Protracted grief is selfishness, as you would be thinking of *my* loss, *my* sorrow, *my* grief. Surround the loved one with peace and harmony and realize that God's love flows through him and the joy of the Lord is his strength. This attitude banishes all grief and desolation. Suppose you had gone on first. Realize you are sparing your loved ones all sense of loss, grief, and loneliness. Rejoice in your loved one's new birthday in God. You can't keep loved ones forever. They are loaned to you from God and all must pass on. This is a cosmic law and must be good or it

would not be. Your children are not yours; they come from God through you, but not by you. The child who lived for one hour here or who was born dead still lives and is a grace-note in the grand symphony of all creation.

11. There is no one buried in a grave or vault. Never visit a graveyard thinking there is someone there. This induces lack, loss, and limitation, because you are identifying with finality. The body is not the person. Give the flowers of your heart to the loved one right where you are. Realize the truth of the 23rd Psalm: *Goodness and mercy follow them all the days of their lives because they dwell in the house of God forever.*

8

How Extrasensory Perception Reveals Answers in Dreams

The Bible says: *I, the Lord* (subconscious mind) *will make myself known unto him in a vision and will speak unto him in a dream* (Numbers 12:6).

There are numerous references in the Bible to dreams, visions, revelations, and warnings given to men during sleep. Your subconscious mind is active 24 hours a day and never sleeps. The Bible points out that Joseph was amazingly accurate in his analyses of the dreams of Pharoah, and that his mental acumen and sagacity in predicting the future through the interpretation of dreams brought him praise, honor, and recognition by the king.

Dreams have captivated scientists, scholars, mystics, and philosophers down through the ages. Many answers to man's most acute problems have been given in dreams. Since Biblical days, various interpreters and expositors in every country have been engaged in the analyses and interpretations of dreams. Freud, Jung, Adler, and many other distinguished psychologists and psychiatrists have studied the symbols portrayed in dreams, and by interpreting the

meaning to the conscious mind of the patient have released hidden phobias, fixations and other mental complexes.

Your dreams are projections of the contents of your subconscious mind, and in many instances, they answer your problems and warn you regarding investments, journeys, and marriage, as well as pitfalls of daily living. Your dream is a dramatization of your subconscious mind and is not fatalistic. You mold, fashion, and shape your own future by your thought and feeling. Anything in your subconscious is subject to change, and when you know the laws of mind, you predict your own future. Remember your future is your present thinking made manifest, because your subconscious mind faithfully reproduces your habitual thinking 24 hours a day.

The Meaning of the Symbols in Your Dreams

The symbols which appear in your dreams are personal and apply to each individual only; the same symbol appearing in the dream of a friend or other member of your family may have a completely different meaning.

The Dream Reveals a Small Fortune in Dollar Bills

I once had a telephone call from a woman in New York City, stating that her husband had told her prior to his demise that he planned to take a large sum of money from his private safe and invest it in a foreign country for greater returns. A few days later he passed on, and when the safe deposit box in the bank was opened, there was no cash, but there was a record at the bank that two days previously he had visited the vault. There was no trace or record of any investment, and a minute inspection of his desk revealed no clues.

I suggested to her that she turn her request over to her subconscious mind, which knew the answer, and that it would reveal the answer to her in its own way. She prayed as follows prior to sleep: "My subconscious knows where my

husband secreted that money, and I accept the answer and believe implicitly the solution will come clearly into my conscious mind." She quietly dwelled on the meaning of these words, knowing they would be impressed on her subconscious, thereby activating its response.

She had a very vivid dream in which she saw a small, black box hidden behind a picture of Lincoln on the wall in her husband's work den. She was shown in the dream how to press a secret button, which could not be seen with the naked eye. When she awakened, she rushed to the den, took down the picture of Lincoln, and when she pressed the button revealed in the dream, an opening appeared containing the black box which in turn contained $50,000 in currency.

She discovered the treasures of her subconscious, which knows all, sees all, and has the know-how of accomplishment. You too can take a similar step in putting your ESP to work in locating a treasure of any type that really belongs to you.

How a Dream Prevented a Great Psychological Shock

A young woman in San Francisco experienced a recurrent dream for four consecutive nights. In her dream, her fiance, who was living in Los Angeles, appeared to her and quite suddenly a very high mountain, which seemed impossible to scale, came between them. In the dream she was deeply surprised, frustrated, and bewildered. She awoke wrestling with the problem and sensing something very wrong and shady.

I asked her what the mountain signified to her, as every dream, when interpreted properly, must coincide with the inner awareness and feeling of the dreamer. Moreover, a recurrent dream is very important, as it is the intuitive voice of your subconscious saying to you, "Stop, look, and listen." The word *mountain* to her meant an insuperable obstacle. I suggested to her that she speak to her fiance about the dream and gain the assurance that there was nothing hidden that

was not revealed to her and nothing covered that was not made known to her.

Accordingly, she flew down to Los Angeles to see her fiance, who met her at the airport. After a heart-to-heart talk, he finally told her, "I am a homosexual. I wanted to marry you so that my customers, who are very religious, would not suspect anything."

Her dream prevented her from experiencing what eventually would have been a great traumatic shock. You too can exercise the same or greater foresight through analyzing the recurrent happenings in your dreams.

The Reason for Her Dreams

This young lady had sensed something wrong for some months but could not put her finger on it. She prayed specifically, claiming that the infinite intelligence of her subconscious mind would reveal the answer and that it would be clearly shown to her.

The Bible says: *In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; Then he openeth the ears of men, and sealeth their instruction* (Job 33:15, 16).

There Are Many Types of Dreams

There are variegated types of dreams, some due to sexual frustration and repression, others due to mental and emotional turmoil, bodily malfunctioning, fears and religious taboos, reproduction and a recast of past events or of the activities of the day.

However, there are many dreams of a recurrent nature as well as of a precognitive significance wherein you see events before they happen. Many times you are given detailed instructions in the dream state as to what action to take.

How a Dream Revealed to a Woman the Man She Married

A young business woman had a dream in which she saw a young man—tall, fair, blue-eyed, and with blond hair. In the dream he proposed to her and she accepted. A few days later she met him when he entered the office where she worked to interview one of the attorneys who employed her. He invited her out and they shortly became fast friends. Two months later they were married.

Dreams similar to this one are quite frequent, as it is not at all uncommon for a man or woman to envisage ahead of time the person the dreamer will marry. It is possible to tap great intuitive powers by putting your dreams to work, as in this instance.

The Real Cause of This Woman's Prescience

This young woman had been praying and affirming every night for the ideal mate as follows: "I know that I am one with God now. In Him I live, move, and have my being. God is Life; this life is the life of all men and women. We are all sons and daughters of the one Father.

"I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There are mutual love, freedom, and respect.

"There is one mind; I know him now in this mind. I unite with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other already in Divine Mind. I see the God in him; he sees the God in me. Having met him within, I must meet him in the without; for this is the law of my own mind.

"These words go forth and accomplish whereunto they are sent. I know it is now done, finished, and accomplished in God. Thank you, Father."

These truths which she affirmed found their way into her subconscious mind, and having identified herself with the qualities she admired in a man, her subconscious revealed to her the answer and a man who was the embodiment of her ideal was automatically attracted to her.

Extrasensory Perception Is Activated in Sleep

> *When thou goest, it shall lead thee; when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee* (Proverbs 6:22).

In sleep your conscious mind is creatively joined to your subconscious mind. Many good people think that sleep is intended only for rest of the body, but nothing rests while you are asleep, as your subconscious and all the vital processes of your body, though slowed down considerably, continue to function. A restorative process sets in during sleep resulting in a feeling of well-being due to the fact that there is a restoration of physical energy. Another reason we go to sleep is to develop spiritually; therefore, it is of paramount importance that we avoid all discordant states prior to sleep. The Divinity that shapes our ends is all wise and has so arranged it that man is compelled to withdraw from the world of noise, which is not conducive to spiritual unfoldment.

Man is Divinely guided in sleep. Answers to many problems are given him in the sleep state. Formulas, inventive devices, poems, contents for many volumes, etc., are also given him in the dream state. The contents of many chapters in chemical textbooks and in the engineering laboratories of the world appeared in a dream, an answer to a request of the dreamer.

How to Invent and Discover Something New

You may have a vague or general idea of what you want to invent or discover and that is all. The technique is simple.

Learn all you can about it objectively and then in a passive and relaxed state, dwell on a mental picture of that which you wish to invent. Then turn over your mental picture to your subconscious, asking it to complete all details, and go to sleep. When you awaken, be sure to follow the "hunches" you receive. It sometimes comes as an inner feeling that the solution lies in a certain direction or in a certain group of facts. You will find that many times the entire formula or solution may appear in a dream. In such cases it is wise to have a pencil near you as you sleep so that when you awaken you may jot down the impressions that come to you in your dreams. You may be greatly surprised as to what has been given to you in your sleeping state.

Some say, "I never dream." We all dream. If you don't remember your dreams, suggest to your subconscious before you drop off to sleep two words. "I remember." It knows what you want to remember and will faithfully follow your instructions.

It is done unto you as you believe. Your dream state may be one of your most positive doorways to psychic perception.

POINTS TO REMEMBER

1. The Bible is replete with references to dreams, visions, and revelations given to man when he is sound asleep.
2. Dreams have been studied down through the ages, and in almost every culture, interpreters and expositors of dreams and visions of the night have been employed.
3. Dreams are dramatizations of your subconscious mind and may answer your problems symbolically or warn you of impending danger. Your future is in your subconscious mind now, based upon your subjective impressions, beliefs, and assumptions.

4. You mold, fashion, and create your own future based upon your habitual thinking and imagery. Your subconscious mind, which never sleeps, is constantly reproducing your mental impressions and acceptances.
5. Symbols are personal to each individual and may have a different meaning when appearing in the dreams of another. The interpretation must coincide with your inner feeling. In other words, it must make sense to you.
6. A woman seeking to know where money was hidden requested her subconscious mind to reveal the whereabouts of the money, and it responded in a dream, showing the location of the secret place and how to open the receptacle in the wall. The subconscious knows all and sees all.
7. A young lady, sensing something wrong about her fiance, requested her subconscious to reveal specifically the answer to her, which it did in the form of an extraordinarily high mountain between them in a dream. Intuitively, she understood what the mountain was (a formidable obstacle impossible to climb over) and asked her intended about it. He blurted out frankly that he was marrying her as a sort of front to set at rest the suspicions of his customers, who were very religious in an old-fashioned way. Her dream saved her from a great traumatic shock. Her fiance was a homosexual.
8. There are many types of dreams. For example, if you go to sleep very thirsty, you may find yourself in your dreams quaffing large amounts of water. Also, dreams may dramatize frustrations, fears, phobias, fixations, and complexes of all kinds. Furthermore, there are many recurrent dreams and precognitive dreams which reveal events before they

happen. Many answers are given to the most perplexing problems in dreams and visions of the night.

9. It is not unusual to envisage your future husband or wife in a dream. This occurs because you have been meditating on certain qualities you desire in your future spouse, and as soon as you have deposited these qualities in your subconscious mind, by thinking of them with interest, it gives you a preview of the man or woman who is the embodiment of your idea.
10. Extrasensory perception is activated in sleep. When you go to sleep, your conscious mind is creatively joined to your subconscious mind; the last waking concept you entertain prior to sleep is etched on your subconscious mind and the latter determines the way the answer or healing will take place.
11. Many times as you think of the answer prior to sleep you will find that the entire formula or solution may appear in a dream. It is done unto you as you believe.

9

How Your Psychic Mind Solves Problems Through Dream Impressions

I have observed with the passage of years that people in all walks of life are intensely fascinated by dreams. Our daily newspapers, periodicals, and magazines are continuously revealing the extensive research work being conducted by medical doctors, psychologists, and psychiatrists on the dream life of men and women, and they have demonstrated that practically without exception all people dream. This research work has demonstrated also that deprivation of needed sleep can bring on mental aberrations and even psychosis.

Nearly everyone today has heard of Freud, Jung, Adler, and many others. These men have written and lectured extensively on dreams, and their interpretations vary to a great degree. From time immemorial, men and women have been baffled and amazed by the dramatizations of the mind called dreams. Many of these dreams are of a precognitive nature and transcend time and space.

The Television Set of His Mind Revealed the Answer

A young college student told me recently that he looks at the "television" in his mind every night. He refers to his dreams as his mental television. He had been ill for a couple of weeks and had missed several important lectures but was scheduled nevertheless to take an examination the day after his return to his studies. The night prior to the examination, he instructed his subconscious as follows: "Infinite Intelligence, you are all-wise. Reveal to me everything I need to know about this examination tomorrow morning. I accept the answer now." He then calmly went off to the deep of sleep. That night he saw clearly all the questions on his mental TV set and immediately thereafter got up and studied the answers from his textbook. This happens frequently to this young man, who definitely believes that the wisdom of his subconscious mind is guiding him in all his studies.

How Her Dream Saved Her Life

While writing this chapter, I was interrupted by a long distance call from a member of our organization who was in London, England at that time. The following is the gist of what she said: "I had to phone you. Last night you appeared to me in my dream and warned me under no circumstances to go to Nottingham by car as I had arranged. You instructed me to go by train. I had arranged to go with my two cousins in their car, but I cancelled the trip as you suggested. I was shocked to learn a short time later that my two cousins had experienced a serious accident on the road and were badly injured."

Her Special Prayer Program

Prior to this young woman's departure for Europe, I had given her the following prayer with the instructions that she was to busy her mind with the simple truths therein con-

tained: "I travel under God's guidance at all times. I send my messengers called Divine love, peace, harmony, and right action before me to make straight, beautiful, joyous, and happy my way, knowing that with mine eyes stayed on God, there is no evil on my pathway.

"Whilst riding in a car, train, bus, airplane, or whatever means of conveyance I use, God's love surrounds me. The invisible armor of God is always around me. The spirit of God is upon me, making all roads a highway for my God. It is wonderful!"

The Reason for Her Dream

Self-preservation is the first law of life, and your subconscious always seeks to guard and preserve you from harm of every kind. The prayer she was using was etched on her subconscious mind, which activated its clairvoyant powers. Undoubtedly it knew that if she had traveled by motor car to Nottingham, she would have had an accident; therefore, it projected a picture of her minister and dramatized the words of warning which her subconscious knew she would heed and obey. My appearance in her dream was simply a symbol of the truth of the message imparted to her in her dream.

She Could Not Take That Motor Trip

It is important to remember that harmony and discord do not dwell together; therefore, she could not be in a car that collided with another, as she had claimed Divine love and harmony go before her, making straight, joyous, and peaceful her journey.

He Said, "I Never Dream"

The subconscious mind is ever awake even during the deepest rest of the body, and it is always active. A young

man who has been attending my lectures imagined that his profound sleep was dreamless, since he did not recall his dreams on awakening. I suggested to him that on the moment of awakening he suggest to himself, "I remember," and to his surprise and pleasure, the dream unfolded itself completely and even answered a problem for him which had perplexed him for some time.

Her Dream Saved Her from a Serious Operation

A girl whom we shall call Louise was informed by her foot surgeon that it was necessary to operate on her left foot to bring about a healing, and that this would necessitate having her leg in a cast as well as using crutches for two months or more. She prayed that the infinite intelligence of her subconscious mind would guide and direct her to come to the right decision. She turned this request over to her subconscious mind every night, and at the end of the fourth night, she saw a chiropractic doctor, a friend of the family, who in the dream state pointed to Hexagram 35 in *The I Ching,** which said, "Progress." The next day she went to visit him, and on examining the foot, he advised her that he could bring about perfect alignment and adjustment by manipulation and exercise, which she would have to practice; and a perfect healing followed.

The Reason Her Subconscious Selected the Hexagram

The subconscious usually speaks and reveals answers symbolically. Louise, having taken two classes on *The I Ching* with the writer, became absorbed and engrossed with its scientific and metaphysical approach to life and, undoubtedly, her subconscious knew she would follow the directions of the hexagram. It spoke literally to her when it revealed the doctor she should see for the healing of her foot.

**The I Ching, or Book of Changes,* Wilhelm/Baynes Edition, Bollingen Series XIX (New Jersey: Princeton University Press, 1950).

An Artist Attributes Her Success to Entering the Subjective State at Will

In visiting the home of an artist recently, I was told that she could enter the subjective state at will by simply closing her eyes, immobilizing her attention, and requesting her subconscious to give her beautiful mental pictures in detail and color. She is aware that her subconscious mind is amenable to her suggestions and that her visions of beauty are evoked by her own volition. All she has to do is to paint the corresponding colors upon the canvas. She has discovered the gold mine within herself and knows how to mine the beauties and glories within.

He Listened to the Inner Monitor and Saved His Life

On a recent visit to Honolulu, I called on an old friend whose Hawaiian mother told him when he was very young: "Claim every day of your life that the spell of God is always around you and that you bear a charmed life." He practices this great truth regularly and systematically, and naturally his subconscious mind responds. It responds by corresponding.

One night, as he was within a block of his home, he heard this inner voice of intuition say clearly to him, "Don't enter your home. Call the police." He said the words were clear and distinct. He phoned the police and told them thieves were ransacking his home. (He felt this intuitively.) The police arrived within minutes and caught the two burglars, who were armed with pistols and were highly dangerous. They were quickly arrested. One of the detectives told my friend later that had he entered his home and surprised the burglars, they would undoubtedly have shot him, which they had done previously to others under similar circumstances.

Our boasted God-like *reason* does not have all the answers to our daily problems; it is of the earth—earthly. Our reasoning faculty is the noblest attribute of our conscious

mind, but it is essentially finite and *primarily for the three-dimensional world.* It is our daily guide in the walks of our objective life and physical environment, but *your subconscious mind is one with infinite intelligence and boundless wisdom and is untrammeled by the objective senses, physical form, and earthly conditions,* and is unimpeded by the processes of finite reasoning. Your subconscious imbibes the truth and the answers to your problems from the eternal source.

POINTS TO REMEMBER

1. People in all walks of life are fascinated by dreams. Practically every high school boy is familiar with the names of Freud, Adler, and Jung, who have written extensively on dreams and whose interpretations vary greatly. Many dreams are of a precognitive nature and are of profound importance to you.
2. A young college student refers to his dreams as a "TV set" in his mind. By repeated affirmations to his subconscious mind, he has succeeded in having it respond to him with the questions to be propounded to him on his examination.
3. A girl travelling in Europe reiterated a special prayer of protection by sending thought messengers of Divine love, peace, harmony, and right action before her, and her subconscious responded by protecting her against a possible fatal accident.
4. Your subconscious may project the symbolic image of your minister to you in a dream state in order that you may be alerted to the seriousness of the warning when it refers to your self-preservation. The ways of your subconscious are past finding out.
5. Everyone dreams. If you say, "I never dream," all you have to do when you awaken is say to yourself one word: "Remember," and the important dreams

will come in perfect sequence into your conscious, reasoning mind.

6. If you are a student of the Bible or of *The I Ching*, it is quite possible that your subconscious may project a hexagram in answer to your request and by following the diagnosis and prognosis of the hexagram, you have the answer. All the allegories and symbols of the Bible come from illumined men who tapped the marvelous powers of their subjective psychic minds.
7. A great artist stills her mind and immobilizes her attention, and in a quiet, passive, psychic, and receptive state, requests her psychic mind to give her visions of beauty and grandeur, which she depicts on her canvas. She requests that these pictures be given in detail and in color, and her subconscious responds accordingly. She refers to her subconscious as the gold mine within her.
8. A man in Honolulu, when a boy, was given by his mother a benediction to affirm every day, such as: "The spell of God is always around me and I bear a charmed life." His subconscious spoke to him by a clear inner voice, which said, "Don't enter your home. Call the police." He followed the instructions and discovered that he was saved from what the detectives asserted would be certain death. The wisdom of your subconscious, when called upon and trusted, never fails.

10

Extrasensory Perception and Your Subconscious

Your subconscious mind expresses what is impressed upon it. Many so-called strange occurrences, projections, and voices are nothing but subjective manifestations. The ghosts we fear are those that walk the gloomy galleries of our minds.

Your Subconscious Is an Open Book

To the intuitive, psychic, or sensitive person with clairvoyant powers, your subconscious is an open book. It is possible for a good psychic to reveal past experiences as well as future events, which are already present in your subconscious. He could possibly be 90 percent or more accurate. You might get a different reading from another psychic or sensitive. This would be due to the fact that what each one sees is filtered through his own mentality and the interpretation may be somewhat different.

The thoughts, plans, and experiences of man can also be read by interpreting a deck of cards, by gazing into a crystal ball, or by examining the convolutions of some sand arrange-

ments as well as other devices. From time immemorial man has attributed certain values to numbers, cards, and other symbols. Since man nas assigned authority and power to these things, they must confirm his beliefs symbolically. By getting into a partly subjective or passive state, it is possible to reveal the contents of the subjective mind of a person. The cards, or marks on the sand, or the moving pictures in the crystal ball serve as an alphabet of your subconscious mind, and when pieced together by the psychic, speak in a language understood by you.

Your Character Can Be Delineated

Perhaps you have been surprised sometimes that when an astrologer, numerologist, or card reader read your character, you agreed with the delineation and said to yourself that it was very accurate. Remember, however, that your disposition, tendencies, predilections, early training, and indoctrination are registered and embodied in your subconscious mind. If a person is highly intuitive, he simply tunes in with your subconscious mind and reveals your characteristics to your conscious mind. Actually, you had already informed the sensitive of everything before she told you anything. All she did was to tune in, or get in rapport with your subconscious mind.

How She Neutralized the Negative Prediction of an Accident

I was visited by a young woman who was emotionally distraught over a prediction of a palmist that she would have a serious accident on or near her 21st birthday. She had accepted the suggestion and consequently was afraid to travel by auto, train, or plane. She was living in perpetual fear and had impressed her subconscious with the belief in an accident. Having actuated it with fear, it would undoubtedly

have come to pass had she not learned how to neutralize the accepted negative thought.

How She Prayed and Affirmed in a Definite Manner

"Wherever I go–by bus, foot, automobile, train, or plane, or whatever means of conveyance I use–I know, believe, and accept the truth that Divine love goes before me making joyous, glorious, and happy my way. I know that Infinite Intelligence guides and directs me at all times and I am always in the sacred circle of God's eternal love. The whole armor of God enfolds me at all times, and all my ways and travels are controlled by God and by God alone. God controls all travel in the heavens above and on the earth beneath, making all my journeys a highway for God."

Her Technique for Eradicating the Negative Prediction

She affirmed these truths every morning, afternoon, and night, knowing that these spiritual vibrations would obliterate and expunge from her subconscious mind the negative suggestion which was charged with fear. She is now 23 years of age, and she experienced the happiest day of her life on her 21st birthday. She got married to a childhood friend, and they are extremely happy. Paul says, *Whether there be prophecies, they shall fail.* (I Cor. 13:8).

How to Learn to Shape and Mold Your Own Destiny

Your thought and feeling create your destiny. *All things, whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22). To believe something is to accept it as true. What you decide to be true with your conscious mind, you will experience with your subconscious mind. Your subconscious is the major operation of your life. You might look upon your mind somewhat like an iceberg: 90 percent of it is below water. Likewise, you are over 90

percent controlled by your subconscious mind's assumptions, convictions, and conditioning. Your subconscious beliefs dictate, control, and manipulate all your conscious actions. Begin now to believe, claim, feel, and know that God is guiding you in all ways, that Divine right action governs you at all times, that God is prospering you in all ways, and that you are inspired from On High. As you accept these truths with your conscious mind, your subconscious will bring all these to pass and you will discover that all your ways are pleasantness and all your paths are peace.

How You Can Overcome the Law of Averages

Your subconscious mind is amenable to control and direction by your conscious mind. If you do not direct your subconscious mind according to universal principles and eternal verities, you will live according to the law of averages, which means you will be subject to the thinking of the masses, and this, as you know, is mostly negative. Millions of people are living lives of mediocrity, lack, and limitation of all kinds because they don't direct their subconscious mind properly. They fail to impregnate it with the thoughts of harmony, peace, joy, abundance, security, and right action. Your subconscious mind reproduces 24 hours a day your habitual thinking. Begin now to activate your conscious mind spiritually and your subconscious will do the rest.

When your conscious mind completely accepts a creative idea and turns it over to your subconscious with conviction, the law of your subconscious brings it to pass in your experience. Man is mind, and evermore he takes the tool of thought and chooses what he wills, bringing forth a thousand joys or a thousand ills.

How to Predict a Wonderful Life for Yourself

There is absolutely no one who can predict with accuracy for you if you think from the standpoint of

principle. The Divine Intelligence knows what to do and how to do it. It responds to your habitual thinking; therefore, you are always predicting the future for yourself. As your thoughts are spiritual, noble, lofty, and God-like, you see the fallacy of fear of the unknown and belief in evil. Since you are a scientific thinker, your prophecy for yourself is harmony, health, peace, and all the blessings of life. You are the master of your fate and the captain of your soul.

Learn to walk the earth unmoved, unchallenged, and unshaken in the conviction that there is nothing too good to be true and nothing too wonderful to last, for the goodness, riches, harmony, and glories of God are the same yesterday, today, and forever.

How an Indian Boy Stopped the Flow of Blood

In a book called *This Is It*, published by the writer in 1944 (now out of print for many years), I wrote about an experience I had had about 40 years ago with an Indian boy. He could not read or write, yet he possessed the ability to stop the flow of arterial blood, which flows freely, by closing his eyes and saying, "Stop it." When he opened his eyes, the bleeding had ceased. He believed that his prayer would always be answered, and even though others mocked, he never failed.

How did this so-called ignorant boy acquire this ability? His explanation was as follows: As far back as he could remember, his father had told him that the power to staunch blood was a tradition in the family and was handed down from father to son. The first-born in the family had the gift, but none of the other members, brothers or sisters, possessed this power.

The boy grew up in this belief and fully accepted the fact that he could stop the flow of blood. If he saw it, he closed his eyes to it and issued the command, which was always obeyed. He really did not know how or why it should

stop. He knew nothing about the subconscious mind or its powers. The reason the blood stopped flowing was that *he believed.* (He stated that while at home in Canada he frequently was called upon to stop cases of hemorrhaging.)

Why He Had to Be Present to Heal

A very peculiar thing about this healing capacity was that he believed that he had to be present and see the blood flow, and so he could not heal anyone at a distance. This was a belief implanted in his subconscious mind at an early age, and he accepted it as a part of the tradition of his tribe and family.

The Bible says: *For as the heavens are higher than the earth, so are my ways* (answers from the subconscious) *higher than your ways.* (Isaiah 55:9).

POINTS TO REMEMBER

1. Your subconscious mind expresses on the screen of space whatever you impress upon it, whether it be good or bad.
2. When a good psychic, medium, or clairvoyant gets into a passive, psychic state, he is *en rapport* with your subconscious mind and can tap its secrets, either through vivid mental pictures dramatized in his mind's eye or by intuitive impressions. Oftentimes your experiences may appear like a television series in his mind.
3. Your dispositions, heredity, leanings, tendencies, and temperament can be subjectively felt by a good astrologer, numerologist, or card reader, provided they are really intuitive and deeply psychic. This is why your character can be delineated even by a person who never heard of astrology or numerology, or at least one who knows nothing about the

subject. Cards, astrological charts, crystal balls, numbers, etc., are only symbols and are to the interpretation of your conscious mind a sort of alphabet of your deeper mind.

4. You can neutralize a negative prediction by contemplating the truths of God and thinking constructively from the standpoint of principle and eternal verities. The lower is always subject to the higher; therefore, the negative, fearful thoughts are dissipated and dissolved by your spiritual thoughts.
5. When you travel, you can build up an immunity to accidents of all kinds by contemplating regularly and systematically that Divine love goes before you making straight, glorious, and joyous your way. Keep on affirming that God's love and the whole armor of God surround you. After a while, you will impregnate your subconscious and become completely immunized and God-intoxicated.
6. Your thought and feeling create your destiny. What you decide is true in your conscious mind, your subconscious will produce. This is why you mold, fashion, and shape your future. Your subconscious is reproducing your habitual thinking 24 hours a day.
7. You can rise above the law of averages, which applies to the mass thinking of three billion people in this world. Think on whatsoever is true, noble, lofty, and God-like, and you become what you contemplate.
8. The Divine Intelligence in you knows what to do and how to do it. When you call upon it, you receive an answer. You can predict for yourself harmony, health, peace, joy, abundance, and security by thinking on these truths with interest. You will discover that your future is your present thinking made manifest.

9. A traditional belief handed down from father to son is accepted by the impressionable mind of the boy, and it is done unto him as he believes. Believing that the power to stop the flow of arterial blood is a Divine gift, the decree of the Indian boy gets results at once. The law of life is the law of belief.

11

The Dynamic Power of Psychic Thought

The Bible says: *For as he thinketh in his heart* (subconscious mind), *so is he* (Proverbs 23:7). *In the beginning was the word, and the word was with God, and the word was God* (John 1:1). Your word is a thought expressed, and the Bible says the word was God, meaning your thought is creative, for there is only Creative Power–Spirit–and the function of Spirit is thought.

It is best you have a healthy regard and respect for your thought. The degree of your happiness, peace, prosperity, and success is determined by your habitual thinking. Your subconscious mind is constantly reproducing your conscious mind's thinking and imagery. Thoughts are things, and your thought has its own mathematics and mechanics of expression. When you reflect on thought, you are releasing the creative power of God, or infinite intelligence, into action. Emerson said: "Man is what he thinks all day long."

How He Proved the Power of Thought

Dr. Arthur Thomas, Minister of the Church of Religious

Science in Reno, Nevada, gave me permission to write this about him. Arthur had been a lieutenant in the British Navy at one time, and more recently had been in the wholesale business as well as in real estate in Los Angeles. About eight years ago, however, he started attending my lectures on Sunday mornings. He said, "I realized suddenly my thought was the only creative power of which I was aware, and I was going to create what I really wanted."

Consequently, he began to affirm to himself frequently: "I am a minister now. I am teaching the truths of life to people." Every night he would imagine he was expatiating on the great truths to a wonderful group of men and women in a church. He continued to think along these lines for a month or so when he decided to take the ministerial course at the Institute of Religious Science, confident of the end result, as he had already imagined and felt as true the reality of creative thinking.

He passed all tests and examinations in Divine order and was offered the church immediately after finishing his seminary course. He is now doing exactly what he decreed mentally. He knew that his subconscious mind would respond mathematically and accurately according to his thinking processes.

Get Acquainted with the Most Powerful Force in the Universe

Thought is the most powerful force in the universe. Your word is a thought expressed. If you are in a position of authority, your thought or word can direct how missiles, nuclear energy, dynamite or thermonuclear weapons are to be used. Your thought determines how electricity is to be used. Likewise, your thought directs the operation of your life. Your subconscious mind could be likened to an iceberg—90 percent of it is below the surface. It is your

subconscious mind that does the work according to the orders given it by your conscious mind. What you think with your conscious mind you produce with your subconscious.

She Discovered the Wonders of Right Thinking

Dr. Elsie McCoy of Beverly Hills, who has given me permission to write on the following events, shows clearly what constructive thinking according to principle will accomplish. She has studied extensively in Europe and Asia and in her early days was engaged to a prominent surgeon. They were separated by over 1,000 miles, however, due to their different assignments.

Ever since she was 18 years of age, she has made it a habit to affirm frequently during the day: "Only Divine right action takes place in my life, and whatever I need to know is revealed to me instantly by the infinite intelligence within me." Her gradual reiteration of these truths caused them to reach the subconscious mind, which responded accordingly. One night while she was sound asleep, she saw and heard clearly in a vivid dream her fiance in Chicago talking to a nurse and, in addition, dating her for a week-end, saying to her, "You know, I'm engaged, but she is 1,000 miles away and knows nothing about it."

Dr. McCoy phoned him the next day and told him about the silly and foolish dream she had had and laughed about it. He was furious and accused her of having employed detectives and of spying upon him. With that she dissolved the engagement, and subsequent events showed the wisdom of her subconscious in protecting her from what would undoubtedly have been a tragic marriage.

Her right thinking activated her subconscious mind, which revealed to her what she should know before she got married.

A Famous Actor Gets an Amazing Answer Through the Subconscious of Another

Dr. Olive Gaze, an associate of mine, authorized me to write about the remarkable way the subconscious mind of her mother, Josephine Wyndham, responded to the questions propounded to her by the late Norman Trevor, a distinguished actor. Dr. Gaze said that he had a perplexing problem and asked her mother if she could reveal the answer to him. Josephine Wyndham was highly intuitive.

She began to think quietly and feelingly for a few minutes, "Right answer." Her subconscious took over and controlled her right hand. She began to write, completing about two pages. When she looked at it, she could not read a word of her own writing; neither could her daughter, the present Dr. Olive Gaze.

She gave the written material to Norman Trevor, and he read it with ease and alacrity. It was written in Hindustani, which he understood perfectly, having lived in India for many years. The message was a full and complete answer to his perplexing problem. They were all amazed at the wonders of right thinking and the response of the subconscious mind.

My explanation of this is that Josephine Wyndham, being very intuitive, got into a very relaxed, quiet, passive, psychic, receptive state of mind, which brings about an outcropping of the subconscious and a partial submergence of the conscious mind. In this state, she was *en rapport* with his subconscious mind, and she tapped the contents of his subconscious, including the language of Hindustani. Since the nature of the subconscious is compulsive, it took control of her hand and wrote in a language and in a way which would be convincing, and which he would believe. The ways of the subconscious are past understanding.

How She Activated Her Subconscious Mind

Mrs. Louise Barrows told me that on New Year's Eve,

1970, one of the requests she turned over to her subconscious mind was that she would take a trip to Europe with her two teenage boys in Divine order. She wrote it as follows: "My two boys and I are going to Europe in July this summer, 1970, in Divine order. I accept this idea now in my conscious mind, and my subconscious brings it to pass."

In February of 1970 a close relative asked her if she would like to take a European holiday to Switzerland, Germany, Italy, etc., with her two sons, and she accepted; all expenses of the trip had already been paid to the travel agency by her relative. Her subconscious mind knew how to bring it to pass, and it acted on the mind of the wealthy relative, compelling him to make the offer. In other words, he was the instrument through which the money and the facilities manifested. Her spiritual thinking was a command to her subconscious to bring her request to pass.

How to Think (Pray) Successfully

Your thought is your prayer. When your conscious mind deliberately accepts a creative idea or plan and turns it over to the subconscious with confidence, the intelligence of your subconscious brings it to pass in your experience. Your subconscious mind acts as a law and produces with mathematical exactitude the equivalent of your idea in your experience.

Right Thinking Enables Her to Lose Forty Pounds

A young lady wrote me from Wichita, Kansas, saying she had been reading *The Power of Your Subconscious Mind** and decided to follow her doctor's instructions and lose 40 pounds. She stated that she had gone on many diet regimens, and took off weight only to put it on again.

*Dr. Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

However, following the advice given in the book, prior to sleep every night she began to think right and to convey the right command to her subconscious mind. Her right thinking was as follows: "I weigh 118 pounds in Divine order. The infinite intelligence of my subconscious mind accepts this request and acts accordingly. I sleep in peace and Divine right action governs me."

After a week or so, she discovered that she had lost all desire for the amylaceous foods and fatty substances which she previously craved and thus had no trouble losing the required weight. Before this, she had been forcing herself to follow the strict diet, while at the same time lusting after ice cream, apple pie, and assorted sweets.

Anyone who says, "I can't lose weight" is actually saying, "I don't want to lose weight." All you have to do is to come to a clear-cut decision in your conscious mind, and your subconscious will do the rest. You will discover you will lose all desire for those foods that contribute to your obesity.

You Are the Only Thinker in Your Universe

You have the privilege of selecting any constructive idea; nourish it and sustain it, knowing that there is a response from your subconscious mind. The wisdom of your subconscious will work out the idea which you have selected in its own unique way.

The Power of Thought on Your Body

You have observed the effect of fear on your pulse, heart beat, etc. Shame brings a flush to the cheek and anger and rage blanch the skin. The hair of many young men has turned white when they were exposed to a harrowing experience. News of a sudden death of a loved one has brought on psychological blindness and deafness. Worry interferes with digestion and may bring on ulcers, colitis, and other mal-

functions and diseases. Our newspapers and periodicals are pointing out daily the ravages of hate, envy, jealousy, and strain on the body, such as anemia, high blood pressure, cardiac disorders, and even cancer.

Begin to Use the Creative Power Wisely

Your consciousness is the only creative power in your life. Your consciousness represents what you think, feel, believe, and give mental consent to. This is the cause of all your experiences, conditions, circumstances, and events in your life. Do not make the external world a cause; it is an effect.

Refuse definitely, positively, and absolutely to give power to externals, such as the winds, waves, weather, sun, snow, stars, or any created thing. The scientific thinker never makes an effect a cause; therefore, he is no longer hypnotized by the world and its beliefs. The creator is greater than his creation. The thinker is greater than his thoughts, and the artist is greater than his art. Think good and good follows; think negatively and negation follows.

He Asked the Real Meaning of Thought and Thinking

At a lecture I held last year in Las Vegas, a man asked the question: "What is thought and thinking, and what is new about it?" I explained to him that thinking means comparing; i.e., comparing one thing with another, one proposition with another. If the mental instrument can say only "yes," comparison is not possible. You have a choice between two things—to one of them you say "yes," to the other "no." When you ask "why?" you are seeking a reason. All reasoning involves selecting this and rejecting that, and it would be impossible to select or reject unless your mind had the power of affirmation and rejection.

Most people don't really think. We are thinking when our minds are dedicated to the eternal truths of God, when

we reject all fear and contemplate the reality of our desire, knowing there is an Almighty Power which responds to our thinking and which will bring it to pass. You are truly thinking when you reason things out in your mind, rejecting all negative concepts as unfit for the house of God, and feasting on the reality of the Divine solution, while knowing that a subjective wisdom responds to your creative thought when you are free from fear.

This seemed to satisfy him, and he said, "I never knew what thought was until now." Man is mind, and evermore he takes the tool of thought and brings forth a thousand joys or a thousand ills.

POINTS TO REMEMBER

1. Your psychic thought is creative. When you think the thought, you release the latent power within you. Every thought tends to manifest itself.
2. By reiterating a certain thought pattern in your conscious mind, your subconscious receives it and decides in its own way how to bring it to pass. Your mental image is a thought-pattern in your mind, and by regularly and systematically imagining yourself doing what you love to do, your subconscious develops that mental image in the dark house of your mind and brings it to pass.
3. Your thought is the most powerful force in the world. A word is a thought expressed. Therefore, man can determine how atomic, nuclear, and electrical energies and powers are to be used. Man is the master, and is in control. He must decide how he is going to use the powers available to him.
4. When you affirm, "Whatever I need to know is revealed to me instantly," your psychic mind will protect you from making errors or mistakes. A young doctor who impregnated her subconscious

mind with this truth saw in a dream her fiance's relationship with another woman. She cancelled the proposed marriage and discovered she was Divinely protected from making a tragic mistake.

5. There are many gifted people called psychic automatists.
6. A mother of two teenage boys wrote out a request on New Year's Eve that psychic intelligence would reveal the perfect way for her to take her two sons to Europe during July. A wealthy relative voluntarily paid all expenses for an extended vacation for all of them in Europe.
7. Your thoughts of fear, worry, anxiety and anger are quite noticeable in your face, eyes, pulse, blood pressure, or the blanching of your skin. Worry, hate, jealousy, and hostility are behind a host of maladies. Your psychic thought is creative.
8. Consciousness is the only creative power. Your consciousness means the way you think, feel, believe, and what you give mental consent to. Think good and good follows through your psychic perception.
9. To think is to compare, i.e., to choose one thing in preference to another. Your mental instrument can say "yes" or "no." Your mind has the power of affirmation and rejection. You are truly thinking when your thoughts conform to the eternal verities. Emerson said, "You are what you think all day long."

12

How to Use Secrets of Extrasensory Perception in Solving Problems

A certain woman (whom we shall call Mrs. Jones) was before a judge who was about to render a verdict in her case. She was very nervous, distraught, and worried. Her stepdaughters were contesting their father's will and were very bitter toward her. She also said that the judge didn't seem very sympathetic, even though her husband had willed only 50 percent of his estate to her.

At my suggestion, she followed this technique of prayer: "I know that Infinite Intelligence guides and directs my attorney, the judge, and all concerned in this case. I realize and know that the Divine law of harmony reigns supreme and that which was bequeathed to me comes to me in Divine law and order." She knew that by practicing these truths, she would activate these principles of truth resident in her subconscious psychic mind.

Her Visualization Technique

She said to herself, "The architect visualizes the skyscraper; he sees it as he want it to be. His mental image

becomes a mold from which the building will finally emerge." Accordingly, she affirmed: "The judge is absolutely honest. God thinks, speaks, and acts through him, and his decision is based on Divine right action." She pictured the judge announcing his decision, saying: "My decision is just and eminently fair and is in accordance with the provision of the will and the intent of the deceased."

She visualized the judge, saying this over and over again until her mind became saturated with the truth of what she affirmed. Undoubtedly this same truth was resurrected in the subconscious mind of the judge, who made a decision exactly as she had decreed, which was according to the provisions of her husband's will and his true intention. By her recognition and appreciation of the principle of right action, the avarice and envy of her stepdaughters were brought to naught. You too can help solve your problems satisfactorily by proceeding as Mrs. Jones did.

How Extrasensory Perception Cured His Abnormal Jealousy

A salesman confided to me that he was never certain about his wife, Mary, when he was away. She was extremely attractive, young, and beautiful. During his frequent trips to many cities in the territory allocated to him, he lived in constant fear that he would lose her or that she would become enamored with some young man in the neighborhood. He would phone her four or five times a day, which disturbed her, as she knew the reasons for his frequent phone calls.

I explained to him that basically and fundamentally his jealousy was due to a sense of insecurity and a feeling of inferiority within himself.

The Healing Technique He Employed

When away from home, he would still his mind two or

three times a day, get quiet inside, and relax his body. Then he would imagine Mary right in front of him, and he would affirm: "Divine love unites us," and "I love you sincerely." She would reply, "I love you—you are the only one." He would hear her say these words to him regularly and feelingly. Whenever the urge came to him to call in order to check up on her, he would silently affirm: "Divine love unites us. I love her and she loves me, also."

He felt the reality of these words in his heart, and as he drove along the road he could hear Mary's voice, the texture and tone of which he knew very well, ring in his ears, saying "I love you." After a week or so of practicing this technique, he discovered that love really casts out fear and jealousy.

How Tom Overcame His Nightmares

A man (we shall call him Tom) phoned me relative to the frightful nightmares he had experienced every night for over a week. He wanted to know how to overcome this condition. He said that he knew the agent in the dream is always the dreamer himself, be he the attacker or the attacked. He was being torn to pieces by fierce wild animals in his sleep, and at other times in the night, viciously beaten by thugs and left for dead.

I explained to him that undoubtedly his nightmares were punishments for his feeling of guilt, and dramatized in symbolic form by ferocious beasts clawing and attacking him. He admitted that being pursued, overpowered, and destroyed by animals and thugs and his awakening perspiring with fear and foreboding of some imminent disaster was due to his aggressive hatred toward a woman with whom he was in love and who had jilted him for another man.

His nightmares were really the fires of hatred, hostility, and suppressed rage and could be called the eruption of his conscience. His insight and perception into his own condition transcended his five-sense knowledge.

The Technique and Formula He Used to Banish His Frightful Nightmares

At my suggestion, he decided to lie flat on his back prior to sleep and visualize his former girl friend and her husband as radiant, happy, joyous, and free. He consciously projected love, harmony, peace, and goodwill to both of them, saying out loud: "These God-like vibrations go forth from me now and are resurrected subjectively in the hearts of both of them. There is no time or space in the subconscious mind, and I know that what I really feel and am broadcasting now is lodged deeply in the hearts of my former girl friend and her husband. I sleep in peace and God gives me joy and happiness, and God's love fills my soul."

He practiced this technique for about ten minutes, and that night he slept peacefully and has had no trouble since then. His subconscious was controlled by his conscious mind. Feeding his subconscious with life-giving patterns, he wiped out the negative patterns. Love casts out fear.

Don't Ignore Your Dreams

Everyone dreams, though many people—usually the happy, joyous, and free—are unaware that they do dream. Many wish to ignore their dreams because their dreams are actually revealing subconscious states of mind which they don't want to be reminded of; therefore, they tend to suppress their hostilities and resentments. In sleep, the subconscious takes over and dramatizes its contents and protests to the conscious, sleeping mind that it should stop polluting its subconscious with negative and destructive mental poisons.

It is also true that while we sleep our dreams help us considerably in eradicating excess tension and anxiety. This happens whether we recall the fact we were dreaming or not. The subconscious is all-wise and it works off our pent-up emotions during sleep.

Nightmares and insomnia are amenable to control by the illumined conscious mind. Fill your conscious mind with the truths of God and reiterate these truths prior to sleep. Since your subconscious mind is subject to the conscious mind, you will sleep in peace and wake in joy.

How Ann's Extrasensory Powers Harmonized the Situation with Her Associate

A young supervisor (we shall call her Ann) was working in an office employing 20 girls. One of the girls, whom we shall call Lucy, was extremely hostile to her and in many subtle ways placed difficulties in her path. Furthermore, Lucy accused Ann of discriminating against her, pointing out that she was entitled to promotions and that her talents were not appreciated nor given recognition. Ann did not want to recommend her dismissal, as Lucy, though very difficult to handle, was capable in her work. Moreover, Ann didn't want her to begin to complain to the management that she was being discriminated against when, in reality, she was not.

How Ann Overcame the Hurdle

At my suggestion, one morning Ann sat down in her office, quieted her mind, and read the 91st Psalm while affirming deeply and lovingly: "I am filled with the free-flowing love of God. My whole being is saturated with Divine love. I fully and freely forgive Lucy. The Spirit in me talks to the Spirit in Lucy and there are harmony, love, and understanding between us. Whenever I see Lucy, or whenever she speaks to me, I surround her with a circle of light and love.

Ann practiced this technique during the day for about four days, and at the end of this time Lucy apologized to her for the way she was acting and promised complete cooperation in the future. Ann's benediction and prayers had actually engulfed the soul of Lucy and they became great friends. What Ann projected or "broadcast" came back to

her. As you send out love and goodwill, so will it return to you. Action and reaction are equal.

How a Young Lady Used Extrasensory Perception to Find Her Long-Lost Father

A few weeks ago I visited Ulu Maui Village in Hawaii. Here the villagers stage lively demonstrations of poi-pounding, old time hulas, lei-making, quilt weaving, and other traditional rites, concepts, and arts. This village offers intriguing displays of ancient *tapas,* Hawaiian and Pacific artifacts. It is said: "You haven't seen Hawaii until you've seen Ulu Maui." I had a superb Hawaiian luncheon served with exotic South Seas concoctions. Chatting with a young lady at the next table, I told her I was writing a book entitled *Let Psychic Perception Work for You* and was looking for some material in Hawaii, the island of mystery, and from the Kahuna (native priest).

She said, "You can use my story; it is very vivid and real." The following is the gist of her experience. Her father had deserted her mother when my luncheon companion was two years old; it seems they had quarreled a lot. The father had given the mother $25,000 for the care and education of the child. When the child had grown up and graduated from the University of Hawaii, where she majored in psychology, she decided to use the powers of her mind to locate her father, whom she had an intense desire to meet and to know.

How Her Awareness of Her Astral Body Helped Her

She said, "I know I possess a fourth-dimensional, subtle body, which some call the astral body, as I have found myself out of my body frequently and on foreign shores." She pointed out that her astral body fitted exactly the contours of her physical body.

One night prior to sleep she instructed her subconscious mind in the following manner: "You know where my father

is. I know you can make me appear before him in person, whether he is asleep or awake, wherever he is. Your guiding intelligence will now find him, as you are my inner radar. There is a love bond between my father and myself. He hungers to meet me and I hunger to meet him. This is my command to you, and now I go to sleep in peace." These words are the essence of the instructions she communicated to her subconscious mind.

"Immediately after going to sleep, I found myself in a hotel room in Sydney, Australia," she said. "I had a body exactly the same as the one lying in bed in Honolulu, and there I saw my father putting on his coat getting ready to go to work. He seemed startled and frightened, and I said to him, 'Dad, I'm Lisa (not her real name), your daughter. I love you. Come back to us.' He seemed speechless and dumbfounded, and all I remember is that he said, 'I will.' Then I found myself back in my three-dimensional body on the bed in my home in Honolulu."

The Interesting Sequel to Her Astral Travel

Lisa had a perfect memory of what had happened while she was asleep. When she awakened in the morning, she told her mother where her father was staying in Sydney. She wrote to him there and told him about her astral visit, and she received a reply by airmail, saying he had experienced an apparition of a beautiful young lady who appeared to him in his bedroom saying she was his daughter, and he said that he was coming back to Honolulu. They had a joyous reunion and her mother welcomed her long-lost husband with open arms.

How She Functioned Outside Her Body

Prior to sleep, Lisa decreed to her subconscious that the guiding principle in her subconscious mind would lead her to her father, and it projected her personality, which was

immediately presented to her father in her astral body. This happened almost instantaneously, inasmuch as she was asleep by the clock for less than five minutes. She had full use of her faculties; she was consciously aware of the hotel, its address, the furniture in the room where her father was; and she was able to communicate to him and move ponderable objects. Also, she had visual, auditory, and tactile capacities.

In other words, she proved to herself that she was not just a body, but a mental and psychic being capable of living, acting, and traveling independent of her physical organism. You will have bodies to infinity. Actually, you will never be without a body, as you are on an endless journey which knows no end.

Extrasensory Perception and the Man from Calcutta Who Saved His Daughter's Life

In Honolulu, where I am writing this chapter, I had a most interesting conversation with an old friend whom I had known previously in India. I shall call him Harry. He has been practicing traveling clairvoyance, or astral excursions, for many years. His daughter is studying in Honolulu and had been very ill, actually at the point of death. A cable was sent to him in Calcutta, and the moment he received it, he adopted a Yoga posture, closing his eyes, and got into a passive, quiet, receptive state of mind. He visualized his fourth-dimensional, or astral body emerging through his head with all his faculties, and he decreed firmly, knowingly, and with deep conviction: "I want to appear instantly to my daughter and minister to her." He repeated this command about six times, then dropped off into a profound slumber.

Immediately he found himself at his daughter's bedside. She was asleep but awakened immediately and exclaimed to him: "Dad, why didn't you tell me you were coming? Help me." He placed his hands upon her and chanted certain religious phrases and told her, "You will arise in a few hours and be well."

She had an instantaneous healing. Her fever immediately subsided and she shouted to the nurse, "I am healed! I am well! My father was here and he healed me!" The nurse thought she was raving, but the resident physician confirmed the silent, inner knowing of her soul that she was, indeed, perfectly well. However, both laughed at her story of a visitation by her father from India.

The Nurse Heard Nobody in the Room

The nurse was puzzled and perplexed, and said to the daughter: "How could your father or anybody else get in from downstairs through closed doors? I saw no one enter your room."

The daughter explained to the nurse, "Oh, my father visited me in his astral body and laid his hands on me and prayed with me."

The nurse said, "I don't believe in ghosts, apparitions or voodoo." The girl realized that further explanations would be useless.

Harry said that he was perfectly conscious all the time. Considering the distance between Calcutta and Honolulu and the time difference, he discovered that he had been absent from his physical body just ten minutes in all.

Harry is a medical doctor and has tremendous faith in spiritual healing and is very familiar with the many schools of healing. He realized his presence gave a tremendous transfusion of faith, confidence, and courage to his daughter, which impregnated her subconscious mind, and according to his belief and that of his daughter, it was done unto her.

The Bible says, *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

POINTS TO REMEMBER

1. When involved in a court case, know that Infinite Intelligence guides and directs your attorney, the

judge and all concerned in the case. Realize that the Divine law of harmony prevails, and that you will experience justice and right action in the decision.

2. A salesman, who is suffering from abnormal jealousy and who annoys his wife by checking up on her five or six times a day on long distance telephone calls, heals himself by frequent silent periods during the day when he is away from home. Making a habit of this mental picture, he succeeded in obliterating the jealous pattern in his subconscious based on his sense of insecurity and fear.
3. Nightmares are usually due to a sense of guilt wherein you feel you should be punished. They are based upon the fires of resentment, hostility, or suppressed rage. Your subconscious mind is amenable to control by your conscious mind; therefore, all you have to do is to forgive yourself as well as others and feed your subconscious mind prior to sleep with life-giving patterns of love and harmony, and you will sleep in peace and wake in joy.
4. Everyone dreams. Your dreams are a dramatization of your subconscious mind's contents–a sort of mental television program. Your dreams also aid you in releasing excess tensions and anxieties. Every night, on retiring, fill your conscious mind with the truths of God and you will crowd out of your subconscious everything unlike God.
5. When you are having trouble with an associate who is difficult and hostile, the first thing to do is to quiet your mind periodically and affirm boldly: "The free-flowing love of God saturates my whole being. The Spirit in me salutes the Spirit in _____ and there are love, peace, and understanding between us." Whenever you meet or speak to the other, silently affirm, "I surround you with a circle of love and light."

6. A girl who found herself out of her body frequently commanded her subconscious prior to sleep to find her father, who deserted her mother when the daughter was two years old. Her subconscious obeyed her command of conviction, and she found herself projected as an astral body into a hotel room in Australia. There she spoke to her father and asked him to return, telling him who she was. He looked upon her visit as an apparition, but subsequently realized that it was really his daughter. He eventually returned to a joyous reunion with his wife and daughter.
7. You possess a subtle body now. Some call it the astral body, which is an exact duplicate of your present body, but it operates at a much higher frequency and can enter closed doors and collapse time and space. It is the same as your present body—the only difference is that your astral body oscillates at a higher psychic frequency.
8. Many people become adept at traveling outside their bodies. They possess all their faculties and are able to see, hear, feel, and converse with others as well as describe what they see. They can even move ponderable objects. They can change their directions by commands to their subconscious mind, which obeys.
9. A father living in India, on hearing of his daughter's dangerous illness, quiets his mind and issues a psychic command to his subconscious to project him to his daughter's bedside in Honolulu. He places his hands upon her and prays, and she has a remarkable recovery. He is tangible and real and able to enter the hospital and her room even through closed doors.

13

How to Increase Your Wealth with Psychic Perception

To become aware of the law of plenty, all you have to do is to observe the prodigality or generosity of nature. You will be forced to come to the conclusion that nature is lavish, extravagant, and bountiful. Notice how, for example, when you put seeds into the ground, they come forth ten-fold, a hundred-fold and a thousand-fold. When you gaze at an acorn you are looking at a potential forest.

How a Businessman Realized There Was Unlimited Wealth for Him

Recently, when I was talking with a businessman in Hilo, which is on the west coast of the big island of Hawaii, he told me about a most interesting experience he had had which helped him overcome his poverty complex. One day when he was thinking about how he could pay the bills which had accumulated in his store, he noticed the rain coming down in torrents, and he said to himself: "God's riches are flowing to me like the rain falls from the heavens." He kept

this picture in his mind for about a half an hour. Suddenly he had a strange feeling that the atmosphere all around him was filled with God's riches–spiritual, mental, and material–and a marvelous sense of peace came to him.

From that day on, people in steadily increasing numbers came into his store and his sales increased to such a proportion that he had to hire two extra salesladies. What actually happened was that as he meditated on and pictured God's wealth flowing to him like rain, he conveyed this idea to his subconscious mind, which responded accordingly and brought it to pass in a wonderful way. He said to me that he has never worried about money since that day, as it is circulating freely in his experience. He has a card affixed to his desk, which says: *I will rain bread from heaven for you* (Exodus 16:4).

Your Invisible Means of Support

A young millionnaire who frequently comes to my lectures said to me the other day that the trouble with most of the men associated with him is that they have no invisible means of support and that they have no idea of how to tap the treasure house of their subconscious, where infinite riches* are; therefore, the law of plenty cannot operate in their lives. There is an inexhaustible reservoir within you in which everything has its origin and source. You can tap it and grow rich.

She Based Her Success on Service

A young woman who is extraordinarily successful in the beauty parlor business told me that she opened her shop on what she called a shoestring, but her main idea was to give the best service possible to her clients while at the same time

*Dr. Joseph Murphy, *Your Infinite Power to be Rich,* (West Nyack, N.Y.: Parker Publishing Company, Inc., 1966).

possessing a sense of unity with the Divine Source in her inner life. She realized that hard work in her business was not enough—that she would have to work also in the inner recesses of her mind.

Her constant prayer formula was the reiteration and understanding of the following great truths: *Thou wilt keep him in perfect peace, whose mind is stayed on thee* (Isaiah 26:3). *In quietness and in confidence shall be your strength* (Isaiah 30:15). *Rest in the Lord, and wait patiently for him* (Psalm 37:7). *Commit thy way unto the Lord; trust also in him; and he shall bring it to pass* (Psalm 37:5).

As she mentally focused on these eternal verities, she knew they would be integrated into her character and mentality and also be expressed in her work. She has been carried forward on the crest of the wave of prosperity, victory, and achievement.

The Law of Being Is Abundance

As you look around you, it is apparent that the infinite treasure house within you creates profusion in all nature. The law of life is plenty—not lack. It is necessary for you to get on a mental and spiritual basis, and then you will be able to transform your life and thus experience the riches of the infinite in your mind, body and business life.

Remember, your thought takes form in the inner realm of your mind and may be seen by a sensitive or psychic person. Poverty thoughts will cause you to experience poverty and stricken conditions. You will find people, perhaps living on the same block or working beside you in an office or factory, who are thinking thoughts of riches, plenty, security, and the life more abundant. They seem to become surrounded with everything they need. The secret of their success is to substitute for the thoughts of lack and limitation the habitual thoughts of the infinite and inexhaustible supply of God's riches. Change your thoughts and *keep them*

changed. As you steer and direct your thoughts on the riches of the infinite flowing into your experience, a fantastic and tremendous difference will take place in your life.

How He Overcame His Arrearage in Rent and Overdrawn Bank Account

Some months ago, I gave a lecture in Laguna Beach, California, on the law of opulence. After the lecture a man came to see me at the hotel. He was deeply perturbed. His problem was that he had to mortgage his life policy and could not pay his bills. The rent was three months past due and his purse was empty. His question was: How can I trust in the Infinite Source when I am now broke?"

I replied that there is an answer to every question and that there is a solution to every problem, and the answer to his problem was to follow the Biblical injunction: *Seek ye first the Kingdom of God, and His righteousness; and all these things shall be added unto you* (Matthew 6:33). This means that all the powers of the God-presence are within you. You must claim what you want and feel the reality of it, and your subconscious mind will honor, validate and manifest that which you impress upon it.

I explained to him that wealth, health, peace of mind, success, etc. were all simply states of mind and that one idea, such as a new invention, a book, a play, a new technique in business, or a promotional concept to benefit and bless mankind, could be worth a million dollars or more. Righteousness simply means the right use of the law, such as right thinking, right feeling, and right action. You wish for all men all the blessings of life. You perceive abundance in all things for all people.

He began to see that a change of view could solve his problem and redeem him. I gave him a very simple way to disperse his dark and depressing mood by pointing out to him the tremendous power of words in activating the latent

powers within him. The following words were to be affirmed out loud for one-half hour three times a day: "Wealth success, victory, joy." He put all the feeling and enthusiasm at his command into these words, and gradually he became lifted up; he found that these words, sincerely uttered, activated and made alive the real powers and potencies of his subconscious mind.

As he anchored his mind on these realities and principles, the conditions and circumstances corresponding to their nature became visible on the screen of space. A few weeks went by and nothing particular happened other than that some close friends advanced him a few thousand dollars to tide him over; however, the solution came about a month later, when he discovered that one of his friends who had helped him out financially, as mentioned above, had also given him a ticket on the Irish Sweepstakes. To his amazement, his horse won, and he received a large sum of money which solved all his financial problems. His subconscious knew the answer. He trusted the inner powers, and according to his belief it was done unto him.

A Fruitful Technique for Wealth and Success

Many people say, "If I affirm, 'I am successful' when I am a failure, or if I say to myself, 'I am wealthy' when I am broke, I am lying to myself, and I seem to get worse and experience the opposite of what I affirm or claim to be true."

The reason for this is that the belief in lack, failure, and limitation is dominant in their subconscious mind, and every time they affirm wealth, they resurrect the thought of lack. They fail to understand how to tap the riches of the Infinite, because they don't know the workings of their mind.

For those who honestly feel that lack of understanding, I recommend a very simple procedure by asking them a simple question: Do you believe in wealth, that bountiful wealth exists, and that the Infinite cannot fail? It is all-

powerful and there is nothing to oppose it. Therefore, success is a principle of life. For example, walk down the street or go out into the country. All you see is wealth, created either by man or by God. All created things were ideas, either in the mind of man or of God. I suggest, therefore, two words, which are not mere abstractions, but words (thoughts expressed) which have tremendous power, as they relate to the inexhaustible power and wisdom of the Infinite. By repeating the two words slowly, quietly, feelingly, and knowingly—"success, wealth"—and doing this over and over again many times a day, you get your ego out of the way, and there is no contradiction in your conscious or subconscious mind, as you agree there are such things as wealth and success.

When you use certain constructive words—words which stand for and represent eternal truths of God—then your mind becomes anchored on the only Presence, Cause, Power, and Substance, and results follow. Use these words regularly, systematically, and repetitiously, and you will discover you are on a sound, scientific path. Remember, it is your attitude of mind that is to be overcome, not your circumstances. When you possess the right mental attitude, your conditions, experiences, and financial status will automatically right themselves.

A Businessman Discovered Why Wealth Flowed from Him Instead of to Him

A businessman complained to me that he worked very hard, and spent long hours in his store, yet one block away another man in exactly the same business and with a much smaller store deposited in the bank three times as much as he did every week. He was constantly comparing his meager results with those of another and had become envious and also somewhat resentful.

I explained to him that by entertaining envious thoughts he was actually impoverishing himself, and that this was one

of the worst possible attitudes to hold, because his negative thinking and his feeling of inferiority were definitely blocking his expansion and growth along all lines. So long as he retained this mental posture, wealth would flow from him instead of to him.

The remedy was very simple. All he had to do was to bless and sincerely wish greater prosperity and success for his so-called competitor whose apparently more successful and prosperous state had incited him to envy. Accordingly, he prayed as follows: "I recognize God as my instant and everlasting supply. God's wealth flows to me in avalanches of abundance, and I am Divinely directed to give better service every day. I know, believe, and rejoice that God is prospering the businessman in the next block, and I sincerely wish for him all the blessings of life."

When any thought of envy toward the other businessman came to his mind, he would affirm: "God is prospering you." After a while the envious thoughts lost all momentum, and he too began to prosper—and beyond his fondest dreams at that. This man found that the cause of his financial lack and straitened circumstances had been due to his state of mind. By blessing those whose prosperity and success annoy us or excite our envy or jealousy, and by wishing that they become even more affluent and successful in every way, we heal our own minds and open the door to the riches of the Infinite.

Out of the abundance of your heart, you can pour out the gifts of love, light, joy, success, and goodwill to all; and you will discover that by blessing others, you too are blessed, and all sense of envy, inferiority, and poverty is overcome.

The Magic Key to Wealth and Promotion in Life

In consultation periods over many years, I have discovered that the reason many men and women do not get promoted and make more money in their profession or

business is that they were in the habit of condemning those who went up the ladder of life, while stating that others in their organization were cold, callous, ruthless, and that some even had a "racket." They failed to perceive that there is nothing more destructive and more calculated to deprive them of promotion and advancement than condemning and judging harshly those who succeeded, and who received increments and advancement in their work. Actually, I found out that they let wealth, honor, and riches slip through their fingers and blocked and impeded their own progress spiritually, mentally, and financially.

The remedy in all cases was to teach them to wish sincerely for all those around them as well as all people everywhere that they be blessed and prospered in countless ways, and by rejoicing in their advancement and material progress. The result inevitably is that they are delivered from the mental block of envy, covetousness, and resentment. They then become dispensers of God's bounty to all. By praying in the above manner, unhappy people came back to their Divine center and they discovered that the Infinite Being was pouring out blessing and benedictions upon themselves and for all those for whom they prayed. By wishing others well, you are blessing yourself. Remember the old Hindu maxim: "The ship that comes home to my brother comes home to me."

POINTS TO REMEMBER

1. To become aware of the law of plenty, all you have to do is to observe the prodigality of nature. Nature is lavish, extravagant, and bountiful. Contemplate the abundance of nature and you will experience the life more abundant.
2. A technique to attract riches into your life is to affirm frequently: "God's riches are flowing to me like the rain falls from the heavens." Repeat it

frequently and you will succeed in impregnating your subconscious mind with the idea of riches.

3. The trouble with most people who don't have all the money they need to accomplish their life objectives is that they lack the invisible psychic means of support. They fail to see that the treasure house of eternity is within them.

4. A beauty parlor operator discovered that the key to her outstanding success was her intense desire to give greater and better service to her clients. She did her very best externally, but she also worked internally by turning to the Infinite within her, claiming peace, harmony, power and guidance. She realized that the inside governs the outside. The inner world of the mind and the outer objective activity must work together in unison and in concord.

5. The law of life is plenty, not lack. Your thoughts have form, shape, and substance in your mind. When nourished and sustained by faith, they come forth as form and expression on the screen of space. Your thoughts of opulence, harmony, security, and the riches of the Infinite will manifest in your life provided you change your thoughts and keep them changed.

6. There is a way out of every problem and an answer to every question. Whatever you seek in life, you must go within the psychic recesses of your mind and there claim that you now are what you long to be, that you now possess what you long to possess, and your subconscious mind will reproduce what you claim and feel to be true. The Kingdom of God is the kingdom of Infinite Intelligence and Infinite Power within you. The riches of the Infinite are within you, and you must claim your inheritance

which was given to you from the foundation of time.

7. Repeating frequently the words "wealth, success, victory, joy" will activate these powers and qualities within you, and your subconscious will release all these potentialities within you, and wonders will happen in your life. The ways of your subconscious are past finding out, and the money you seek may come from a bequest, a sweepstake ticket, or an idea may well up from your subconscious worth a fortune.
8. To obviate a quarrel in your mind, instead of saying, "I am wealthy, I am successful, I am happy," etc., use the words (thoughts expressed) "wealth, success, happiness." These words, which are thoughts expressed, have their own mechanics and mathematics within them, and by repetition activate these dormant powers in your subconscious, and you will be compelled to express these characteristics and qualities, as the law of your subconscious is compulsion.
9. Envy, covetousness, and resentment impoverish you, as these are thoughts of lack and limitation and are very negative. You are the thinker in your universe; therefore, you attract more lack, limitation, and misery. Radiate thoughts of love, peace, prosperity and success to all those around you, knowing what you wish for others you are wishing for yourself. Love is the fulfilling of the law of success, prosperity and abundance. Love is goodwill to all.
10. Recognize God as your instant and everlasting supply, and claim that God's wealth is forever circulating in your life, and wealth will flow to you in avalanches of abundance.

11. Criticism, condemnation, and jealousy of others because they have gone up the ladder of success and fame will block your good and inhibit the flow of God's riches to you. Pour out the benediction and the blessing of the Infinite on all those who excite your envy, and you will open the door for countless blessings for yourself.

14

How Your Perception Brings You Wonders of Disciplined Imagination

The following are perceptive statements on the subject of imagination made by many great thinkers:

> We are all of us imaginative in some form or other, for images are the brood of desire.
>
> George Eliot

> Imagination rules the world.
>
> Napoleon

> The soul without imagination is what an observatory would be without a telescope.
>
> H. W. Beecher

> Thought convinces; feeling persuades. If imagination furnishes the fact with wings, feeling is the great, stout muscle which flies them, and lifts them from the ground. Thought sees beauty; emotion feels it.
>
> Theodore Parker

Imagination, the image-making power, common to all who have the gift of dreams.

I. R. Lowell

Imagination disposes of everything; it creates beauty, justice, and happiness, which are everything in the world.

Pascal

Imagination is the eye of the soul.

Joubert

The poet's eye, in a fine frenzy rolling, doth glance from heaven to earth, from earth to heaven; and as imagination bodies forth the forms of things unknown, the poet's pen turns them to shape, and gives to airy nothing a local habitation and a name.

Shakespeare

Imagination is more powerful than knowledge.

Albert Einstein

The dictionary defines imagination as the action of forming mental images or concepts of what is not actually present to the senses. It is your ability to meet and resolve difficulties; resourcefulness; to solve business problems with imagination; a job that requires imagination.

Imagination is one of the primal faculties of your mind and, like any other power, you can use it constructively or destructively and reap results according to the way you use your mental images. In this chapter, the author refers to disciplined, controlled and divinely directed imagination. When you use your imaginative power wisely and harmoniously, you can project and clothe your ideas, plans, and purposes, giving them visibility on the screen of space.

How She Made the Impossible Possible

Some months ago I had a long telephone conversation with a woman in Georgia, whom we shall call Mrs. X. She said that because of the high interest rates and the high price for her home, the real estate agents had not been able to get a single client even to look at it. Her husband had passed on and she was living alone in the house, while at the same time suffering from financial stress and strain due to her inability to keep up the payments and taxes.

I gave her the following simple technique: Sit still, relax, immobilize your attention, and focus your mind's eye on the check for $100,000 which is what you want for the house. Touch the check with your imaginary hands, feel and perceive its reality, give thanks for it, and repeat this "mental movie" for four or five minutes several times a day; gradually you will find the image will sink into your subconscious mind. When you succeed in conveying the mental image to your subconscious, the latter will bring it to pass.

A few weeks went by, and Mrs. X wrote, saying that she had sold the house to a research professor who had come from New York with his four children. He saw that it was the ideal home for him. She said that she had become very still and sleepy and had imagined the check for $100,000 made out in her name, and in her imagination she had gone into the local bank and deposited it. All this had taken place in her mental imagery. She had done this for four or five minutes at intervals of one hour each day for two weeks. After that she had had no further desire to dramatize the event in her mind, as a feeling of peace and relaxation had come over her and she knew intuitively that her prayer was answered. This professor saw the sign "For sale by owner," and the minute he walked in the door, he said, "This is it."

Remember that your imagination, when disciplined, spiritualized, controlled, and directed, becomes the most exalted and noblest attribute of man

How a Widow of 72 Banished Loneliness

During an interview with Mrs. M, I listened while she gave me all the reasons why she could not get married, instead of all the reasons why she could. Mrs. M complained that although she had written for prayers to all the New Thought Churches to pray for the right husband for her, all the effort had come to naught. She said that her children were grown up, married, and living as far as 3,000 miles away, and that while she had met many widowers in her retirement city, no one had proposed to her.

At my suggestion, Mrs. M practiced an imaginary scene wherein she pictured and felt herself to be in my study where I was conducting the marriage ceremony. She heard my voice saying, "I now pronounce you man and wife." In this imaginary drama, she felt the imaginary ring on her finger. She dramatized this picture in her mind over and over again until she felt it to be so real that when she opened her eyes, she had the feeling that she wasn't in her own home but actually in my study. What had happened was that she had made the whole mental imagery so actual and vivid that she embodied it subconsciously and had no further desire to repeat the mental drama. She developed a high sense of perception.

Shortly afterward, on a trip to visit her son in New York City, Mrs. M met a wonderful retired physician on the train. While she was in New York, he invited her out a few times and shortly thereafter proposed marriage, which she accepted. She had used her imagination wisely by perceiving the end, the finished thing; then her subconscious had brought it to pass in its own way.

By hearing the words "I now pronounce you man and wife" and by feeling the imaginary ring on her finger, she had implied to her subconscious that she was already married mentally to the ideal man who harmonized with her in every

way. When you pray, contemplate the happy ending, rejoice in it, and you will experience the joy of the answered prayer.

How Her Perception Established the Mental Equivalent of a Million Dollars

I had the most amazing telephone call from the husband of a woman whom we shall call Mrs. H, saying: "My wife just inherited a million dollars. You told her what to do." Naturally, I congratulated him and wished for both of them all the blessings of life. I recalled talking to her one Sunday after a lecture at the Wilshire Ebell Theatre in Los Angeles at which time she had said that she wanted a million dollars for a certain project which was very sound and constructive. I explained to her that she first had to establish the mental equivalent of a million dollars in her mind, and that she could do this by getting intensely interested in the finished project, looking at it in her mind, rejoicing in the accomplished fact, and giving thanks for the wonder of it all.

She pictured the end in her mind, made it very vivid and real, and every night prior to sleep, she would affirm "a million, a million, a million," over and over again as a lullaby until she fell asleep, knowing her subconscious must sooner or later accept it. At the end of about a month, she was advised by an attorney that she had inherited over a million dollars. It was, as her husband said, "completely out of the blue." Mrs. H had done what Shakespeare said. She gave to ". . . airy nothing a local habitation and a name." Through frequent habitation in her mind, she succeeded in making it a reality, and her subconscious brought it to pass in ways she knew not of.

How to Become Acquainted with the Perceptive Designer Within You

Within you are a designer, an architect, and a weaver. They take the image of your mind and mold it into a pattern

of life which brings you peace, joy, and victory. The greatest and richest galleries are the galleries of the mind devoted to wisdom, truth, and beauty.

Picture your ideal in life; live mentally with this ideal. Let the ideal captivate your perceptive imagination. You will move in the direction of the mental image which governs your mind. The ideals of life are like the dew of heaven which move over the arid areas of your mind, refreshing and invigorating you. With your disciplined imagination, you can soar above all appearances, discord, and sense evidence, and imagine the way things ought to be while realizing the sublime principle of harmony operating through, in, and behind all things. Reject the evidence of your senses and realize that the inside controls the outside. Your mental image is the reality, or the inside, and its external manifestation, or form, is the outside.

Why He Called Perceptive Imagination the Workshop of God

Recently I had lunch with an extraordinary young man whom we shall call J. J. He is in the radio and communication field. He has been reading *Your Infinite Power to Be Rich** and he said, "I could quote it by heart." His avocation on weekends is to take his wife to Caliente Race Track. He had been in the habit of losing $10 to $15 weekly at the track, and his wife had said to him that he should use his subconscious mind and win a large sum so they could buy a new home in Beverly Hills.

Accordingly, he began to still his mind every night for about 15 minutes and in a quiet, passive way, he would imagine the cashier giving him a check for $50,000 and saying to him, "Boy, you're lucky." He felt himself at the cashier's window and he imagined hearing the voice of the

*Dr. Joseph Murphy, *Your Infinite Power to Be Rich* (West Nyack, N.Y.: Parker Publishing Company, Inc., 1966).

cashier. He looked at the check, touched it with his imaginary hands, and rejoiced and gave thanks for it. In his vivid, intense, dramatic, and imaginative way, he showed the check to his wife, saying: "Honey, the house you wanted is yours." In this imaginary drama, she would exclaim, "It is wonderful!" over and over again.

He rehearsed this drama in his mind night after night for about a month. He said that sometimes this scenic drama was so real, vivid, and seemingly tangible that when he opened his eyes he was amazed to find himself in his bedroom instead of at the race track. This state of mind is indicative of success in conveying the picture to the subconscious mind.

The fifth week after beginning the above-mentioned technique, he went to Caliente and was, as he said, absolutely confident that he would get the check he had pictured and felt as true subjectively. He bet rather large sums on six races and they were all winners. As he presented his tickets to the cashier, the cashier gave him a check for $50,000, saying to him exactly as he had subjectively affirmed every night for over a month, "Boy, you're lucky."

He is now living in a lovely home in Beverly Hills, for which he paid the $50,000 received at Caliente. Because of a vast increase in value of real estate in the last few years, it is now worth double that price. He and his wife have never been to the races since that day several years ago, as they are both too busy working every day in the radio and television field helping to heal the wounds of man.

Sir Winston Churchill once said, "This is an age in which the mental attitude decides the fortunes of people rather than the fortunes decide the mood." The ancient Hebrews said, "Imagination is the workshop of God." Psychic perception is your key to constructive imagination.

POINTS TO REMEMBER

1. Your psychic imagination is your capacity to form

mental images or concepts of what is not actually present to the physical senses.

2. Imagination is one of the foremost faculties of your mind. When disciplined, it enables you to clothe your ideas, dreams, or aspirations and project them on the screen of space.
3. Regardless of evidence of senses, you can imagine that you have sold your home. Feel the reality of the sale mentally, looking at the imaginary check in your imaginary hands, feeling it, rejoicing in it, and repeating the drama over and over again until you sense the subjective reality of it. You will know when you have succeeded in conveying the mental picture to your mind, the reason being that a sense of peace and inner knowing arises, whereby you know that you know. It is an intuitive awareness.
4. A simple technique in attracting the right marriage partner was employed by a 72-year-old widow. All she did was to imagine that I was in front of her in my study, and in her imagination she heard me say over and over again, "I now pronounce you man and wife." She felt the imaginary ring on her finger, which implied to her that she was already married. The whole mental movie, which she dramatized repeatedly, intensively, and joyously, conveyed to her that she was already married to the ideal man who harmonized with her in every way. After a few weeks she actually met the man of her dream, and they were married. The law is that whatever you imagine and feel to be true sinks into your subconscious mind, which in turn brings it to pass.
5. A woman wanted a million dollars for a wonderful project for herself and her husband. She realized she had to establish the mental psychic equivalent before she could receive it. Accordingly, every night she would imagine she was looking at the finished pro-

ject and giving thanks for the wonders of it all; at the same time, she would silently, feelingly, and knowingly lull herself to sleep every night with the one word "million," knowing that her subconscious mind was aware it was a million dollars she needed. At the end of a month, her husband called me, saying: "My wife just inherited a million dollars out of the blue." She had succeeded in establishing the mental or psychic equivalent in her subconscious mind by reiterating "a million" over and over again and by picturing the completed million-dollar project. She knew that ideas are conveyed to the subconscious by repetition.

6. Picture your ideal in life; live mentally with this ideal, and you will move in the direction of the ideal which governs your mind.
7. A young radio engineer wanted to buy a home for his wife and didn't have the money. His avocation was the study of the racing sheet and betting $10 or $15 weekly but with negative results. He read *Your Infinite Power to Be Rich,** one of my popular books, and he began to use his imagination wisely, constructively, and judiciously. He imagined himself at the cashier's window at Caliente Race Track receiving a check for $50,000 and felt the solidity and tangibility of the cashier's cage. In his vivid imaginary scene, the cashier said to him, "Boy, you're lucky." In about a month's time he succeeded in impregnating his subconscious mind, and on subsequently visiting the race track, he literally won $50,000.

*Dr. Joseph Murphy, *Your Infinite Power to Be Rich* (West Nyack, N.Y.: Parker Publishing Company, Inc., 1966).

15

How to Know the Mysterious Perceptive Powers of Your Mind

You have a conscious and a subconscious* mind. These represent two phases or functions of your mind. Sometimes they are referred to as the objective and subjective mind. With your conscious mind you reason, analyze, and make use of your five senses to govern your contact with the world. Your conscious mind reasons inductively and deductively. Your subconscious mind is the seat of memory, emotions and intuition. It is the seat of clairvoyance, clairaudience, telekinesis, and telepathy.

In your subconscious you will find infinite intelligence and boundless wisdom and all the riches of the Infinite waiting for you to tap. In a passive, psychic state it is possible for a good sensitive to read your thoughts, even to the minutest detail; he (or she) may even read a sealed letter in

*See *The Power of Your Subconscious Mind* by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, New Jersey, 1963.

your pocket which you have not yet read yourself. Many have developed the clairvoyant powers of their subconscious to the extent that they have the ability to see events happening at a distance and independent of their five senses.

Your subconscious is sometimes referred to as the soul. A very important thing to remember is that your subconscious mind is constantly amenable to suggestion. For example, if you are placed in a hypnotic state, your subconscious mind will accept without hesitation every suggestion made by the operator, no matter how absurd or incongruous it may seem to your conscious mind.

What Experiences Reveal about Your Subconscious

For example, the author has witnessed many hypnotic experiments in different parts of the world. In one, he has seen a man put into a trance and told by the psychologist that he was a dog. The man accepted the suggestion and played the role of a dog to the best of his ability, lapping up milk from a plate, barking, etc. In other experiments, when a man is told that he is President Roosevelt, and if he is old enough to remember the former president's voice, mannerisms, and gestures, he will reenact the role with the vocal intonations characteristic of Mr. Roosevelt.

Remember, your subconscious is amenable to the power of suggestion and acts upon it, whether the suggestion given is true or false. Your subconscious brings it to a logical conclusion based on the premise given it while your conscious mind is suspended and in abeyance. Your subconscious does not reason like your conscious mind but accepts the idea given it; and, working by deduction, it responds according to the nature of the suggestion given. It is absolutely essential that you understand this mode of operation; otherwise, you may be tricked, deceived, and fooled by all manner of fraudulent operators. You must intuitively perceive all this deception.

He Was Told He Was Possessed by a Devil

Some years ago in London, England, I witnessed a medical doctor hypnotize a seminary student called Pat. He suggested to Pat that he was possessed by devils. Immediately the student turned pale, shook with terror, and began to scream and yell. He was about to go into convulsions, but the doctor immediately removed the suggestion and told him he was free now, calm, peaceful and perfectly well. When he awakened he had no memory of what had happened and was completely relaxed and at ease.

It is easy to understand what happened. First of all, of course, there is no such thing as a devil or the condition of being possessed by devils, but Pat believed in a devil and devils; therefore, he saw what he believed to be devils—half man and half beast with cloven hooves, horns of a goat, and a fiery tail which stings. These forms were what we call subjective hallucinations based on portrayals of devils given to Pat when he was a boy. The actual devils which haunt us, when we lose our perceptive faculties, are fear, ignorance, superstition, hate, jealousy, remorse, etc.

How Pat Described Heaven

Pat was again hypnotized and told he was in heaven. He was asked to describe what he saw. Immediately his countenance changed; he seemed peaceful, joyous, and almost ecstatic. He told us all about the beautiful angels who were there, and he saw a magnificent golden throne, and sitting on the throne a man who seemed to be a great sage. The man, who looked like Jesus, had a scripture in his hand. Pat also heard beautiful music, which he described as a celestial choir.

It is obvious to anyone who is informed on this subject that since the subconscious mind is controlled by suggestion, the imaginary picture Pat saw of heaven was based on his early boyhood beliefs and theological instructions. He believed that heaven was a place where you go when you die.

The suggestion of the doctor simply activated his subconscious beliefs and opinions and dramatized his premise, though false, to what seemed to be a logical conclusion.

Remember this clearly: The suggestions given to Pat in the trance state, whether true or false, were reasoned deductively only and dramatized by his subconscious with marvelous acumen and sagacity.

Experiments on Medical Students and How Many Drank Water and Became Drunk

Another interesting experiment conducted by this same medical man was that of hypnotizing two medical students who were present. To one he gave soap shavings and told him it was a banana and that he would relish it, digest it, and feel good afterwards. This student ate the soap shavings and had no subsequent gastric distress. To another hypnotized student, he said he had a very high temperature and rapid pulse and was perspiring copiously. All these symptoms were manifested immediately.

Mary, in the trance state, was given a glass of water and told it was Irish whiskey. She became highly intoxicated, murmuring gibberish and staggering all over the place. The doctor gave her a tablespoonful of water and told her that it was a specific drug from Germany which would instantly bring about sobriety and peace of mind. His mere suggestion acted as the perfect antidote for Mary. When she was awakened she felt absolutely normal and at peace.

This demonstrates the amenability of the subconscious to suggestion as well as its creative power.

Your Auto-Suggestion Can Prevent You from Being Hypnotized

You cannot be hypnotized by another provided you convey to your subconscious the idea that no one can hypnotize you without your consent. Hypnosis is usually

induced by the suggestion of the operator. His failure to hypnotize you is due to your suggestion to your subconscious that he cannot do it. Your auto-suggestion is more powerful than his suggestion; this is why he fails. All this is due to the way your subconscious works; the stronger suggestion always prevails.

The Reason Why the Hypnotist Failed

Some years ago I attended a series of experiments on hypnosis in the home of an outstanding lawyer-psychologist in New York City. He hypnotized a young girl and repeatedly suggested to her that she should disrobe. This was in the presence of about 12 men and women. She refused to cooperate in any way, and seemed highly disturbed and distressed. The psychologist seemed confounded by her stubborn resistance because he had boasted she would do anything he told her to do when she was in the hypnotic state. He had expected passive obedience, which he did not get because he was unaware of the subtle role of the counter-suggestion this girl had given to herself. She retained her perception.

Your subconscious always accepts the more dominant of two ideas or suggestions. The girl's auto-suggestion, prior to the hypnotic sleep experiment, was this: "I will do absolutely nothing contrary to my moral or religious code. My subconscious accepts this."

This demonstrates that suggestion is the controlling power governing your subconscious. Your subconscious is amenable to the suggestions of your own conscious mind just as well as that of another. In the waking state you can always reject the suggestions of others and think on whatsoever things are true, lovely, and of good report.

How She Was Freed from a So-Called Evil Spirit

From the foregoing illustration, you can see how your subconscious mind operates. Last year, while I was on a

speaking engagement in San Francisco, a woman came to see me at the hotel complaining that a discarnate entity who was an evil spirit was constantly annoying her by pouring out vulgarisms, obscenities and maledictions, commanding her to violate her sex code, and even scratching her at night. Recently he had been telling her to jump into the ocean and commit suicide.

She had been taking tranquilizers and had had some psychiatric consultations, but nothing seemed to do her any good. This woman seemed frightened out of her wits. She told me that many times, night and day, this so-called entity kept saying to her: "Take an overdose of Seconal. Go ahead. Go ahead, kill yourself."

The Cause of Her Inner Turmoil

This woman, who believed in the literal interpretation of the Bible and in evil spirits possessing her soul, did not understand that the devils mentioned in the Bible were simply personifications of hate, resentment, remorse, self-condemnation, anger, and hostility, as well as other destructive emotions which are generated by destructive, negative thoughts enthroned in the mind.

She had been practicing automatic writing for some months. This means that she held a pencil in her hand, believing some invisible spirit would guide her hand. According to the law of suggestion, her own subconscious mind accepted the suggestion given it, and gradually it assumed control of the muscles and nerves of her hand and propelled her pencil. Her conscious mind was passive and quiescent, and as she pointed out, objectively speaking, she was oblivious to what she was writing down. She was also fearful that evil powers might write through her.

Moreover, she felt guilty and had a deep resentment towards her husband, for he was impotent and completely depleted sexually. The voices she heard which cursed God,

her Bible, and herself were merely a playback from the poisonous food she had been feeding her subconscious mind.

She Didn't Know the Power of Auto-Suggestion

The entity that she believed to be speaking to her was in actual fact her own suggestion of fear. Job said: *That which I greatly feared is come upon me* (Job 3:25). This woman associated her automatic writing with the idea of spirits, not knowing that it was actually her subconscious mind reproducing what she had impressed upon it. Her subconscious was dominated by fear, guilt (because she hated her husband), plus the fact that she believed she should and would be punished because of her deep-seated resentment and hostility. These voices seemed like another personality, when actually they were a dramatization of the negative contents of her subconscious. Actually, she was talking to herself.

How She Healed Herself and Experienced Peace of Mind

Frankly, I think my explanation to her was 90 percent of the healing process. I explained to her that it is absolutely impossible for negative and destructive voices and emotions to dwell in a mind dedicated and consecrated to the God-Presence within one, and that all she had to do was to fill her mind with the truths of God, which would then crowd out of her mind everything unlike God, or the truth.

Accordingly, at my suggestion, morning, noon, and night, she repeated out loud the words of the great healing and protective 91st Psalm, knowing that as she affirmed these truths, they would neutralize, obliterate, and expunge from her subconscious all the negative patterns lodged in the recesses of her deeper mind. She made the 91st Psalm a vital part of her life, and whenever any negative voice or thought came to her from her deeper self, she would affirm immediately: "God loves me and cares for me."

After about ten days, these destructive voices lost all momentum and she found herself at peace. You can saturate your mind by repeating the marvelous spiritual gems of the 91st Psalm:

He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust.

Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;

Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

Only with thine eyes shalt thou behold and see the reward of the wicked.

Because thou hast made the Lord, which is my refuge, even the most High, thy habitation;

There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

For he shall give his angels charge over thee, to keep thee in all thy ways.

They shall bear thee up in their hands, lest thou dash thy foot against a stone.

Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

With long life will I satisfy him, and shew him my salvation.

The above will surely increase your sense of psychic perception.

How She Discovered Who Was Operating the Ouija Board

My secretary Mrs. Wright, the mother of two extraordinarily brilliant young men, just informed me that some years ago when she was a teenager, her grandmother and she had spent many happy hours operating the ouija board and receiving wonderful messages from supposedly unseen intelligences. The ouija board was apparently propelled by some unseen power, and the pointer spelled out answers to all questions asked.

Mrs. Wright did not know at that time how the conscious and subconscious mind function, and she did not believe in any supernatural entities or discarnate spirits operating the ouija instrument. The terms "spiritualism" and "spiritualistic phenomena" also meant nothing to her at that time.

One day she asked the ouija board, "Who is writing and who is answering my questions?" The ouija spelled out, "Louise Barrows." Louise is her middle name and Barrows was her name prior to her marriage to her husband, Stan Wright. This experiment demonstrates clearly that at the time that Mrs. Wright operated the ouija board she knew nothing about spiritualistic phenomena; therefore, her subconscious mind did not assume it was a spirit speaking. Had she believed that some deceased relative was responding, natu-

rally, according to the law of suggestion, her subconscious would have played the role of a deceased relative.

Her grandmother, who rejected the hypothesis that invisible entities operated the ouija board and sent answers from the next dimension of life, asked the ouija board, "Is it my own mind answering me?" The answer spelled out was "only you." If she had entertained the idea that it was a deceased person or some disembodied spirit operating, her subconscious would have assumed the role and would have answered accordingly.

Actually, it was the subconscious mind operating the ouija board, and these people were just talking to themselves. The law of parsimony or the simplicity in assumptions in logical formulation must precede all other criteria in arriving at an explanation. The *onus probandi* is placed where it belongs, with those who claim invisible entities for the phenomenon.

A Street-Walker Speaks Like a Goddess

The essence of the following presentation is taken from pages 10 and 11 of *My Personal Recollections of Thomas Troward,* a booklet by Harry Gaze. Permission for publication has been granted by his widow, Dr. Olive Gaze.

The late Dr. Harry Gaze, world lecturer, author, and close friend of the late Judge Thomas Troward, author of *Edinburgh Lectures* and many other books on mental and spiritual laws, revealed an interesting experiment conducted by himself, Dr. Cornwall Round of London, and Judge Thomas Troward. Troward wanted to see Dr. Round perform an experiment with the subconscious mind. Dr. Round was an outstanding physician and surgeon in London and had experimented extensively with hypnosis.

At Dr. Gaze's request, Judge Troward attended the Psycho-Therapeutic Society, and Dr. Round fetched a professional street-walker to whom they paid a very good fee,

considerably in excess of her usual honorarium. Dr. Gaze said that she was assured that nothing would happen to hurt her in any way and that she would feel refreshed and stimulated after the hypnotic session.

After hypnotizing her, Dr. Round repeated to her subconscious mind many times, "You are a high priestess in the Temple of the Sun. You have a message for those who are here. You will speak to us clearly and brilliantly. You know great truths. You will tell us about them. You have wise and able associates, and you are open to their wisdom. You are fluent and able. Remember, you are a wise priestess, and you can instruct us."

After much repetition of substantially the same words, her regular, personal characteristics seemed to disappear and a new and more attractive individual appeared. Finally, she lifted herself up proudly and even regally, assumed the impersonation of a goddess, and launched into a discourse in which she talked eloquently and learnedly of life, philosophy, and immortality.

Thomas Troward was profoundly impressed, as were others, some of whom had previously tested hypnosis for medical usage, and sometimes as an anesthetic for minor operations. Judge Troward exclaimed, "This certainly proves that there is a subjective mind that can accept and impersonate what is vividly suggested, when hypnotism has placed the conscious mind in abeyance; but, of course, the thought is the real power." The answer was an elevation of psychic perception.

Interestingly, the company had various views about the source of the phenomenon. One man was positive that the subject matter of the discourse, as well as the changed deportment of the woman, were supplied by a control in the form of a disembodied spirit of great intelligence. He saw in these results a proof of spirit communication. The consensus, however, shared by Judge Troward, Dr. Harry Gaze, and Dr. Round, was that it illustrated the normal powers of the

subjective mind, and that the ideas advanced were a composite of the ideas held by those present, or ideas received from the treasury or storehouse of the universal subjective mind.

I have been using information from a written report of an experiment related by the late Dr. Harry Gaze, and the way I look at it is simply that when the subject was in the trance state, she responded to the suggestion of Dr. Round. Her subconscious in turn tapped the contents of the minds of those present, through her psychic perception, who were very familiar with Vedantic philosophy, and Oriental, Buddhist, and Hindu religions.

Her subconscious then, with amazing sagacity and mental acumen, synthesized the various contents resident in the subconscious of all present and presented them in logical sequence, conforming to the nature of the suggestions given by Dr. Round.

Oftentimes You Get a Psychic Message from Yourself

An old friend of mine in New York City experimented with a number of men and women who were self-styled mediums, and who professed to get in touch with relatives in the next dimension. During these experiments he would give his own name and ask for a communication. The medium assumed he had a brother or father in the next dimension, and he always received very comforting and loving messages from an imaginary deceased brother and sometimes even from his father.

In other words, he had a very touching communication from himself, the reason being that the mediums acted on the supposition that his own name represented a deceased relative. The fact is he had no deceased brother or father, which made him even more convinced that it was simply the medium's subconscious reacting to her own suggestions. She had gone into a trance state, suggesting to her subconscious

that she would get a communication from the supposed loved one in the next dimension, and her subconscious obliged him with an affectionate message from himself.

There Are Outstanding Exceptions

Not all communications have their origin solely in the subconscious of the sitter or the medium. There are some extraordinary, outstanding mediums of unimpeachable integrity. As you have already deduced from reading this chapter, it is just as easy to receive messages from a living person through an entranced medium as from a so-called dead person, and also from an imaginary person, as from a real one, by making the appropriate suggestion to the subconscious mind.

The late Arthur Ford was one of America's foremost mediums, and there is no doubt that when he was entranced extraordinary and verifiable messages came forth through him. Undoubtedly, in his case, he served as a channel through which communications came from loved ones in the next dimension. Countless listeners testify that they are genuine. For example, I believe that Bishop Pike's communications with his deceased son were authentic and real.

Suppose, for instance, that your father called you from London, England, and suppose someone else was mimicking his voice and pretending to be your father; would you not have all sorts of ways and means of discovering whether it was *really* your father or not? Certain anecdotes, pet names, trivial incidents, and a host of other experiences known only to both of you would soon convince you it was your father.

The late Geraldine Cummins, author of many books investigated by many scientific bodies, was at times undoubtedly in touch with people in the next dimension. It would be foolish to say it is impossible, because we are all mental and spiritual beings, and telepathic contact exists between loved ones all the time.

If you are in Chicago and your mother is in Los Angeles, you can receive a telepathic message from her, and she can also receive one from you. How often have you seen the entire contents of a friend's or relative's letter in your sleep and then received it a few days later and discovered that its contents coincided with your dream? It is perfectly possible also for loved ones in the next dimension to communicate with you, but it is certainly the exception rather than the rule.

Eileen Garrett is another extraordinary medium studied by many leading scientific bodies. Sir Oliver Lodge, one of the world's foremost physicists, was absolutely convinced that he had communicated with his son, who had died in the First World War. These dialogues were reported in his book entitled *Raymond,* published in 1916.

Some of the great scientists who have contributed to psychical research are as follows: Henry Sidgwick, Edmund Gurney, Professor William James (called the father of American psychology), Sir William Crookes, Arthur Conan Doyle, and J. B. Rhine. Myers of Cambridge published *Human Personality and Its Survival of Bodily Death,* a universally acknowledged masterpiece.

It is true, mind can communicate with mind, and we must learn to differentiate between communication from our subconscious mind and that of a loved one. Do not seek guidance from men or women either on this plane or the next dimension. They do it through psychic perception. Follow the injunction of the Bible, which says: *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him* (James 1:5).

POINTS TO REMEMBER

1. There are two phases of your mind. One is called the conscious mind, which chooses, rationalizes, analyzes, and reasons inductively and deductively.

The other is your subconscious mind which only reasons deductively. It is the seat of memory, emotion, clairvoyance, clairaudience, and telepathy. Infinite intelligence and boundless wisdom reside in your subconscious mind. Whatever your conscious mind conveys to your subconscious, the latter accepts, whether it is true or false.

2. Your subconscious mind does not look at two ideas and then make a decision as to which is best. You are to decide that with your conscious mind.
3. When you are hypnotized, your subconscious mind will accept the suggestion of the operator without question. For example, if you are told you are a dog, you will play the part of a dog to the best of your ability. You will bark when you are told to do so and you will lap up milk like a dog.
4. Your subconscious mind is amenable to suggestion and is controlled by suggestion. For instance, if a person believes in devils or evil spirits and in a hypnotic trance it is suggested to him that he is possessed by devils, he will dramatize and exhibit the roles of as many devils as are embraced in the suggestion. In other words, his subconscious accepts the suggestion. Subjective hallucinations of devils with hooves and horns, tails with stings, wings of a bat, and other horrendous monitions and shapes appear, all of which are figments of his distorted, twisted superstitions and beliefs which his subconscious dredges up to conform to his beliefs. A man who never heard of devils and did not believe in such teachings would not have any such experience.
5. If you say to a hypnotized person who believes in a heaven up there somewhere and who believes that there are angels and golden thrones and celestial choirs, "You are in heaven now," he will become peaceful, loving, and ecstatic and describe what he

believes to be heaven. His subconscious, accepting the suggestion, dramatizes his childhood belief and picture of heaven. He doesn't know that he is in heaven now, which is his own mind and spirit.

6. If you give a glass of water to a hypnotized subject and tell him it is whiskey, he will become intoxicated and play the role of a drunkard. The reason is his subconscious takes your suggestion literally and acts accordingly.
7. If, prior to being hypnotized, you give yourself a powerful auto-suggestion that you will not do anything ridiculous or contrary to your moral code, the suggestion of the operator that you disrobe or steal will prove to be of no avail because your subconscious accepts your dominant suggestion. The stronger suggestion always prevails.
8. If you suggest to yourself boldly and meaningfully that no one can hypnotize you, it follows automatically that you can't be hypnotized by the operator. You simply close your mind to his suggestion and tune in on the Infinite within you, and then you are immune.
9. In the waking state you can always reject the suggestions of others by thinking on whatsoever things are true, lovely, noble, and God-like.
10. It is dangerous to practice automatic (psychic) writing if you are afraid of evil spirits, discarnate entities, or guides in the astral realm. You attract what you fear, and when you suggest fear to your subconscious and feel guilty and resentful toward others, you open up the psychic doors of your mind and dredge up all the debris from your subconscious. When you feel guilty, it is always accompanied by fear and expectation of punishment, and your subconscious, reacting according to the suggestions given it (namely, fear, guilt, resent-

ment, etc.), proceeds to talk to you, oftentimes in blasphemous language, disturbing you mentally and physically. Actually, it is a playback of the contents of your own subconscious mind.

11. The way to overcome the hearing of voices and the belief that you are possessed by evil entities which urge you to commit suicide and all manner of evil is to realize that when you fill your mind with the truths of God, you neutralize and obliterate all these negative patterns. The best prayer to use is the protective 91st Psalm. Read it over slowly, quietly, and feelingly many times a day. These spiritual vibrations will be conveyed to your subconscious mind and will destroy, annihilate, and cleanse all dirty linen in the closet of your mind. When fear and negative voices come to your mind, affirm immediately: "God's love fills my soul." Keep it up and after a while you will be free.
12. A woman asked the ouija board, "Who is writing the message?" The answer was, "Only you." In other words, her subconscious mind was operating the ouija board, supplying whatever kind of message she wished to hear; her subconscious, being governed by suggestion, acted accordingly. Had she believed in discarnate entities or that departed loved ones were operating the ouija board and responding to her, her subconscious mind, being true to its nature, would have played the role of an imaginary departed relative.
13. It is possible to take even a streetwalker who has little or no education and who knows nothing about Eastern philosophy, Oriental religions, or immortality, and hypnotize her to activate her psychic perception in the presence of men and women who are thoroughly versed in these subjects. When potent suggestions are given to her, such as

"You are now a priestess in the Temple of the Sun; you will give a marvelous disquisition on Oriental philosophy; you are very wise, learned etc.," her appearance changes and she assumes a regal posture and gives a marvelous lecture. Her subconscious acts upon the suggestion given and taps the subconscious mind of all present, and her discourse is simply a composite of their beliefs and assumptions. In the trance state, she could also receive data on these subjects from the treasury or storehouse of the universal subconscious.

14. There are many self-styled mediums who profess to get in touch with loved ones in the next dimension of life. You can go to one and give your name, such as Mary Jones, and ask for a message. The medium assumes it is a sister or mother in the next dimension, but you have no sister or mother there. You receive a very comforting, loving message purporting to be from your loved one. All this is due to the suggestion of the medium to her subconscious mind, and it answers accordingly. The same medium will give you a comforting message from an imaginary or non-existent person, also.
15. There are outstanding mediums who undoubtedly do receive communications from the next dimension of life; among them are Arthur Ford, Eileen Garrett, and the late Geraldine Cummins, who was investigated by a great number of scientific bodies. She has been acclaimed by the Psychical Research Society of England.
16. I believe the late Bishop Pike's dialogues with his son through the mediumship of Arthur Ford were definitely genuine, fourth-dimensional communications between father and son.
17. If you hypnotized a man and suggested to him he was your brother but he had never met your

brother, he would be incapable of assuming his gestures, demeanor, diction, tonal qualities, or mannerisms. He would play an imaginary role, but it would not be that of your brother. He could not impersonate your brother because his subconscious had no memory of your brother.

16

How to Let Psychic Perception Work for You and Your Children

The Book of Proverbs 13:24 says: *He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes.* Proverbs 23:13 and 29:15: *Withhold not correction from the child: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell. The rod and reproof give wisdom: but a child left to himself bringeth his mother to shame.*

These are marvelous words of wisdom for parents today. The modern-day custom of permissiveness and generally letting the child do what he wants to do without correction and discipline is disastrous. Every child needs discipline and correction. You must express your disapproval when a small boy hits his sister or breaks her dolls. Let him know in no uncertain terms that he is not allowed to do this.

Children can be little animals. They may want to run wild and not go to school; you may have to take them by the ear and see to it that they do go to school and behave. *There is no love without discipline and no discipline without love.*

He that spareth the rod hateth. . . "Hate" in the Bible means to reject the negatives, such as impudence, lying,

disorderly conduct, stealing, etc. Keep in mind the fact that we are dealing with the language of the 16th century. *Except a man hate his father. . .* doesn't mean you hate your father. It means to reject his beliefs of hell, of an angry God, and of superstitious beliefs. *He that loveth his son chasteneth. . .* means that the father disciplines his son or his daughter and makes the child conform to the Golden Rule and the law of love.

A child has to be taught manners, deportment, sharing, cooperation, respect for authority, respect for parents, and prayer therapy. *Withhold not correction from the child: for if thou beatest him with the rod, he shall not die.* He shall not die to love, peace, harmony, right action, honesty, respect for others and their property, and reverence for things Divine. "I die daily," Paul says; that is, die to ill will, bitterness, and false beliefs.

Honor thy father and mother. If a boy doesn't honor his parents, how can he respect his teachers, professors, policemen, and others in authority? *Wisdom is justified of her children.* Wisdom is awareness of the power of God. There are "children" of the mind, also, such as books, plays, paintings, buildings, songs, music, and shows. When you look at the cesspool of iniquity displayed on some book stalls, you realize they must come forth from twisted, distorted, and disturbed personalities—which, to say the least, is putting it mildly.

If you had a deep reverence for the Supreme Architect, what kind of paintings would you bring forth? Since you would be in tune with the indescribable beauty of God, you would bring forth things of beauty and joy forever. In this light, think of the art of Michaelangelo.

Thou shalt beat him with the rod, and shalt deliver his soul from hell. "Hell" means restriction, self-imposed bondage, misery, and suffering—all brought on by poisoning and polluting our subconscious mind with hatred, resentment, hostility, and bigotry; but when the child is taught the real

meaning of the Ten Commandments, the Golden Rule, and the wholesome use of his mind, and is properly guided to conform when he is young, he will grow up and acquire the habit of filling his mind with life-giving patterns.

The rod and reproof give wisdom. When you have wisdom, you coordinate all your activities in Divine order. You are capable of tuning in on the Infinite Intelligence within you and receiving answers to the most perplexing problems. "Divine order" means that you express yourself at your highest level, and you radiate love and goodwill to all. Having wisdom, you know that to hate, resent, or to be envious of another, you simply poison your soul and mind and bring all manner of diseases, mental and physical, upon yourself.

A child left to himself bringeth his mother to shame. This means that a child left to wander off without spiritual instruction and without ordinary rules of good conduct will grow up with a contaminated mind, will perhaps become a delinquent, and possibly will even end up in jail.

I have visited some boys' clubs, and met with Boy Scouts, DeMolays, and others, and they are remarkable boys, clean and wholesome, with respect for their parents. They also want to contribute to the harmony, beauty, and welfare of their country. They want to be, to do, to have, and to serve. They realize that they must change themselves, and that by reforming themselves they will help to reform the world.

You will perceive the wisdom, true knowledge, and understanding of parents in the lives, actions, and reactions of their sons and daughters. The children, as the Bible mentions, "justify" the wisdom of their parents. To justify means to fit exactly; mentally, it means that the children reflect accurately the wise indoctrination of their parents. Action by the parents and the reaction of the children are equal. Their wisdom, which represents knowledge of the laws of mind, and the response of Infinite Spirit, are definitely,

positively, and absolutely reflected in their mental attitudes, in their studies, and in their accomplishments and achievements in life.

When the wisdom of God is enthroned in the minds of youth, the result is balance, equilibrium, harmony, peace, right action, and happiness. The boy's work equates with his state of mind. The inside and the outside are balanced, or "justified."

Teach your children to pray for Divine guidance by claiming it boldly, and the impulse will always be lifeward, upward, and Godward. The law of correspondence, or parallels, is always working. All of us, including boys and girls, get the result which corresponds to our habitual thinking and imagery.

This is what an outstanding educator, Mr. William H. Thrall, has to say:

"I am a sort of an old-fashioned educator, and I have administered my share of corporal punishment in my day. I applied this treatment judiciously, and in every case it seemed to be of value to the pupil concerned.

"I cannot help being acquainted with many of the permissive parents, because there are so many of them. They are shocked and saddened when they learn that their offspring is in jail, is pregnant without a husband, is on dope, or is dead from dope. I am saddened for them, and I have known them all, but in many cases wise corporal punishment and a sincere religious atmosphere might have prevented the tragedy.

"Corporal punishment and religion are basic parts of the British school system, and when I was employed by the British, I saw no hippies, sloppy dress, drug addiction, or lack of respect for authority."

Boy Says Father Is Too Easy-Going

A young boy about 11 years of age, who was making trouble in school, insulting the teacher, and stealing from

other children, was whipped by his father with a strap. Afterwards, his father said to him, "Son, I'm sorry. I shouldn't have whipped you."

The little boy said, "I deserved it, and I don't know why he said he was sorry."

The boy knew he was wrong and deserved the punishment, and it was very foolish for the father to talk to his son that way. Presumably, the father thought his son would love him less because he disciplined him. On the contrary, the father showed his interest in the welfare of his son by punishing him. Actually, he demonstrated his love in the sense that he wanted his son to grow up to be honest, upright, and a good student. No boy resents being punished when he knows he deserves it.

I might add that when a father or mother disciplines a child, the parent is, in effect, saying, "I love you. I am interested in your future. I want you to grow up to be a man of integrity, justice, and honesty, a man whom your co-workers, neighbors, and employers will respect because of your contribution to society. I am just endeavoring to instruct you to conduct yourself in an acceptable way, because one of these days I am going on to the next dimension of life and will not be around to watch over you and advise you. Remember, if you cheat, rob, and insult others, society will not forgive you and you will discover that you will be punished for your misdeeds."

Let Psychic Perception Raise Your Child

Your perception of the truth that God indwells every child gives you the opportunity to constantly claim that the wisdom, intelligence, harmony, and love of God are resurrected in your offspring. You are always *en rapport* subconsciously with your child, and the latter feels your conviction and responds accordingly. You are living in an objective and subjective world, and you must also do those things which are objectively correct.

Why Permissiveness Is Always Wrong

Permissive parents do not really understand the laws of their conscious and subconscious mind. Children learn by education, observation, and experience. Parents should control their children, teach them about God and the powers within them in a very simple way so the child can understand. Children should never be permitted to do as they like, but must definitely be taught and made to conform to the Golden Rule and think, speak, and act towards others as they would wish others to think, speak, and act towards them. When parents do not correct and discipline their children, or offer proper guidance, the latter lack self-reliance, security, and self-control. Parents must exercise their authority and discipline with rationality, understanding, love, and responsiveness to the child. When they do, their children grow up full of self-confidence, poise, balance, and self-control. These parents issue sound directives and instructions to their children and they point out to them why their commands are right. They are able to explain lucidly to the children why the directives are for their good.

Avoid the Dictatorial, Authoritarian, and Totalitarian Attitude

Recently I talked to a young girl of 18, who said her mother had laid the law down to her in no uncertain terms, with orders such as: "Keep away from all boys; sex is evil; men are beasts like your father. You can't use rouge or lipstick or powder—these are of the devil; you must not dance or go to the movies—all these are sins; you must believe in our religion—if you don't, you will burn in a lake of fire," etc.

This mother was really a little Hitler with her you-must-do-this-or-else attitude. The girl was full of fear; she was frustrated, hateful, discontented, and suffering from a profound inferiority complex. She came from New England, and

as you probably have surmised already, she had run away from home.

The first thing I did was to teach her who she was from a spiritual standpoint by explaining that there was only one Power and Presence, and that It was within her. I further explained to her that she could contact this Supreme Intelligence and It would respond to her and guide, direct, and prosper her beyond her fondest dreams.

The Special Prayer

The following is the prayer technique I suggested for her:

> I am wanted, I am loved, I am needed, I am appreciated, I am Divinely expressed. I forgive myself for harboring resentful thoughts, and I fully and freely forgive my mother. Whenever I think of her, I will affirm, 'God's love fills your soul.' I am at peace. I am joyous, happy, and free. I am gainfully employed. I have a wonderful income consistent with integrity and honesty. I know that as I repeat these ideas, they sink down into my subconscious, and according to the law of my mind (as I sow, so shall I reap), all these truths will come to pass.

This young girl made a habit of this prayer, and in time it completely transformed her life. She now has a wonderful office position and is bubbling over with the joy of living.

She Asked, "Why Aren't My Parents Happy?"

A young girl of 14 was sent to talk with me by her parents. She was getting very poor grades in school, hated certain subjects, and her teacher reported to the parents that she could do much better but that she seemed to have no interest or motivation. She said to me that she supposed her

parents would get a divorce, as they were always quarrelling and saying nasty things to each other. Then she asked, "Why aren't my parents happy?"

In talking with the parents, I pointed out that there was no one to change but themselves and that there was no question but that their daughter was mentally and emotionally affected by the turmoil and bitterness in the home. They agreed to spend five or six minutes every morning alternating with Psalms: 1, 23, 27, 91, and 100. After meditating on one of these Psalms every morning, they contemplated the Presence of God in their daughter, claiming that the wisdom, intelligence, harmony, and beauty of the Infinite were now being resurrected in her life. They both pictured her telling them about her wonderful success in school. They imagined her smiling, radiant, and happy.

At the end of a month's time, this young girl became one of the finest students in the school. Her manners, deportment, and outlook on life thrilled her parents and made them very happy.

This is to remind all parents that children grow in the image and likeness of the dominant mental and spiritual atmosphere of the home. As parents contemplate the Presence of God in their children, they will not be worried or fearful about their welfare and protection. The parents who commune with the indwelling God-Presence every day, claiming harmony, peace, beauty, inspiration, and guidance, have marriages which grow more blessed through the years, and the rich spiritual atmosphere in the home will impinge on the subconscious mind of their children.

You Must Possess a Psychic Insight into the Power of Your Words

Parents must never say to their children: "You're no good, you will never amount to anything, you are stupid, you're dumb, you're a bad boy, etc." All these words are

thoughts expressed, and the boys' or girls' minds, being very impressionable, are receptive to these thoughts. The children accept these thoughts subconsciously, and proceed to react accordingly. The little boy begins to think he is stupid and dumb when, in reality, he is not. Oftentimes he fights back by being delinquent, troublesome, and hostile. There is no use in saying to the boy that he is stupid in addition and substraction since he doesn't know the answers. The only thing to do is to teach him.

It is futile and foolish to denounce and condemn a pail of dirty water. The solution would be to pour clean water in, even if it is drop by drop. After a reasonable period of time, you will have a pail of clean water. Likewise, parents should teach their children in a simple way that God is all-wise, that He knows all things, and that He will always respond to them. Teach them to ask God for guidance in their studies with the confidence that He can solve every problem for them. The young person can easily understand that God is the life-principle within him and that he does not see God or life; neither does he see his thoughts, his mind, nor his love for his dog, all of which represent God in him.

One boy of 12, who regularly attends my lectures on Sunday mornings, once said to his mother as he arrived home, "Mom, I know where God is. God is within me. I can't see God, but I can feel love, joy, happiness, and that is God moving in me. I can't see the wind, Mom, but I can feel the breeze upon my face." There are many ways you can teach boys or girls about the God-Presence within them, such as listening to a beautiful symphony, yet pointing out that they don't see the players. Show them that they may turn on the light, but that they don't see electricity.

How to Keep God Alive in Your Home

Have regular morning and evening prayers in which the children join. Teach the children to offer grace at mealtime

and remind your boys and girls frequently that God created all things–the stars, the sun, the moon, and the whole world, and that when they love each other, they are expressing God's love. Teach them that God is the Infinite Healing Presence that heals a cut on their finger and gives them new skin when they burn themselves.

Young boys and girls going to school become enthusiastic when I explain to them that if they practice a simple technique every night they will be guided in their studies and pass all their examinations easily and in a relaxed manner. The following is the simple prayer that great numbers of young boys and girls, as well as those going to college, use regularly every night before going to sleep:

> I am Divinely guided in my studies, and I have a perfect memory for everything I need to know at every moment of time and point of space. I pass all examinations in Divine order. Whatever my study assignments may be, I will give attention to them, and I know my subconscious will prompt me and reveal to me the answers when I need them. I sleep in peace and I wake in joy.

Pass on this prayer technique to your sons and daughters and explain to them that these simple truths, when repeated regularly for five or six minutes every night, are engraved in their subconscious mind, which is the seat of memory; and whatever is impressed on their subconscious will be expressed. In other words, tell tl em that they will be compelled to give a good account of themselves at every examination, for the nature of the subconscious is compulsive.

A Young Girl of 12 Talks to God and Solves Her Problem

A niece of mine studying in a convent in England wrote me stating that when the sister in charge told her that she

could do much better than she was doing, and after reflecting on her studies, she decided to talk to God about it. Her prayer was very simple and practical. Her dialogue was like this:

"God, You are all wise; guide me and show me how to give my best in every way. Thank you, God." She expected an answer and received one and is now getting along famously with the teachers and her schoolmates and in her studies.

Remember, the nature of this Supreme Intelligence within you is responsiveness, and the simple prayer from the heart always gets an answer. Teaching children the Presence and Power of God is as necessary as food and vitamins, clothing, and shelter. It is the living bread from heaven.

A Plan for Parents and Children

Parents should remember that they can give only what they have or possess in their minds; therefore, parents should learn the laws of the mind and the ways of the Infinite Intelligence within all people throughout the world. Let this be your creed:

> God is, and all there is is God, in all, over all, through all, and all in all. God is the Living Spirit, the Life-Principle within each one. God loves us and cares for us. God comes first in our lives. As we turn to this Infinite Presence and Power within us and claim harmony, peace, abundance, wisdom, right action, and beauty operating in our lives, wonders happen as we pray this way.
>
> Every morning when we open our eyes, we give thanks to God for the new day and for the marvelous opportunities to release more and more of His light, love, truth, and beauty to all mankind. Every night before we go to sleep, we will say, "We

sleep in peace and we wake in joy, and we live in God. God gives his beloved in sleep."

The above prayer, recited regularly, systematically, and persistently by parents in the presence of their children will resurrect and activate these truths lodged in the subconscious of all. Children brought up in this spiritual radiance will grow in wisdom, truth, and beauty, and will prove the age-old dictum that the only reason for our existence is to glorify God and enjoy Him forever.

POINTS TO REMEMBER

1. Every child needs discipline and correction. You must express your disapproval when he doesn't conform to universally accepted standards in the home, school, or wherever he may be. *There is no love without discipline and no discipline without love.*
2. The word "hate" in the Bible means to reject completely and emphatically the negatives of life, such as lying, disorderly conduct, stealing, etc. In other words, you never condone that which is wrong. You must see to it that the child learns his lesson, and when he does, he will not be a repeater.
3. Wisdom is justified of her children. There are "children" also, such as books, plays, paintings, songs, etc. All these reflect the state of mind of the creative individual.
4. When a child is taught the real meaning of the Ten Commandments and the Golden Rule, he will incorporate these truths into his mentality and reveal Divine law and order in his life.
5. A child left to wander off without spiritual instruction will grow up confused and truculent.
6. Children justify the wisdom of their parents. This

means that the children reflect accurately the wise indoctrination of their parents.

7. Children know when they deserve punishment; they know they had it coming. A father who disciplines his son is actually revealing his love for him, as he shows his interest in his future and in his welfare.
8. As parents regularly identify with the God-Presence in the child and claim that the wisdom, intelligence, and harmony of God are being expressed by the child, such a child will grow in grace, beauty, and wisdom in perception.
9. Permissive parents who are negligent and careless and don't control, direct, and make certain requirements of their children through psychic perception have children who lack self-confidence, security, self-control, and who are also selfish.
10. Parents who are quarreling and generally exhibiting hostility to each other communicate subconsciously these negative vibrations to their children, which disturb them and cause them to feel they are not loved or appreciated. Furthermore, they become fearful of a broken home and lose that sense of security so needed in their formative years. Sometimes they show their retaliation in acts of stealing, poor study records, indifference, and a generally rebellious attitude.
11. Children at an early age can begin to perceive and understand God. You can point out that God is their mind, their life, and that this Presence watches over them as they sleep; that It heals, inspires and guides them in their studies. The little boy or girl can understand that he or she can't see the wind, but can feel the breeze upon the face; likewise, he or she can feel love, joy, and laughter, all of which are of God.
12. Boys and girls going to school can get acquainted

with the Infinite Intelligence within them by affirming for five or six minutes every night: "Infinite Intelligence guides me in my studies, and I have a perfect memory for everything I need to know at all times. I pass all examinations in Divine order." They will experience the result of what they sow in their mind. This is one way of getting acquainted with the God-Presence within them.

13. A young girl of 12 talks with psychic perception to God and requests that He guide her in her studies, and she goes ahead by leaps and bounds.

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How to Let Psychic Perception Make Your Desires Come True

It is all right to have a dream, an ideal, or a goal, but you must have a solid foundation under your aspirations; otherwise they become idle fantasy, which wastes your energy and debilitates your entire organism. There are many men and women who do not know where they are going and who have not risen above their childhood dreams. Somehow their fantasies become enmeshed and confused with reality, and they have difficulty in differentiating one from the other. Hence their need for using their psychic perception.

How She Made Her Dream a Reality by Calling on Her Subconscious Mind

Some months ago, I interviewed a young woman in Las Vegas, Nevada. On my return to that city, where I am writing this chapter, she visited me to tell me how she had made her dream come true.

On her first interview with me, she said that she was constantly daydreaming about being a movie star, with valets,

servants, limousines, maids, and butlers at her command. Yet she admitted she had no talents along the line of acting. She was emotionally immature and had simply carried over into her adult life a childish image of being a famous movie princess. She had had numerous affairs with men, each of whom had promised her a movie career, but she inevitably discovered that they were simply using her, which resulted in frustration and complete disillusionment on her part.

I suggested that she now use constructively the talents she had. She could type very well. Also, her ability at shorthand was excellent. I pointed out to her at that first interview that she should come down to earth and be practical and cease dwelling in marble mansions in the sky. I suggested that she affirm as follows: "Infinite Intelligence opens up the perfect door for my full expression, where I am giving of my talents in a wonderful way and I am Divinely compensated. I claim I am wanted, needed, loved, and cherished by a wonderful husband, and I contribute to his success and happiness in a wonderful way." I explained to her that as she repeated these affirmations, they would sink down into her subconscious mind, and the deeper currents of her subconscious would bring her desires to pass.

A Clear-Cut Lead Came into Her Mind

Subsequently, this young lady attended a social gathering in Las Vegas and there met a professor of English, who asked her to become his secretary. She is now married to him and is extremely happy. The lead that came to her was a deep, almost compelling psychic impulse to attend the social function for which she had previously turned down an invitation. The wisdom of her subconscious perceptive mind knew how to fulfill her dreams and bring them to pass. She is no longer building castles in the air. She knows how to construct a foundation under them.

How Dave Built a Solid Foundation

Today I had dinner with an old friend, Dave, who directs a most progressive and enlightened congregation. One Sunday morning many years ago, Dave came to one of my lectures at the Wilshire Ebell Theatre, Los Angeles. He became intensely interested in the teaching and shortly thereafter became chief usher in the organization where he remained for many years. Dave had been in the musical theatrical field and had degrees along these lines, but he was dissatisfied and frustrated in his efforts to rise above just making ends meet.

I suggested to Dave that inasmuch as he was wildly enthusiastic about the inner meaning of the Bible and the workings of the subconscious mind, I believed he would be a tremendous success in the ministerial field. This idea rang a bell in Dave's subjective mind, and he took the five years of training necessary to become a minister of Religious Science. He became an instantaneous success for the simple reason that he is now doing what he loves to do and is Divinely happy and Divinely prospered. He fell heir to one of the most beautiful churches in the state, following the resignation of its chief pastor. He now conducts youth programs, Science of Mind classes twice weekly, and Sunday morning lectures. His organization is growing by leaps and bounds.

He told me that he has never been so happy in his life, and he is extraordinarily successful in his work in Las Vegas.

His Foundation Technique

During his ministerial training, every night prior to sleep he would sit still, immobilize his attention, and imagine that he was standing on a pulpit expounding the great truths of God to an imaginary audience. He felt the reality of this so much that before he was ordained, he said to me, "I am absolutely convinced that I will have my own church and be the pastor. I sense it, feel it, and in a vision I have seen the

church and congregation about 100 times." And all this came to pass, thus proving what Thoreau had said many years ago: "If any man will hold a picture in his mind of doing what he wants to do and will sustain that mental picture, the God-Power will develop it and bring it to pass."

You, too, can build a real solid foundation under your heart's desire. Dave said to me today that he stresses to his own students that their castles in the air without a basic knowledge of the powers of the subconscious to bring them into being are as unsubstantial as whiffs of smoke.

His Reversed Attitude in Perception Brought Him Assets of a Quarter of a Million Dollars

I had a most interesting session with a man whom we shall call Mr. X, who has been phoning and corresponding with me for some time. I gave him spiritual advice over the phone, and the following is the history of the case. He is the son of a very wealthy father in the East, who had been very cruel and autocratic, insisting that the son come up to his standards in the business. This young man had a neurotic hatred for his father and began to strike back by writing vitriolic articles about big business; moreover, he went back East and lectured on the values of a communistic society to a club to which his father belonged, knowing that this would infuriate his father. His desire, as he said, was to strike back at his father. In the meantime, because of this emotional hostility and suppressed rage, plus his sense of guilt, he began to drink excessively, becoming an inebriate, or compulsive drinker. He also developed ulcers and high blood pressure; and, as if that were not enough, he was on the verge of bankruptcy.

My explanation (over the phone) of the reason for his actions supplied 75 percent of his cure. He realized that he was being emotionally immature and was consuming alcohol to assuage his sense of guilt just as someone else would take

aspirin for a headache. Actually, it suddenly dawned on him that he was literally destroying himself by attempting to hit back at his father's ideals and policies. He decided to reverse his attitude by following the technique of scientific prayer.

He affirmed out loud frequently during the day: "I surrender my father to God. I release him completely and wish for him health, peace, success, and all the blessings of life. Whenever I think of him, I will affirm at once, 'I have released you. God's peace fills your soul.' I am Divinely guided. Divine law and order govern me. Divine love and Divine peace saturate my soul. My food and drink are God's ideas, which constantly unfold within me, bringing me harmony, health, and peace. God thinks, speaks and acts through me, and I am Divinely expressed and fulfilled in all ways."

He repeated these truths frequently out loud, which prevented his mind from wandering. Whenever any negative thoughts came to his mind, he would affirm: "God loves me and cares for me." After a few weeks, he became a constructive thinker.

His "Movie" Technique

Every night for about ten minutes in a perfectly relaxed state, he imagined I was in front of him congratulating him on his freedom from alcohol, and whenever the shakes and the jitters seized him with the craving for another drink, he would cause to flash in his mind the mental movie, knowing there was an Almighty Power backing him up. It was only a matter of a few weeks until he was completely free from the curse of compulsive drinking. His new attitude changed everything. Today, three months later, at dinner with me in Las Vegas, he told me his business has prospered so well hat his assets are worth over $200,000. His psychic perception had enabled him to make the correct ana shrewd decisions necessary in accumulating a fortune.

His Facial Tic Was Ruining His Career

During a trip to Mexico and its famous pyramids, I met a minister who had a pronounced facial tic which was very aggravating and humiliating to him. He had received alcoholic injections, which were supposed to deaden or paralyze the nerve, but after some months the tic flared up again. The condition became very acute when he spoke before his congregation or other social gatherings. He had reached the point where he was actually contemplating resigning because of the comments of the people and his own sense of embarrassment.

After a prolonged discussion, however, I remarked that I had a deep inner feeling that he had a pronounced sense of hurt plus a guilt complex which he was unwilling to face subjectively and objectively. This tic condition was affecting his right eye, which could possibly symbolize something he did not want to look at in his home or office; there was some reason why his subconscious was selecting his face and his right eye as a scapegoat. This situation needed his psychic perception to recognize how to deal with it.

He admitted freely that he no longer believed in what he was teaching, which gave him a guilt complex; moreover, he was afraid to resign because he felt he could not make a living outside the ministry. He deeply resented members of his board, who criticized whenever he deviated from the orthodox standard of teaching. All this nervous pressure was converted by his subconscious mind into a tic. The affliction compensated him in a morbid way for his failure to be honest and forthright and admit to his congregation that he no longer believed according to the directives and dogma of the church.

He freely admitted all this to me, and I suggested to him in turn that on the following Sunday when he returned from his vacation he should speak freely from the platform and tell his congregation that he was resigning, since he no longer

believed what he was preaching. He understood that to teach one thing and to believe another created a powerful negative conflict in his mind, resulting in mental and physical disorder.

He spoke from the depths of his heart to his congregation and then resigned. In a letter to me he said, "I felt a tremendous relief and a great sense of peace came over me. My constant affirmation was, 'Thou wilt show me the path of life,' and one of my former board members gave me a position as personnel director for his organization, where I am happy." He added, "What you said is true. Oftentimes the explanation is the cure."

If you have a problem, mental, physical, or emotional, ask yourself: "What am I turning away from? What is it I don't want to face? Am I hiding my resentment and hostility to someone?" Face the problem and solve it with psychic perception, dissolve it in the light of God's love.

She Didn't Have to Be Lonely

I once conducted a seminar at sea on the ship *Princess Carla,* which visited several ports in Mexico. I also conducted daily lectures and personal interviews. A young woman from New York City, although not a member of our seminar, interviewed me because she had read *The Power of Your Subconscious Mind.** The substance of her conversation was that she was always attracting the wrong men. They were either alcoholics, married, or individuals suffering from sex deviation complexes. She was somewhat withdrawn, hostile, and on the defensive. I asked her a very simple question: "What's eating you inside?" adding that is what the Kahuna (a Hawaiian priest) always asks a person who visits him for a healing. She blurted out, "I hate my mother. When my

*Dr. Joseph Murphy, *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1963).

brother died of scarlet fever, my mother said to me, 'Why wasn't it you?' "

This was a terrific shock to the impressionable mind of a 13-year-old girl. Undoubtedly the mother in the anguish of grief didn't really mean what she said when she reproached the girl because she, the only daughter, lived instead of her brother. This young lady, very attractive and charming, had met many men on the cruise but was very critical of every one of them. She had what you might call a rejection complex, as she lived in the fear that she could not be loved. She expected to be rejected, not realizing that what she feared would always be made manifest. Underneath she was hungry for companionship and wanted passionately to be appreciated, wanted, and loved. Her subconscious conflict stemmed back to her mother's critical remark, "Why wasn't it you?"

We had a long chat in my cabin on the ship and I pointed out to her that the past was dead and that nothing mattered but this moment; that all she had to do was to change her present thoughts and keep them changed, and her future would be a perfect projection of her new habitual thinking, based on the premise that what we sow in the garden of our mind, so shall we reap in our experience. Accordingly, I outlined a pattern of affirmations for her, explaining to her that she must never deny what she affirmed. The affirmation was as follows:

> I know that the past is dead, and all I have to do is to fill my subconscious mind with life-giving patterns of thought, and all the negative and traumatic hurts of the past will be obliterated. I claim now that Infinite Intelligence is guiding and directing me, and that Divine love fills my soul. I am inspired and illumined, and my hidden talents are revealed to me. I radiate love, peace, and goodwill to all men and women. I have much to

give to man. I am honest, sincere; I appreciate a lovely home. I can cherish, love, and admire a man who has a reverence for things Divine. I love a beautiful home, I am economical and I can contribute in a wonderful way to a man who is also loving, kind, and peaceful. Whenever I think of my mother, I bless her. She is now in the next dimension of life and I claim her journey is ever onward, upward, and Godward. I forgive myself for harboring resentful thoughts, and I know God loves me and cares for me. Whenever I am prone to criticize myself, I will immediately affirm, 'God loves me and cares for me.'

I was pleasantly surpised when this young lady came to my lecture a few Sundays ago and introduced me to her husband, a retired captain of the British Navy. They are extremely happy and are now on a world cruise, which will last about eight months. She had absorbed these truths we discussed in her subconscious mind. As she said, it was one hour of perception that transformed her life. It is true that you can be changed in the twinkling of an eye.

POINTS TO REMEMBER

1. It is all right to have a dream, but you must have a solid psychic foundation under the dream; otherwise, it becomes but idle fantasy.
2. Learn what your talents are now, face yourself as to your present capabilities, and start from there; then realize that you are Divinely guided to your true expression and Divinely compensated in a wonderful way. The answer will come from your subconscious mind, and you will recognize the lead, which comes to you clearly and distinctly.
3. If you hold a picture in your mind of what you want

to be and dramatize it in your imagination, knowing that your subconscious mind will develop it and bring it to pass, and as you remain faithful to this mental picture, the way will open up and you will become that which you imagined and felt as true.

4. You actually tend to destroy yourself physically and mentally by striking back at others or by seeking revenge. The answer is to release them to God, wishing for them all the blessings of life. If you are an alcoholic, forgive yourself for harboring negative thoughts and imagine some friend congratulating you on your freedom and peace of mind. As you continue to project this mental movie, your subconscious will take over and compel you to lose all desire or craving for alcohol. The law of your subconscious is compulsion, and whatever you impress upon it is expressed. You can control its compulsions with your psychic perception.
5. A facial tic can be due to a deep-seated resentment plus a guilt complex and an unwillingness to face the conflict boldly and overcome it. The thing to do is to face it objectively with psychic perception in your own mind and be honest with yourself by refusing to believe and teach what you know and feel in your heart is not true. Claim that Infinite Intelligence within you opens up a new door of expression for you, and It will respond to you in Divine order, and a desired healing will follow.
6. When a woman hates her mother and dwells on old hurts and psychic traumas, she will attract to herself the wrong type of men, based on the law that like attracts like. The thing for her to do is to realize that the past is dead; nothing lives but this moment. As she changes her present thought, she will change the future, since her future is her present thoughts made manifest.

18

The Psychic Perception of Your Past Lives

Emerson said, "There is one mind common to all individual men. Every man is an inlet to the same and to all of the same. He that is once admitted to the right of reason is made a freeman of the whole estate. What Plato has taught, he may think; what a saint has felt, he may feel; what at any time has befallen man, he can understand. Who hath access to this universal mind is a party to all that is or can be done, for this is the only and sovereign agent."

This means that your subconscious mind, which is one with the universal subjective mind of the entire human race, possesses a memory of everything that has ever transpired in the evolution of man, both physiologically and mentally. All the languages ever spoken, all the music of the world, plus the discoveries, inventions, and experiences of all men are registered indelibly and infallibly in your subconscious mind. This chapter will discuss psychic perception of this storehouse of human experience.

Your Subconscious Reasons Deductively Only

Your subconscious does not argue controversially. It

accepts the premise (true or false) given it by your conscious mind and reasons deductively from that premise to all legitimate inferences, with a marvelous clarity and accuracy.

An Interesting Hypnotic Experiment Regarding Past Lives

Some time ago I witnessed an experiment conducted by a friend of mine on a man we will call Mr. X. He was a Roman Catholic and disbelieved violently in reincarnation; however, the psychologist said to him that if he put him into a trance, he would tape his answers and prove to him that he had had many past lives. In the hypnotic state, the psychologist suggested to Mr. X that he was now taking him back 500 years ago, and Mr. X was to inform him who he was, where he was living, and what he was doing. There was no response. The psychologist then said, "It is 1,000 years ago. Who are you? What's your name?" There was no reply. Then in desperation the psychologist said to Mr. X, "I am now regressing you way back, long before England or Ireland were ever heard of—way, way back. Who are you?"

There was silence for about a minute, then Mr. X said, "On the seventh day I rested."

This ended the hypnotic experiment on reincarnation with Mr. X.

The Reason for the Failure

It is generally true that in the hypnotic trance state, you will always give the operator what he wants; i.e., you will cooperate with him. Assuming the correctness of the premise, whether true or false, your subconscious, being amenable to suggestion, will give the operator what seems to be a logical conclusion. In this instance, Mr. X suggested to his subconscious prior to the sleep state, "I do not believe. I do not believe in reincarnation. I will give no response." His subconscious mind accepted the dominant suggestion, which was

that of Mr. X. Remember, your subconscious mind accepts the dominant of two ideas. Mr. X neutralized the suggestion of the operator, and you can see the humor of the response by Mr. X to the third question of the psychologist.

An Experiment with Mr. X's Sister

Mr. X's sister gave no contrary suggestion to her subconscious prior to the trance state, and the psychologist regressed her into different periods of history. She claimed to be Joan of Arc and spoke French in the trance state. At another time she was a princess in Egypt and launched out into a religious disquisition of religious beliefs in Egypt. She claimed that the pyramids were built by men who went into a semi-trance and lifted all the stones by the power of mind, cut them, and fitted them into place; that all this was accomplished without the sound of hammers or other metal tools; that mind did all these things.

There was, of course, no way of proving that she was a princess or Joan of Arc. After talking to her, I learned she had studied French for four years and had also lived in France. Furthermore, she also had visited Egypt and had studied the pyramids and Egyptian history. In the trance state, her subconscious mind, in response to the suggestion by the operator, dramatized a sort of composite of what she had read and studied. It could be called a fictionalized presentation, and her conclusions were syllogistically correct; that is, they were logically deducible from the premise of the psychologist that she had lived before and would tell us about it.

She accepted this suggestion, which became her major premise; whatever there was within the range of her own knowledge or experience, whatever she had seen, read, heard, or visited which tended to illustrate the idea in any way, was utilized by her subconscious. At the same time, her subconscious became totally oblivious to all facts or ideas which did

not conform and which were not in accord with the operator's suggestion. Inductive reasoning is not a quality of the subconscious mind.

Have You Lived Before?

One of the most interesting factors discussed by many people is that they claim to remember their previous incarnations; furthermore, in remarkable detail some say they were priests in ancient temples, giving the period, location, and other interesting highlights. There is no doubt that some people seem to remember previous existences. They relate that the only way such memories can be explained is that they have actually lived before.

We are all immersed in a great pool of mind. Dr. Phineas Parkhurst Quimby said, "Our minds mingle like atmospheres." Your mind is a great reservoir containing the mental experiences and reactions of the ages. It is possible for a clairvoyant or other psychic to look back in time and see George Washington kneeling on the snow, but it does not mean that she is an incarnation of George Washington. It simply means that she tuned in on the mental picture or vibration, which is forever embodied in the universal screen of the universal subjective mind. All things co-exist in the mind-principle as an eternal now.

Important Points to Recall

Consider the fact that the sensory impressions of all men who ever lived are within you. You can easily tune in to the vibration of some previous experience which someone else had and think it is your own. The Life-Principle within you was never born and will never die. This Life-Principle in you, which is Infinite Spirit and Infinite Mind, has played all roles, created all countries, has been everywhere, has seen everything, and experienced all things. Think clearly and you will perceive through psychic perception that the One Mind

operating through man wrote all Bibles and all books, and established all religions. That One Mind is within you, and this is why there are men and women not only in India and Tibet, but in other countries as well who do not have to travel to any part of the world to describe it in detail. Many clairvoyants are able to do this; yet the faculties of clairvoyance and clairaudience are within you and all men.

The Psychological Explanation of Having Been There Before

Once I took a trip to Pondicherry in India. On arrival, I knew my way around. All the streets, buildings, and the market place were familiar to me. When I heard people speak, I said to myself, "I have heard these voices before." Let us look at this experience from the standpoint of the subconscious mind. Knowing that I was to visit Pondicherry, my subjective self traveled there while I was sound asleep. You could call this extrasensory travel, yet your subconscious is omnipresent, transcending time and space. While consciously asleep, I conversed mentally with many people, heard their responses and voices; furthermore, in that psychological journey, I saw all the beauties of the countryside.

I had been visualizing a wonderful trip, impressed this on my subconscious mind, and "went to sleep on it." My subconscious accepted the suggestion and dwelt there psychologically. When I consciously and objectively arrived there, I experienced all the subjective states. What I saw and heard objectively, I had seen and heard subjectively. Of course, I had heard that voice before and had seen that place before! The real truth is that no one, no matter who he is, can go any place, hear anything, or experience anything that does not already exist within him. Why is this? Because Infinite Mind is within him. Infinite Spirit or Infinite Mind does not have to travel, to learn anything, to experience anything, or to grow, expand, or contract. It is all there is. All things

subsist now in the Infinite. It is the Ever-Living One, the All-Wise One, and the All-Knowing One.

Why You May Say, "It Seems I Have Always Known Him"

You may meet a man whom you are convinced you have always known. The reason is that he is an intimate of your mood. All tones are within you, just as countless notes and tones are in the piano; the tone you strike always was. When you say that you remember having lived in a certain city before and that everything seems familiar to you, it is quite possible that you had visited the place in the dream state, which you may have forgotten. But your subconscious or psychic mind forgets nothing; it registers and records all your experiences indelibly and infallibly. Your experience could also mean that you are awakening to that which was always known and which always existed within you. Remember, God–the Life-Principle–is within you. This Presence created all things. As you begin to awaken to the Divinity which shapes your ends, you will begin to realize that the whole world and all creation and experiences of the race are, therefore, within you.

Why Is It Possible to Remember Anything That Has Ever Transpired?

Of one thing you may be certain: It is possible to remember anything that has ever transpired on this planet. It is also possible to see what might happen in the future except it is changed through prayer. The real truth about you is this: The *I AM*-ness within you is your own consciousness or awareness. The Bible, in the Third Chapter of Exodus, called the name (nature) of God, *I AM,* which means Pure Being, Life, Spirit, Self-Originating Intelligence, Reality, or Pure Awareness. In other words, God indwells you, and when you say, "I AM," you are announcing the Presence of God within you

Therefore, when you do a little deep thinking, you will realize that the Infinite Spirit, or Infinite Mind within you, has been all men who ever lived, who live now, or whoever will live. This Mind-Principle within you has been Buddha, Jesus, Moses, Socrates, Lincoln, Shakespeare, etc. Your Awareness or Spirit has played all roles. It has been everywhere. It has seen everything. All is within It. Even the whole universe came out of your own I AM-ness.

The Infinite Mind operating in all men wrote all Bibles, spoke all languages, built all pyramids, wrote all books; therefore, you often read of many men throughout the world who, though poorly educated, but in a trance, state they speak 12 or 13 languages.

There Is Only One Being or Life-Principle

The One Being—faceless, formless, and timeless—individualizes in the form of man. All men are extensions of yourself, because there is only one mind. Each may condition it differently, but it is the one mind common to all individual men. The Life of you is One and Indivisible. It wears many garments. The word "humanity" means the One Being, limiting Himself by appearing as many and in human form.

Where Did You Come from Before You Were Born?

Always remember it is God coming into the world when a child is born. It is the Universal becoming the particular, or the Invisible becoming visible. You are the individualized expression of God. The Psalmist says, *It is He that hath made us* (Psalm 100). All of us have a common Father, a common Progenitor, the Life-Principle. It is called by many names; such as Allah, Brahma, Reality, Life, Being, Awareness, Consciousness, Living Spirit Almighty, and Self-Originating Spirit. The Bible tells you where you were before you appeared on this planet: *Thou hast been in Eden, the garden*

of God; every precious stone was thy covering (Ezekiel 28:13).

Eden from a spiritual standpoint is a place of boundless bliss, indescribable beauty, and absolute peace. In other words, you came forth from God, the Boundless One, where you lived in fullness of joy, boundless love, all perfection, and harmony. These qualities of God are the precious stones which covered you. In other words, you were this Being living in the absolute state, and when your father and mother copulated and the ovum was fertilized, the Spirit entered in and was conditioned by the genetic record and the mood, mental attitude, and temperament of your parents. When you came forth, it was God being born and assuming the form of a child. The Bible says, *Before Abraham was, I am* (John 8:58). This means the same thing; i.e., before any manifestation or form appears, it first comes out of the invisible—the *I AM,* the Living Spirit Almighty.

Why Is an Innocent Child Born Deaf, Lame, Blind, or Crippled?

You might well ask why a healthy, vital, robust man becomes blind, deaf, tubercular, crippled with arthritis, or turns paranoiac or psychotic. The answer is: There is one universal law which cannot be broken. If the man hates the sight of someone, or if he is full of resentment, jealousy, vengeance, or hostility, all these generate destructive emotions which bring on all manner of functional impairments and diseases. There is not one law for a child and another for a man of 80 or 90. We are all under the same law as the child in the womb or the cradle. The Bible says: *Except ye repent, ye shall all likewise perish* (Luke 13:3). This means we are all immersed in the mass mind or the law of averages. Negative suggestions of the mass mind are continually impinging upon our mentality. Our mind receives according to our degree of receptivity. We can guard against negative circumstances through our psychic perception.

Reincarnation and Time Cycles

When a child is born, it is the Infinite Spirit assuming the form of that child. The personality—John or Mary—is the sum of the thoughts, feelings, and beliefs of each one of us. We tincture and color and modify the one Spirit by our beliefs, impressions, and conditioning.

Let us say that John, who lived in New York, passed on to the next dimension; the quality which was John lives in all beings throughout the world. Now, during a copulative act in some part of the globe, the tone or quality that was John is struck; this could be in China or Japan or elsewhere, and that quality or mood of the Infinite comes forth. It is not the personality we knew as John coming back; it is the tone of the Infinite coming forth.

The same instant that John died, instantaneously the same vibration could come forth in a member of another race and country. Cycles of 500, 600, and 1,000 years have nothing to do with this law. The Life-Principle is timeless; all tones are in the One. When you play on the grand piano, it will respond according to the notes you strike.

Man is the measurer, and . . . *with what measure ye mete, it shall be measured to you again* (Matthew 7:2). *For whatsoever a man soweth, that shall he also reap* (Galatians 6:7). You sow the seed in mind, and you reap the fruit of the seed; it will be the exact likeness of the seed sown.

It is definitely wrong to believe that you or anybody else is suffering because of the errors made in "past reincarnations."

You Are What You Think All Day Long

If you do not think for yourself, and if you do not cleanse your mind, you will suffer, because you have allowed fear, false beliefs, and erroneous concepts of the world to impinge themselves upon you. Then you are allowing the world-mind to do your thinking for you, thereby bringing

about accidents, sickness, sufferings, and tragedies of all kinds. The mass mind or the world-mind is the mind which believes in disease, sickness, misfortune, accidents, and superstitious beliefs of all kinds, hence the importance of cleansing our minds and keeping prayed up. There is no chance or accident, for all is law. There is a state of mind, a mental attitude, which is the cause of all.

You Are Here to Learn the Laws of Life

Suppose you put your hand on a naked electric wire. You would get burned or electrocuted. Why blame the law of electricity? Learn how the principle of electricity works and you can use it to bless yourself and others. The burn or the hurt you received was due to misuse or ignorance of the law. It would be foolish to say God was punishing you or that it was due to your karma (sins of a former life).

Suppose you jumped into the ocean and did not know how to swim. You would drown. You would not attribute it to a vindictive deity who is punishing you; rather, it would be due to your lack of knowledge as to how to keep afloat. The waters will hold up a boat or any man who learns how to swim or navigate.

You can fall off a cliff because of carelessness in climbing or through paying no attention to the instructor who is teaching you how to climb the mountain. The law of gravity is impersonal, without rancor or vindictiveness.

Why Do Babies and Young Children Meet with Sickness, Accidents, and Tragedies?

It is true that very young children do not think or reason until they reach a certain age; they are at the mercy of the moods, feelings, and atmosphere of the parents. Dr. Phineas Parkhurst Quimby 100 years ago pointed out that young children are like a white tablet on which all members of the family and relatives write something. The child's mind

is highly impressionable, and it cannot reject the negative suggestions, fears, and anxieties of the parents. Naturally, it is susceptible to this emotional accent and reacts accordingly. This is psychic transmission affecting lives of others.

Psychosomatic physicians and psychiatrists are all familiar with the fact that children, until they begin to reason for themselves and pray scientifically, grow in the image and likeness of the mental and emotional atmosphere of the home. A careful degree of psychic perception can control the children's beneficial development.

The Law of Mind Is Good and Very Good

The law of mind is always just and eminently fair. If you hold up a horrible painting in front of a mirror, it will reflect exactly the picture held before it. Your mind is a mirror for the king and the beggar, and it always reflects mathematically and accurately the contents of your mentality. This is why the law is called good and very good. The ancient Hebrews said that the law of the Lord is perfect. It plays no tricks upon you, and that is why when you think good, good follows. Accordingly, your psychic perception can control the physical manifestation of your thoughts.

She Said She Choked People in a Former Life

While I was talking with a woman in Las Vegas whom we will call Mrs. B., she revealed that she had been suffering from asthmatic attacks for ten years and was using medication and injections occasionally without adequate relief. She had a "life reading" by a woman in Reno, who regressed her back about 200 years, and in the trance state she told the operator that she had choked prisoners in China during a rebellion in the Canton Province.

The Explanation

I explained to her in terms of psychic perception that

the Spirit, or God, within her never punishes; that all judgment is given to the son, meaning her own mind; and that she was punishing herself due to her guilt complex. I also pointed out that the operator who regressed her in the hypnotic state was guilty of imaginative folderol, too absurd for words.

During the colloquy, she mentioned that her mother had died from an acute attack of asthma; and furthermore, she added that she was not on speaking terms with her mother at the time of the latter's transition. I said to her, "Your asthma is due to your deep-seated guilt and remorse over the way you treated your mother, and you took on all the symptoms of your mother's asthmatic attacks in order to punish yourself."

Mrs. B joined with me in prayer for her mother, and she released her mother, wishing for her love, light, truth, beauty, joy, and happiness. She poured out love and goodwill to her mother and forgave herself for thinking negatively and ceased all self-condemnation. She used the following Biblical verses with remarkable healing results in adjusting her sense of psychic perception:

> *Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be white as snow; though they be red like crimson, they shall be as wool* (Isaiah 1:18).
>
> *And their sins and iniquities will I remember no more* (Hebrews 10:17).
>
> *For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee* (Psalm 86:5).
>
> *He shall call upon me and I will answer him* (Psalm 91:15).

I, even I, am he that blotteth out thy trangressions for mine own sake, and will not remember thy sins (Isaiah 43:25).

Mrs. B began to dwell on these age-old Biblical truths and continued to pour out love on her mother. At the end of a few weeks, the attacks ceased and she became free. Mrs. B realizes now that there is no time or space in mind or Spirit, and that the past is dead. Nothing matters but this moment. As she changed her thoughts and kept them changed, the past was forgotten and remembered no more.

Why Some Children Are Born Blind, Deaf, and Deformed and Others Are Born Healthy

This question was asked 2,000 years ago. *And his disciples asked him, saying, Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him . . . And said unto him, Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing.* (John 9:2, 3, 7).

The question asked Jesus implied that the disciples believed that this man must have been a sinner in a former life; this belief was a part of the tradition at that time and had permeated much of the Eastern world. People also believed that the sins of the parents were communicated to the children. In other words, if a father were tubercular, his children would be also; if the father or mother were lame, the children would be, too. Jesus rejected completely both theories or beliefs, and turned to the Spiritual Power; he healed the man instantaneously. You should take particular notice that Jesus completely ignored this statement, which is the ideal way to treat a falsehood or fallacy.

What Is the Law of Averages?

All of us are born into the race mind, sometimes called the mass mind or the law of averages. We are subject to the beliefs, opinions, and conditioning of our parents and our environment. As we learn the laws of mind in psychic perception we rise above the mass mind and transcend environmental conditioning and limitation. Jesus did not say to the blind man, "You are a sinner. You sinned in a former life and you must expiate for it now." No, he turned to the God-Power and his conviction of the Infinite Healing Presence healed the blind man. God—the Absolute Being or Life-Principle—condemns or punishes no man. Though a man be a cripple, he can be healed; if he is deaf, he can be healed; he is not a victim of some karma, which is an Oriental belief that our limitations and handicaps at birth are due to sins committed in a former life, which is called our karmic debt, and that we are now expiating for these errors or crimes.

The Mystery of Child Prodigies

One thing you must remember is that everything that has ever happened to mankind as a whole is recorded in the collective subconscious or unconscious of the race. For example, the genetic history of all men and women who have ever lived is also registered in that universal subconscious mind. As an illustration, an English officer in the First World War was in charge of a Scottish battalion which had suffered severe reverses. Suddenly he said, "I had an intense urge to lead them, and I began to talk to them in their own Highland Gaelic tongue. I felt I was somebody else and on a different battlefield doing the same thing as I had done before." He checked later on his ancestry, and he discovered a great grandfather who was a Scots Highlander and a captain in a Scottish regiment.

Biologists and geneticists have a ready explanation for that. He was under great stress and anxiety and sought

desperately the best way to kindle a fire in the battalion, and his subconscious triggered a sudden recall of a genetic memory with a past scene of a similar nature, which brought about the feeling that he had experienced the same situation before. The genetic record of the entire race is within us. Scientists tell us that the genes of three billion people on this planet would not even fill up a thimble.

Look Back at Your Ancestry

You were a boy who had a father, who was a boy who had a father, who was a boy who had a father. Keep on going back and you will realize the genetic record and experiences of the entire race are within you. Keep going back and you will arrive at the primordial cell from which all of us originated, and the primordial cell originated with God—the Father and Progenitor of all life on earth. We are all intimately related and actually we are all brothers and sisters, having one common Father. This fact we can reasonably deal with through psychic perception.

A New Beginning Is a New End

In a lecture some time ago, I mentioned that I did not go along with the modern idea of reincarnation, which states that a person who is born deformed, crippled, blind, deaf, or with some other congenital defect has committed some crime or inflicted some injustice on others in a former life; that karmic punishment accounts for his imperfect condition—i.e., he is paying the penalty for his sinful acts in an earlier existence; that he must come back again and again until he makes atonement or Divine adjustment, and then he will be freed from the so-called wheel of karma.

All this does not hold water when you realize that no matter what your condition or circumstances are, when you begin to fill your subconscious mind with life-giving patterns and align yourself mentally with the Infinite Love, Infinite

Life, and Infinite Healing Presence, the negative patterns of your subconscious are obliterated and the past is forgotten and remembered no more. All this can be done with psychic perception. A new beginning is a new end, for the beginning and the end are the same.

Your Genetic Record

A woman who thought her child was a reincarnation of Paderewski began to realize that while she and her husband and the grandparents of the boy had no musical talent of any kind and were not particularly interested in music, the boy's great grandfather had been a musician in Hungary. It is reasonable to assume that the boy (their son) was born with the genes and genetic memories of his great grandfather, which were dominant, rather than those of his parents.

I explained to this woman that there could be five members of a family and one member may be entirely different in every way from that of his parents, brothers, or sisters. He is as far apart as the poles. This is explained by biologists as biological mutation, which is a basic alteration in his chromosome structure. The precocious child may also have clairvoyant and clairaudient faculties functioning, which are inherent in all people. It is also quite possible that the unusually gifted child received the musical talents and qualities latent in his ancestral stream.

What Is Biological Atavism?

The dictionary defines it as follows: "The reappearance in an individual of characteristics of some remote ancestor that have been absent in intervening generations." For example, Mozart composed music at five years of age. Before he was consciously aware of the laws of harmony, his subliminal or subjective mind knew them; this is true, also, of all men everywhere if we would awaken to the great powers within us.

Archbishop Whately, who was a mathematical prodigy, said that as soon as his conscious mind was exercised and educated, his faculty vanished. He had lost his gift of psychic perception.

What Is a Genius?

A genius is a man *en rapport* with his subconscious or psychic mind. It was through the subconscious that Shakespeare perceived great truths hidden from the conscious mind of man. Raphael, in his meditative moods, was in tune with the psychic powers of his subconscious, enabling him to draw forth the masterpieces which he called the Madonnas. Beethoven heard his music in the silence of his soul through his psychic perception.

Why Do Infant Mathematical Prodigies Lose Their Gift?

The child is in tune with the subjective mind; the subjective mind is amenable to suggestion, and an ordinary education teaches children to ignore the voice of intuition or clairvoyance and clairaudience. Instead of being taught to draw out the wisdom of psychic perception within, the latter is usually neglected, and the faculty atrophies and disappears. It could be preserved in the child by having the teacher impress the child's mind with the fact that he could always possess the mathematical psychic gift; that he would grow and expand as he learned the objective rules, figures, numeration, etc. The subjective mind of the child, being amenable to suggestion would retain his faculties of psychic perception, for "according to his beliefs" and those of his teacher, "would it be done unto him."

Some Remarkable Cases

Ralph Waldo Emerson was studying the classics before

the children in his neighborhood had learned to read. There is nothing mysterious or supernatural about that. His ancestors were spiritually oriented and lovers of psychic knowledge. Undoubtedly, the mood of his parents at the moment of conception influenced and brought about the proper genetic influence also.

John Stuart Mill learned Greek at three years of age, and at the age of seven had read Plato in the original, as well as the works of Gibbon and Hume.

My father, who was a principal of a school in the south of Ireland, was amazed at a boy of 12 who immediately understood any mathematical problem or algebraic equation. He could see through the most abstruse problem of mathematics and tell the answer without writing down a single figure. My father recommended him to the local Bishop, who saw that he was educated in the Seminary. He subsequently became a Jesuit priest, and is now teaching mathematics in the Far East. Looking back now, I am convinced the boy was clairvoyant.

Realize a Great Truth

Anything any man has done, any other man can do. God is within all men, and God is indivisible; therefore, all that is necessary is for man to awaken to and mentally accept completely these limitless psychic powers within him.

Your Storehouse of Memory

Your subconscious mind is a storehouse of memory, and can be used to furnish you with any date or information you have ever read. Solomon, a Lithuanian Rabbi, had such a remarkable memory that he never forgot what he read. He knew the Bible and the Talmud by heart, and he could quote easily any passage requested. What he did, you can do. This is fundamental and axiomatic through psychic awareness or perception.

Many of you are familiar with the writings of Edgar Cayce. I heard him lecture a few times and was very much impressed by his sincerity and simplicity. He could memorize the contents of a book without ever looking at it. Your psychic perception can see without human eyes. Cayce was certainly clairvoyant and clairaudient. These faculties are in all of us, even though they may be dormant. We can develop them and quicken them. This has nothing to do with being born again and again in physical bodies. We do not grow or awaken in sidereal time and space. We must ascend the perpendicular beam within us, go up the hill of God where dwells the Living Spirit, timeless, spaceless, and ageless, where all things are known—the presence of God within us.

Edgar Cayce had very little ordinary school education. Tuning in on the subconscious mind in a sleep or trance state, he was able to diagnose the ills of patients in any part of the world; he was able to prescribe medicines and describe anatomical lesions, even though he knew nothing about materia medica, pharmacology, or the practice of medicine. He simply tapped the universal subconscious or psychic mind, and according to his belief was it done unto him. All the healings that followed were based on belief.

He was also able to place a book under his pillow and recite the contents verbatim. It is said that he could speak over a dozen languages in the trance state. After all is said and done, all languages ever spoken are in your subconscious mind, because you are one with the universal subconscious or unconscious. Undoubtedly, Edgar Cayce was also clairaudient, and he could have tuned in with doctors in the next dimension of life or extracted all his answers from the universal subconscious. He could have heard the voices or words of surgeons, osteopaths, and pharmacologists in the next dimension which no one else heard. His faculty of psychic awareness or perception was the foundation of his great powers.

Why Is There Inequality at Birth?

Frequently I receive letters saying, "Why is it some are born so poor and others are born into the lap of luxury? Some children are terribly handicapped and others not?" Many people are confused as to the meaning of *rich* and *poor*. Many people are poor in love, joy, faith, confidence laughter, and goodwill. Riches are of the mind. You are rich when you know you can tap the intelligence and wisdom of your subconscious psychic mind and bring your desires to pass. You are rich when your mind is full of peace, joy, love, confidence, and faith in the goodness of God in the land of the living.

Let us look at the case of Helen Keller. To say that her birth was an injustice or that she was being punished for a foul deed she had perpetrated on someone in a former life is wholly irrational, illogical, and most unscientific. Some say it was an injustice, because she was deprived of her sense of sight and hearing in infancy. She had a nurse, however, who used love and discipline, and Helen began to use the riches of her mind. Her eyes were enabled to "see" probably better than most people the color of all the pageantry in the opera; her deaf ears, in a similar manner, could "hear" the crescendos, diminuendos, and the full volume of orchestral music. She was aware of the clear notes of the lyric soprano. This is psychic perception.

History reveals the countless others who had all manner of afflictions, physical defects, and financial handicaps, yet they accomplished outstanding achievements in science, art, music, industry, and religion. Think about the countless numbers of people born into the lap of luxury, perfect specimens of humanity, many born with the proverbial golden spoon in their mouths. Ask yourself if they have accomplished as much good or have risen to such greatness as did those we mentioned who were born with poverty, illness, deformity, and all manner of handicaps

Would you insist that all these men and women whom I have mentioned must return again and again in order to receive justice? E. Henley, tortured by pain and a lingering sickness, said: " . . . I thank whatever gods may be for my unconquerable soul." Your soul is Spirit, and Spirit is God. In reality you are invulnerable and invincible. You are God walking the earth if you but exercise your psychic gift of perception.

How Some Look at Justice

There are many people who believe that because a man is born into vast riches, he will have to return here again on earth born into poverty to equalize things or to bring justice. Here they are talking about money, wealth, holdings, earthly possessions, etc. Justice is equitableness, righteousness, making things balance. The law is always eminently fair and just. "As a man soweth so shall he reap." This operates in the next dimension of life as well as here. However, you must perceive it through your psychic senses.

Reincarnation is not the answer to these questions. That would be very shallow thinking. You must not look at externals such as man's body, his environment, his parents, their wealth, their power or assets. Suppose a boy is born in Buckingham Palace with all the luxury, riches, and regal pomp surrounding him. So what? You are simply talking about externalities and not talking about the real boy who is a mental and spiritual being, who possesses the Kingdom of God within him. He will be rich or poor depending on how he uses the gift of God within him. As he sows so shall he reap, whether in this three-dimensional life or the next, which is the fourth dimension, which interpenetrates this plane and is all around us.

You Are Not a Victim of Karma

From the standpoint of Hinduism and Buddhism, karma

means action, seen as bringing upon oneself inevitable results, good or bad, either in this life or in a reincarnation. In theory, it is the cosmic principle according to which each person is rewarded or punished in one incarnation according to his deeds in a previous incarnation. The word *ka* means *to do, make;* and *ma* is *action of, result of.*

Our Bible says, *Whatsoever a man soweth, so that shall he also reap* (Galatians 6:7). You are not a victim of the past, for the simple reason that you can change the present, and your future will be your present conviction made manifest. God, the living spirit in you, is timeless and spaceless; therefore, a new beginning is a new end. When you pray scientifically, you are not dealing with time and space theories.

The man we call a murderer, thief, or a person of ill repute could, if he desired, become transformed in the twinkling of an eye. This could be accomplished by a great rise in consciousness, accompanied by an intense desire for God's love and peace.

How to Accept Your Good Now

Dwell on these wonderful words: *But if the wicked will turn from all his sins that he hath committed, and keep all my statutes, and do that which is lawful and right . . . all his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live* (Ezekiel 18:21-22).

You are told in these verses that if a man will forsake the past and begin to practice right thinking, right feeling, and right action, he will transform himself. A new beginning is a new end. Get a new concept of yourself and walk forward into a new life through psychic perception.

Your Time Is Now

The *time* of which the average man speaks means his

relationship to earth in its orbital motion, and the position of the sun; it means his relationship to the events of today and tomorrow. Einstein said that if a man is talking to a beautiful, charming woman, an hour seems like a minute, and if he sits on a hot stove, 30 seconds seems like an hour, indicating that time in your mind is your thought, your feeling, a state of mind.

The ideal of your heart exists now. It is a concrete, living reality in the next dimension of mind. That book or play you plan to write is already in your mind. Affirm, "I accept the fulfillment of my desire completely now, and I rest in the conviction that my subconscious will bring it to pass." Remain faithful and you will experience the joy of the answered prayer. This is the psychic and perceptive approach.

The Author's View of Reincarnation

The time has come for scientific thinkers to make a clear-cut decision as to what to do with the millstone labelled "Reincarnation," which is discovered hanging from both Oriental and Occidental necks.

The theory of reincarnation is melioristic; that is, man is becoming better by the slow, exoteric process of putting on and off different habiliments of flesh and emotions. A man can come back a thousand times through wombs of various mothers, but growth and illumination do not take place in time or space. Growth and illumination take place by the transformation of the mind in tune with the Infinite, which is timeless and spaceless, and where all good subsists now. Accept the challenge: "Be ye transformed by the renewal of your mind."

We must not capitulate to a racial error perpetuated by the pronouncements of Eastern creeds and dogmas. Einstein has toppled the false gods of time and space. Today we know that spirit and matter are one. The scientific, mental thinkers look at the theory of reincarnation from a new standpoint

altogether. They start with "the pattern on the Mount," wherein man is one with God.

We must cease building an edifice based on a slow-paced dream wherein millions of human beings—east and west—have been laid in the procrustean bed of karma and reincarnation to arise retailored in garments ill-befitting an invited guest to all the treasures of life within him. By believing in the theory of reincarnation, or countless cycles of carnal rebirths, you are drifting from safe mooring and placing bondage, restriction, and thralldom on yourself, for it is done unto you as you believe.

Let us have a declaration of emancipation from all the limited traditions and false beliefs of man—no matter how time-honored on Oriental altars. Let us cleanse our minds of all karmic, purgational fires by true faith and conviction of God's love and healing presence now, instantly available; and let us press on to the virgin fields of wisdom, truth, and beauty. We must not be deterred by a mirage of mere meliorism. All unworthy concepts must go into the limbo of spiritual ignorance; foremost among these stand this theory of reincarnation, whereby progress is decreed by age-old, earthbound thinking.

Jesus said: *The kingdom of God cometh not with observation. Neither shall they say, Lo here! or lo there!* (Luke 17:20, 21). The kingdom of life, love, truth, beauty, and all the powers of the God-head are within you now. When he declared: *Behold, now is the accepted time* (II Cor. 6:2). *Believe that ye receive them and ye shall have them* (Mark 11:24). *Before Abraham was, I am* (John 8:58). Was he not collapsing time and space relative to redeeming man from the thralldom of erroneous Oriental and Occidental beliefs?

Free yourself mentally from the belief in self-imposed fleshly, psychologically imprisoning embodiments. The "sons of God" must "leap for joy" beneath "the morning stars" of

light, love, truth and beauty, which light up the heavens of your mind.

Karma, or reaping what you have sown, turns out to be inexorable only as long as you do not pray or meditate on the truths of God. As soon as you pray, you rise above karma, and the unpleasant consequences of past mistakes begin to be wiped out. No matter how awful the crime—be it murder or any other heinous offense—it can be expunged from the mind together with all the punishment that would ordinarily follow. Perfunctory prayer will not change matters. A deep hunger and thirst for God's love and grace, plus an intense desire to transform, are essential to wipe out the punishment that must otherwise follow negative and destructive thinking.

God's love passes all understanding, and it does illumine the path we tread. The wonders and blessings of God know no ending. Your journey is ever onward, upward, and Godward. You go from glory to glory, from mansion to mansion in our Father's house of many mansions. Life is progression. You are on an endless journey. Rejoice in your journey back to the One, the Beautiful, and the Good; there is no place else to go. It is the flight of the Alone to the Alone.

With a new vision, religion and science may both understand the mystic overtones of this ancient Hebrew meditation by affirming and believing the following:

Of all existence I am the source
The continuation and the end.
I am the germ;
I am the growth;
I am the decay.
All things and creatures I send forth;
I support them while they yet stand without;
And when the dream of separation ends,
I cause their return unto myself.

I am the Life,
And the wheel of the Law,
And the way that leadeth to the Beyond.
There is none else.

As you sharpen your focus of psychic perception as given you in this book, you will be organizing the full forces of your mind to achieve what you desire.

POINTS TO REMEMBER

1. There is one mind common to all individual men. A complete memory of all the experiences of the race is within the universal subconscious and may be tapped by you when you are *en rapport* with it through psychic perception.
2. Your subconscious mind does not reason inductively or argue controversially with you. It reasons deductively only and brings your premise (true or false) to what seems to be a logical conclusion based on the nature of the suggestion you give it.
3. In the hypnotic state, you will usually give the operator what he wants; i.e., if he believes that you have lived before and makes that suggestion to you, your subconscious will respond accordingly and weave a mosaic of fantasy and make-believe which is impossible to verify objectively.
4. If you give your subconscious mind a powerful suggestion prior to hypnosis that you do not believe and that you will not respond, and if your suggestion is more powerful than that of the hypnotist, he will not get results. Your subconscious accepts the dominant of two ideas.
5. Regression into past lives through hypnotic experiments results in a fictionized dramatization based on what you have read, heard, and experienced. Your subconscious is a master weaver and will

invent a sort of composite story or picture correlating with the nature of the suggestion given it in the trance state.

6. Your subconscious mind contains mental experiences and reactions of the ages. It is possible for a true clairvoyant to look back in time and see George Washington kneeling at Valley Forge. She could tune in on the mental vibration or mental picture in the universal screen of the subconscious. It does not mean that she had actually been George Washington at one time.
7. You can easily tune in on the vibration of some previous experience which someone else has had and think it to be your own. The faculties of clairvoyance and clairaudience are in all of us even though dormant. They can be awakened with psychic perception.
8. It is possible for you while sound asleep to dwell psychologically in the city or place you wish or intend to visit; and then when you go there objectively, you see, hear, and experience what you did subjectively. Therefore, you may think you were there before or you have seen that place before, etc. This is a very common experience. Today this is called extrasensory travel, which you may have consciously forgotten about.
9. In traveling, you may meet someone you think you have always known. He or she is simply an intimate of your mood. Our moods have their affinities.
10. Remember, Infinite Spirit, Infinite Mind, or whatever men call God, the Living Spirit, is within you and is operating through man and can be perceived psychically. It has created all things of Itself and also by means of man, for man is God in expression. This Infinite Mind has experienced all things,

knows all and sees all, and as you tune in with the Infinite, you will gradually awaken, using psychic perception, to the wonders and glories within you.

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Putting the Power of Your Subconscious Mind to Work

First Time in Print

Reach New Levels of Career Success Using the Power of Your Subconscious Mind

Joseph Murphy, Ph.D., D.D.

Author of
The Power of Your Subconscious Mind

Compiled and edited by Arthur R. Pell, Ph.D.

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Titles by Joseph Murphy

THE POWER OF YOUR SUBCONSCIOUS MIND

THE MIRACLE OF MIND DYNAMICS

YOUR INFINITE POWER TO BE RICH

SECRETS OF THE I CHING

THE AMAZING LAWS OF COSMIC MIND POWER

THINK YOURSELF RICH

THINK YOURSELF TO HEALTH, WEALTH & HAPPINESS

PUTTING THE POWER OF YOUR SUBCONSCIOUS MIND TO WORK

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PRENTICE HALL PRESS

PRENTICE HALL PRESS
Published by the Penguin Group
Penguin Group (USA) Inc.
375 Hudson Street, New York, New York 10014, USA
Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3, Canada
(a division of Pearson Penguin Canada Inc.)
Penguin Books Ltd., 80 Strand, London WC2R 0RL, England
Penguin Group Ireland, 25 St. Stephen's Green, Dublin 2, Ireland (a division of Penguin Books Ltd.)
Penguin Group (Australia), 250 Camberwell Road, Camberwell, Victoria 3124, Australia
(a division of Pearson Australia Group Pty. Ltd.)
Penguin Books India Pvt. Ltd., 11 Community Centre, Panchsheel Park, New Delhi—110 017, India
Penguin Group (NZ), 67 Apollo Drive, Rosedale, North Shore 0632, New Zealand
(a division of Pearson New Zealand Ltd.)
Penguin Books (South Africa) (Pty.) Ltd., 24 Sturdee Avenue, Rosebank, Johannesburg 2196, South Africa

Penguin Books Ltd., Registered Offices: 80 Strand, London WC2R 0RL, England

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Cover design by Ben Gibson

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First edition: February 2009

Library of Congress Cataloging-in-Publication Data

Murphy, Joseph, 1898–1981.
Putting the power of your subconscious mind to work : reach new levels of career success using the power of your subconscious mind / Joseph Murphy ; compiled and edited by Arthur R. Pell.—1st ed.
p. cm.
Includes index.
ISBN 978-0-7352-0436-2
1. Success in business—Psychological aspects. 2. Success. 3. Attitude (Psychology).
I. Pell, Arthur R. II. Title.
BF637.S8M83 2009
154.2—dc22 2008043020

PRINTED IN THE UNITED STATES OF AMERICA

10 9 8 7 6 5 4 3 2

Most Prentice Hall Press books are available at special quantity discounts for bulk purchases for sales promotions, premiums, fund-raising, or educational use. Special books, or book excerpts, can also be created to fit specific needs. For details, write: Special Markets, Penguin Group (USA) Inc., 375 Hudson Street, New York, New York 10014.

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Introduction

Understanding the Power of Your Subconscious Mind

Whatever your conscious mind assumes and believes to be true, your subconscious mind will accept and bring to pass. Believe in good fortune, divine guidance, right action, and all the blessings of life. You are the captain of your soul (subconscious mind) and the master of your fate. Remember, you have the capacity to choose. Choose life! Choose love! Choose health! Choose happiness!

Are you unhappy in your career? Is your advancement stymied by ostensible lack of opportunity? Do you want to succeed in achieving your goals? You need not be restricted by a dogmatic boss or bureaucratic red tape, or depend on luck or fortuity. You have the power within you to take charge of your career.

All that we achieve as well as all that we fail to achieve is the direct result of our own thoughts. Our weaknesses and strengths, purity and impurity, are ours alone. They can only be altered by *us*; never by another. All our happiness and suffering are evolved from within. *As we think, so we are; as we continue to think, so we remain.*

Of course, there are some things you cannot change: the movement of planets, the change in seasons, the pull of the oceans and tides, and the apparent rising and setting of the sun. *But you can change yourself.* You can be transformed by the renewing of your

mind. This is the key to improving your career. Your mind is a recording machine, and all the beliefs, impressions, opinions, and ideas accepted by you consciously are impressed in your deeper, subconscious mind. By learning how to channel your subconscious mind, you can gain control over your career.

Yes, you have the power to change what is in your subconscious mind. It starts by taking overt steps to absorb noble patterns of thoughts. Think thoughts of beauty, love, peace, wisdom, and creative ideas. Your subconscious mind will respond accordingly, transforming your mentality, your body, and the circumstances surrounding your life.

This is especially true when applied to advancing your career. Too many people hinder their career growth by fear—fear of displeasing a boss, fear of rivals in their move up the career ladder, fear of bureaucratic impasses. Yes, any or all of these fears can affect your career, but only if you let them.

If you are confident in your own abilities and work effectively in achieving company goals, you will engage the power of your subconscious mind to overcome all obstacles.

When a large law firm hired Jules H., a bright young attorney, he noticed that there were a dozen young attorneys competing with him for advancement. They were all highly competent and equally ambitious. He noted that most of these associates were constantly complaining about the long hours doing routine detail work instead of the more interesting legal work they all desired. Jules, although equally frustrated, called on the power of his subconscious mind and told himself: "Sure, this work is boring and brain-numbing, but it's the dues I have to pay if I want to get ahead. I will do this work, not just with my brain, but with my heart. I'll deal with it just as I tackled my most challenging assignments in law school." It didn't take long for his bosses to recognize his superiority and to begin assigning him more important cases and move him ahead of his rivals.

Psychologists and psychiatrists point out that when thoughts are conveyed to your subconscious mind, impressions are made in the brain cells. As soon as your subconscious accepts any idea, it proceeds to put it into effect immediately. It works by association of ideas and uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy, and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to bring about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer.

Your subconscious mind is like the soil, which accepts any kind of idea—good or bad. Your thoughts are active and might be likened to seeds. Negative, destructive thoughts continue to work negatively in your subconscious mind and in due time will evolve into actions that correspond with them. Remember, your subconscious mind does not engage in proving whether your thoughts are good or bad, true or false. But it responds according to the nature of your thoughts or suggestions.

For example, if you consciously assume something to be true, even though it may be false, your subconscious mind will accept it as true and proceed to bring about results that must necessarily follow if it were true. Your subconscious mind cannot argue controversially. Hence, if you give it wrong suggestions, it will accept them as true and will proceed to bring them to pass as conditions, experience, and events. Your subconscious mind is often referred to as your subjective mind. Your subjective mind takes cognizance of its environment by means independent of the five senses.

Your subjective mind perceives by intuition. It is the seat of your emotion and the storehouse of memory. Your subjective mind performs its highest functions when the objective mind is suspended or in a sleepy, drowsy state. Your subjective mind sees without the use of the natural organs of vision. It has the capacity of clairvoyance and clairaudience.

When your conscious and subconscious minds function harmoniously and peacefully, the result is harmony, health, peace, joy, and happiness. All the evil, pain, suffering, misery, war, crime, and sickness in the world are due to the inharmonious relationship of the conscious and subconscious mind. Remember, your subconscious is impersonal and nonselective.

The habitual thinking of your conscious mind establishes deep grooves in your subconscious mind. This is very favorable for you and your career if your habitual thoughts are harmonious, peaceful, and constructive.

On the other hand, if you have indulged in fear, worry, and other destructive forms of thinking, the remedy is to recognize the omnipotence of your subconscious mind and decree freedom, happiness, perfect health, and prosperity. Your subconscious mind, being creative and one with your divine source, will proceed to create the freedom and happiness that you have earnestly decreed.

Chance or accident are not responsible for the path your career takes; nor is predestined fate the author of your fortune or misfortune. Your subconscious mind is not concerned with the truth or falsity of what you consciously feel or believe to be true. Select only that which is true, lovely, noble, and Godlike; and your subconscious will react accordingly.

Although philosophers, theologians, and thinkers throughout the ages knew this, each generation must be reminded of this and make it work for its members.

Dr. Joseph Murphy, in his bestselling book, *The Power of Your Subconscious Mind*, and his subsequent writings synthesized this concept. Thousands of men and women came to the sermons and lectures he presented in dozens of countries, and millions listened to his radio broadcasts.

Dr. Murphy converts these theories into practical approaches to life. He provides a no-nonsense program that will teach you how to stop condemning yourself. You will be shown that you can now

claim what you want to be. You can now possess what you long to possess. You can now do what you long to do. You can live in that mental atmosphere. It will gradually sink down by osmosis from your conscious to your subconscious, gradually becoming a conviction as you nourish it and sustain it. Then your limitations will disintegrate and you will rise like the phoenix from the ashes of the old and become the new person.

You will acquire a new vision, a new image of yourself, a new awareness. It's your deep-seated beliefs, your emotional espousals, that govern you and control you. Whatever idea or belief is dominant in your subconscious mind takes control of your thoughts, your actions and reactions. If you believe in failure, you cannot succeed. You could work eighteen hours a day, work very hard; but you still would fail because that's the dominant idea in your mind. According to your belief, it will be done unto you. It's a science of the mind.

You will learn how to expect the best, to look forward with anticipation to a most glorious future, to believe it is possible. With this new image of yourself, you will experience the joy and thrill of the fulfillment of your dream. You will learn how to apply these principles to develop and advance in your job and your career.

Although the contents of this book is drawn primarily from Dr. Murphy's works, it has been augmented with additional information and examples to illustrate how valuable its message is to the readers of the twenty-first century.

As Dr. Murphy was a minister, many of his suggestions are based on his strong belief in God. However, whether you are religious, agnostic, or an atheist, you can experience this Infinite Intelligence functioning for you. You need no creed. If you will call upon It, It will answer you. It's impersonal, no respecter of persons. To religious people, this Infinite Intelligence is God. To others it may be considered to be something deep within oneself. You can call it Superhuman Intelligence, if you want to, or the subliminal mind.

If you have a problem—mental, physical, or emotional—that is holding you back at work, ask yourself: What am I turning away from? What is it I don't want to face? Am I hiding my resentment and hostility to someone? Face the problem. Solve it with the knowledge of your deeper mind, knowing that the Life Principle always seeks to heal, to restore. The Life Principle is the vital force that animates us. It never condemns. It never punishes. It never judges. It can't. You pass judgment on yourself by your own thought, the conclusion, verdict, in your own mind. Remember, the Life Principle cannot punish you. It cannot judge you. You judge yourself. And you mold and you fashion your own destiny, for as you think in your heart or subconscious so are you.

Realize, therefore, that thoughts are things; what you feel you attract; what you imagine you become. Then wonders will begin to happen in your life if you do that. Because there's only One Power and that Power is within you. You are the captain on the bridge; you are giving the orders, and your subconscious mind will take the impression you give it and bring it to pass, whether it's true or not, as we said. Therefore, accept only those things that are true.

Our minds are cluttered up with false beliefs, ideas, and opinions; and are opaque with these eternal truths. Suggestions of fear made to a person full of confidence and faith have absolutely no effect. They reinforce faith and confidence in the principle of success. They reinforce the concept that the Infinite can't fail, and suggestions of failure simply result in that person's having greater confidence in his or her inner powers.

Innumerable experiments by psychologists and psychiatrists and others on persons in the hypnotic state have shown that the subconscious mind is incapable of making selections and comparisons, which are necessary for a reasoning process.

You must realize that your conscious mind is your sentry at the gate. Its chief function is to protect your subconscious mind from false impressions. You are now aware of one of the basic laws of

mind: Your subconscious mind is amenable to suggestion. As you know, your subconscious mind does not make comparisons or contrasts; neither does it reason or think things out for itself. This latter function belongs to your conscious mind. It simply reacts to the impressions given to it by your conscious mind. It does not show a preference for one course of action over another.

Remember that a suggestion cannot impose something on the subconscious mind against the will of the conscious mind. Your conscious mind has the power to reject any false or negative suggestion.

You must make certain to give your subconscious mind only suggestions that heal, bless, elevate, and inspire you in all your ways. Remember that your subconscious mind takes you at your word. It takes you literally. If you keep saying, "I can't get that promotion, I can't make ends meet," your subconscious will see to it that you can't.

Another influence on your subconscious is suggestions from another person. The power of suggestion has played a part on human life and thought in every period of time, in each country of the earth. In many parts of the world it is the controlling power of religion, with constant reiteration of such comments as "You are a sinner," "The Devil is going to get you," "When you die you are going to go to hell," and things of that nature. It frightens the life out of people.

From infancy on, the majority of us have been given many negative suggestions. Constructive suggestions, of course, are wonderful and magnificent. A negative suggestion, however, is one of the most destructive of all of the response patterns of the mind, resulting in war, misery, suffering, racial and religious prejudices, and disaster. The dictators, despots, and tyrants of the world know the power of suggestion. Stalin practiced it; Hitler practiced it; Osama bin Laden practiced it, appealing to the religious and racial prejudices of people; then when they were highly emotionally

aroused, planting more negative suggestions, repeating certain things over and over again to millions of these people.

You are exposed to negative suggestions in all aspects of your life. Here are some frequently heard ones that relate to your job and career: "You can't," "You'll never amount to anything," "You mustn't," "You'll fail," "You haven't got a chance," "You're all wrong," "It's no use," "It's not what you know but who you know," "What's the use?" "Nobody cares," "It's no use trying so hard," "You're too old now," "Things are getting worse and worse," "Life is an endless grind," "You just can't win," "Pretty soon you'll be fired," "You can't trust a soul."

These are commands to your subconscious mind, which will cause your life to be a living hell. You'll be frustrated, neurotic, inhibited. You'll haunt the psychiatrist's office, because you are giving these destructive suggestions to yourself.

You can reject all these negative suggestions by feeding your subconscious mind with prayer, or reading an inspirational meditation before you go to sleep. This will counteract all these destructive ideas.

You don't have to be influenced by destructive negative suggestions. If you look back, you can easily recall how parents, friends, relatives, teachers, bosses, and clergy contributed in a campaign of these destructive suggestions. The purpose of much of it was to control you or instill fear into you. You will find that many of these suggestions are for the purpose of making you think, feel, and act as others want you to, and to take the road that is to their own advantage.

You are not another person's puppet. You must choose your own road, the road that leads to wholeness, the path of freedom. That path is within you. Whatever you decide to be true in your conscious mind you will experience with your subconscious mind. Therefore, believe that God, or Infinite Intelligence, is guiding you. Right action reigns supreme. Divine law and order governs you.

Divine peace fills your soul. Begin to believe in all these things. You don't create these things, but you activate them; make them potent in your life.

Do your own thinking. You have the power to control your own emotions. In your job and career, it is you, not your bosses or coworkers, who must have control over your destiny.

Be inspired from on high. As you accept these truths with your conscious mind, your subconscious will bring all these things to pass, and you will discover that you are not being held back in reaching your goals, that you are moving in the direction you have chosen in your career and in your life.

We must believe we can improve our lives. A belief—whether it is true, false, or merely indifferent—sustained over a period of time becomes assimilated and is incorporated into our mentality. Unless countermanded by belief of an opposite nature, sooner or later it takes form and is expressed or experienced as the fact, form, condition, circumstance, and events of life. We have the power within us to change negative beliefs to positive ones and thereby change our lives for the better.

—Arthur R. Pell, Ph.D.
Editor

PART ONE

Maximizing the Personal Attributes That Lead to a Successful Career

Some are born great, some achieve greatness, and some have greatness thrust upon them.

—SHAKESPEARE, *Twelfth Night*

Although some people may have success thrust upon them, most often, to achieve success, we must take overt steps. Unfortunately, too many people do not recognize the power within them to move out of an unhappy situation and begin climbing the ladder of success.

Within each of us are latent powers that we are not using, but which are waiting to be activated. We may lack self-confidence or self-esteem. We may live in a constant state of worry or fear. We may face unexpected and seemingly insurmountable obstacles in our careers or other aspects of our lives. Many of us have dead-end jobs or just hate to get up each morning to go to an unrewarding, unpleasant work environment. We would like to change, but feel incapable of doing so.

You can change your life. The tools to do this are lodged within you. All you have to do is hone them, use them, and see the results.

In the following chapters we will explore the personal attributes that lead to success and explore how, by channeling the powers of your subconscious mind, you can accelerate your journey to a successful career.

Chapter One

Establishing and Achieving Your Goals

You must give to receive. If you give mental attention to your goals, ideals, and enterprises, your deeper mind will back you up.

All successful people start with a goal. Establishing goals and working toward their achievement is the first step one must take on the long road to success. By knowing where you are going and how you plan to get there, you will be able to focus your time, energy, and emotion—and start on the right track toward reaching those goals.

A ship that has broken its rudder may keep everlastingly at it, may keep on a full head of steam, driving about all the time, but never arrive anywhere. It never reaches any port unless by accident; and if it does find a haven, its cargo may not be suited to the people, the climate, or the conditions. The ship must be directed to a definite port, for which its cargo is adapted, and where there is a demand for it, and it must aim steadily for that port through sunshine and storm, through tempest and fog.

So a person who would succeed must not drift about rudderless on the ocean of life, but must steer straight toward a destined port

not only when the ocean is smooth, when the currents and winds serve, but also keep the course in the very teeth of the wind and tempest—even when enveloped in the fogs of disappointment and mists of opposition.

It Starts with a Dream

Do you have a dream—a vision of the future? In your dream are you rich? Famous? Happy? Most people do dream of such a future—but in most cases, that's all it will ever be—a dream.

Successful people have had those dreams, too, but they turned those dreams into goals and in turn into reality. Their dreams were not vague hopes for success, but dreams of specific achievements that they aimed for. Edison dreamed of a world in which electric energy would light up the night. Stephenson dreamed of an engine that would pull trains and eliminate the backbreaking labor of men and beasts. Beethoven dreamed of music that would make the spirit soar. Great actors, artists, musicians, writers dreamed—not just of fame, but of the way they would utilize their talents to achieve success.

Dreaming is not limited to such geniuses. All successful people report that their success started with a hope, a dream. Over the years hundreds of men and women have reported that their achievements all started with a dream, which led to a goal, which led to a plan of action and inevitably to accomplishing the goal.

Dreaming is not limited to the young. It is never too late to have a new dream that leads to new goals that lead to new successes. It is astonishing what people who have had their dreams late in life have accomplished. Benjamin Franklin was past fifty before he began the study of science and philosophy. Milton, in his blindness, was past the age of fifty when he sat down to complete his epic poem *Paradise Lost*.

Dreaming is not limited to biases and prejudices of the times. For countless years, women have been restricted in what they can

attempt to accomplish. Their career goals were once limited to what were considered "female jobs." It took determination and courage to even think about other careers. One example is Elaine Pagels, Princeton professor and bestselling author of books on Gnosticism and early Christianity. She said she was educated at a time when girls were taught not to even consider serious careers. She felt free to follow what she loved; only later discovering she could make a living out of it. Her dream had become her goal.

Today the barriers are gone in most career areas. For example, in most law, medical, and other professional schools in the United States, half or more of the students are women.

In the 1990s and early 2000s, many American companies began to outsource jobs to countries where labor costs were significantly lower. This resulted in the loss of jobs for thousands of people. Some people retired; some gave up, went on welfare, and spent years griping about their misfortune. However, the majority drew on their inner resources and trained for jobs in other fields. Most had to start over at lower wages than in their previous employment, but with renewed energy and enthusiasm they began to once again climb the ladder to success.

Even brains are second in importance to determination. Only those with the strong determination that nothing shall impede them are sure that, with perseverance and grit, they will succeed. Dreams become goals and goals become achievements to those who strive long enough and hard enough.

Most of the things that make life worth living, that have emancipated us from drudgery and lifted us above commonness and ugliness—the great amenities of life—we owe to our dreamers.

Converting Dreams into Goals

Unfortunately, too many dreamers remain just that—dreamers. The dreams remain dreams. To make your dreams come true, you must convert them into goals. Then they are no longer fantasies,

but objectives that you can set before you as a road map to success. You must bring to your dreams a purpose, a determination that you will do all that you can to make that dream come true.

A woman who had a dream and converted it into a successful goal is the clothing designer Rachel Roy. Rachel's love for fashion was inspired by the movies she saw as a child. The clothes the women wore on the screen seemed to give them an aura of confidence and success. Rachel dreamed that she could create the same aura for herself and other women, a sophisticated look that would create positive self-esteem.

She and her family went school shopping once a year. She was disturbed by the lack of interesting clothing choices in a local store and was convinced that if she had the opportunity she could create better styles. Her mother told her that this was the job of a buyer. Now she could put a name to her dream: "buyer." At that moment, she said, her dream became her goal—to become a buyer in the fashion field.

Her first job was as a stock clerk. She moved rapidly to assistant manager, to personal shopper, to stylist in various stores. She was soon designing fashions and was on the road to a senior position in her company.

When her husband, Damon Dash, wanted to start an independent clothing line, Rachel had a decision to make—whether or not to leave her own successful career to start over with Damon. She chose to start over, throwing herself into the job, working in every capacity, tracking everything she did to contribute, and involving herself in as many facets of the business as possible. She wanted to make herself irreplaceable. After about six years, she was just about to introduce a new line within the company when Damon sold it. By now Rachel was confident she could run a business herself and formed her own company. Her designs were acclaimed by the industry and today she is considered one of the foremost designers in the fashion industry.

There is an infinite distance between the wishers and the doers. Rachel Roy was more than a dreamer and a wisher. She turned her dream into a goal and worked hard to achieve that goal.

Your Secret Weapon—Your Subconscious Mind

Our subconscious minds have a tremendous power in creating in us the habit of expectancy, of believing that we shall realize our ambition; that our dreams will come true.

The very habit of expecting that the future is full of good things for you, that you are going to be prosperous and happy, that you are going to have a fine family, a beautiful home, a successful career, and are going to stand for something, is the best kind of capital on which to start your life.

You must always try to express the ideal. Your subconscious will respond and the things you would like to come true in your life, whether it be robust health, a noble character, or a superb career, will result. If you visualize these results as vividly as possible and try with all your might to realize them, they are more likely to come true than if you do not.

It is only when desire crystallizes into resolve, however, that it is effective. It is the desire coupled with the vigorous determination to realize it that produces the creative power. It is the yearning, the longing, and the striving together that produce results.

If you wish to improve yourself in any particular way, visualize the quality as vividly and as tenaciously as possible and hold a superior ideal along the line of your ambition. Keep this persistently in your mind until you feel its uplift and realization in your life. You are born to win, to conquer, and to lead the triumphant life. You should be a wonderful success in your chosen work, your relationship with people, and in all other phases of your life.

The clearer your instructions are to your subconscious, the more it can help you. This inner mind responds to your commands much the way sailors manning the engine and controls of an ocean

liner respond to the orders of the captain on deck. If the words are precise and unmistakable, then the crew sets about turning the vessel to the ordered direction or increasing its speed exactly as they are told.

But if you as a captain are not sure yourself what you want, then your subconscious mind will get an unclear message and your ship will follow a random, or haphazard, or circular course.

You need to tell your subconscious exactly what you want. You need to direct it to help attain your goals. When you know what your true desire really is, your subconscious mind will propel you unerringly toward it. But it needs to know that you genuinely, fervently, and unwaveringly want this goal, and that you will not forsake it for all the other conflicting and contradictory wishes, notions, and momentary fancies that flit through your mind. In that way you become a positive thinker and are set to meet your goals.

Believe in Your Goals and You Will Achieve Them

Prosperity begins in the mind and is impossible to achieve while the mental attitude is hostile to it. It is fatal to work for one thing and to expect something else, because everything must be created mentally first and is bound to follow its mental pattern.

You cannot become prosperous if you really expect or half expect to remain poor. We tend to get what we expect, and to expect nothing is to get nothing.

When every step you take is on the road to failure, how can you hope to arrive at the success goal? Facing the wrong way, toward the black, depressing, hopeless outlook—even though we may be working in the opposite direction—kills the results of our effort.

Thoughts are magnets that attract things like themselves. If your mind dwells upon poverty and disease, it will bring you poverty and disease. There is no possibility of your producing just the opposite of what you are holding in your mind, because your men-

tal attitude is the pattern, which is built into your life. Your accomplishments are achieved mentally first.

The terror of failure and the fear of coming to want and of possible humiliation *keep multitudes of people from obtaining the very things they desire, by sapping their vitality and incapacitating them, through worry and anxiety, for the effective, creative work necessary to give them success.*

Be an optimist. Develop the habit of looking at everything constructively, from the bright, hopeful side, the side of faith and assurance. Refrain from looking at life with doubt and uncertainty. Acquire the habit of believing the best is going to happen, that the right must triumph. Have faith that truth is bound finally to conquer error, that harmony and health are the reality and discord and disease the temporary absence of it. This is the attitude of the optimist, which will ultimately reform the world.

Analyze Yourself

There is only one person in the entire world who can set you on the road to success. That person is you.

Before you can determine what goals can get you started on this journey, you must first evaluate yourself. Search deep inside of your mind and pull out from your subconscious what it is you really want out of life and what assets you have that will lead you to reaching that goal.

You must be realistic. You may want to establish a goal that appears desirable, but you may not have the abilities needed to achieve it. You may want to be a movie star or an opera singer, but don't have the talent needed. Your dream career may be in areas that are not feasible for you to attempt. On the other hand, you may have aptitudes and skills that you don't realize you have and which can lead to a satisfying and profitable career.

How can you find out? Look deeply inside yourself. A careful

introspection will bring this out. Most adults already know what they can and cannot do, what they like and do not like. It may not be obvious, but introspection enables you to go beyond the obvious and think deeply about yourself.

A good example of this is Shonda Rhimes, creator and executive producer of the television shows *Grey's Anatomy* and *Private Practice*. Even as a child she knew that she would become a creative writer. She made up stories and spoke them into a tape recorder before she knew how to write. Her mother encouraged her by transcribing them, hence making them real.

What you have to do is go systematically over your education, previous experience, hobbies, and interests. Look for those aspects of your life in which you have been successful and in which you achieved satisfaction and joy. These are indicators of the areas in which you will succeed in the future. But this is only the beginning.

Successful people learn at the very outset of their careers just what funds they can draw upon. Take an inventory of all your possible assets and resources. Don't just look at what you have accomplished thus far in your life, but what you know you can accomplish. The great majority of young people start on their careers with little knowledge of their mental capacities and they usually discover them piece by piece over time.

Most people never discover more than a small percent of their ability and never rise above low-paid, low-level positions. They plod along in mediocrity, yet they have resources; if they could only detect them, it could lift them into superior positions. Somehow they never come in touch with the right sort of ambition-arousing environment or do not come in contact with just the necessary material to ignite the giant power of the *great within* of themselves.

One way to identify your hidden potential is to list those aspects of your schooling, jobs held, and other activities in which

you have been engaged. Then reflect on which of these activities you enjoyed doing most, which gave you the most satisfaction, and those you really disliked performing.

Josh D., a twenty-five-year-old college grad, had been very unhappy in his job as a claims adjuster in an insurance company. He had majored in business management and had taken this job with the hope it would lead to a management position. When he listed all the types of activities he performed, he realized that what he liked least was doing detail work. He noted that his boss and his boss's boss spent most of their time in similar activities. He also noted that the aspect of this job that he enjoyed most was dealing with the policyholders, interviewing them and working with them on their claims. In reviewing his school activities and his work with a community group, he found that his most rewarding work had been with people. Josh discussed this with the human resources department of his company, and they suggested he might find his niche and be more successful in a sales position. He made the change and now is enjoying his work and is on the road to a successful career.

Oneness of Purpose

Successful people strongly believe that one must be totally committed to one's goals. There is great power in a resolution that has no reservation in it—a strong, persistent, tenacious purpose that burns all bridges behind it, clears all obstacles from its path, and arrives at its goal, no matter how long it may take, no matter what the sacrifice or the cost.

To succeed you must concentrate all the faculties of your mind upon one unwavering aim, and have tenacity of purpose, which means death or victory. Every other inclination that tempts you must be suppressed.

A one-talent person who decides upon a definite object accomplishes more than a ten-talent person who scatters energies and

never knows exactly what to do. By concentrating powers upon one thing, the weakest living creature can accomplish something; by dispersing powers over many things, the strongest may fail to accomplish anything.

A thimbleful of powder behind a ball in a rifle will do more for execution than a carload of powder unconfined. The rifle barrel is the purpose that gives aim to the powder, which otherwise, no matter how good it might be, would be powerless.

It is the single aim that wins. People who succeed have a program. They plan a course and adhere to it. They lay out their plans and execute them. They go straight to their goal. They are not pushed this way and that way every time a difficulty is thrown in their path; if they can't go over it, they go through it. Constant and steady use of faculties under a central purpose gives strength and power, while the use of faculties without an aim or end only weakens them. The mind must be focused on a definite end, or like machinery without a balance wheel, it will rack itself to pieces.

Sum and Substance

Developing goals that are reasonable and achievable is the first step to success—whether it is in your career or any other aspect of your life. You must plant the seeds in your subconscious mind that will enable you to accept and implement these goals. Here are seven steps that will facilitate this process:

1. *Goals should be clearly stated.* Indicate in clear terms what you wish to accomplish. Be specific and firm in stating the goal. For example, saying, "My goal is to be the best salesperson in my company" sounds good, but it is better to be more specific: "My goal is to reach a sales volume of so many dollars for the next fiscal year; and 10 percent more each year for the next three years." Now you know your target, and

your subconscious mind will help concentrate your efforts on reaching those figures.

2. *Goals should be inspiring.* If you set a goal that is too easily attained, it will not motivate you to do more than minimal work. Set goals that will inspire you to keep moving ahead and to work that much harder to achieve them. Achievers recognize that once a goal is reached, they should immediately set another goal that will make them stretch to continue to improve and grow.

3. *Goals should be measurable.* It is not always possible to quantify your goals. Some goals can be measured in financial or other numerical terms. You can set sales figures that you wish to attain by the month, quarter, or year—in terms of units of product or dollar value. You can set production goals by amount. Even intangible goals, which cannot be quantified, can be established in measurable terms. The major goal can be broken into segments and timetables set for the completion of each segment. In this way you can measure how close you are in reaching each of the segments and fine-tune your activities to assure that they will be accomplished in a timely manner.

4. *Goals should be action based.* Unless the actions that will be taken to implement the goals are noted, the goals are no more than dreams. Action requires activity—mental, physical, and emotional. Mentally, you must be prepared to think about your goals every spare moment and what actions you must take to realize them. Your subconscious mind will help you convert your thoughts into actions.

5. *Goals should be written down.* One way to assure that goals will not be forgotten or lost in your hectic day-to-day life is

to write them down. Make a list of your long-term goals; break them into intermediate and short-term goals. Write them in large letters and post them where you can see them every day—over your desk, on the refrigerator, on your mirror. Read them, memorize them, reread them and ask each day: "What am I doing to accomplish these goals?"

6. *Goals should be shared with another person.* Another way of assuring that you will not let your goals go the way of New Year's resolutions is to tell somebody about it—somebody you respect; somebody whom you listen to. Bill Wilson, one of the founders of Alcoholics Anonymous, reported that one of the major acts that help participants in keeping sober is sharing their goals with others. Jean Nidetch, founder of Weight Watchers, reported similar experience.

7. *Goals should be flexible.* There are times when circumstances change and the goal you set is no longer pertinent. Economic conditions may not be favorable for starting that new enterprise; technological innovations may have made your goal obsolete; you have made errors in your research and the goal is not feasible. This does not necessarily mean the goal must be abandoned. It may just require new thinking or more study. If you are faced with such a situation, review what has transpired and make necessary adjustments.

Chapter Two

Developing Self-Confidence and Self-Worth

If you think of yourself as a failure and picture yourself as a failure, you will fail. Think of success. Realize you are born to succeed and to win. Picture yourself successful, happy, and free; and you will be. Whatever you think and feel is true in your conscious mind is embodied in your subconscious and comes to pass into your experience. That's the law of mind, undeviating, immutable, timeless, and changeless. Have faith and you will overcome all obstacles.

There may be countless reasons why one person is successful in his or her career or business and another is not. Over the many years that I have interacted with people—rich and poor, famous and average, leaders and followers—I have observed that the one most significant ingredient that predestines a person to success or lack of success is how one feels about oneself. Those who truly love themselves, who feel that they are people of value, are far more likely to achieve success in their lives than those who lack this belief.

What is it that successful people possess that others may not? It is self-esteem or self-confidence. They believe in themselves and the powers within them.

Self-Esteem—The Basic Ingredient of Self-Confidence

Self-esteem is best defined as feeling good about oneself. People with high self-esteem believe that they are more likely to succeed in most things they do. They respect themselves and know that other people respect them. This does not mean that they are always optimistic about everything and are always cheerful and smiling. We all have bad days and experience times when everything seems to go wrong. People with high self-esteem can accept this and not let it overwhelm them.

Self-esteem is an integral part of self-confidence. Before you can feel good about the decisions you make, you must believe in yourself. You must truly feel that you are someone of worth. If you do not have self-esteem, how can you be *confident* that your decisions are worthwhile?

Why do people lack self-confidence? One common reason is that they may have failed in some activity early in their lives and fear this will happen again. Another is that other people—often teachers or even their own parents—were never satisfied with their performance in school or other matters and have left them with a feeling of inferiority.

Still others have tasted success only to have it followed by some sort of failure and have let that failure dominate their minds and doom them to a lack of self-confidence in anything they do.

The key to changing your feelings about yourself lies in your subconscious mind. The only way for you to reach your subconscious mind is through your conscious mind. Your subconscious is always controlled by the dominant idea. Your subconscious will accept the stronger of two contradictory propositions. If you say, "I want self-confidence but I can't get it; I try so hard; I force myself to pray; I use all the willpower I have," you must realize that your error lies in your effort.

Some people try to exert "willpower" to change their ways. Willpower is an overt attempt to do this. To achieve results you must remove thoughts of the negative from the subconscious, and willpower only reinforces those thoughts. You cannot compel the subconscious mind to accept your idea by exercising willpower. Such attempts are doomed to failure and you get the opposite of what you pray for. When you concentrate on willpower, you only reinforce in your subconscious mind the act you are trying to overcome. For example, when a smoker, trying to break the habit, uses willpower, he or she keeps repeating, "I will not smoke." The subconscious mind then focuses on the act of smoking. If, instead, the smoker concentrates on the joys of freedom from smoking—breathing clean, fresh, odor-free air, and other benefits—the subconscious mind responds accordingly.

If you substitute positive thoughts in your conscious mind to replace the negative ones, they will filter down into the subconscious.

Never Consider Yourself a Failure

It is your estimates, your blueprints, and your beliefs about yourself that govern you. It is not some other person's belief about you. If someone says to you, "You're a failure; you'll never amount to anything," what should you do? Say to yourself, "What another person says about me is irrelevant. I'm born to win, to succeed. I must succeed. I'm going to succeed in a remarkable and unique way."

Every time any person says you are going to fail, it's a stimulus to you to reinforce your faith in the power of your subconscious mind, which never fails. In other words, don't blame others for your failures. Don't blame conditions. Successful people work to overcome poor conditions. Sure, there will be failures, but that does not mean that *you* are a failure. You have within you the creative power to reverse failure, to move on to success. The other person doesn't control you. The power isn't in the other person to manipulate you unless you permit it.

Self-esteem grows within you with each success you have. Self-esteem will even grow when you meet occasional failure if you remember that the power is still with you and you believe in it and have proven it by your actions.

You are what you think you are. You create yourself in the image you have of yourself in your own mind. Self-esteem and self-confidence are nothing more than the projection of your image of yourself. If you maintain a strong positive self-image, you will be a happier and more successful person. You will be a person able to hurdle over roadblocks—no matter how difficult—and achieve the goals you set for yourself.

Your greatest need is to believe in yourself, in what you are doing, and in your ultimate destiny. Self-reliance, or self-confidence, finds its greatest outlet when it is accompanied by a belief that your real self is God-given and that with God all things are possible.

Make up your mind now, this minute. You can have what you wish to possess; and it will be done unto you, as you believe. Follow the age-old maxim: Be sure you are right, then go ahead. Let nothing move you or shake your conviction. Make it a part of your mentality. And with this kind of belief you will inevitably succeed and move forward in life.

Create a Positive Script for Your Life

Psychologists tell us that each of us creates a "script" for our lives. This script may be one of optimism or one of pessimism, one that makes us happy or makes us troubled, one that reflects positive attitudes and self-esteem or one in which negativism dominates our lives, perhaps even self-loathing. Men and women who experience failures early in their careers are subject to a loss of self-esteem and self-confidence. Their early failures affect their psyches. They may subconsciously write for themselves a script of failures—and they *will be* failures unless they can renew their faith in themselves.

If you have written a script of failure, it will dominate your thoughts and actions. You will always consider yourself a failure and you *will* be a failure. Unless you rewrite that script, you are doomed to lifelong failure and unhappiness.

Most successful men and women were not born with success implanted in their genes. Stories of these great people often show how they had to overcome poverty, depression, and what appeared to be overwhelming odds before they reached their goals.

They did this by rewriting their mental scripts and changing their self-image from negative to positive. Then by determination, dedication, and hard work, they began to live the success they had scripted.

Nobody could have started lower in life than Frederick Douglass. He was born a slave on a cotton plantation. As far as opportunity for self-improvement or self-betterment was concerned, he was in about as hopeless and friendless a condition as any person could be. Supposing when he awoke to a realization of his bondage and the hopelessness of his condition, he had said to himself, "Here I am, a slave. No matter how ambitious I may be, or how anxious to get out of this environment, there is no possibility of my doing so, because I was born in slavery. My parents are slaves, and my grandparents were slaves. There is no chance for me to get an education or to get a start in the world outside of this plantation."

If he had reasoned this way with himself, would Frederick Douglass ever have been heard from? Of course he wouldn't. He would have lived and died, even as millions of his fellow bondsmen did, a slave. But he had the will to victory. Instead of saying, "I can't and I won't," he said, "I can and I will work myself out of this horrible condition of slavery."

He wrote a script for himself, calling on the mysterious power latent in every human being that always responds to our call, and conquered all of the apparently insuperable obstacles that stood between him and freedom and education. He learned the alphabet

from posters on fences, from scraps of printed paper, and from an old almanac he had picked up on the plantation. He never saw a real book until after he had learned to read.

From such small beginnings, in such an iron environment, this slave boy managed to gain his freedom and secure an education. He made an international reputation for himself as the champion of his enslaved race, to whose cause he devoted his life. His work brought him to the attention of the President of the United States, who appointed him as ambassador to Haiti.

You, too, can rewrite the script that is keeping you mired at the bottom of life's pit. It takes dedication and never-ending effort, but if you want to climb out of that pit, you can, indeed you must, do it.

Some steps to take:

- *Love yourself*. Unless you truly respect yourself, you cannot expect others to love and respect you.

- *Trust yourself*. Don't hesitate to make decisions about your life. If you set your goals and have confidence that you will succeed, you need not fear making decisions that will help you reach those goals.

- *Accentuate the positive*. Sure, you may have some failures along the way, but don't dwell on them. Focus on the achievements you make day by day and your script of success will be reinforced. Self-esteem is perishable. It must be constantly nourished and reinforced. It is nourished by words, by deeds, by attitudes, and by experience, and by your own commitment you maintain it.

- *Demand a great deal from yourself*. When you achieve a small success, congratulate yourself, but this is not the time to become complacent. Use small successes as incentives to seek even higher achievements.

- *Repeat to yourself the adage made famous by the French philosopher Emile Coué*: "Every day, in every way, I am getting better and better."

Give Yourself a Pep Talk

There are times when we need to bolster our self-esteem. Emulate the coach of an athletic team. When the team is falling behind, the coach reaches out to motivate the team—he or she gives them a pep talk. With well-chosen words, the coach instills enthusiasm, self-confidence, and not just the desire to win, but also the commitment to put all their efforts into reaching the goal.

As individuals, we need pep talks, too. We need pep talks when our enthusiasm for life wanes, when we are depressed, when we have suffered failures. When our self-confidence fades and our faith in ourselves is shaken. But where's the coach?

We must be our own coaches. To change the script in your mind, give yourself a pep talk. Tell yourself you are good, you are a winner, you have succeeded in the past, and you will succeed again. By giving yourself a pep talk, you are planting seeds of self-esteem in your conscious mind, which when repeated over and over again will seep into your subconscious mind and become the roots of your behavior.

This self-esteem follows us throughout our lives. In our youth it pushes us forward, in our middle years it sustains us, and in our late years it renews us.

Make it a practice to replace those negative words in your personal script with positive words. Instead of words of despair, plant words of hope; instead of words of failure, create words of success; instead of words of defeat, think words of victory; instead of words of worry, add words of encouragement; instead of words of apathy, plant words of enthusiasm; instead of words of hate, use words of love. Replace all negative words with words of self-esteem

and just as day follows night, self-esteem and confidence will permeate your life.

Meet and Beat Obstacles

Self-confidence can be shaken when faced with setbacks. Plans go wrong, unexpected obstacles develop, and everything seems to be collapsing. Now is the time to renew your faith in yourself. Now is the time to call up all the reserves God has given you and meet and beat the problem. You will succeed, and in that success you will enhance your self-esteem.

The best executives commonly agree that the bigger the obstacle, the more self-confidence is demanded and the more valuable the experience is. Early in his career, A. G. Lafley, who became the CEO of Procter & Gamble, was in charge of the company's Asian operations during a major Japanese earthquake and the Asian economic collapse. He said that he managed to lead his company through these formidable obstacles by never losing faith in himself and by keeping in mind that one learns ten times more in a crisis than in normal times.

Similarly, Jeff Immelt, who is now the CEO of General Electric (GE), was put on the spot in a crisis. In 1988 when millions of refrigerator compressors were found to be faulty, CEO Jack Welch put him in charge of fixing the situation even though Immelt had no prior experience with refrigerators or recalls. He said there's no way he'd be CEO today if he hadn't had the confidence in his ability to deal with that "impossible" job, a situation many in GE saw as an insurmountable obstacle.

Another example of overcoming a serious obstacle is that of Cisco CEO John Chambers. He is well known as one of the most dynamic, electrifying speakers in the entire business world. He memorizes just enough of his presentation to have it seem off-the-cuff. He leaves the podium to address people personally. He never loses eye contact with his audience. He is an onstage wizard

whose speeches the tough business press characterizes as "astonishing."

It is hard to believe that this articulate man had to overcome major obstacles to give him the self-confidence to get up before an audience.

And what gave him this self-confidence? *The power he gained from having to overcome dyslexia.* In order to manage speaking to audiences at all, Chambers had to develop a Spartan work ethic. Instead of complaining about it, he used the challenge to transform himself. He has said his dyslexia forced him to see the big picture instead of being mired in details. This has helped his speaking, because audiences are often bored with details. His dyslexia also forces him to memorize major sections of his presentations and to prepare more diligently than most, giving his presentations a rare kind of immediacy and freshness. When memorized material is presented with liveliness, it's anything but rote, and the opposite of words read from a page. John Chambers is not just a survivor of a damaging childhood handicap. He did not let his handicap dominate his life. He worked hard to develop self-confidence, and as a result, he is a business leader who speaks with conviction and clarity about people's dreams, the value of his products, and the Big Picture we all want to see.

Stop Punishing Yourself

What you accept completely in your mind, you will get in your experience regardless of condition, circumstances, or the powers that be. Affirm these truths: Promotion is yours, success is yours, right action is yours, wealth is yours. As you do this, these truths will be deposited in your subconscious mind, the creative medium, and wonders will happen in your life.

A legal secretary complained to her pastor: "I never get the breaks. The boss and the other people in the office are mean and cruel to me. My relatives have mistreated me at home all my life.

There must be some kind of a jinx following me. I'm no good. I should jump in the lake."

Her pastor explained to her that she was mentally cruel to herself and that her self-flagellation and self-pity must have substantiation and confirmation on the external plane of life. If you are mean to yourself, other people are going to be mean to you wherever you go in this universe. If you think you're a worm, everybody is going to step on you. In other words, the attitudes and actions of those around her attested to and confirmed her inner state of mind.

She thereupon immediately ceased punishing herself. She pictured herself being congratulated by her employer for very efficient work. She also imaged him announcing an increase in salary for her. She constantly diffused love and goodwill to her employer and to all her associates. Having faithfully sustained her mental image many times a day for several weeks, she was completely dumbfounded when her employer not only congratulated her on her work, but also, some months later, promoted her to a management position. In a few hours' time she realized the wonders of the deeper mind. She had found the key that unlocked the treasure-house.

Don't Say "I Can't"; Say "I Will"

Norman Cousins, editor of *The Atlantic Monthly* and author of *Anatomy of an Illness* and *Human Options*, is a living example of how the power of the subconscious mind enables us to release within us our frequently untapped resources.

Cousins was stricken with an illness that almost paralyzed his neck, arms, hands, fingers, and legs. Soon hospitalized, he was diagnosed as suffering from a serious disease of the connective tissues. His doctor told him, "Your chance for full recovery is one in five hundred."

At first, Cousins allowed his doctor and the hospital "to do

their thing" on him. Medication was administered; tests were performed—all confirming the diagnosis and negative prognosis.

But Cousins refused to accept his fate. He strongly believed that laughter, confidence, and the will to live had therapeutic value.

Cousins soon formulated a plan for the pursuit of affirmative emotions. His plan drew upon medical resources, human support systems, laughter, and the love of his family. He then walked out of the hospital, secured a room in a hotel, hired his own nurse, and watched funny movies and television programs. Ten minutes of a good, deep belly laugh, he found, would provide him with two or three hours of pain-free sleep—the first in months.

Week by week, Norman Cousins gained strength; year by year, his mobility improved. He firmly believed that his experience was proof of the power of the will to live and the power of self-confidence to release and unleash the enormous powers within our nature. Cousins lived an active and productive life for sixteen more years.

Capitalize on Your Strengths

Confidence is the very basis of all achievement. There is a tremendous power in the conviction that we can do a thing. People who have great faith in themselves are relieved from a great many uncertainties as to whether they are in the right place, from doubts as to their ability, and from fears regarding their future.

Like most people, even if at this moment you may not be a roaring success in life, you probably are really proficient in some of the things you do. You may not be the best performer in your department, but you may have special capabilities in some aspects of the job that will earn you respect. You may not have been as good an athlete as your classmates, but you may have produced some outstanding work in your art class. You may not make as much money as your neighbors, but you can fix anything that is broken in your home—and theirs.

It's human to worry about your weaknesses—and it gives some

people the incentive to improve them, but it makes many people feel inferior. Instead of brooding about what you cannot do well, glorify in your mind the things at which you are really good. The result: Your self-esteem and your self-confidence will grow and propel you forward to success in all your endeavors.

SUM AND SUBSTANCE

If you think of yourself as a failure and picture yourself as a failure, you will fail. Think of success. Picture yourself succeeding.

- Make up your mind now, this minute, that you can do what you want to do and can be what you sincerely want to be, and can have what you wish to possess; and it will be done unto you as you believe.

- Unless you love and respect yourself, you cannot even start to build up that successful self-image. There is no reason to perpetuate a negative self-image. You must create a positive self-image if you want to be a successful person.

- Never think meanly, narrowly, or poorly of yourself or regard yourself as weak, inefficient, diseased. Think of yourself as perfect, complete, whole.

- There are sure to be roadblocks as you move forward in your career. Never lose self-confidence. The road to success is rarely easy. Program your subconscious mind to be ready and able to meet and defeat barriers to reaching your goals.

Chapter Three

Becoming a More Positive Thinker

The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things to harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief is it done unto you.

Negatives never accomplish anything. There is no life in a negative, nothing but deterioration, destruction, and death. Negatives are great enemies of success. People who are always talking down everything, who always complain of hard times and bad business, poor health and poverty, attract destructive, negative influences, and neutralize all of their endeavors.

Constructive thought abandons those who are always thinking destructively and using destructive language, because they are thinking nothing kindred with the positive, nothing to attract it. The creative principles cannot live in a negative, destructive atmosphere, and not a single achievement can take place there. So negative people are always on the downgrade, always turning out failures. They lose the power of affirmation, and drift, unable to get ahead.

Negatives Rob You of Your Power

Negatives will paralyze your ambition if you indulge in them. They will poison your life. They will kill your self-confidence until you are a victim of your situation instead of a master of it. The power to do is largely a question of self-faith, self-confidence. No matter what you undertake, you will never do it until you think you can. You will never master it until you first feel the mastery and do the deed in your mind. It must be thought out or it can never be wrought out. It must be a mind accomplishment before it can be a material one.

Too many people let fear thoughts, failure thoughts, dominate their lives. This leads to settling for non-challenging, dead-end jobs, resulting in mediocre incomes, mediocre lifestyles, and minimum satisfaction in their careers. Even when they have constructive, innovative ideas, they are afraid to suggest them. "What's the point?" they think. They're sure to be rejected.

Men and women with positive attitudes don't settle for being "average guys or gals." Fear is replaced with confidence and their careers flourish.

Be Positive in Your Relationships with Others

Be sure that when you hold an evil thought toward another, an unhealthy thought, a discordant thought, a disease thought, a deadly thought, you call, "Halt! About face!" Look toward the sunlight; determine that if you cannot do any good in the world, you will not scatter seeds of poison, the venom of malice and hatred.

On your job and in your life pursuits, always hold kindly thoughts, charitable, magnanimous, loving thoughts, toward everybody. Then you will not depress them, and hinder, but will scatter sunshine and gladness instead of sadness and shadow, help and encouragement instead of discouragement.

When Marisa L. started on her new job, she noted that she was the only African-American in the department. She tried to make friends with her coworkers, but was rebuffed. Not only did they ignore her, but she felt they went out of their way to make life unpleasant for her.

Marisa's first thought was to report this to the human resources department as a violation of their equal employment opportunity policy, but after further consideration she decided to deal with it herself. Instead of taking a defensive position and confronting these women, she chose to take a positive approach. She replaced her resentment with thoughts of understanding their attitude and meditating on how it could be changed. She studied their work habits and went out of her way to share the specialized knowledge for which she had been hired.

Over a relatively short time, she won the respect and in time the friendship of her coworkers and was accepted as "one of the gang."

Develop an Optimistic Attitude

There is no more uplifting habit than that of bearing a hopeful attitude, of believing that things are going to turn out well and not ill; that we are going to succeed and not fail; that no matter what may or may not happen, we are going to be happy.

To enhance the enjoyment of your job and build relationships that will help you succeed and advance, there is nothing else so helpful as the carrying of this optimistic, expectant attitude—the attitude that always looks for and expects the best, the highest, the happiest—and never allowing oneself to get into a pessimistic, discouraged mood.

Believe with all your heart that you will do what you were made to do. Never for an instant harbor a doubt that you will succeed. Drive it out of your mind if it seeks entrance. Entertain only "thought-friends," ideals of the thing you are determined to achieve.

Reject all "thought-enemies," all discouraging moods, everything that would even suggest failure or unhappiness.

Arianna Huffington, noted television personality and cofounder of the influential online newspaper *Huffington Post*, grew up in Greece. When she was a schoolgirl, she saw a photo of Cambridge University in a magazine and made it known to her family and friends that she wanted to go there. Everybody, most notably her father, said it was clearly a ridiculous idea that should be dropped. But her mother bought cheap airline tickets so she and her determined daughter could visit Cambridge, in order to better visualize Arianna in school there. They met with no school officials or anything like that while they were there; they just walked in the rain and imagined Arianna already in residence there.

Three years later Arianna was accepted by Cambridge University on a scholarship. She says her mother gave her the confidence to always try new things, and that she got the message early that a positive attitude could overcome obstacles. Over the following years Arianna's positive attitude enabled her to achieve success in politics, television, and currently as the publisher of her own online newspaper.

It does not matter what you are trying to do or to be, always assume an expectant, hopeful, optimistic attitude regarding it. You will be surprised to see how you will grow in all your faculties, and how you improve generally.

Two brothers went into business together and were doing fairly well for several years. Then they started to play the futures market and the commodities market and ended up losing everything, including all their business and savings. They owed $50,000, which they were unable to pay, and they went bankrupt.

One brother, who had a very good attitude said, "I have lost money. I will make it again and I will go into business again. I have learned a good lesson, which will ultimately pay me dividends. I have not lost my faith, my confidence, or my ability to rise and

grow. I have much to offer and I am going to be a tremendous success again." He went to work for a brokerage firm, and due to his large number of friends, he had no trouble acquiring new accounts for his employer.

His brother, however, felt humiliated and disgraced because he had lost everything. He started telling everyone he met about his losses and monotonously repeated the old refrain that it was his broker's fault, seeking justification for his own wrong decisions and errors. His friends began to shun him and his health was adversely affected by his gloom and despondency. He refused counseling and went on welfare.

Here you have two brothers who experienced the same loss. One reacted constructively and the other reacted negatively and with a complete sense of futility. It is not what happens to us individually that matters so much; it is our thought about it, our reaction, which can be constructive or negative. One brother used his imagination wisely, rebuilding in his mind a new pattern, seeing future possibilities, using the wings of faith and imagination for rebuilding a better life. He discovered that success and wealth were in his own mind.

Replace Negative Thoughts with Positive Thoughts

When you cohabit with negative thoughts, your Life Force gets snarled up in your subconscious mind just as when you put your foot on a garden hose and block the flow of water. The negative emotions that are dammed up in your subconscious then come forth as all manner of diseases, both mental and physical.

Cast out negativism, ill will, criticism, and self-condemnation, and instead fill your mind with constructive thoughts of harmony, health, peace, joy, and goodwill, and you will transform your life.

By thinking constructively, based on universal principles, you can change all the negative patterns in your mind and thereafter live a charmed life.

To walk the royal road to riches of all kinds—spiritual, mental, material, and financial—you must never place obstacles and impediments in the pathway of others; neither must you be jealous, envious, or resentful of others. Remember, your thoughts are creative and whatever you think about another you are creating in your own life and experience.

In many work environments, employees compete with each other for advancement and increased power. Some people are so competitive that they will go to extremes to sabotage rivals for the promotion they seek.

Barry G.'s performance over the years had been superior. He had been praised for his innovations and complimented on the quality of his work. His boss was to retire at the end of the year and Barry expected to be promoted to his job. However, six months ago, Carl R. was transferred into the department. He had been passed over for promotion in his previous assignment and now began a campaign to obtain the promotion in this department.

He identified Barry as his chief rival for the promotion and looked for ways to demean him and build up his own chances. At meetings he'd pooh-pooh Barry's suggestions. He'd go out of his way to get the boss's attention for his activities and, whenever possible, he'd make Barry's work more difficult.

Barry seethed with resentment. He had worked hard for years to obtain the promotion and now Carl was pushing him out. After much thought, and discussion with close friends and his pastor, Barry realized that he could not beat a schemer like Carl at his own game. He chose a different path.

He would concentrate on his own assets and not on Carl's ploys. He meditated: "Carl is a competent worker. His ambition is logical and he has many assets that are valuable to our department. I am at least equal to him and have proven myself over and over again. I will continue to concentrate on my work and on achieving

my goal. Nothing Carl can do or say can influence the way I work or think about myself."

As a result, Barry's work continued to be superior, and when the boss retired, Barry received the promotion.

A negative thought or suggestion by another person has no power unless you give it power. Suggestions are *a* power, but they are not *the* Power that moves as harmony, beauty, love, and peace. When those around you are expressing negativity or are casting negative suggestions toward you, always remember that you have the ability to unite mentally with the Infinite Intelligence within you, whose principles are love, generosity, and harmony—not negativity.

Never finish a negative statement; reverse it immediately and wonders will happen in your life. If you have indulged in fear, worry, and other destructive forms of thinking, your subconscious mind will have accepted your negative thoughts as requests and will proceed to bring them into your experience. The remedy is to begin devoting your thoughts to kindness, peace, and forgiveness. Your subconscious mind, being creative, will then equally proceed to create the attributes in your life that you have earnestly decreed.

Every time you think or say negative thoughts, you help prolong the situation that is wrecking your peace of mind and ensuring failure in your endeavor. In effect, you are praying against yourself. Make your inner, silent thought conform to your desired aim. Failure is negative thinking. It has many causes. One of them, perhaps the most crucial, is the conviction that failure is inevitable.

Every part of your being then expresses these thoughts; your outer life will demonstrate what you are consciously impressing in your subconscious mind. Never affirm inwardly, therefore, anything you do not want to experience outwardly.

Ambition Is Essential

Many people would do fairly well in life if they only had somebody to keep stirring them up all the time, recharging them, enthusing them, constantly inspiring them; but they have no inclination to do this for themselves and hence remain in mediocrity. They depend on others for their motor power. When you give them a good talking-to, raise their hopes, and fire their ambition by telling them what is possible for them, you recharge them as one would an automobile battery. They run splendidly for a few days, and you think they are going to turn over a new leaf and keep their enthusiasm up, but all at once they collapse. Their power is gone, and they have to be recharged.

They seem absolutely incapable of self-locomotion. They lack initiative, self-direction. They have to be pushed about like the pieces on a checkerboard. When conscious of standing alone, with no one to lean on or to supply motor power, they are dazed; they do not seem to know what to do.

There are plenty of men and women who seem very ambitious to get on, but they lack self-propelling power. They wait for something to happen, for somebody to push them into a position, an influential friend to advance them.

These people slide along the line of least resistance. They would very much like success, but are afraid of the price. The successful life is too strenuous for them. There are too many difficulties in it, it requires too much sticking to it and hanging on in face of seemingly insurmountable obstacles. These people go about with an indefinite idea that there is something in the world for them somewhere, and that by some chance it will come to them if they only wait long enough. In the meantime, they are content to be propped up and supported by others. This lack of self-reliance, this dependence on outside power, is fatal to all advancement and achievement.

Sam L. was frustrated. He told his career counselor that he'd never expected to have to look for a job. "I always thought my father or my uncle would hire me in their businesses. Even after their business failed, I assumed that with all of the contacts my family had, I'd be hired by one of them."

Sam had never considered doing something for himself. All of his life, things were done for him. But despite his good education, for the first time he had nobody to depend on but himself.

Sam had to face up to the real world. By working closely with his counselor over several weeks, he was able to evaluate his strengths and weaknesses, the areas in which he was happy and those he disliked, the job opportunities in a variety of areas, any additional training he needed to obtain the kind of job he would like, and most of all to train his mind to accept that he must be self-reliant, that he could not rely on anyone but himself if he was to become a truly well-integrated human being.

You don't, as a rule, rise by accident from the slums and obscurity to wealth, honor, and fame by saving someone from drowning at the seashore or by meeting a millionaire who likes you. Remember a simple truth: You will always demonstrate your character, your state of mind. Character is destiny. Character is the way you think, feel, and believe, the spiritual values you have enthroned in your mind, the integrity and honesty that you have established there. These qualities pay dividends.

Techniques for Overcoming Negative Thinking

The ideal way to rid yourself of unwanted emotions is to practice the law of substitution. *Substitute a positive, constructive thought for the negative thought*. When negative thoughts enter your mind, do not fight them; instead, just say to yourself: "My faith is in all things good." You will find the negative thoughts disappear just as light dispels the darkness.

At times you will find your mind falling back into its old habits

of fretting, fussing, worrying, and recounting the verdicts of others. When these thoughts come to your mind, issue the order "Stop! My thoughts are the way I feed my subconscious." Whether it be a job-related or a personal matter, do this a hundred times a day, or a thousand times, if necessary.

Many people when faced with a catastrophe lose hope and become negative about everything. But with others a catastrophe leads to strength and heroic motivation even under the most dreaded of conditions. Susan and Sherman Goldstein's Martha's Vineyard (Massachusetts) inn was destroyed by fire in December of 2001. They were so challenged that they didn't have time to make dinner for a month and had to be fed by friends and given living space by another business owner.

They did not let this disaster dominate their lives. They chose to reopen the inn's restaurant first, to maintain a presence in the town, and during restorations they wrapped their destroyed inn with a giant banner, reading, "When life gives you lemons, make lemonade." The Goldsteins used the fire as an opportunity to transform a very modest inn, whose rooms were old and small, into a top-shelf facility renamed Mansion House, catering to a larger clientele. Susan Goldstein says the fire that destroyed so much actually helped them to reach a new level. Their positive thinking enabled them to rebuild and start afresh.

Visualization

Visualize just how you will deal with the challenges you face each day. If you are going to make a sales presentation or prepare a report for a management meeting or engage in any productive activity, plan out in your mind just what you will say, how you will say it, what steps you will take to achieve it. Rehearse it over and over again in your mind. It will enter deep into your subconscious; it will permeate every cell of your brain. You will become committed to success and when you actually are selling to that customer,

standing before that management group, or engaging in the activity, your subconscious will take over and you will achieve the desired results.

Thank Goodness It's Monday

The expression TGIF, "Thank goodness it's Friday," is now accepted as the typical attitude of most American workers. We look forward to our weekend and its respite from our jobs and careers. There is nothing wrong with this, as we all should rejoice in our days of rest. However, ambitious and successful people look forward just as much to resuming their work on Monday.

Many people talk about "blue Monday." These people are already resigning themselves to their "fate" and beginning to shut down their lives. Monday then comes with a certain sense of resignation: On Sunday they were consciously decreeing their future, and their subconscious responded accordingly. In all probability, they didn't even know that they had planned ahead and had thus created their "fate." If you replace this resignation with positive thoughts about the work you are doing and anticipation of its challenges and opportunities, you will eradicate those Monday morning blues.

SUM AND SUBSTANCE

- Positive thinking starts with understanding the power of the subconscious.

- Take control of your career. Don't let your boss, your coworkers, or anyone else steer your "career-ship." Never forget that you have the internal power to overcome negative influences that could stymie your career growth.

- There is nothing else so helpful as the carrying of an optimistic, expectant attitude—the attitude which always looks for the best, the highest, the happiest—and never allowing oneself to get into a pessimistic, discouraged mood.

- Never finish a negative statement; reverse it immediately and wonders will happen in your life. Your subconscious mind, being creative, will then equally proceed to create the attributes in your life that you have earnestly decreed.

- Visualize just how you will deal with the challenges you face each day. If you are going to make a sales presentation or prepare a report for a management meeting or engage in any productive activity, plan out in your mind just what you will say, how you will say it, what steps you will take.

Chapter Four

Mastering the Law of Attraction

Men and women are human magnets. Just as a steel magnet drawn through a pile of rubbish will pull out only the things that have an affinity for it, so we are constantly drawing to us, and establishing relations with, the things and the people that respond to our thoughts and ideals.

Why do some people win the attention of others easily, are able to make friends readily and gain the admiration of others, while others just barely get along?

When we meet some people, we are impressed by their pleasant "personality." Something about the way they project themselves makes us feel confident in them, admire them, and feel comfortable with them. These people have mastered the law of attraction. They attract the attention of their bosses, their customers, and others. Such men and women are the people we choose to be our mentors. It is from this group that the leaders of companies are chosen, and it is these people who climb readily up the ladder of success.

The American psychologist William James defined personality as a set of individually evolved characteristic patterns of behavior, which determines daily functioning on both conscious and unconscious levels. Personality is said to represent the balance between innate drives and a combination of conscious and external controls.

The important thing to remember is that attractive characteristics can be *developed*. Some facets of us are inborn—our physical appearance, basic intelligence, and some talents—but each of us has the capacity to make the most of our innate traits and to develop them to give us that type of personality that others will admire. We can learn how to use the law of attraction.

It's not easy to grow into the person you want to be, but it starts with a strong desire and commitment to develop your innate traits. You can develop an outgoing, cheerful, optimistic, and positive demeanor—a personality that will win the approbation of the men and women with whom you interrelate.

Personality Traits Can Be Acquired

William James commented that your personality is the sum total of all of your traits. This includes your body and your psychic powers, but also your clothes, your house, your spouse and children, your ancestors and friends, your reputation and works, your possessions, and your bank account. All these things generate the same range of emotions. If they wax and prosper, you feel triumphant; if they dwindle and die away, you feel cast down—not necessarily in the same degree for each thing, but in much the same way for all.

Our personality is the way in which we express ourselves to the outside world. We are not only gregarious animals, liking to be in the sight of our fellows, but we have an innate propensity to get ourselves noticed, and noticed favorably, by our kind.

Certain personalities are greater than mere physical beauty and more powerful than learning. Charm of personality is a divine gift that sways the strongest characters, leads to high-level career positions, and sometimes even controls the destinies of nations.

People who possess this magnetic power unconsciously influence us. The moment we come into their presence we have a sense of enlargement. They inspire their subordinates on the job, their customers or clients, and others look to them as models in their

own careers and lives. They unlock within us possibilities of which we previously had no conception. Our horizon broadens; we feel a new power stirring through all our being; we experience a sense of relief, as if a great weight had been removed that long had pressed upon us.

Much of the charm of a magnetic personality comes from a fine, cultivated manner. Tact, also, is a very important element—perhaps the most important. One must know exactly what to do, and be able to do just the right thing at the proper time. Good judgment and common sense are indispensable to those who are trying to acquire this magic power. Good taste is also one of the elements of personal charm. You cannot offend the tastes of others without hurting their sensibilities.

One of the greatest investments one can make is that of attaining a gracious manner, cordiality of bearing, and generosity of feeling—the delightful art of pleasing. It is infinitely better than money capital, for all doors fly open to sunny, pleasing personalities. They are more than welcome; they are sought for everywhere.

Personality traits can be acquired. Granting that all people have equal rights and opportunities, we must recognize that all do not have equal intelligence, equal physical strength, or equal levels of energy; yet whatever their status, they may rise by self-education and self-development. Those eager for knowledge and ambitious to excel will naturally forge ahead. You can choose and work to develop the personality traits you wish to acquire. Application is the great thing.

The principal qualities that make the stature of the perfect human being are patience, kindness, generosity, humility, courtesy, unselfishness, good temper, and sincerity. These traits are not inborn; they can be developed. Take these as the framework of the personality you wish to create out of the qualities found in your own complex nature.

Unfortunately, some people who have all these qualities are not

perceived to have a pleasant personality because they lack a good appearance. This doesn't mean physical beauty. You need not be born with a beautiful face or physique to project a good appearance, but unless you dress neatly and appropriately, wear a smile instead of a frown, and are clean and well groomed, your high qualities will not be noticed.

Appearance is important since it is the first impression others have of you that often determines whether they will give you an opportunity to demonstrate your superior qualities.

Not only are you judged by how you appear, but also you judge others by their appearance. Instinctively, people attempt to cultivate in themselves the positive qualities of appearance they see in those they admire. They wear the same type of clothes, imitate their hairstyles, and act in the same manner as their models. You can do this with other qualities as well. Concentrate on the personality characteristics of people you respect and look up to. In this person you can visualize the person you wish to be. Look not only at men and women whom you know, but also take models from the past and present of others who are exemplars of the ideal personality you wish to have.

Look for the Good

It is just as easy to go through life looking for the good and the beautiful instead of the ugly; for the noble instead of the ignoble; for the bright and cheerful instead of the dark and gloomy; the hopeful instead of the despairing; to see the bright side instead of the dark side. To set your face always toward the sunlight is just as easy as to see always the shadows, and it makes all the difference in your character between content and discontent, between happiness and misery, and in your life between prosperity and adversity, between success and failure. Feed these thoughts into your subconscious mind. This is how to apply the law of attraction.

Learn to look for the light, then. Positively refuse to harbor

shadows and blots, negative images, the discordant. Hold to those things that give pleasure, that are helpful and inspiring, and you will change your whole way of looking at things, will transform your personality in a very short time.

One way to develop the best traits in yourself is to look for the best traits in others. By taking a largehearted attitude toward everyone you meet, by trying to pierce through the mask of the outer man or woman, to the innermost core, and by cultivating kindly feelings toward all, you can acquire this inestimable gift.

Nothing will pay you better than acquiring the power to make others feel at ease, happy, and satisfied with themselves. Sunny people dispel melancholy, gloom, worry, and anxiety from all those with whom they come in contact, just as the sun drives away darkness. When they enter a roomful of people, where the conversation has been lagging, and where everybody seems bored, they transform the surroundings like the sun bursting through thick, black clouds after a storm. Everybody takes on a joyous spirit from the glad soul who just entered; tongues are untied, conversation which dragged becomes bright and spirited, and the whole atmosphere vibrates with gladness and good cheer.

Be empathetic. Empathetic people put themselves in the shoes of the person with whom they interrelate. They not only hear what that person says, but they feel what he or she feels at that moment. How can anyone fail to respond positively to such people?

Maintain a Cheerful Disposition

Unless you have a mental attitude that is free of bitterness and guile and you look at each day as a blessing to be enjoyed and savored, you will have an unhappy and most likely unproductive life.

We cannot do our best work while we harbor revengeful or even unfriendly thoughts toward others. Our faculties only give up their best when working in perfect harmony. There must be goodwill in

the heart or we cannot do good work with head or hand. Hatred, revenge, and jealousy are poisons, as fatal to all that is noblest in us as arsenic is fatal to physical life.

A kindly attitude, a feeling of goodwill toward others, is our best protection against bitter hatred or injurious thoughts of any kind.

In a gracious personality there is a charm from which it is very hard to get away. It is difficult to snub the person who possesses it. There is something about him or her that attracts you. No matter how busy or how worried you may be, or how much you may dislike to be interrupted, somehow you haven't the heart to turn away a person with a pleasing personality.

The Secret of Being Pleasant

Emerson says, "What you are speaks so loudly that I cannot hear what you say." We cannot conceal what we are, how we feel, because we radiate our atmosphere, our personality; and this is cold or warm, attractive or repellent, according to our dominant traits and qualities.

A person who is selfish, always thinking of him- or herself and looking out for his or her own advantage, who is cold, unsympathetic, greedy, cannot radiate a warm, mellow atmosphere. If selfishness, indifference, avarice, and greed are dominant in your nature, you will radiate it and it will repel others because these are the qualities people instinctively detest.

The qualities that attract are outflowing, buoyant; the qualities that repel are inflowing. That is, people who have no magnetism are self-centered; they think too much about themselves. They do not give out enough; they are always after something, absorbing, receiving some benefit, trying to get some advantage for themselves. They lack sympathy, lack cordiality, good fellowship; they are bad mixers.

A piece of magnetized steel will attract only the products of

iron ore. It has no affinity for wood, copper, rubber, or any other substance that has no iron in it. When you were a child you found that your little steel magnet would pick up a needle but not a match or a toothpick. It would draw to itself only that like itself.

Men and women are human magnets. Just as a steel magnet drawn through a pile of rubbish will pull out only the things that have an affinity for it, so we are constantly drawing to us, establishing relations with, the things and the people that respond to our thoughts and ideals.

Our environment, our associates, our general condition are the result of our mental attraction. These things have come to us on the physical plane because we have concentrated on them, have related ourselves to them mentally; they are our affinities, and will remain with us as long as the affinity for them continues to exist in our minds.

Applying the Law of Attraction

Some people are naturally magnetic, but when you analyze their character you will find they possess certain qualities that we all instinctively admire, the qualities that attract every single human being, such as generosity, magnanimity, cordiality, broad sympathies, large views of life, helpfulness, optimism. They are followers of the law of attraction.

There is not one of these qualities that you cannot cultivate and strengthen a great deal. If you do so, you will get a hearing where others will not.

Whatever your business, your reputation and your success will depend in a great degree on the quality of the impression you make upon others. It means everything, therefore, to young men and women to use the law of attraction to develop a magnetic, forceful, attractive personality. Cultivate the heart qualities. Intellect and brainpower have little, if anything, to do with personal magnetism. It is the lovable, not the intellectual, that draws and holds people.

This is not a very difficult thing to do. Everyone can cultivate the ability to please and the strength of character that will make him or her felt as a real force in the world. Knowing the law of attraction—the qualities and characteristics that distinguish the magnetic and nonmagnetic—it is comparatively easy to cultivate the one and to eliminate the other. That is, we can cultivate the generous, magnanimous, cheerful, helpful mental qualities and crush their opposites; and in proportion as we do this we shall find ourselves becoming more interested in others, and they in turn becoming more interested in us. As we make ourselves personal magnets by fashioning our aura of the kindly thoughts and words and deeds that day by day go to the making of a rich, magnetic personality, we shall find ourselves more welcome wherever we go, more sought after; we shall attract people to us more and more.

By imbuing your subconscious mind with the qualities that you admire so much in others—the very qualities that attract you—you will become attractive to others. As you become permeated with these qualities, they shall characterize you, and you will acquire a magnetic, attractive personality.

Live a Healthy Life

The first step toward making yourself magnetic is to build up your health. Vigorous health, coupled with a right mental attitude, an optimistic, hopeful, cheerful, happy mind, will increase your magnetism wonderfully.

A person with robust health radiates an atmosphere of strength, vigor, and courage, while one who lacks vitality drains from others instead of giving to them. Physical force and abounding joyousness of health help to create a magnetic, forceful personality. People with buoyant, alert minds, with a sparkle in their eyes and elasticity in their step, and who are bubbling over with abundant physical vitality, have a tremendous advantage over those who are devitalized and physically weak.

Admit Your Mistakes

One way to turn people off is to be a bumptious, self-important, arrogant individual who never admits a mistake.

Investment guru Warren Buffett, probably one of the richest people in the world, not only knows how to use "failure" and "mistakes," but he goes so far as to advertise them. In 1989 he started a formal practice of telling on himself by publishing a list of his mistakes in his "Letter to Investors." In this letter, Buffett confessed not only mistakes made, but opportunities lost because he failed to act appropriately. It is Buffett's belief that candor benefits the manager at least as much as the shareholder. He puts it this way: "The CEO who misleads others in public may eventually mislead himself in private." Buffett believes in the value of studying one's mistakes, rather than concentrating only on success.

Perhaps it's this level of candor that frees Warren Buffett to be joyful at work. He is known for always being upbeat and supportive, genuinely excited about coming to work every day. People are attracted to him. Is it because he is rich? Or is it the other way around?

Reach Out to Those You Meet

You must make people feel that they have met a sincere person. Don't greet people with a stiff "How do you do?" or "Glad to meet you," without any feeling, any sentiment in it. Be a good mixer. Look people you meet squarely in the eye and make them feel your personality. Give them a glad hand, with a smile and kind word to make them remember that they have come in contact with a real force, and make them glad to meet you again.

If you are to be popular, you must cultivate cordiality. You must fling the door of your heart wide open and not, as many do, just leave it slightly ajar, as much as to say to people you meet, "You may peep in a bit, but you cannot come in until I know whether

you will be a desirable acquaintance." A great many people are stingy with their cordiality. They seem to reserve it for some special occasion or for intimate friends. They think it is too precious to give out to everybody.

You will be surprised to see what this warm, glad handshake and cordial greeting will do in creating a bond of goodwill between you and everybody you meet. People who meet you will say to themselves, "Well, there is a really interesting personality. I want to know more about this lady or gentleman. This is an unusual greeting. This person sees something in me, evidently, which most people do not see."

Cultivate the habit of being cordial, of meeting people with a warm, sincere greeting, with an open heart; it will do wonders for you. You will find that the stiffness, diffidence, and indifference, the cold lack of interest in everybody that now so troubles you, will disappear. People will see that you really take an interest in them, that you really want to know, please, and interest them. The practice of cordiality will revolutionize your social power. You will develop attractive qualities that you never before dreamed you possessed. Others will flock to you, look to you for guidance, and help you realize your dreams.

Choose a Mentor—Be a Mentor

An excellent way to move ahead in your career is to seek and follow a mentor. This man or woman has all of the attributes discussed above and is not only able but also willing to share them with others.

Mentors are good exemplars of people who have mastered the law of attraction. They can not only provide you with knowledge, but also guide you through the nuances of company culture.

And, when you have achieved success and have moved into a leadership position, you can repay your mentor by becoming a mentor to a newcomer to the organization.

SUM AND SUBSTANCE

- Unless you have a mental attitude that is free of bitterness and guile and you look at each day as a blessing to be enjoyed and savored, you will have an unhappy and most likely unproductive life. Banish negativity from your thoughts.

- Know the law of attraction—the qualities and characteristics that distinguish the magnetic and the nonmagnetic. We can cultivate the generous, magnanimous, cheerful, helpful mental qualities and crush their opposites; and as we do this we shall find ourselves becoming more interested in others, and they in turn becoming more interested in us.

- Study the men and women—those you know personally and those from the past and present times about whom you have read—whose personalities you admire. Use them as models for your behavior.

- Learn to radiate joy and generosity. Fling out your gladness without reserve.

- Be empathetic. Empathetic people put themselves in the shoes of the people with whom they interrelate. They not only hear what others say, but feel what they feel when they say it. People cannot help but respond positively to such people.

- Be enthusiastic. People who are enthusiastic about themselves and whose actions undertake their work with the assurance of success will realize the fulfillment of their promise. Enthusiasm multiplies your power, raises whatever ability you have to its highest level.

- One way to implement the law of attraction in the workplace is to encourage your associates to express their ideas, especially when they differ from yours. This not only provides you

with new ideas, but also makes them realize that you recognize their talents and look upon them as partners not subordinates.

- Seek and then follow a mentor, a person you admire and from whom you can learn. When you have achieved success, offer your services as a mentor to others.

Chapter Five

Becoming a More Enthusiastic Person

Enthusiasm is the secret ingredient of success for the most successful people as well as the generator of happiness in the lives of those who possess it.

The word "enthusiasm" comes from the Greek, and literally means to be possessed by God. It means an absorbing or controlling possession of the mind by any interest or pursuit. You must believe that the energy of the Infinite Power animates you and the creative ideas that unfold within you reveal everything you need to know. You must have faith in the response of the Infinite Power to help you attain your goal. This generates enthusiasm, which is awakened by your positive faith. Gradually a new world of achievement opens up for you.

People with pleasing personalities are enthusiastic about their lives, their work, their relationships, and their goals. Enthusiasm comes from deep within ourselves. Enthusiasm cannot be faked. Feigned enthusiasm through artificial gestures, phony smiles, and exaggerated comments is easily detected. If you believe that what you are doing is worthwhile, meaningful, exciting, and achievable, it will show up in your demeanor and your actions.

Be Enthusiastic About Your Work

Why is it that one employee can often accomplish three or four times as much as another employee? The difference is not always that of ability. It is often a difference in the character of the effort. Successful people try harder. They add enthusiasm and a splendid zest to their work that increases the quality as well as the quantity of the result.

I have often heard employees say in the morning that they fairly dreaded the day's work, that the hours dragged and that they were glad when the ordeal was over. They felt no enthusiasm for their employment. Should anyone hope to succeed in life who considers a day's work an ordeal, who goes to it as a slave lashed to his task?

It is the employees who take hold of their work as though they love it, who take pride in it, who are made of the winning material. There is nothing that troubles an employer more than to see employees doing things in an ambitionless, indifferent manner, as though they regard their work as a necessary evil to be done to keep them from starving.

Employees who go to their tasks with energy, determination, and enthusiasm give confidence to the employer that the thing they undertake will not only be done, but be well done.

When employees drag themselves about as though existence were a burden, when they take hold of the work with repugnance or dread, the employer knows that they will never amount to anything.

Enthusiasm Is Contagious

The world has always made way for enthusiasm. It multiplies your power, raises whatever ability you have to its highest level.

Enthusiasm attracts business. It is so contagious that before we know it, we are infected with it, even if we try to brace ourselves

against it. If your heart is in your work, your enthusiasm will often cause a would-be customer to forget that you are trying to make a sale.

There are people who do splendid work when their enthusiasm is up. When they are enthusiastic, they are productive, prolific in ideas, original, creative, strong, and effective; but let their enthusiasm cool a bit, and they are all down at the heel. All their standards drop and they are good for nothing during the ebb tide. They just have to wait for flood tide. You meet them one day, and you would think they were going to do marvels, and perhaps the very next day they are low-spirited and pessimistic; their work drags, and they are shorn of their power until they get a fresh supply of energy.

Krista Hawkin is a woman who never loses her enthusiasm. She fires up hundreds of potential customers every week, and is famous for it. She's not a manager, a sales executive, or a leader in the usual sense. She gives tours of a Hyundai Motors manufacturing facility in Montgomery, Alabama, one of the most technically advanced facilities in the world, turning out a thousand cars a day.

Krista is well known for turning tourists into customers with her passion and enthusiasm. She takes a personal interest in the men and women on her tour, encourages them to ask questions, and answers them fully, enthusiastically, and in nontechnical terms.

Experts know that everyone who works for a brand represents it to the outside world, and every interaction is an opportunity to put an energized, enthusiastic face to the brand. Krista means it, which is why she's effective. She says she sees what the plant has done for the community and the state of Alabama, which makes it easy for her to be happy. She never uses the term "employees." To her, everyone is a team member, and the quality of the vehicles is directly related to the energy of the people making them. She does not start a tour with the purpose of selling cars; her goal is to entertain and inform visitors, and it has paid off in increased sales.

Maintain Your Enthusiasm

Enthusiasm is fragile. It can easily be lost. It is a great art to learn how to keep up your enthusiasm amid discouragement, but it is one you can easily acquire. It is simply a question of controlling thought. We can keep the negative thoughts out of our minds. There is nothing that will dampen the enthusiasm and take the edge off of an endeavor more quickly than to flood the mind with destructive, discordant thoughts. We can control the mood, and the best way to keep out the darkness is to flood the mind with sunlight.

One way to generate enthusiasm is to assume the part you wish to play and then play it with enthusiasm. If you are ambitious to do big things, you must always be enthusiastic about yourself.

Tom J. knew it would be a tough job to persuade his manager to upgrade their computer system. To overcome his boss's concern about the added cost, he prepared an exciting presentation on how the proposed system would speed up the work and minimize errors. He knew his boss was usually reluctant to accept ideas, and his first thought was "Why bother? He won't do anything anyway." But Tom was so enthusiastic about the project, he overcame his reluctance and made an exciting and spirited presentation, and won his boss's support for the new system.

There is something in the atmosphere of enthusiastic people who believe they are going to win, something in their very appearance that wins half the battle before a blow is struck.

Set your mind toward the thing you want to accomplish, so resolutely, so definitely, and with such enthusiastic determination, and put so much grit into your resolution, that nothing on earth can turn you from your purpose until you attain it.

Lucy A. was seeking her first job as an administrative assistant in the medical field. She had an associate's degree in medical administration from a community college, but was turned down several

times because of lack of work experience. So she gave herself a pep talk: "I want this job. I have the technical know-how. I am a diligent and conscientious worker. I can be a real asset to the doctor." When she went for her next interview, she was determined to get the job. She repeated her pep talk over and over again on the way to the doctor's office. She entered the office confidently, and answered the doctor's questions with such enthusiasm that he offered her a job. Some months later he told her that when he saw from her application that she had no experience, he had decided to just give her a courtesy interview and reject her, but her enthusiasm convinced him to try her in the job. She carried that enthusiasm into the work itself and became a valuable member of his administrative staff.

Are You a Lifter or a Leaner?

There are two kinds of people—just two kinds of people—no more. Not the good and the bad, for it is well understood the good are half-bad and the bad are half-good. Not the happy and the sad, not the rich and the poor, not the humble and the proud. No. *The two kinds of people on earth are the people who lift and the people who lean.* Wherever you go, you will find the world's masses are ever divided into just these two classes. And, strangely enough, you will find, too, it seems that there is only one lifter for twenty who lean. Are you a lifter? Are you a leaner or whiner? Do you lean on others? You are here to grow, to transcend. You are here to meet problems, difficulties, and challenges and to overcome them. You are not here to run away from them. The joy is in overcoming. If the crossword puzzle were filled out for you, it would be very insipid. The joy is in solving the puzzle.

The engineer rejoices in overcoming all obstacles, failures, and difficulties in building a bridge. You are here to sharpen your mental and spiritual tools while you grow in wisdom, strength, and understanding. You are here to build enthusiasm in your life and the lives of those with whom you relate.

Enthusiasm Leads to Achievement

When we are enthusiastic about something we are doing, the excitement, the joy, the inner feeling of satisfaction permeates the entire activity. It is not always easy to be excited about many of the things we have to do on a day-by-day basis, but it is possible if we only make the effort.

What goes on in the mind is what determines outcome. When you really get enthusiastic, you can see it in the flash of your eyes, in your alert and vibrant personality. You can see it in the spring of your step. You can see it in the verve of your whole being. Enthusiasm makes the difference in your attitude toward other people, toward your job, toward the world. It makes the big difference in the zest and delight of human existence.

You must, of course, be enthusiastic about yourself and your abilities, but it is also necessary to be enthusiastic about what you are doing—the product you are making or selling, the music you are composing, or the essay you are writing.

How can you become enthusiastic about something? You must first believe in what you are doing. Learn as much about the product, the idea, or the concept that you are engaged in. Get as much information as you can. Delve into your subject. Live it. The more you learn, the more you make your subject part of your life, and your enthusiasm for it will grow.

When we study the lives of great men and women, whether they are in the field of government, business, science, or the arts, we see that the one common ingredient all of them possess is enthusiasm about their work and their lives. Enthusiasm enabled Beethoven to compose his greatest symphonies despite his deafness. Enthusiasm enabled Columbus to persuade Queen Isabella to finance his voyage of discovery and to keep going when it seemed impossible to succeed.

You, too, have this power. Release your talents and abilities and

develop a zeal and enthusiasm to learn more about your inner powers. You then can lift yourself up to astonishing heights. Ask the Supreme Intelligence within you to give you what you need and it will respond to you. Realize Infinite Intelligence is guiding you, revealing hidden talents to you, opening up new doors for you, showing you the way you should go; and the Guiding Principle within you will lead and guide you in all your ways.

SUM AND SUBSTANCE

- Set your mind toward the thing you would like to accomplish, so resolutely, so definitely, and with such enthusiastic determination that nothing on earth can turn you from your purpose until you attain it.

- Successful people try harder. They add enthusiasm and a splendid zest to their work, which increases the quality as well as the quantity of the result.

- When we are enthusiastic about something we are doing, the excitement, the joy, the inner feeling of satisfaction permeates the entire activity. It is not always easy to be excited about many of the things we have to do on a day-by-day basis, but it is possible if we only make the effort.

- Enthusiasm is contagious. When you are enthusiastic, your eyes sparkle, your voice vibrates, your step becomes springier. It permeates every aspect of your demeanor and personality. Your boss sees it; your subordinates and coworkers feel it; your customers are influenced by it.

- Enthusiasm is fragile. It can easily be lost. It is a great art to learn how to keep up your enthusiasm amid discouragement, but it is one you can easily acquire. It is simply a question of controlling thought. We can keep the negative thoughts out of our minds. There is nothing that will dampen enthusiasm and

take the edge off of endeavors more quickly than to flood the mind with destructive, discordant thoughts. We can control the mood, and the best way to keep out the darkness is to flood the mind with sunlight.

Chapter Six

Developing Resilience and Adaptability

Our subconscious convictions and conditioning dictate and control all of our conscious actions. You can recondition your mind by identifying yourself with the eternal verities. You can develop a marvelous and wonderful personality by filling your mind with the concepts of peace, joy, love, good humor, happiness, and goodwill. Busy your mind with these ideas. As you do, they will sink into the subconscious level.

You've heard that old saying "If it ain't broke, don't fix it." There's some truth in it, as changing things just for the sake of change is unproductive. However, in order to move ahead, to tackle new challenges, change is often necessary. It's easy to just keep doing the same thing over and over again. It's even more tempting to resist change when what you are doing was developed by you. We often fall in love with our own ideas and are reluctant to consider changes—even when they would lead to improvement.

Another reason many people refuse to consider change is fear of failure. Nobody wants to suffer the pains of defeat, but no endeavor can succeed unless it is attempted, and with every attempt there is the risk that it may not work.

To ensure that you are willing to review and reassess everything you do in order to make necessary changes, you must condition

your subconscious mind to be adaptable. If you continuously reinforce open-mindedness and flexibility, your subconscious mind, instead of resisting changes to the status quo, will become a vehicle for adapting new concepts. Successful people take risks. They do not limit themselves to approaches that they have always used.

Sure, you may fail, but you must develop resilience so you can accept failures and bounce back. We must learn from our mistakes and apply what we learn to overcome our failures. R. H. Macy had to close his first seven Macy's stores, but instead of giving up as a "failure," he kept trying and became one of America's leading retailers. Babe Ruth struck out more than 1300 times in his career, but that is forgotten because of his 714 home runs. Thomas Edison never gave up, but perseverance alone is not enough. Each time one of his experiments failed, he studied what caused the failure and kept seeking solutions. His resilience and adaptability was honed by his failures. They did not defeat him, but motivated him to keep trying.

Only You Can Change You

If you are rigid in your thinking and not adaptable, you must overcome that rigidity. Nobody can do it for you. The first thing you must accept is that you are the only one who can change yourself. This is the beginning of a real change in your entire personality.

Mentally divide yourself into two people: your present self and that which you desire to be. Look at the thoughts of fear, worry, anxiety, jealousy, or hatred that may be enslaving and imprisoning you. You have divided yourself into two for the purpose of disciplining yourself. One part of you is the human mind working in you; the other is the Infinite seeking expression through you. It all depends on how you see yourself.

In an Asian country, there is a legend about a farmer who went to a wise man in his village and told him about his life and how

things were so hard. He did not know how he was going to make it. Fear of the future dominated his mind. He wanted to give up; he was tired of fighting and struggling. It seemed that as one problem was solved, a new one arose.

The wise man asked him to go down to the lake and bring back a bucket of water. He then poured the water into three pots and placed each on a hook over the fireplace. Soon the pots came to boil. In the first he placed a bunch of carrots, in the second he placed a few eggs, and in the last he placed a handful of tea leaves.

After they'd boiled for half an hour, he removed the pots from the fireplace. He took the carrots out and put them in a bowl; he then took the eggs out and put them in another bowl; and lastly he poured the tea into a third bowl. Turning to the farmer, he asked, "Tell me, what do you see?"

"Carrots, eggs, and tea," the farmer replied. Then the wise man said: "Pick up the carrots and tell me what you feel." The farmer did so and said, "The carrots are soft." Then the wise man ordered the farmer to take an egg and break it. After pulling off the shell, the farmer observed that the egg had become hard. Finally, the wise man asked the farmer to sip the tea. The farmer smiled as he tasted its rich flavor. The farmer then asked, "What does this mean?"

The wise man explained that each of these objects had faced the same adversity . . . boiling water. Each reacted differently. The carrot went in strong and hard. However, subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its soft interior, but the boiling water hardened its inside. The tea leaves were unique, however. They had changed the water.

"Which are you?" he asked the farmer. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a tea leaf?"

As you look at the problems you face in your life, ask yourself:

"Which am I? Am I the carrot that seems strong, but with pain and adversity do I become soft and lose my strength? Am I the egg that starts with a fragile heart and a fluid spirit, but after the loss of a job, a breakup, a financial hardship, or some other trial, have I become hardened and stiff? Or am I like the tea leaf? The leaf actually changes the hot water—the very circumstance that brings the pain. When the water gets hot, it releases fragrance and flavor. If you are like the tea leaf, when things are at their worst, you get better and change the situation around you. When the hour is the darkest and trials are the greatest, do you elevate yourself to another level?

How do you handle adversity? Are you a carrot, an egg, or a tea leaf?

Positive Thinking Encourages Adaptability

Remember this great truth: You do not have to go along with familiar practices or systems or react mechanically as you formerly did. React and think in a new way. You want to be an achiever. Therefore, from this moment forward, you must refuse to identify with the negative thoughts that tend to drag you down, and adapt your thinking to solving the problems you face in a new and different way.

Be Persistent

The story of one of America's greatest statesmen is not a story of easy success but one of dogged persistence. He failed in business at twenty-one and was defeated for the state legislature in 1833. He was elected in 1834. His sweetheart died in 1835. He had a nervous breakdown in 1836. He was defeated for speaker in 1838. He was defeated for elector in 1840. He was defeated for Congress in 1843. Finally, he was elected for one term in Congress in 1846, only to be defeated again for Congress in 1848. He was defeated for the Senate in 1855, was defeated for vice president in 1856,

and was defeated again for the Senate in 1858. Finally, in 1860 he was elected President of the United States. These were just a few rough spots in the life of Abraham Lincoln.

Nothing in the world can take the place of persistence. Talent will not. Nothing is more common than talented people who are unsuccessful. Genius will not. Unrewarded genius is almost a proverb. Education alone will not. The world is full of educated derelicts. Persistence and determination alone are omnipotent.

Everything changes in this universe. There is nothing we can do about it. Governments change. Maybe you will wake up in the morning to a new president or a new king, or to a revolution somewhere. Everything is in a state of flux.

When faced with major setbacks, it is tempting to give up and succumb to depression, but always remember the old legend about King Solomon.

Feeling blue, the king asked his advisors to find him a ring he had once seen in a dream.

"When I feel satisfied, I'm afraid that it won't last. And when I don't, I am afraid my sorrow will go on forever. Find me the ring that will ease my suffering," he demanded.

Solomon sent out all of his advisors, and eventually one of them met an old jeweler who carved into a simple gold band the inscription "This too shall pass." When the king received his ring and read the inscription, his sorrows turned to joy and his joy to sorrows, and then both gave way to equanimity.

Yes, your current problem shall pass away. You can't be frustrated forever. And there is something you and I can do about our attitude toward these constant changes. It's not what happens, it is what we think about what happens that matters.

All endeavors cannot succeed. Interspersed with the joy of success is the bitterness of failure. By dealing with failures constructively, we can often turn those failures into successes.

The lowest point in Lee Iacocca's career was when he was fired

from the Ford Motor Company. How he turned his defeat into success in his new job as CEO of Chrysler is well known. In his autobiography he reported that immediately upon starting his new job, he was faced with an even more devastating defeat. Chrysler was on the verge of bankruptcy. A lesser person might have quit right then, rather than move from one failure to another.

Iacocca refused to let this defeat him. He called on all his inner resources. He had tasted failure before, and this time he wasn't going to let it push him down. He channeled his strengths in adaptability, innovation, creative thinking, and perseverance to confront this crisis and beat it.

The Master Thoughts

Attitudes are the immaterial stuff of which we build ability, equanimity, and prosperity. They are how we direct our lives, and our changed attitudes can change everything else. What is your attitude of mind? These, of course, are master thoughts, which can bring about great and wonderful experiences and results. Because when you change your mind you change your body, for your body is a shadow of the mind. Your body is the mind condensed. It is done unto you as you believe.

It is negative thinking that keeps so many people from being resilient when things go wrong. They won't let their subconscious mind open up to making necessary adaptations and changes.

Your master thoughts enable you to overcome this negativity. You can if you think you can. You have within you the seed of resilience and you can germinate that seed through the Infinite Power that strengthens you. Nearly everyone knows how impossible it is to fight a domineering, negative thought or emotion; but you can. When the negative thought comes to you—fear, resentment, condemnation, hate, or whatever it might be—deal with it immediately. Decapitate it. Don't let it grow up and become strong, challenge your dominion, defeat you, and give you sickness and

failure. Because if the resentment grows in your mind, it begins to dominate you; then you color everything in your life with fear. It colors everything you do, say, and think, and in addition, it keeps you from using your creativity to innovate and adapt to new situations.

It is said that Thomas Edison failed in his attempt to develop the incandescent bulb one thousand times before he succeeded, but he never let negative thoughts stop him from continuing to adapt and fine-tune the process. As noted earlier in this chapter, Lee Iacocca utilized his adaptability and creativity to convince Congress to provide the funds that saved Chrysler from bankruptcy.

Expand Your Inner Resources

Men and women who are trying to make the most of their lives never stop growing. They are always on the road because their goal is always receding, as they grow larger, broader, and more efficient. They only stop off at way stations to unpack a few things they no longer need, impediments that hamper them, and then they resume their journey. This is the way all along the life path.

If you want to get at your hidden resources, stimulate your growth and your power, you must be continually improving yourself somewhere; increasing your intelligence by closer and keener observation, by the constant improving of your knowledge, the broadening of your mental and spiritual outlook, the getting away from self, and the enlarging of your sphere of service and helpfulness. Stop fearing change. Be confident in your ability to meet challenges with new and imaginative ideas.

The CEO of Burberry, Angela Ahrendts, attributes her success to observing and emulating top people in her field. She said she learned her quantitative skills from Linda Wachner, who headed the apparel giant Warnaco, and her creative skills from another fashion leader, Donna Karan. Linda was an expert on the numbers, and Donna taught her a great deal about design.

Earlier in her career, she had left Donna Karan's company to help open fifty Bendel stores around the United States. But after eighteen months the board canceled the project, which Ahrendts describes as "the most devastating blow in my career." She quickly bounced back, however, when she was hired at Liz Claiborne. At this firm she was able to use both her business and creative skills to convince them to expand by buying Juicy Couture, which Karan's people had been reluctant to do.

When the long-term CEO of Burberry, an international chain of boutiques, retired, Ahrendts was hired to replace her. Her innovative concepts and her commitment to accepting new ideas have successfully enabled the company to expand and prosper.

When you are overwrought with problems, think of the secret chambers of possibilities that were unlocked in a multitude of people like Angela Ahrendts. There are thousands of people living today who are grander men and women, better husbands and wives, better lawyers, better physicians, better statesmen because of having met challenges similar to Ahrendts's. There is no other means of self-discovery so potent as an inspiring book or listening to a great orator. This often stirs us to the very centers of our being and awakens new impulses and new determination in many of us who up to that time had been asleep so far as knowing and utilizing our inner powers were concerned. Perhaps you have had this experience in listening to some great preacher or lecturer who seemed to open up realms in your nature that otherwise might have remained forever hidden.

The more highly we cultivate all our faculties, the more deeply we draw upon our resources, the more of our hidden selves we discover, the wider our vision grows. Life becomes perpetual progress.

There are people who never realized their possibilities until they reached middle life. Then they were suddenly aroused, as if from a long sleep, by reading some inspiring, stimulating book, by

listening to a sermon or a lecture, or by meeting some friend—someone with high ideals—who understood, believed in, and encouraged them.

It will make all the difference in the world to you whether you are with people who are watching for ability in you, people who believe in, encourage, and praise you, or whether you are with those who are forever breaking your idols, blasting your hopes, and throwing cold water on your aspirations.

A good example of this is Andrea Wong, president and CEO of Lifetime Television. She says it was important for her parents to let her fail as she was growing up. That gave her a lot of strength. When she lost the school elections for class president, she learned to dust herself off and keep going. She brought this into her career in the hectic television production field, where for every hit, there are untold numbers of programs that never see the light of day. When she conceived the idea of bringing the British TV show *Dancing with the Stars* to the United States, people in the industry thought she was crazy, but she believed in it and persuaded the network to air it. It became one of the most watched programs that year. In her new role as head of her own network, her challenge is to grow the Lifetime brand, and to do that, she calls on the mental confidence she started developing as a child and her continuing efforts to learn and improve.

Learn from Your Failures

If you interview the great army of failures, you will find that multitudes have failed because they never got into a stimulating, encouraging environment, because their ambition was never aroused, or because they were not strong enough to rally under depressing, discouraging, or vicious surroundings. Most of the people we find in prisons and poorhouses are examples of the influence of an environment that appealed to the worst instead of to the best in them.

Whatever you do in life, make any sacrifice necessary to keep in an ambition-arousing atmosphere, an environment that will stimulate you to self-development. Keep close to the people who understand you, who believe in you, who will help you to discover yourself and encourage you to make the most of yourself. This may make all the difference to you between a grand success and a mediocre existence. Stick to those who are trying to do something and to be somebody in the world—people of high aims, lofty ambition. Ambition is contagious. You will catch the spirit that dominates in your environment. The success of those about you who are trying to climb upward will encourage and stimulate you to struggle harder if you have not done quite so well yourself.

Nicholas Hall knows that failure is a relative term. He puts failure right in his company name. A serial entrepreneur, he's the founder of StartupFailures.com, a popular website started to record the adventures of entrepreneurship. He says that succeeding involves bouncing back and overcoming self-doubt. He considers failure a close relative of success, and is intimately familiar with both. He also provides encouragement and advice on how to get back on track.

Hall's core belief is that *the only real failure comes from not trying*. He also says that failure comes with the territory, that anyone who has ever had success, either personal or professional, has also had failures. He says only the willingness to bounce back gives you the chance to go to bat again.

Even if a startup is successful, he doesn't know any founder who hasn't faced actual or perceived failure plenty of times in getting there . . . even the Microsofts and the Apples! He admits that plenty of people starting businesses understand that failure is part of the process, but they just hope that they can skip that part.

The biggest hurdle to bouncing back is self-doubt. But one comforting thought is that though failure may not become easier to take over time, bouncing back seems to become easier to do.

The trick is to see it as just part of the process, the key to staying in the game.

SUM AND SUBSTANCE

- You do not have to go along with negative thoughts or reactions. Begin to positively refuse to react mechanically. React and think in a new way. You want to be peaceful, happy, radiant, healthy, prosperous, and inspired. From this moment forward, refuse to identify with the negative thoughts that tend to drag you down.
- Don't fear change. Don't be held back because you think your boss or others will not agree. Be prepared to adapt, to create, to amend, to hone your ideas to meet challenges on the job.
- Nothing in the world can take the place of persistence. Talent will not. Nothing is more common than talented people who are unsuccessful. Genius will not. Unrewarded genius is almost a proverb. Education alone will not. The world is full of educated derelicts. Persistence and determination alone are omnipotent.
- When the negative thought comes to you, deal with it immediately. Don't let it defeat you. If the resentment grows in your mind, it begins to dominate you; then you color everything in your life with fear.
- By constantly thinking of positive approaches to solving problems, and feeding your subconscious mind with thoughts of flexibility and willingness to adapt, you will overcome your fears of making changes and build up resistance to negative thinking.
- Whatever you do in life, make any sacrifice necessary to remain in an environment that will stimulate you to self-development.

Keep close to the people who understand you, who believe in you, who will help you discover yourself and encourage you to make the most of yourself. This may make all the difference between a grand success and a mediocre existence.

- Failures may happen, but don't let them destroy you. Everything passes. It's not what happens, it is what we think about what happens that matters.

Chapter Seven

Overcoming Worry and Stress

All the water in the ocean will not sink even a small boat if the water doesn't get inside the boat; likewise all the problems, challenges, and difficulties in the world cannot sink you, as long as you do not permit them to get inside you.

Prolonged worry robs you of vitality, enthusiasm, and energy, leaving you a physical and mental wreck. Medical professionals point out that chronic worry is behind numerous diseases such as asthma, allergies, cardiac trouble, high blood pressure, and a host of other illnesses too numerous to mention.

The worried mind is confused and divided, and is thinking aimlessly about a lot of things that are not true. Although many of us have real troubles, such as illness in our family or the loss of a job, much worry is due to indolence, laziness, apathy, and indifference. When you wake up, you do not have to think worrisome thoughts. You can think of harmony, peace, beauty, right action, love, and understanding. You can supplant the negative thought with a constructive thought.

Steve L. had been worried about his health, but after a comprehensive physical exam, his doctor told him there was nothing wrong with him physically, but that he was suffering from anxiety

neurosis. Anxiety neurosis is a fancy phrase for just plain, chronic worry. And the word "worry," when you translate it from its original root, means "to strangle, to choke," which is what Steve was doing to himself.

He was also constantly worrying about money, his job, and the future. His vision of success and prosperity was thwarted by his chronic worry, and the fretting consumed his energy. He felt constantly tired and depressed.

He was advised to have quiet sessions with himself three or four times a day and declare solemnly that the Almighty had given him inspiration and hope and all he needed to do was tune in on the Infinite and let the harmony, peace, and love of that source move through him. The following meditation was recommended:

> God, or the Supreme Wisdom, gave me this desire. The Almighty Power is within me, enabling me to be, to do, and to have. This Wisdom and Power of the Almighty backs me up and enables me to fulfill all my goals. I no longer think about obstacles, delays, impediments, and failure. I know that thinking constantly along this line builds up my faith and confidence and increases my strength and poise, for God hath not given us the spirit of fear but of power, and of love, and of a sound mind.

He meditated on these words regularly and systematically. These truths entered into his conscious mind, and then his brain sent these healing vibrations all over his system. They went into his subconscious mind and, like spiritual penicillin, they destroyed the bacteria of worry, fear, anxiety, and all those negative thoughts. In a month's time he arrived at that awareness of strength, power, and intelligence that was implanted in him at birth. He has conquered his worries by partaking of the spiritual medicine and Infinite Intelligence locked in the subconscious depths.

Break Your Worries into Pieces

Andy F., an engineer, reported that he looks at his worries as an engineering problem. "When I face a technical problem on the job," he said, "I take it apart and break it into small pieces. Then I ask myself 'Where do they come from? What does each piece signify? How can I adapt it to the entire problem?' With worries I ask, 'Do these worries have any power?' Is there any principle behind them?' "

With his cool, rational thought and logical analysis, he dismembers his worries and realizes they are shadows in his mind, fallacious and illusionary. No reality, just shadows in the mind.

A shadow has no power! Well, that's what much worry is: a shadow in your mind. It has no reality, no principle behind it, and no truth behind it. These worries are no more than a conglomeration of sinister shadows. Eliminate those shadows by converting them into realities and dealing with them.

Your Body Reflects What Is in Your Mind

Doctors will tell you that many of their patients worry so much about diseases that they do *not* have, that they suffer the symptoms of those ailments. Doctors call these symptoms "psychosomatic." The roots of this word are *psycho*, which means "of the mind," and *somatic*, meaning "of the body." What you think in your mind is reflected by the reaction of your body.

The vice president of a major insurance company in Hartford, Connecticut, was worried that he had a bad heart. His closest friend, a man twenty years older than he, had just had a heart attack and he was sure that he was also susceptible. He went to see a heart specialist, who took a cardiogram and learned that his heart was normal and that his problem was psychosomatic. His friend's heart attack triggered in him an inordinate concern about his own

heart and he actually experienced spasms in his chest and other symptoms of heart trouble. The doctor told him that the cure for his problem was not in medical books, but in his subconscious mind. He prescribed that he meditate on good health until the false idea was lifted from his *psyche*, and then his *soma* would respond. It only took a few weeks. He practiced the great law of substitution by repeating the good idea over and over again until the mind accepted the truth, which set him free and left him serene.

It takes a little work, but you can do it. It is a discipline. It's a willingness to do it. "I'm going to overcome this. I'm going to meet it head-on. It's a shadow in my mind, and I'm not going to give power to shadows." The insurance executive's emotional spasms were caused because he was obsessed with the idea that he had a bad heart. He didn't. So he was completely healed. He was healed of what? A false belief in his own mind.

The Power Is Within You

Whenever any fear or worry comes to you, or whenever you think you cannot accomplish something, get still and quiet and recognize that Infinity is within you, that God is boundless love, Infinite Intelligence, Infinite Life, marvelous wisdom, absolute power, absolute harmony.

If you call upon It, It answers you. Infinite Intelligence responds to your thought. This type of prayer or meditation will bring about complete relaxation, quiet your mind. When in this relaxed state of being, contemplate what you want to be, to do, or to have, and the Infinite Spirit within you will respond to your faith and confidence in it. This faith will filter down into your subconscious and enhance this powerful force in coping with any problems you face.

For years Carlos J. drew charts and graphs for the marketing department of his company. As he was praised over and over again for the clarity and accuracy of his work, Carlos felt very secure in his job. But as computer techniques developed, there was no longer

a need for a person with Carlos's skill. Instead of whining about unfairness or griping about his bad luck, Carlos persuaded his company to retrain him in computer graphics. He studied hard and mastered the new techniques. He learned that his previous charting experience gave him much insight in computer graphics, and he mastered the subject and became a top performer.

Let nothing bother you, let nothing frighten you, let nothing disturb you, let nothing anger you. You are a master. You are in charge of your own conceptive realm: of your thoughts, feelings, emotions, and reactions. You are a king over your own conceptive realm. When any negative suggestion comes to you, you can say, "I have within me the capability and strength to overcome this. With the help of the Infinite Power, I will be able to find an answer to this."

Feed Positive Thoughts into Your Conscious Mind

Worry and fear can only dominate your life if you let them. You have the power to eliminate them from your life. You have the Presence within you, the strength to change your life. By prayer and meditation, by commitment to your spiritual self, by trust in the Divine, you will overcome your fears and concerns. If you feed positive thoughts into your conscious mind, your subconscious mind will respond positively when faced with problems, and find solutions that will result in a happier, more peaceful, and more rewarding life.

Many people fail by constantly stopping to wonder how they will finally come out, whether they will succeed or not. This constant questioning of the outcome of things creates doubt, which is fatal to achievement.

The secret of achievement, whether it be on your job or in other aspects of your life, is concentration. Worry or fear of any kind is fatal to mental concentration and kills creative ability. One of the most common reasons workers suffer on a job is the fear caused by

a domineering boss—a boss who constantly threatens to punish, even fire, workers who displease him or her. It is never easy to work under such circumstances, and many people are constantly miserable in them. Their whole mental organism vibrates with conflicting emotions, and efficiency is impossible.

It's unlikely that you can change your boss's personality, but you can learn to live with it without letting it wear you down. Every time you catch yourself worrying or fretting or being anxious about this treatment, just pause for a few moments and say to yourself, "This is not living the life of an intelligent, thinking being, not the life of a real person." Of course, if it is possible to change jobs either within the organization or by leaving it, do so. But if this is not an option, whenever your boss berates you, repeat to yourself: "I will not let this ruin my life. I will maintain my equanimity on the job and know that I am doing my best despite the attitude of my boss. I will not let this drag me down." This thinking may not alleviate the situation, but it will enable you to accept it and seek areas outside the job to attain satisfaction and achievement.

Relax Your Body, Quiet Your Mind

You are scheduled for your annual performance review with your boss tomorrow morning. What do you do? You will probably worry about what your boss will say. You will recall all of the errors you've made, the deadlines missed, or other problems. Your subconscious mind may be burdened with negativity that will keep you from sleeping that night.

But instead, let's assume that you know the laws of mind and the way of the spirit. Instead of worrying about the review, you sit down in your chair or on your couch and mobilize your attention. You relax first. When the body is relaxed, the mind becomes quiet. You say to yourself, "My toes are relaxed, my feet are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my

spine is relaxed, my neck is relaxed, my hands and arms are relaxed, my brain is relaxed, my eyes are relaxed, my whole being is completely relaxed from head to foot."

When you are relaxed, your body has to obey you; when you relax and believe, your prayer is always answered. If you do not relax, you do not get results. *Relax and believe.* When you relax your body, you are relaxing your mind. Your mind becomes quiet and still. So what would you do to prepare for what has always been an ordeal for you? You should concentrate on all your accomplishments over the past year—the costs you reduced, the innovations you suggested, the customers you satisfied, and all the other positive actions you were involved in. If you run that movie in your mind and keep it up, you will be ready.

When you meet with your boss the next morning, you will go in with a strong positive attitude. Worry will have been replaced with confidence. Sure, the boss may point to areas in which improvement can be made. That's your boss's job, and all of us can make improvements. But you will accept them as constructive suggestions not as criticism. You will have programmed your subconscious to replace concern and worry about your job with the assurance that you are doing well and are willing and able to do even better.

You Think You Have Problems?

There is an old tale about a wise man, a lover of the mysteries of life, a mystic, who instructed all the people on earth to form a great circle. In the center of the circle they were to deposit all their problems, grievances, misunderstandings, heartbreaks, ailments, lacks, and limitations—problems of all manner and every kind.

Then they were granted permission, indeed they were ordered, ordained, to examine the whole sorry lot (this conglomeration of difficulties) and to select any of them they wished for their own. A great hush fell over the multitudes. They became very still and quiet.

After much thought and due deliberation, every man and every woman went back to the center of the circle and each one retrieved his or her problems, and returned home. No one, not one soul, elected to select, choose, or take onto his or her shoulders the burdens, distresses, trials, and tribulations of another.

It is so tempting to attempt to solve the problems of others. It is a fallacy and a complete waste and dissipation of our energies. With all the goodwill and intentions in the world, much as we might desire to—we are not competent to resolve the conditions of another.

But it is only we, ourselves, who are ultimately equipped to cope with our own lives—for they are of our creation. We can alter and improve them by changing our beliefs, remembering who we truly are. We must continually remind ourselves to accept our legacy, our inheritance, of all that is good and true and beautiful.

Beat the Blues

There are times in the lives of most people when things go awry on the job. Work piles up. Deadlines are missed. No matter how hard you work, you never seem to catch up. You get depressed.

When you feel this depression coming on, concentrate your mind vigorously upon the very opposite qualities. Remember that you have faced crises in your work in the past and have overcome them. Hold the ideals of cheerfulness, confidence, gratitude, goodwill toward everybody, and you will be surprised to see how quickly the enemies who were dogging your steps and making your life miserable will disappear, just as the darkness does when the shutters are opened and the light rushes in. We do not drive out the darkness, but introduce its antidote, light, which instantly neutralizes it. When the pressure is on to meet a deadline, when the boss rejects your work on a project and demands you redo it, when you lose a sale that you needed to meet your quota, and everything seems to be going wrong and you feel the "blues" getting a grip on

you, stop whatever you are doing and make a business of driving these enemies out of your mind, neutralizing them, killing them, with their opposite suggestions. You know perfectly well that a cheerful, beautiful thought, no matter how difficult it may be for you to hold when you are suffering, will soon bring you relief. Assume the cheerful, hopeful virtue if you have it not, and it will soon be yours.

If you are a victim of your moods, push right into the swim of things and take an active part, with a real interest in what is going on around you. Take a respite from your job problems. A short break often refreshes the mind and helps you think more clearly when you return. Be happy, and interest yourself in others. Keep your mind off yourself. Get away from yourself by entering with zest into plans with friends or family, or the plans and pleasures of others about you.

Don't focus on your immediate concerns. Think back on your successes and how you achieved them. Recall that tough assignment that you solved when others had given up. Remember how your boss praised your creativity, your diligence, and your loyalty in the past. Dwell on victories rather than agonize over failures. This will clear your mind and help you develop approaches to solve current problems.

Don't estimate your future by the little troubles that confront you now. The black clouds that shut out your sun today will be gone tomorrow. Learn to look at life at long range and to put the right values upon things.

You are the master of your thought reactions. You can order your thoughts around as you like, giving attention to whatever you choose to meditate on. You are a monarch in your conceptual realm. You can order your subjects—thoughts and feelings—according to your desires, and they must obey you. You are the absolute monarch in your mental kingdom, with power to eliminate all enemies from your realm.

Worry and fear are false beliefs of the mind. False beliefs will die if you refuse to give them attention. Worry of any kind is nature's alarm signal that you believe wrongly. A change of thought will set you free. People who worry always expect things to go wrong. They will tell you all the reasons why something bad could happen, and not one reason why something good should or could happen. Such worry makes them weaker and less able to meet any challenges that might come along, as they attract exactly the conditions upon which they are mentally dwelling.

The fearful, worrisome perspective we impress upon our subconscious minds practically guarantees that some corresponding challenge or difficulty will erupt.

Here are nine ways to reduce stress and worry on the job:

1. *Learn to relax*. Set up periods of time during the workday when you can spend a few minutes by yourself to engage in deep meditation or programmed relaxation exercises. A short break often refreshes the mind and helps you think more clearly when you return.

2. *Take a walk*. If you can get away from your desk or cubicle, take a walk. Go out of the building. Walk around the block or the parking lot. Get some fresh air. If you are restricted to the building, walk inside. Removing yourself from the place of stress often helps alleviate the stress.

3. *Believe in yourself*. Don't let pressure or criticism from others control your emotions.

4. *Explore your spirituality*. Whenever you begin to feel stressed, call on your religious or spiritual beliefs to guide you toward peace of mind.

5. *Keep learning*. The experience of ongoing learning keeps you alert, open-minded, and stimulated.

6. *Develop a support team.* Avoid major stress by having friends and team members available to back you up when things don't go well.

7. *Accept only commitments that are important to accomplishing the mission of your job.* Politely turn down other projects that drain your time and energy.

8. *Seek new ways of using your creativity.* By rethinking the way you perform routine tasks, you make them less boring and stressful. By developing creative approaches to new assignments, you make them less stressful to handle.

9. *Welcome changes.* Consider them new challenges rather than threats to the status quo.

SUM AND SUBSTANCE

- When you worry about your job, you often brood over a great many things that never will happen, and you deplete yourself of vitality, enthusiasm, and energy.
- If you sustain the worry habit, you may attract what you are worrying about.
- Worry and fear are false beliefs of the mind. False beliefs will die if you refuse to give them attention. Worry of any kind is nature's alarm signal that you believe wrongly. A change of thought will set you free.

Chapter Eight

Conquering Fear

When faced with an abnormal fear; place your attention on the thing immediately desired. Get absorbed and engrossed in your desire. This attitude will give you confidence and lift your spirits. The infinite power of your subconscious mind is moving on your behalf. It cannot fail. Therefore, peace and assurance are yours. The fear of failure itself creates the experience of failure.

Most of us worry about problems that develop in our work and our lives, and as noted in the previous chapter, we can learn to cope with it. However, there are times when problems seem too burdensome and we just cannot face them. Fear has replaced confidence in our subconscious minds.

Fear is the most extensive of all the morbid mental conditions that reflect themselves so disastrously in the human system. It has many degrees or gradations, from the state of extreme alarm, fright, or terror, down to the slightest shade of apprehension of impending evil. But all along the line it is the same thing—a paralyzing impression upon the centers of life, which can produce, through the agency of the nervous system, a vast variety of morbid symptoms in every tissue of the body.

Fear is like carbonic-acid gas pumped into one's atmosphere. It causes mental, moral, and spiritual asphyxiation, and sometimes death—death to energy, death to tissue, and death to all growth.

Countless people suffer from the dread of some impending evil. It haunts them even in their happiest moments. Their happiness is poisoned with it so that they never take much pleasure or comfort in anything. It is the ghost at the banquet, the skeleton in the closet. It is ingrained into their very lives and emphasized in their excessive timidity, their shrinking, and their self-conscious bearing.

We often fear that decisions we make on the job will result in failure, criticism from the boss, demotion, or even termination. This can lead to headaches, ulcers, and emotional problems. Fear is one of the greatest causes of misery on the job, failure to advance in one's career, and even getting fired.

Fear Can Dominate Your Life

Worry, anxiety, anger, jealousy, and timidity are early symptoms of fear. Unless they are identified and dealt with, they will metastasize into fear. Fear is a major cause of unhappiness and inefficiency, and has made more people cowards and failures, and forced more of them into mediocrity, than anything else.

All work done when one is suffering from a sense of fear or foreboding has little efficiency. Fear strangles originality, daring, boldness; it kills individuality and weakens all the mental processes. Great things are never done under a sense of fear of some impending danger. Fear always indicates weakness, the presence of cowardice. It is a slaughterer of years, a sacrificer of happiness and ambitions, and a ruiner of careers.

Fear depresses normal mental action, and renders one incapable of acting wisely in an emergency, for no one can think clearly and act wisely when paralyzed by fear. When you become melancholy and discouraged about your affairs, when you are filled with fear that you are going to fail and are haunted by the specter of poverty and a suffering family, before you realize it you attract the very things you dread.

There is no need to fear. Tell this to yourself over and over

again. Gradually, your subconscious will accept it. And your subconscious will believe it, because you believe it in your conscious, reasoning mind. Whatever your conscious mind really believes, your subconscious will dramatize and bring to manifestation. Do not vacillate or equivocate. Your subconscious mind knows when you are sincere. It knows when you really believe; then, it will respond. If instead of giving up to fear, you persist in keeping prosperity in mind, assume a hopeful, optimistic attitude, and conduct your business in a systematic, economical, farsighted manner, actual failure will be comparatively rare.

Change Your Thoughts from Fear to Faith

We have the capacity to easily destroy fear by simply changing the thought. Fear depresses, suppresses, strangles. If it is indulged in, it will change a positive, creative mental attitude into a nonproductive, negative one, and this is fatal to achievement. The effect of fear, especially where the fear thought has become habitual, is to dry up the very source of life. Faith that replaces fear has just the opposite effect upon the body and brain. It enlarges, opens up the nature, gives abundant life to the cells, and increases the brainpower.

Fear wreaks terrible havoc with the imagination, which pictures all sorts of dire things. Faith is its perfect antidote, for while fear sees only the darkness and the shadows, faith sees the silver lining, the sun behind the cloud. Fear looks down and expects the worst; faith looks up and anticipates the best. Fear is pessimistic; faith is optimistic. Fear always predicts failure; faith predicts success. There can be no fear of poverty or failure when the mind is dominated by faith. Doubt cannot exist in its presence. It is above all adversity.

Andrew L. was a highly talented violinist. He was the best violinist in his high school orchestra, and his teachers encouraged him to pursue a concert career. Andrew had no problem playing his

best in an orchestra and playing solo to a small audience. Then, when the school orchestra was awarded the honor of performing a Beethoven violin concerto at a large concert hall, Andrew was chosen to play the violin solo. He performed beautifully in the rehearsals, but on the night of the concert, when he faced an auditorium filled to capacity, Andrew froze. He was so consumed with fear that he could not play and had to be escorted off the stage.

From that moment on, Andrew refused to play. He chose to pursue another career, but always dreamed of living a life of music. Could Andrew's musical career have been salvaged? Of course it could have. Other men and women have overcome stage fright to become great actors, musicians, singers, and orators. They refused to let one or even several defeats stop them. They had faith in themselves.

A powerful faith is a great asset because it never frets; it sees beyond the temporary annoyance, the discord, the trouble; it sees the sun behind the cloud. It knows things will come out right, because it sees the goal that the eye cannot see.

Overcoming Fear

In setting about the overcoming of fear, we must first understand what it is we fear. It is always something that has not yet happened—it is nonexistent. Trouble is an imaginary something that we think of, and which frightens us with its possibility.

Most people are afraid to walk on a narrow place high above the ground. If that same narrow space were marked on the floor or a room, they could keep within it perfectly, and never think of losing their balance. The most dangerous thing about walking in such a place is the fear of falling. Steady-headed people are simply fearless; they do not allow the thought of possible danger to overcome them, but keep their physical powers under perfect control. An acrobat has only to conquer fear to perform most of the feats that astound spectators.

Take a very common fear—that of losing one's job. The people who make their lives miserable worrying about this possible misfortune have not lost their jobs; they are suffering nothing; there is no danger of want. The present situation is therefore satisfactory. If dismissal comes, it is then too late to worry about it coming, and all previous worrying will have been pure waste, doing no good, but rather weakening one for the necessary struggle to get placed again. The thing worried about then will tend to be that another place will not be found. If a place is found, all the worrying will again have been useless. Under no circumstances can the worrying be justified by the situation at any particular time. Its object is always an imaginary situation of the future.

In overcoming your various fears, follow each one out to its logical conclusion and convince yourself that at the present moment the things you fear do not exist outside of your imagination. Whether they ever come to pass in the future or not, your fear is a waste of time, energy, and actual bodily and mental strength. Quit worrying just as you would quit eating or drinking something you felt sure had caused you pain in the past. If you must worry about something, worry about the terrible effects of worrying; it may help you to a cure.

If the fear is of personal failure, instead of thinking how little and weak you are, how ill-prepared for the great task, and how

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Merely convincing yourself that what you fear is imaginary will not suffice until you have trained your mind to throw off suggestions of fear, and to combat all thought that leads to it. This means constant watchfulness and alert mental effort. When the thoughts of foreboding or worry begin to suggest themselves, do not indulge them and let them grow big and black. Change your thought to the affirmative, positive actions you can take.

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sure you are to fail, think how strong and competent you are, how you have successfully done similar tasks, and how you are going to utilize all your past experience and rise to this present occasion, do the task triumphantly, and be ready for a bigger one. It is an attitude such as this, whether consciously assumed or not, that carries one to higher and yet higher places. This same principle of crowding out the fear by a buoyant, hopeful, confident thought can be applied to all the many kinds of fear that daily and hourly beset us.

Just as fear can debilitate you, the act of overcoming fear can prod you to great achievement. One rainy and windy day, a long-legged medical student was worried. He had a race to run, and fear had turned him pale. He would be described later as looking like a man going to the electric chair or like a man being tortured. His coach had the same fears about the weather, but kept them to himself as they sat opposite each other on the train. The runner feared that the wind, which had picked up, would add a critical one second to each of his four laps. The coach knew the damage that kind of doubt could do to an athlete, so he assured the runner that yes, he had the legs to do what he had to do . . . that is, with the proper motivation, with a good reason for wanting to do it. He told the fearful runner that his mind could overcome any adversity, and that he knew a great athlete in Ireland who won a tough race without training or proper food, just the will to run. And what, the coach asked, if this were your only chance? The runner would later say that he had needed the coach to tell him he could do it. He just needed to hear that booming voice say what he hoped was his inner truth: that he could meet this greatest of challenges, despite conditions. The coach, Fritz Stampfl, would later write that a runner's greatest asset, apart from fitness, is a cool and calculating brain allied to confidence and courage. He should know: He had just given Roger Bannister the courage to break the four-minute mile.

Take Charge of Your Mind

We must learn to establish control over our thoughts, feelings, and responses. We must not let fear make decisions for us. We must take charge and say to fears, "I am the master, I am going to order my thoughts around, I am not afraid to make this decision." Tell your mind what to give attention to, then you'll be like an employer ordering employees to execute his or her instructions.

You must take charge of your own mind; not permit others to govern it for you. Creed, dogma, traditions, superstition, fear, and ignorance rule the mind of the average person. The greatest desert in the world is not the Sahara; it is in the mind of the average person. Too many people do not own their own minds; they make no effort to think for themselves. They let their minds be ruled over by strong-minded family members at home or governed by the opinions of their bosses or strong-minded coworkers on the job. Do not let this happen to you. Build up the power of your subconscious mind to resist domination by others and assert your ability to control your own destiny.

Examine Your Fears

The head of sales for a major multinational corporation confided that when he first began working as a salesperson, he had to walk around the block five or six times before he could get up the nerve to call on a customer.

His supervisor was both very experienced and very perceptive. One day she said to him, "Don't be afraid of the monster hiding behind the door. There is no monster. You are the victim of a false belief."

The supervisor went on to tell him that whenever she felt the first stirrings of a fear, she stood up to it. She stared it in the face, looking it straight in the eye. When she did that, she always found that her fear faded and shrank into insignificance.

Sarah M.'s boss, Agnes, was a tyrant. She constantly micromanaged the work of all her subordinates. She was quick to criticize, and never praised or even acknowledged good work. Sarah dreaded to go to work and literally trembled when Agnes came close to her work space.

She noticed that Rebecca, a coworker, never seemed fazed by Agnes's diatribes. Sarah asked her how she could remain so serene under such conditions. Rebecca said, "When I first came here, I was terrified by Agnes and was about to quit, but I needed the job. I decided that not Agnes, or anybody else, could ruin my life, unless I let them. I realized that the only person who could make me miserable was me. If I let Agnes make me feel inferior, I will be inferior. So when she berates me, I let it go in one ear and out the other. I block out her negativity and concentrate on the good things in my life. I just nod my head and say, 'Yes, ma'am,' and go on with my work. Try it. It won't happen immediately, but after a while, you'll be able to let Agnes's ranting bounce off you with no effect."

Sarah followed Rebecca's advice. Although the work environment had not changed, her perception of it and her reaction to it made the job more tolerable.

Inspiration Will Bring Victory from Defeat

Perhaps the past has been a bitter disappointment to you. In looking it over, you may feel that you have been a failure, or at best have been plodding along in mediocrity. You may not have succeeded in the particular things you expected to do; you may have lost money when you planned to make it; or you may have lost friends and relatives who were very dear to you. You may have lost your business, and even your home may have been wrenched from you because you could not pay the mortgage on it, or because of sickness and consequent inability to work. A serious accident may have apparently robbed you of power. The new year may present

a very discouraging outlook to you. Yet, in spite of any or all of these misfortunes, if you refuse to be conquered, victory is awaiting you farther along the road.

There is no need to feel inferior if you lose courage and are afraid to face the world just because you have made a mistake or a slip, because your business has failed, because your property has been swept away by some general disaster, or because of other trouble impossible for you to have averted.

This is the test of your courage: How much is there left in you after you have lost everything outside of yourself? If you lie down now, throw up your hands, and acknowledge yourself bested, there is not much in you. But if, with heart undaunted and face turned forward, you refuse to give up or to lose faith in yourself, if you scorn to beat a retreat, you will show you are bigger than your loss, greater than your burdens, and larger than any defeat.

You may say that you have failed too often, that there is no use in trying, that it is impossible for you to succeed, and that you have fallen too often even to attempt to get on your feet again. Nonsense! There is no failure for a person whose spirit is unconquered. No matter how late the hour or how many and repeated your failures, success is still possible. Time and again in the history of our daily lives, chronicled in our newspapers, recorded in biographies, or exhibited before our eyes, we see men and women redeeming past failures, rising up out of the stupor of discouragement, and boldly turning face forward once more.

If you are made of the stuff that wins, if you have grit and nerve in you, your misfortunes, losses, and defeats will call them out and make you all the stronger. "It is defeat," said the Rev. Henry Ward Beecher, "that turns bone to flint and gristle to muscle and makes us invincible."

One must come up again and again and wrest triumph from defeat. That is the secret of the success of every brave and noble life that ever was lived.

How many times we come to a crisis in life when some obstacle confronts us that we think will be a terrible calamity and will perhaps ruin us if we cannot avoid it! We fear that our ambition will be thwarted, or that our lives, perhaps, will be wrecked. The dread of the shock that we think will overwhelm us as we come nearer and nearer to it, without any possibility of averting it, is something frightful.

Some people get along beautifully for half a lifetime, perhaps, while everything goes smoothly. While they are accumulating property and gaining friends and reputation, their characters seem to be strong and well balanced; but the moment trouble comes, a failure in business, a panic, or a great crisis in which they lose their all—they are overwhelmed. They despair, lose heart, courage, faith, hope, and power to try again—everything. Fear seeps down into their subconscious mind and dominates their personality.

Let everything else go, if you must, but never lose your grip on yourself. Do not succumb to fear. Replace it with hope. Cling to it with all your might. You are so much greater than any material failure that can come to you, that it would scarcely be mentioned in your biography, and would be regarded as a mere incident in your career—inconvenient, but not very important.

SUM AND SUBSTANCE

- Fear and worry make us attract the very things we dread. The fear habit impairs health, shortens life, and paralyzes efficiency. Doubt and fear mean failure; faith is an optimist, fear a pessimist.
- Faith is its perfect antidote, for, while fear sees only the darkness and the shadows, faith sees the silver lining, the sun behind the cloud. Fear looks down and expects the worst; faith looks up and anticipates the best. Fear is pessimistic; faith is optimistic. Fear always predicts failure; faith predicts success.

- Eliminate from your thinking all false beliefs, biases, and superstitions. Order your mind and thoughts to accept wholeheartedly that what you are seeking already exists in the Infinite Mind and all you must do is to identify it mentally and emotionally and it will come to pass.

- Too many people fear to use their own minds. They let their minds be governed by the opinions of their bosses or strong-minded coworkers on the job. Do not let this happen to you. Build up the power of your subconscious mind to resist domination by others and assert your ability to control your own destiny.

- You are so much greater than any material failure that can come to you. No matter what reverses, what disappointments or failures, come to you, you are superior to them. Never lose your equanimity.

Chapter Nine

Enhancing Your Creative Powers

Imagination is your most powerful faculty. Imagine what is lovely and of good report. You are what you imagine yourself to be.

Creativity begins with imagination. We are talking about disciplined, controlled, directed imagination. To image is to conceive something, to impress it on your subconscious mind. Whatever is impressed on the subconscious is expressed on the screen of space as form, function, experience, and event. If you wish to be successful, you must first imagine yourself to be successful. If you wish to be wealthy, you must first imagine yourself as wealthy.

When the world says, "It is impossible; it can't be done," the person with imagination says, "It is done." Imagination can penetrate the depths of reality and reveal the secrets of nature.

Trust Your Imagination

A great industrialist reported how he started in a small store. He said, "I used to dream of a large corporation with branches all over the country." He added that regularly and systematically he pictured in his mind the giant buildings, offices, factories, and stores,

knowing that through the alchemy of the mind he could weave the fabric out of which his dreams would be clothed. He prospered and began to attract to himself by the universal law of attraction the ideas, personnel, friends, money, and everything needed for the development of his ideal.

So this man truly exercised his imagination and lived with these mental patterns of mind until imagination clothed them in form. He concluded, "It is just as easy to imagine yourself successful as it is to imagine failure; and it's far more interesting."

Whatever you can conceive, you can give it conception. You impregnate your subconscious mind with the picture of the idea, the ideal. The soul, the ancients said, can see invisible things in your mind. Where is the invention? Where is the new play? Where is that secret invention of yours now? It's in your mind. It is real. It has form, shape, and substance in another dimension of mind. Believe you have it now, and you shall receive it.

Imagination—The Seed of Action

A good example of how one man's imagination created one of the most successful businesses is Howard Schultz, the "Starbucks man." It takes a person with vision, fortitude, and unswerving confidence to make a new concept succeed.

Schultz was hired to manage retail sales and marketing for Starbucks, then a small coffee distributor that had a few retail outlets in Seattle. He was twenty-nine, just married. He and his wife left their home in New York City to accept this new job.

About a year later, Schultz visited Italy on a buying trip. As he wandered around Milan, he noticed how important coffee was to the Italian culture. Typically, the workday there starts with a cup of rich coffee at a coffee bar. After work friends and colleagues once again meet at the coffee bar for a leisurely stop before heading home. It was the center of Italian social life. Schultz visualized coffee bars like this transferred to America. It had never been done.

But he felt it could work because of the high quality of Starbucks coffee.

Schultz envisioned hundreds of Starbucks coffee shops across America. Shops businesspeople would stop at on their way to work and come to after work to relax. Shoppers would stop for a pick-me-up. Young people would meet their dates over coffee rather than cocktails. Families would come for refreshment before or after the movies.

It became Schultz's obsession. He was determined to build a national chain of cafés based on the Italian coffee bar, but the Starbucks owners were reluctant. They were in the wholesale coffee bean business; the restaurants they owned were only a small part of their operation.

To implement his goal, Schultz left Starbucks and created a new company. In 1986, he opened his first coffee bar, in Seattle. It was an immediate success. Schultz soon opened another in Seattle and a third in Vancouver. The following year he bought the Starbucks Coffee Company and adopted its name for his enterprise. By the turn of the century, Starbucks had become a basic part of American culture and had expanded to dozens of countries all over the world.

Richard D., a Los Angeles businessman, suffered major financial losses. He prayed for guidance on what steps he should take to move ahead in his life. He had an overpowering feeling that he should go into the desert. While musing there, the idea came to him. He shared this idea with an old acquaintance who ran a successful real estate firm in Los Angeles. He told him the tremendous potential he foresaw in that desert place. He visualized people leaving Los Angeles and coming out from the East to live in what was now just a desert. In his mind's eye, he saw them build homes, hospitals, schools in that place. His friend hired him as a salesman—to promote the development of that desert land. His success led to a partnership in the firm, and today he has become a multimillionaire in real estate.

Believe and You Shall Receive

In your subconscious mind there is an intelligence and wisdom that comes to your aid in emergencies when a direct demand is made upon it. There are many, many such instances where scientists, for example, have received answers to their prayers when they couldn't get an answer any other way.

Nikola Tesla, a brilliant electrical scientist who brought forth the most amazing innovations, said that when an idea for an invention came into his mind, he would build it up in his imagination knowing that his subconscious mind would reconstruct and reveal to his conscious mind all the parts needed for its manufacture in concrete form. Through quietly contemplating every possible improvement, he spent no time in correcting defects and was able to give the technician the perfect product of his mind. He said, "Invariably, my device works as I imagined it should. In twenty years there has not been a single exception." His subconscious mind gave him the answer to all his inventions.

Plato taught that everything exists in ideas or thought images in the mind before it can have external realization. There are false ideas and true ones, a right and a wrong way of thinking. A false or fallacious idea can manifest itself in the body as disease. Robert Fulton's idea became manifested as a steamboat and Samuel Morse's idea as a telegraph. A factory or large department store is the thought of an entrepreneur condensed into objective manifestation.

It is from the realm of imagination that have come television, radio, radar, super jets, and all other modern inventions. Your imagination is the treasure-house of infinity, which releases from your subconscious mind all the precious jewels of music, art, poetry, and invention. You can look at some ancient ruin, an old temple, or a pyramid, and you can reconstruct the records of the dead past. In the ruins of an old churchyard, you also can see a

more contemporary city, resurrected in all its former beauty and glory.

Consider for a moment a distinguished, talented architect. He builds in his mind a beautiful, modern city for senior citizens, complete with swimming pools, aquarium, recreation centers, parks, etc. He can construct in his mind the most beautiful palace the human eye has ever seen. He can visualize the buildings in their entirety, completely erected before he *ever* gives his plans to the builders. His inner riches create outer riches for himself and for countless others.

You are the architect of your future. You could now look at an acorn and, with your imaginative eye, construct a magnificent forest full of rivers, streams, and rivulets. You could people the forest with all kinds of life; furthermore, you could hang a bow on every cloud. You could look at a desert and cause it to rejoice and blossom as a rose. People who are gifted with intuition and imagination find water in the desert, and they create cities where formerly others saw only sand and wilderness.

What you imagine as true already exists in your mind, and if you remain faithful to your ideal it will one day objectify itself. The Master Architect within you will project on the screen of visibility that which you impress on your mind.

Imagining Promotes Creativity

Mario A. was a young chemist who worked for a company that had tried to manufacture a certain dye, but had failed. He was given the assignment when they first employed him. He ignored the dye's history of failure and synthesized the compound without any difficulty.

His superiors were amazed and wanted to know his secret. His answer was that he imagined that he had the answer. Pressed further by his superiors, he said that he could clearly see the letters A-N-S-W-E-R in blazing red color in his mind; then he created a

vacuum underneath the letters, knowing that as he imagined the chemical formula underneath the letters, his subconscious would fill it in. The third night, he had a dream in which the complete formula and the technique for making the compound were clearly presented. This resulted in a wonderful promotion to an executive capacity in the organization for this young chemist.

Be faithful to the end, full of faith every step of the way, persisting to the finish, and knowing in your heart that the end is secure because you've seen it. Having seen and felt the end, you have willed the means to its realization.

Develop Your Power of Imagination

Creativity is not solely an attribute of artists, inventors, or entrepreneurs. All of us have the power within us. All we need do is develop it and bring it to the surface. Here are some suggestions to help you accomplish this:

1. Imagine yourself doing what you love to do and feel yourself in the act, and wonders will happen in your job and career.

2. Mentally picture yourself as whole and perfect, successful in your career, living in a beautiful home, with a happy, joyous family. Persevere in this mental image, and enjoy the miraculous results.

3. Imagine that your contributions to the company's or department's goals will be recognized by management, and imagine that you are being congratulated on your success.

4. If you focus your mind on situations faced on the job when you are away from your place of work, solutions will often appear complete and ready in your mind without the slightest effort.

5. Visualize in your mind the steps you must take to climb up the career ladder or develop the business you wish to form. Make it vivid, real, natural, dramatic, and exciting. Your subconscious mind will accept what you imagine and feel, and it will bring it to pass.

Edward Harriman imagined a railroad across America. With pen and paper he traced the imaginary line across the continent. The image he had in his mind was backed up by faith and confidence. It revolutionized industry and commerce and put millions to work, making untold fortunes for himself and many others.

Imagine the reality of your desire now and live the role in your imagination. Your inner action must correspond to the action you would physically perform after realizing your desire.

Never Stop Being Creative

Don't let fear of rejection keep you from making creative suggestions. Gary F. pondered an idea he had that could increase productivity by a simple change in methodology. Should he tell his boss? The last time he had made a suggestion, his supervisor rejected it. He said it wouldn't work. Never gave him a chance to explain it. Why bother now?

It is easy to give in to discouragement, but unless you keep coming up with ideas, you will stifle your own creative capabilities. Innovation must be honed by constant use. People tend to censor themselves by worrying about how others will receive their ideas. Self-censorship is far worse than criticism of others because it seeps down into your subconscious mind and makes you feel inadequate. Sure, you will make mistakes; you will make suggestions that don't work; your boss or your coworkers may even ridicule you. Don't let that stop you. Einstein, Edison, Whitney, and Watt were all ridiculed many times. Keep those creative ideas coming.

Honing Your Creativity

There are many ways one can develop creativity. Start by studying existing methods, then ask yourself how they could be made better and use your imagination to find ways to accomplish it. Here are some specific approaches to hone your creative powers:

1. *Observation*. One does not have to dream up ideas to be creative. Observing things around you and applying what you learn to other situations is just as creative as total innovation.

Stan L., manager of Hooper Steel in Las Vegas, noted that as more and more gas stations became "self-service" and no longer had facilities for oil change and lubrication of cars, rapid lubrication stations sprang up to meet this need. Stan used one of them for his car and was pleased with the speed and quality of the work.

For years Hooper Steel had sent its trucks to the service department of the dealer for their regular lubrications. This required sending two people to bring the truck to the dealer (one to drive the other back to the shop in his or her car), leaving the truck at the dealer all day, and returning to pick up the truck—again using the time of two people.

"Why not use the rapid lube station for our trucks?" thought Stan. The result: By sending one driver to the rapid lube station and having that person wait about thirty minutes while the truck was being serviced, Stan saved his company about $1600 a month in out-of-pocket service costs and lost time. In addition they had the use of the truck for most of the day.

2. *Modification.* Can you modify an existing product or concept to create something different? The founders of "Think Big" modified standard products by making enlarged versions of them. Their giant facsimiles of popular products, ranging from pencils

and telephone message pads to animals and furniture, created whole new markets in advertising, decoration, and novelties.

3. *Substitution.* Often inefficiencies can be overcome and problems can be solved by substituting new technologies. But there are many situations when imagination can correct situations more easily and effectively. Darlene A., office manager of Mass.Mailers, was having a difficult time retaining personnel in an extremely dull routine job—stuffing brochures and samples into envelopes. The nature of the job was such that the standard automated equipment could not do it. Not only was the turnover cost expensive, but she could never be sure that workers would be there when needed. She reasoned that although an average employee might find this job boring, perhaps it might be a good opportunity for a mentally challenged person looking to take on new responsibility. She contacted a local group home that worked with mentally challenged individuals, discussed it with the social workers, and arranged to have some of these men and women try the job. This new approach allowed her to hire workers who enjoyed the work and have become steady and valuable employees.

4. *Elimination.* Some of the biggest time wasters and added costs are the result of unnecessary paperwork. As companies grow, the tendency toward bureaucracy and its incumbent proliferation of forms and reports can bog down productivity. Are all these forms really necessary?

Gil W. was irate. His company had added still another form for salespeople to complete. How could he be out there selling when there was so much paperwork? When he complained to his sales manager, she shrugged her shoulders and said they needed the information "upstairs." Gil took all the forms he was required to complete, set them side-by-side, and analyzed what information was involved. It became apparent that there was a good deal of duplication of data. Instead of griping about it, Gil designed a new

form that would provide the necessary facts to management and was easy to complete. This not only made the salesperson's job easier, but also saved the company considerable time and money. An added benefit: It started the company on a systematic review of all forms, leading to elimination of many outdated and unnecessary reports.

5. *Adaptation.* Being creative is not limited to coming up with totally original ideas. Creative people often adapt what has worked for others—not necessarily in identical situations—to solve a problem that they are facing.

The North Jersey Limousine Service provides ground transportation from various cities in New Jersey to the major airports in the New York metropolitan area. A constant complaint from their regular customers was about the amount of time they waited when they called for reservations. Each time they had to give their name, address, phone number, credit card number, and other data. One of the executives of the company was a frequent customer of a large mail-order house. He noted that after his first order, he was never again asked for any information other than what he was ordering. He learned that they had a computer database in which all the customer information was placed, and when customers called, they were identified by Caller ID and the file was displayed immediately on the computer screen. By applying this system to North Jersey Limo, they cut the time of taking an order from more than three minutes to twenty-five seconds.

These are only a few ways the creative juices can be stimulated. By stretching your imagination, by expanding your horizons, by breaking with conventional approaches to problems, you can become more inventive, solve difficult problems, and initiate and implement exciting new concepts. This will not only be of benefit to your company, but will also give you that great feeling of accomplishment when you see your ideas successfully realized.

Unfortunately the creative juices that flow easily when nurtured are cut off in many people—from childhood on—by the imposition of overanalysis and conformity by teachers, parents, and eventually bosses. Too often creativity is blocked by red-light thinking. "Stop this." "It's against company policy." "We never did it that way." Instead of looking for reasons not to try new ideas, look at new ideas with an open mind. Turn on the green light. Explore ideas further. Expand your thinking beyond the obvious.

Not every idea is necessarily going to work or is even worth pursuing. However, by at least thinking about it and talking to others about it, you can explore its viability. If it should be rejected, learn the reasons. Don't lose heart. Often the idea, as good as it appears, does not fit the specific application or isn't appropriate at that time. This does not mean it isn't good. It also should not be interpreted as a personal affront. It was the idea that was rejected—not you.

Creativity Can Revive a Dying Enterprise

There are countless examples of companies that were on the verge of failure and were not just saved, but soared ahead thanks to the creative thinking of their leaders.

For more than forty years Pitney Bowes controlled 100 percent of the metered mail market. Nearly half of all mail in the United States passed through the company's machines. But this all stopped when the U.S. Postal Service terminated its monopoly. Competitors with innovative ideas took over and decimated PB's market share.

Fortunately, a leader named Fred Allen stepped in as CEO and visualized Pitney Bowes in a broader light. He posited that PB should not see itself as a postage meter company, but as a company that provides the technology and services for messaging in general. Allen saw that it was the time of faxes and copiers, products that could profit from the company's expertise as well as its reputation for sales and service. The new vision worked, and by the late 1980s

fully half of PB's revenues were derived from products introduced only three years before or less. Fred Allen's implementation of his creative vision succeeded in developing a new marketing strategy, as well as the up-to-the-minute office products needed by the new business model.

Other great companies have remained great by boldly reevaluating, reenvisioning, realigning, and redirecting their marketing strategies. The grocery chain Kroger revamped its entire system to create superstores, resulting in the chain's outselling its leading competitors. Abbott, the drug giant, beat out competition in the pharmaceutical industry by concentrating on diagnostics and hospital nutritional products.

To realize their success these businesses often had to overcome resistance from directors and other executives. Fred Allen never lost hope. He had faith that his imagination and creativity and his boldness in implementing his concepts would achieve miraculous results.

When in doubt, remember the achievements of leaders like Fred Allen. Enthrone now in your mind the mental images, ideas, and thoughts that heal, bless, prosper, inspire, and strengthen you. It is true that you become what you imagine yourself to be. Your sustained imagination is sufficient to remake your world. Trust the laws of your mind to bring your good to pass, and you will experience all the blessings and riches of life.

SUM AND SUBSTANCE

- Everybody can be creative. You need not be an Edison or a Bill Gates to be an innovator. You have within you the capacity to stretch your imagination. It is up to you to develop it.

- Through your faculty to imagine the end result, you have control over any circumstance or condition. If you wish to bring about the realization of any wish, desire, idea, or plan, form a

mental picture of its fulfillment in your mind. Constantly imagine the reality of your desire. In this way it will infiltrate your subconscious mind and you will actually compel it into being.

- Your imagination can clothe and objectify any idea or desire. You can imagine abundance where lack is, effectiveness where inefficiency is, and growth where stagnation has stymied it.

- Observe what other companies have done when faced with related situations. By adapting approaches that have worked for them, you may be able to deal effectively with your problem.

- Use your imaginative faculties. Seek areas in your job or your business that could be improved. Don't fear trying new approaches. You may have setbacks, but by honing your creative powers, you can succeed in all of your endeavors.

Chapter Ten

Breaking Bad Habits

No matter what bad habits you may have formed or what weaknesses you wish to overcome, you will find the remedy for it within yourself. Whether the habit be a vicious one or some foolish little thing that hinders you in some way, you can get rid of it; you can turn your weaknesses into strength; you can conquer all the enemies of your success and happiness by bringing your divinity, the sublime power that is latent in the great within you, to your aid.

All people are creatures of habit. We tend to do certain things in a certain way whenever we are faced by them. A "habit" can be defined as an "addiction," "custom," "mannerism," or "nature." Some habits or rituals are quite useful. They establish a tradition or routine, thereby providing a measure of order, efficiency, and meaning to a life. Alas, some habits can also lock you into inflexible mind-body patterns and inhibit your openness to change. Habits are a way of life—patterns we follow because we are accustomed to following them. Some habits are good; others bad. The habits we develop in performing our jobs often spell the difference between mediocrity and excellent performance. In this chapter we will examine how habits are developed and how we can overcome bad habits, replace them with good habits, and generally build up patterns of behavior that will lead us to success.

Building Good Habits

The dominant, creative, positive character becomes so by the constant repetition of positive acts and creative thoughts, until such brain processes have become habitual. We may build up a forceful or a weak character, according to our habit of thought. If we hold a self-confident, self-assertive, decisive mental attitude, we will become strong and creative; if we harbor the doubtful, the hesitating, the uncertain, the distrustful, the self-effacing, self-depreciating, self-denunciating thought, we will become negative and ineffectual. It is just a question of which way you set your brain by habitual thinking.

We hear a great deal about luck and circumstances effecting our success or lack of it in our careers. Sure, they may play some part, but more often it is the habits we develop and apply that determine the direction we take. We do not have to choose to go in the wrong direction. All we have to do is follow our inclination, our passion, our normal appetites, our mental inertia, and habit will do the rest. Habit never rests, awake or asleep; it is constantly winding its invisible cords about our thoughts, our character. Whether it is for our weal or our woe, habit is gradually taking charge of us. What we do voluntarily today we shall do more easily tomorrow, and with greater facility the next day.

The best way to develop good habits is, instead of trying to root out a defect or a vicious quality directly, cultivate the opposite quality. Persist in this, and the other will gradually die. Kill the negative by cultivating the positive.

The craving for something higher and better is the best possible antidote or remedy for the lower tendencies which one wishes to get rid of. When the general habit of always aspiring, moving upward and climbing to something higher and better is formed, the undesirable qualities and habits will fade away; they will die from lack of nourishment.

Breaking Bad Habits

It is not an easy matter to overcome a habit of long standing. But the fact that it can be done—at any age—has been proved by thousands of men and women who conquered habits that had almost destroyed their careers and may even have wrecked their lives.

The problem with most people in trying to break away from bad habits or to create good ones is that they do not realize their latent strength and do not make a loud enough call upon their higher, more potent selves. They do not half exert the power of their subconscious mind, the great lever that God has given us to enable us to lift ourselves up to a godlike state. Their resolutions are weak, wishy-washy. They do not put vim enough, grit enough, into them.

One excellent way to kill a bad habit is to strangle it by cutting off the food that nourished it. Don't handle a bad habit tenderly, or try to break it off little by little. Make your attack on the enemy boldly and confidently. Follow the method suggested by Professor William James to free ourselves from the power of an old habit and to form a new one.

"We must take care," he said, "to wrench ourselves from the old habit by as strong and decided initiative as possible. We must accumulate all the possible circumstances that shall reinforce the right motive. We must put ourselves assiduously in positions that encourage the new way. We must make engagements incompatible with the old. We must develop our resolution with every aid we know."

The only way to quit is to quit and to firmly resolve that you will have nothing to do with the thing that is hurting you. If you seriously commit yourself to your resolution and burn your bridges behind you, this very commitment will call to your aid mighty hidden resources of whose very existence you were, perhaps, ignorant. But as long as you leave open a way of retreat, and think that per-

haps when the temptation of the old habit becomes too strong you will indulge just a little, you weaken your chances of mastery.

This is not easy to do on the job, where many of the "bad habits" have been ingrained in the way you deal with problems. Often you have used techniques successfully so often that you assume they will always work. They become your "habitual" way of doing the job. But circumstances change and what worked in the past no longer is as effective. Many people stubbornly stick to their habits. "It will work because it always has worked." Smart people recognize and accept that the habitual approach is not the best way of dealing with the problem, break away from the old habit, and seek new approaches.

When a longtime professor of Business Administration was retained by a national retail chain store firm to set up and administer a training program for store managers, he planned training sessions using the same techniques he had been successful using at the university. It didn't take him long to realize that he just wasn't getting through to the trainees.

After a few sessions, the professor and the company's training director discussed his lack of progress. The training director said, "These men and women are active people and are easily bored by lectures."

"But," the professor responded, "lecturing is the way I teach. It's the only way to cover all the material they need to know in the allotted time. It's always worked well. They will get used to it."

The training director disagreed. "You have to involve them more in the process. The teaching style used in college will not work here."

The professor thought long and hard about this. He had developed what he considered an interesting, sometimes even entertaining, lecture style on which he had been frequently complimented. To change his style was like breaking a habit with which he was very comfortable. He resolved to try a new approach. He would

hold back, even though he knew it would be hard to resist lecturing, and make the class more participative.

The subject of the next session was the hiring process. Instead of giving the lecture he had prepared, he started by asking the store managers what problems they faced in attracting and selecting new employees. One after another, the trainees told about their methods, their successes and failures, and their concerns in this area. The professor was tempted to give long academic responses, but he remembered his resolution to let the trainees become involved. To his great delight, one manager after another told of his or her experiences, often helping other managers by sharing successes and cautioning about problems that arose. The professor supplemented their stories with brief comments and recaps. By the end of the session, much of what he had intended to lecture on had been covered in the discussion and the class left excited and looking forward to the next session.

The professor reported to the training director that it was the hardest thing he had ever had to do—to keep from dominating the class with his own ideas, but because he did it, both he and the trainees had a successful and rewarding meeting.

Procrastination

One of the most common bad habits that occur in the workplace is procrastination.

"'Tomorrow, tomorrow, not today,' all the lazy people say."

You don't have to be lazy to procrastinate. Most people procrastinate. We tend to put off until the last possible minute things we do not like to do or things we are afraid to do. There are many reasons we procrastinate. We may not like what we have to do, we may prefer to do a different task—but often we procrastinate because we are afraid we will fail.

Everywhere we see splendid ability tied up and compelled to do mediocre work because of the suppressing, discouraging influence

of fear. On every hand there are competent people whose efforts are nullified and whose ability to achieve is practically ruined by the development of this monster, which will in time make the most decided person irresolute, the ablest timid and inefficient.

There is no moment like the present. There is no moment at all, no instant force and energy, but in the present. The energy wasted in postponing today's duties until tomorrow would often do the work. How much harder and disagreeable, too, it is to do work that has been put off. Work that could have been done at the time with pleasure or keen enthusiasm becomes drudgery after it has been delayed for days or weeks.

Promptness takes the drudgery out of an occupation. Putting off usually means leaving off, and going to do becomes going undone. Doing a deed is like sowing a seed; if it is not done at just the right time, it will be forever out of season. The summer of eternity will not be long enough to bring to maturity the fruit of a delayed action.

People who always act promptly, even if they make occasional mistakes, will succeed when procrastinators, even if they have the better judgment, will fail.

Here are some suggestions for overcoming procrastination:

- Procrastination is not just failing to meet deadlines—it is failing to get started. So get going! Remember Ben Franklin's adage: "Don't put off until tomorrow what can be done today."
- Put aside the fear of doing something new or different. Delve into the subject and take action.
- When faced with a complex project, don't let it overwhelm you. Break it into manageable components. Set a time schedule for each component.
- Do the things you fear most or dislike most when you are freshest and most energetic.

- Build in interim completion points. Motivating yourself to begin a project that won't come to fruition until a long time in the future can be difficult. By setting interim completion dates for each stage of the project, you get the sense of gratification seeing progress made as you go along.

- Make an arbitrary start. If you don't know how to begin a difficult project, rather than keep mulling it over, make a preliminary assumption and start working. The work itself will stimulate your brain. If it doesn't work out, you can start again. It is better to take an active role than to keep stalling on beginning the project.

- When working on a special project that is over and above the regular work you do, it is tempting to put it off "until I have some free time." Set aside a special time each day to work on it.

- Give yourself a reward when you have completed a task on time that you have usually put off doing.

Acknowledge Your Weaknesses

If you have some vicious habit keeping you back, impeding success on your job, you will be greatly strengthened in your power to overcome it by constantly saying to yourself, "I know this thing (calling it by name) is holding me back. I am not as efficient as I should be; I do not think as clearly, I cannot control my mind so well as I could were I not hampered by this weakness.

"I despise those habits which will keep me back and which will tend to make me a failure. I know that unless I change this habit, it will bind me more strongly to it, and make my chance of breaking away so much less."

Just talk to yourself in this way whenever you are alone and you will be surprised to see how quickly the audible suggestion

will weaken the grip of this habit. In a short time your self-talks will so strengthen your commitment that you will be able to entirely eradicate your weakness.

Wally L. was one of those bosses who felt he had to be in total control of his department. He supervised twelve technicians, whose work, although they were proficient, Wally checked and rechecked after—and often during—each assignment. Because turnover in his department was well above that of other units, his boss called him in to discuss this.

"Wally, our exit interviews brought out that the people leaving your department all had the same complaint. They resented you micromanaging their work. You hire good people. You have to let them do their jobs."

"But," Wally replied, "I am responsible for the work of my department. If I don't keep on top of them, I'm not doing my job."

"Wally, good people must be allowed to do their work without somebody looking over their shoulders all the time. I am responsible for your work, but I'm not watching every move you make, because I trust you. You have to trust the people who work for you."

"But if I let them alone, I won't catch errors in time to correct them or maybe not at all."

"There are other ways of keeping control without micromanaging. There are proven techniques on how to delegate work effectively. Learn and apply them."

He explained several of the techniques, which are discussed in detail in Chapter 11 of this book.

Wally thought long and hard about this. He was afraid to give up his tight control but knew it had to be done.

It was hard for Wally to keep from micromanaging his people. When temptation to look over the technician's shoulder came, he said to himself, "Don't do it. You have to trust him."

In time, he built up the trust he needed in each worker and

recognized that although errors occurred from time to time, they were easily detected by the technician at checkpoints and corrected. Work became easier for Wally and the tension in his department lessened. Turnover ceased and Wally had time to expand the work he could do.

Emily R. was always in a rush. Even as a schoolgirl, she hurried through her class work and home assignments, anxious to finish them and get out and play. When she obtained her first job as a data entry clerk, she took the same approach. She was always the first to finish an assignment, but it was frequently filled with errors and had to be redone. Her supervisor cautioned her to slow down and be more careful, but her old school-time practice could not be broken. After a while her boss put her on probation. She said, "Emily, you are a bright person, but your habit of putting speed ahead of accuracy will keep you from ever doing good work. You must break that habit. If you do not improve, we will have to let you go." She suggested that in her next assignment, Emily concentrate on accuracy and not think at all about the time.

Emily was shaken up. She liked the job, but prided herself on her speed. She resolved to try to break that habit. On the next assignment she slowed down for a while, but after a short time began to speed up again. She stopped suddenly, checked the work she had completed, and noted that the first part was totally accurate, but there were several errors in the next part, where she had gone faster. She corrected the errors and continued the work.

She said to herself, "The bad habit is placing me at a great disadvantage in my job; it is holding me up to ridicule, to unfavorable comparison with others. I know that I have more ability than many of those about me who are accomplishing a great deal more. Now I am going to conquer this thing that is destroying my prospects. I am going to get freedom from this urge to put speed before accuracy, no matter how hard it may be."

It took Emily several weeks to finally program her subconscious

mind to accept her resolution to minimize speed and concentrate on accuracy, resulting in her becoming one of the top producers in her department.

Don't Dodge the Truth

Acknowledge your bad habits. Do not dodge the issue. You cannot overcome a bad habit if you refuse to admit it.

You are living in a psychological prison of your own making. You are bound by your beliefs, opinions, training, and environmental influences. Like most people, you are a creature of habit. You are conditioned to react the way you do.

You can ingrain the idea of improving your work habits into your mentality so that it reaches your subconscious depths. At that point, you will achieve a new understanding of how your mind works. You will discover within yourself the infinite resources to back up your statement and prove the truth to yourself.

If you have a keen desire to free yourself from these detriments to your capabilities, you are already 51 percent healed. When your desire to give up the bad habit is greater than your need to continue it, you will be amazed to discover that overcoming it is but a step away.

Whatever thought you anchor the mind upon, the mind magnifies. Engage the mind on the concept of success and achievement. Keep it focused on this new direction of attention. In doing so, you generate feelings that gradually pervade the concept of success and achievement. Whatever idea you emotionalize in this way is accepted by your subconscious and brought to pass.

SUM AND SUBSTANCE

It is never easy to break bad habits, but it can be done. Here are ten suggestions that should help you to free yourself from patterns of behavior that have kept you from being the man or woman you truly want to be:

1. *Choose the habit you wish to change.* Target a habit that is not only a disturbing element in your life, but one which holds you back from achieving your goals. Select a self-defeating pattern which you can focus your discontent on and turn around constructively.

2. *Assess the problem.* After choosing a target habit, identify what you actually do and what you really want to do. Break a big problem into manageable bite-size pieces.

3. *Establish a challenging and achievable goal and time frame.* The goals should be challenging yet obtainable; if you properly and gradually stretch your horizons and actions, you should reach your desired objectives.

4. *Prepare to grieve the loss of the habit.* Both before you start and/or during your habit-changing program, don't be surprised if you experience a poignant, if not profound, sense of loss. You may miss the satisfaction of finding mistakes when you micromanage or the high you may get by finishing a project first—even if not most accurately. But in time your subconscious mind will adjust and you will no longer feel that loss.

5. *Consult with a coach or counselor.* Seek the experience and wisdom of a friend or mentor or a professional counselor to act as your coach in this start-up phase. He or she will help you set goals, provide tips and support for managing the uncomfortable emotions that are likely to surface, and give you suggestions and encouragement when you fall behind.

6. *Take action.* Do it! Take the first step. You'll quickly get feedback regarding what you can and can't handle, along with available resources. You'll definitely glean insight regarding vital survival knowledge, skills, and critical supports.

7. *Join with groups of others* who wish to break the same bad habit or develop a new habit. When several people with the same goal interact, there is an added dimension to the support each gives the other members of the group. Look into such groups as Alcoholics Anonymous, geared to help with specific situations.

8. *Do it systematically.* Behavior modification is an evolutionary process; it often comes in three distinct phases: (1) freeing yourself from the old pattern, (2) making the change, and (3) mastering the new pattern. The first phase involves acknowledging the self-defeating patterns and starting to let go. The second phase tries to incorporate new skills, tools, resources, and positive activities. If the first step is depressing, the middle phase can be anxiety provoking, as you awkwardly apply new insights. The final phase occurs when trial and error, along with practice, lead to the mastery of the new habit. The change starts feeling more natural.

9. *Don't give up!* One of the seductive traps about behavior modification is that sometimes there is rapid learning at the beginning of the process. And then you hit a plateau. Don't give up. Don't get overly optimistic after quick victories or too deflated with some setbacks. It's nature's way to ebb and flow . . . and to get knocked down and then get up and moving again.

   Success is getting up one more time than we fall down; being courageous one more time than we are fearful; being trusting one more time than we are anxious.

10. *Pursue the path.* Pursuing the path you take, overcoming hurdles and obstacles along the way, is an integral part of the learning process. Breaking, making, and mastering a deep-seated, intricate behavior-learning chain is a lifetime process.

PART TWO

Obtaining Cooperation and Support of Others

Do not think ill of another for to do so is to administer poison to yourself. Love is the answer to getting along with others. Love is respecting the divinity of the other.

Your success in your career often depends on other people. They may be people within your organization, such as your bosses, your subordinates, and your colleagues. Sometimes they may be outside of your organization, such as customers or clients.

You will have to motivate members of your staff, your managers, even your customers and suppliers, to work with you to reach established goals. To do this you will have to sharpen your communication skills and your ability to persuade others to accept your ideas. You will have to learn how to deal with difficult people, how to disagree without being disagreeable, how to make the most of your time, and in general how to become an effective leader.

In the following chapters you will learn how to achieve all of this by maximizing the power of your subconscious mind to obtain the cooperation and collaboration of those men and women with whom you interact on the road to success.

Chapter Eleven

Becoming a Leader

You will never succeed in leadership unless you truly believe you can be a leader. You must instill in your subconscious mind two simple conditions: You must believe that what you want can happen. You must believe that it will happen.

All successful people are not leaders. But all good leaders are successful people. Not only are they personal achievers, but they also inspire others to be achievers. They do not only enjoy the fruits of their success, but also strive to help others become successful.

The belief that leaders are born—not made—has been generally accepted throughout the ages. Indeed, it was the basis of feudalism and the system of absolute monarchy. Even in America, where people of humble beginnings have risen to high positions, many still feel that they were born with the traits that made them leaders.

In most business organizations certain men and women rise from the ranks to positions of supervision and management. Are all of these people "natural leaders"? Experience has shown that the answer is "Not necessarily."

People move into positions of leadership and responsibility for many reasons: seniority, election (in the public sector), nepotism,

or superior performance. They are not chosen for their leadership ability or experience, so they have to be taught to be leaders. The achievement of a higher position does not ensure success in leadership. People have to learn to lead. They study leadership techniques and read inspiring books, attend lectures and put into practice what they have learned.

Characteristics of Great Leaders

Although each of the great leaders of the past and present have special characteristics that make them great, there are some aspects of their personalities that they all have in common. In my opinion, outstanding leaders all share the following qualities:

1. *Great leaders identify, cultivate, and inspire enthusiastic followers.* Few businesses or enterprises can survive and thrive without staffs of people to carry out the leader's programs. In every generation, in every country, in every aspect of life, it has been such people who have led armies to victories, inspired great art and music, and developed prosperous companies and dynamic organizations. The art of all arts for the leader is the ability to measure others, weigh them, to "size them up," to estimate their strength and eliminate their weakness.

Leaders surround themselves with people who have the ability that they lack, who can supplement their weakness and shortcomings with strength and ability. Thus, in their combined power, they make an effective force. To do this a good leader may often have to shake up his organization and even step aside.

A good example of this is Sean Perich, founder of Bakery Barn, producer of a protein cookie. He grew the company to the $6 million level in fewer than five years, through sales at fitness gyms and 7-Elevens. But somewhere around 2005, Bakery Barn's rise to the top stalled, forcing Perich to look again at his team, himself included. The company had veered off into new products based on

his own ideas, which went unquestioned. His senior management team (primarily family members) had been fine at the beginning, but now he recognized that neither he nor they had the culinary or business experience needed to save the company. Fresh blood was needed. So he hired a full-time comptroller and started interviewing presidential candidates. He also got a three-person research and development team to bring new and more objective insights into management decisions.

This bold, difficult move was also required of a much more high-profile founder, David Neeleman, once CEO of JetBlue, an innovative "no-frills" airline. Though he remained on as chairman of the board, Neeleman realized that he did not have the managerial skills to take JetBlue to the next level. That didn't mean he wasn't a great visionary and entrepreneur. On the contrary, what it proved was that he was all that and more: a true leader.

2. *Great leaders focus their efforts.* Great leaders know what they want and concentrate their efforts to reach those goals. The people who do not learn to focus their efforts early in life, to centralize power, will never achieve marked success in anything. People who have the power of unification, whose every effort has reference to one central aim, are the ones who reach the top of the wall. They understand that it is not the amount of work than can be accomplished at a stretch, but rather persistence that tells. It is the long, steady pull, the unconquerable purpose, and the unbroken effort that win the battle of life.

3. *Great leaders have faced and overcome great difficulties.* Adversity can destroy some people, but all good leaders have faced adversity and bounced back to greater glories. Robert Fulton, the creator of the steamboat, failed several times. His ship was derided as "Fulton's Folly" until finally it made its first successful voyage and revolutionized water transportation. Helen Keller, blind and deaf since infancy, overcame this handicap and became a respected and idolized writer and educator.

A shy, unpretentious in-house lawyer named Darwin E. Smith became CEO of Kimberly-Clark, then a declining traditional paper manufacturer, in 1971. K-C's stock had fallen badly over the years. At least one director didn't hesitate to remind Smith that he wasn't exactly qualified to lead the company, but that didn't stop the new CEO from utterly transforming Kimberly-Clark, from an uninspired brand to the leading paper-based consumer products company in the world. Smith had grown up poor and used the experience to steel his resolve. Two months after becoming CEO, he was diagnosed with cancer and was told he had a year to live. He used his predicament to call up some more resolve. He programmed his subconscious mind to believe that he could overcome this disease and pushed out all thoughts and fears of failure. He refused to lie down and die. He continued going to work during his radiation treatment, and not only revitalized his own life but rebuilt his company.

What the business world most admires about the little-known Darwin Smith, though, is one of his first executive decisions: to sell the mills. He and his team had decided that the coated paper end of the business wasn't where Kimberly-Clark should be headed any longer, and that throwing K-C into the hotly competitive consumer paper products industry would force the company to either thrive or die. It was the gutsiest move anyone had ever seen. The business press damned the decision as stupid, and Wall Street downgraded the company's stock. But Smith's resolve held. Twenty-five years later, Smith had the competition solidly beat and is today a leader in the industry. He explained his success by saying that he simply never stopped believing in himself and in the viability of his company.

4. *Great leaders expect more from themselves than they do from others.* Success is not dependent solely on your earnest affirmation, on your self-confidence, but also on the confidence of others in you; but this confidence is very largely a reflection of your own, the effect of your own personality on them. Your own atti-

tude of mind is therefore the means to produce this confidence in others. Your earnest affirmation is contagious. It affects everyone with whom you come in contact, especially those whom you must master, whether as a teacher, an orator, an attorney, a sales rep, a merchant, a possible employee, or in some other way. There is something that seems almost magical in the way a confident air influences other people. If you adopt or acquire it, you will be surprised to see how soon it will radiate to others, increasing their confidence in your ability to do the thing you undertake.

Never lose your self-confidence. If at times you begin to doubt your capabilities and strengths, reread Chapter 2 of this book and reinforce the power of your subconscious mind to rebuild your self-confidence.

5. *Great leaders are not afraid to make tough decisions.* Whether leading a nation or a corporation, every day the leader faces problems that require decisions. In some cases there is adequate time to think, to assess and evaluate all of the circumstances surrounding the problem, but quite often an immediate decision is needed. The good leader must make such decisions.

An outstanding example of this occurred in September 1982, when seven people died after taking Tylenol. It was discovered that several bottles of that product had been tampered with—cyanide, a deadly poison, had been injected into the tablets. McNeil Laboratories, a division of Johnson & Johnson, the manufacturers of Tylenol, took immediate action. They recalled all of the product on the market and destroyed it. More important, the top management of the firm went on TV and explained the situation. They assured the public that Tylenol would not be reintroduced until every caution had been taken to make it safe.

The immediate result was catastrophic. Market share fell from 35 percent to only 8 percent. But because of the rapid and sincere response of the leaders of McNeil and J&J, the market share was not only recovered but exceeded within a year.

Another example of an executive who made a tough and unpopular decision is Charles R. "Cork" Walgreen, who took over the Walgreens drugstore company in 1975. At that time most drugstores had lunch counters, which provided a significant share of their income. Cork Walgreen felt that the growth of the fast-food chains had made the drugstore food operations obsolete and decided that the company's future lay in product sales, not food service. It was a controversial decision, as the company had five hundred lunch counters. The connection to this side of the business was not as much financial as it was emotional. The Walgreens food-service division dated back to Cork's grandfather, so it took a great deal of resolve on the part of Cork Walgreen to put an end to all that. Cork's decision paid off, as Walgreens today is one of the most profitable companies in its field—and lunch counters are virtually gone from all drugstores.

6. *Great leaders have a vision and utmost faith in themselves to fulfill that vision.* The great leaders of the world all have had their visions. They knew what they wanted to accomplish, visualized its outcome, and devoted all their energies and emotions to accomplishing that vision. Most important, they truly believed in their own capability to do this. Having such faith gave them the strength to pursue these goals.

American Express CEO Ken Chenault has been faced with many surprises and detours, but none as dramatic as the one that took place directly across the street from American Express headquarters on September 11, 2001. He refers to that tragedy as a formative experience that added to his already formidable leadership abilities. Chenault saw the obvious on 9/11—that it was a crisis, and would be seen by many as a major obstacle to the progress of his leadership. Chenault did not hesitate to make key decisions. His faith in his ability to lead enabled him to call on his leadership skills. Agreeing that the most valuable experiences always seem to come in the form of crises, Chenault says it's essential

at such a time to utilize the attributes that are really important and focus on them so you're not just using them unconsciously, but consciously. This gives a leader an advantage. He says everyone can make the conscious choice to be a leader. The kind of outstanding leaders Chenault says he wants to work with are what he describes as "rationally and emotionally engaged people."

7. *Great leaders are ambitious for themselves, their company, and their people.* No matter how poor you may be, how humble your lot, look up. Don't be afraid to aim too high. Keep your eye fixed upon your star. Let others ridicule, if they will, but do not let them induce you to relax the fixity of your gaze. It is this setting the eye on a single star that has distinguished the great men and women of every age.

Mary Kay Ash, the founder of Mary Kay cosmetics, attributed her success to her lifelong ambition to reach the top. Her sales career began when she joined Stanley Home Products, a door-to-door marketing firm. She often commented that she was not at all successful during her first year and was ready to give up. This changed when she attended her first Stanley sales seminar.

She reported, "There I saw this tall, svelte, pretty, successful woman crowned queen as a reward for being the best in a company contest and I determined to be that queen the following year, which seemed impossible. However, I decided to go up and talk to the president and to tell him that I intended to be queen next year. He didn't laugh at me, but looked me in the eye, held my hand and said: 'Somehow I think you will.' Those five words drove me and the next year I was queen."

Mary Kay started her own business in 1963 in a five-hundred-square-foot storefront in Dallas, with the help of her family, a life savings of $5,000, and only nine sales force members. Over the years under her leadership the company showed continuing growth. By demonstrating her commitment to her own and her company's success, Mary Kay inspired her sales staff to set high goals for

themselves and to work hard to attain them. In 2007, there were more than one million independent sales reps in the Mary Kay organization, grossing more than $2,400,000,000 in sales.

Delegation

One of the key requirements for success as a leader is the ability and willingness to delegate decision making to subordinates. Too many managers are reluctant to do this. Successful leaders recognize that they cannot do everything. They hire and train the most capable people they can find and allow them to make decisions within their areas of expertise, so they are free to use their time on matters at a higher level.

Most managers have more work to do than they can ever expect to accomplish in the course of a normal workday. In order to get it done, they must delegate part of that work to subordinates.

To delegate means to assign a subordinate duties or tasks and the power and authority to perform them. It is not just assigning the least challenging or unpleasant parts of the job to subordinates. Effective delegation requires that significant aspects of the work be delegated. This not only frees up the executive to do more important tasks, but also enables the subordinate to gain from the experience.

Business leaders have often told me that they are so accustomed to performing many of the tasks they do—and do it so well—that they are reluctant to delegate the work to others. As one manager told me, "I find myself looking over my people's shoulders as they work. I just don't feel comfortable delegating."

The first step is to acknowledge that even though you can do the job faster and perhaps better than subordinates, your time is much too valuable to waste on lesser matters. Here are some guidelines that will enable you to delegate with confidence:

- *Select capable people*. In choosing your key subordinates, be sure that they are not only capable of doing the work for

which you hire them, but have the potential to be trained to move up into positions of higher responsibility.

- *Communicate what you are delegating clearly and concisely.* To ensure that the subordinate understands what you expect from him or her, don't just ask, "Do you understand?" Most people will just say "Yes." Perhaps they really do understand; perhaps they think they understand but their interpretation of what you want is different from yours; or perhaps they don't understand at all but are too embarrassed to tell you. Ask specific questions about what the subordinate plans to do to carry out the assignment.

- *Set control points.* A control point is a place at which you stop, examine what has been accomplished, and if errors have been made—correct them. This is important because if major errors are not discovered until the last minute, the problem will get out of hand. A control point is not a surprise inspection. The subordinate knows exactly when each control point will occur and what should be accomplished by then. Having control points does not mean you do not have confidence in the subordinate. Let your people know at the outset that you do have confidence in them and emphasize that control points are designed to help them—not check them. Control points enable them to measure their progress themselves.

- *Give your subordinates the tools and authority to get the job done.* If the assignment requires expenditure of money, include in the delegation a budget for the work and the authority for the person doing it to spend the allotted amount without asking your approval for each expense. If the work requires hiring additional personnel or having people work overtime, give them the authority for this as part of the

delegation. This will ensure that you will not be constantly interrupted in your work to deal with these matters.

- *Provide help if and when needed.* This may sound like a contradiction. You delegate to curtail your own activities in the area delegated. If you offer to help, are you not encouraging interruptions? To minimize the time spent on this, require that when a subordinate brings you a problem, he or she bring with it a suggested solution. In this way the subordinate will have to think about it and quite often will find his or her own solution and not come to you at all. And if the subordinate does come, the time spent on dealing with the problem will be much shorter.

Know Your Strengths and Limitations

Before you can enter the race and be admitted to the success track, you must first of all have a definite purpose, a high, unwavering aim, and you must have the courage, grit, and determination to cling to it no matter what stands in the way or opposes you.

You will never succeed in leadership unless you truly believe you can be a leader. You must instill in your subconscious mind two simple conditions: You must believe that what you want *can* happen. You must believe that it *will* happen.

There is a force in spoken words that is not stirred by going over the same words mentally. When vocalized, words make a more lasting impression upon the mind. Many of us are more powerfully impressed and inspired by listening to a great lecture or sermon than by reading the same thing in print. We remember the spoken word when we forget the cold type that carries thought to the brain. It makes a deeper impression on the inner self.

We can talk to our inner or subconscious mind just as we would talk to a child, and we know from experience that it will listen to and act on our suggestions. We are constantly sending sug-

gestions or commands to our subconscious mind. We may not do so audibly, but we do so silently, mentally. Unconsciously we advise, we suggest, we try to influence it in certain directions.

By consciously, audibly addressing it, in heart-to-heart talks with ourselves, we find that we can very materially influence our habits, our motives, and our methods of living. In fact, the possibilities of influencing the character and the life by this means are practically limitless.

Start by writing out a list of the qualities that make a strong, courageous, successful character, and their opposites, those that make a weak, timid, unsuccessful one, and examine yourself to see what your rating is on each list. Call the characteristics off aloud: faith, courage, self-confidence, ambition, enthusiasm, perseverance, concentration, initiative, cheerfulness, optimism, thoroughness, etc. Ask yourself if you possess these splendid qualities, or if you incline toward their opposites.

Don't be afraid to face your weak points, or to call your faults by their right names. Bring them into the light, see them for what they are, and then grapple with them. You cannot afford to be less than God intended you to be, to be less than you feel that you should be and can be, to have your life spoiled by some defect that you can overcome.

When you have gone over the specific character qualities, ask yourself these broader questions, always visualizing and addressing yourself by name:

"Bob, what are you here for? What do you mean to the world? What message does your life, your career bring to it? What do you mean to your company, organization, or community?"

"Beth, what do you stand for? What do you represent? Are you delivering it patiently, persistently, determinedly, without grumbling, whining, or shirking?"

Ask yourself: "Am I dreaming of the big thing I am going to do tomorrow, or am I just doing the little things that I can do today?"

Probe yourself in this manner until you get a good line on yourself, a fair estimate of yourself, until you know both your strengths and your weaknesses, until you can see with clear eyes the things that are keeping you back, the lack in your nature that is handicapping you. Your weaknesses are cutting down the average of your ability by 10, 20, 50, or even 75 percent. Then vigorously attack your enemies, the enemies of your success, of your efficiency, of your happiness. Constantly, stoutly affirm your complete mastery over them, their powerlessness to dominate your life and ruin your career.

Engage Your Subconscious Mind

By heart-to-heart talks of this sort with yourself you can change your whole nature, and revolutionize your career. Whether it is faith, courage, initiative, cheerfulness—whatever it is you lack, assume the quality you wish to possess, affirm positively that it is already yours, exercise it whenever possible, concentrate on it, and you will be surprised how quickly you can acquire the desired.

We need to tell our subconscious exactly what we want. We need to direct it to help us attain our goals. When you know what your true desire really is, your unconscious mind will propel you unerringly toward it. But it needs to know that you genuinely, fervently, and unwaveringly want this goal, and that you will not forsake it for all the other conflicting and contradictory wishes, notions, and momentary fancies that flit through your mind.

Power comes from within or from nowhere. Be yourself. Listen to the voice within. There is room for improvement in every profession, in every trade, and in every business. The world wants people who can do things in new and better ways. Don't think that because your plan or idea has no precedent, or because you are young and inexperienced, you will not get a hearing. The person who has anything new and valuable to give to the world will be

listened to and will be followed. If you have a strong individuality and dare to think your own thoughts and originate your own methods, if you are not afraid to be yourself, and are not a copy of someone else, you will quickly get recognition.

Until you erase "fate" and "can't" and "doubt" from your vocabulary, you cannot rise. You cannot get strong while you harbor convictions of your weakness, or be happy while you dwell on your miseries or misfortunes.

Be Committed to What You Want to Accomplish

One of the most effective ways to motivate yourself is to be firmly committed to what you desire to accomplish. When things go wrong, when obstacles seem unconquerable, when discouragement raises its face, your commitment will motivate you to keep up the fight.

The only way to develop power is to resolve early in life never to let an opportunity for doing so go by. Never shrink from anything that will give you more discipline, better training, and enlarged experience. No matter how distasteful, force yourself into it. There is nothing like responsibility for developing ability. Never mind if the position is hard; take it and make up your mind that you are going to fill it better than it has ever been filled before.

Leaders must blaze their own way, make their own path, or they will never make much of an impression on the world. It is striking originality that attracts attention. To be a leader, do not follow others. Do not imitate. Do not do things just as everybody else has done them before, but try new, ingenious ways. Show the people in your specialty that precedents do not cut much of a figure with you, and that you will make your own program.

Don't be afraid to trust yourself. Have faith in your own ability to think along original lines. Whatever you do, cultivate a spirit of independence in doing it.

SUM AND SUBSTANCE

- You will never succeed in leadership unless you truly believe you can be a leader. You must instill in your subconscious mind two simple conditions: You must believe that what you want *can* happen. You must believe that it *will* happen.

- One of the key requirements for success as a leader is the ability and willingness to delegate decision making to subordinates. Too many managers are reluctant to do this. Successful leaders recognize that they cannot do everything. A successful leader hires and trains the most capable people he or she can find and allows them to make decisions within their areas of expertise, so that the leader is free to use his or her time on matters of a higher level of importance.

- Don't think that because your plan or idea has no precedent, or because you are young and inexperienced, you will not get a hearing. The person who has anything new and valuable to give to the world will be listened to and will be followed.

- Don't be afraid to face your weak points, or to call your faults by their right names. Bring them into the light, see them for what they are, and then grapple with them. You cannot afford to be less than God intended you to be, to be less than you feel that you should be and can be, to have your life spoiled by some defect that you can overcome.

- To be a leader, do not follow others. Do not imitate. Do not do things just as everybody else has done them before, but try new, ingenious ways. Show the people in your specialty that precedents do not cut much of a figure with you, and that you will make your own program.

Chapter Twelve

Creating a Dynamic Team

Wish for others what you wish for yourself. This is the key to harmonious human relations.

The working world has changed radically during the past decade, and it continues to change more rapidly than at any time since the Industrial Revolution. Things are likely to change even more dramatically over the next several decades.

It used to be that top management made all the decisions and filtered them down through a series of layers to the rank-and-file workers. We have seen and continue to see this being replaced by a more collaborative organization in which people at all levels are expected to contribute to every aspect of their organization's activities. Getting things done is now assumed by teams—groups of people, usually headed by a team leader, who together plan, implement, and control the work.

The essence of a team is common commitment. Without this commitment, the members of the group perform as individuals; with it, they become a powerful unit of collective performance.

In the ideal team, each associate performs his or her function in such a way that dovetails with that of other team members to enable the team to achieve its goals. By this collaboration, the whole becomes greater than the sum of its parts.

An excellent example of this is a surgical team. Every member of the team—the surgeon, the anesthesiologist, the nurses, and the other technicians—carries out his or her individual functions expertly. In a skillfully functioning surgical team, a seamless flow of interactions occurs among the members. All are committed to one goal—the well-being of the patient.

There are examples of successful teams in every endeavor: championship sports, disease-curing research, firefighting and rescue, and in every aspect of business.

Managing Your Team

If your philosophy of managing people is "Do it my way or you're on the highway," you'd better prepare to make an about-face. The team leader does not function like that old-school tyrant. He or she is a facilitator who develops and coordinates an intelligent, motivated team to gets things done. The emphasis is on developing the skills and coordinating the efforts of a team of intelligent, motivated associates.

Don't Boss—Lead

To create a dynamic, motivated team, you have to stop thinking like a "boss." Bosses make decisions and give orders. Team leaders coordinate groups of thinking adults who together face and work out the problems they encounter. Successful team leaders provide a climate in which their team members are encouraged to make their own analyses of problems, suggest solutions, and participate in decisions. Let's look at some of the ways team leaders do this:

- They make sure the team members know the organization's and the team's vision and mission, and keep them focused on achieving them.
- They're expert communicators and recognize that communication is a two-way street. It is important for leaders to convey their instructions and concepts to team members, but it is equally important for them to open their ears to team members' ideas and suggestions.
- They aim to develop their team members' skills and capabilities. Successful leaders take the time to identify each team member's strengths and weaknesses and work with each member to improve his or her performance. They encourage team members to commit to lifelong learning and recommend sources—both within and outside the organization—that can help them grow as individuals and as team contributors.
- They work with members to set performance standards that are clear, attainable, and measurable, and establish a means to let members know how they are doing.
- They motivate and inspire individual team members through recognition, praise, and reward. They motivate and inspire the team with pep talks, team recognition, and by creating a climate of enthusiasm.

Apply "the Golden Rule"

"Do unto others as you would have others do unto you." The Golden Rule appears in some form in all the world's great religions. It is often called the essence of religion. When asked to boil the Scriptures down to one major teaching, the great Jewish scholar Hillel, who lived a century before Jesus, responded: "The most important idea is not to do to your fellow man what you would not

want him to do to you." Modern psychologists reiterate this rule as the prime factor in the development of sound interpersonal relations.

What does following the Golden Rule have to do with becoming a successful team leader? Hillel also answers this question. He said: "If I am not for myself, who will be for me? But if I am only for myself, what am I?" Yes, God gave us the power to have wealth and abundance. It is our obligation to make the most of our own talents and opportunities, but with it comes the obligation to look out not just for ourselves but also for others.

You will find the Golden Rule principle woven like a golden thread into all major systems of philosophy and worship. It may not appear in the same words, but the intent of the idea is identical: that we should *give* to others, allow and desire for others, the same freedoms of belief, worship, achievement, and acquisition that we desire for ourselves.

When we adopt this attitude as our ethical code—our guiding principle—it becomes a dynamic influence and energy in our daily lives. It is the treasure of wisdom within the depths of our being—a guide, an inner directive from the heart and soul of every man and woman.

We must program our subconscious minds to accept that we are not just for ourselves but part of the team, and each teammate is a partner, a person, who assumes and accepts responsibility for the team's success and is willing to contribute a fair share of effort and attitude toward ensuring it.

When we allow others perfect freedom to think, speak, and make decisions with all their minds and hearts—we are deeming them as we deem ourselves. It is a partnership in which we are giving at least as much as we expect to receive.

What It Takes to Be a Great Team Member

As mentioned earlier, a team leader is not the boss of the team but the first among equals. All team members must work together to achieve the team's goals. Succeeding as a team member starts by performing your job superbly. All team members are depended upon to be good performers. But top performance by itself is not enough. There's a great deal more to becoming a great team member. Here are some guidelines to help achieve this goal:

- *Participate fully in team discussions and listen actively*. Contribute to every discussion. Even if you have no original ideas to present, comment on other members' suggestions and ask good questions. Offer your support. Volunteer to help.

- *Motivate yourself*. Set personal goals that are in line with your team's mission. Participate in establishing team goals. You are going to have to work to meet them, so you should have a say in determining them.

- *Try new things*. Don't be afraid to take risks. This is the way to get ahead. Remember the turtle. It's perfectly secure if it stays inside the shell, but if it wants to move ahead, it has to stick out its neck.

- *Look beyond your team*. Study the culture of your organization. Know and understand its mission statement. Measure how closely your team complies with organizational and departmental goals. Think about how your work fits into the larger picture.

- *Be sensitive to other points of view*. Listen to the opinions of other team members. Don't be afraid to express your view even if it is different from or even the opposite of everybody

else's. Stand up for what you believe, but don't be stubborn about it. Be willing to compromise to achieve consensus.

- *Be a team player*. Cooperate. Don't compete. Support your teammates. Help them grow by sharing information, taking tough assignments, and training and mentoring new members. Praise associates who have done well. Show appreciation to members who have been especially helpful to you or the team.

- *Know your teammates*. Know their strengths and limitations. Know their personal goals and ambitions. Know their idiosyncrasies and pet peeves. This will make working with them easier and more pleasant.

- *Build up your own self-confidence*. Reread Chapter 2 of this book and apply what you have learned. In addition, read self-improvement books and articles. Study yourself. Be aware of areas where you need improvement. For example, if you are shy, take assertiveness training; if you are a poor speaker or writer, take courses to correct it.

- *Don't let conflicts stifle your team's progress*. If you and a teammate have a disagreement or more serious conflict, resolve it as rapidly as possible. Don't let it fester. Once it is resolved, forget about it. Don't bear a grudge. "Let the dead past bury its dead."

- *Learn other jobs within the team*. Train to do the work of other team members. In this way you expand your value to the team, as you can take over in case of absence, heavy workloads, or other contingencies.

- *Keep tabs on your progress*. Periodically review your personal and team goals. Measure how close you are to reaching them. Be prepared to take steps to correct problems that are impeding your progress.

The concept of the team is based on the principle that its members all work together to achieve the desired results. This means that all team members do whatever has to be done to accomplish the job. This includes doing work you don't enjoy, helping slower members catch up, and putting aside pet projects to keep the team on target for higher priority assignments.

The Importance of Trust

The basis for any relationship, on or off the job, is trust. If team members do not trust their leader or one or more of their teammates, the team will never get off the ground.

The success or failure of a team leader depends on the trust of his or her team. If people trust you, anything you say can be heard. If people don't trust you, then most of what you say will go in one ear and out the other.

It doesn't take much for a person to lose trust in another. The team leader makes a promise and then fails to live up to it. Trust is lost. A member withholds needed information from other members; nobody trusts that member again.

Rebuilding trust is not easy. If the lack of trust is among team members, the team leader can step in to alleviate the problem. However, if the team leader has lost the trust of the team members, it will take extraordinary effort to reestablish a trusting relationship.

Men and women who are deemed worthy of being your collaborators must trust themselves, have faith in their own ability to think along original lines. If there is any potential in them, self-reliance will bring it out.

Whatever you do, encourage your team members to cultivate a spirit of independence in carrying out their plans. Give them the opportunity to express themselves in their work. Instead of being a mere cog in a machine, encourage them to do their own thinking and carry out their own ideas, as far as possible, even though working for another.

Change Is Not Easy

Changing the way you work is often not easy. It requires a radical change in the way you look at your job—and at yourself. Nobody really likes to change the way they do things. You're accustomed to doing your job in a certain way. It's comfortable to keep doing it that way. Changing takes you out of this comfort zone. But progress can't be made unless you become uncomfortable. You have to delve deep into your subconscious mind and cleanse it of old habits and build into it the new ways of doing things.

It's a difficult procedure, but it is well worth it. Some of the benefits you gain are:

1. *Your job.* It's as simple as that. If the company goes down the drain, you have no job. If the company prospers, not only do you have a job, but the opportunities within the firm expand. In today's highly competitive world, if a company is to thrive—even survive—it must change. But no company can change unless all of its members contribute to that change. By accepting change, you are doing a small part in keeping your company viable. By enthusiastically supporting change, you are increasing your company's capability to meet the competition.

2. *Your personal growth.* The team environment challenges its members to use their intelligence, their creativity, and their skills in working on team problems. Now, often for the first time on your job you can express your ideas and contribute to the way a job is done. This stimulates your mind, and encourages you to build up your knowledge. With each success, your self-confidence increases. When there are setbacks—and there will be—focusing on past successes instead of fretting about the current situation helps you develop the resilience you need to accept and learn from the setback.

3. *Your career.* If your goal is to move up the organizational ladder, active participation in team activities will give you needed experience in leadership. You'll take part in running meetings, leading projects, and training and mentoring associates. You'll catch the eye of higher level managers as your contributions are recognized. When new teams are formed, you will be prepared to be moved into team leadership.

Overcoming Resistance to Change

It is not only you who may be resistant to change; others in your organization may also fight any effort to shift from work groups to teams. Most people resist change and will find any excuse to keep things the way they are.

Often, when faced with changes in the way work is performed, people react with "But we've always done it this way." To make changes in the way work is done, team members have to be sold on the benefits of the changes.

Another reason people may give for keeping things the way they are is "If it ain't broke, don't fix it," or its companion comment, "Don't mess with success."

There's no question that many of the processes, procedures, and methods with which work has been done have been successful. Change should not be made just for the sake of change. The point is that even if the process "ain't broke" and works fine, it should be looked at to see what changes might be made so it will be even more effective when converted to a team activity.

There's no way the changeover to teams will work unless top executives in the organization are convinced of its value and give it full support.

First-line supervisors may fear that their roles will be diminished and perhaps their jobs abolished, and look at their changing role as a diminution of their status.

Changing from supervisor to team leader is not accomplished

overnight. It takes time and is sometimes difficult. Supervisors must be clearly shown how they would benefit from the change. They must be assured that by delegating some of their functions, they will give themselves more time to improve overall processes, tackle new projects, and broaden the scope of their jobs. If you feed their conscious minds with this assurance, their subconscious minds will absorb and adjust, and aid them in accepting needed changes.

Make Job Design a Team Effort

A team consists of members who possess a variety of skills that can be unified to achieve the team's objectives. Who does what should be clear and consistent with the direction of the team. All members should know where they fit into the overall picture and how, by working together, they will accomplish much more than they could as individuals.

In designing the jobs that the team will perform, the team leader should take advantage of the know-how and experience of all of the members. Just as team goals are more effective when determined by the entire team, so is the design of the job—the processes and methods used to carry out the goals.

Collaboration on the Job

The old saying that "two minds are better than one" can be expanded to "three minds are better than two," and so on. If we can utilize the brainpower of others combined with our own, the possibilities for success are enhanced.

By working in close collaboration with team members and with specialists in areas outside of your own expertise, not only do you learn from them (and they from you), but also the interaction within the group acts as a stimulant to your own thinking. It hones your intelligence; it sharpens your perspective; it stimulates your creativity. It enhances the power of your subconscious mind to enable you to make more innovative and wiser decisions.

Quite often, ideas from one person spark ideas in others. Within your brain is the potential for creating unlimited thoughts. Much of our brainpower lies deep in our subconscious. It's just waiting to be uncovered. When a group of people discuss a situation, ideas are brought up from the subconscious of one team member by something one of the other team members says. Any idea can plant a seed in another's mind that sprouts into another idea; as each person expresses thoughts and concepts, each of the other participants absorbs, adapts, and shapes those ideas in his or her own mind, and the collaborative effort results in new thinking that could not have occurred by itself.

Collaboration Enhances Enthusiasm

When people participate in making a decision, they commit themselves to its success. The fact that they have been part of the decision-making process gives them "ownership" of the program. And there is nothing as powerful as ownership to generate enthusiasm. The mind keeps repeating: "It's my project. It has to succeed."

What goes on in the mind is what determines outcome. When people really get enthusiastic, you can see it in the flash of their eyes, in their alert and vibrant personality. You can observe it in the spring of their step. You can see it in the verve of their whole being. Enthusiasm makes the difference in one's attitude toward other people, toward one's job, toward the world. It makes the big difference in the zest and delight of human existence.

Michelle Peluso, CEO of Travelocity, the highly successful online travel service, ensures she has enthusiastic teams to back her up, by making sure they remain engaged. Her philosophy is that people go to work because they believe in the people around them and what they all stand for: their peers, their colleagues, and their conviction that their company does something great for its customers.

Peluso engages her staff in various ways: She sends weekly emails describing how Travelocity is championing the customer experience. She asks employees to nominate a colleague who reflects the company's core values, and she features them and descriptions of their work. She encourages team members to make a practice of regular communication with the team—not just to deal with a problem. She relates directly with all of her teams by holding monthly brown bag lunches anyone can attend, and she makes herself available for casual, open conversations. She makes quarterly visits to offices and openly discusses the company's finances, competitive position, and other matters, which is impressive to team members who like to know their efforts are getting results.

Develop Your Teammates by Giving Them Responsibility

Responsibility is a great power developer. Where there is responsibility there is growth. People who are never thrust into responsible positions never develop their real strength. Because they have never been obliged to plan for themselves, they have never developed their powers of originality, inventiveness, initiative, independence, self-reliance, grit, and stamina. The power to create, to make combinations, to meet emergencies, the power which comes from continual marshaling of one's forces to meet difficult situations, to adjust means to ends, that stamina or power which makes one equal to the great crises in the life of a nation or a business, is only developed by years of practical training with great responsibility.

SUM AND SUBSTANCE

- The essence of a team is common commitment. Unless this commitment exists, the members of the group perform as individuals; with it, they become a powerful unit of collective performance.

- Don't boss—lead. You have to stop thinking like a "boss." Bosses make decisions and give orders. Team leaders coordinate groups of thinking adults who together face and work out the problems that face them.

- Successful leaders provide a climate in which their associates are encouraged to make their own analyses of problems, suggest solutions, and participate in decisions. Participation is the key to success.

- To change takes you out of your comfort zone. But progress can't be made unless you become uncomfortable. You have to delve deep into your subconscious mind and cleanse it of old habits and build into it the new ways of doing things.

- The basis for any relationship, on or off the job, is trust. When team members do not trust their leader or one or more of their teammates, the team will never get off the ground.

Chapter Thirteen

Expressing Sincere Appreciation

Everyone wants to be loved and appreciated. Everyone needs to feel important in the world. Realize other people are conscious of their true worth. Like you, they feel the dignity of being an expression of the one life-principle animating all people. As you do this consciously and knowingly, you build up these people and they return your love and goodwill.

In the book of Proverbs, Solomon says: "Be quick to give praise when it is due." And this includes appreciation, courtesy, and civility. We see examples daily of a lack of these manners in many individuals and families. Confucius was correct in saying, "The practices of morality begins with the individual in one's home." It is not unusual to hear "No matter what I do, it is never enough. He (or she) never appreciates it or even says 'Thanks.' "

The obvious question becomes: How often do *you* say, "Thanks, I appreciate you. I think you are a valuable member of our team"? If you want to hear these energizing words, it is wise to say them to others—daily until comfortable—and really mean them. The Golden Rule applied is appreciation in action.

Too often we take our employees and coworkers for granted. We assume that they know we appreciate them and are shocked when they quit to take another job.

When Tony E. left his job with the Building Maintenance Company, he was asked at his exit interview what he liked most and least about the company. Tony responded that, although the salary and benefits were good, he never felt that he was part of the organization. "I always felt that I was looked at as nothing more than a cog in the machine," he said. "During the nine months I worked in the department, I made several suggestions, offered to take on extra projects, and tried to apply creative approaches to some of the work assigned to me. My boss didn't recognize all that I could have contributed."

Had the company recognized Tony's capabilities and shown its appreciation by discussing his suggestions and showing how much the company valued his work, the company would have retained a very valuable employee.

Show Appreciation

William James, the great American psychologist, stated that the deepest urge in human nature is the craving to be appreciated. In our daily lives, both in our personal dealings and on the job, we often forget to express our appreciation to those who make our successes possible.

We tend to look for things to criticize rather than things to compliment. Showing appreciation not only makes the interrelationships on the job much more pleasant, but it builds a spirit of cooperation and collaboration in your team. It makes all of the team more amenable when it is necessary to persuade them to your way of thinking.

Make it a major point to have, at a minimum, a friendly relationship with all of your colleagues and, optimally, a warm and close rapport. One way to accomplish this is to show appreciation to these people for their efforts in anything they do that helps you.

Many business executives feel that an increase in salary or a

bonus is a sufficient indication of appreciation for a job well done. Of course, workers do expect tangible rewards for work well done, but money alone is not enough.

A businessman in Maryland told how he did more. One of his employees had consistently produced more than others. He had given above and beyond the call of duty to his job. His bonus was more than the others received, but money did not express the executive's feelings so he wrote him a personal letter of appreciation, which he enclosed with the bonus check. In the letter he thanked him and told him how much he meant to the company. Later the employee thanked him for writing it. He said it made him cry and he would cherish that letter and keep it forever.

During the pre-Thanksgiving rush at Stew Leonard's food market in Norwalk, Connecticut, several office personnel noticed the long, creeping lines at checkout counters and—with no prompting from management—left their regular work duties to help cashiers bag the groceries, which helped speed up the lines.

Stew, the owner of the market, resolved to do something special for the employees who helped out. After the holiday rush was over, he bought each of them a beautifully knitted shirt with the embroidered inscription "Stew Leonard ABCD Award." The inscription stood for "*A*bove and *B*eyond the *C*all of *D*uty." By giving special recognition to associates who did more than their jobs required, he not only gave credit where credit was due but also let everyone—the associates and their coworkers and supervisors, in addition to customers—know that he appreciated the extra effort.

Why Do People Fail to Express Appreciation?

It is often assumed that appreciation is tacitly given when one says "Thank you." Sometimes it is not considered necessary because the other person is "just doing his or her job." Occasionally appreciation is not forthcoming because the person who should express it

considers it a sign of weakness or believes it will reflect on his or her own inadequacies. That person may subconsciously think: "If I tell them they did well, they (and others) may feel I am inferior to them." There is no basis for such a conclusion. All great people have repeatedly expressed their gratitude to those who have been helpful to them. In fact, it improves the image of strength they have earned and engenders a higher degree of loyalty among their followers.

One need not be effusive in expressing appreciation. A sincere acknowledgment of how you feel about the work done or the service rendered, or the pride you have in a specific accomplishment, is enough. Nobody ever tires of receiving honest appreciation. Assuming that your appreciation is implied without being expressed is shortchanging the other person. Tell that person that you appreciate what has been done and why you feel that way. In situations that are the result of a specific act, express your appreciation as soon as possible after the completion of this act. Like putting icing on a cake, your expression of appreciation will sweeten the joy of the accomplishment itself.

Appreciation Must Be Sincere

One has to really feel and believe what one is saying for it to come through to the other party as sincere. Insincerity cannot be disguised by fancy words. Your voice, your eyes, and your body language all reflect your true feelings. There is no reason to fake expressions of appreciation. Most of us have so much we do appreciate and so many people who deserve our sincere gratitude.

We should recognize that extra effort put out by our employees or our teammates, that special empathy that we receive from our friends or relatives, or that additional encouragement given to us by our colleagues. The realization that we owe so much to these people should tap the well of true and sincere gratitude that is deep

in our hearts. Let it flow. Do not stifle it as it reaches your mouth. Let it spill forth into the ears of those who deserve it, and their lives and yours as well will be a little better that day.

Providing Positive Reinforcement

An autocratic boss continually criticizes, condemns, complains, and never forgets negative performance. But he or she always takes good performance for granted. Managers today have found that reinforcing the good things their associates do rather than harping on their mistakes and inefficiencies has resulted in higher morale and greater productivity.

When people hear continual criticism, they begin to feel stupid, inferior, and resentful. Although someone may have done something that wasn't satisfactory, your objective should be to correct the behavior, not to make the person feel bad.

The famous psychologist B. F. Skinner noted that criticism often reinforces poor behavior (when the only time offenders get attention is when they are being criticized). He recommended that we minimize our reaction to poor behavior and maximize our appreciation of good behavior. When people are constantly criticized, they formulate a pattern of failure that penetrates into their subconscious mind. They look upon themselves as inadequate and this exacerbates their failure rate. To avoid this, replace criticism with guidance.

Rather than bawl out an associate for doing something wrong, quietly tell the person, "You're making some progress in the work, but we still have a long way to go. Let me show you some ways to do it more rapidly." When the work does improve, make a big fuss over it. In this way positive rather than negative thoughts are fed to the subconscious mind.

Some supervisors fear that giving praise indicates softness on their part: "We don't want to coddle our subordinates." Praise is *not* softness—it's a positive approach that reinforces good performance. When you stop thinking of your staff members as subordi-

nates and instead think of them as partners, with you all working to reach the same goals, appropriate praise will become a natural part of your behavior.

Don't Praise Indiscriminately

Human beings thrive on praise. Although all of us require praise to help make us feel good about ourselves, you can't praise people indiscriminately: Praise should be reserved for accomplishments that are worthy of special acknowledgment. So how do you deal with people who never do anything particularly praiseworthy?

Maria C. faced this situation in her group of word processors. Several marginal operators had the attitude that as long as they met their quotas, they were doing okay. Praising them for meeting quotas only reinforced their belief that nothing more was expected of them. Criticism of their failure to do more than the quota required was greeted with the response "I'm doing my job."

Maria decided to try a different kind of positive reinforcement. She gave one of the operators a special assignment for which no production quota had been set. When the job was completed, Maria praised the employee's fine work. She followed this practice with all new assignments and eventually had the opportunity to sincerely praise each of the word processors.

Sometimes we tend to look for things to criticize rather than things to compliment. Because you expect your staff to perform well, you may concentrate on strengthening areas of weakness. Douglas P., a regional supervisor for a California supermarket chain, made regular visits to the eight stores under his jurisdiction. He reported that when he went into a store he looked for *problems*. He criticized store managers for the way products were displayed, for slow-moving checkout lines, and anything else he noticed. "That's my job," he said, "to make sure that everything is being done correctly."

As you can guess, everyone working in the stores dreaded his

visits. Douglas's boss acknowledged to him the importance of improving what was wrong but also pointed out that because the stores exceeded sales volume forecasts and kept costs down, the managers needed to hear compliments on their success. His boss suggested that Douglas seek out good things and express his approbation. Douglas was encouraged to make suggestions for improvements, but not to make them the focus of his visits.

Although it wasn't easy, Douglas followed his boss's advice. Within a few months, store managers looked forward to his visits. They began to share new ideas and seek his counsel about store issues. Clerks and other store staffers soon overcame their fear of the "big boss" and welcomed his comments and suggestions.

Five Tips for Effective Praise

As important as praise is in motivating people, it doesn't always work. Some supervisors praise every minor activity, diminishing the value of praise for real accomplishments. Others deliver praise in such a way that it seems phony. To make your praise more meaningful, follow these suggestions:

1. *Don't overdo it.* Praise is sweet. Candy is sweet, too, but the more you eat, the less sweet each piece becomes—and you may get a stomachache. Too much praise reduces the benefit that's derived from each bit of praise; if it's overdone, it loses its value altogether.

2. *Be sincere.* You can't fake sincerity. You must truly believe that what you're praising your associate for is actually commendable. If you don't believe it yourself, neither will your associate.

3. *Be specific about the reason for your praise.* Rather than say, "Great job!" it's much better to say, "The report you submit-

ted on the XYZ matter enabled me to understand more clearly the complexities of the issue."

4. *Ask for your associate's advice.* Nothing is more flattering than to be asked for advice about how to handle a situation. This approach can backfire, though, if you don't *take* the advice. If you have to reject advice, ask people questions about their inadequate answers until *they* see the error of their ways and come up with good advice.

5. *Publicize praise.* Just as a reprimand should always be given in private, praising should be done (whenever possible) in public. Sometimes the matter for which praise is given is a private issue, but often it is appropriate to let your entire group in on the praise. If other staff members are aware of the praise you give a colleague, it spurs them to work for similar recognition.

Make a Fuss Over Achievers

In some cases, praise for significant accomplishments should be made public, such as at meetings or company events. When praise-worthy accomplishments are publicized and the achievers are lauded in front of their peers, it encourages others to emulate them.

In Chapter 11, you read about Mary Kay. One way her company has motivated its people is giving recognition to associates who have accomplished outstanding performance. In addition to receiving awards and plaques, award winners are feted at company conventions and publicized in the company magazine. Attending a Mary Kay convention is similar to attending a victory celebration: Winners are called to the stage and presented with their awards to the cheers and applause of an audience. Award winners report that recognition from senior executives and acclaim from peers is as rewarding as the award itself.

Give Them Something They Can Keep

Awards vary in most companies from inexpensive plaques or tokens to cash payments, luxury merchandise, or exotic travel.

Mary Kay's highest and most coveted award is her famous pink Cadillacs, given to the highest achievers at the company's award celebrations. To receive this award, salespeople must meet a series of challenges and criteria. It's not easy to win, but every year more Mary Kay associates "make the grade."

Mary Kay doesn't give the cars away. The company leases a car to each winner for one year. In order to keep a car or upgrade to the next year's model, the sales rep must continue to meet the standards. What an incentive to keep up the good work! As a result, relatively few winners have to give up their cars.

It's not necessary to give elaborate gifts like Mary Kay's Cadillacs. No matter what type of award you give employees—large or small—it's worth spending a few more dollars to include a certificate or plaque. Employees love to hang these mementos in their cubicles or offices, over their workbenches, or in their homes. The cash gets spent, the merchandise wears out, the trip becomes a long-past memory, but a certificate or plaque or even just a thank-you note is a permanent reminder of the recognition.

Success Files—The Scorecard

Hillary M., the sales manager of a large real estate office in Florida, makes a practice of sending letters of appreciation to sales staffers who do something special—selling a property that has been difficult to move, obtaining sales rights to a profitable building, or taking creative steps to make a sale.

With the first of these letters that Hillary sends to a salesperson, she encloses a file folder labeled "Success File," with this suggestion: "File the enclosed letter in this folder. Add to it any other commendatory letters you receive from me, from other managers,

from clients, or from anyone else. Also record in this file all of your special achievements such as winning sales awards, beating a sales quota, opening a tough new account, etc. As time goes on, you may experience failures or disappointments. There may be times when you don't feel good about yourself. When this happens, reread these letters. They're the proof that you're a success, that you have capability, that you are a special person. You did it before; you can do it again!"

The recipients of Hillary's letters repeatedly tell her how re-reading the letters helps them overcome sales slumps, periods of depression, and general disenchantment when things aren't going well. It "reprograms" their psyche by reinforcing their self-esteem, and enables them to face problems with new strength and confidence.

Encourage Peer Recognition

Another successful motivational approach is peer recognition. Companies encourage associates to praise or give formal recognition to colleagues who have made their job easier or more satisfying. One way to do this is to have associates consider other employees with whom they interact as *internal customers* or *internal suppliers*.

Supervisors, managers, and team leaders aren't the only people who see the special efforts their associates make. All team members and coworkers are exposed daily to one another's efforts. Enabling them to recognize the work of peers not only brings to the forefront any accomplishments that may not have been recognized by managers, but also makes both the nominator and the nominee feel that they are part of an integrated, interrelated, and caring organization.

One company that has achieved great results in doing this is Minicircuit Labs, which has plants in Brooklyn, New York, and Hialeah, Florida. This firm provides all its members with "You

Made My Day" forms, on which any employee can write a message of thanks to any coworker, subordinate, or staff member who has earned that employee's special appreciation that day.

At the A&G Merchandising Company in Wilmington, Delaware, team leaders are given packets of thank-you cards on which the words "Thank You" are printed in beautiful script on the front flap and the inside of the card is left blank. Whenever someone does something worthy of special recognition, that person's team leader writes a note on one of the cards detailing the special accomplishment and congratulating the employee for achieving it. The recipients cherish the cards and show them to friends and family.

SUM AND SUBSTANCE

- Nobody ever tires of receiving honest appreciation. Assuming that your appreciation is implied without being expressed is shortchanging the other person. Tell that person that you appreciate what has been done and why you feel that way.

- When people hear continual criticism, they begin to feel stupid, inferior, and resentful. Although someone may have done something that wasn't satisfactory, your objective should be to correct the behavior, not to make the person feel bad.

- When people are constantly criticized, they formulate a pattern of failure that penetrates into their subconscious mind. They look upon themselves as inadequate, and this exacerbates their failure rate. To avoid this, replace criticism with guidance. Rather than bawl out an associate for doing something wrong, quietly tell the person, "You're making some progress in the work. Let me show you some ways to do it more rapidly." When the work does improve, make a big fuss over it. In this way positive rather than negative thoughts are fed to the subconscious mind.

- Praise is *not* softness—it's a positive approach that reinforces good performance. When you stop thinking of your staff members as subordinates and instead think of them as partners all working to reach the same goals, appropriate praise will become a natural part of your behavior.

- Praise should be reserved for accomplishments that are worthy of special acknowledgment.

- By focusing on positive things—by giving attention and appreciation to the good things people do—you reinforce their desire to do the right thing.

- When praiseworthy accomplishments are publicized and the achievers are lauded in front of their peers, it encourages others to emulate them.

- Encourage associates to praise or give formal recognition to colleagues who have made their job easier or more satisfying.

Chapter Fourteen

Communicating More Effectively

People who can talk well, who have the art of putting things in an attractive way, who can interest others immediately by their power of speech, have a very great advantage over those who may know more but who cannot express themselves with ease or eloquence.

In order to get things done, we have to communicate with the people we work with. Without words, whether orally or in writing, no job could be accomplished.

However, it's not just what we say, but how we say it (or perhaps write it) that will determine whether our words lead to the actions we desire. We have to make sure that the people we communicate with not only understand what we are saying—whether it be an order, a suggestion, or an idea—but also accept it.

These days, *communication*—what you say and how you say it—can determine whether you succeed or fail. Take Ronald Reagan, for example. Many Americans believe that his chief attribute was his ability to communicate with voters so effectively (and telegenically).

This skill, shared by the most successful professionals, business executives, and government leaders, is a skill you, too, can acquire. All you need is will and determination. Once you've improved

your ability to communicate, you can more effectively present your ideas to your boss, your associates, your customers, your team, even your friends and family.

Word power is greater than thermonuclear weapons or atomic bombs, for the simple reason that words decree whether these weapons are to be used or remain latent. Word power may be used to order atomic power to drive a ship across an ocean or to devastate a city or a nation. At a seminar on improving communication skills, the participants were told that words would produce fabulous results for them. It was suggested that they take certain words that appealed to them and verbally repeat them over and over for about ten or more minutes twice a day. Or if they preferred, write down what they were wishing to accomplish and mentally go over these statements from time to time, thereby gradually conveying the ideas to their subconscious minds.

One of the participants, an insurance salesman, claimed boldly: "I am now attracting only those men and women who are interested and who have the money to invest for their children's education and for their own welfare." His persistent use of these affirmative words has attracted to him more interested people than ever before. Leads now come to him seemingly from nowhere, and he has made tremendous strides on the scale of life and in all its varied phases.

Good Communication Requires Preparation

Whether you're addressing a group or having a one-on-one conversation, you should think out your message and how you plan to present it in advance. Sometimes you'll have to think on your feet with little or no time to prepare, but more often than not when you're required to discuss something, you *can* prepare—even on short notice.

Know Your Subject

On the job, you'll usually communicate with others about subjects you're thoroughly familiar with: the work you're doing, matters in your own area of expertise, or company-related problems. Still, you should review the facts to be sure that you have a handle on all the available information and are prepared to answer any questions.

From time to time, you may be asked to report on matters with which you are unfamiliar. Your company may want to purchase a new type of computer software, for example, and ask you to check it out. Here's how you should start tackling such assignments:

- Learn as much as possible about the subject.
- Know considerably more than you think you ought to know for the presentation.
- Prepare notes about the pros and cons of the proposed purchase, solution, and so on.
- Whether you will make this report to one person (your boss, for example) or to a group of managers or technical specialists, be prepared to answer questions about any subject that might come up.

Know Your Audience

Half of good communication is understanding your audience. Even the most skilled orators will fail to communicate effectively if their audience can't understand them. Choose words that your listeners will easily comprehend. If the people you address come from a technical background, you can use technical terminology that your listeners will clearly and readily understand. But if you talk about technical subject matter to an audience unfamiliar with it, drop the technical language. If your listeners can't understand your vocabulary, your message will be lost.

Dennis K., an engineer, was asked to explain a concept he had developed to a group of financiers from whom he hoped to obtain the financing for his company's project. He sought advice from his boss. "I have no trouble communicating my ideas to other engineers," he said. "We speak the same language, but these bankers come from another world. I am terribly afraid they won't understand me at all."

His boss told him that it was his responsibility, not the bankers', to ensure that his message got across. He must translate the technical matter into layperson's terms. If it was essential to use technical language, he should take the time to explain a term the first time he used it and at least once again if he felt that it needed reinforcement.

Dennis followed that advice and his boss and his colleagues complimented him on his presentation, which led to the bankers' financing of the project.

On the other hand, do not talk down to an audience. Bernard R., a human relations attorney, was retained by a major company to train their factory supervisors on the latest equal employment laws and regulations. Bernard assumed that the supervisors were totally unfamiliar with the laws and spent the entire morning on the basics. He noticed that the participants looked bored and restless. It wasn't until the lunch break that he learned that they had recently attended a seminar on the laws and had expected him to explain the more complex aspects of interpreting and implementing them. Sure, the manager who retained him should have told him, but good communicators make it their business to learn as much about the background of their listeners and the level of their knowledge of the subject, so they can communicate effectively.

Be Aware of Body Language

In communicating your thoughts, it is not only what you say but what your body says that conveys your message. People communicate not only through words but also through their facial expressions

and body movements. If there were only a dictionary of body language, we could easily interpret what those signs signify. But because body language isn't standardized like verbal language, no such dictionary could be written.

Our cultural or ethnic background, the way our parents expressed themselves nonverbally, and other individual experiences influence the way we use our bodies. Body language differs from one person to another. Some gestures—a nod or a smile—may seem universal, but not everyone uses body language in the same way. When you're dealing with a specific person, you can't be sure that he or she is giving the signals you have come to expect.

For example, as you talk, your listener is nodding. Good—you assume that he or she is agreeing with you. Not necessarily so. There are some people who nod just to acknowledge that they're listening. When someone folds his or her arms as you speak, you might think the action is a subconscious show of disagreement, but it could simply be that that person is cold! There is danger in misreading nonverbal cues.

Take the time to learn each person's body language. Study the body language of people with whom you work. You may notice that when John smiles in a certain way, it has one meaning; a different smile, a different meaning. Or maybe when Jane doesn't agree, she wrinkles her forehead. Make a conscious effort to study and remember people's individual body language.

Are you aware of your own body language? One way to see how you project your message is to rehearse in front of a mirror. You may see gestures, expressions, or movements that detract from your message or even contradict your verbal statements. A more effective way is to have somebody videotape an actual presentation that you make. By carefully studying it, you will be able to identify and correct wrong impressions and reinforce gestures that strengthen your points.

Are You Really Listening?

Suppose one of your colleagues brings a problem to you and asks for help. You begin listening attentively, but before you know it, your mind is wandering. Instead of listening to the problem, you're thinking about the pile of work on your desk, the meeting you have scheduled with the company vice president, the scuffle your son got into at school. You hear your colleague's words, but you're not really listening.

Does this happen to you? Of course, it does. It happens to all of us. Why? Our minds can process ideas ten times faster than we can talk. While someone is talking, your mind may race ahead. You complete the speaker's sentence in your mind—often incorrectly—long before he or she does. You "hear" what your mind dictates, not what's actually said. This is human nature. But that's no excuse for being a bad listener.

Now suppose your mind was wandering and you didn't hear what the other person said. It's embarrassing to admit you weren't listening, so you fake it. You pick up on the last few words you heard and comment on them. If you make sense, you're lucky. But you may have missed the real gist of the discussion.

When you haven't been listening, you don't have to admit, "I'm sorry, I was daydreaming." One way to get back on track is to ask a question or make a comment about the last item you did hear: "Can we go back a minute to such-and-such?" Another method is to comment this way: "To make sure I can better understand your view on this, please elaborate."

Become an Active Listener

Of course, it is far better to train your mind to avoid daydreaming and push away distractions.

Agnes Gund was president of the Museum of Modern Art, the largest modern-art museum in the United States, when they planned

a major redesign of the building, to the tune of $800 million. She had to work with every department to assure that they all agreed, even if they didn't start out with the same thoughts. Gund had to develop skills to persuade people to understand her point of view and to accept what she thought would work best. She recognized that she had a tendency not to fully listen to others, and realized that although she was an expert on art, she lacked expertise in construction. Ms. Gund understood the power of the subconscious mind and she meditated on her need to pay full attention and concentrate on what the construction specialists were telling her. The result was successful completion of the project with a minimum of tension.

In addition to programming your subconscious mind to open up to what others are saying, you can take some active steps to improve your listening skills. Instead of just sitting or standing with your ears open, follow these guidelines:

- *Look at the speaker.* Eye contact is one way of showing interest, but don't overdo it. Look at the whole person; don't just stare into his or her eyes.
- *Show interest through your facial expressions.* Smile or show concern when appropriate.
- *Indicate that you are following the conversation by nods or gestures.*
- *Ask questions about what's being said.* You can paraphrase—"So the way I understand it is . . ."—or ask specific questions about particular points. This technique not only enables you to clarify points that may be unclear, but also keeps you alert and paying full attention.
- *Don't interrupt.* A pause should not be a signal for you to start talking. Wait.

Be Empathetic

One cause for our conversational decline is a lack of empathy. We are too selfish, too busily engaged in our own welfare and wrapped up in our own little world, too intent upon our own self-promotion to be interested in others. No one can make a good conversationalist who is not empathetic. To be a good listener or a good talker, you must be able to enter into another's life, to live it with the other person for a while, and you must touch the people you are conversing with along the lines of their interest. No matter how much you may know about a subject, if it does not happen to interest those to whom you are talking, your efforts will be largely lost.

Facilitate Communication

Many companies have invested in complex and expensive communication systems to enable them to deal with customers more rapidly and effectively, but to a great extent, technology has dehumanized organizations and made dealing with these organizations not just unpleasant but often frustrating. It defeats the main purpose of communication—speed, ease, and pleasantness in dealing with customers and the public.

Clients and customers are universally fed up with automated telephone routing systems that put callers on hold and sometimes cut them off. Companies in highly competitive situations spend millions on advertising, but miss the boat when a potential customer is calling. A company's unwillingness to open the lines of communication between themselves and their customers sends the undesirable message that "customers don't count."

Unfortunately, few companies have even tried to solve this problem, because they believe the positives—lower cost and ability to deal with routine matters more systematically—outweigh the negatives. One business executive who felt it important that his staff maintain personal contact with customers is Bob Kierlin,

founder and chairman of Fastenal, a leading U.S. distributor of industrial products. He answers his own phone and books appointments immediately during the conversation. He has no gatekeepers, no rude assistants or PR people, and he built a $2 billion company with two thousand stores. When asked his secret, he talks about what some consider "little things," such as communication, making yourself available. It's not only Kierlin who communicates, however. The business press reports that members of his staff respond exactly the same way. They actually return phone calls.

Rejecting Suggestions Without Causing Resentment

Another barrier to good communication is the fear many people have that if they make a suggestion the boss disagrees with, it will demean them in his or her eyes. Rather than face such rejection, they keep their ideas to themselves. On the other side of this coin is the fact that some supervisors are reluctant to reject even poor ideas from subordinates for fear that rejection of one idea may discourage them from future contributions.

You cannot think this way. You must encourage those with whom you work or deal with to express their ideas and offer suggestions. You must learn to reject poor suggestions diplomatically so as not to cause resentment. Here are some ideas on how to reject poor suggestions in a positive manner:

- *Do it privately.* Never reject a person's suggestion in front of others. It causes them to lose face and be embarrassed in front of their peers. Thank them for the suggestion and tell them you will get back to them. Even if it appears unworkable, study it. You may be wrong. And do get back with your answer as soon as possible.

- *Give them the reason—and listen to their response.* Typically when you get suggestions that appear to be obviously flawed,

you might say, if true, "We tried that before and it didn't work." A better approach is to phrase it like this: "We tried something like that two years ago and we had some problems with it."

Note the difference in the choice of words. The first comment, "It didn't work," was final. It left no door open for the other person to respond. The second approach, "We had some problems with it," keeps the door open. The most likely response that can be made to that comment is "What were the problems?" Once the other person learns what caused the previous failure, he or she may respond, "I didn't think about that. I guess I should give this some more thought." Instead of repressing future ideas, you have encouraged the person to keep thinking, or perhaps he or she does have a valid idea: "I thought about those problems and I have solutions." One of the advantages of collaboration is that you accept that you don't have all the answers yourself and that others may see things in a situation that have escaped you.

- *The Socratic approach.* Rather than overtly reject an idea, question the person who suggested it. This is how Socrates stimulated his pupils to think things out. He never told one of his students that he was wrong. If one of his students came up with a wrong answer, Socrates asked another question. By carefully wording the questions, this great teacher encouraged his pupils to think out the problem and through this thought process reach the right solution.

  This is still called the "Socratic approach." By careful questioning you can stimulate the person who made the suggestion to rethink and reevaluate his or her idea and come up with a more viable suggestion. In this way, you never have to reject an idea. There is no resentment, and continued encouragement of employee ideation will result from this method. As

noted earlier in this chapter, another benefit of asking questions is that it enables you to become a better listener.

Disagreeing Without Being Disagreeable

Some people are very sensitive. They cannot accept criticism easily and become defensive when one of their ideas is turned down. Let's say that one of your associates has spent several days developing a new program and has brought it to you, for what he or she expects will be not just approval, but congratulations. You find that although it has many good points, the new program has several areas that need significant improvement.

How can you convey this without causing this sensitive person to blow up, become resentful, and perhaps sulk for days?

Instead of pointing out the areas with which you disagree, first compliment your associate on all of the good points in the program. Then instead of pointing out your objections, ask specific questions on each area of disagreement. There are three possible responses that can be made to your questions.

One response: "I hadn't thought about that. I had better review this and come up with a better approach." This response shows that you have encouraged your associate to do what has to be done to make the program more workable.

Another possible response: "I hadn't thought about that. What should I do?" This type of response indicates that your associate agrees that the concept was not right, but instead of trying to solve it, he or she throws the problem back to you to solve. It is tempting to tell your associate what to do—and if it is a crisis situation, you may have to do this to get the job done on time. However, it is best to encourage people to solve their own problems. Your response should be: "Why don't you give this some more thought and we'll talk about it later in the week."

A third response: Your associate answers your question and you realize that he or she was right and your objection was not

valid. In this case, thank your associate for clarifying the matter and go on to your next question.

By questioning rather than criticizing, we can get the best from people without resentment. The employee rejects his or her own bad ideas and is encouraged to come up with better ones. This will result in the honing of your partners' creative skills and in obtaining more innovative ideas that will increase the effectiveness of your department.

Communication Is a Two-Way Street

We send out our messages to others, but we are also receiving messages from them. We must learn how to encourage others to share their ideas, and more important, we must learn to truly listen to what is told to us. To be effective, feedback must flow from one party to the other on a continuous basis. The sender of the message must always ensure that what is sent is understood and accepted by the receiver. To accomplish this, the sender must ask questions, observe what is observable, and if there are misunderstandings, correct them and ensure that the corrections are understood. He or she must seek the acceptance of the communication by the receiver so that there will be a sincere willingness to accomplish what is desired.

If you follow these fundamentals of good communication, not only will your messages get across more readily, but work will be accomplished in a more timely fashion.

SUM AND SUBSTANCE

- Good communicators have trained their subconscious minds to give them the power and capability of projecting their ideas, their wishes, their deepest concerns to others, and it has resulted in the success of their endeavors.

- Half of good communication is understanding your audience. Choose words that your listeners will easily comprehend. If

your listeners can't understand your vocabulary, your message will be lost.

- Body language differs from one person to another. When you're dealing with an individual, you can't be sure that he or she is giving the signals you have come to expect. Make a conscious effort to study and remember people's individual body language.

- Be an active listener. Instead of just sitting or standing with your ears open, follow these guidelines:
  - Look at the speaker.
  - Show interest by your facial expressions. Indicate that you are following the conversation by nods or gestures.
  - Ask questions about what's being said.
  - Don't interrupt.
  - Be empathetic. You must be able to enter into another's life, to live it with the other person for a while, to be a good listener or a good talker.

- Good communicators bring listeners close to them. They open their hearts wide and exhibit a broad, free nature and an open mind.

- In rejecting suggestions from others, do not criticize or condemn them, use the Socratic approach. Ask good questions and they will realize their own mistakes.

- For communication to be effective there must be feedback flowing from one party to the other on a continuous basis. The sender of the message must always ensure that what is sent is understood and accepted by the receiver.

Chapter Fifteen

Dealing with Difficult People

Your subconscious mind is a recording machine that reproduces your habitual thinking. Think good of others and you are actually thinking good about yourself.

There is no problem in human relations that you cannot solve harmoniously and for the benefit of all concerned. When you say that your associate in the office is very difficult to handle, that he or she is cantankerous, mean, obstreperous, and difficult, do you realize that in all probability this is reflecting your own inner mental states? Remember also that like attracts like. Is it not possible that your associate's crotchety, petulant, critical attitude is the reflection of your inner frustrations and suppressed rage? What this person says or does cannot really hurt you unless you permit him or her to mentally disturb you. The only way that person can annoy you is through your own thoughts.

This is because you are the only thinker in your universe. You and you alone are responsible for the way you think about other people. They are not responsible, you are. For example, if you get angry, you have to go through four states in your own mind. You

begin to think about what the other person said. You decide to get angry and generate a mood of rage. Then you decide to act. Perhaps you talk back and react in kind. It takes two to make an argument. Notice that the thought, emotion, reaction, and action all take place in your own mind. You and you alone are responsible.

Whatever you believe is true in your conscious mind your subconscious will accept without question. Be very careful that you accept only that which is true, noble, and Godlike.

"Everybody Annoys Me"

Henry F. couldn't understand why everybody around him annoyed him. He talked about this to a counselor. The counselor pointed out that Henry was constantly rubbing others the wrong way. He did not like himself and was full of self-condemnation. He spoke in a very tense, irritable tone. His acerbity of speech grated on everyone's nerves. He thought meanly of himself and was highly critical of others.

The counselor explained to him that while his unhappy experiences seemed to be with other people, his relationship with them was determined by his thoughts and feelings about himself and them. If he despised himself, he could not have goodwill and respect for others. It's impossible, because it is a law of mind that people always project their thoughts and feelings onto their associates and all those around them.

Henry began to realize that as long as he projected feelings of prejudice, ill will, and contempt for others, that is exactly what he would get back, because his world was but an echo of his moods and attitudes.

The counselor suggested that he write the following thoughts in his subconscious mind. Remember, your conscious mind is the pen, and with it you can write anything you want in your subconscious mind. This is what Henry wrote:

Practice the Golden Rule from now on, which means that I think, speak, and act toward others as I wish others to think, speak, and act toward me. I sincerely wish peace, prosperity, and success to all. I am always poised, serene, and calm. Others appreciate and respect me as I appreciate myself. Life is honoring me greatly, for it has provided for me abundantly. The petty things of life no longer irritate me or annoy me. When fear, worry, doubt, or criticism by others come to me and knock at my door, faith, goodness, truth, and beauty open the door of my mind. There is no one there. The suggestions and statements of others have no power. I know now how to cure hurt feelings. The only power is in my own thought.

Henry affirmed these truths morning, noon, and night, and he committed the whole prayer to memory. He poured into these words life, love, and meaning. By osmosis these ideas penetrated the layers of his subconscious mind, and he became a changed man. He reported, "I am learning how to specialize myself out of the law of averages. I am getting along fine. I have received a promotion on my job. I now know the truth of the passage: 'If I be lifted up in my mind, I will draw all manifestation unto me.' "

He learned that the trouble was within himself. He decided to change his thoughts, feelings, and reactions. Anyone can do the same. It takes decision, perseverance, and the keen desire to transform oneself.

Return Good for Evil

It should not come as a surprise that some people in the world are difficult. Many people in our everyday lives are often argumentative, uncooperative, cantankerous, cynical, and sour on life. Some are sick psychologically. Their minds have become deformed and distorted, perhaps because of experiences they have had in the

past. Others may be stressed by their work or by personal problems.

What do you do when you have to deal with someone like this? The temptation is to turn their negative energy back on them in the form of dislike. But to do that, you first have to take their negativity into yourself, with all the bad effects that will have on your own being. Strive instead to "return good for evil." This creates an armor that keeps their difficult and unpleasant attitudes from affecting you, and your transmission of compassion and understanding will set in motion the process of changing them.

Mrs. Wrong Way was jealous and hateful toward the supervisor in her office. She was suffering from hurt feelings. She had developed ulcers and high blood pressure. Once she became aware of the spiritual principle of forgiveness and goodwill, she realized that she had accumulated many resentful and grudging attitudes and that these negative and obnoxious thoughts were festering in her subconscious mind. She tried to talk with Ms. Supervisor in an effort to straighten matters out, but the woman brushed her off. In a continuing effort to correct the situation, Mrs. Wrong Way reinforced the principles of harmony and goodwill for ten minutes every night and every morning prior to going to work. This is what she did. She affirmed as follows: "I surround Ms. Supervisor with harmony, love, peace, joy, and goodwill."

Now, this is not mumbo jumbo. She knew what she was doing and why she was doing it. These thoughts or ideas sink into the subconscious. There is only one subconscious mind, and the other person picks it up. She said, "There is harmony, peace, and understanding between us. Whenever I think of Ms. Supervisor, I will say, 'God's love saturates your mind.' "

A few weeks passed, and Mrs. Wrong Way went on a business trip to San Francisco. On boarding the plane, she discovered that the only vacant seat was the one next to Ms. Supervisor. Mrs. Wrong Way greeted her cordially and received a cordial response.

They had a harmonious and joyous time together in San Francisco. They are now friends and their working relationship has so improved that both have received promotions.

Infinite Intelligence set the stage for the solution to this difficulty in ways that Mrs. Wrong Way didn't know. Mrs. Wrong Way's changed thinking had changed everything, including a perfect healing of her ulcers and high blood pressure. She was hurting herself. No other person is responsible for how you think or feel; you are, because you are the only thinker in your universe. Only you are responsible for the way you think about others.

Change Your Mind-Set

Lee Y., a waiter in the restaurant of a luxury hotel in Hawaii, reported how he dealt with a particularly ornery patron. Every year an eccentric millionaire from the mainland visited the hotel. This visitor proved to be a miserly type who hated to give a waiter or bellboy a tip. He was churlish, ill-mannered, rude, and just plain unpleasant. Nothing satisfied him. He was constantly complaining about the food and the service. He snarled at the waiters whenever he was served.

Lee reported, "I realized he was a sick man. A kahuna [native Hawaiian priest] told me that when people are like that, there is something eating them inside. So I decided to kill him with kindness." Lee consistently treated this man with courtesy, kindness, and respect, silently affirming, "God loves him and cares for him. I see God in him, and he sees God in me." He practiced this technique for about a month, at the end of which time this eccentric millionaire for the first time said, "Good morning, Lee. How's the weather? You are the best waiter I have ever had." Lee was astounded. "I almost fainted," he said. I expected a growl, and I got a compliment. He gave me $500 as a parting tip."

A word is a thought expressed. Lee's words and thoughts were addressed to the subconscious mind of the cranky, cantankerous

guest. They gradually melted the ice in his heart. He responded in love and kindness.

"My Deskmate Is a Slob"

Sandy L., a part-time art director, shared a desk with another part-timer who had a habit of leaving the desk a mess when he left. She asked the human resources director how to get her deskmate to be neater. The director suggested: "Ask him to neaten up, sure. But to keep things businesslike and cooperative, talk with him *in person*, rather than leaving a note, even if it means going to the office on your day off. Try saying, 'It would be really helpful if you could clear up the desk for me before you leave. Otherwise I'm concerned that I might accidentally lose some of your paperwork."

Sandy reported back that this technique for solving a problem without creating another one had worked so well that the other part-timer established separate inboxes for the two of them, and the desk was now cleared each day. What could have been a cause for resentment was handled in a collegial fashion, which took a bit more time and effort, but was well worth it.

Dealing with Negative Personalities

If you supervise others, you will inevitably run into negative attitudes in your group at some point. Every team leader or supervisor does. They can make your life miserable or make it an ever-changing challenge. You can't ignore negativity—you have to deal with it.

Negative personalities also aren't reserved for supervisors. Almost every organization has a Negative Nell or Ned at all levels of the corporate ladder. They could be coworkers, important customers, government regulators, or anyone else with whom you have to deal. Whenever you're for something, they're against it. They always have a reason that what you want to accomplish just can't be done. They can tear down your team with pessimism.

A person's negativity may stem from some real or perceived past mistreatment by your company. If that's the case, look into the matter. If the person has justifiable reasons for being negative, try to persuade him or her that the past is past and to look to the future. If misconceptions are involved, try to clear them up.

In dealing with negative people, acknowledge their arguments and persuade them to work with you to overcome their perceived problems so that the project can move along. Make the person part of the solution rather than an additional problem.

Opal is one of those people who exude negativity. It's not what she says—it's how she acts. She takes any suggestion as a personal affront and takes on any new assignment with such reluctance and annoyance that she turns everyone off.

People such as Opal often don't realize how they come across to others. They probably act this way in their personal lives as well as on the job. They're the type of people who don't get along with their families, have few friends, and are forever the dissenters. If you have people like Opal on your team, have a heart-to-heart talk with them to let them know how their attitude affects your team's morale. Amazingly, many negative-thinking people have no idea that their behavior is disruptive to others. They must learn how to push negativity out of their subconscious mind by building positive thoughts into their conscious mind.

Reread Chapter 3 and help Opal and others like her to apply the suggestions made on how to change a negative attitude into a positive, affirmative, self-confident approach to one's career and indeed to one's entire life.

Employee Assistance Programs

An employee assistance program, or EAP, is a company-sponsored counseling service. Many companies have instituted these programs to help employees deal with personal problems that interfere with productivity. The counselors aren't company employees,

but instead are outside experts retained on an as-needed basis. Use of the EAP can be initiated in two ways.

Sometimes an employee takes the initiative in contacting the company's EAP. The company informs its employees about the program through email, bulletins, and announcements in the company newspaper, meetings, and letters to their homes. Often a hotline telephone number is provided.

For example, Gerty believed that she needed help. Constant squabbling with her teenage daughter had made her tense, angry, and frustrated. It was interfering with her concentration on her job and she had occasionally lost her temper in dealing with coworkers.

She took advantage of the EAP program and phoned the "hotline." A screening counselor listened to Gerty's problem and referred her to a family counselor. Gerty made her own appointment on her own time—not during working hours. EAPs are not an excuse for taking time off the job. Because the entire procedure is confidential, no report was made to the company about Gerty's counseling. In most cases, not even the names of people who undertake counseling are divulged.

Another way the process can be started is by having a supervisor take the initiative to contact the EAP. Suppose the work performance of one of the supervisor's top performers has recently declined. The supervisor often sees this employee sitting idly at his or her desk, thoughts obviously far from the job. The supervisor asks the employee what's going on, but he or she shrugs off the question by saying, "I'm okay—just tired." After several conversations, the employee finally admits to a family problem. At this point the supervisor may suggest that the employee contact the company's EAP.

Even though a supervisor made the referral and the employee has followed through, there are no progress reports. From now on, the matter is handled confidentially. Feedback comes from seeing

improvement in the employee's work as the counseling helps with the problem.

Employee assistance programs are expensive to maintain, but organizations that have used them for several years report that they pay off. EAPs salvage skilled and experienced workers who, without help, may leave a company.

Tampering with Temper Tantrums

Terry is a good worker, but from time to time he loses his temper and hollers and screams at his coworkers. He calms down quickly, but his behavior affects the work of the entire team, and it takes awhile to get back to normal performance.

It's not easy to work in an environment in which people holler and scream. It disrupts the work not only of the persons directly involved, but of all people in the work area. They may be unable to work at full capacity for several hours afterward. This situation cannot be tolerated. It is usually the responsibility of the supervisor or team leader to deal with these situations, but sometimes, a trusted coworker may intervene to calm the person down without need for more formal action.

Here are some suggestions for dealing with someone who has temper tantrums:

- After the person calms down, the supervisor or, where appropriate, a senior employee or representative from the human resources department should have a heart-to-heart talk with him or her. Point out that it is understandable that it's not always easy for someone to control his or her temper, but that such tantrums aren't acceptable in the workplace.
- If another outburst occurs, the person should be sent out of the room until he or she can calm down. Let the person know that the next offense will lead to disciplinary action.

- If the person being criticized begins to cry or throw a tantrum, walk out! Wait ten minutes, and then try again. Assure the person that this isn't a personal attack but a means of correcting a situation. Note: Private offices are not good places to conduct these types of meetings. It's not a good idea to leave an upset person alone in an office. There have been situations where the upset employee trashed an office in anger. Use a conference room instead. Of course, workers who become physically disruptive must be removed from the premises and disciplinary action be taken.

- Termination is, of course, the ultimate action. People who have frequent temper tantrums should not be kept on the payroll. Supervisors must follow company policies and, where appropriate, union contracts when taking this step.

Playing "Gotcha"

Have you ever worked with an associate whose greatest joy in life is to catch other people making an error? People who play this game are trying to show their superiority. Because they usually have no original ideas or constructive suggestions, they get their kicks from catching other people's errors, whether it be a coworker or their boss. They try to embarrass the other person and make him or her uncomfortable. If you are the person who is being challenged, don't give this person the satisfaction of playing the game. Make a joke about it ("What a blooper!"), or smile and say, "Thanks for calling it to my attention before it caused real problems." If those "gotchamongers" see that you're not riled by their game, they'll stop and try to get their kicks elsewhere.

Working with Unhappy People

There's likely to be at least one unhappy person in your group. We all experience periods when things go wrong at home or on the job—and it affects the way we do our work and how we interact with other staff members. Supervisors should be alert to this likelihood and take the time to chat with the person. Giving a person the opportunity to talk about a problem often alleviates the tension. Even if the problem isn't solved, it clears the air and enables the associate to function normally.

Some people, however, will always be unhappy about something. They often aren't satisfied with work assignments. Even when you comply with their requests and accommodate their complaints, they're not satisfied. They display their unhappiness by being negative. If someone's request for a change in scheduling a vacation is denied, for example, that person may get angry and let it show both overtly and subtly in his or her attitude.

You can never make everyone happy. Rebuilding the morale of people who believe that they've been treated unfairly takes tact and patience. Managers can avoid some unfair situations by making sure—at the time a decision is made—to explain the reasons behind the decision. In the vacation example, you could explain that your company sets up the vacation schedule months in advance and that two other employees are taking their vacations at the same time. Then make it clear that your group can't spare more than one member on vacation at a time. You may even suggest that the unhappy person try to find another staff member who will trade vacation time.

Dealing with an unhappy coworker is more complex than dealing with a subordinate, because you have no real power to correct the situation that may be the cause of the unhappiness. One way of alleviating the problem is to be an attentive and empathetic listener and to help that person accept the situation. A heart-to-heart talk

often is most helpful. This is especially true when the person initiating the conversation is a good friend or an empathetic colleague.

Eva S. was that kind of person. She was looked upon as the foster mother of her work group. She was the one to whom her coworkers brought their problems—both personal and job-related. She was a good listener and although she didn't always solve the problems, she opened a channel for them to vent their concerns and often helped them think the problems through more carefully.

Some people find guidance by meditation or prayer. One prayer that has been a great help to thousands of people is Dr. Reinhold Niebuhr's serenity prayer: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference."

Unhappiness, like negativity, results from lack of self-esteem. You can help others—whether they be subordinates or coworkers—by helping them develop higher self-esteem. In Chapter 2 of this book, you will find many ideas on how to do this in a general way.

As a manager, you can help by focusing on successes, not on failures. Most people don't loathe themselves, but they may have temporary self-esteem slumps and need bolstering. If they don't deal with those slumps, more serious consequences can occur. Most people don't need professional care; they can do it themselves.

Loss of self-esteem stems from failure. All of us have failures and successes in our jobs and in our lives.

When you focus on failure, self-esteem deteriorates. Concentrate instead on the successes that have been achieved. Here are some suggestions:

- Keep a success log (see Chapter 13). Have the unhappy worker enter in this log any accomplishments he or she is especially proud of—things for which the worker has been commended. These things prove that the unhappy worker

succeeded in the past and serve as assurance that he or she can succeed again.

- Give employees with low self-esteem positive reinforcement for every achievement, and praise for progress made in their work. Equally important, be positive when they come up with a good idea or make meaningful contributions to team discussions and activities. People with low self-esteem need to be continually reminded that you, the supervisor, respect them and have confidence in them.

- Give them assignments you know they can handle, and provide added training, coaching, and support to ensure that they'll succeed. The taste of success is a surefire way to build self-esteem.

- Suggest that they take courses designed to build self-confidence, or assertiveness training programs. Provide them with inspirational tapes or books.

These suggestions will reinforce employees' positive thinking about themselves in their subconscious mind and work wonders in overcoming defeatist attitudes.

SUM AND SUBSTANCE

- As long as you project feelings of prejudice, ill will, and contempt for others, that is exactly what you will get back, because your world is but an echo of your moods and attitudes.

- Chronic complainers may just be seeking attention. To ward off some of their complaints, give them the opportunity to express themselves on a regular basis.

- Be empathetic. If you are a supervisor, let your staff know you are willing to listen to whatever is on their minds. If you are

not in a supervisory position, you can still be of help to your colleagues by opening your heart to their concerns.

- When a person has a serious problem, beyond your capability to help, refer that person to someone who can. Company employee assistance programs are one source of such help.

- When dealing with difficult people, the temptation is to turn their negative energy back on them in the form of dislike. But to do that, you first have to take their negativity into yourself, with all the bad effects that will have on your own being.

- In dealing with negative people, acknowledge their arguments and persuade them to work with you to overcome their perceived problems so that the project can move along. Make the person part of the solution rather than an additional problem.

Chapter Sixteen

Managing Your Time

Stop writing blank checks, such as, "There is not time enough to go around," or "There is too much to do," etc. Such statements magnify and multiply your loss.

Suppose somebody came to you and said, "I will give you $86,400 a day every day, but you must spend it all each day." You will get no more and no less every day. You cannot keep it or save it. Wouldn't that be a wonderful gift? God gives each of us a similar gift—86,400 seconds each day of our lives. We must use up those seconds each day. We cannot keep them or save them. We can throw those seconds away on frivolous pursuits or let them fly by doing nothing. Or we can use them to develop our minds, to work or to play, to be with our friends and families, to help other people. Use this gift well. It is a gift from God.

Controlling Your Time

Many of us are unaware of the power we have over controlling our use of time. We are like the poor woman who had lived for all her life in the back country. She moved to a progressive little village where, to her great surprise, she found that her new home was

lighted by electricity. She knew nothing about electricity, had never even seen an electric light before, and the little eight-candlepower electric bulbs with which the house was fitted seemed very marvelous to her.

Later, a man came along one day, selling a new kind of electric bulb, and asked the woman to allow him to replace one of her small bulbs with one of his new style sixty-candlepower bulbs just to show her what it would do. She consented, and when the electricity was turned on she stood transfixed. It seemed to her nothing short of magical that such a little bulb could give so wonderful a light, almost like that of sunlight. She never dreamed that the source of the new flood of illumination had been there all the time; that the enormously increased light came from the same current, which had been feeding her little eight-candlepower bulb.

We smile at the ignorance of this poor woman, but the majority of us are far more ignorant of our own power than she was of the power of the electric current. We go through life using a little eight-candlepower bulb, believing we are getting all the power that can come to us, all that we can express or that destiny will give us, believing that we are limited to eight-candlepower bulbs. We never dream that an infinite current, a current in which we are perpetually bathed, would flood our lives with light, with a light inconceivably brilliant and beautiful, if we would only put in a larger bulb, make a larger connection with the infinite supply current. The supply wire we are using is so tiny that only a little of the great current can flow through, only a few candlepower, when there are millions flowing past our very door. An unlimited supply of this infinite current is ours for the taking, ours for the expressing.

Our time is like that current. Many of us are content to use it like the eight-candlepower bulb, when we have within us the potential to use our time much more effectively. Just as changing to a brighter bulb can give us more brilliant light, so can changing our management of time enable us to accomplish much more in our lives.

Set Time-Related Goals

The first step in good time management is establishing goals—what you wish to accomplish in the allotted time. Unfortunately, many people are action oriented rather than goal oriented. They think only in terms of the immediate action that must be taken, rather than the results that are sought. A time-related goal is one that relates the importance of what has to be achieved to the corresponding work schedule.

Once these goals are clearly stated, plan your time so that you can give priority to the most important matters, the ones that will help you meet the goals. Whenever there is a conflict of what to do first, unless the urgency of the situation requires immediate action, the activity that leads to meeting your goals should get the highest priority.

Set Priorities and Stick to Them

Charles Schwab, the man whom Andrew Carnegie picked to manage Carnegie Steel, and who was selected to head the new Bethlehem Steel Company, was fond of telling the story of how he learned to manage time.

He consulted Ivy Lee, one of the pioneer management consultants. Some of his famous clients were J. P. Morgan, John D. Rockefeller, the DuPonts, and many giant corporations. Schwab told him: "I'm not managing now as well as I know how. What we need here is not more *knowing* but more *doing*. If you can give us something that will help us do the things we already know we ought to do, I'll gladly listen and pay you anything you ask."

"Fine," said Lee. "I can give you something right now that will increase your *action* and *doing* at least 50 percent." Lee asked Schwab to write the six most important tasks he had to do the next day and then to number them in order of importance. He then said: "When you come in tomorrow morning look at item number

one and start working on it and don't start any other item until you have completed it. Then do the same with item two, and then item three, and so on until quitting time. Don't be concerned if you only finish two or three or even if you only finish one item. You'll be working on the most important ones. The others can wait. Spend the last five minutes of every working day making out a similar list for the next day. List the items you have not finished and add the new matters that have come up. Put them in priority order again. You may find that some new items are more important than items from the previous day's list that were not completed, and those previous day's items go back at the bottom of the list. If this continues to occur, it means that these matters were not important enough for you to do. They either should be dropped or delegated to another person.

"If after several days, you find that if you can't finish all the items by this method, you couldn't have with any other method either, and without some kind of system you probably wouldn't even have decided which were most important. After you have convinced yourself of the worth of this system, have all the members of your staff use the same system. Try it for as long as you want and then send me a check for what you think it was worth."

The whole interview lasted twenty-five minutes. In two weeks Schwab sent Lee a check for $25,000—a thousand dollars a minute. Schwab often told people that this lesson was the most profitable he had ever learned. Did it work? In five years Schwab turned his new company, Bethlehem Steel, into the biggest independent steel producer in the world, making Schwab a fortune of more than a hundred million dollars.

Make a Master List and Follow It

Follow Ivy Lee's advice: Set priorities and stick to them. This is the essential ingredient of effective time management. Use lists. Start by writing a master list on which you put down everything you

want to do. List them as they come to you. Importance is not considered. Rather than using loose papers, keep a notebook in which you can jot down every item you wish to accomplish.

Review the master list daily. Divide large projects into manageable components. Determine priorities. Which items should be done today; which can be deferred; which can be delegated. Develop a daily list for what you plan to do today and tentative lists for the balance of the week. Put on your calendar items that are deferred to later times.

Evaluate the daily lists in terms of the importance to meeting your goals. Schedule time for performing items on the list taking into consideration the urgency of the matter as well as how it will pay out in terms of value to your goals.

By conscientiously following this procedure, you will condition your subconscious mind to approach your daily activities in a time-oriented manner.

Know Your Energy Levels

Each person has levels of energy that vary over the day. Determine your periods of high energy. Some people work better in the morning; others later in the day. Some people work better right after eating; others are lethargic for an hour after lunch. Schedule difficult and complex tasks for high-energy times.

Keep a Time Journal

Do you know how you spend your time? Most people have only a vague concept of where the time goes. I have asked this question to countless people. Some had not given much thought to this but had an uncanny innate ability to utilize their time efficiently. On the other hand, some had set up time journals to record how they were spending their working hours.

You may question a busy person's ability to take time out to keep a time journal. Yes, it is tedious, and sometimes you can be so

involved in an activity that it is neither feasible nor appropriate to stop and enter items in a journal. Realistically, in such a situation, you have to do your best to track your progress in the program, but if you miss recording a segment in your journal, write it up as soon thereafter as possible.

Keeping a time journal is not something you need to do forever. It should be done for at least three or four days each week for about two to three weeks to get a good sampling of how you spend your time. Then you can study the sheets and analyze just where most of your time is going.

Once you learn in what areas your time is wasted, you can take steps to correct them. Some are easily corrected; others are more complex.

Plagues That Steal Your Time

You had planned a full day's work. You had it all nicely scheduled. Now the day is over and only a fraction of what you had planned to accomplish has been done. Where did the time go?

Most likely you tackled the projects on your master list with full intent of completing them, but no sooner had you started than you were hit by one or more of the plagues that steal away our time. There are dozens of these time robbers. Review your time journal and you will see what are the most common time robbers that plague you and what we can do to minimize their effects.

Interruptions from Subordinates

Probably the most frequent interruptions are from one's own subordinates who have problems that they believe require your immediate attention. Most likely there are some people who interrupt you more often than others. They bring you every little problem rather than try to work out solutions themselves. One way to identify who these people are is to keep a record of these interruptions. Note the name of the person, the type of problem or question, and

how long it took to deal with it. By reviewing this record periodically, you will see who is taking your time and what problems they are bringing to you.

Sometimes the problems that they bring you are important and your advice, opinion, or orders are needed for them to continue the work. But more often, they bring you matters that they should really deal with on their own.

Jack Welch, the brilliant CEO of General Electric, reported that subordinates brought him problems that he believed they should have solved on their own. He responded by asking them, "What do you think should be done?" By throwing the problem back to them, he forced them to think about it more. After a while his staff members stopped coming to him unless his personal decision was absolutely required. Follow Welch's practice. Tell your staff members that if they bring you a problem, they should also bring to you at least one suggestion as to how it could be handled. In this way they will have to think about it more thoroughly and will often resolve the matter without interrupting you. And if they do have to speak to you, the time they take will be much shorter.

The CEO of a Fortune 500 company told me that he became so annoyed by constant interruptions from his staff with problems and questions, he notified them that unless the situation was so urgent that delay would cause irreparable damage, they should hold their questions until five o'clock. Every day at that time he opened his door to deal with these matters. It didn't take long for his people to start trying to solve their own problems rather than wait until the end of the day.

The Telephone

You're sitting at your desk deeply engrossed in your work and the phone rings. It is a colleague with a business question. But does this colleague get right down to business? Not usually. He or she will chat about the weather, his weekend activities, her vacation

plans, before starting the business discussion. The time spent on most business calls could be shortened significantly if callers concentrated only on the business at hand. However, to eliminate all personal chitchat could have negative effects as well. A little social conversation smooths the relationships between people and helps develop a more pleasant work environment, resulting in more cooperation and teamwork.

Keep the social aspect of the conversation to a minimum. If the other person persists in lengthy unrelated discussions, politely say: "I'd love to hear more about that party, but I have a pile of papers here I have to get to right away," and then move into the business aspect of the conversation.

Keep calls brief. Plan the call before you pick up the telephone. List the key points you wish to cover and check them off as you reach them. One busy business executive usually starts the conversation with a comment that he has just five or ten minutes before leaving for a meeting and requests the other party to please keep the call brief. Where appropriate, send emails instead of phoning.

Visitors

If you work in a busy office, it is likely that other members of the staff will come in to talk with you. Most times these are business-related matters, but often they are just social visits. Such visits are nice, as they may break the monotony of the workday and sometimes help develop closer relations with other staff members, but they can be time-consuming.

Try to keep social visits to a minimum. If a colleague makes a practice of visiting you just to chat, diplomatically bring the visit to a close as rapidly as possible.

If an uninvited person calls on you, for example a sales rep, meet in the lobby instead of your office. Do not invite him or her into your office unless you are really interested in the product or

service. Meetings in the lobby can be concluded in a few minutes. Once inside, it may take a lot longer to get rid of the sales rep. Another suggestion is to stand when talking to visitors who come into your office. Invite them to be seated only if you want them to stay.

Another way to minimize interruptions is to set aside one hour each morning as "privacy time." Put a "Do Not Disturb" sign on your door. Set your voice mail to take all calls. Let your staff know that that hour is private and unless there's a real emergency, you are not to be disturbed. Make sure your boss knows and approves, so he or she won't break into your private time. You'll be amazed how much you can accomplish in that hour.

Reserve Some Time for Yourself

All of us have lives outside of our jobs. We need time for families, our nonwork activities, and ourselves. Don't let your job overwhelm you.

Jeff Weinstein of Santa Monica, California, created the Counter, a successful fast-food chain, in which customers can custom-build their hamburgers. As the chain grew, he was working 24/7, with no time for himself and his family. He tried to set up a schedule and to budget his time. He tried not bringing work home. He tried to accomplish it all, but nothing worked, until he finally figured it out. He realized that if he could custom-build burgers, he could also custom-build his time.

The trick, he says, is being fluid, to move seamlessly from one area of life to another. His schedule includes starting his day by doing something for himself. He goes to the gym before work. He arrives at work later, but in a better mood, treating coworkers better, making them more productive. He accomplishes more and has more time to enjoy with his family.

One way to build in more time for yourself is to delegate more of the work you usually do to others. Analyze your workload. You

will find that often you are doing work that subordinates are fully capable of doing. Even though you may truly enjoy that phase of the job, it is far more efficient to let others do it. Review Chapter 11 for suggestions on how to delegate effectively.

Don't Be Afraid to Say No

One of the most frequently heard complaints is that people feel overworked. "I am loaded down now—and the boss gives me another project. What can I do?" You don't have to accept every assignment. Quite often the boss may not be aware of all of the things you are working on. Speak up. Don't get upset or lose your temper. In a calm manner, explain just what you are working on and ask the boss to help you determine the priorities of each assignment. The boss may suggest you stop work on less important matters or may choose to give the new assignment to somebody else.

It is not only your boss who may ask you to do things you are too busy to do. You may be asked by a coworker for assistance. You may be asked to serve on a committee by a community organization in which you are a member. Before accepting or rejecting such requests, think carefully about the amount of time it would take. If you are truly too busy with higher priority matters, politely decline.

Be Patient

Managing time does not mean that things must be accomplished in a rush. Many real accomplishments are the result of long and patient efforts. Too many people lack patience. Everything cannot be accomplished immediately. "Can't wait" is characteristic of the century, and is written on everything; on commerce, on schools, on society, on churches.

SUM AND SUBSTANCE

- Make a master list in order of priority and stick to it.
- Schedule an hour of private time each day—time free of interruptions and distractions. Use this time to review your schedule and adjust it to fit current priorities.
- Plan your day so you use your most energetic hours for tough matters and those hours when you are not at peak levels for lesser matters.
- Delegate. By delegating items of lesser import to others, you free yourself to deal with higher-level matters.
- Learn to say no. Know your time limitations and how to say no tactfully when it will help you reach your goals.

Chapter Seventeen

Selling Your Ideas

Increase your sales by repeating this statement over and over again, "My sales are improving every day; I am advancing, progressing, and getting wealthier every day."

In your job and in other aspects of your life, you often have to persuade people to accept your ideas. To succeed you must think like a salesperson. By studying and applying the techniques successful salespeople use, you will improve your capability to accomplish this.

Of the many elements that enter into scientific selling, none is more essential than that of persuasion. Salespeople often find a would-be customer's mind absolutely opposed to theirs. The customers do not want the merchandise, or at least think they do not, and are determined not to buy it. They brace themselves against all possibility of persuasion, of being influenced to do what they have decided not to do.

A little later, however, they cheerfully buy the article, pay for it, and feel sure they really want it. Their entire attitude has been changed by the art of persuasion, of winning over, which was all

done by successive logical steps, each of which had to be taken in order or failure would have resulted.

You Can Learn to Be a Persuasive Person

Just as men and women are born with natural gifts for music and for art, so certain men and women have, in a high degree, the natural qualities that enable them to persuade others to their way of thinking.

While it is true that some people have more natural capacity at this than others, it is also true that most people can, by training, acquire the skills needed to succeed in persuasion. In addition, even if an untrained individual has natural talents in many areas, such as athletics, oratory, or commercial pursuits, people can be trained to become the equal of that individual.

Don't attribute a lost sale or a poor business decision to "hard luck." It is often caused by ignorance of the science of selling or management. Business is like a science, and almost any honest, dead-in-earnest, determined person can become an expert at it, if that person is willing to dedicate himself or herself.

Let's look at the one job where persuasiveness is a major element—selling. Even if you are not selling a product or a service, but are selling your ideas to other people, you must think of yourself as a salesperson.

To find out whether you have persuasive ability, you must analyze your talent. In this matter, however, it should be borne in mind that human nature, especially in youth, is plastic, and that we can be molded by others, or we can mold ourselves.

Even if you do not have a decided talent for selling, it can be acquired. By proper training in selling, which means the right kind of reading, observing, listening, and practicing, you can develop your ability and become a good salesperson.

Get the Other Person's Attention

In order to persuade another person to buy your product or service or to accept your ideas, you must first get their full attention; otherwise nothing you say will even be listened to. It is often a difficult matter—to get the attention of someone who at the least is not interested in what you have to say and at the most may be braced against you. But it is absolutely necessary, before you can persuade anybody to do what you want done, to secure that person's attention.

When dealing with a person you work with, you can get his or her attention by commenting about something you know will be of interest to him or her. It is not necessary to speak of trivial or extraneous matters to attract that person's attention. A direct question or comment on the situation involved is a good first step.

For example, if you wish to persuade a colleague to serve on a committee to evaluate a new piece of equipment, a comment about the frequent breakdown of current equipment would surely get attention.

Sometimes you must take dramatic steps to get the attention of people who are reluctant to accept what you are selling. In the early 1990s Continental Airlines ranked last in customer service among the ten largest airlines. Bureaucracy was stifling everything, from determining the color of pencils used on boarding passes to how a form should be folded. Obeying these rules, as specified in the rule book—there actually was one—was considered more important than making creative decisions. There was no time to waste. In order to get the idea across that the rule book was being done away with for all time, CEO Gordon Bethune took a group of employees into the parking lot. He threw the rule book into a fifty-gallon drum, doused it with gasoline, and set it afire. Word spread . . . like wildfire . . . and Continental was on its way to rebuilding employee morale and success.

Getting attention need not be this dramatic. Sometimes asking a key question will do the trick. By phrasing the question in a way that suggests you may have a solution to a problem, you are sure to get the attention of the other party. When Darlene D. wanted to sell her boss on instituting a flexible hours program in her department, she approached her boss with this question: "Dave, I know how concerned you are with the lower productivity we have been experiencing. One of the causes of this is our difficulty in recruiting good clerical workers. If there was a way to attract more skilled people, you would want to know about it, wouldn't you?" The only response Dave could give was "Yes." She now had his attention and was able to present her arguments for considering her suggestions.

Another way of gaining attention is to be creative. Natalie Carson, head of women's apparel for TravelSmith, a travel outfitting business, got her boss's attention by reporting, "Ask any woman what she believes is the single essential item in every woman's closet. She'll most likely say, 'A little black dress.'" Scott Sklar, co-CEO of TravelSmith, didn't think dresses belonged in his catalog. Ms. Carlson thought otherwise. Carlson spent long weekends in Paris—her husband worked there—and she knew she was right. So she went on the hunt for the perfect black knit wrinkle-free dress that would make *her* feel at home among the stylish women at dinner parties. Unable to find one, she designed and developed her own perfect little black travel dress, and demonstrated that it clearly solved the problem. Sklar listened, and was persuaded. Result: The little black wrinkle-free travel dress has been the number one product in the catalog ever since. This led to Natalie Carlson's promotion to vice president of merchandising.

Arouse Desire

Once you gain attention, the next step is to get the person to be thoroughly interested in your proposition. You must arouse the desire to embrace the idea you are proposing. Once this is accomplished,

acceptance is almost certain. To do this you must appeal to the emotions—to the heart rather than to the head.

You will never arouse a person's desire by talking about what you want. First, you must explore what the other person really wants. What is important to that person? What turns him or her on? To do this you must truly listen to what that person says in answer to your questions. Listen carefully. Be prepared to pick up subtleties that can lead you to that person's real interest. Then by adapting your comments to fit into that person's desires, you are on the way to winning your point.

I was talking recently with some friends about the rapid rise of a young salesman that surprised everybody who knew him. One of my friends said that the whole secret was his marvelous power to persuade people to change their minds, to make a prospect see things from his point of view. He said he had never before met another person who had such remarkable success in changing another's mind to his way of thinking. "And this," he added, "is the essence, the quintessence, if you will, of selling—the power to make another see things as we see them."

How did he do this? He sought and found what was in the heart of his prospect. What was the one thing that would really affect that prospect's thinking? By listening intently, observing facial expressions and body language, he targeted the key factor. "Most often," he told me, "it was an emotional rather than a practical factor."

The best and most successful teachers are not always the most learned, but those who get hold of the hearts of their pupils, those who possess kindness, personal interest, and sympathy, qualities which, apart from scholarship, make the best teachers. These same qualities give all of us the basic ingredients to be persuasive people.

While education and intelligence are indispensable, it is not so much smartness, as the warm human heart qualities that make a person popular and successful.

Be Sincere

Some people have sort of a hypnotic power that passes for persuasiveness, and enables them to get what they want at the outset, but it is not based on honesty, and in the long run seriously hurts the business. An example of this is the magnetic, spellbinding sales rep who will often bring in larger orders than some other sales reps, but in the end will lose customers and injure the reputation of the company. Better is the one who does not sell nearly as much to start with, but will make many more friends, and will hold customers, because he or she looks out for their interest and only tries to sell them what it is to their advantage to buy. By studying their needs, and winning their confidence and goodwill, this sales rep establishes a long-term profitable relationship. The ability to make others think as you do is a tremendous power, and carries great responsibility. If it is not kindly and honestly used, it will prove a boomerang and injure most the one who uses it. Such people will soon become known as "spellbinders" and will turn people off.

Today it is the clean, straight-from-the-shoulder cold-facts talk that most people want. Yet people of persuasive powers can present those facts in such a way that the prospect will be made to feel that the presenter is a friend and acting entirely in the prospect's interest. No one relishes the idea of being "managed," and no matter how much the other person loves flattery, your motives will be questioned if you attempt it.

Very tactful and honest praise, however, will help your cause considerably. Remember that the person with whom you are dealing will always be on guard against any sort of deceit and will be looking for evidence of insincerity. Nobody wants to be duped or lulled into surrender. Above all, remember that there is no substitute for sincerity in any field.

Consider the Other Person's Interests

There is nothing that will take the place in our lives of absolute transparency, simplicity, honesty, and kindness. The Golden Rule is the only rule of conduct that will bring true success in any business.

When you are in doubt as to how your acts will affect another, just ask yourself this question: "Would I like to have someone else do this to me?"

Nathan Straus, an early co-owner of Macy's department store and noted philanthropist, when asked what had contributed most to the success of his remarkable career, replied, "I always looked out for the person at the other end of the bargain." He said that if he got a bad bargain himself he could stand it, even if his losses were heavy, but he could never afford to have the person who dealt with him get a bad bargain. By always looking at the transaction from the point of view of the other parties involved, Straus placed the focus on what the other parties perceived was their best interest.

Measure the Other Person

An important step in becoming a persuasive person is to make a study of the power of penetration, of character-reading ability. Make it your business to study people and the motives that actuate them.

Expertise in reading human nature is just as valuable a tool in persuasion as expertise in litigation is to a lawyer, or as skill in diagnosis is to a physician. People who can read human nature, who can "size up" others quickly, who can arrive at an accurate estimate of character, no matter what their vocation or profession, have a great advantage over others.

The ability to look deeply into others' nature is a cultivatable quality, and we have a great opportunity to study this when we deal with multitudes of people. It is an education in itself to form the habit of measuring, weighing, estimating the different people

we meet, for in this way we are improving our own powers of observation, sharpening our perceptive faculties, improving our judgment.

Successful men and women attribute their career advancement to this understanding of others' mentality and motivation. It has enabled them to deal more effectively with their bosses, their subordinates, their coworkers, customers, vendors, and the public.

No two mentalities are exactly alike, and you must approach each one through the avenue of the least resistance. Learn the other person's personal interests. If a person is passionately fond of music or crazy about golf or is a connoisseur of art, this may give you a hint as to the right line of approach.

Top salespeople make a practice of carefully ferreting out the interests, hobbies, and special concerns of prospects, such as sports teams the prospect favors, the ages of their children, and similar details, and integrate their findings into their sales presentations. This works equally well when dealing with those people in the organization with whom you must develop good relationships in order to move up the career ladder.

Do not be hasty in your judgment or make up your mind too quickly in sizing up people. Hold your decision in abeyance until you have read off the character hieroglyphics written on the face and person, and in the manner, for all these are significant, and each means something. In other words, read all a person's earmarks or character labels, get in all the evidence you can instead of acting on your first quick impression, because a great deal depends on the accuracy of your judgment. Reread the discussion of body language in Chapter 14.

The face is a bulletin board; it is a program of the performance going on inside, and the important thing is to learn to read it quickly and accurately. The facial expressions, the attitude, the manner, the language, the look in the eye are letters of the character alphabet that spell out an individual's personality.

Everything that is natural, spontaneous, unpremeditated, is indicative of certain qualities a person possesses; and if that person is putting on, or is posing, you can pierce the mask of pretense and discount it.

Learn About Their Lives

It is easier to persuade people you know to go along with you than it is to persuade a stranger. One of the keys to persuasion is to point out how what it is you want someone to do will be of value to that person. With strangers—such as sales prospects—it is not always easy to learn what is important to them. But with people you work with or know well, you should already know their feelings, desires, and attitudes.

Keep in mind that people are different and what persuades one person may not have any influence on another. Get to know your employees, colleagues, the people outside of your department and company with whom you deal as individual human beings. Each one of the people with whom you work has a life outside the job that is usually more important to that person than the job itself. By talking to your coworkers about the things that really concern them outside the job, you let them know you are interested in them as people—not just workers.

Talking to them is only the beginning. It is not necessary to pry into their private lives, but by listening to them—empathizing with them, observing their reactions—you can learn a great deal about how they feel, what they really are like, and what motivates them.

Diplomacy and Tact Lead to Effective Persuasion

Tact is one of the greatest aids to success in life. Many prominent business executives report that tact heads the list in their success recipe, the other three things being personality, enthusiasm, and knowledge of business.

Tact enables you to pass sentinels, gates, and bars, gain an en-

trance to the very sanctum where the tactless person never enters. Tact gets a hearing where genius cannot; it is admitted when talent is denied; it is listened to when ability without tact cannot get a hearing.

Alex was a brilliant engineer. His expertise in computer science was unsurpassed. Although his presentations to management were technically impeccable, he antagonized his listeners with his arrogance. As one manager commented, "When he answers my questions, he makes me feel stupid for asking them." When he was criticized for his lack of tact, he responded, "Too bad, they are too dense to understand me."

After being passed over several times for promotion, Alex was persuaded to see an executive coach. It took weeks for Alex to overcome his tendency to push his ideas on others rather than to sell them. Through exercises and meditations, he was able to train his subconscious mind to accept that his superior knowledge alone was not enough to gain him the advancement in his career he craved. This resulted in his accepting other people's weak spots and looking for their strengths instead of scoffing at their limitations. Over time, Alex changed his approach in his interpersonal relationships, and made presentations with more tact and consideration of others' feelings, resulting in his achieving his career goals.

Overcoming Objections and Closing the Sale

When you present your ideas to others, there are likely to be some aspects of your concepts to which they may take exception. Look at this as a challenge, not a problem. Salespeople like objections. It helps them determine what the prospect really wants and enables them to face up to that and increase their chances of making the sale. Good salespeople anticipate what objections are likely to be presented and are prepared to counteract them. You should do the same.

If you wish to persuade others to accept a concept, study all of the negative aspects that may be brought up by others and be prepared to rebut them or, if they are valid, to show how the advantages of your concept outweigh the disadvantages. Prepare facts and figures to substantiate your position—but also think of the intangible aspects and appeal to others' emotions. Just as the close—the final acceptance—is the culmination of the sale for a sales rep, the acceptance of what you have sought to persuade others of is the result you aim for.

Once you have dealt with all the objections, you are ready to make the close. Before taking this final step, give yourself a brief pep talk: "I know this is a sound idea and will be of great value to the organization. I am prepared to do all I can to convince my boss to accept it." This will activate your subconscious mind to reinforce your confidence that you will succeed. Then push forward with your closing step.

One of the most effective approaches to sell an idea to another person is to ask that person to participate in evaluating the concept. Divide a paper into two columns. Head one "Negatives" and the other "Positives." Immediately list the major objections that have been brought up in the "negative" column and write the counteracting arguments in the "positive" column. Add to the "positive" column all of the additional benefits that have been discussed. If you have done your homework, you should have many more positives than negatives. Then state: "Let's look at some of the reasons that may cause you to hesitate to accept this idea and weigh them against the reasons in favor of going ahead. In your opinion, which weighs heavier?" The answer has to be on the positive side.

Once you have obtained agreement that your concept is viable, say, "Inasmuch as you agree that this is a good idea, I would like to discuss the next step in implementing it."

If the concept has to be sold to your boss's boss or to other ex-

ecutives before it can be adopted, suggest that you will be happy to assist in that presentation.

By carefully preparing and by following the approaches used by successful salespeople, you can present and sell your ideas to others and get the great satisfaction from seeing your concepts accepted and carried out.

SUM AND SUBSTANCE

- In your job and in other aspects of your life, you often have to persuade people to accept your ideas. To succeed you must think like a salesperson.

- In order to persuade another person to buy your product or service or to accept your ideas, you must first get that person's full attention; otherwise nothing you say will even be listened to.

- You must arouse the desire to possess the thing you have for sale, or to embrace the idea you are proposing. Once this is accomplished, acceptance is almost certain. To do this you must appeal to the emotions—to the heart rather than to the head.

- No matter how intelligent or competent you may be, your advancement in your career depends on developing good relationships with other people—your bosses, your coworkers, your subordinates, your customers, and others with whom you must interact.

- Keep in mind that people are different and what persuades one may not have any influence on another. Get to know your employees, colleagues, the people outside of your department and company with whom you deal as individual human beings.

- If you wish to persuade others to accept a concept, study all of the negative aspects that may be brought up by others and be prepared to rebut them or, if they are valid, to show how the advantages of your concept outweigh the disadvantages.

- Before taking your final step, give yourself a pep talk. This will activate your subconscious mind to reinforce your confidence that you will succeed.

Chapter Eighteen

Advancing Your Career

The only way to climb is to keep your eye fixed on your star. Visualize the thing you want to be; keep it in your mind constantly and work for it with all your might. The important thing is always to have a driving motive back of your work, an inspiring goal ahead, something big, something grand to look forward to, something that will stimulate your ambition, which will satisfy your aspiration.

Do you want to be greater than you are? Do you want to be grander or nobler? Then you must be willing to give up fear, grudges, peeves, and self-condemnation. You must give to get. You must give up negative thinking in order to practice constructive thinking. You must love the person you want to be. You must give up the person you now are. You must be willing to let go of the old so that you might experience the new.

You can fall in love with music, you can fall in love with art, and you can fall in love with the law. You can sit down and contemplate health, happiness, peace of mind, abundance, security, right action, harmony, inspiration, and guidance. You can contemplate a career which will not only give you financial reward, but also provide the joy and satisfaction of doing something you love and something that is worthwhile. You can dwell on these things, give them your attention, devotion, loyalty. You, too, can become entranced, fascinated, absorbed, and engrossed; and the law of

your subconscious will respond. As you think in your heart or subconscious, so are you. So will you act, and so will you become.

It is not as you think in your head, but in your heart, because these ideas have to be emotionalized and felt as true. Any thought, any idea, that you dwell upon induces and evokes a certain emotional response. When you continue to do that, it sinks into and impregnates your subconscious and becomes compulsive; therefore, you are compelled to be, to do, and to express that which you meditated on.

If your ambition is not thoroughly alive, if it is spasmodic, if it tends to sag, especially under discouragement, you should build it up, strengthen it in every possible way. For instance, if you are in a business firm, make up your mind to be a big business executive; prepare yourself for a partnership in your employer's firm. This is a perfectly legitimate ambition that has been realized by many people who began at the bottom of the ladder. Then the very thought of sometime seeing your name over the door of the establishment in which you are now a clerk will give you a tremendous object to work for; and whether your name ever appears over that particular door or not does not matter so much, for you will get the training, the preparation for something else just as good or better. Whatever happens, the ambition and the preparation for partnership will be the best possible developers for you.

Larry W. is a man who has won a great name and place for himself in the business world, who has made it a practice from boyhood to set a pace for his ambition by daily heart-to-heart talks with himself, by constantly "jacking" himself up, as he calls it, to his highest level.

Larry is convinced that much of his accomplishment is due to his early formed habit of relentlessly keeping after himself, urging himself continually to do the biggest thing possible for him. He says that if he did not keep right after his ambition, if he did not constantly prod it and set a pace for himself, in a very few months

his standards would drop, his energy lag, his ideals sag, and his whole life deteriorate.

Three Steps to Success

The vital first step to success is to find out the thing you love to do, and then do it. Unless you love your work, you cannot possibly consider yourself successful at it, even if all the rest of the world hails you as a great success. Loving your work, you have a deep desire to carry it out. If you are drawn to become a psychiatrist, it is not enough to get a diploma and hang it on the wall. You will want to keep up with the field, attend conventions, and continue studying the mind and its workings. You will visit other clinics and pore over the latest scientific journals. In other words, you will work to keep yourself informed of the most advanced methods of alleviating human suffering, because you put the interests of your patients first.

But what if, as you read these words, you find yourself thinking, "I can't take the first step, because I don't know what it is I want to do. How on earth do I find a field of effort that I will love?" If that is your situation, pray for guidance in this way:

"The Infinite Intelligence of my subconscious mind reveals to me my true place in life."

Repeat this phrase quietly, positively, and lovingly to your deeper mind. As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a tendency in a certain direction. It will come to you clearly and in peace, and as an inner silent awareness.

The second step to success is to specialize in some particular branch of work and strive to excel in it. Suppose you choose chemistry as a profession. You should concentrate on one of the many branches in this field and give all your time and attention to your chosen specialty. Your enthusiasm should make you want to know all there is available about this field. You should become ardently

interested in this work and should desire to use it to serve the world.

The third step is the most important one. You must be sure that the thing you want to do does not contribute only to your own success. Your desire must not be selfish. It must benefit humanity. The path of a complete circuit must be formed. In other words, your idea must go forth with the purpose of blessing or serving the world. It will then come back to you magnified and full of blessings. If you work only for your own benefit, you do not complete this essential circuit. You may appear to be successful, but the short-circuit you have generated in your life may lead over time to limitation or sickness.

In considering the three steps to success, you must never forget the underlying power of the creative forces of your subconscious mind. This is the energy behind all the steps in any plan of success. Your thought is creative. Thought fused with feeling becomes a subjective faith or belief.

Using the Subconscious Mind to Get Ahead

Johann Wolfgang von Goethe, the great German poet, used his imagination wisely when confronted with difficulties and predicaments. According to Goethe's biographers, he was accustomed to filling many hours quietly holding imaginary conversations. He would imagine one of his friends sitting across from him. He imagined his friend giving him the right or appropriate answers to his questions accompanied with his usual gestures and tonal qualities of the voice. He made the entire imaginary scene as real and as vivid as possible.

When Geri P., a young financial advisor, read about this, she determined to adopt the technique of Goethe. She began to have imaginary conversations with a multimillionaire investor whom she knew and who had once congratulated her on her wise and sound judgment in recommending investments. She dramatized

this imaginary conversation until she had psychologically fixed it as a form of belief in her subconscious mind.

Geri's inner talking and controlled imagination certainly agreed with her aim, which was to make sound investments for her clients, to make money for them, and to see them prosper financially from her wise counsel. She is still using her subconscious mind in her business, and she is a brilliant success in her field.

Make Good Decisions

Probably the most significant characteristic of successful people is their ability to make decisions—promptly and accurately—and their capacity to implement those decisions and follow through to assure that the decisions result in satisfactory resolutions to the problems involved.

In my many years listening to men and women who beg me to help them overcome failure, I've found that one common trait they all share is their wishy-washy approach to decision making. When faced with solving a problem, they procrastinate and are overly cautious. And once the decision is made, they do not follow through.

One of the greatest gifts God has bestowed on humans is the power of free choice—the power to analyze problems, make decisions regarding their solution, and put them into effect.

Tommy F. was faced with a major career decision. He had to decide whether or not to seek a new job. Although he loved his present job, he was not making enough money and as the business was not doing well, there was little chance he could get a raise in pay. A competitor offered him a job that would pay a bit more than he was making and appeared to have good opportunity for advancement. The competitor wanted an immediate answer, but Tommy prevailed upon him to wait for a decision until the following Friday. It was a good offer and he needed the additional money. However, he was concerned that going to the competitor wasn't

fair to his current employer, who had trained him and helped him acquire the skills he had in his work. He prayed over it and then dismissed it from his mind, knowing that his subconscious mind would make the right decision.

Sure enough, on Wednesday, his boss called him in and told him that they had just closed a lucrative contract and he was putting him in charge of it with a managerial title and a good pay raise.

Tommy was convinced that it was God's will that he stay with his company and that his subconscious mind kept him from accepting the other offer immediately so he could receive the promotion.

Be Fair to Yourself

Lisa F. believed she was ready for promotion and advancement, yet she resented her supervisor. She felt that this woman was blocking her movement up. She discussed this with an older and wiser friend, who explained that she was unjust to herself, placing this woman on a pedestal, making her greater than the Infinite within her. This attitude makes no sense. By assuming that the supervisor was greater than the Infinite, she was denying the power of the Infinite, which is omnipotent and all-powerful.

Lisa made things equal by affirming, "Promotion is mine; advancement is mine; achievement is mine through the power of the Infinite." In time in her subconscious mind she rejected the notion that her supervisor was to blame for her failure to be promoted. Instead she marshaled her strength to improve her own work and attitude, which eventually led to the promotion she desired.

What you feel, you attract, and what you imagine, you become.

You can imagine yourself as a bum; you can imagine yourself jumping trains as a hobo. Keep it up and you'll become a hobo. But you can also imagine that you are a tremendous success, that you're a great actor; you can imagine yourself before an audience,

making them laugh and cry, realizing the power within you to bring the beauty of Shakespeare to enrich the lives of your listeners.

Some people say that they can't get ahead, can't get promoted because they are working in a place where there is no opportunity for advancement or where wages are set by rigid standards. All this is not necessarily true. You can use the laws of mind to advance and to move forward. The secret is to love what you are doing now; to do the best you can where you are. Be cordial, kind, affable, and full of goodwill. Think big and think of riches, and your present work will simply be a stepping-stone to your triumph. Be conscious of your true worth, and claim riches in your mind, for yourself and for every single person you meet during the day, whether it be your boss, an associate, the foreman, a customer, or a friend—all those around you. You will feel your radiation of riches and advancement, and it will very soon open up a new door of opportunity for you.

People are constantly asking, "How can I get ahead in life, improve my circumstances, get a raise in salary, buy a new car and a new home, and have all the money I need in order to do what I have to do when I want to do it?"

The answer to all of these questions comes through learning to use the laws of your own mind: the law of cause and effect, the law of increase, and the law of attraction; these laws of your mind work with the same precision and exactitude as do the laws of physics, chemistry, and mathematics—and as definitely as the law of gravity.

Become Visible

You can't depend on your immediate boss alone to assure your advancement. Josh K. was a good worker. Ken, his boss, often complimented him on his work and often commented that he would recommend Josh to be promoted into his job when he

retired. Unfortunately, Ken died suddenly—and the company brought in an outsider to head the department. Josh was not even considered. Why? Nobody at the higher levels in the organization even knew Josh. He was invisible. In many organizations there are many highly competent people who, like Josh, will never make much progress because nobody knows who they are. In order to move up in your career, you must be visible not only to your boss, but to other managers as well.

Five Ways to Become Visible

It's not necessary to hire a public relations consultant to let other people know how competent, bright, creative, and capable you are. Here are five simple steps you can take to make sure other people in your organization know you:

1. *Speak up.* Participate in meetings you attend. Don't just sit there. Don't be afraid to express your ideas and make suggestions. Caution: Prepare for the meeting by reviewing the agenda and be sure of your facts and the ramifications of any suggestions you make.

2. *Help others by providing them with information in their areas.* Valerie P. made a practice of clipping articles from trade journals and sending them to coworkers or managers who she knew would be interested in them. She developed a reputation of being a person who was alert to other people's interests, and this was a significant factor in her advancement in the company.

3. *Volunteer.* Take on assignments that may be avoided by others. Bill M. volunteered to chair the company's annual fund-raising drive for the United Way. In this assignment he visited every department in the organization and became

known to most of the department managers. A few months later, a manager who was expanding his operation offered Bill a challenging and remunerative position on his new team.

4. *Become active in professional organizations.* Darlene A. worked in the marketing department of a top-level consumer products firm. There were several other young marketing specialists in her department—all competing for advancement. Her competitors were all bright and creative and, like Darlene, graduates of the best schools. Darlene had to do something to stand out.

   As a member of the local chapter of the American Marketing Association, she agreed to serve on the Program Committee. Her first assignment was to find a speaker for the April meeting. Her choice—the vice president of marketing of her company. Although Darlene had never spoken to this executive and was certain he did not even know who she was, she invited him. He not only agreed, but also told her it was quite an honor to be invited. On two occasions prior to the meeting he met with Darlene to discuss the talk. At the meeting, Darlene sat next to him on the dais and introduced him. From that time on Darlene was visible to the vice president and began to move rapidly ahead of her competitors.

5. *Write an article.* Most trade publications welcome articles from people in the field discussing various aspects of their work. Having a published article gives the writer visibility—not only in his or her own organization, but also to other firms in the field. As advancement in your career often requires a job change, this not only adds to your credentials, but also brings you to the attention of managers in other

companies and executive recruiters. Caution: Before submitting an article on any aspect of your current job, always get permission from the appropriate authority in your company to avoid violations of proprietary information or legal complications.

Change Course

There are times when you are stymied in your job and in order to get ahead it is necessary to find a new position either in your current firm or outside. You may have to take a few steps backward so that you can move forward.

Some business leaders don't have to be forced to change course. Intuitively they know the value of doing so periodically. Ellen Kullman, a top DuPont executive, left a large, powerful job in one division of DuPont to create a new safety products division for the company. This seemed like a big step down, since she had left a top position to head a start-up with no assets and only thirty employees. Half of her colleagues at DuPont thought she had done something wrong to be demoted, and the other half thought she was "just nuts." But in spite of the doubts and negativity around her, she knew she had been right when that start-up evolved into a $5.5 billion business. Kullman's advice to others who face resistance when they make difficult decisions rather than stagnate: "Continue to reinvent."

Earlier in her career, Liz Smith, who later became president of Avon Products, was running Kraft Foods' giant Jell-O brand when she chose to transfer instead to a small U.S. import business related to a new European acquisition. She says everybody thought she was crazy, but she knew she wanted experience in sales and global distribution, and by doing the unexpected and not being swayed by criticism, she got what she needed.

Success means to increase our capacities and abilities along all

lines and in every direction so that we release our inner powers. The promotion, the money, and the contacts we make are the images or likenesses, as well as the physical forms, of the states of mind that produce them.

Life is addition. Add to your wealth, power, wisdom, knowledge, and faith by studying the law of your conscious and subconscious mind. Affirm, "My good is flowing to me now, ceaselessly, tirelessly, joyously, and copiously," and God's riches will flow into your receptive, open mind.

SUM AND SUBSTANCE

- The vital first step to success is to find out the thing you love to do, and then do it. Unless you love your work, you cannot possibly consider yourself successful at it, even if all the rest of the world hails you as a great success.

- Those who fear to make decisions or are afraid to make choices are actually refusing to recognize their own divinity.

- Never stop learning. Keeping up with the latest developments in your field is one way to assure long-term success in your career.

- Begin now to repeat the word "success" to yourself with faith and conviction. Your subconscious mind will accept it as true of you, and you will be under a subconscious compulsion to succeed.

- Do the best you can where you are. Be cordial, kind, affable, and full of goodwill. Be conscious of your true worth, and claim riches in your mind for yourself and for every single person you meet during the day, whether it be your boss, an associate, a customer, or a friend—all those around you. You will feel your radiation of riches and advancement, and

it will very soon open up a new door of opportunity for you.

- Become visible. Make sure that the decision makers in your organization know your capabilities and availability. Review the five steps to becoming visible listed above.

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About the Author

Joseph Murphy, born on May 20, 1898, in a small town in the County of Cork, Ireland, was enrolled in the National School, where he excelled. Encouraged to study for the priesthood, he was accepted as a Jesuit seminarian.

However, by the time he reached his late teen years, he began to question the Catholic orthodoxy of the Jesuits and he withdrew from the seminary. As his goal was to explore new ideas and gain new experiences, a goal he could not pursue in Catholic-dominated Ireland, he left his family to go to America.

He arrived at the Ellis Island Immigration Center with only five dollars in his pocket. His first project was to find a place to live. He was fortunate to locate a rooming house where he shared a room with a pharmacist who worked in a local drugstore.

His knowledge of English was minimal as Gaelic was spoken both in his home and at school, so like most Irish immigrants, Murphy worked as a day laborer, earning enough to keep fed and housed.

He and his roommate became good friends, and when a job opened up at the drugstore where his friend worked, he was hired to be an assistant to the pharmacist. He immediately enrolled in a school to study pharmacy, and qualified as a full-fledged pharmacist. He eventually purchased the drugstore and for the next few years ran a successful business.

When the United States entered World War II, Murphy enlisted in the U.S. Army and was assigned to work as a pharmacist in a medical unit. While in the Army, he renewed his interest in religion and began to read extensively about various religious beliefs. After his discharge, he chose not to return to his career in pharmacy. He traveled extensively and took courses at several universities both in the United States and abroad.

From his studies, he became enraptured by the various Asian religions and went to India to learn about them in depth. He extended his studies to the great philosophers from ancient times until the present.

The one person who most influenced Murphy was Dr. Thomas Troward, who was a judge as well as a philosopher, doctor, and professor. Judge Troward became Joseph's mentor. From him he not only learned philosophy, theology, and law but also was introduced to mysticism and particularly to the Masonic order. Murphy became an active member of this order and over the years rose in the Masonic ranks to the 32nd degree in the Scottish Rite.

Upon his return to the United States, he chose to become a minister. As his concept of Christianity was not traditional and indeed ran counter to most of the Christian denominations, he founded his own church in Los Angeles. He attracted a small number of congregants, but it did not take long for his message of optimism and hope to attract many men and women to his church.

Dr. Murphy was a proponent of the New Thought movement, which advocated combining a metaphysical, spiritual, and prag-

matic approach to the way we think and live, to uncover the secret of attaining what we truly desire. We can do all these things only as we have found the law and worked out the understanding of the law, which God seemed to have written in riddles in the past.

Over the years other churches joined with Dr. Murphy in developing an organization called the Divine Science Federation, which acts as an umbrella for all Divine Science Churches.

Murphy's local Church of Divine Science grew so large that he had to rent the Wilshire Ebell Theater, a former movie house. His services were so well attended that even this venue could not always accommodate all who wished to attend. To reach the vast numbers of people who wanted to hear his message, Dr. Murphy created a weekly radio talk show, which eventually reached an audience of more than a million listeners.

He taped his lectures and radio programs, and the initial success that he saw in marketing the cassettes started a new venture to increase his outreach. The tapes featured lectures explaining biblical texts and provided meditations and prayers for his listeners. He also started to publish pamphlets and small books of his inspirational material.

As a result of his books, tapes, and radio broadcasts, Dr. Murphy's reputation grew exponentially and he was invited to lecture throughout the United States, Europe, and Asia. In addition to religious matters, he spoke on the historical values of life, on the art of wholesome living, and on the teachings of great philosophers—from both the Western and Asian cultures. In all his lectures, he emphasized the importance of understanding the power of the subconscious mind and the life-principles based on belief in the one God, the "I AM."

He wrote more than thirty books. His most famous book, *The Power of the Unconscious Mind*, first published in 1963, became

an immediate bestseller. Millions of copies have been sold and continue to be sold all over the world in a wide variety of languages.

Dr. Murphy died in December 1981. His wife, Dr. Jean Murphy, continued his ministry until her death.

About the Editor

This book was compiled and edited by **Dr. Arthur R. Pell**, author of more than fifty books and hundreds of articles on management, human relations, and self-improvement. In addition to his own writings, Dr. Pell has edited and updated many of the classics on human potential, including Dale Carnegie's *How to Win Friends and Influence People*, Napoleon Hill's *Think and Grow Rich*, Joseph Murphy's *The Power of Your Subconscious Mind*, James Allen's *As a Man Thinketh*, Yoritomo-Tashi's *Common Sense*, and works by Orison Swett Marden, Julia Seton, and Wallace D. Wattles.

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ISBN 978-0-7352-0436-2
51495
9 780735 204362

$14.95 U.S.
$16.50 CAN

SELF-HELP
www.penguin.com

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ISBN:	Hardcover	978-1-4500-0138-0
	Softcover	978-1-4500-0137-3
	eBook	978-1-4653-2897-7

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Edited by: Dr. Herminia Boyer Cover Design and Photography by: International Designer, W. Patrick Brooks Authorized by: The Jean L. Murphy Revocable Trust

3156 Toopal Drive

Oceanside, California 92058-7490

This book was printed in the United States of America.

To order additional copies of this book, contact:
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CHAPTER 1

EXPRESSIONS

Predicting My Future

"THOU MADEST HIM to have dominion over the works of thy hands."

I know that my faith in God determines my future. My faith in God means my faith in all things good." I unite myself now with true ideas, and I know the future will be in the image and likeness of my habitual thinking. "As a man thinks in his heart so is he." From this moment forward my thoughts are on:

> "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, and of good report;" day and night I meditate on these things, and I know these seeds (thoughts) which I habitually dwell upon will become a rich harvest for me. I am the captain of my own soul; I am the master of my fate; for my thought and feeling are my destiny.

My Destiny

I know that I mould, fashion, and create my own destiny. My faith in God is my destiny; this means an abiding faith in all things good. I live in the joyous expectancy of the best; only the best comes to me. I know the harvest I will reap in the future, because all of my thoughts are Gods thoughts, and God is with my thoughts of good. My thoughts are the seeds of goodness, true, and beauty. I now place my thoughts of love, peace, joy, success, and goodwill in the garden of my mind. This is Gods garden, and it will yield an abundant harvest. The glory and beauty of God will be expressed in my life. From this moment forward, I express life, love, and truth. I am radiantly happy and prosperous in all ways. Thank you Father.

Constructive Imagination

"Those things, which ye have both learned, and received, and heard, and seen in me do and the God of peace shall be with you."

My mind is God's Mind, and my thoughts are God's thoughts. This is how I use my imagination daily. I constantly meditate on whatsoever things are true, honest, just, lovely, and of good report; my imagination is the workshop of God at all times. I imagine only peace, harmony, health, wealth, perfect expression, and love. I reject everything unlike God or perfection.

Today I claim my true place in the Kingdom of God. I make it a daily practice to seek first the Kingdom of God within me; then I know that all good things shall be added to me. All of my faith is in God and the good. God's Love is

supreme in me, and casts out all fear. I am at peace. I thank you, Father.

The Balanced Mind

"Though wilt keep him the perfect peace whose mind is stayed on thee, because he trusted in thee." I know that the inner desires of my heart come from God within me. God wants me to be happy. The will of God for me is life, love, truth, and beauty. I mentally accept my good now, and I become a perfect, free, flowing channel for the Divine.

I come into His Presence singing; I enter into His courts with praise; I am joyful and happy; I am still and poised.

The Still Small Voice whispers in my ear revealing to me my perfect answer. I am an expression of God. I am always in my true place doing the things I love to do. I refuse to accept the opinions of man as truth. I now turn within, and I sense and feel the rhythm of the Divine. I hear the melody of God whispering its message of love to me.

My mind is Gods mind, and I am always reflecting Divine wisdom and Divine intelligence. My grain symbolized the Christ capacity to think wisely and spiritually. God's ideas unfold within my mind with perfect sequence. I am always posed, balanced, serene, and calm; for I know that God will always reveal to me the perfect solution to all of my needs.

The Creative Word

"Be ye doers of the word, and not hearers only, deceiving your own selves." My creative word is my silent conviction that my prayer is answered. When I speak the word for healing, success, or prosperity, my word is spoken in the consciousness of Life and Power, knowing that it is done. My word has power, because it is one with Omnipotence. The words I speak are always constructive and creative. When I pray, my words are full of life, love, and feeling; this makes my affirmations, thoughts, and words creative. I know the greater my faith behind the word spoken, the more power it has. The words I use form a definite mold, which determine what form my thought is to take. Divine Intelligence operates through me now, and reveals to me what I need to know. I have the answer now. I am at peace. God is Peace.

The Answered Prayer

"Before they call, I will answer; and while they are yet speaking, I will hear."

When I pray, I call on the Father, the Son, and the Holy Ghost; the Father is my own consciousness; the Son is my desire; the Holy Ghost is the feeling of

being what I want to be.

I now take my attention away from the problem, whatever it may be.

My mind and heart are open to the influx from on High.

I know the Kingdom of God is within me. I sense, feel, understand, and know that my own life, my awareness of being, my own I Am ness, is the Living Spirit Almighty. I now turn in recognition to this One Who Forever Is; the Light of God illumines my pathway; I am Divinely inspired and governed in all ways.

Now I begin to pray scientifically in order to bring my desire into manifestation by claiming and feeling myself to be and to have what I long to be and to have. I walk in the inner silent knowing of the soul, because I know my prayer is already answered, as I feel the reality of it in my heart. Thank you, Father; it is done!

Divine Answer

I know that the answer to my problem lies in the God-Self within me. Now get quiet, still, and relaxed. I am at peace. I know God speaks in peace and not in confusion. I am now in tune with the Infinite; I know and believe implicitly that Infinite Intelligence is revealing to me the perfect answer. I think about the solution to my problems. I now live in the mood I would have were my problem solved. I truly live in this abiding faith and trust, which is the mood of the solution; this is the spirit of God moving within me. This Spirit is Omnipotent; it is manifesting itself; my whole being rejoices in the solutions; I am glad. I live in this feeling, and give thanks.

I know that God has the answer. With God all things are possible.

God is the Living Spirit Almighty within me; He is the source of all wisdom and illumination.

The indicator of the Presence of God within me is a sense of peace and poise. I now cease all sense of strain and struggle; I trust the God-Power implicitly. I know that all the Wisdom and Power I need to live a glorious and successful life are within me. I relax my entire body; I cast all burdens on the Christ; I go free. I claim and feel the Peace of God flooding my mind, heart, and whole being. I know the quiet mind gets its problems solved. I now turn the request over to the God-Presence knowing it has an answer. I am at peace.

Divine Guidance

I now dwell on the Omnipresence and Omni action of God. I know that this Infinite Wisdom guides the planets on their source. I know this same Divine

Intelligence governs and directs all of my affairs. I claim and believe Divine understanding is mine at all times. I know that all of my activities are controlled by this indwelling Presence. All of my motives are God-like and true. I am expressing God's wisdom, truth, and beauty at all times. The All-Knowing One within me knows what to do, and how to do it. My business or profession is completely controlled, governed, and directed by the love of God. Divine guidance is mine. I know God's answer, for my mind is at peace. I rest in the Everlasting Arms.

Right Action

I radiate goodwill to all mankind in thought, word, and deed. I know the peace and goodwill that I radiate to my fellowman come back to me a thousand fold. Whatever I need to know comes to me from the God-Self within me. Infinite Intelligence is operating through me revealing to me what I need to know. God in me knows only the answer. The perfect answer is made known to me now. Infinite Intelligence and Divine Wisdom make all decisions through me, and there is only right action and right expression taking place in my life. Every night I wrap myself in the Mantle of God's Love, and fall asleep knowing Divine Guidance is mine. When the dawn comes, I am filled with peace. I go forth into the new day full of faith, confidence, and trust. Thank you, Father.

The Resurrection of my Desire

My desire for health, harmony, peace, abundance, and security is the voice of God speaking to me. I definitely choose to be happy and successful. I am guided in all ways. I open my mind and heart to the influx of the Holy Spirit; I am at peace. I draw successful and happy people into my experience. I recognize only the Presence and Power of God within me.

The Light of God shines through me and from me into everything about me. The emanation of God's Love flows from me; it is a healing radiance unto everyone who comes into my Presence.

I now assume the feeling of being what I want to be. I know that the way to resurrect my desire is to remain faithful to my ideal, knowing that an Almighty Power is working in my behalf. I live in this mood of faith and confidence; I give thanks that it is done; for it is established in God, and all is well.

Achieving My Goal

"In all thy ways acknowledge Him, and He will make plain thy path.

My knowledge of God and the way He works is growing by leaps and bounds. I control and direct all of my emotions along peaceful, constructive channels.

Divine Love fills all of my thoughts, words, and actions. My mind is at peace; I am at peace with my fellowman. I am always relaxed and at ease. I know that I am here to express God fully in all ways. I believe implicitly in the guidance of the Holy Spirit within. This Infinite Intelligence within me now reveals to me the perfect plan of expression; I move toward it confidently and joyously. The goal and the objective that I have in my mind are good and very good. I have definitely planted in my mind the way of fulfillment. The Almighty Power now moves in my behalf; He is a Light on my path.

Business Problems

I know and believe my business is God's business; God is my partner in all of my affairs; to me this means His light, love, truth, and inspiration fill my mind and heart in all ways. I solve all of my problems by placing my complete trust in the Divine Power within me. I know that this Presence sustains everything. I now rest in security and peace. This day perfect understanding surrounds me; there is a Divine solution to all of my problems. I definitely understand everyone; I am understood. I know that all of my business relationships are in accord with the Divine Law of Harmony. Christ indwells all of my customers and clients. I work harmoniously with others to the end that happiness, prosperity, and peace reign supreme.

Principle in Business

My business is God's business. I am always about my Father's business, which is to radiate Life, Love, and Truth to all mankind. I am expressing myself fully now; I am giving of my talents in a wonderful way. Am Divinely compensated.

God is prospering my business, profession, or activity in a wonderful way. I claim that all of those in my organization are spiritual links in its growth, welfare, and prosperity; I know this, believe it, and rejoice that it is so. All of those connected with me are Divinely prospered and illumined by the light.

The Light that lightest every man that cometh into the world leads and guides me in all ways. Divine Wisdom controls all of my decisions. Infinite Intelligence reveals better ways in which I can serve humanity. I rest in the Lord forever.

How to Solve your Problems

"What things so ever you desire, when you pray, believe that ye receive them, and ye shall have them." I know that a problem has its solution within it in the form of a desire. The realization of my desire is good and very good. I know and believe that the creative Power within me has the absolute Power to bring forth

that which I deeply desire. The Principle, which gave me the desire, is the Principle, which gives it birth. There is absolutely no argument in my mind about this.

I now ride the white horse, which is the spirit of God moving upon the waters of my mind. I take my attention away from the problem, and dwell upon the reality of the fulfilled desire. I am using the Law now. I assume the feeling that my prayer is answered. I make it real by feeling the reality of it. In Him I live, move, and have my being; I live in this feeling, and give thanks.

CHAPTER 2

HOW INFINITE POWER CAN GIVE YOU AN EXCITING, RICH, NEW LIFE

This book is designed to teach you about the Infinite Power within you, which can lift you up from the midst of sickness, melancholia, failure, and frustration, and set you on the road to health, happiness, abundance, and security. I have seen miraculous transformations take place in men and women of all walks of life all over the world when they began contacting and releasing this Infinite Power within themselves.

Several months ago I spent two hours in a hospital talking with an alcoholic in the depths of despair. He began to use this Power and, as a result, is now strong, vital, and happy, and is operating a prosperous business. Like Paul in the Bible, he was changed in the "twinkling of an eye," and the Infinite Healing Power began to flow through him. His problems melted, peace came into his troubled mind, and he is back again with his wife and children.

This Infinite Power is positively, definitely, and absolutely waiting within you to be released. This Power is able to transform your life so completely, so radically, and so marvelously that after a few short weeks or months, it is possible that your close friends may not recognize you.

This mysterious Infinite Power can cause miracles for you, too. As you peruse this and the following chapters, you will realize that you can direct the flow of this Power so that you can receive new ideas worth a fortune. All that is necessary is to have an open mind and a desire to lead a full, happy, exciting, and abundant life.

How This Infinite Power Can Work Wonders in Your Life

Why is it that some people are happy, successful, and prosperous, while others are poor and miserable? Why is it that some people are full of faith and confidence and live in the joyous expectancy of the best, acquiring riches and constantly rising on the ladder of success, while others are fearful, worried, depressed, and have become tragic failures in life? Why does one brother live in a beautiful mansion, while the other spends his life in a shabby tenement house unable to make ends meet?

The reason for the difference is that those who are leading exciting, adventurous, creative, and successful lives have been making use of the Infinite Power that makes the difference. For it is the use of this Mystic Power that brings to you all the vitality, prosperity, joy, and riches you need.

What this Wonder-working Power has done for others

This books shows you how men and women of all walks of life have found Miraculous Healing for so-called incurable conditions, solutions to acute business problems, harmony in family relationships, methods by which to avert tragedies, and the use of clairaudient to save a man's life. These people have discovered how precognition made a fortune for a man, how tranquility and serenity replaced a mind in turmoil, how to attract the ideal Life Partner, how a mental movie attracted a million dollars, and how to turn failure into success.

How a Mental Picture Produced a Million Dollars

I had a conversation at the Palm Springs Spa Hotel with a man from San Pedro who told me that at forty, his life was one of disappointment, failure, depression and disillusionment. He had attended a lecture on "The Miracle of the Mind," given in San Pedro by the late Dr. Harry Gaze, world traveler and lecturer.

He said that after hearing that lecture he began to believe in himself and his inner powers. Always he had wanted to own and operate a movie theatre, but he had consistently failed at everything and had no money. He began with this affirmation: "I know I can succeed, and I will own and operate a theatre."

He told me that today he is worth $5 million and owns two theatres.

He achieved success over supposedly insurmountable odds. His subconscious mind knew that he was sincere and that he meant to succeed.

It knows your inner motivation and your real conviction. The Bible says:

> Thou shalt decree a thing, and it shall be established unto thee . . . . (Job 22:28).

This man's magic formula for success was the mental picture he carried and to which he remained faithful, and his subconscious mind revealed to him everything necessary for the unfoldment of his dream.

Forgiveness is Necessary for Healing

And when ye stand praying, forgive, if ye ought against any . . . Mark 11:25.

Forgiveness of others is essential to mental peace and radiant health.

You must forgive everyone who has ever hurt you if you want perfect health and happiness. Forgive yourself by letting your thoughts in harmony with divine law and order. You cannot really forgive yourself completely until you have forgiven others first. To refuse to forgive you is nothing more or less than spiritual pride or ignorance.

In the psychosomatic field of medicine today, it is being constantly stressed that resentment, condemnation of others, remorse, and hostility are behind a host of maladies ranging from arthritis to cardiac disease. They point out that these sick people, who were hurt, mistreated, deceived, or injured, were full of resentment and hatred for those who hurt them. This caused inflamed and festering wounds in their subconscious minds. There is only one remedy. They have to cut out and discard their hurts and the one and only sure way is by forgiveness.

Forgiveness is Love in Action

The essential ingredient in the art of forgiveness is the willingness to forgive. If you sincerely desire to forgive the other, you are fifty-one percent over the hurdle. I feel sure you know that to forgive the other does not necessarily mean that you like him or want to associate with him. You cannot be compelled to like someone, neither can a government legislate good will, love, peace, or tolerance. It is quite impossible to like people because someone in Washington issues an edict to that effect. We can, however, love people without liking them.

The Bible says, Love ye one another. This, anyone can do who really wants to do it. Love means that you wish for the other health, happiness, peace, joy, and all the blessings of life. There is only one prerequisite, and that is sincerity. You are not being magnanimous when you forgive, you are really being selfish, because what you wish for the other, you are actually wishing for yourself. The reason is that you are thinking it and you are feeling it. As you think and feel, so are you. Could anything be simpler than that?

Learn the Mental and Spiritual Laws of Life

More importantly, to love your enemies means to banish from your mind your fears, hates, jealousies, angers and resentments, all of which are self-created, for these are your real enemies. If these negative emotions dominate and control your mind, you can be absolutely sure to experience the result in your body, your home, your business and your relationship with others. This is the mental and spiritual law operating in all men and women throughout the world, regardless of their religious affiliations and nominal beliefs. Hunters tell us that animals pick up the scent of fear and will attack you.

In consultation with a woman today as I write this chapter, she admitted that she had lived in constant fear that her home would be robbed. While she was at church one Sunday, thieves pulled a truck up in front of her house and carried away all the expensive furnishings in her home. They cleaned her out.

Her constant fear, morning, noon and night, had been the real thief, and her subconscious had brought it to pass. The law is impersonal and no respecter of persons. She is now using the great Psalm of protection, which is the 91st Psalm,[1]* and will build up an immunity to all harm.

Let all the thoughts in your mind are harmonious, peaceful, loving and based on faith in God and the goodness of God in the land of the living. Let your trust and reliance be in God, the Source of all blessings

When your thoughts are God’s thoughts, God’s power is with your thoughts

of good.

“Of the soul the body form doth take, for soul is form and doth the body make.”

Cleanse Your Mind

Before you meditate spiritually, forgive yourself completely for any negative thoughts and resolve not to harbor them again. Furthermore, forgive everybody else by radiating love and goodwill to him or her while wishing for them all the blessings of life. You will always know when you have forgiven everyone, because you can meet him or her in your mind and you no longer sizzle; you are at peace. You would not pour clean water into a dirty vessel. The vessel is your mind. You don't expect the Holy Spirit to flow through a contaminated mind. Resentment, self-condemnation, hostility and ill will block the flow of good into your life. Meditate the right way. And when ye stand praying, forgive, if ye have ought against any . . . (Mark 11: 25).

How to Get Along With Others

One of the chief reasons some men and women do not get ahead in life is their inability to get along with others. They seem to "rub" others the wrong way. Often their attitude of pomposity is tactless and offensive. The best way to get along with others is to salute the Divinity in the other person and to realize that every man and woman is an epitome or example of the entire human race. Every person who walks the earth is a son or daughter of the Living god; and when we respect and honor the divinity within ourselves, we will automatically revere and honor the divine Presence in the other person.

How an Actress Triumphed Over Failure

A young actress came to see me, complaining bitterly about stage fright and panic during auditions and screen tests. She had failed, she said, to make the grade three times; she prolonged her doleful complaints into a lengthy jeremiad.

I discovered quickly that her real trouble was that she had a mental picture of panic before the camera, and like Job of old, she was dooming herself to failure: The thing, which I greatly feared, is come upon me . . . (Job 3:25).

How She Gained Confidence and Poise

I taught this actress the workings of her conscious and subconscious mind, and she began to realize that as she gave attention to constructive thoughts, she would automatically bring into her experience the benefits accruing from the thoughts dwelt upon. She devised a plan of her own for straight line thinking, knowing that there is a law of mind which responds to what you decree yourself to be, provided, of course, you believe what you claim to be true about yourself. For example, the more frequently you affirm to yourself, "I am afraid," the more fear you will generate. On the other hand, the more frequently you affirm, "I am

full of faith and confidence," the more confidence and self-assurance you will develop.

I suggested she type thought-lifters on a card as follows:

> "I am full of peace, poise, balance and equilibrium. I fear no evil for God is with me.
>
> I am always serene, calm, relaxed and at ease.
>
> I am full of faith and confidence in the only power there is—God. I am born to win, succeed and triumph.
>
> I am successful in all my undertakings.
>
> I am a marvelous actress and am immensely successful.
>
> I am loving, harmonious, peaceful and feel my oneness with God."

She carried this "index card" with her. On trains, airplanes, and at frequent intervals during the day, she focused her mind on these truths. Actually, she committed them to memory after three or four days. As she reiterated these truths, they sank down into her subconscious mind and she discovered that these affirmations containing wonderful spiritual vibrations neutralized the noxious patterns of fear, doubt and inadequacy in her subconscious mind. She became poised, serene, calm and full of self-confidence. She had discovered the cosmic power for perfect living.

How Her "Mental Movie" Worked a Miracle

She practiced the following technique for about five or six minutes morning, afternoon and night: She relaxed her body, sat quietly in a chair, and began to imagine that she was before the camera—poised, serene, calm and relaxed. She visualized herself as completely successful and imagined hearing congratulatory comments by the author and by her agent. She dramatized the role as only a good actress can, and made it very real and vivid. She realized that the Cosmic Power that moves the world also moves through the mental picture in her mind, compelling her to give marvelous renditions.

A few weeks later, her agent got another screen test for her, and she was so enthusiastic and exhilarated with the idea of triumph that she gave a wonderful performance. Today, with success following success, she is well on her way to becoming a great star.

How to Cope with Seeming Worldly Injustice

During a visit to Hawaii, a junior executive said to me, "There is no justice in the world. Everything is so unfair. Corporations are soulless; they have no heart,

I worked hard and spend long hours after closing time, but men under me are promoted and I am passed up. Its all so unfair and unjust."

My explanation was the cure for this mans wrath. I acknowledged that there is injustice in the world and that, as Robert Burns said, "Mans inhumanity to man makes countless thousands mourn," but that the law of the subconscious mind* is impersonal and eminently fair at all times.

Your subconscious mind accepts the impress of your thought and reacts accordingly. It's the set of the sails, and not the gales that determines the way you go. It is your inner thought, feeling, and imagery—in other words, your mental attitude operating within you, rather than the winds of negative thoughts and the waves of fear from without, that makes the different between promotion and success, and failure and loss. The law is absolutely just and mathematically accurate, and your experiences are the exact reproduction of your habitual thinking and imagery.

I briefly explained to the young executive the familiar story of the laborers in the vineyard, where all the workmen received the same wages as those who worked all day long; also the men who came in at the third hour, the sixth hour, and the ninth hour received the same wages. When they saw that the men who had worked but one hour got the same wages, they were jealous and angry, but the answer they received was this: Didst not thou agree with me for a penny? (Matt.20: 13).

The law is plainly stated in Matt. 18:19: . . . If two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my father which is in heaven. This means that when your conscious and subconscious mind agree on promotion, success, abundance, and right action, the law of your subconscious mind will honor, execute, and bring it to fruition in your experience.

I added, "You are resentful, angry, and full of condemnation and criticism of the organization which employs you. These negative suggestions enter your subconscious and have resulted in loss of promotion, financial increase, and prestige."

A Specific Program and Formula for Daily Use

I gave him the following mental and spiritual formula to practice daily:

> "I know that the laws of my mind are absolutely just, and that whatever I impress on my subconscious mind is reproduced mathematically and accurately in my physical world and

circumstances. I know that I am using a principle of mind, and a principle are absolutely impersonal. I am equal before the laws of mind, which means it is done unto me, as I believe. I know that justice means fairness, rightfulness, and impartiality, and I know that my subconscious is absolutely impersonal and impartial.

"I realize that I have been angry, resentful, and jealous, and that I have also demeaned, criticized, and condemned myself. I have physically persecuted, assailed, and tortured myself, and I know that the law is "as within, so without"; therefore, my boss and associates attest to and confirm objectively what I have thought and felt subjectively.

"What I accept completely in my mind, I will get in my experience, regardless of conditions, circumstances, or the powers that be. I wish success, prosperity, and promotion for all my associates, and I exude goodwill and blessings to all people everywhere. Promotion is mine; success is mine; right action is mine; wealth is mine. As I affirm these truths, I know they are deposited in my subconscious mind—the creative medium—and wonders are happening in my life.

"Every night of my life, prior to sleep, I imagine my wife congratulating me on my wonderful promotion. I feel the reality of all this, mentally and emotionally. My eyes are closed and I am drowsy, sleepy, and in a passive, receptive state of mind, but I hear her congratulatory words, feel her embrace, and see her gestures. The whole mental movie is vivid and realistic, and I go off to sleep in this mood, knowing that God giveth his beloved in sleep" (Ps.127:2).

This executive discovered that the law of his mind established justice (Conformity to the principles of his mind). Having enthroned right thoughts, right imagery, and right feeling in his conscious mind, his subconscious responded accordingly. This is the equity of the mind. The laws of your mind are the same yesterday, today, and forever. At the end of a few months following this prayer process, this executive has been voted president of his corporation and is prospering beyond his fondest dreams.

CHAPTER 3

GREAT BIBLE TRUTHS FOR HUMAN PROBLEMS

And he said unto them, What man shall there be among you, that shall I have one sheep, and if it fall into a pit on the Sabbath day, will he not lay hold on it, and lift it out? How much then is a man better than a sheep? Wherefore it is lawful to do well on the Sabbath days. Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other (Matthew 12: 11-13).

The twelfth chapter of Matthew is a wonderful exposition on mental and spiritual healing. Jesus was at that state of consciousness where he could heal instantly, so the man stretched forth his hand.

There is also an inner meaning to stretching forth the hand. For example, the man with an inferiority or rejection complex is not using the Infinite Power and Wisdom within him. He fails to see that the Presence of God—the Almighty Power—is within his own subjective depths, enabling him to do wonderful things.

How a Salesman Stretched Forth His Hand

A salesman who attended my lectures and special classes in Los Angeles from time to time was not making ends meet, was down on himself and felt inferior to all the other salesmen in his company. At my suggestion, he began to affirm: “I am a son of the Living God, and I am expressing more and more of God’s light, love, truth and beauty. I am a tremendous success in all my endeavors and my sales are improving every day in a wonderful way. Every time I visit a customer I affirm silently, The Spirit (God) in me salutes the Spirit (God) in you. It is God talking to God, and the result is harmony, peace, Divine understanding and right action between us.””

This was his prayer night and morning. He affirmed and reiterated these truths three or four times out loud night and morning, knowing that these meaningful truths would sink into his subconscious and activate the latent powers within him. He learned and understood that his subconscious mind would accept what he sincerely believed in his conscious mind. The subconscious accepts our convictions and what you predominantly think and believe.

In a month’s time his whole life became changed. He established wonderful

relations with his customers, sales improved and he no longer felt inferior. He continued to contemplate himself as a son of the infinite, while at the same time recognizing the Divinity in everybody else. He stretched forth his hand and manifested the Power of the Infinite within him. His constant affirmation is: “I can do all things through the God-Power which strengthened me.”

How to Use the Healing Power for Yourself or Another

The Infinite Healing Presence indwells all men and women. Everyone has the gift of healing, for God is the reality of everyone. This is how you can pray for healing for a loved one or a friend: Feel the Presence of God, which is the Presence of vitality, wholeness, power, intelligence, peace and harmony, permeating his whole being, functioning in him and through him. Realize that he or she is being Divinely watched over. The other person may not know about it. You accept what you affirmed and believe it.

Praying for another is thinking of the qualities and attributes of God.

Get interested, not tense, e.g., if you are on a train, bus or subway and you see a sign and read the subject matter, you become very interested. Likewise, become very interested in the Divine Healing Presence, and as you rise in consciousness, you will have power.

You can affirm that he or she is being healed now. Feel the Presence of God there and realize that he or she is now externalizing the vitality, wholeness, power and intelligence, which Pure Spirit is. Believe it, accept it, and then leave it. If you think of the person later on, do it again, as if you had never prayed before for that person. If it is someone close to you, do it several times a day.

The healing may come slowly or quickly, according to your faith or belief. That is called in the Bible “sending your word, your thought and your feeling to the other.” The person for whom you are praying receives your affirmation. The result is that the sick person’s subconscious mind becomes thoroughly imbued with the realization of its own healing power; and according to the law as of the subconscious mind, the latter brings forth into external manifestation that which is impressed upon it. Thus, health is substituted for sickness.

Remember, however, when you pray for another you must never be in a critical mood or a tense state of mind, for you can’t storm the gates . . . In quietness and in confidence shall be your strength . . . (Isaiah 30:15).

How a Mother Prayed for the So-Called Dull Son

A teacher said to a mother: “I think your son is somewhat retarded. He is dull; he seems hopeless and cannot learn or be taught.” The mother loved the boy,

though, and prayed for him in this way: “I claim, feel, know and believe that the Infinite Intelligence of the Infinite One is welling up within him. I know that the wisdom of God is working out through him, and that his intellect is anointed with the light and love of the Infinite. My boy is a perfect expression of the Infinite Healing Presence.”

She affirmed these truths for about ten minutes every morning, afternoon and night, knowing that she would resurrect the qualities and attributes of God lodged in the subjective depths of the boy. Following the contemplation of these truths, she made it a special point to imagine that her son was right in front of her, telling her: “Mother, look at my report card. The teacher praised me.” She heard this over and over again in a relaxed and passive state of mind, knowing that her mental image must agree with her affirmation.

The mental image you have is always made manifest. The boy gradually became more responsive, and he excelled in his studies. He confirmed objectively what she affirmed and imaged subjectively.

For by the words thou shalt be justified, and by thy words thou shalt be condemned. (Matthew 12:37). To justify is to make equal, to balance the imbalance. Her realization of the truth about her boy was resurrected in the mind of her son, which balanced the equation. The “word” in the Bible is your

Thought feeling, your conviction, your dominant belief, which is always made manifest.

How to Gain More Faith

You do everything by faith. You plant seeds in the ground because you have faith in the laws of agriculture. You bake a cake by faith and you drive your car by faith. Everyone has faith. Some, unfortunately, have faith in failure, in sickness, in lack and in limitation. This is faith in the wrong thing. Have faith in success, achievement, health, happiness and abundance. Have faith in the creative law of your mind, Divine right action, the abundance of the Infinite and goodness of God in the land of the living.

How to Develop Faith in God and Forgiveness

There is a price to be paid, but all men and women can pay that price by giving up feeling sorry for themselves, ceasing all self-condemnation and self-criticism and condemnation of others, and entering into the spirit of forgiveness of themselves and others. When the thought of resentment of another comes to your mind, affirm: “I release you and wish for you all the blessings of life.” As you continue to do that, the person will come to your mind and there will be no sting. In other words, you will no longer mentally sizzle—then you will know you have forgiving and forgotten.

Watch the Idle Words

But I say unto you, that every idle word that men shall speak, they shall give account therefore in the day of judgment (Matthew 12:36). The negative thoughts, the doubts and fears, are the idle words, which prevent healing, or advancement.

Every day and hour is the Day of Judgment. When you pray for another, that is your judgment, the decision you arrived at. You realized the Presence of God, i.e., health, vitality and wholeness; or you dwelt on the sickness in him. How did you judge him? If you saw a diseased man and hoped he would be better, you judged wrongly. If you saw a perfectly healthy man (in other words, if you envisioned him as he ought to be—vital, strong and bubbling over with enthusiasm and energy), you judged correctly.

When Will the Answer to My Prayer Come to Pass?

But of that day and that hour Chenoweth no man, no, not the angels which are in heaven, neither the Son, but the Father (Mark 13:32).

Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning (Mark 13:35).

All seeds mature and germinate at different periods according to there kind; likewise, seeds or impressions made in your subconscious mind mature and come to full bloom at different periods—days, moths, sometimes years. Your desire or idea, when impregnated in your subconscious, gestates in the darkness; and the wisdom of your subconscious determines when to present the answer or manifestation full-blown into your experience.

The Reason the Old Ailment Returns

During consultation, a man said that he had been completely healed of ulcers but that later the condition had returned. I gathered in talking with him that some years ago he had been in business and his partner had embezzled funds and had absconded to Canada. Recently he heard that his ex-partner was very successful in business and has had become quite wealthy. This made him very agitated and resentful. He was living the role over again and reinfecting himself. The memory was not withered, not forgotten and not forgiven. The roots of resentment and hostility were still lurking in the recesses of his subconscious and, like a festering wound, sending psychic pus throughout his system. His ulcerated thoughts and emotions reactivated his ulcers.

I explained to him that forgiveness of himself and the other was absolutely

essential for his health and well-being and that he would know when he had forgiven because he could remember the incident and remain indifferent altogether—no feeling, no word. By living the scene or experience over again, he recreated the condition, and like the seed _that recedes and grows again quarterly, annually, or biennially in the same way, the old ulcerated state appeared in a new form. Certain plants die and bud again according to season. It is essential to eradicate the cause to prevent a relapse of the disease. He decided definitely to release him completely in his mind, wishing for his ex-partner all the blessings of life, and a healing followed.

The Proof that you are Free From Bitterness and Hostility

Can you see the other person as happy, harmonious, joyous, etc.? If not, you have not forgiven or forsaken. These are the weeds you must pluck out. The roots are still there, and the roots of bitterness wither by indifference. This is another way to kill that root; Listen to the voice of the other person who wronged you telling you what a wonderful, dignified person you are and how honest and kind you are. Make it real. You want to hear it. Get into the mood of that mental picture. It works.

How His Acne Disappeared

A young boy of eighteen said he had been using lotions, ointments and getting injections. His acne would temporarily disappear and then periodically recur. The doctor called his condition an inflammatory disease of the sebaceous glands, characterized by pustules eruptions on his face.

The real trouble, however, was that he was frustrated. He wanted to be an aviator, but his father objected and said he should learn the business of his father and succeed him when he would retire. There was warfare in his mind. His skin, being an organ of elimination and symbolic of an envelope of Divine love, revealed the hidden conflict.

He faced the problem and discussed the matter with his father. The latter saw the cause of the trouble and thereupon released his son, letting him become what he desired. The pustules disappeared within a week.

How Her Prayer Was Answered by Contemplating the Happy Ending

While lecturing at the Unity Temple in New Orleans a few years ago, I had a consultation with a woman who desired to have a child, but her gynecologist said she had tumors in the womb and advised strongly against it. She had wanted a child for over six years.

This woman was a profound student of the healing techniques of the bible. She was particularly interested in the following verses: And it shall come to pass, while my glory passed by, that I will put thee in a cliff of the rock, and will cover thee with my hand while I pass by: And I will take away mine hand, and thou shalt see me back parts: but my face shall not be seen (Exodus 33:22-23).

The application of the truths of these verses solved her problem. God, or Living Spirit Almighty, or Consciousness, has no back parts, as your awareness or I AM ness is invisible, but you do see the manifestation of your faith or conviction in God. When the sun has set the day is over. I see the back parts of it. The setting sun. Face is the secret. There is 0 form, figure or face to your deep-seated conviction or belief. The rock means your conviction.

I explained to her that as she turned to the Infinite Healing Presence which created her, knowingly and believingly, she was standing on a rock; that her faith or confidence had become fixed in the belief of giving birth to a child in Divine order; and that God would cover her with His hand, meaning the Overshadowing Presence would give her rest and peace, the protection for her new mental attitude. When the hand (the Power and Presence of God) is removed, you see the back parts—the manifestation of the desire. If I am coming

toward you, you see my face; but if I walk past you, you only see my back. The Infinite Presence has no back parts; it's simply the objectification of your desire.

Accordingly, she prayed as follows: "God's Healing Love is flowing through me, permeating my whole being. I AM relaxed and at ease, knowing that the Infinite Healing Presence brings this to pass in its own way and in Divine order. I let go and let God take over. With my imaginary hands, I am fondling, cosseting and cuddling my baby in my arms." She affirmed these truths night and morning, feelingly and meaningfully, knowing that by repetition, faith and expectancy, these truths would sink into her sub consciousness and come to pass. Shortly afterwards, she did become pregnant and in the ninth month gave birth to a boy who was perfect in all ways. The obstetrician found no tumors. They have been dissolved by her constant spiritual transfusions.

She saw the back parts. Biblically speaking, i.e., the manifestation, the happy ending the objectification of her desire. There was no tension, no anxiety; just a quiet assurance that the Healing Presence was flowing through her and would bring things to pass in its own way and in Divine order. When you pray, imagine the happy ending, the Divine solution, through the wisdom of the Infinite. Relax and believe, and when you relax, let go and believe, you experience the joy of the answered prayer.

Do not Deny What You Affirm

When you want a healing of any condition, get silent, relax, think of the Infinite Presence and Power, and affirm that the healing is taking place now. There must be no resentment or bitterness. Forgive everyone. Your subconscious made your body and it can restore you to the Pattern on the Mount. If you can't heal yourself, go to a doctor and bless him and pray for him. To think because you go to a doctor you should not pray is rank superstition.

When you think of the condition from time to time, affirm immediately:

> "God is healing me now." To fret and fuss and deny and say, "I'm getting worse," "Prayer doesn't work," "I'm hopeless," or "loran doing something wrong" is somewhat as if a surgeon operated on you, cut out the appendix, and then in ten minutes ran back and opened you up again to see how you were getting along or to see if he had forgotten something, and then in a half an hour again ran back and sewed you up again. He would probably kill you by blood poisoning or shock. You will have to account for every idle word you speak, for the simple reason that your subconscious mind takes you literally and brings all your beliefs to pass

How a Father Healed His Son

While speaking some time ago in Pawtucket, Rhode Island, a man consulted with me about his son. He was divorced, and he said his former wife had poisoned the mind of his son against him so that when he went to visit the boy, he would run out the back door and disappear into a neighbor's home. He went through the courts trying to get custody of the boy but failed. He offered his ex-wife considerable money over and above the legal settlement in order to get custody of the boy, but she refused. The boy was not getting on well in school and was as hateful towards his father, as he had been taught that he didn't want him.

I suggested that he try the spiritual approach to the problem, since the human approach had failed. He prayed as follows: "I surrender my ex-wife to the Infinite Presence and Power. She is Divinely led in all ways, and Divine love fills her soul. God flows through her, filling up all the empty vessels in her life." Whenever he thought of her, he would immediately affirm, "I released you. God loves you and cares for you."

He also prayed for his son: "Bill, my son, is in his true place, ministered to by Divine love, harmony, peace and understanding. He knows the truth, he loves the truth, and he hears the truth. There are pace, harmony, love and understanding between us." Whenever he thought of Bill, he would affirm, "Divine love watches over Bill."

I received a letter some time later from this man telling me that his ex wife had called him up saying Bill was sick. He went over and had a wonderful reunion with his son. She wanted him to take the boy, as she had fallen in love with another man and was delighted to release Bill to his father. This was a perfect working of the Law . . . What things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them (Mark 11: 24).

Your Inner Conviction is Always Made Manifest

You do not pretend to be vital, strong and healthy when you are sick.

Admit your sickness. Realize that nothing is forever and that you can and will overcome the condition through your knowledge of mental and spiritual laws.

It is foolish to pretend you are getting better when obviously you are getting worse. There is no use trying to mesmerize you by calling black "white."

You turn away from the problem and contemplate the Healing Power of God and His guidance; and as you cleave to that positive Truth, conditions will improve. When the outer condition improves, you are on the right track. Remember that if, after prayer-therapy, the outer picture does not change in a

reasonable time (hours or days), you are deceiving yourself. You are not working correctly. When the outer condition is changing, you are getting results.

Remember, your mental attitude, your real inner conviction) is always made manifest. Cease all excuses and prevarications of any kind, because when you pray, health springs forth speedily. Lessening of the pain and disappearance of the condition tells the story. This is the Truth, which sets you free. Wherefore by their fruits ye shall know them (Matthew 7:20).

CHAPTER 4

IMAGINATION, THE WORKSHOP OF GOD

"Where there is no vision, the people perish." My vision is that I desire to know more of God, and the way He works. My vision is for the perfect health, harmony, and peace. My vision is the inner faith that Infinite spirit heals and guides me now in all ways. I know and believe that the God-Power within me answers my prayer; this is a deep conviction within me.

I know that imagination is the result of what I image in my mind. "Faith is," as Paul says, "the substance out of which the image is formed."

I make it my daily practice to imagine only for others and myself, that which is noble, wonderful, and Christ-like. I now imagine that I am doing the thing I long to do; I imagine that I now possess the things I long to posses; I imagine I am what I long to be. To make it real, I feel the reality of it; I know that it is so. Thank you, Father.

Now Israel loved Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colors. And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him. And Joseph dreamed a dream and he told it his brethren: and they hated him yet the more. And he said unto them. Hear, I pray you, this dream which I have dreamed:

> For, behold, we were binding sheaves in the field, and, /0, my sheaf arose, and also stood upright; and behold, your sheaves stood round about, and made obeisance to my sheaf. And his brethren said to him, Should thou indeed reign over us? Or shalt thou indeed have dominion over us? And they hated him yet the more for his dreams, and for his words.

And he dreamed yet another dream, and told it his brethren, and said, Behold, I have dreamed a dream more; and, behold, the sun and the moon and the eleven stars made obeisance to me. And he told it to his father, and to his brethren: and his father rebuked him, and said unto him, what is this dream that thou hast dreamed? Shall thy mother and I and thy brethren indeed come to bow down us to thee to the earth? (Genesis 37:3-10).

Joseph in the Bible represents the primal faculty of man; namely, imagination.

This faculty has the power to throw onto the screen of visibility in substance and form every idea that the mind may conceive. Joseph is a state of mind in which one increases along all lines ~ spirituality, mentally, intellectually, financially and professionally. The imagination is the most powerful and productive faculty. Oftentimes the average man, who refers to it as being deceptive and an illusion, belittles it.

The brethren of Joseph, meaning the other faculties of his mind, deride and scorn Joseph, or imagination, meaning the other faculties, including the five senses, are un-awakened spiritually and are functioning at a five-sense level. This is referred to as follows . . . And they hated him yet the more for his dreams and for his words (Genesis 37:8).

. . . . Israel loved Joseph more than all his children . . . (Genesis 37:3).

Israel means a prince ruling with God. In other words it is any man who recognizes the sovereignty of the Spirit within him and who recognizes Spirit (God) as his guide, governing, directing and controlling all his activities. He is under Divine auspices in all his undertakings.

Joseph is the son of his old age. The word son means expression or manifestation. Old age refers to wisdom and understanding of the laws of mind and the way of the Infinite Spirit within man. Old age might be looked upon as not the flight of years, but the dawn of wisdom. Disciplined, controlled, directed imagination is the son of your old age.

Imagination is the mighty instrument used by great scientists, artists, physicists, inventors, architects and mystics. When the world said, “It can’t be done; it is impossible,” the man with imagination said, “It is done.” Through your imagination you can penetrate the depth of reality and reveal the secrets of nature.

Joseph is a dreamer and a dreamer of dreams. This means he has visions, images and ideals in his mind, and he knows there is a Creative Power Which responds to his mental pictures. The mental images we hold are developed in feeling. It is wisely said that all our senses are modifications of the one sense feeling. Feeling is the fountainhead of power. When you delight and rejoice in your mental image, you will automatically generate the appropriate feeling, as every idea has its own fragrance. Joseph dreamed a dream, and he told it his brethren; and they hated him yet the more (Genesis 37:5).

Perhaps as you read this you have a dream, an ideal, a plan or purpose that you would like to accomplish. To hate in the Bible is to mentally reject or repudiate that which is false. The thoughts, feelings, beliefs, opinions and judgments in your mind are your brethren, which challenge you, belittle your dream, and say to you: “You can’t; it’s hopeless; it is impossible; forget it.

For example, you discover there is a quarrel in your own mind with your brethren. Opposition sets in. The way to handle this opposition in your mind is to detach your attention from sense evidence and appearance of things and begins to think clearly and with interest about your goal or objective. When your mind is engaged with your goal or objective, you are using the creative law of mind. Sustain your affirmative attitude of mind and you will experience the joy of the answered prayer.

. . . Lo, my sheaf arose, and also stood upright; and, beholds, your sheaves stood round about, and made obeisance to my sheaf (Genesis 37:7). This means that whatever you imagine and feel to be true will come to pass. Lift your ideal up to the point of acceptance in your mind. Exalt it. Commit yourself wholeheartedly to it. Praise your ideal; give your attention, love and devotion to it. And as you continue to do this, knowing that there is only One Power, all the thoughts that deride or scorn your ideal will be neutralized and will make obeisance to your exalted state of mind, i.e., they will lose their power and disappear from the mind.

Through your faculty to imagine the end result, you have control over any circumstance or condition. If you wish to bring about the realization of any wish, desire or idea, form a mental picture of fulfillment in your mind. Constantly imagine the reality of your desire. In this way you will actually compel it into being. What you imagine as true already subsists in the next dimension of mind, and if you remain faithful to your ideal, it will one day objectify itself. The master-architect within you will project on the screen of visibility what you impress on your mind.

Joseph (imagination) wears a coat of many colors. A coat in the Bible represents a garment of the mind; namely, a psychological covering or attitude of mind. Your mental garments are your thoughts, beliefs, moods and expectancy.

The coat of many colors represents the many facet of the diamond, or your capacity to clothe any idea in form. You can imagine your friend, who is poor, living in the lap of luxury. You can see his face light up with joy; see his expression change, and a broad smile cross his lips. You can hear him tell you

what you want to hear. You can see him exactly as you wish to see him _ i.e., he is radiant, happy, prosperous, and successful. Your imagination is the coat of many colors. It can clothe and objectify any idea or desire. You can imagine abundance where there is lack, peace where there is discord, health where there is sickness, and joy where there is sadness.

And his brethren said to him, Should thou indeed reign over us . . . (Genesis 37:8). Imagination is the first faculty, and it takes precedence over all the other powers or elements of consciousness.

And he dreamed yet another dream, and told it his brethren, and said, Behold, I have dreamed a dream more; and, behold, the sun and the moon and the eleven stars made obeisance to me (Genesis 37:9). In ancient symbology, the sun and the moon represent the conscious and the subconscious mind. The eleven stars represent the eleven stars in addition to imagination. Here again, the inspired writer is telling you that disciplined imagination take precedence over all other faculties of the mind, and it controls the direction of your conscious and subconscious mind. Imagination is first and foremost. It can be scientifically directed.

This means that what you imagined and felt as true is deposited in your subconscious mind and will come to pass. It represents your highest perception of Truth. In this process, Joseph, or your Divine ideal, seems to die just as a seed dies before it becomes the fruit or the tree. But his “bones” remain. Bones are symbolic of support and symmetry. When your desire is realized, the bones, or the patterns of a new desire, are realized, the bones, or the patterns of a new desire, are resurrected in your mind, for you are destined to go from glory to glory. Your journey is ever onward, upward and God ward.

Shakespeare listened to the old stories, fables and myths of his day.

In his imagination he clothed all these characters, one by one, with hair, skin, muscle, bone, etc., animating them and making them so much alive in his plays that we think we are reading about ourselves.

With your imaginative eye you could now look at an acorn, and with your imaginative eye construct a magnificent forest full of rivers, rivulets and streams. You could people the forest with all kinds 0 f life. Furthermore, you could hang a bow on every cloud. You could look at a desert and cause it to rejoice and blossom as the rose. Long hours, hard labor or burning the midnight oil will not produce a Milton, a Shakespeare, a Phidias or a Beethoven. Men accomplish great things through quiet moments, imagining that the invisible things of the Infinite from the foundation of time are clearly visible.

Become a Practical Dreamer

You must put a foundation under your dreams. Decide to make your dreams come true. Withdraw or abstract your attention from the appearance of things. Even though your senses deny what you pray for, affirm it as true in your heart. Bring your mind back from its wandering after the false gods of fear and doubt to rest on the Omnipotence of the Spiritual Presence within you.

In the silence and quietude of your own mind, dwell on the fact that there is only One Power and One Presence. Give all your mental attention to recognizing the absolute sovereignty of the Spiritual Power, knowing that this God-Power has the answer and is now showing you the way. Trust it; believe in it. Walk the earth in the light that your prayer is really answered.

The sculptor looks at a rock. Out of that rock, through Divine imagination, he can reveal the Madonna and portray a vision of beauty and joy forever. The Madonna was in his mind, and he chiseled and chipped away all the parts necessary to reveal the image in his mind.

Imagine yourself on the golf course. You are free, relaxed, full of enthusiasm, and energy. Your joy is in overcoming all the difficulties presented by the golf course. The thrill is in surmounting all the obstacles.

Now let us take this scene: Imagine yourself going into a funeral parlor.

Notice the different, emotional response brought forward as you pictureYou in each of the above mentioned situations. In the funeral chapel you can rejoice in the person’s new birthday. You can imagine the loved one surrounded by his or her friends in the midst of indescribable beauty and love. You can imagine God’s river of peace flooding the minds and hearts of all present. You can actually ascend the heavens of your own mind wherever you are; this is the Power of your imagination.

Archaeologists and paleontologists studying the tombs of ancient Egypt through their imaginative perception reconstruct ancient scenes. The dead past becomes alive and audible once more. Looking at the ancient ruins and the hieroglyphics thereon, the scientist tells us of an age when there was no language. Grunts, groans, and signs did communication. The scientist’s imagination enables him to clothe this ancient temple with roofs, and surround them with gardens, pools, and fountains. The fossil remains are clothed with eyes, sinews, and muscles, and they again walk and talk. The past becomes the living present, and we find in imagination there is no time or space. Through your imaginative faculty you can be a companion of the most inspired writers of

all time.

“And I John saw the holy city, New Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and be their God.” (Rev.21: 2,2)

Can’t you now walk down the corridor of your own mind, and there see, inwardly perceive, feel, and sense God’s river of peace flowing through your mind? You are now in the Holy City—your own mind—inhabited by such lovely people as bliss, joy, faith, harmony, love, and good will. Your mind is clothed with God’s radiant beauty, and your mood is exalted, noble, and God like. You are married mentally and spiritually to God and to all things good. You have on your wedding garment, because you are in tune with the Infinite, and God’s Eternal Verities constantly impregnate your mind. In your imagination you sense and feel that you are the tabernacle of God, and that His Holy Spirit saturates and fills every part of your being. Your imagination now becomes seized with a Divine frenzy. You become God-intoxicated, having received the Divine antibody, the Presence of God in the chamber of your heart.

How She made the impossible Possible

Some months ago I had a long telephone conversation with a woman in Georgia, whom we shall call Mrs. X. She said that because of the high interest rates and the high price for her home, the real estate agents had not been able to get a single client even to look at it. Her husband had passed on and she was living alone in the house, while at the same time suffering from financial stress and strain due to her inability to keep up the payments and taxes.

I gave her the following simple technique: Sit still, relax, immobilize your attention, and focus your mind’s eye on the check for $100,000 which is what you want for the house. Touch the check with your imaginary hands, feel and perceive its reality, give thanks for it, and repeat this “mental movie” four or five minutes several times a day; gradually you will find the image will sink into your subconscious mind. When you succeed in conveying the mental image to your subconscious, the latter will bring it to pass.

A few weeks went by, and Mrs. X wrote, saying that she had sold the house to a research professor who had come from New York with his four children. He saw that it was the ideal home for him. She said that she had become very still and sleepy and had imagined the check for $100,000 made out in her name, and in her imagination she had gone into the local bank and deposited it. All this had taken place in her mental imagery. She had done this for four or five minutes at

intervals of one hour each day for two weeks. After that she had had no further desire to dramatize the event in her mind, as a feeling of peace and relaxation had come over her and she knew intuitively that her prayer was answered. This professor saw the sign “For sale by owner,” and the minute he walked in the door, he said, “This is it.”

Remember that your imagination, when disciplined, spiritualized, controlled, and directed, becomes the most exalted and noblest attribute of man.

Your desire, dream, ambition, goal, or aim is your savior! It is walking down the corridor of your mind, saying to you, “Arise, my love, and come away,” and enjoy the good and glorious things of life.

No matter what the problem is, or its magnitude, you have really nothing to do but convince yourself of the truth, which you are affirming. As quickly as you succeed in convincing yourself of the reality of your desire, results will automatically follow. Your subconscious mind will faithfully reproduce what you impregnated within it.

He Keeps His Vessel Covered

This worker I spoke of knows the meaning of Moses" injunction to the children of Israel to "never leave any vessel uncovered." And every open vessel, which hath no covering bound upon it, is unclean (Numbers 19:15). In other words, keep your awareness of God and your deep conviction of the eternal verities as a cover, i.e., keep your illumined, conscious mind as a cover over your subconscious, or any old opinions, idle thoughts and false beliefs which will come floating in and take over the powers of your subconscious mind.

Think, speak and act from the standpoint of universal principles and eternal verities rather than from the superimposed structure of fear, ignorance and superstition of the mass mind, sometimes referred to as the race mind, which means the thinking of four and a half billion people. Do your own thinking or the mass mind will do it for you, and as a result, your life will be chaotic.

Taking the Cover Off

The hypnotic operator takes “the cover” (conscious mind) off of the subconscious mind. He gives a suggestion directly to the subconscious, which acts immediately upon the suggestion. It has been demonstrated and proven that even a post hypnotic suggestion will be carried out to the consternation of even a recalcitrant hypnotized subject. Time is actually collapsed in experiments of this kind.

What does all this show? Simply that there is a creative medium in your subconscious that responds to the nature of your thought. When you find creativity, you have found God, or the One Power, in essence. God created the universe and all things therein contained. God created you, and the Creative Power is within you. You have freedom to create sickness or health, failure or success, poverty or wealth by the nature of your habitual thinking and imagery. This is the ancient mystery of good and evil—never quite understood throughout the ages. The Bible points out that Moses drew forth his hand white with leprosy or glowing with health according to the way he used his mind. This applies to all of us.

You are Adam and Eve

And God said, Let us make man in our image, after our likeness . . . (Genesis 1: 26). This means your two natures—conscious and subconscious _ bring forth all manifestation and experiences in your lives according to your habitual thinking and imagery. Adam (your conscious mind) and Eve (your subconscious mind) simply represent a portrayal of the interaction between your conscious and subconscious minds. Through these two (male and female) you create always a third-a "son"-your world, your experiences and conditions in life, your demonstrations and all other phases of your life.

Do You Have Free Will?

What are you choosing now? You have choice, volition and initiative.

Millions choose old age, lack, limitation, sickness, disease and misfortune of all kinds. All this is a result of man's having surrendered his real heritage (spiritual dominion). Your free will ends when you make the wrong choice such as a belief and faith in outer conditions and effects.

You are here to choose from the Kingdom of God within you. Choose harmony, peace, beauty, Divine love, Divine right action, and Divine law and order, which is Heaven's first law. In other words, choose whatsoever things are noble, Godlike, dignified and wonderful. The fall of man is simply man's failure to choose the beautiful and the good. Millions are held in the chains of bondage to false beliefs, sickness, hate, jealousy and false concepts of a God of love.

You Were Not Born With Fears or Complexes

I explained to an elderly woman during our trip to China that she was not born with any fears, prejudices, religious beliefs or racial taboos; that all these were given to her by parents and others such as relatives, teachers, clergymen, *etc.* She was full of a fear of death and afterlife and believed some angry God for her past sins would punish her.

She began to understand that her mind when she was born was like virgin soil; then the fears, false beliefs about God, life and the universe were impinged on this subconscious mind and left their imprints there. Her racial and religious prejudices were all imparted to her and acquired when she was young and impressionable. She was hungry for the Truth, however, and came to realize that God, or the Life Principle in all of us, is no respecter of persons, does not judge or punish, but that we do hurt and punish ourselves by misuse of the Law and by erroneous and stupid thinking.

At my suggestion she began to read out loud three or four times a day the 2ih Psalm, the great antidote to fear; and I observed a tremendous change in her attitude during the rest of the trip. Of times the explanation is the cure.

Original Sin

Man's failure to realize his Divine origin and his sense of separation from the Divine Source, taking the commandments of man for the commandments of God, is original sin—a falling away from and missing the mark of harmony, health, peace and abundance. The Fallen Angel, fall from Heaven and Lucifer's fall all mean the same thing—a fall from harmony, peace, beauty and love—a fall from grace.

Heaven means the Invisible Intelligence in which you live move and have your being. It also means your mind at peace. The old saying is true:

> "Self-forgiveness is heaven, self condemnation is hell." Jesus said: While I was with them in the world, I kept them in thy name: those that you gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled (John 17:12). This means I keep all things in thy name by claiming, "I am that thing." You keep all your mental images fixed in thy name, meaning that you feel the naturalness of the thing prayed for.

The son of perdition means the belief in loss, and once this belief in loss dies, there is no loss. There is no such thing as a lost soul, for example. No man or thing can be lost in the Infinite. God can't lose Himself. God is the Life of you, the Reality of you. You may be lost temporarily to health, peace, joy or wealth; but you can always go back to the Infinite Source and claim boldly that which you thought you had lost. Nothing is lost in the Infinite.

The Meaning of the Unforgivable Sin

But he that shall blaspheme against the Holy Ghost hath never forgiveness, but is in danger of eternal damnation (Mark 3:29). The Holy Ghost means the Holy Spirit, or God within you. To blaspheme in Biblical terminology is to tell lies about God. To sin means to miss the mark of harmony, health and peace, or failure to reach your goal in life.

You are sinning against the Holy Spirit when you fail to believe in the One Power and ascribe power to outer things instead, thereby living in bondage to false gods. There is no such thing as an unforgivable sin. God, or the Life-Principle, is forever forgiving you, whether you cut your finger, burn yourself or get ill. The Divine Presence always seeks to heal, to restore, and it never punishes.

We punish ourselves by shutting ourselves off from the guidance, love, and healing power of God. When you forgive yourself, you are forgiven. As long as

you refuse to accept the Truth appertaining to God, however, and as long as you refuse to forgive yourself, then you are rejecting the divine influx and the healing power of God. As long as you insist on condemning yourself and feeling guilty, no help or healing can come to you. In that sense only is it unforgivable-while it lasts in you.

All you have to do is to change your attitude. Forgive yourself and the past is forgotten and remembered no more. You must not read the Oriental language of the Bible in a literal sense. For example, the man who was a thief, robbing widows and others, and now is honest, sincere and leading an upright life has forgiven himself and is no longer a thief. He is a new man in God and is transformed. The old man (the thief) is dead and a new man is born. He is no longer the same man spiritually, mentally, psychologically or physically. Science says we have a new body every seven months. The murderer who is now a good man, contributing to society and leading a full and happy life, has forgiven him; he is a new man in God.

Spirit and Matter

Modern science today confirms what the ancient Vedas said thousands of years ago: that matter was the lowest degree of Spirit and that Spirit was the highest degree of matter. Einstein said that matter and energy are inter-convertible and interchangeable; that matter is energy slowed down to the point of visibility. Energy is a term used by science for Spirit, or God. Basically, Spirit and matter are one. Today we say it is a world of densities, frequencies and intensities. In other words, all is Spirit, and the whole world is Spirit manifesting in multitudinous forms of expression.

The Spirit in you is the real cause of all experience. Matter, in and of itself, has no volition, no initiative. It is not self-acting. It is subject to your mental activity. Your body moves only as it is moved upon. Your body acts as it is acted upon. The body of a man who has gone on to the next dimension does not talk, walk, smile or move. The reason is that the Life Principle has left him and he is now functioning in higher dimensions of mind. His body undergoes dissolution, which is a natural phenomenon, and becomes grass, hail, and snow. In other words, it returns to its primordial substance.

You must become aware of one cardinal truth: Externals, such as people, conditions, circumstances and the phenomenalistic world, are not causative and do not determine your misery, suffering or happiness. You must begin to inculcate into your cranium that effects are not causative. The cause is always within your own beliefs and attitudes of mind. For example, a man working in the bank learns that there is an epidemic of flu going around and he is full of fear and anxiety that he might get an attack. Some of his associates in the bank are at home ill with the flu. The suggestions from the radio or from others in the office have no creative action. It is his own fear or expectancy. The suggestion, in and of it, is powerless unless it awakens the creative action of his mind, which is the movement of his own thought. The creative power is in his own mind, and he has the power to reject all negative suggestion.

Recently, in talking with a banker friend of mine who was full of fear that he might catch the flu because others in his office were quite ill at home, I suggested that he affirms frequently, “I am all health. God is my health,” realizing that God, or the I AM within him, could not be sick, frustrated, depleted or hurt in any way. Gradually, he seemed to build up immunity and remained completely free, even though all the other members of his family became ill with the flu.

External conditions, circumstances and suggestions of others are secondary

causations only. In order for any external condition to affect you, you must accept the idea or suggestion; then it becomes a movement of your own mind, which is the primary cause. Remember that it is only when a suggestion awakens a response in you that creative action takes place.

The Bible says, “Choose you this day whom ye will serve.” You have the freedom to choose the tone, feeling, or mood you enter into. The manifestation of your feeling or conviction is the secret of your lover or subconscious mind. Your external actions are, therefore, determined by your subconscious beliefs and impressions.

When the night is black, you see no way out; i.e., when your problem is most acute, let your imagination be your savior

> “I will lift up mine eyes [imagination] unto the hills, from whence cometh my help.” (Ps. 121: 1.) The hills are of an inner range—the Presence of God in you. When you seek guidance and inspiration, fix your eyes on the stars of God’s Truth, such as “Infinite Intelligence leads and guides me,” or “Divine Wisdom floods my mind, and I am inspired from on High.”

There is a designer, an architect, and a weaver within you; it takes the fabric of your mind your thoughts, feelings, and beliefs, and moulds them into a pattern of life, which brings you peace or discord, health or sickness. You can imagine a life, which will take you up to the third heaven where you will see unspeakable and unutterable things of God, or through the distorted, morbid use of your imagination you can sink to the depths of degradation.Man is the tabernacle of God, and no matter how Iowa man has sunk the Healing Presence is they’re waiting to minister to him. It is within us waiting for us to call upon it. You can use your imagination in all business transactions in a wonderful way. Always imagine yourself in the other fellow’s place; this tells you what to do. Imagine the other is expressing all that you long to see him express. See him, as he ought to be; not as he appears to be. Perhaps he is surly, sarcastic, bitter, and hostile; there may be many frustrated hopes and tragedies lurking in his mind. Imagine whatsoever things are lovely and of good report, and through your imagination you have covered him with the garment of God. God’s world of ideals and God’s infinite ideas are within him waiting to be born and released. You can say if you wish, “God waits to be born in him.” You can open the door, and kindle the fire of God’s Love in that man’s heart! And perhaps the spark you lit will burst into a Divine Fire.

The greatest and richest galleries of art in the world are the galleries of the

mind devoted to God's Truths and Beauty. Leonardo Ad Vinci through his gift of imagination meditated on Jesus and the Twelve Disciples, and what they meant. Lost in deep reverie, his imagination secreted the perfect pictures from the Infinite Reservoir within him, and due to his perfect focus his inner eye glowed with an interior luminosity, so that he was inspired, and out of his Divine Imagery came the masterpiece—The Last Supper.

You have visited a quiet lake or a mountaintop. Notice how the placid, cool, calm surface reflected the heavenly lights, so does the quiet mind of the spiritual man reflect God's interior Lights and Wisdom.

Picture your idea in life; live with this ideal. Let the ideal captivate your imagination; let the ideal thrill you! You will move in the direction of the ideal, which governs your mind. The ideals of life are like the dew of heaven, which move over the arid areas of man's mind refreshing and invigorating him.

The inspired writer's imagination was fired with Truth when he wrote, "There is a river the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High." (Ps.46: 4.)

By now you know that imagination is the river enabling you to flow back psychologically to God. The streams and rivulets are your ideas and feelings, plus the emanation of love and good will that goes forth from you to all men everywhere.

Man looks out into the world, and he sees sickness, chaos, and men inhumanity to man. The man with the disciplined imagination soars above all appearances, discord, sense evidence, and sees the sublime principle of harmony operating through, in, and behind all things. He knows through his Divine imagery that there is an Everlasting Law of Righteousness behind all things, an Ever Abiding Peace, a Boundless Love governing the entire Cosmos. These truths surge through the heart, and are born of the eternal truth, which through the imagination pierces the outer veil, and rests in the Divine meaning of the way it is in God and Heaven.

A businessman who visited me and asked me how he should pray about his business said, "Everything is going wrong. I am going to be a failure. Everything is against me. Business is bad, and the worst is yet to come!"

Explained to him that he could reverse the entire situation by changing his thought patterns and keeping them changed. After reflecting on my advice he began to realize that he had been actually creating the conditions he feared, because his subconscious mind was constantly reproducing his habitual thinking.

I further pointed out to this businessman that he could attain success, prosperity, and inner peace-or any other good thing in life he felt entitled to~~ provided only that he would pay the mental price by incorporating into his subconscious mind the equivalent of it. Accordingly, every morning when he opened his eyes he affirmed boldly:

> Today is God's day. I choose happiness, success, prosperity, and peace of mind. I am Divinely guided all day long, and whatever I do will prosper. Whenever my attention wanders away from my thoughts of success, peace, prosperity, or my good, I will immediately bring back my thoughts to the contemplation of God and His love, knowing that He careth for me. I am a spiritual magnet, attracting to myself customers who want what I have to offer. I give better service every day. I am a wonderful success in all my undertakings. I bless and prosper all those who come into my store. All these thoughts are now sinking into my subconscious mind, and they come forth as abundance, security, and peace of mind.

It is wonderful!

He started using the above prayer each morning and night, and before the end of the month I received the following letter from him:

Dear Dr. Murphy: This is a thank you letter, to let you know how much I got from the interview I had with you some weeks ago. I know now that I have a right to anything that would be good for that or me would make me healthier, happier, more successful, and more useful.

I had never thought that the desire for success, prosperity, and advancement was the urge of the Divine Presence in me telling me that the time has come for me to take a step up the ladder of life. Now I know that the will of God, or Life, for me is to move forward, to conquer, to rise, and to achieve great things along all lines.

I am grateful for your emphasis on the on the truth that one of the things holding me back was that I thought I had the right to something that belonged to someone else. I now know it is dead wrong to infringe on the rights of others or to covet their goods or property or wealth. I fully realize that God can give me all the wealth, happiness, success, and opportunities in life without infringing upon the rights of anyone else.

I have paid the price by constantly dwelling on the prayer you gave me, and I have noticed a big increase in business, and I feel happier and am much more cheerful. Over my desk I have placed a beautiful printed card: In a/l thy ways acknowledge Him, and he shall direct thy paths (Proverbs 3:6).

The price I paid was mental acceptance and application of these truths and remaining faithful to them.

Your thought and feeling determine your destiny. The knowledge of the truth is saying to you now, “The winter is past, the rain is over and gone.”

The winter represents that cold state when the seeds are frozen in the bosom of the earth and nothing is growing. The winter and all the seasons are in your mind.

Are your desires, dreams, visions, and aims in life frozen within you?

Due to fear, worry, or false beliefs? You can resurrect them now by turning away from appearances, entering into the banquet house of God within you, and saying to yourself, “I can be what I want to be. All I have to do is impress my subconscious mind with my desire for health, wealth, companionship, or true place, and it will express that state with which I have impressed it.”

Now is the time. Countless people are continuously looking forward to the future for better times. They are constantly saying that some day they will be happy, prosperous, and successful.

The other day in a restaurant, I heard a man say to his companion that some time he would hit the jackpot and make his mark in the world. The other replied, “I hope some day I will get a healing for my arthritis.” They were postponing their good and looking to the future for its fulfillment.

The truth is that all the powers of the Cosmic Mind are within. Peace is now; you can claim that God’s river of peace flows through you. Healing is now; feel and know that the Infinite Healing Presence which made you is now transforming, healing, and restoring every atom of your being. Claim that the Creative Intelligence, which made you, knows how to heal you, and that Divine Order governs your mind and body.

Wealth is available now-it is a thought-image in your mind. If you claim it boldly now, a new creative idea will come to you worth perhaps a fortune. Affirm: God’s wealth is now circulating in my life. I am engraving this idea in my subconscious mind, and I know that whatever I impress on my subconscious mind will come to pass. Actually, the response of your subconscious is compulsive, and you will be compelled to express wealth.

Why wait for it?

Strength is now. Call on the Infinite Power of God within you, and this power will respond, energizing, vitalizing, and renewing your whole being.

Love is now. Know and believe that God's love envelops and saturates your mind and body, and that this Divine love will be filtered through and made manifest in all phases of your life.

Guidance is now. Infinite Intelligence within you knows the answer, and it responds to the nature of your request.

Claim your good NOW. You do not create anything; all you do is to give form and expression to that which always was, now is, and ever shall be. Moses could have used a loud speaker, a radio, or a television. The idea or principle by which these are made always existed in Infinite Mind. Plato referred to the "archetypes of Divine Mind," which simply means that there is an idea or a pattern in Divine Mind behind every created thing in the universe.

The winter is now over for you; the rain is gone also. Your mind may have been flooded with negative thoughts causing the mood of despondency, dejection, and melancholia. This is what a flood or avalanche of negative thoughts, false beliefs, and erroneous opinions will do. Now you know that all you have to do is fill your mind with the truths of God, which have come down to you from time immemorial. As you do this, you will crowd out of your mind everything unlike them.

The winter and the floods are over for you when regularly and systematically you fill your mind with the concept of peace, happiness, love, and good will. You can do this by reading one of the Psalms, such as the twenty-third or ninety-first, and feeling the truth of everything you say; or you can read aloud a good meditation of the real truths of God. As you do this, these truths go in through the eye and the ear; they release a tremendous, therapeutic vibration which courses through your entire mind and body. These curative, healing, soothing vibrations destroy, neutralize, and obliterate all the negative, fearful, diseased thoughts, which caused all the trouble in your life; their embodiment must then disappear. This is prayer; do it often enough until it becomes a habit. Prayer should be a habit also.

Spiritual Gems of Truth

I am vine; ye are the branches . . . (John 15:5). Whatever you attach to I AM, you magnify. I AM magnifies every state of mind. For Example, if you say. “I am poor, I am lonesome, I am miserable,” you magnify those mental conditions. It is like the number 9, because 9 added to any number do not alter it. On the contrary, it magnifies the number; e.g., supposing you add 9 to 5. You have 14, but 4 + 1 = 5.

The I AM within you, which means Being, Life, Awareness, Self Originating Spirit, etc., is God, or the Life Principle. I AM is the true Christmas tree, and the gifts are on the Christmas tree, for God is both the giver and the gift. If you work for someone and he pays you, he is liquidating an obligation; but l AM is a gift to you. No work or sacrifice is needed.

Peace is now. The god of peace is within you and you can claim it.

Love is now. Open your mind and heart to the influx of Divine love now, for God is the Eternal Now! Power is now poised and joy is now. The Healing Presence is within you, and you can claim that the Infinite Healing Presence is flowing through you now, this very minute. The answer to your problem, whatever it is, is within you now, for Infinite Intelligence knows all things.

. . . Before they call, I will answer . . . (Isaiah 65:24). God is timeless, space less and ageless. Take your good now. Why wait?

Your Imagination and Will

If you put a six foot plank on the floor, you can walk the length of it without any hesitancy, but if the plank is placed thirty feet high in the air between two homes and you are asked to walk on it, you might develop some qualms, for when you look down and your imagination tells you there is no solid foundation, you become afraid and your imagination, therefore, wins. When you try to will something into being by mental coercion or will power, you are using the law of reverse action, because it is as though you are saying, "I will be well, I will be strong, will be wealthy," when actually what you are saying is. "I am sick, I am weak, I am poor." . . . Let the weak say, I am strong (Joel 3:10).

Your subconscious is like a recording machine, and it records what you decree. Greater love hath no man than this, that a man lay down his life for his friends (John 15:13). Your friend is that which befriends you; therefore, you give up the old state and focus your attention on your ideal, thereby giving your life to it. By getting into the mood and tonal quality and living in the reality of it, you will die to the old state and live to the new.

You must realize that the idea you have in your mind is real. It is a psychological fact. But to make it concrete or tangible, or make it appear in my world, I must sense it to get into the mood, which is creative, and then walk in the light and realization that it will come to pass.

If your attitude of mind is: "Well, I might get it. I'll try, but I know it is impossible. Maybe some future time," these moods or feelings will be expressed inevitably as disappointments, frustration and unrealized hopes . . . This day is this scripture fulfilled in your ears (Luke 4:21).

Remember, all of us are between two thieves—the past and the future.

Nothing is accomplished by looking at either one. Many dwell on old hurts, peeves, grudges, and losses of years ago. Others are full of fear regarding the future. They are afraid of old age, sickness, insecurity, and death. All the good you seek is now, for God is Eternal Now! All the attributes, qualities and potencies of God are instantly available to you. The spirit within you is timeless, space less and ageless.

The Wonders of the Mind

On a recent visit to Ireland and England, I talked with an English niece.

She told me that on a recent visit she had made to Killarney, she felt she had been there before. She knew her way around the place, and said she knew what people would say to her before she asked the questions. She knew many of the shops and even their contents.

The answer I gave her was very simple. Many people have the same experience in visiting foreign cities and countries. It is not due to a previous incarnation, however. She had made careful plans for the trip; she purchased a ticket to fly to Ireland, visualized a wonderful time, impressed the subconscious and went to sleep on it. Her subconscious knows all and sees all, and she traveled there psychologically and dwelt there subjectively for a while, then when her conscious mind arrived there, she heard voices based on former impressions, which she may have forgotten. But when she heard the voices, it was the objectification of the psychological journey, and it registered.

How to Practice the Presence of God

Calmly trust God's Holy Presence to lead you to green pastures and to still waters. No matter what your work may be, as you go to your business, say, "God walks and talks with me. I completely rely on God's guidance and wisdom." Give thanks for the perfect day. Does as Brother Lawrence suggest: whenever your attention wanders away onto fear of doubt, bring it back to the contemplation of his Holy Presence.

To secure and to know the life of peace and joy, school yourself daily to have an intimate, loving, familiar, humble conversation with God—all day long. Let wonders happen in your life.

Your Assumptions Become Facts

During a recent conversation with an English army officer, he pointed out Adolph Hitler, at the time of armistice at the close of the First World War, was a prisoner. He refused to accept the fact that Germany was beaten, however. He went blind for a period of six weeks or longer, but it was a psychological blindness—no organic reasons could be found.

In the dark silence in which he existed he embodied the ideal of the German people at that time, which was a desire for vengeance or to get even, because of the wrongs they felt had been inflicted on them due to the Versailles Treaty. His assumption of that attitude made an impression on his subconscious mind, which responded accordingly. His name was Schickelgruber while a prisoner. When released, he became Hitler, and he no longer responded to Schickelgruber. He awoke a different man, having a new concept of him.

You also can use your subconscious for good or ill. It is all things to all men. Assume that you are illumined, noble and Godlike. As you keep up that attitude of mind, it will gel within you and your assumption will crystallize into a fact. When deep sleep fall upon men, in slumbering upon the bed; then he opened the ears of men and sea/eth their instruction (Job 33:15-16). Of times man is instructed what to do during sleep time. For example, suppose you are seeking an answer to a perplexing problem. You could say to your deeper mind prior to sleep: “I seek the answers or solution to this problem.” Then condense the sentence down to one word, “Answer,” and repeat slowly. In other words, lull yourself to sleep with one word, “answer,” and you will receive the solution wither in a dream vision of the night, or as a flash of illumination as you awaken in the morning.

It is said that the Russian General Cynarsky during the Napoleonic Wars paid no attention to the advice of his associates on the General Staff, who were mapping a strategy. He went to sleep contemplating only one thing—victory. He saw the end and snored while his associates discussed plans. He had his plan, and impregnated his subconscious mind with the idea of victory. He did not want to be swayed. Cynarsky undoubtedly knew that the conscious mind is inductive, i.e., it reasons from premise such as 2 + 2 = 4, and it deuced the results from this. It bases its findings on factual evidence and reason, regarding the future or the probable. The subconscious mind is deductive only. It takes all impression given it as facts. It is wholly impersonal. It accepts the idea as existing now and acts accordingly, his conviction of victory impressed his subconscious mind and consequently it came to pass.

Your conscious mind is sometimes called the father; the subconscious the mother.

Upon this / awakened, and behold; and my sleep was sweet unto me. (Jeremiah 31: 26).

A young woman with a wonderful voice tried to get a position singing on the radio or television but failed. She tried too hard and was overly anxious, tense and worried, which blocked her good. At my suggestion, prior to sleep she began to relax her entire body by closing her eyes and talking to herself this way: “My feet are relaxed, my ankles are relaxed, my toes are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed,

My spine is relaxed, my neck is relaxed, and my face is relaxed. I am completely relaxed and at peace.”

She repeated these suggestions four or five times, while knowing that the body and mind had to obey her. She said, “I felt very sleepy, completely relaxed and non-resistant. I heard the clock tick, the baby snoring, but I had no desire to move or do anything. In that sleepy state I affirmed: “I am a singer on TV now. It’s wonderful” having framed the sentence; I shortened it to one word, “TV,” over and over again and lulled myself to sleep with one word, “TV.” The next morning my agent called me saying he had a spot for me. My prayer was answered.”

The above illustration is a very simple way of conveying the idea of desire of your heart to your subconscious mind.

She Had a Recurrent Dream of a loved One Having Died

One of our radio listeners wrote me, saying she had dreamed seven or eight time of a loved one dying, someone whom she cared for and who was very close to her. But she added that the person is very much alive. I explained to her that if she dreams of a person she loves having died, it doesn’t necessarily meant that the loved one will die or died, but I means that something she loves in her life such as a position, quality or health, is dying or died—not the person.

Actually, her love for her husband had died, as she knew that he had a mistress. Her love had turned to hate, and her subconscious was reminding her. This hate within her was murdering love, peace, harmony and joy and was beginning to affect her body in the form of arthritis.

Accordingly, she talked the matter over with her husband and they arranged for an amicable divorce. She began to appraise herself spiritually, realizing she was a daughter of the Infinite and a child of Eternity, she ceased hating and

instead built up self esteem, while realizing that her true Self was God. Her constant prayer was, “God loves me and cares for me. His peace fills my soul. God’s love saturates my whole being, and the light of God illumines my pathway.” When thoughts of her ex-husband came to her mind, she affirmed immediately, “God loves me and cares for me.”

After awhile all anger, resentment and hatred was dissolved in the light of God’s love. She said, “I stopped trying to force myself to bless him. I knew that as I saturated my mind and heart with Divine love, all the negatives would disappear, which they did.” There was no longer any sting in her mind. The hatred and rage were suppressed in the subconscious, and being a very destructive nature, had to have a negative outlet, which was appearing as arthritis. The suppleness and mobility of her knees have been restored, as love dissolves everything unlike itself.

An interesting sequel to her prayer process was that she had a tremendous urge to finish her study of medicine, having previously completed two years in medical college in New York. She is now well on the way to becoming a pediatrician and, undoubtedly, she will be a wonderful doctor.

If you dream of a person you dislike very much as dead or dying, it means the condition or thing in your life embodied or symbolized by that person has died or passed away. To illustrate this point, a young college girl dreamed her ex-fiancé was dead. This dream occurred during three consecutive nights. However, he was very much alive.

Her doctor had diagnosed a tumor in her creative organ. She realized the relationship and said to me, “I know the growth is one resentment, but I have been going to Unity Church and Science of Mind classes, and I know it will pass away.” I suggested to her that as far as I could judge, the tumor undoubtedly was dissolved. I pointed out to her the significance of her dream and suggested that she go to her gynecologist for another examination. She did, and he confirmed the truth of her dream. Her subconscious, speaking symbolically, told her that all her resentment and hostility had died in her, and the physical embodiment of her negative emotions had disappeared also.

. . . Who will show us any good? Lord, lift thou up the light of thy countenance upon us. Thou hast put gladness in my heart . . . 1 will both lay me down in peace, and sleep: for thou, Lord only makest me dwell in safety (psalms 4:6-8). Yea, they turned back and tempted God, and limited the Holy One of Israel. They remembered not his hand, nor the day when he delivered them from the enemy (Psalm 78:41-42). You must never limit the Infinite. It is Omnipotent

and Omniscient. The hand means the power of God, and enemies are of our own mind, such as fear, doubt, jealousy, *etc.* Divine love casts out all fear, and you are delivered from the limitations, which you have placed upon yourself. When faced with a problem, challenge of difficult assignment, look at it and say to yourself that the problem is here but God is here also. Don't turn your back on the Infinite Presence and Power within you. When you call upon Infinite Presence, you will get an answer, for it's nature is responsiveness.

Before Abraham Was, I Am (John 8:58)

Before any manifestation appears on the screen of space, it comes from the Invisible. All of us came forth from the Living Spirit Almighty. Before you appeared on this plane, you were Spirit. When coition takes place between the father and mother, the tone or mood captured at that moment brings into being out of itself a child in Harmony with the note struck. It is like a piano: You strike a note and all notes in harmony vibrate. If you are playing a perfect chord and strike a dissonance, or if you are playing a beautiful piece of music and strike a note not in harmony with the same, it will bring out a dissonance or discord.

This applies also to a misshapen child. If you are drunk and have coition, or are under the influence of narcotics, a distorted or malformed child could come forth. The infinite keyboard of the Infinite is within us, and we can strike any tone we wish. If the dominant mood or tone during coition is, "I hate to hear that voice," or "I hate the sight of;" in that mood, if the ovum is fertilized, a deaf or blind child could be born. Likewise, if the parents could get into the mood of Mozart, they could possibly create another Mozart who could play at three years of age.

Each person is a movement of Infinity on the screen of space. You gravitate to your parent's moment of conception. In other words, you are the Infinite Spirit appearing as a child in the home of your parents. Quimby said it correctly when he said, "You are a Spirit now. You were always a Spirit. When will you cease to be a Spirit?" You are conditioned as John Jones to believe yourself to be a man of age, race and profession. It is the One Being appearing as many. Mozart's father didn't have to know music. The I am within you produces anything and everything.

But of that day and hour knoweth no man, no not the angels of heaven, but the father only (Matthew 24:36). Seeds mature at different periods according to their kind. Likewise, seeds or impressions mature in your mind at different periods—months, day or years. No man knows. The reason something turns up which you do not expect is this: perhaps many years ago you were in business and you had

a partner who embezzled money and caused bankruptcy. When you think of it now and get excited or angry, you are living the role over again, as the roots are not withered. It’s not forgotten.

The proof that you have eradicated the hurt and forgiven yourself for harboring destructive thought is that you can remember it and remain indifferent. You have no feeling or sting left.

Roots are withered by indifference. If you want to kill the roots of resentment within you, listen to the voice of that person telling you what a beautiful dignified person you are, how honest and kind you are. Make it real. You want to hear it. Get into the mood. It works. This is a technique used by many. Another technique is to affirm, “I have released you.” “As you keep this up, the moment comes when he comes to your mind and there is no longer any sting. The roots of resentment and anger are withered, you are at peace.

She Got the Wrong Advice

During ah interview with a woman who had a marital problem, she said that the counselor had told her to loosen her expression of temper and rage on her husband, whom she hated. As a result, they had been pouring out venom on each other. These mental poisons were polluting her mind and body. I explained to her that such advice as she received is stupid and destructive. It is foolish and idiotic to think that the way to get rid of a destructive emotion is to express it.

If this happened to be true, the opposite would have to be true. I asked her if she expressed love, cordiality and geniality, would she get rid of love that way? Of course not. Her subconscious would magnify love and good will. God is love, and his love indwells all people. Begin to exude vibrancy and goodwill to all those around you, and you will magnify and reinforce these qualities in your mind and heart.

This woman did not eradicate or expunge hatred and hostility from the subconscious by expressing it; she was getting worse by the hour. The two were living a lie, and it takes two to make a “go” of marriage. A harmonious reconciliation can only take place on a spiritual basis. There is a principle of right action and no principle of wrong action. The right thoughts, the right mood and right action bring about a balanced mind. There is no penalty in love or right action.

Both of them decided to preserve the marriage and began to alternate in prayer each night. She would read the 23rd Psalm out loud one night and he would read the 91st Psalm the next night. Each one came to a decision to exalt God in each other. When he was ready to explode, he would immediately supplant the negative thoughts with: “God loves her and cares for her. I exalt God in the midst of her.” Repetition of this prayer became a habit for both of them. She decided to use the same technique: “God loves him and cares for him. I exalt God in the midst of him.” The marriage is growing more blessed as the days roll by.

CHAPTER 5

LEARN HOW TO MAKE YOUR DREAMS COME TRUE

Confirmation

Every sacrament is an act of Divine union, resulting in a deeper downpour of grace-a sense of deep conviction of things spiritual beyond mere words. Every true prayer is a sacrament for it mans uniting with your desire. Every desire or idea has its own fragrance; as you meditate on it, you will secrete a perfume, a joy, an inner fragrance, which is a deep feeling of satisfaction. When you feast on your desire and call forth the mood, or the full feeling, your desire and feeling become one. Prayer is really a marriage ceremony as you are told in “The Marriage Feast of Cana.”

When fear departs from your consciousness, it is the sign that you are really partaking of the various sacraments and entering into a state of grace and deep spiritual conviction. Jesus said that an adulterous generation ever seeks for an outward sign; none shall be given, but the sign of Jonah. The word Jonah means conviction, the idea felt as true. You must impregnate the subconscious (the whale) with your desire or idea through feeling; then a new Jonah (a new man) will come forth out of the whale (consciousness) clothed in the new desire.

All the stories in the Bible, as well as all the sacraments, deal with the relationship between the male and female principle within each of us. Another way of saying it is that our prayers deal with the proper, harmonious interrelationship between the objective and subjective nature of man. Date to become lost in the joy of being what you long to be. You can become so identified with your desire or ideal that all else is blotted out, and you are alone with your fulfilled desire.

One Bible student who took our classes on the inner meaning of the Book of Revelation and the Book of John told me recently that his young brother ran away from home with another boy. His mother was heartbroken. They couldn’t find him anywhere. He stilled the wheels of his mind, touched his young brother’s head and stroked his hair (all in his imagination); then he embraced his brother saying, “It’s wonderful to have you back. You love your mother, don’t you?” He did this easily, quietly, and lovingly. He was completely relaxed about it all and enjoyed the mental drama. When he opened his eyes, he told me he was amazed that his brother wasn’t there; it was all so real, so natural, and so vivid. Meaning that he had fixed the state subjectively, that Jonah (his desire for his brother) had entered the subconscious (the belly of the whale), and 10 and behold, the new Jonah came forth. His brother came home the next day. He said that he got as far as Phoenix, Arizona, when a compelling urge came over him to return home to his mother; this was the subjective wisdom, which acted upon his

mind causing him to return home.

You experience the sacrament of confirmation when you sense a feeling of rest from striving-a feeling that after all you no longer want or seek the state, since subjectively you feel your prayer is answered. The state is confirmed or felt as true. There is always a let down or sense of relaxation and peace when you succeed in impressing your desire subconsciously. When the spiritual creative act has been accomplished you cry, “It is finished!” You have succeeded in crossing over to a subjective level. You have died on the cross; i.e., you have left the old state and crossed over to the new state—the answered prayer.

Every answered prayer is a process of crucifixion. I don’t know why we should dodge the issue; let us begin to teach it and get rid of all metaphysical superstitions about crucifixion and resurrection. In our chapter on “Holy Communion” we learn that Jesus looked upon bread as a concept of consciousness and not any conditioned form. We learn also about the chemistry of alimentation, its inner significance and its miraculous implications. Eat what you wish, what is good for you, and what agrees with you. Be sure you do not become a neurotic or food faddist. Food, such as carrots, bananas, and grapes will not make you more divine. In this doctrine

Or sacrament of confirmation, you must remember that its real inner significance is the absolute belief in One God without any mental reservations. Do you really look to the One Source for your heaven on earth? Do you really understand the power of consciousness? When you can answer, “Yes” to these questions you are really confirmed.

Confirmation is an outward sign of a desired inward grace-a sensing of the reality of spiritual values. The church refers to confirmation as a sacrament, which makes you a strong and perfect Christian. We should understand that the word Christian applies to anyone who uses the principle of life constructively. It does not refer to beliefs or personalities. The outward sign of confirmation is the laying on of the bishop’s hands, the anointing with oil, and the repetition of certain prayers. The inward grace is the real Sacrament. The church refers to the Acts of the Apostles as its authority for the sacrament of confirmation. “Then laid they their hands on them, and they received the Holy Ghost.” Acts 8:17. “Now when the apostles which were at Jerusalem heard that Samaria had received the word of God, they sent unto them Peter and John: Who, when they were come down, prayed for them, that they might receive the Holy Ghost.” Acts 8:14-15.

The material in the Acts of the Apostles may have some historical basis but much meat for the soul can be found therein if you will strive to discern behind every name of a personage, city, town, or country a state of consciousness, negative or positive. When it speaks of Saul dying, it means the five-sense, unholy-minded man dying to that state of consciousness and the Paul (little Christ) state of consciousness being born. In other words, you, the reader of this book, are Paul, meaning your intellect is illumined by an interior light, and you know your I AM (life) is God in you. Your own awareness is the God-Presence. Death and life are always going on in your mind. Paul said, "I die daily," meaning he was constantly dying to erroneous concepts, negative ideas, and resurrecting continuously more of God's wisdom, truth, and beauty. Nothing can be born without something dying. That is why the crucifixion (crossing over) drama is forever taking place. You are always transcending former states. Peter (faith in God) and John (love of God) prayed for them that they might receive the Holy Ghost. These qualities are within you; when faith and love join forces, you truly enter into the Temple Beautiful (high spiritual consciousness) through the Gates Beautiful (conscious mind).

Through faith you become strong. Faith is going in one direction only, believing in One Power-the Spiritual Power within. You love God in the sense that you feel your oneness with Him and you give the Spiritual Power your supreme-allegiance, devotion, and loyalty. You are true to it alone. The sacrament of confirmation means that you are absolutely convinced that there is but one power and one cause-your own consciousness. You no longer give power to stars, the weather, other people, germs, external powers, entities, *etc.* You have dispensed with all secondary gods and powers. Confirmation takes place in your own mind and heart-it is purely psychological and has nothing to do with external rites or ceremonies. You have absolutely come to the point once and for all. You have made a definite, concrete decision. You have mapped out your future destiny. You know where you are going. You are no longer adrift on the ocean of life. On the path of life you will now keep your eye on the beam.

Here is a test to see if you have advanced to the degree of consciousness called confirmation: If you pray for a healing and say, "I can't be healed" or "I'm incurable," you are identifying and acknowledging other powers. You are denying the One True God. The minute you place suppositional opposite in your mind to the One Power, you have not yet advanced to this level consciousness called confirmation. To say, "I can't make ends meet," "There is no way out," "It is hopeless," "He is incurable," "I will lose everything," "A jinx is following me," or anything similar to them, you are mentally and emotionally uniting with

negativity. You are not being loyal, true, devoted to the ONE POWER, your own I AMNESS. If you really believed, you would not mentally unite with these false concepts; this is called idolatry or in the Bible adultery. Idolatry and adultery are synonymous in biblical terminology. To worship is to give attention to, to exalt, to deem worthy of study and devotion.

To illustrate what true confirmation is: I was talking to a young Japanese boy during my lectures in Japan last year. He said that he had been sentenced to be shot during the war; he added that he had been accused falsely, but all that is beside the point. The point is, he called Peter (faith in God) and John (love and at-one-ment with the One True God-The One Power) and said boldly to himself, "I can't be shot. I am a Son of God. God can't shoot Himself." He kept repeating the words of the 91st Psalm. He wrote them in his heart. He knew there was only One Power. He was released with no explanations and told to go back to duty.

The Bible refers to the angel of the Lord, which means a vivid insight and conviction in the Power God enabling man to free himself from any limitation. When we are inclined to waver and doubt, when faced with a difficult situation, let us ask ourselves, "Where is my faith, what is truth, what do I believe in?" The answer will steal over our minds like the dew of Heaven, and we will feel that our faith and trust are of God-Omnipotent and able to save us like the faith of the Japanese boy who knew he could not be shot. Your knowledge of Truth is being forever to the test. Are there not times in your life when you had the fear that perhaps all this metaphysical business is simply barren dialectics and sophistry? But the Job state of mind cotnes to our aid, and like Joshua of old, we stand firm in the I AM state of mind, resting in God and His law. This state of mind bids the sun (conscious mind) to stand still and see the salvation of the Lord. The latter means the solution that the subjective wisdom will bring to pass as we turn our request over to it and trust it implicitly.

"Whom say ye that I am?" What answer do you give to this? Why not tell the truth and say, I am a son of the living God." Until you do this, the world will take you but at your own low estimate and evaluation of yourself. You must find the hiding place of Divinity in your own household. We must avoid all deification of personalities when considering the sacraments. Jesus said, "Why call thou me good?" Only the Father is good—"He doeth the works." There is much allegory in the Bible, but these allegorizations do not necessarily destroy geographical and historical backgrounds. All cities such as Los Angeles, New York, San Francisco, Cairo, etc., take on a personality and quality of their own. Each city has a subjective feel based on the mental atmosphere of the inhabitants of the city. The same applies to personages, such as Paul, Jesus, Moses. Isaiah,

Lincoln, or Washington who left their marks in human destiny. In other words allegory, does not destroy history, but serves to enrich it. Today we say, “going to Munich” or “another Korea.” How meaningful have become popular phrases and places, such as “another red herring.”? “Spirit of Geneva,” *etc.*

If you have seen the play, Lincoln, I am sure you know that the writer of the play makes Lincoln say and do whatever he wanted in order complete the drama or story. Likewise it does not mean that some of the characters in the Bible were not real, but the writers undoubtedly wrote drama of truth around them portraying the results of states of consciousness. All stories in the Bible, therefore, are stories about everyone, about you.

In the sacrament of confirmation you are to be witness to reality; i.e., you are to reflect the hidden beauty of God; then, with Jesus, you can well declare, “He that hath seen me, hath seen the Father.” You are firmly convinced of One Power and you say “Nay” to all else. When confirmed, in the true psychological sense of the word, you are completely finished with superficial, ritualistic religion, mere religious dialectics, and semantics which get you nowhere in the truth. Mere mouthing of the words “Jesus Christ,” blood of the lamb,” “the cross of Christ,” etc., will avail you nothing unless you understand the meaning of these words. The external beliefs associated with these words represent rank nonsense and superstition.

You must be baptized before confirmation, which means that before the birth of Jesus (your awareness of God or I AM in you), you were John baptizing with water. John the Baptist came to the world wearing a leather girdle (disciplining of emotions), eating wild honey and locusts, and striking the axe to the root of the trees (false systems of religious beliefs). He represents you at the time you first turned away from religious beliefs. At first you felt like a pioneer preaching with great fire and zest. All of us pass through this sophomoric state. After a while we calm down or settle down and we begin preaching to the one who needs it most-ourselves.

In prayer or treatment, if you want to help another, turn your mind completely toward God; this is the first step in the treatment process. The second step is to contemplate the solution of the problem (the answer). Do this frequently until you arrive at a conviction. Jesus in symbolizes this

The Scriptures who is “the one who should come” or the manifestation of your ideal. Your desire objectified is your, Jesus your solution. Jesus and Joshua are identical in the Bible; both mean God is the savior or emancipator. In another sense Jesus represents the Truth which, when it ascends into working

consciousness in a man, begins a series of acts which are the result of the descent of a Holy (whole) spirit.

In confirmation you receive the Holy Ghost, which means that you no longer have a blind faith but a living, dynamic vibrant faith in the God-power and wisdom within. When your intellect becomes convinced of the wonderful idea that you are a son of God and heir to all of God's riches; when you feel the truth of this all through your whole being; the Holy Spirit (spirit of one ness with God) has come upon you in all its power and majesty, and there is no longer any need for John (conscious mind, reasoning, intellect). Your confirmation is complete because your feeling of conviction of God's Presence takes over and leads you into the Holy of Holies within. Historically, it is quite possible that an illumined man who was a real student of the Holy Way or Holy Path did study in Egyptian and Indian esoteric schools, waxed strong in wisdom, and the healings attributed to him. This person, Jesus, also became allegorizations of the process in divine alchemy and transformation.

After receiving confirmation you are told that you are now a soldier of Christ. What does this mean? It means that your goal as a soldier is to be loyal to Truth and to God's Laws of Love, Order, Beauty, and Proportion, which means that you refuse to dwell mentally on ideas extraneous and contrary to your announced objective as a soldier of the One Who Forever Is. You are a soldier of God when you follow out the orders and instructions you have received. You learned that you could overcome all problems through prayer that the principle within will lift you above any experience and set you on the highroad to freedom and peace of mind; furthermore, you know and believe that there is a scientific way of prayer, which brings results. Knowing this, you have turned over a new leaf; you are on the way to victory over all things in your life. As a good and loyal soldier, you will always respond to your faith in God. You are aware that the subjective area of your mind responds to your mode of thought; therefore, you watch carefully to see to it that only godlike concepts and ideas enter in. As a soldier you stand guard at the doorway of your mind, absolutely refusing permission of entry to any negative, limiting ideas or moods. You are always on duty. You are never off guard. By day and by night you are constantly on guard duty fully armed to resist all aggressors.

To be confirmed in the church, you must know the chief truths of your religion. In psychological parlance, you must know how your conscious and subconscious minds function. Up to and including the tenth century, it was the custom to confer confirmation on children after baptism. But that custom has been discontinued to a great extent as the person is supposed to understand his

religion. The reason you must have been baptized before you can receive confirmation is simply this, “Wisdom will not enter into a malicious soul.” Wisdom 1: 4. You must cleanse and wash your mind of false beliefs and erroneous concepts to receive the wisdom or true knowledge of God. True knowledge of God is confirmation. All those confirmed add to their names, usually the name of some saint. Name means nature, and the addition of another name really means a new state of consciousness. The name you take is supposed to be a model and protector for you.

You have heard the expression, “his nature is to be happy.” This means he has appropriated the consciousness of happiness. He has made it a habit to be happy, having chosen through constructive imagery and thinking. He appropriated the qualities of happiness and he expresses happiness. “Whatever ye shall ask in my name,” means if you enter into the victorious, triumphant state of consciousness, you will receive. When you say your name is Mary Jones, this denotes everything about you, your characteristics, disposition, the fact you are a woman, your age, nationality, education, size, financial and social status, and all things appertaining to you. Your name completely identifies you. The new name you receive at confirmation represents, therefore, a new awareness, a greater knowledge of the Truth of God, a greater understanding that the name represents. All this is lost to the candidate for confirmation. It is another ceremony in his life without understanding. The bishop, in a beautiful ceremony, says to the candidate for confirmation, “May the Holy Ghost (feeling of oneness with God) come upon you and the Power of the Most High keep you from sins. Amen.” The word amen means the union or agreement of the conscious or subconscious mind, which is, answered prayer. If there is any argument or doubt in your deeper mind as to the truth of that which you affirm consciously, there is no real amen. Keep on persevering and agreement will be reached.

The bishop prays that wisdom, understanding, guidance, fortitude, and knowledge of Godliness be given to all those confirmed. The bishop, seated at the altar, dips the thumb of his right hand in the holy chrism, that is, the oil with balm, places his hand on the boy’s head and makes the sign of the cross with the oil on his forehead saying, “1 sign thee with the sign of the cross and I confirm thee with the chrism of salvation in the name of the Father, Son and Holy Ghost.” Then the bishop strikes the child confirmed gently on the cheek saying, “Peace be with you.” The blow on the cheek is to remind the person confirmed that he is to be patient, knowing that in peace and in confidence lay his strength. The oil used is the perfumed oil, which has been consecrated on Holy Thursday. Holy Thursday precedes Good Friday meaning the day God’s Love, or the

moment when you become one with your prayer or ideal; then you have died to the old state and you have resurrected a new state of consciousness. Holy Thursday is the day when the oil is consecrated and is purely symbolic. Holy Thursday means an exalted state of mind, a high place in consciousness, a place of peace and love. When you succeed in becoming one with your desire, a wave of peace steals over you the mental and I and spiritual love act is completed, symbolizing the ritual of Holy Thursday and Good Friday (day of love). The old man is now dead. The new, subjective state is ready for resurrection; this is all a process prayer. The sign of the cross with oil means that you have crossed over to a higher state of consciousness. The forehead is symbolic knowledge and understanding. The oil bespeaks a greater measure of light and wisdom. The perpendicular beam of the cross means God-I AM consciousness, awareness. It means the Timeless One within all of us. The transverse beam of the cross represents your conception, estimate, or blue print of yourself. That is the sign of the cross or your real concept of yourself. Your concept of yourself is your concept of God, which determines your whole life. The transverse beam represents time and space also. The transverse beam of the cross represents past, present, and future. There is no growth in time. Don’t say things will be better next year or five years from now. Your condition, circumstances, and experience will not improve or change for the better until you ascend to a higher level of consciousness represented the perpendicular beam of the cross, which is timeless, and space less. Your spiritual growth and advancement has nothing to do with time and space. Rise in consciousness by contemplating the qualities and attributes of God and you become what you contemplate. Your transverse beam is then placed higher on the perpendicular beam. In other words you have ascended to another level of consciousness. That is the meaning of placing the sign of the cross on your forehead with the holy oil.

You realize, of course, that you do not ascend to a higher level of consciousness until you begin to transform yourself by daily prayer and meditation. It is not something that is conferred on you by another. The external ritual and ceremony, while beautiful and uplifting, may induce a happy, joyous, emotional reaction, but the only real, worthwhile change is the internal change of the heart where the man becomes a new man in all his ways.

The chrism of salvation means that the chrism or perfumed oil is your solution. Salvation means solution. Chrism is perfumed oil, which we have referred to and it means that Love and Wisdom solves all problems. Wisdom means the right thought. Love means the emotional attachment to the right thought, idea, plan, or purpose. That is all it means and that is all it ever meant.

All these rituals and ceremonies, such as anointing with oil and making the sign of the cross refer to psychological changes in man; or to use biblical language, they refer to the descent of the Holy Spirit in man.

"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised." Luke 4:18. "This day is the scripture fulfilled in your ears." Luke 4:21. Here Jesus is telling you that God or your Good is the Eternal Now. This very moment you can claim your good, such as peace, harmony, health, or true place, and the Spirit of the Lord is upon you meaning the mood of faith and confidence in an Almighty Power, which never fails. This feeling of confidence and trust in the Spiritual Power sinks down into your mind and heart, lifts you up, fires your imagination, and kindles your faith, enabling you to fulfill your desire now, today.

Now is the day of salvation. Some people say to me, "0 some day I will be happy," or "Some time in the future I shall have a healing." The healing principle is within you now. Use it this moment. Why say, "Some day I will pay all my bills." Go within and claim that the spirit of opulence is manifesting itself now in all your affairs. Believe it, accept it, and watch the great drama of God in operation. Don't postpone your happiness. Choose happiness now. Happiness is a habit. Make it a habit to be happy by choosing wholesome, constructive. Joyous, and loving thoughts and imagery all day long. The peace of God is within. Why say, "Some day peace will come." Tune in on the God of Peace and announce in the temple of your own consciousness the presence of peace, health, happiness, and abundance. They are waiting for you now. You take them according to law, and the law is "I am that which I contemplate." Troward says, "All things are made by the self-contemplation of spirit." You are that which you feel yourself to be. The feeling of wealth produces wealth now. The feeling of strength produces strength. The feeling of health produces health. Whatever you mentally identify yourself with and feel as true becomes a reality in your world. You have now found your savior in the temple of your own consciousness. Open the door today to a new life. Why postpone your experience of God. God is the Eternal Now. "This day is the Scripture fulfilled in your ears."

"And suddenly there came a sound from heaven as of a rushing, mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance." Acts 2:2-3-4. When you subjectively feel as true what

your reason and senses deny, you are filled with the Holy Ghost or Whole Spirit, meaning you are integrated or one piece. You no longer have a divided mind. You and your desire are one. You now speak in a foreign tongue, meaning the new affirmation, the new realization. You speak in a new tongue when you are happy, joyous, full of love, and good will. The word tongue means your mood, tone, feeling, and mental attitude The Bible says, “These men are full of new wine. Acts 2: 13. This means you are filled full of the feeling of being what you long to be. You can begin now and speak in a new tongue. If resentful, pour out the spirit of forgiveness, love, and good will. Pray for the other. Bless him. You are speaking in a new language-the language of God

In what language does God speak? Not in Hebrew, Greek, or Gaelic.

The language of God is sometimes referred to as the Still Small Voice, the voice of intuition whereby you are taught from within. The language of God is also the mood of Love, Joy, Beauty, and Peace. The unfoldment of spiritual power within you is the gift of tongues. The tongues of fire represent the intelligence of God coming into your mind. The sound from heaven, which you hear, is the sound of your answered prayer. The mighty wind means the wave of peace which steals over your mind when experience the joy of the answered prayer. When you read the second chapter of the Act oft he Apostles it says, “And when the day of Pentecost was fully come, they were all with one accord in once place.” Acts 2: 1. Let us enact this whole drama within ourselves now. The day of Pentecost means the day of feasting. Prayer is a feast at which you eat of your idea until you are one with it. One of our students recently heard from the teacher of his boy that his son was dull and backward, and should be sent to a special school. This father began to get lost in the joy of hearing the opposite. Every night he would imagine his son showing him his report card and saying, “Daddy, I received A’s.” He kept this up until it became a conviction. His boy blossomed forth and is one of the best students in his class. Pentecost means the fruit of the idea on which you meditate; this is exactly what the father experienced. The father’s prayer caused the intelligence and wisdom of God to well up in the mind of the boy, and he fulfilled his father’s conviction of him. “They were all together in one place.” This means to sit down, relax, stop the wheels of your mind, and concentrate all your faculties and thought forces on the spiritual power within; then focus all your attention on your ideal. As you do this, you will find an exhilaration of the whole man similar to that produced by wine. You are “filled with new wine.”

As you busy your mind along these lines you will succeed in qualifying your consciousness your ideal. When your prayer is answered, speak in a new tongue.

The man who was poverty-stricken and is now rolling in wealth is speaking in a new tongue. The man who was crippled with arthritis and now walks the earth a free man speaking and proclaiming to the world the new tongue of health, faith in God, and His Healing Presence. He has received the Holy Ghost (whole spirit) a feeling of wholeness, of health, and peace of mind. The Bible says Moses "poured the oil of unction upon Aaron's head and he anointed and consecrated him." Leviticus 8:12. The oil of unction contained perfumed spices, which were mixed with oils such as myrrh, cinnamon, and cassia. Moses means the subjective wisdom and intelligence of the deeper mind. Aaron is the intellect or the conscious mind. The oil of unction refers to the wisdom of God, which illumines the intellect of man; then he is said to be anointed and consecrated. Pouring oil is a figurative and metaphorical expression. It is the language of the Bible, which must be seen, in a psychological sense to have any real meaning.

The word Messiahs is but a transcript of the Hebrew word Messiah.

The word Christ's is a translation into Greek of the same term, which means anointed. You will read such terms as these in theological books: Chrism of salvation, chrism of spiritual ointment, perfume, perfume of perfection. All these terms mean the same thing, namely illumined reason. The oil used is olive oil symbolic of cheerfulness and thanksgiving. "Behold, how good and how pleasant it is for brethren to dwell together in unity! It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard." Psalms 133:1-2. "Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend." Proverbs 27:9.

Outer things such as oil, ointment, perfume, etc., are used to portray the grace, the beauty, and the love of God operating in the mind and heart of man. You have noticed the odor of the garden after the rain. You have smelled the sweet perfume of the rose and you have smelled the briny ocean. Is it not through the sense of smell that we communicate with the beauty of the world all about us? Likewise, we are to inhale the perfume of Divinity by meditating on whatsoever things are true, whatsoever things are lovely and of good report. You cannot suppress the perfume of a rose; Neither can you suppress the joy, which arises in you as you enter into the realization of the answered prayer. "How much better is thy love than wine and the smell of thine ointments than all spices! Thy lips, 0 my spouse, drop as the honeycomb: honey and milk are under thy tongue; and the smell of thy garments is like the smell of Lebanon." Song of Solomon 4: 1 0-11.

Here the inspired writer is telling you how to pray and he likens it to a

romance with a woman. When you pray it must also be a romance with God or your Good. Praise your desire or goal, exalt it, flatter it, kiss it, love it, feel the thrill, and wonder of it all. Let it fire and captivate your imagination. Let it thrill you through and through. Squeeze out the perfume of it. As you meditate on the reality of your desire, feeling the naturalness of the state sought, you are secreting its perfume and entering into the joy of the answered prayer. You are now confirmed in and convinced of this law.

This knowledge is like a sachet of myrrh, cassia, saffron, and cinnamon carried near your heart enabling you to release from the treasure house of eternity the sweet fragrance and perfume of Divinity now and forevermore. It is wonderful.

CHAPTER 6

PLAN FOR PROSPERITY AND HAPPINESS

"To prosper," means to succeed, to thrive, and to turn out well. In other words, when you are prospering, you are expanding, growing spiritually, mentally, financially, socially and intellectually. In order to truly prosper, it is necessary that you become a channel through which the Life-Principle flows freely, harmoniously, joyously and lovingly. I suggest that you establish a definite method of working and thinking and that you practice it regularly and systematically every day.

How Prosperity Thoughts Changed His Life

One young man who consulted with me had experienced a "poverty complex" for many years and had received no answers to his prayers. He had prayed for prosperity, but the fear of poverty continuously weighed on his mind and, naturally, he attracted more lack and limitation than prosperity. The subconscious mind accepts the dominant of two ideas.

After talking with me, he began to realize that his thought-image of wealth produces wealth, and that every thought is creative unless a counter neutralizes it thought of greater intensity. Furthermore, he realized that his thought and belief about poverty was greater than his belief in the infinite riches all around him. Consequently, he changed his thoughts and kept them changed. I wrote out a prosperity prayer for him, as follows (I know it will benefit you also):

An Effective Prosperity Prayer

"I know there is only one Source, the Life-Principle, from which all things flow. It created the universe and all things therein contained. I am a focal point of the Divine Presence. My mind is open and receptive. I am a free-flowing channel for harmony, beauty, guidance, wealth and the riches of the Infinite. I know that health, wealth and success are released from within and appear on the without. I am now in harmony with the infinite riches within and without, and I know these thoughts are sinking into my subconscious mind and will be reflected on the screen of space. I wish for everyone all the blessings of life. I am open and receptive to God's riches—spiritual, mental and material—and they flow to me in avalanches of abundance."

His Changed Thinking Suddenly Changed Him into a Prosperous Person

This young man focused his thoughts on God's riches rather than on poverty and made it a special point not to deny what he affirmed. In a month's time, his whole life was transformed. He affirmed the above truths morning and evening for about ten minutes, knowing that he was actually writing down these truths in his subconscious mind, causing the latter to be activated and to release its hidden treasures. Although he had been a salesman for ten years with rather dim prospects for the future, suddenly he was made sales manager at $30,000 a year plus prime benefits.

How She Wrote Her Desires in Her Prayerful Heart and Received Astounding Results

A young woman learned that her conscious mind could be likened to a pen and that she could inscribe her true desires on her subconscious by frequent habitation of the mind with the desires of her heart. Accordingly, she decided to write two desires in her deeper mind by thinking of each one separately and with interest, knowing that her subconscious would respond exactly according to the impression made upon it.

Her Most Cherished Desires

Her first desire was as follows: "My mother and I are going on a two week holiday to Mexico. We have agreed that Infinite Intelligence opens up the way in Divine order." Both of them pictured themselves on the plane, and they conducted an animated conversation in their imaginations with the hostesses. They felt the tangibility of the plane and the naturalness of the whole thing.

After about a week, this young woman came to my office all excited, saying, "Look what I found—this envelope on the street containing twenty 100 dollar bills and a note inside: Whoever finds this, keep it. God bless you," and that's all." There was no name or any identification of any kind on the envelope. Now, it happens that there are eccentric millionaires who do things like this from time to time, which is a possible explanation of her good fortune. They went on a wonderful extended tour of Mexico. The ways of your subconscious to get results are truly past finding out.

Her second desire was for marriage, this is *hat she wrote with her conscious mind pen in her subconscious: "I know my desire for marriage and happiness is the voice of God in me urging me to lead a full and happy life. I know that I am one with the Infinite now. I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. I can be a great asset to him. I can cherish, love and inspire him to greatness. He loves my ideals and I love his ideals. He does not want to make me over; neither do I want to

make him over. There are mutual love, freedom and respect between us. These words go forth and accomplish whereunto they are sent. I have written this request in my subconscious mind with faith and confidence, and I decree it is done, finished and established in my deeper mind. Whenever I think of marriage, I shall remind myself that infinite Intelligence of my, subconscious is bringing this to pass in Divine order."

A few weeks went by and the dentist who had been working on her teeth for some weeks suddenly proposed to her and she accepted. I had the joy and satisfaction of performing the marriage ceremony. This young woman gained a new insight into the wonders of her subconscious mind. Think prosperous and wholesome thoughts, and wonders happen as you pray.

A young, divorced woman was resisting life by complaining, "I am leading a humdrum existence. I am lonesome, frustrated, and I have no friends. I lead a drab, weary existence," *etc.* However, she learned that her thoughts are creative and that by thinking negatively along the above lines, she was actually compounding her misery, because whatever we give attention to, the subconscious magnifies and multiplies in our experience.

After learning something about the laws of mind in our interviews, she reversed her habitual frustrated thinking and began to affirm frequently and systematically: "I am happy, joyous and free. I am loving, kind, harmonious and peaceful. I sing the song of praise in the Lord, which is my strength," She realized and understood the mental law that whatever she attached to "I AM," she would manifest and express. She made a habit of affirming the above mental truths, and her whole life was changed from the former so-called drab existence to a fullness of life, including marriage to a brilliant engineer, a new home, plus a new perspective and a new insight into the wonders of the riches within her.

How a Housewife Planned for Prosperity and Happiness and Got Results

A housewife who conferred with me was constantly whining and complaining, "There is no happiness for me. I was born on the wrong side of the tracks. I am stuck to a treadmill sort of existence. I wash, cook, iron, scrub, wash dishes and windows, and take care of three children." She was resenting and resisting her environment and felt life was against her and unkind to her.

During our discussion, however, she began to awaken to the truth that prosperity and happiness represent a state of mind. Accordingly, she reversed her way of thinking and began to claim, "Divine right action is mine. Success is mine. Wealth is mine. Happiness is mine. God's river of peace governs my mind, body, and activities, and whatever I do will prosper. I know my thoughts

are creative. As an engineer plans a bridge, so am I planning prosperity and happiness now? I believe implicitly in the law of the Bible, which promises, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you (Matthew 7:7)."

This housewife accordingly stirred up the gift of God's prosperity within her, and her relationship to her work, her home and her children changed. She released the imprisoned splendors within. Money came in from totally unexpected sources and she became completely satisfied with her new lot in life.

There Are Beauty and Abundance Where You Are

God is indescribable beauty, and God indwells you; He walks and talks in you. Your mind and your spirit, your thoughts and your feelings all represent God within you. The invisible life and power within you is God. Your thought, being creative, is also God in action in your life. Begin to contemplate that God's beauty and riches flow through your thoughts, words and deeds, and you will pass on the beauty and riches of God to your family, friends and neighbors. Give thanks for all the blessings you have. You can make your home beautiful and you can inspire others to experience the riches of your deeper mind. You are the artist, the weaver, the designer and the architect of your life.

The Riches of His Secret Plan

For Making a Profitable Business Deal

I know of a man operating a large market whose brother. A partner had recently died. This brother had bequeathed his one-half interest in the business to his two nieces. These girls were very negative and demanding, creating all sorts of problems for this man. They refused to sell their one-half interest. He said to me that following an argument with them over more money from the business, he wrote down on a piece of paper, "I loose these girls to God completely. They are in their true place. Nothing is forever. This condition passes away now. It is God in action." He placed this writing in a drawer in his desk. Which was marked "With God all things are possible," and forgot about it. In two weeks" time, the girls (his nieces) agreed to sell their interest and there was a perfect harmonious solution for his getting a profitable deal for the whole business.

His technique was sound. Actually, he was writing the solution in his subconscious mind, and his method of placing it in a drawer in his desk was simply an outer symbol. He released his problem to the infinite intelligence of his subconscious mind, which is the secret place from which you draw forth the answer to all your problems.

How to Consider the Riches of the Infinite

You can look at the stars at night, the cumulus clouds are there for you to admire, and the sky is as blue for you as it is for everyone. You can look at the sunset whether you are rich or poor. You can listen to the songs of the birds and become enraptured with the beauty all around you. Begin to see the Divine Presence in all things about you _. In the rising sun, the golden moon, the sky, the mountains, the rivers, the rivulets and the streams. Contemplate the beauty of all nature, and don't forget to see the love in your dog's eyes.

Life is a mirror, which reflects back to us precisely that which we deposit in our minds. Look through the eyes of love and beauty, and love, beauty and the riches of the Infinite will come back to you. Longfellow said, "Look not mournfully into the past; it comes not back again. Wisely improve the present: it is the thing, Go forth to meet the shadowy future without fear and a manly heart." Seneca said, "We can only say he is anxious about the future to whom the present is unprofitable," God (your good) is the Eternal Now; Claim your good and all the riches of life now. What you can conceive, you can achieve through the wisdom and power of your subconscious mind.

The Wonders of Prosperous and Healthy Writing Out of Your Desires

Every New Year's Eve, I am requested to preside at an assembly and to conduct a New Year's prayer for a group of men and their wives. The custom is that each person writes out clearly his or her desires of the heart. There are only four categories, such as health. Wealth, love and expression. No matter what you seek comes under one of these classifications. If, for example, you request wisdom as your sole desire, that comes under expression, or your desire to release more and more of the life, love, truth, beauty and riches of the deeper mind. Also in writing down their desires, it was suggested that a friend or relative be included in one of them. For example, if the friend or relative was involved in a lawsuit, they were instructed to write down: "There is a Divine and harmonious solution through the infinite justice and harmony of God for

How Desires Written Out Have Come to Be Fulfilled

It is amazing how many of these desires are answered before the end of the year. In many instances some of their prayers are answered early the following year, but then it happens that the answers actually come at the right time, i.e., when they are ready. All these written requests are placed in sealed envelopes and given to one of the. Men present, who place them in his safe at home; and on the following New Year's Eve, each one is presented with his or her envelope and the owner reads it privately.

One man showed me his written request and said every one had been fulfilled in Divine order. One of his desires was that he would have more time for his sons and for more recreation and travel with his family. He was transferred and promoted and received six weeks" vacation, enabling him to take his family on a five-week cruises. Also, he had much more time for his family during the week.

Another request by a mother was that her two sons would never be called to service. They were deeply spiritual boys and abhorred war. They have never been called and, as she said, they never will be. She decreed and wrote, "My boys are God's sons. God places them in their true place where they are doing what they love to do. God knows and God cares."

All these men and women write down the deepest desires of their hearts, trusting and believing that the infinite intelligence in their subconscious mind will bring their desires to pass in Divine order. I always conclude my prayer with the group in this way: "We decree that all these written desires are inscribed in the subconscious of each and that all these desires come forth in Divine law and order."

These prayers are answered either as written or in a grander and greater way in the sight of the Higher Self, which knows all and sees all. All these men and women are amazed to see the wonderful way in which these prayers are answered.

The Real Secret of It All

The secret purpose of writing these desires and sealing them is that we release them completely to the wisdom of the subconscious with faith and confidence, knowing that as the sun rises in the morning, so will there be a resurrection of all these desires in Divine order. This is called Divine indifference. When you have this attitude of mind, your prayers are always answered. Divine indifference means that you know it is impossible for your prayer to fail, for it is written, He will not fail thee, nor forsake thee (Deuteronomy 31: 6).

Meditation for Impregnating your Subconscious Mind

The following meditation sincerely believed by you and repeated often will yield you great treasures:

> ""Be ye doers of the word, and not hearers only, deceiving yourselves."" My creative word is my silent conviction that my prayer is answered. When I speak the word for healing, success or prosperity, my word is spoken in the consciousness of Life and Power, knowing that it is done. My word has power, because it is one with Omnipotence. The words I speak are always constructive and creative. When I pray, my words are full of life, love and feeling; this makes my affirmations,

thoughts and words creative. I know the greater my faith behind the word spoken, the more power it has. The words I use form a definite mold, which determine what form my thought, is to take. Divine Intelligence operates through me now and reveals to me what I need to know. I have the answer now. I am at peace. God is Peace."

Thoughts for Prosperity

1. You are prospering when you are expanding along all lines spiritually, mentally, intellectually and financially. You should have all the money you need to do what you want to do and when you want to do it.

2. Your subconscious mind accepts the dominant of two ideas. Reason out clearly all the reasons why all things visible and invisible come from one source. All things made by man came out of the one mind, and all things made by God came out of the same mind. Think prosperity thoughts. Think of riches of all kinds and the immense wealth of the world, and your subconscious will respond to your habitual thinking. Supplant all thoughts of poverty with the thought of God's opulence and endless resources. Be open and receptive, and let wealth flow freely to you. Be a good receiver.

3. Your conscious mind is the pen with which you inscribe your true desires in your subconscious. Think quietly and with interest of each desire separately, watering it and nurturing it with faith and expectancy, Do this three or four times a day. By frequent habitation of the mind, you will impregnate your subconscious, and the cherished desires of your heart will be realized.

4. Never engage in thinking of lack, limitation, loneliness and frustration. On the contrary, have a mental plan of the things you want, and then realize that whatever you attach to "l AM" you will create in your life. Get a little phrase easily graven on the memory, such as "I am happy, joyous, free," *etc.* Repeat it over and over again. As a lullaby. Do it knowingly and feelingly. As you sow in your subconscious, so also will you reap?

5. Instead of grumbling, whining, and complaining about present conditions, reverse that attitude of mind and claim boldly: "Divine right action is mine. Divine success is mine. Divine love fills my soul, and whatever I do will prosper." Know that your thoughts are creative and that you are what you think all day long. Have a healthy respect for your thoughts. Your thought is your prayer.

6. Begin to contemplate that God's beauty and riches flow freely through your thoughts, words and deeds and you will experience the results of your

thinking; furthermore, you will be able to pass on to your family the riches acquired by contemplation. You must have in order to give. It is only the rich people who can contribute richly to all; the poor cannot give.

7. When you are in a quandary and are dealing with difficult people, it is a good thing to write out clearly your desire, as follows: “This, too, will pass away and there is a Divine and harmonious solution through the wisdom of my subconscious shall loose it and let it go now.” You can put this written prayer in a drawer marked “With God all things are possible,” This is a symbolic way of releasing it and it works wonders.

8. Life is a mirror for the king and the beggar, reflecting back to each of us precisely that which we deposit in our mind.

9. I have conducted group prayers on New Year’s Eve where each person writes out his or her heart’s desires, These prayers are sealed in an envelope, locked away for one year and opened the following New Year’s Eve, Each member is amazed at the way their prayers were answered. Many had for-gotten what they wrote and were astounded, The secret is that they released all their prayers with faith and confidence to the deeper mind, which knows all and sees all. They learned that when one has a Divine indifference, the prayer is always answered. Divine indifference is not carelessness or apathy; rather, it means that you know whatever you claim and feel to be true in your heart must come to pass; therefore, you wait for the answer with greater faith, assurance and conviction than the man who waits for the coming of the dawn.

CHAPTER 7

STEPS TO SUCCESS

“Whist ye not that I be about my Father’s business.” I know that my business, profession, or activity is God’s business. God’s business is always basically successful. I am growing in wisdom and understanding every day. I know, I believe, and accept the fact that God’s law of abundance is always working for me, through me, and all around me.

My business or profession is full of right action and right expression.

The ideas, money, merchandise, and contacts that I need are mine now and at all times. The law of universal attraction irresistibly attracts all of these things to me. God is the life of my business; I am Divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand, and progress. I am building up goodwill. I am a great success, because I do business with others, as I would have them do it with me.

The Three Steps to Success

Let us discuss three steps to success: The first step to success is to find out the thing you love to do, and then do it. Success is in loving your work. Although, if a man is a psychiatrist, it is not adequate for him to get a diploma and place it on the wall; he must keep up with the times, attend conventions, and continue studying the mind and it’s workings. The successful psychiatrist or doctor must have the interest of his patients at heart.

Someone may say, “How can I put the first step into operation? I do not know what I should do.” In such a case, pray for guidance as follows:

“The infinite intelligence of my subconscious mind reveals to me my true place in life.” Repeat this prayer quietly, positively, and lovingly to your deeper mind. As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a tendency in a certain direction. It will come to you clearly and in peace, and as an inner silent awareness.

The second step to success is to specialize in some particular branch of work and know more about it than anyone else. For example, if a young man chooses chemistry as his profession, he should concentrate on one of the many branches in this field. He should give all of his time and attention to his chosen specialty. He should become sufficiently enthusiastic to try to know all there is available

about his field; if possible, he should know more than anyone else. The young man should become ardently interested in his work and should desire to serve the world.

He that is greatest among you, let him become your servant. There is a great contrast in this attitude of mind in comparison to that of the man who only wants to makes a living or just “get by.” “Getting by” is not true success. Man’s motive must be greater, nobler, and more altruistic. He must serve others, thereby casting his bread upon the waters.

The third step is the most important one. You must be sure that the thing you want to do does not redound to your success only. Your desire must not be selfish; it must benefit humanity. The path of a complete circuit must be formed. In other words, your idea must go forth with the purpose of blessing or serving the world. It will then come back to you pressed down, shaken together, and running over. If it is to benefit yourself exclusively, the circle or complete circuit is not formed, and you may experience a short circuit in your life, which may consist of limitation or sickness.

The Measure of True Success

Some people may say, “But Mr. James made a fortune in selling fraudulent oil stock.” A man may seem to succeed for a while, but the money he obtained by fraud usually takes wings and flies away. When we rob from another, we rob from ourselves, because we are in a mood of lack and limitation, which may manifest itself in our body, home life, and affairs. What we think and feel, we created. We create what we believe. Even though a man may have accumulated a fortune fraudulently, he is not successful. There is no success without peace of mind. What good is man’s accumulated wealth if he cannot sleep nights, is sick, or has a guilt complex?

I knew a man in London who told me of his exploits. He had been a professional pickpocket and had amassed a large amount of money. He had a summer home in France and lived in a royal fashion in England. His story was that he was in constant dread of being arrested by Scotland Yard. He had many inner disorders, which were undoubtedly caused by his constant fear and deep-seated guilt complex. He knew he had done wrong. This deep sense of guilt attracted all kinds of trouble to him. Subsequently, he voluntarily surrendered to police and served a prison sentence. After his release from prison, he sought psychological and spiritual counsel and became transformed. He went to work and became an honest, law-abiding citizen. He found what he loved to do and was happy.

A successful person loves his work and expresses himself fully.

Success is contingent upon a higher ideal than the mere accumulation of riches. The man of success is the man who possesses great psychological and spiritual understanding. Many of the great industrialists today depend upon the correct use of their subconscious minds for their success.

There was an article published some years ago about Flagler, an oil magnate. He admitted that the secret of his success was his ability to see a project in its completion. For instance, in his case, he closed his eyes, imagined a big oil industry, saw trains running on tracks, heard whistles blowing, and saw smoke. Having seen and felt the fulfillment of his prayer, his subconscious mind brought about its realization. If you imagine an objective clearly, you will be provided with the necessities, in ways you know not of, through the wonder-working power of your subconscious mind.

In considering the three steps to success you must never forget the underlying power of the creative forces of your subconscious mind. This is the energy in back of all steps in any plan of success. Your thought is creative. Thought fused with feeling becomes a subjective faith or belief, and according to your belief is it done unto you. Matt. 9:29.

Knowledge of a mighty force in you, which is capable of bringing to pass all your desires, gives you confidence and a sense of peace. Whatever your field of action may be, you should learn the laws of your subconscious mind. When you know how to apply the powers of your mind, and when you are expressing yourself fully and giving of your talents to others, you are on

The sure path to true success. If you are about God’s business, or any part of it, God, by His very nature, is for you, who can be against you? With this understanding there is no power in heaven or on earth to withhold success from you.

You Can Choose Confidence, Triumph, and Victory

The Bible says, Choose ye this day that ye shall serve. The key to health, happiness, peace of mind, and abundance lies in the capacity to choose. When we learn to think right, we will stop choosing pain, misery, poverty, and limitation. On the contrary we will choose from the treasure house of Infinity within us. Each one will say incisively and decisively, “I choose happiness, peace, prosperity, wisdom and security.” The moment we come to that definite conclusion in our conscious mind, our subconscious mind, backed by the power and Wisdom of the Infinite, will come to our aid. Guidance will come, and the

way or path of achievement will be revealed to us. Claim definitely and positively without the slightest hesitation, doubt, or fear, ““There is only one power of creation and it is the power of my own deeper self. There is a solution to every problem. This I know, decree, and believe.” As we affirm these truths boldly, we will receive guidance, and the steps we should take will be revealed to us.

The Triumph of Prayer

I now let go of everything; I enter into the realization of peace, harmony, and joy. God is all, over all, through all, and all in all. I lead the triumphant life, because I know that Divine Love guides, directs, sustains, and heals me. The immaculate Presence of God is at the very center of my being; it is made manifest now in every atom of my body. There can be no delay, impediment, or obstructions to the realization of my heart’s desire. The Almighty Power of God is now moving in my behalf. “None shall stay its hand, and say unto it, “What doest thou?” “I know what I want; my desire is clear-cut and definite. I accept it completely in my mind. I remain faithful to the end. I have entered into Jerusalem; this means my mind is at peace.

Lost in the Jungle, and How to Get Out

In using the subconscious mind we must remember it reasons deductively. It sees the end only, thereby bringing to a logical, sequential conclusion the nature of the premise in the conscious mind.

When I was about eleven years old, I was lost in the jungle. At first I was terrified and then I began to claim that God would lead me out. I was seized with an overpowering hunch to travel in a certain direction. This inner push or tendency of the subconscious, which I followed, proved to be correct and I was miraculously led into the arms of a searching party after two days time. This lead we the prompting of the subconscious mind, which knew the way out of the jungle.

Many people live in a mental jungle of confused, fearful and neurotic thoughts. The way out of this jungle is very clear. Claim very strongly that the subconscious wisdom within is bringing order, peace, and harmony into your life. As you do this regularly and systematically, right results follow inevitably because the wisdom, power and love of the infinite resources of the subconscious are moving on your behalf. The omnipotent powers of the subconscious cannot fail.

Plant Orchids in the Garden of Mind

Think of a garden, then you will understand the twofold aspect of mind and subjective law by which it operates. The conscious mind plants the seeds in the soil. It decides what kind of seeds shall be planed. As you know, the soil will grow whatever is planted in it, be it grapes or thorns.

Similarly, look upon the subconscious mind as the soil. It contains all of the elements essential for growth. Again let us realize it is the nature of the soil to bring forth, but as you know it is not concerned in the slightest with what it brings forth. It does not care whether it brings forth poison ivy or an orchid. All of the laws of nature would be violated should the soil refuse to produce or grow poisonous plants, if this is what the conscious mind elected to grow.

Exactly the same thing is true of the subconscious mind. It is a doer; it never questions or talks back. It accepts what is deposited and produces it in your experience whether it is good or bad. Plant whatsoever things are true, just, pure, lovely, noble, and of good report, and orchids will blossom in the garden of your mind, body, and experience.

The Secret of Right Action

Devote yourself mentally to the right answer until you find its response in you. The response is a feeling, an inner awareness, and an overpowering hunch whereby you know that you know. You have used the power and wisdom of the subconscious to the point where it begins to use you.

I was praying for a boy in the last World War. His mother told me that she had received a telegram stating he had been killed in action. I felt that this was untrue and told her so. II couldn’t prove it objectively, but subjectively I had an overpowering conviction that he was alive. Subsequent events verified this conviction. There had been an error. He was and is very much alive.

You cannot possibly fail or make one false step while believing in and operating under the direction of the subconscious wisdom within you. You receive guidance in accordance with your habitual thinking. If you think and dwell upon fears, troubles, and failures, you will be guided in the wrong direction, and more chaos and confusion will be experienced.

Take this great thought and dwell upon it. There is nothing to fear in the entire universe! You have the power and control through the wise use of your subconscious mind. Make up your mind once and for all that within you is the answer to all problems. This conviction activates the subconscious power and sets its wisdom and beneficence into operation for you.

Sit down quietly now and imagine a beautiful lake in the mountains.

On the surface of the quiet lake you see mirrored the stars, moon, and the nearby trees. If the lake is disturbed you will not see the reflection. Similarly, quiet your mind, relax, and let go. Think of peace and stillness. Know the true answer always comes in peace. Then over the mirrored waters of your mind will move the answer to your question?

“When you waken in the morning use the following prayer:”

I know that the answer to my problem lies in the God-Self within me. I now get quiet, still, and relaxed. I am at peace. I know God speaks in peace and not in confusion. I am now in tune with the Infinite; I know believe implicitly that Infinite Intelligence is revealing to me the perfect answer: I think about the solution to my problems. I now live in the mood I would have were my problem solved. I truly live in this abiding faith and trust, which is the mood of the solution; this is the spirit of God moving within me. This Spirit is Omnipotent; it is manifesting itself; my whole being rejoices in the solution; I am glad. I live in this feeling and I give thanks.

I know that God has the answer, for with God all things are possible. God is the Living Spirit Almighty within me; He is the Source of all wisdom and illumination.

The indicator of the presence of God within me is a sense of peace and poise. I now cease all sense of strain and struggle; I trust the God-Power implicitly. I know that lap the wisdom and power I need to live a glorious and successful life area within me. I relax my entire body; my faith is in His wisdom; I go free. I claim and feel the peace of God flooding my mind, my heart, and my whole being. I know that the quiet mind gets its problems solved. I now turn my request over to the God-Presence, knowing it has an answer. I am at peace.

He repeated the above prayer three times each morning, knowing that through repetition these truths would sink into his subconscious and establish a healing, wholesome habit of constructive thinking. He also realized that he now was anchored to the God-Power within him in which he lived, moved, and had his being. His sense of union with God gave him confidence to overcome anything about which he had mistakenly worried. Through this shift in his mental attitude, he became a balanced man.

CHAPTER 8

THE ANSWER IS WITHIN YOU

A woman said that she wanted to become thin. She was imitating the habits of others, who follow diets with no results. All the time she was repressing in her subconscious her desire for apple pie, ice cream and cookies. Her experiments were followed by an increase in weight later.

I pointed out to her that it was no use imitating the habits of others and that all she had to do was to decide on the weight desired (such as 120 pounds), and then claim: 11\ weigh 120 pounds in Divine law and order," repeating the statement many times a day, especially prior to sleep. I explained that as she continued to do this, the idea of 120 pounds would be conveyed to her subconscious mind, which would automatically cause her to lose all desire for foods, which contributed, to her adiposity.

She Established a Constructive Habit

Many times during the day, whether ironing clothes, washing the dishes or using the vacuum, she would sing out loud to herself: I weigh 120 pounds in Divine law and order. It is wonderful!" She repeated this conscious choice over and over again until it became habitual and entered into her subconscious mind. She knew that by repeating a certain thought, and feeling the joy and wonder of it all, it would find its way in due time into the subconscious and become law.

After a week or so she lost all desire for the amylaceous foods, which were the cause of her obesity. When she used the words, "It is wonderful," it meant to her that God was working wonders in her life . . . . And his name shall be called Wonderful . . . . (Isaiah 9:6).

He Promoted Himself

A young banker told me that every night he relaxed in a chair, closed his eyes and focused his attention on the president of his company. In his imagination he experienced the president congratulating him on his promotion and excellent work. He participated in the imaginary action of shaking hands with the president and hearing his voice, making it as real as possible. He lived the role with all the vividness and distinctness of reality. He did not see himself at a distance being congratulated. He made their here and the future now. He made it all so real that oftentimes when he opened his eyes he was amazed that the president was not physically present.

After a month's visualization and repetition of the mental movie, he succeeded in impregnating his subconscious mind and promotion followed in due course. He was also sent at the bank's expense to a special class in banking and was later made vice president.

The Thing He Greatly Feared

Job said, . . . The thing which I greatly feared is come upon me . . . . (Job 3:25). Recently I talked with a man who had just begun learning the laws of mind. He said that for three years he had experienced a constant fear that his store would be held up by gunmen, and then it finally happened. He said that had he known the laws of mind, he would have reversed it and realized that which I greatly love is come upon me. He realized that he was dealing with the power that moves the world and was using it erroneously. All the power of the God-Presence is within the subconscious mind.

He now knows that he attracted the robbery to himself. He perceives now that nothing comes into our experience unless the equivalent is in our consciousness. Consciousness means your total beliefs and acceptances, both conscious and subconscious. In other words, it is the sum total of what you think, feel, believe and give mental consent to. What is not in our consciousness we cannot experience?

He has begun now to make a habit of reading, believing and announcing the truths of the 91st Psalm to his subconscious mind several times a day. These eternal verities will enter his subconscious and become effective and functional in his life. His mind is now at peace and his abnormal fear has vanished.

Like Attracts Like

What you really feel as true about yourself deep down in your heart will be verified on the screen of space. The great truth is that as a man thinketh in his heart (that is, emotionally and subconsciously, so does he act, experience and function in life.

A detective who attends my lectures in Laguna Hills told me of a woman who had shaped her own attack. She had been attacked and raped. In her purse he found clippings of cases of rape going back several years. She told the detective that she knew it would happen to her. The detective referred to her as a victim in search of a rapist. Whatever we plant-good or bad in our subconscious, we experience sooner or later.

Why He Failed

During a consultation with a young businessman, I learned that he worked

very hard, was industrious, forthright and progressive in his thought and general attitude; however, he had suffered repeated failures due to the fact that he felt a jinx was following him, that he could not succeed, that fate was against him, and that somehow he was not destined to succeed.

I explained to him that he was born to win and destined to succeed because the Infinite Presence and Power within him was Omnipotent and was always successful in all its undertakings, whether creating new stars of making a tree. He realized that he was making a law for himself because of the repeated suggestions he gave to his subconscious, which in turn responded to his belief in failure.

He now understand that whatever we believe in, the subconscious bring to pass. He made a new law for himself and began to reiterate the idea of success and wealth, knowing that by constant repetition of those two ideas and by living the role in his mind, picturing his wife congratulating him on his success and wealth, these two ideas would eventually become deposited in his subconscious. The law of the subconscious being compulsive, he would, therefore, be compelled to succeed and become wealthy.

In a month’s time his whole life changed due to the new good habit established in his subconscious mind. Prayer is a good habit; failure is a bad habit. He discovered that his thought-image and feeling transformed his life. He also made sure that while he was reprogramming his subconscious mind, he did not deny what he had previously affirmed.

The Power to Choose

The Bible says: . . . Choose you this day whom ye will serve . . . . (Joshua 24:15). While conversing with a foreign intelligence officer in India, he revealed the hazards to which he was exposed almost every day. He said that in studying the Bhagavad-Gita Gita and the Psalms in the Bible, he discovered there was but One Power, which was absolutely good and perfect.

He added that all he had to do was to sell himself completely on the protective power of God-the Only One. Every morning and every evening he read aloud these verses from the 2fh Psalm: The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? . . . . For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock (Psalm 27: 1, 5).

He repeated these truths over and over again every morning before going out on an assignment. He constantly reminded himself of these verses during the

day. He knew that by constantly repeating these marvelous truths with his conscious mind, they would gradually penetrate his subconscious mind, which is reactive to the mental patterns impressed upon it. He also knew that he was establishing a beneficent habit and that the result would be an automatic response from his deeper mind, resulting in the fact that he would lead a charged life.

This is what has happened. In one instance, for example, a man fired point blank at him and the gun jammed. In another instance, a man threw a bomb at him in his car and it failed to explode. In another instance, an inner voice spoke clearly to him informing him the food he was about to eat was poisoned. He did not touch it.

Emerson says, “There is guidance for each of us, and by lowly listening we shall hear the right word.” He calls this inner voice which speaks to him the voice of “Om” or I AM,” which, in our Bible, means the Presence of God, the Higher Self

Or the Super conscious. All these names mean the same thing. The Divine Presence is lodged in the subconscious of everyone, which Emerson called the “Over soul.”

When you repeat a certain thought over and over again in a meaningful way, the moment comes when it becomes a realization-a subconscious conviction resulting in the automatic response of your deeper mind, which guides, directs and propels you to green pastures and still waters.

CHAPTER 9

LEARN HOW TO FORGIVE YOURSELF AND LIVE A CHARMED LIFE

The Sacrament of Penance

The Church says, in speaking of penance, that it is payment made to God for our sins or offences against God. It is taught that confession takes away the guilt of sin and the eternal punishment due to sin, but not the temporal punishment. The purpose of the confession is to forgive sin. The priestesses in giving absolution, “I absolve thee from thy sins, in the name of the Father, the Son, and of the Holy Spirit.” As a penance, the priest usually instructs the. Person confessing to repeat certain prayers a certain number of times. These prayers are given as official punishment. It is also taught that sorrow for sins is necessary for confession. In other words, there must be a grief of the soul for having offended God.

If a thing is true, there is a way in which it is true. “The power for forgiving sins,” the Roman Catholic Church says, “is based on the statement of Jesus to his disciples. “Receive ye the Holy Ghost: Whose so ever sins ye remit, they are remitted unto them; and whose so ever sins retain, they are retained.” “John 20:22-23. Let us explain this in simple, everyday language. The word sin is from a Greek word meaning to miss—the mark. When the Greek archers failed to hit the bull’s eye, it was said they sinned or missed the mark. Your goal, desire, objective, or ideal is the mark for which you are aiming. Failure to reach your goal or attain your objective is to sin. You are really sinning when you fail to lead a and happy life.

A priest in the Bible is one who offers up a sacrifice, namely you. You are the priest, and the sacrifice you offer is your desire. You give it up to the subjective mind in the same manner as farmer gives a seed to the ground. This is why the inner meaning of the word priest is subjective mind, intuition, and feeling. When you feel that you are what you long to be and you rest in that conviction, you are the priest offering up a sacrifice and forgiving yourself of your sin or your failure to reach the mark.

I want to tell you about a young girl from Nebraska working in an office in Los Angeles She was shy, timid, hesitant, and felt she was inferior. She had no boy friends. She wanted to be married, have a home of her own, to love and be loved, and to be called Mrs. Jones. I explained to her how to forgive herself for her sin. She was sinning in the true meaning of the word because she failed to realize her desires. Actually by her mental attitude, she was rejecting her good. She began to feel she was wanted, cared for, and admired. She bought a date book in a ten cents store and placed names of admirers in the book, and then she began to imagine she was so popular with men that she could say “no” after

looking up the dates in her book. All this was done in her imagination at night and at other times. She became immensely popular with men and was no longer a wallflower. She decided to marry and claimed that Infinite Intelligence attracted to her the ideal companion who harmonized with her perfectly. She imagined the ring on her finger at night as she went to sleep. She would touch and feet the imaginary ring. She actualized the state and fixed it in her consciousness by feeling the naturalness, solidity, and tangibility of the ring; moreover, she said that the ring implied to her that the marriage was already consummated and that she was resting in the accomplished fact. She attracted a most wonderful man, and they blend harmoniously in every way. She forgave herself for her sin.

The word forgives means to give for. She gave herself the mood of fulfilled desire for the feeling of lack and limitation. She hit the mark. She realized her goal in life and ceased to sin.

As you read this chapter begin now to realize that you are the priest and that you have the power to forgive yourself of all sins, errors, short comings, be they what they may, by putting on the garment or mood of confidence in the law which never fails to respond to your thought and feeling. Let your perception and understanding of the creative law of your own mind is clear, positive, and penetrating. “Whose so ever sins ye retain, they are retained.” John 20:23.

To retain is to keep, to hold back. If you are poverty-stricken and you join some church, cult, or creed and still remain poor, sick, and needy, you have not forgiven yourself. You are still retaining the mood or belief in poverty and you are not saved. You must demonstrate your savior or your faith in God. We are always demonstrating and manifesting what we believe in.

I visited the Queen of Angels Hospital some time ago to see a man who said he was passing over to the next dimension. The first thing he said to me was, “The Lord Jesus is my savior. Such a statement, of course, is meaningless and makes no sense. The hospitals of the world are full of people who have personal saviors and yet none of them are saved. According to your belief it is done unto us. Our savior is the realization of our desire. Quimby pointed out one hundred years ago that wisdom was our savior and he called this wisdom operating in the mind of man the science of life and of health. Quimby called this Wisdom Christ. Christ means your capacity to embrace an idea, induce the mood of it, and weave it into the fabric of your mind through feeling, Your feeling of oneness with your desire is the Spirit of God moving in your behalf which brings your desire to pass; this is the creative law operating in you; such knowledge is

your savior as attested: to by many who attended two classes on the sacraments given on the West Coast because of their popularity. If you talk to a doctor about your ailment, to a lawyer about a divorce, or a psychologist about your mental troubles, you are confessing or revealing what is bothering you.

A young man attended one of the classes on the sacraments. He had failed in business and lost all the money his parents had given him to open up a store plus all the money they loaned him to pay bills. He was feeling sorry for himself and for his parents. He was also condemning himself, which is one of the most destructive of all human emotions. Never condemn yourself or accuse yourself. —It is highly destructive. Your mental attitude sends psychic pus throughout your entire system debilitating the entire organism, making you a physical and mental wreck.

The word repents means to think in a new way. It means to change your thought and keep it changed. To forgive yourself means to identify yourself with your ideal. This young man listened carefully and said to him, “I can use that teaching.” Furthermore, it made sense to him. He began to realize that all he had to do was to dwell on the idea of success and as he did the subjective power would compel him to do all things necessary to be a success. He began to think about success prior to sleep each night. He would think what success meant to him. And how God was always successful in all His undertakings whether planet, sun, or cosmos. He began to realize he was born to succeed and that success meant that he was getting results in his prayer life, that he was successful in his relationship with others and in his chosen field of expression. He took the idea, “Success is mine now” and repeated it slowly to himself for five or ten minutes every night before he went to sleep. “In the sleepy state,” Baudoin, the great psychologist said, “the mind is more receptive and passive, and it is easier to impregnate the subconscious at that time.” The sequel is interesting. This young man had an overpowering urge to take up public speaking, which he did. Next, he went to night school and learned about advertising. Today he is a very successful advertising executive with a salary of $25,000.00 a year. When he attended the class on the sacraments, he was getting $50.00 a week plus a few dollars allowance for his car. He confessed his sins and repented in the true meaning of the word. How utterly simple these truths are.

“That ye may know that the Son of man has power on earth to forgive sins. Arise, take up the bed and go unto thine house.” Matthew 9: The Son of man means the idea, the desire you wish to manifest, and naturally its realization would be forgiveness of your sin (failure to achieve). If in prison. Freedom

would be forgiveness of your sins. Your sin would be to remain in prison because you desire freedom. By living in the consciousness of freedom you could not stay behind bars. The Angel of God's Presence would open the door of the prison for you. This angel would be none other than your conviction of the Power of God to do all things. This is the same angel (mental attitude), which delivered Paul, Peter, and others from prison.

"Take up your bed and walk" is an idiomatic, oriental, graphic way of saying, "Take up the Truth. Rise in consciousness and know that with God all things are possible." Take up the Truth of your own being now and walk the earth a free being. The Truth, which sets you free, is always the objective factor; this is the truth behind all things. Whatever you subjectively feel and believe true comes to pass whether good, bad, or indifferent. Surely this is simple. If, for example, you say to me like a man did a recent conversation in Calcutta, "If you want be holy, you must lead an ascetic life and eat vegetables."

I replied, "That is utter nonsense, but if you believe it, you have made a law unto yourself and are bound by that law." "Furthermore," I said to him, "God doesn't care whether you eat carrots, peanuts, or wild honey; neither does God care whether you marry or not."

"For John came neither eating nor drinking and they say, He hath a devil. The Son of man came eating and drinking, and they say, Behold: a man gluttonous, and a winebibber, a friend of publicans and sinners. But wisdom is justified of her children." Matthew 11:18-19. Jesus is telling you in plain language that Wisdom and Divine Understanding consist neither in eating meat nor drinking coffee, nor yet in abstaining from eating and drinking. You can lead an abstemious and ascetic life and be wise, or you can be married and the father of ten children, eat ham and drink coffee, and still be illumined and vary wise in the ways of God. Wisdom is independent of either meat or vegetables. Wisdom and the Eternal Verities are always true. If you are a child of wisdom, you will look within and not without for the cause of all and for the source of power. The above mentioned Indian believed there was a great virtue in living apart from the world and eating nuts, fruits, etc.; that is the way it appeared to him. Many others reject that idea as ridiculous and they live among men, enjoy all the good things God provides-good food, God's sunshine, and His flowers. They lead a life of abundance and inner tranquility; feast on God and all things good. They are full of laughter knowing God doesn't want them to live in a hovel so they live in a beautiful home wearing beautiful and expensive cloths, dressing for God outwardly as well as inwardly leading a balanced life. They fly through the air with the greatest of ease, realizing the plane is God's idea also believing all

things are good and very good. These people are illumined, and full of God's Wisdom, and find no virtue in fasting and starving themselves with orange juice and peanuts.

Wisdom knows no shiner or saint. It knows itself. Why be concerned with non-essentials, with trivial things? Why strain at gnats and at the same time swallow camels—mountains of ignorance, fear, and superstition? It is said by some that God gave power to forgive sins to his disciples and those who followed them by these words, "And I will give thee the keys of the Kingdom of Heaven and whatever thou shalt bind on earth shall be bound in heaven and whatever thou shalt loose on earth shall be loosed in heaven." These words heaven and earth represent the invisible and visible state your mind and body. The word body, not only represents your physical body, but your environment, and all things that appertain to your world, you have the keys to this inner kingdom. You are told over and over again, the Kingdom of Heaven is within. The word within means your thought and feeling. The kingdom of infinite intelligence, power, love, bliss, and all of God's riches are in your unconscious depths awaiting resurrection by you. Whatever you bind on earth, or stating it in another way, whatever you believe as true based on sense evidence and appearance, is accepted as true in your consciousness (heaven) and whatever you loose on earth is loosed also in heaven. This means whatever you reject mentally as unfit for mental consumption, whatever you detach your consciousness from and refuse: give attention to, fades out of your life. The reason for lack or limitation in your life is due to the fact you keep these states alive in your consciousness. When we starve the condition to death by rejecting the condition mentally, it dies for want of mental food.

It is not enough to reject the negative condition mentally, we must at the same time feast mentally on our good until we are absorbed in its reality, Then we have loosed the negative state on earth because we loosed it in consciousness or the heavens of our own mind.

The subject of penance and repentance confuses many. "Bring forth therefore fruits meet for repentance." Matthew 3:8. To repent means, as we previously said, to think in a new way; as you do this, you will bring forth fruit, such as health, happiness, and peace of mind. Many people have rather strange, weird ideas about God, thinking God punishes people for their sins. They have a God of rewards and punishment.

When I was a boy, I used to hear my uncles and aunts conversing about many things; oftentimes they would say, "You know John or Mary met with that

accident because he or she ceased going to church." Whenever any calamity came to people, somehow they were considered sinful and the object of the wrath or will of God. I often wondered what kind of a God they had in their mind. What is your concept of God? Don't you know the answer you give to that question determines your whole future? If you think God is cruel, vindictive, an inscrutable tyrannical, cannibalistic Moloch in the skies, a sort of oriental sultan, or despot punishing you, of course, you will experience the result of your habitual thinking and your life will be hazy, confused, and full of fear and limitations of all kinds. In other words, you are expressing the result of your belief about God. You are actually having negative experiences because of your belief. God becomes to you whatever you conceive God to be. Above all things get the right concept of God. It makes no difference what you call God. Your belief or conviction about God governs your whole life.

If, for example, you believe in a God, which sends sickness, pain, and suffering, you really believe in a cruel God. You do not have a good God. To you, God is not a loving God. Having such a weird, ignorant concept of God, you experience the result of such a belief in the form of all kinds of difficulties and troubles. Your nominal belief about God is meaningless. The thing that matters is your real, subjective belief-the belief of your heart. You will always demonstrate your belief; that is why Quimby said, "Man is belief expressed."

If you conceive of a God afar off in the skies you will certainly have a God of caprice possessing all the whims of a human being, With such a concept you will be like the business man who said to the writer, "I would be all right if God would leave me alone." Why not go back to the concept of Isaiah, chapter 9, verse 6, and "His name shall be called Wonderful, Counselor, the Mighty God, The everlasting Father, and The Prince of Peace." Begin now, today, as you read these lines to enthrone the above true concept or belief about God, and miracles will begin to happen in your life. Realize and know that God is all Bliss, all Joy, Indescribable Beauty, Absolute Harmony, Infinite Intelligence, Boundless Love, Omnipotent, Supreme, and the Only Presence. Accept mentally that God is all these things as unhesitatingly as you accept the fact you are alive; then you will begin to experience in your life, the wonderful results of your new convictions about the blessed God within you. You will find your health, our vitality, your business, your environment, and the world in general all changing for the better. You will begin to prosper spiritually, mentally, and materially. Your understanding and spiritual insight will grow in a wonderful way and you will find yourself transformed into a new man.

This is what repentance really means, turning back to the One, the Beautiful,

and the Good, counting nothing worthy but your devotion and attention to the One True God, the "Father of Lights in whom there is no variableness or shadow, of turning,"

I have made a study of the work of Philo Judea's in the first Century dealing with the allegorical exposition of the five books of Moses called the Pentateuch. Philo explains the term Lord and Lord God in a wonderful way. You have seen these terms frequently in the Bible. Philo says, "The Name denoting the Kind and Gracious Power is God and that denoting the kingly ruling power is Lord. The prayer worth of the highest admiration in the light of Philo is that one in which the Lord becomes to you God, and you cease to express any fear of Him, but lovingly give honor to Him as the Bestowal of all kindness. The words Lord and God are used interchangeably also. The psalmist says "Know ye that the Lord he is God." Psalms 100:3.

It depends how man looks at God whether he calls on Lord or God.

These are simply two ways of looking at the same thing. Lord is the name for the Kingly Ruling Power as Philo says, but in ancient times the term Lord was given also to tyrants, despots, and others who had people under them serving as slaves and serfs. The condition was somewhat like the condition of slaves in the United sates before their emancipation. The owner was their lord and master, and they were completely at his mercy. This is the way many people look on God. They have a cruel, vengeful God. He is a cruel Lord causing earthquakes, disasters of all kinds called "acts of God" in insurance policies.

They say, "It is God's will my child died," or if someone says the child was born dead, they say it is God's will." What a frightful, monstrous concept of God. Philo would have you look upon God as Love; regard It as your Great Benefactor.

I told one of our students in London, England, where I give a class almost every year, to look upon God as his Silent Partner, his Guide, his Comforter, to believe that God was always watching over him like a Loving Father, and to claim that God was always supplying his needs, inspiring him all his ways. He wrote me saying, "I feel God is a Living Presence, a Friend, a Counselor, a Guide. My business has prospered three hundred per cent, my health has been restored, and I have thrown away the thick lenses I wore for twenty years."

You can see what happened. He looked upon God as his Father. The word father meant something to him. It meant love, protection, guidance and supply. God to him was a person. Troward would say, "There is a way in which that is true." God is Timeless, Shapeless, Ageless, without face, form, or figure. God is

the Living Spirit Almighty—personal in the sense that all the elements of your personality are in God and are reflected in us such as life, love, truth, beauty, joy, kindness and gentleness. The gladness and warmth of your personality is revealing the Infinite Personality of God. God is Law, but God is more than law. God is Love, Light, Truth, Beauty, Wisdom, Joy, Order, Symmetry, Proportion, Rhythm, and Divine Order. God is Laughter, also, and the smile of child is the Smile of God.

What kind of a God do you have? To think of God, therefore, as your Heavenly Father full Love, Light, and Beauty, and to realize that God is the Infinite Intelligence within whose Nature is Responsiveness causes you to get an immediate response according to the nature of your thoughts. You experience the reaction as inspiration, guidance, vitality, enthusiasm, prosperity, and other countless blessings. If your thoughts are negative all day long, to use Troward phraseology, you place yourself in the position of inverting the use of the Power and It flows to you as negative experiences, such as lack, want, misery, pain, and suffering.

In order for man to awaken to freedom and peace of mind, he must certainly repent in the true sense of the term; i.e., he must realize that his experiences are the result of his habitual thinking. He is then discovering the Truth, which can set him free.

I was asked this question in our class on the sacraments. “Why were the forty-four people blown up in the plane by the bomb over Denver?” These questions have always been asked. I like the answer Dr. Nicoll gives to that question in his writings. He cites the story in the Bible where the disciples asked Jesus the same “question. “There were present, at that season some that told him of the Galileans whose blood Pilate had mingled with their sacrifices. And Jesus answering said unto them, “Suppose ye that these Galileans were sinners above all the Galileans, because they suffered such things? I tell you Nay: but, except ye repent, ye shall all likewise perish. Of those eighteen, upon whom the tower in Siloam fell, and slew them, think ye that they were sinners above all men that dwelt in Jerusalem? I tell you, Nay: but, except ye repent, ye shall all likewise perish.” Luke 13:1-5.

You will see by the above that the disciples were under that age-old, superstitious belief that an angry God had punished these men because the tower fell on them; that somehow it was in punishment for their sins; or others today might say, it was their karma, which is another word for belief in a devil, only they have modernized it and called it karma. The latter word means law of action

and reaction. Action is thought. Reaction is response to your thought. It means sowing and reaping, mentally speaking. The person who asked the question about the forty-four passengers on the plane said, “It must have been their karma.”

The answer to the question is the same as Jesus gave, “Except ye repent, ye shall all likewise perish.”

I knew a student who had planned to go on that flight from the east.

She told me that she always prays for guidance and Divine right action claiming, “And the Lord, He it is that doth go before thee.” A friend insisted that she drive with her to Los Angeles, as she wanted company, so she traveled by car; moreover, she felt intuitively she shouldn’t go by plane. It was, she said, as if an inner voice was saying “No,” and when she the offer came to go by car, she knew she was right. She had been doing her penance or practicing repentance—another name for right thinking—and the wisdom within responded as right action, blessing her in all her ways. Had she not been a praying girl, she would undoubtedly have gone on that ill-fated plane and have been a victim with all the others.

It does not mean, as Jesus pointed out, that these people were bad people. No, not at all; they were victims of the race mind. All of us are immersed in the race mind or the collective unconsciousness, which believes in death, accident, misfortune, trouble, and disasters of all kinds. All of us, as Troward says, are subject to the law of averages or race mind until we decide to rise above it through prayer and constructive thinking. The death of hundreds of children in a fire, or young officers blown up in the sea, or drowned in a submarine collision-these experiences have nothing to do with Divine punishment for sins, but they are due rather to the fact that people are immersed in the race mind which is forever conditioning their minds inasmuch as we are all broadcasting and receiving stations.

Quimby says, “Our minds mingle like atmospheres and each has his identity in that atmosphere.” The thoughts, feelings, and beliefs induced by news, propaganda, television programs, commentators, plus the mental atmosphere of all those around you are forever impinging on the receptive medium of your mind; unless you do your own thinking, you will, as Jesus says, suffer a common date; i.e., experiences of people governed by race mind.

Dr. Nicoll points out with radiant lucidity that repentance comes from the Greek meta-noia, which means change of mind, mental transformation. This word has nothing to do with feeling sorry; neither has it anything to do with the

sense of regret. What we need, therefore, is a complete mental housecleaning resulting in a new way of thinking, so that we begin now to fill our mind with the Truths of God, thereby crowding out of the mind everything unlike God.

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Dr. Nicoll points out with radiant lucidity that repentance comes from the Greek meta-noia, which means change of mind, mental transformation. This word has nothing to do with feeling son—neither has it anything to do with the sense regret. What we need, therefore, is a complete mental housecleaning resulting in a completely new interpretation of life, a new way of thinking that we begin now to fill our mind with the Truth of God, thereby crowding out of the mind everything unlike God.

A Japanese Truth student told me during my recent lecture series in Japan that one day he had missed his train because his watch had stopped. He was disappointed for a moment; then he reminded himself that God was always watching over him on his journeys and in all his ways. He learned during the course of the day that the particular train, which he had missed, had fallen from a cliff, and a great number had been killed and wounded. He added the explanation that when a student contemplates the Presence of God working in him, through him, and around him at times, and makes a habit of this prayer, the mental and spiritual vibration of that student does not harmonize with the mental vibration of the train that crashes. This is an excellent, scientific, explanation based on the law “two unlike things repel each other.”

You and I know many good, kind, generous, church-going people who have suffered great tragedies in their lives, not because they are evil, nor because they are thinking about disaster or calamity, but rather because they fail to repent or truly think. How many people think? Thinking means comparing; i.e., comparing one thing with another, one proposition with another; it is your capacity to choose, to select. If the mental instrument can say only “Yes,” comparison is not possible. You have a choice between two things—to one you say, “Yes,” to the other, “No.” All thinking involves, or should involve, selecting this and rejecting that; it would be impossible to select or reject unless your mind had the power of affirmation and rejection. You will see from this that most

people do not repent (think wisely). As a matter of fact, what the average person calls thinking is not thinking at all, it is the collective unconscious of the race thinking through him.

You are thinking when your mind is dedicated to the Eternal Truths of God, when you reject all fear and contemplate the reality of your desire, knowing there is an Almighty Power which responds to your thinking and will bring it to pass. You are truly thinking when you reason things out in your own mind, rejecting all negative concepts as unfit for the house of God and feasting on the reality of the Divine solution, knowing that a subjective wisdom responds to your creative thought. You are truly thinking when meditating on whosoever things are Lovely, Noble, and Godlike. How many do you think are thinking in a new way? They may be good from a worldly standpoint like the men on whom the tower of Siloam fell, but they are not thinking of God and His laws.

It is written, “Thou shalt worship the Lord thy God and Him only shalt thou serve.” Many good people, good in the sense that they are kind, say their prayers, are good citizens, pay their taxes, and vote every year, but that is not enough. If you looked inside their consciousness, you might find fear, phobias, fixations, grudges, ill will, suppressed resentment, and hate. I talk to many good people in the way the world means it and I find some are afraid of punishment in after life. They still distrust God since they are doubtful of His Love and Grace.

Troward gives the answer to the whole thing when he points out that this law of averages governs man in such a way that large numbers of individuals live and die, but the race or type is always preserved. “So careful of the type it seems so careless of the single life.” He points out that you come out of this law of averages or race mind which believes in death, misfortune, sickness, failure, etc., by rising on the scale of intelligence. In other words as you become consciously aware of the fact that the spirit with in you is God which responds to your thought, you rise above the law of averages and you no longer are subject to the world-mind and its false beliefs. You begin to take charge of your own life through constructive thoughts and Divine imagery causing a tremendous increase of freedom and sense of security to take place in your life, which is always commensurate with the degree of your intelligence or spiritual awareness.

The difference between the man who repents and the man who just sits and lets the world go by saying, “I’m all right, and I eat, sleep, and work. And God is good to me” is this: One is thinking wisely, and the Principle of Intelligence reacts accordingly by extending the border of his tent and increasing his freedom

along all lines. The other man who just sleeps and eats is simply refusing to use the God-given Power within to rise above the world and its fears; he finds himself getting the flu when it comes around, or hay fever when timothy grass appears. He is open to the aches, pains, and confusion of the world. He remains governed by sense-evidence and race belief, and lives under the law of averages.

I spoke to a woman one time in the Post Graduate Hospital in New York. She had cancer. She confessed to me that she had hated her daughter in-law like poison for thirty years, to use her own expression. She said she never thought of cancer or feared it, all of which was true, but the destructive, poisonous emotion lodged in her subconscious and took the form of cancer in her body. You don't have to think or fear cancer to get it; neither do you have to hate anyone in order to have it.

I recently spent some time with a very kind man-noble, generous, and magnanimous in every way. He had cancer all over his body; the reason was his father and two brothers died from it. He feared he would get it. He said he had lived with that terrible fear for over twenty years, "What I fear most has come upon me." It was not God punishing him; neither was it some past karma but it was all due to ignorance and fear on his part. No one ever told him how to pray. When he did pray, he was begging some far off God saying. "If it is God's will, he will heal me." Here again you see the old jungle God, an avenging God punishing his children. This man, having now a new concept of God, is well on the way to recovery, receiving encouragement and praise from physicians.

Most people, when they read about train accidents, auto disasters, etc., seem to think that some outside force comes from somewhere and does harm to people who are entirely innocent; but the mental state and the disasters are "birds of a feather" and "flock together." A man with a strong faith trusting that Overshadowing Providence is always watching over him is kept away from an unpleasant experience that might hurt or injure him in some way in the same way that oil and water repel each other. The man's faith in God and the unpleasant experience repel each other according to the law of belief.

Say now, to you, "I dwell in the secret place of the most high and shall abide under the shadow of the Almighty." Psalms 91: 1. If you believe this in your heart, you positively will be invulnerable against all misfortune. You will have nothing at all to fear in this world. There is a mental attitude and a mental cause behind all accidents, fires, wars, and calamities of all kinds. Man is cause and also effect. You might be asking now, "What about natural calamity? Can we be protected from that?" We must remember man's environment is always a

shadow or reflection of his own mind. If his mind is turned toward God and His Love, he will never be hurt or burned by any calamity, flood, war, or earthquake.

Dr. Taniguchi, leader of New Thought in Japan and called the Gandhi of that country, points out that a flood in one of the towns in Japan wiped out a number of restaurants, leaving no trace behind the restaurant, Hiragana at Yase, which was a meeting place for Japanese Truth students, it was intact. The person who believes that God's Truth is his shield and buckler cannot experience misfortune or calamity of any kind. I believe wholeheartedly what Dr. Taniguchi says, Heavy rain, windstorm, and earthquake are all productions of the mind." I am frequently asked that age-old question, what about children? They are innocent. An of eighty or ninety is as much of a child as the child in the cradle. There is only one law and it is no respecter of persons. All children are born in the race mind, and, as Quimby points out, they are completely subject to the mental atmosphere of the home where they grow up in the image and likeness of the dominant mental moods of the parents and those around them. If mother gets terribly excited, the little child gets fever, etc., in the same manner that the girl in the office gets a cold because she sits near a fan in the office.

The man of seventy-five, crippled with arthritis is like the little child crying in the wilderness saying, "How did this happen to me?" He blames the weather, diet, or something else. He would never think of blaming himself, his thought, and lack of thought. All people in the world are, like children in the cradle, governed by a race mind until they come to the use of reason and begin to think God's thoughts of peace, joy, health, and love.

When we begin to claim what is true of God is true of us, we are coming out from among them (race mind) and we are separate (taking charge of our own destiny). Parents are to do the thinking for children until they learn to reject the unsavory food of false belief, ignorance, and superstition. Ignorance is really the only sin in the universe, and the only punishment is the inevitable consequence of such ignorance. "Repent for the kingdom of Heaven is at hand." Turn to God now by a process of thought and you will find God is your own consciousness; this is your salvation. The word salvation means soteria-a safe return: that is all it means. How simple, how beautiful that word is! No matter who you are; no matter what crime you may have committed, there is only soteria for you. Yes, a safe return back to the father likes the return of the prodigal son. Beggar, thief, and holy man, all shall see the Transcendent Glory, which God is; this is the ultimate destiny of all men. God couldn't have it any other way for God is Love.

Turn to God now and feel the truth of the words, "Thou art my hiding place;

thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance.” Psalms 32:7. Repent now by changing your thoughts; keep them changed, and the universal heart of God will pour out His blessings on you. You will then sing wit. The psalmist, “God is our refuge and strength, a very present help in trouble.” Psalms 46:1.

CHAPTER 10

HOW TO USE THE POWER OF YOUR SUBCONSCIOUS FOR WEALTH

If you are having financial difficulties, if you are trying to make ends meet, it means you have not convinced your subconscious mind that you will always have plenty and some to spare. You know men and women who work a few hours a week and make fabulous sums of money. They do not strive or slave hard. Do not believe the story that the only way you can become wealthy is by the sweat of your brow and hard labor. It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it.

I know an executive in Los Angeles who receives a salary of $75,000 yearly. Last year he went on a nine-month cruise seeing the world and its beauty spots. He said to me that he had succeeded in convincing his subconscious mind that he is worth that much money. He told me that many men in his organization getting about one hundred dollars a week knew more about the business than he did, and could manage it better, but they had no ambition, no creative ideas, and were not interested in the wonders of their subconscious mind.

Wealth Is of the Mind

Wealth is simply a subconscious conviction on the part of the individual. You will not become a millionaire by saying, “I am a millionaire, and I am a millionaire.” You will grow into a wealth consciousness by building into your mentality the idea of wealth and abundance.

Some weeks ago, I spent some time giving a series of lectures in the major cities of The Republic of South Africa. Dr. Reg Barrett lectures all over the Republic on the laws of mind, and he introduced me at the various seminars we conducted.

After one of the lectures in Durban, a man chatted with me saying:

> “You know, it is true. Wealth is first in the mind and then in the ground, the air, the sea and everywhere.” He pointed out that his father and grandfather had come from England to seek their fortunes in South Africa. His grandfather spent many months searching for gold and found nothing. He gave up, because he had no more money. His father, on the other hand, went over the same territory and in a few weeks found a gold vein which subsequently became one of the many famous gold mines in South Africa.

He said that his father was a very religious man and he constantly prayed that God would reveal to him where the gold was and lead him to green pastures and still waters. It is true the gold was in the earth, but the mental and spiritual wealth was in the mind of his father in the form of an implicit belief in Divine guidance and the truths of the 23rd Psalm. Apparently from what I was told, his grandfather was a tense, anxious and jealous because some of his friends had struck it rich and he hadn’t. This attitude caused a mental and spiritual blindness, so he could not see the gold under his feet.

Look Within

Do not look outside yourself for peace of mind, wealth, security or inner strength. The Devine Presence is within you-the Supreme Intelligence, which created all things and is All Wise. No government, institution or person can bestow on you the quiet mind or inner peace.

Your subconscious mind is the seat of habit, and habits are built up in the same was you learned to walk, swim, dance, play the piano, type or drive a car. You repeated certain thought patterns and actions over and over, and after a certain length of time these patterns were implanted in your subconscious mind. Now you do these things automatically. You might call this second nature. The latter is simply the response of your deeper mind to your conscious choices and actions.

Frequently during the day, affirm: “God’s river of peace saturates my mind and heart. I rest in the everlasting arms of wisdom, truth and beauty.” Make a habit of repeating this prayer. Repeat it over and over again, knowing what you are doing and why you are doing it. As you continue to affirm and reiterate these simple truths, you will become peaceful harmonious, and you will contribute to the peace and serenity of all those around you.

Many say to me that they would love to find some hamlet, some town near the beaches. Where they could find rest and comfort. Remember, you take your mind with you wherever you go. Actually, you meet yourself at all times. If the mind is in turmoil and you are anxious and worried, the beach or the mountain will not give you peace. You must choose peace.

Some people are unceasingly searching for Shangri-La where all is bliss and harmony, a sort of Utopia, where all of us will share everything together and live harmoniously, peacefully and joyfully. You must remember, however, that you create your own Utopia. There is no such place except in the mind or man, who is in tune with the Infinite and who has found the peace that passed understanding. The problems, challenges, difficulties and turmoil around us incite us to find that inner peace and also enable us to discover our Divinity and rise above the problems of the world.

Your Invisible Means of Support

The trouble with most people is that they have no invisible means of support. When business falls away, the stock market drops, or they lose their investments, they seem helpless. The reason for such insecurity is that they do not know how to tap the subconscious mind. They are unacquainted with the inexhaustible storehouse within.

A man with a poverty type mind finds himself in poverty-stricken conditions. Another man with a mind filled with ideas of wealth is surrounded with everything he needs. It was never intended that man should lead a life of indigence. You can have wealth, everything you need, and plenty to spare. Your words have power to cleanse your mind of wrong ideas and to instill right ideas in their place.

The Ideal Method for Building a Wealth Consciousness

Perhaps you are saying as you read this chapter, “I need wealth and success.” This is what you do: Repeat for about five minutes to yourself three times a day, “Wealth-Success.” These words have tremendous power. They represent the inner power of the subconscious mind. Anchor your mind on this substantial power within you; then conditions and circumstances corresponding to their nature and quality will be manifested in your life. You are not saying, “I am wealthy,” you are dwelling on real powers within you. There is no conflict in the mind when you say, “Wealth.” Furthermore, the feeling of wealth will well up within you as you dwell on the idea of wealth.

The feeling of wealth produces wealth; keep this in mind at all times.

Your subconscious mind is like a bank, a sort of universal financial institution. It magnifies whatever you deposit or impress upon it whether it is the idea of wealth or of poverty. Choose wealth.

Why Your Affirmations for Wealth Fail

I have talked to many people during the past thirty-five years whose usual complaint is, “I have said for weeks and months, 1”1 am wealthy I am prosperous,” and nothing has happened.” I discovered that when they said, “I am prosperous, I am wealthy,” they felt within that they were lying to themselves.

One man told me “I have affirmed that I am prosperous until I am tired.

Things are now worse. I knew when I made the statement that it was obviously not true.” His statements were rejected by the conscious mind, and the very opposite of what he outwardly affirmed and claimed was made manifest.

Your affirmation succeeds between when it is specific and when it does not produced a mental conflict or argument; hence the statements made by this man made maters worse because they suggested his lack. Your subconscious accepts what you really feel to be true, not just idle words or statements. The dominant idea or belief is always accepted by the subconscious mind.

How to Avoid Mental Conflict

The following is the ideal way to overcome this conflict for those who have this difficulty. Make this practical statement frequently, particularly prior to sleep: “By day and by night I am being prospered in all of my interests.” This affirmation will not arouse any argument because it does not contradict your subconscious mind’s impression of financial lack.

I suggested to one businessman whose sales and finances were very low and who was greatly worried, that he sit down in his office, become quiet, and repeat this statement over and over again: “My sales are improving every day.” This statement engaged the co-operation of the conscious and subconscious mind; results followed.

You’re Right To Be Rich

It is normal and natural for you to desire prosperity, success, achievement and recognition in your life. You should have all the money you need to do what you want to do, and when you want to do it. There is no virtue in poverty because poverty is a mental disease, and it should be abolished from the face of the earth. Wealth is a state of mind; likewise, poverty is a state of mine. We will never eradicate all the slums in the world until we first wipe out the slums and belief in poverty and lack in the mind of man.

During private counseling and when talking to people in foreign lands as well as during interviews with people following lectures, both here and abroad, I hear the constant old refrain: “There is nothing that $25,000 or $50,000 would not cure in my life.” This refers, of course, to those who suffer from pecuniary embarrassment and who are financially handicapped. They fail to realize that wealth is really a thought-image in the mind, and that if they follow the simple techniques as outlined in this book, in using their subconscious mind, wealth will flow to them in avalanches of abundance.

It is your right and that of your family to have excellent food, good clothes, an ideal home and all the money you need to buy the good things of life. You need a period every day for meditation, prayer, relaxation and recreation, and the time and facilities necessary should be available to you. To prosper means that you begin to advance mentally, spiritually, intellectually, socially, financially and along all lines.

The Riches of the listening Ear And Understanding Heart

Recently I had a wonderful letter from a widow who listens every morning to my radio program. The following is the essence of the letter. She pointed out that

her husband had died a year previously and had left no insurance. She had three children to support, the house was mortgaged, and she had only $500 in the bank. Friends paid the funeral expenses for her deceased husband. She wrote: “I heard you quote from the Bible: But my God shall supply all your needs according to his riches in glory (Philippians 4:12), and you elaborated on this by telling us that if we tune in on the Infinite within us and believe in our hearts that no matter what it is we really need to bless us, comfort us, provide for us or inspire us, the Divine Presence would respond, as it is written: Before they call, I will answer; and while they are yet speaking, I will hear (Isaiah 65:24).

“I sat down and began to think of God supplying all my needs and hearing me as I was praying, and a great sense of peace and harmony came over me. About two hours later, in walked my brother-in-law, who said to me that he knew of my predicament and that he also was aware of the spending habits and profligacy of his brother.”

He told her he wanted to take care of her and the three small children, assuring her that neither she nor they would ever want for the good things of life. He gave her a $10,000 cashier’s check and set up an arrangement with his attorney and accountant to see to it that a weekly sum of money was sent to his sister-in-law for the rest of her life. This was in the form of a trust fund, legally instituted, which took care of the children also.

This widow, recognizing that God supplies all her needs, and that even before she asks, the answer is within her, proved to herself the existence of the inexhaustible reservoir within her.

You Can Change Yourself

Remember, you do not have a mystic wand enabling you to change the world, but you can change yourself by identifying yourself with the Infinite Presence and Power within you and constantly claiming harmony, peace, beauty, love, joy, right actions and Divine Law and order. As you make a habit of this, your will rise above the turbulence and chaos of the world mind, sometimes refereed to as the race mind, law of averages, or mass mind.

Overcome the World

The world, in Biblical language, represents all the people in the world, some good, some bad. The mass mind, or law of averages, means the way four and a half billion people are thinking. Everyday you read of wars, cruelty, crime, hate, jealously, murder, race conflicts and religious struggles. You also read of the good and noble people who contribute to the peace of the world.

You cannot run away from the world or the mass mind. All of us are immersed in it because, subjectively, we are all one and the psychic sea impinges on all of us. That is why you should keep prayed up. Assume now, today, that Infinite Intelligence is guiding and directing you and that the power of the infinite animates and sustains you. Radiate love, peace, and goodwill to all people and wish for them all the blessings of life.

This attitude will guarantee you success along all lines. Furthermore, you will be contributing to the welfare of all people everywhere. You can definitely move triumphantly through the maelstrom of this confused world into ways of pleasantness and paths of peace. Your inner assumptions, beliefs and convictions dictate and control all external actions.

You Can Transcend

A male nurse-a recent graduate-got a responsible position in a nearby medical clinic. He came to me for consultation, saying that his nerves were jangled, the patients were half crazy, the phones were ringing all the time, and that he couldn’t take it any longer.

During the course of our conversation, it began to dawn on him that the people waiting in the clinic were sick mentally as well as physically and that, being a nurse, his job was to overcome the noise, confusion and complaints in that institution. I said to him that the irritations of the sick were a basic part of his work that he must rise above these problems, and that if he were to run away, he would be going from the frying pan into the fire. I reiterate that he must meet his problems head on and grapple with them courageously; then he would overcome.

He listened, and at my suggestion began to affirm:” . . . None of these things move me . . . (Acts 20:24). I will overcome all vexations and difficulties.” He decided to remain in the clinic and discovered that his new attitude changed everything.

How He Changed His life

I had an interesting conversation with a man in Johannesburg, who told me that at 45 years of age he was broke, dispirited, depressed and dejected because his business had failed and his wife had left him because she felt that he could not support her in the way to which she was accustomed.

The turning point in his life, however, came one evening when he attended a lecture on the laws of mind. The first thing the speaker added that this truth has been known for thousands of years, but that the rank and file of humanity overlook it or pay little or no attention to it.

For as he thinketh in his heart, so is he . . . (proverbs 23: 7) the heart is an old term for your subconscious mind. All the Bible is saying is that whatever you really think and feel to be thru deep down in your heart will come forth and be expressed in all phase of you life. In other words, any thought, idea or concept emotionalized and felt as true will be brought forth by your subconscious as form, functions, experience and event. All through the ages this has been the most outstanding discovery in man's life.

This man began to make a habit of thinking of success, harmony, peace, goodwill, prosperity, and right action. He busied his mind with these concepts and proceeded to prove them to himself. When thoughts of self-condemnation or self-criticism came to his mind, he said that he would immediately affirm: "Success is mine. Harmony is mine. Abundance is mine." After some months of this altered mental attitude, he became a constructive thinker. He said he now has a business bringing him an income of over several million dollars a year in our money. He employs hundreds of people and shares his profits with them.

The Psalmist said: . . . I will sit with him on high. Because he hat known my name (Psalms 91:14). Name means nature, and the nature of Infinite Intelligence are to respond to you. In the third Chapter of Exodus, the name is called I AM, or awareness, the function of thinking.

Dr. Reginald Barret, one of the teachers in South Africa, said a very interesting thing to his audience, the essence of which was this: "if you had no mind you could not see me or hear me. You would have no sensation of the world around you. You could not taste, feel, smell, the fragrance of the flowers in you garden." Your mind is basic to all living, and it gives life, substance and form to what you accept and believe to be true. Everything you look at came out of the invisible mind of man and of god.

He was President of a large Corporation

Recently I gave spiritual advised to a president of a very large corporation. He was very successful, had all the money he needed, lived in a million dollar home and had all the comforts and luxuries of life. Of course, there is nothing wrong with that. He came to this country penniless and had reached the top in his field, all of which is good.

However, he was not successful in the art of living. He had very high blood pressure, and suffered from migraine headaches and colitis. He said to me, “I am a nervous wreck. I have tried tranquilizers, sedatives, antispasmodic tablets and nothing seems to help.”

I suggested that all he really needed was peace of mind and that no one could give him that but himself. I pointed out to him the direction where he could find it. I suggested that he read and meditate on the inner meaning of the 23rd Psalm two or three times a day and affirm frequently during the day, “God’s peace fills my soul. I emphasized that if he began to think constructively and about the eternal verities in the 23rd Psalm, he could improve himself physically and find inner peace.

He was desperate and was willing to try anything. I gave him the book Within You Is the Power, in which the inner meaning of the 23rd Psalm is given. He had an open mind and began to meditate on the Psalm and other chapters of the book. He found the inner quietude and peace, which he had been seeking. Turning back to the God Presence within and communing with Divine Love and Divine peace, his soul was restored.

How to Receive Guidance

If you are seeking guidance, affirm: “Infinite Intelligence knows the answer, the way out, even before I ask. As I call on this Supreme Wisdom now, I know its nature is to respond to me. I will clearly recognize the lead or answer when it comes. I know it comes clearly into my conscious, reasoning mind, and I recognize it instantaneously.”

Having done this, dismiss it from your mind, knowing that you have turned your request over to the Infinite Intelligence in your subconscious and inevitably the answer will come. You know when you have really turned it over, because your mind is at peace, and you don’t subsequently deny what you have already affirmed and decreed.

A Meditation on the 23rd Psalm

The Lord is my shepherd; I shall not want.

He makes me to lie down in green pastures: he leaded me beside the still waters.

He restored my soul: he leaded me in the paths of righteousness for his name’s sake.

Yea, thou I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou prepares a table before me in the presence of mine enemies: thou anoints my head with oil; my cup rennet over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever (Psalm 23: 1-6).

Many people meditate on the great truths of this Psalm and get wonderful results. As you focus your attention on these truths, absorbing them into your mentality, you are meditating in the true sense of the word, because you are appropriating more of your Divinity—the God-Presence that dwells in your deep self.

The Lord is my shepherd. The Lord means God, the Living Spirit within you. I shall not want. This means you will never want for evidence of the fact that you have chosen God as your shepherd.

A shepherd watches over his sheep. He loves them and cares for them. He examines the fields where they graze, and he eradicates locoweed, which would adversely affect the sheep. He leads them to the shade and guides them single

file over the steep ravine to water, where they are refreshed. At night he examines their nostrils to see if there any needles or other irritants imbedded there. If so, he plucks them out and pours some soothing oil upon them. He examines their feet also and, if injured, administers kindly to them with whatever medication or treatment is appropriate.

The shepherd loves his sheep. He calls them by name and they follow him. All this is symbolic, of course, but very significant, indicating to all of us that if we choose God as our shepherd, we will not want for any good thing.

Verily, verily, I say unto you, He that entered not by the door into the sheepfold, but climbed up some other way, the same is a thief and a robber (John 10:1).

Before we get an answer to our prayer, we must first possess our desire in consciousness. Our consciousness represents the sum total of our acceptances and beliefs, both conscious and subconscious. Our state of consciousness is the way we think, feel, and believe and to whatever we give mental consent.

In other words, our desire must be deposited in our subconscious mind. “I must be” before “I can have.” The ancients said, “To be is to have.” If I try to obtain what I want by external means, I am a thief and a robber. My state of consciousness is the door to all expression. I must possess the mental equivalent of whatever I want to be or possess.

Let us take a simple illustration. A person wants to be healed and affirms over and over, “I am healed.” These mechanical statements are not enough. The person must enter into the joy and realization that he is healed. It must be a conviction based on the silent inner knowing of the soul. To be wealthy, man must assume the feeling of being wealthy; then wealth will follow.

The sheep are noble, dignified, God-like ideas that bless us. Our conviction of good is the shepherd that watches over the sheep, because our dominant state of mind always rules, in the same manner as a general commands the army. We call our sheep by name when we enter into the consciousness of having, being or doing the thing we long to have, to be or to do. If we sustain these moods, they gel and crystallize within us and these subjectified embodiments become objectified manifestation.

And a stranger will they not follow, but will flee from him: for they know not the voice of strangers (John 10:5). The strangers are the thoughts of fear, doubt or anxiety, which enter the mind. These ideas delay our healing and postpone our demonstration because these thoughts neutralize our good.

It is idle to pray that the Infinite Healing Presence is making you whole and perfect and at the same time be resentful or fearful that you cannot be healed. If you believe that circumstances, conditions, events, age, race, lack of money, etc., can preclude the possibility of attaining your objective, you are, in Biblical language, a thief and a robber. (This is why it is said; all that ever came before me (the conviction) are thieves and robbers . . . . (John 10:8).

Meditation is for the purpose of redirecting your mind along God-like ways so that Divine law and order may govern all your activities and all phases of your life.

Shakespeare said, “All things be ready if the mind be so.” The Bible says, . . . The works were finished from the foundation of the world (Hebrews 4:3). This entire means is that we should open our minds and hearts and accept the gifts of God proffered to us from the foundation of time. We should reorder our minds and ask ourselves a simple question: How is it in God and Heaven? The answer is: All is bliss, harmony, joy, love, peace, perfection, wholeness and indescribable beauty.

The All Wise, the All-Powerful and the All-Knowing One is within us.

No matter what we seek already is. Love is, peace is, joy is, power is, harmony is, and the answer to every problem is within us now. At this moment. God knows only the answer.

Be Sure to Remember a Basic Truth

William James, the father of American psychology. Stated that he felt the greatest discovery of the last one hundred years was the awareness of the powers of the subconscious mind. Dr. Phineas Quimby, who started healing people in 1847, pointed out in his experiments that, “If I really believed a thing, the effect would follow whether I was thinking of it or not.”

This is of great importance, because it applies to all of reveals and us that whatever has been deposited in our subconscious mind governs and controls us. In other words, your subconscious beliefs, assumptions and convictions dictate, control and direct all you conscious actions, whether you are thinking about them or not. Whatever is impressed in you subconscious mind, whether good or bad, will always be expressed on the screen of space. You habitual thinking is gradually absorbed and recorded in you sub conscious. There they become laws and beliefs, which act automatically.

The Crossroads of life

. . . Go your way into the village over against you: and as soon as ye entered into it, ye shall find a cold tied, whereon never man sat; loose him, and bring him (Mark 11: 2). And they went their way, and found the colt tied by the door without in a place where two ways met; and they loose him (Mark 11: 4). And they brought the colt to Jesus, and cast their garments on him; and he sat upon him (Mark 11: 7).

All of us are at the crossroads every day. The colt at the crossroads is your mood.—Your mental and emotional state—before entering into the deep of yourself. The colt represents the undisciplined state. Suppose you have a desire to sing and you have a wonderful voice, but you fail to have an outlet for your voice on the stage or radio. You must then discipline yourself and affirm knowingly: “God gave me this voice, and God opens the perfect channel for me where He sings majestic cadences through me.” Imagine you are before the microphone or on the stage singing gloriously and majestically before an imaginary audience. Feel the thrill and joy and wonder of it all. Practice running this mental movie frequently in your mind. As you continue to do it, you are disciplining the colt (the formerly undisciplined desire), and your mental image, through frequent habitations of the mind, will sink into your subconscious and come to pass in Divine order.

The crossroads also indicate our capacity to choose, divide and select.

Watch what you take into the deep of yourself every night. As you go to sleep, your conscious and subconscious are creatively joined together, and your last waking concept is registered in your subconscious. In other words, your conscious mood prior to sleep has crossed over to your subconscious mind and the latter brings it to pass, whether good or bad. Your reactions to today’s impressions mold your tomorrows. Be careful of your reactions, as these are the moods or tones, which, if carried into the deeper mind, will manifest themselves.

You can control your reactions and thereby control your moods. They brought the colt to Jesus. One of the meanings of Jesus in the Bible is “illumined reason.” It also means, “I AM,” Je Suis in French. The names Jesus and Joshua in the Old Testament are identical. Both mean God is the savior, or solution to all problems. And, of course, you know God indwells you, and you are your own savior.

The word Jesus also means your desire, the realization of which would save you from the predicament. You bring your desire to the I AM, your

consciousness, within you; and as you feel the reality of it and rejoice that the Almighty Power is moving in your behalf, and as you sustain this mood, which is the meaning of He sat upon the colt, you ride mood, this means that you remain faithful to your desire until you reach Jerusalem, which means the city of peace, or the impregnation of your subconscious. After the impregnation of your subconscious, your desire, like a seed, undergoes dissolution and you experience the manifestation of your ideal. This is the meaning of . . . And Jesus entered into Jerusalem . . .

And in the morning, as they passed by, they saw the fig tree dried up from the roots. And Peter calling to remembrance saith unto him, Master, behold, the fig tree which thou curse's is withered away (Mark 11: 20-21).

A complete rejection of lack, a refusal to accept limitation or the acceptance of failure withers the idea of lack away.

. . . No man eats fruit of thee hereafter forever . . . (Mark 11: 14).

This means there will be no acceptance of doubt hereafter and no acknowledgement of lack. The fig tree in the Bible is a symbol of lack, sorrow and limitation.

Your Aim in life

If you have a gun and it is cocked, ready to shoot, you can aim it or focus it in whichever direction you choose. You change the direction or angle by changing the base; but when you pull the trigger you have no further control and you cannot control its effect or direction. Likewise, when you are focused, after having placed your attention on a mood of lack or failure and you sleep with that mood, you reproduce it and reap the result. The English language is called the language of angels. An angel is an attitude of mind, a messenger of God. It also means the angle at which you aim. There are numberless angels or attitudes of mind. Therefore, your mood determines whether it is a good aim or a bad aim; a good angel or a bad one.

Discipline your attitude of mind and contemplate what is lovely and have good report. Your camera has a lens. You focus it correctly and you see the object or person clearly; then you take a snapshot. Likewise, your angle or focus must become one with your ideal, which is perfect focusing.

Handling that Burden

When you feel frustration and obstructions to your good in life are apparent, then render to God the things that are God's, which means to pray according to universal principles. Pray this way: Think about the Infinite Intelligence, Boundless Wisdom, Absolute Harmony and Supreme Power within you; then claim, "Divine freedom is mine, Divine peace is mine, and there is a Divine harmonious solution taking place now." Be constantly aware that Infinite Spirit knows the way and reveals the solution, and you will soon find the answer in your physical world.

When you tune in with the Infinite, your spiritual thoughts will transform your physical or material world and redeem it from sorrow, lack and limitation, bringing beauty and order into your physical world.

The Present Moment

Did you ever stop to think that if you are planning something in the future, you are planning it now? If you fear something in the future, you fear it now. If you are thinking of the past, you are thinking of now. The only thing you have to change is your present thought, and all that you can realize is the outer manifestation of your habitual thinking at the present moment. The two thieves are the past and the future. If you are indulging in remorse or self-criticism over past mistakes and hurts, the mental anguish you experience is the pain of your present thought. If you are worried about the future, you are robbing and stealing from yourself joy, health and happiness. Count your blessings now and get rid of the two thieves.

To think of a happy and joyful episode in the past is a present joy.

Remember, the results of past events—good or bad—are but the representatives of your present thinking. Direct your present thought in the right channels. Enthrone in your mind peace, harmony, joy, love, prosperity and goodwill. Dwell consciously on these concepts and claim them—and forget all other things. Finally, brethren, whatsoever things are true . . . honest . . . just . . . . pure . . . lovely . . . of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).

CHAPTER 11

CONSCIOUSNESS OF HEALTH

The Healing Principle

Jesus said, “Thy faith hath made thee whole.”

I positively believe in the Healing Power of God within me. My conscious and subconscious mind is in perfect agreement. I accept the statement of truth, which I positively affirm. The words I speak are words of spirit and they are truth.

I now decree that the healing Power of God is transforming my whole body making me whole, pure, and perfect. I believe with a deep, inner certitude that my prayer of faith is being manifested now. I am guided by the wisdom ·of God in all matters. The Love of God flows in transcendent beauty and loveliness into my mind and body, transforming, normalizing, and energizing every atom of my being. I sense the peace that passed understanding. God’s Glory surrounds me, and I rest forever in the Everlasting Arms.

How to apply the healing principle

I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.” The God in me has limitless possibilities. I know that all things are possible with God. I believe this and accept it whole-heartedly now. I know that the God-Power in me makes darkness light and crooked things straight. I am now lifted up in consciousness by contemplating that God indwells me.

I speak the word now for the healing of mind, body, and affairs; I know that this Principle within me responds to my faith and trust. “The Father doeth the works.” I am now in touch with life, love, truth, and beauty within me. 1 now align myself with the Infinite Principle of Love and Life within me. I know that harmony, health, and peace are now being expressed in my body.

As I live, move, and act in the assumption of my perfect health, it becomes actual. I now imagine and feel the reality of my perfect body. I am filled with a sense of peace and well being. Thank you, Father.

The Healing Power of God and How to Use It

In order to advance spiritually, we must give up the lesser for the greater; this is symbolized in the Bible by the sacrifice of animals. What the latter really means is to give up negative, destructive thinking, all negative emotions, and to make a place in the soul (subconscious mind) for the higher qualities of goodness, love, and truth. In other words the sacrifice of animals meant the practice of the great law of substitution, such as giving love for hatred, bringing joy where there is sadness, bringing light where there is darkness, and entering into the spirit of forgiveness where ill will is. The slaughtering of beasts

mentioned in the Bible is not slaughtering in the ordinary sense of the word. It is true, of course, that people in various parts of the world, not understanding the laws of the mind and the ways of God, propitiated their Gods. There are parts of the world where they still offer up human sacrifices. In my recent round-the-world lecture tour I heard of many instances from governmental officials and other prominent people.

In ancient times when famine came, crops were destroyed, or cattle died from epidemic, men offered up bullocks and cattle. An angry God, they believed, inflicted all this disaster. In order to appease this angry Being, they offered him their gory sacrifices in the belief that thus they would gain his good will. The idea behind this was to give up something near and dear to them in order to achieve their objective or goal. This age-old, jungle superstition prevails to this day; the British Government has made heroic efforts to stamp it out in all parts of the Empire. Primitive man has offered up his own children-sons and daughters-to propitiates his gods.

I observed a man in India whose arms were paralyzed, and who was blind as a result of staring at the sun. He brought the paralysis and the blindness on himself voluntarily because he wanted to atone for his sins, thinking that by torturing himself he was pleasing his god. I have seen others

Who have crippled, distorted, and twisted themselves into all sorts of weird forms, miserable husks of what once were men. All this has been done to appease their gods or atone for their sins.

I heard a man in South Africa say, “I will give up drinking and cursing if God will spare my boy.” Here again is a phase of the old racial belief-dread of an angry God. All these procedures and practices are due to the fact that man has postulated a god apart, an inscrutable, tyrannical, oriental, despotic sultan ruling in the skies. His concept seems to be that God is some sort of a cannibalistic Moloch living in the skies who has to be appeased by blood letting sacrifices and suffering.

Last July I visited a sacred shrine in the Orient. 1 chatted with a young girl at the shrine who had traveled four hundred miles to visit this Buddhist shrine. She had not eaten for three days. She lit many candles and brought lots of fruit as an offering to Buddha. She prayed for a long time each day and each day offered up more candles and fruit. She said to me she was sure that if she fasted and spent all she could on gifts to Buddha, her prayers would be answered. I noticed she emptied her purse before the shrine of Buddha. Her prayer was answered not because she lit candles or gave oranges and rice to Buddha, but because of her

belief. According to her belief was it done unto her? All her sacrifices were of no avail and meant nothing insofar as the laws of mind are concerned, for the law of life is the law of belief.

Into what purpose is the multitude of your sacrifices to me, saith the Lord. I am full of the burnt offering of rams and the fat of beasts and I delight not in blood of bullocks or of lambs and he goats." Isaiah 1: 11. The meaning of the above quotation is this: Any state of mind other than complete mental acceptance of your desire or ideal is an abomination unto the Lord. All sacrifices are superstitions and mean nothing. All that is necessary is to feel the reality of your prayer; live, move, and act in that mental atmosphere, as though it were already a fact. With that fixed attitude of mind, your belief will objectify itself. This is the meaning of "Believe that you have received and you shall receive."

To think that God requires you to shed your blood for someone, or sit in an heap until your feet are eaten up, as some men do in India is a monstrous absurdity and makes a cannibal of God instead of a God of love.

A man in London said to me last year, "We are here to suffer because the Bible says, "We glory in tribulation." "Romans 5:3. Here is another instance of a man thinking that his redemption could only come through suffering. I explained this paragraph. When you find yourself in tribulation; i.e., if you have a problem, you seek the answer, the solution, the way out-that is to glory in your tribulation. The word glory comes from two words, glow and ray. Ray, means the Light of God or the Infinite Intelligence which knows only the answer; and the glow means the warmth, joy, the thrill you feel when you know that the action of God is now taking place where the problem is; as you remain faithful to this fixed attitude, the dawn comes and the shadows flee away.

Be sure you glory in your tribulation the next time. It is a simple technique of prayer. We must not twist it or distort it, placing more chains on people already suffering enough. Look upon the Bible as a story about yourself-a parable-a tale always to be told. The Bible is a great psychological document teaching you how to release the Power, the Wisdom, and the Intelligence of God lodged in your unconscious depths. You can begin to make a sacrifice now. I assure you, it will be the turning point of your life. Give up all beliefs in other powers, simply enthrone in your mind One Spiritual Power and give allegiance to that One Power only. Recognizing only One Power, uniting with it, knowing that its Life, Love, Truth, and Beauty are forever being expressed through you is the real sacrifice-all else is superstition and rank nonsense.

Here is how to practice the sacrifice. A friend of mine was involved in a

lawsuit recently. The other man was lying and had sworn falsely. My friend was highly incensed, hostile, and full of recriminations. I explained to him that he would have to sacrifice his negative feelings by supplanting them with the mood of love and faith in the Absolute Principle of Harmony. Instead, therefore, of wasting his energy and vitality by indulging in negative thoughts toward the man who was suing him, he took his mind off him altogether and

Began to pray in this manner: “The absolute Harmony of God reigns supreme in the minds and hearts of all involved in this legal case and there is a divine, harmonious solution. Divine Justice and Divine Love prevail.” He repeated that statement of Truth knowingly, feelingly, and meaningfully until he felt it registered in his deeper mind. You inscribe these Truths in the heart by repetition, faith, and expectancy. He imagined these truths sinking into his deeper mind like seeds being deposited in the soil. After a few days he was at peace about the whole matter and subsequent events verified and testified to his inner mental attitude of poise and confidence. A verdict was rendered in his favor, which blessed all. It was Divine Order. “Order is Heaven’s first law.” (Troward).

The above incident explains the whole idea of sacrifice and sacraments. The man gave up the mood of a problem and entered into the sense of oneness with God and His Law of Absolute Harmony. He freed himself from fear and worry and gave himself faith and confidence. We said a sacrament means to make sacred or holy. The word holy means to be integrated, to be at peace, to be healed, to be poised, serene, and calm. You are holy when your mind is at peace, when you are healthy, happy, and full of good will to all. There are various degrees of wholeness and perfection. You offer up a sacrifice when you turn away from pain and dwell on God’s River of Peace flooding your mind and body. You have given up the burden of pain and decided to enjoy relaxation and perfect health.

A ship in distress on the high seas of times lightens its cargo by casting overboard-surplus freight in order to enable the ship to speed its way to a port of safety. Every time you pray, you are partaking of one of the sacraments and sacrificing something, because when you pray, you turn away from and give up a limitation of some kind.

For example, give up the idea of poverty and feast on the idea of plenty. Give up the idea of hate and feast on the idea of love. Give up the idea of sorrow and feast on the idea of peace. Give up the idea of envy and feast on the idea of good will. Praying in this manner you are really sacrificing because you are giving up

the lesser for the greater. Philo Judaeus of Alexandria summed it all up in a few words when he said that the only thing you can offer God is “Praise and Thanksgiving.” How beautiful, soul stirring, and yet how true!

The Truth student is offering himself daily on a cross and shedding his blood in this sense. The cross means you are crossing over from darkness to light, from ignorance to understanding, from fear to faith, from pain to health, from ill will to good will. The Truth student is always psychologically crossing over; i.e., he rises with his two wings of thought and feeling above the barrier, the handicap, or the problem, and rests in the Secret Place, the inner recesses of his mind, where he contemplates the Divine solution. There he imagines a pictures the solution, the way things ought to be; he sheds his blood. Blood is life, which means he pours life, love, and feeling into the picture and makes it real. In other words, he makes his prayer alive. He senses and feels the reality of the invisible idea. The idea is real; therefore, he rejoices in the idea and gives thanks for the idea. In this way the student dies to the belief in the problem and rises to the belief in the answer, feeling in his heart that his prayer is answered. He has entered into the joy of the answered prayer; he has shed his blood for the other and saved him from his problem.

You will now see how simple it is to perceive the truth of the Bible. Let me illustrate. A friend of mine in Sydney, Australia, dined with me in the Australia Hotel, Australia’s loveliest hotel. He told me he had a tumor. He was a very fine Truth student and had a class for some Protestant clergymen twice weekly where he taught them the inner meaning of the Bible. We decided to pray about it. Impulsively I said to him, III will shed my blood for you on the cross.”

He replied, “You know, that is the perfect way to pray.” I was delighted to hear him say that and asked him to elaborate. He told me that in an esoteric school in India where he had studied, the Yogi always had said of prayer that the Passover and crucifixion stories express the perfect way of prayer. (See my book Peace Within Yourself.)

I stayed eight days in Sydney, and again stopped there en route from New Zealand to India. I prayed for him night and morning. In this way I made his request my own, saying to myself, “I have to cleanse my own mind of the belief of a tumor.” The cross I carried was his desire for health which now became my concept of health and perfection. I knew, in order for crucifixion to take place, the idea of his perfect health, harmony, and perfection would have to pass from my conscious mind to my subconscious mind; i.e., the idea would pass over from the conscious mind and become a fixed impression or belief in the

subconscious mind.

Crucifixion means crossing over from the conscious to the subconscious mind. When you succeed in impressing your subconscious mind with the belief in perfect health healing follows. You become fixed in the belief (crucifixion) that it is so.

Every night and morning I prayed this way: “John Jones, my friend, is God’s man. He is pure spirit. God’s wholeness, purity, and perfection are made manifest and reflected in every atom of his being. This idea of harmony, perfect health, and peace is now impressed in my mind, and I know he is made whole, pure, and perfect. God and His Love are being fully expressed in his mind and body.” I quietly affirmed this every night and morning after entering into a drowsy, sleepy, meditative state. I shed blood for him, figuratively speaking, meaning I gave life to the words. Blood means life. I felt them as true. The word in the Bible mean feeling, awareness, conviction. It is a mood, tone, and an inner, fixed mental attitude. I had to die psychologically to the belief in a tumor and resurrect the idea of his perfect health and harmony. He prayed in a similar manner for himself. There was a complete healing in his case.

Anyone with ordinary common sense, a high school education, and an open mind will see at once the whole meaning of being saved by the blood of the lamb and all such kindred statements. The lamb means God, Life, the Healing Principle; the blood of the lamb means the Life, Power, Wisdom, and Intelligence of God in action. Could anything be simpler? If lost in the jungle, the Intelligence of God would lead you out if you turned within, and said, “God is guiding me now and reveals to me the perfect path.” The way would be shown you, and you would be governed by an Over-Shadowing Presence and compelled to move in the right direction toward your freedom. The blood of the lamb saved you. Do you hear? Can you see? Is it plain? Could it be simpler? You offer yourself up to God when you dedicate all your thoughts and feelings to God. Feeling follows thought. When all your thoughts are God’s thoughts, God’s Power is with your thoughts of good.

I said to the students attending the lectures on the “Inner Meaning of the Sacraments” that they would hear very familiar words, but that I wanted them to hear the words spoken in an unfamiliar way. Let us take, for example, the following admonition given by Moses to the children of Israel, “Never leave any vessel uncovered.” The vessel is your mind, which you are supposed to guard, watch, supervise, and govern so that all sorts of sundry concepts of a negative nature cannot penetrate. In other words you should be busy filling your mind

with God's ideas and verities so that there will be no room in your mind for negative and destructive thoughts. If you met someone on the street and he invited you to the slums, you would in all probability say, "No," offering as an excuse. "There are gangsters, assassins, and murderers in those places, and I don't wish to go." You go down the slums of your mind when you indulge in the emotion of resentment, jealousy, and ill will. These gangsters who dwell in the slums of your mind will rob you of vitality, peace, happiness, health, and joy, and leave you a physical and mental wreck. Walk the sunlit streets of your mind and associate with wonderful companions, such as goodness, truth, and beauty. These companions will lead you into ways of pleasantness and paths of peace.

Your conscious mind must, therefore, act as a cover for the subconscious so that false beliefs, errors, fears, etc., floating about cannot enter your deeper mind and pollute it. The cover is your conscious, choosing, volitional, active mind. Watch carefully what thoughts, concepts, and ideas you choose to think upon. All our diseases are created by our own mind. Our mind is creative. If we think well, good follows; if we think evil, evil will follow. If you had free will, which you say you have, would you choose illness, lack, limitation, etc? Don't surrender your spiritual dominion.

Does your free will consist in making the wrong choice-a belief and faith in outer effects, in external causes? When you awaken to your inner power, you will choose only from God's storehouse. You will decide to select whatever things are true, lovely, and have good report. Your choice will always be some great Truth of God to meditate on. You will choose the positive, the ideal, the goal, the solution, the way out.

The teaching of the sacraments is to get you back to the real free choice of good. How can you call yourself a free man with free will if you are held In chains to the belief in sin, sickness, hate, and are kept there by wrong instruction?

Man, unaware of his spiritual power, makes all kinds of errors and wrong choices. When he begins to think on whatsoever things are true, beautiful, noble, exalted, and Godlike, he finds that the creative mind responds accordingly, and that happiness and peace result; this procedure is called wisdom by Quimby or the way of health and happiness. If your thoughts are wise, your actions will be wise. Action and reaction are found everywhere. Using the knowledge of the interaction of the conscious and subconscious mind and seeing that the relationship is harmonious and peaceful, the individual performs the true function and meaning of the sacrament.

The conscious mind is the analytical, natural, reasoning mind. It has the capacity to choose. It is personal and selective. The subconscious mind is impersonal and non-selective, and reasons deductively only. It is somewhat like the soil. Whatever you think and feel as true, the subconscious will accept and bring forth as a condition, experience, and event. The subconscious does not argue with you; it merely accepts the premise of your conscious mind, whether true or false, and proceeds to bring it to a logical, sequential conclusion.

This power of the subconscious acceptance is the reason why it is extremely important to choose wisely and select your ideas, thoughts, and plans base on the Golden Rule and the Law of Love. Never admit anything to your conscious mind, which will not bless, heal, and inspire you. Ask yourself, “Is this thought or idea good? Will it lift me up? Is it Godlike? Where does it come from? Will it bless the other person”? If your thought, idea, plan, or purpose does not meet these general spiritual specifications, discard it as unfit for the house of God. You are really coming out of the race mind and entering into what Troward calls the Fifth Kingdom when you recognize the spiritual power within you as Almighty, One, and Indivisible. Looking upon It as the only cause and power, knowing at the same time that it is responsible to your through, you have discovered God, the Creative Power. Now you are a citizen of the Fifth Kingdom and no longer subject to race mind. You are now removing the stain of original sin because you reject the false beliefs, opinions, and traditions of man. You give no power whatever to the created world, realizing it is an effect, not a cause. Your allegiance is to the spiritual power within. You love it and you are devoted to it. Let the following be your daily prayer: “I am a channel through which God’s Love, Beauty, Harmony, Peace, Opulence, and Intelligence flow. All the qualities, attributes, and potencies of God are now being expressed through me in a wonderful way. It is wonderful.”

As you claim this several times a day, and as you feel its truth written in your heart and inscribed in your inward parts, your world will magically melt into the image and likeness of your habitual thinking.

The Only Power

Shakespeare said, “It is not in our stars but in ourselves that we are underlings.” The only power is in your Consciousness, which means the I AM, your Awareness, the Living Spirit, or God, within you. Therefore, you should give allegiance not to the stars, but to the God, which made the stars as well as the planets. We must give power to the Creator; not to the created thing.

It is continually stated in the Bible that we must cease worshipping false gods. Thou shalt have no other gods before me (Exodus 20:3). I am the Lord: that is my name: and my glory will I not give to another, neither my praise to graven images (Isaiah 42:8). Thou art wearied in the multitude of thy counsels. Let now the astrologers, the stargazers, and the monthly prognosticators, stand up, and save thee from these things that shall come upon thee (Isaiah 47: 13).

The Law of Mind in Action

Two professors who are friends of mine had their astrological charts doe for the price of $50 each. At my suggestion, they agreed not to read them lest they impregnate their subconscious mind with the horoscope’s negative suggestions. As a matter of fact, for twelve months I was the custodian of there two horoscopes.

During this time I thoroughly explained the law of life to them: For as he thinketh in his heart, so is he . . . (Proverbs 23:7). This means that whatever you claim and feel to be true will impregnate the subconscious mind, and whatever is impressed upon the subconscious is eventually expressed. I also explained to them that it is impossible for anything to happen to anyone unless it already has an affinity or some equivalency in the mind. Everyone molds, shapes and fashions his own destiny by his habitual thought and feeling.

I also explained that even though their subconscious minds may have been polluted with negativity and false beliefs, they could both change by now identifying with the eternal verities rather than with the patterns of the Zodiac. They could charge their mental and spiritual batteries regularly and systematically by contemplating the truths of God, which transcend all the astrological charts.

Each of my friends practiced constructive thinking according to the unchanging principle of the Truth. Finally, at the end of the year, each one examined his horoscope in my office and laughed out loud. There were negative predictions contained in each horoscope, which had never come to pass. In fact, where financial losses and accidents were indicated, success and health were

encountered instead. Each had not only prospered but had been promoted in his respective college.

Had they read their horoscopes in advance, the negative suggestions would have been impressed upon their subconscious and, undoubtedly, all the things predicted would have occurred . . . . As thou halt believed, so be it done unto thee . . . (Matthew 8:13). If you believe in negative predictions, that is what you will, of course, experience, because the law of life is the law of belief.

The Search

According to the law of allegory, Abraham left Chaldea in search of the true god. The Chaldeans were active in the elaboration of astrology, and they ascribed everything to the movement of the stars, thus profanely likening the created thing to the Creator. Abraham, which means “the Father of the multitude” (Our Father), realized that the world is governed by its Maker and First Cause; and he gave all allegiance to God, the only Presence, Power, Cause and Substance.

The Psychology of Antiquity

Astrology can also be understood as the psychology of antiquity. I have known sensitive and psychics who read the past, the present and the future with extra-ordinary acumen, revealing tendencies and characteristics of individuals, without any knowledge of astrology. Some used a deck of cards and made predictions with amazing accuracy; others, using numbers, revealed past episodes and present plans and purposes. The whole process of the psychic is simply that of tapping the subconscious of the person. The sensitive or psychic is en rapport or in touch with your subconscious. Actually, you have told her everything before she tells you anything.

And if there is any validity at all to astrological predictions, it is not because you were born on August 5 or July 4 that you have certain characteristics; rather, it is a result of the collective unconscious beliefs of the race or mass mind regarding that period of the year.

The late Carl Jung said: “Insofar as there are any really correct astrological deductions, they are not due to the effects of the constellations but to our hypothetical time-character.” In other words, whatever is born or done at this moment of time has the qualities of this moment of time.

This is similar to the operation of the I Ching[2]* of China in which Carl Jung points out in his Foreword that whatever happens in a given moment possesses inevitably the quality peculiar to that moment. Down through the ages the race mind has given power to the constellations and signs, believing that they exert an influence over us. In other words, the whole idea of the influence of the signs under which we were born is base don the collective idea or belief in the subconscious race.

Mass Mind Belief in America

For example, within the subconscious of 200 million people in this country is the superstition or mass mind belief that a president will die or meet an untimely end every twenty years. This does not have to happen, however. If the occupant of the White House saturated his mind with the inner meaning of the 91st Psalm, he would become completely immunized and so God-intoxicated that nothing could touch him.

He Was a Constant loser

I had a most interesting conversation with another man during this trip around the world. As a young man, he said, he had played the horses and had I constantly. He squandered about $2500 in gambling the racetrack, believing that he had acquired a system. When he lost, he tried to get his money back by betting larger and larger sums of money. Of course, due to his fear, however, he continued to lose.

One day he went to the track with his last $2.00 to place on a sure thing.

He lost. He was now penniless. Suddenly he found a $100 bill on the grass and was naturally elated, telling himself that his luck had changed and that he was going to recoup his losses. He had a new frame of mind and had supreme confidence in his good fortune.

He picked five winners, which paid him large sums of money. The next day, though, Secret Service men advising him that the $100 bill was a counterfeit visited him. The cashier had identified him.

His explanation satisfied them, but he then realized for the first time in his life that it was his confidence and faith that had produced the results; not the worthless piece of paper. This was the turning point in his life. From that moment forward, he forgot about trying to make a fortune by depending on horses; rather, he placed his confidence on the Eternal Source, Which n ever fails and which is absolutely dependable and absolutely trustworthy; and because of that One Great Truth and certainty, he is now traveling and lecturing around the world. He has found peace, joy, and strength in this changing world.

But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint (Isaiah 40:31).

Wearing his Garment

I have found God in the sanctuary of my own soul. God is Life; that Life is my life. I know God is not a body; he is shapeless, timeless, and ageless; I see God in my mind's eye. Through understanding I see and look upon God in the same way that I see the answer to a mathematical problem.

I now rise to the awareness of peace, poise, and power. This feeling of joy, peace, and goodwill within me is actually the spirit of God moving within me; it is God in action; it is Almighty. There is no power in external things to hurt me; the only Power resides in my own mind and consciousness.

My body is the garment of God. The Living Spirit Almighty is within me; it is absolutely pure, holy, and perfect. I know that this Holy Spirit is God, and that this Spirit is now flowing through me healing and making my body whole, pure, and perfect. I have complete power over my body and my world.

My thoughts of peace, power, and health have the Power of God to be realized within me now. "Blessed are the pure in heart: for they shall see God." I have seen and felt His Holy Presence; it is wonderful.

The Quiet Mind

God dwells at the center of my being. God is Peace; this Peace enfolds me in Its Arms now. There is a deep feeling of security, vitality, and strength underlying this peace. This inner sense of peace, in which I now

Dwell, is the silent, brooding presence of God. The Love and the Light of God watch over me, as a loving mother watches over the sleeping child. Deep in my heart is the Holy Presence that is my peace, my strength, and my source of supply.

All fear has vanished. I see God in all people; I see God manifest in all things. I am an instrument of the Divine Presence. I now release this inner peace; it flows through my entire being releasing and dissolving all problems; this is the peace that passed understanding.

Mental Poise

“Whither shall I go from thy Spirit? Or whither shall I flee from thy Presence? If I ascend up into heaven, thou art there: if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea: Even there shall thy hand lead me and thy right hand shall hold me.” I am now full of a Divine enthusiasm, because I am in the Presence of Divinity. I am in the Presence of All Power, Wisdom, Majesty, and Love.

The Light of God illumines my intellect; my mind is full of poise, balance, and equilibrium. There is a perfect mental adjustment to all things. I am at peace with my own thoughts. I rejoice in my work; it gives me joy and happiness. I draw continually upon my Divine Storehouse; for it are the only Presence and the only Power. My mind is God’s mind; I am at peace.

The Peace of God

All is peace and harmony in my world, for God in me is “The Lord of Peace.” I am the consciousness of God in action; I am always at peace. My mind is poised, serene, and calm. In this atmosphere of peace and goodwill, which surrounds me, I feel a deep abiding strength and freedom from all fear. I now sense and feel the love and beauty of His Holy Presence. Day by day I am more aware of God’s Love; all that is false falls away. I see God personified in all people. I know that as I allow this inner peace to flow through my being, all problems are solved. I dwell in God; therefore, I rest in the eternal arms of peace. “Your life is hid with Christ in God.” My peace is the deep, unchanging peace of God; “It is the peace of God, which passed all understanding.”

Spiritual Medicine

“A merry heart makes a cheerful countenance.” The spirit of the Almighty pervades every atom of my being making me whole, joyous, and perfect. I know that all of the functions of my body respond to this inner joy welling up within me. I am now stirring up the gift of God within me; I feel wonderful. The oil of joy and illumination anoint my intellect, and become a lamp unto my feet.

I am now perfectly adjusted emotionally; there is a divine equilibrium functioning in my mind, body, and affairs. I resolve from this moment forward to express peace and happiness to every person I meet. I know that my happiness and peace come from God; as I shed His light, love, and truth to others, I am also blessing and healing myself in countless ways. I radiate the sunshine of God’s Love to all mankind. His Light shines through me and illuminates my path. I am resolved to express peace, joy, and happiness.

Controlling my emotions

When a negative thought of fear, jealousy, or resentment enters my mind; I supplant it with the thought of God. My thoughts are God's thoughts, and God's Power is with my thoughts of good. I know I have complete dominion over my thoughts and emotions. I am a channel of the Divine. I now redirect all of my feelings and emotions along harmonious, constructive lines. "The sons of God shouted for joy." I now rejoice to accept the ideas of God, which are peace, harmony, and goodwill, and I delight to express them; this heals all discord within me. Only God's ideas enter my mind, bringing me harmony, health, and peace.

God is Love. Perfect Love castes out fear, resentment, and all negative states. I now fall in love with truth. I wish for all men everything I wish for myself; I radiate love, peace, and good will to all. I am at peace.

The ancient Greeks said: "Man, know thyself." As you study yourself, you seem to be made up of four parts: Your physical body, emotional nature, intellect, and the Spiritual Essence, which is called the Presence of God. The I AM within you, the Divine Presence, is your Real Identity Which is Eternal.

You are here to discipline yourself, so that your intellectual, emotional, and physical nature are completely spiritualized. These four phases of your nature are called the four beasts of The Book of Revelation. The Revelation of St. John means God revealing himself as man.

The real way for you to discipline and bridle your intellectual and emotional nature is by the Practice of the Presence of God all day long.

You have a body; it is a shadow or reflection of the mind. It has no power of itself, any initiative, or volition. It has no intelligence of itself; it is completely subject to your commands or decrees. Look upon your body as a great disc upon which you play your emotions and beliefs. Being a disc, it will faithfully record all your emotionalized concepts and never deviate from them; therefore, you can register a melody of love and beauty, or one of grief and sorrow upon it. Resentment, jealousy, hatred, anger, and melancholia are all expressed in the body as various diseases. As you learn to control your mental and emotional nature, you will become a channel for the Divine, and release the imprisoned splendor that is within you.

Think over this for a moment: You cannot buy a healthy body with all the money in the world, but you can have health through riches of the mind, such as thoughts of peace, harmony, and perfect health.

Let us dwell now on the emotional nature of man. It is absolutely essential for you to control your emotions if you want to grow spiritually. You are considered grown up or emotionally mature when you control your feelings. If you cannot discipline or bridle your emotions, you are a child even though you are fifty years old.

I had a most interesting session with a man whom we shall call Mr. X, who has been phoning and corresponding with me for some time. I gave him spiritual advice over the phone, and the following is the history of the case. He is the son of a very wealthy father in the East, who had been very cruel and autocratic, insisting that the son come up to his standards in the business. This young man had a neurotic hatred for his father and began to strike back by writing vitriolic articles about big business; moreover, he went back East and lectured on the values of a communistic society to a club to which his father belonged, knowing that this would infuriate his father. His desire, as he said, was to strike back at his father. In the meantime, because of this emotional hostility and suppressed rage, plus his sense of guilt, he began to drink excessively, becoming an inebriate, or compulsive drinker. He also developed ulcers and high blood pressure; and, as if that were not enough, he was on the verge of bankruptcy.

My explanation (over the phone) of the reason for his actions supplied 75 percent of his cure. He realized that he was being emotionally immature and was consuming alcohol to assuage his sense of guilt just as someone else would take aspirin for a headache. Actually, it suddenly dawned on him that he was literally destroying himself by attempting to hit back at his father's ideals and policies. He decided to reverse his attitude by following the technique of scientific prayer.

He affirmed out loud frequently during the day: "I surrender my father to God. I release him completely and wish for him health, peace, success, and all the blessings of life, whenever I think of him, I will affirm at once, "I have released you. God's peace fills your soul." I am divinely guided. Divine law and order govern me. Divine love and Divine peace saturate my soul. My food and drink are God's ideas, which constantly unfold within me, bringing me harmony, health, and peace. God thinks, speaks and acts through me, and I am Divinely expressed and fulfilled in all ways."

He repeated these truths frequently out loud, which prevented his mind from wandering. Whenever any negative thoughts came to his mind, he would affirm: "God loves me and cares for me." After a few weeks, he became a constructive thinker.

His "Movie" Technique

Every night for about ten minutes in a perfectly relaxed state, he imagined I was in front of him congratulating him on his freedom from alcohol, and whenever the shakes and the jitters seized him with the craving for another drink, he would cause to flash in his mind the mental movie, knowing there was an Almighty Power backing him up. It was only a matter of a few weeks until he was completely free from the curse of compulsive drinking. His new attitude changed everything. Today, three months later, at dinner with me in Las Vegas, he told me his business has prospered so well that his assets are worth over $200,000. His psychic perception had enabled him to make the correct and shrewd decisions necessary in accumulating a fortune.

You must remember that the greatest tyrant is a false idea, which controls a man’s mind holding him in bondage. The idea you hold about yourself or others induces definite emotions in you.

Psychologically speaking, emotions compel you for good or evil. If you are full of resentment toward someone or possessed by a grudge, this emotion will have an evil influence over you, and govern your actions in a manner which has nothing to do with what you say is the original cause. When you want to be friendly and cordial, you will be ugly, cynical, and sour. When you want to be healthy, successful, and prosperous in life, you will find everything going wrong. Those of you reading this book are aware of your capacity to choose a concept of peace and good will. Accept the idea of peace in your mind, and let it govern, control, and guide you.

Within you are a designer, an architect, and a weaver. They take the image of your mind and mold it into a pattern of life, which brings you peace, joy, and victory. The greatest and richest galleries are the galleries of the mind devoted to wisdom, truth, and beauty.

Picture your ideal in life; live mentally with this ideal. Let the ideal captivate your perceptive imagination. You will move in the direction of the mental image, which governs your mind. The ideals of life are like the dew of heaven, which moves over the arid areas of your mind, refreshing and invigorating you. With your disciplined imagination, you can soar above all appearances, discord, and sense evidence, and imagine the way things ought to be while realizing the sublime principle of harmony operating through, in, and behind all things. Reject the evidence of your senses and realize that the inside controls the outside. Your mental image is the reality, or the inside, and its external manifestation, or form, is the outside.

Quimby pointed out that ideas are our masters, and that we are slaves to the

ideas we entertain. The concept of peace with which you now live will induce the feeling of peace and harmony. Your feeling is the spirit of God operating at the human level; this feeling of peace and good will compel you to right action. You are now governed by Divine Ideas, which are mothered by the Holy Spirit.

Uncontrolled or undisciplined emotion is destructive. For example, if you have a powerful automobile, it will take you through the roughest country, or to the top of a high hill; however, you must control the automobile. If you do not know how to drive, you may hit a telegraph pole or another car. Should you step on the gas instead of the brake, the car may be destroyed.

It is wonderful to posses a strong, emotional nature provided you are the master. Your emotions are controlling you if you permit yourself to get angry over trifles or agitated over practically nothing. If you get upset over what you read in the newspapers, you are not controlling your emotions. You must learn to blend your intellect and emotions together harmoniously. The intellect of man is all right in its place, but it should be anointed or illumined with the Wisdom of God.

A man recently asked me: “How do I know when I am truly thinking?”

That is a good question, and the answer I gave him is simply this: You are thinking when you are activating your mind from the standpoint of eternal verities and the Cosmic truths of God, which are the same yesterday, today, and forever. You are not thinking in the true sense of the term when you are reacting to the headlines in the newspapers, radio propaganda, or from the standpoint of tradition, dogma, creeds, or environmental conditions or circumstances.

This man who asked the question had been, as a matter of course, merely swallowing the thoughts of the Columnists in the Los Angeles Times, and he was full of the ideas of local and state politicians. These were not his thoughts: rather, they were thoughts of others and were mostly of a negative nature.

He immediately saw the light and began to think for himself, taking as his spiritual yardstick:

> Whatsoever things are true, whatsoever things are honest, whatsoever things are just, and whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).

As you do this, your whole world will magically melt into the image and likeness of your concept of yourself, and your desert will rejoice and blossom as

the rose. This indeed is letting Cosmic Power work wonders for you.

Let us see how emotions are generated. Suppose you observe a cripple; perhaps you are moved to pity. On the other hand you may look at your young, beautiful child, and you feel an emotion of love welling up within you. You know that you cannot imagine an emotion, but if you imagine an unpleasant episode or event of the past, you induce the corresponding emotion. Remember it is essential to entertain the thought first before you induce an emotion.

An emotion is always the working out of an idea in the mind. Have you noticed the effect of fear upon the face, eyes, heart, and other organs? You know the effect of bad news or grief on the digestive tract. Observe the change that takes place when it is found the fear is groundless.

All negative emotions are destructive and depress the vital forces of the body. A chronic worrier usually has trouble with digestion. If something very pleasant occurs in his experience, the digestion becomes normal, because normal circulation is restored, and the necessary gastric secretions are no longer interfered with.

The way to overcome and discipline the emotions is not through repression or suppression. When you repress an emotion, the energy accumulates in the subconscious and remains snarled there. In the same manner as the pressure increases in the boiler, if all the valves are closed, and you increase the heat of the fire, finally there will be an explosion.

Today in the field of psychosomatics we are discovering that many cases of ill health, as arthritis, asthma, cardiac troubles, and failure in life, etc., may be due to suppressed or repressed emotions, perhaps occurring during early life or childhood.

These repressed or suppressed emotions rise like ghosts to haunt you later on. There is a spiritual and psychological way to banish these ghosts which walk in the gloomy gallery of your mind. The ideal way is the law of substitution. Through the law of mental substitution, you substitute a positive, constructive thought for the negative. When negative thoughts enter your mind, do not fight them; just think of God and His Love; you will find the negative thoughts disappear. “I say unto you, that ye resist no evil” (Math. 5:39) If a person is fearful, the positive emotion of faith and confidence will completely destroy it.

If you sincerely wish to govern your emotions, you must maintain control over your thoughts. By taking charge of your thoughts, you can substitute love for fear. The instant you receive the stimulus of a negative emotion supplant it

with the mood of love and good will. Instead of giving way to fear, say, “One with God is a majority.” Fill your mind with concepts of peace, love, and faith in God; then the negative thoughts cannot enter.

You mold, fashion, and create your own future by your present thoughts made manifest, because, as Emerson said, “You are what you think all day long.” Change your present thoughts and you change your whole life. You can direct the Cosmic Power within you and thereby control your life experiences; you can actually bring to pass the cherished desires of your heart.

Your mind is constantly in motion as thoughts, images, ideas, dreams, and aspirations come and go. Your world is constantly changing in harmony with your habitual thinking. You create for yourself success or failure, affluence or poverty, health or sickness, and peace or pain by your conscious and subconscious thought. For as a man thinketh in his heart (subconscious mind), so is he . . . (Proverbs 23:7). Any thought of yours—good or bad—if consciously accepted, is implanted in your subconscious mind, and it comes forth after its kind. This is why you create your own future.

It is far easier to cremate, burn up, and destroy negative thoughts at the moment they enter the mind, rather than try to dislodge them when they have taken possession of your mind. Refuse to be a victim of negative emotions through controlling your thought and thinking of God and His Attributes. You can be master of all emotions and conditions. “He that is slow to anger is better than the mighty; and he that runlet his spirit than he that takes a city.”

Overcoming Fear

There is no fear, as “perfect Love castes out fear.” Today I permit Love to keep me in perfect harmony and peace with all levels of my world. My thoughts are loving, kind, and harmonious. I sense my oneness with God, for “In Him I live, move, and have my being.”

I know that all of my desires will be realized in perfect order. I trust the Divine Law within me to bring my ideals to pass. “The Father doeth the works.” I am divine, spiritual, joyous, and absolutely fearless. I am now surrounded by the perfect peace of God; it is “The peace of God which passed all understanding.” I now place all of my attention on the thing desired. I love this desire, and I give it my whole-hearted attention.

My spirit is lifted into the mood of confidence and peace; this is the spirit of God moving in me. It gives me a sense of peace, security, and rest. Truly, “perfect Love castes out fear.”

The Holy Temple

"Those that be planted in the house of the LORD shall flourish in the courts of our God." I am still and at peace. The spirit of goodness, truth, and beauty motivates my heart and my mind. My thought is now on the Presence of God within me; this stills my mind.

I know that the way of creation is Spirit moving upon itself. My True Self now moves in and on itself creating peace, harmony, and health in my body and affairs. I am Divining in my deeper self. I know I am a son of the living God; I create the way God creates by the self-contemplation of spirit. I know my body does not move of itself. It is acted upon by my thoughts and emotions.

I now say to my body, "Be still and quiet." It must obey. I understand this and I know it is a Divine Law. I take my attention away from the physical world; I feast in the House of God within me. I meditate and feast upon harmony, health, and peace; these come forth from the God-Essence within; I am at peace. My body is a temple of the Living God. "God is in His Holy Temple; let all the earth keep silent before Him."

God is the Eternal Now (Using the Subconscious Mind)

I know that my good is this very moment. I believe in my heart that I can prophesy for myself harmony, health, peace, and joy. I enthrone the concept of peace, success, and prosperity in my mind now. I know and believe these thoughts (seeds) will grow and manifest themselves in my experience.

I am the gardener; as I sow, so shall I reap. I sow Godlike thoughts (seeds); these wonderful seeds are peace, success, harmony, and goodwill. It is a wonderful harvest.

From this moment forward I am depositing in the Universal Bank (my subconscious mind) seeds or thoughts of peace, confidence, poise, and balance. I am drawing out the fruit of the wonderful seeds I am depositing. I believe and accept the fact that my desire is a seed deposited in the subconscious. I make it real by feeling the reality of it. I accept the reality of my desire in the same manner I accept the fact that the seed deposited in the ground will grow. I know it grows in the darkness; also, my desire or ideal grows in the darkness of my subconscious mind; in a little while, like the seed, it comes above the ground (becomes objectified) as a condition, circumstance, or event.

Infinite Intelligence governs and guides me in all ways. I meditate on whatsoever things are true, honest, just, lovely, and of good report. I think on these things, and God's Power is with my thoughts of Good. I am at peace.

The Way of Prayer

“Thou shalt make thy way prosperous, and then thou shalt have good success.” I now give a pattern of success and prosperity to the deep mind within me, which is the law. I now identify myself with the Infinite Source of supply. I listen to the still, small voice of God within me. “This inner voice leads, guides, and governs all of my activities. I am one with the abundance of God. I know and believe that there are new and better ways of conducting my business; Infinite Intelligence reveals the new ways to me.

I am growing in wisdom and understanding. My business is God’s business. I am Divinely prospered in all ways. Divine Wisdom within me reveals the ways and means by which all of my affairs are adjusted in the right way immediately.

The words of faith and conviction, which I now speak, open up all the necessary doors or avenues for my success and prosperity. I know that “The Lord (Law) will perfect that which concerned me.” My feet are kept in the perfect path, because am a son of the living God.

How to realize the abundant life

I know that to prosper means to grow spiritually along all lines. God is prospering me now in mind, body, and affairs. God’s ideas constantly unfold within me bringing me to health, wealth, and perfect Divine expression.

I thrill inwardly as I feel the Life of God vitalizing every atom of my being. I know that God’s Life is animating, sustaining, and strengthening me now. I am now expressing a perfect, radiant body full of vitality, energy, and power.

My business or profession is a Divine activity, and since it is God’s business, it is successful and prosperous. I imagine and feel an inner wholeness functioning through my body, mind, and affairs. I give thanks, and rejoice in the abundant life.

The Prayer of Faith

"The prayer of faith shall save the sick man, and God shall raise him up." I know that no matter what the negation of yesterday was, that my prayer or affirmation of truth would raise triumphantly over it today. I steadfastly behold the joy of the answered prayer. I walk all day long in the Light.

Today is God's day; it is a glorious day for me, as it is full of peace, harmony, and joy. My faith in the good is written in my heart and felt in my inward parts. I am absolutely convinced that there is a Presence and a perfect law, which receives the impress of my desire now, and which irresistibly attracts into my experience all the good things my heart, desires. I now place all of my reliance, faith, and trust in the Power and Presence of God within me; I am at peace.

I know I am a guest of the Infinite, and that God is my Host. I hear the invitation of the Holy one saying, "Come unto me all ye that labor, and I will give you rest." I rest in God; all is well.

The abundant life

“Consider the Lilies of the field; they toil not, neither do they spin; yet Solomon in all of his glory was not arrayed as one of these.” I know that God is prospering me in all ways. I am now leading the abundant life, because I believe in a God of abundance. I am supplied with everything that contributes to my beauty, well-being, progress, and peace. I am daily experiencing the fruits of the spirit of God within me; I accept my good now; I walk in the light that all good is mine. I am peaceful, poised, serene, and calm. I am one with the source of life; all of my needs are met at every moment of time and every point of space. I now bring “all the empty vessels” to the Father within. The fullness of God is made manifest in all of the departments of my life. “All that the Father hath is mine.” I rejoice that this is so.

CHAPTER 12

INEQUALITY OF BIRTH

. . . Unto the pure all things are pure . . . (Titus 1: 15)

. . .There is nothing unclean of itself: but to him that esteemed any thing to be unclean, to him it is unclean (Romans 14:14)

. . . Blessed are the meek for they shall inherit the earth. (Matthew, verse 5)

Many ask the question, “Why is an innocent child born, deaf, lame, or crippled?” We find the same question asked in the ninth chapter of John:

> “Master, who did sin, this man, or his parents, that he was born blind? Jesus answered, neither hath this man sinned, nor his parents; but that the works of God should be made manifest in him.”

The law of cause and effect is a changeless principle. You may consciously use the law. If you h~\le been nursing or misdirecting the law, you Can reverse your mental attitude; then you change the sequence of events. “I form the Light, and create darkness; I make peace and create evil: I the LORD do all these things.” This means the LORD (law) can be used two ways.

Our feelings and moods create. What is the nature of your mood?

What tone do you strike during the creative act?

For example, if there is someone in the parents” world whom they hate the sight of, or if there is a voice that they wish they would not hear again, a corresponding expression is brought forth. These are blind and deaf states of consciousness from which blind and deaf children come forth. The parents strike whatever “tone”; a corresponding expression comes forth by the law of reciprocal relationship. The child is not a victim of heredity. In Ezekiel is written: “What mean ye, that ye use this proverb concerning the land of Israel, saying, The fathers have eaten sour grapes, and children’s teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel.”

The only things passed on to children are the moods, mental states, or beliefs of the parents. It is possible, for instance, for anyone to have a son who may become a Shakespeare, Beethoven, Lincoln, or a Jesus, depending on the moods

of the parents, or this state of consciousness at the moment of conception.

I knew a tubercular father and mother to give birth to a wonderful boy; he is an illumined. Soul, and doing remarkable work in the world today.

If you are lifted up in consciousness to the point of acceptance or belief that Y0Llrson will be a noble, dignified, God. Like being you dream of; then according to the Law of reciprocal relationship, a corresponding mood or quality of the Infinite comes forth. “The fathers have eaten sour grapes, and the children to share and set in a circle in this manner. The sins of the fathers are the fears, Superstitions, false beliefs and anxieties, which disturb their mind. These moods and mental thoughts are transmitted to the children, and disturb them mentally and physically. Sins are mistakes of the mind or misuse often law. We sin when we miss the mark of harmony, health and Piety. The jackal or evil acts of parents or grandparents can only be transmitted through the mind. In this way, the superstitions, fears, are the errors of lye past generation are given to the present.

By illustration father in stills the fear of God into the son by painting a false picture~ of the deity; the son grows up believing in a God of wrath, or vengeance, a sort of a despot living in the skies, ruling the world according to his whims and caprice. The son grows I.IP believing these false ideas, and passes them to his own son, and sq on for generations.

The Bible says, “to the third and fourth generation.” The number three means the conviction of Goa’s Presence, and man awakening to the real truth about him. Four means the Love of God made manifest in the mind and heart. All of us have been brought up under the hypnotic spell of the world, its terrors, and false beliefs. We have been expressing illness, confusion, and lack.

Now you begin to realize that your own thought and feeling are your destiny; this is the third and fourth generation spoken of in the Bible. It represents a state of mind wherein you know that you fashion, mould, and direct your own destiny by transforming your mind. You begin to reject all the thoughts and beliefs of the past. As you begin to realize the Omnipotence of the Spirit within and the power of your own thought, you cease giving power to anything else. You enthrone the concepts of freedom, peace and health in your mind, and you live with these ideas, entering into the reality of them. In other words you sense and feel you are a Son of God, and heir to all the qualities, powers, and attributes of God. You declare your freedom, and write your declaration of independence and freedom in your heart. You begin to love all things good; the law responds accordingly by opening for you the windows of heaven, and pouring out a blessing that there is not room enough to receive.

Our Beliefs and Impressions

The following quotation is from Ezekiel, “As I live, saith the Lord God, ye shall not have reason any more to use this proverb in Israel.” The word Israel means the man of God, or the mind awakened to the Spiritual Truth. When you are awakened to the Presence of God within you, plus the real Zeltion of its response to your thought, you stop looking back on the. Past; moreover you realize you can overcome the past, and you cease blaming your father or mother, conditions, and circumstances, and you move, onward, upward, and Goddard.

When a child is born, it is always the spirit of the One God. “Elias is come already.” Elias means Jehovah or God. The personality, John or Mary, is the sum of the thoughts, feelings, and beliefs of each one of us. We tincture and color the One Spirit by our beliefs and impressions.

Let us say John, who lived in New York, died; then the quality, which John lives in all beings throughout the world. Now, during the creative act in some part of the globe the tone or quality that was John is struck; this could be in China or Japan, or elsewhere, and that quality or mood of the Infinite comes forth. It is not the personality we knew as John coming back, it is the tone of the infinite coming forth. The same instant that John died, instantaneously the same vibration could come forth in a member of another race and country. Cycles of 500, 600, and 1,000 years have nothing to do with this law. God is Timeless; all tones are in the One.

When you play on the grand piano, it will respond according to the notes you strike. Man is the measurer, and the “measure he metes shall be measured unto him.” “Whatsoever he sows, that shall he also reap.” You sow the seed in consciousness, and you reap the fruit of the seed; it will be the exact likeness of the seed sown. Let us sow beautiful thoughts; let our hands play Divine melodies: let our eyes see the beauties of God; let our voices be those of praise and thanksgiving; then we will reap what we sow. It is definitely wrong to believe that you or anybody else is suffering because of errors made in pastinoarnations, or because of hereditary influences.

They asked Jesus, as we pointed out at the beginning of this chapter, if the blind man sins because of his parents that he was born blind? In those days they believed that the. Sins of the parents were visited on the children to the third and fourth generation. In other words if a father was tubercular, his children would be also if the father or mother were lame, the children would be, too. We have learned it is only the mental influence or state of consciousness that is passed on.

Others believed the blind man of the Bible was a victim of karma. Jeslls rejected completely both theories or beliefs, and turned to the spiritual Power; He heeled. The man instantaneously.

Those of you who have read Troward know that he teaches that we are all born into. The race mind oft the law of averages, and are bound by the race consciousness until we pray ourselves out of it. Jesus did not say to the man, “You must work out your karma.” No., he healed him instantaneously, for God condemns no one, and though a man is a cripple, he can be healed; if he is deaf, he can hear; he does not have to work out some karma.

No one in the world is condemned to live in a prison of fear, sickness, and pain, which he in his ignorance created. He can rise above any circumstance by feeling the joy of the answered prayer within him, and according to his belief is it done unto him.

Mozart, Lincoln, Shakespeare, and Napoleon left their impressions with mankind. We read of their works in history, song, and prose. All of them live in the hearts or the subjective mind of man. A man’s son is his idea or feeling about anything. He can give conception to any state he is capable of conceiving. If a man, therefore, admires or dwells on the qualities and attributes of Napoleon, and would love to give birth to such a son—“as within so without.” During the creative act a Napoleon-like character appears resembling the mood of that man. The dominant mood prevails. In other words, it is the tone struck during conception or creation that determines the nature of the child.

Man eighty or ninety years of age whom. Becomes crippled, blind, or deaf is under the same law as the child in the womb or the cradle. Jesus says, “/except ye repent, ye shall likewise perish.” This means all are immersed in the race or world mind; suggestions of the world are continually impinging upon our consciousness. Our mind receives according to our degree of receptivity.

If we do. Not think for ourselves, and if we do not cleanse our minds, we will suffer, because we allowed fear, false beliefs, and erroneous concepts of the world to impinge themselves upend us; then the world-mind develops our thinking for us, and acts upon us bringing accidents, disease, suffering, etc., into our lives. The world-mind is the mind, which believes in disease, failure, misf6rtlme, terror, and superstition. If we go. Not pray and cleanse our mind regularly, we may also. Get into trouble. There are 110 chances or accident for all is Law. There is a mind, a state of consciousness, which is the cause.

When they asked Jesus why the tower of Siloam fell on the eighteen men, he sallied, “Suppose ye that those Galileans were sinners above all he Galileans,

because they suffered such things? I tell you, Nay: but except ye repent, ye shall all likewise perish.”

To repent means to think in a new way, to transform the mind, to think in one direction, i.e., to think of God and his qualities, and realize what is true of God is true of you; then you will find that all your ways will be ways of pleasantness; all your paths will be paths of peace.

Suppose you put your hand on a naked wire, you would get burned.

Why blame the law of electricity? You must learn the law, and use it to bless yourself and others. It was your misuse or ignorance of the law that caused the burn. It is not God punishing you; neither is it karma that you are working out.

Suppose you jumped into the ocean, and you did not know how to swim, you would drown. It is not your karma; neither is it a vindictive, cruel God punishing you; rather it is your lack of knowledge as to how to swim and keep afloat. The waters will hold up a boat or any man who learns how to swim or navigate.

You can fall off a cliff, because of carelessness in climbing, or paying no attention to the instructor who is teaching you how to climb the Alps. The Law of gravitation is impersonal; in falling you hurt yourself. We hurt and punish ourselves.

Children are at the mercy of the moods, feelings, and atmosphere of the home. Quimby said of children that they are like an old fiddle; anyone can come along and strike a tune 0.11. Them. Children are like a white tablet on which all members of the family write something. Psychosomatic physicians and psychiatrists are all familiar with the inaptness of children, until they begin to. Reason for themselves and pretty scientifically, grow in the image and likeness off the mental atmosphere present here and of the home.

Arnall. Of millineries, still a child, the town master, he maybe a good man in the eyes of the world, i.e., he gives to. Charity is kind to. Neighbors, goes to church and pays his taxes, yet. He has heart trouble, perhaps, cancer, or is crippled by. Arthritis. You ail say, “Is it fair? Is it just?” The ire is equally felt.

If I hold up a horrible painting in front of a mirror, it will reflect exactly the picture held before it. The mind is the mirror; that is why the Law of the Lord is always perfect. Our world is always a perfect reflection of our inner state of consciousness. The above may have lived in fear; he may be a victim of the various propaganda scares, or it may be the race mind, which meted in upon him, al1d precipitated as certain diseases. If he had prayed scientifically; turned to God, and cast out all fear of any other power; if he had worshipped the One

Power only, and loved His Qualities; then he would be one with God. All good would follow him all the days of his life. He could dwell in the house of God forever.

There is not one law for a man ninety, and another for the child in the mother's womb. No matter what the problem is, we can solve it through prayer; we can forgive ourselves instantaneously, and be healed; this is the glorious Truth.

"Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. "(Isaiah 1: 18).

"And their sins and iniquities will remember no more." (Heb.1 0: 17). "For thou, LORD, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee," (Psalm 86:5).

"He shall call upon me, and I will answer him." (Psalm (91: 15).

"I, even I, am he that blotted out thy transgressions for mine own sake, and will not remember thy sins." (Isaiah 43:25).

You can now detach yourself completely from the past by partaking of a great psychological and mystical feast of peace and happiness. Realize the Presence of God within you, and rise in consciousness to the Joyous conviction that you are now the being you Ion to be. Continue at regular intervals to do this until the state is fixed within you, which you recognize, by a silent, inner. Knowing, Sustaining this silent conviction, and you shall wear the garment of God. It is wonderful!

Remember who you are. Realize that you are a son or daughter of the Infinite. Every day of your life exalt God in the midst of you. Appraise yourself from a spiritual standpoint and realize that all the powers and wonders of God are within you, waiting for you to call on the Infinite, Which always responds.

Job said: I put on righteousness, and it clothed me: my judgment was as a robe and a diadem (Job 29:14). Righteousness is to think right, feel right, act right and do right according to the Golden Rule and the law of love. In other words, think, speak and act from the Divine Center, and not from the superimposed structure of fear, ignorance and superstition.

Everything passes away. Nothing is forever. You can't be sick forever. Everything is constantly changing. You are constantly changing. Nothing stands still. You are not the same person you were a year ago or five years ago. If you have taken up the study of the laws of mind, you have found that you don't

think, speak or act the same way as formerly. You are not the same person psychologically, spiritually or physically. Science tells us that we have a new body every seven months. Realize also that everyone eventually passes on to the next dimension of life, and it is right to bless all those people, wishing them Godspeed in that journey that knows no end.

Marcus Aurelius says: “Art thou angry with him whose arm-pits stink?

Art thou angry with him whose mouth smells foul? What good will this anger does thee? He has such a mouth, he has slick arm-pits: it is necessary that such an emanation must come from such things—but the man has reason, it will be said, and he is able, if he takes pains, to discover wherein he offends, wish thee well of they discovery. Well then, and thou hast reason: by thy rational faculty stir up his rational faculty; show him his error. For if he listens, thou wilt cure him, and there is no need of anger.”

Likewise, you may see a hunchback or a cripple. You are not angry or upset; and all probability you would lay compassion for his deformity and wish for him all the blessings of life. Sometimes when we thinking through the words or climbing a mountain, you may see some pilled trellis which usually grow straight and heavenward. It is said the ancient cutlets trellis pine tree to relay to him that they were pining for and hollowing after God. However, you may come across some pine trees that are twisted, crooked and deformed. This condition may be due to so merely infilling when the tree was a sapling a fennel, as to eroded ditch may have it shifted with its normal growth. You do. Not see the original cause, but you see the effect of the early influence.

Likewise, when you meet a person with a sour, nasty and ugly disposition, undoubtedly he was macho and dittoed and able seminally when young. All children naturally love; they crave and give love freely. You understand why he is the way he is and you refuse to be upset by his sour disposition. Obviously, he is deformed mentally, but he is in a position to recondition his mind whenever he decides to do so. Your understanding causes you to. Abstain from criticism, resentment or hatred because of his warped mentality.

Your own inner feeling, your faith, your inner mood and expectancy determine that which is to come. You are your own prophet, because according to your belief is it done unto you. Whatever you are planning for the future, you are planning it now. The future is always your present thoughts made visible. Whatever you unite with mentally and emotionally is a prophecy of that which is to come.

Be a true prophet, be a good prophet. Expect only good fortune and good

fortune shall be yours. The children of misfortune are those who

Ascribe power to externals, other people and the mass mind. These are the illegitimate children of the world. You must first change yourself; then your world will change. Unfortunately, man is always trying to change the other person.

Grant your relatives, friends and all other people the right to be different. Grant them their peculiarities, idiosyncrasies and religious viewpoints. Permit them to. Worship differently from yourself. Be glad there are Catholics, Jews, Protestants and Buddhists, as well as followers of other religions. If the other person is mean and nasty, that is no reason why you should be, also. You are here to let your light so. Shine before men that they will see your good works and recall that you as being a good example to all.

Beloved, now are we the sons of God, and it doth not yet appear what we shall be but we know that, when he shall appear, we shall be like him or we shall see him as he is (I John 3:2).

In the fifth chapter of Matthew, verse 5, we read: Blessed are the meek: for they shall inherit the earth. This does not mean that you should feel that you are a worm in the dust. If you do, everybody is going to step on you. Earth creates manifestation, your body, home, business, social status and all phases of your life. To inherit the earth means you have dominion over all your external conditions.

In Biblical language the word “meek” refers to teach ability and open-mindedness, faith in God and all things good. This is the key to success. Free your mind from stubbornness and the stiff-necked attitude of mind and let in the sunshine of God’s love. When you pray, relax, let go and free your mind from all resentment, pugnacity and ill will and wish for everyone all the blessings of life. What you wish for others comes into your own experiences.

Every night and morning dwell mentally on the following age-old Biblical truths: God is love (I John 4; 16). Let all your things be done with charity (I Cor. 16:14). Walk in love (Eph. 5:2). He that dwelled in love dwelled in God (I John 4: 16). Thou shalt love thy neighbor as thyself (Lev. 19:18). For this is the message that ye heard from the beginning, that we should love one another (I John 3: 11). See that ye love one another with a pure heart fervently (1 Pet. 1:22). Love worked no ill to his neighbor; therefore love is the fulfilling of the law (Rom. 13: 10). Beloved, let us love one another, for love is of God; and every one that loves is born. Of God, and knoweth God. He that loves not knoweth not God; for God is love (I John 4:7,8).

CHAPTER 13

TECHNIQUES FOR SPIRITUAL UNFOLDMENT

Holy Orders

Place yourself under holy orders now and miracles will begin to. Happen in your life. You confer holy orders on yourself when you begin to practice the Presence of God all day long; whenever your attention wanders away, bring it back to the contemplation of His Holy Presence in all things and in all people everywhere. You are now a moving, healing force. You are ordained. You can no longer be fearful or timid for you are under holy orders—orders of the Holy One (God).

It is said by some churches that Jesus instituted holy orders when at the last supper he said to his disciples, “Do this in remembrance of me.” Luke 22:19. “Who so ever sins ye remit, they are remitted unto them; and who’s so ever sins ye retain, they are retained.” John 20:23. “Thou art a priest for ever after the order of Melchizedek.” Psalms 110: 4. “Without father, without mother, without descent, having neither beginning of days, nor end of life; but made like unto the Son of God; abided a priest continually.” Hebrews 7:3.

The word Melchizedek is symbolic of the God-self within you. The God. Presence has no father or mother, so it is really simple to realize that you are the priest yourself. You are told in the seventh chapter of Hebrews that Melchizedek is King of righteousness, King of Salem, meaning King of peace. You are the high priest, and the offering or sacrifice you make is your desire; i.e., you turn over your ideal to your deeper mind which is the great fabricator that brings it to pass in due season. A priest is a mediator-you are always mediating or bringing about through scientific prayer a Divine adjustment in your mind. As you read these pages, perhaps you are saying to yourself. “I want victory over this difficulty,” or perhaps you wish a perfect healing.

One of our radio listeners recently heard me speak about the way a young girl healed herself of cancer. She kept repeating to herself frequently with deep feeling and conviction, “Only God and His love grows in every atom of my being.” She filled her mind with that truth and her physician complimented her on her great faith. She was a priest offering up her sacrifice, meaning she turned away from the problem and entered into the feeling or consciousness of health which was her savior or salvation, She mediated between the invisible and the visible. She called on the invisible healing power, which responded to her faith and was made visible in her body as perfect health. Her mental attitude of

receptivity, acceptance, and faith carried her out of that state of pain and suffering to health and peace of mind.

Perhaps you have certain desires, which you have failed to realize.

Become now the real priest, which enables you to move in consciousness from one state to another. If, for example, you look at your problem now, it has within it the solution or answer in the form of a desire. The realization of your desire would save you. If poor begin now to feel wealthy, enter into the spirit of opulence. Imagine and feel you are wealthy and prosperous. As you continue to do this, you are the priest mediating or making peace between that which you now are and that which you want to be. You will discover that the feeling of wealth actually produces wealth. You have given up the mood of poverty for the mood of opulence. You are the king of righteousness, meaning you practice right thought, right feeling, and right action. You are a king because you have complete control of your own realm of the mind. You can order your thoughts around and cause them to obey you instantly. You know that there is always a way out and an answer. When fear, belief in other powers, rumor, propaganda, or scare headlines crowd into your mind with overwhelming force, recall at that moment that you are a priest of God and under holy orders to bring forth harmony, health, and peace. You must remain absolutely faithful and steadfast to your ideal. As you continue to dwell on your goal, you are climbing the hill of God; as you continue to climb mentally, you will enter the fixed or conditioned state of consciousness called answered prayer.

The bishop says to the priest about to be ordained, “Receive power to sacrifice to God and offer mass for the living and the dead in the name of the Lord. Amen.” After repeating the Creed. The bishop lays his hand on the head of the priest, repeating, “Receive the Holy Ghost whose sin, you shall forgive, they are forgiven them and whose sins you shall retain, they are retained.

You receive the Holy Ghost when you sense your oneness with God and all things good. Through your knowledge of the laws of mind, you have the power to forgive sins because all you have to do is to identify yourself emotionally with your desire-this is hitting the mark. You have then ceased to sin or miss the mark you are shooting for in life.

I will now interpret the Apostles” Creed for you. It was formulated early in the fourth century at a time when Christianity had to fight for its dogmatic realizations. For the first three hundred years Christianity did its most effective work in the healing arts as the result of pure religion free from all rigidity of definitions. The early Christians really knew the Truth; hence there was no need

of quarreling about definitions and dogma concerning the Truth. When you understand the Truth, you do not quarrel about it. “You shall know the truth and the truth (itself) shall make you free.” Rationalizations, creeds, and formulas have no healing power. Truth itself, even unstated, has its own motive power. Truth comes first; thinking about it comes as an afterthought for purposes of explanation and teaching.

Creed, and, to say the least, they are amazingly similar. The Nicene Creed. 325 A.D, was an eastern exposition of what is called today the Apostles Creed. Rome broke away from the Eastern Church, which was more mystical.

1. I believe in one God, the Father Almighty. Maker of heaven and earth, and of all things, visible and invisible.
2. And in Jesus Christ his only son our Lord who was conceived by The Holy Spirit.
3. Born of the Virgin Mary.
4. Suffered under Pontius Pilate.
5. Was crucified.
6. Dead and buried.
7. He descended into hell.
8. The third day he arose again from the dead.
9. He ascended into heaven.
10. And sitteth at the right hand of God, the Father Almighty.
11. From whence he shall come to judge the quick and the dead.
12. I believe in the Holy Ghost, the comma ion of saints, and the forgiveness of sins

The simplest way to look at this is to realize that you are Jesus Christ when you begin to practice the Presence of God. Jesus is your illumined reason or intellect. Christ means the Presence of God in your unconscious depths. When you are using your conscious and subconscious mind harmoniously, you are Jesus Christ in action. Your conscious and subconscious mind are projections of the I AM or God within you. The word son means expression-you is the son or expression. New Thought stresses the distinction between Jesus (illumined

reason) and Christ (subjective self). The Father means one integrated identification, and I climaxed by the statement “Who has seen me has seen the Father.” The Holy Ghost or Holy Spirit proceeded from the Father and the Son. Whatever moves you emotionally is you’re spirit-your God. God is first person (spirit). Son is second person (mental conception, idea, picture, desire).

Holy Spirit is third person (movement of the spirit relative to your desire and your oneness with it). The hidden symbolism of the Virgin (Jesus” birth) and the Immaculate Conception (Mary’s birth) are as follows:

> Anna, mother of Mary, means consciousness love, free from sense of separation from God (original sin—psychological separation from God). We, ourselves, embody these phases of consciousness. Anna, Mary, and Jesus are states of consciousness. The Jesus state of consciousness-c—is born of virgin consciousness-untainted by the world. Suffered under Pontius Pilate means that your reason and intellect, the governor of your—world, attacks your new conception (Jesus) which would save you, I.e., your desire. The unillumined conscious mind seeks to control, limit, and browbeat the subjective self.

The crucifixion means your new conception is accepted by your mind.

The people in ye mind (i.e., thoughts and concepts) cry, “Release Barabbas, keep Jesus.” All of which means keep that which will save and bless you mentally. Let the negative concept or false beliefs go (Barabbas).

The cross means you are always hanging ideas on the perpendicular beam, which is consciousness, infinite, and boundless. Death and birth are really one—disappearance and reappearance on another plane of consciousness.

He descended into hell means your new idea (Jesus) must enter the subjective level through thought and feeling; then the subjective wisdom takes over and carries on without taking thought, and rules now at the right hand of the Father (strong conviction now secured, subjectified). He shall come to judge the quick and the dead. Where are your dead (your ideals, your urges)? Jesus will awaken them. Jesus (the conviction of security) will remove all doubt and discouragement.

To believe in the communion of saints is a process of tuning in to good ideas (saints) and shutting out wrong wave-lengths (false beliefs, fears, doubts).

The Apostles” Creed is really a drama of your own consciousness, and all the characters mentioned are states of consciousness. When you receive holy orders, called ordination in New Thought language, you become a minister of a wisdom, an instruction, that transforms your whole life and brings you peace and

happiness. You become a minister of Christ. Christ means knowledge of God. Christ means the Wisdom, the Truth, and the Beauty of God. You are actually giving to all men wisdom called Christ which, when accepted by them, brings about an interior change. It is truly the science of health, happiness, and peace of mind.

This sacrament is truly received by you when you receive your calling from God; this is called your vocation. This sacrament is a feeling; a mood, a yearning, a longing, and a burning desire to be one with your Father in heaven. It is your desire to be one with all things good. You are under orders to show forth the works of God. You are taught of God; this is the calling of holy orders. You are under orders to bring forth wholeness, peace, beauty, and perfection. You are ordained in the sense that you are under the orders of the Holy One.

A complete copy of an ordination service and what it means is given in one of my books called Fragrance of God. As a minister you are to give wisdom to people. Wisdom is more precious than rubies, and all the things you can desire are not to be compared with it. If you have wisdom, you will not need a healing or a bowl of soup or an old suit of clothes. Wisdom is the pearl of great price and the priceless gift of the minister of New Thought; this is why he gives up the lesser for the greater. All his time is devoted to the dispensing of Wisdom or the Light of God to man. It is foolish for a minister of New Thought to dissipate his energy and waste his precious time in various drives, bazaars, blood banks, *etc.* All the time available should be given to the transfusion of God's Grace and Wisdom into the minds of man. As a minister, your eyes must be dedicated to see the Glories and Beauties of the Deity. Your hands are consecrated to play the sweet melody of God.

Hands are symbolic of direction. With your hands you fashion, mold, and shape. You are now to fashion, mold, and shape all your thoughts, words, and writings to the glory of God. Your feet are to go on errands of God's love and mercy. With your feet you travel from point to point. You teach others how to move psychologically from lack to fullness, from pain to peace, from ignorance to light. Your voice and your words must, from now on, be "like apples of gold" in "pictures of silver." Your words are to be "as a honeycomb," sweet to the ear and pleasant to the bones.

Begin now to feel the Holy Spirit stealing over you. Take the cup and pass it to everyone you see, meet, or visit. "He took the cup and gave thanks, and gave it to them. Drink ye all of it." The cup is your heart. The heart is the chamber of God's presence. Your heart holds your joy, your love, your goodwill, and your

life-blood. Blood is the life of God; mystically it is the blood of Christ or Wisdom. As you contemplate God's Beauty, and as you feast on God's Love, you find the Love of God welling up in the heart. This cup is sometimes referred to as the Sacred Chalice", the Holy Grail. The vessel that caught Christ's blood on the cross. You perceive, of course, that this language is figurative, allegorical, and mystical. The cup is your mind, which is receptive to the truth. Remember always, whatever you meditate on, you invoke the mood or feeling of the idea. In other words, your heart or subjective nature gathers in itself the life, which is called the blood of the idea that you are contemplating. Dwell on that which is elevating and dignifying; then you are drinking the blood of Christ, and your cup or heart is becoming full of love and good will.

Drink of that cup and pass it on to the congregation. Let them partake of that cup, that mystic feast. As you continue to contemplate the Glory and Beauty of God, you may enter into a state of ecstasy and experience a union with God, which is the moment that lasts forever. Let wisdom be your father, and love your mother. The son from this divine union is health, happiness, peace, and joy. From this moment forward you will listen to no man's voice; neither will you take orders from man or the world of opinion. You will listen to the voice of your father, and your father is God. You are under holy orders orders of the Holy One. You are, therefore, to bring forth wholeness, peace, beauty, and perfection. You are also to call it forth in the other person. You are taught of God. Let the Glory of God descend upon you. Claim and feel His healing essence flowing through you. In the silence of your soul you venerate the Deity. God is heard in the silence; Truth is transmitted in the silence; Truth is felt in the silence; for God abides in the silence. "The perfect silence where the lips and heart are still, and we no longer entertain our own imperfect thoughts and vain opinions, but God alone speaks in us, and we wait in singleness of heart that we may know His will, and in the silence of our spirit, that we may do His will and do that only."

Practice this great truth and you have ordained yourself. You are under holy orders and a priest forever according to the order of Melchizedek.

CHAPTER 14

WONDERS HAPPEN WHEN YOU PRAY

Eucharist-Holy Communion

The cause of sickness, lack, and limitation is due to the fact man has surrendered his real heritage (spiritual dominion). Men free will ends when he makes the wrong choice-a belief and faith in outer effects; this is really the meaning of the fall of man, the original sin. Man has forgotten his Divine Source and has made the opinions of man the Commandments of God. The problem of salvation is getting back to the choice of good-our Father's Kingdom within. The sense of separation from the One God is original sin (falling away from or missing the mark). We are then the fallen angel, i.e., fallen from Heaven, the ideal state. The fall always occurs when a sense of want and deprivation experienced: this sense of want or lack becomes an urge to growth-to return to The One.

The birth of Christ or Holy Communion is a perpetual process Which is experienced whenever you make a better conclusion by arriving at a conviction to be passed on for planting in the subconscious-the strong arm of the One Power. Be careful to make the right choice based on spiritual standards. Never fall into temptation by choosing a false basis of fear-laden beliefs and shallow opinions nourished by propaganda. The sin against the Holy Ghost or the Holy Spirit indicates failure to believe in the One Power ascribing power to outer things, and living in bondage to false gods.

The sacrament of the Eucharist together with all the other sacraments are steps In spiritual rebirth or various stages back to the Father's House; this whole process is known as redemption. The beauty, the glory, the ecstasy, Divine joy, and mystic significance of this process are sometimes lost in the beautiful ceremony and ritual unless we understand the inner meaning of the ritual or dogma. Lock at all sacraments as a sacred covenant or agreement between your conscious and subconscious mind. When the two touch and agree anything, such as health, peace, abundance, or solution to your problem, God or Peace comes and steals over your mind.

In sacrifice and sacrament is the basic idea of giving something up to God (your higher self Since God is all and possesses all already, why give him lambs, bullocks, children, daughters, sons etc., as if he needed something. We have covered this adequately in the first chapter. We will stress the following point again; however you cannot give God anything but recognition, praise, and

thanksgiving. You offer a sacrifice when you give up all your false beliefs and erroneous concepts. Study the proper interpretation of the various sacraments and you will become sanctified (made whole, an integrated personality) by means of your Godlike ideas concerning yourself, your neighbor, your so-called enemies, your relatives, and your God. At the point of conviction, the ideas you entertain will become manifest, for the "word (idea, thought and feeling) is made flesh" according to the sacramental esoteric covenant for "as ye sow, ye shall reap," "for as a man thinketh in his heart (subconscious mind) so is he."

The psychological law behind all this jargon is that the ideas you value or fear the most must objectify sooner or later. In order to practice having Holy Communion daily (communing mentally with wholesome ideas) be sure to train your conscious mind to accept only true and holy concepts concerning man, God, and the cosmos, so that you can do better work and carry on His Holy Will. God's Will for you is always something transcending your wildest dreams. The sacraments teach that your mission is to disclose the here ness, newness, and is ness of God. Man is actually God expressed or made manifest. When you begin to receive Holy Communion, which is to silently commune or meditate on the qualities and attributes of God, you will find yourself married to God and all the mysteries of the Heavenly state will begin to unfold to you. God will then work His Holy Will (Whole Will, Life, Love, Truth, Beauty, Order, Bliss, Joy, Abundance, etc.) through you, His beloved son in whom He is well pleased. There must be a merging of you with the qualities of God-Truth, Love, and Joy-The Only One.

To partake of the sacrament of Holy Communion, man ceases to become a noun and becomes a verb expressing the activity of God. This is the very basis of all sacred theological science. Theo's (God) plus ergo (working) equals theurgist, or God working which results in healing. When you begin to receive Holy Communion regularly (psychologically speaking), you will never limit the Holy One and you will cease setting up any human beliefs as a barrier. Your awareness or consciousness moves under its own power. Scar, the root of sacrament, has a phallic connotation, since the sex-power moves under its own power carrying the seeds of life and germination.

The outward receiving of sacraments must be accompanied by the inward growth of grace; unless the outer act is accompanied by an inner change of the heart, nothing is accomplished. The grace you receive becomes an ever-dawning sense of wonderment that you and God are an organic and functional unit. If you are a practitioner or teacher, you live by grace, which means the love and wisdom of God, flood your mind and heart; then you speak your word with

authority. The teacher, working under grace when he prays for someone, reveals that person as he really, free from the shackles of wrong beliefs, and sees him with the true Vision of God who pronounces all things good. This is the winning of the crowns of glory and grace for your work now. It is written not by might (physical effort), not by power (mental, as in mesmerism), but by the Spirit. As you contemplate the harmony, beauty, and perfection of God for your client, he is freed from karma (negative state in subconscious mind) and lives under grace (love) and truth (freedom).

Behind all symbolism, ritual, liturgy, and ceremony you must find the inner, ignition spark. The Bible is full of phallic symbolisms, such as found in the Psalms, etc.-Gates-King of Glory-Lord of Hosts, Jonah (idea), and the whale (womb, subconscious mind). All the involved symbology of the sacrament will not mean anything to you unless you understand better the interplay of the conscious mind (Jonah, phallus, King and the subconscious sometimes called circle, whale, womb, Queen Esther, the Christ within, and the gates of the temple.

Every sacrament is an act of divine union resulting in a deeper experience of a downpour of grace, which is a sense of deep conviction beyond words. Prayer, the ancients knew, was the act of Adam drawing Eve out of his rib, or, to state it in another way, was to draw out the feeling, the mood from the depth of yourself which is appropriate or fit bridegroom as he comes bearing proper seed concepts worthy of a son of God. When fear, ignorance, and superstition depart from your consciousness, it is a sign that you are really partaking of the various sacraments and entering into a state of grace and spiritual conviction. You know well whereof you speak and send forth your decrees like a king with power from on High.

There is always room at the top in all walks of life; the same is true in this teaching. We have a multitude of workers toiling at valley-level. There is virgin ground on the spiritual level of consciousness.

Quimby took on all challenges, sickness, and lacks of all kinds. He was able to stop in its tracks the thing, which his quaking patients feared would come upon them. He introduced in the field of consciousness man operating from an exalted, Godlike state of consciousness. He was full of grace (wisdom and love) and understanding. His exalted mood brought about an electronic induction of grace and confidence in his patients who reported blessings, healings, and gifts divine from the One Source. The vibrations of fear could not and did not persist in the mental atmosphere of such a worker. Quimby discovered what everyone

should know that the sign of demonstration or an answer to your prayer occurs when you sense a feeling of rest from striving, a feeling that after all you no longer want it, since subjectively it is done. There is a let down because the creative act has been accomplished. It is finished. Real healing is a matter of basic understanding. Your desire or concept, whatever it is, leave to God to give the increase, to transform your body, and heal an organ for you.

A boy said to me one time when I was teaching a class in catechism, “Bread always remains read; how can it be changed into something else?” I am sure that all reading these words know a little bit about chemistry. The writer of this book has done research work in the field of Chemistry and Pharmacology. Bread, butter, and milk are changed into blood, flesh, bone, and muscle. The. Wine and the bread, which the Italian and French have for lunch, are changed into flesh and blood by the Chemist within. The important part from the standpoint of the Eucharist is the psychological transformation: Transformation means the changing from one thing to another. A chemist, through the process of fractional distillation, makes alcohol from sugar or grain. Alcohol can be changed into vinegar by certain ferments. Radium transforms itself into lead. When the ancient alchemists spoke of transforming lead into gold, they had in mind the sublimation of the grosser passions of man into spiritual channels. The purpose of the alchemist was to give birth to a new man by a new way of thinking. The language of alchemy was a secret language like the language of the Bible, which is written

Largely in the language of parable and allegory.

The average man was referred to as lead, and to change lead into gold (spiritual powers) was the object of the alchemist. God represents the Hidden Mine or the Kingdom of Heaven within man. By following the alchemical formulas, which were really forms of prayer, the man of lead resurrected the latent God Powers and became a man of gold. A plant, by a process of photosynthesis transforms the air, water, chemicals, and enzymes of the earth into new substances called nuts, fruits, peas, *etc*. Let us see how you transform the various and sundry impressions, thoughts and concepts coming to your mind all day long. Suppose someone calls you a skunk. Do you take Holy Communion, or do you become negative, resentful, and angry? Why should you? Are you a skunk? Why should you permit another disturb you? Why don’t you transform that impression into a Godlike idea by realizing that God’s peace floods the mind and heart of the person who said it; this is called transforming impressions. You are digesting and absorbing Truths of God. If you want to partake of the sacrament of Eucharist, you must transform all impressions of life,

which come to you and make sure only that which is elevating, pleasing, and dignifying is implanted in your mind for digestive purposes. You must change your reactions to life; eating of a wafer or drinking of wine or grape juice won't change you internally. If your reactions to life are mostly negative, you are separated from God and all things good. You are not in tune with the Infinite; neither is you mentally communing with the Holy One, God (Holy Communion).

It is no use to say Mary or John is to blame because he or she does this or talks like that. The point that matters is that you have permitted yourself to get negative. You have allowed a gangster and assassin to enter the invisible place, the Secret Place of the Most High. You live in your inner, invisible world of the mind. Look around you now-you see a chair, table, television set perhaps, and the other furniture of the room where you are. Are not your thoughts, feelings, emotions, fears, doubts, and hopes just as real as the furniture? If you allow yourself to identify with any negative emotion, you have eaten unsavory food. You must go back to Holy Communion, mentally engage your thought on the Eternal Verities, and go up the Hill of God by elevating your thought life.

Holy Communion should be a constant practice whereby you look upon God as your Silent Partner and look to Him for strength, sustenance, and guidance. Prayer should be a habit, and you keep prayed up when you constantly think, speak, and act from the standpoint of the Golden Rule.

Here is a test to see if you have really partaken of this sacrament in its spiritual significance. Have you ceased saying "I" to negative thoughts, moods, feelings, impulses, to every feeling of anger, envy and dislike? Do you say, "I don't like her, I resent him, I am depressed, I hate her, I fear?" When you attach something constructive to "I am" or "I" you are really eating of the bread of Heaven. You create whatever you attach to "I am." If you say, "I hate" or "I resent," you art identified with a negative, destructive emotion and mentally eating unsavory food which will poison you mentally and physically. When walking down the street, you would not enter into a pool of muddy water. In the same manner when you travel psychologically the streets of your mind, you avoid the slums and association with gangsters, murderers, and assassins in your mind, such as fear, ill will, and resentment. You can refuse to go along with negative emotions. Avoid them like you would the dark alleys of your city. Your mother told you when you were young to keep away from bad company. Keep away now from bad company in your mind. Do not let negative emotions touch you; neither do you touch them. Begin to realize that the trouble is within you; then you will cease blaming others.

You have heard the story about the Irishman who was shortsighted and refused to wear glasses. He kept saying his eyes were perfect, but he was constantly complaining about the papers, saying they were so badly printed. What thought comes you when someone criticizes you and spreads lies about you? Observe your reaction, notice it, taste it. Is it pleasant? If you have advanced to the grade of the sacrament of the Eucharist, you will remain unmoved and undisturbed. Your food will be the bread of peace, love, and good will—this is the bread of the silence. You have arrived that state of consciousness where you know the other can't hurt or disturb you; no one but you can. You refuse, therefore, to eat of negation. You will be full of compassion for the other person; in your understanding you will pray for that person's peace and illumination. Have you had your Holy Communion yet? Do you now see? Do you hear? Do you understand?

The terms Eucharist, Viaticum, Lord's Supper—Holy Communion, Passover all mean the same thing. The Synoptic Gospels (Mark 14:22, Matthew 26:26, Luke 22:17) refer to the Last Supper; likewise Paul in I Corinthians 11: 23. In ancient times at Jewish meals the following blessing was said over the bread and wine, "Blessed art thou, 0 Lord our God, King of the Universe, who brings forth bread from the earth and before drinking wine, "Blessed art thou, who creates the fruit of the vine." The Eucharist, the ceremony and ritual, had in its earliest form an element in common with the ordinary Jewish meal, which was sanctified by thanksgiving uttered over the bread and over the cup. "We are one body: for we all partake of the one loaf." I Corinthians 10:17. To Paul the Eucharist meant the Truth of God, which was for Jew and Gentile alike. It was a sacrament representing the unity in God of all people. The single loaf broken into fragments and distributed among the faithful was the pledge of their intimate union.

"Jesus took bread, and blessed it, and brake it, and gave it to the disciples, and said, Take, eat; this is my body. And he took the cup, and gave thanks, and gave it to them, saying, Drink ye all of it; for this is my blood of the New Testament, which is shed for many for the remission of sins." Matthew 26:26, 27, 28. The Book of Common Prayer teaches that all the Sacraments are simply tokens of a Christian and "signs of grace and God's good will." Bread and wine are symbols of Divine Substance and Divine Life (see Steps in Prayer published 1946). Bread and wine are automatically changed by the Intelligence within you into flesh and blood. In ancient, harvest times people gathered together and shared bread with each other and drank wine. It was a form of thanksgiving and gratitude for a wonderful harvest; but it also portrayed love, a union of many hearts. Bread is

made up of many grains of wheat, which represent a gathered-togetherness of all our thoughts and emotions in the contemplation of God. In making wine we crush and squeeze out the juice of the grape. This means we must go within and press out of our own consciousness the joy of the answered prayer. Wine symbolizes joy. The cup symbolizes the receptive mind, which is capable of receiving and accepting the reality of the desire. Drinking of the wine means the happy, joyful state of mind wherein you pour out love and feeling into your desire and contemplate on its reality. Bread and wine indicate a wonderful method of prayer. The word bread means not only physical food, but also money, clothing, and all things needed in this three-dimensional plane; furthermore, the word bread means spirit, food such as thoughts of peace, love, and happiness.

Man may eat of physical bread, but he will hunger again. The bread you give to others and to yourself is the noble, dignified, Godlike state of consciousness. You must select ideas as thoughts, which heal, activate, bless, inspire, and elevate your mind; thus, you are eating the bread of Heaven, which is peace, happiness, and freedom. If a man lives to eat, to get power over others, or merely to accumulate worldly honor and riches, he will hunger. He must not neglect spiritual food and nourishment. He may have all the material wealth he wishes, for wealth is not of itself, a deterrent to happiness and spiritual growth, and yet have peace of mind, joy, and happiness. Man cannot live without love, beauty, and peace. To spend all your time in the pursuit of worldly things will bring disillusionment, grief, and sorrow. Man becomes cold, cruel, callous, and indifferent when he separates himself from the heavenly food of love, good will, charity, kindness, gentleness, and love of beauty. “Man doth not live by bread alone but by every word that proceeded out of the mouth of God doth man live.”

When the Bible says, “Take ye and eat; this is my body,” we realize at once that this is a figurative statement, and under any circumstances whatever is not to be taken literally. Troward says, “If a thing is true there is a way in which it is true.” Every formed thing, whether a solar planet or the desk you are seated at, represents the body of God. The whole world is really the body or form of God, God made manifest. Matter is Spirit in form, or Spirit reduced to the point of visibility. No matter what we eat at the table may be considered the body of God, and whatever we drink, whether milk, coffee, or grape juice, could be called the blood or Life of God. We know, of course, the food we eat is consumed and transformed into energy, new cells, and in general contributes to our well-being.

The Bible is a psychological document and is not referring to material things,

expect indirectly. It uses outer, concrete things to represent inner psychological states of mind. When it speaks of body: it means your pictorial image or ideal. When the ideal or image is impressed on the subconscious. It's made manifest in the exact image and likeness of the mood that entertained it.

For example, if your ideal is to become a great singer, this ideal captivates your mind and generates a delightful mood or feeling; this mood conceals the body or form of your ideal. The mood is the Father, which generates its likeness on the objective plane. "As within, so without" The oak is contained in the acorn, so also is the mustard plant in the mustard seed. In other words the body or form of the mustard plant is in the seed already. Jesus said, "Labor not for the meat which perished, but for the meat which endured unto everlasting life." John 6:27. "For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said, unto them, I am the bread of life." John 6:33, 34, 35.

By bread is meant all that is spiritual, such as faith, hope, trust, and confidence in God, which come from the heavens of our mind and give life to our ideas. These moods and feelings are the bread of Heaven. Such mental attitudes overcome appearances of things and all sense-evidence. Bread is the inner power, which the illumined mind draws from the inexhaustible storehouse within. The spiritual meaning of anything is its real meaning. All physical or external things are but shadows or symbols of spiritual realities. The Truth is bread, which feeds our soul, refreshes our mind, changes the eater, and is not it self changed into the eater. Referring to the allegorical manna or heavenly food, "the bread which the Lord bath given you to eat" Exodus 16:15. Philo writes, "Dost thou not see the food of the soul, what it is? It is the continuing Logos (Intelligence, Light, Divine Idea) of God, like unto dew, encircling the soul on all sides." "I am the bread of Life." John 6:35. I AM is the name of God, meaning Life, Awareness, the Formless, Faceless Presence within us, The Living Spirit Almighty. I AM is first person, present tense.

Mentally feast on God or the Good now. Fear on your desire and its reality. Continue to eat mentally of your ideal until you reach the point of acceptance or conviction. Conviction means that you engage your mind on a certain goal until you reach or get the reaction, which satisfies. This is the place of fulfillment. You have eaten fully and all is well. Troward tells you always to go at the end in prayer; having imagined and felt the end, you have willed the means to the realization of the end. If you continue to feast on the accomplished fact, the moment comes when you can eat no more; then you say, "It is finished or "Amen." These words of confirmation refer to the finished, Psychological state

of consciousness where you subjectively know that the thing prayed for is a fact in consciousness. You do not have objective proof as yet, but you are not waiting for results because you know the moment you think not, the manifestation or demonstration will appear. You remain unmoved in the absolute conviction that the solution felt as true within must be experienced without.

As you walk the street or drive your car, you may eat the bread of Heaven by sensing and feeling the God-Presence within you. You know this God-Wisdom and Power can overcome, transcend, modify, and transform any obstacle or discordant circumstances in the physical world. You are eating of the bread of Heaven when you know that the internal world of the mind and spirit is causative, and that the subjective always overturns and overthrow the objective. Your constructive consciousness, full of faith and confidence, supplants the mood of fear and lack, and your answer comes.

To certain religious groups the Mass is said to repeat, in an un-bloody but true way, the death of Jesus. It is called the sacrifice of the body and blood of Christ, really present on the altar under the appearance of wine and bread. Mass is offered for the living and also the so-called dead. In the Catholic Church it is believed Christ is mystically slain in a way that the human, finite mind cannot understand. The doctrine of transubstantiation, which teaches that the wafer and wine are transformed into the actual flesh and blood of Jesus, cannot be taken as literally true. When the Psalmist sang, “0 taste and see that the Lord is good,” Psalms 34:8, he referred to the response man receives when he turns in thought to the Divine Intelligence within him. He feels its response. It is sweet and gives him a sense of pleasure and deep satisfaction. To taste is to appropriate. When you eat of an idea mentally, you taste its savor and you rejoice in its digestion.

The following verses are always quoted in support of the literal interpretation of flesh and blood. “Who so ever eat my flesh, and drink my blood hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eat my flesh and drinketh my blood dwelleth in me, and I him.” John 6:54, 55, 56. ““This is an hard saying; who can hear it?” John 6:60. “From that time many of his disciples went back, and walked no more with him.” John 6:66. In verse 63 of John 6, Jesus explains the whole subject for all who have eyes to see and ears to hear. “It is the spirit that quickened; the flesh profited nothing: the words that I speak unto you, they are spirit, and they are life.” In other words, he is talking figuratively and psychologically. The words are spirit, something you feel and sense in your heart, a movement of consciousness. The words are of life in the sense that the ideas you entertain animate, sustain, inspire, and lift you up. The flesh profited nothing. The flesh

means that the ceremony, ritual, formula, and wafer, is meaningless unless accompanied by an interior change. The mechanical repetition of a prayer is also meaningless. Prayer is a movement of consciousness. It is, as Emerson said, "The contemplation of things from the highest standpoint." Socrates gave the answer when he said in Plato's Phaedra's, "May the outward and inward man be at one." When Jesus said, "It is the spirit that quickened," He is referring to an inner feeling, awareness, and an inward sign of grace. By grace is meant a deep, inner sense of harmony and love. When the inner harmony reveals outer harmony, you are living in grace. No matter what disturbances or shocks occur at the periphery of our life, if we are truly living in grace, we will go back to the Divine Center within, and there rest in peace and in confidence, gathering strength and power to overcome all obstacles.

One time I knew a man who was a very brilliant chemist. He never did anything but dream about new inventions, new formulas, and new discoveries. He had formulas given to him in a dream, which he discarded. He said to me once, "You know, I had a dream last night and I saw formula explained in detail." I said to him, "Perhaps that was the answer—your problem of synthesis."

He ridiculed the idea saying, "I said, it was only a dream," He would go three times a week to Holy Communion; after receiving the wafer, he would feel very good, happy, and radiant for several hours following until someone criticized his work or something went wrong; then he would go into a tantrum. I explained to him one day in detail why felt so well after receiving the Eucharist or wafer. This is the essence of what I said: "You believe that you are actually eating the flesh and blood of Jesus in a wafer; this acts as a powerful auto-suggestion to your subconscious mind, causing it to respond with a sense of well-being, and inner sense of gladness; this new mood of yours is all due to expectancy. You have prepared your mind to receive grace and according your belief is it done unto you. You are really a slave to a wafer and completely dependent up it for a sense of peace and security. In other words you are a victim of suggestion. Supposing you were up front in the battle lines, or the ship or airplane in which you were traveling got into trouble, what would you do? Where would you get the strength, comfort, guidance, and protection you would need at that moment?" Then I explained to him that he could contact God within himself through his own thought and that there would be an immediate response for the nature of Infinite Intelligence, as Troward says, is "responsiveness." He could by meditation, i.e., by mentally absorbing and eating of an idea, induce a mood of peace, confidence, trust, and even ecstasy.

I explained to him about a soldier in the First World War, all-alone in a trench, surrounded by the enemy. The soldier recited slowly the words of the Twenty-third Psalm. He drank in each word, believing in his heart that God was his shepherd, watching over him, taking care of him. He trusted this Overshadowing Presence to lead him to safety. A terrific storm arose and the enemy battalion retreated several miles to another location; this young soldier, saved by an inner strength, an inner confidence, walked through the woods twenty miles and found his comrades.

This soldier told me that as he prayed, "God is my shepherd, He leaded me beside the still waters," a sudden wave of peace and comfort seized his whole being and he was exalted and lifted up spiritually. The soldier had partaken of Holy Communion. He had turned to the God-Power in his thought and had received a transfusion of the Holy Spirit, which brought about a strong, calm, mental atmosphere, blessing his inner life. He was not dependent on a wafer or wine which remains flour and wine regardless of all the prayers said over it. It is, of course, changes into your body and blood when you eat the wafer and drink the wine and the Great Chemist within into new cells, nerves, tissues, muscles, and blood changes its substance. It becomes flesh of your flesh and bone of your bone in a physical sense.

After considerable discussion with my chemist friend along these lines, he became intensely interested and is now teaching others about the Hidden Power.

Eating of the body and drinking of the blood refers purely to psychological transformations and nothing else. What about the impressions that come to you during the day? Begin now the art of transforming them. Are you working on your negative emotions, inner discord, and destructive imagination? The transforming power is at the place of the intake of impressions-your inner mind. Begin to think in a new way and you will become a new man. As long as you think in the same way, nothing changes. To change your life does not mean changing outer circumstances and conditions; it is to change all your mental and emotional reactions to life. Do you always react the same way to people, to news, to conditions? Are you stereotyped in your reactions? Watch your reactions now, today. See if they are mostly negative. If negative, you are not eating of the bread of Heaven because you are not transforming the impressions, which come to you. You must never permit news, propaganda, criticism, and statements of others to provoke negative reactions in you. When you are tempted to react negatively, stop immediately and say, "God thinks, speaks, and acts through me; then a great wave of peace will steal over you; this is the bread of Heaven; eat of it all day long. Return love for hate, peace for pain, good will for

envy, and as you continue to do this, an internal peace will prevail, proving the sacramental act, which is your covenant or agreement with the good.

By turning to the Spirit within, we receive nutrition and power; this is the food and bread of the silence, the bread of love and peace. By partaking of this inner, wonderful food, we shall never hunger; neither shall we get faint or weary. Keep on eating the bread of righteousness, which is right thought, right feeling, and right action. This will pay you tremendous dividends.

In the Lord's Prayer we read, "Give us this day, our daily bread." Matthew 6: 11. The Lord's Prayer antedates Christianity and stems from an ancient Jewish prayer called the Kadish, which indicates that, the truth and meaning of bread was universally understood. In looking to God as your Universal Source of supply, knowing that His supply is your supply now, and that there is always Divine surplus in your life, means that you are claiming your daily bread, which was given to you from the foundation of time. The inner and the outer man is forever fed and nourished by God's Wisdom and Love. The soul of man cries for Wisdom, Truth, and Beauty, which is the food of the wise. God's ideas are Infinite. You can pass on some of these ideas to others, thereby breaking the bread of God, sharing it with all who hunger. The Christ in you is the true bread of life. Paul says, "The Christ in you, the hope of Glory." Christ is the Presence of God in all men. The feast of bread and wine is called the Last Supper because it is the last psychological feast you partake of before you pass over from pain to peace or from limitation to freedom. The solution to your problem is your savior.

An actress in one of my classes some years ago was unemployed for a long time. I explained Holy Communion to her. She said she received it every week at church but she was still unemployed and obviously in want. She had not discovered her savior. I gave her a new idea, which penetrated her mind. "Take ye and eat, this is my body;" she now understood the body to mean that the plant was in the seed; the apple tree was in the seed, the form of expression is also in the desire.

Troward states it beautifully when he says, "The desire (idea) has its own mathematics and mechanics with it. You don't add power to the seed or energy, you place it in the soil and it will grow of its own volition." She ate the body of Christ by accepting the idea of a contract in her mind. The idea is dead and static by itself. We must give life to the idea. We must quicken it. Being an artist, she was quick to see and understand. She knew she had to take the cup and drink the wine or blood, a figurative way of saying she had to call forth the feeling, the enthusiasm or, to quote Troward, "We have to enter into the spin of it." The

spirit is always the animation, the movement of consciousness, the warmth, and the life of the idea. It is the spirit of the game, the spin of the artist, the spirit of the musician, the spirit of the man in prayer. She was drinking the wine of life when she was imbibing the reality of the idea and feeling the thrill and wonder of it all. She used to imagine that I was congratulating her on her wonderful contract. She used to do this for three or four minutes two or three times-a day. She would hear the voice and feel the thrill. The frequent engagement of her mind on the mental picture (see chapter “Imagination” in my book Believe in Yourself) brought an impregnation of the idea in her subconscious and before the class terminated she received a wonderful contract at a fabulous salary.

When Jesus took bread and blessed it, that simply means your idea, your desire, plan, enterprise, your wish, that which you want to be, do, and to have. The idea or desire is the male element; then you must drink of the cup, which is the feeling, the receptive mind that receives. The cup, or heart, is the subjective in man, the seat of emotions and feeling. In other words, thought and feeling, husband and wife, idea and emotion, must blend together and become one; then your prayer is answered. To state it in another way—whenever your conscious and subconscious mind synchronizes and unites with any idea or desire-it is established and made manifest. You could explain the drama in many ways; yet it all comes back to a simple, universal process of prayer: It is the feeling, emotional, or subjective nature of man and woman that accepts the idea or desire, giving it form and function.

In some cathedrals you have seen the saint’s head on his heart; this symbolizes the union of the mind and heart in all prayer, or in biblical language, the body and the blood of Christ. The word Christ means Logos or the I AM, God, the Life Principle in us. In other words, Christ is the way the Life Principle works. You are Christ in one sense when you know that thought and feeling create your destiny; then you have discovered Wisdom. Quimby called Wisdom —Christ. Knowing that thoughts are things and—that your feeling nature is the Spirit of God, you can, therefore, transcend all obstacles and delver yourself from all discouragement, lack, and despair.

When the priest places a quantity of wine in the chalice and adds some water, the act is symbolic of the union of mind and wisdom. The wine, and strong, represents the qualities, attributes,—potencies of God; the water represents the always in motion. It is the marriage or union love and wisdom, which bring forth the science of health, happiness, and peace of mind spoken by Quimby one hundred years ago.

The words of the priest when he distributed Holy Communion are rarely understood in their true significance. “May the Body of our Lord, Jesus Christ preserves thy soul into life everlasting. Interpreted properly, all it means is this: the idea, the knowledge, the awareness that your own AMNESS is the Lord Jesus Christ, enables to preserve your soul or subconscious from negative influence as you will no longer attach any thing negative to I AM. Jesus means I AM or God within you. Christ means savior. Your I AM or God is your savior. In other words, all it is saying when translated from Hebrew or Greek is to acknowledge edge the Presence of God within. Accept It, tune in on It, and the Holy Presence will heal, bless, answer your prayer, and solve all your problems, for “with God all things are possible.”

As the priest washes his hands during mass he says, “Lord, I have loved the beauty of Thy house and the place where Thy Glory dwelleth.” You are the house of God, and the Indescribable Beauty of God indwells you; the Glory, meaning the Infinite Intelligence and Wisdom of God, also dwells within waiting for you to call upon it. You love His Beauty and Glory as you turn to Him in reverence, adoration, and in complete recognition of His Absolute Sovereignty. Looking upon the Spiritual Power as the source of your health, wealth, energy, and all things, you love it. All of us are in constant need of Holy Communion, i.e., union with the Spirit within. We need to dedicate our lives and actions to God. Internal strength and faith in God are our greatest defenses against the encroachments of negative thoughts and pressures from the external side of life.

If you want to drink the blood of Christ, if you wish to find the Holy Grail or the Holy Cup, you will find it in your own heart called the Chamber of His Holy Presence. Open your mind and heart now and let in the influx of the Holy Spirit. Go on a great psychological, mystical banquet by meditating on Love, Light, Wisdom, Power, and Peace. You will find your heart (cup) will become filled full of the blood of Christ or the life of the Truths contemplated. “Drink ye all of it.” It is the love of God welling up in your heart. Pass this mystic cup to others. You do this by rejoicing in the Love and Beauty of God flowing through all those around you and through all men everywhere. Realize in your heart as you walk the streets, as you enter your own house or office, that all people you meet are partaking of that cup of Love, Light, and Truth. You are now blessing others; praying in that way, you will always abide in the joy of good works. Now you bear witness to the Christ; you testify to the Holy One within because your heart is full of love and good will. Drink every drop of the cup. It is the dew of Heaven, and you find yourself in a state of indescribable bliss. You are dead to the old state and you live in the new.

“This is my blood of the new testament which is shed for many for the remission of sins.” Mathew 26:28. Having come to this point, you know, that in order to really transform yourself or h e a I another you have to shed your blood; i.e., give life to the idea, activate it, and charge it with interest which is feeling. Now you are giving your life to the new idea, and the old idea dies because you took your attention from it. You testify to the new state. And your sins are remitted or forgiven. The sin is to miss the mark. the target. Or your failure to realize your desire. As long as you desire something. You are sinning because you fail to realize it. As soon as you enter into a realization of complete mental acceptance of your desire. The Savior or Christ is born. And you are at peace: this is called the blood of the New Testament meaning you are testifying to a new state.

If your mother is sick. You must shed your blood on a cross for her in order to help her. It is. Of course. Foolish to take these things literally. The words of the Bible are allegorical, figurative, and psychological. I heard a man in Hyde Park in London in 1921 say something similar to the above. I thought it strange then, but shortly afterwards I knew what he meant. The idea of health is real-it is of God. Therefore. You take your mother’s request (her cross); make it your own and go within yourself to God, saying and affirming, “Here in the secret place all is bliss, joy, happiness, perfection, glory, light, and love.”

As you give life, love, and feeling to the idea of our mother’s perfection and as you claim that what is true of God is true of her, you are shedding your blood (giving life to the idea of health. harmony, and peace). You will continue to shed your blood by frequent occupancy of the mine with the prayer until you die to the belief in her sickness and resurrect your conviction of the way it is in God and Heaven. There being but one mind, what you felt as true in that atmosphere of health and peace will be resurrected in her experience. You died in Golgotha (place of imagination and feeling) and shed your blood for your mother and for the remission of her sins. Her sin (sickness) has disappeared and health is resurrected. You experienced the crucifixion (crossing over) or the Passover, two words meaning the same thing. You crossed over from the conscious mind, belief in sickness, to the subjective belief in perfect health. You succeeded in conveying the idea of perfect health to the subconscious through repetition, faith, and expectancy; that is the crucifixion.

This should be shouted from the housetops. We should cease telling people that the Jews killed our savior. We should begin to tell the Truth to all men that man is his own savior for God indwells him. We must cease perpetuating class and religious hatred, which will continue as long as we teach the literal meaning

of the crucifixion. To read the Bible literally it becomes a monotonous, sadistic document giving the impression that God is a cannibalistic Moloch seeking bloody sacrifices. “Draw out and take you a lamb according to your families, and kill the Passover.” Exodus 12:21. Here is the same drama as the Eucharist Lord’s Supper or Holy Communion. You draw out a lamb, which means your desire comes out of consciousness. You must kill the desire by identifying with it and absorbing its reality like a sponge absorbs water. Your desire is now a living conviction. You spilled the blood of the lamb on your desire. The blood of the lamb is simply your inner mood of faith and confidence in your capacity to impregnate your subconscious with your desire through feeling its reality. You sprinkle the blood on the door of your senses and all the Egyptians (negative thoughts) are destroyed.

Let your five senses become anointed with the wisdom and intelligence of God, and as you awaken to your inner power, you will cast the spell of God around you. Therefore, no evil shall befall you; neither shall any plague come nigh thy dwelling. You are now married to God, i.e., mentally and emotionally united to God and all things good “Your cup runneth over and goodness and mere shall follow thee all the days of thy life.” Psalm-23:5, 6.

CHAPTER 15

TECHNIQUES OF PRAYER

When we come to analyze prayer, there are many different approaches or methods. We will not consider in this book the formal, ritual prayers used in religious services. These have important place in-group worship. We are immediately concerned with the methods of personal prayer for use in your daily life and in helping others.

Prayer is the formulation of an idea concerning something we wish to accomplish. Circumstances and individuals suggest different approaches, but all must establish a clear statement of the benefit, the healing, and the purpose for which the prayer is offered.

The Visualization Technique

The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind's eye as vividly as if it were alive. We can see with the naked eye only what already exists in the external world; in a similar way what we can visualize in the mind's eye already exists in the invisible realms of our mind. Any picture, which we have in the mind, is the substance of things hoped for and the evidence of things not seen. What we form in our imagination is as real as any part of our body. The idea and the thought are real and will one day appear in our objective world if we are faithful to our mental image.

This process of thinking forms impressions on the mind; these impressions in turn become manifested or expressed on the screen of space as forms, functions, facts, and experiences The builder visualizes the type of building he wants; he sees it as he desires it to be completed. His imagery and thought-processes become a plastic mold from which the building will emerge-a beautiful or an ugly one! A skyscraper or a very low one. His mental imagery is projected as it is drawn on paper; eventually the contractor and his workers gather the essential materials, and the building progresses until it stands finished, conforming perfectly to the mental patterns of the architect.

Visualization Technique for an Audience

Each Sunday I use the visualization technique prior to speaking from the platform. I quiet the wheels of my mind in order that I may present to the subconscious mind my images of thought; then I picture the entire auditorium and the seats filled with men and women, and each one of them illumined and

inspired by the Healing Presence. I see them as radiant, happy, and free.

Having first built up the idea in my imagination, I quietly sustain it there as a mental picture while I imagine I hear men and women exclaiming aloud, “I am healed,” “I feel wonderful,” “I’ve had an instantaneous healing,” “I’m transformed,” *etc.* I keep this up for about ten minutes or more, knowing and feeling that each person is a tabernacle of God’s Presence, and that Divine Love saturates each mind and body making them whole, pure, relaxed, and perfect. I see to the point where I actually can hear the imaginary voices of the multitudes proclaiming the glory of God; then I release the whole picture and go onto the platform. Almost every Sunday some people stop and say that their prayers were answered.

Mental Movie Method

The Chinese say, “A picture is worth a thousand words.” William James, the father of American psychology, stressed the fact that the subconscious mind will bring to pass any picture held in the mind backed by faith. “Act as though I am, and I will be.”

A number of years ago, I was in the Middle West lecturing in several states and I desired to have a permanent location. One evening in a hotel in Spokane, Washington, I relaxed completely on the couch, immobilized my attention, and in a quiet, passive manner imagined that I was talking to a large audience, saying in effect, “I am glad to be here. I have prayed for this ideal church and opportunity.” I saw in my mind’s eye the imaginary audience and I felt the reality of it all. I played the role of the actor, dramatized this mental movie, and felt satisfied that his picture was being conveyed to my subconscious mind which would bring it to pass in its own way. The next morning on awakening I felt a great sense of peace and satisfaction, and in a few days” time I received a telegram asking me to take over a church in the East, which I did, and enjoyed immensely for several years.

The method outline here appeals to many who have described it as the “mental movie method.” I have received numerous letters from people who listen to my radio lectures and Sunday morning talks, telling me of the wonderful results they get using this technique in the sale of their property for sale that they satisfy themselves in their own mind that their price is right; then claim that Infinite Intelligence is attracting to them the buyer who really wants to have the property, and who will love it and prosper in it. After having done this I suggest that they quiet their mind, relax, let go, and get into a drowsy, sleepy state which reduces all mental effort to a minimum; then they are to picture the

check in their hands, rejoice in the check, give thanks for the check, and go off to sleep feeling the naturalness of the whole mental movie created in their own mind. They must act as though it were an objective reality, and the subconscious mind will take it as an impression, and through the deeper currents of the mind the buyer and the seller are brought together. A mental picture held in the mind backed by faith will come to pass.

The Baudoin Technique

Charles Baudoin was a professor of Rousseau Institute in France. He was a brilliant psychotherapist, and a research director of the New Nancy School of Healing, who in 1910 taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy state, or a state akin to sleep, in which all effort was reduced to a minimum; then in a quiet, passive, receptive way, by reflection, convey the idea to the subconscious. The following is his formula: “A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea which is to be the object of suggestion, to sum it up in a brief phrase which can be readily graven on the memory, and to repeat it over and over again as a lullaby.”

Baudoin emphasized the fact that when we enter into “the state akin to sleep” (between the waking and sleeping state), effort is reduced to a minimum, and we can focus our attention on our good with ease and without strain. We induce this state by feeling sleepy.

Innumerable experiences on persons have shown that the subconscious mind will accept any idea, suggestion, Or mental picture, which is felt as true by the conscious, mind, and works out every suggestion to the minutest detail in the results, which flow from it. The subconscious mind is entirely under control of the conscious or objective mind. With the utmost fidelity it reproduces and manifests in the final consequences whatever conscious mind impresses upon it.

The Practical Application of Baudoin Technique

A lady in one of our classes was engaged in a prolonged, bitter family lawsuit over a will. Her husband had bequeathed his entire estate to her, and his sons and daughters were bitterly fighting to break the will. The Baudoin technique was outlined in detail to her, and this is what she did: She relaxed her body in an armchair, entered into the sleepy state, and as suggested, condensed the idea of her need into a phrase consisting of six words easily graven on the memory. “It is finished in Divine Order.” The significance of these words to her meant that Infinite Intelligence operating through Law (the subconscious mind) would bring about a harmonious adjustment in Divine Order. She continued this procedure

every night for about ten nights; after she got into a sleepy state she would affirm slowly, quietly, and feelingly the statement: “It is finished in Divine Order.” Over and over again, feeling a sense of inner peace and a letting go; then she went off into her deep, normal sleep.

On the morning of the eleventh day following the use of the above technique, she awakened with a sense of well being, a conviction that it was finished. Her attorney called her the same day, saying that the opposing attorney and his clients were willing to settle. A harmonious agreement was reached, and litigation was discontinued.

The Sleeping Technique

By entering into a sleepy, drowsy state, effort is reduced to a minimum.

The conscious mind is submerged to a great extent when in a sleepy state. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts which tend to neutralize your desire and so prevent acceptance by the subconscious no longer present themselves.

The Sleeping Technique and Destructive Habits

Assume a comfortable posture, relax your body, and be still. Get into a sleepy state and in that sleepy state, say quietly, over and over again as a lullaby, “I am completely free from this habit, sobriety and peace of mind reign supreme.” Repeat the above slowly, quietly, and lovingly for five or ten minute’s night and morning. Each time you repeat the above statement its emotional value becomes greater. When the urge comes, repeat the above formula out loud to you. By this means you induce the subconscious to accept the idea and a healing follows.

Solving Problems While You Sleep

During the course of an interview, a young man asked me how he could locate his father’s will. His father had passed on and apparently had left no will. The young man’s sister told him that their father had confided to her that a will had been executed which was fair to all. All attempts to locate the will had failed. I suggested he turn his request over to his subconscious mind at night before sleep. This is the method he followed: “I now turn this request over to the subconscious mind. It knows just where the will is. It reveals it to me.” Then he condensed his request into one word, “Answer.”

He repeated this prayer over and over again as a lullaby. He lulled himself to sleep for several nights with the word, “Answer.” A few nights later he had a very vivid, realistic dream. He saw the name and address of a certain bank. He

went there and found a safe deposit vault registered in the name of his father. This was the answer to his prayer.

The Bible Technique

What things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them. Mark 11 :24. Note the difference in the tenses. The inspired writer tells us to believe and accept as true the fact that our desire has already been accomplished and fulfilled, that it is already completed, and that its realization will follow as a thing in the future.

The success of this technique depends on the confident conviction that the thought, the idea, the picture is already a fact in the mind, and in order for anything to have Substance in the realm of the mind; it must be thought of as actually existing there.

Here in a few cryptic words is a concise and specific direction for making use of the creative power of thought by impressing upon the subconscious the particular thing, which we desire. Your thought, idea, plans, or purpose is as real on its own plane as your hand or your heart. In following the Bible technique you completely eliminate from your mind all consideration of conditions, circumstances, or anything, which might imply adverse contingencies. You are planting a seed (concept) in the mind, which if you leave undisturbed, will infallibly germinate into external fruition.

She Lost a Ring

I am writing this chapter at the beautiful Wishing Well, Rancho Santa Fe, a few hundred miles from Los Angeles. One of the guests lost a very valuable diamond. She had gone horseback riding and discovered the loss when she returned. At my suggestion she prayed as follows: “Infinite Intelligence knows where the ring is. There can be no loss except I admit the loss in my mind, as all experiences come through my mind. I know Infinite Intelligence will now reveal the whereabouts of the ring to me. I see it on my finger. I feel and I know it is mine. I believe I have it now. I accept it mentally, for my thought is as real as the ring.”

She quietly affirmed the above for a few minutes, and immediately afterwards she had an inner feeling or urge to drive back along one of the paths she had taken. Her horse stopped at the very spot where her ring was. The subjective mind operates throughout all nature, and in the horse also. The ways of the subconscious mind are not always obvious. This incident illustrates the law of belief and the results, which must inevitably follow.

Cause of Failure to Get Results

Our failure to achieve the desired result always is due to our distrust in the law of growth. If we place a seed in the ground, it will grow. If we give up hope, fret, worry, and get anxious, we are actually denying the germinating power to the idea planted in our mind. Our doubt or fear is a thought in opposition to our desire, which if indulged in neutralizes the one first formed and results in its complete disintegration. We must keep out those negative thoughts of doubt and fear, which only result in the opposite of what we are praying for. The law of belief as expounded and elaborated on in the Bible is to feel the pleasure and satisfaction in foreseeing the certain accomplishment of our desires.

The “Thank You” Technique

Paul recommends that we make known our requests to God with praise and thanksgiving. Some extraordinary results follow this simple method of prayer. The thankful heart is always close to the creative forces of the Universe, causing countless blessings to flow toward us by the law of reciprocal relationship based on a cosmic law of action and reaction.

A father promises his son a car for graduation; the boy has not yet received the car, but is very thankful and happy and is as joyous as though he had actually received the car. He knows his father will fulfill his promise, and is full of gratitude and joy even though he has not yet received the car, objectively speaking. He has, however, received it with and thankfulness in his mind. Oftentimes you have gone to a store and ordered a fur coat or hat, although they did not have exactly what you wanted. But you specified where you wanted and paid for it, and the clerk said they would send it. You thanked the clerk or owner and walked away without the coat or hat. You were absolutely sure of receiving the merchandise ordered in the near future because you trusted and believed in the integrity and honesty of the man who operated the business. How much more should we trust the Infinite and the Creative Law which never changes and responds with absolute fidelity to our trust and belief in It!

“Thank You” Opens the Way to Prosperity

It is amazing how the thankful attitude improves every department of your life, including your health and happiness as well as your prosperity.

A real broker proved this in a wonderful way. He had been having a great deal of difficulty in selling homes and properties, which were listed with him, and he was frustrated and unhappy. Convinced of the prosperity-power of the grateful heart, however, he began to pray every night, affirming as follows:

> "Father, I thank thee that thou hast heard me, and I know that thou hearest me always." John 11 :41-42. Then, just prior to sleep, he condensed the phrase to two words: "Thank you." He repeated them over and over again, as a lullaby; he continued to speak these two words silently until he fell asleep.

One night, in a dream, he saw a man who gave him a check for fourteen lots and a home, which he particularly desired to sell. In a week's time, the man whom he had seen in his dream came into his real estate office and bought the property, which he had previously foreseen in his dream.

This real estate broker has made a habit of feelingly repeating every night the words, "Thank you," until he falls off into the deep of sleep. His health has remarkably improved, his wealth is soaring, and, quite frequently in his dream life, he has a preview of the sale of certain properties, which subsequently is verified objectively in all details.

As this man does, silently decree morning and night that God is prospering you in mind, body, and affairs; feel the reality of it, and you will never want for anything. Repeat over and over again as a lullaby, "Thank you, Father," as you prepare for sleep; this means that you are thanking your Higher Self for abundance, health, wealth, and harmony. It may also happen that the Lord (your subconscious mind) may answer you in a vision and speak to you in a dream.

It Worked for Mr. Broke

I shall illustrate how Mr. Broke applied this technique with excellent results. He said, "Bills are piling up, I am out of work, I have three children and no money. What shall I do?" Regularly every night and morning for a period of about three weeks he repeated the words, "Thank you, Father, for the Law of Opulence," in a relaxed, peaceful manner until the feeling or mood of thankfulness dominated his mind. He imagined he was addressing the Infinite, knowing, of course, that he could not see God. He was seeing with the inner eye of spiritual perception, realizing that his thought-image of wealth was the first cause relative to the money, position, and food he needed. His thought feeling was the substance of wealth untrammeled by antecedent conditions of any kind.

By repeating, "Thank you, Father," over and over again, his mind and heart were lifted up to the point of acceptance, and when fear, thoughts of lack, poverty, and distress came into his mind, he would say, "Thank you, Father," as often as necessary. He knew that as he kept up this thankful attitude he would recondition his mind to the idea of wealth, which is what happened. Mr. Broke met on the street a former employer of his whom he had not seen for twenty

years; the man offered him a very lucrative position and advanced him $500.00 as a temporary loan. Today Mr. Broke is vice president of the corporation for which he works. His recent remark to me was, “I shall never forget the wonders of “Thank you, Father.” It has worked wonders for me.”

His Subconscious Made Him a Millionaire

I shall now proceed to show you how you may definitely and positively convey an idea or mental image to your subconscious mind.

Your conscious mind is personal and selective. It chooses, selects, weighs, analyzes, dissects, and investigates. It is capable of inductive and deductive reasoning. The subjective, or subconscious, mind is subject to the conscious mind. It might be called a servant of the conscious mind. The subconscious obeys the order of the conscious mind. Focused, directed thoughts reach the subjective level; they must be of a certain degree of intensity. Intensity is acquired by concentration.

A man who owned a hamburger stand in the Middle West wrote me and said that he had read The Power of Your Subconscious Mind when it first came on the market. He wrote that he had decided to concentrate on a million dollars, as he wished to expand his business and have several restaurants; he also wanted to establish a branch in his native country in Europe.

He followed the technique of impregnating his subconscious mind by concentrating on a million dollars. To concentrate is to come back to the center and to contemplate the infinite riches of the subconscious mind. Every night he stilled the activity of his mind and entered into a quiet, relaxed, mental state. He gathered all his thoughts together and focused all his attention on a million dollar deposit in his bankbook. He gave all his attention to this mental image. His steadied attention made a deep, lasting impression on the sensitive plate of his subconscious mind.

He repeated this drama every night, and at the end of one month things began to happen. He married a very wealthy woman who loved his ambition, zeal, enthusiasm, and dreams for accomplishment. She bought a restaurant for him which, within a few months” time, proved to be a tremendous success; he has opened two branches. He has made some investments in oil stock, which is pyramiding fantastically. He sent me a gift of five hundred dollars for having written the book, which was one of the most delightful presents I have ever received.

This man has over a million dollars in the bank at the time of this writing, and,

in addition, his subconscious has furnished him extra dividends, including a beautiful and fabulously wealthy wife, a newborn baby, and a life more abundant.

Why His Technique Worked

All material things must have their origin in the Invisible or Spirit; all of creation is evidence of thought-images and ideas in the Mind of God, which became form according to the Creative law. There is only one Creative process, and man through his thoughts sets in motion the Creative Law. We may be using it consciously or unconsciously; nevertheless we are always using the Creative Law for the simple reason that we are always impressing some sort of ideas and mental pictures upon It, whether we are aware of it or not. All our existing limitations result from our having habitually impressed upon our subconscious mind ideas of limitation, restriction, and bondage of all kinds. When we realize that our conditions and circumstances are never real causes in themselves, but only the result of prior thinking, we reverse our method of thinking and regard our ideal as real, and as we mentally and emotionally unite with the ideal in our mind, we change the outer manifestations to agree with the inner thought-images and thus change our world.

Affirmative Method

The effectiveness of affirmation lies in its intelligent application of definite and specific positives. For example, a boy adds three and three and puts down seven on the blackboard. The teacher affirms with mathematical certainty that three and three are six; therefore, the boy changes his figures accordingly. Likewise when we affirm the Truth about a person, we must conform to the Principles of Truth regardless of appearances. The power of the affirmation process depends on the faith and understanding of the person affirming.

The Affirmative Method Heals Acute Gall Bladder Trouble

This method was chosen by the writer for use on his sister, who was to be operated on for the removal of gallstones, based on the diagnosis of hospital tests and the usual X-ray procedures. She asked me to pray for her. We are separated geographically about 6,500 miles, but there is no time or space in Mind. Spirit or Mind is present in its entirety at every point simultaneously. In prayer treatment for another, you withdraw all thought from the contemplation of symptoms and from the corporeal personality

Altogether, and think of the individual as pure spirit and expressing the vitality, wholeness, beauty and perfection of that Spirit. I affirmed as follows:

this prayer treatment is for my sister Kate. She is relaxed and at peace, poised, balanced, serene, and calm. Her mind and spirit are the Mind and Spirit of God. The healing Intelligence, which created her body, is now transforming every cell, nerve, tissue, muscle, and bone of her being into God's Perfect Pattern. Silently, quietly, all distorted thought patterns are removed and dissolved, and the vitality, wholeness, and beauty of the Spirit are made manifest in every atom of her being. She is now open and receptive to this Healing Presence, which flows through her like a river, restoring her to perfect health, harmony, and peace. All distortion and ugly thought images are now washed away by the Infinite Ocean of love and Peace flowing through her, and it is so."

I affirmed the above several times a day, and at the end of two weeks my sister had an examination, which showed a remarkable healing, and the X-rays proved negative.

To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer. Your thought can only affirm, for even if you deny something you are actually affirming the presence of what you deny. Repeating an affirmation, knowing what you are saying and why you are saying it, leads the mind to that state of consciousness where it accepts that which you state as true. Keep on affirming the Truth until you get the subconscious reaction, which satisfies.

The Argumentative Technique

This method is just what the word implies. It stems from the procedure of Dr. Phineas Parkhurst Quimby of Maine. Dr. Quimby was a pioneer in mental and spiritual healing and lived and practiced in Belfast, Maine, about One hundred years ago. He studied mesmerism for about seven years in order to discover how the mind worked, and thereafter discarded it in favor of spiritual healing. He had most remarkable results in prayer therapy in all kinds of so called incurable diseases. A book called Quimby Manuscripts edited by Horatio Dresser is available in your library. This book gives newspaper accounts of the man's remarkable results in prayer-treatment of the sick. Quimby duplicated many of the miracles of healing recorded in the Bible. Quimby used to ask patients sick with tuberculosis and other malignant diseases to let him plead their case before the Great Tribunal, which is God, because if they had faith and confidence in him, he would prove that they were innocent of the charge.

In brief, the argumentative method consists of spiritual reasoning, where you convince yourself that the patient is a victim of false beliefs and groundless fears, and that the disease or ailment is due only to a distorted, twisted pattern of

thought which has taken form in his body. The wrong belief in some external power and external causes has now externalized as sickness and can be changed through a knowledge of the Law, which shows there is only One Primary Cause-Living Spirit or God, and spirit can't be sick, frustrated, or unhappy. Spirit is unconditioned, not hampered by conditions of any sort, and is not subject to illness.

The basis of all healing is a change of belief. You reason out in your mind that the Infinite Intelligence created the body and all its organs; therefore it knows how to heal it, can heal it, and is doing so now as you speak. You argue in the courtroom of your mind that the disease is a shadow of the mind, based on disease-soaked, morbid thought-imagery. You continue to build up all the evidence you can muster on behalf of the power of the healing Presence, which created all the organs in the first place and has a perfect pattern of every cell, nerve, and tissue within it; then you render a verdict in the courthouse of your mind in favor of your patient. You liberate the sick one by faith and spiritual understand. You're mental and spiritual evidence is overwhelming; they're being but One Mind, what you feel as true will be resurrected in the experience of the other. There are but One Mind common to all individual men.

She Won the Argument

Recently, a listener of our radio programs in Los Angeles prayed for her mother in New York City who had a coronary thrombosis. She prayed as follows:

> "God is the only presence and the only Power, the only Living Reality, the Living Spirit Almighty. This Presence and power is right where my mother is. God is her Life, and that Life is her Life now. The bodily condition is but a reflection of her thought-life, like shadows case on the screen. I know that in order to change the images on the screen, I must change the projection reel. My mind is the projection reel, and I now project in my own mind the image of wholeness, harmony, and perfect health for my mother. The Infinite Healing Presence which created my mother's body and all her organs is now saturating every atom of her being, and His River of Peace flows through every cell of her being. The doctors are divinely guided and directed, and whoever touches my mother is governed over by the overshadowing presence. I know that disease has no ultimate reality; if it had, no one could be healed. I now align myself with the Infinite Principle of Love and Life, and I know and decree that harmony, health, and peace are now being expressed in my mother's body. There is no power to challenge Omnipotence. The healing Presence of God is now flowing through her. It is wonderful!"

Her mother had a most remarkable recovery after a few days, much to the amazement of the specialist who complimented her on her faith in God. The

argumentative method of prayer on the part of her daughter produced certain conclusions in her mind and set the Creative law of Mind in motion on the subjective side of life, which manifested through her mother's body as perfect health and harmony. There is only One Mind, and what the daughter felt as true about her mother was simultaneously resurrected in the experience of the mother.

The Absolute Method

The person practicing this form of prayer treatment mentions the name of the patient, such as John Jones; then quietly and silently thinks of God and His qualities and attributes, such as God is All Bliss, Boundless Love, Infinite Intelligence, All peaceful, Boundless Wisdom, Absolute Harmony, and Indescribable Beauty and Perfection. As he quietly thinks along these lines, he is lifted up in consciousness into a new spiritual wave length, at which time he feels that the Infinite ocean of God's Love is now dissolving everything unlike Itself in the mind and body of John Jones for whom he is praying. He feels all the Power and Love of the Godhead is now focused on john Jones, and whatever is bothering or vexing him now is completely dissolved in the Presence of the Infinite Ocean of God's Love.

Modern Sound Wave Therapy

The absolute method of prayer might be likened to the sound wave or sonic therapy recently shown me by a distinguished physician in Los Angeles. He has an ultra sound wave machine, which oscillates at a tremendous speed and sends sound waves to any area of the body to which it is directed. These sound waves can be controlled and he told me of remarkable results in dissolving arthritic calcareous deposits and the healing and removal of other disturbing conditions.

To the degree that we rise in consciousness by contemplating the qualities and attributes of God, do we generate spiritual electronic waves of harmony, health, and peace? Many instantaneous healings follow the absolute method of prayer.

A Cripple Walks

Dr. Phineas Parkhurst Quimby, of whom we spoke, previously, used the absolute method almost exclusively in the latter years of his healing career. He was really the father of psychosomatic medicine and the first psychoanalyst. He had the capacity to diagnose clairvoyantly the cause of the patient's troubles, pains, and aches. Quimby would tell the patient where the pain was and the cause behind it. In order to cure him Quimby said, "I must go to Him who sent me, and there I will contemplate your Divine perfection; if I succeed, you will be

healed.” The phrase, “I must go to Him Who sent me,” is taken from the Bible. Yet a little while I am with you, and then I go unto Him who sent me, you shall seek me and shall not find me: and where I am, thither you cannot come. John 7:33, 34. You will see the wonderful meaning of this as we proceed.

Quimby was called on to visit a woman who was lame, aged, and practically bedridden. He sates that her ailment was due to the fact that she was imprisoned by a creed so small and contracted that she could not stand upright or move about. She was living in the tomb of fear and ignorance; furthermore, she was taking the Bible literally and it frightened her. “In this tomb,” Quimby said, “was the presence and Power of God trying to burst the bars, break through the bonds, and rise from the dead.” When she would ask others for an explanation of some passage of the Bible, the answer would be a stone; then she would hunger for the bread of life. Dr. Quimby diagnosed her case as a mind cloudy and stagnated due to excitation and fear caused by the inability to see clearly the meaning of the Scriptural passages she had been reading. This showed itself in the body by her heavy and sluggish feeling, which would terminate in paralysis.

At this point, Quimby asked her what was meant, A little while I am with you and then I go to Him that sent me. She replied that it meant Jesus went to heaven. Quimby explained what it really meant by telling her that being with her

A little while meant his explanation of her symptoms, feelings, and their cause; i.e., he had compassion and sympathy for her momentarily, but he could not remain in that mental state. The next step was to go to Him that sent us, which is the Presence of God in all of us.

Quimby immediately traveled in his mind and contemplated the Divine Ideal; i.e., the Vitality, Intelligence, Harmony and Power of God functioning in the sick person. This is why he said to the woman, “Therefore where I go, you cannot come for you are in your narrow, restricted belief, and I am in health.” This prayer and explanation produced an instantaneous sensation, and a change came over her mind. She walked without her crutches! She was as it were. Dead in error and to bring her to life or truth was to raise her from the dead. “Quoted the resurrection Christ and applied it to her own Christ or health; it produced a powerful effect on her.” (Quimby’s Manuscripts).

The Decree Method

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways. Job 22:28.

Power goes into our word according to the feeling and faith behind it.

When we realize the Power that moves the world is moving on our behalf and is backing up our word, our confidence and assurance grow. We do not try to ad power to Power; therefore, there must be no mental striving, coercion, force, or mental wrestling.

A young girl used the decree method on a young man who was constantly phoning her, pressing her for dates, and meeting her at her place of business; she found it very difficult to get rid of him. She decreed as follows: “I release—unto God. He is in his true place at all times. I am free, and he is free. I now release this word into the Ocean of Infinite Mind, which is the Mind of the almighty. Infinite Mind is the Only Power operating and it brings this to pass. I have decreed this and it shall come to pass. It is so.” She said he vanished and she has never seen him since, adding, “It was as though the ground swallowed him up.”

How a Minister Got a Car

A young, struggling minister recently told me that he read the above-mentioned verse in the Bible, Thou shalt also decree a thing He decreed as follows: “I am one with all the automobiles in the world. They are all God’s ideas made manifest. I decree that Infinite Mind through the Law of Right Action reveals to me the ideal car suitable for my work. I trust the Deeper Mind implicitly. It knows how to bring it to pass in its own way.”

The sequel to this decree was most interesting. Secretly, members of his congregation collected a sum of money and presented him with a new Chevrolet car after his church service. They said, “We have a surprise for you!” He was not surprised, because he knew the Deeper Mind has ways we know not of. The Infinite Intelligence acted on their mind causing them to fulfill what the minister had accepted as true in his own mind.

You can never know how your prayer will be answered. Man must never say, “I don’t have the money to buy a car; therefore I must do without it.” He can decree what he wants, and Infinite Mind will bring it to pass.

The Secret Place

I suggest you quiet the wheels of your mind frequently and dwell on these great eternal truths, which live in the hearts of all men. As you affirm the following prayer regularly, systematically, and joyously, you will feel rejuvenated, revitalized, and energized spiritually, mentally, and physically:

II He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty.”

I dwell in the secret place of the most high; this is my own mind. All the

thoughts entertained by me conform to harmony, peace, and good will. My mind is the dwelling place of happiness, joy, and a deep sense of security. All the thoughts that enter my mind contribute to my joy, peace, and general welfare. I live, move, and have my being in the atmosphere of good fellowship, love, and unity.

All the people that dwell in my mind are God's children. I am at peace in my mind with all the members of my household and all mankind. The same good I wish for myself, I wished for all men. I am living in the house of God now. I claim peace and happiness, for I know I dwell in the house of the Lord forever.

CHAPTER 16

RELAX AND CHARGE YOURSELF WITH MONEY MAGNETISM

Ralph Waldo Emerson said, “Nothing can bring you peace but the triumph of principles.” When you learn the way your mind works and direct it wisely, you will add to your peace, prosperity, poise, balance and security.

The engineer follows the principles of mathematics in building a bridge; he gains knowledge of stresses, strains and other complex scientific calculations based on immutable laws which are the Same yesterday, today and forever.

The laws of your mind are referred to you again and again in the Bible, which says: As thou have believed, so be it done unto thee (Mathew8: 13).

Excess tension interferes with the productive lives of thousands of people, bringing about frustration and many nervous disorders in its train. A certain amount of anxieties are normal and necessary. For example, the singer about to go on the stage is somewhat tense, which is an accumulation of energy and power, which charges his mental and spiritual batteries, enabling him to overcome any sense of failure. It is excessive and prolonged tension which is dangerous. When the singer begins to sing, he ticks off that surplus energy in the same manner as a clock that is wound up ticks off the time. If you wind the clock too tightly, you break the spring, and then we have no song or time, either.

When you charge yourself with the feeling that you can do all things through the God-Power which strengthens you, you will give a wonderful performance.

How a Businessman Overcame Tension and Anxiety Over His Debts

In talking to a businessman recently whom I met on the plane to Las Vegas, Nevada, he told me that about five years ago he had been deeply in debt, and that many of the wholesalers were pressing him for payment and threatening legal action. He said, “One night I sat down and read the 23rd Psalm, and then an idea welled up within me to make a list of all those to whom lowed money and the amounts. I wrote down each name with the exact amount following it, and then in my imagination I visited each one, giving him a check covering the exact amount owed. In my mind’s eye, I saw each one smile and thank me, and also congratulate me. I felt the handshake of each one, saw the happy look on each

face and heard each one say to me that my credit is good any time."

He said he repeated this mental imagery or movie scene over and over every night with sensory vividness, feeling the naturalness and joy of it all. Following the above prayer process, he felt a great sense of peace and tranquility, and at the end of about two weeks he had a very vivid and prophetic dream. A man appeared to him in this dream, instructing him to go to a certain casino and play certain numbers on the roulette, and he saw the amount he would win.

The following evening, he did exactly as he had been instructed to do in the dream and won $30,000, which paid, off all his debts. He has not gambled since and realizes that the wisdom of his subconscious responded in its own unique way to his request. He looked at the happy ending in his meditation every night, and having seen and felt the joyous fulfillment of his prayer, he experienced the joy of the answered prayer; Money is really a thought-image in your mind. Your thoughts are things. Wealth is a state of mind, nothing more or less.

How to Banish Anxiety Over Debts

I have given the following prayer to many people over the years that have been burdened with debts and with unpaid bills piling up on them: "God is the Source of my supply. I know when I am anxious I do not trust God. The money I now possess is magnified and multiplied a thousand-fold. I realize all the money I have is a symbol of the in-finite riches of God. I turn to the Infinite Presence within, knowing in my heart and soul it opens the way for me to pay all my debts, leaving me a vast surplus. I surrender a list of all these debts in the hands of my Heavenly Father, and I give thanks they are all paid in Divine order. God's riches are circulating in my life, and I rejoice and am exceedingly glad that every creditor is paid now, and God prospers me beyond my fondest dreams. I believe that I have received now, and I know that according to my faith is it done unto me. I know God will rain blessings from Heaven for me now."

I instruct each one in debt to claim these truths joyously, lovingly and with the understanding that there is always a response in accordance with his request.

When anxious thoughts come to mind, he is never to think of bills or lack or debts, but smilingly give thanks for God's abundance and riches, and rejoice that the obligation is paid now. When this technique is followed faithfully, there is a reconditioning of the mind to wealth, and I have seen marvelous results follow. You can apply this prayer process and let wonders happen in your life.

Learn to Relax and let Go and Experience Riches All Around You

It is not hard to believe in the Invisible Source of supply. Your five senses reveal to you the world around you on this three-dimensional plane. Your ears are attuned to hear only a few octaves of sound, yet your radio and television reveal to you that all about you are symphonies, music, laughter, songs, drama, speeches and voices from thousands of miles away.

Your eyes are geared to see the physical objects around you, but the atmosphere is full of pictures of bullfights in Spain, ships at sea, operas, Cabinet meetings and the President presiding at news conferences. You do not see gamma rays, beta rays, alpha waves, radio waves and cosmic rays, yet the atmosphere is nevertheless teeming with these vibrations.

Your thought-image of wealth, money or sale of property which you don’t see is first cause relative to that idea, and by accepting this truth and feeling the reality of it, your invisible thought-image will become money, riches or a home you need. Thoughts are things.

CHAPTER 17

HOW PRAYER WORKS

Why No One Can Upset You

Many of you have heard these expressions frequently: “I’m deeply hurt, I can’t get over it; I’ve been wounded to the quick; this is the last straw; I could forgive anything but not this.” The only creative power is our own thought; consequently we are hurt by our own thoughts, by the movement of our own mind. Each individual has the power to react positively or negatively. It is not what the other person says or does that hurts you; it is your reaction to what is said or done. The suggestions and statements of others cannot create circumstances for us unless we accept these suggestions and give them mental consent; this process requires a movement of your own mind, which, in the final analysis, is the only creative medium. You can think constructively or negatively, as you wish. You are free to choose how you will think and react.

How He Released High Tension

A young medical student told me that he used to get so angry and upset with his relatives, with whom he was boarding while attending medical school, that he painted their faces on a punching bag in the college athletic quarters. He punched the pictures of each of them regularly every day for a half an hour, giving about five minutes to each.

He claimed that this released his pent-up emotions and prevented his exploding in a fit of rage in their presence. I explained to him that the more anger and hostility he hurled at them by punching the bag, the worse he would get. In other words, he would magnify the negative emotions within himself.

If it were true that all he had to do to get rid of the emotions of hostility and anger was to express them, then the reverse would also be true: the way to get rid of love, peace, cordiality and goodwill would be to express them. On the contrary, however, as we do this we grow in love, peace, harmony and goodwill.

Actually, the more we express these qualities, the more God-like and spiritual we become. The qualities are of God, and the more we give of these qualities, the more we possess. The more wisdom you impart to others, the more you have.

It is a diabolical perversion of truth to tell a person who is full of hostility that the way to get rid of it is to express it. Actually, he begins to murder love, peace, harmony and discernment within him. If he keeps it up, these emotions reach a

point of saturation, which destroys him. Accordingly, this young intern began to surrender all his relatives to God and practiced religiously blessing each one by affirming whenever he thought of anyone of them. “I exalt God in the midst of you.” As he made a habit of this, he attained an inner peace and his relatives no longer troubled or irritated him. He realized that he was irritating himself.

Look at the Tree

You will notice how sturdy the tree is. It bends with the breeze and usually withstands the storm. It does not break easily. Likewise, all of us should bend and be flexible in meeting the vicissitudes of life. Learn to roll with the blows, knowing that everything passes away and you can meet the problem head on. Realize and know in your heart that through the Creative Intelligence within you, the problem can be solved.

. . . Stand still, and see the salvation of the Lord . . . (Exodus 14:13).

Prayer Controlled His Ups and Downs

I talked with a man a few weeks ago that complained bitterly about his ups and downs. He said, “Sometimes I make a small fortune in the stock market, and shortly afterward I experience a great loss. At times, I enjoy robust health, but periodically I find myself in the hospital for various ailments. Fortune and misfortune are my lot. Can’t something be done to stop these great swings of faith?”

I explained to this man that it is possible to maintain a constant upbeat and to lead a balanced life in which serenity and tranquility reign supreme. It is true that most people swing from exhilaration one day to a mood of depression the next day when something goes wrong. Many people constantly are going from “black Monday” to “bright Tuesday.”

This man realized that life would be very insipid, dull, and monotonous without any variations, challenges, or problems. Tragedies, emergencies, and exigencies come into the lives of nearly all people. It is possible to regular our emotional reactions so that neither the upbeat nor the downbeat is overly accentuated.

The first step this man had to take was to purposefully acquire mental and emotional control. He soon realized that he could preserve his equanimity regardless of circumstances. While speaking about man’s vicissitudes and misfortunes, Marcus Aurelius said, “Nothing happens to any man which he is not formed by nature to bear.” In Hawaii a guide will show you a hut where the great writer, Robert Louis Stevenson, wrote a masterpiece, Treasure Is/and,

despite the fact that he was suffering from an acute case of tuberculosis!

I gave my friend a spiritual prescription to follow, whereby he would find strength and assurance from the kingdom of God within him. He prayed frequently during each day, dwelling on these eternal verities:

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusted in thee." (Isaiah 26:3) I know that the inner desires of my heart come from God within me. God wants me to be happy. God's will for me is life, love, truth, and beauty. I mentally accept my good now, and I become a perfect channel for the Divine. I am an expression of God. I am Divinely directed in all my ways, and I am always in my true place, doing the thing I love to do. I refuse to accept as truth the opinions of man, for my mind is a part of God's mind, and I am always reflecting Divine wisdom and Divine intelligence. God's ideas unfold within my mind in perfect sequence. I am always poised, balanced, serene and calm, for I know that God always will reveal to me the perfect solution to all my needs. The Lord is my shepherd; I shall not want for any good thing. I am Divinely active and Divinely creative. I sense and feel the rhythm of God. I hear the melody of God whispering its message of love to me.

A completely balanced life followed after he had made himself a part of God's fulfillment by thinking in the above manner.

She Was Hearing Voices

A woman who was using the Ouija Board came to see me and showed me some writings which she had received when she began using the Board, some of which were very good and full of Biblical verses and quotations. After a few weeks, she said a voice took over and every night this inner voice would shout obscenities at her, tell her to commit suicide or to get drunk, and it made lewd and evil remarks to her.

In using the Ouija Board, she was in constant fear that some so-called evil entity would enter in and, as Job said, the thing, which I greatly feared, is come upon me . . . . (Job 3:25). In other words, her subconscious mind acted on her constant fear and responded in the above negative fashion.

I gave her a special prayer to use, one, which I have sent out over the years to many people who believe they are controlled by some evil entities. Love casts out fear. The constant realization of the Presence of God animating you, sustaining you, guiding and directing you will dissolve and eradicate all negative forces.

Following is the prayer I gave her, with instructions to repeat it aloud for

about ten minutes morning, afternoon and prior to sleep at night, knowing that by the reiteration of these truths constantly to the subconscious mind, all negation and fear would be removed. She began to affirm these truths regularly and systematically knowing and feelingly, until they became a living part of her mentality.

The Special Prayer Within You is the Power

"God loves me and cares for me. God's love fills my conscious and subconscious mind. I know that by affirming these truths I will dethrone from my mind all negative influences. I affirm these truths boldly. I mean every word, and what I decree comes to pass. God lives in me. God talks in me. God walks with me. My life is God's life, and God's peace fills my mind and heart. God's healing

Love saturates my whole being. Wisdom, truth and beauty govern me. I am whole, I am happy, I am peaceful, and the joy of the Lord is my strength.

"Where God is there is no evil. I can do all things through the God Power, which strengthened me. I know whatever I attach to "I AM" I become. God careth for me. The sacred circle of God's eternal love surrounds me, and the whole armor of God enfolds me. His light shines in my mind. I hear the truth; I know the truth; I hear the still, small voice of God saying to me, "Peace be still."

Following this meditation she issued the command boldly, incisively and decisively: "I decree you get out now. I mean it. I decree it. Get thee hence. God is, and His love is here now. Be thou gone. I am free. Thank you, Father."

After a week or so, following this prayer technique, she was completely free, and she also ceased dabbling with the Ouija Board. She now knows it was her own subconscious mind talking back to her. In other words, she was talking to herself.

The Case of the Crystal Gazer

One of the countries in which I have lived is India. A relative there told me about a friend of his who had gone to a crystal gazer that told him that he had a bad heart and would die at the next new moon. It happened just as predicted. My relative also told me that this crystal gazer was believed to have some strange occult powers and could do well or harm to a person. I suppose many of us have heard similar stupid, ridiculous, superstitious stories.

Let us look at what happened in the light of our knowledge of the way the subconscious mind works. Whatever the conscious mind will accept and act upon. This is why the Bible says, "As a man thinketh in his heart (subconscious

mind), so is he," or "It is done unto us as we believe." In other words, the things we believe cause all our experiences. My relative's friend was happy, healthy, vigorous, and robust when he went to see the fortuneteller. She gave him a very negative prediction, which acted like a post hypnotic suggestion. He became terrified and constantly dwelt upon the fact that he was going to die at the next new moon. He proceeded to tell everybody about it and got ready for the end. The activity took place in his own mind, and his own thought was the cause. He brought about his own so-called death, or rather destruction of the physical body, by his fear and expectation of the end.

The woman who predicted his death had not more power than the stones or sticks in the field. Her suggestion had no power to create or bring the end she suggested. If he had known the laws of his mind, he would have completely rejected the negative suggestion and refused to give her word any attention, knowing in his heart that he was governed and controlled by his own thoughts and feeling. Like tin arrows aimed at a battleship her prophecy could have been completely neutralized and dissipated without harming anyone. The suggestions of others in themselves have absolutely no power whatever over you accepts the power that you give them through your thoughts. You have to give your mental consent; you have to entertain the thought; then it becomes your thought, as you do the thinking. Remember, you have the capacity to choose. Choose life! Choose love! Choose health

What It Means to Think

To think implies comparison of one thing with another, of one proposition with another. If the mental instrument of man can only say, "Yes," comparison is obviously impossible. To think is to choose. Choose ye this day that ye shall serve. Yu have a choice between two things; to one of them you say, "Yes," too the other, "No."

For example, when you ask, "Why," you are seeking a reason. All reasoning involves selecting one thing and rejecting another. It would be impossible to select or reject unless your mind had the power of affirmation and rejecting. You are truly thinking when your thoughts are positive, constructive, harmonious, and when you reject all fears and contemplate the reality of your desire, knowing that there is an Almighty Power lodged in your subconscious depths which responds to your thought, and this Power will bring your thoughts to fruition. You are truly thinking when you reason things out in your mind, rejecting all concepts unfit for a mind dedicated to peace and harmony. You are truly thinking when you realize that there is a solution, a way out, knowing that a

subjective wisdom will respond to your creative thoughts when you are free from fear. If you are worried, fearful, or anxious, you are not thinking in the true sense of the word; it is the race mind thinking in you. Think on whatsoever things are lovely and of good report.

How She Recouped Her Loss

A businesswoman in Los Angeles told me that she had attracted a charlatan who swindled her out of nearly fifteen thousand dollars. She became embittered, revengeful, hostile and hateful toward all men and developed a martyr complex. She said that her misfortune was all due to bad luck. It was explained to her that he so-called misfortune was the silent unfolding of the bad thoughts of gloom and despondency which she had sowed in her deeper mind. What we sow, we reap, and our destiny depends on our choice of thoughts. The future is always the present grown up. We must remember that we are sowing seeds of thought in the garden of our mind every time we think. The good and bad seeds (thoughts) we deposit in our garden (mind) grow like the wheat and the tares until the harvest.

This woman admitted that she had been in a depressed and dejected state at the time she had attracted the confidence man. She was also quick to realize that her mood of despondency, grief and self-pity, being a mood of loss, attracted to her someone who testified to her mental attitude of loss. Loss can come in many ways, and in her case it was loss of joy, health, peace of mind, as well as money. This man could not have cheated her unless she had planted in the solid of her mind the seeds of loss, lack and limitation. The law of cause and effect is always operating to bring in the results of our choice.

This person overcame her mental anxiety and sense of loss by using the following prayer two or three times a day: “I know there is nothing lost in Infinite Mind; all things subsist in the One Mind. I know that whatever I accept and believe in my mind, I experience. I positively refuse to accept the loss of my wealth. I choose mentally and emotionally to identify myself with my wealth, and it comes to me in avalanches of abundance. I know definitely, positively, and absolutely that I cannot experience anything except through my mental acceptance and belief. I accept wealth and abundance now. I wish for everyone what I wish for myself, for I know that love is the fulfilling of the law of health, wealth, and peace of mine.”

As she repeated this prayer frequently, she reconditioned her mind to wealth. Whenever the thought of the swindler re-entered her mind, instead of reacting negatively she said, “I wish him well.” This means that she wished for him all the blessings of health, wealth, happiness, and peace of mind. After a few weeks

she was in an exalted frame of mind. She took a position as private secretary to a stock broker, an in a few months time she made ten times as much as she had lost Through information on the movement of certain stock the deeper mind recovered her loss for. Knowledge of the laws of our mind is truth, which sets us free.

Getting Back on the Beam

I knew a woman who hated her sister because the latter called her a slimy snake. She brooded over it for months, felt deeply hurt, and developed colitis as a result-all because of a few words uttered by her sister. She had to heal herself. In order to do this it was necessary for her mind work. The first thing she had to perceive was that the words uttered by her sister had absolutely no power whatsoever to affect her, as the only creative power was her own thought. A word is a thought expressed. The words which were thoughts expressed by her sister had no power to disturb her. They were not creative except as she entertained them in her own mind and reacted negatively. She had yielded to the thought of resentment; that thought then generated a negative emotion, followed by the objective manifestation in her colon. All three steps: thought, emotion, and manifestation took place in her mind. It is not what people say and do that hearts us; it is our reaction and response. In other words, the good and evil we experience are simply movements of our mind. The doctor told this woman that her ulcerative colitis was due to an emotional upheaval and he advised her to become loving and forgiving.

This is how she got back on the beam: She radiated thoughts of love, peace, and goodwill to her sister frequently during the day by affirming as follows, “I sincerely wish for my sister peace, health, and happiness, and I know that God’s river of peace and love flow through her now and forevermore.” This changed mental attitude on her part released the Infinite healing Power, which is within all, and in a few weeks” time she was completely whole, and all tests were negative.

The Healing of an Ulcer

Mr. Jones had feelings of strong resentment, hostility, and anxiety. He said to me, “The doctor says I have a peptic ulcer. Do you think my resentment caused it?” In our discussion I discovered he was really suffering from an emotional reaction toward a business associate. It seems that his associate had ridiculed his suggestions at one of the board meetings, and he had been brooding over the ridicule at length. Our emotions, when suppressed, must find an outlet in disease such as ulcers, migraine, and arthritis. Mr. Jones allowed this man to rob him of

inner peace, health, joy, and mental efficiency.

The healing process he followed was to see clearly that he had to cremate, burn up, destroy, and annihilate ruthlessly the entire ruthlessly negative thoughts in his mind, which were causing the trouble. He realized that his business associate had no power to irritate, annoy, or disturb him. He said to me, “I shall never again in the whole course of my life give to others the prerogative or capacity to hurt me. I know now they do not possess any such power.” This statement coming from him was, as you can readily see, fifty-one percent of the healing process; the rest was easy. He knew he had been entertaining mental gangsters, murderers, assassins, and marauders which robbed him of peace, tranquility, and inner peace. His negative, destructive thoughts produced his peptic ulcer. His thoughts were the thieves who robbed him. He healed himself by praying in the following manner several times a day until he got the inner reaction which satisfied, “My associate, John, is loving, kind and cooperative. He did not hurt, upset, or confuse me. I forgive myself completely for harboring revengeful, hateful thoughts about John. John is full of peace, joy, and love. There is harmony, peace, and understanding between us. Whenever any negative thought about John or anyone else arises, I immediately remind myself that the peace of God flows through me.”

How His Specific Prayer Worked

These spiritual thoughts released a tremendous, potent, therapeutic vibration, which radiated throughout his mind and body, and all the cells of his body took on a new tone. Moreover, the spiritual vibrations destroyed the negative pattern lodged in the subconscious area of his mind, and he experienced a remarkable change for the better. In a few months” time he was discharged by his physician as cured and was free to eat his customary food.

Taking a Personal Inventory

Are you experiencing friction, misunderstanding, and resentment in your relationship with others? These unsatisfactory personal adjustments are due to the bad company you are keeping in your mind. When you were young, your mother warned you to keep away from bad company, and if you disobeyed, you were probably soundly spanked. In a somewhat similar manner you must not walk down the dark alleys of your mind and keep the company of resentment, ill will, hostility, and hatred; these are the thieves of your mind, which rob you of poise, balance, harmony, and health. You must positively and definitely refuse to walk and talk with them in the galleries of your mind. On the contrary you must make it a practice to walk the sunlit streets of your mind, associate, peace, faith,

love, joy, good will, health, happiness, guidance, inspiration, and abundance. You can choose your companions in the objective world, and I feel sure that when you do will select them according to the criteria of honesty and integrity. You select your clothes, work, friends, teachers, books, home and food. You are a choosing, volitional being. When you choose something, you portray a preference for one thing over another; it may be a hat or a pair of shoes. The Bible says, “Choose ye this day whom ye shall serve.” Choose health and happiness in your mind.

How She Experiences the Blessings of Life

A businesswoman with whom I had a long-distance conversation complained that her business, marital and home conditions were very bad and practically beyond her control. I pointed out to her that, on the contrary, she had control and dominion over her thoughts, and feelings, actions and reactions, and that she must definitely assume responsibility for harmony, peace and happiness in her life.

On the phone I suggested that she open the Bible and read Ezekiel 24:26:— There shall be showers of blessing. I suggested that she enthrone that idea in her mind, and the idea being dynamic, she should listen to it with an inner ear. It would then penetrate her subconscious and release its energy.

This woman’s life was dried up, like the soil that has been too long without rain. She was full of fear, resentment and hatred toward her husband filled with a sense of defeatism. She said her first year in business had been a great success-beautiful and harmonious. She took credit for the first year’s success. I pointed out, however, that she must also assume responsibility for her failures and discordant home life.

A few weeks passed by and I had a wonderful letter form her saying that she had begun to sing to herself: “There shall be showers of blessings for me.” She got lost in the idea, and it found its way into her subconscious. From then on everything changed: Business picked up; there were new customers and a promotion for her husband. She is now possessed with a new zest for living. As she began to sing the song of triumph to herself, she dissolved all the bitterness and hostility and the Cosmic Energizer began to flow through her as harmony, health, peace and abundance.

Achieving Understanding

Man has to give up his false beliefs, opinions, and theories and exchange them for the truth, which sets him free. He must learn that he is not a victim of his five

senses; neither is he controlled by the external conditions or environment. He can change conditions by changing his mental attitude. His own thought and feeling create his destiny and determine his experience. Therefore, man no longer can blame others for his misery, pain, or failure. When a man sees clearly that which he thinks, feels, believes, and gives mental consent to, consciously or unconsciously, determines all happenings, events, and circumstances in his life, he ceases to resent, condemn, and blame others. He discovers there is no one to blame but himself.

Thoughts are Things

For countless centuries man has looked outside of himself and has filled his mind with jealousies, hates, resentment, and depressions due to his belief that others were marring his happiness and causing his troubles. He has believed that he is the victim of fate, chance, accidents, and that there are other forces and powers inimical to his welfare. These beliefs, with others of a similar nature, are false for the simple reason that man's thoughts are things, and man is what he thinks all day long. His mind is full of all sorts of weird ideas, superstitions, fears, anxieties, and complicated philosophies about devils, evil entities, and malicious powers. Man's thought is creative; his thoughts become his ulcer or his poverty. Man must divest himself of all his erroneous and false concepts and realize that he makes his own hell and his own heaven here and now. A man can influence his subconscious positively or negatively. The subconscious mind is always amoral, Impersonal, and has no ethics or sentiments. Hence, if man's thoughts are of an evil nature, the law of his subconscious mind will automatically bring these thoughts into form and experience. If man's thoughts are good, wholesome, and constructive, the law of his subconscious will bring forth good experiences and happy circumstances. This is neither more nor less than the law of cause and effect, which is a universal and impersonal law.

A New Concept of God Works Wonders

A few months ago, I spent some time in the home of a very kind man. He was noble, generous, and magnanimous in every way. He had cancer, however, in the same organ of his body as had his father and two brothers, all of whom died form cancer of the prostate gland. This man had feared he would have cancer in the same organ, and he commented that he had lived with that fear for over twenty years. Job said, "The thing I greatly feared has come upon me."

When this man prayed, he really was begging some far-off God, saying, "If it is God's will, He will heal me." Here again was the old jungle concept of an avenging god punishing his children. This man, after hearing a new concept of

God, now has acquired an optimistic, cheerful outlook on life, and he is receiving encouragement and praise from his physician. As he changed his conscious mind's belief, it was automatically communicated to his subconscious mind, which responded accordingly.

The Cause is Mental

Most people, when they read about train accidents, auto disasters, etc., seem to think that some outside force comes from somewhere and does harm to people who are entirely innocent; but the mental state and the disasters are "birds of a feather," and they "flock together."

We Punish Ourselves

The cause is thought, and the effect is the automatic reaction of the mind to the thought. Our retribution or reward depends on how we use our mind. If a man makes an erroneous decision in his mind, he invokes the mathematical and just response of the law and experiences loss as a result of his erroneous judgment or decision. The law of action and reaction is universal throughout nature. If man's thoughts are wise, his actions will be wise. God is not vengeful, but the impersonal laws of our mind reacting according to their nature because of our thought-life produce what seems to look like vengeance to the man unawake to the laws of his mind. Actually it is natural law of action and reaction which is always equal, exact, and precise. There is no point in blaming the lake if a man should happen to fall in when he lacks the ability to swim. We would not accuse the lake of vengeance; the water was completely impersonal.

Think good, good follows; think evil, and evil follows.

"I sent my soul though the Invisible some letter of that after-Life to spell, and by and by my soul returned to me

And answered, "I myself am Heaven and Hell.""

Omar Khayyam

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CHAPTER 18

MAKE FRIENDS WITH MONEY AND YOU WILL ALWAYS HAVE MONEY

The whole world and all its treasures in the sea, air and earth were here when you were born. Begin to think of the untold and undiscovered riches all around you, waiting for the intelligence of man to bring them forth. A sales manager se\id to me the other de\y that an associate of his sold a million dollar idea for expansion to the organization; he also added that there Were more millionaires now in the United States than at any time in history. You can have an idea worth a fortune! Moreover, you are here to release the impressions and splendor within you and surround yourself with luxury, beauty and the riches of life.

In this book, you will learn that it is necessary to have the right attitude toward money. When you really make friends with money, you will always have a surplus of it. It is normal and natural for you to desire a fuller, richer, happier and more wonderful life, look upon money as God's idea of maintaining the economic health of the nations of the world. When money is circulating freely in your life, you are economically healthy, in the same manner as when your blood is circulating freely, you are free from congestion. Begin now to see money in its true significance and role in life as a symbol of exchange. Money to you should mean freedom from want; it should mean beauty, luxury, abundance, sense of security and refinement.

Why She Did Not Have More Money

Being poor is a mental attitude. A young lady, a very good writer who had had several articles accepted for publication, said to me, "I don't write for money." I said to her, "What's wrong with money? It's true you don't write for money, but the laborer is worthy of his hire. What you write inspires, lifts up, and encourages others. When you adopt the right attitude, financial compensation will automatically come to you freely and copiously."

She actually disliked money. Once she referred to money as "filthy lucre."

She had a subconscious pattern that there was some virtue in poverty. I explained to her that there was no evil in the universe and that good and evil were in the thoughts and motivations of man. All evil comes from misinterpretation of life and misuse of the laws of mind. In other words, the only

evil is ignorance, and the only con-sequence is suffering.

It would be foolish to pronounce uranium, silver, lead, copper, iron, cobalt, nickel, calcium or a dollar bill evil. The only difference between one metal and another is the number and rate of motion of electrons revolving around a central nucleus. A piece of paper such as a $100 bill is innocuous, and the only difference between it and copper or lead is that the atoms and molecules with their electrons and protons are arranged differently for the physical evidences of money,

She Adopted New Ideas Toward Money and Prospered Accordingly

Here is a simple technique she practiced, which multi-plied money in her experience: “My writings go forth to bless, heal, inspire, elevate and dignify the minds and hearts of men and women, and I am Divinely compensated in a wonderful way. I look upon money as Divine substance, for everything is made from the One Spirit. I know matter and spirit are one. Money is constantly circulating in my life, and I use it wisely and constructively. Money flows to me freely, joyously and endlessly. Money is an idea in the mind of God, and it is good and very good.”

This young lady’s changed attitude toward money has worked wonders in her life, and she has completely eradicated that strange, superstitious belief that money was “filthy lucre.” She realized that her silent condemnation of money caused money to fly from her instead of to her. Her income has tripled in three months, which was just the beginning of her financial prosperity.

He Worked Hard But Lacked Money

Some years ago, I talked with a minister who had a very good following. He had an excellent knowledge of the laws of mind and was able to impart this knowledge to others, but he could never make ends meet! He had what he thought was a good alibi for his plight by quoting from Timothy: For the love of money is the root of all evil (I Timothy 6:10), forgetting what followed in the 17th verse of the same chapter, when Paul charges the people to place their trust or faith in the living God, who giveth us richly all things to enjoy (I Timothy 6:17). Love in Biblical language is to give your allegiance, loyalty and faith to the Source of all things, which is God. You are not, therefore, to give your allegiance, loyalty and trust to created things, but to the Creator, the Eternal Source of everything in the universe. If a man says, “All I want is money, nothing else. That’s my god and nothing but money matters,” he can get it, of course, but he is here to lead a balanced life, Man must also claim peace, harmony, beauty, guidance, love, joy and wholeness in all phases of his life.

To make money the sale aim in life would constitute an error or wrong choice. You must express your hidden talents, find your true place in life and experience the joy of contributing to the growth, happiness and success of others. As you study this book and apply the laws of your subconscious in the right way, you can have all the money you want and still have peace of mind, harmony, wholeness and serenity. To accumulate money to the exclusion of everything else causes man to become lopsided and unbalanced.

I pointed out to this minister how he was completely misinterpreting the Scripture in pronouncing pieces of paper or metals evil, when these were neutral substances, for there is nothing good or bad but thinking makes it so. He began to see all the good he could do with more money for his wife, family and parishioners. He changed his attitude and let go of his superstition. He began to claim boldly, regularly and systematically, “Infinite Spirit reveals better ways for me to serve. I am inspired and illumined, and I give a Divine transfusion of faith and confidence in the One Presence and Power to all those who hear me. I look upon money as God’s idea, and it is

Constantly circulating in my life and that of my parishioners. We use it wisely, judiciously and constructively under God’s guidance and wisdom.”

This young minister made a habit of this prayer, knowing that it would activate the powers of his subconscious mind. Today he has a beautiful church, which the people built for him. He has a radio program and has all the money he needs for his personal worldly and cultural needs. I can assure you, he no longer criticizes money.

The Master Key and Program To Disciplining Your Mind for Money

If you follow the procedure and technique outlined herein, you will never want for money all the days of your life.

Step 1: Reason it out in your mind that God, or the Life-Principle, is the Source of the universe, the galaxies in space, and everything you see, whether you look at the stars in the sky, the mountains, the lakes, the deposits in the earth and sea, or all animals and plants. The Life-Principle gave birth to you, and all the powers, qualities and attributes of God are within you. Come to a simple conclusion that everything you see and are aware of came out of the invisible mind of God, or Life, and that everything that man has invented, created or made came out of the invisible mind of man; and the mind of man and the mind of God are one, for there is only one mind common to all individual men. Come now to a clear-cut decision that God is the Source of your supply of energy, vitality, health, creative ideas, the Source of the sun, the air you breathe, the

apple you eat, and the money in your pocket, for everything is made inside and out of the Invisible. It is as easy for God to become wealth in your life, as it is to become a blade of grass.

Step 2: Decide now to engrave in your subconscious mind the idea of wealth.

Ideas are conveyed to the subconscious by repetition, faith and expectancy. By repeating a thought pattern or an act over and over again, it becomes automatic, and, your subconscious being compulsive, you will be compelled to express it. The pattern is the same as learning to walk, swim, play the piano, type, *etc.* You must believe in what you are affirming, Realize that what you are affirming is like the apple seeds you deposit in the ground, and they grow after their kind. By watering and fertilizing these seeds, you accelerate their growth. Know what you are doing and why you are doing it.

Step 3: Repeat the following affirmation for about five minutes night and morning:

> "I am now writing in my subconscious mind the idea of God's wealth. God is the Source of my supply, and all my needs are met at every moment of time and point of space. God's wealth flows freely, joyously and ceaselessly into my experience, and I give thanks for God's riches forever circulating in my experience."

Step 4: When thoughts of lack come to you, such as, "I can't afford that trip," or, "I can't meet that note at the bank," or, "I can't pay that bill," never finish a negative statement about finances. Reverse it immediately in your mind by affirming, "God is my instant and everlasting supply, and that bill is paid in Divine order." If a negative thought comes to you fifty times in one hour, reverse it each time by thinking, "God is my instant supply, meeting that need right now." After a while, the thought of financial lack will lose all momentum and you will find your subconscious is being conditioned to wealth. If you look at a new car, for example, never say, "I can't buys that." On the contrary, say to yourself: "That car is for sale. It is a Divine idea, and I accept it in Divine Order."

This is the master key. When applied as outlined in the above program, the law of opulence will work for you as well as for anybody else. The law of mind is no respecter of persons. Your thoughts make you wealthy or poor. Choose the riches of life right here and right now.

A Salesman Moves Up from $5,000 to $25,000 in One Year

A sales manager sent me one of his men for counseling. This salesman was a brilliant college graduate and knew his products very well. He was in a lucrative territory but was making only about $5,000 annually in commissions. The sales manager felt he should double or triple that.

In talking to the young man, I found he was down on himself. He had developed a subconscious pattern of $5,000 a year. He said that he had been born in a poverty-stricken home and that his parents had told him that he was destined to be poor. His stepfather had always told him, “You’ll never amount to anything.” These thoughts were accepted by his impressionable mind, and he was experiencing his subconscious belief in lack and limitation.

I explained to him that he could change his subconscious by feeding it with life-giving patterns. Accordingly, I gave him a mental and spiritual formula to follow which would transform his life. I explained to him that he should under no circumstances deny what he affirmed, because his subconscious mind accepted what he really believed.

He affirmed every morning before going to work: “I’m born to succeed; the Infinite within me can’t fail. Divine law and order govern my life, Divine peace fills my soul, and Divine love saturates my mind. Infinite Intelligence guides me in all ways. God’s riches flow to me freely. I am advancing, moving forward and growing mentally, spiritually, financially and in all other ways. I know these truths are sinking into my subconscious mind and will grow after their kind.”

The Results

A year later when I met this young man again, I discovered that he had been transformed. He had absorbed these ideas, which we had discussed, and he said, “I am appreciating life now, and wonderful things have happened. I have had an income of $25,000 this year, five times greater than the previous year.” He has learned the simple truth that whatever he inscribes in his subconscious mind becomes effective and functional in his life.

Meditation for a Rich Harvest of Financial Wealth

Use the following meditation for assurance in achieving financial wealth: ““Thou maddest him to have dominion over the works of thy hands.” I know that my faith in God determines my future. My faith in God means my faith in all things good. I unite myself now with true ideas and I know the future will be in the image and likeness of my habitual thinking. “As a man thinketh in his heart so is he,” From this moment forward my thoughts are on: “Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, and of good report”; day and night I meditate on these things and I know these seeds (thoughts) which I habitually dwell upon will become a rich harvest for me. I am the captain of my own soul; I am the master of my fate; for my thought and feeling are my destiny.”

Points to Remember

1. Begin to think of the untold riches all around you, waiting for the intelligence of man to reveal them. There is a guiding principle within you which, when called upon, will reveal to you the riches you are seeking.

2. There is an old saying: “Make friends with money and you will always have it.” Look upon money as God’s idea, circulating among nations, maintaining economic health. Claim that money is circulating in your life, and your subconscious will see to it that you have all the money you need.

3. If you condemn money, calling it “filthy lucre,” the root of all-evil, and making other such nonsensical statements, your money will take wings and flyaway. Money, like everything else in the universe, is universal substance, which is Spirit reduced to the point of visibility. Money, like nickel, cobalt, iron, platinum, lead, oil and coal, are all forms of the universal substance operating at different frequencies and vibrations.

4. Adopt a new attitude toward money, realizing you are entitled to be richly compensated for your work, whether it is writing, teaching, gardening, or whatever. Think of all the good you can do when money is circulating freely in your life.

5. You can work very hard, but if you dislike money or criticize it, you will find yourself in want financially. You do not make a god of money, but you realize that it is essential on this three-dimensional plane. You look to the real Source of wealth, which is God, and you know that as you turn to the Source It will turn to you and give you all the riches of life. In other words, you don’t worship a created thing. You worship the Creator; your expectation is from God, who giveth to all life, breath and all things richly to enjoy,

6. Claim that you are always using money wisely, judiciously and constructively for your own good and that of all men and women everywhere. Constantly claim also that the infinite reveals better ways in which you can serve.

7. The master key to disciplining the mind for money is to come to a clear cut decision once and for all that God is the source of everything you see in the universe, and that everything man has made came also out of the mind of God. Believing this to be true, your affirmation for wealth will prove productive. When fearful thoughts or thoughts of lack come to your mind, reverse them at once by affirming, “God is my instant supply—that bill is

paid in Divine mind now," or any similar appropriate affirmation. The secret is never finishing a negative statement regarding finances. After a while, the negative thoughts will cease to come, and you find you have conditioned your subconscious to wealth.

8. A salesman advanced from $5,000 to $25,000 in a year by changing his attitude of mind toward himself and money. His subconscious belief in poverty had held him back. He began to feed his subconscious mind with thoughts of success, opulence, right action and abundance; and he discovered that his thought, when properly guided, created promotion, wealth, self-esteem and recognition from his superiors and customers. He learned that what he inscribes in his subconscious becomes effective and functional in his life. His journey is now ever onward, upward and God ward.

9. Use the meditation at the end of the chapter to assure yourself of a rich financial harvest.

CHAPTER 19

SLEEP YOUR WAY TO RICHES

Your thought is your prayer. When your conscious mind deliberately accepts a creative idea or plan and turns it over to the subconscious with confidence, the intelligence of your subconscious brings it to pass in your experience. Your subconscious mind acts as a law and produces with mathematical exactitude the equivalent of your idea in your experience.

Do everything from the standpoint of the One God and His Love. For instance, when you shop, pray before purchasing. Say, my God guides me in all my purchases." softly, quietly to the sales lady or salesman", "God is prospering him,"

What so ever you do, do it with love and God Will? Pour out love and good will to all. Call on him frequently that God's Love and Transcendent beauty flow through all my thoughts, words, and actions. Make a habit of this. Fill your mind with the eternal verities; then you will see that "the flowers appear on the earth; the time profit the singing of birds is come!" You will begin to flower, yes; you will begin to bloom forth.

The earth means your body, environment, social life, and all things necessary on this objective plane.

The flowers you witness will be the birth of God in your mind. The flowers of God's guidance will watch over you, and lead you to green pastures and still waters. The flowers of God's Love will fill your heart. Now when you see discord anywhere, you will see the Love of God operating in all His Creation; as you realize It, you will see love come forth and flower in the other.

When you go into a home, and you see confusion, quarrelling, and strife, you will realize within yourself, that the peace of God reigns supreme in the minds and hearts of all those in this house; you will see the flower of peace made manifest and expressed.

Where you see financial lack and limitation, you will realize the infinite abundance and wealth of God forever flowing, filling up all the empty vessels, and leaving a Divine surplus. As you do this, you will live in the garden of God where only orchids and all beautiful flowers grow; for only God's ideas circulate in your mind.

As you go to sleep every night, you will clothe yourself with the garment of love, peace, and joy. When thou go, it shall lead thee; and when thou awaken, it shall talk with thee (Proverbs 6:22).

You're Subconscious and the Wonders of Sleep

You spend about eight out of every twenty-four hours, or one-third of your entire life, in sleep. This is an inexorable law of life. This also applies to the animal and vegetable kingdoms. Sleep is a divine law, and many answers to our problems come to us when we are sound asleep upon the bed.

Many people have advocated the theory that you get tired during the day, that you go to sleep to rest the body, and that a reparative process takes place while you sleep. Nothing rests in sleep. Your heart, lungs, and all your vital organs function while you are asleep. If you eat prior to sleep, the food is digested and assimilated; also, your skin secretes perspiration, and your nails and hair continue to grow.

Your subconscious mind never rests or sleeps. It is always active, controlling all your vital forces. The healing process takes place more rapidly while you are asleep as there is no interference from your conscious mind. Remarkable answers are given to you while you are asleep.

Why we sleep

Dr. John Bigelow, a famous research authority on sleep, demonstrated that at night while asleep you receive impressions showing that the nerves of the eyes, ears, nose, and taste buds are active during sleep, and also that the nerves of your brain are quite active. He says that the main reason we sleep is because "the nobler part of the soul is united by abstraction to our higher nature and becomes a participant in the wisdom and foreknowledge of the gods."

Dr. Bigelow states also, "The results of my studies have not only strengthened my convictions that the supposed exemption from customary toils and activities was not the final purpose of sleep, but have also made clearer to my mind the conviction that no part of a man's life deserves to be considered

More indispensable to its symmetrical and perfect spiritual development than the while he is separated from the phenomenal world in sleep."

Prayer, a Form of Sleep

Your conscious mind gets involved with vexations, strife, and contentions of the day, and it is very necessary to withdraw periodically from sense evidence and the objective world, and communicate silently with the inner wisdom of

your subconscious mind. By claiming guidance, strength, and greater intelligence in all phases of your life, you will be enabled to overcome all difficulties and solve your daily problems.

This regular withdrawal from sense evidence and the noise and confusion of everyday living is also a form of sleep, i.e., you become asleep to the world of the senses and alive to the wisdom and power of your subconscious mind.

Startling Effects of Sleep Deprivation

Lack of sleep can cause you to become irritable, moody, and depressed.

Dr. George Stevenson of the National Association for Mental Health says, “I believe it can safely be said that all human beings need a minimum of six hours” sleep to be healthy. Most people need more. Those who think they can get along on less is fooling themselves.”

Medical research scholars, investigating sleep processes and deprivation of sleep, point out that severe insomnia has preceded psychotic breakdown in some instances. Remember, you are spiritually recharged during sleep, and adequate sleep is essential to produce joy and vitality in life.

Saved from Certain Disaster

I will illustrate how the wisdom of your subconscious mind can instruct you and protect you relative to your request for right action as you go to sleep.

Many years ago, before the Second World War, I was offered a very lucrative assignment in the Orient, and I prayed for guidance and the right decision as follows: “Infinite intelligence within me knows all things, and the right decision is revealed to me in divine order. I will recognize the answer when it comes.”

I repeated this simple prayer over and over again as a lullaby prior to sleep, and in a dream came the vivid realization of things to come three years hence. An old friend appeared in the dream and said, “Read these headlines do not go!” The headlines of the newspaper, which appeared in the dream, related to war and the attack on Pearl Harbor.

Occasionally, the writer dreams literally. The aforementioned dream was undoubtedly a dramatization of the subconscious mind, which projected a person whom I trusted and respected. To some a warning may come in the form of a mother who appears in a dream. She tells the person not to go here or there, and the reason for the warning. Your subconscious mind is all-wise. It knows all things. Oftentimes it will speak to you only in a voice that your conscious mind will immediately accept as true. Sometimes your subconscious mind will

immediately accept as true. Sometimes your subconscious will warn you in a voice which sounds like that of your mother or some loved one which may cause you to stop on the street, and you find, if you had gone another foot, a falling object from a window might have struck you on the head.

My subconscious mind is one with the universal subconscious, and it knew the Japanese were planning a war, and it also knew when the war would start.

Dr. Rhine, director of the Department of Psychology at Duke University, has gathered together a vast amount of evidence showing that a great number of people all over the world see events before they happen, and in many instances are, therefore, able to avoid the tragic event which was foreseen vividly in a dream.

The dream which I had showed clearly the headlines in The New York Times about three years prior to the tragedy of Pearl Harbor. In consequence of this dream, I immediately cancelled the trip as I felt a subconscious compulsion to do so. Three years later the Second World War proved the truth of the inner voice of intuition.

Your Future is in Your Subconscious Mind

Remember that the future, the result of your habitual thinking, is already in your mind except when you change it through prayer. The future of a country, likewise, is in the collective subconscious of the people of that nation. There is nothing strange in the dream I had wherein I saw the headlines of the New York newspapers long before the war began. The war had already taken place in mind, and all the plans of attack were already engraved on that great recording instrument, the subconscious mind or collective unconscious of the universal mind. Tomorrow’s events are in your subconscious mind, so are next week’s and next month’s, and a highly psychic or clairvoyant person may see them.

No disaster or tragedy can happen to you if you decide to pray. Nothing is predetermined or foreordained. Your mental attitude, i.e., the way you think, feel, and believe determines your destiny. You can, through scientific prayer, which is explained in a previous chapter, mold, fashion, and created your own future. Whatsoever a man soweth, that shall he also reap.

A Cat Nap Nets Him $15,000

One of my students mailed me a newspaper clipping three or four years ago about a man called Ray Hammerstrom, a roller at the steel works in Pittsburgh operated by Jones and Laughlin Steel Corporation. He received $15,000 for his dream.

According to the article, the engineers could not fix a faulty switch in a newly installed bar mill which controlled the delivery of straight bars to the cooling beds. The engineers worked on the switch about eleven or twelve times to no avail.

Hammerstrom thought a lot about the problem and tried to figure out a new design, which might work. Nothing worked. One afternoon he lay down for a nap, and prior to sleep he began to think about the answer to the switch problem. He had a dream in which a perfect design for the switch was portrayed. When he awoke, he sketched his new design according to the outline of his dream.

This visionary catnap won Hammerstrom a check for $15,000; the largest award the firm ever gave an employee for a new idea.

How a Famous Professor Solved his Problem in Sleep

Dr. Hav. Helprecht, Professor of Assyrian at the University of Pennsylvania, wrote as follows: “One Saturday evening . . . I had been wearying myself, in the vain attempt to decipher two small fragments of agate which were supposed to belong to the finger rings of some Babylonians.

“About midnight, weary and exhausted, I went to bed and dreamed the following remarkable dream: A tall, thin priest of Nippur, about forty years of age, led me to the treasure chamber of the temple . . . a small, low-ceilinged room without windows, while scraps of agate and lapis-lazuli lay scattered on the floor. Here he addressed me as follows: “The two fragments which you have published separately on pages 22 and 26 belong together, are not finger rings . . . The first two rings served as earrings for the statue of the god; the two fragments (you have) . . . are the portions of them. If you will put them together you will have confirmation of my words.” . . . I awoke at once. I examined the fragments. And to my astonishment found the dream verified. The problem was then at last solved.”

This demonstrates clearly the creative manifestation of his subconscious mind, which knew the answer to all his problems.

How the Subconscious Worked for a Famous Writer While He Slept

Robert Louis Stevenson in one of his books, Across the Plains, devotes a whole chapter to dreams. He was a vivid dreamer and had the persistent habit of giving specific instructions to his subconscious every night prior to sleep. He would request his subconscious to evoke stories for him while he slept. For example, if Stevenson’s funds were at low ebb, his command to his subconscious would be something like this: “Give me a good thrilling novel

which will be marketable and profitable." His subconscious responded magnificently.

Stevenson says, ""These little brownies [the intelligences and powers of his subconscious] can tell me a story piece by piece, like a serial, and keep me, its supposed creator, all the while in total ignorance of where they aim." And he added: "That part of my work which is done when I am up and about [while he is consciously aware and awake] is by no means necessarily mine, since all goes to show that the brownies have a hand in it even then."

Sleep in Peace and Wake in Joy

To those who suffer from insomnia, you will find the following prayer very effective. Repeat it slowly, quietly, and lovingly prior to sleep: "My toes are relaxed, my ankles are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed, my face is relaxed, my eyes are relaxed, my whole mind and body are relaxed. I fully and freely forgive everyone, and I sincerely wish for them harmony, health, peace, and all the blessings of life. I am at peace; I am poised, serene, and calm. I rest in security and in peace. A great stillness steals over me, and a great calm quiets my whole being as I realize the Divine Presence within me. I know that the realization of life and love heals me. I wrap myself in the mantle of love and fall asleep filled with good will for all. Throughout the night peace remains with me, and in the morning I shall be filled with life and love. A circle of love is drawn around me. I will fear no evil, for Thou art with me. I sleep in peace, I wake in joy, and in Him I live, move, and have my being."

In sleep your conscious mind is creatively joined to your subconscious mind. Many good people think that sleep is intended only for rest of the body, but nothing rests while you are asleep, as your subconscious and all the vital processes of your body, though slowed down considerably, continue to function. A restorative process sets in during sleep resulting in a feeling of well being due to the fact that there is a restoration of physical energy. Another reason we go to sleep is to develop spiritually; therefore, it is of paramount importance that we avoid all discordant states prior to sleep. The Divinity that shapes our ends is all wise and has so arranged it that man is compelled to withdraw from the world of noise, which is not conducive to spiritual unfoldment.

From now on you always go to sleep feeling that you now are what you long to be. Your last concept as you fall asleep is etched on your deeper mind; you shall resurrect it. Always take into the banquet house of your Lover a noble, Christ like concept of yourself; your Lover will always give you what you

conceive and believe as true. Anything you can conceive, your Lover can give conception. Love gives birth to all things. Your tomorrows are determined by your concept of yourself as you fall asleep in the arms of your Love (your ideal).

The time of the singing of birds is at hand for you when you cease singing that old song of lack. You have listened to people sing this kind of song: It is like an old gramophone record: “I’m so lonesome; things never went right for me. I never had a chance. I have been cruelly treated.” “I have been operated on three times.” “You should hear about all the money I lost.” Yes, then they tell about the fear on the lonely road, plus their likes, dislikes, pet peeves, and hates. Imbued with God’s love, you will no longer sing that song again. You will sing the new song; for God’s ideas and truths (birds) will sing in you.

Then you will speak in a new tongue, which means the mood of peace, joy, good will, and love. You will no longer react to people and conditions like you did. The Song of God is now heard. Now when someone says something mean or nasty to you, you will immediately transform it by realizing God’s peace fills your soul. You will consume it with the fire of right thoughts; the birds will truly sing in your mind and heart as you do. You are happy; you are bubbling over with enthusiasm, and you are looking forward with a joyous expectancy to all good things. Wherever you go, you carry peace with you; all those who come within your orbit are blessed by your inner radiance. You begin to see sermons in stones, tongues in trees, songs in running brooks, and God in everything. The voice of the turtle is now heard in your land!

Tennyson said, “Speak to Him thou, for he hears, spirit with spirit shall meet, closer is He than breathing, and nearer than hands and feet.”

The voice of the turtledove is the voice of peace, the voice of intuition, and of God’s inner guidance. You can hear it by slowly listening. You breathe air without effort; likewise, you should learn to let the intelligence within your subconscious mind flow through your intellect without tension. Your subjective mind perceives by intuition. It does not have to reason or inquire, as it is an all-wise and an infinite intelligence. If you say to your subconscious, sometimes referred to as the subjective mind (it is subject to the conscious mind), “Wake me up at 6:00 o’clock,” you know that you will awaken exactly at the time specified. It never fails. We must realize that herein lays a source of power, which is omnipotent. Many good people have erroneous ideas about the gift of intuition. Many believe that it is an extraordinary event, to be experienced only by highly spiritual people. This is not true. Any businessman or housewife can receive an answer by turning to the infinite intelligence of the subconscious

mind, and guidance may be received for any problem. For instance one time as a boy I was lost in the woods. I sat down under a tree, and remembered a prayer, which starts with, “Our Father, He will show us the way; let us be quiet, and He will lead us.” I quietly repeated, “Father, lead us.”

A wave of peace came over me, which I can still recall. The voice of the turtledove became real. The turtledove is intuition, which means being taught from within. An overpowering feeling came over me to go in a certain direction as if I were being pushed ahead. Two of the boys came with me; the others did not. We were led out of that thick jungle, as if by an Unseen Hand.

Great musicians have listened and heard the music within; they wrote down what they heard inwardly. In meditation Lincoln listened to the principle of liberty; Beethoven heard the principle of harmony.

If you are intensely interested in the principle of mathematics, you love it; as you love it, it will reveal all its secrets to you.

Jesus heard the voice of the turtle dove when he said, “Peace, I leave with you; my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled; neither let it be afraid.” How wonderful you will feel as you drink in these words and fill your mind with their therapeutic potency.

Job heard the voice of the turtle when he said, “Acquaint now you with Him, and be at peace.” “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusted in thee.” “For God is not the author of confusion, but of peace.”

You can hear the voice of the turtle by turning to the Infinite Intelligence within you, saying, “Father, this is what I want . . .”; then state specifically and clearly the thing you desire. You are now turning your desire over to the God Wisdom within you, Which knows all, sees all, and has the “know how” of accomplishment. You always know whether you have really turned your request over or not. If you are at peace about it, you have turned it over. If anxious and worried, you have not subjectified your prayer; you do not fully trust the God Wisdom within.

If you want guidance, claim Infinite Intelligence is guiding you now; it will differentiate itself as right action for you. You will know you have received the answer, for the dove of peace will whisper in your ear, “Peace is still.” You will know the Divine answer, for you will be at peace, and your decision will be right.

A girl recently was wondering whether to accept a position in New York for

considerable more money or remain in Los Angeles in her present position. At night as she went to sleep, she asked herself this question, “What would be my reaction if I had made the right decision now?” The answer came to her, “I would feel wonderful. I would feel happy having made the right decision.” Then she said, “I will act as though I had made the right decision,” and she began to say, “Isn’t it wonderful! Isn’t it wonderful! Over and over again, as a lullaby, and lulled herself to sleep in the feeling, “It is wonderful.”

She had a dream that night, and the voice in the dream said, “Stand still! Stand still!” She awakened immediately, and knew of course that was the voice of the turtledove—the voice of intuition.

The fourth dimensional-self within her can see ahead; it knows all and sees all; it can read the minds of the owners of the business in the east. She remained in her present position. Subsequent events proved the truth of her Inner Voice; the Eastern concern went into bankruptcy. “I the Lord will make myself known unto him in a vision, and will speak unto him in a dream.”

“My beloved is mine, and I am his; he feedeth among the lilies.” The lilies represent the poppies, which grow in the East. To see the poppy field sway in the breeze is a very beautiful sight. Here the inspired biblical writer is telling you to have a romance with God. As you turn to the God-Presence, It turns to you. You experience the mystic marriage, the wedded bliss, when you fall madly in love with truth for truth’s sake; then you become full of the new wine, the new interpretation of life.

The lilies symbolize beauty, order, symmetry, and proportion. As you feed or feast on the great truth that God is Indescribable Beauty, Boundless Love, Absolute Bliss, Absolute Harmony, and Infinite Peace, you are truly feeding among the lilies. When you claim that what is true of God is true of you, miracles will happen in your life.

By realizing and knowing these qualities and attributes of God are being expressed through you, and that you are a channel for the Divine, every atom of your being begins to dance to the rhythm of the Eternal God. Beauty, order, harmony, and peace appear in your mind, body, and business world as you feed among the lilies; you feel your oneness with God, Life, and God’s Infinite Riches. You are married to your Beloved, for you are now married to God; you are a bride of the Lord (I AM). From this moment forward you will bring forth children of your Beloved; they will bear the image and likeness of their Father and Mother.

The father is God’s idea; the mother is the emotionalizing of the idea, and its

subjective embodiment. From that union of idea and feeling come forth your health, abundance, the happiness, and inner peace.

Sit down and feed among the lilies by realizing that every night of the year when you go to sleep, you go before the King of Kings, the Lord of Lords, and the Prince of Peace. Be sure you are dressed properly as you enter into His Holy Presence. If you were going before the President, you would put on your best clothes. The clothes you wear as you enter into the heavens of your own mind every night represent the mood, or the tone you wear. Be sure it is always the wedding garment of love, peace, and good will to all.

Be absolutely sure that you can say, “Behold, thou art fair.” There must be no resentment, ill will, condemnation of self or others, and no criticism of any person. God’s Love must really fill your heart for all men everywhere. You must sincerely wish for everyone what you wish for yourself; then you can say to your mood or feeling, “Behold, thou art fair.” “And when ye stand praying, forgive, if ye have ought against any.” I my beloved am mine.” That entire God is yours, for God is within you. All you can possibly desire is already yours. You need no help from the outside to feed among the lilies.

When you go to sleep tonight, forgive everyone, and imagine and feel your desire is fulfilled. Become absolutely and completely indifferent to all thought of failure, because you now know the law. As you accept the end, you have, as Troward so beautifully stated, willed the means to the realization of the end. As you are about to enter sleep, galvanize yourself into the feeling of being or having your desire. Your mental acceptance or your feeling as you go to sleep is the request you make of your Beloved; then She looks at your request (conviction in the subconscious mind), and being the Absolute Lover, she must give you what you asked.

“You feed among the lilies until the day breaks and the shadows flee away.” the shadows are fear, doubt, worry, anxiety, and all the reasons why you cannot do something. The shadows of our five senses and race belief hover over the minds of all as we pray.

Prolonged worry robs you of vitality, enthusiasm, and energy and leaves you a physical and mental wreck. Psychosomatic physicians point out that chronic worry is behind numerous diseases such as asthma, allergies, cardiac trouble, high blood pressure, and a host of other illnesses too numerous to mention.

The worried mind is confused, divided, and is thinking aimlessly about a lot of things which are not true. Worry can be solved, however, by the application of the law of mind.

Your problem is in your mind. You have a desire, the realization of which would solve your problem. But when you look at conditions and circumstances as they are, a negative thought comes to your mind and your desire is in conflict with your fear. Your worry is your mind's acceptance of the negative conditions.

Realize that your desire is the gift of God, telling you to rise higher in life and that there is no power to challenge God, the Living Spirit Almighty within you. Then affirm to yourself: God (Cosmic Wisdom) gave me this desire, and the Almighty Power is now backing me up, revealing to me the perfect plan for its unfoldment, and I rest in that conviction. When fear or worry thoughts come to your mind, remind yourself that God is bringing your desire, ideal, plan, or purpose to pass in Divine order, and continue in this attitude of mind until the day breaks and the shadows flee away.

When you pray, accept as true what your reason and five senses deny and reject. Remain faithful to your idea for being full of faith every step of the way. When your consciousness is fully qualified with the acceptance of your desire, all the fear will go away. Trust in the reality of your ideal or desire until you are filled full of the feeling of being it; then the day will break and all shadows

Will flee away. Yes, the answer to your prayer will come and light up the heavens of your mind bringing you peace.

No matter what the problem is, how acute, dark, or hopeless things seem to be, turn now to God, and say, "How is it in God and Heaven?" The answer will softly steal over your mind like the dew from heaven: "All is peace, joy, bliss, perfection, wholeness, harmony, and beauty"; then reject the evidence of your senses, and feed among the lilies of God and Heaven, such as peace, harmony, joy, and perfection. Realize what is true of God must be true of you and your surroundings. Continue in this abiding trust and faith in God "until the day breaks and the shadows flee away."

God's will for me

"God opens for me the windows of heaven, and pours me out a blessing." God's will must be God-like; for that is the nature of God. God's will for me, therefore, is health, goodness, harmony, and abundance.

"If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you." I am now enlightened by the truth; each day I am growing in wisdom and understanding. I am a perfect channel for the works of God; I am free from all worry and confusion. Infinite Intelligence within me is a lamp unto my feet. I know I am led to do the right thing; for it is God in action in

all of my affairs.

The peace that passed understanding fills my mind now. I believe and accept my ideal. I know it subsists in the Infinite. I give it form and expression by my complete mental acceptance. I feel the reality of the fulfilled desire. The peace of God fills my soul.

Abide in the silence

Jesus said, “God is a Spirit; and they that worship him must worship him in spirit and in truth.”

I know and realize that God is a spirit moving within me. I know that God is a feeling or deep conviction of harmony, health, and peace within me; it is the movement of my own heart. The spirit or feeling of confidence and faith which now possesses me is the spirit of God and the action of God on the waters of my mind; this is God; it is the creative power within me.

I live, move, and have my being in the faith and confidence that goodness, truth, and beauty shall follow me all of the days of my life; this faith in God and all things good is omnipotent; it removes all barriers.

I now close the door of the senses; I withdraw all attention from the world.

I turn within to the One, the Beautiful, and the Good; here, I dwell with my Father beyond time and space; here, I live, move, and dwell in the shadow of the almighty. I am free from all fear, from the verdict of the world, and his appearance of things. I now feel His Presence, which is the feeling of the answered prayer, or the presence of my good.

I become that which I contemplate. I now feel that I am what I want to be; this feeling or awareness is the action of God in me; it is the creative Power. I give thanks for the joy of the answered prayer, and I rest in the silence that “It is done.”

To be, to do, and to have

At the center of my being is Peace; this is the peace of God. In this stillness I feel strength, guidance, and the love of His Holy Presence. I am Divinely active; I am expressing the fullness of God along all lines. I am a channel for the Divine, and I now release the imprisoned splendor that is within. I am Divinely guided to my true expression in life; I am compensated in a wonderful way. I see God in everything and personified in all men everywhere. I know as I permit this river of peace to flow through my being, all of my problems are solved. The universal Law of attraction irresistibly attracts all things I need to fully express

myself on this plane to me. The way is revealed to me; I am full of joy and harmony.

CHAPTER 20

THE TRUE ART OF MEDITATION AND RELAXATION

Kathmandu, the capital of the Himalayan Kingdom of Nepal, the “8hangri La” of the travel world, is located on the southern slopes of the mighty Himalayas between India and Tibet. This is a country that has been isolated for centuries by its rulers. Nepal has wonderful, unique sights to offer travelers from all over the world.

Nepal is famous for its scenic beauty and the glorious, panoramic view of snowy ranges. The town of Patan is lined with pagodas, the Krishna Temple and the Golden Temple, which is outstanding in beauty. Here we saw a number of elderly men meditating on the temple steps and at the entrances to the various shrines. Their eyes were closed and some seemed to be in a mystic trance. The idea for a chapter on meditation and relaxation came to my mind.

How to Meditate Constructively and Easily

There is no mystery about meditation. Everybody in the world meditates, but not always constructively. Meditation is as natural as eating, drinking, breathing, *etc*. The businessman, the scientist, the housewife and the taxi driver all meditate. Even the agnostic, the atheist and the most seemingly materialistic minded business people constantly meditate. The only difference is that they do not meditate on spiritual things-on the eternal verities, which are the same yesterday, today and forever. When you meditate from a spiritual standpoint, it is absolutely essential to practice the Presence of God.

True Spiritual Meditation

True meditation is a way of experiencing the Presence of God. It is the quickest method of becoming illumined, inspired and absorbed in the Truths of God and of experiencing the moment that lasts forever. This simply means that you become engrossed in God, knowing, believing and intensely confirming that The Living Spirit Almighty within you is the only Presence, Power, Cause and Substance, and that everything you are aware of is a part of the Infinite Being in manifestation. Sit down quietly, relax your mind and focus your attention on this greatest of all truths; then you are truly meditating from a spiritual standpoint because you are mentally ingesting, digesting, absorbing and appropriating this truth into your mentality in the same manner as that in which an apple becomes a part of your blood stream.

Everybody Meditates Either Constructively or Negatively

For example, John Jones gets up in the morning and immediately picks up the newspaper, reading the headlines dealing with politics, crime and international disturbances. Many times he gets agitated and disturbed about the political situation. He gets furious at the decisions of some judges and terribly exercised about what certain columnists had written. He is so absorbed and engrossed in his mental recriminations that when his wife speaks to him, he does not hear her.

This is a first-class meditation having very negative results. Know that whatever we get absorbed in or give our attention to is magnified by our subconscious. The newspaper has no power to disturb him, as the written material, which is printed in ink, has no power to irritate him or give him indigestion. It was all due to the movement of his own thoughts. He disturbed himself. He could have read the newspaper dispassionately. He might be moved at times to write constructive letters to his Congressman or to the appropriate governing bodies in his city, but the newspaper and its contents had absolutely no power whatever to annoy him.

People all over the world meditate on old hurts, peeves, grudges, grievance, lawsuits they lost, a blowout on a lonely road, losses they suffered in the 1929 stock market crash and the mistakes they have made, not knowing that they are simply magnifying the troubles and reinfecting themselves all over again. If a negative thought comes into your mind, cremate it with a spiritual thought such as, “God is love, and His peace fills my soul.”

For example, if you are dwelling on what the prophets of doom and gloom today are predicting, or if you are mentally quarreling with the boss on the job,

you are indulging in a first-rate meditation, which is followed by negative results. Ouspensky used to say that one's inner speech becomes solidified sound, which means that your silent conversation with yourself is always made manifest in your experience. The silent thinking and imaging, whether constructive or negative, comes forth as form, function, experience and event in your life.

The Fruits of Her Spiritual Meditation

I received a lovely letter from a woman in Oregon who had a malignant tumor. She had been reading Great Bible Truths for Human Problems and had become intensely interested in the techniques of prayer outlines therein. She had begun to meditate on the God-Presence, reminding herself that the Infinite Healing Presence was within her and that God was boundless love, absolute harmony, infinite intelligence, omnipotent, all-wise and omnipresent. She then claimed for about 15 or 20 minutes two or three times a day that "God is, and His Healing Presence is no flowing through me. Divine love saturates my whole being and God in the midst of me is making me whole and perfect now. I give thanks for the miraculous healing taking place now. It is done!"

In about a week's time she knew that something had happened, and her surgeon confirmed her intuitive perception. The tumor was dissolved, and X-rays showed nothing there. This is spiritual meditation. It produced results. You are living in a subjective and objective world, and you must show results in both phases of you life.

What Is Meditation?

The Bible is replete with references to meditation. To meditate, in the language of dictionary, means to keep the mind or attention focused upon; to muse upon or over; to consider something to be done or affected; to engage in thought or contemplation; to ruminate, reflect, cogitate, study, think. That is why everybody meditates.

What Does the Bible Say?

The Psalmist says: But his delight is in the law of the Lord; and in his law doth he meditate day and night. And He shall be like a tree planted by the rivers of water that bringeth forth his fruit in his season; his leaf also shall not whither; and whatsoever he doeth shall prosper (Psalm 1:2-3).

Let the words of my mouth, and the meditation of my heart, be acceptable in they sight, 0 Lord, my strength and my redeemer (Psalm 19:14).

As the Psalmist points out, you delight is in the law of the Lord, and the law is: You are what you contemplate. You are what you think all day long. Give

your attention and devotion to the great truth: . . . As he thinketh in his heart so is he (Proverbs 23:7).

It is the ideas, beliefs and opinions impressed in your subconscious mind that are projected and made manifest on the screen of space. You must incorporate the eternal truths of God in your life. You must, therefore, practice contemplating on the great truths of God from the highest standpoint.

Follow the injunction of the Psalmist when he says: Let the words (thoughts expressed) of my mouth, and the meditation of my heart (the inner, silent knowing of the soul; your deep, abiding faith and conviction) is acceptable . . . (Psalm 19:14).

In other words, in true spiritual meditation, your brain and your heart must agree on what you affirm. To state it still another way, your conscious and subconscious mind must both agree; then comes the manifestation of your good. Your thought and feeling, fused together, represent the union of the male and female elements within you, which are Divine agencies, resulting in the joy of the answered prayer.

The Moment that Last Forever

In talk about meditation during my visit to India, a man who had been a chronic alcoholic and a dope addict (he had used cocaine from time to time and told me he had even hit the gutter and had become a panhandler) related that one day he had met a holy man (there are about to million roaming the country in India.) The holy man told him that all he had to do was to still the wheels of his mind and for about half an hour, twice a day, affirm: “Brahms’s love, peace, beauty, glory and light are flowing through my whole being, purifying, cleansing, healing and restoring my soul.”

He followed the instructions, knowing that he would activate and resurrect the qualities and powers of God resident in his subjective depths. He continued meditating every night and morning; and at the end of a few weeks, while meditating one night, his whole mind and body, as well as the room he was in, became a blaze of light. He was actually blinded, as was Paul, by the light for a while. He felt an inner rapture and ecstasy and a sense of oneness with God and the whole world. His feeling was indescribable.

He had experienced what the ancient mystics called “the moment that lasts forever.” He was completely healed and is teaching others how to lead a new life. He invested his mind wisely that is real meditation.

Meditation Molds Your Future

You are what you meditate on all day long. The late Dr. David Seabury, who specialized in Quimby's techniques, told me that while he was practicing in New York City, a man had asked him to come and see his wife, who was paralyzed due to an emotional shock. Dr. Seabury called it psychological paralysis. He gave her a technique to practice. She was to vividly imagine herself doing all the things she would do were she whole and perfect, such as driving her car, riding horseback, golfing and working around the house.

She practiced this for about 15 to 20 minutes four or five times a day, regularly and systematically. He explained to her that any image she held in her mind, backed by faith and enthusiasm, would come to pass and be objectified. At the end of the month, he arranged with the nurses to absent themselves temporarily at a time arranged by him, simultaneously informing the woman that her son would call from India at that hour. (All this had been arranged with the son before hand.)

At exactly 12:00 noon, the phones rang and kept on ringing, she knowing it was her son. The phone had been purposely placed out of her reach. She got up and walked to the phone and has continued walking for many years afterwards.

She had been very busy for a month focusing her attention on walking, riding, *etc.* She had expended a vast amount of mental and spiritual energy towards a specific goal of walking again. Her mental image was energized by faith and confidence in the Power within her. She had been truly meditating. Then, when she heard the phone ring, knowing her son was to call at that hour, the longing to hear his voice seized her mind and activated the Spirit within and she experienced the results of her meditation. Her thought-image was the mediator between the invisible world of Spirit (God) and its Physical manifestation of walking.

Transcendental Meditation

Emerson was a transcendentalist, and he healed himself of tuberculosis by meditating on the beauties and glories of nature. He wrote a magnificent chapter on nature, saying: “Crossing a bare common, in snow puddles, at twilight, under a clouded sky, without having in my thoughts any thoughts of special good fortune, I have enjoyed a perfect exhilaration. The currents of the Universal Being circulates through me; I am part and parcel of God.”

In meditating and writing on the beauty, order, symmetry and proportion evident in all nature and contemplating the glories of the stars and the celestial beauty, he brought about a molecular change in his body to conform to the pattern on the Mount. He called the stars the daily bread of the soul. His contemplation transcended his five senses, and he dwelt on the One, the Beautiful and the Good in himself and in all of nature. He practiced real transcendental meditation.

The Om Mantra

In the East, the word “Om,” which in our Bible is called I AM, means Being, Life, God, Awareness, the Living Spirit Almighty. Many repeat the word “Om” over and over again as a chant. You can repeat II I Am” to yourself over and over again; and as you continue, you will find an inner peace and tranquility.

A mantra can be a verse from the Bible, a word, a hymn or the sound “Om” repeated over and over again. “The Lord is my shepherd” is a good mantra. It is much better to know the meaning of what you are affirming than to use a mantra blindly without knowing what you are saying. Your repetitions will get no real result without meaning. If you want to grow spiritually you should know what you are doing and why. There must be meaning and feeling behind the verse, mantra or word.

You can use the word “peace,” repeating it for 15 or 20 minutes, and you will become very peaceful, relaxed, serene and calm. Another wonderful mantra is “God is love.” A businessman told me that at the suggestion of a professor of psychology, he took the word “Coca Cola” and repeated it to himself for 20 minutes twice a day. He said his blood pressure dropped, his digestion improved, and he felt relaxed and more peaceful. The psychologist had wanted to point out to him that any word used over and over again would bring relaxation of mind and body, resulting in better circulation, digestion, and the release of more energy.

He produced a quiet mind by focusing on one word. Likewise, you can take any word, such as “insight,” and repeat it and get the same results. The one word, “Coca Cola,” may well bring about the bodily changes mentioned; but that is not really spiritual growth, because to meditate spiritually, you must appropriate more and more of Divinity and become a more God-like man.

Cleanse Your Mind

Before YOl1 meditate spiritually. Forgive yourself completely for any negative thoughts and resolve not to harbor them again. Furthermore, forgive everybody else by radiating love and goodwill to him or her while wishing for them all the blessings of life. You will always know when you have forgiven everyone, because you can meet him or her in your mind and you no longer sizzle; you are at peace. You would not pour clean water into a dirty vessel. The vessel is your mind. You don’t expect the Holy Spirit to flow through a contaminated mind. Resentment, self-condemnation, hostility and ill will block the flow of good into your life. Meditate the right way. And when ye stand praying, forgive, if ye have ought against any . . . (Mark 11:25).

The Effortless Way

The discipline of looking inwardly is meditation. What we understand we do naturally; what we do not understand we force ourselves to do. Students so often tell the teacher how hard they have tried. The very effort meant failure, for meditation is always effortless. Tension, exertion, and force are fatal and will only result in failure.

An excellent way, for example, to still the mind is as follows: Imagine yourself on a mountaintop, looking into a lake. In the Placid surface you see the sky, the stars, the moon, and those things above the earth. If the surface of the lake is disturbed, the things seen are blurred and indistinct. Thus, it is with you, if you are not “still”—not at peace.

And the answer to prayer comes only to the man who dwells with all tranquility on the joy of already having received that for which he prayed. Meditation may be called the internalizing of consciousness; it is the pilgrimage within to the Divine Presence.

Half an hour a day spent on meditation upon you ideals, goals and ambitions will make you a different person. In a few months” time the gentle, silent acknowledgment comes that God is within you; that the Spirit of the Almighty is now moving on your behalf and that which you long to be, to possess and to do is already a fact of mental acceptance.

Man actualizes this state by feeling the thrill of accomplishment; and when he has succeeded, he will no longer be worried, anxious or apprehensive. Moreover, he will not ask anyone for advice, because he will be under compulsion to do that, which is right. His subjective mind compels him to take all the necessary steps for the completion of his goal or objective.

After prayer, if a man is still doubtful and he begins to argue with himself as to which to pursue, it means that he has not fixed the desired state in his subconscious. For I say unto you, among those that are born of woman there is not a greater prophet than John the Baptist: but he that is least in the kingdom of God is greater than he (Luke 7:28). This means that any man who prays successfully and who touches Reality by getting into the proper mood or feeling is greater than the wisest man alive.

Most of us live life looking outwardly. The wise learn to look inwardly. The disciplines of looking inwardly are termed together “meditation.” Detachment is the key to meditation; that is, severing us completely from all worldly beliefs and opinions, focusing silently on our ideal state. It is the effortless-effort, which

causes us to flow towards that which we realize without conflict. Detachment does not mean that we give our earthly possessions, which are necessary for survival; but rather, we must give up possessiveness in ourselves by realizing that God possesses all and that we are stewards of the Divine, handling what we possess wisely, judiciously and constructively. We must not give up what we have, but rather give up the attachment that peculiarly limits us to human viewpoint in all matters.

Be Still and Know I Am God (Psalm 46: 1 0)

Quiet your mind and remind yourself that the “I AM” within you is God, the only Presence and Power. Stillness is not only keeping quiet; it means that the causes within the mind by which the inward life is rendered discordant have been removed. It means that there must be no inner dissonance; but, rather, that when man goes within himself, he must find perfect and abiding peace.

Knowing that God is within himself makes man live in a world that is ever peaceful. The lack of it makes man live in a series of conditions, which grieve him to the end. He fusses and fumes about things, which, if he saw them differently, would not cause one moment of unhappiness.

Every day of our lives w~ should meditate on beauty, love and peace. We should feel that these qualities are being resurrected in us. As we meditate on wisdom, truth and beauty, we’ll experience the second birth, or spiritual awakening.

Moving Inward

By moving inward and meditating on the I AM, or God, the mystic finally finds the real. As he goes inward, he realizes first that this thing called the body is simply waves of light, and that this earth upon which we are seated becomes flames of light. The external life becomes the dream, and internal life awakens.

As man moves further and further inward, he finally merges with the Infinite. Suddenly man, the mediator, perceives that by going inward he has found the universe; that the sun, moon, stars and planets are within. For the first time he knows that planets are thoughts; that suns and moons are thoughts; that his own consciousness or I AM ness is the realization which sustains them all; that temporarily in space are moving the dreams of the dreamer; and the worlds, suns, moons and stars are thoughts of the Thinker. God is meditating on the mysteries of Himself.

This inward journey, therefore, ultimately leads man to Nirvana—to the Real; it leads man away from the sense of small "I" to the realization of the Indwelling God-The Eternal Self. The mystic's mind, through meditation, finds the peace, the strength and the fortitude for further steps. The practice of the discipline of meditation bestows beauty, love, peace, grace and dignity upon every impulse, every attitude and every act.

Let us meditate on these lines, written by finger of God, the Ancient of Days, which have come to us down through the ages, ever the Ageless Wisdom:

> "Of all existence I AM the Source, the continuation and the end. I AM the germ, I AM the growth, and I AM the decay. All things and creatures I send forth. I support them while they yet stand without, and when the dream of separation ends, I caused their return unto myself. I AM the Life, the Wheel of the Law, and the way that leaded to the beyond. There is none else."

Relaxation

The following is a very old technique of relaxation practiced in India, Nepal and other countries:

(1) Your chest, neck and head should be held in as straight a line as possible.

(2) Then inhale through the nostrils, mentally counting six pulse-throbs.

(3) Hold your breath during three counts.

(4) Exhale through the nostrils six counts.

(5) Hold the lungs empty during three counts.

(6) Repeat as often as desired, as no slightest discomfort is felt.

After a little practice, the rhythm will be perfectly established without the necessity of mental counting. When this is achieved, all tenseness and effort will disappear and complete relaxation results.

Later you can execute this exercise with perfect ease while walking, making each step a rhythmic unit of count. However, in the beginning, especially for people living in the city where they experience constant interruption of traffic crossing and congestion, it is better to confine the exercise to the sitting or lying down posture.

In addition to the physical reaction of this rhythmic breathing, there is a spiritual response. With each inhalation, you may impregnate your subconscious with whatever idea you wish. It is important to remember that the suggestion or idea you have in mind should be practiced simultaneously with the inbreathing. In this relaxed state, there is an outcropping of the subconscious, which is the best and easiest way to impregnate your deeper mind. For example, if you are gloomy or despondent, as you inbreathe, orally or mentally say, “I AM happy” and feel it. Smile. This exercise may be repeated twenty-four to a hundred times at one time and repeated as often as you like.

Learning to Breathe Rhythmically

When we learn to breathe rhythmically, its effect on the nervous system is such that all tension is dissolved. All of us know from a physiological standpoint, deep, diaphragmatic breathing is very beneficial in promoting bodily well-being. The sensation of well-being, which always follows the drawing of a deep breath, favors the acceptance of any new idea or suggestion.

During there breathing exercises, we should visualize ourselves as we long to be-full of vigor and health. The regular rhythm of breathing brings about a stimulus analogous to that exerted by every rhythm, such as, for example, music or dance forms which have a soothing, lulling influence. This rhythm tends to immobilize the attention and induce relaxation.

Healed of Asthma

In talking to an elderly woman in the hotel at Katmandu, Nepal, she said that she had suffered from asthma for several years and that a priest in one of the temples had given her a spiritual formula, which had healed her of the affliction. The spiritual exercise was as follows:

She sat down quietly in her armchair and began to breathe slowly. With each inhalation she would silently affirm, “I AM all health.” With each exhalation she would affirm, “God is my health.” She would keep this up for from ten to fifteen minutes, morning and evening and also at noon.

In two weeks” time she was healed and is now vital, strong and bubbling over with enthusiasm at the young age of eighty years.

Your Body Is Constantly Changing

Man is a pulsating, rhythmic being. Our bodies are as much subject to rhythmic laws as is everything else in the universe. The ancients said, “Every atom in space dances to the rhythm of the gods.” The universe (ones verse) simply one note or tone in God; but there is an infinite number of tones or rates of vibration within the one. Everything that we see is vibrating, and nothing is in absolute rest in nature. Only God is motionless. Nature is the birth or activity of God-the One manifesting Himself in countless ways. The moment forms appear in the world, they begin to change; and from them appear other forms, and so on. Ad infinitum.

Forms are simply appearance; they come and go. Likewise, the body of man is constantly changing. Science tells us that man has a new body every 11 months. The cells of the body are constantly dying, being replaced by new cells. If man spiritualizes his thoughts, the cells of the body will take on a new spiritual overtone, and his whole being will be transformed into vitality and wholeness.

There is almost a complete change in the chemistry of the body in a matter of seconds and minutes, so much so that scarcely one atom or electron composing your body will be present a few months hence. All is vibration, and constant change pervades the universe. The beating of your heart follows a certain rhythm; so also does the ebb and flow of the tide.

The World Is a Mirror

Our world is a mirror reflecting our predominant mental attitude, and is constantly showing us ourselves. We do not always like what we see; neither do we regularly and systematically take the initiative and proceed to change the picture. If we indulge in negative tendencies, we soon come face to face with conditions of a similar vibration based on the fact that like attracts like. This is the perfect working of the law of cause and effect. We constantly deny that everything depends on cause, and with stupendous blindness we seek to change the effect.

A streak of jealousy aroused in us will indubitably attract situations involving other jealous people, either in the home, at business or in our social world. Quite often we hear people say that the one thing they dislike most is jealousy in others. If we watch their reactions, we find the fault is in them. What we think or feel finds its affinity in our external world and finds its likeness.

Looking Inside Ourselves

We must learn to take the beam out of our own eye by self-study, self awareness and self-examination. Eventually we shall not discern even the mote in our brother’s eye. When we see faults in others, let us look inside ourselves, for there we shall find them, if we look with unbiased examination, hidden in the recesses of our own mind.

Changed Attitudes Change Everything

If we constantly fail to achieve our goals in life and all our efforts meet a stonewall, we must look within and see why. To effect a change of circumstances and conditions in our lives, there must be a change of mental attitude, a mental acceptance dominated by the spirit of success along all lines, In order to succeed, we must realize that we are born to win and that the Infinite within us can’t fail, knowing that we will generate the confidence of success, erasing from our mind every discordant thought. It is our mood, the intensity of

Sustained faith, which impresses itself on the subjective mind. The barrier to success is when we allow our personal ego to draw a boundary around our mentality.

Some Questions

It is good to ask ourselves if we are simply seeking recognition and applause for ourselves, or if we are sincerely interested in serving humanity and making the world a better place in which to live. Do we want only to feather our own nest, or are we sincerely interested in what we are attempting to do for its own sake? Do we want to be an Emerson, a Lincoln or an Edison who contribute to humanity in a wonderful way, or do we merely seek self-aggrandizement and personal glory?

If we have something to offer, it will be used unless we stand in its way.

Vacillation, wavering and so-called mercurial ups and downs result from a lack of an inner objective or ideal. Oftentimes a person says, “I am going around in circles.” He hopes someone will come along eventually and show him how to extricate himself from the difficulty. Such a person lacks stability and does not know that there is an Infinite Intelligence within him which, when called upon, would guide him and reveal to him the answer. Speak, Lord; for thy servant heareth (J Samuel 3:9).

The Inner Meaning of Jesus Christ

Paul says: Know ye not . . . that Jesus Christ is in you, except ye be reprobates? (/I Corinthians 13:5). The inner meaning is this: One of the meanings of Jesus or Joshua is I AM, Je Suis. The inner meaning of Christ is the Presence of God in you. Symbolically speaking, all Paul is saying is that Jesus Christ means that your own I AM ness is the Presence and Power of God in you. Psychologically speaking, you are Jesus Christ in action when your conscious and subconscious mind synchronize and agree on the eternal verities of life. Your prayer is always answered when there is no longer any argument in your brain and heart. When your brain and heart agree and unite in concord, the married pair brings forth the joy of the answered prayer.

You are then no longer “reprobate,” because you know that the solution to all problems is within you. From now on you recognize no other power but the Living Spirit Almighty within you, which knows only the answer. Jesus (illumined conscious mind) puts on the Christ (wisdom of the subconscious) and, fully integrated, becomes Jesus Christ-the ideal man!

Align Yourself with the Infinite

A little boy once exasperated his father by putting together a completely cut up world map in a few minutes instead of taking a peaceful, quiet hour planned by his parents. Asked how he had succeeded so quickly in putting the world together, the boy said: “Why, Father, I simply put the man together on the other side of the map picture.” The moral is: Let man unite with the God-Self and become integrated by his sense of oneness with the Divinity, which shapes our ends.

Learn to Condition Yourself Spiritually

Begin to think, speak and act from the Divine Center and not from the superimposed structure of fear, ignorance and superstition. Affirm constantly:

"God thinks, speaks, acts and reacts through me." Think and speak from the standpoint of the principles of harmony, health, peace, joy, love, beauty and right action. If you are a professor of mathematics, you think and speak from the standpoint of the principles of mathematics; likewise, begin to speak and act from the standpoint of the principles of life, which are the same yesterday, today and forever.

Learn to condition yourself to the truths of God alone as they resound in the silence of your soul, so that you will not be frightened by the din, noise and propaganda of the world but will follow the tones of the bulge of the Spirit. This will assure you of victory over the negations of the world.

The Arabians Horses

Recently I heard a trainer speak of the manner in which horses are trained to react to the sound of bugles, which are the sole means used in their training to response commands. They are given no food or water for four and one-half days, after which responses are called forth by bugle tones alone in various situations. This is a conditioning process, which works.

Likewise, we must abstain from the food of the world representing the propaganda of fear, sickness, war and prognostications and predictions of catastrophes. We must drink of the waters of life, such as inspiration, love, joy, laughter and a transfusion of confidence and faith in the goodness of God in the land of the living.

What Is Education?

The word “education” means to draw forth the wisdom, intelligence and powers from our subjective depths, which will enable us to lead a full, happy and coordinated life. I have talked with a number of college students who have acquired a large mass of facts, but their personal lives were chaotic. What they had learned seemed to have no relationship to their daily activities and expression life.

Education should build character and morality. Knowledge is important, but it must be used wisely. The factor that makes for success in the art of living~ for vitality and achievement-is not mere knowledge, but inspiration, wisdom, enthusiasm, cordiality, and goodwill. The so-called progressive education is completely wrong in its declaration that you must not learn how to curb certain urges and instincts, which are negative in character growth and social existence.

The young boy or girl must be trained in correct inhibition. The world is full of educated derelicts. You find many of them in the skid rows of the world. Their negative and destructive thinking brought them there. They had made very poor mental investments.

A few nights ago there appeared on TV a young man 18 years of age who had graduated from high school in New York City. He admitted to the interrogators that he could not even read what the diploma said. His parents apparently were suing the Board of Education for damages.

Wisdom Is Within You

While talking with an elderly man in the Hilton Hotel in Honolulu, he showed me a forked hazel stick, which he uses to find water in place where people say there is no water. He has a natural wisdom and believes that the intelligence in his subconscious will guide him to the exact spot.

He pointed out that his father and grandfather were dowsers; the term applied to people possessing that skill, and was extraordinarily successful in finding oil, water and minerals. They were of times employed by some of the largest corporations.

This belief was communicated to him when a boy by his father and grandfather, and he accepted completely what they said. His subconscious responded accordingly. He stated he could tell by “its pull” toward a spot in the ground where water could be found, no matter how arid and unlikely a place it seemed to the senses. It had proved true in nearly all his experiences, he indicated.

He did not think it strange for the hazel stick to act this way. He knew there was no power in the hazel stick, as it was only a technique of tapping the subconscious. The wisdom of his subconscious acted upon the hazel stick, which revealed the answer to him. He could also tell how many feet to dig before water would be found. One time it was 20 feet, and the geologist confirmed it exactly.

The wisdom of the ages is hidden in your subjective depths. Begin to tap the deep reservoirs within you, using the tools of faith and confidence. Wonders will happen in your life.

His Name Is Wonderful

Recently I talked with a widow in Reno, Nevada, who told me something very interesting. She said that everything had been going wrong in her life finances in disarray, turmoil in her home, family problems, *etc.* She sat down one day in her dining room, however, and affirmed for about a half an hour: “It is wonderful.” She did not ask herself, “What is wonderful?” To her the affirmation meant that God would work wonders in all phases of her life and that eh word “wonderful” included all the things she desired in her heart.

She practiced this one-half hour meditative technique three times a day.

On the third day she had an intense desire to play in the casino, where she won a large sum of money. She was able to pay all her bills and still had a considerable sum left for investment. Her winning attracted attention, and she fell in love with one of her admirers—a professional man. Everything in her life was transformed.

“It is wonderful” includes all things you could desire . . . and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace (Isaiah 9:6).

He Wanted to Write

A schoolteacher told me recently that be began to mentally act as though publishers were hungry for his writings, since many of his submitted manuscripts had been returned to him apparently unread. He began to assume that he had letters of acceptance from several publishers.

He continued this imaginary drama for ten or fifteen every night for about two weeks. One morning he had an intense desire to write something new and quite original. On its completion, he sent it off to one of the publishers who had previously rejected his writings, and it was accepted with elation. As he assumed he had the necessary talent, his subconscious gave him the necessary ability and material enabling him to flower as a writer. He knew that the willingness of the publisher to accept his writings was proof of his inner ability to create.

How He Won Promotion

A young salesman who had been reading one of my books, The Power of Your Subconscious Mind,[3]* said that every night he would get still and bring about with physical immobility while bordering on the sleepy state, he would then imagine he was in front of his boss, who was congratulating him on work well done and telling him that he was now being promoted. He felt the genuineness of all this, so much so that it had all the vividness and distinctness of reality. He made the desired occurrence take place in his mind now. There was the imaginary handshake plus the animated conversation associated with it.

He knew that the drama of his mind was taking place subjectively and would have to be objectified sooner or later. He did not visualize himself at a distance in some point of space or some future time. On the contrary, he dramatized the whole thing as taking place now. Remember, the future event is a reality now at higher levels of your mind. You do not see yourself as though you were on a motion picture screen; on the contrary, you feel yourself in action here and now. He imagined his superior right in front of him and felt the reality of the imaginary handshake. This is the road to success.

How to Pray for Another

If another asks you to pray for him, be it a belief in sickness, poverty or any other problem, you must loose the condition from you mind and let it go, not by using words of denial, but claiming and believing that he is now experiencing what he longs to possess. In other words, you picture him in your mind, as he ought to be, while knowing that the action of God is taking place in his life.

In that way you forgive him. You change your concept of him. Complete forgetfulness is forgiveness. If you do not forget his ailment and problem, you have not forgiven. You forgive when you forget. If you see a person or think of him and you are reminded of what you had against him, you are reminded of what you had against him; you have not forgiven at all. Forgiveness is forgetfulness.

You Can’t Give God Anything

The idea of “sacrifice” is based upon giving something up to God (your Higher Self). God is all there is, in all and over all, through all and all in all, and possesses all already. Why would man sacrifice lambs, bullocks, doves, etc., as if God were a cannibalistic Moloch who must be appeased? Some try to bargain with God, saying: “If God will heal my son, I will give up drinking.”

All this is absolute nonsense. God is the Impersonal Presence and Power animating all things and is no respecter of persons. This sacrificial idea is a hangover from jungle days when primitive people tried to appease God by sacrificing animals and even children.

You cannot give God (I AM in you) anything but recognition, praise and thanksgiving. What you sacrifice or give up is your false beliefs, fears, doubts and other negative concepts. Read the 100th Psalm. Then you will have the right approach to the Infinite. For example, many people who want a healing imagine they are talking to their Higher Self and affirm: “Thank you, Father, for my miraculous healing.” They repeat this silently over and over again until they enter into the mood of thankfulness. As they continue, they rise high enough in consciousness to the point of acceptance, and their subconscious mind responds to their belief. Every man answers his own prayer.

Practicing by the Book

There is quite a difference between a practitioner operating under grace and one who simply goes by the book. It is the consciousness of love that heals and restores the soul. There are not very many practitioners who work like Phineas Quimby in 1847, who took on all challenges and all manner of diseases without hesitation.

He was able to stop in its tracks the thing, which his quaking patients feared would come upon them. He banished the idea of a punitive God from the minds of people and clairvoyantly perceived the root cause of their maladies. He operated from a high level of God consciousness. He brought about an electronic induction of grace, faith and courage in his patients, who reported blessings, healings and many gifts of the Spirit. Whether we are dealing with the medical, psychological or spiritual healer, there is always room at the top.

The Two Scientists

One of our laboratory scientist said that science did not need a God, since he could reduce man to a mass of chemicals and water worth about $1.50 in today's market and place the contents in a large test tube. A Chinese chemist retorted, however, saying that only God could take the man out of the test tube and put him together again in one piece. This was rather a good rejoinder.

What Garment Do You Wear?

You are told in the 100th Psalm: Serve the Lord with gladness: come before his presence with singing . . . into his courts with praise: be thankful unto him and bless his name (Psalm 100:2,4).

The garment you wear when you pray must be one of confidence, praise and thanksgiving. That is the proper mood, or garment. You must be receptive, open-minded and ready to receive all the blessings, which were given to you from the foundation of time. "All things are ready if the mind be so."

Every night of your life as you go to sleep, you are going before the King of Kings, the Lord of Lords, the Living Spirit Almighty, and the God-Presence within you. If you go before a human king as a servant, you will get the duties of the servant or slave, as the case may be. If you go before the king of some country wearing the bars of a general, you will get an appropriate assignment.

For example, if you are called before some very prominent person, you will wear your most expensive clothes. You will not be very particular whether your suit is pressed or your tie is in order before the maid or servant, but if you are going before the President of the United States, you will be very conscious of your dress.

You visit the King of Kings, spiritually speaking, every night as you go off into the deep of sleep. Wear the garment of love, peace, goodwill and expectancy.

You wear the garment of faith in the fact that the nature of Infinite Intelligence responds when you call upon it. Never go to sleep wearing a garment of depression, anger, resentment or self-condemnation. Then your garment is full of holes, seams, dirty and ragged at the edges. Inasmuch as the subconscious always magnifies what you deposit in it, you are generating more trouble.

Cleanse your mind prior to sleep. Forgive yourself and everybody else, and go to God with a song of praise in heart. God will pour you out a blessing so

bountiful there will not be room enough to receive it. Your last waking concept is engraved in you subconscious mind, the book of life, and records everything you feel and believe.

God is absolute love and grants whatever you claim and feel to be true.

God is impersonal. For the Lord is good; his mercy is everlasting; and his truth endured to al/ generations (Psalm 100:5).

CHAPTER 21

THE RICHES OF LOVE

Love is always outgoing. It is an emanation. Love must have an object.

You can fall in love with music, art, a great project, an enterprise, science, and many other things. You can always fall deeply in love with the great principles and eternal verities, which never change. Love is an emotional attachment to your ideal, your cause, your scheme or your profession.

How to Pray for Companionship

God is one and indivisible. In Him we love, move, and have our being. Know and believe that God indwells every person; I am one With God and with all people. I now attract the right person who is in complete accord with me. This is a spiritual union, because it is the spirit of God functioning through the personality of someone with whom I blend perfectly. I know I can give to this person love, light, and truth. I know I can make this man's life full, complete, and wonderful.

I now decree that he possesses the following qualities and attributes; i.e., he is spiritual, loyal, faithful, and true. He is prosperous, peaceful, and happy. We are irresistibly attracted to each other. Only that which belongs to love, truth, and wholeness can enter my experience. I accept my ideal companion now.

How to attract your divine companion

I know that I am one with God now. In Him I live, move, and have my being. God is Life; this life is the life of all men and women. We are all sons and daughters of the one Father.

I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There is mutual love, freedom, and respect.

There is one mind; I know him now in this mind. I unite now with the qualities and attributes that I admire and want expressed by my husband. I am one with them in my mind. We know and love each other already in Divine Mind. I see the Christ in him; he sees the Christ in me. Having met him within, I must meet him in the without; for this is the law of my own mind.

These words go forth and accomplish whereunto they are sent. I know it is

now done, finished, and accomplished in God. Thank you, Father.

Einstein loved the principles of mathematics and they revealed their secrets to him that is what loves does. You can fall in love with astronomy and it will reveal to you its secrets. How much do you want what you want? Do you want to leave your old ideas, the traditional view of things and get new ideas, new imagery and new viewpoints? Are you open and receptive? Do you want good digestion? If you do, you must give up resentment, and your pet peeves and grudges. Do you want wealth and success? If so, you must be willing to accept the riches within and without.

The Riches of Love Saved His Life

Recently a young officer who returned from Vietnam told me that on one of his night patrols he and his men were ambushed. Bullets were striking all around him, and suddenly he found himself all alone. He said that all he could remember were a few passages from the Psalms and that he seemed to be frozen to the ground. He repeated: Under his wings shalt thou trust (Psalm 91:4). The Lord is my light and my salvation (Psalm 27:1). The Lord is the strength of my life; of whom shall I be afraid? (Psalm 27:1).

As he repeated these truths, an inner sense of peace came over him, and he felt a deep sense of security; he was Divinely led to safety and was picked up by a helicopter the next morning. All of his men were killed in that ambush. He said to me, “I talked to Him and He responded.”

He Discovered the Riches of the Law of love

Recently a doctor told me about a patient of his, an old friend, who had run up a bill of over $3,000 and was very slow in paying. He had been very lenient with her, but he knew she had inherited $100,000, and so he asked her for payment. She became very bitter and sarcastic, and accused him of giving her the wrong vitamins. She said his treatments were no good, *etc.* He said that he let her explode and walked away.

He said to himself that rather than turn the bill over to a collection agency; he would put into application the law of love. Accordingly, in his morning and evening meditation, he affirmed that Mrs. Jones (not her real name) was honest, loving, kind, and at peace, and that God’s love and harmony saturated her whole being. He imagined that she was right in front of him, saying, “Here is the check; I am grateful. God bless you,”

He did this for a few minutes night and morning, and at the end of a few days, the result was astonishing, this wealthy woman came to visit him and expressed

profound apologies while tendering to him payment of $5,000, not $3,000, which she owed. He had discovered the riches of the law of love. You will notice that he did not retaliate or criticize her, in any way. He simply surrounded her with God’s love and peace, and Divine right action took place.

The Riches of Love Never Fail

Love is an outreaching of the heart. It is goodwill to all. If you are working in an office, factory or store, it pays you fabulous dividends to wish for all those around you health, happiness, peace, promotion, wealth and all the blessings of life. As you radiate love and goodwill to all, and as you wish riches and promotion for them, you will at the same time bless and prosper yourself. Remember, what you wish for another, you wished for yourself, and what you withhold from another, you were withholding from yourself.

You are the only thinker in your universe, and your thoughts are creative; therefore, it is plain, common sense to have goodwill for others and to radiate love and all the blessings of life to them. A president of a big chain told me a few days ago that the reason for ninety per cent of the dismissals from his organization is not because of incompetence, stealing or tardiness, but the inability of individuals to get along with their co-workers and customers,

Love is the fulfilling of the law (Romans 13:10). The love spoken of in the Bible is not a sentiment or a Hollywood confection. Love is the cohesive force that unites families and nations, and which keeps the whole world and the galaxies in space moving rhythmically, harmoniously and peacefully through eons of time. Love is the law of health, saturated her whole being. He imagined that she was right in front of him, saying, “Here is the check; I am grateful. God bless you,”

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Begin now to radiate all the blessings of life to all those around you and to all people everywhere. Salute the Divinity in the other and silently realize for him or her: “The riches of God are flowing through you.” You will be amazed at how you prosper. Showers of blessings will be yours.

The Infinite Riches of Love’s Healing Balm

The late Dr. Harry Gaze, who was a famous international lecturer on mental and spiritual laws, told of a man in London who was wasting away due to tuberculosis. This man’s spiritual advisor discovered that he hated bankers, brokers and all wealthy people, this feeling stemming from early childhood when he had witnessed his father being dispossessed of their home because he defaulted in payment to the local banker; so the boy generalized from the particular and hated all bankers and rich people.

His spiritual advisor told him to go down to the London Stock Exchange and stand for one hour on the street near the building, and for every single person, man or woman, who passed by, he was to affirm: “God’s love fills your soul. The riches of God are yours now,” The man did as he was told, albeit reluctantly at first, but he kept his bargain, and as he consciously and deliberately expressed love and riches to all, it came back multiplied, pressed down, shaken together and running over.

Dr. Gaze said this man had experienced a remarkable healing. Sputum tests

and all other types of examinations by Harley Street specialists showed he was completely healed. This man got a job in a prominent banking firm and became very successful as well as immensely wealthy. Divine love became alive in his heart, in his body, and also in his pocket book.

The Riches in Loving Your Wife, Husband and Children

Claim that he or she is alive with the love of God and that His love saturates and permeates his or her whole being. Picture your loved one in your mind's eye surrounded by the light of God's love. Realize that this healing light of God's love enfolds, enwraps, encompasses and illumines his or her mind, and body. Wonders happen as you pray this way.

She Found the Healing Power of Love

A young secretary, who had been using various lotions to keep her face free from skin eruptions that she termed acne, found that they nevertheless persisted. At my suggestion, she gave herself the mirror treatment following the injunction of the Bible: His flesh shall be fresher than a child's: he shall return to the days of his youth (Job 33:25).

We changed the verse somewhat, and as she looked in the mirror every morning, she affirmed: "My skin is an envelope of God's love. It is without spot and blemish. It is fresher than a child's, and the radiance of youth and beauty saturate my whole being."

Her face cleared up in a few weeks, and it is now as soft and beautiful as she desired, radiating the sunshine of God's love.

The Riches of Love Bring Justice in a Lawsuit

During a talk with a woman who was terribly frustrated by a prolonged lawsuit lasting over five years, she pointed out how unfair the judge had been in the first instance and stated that it is now going to the Court of Appeals. She said one witness deliberately lied and swore falsely, adding that it was all so unfair.

I suggested she pray night and morning as follows: "All those involved in this court case are surrounded by the sacred circle of God's love. God's love, truth and harmony reign supreme in the minds and hearts of all involved. They are all known in Divine Mind, and the law of love prevails." This prayer dissolved all bitterness, resentment and hostility lodged in her subconscious mind.

Her opponent in the lawsuit died on the way to court one morning, and his family settled the matter out of court and actually were delighted to do so. She was perfectly satisfied with the settlement.

The Riches of the Protecting Power of Love

A doctor friend of mine told me that one of his psychotic patients had put a gun to his head and said, “God told me to kill you.” The doctor said calmly, “God changed His mind, because he told me this morning what to do to heal you and make you a great, illumined soul.” The doctor said, “God indwells you and God indwells me. God can’t contradict Himself. God is love, and He wants you whole and perfect now.”

The psychotic gave him the gun and he had the man placed in a mental institution for treatment. The doctor is a spiritual-minded man, and he knew that he would feel his contemplation of God’s Presence in the patient. Perfect love castes out fear (/ John 4: 18),

Love Unites and Love Heals

Your wife, your husband, your son and your daughter need to feel loved, wanted, appreciated and important in the scheme of things. A man said to me recently, “The reason I have a mistress is because she makes me feel so important. She praises my accomplishments and tells me how wonderful I am, how brilliant I am, what a marvelous conversationalist I am and how clever and brilliant I am in my profession. She makes me feel like a king.”

I asked him, “What about your wife? She bore you four children. She is loyal, devoted, sincere and a marvelous mother” “That’s true,” he said, “but I’m nobody when I go home. I get no recognition. She nags me.”

I explained to him that many women nag because they get no appreciation, attention and praise. Moreover, a wife subconsciously detects your infidelity. He did not want a divorce, and I brought both of them together. They decided that love was really there but dormant and never openly expressed. For many years neither one of them had expressed their love for one another. They took each other for granted.

To preserve the marriage, both began a prayer process, he with the 91st Psalm every night and she with the 27th Psalm every morning. Both agreed to radiate love, peace and harmony to each other regularly and systematically. Each agreed to affirm for the other five minutes every day: “God’s love fills your soul, I love you.”

Love united them again in a Divine embrace, for love is the universal solvent. Only God and His love can and does heal the wounds of mankind.

Love frees

God is Love, and God is Life; this Life is one and indivisible. Life manifests itself in and through all people; it is at the center of my own being.

I know that light dispels the darkness, so does the love of the good overcome all evil. My knowledge of the power of Love overcomes all negative conditions now. Love and hate cannot dwell together. I now turn the Light of God upon all fear or anxious thoughts in my mind, and they flee away. The dawn (light of truth) appears and the shadows (fear and doubt) flee away.

I know Divine love watches over me, guides me, and makes clear the path for me. I am expanding into the divine. I am now expressing God in all of my thoughts, words, and actions; the nature of God is Love. I know that "perfect love castes out fear."

Meditation: Love and Goodwill Prosper Me

"All ye are brethren, for one is your father." I always bring harmony, peace and joy into every situation and into all of my personal relationships. I know, believe and claim that the peace of God reigns supreme in the mind and heart of everyone in my home and business. No matter what the problem is, I always maintain peace, poise, patience and wisdom. I fully and freely forgive everyone, regardless of what they may have said or done. I cast all my burdens on the God-self within; I go free; this is a marvelous feeling. I know that blessings come to me as I forgive.

"I see the angel of God's Presence behind every problem or difficult situation. I know the solution is there and that everything is working out in Divine order. I trust the God-Presence implicitly; it has the know-how of accomplishment. The Absolute Order of Heaven and His Absolute Wisdom are acting through me now and at all times; I know that order is Heaven's first law.

"My mind is now fixed joyously and expectantly on this perfect harmony. I know the result is the inevitable, perfect solution; my answer is God's answer; it is Divine; for it is the melody of God's broadcast."

Points to Remember

1. Love is always outgoing. Love frees; it gives; it is the spirit of God in action. Love must have an object. You can fall in love with music, art, science, mathematics, or the truths of God. You can also fall in love with your Higher Self by recognizing it as the Source of all blessings. It is God in you.

2. You are the king and absolute monarch over your thoughts, images, ideas and responses. You can order your thoughts around like an employer

in strutting employees what to do. You can steer your thoughts correctly in the same way you steer your car.

3. Love of your Higher Self, or God, means you have a healthy, reverent, wholesome respect for the Divinity within you, which is all-powerful, all wise, knows all and sees all. In other words, it means you give supreme allegiance to the Spirit within you, which is God; and that you absolutely refuse to give power to any created thing.

4. You can fall in love with a grander, greater, nobler concept of yourself by imagining you are doing what you love to do. Become absorbed and engrossed in the mental movie, and you will achieve your goal. Love of your ideal casts out all fear.

5. In the midst of an emergency affirm: "The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?" There will be a response and security will be yours.

6. When a person is abusive and refuses to pay a just debt, surround that person with light and love; feel and know that the love of God flows through the person and that the law of harmony prevails. A harmonious solution follows.

7. Radiate love, peace and goodwill to all people around you and to all people everywhere. Wish for them health, happiness, peace, abundance and all the blessings of life. As you make a habit of this, countless blessings will be yours. Ninety per cent of people who are failures in life don't get ahead because they rub others the wrong way. Love and goodwill is the answer.

8. Love is the fulfilling of the law of health, happiness, wealth and success.

Love is goodwill to all, and what you wish for another you wish for yourself.

9. If resentful of others" wealth and success, affirm for everyone you see and meet: "God's love fills your soul and the riches of God are yours now." Wonders will happen in your life and you will be healed of jealousy and ill will, and you will prosper.

10. If married, tell your wife or husband, "I love you. God loves you." Feel it; believe it; proclaim it. Love unites and preserves the marriage.

11. If you have skin trouble, affirm: "My skin is an envelope of God's love and is without spot and blemish." Realize that Divine love dissolves

everything unlike itself, and your skin will become whole, radiant and perfect.

12. Lf involved in a protracted and complicated lawsuit of any kind, realize that God's love flows through the minds and hearts of all involved and that there is a Divine solution through the harmony and love of God. See the happy ending and contemplate the Divine solution through the action of God's love, and victory and right action will be yours.

13. You can protect yourself by realizing God's love in the other and God's love saturating and surrounding you. Realize it is God talking to God, and you will be protected and set free.

14. A married man who has a mistress usually claims that the reason is that she praises him and makes him feel outstanding and important. She stresses all his fine and good qualities. To preserve the marriage, see God in each other and exalt God in one another, and the marriage will grow more blessed through the years. Love unites. Love heals. Love restores the soul. God is love.

CHAPTER 22

THE LIFETIME PLAN FOR INFINITE RICHES

If I take the wings of the morning, and dwell in the utter-most parts of the sea, even there shall thy hand lead me, and thy right hand shall hold me." I am now full of a Divine enthusiasm because I am in the Presence of Divinity. I am in the Presence of All Power, Wisdom, Majesty, and Love.

The Light of God illumines my intellect; my mind is full of poise, balance, and equilibrium. There is a perfect mental adjustment to all things. I am at peace with my own thoughts. I rejoice in my work; it gives me joy and happiness. I draw continually upon my Divine Storehouse for it is the only Presence and the only Power. My mind is God's mind; I am at peace.

For Peace and Harmony in Daily living

All is peace and harmony in my world, for God in me is lithe Lord of Peace." I am the consciousness of God in action; I am always at peace. My mind is poised, serene, and calm. In this atmosphere of peace and goodwill, which surrounds me, I feel a deep abiding strength and freedom from all fear. I now sense and feel the love and beauty of His Holy Presence. Day by day I am more aware of God's Love; all that is false falls away. I see God personified in all people. I know that as I allow this inner peace to flow through my being, all problems are solved. I dwell in God; therefore, I rest in the eternal arms of peace. My life is the life of God. My peace is the deep, unchanging peace of God; "It is the peace of God, which passed all understanding."

For Overcoming Fears of AU Kinds

There is no fear, as "perfect Love castes out fear." Today I permit Love to keep me in perfect harmony and peace with all levels of my world. My thoughts are loving, kind, and harmonious. I sense my oneness with God, for "in Him I live, move, and have my being."

I know that all my desires will be realized in perfect order. I trust the Divine Law within me to bring my ideals to pass. "The Father doeth the works." I am divine, spiritual, joyful and absolutely fearless, I am now surrounded by the perfect peace of God; it is "the peace of God which passed all understanding." I now place all my attention on the thing desired. I love this desire and I give it my whole-hearted attention.

My spirit is lifted into the mood of confidence and peace; this is the spirit of God moving in me. It gives me a sense of peace, security, and rest. Truly, “perfect Love castes out fear.”

For Overcoming Irritations in Any Circumstances

“He that is slow to wrath, is of great understanding; but he that is hasty of spirit exulted folly.” I am always poised, serene, and calm, the peace of God floods my mind and my whole being. I practice the Golden Rule and sincerely wish peace and goodwill to all men,

I know that the love of all things, which are good, penetrates my mind casting out all fear. I am now living in the joyous expectancy of the best. My mind is free from all worry and doubt. My words of truth now dissolve every negative thought and emotion within me. I forgive everyone; I open the doorway of my heart to God in his presence. My whole being is flooded with the light and understanding from within.

The petty things of life no longer irritate me. When fear, worry, and doubt knock at my door, faith in goodness, truth, and beauty opens the door, and there is no one there. 0, God, thou art my God, and there is none else.

For Finding Serenity Under Any Condition

“He that dwelleth in the secret place of the most high shall abide under the shadow of the Almighty, I dwell in the secret place of the most high; this is my own mind. All the thoughts entertained by me conform to harmony, peace, and goodwill. My mind is the dwelling place of happiness, joy, and a deep sense of security. All the thoughts that enter my mind contribute to my joy, peace, and general welfare. I live, move, and have my being in the atmosphere of good fellowship, love, unity.

All the people that dwell in my mind are God’s children. I am at peace in my mind with all the members of my household and all mankind. The same good I wish for myself. I wish for all men. I am living in the house of God now; I claim peace and happiness, for I know I dwell in the house of the lord forever.

For Achieving the Balanced Mind for Wise and Intelligent Decisions

“Thou wilt keep him in perfect peace whose mind is stayed on thee, because he trusted in thee.” I know that the inner desires of my heart come from God within me. God wants me to be happy. The will of God for me is life, love, truth, and beauty. I mentally accept my good now and I become a perfect channel for the Divine.

I come into His Presence singing; I enter into His courts with praise; I am joyful and happy; I am still and poised.

The Still Small Voice whispers in my ear revealing to me my perfect answer. I am an expression of God. I am always in my true place doing the thing I love to do. I refuse to accept the opinions of man as truth. I now turn within and I sense and feel the rhythm of the Divine. I hear the melody of God whispering its message of love to me. My mind is God's mind, and I am always reflecting Divine wisdom and Divine intelligence. My brain symbolizes my capacity to think wisely and spiritually. Godless ideas unfold within my mind with perfect sequence. I am always poised, balanced, serene, and cairn, for I know that God will always reveal to me the perfect solution to all my needs.

For Achieving Victories Over AU Obstacles to Richer living

I now let go of everything; I enter into the realization of peace, harmony, and joy. God is all, over all, through all, and all in all. I lead the triumphant life, because I know that Divine Love guides, directs, sustains, and heals me. The Immaculate Presence of God is at the very center of my being; it is made manifest now in every atom of my body. There can be no delay, impediment, or obstruction.To the realization of my heart's desire. The Almighty Power of God is now moving in my behalf. "None shall stay its hand, and say unto It, "What doest thou?" I know what I want; my desire is clear-cut and definite. I accept it completely in my mind. I remain faithful to the end. I have entered into the silent inner knowing that my prayer is answered and my mind is at peace.

Divine Freedom

“If ye continue in my words, they are ye and my disciple indeed: And ye shall know the truth, and the truth shall make you free.” I know the truth, and the truth is that the realization of my desire would free me from all sense of bondage. I accept my freedom; I know it is already established in the Kingdom of God.

I know that all things in my world are projections of my inner attitudes. Are transforming my mind by dwelling on what so ever thing’s are true, lovely, noble, and Christ like. I contemplate myself now as possessing all of the good things of life, such as peace, harmony, health, and happiness.

My contemplation rises to the point of acceptance; I accept the desire of my heart completely. God is the only presence. I am expressing the fullness of God now. I am free. There is peace in my home, heart, and in all of my affairs.

Prayer for Peace

Peace begins with me. The peace of God fills my mind; the spirit of goodwill goes forth from me to all mankind. God is everywhere, and fills the hearts of all men. In absolute truth all men are now spiritually perfect; they are expressing God's qualities and attributes. These qualities and attributes are Love, Light, Truth, and Beauty.

There are no separate nations. All men belong to the one country.

One Nation, which is God's Country. A country is a dwelling place; I dwell in the secret place of the Most High; I walk and talk with God; so do all men everywhere. There is only One Divine Family. And that is humanity.

There are no frontiers or barriers between nations, because God is one; God is indivisible. God cannot be divided against Himself. The love of God permeates the hearts of all men everywhere. God and His Wisdom rules and guides the nation; He inspires our leaders and the leaders of all nations to do His will, and His will only. The peace of God, which passed all understanding, fills my mind and the minds of all men throughout the cosmos. Thank you, Father, for thy peace; it is done.

1* See Songs of God by Dr. Joseph Murphy. De Vorss and Company, Inc., Marina del Rey, California, 1979.

2* See Commentary by Carl Jung on The Secrets of the Golden Flower, page 143, Routledge & Kegan Paul, Ltd., Broadway House, London, England, and 1931.

* See Secrets of the I Ching by Joseph Murphy, Parker Publishing Co., Inc., West Nyack, N.Y., 1970, and I CHING, translated by Wilhelp/Baynes, Princeton Universe Press, Princeton, N.J., 1967.

3* See The Power of Your Subconscious Mind by Dr. Joseph Murphy, Prentice-Hall, Inc., Englewood Cliffs, N.J., 1963

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The POWER of Your SUBCONSCIOUS MIND

UNLOCK YOUR MASTER KEY TO SUCESS

Joseph Murphy

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The Power of Your Subconscious Mind

By Joseph Murphy

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This book is a product of its time and does not reflect the same values as it would if it were written today. Parents might wish to discuss with their children how views on race, gender, sexuality, ethnicity, and interpersonal relations have changed since this book was written before allowing them to read this classic work.

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Wilder Publications, LLC.
PO Box 3005
Radford VA 24143-3005

ISBN 10: 1-60459-081-5
ISBN 13: 978-1-60459-081-4

First Edition

How This Book Can Work Miracles in Your Life

I have seen miracles happen to men and women in all walks of life all over the world. Miracles will happen to you, too--when you begin using the magic power of your subconscious mind. This book is designed to teach you that your habitual thinking and imagery mold, fashion, and create your destiny; for as a man thinketh in his subconscious mind, so is he.

Do You Know the Answers?

Why is one man sad and another man happy? Why is one man joyous and prosperous and another man poor and miserable? Why is one man fearful and anxious and another full of faith and confidence? Why does one man have a beautiful, luxurious home while another man lives out a meager existence in a slum? Why is one man a great success and another an abject failure? Why is one speaker outstanding and immensely popular and another mediocre and unpopular? Why is one man a genius in his work or profession while the other man toils and moils all his life without doing or accomplishing anything worthwhile? Why is one man healed of a so called incurable disease and another isn't? Why is it so many good, kind religious people suffer the tortures of the damned in their mind and body? Why is it many immoral and irreligious people succeed and prosper and enjoy radiant health? Why is one woman happily married and her sister very unhappy and frustrated? Is there an answer to these questions in the workings of your conscious and subconscious minds? There most certainly is.

Reason for Writing this Book

It is for the express purpose of answering and clarifying the above questions and many others of a similar nature that motivated me to write this book. I have endeavored to explain the great fundamental truths of your mind in the simplest language possible. I believe that it is perfectly possible to explain the basic, foundational, and fundamental laws of life and of your mind in ordinary everyday language. You will find that the language of this book is that used in

your daily papers, current periodicals, in your business offices, in your home, and in the daily workshop. I urge you to study this book and apply the techniques outlined therein; and as you do, I feel absolutely convinced that you will lay hold of a miracle-working power that will lift you up from confusion, misery, melancholy, and failure, and guide you to your true place, solve your difficulties, sever you from emotional and physical bondage, and place you on the royal road to freedom, happiness, and peace of mind. This miracle-working power of your subconscious mind can heal you of your sickness; make you vital and strong again. In learning how to use your inner powers, you will open the prison door of fear and enter into a life described by Paul as the glorious liberty of the sons of God.

Releasing the Miracle-Working Power

A personal healing will ever be the most convincing evidence of our subconscious powers. Over forty-two years ago I resolved a malignancy--in medical terminology it was called a sarcoma--by using the healing power of my subconscious mind, which created me and still maintains and governs all my vital functions. The technique I applied is elaborated on in this book, and I feel sure that it will help others to trust the same Infinite Healing Presence lodged in the subconscious depths of all men. Through the kindly offices of my doctor friend, I suddenly realized that it was natural to assume that the Creative Intelligence which made all my organs, fashioned my body, and started my heart, could heal its own handiwork. The ancient proverb says, "The doctor dresses the wound and God heals it."

Wonders Happen When You Pray Effectively

Scientific prayer is the harmonious interaction of the conscious and subconscious levels of mind scientifically directed for a specific purpose. This book will teach you the scientific way to tap the realm of infinite power within you enabling you to get what you really want in life. You desire a happier, fuller, and richer life. Begin to use this miracle-working power and smooth your way in daily affairs, solve business problems, and bring harmony in family relationships. Be sure that you read this book several times. The many chapters will show you how this wonderful power works, and how you can draw out the hidden inspiration and wisdom that is within you. Learn the simple techniques of impressing the subconscious mind. Follow the new scientific way in tapping the infinite storehouse. Read this book carefully, earnestly, and lovingly. Prove to

yourself the amazing way it can help you. It could be and I believe it will be the turning point of your life.

Everybody Prays

Do you know how to pray effectively? How long is it since you prayed as part of your everyday activities? In an emergency, in time of danger or trouble, in illness, and when death lurks, prayers pour forth--your own and friends. Just read your daily newspaper. It is reported that prayers are being offered up all over the nation for a child stricken with a so called incurable ailment, for peace among nations, for a group of miners trapped in a flooded mine. Later it is reported that when rescued, the miners said that they prayed while waiting for rescue; an airplane pilot says that he prayed as he made a successful emergency landing. Certainly, prayer is an ever present help in time of trouble; but you do not have to wait for trouble to make prayer an integral and constructive part of your life. The dramatic answers to prayer make headlines and are the subject of testimonies to the effectiveness of prayer. What of the many humble prayers of children, the simple thanksgiving of grace at the table daily, the faithful devotions wherein the individual seeks only communion with God? My work with people has made it necessary for me to study the various approaches to prayer. I have experienced the power of prayer in my own life, and I have talked and worked with many people who also have enjoyed the help of prayer. The problem usually is how to tell others how to pray. People who are in trouble have difficulty in thinking and acting reasonably. They need an easy formula to follow, an obviously workable pattern that is simple and specific. Often they must be led to approach the emergency.

Unique Feature of this Book

The unique feature of this book is its down-to-earth practicality. Here you are presented with simple, usable techniques and formulas, which you can easily apply in your workaday world. I have taught these simple processes to men and women all over the world, and recently over a thousand men and women of all religious affiliations attended a special class in Los Angeles where I presented the highlights of what is offered in the pages of this book. Many came from distances of two hundred miles for each class lesson. The special features of this book will appeal to you because they show you why oftentimes you get the opposite of what you prayed for and reveal to you the reasons why. People have asked me in all parts of the world and thousands of times, "Why is it I have prayed and prayed and got no answer?" In this book you will find the reasons for

this common complaint. The many ways of impressing the subconscious mind and getting the right answers make this an extraordinarily valuable book and an ever present help in time of trouble.

What Do You Believe?

It is not the thing believed in that brings an answer to man's prayer; the answer to prayer results when the individual's subconscious mind responds to the mental picture or thought in his mind. This law of belief is operating in all religions of the world and is the reason why they are psychologically true. The Buddhist, the Christian, the Moslem, and the Hebrew all may get answers to their prayers, not because of the particular creed, religion, affiliation, ritual, ceremony, formula, liturgy, incantation, sacrifices, or offerings, but solely because of belief or mental acceptance and receptivity about that for which they pray. The law of life is the law of belief, and belief could be summed up briefly as a thought in your mind. As a man thinks, feels, and believes, so is the condition of his mind, body, and circumstances. A technique, a methodology based on an understanding of what you are doing and why you are doing it will help you to bring about a subconscious embodiment of all the good things of life. Essentially, answered prayer is the realization of your heart's desire.

Desire Is Prayer

Everyone desires health, happiness, security, peace of mind, true expression, but many fail to achieve clearly defined results. A university professor admitted to me recently, "I know that if I changed my mental pattern and redirected my emotional life, my ulcers would not recur, but I do not have any technique, process, or modus operandi. My mind wanders back and forth on my many problems, and I feel frustrated, defeated, and unhappy." This professor had a desire for perfect health; he needed knowledge of the way his mind worked which would enable him to fulfill his desire. By practicing the healing methods outlined in this book, he became whole and perfect.

There Is One Mind Common to All Individual Men (Emerson)

The miracle-working powers of your subconscious mind existed before you and I were born, before any church or world existed. The great eternal truths and principles of life antedate all religions. It is with these thoughts in mind that I urge you in the following chapters to lay hold of this wonderful, magical, transforming power, which will bind up mental and physical wounds, proclaim liberty to the fear-ridden mind, and liberate you completely from the limitations of poverty, failure, misery, lack, and frustration. All you have to do is unite

mentally and emotionally with the good you wish to embody, and the creative powers of your subconscious will respond accordingly. Begin now, today, let wonders happen in your life! Keep on, keeping on until the day breaks and the shadows flee away.

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The Treasure House Within You

Infinite riches are all around you if you will open your mental eyes and behold the treasure house of infinity within you. There is a gold mine within you from which you can extract everything you need to live life gloriously, joyously, and abundantly.

Many are sound asleep because they do not know about this gold mine of infinite intelligence and boundless love within themselves. Whatever you want, you can draw forth. A magnetized piece of steel will lift about twelve times its own weight, and if you demagnetize this same piece of steel, it will not even lift a feather. Similarly, there are two types of men. There is the magnetized man who is full of confidence and faith. He knows that he is born to win and to succeed. Then, there is the type of man who is demagnetized. He is full of fears and doubts. Opportunities come, and he says, "I might fail; I might lose my money; people will laugh at me." This type of man will not get very far in life because, if he is afraid to go forward, he will simply stay where he is. Become a magnetized man and discover the master secret of the ages.

The Master Secret of the Ages

What, in your opinion, is the master secret of the ages? The secret of atomic energy? Thermonuclear energy? The neutron bomb? Interplanetary travel? No--not any of these. Then, what is this master secret? Where can one find it, and how can it be contacted and brought into action? The answer is extraordinarily simple. This secret is the marvelous, miracle-working power found in your own subconscious mind, the last place that most people would seek it.

The Marvelous Power of Your Subconscious

You can bring into your life more power, more wealth, more health, more happiness, and more joy by learning to contact and release the hidden power of your subconscious mind.

You need not acquire this power; you already possess it. But, you want to learn how to use it; you want to understand it so that you can apply it in all departments of your life.

As you follow the simple techniques and processes set forth in this book, you can gain the necessary knowledge and understanding. A new light can inspire you, and you can generate a new force enabling you to realize your hopes and

make all your dreams come true. Decide now to make your life grander, greater, richer, and nobler than ever before.

Within your subconscious depths lie infinite wisdom, infinite power, and infinite supply of all that is necessary, which is waiting for development and expression. Begin now to recognize these potentialities of your deeper mind, and they will take form in the world without.

The infinite intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time and point of space provided you are open minded and receptive. You can receive new thoughts and ideas enabling you to bring forth new inventions, make new discoveries, or write books and plays. Moreover, the infinite intelligence in your subconscious can impart to you wonderful kinds of knowledge of an original nature. It can reveal to you and open the way for perfect expression and true place in your life.

Through the wisdom of your subconscious mind you can attract the ideal companion, as well as the right business associate or partner. It can find the right buyer for your home, and provide you with all the money you need, and the financial freedom to be, to do, and to go, as your heart desires.

It is your right to discover this inner world of thought, feeling, and power, of light, love, and beauty. Though invisible, its forces are mighty. Within your subconscious mind you will find the solution for every problem, and the cause for every effect. Because you can draw out the hidden powers, you come into actual possession of the power and wisdom necessary to move forward in abundance, security, joy, and dominion.

I have seen the power of the subconscious lift people up out of crippled states, making them whole, vital, and strong once more, and free to go out into the world to experience happiness, health, and joyous expression. There is a miraculous healing power in your subconscious that can heal the troubled mind and the broken heart. It can open the prison door of the mind and liberate you. It can free you from all kinds of material and physical bondage.

Necessity of a Working Basis

Substantial progress in any field of endeavor is impossible in the absence of a working basis, which is universal in its application. You can become skilled in the operation of your subconscious mind. You can practice its powers with a certainty of results in exact proportion to your knowledge of its principles and to your application of them for definite specific purposes and goals you wish to achieve.

Being a former chemist, I would like to point out that if you combine hydrogen and oxygen in the proportions of two atoms of the former to one of the latter, water would be the result. You are very familiar with the fact that one atom of oxygen and one atom of carbon will produce carbon monoxide, a poisonous gas. But, if you add another atom of oxygen, you will get carbon dioxide, a harmless gas, and so on throughout the vast realm of chemical compounds.

You must not think that the principles of chemistry, physics, and mathematics differ from the principles of your subconscious mind. Let us consider a generally accepted principle: "Water seeks its own level." This is a universal principle, which is applicable to water everywhere.

Consider another principle: "Matter expands when heated.

This is true anywhere, at any time, and under all circumstances. You can heat a piece of steel, and it will expand regardless whether the steel is found in China, England, or India. It is a universal truth that matter expands when heated. It is also a universal truth that whatever you impress on your subconscious mind is expressed on the screen of space as condition, experience, and event.

Your prayer is answered because your subconscious mind is principle, and by principle I mean the way a thing works. For example, the principle of electricity is that it works from a higher to a lower potential. You do not change the principle of electricity when you use it, but by cooperating with nature, you can bring forth marvelous inventions and discoveries, which bless humanity in countless ways.

Your subconscious mind is principle and works according to the law of belief. You must know what belief is, why it works, and how it works. Your Bible says in a simple, clear, and beautiful way: *Whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.* MARK 11:23.

The law of your mind is the law of belief. This means to believe in the way your mind works, to believe in belief itself. The belief of your mind is the thought of your mind--that is simple--just that and nothing else.

All your experiences, events, conditions, and acts are the reactions of your subconscious mind to your thoughts. Remember, it is not the thing believed in, but the belief in your own mind, which brings about the result. Cease believing in the false beliefs, opinions, superstitions, and fears of mankind. Begin to believe in the eternal verities and truths of life, which never change. Then, you

will move onward, upward, and Godward.

Whoever reads this book and applies the principles of the subconscious mind herein set forth; will be able to pray scientifically and effectively for himself and for others. Your prayer is answered according to the universal law of action and reaction. Thought is incipient action. The reaction is the response from your subconscious mind which corresponds with the nature of your thought. Busy your mind with the concepts of harmony, health, peace, and good will, and wonders will happen in your life.

The Duality of Mind

You have only one mind, but your mind possesses two distinctive characteristics. The line of demarcation between the two is well known to all thinking men and women today. The two functions of your mind are essentially unlike. Each is endowed with separate and distinct attributes and powers. The nomenclature generally used to distinguish the two functions of your mind is as follows: The objective and subjective mind, the conscious and subconscious mind, the waking and sleeping mind, the surface self and the deep self, the voluntary mind and the involuntary mind, the male and the female, and many other terms. You will find the terms "conscious" and "subconscious" used to represent the dual nature of your mind throughout this book.

The Conscious and Subconscious Minds

An excellent way to get acquainted with the two functions of your mind is to look upon your own mind as a garden. You are a gardener, and you are planting seeds (thoughts) in your subconscious mind all day long, based on your habitual thinking. As you sow in your subconscious mind, so shall you reap in your body and environment.

Begin now to sow thoughts of peace, happiness, right action, good will, and prosperity. Think quietly and with interest on these qualities and accept them fully in your conscious reasoning mind. Continue to plant these wonderful seeds (thoughts) in the garden of your mind, and you will reap a glorious harvest. Your subconscious mind may be likened to the soil, which will grow all kinds of seeds, good or bad. Do men gather grapes of thorns, or figs of thistles? Every thought is, therefore, a cause, and every condition is an effect. For this reason, it is essential that you take charge of your thoughts so as to bring forth only desirable conditions.

When your mind thinks correctly, when you understand the truth, when the

thoughts deposited in your subconscious mind are constructive, harmonious, and peaceful, the magic working power of your subconscious will respond and bring about harmonious conditions, agreeable surroundings, and the best of everything. When you begin to control your thought processes, you can apply the powers of your subconscious to any problem or difficulty. In other words, you will actually be consciously cooperating with the infinite power and omnipotent law, which governs all things.

Look around you wherever you live and you will notice that the vast majority of mankind lives in the world without; the more enlightened men are intensely interested in the world within. Remember, it is the world within, namely, your thoughts, feelings, and imagery that makes your world without. It is, therefore, the only creative power, and everything, which you find in your world of expression, has been created by you in the inner world of your mind consciously or unconsciously.

Knowledge of the interaction of your conscious and subconscious minds will enable you to transform your whole life. In order to change external conditions, you must change the cause. Most men try to change conditions and circumstances by working with conditions and circumstances. To remove discord, confusion, lack, and limitation, you must remove the cause, and the cause is the way you are using your conscious mind. In other words, the way you are thinking and picturing in your mind.

You are living in a fathomless sea of infinite riches. Your subconscious is very sensitive to your thoughts. Your thoughts form the mold or matrix through which the infinite intelligence, wisdom, vital forces, and energies of your subconscious flow. The practical application of the laws of your mind as illustrated in each chapter of this book will cause you to experience abundance for poverty, wisdom for superstition and ignorance, peace for pain, joy for sadness, light for darkness, harmony for discord, faith and confidence for fear, success for failure, and freedom from the law of averages. Certainly, there can be no more wonderful blessing than these from a mental, emotional, and material standpoint.

Most of the great scientists, artists, poets, singers, writers, and inventors have a deep understanding of the workings of the conscious and subconscious minds.

One time Caruso, the great operatic tenor, was struck with stage fright. He said his throat was paralyzed due to spasms caused by intense fear, which constricted the muscles of his throat. Perspiration poured copiously down his face. He was ashamed because in a few minutes he had to go out on the stage,

yet he was shaking with fear and trepidation. He said, "They will laugh at me. I can't sing." Then he shouted in the presence of those behind the stage, "The Little Me wants to strangle the Big Me within."

He said to the Little Me, "Get out of here, the Big Me wants to sing through me."

By the Big Me, he meant the limitless power and wisdom of his subconscious mind, and he began to shout, "Get out, get out, the Big Me is going to sing!"

His subconscious mind responded releasing the vital forces within him. When the call came, he walked out on the stage and sang gloriously and majestically, enthralling the audience.

It is obvious to you now that Caruso must have understood the two levels of mind--the conscious or rational, and the subconscious or irrational level. Your subconscious mind is reactive and responds to the nature of your thoughts. When your conscious mind (the Little Me) is full of fear, worry, and anxiety, the negative emotions engendered in your subconscious mind (the Big Me) are released and flood the conscious mind with a sense of panic, foreboding, and despair. When this happens, you can, like Caruso, speak affirmatively and with a deep sense of authority to the irrational emotions generated in your deeper mind as follows: "Be still, be quiet, I am in control, you must obey me, you are subject to my command, you cannot intrude where you do not belong."

It is fascinating and intensely interesting to observe how you can speak authoritatively and with conviction to the irrational movement of your deeper self bringing silence, harmony, and peace to your mind. The subconscious is subject to the conscious mind, and that is why it is called subconscious or subjective.

Outstanding Differences and Modes of Operation

You will perceive the main differences by the following illustrations: The conscious mind is like the navigator or captain at the bridge of a ship. He directs the ship and signals orders to men in the engine room, who in turn control all the boilers, instruments, gauges, etc. The men in the engine room do not know where they are going; they follow orders. They would go on the rocks if the man on the bridge issued faulty or wrong instructions based on his findings with the compass, sextant, or other instruments. The men in the engine room obey him because he is in charge and issues orders, which are automatically obeyed. Members of the crew do not talk back to the captain; they simply carry out orders.

The captain is the master of his ship, and his decrees are carried out. Likewise, your conscious mind is the captain and the master of your ship, which represents your body, environment, and all your affairs. Your subconscious mind takes the orders you give it based upon what your conscious mind believes and accepts as true.

When you repeatedly say to people, "I can't afford it," then your subconscious mind takes you at your word and sees to it that you will not be in a position to purchase what you want. As long as you persist in saying, "I can't afford that car, that trip to Europe, that home, that fur coat or ermine wrap," you can rest assured that your subconscious mind will follow your orders, and you will go through life experiencing the lack of all these things.

Last Christmas Eve a beautiful young university student looked at an attractive and rather expensive traveling bag in a store window. She was going home to Buffalo, New York, for the holidays. She was about to say, "I can't afford that bag," when she recalled something she had heard at one of my lectures which was, "Never finish a negative statement; reverse it immediately, and wonders will happen in your life."

She said, "That bag is mine. It is for sale. I accept it mentally, and my subconscious sees to it that I receive it."

At eight o'clock Christmas Eve her fiancé presented her with a bag exactly the same as the one she had looked at and mentally identified herself with at ten o'clock the same morning. She had filled her mind with the thought of expectancy and released the whole thing to her deeper mind, which has the "know how" of accomplishment.

This young girl, a student at the University of Southern California, said to me, "I didn't have the money to buy that bag, but now I know where to find money and all the things I need, and that is in the treasure house of eternity within me."

Another simple illustration is this: When you say, "I do not like mushrooms," and the occasion subsequently comes that you are served mushrooms in sauces or salads, you will get indigestion because your subconscious mind says to you, "The boss (your conscious mind) does not like mushrooms." This is an amusing example of the outstanding differences and modes of operation of your conscious and subconscious minds.

A woman may say, "I wake up at three o'clock, if I drink coffee at night." Whenever she drinks coffee, her subconscious mind nudges her, as if to say, "The boss wants you to stay awake tonight."

Your subconscious mind works twenty-four hours a day and makes provisions for your benefit, pouring all the fruit of your habitual thinking into your lap.

How Her Subconscious Responded

A woman wrote me a few months ago as follows: "I am seventy-five years old, a widow with a grown family. I was living alone and on a pension. I heard your lectures on the powers of the subconscious mind wherein you said that ideas could be conveyed to the subconscious mind by repetition, faith, and expectancy. "I began to repeat frequently with feeling, 'I am wanted. I am happily married to a kind, loving, and spiritual minded man. I am secure!'

"I kept on doing this many times a day for about two weeks, and one day at the corner drugstore, I was introduced to a retired pharmacist. I found him to be kind, understanding, and very religious. He was a perfect answer to my prayer. Within a week he proposed to me, and now we are on our honeymoon in Europe. I know that the intelligence within my subconscious mind brought both of us together in divine order."

This woman discovered that the treasure house was within her. Her prayer was felt as true in her heart, and her affirmation sank down by osmosis into her subconscious mind, which is the creative medium. The moment she succeeded in bringing about a subjective embodiment, her subconscious mind brought about the answer through the law of attraction. Her deeper mind, full of wisdom and intelligence, brought both of them together in divine order.

Be sure that you think on whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. PHIL. 4:8.

Brief Summary of Ideas Worth Remembering

1. The treasure house is within you. Look within for the answer to your heart's desire.

2. The great secret possessed by the great men of all ages was their ability to contact and release the powers of their sub conscious mind. You can do the same.

3. Your subconscious has the answer to all problems. If you suggest to your subconscious prior to sleep, "I want to get up at 6 A.M.," it will awaken you at that exact time.

4. Your subconscious mind is the builder of your body and can heal you. Lull

yourself to sleep every night with the idea of perfect health, and your subconscious, being your faithful servant, will obey you.

5. Every thought is a cause, and every condition is an effect.

6. If you want to write a book, write a wonderful play, give a better talk to your audience, convey the idea lovingly and feelingly to your subconscious mind, and it will respond accordingly.

7. You are like a captain navigating a ship. He must give the right orders, and likewise, you must give the right orders (thoughts and images) to your subconscious mind, which controls and governs all your experiences.

8. Never use the terms, "I can't afford it" or "I can't do this." Your subconscious mind takes you at your word and sees to it that you do not have the money or the ability to do what you want to do. Affirm, "I can do all things through the power of my subconscious mind."

9. The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things to harm or hurt you. Believe in the power of your subconscious to heal, inspire, strengthen, and prosper you. According to your belief is it done unto you.

10. Change your thoughts, and you change your destiny.

How Your Own Mind Works

You have a mind, and you should learn how to use it. There are two levels of your mind--the conscious or rational level, and the subconscious or irrational level. You think with your conscious mind, and whatever you habitually think sinks down into your subconscious mind, which creates according to the nature of your thoughts. Your subconscious mind is the seat of your emotions and is the creative mind. If you think good, good will follow; if you think evil, evil will follow. This is the way your mind works.

The main point to remember is once the subconscious mind accepts an idea, it begins to execute it. It is an interesting and subtle truth that the law of the subconscious mind works for good and bad ideas alike. This law, when applied in a negative way, is the cause of failure, frustration, and unhappiness. However, when your habitual thinking is harmonious and constructive, you experience perfect health, success, and prosperity.

Peace of mind and a healthy body are inevitable when you begin to think and feel in the right way. Whatever you claim mentally and feel as true, your subconscious mind will accept and bring forth into your experience. The only thing necessary for you to do is to get your subconscious mind to accept your idea, and the law of your own subconscious mind will bring forth the health, peace, or the position you desire. You give the command or decree, and your subconscious will faithfully reproduce the idea impressed upon it. The law of your mind is this: You will get a reaction or response from your subconscious mind according to the nature of the thought or idea you hold in your conscious mind.

Psychologists and psychiatrists point out that when thoughts are conveyed to your subconscious mind, impressions are made in the brain cells. As soon as your subconscious accepts any idea, it proceeds to put it into effect immediately. It works by association of ideas and uses every bit of knowledge that you have gathered in your lifetime to bring about its purpose. It draws on the infinite power, energy, and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to bring about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer. . . . Its ways are past finding out.

Conscious and Subconscious Terms Differentiated

You must remember that these are not two minds. They are merely two spheres of activity within one mind. Your conscious mind is the reasoning mind. It is that phase of mind, which chooses. For example, you choose your books, your home, and your partner in life. You make all your decisions with your conscious mind. On the other hand, without any conscious choice on your part, your heart is kept functioning automatically, and the process of digestion, circulation, and breathing are carried on by your subconscious mind through processes independent of your conscious control.

Your subconscious mind accepts what is impressed upon it or what you consciously believe. It does not reason things out like your conscious mind, and it does not argue with you controversially. Your subconscious mind is like the soil, which accepts any kind of seed, good or bad. Your thoughts are active and might be likened unto seeds. Negative, destructive thoughts continue to work negatively in your subconscious mind, and in due time will come forth into outer experience which corresponds with them.

Remember, your subconscious mind does not engage in proving whether your thoughts are good or bad, true or false, but it responds according to the nature of your thoughts or suggestions. For example, if you consciously assume something as true, even though it may be false, your subconscious mind will accept it as true and proceed to bring about results, which must necessarily follow, because you consciously assumed it to be true.

Experiments by Psychologists

Innumerable experiments by psychologists and others on persons in the hypnotic state have shown that the subconscious mind is incapable of making selections and comparisons, which are necessary for a reasoning process. They have shown repeatedly that your subconscious mind will accept any suggestions, however false. Having once accepted any suggestion, it responds according to the nature of the suggestion given.

To illustrate the amenability of your subconscious mind to suggestion, if a practiced hypnotist suggests to one of his subjects that he is Napoleon Bonaparte, or even a cat or a dog, he will act out the part with inimitable accuracy. His personality becomes changed for the time being. He believes himself to be whatever the operator tells him he is.

A skilled hypnotist may suggest to one of his students in the hypnotic state that his back itches, to another that his nose is bleeding, to another that he is a marble statue, to another that he is freezing and the temperature is below zero. Each one will follow out the line of his particular suggestion, totally oblivious to

all his surroundings, which do not pertain to his idea.

These simple illustrations portray clearly the difference between your conscious reasoning mind and your subconscious mind, which is impersonal, nonselective, and accepts as true whatever your conscious mind believes to be true. Hence, the importance of selecting thoughts, ideas, and premises, which bless, heal, inspire, and fill your soul with joy.

The Terms Objective and Subjective Mind Clarified

Your conscious mind is sometimes referred to as your objective mind because it deals with outward objects. The objective mind takes cognizance of the objective world. Its media of observation are your five physical senses. Your objective mind is your guide and director in your contact with your environment. You gain knowledge through your five senses. Your objective mind learns through observation, experience, and education. As previously pointed out, the greatest function of the objective mind is that of reasoning.

Suppose you are one of the thousands of tourists who come to Los Angeles annually. You would come to the conclusion that it is a beautiful city based upon your observation of the parks, pretty gardens, majestic buildings, and lovely homes. This is the working of your objective mind.

Your subconscious mind is oftentimes referred to as your subjective mind. Your subjective mind takes cognizance of its environment by means independent of the five senses. Your subjective mind perceives by intuition. It is the seat of your emotion and the storehouse of memory. Your subjective mind performs its highest functions when your objective senses are in abeyance. In a word, it is that intelligence which makes itself manifest when the objective mind is suspended or in a sleepy, drowsy state.

Your subjective mind sees without the use of the natural organs of vision. It has the capacity of clairvoyance and clairaudience. Your subjective mind can leave your body, travel to distant lands, and bring back information oftentimes of the most exact and truthful character. Through your subjective mind you can read the thoughts of others, read the contents of sealed envelopes and closed safes. Your subjective mind has the ability to apprehend the thoughts of others without the use of the ordinary objective means of communication. It is of the greatest importance that we understand the interaction of the objective and subjective mind in order to learn the true art of prayer.

The Subconscious Cannot Reason like Your Conscious Mind

Your subconscious mind cannot argue controversially. Hence, if you give it

wrong suggestions, it will accept them as true and will proceed to bring them to pass as conditions, experiences, and events. All things that have happened to you are based on thoughts impressed on your subconscious mind through belief. If you have conveyed erroneous concepts to your subconscious mind, the sure method of overcoming them is by the repetition of constructive, harmonious thoughts frequently repeated which your subconscious mind accepts, thus forming new and healthy habits of thought and life, for your subconscious mind is the seat of habit.

The habitual thinking of your conscious mind establishes deep grooves in your subconscious mind. This is very favorable for you if your habitual thoughts are harmonious, peaceful, and constructive.

If you have indulged in fear, worry, and other destructive forms of thinking, the remedy is to recognize the omnipotence of your subconscious mind and decree freedom, happiness, and perfect health. Your subconscious mind, being creative and one with your divine source, will proceed to create the freedom and happiness, which you have earnestly decreed.

The Tremendous Power of Suggestion

You must realize by now that your conscious mind is the "watchman at the gate," and its chief function is to protect your subconscious mind from false impressions. You are now aware of one of the basic laws of mind: Your subconscious mind is amenable to suggestion. As you know, your subconscious mind does not make comparisons, or contrasts, neither does it reason and think things out for itself. This latter function belongs to your conscious mind. It simply reacts to the impressions given to it by your conscious mind. It does not show a preference for one course of action over another.

The following is a classic example of the tremendous power of suggestion. Suppose you approach a timid looking passenger on board ship and say to him something like this: "You look very ill. How pale you are! I feel certain you are going to be seasick. Let me help you to your cabin." The passenger turns pale. Your suggestion of seasickness associates itself with his own fears and forebodings. He accepts your aid down to the berth, and there your negative suggestion, which was accepted by him, is realized.

Different Reactions to the Same Suggestion

It is true that different people will react in different ways to the same suggestion because of their subconscious conditioning or belief. For example, if you go to a sailor on the ship and say to him sympathetically, "My dear fellow,

you're looking very ill. Aren't you feeling sick? You look to me as if you were going to be seasick."

According to his temperament he either laughs at your "joke," or expresses a mild irritation. Your suggestion fell on deaf ears in this instance because your suggestion of seasickness was associated in his mind with his own immunity from it. Therefore, it called up not fear or worry, but self confidence.

The dictionary says that a suggestion is the act or instance of putting something into one's mind, the mental process by which the thought or idea suggested is entertained, accepted, or put into effect. You must remember that a suggestion cannot impose something on the subconscious mind against the will of the conscious mind. In other words, your conscious mind has the power to reject the suggestion given. In the case of the sailor, he had no fear of seasickness. He had convinced himself of his immunity, and the negative suggestion had absolutely no power to evoke fear.

The suggestion of seasickness to the other passenger called forth his indwelling fear of seasickness. Each of us has his own inner fears, beliefs, opinions, and these inner assumptions rule and govern our lives. A suggestion has no power in and of itself except if you accept it mentally. This causes your subconscious powers to flow in a limited and restricted way according to the nature of the suggestion.

How He Lost His Arm

Every two or three years I give a series of lectures at the London Truth Forum in Caxton Hall. This is a Forum I founded a number of years ago. Dr. Evelyn Fleet, the director, told me about an article which appeared in the English newspapers dealing with the power of suggestion. This is the suggestion a man gave to his subconscious mind over a period of about two years: "I would give my right arm to see my daughter cured." It appeared that his daughter had a crippling form of arthritis together with a so called incurable form of skin disease. Medical treatment had failed to alleviate the condition, and the father had an intense longing for his daughter's healing, and expressed his desire in the words just quoted.

Dr. Evelyn Fleet said that the newspaper article pointed out that one day the family was out riding when their car collided with another. The father's right arm was torn off at the shoulder, and immediately the daughter's arthritis and skin condition vanished.

You must make certain to give your subconscious only suggestions, which

heal, bless, elevate, and inspire you in all your ways. Remember that your subconscious mind cannot take a joke. It takes you at your word.

How Autosuggestion Banishes Fear

Illustrations of autosuggestion: Autosuggestion means suggesting something definite and specific to oneself. Herbert Parkyn, in his excellent manual of autosuggestion,* records the following incident. It has its amusing side, so that one remembers it. "A New York visitor in Chicago looks at his watch, which is set an hour ahead of Chicago time, and tells a Chicago friend that it is twelve o'clock. The Chicago friend, not considering the difference in time between Chicago and New York, tells the New Yorker that he is hungry and that he must go to lunch."

Autosuggestion may be used to banish various fears and other negative conditions. A young singer was invited to give an audition. She had been looking forward to the interview, but on three previous occasions she had failed miserably due to fear of failure. This young lady had a very good voice, but she had been saying to herself, "When the time comes for me to sing, maybe they won't like me. I will try, but I'm full of fear and anxiety."

Her subconscious mind accepted these negative autosuggestions as a request and proceeded to manifest them and bring them into her experience. The cause was an involuntary auto-suggestion, i.e., silent fear thoughts emotionalized and subjectified.

She overcame it by the following technique: Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled her mind and body as best she could. Physical inertia favors mental passivity and renders the mind more receptive to suggestion. She counteracted the fear suggestion by saying to herself, "I sing beautifully. I am poised, serene, confident, and calm." She repeated this statement slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day and one immediately prior to sleep. At the end of a week she was completely poised and confident. When the invitation to audition came, she gave a remarkable, wonderful audition.

How She Restored Her Memory

A woman, aged seventy-five, was in the habit of saying to herself, "I am losing my memory." She reversed the procedure and practiced induced autosuggestion several times a day as follows: "My memory from today on is improving in every department. I shall always remember whatever I need to

know at every moment of time and point of space. The impressions received will be clearer and more definite. I shall retain them automatically and with ease. Whatever I wish to recall will immediately present itself in the correct form in my mind. I am improving rapidly every day, and very soon my memory will be better than it has ever been before." At the end of three weeks, her memory was back to normal, and she was delighted.

How He Overcame a Nasty Temper

Many men who complained of irritability and bad temper proved to be very susceptible to autosuggestion and obtained marvelous results by using the following statements three or four times a day--morning, noon, and at night prior to sleep for about a month. "Henceforth, I shall grow more good humored. Joy, happiness, and cheerfulness are now becoming my normal states of mind. Every day I am becoming more and more lovable and understanding. I am now becoming the center of cheer and good will to all those about me, infecting them with good humor. This happy, joyous, and cheerful mood is now becoming my normal, natural state of mind. I am grateful."

The Constructive and Destructive Power of Suggestion

Some illustrations and comments on heterosuggestion: Heterosuggestion means suggestions from another person. In all ages the power of suggestion has played a part in the life and thought of man in every period of time and in each country of the earth. In many parts of the world it is the controlling power in religion.

Suggestion may be used to discipline and control ourselves, but it can also be used to take control and command over others who do not know the laws of mind. In its constructive form it is wonderful and magnificent. In its negative aspects it is one of the most destructive of all the response patterns of the mind, resulting in patterns of misery, failure, suffering, sickness, and disaster.

Have You Accepted Any of These?

From infancy on the majority of us have been given many negative suggestions. Not knowing how to thwart them, we unconsciously accepted them. Here are some of the negative suggestions: "You can't." "You'll never amount to anything." "You mustn't." "You'll fail." "You haven't got a chance." "You're all wrong." "It's no use." "It's not what you know, but who you know." "The world

is going to the dogs." "What's the use, nobody cares." "It's no use trying so hard." "You're too old now." "Things are getting worse and worse." "Life is an endless grind." "Love is for the birds." "You just can't win." "Pretty soon you'll be bankrupt." "Watch out, you'll get the virus." "You can't trust a soul," etc.

Unless, as an adult, you use constructive autosuggestion, which is a reconditioning therapy, the impressions made on you in the past can cause behavior patterns that cause failure in your personal and social life. Autosuggestion is a means releasing you from the mass of negative verbal conditioning that might otherwise distort your life pattern, making the development of good habits difficult.

You Can Counteract Negative Suggestions

Pick up the paper any day, and you can read dozens of items that could sow the seeds of futility, fear, worry, anxiety, and impending doom. If accepted by you, these thoughts of fear could cause you to lose the will for life. Knowing that you can reject all these negative suggestions by giving your subconscious mind constructive autosuggestions, you counteract all these destructive ideas.

Check regularly on the negative suggestions that people make to you. You do not have to be influenced by destructive heterosuggestion. All of us have suffered from it in our childhood and in our teens. If you look back, you can easily recall how parents, friends, relatives, teachers, and associates contributed in a campaign of negative suggestions. Study the things said to you, and you will discover much of it was in the form of propaganda. The purpose of much of what was said was to control you or instill fear into you.

This heterosuggestion process goes on in every home, office, factory, and club. You will find that many of these suggestions are for the purpose of making you think, feel, and act, as others want you to and in ways that are to their advantage.

How Suggestion Killed a Man

Here is an illustration of heterosuggestion: A relative of mine went to a crystal gazer in India who told him that he had a bad heart and predicted that he would die at the next new moon. He began to tell all members of his family about this prediction, and he arranged his will.

This powerful suggestion entered into his subconscious mind because he accepted it completely. My relative also told me that this crystal gazer was believed to have some strange occult powers, and he could do harm or good to a person. He died as predicted not knowing that he was the cause of his own death.

I suppose many of us have heard similar stupid, ridiculous, superstitious stories.

Let us look at what happened in the light of our knowledge of the way the subconscious mind works. Whatever the conscious, reasoning mind of man believes; the subconscious mind will accept and act upon. My relative was happy, healthy, vigorous, and robust when he went to see the fortuneteller. She gave him a very negative suggestion, which he accepted. He became terrified, and constantly dwelt upon the fact that he was going to die at the next new moon. He proceeded to tell everyone about it, and he prepared for the end. The activity took place in his own mind, and his own thought was the cause. He brought about his own socalled death, or rather destruction of the physical body, by his fear and expectation of the end.

The woman who predicted his death had no more power than the stones and sticks in the field. Her suggestion had no power to create or bring about the end she suggested. If he had known the laws of his mind, he would have completely rejected the negative suggestion and refused to give her words any attention, knowing in his heart that he was governed and controlled by his own thought and feeling. Like tin arrows aimed at a battleship, her prophecy could have been completely neutralized and dissipated without hurting him.

The suggestions of others in themselves have absolutely no power whatever over you except the power that you give them through your own thoughts. You have to give your mental consent; you have to entertain the thought. Then, it becomes your thought, and you do the thinking. Remember, you have the capacity to choose. Choose life! Choose love! Choose health!

The Power of an Assumed Major Premise

Your mind works like a syllogism. This means that whatever major premise your conscious mind assumes to be true determines the conclusion your subconscious mind comes to in regard to any particular question or problem in your mind. If your premise is true, the conclusion must be true as in the following example:

Every virtue is laudable; Kindness is a virtue; Therefore, kindness is laudable.

Another example is as follows:

All formed things change and pass away; The Pyramids of Egypt are formed things; Therefore, some day the Pyramids will pass away.

The first statement is referred to as the major premise, and the right conclusion must necessarily follow the right premise.

A college professor, who attended some of my science of mind lectures in

May, 1962, at Town Hall, New York, said to me, "Everything in my life is topsy turvy, and I have lost health, wealth, and friends. Everything I touch turns out wrong."

I explained to him that he should establish a major premise in his thinking, that the infinite intelligence of his subconscious mind was guiding, directing, and prospering him spiritually, mentally, and materially. Then, his subconscious mind would automatically direct him wisely in his investments, decisions, and also heal his body and restore his mind to peace and tranquility.

This professor formulated an overall picture of the way he wanted his life to be, and this was his major premise:

"Infinite intelligence leads and guides me in all my ways. Perfect health is mine, and the Law of Harmony operates in my mind and body. Beauty, love, peace, and abundance are mine. The principle of right action and divine order govern my entire life. I know my major premise is based on the eternal truths of life, and I know, feel, and believe that my subconscious mind responds according to the nature of my conscious mind thinking."

He wrote me as follows: "I repeated the above statements slowly, quietly, and lovingly several times a day knowing that they were sinking deep down into my subconscious mind, and that results must follow. I am deeply grateful for the interview you gave me, and I would like to add that all departments of my life are changing for the better. It works!"

The Subconscious Does Not Argue Controversially

Your subconscious mind is all wise and knows the answers to all questions. It does not argue with you or talk back to you. It does not say, "You must not impress me with that." For example, when you say, "I can't do this." "I am too old now." "I can't meet this obligation." "I was born on the wrong side of the tracks." "I don't know the right politician," you are impregnating your subconscious with these negative thoughts, and it responds accordingly. You are actually blocking your own good, thereby bringing lack, limitation, and frustration into your life.

When you set up obstacles, impediments, and delays in your conscious mind, you are denying the wisdom and intelligence resident in your subconscious mind. You are actually saying in effect that your subconscious mind cannot solve your problem. This leads to mental and emotional congestion, followed by sickness and neurotic tendencies.

To realize your desire and overcome your frustration, affirm boldly several times a day: "The infinite intelligence which gave me this desire leads, guides,

and reveals to me the perfect plan for the unfolding of my desire. I know the deeper wisdom of my subconscious is now responding, and what I feel and claim within is expressed in the without. There is a balance, equilibrium, and equanimity."

If you say, "There is no way out; I am lost; there is no way out of this dilemma; I am stymied and blocked," you will get no answer or response from your subconscious mind. If you want the subconscious to work for you, give it the right request, and attain its cooperation. It is always working for you. It is controlling your heartbeat this minute and also your breathing. It heals a cut on your finger, and its tendency is lifeward, forever seeking to take care of you and preserve you. Your subconscious has a mind of its own, but it accepts your patterns of thought and imagery.

When you are seeking an answer to a problem, your subconscious will respond, but it expects you to come to a decision and to a true judgment in your conscious mind. You must acknowledge the answer is in your subconscious mind. However, if you say, "I don't think there is any way out; I am all mixed up and confused; why don't I get an answer?" you are neutralizing your prayer. Like the soldier marking time, you do not get anywhere.

Still the wheels of your mind, relax, let go, and quietly affirm: "My subconscious knows the answer. It is responding to me now. I give thanks because I know the infinite intelligence of my subconscious knows all things and is revealing the perfect answer to me now. My real conviction is now setting free the majesty and glory of my subconscious mind. I rejoice that it is so."

Review of Highlights

1. Think good, and good follows. Think evil, and evil follows. You are what you think all day long.

2. Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, "I can't afford it," it may be true, but do not say it. Select a better thought, decree, "I'll buy it. I accept it in my mind."

3. You have the power to choose. Choose health and happiness. You can choose to be friendly, or you can choose to be unfriendly. Choose to be cooperative, joyous, friendly, lovable, and the whole world will respond. This is the best way to develop a wonderful personality.

4. Your conscious mind is the "watchman at the gate." Its chief function is to protect your subconscious mind from false impressions. Choose to believe that something good can happen and is happening now. Your greatest power is your

capacity to choose. Choose happiness and abundance.

5. The suggestions and statements of others have no power to hurt you. The only power is the movement of your own thought. You can choose to reject the thoughts or statements of others and affirm the good. You have the power to choose how you will react.

6. Watch what you say. You have to account for every idle word. Never say, "I will fail; I will lose my job; I can't pay the rent." Your subconscious cannot take a joke. It brings all these things to pass.

7. Your mind is not evil. No force of nature is evil. It depends how you use the powers of nature. Use your mind to bless, heal, and inspire all people everywhere.

8. Never say, "I can't." Overcome that fear by substituting the following, "I can do all things through the power of my own subconscious mind."

9. Begin to think from the standpoint of the eternal truths and principles of life and not from the standpoint of fear, ignorance, and superstition. Do not let others do your thinking for you. Choose your own thoughts and make your own decisions.

10. You are the captain of your soul (subconscious mind) and the master of your fate. Remember, you have the capacity to choose. Choose life! Choose love! Choose health! Choose happiness!

11. Whatever your conscious mind assumes and believes to be true, your subconscious mind will accept and bring to pass. Believe in good fortune, divine guidance, right action, and all the blessings of life.

The Miracle-Working Power of Your Subconscious

The power of your subconscious is enormous. It inspires you, it guides you, and it reveals to you names, facts, and scenes from the storehouse of memory. Your subconscious started your heartbeat, controls the circulation of your blood, and regulates your digestion, assimilation, and elimination. When you eat a piece of bread, your subconscious mind transmutes it into tissue, muscle, bone, and blood. This process is beyond the ken of the wisest man who walks the earth. Your subconscious mind controls all the vital processes and functions of your body and knows the answer to all problems.

Your subconscious mind never sleeps, never rests. It is always on the job. You can discover the miracle-working power of your subconscious by plainly stating to your subconscious prior to sleep that you wish a certain specific thing accomplished. You will be delighted to discover that forces within you will be released, leading to the desired result. Here, then, is a source of power and wisdom which places you in touch with omnipotence or the power that moves the world, guides the planets in their course, and causes the sun to shine.

Your subconscious mind is the source of your ideals, aspirations, and altruistic urges. It was through the subconscious mind that Shakespeare perceived great truths hidden from the average man of his day. Undoubtedly, it was the response of his subconscious mind that caused the Greek sculptor, Phidias, to portray beauty, order, symmetry, and proportion in marble and bronze. It enabled the Italian artist, Raphael, to paint Madonnas, and Ludwig van Beethoven to compose symphonies.

In 1955 I lectured at the Yoga Forest University, Rishikesh, India, and there I chatted with a visiting surgeon from Bombay. He told me about Dr. James Esdaille, a Scotch surgeon, who worked in Bengal before ether or other modern methods of anesthesia were discovered. Between 1843 and 1846, Dr. Esdaille performed about four hundred major operations of all kinds, such as amputations, removal of tumors and cancerous growths, as well as operations on the eye, ear, and throat. All operations were conducted under mental anesthesia only. This Indian doctor at Rishikesh informed me that the postoperative mortality rate of patients operated on by Dr. Esdaille was extremely low,

probably two or three percent. Patients felt no pain, and there were no deaths during the operations.

Dr. Esdaille suggested to the subconscious minds of all his patients, who were in a hypnotic state, that no infection or septic condition would develop. You must remember that this was before Louis Pasteur, Joseph Lister, and others who pointed out the bacterial origin of disease and causes of infection due to unsterilized instruments and virulent organisms.

This Indian surgeon said that the reason for the low mortality rate and the general absence of infection, which was reduced to a minimum, was undoubtedly due to the suggestions of Dr. Esdaille to the subconscious minds of his patients. They responded according to the nature of his suggestion.

It is simply wonderful, when you conceive how a surgeon, over one hundred twenty years ago, discovered the miraculous wonder-working powers of the subconscious mind. Doesn't it cause you to be seized with a sort of mystic awe when you stop and think of the transcendental powers of your subconscious mind? Consider its extrasensory perceptions, such as its capacity for clairvoyance and clairaudience, its independence of time and space, its capacity to render you free from all pain and suffering, and its capacity to get the answer to all problems, be they what they may. All these and many more reveal to you that there is a power and intelligence within you that far transcends your intellect, causing you to marvel at the wonders of it ail. All these experiences cause you to rejoice and believe in the miracle-working powers of your own subconscious mind.

Your Subconscious Is Your Book of Life

Whatever thoughts, beliefs, opinions, theories, or dogmas you write, engrave, or impress on your subconscious mind, you shall experience them as the objective manifestation of circumstances, conditions, and events. What you write on the inside, you will experience on the outside. You have two sides to your life, objective and subjective, visible and invisible, thought and its manifestation.

Your brain receives your thought, which is the organ of your conscious reasoning mind. When your conscious or objective mind accepts the thought completely, it is sent to the solar plexus, called the brain of your mind, where it becomes flesh and is made manifest in your experience.

As previously outlined, your subconscious cannot argue. It acts only from what you write on it. It accepts your verdict or the conclusions of your conscious mind as final. This is why you are always writing on the book of life, because

your thoughts become your experiences. The American essayist, Ralph Waldo Emerson said, "Man is what he thinks all day long."

What Is Impressed in the Subconscious Is Expressed

William James, the father of American psychology, said that the power to move the world is in your subconscious mind. Your subconscious mind is one with infinite intelligence and boundless wisdom. It is fed by hidden springs, and is called the law of life. Whatever you impress upon your subconscious mind, the latter will move heaven and earth to bring it to pass. You must, therefore, impress it with right ideas and constructive thoughts.

The reason there is so much chaos and misery in the world is because people do not understand the interaction of their conscious and subconscious minds. When these two principles work in accord, in concord, in peace, and synchronously together, you will have heath, happiness, peace and joy. There is no sickness or discord when the conscious and subconscious work together harmoniously and peacefully.

The tomb of Hermes was opened with great expectancy and a sense of wonder because people believed that the greatest secret of the ages was contained therein. The secret was as within, so without; as above, so below.

In other words, whatever is impressed hi your subconscious mind is expressed on the screen of space. This same truth was proclaimed by Moses, Isaiah, Jesus, Buddha, Zoroaster, Laotze, and all the illumined seers of the ages Whatever you feel as true subjectively is expressed as conditions, experiences, and events. Motion and emotion must balance. As in heaven [your own mind], so on earth [in your body and environment]. This is the great law of life.

You will find throughout all nature the law of action and reaction, of rest and motion. These two must balance, then there will be harmony and equilibrium. You are here to let the life principle flow through you rhythmically and harmoniously. The intake and the outgo must be equal. The impression and the expression must be equal. All your frustration is due to unfulfilled desire.

If you think negatively, destructively, and viciously, these thoughts generate destructive emotions which must be expressed and find an outlet. These emotions, being of a negative nature, are frequently expressed as ulcers, heart trouble, tension, and anxieties.

What is your idea or feeling about yourself now? Every part of your being expresses that idea. Your vitality, body, financial status, friends, and social status represent a perfect reflection of the idea you have of yourself. This is the real meaning of what is impressed in your subconscious mind, and which is

expressed in all phases of your life.

We injure ourselves by the negative ideas, which we entertain. How often have you wounded yourself by getting angry, fearful, jealous, or vengeful? These are the poisons that enter your subconscious mind. You were not born with these negative attitudes. Feed your subconscious mind life giving thoughts, and you will wipe out all the negative patterns lodged therein. As you continue to do this, all the past will be wiped out and remembered no more.

The Subconscious Heals a Malignancy of the Skin

A personal healing will ever be the most convincing evidence of the healing power of the subconscious mind. Over forty years ago I resolved a malignancy of the skin through prayer. Medical therapy had failed to check the growth, and it was getting progressively worse.

A clergyman, with a deep psychological knowledge, explained to me the inner meaning of the 139th Psalm wherein it says, In thy book all my members were written, which in continuance were fashioned, when as yet there was none of them. He explained that the term book meant my subconscious mind, which fashioned and molded all my organs from an invisible cell. He also pointed out that inasmuch as my subconscious mind made my body, it could also recreate it and heal it according to the perfect pattern within it.

This clergyman showed me his watch and said, "This had a maker, and the watchmaker had to have the idea first in mind before the watch became an objective reality, and if the watch was out of order, the watchmaker could fix it." My friend reminded me that the subconscious intelligence, which created my body, was like a watchmaker, and it also knew exactly how to heal, restore, and direct all the vital functions and processes of my body, but that I had to give it the perfect idea of health. This would act as cause, and the effect would be a healing.

I prayed in a very simple way as follows: "My body and all its organs were created by the infinite intelligence in my subconscious mind. It knows how to heal me. Its wisdom fashioned all my organs, tissues, muscles, and bones. This infinite healing presence within me is now transforming every atom of my being making me whole and perfect now. I give thanks for the healing I know is taking place now. Wonderful are the works of the creative intelligence within me." I prayed aloud for about five minutes two or three times a day repeating the above simple prayer. In about three months my skin was whole and perfect.

As you can see, all I did was give life giving patterns of wholeness, beauty, and perfection to my subconscious mind, thereby obliterating the negative

images and patterns of thought lodged in my subconscious mind which were the cause of all my trouble. Nothing appears on your body except when the mental equivalent is first in your mind, and as you change your mind by drenching it with incessant affirmatives, you change your body. This is the basis of all healing. . . . Marvelous are thy works; and that my soul [subconscious mind] knoweth right well. PSALM 139:14.

How the Subconscious Controls All Functions of the Body

While you are awake or sound asleep upon your bed, the ceaseless, tireless action of your subconscious mind controls all the vital functions of your body without the help of your conscious mind. For example, while you are asleep your heart continues to beat rhythmically, your lungs do not rest, and the process of inhalation and exhalation, whereby your blood absorbs fresh air, goes on just the same as when you are awake. Your subconscious controls your digestive processes and glandular secretions, as well as all the other mysterious operations of your body. The hair on your face continues to grow whether you are asleep or awake. Scientists tell us that the skin secretes much more perspiration during sleep than during the waking hours. Your eyes, ears, and other senses are active during sleep. For instance, many of our great scientists have received answers to perplexing problems while they were asleep. They saw the answers in a dream.

Oftentimes your conscious mind interferes with the normal rhythm of the heart, lungs, and functioning of the stomach and intestines by worry, anxiety, fear, and depression. These patterns of thought interfere with the harmonious functioning of your subconscious mind. When mentally disturbed, the best procedure is to let go, relax, and still the wheels of your thought processes. Speak to your subconscious mind, telling it to take over in peace, harmony, and divine order. You will find that all the functions of your body will become normal again. Be sure to speak to your subconscious mind with authority and conviction, and it will conform to your command.

Your subconscious seeks to preserve your life and restore you to health at all costs. It causes you to love your children, which also illustrates an instinctive desire to preserve all life. Let us suppose you accidentally ate some bad food. Your subconscious mind would cause you to regurgitate it. If you inadvertently took some poison, your subconscious powers would proceed to neutralize it. If you completely entrusted yourself to its wonder-working power, you would be entirely restored to health.

How to Get the Subconscious to Work for You

The first thing to realize is that your subconscious mind is always working. It is active night and day, whether you act upon it or not. Your subconscious is the builder of your body, but you cannot consciously perceive or hear that inner silent process. Your business is with your conscious mind and not your subconscious mind. Just keep your conscious mind busy with the expectation of the best, and make sure the thoughts you habitually think are based on whatsoever things are lovely, true, just, and of good report. Begin now to take care of your conscious mind, knowing in your heart and soul that your subconscious mind is always expressing, reproducing, and manifesting according to your habitual thinking.

Remember, just as water takes the shape of the pipe it flows through, the life principle in you flows through you according to the nature of your thoughts. Claim that the healing presence in your subconscious is flowing through you as harmony, health, peace, joy, and abundance. Think of it as a living intelligence, a lovely companion on the way. Firmly believe it is continually flowing through you vivifying, inspiring, and prospering you. It will respond exactly this way. It is done unto you as you believe.

Healing Principle of the Subconscious Restores Atrophied Optic Nerves

There is the well known, duly authenticated case of Madame Bire of France, recorded in the archives of the medical department of Lourdes, France. She was blind; the optic nerves were atrophied and useless. She visited Lourdes and had what she termed a miraculous healing. Ruth Cranston, a Protestant young lady who investigated and wrote about healings at Lourdes in McCall's magazine, November, 1955, writes about Madame Bire as follows: "At Lourdes she regained her sight incredibly, with the optic nerves still lifeless and useless, as several doctors could testify after repeated examinations. A month later, upon reexamination, it was found that the seeing mechanism had been restored to normal. But at first, so far as medical examination could tell, she was seeing with 'dead eyes.'"

I have visited Lourdes several times where I, too, witnessed some healings, and of course, as we shall explain in the next chapter, there is no doubt that healings take place at many shrines throughout the world, Christian and non-Christian.

The waters of the shrine did not heal Madame Bire, to whom we just referred, but by her own subconscious mind, which responded to her belief. The healing principle within her subconscious mind responded to the nature of her

thought. Belief is a thought in the subconscious mind. It means to accept something as true. The thought accepted executes itself automatically. Undoubtedly, Madame Bire went to the shrine with expectancy and great faith, knowing in her heart she would receive a healing. Her subconscious mind responded accordingly, releasing the ever present healing forces. The subconscious mind, which created the eye, can certainly bring a dead nerve back to life. What the creative principle created, it can recreate. According to your belief is it done unto you.

How to Convey the Idea of Perfect Health to Your Subconscious Mind

A Protestant minister I knew in Johannesburg, South Africa, told me the method he used to convey the idea of perfect health to his subconscious mind. He had cancer of the lung. His technique, as given to me in his own handwriting, is exactly as follows: "Several times a day I would make certain that I was completely relaxed mentally and physically. I relaxed my body by speaking to it as follows, 'My feet are relaxed, my ankles are relaxed, my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my head is relaxed, my whole being is completely relaxed.' After about five minutes I would be in a sleepy drowsy state, and then I affirmed the following truth, 'the perfection of God is now being expressed through me. The idea of perfect health is now filling my subconscious mind. The image God has of me is a perfect image, and my subconscious mind recreates my body in perfect accordance with the perfect image held in the mind of God.'" This minister had a remarkable healing. This is a simple easy way of conveying the idea of perfect health to your subconscious mind.

Another wonderful way to convey the idea of health to your subconscious is through disciplined or scientific imagination. I told a man who was suffering from functional paralysis to make a vivid picture of himself walking around in his office, touching the desk, answering the telephone, and doing all the things he ordinarily would do if he were healed. I explained to him that this idea and mental picture of perfect health would be accepted by his subconscious mind.

He lived the role and actually felt himself back in the office. He knew that he was giving his subconscious mind something definite to work upon. His subconscious mind was the film upon which the picture was impressed. One day, after several weeks of frequent conditioning of the mind with this mental picture, the telephone rang by prearrangement and kept ringing while his wife and nurse were out. The telephone was about twelve feet away, but nevertheless he

managed to answer it. He was healed at that hour. The healing power of his subconscious mind responded to his mental imagery, and a healing followed.

This man had a mental block, which prevented impulses from the brain reaching his legs; therefore, he said he could not walk. When he shifted his attention to the healing power within him, the power flowed through, his focused attention, enabling him to walk. Whatsoever ye shall ask in prayer, believing, ye shall receive. MATT. 21:22.

Ideas Worth Remembering

1. Your subconscious mind controls all the vital processes of your body and knows the answer to all problems.

2. Prior to sleep, turn over a specific request to your subconscious mind and prove its miracle-working power to yourself.

3. Whatever you impress on your subconscious mind is expressed on the screen of space as conditions, experiences, and events. Therefore, you should carefully watch all ideas and thoughts entertained in your conscious mind.

4. The law of action and reaction is universal. Your thought is action, and the reaction is the automatic response of your subconscious mind to your thought. Watch your thoughts!

5. All frustration is due to unfulfilled desires. If you dwell on obstacles, delays, and difficulties, your subconscious mind responds accordingly, and you are blocking your own good.

6. The Life Principle will flow through you rhythmically and harmoniously if you consciously affirm: "I believe that the subconscious power which gave me this desire is now fulfilling it through me." This dissolves all conflicts.

7. You can interfere with the normal rhythm of your heart, lungs, and other organs by worry, anxiety, and fear. Feed your subconscious with thoughts of harmony, health, and peace, and all the functions of your body will become normal again.

8. Keep your conscious mind busy with the expectation of the best, and your subconscious will faithfully reproduce your habitual thinking.

9. Imagine the happy ending or solution to your problem, feel the thrill of accomplishment, and what you imagine and feel will be accepted by your subconscious mind and bring it to pass.

Mental Healings in Ancient Times

Down through the ages men of all nations have somehow instinctively believed that somewhere there resided a healing power which could restore to normal the functions and sensations of man's body. They believed that this strange power could be invoked under certain conditions, and that the alleviation of human suffering would follow. The history of all nations presents testimony in support of this belief.

In the early history of the world the power of secretly influencing men for good or evil, including the healing of the sick, was said to be possessed by the priests and holy men of all nations. Healing of the sick was supposed to be a power derived directly by them from God, and the procedures and processes of healing varied throughout the world. The healing processes took the form of supplications to God attended by various ceremonies, such as the laying on of hands, incantations, the application of amulets, talismans, rings, relics, and images.

For example, in the religions of antiquity priests in the ancient temples gave drugs to the patient and practiced hypnotic suggestions prior to the patient's sleep, telling him that the gods would visit him in his sleep and heal him. Many healings followed. Obviously, all this was the work of potent suggestions to the subconscious mind.

After the performance of certain mysterious rites, the devotees of Hecate would see the goddess during sleep, provided that before going to sleep they had prayed to her according to weird and fantastic instructions. They were told to mix lizards with resin, frankincense, and myrrh, and pound all this together in the open air under the crescent moon. Healings were reported in many cases following this grotesque procedure.

It is obvious that these strange procedures, as mentioned in the illustrations given, favored suggestion and acceptance by the subconscious mind of these people by making a powerful appeal to their imagination. Actually, in all these healings, the subconscious mind of the subject was the healer.

In all ages unofficial healers have obtained remarkable results in cases where authorized medical skill has failed. This gives cause for thought. How do these healers in all parts of the world effect their cures? The answer to all these healings is due to the blind belief of the sick person, which released the healing

power resident in his subconscious mind. Many of the remedies and methods employed were rather strange and fantastic which fired the imagination of the patients, causing an aroused emotional state. This state of mind facilitated the suggestion of health, and was accepted both by the conscious and subconscious mind of the sick. This will be elaborated on further in the next chapter.

Biblical Accounts on the Use of the Subconscious Powers

What things soever ye desire, when ye pray believe that ye receive them, and ye shall have them. MARK 11:24.

Note the difference in tenses. The inspired writer tells us to believe and accept as true the fact that our desire has already been accomplished and fulfilled, that it is already completed, and that its realization will follow as a thing in the future.

The success of this technique depends on the confident conviction that the thought, the idea, the picture is already a fact in mind. In order for anything to have substance in the realm of mind, it must be thought of as actually existing there.

Here in a few cryptic words is a concise and specific direction for making use of the creative power of thought by impressing upon the subconscious the particular thing, which you desire. Your thought, idea, plan, or purpose is as real on its own plane as your hand or your heart. In following the Biblical technique, you completely eliminate from your mind all consideration of conditions, circumstances, or anything, which might imply adverse contingencies. You are planting a seed (concept) in the mind, which, if you leave it undisturbed, will infallibly germinate into external fruition.

The prime condition, which Jesus insisted upon, was faith. Over and over again you read in the Bible, According to your faith is it done unto you. If you plant certain types of seeds in the ground, you have faith they will grow after their kind. This is the way of seeds, and trusting the laws of growth and agriculture, you know that the seeds will come forth after their kind. Faith as mentioned in the Bible is a way of thinking, an attitude of mind, an inner certitude, knowing that the idea you fully accept in your conscious mind will be embodied in your subconscious mind and made manifest. Faith is, in a sense, accepting as true what your reason and senses deny, i.e., a shutting out of the little, rational, analytical, conscious mind and embracing an attitude of complete reliance on the inner power of your subconscious mind.

A classical instance of Bible technique is recorded in MATTHEW 9:28-30. And when he was come into the house, the blind men came to him: and Jesus

saith unto them, Believe ye that I am able to do this? They said unto him, Yea, Lord. Then touched he their eyes, saying, according to your faith be it unto you. And their eyes were opened; and Jesus straitly charged them, saying, see that no man know it.

In the words according to your faith be it unto you, you can see that Jesus was actually appealing to the cooperation of the subconscious mind of the blind men. Their faith was their great expectancy, their inner feeling, their inner conviction that something miraculous would happen, and that their prayer would be answered, and it was. This is the time honored technique of healing, utilized alike by all healing groups throughout the world regardless of religious affiliation.

In the words see that no man know it, Jesus enjoins the newly healed patients not to discuss their healing because they might be subjected to the skeptical and derogatory criticisms of the unbelieving. This might tend to undo the benefits they had received at the hand of Jesus by depositing thoughts of fear, doubt, and anxiety in the subconscious mind.

. . . for with authority and power he commandeth the unclean spirits, and they came out. LUKE 4:36.

When the sick came to Jesus to be healed, they were healed by their faith together with his faith and understanding of the healing power of the subconscious mind. Whatever he decreed, he felt inwardly to be true. He and the people needing help were in the one universal subjective mind, and his silent inner knowing and conviction of the healing power changed the negative destructive patterns in the patients' subconscious. The resultant healings were the automatic response to the internal mental change. His command was his appeal to the subconscious mind of the patients plus his awareness, feeling, and absolute trust in the response of the subconscious mind to the words which he spoke with authority.

Miracles at Various Shrines Throughout the World

It is an established fact that cures have taken place at various shrines throughout the world, such as in Japan, India, Europe, and America. I have visited several of the famous shrines in Japan. At the world famous shrine called Diabutsu is a gigantic divinity of bronze where Buddha is seated with folded hands, and the head is inclined in an attitude of profound contemplative ecstasy. It is 42 feet in height and is called the great Buddha. Here I saw young and old making offerings at its feet. Money, fruit, rice, and oranges were offered.

Candles were lit, incense was burned, and prayers of petition recited.

The guide explained the chant of a young girl as she murmured a prayer, bowed low, and placed two oranges as an offering. She also lit a candle. He said she had lost her voice, and it was restored at the shrine. She was thanking Buddha for restoring her voice. She had the simple faith that Buddha would give her back her singing voice if she followed a certain ritual, fasted, and made certain offerings. All this helped to kindle faith and expectancy, resulting in a conditioning of her mind to the point of belief. Her subconscious mind responded to her belief.

To illustrate further the power of imagination and blind belief I will relate the case of a relative of mine who had tuberculosis. His lungs were badly diseased. His son decided to heal his father. He came home to Perth, Western Australia, where his father lived, and said to him that he had met a monk who had returned from one of the healing shrines in Europe. This monk sold him a piece of the true cross. He said that he gave the monk the equivalent of $500 for it.

This young man had actually picked up a splinter of wood from the sidewalk, went to the jeweler's, and had it set in a ring so that it looked real. He told his father that just touching the ring or the cross-healed many. He inflamed and fired his father's imagination to the point that the old gentleman snatched the ring from him, placed it over his chest, prayed silently, and went to sleep. In the morning he was healed. All the clinic's tests proved negative.

You know, of course, it was not the splinter of wood from the sidewalk that healed him. It was his imagination aroused to an intense degree, plus the confident expectancy of a perfect healing. Imagination was joined to faith or subjective feeling, and the union of the two brought about a healing. The father never learned of the trick that had been played upon him. If he had, he probably would have had a relapse. He remained completely cured and passed away fifteen years later at the age of 89.

One Universal Healing Principle

It is a well known fact that all of the various schools of healing effect cures of the most wonderful character. The most obvious conclusion, which strikes your mind, is that there must be some underlying principle, which is common to them all, namely, the subconscious mind, and the one process of healing is faith.

It will now be in order to recall to your mind once more the following fundamental truths:

First that you possess mental functions, which have been distinguished by designating one the conscious mind and the other the subconscious mind.

Secondly, your subconscious mind is constantly amenable to the power of suggestion. Furthermore, your subconscious mind has complete control of the functions, conditions, and sensations of your body.

I venture to believe that all the readers of this book are familiar with the fact that symptoms of almost any disease can be induced in hypnotic subjects by suggestion. For example, a subject in the hypnotic state can develop a high temperature, flushed face, or chills according to the nature of the suggestion given. By experiment, you can suggest to the person that he is paralyzed and cannot walk: it will be so. By illustration, you can hold a cup of cold water under the nose of the hypnotic subject and tell him, "This is full of pepper; smell it!" He will proceed to sneeze. What do you think caused him to sneeze, the water or the suggestion?

If a man says he is allergic to Timothy grass, you can place a synthetic flower or an empty glass in front of his nose, when he is in a hypnotic state, and tell him it is Timothy grass. He will portray the usual allergic symptoms. This indicates that the cause of the disease is in the mind. The healing of the disease can also take place mentally.

You realize that remarkable healings take place through osteopathy, chiropractic medicine, and naturopathy, as well as through all the various religious bodies throughout the world, but it is obvious that all of these healings are brought about through the subconscious mind--the only healer there is.

Notice how it heals a cut on your face caused by shaving. It knows exactly how to do it. The doctor dresses the wound and says, "Nature heals it!" Nature refers to natural law, the law of the subconscious mind, or self preservation, which is the function of the subconscious mind. The instinct of self preservation is the first law of nature. Your strongest instinct is the most potent of all autosuggestions.

Widely Different Theories

It would be tedious and unprofitable to discuss to any great extent the numerous theories advanced by different religious sects and prayer therapy groups. There are a great number who claim that because their theory produces results it is, therefore, the correct one. This, as explained in this chapter, cannot be true.

You are aware that there are all types of healing. Franz Anton Mesmer, an Austrian physician (1734-1815) who practiced in Paris, discovered that by applying magnets to the diseased body, he could cure that disease miraculously.

He also performed cures with various other pieces of glass and metals. He discontinued this form of healing and claimed that his cures were due to "animal magnetism," theorizing that this substance was projected from the healer to the patient.

His method of treating disease from then on was by hypnotism, which was called mesmerism in his day. Other physicians said that all his healings were due to suggestion and nothing else.

All of these groups, such as psychiatrists, psychologists, osteopaths, chiropractors, physicians, and all the churches are using the one universal power resident in the subconscious mind. Each may proclaim the healings are due to their theory. The process of all healing is a definite, positive, mental attitude, an inner attitude, or a way of thinking, called faith. Healing is due to a confident expectancy, which acts as a powerful suggestion to the subconscious mind releasing its healing potency.

One man does not heal by a different power than another. It is true he may have his own theory or method. There is only one process of healing and that is faith. There is only one healing power, namely, your subconscious mind. Select the theory and method you prefer. You can rest assured, if you have faith, you shall get results.

Views of Paracelsus

Philippus Paracelsus, a famous Swiss alchemist and physician, who lived from 1493 to 1541, was a great healer in his day. He stated what is now an obvious scientific fact when he uttered these words, "Whether the object of your faith be real or false, you will nevertheless obtain the same effects. Thus, if I believed in Saint Peter's statue as I should have believed in Saint Peter himself, I shall obtain the same effects that I should have obtained from Saint Peter. But that is superstition. Faith, however, produces miracles; and whether it is true or false faith, it will always produce the same wonders."

The views of Paracelsus were also entertained in the sixteenth century by Pietro Pomponazzi, an Italian philosopher and contemporary of Paracelsus, who said, "We can easily conceive the marvelous effects which confidence and imagination can produce, particularly when both qualities are reciprocated between the subjects and the person who influences them. The cures attributed to the influence of certain relics are the effect of their imagination and confidence. Quacks and philosophers know that if the bones of any skeleton were put in place of the saint's bones, the sick would none the less experience beneficial

effects, if they believed that they were veritable relics."

Then, if you believe in the bones of saints to heal, or if you believe in the healing power of certain waters, you will gel results because of the powerful suggestion given to your subconscious mind. It is the latter that does the healing.

Bernheitn's Experiments

Hippolyte Bernheim, professor of medicine at Nancy, France, 1910-1919, was the expounder of the fact that the suggestion of the physician to the patient was exerted through the subconscious mind.

Bernheim, in his Suggestive Therapeutics, page 197, tells a story of a man with paralysis of the tongue which had yielded to no form of treatment. His doctor told the patient that he had a new instrument with which he promised to heal him. He introduced a pocket thermometer into the patient's mouth. The patient imagined it to be the instrument, which was to save him. In a few moments he cried out joyfully that he could once more move his tongue freely.

"Among our cases," continues Bernheim, "facts of the same sort will be found. A young girl came into my office, having suffered from complete loss of speech for nearly four weeks. After making sure of the diagnosis, I told my students that loss of speech sometimes yielded instantly to electricity, which might act simply by its suggestive influence. I sent for the induction apparatus. I applied my hand over the larynx and moved a little, and said, 'Now you can speak aloud.' In an instant I made her saw 'a,' then 'b,' then 'Maria.' She continued to speak distinctly; the loss of voice had disappeared."

Here Bernheim is showing the power of faith and expectancy on the part of the patient, which acts as a powerful suggestion to the subconscious mind.

Producing a Blister by Suggestion

Bernheim states that he produced a blister on the back of a patient's neck by applying a postage stamp and suggesting to the patient that it was a fly plaster. This has been confirmed by the experiments and experiences of many doctors in many parts of the world, which leave no doubt that structural change, are a possible result of oral suggestion to patients.

The Cause of Bloody Stigmata

In Hudson's Law of Psychic Phenomena, page 153, he states, "Hemorrhages and bloody stigmata may be induced in certain subjects by means of suggestion.

"Dr. M. Bourru put a subject into the somnambulistic condition, and gave him the following suggestion: 'At four o'clock this afternoon, after the hypnosis, you will come into my office, sit down in the armchair, cross your arms upon your breast, and your nose will begin to bleed.' At the hour appointed the young

man did as directed. Several drops of blood came from the left nostril. "On another occasion the same investigator traced the patient's name on both his forearms with the dull point of an instrument. Then when the patient was in the somnambulistic condition, he said, 'At four o'clock this afternoon you will go to sleep, and your arms will bleed along the lines which I have traced, and your name will appear written on your arms in letters of blood.' He was watched at four o'clock and seen to fall asleep. On the left arm the letters stood out in bright relief, and in several places there were drops of blood. The letters were still visible three months afterward, although they had gradually grown faint."

These facts demonstrate at once the correctness of the two fundamental propositions previously stated, namely, the constant amenability of the subconscious mind to the power of suggestion and the perfect control, which the subconscious mind exercises, over the functions, sensations, and conditions of the body.

All the foregoing phenomena dramatize vividly abnormal conditions induced by suggestion, and are conclusive proof that as a man thinketh in his heart [subconscious mind] so is he.

Healing Points in Review

1. Remind yourself frequently that the healing power is in your own subconscious mind.

2. Know that faith is like a seed planted in the ground; it grows after its kind. Plant the idea (seed) in your mind, water and fertilize it with expectancy, and it will manifest.

3. The idea you have for a book, new invention, or play is real in your mind. This is why you can believe you have it now. Believe in the reality of your idea, plan, or invention, and as you do, it will become manifest.

4. In praying for another, know that your silent inner knowing of wholeness, beauty, and perfection can change the negative patterns of the other's subconscious mind and bring about wonderful results.

5. The miraculous healings you hear about at various shrines are due to imagination and blind faith which act on the subconscious mind, releasing the healing power.

6. All disease originates in the mind. Nothing appears on the body unless there is a mental pattern corresponding to it.

7. The symptoms of almost any disease can be induced in you by hypnotic suggestion. This shows you the power of your thought.

8. There is only one process of healing and that is faith. There is only one healing power, namely, your subconscious mind.

9. Whether the object of your faith is real or false, you will get results. Your subconscious mind responds to the thought in your mind. Look upon faith as a thought in your mind, and that will suffice.

Mental Healings in Modern Times

Everyone is definitely concerned with the healing of bodily conditions and human affairs. What is it that heals? Where is this healing power? These are questions asked by everyone. The answer is that this healing power is ha the subconscious mind of each person, and a changed mental attitude on the part of the sick person releases this healing power.

No mental or religious science practitioner, psychologist, psychiatrist, or medical doctor ever healed a patient. There is an old saying, "The doctor dresses the wound, but God heals it." The psychologist or psychiatrist proceeds to remove the mental blocks in the patient so that the healing principle may be released, restoring the patient to health. Likewise, the surgeon removes the physical block enabling the healing currents to function normally. No physician, surgeon, or mental science practitioner claims, "he healed the patient." The one healing power is called by many names--Nature, Life, God, Creative Intelligence, and Subconscious Power.

As previously outlined, there are many different methods used to remove the mental, emotional, and physical blocks which inhibit the flow of the healing life principle animating all of us. The healing principle resident in your subconscious mind can and will, if properly directed by you or some other person, heal your mind and body of all disease. This healing principle is operative in all men regardless of creed, color, or race. You do not have to belong to some particular church in order to use and participate in this healing process. Your subconscious will heal the burn or cut on your hand even though you profess to be an atheist or agnostic.

The modern mental therapeutic procedure is based on the truth that the infinite intelligence and power of your subconscious mind responds according to your faith. The mental science practitioner or minister follows the injunction of the Bible, i.e., he goes into his closet and shuts the door, which means he stills his mind, relaxes, lets go, and thinks of the infinite healing presence within him. He closes the door of his mind to all outside distractions as well as appearances, and then he quietly and knowingly turns over his request or desire to his subconscious mind, realizing that the intelligence of his mind will answer him according to his specific needs.

The most wonderful thing to know is this: Imagine the end desired and feel

its reality; then the infinite life principle will respond to your conscious choice and your conscious request. This is the meaning of believe you have received, and you shall receive. This is what the modern mental scientist does when he practices prayer therapy.

One Process of Healing

There is only one universal healing principle operating through everything--the cat, the dog, the tree, the grass, the wind, the earth--for everything is alive. This life principle operates through the animal, vegetable, and mineral kingdoms as instinct and the law of growth. Man is consciously aware of this life principle, and he can consciously direct it to bless himself in countless ways.

There are many different approaches, techniques, and methods in using the universal power, but there is only one process of healing, which is faith, for according to your faith is it done unto you.

The Law of Belief

All religions of the world represent forms of belief, and these beliefs are explained in many ways. The law of life is belief. What do you believe about yourself, life, and the universe? It is done unto you, as you believe.

Belief is a thought in your mind, which causes the power of your subconscious to be distributed into all phases of your life according to your thinking habits. You must realize the Bible is not talking about your belief in some ritual, ceremony, form, institution, man, or formula. It is talking about belief itself. The belief of your mind is simply the thought of your mind. If thou canst believe, all things are possible to him that believeth. MARK 9:23.

It is foolish to believe in something to hurt or harm you. Remember, it is not the thing believed in that hurts or harms you, but the belief or thought in your mind, which creates the result. All your experiences, all your actions, and all the events and circumstances of your life are but the reflections and reactions to your own thought.

Prayer Therapy Is the Combined Function of the Conscious and Subconscious Mind Scientifically Directed

Prayer therapy is the synchronized, harmonious, and intelligent function of the conscious and subconscious levels of mind specifically directed for a definite purpose. In scientific prayer or prayer therapy, you must know what you are doing and why you are doing it. You trust the law of healing. Prayer therapy is sometimes referred to as mental treatment, and another term is scientific prayer.

In prayer therapy you consciously choose a certain idea, mental picture, or plan which you desire to experience. You realize your capacity to convey this

idea or mental image to your subconscious by feeling the reality of the state assumed. As you remain faithful in your mental attitude, your prayer will be answered. Prayer therapy is a definite mental action for a definite specific purpose.

Let us suppose that you decide to heal a certain difficulty by prayer therapy. You are aware that your problem or sickness, whatever it may be, must be caused by negative thoughts charged with fear and lodged in your subconscious mind, and that if you can succeed in cleansing your mind of these thoughts, you will get a healing.

You, therefore, turn to the healing power within your own subconscious mind and remind yourself of its infinite power and intelligence and its capacity to heal all conditions. As you dwell on these truths, your fear will begin to dissolve, and the recollection of these truths also corrects the erroneous beliefs.

You give thanks for the healing that you know will come, and then you keep your mind off the difficulty until you feel guided, after an interval, to pray again. While you are praying, you absolutely refuse to give any power to the negative conditions or to admit for a second that the healing will not come. This attitude of mind brings about the harmonious union of the conscious and subconscious mind, which releases the healing power.

Faith Healing, What it Means, and How Blind Faith Works

What is popularly termed faith healing is not the faith mentioned in the Bible, which means knowledge of the interaction of the conscious and subconscious mind. A faith healer is one who heals without any real scientific understanding of the powers and forces involved. He may claim that he has a special gift of healing, and the sick person's blind belief in him or his powers may bring results.

The voodoo doctor in South Africa and other parts of the world may heal by incantations, or touching the so called bones of saints, or anything else may heal a person, which cause the patients to honestly believe in the method or process.

Any method, which causes you to move from fear and worry to faith and expectancy, will heal. There are many persons, each of whom claims that because his personal theory produces results, it is, therefore, the correct one. This, as already explained in this chapter, cannot be true.

To illustrate how blind faith works: You will recall our discussion of the Swiss physician, Franz Anton Mesmer. In 1776 he claimed many cures when he stroked diseased bodies with artificial magnets. Later on he threw away his

magnets and evolved the theory of animal magnetism. This he held to be a fluid, which pervades the universe, but is most active in the human organism.

He claimed that this magnetic fluid, which was going forth from him to his patients, healed them. People flocked to him, and many wonderful cures were affected.

Mesmer moved to Paris, and while there the Government appointed a commission composed of physicians and members of the Academy of Science, of which Benjamin Franklin was a member, to investigate his cures. The report admitted the leading facts claimed by Mesmer, but held that there was no evidence to prove the correctness of his magnetic fluid theory, and said the effects were due to the imagination of the patients.

Soon after this, Mesmer was driven into exile, and died in 1815. Shortly afterwards, Dr. Braid of Manchester undertook to show that magnetic fluid had nothing to do with the production of the healings of Dr. Mesmer. Dr. Braid discovered that patients could be thrown into hypnotic sleep by suggestion, during which many of the well known phenomena ascribed to magnetism by Mesmer could be produced.

You can readily see that all these cures were undoubtedly brought about by the active imagination of the patients together with a powerful suggestion of health to their subconscious minds. All this could be termed blind faith, as there was no understanding in those days as to how the cures were brought about.

Subjective Faith and What it Means

You will recall the proposition, which need not be repeated at length, that the subjective or subconscious mind of an individual is as amenable to the control of his own conscious or objective mind as it is by the suggestions of another. It follows that whatever may be your objective belief, if you will assume to have faith actively or passively, your subconscious mind will be controlled by the suggestion, and your desire will be fulfilled.

The faith required in mental healings is a purely subjective faith, and it is attainable upon the cessation of active opposition on the part of the objective or conscious mind.

In the healing of the body it is, of course, desirable to secure the concurrent faith of both the conscious and subconscious mind. However, it is not always essential if you will enter into a state of passivity and receptivity by relaxing the mind and the body and getting into a sleepy state. In this drowsy state your passivity becomes receptive to subjective impression.

Recently, I was asked by a man, "How is it that I got a healing through a minister? I did not believe what he said when, he told me that there is no such thing as disease and that matter does not exist."

This man at first thought his intelligence was being insulted, and he protested against such a palpable absurdity. The explanation is simple. He was quieted by soothing words and told to get into a perfectly passive condition, to say nothing, and think of nothing for the time being. His minister also became passive, and affirmed quietly, peacefully, and constantly for about one half hour that this man would have perfect health, peace, harmony, and wholeness. He felt immense relief and was restored to health.

It is easy to see that his subjective faith had been made manifest by his passivity under treatment, and the suggestions of perfect healthfulness by the minister were conveyed to his subconscious mind. The two subjective minds were then en rapport.

The minister was not handicapped by antagonistic autosuggestions of the patient arising from objective doubt of the power of the healer or the correctness of the theory. In this sleepy, drowsy state the conscious mind resistance is reduced to a minimum, and results followed. The subconscious mind of the patient being necessarily controlled by such suggestion exercised its functions in accordance therewith, and a healing followed.

The Meaning of Absent Treatment

Suppose you learned that your mother was sick in New York City and you lived in Los Angeles. Your mother would not be physically present where you are, but you could pray for her. It is the Father within which doeth the work.

The creative law of mind (subconscious mind) serves you and will do the work. Its response to you is automatic. Your treatment is for the purpose of inducing an inner realization of health and harmony in your mentality. This inner realization, acting through the subconscious mind, operates through your mother's subconscious mind as there is but one creative mind. Your thoughts of health, vitality, and perfection operate through the one universal subjective mind, and set a law in motion on the subjective side of life, which manifests through her body as a healing.

In the mind principle there is no time or space. It is the same mind that operates through your mother no matter where she may be. In reality there is no absent treatment as opposed to present treatment for the universal mind is omnipresent. You do not try to send out thoughts or hold a thought. Your

treatment is a conscious movement of thought, and as you become conscious of the qualities of health, well being, and relaxation, these qualities will be resurrected in the experience of your mother, and results will follow.

The following is a perfect example of what is called absent treatment. Recently, a listener of our radio program in Los Angeles prayed as follows for her mother in New York who had a coronary thrombosis: "The healing presence is right where my mother is. Her bodily condition is but a reflection of her thought-life like shadows cast on the screen. I know that in order to change the images on the screen I must change the projection reel. My mind is the projection reel, and I now project in my own mind the image of wholeness, harmony, and perfect health for my mother. The infinite healing presence, which created my mother's body and all her organs is now saturating every atom of her being, and a river of peace, flows through every cell of her body. The doctors are divinely guided and directed, and whoever touches my mother is guided to do the right thing. I know that disease has no ultimate reality; if it had, no one could be healed. I now align myself with the infinite principle of love and life, and I know and decree that harmony, health, and peace are now being expressed in my mother's body."

She prayed in the above manner several times daily, and her mother had a most remarkable recovery after a few days, much to the amazement of her specialist. He complimented her on her great faith in the power of God.

The conclusion arrived at in the daughter's mind set the creative law of mind in motion on the subjective side of life, which manifested itself through her mother's body as perfect health and harmony. What the daughter felt as true about her mother was simultaneously resurrected in the experience of her mother.

Releasing the Kinetic Action of the Subconscious Mind

A psychologist friend of mine told me that one of his lungs was infected. X rays and analysis showed the presence of tuberculosis. At night before going to sleep he would quietly affirm, "Every cell, nerve, tissue, and muscle of my lungs are now being made whole, pure, and perfect. My whole body is being restored to health and harmony."

These are not his exact words, but they represent the essence of what he affirmed. A complete healing followed in about a month's time. Subsequent X rays showed a perfect healing.

I wanted to know his method, so I asked him why he repeated the words prior to sleep. Here is his reply, "The kinetic action of the subconscious mind

continues throughout your sleep-time period. Hence, give the subconscious mind something good to work on as you drop off into slumber." This was a very wise answer. In thinking of harmony and perfect health, he never mentioned his trouble by name.

I strongly suggest that you cease talking about your ailments or giving them a name. The only sap from which they draw life is your attention and fear of them. Like the above mentioned psychologist, become a mental surgeon. Then your troubles will be cut off like dead branches are pruned from a tree.

If you are constantly naming your aches and symptoms, you inhibit the kinetic action, which means the release of the healing power and energy of your subconscious mind. Further more, by the law of your own mind, these imaginings tend to take shape, as the thing I greatly feared. Fill your mind with the great truths of life and walk forward in the light of love.

Summary of Your Aids to Health

1. Find out what it is that heals you. Realize that correct directions given to your subconscious mind will heal your mind and body.

2. Develop a definite plan for turning over your requests or desires to your subconscious mind.

3. Imagine the end desired and feel its reality. Follow it through, and you will get definite results.

4. Decide what belief is. Know that belief is a thought in your mind, and what you think you create.

5. It is foolish to believe in sickness and something to hurt or to harm you. Believe in perfect health, prosperity, peace, wealth, and divine guidance.

6. Great and noble thoughts upon which you habitually dwell become great acts.

7. Apply the power of prayer therapy in your life. Choose a certain plan, idea, or mental picture. Mentally and emotionally unite with that idea, and as you remain faithful to your mental attitude, your prayer will be answered.

8. Always remember, if you really want the power to heal, you can have it through faith, which means knowledge of the working of your conscious and subconscious mind. Faith comes with understanding.

9. Blind faith means that a person may get results in healing without any scientific understanding of the powers and forces involved.

10. Learn to pray for your loved ones who may be ill. Quiet your mind, and your thoughts of health, vitality, and perfection operating through the one universal subjective mind will be felt and resurrected in the mind of your loved

one.

Practical Techniques in Mental Healings

An engineer has a technique and a process for building a bridge or an engine. Like the engineer, your mind also has a technique for governing, controlling, and directing your life. You must realize that methods and techniques are primary.

In building the Golden Gate Bridge, the chief engineer understood mathematical principles, stresses and strains. Secondly, he had a picture of the ideal bridge across the bay. The third step was his application of tried and proven methods by which the principles were implemented until the bridge took form and we drive on it. There also are techniques and methods by which your prayers are answered. If your prayer is answered, there is a way in which it is answered, and this is a scientific way. Nothing happens by chance. This is a world of law and order. In this chapter you will find practical techniques for the unfolding and nurture of your spiritual life. Your prayers must not remain up in the air like a balloon. They must go somewhere and accomplish something in your life.

When we come to analyze prayer we discover there are many different approaches and methods. We will not consider in this book the formal, ritual prayers used in religious services. These have important place in group worship. We are immediately concerned with the methods of personal prayer as it is applied in your daily life and as it is used to help others.

Prayer is the formulation of an idea concerning something we wish to accomplish. Prayer is the soul's sincere desire. Your desire is your prayer. It comes out of your deepest needs and it reveals the things you want in life. Blessed are they that hunger and thirst after righteousness: for they shall be filled. That is really prayer, life's hunger and thirst for peace, harmony, health, joy, and all the other blessings of life.

The Passing over Technique for Impregnating the Subconscious

This consists essentially in inducing the subconscious mind to take over your request as handed it by the conscious mind. This passing over is best accomplished in the reverie like state. Know that in your deeper mind are Infinite Intelligence and Infinite Power. Just calmly think over what you want; see it coming into fuller fruition from this moment forward. Be like the little girl who had a very bad cough and a sore throat. She declared firmly and repeatedly, "It is passing away now. It is passing away now." It passed away in about an

hour. Use this technique with complete simplicity and naïveté.

Your Subconscious Will Accept Your Blueprint

If you were building a new home for yourself and family, you know that you would be intensely interested in regard to the blueprint for your home; you would see to it that the builders conformed to the blueprint. You would watch the material and select only the best wood, steel, in fact, the best of everything. What about your mental home and your mental blueprint for happiness and abundance? All your experiences and everything that enters into your life depend upon the nature of the mental building blocks, which you use in the construction of your mental home.

If your blueprint is full of mental patterns of fear, worry, anxiety, or lack, and if you are despondent, doubtful, and cynical, then the texture of the mental material you are weaving into your mind will come forth as more toil, care, tension, anxiety, and limitation of all kinds.

The most fundamental and the most far reaching activity in life is that which you build into your mentality every waking hour. Your word is silent and invisible; nevertheless, it is real.

You are building your mental home all the time, and your thought and mental imagery represent your blueprint. Hour by hour, moment by moment, you can build radiant health, success, and happiness by the thoughts you think, the ideas which you harbor, the beliefs that you accept, and the scenes that you rehearse in the hidden studio of your mind. This stately mansion, upon the construction of which you are perpetually engaged, is your personality, your identity in this plane, your whole life story on this earth.

Get a new blueprint; build silently by realizing peace, harmony, joy, and good will in the present moment. By dwelling upon these things and claiming them, your subconscious will accept your blueprint and bring all these things to pass. By their fruits ye shall know them.

The Science and Art of True Prayer

The term "science" means knowledge, which is coordinated, arranged, and systematized. Let us think of the science and art of true prayer as it deals with the fundamental principles of life and the techniques and processes by which they can be demonstrated in your life, as well as in the life of every human being when he applies them faithfully. The art is your technique or process, and the science behind it is the definite response of creative mind to your mental picture or thought.

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be

opened unto you. MATTHEW 7:7.

Here you are told you shall receive that for which you ask. It shall be opened to you when you knock, and you shall find that for which you are searching. This teaching implies the definiteness of mental and spiritual laws. There is always a direct response from the Infinite Intelligence of your subconscious mind to your conscious thinking. If you ask for bread, you will not receive a stone. You must ask believing, if you are to receive. Your mind moves from the thought to the thing. Unless there is first an image in the mind, it cannot move, for there would be nothing for it to move toward. Your prayer, which is your mental act must be accepted as an image in your mind before the power from your subconscious will play upon it and make it productive. You must reach a point of acceptance in your mind, an unqualified and undisputed state of agreement.

This contemplation should be accompanied by a feeling of joy and restfulness in foreseeing the certain accomplishment of your desire. The sound basis for the art and science of true prayer is your knowledge and complete confidence that the movement of your conscious mind will gain a definite response from your subconscious mind, which is one with boundless wisdom and infinite power. By following this procedure, your prayers will be answered.

The Visualization Technique

The easiest and most obvious way to formulate an idea is to visualize it, to see it in your mind's eye as vividly as if it were alive. You can see with the naked eye only what already exists in the external world; in a similar way, that which you can visualize in your mind's eye already exists in the invisible realms of your mind. Any picture, which you have in your mind, is the substance of things hoped for and the evidence of things not seen. What you form in your imagination is as real as any part of your body. The idea and the thought are real and will one day appear in your objective world if you are faithful to your mental image.

This process of thinking forms impressions in your mind; these impressions in turn become manifested as facts and experiences in your life. The builder visualizes the type of building he wants; he sees it as he desires it to be completed. His imagery and thought processes become a plastic mold from which the building will emerge--a beautiful or an ugly one, a skyscraper or a very low one. His mental imagery is projected as it is drawn on paper. Eventually, the contractor and his workers gather the essential materials, and the building progresses until it stands finished, conforming perfectly to the mental

patterns of the architect.

I use the visualization technique prior to speaking from the platform. I quiet the wheels of my mind in order that I may present to the subconscious mind my images of thought. Then, I picture the entire auditorium and the seats filled with men and women, and each one of them illumined and inspired by the infinite healing presence within each one. I see them as radiant, happy, and free.

Having first built up the idea in my imagination, I quietly sustain it there as a mental picture while I imagine I hear men and women saying, "I am healed," "I feel wonderful," "I've had an instantaneous healing," "I'm transformed." I keep this up for about ten minutes or more, knowing and feeling that each person's mind and body are saturated with love, wholeness, beauty, and perfection. My awareness grows to the point where in my mind I can actually hear the voices of the multitude proclaiming their health and happiness; then I release the whole picture and go onto the platform. Almost every Sunday some people stop and say that their prayers were answered.

Mental Movie Method

The Chinese say, "A picture is worth a thousand words." William James, the father of American psychology, stressed the fact that the subconscious mind will bring to pass any picture held in the mind and backed by faith. Act as though I am, and I will be.

A number of years ago I was in the Middle West lecturing in several states, and I desired to have a permanent location in the general area from which I could serve those who desired help. I traveled far, but the desire did not leave my mind. One evening, while in a hotel in Spokane, Washington, I relaxed completely on a couch, immobilized my attention, and in a quiet, passive manner imagined that I was talking to a large audience, saying in effect, "I am glad to be here; I have prayed for the ideal opportunity." I saw in my mind's eye the imaginary audience, and I felt the reality of it all. I played the role of the actor, dramatized this mental movie, and felt satisfied that this picture was being conveyed to my subconscious mind, which would bring it to pass in its own way. The next morning, on awakening, I felt a great sense of peace and satisfaction, and in a few days' time I received a telegram asking me to take over an organization in the Midwest, which I did, and I enjoyed it immensely for several years.

The method outlined here appeals to many who have described it as "the mental movie method." I have received numerous letters from people who listen to my radio talks and weekly public lectures, telling me of the wonderful results

they get using this technique in the sale of their property. I suggest to those who have homes or property for sale that they satisfy themselves in their own mind that their price is right. Then, I claim that the Infinite Intelligence is attracting to them the buyer who really wants to have the property and who will love it and prosper in it. After having done this I suggest that they quiet their mind, relax, let go, and get into a drowsy, sleepy state, which reduces all mental effort to a minimum. Then, they are to picture the check in their hands, rejoice in the check, give thanks for the check, and go off to sleep feeling the naturalness of the whole mental movie created in their own mind. They must act as though it were an objective reality, and the subconscious mind will take it as an impression, and through the deeper currents of the mind the buyer and the seller are brought together. A mental picture held in the mind, backed by faith, will come to pass.

The Baudoin Technique

Charles Baudoin was a professor at the Rousseau Institute in France. He was a brilliant psychotherapist and a research director of the New Nancy School of Healing, who in 1910 taught that the best way to impress the subconscious mind was to enter into a drowsy, sleepy state, or a state akin to sleep in which all effort was reduced to a minimum. Then in a quiet, passive, receptive way, by reflection, he would convey the idea to the subconscious. The following is his formula: "A very simple way of securing this (impregnation of the subconscious mind) is to condense the idea which is to be the object of suggestion, to sum it up in a brief phrase which can be readily graven on the memory, and to repeat it over and over again as a lullaby."

Some years ago, a young lady in Los Angeles was engaged in a prolonged bitter family lawsuit over a will. Her husband had bequeathed his entire estate to her, and his sons and daughters by a previous marriage were bitterly fighting to break the will. The Baudoin technique was outlined to her, and this is what she did: She relaxed her body in an armchair, entered into the sleepy state and, as suggested, condensed the idea of her need into a phrase consisting of six words easily graven on the memory. "It is finished in Divine Order." The significance to her of these words meant that Infinite Intelligence operating through the laws of her subconscious mind would bring about a harmonious adjustment through the principle of harmony. She continued this procedure every night for about ten nights. After she got into a sleepy state, she would affirm slowly, quietly, and feelingly the statement: "It is finished in Divine Order," over and over again, feeling a sense of inner peace and an allpervading tranquility; then she went off into her deep, normal sleep.

On the morning of the eleventh day, following the use of the above technique, she awakened with a sense of well being, a conviction that it was finished. Her attorney called her the same day, saying that the opposing attorney and his clients were willing to settle. A harmonious agreement was reached, and litigation was discontinued.

The Sleeping Technique

By entering into a sleepy, drowsy state, effort is reduced to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts, which tend to neutralize your desire and so prevent acceptance by your subconscious mind, are no longer present.

Suppose you want to get rid of a destructive habit. Assume a comfortable posture, relax your body, and be still. Get into a sleepy state, and in that sleepy state, say quietly, over and over again as a lullaby, "I am completely free from this habit; harmony and peace of mind reign supreme." Repeat the above slowly, quietly, and lovingly for five or ten minute's night and morning. Each time you repeat the words the emotional value becomes greater. When the urge comes to repeat the negative habit, repeat the above formula out loud by yourself. By this means you induce the subconscious to accept the idea, and a healing follows.

The "Thank You" Technique

In the Bible, Paul recommends that we make known our requests with praise and thanksgiving. Some extraordinary results follow this simple method of prayer. The thankful heart is always close to the creative forces of the universe, causing countless blessings to flow toward it by the law of reciprocal relationship, based on a cosmic law of action and reaction.

For instance, a father promises his son a car for graduation; the boy has not yet received the car, but he is very thankful and happy, and is as joyous as though he had actually received the car. He knows his father will fulfill his promise, and he is full of gratitude and joy even though he has not yet received the car, objectively speaking. He has, however, received it with joy and thankfulness in his mind.

I shall illustrate how Mr. Broke applied this technique with excellent results. He said, "Bills are piling up, I am out of work, I have three children and no money. What shall I do?" Regularly every night and morning, for a period of about three weeks, he repeated the words, "Thank you, Father, for my wealth,"

in a relaxed, peaceful manner until the feeling or mood of thankfulness dominated his mind. He imagined he was addressing the infinite power and intelligence within him knowing, of course, that he could not see the creative intelligence or infinite mind. He was seeing with the inner eye of spiritual perception, realizing that his thought image of wealth was the first cause, relative to the money, position, and food he needed. His thought feeling was the substance of wealth untrammeled by antecedent conditions of any kind. By repeating, "Thank you, Father," over and over again, his mind and heart were lifted up to the point of acceptance, and when fear, thoughts of lack, poverty, and distress came into his mind, he would say, "Thank you, Father," as often as necessary. He knew that as he kept up the thankful attitude he would recondition his mind to the idea of wealth, which is what happened.

The sequel to his prayer is very interesting. After praying in the above mentioned manner, he met a former employer of his on the street whom he had not seen for twenty years. The man offered him a very lucrative position and advanced him $500 on a temporary loan. Today, Mr. Broke is vice president of the company for which he works. His recent remark to me was, "I shall never forget the wonders of 'Thank you, Father.' It has worked wonders for me."

The Affirmative Method

The effectiveness of an affirmation is determined largely by your understanding of the truth and the meaning back of the words, "In praying use not vain repetition." Therefore, the power of your affirmation lies in the intelligent application of definite and specific positives. For example, a boy adds three and three and puts down seven on the blackboard. The teacher affirms with mathematical certainty that three and three are six; therefore, the boy changes his figures accordingly. The teacher's statement did not make three and three equal six because the latter was already a mathematical truth. The mathematical truth caused the boy to rearrange the figures on the blackboard. It is abnormal to be sick; it is normal to be healthy. Health is the truth of your being. When you affirm health, harmony, and peace for yourself or another, and when you realize these are universal principles of your own being, you will rearrange the negative patterns of your subconscious mind based on your faith and understanding of that which you affirm.

The result of the affirmative process of prayer depends on your conforming to the principles of life, regardless of appearances. Consider for a moment that there is a principle of mathematics and none of error; there is a principle of truth but none of dishonesty. There is a principle of intelligence but none of

ignorance; there is a principle of harmony and none of discord. There is a principle of health but none of disease, and there is a principle of abundance but none of poverty.

The affirmative method was chosen by the author for use on his sister who was to be operated on for the removal of gallstones in a hospital in England. The condition described was based on the diagnosis of hospital tests and the usual X-ray procedures. She asked me to pray for her. We were separated geographically about 6,500 miles, but there is no time or space in the mind principle. Infinite mind or intelligence is present in its entirety at every point simultaneously. I withdrew all thought from the contemplation of symptoms and from the corporeal personality altogether. I affirmed as follows: "This prayer is for my sister Catherine. She is relaxed and at peace, poised, balanced, serene, and calm. The healing intelligence of her subconscious mind, which created her body, is now transforming every cell, nerve, tissue, muscle, and bone of her being according to the perfect pattern of all organs lodged in her subconscious mind. Silently, quietly, all distorted thought patterns in her subconscious mind are removed and dissolved, and the vitality, wholeness, and beauty of the life principle are made manifest in every atom of her being. She is now open and receptive to the healing currents, which are flowing through her like a river, restoring her to perfect health, harmony, and peace. All distortions and ugly images are now washed away by the infinite ocean of love and peace flowing through her, and it is so."

I affirmed the above several times a day, and at the end of two weeks my sister had an examination, which showed a remarkable healing, and the X ray, proved negative.

To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer. Your thought can only affirm, for even if you deny something, you are actually affirming the presence of what you deny. Repeating an affirmation, knowing what you are saying and why you are saying it, leads the mind to that state of consciousness where it accepts that which you state as true. Keep on affirming the truths of life until you get the subconscious reaction, which satisfies.

The Argumentative Method

This method is just what the word implies. It stems from the procedure of Dr. Phineas Parkhurst Quimby of Maine. Dr. Quimby, a pioneer in mental and

spiritual healing, lived and practiced in Belfast, Maine, about one hundred years ago. A book called The Quimby Manuscripts, published in 1921 by Thomas Y. Crowell Company, New York City, and edited by Horatio Dresser, is available in your library. This book gives newspaper accounts of this man's remarkable results in prayer treatment of the sick. Quimby duplicated many of the healing miracles recorded in the Bible. In brief, the argumentative method employed according to Quimby consists of spiritual reasoning where you convince the patient and yourself that his sickness is due to his false belief, groundless fears, and negative patterns lodged in his subconscious mind. You reason it out clearly in your mind and convince your patient that the disease or ailment is due only to a distorted, twisted pattern of thought, which has taken form in his body. This wrong belief in some external power and external causes has now externalized itself as sickness, and can be changed by changing the thought patterns.

You explain to the sick person that the basis of all healing is a change of belief. You also point out that the subconscious mind created the body and all its organs; therefore, it knows how to heal it, can heal it, and is doing so now as you speak. You argue in the courtroom of your mind that the disease is a shadow of the mind based on disease soaked, morbid thought-imagery. You continue to build up all the evidence you can muster on behalf of the healing power within, which created all the organs in the first place, and which has a perfect pattern of every cell, nerve, and tissue within it. Then, you render a verdict in the courthouse of your mind in favor of yourself or your patient. You liberate the sick one by faith and spiritual understanding. Your mental and spiritual evidence is overwhelming; they're being but one mind, what you feel as true will be resurrected in the experience of the patient. This procedure is essentially the argumentative method used by Dr. Quimby of Maine from 1849 to 1869.

The Absolute Method Is like Modern Sound Wave Therapy

Many people throughout the world practice this form of prayer treatment with wonderful results. The person using the absolute method mentions the name of the patient, such as John Jones, then quietly and silently thinks of God and His qualities and attributes, such as, God is all bliss, boundless love, infinite intelligence, all powerful, boundless wisdom, absolute harmony, indescribable beauty, and perfection. As he quietly thinks along these lines he is lifted up in consciousness into a new spiritual wave length, at which times he feels the infinite ocean of God's love is now dissolving everything unlike itself in the mind and body of John Jones for whom he is praying. He feels all the power and love of God are now focused on John Jones, and whatever is bothering or vexing

him is now completely neutralized in the presence of the infinite ocean of life and love.

The absolute method of prayer might be likened to the sound wave or sonic therapy recently shown me by a distinguished physician in Los Angeles. He has an ultra sound wave machine, which oscillates at a tremendous speed and sends sound waves to any area of the body to which it is directed. These sound waves can be controlled, and he told me of achieving remarkable results in dissolving arthritic calcareous deposits, as well as the healing and removal of other disturbing conditions.

To the degree that we rise in consciousness by contemplating qualities and attributes of God, do we generate spiritual electronic waves of harmony, health, and peace. Many remarkable healings follow this technique of prayer.

A Cripple Walks

Dr. Phineas Parkhurst Quimby, of whom we spoke previously in this chapter, used the absolute method in the latter years of his healing career. He was really the father of psychosomatic medicine and the first psychoanalyst. He had the capacity to diagnose clairvoyantly the cause of the patient's trouble, pains, and aches.

The following is a condensed account of the healing of a cripple as recorded in Quimby's Manuscripts:

Quimby was called on to visit a woman who was lame, aged, and bedridden. He states that her ailment was due to the fact that she was imprisoned by a creed so small and contracted that she could not stand upright and move about. She was living in the tomb of fear and ignorance; furthermore, she was taking the Bible literally, and it frightened her. "In this tomb," Quimby said, "was the presence and power of God trying to burst the bands, break through the bonds, and rise from the dead." When she would ask others for an explanation of some passage of the Bible, the answer would be a stone; then she would hunger for the bread of life. Dr. Quimby diagnosed her case as a mind cloudy and stagnated, due to excitation and fear, caused by the inability to see clearly the meaning of the passage of the Bible, which she had been reading. This showed itself in the body by her heavy and sluggish feeling, which would terminate as paralysis.

At this point Quimby asked her what was meant in the Bible verses: Yet a little while am I with you, and then I go unto Him that sent me. Ye shall seek me, and shall not find me: and where I am, thither ye cannot come. JOHN 7:33-34. She replied that it meant Jesus went to heaven. Quimby explained what it

really meant by telling her that being with her a little while meant his explanation of her symptoms, feelings, and their causes; i.e., he had compassion and sympathy for her momentarily, but he could not remain in that mental state. The next step was to go to Him that sent us, which, as Quimby pointed out, was the creative power of God in all of us.

Quimby immediately traveled in his mind and contemplated the divine ideal; i.e., the vitality, intelligence, harmony, and power of God functioning in the sick person. This is why he said to the woman, "Therefore, where I go you cannot come, for you are in your narrow, restricted belief, and I am in health." This prayer and explanation produced an instantaneous sensation, and a change came over her mind. She walked without her crutches! Quimby said it was one of the most singular of all his healings. She was, as it were, dead to error, and to bring her to life or truth was to raise her from the dead. Quimby quoted the resurrection of Christ and applied it to her own Christ or health; this produced a powerful effect on her. He also explained to her that the truth, which she accepted, was the angel or idea, which rolled away the stone of fear, ignorance, and superstition, thereby, releasing the healing power of God, which made her whole.

The Decree Method

Power goes into our word according to the feeling and faith behind it. When we realize the power that moves the world is moving on our behalf and is backing up our word, our confidence and assurance grow. You do not try and add power to power; therefore, there must be no mental striving, coercion, force, or mental wrestling.

A young girl used the decree method on a young man who was constantly phoning her, pressing her for dates, and meeting her at her place of business; she found it very difficult to get rid of him. She decreed as follows: "I release…… unto God. He is in his true place at all times. I am free, and he is free. I now decree that my words go forth into infinite mind and it brings it to pass. It is so." She said he vanished and she has never seen him since, adding, "It was as though the ground swallowed him up."

Thou shalt decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways. JOB 22:28.

Serve Yourself with Scientific Truth

1. Be a mental engineer and use tried and proven techniques in building a grander and greater life.

2. Your desire is your prayer. Picture the fulfillment of your desire now and feel its reality, and you will experience the joy of the answered prayer.

3. Desire to accomplish things the easy way--with the sure aid of mental science.

4. You can build radiant health, success, and happiness by the thoughts you think in the hidden studio of your mind.

5. Experiment scientifically until you personally prove that there is always a direct response from the infinite intelligence of your subconscious mind to your conscious thinking.

6. Feel the joy and restfulness in foreseeing the certain accomplishment of your desire. Any mental picture, which you have in your mind, is the substance of things hoped for and the evidence of things not seen.

7. A mental picture is worth a thousand words. Your subconscious will bring to pass any picture held in the mind backed by faith.

8. Avoid all effort or mental coercion in prayer. Get into a sleepy, drowsy state and lull yourself to sleep feeling and knowing that your prayer is answered.

9. Remember that the thankful heart is always close to the riches of the universe.

10. To affirm is to state that it is so, and as you maintain this attitude of mind as true, regardless of all evidence to the contrary, you will receive an answer to your prayer.

11. Generate electronic waves of harmony, health, and peace by thinking of the love and the glory of God.

12. What you decree and feel as true will come to pass. Decree harmony, health, peace, and abundance.

The Tendency of the Subconscious Is Lifeward

Over 90 percent of your mental life is subconscious, so men and women who fail to make use of this marvelous power live within very narrow limits.

Your subconscious processes are always lifeward and constructive. Your subconscious is the builder of your body and maintains all its vital functions. It is on the job 24 hours a day and never sleeps. It is always trying to help and preserve you from harm.

Your subconscious mind is in touch with infinite life and boundless wisdom, and its impulses and ideas are always lifeward. The great aspirations, inspirations, and visions for a grander and nobler life, spring from the subconscious. Your profoundest convictions are those you cannot argue about rationally because they do not come from your conscious mind; they come from your subconscious mind. Your subconscious speaks to you in intuitions, impulses, hunches, intimations, urges, and ideas, and it is always telling you to rise, transcend, grow, advance, adventure, and move forward to greater heights. The urge to love, to save the lives of others comes from the depths of your subconscious. For example, during the great San Francisco earthquake and fire of April 18, 1906, invalids and cripples who had been confined to bed for long periods of time, rose up and performed some of the most amazing feats of bravery and endurance. The intense desire welled up within them to save others at all costs, and their subconscious responded accordingly.

Great artists, musicians, poets, speakers, and writers tune in with their subconscious powers and become animated and inspired. For example, Robert Louis Stevenson, before he went to sleep, used to charge his subconscious with the task of evolving stories for him while he slept. He was accustomed to ask his subconscious to give him a good, marketable thriller when his bank account was low. Stevenson said the intelligence of his deeper mind gave him the story piece by piece, like a serial. This shows how your subconscious will speak lofty and wise sayings through you, which your conscious mind knows nothing about.

Mark Twain confided to the world on many occasions that he never worked in his life. All his humor and all his great writings were due to the fact that he tapped the inexhaustible reservoir of his subconscious mind.

How the Body Portrays the Workings of the Mind

The interaction of your conscious and subconscious mind requires a similar interaction between the corresponding system of nerves. The cerebrospinal system is the organ of the conscious mind, and the sympathetic system is the organ of the subconscious mind. The cerebrospinal system is the channel through which you receive conscious perception by means of your five physical senses and exercise control over the movement of your body. This system has its nerves in the brain, and it is the channel of your volitional and conscious mental action.

The sympathetic system, sometimes referred to as the involuntary nervous system, has its center in a ganglionic mass at the back of the stomach known as the solar plexus, and is sometimes spoken of as the abdominal brain. It is the channel of that mental action which unconsciously supports the vital functions of the body.

The two systems may work separately or synchronously. Judge Thomas Troward says, "The vaguest nerve passes out of the cerebral region as a portion of the voluntary system, and through it we control the vocal organs; then it passes onward to the thorax sending out branches to the heart and lungs; finally, passing through the diaphragm, it loses the outer coating which distinguishes the nerves of the voluntary system and becomes identified with those of the sympathetic system, so forming a connecting link between the two and making the man physically a single entity.

"Similarly different areas of the brain indicate their connection with the objective and subjective activities of the mind respectively, and speaking in a general way we may assign the frontal portion of the brain to the former and the posterior portion to the latter, while the intermediate portion partakes of the character of both."

A rather simple way of looking at the mental and physical interaction is to realize that your conscious mind grasps an idea, which induces a corresponding vibration in your voluntary system of nerves. This in turn causes a similar current to be generated in your involuntary system of nerves, thus handling the idea over to your subconscious mind, which is the creative medium. This is how your thoughts become things.

Every thought entertained by your conscious mind and accepted as true is sent by your brain to your solar plexus, the brain of your subconscious mind, to be made into your flesh, and to be brought forth into your world as a reality.

There Is an Intelligence Which Takes Care of the Body

When you study the cellular system and the structure of the organs, such as eyes, ears, heart, liver, bladder, etc., you learn they consist of groups of cells which form a group intelligence whereby they function together and are able to take orders and carry them out in deductive function at the suggestion of the master mind (conscious mind).

A careful study of the single celled organism shows you what goes on in your complex body. Though the monocellular organism has no organs, it still gives evidence of mind action and reaction performing the basic functions of movement, alimentation, assimilation, and elimination.

Many say there is an intelligence, which will take care of your body if you let it alone. That is true, but the difficulty is that the conscious mind always interferes with its five sense evidence based on outer appearances, leading to the sway of false beliefs, fears, and mere opinion. When fear, false beliefs, and negative patterns are made to register in your subconscious mind through psychological, emotional conditioning, there is no other course open to the subconscious mind except to act on the blueprint specifications offered it.

The Subconscious Mind Works Continually for the Common Good

The subjective self within you works continuously for the general good, reflecting an innate principle of harmony behind all things. Your subconscious mind has its own will, and it is a very real something in itself. It acts night and day whether you act upon it or not. It is the builder of your body, but you cannot see, hear, or feel it building, as all this is a silent process. Your subconscious has a life of its own which is always moving toward harmony, health, and peace. This is the divine norm within it seeking expression through you at all times.

How Man Interferes with the Innate Principle of Harmony

To think correctly, scientifically, we must know the "Truth." To know the truth is to be in harmony with the infinite intelligence and power of your subconscious mind, which is always moving lifeward.

Every thought or action, which is not harmonious, whether through ignorance or design, will result in discord and limitation of all kinds.

Scientists inform us that you build a new body every eleven months; so you are really only eleven months old from a physical standpoint. If you build defects back into your body by thoughts of fear, anger, jealousy, and ill will, you have no one to blame but yourself.

You are the sum total of your own thoughts. You can keep from entertaining negative thought and imagery. The way to get rid of darkness is with light; the way to overcome cold is with heat; the way to overcome the negative thought is to substitute the good thought. Affirm the good, and the bad will vanish.

Why It's Normal to Be Healthy, Vital, and Strong--it's Abnormal to Be Sick

The average child born into the world is perfectly healthy with all its organs functioning perfectly. This is the normal state, and we should remain healthy, vital, and strong. The instinct of self preservation is the strongest instinct of your nature, and it constitutes a most potent, ever present, and constantly operative truth, inherent in your nature. It is, therefore, obvious that all your thoughts, ideas, and beliefs must operate with greater potentiality when they are in harmony with the innate life principle in you, which is forever seeking to preserve and protect you along all lines. It follows from this that normal conditions can be restored with greater ease and certainty than abnormal conditions can be induced.

It is abnormal to be sick; it simply means you are going against the stream of life and thinking negatively. The law of life is the law of growth; all nature testifies to the operation of this law by silently, constantly expressing itself in the law of growth. Where there is growth and expression, there must be life; where there is life there must be harmony, and where there is harmony, there is perfect health.

If your thought is in harmony with the creative principle of your subconscious mind, you are in tune with the innate principle of harmony. If you entertain thoughts which are not in accordance with the principle of harmony, these thoughts cling to you, harass you, worry you, and finally bring about disease, and if persisted in, possibly death.

In the healing of disease, you must increase the inflow and distribution of the vital forces of your subconscious mind throughout your system. This can be done by eliminating thoughts of fear, worry, anxiety, jealousy, hatred, and every other destructive thought which tends to tear down and destroy your nerves and glands--body tissue which controls the elimination of all waste material.

Pott's Disease Cured

In the Nautilus magazine of March, 1917, there appears an article about a boy suffering from Pott's disease, or tuberculosis of the spine, who had a remarkable healing. His name was Frederick Elias Andrews of Indianapolis, now

minister of Unity School of Christianity, Kansas City, Missouri. His physician pronounced him incurable. He began to pray, and from a crooked, twisted cripple going about on hands and knees, he became a strong, straight, well formed man. He created his own affirmation, mentally absorbing the qualities he needed.

He affirmed over and over again many times a day, "I am whole, perfect, strong, powerful, loving, harmonious, and happy." He persevered and said that this prayer was the last utterance on his lips at night and the first in the morning. He prayed for others also by sending out thoughts of love and health. This attitude of mind and way of prayer returned to him multiplied many times. His faith and perseverance paid off with big dividends. When thoughts of fear, anger, jealousy, or envy drew his attention, he would immediately start his counteracting force of affirmation going in his mind. His subconscious mind responded according to the nature of his habitual thinking. This is the meaning of the statement in the Bible, Go thy way, thy faith hath made thee whole. MARK 10:52.

How Faith in Your Subconscious Powers Makes You Whole

A young man, who came to my lectures on the healing power of the subconscious mind, had severe eye trouble, which his doctor said necessitated an operation. He said to himself, "My subconscious made my eyes, and it can heal me."

Each night, as he went to sleep, he entered into a drowsy, meditative state, the condition akin to sleep. His attention was immobilized and focused on the eye doctor. He imagined the doctor was in front of him, and he plainly heard, or imagined he heard, the doctor saying to him, "A miracle has happened!" He heard this over and over again every night for perhaps five minutes or so before going to sleep. At the end of three weeks he again went to the ophthalmologist who had previously examined his eyes, and the physician said to this man, "This is a miracle!" What happened? This man impressed his subconscious mind using the doctor as an instrument or a means of convincing it or conveying the idea. Through repetition, faith, and expectancy he impregnated his subconscious mind. His subconscious mind made his eye; within it was the perfect pattern, and immediately it proceeded to heal the eye. This is another example of how faith in the healing power of your subconscious can make you whole.

Pointers to Review

1. Your subconscious is the builder of your body and is on the job 24 hours a day. You interfere with its life giving patterns by negative thinking.

2. Charge your subconscious with the task of evolving an answer to any problem, prior to sleep and it will answer you.

3. Watch your thoughts. Every thought accepted as true is sent by your brain to your solar plexus--your abdominal brain--and is brought into your world as a reality.

4. Know that you can remake yourself by giving a new blueprint to your subconscious mind.

5. The tendency of your subconscious is always lifeward. Your job is with your conscious mind. Feed your subconscious mind with premises, which are true. Your subconscious is always reproducing according to your habitual mental patterns.

6. You build a new body every eleven months. Change your body by changing your thoughts and keeping them changed.

7. It is normal to be healthy. It is abnormal to be ill. There is within the innate principle of harmony.

8. Thoughts of jealousy, fear, worry, and anxiety tear down and destroy your nerves and glands bringing about mental and physical diseases of all kinds.

9. What you affirm consciously and feel as true will be made manifest in your mind, body and affairs. Affirm the good and enter into the joy of living.

How to Get the Results You Want

The principle reasons for failure are: Lack of confidence and too much effort. Many people block answers to their prayers by failing to fully comprehend the workings of their subconscious mind. When you know how your mind functions, you gain a measure of confidence. You must remember whenever your subconscious mind accepts an idea; it immediately begins to execute it. It uses all its mighty resources to that end and mobilizes all the mental and spiritual laws of your deeper mind. This law is true for good or bad ideas. Consequently, if you use it negatively, it brings trouble, failure, and confusion. When you use it constructively, it brings guidance, freedom, and peace of mind.

The right answer is inevitable when your thoughts are positive, constructive, and loving. From this it is perfectly obvious that the only thing you have to do in order to overcome failure is to get your subconscious to accept your idea or request by feeling its reality now, and the law of your mind will do the rest. Turn over your request with faith and confidence, and your subconscious will take over and answer for you.

You will always fail to get results by trying to use mental coercion--your subconscious mind does not respond to coercion, it responds to your faith or conscious mind acceptance.

Your failure to get results may also arise from such statements as: "Things are getting worse." "I will never get an answer." "I see no way out." "It is hopeless." "I don't know what to do." "I'm all mixed up." When you use such statements, you get no response or cooperation from your subconscious mind. Like a soldier marking time, you neither go forward nor backward; in other words, you don't get anywhere.

If you get into a taxi and give half dozen different directions to the driver in five minutes, he would become hopelessly confused and probably would refuse to take you anywhere. It is the same when working with your subconscious mind. There must be a clear cut idea in your mind. You must arrive at the definite decision that there is a way out, a solution to the vexing problem in sickness. Only the infinite intelligence within your subconscious knows the answer. When you come to that clear cut conclusion in your conscious mind, your mind is then made up, and according to your belief is it done unto you.

Easy Does it

A house owner once remonstrated with a furnace repairman for charging two hundred dollars for fixing the boiler. The mechanic said, "I charged five cents for the missing bolt and one hundred ninety-nine dollars and ninety-five cents for knowing what was wrong."

Similarly, your subconscious mind is the master mechanic, the all wise one, who knows ways and means of healing any organ of your body, as well as your affairs. Decree health, and your subconscious will establish it, but relaxation is the key. "Easy does it." Do not be concerned with details and means, but know the end result. Get the feel of the happy solution to your problem whether it is health, finances, or employment. Remember how you felt after you had recovered from a severe state of illness. Bear in mind that your feeling is the touchstone of all subconscious demonstration. Your new idea must be felt subjectively in a finished state, not the future, but as coming about now.

Infer No Opponent, Use Imagination and Not Will Power

In using your subconscious mind you infer no opponent, you use no will power. You imagine the end and the freedom state. You will find your intellect trying to get in the way, but persist in maintaining a simple, childlike, miracle-making faith. Picture yourself without the ailment or problem. Imagine the emotional accompaniment of the freedom state you crave. Cut out all red tape from the process. The simple way is the best.

How Disciplined Imagination Works Wonders

A wonderful way to get a response from your subconscious mind is through disciplined or scientific imagination. As previously pointed out, your subconscious mind is the builder of the body and controls all its vital functions.

The Bible says, whatsoever ye shall ask in prayer, believing, ye shall receive. To believe is to accept something as true, or to live in the state of being it. As you sustain this mood, you shall experience the joy of the answered prayer!

The Three Steps to Success in Prayer

The usual procedure is as follows:

1. Take a look at the problem.
2. Turn to the solution or way out known only to the subconscious mind.
3. Rest in a sense of deep conviction that it is done.

Do not weaken your prayer by saying, "I wish I might be healed." "I hope so." Your feeling about the work to be done is "the boss." Harmony is yours. Know that health is yours. Become intelligent by becoming a vehicle for the

infinite healing power of the subconscious mind. Pass on the idea of health Jo your subconscious mind to the point of conviction; then relax. Get yourself off your hands. Say to the condition and circumstance, "This, too, shall pass." Through relaxation you impress your subconscious mind enabling the kinetic energy behind the idea to take over and bring it into concrete realization.

The law of reversed effort and why you get the opposite of what you pray for Coué, the famous psychologist from France who visited America about forty years ago, defined the law of reversed effort as follows: "When your desires and imagination are in conflict your imagination invariably gains the day."

If, for example, you were asked to walk a plank on the floor, you would do so without question. Now suppose the same plank were placed twenty feet up in the air between two walls, would you walk it? Your desire to walk it would be counteracted by your imagination or fear of falling. Your dominant idea, which would be the picture of falling, would conquer. Your desire, will, or effort to walk on the plank would be reversed, and the dominant idea of failure would be reinforced.

Mental effort is invariably self defeated, eventuating always in the opposite of what is desired. The suggestions of powerlessness to overcome the condition dominate the mind; your subconscious is always controlled by the dominant idea. Your subconscious will accept the stronger of two contradictory propositions. The effortless way is the better.

If you say, "I want a healing, but I can't get it;" "I try so hard;" "I force myself to pray;" "I use all the will power I have," you must realize that your error lies in your effort. Never try to compel the subconscious mind to accept your idea by exercising will power. Such attempts are doomed to failure, and you get the opposite of what you prayed for.

The following is a rather common experience. Students, when taking examinations and reading through their papers, find that all their knowledge has suddenly deserted them. Their minds become appalling blanks, and they are unable to recall one relevant thought. The more they grit their teeth and summon the powers of the will, the further the answers seem to flee. But, when they have left the examination room and the mental pressure relaxes, the answers they were seeking flow tantalizingly back into their minds. Trying to force themselves to remember was the cause of their failure. This is an example of the law of reversed effort whereby you get the opposite of what you asked or prayed for.

The Conflict of Desire and Imagination must Be Reconciled

To use mental force is to presuppose that there is opposition. When your mind is concentrated on the means to overcome a problem, it is no longer concerned with the obstacle. MATT. 18:19 says, If two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven. Who are these two? It means the harmonious union or agreement between your conscious and subconscious on any idea, desire, or mental image. When there is no longer any quarrel in either part of your mind, your prayer will be answered. The two agreeing may also be represented as you and your desire, your thought and feeling, your idea and emotion, your desire and imagination.

You avoid all conflict between your desires and imagination by entering into a drowsy, sleepy state which brings all effort to a minimum. The conscious mind is submerged to a great extent when in a sleepy state. The best time to impregnate your subconscious is prior to sleep. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state the negative thoughts and imagery, which tend to neutralize your desire and so prevent acceptance by your subconscious mind no longer present themselves. When you imagine the reality of the fulfilled desire and feel the thrill of accomplishment, your subconscious brings about the realization of your desire.

A great many people solve all their dilemmas and problems by the play of their controlled, directed, and disciplined imagination, knowing that whatever they imagine and feel as true will and must come to pass.

The following will clearly illustrate how a young girl over came the conflict between her desire and her imagination. She desired a harmonious solution to her legal problem, yet her mental imagery was constantly on failure, loss, bankruptcy, and poverty. It was a complicated lawsuit and there was one postponement after another with no solution in sight.

At my suggestion, she got into a sleepy, drowsy state each night prior to sleep, and she began to imagine the happy ending, feeling it to the best of her ability. She knew that the image in her mind had to agree with her heart's desire. Prior to sleep she began to dramatize as vividly as possible her lawyer having an animated discussion with her regarding the outcome. She would ask him questions, and he would answer her appropriately. He would say to her over and over again, "There has been a perfect, harmonious solution. The case has been settled out of court." During the day when fear thoughts came into her mind, she would run her mental movie with gestures, voice, and sound equipment. She

could easily imagine the sound of his voice, smile, and mannerism. She ran this mental picture so often; it became a subjective pattern, a regular train track. At the end of a few weeks her attorney called her and confirmed objectively what she had been imagining and feeling as true subjectively.

This is really what the Psalmist meant when he wrote, Let the words of my mouth [your thoughts, mental images, good] and the meditations of my heart [your feeling, nature, emotion] be acceptable in thy sight, O Lord [the law of your subconscious mind], my strength, and my redeemer [the power and wisdom of your subconscious mind can redeem you from sickness, bondage, and misery]. PSALM 19:14.

Ideas Worth Recalling

1. Mental coercion or too much effort shows anxiety and fear, which block your answer. Easy does it.

2. When your mind is relaxed and you accept an idea, your subconscious goes to work to execute the idea.

3. Think and plan independently of traditional methods. Know that there is always an answer and a solution to every problem.

4. Do not be overly concerned with the beating of your heart, with the breathing of your lungs, or the functions of any part of your anatomy. Lean heavily upon your subconscious and proclaim frequently that Divine right action is taking place.

5. The feeling of health produces health; the feeling of wealth produces wealth. How do you feel?

6. Imagination is your most powerful faculty. Imagine what is lovely and of good report. You are what you imagine yourself to be.

7. You avoid conflict between your conscious and subconscious in the sleepy state. Imagine the fulfillment of your desire over and over again prior to sleep. Sleep in peace and wake in joy.

How to Use the Power of Your Subconscious for Wealth

If you are having financial difficulties, if you are trying to make ends meet, it means you have not convinced your subconscious mind that you will always have plenty and some to spare. You know men and women who work a few hours a week and make fabulous sums of money. They do not strive or slave hard. Do not believe the story that the only way you can become wealthy is by the sweat of your brow and hard labor. It is not so; the effortless way of life is the best. Do the thing you love to do, and do it for the joy and thrill of it.

I know an executive in Los Angeles who receives a salary of $75,000 yearly. Last year he went on a nine month cruise seeing the world and its beauty spots. He said to me that he had succeeded in convincing his subconscious mind that he is worth that much money. He told me that many men in his organization getting about one hundred dollars a week knew more about the business than he did, and could manage it better, but they had no ambition, no creative ideas, and were not interested in the wonders of their subconscious mind.

Wealth Is of the Mind

Wealth is simply a subconscious conviction on the part of the individual. You will not become a millionaire by saying, "I am a millionaire, I am a millionaire." You will grow into a wealth consciousness by building into your mentality the idea of wealth and abundance.

Your Invisible Means of Support

The trouble with most people is that they have no invisible means of support. When business falls away, the stock market drops, or they lose their investments, they seem helpless. The reason for such insecurity is that they do not know how to tap the subconscious mind. They are unacquainted with the inexhaustible storehouse within.

A man with a poverty type mind finds himself in poverty stricken conditions. Another man with a mind filled with ideas of wealth is surrounded with everything he needs. It was never intended that man should lead a life of indigence. You can have wealth, everything you need, and plenty to spare. Your words have power to cleanse your mind of wrong ideas and to instill right ideas

in their place.

The Ideal Method for Building a Wealth Consciousness

Perhaps you are saying as you read this chapter, "I need wealth and success." This is what you do: Repeat for about five minutes to yourself three or four times a day, "Wealth--Success." These words have tremendous power. They represent the inner power of the subconscious mind. Anchor your mind on this substantial power within you; then conditions and circumstances corresponding to their nature and quality will be manifested in your life. You are not saying, "I am wealthy," you are dwelling on real powers within you. There is no conflict in the mind when you say, "Wealth." Furthermore, the feeling of wealth will well up within you as you dwell on the idea of wealth.

The feeling of wealth produces wealth; keep this in mind at all times. Your subconscious mind is like a bank, a sort of universal financial institution. It magnifies whatever you deposit or impress upon it whether it is the idea of wealth or of poverty. Choose wealth.

Why Your Affirmations for Wealth Fail

I have talked to many people during the past thirty-five years whose usual complaint is, "I have said for weeks and months, 'I am wealthy, I am prosperous,' and nothing has happened." I discovered that when they said, "I am prosperous, I am wealthy," they felt within that they were lying to themselves.

One man told me, "I have affirmed that I am prosperous until I am tired. Things are now worse. I knew when I made the statement that it was obviously not true." His statements were rejected by the conscious mind, and the very opposite of what he outwardly affirmed and claimed was made manifest.

Your affirmation succeeds best when it is specific and when it does not produce a mental conflict or argument; hence the statements made by this man made matters worse because they suggested his lack. Your subconscious accepts what you really feel to be true, not just idle words or statements. The dominant idea or belief is always accepted by the subconscious mind.

How to Avoid Mental Conflict

The following is the ideal way to overcome this conflict for those who have this difficulty. Make this practical statement frequently, particularly prior to sleep: "By day and by night I am being prospered in all of my interests." This affirmation will not arouse any argument because it does not contradict your subconscious mind's impression of financial lack.

I suggested to one businessman whose sales and finances were very low and

who was greatly worried, that he sit down in his office, become quiet, and repeat this statement over and over again: "My sales are improving every day." This statement engaged the cooperation of the conscious and subconscious mind; results followed.

Don't Sign Blank Checks

You sign blank checks when you make such statements as, "There is not enough to go around." "There is a shortage." "I will lose the house because of the mortgage," etc. If you are full of fear about the future, you are also writing a blank check and attracting negative conditions to you. Your subconscious mind takes your fear and negative statement as your request and proceeds in its own way to bring obstacles, delays, lack, and limitation into your life.

Your Subconscious Gives You Compound Interest

To him that hath the feeling of wealth, more wealth shall be added; to him that hath the feeling of lack, more lack shall be added. Your subconscious multiplies and magnifies whatever you deposit in it. Every morning as you awaken deposit thoughts of prosperity, success, wealth, and peace. Dwell upon these concepts. Busy your mind with them as often as possible. These constructive thoughts will find their way as deposits in your subconscious mind, and bring forth abundance and prosperity.

Why Nothing Happened

I can hear you saying, "Oh, I did that and nothing happened." You did not get results because you indulged in fear thoughts perhaps ten minutes later and neutralized the good you had affirmed. When you place a seed in the ground, you do not dig it up. You let it take root and grow.

Suppose, for example, you are going to say, "I shall not be able to make that payment." Before you get further than, "I shall--" stop the sentence and dwell on a constructive statement, such as, "By day and by night I am prospered in all my ways."

True Source of Wealth

Your subconscious mind is never short of ideas. There are within it an infinite number of ideas ready to flow into your conscious mind and appear as cash in your pocketbook in countless ways. This process will continue to go on in your mind regardless of whether the stock market goes up or down, or

whether the pound sterling or dollar drops in value. Your wealth is never truly dependent on bonds, stocks, or money in the bank; these are really only symbols necessary and useful, of course, but only symbols.

The point I wish to emphasize is that if you convince your subconscious mind that wealth is yours, and that it is always circulating in your life, you will always and inevitably have it, regardless of the form it takes.

Trying to Make Ends Meet and the Real Cause

There are people who claim that they are always trying to make ends meet. They seem to have a great struggle to meet their obligations. Have you listened to their conversation? In many instances their conversation runs along this vein. They are constantly condemning those who have succeeded in life and who have raised their heads above the crowd. Perhaps they are saying, "Oh, that fellow has a racket; he is ruthless; he is a crook." This is why they lack; they are condemning the thing they desire and want. The reason they speak critically of their more prosperous associates is because they are envious and covetous of the others prosperity. The quickest way to cause wealth to take wings and fly away is to criticize and condemn others who have more wealth than you.

A Common Stumbling Block to Wealth

There is one emotion, which is the cause of the lack of wealth in the lives of many. Most people learn this the hard way. It is envy. For example, if you see a competitor depositing large sums of money in the bank, and you have only a meager amount to deposit, does it make you envious? The way to overcome this emotion is to say to yourself, "Isn't it wonderful! I rejoice in that man's prosperity. I wish for him greater and greater wealth."

To entertain envious thoughts is devastating because it places you in a very negative position; therefore, wealth flows from you instead of to you. If you are ever annoyed or irritated by the prosperity or great wealth of another, claim immediately that you truly wish for him greater wealth in every possible way. This will neutralize the negative thoughts in your mind and cause an ever greater measure of wealth to flow to you by the law of your own subconscious mind.

Rubbing out a Great Mental Block to Wealth

If you are worried and critical about someone whom you claim is making money dishonestly, cease worrying about him. You know such a person is using

the law of mind negatively; the law of mind takes care of him. Be careful not to criticize him for the reasons previously indicated. Remember: The block or obstacle to wealth is in your own mind. You can now destroy that mental block. This you may do by getting on mental good terms with everyone.

Sleep and Grow Rich

As you go to sleep at night, practice the following technique. Repeat the word, "Wealth," quietly, easily, and feelingly. Do this over and over again, just like a lullaby. Lull yourself to sleep with the one word, "Wealth." You should be amazed at the result. Wealth should flow to you in avalanches of abundance. This is another example of the magic power of your subconscious mind.

Serve Yourself with the Powers of Your Mind

1. Decide to be wealthy the easy way, with the infallible aid of your subconscious mind.

2. Trying to accumulate wealth by the sweat of your brow and hard labor is one way to become the richest man in the graveyard. You do not have to strive or slave hard.

3. Wealth is a subconscious conviction. Build into your mentality the idea of wealth.

4. The trouble with most people is that they have no invisible means of support.

5. Repeat the word, "Wealth," to yourself slowly and quietly for about five minutes prior to sleep and your subconscious will bring wealth to pass in your experience.

6. The feeling of wealth produces wealth. Keep this in mind at all times.

7. Your conscious and subconscious mind must agree. Your subconscious accepts what you really feel to be true. The dominant idea is always accepted by your subconscious mind. The dominant idea should be wealth, not poverty.

8. You can overcome any mental conflict regarding wealth by affirming frequently, "By day and by night I am being prospered in all of my interests."

9. Increase your sales by repeating this statement over and over again, "My sales are improving every day; I am advancing, progressing, and getting wealthier every day." 10. Stop writing blank checks, such as, "There is not enough to go around," or "There is a shortage," etc. Such statements magnify and multiply your loss.

11. Deposit thoughts of prosperity, wealth, and success in your subconscious

mind, and the latter will give you compound interest.

12. What you consciously affirm, you must not mentally deny a few moments later. This will neutralize the good you have affirmed.

13. Your true source of wealth consists of the ideas in your mind. You can have an idea worth millions of dollars. Your subconscious will give you the idea you seek.

14. Envy and jealousy are stumbling blocks to the flow of wealth. Rejoice in the prosperity of others.

15. The block to wealth is in your own mind. Destroy that block now by getting on good mental terms with everyone.

Your Right to Be Rich

It is your right to be rich. You are here to lead the abundant life and be happy, radiant, and free. You should, therefore, have all the money you need to lead a full, happy, and prosperous life.

You are here to grow, expand, and unfold spiritually, mentally, and materially. You have the inalienable right to fully develop and express yourself along all lines. You should surround yourself with beauty and luxury.

Why be satisfied with just enough to go around when you can enjoy the riches of your subconscious mind? In this chapter you can learn to make friends with money, and you should always have a surplus. Your desire to be rich is a desire for a fuller, happier, more wonderful life. It is a cosmic urge. It is not only good, but also very good.

Money Is a Symbol

Money is a symbol of exchange. It means to you not only freedom from want, but beauty, luxury, abundance, and refinement. It is merely a symbol of the economic health of the nation. When your blood is circulating freely in your body, you are healthy. When money is circulating freely in your life, you are economically healthy. When people begin to hoard money, to put it away in tin boxes, and become charged with fear, there is economic illness. Money has taken many forms as a medium of exchange down through the centuries, such as, salt, beads, and trinkets of various kinds. In early times a man's wealth was determined by the number of sheep and oxen he had. Now we use currency, and other negotiable instruments, as it is much more convenient to write a check than carry some sheep around with you to pay bills.

How to Walk the Royal Road to Riches

Knowledge of the powers of your subconscious mind is the means to the royal road to riches of all kinds--spiritual, mental, or financial. The student of the laws of mind believes and knows definitely that regardless of economic situations, stock market fluctuation, depression, strikes, war, other conditions or circumstances, he will always be amply supplied, regardless of what form money takes. The reason for this is that he has conveyed the idea of wealth to his subconscious mind, and it keeps him supplied wherever he may be. He has convinced himself in his mind that money is forever flowing freely in his life and that there is always a wonderful surplus. Should there be a financial collapse

of government tomorrow and all the man's present holdings become valueless, as the German marks did after the First World War, he would still attract wealth and be cared for, regardless of the form the new currency took.

Why you do not have more money

As you read this chapter, you are probably saying, "I am worthy of a higher salary than I am receiving." I believe most people are inadequately compensated. One of the causes many people does not have more money is that they are silently or openly condemning it. They refer to money as "filthy lucre" or "the love of money is the root of all evil." Another reason they do not prosper is that they have a sneaky subconscious feeling there is some virtue in poverty. This subconscious pattern may be due to early childhood training, superstition, or it could be based on a false interpretation of scriptures.

Money and a Balanced Life

One time a man said to me, "I am broke. I do not like money. It is the root of all evil." These statements represent a confused neurotic mind. Love of money to the exclusion of everything else will cause you to become lopsided and unbalanced. You are here to use your power or authority wisely. Some men crave power others crave money. If you set your heart on money exclusively and say, "Money is all I want; I am going to give all my attention to amassing money; nothing else matters," you can get money and attain a fortune, but you have forgotten that you are here to lead a balanced life. You must also satisfy the hunger for peace of mind, harmony, love, joy, and perfect health.

By making money your sole aim, you simply made a wrong choice. You thought that was all you wanted, but you found after all your efforts that it was not only the money you needed. You also desired true expression of your hidden talents, true place in life, beauty, and the joy of contributing to the welfare and success of others. By learning the laws of your subconscious mind, you could have a million dollars or many millions, if you wanted them, and still have peace of mind, harmony, perfect health, and perfect expression.

Poverty Is a Mental Disease

There is no virtue in poverty; it is a disease like any other mental disease. If you were physically ill, you would think there was something wrong with you. You would seek help and do something about the condition at once. Likewise, if you do not have money constantly circulating in your life, there is something radically wrong with you.

The urge of the life principle in you is toward growth, expansion, and the life more abundant. You are not here to live in a hovel, dress in rags, and go hungry. You should be happy, prosperous, and successful.

Why You must Never Criticize Money

Cleanse your mind of all weird and superstitious beliefs about money. Do not ever regard money as evil or filthy. If you do, you cause it to take wings and fly away from you. Remember that you lose what you condemn. You cannot attract what you criticize.

Getting the Right Attitude Toward Money

Here is a simple technique you may use to multiply money in your experience. Use the following statements several times a day, "I like money, I love it, I use it wisely, constructively, and judiciously. Money is constantly circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. It is good and very good. Money flows to me in avalanches of abundance. I use it for good only, and I am grateful for my good and for the riches of my mind."

How the Scientific Thinker Looks at Money

Suppose, for example, you found gold, silver, lead, copper, or iron in the ground. Would you pronounce these things evil? All evil comes from man's darkened understanding, from his ignorance, from his false interpretation of life, and from his misuse of his subconscious mind. Uranium, lead, or some other metal could have been used as a medium of exchange. We use paper bills, checks, nickel, and silver surely these are not evil. Physicists and chemists know today that the only difference between one metal and another is the number and rate of motion of electrons revolving around a central nucleus. They can now change one metal into another through a bombardment of the atoms in the powerful cyclotron. Gold under certain conditions becomes mercury. I believe that our modern scientists in the near future will be able to make gold, silver, and other metals synthetically in the chemical laboratory. The cost may be prohibitive now, but it can be done. I cannot imagine any intelligent person seeing anything evil in electrons, neutrons, protons, and isotopes.

The piece of paper in your pocket is composed of atoms and molecules with their electrons and protons arranged differently. Their number and rate of motion are different. That is the only way the paper differs from the silver in your pocket.

How to Attract the Money You Need

Many years ago I met a young boy in Australia who wanted to become a physician and surgeon, but he had no money. I explained to him how a seed deposited in the soil attracts to itself everything necessary for its unfolding, and that all he had to do was to take a lesson from the seed and deposit the required idea in his subconscious mind. For expenses this young, brilliant boy used to clean out doctors' offices, wash windows, and do odd repair jobs. He told me that every night, as he went to sleep, he used to picture in his mind's eye a medical diploma on a wall with his name on it in big, bold letters. He used to clean and shine the framed diplomas in the medical building where he worked. It was not hard for him to engrave the image of a diploma in his mind and develop it there. Definite results followed as he persisted with his mental picture every night for about four months.

The sequel of this story was very interesting. One of the doctors took a great liking to this young boy and after training him in the art of sterilizing instruments, giving hypodermic injections, and other miscellaneous first aid work, he employed him as a technical assistant in his office. The doctor later sent him to medical school at his own expense. Today, this young man is a prominent medical doctor in Montreal, Canada. He discovered the law of attraction by using his subconscious mind the right way. He operated an age old law, which says, "Having seen the end, you have willed the means to the realization of the end." The end in this case was to become a medical doctor.

This young man was able to imagine, see, and feel the reality of being a doctor. He lived with that idea, sustained it, nourished it, and loved it until through his imagination it penetrated the layers of his subconscious mind and became a conviction, thereby attracting to him everything necessary for the fulfillment of his dream.

Why Some Men Do Not Get a Raise in Pay

If you are working in a large organization and you are silently thinking of and resenting the fact you are underpaid, that you are not appreciated, and that you deserve more money and greater recognition, you are subconsciously severing your ties with that organization. You are setting a law in motion, and the superintendent or manager will say to you, "We have to let you go." Actually, you dismissed yourself. The manager was simply the instrument through which your own negative mental state was confirmed. It was an example of the law of action and reaction. The action was your thought, and the reaction

was the response of your subconscious mind.

Obstacles and Impediments on the Pathway to Riches

I am sure you have heard men say, "That fellow has a racket." "He is a racketeer." "He is getting money dishonestly." "He is a faker." "I knew him when he had nothing." "He is a crook, a thief, and a swindler."

If you analyze the man who talks like that, you discover he is usually in want or suffering from some financial or physical illness. Perhaps his former college friends went up the ladder of success and excelled him. Now he is bitter and envious of their progress. In many instances this is the cause of his downfall. Thinking negatively of these classmates and condemning their wealth causes the wealth and prosperity he is praying for to vanish and flee away. He is condemning the thing he is praying for.

He is praying two ways. On the one hand he is saying, "Wealth is flowing to me now," and in the next breath, silently or audibly, he is saying, "I resent that fellow's wealth." Always make it a special point to rejoice in the wealth of the other person.

Protect Your Investments

If you are seeking wisdom regarding investments, or if you are worried about your stocks or bonds, quietly claim, "Infinite intelligence governs and watches over all my financial transactions, and whatsoever I do shall prosper." Do this frequently and you will find that your investments will be wise; moreover, you will be protected from loss, as you will be prompted to sell your securities or holdings before any loss accrues to you.

You Cannot Get Something for Nothing

In large stores the management employs store detectives to prevent people from stealing. They catch a number of people every day trying to get something for nothing. All such people are living in the mental atmosphere of lack and limitation and are stealing from themselves peace, harmony, faith, honesty, integrity, good will, and confidence. Furthermore, they are attracting to themselves all manner of loss, such as, loss of character, prestige, social status, and peace of mind. These people lack faith in the source of supply and the understanding of how their minds work. If they would mentally call on the powers of their subconscious mind and claim that they are guided to their true expression, they would find work and constant supply. Then by honesty, integrity, and perseverance, they would become a credit to themselves and to

society at large.

Your Constant Supply of Money

Recognizing the powers of your subconscious mind and the creative power of your thought or mental image is the way to opulence, freedom, and constant supply. Accept the abundant life in your own mind. Your mental acceptance and expectancy of wealth has its own mathematics and mechanics of expression. As you enter into the mood of opulence, all things necessary for the abundant life will come to pass.

Let this be your daily affirmation; write it in your heart, "I am one with the infinite riches of my subconscious mind. It is my right to be rich, happy, and successful. Money flows to me freely, copiously, and endlessly. I am forever conscious of my true worth. I give of my talents freely, and I am wonderfully blessed financially. It is wonderful!"

Step up this Way to Riches

1**.** Be bold enough to claim that it is your right to be rich and your deeper mind will honor your claim.

2. You don't want just enough to go around. You want all the money you need to do all the things you want to do and when you want to do them. Get acquainted with the riches of your subconscious mind.

3. When money is circulating freely in your life, you are economically healthy. Look at money like the tide and you will always have plenty of it. The ebb and flow of the tide is constant. When the tide is out, you are absolutely sure that it will return.

4. Knowing the laws of your subconscious mind, you will always be supplied regardless of what form money takes.

5. One reason many people simply make ends meet and never have enough money is that they condemn money. What you condemn takes wings and flies away.

6. Do not make a god of money. It is only a symbol. Remember that the real riches are in your mind. You are here to lead a balanced life--this includes acquiring all the money you need.

7. Don't make money your sole aim. Claim wealth, happiness, peace, true expression, and love, and personally radiate love and good will to all. Then your subconscious mind will give you compound interest in all these fields of expression.

8. There is no virtue in poverty. It is a disease of the mind, and you should heal yourself of this mental conflict or malady at once.

9. You are not here to live in a hovel, to dress in rags, or to go hungry. You are here to lead the life more abundant.

10. Never use the terms "filthy lucre" or "I despise money." You lose what you criticize. There is nothing good or bad, but thinking of it in either light makes it so.

11. Repeat frequently, "I like money. I use it wisely, constructively, and judiciously. I release it with joy, and it returns a thousand fold."

12. Money is not evil any more so than copper, lead, tin, or iron which you may find in the ground. All evil is due to ignorance and misuse of the mind's powers.

13. To picture the end result in your mind causes your subconscious to respond and fulfill your mental picture.

14. Stop trying to get something for nothing. There is no such thing as a free lunch. You must give to receive. You must give mental attention to your goals, ideals, and enterprises, and your deeper mind will back you up. The key to wealth is application of the laws of the subconscious mind by impregnating it with the idea of wealth.

Your Subconscious Mind as a Partner in Success

Success means successful living. A long period of peace, joy, and happiness on this plane may be termed success. The eternal experience of these qualities is the everlasting life spoken of by Jesus. The real things of life, such as peace, harmony, integrity, security, and happiness are intangible. They come from the Deep Self of man. Meditating on these qualities builds these treasures of heaven in our subconscious. It is where moth and rust do not consume, and where thieves do not break through and steal. MATT. 6:20.

The Three Steps to Success

Let us discuss three steps to success: The first step to success is to find out the thing you love to do, then do it. Success is in loving your work. Although, if a man is a psychiatrist, it is not adequate for him to get a diploma and place it on the wall; he must keep up with the times, attend conventions, and continue studying the mind and its workings. The successful psychiatrist visits clinics and reads the latest scientific articles. In other words, he is informed in the most advanced methods of alleviating human suffering. The successful psychiatrist or doctor must have the interest of his patients at heart.

Someone may say, "How can I put the first step into operation? I do not know what I should do." In such a case, pray for guidance as follows: "The infinite intelligence of my subconscious mind reveals to me my true place in life." Repeat this prayer quietly, positively, and lovingly to your deeper mind. As you persist with faith and confidence, the answer will come to you as a feeling, a hunch, or a tendency in a certain direction. It will come to you clearly and in peace, and as an inner silent awareness.

The second step to success is to specialize in some particular branch of work and know more about it than anyone else. For example, if a young man chooses chemistry as his profession, he should concentrate on one of the many branches in this field. He should give all of his time and attention to his chosen specialty. He should become sufficiently enthusiastic to try to know all there is available about his field; if possible, he should know more than anyone else. The young man should become ardently interested in his work and should desire to serve

the world.

He that is greatest among you, let him become your servant. There is a great contrast in this attitude of mind in comparison to that of the man who only wants to makes a living or just "get by." "Getting by" is not true success. Man's motive must be greater, nobler, and more altruistic. He must serve others, thereby casting his bread upon the waters.

The third step is the most important one. You must be sure that the thing you want to do does not redound to your success only. Your desire must not be selfish; it must benefit humanity. The path of a complete circuit must be formed. In other words, your idea must go forth with the purpose of blessing or serving the world. It will then come back to you pressed down, shaken together, and running over. If it is to benefit yourself exclusively, the circle or complete circuit is not formed, and you may experience a short circuit in your life which may consist of limitation or sickness.

The Measure of True Success

Some people may say, "But Mr. James made a fortune in selling fraudulent oil stock." A man may seem to succeed for a while, but the money he obtained by fraud usually takes wings and flies away. When we rob from another, we rob from ourselves, because we are in a mood of lack and limitation, which may manifest itself in our body, home life, and affairs. What we think and feel, we create. We create what we believe. Even though a man may have accumulated a fortune fraudulently, he is not successful. There is no success without peace of mind. What good is man's accumulated wealth if he cannot sleep nights, is sick, or has a guilt complex?

I knew a man in London who told me of his exploits. He had been a professional pickpocket and had amassed a large amount of money. He had a summer home in France and lived in a royal fashion in England. His story was that he was in constant dread of being arrested by Scotland Yard. He had many inner disorders, which were undoubtedly caused by his constant fear and deep seated guilt complex. He knew he had done wrong. This deep sense of guilt attracted all kinds of trouble to him. Subsequently, he voluntarily surrendered to the police and served a prison sentence. After his release from prison, he sought psychological and spiritual counsel and became transformed. He went to work and became an honest, law abiding citizen. He found what he loved to do and was happy.

A successful person loves his work and expresses himself fully. Success is

contingent upon a higher ideal than the mere accumulation of riches. The man of success is the man who possesses great psychological and spiritual understanding. Many of the great industrialists today depend upon the correct use of their subconscious minds for their success.

There was an article published some years ago about Flagler, an oil magnate. He admitted that the secret of his success was his ability to see a project in its completion. For instance, in his case, he closed his eyes, imagined a big oil industry, saw trains running on tracks, heard whistles blowing, and saw smoke. Having seen and felt the fulfillment of his prayer, his subconscious mind brought about its realization. If you imagine an objective clearly, you will be provided with the necessities, in ways you know not of, through the wonder-working power of your subconscious mind.

In considering the three steps to success you must never forget the underlying power of the creative forces of your subconscious mind. This is the energy in back of all steps in any plan of success. Your thought is creative. Thought fused with feeling becomes a subjective faith or belief, and according to your belief is it done unto you. MATT. 9:29.

Knowledge of a mighty force in you, which is capable of bringing to pass all your desires, gives you confidence and a sense of peace. Whatever your field of action may be, you should learn the laws of your subconscious mind. When you know how to apply the powers of your mind, and when you are expressing yourself fully and giving of your talents to others, you are on the sure path to true success. If you are about God's business, or any part of it, God, by His very nature, is for you, so who can be against you? With this understanding there is no power in heaven or on earth to withhold success from you.

How He Made His Dream Come True

A movie actor told me that he had very little education, but he had a dream as a boy of becoming a successful movie actor. Out in the field mowing hay, driving the cows home, or even when milking them he said, "I would constantly imagine I saw my name in big lights at a large theatre. I kept this up for years until finally I ran away from home. I got extra jobs in the motion picture field, and the day finally came when I saw my name in great, big lights as I did when I was a boy!" Then he added, "I know the power of sustained imagination to bring success."

His Dream Pharmacy Became a Reality

Thirty years ago I knew a young pharmacist who was receiving forty dollars a week plus commission on sales. "After twenty-five years," he said to me, "I

will get a pension and retire."

I said to this young man, "Why don't you own your own store? Get out of this place. Raise your sights! Have **a** dream for your children. Maybe your son wants to be a doctor; perhaps your daughter desires to be a great musician."

His answer was that he had no money! He began to awaken to the fact that whatever he could conceive as true, he could give conception.

The first step toward his goal was his awakening to the powers of his subconscious mind, which I briefly elaborated on for his benefit. His second step was his realization that if he could succeed in conveying an idea to his subconscious mind, the latter would somehow bring it to pass.

He began to imagine that he was in his own store. He mentally arranged the bottles, dispensed prescriptions, and imagined several clerks in the store waiting on customers. He also visualized a big bank balance. Mentally he worked in that imaginary store. Like a good actor he lived the role. Act as though I am, and I will be. This pharmacist put himself whole heartedly into the act, living, moving, and acting on the assumption that he owned the store.

The sequel was interesting. He was discharged from his position. He found new employment with a large chain store, became manager, and later on, district manager. He saved enough money in four years to provide a down payment on a drugstore of his own. He called it his "Dream Pharmacy."

"It was," he said, "exactly the store I saw in my imagination." He became a recognized success in his chosen field, and was happy doing what he loved to do.

Using the Subconscious Mind in Business

Some years ago I gave a lecture to a group of businessmen on the powers of imagination and the subconscious mind. In this lecture I pointed out how Goethe used his imagination wisely when confronted with difficulties and predicaments.

His biographers point out that he was accustomed to fill many hours quietly holding imaginary conversations. It is well known that his custom was to imagine one of his friends before him in a chair answering him in the right way. In other words, if he were concerned over any problems, he imagined his friend giving him the right or appropriate answer, accompanied with the usual gestures and tonal qualities of the voice, and he made the entire imaginary scene as real and as vivid as possible.

One of the men present at this lecture was a young stockbroker. He proceeded to adopt the technique of Goethe. He began to have mental, imaginary

conversations with a multimillionaire banker friend of his who used to congratulate him on his wise and sound judgment, and compliment him on his purchase of the right stocks. He used to dramatize this imaginary conversation until he had psychologically fixed it as a form of belief in his mind.

This broker's inner talking and controlled imagination certainly agreed with his aim, which was to make sound investments for his clients. His main purpose in life was to make money for his clients and to see them prosper financially by his wise counsel. He is still using his subconscious mind in his business, and he is a brilliant success in his field of endeavor.

Boy of Sixteen Years Turns Failure into Success

A young boy who was attending high school said to me, "I am getting very poor grades. My memory is failing. I do not know what is the matter." I discovered that the only thing wrong with this boy was his attitude, which was one of indifference and resentment toward some of his teachers and fellow students. I taught him how to use his subconscious mind, and how to succeed in his studies.

He began to affirm certain truths several times a day particularly at night prior to sleep, and also in the morning after awakening. These are the best times to impregnate the subconscious mind.

He affirmed as follows: "I realize that my subconscious mind is a storehouse of memory. It retains everything I read and hear from my teachers. I have a perfect memory, and the infinite intelligence in my subconscious mind constantly reveals to me everything I need to know at all my examinations, whether written or oral. I radiate love and good will to all my teachers and fellow students. I sincerely wish for them success and all good things."

This young man is now enjoying a greater freedom than he has ever known. He is now receiving all "A's." He constantly imagines the teachers and his mother congratulating him on his success in his studies.

How to Become Successful in Buying and Selling

In buying and selling, remember that your conscious mind is the starter and your subconscious mind is the motor. You must start the motor to enable it to perform its work. Your conscious mind is the dynamo that awakens the power of your subconscious mind.

The first step in conveying your clarified desire, idea, or image to the deeper mind is to relax, immobilize the attention, get still, and be quiet. This quiet, relaxed, and peaceful attitude of mind prevents extraneous matter and false ideas from interfering with your mental absorption of your ideal. Furthermore, in the

quiet, passive, and receptive attitude of mind, effort is reduced to a minimum.

The second step is to begin to imagine the reality of that which you desire. For example, you may wish to buy a home, and in your relaxed state of mind affirm as follows: "The infinite intelligence of my subconscious mind is all wise. It reveals to me now the ideal home, which is central, ideal, is in a lovely environment, meets with all my requirements, and is commensurate with my income. I am now turning this request over to my subconscious mind, and I know it responds according to the nature of my request. I release this request with absolute faith and confidence in the same way that a farmer deposits a seed in the ground, trusting implicitly in the laws of growth."

The answer to your prayer may come through an advertisement in the paper, through a friend, or you may be guided directly to a particular home, which is exactly what you are seeking. There are many ways by which your prayer may be answered. The principal knowledge, in which you may place your confidence, is that the answer always comes, provided you trust the working of your deeper mind.

You may wish to sell a home, land, or any kind of property. In private consultation with real estate brokers I have told them of the way I sold my own home on Orlando Avenue in Los Angeles. Many of them have applied the technique I used with remarkable and speedy results. I placed a sign which read, "For sale by owner" in the garden in front of my home. The day after I said to myself as I was going to sleep, "Supposing you sold your house, what would you do?"

I answered my own question and I said, "I would take that sign down and throw it into the garage." In my imagination I took hold of the sign, pulled it up from the ground, placed it on my shoulder, went to the garage, threw it on the floor, and said jokingly to the sign, "I don't need you any more!" I felt the inner satisfaction of it all, realizing it was finished.

The next day a man gave me a deposit of $1,000 and said to me, "Take your sign down. We will go into escrow now."

Immediately I pulled the sign up and took it to the garage. The outer action conformed to the inner. There is nothing new about this. As within, so without, meaning according to the image impressed on your subconscious mind, so it is on the objective screen of your life. The outside mirrors the inside. External action follows internal action.

Here is another very popular method used in selling homes, land, or any kind of property. Affirm slowly, quietly, and feelingly as follows: "Infinite

intelligence attracts to me the buyer for this home who wants it and who prospers in it. This buyer is being sent to me by the creative intelligence of my subconscious mind, which makes no mistakes. This buyer may look at many other homes, but mine is the only one he wants and will buy, because he is guided by the infinite intelligence within him. I know the buyer is right, the time is right, and the price is right. Everything about it is right. The deeper currents of my subconscious mind are now in operation bringing both of us together in divine order. I know that it is so."

Remember always, that what you are seeking is also seeking you, and whenever you want to sell a home or property of any kind, there is always someone who wants what you have to offer By using the powers of your subconscious mind correctly, you free your mind of all sense of competition and anxiety in buying and selling.

How She Succeeded in Getting What She Wanted

There is a young lady who regularly comes to my lectures and classes. She had to change buses three times; it took her one and a half hours each time to come to the lectures. In one lecture I explained how a young man who needed a car in his work received one.

She went home and experimented as outlined in my lecture. Here is her letter in part, narrating her application of my method, and published by her permission:

Dear Dr. Murphy:

This is how I received a Cadillac car--I wanted one to come to the lectures regularly. In my imagination I went through the identical process I would go through if I were actually driving a car. I went to the showroom, and the salesman took me for a ride in one. I also drove it several blocks. I claimed the Cadillac car as my own over and over again.

I kept the mental picture of getting into the car, driving it, feeling the upholstery, etc., consistently for over two weeks. Last week I drove to your lectures in a Cadillac. My uncle in Inglewood passed away, and left me his Cadillac and his entire estate.

A Success Technique Employed by Many Outstanding Executives and Businessmen

There are many prominent businessmen who quietly use the abstract term, "success," over and over many times a day until they reach a conviction that success is theirs. They know that the idea of success contains all the essential

elements of success. Likewise, you can begin now to repeat the word, "success," to yourself with faith and conviction. Your subconscious mind will accept it as true of you, and you will be under a subconscious compulsion to succeed.

You are compelled to express your subjective beliefs, impressions, and convictions. What does success imply to you? You want, undoubtedly, to be successful in your home life and in your relationship with others. You wish to be outstanding in your chosen work or profession. You wish to possess a beautiful home, and all the money you need to live comfortably and happily. You want to be successful in your prayer life and in your contact with the powers of your subconscious mind.

You are a businessman also because you are in the business of living. Become a successful businessman by imagining yourself doing what you long to do, and possessing the things you long to possess. Become imaginative; mentally participate in the reality of the successful state. Make a habit of it. Go to sleep feeling successful every night, and perfectly satisfied, and you will eventually succeed in implanting the idea of success in your subconscious mind. Believe you were born to succeed, and wonders will happen as you pray!

Profitable Pointers

1. Success means successful living. When you are peaceful, happy, joyous, and doing what you love to do, you are successful.

2. Find out what you love to do, and then do it. If you don't know your true expression, ask for guidance, and the lead will come.

3. Specialize in your particular field and try to know more about it than anyone else.

4. A successful man is not selfish. His main desire in life is to serve humanity.

5. There is no true success without peace of mind.

6. A successful man possesses great psychological and spiritual understanding.

7. If you imagine an objective clearly, you will be provided with the necessities through the wonder-working power of your subconscious mind.

8. Your thought fused with feeling becomes a subjective belief, and according to your belief is it done unto you.

9. The power of sustained imagination draws forth the miracle-working powers of your subconscious mind.

10. If you are seeking promotion in your work, imagine your employer, supervisor, or loved one congratulating you on your promotion. Make the picture

vivid and real. Hear the voice, see the gestures, and feel the reality of it all. Continue to do this frequently, and through frequent occupancy of your mind, you will experience the joy of the answered prayer.

11. Your subconscious mind is a storehouse of memory. For a perfect memory, affirm frequently: "The infinite intelligence of my subconscious mind reveals to me everything I need to know at all times, everywhere."

12. If you wish to sell a home or property of any kind, affirm slowly, quietly, and feelingly as follows: "Infinite intelligence attracts to me the buyer for this house or property, who wants it, and who prospers in it." Sustain this awareness, and the deeper currents of your subconscious mind will bring it to pass.

13. The idea of success contains all the elements of success. Repeat the word, "success," to yourself frequently with faith and conviction, and you will be under a subconscious compulsion to succeed.

Scientists Use the Subconscious Mind

Many scientists realize the true importance of the subconscious mind. Edison, Marconi, Kettering, Poincarè, Einstein, and many others have used the subconscious mind. It has given them the insight and the "know how" for all their great achievements in modern science and industry. Research has shown that the ability to bring into action the subconscious power has determined the success of all the great scientific and research workers.

An instance of how a famous chemist, Friedrich von Stradonitz, used his subconscious mind to solve his problem is as follows: He had been working laboriously for a long time trying to rearrange the six carbon and the six hydrogen atoms of the benzine formula, and he was constantly perplexed and unable to solve the matter. Tired and exhausted, he turned the request over completely to his subconscious mind. Shortly afterward, as he was about to board a London bus, his subconscious presented his conscious mind with a sudden flash of a snake biting its own tail and turning around like a pin wheel. This answer, from his subconscious mind, gave him the long sought answer of the circular rearrangement of the atoms that is known as the benzine ring.

How a Distinguished Scientist Brought Forth His Inventions

Nikola Tesla was a brilliant electrical scientist who brought forth the most amazing innovations. When an idea for a new invention came into his mind, he would build it up in his imagination, knowing that his subconscious mind would reconstruct and reveal to his conscious mind all the parts needed for its manufacture in concrete form. Through quietly contemplating every possible improvement, he spent no time in correcting defects, and was able to give the technicians the perfect product of his mind.

He said, "Invariably, my device works as I imagined it should. In twenty years there has not been a single exception."

How a Famous Naturalist Solved His Problem

Professor Agassiz, a distinguished American naturalist, discovered the indefatigable activities of his subconscious mind while he slept. His widow in her biography of her famous husband has reported the following.

"He had been for two weeks striving to decipher the some what obscure impression of a fossil fish on the stone slab in which it was preserved. Weary

and perplexed, he put his work aside at last, and tried to dismiss it from his mind. Shortly after, he waked one night persuaded that while asleep he had seen his fish with all the missing features perfectly restored. But when he tried to hold and make fast the image it escaped him. Nevertheless, he went early to the Jardin des Plantes, thinking that on looking anew at the impression he should see something, which would put him on the track of his vision. In vain--the blurred record was as black as ever. The next night he saw the fish again, but with no more satisfactory result. When he awoke it disappeared from his memory as before. Hoping that the same experience might be repeated, on the third night he placed a pencil and paper beside his bed before going to sleep.

"Accordingly, toward morning the fish reappeared in his dream, confusedly at first, but at last with such distinctness that he had no longer any doubt as to its zoological characters. Still half dreaming, in perfect darkness, he traced these characters on the sheet of paper at the bedside. In the morning he was surprised to see in his nocturnal sketch features, which he thought it impossible the fossil itself should reveal. He hastened to the Jardin des Plantes, and, with his drawing as a guide, succeeded in chiseling away the surface of the stone under which portions of the fish proved to be hidden. When wholly exposed it corresponded with his dream and his drawing, and he succeeded in classifying it with ease."

An Outstanding Physician Solved the Problem of Diabetes

Some years ago I received a clipping from a magazine describing the origin of the discovery of insulin. This is the essence of the article as I recall it.

About forty years ago or more, Dr. Frederick Banting, a brilliant Canadian physician and surgeon, was concentrating his attention on the ravages of diabetes. At that time medical science offered no effective method of arresting the disease. Dr. Banting spent considerable time experimenting and studying the international literature on the subject. One night he was exhausted and fell asleep. While asleep, his subconscious mind instructed him to extract the residue from the degenerated pancreatic duct of dogs. This was the origin of insulin which has helped millions of people.

You will note that Dr. Banting had been consciously dwelling on the problem for some time seeking a solution, a way out, and his subconscious responded accordingly.

It does not follow that you will always get an answer overnight. The answer may not come for some time. Do not be discouraged. Keep on turning the problem over every night to the subconscious mind prior to sleep, as if you had

never done it before.

One of the reasons for the delay may be that you look upon it as a major problem. You may believe it will take a long time to solve it.

Your subconscious mind is timeless and spaceless. Go to sleep believing you have the answer now. Do not postulate the answer in the future. Have an abiding faith in the outcome. Become convinced now as you read this book that there is an answer and a perfect solution for you.

How a Famous Scientist and Physicist Escaped from a Russian Concentration Camp

Dr. Lothar von Blenk-Schmidt, a member of the Rocket Society and an outstanding research electronic engineer, gives the following condensed summary of how he used his subconscious mind to free himself from certain death at the hands of brutal guards in a Russian prison camp coal mine. He states as follows:

"I was a prisoner of war in a coal mine in Russia, and I saw men dying all around me in that prison compound. We were watched over by brutal guards, arrogant officers, and sharp, fast thinking commissars. After a short medical checkup, a quota of coal was assigned to each person. My quota was three hundred pounds per day. In case any man did not fill his quota, his small food ration was cut down, and in a short time he was resting in the cemetery.

"I started concentrating on my escape. I knew that my subconscious mind would somehow find a way. My home in Germany was destroyed, my family wiped out; all my friends and former associates were either killed in the war or were in concentration camps.

"I said to my subconscious mind, 'I want to go to Los Angeles, and you will find the way.' I had seen pictures of Los Angeles and I remembered some of the boulevards very well as well as some of the buildings.

"Every day and night I would imagine I was walking down Wilshire Boulevard with an American girl whom I met in Berlin prior to the war (she is now my wife). In my imagination we would visit the stores, ride buses, and eat in the restaurants. Every night I made it a special point to drive my imaginary American automobile up and down the boulevards of Los Angeles. I made all this vivid and real. These pictures in my mind were as real and as natural to me as one of the trees out side the prison camp.

"Every morning the chief guard would count the prisoners as they were lined up. He would call out 'one, two, three,' etc., and when seventeen was called out, which was my number in sequence, I stepped aside. In the meantime, the guard

was called away for a minute or so, and on his return he started by mistake on the next man as number seventeen. When the crew returned in the evening, the number of men was the same, and I was not missed, and the discovery would take a long time.

"I walked out of the camp undetected and kept walking for twenty-four hours, resting in a deserted town the next day. I was able to live by fishing and killing some wild life. I found coal trains going to Poland and traveled on them by night, until finally I reached Poland. With the help of friends, I made my way to Lucerne, Switzerland.

"One evening at the Palace Hotel, Lucerne, I had a talk with a man and his wife from the United States of America. This man asked me if I would care to be a guest at his home in Santa Monica, California. I accepted, and when I arrived in Los Angeles, I found that their chauffeur drove me along Wilshire Boulevard and many other boulevards, which I had imagined, so vividly in the long months in the Russian coalmines. I recognized the buildings, which I had seen in my mind so often. It actually seemed as if I had been in Los Angeles before. I had reached my goal.

"I will never cease to marvel at the wonders of the subconscious mind. Truly, it has ways we know not of."

How Archaeologists and Paleontologists Reconstruct Ancient Scenes

These scientists know that their subconscious mind has a memory of everything that has ever transpired. As they study the ancient ruins and fossils, through their imaginative perception, their subconscious mind aids them in reconstructing the ancient scenes. The dead past becomes alive and audible once more. Looking at these ancient temples and studying the pottery, statuary, tools, and household utensils of these ancient times, the scientist tells us of an age when there was no language. Communication was done by grunts, groans, and signs.

The keen concentration and disciplined imagination of the scientist awakens the latent powers of his subconscious mind enabling him to clothe the ancient temples with roofs, and surround them with gardens, pools, and fountains. The fossil remains are clothed with eyes, sinews, and muscles, and they again walk and talk. The past becomes the living present, and we find that in mind there is no time or space. Through disciplined, controlled, and directed imagination, you can be a companion of the most scientific and inspired thinkers of all time.

How to Receive Guidance from Your Subconscious

When you have what you term "a difficult decision" to make, or when you fail to see the solution to your problem, begin at once to think constructively about it. If you are fearful and worried, you are not really thinking. True thinking is free from fear.

Here is a simple technique you can use to receive guidance on any subject: Quiet the mind and still the body. Tell the body to relax; it has to obey you. It has no volition, initiative, or selfconscious intelligence. Your body is an emotional disk, which records your beliefs and impressions. Mobilize your attention; focus your thought on the solution to your problem. Try to solve it with your conscious mind. Think how happy you would be about the perfect solution. Sense the feeling you would have if the perfect answer were yours now. Let your mind play with this mood in a relaxed way; then drop off to sleep. When you awaken, and you do not have the answer, get busy about something else. Probably, when you are preoccupied with something else, the answer will come into your mind like toast pops out of a toaster.

In receiving guidance from the subconscious mind, the simple way is the best. This is an illustration: I once lost a valuable ring, which was an heirloom. I looked everywhere for it and could not locate it. At night I talked to the subconscious in the same manner that I would talk to anyone. I said to it prior to dropping off to sleep, "You know all things; you know where that ring is, and you now reveal to me where it is."

In the morning I awoke suddenly with the words ringing in my ear, "Ask Robert!"

I thought it very strange that I should ask Robert, a young boy about nine years of age; however, I followed the inner voice of intuition.

Robert said, "Oh, yes, I picked it up in the yard while I was playing with the boys. I placed it on the desk in my room. I did not think it worth anything, so I did not say anything about it."

The subconscious mind will always answer you if you trust it.

His Subconscious Revealed the Location of His Father's Will

A young man who attends my lectures had this experience. His father died and apparently left no will. However, this man's sister told him that their father had confided to her that a will had been executed which was fair to all. Every attempt to locate the will failed.

Prior to sleep he talked to his deeper mind as follows: "I now turn this request over the subconscious mind. It knows just where that will is, and reveals

it to me." Then he condensed his request down to one word, "Answer," repeating it over and over again as a lullaby. He lulled himself to sleep with the word, "Answer."

The next morning this young man had an overpowering hunch to go to a certain bank in Los Angeles where he found a safe deposit vault registered in the name of his father, the contents of which solved all his problems.

Your thought, as you go to sleep, arouses the powerful latency, which is within you. For example, let us suppose you are wondering whether to sell your home, buy a certain stock, sever partnership, move to New York or stay in Los Angeles, dissolve the present contract or take a new one. Do this: Sit quietly in your armchair or at the desk in your office. Remember that there is a universal law of action and reaction. The action is your thought. The reaction is the response from your subconscious mind. The subconscious mind is reactive and reflexive; this is its nature. It rebounds, rewards, and repays. It is the law of correspondence. It responds by corresponding. As you contemplate right action, you will automatically experience a reaction or response in yourself, which represents the guidance or answer of your subconscious mind.

In seeking guidance, you simply think quietly about right action, which means that you are using the infinite intelligence resident in the subconscious mind to the point where it begins to use you. From there on, your course of action is directed and controlled by the subjective wisdom within you, which is all wise and omnipotent. Your decision will be right. There will only be right action because you are under a subjective compulsion to do the right thing. I use the word compulsion because the law of the subconscious is compulsion.

The Secret of Guidance

The secret of guidance or right action is to mentally devote yourself to the right answer, until you find its response in you. The response is a feeling, an inner awareness, and an overpowering hunch whereby you know that you know. You have used the power to the point where it begins to use you. You cannot possibly fail or make one false step while operating under the subjective wisdom within you. You will find that all your ways are pleasantness and all your paths are peace.

Highlights to Recall

1. Remember that the subconscious mind has determined the success and wonderful achievements of all great scientific workers.

2. By giving your conscious attention and devotion to the solution of a

perplexing problem, your subconscious mind gathers all the necessary information and presents it full blown to the conscious mind.

3. If you are wondering about the answer to a problem, try to solve it objectively. Get all the information you can from research and also from others. If no answer comes, turn it over to your subconscious mind prior to sleep, and the answer always comes. It never fails.

4. You do not always get the answer overnight. Keep on turning your request over to your subconscious until the daybreaks and the shadows flee away.

5. You delay the answer by thinking it will take a long time or that it is a major problem. Your subconscious has no problem it knows only the answer.

6. Believe that you have the answer now. Feel the joy of the answer and the way you would feel if you had the perfect answer. Your subconscious will respond to your feeling.

7. Any mental picture, backed by faith and perseverance, will come to pass through the miracle-working power of your subconscious. Trust it, believe in its power, and wonders will happen as you pray.

8. Your subconscious is the storehouse of memory, and within your subconscious are recorded all your experiences since childhood.

9. Scientists meditating on ancient scrolls, temples, fossils, etc., are able to reconstruct scenes of the past and make them alive today. Their subconscious mind comes to their aid.

10. Turn over your request for a solution to your subconscious prior to sleep. Trust it and believe in it, and the answer will come. It knows all and sees all, but you must not doubt or question its powers.

11. The action is your thought, and the reaction is the response of your subconscious mind. If your thoughts are wise, your actions and decisions will be wise.

12. Guidance comes as a feeling, an inner awareness, an over-powering hunch whereby you know that you know. It is an inner sense of touch. Follow it.

Your Subconscious and the Wonders of Sleep

You spend about eight out of every twenty-four hours, or one third of your entire life, in sleep. This is an inexorable law of life. This also applies to the animal and vegetable kingdoms. Sleep is a divine law, and many answers to our problems come to us when we are sound asleep upon the bed.

Many people have advocated the theory that you get tired during the day, that you go to sleep to rest the body, and that a reparative process takes place while you sleep. Nothing rests in sleep. Your heart, lungs, and all your vital organs function while you are asleep. If you eat prior to sleep, the food is digested and assimilated; also, your skin secretes perspiration, and your nails and hair continue to grow.

Your subconscious mind never rests or sleeps. It is always active, controlling all your vital forces. The healing process takes place more rapidly while you are asleep as there is no interference from your conscious mind. Remarkable answers are given to you while you are asleep.

Why We Sleep

Dr. John Bigelow, a famous research authority on sleep, demonstrated that at night while asleep you receive impressions showing that the nerves of the eyes, ears, nose, and taste buds are active during sleep, and also that the nerves of your brain are quite active. He says that the main reason we sleep is because "the nobler part of the soul is united by abstraction to our higher nature and becomes a participant in the wisdom and foreknowledge of the gods."

Dr. Bigelow states also, "The results of my studies have not only strengthened my convictions that the supposed exemption from customary toils and activities was not the final purpose of sleep, but have also made clearer to my mind the conviction that no part of a man's life deserves to be considered more indispensable to its symmetrical and perfect spiritual development than the while he is separated from the phenomenal world in sleep."

Prayer, a Form of Sleep

Your conscious mind gets involved with vexations, strife, and contentions of the day, and it is very necessary to withdraw periodically from sense evidence and the objective world, and commune silently with the inner wisdom of your subconscious mind. By claiming guidance, strength, and greater intelligence in

all phases of your life, you will be enabled to overcome all difficulties and solve your daily problems.

This regular withdrawal from sense evidence and the noise and confusion of everyday living is also a form of sleep, i.e., you become asleep to the world of the senses and alive to the wisdom and power of your subconscious mind.

Startling Effects of Sleep Deprivation

Lack of sleep can cause you to become irritable, moody, and depressed. Dr. George Stevenson of the National Association for Mental Health says, "I believe it can safely be said that all human beings need a minimum of six hours' sleep to be healthy. Most people need more. Those who think they can get along on less are fooling themselves."

Medical research scholars, investigating sleep processes and deprivation of sleep, point out that severe insomnia has preceded psychotic breakdown in some instances. Remember, you are spiritually recharged during sleep, and adequate sleep is essential to produce joy and vitality in life.

You Need More Sleep

Robert O'Brien, in an article, "Maybe You Need More Sleep," in an issue of The Reader's Digest, reports the following experiment on sleep:

"For the last three years experiments have been in progress at Walter Reed Army Institute of Research in Washington, D.C. Subjects--more than one hundred military and civilian volunteers--have been kept awake for as long as four days. Thousands of tests have measured the effects on their behavior and personality. Results of these tests have given scientists astonishingly new insights into the mysteries of sleep.

"They now know that the tired brain apparently craves sleep so hungrily that it will sacrifice anything to get it. After only a few hours of sleep loss, fleeting stolen naps called 'lapses,' or micro-sleep, occurred at the rate of three or four an hour. As in real sleep, eyelids drooped, heartbeat slowed. Each lapse lasted just a fraction of a second. Sometimes the lapses were periods of blankness; sometimes they were filled with images, wisps of dreams. As hours of sleep loss mounted, the lapses took place more often and lasted longer, perhaps two or three seconds. Even if the subjects had been piloting an airliner in a thunderstorm, they still couldn't have resisted micro-sleeps for those few priceless seconds. And it can happen to you, as many who have fallen asleep at the wheel of a car can testify.

"Another startling effect of sleep deprivation was its attack on human memory and perception. Many sleep deprived subjects were unable to retain

information long enough to relate it to the task they were supposed to perform. They were totally befuddled in situations requiring them to hold several factors in mind and act on them, as a pilot must when he skillfully integrates wind direction, air speed, altitude, and glide path to make a safe landing."

Sleep Brings Counsel

A young lady in Los Angeles who listens to my morning radio talks told me that she had been offered a lucrative position in New York City at twice her present salary. She was wondering whether to accept or not and prayed prior to sleep as follows: "The creative intelligence of my subconscious mind knows what is best for me. Its tendency is always lifeward, and it reveals to me the right decision, which blesses all concerned. I give thanks for the answer which I know will come to me."

She repeated this simple prayer over and over again as a lullaby prior to sleep, and in the morning she had a persistent feeling that she should not accept the offer. She rejected the offer and subsequent events verified her inward sense of knowing, because the company went bankrupt in a few months following their offer of employment to her.

The conscious mind may be correct on the facts objectively known, but the intuitive faculty of her subconscious mind saw the failure of the concern in question, and prompted her accordingly.

Saved from Certain Disaster

I will illustrate how the wisdom of your subconscious mind can instruct you and protect you relative to your request for right action as you go to sleep.

Many years ago, before the Second World War, I was offered a very lucrative assignment in the Orient, and I prayed for guidance and the right decision as follows: "Infinite intelligence within me knows all things, and the right decision is revealed to me in divine order. I will recognize the answer when it comes."

I repeated this simple prayer over and over again as a lullaby prior to sleep, and in a dream came the vivid realization of things to come three years hence. An old friend appeared in the dream and said, "Read these headlines--do not go!" The headlines of the newspaper, which appeared in the dream, related to war and the attack on Pearl Harbor.

Occasionally, the writer dreams literally. The aforementioned dream was undoubtedly a dramatization of the subconscious mind which projected a person whom I trusted and respected. To some a warning may come in the form of a mother who appears in a dream. She tells the person not to go here or there, and

the reason for the warning. Your subconscious mind is all wise. It knows all things. Oftentimes it will speak to you only in a voice that your conscious mind will immediately accept as true. Sometimes your subconscious will warn you in a voice which sounds like that of your mother or some loved one which may cause you to stop on the street, and you find, if you had gone another foot, a falling object from a window might have struck you on the head.

My subconscious mind is one with the universal subconscious, and it knew the Japanese were planning a war, and it also knew when the war would start.

Dr. Rhine, director of the Department of Psychology at Duke University, has gathered together a vast amount of evidence showing that a great number of people all over the world see events before they happen, and in many instances are, therefore, able to avoid the tragic event which was foreseen vividly in a dream.

The dream which I had showed clearly the headlines in The New York Times about three years prior to the tragedy of Pearl Harbor. In consequence of this dream, I immediately cancelled the trip as I felt a subconscious compulsion to do so. Three years later the Second World War proved the truth of the inner voice of intuition.

Your Future Is in Your Subconscious Mind

Remember that the future, the result of your habitual thinking, is already in your mind except when you change it through prayer. The future of a country, likewise, is in the collective subconscious of the people of that nation. There is nothing strange in the dream I had wherein I saw the headlines of the New York newspapers long before the war began. The war had already taken place in mind, and all the plans of attack were already engraved on that great recording instrument, the subconscious mind or collective unconscious of the universal mind. Tomorrow's events are in your subconscious mind, so are next week's and next month's, and they may be seen by a highly psychic or clairvoyant person.

No disaster or tragedy can happen to you if you decide to pray. Nothing is predetermined or foreordained. Your mental attitude, i.e., the way you think, feel, and believe determines your destiny. You can, through scientific prayer, which is explained in a previous chapter, mold, fashion, and create your own future. Whatsoever a man soweth, that shall he also reap.

A Cat Nap Nets Him $15,000

One of my students mailed me **a** newspaper clipping three or four years ago about a man called Ray Hammerstrom, a roller at the steel works in Pittsburgh

operated by Jones and Laughlin Steel Corporation. He received $15,000 for his dream.

According to the article, the engineers could not fix a faulty switch in a newly installed bar mill which controlled the delivery of straight bars to the cooling beds. The engineers worked on the switch about eleven or twelve times to no avail.

Hammerstrom thought a lot about the problem and tried to figure out a new design, which might work. Nothing worked. One afternoon he lay down for a nap, and prior to sleep he began to think about the answer to the switch problem. He had a dream in which a perfect design for the switch was portrayed. When he awoke, he sketched his new design according to the outline of his dream.

This visionary catnap won Hammerstrom a check for $15,000; the largest award the firm ever gave an employee for a new idea.

How a Famous Professor Solved His Problem in Sleep

Dr. H. V. Helprecht, Professor of Assyrian at the University of Pennsylvania, wrote as follows: "One Saturday evening . . . I had been wearying myself, in the vain attempt to decipher two small fragments of agate which were supposed to belong to the finger rings of some Babylonians.

"About midnight, weary and exhausted, I went to bed and dreamed the following remarkable dream: A tall, thin priest of Nippur, about forty years of age, led me to the treasure chamber of the temple . . . a small, low ceilinged room without windows, while scraps of agate and lapislazuli lay scattered on the floor. Here he addressed me as follows: 'The two fragments which you have published separately on pages 22 and 26 belong together, are not finger rings . . .. The first two rings served as earrings for the statue of the god; the two fragments (you have) . . . are the portions of them. If you will put them together you will have confirmation of my words.' . . . I awoke at once . . . I examined the fragments . . . and to my astonishment found the dream verified. The problem was then at last solved."

This demonstrates clearly the creative manifestation of his subconscious mind, which knew the answer to all his problems.

How the Subconscious Worked for a Famous Writer While He Slept

Robert Louis Stevenson in one of his books, Across the Plains, devotes a whole chapter to dreams. He was a vivid dreamer and had the persistent habit of giving specific instructions to his subconscious every night prior to sleep. He would request his subconscious to evolve stories for him while he slept. For example, if Stevenson's funds were at low ebb, his command to his subconscious

would be something like this: "Give me a good thrilling novel which will be marketable and profitable." His subconscious responded magnificently.

Stevenson says, "These little brownies [the intelligences and powers of his subconscious] can tell me a story piece by piece, like a serial, and keep me, its supposed creator, all the while in total ignorance of where they aim." And he added: "That part of my work which is done when I am up and about [while he is consciously aware and awake] is by no means necessarily mine, since all goes to show that the brownies have a hand in it even then."

Sleep in Peace and Wake in Joy

To those who suffer from insomnia, you will find the following prayer very effective. Repeat it slowly, quietly, and lovingly prior to sleep: "My toes are relaxed, my ankles are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my hands and arms are relaxed, my neck is relaxed, my brain is relaxed, my face is relaxed, my eyes are relaxed, my whole mind and body are relaxed. I fully and freely forgive everyone, and I sincerely wish for them harmony, health, peace, and all the blessings of me. I am at peace; I am poised, serene, and calm. I rest in security and in peace. A great stillness steals over me, and a great calm quiets my whole being as I realize the Divine Presence within me. I know that the realization of life and love heals me. I wrap myself in the mantle of love and fall asleep filled with good will for all. Throughout the night peace remains with me, and in the morning I shall be filled with life and love. A circle of love is drawn around me. I will fear no evil, for Thou art with me. I sleep in peace, I wake in joy, and in Him I live, move, and have my being"

Summary of Your Aids to the Wonders of Sleep

1. If you are worried that you will not wake up on time, suggest to your subconscious mind prior to sleep the exact time you wish to arise, and it will awaken you. It needs no clock. Do the same thing with all problems. There is nothing too hard for your subconscious.

2. Your subconscious never sleeps. It is always on the job. It controls all your vital functions. Forgive yourself and every one else before you go to sleep, and healing will take place much more rapidly.

3. Guidance is given you while you are asleep, sometimes in a dream. The healing currents are also released, and in the morning you feel refreshed and rejuvenated.

4. When troubled by the vexations and strife of the day, still the wheels of your mind and think about the wisdom and intelligence lodged in your

subconscious mind, which is ready to respond to you. This will give you peace, strength, and confidence.

5. Sleep is essential for peace of mind and health of body. Lack of sleep can cause irritation, depression, and mental disorders. You need eight hours' sleep.

6. Medical research scholars point out that insomnia precedes psychotic breakdowns.

7. You are spiritually recharged during sleep. Adequate sleep is essential for joy and vitality in life.

8. Your tired brain craves sleep so hungrily that it will sacrifice anything to get it. Many who have fallen asleep at the wheel of an automobile can testify to this.

9. Many sleep-deprived people have poor memories and lack proper coordination. They become befuddled, confused, and disorientated.

10. Sleep brings counsel. Prior to sleep, claim that the infinite intelligence of your subconscious mind is guiding and directing you. Then, watch for the lead, which comes, perhaps on awakening.

11. Trust your subconscious completely. Know that its tendency is always lifeward. Occasionally, your subconscious answers you in a very vivid dream and a vision in the night. You can be forewarned in a dream in the same way as the author of this book was warned.

12. Your future is in your mind now, based on your habitual thinking and beliefs. Claim infinite intelligence leads and guides you and that all good is yours, and your future will be wonderful. Believe it and accept it. Expect the best, and invariably the best will come to you.

13. If you are writing a novel, play, or book, or are working on an invention, speak to your subconscious mind at night and claim boldly that its wisdom, intelligence, and power are guiding, directing, and revealing to you the ideal play, novel, book, or revealing the perfect solution whatever it may be. Wonders will happen as you pray this way.

Your Subconscious Mind and Marital Problems

Ignorance of the functions and powers of the mind is the cause of all marital trouble. Each using the law of mind correctly can solve friction between husband and wife. By praying together they stay together. The contemplation of divine ideals, the study of the laws of life, the mutual agreement on a common purpose and plan, and the enjoyment of personal freedom bring about that harmonious marriage, that wedded bliss, that sense of oneness where the two become one.

The best time to prevent divorce is before marriage. It is not wrong to try to get out of a very bad situation. But, why get into the bad situation in the first place? Would it not be better to give attention to the real cause of marital problems, in other words, to really get at the root of the matter involved?

As with all other problems of men and women, the problems of divorce, separation, annulment, and endless litigation are directly traceable to lack of knowledge of the working and interrelationship of the conscious and subconscious mind.

The Meaning of Marriage

Marriage to be real must first be on a spiritual basis. It must be of the heart, and the heart is the chalice of love. Honesty, sincerity, kindness, and integrity are also forms of love. Each partner should be perfectly honest and sincere with the other. It is not a true marriage when a man marries a woman for her money, social position, or to lift his ego, because this indicates a lack of sincerity, honesty, and true love. Such a marriage is a farce, a sham, and a masquerade.

When a woman says, "I am tired working; I want to get married because I want security," her premise is false. She is not using the laws of mind correctly. Her security depends upon her knowledge of the interaction of the conscious and subconscious mind and its application.

For example, a woman will never lack for wealth or health if she applies the techniques outlined in the respective chapters of this book. Her wealth can come to her independent of her husband, father, or anyone else. A woman is not dependent on her husband for health, peace, joy, inspiration, guidance, love, wealth, security, happiness, or anything in the world. Her security and peace of mind come from her knowledge of the inner powers within her and from the

constant use of the laws of her own mind in a constructive fashion.

How to Attract the Ideal Husband

You are now acquainted with the way your subconscious mind works. You know that whatever you impress upon it will be experienced in your world. Begin now to impress your subconscious mind with the qualities and characteristics you desire in a man.

The following is an excellent technique: Sit down at night in your armchair, close your eyes, let go, relax the body, become very quiet, passive, and receptive. Talk to your subconscious mind and say to it, "I am now attracting a man into my experience who is honest, sincere, loyal, faithful, peaceful, happy, and prosperous. These qualities, which I admire, are sinking down into my subconscious mind now. As I dwell upon these characteristics, they become a part of me and are embodied subconsciously.

"I know there is an irresistible law of attraction and that I attract to me a man according to my subconscious belief. I attract that which I feel to be true in my subconscious mind.

"I know I can contribute to his peace and happiness. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There is mutual love, freedom, and respect."

Practice this process of impregnating your subconscious mind. Then, you will have the joy of attracting to you a man possessing the qualities and characteristics you mentally dwelt upon. Your subconscious intelligence will open up a pathway, whereby both of you will meet, according to the irresistible and changeless flow of your own subconscious mind. Have a keen desire to give the best that is in you of love, devotion, and cooperation. Be receptive to this gift of love, which you have given to your subconscious mind.

How to Attract the Ideal Wife

Affirm as follows: "I now attract the right woman who is in complete accord with me. This is a spiritual union because it is divine love functioning through the personality of someone with whom I blend perfectly. I know I can give to this woman love, light, peace, and joy. I feel and believe I can make this woman's life full, complete, and wonderful.

"I now decree that she possesses the following qualities and attributes: She is spiritual, loyal, faithful, and true. She is harmonious, peaceful, and happy. We are irresistibly attracted to each other. Only that which belongs to love, truth, and beauty can enter my experience. I accept my ideal companion now."

As you think quietly and with interest on the qualities and attributes, which you admire in the companion you seek, you will build the mental equivalent into your mentality. Then, the deeper currents of your subconscious mind will bring both of you together in divine order.

No Need for Third Mistake

Recently a teacher said to me, "I have had three husbands and all three have been passive, submissive, and dependent on me to make all decisions and govern everything. Why do I attract such type men?"

I asked her whether she had known that her second husband was the effeminate type, and she replied, "Of course not. Had I known, I would not have married him." Apparently she had not learned anything from the first mistake. The trouble was with her personality make up. She was very masculine, domineering, and unconsciously wanted someone who would be submissive and passive so that she could play the dominant role. All this was unconscious motivation, and her subconscious picture attracted to her what she subjectively wanted. She had to learn to break the pattern by adopting the right prayer process.

How She Broke the Negative Pattern

The above mentioned woman learned a simple truth. When you believe you can have the type of man you idealize, it is done unto you, as you believe. The following is the specific prayer she used to break the old subconscious pattern and attract to her the ideal mate: "I am building into my mentality the type of man I deeply desire. The man I attract for a husband is strong, powerful, loving, very masculine, successful, honest, loyal, and faithful. He finds love and happiness with me. I love to follow where he leads.

"I know he wants me, and I want him. I am honest, sincere, loving, and kind. I have wonderful gifts to offer him. They are good will, a joyous heart, and a healthy body. He offers me the same. It is mutual. I give and I receive. Divine intelligence knows where this man is, and the deeper wisdom of my subconscious mind is now bringing both of us together in its own way, and we recognize each other immediately. I release this request to my subconscious mind, which knows how to bring my request to pass. I give thanks for the perfect answer."

She prayed in the above manner night and morning, affirming these truths and knowing that through frequent occupation of the mind she would reach the mental equivalent of that which she sought.

The Answer to Her Prayer

Several months went by. She had a great number of dates and social engagements, none of which was agreeable to her. When she was about to question, waiver, doubt, and vacillate, she reminded herself that the infinite intelligence was bringing it to pass in its own way and that there was nothing to be concerned about. Her final decree in her divorce proceedings was granted which brought her a great sense of release and mental freedom.

Shortly afterward she went to work as a receptionist in a doctor's office. She told me that the minute she saw the physician she knew he was the man she was praying about. Apparently he knew it, too, because he proposed to her the first week she was in the office, and their subsequent marriage was ideally happy. This physician was not the passive or submissive type, but was a real man, a former football player, an outstanding athlete, and was a deeply spiritual man though he was completely devoid of any sectarian or denominational affiliation.

She got what she prayed for because she claimed it mentally until she reached the point of saturation. In other words, she mentally and emotionally united with her idea, and it became a part of her in the same way that an apple becomes a part of her blood stream.

Should I Get a Divorce?

Divorce is an individual problem. It cannot be generalized. In some cases, of course, there never should have been a marriage. In some cases, divorce is not the solution, no more so than marriage is the solution for a lonely man. Divorce may be right for one person and wrong for another. A divorced woman may be far more sincere and noble than many of her married sisters who perhaps are living a lie.

For example, I once talked with a woman whose husband was a dope fiend, an exconvict, a wife beater, and a non-provider. She had been told it was wrong to get a divorce. I explained to her that marriage is of the heart. If two hearts blend harmoniously, lovingly, and sincerely, that is the ideal marriage. The pure action of the heart is love.

Following this explanation she knew what to do. She knew in her heart that there is no divine law which compelled her to be browbeaten, intimidated, and beaten because someone said, "I pronounce you man and wife."

If you are in doubt as to what to do, ask for guidance, knowing that there is always an answer, and you will receive it. Follow the lead that comes to you in

the silence of your soul. It speaks to you in peace.

Drifting into Divorce

Recently a young couple, married for only a few months, was seeking a divorce. I discovered that the young man had a constant fear that his wife would leave him. He expected rejection, and he believed that she would be unfaithful. These thoughts haunted his mind, and became an obsession with him. His mental attitude was one of separation and suspicion. She felt unresponsive to him; it was his own feeling or atmosphere of loss and separation operating through them. This brought about a condition or action in accordance with the mental pattern behind it. There is a law of action and reaction, or cause and effect. The thought is the action, and the response of the subconscious mind is the reaction.

His wife left home and asked for a divorce, which is what he feared and believed she would do.

Divorce Begins in the Mind

Divorce takes place first in the mind; the legal proceedings follow after. These two young people were full of resentment, fear, suspicion, and anger. These attitudes weaken, exhaust, and debilitate the whole being. They learned that hate divides and that love unites. They began to realize what they had been doing with their minds. Neither one of them knew the law of mental action, nor they were misusing their minds and bringing on chaos and misery. These two people went back together at my suggestion and experimented with prayer therapy.

They began to radiate love, peace, and good will to each other. Each one practiced radiating harmony, health, peace, and love to the other, and they alternated in the reading of the Psalms every night. Their marriage is growing more beautiful every day.

The Nagging Wife

Many times the reason the wife nags is because she gets no attention. Oftentimes, it is a craving for love and affection. Give your wife attention, and show your appreciation. Praise and exalt all her many good points. There is also the nagging type of woman who wants to make the man conform to her particular pattern. This is about the quickest way in the world to get rid of a man.

The wife and the husband must cease being scavengers-- always looking at the petty faults or errors in each other. Let each give attention and praise for the constructive and wonderful qualities in the other.

The Brooding Husband

If a man begins to brood, grows morbid against his wife because of the things she said or did, he is, psychologically speaking, committing adultery. One of the meanings of adultery is idolatry, i.e., giving attention to or uniting mentally with that which is negative and destructive. When a man is silently resenting his wife and is full of hostility toward her, he is unfaithful. He is not faithful to his marriage vows, which are to love, cherish, and honor her all the days of his life.

The man who is brooding, bitter, and resentful can swallow his sharp remarks, abate his anger, and he can go to great lengths to be considerate, kind, and courteous. He can deftly skirt the differences. Through praise and mental effort, he can get out of the habit of antagonism. Then, he will be able to get along better, not only with his wife, but with business associates also. Assume the harmonious state, and eventually you will find peace and harmony.

The Great Mistake

A great mistake is to discuss your marital problems or difficulties with neighbors and relatives. Suppose, for example, a wife says to the neighbor, "John never gives me any money. He treats my mother abominably, drinks to excess, and is constantly abusive and insulting."

Now, this wife is degrading and belittling her husband in the eyes of all the neighbors and relatives. He no longer appears as the ideal husband to them. Never discuss your marital problems with anyone except a trained counselor. Why cause numerous people to think negatively of your marriage? Moreover, as you discuss and dwell upon these shortcomings of your husband, you are actually creating these states within yourself. Who is thinking and feeling it? You are! As you think and feel, so are you.

Relatives will usually give you the wrong advice. It is usually biased and prejudiced because it is not given in an impersonal way. Any advice you receive which violates the golden rule, which is a cosmic law, is not good or sound.

It is well to remember that no two human beings ever lived beneath the same roof without clashes of temperament, periods of hurts and strain. Never display the unhappy side of your marriage to your friends. Keep your quarrels to yourself. Refrain from criticism and condemnation of your partner.

Don't Try to Make Your Wife over

A husband must not try to make his wife over into a second edition of himself. The tactless attempt to change her in many ways is foreign to her

nature. These attempts are always foolish, and many times result in dissolution of the marriage. These attempts to alter her destroy her pride and self esteem, and arouse a spirit of contrariness and resentment that proves fatal to the marriage bond.

Adjustments are needed, of course, but if you have a good look inside your own mind, and study your character and behavior, you will find so many shortcomings, they will keep you busy the rest of your Me. If you say, "I will make him over into what I want," you are looking for trouble and the divorce court. You are asking for misery. You will have to learn the hard way that there is no one to change but yourself.

Pray Together and Stay Together Through Steps in Prayer

The first step: Never carry over from one day to another accumulated irritations arising from little disappointments. Be sure to forgive each other for any sharpness before you retire at night. The moment you awaken in the morning, claim infinite intelligence is guiding you in all your ways. Send out loving thoughts of peace, harmony, and love to your marriage partner, to all members of the family, and to the whole world.

The second step: Say grace at breakfast. Give thanks for the wonderful food, for your abundance, and for all your blessings. Make sure that no problems, worries, or arguments shall enter into the table conversation; the same applies at dinnertime. Say to your wife or husband, "I appreciate all you are doing, and I radiate love and good will to you all day long."

The third step: The husband and wife should alternate in praying each night. Do not take your marriage partner for granted. Show your appreciation and love. Think appreciation and good will, rather than condemnation, criticism, and nagging. The way to build a peaceful home and a happy marriage is to use a foundation of love, beauty, harmony, mutual respect, faith in God, and all things good. Read the 23rd, 27th, and 91st Psalms, the 11th chapter of Hebrews, the 13th chapter of I Corinthians, and other great texts of the Bible before going to sleep. As you practice these truths, your marriage will grow more and more blessed through the years.

Review Your Actions

1. Ignorance of mental and spiritual laws is the cause of all marital unhappiness. By praying scientifically together, you stay together.

2. The best time to prevent divorce is before marriage. If you learn how to pray in the right way, you will attract the right mate for you.

3. Marriage is the union of a man and woman who are bound together by love. Their hearts beat as one, and they move onward, upward, and Godward.

4. Marriage does not bequeath happiness. People find happiness by dwelling on the eternal truths of God and the spiritual values of life. Then, the man and woman can contribute to each other's happiness and joy.

5. You attract the right mate by dwelling on the qualities and characteristics you admire in a woman or a man, and then your subconscious mind will bring you together in divine order.

6. You must build into your mentality the mental equivalent of what you want in a marriage partner. If you want to attract an honest, sincere, and loving partner in life, you must be honest, sincere, and loving yourself.

7. You do not have to repeat mistakes in marriage. When you really believe you can have the type man or woman you idealize, it is done unto you, as you believe. To believe is to accept something as true. Accept your ideal companion now mentally.

8. Do not wonder how, why, or where you will meet the mate you are praying for. Trust implicitly the wisdom of your subconscious mind. It has the "know how," and you don't have to assist it.

9. You are mentally divorced when you indulge in peeves, grudges, ill will, and hostility toward your marriage partner. You are mentally dwelling with error in the bed of your mind. Adhere to your marriage vows, "I promise to cherish, love, and honor him (or her) all the days of my life."

10. Cease projecting fear patterns to your marriage partner. Project love, peace, harmony, and good will, and your marriage will grow more beautiful and more wonderful through the years.

11. Radiate love, peace, and good will to each other. These vibrations are picked up by the subconscious mind resulting in mutual trust, affection, and respect.

12. A nagging wife is usually seeking attention and appreciation. She is craving for love and affection. Praise and exalt her many good points. Show her that you love her and appreciate her.

13. A man who loves his wife does not do anything unloving or unkind in word, manner, or action. Love is what love does.

14. In marital problems, always seek expert advice. You would not go to a carpenter to pull a tooth; neither should you discuss your marriage problems with relatives or friends. You should go to a trained person for counsel.

15. Never try to make your wife or husband over. These attempts are always

foolish and tend to destroy the pride and self esteem of the other. Moreover, it arouses a spirit of resentment that proves fatal to the marriage bond. Cease trying to make the other a second edition of yourself.

16. Pray together and you will stay together. Scientific prayer solves all problems. Mentally picture your wife as she ought to be, joyous, happy, healthy, and beautiful. See your husband, as he ought to be, strong, powerful, loving, harmonious, and kind. Maintain this mental picture, and you will experience the marriage made in heaven, which is harmony and peace.

Your Subconscious Mind and Your Happiness

William James, father of American psychology, said that the greatest discovery of the nineteenth century was not in the realm of physical science. The greatest discovery was the power of the subconscious touched by faith. In every human being is that limitless reservoir of power, which can overcome any problem in the world.

True and lasting happiness will come into your life the day you get the clear realization that you can overcome any weakness--the day you realize that your subconscious can solve your problems, heal your body, and prosper you beyond your fondest dream.

You might have felt very happy when your child was born, when you got married, when you graduated from college, or when you won a great victory or a prize. You might have been very happy when you became engaged to the loveliest girl or the most handsome man. You could go on and list innumerable experiences, which have made you happy. However, no matter how marvelous these experiences are, they do not give real lasting happiness--they are transitory.

The Book of Proverbs gives the answer: Whosoever trusteth in the Lord, happy is he. When you trust in the Lord (the power and wisdom of your subconscious mind) to lead, guide, govern, and direct all your ways, you will become poised, serene, and relaxed. As you radiate love, peace, and good will to all, you are really building a superstructure of happiness for all the days of your life.

You must Choose Happiness

Happiness is a state of mind. There is a phrase in the Bible which says, Choose ye this day whom ye will serve. You have the freedom to choose happiness. This may seem extraordinarily simple, and it is. Perhaps this is why people stumble over the way to happiness; they do not see the simplicity of the key to happiness. The great things of life are simple, dynamic, and creative. They produce well being and happiness.

St. Paul reveals to you how you can think your way into a life of dynamic

power and happiness in these words: Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. PHIL. 4:8.

How to Choose Happiness

Begin now to choose happiness. This is how you do it: When you open your eyes in the morning, say to yourself, "Divine order takes charge of my life today and every day. All things work together for good for me today. This is a new and wonderful day for me. There will never be another day like this one. I am divinely guided all day long, and whatever I do will prosper. Divine love surrounds me, enfolds me, and enwraps me, and I go forth in peace. Whenever my attention wanders away from that which is good and constructive, I will immediately bring it back to the contemplation of that which is lovely and of good report. I am a spiritual and mental magnet attracting to myself all things, which bless and prosper me. I am going to be a wonderful success in all my undertakings today. I am definitely going to be happy all day long."

Start each day in this manner; then you will be choosing happiness, and you will be a radiant joyous person.

He Made it a Habit to Be Happy

A number of years ago, I stayed for about a week in a farmer's house in Connemarra on the west coast of Ireland. He seemed to be always singing and whistling and was full of humor. I asked him the secret of his happiness, and his reply was: "It is a habit of mine to be happy. Every morning when I awaken and every night before I go to sleep, I bless my family, the crops, the cattle, and I thank God for the wonderful harvest."

This farmer had made a practice of this for over forty years. As you know, thoughts repeated regularly and systematically sink into the subconscious mind and become habitual. He discovered that happiness is a habit.

You Must Desire to Be Happy

There is one very important point about being happy. You must sincerely desire to be happy. There are people who have been depressed, dejected, and unhappy so long that was they suddenly made happy by some wonderful, good, joyous news, they would actually be like the woman who said to me, "It is wrong to be so happy!" They have been so accustomed to the old mental patterns that they do not feel at home being happy! They long for the former, depressed, unhappy state.

I knew a woman in England who had rheumatism for many years. She would pat herself on the knee and say, "My rheumatism is bad today. I cannot go out. My rheumatism keeps me miserable."

This dear elderly lady got a lot of attention from her son, daughter, and the neighbors. She really wanted her rheumatism. She enjoyed her "misery" as she called it. This woman did not really want to be happy.

I suggested a curative procedure to her. I wrote down some biblical verses and told her that if she gave attention to these truths, her mental attitude would undoubtedly change and would result in her faith and confidence in being restored to health. She was not interested. There seems to be a peculiar, mental, morbid streak in many people, whereby they seem to enjoy being miserable and sad.

Why Choose Unhappiness?

Many people choose unhappiness by entertaining these ideas: "Today is a black day; everything is going to go wrong." "I am not going to succeed." "Everyone is against me." "Business is bad, and it is going to get worse." "I'm always late." "I never get the breaks." "He can, but I can't." If you have this attitude of mind the first thing in the morning, you will attract all these experiences to you, and you will be very unhappy.

Begin to realize that the world you live in is determined largely by what goes on in your mind. Marcus Aurelius, the great Roman philosopher and sage, said, "A man's life is what his thoughts make of it." Emerson, America's foremost philosopher, said, "A man is what he thinks all day long." The thoughts you habitually entertain in your mind have the tendency to actualize themselves in physical conditions.

Make certain you do not indulge in negative thoughts, defeatist thoughts, or unkind, depressing thoughts. Recall frequently to your mind that you can experience nothing outside your own mentality.

If I Had a Million Dollars, I Would Be Happy

I have visited many men in mental institutions who were millionaires, but they insisted they were penniless and destitute. They were incarcerated because of psychotic, paranoid, and manicdepressive tendencies. Wealth in and of itself will not make you happy. On the other hand, it is not a deterrent to happiness. Today, there are many people trying to buy happiness through the purchase of radios, television sets, automobiles, a home in the country, a private yacht, and a

swimming pool, but happiness cannot be purchased or procured in that way.

The kingdom of happiness is in your thought and feeling. Too many people have the idea that it takes something artificial to produce happiness. Some say, "If I were elected mayor, made president of the organization, promoted to general manager of the corporation, I would be happy."

The truth is that happiness is a mental and spiritual state. None of these positions mentioned will necessarily bequeath happiness. Your strength, joy, and happiness consist in finding out the law of divine order and right action lodged in your subconscious mind and by applying these principles in all phases of your life.

He Found Happiness to Be the Harvest of a Quiet Mind

Lecturing in San Francisco some years ago, I interviewed a man who was very unhappy and dejected over the way his business was going. He was the general manager. His heart was filled with resentment toward the vice president and the president of the organization. He claimed that they opposed him. Because of this internal strife, business was declining; he was receiving no dividends or stock bonuses.

This is how he solved his business problem: The first thing in the morning he affirmed quietly as follows, "All those working in our corporation are honest, sincere, cooperative, faithful, and full of good will to all. They are mental and spiritual links in the chain of this corporation's growth, welfare, and prosperity. I radiate love, peace, and good will in my thoughts, words, and deeds to my two associates and to all those in the company. The president and the vice president of our company are divinely guided in all their undertakings. The infinite intelligence of my subconscious mind makes all decisions through me. There is only right action in all our business transactions and in our relationship with each other. I send the messengers of peace, love, and good will before me to the office. Peace and harmony reign supreme in the minds and hearts of all those in the company including myself. I now go forth into a new day, full of faith, confidence, and trust."

This business executive repeated the above meditation slowly three times in the morning, feeling the truth of what he affirmed. When fearful or angry thoughts came into his mind during the day, he would say to himself, "Peace, harmony, and poise govern my mind at all times."

As he continued disciplining his mind in this manner, all the harmful thoughts ceased to come, and peace came into his mind. He reaped the harvest.

Subsequently, he wrote me to the effect that at the end of about two weeks of reordering his mind, the president and the vice president called him into the office, praised his operations and his new constructive ideas, and remarked how fortunate they were in having him as general manager. He was very happy in discovering that man finds happiness within himself.

The Block or Stump Is Not Really There

I read a newspaper article some years ago, which told about a horse that had shied when he came to a stump on the road. Subsequently, every time the horse came to that same stump, he shied. The farmer dug the stump out, burned it, and leveled the old road. Yet, for twenty-five years, every time the horse passed the place where the former stump was, he shied. The horse was shying at the memory of a stump.

There is no block to your happiness save in your own thought life and mental imagery. Is fear or worry holding you back? Fear is a thought in your mind. You can dig it up this very moment by supplanting it with faith in success, achievement, and victory over all problems.

I knew a man who failed in business. He said to me, "I made mistakes. I've learned a lot. I am going back into business, and I will be a tremendous success." He faced up to that stump in his mind. He did not whine or complain, but he tore up the stump of failure, and through believing in his inner powers to back him up, he banished all fear thoughts and old depressions. Believe in yourself, and you will succeed and be happy.

The Happiest People

The happiest man is he who constantly brings forth and practices what is best in him. Happiness and virtue complement each other. The best are not only the happiest, but the happiest are usually the best in the art of living life successfully. God is the highest and best in you. Express more of God's love, light, truth, and beauty, and you will become one of the happiest persons in the world today.

Epictetus, the Greek stoic philosopher, said, "There is but one way to tranquility of mind and happiness; let this, therefore, be always ready at hand with thee, both when thou wakest early in the morning, and all the day long, and when thou goest late to sleep, to account no external things thine own, but commit all these to God."

Summary of Steps to Happiness

1. William James said that the greatest discovery of the 19th century was the

power of the subconscious mind touched by faith.

2. There is tremendous power within you. Happiness will come to you when you acquire a sublime confidence in this power. Then, you will make your dreams come true.

3. You can rise victorious over any defeat and realize the cherished desires of your heart through the marvelous power of your subconscious mind. This is the meaning of whosoever trusteth in the Lord [spiritual laws of the subconscious mind], happy is he.

4. You must choose happiness. Happiness is a habit. It is a good habit to ponder often on Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Phil. 4:8.

5. When you open your eyes in the morning, say to yourself, I choose happiness today. I choose success today. I choose right action today. I choose love and good will for all today. I choose peace today. Pour life, love, and interest into this affirmation, and you have chosen happiness.

6. Give thanks for all your blessings several times a day. Furthermore, pray for the peace, happiness, and prosperity of all members of your family, your associates, and all people everywhere.

7. You must sincerely desire to be happy. Nothing is accomplished without desire. Desire is a wish with wings of imagination and faith. Imagine the fulfillment of your desire, and feel its reality, and it will come to pass. Happiness comes in answered prayer.

8. By constantly dwelling on thoughts of fear, worry, anger, hate, and failure, you will become very depressed and unhappy. Remember, your life is what your thoughts make of it.

9. You cannot buy happiness with all the money in the world. Some millionaires are very happy, some are very unhappy. Many people with very little worldly goods are very happy, and some are very unhappy. Some married people are happy, and some very unhappy. Some single people are happy, and some are very unhappy. The kingdom of happiness is in your thought and feeling.

10. Happiness is the harvest of a quiet mind. Anchor your thoughts on peace, poise, security, and divine guidance, and your mind will be productive of happiness.

11. There is no block to your happiness. External things are not causative;

these are effects, not cause. Take your cue from the only creative principle within you. Your thought is cause, and a new cause produces a new effect. Choose happiness.

12. The happiest man is he who brings forth the highest and the best in him. God is the highest and the best in him, for the kingdom of God is within.

Your Subconscious Mind and Harmonious Human Relations

In studying this book, you learn that your subconscious mind is a recording machine, which faithfully reproduces what ever you impress upon it. This is one of the reasons for the application of the Golden Rule in human relations.

MATT. 7:12 says, All things whatsoever ye would that men should do unto you, do ye even so to them. This quotation has outer and inner meanings. You are interested in its inner meaning from the standpoint of your subconscious mind, which is: As you would that men should think about you, think you about them in like manner. As you would that men should feel about you, feel you also about them in like manner. As you would want men to act toward you, act you toward them in like manner.

For example, you may be polite and courteous to someone in your office, but when his back is turned, you are very critical and resentful toward him in your mind. Such negative thoughts are highly destructive to you. It is like taking poison. You are actually taking mental poisons, which rob you of vitality, enthusiasm, strength, guidance, and good will. These negative thoughts and emotions sink down into your subconscious, and cause all kinds of difficulties and maladies in your life.

The Master Key to Happy Relationships with Others

Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again. MATTHEW 7:1-2.

A study of these verses and the application of the inner truths therein contained represent the real key to harmonious relations. To judge is to think, to arrive at a mental verdict or conclusion in your mind. The thought you have about the other person is your thought, because you are thinking it. Your thoughts are creative, therefore, you actually create in your own experience what you think and feel about the other person. It is also true that the suggestion you give to another, you give to yourself because your mind is the creative medium.

This is why it is said, For with what judgment ye judge, ye shall be judged. When you know this law and the way your subconscious mind works, you are careful to think, feel, and act rights toward the other. These verses teach you

about the emancipation of man and reveal to you the solution to your individual problems.

And with What Measure Ye Mete, it Shall Be Measured to You Again

The good you do for others comes back to you in like measure; and the evil you do returns to you by the law of your own mind. If a man cheats and deceives another, he is actually cheating and deceiving himself. His sense of guilt and mood of loss inevitably will attract loss to him in some way, at some time. His subconscious records his mental act and reacts according to the mental intention or motivation.

Your subconscious mind is impersonal and unchanging, neither considering persons nor respecting religious affiliations or institutions of any kind. It is neither compassionate nor vindictive. The way you think, feel, and act toward others returns at last upon yourself.

The Daily Headlines Made Him Sick

Begin now to observe yourself. Observe your reactions to people, conditions, and circumstances. How do you respond to the events and news of the day? It makes no difference if all the other people were wrong and you alone were right. If the news disturbs you, it is your evil because your negative emotions robbed you of peace and harmony.

A woman wrote me about her husband, saying that he goes into a rage when he reads what certain newspaper columnists write in the newspaper. She added that this constant reaction of anger and suppressed rage on his part brought on bleeding ulcers, and his physician recommended an emotional reconditioning.

I invited this man to see me and I explained to him the way his mind functions indicating how emotionally immature it was to get angry when others write articles with which he disapproves or disagrees.

He began to realize that he should give the newspaperman freedom to express himself even though the latter disagreed with him politically, religiously, or in any other way. In the same manner, the newspaperman would give him freedom to write a letter to the newspaper disagreeing with his published statements. He learned that he could disagree without being disagreeable. He awakened to the simple truth that it is never what a person says or does that affects him, it is his reaction to what is said or done that matters.

This explanation was the cure for this man, and he realized that with a little practice he could master his morning tantrums. His wife told me, subsequently, that he laughed at himself and also at what the columnists say. They no longer have power to disturb, annoy, and irritate him. His ulcers have disappeared due

to his emotional poise and serenity.

I Hate Women, but I like Men

A private secretary was very bitter toward some of the girls in her office because they were gossiping about her, and as she said, spreading vicious lies about her. She admitted that she did not like women. She said, "I hate women, but I like men." I discovered also that she spoke to the girls who were under her in the office in a very haughty, imperious, and irritable tone of voice. She pointed out that they took a delight in making things difficult for her. There was a certain pomposity in her way of speaking, and I could see where her tone of voice would affect some people unpleasantly.

If all the people in the office or factory annoy you, isn't it a possibility that the vibration, annoyance, and turmoil may be due to some subconscious pattern or mental projection from you? We know that a dog will react ferociously if you hate or fear dogs. Animals pick up your subconscious vibrations and react accordingly. Many undisciplined human beings are just as sensitive as dogs, cats, and other animals.

I suggested a process of prayer to this private secretary who hated women, explaining to her that when she began to identify herself with spiritual values and commenced to affirm the truths of life, her voice, mannerisms, and hatred of women would completely disappear. She was surprised to know that the emotion of hatred shows up in a person's speech, actions, in his writings, and in all phases of his life. She ceased reacting in the typical, resentful, and angry way. She established a pattern of prayer, which she practiced regularly, systematically, and conscientiously in the office.

The prayer was as follows: "I think, speak, and act lovingly, quietly, and peacefully. I now radiate love, peace, tolerance, and kindliness to all the girls who criticized me and gossiped about me. I anchor my thoughts on peace, harmony, and good will to all. Whenever I am about to react negatively, I say firmly to myself, 'I am going to think, speak, and act from the standpoint of the principle of harmony, health, and peace within myself.' Creative intelligence leads, rules, and guides me in all my ways."

The practice of this prayer transformed her life, and she found that all criticism and annoyance ceased. The girls became coworkers and friends along life's journey. She discovered that there is no one to change but myself.

His Inner Speech Held Back His Promotion

One day a salesman came to see me and described his difficulties in working

with the sales manager of his organization. He had been with the company ten years and had received no promotion or recognition of any kind. He showed me his sales figures, which were greater proportionately than the other men in the territory. He said that the sales manager did not like him, that he was unjustly treated, and that at conferences the manager was rude to him, and at times ridiculed his suggestions.

I explained that undoubtedly the cause was to a great degree within himself, and that his concept and belief about his superior bore witness to the reaction of this man. The measure we mete, shall be measured to us again. His mental measure or concept of the sales manager was that he was mean and cantankerous. He was filled with bitterness and hostility toward the executive. On his way to work he conducted a vigorous conversation with himself filled with criticism, mental arguments, recriminations, and denunciations of his sales manager.

What he gave out mentally, he was inevitably bound to get back. This salesman realized that his inner speech was highly destructive because the intensity and force of his silent thoughts and emotions, and personally conducted mental condemnation and vilification of the sales manager entered into his own subconscious mind. This brought about the negative response from his boss as well as creating many other personal, physical, and emotional disorders.

He began to pray frequently as follows: "I am the only thinker in my universe. I am responsible for what I think about my boss. My sales manager is not responsible for the way I think about him. I refuse to give power to any person, place, or thing to annoy me or disturb me. I wish health, success, peace of mind, and happiness for my boss. I sincerely wish him well, and I know he is divinely guided in all his ways."

He repeated this prayer out loud slowly, quietly, and feelingly, knowing that his mind is like a garden, and that whatever he plants in the garden will come forth like seeds after their kind.

I also taught him to practice mental imagery prior to sleep in this way: He imagined that his sales manager was congratulating him on his fine work, on his zeal and enthusiasm, and on his wonderful response from customers. He felt the reality of all this, felt his handshake, heard the tone of his voice, and saw him smile. He made a real mental movie, dramatizing it to the best of his ability. Night after night he conducted this mental movie, knowing that his subconscious mind was the receptive plate on which his conscious imagery would be impressed.

Gradually by a process of what may be termed mental and spiritual osmosis, the impression was made on his subconscious mind, and the expression automatically came forth. The sales manager subsequently called him up to San Francisco, congratulated him, and gave him a new assignment as Division Sales Manager over one hundred men with a big increase in salary. He changed his concept and estimate of his boss, and the latter responded accordingly.

Becoming Emotionally Mature

What the other person says or does cannot really annoy or irritate you except you permit him to disturb you. The only way he can annoy you is through your own thought. For example, if you get angry, you have to go through four stages in your mind: You begin to think about what he said. You decide to get angry and generate an emotion of rage. Then, you decide to act. Perhaps, you talk back and react in kind. You see that the thought, emotion, reaction, and action all take place in your mind.

When you become emotionally mature, you do not respond negatively to the criticism and resentment of others. To do so would mean that you had descended to that state of low mental vibration and become one with the negative atmosphere of the other. Identify yourself with your aim in life, and do not permit any person, place, or thing to deflect you from your inner sense of peace, tranquility, and radiant health.

The Meaning of Love in Harmonious Human Relations

Sigmund Freud, the Austrian founder of psychoanalysis, said that unless the personality has love, it sickens and dies. Love includes understanding, good will, and respect for the divinity in the other person. The more love and good will you emanate and exude, the more comes back to you.

If you puncture the other fellow's ego and wound his estimate of himself, you cannot gain his good will. Recognize that every man wants to be loved and appreciated, and made to feel important in the world. Realize that the other man is conscious of his true worth, and that, like yourself, he feels the dignity of being an expression of the One Life Principle animating all men. As you do this consciously and knowingly, you build the other person up, and he returns your love and good will.

He Hated Audiences

An actor told me that the audience booed and hissed him on his first appearance on the stage. He added that the play was badly written and that undoubtedly he did not play a good role. He admitted openly to me that for

months afterward he hated audiences. He called them dopes, dummies, stupid, ignorant, gullible, etc. He quit the stage in disgust and went to work in a drugstore for a year.

One day a friend invited him to hear a lecture in Town Hall, New York City, on "How to Get Along With Ourselves." This lecture changed his life. He went back to the stage and began to pray sincerely for the audience and himself. He poured out love and good will every night before appearing on the stage. He made it a habit to claim that the peace of God filled the hearts of all present, and that all present were lifted up and inspired. During each performance he sent out love vibrations to the audience. Today, he is a great actor, and he loves and respects people. His good will and esteem are transmitted to others and are felt by them.

Handling Difficult People

There are difficult people in the world who are twisted and distorted mentally. They are malconditioned. Many are mental delinquents, argumentative, uncooperative, cantankerous, cynical, and sour on life. They are sick psychologically. Many people have deformed and distorted minds, probably warped during childhood. Many have congenital deformities. You would not condemn a person who had tuberculosis, nor should you condemn a person who is mentally ill. No one, for example, hates or resents a hunchback; there are many mental hunchbacks. You should have compassion and understanding. To understand all is to forgive all.

Misery Loves Company

The hateful, frustrated, distorted, and twisted personality is out of tune with the Infinite. He resents those who are peaceful, happy, and joyous. Usually he criticizes, condemns, and vilifies those who have been very good and kind to him. His attitude is this: Why should they be so happy when he is so miserable? He wants to drag them down to his own level. Misery loves company. When you understand this you remain unmoved, calm, and dispassionate.

The Practice of Empathy in Human Relations

A girl visited me recently stating that she hated another girl in her office. She gave as her reason that the other girl was prettier, happier, and wealthier than she, and, in addition, was engaged to the boss of the company where they worked. One day after the marriage had taken place, the crippled daughter (by a former marriage) of the woman whom she hated came into the office. The child

put her arms around her mother and said, "Mommy, mommy, I love my new daddy! Look what he gave me!" She showed her mother a wonderful new toy.

She said to me, "My heart went out to that little girl, and I knew how happy she must feel. I got a vision of how happy this woman was. All of a sudden I felt love for her, and I went into the office and wished her all the happiness in the world, and I meant it."

In psychological circles today, this is called empathy, which simply means the imaginative projection of your mental attitude into that of another. She projected her mental mood or the feeling of her heart into that of the other woman, and began to think and look out through the other woman's brain. She was actually thinking and feeling as the other woman, and also as the child, because she likewise had projected herself into the mind of the child. She was looking out from that vantage point on the child's mother.

If tempted to injure or think ill of another, project yourself mentally into the mind of Moses and think from the standpoint of the Ten Commandments. If you are prone to be envious, jealous, or angry, project yourself into the mind of Jesus and think from that standpoint, and you will feel the truth of the words Love ye one another.

Appeasement Never Wins

Do not permit people to take advantage of you and gain their point by temper tantrums, crying jags, or so called heart attacks. These people are dictators who try to enslave you and make you do their bidding. Be firm but kind, and refuse to yield. Appeasement never wins. Refuse to contribute to their delinquency, selfishness, and possessiveness. Remember, do that which is right. You are here to fulfill your ideal and remain true to the eternal verities and spiritual values of life, which are eternal.

Give no one in all the world the power to deflect you from your goal, your aim in life, which is to express your hidden talents to the world, to serve humanity, and to reveal more and more of God's wisdom, truth, and beauty to all people in the world. Remain true to your ideal. Know definitely and absolutely that whatever contributes to your peace, happiness, and fulfillment must of necessity bless all men who walk the earth. The harmony of the part is the harmony of the whole, for the whole is in the part, and the part is in the whole. All you owe the other, as Paul says, is love, and love is the fulfilling of the law of health, happiness, and peace of mind.

Profitable Pointers in Human Relations

1. Your subconscious mind is a recording machine, which reproduces your habitual thinking. Think good of the other, and you are actually thinking good about yourself.

2. A hateful or resentful thought is a mental poison. Do not think ill of another for to do so is to think ill of yourself. You are the only thinker in your universe, and your thoughts are creative.

3. Your mind is a creative medium; therefore, what you think and feel about the other, you are bringing to pass in your own experience. This is the psychological meaning of the Golden Rule. As you would that man should think about you, think you about them in the same manner.

4. To cheat, rob, or defraud another brings lack, loss, and limitation to yourself. Your subconscious mind records your inner motivations, thoughts, and feelings. These being of a negative nature; loss, limitation, and trouble come to you in countless ways. Actually, what you do to the other, you are doing to yourself.

5. The good you do, the kindness proffered, the love and good will you send forth, will all come back to you multiplied in many ways.

6. You are the only thinker in your world. You are responsible for the way you think about the other. Remember, the other person is not responsible for the way you think about him. Your thoughts are reproduced. What are you thinking now about the other fellow?

7. Become emotionally mature and permit other people to differ from you. They have a perfect right to disagree with you, and you have the same freedom to disagree with them. You can disagree without being disagreeable.

8. Animals pick up your fear vibrations and snap at you. If you love animals, they will never attack you. Many undisciplined human beings are just as sensitive as dogs, cats, and other animals.

9. Your inner speech, representing your silent thoughts and feelings, is experienced in the reactions of others toward you.

10. Wish for the other what you wish for yourself. This is the key to harmonious human relations.

11. Change your concept and estimate of your employer. Feel and know he is practicing the Golden Rule and the Law of Love, and he will respond accordingly.

12. The other person cannot annoy you or irritate you except you permit him.

Your thought is creative; you can bless him. If someone calls you a skunk, you have the freedom to say to the other, "God's peace fills your soul."

13. Love is the answer to getting along with others. Love is understanding, good will, and respecting the divinity of the other.

14. You would not hate a hunchback or cripple. You would have compassion. Have compassion and understanding for mental hunchbacks who have been conditioned negatively. To understand all is to forgive all.

15. Rejoice in the success, promotion, and good fortune of the other. In doing so, you attract good fortune to yourself.

16. Never yield to emotional scenes and tantrums of others. Appeasement never wins. Do not be a doormat. Adhere to that which is right. Stick to your ideal, knowing that the mental outlook, which gives you peace, happiness, and joy, is right, good, and true. What blesses you, blesses all.

17. All you owe any person in the world is love, and love is wishing for everyone what you wish for yourself--health, happiness, and all the blessings of life.

How to Use Your Subconscious Mind for Forgiveness

Life plays no favorites. God is Life, and this Life Principle is flowing through you this moment. God loves to express Himself as harmony, peace, beauty, joy, and abundance through you. This is called the will of God or the tendency of Life.

If you set up resistance in your mind to the flow of Life through you, this emotional congestion will get snarled up in your subconscious mind and cause all kinds of negative conditions. God has nothing to do with unhappy or chaotic conditions in the world. Man's negative and destructive thinking brings about all these conditions. Therefore, it is silly to blame God for your trouble or sickness.

Many persons habitually set up mental resistance to the flow of Life by accusing and reproaching God for the sin, sickness, and suffering of mankind. Others cast the blame on God for their pains, aches, and loss of loved ones, personal tragedies, and accidents. They are angry at God, and they believe He is responsible for their misery.

As long as people entertain such negative concepts about God, they will experience the automatic negative reactions from their subconscious minds. Actually, such people do not know that they are punishing themselves. They must see the truth, find release, and give up all condemnation, resentment, and anger against anyone or any power outside themselves. Otherwise, they cannot go forward into a healthy, happy, or creative activity. The minute these people entertain a God of love in their minds and hearts, and when they believe that God is their Loving Father who watches over them, cares for them, guides them, sustains and strengthens them, this concept and belief about God or the Life Principle will be accepted by their subconscious mind, and they will find themselves blessed in countless ways.

Life Always Forgives You

Life forgives you when you cut your finger. The subconscious intelligence within you sets about immediately to repair it. New cells build bridges over the cut. Should you take some tainted food by error, Life forgives you and causes you to regurgitate it in order to preserve you. If you burn your hand, the Life

Principle reduces the edema and congestion, and gives you new skin, tissue, and cells. Life holds no grudges against you, and it is always forgiving you. Life brings you back to health, vitality, harmony, and peace, if you cooperate by thinking in harmony with nature. Negative, hurtful memories, bitterness, and ill will clutter up and impede the free flow of the Life Principle in you.

How He Banished That Feeling of Guilt

I knew a man who worked every night until about one o'clock in the morning. He paid no attention to his two boys or his wife. He was always too busy working hard. He thought people should pat him on the back because he was working so arduously and persistently past midnight every night. He had a blood pressure of over two hundred and was full of guilt. Unconsciously, he proceeded to punish himself by hard work and he completely ignored his children. A normal man does not do that. He is interested in his boys and in their development. He does not shut his wife out of his world.

I explained to him why he was working so arduously, "There is something eating you inside, otherwise, you would not act this way. You are punishing yourself, and you have to learn to forgive yourself." He did have a deep sense of guilt. It was toward a brother.

I explained to him that God was not punishing him, but that he was punishing himself. For example, if you misuse the laws of life, you will suffer accordingly. If you put your hand on a naked charged wire, you will get burned. The forces of nature are not evil; it is your use of them that determines whether they have a good or evil effect. Electricity is not evil; it depends on how you use it, whether to burn down a structure or light up a home. The only sin is ignorance of the law, and the only punishment is the automatic reaction of man's misuse of the law.

If you misuse the principle of chemistry, you may blow up the office or the factory. If you strike your hand on a board, you may cause your hand to bleed. The board is not for that purpose. Its purpose may be to lean upon or to support your feet.

This man realized that God does not condemn or punish anyone, and that all his suffering was due to the reaction of his subconscious mind to his own negative and destructive thinking. He had cheated his brother at one time, and the brother had now passed on. Still, he was full of remorse and guilt.

I asked him, "Would you cheat your brother now?"

He said, "No."

"Did you feel you were justified at the time?"

His reply was, "Yes."

"But, you would not do it now?"

He added, "No, I am helping others to know how to live."

I added the following comment, "You have a greater reason and understanding now. Forgiveness is to forgive yourself. Forgiveness is getting your thoughts in line with the divine law of harmony. Self condemnation is called hell (bondage and restriction); forgiveness is called heaven (harmony and peace)."

The burden of guilt and self condemnation was lifted from his mind, and he had a complete healing. The doctor tested his blood pressure, and it had become normal. The explanation was the cure.

A Murderer Learned to Forgive Himself

A man who murdered his brother in Europe visited me many years ago. He was suffering from great mental anguish and torture believing that God must punish him. He explained that his brother had been having an affair with his wife, and that he had shot him on the spur of the moment. This had happened about fifteen years previous to his interview with me. In the meantime, this man had married an American girl and had been blessed with three lovely children. He was in a position where he helped many people, and he was a transformed man.

My explanation to him was that physically and psychologically he was not the same man who shot his brother, since scientists inform us that every cell of our bodies changes every eleven months. Moreover, mentally and spiritually he was a new man. He was now full of love and good will for humanity. The "old" man who committed the crime fifteen years before was mentally and spiritually dead. Actually, he was condemning an innocent man!

This explanation had a profound effect upon him, and he said it was as if a great weight had been lifted from his mind. He realized the significance of the following truth in the Bible: Come now, let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. ISAIAH 1:18.

Criticism Cannot Hurt You Without Your Consent

A schoolteacher told me that one of her associates criticized a speech she had given, saying to her that she spoke too fast, she swallowed some of her words, she couldn't be heard, her diction was poor, and her speech ineffective. This teacher was furious and full of resentment toward her critic.

She admitted to me that the criticisms were just. Her first reaction was really childish, and she agreed that the letter was really a blessing and a marvelous corrective. She proceeded immediately to supplement her deficiencies in her speech by enrolling in a course in public speaking at City College. She wrote and thanked the writer of the note for her interest, expressing appreciation for her conclusions and findings, which enabled the teacher to correct the matter at once.

How to Be Compassionate

Suppose none of the things mentioned in the letter had been true of the teacher. The latter would have realized that her class material had upset the prejudices, superstitions, or narrow sectarian beliefs of the writer of the note, and that a psychologically ill person was simply pouring forth her resentment because a psychological boil had been hurt.

To understand this fact is to be compassionate. The next logical step would be to pray for the other person's peace, harmony, and understanding. You cannot be hurt when you know that you are master of your thoughts, reactions, and emotions. Emotions follow thoughts, and you have the power to reject all thoughts, which may disturb or upset you.

Left at the Altar

Some years ago I visited a church to perform a marriage ceremony. The young man did not appear, and at the end of two hours, the bride-to-be shed a few tears, and then said to me, "I prayed for divine guidance. This might be the answer for He never faileth."

That was her reaction--faith in God and all things good. She had no bitterness in her heart because as she said, "It must not have been right action because my prayer was for right action for both of us." Someone else having a similar experience would have gone into a tantrum, have had an emotional fit, required sedation, and perhaps needed hospitalization.

Tune in with the infinite intelligence within your subconscious depths, trusting the answer in the same way that you trusted your mother when she held you in her arms. This is how you can acquire poise and mental and emotional health.

It Is Wrong to Marry. Sex Is Evil and I Am Evil

Some time ago, I talked to a young lady aged twenty-two. She was taught that it was a sin to dance, to play cards, to swim, and to go out with men. She was threatened by her mother who told her she would burn eternally in hell-fire

if she disobeyed her will and her religious teachings. This girl wore a black dress and black stockings. She wore no rouge, lipstick, or any form of make up because her mother said that these things were sinful. Her mother told her that all men were evil, and that sex was of the devil and simply diabolic debauchery.

This girl had to learn how to forgive herself, as she was full of guilt. To forgive means to give for. She had to give up all these false beliefs for the truths of life and a new estimate of herself. When she went out with young men in the office where she worked, she had a deep sense of guilt and thought that God would punish her. Several eligible young men proposed to her, but she said to me, "It is wrong to marry. Sex is evil and I am evil." This was her conscience or early conditioning speaking.

She came to me once weekly for about ten weeks, and I taught her the workings of the conscious and subconscious mind as set forth in this book. This young girl gradually came to see that she had been completely brainwashed, mesmerized, and conditioned by an ignorant, superstitious, bigoted, and frustrated mother. She broke away completely from her family and started to live a wonderful life.

At my suggestion she dressed up and had her hair attended to. She took lessons in dancing from a man, and she also took driving lessons. She learned to swim, play cards, and had a number of dates. She began to love He. She prayed for a divine companion by claiming that Infinite Spirit would attract to her a man who harmonized with her thoroughly. Eventually this came to pass. As she left my office one evening, there was a man waiting to see me and I casually introduced them. They are now married and harmonize with each other perfectly.

Forgiveness Is Necessary for Healing

And when ye stand praying, forgive, if ye have ought against any . . . MARK 11:25.

Forgiveness of others is essential to mental peace and radiant health. You must forgive everyone who has ever hurt you if you want perfect health and happiness. Forgive your self by getting your thoughts in harmony with divine law and order. You cannot really forgive yourself completely until you have forgiven others first. To refuse to forgive yourself is nothing more or less than spiritual pride or ignorance.

In the psychosomatic field of medicine today, it is being constantly stressed that resentment, condemnation of others, remorse, and hostility are behind a host

of maladies ranging from arthritis to cardiac disease. They point out that these sick people, who were hurt, mistreated, deceived, or injured, were full of resentment and hatred for those who hurt them. This caused inflamed and festering wounds in their subconscious minds. There is only one remedy. They have to cut out and discard their hurts, and the one and only sure way is by forgiveness.

Forgiveness Is Love in Action

The essential ingredient in the art of forgiveness is the willingness to forgive. If you sincerely desire to forgive the other, you are fifty-one percent over the hurdle. I feel sure you know that to forgive the other does not necessarily mean that you like him or want to associate with him. You cannot be compelled to like someone, neither can a government legislate good will, love, peace, or tolerance. It is quite impossible to like people because someone in Washington issues an edict to that effect. We can, however, love people without liking them.

The Bible says, Love ye one another. This, anyone can do who really wants to do it. Love means that you wish for the other health, happiness, peace, joy, and all the blessings of life. There is only one prerequisite, and that is sincerity. You are not being magnanimous when you forgive, you are really being selfish, because what you wish for the other, you are actually wishing for yourself. The reason is that you are thinking it and you are feeling it. As you think and feel, so are you. Could anything be simpler than that?

Technique of Forgiveness

The following is a simple method, which works wonders in your life as you practice it: Quiet your mind, relax, and let go. Think of God and His love for you, and then affirm, "I fully and freely forgive (mention the name of the offender); I release him mentally and spiritually. I completely forgive everything connected with the matter in question. I am free, and he/she is free. It is a marvelous feeling. It is my day of general amnesty. I release anybody and everybody who has ever hurt me, and I wish for each and everyone health, happiness, peace, and all the blessings of life. I do this freely, joyously, and lovingly, and whenever I think of the person or persons who hurt me, I say, 'I have released you, and all the blessings of life are yours.' I am free and you are free. It is wonderful!"

The great secret of true forgiveness is that once you have forgiven the person, it is unnecessary to repeat the prayer. Whenever the person comes to your mind, or the particular hurt happens to enter your mind, wish the delinquent

well, and say, "Peace be to you." Do this as often as the thought enters your mind. You will find that after a few days the thought of the person or experience will return less and less often, until it fades into nothingness.

The Acid Test for Forgiveness

There is an acid test for gold. There is also an acid test for forgiveness. If I should tell you something wonderful about someone who has wronged you, cheated you, or defrauded you, and you sizzled at hearing the good news about this person, the roots of hatred would still be in your subconscious mind, playing havoc with you.

Let us suppose you had a painful abscess on your jaw a year ago, and you told me about it. I would casually ask you if you had any pain now. You would automatically say, "Of course not, I have a memory of it but no pain." That is the whole story. You may have a memory of the incident but no sting or hurt any more. This is the acid test, and you must meet it psychologically and spiritually, otherwise, you are simply deceiving yourself and not practicing the true art of forgiveness.

To Understand All Is to Forgive All

When man understands the creative law of his own mind, he ceases to blame other people and conditions for making or marring his life. He knows that his own thoughts and feelings create his destiny. Furthermore, he is aware that externals are not the causes and conditioners of his life and his experiences. To think that others can mar your happiness that you are the football of a cruel fate that you must oppose and fight others for a living--all these and others like them are untenable when you understand that thoughts are things. The Bible says the same thing. For as a man thinketh in his heart, so is he. PROVERBS 23:7.

Summary of Your Aids to Forgiveness

1. God, or Life, is no respecter of persons. Life plays no favorites. Life, or God, seems to favor you when you align yourself with the principle of harmony, health, joy, and peace.

2. God, or Life, never sends disease, sickness, accident, or suffering. We bring these things on ourselves by our own negative destructive thinking based upon the law as we sow, so shall we reap.

3. Your concept of God is the most important thing in your life. If you really believe in a God of love, your subconscious mind will respond in countless blessings to you. Believe in a God of love.

4. Life, or God, holds no grudge against you. Life never condemns you. Life

heals a severe cut on your hand. Life forgives you if you burn your finger. It reduces the edema and restores the part to wholeness and perfection.

5. Your guilt complex is a false concept of God and Life. God, or Life, does not punish or judge you. You do this to yourself by your false beliefs, negative thinking, and self condemnation.

6. God, or Life, does not condemn or punish you. The forces of nature are not evil. The effect of their use depends on how you use the power within you. You can use electricity to kill someone or to light the house. You can use water to drown a child, or quench his thirst. Good and evil come right back to the thought and purpose in man's own mind.

7. God, or Life, never punishes. Man punishes himself by his false concepts of God, Life, and the Universe. His thoughts are creative, and he creates his own misery.

8. If another criticizes you, and these faults are within you, rejoice, give thanks, and appreciate the comments. This gives you the opportunity to correct the particular fault.

9. You cannot be hurt by criticism when you know that you are master of your thoughts, reactions, and emotions. This gives you the opportunity to pray and bless the other, thereby blessing yourself.

10. When you pray for guidance and right action, take what comes. Realize it is good and very good. Then there is no cause for self pity, criticism, or hatred.

11. There is nothing good or bad, but thinking makes it so. There is no evil in sex, the desire for food, wealth, or true expression. It depends on how you use these urges, desires, or aspirations. Your desire for food can be met without killing someone for a loaf of bread.

12. Resentment, hatred, ill will, and hostility are behind a host of maladies. Forgive yourself and everybody else by pouring out love, life, joy, and good will to all those who have hurt you. Continue until such time as you meet them in your mind and you are at peace with them.

13. To forgive is to give something for. Give love, peace, joy, wisdom, and all the blessings of life to the other, until there is no sting left in your mind. This is really the acid test of forgiveness.

14. Let us suppose you had an abscess in your jaw about a year ago. It was very painful. Ask yourself if it is painful now. The answer is in the negative. Likewise, if someone has hurt you, lied about and vilified you, and said all manner of evil about you, is your thought of that person negative? Do you sizzle when he or she comes into your mind? If so, the roots of hatred are still there,

playing havoc with you and your good. The only way is to wither them with love by wishing for the person all the blessings of life, until you can meet the person in your mind, and you can sincerely react with a benediction of peace and good will. This is the meaning of forgive until seventy times seven.

How Your Subconscious Removes Mental Blocks

The solution lies within the problem. The answer is in every question. If you are presented with a difficult situation and you cannot see your way clear, the best procedure is to assume that infinite intelligence within your subconscious mind knows all and sees all, has the answer, and is revealing it to you now. Your new mental attitude that the creative intelligence is bringing about a happy solution will enable you to find the answer. Rest assured that such an attitude of mind would bring order, peace, and meaning to all your undertakings.

How to Break or Build a Habit

You are a creature of habit. Habit is the function of your subconscious mind. You learned to swim, ride a bicycle, dance, and drive a car by consciously doing these things over and over again until they established tracks in your subconscious mind. Then, the automatic habit action of your subconscious mind took over. This is sometimes called second nature, which is a reaction of your subconscious mind to your thinking and acting.

You are free to choose a good habit or a bad habit. If you repeat a negative thought or act over a period of time, you will be under the compulsion of a habit. The law of your subconscious is compulsion.

How He Broke a Bad Habit

Mr. Jones said to me, "An uncontrollable urge to drink seizes me, and I remain drunk for two weeks at a time. I can't give up this terrible habit." Time and time again these experiences had occurred to this unfortunate man. He had grown into the habit of drinking to excess. Although he had started drinking of his own initiative, he also began to realize that he could change the habit and establish a new one. He said that while through his will power he was able to suppress his desires temporarily, his continued efforts to suppress the many urges only made matters worse. His repeated failures convinced him that he was hopeless and powerless to control his urge or obsession. This idea of being powerless operated as a powerful suggestion to his subconscious mind and aggravated his weakness, making his life a succession of failures.

I taught him to harmonize the functions of the conscious and subconscious

mind. When these two cooperate, the idea or desire implanted in the subconscious mind is realized. His reasoning mind agreed that if the old habit path or track had carried him into trouble, he could consciously form a new path to freedom, sobriety, and peace of mind. He knew that his destructive habit was automatic, but since it was acquired through his conscious choice, he realized that if he had been conditioned negatively, he also could be conditioned positively. As a result, he ceased thinking of the fact that he was powerless to overcome the habit. Moreover, he understood clearly that there was no obstacle to his healing other than his own thought. Therefore, there was no occasion for great mental effort or mental coercion.

The Power of His Mental Picture

This man acquired a practice of relaxing his body and getting into a relaxed, drowsy, meditative state. Then he filled his mind with the picture of the desired end, knowing his subconscious mind could bring it about the easiest way. He imagined his daughter congratulating him on his freedom, and saying to him, "Daddy, it's wonderful to have you home!" He had lost his family through drink. He was not allowed to visit them, and his wife would not speak to him.

Regularly, systematically, he used to sit down and meditate in the way outlined. When his attention wandered, he made it a habit to immediately recall the mental picture of his daughter with her smile and the scene of his home enlivened by her cheerful voice. All this brought about a reconditioning of his mind. It was a gradual process. He kept it up. He persevered knowing that sooner or later he would establish a new habit pattern in his subconscious mind.

I told him that he could liken his conscious mind to a camera, that his subconscious mind was the sensitive plate on which he registered and impressed the picture. This made a profound impression on him, and his whole aim was to firmly impress the picture on his mind and develop it there. Films are developed in the dark; likewise, mental pictures are developed in the darkroom of the subconscious mind.

Focused Attention

Realizing that his conscious mind was simply a camera, he used no effort. There was no mental struggle. He quietly adjusted his thoughts and focused his attention on the scene before him until he gradually became identified with the picture. He became absorbed in the mental atmosphere, repeating the mental movie frequently. There was no room for doubt that a healing would follow. When there was any temptation to drink, he would switch his imagination from

any reveries of drinking bouts to the feeling of being at home with his family. He was successful because he confidently expected to experience the picture he was developing in his mind. Today he is president of a multimillion dollar concern and is radiantly happy.

He Said a Jinx Was Following Him

Mr. Block said that he had been making an annual income of $20,000, but for the past three months all doors seemed to jam tightly. He brought clients up to the point where they were about to sign on the dotted line, and then at the eleventh hour the door closed. He added that perhaps a jinx was following him.

In discussing the matter with Mr. Block, I discovered that three months previously he had become very irritated, annoyed, and resentful toward a dentist who, after he had promised to sign a contract, had withdrawn at the last moment. He began to live in the unconscious fear that other clients would do the same, thereby setting up a history of frustration, hostility, and obstacles. He gradually built up in his mind a belief in obstruction and last minute cancellations until a vicious circle had been established. What I fear most has come upon me. Mr. Block realized that the trouble was in his mind, and that it was essential to change his mental attitude.

His run of so called misfortune was broken in the following way: "I realize I am one with the infinite intelligence of my subconscious mind which knows no obstacle, difficulty, or delay. I live in the joyous expectancy of the best. My deeper mind responds to my thoughts. I know that the work of the infinite power of my subconscious cannot be hindered. Infinite intelligence always finishes successfully whatever it begins. Creative wisdom works through me bringing all my plans and purposes to completion. Whatever I start, I bring to a successful conclusion. My aim in life is to give wonderful service, and all those whom I contact are blessed by what I have to offer. All my work comes to full fruition in divine order."

He repeated this prayer every morning before going to call on his customers, and he also prayed each night prior to sleep. In a short time he had established a new habit pattern in his subconscious mind, and he was back in his old accustomed stride as a successful salesman.

How Much Do You Want What You Want?

A young man asked Socrates how he could get wisdom. Socrates replied, "Come with me." He took the lad to a river, pushed the boy's head under the water, held it there until the boy was gasping for air, then relaxed and released

his head. When the boy regained his composure, he asked him, "What did you desire most when you were under water?"

"I wanted air," said the boy.

Socrates said to him, "When you want wisdom as much as you wanted air when you were immersed in the water, you will receive it."

Likewise, when you really have an intense desire to over come any block in your life, and you come to a clear-cut decision that there is a way out, and that is the course you wish to follow, then victory and triumph are assured.

If you really want peace of mind and inner calm, you will get it. Regardless of how unjustly you have been treated, or how unfair the boss has been, or what a mean scoundrel some one has proved to be, all this makes no difference to you when you awaken to your mental and spiritual powers. You know what you want, and you will definitely refuse to let the thieves (thoughts) of hatred, anger, hostility, and ill will rob you of peace, harmony, health, and happiness. You cease to become upset by people, conditions, news, and events by identifying your thoughts immediately with your aim in life. Your aim is peace, health, inspiration, harmony, and abundance. Feel a river of peace flowing through you now. Your thought is the immaterial and invisible power, and you choose to let it bless, inspire, and give you peace.

Why He Could Not Be Healed

This is a case history of a married man with four children who was supporting and secretly living with another woman during his business trips. He was ill, nervous, irritable, and cantankerous, and he could not sleep without drugs. The doctor's medicine failed to bring down his high blood pressure of over two hundred. He had pains in numerous organs of his body, which doctors could not diagnose or relieve. To make matters worse, he was drinking heavily.

The cause of all this was a deep unconscious sense of guilt. He had violated the marriage vows, and this troubled him. The religious creed he was brought up on was deeply lodged in his subconscious mind, and he drank excessively to heal the wound of guilt. Some invalids take morphine and codeine for severe pains; he was taking alcohol for the pain or wound in his mind. It was the old story of adding fuel to the fire.

The Explanation and the Cure

He listened to the explanation of how his mind worked. He faced his problem, looked at it, and gave up his dual role. He knew that his drinking was

an unconscious attempt to escape. The hidden cause lodged in his subconscious mind had to be eradicated; then the healing would follow.

He began to impress his subconscious mind three or four times a day by using the following prayer: "My mind is full of peace, poise, balance, and equilibrium. The infinite lies stretched in smiling repose within me. I am not afraid of anything in the past, the present, or the future. The infinite intelligence of my subconscious mind leads, guides, and directs me in all ways. I now meet every situation with faith, poise, calmness, and confidence. I am now completely free from the habit. My mind is full of inner peace, freedom, and joy. I forgive myself; then I am forgiven. Peace, sobriety, and confidence reign supreme in my mind."

He repeated this prayer frequently as outlined; being fully aware of what he was doing and why he was doing it. Knowing what he was doing gave him the necessary faith and confidence. I explained to him that as he spoke these statements out loud, slowly, lovingly, and meaningfully, they would gradually sink down into his subconscious mind. Like seeds, they would grow after their kind. These truths, on which he concentrated, went in through his eyes, his ears heard the sound, and the healing vibrations of these words reached his subconscious mind and obliterated all the negative mental patterns which caused all the trouble. Light dispels darkness. The constructive thought destroys the negative thought. He became a transformed man within a month.

Refusing to Admit it

If you are an alcoholic or drug addict, admit it. Do not dodge the issue. Many people remain alcoholics because they refuse to admit it.

Your disease is instability, an inner fear. You are refusing to face life, and so you try to escape your responsibilities through the bottle. As an alcoholic you have no free will, although you think you have, and you may even boast about your will power. If you are a habitual drunkard and say bravely, "I will not touch it any more," you have no power to make this assertion come true, because you do not know where to locate the power.

You are living in a psychological prison of your own making, and you are bound by your beliefs, opinions, training, and environmental influences. Like most people, you are a creature of habit. You are conditioned to react the way you do.

Building in the Idea of Freedom

You can build the idea of freedom and peace of mind into your mentality so

that it reaches your subconscious depths. The latter, being all powerful, will free you from all desire for alcohol. Then, you will have the new understanding of how your mind works, and you can truly back up your statement and prove the truth to yourself.

Fifty-One Percent Healed

If you have a keen desire to free yourself from any destructive habit, you are fifty-one percent healed already. When you have a greater desire to give up the bad habit than to continue it, you will not experience too much difficulty in gaining complete freedom.

Whatever thought you anchor the mind upon, the latter magnifies. If you engage the mind on the concept of freedom (freedom from the habit) and peace of mind, and if you keep it focused on this new direction of attention, you generate feelings and emotions, which gradually emotionalize the concept of freedom and peace. Whatever idea you emotionalize is accepted by your subconscious and brought to pass.

The Law of Substitution

Realize that something good can come out of your suffering. You have not suffered in vain. However, it is foolish to continue to suffer.

If you continue as an alcoholic, it will bring about mental and physical deterioration and decay. Realize that the power in your subconscious is backing you up. Even though you may be seized with melancholia, you should begin to imagine the joy of freedom that is in store for you. This is the law of substitution. Your imagination took you to the bottle; let it take you now to freedom and peace of mind. You will suffer a little bit, but it is for a constructive purpose. You will bear it like a mother in the pangs of childbirth, and you will, likewise, bring forth a child of the mind. Your subconscious will give birth to sobriety.

Cause of Alcoholism

The real cause of alcoholism is negative and destructive thinking; for as a man thinketh, so is he. The alcoholic has a deep sense of inferiority, inadequacy, defeat, and frustration, usually accompanied by a deep inner hostility. He has countless alibis as to his reason for drinking, but the sole reason is in his thought life.

Three Magic Steps

The first step: Get still; quiet the wheels of the mind. Enter into a sleepy, drowsy state. In this relaxed, peaceful, receptive state, you are preparing for the second step.

The second step: Take a brief phrase, which can readily be graven on the memory, and repeat it over and over as a lullaby. Use the phrase, "Sobriety and peace of mind are mine now, and I give thanks." To prevent the mind from wandering, repeat it aloud or sketch its pronunciation with the lips and tongue as you say it mentally. This helps its entry into the subconscious mind. Do this for five minutes or more. You will find a deep emotional response.

The third step: Just before going to sleep, practice what Johann von Goethe, German author, used to do. Imagine a friend, a loved one in front of you. Your eyes are closed, you are relaxed and at peace. The loved one or friend is subjectively present, and is saying to you, "Congratulations!" You see the smile; you hear the voice. You mentally touch the hand; it is all real and vivid. The word congratulations imply complete freedom. Hear it over and over again until you get the subconscious reaction, which satisfies.

Keep on Keeping on

When fear knocks at the door of your mind, or when worry, anxiety, and doubt cross your mind, behold your vision, your goal. Think of the infinite power within your subconscious mind, which you can generate by your thinking and imagining, and this will give you confidence, power, and courage. Keep on, persevere, until the day breaks, and the shadows flee away.

Review Your Thought Power

1. The solution lies within the problem. The answer is in every question. Infinite intelligence responds to you as you call upon it with faith and confidence.

2. Habit is the function of your subconscious mind. There is no greater evidence of the marvelous power of your subconscious than the force and sway habit holds in your life. You are a creature of habit.

3. You form habit patterns in your subconscious mind by repeating a thought and act over and over again until it establishes tracks in the subconscious mind and becomes automatic, such as swimming, dancing, typing, walking, driving your car, etc.

4. You have freedom to choose. You can choose a good habit or a bad habit. Prayer is a good habit.

5. Whatever mental picture, backed by faith, you behold in your conscious mind, and your subconscious mind will bring to pass.

6. The only obstacle to your success and achievement is your own thought or mental image.

7. When your attention wanders, bring it back to the contemplation of your good or goal. Make a habit of this. This is called disciplining the mind.

8. Your conscious mind is the camera, and your subconscious mind is the sensitive plate on which you register or impress the picture.

9. The only jinx that follows anyone is a fear thought repeated over and over in the mind. Break the jinx by knowing that whatever you start you will bring to a conclusion in divine order. Picture the happy ending and sustain it with confidence.

10. To form a new habit, you must be convinced that it is desirable. When your desire to give up the bad habit is greater than your desire to continue, you are fifty-one percent healed already.

11. The statements of others cannot hurt you except through your own thoughts and mental participation. Identify your self with your aim, which is peace, harmony, and joy. You are the only thinker in your universe.

12. Excessive drinking is an unconscious desire to escape. The cause of alcoholism is negative and destructive thinking. The cure is to think of freedom, sobriety, and perfection, and to feel the thrill of accomplishment.

13. Many people remain alcoholics because they refuse to admit it.

14. The law of your subconscious mind, which held you in bondage and inhibited your freedom of action, will give you freedom and happiness. It depends on how you use it.

15. Your imagination took you to the bottle; let it take you to freedom by imagining you are free.

16. The real cause of alcoholism is negative and destructive thinking. As a man thinketh in his heart [subconscious mind], so is he.

17. When fear knocks at the door of your mind, let faith in God and all things good open the door.

How to Use Your Subconscious Mind to Remove Fear

One of our students told me that he was invited to speak at a banquet. He said he was panicstricken at the thought of speaking before a thousand people. He overcame his fear this way: For several nights he sat down in an armchair for about five minutes and said to himself slowly, quietly, and positively, "I am going to master this fear. I am overcoming it now. I speak with poise and confidence. I am relaxed and at ease." He operated a definite law of mind and overcame his fear.

The subconscious mind is amenable to suggestion and is controlled by suggestion. When you still your mind and relax, the thoughts of your conscious mind sink down into the subconscious through a process similar to osmosis, whereby fluids separated by a porous membrane intermingle. As these positive seeds, or thoughts, sink into the subconscious area, they grow after their kind, and you become poised, serene, and calm.

Man's Greatest Enemy

It is said that fear is man's greatest enemy. Fear is behind failure, sickness, and poor human relations. Millions of people are afraid of the past, the future, old age, insanity, and death. Fear is a thought in your mind, and you are afraid of your own thoughts.

A little boy can be paralyzed with fear when he is told there is a boogieman under his bed that is going to take him away. When his father turns on the light and shows him there is no boogieman, he is freed from fear. The fear in the mind of the boy was as real as if there really was a boogie man there. He was healed of a false thought in his mind. The thing he feared did not exist. Likewise, most of your fears have no reality. They are merely a conglomeration of sinister shadows and shadows have no reality.

Do the Thing You Fear

Ralph Waldo Emerson, philosopher and poet, said, "Do the thing you are afraid to do, and the death of fear is certain."

There was a time when the writer of this chapter was filled with unutterable fear when standing before an audience. The way I overcame it was to stand

before the audience, do the thing I was afraid to do, and the death of fear was certain.

When you affirm positively that you are going to master your fears, and you come to a definite decision in your conscious mind, you release the power of the subconscious, which flows in response to the nature of your thought.

Banishing Stage Fright

A young lady was invited to an audition. She had been looking forward to the interview. However, on three previous occasions, she had failed miserably due to stage fright.

She possessed a very good voice, but she was certain that when the time came for her to sing, she would be seized with stage fright. The subconscious mind takes your fears as a request, proceeds to manifest them, and brings them into your experience. On three previous auditions she sang wrong notes, and she finally broke down and cried. The cause, as previously outlined, was an involuntary autosuggestion, i.e., a silent fear thought emotionalized and subjectified.

She overcame it by the following technique: Three times a day she isolated herself in a room. She sat down comfortably in an armchair, relaxed her body, and closed her eyes. She stilled her mind and body to the best of her ability. Physical inertia favors passivity and renders the mind more receptive to suggestion. She counteracted the fear suggestion by its converse, saying to herself, "I sing beautifully. I am poised, serene, confident, and calm."

She repeated the words slowly, quietly, and with feeling from five to ten times at each sitting. She had three such "sittings" every day and one immediately prior to sleep at night. At the end of a week she was completely poised and confident, and gave a definitely outstanding audition. Carry out the above procedure, and the death of fear is certain.

Fear of Failure

Occasionally young men from the local university come to see me, as well as schoolteachers, who often seem to suffer from suggestive amnesia at examinations. The complaint is always the same: "I know the answers after the examination is over, but I can't remember the answers during the examination."

The idea, which realizes itself, is the one to which we invariably give concentrated attention. I find that each one is obsessed with the idea of failure. Fear is behind the temporary amnesia, and it is the cause of the whole experience.

One young medical student was the most brilliant person in his class, yet he found himself failing to answer simple questions at the time of written or oral examinations. I explained to him that the reason was he had been worrying and was fearful for several days previous to the examination. These negative thoughts became charged with fear.

Thoughts enveloped in the powerful emotion of fear are realized in the subconscious mind. In other words, this young man was requesting his subconscious mind to see to it that he failed, and that is exactly what it did. On the day of the examination he found himself stricken with what is called, in psychological circles, suggestive amnesia.

How He Overcame the Fear

He learned that his subconscious mind was the storehouse of memory, and that it had a perfect record of all he had heard and read during his medical training. Moreover, he learned that the subconscious mind was responsive and reciprocal. The way to be en rapport with it was to be relaxed, peaceful, and confident.

Every night and morning he began to imagine his mother congratulating him on his wonderful record. He would hold an imaginary letter from her in his hand. As he began to contemplate the happy result, he called forth a corresponding or reciprocal response or reaction in himself. The all wise and omnipotent power of the subconscious took over, dictated, and directed his conscious mind accordingly. He imagined the end, thereby willing the means to the realization of the end. Following this procedure, he had no trouble passing subsequent examinations. In other words, the subjective wisdom took over, compelling him to give an excellent account of himself.

Fear of Water, Mountains, Closed Places, Etc.

There are many people who are afraid to go into an elevator, climb mountains, or even swim in the water. It may well be that the individual had unpleasant experiences in the water in his youth, such as having been thrown forcibly into the water without being able to swim. He might have been forcibly detained in an elevator, which failed to function properly, causing resultant fear of closed places.

I had an experience when I was about ten years of age. I accidentally fell into a pool and went down three times. I can still remember the dark water engulfing my head, and my gasping for air until another boy pulled me out at the last moment. This experience sank into my subconscious mind, and for years I feared the water.

An elderly psychologist said to me, "Go down to the swimming pool, look at the water, and say out loud in strong tones, 'I am going to master you. I can dominate you.' Then go into the water, take lessons, and overcome it." This I did, and I mastered the water. Do not permit water to master you. Remember, you are the master of the water.

When I assumed a new attitude of mind, the omnipotent power of the subconscious responded, giving me strength, faith, and confidence, and enabling me to overcome my fear.

Master Technique for Overcoming Any Particular Fear

The following is a process and technique for overcoming fear, which I teach from the platform. It works like a charm. Try it!

Suppose you are afraid of the water, a mountain, an interview, an audition, or you fear closed places. If you are afraid of swimming, begin now to sit still for five or ten minutes three or four times a day, and imagine you are swimming. Actually, you are swimming in your mind. It is a subjective experience. Mentally you have projected yourself into the water. You feel the chill of the water and the movement of your arms and legs. It is all real, vivid, and a joyous activity of the mind. It is not idle daydreaming, for you know that what you are experiencing in your imagination will be developed in your subconscious mind. Then you will be compelled to express the image and likeness of the picture you impressed on your deeper mind. This is the law of the subconscious.

You could apply the same technique if you are afraid of mountains or high places. Imagine you are climbing the mountain, feel the reality of it all, enjoy the scenery, knowing that as you continue to do this mentally, you will do it physically with ease and comfort.

He Blessed the Elevator

I knew an executive of a large corporation who was terrified to ride in an elevator. He would walk up five flights of stairs to his office every morning. He said that he began to bless the elevator every night and several times a day. He finally overcame his fear. This was how he blessed the elevator: "The elevator in our building is a wonderful idea. It came out of the universal mind. It is a boon and a blessing to all our employees. It gives wonderful service. It operates in divine order. I ride in it in peace and joy. I remain silent now while the currents of life, love, and understanding flow through the patterns of my thought. In my imagination I am now in the elevator, and I step out into my office. The elevator is full of our employees. I talk to them, and they are friendly, joyous, and free. It

is a wonderful experience of freedom, faith, and confidence. I give thanks."

He continued this prayer for about ten days, and on the eleventh day, he walked into the elevator with other members of the organization and felt completely free.

Normal and Abnormal Fear

Man is born only with two fears, the fear of falling and the fear of noise. These are an alarm system given you by nature as a means of self preservation. Normal fear is good. You hear an automobile coming down the road, and you step aside to survive. The momentary fear of being run over is overcome by your action. All other fears were given to you by parents, relatives, teachers, and all those who influenced your early years.

Abnormal Fear

Abnormal fear takes place when man lets his imagination run riot. I knew a woman who was invited to go on a trip around the world by plane. She began to cut out of the newspapers all reports of airplane catastrophes. She pictured herself going down in the ocean, being drowned, etc. This is abnormal fear. Had she persisted in this, she would undoubtedly have attracted what she feared most.

Another example of abnormal fear is that of a businessman in New York, who was very prosperous and successful. He had his own private mental motion picture of which he was the director. He would run this mental movie of failure, bankruptcy, empty shelves, and no bank balance until he sank into a deep depression. He refused to stop this morbid imagery and kept reminding his wife that "this can't last," "there will be a recession," "I feel sure we will go bankrupt," etc.

His wife told me that he finally did go into bankruptcy, and all the things he imagined and feared came to pass. The things he feared did not exist, but he brought them to pass by constantly fearing, believing, and expecting financial disaster. Job said, the thing I feared has come upon me.

There are people who are afraid that something terrible will happen to their children, and that some dread catastrophe will befall them. When they read about an epidemic or rare disease, they live in fear that they will catch it, and some imagine they have the disease already. All this is abnormal fear.

The Answer to Abnormal Fear

Move mentally to the opposite. To stay at the extreme of fear is stagnation plus mental and physical deterioration. When fear arises, there immediately

comes with it a desire for something opposite to the thing feared. Place your attention on the thing immediately desired. Get absorbed and engrossed in your desire, knowing that the subjective always overturns the objective. This attitude will give you confidence and lift your spirits. The infinite power of your subconscious mind is moving on your behalf, and it cannot fail. Therefore, peace and assurance are yours.

Examine Your Fears

The president of a large organization told me that when he was a salesman he used to walk around the block five or six times before he called on a customer. The sales manager came along one day and said to him "Don't be afraid of the boogie man behind the door. There is no boogieman. It is a false belief."

The manager told him that whenever he looked at his own fears he stared them in the face and stood up to them, looking them straight in the eye. Then they faded and shrank into insignificance.

He Landed in the Jungle

A chaplain told me of his experiences in the Second World War. He had to parachute from a damaged plane and land in the jungle. He said he was frightened, but he knew there were two kinds of fear, normal and abnormal, which we have previously pointed out.

He decided to do something about the fear immediately, and began to talk to himself saying, "John, you can't surrender to your fear. Your fear is a desire for safety and security, and a way out."

He began to claim; "Infinite intelligence which guides the planets in their courses is now leading and guiding me out of this jungle."

He kept saying this out loud to himself for ten minutes or more. "Then," he added, "Something began to stir inside me. A mood of confidence began to seize me, and I began to walk. After a few days, I miraculously came out of the jungle, and was picked up by a rescue plane."

His changed mental attitude saved him. His confidence and trust hi the subjective wisdom and power within him was the solution to his problem.

He said, "Had I begun to bemoan my fate and indulge my fears, I would have succumbed to the monster fear, and probably would have died of fear and starvation."

He Dismissed Himself

The general manager of an organization told me that for three years he feared

he would lose his position. He was always imagining failure. The thing he feared did not exist, save as a morbid anxious thought in his own mind. His vivid imagination dramatized the loss of his job until he became nervous and neurotic. Finally he was asked to resign.

Actually, he dismissed himself. His constant negative imagery and fear suggestions to his subconscious mind caused the latter to respond and react accordingly. It caused him to make mistakes and foolish decisions, which resulted in his failure as a general manager. His dismissal would never have happened,. if he had immediately moved to the opposite in his mind.

They Plotted Against Him

During a recent world lecture tour, I had a two hour conversation with a prominent government official. He had a deep sense of inner peace and serenity. He said that all the abuse he receives politically from newspapers and the opposition party never disturb him. His practice is to sit still for fifteen minutes in the morning and realize that in the center of him is a deep still ocean of peace. Meditating in this way, he generates tremendous power, which overcomes all manner of difficulties and fears.

Some time previously, a colleague called him at midnight and told him a group of people was plotting against him. This is what he said to his colleague, "I am going to sleep now in perfect peace. You can discuss it with me at 10:00 A.M. tomorrow."

He said to me, "I know that no negative thought can ever manifest except I emotionalize the thought and accept it mentally. I refuse to entertain their suggestion of fear. Therefore, no harm can come to me."

Notice how calm he was, how cool, how peaceful! He did not start getting excited, tearing his hair, or wringing his hands. At his center he found the still water, an inner peace, and there was a great calm.

Deliver Yourself from All Your Fears

Use this perfect formula for casting out fear. I sought the Lord, and He heard me, and delivered me from all my fears. PSALM 34:4. The Lord is an ancient word meaning law--the power of your subconscious mind.

Learn the wonders of your subconscious, and how it works and functions. Master the techniques given to you in this chapter. Put them into practice now, today! Your subconscious will respond, and you will be free of all fears. I sought the Lord, and He heard me, and delivered me from all my fears.

Step this Way to Freedom from Fear

1. Do the thing you are afraid to do, and the death of fear is certain. Say to yourself and mean it, "I am going to master this fear," and you will.

2. Fear is a negative thought in your mind. Supplant it with a constructive thought. Fear has killed millions. Confidence is greater than fear. Nothing is more powerful than faith in God and the good.

3. Fear is man's greatest enemy. It is behind failure, sickness, and bad human relations. Love casts out fear. Love is an emotional attachment to the good things of life. Fall in love with honesty, integrity, justice, good will, and success. Live in the joyous expectancy of the best, and invariably the best will come to you.

4. Counteract the fear suggestions with the opposite, such as "I sing beautifully; I am poised, serene, and calm." It will pay fabulous dividends.

5. Fear is behind amnesia at oral and written examination time. You can overcome this by affirming frequently, "I have a perfect memory for everything I need to know," or you can imagine a friend congratulating you on your brilliant success on the examination. Persevere and you will win.

6. If you are afraid to cross water, swim. In your imagination swim freely, joyously. Project yourself into the water mentally. Feel the chill and thrill of swimming across the pool. Make it vivid. As you do this subjectively, you will be compelled to go into the water and conquer it. This is the law of your mind.

7. If you are afraid of closed places, such as elevators, lecture halls, etc., mentally ride in an elevator blessing all its parts and functions. You will be amazed how quickly the fear will be dissipated.

8. You were born with only two fears, the fear of falling and the fear of noise. All your other fears were acquired. Get rid of them.

9. Normal fear is good. Abnormal fear is very bad and destructive. To constantly indulge in fear thoughts results in abnormal fear, obsessions, and complexes. To fear something persistently causes a sense of panic and terror.

10. You can overcome abnormal fear when you know the power of your subconscious mind can change conditions and bring to pass the cherished desires of your heart. Give your immediate attention and devotion to your desire which is the opposite of your fear. This is the love that casts out fear.

11. If you are afraid of failure, give attention to success. If you are afraid of sickness, dwell on your perfect health. If you are afraid of an accident, dwell on the guidance and protection of God. If you are afraid of death, dwell on Eternal

Life. God is Life, and that is your life now.

12. The great law of substitution is the answer to fear. Whatever you fear has its solution in the form of your desire. If you are sick, you desire health. If you are in the prison of fear, you desire freedom. Expect the good. Mentally concentrate on the good, and know that your subconscious mind answers you always. It never fails.

13. The things you fear do not really exist except as thoughts in your mind. Thoughts are creative. This is why Job said; the thing I feared has come upon me. Think good and good follows.

14. Look at your fears; hold them up to the light of reason. Learn to laugh at your fears. That is the best medicine.

15. Nothing can disturb you but your own thought. The suggestions, statements, or threats of other persons have no power. The power is within you, and when your thoughts are focused on that which is good, then God's power is with your thoughts of good. There is only one Creative Power, and It moves as harmony. There are no divisions of quarrels in it. Its source is Love. This is why God's power is with your thoughts of good.

How to Stay Young in Spirit Forever

Your subconscious mind never grows old. It is timeless, ageless, and endless. It is a part of the universal mind of God, which was never born, and it will never die.

Fatigue or old age cannot be predicated on any spiritual quality or power. Patience, kindness, veracity, humility, good will, peace, harmony, and brotherly love are attributes and qualities, which never grow old. If you continue to generate these qualities here on this plane of life, you will always remain young in spirit.

I remember reading an article in one of our magazines some years ago, which stated that a group of eminent medical men at the De Courcy Clinic, in Cincinnati, Ohio, reported that years alone are not responsible for bringing about degenerative disorders. These same physicians stated that it is the fear of time, not time itself, that has a harmful aging effect on our minds and bodies, and that the neurotic fear of the effects of time may well be the cause of premature aging.

During the many years of my public life, I have had occasion to study the biographies of the famous men and women who have continued their productive activities into the years well beyond the normal span of life. Some of them achieve their greatness in old age. At the same time, it has been my privilege to meet and to know countless individuals of no prominence who, in their lesser sphere, belonged to those hardy mortals who have proved that old age of itself does not destroy the creative powers of the mind and body.

He Had Grown Old in His Thought Life

A few years ago I called on an old friend in London, England. He was over 80 years of age, very ill, and obviously was yielding to his advancing years. Our conversation revealed his physical weakness, his sense of frustration, and a general deterioration almost approaching lifelessness. His cry was that he was useless and that no one wanted him. With an expression of hopelessness he betrayed his false philosophy, "We are born, grow up, become old, good for nothing, and that's the end."

This mental attitude of futility and worthlessness was the chief reason for his sickness. He was looking forward only to senescence, and after that--nothing. Indeed, he had grown old in his thought life, and his subconscious mind brought

about all the evidence of his habitual thinking.

Age Is the Dawn of Wisdom

Unfortunately, many people have the same attitude as this unhappy man. They are afraid of what they term "old age," the end, and extinction, which really means that they are afraid of life. Yet, life is endless. Age is not the flight of years, but the dawn of wisdom.

Wisdom is an awareness of the tremendous spiritual powers in your subconscious mind and the knowledge of how to apply these powers to lead a full and happy life. Get it out of your head once and for all that 65, 75, or 85 years of age is synonymous with the end for you or anybody else. It can be the beginning of a glorious, fruitful, active, and most productive life pattern, better than you have ever experienced. Believe this, expect it, and your subconscious will bring it to pass.

Welcome the Change

Old age is not a tragic occurrence. What we call the aging process is really change. It is to be welcomed joyfully and gladly as each phase of human life is a step forward on the path, which has no end. Man has powers, which transcend his bodily powers. He has senses, which transcend his five physical senses.

Scientists today are finding positive indisputable evidence that something conscious in man can leave his present body and travel thousands of miles to see, hear, touch, and speak to people even though his physical body never leaves the couch on which it reclines.

Man's life is spiritual and eternal. He need never grow old for Life, or God, cannot grow old. The Bible says that God is Life. Life is self renewing, eternal, indestructible, and is the reality of all men.

Evidence for Survival

The evidence gathered by the psychical research societies both in Great Britain and America is overwhelming. You may go into any large metropolitan library and get volumes on The Proceedings of the Psychical Research Society based on findings of distinguished scientists on survival following so called death. You will find a startling report on scientific experiments establishing the reality of life after death in The Case for Psychic Survival by Hereward Carrington, Director of the American Psychical Institute.

Life Is

A woman asked Thomas Edison, the electrical wizard, "Mr. Edison, what is electricity?"

He replied, "Madame, electricity is. Use it."

Electricity is a name we give an invisible power which we do not fully comprehend, but we learn all we can about the principle of electricity and its uses. We use it in countless ways.

The scientist cannot see an electron with his eyes, yet he accepts it as a scientific fact, because it is the only valid conclusion, which coincides with his other experimental evidence. We cannot see life. However, we know we are alive. Life is, and we are here to express it in all its beauty and glory.

Mind and Spirit Do Not Grow Old

The Bible says, and this is life eternal, that they might know thee the only true God. JOHN 17:3.

The man who thinks or believes that the earthly cycle of birth, adolescence, youth, maturity, and old age is all there is to life, is indeed to be pitied. Such a man has no anchor, no hope, no vision, and to him life has no meaning.

This type of belief brings frustration, stagnation, cynicism, and a sense of hopelessness resulting in neurosis and mental aberrations of all kinds. If you cannot play a fast game of tennis, or swim as fast as your son, or if your body has slowed down, or you walk with a slow step, remember life is always clothing itself anew. What men call death is but a journey to a new city in another dimension of Life.

I say to men and women in my lectures that they should accept what we call old age gracefully. Age has its' own glory, beauty, and wisdom, which belong to it. Peace, love, joy, beauty, happiness, wisdom, good will, and understanding are qualities, which never grow old or die.

Ralph Waldo Emerson, poet and philosopher, said, "We do not count a man's years until he has nothing else to count."

Your character, the quality of your mind, your faith, and your convictions are not subject to decay.

You Are as Young as You Think You Are

I give public lectures in Caxton Hall, London, England, every few years, and following one of these lectures, a surgeon said to me, "I am 84 years of age. I operate every morning, visit patients in the afternoons, and I write for medical and other scientific journals in the evening."

His attitude was that he was as useful as he believed himself to be, and that he was as young as his thoughts. He said to me, "It's true what you said, 'Man is as strong as he thinks he is, and as valuable as he thinks he is.'"

This surgeon has not surrendered to advancing years. He knows that he is

immortal. His final comment to me was, "If I should pass on tomorrow, I would be operating on people in the next dimension, not with **a** surgeon's scalpel, but with mental and spiritual surgery."

Your Gray Hairs Are an Asset

Don't ever quit a job and say, "I am retired; I am old; I am finished." That would be stagnation, death, and you would be finished. Some men are old at 30, while others are young at 80. The mind is the master weaver, the architect, the designer, and the sculptor. George Bernard Shaw was active at 90, and the artistic quality of his mind had not relaxed from active duty.

I meet men and women who tell me that some employers almost slam the door in their faces when they say they are over 40. This attitude on the part of the employers is to be considered cold, callous, evil, and completely void of compassion and understanding. The total emphasis seems to be on youth, i.e., you must be under 35 years of age to receive consideration. The reasoning behind this is certainly very shallow. If the employer would stop and think, he would realize that the man or woman was not selling his age or gray hair, rather, he was willing to give of his talents, his experience, and his wisdom gathered through years of experience in the market place of life.

Age Is an Asset

Your age should be a distinct asset to any organization, because of your practice and application through the years of the principles of the Golden Rule and the law of love and good will. Your gray hair, if you have any, should stand for greater wisdom, skill, and understanding. Your emotional and spiritual maturity should be a tremendous blessing to any organization.

A man should not be asked to resign when he is 65 years of age. That is the time of life when he could be most useful in handling personnel problems, making plans for the future, making decisions, and guiding others in the realm of creative ideas based on his experience and insight into the nature of the business.

Be Your Age

A motion picture writer in Hollywood told me that he had to write scripts, which would cater to the twelve-year-old mind. This is a tragic state of affairs if the great masses of people are expected to become emotionally and spiritually mature. It means that the emphasis is placed on youth in spite of the fact that youth stands for inexperience, lack of discernment, and hasty judgment.

I Can Keep up with the Best of Them

I am now thinking of a man 65 years of age who is trying frantically to keep young. He swims with young men every Sunday, goes on long hikes, plays

tennis, and boasts of his prowess and physical powers, saying, "Look, I can keep up with the best of them!"

He should remember the great truth: As a man thinketh in his heart, so is he. PROV. 23:7.

Diets, exercises, and games of all kinds will not keep this man young. It is necessary for him to observe that he grows old or remains young in accordance with his processes of thinking. Your subconscious mind is conditioned by your thoughts. If your thoughts are constantly on the beautiful, the noble, and the good, you will remain young regardless of the chronological years.

Fear of Old Age

Job said, The thing which I greatly feared is come upon me. There are many people who fear old age and are uncertain about the future, because they anticipate mental and physical deterioration as the years advance. What they think and feel comes to pass.

You grow old when you lose interest in life, when you cease to dream, to hunger after new truths, and to search for new worlds to conquer. When your mind is open to new ideas, new interests, and when you raise the curtain and let in the sunshine and inspiration of new truths of life and the universe, you will be young and vital.

You Have Much to Give

If you are 65 or 95 years of age, realize you have much to give. You can help stabilize, advise, and direct the younger generation. You can give the benefit of your knowledge, your experience, and your wisdom. You can always look ahead for at all times you are gazing into infinite life. You will find that you can never cease to unveil the glories and wonders of life. Try to learn something new every moment of the day, and you will find your mind will always be young.

One Hundred and Ten Years Old

Some years ago while lecturing in Bombay, India, I was introduced to a man who said he was 110 years old. He had the most beautiful face I have ever seen. He seemed transfigured by the radiance of an inner light. There was a rare beauty in his eyes indicating he had grown old in years with gladness and with no indication that his mind had dimmed its lights.

Retirement--a New Venture

Be sure that your mind never retires. It must be like a parachute, which is no good unless it opens up. Be open and receptive to new ideas. I have seen men of

65 and 70 retire. They seemed to rot away, and in a few months passed on. They obviously felt that life was at an end.

Retirement can be a new venture, a new challenge, a new path, the beginning of the fulfillment of a long dream. It is inexpressibly depressing to hear a man say, "What shall I do now that I am retired?" He is saying in effect, "I am mentally and physically dead. My mind is bankrupt of ideas."

All this is a false picture. The real truth is that you can accomplish more at 90 than you did at 60, because each day you are growing in wisdom and understanding of life and the universe through your new studies and interest.

He Graduated to a Better Job

An executive, who lives near me, was forced to retire a few months ago because he had reached the age of 65. He said to me, "I look upon my retirement as promotion from kindergarten to the first grade." He philosophized in this manner: He said that when he left high school, he went up the ladder by going to college. He realized this was a step forward in his education and understanding of life in general. Likewise, he added, now he could do the things he had always wanted to do, and therefore, his retirement was still another step forward on the ladder of life and wisdom.

He came to the wise conclusion that he was no longer going to concentrate on making a living. Now he was going to give all his attention to living life. He is an amateur photographer, and he took additional courses on the subject. He took a trip around the world and took movies of famous places. He now lectures before various groups, lodges, and clubs, and is in popular demand.

There are countless ways of taking an interest in something worthwhile outside yourself. Become enthusiastic over new creative ideas, make spiritual progress, and continue to learn and to grow. In this manner you remain young in heart, because you are hungering and thirsting after new truths, and your body will reflect your thinking at all times.

You must Be a Producer and Not a Prisoner of Society

The newspapers are taking cognizance of the fact that the voting population of the elderly in California elections is increasing by leaps and bounds. This means that their voices will be heard in the legislature of the state and also in the halls of Congress. I believe there will be enacted a federal law prohibiting employers from discrimination against men and women because of age.

A man of 65 years may be younger mentally, physically, and physiologically than many men at 30. It is stupid and ridiculous to tell a man he cannot be hired

because he is over 40. It is like saying to him that he is ready for the scrap heap or the junk pile.

What is a man of 40 or over to do? Must he bury his talents and hide his light under a bushel? Men, who are deprived and prevented from working because of age must be sustained by government treasuries at county, state, and federal levels. The many organizations who refuse to hire them and benefit from their wisdom and experience will be taxed to support them. This is a form of financial suicide.

Man is here to enjoy the fruit of his labor, and he is here to be a producer and not a prisoner of society, which compels him to idleness.

Man's body slows down gradually as he advances through the years, but his conscious mind can be made much more active, alert, alive, and quickened by the inspiration from his subconscious mind. His mind, in reality, never grows old. Job said, Oh that I were as in months past, as in the days when God preserved me; When his candle shined upon my head, and when by his light I walked through darkness; As I was in the days of my youth, when the secret of God was upon my tabernacle. JOB 29:2-4.

Secret of Youth

To recapture the days of your youth, feel the miraculous, healing, self renewing power of your subconscious mind moving through your whole being. Know and feel that you are inspired, lifted up, rejuvenated, revitalized, and recharged spiritually. You can bubble over with enthusiasm and joy, as in the days of your youth, for the simple reason that you can always mentally and emotionally recapture the joyous state.

The candle, which shines upon your head, is divine intelligence, and reveals to you everything you need to know; it enables you to affirm the presence of your good, regardless of appearances. You walk by the guidance of your subconscious mind, because you know that the dawn appears and the shadows flee away.

Get a Vision

Instead of saying, "I am old," say, "I am wise in the way of the Divine Life." Don't let the corporation, newspapers, or statistics hold a picture before you of old age, declining years, decrepitude, senility, and uselessness. Reject it, for it is a lie. Refuse to be hypnotized by such propaganda. Affirm life--not death. Get a vision of yourself as happy, radiant, successful, serene, and powerful.

Your Mind Does Not Grow Old

Former President Herbert Hoover, now 88 years old, is very active and is performing monumental work. I interviewed him a few years ago in his suite at the Waldorf Astoria, New York City. I found him healthy, happy, vigorous, and full of life and enthusiasm. He was keeping several secretaries busy handling his correspondence and was himself writing books of a political and historical nature. Like all great men, I found him affable, genial, amiable, loving, and most understanding.

His mental acumen and sagacity gave me the thrill of a lifetime. He is a deeply religious man, and is full of faith in God and in the triumph of the eternal truth of life. He was subjected to a barrage of criticism and condemnation in the years of the great depression, but he weathered the storm and did not grow old in hatred, resentment, ill will, and bitterness. On the contrary, he went into the silence of his soul, and communing with the Divine Presence within him, he found the peace, which is the power at the heart of God.

His Mind Active at Ninety-Nine

My father learned the French language at 65 years of age, and became an authority on it at 70. He made a study of Gaelic when he was over 60, and became an acknowledged and famous teacher of the subject. He assisted my sister in a school of higher learning and continued to do so until he passed away at 99. His mind was as clear at 99 as it was when he was 20. Moreover, his handwriting and his reasoning powers had improved with age. Truly, you are as old as you think and feel.

We Need Our Senior Citizens

Marcus Porcius Cato, the Roman patriot, learned Greek at 80. Madame Ernestine Schumann-Heink, the great German-American contralto, reached the pinnacle of her musical success after she became a grandmother. It is wonderful to behold the accomplishments of the oldsters. General Douglas MacArthur, Harry S. Truman, General Dwight David Eisenhower, and American financier Bernard Baruch are interesting, active, and contributing their talents and wisdom to the world.

The Greek philosopher Socrates, learned to play musical instruments when he was 80 years old. Michelangelo was painting his greatest canvases at 80. At 80, Cios Simonides won the prize for poetry, Johann von Goethe finished Faust, and Leopold von Ranke commenced his History of the World, which he finished at 92.

Alfred Tennyson wrote a magnificent poem, "Crossing the Bar," at 83. Isaac Newton was hard at work close to 85. At 88 John Wesley was directing, preaching, and guiding Methodism. We have several men of 95 years who come to my lectures, and they tell me they are in better health now than they were at 20.

Let us place our senior citizens in high places and give them every opportunity to bring forth the flowers of Paradise.

If you are retired, get interested in the laws of life and the wonders of your subconscious mind. Do something you have always wanted to do. Study new subjects, and investigate new ideas.

Pray as follows: As the hart panteth after the water brooks, so panteth my soul after thee, O God. PSALM 42:1.

The Fruits of Old Age

His flesh shall be fresher than a child's: he shall return to the days of his youth. JOB 33:25.

Old age really means the contemplation of the truths of God from the highest standpoint. Realize that you are on an endless journey, a series of important steps in the ceaseless, tireless, endless ocean of life. Then, with the Psalmist you will say, They shall still bring forth fruit in old age; they shall be fat and flourishing. PSALM 92:14. But the fruit of the Spirit is love, joy, peace, patience, gentleness, goodness, faith, meekness, temperance: against such there is no law. GALATIANS 5:22-23.

You are a son of Infinite Life, which knows no end, and you are a child of Eternity.

Profitable Pointers

1. Patience, kindness, love, good will, joy, happiness, wisdom, and understanding are qualities, which never grow old. Cultivate them and express them, and remain young in mind and body.

2. Some research physicians say that the neurotic fear of the effects of time may well be the cause of premature aging.

3. Age is not the flight of years; it is the dawn of wisdom in the mind of man.

4. The most productive years of your life can be from 65 to 95.

5. Welcome the advancing years. It means you are moving higher on the path of life, which has no end.

6. God is Life, and that is your life now. Life is self renewing, eternal, and indestructible, and is the reality of all men. You live forever, because your life is

God's life.

7. Evidence of survival after death is overwhelming. Study Proceedings of Psychical Research Society of Great Britain and America in your library. Outstanding scientists base the work on the scientific research for over 75 years.

8. You cannot see your mind, but you know you have a mind. You cannot see spirit, but you know that the spirit of the game, the spirit of the artist, the spirit of the musician, and the spirit of the speaker is real. Likewise, the spirit of goodness, truth, and beauty moving in your mind and heart are real. You cannot see life, but you know you are alive.

9. Old age may be called the contemplation of the truths of God from the highest standpoint. The joys of old age are greater than those of youth. Your mind is engaged in spiritual and mental athletics. Nature slows down your body so that you may have the opportunity to meditate on things divine.

10. We do not count a man's years until he has nothing else to count. Your faith and convictions are not subject to decay.

11. You are as young as you think you are. You are as strong as you think you are. You are as useful as you think you are. You are as young as your thoughts.

12. Your gray hair is an asset. You are not selling your gray hairs. You are selling your talent, abilities, and wisdom, which you have garnered through the years.

13. Diets and exercises won't keep you young. As a man thinketh, so is he.

14. Fear of old age can bring about physical and mental deterioration. The thing I greatly feared has come upon me.

15. You grow old when you cease to dream, and when you lose interest in life. You grow old if you are irritable, crotchety, petulant, and cantankerous. Fill your mind with the truths of God and radiate the sunshine of His love--this is youth.

16. Look ahead, for at all times you are gazing into infinite life.

17. Your retirement is a new venture. Take up new studies and new interests. You can now do the things you always wanted to do when you were so busy making a living. Give your attention to living life.

18. Become a producer and not a prisoner of society. Don't hide your light under a bushel.

19. The secret of youth is love, joy, inner peace, and laughter. In Him there is fullness of joy. In Him there is no darkness at all.

20. You are needed. Some of the great philosophers, artists, scientists,

writers, and others accomplished their greatest work after they were 80 years old.

21. The fruits of old age are love, joy, peace, patience, gentleness, goodness, faith, meekness, and temperance.

22. You are a son of Infinite Life, which knows no end. You are a child of Eternity. You are wonderful!

THINK YOURSELF RICH

JOSEPH MURPHY, PHD, DD

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Think Yourself Rich

USE THE POWER OF YOUR SUBCONSCIOUS MIND TO FIND TRUE WEALTH

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PRENTICE HALL PRESS

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PRENTICE HALL PRESS
Published by the Penguin Group
Penguin Group (USA) Inc.
375 Hudson Street, New York, New York 10014, USA
Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3, Canada (a division of Pearson Penguin Canada Inc.)
Penguin Books Ltd., 80 Strand, London WC2R 0RL, England
Penguin Group Ireland, 25 St. Stephen's Green, Dublin 2, Ireland (a division of Penguin Books Ltd.)
Penguin Group (Australia), 250 Camberwell Road, Camberwell, Victoria 3124, Australia (a division of Pearson Australia Group Pty. Ltd.)
Penguin Books India Pvt. Ltd., 11 Community Centre, Panchsheel Park, New Delhi—110 017, India
Penguin Group (NZ), 67 Apollo Drive, Rosedale, North Shore 0632, New Zealand (a division of Pearson New Zealand Ltd.)
Penguin Books (South Africa) (Pty.) Ltd., 24 Sturdee Avenue, Rosebank, Johannesburg 2196, South Africa

Penguin Books Ltd., Registered Offices: 80 Strand, London WC2R 0RL, England

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Cover design by Ben Gibson

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FIRST EDITION: July 2001

Library of Congress Cataloging-in-Publication Data

Murphy, Joseph 1898–
Think yourself rich / Joseph Murphy, Ian D. McMahan.
p. cm.
Rev. ed. of Miracle power for infinite riches. 1972.
ISBN: 978-1-101-66616-6
1. Success. I. McMahan, Ian. II. Murphy, Joseph, 1898– Miracle power for infinite riches. III. Title.
BJ1611.M87 2001
299'.93—dc21

2001019053

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How This Book Can Bring Riches to You

Have you ever asked yourself these questions?

- Why is one person very rich and the other poor?
- Why does one person succeed in business while another fails in the same business?
- Why is it that one person prays for wealth and gets no answer and another member of her family prays and gets immediate results?
- Why is it that someone uses affirmations for money and success and becomes poorer and someone else uses the same affirmations and gets marvelous results?
- Why is it that one homeowner tries to sell his home for a year or more with no success and his neighbor sells his home in a few days?
- Why does one person become a great success in sales in a particular territory and another person in the same territory becomes a failure?
- Why is it one person goes up the ladder in her profession while someone else with equal credentials toils and moils all her life without achieving anything worthwhile?
- Why is it that one person has all the money he needs to accomplish his objectives and another can’t make ends meet?
- Why is it that so many religious, good, kind people are always short of money and other religious people have all the money they need and use it wisely?
- Why is it that so many atheistic, agnostic, and irreligious people succeed, prosper, become immensely wealthy, and enjoy radiant health while at the same time many good, kind, moral, upright religious people suffer sickness, lack, misery, and poverty?
- Why is it that some give and never receive in return and others give and they receive bountifully?
- Why does one person have a beautiful, luxurious home while another lives in the slums or a dilapidated home?
- Why is it that the rich get richer and the poor get poorer?

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- Why is it that one person is happily married and leads a rich life and another is lonely and frustrated?
- Why is it that one person's belief makes him rich and another's belief makes him poor, sick, and a failure in life?

This book answers all these questions in an intensely practical and down-to-earth way. It is intended for those who wish to experience the riches that are all around them. You are here to lead a full and happy life and to have all the money you need to do whatever you want to do, when you want to do it. Money should be circulating freely in your life. There should always be a surplus of it for you.

You can get immediate results by using the laws of your mind in the right way. There are simple, practical techniques and easy-to-do programs in every chapter of this book. They will enable you to put into practice at once the art of living life gloriously, richly, and abundantly. You will find detailed instructions on how to become rich. You will find many examples of men and women in this book who were penniless and down and out, yet who learned to tap the treasure house of their subconscious mind and find their true place in life, thereby attracting all the riches they needed to lead a full, happy, and prosperous life.

In writing the many chapters of this book, I had in mind the sales rep, the teacher, the housewife, the data clerk, the business executive, the clerk behind the counter, the professional, the student, the intern in the hospital, and all those who need money and want money to fulfill their dreams, aspirations, and ambitions in life. For that reason, you will find each chapter rich with many simple and intensely practical techniques for impregnating your subconscious mind. Whenever you impress the idea of wealth the right way on your subconscious, you will experience riches waiting for you on the screen of cosmic space. It is that simple to become wealthy!

All of the many case histories outlined in this book are of men and women who succeeded by using the mental and spiritual laws I describe in detail. I should add that these men and women "belonged" to religions of all known kinds, and some were convinced atheists or agnostics who had no religious affiliations of any kind. Yet, by applying the impersonal powerful forces outlined in this book, they prospered in a magnificent way. They became transformed men and women and enjoyed their wealth for true richer living.

These people also came from every income bracket and every social level. What they have in common is that they achieved their desired goals in life by using the powers of their subconscious mind in the right way. They are therefore destined to go forth conquering every obstacle to acquiring unlimited wealth.

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Unique Features of This Book

You will be amazed at this book's down-to-earth practicality. You are presented with simple, usable formulas and techniques that anyone can apply. The special features of this book will enlighten and appeal to you. They will show you why so often people get the opposite of what they prayed for and will explain how to avoid the trap they fell into.

The age-old cry is, "Why have I prayed and prayed and yet I receive no answer?" In this book, you will find the answer to this common complaint. The many simple programs, formulas, and techniques for impregnating your subconscious mind and getting the right answers make this an extraordinarily valuable book in extracting from the treasure house of eternity within you all the riches you need—spiritual, mental, material, and financial. These will enable you to lead a full, happy, rich, and joyous life. *God gave you richly all things to enjoy* (I Timothy 6:17).

Some Highlights of This Book

The following are just some of the many highlights of this book:

- How a young widow avoided disaster and achieved security.
- How a banker quit a lifelong unhealthy habit.
- How a father's lack of understanding drove his daughter to starve herself.
- How faith healing failed—and cured—a man with severe arthritis.
- How a minister learned a true understanding of wealth.
- How a teacher inspired his students to outstanding success.
- How an unemployed professional discovered the job of his dreams.
- How a poor Mexican boy acquired a great psychic gift.
- How a girl achieved her dream of a visit to a great shrine.

There is a simple, practical, logical, and scientific way that always works for you to have all the good things of life. I want to say positively, definitely, unquestionably, and decisively that by using the instructions in this book, you will achieve the rich, happy, and successful life that you want for yourself.

Let this book guide you. Go over it again and again, do exactly as it says, and you will open the door to fabulous riches waiting for you. A nobler, finer, and more satisfying life can be yours. From this page onward, let us go forward in the light of true

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workable knowledge until the day you have longed for arrives and all the shadows of fear and failure flee. Then, miracle of miracles, you find yourself the wealthy person you have always wanted to be.

Joseph Murphy

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The Secret of Miracle Power for Infinite Riches

It is your God-given birthright to be rich. You are here to express the fullness of life in every way. Your secret purpose on earth is to lead a happy, joyous, and glorious life—the life more abundant. Infinite riches are all around you. The treasure house of infinity is not to be found in a bank vault or a pirate's trove. It is within your own subconscious depths. Begin now to extract from that marvelous gold mine within you everything you need—money, friends, a lovely home, beauty, companionship, and all the blessings of life. Whatever you need, whatever you want, you can bring it forth when you learn to apply the proper technique.

Dave Howe, an old friend of mine, told me the story of two men, Peter R. and Steve G., who grew up in the same town and went to the same college to become geologists. After graduation, they took jobs with rival mineral exploration companies in the western United States. Peter put much time and energy into learning how to tap the mind's treasure house within him. Steve did not. He was a thorough skeptic about the powers of his own mind. Instead, he put all his faith in the techniques and electronic instruments his professors had taught him to use. He relied on externals, such as physical appearances, conditions, and the general topography of the soil. Early in his career, Steve was assigned to do a geological exploration of a certain area in Utah. He used all the most modern equipment of his profession and did everything he was supposed to do, but he found nothing. After three weeks, he gave up.

Later that year, Peter conducted a survey of the same area. Within three days, he uncovered evidence that led to the discovery of a rich vein of uranium ore. His confidence in the guiding principle of his subconscious led him straight to the hidden wealth. The real riches were not concealed underground; they were openly evident in his mental orientation.

The Greatest Secret in the World

Scientists recently achieved the breathtaking feat of decoding the human genome. The

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program for life itself is said to now be within reach. One expert after another has proclaimed this the greatest secret being unfolded today. They tell us that in coming years science will be able to alter our specie's basic genes. If we choose, we can bring into being as many Einsteins, Beethovens, or Michelangelos as we like.

These experts fail to understand a vital fact. Human beings are more than their bodies, their hereditary characteristics, their family tree, the color of their skin, hair, and eyes. The Living Spirit-God is within humankind. The human subconscious is part of the Eternal, which does not change. It is the same yesterday, today, and forever. We can be transformed in only one way, and that is by the transformation of our minds. *Be ye transformed by the renewing of your mind* (Romans 12:2).

The greatest secret in the world is that the Kingdom of God is within us. Infinite intelligence, boundless wisdom, infinite power, infinite love, and the answer to every problem under the sun are locked within our own subconscious minds.

People search for the greatest secret in the world everywhere but within themselves. Yet the secret has always been within reach of all. Begin now to tap these tremendous powers within you, and you will start to lead a full and happy life based on *God, who giveth us richly all things to enjoy* (I Timothy 6:17). *I am come that they might have life, and that they might have it more abundantly* (John 10:10).

Your Right to Be Rich

It is normal and natural for you to want to achieve success, recognition, and prosperity in your life. You ought to have all the money you need to do what you want to do, when you want to do it. There is no virtue in poverty. Poverty is a mental disease that should, and *could*, be abolished from the face of the earth. Just as wealth is a state of mind, likewise poverty is a state of mind. If we want to eradicate all the slums in the world, we must first wipe out the mental slums created in people's minds by their belief in poverty and lack.

During my many years of private counseling, as well as when talking with people following my lectures around the world, I constantly hear the same comment from people: "The only thing holding me back is my lack of money. There is nothing that $50,000 or $100,000 would not cure in my life." What these people fail to realize is that their own focus on what they lack is *creating* their poverty. Wealth, like poverty, is really a pattern of thoughts and images in the mind. If these people were to follow the techniques explained in this book and begin to use their subconscious minds, wealth would flow to them in avalanches of abundance.

It is the right of you and your family to have healthy, nourishing food, good clothes, a comfortable home, and the money you need to buy the good things of life. You need the time every day for meditation, prayer, relaxation, recreation, and places that make these

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necessities possible. The true meaning of prosperity does not lie in having more things. It means that you begin to advance mentally, spiritually, and intellectually, as well as socially and financially.

How She Discovered the Riches of Her Subconscious

I was consulted by a woman, Bettina W., who told me she had been the victim of a series of misfortunes. After a bitter divorce that left her in charge of two preschool children, her former husband moved across country and stopped paying child support. She owned a home, but she was carrying both a first and second mortgage. Her one credit card was near its limit. She had a regular job and also did after hours work, but all the money that came in went out again immediately. It was a constant struggle simply to put food on the table. Bettina stayed awake nights wondering what she would do if she or one of the kids fell sick. As she put it, her life was a total mess.

I explained to her that the infinite intelligence within her subconscious could reveal to her everything she needed to know at all times. She could receive inspiration, guidance, new creative ideas, and a solution to her financial problems. I added that once she developed the ability to use her subconscious correctly, it would also provide all the money she needed. She would experience financial freedom beyond her fondest dreams.

To put this process into motion, I offered Bettina two abstract ideas: wealth and success. As we talked, she came to understand that wealth is everywhere. Like all of us, she was born to succeed, to win in the game of life, because once tapped, the infinite power within her cannot fail. At my suggestion, she began a program of spiritual exercises. Every night, before going to sleep, she set aside a quiet time in which she repeated slowly, feelingly, and with deep understanding: “Wealth, success. Wealth, success.” She realized that whatever she impressed on her subconscious would be magnified and multiplied on the screen of space. Just prior to sleep, our subconscious is particularly sensitive to whatever conscious thoughts we entertain. By focusing her consciousness on these two concepts, “Wealth, success,” Bettina began to activate and release the latent powers of her subconscious.

How Her Subconscious Responded

When used right, the subconscious never fails. Once appealed to, it meets our needs in unforeseen ways, regardless of circumstances. Bettina succeeded in putting away thoughts of poverty and stress while she concentrated on wealth and success. One night, as she was in the middle of this exercise, her eye fell on a vase she had inherited from

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her mother's older sister. The next day, on an impulse, she posted a description of the vase on an Internet auction site. Within days, connoisseurs who recognized its rarity had bid the price up to over $7,000.

Bettina soon became a regular at yard sales and estate auctions. If a particular item caught her eye, she bought it, then offered it at auction on the Internet. Within three months, her profits from buying and selling antiques and collectibles were so great that she was able to quit her regular job and do the buying and selling full time. Friends and competitors told her that she owed her success to a "knack." She knew better. She realized that her subconscious was the connecting link that united her with the treasure house of infinity. The Infinite intelligence within your subconscious can do *for* you only when it can do *through* you. Your thoughts and feelings control your destiny. Because Bettina learned to place her faith in the unfailing power of her subconscious, she will never again find herself in material or spiritual need.

The Secret of Riches and Promotion Was Within Him

Ralph S. was a gifted young attorney who had lost several cases in a row. He became gloomy, despondent, and full of self-criticism and self-condemnation. Soon he began to suffer some serious financial reverses and drifted deeper and deeper into debt. After one of the senior partners at his firm gave him a friendly warning that his career was in danger, he came to me for help.

After hearing his story, I explained a basic, if often overlooked, fact. Our thoughts are *creative*. That is, what we think tends to change, even to create, reality. The conditions, circumstances, events, and experiences we go through are not accidents. They accurately reflect our habitual thinking and imagery. I told Ralph that if he dwelled constantly on limitation and lack, he would inevitably *experience* limitation and lack.

In the same way, however, thoughts of peace, success, prosperity, right action, and abundance, if sustained regularly and systematically, reproduce themselves after their kind. We do not reap grapes from thorns or figs from thistles. The law is that we are what we think all day long. Moreover, thoughts you originate feelingly and knowingly are especially effective. Used properly, they will create for you whatever you wish to experience from this day forward.

My goal was to help Ralph begin to make use of the miraculous power of his mind. I laid out a program for him to follow that would remind him frequently of the riches of the Infinite within his subconscious mind. Accordingly, I gave him the following prayer technique. Three or four times every day, he took himself to some place where he could be undisturbed. After putting himself in a relaxed state, he affirmed slowly, quietly, and feelingly as follows:

Today is God's day. I choose harmony, success, prosperity, abundance, security, and Divine

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right action. Infinite Intelligence reveals to me better ways to give greater service. I am a mental and spiritual magnet, irresistibly attracting to me men and women who are blessed, comforted, and satisfied with my counsel and decisions on their behalf. I am Divinely guided all day long, and whatever I do will prosper. Divine justice and Divine law and order govern all my undertakings, and whatever I begin will result in success. I know the law of my mind, and I am fully aware that all these truths I am reiterating are now sinking into my subconscious mind, and they will come forth after their kind. It is wonderful.

He made it a special point never to deny what he affirmed. When thoughts of lack, fear, or self-criticism tried to intrude, he would immediately reverse them by affirming: *The Lord is my shepherd. I shall not want* (Psalm 23:1).

A few years have passed by. Today Ralph S. is a highly respected partner in his law firm, and his name is often mentioned as a likely prospect for a judgeship. When your thoughts are God's thoughts, God's power is with your thoughts of good.

The Riches of the Listening Ear and Understanding Heart

I have carefully saved a wonderful letter I received from a woman named Serena W., who listened every morning to my radio program. She told me that her husband, Robert, had died a few months earlier of a heart attack. He was only 38. They had often talked about buying life insurance, but the premiums were high. Money was tight, and there didn't seem to be any rush. As a result, she found herself a young widow with a 10-year-old son, few marketable skills, a heavily mortgaged house, and practically nothing in the bank. She had to borrow from her best friend to pay her husband's funeral expenses. Disaster seemed only days or weeks away.

She wrote: "I heard you quote from the Bible: *But my God shall supply all your needs according to his riches in glory* (Philippians 4:19). The words seemed to burn their way into my heart. Then you elaborated on this. You told us that if we tune in on the Infinite within us, if we believe in our hearts, then no matter what we really need to bless us, comfort us, provide for us, or inspire us, the Divine presence would respond. It is written: *Before they call, I will answer; and while they are yet speaking, I will hear* (Isaiah 65:24).

"I sat down and began to think of God supplying my needs. I became convinced that He was hearing me as I prayed. A great sense of peace and harmony came over me. About two hours later, I got a phone call from my brother-in-law, Milt, in Seattle. Milt is a software engineer who has been very successful. He and my husband were close as children, but they weren't in touch that much in recent years. I think Robert felt a little ashamed that he had not done as well in his career.

"Milt told me he felt devastated by the loss of his brother, and guilty as well. He had often thought about spending more time with us, but he had been so busy in his work that he never felt able to. Now it was too late. He went on to say that he knew Robert and I

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had not been in the greatest financial shape and he wanted to help. He was arranging to transfer a block of stock in his company to me. The dividends would be enough to cover our basic expenses. He was also setting up a trust to pay for my son's education. He promised that we would never be in want. All he asked in return was that we stay in touch and visit him from time to time. He did not want to make the same mistake with his nephew—my son—that he had made with his brother."

How a Salesman Hit the Jackpot

A real estate salesman named Rick R. attended my lectures on Sunday mornings and listened to my radio program regularly. He told me that he had been drawn into speculating on the stock market and gotten himself deeply in debt. He had counted on his income from commissions to pull him through, but in fact he had not made a sale of a home or property in several months.

As we talked, I began to see what his real problem was. He was obsessed with envious, jealous, and critical thoughts about his colleagues who were making many more sales than he was. He claimed that everything about them disturbed him. He deplored their sales techniques, their professionalism, their vocabulary, even the ways they dressed. He went so far as to tell me that their success was proof of their mediocrity.

As we talked, I tried to show Rick that the jealousy and envy he was generating reflected back on him. By minimizing the success of others, he was giving his own subconscious mind the message that success is bad, that it is something to be avoided, and his subconscious was responding accordingly. His own obsessive thoughts attracted lacks, limitations, and miseries to him. What we wish and think for others, we tend to manifest in our own experience, because each of us is the only thinker in our individual universe. We are totally responsible for the way we think about others as well as about ourselves.

Once Rick realized the trap he had fallen into and accepted responsibility for his own thoughts and wishes, he worked at reversing his attitude. Gradually, he began to wish for all his colleagues the same success, achievement, wealth, and blessings that he wished for himself. He taught himself to meditate several times daily upon the following prayer:

"I am a child of the Infinite, and His riches flow to me freely, joyously, and endlessly. I am enriched in all ways with happiness, peace, wealth, success, and outstanding sales. I am now stirring up the riches of my deeper mind, and rich results follow. I know I shall reap what I sow, for it is written: *Thou shalt also decree a thing, and it shall be established unto thee; and the light shall shine upon thy ways* (Job 22:28)."

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The change in Rick's attitude manifested in his relations with the others in his firm. They started to see him as an inspiration and a source of advice and support. Today he is in charge of his firm's most productive branch and is often called on to lead workshops for the sales force. He has a solid reputation for his ability to teach others how to sell wisely, judiciously, and constructively. The Book of Proverbs says: *Poverty and shame shall be to him that refuseth instruction* (Proverbs 13:18).

Meditation for Realizing the Abundant Life

Repeat the following meditation to help solve your problems for abundant living:

> **I know that to prosper means to grow spiritually in every dimension. God is prospering me now in mind, body, and affairs. God's ideas constantly unfold within me, bringing to me health, wealth, and perfect Divine expression.**

I thrill inwardly as I feel the life of God vitalizing every atom of my being. I know that God's life is animating, sustaining, and strengthening me now. I am now expressing a perfect, radiant body full of vitality, energy, and power.

My business or profession is a Divine activity. Since it is God's business, it is successful and prosperous. I imagine and feel an inner wholeness functioning through my body, mind, and affairs. I give thanks and rejoice in the abundant life.

CHAPTER POINTS TO REMEMBER

1. You are here to lead the abundant life, a life full of happiness, joy, health, and rich living. Begin now to release the riches of the treasure house within you.
2. The real riches are within your subconscious mind. A geologist who believed in the guiding principle of his subconscious mind found the treasure in the earth quickly and easily; his rival, who lacked the faith, explored the same area for weeks and found nothing.
3. The greatest secret in all the world is that God dwells in humans. The average person looks everywhere but within himself or herself for wealth, success, happiness, and abundance. God is the Life-Principle, the Infinite Intelligence, and the Infinite Power within us, available instantly to all people through the medium of their thought.
4. Poverty is a disease of the mind. Belief in poverty and lack produce lack and limitation. Wealth is state of mind. Believe in the law of riches, and you shall receive. Before we will ultimately banish the slums and poverty, we must first banish the slums and false beliefs in the mind of people.
5. You can tap the riches of your subconscious by claiming guidance, abundance,

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wealth, security, and right action. Make a habit of meditating on these truths and your subconscious will respond accordingly.

6. If you lull yourself to sleep every night with two ideas, wealth and success, knowing that by repeating them you are activating the latent powers of your deeper mind, you will be compelled to express wealth and success.
7. Infinite Intelligence in your subconscious can only do for you what it can do through you. Your thought and feeling control your destiny.
8. When you believe that the nature of the Infinite Intelligence in your subconscious mind is to respond to the nature of your request, the answers will always come to you and in ways you do not know of.
9. Your thoughts are creative. Each thought tends to manifest itself in your life. Thoughts of promotion, riches, expansion, and achievement, provided you do not deny them subsequently, come forth after their kind. You promote yourself. You answer your own prayer because it is done unto you as you believe.
10. Be careful when you affirm wealth, success, right action, and promotion that you do not subsequently deny what you affirm. That would be like mixing an acid with an alkali, and you would get an inert substance. In other words, stop neutralizing your good. Thoughts are things. What you feel you attract, and what you imagine you become.
11. Be sure that you are not envious or jealous of the success, riches, and wealth of others. Remember, your thought is creative. If you are envious or critical of those who have amassed wealth and honors, you will impoverish yourself along all lines. What you wish for others, you tend to create in your own experience.
12. Whatever you really feel to be true, and so decree in your life, will definitely come to pass. Decree riches, health, beauty, security, and right action. *Thou shalt also decree a thing, and it shall be established unto thee; and the light shall shine upon thy ways* (Job 22:28).
13. Use the meditation at the end of the chapter to realize a more abundant life.

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How to Tap the Miracle Power at Once That Makes You Rich

The Bible says: *If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

To believe is to accept something as true. It is to make alive the truths of God by feeling the reality of them in your heart. This is much more than a conscious or theoretical assent; it means that you must feel the truth of what you affirm in your heart.

It is belief in people's minds that determines the difference between success and failure, health and sickness, happiness and unhappiness, wealth and poverty. Wealth is a state of mind, just as poverty is a state of mind. You are truly rich when you are acquainted with the Infinite Presence and Power within you that people call God. You are truly rich when you know that your thought is creative, that what you feel you attract, and that what you imagine you become. You are rich when you know the creative process of your mind, which is that whatever you impress on your subconscious mind will be projected on the screen of space as form, function, experience, and events.

How She Discovered the Riches Within

A young graphic designer, Sophie C., came up to me after a lecture. She looked and sounded upset, even angry. "I am completely blocked on a major project," she burst out. "If I blow it, my whole career could go down the tubes. I have been praying continually for help in overcoming my problem, just the way you said. But it hasn't helped a bit. If anything, I'm in worse shape. What's the matter with your technique? Why doesn't it work the way it's supposed to?"

"Sophie," I began. "Let's say you are at your computer, working hard on your project. Would it help if your boss stood behind you every minute making suggestions?"

"Of course not," she replied. "I couldn't work that way."

"Not even if they were good suggestions?" I continued.

"Not even then," she said. "The best thing she can do is make sure I know what I have to accomplish, then give me the space I need to do it. If you're always jiggling my

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elbow, I'm bound to goof up. That is so obvious!"

"I agree," I said. "And it's exactly the same with your subconscious. By praying continually, you're hovering next to your subconscious, giving it one suggestion after another and keeping it from getting on with its work. What you really impress on it is anxiety and doubt about its ability to accomplish the task you've set. Visualize the outcome you desire, as feelingly and completely as possible, then leave the job of bringing it about to the Infinite Intelligence of your subconscious mind."

"I think I see what you mean," Sophie said slowly. "But I've gotten so much in the habit of praying for help. I guess I thought the more I prayed, the stronger the effect. How do I break the habit?"

"There's a powerful way to break such a fixation spell," I replied. "You should start to unleash the spiritual riches within yourself by setting aside one or two moments during the day to pray for someone else who has serious problems. It might be a friend, a neighbor, a business associate, or even someone you've heard about on TV. The important point is that you use no will power or mental coercion in this mental and spiritual exercise."

Sophie went away determined to try the approach I had suggested. A few days later, she called in excitement. That morning she had found herself wide awake an hour before the alarm went off. In her mind, as clear and complete as could be, was an original way to deal with the crucial project. She went to her computer at once. By her usual breakfast hour, she had finished the section of the project that had been giving her trouble for so long.

She Discovered the Riches of Her Creative Thought

A young woman, Marie G., was seriously worried about her mother, who suffered from chronic stomach pains. The mother's doctor had tried a variety of medications, but none of them relieved her distress. An examination of the gastrointestinal system with a fiber-optic probe showed signs of irritation, but did not reveal the *cause* of the irritation. Marie decided that only the healing power of the subconscious mind could help her mother. She began to set aside half an hour every morning and evening to pray for her mother's stomach. She focused on the concept that her mother's digestive system was a Divine idea and therefore perfect.

Unfortunately, Marie's mother's condition did not improve. Still more upsetting, Marie began to have stomach trouble herself.

Marie came to me and begged me to say where she had gone wrong. Why had her prayer caused her subconscious to manifest sickness instead of the desired health?

"By praying as you did," I explained, "you were actually identifying with your mother's illness. You were even keeping a regular date with it, twice a day. What you

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wanted was to get rid of it, but what you were doing was holding onto it."

How Her Creative Thought Healed

At my suggestion, Marie G. changed her approach. She carefully avoided dwelling on specific organs of the body and their disorders. Instead, she identified with the Infinite Healing Presence in the subconscious mind. She began to claim quietly, feelingly, and lovingly that the Healing Presence and Intelligence in the subconscious, which created her mother's body, was vitalizing, healing, and restoring her whole being into harmony, health, peace, and wholeness. She meditated quietly on these ideas for a short period of time each night before going to sleep. The results were remarkable. Her own stomach distress cleared up immediately, and her mother's problems showed a marked and steady improvement.

Sympathy Versus Compassion

The reason Marie G. became ill while praying for her mother was because she was actually sympathizing with her. We are taught that sympathy is a wonderful quality and that we should all cultivate it. This is an error. Sympathy is like spotting someone trapped in a pool of quicksand and wading in to share their danger. A better reaction, one of *compassion*, would be to stay on firm ground and throw the person a rope or tree branch. When, through sympathy, we accede to the negative or baleful aspects of a person's situation or condition, we tend to aggravate the problem. The reason for this is that the subconscious magnifies exceedingly whatever we focus our attention on.

Giving the Riches of the Infinite to the Sick Person

All the riches of the Infinite, such as inspiration, guidance, faith, abundance, and security, are within you. When you visit people who are sick, lift them up in your thoughts and feelings. Give them a transfusion of faith and confidence in the healing power of the subconscious. Remember that with God all things are possible. Visualize them as whole, radiant, joyous, and free. To feel sorry for the ill person and to commiserate with him or her is to drag the person down. This is a negative approach. Be compassionate and call forth the infinite healing presence in the subconscious, which can heal, bless, and restore both mind and body. *He restoreth my soul* (Psalm 23:3).

You Are the Master of Your Thoughts—Not the Servant

Your thought is creative. Every thought tends to manifest itself and causes your

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subconscious mind to respond according to the nature of the thought. You can direct and steer your thoughts just as you steer your car. Thoughts are things—material changes in the pattern of the universe. Your thought-image is a reality in your mind and the basis for what we call external reality. A car is a solid, material object, but if every car in the world suddenly vanished, an automotive engineer could quickly redesign the vehicle based on the thought-image in his or her mind. In a short while, we could again have millions of cars.

Your thought is the most powerful instrument you have to work with, infinitely more powerful than the latest computer. It pays fabulous dividends to learn to direct your thoughts wisely, constructively, and judiciously. Your thought works with mathematical exactitude: It creates limitation and lack if you dwell on ideas of poverty, and it brings expansion, growth, and prosperity when you think along these lines.

Become a Good Executive

It takes a good executive to draw forth the riches of the subconscious mind. You can tell good executives by the way they handle tasks. They have the mental acumen and sagacity to pick the best person for the task and delegate it to him or her. Once they have passed the task along, they keep their hands off and give the other person enough space to get on with it. Poor executives, on the other hand, whether in business, science, art, industry, or education, are constantly meddling with the pie they have asked others to bake.

When you pray, you must be a good executive. Learn to delegate authority to your subconscious mind. It knows all and sees all. It will bring your prayer to pass in its own way. When you pray or seek an answer, turn your request or desire over to your subconscious mind with complete faith and confidence, knowing that whatever is conveyed to the subconscious will come to pass.

How do you know if you have really turned your request over with faith and confidence? By the way you feel. If you constantly wonder how, when, where, and through what source your prayer will be answered, if you are anxious and apprehensive, you do not really trust the wisdom of your subconscious. Stop nagging your subconscious. The negativity of your worries will tend to bring forth fruit after its kind. When you think of your desire, lightness of touch is important. Remind yourself that Infinite Intelligence is taking care of it in Divine order.

Her Thought Is the Magnet

Lisa M. is a very successful stockbroker. She told me that she owes all her success to

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the fact that she maintains a mental picture of success in her work. This acts as a sort of magnet that attracts to her the clients and conditions that accurately correspond to her thoughts and feelings.

This is her prayer every morning: "I am a mental and spiritual magnet. I draw to me all those people who want and need what I have to offer. There is a Divine exchange of ideas between us; they are blessed and I am blessed. I decree harmony, abundance, right action, and inspiration, and I know my subconscious mind accepts these truths."

Lisa finds herself Divinely led and directed in all she does. Her subconscious mind is the seat of habit. As she continues to claim Divine guidance, right action, and abundance regularly and systematically, she is under a subconscious compulsion to do, speak, and act in the right way.

How He Conquered by Surrendering

I recently had a long conversation with a prominent banker, Brendan O. A friend had told him that I might be able to help him give up tobacco. Though skeptical, he was desperate enough to try anything. As we talked, I began to see that he was involved in waging a daily war with the world and its conditions. He saw every associate as a possible rival and pored over their every word for hints of what hostile, underhanded act to expect from them. As he read the business section of the paper each morning, he muttered curses. Each new development felt like a blow aimed directly at him. It is no wonder that he was a heavy smoker. Eventually, his doctor told him he had to quit. He pooh-poohed the idea. Then one day, breathlessness forced him to quit his weekly tennis game . . . while he was ahead. That was enough to make him decide to stop.

Of course, he approached the task of quitting smoking the same way he approached everything else—as a battle. It didn't work. The harder he tried to quit, the more restless and irritable he became, and the more he felt the urge to smoke. His nerves were shot. He began to make risky business decisions and to act toward his superiors as badly as he did to those under him. Soon his entire career was in serious danger. By the time we spoke, he was beginning to consider the idea of ending it all.

"You are like someone who has strayed into a patch of quicksand," I told him. "The harder you struggle, the deeper you sink. Not just with the smoking, though that is very important. The war you think you are waging against the world, you are really waging against your own subconscious mind. Every day you tell it that life is full of conflict and hostility, and every day it takes you at your word and makes manifest the conditions you expect."

"But I really *want* to stop smoking," Brendan protested.

"I don't doubt it," I replied. "But you are overlooking a basic law of mind. When your desire and imagination are in conflict, your imagination always wins. You imagine

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yourself struggling against tobacco, and you provoke that very struggle."

"Maybe so," he said. "But now I'm in the thick of it, and I can't afford to lose. We're talking about my life and health that are at stake. What do I have to do to win this battle?"

I took a deep breath. This was not going to be easy. "You have to surrender," I told him. "Give up. Abandon the struggle."

"Never!" he broke in. "Roll over and play dead? Never!"

"I didn't say play dead," I said calmly. "What you must do is find the path to invoking a greater power. And the entrance to that path lies in the opposite direction from struggle."

Suddenly his shoulders slumped. "I don't get it," he said in a low voice. "But I'm ready to try anything. What do I do now?"

He Found the Quiet Path to Get Things Done

At my suggestion, Brendan held a session with himself twice a day, on first getting up and just before going to sleep. He sat in a quiet place and breathed calmly and steadily, until he felt himself become relaxed and receptive. Then he affirmed and visualized as follows:

> **Freedom and peace of mind are mine now. I know that as I believe and affirm these truths, they are sinking down into my subconscious mind. I will be under compulsion to give up cigarettes, as the law of my subconscious is compulsion. In my imagination I see my doctor before me. He has just finished examining me and is congratulating me on my freedom from the habit and on my perfect health.**

As these sessions continued, he got a response from his subconscious. His desire to smoke faded until it was gone. He had succeeded in impregnating his deeper mind with his habitual thinking and visualizing. The next time he saw his doctor, he learned that the worrisome symptoms had faded as well. He was in excellent health.

Brendan's new approach to his subconscious mind had more widespread effects, too. He found himself calmer and more collegial at work, and his business judgment improved. He realizes now that it is the quiet mind that gets things done. Though it is months since he last felt the desire to smoke, he continues to hold sessions with himself twice a day. He quiets his body and tells it to be still and relaxed. It has to obey. When his conscious mind is quiet, calm, peaceful, and receptive, the wisdom of his subconscious rises to the surface, and he receives marvelous answers and solutions.

The Riches of Letting Go and Letting God Help

A psychologist named Sylvia B. got dragged into a bitter and complex legal case

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involving a former patient. The many documents and frequent court appearances became a terrible drain on her time and energy. When she tried to be conscientious about her participation, she found that she had no room left for living her own life. At last she realized that she was neglecting the greatest power she had available to her. She turned to her subconscious and prayed as follows:

> **Divine wisdom and Divine right action of my subconscious, solve this problem. I release the matter and let it go.**

Whenever she had to get in touch with her attorney or others involved in the case, she would silently decree:

> **The God-Presence within me is all-wise and is taking care of this in Divine order. I am not keeping tabs on the God-Presence within as to how, when, where, or through what source this will be solved. I let go and let God take care of it.**

The sequel to her new attitude of mind was interesting. Her former patient admitted fault and begged her forgiveness. The suit was dismissed immediately. There was a Divine adjustment, and she was set free from all legal entanglements.

The Future Can Be Wonderful for You

Do not waste your energy and vital substance by brooding over old peeves, grudges, and grievances. To do so is like ripping open a grave—all you find is a skeleton. Focus your attention on the good things of life. Realize that the future will be wonderful because your harmonious thoughts will germinate and grow, bringing forth wonderful fruit: health, happiness, abundance, and peace of mind.

Draw a thick line under the past, then turn the page. Never mentally touch any negative experience or trauma that has happened in the past. Remain faithful to this mental attitude and realize that as you change your present thoughts and keep them changed, you will change your destiny.

She Discovered the Riches of Scientific Prayer

Anna H. came to me distraught and highly agitated. Her 18-year-old son had left home following an argument with his father. He dropped out of college and wrote that he was planning to join a cult. Anna was so frantic that her doctor put her on powerful tranquilizers and antidepressants. She was also resorting to sleeping pills almost every night.

During our conversation, I tried to point out a few simple truths. “You do not own your son,” I told her. “Yes, he came *through* you, but not *by* you. The Life-Principle is

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our common progenitor. We are all children of the one Father, or Self-Originating Spirit. Your son is here to grow, to expand, and to overcome difficulties, challenges, and problems. He must discover for himself the powers within him. It is up to him to release his talents to the world. You can't help him by mental excitation, anger, and resentment, only through love, understanding, and right action."

By the end of our conversation, Anna had decided to release her son completely. Sincerely, feelingly, and with deep confidence, she decreed as follows:

> **I loose my son to God completely. He is Divinely guided in all his ways and Divine wisdom anoints his intellect. Divine law and order reign supreme in his life. He is guided to his true place and is expressing himself at his highest level. I loose him and let him go.**

She remained faithful to this prayer. Twice every day she claimed peace, harmony, joy, and Divine love for her son and for herself. Some weeks later, she got a phone call from her son. He had become disillusioned with his new "associates." He realized that their only goal was to mold his thoughts to fit their own. They had no intention to let him find and be himself. He was returning to college with the goal of learning more about the spiritual wisdom of the ages.

Since then, Anna's son has done well in his scholastic work. He has also started meditating daily and writing some of the thoughts that come to him in meditation. He communicates frequently with both his parents, but his mother no longer feels possessive. She has discovered the riches of Divine love and freedom.

When Anna stopped thinking from the standpoint of circumstances and conditions, she began to discover that interior standpoint where there are no circumstances. From there, she was able to decree what conditions should be according to Divine law and order. Then she let the wisdom of her subconscious take care of it.

How to Think Richly

Think regularly and systematically of life, illumination, inspirations, harmony, prosperity, happiness, peace, and the life more abundant. Think these truths rather than this or that condition on them. Trust the operations of your subconscious mind to bring all these ideas you are contemplating into being in the way best suited for your particular case. This is a wonderful way to enter into the life more abundant.

Meditation To Have the Power of Faith

Use the following meditation to help you secure the power of faith:

> ***"The prayer of faith shall save the sick and God shall raise him up."*** **(James 5:15) I know that no matter what the negation of yesterday was, my prayer or affirmation of truth will rise**

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triumphantly over it today. I steadfastly behold the joy of the answered prayer. I walk all day long in the Light.

Today is God's day; it is a glorious day for me, as it is full of peace, harmony, and joy. My faith in the good is written in my heart and felt in my inward parts. I am absolutely convinced that there is a Presence and a perfect Law that receives the impress of my desire now and that irresistibly attracts into my experience all the good things my heart desires. I now place all my reliance, faith, and trust in the Power and Presence of God within me; I am at peace.

I know I am a guest of the Infinite and that God is my host. I hear the invitation of the Holy One saying, *"Come unto me all ye that labor, and I will give you rest."* (Matthew 11:28) I rest in God; all is well.

CHAPTER POINTS TO REMEMBER

1. To believe is to accept something as true. Belief makes the difference between success and failure, riches and poverty, health and sickness. Believe in the riches of the Infinite Power within your subconscious and you will experience them.
2. When your problems seem overwhelming, break the tension by praying sincerely for someone who is very ill or in deep trouble, and suddenly you will find your own problems solved.
3. When praying for a loved one, be sure not to identify with the ailment or any part of the anatomy. Realize that the Infinite Healing Presence is flowing through the loved one as harmony, health, peace, and joy. Visualize the loved one as radiant and happy. Meditate quietly on these truths and pray again when you feel led to do so. Wonders happen as you pray this way.
4. Sympathy means to go down into the quicksand with the other, and it does not help the sick person. Have compassion and give the sick person a transfusion of faith, confidence, and love, knowing that with God all things are possible.
5. Your thought is creative, and every thought tends to manifest itself. You can direct and steer your thoughts in the same way you steer your car. Thoughts are things. Your thought-image of wealth, success, and achievement is the magnet that attracts to you all things that correspond with your thought-image.
6. The quiet mind gets things done. Tell your body to be still, and quiet your mind by thinking of the infinite intelligence of your subconscious, which knows the answer. When your conscious mind is still and your body is relaxed, the wisdom of your subconscious will rise to the surface mind.
7. A good executive knows how to delegate authority. You must be a good executive when using your mind. Turn your request over to your subconscious with faith and confidence, and you will get the appropriate response. You know when you have really turned it over, because you find yourself at peace.

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8. You can give up smoking or any bad habit by decreeing freedom and peace of mind, while at the same time imagining a friend or a physician congratulating you on your freedom. As you affirm and envision an antipathy toward tobacco, your subconscious will take over and compel your freedom from the habit.
9. Many have discovered the wisdom of turning an acute domestic problem over to the God-Presence, trusting that Divine wisdom and intelligence will bring about the solution that is best for all. The prayer, "I let go and let God take over," brings about the perfect answer.
10. Liquidate the past and never dwell on old grievances or grudges. The future is your present thinking made manifest. Think regularly and systematically of harmony, beauty, love, peace, and abundance, and you will have a wonderful future.
11. We do not own our children. When difficulties arise with a child, pray as follows: "I loose my child to God completely. My child is Divinely guided in all ways, and Divine love takes care of my child." Whenever you think of your child, bless him or her silently by knowing, "God loves my child and cares for my child." As you do this, whatever happens will be good.
12. Think of the infinite riches within your subconscious mind. Think of harmony, peace, joy, love, guidance, right action, success—all these are principles of life, and as you think of the life more abundant, you activate the latent powers within you. Your subconscious will compel you to express the abundant life right here and right now. Thoughts are things.
13. Use the meditation to secure the great power of faith for yourself.

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How the Rich Get Richer—and How You Will Join Them

The Bible says: *God, who giveth us richly all things to enjoy* (I Timothy 6:17). Riches are of your mind. There is a guiding principle within you that can lead you to fulfill the desires of your heart. Wealth is a state of consciousness, a mental attitude, an acceptance of the riches of the Infinite. The whole world was here when you were born. Life was a gift to you. You are here to express life and to release your hidden talents to the world.

Once you gain the ability to tap your subconscious mind, you will never want for any good thing all your life, whether it be health, peace of mind, true expression, companionship, or a lovely home and all the money you need to do what you want to do when you want to do it. Your subconscious offers you the infinite power to be rich, and the key is your own thought. Your thought is creative. Begin to think regularly and systematically of success, achievement, victory, abundance, and the good life. Thinking makes it so.

She Discovered Her Thought-Image Was Wealth

A few years ago I joined a guided tour that took me to many scenic places in Spain and Portugal. There were about 30 of us on this tour. One was a young woman named Maria B. When I introduced myself, during a get-acquainted party at our first stop, her eyes widened.

"Are you the man who wrote *The Power of Your Subconscious Mind*[*]*?"* she asked excitedly. "I owe this trip to you!"

She explained that she had always wanted to visit Spain. Her ancestors had originally come from Malaga, one of the places we were scheduled to visit. The expenses of such a tour were beyond her means, however. For a long time, she put the project out of her mind as impossible. When she read about the wonderful powers of her subconscious, however, she decided to put the techniques to the test.

Her first step was to gather brochures and magazine articles about Spain. Looking

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through them, she found herself mysteriously drawn to a photograph in one of the tourist brochures of the Hotel Malaga Palacio. She decided that this attraction must be a sign from her subconscious. Every night before going to sleep, she would concentrate on the picture. Then she would place herself in a dreamy, receptive state of mind and imagine she was in that hotel. She visualized her room, the beautiful view from her window, the wonderful meals on the terrace, all in as much detail as possible.

After she had followed this procedure for about a week, she happened to take the folder for one of the guided tours to work with her. As she was glancing through it before leaving for lunch, one of her coworkers, a young man whom she didn't know, saw it and remarked how much he wanted to see Spain. They went out to lunch together and discovered they had a great deal in common. Soon they were dating seriously. When they became engaged, Maria's aunt told her that as a wedding present she wanted to pay for the couple's honeymoon and suggested a tour of Spain.

"So you see," Maria concluded. "I don't just owe you this chance to see Spain. I owe you my marriage, too!"

I smiled. "You don't owe me a thing," I said. "All this you owe to the power of your own subconscious and to your wisdom in making use of it."

Maria's story illustrates the working of your deeper mind. It always magnifies what you deposit in it. She visualized a trip to Malaga. She received not only that, but a new and fulfilling relationship. Your subconscious gives you compound interest. Whatever you deposit in it is magnified and multiplied exceedingly. Maria's thought-image proved to her where all the riches are.

How He Invoked the Law of Increase

On the tour of Spain I just mentioned, we visited the city of Seville, which personifies the real Spain more than any other community in that country. Over half a million people here share a rich history that has included Phoenicians, Romans, Visigoths, and Moors, all of whom left their mark there. Seville's university was founded in 1502, and the city gave the world two of its greatest painters, Murillo and Velasquez.

One of our guides was a friendly, intelligent young man who had a thorough knowledge of the city and its culture, along with a fund of interesting and amusing sidelights. As we were walking from our hotel to the cathedral, I said to him, "Where did you learn your English? You speak like a native."

He grinned. "That's because I am," he said. "I grew up in New York City, in Queens."

"Okay, then I'll rephrase my question," I said. "Where did you learn your Spanish? You speak like a native."

"That's an interesting story," he replied. "My mom is Spanish, from right here in

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Seville. She and my dad met when he was stationed here with the Air Force. She always talked Spanish to me at home, and of course New York has a lot of Spanish speakers, so I had plenty of chances to practice."

"I can see that," I said. "But what brought you here?"

"For as long as I can remember, I wanted to live in Europe and be a guide," he told me. "I used to read guidebooks the way other kids read mysteries. I loved to study maps. When I daydreamed, I'd daydream about walking through one of the great cities and looking at all the historic buildings. When I was 14, I decided I had to do something to make my dream become real. So I wrote it down on a piece of paper. I said I wanted to learn French and German so I could guide people from many countries around Spain and the rest of Europe. I carried the paper folded in my wallet, and every time I had some spare moments, I took it out and reread it. I told myself it wasn't a dream, it was a reality that simply hadn't happened yet."

I was terrifically impressed by this young man's account. Without conscious knowledge of how the subconscious mind works, he had stumbled upon an effective way of invoking it.

"Well, the fact that you're here, taking us around, proves that you were right," I remarked. "How did the fulfillment of your dream come about?"

"Simple," he replied, with another infectious grin. "So simple I never would have thought of it on my own. My mother's relatives wrote and asked if I'd like to come live with them while I went to high school in Seville. I jumped at it, of course. And when I got here, I learned that the university has a course of study for people who want to go into the tourist industry. So here I am."

This guide's constant prayer is: *The God of Heaven, He will prosper us* (Nehemiah 2:20). By constantly dwelling on his written request, he succeeded in writing it in the tablets of his subconscious mind, which responded by bringing it to pass in its own unique way.

How to Follow Your State of Mind

The Lord maketh poor and maketh rich: he bringeth low and lifteth up (I Samuel 2:7). The Lord is the lordly power of your subconscious mind, called the Father within. Your Lord is what dominates your thinking. If your dominant conviction is that you are entitled to all the good things of life, such as health, wealth, love, true expression, and the abundant life, you will experience accordingly. On the other hand, if you feel that you are destined to be poor and that the good things of life are not for you, you are placing yourself in want, lack, frustration, and self-imposed bondage.

Remember, your thought has power; it is creative. Every thought you initiate tends to manifest itself except if it is neutralized by a more powerful thought of greater intensity.

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All the men and women who garner more of the world's goods reveal a wealth consciousness and a joyous expectancy of the best. Everything you experience is due to the law of your mind. By dwelling on the idea of increased good and by nourishing it and sustaining it, a person draws more of the riches of life to himself. On the other hand, one who thinks only of decrease, lack, and limitation magnifies his or her loss. The law of your subconscious is to increase any idea implanted in it. The experience of the negative thinker will attract more and more loss.

Begin to Practice the Law of Increase

Remember, any object to which you give special attention will tend to grow and magnify itself in your life. Attention is the key to life. Think of increase along all lines. Feel you are successful and prosperous, and you will see that the feeling of wealth produces wealth. Be sure you wish for all those around you success, happiness, and abundance, knowing that as you wish increase of wealth and happiness for others, you are also attracting more of God's riches to yourself. As you radiate abundance and riches to others, they will pick up your thoughts subconsciously and will be benefitted by the feeling of riches and abundance emanating from you.

You can silently give to all people you meet the following blessing: "God gave you richly all things to enjoy, and you are prospered beyond your fondest dreams." That simple prayer will work wonders in your life.

How to Use the Law of Increase in Your Business or Profession

As you quietly, lovingly, and feelingly enter into the realization that your thoughts of richness, success, prosperity, and health create all those conditions and circumstances on which you focus your attention, you will automatically create all the conditions necessary for your advancement. Moreover, you will find yourself attracting more and more people who will become clients, customers, friends, and associates and who will aid you in the realization of your dreams. You will subconsciously attract to yourself the men and women who are living in the consciousness of God's riches.

I was browsing through an exclusive shop in the Rodeo Drive section of Beverly Hills when a fashionably dressed woman came over to me. She introduced herself as Rhonda M., the founder and owner of the shop. As we talked, she told me what she regards as the secret of her tremendous success and great popularity with her customers. Every morning as she opens the store, she decrees: "Everyone who enters here is blessed and prospered, inspired and enriched in all ways." She has learned a great truth, which is: *Thou shalt also decree a thing, and it shall be established unto thee; and the light shall shine upon thy ways* (Job 22:28).

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How He Lost His Home

A friend introduced me to Barbara S., who lived with her husband in an upcoming area not far from my home. She confided that she was terribly worried about her husband. An insurance broker, he was constantly dwelling on his financial problems and setbacks.

"I know his business isn't doing well," Barbara told me. "There's so much new competition from Internet-based companies. But it can't be good for him to spend so much time imagining that he'll go bankrupt and that we'll lose our home."

I was alarmed by the picture she painted. "You must try to persuade him to focus on more positive thoughts," I urged her.

"I've tried," she said. "He refuses to listen. It's almost as if he *wants* to fail, so he can say, 'I told you so.'"

A month or so later, my friend told me that Barbara's husband's firm had filed for bankruptcy, and their home was for sale at under its market value. It was snapped up by a wealthy neighbor as an investment.

There are good, solid reasons why the rich get richer and the poor get poorer. Job said: *The thing which I greatly feared is come upon me* (Job 3:25). The law of mind is good and very good. A person who thinks constantly of loss, lack, failure, and bankruptcy cannot expect to prosper and succeed. The rich person walking in the consciousness of success and prosperity looks upon wealth as like the air he breathes. It is his attitude, not merely his wealth, that lets him acquire the former home of the poor person. You can't think evil and reap good, any more than you can think good and reap evil. The law of your mind is perfect. It tries to manifest what is impressed upon it. The poor person, by which I mean the person who doesn't know how to operate and release the riches of her mind, creates her own poverty. She can, however, at any time she wishes, begin to practice the law of opulence and again attract to herself wealth, success, and riches of all kinds.

The Rewards of Being Acquainted with the Law of Opulence

You can get acquainted with the qualities of an orange by tasting it and eating it. You can get acquainted with the riches of your subconscious by applying the law of opulence. A businessman said to me that the source of supply was within him, and he responded to his faith in the endless resources of the infinite riches of his subconscious mind. Every morning and every night his prayer is: "I am ever grateful for God's riches that are ever active, ever present, unchanging and abundant." This businessman never wants for all the money he needs to operate his enterprise and to open up new branches.

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Listen to the Truth and You Will Never Be in Want

Infinite Spirit, the source of all blessings, the creator of the world and all things therein contained is within you. You do not own anything in the universe; God, or Spirit, owns all. You are a steward of the Divine and you are here to use the wealth of the world wisely, judiciously, and constructively, claiming Divine wisdom in your handling of all your earthly possessions. When you go on to another dimension, you cannot take with you anything but the treasures of wisdom, truth, and beauty that you have instilled in your subconscious mind. Your faith, confidence, and trust in the goodness of God and in the joy of the Lord that is your strength represent the real riches you will take with you into the next stage of life—these are the treasures of heaven (your mind).

The whole world is yours to enjoy. The cattle on a thousand hills are yours. The songs of the birds are yours. You can enjoy the stars in the heavens, the morning dew, the dusk and the dawn. You can turn your eyes to the hills, the mountains, and the valleys. You can smell the sweet fragrance of the rose and the tang of new-mown hay. All the riches in the soil, in the air, and in the sea are yours. The fruit that falls to the ground and rots is abundant enough to feed all of humanity. Nature is bountiful, lavish, extravagant, even wasteful.

It is God's intention and will that you lead a full and happy life. You should live in a beautiful home, surrounded by luxury. You should have beautiful clothes, constantly dressing for God and reminding yourself of the infinite and indescribable beauty, order, symmetry, and proportion of the Infinite. You should have all the money you need to do what you want to do, when you want to do it. Your children should be brought up in beautiful surroundings and in a loving, God-like atmosphere. They should be taught the endless resources within the depths of their own minds, so that, being able to tap the riches of their subconscious, they, too, will never want for any good thing.

How to Tap the Endless Source of Supply

Recognize the infinite source within your subconscious, then invoke the great law of opulence and increase as follows:

> **God is the source of my supply, whether it is energy, vitality, creative ideas, inspiration, love, peace, beauty, right action, or wealth that I need. I know the creative powers of my subconscious can bring all these things into being. I am now appropriating mentally and experiencing buoyant health, harmony, beauty, right action, abundant prosperity, and all the riches of my deeper mind. I exude vibrancy and goodwill to all. I am giving better service every day. God's riches are forever flowing into my experience, and there is always a Divine surplus. All these thoughts are sinking down into my subconscious, and they are now coming forth as abundance, security, and peace of mind. It is wonderful.**

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As you sow in your subconscious, so shall you reap. The Bible says: *The wilderness and the solitary place shall be glad for them; and the desert shall rejoice, and blossom as the rose* (Isaiah 35:1).

Daily Meditation for the Rich Life

If you repeat the following meditation daily, it will bring the rich life to you faster and easier:

> ***Consider the lilies of the field; they toil not, neither do they spin; yet Solomon in all of his glory was not arrayed as one of these.*** **(Matthew 6:28) I know that God is prospering me in all ways. I am now leading the abundant life, because I believe in a God of abundance. I am supplied with everything that contributes to my beauty, well-being, progress, and peace. I am daily experiencing the fruits of the spirit of God within me; I accept my good now; I walk in the light that all good is mine. I am peaceful, poised, serene, and calm. I am one with the source of life; all my needs are met at every moment of time and every point of space. I now bring "all the empty vessels" to the Father within. The fullness of God is made manifest in all the departments of my life. "All that the Father hath is mine." I rejoice that this is so.**

CHAPTER POINTS TO REMEMBER

1. The rich get richer for the simple reason that the consciousness or awareness of wealth and the expectancy of more and more of God's riches, which are omnipresent, attract more and more wealth, health, and opportunities to the person who walks in that state of mind.
2. The thought-image of wealth produces wealth; the thought-image of a journey results in the opportunity to take it. A young woman began to visualize the experience of staying in a hotel in Spain. Her subconscious opened the way and magnified her impression of the journey into a honeymoon. Your subconscious always magnifies.
3. A young boy of 14 wrote down his dream of moving to Europe and studying to be a guide. He continued to meditate on what he had written and succeeded in writing his requests on the book of life (his subconscious) within him. His subconscious wisdom acted on the mind of his relatives, fulfilling all his desires.
4. Enter into a consciousness of God's wealth, which is all around you. Live in the joyous expectancy of the best, and by the law of attraction, you will attract the riches of the Infinite storehouse in your own subconscious mind. Keep thinking of prosperity, abundance, security, and increase in all things.
5. Whatever you give attention to grows, magnifies, and multiplies in your experience. Keep your attention on whatsoever things are lovely and of good

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report. Radiate abundance, goodwill, and riches to others. They will pick it up subconsciously, and you will attract wonderful people into your life. They will prosper and you will prosper.

6. A rich person walks in the mental attitude that wealth is like the air he or she breathes. Having that state of mind, the person attracts more and more riches of all kinds. The poor person who is constantly picturing and talking of lack, bankruptcy, and hard times attracts these qualities to him or herself.
7. You can get acquainted with the riches of the Infinite storehouse within you by reiterating and believing the following prayer: "I am ever grateful for God's riches that are ever active, ever present, unchanging, and eternal."
8. God gave you richly all things to enjoy in this universe. Life itself is a gift to you. The whole world was here before you were born. Believe and expect the riches of the Infinite, and invariably the best will come to you. As you practice this simple truth, the desert of your life will rejoice and blossom as the rose.
9. Strengthen your ability to create a rich life by repeating the meditation at the end of the chapter.

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How to Claim Your Right to Infinite Riches Now

A few years ago, during the month of May, I took a trip to Ireland, England, and Switzerland. While in Ireland, I went to Killarney to visit a relative of mine. Killarney is one of the world's great beauty spots. For centuries, poets, artists, and writers have struggled to capture the magnificent and varied colors and forms of this wonderland of green mountains and crystal lakes surrounded by luxuriant woods of birch, oak, and arbutus.

It was here amidst the beauty of the countryside that my relative poured out his tale of woe regarding his daughter. Mary (not her real name) was rapidly losing weight. She refused to eat except under pressure from her father. The local doctor had been giving her injections of liver and vitamins, but now said she was a hopeless case. When she was taken to Dublin to see a psychiatrist, she refused to talk to him. Her father was frantic.

I had three long talks with Mary. During the third one, we were sitting on a stone wall with a view of a distant lake when I asked her point-blank: "Mary, are you trying to get even with your father, exerting a sort of revenge, because he prefers your brother to you?"

She stared at me with stricken eyes, then blurted out, "I hate him, I *hate* him! He won't hear a word against Sean, who takes himself off to Dublin and a fine life at the university. It's I stays home and keeps the house, but it's never a kind word I hear, only 'Why did you not do it this way instead?' He'll be a sorry man when I'm gone."

"But, Mary," I said gently, "God intended you to lead a full, happy, and rich life. Your body is a temple of the living God. When you refuse to care for it, that is worse than setting fire to a church."

"I'd never dream of such a thing!" she protested.

"Maybe not, but you're doing it," I replied. "When you refuse to eat, you are destroying your body. There is no difference between that and suicide. Is that really what you want?"

She shook her head. As she turned away, I saw that her eyes had filled with tears.

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Her Father Saw His Sad Mistake

I went inside and spoke privately with Mary's father. I told him what she had said. His face turned red, and he began to curse. He shouted that he worked his whole life to support an ungrateful child who had been a bane since the day of her birth.

"Why do you say that?" I asked, when he stopped to take a breath.

He stared at me as if he did not recall who I was or what I was doing there. "She killed my Kate," he said in a flat voice. "I've not had a moment of peace or joy since then. Nor will I until I'm in the churchyard, lying next to Kate once more. May the day come soon!"

I recalled that Kate was the name of his wife, who had died in childbirth. I understood the sad story he had acted out since then, blaming a helpless child for his terrible loss. Now he was in danger of another loss that would be even worse because it was so unnecessary.

"What do you think Kate would say" I asked "if she knew that you hate the child she brought into the world? That that hatred may kill Mary? Would she approve? Would she think that was a proper way to honor her memory?"

For a moment he clenched his fists, as if he thought striking me would relieve his own distress. Then he buried his face in his hands and started to sob. Through his tears, he said, "It's not that I've no tenderness for Mary at all. There are moments when I see her mother in her face, and it breaks my heart. But when I thought of showing it, it was as if I'd be betraying Kate."

"Not betraying," I said. "Glorifying. Honoring her mother in her and the Eternal in Mary, Kate, and all of us."

When I brought Mary in, her father apologized to her and asked forgiveness. He vowed his love, appreciation, and tenderness for her. She was naturally hesitant to believe that he had changed so much, but as he continued to exude and affirm real love for her, he poured forth the riches of the Infinite, and she softened to him.

Mary had been silently saying to herself: "I feel I must starve and die. Nobody loves me. This way I will make my father care for me." Now, with her father's love, she was able to experience her love for herself as well. That evening, I was delighted to see her eat a hearty dinner.

Love frees; it gives; it is the spirit of God. Love opens prison doors and sets free the captives and all those bound by fear, resentment, and hostility.

The Prayer That Changed Her Life

I know my body is the temple where God dwells. I honor and exalt the Divine presence within me. Divine love fills my soul, and His river of peace flows through my mind and heart at all times. I eat my food with joy, knowing that it is transmuted into beauty, harmony, wholeness, and perfection. I know God hath need of me where I am, and I am Divinely expressed. I am loved, I am needed, I am wanted and appreciated by my father and others. I radiate love, peace,

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and goodwill to everyone at all times. My food and drink are God's ideas that unfold within me, making me strong, wholesome, and full of Divine energy.

Mary is now saturating her subconscious mind with these truths several times a day. In the last letter I received from her she told me she is engaged to marry a neighbor, a young farmer with ambitious ideas. Her words bubbled over with a new life and inner joy. She has truly experienced the riches of the Infinite as love, marriage, inner peace, and abundance.

The Riches of Faith in a Higher Power

After leaving my Irish relatives, I asked my driver to go by way of Glendalough, "The Glen of Two Lakes." Here, in the sixth century, St. Kevin founded a monastery, and his shrine is visited by many people hoping for a cure of various diseases.

My driver told me that as far back as he could remember, he had stuttered badly. In school, the other kids made fun of him and called him "Stutts." Consultations with the finest speech therapists and psychologists in Dublin and Cork City had brought no relief. "Then, when I was eight," he continued, "my da took me to Glendalough He put me in the very cell where St. Kevin stayed and told me, 'Sleep here for an hour, and you'll surely wake healed."

Fascinated, I asked, "And what happened?"

"Sure, I knew my da would never lie to me," he replied. "I did as he said. I went to sleep, there in the cell. And when I woke up, I was healed. Never a bit have I stammered or stuttered from that day to this."

The Real Reason for His Cure

I did not disturb this young man's blind faith, because it was that which had activated and released the healing power of his subconscious mind. This boy's mind at the age of eight was highly impressionable. His imagination was fired by the thought of a miraculous cure. When he was given an unusual ritual to follow, his expectancy was undoubtedly one hundred percent that St. Kevin would intercede for him. It was done unto him as he believed.

There is only one healing power, and that is the Infinite Healing Presence lodged in your subconscious mind.

The Riches of True Faith Versus Blind Faith

True faith consists of knowing that the Infinite Presence that created you from a cell

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knows all the processes and functions of your body and certainly knows how to heal you. When you consciously tune in on the healing power of your subconscious, knowing and believing it will respond to you, you will get results. In other words, true faith is the combined use of your conscious and subconscious mind scientifically directed for a specific purpose.

Blind faith consists of belief in amulets, charms, talismans, bones of saints, shrines, healing waters, and so on. In other words, it is faith *without* understanding. As a result, its therapeutic value is often only temporary.

I urge people who are sick to seek the help of a physician and to keep on praying not only for themselves but also for the physician.

> ***Honour a physician with the honour due unto him for the uses which ye may have of him; for the Lord hath created him*** **(Ecclesiasticus, Chapter 38: Paragraphs 1 and 2). For of the Most High cometh healing, and he shall receive honour of the king. . . . The Lord hath created medicines out of the earth; and he that is wise will not abhor them. . . . And he hath given men skill, that he might be honoured in his marvellous works.**
>
> **My son, in thy sickness be not negligent, but pray unto the Lord, and he will make thee whole . . . Then give place to the physician, for the Lord hath created him; let him not go from thee, for thou hast need of him. There is a time when in their hands there is good success. For they shall also pray unto the Lord, that he would prosper that which they give for ease and remedy to prolong life . . .**

When you pray for health, then health should "spring forth speedily." If it does not, you should take action immediately by going to your medical doctor, dentist, chiropractor, or surgeon, as seems most appropriate to you. Remember, if you were always walking in the consciousness of God's love and peace, you would never be ill, but all of us fall short from time to time. If your teeth are bad and faith does not heal them, I suggest you go immediately to a dentist. Pray that God is guiding him or her and that Divine law and order reign supreme in your life, and you will be satisfied with your new bridgework.

Why He Did Not Experience the Healing Riches of the Infinite

A friend of mine in Waterford, Ireland, Roger C., arranged for me to tour the Waterford glass factory, where the legendary crystal is made. It was an inspiration to watch the skilled craftspeople making the raw glass bloom into depth and sparkle. One of the workers held up the vase he was working on, catching the light on the cut crystal. Then the real glory of its facets, diamonds, flutings, and ovals shone forth in a spectrum of indescribable beauty.

I noticed that Roger was walking with great difficulty, with the help of a cane. I

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asked him if he was getting proper medical treatment for his condition.

"Oh, yes," he replied. "I have regular cortisone injections, and I take painkillers every day. They help, of course, but not that much. Tell me, for I know you are an expert on these matters. Last year, on a visit to Scotland, I went to a church healing meeting. There was a great crowd there, in a state of great excitement. There were cripples who threw away their crutches, people who said they could hear for the first time, even a woman whose tumor shrank before our eyes."

"And you?" I asked. "How were you affected?"

"That's the odd part," he said. "When the healer touched me, I felt a strong vibration all through my body. For the first time in years, I put down my cane and walked without pain. But the next day I was as lame as ever. Can you explain that?"

He Had a Temporary Emotional Healing

"I think I can," I told Roger. "The press of the crowd, the glare of the lights, the music and chanting and emotional atmosphere combined to put you in a very susceptible state. When the so-called 'healer' placed his hands on you, he probably manipulated your leg, called on Jesus to heal you, then told you to rise up and walk."

Roger gave me an astonished look. "That's exactly the way it was!"

"In the sensitive state you were in," I continued, "your subconscious mind summoned up the power to let you walk temporarily without your cane. At the same time, you took in a hypnotic suggestion that blocked the experience of pain for a day. However, hypnotic suggestions to the subconscious soon wear off. And that is what happened to you."

On the Road to Recovery

Roger began to see that he had not reached the cause of his condition. He began to understand that true, permanent healing comes with forgiveness, love, goodwill to all, and spiritual insight—all these are real healing forces. He admitted he was seething with hostility, guilt, resentment, and hatred toward many people, especially those who were not crippled as he was. He began to realize that his destructive emotions contributed to his condition. I suggested that he cooperate with his doctor and pray for him and also bless him, which he promised to do.

The Prayer That Is Helping My Arthritic Friend

At Roger's request, I wrote out a prayer for him.

I forgive myself for harboring negative, destructive thoughts about myself and others. I fully and freely forgive everyone, and I sincerely wish for them health, happiness, and all the blessings of life. Whenever a person comes into my mind whom I dislike, I will immediately affirm, "I have released you. God be with you." I know when I have forgiven others, because I

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feel no sting in my mind. The Infinite Healing Presence of God flows through me, and His river of peace flows through me. I know that Divine love saturates my entire being, and God's love dissolves everything unlike itself. The Healing Light of God is focused at that point in my mind where the problem is, and it is shattered, making way for the Holy Spirit (spirit of wholeness) to indwell every thought and every cell. I give thanks for the healing that is taking place now, for I know all healing is of the Most High. I know God is guiding my doctor, and whatever He does will bless me.

He has been reiterating these truths slowly, quietly, and feelingly morning and night, knowing all the while that these spiritual vibrations will enter into his subconscious mind, obliterating the negative patterns lodged there by years of vicious and destructive thinking. The second letter I received from him said that his physician is amazed at his progress and is planning to refer him to a physical therapist for retraining in walking without a cane. He is well on the road to a real spiritual healing, for all healing is of the Most High. *I am the Lord that healeth thee* (Exodus 15:26).

How the Riches of Belief Pay Dividends in All Phases of Life

Five miles from Cork City is the celebrated landmark Blarney Castle. Its greatest source of fame is the "Blarney Stone," which is set high into the outer wall. According to legend, those who kiss the Blarney Stone become blessed with the "gift of gab." Because of this legend, the word "blarney," has come to mean pleasing talk, intended to deceive without offending. People come from around the globe to kiss the Blarney Stone. This is not an easy matter. You have to lie on your back, grasp an iron railing, and lean out backwards over a daunting fall. But afterwards, you are supposed to develop marvelous powers of speech.

While visiting the castle, I fell into conversation with Father B., an Irish priest. When I brought up the legend of the Blarney Stone, he said, "You mustn't scoff. I've had proof of its powers myself."

"Oh?" I said. "How's that?"

"When I entered the priesthood, I was a terrible bore," he confessed. "When I was scheduled to give the sermon, the church would be almost empty. I even began to question my vocation. Then on a visit here, I kissed the Stone, just for the doing of it. But afterwards, my sermons improved. There are now those kind enough to call me an orator. Be that as it may, when I preach, many come to listen. It is just as the Gospel says: *All things are possible to him that believeth* (Mark 9:23)."

Any geologist will tell you that a block of stone is simply a block of stone, even if it is part of the wall of a famous castle. It has no power to confer the gift of oratory or eloquence. Even so, kissing it may well have that effect, as it did with Father B. How?

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Because our beliefs and expectancies stir up the dormant powers in the depths of the subconscious mind. Those powers were always there, waiting to be recognized and utilized. *Wherefore, I put thee in remembrance that thou stir up the gift of God, which is in thee* (II Timothy 1:6).

The Instant Riches of Mental Insight and Understanding

At another point in my visit to Ireland, I went on a pony trek to the Gap of Dunloe in Killarney. Riding through this gap on a sturdy Kerry pony was a memorable thrill. During the last Ice Age, glaciers carved a path through the surrounding hills. The towering summits of the Reeks, the changing shadows on the mountain tops, and the silence and solitude of the cliff-bound road combined to make an unforgettable impression on me.

One of my companions on the ride was a young Englishman, Basil F. As we reached the middle stretch of the narrow gorge, he suffered an acute asthma attack. Fortunately, he was well prepared, with a prescription inhaler as well as a hypodermic kit of adrenaline in case the attack became really severe.

After the attack subsided, he confided that he had to deal with this practically every day, almost always around noon.

"It's no wonder I have asthma," he added. "My father had it all his life. I was there when he died from an attack. It was terrible."

Puzzled, I asked, "Didn't you mention earlier that you were an adopted child?"

"Yes, that's right," he agreed. "I was adopted as a baby."

He did not seem to notice the contradiction in his thinking. He attributed his asthma to heredity, while at the same time telling me he was adopted. That, of course, ruled out any hereditary source of his illness.

How His Mental and Emotional Disturbance Released

Later, during a break, Basil and I went aside and had a deeply personal talk. I confronted him with the contradiction I had remarked on earlier. At first he argued, but then he admitted that he had hated his adopted father.

"Why was that?" I asked sympathetically. "Did something happen to make you feel that way?"

"Oh, yes, indeed," he replied. "I must have been twelve at the time. I did something to make him angry, something quite trivial really. He told me, 'You are no son of mine. You're someone's castoff bastard. I took you out of the gutter and gave you a home, and this is how you repay my kindness!'"

I was shocked. "And that was the first time you learned you were adopted?"

"Just so." His eyes glistened with tears. "I hated him for that. But he was right. I was

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repaying his kindness with anger and resentment. I was acting exactly like what he had called me."

"Do you think it was kind of him to tell you something so important in a moment of anger?" I asked.

"No, I suppose not," he said slowly. "But I must have been a terrible trial, or he would not have done it."

During his adolescent years, Basil tried to deny his anger and resentment toward his adopted father, but it remained suppressed in the deeper recesses of his mind. Being a negative and destructive emotion, it had to have an outlet sooner or later. When his adopted father died, he took on the older man's symptoms of asthma as a form of self-punishment for his sins.

I explained this to him fully. I then pointed out that though he undoubtedly deeply resented the fact that he was born out of wedlock, there is no such thing as an illegitimate child in the eyes of God. The real illegitimate child is one who thinks negatively and fails to conform to the Golden Rule and the Law of Love. He had developed the symptom because he felt he should suffer for his sense of unworthiness and self-rejection, plus his hatred and antagonism for the man who had adopted him. I pointed out that his adopted father had tried to do the best he could for him. He should work toward forgiving him for that angry, hurtful outburst.

Basil understood immediately. On the rest of the ride, he was quiet and thoughtful. When we returned to our hotel in Killarney, I gave him a copy of *The Power of Your Subconscious Mind*[*] and wrote out a special prayer for him to use regularly every day. I also urged him to continue cooperating with his physician.

This is the prayer I gave him:

> **I release my foster father and my real father and mother, known only in Divine mind, to God completely. I forgive myself for harboring negative and destructive thoughts about myself and others, and I resolve not to do this anymore. Whenever negative thoughts come to me, I will immediately affirm, "God's love fills my soul." I am relaxed, poised, serene, and calm. God guides my doctor in all his ministrations to me. The breath of the Almighty gave me life, and I know God breathed into me the breath of life and made me a living soul with all the powers and attributes of God within me. I inhale the peace of God and exhale the love of God, and God flows through me as harmony, joy, love, peace, wholeness, and perfection.**

I suggested that he affirm these great truths for about five minutes morning, afternoon, and night and that he be careful never to deny what he affirms. When fearful thoughts or approaching symptoms come, he is to say quietly, "I inhale the peace of God and I exhale the love of God to all."

Not long after my return home to California, I received a lovely letter from him. He had been completely free of asthma attacks since our conversation. Truly, the explanation is oftentimes the cure.

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The Riches of Forgiveness

In England, I signed up for a tour of Shakespeare country, which still retains much of the flavor that must have influenced the life and work of the immortal poet and playwright. During lunch, at a historic inn in Warwick, I shared a table with a young woman who introduced herself as Margaret R. and mentioned that she was a hospital nurse. When I told her I wrote about the psychological and spiritual dimensions of people's problems, she told me that for the past several months she had suffered a persistent skin rash. She had consulted eminent dermatologists attached to the hospital where she worked, and they had prescribed various lotions and ointments, but all to no avail.

"I'm sure it must be psychosomatic," she added. "But it's no help knowing that, is it now?"

"That depends," I replied. "Experts on psychosomatic illness have said that the skin is where the inner and the outer worlds meet. According to them, many skin conditions are caused by negative emotions such as hostility and resentment. In other words, the skin functions as a sort of organ of elimination. The mental poisons that result from repressed emotions such as guilt, anxiety, and remorse become translated into physical symptoms."

Her face became thoughtful. "That is a very interesting idea," she said. "Will you be in England long? I should very much like to have a consultation with you, if possible."

"Certainly," I said. We picked a date and time, and I gave her the address of the St. Ermin's Hotel, Caxton Street, where I have always stayed when visiting London.

The Cause of Her Itching and Persistent Skin Rash

A few days later, Margaret and I sat in a private alcove of the hotel lobby. I was quite frank with her. I said I sensed she felt very guilty about something and believed she deserved punishment for it. A bottled-up emotion repressed in the subconscious will often express itself in the form of a bodily symptom. If she confessed and cleansed her mind, the itching rash might well disappear.

Looking away in embarrassment, she said, "There *is* something. I am married, but my husband's work has called him abroad. During the last 14 months, I have seen him only once, on holiday."

"Yes?" I prompted. "That must be difficult for you."

"Oh, it is," she replied. "And . . . well, there is one of the doctors at the hospital. He was so sympathetic. We started seeing each other outside of work, and . . . do I have to finish?"

"It would be better if you did," I told her.

"Very well." Her cheeks reddened. "We have entered into a sexual relationship."

She went on to say that she felt filled with remorse and guilt. She was sure that her

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rash was God's way of punishing her for her sin.

Self-Forgiveness Brings Peace and Release

I explained to Margaret that God, or the Life-Principle, never punishes. People punish themselves by their misuse of the laws of mind. For example, if you cut yourself, the Life-Principle proceeds to call forth a supply of clotting agent, and the subjective intelligence builds a bridge and forms new tissue. If you burn yourself, the Life-Principle holds no grudge, but it seeks to restore your skin to normal by reducing the edema, giving you new skin and tissue. If you take in something harmful, the Life-Principle causes you to regurgitate it. It always seeks to restore you to health. The tendency of the Life-Principle (God) is to heal, restore, and make you whole.

As a nurse, Margaret understood all this at once. Then I asked a pertinent question. "Do you want to be free of this rash?"

Without any hesitation, she said, "Yes, I do."

"Then," I said, "we have no problem. All you have to do is to stop doing what you are now doing and forgive yourself, and that's the end of your trouble."

Before our consultation ended, Margaret had reached a decision to give up the relationship with the doctor and to stop condemning herself.

As I explained to her, self-condemnation and self-criticism are destructive mental poisons that infect the whole system. They rob you of vitality, vigor, wholeness, and strength and leave you a physical and mental wreck. I pointed out to her that all she had to do was to get her thoughts to conform to the Divine law of harmony and love. A new beginning is a new end.

We prayed together, claiming that Divine love, peace, and harmony were now saturating her entire being and that she was Divinely guided and watched over by an overshadowing Presence. During a long silence, we dwelt on one thing only: The Healing Power of God's love. Then I reminded her of a great truth that should be indelibly imprinted in the minds and hearts of all: *This one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize* (Philippians 3:13, 14).

The prize she sought was health, happiness, and peace of mind. At the end of our meditation, an inner light glowed in her eyes. She told me she had felt something happen to her in the silence. The rash had disappeared completely. We joined together in saying, *Father, I thank thee that thou hast heard me. And I know that thou hearest me always* (John 11:41,42).

The Riches of Wisdom and Understanding

While I was in London, an old friend came to visit me at St. Ermin's Hotel. She brought

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along her son, Edward, who was 12 at the time. At one point, she confided that Edward was terribly afraid of the dark. This had been going on for two years. I asked her if anything had happened two years earlier that might have given the child a great shock. The subconscious mind never forgets any experience, even if it is blocked from our conscious awareness.

"Why, yes," she said. "We were living in Liverpool at the time, and the house caught fire during the night. My husband had to carry Edward out in his arms, with his coat over him to protect him from the smoke. It was terrible."

"Daddy tried to smother me," Edward suddenly exclaimed. "I couldn't breathe!"

Those two sentences gave us the key to the whole problem. Of course the child was afraid of the dark. In the dark, as he believed, his own father had tried to murder him!

We explained to Edward that in reality his father had been trying to protect him and save his life. We talked about the peril of smoke inhalation, which kills many more people in fires than the flames do, then said that he should radiate love to his father and mother. I counseled the boy and his mother, explaining that no matter what had happened in the past, it could be changed now by filling the subconscious mind with life-giving patterns. There is no time or space in mind, and the lower is always subject to the higher. Filling the boy's mind with the truths of God would crowd out of his mind everything unlike God.

I gave the mother a prayer for her boy. I also asked Edward to use it before sleep. This is the prayer the mother used:

> **My boy is God's son. God loves him and cares for him. God's peace fills his soul. He is poised, serene, calm, relaxed, and at ease. The joy of the Lord is his strength. The Healing Presence flows through him as harmony, peace, joy, love, and perfection. God is, and His Presence vitalizes, energizes, and restores his whole being to wholeness, beauty, and perfection. He sleeps in peace and wakes in joy.**

For Edward's use she changed the "him" to "me" and had him repeat, "I am God's son," and so on. On my return home, I was delighted to receive a letter from the mother. "My boy is healed," she wrote. "He had a vision in his sleep. A sage appeared in a dream and said to him, 'You are free. Tell your mother.' It was very vivid."

This was the subconscious of the boy revealing to him his healing. *I the Lord will make myself known unto him in a vision, and will speak unto him in a dream* (Numbers 12:6).

A Meditation for An Effective Prosperity Prayer

Meditate often by repeating the following prayer for prosperity:

> ***Thou shalt make thy way prosperous, and then thou have good success.*** **(Joshua 1:8) I now give a pattern of success and prosperity to the deeper mind within me, which is the law. I now identify myself with the Infinite source of supply. I listen to the still, small voice of God within**

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me. This inner voice leads, guides, and governs all my activities. I am one with the abundance of God. I know and believe that there are new and better ways of conducting my business; Infinite Intelligence reveals the new ways to me.

I am growing in wisdom and understanding. My business is God's business. I am Divinely prospered in all ways. Divine wisdom within me reveals the ways and means by which all my affairs are adjusted in the right way immediately.

The words of faith and conviction that I now speak up open all the necessary doors or avenues for my success and prosperity. I know that *The Lord (Law) will perfect that which concerneth me.* (Psalms 138:8) My feet are kept in the perfect path, because I am a child of the Living God.

CHAPTER POINTS TO REMEMBER

1. Resentment and hostility are mental poisons that rob you of vitality, enthusiasm, and energy. A severe eating disorder is often a disguised form of committing suicide, a way of seeking revenge against someone else. The answer is to open the mind and heart to the influx of Divine love and to realize that others really do care and love you, bringing about a healing and a transformation.
2. When you begin to realize that you are an organ of God and that God hath need of you where you are and that you are loved, needed, and wanted, a complete transformation takes place; you begin to release the riches of the Infinite as love, goodwill, inner peace, and abundance.
3. Often blind faith will bring about remarkable results. Paracelsus said, "Whether the object of your faith be true or false, you will get results." A young boy who stuttered fired his imagination into a joyous expectancy and blind faith and believed that if he slept in the cell where St. Kevin was supposed to have slept, he would be healed. His subconscious accepted his belief, and he was healed.
4. True faith consists of the belief that the Infinite Presence that created you knows all the processes and functions of your body and that when you unite with it believingly, results will follow. True faith is the combined use of your conscious and subconscious mind, scientifically directed.
5. When you pray for health, then health should "spring forth speedily." (Isaiah 58:8) If it does not, go to a doctor immediately and follow the injunction of the Bible, which says: *Honour a physician with the honour due unto him . . . for the Lord hath created him* (Ecclesiasticus, Chapter 38, Paragraph 1).
6. Some people experience excessive emotionalism at public healing meetings; their emotional hysteria often brings a temporary alleviation of pain. These hypnotic suggestions have only temporary effect, however. In true healing, your conscious and subconscious mind must agree, and you must believe in your heart in the

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Infinite Healing Presence. Then the result is permanent, not temporary. When you pray for healing, complete forgiveness must take the place of all guilt, peeves, and grudges. You know when you have forgiven others, because there is no sting in your mind.

7. There is no power in sticks, stones, amulets, charms, or bones of saints. But if a person believes that the bone of a dog is that of a saint and that kissing it will bring a healing, it is not the bone of the dog that heals, it is the response of the person's subconscious mind to blind belief.
8. Negative and destructive emotions snarl up in the subconscious mind and cause many diseases. When a person feels guilty, he feels he should be punished, but what he fails to see is that he is punishing himself. When a boy's adopted father died, he took on the dead man's symptoms as a form of self-punishment for his guilt.
9. A wonderful prayer for forgiveness is this: "I forgive myself for harboring negative and destructive thoughts about myself and others, and I resolve not to do this any more. Whenever a negative thought comes to me, I will immediately affirm, 'God's love fills my soul.'"
10. Your skin is where the inner and the outer worlds meet. Emotions of hostility, anger, suppressed rage, and resentment may express themselves as skin diseases. Remorse and guilt, according to psychosomatic physicians, are the cause of many skin eruptions.
11. The Life-Principle (God) never punishes. This Presence always seeks to heal you and to make you whole. Self-condemnation and self-criticism are destructive mental poisons that send psychic pus all over your system, leaving you a physical and mental wreck.
12. Come to a decision. Forget the past and saturate your mind with Divine love, peace, and harmony. Realize that Divine love dissolves everything unlike itself.
13. No matter what has happened in the past, you can change it now. Fill your subconscious with life-giving patterns of thought and you will erase and crowd out everything unlike God.
14. The meditation at the end of the chapter will help you to improve your life and make your way prosperous.

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How Miracle Thought-Forms Will Increase Your Wealth

The whole world and all its treasures in the sea, air and earth were here before you were born. Begin to think of the untold and undiscovered riches all around you, waiting for the intelligence of humankind to bring them forth. There are more millionaires and billionaires now in the United States than at any previous time in history. A single idea, projected into reality, can bring you a fortune. You are here to release the imprisoned splendor within you and surround yourself with luxury, beauty, and the riches of life. The sooner you begin, the better for you and for the whole world.

Make Friends with Money and You Will Always Have Money

Nothing is so necessary as having the right attitude toward money. Once you make friends with money, you will always have a surplus of it. It is normal and natural for you to desire a fuller, richer, happier, and more wonderful life. Understand that money is God's means of maintaining the economic health of the nations of the world. When money is circulating freely in your life, you are economically healthy. Begin now to see money in its true significance and role in life as a symbol of exchange. Money to you should mean freedom from want; it should mean beauty, luxury, abundance, sense of security, and refinement.

Why She Did Not Have More Money

Being poor is first of all a mental attitude. Judy G. is a very good writer who has had several articles accepted for publication, but she said to me, "I don't write for money."

"What's wrong with money?" I responded. "I understand that money is not your only goal when you write. Perhaps you don't think of it at all at that point. But remember, 'the laborer is worthy of his hire.' What you write inspires, lifts up, and encourages others.
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Why should you not be rewarded for it? Once you adopt the right attitude, you'll find that financial compensation will automatically come to you freely and copiously."

"I hate the thought of it," she said, with a little shudder. "I do not want the honesty of what I write to be ruined by filthy lucre. To tell you the truth, I wish there were no such thing as money. It really is the root of all evil. It spoils everything. That's why the poor are so much warmer and more human than the rich."

"There is no evil in the universe," I told her. "Good and evil stem from the thoughts and motivations of people. All evil comes from a misinterpretation of life and a misuse of the laws of mind. In other words, the only evil is ignorance, and the only consequence is suffering."

"I don't understand," she said.

"Look at it this way," I explained. "Would you call a bar of copper evil? Or a bar of iron? What about gold?"

"That's different," she said quickly.

"Of course," I agreed. "And what is the difference? A matter of the number and arrangement of the elementary particles. A $100 bill in itself is nothing more than an innocuous piece of paper. It is our thoughts that give it power and importance, that turn it to good or evil ends."

"I think I see what you mean," she said slowly. "And I'm sure if I had money, I would find ways to do good with it. But I'm afraid of what I'll have to do to get it. Won't that change me and my work? Won't I have to give up my integrity?"

"If that were to happen, it would be another misuse of the laws of mind," I told her. "You are here to develop yourself in all ways. Those include the development and true expression of your talents, as well as the flow of wealth toward you. As for what you have to do, it may be much easier than you think."

She Adopted New Ideas Toward Money and Prospered Accordingly

At my suggestion, Judy adopted a simple technique. The more she practiced it, the more money multiplied in her experience. Every day, before she sat down at her computer to work, she prayed as follows:

> **My writings go forth to bless, heal, inspire, elevate, and dignify the minds and hearts of men and women, and I am Divinely compensated in a wonderful way. I look upon money as Divine substance, for everything is made from the One Spirit. I know matter and spirit are one. Money is constantly circulating in my life, and I use it wisely and constructively. Money flows to me freely, joyously, and endlessly. Money is an idea in the mind of God, and it is good and very good.**

Judy's changed attitude toward money has worked wonders in her life. She has completely overcome her strange, superstitious beliefs that money is evil and poverty is virtuous. She also realized that it was her subconscious condemnation of money that caused money to fly from her instead of to her. Her income tripled in three months, and

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that was just the beginning of her financial prosperity.

He Worked Hard but Lacked Money

Some years ago, I talked with a minister, Edwin R., who had a very good following. He had an excellent knowledge of the laws of mind and was able to impart this knowledge to others, but he could never make ends meet. When I asked why he thought that was, he replied by quoting from Timothy: *For the love of money is the root of all evil* (I Timothy 6:10). He neglected what follows later in the same chapter, where the people are charged to place their trust or faith in the living God, *who giveth us richly all things to enjoy* (I Timothy 6:17).

The Bible enjoins us to give our allegiance, loyalty, and faith to the Source of all things, which is God. You are not, therefore, to give your allegiance, loyalty, and trust to created things, but to the Creator, the Eternal Source of everything in the universe. If someone says, "All I want is money, nothing else. That's my god, and nothing but money matters," he can get it, of course, but at what a cost! He is ignoring his obligation to lead a balanced life. We must also claim peace, harmony, beauty, guidance, love, joy, and wholeness in all phases of life.

To make money the sole aim in life would constitute an error or wrong choice. You must express your hidden talents, find your true place in life, and experience the joy of contributing to the growth, happiness and success of others. As you study this book and apply the laws of your subconscious in the right way, you can have all the money you want and still have peace of mind, harmony, wholeness, and serenity. To accumulate money to the exclusion of everything else causes a person to become lopsided and unbalanced.

I pointed out to this minister how he was completely misinterpreting the Scripture in pronouncing pieces of paper or metal evil. These were neutral substances. "There is nothing good or bad but thinking makes it so," I said. He began to think of all the good he could do for his wife, family, and parishioners if he had more money. He changed his attitude and let go of his superstition.

He began to claim boldly, regularly, and systematically

> **Infinite Spirit reveals better ways for me to serve. I am inspired and illumined, and I give a Divine transfusion of faith and confidence in the One Presence and Power to all those who hear me. I look upon money as God's idea, and it is constantly circulating in my life and that of my parishioners. We use it wisely, judiciously, and constructively under God's guidance and wisdom.**

This prayer activated the powers of his subconscious mind. Today the Rev. Edwin R. has a beautiful church that his congregation built for him and for themselves. His television broadcasts spread his teachings to millions of others. He has all the money he needs for his personal, worldly, and cultural needs. And I can assure you, he no longer

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criticizes money.

The Master Key and Program to Disciplining Your Mind for Money

If you follow the procedure and technique I am about to outline, you will never want for money all the days of your life.

1. Reason it out in your mind that God, or the Life-Principle, is the Source of the universe, the galaxies in space, and everything you see, whether you look at the stars in the sky, the mountains, the lakes, the deposits in the earth and sea, or all animals and plants. The Life-Principle gave birth to you, and all the powers, qualities, and attributes of God are within you. Ponder these truths:

- Everything you see or are aware of came out of the invisible mind of God, or Life.
- Everything that our species has invented, created, or made came out of the invisible mind of humankind.
- The mind of human and the mind of God are one, for there is only one mind common to all of us.
- God is the Source of your supply of energy, vitality, health, and creative ideas. God is the Source of the sun, the air you breathe, the apple you eat, and the money in your pocket.
- Everything comes of the Invisible. It is as easy for God to become wealth in your life as it is for Him to become a blade of grass.

2. Decide now to engrave in your subconscious mind the idea of wealth. Ideas are conveyed to the subconscious by repetition, faith, and expectancy. By repeating a thought pattern or an act over and over again, it becomes automatic. Because your subconscious is compulsive, you will be compelled to express it. There is no real difference between this process and learning to walk, swim, or play the piano. You must believe in what you are affirming. Realize that what you are affirming is like seeds you plant in the ground. They grow after their kind. By watering and fertilizing these seeds, you accelerate their growth. Know what you are doing and why you are doing it.

3. Repeat the following affirmation for five minutes night and morning:

> **I am now writing in my subconscious mind the idea of God's wealth. God is the Source of my supply, and all my needs are met at every moment of time and point of space. God's wealth flows freely, joyously, and ceaselessly into my experience, and I give thanks for God's riches forever**

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circulating in my experience.

4. When thoughts of lack come to you, such as, “I can’t afford that trip” or “I can’t pay that bill,” never finish a negative statement about finances. Reverse it immediately in your mind by affirming, “God is my instant and everlasting supply, and that bill is paid in Divine order.” If a negative thought comes to you 50 times in one hour, reverse it each time by thinking, “God is my instant supply, meeting that need right now.” After a while, the thought of financial lack will lose all momentum and yon will find your subconscious is being conditioned to wealth. If you find yourself attracted to a new car, for example, never say, “I can’t possibly afford that.” On the contrary, say to yourself: “That car is for sale. It is a Divine idea, and I accept it in Divine Order.”

This is the master key. When applied as outlined in the preceding program, the law of opulence will work for you, just as it does for others. The law of mind works equally for all. Your thoughts make you wealthy or poor. Choose the riches of life right here and right now.

A Sales Representative Is Stuck at $30,000 a Year

A sales manager sent me one of his employees for counseling. Rhoda G. was a brilliant college graduate and knew her products very well. She was in a lucrative territory but was making only about $30,000 annually in commissions. The sales manager felt she could easily double or triple that.

In talking to Rhoda, I found she was down on herself. She had been born into a family trapped by poverty. Her parents always took it for granted that she was destined to live in poverty just as they did. Instead of putting stress on the value of ambition, education, or hard work, they made fun of her aspirations for a better life. They told her she was getting ideas above her place in life. Her subconscious mind, especially impressionable in someone so young, accepted these imposed thoughts. Even when she chose an occupation that gave her the possibility of achieving her dreams, her subconscious belief in lack and limitation held her back.

I explained all this to Rhoda, then told her she could change her subconscious by feeding it with life-giving patterns. Accordingly, I gave her a mental and spiritual formula to follow that would transform her life. I stressed that she should under no circumstances deny what she affirmed, because her subconscious mind would accept and manifest what she really believed. Every morning before going to work, she affirmed

I am born to succeed; the Infinite within me can’t fail. Divine law and order govern my life, Divine peace fills my soul, Divine love saturates my mind. Infinite Intelligence guides me in all ways. God’s riches flow to me freely. I am advancing, moving forward, and growing mentally,

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spiritually, financially, and in all other ways. I know these truths are sinking into my subconscious mind and will grow after their kind.

Her Subconscious Magnifies Her Earnings Greatly

A year later, I received a telephone call from Rhoda. She told me her life had been transformed as a result of the ideas we had discussed.

"I have learned to value myself," she said. "I am appreciating life now, and wonderful things have happened. My commissions over the last 12 months have amounted to almost $150,000. That's about five times what they were the year before. And last week my boss asked if I'd consider supervising sales in the entire southeastern district." As Rhoda realized, her success came as a result of learning the simple truth that whatever she inscribes in her subconscious mind becomes effective and functional in her life.

Meditation for a Rich Harvest of Financial Wealth

Use the following meditation for assurance in achieving financial wealth:

Thou madest him to have dominion over the works of thy hands. **(Psalms 8:6) I know that my faith in God determines my future. My faith in God means my faith in all things good. I unite myself now with true ideas, and I know the future will be in the image and likeness of my habitual thinking.** ***As a man thinketh in his heart so is he.*** **(Proverbs 23:7) From this moment forward my thoughts are on** ***Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are lovely, and of good report*** **(Philippians 4:8); day and night I meditate on these things and I know these seeds, or thoughts, that I habitually dwell upon will become a rich harvest for me. I am the captain of my own soul; I am the master of my fate; for my thought and feeling are my destiny.**

CHAPTER POINTS TO REMEMBER

1. Begin to think of the untold riches all around you waiting for the intelligence of humankind to reveal them. There is a guiding principle within you that, when called upon, will reveal to you the riches you are seeking.
2. There is an old saying: "Make friends with money, and you will always have it." Look upon money as God's idea, circulating among nations, maintaining economic health. Claim that money is circulating in your life, and your subconscious will see to it that you have all the money you need.
3. If you condemn money, calling it "filthy lucre," the root of all evil, and making other such nonsensical statements, your money will take wings and fly away. Money, like everything else in the universe, is universal substance, which is Spirit

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reduced to the point of visibility. Money, like nickel, cobalt, iron, platinum, lead, oil, and coal, are all forms of the universal substance operating at different frequencies and vibrations.

4. Adopt a new attitude toward money, realizing you are entitled to be richly compensated for your work, whether it be writing, teaching, gardening, or whatever. Think of all the good you can do when money is circulating freely in your life.
5. You can work very hard, but if you dislike money or criticize it, you will find yourself in want financially. You do not make a god of money, but you realize that it is essential on this plane of existence. You look to the real Source of wealth, which is God, and you know that as you turn to the Source it will turn to you and give you all the riches of life. You do not worship a created thing, you worship the Creator. Your expectation is from God, who giveth to all life breath and all things richly to enjoy.
6. Claim that you are always using money wisely, judiciously, and constructively for your own good and for that of all men and women everywhere. Constantly claim also that the Infinite reveals better ways in which you can serve.
7. The master key to disciplining the mind for money is to come to a clear-cut decision once and for all that God is the source of everything you see in the universe and that everything people have made came also out of the mind of God. Believing this to be true, your affirmation for wealth will prove productive. When fearful thoughts or thoughts of lack come to your mind, reverse them at once by affirming, "God is my instant supply—that bill is paid in Divine mind now." Never finish a negative statement about your finances. After a while, the negative thoughts will cease to come, and you will find you have conditioned your subconscious to wealth.
8. A sales representative multiplied her income five times when she changed her attitude of mind about herself and money. Her subconscious belief in poverty had held her back. When she began to feed her subconscious mind with thoughts of success, opulence, right action, and abundance, she discovered that her thought, properly guided, created promotion, wealth, self-esteem, and recognition from her superiors and customers. She learned that what she inscribes in her subconscious becomes effective and functional in her life. Her journey is now ever onward, upward, and Godward.
9. Use the meditation at the end of the chapter to assure yourself of a rich financial harvest.

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How to Say the Exact Words That Will Bring You Money

Bring joy into your life! Pray for joy by claiming it. Affirm: "The joy of the Lord is my strength." Know that joy is the élan of life, the most basic expression of the Life-Force. Do not waste your time and energy analyzing the quest for joy or gritting your teeth and struggling to achieve it. No willpower or muscle power is needed for this mental and spiritual therapeutic technique, nor will they help. Just know and claim that the joy of the Lord is flowing through you now. Wonders will happen as you pray in this way. Freedom and peace of mind will be yours as a result.

How She Enriched Herself Through Effective Prayer

Carol B. came to me after one of my lectures and said, "I know that the techniques you're talking about work. They worked in my life."

"I'd like to hear about that," I replied.

"I'm divorced, with one kid, a second-grader," she said. "A few months ago I found myself at a total dead end financially. I was out of work, the bills were piling up, and when I looked in my wallet, all I had was $5. As I held it in my hand and stared at it, suddenly a great feeling of peace came over me. I was inspired to say, 'God will multiply this exceedingly, according to his riches in glory. I am now filled with the riches of God. My needs are met now and all the days my life.' The thought filled my mind for half an hour or more. I wasn't even aware of time passing. It was wonderful."

I was deeply impressed that this young woman had discovered such a powerful tool on her own. "What happened then?" I asked.

She smiled. "It was pretty amazing. Later that day, I went to the supermarket and spent the $5 on groceries. I didn't pay attention to the prices on what I bought, but at the checkout counter it came to exactly $5. I made a joke about it to the guy at the register, who turned out to be the store manager. He was tending the register because one of his cashiers had just quit unexpectedly. Well, the long and the short of it is, he asked me if I'd like the job. I accepted on the spot. Not only that, he and I get along really well. A

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few weeks ago we started dating. I have a feeling it is going to lead to something serious. I've gone from the real pits to experiencing all the riches of life."

Carol B. was moved to look to the Source. She believed in her heart, and the blessings of the Infinite followed. Her good was magnified and multiplied exceedingly.

How His Prayer for His Students Worked Wonders

On a flight to Hawaii, I got into a conversation with my seat mate. When I introduced myself and mentioned that I wrote inspirational books, his face lit up.

"You certainly do," he said. He explained that he taught Spanish and French in a church-affiliated school. Two years earlier, he had become so discouraged by the discipline problems and lack of progress among his students that he had seriously thought about giving up teaching and taking up a different profession. Then a friend of his suggested he read *The Power of Your Subconscious Mind*.*

"The techniques you talked about made a lot of sense to me," he continued. "I decided to try adapting them to my own situation. I started asking my classes every morning to join together and affirm aloud: 'I am inspired from On High. Infinite Intelligence leads and guides me in my studies. I pass all my examinations in Divine order. I radiate love and goodwill to all my classmates. I am happy, joyous, and free. God loves me and cares for me.'"

"And what were the results?" I asked.

"Marvelous," he enthused. "I saw a tremendous change in my students. Since that time, not a single one has failed in my classes. What's more, they approach the work with a new enthusiasm. We now have very active Spanish and French Clubs for the first time in many years, and next fall I plan to organize student trips to Mexico and Quebec."

He added that he also tries to give his students a transfusion of faith and confidence in the Almighty by telling them every morning that they will pass, that they will be guided in their studies, and that they will have a perfect memory for everything they need to know. The students listen to him and absorb the truth of his statement. Together with their morning affirmations, these truths sink into their subconscious mind; and according to the impression in their subconscious, is it done unto them.

He is a wise teacher who has discovered that scientific prayer works wonders and miracles in an endless number of ways.

How Effective Prayer Enabled Them to Save His Job and Their Marriage

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Bob and Donna J. came to me for help. They explained that I was their last hope as a couple. I spoke to them separately. Bob had a management position with a sizable construction firm, but he had just been fired because of excessive drinking on the job and because of an involvement with one of the women in the office. He was distressed, dejected, and worried about his wife, his income, and his future. He complained that his wife was very jealous and suspicious. She nagged him constantly and kept tabs on what time he came home every evening. If he was not in by a certain hour, she made a scene.

"But wasn't she right to be jealous?" I asked him. "You *were* having an affair, after all."

"She was that way before the affair," he retorted. "I think I got involved with Sally just to get even with Donna and prove that I couldn't be penned in."

When I talked with Donna, she admitted she had a problem with jealousy. "I keep feeling that Bob is slipping away from me," she said. "Even when he's home, he's not all the way there. And the harder I try to pin him down, the more he wriggles away."

I explained to them that the way each of them was acting sent the wrong messages to the other's subconscious mind. The result was that their problems got steadily worse. The path to a solution would involve breaking out of this vicious circle by beginning to send a different, more constructive message to their subconscious mind.

At my suggestion, they committed themselves to praying night and morning. They realized that as they prayed for each other, they would begin to dissolve all bitterness, hostility, and resentment, for Divine love casts out everything unlike itself.

Donna prayed night and morning as follows:

> **My husband is God's child. God is guiding him to his true place. What he is seeking is seeking him. God's love fills his soul and God's peace fills his mind and heart. God prospers him in all ways. There are harmony, peace, love, and understanding between us. It is God in action in our lives.**

At the same time, Bob prayed for his wife night and morning as follows:

> **My wife is God's child. God loves her and cares for her. God's love, peace, harmony, and joy flow through her at all times and she is Divinely guided in all ways. There are harmony, peace, love, and understanding between us. I see God in her, and she sees God in me.**

How It All Worked Out

As Donna and Bob continued to pray for each other, they became more relaxed and confident about their relationship. Their financial situation, however, was still a matter of deep concern. Then Bob got a phone call from his former superior at the construction company, who praised his past achievements and accomplishments for the organization and asked if he would be willing to return to his old job. Of course, Bob agreed.

Later, Donna told Bob that she had called and spoken to his ex-boss. She had told him that she and Bob were rebuilding their marriage and that Bob was no longer

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drinking. She had also said that they were now praying together and explained how and why. Bob's superior was deeply impressed. He said he was sure Bob would become an even more valuable employee than before he began to have problems. The miraculous power of scientific prayer had preserved their relationship and rebuilt his career, both on a more secure foundation.

Let the Riches of the Infinite Flow Through You

Constantly affirm, feel, and believe that God multiplies your good exceedingly. You will be enriched every moment of the day spiritually, mentally, intellectually, financially, and socially. There is no end to the glory of man for his daily living. Watch the wonders that will happen as you impress these truths on your subconscious mind. You will experience a glorious future.

The Sure Riches of "Watch and Pray"

Watch your thoughts. Never talk about economic lack and limitation, never talk about being poor or in want. It is especially foolish to talk to your neighbors or relatives about hard times or financial problems. Count your blessings. Begin to think prosperous thoughts. Talk about God's riches, present everywhere. Realize that the feeling of wealth produces wealth. When you talk about not having enough to go around, and how little you have, and how you must cut corners, these thoughts are creative. They bring about the conditions you are describing. You are only impoverishing yourself.

Use the money you now have freely. Release it with joy and realize that God's wealth flows to you in avalanches of abundance. Look up to the Source. As you turn to God, the response will come, as "He careth for you." You will find neighbors, strangers, and associates adding to your good and also to your supply of material things. Make it a practice to pray for Divine guidance in all your ways and believe that God is supplying all your needs according to His riches in glory. As you make a habit of this attitude of mind, you will find the invisible law of opulence can and will produce visible riches for you.

She Became a Tremendous Success Through Effective Prayer

Samantha G. is the owner of a thriving beauty salon. She told me the secret of her success. Every morning, before opening for business, she has a quiet period in which

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she affirms

> **God's peace fills my soul, and God's love saturates my whole being. God guides, prospers, and inspires me. I am illumined, and His healing love flows from me to all my clients. Divine love comes in my door and Divine love goes out of my door. All those who come into my salon are blessed, healed, and inspired. The Infinite Healing Presence saturates the whole place. This is the day the Lord hath made, and I rejoice and give thanks for the countless blessings that come to my clients and myself.**

She wrote out this prayer on a card and reiterates these truths every morning. At night she gives thanks for all her clients, claiming that they are guided, prospered, happy, and harmonious and that God and His love flow through each one, filling up all the empty vessels in her life.

She went on to say that three months after beginning to use this prayer technique, she had far more clients than she could handle. She had to hire three more beauticians. Now she is making plans to open a day spa in an adjoining building. She has discovered the riches of effective prayer and is prospering beyond her fondest dreams.

Realize the Rich Blessings of the Infinite

Recently Dr. Belinda C., a pediatrician in Beverly Hills, said to me, "I live in the joyous expectation of the best, and invariably the best comes to me. I saturate my mind with my favorite Bible verse, *He giveth to all life, and breath, and all things* (Acts 17:25). I've learned that I am not dependent on people for joy, health, success, happiness, or peace of mind."

Dr. C. looks to the Living Spirit Almighty within her for promotion, achievement, wealth, success, and happiness. *Whosoever trusteth in the Lord, happy is he* (Proverbs 16:20).

Contemplate promotion, success, achievement, illumination, and inspiration, and the Spirit of the Almighty will move on your behalf. It will compel you to express fully what you meditate on. Let go now, and permit the Infinite riches of the Infinite One to open up new doors for you. Let wonders happen in your life.

The Riches of Effective Prayer Therapy

In prayer therapy, avoid struggle and strain. These are really signs of your unbelief. In your subconscious is all the wisdom and power necessary to solve any problem. Your conscious mind is prone to look at external conditions and tends continually to struggle and to resist. Remember, however, it is the quiet mind that gets things done. Quiet your body periodically; tell it to be still and relax, and it will obey you. When your

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conscious mind is quiet and receptive, the wisdom of your subconscious mind rises to the surface and you receive your solution.

How Do You Feel After Prayer?

You can know if you have succeeded in prayer by the way you feel. If you remain worried or anxious, and if you are wondering how, when, where, or through what source your answer will come, you are meddling. You do not really trust the wisdom of your subconscious. Avoid nagging yourself all day long, or even from time to time. When you think of your desire, lightness of touch is terribly important. Remind yourself that Infinite Intelligence is taking care of the problem in Divine order, and far better than you could do by the tense efforts of your conscious mind.

How Often Should You Pray?

People frequently ask me, "How often should I pray for a loved one who is ill, who is in the hospital, or who is having serious financial problems?" The best response I can give is that you should pray until you feel satisfied within, or until you feel that this is the best you can do for the time being. Expect your prayer for harmony, wholeness, vitality, and abundance to be answered. You may pray later on during the day, as the spirit moves you. You will know when your prayer is answered, because you will experience an inner sense of peace and certitude.

Long sessions of prayer are usually a mistake. They may indicate that you are trying to force things by using mental coercion. This generally leads to the opposite of what you are praying for. You will often find that a short prayer uttered from the heart gets better results than a long prayer.

He Restoreth My Soul (Psalm 23:3)

Learn to let go and relax. Do not give power to the ailment or condition. Give power and allegiance to the Infinite Healing Presence. The swimming instructor tells you that you can float on the water, which will support you if you remain quiet, still, and at peace. But if you get nervous or fearful, you will sink.

When you are seeking a spiritual healing, feel that you are immersed in the Holy Omnipresence. Know that the golden river of life, love, truth, and beauty is flowing through you, transforming your whole being into the pattern of harmony, health, and peace. Identify yourself with the river of life and love. Feel yourself swimming in the

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great ocean of life. That sense of oneness with God will restore you. *He restoreth my soul* (Psalm 23:3).

Meditation for a Wonderful Future

The following meditation used daily will bring you many wonderful things:

> **I know that I mold, fashion, and create my own destiny. My faith in God is my destiny. I cherish an abiding faith in all things good. I live in the joyous expectancy of the best; only the best comes to me. I know the harvest I will reap in the future, because all my thoughts are God's thoughts, and God is with my thoughts of good. My thoughts are the seeds of goodness, truth, and beauty. I now place my thoughts of love, peace, joy, success, and goodwill in the garden of my mind. This is God's garden, and it will yield an abundant harvest. The glory and beauty of God will be expressed in my life. From this moment forward, I express life, love, and truth. I am radiantly happy and prosperous in all ways. Thank you, Father.**

CHAPTER POINTS TO REMEMBER

1. Whatever money you have, bless it now and believe it when you say, "God will multiply this exceedingly, now and forevermore." Believe it in your heart and you will never want all the days of your life.
2. When a husband and wife pray for each other, exalting the presence of God in one another and claiming peace, harmony, love, and inspiration, all resentment and ill will are dissolved, and both will prosper. If you are fired from a position, claim, "Only good can come out of this." You will discover a new door that opens up a far more wonderful position than the previous one.
3. Focus your attention on whatsoever things are lovely, noble, wonderful and God-like, and you will experience the riches of life. Remember, you reap what you sow in your subconscious.
4. Watch your thoughts. Your thoughts are creative. Never talk about lack, limitation, or being unable to make ends meet. This multiplies your misery. Think of God's riches. Affirm boldly that the riches of the Infinite are flowing to you in avalanches of abundance. Claim it boldly and the Infinite will respond.
5. The owner of a beauty salon became an outstanding success by affirming regularly and systematically: "God's peace fills my soul, and God's love saturates my whole being. His healing love flows from me to all my clients. All those who come into my salon are blessed, healed, prospered, and inspired." She made a habit of this prayer and has prospered beyond her fondest dreams.
6. A wonderful prayer enabling you to experience the riches of the Infinite is this: "I live in the joyous expectancy of the best and invariably the best comes to me. *God*

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giveth to all life, and breath, and all things (Acts 17:25)."

7. In teaching students, realize that Infinite Intelligence is guiding and directing them in their studies. Claim that they pass all their examinations in Divine order. Give them a transfusion of faith and confidence in the Power within them, and you will be amazed how they pick up your conviction of them subconsciously. Wonders happen as you pray this way.
8. Assure yourself of a full, rich future by using the meditation at the end of the chapter.

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How to Activate the Psychic Money Machine

"To prosper" means not just to succeed, but to *thrive*. When you prosper, you expand. You grow spiritually, mentally, financially, socially, and intellectually. In order to truly prosper, you must become a channel through which the Life-Principle flows freely, harmoniously, joyously, and lovingly. If you sincerely want to achieve this, I suggest that you establish a definite method of working and thinking and that you practice it regularly and systematically every day.

How Prosperity Thoughts Changed His Life

"I've prayed for prosperity constantly, for years," James V. told me tonelessly. "It's all nonsense. I'm as poor as ever, and that's all I can ever expect."

"You feel your prayers have not been answered," I said.

"You got it," he replied. "I just hope my situation doesn't get even worse than it already is. I'm in hock up to my ears. I wake up at night worrying about how I'll ever get out of this."

James explained that he had worked his way through law school and specialized in oil and gas law. When international developments led to a severe cutback in domestic oil exploration, the corporation where he worked slashed its personnel, including the legal department. As one of the newer lawyers, he was the first to get the boot. Since then, he had had only occasional, temporary positions.

"I don't know why I'm even wasting your time," he added. "Even if my prayers worked, how can they have any effect on what OPEC does next? I'm toast."

"Let me explain something," I suggested. "You say you've prayed for prosperity, and I'm sure you have. But you've spent much more of your time worrying about poverty and failure. If you present your subconscious mind with two conflicting ideas, it accepts the dominant one. Your fear of poverty *attracts* lack and limitation."

"You mean my own thoughts are the reason for my situation?" he said dubiously.

"Exactly," I said. "Every thought is creative unless it is neutralized by a counter

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thought of greater intensity. Your thoughts and beliefs about poverty have been much stronger than your belief in the infinite riches all around you. When you visualize poverty, you help *create* poverty. And if you begin to visualize wealth, you will produce wealth."

By the end of our conversation, James had made a firm decision to change his thinking. At his request, I wrote out a prosperity prayer for him and urged him to meditate on it first thing each morning and last thing each night.

An Effective Prosperity Prayer

This is the prayer I wrote for James:

> **I know there is only one Source, the Life-Principle, from which all things flow. It created the universe and all things therein contained. I am a focal point of the Divine presence. My mind is open and receptive. I am a free-flowing channel for harmony, beauty, guidance, wealth, and the riches of the Infinite. I know that health, wealth, and success are released from within and appear without. I am now in harmony with the infinite riches within and without, and I know these thoughts are sinking into my subconscious mind and will be reflected on the screen of space. I wish for everyone all the blessings of life. I am open and receptive to God's riches—spiritual, mental, and material—and they flow to me in avalanches of abundance.**

His Changed Thinking Suddenly Changed Him into a Prosperous Person

James V. diligently focused his thoughts on God's riches rather than on poverty. He made it a special point not to deny what he affirmed by worrying about his financial situation. For 10 minutes every morning and evening, he affirmed the truths expressed in his prosperity prayer. He knew that by doing so he was actually inscribing these truths in his subconscious mind and encouraging it to become active and release its hidden treasures.

A month later, I received a letter from him. Here is an excerpt:

> **Last week I went to a free concert in the park. I accepted the music joyously as a gift, instead of brooding over the fact that I couldn't have afforded to buy a ticket. During the intermission, I got into a conversation with a couple sitting near me. They were from out of town, and I was able to give them some tips about restaurants and shops. When they learned my profession, the woman, Joan, said, "I do believe this was meant to be!"**
>
> **She told me that she and her husband were independent operators—what used to be called wildcatters. They had decided to expand into my state, and their first priority was to find an attorney who knew all the ins and outs of local oil and gas laws. After the concert, they took me to dinner at a fine restaurant. Before the meal was over, we'd agreed that I would come to work for them, for a significantly higher salary than my last job *and* a participation in my division's earnings. It is a dream come true!**

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How She Wrote Her Desires in Her Prayerful Heart

A young woman came to me after one of my public lectures. She introduced herself as Betty S. and said excitedly, "Such a wonderful idea came to me while you were speaking. I suddenly saw my conscious mind as an indelible pen. The more I use it to think about what I really want, the more clearly my desire gets written on my subconscious mind. Then my subconscious gets busy making it come true. Is that right?"

"That's exactly right," I told her, smiling at her enthusiasm. "You have the power to inscribe your true desires on your subconscious by frequently devoting your mind to the desires of your heart."

"I'm going to do it!" Betty exclaimed, snapping her fingers. "There are two things I really want, so I'll think of each of them separately. Then it's up to my subconscious to bring them about in the best way it can. I know it'll work!"

Her Most Cherished Desires

I asked Betty if she was willing to tell me her two desires.

"Oh, sure," she replied. "The first one is to take my mother on a vacation to Mexico. She's always wanted to visit Mexico, but she never had the chance."

"And the second one?" I asked.

She hesitated, and her face turned pink. "I want to meet someone, fall in love, and get married."

I smiled. "Let's see how your subconscious handles that."

We discussed how she would approach inscribing her two desires. For the first one, she decided that she and her mother would both visualize themselves packing, boarding the plane, arriving in Mexico, and exploring the picturesque streets of the town they were visiting. As they did so, both separately and together, they would repeat the thought, "Infinite Intelligence opens up the way in Divine order."

Three weeks later, Betty showed up at my office all excited. "You're not going to believe this," she said. "Some kid came by last week selling raffle tickets to benefit the local community center. I bought a book of five. Well, the drawing was last night, and my ticket was one of the winners. Guess what my prize was?"

I took a chance. "A trip for two to Mexico?"

Betty stared at me. "How on earth did you guess? When they told me, I almost fainted! Is that weird, or what?"

"No," I replied. "It's amazing, but it's not weird. Your subconscious has ways to get results that are truly past finding out. Accept it, and rejoice in it."

For Betty's second desire, she used her conscious mind pen to write this thought in her subconscious:

I know my desire for marriage and happiness is the voice of God in me urging me to lead a

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full and happy life. I know that I am one with the Infinite now. I know and believe there is a man waiting to love and cherish me. I know I can contribute to his happiness and peace. I can be a great asset to him. I can cherish, love, and inspire him to greatness, just as he inspires me. He loves my ideals, and I love his ideals. He does not want to make me over; neither do I want to make him over. There are mutual love, freedom, and respect between us. These words go forth and accomplish whereunto they are sent. I have written this request in my subconscious mind with faith and confidence, and I decree it is done, finished, and established in my deeper mind. Whenever I think of marriage, I shall remind myself that the Infinite Intelligence of my subconscious is bringing this to pass in Divine order.

A few weeks later, she needed some dental work. Her appointment was the dentist's last of the day. Afterwards, they got into a conversation. When Betty told him about her trip to Mexico, he asked her to join him for dinner at his favorite Mexican restaurant. Their interest in each other deepened. Some time later, I had the joy and satisfaction of performing their marriage ceremony. Betty S. achieved her desires through her insight into the wonders of her subconscious mind. Think prosperous and wholesome thoughts, and wonders happen as you pray.

How Riches of Daily Healthy Thinking Brought Great Benefits

Richard M., a software engineer, came to consult me. He told me he was recently divorced. "My own fault, I guess," he added. "I'm just not very interesting. Neither is my life. I go to work, I go to the gym, I go to sleep. Then I get up the next day and do it again. Why would anybody want to share that, or even hear about it? That must be why I don't have any friends—I bored them all to death."

"Suppose you were trying to analyze a computer program," I said. "If you saw that every time it produced a certain message, the result was always the same, what would you think?"

He rubbed his ear and said, "First approximation, the message is causing the result. So I'd try altering the message and see if the result changed."

"Good," I said. "I'd like you to consider the idea that your thoughts are creative. When you tell yourself you are boring and friendless, your negative thoughts actually compound the problem. Whatever we give attention to, the subconscious magnifies and multiplies in our experience."

"I get it," he said. "You're saying if I reverse my thinking, I'll get a different result. I'm game. What do I do next?"

I suggested he affirm frequently and systematically:

I am happy, joyous, and free. I am loving kind, harmonious, and peaceful. I sing the song of praise in the Lord, which is my strength.

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He realized and understood the mental law that whatever he attached to the thought *I am* . . . he would manifest and express. He made a habit of affirming these mental truths, and his whole life changed. From what had seemed a drab, lonely existence, he went to a full, rich life, with new interests, new friends, new close relationships, and a new insight into the wonders of the riches within him.

How She Planned for Prosperity and Happiness and Got Results

"I'm not complaining, you understand," Claire R. told me earnestly. She had just told me that her husband had a good job with the telephone company. They had two young children, whom Claire stayed home and cared for. "All the same, I feel stuck on a treadmill. Every day the same thing—cook, wash up, do the laundry, shop, think of stuff for the kids to do . . . I'm always tired, and my mind doesn't work the way it used to. It's as if a spark has gone out."

"You feel that life is against you?" I asked.

"That's it," she agreed. "Well, not against me exactly, but passing me by."

I explained that her thought-images about her condition were helping to create the very conditions that made her unhappy. "An emotionally impoverished life is a state of mind," I continued. "So are happiness and prosperity. If you can learn to reverse your way of thinking, you will see a real, dramatic effect in your life."

She began to claim, twice every day:

> **Divine right action is mine. Success is mine. Wealth is mine. Happiness is mine. God's river of peace flows through my mind, body, and activities, and whatever I do will prosper. I know my thoughts are creative. As an engineer plans a bridge, so am I planning prosperity and happiness now. I believe implicitly in the law of the Bible, which promises, *Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you* (Matthew 7:7).**

In this way, Claire R. stirred up the gift of God's prosperity within herself. Her relationship to her home, her marriage, and her children changed. She released the imprisoned splendors within. Money came in from totally unexpected sources, and she became completely satisfied with her new lot in life.

There Are Beauty and Abundance Where You Are

God is indescribable beauty, and God indwells you. He walks and talks in you. Your mind and your spirit, your thoughts and your feelings all represent God within you. The invisible life and power within you is God. Your thought, being creative, is God in

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action in your life. Begin to contemplate that God's beauty and riches flow through your thoughts, words, and deeds, and you will pass on the beauty and riches of God to your family, friends, and neighbors. Give thanks for all the blessings you have. You can make your home beautiful and you can inspire others to experience the riches of your deeper mind. You are the artist, the weaver, the designer, and the architect of your life.

The Riches of His Secret Plan for Making a Profitable Business Deal

For years I shopped at a specialty market near my home. It was a family-owned business, now run by the third generation. I had a nodding acquaintance with the two brothers who owned it, and I was sad to hear that one of them died. A few weeks later, the surviving brother, Vincent M., came over and asked if he could talk with me. He explained that his brother had left his half-interest in the business to his two children, Vincent's nieces.

"I don't know why," he said. "I love them like my own children, but they are making such problems for me. One demand after another. Everything I propose, they are against. We have some important decisions to make soon, and I'm afraid it's going to be a deadlock. I know family businesses that went under, had to liquidate, because of this kind of problem. I don't want ours to be one of them."

"Are you in a position to buy them out?" I asked.

"It wouldn't be easy, but I could swing it," he replied. "I offered. No deal. They acted insulted that I'd even suggested it. I'm at my wits' end on this."

"You have to let it go," I urged him. "The negative energy created by your worries is part of what's creating the problem."

With some help from me, Vincent wrote the following on a piece of paper:

> **I loose my nieces to God completely. They are in their true place. They are inspired to right action in Divine order. Nothing is forever. This condition passes away now. It is God in action.**

He put the paper in a file folder labeled, *With God all things are possible*, stuck it in his desk drawer, and forgot about it. In two weeks' time, his nieces came to him. They had realized that their late father would have wanted them to do what was best for the store. They agreed to sell their interest at a fair price. Everyone was satisfied, and harmony was restored to both the business and the family.

The technique Vincent used was sound. When he wrote down his desired outcome, he was actually inscribing it in his subconscious mind. The act of placing it in a drawer in his desk was simply an outer symbol. He released his problem to the Infinite Intelligence of his subconscious mind, which is the secret place from which you draw forth the answer to all your problems.

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How to Consider the Riches of the Infinite

The blue sky by day and the stars by night are there for you as for everyone. You can admire the sunset whether you are rich or poor. You can listen to the songs of the birds and become enraptured with the beauty all around you. Begin to see the Divine presence in all things about you—in the rising sun, the golden moon, the sky, the mountains, the rivers, the rivulets, and the streams. Contemplate the beauty of all nature. Love surrounds you.

Life is a mirror that reflects back to us precisely what we deposit in our minds. Look through the eyes of love and beauty, and love, beauty, and the riches of the Infinite will come back to you. Longfellow said, "Look not mournfully into the past; it comes not back again. Wisely improve the present; it is the thing. Go forth to meet the shadowy future without fear and a manly heart." Seneca said, "We can only say he is anxious about the future to whom the present is unprofitable." God (your good) is the Eternal now! Claim your good and all the riches of life now. What you can conceive, you can achieve, through the wisdom and power of your subconscious mind.

The Wonders of Prosperous and Healthy Writing Out of Your Desires

Every New Year's Eve, I conduct a New Year's prayer for the same group of men and women. We have a custom at these events: Each person writes out clearly his or her desires of the heart. We use only four categories: health, wealth, love, and expression. No matter what you seek comes under one of these classifications. If, for example, you request wisdom as your sole desire, that comes under expression, or your desire to release more and more of the life, love, truth, beauty, and riches of the deeper mind. I suggest that, when writing down their desires, the participants include a wish for a friend or relative. For example, if the friend or relative had family difficulties, they were instructed to write down: "There is a Divine and harmonious solution through the infinite justice and harmony of God for _____."

How Desires Written Out Have Come to Be Fulfilled

After everyone has written out his or her requests, they are placed in sealed envelopes and given to one of the participants, who stores them in a safe at home. The following New Year's Eve, each person is given his or her envelope to open and read privately.

It amazes everyone to see how many of these desires have been answered during the year just past. One man showed me his request. His most important desire had been to

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have more time for his wife and children. Another request had been to travel with his family. During the course of the year, his company promoted him and transferred him to another part of the country. He was given six weeks off for the transition and used them to take a long cruise with his family. In his new job, he was living much closer to work and had more time at home every day.

These men and women write down the deepest desires of their hearts, trusting and believing that the Infinite Intelligence in their subconscious mind will bring their desires to pass in Divine order. I always conclude my annual prayer with the group in this way:

> **We decree that all these written desires are inscribed in the subconscious of each and that all these desires come forth in Divine law and order.**

The Real Secret of It All

The secret purpose of writing these desires and sealing them is that we release them completely to the wisdom of the subconscious with faith and confidence. We know that, just as the sun rises in the morning, so will there be a resurrection of all these desires in Divine order. This is called Divine indifference. When you have this attitude of mind, your prayers are always answered. Divine indifference means that you know it is impossible for your prayer to fail, for it is written, *He will not fail thee, nor forsake thee* (Deuteronomy 31:6).

Meditation for Impregnating Your Subconscious Mind

The following meditation, sincerely believed and repeated often, will yield you great treasures:

> ***Be ye doers of the word, and not hearers only, deceiving yourselves.*** **(James 1:22) My creative word is my silent conviction that my prayer is answered. When I speak the word for healing, success, or prosperity, my word is spoken in the consciousness of life and power, knowing that it is done. My word has power, because it is one with omnipotence. The words I speak are always constructive and creative. When I pray, my words are full of life, love, and feeling. This makes my affirmations, thoughts, and words creative. I know the greater my faith behind the word spoken, the more power it has. The words I use form a definite mold that determines what form my thought is to take. Divine intelligence operates through me now and reveals to me what I need to know. I have the answer now. I am at peace. God is Peace.**

CHAPTER POINTS TO REMEMBER

1. You are prospering when you are expanding along all lines spiritually, mentally, intellectually, and financially. You should have all the money you need to do what you want to do, when you want to do it.
2. Your subconscious mind accepts the dominant of two ideas. Reason out clearly all

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the reasons why all things visible and invisible come from one Source. All things made by humankind came out of the one mind, and all things made by God came out of the same mind. Think prosperity thoughts. Think of riches of all kinds and the immense wealth of the world, and your subconscious will respond to your habitual thinking. Supplant all thoughts of poverty with the thought of God's opulence and endless resources. Be open and receptive, and let wealth flow freely to you. Be a good receiver.

3. Your conscious mind is the pen with which you inscribe your true desires in your subconscious. Think quietly and with interest of each desire separately, watering it and nurturing it with faith and expectancy. Do this three or four times a day. By frequent habitation of the mind, you will impregnate your subconscious, and the cherished desires of your heart will be realized.
4. Never engage in thinking of lack, limitation, loneliness, and frustration. On the contrary, have a mental plan of the things you want, and then realize that whatever you attach to *I am . . .*, you will create in your life. Get a little phrase easily graven on the memory, such as "I am happy, joyous, and free." Repeat it over and over again as a lullaby. Do it knowingly and feelingly. As you sow in your subconscious, so also will you reap.
5. Instead of grumbling, whining, and complaining about current conditions, reverse that attitude of mind and claim boldly: "Divine right action is mine. Divine success is mine. Divine love fills my soul, and whatever I do will prosper." Know that your thoughts are creative and that you are what you think all day long. Have a healthy respect for your thoughts. Your thought is your prayer.
6. Begin to contemplate that God's beauty and riches flow freely through your thoughts, words, and deeds and you will experience the results of your thinking; furthermore, you will be able to pass on to your family the riches acquired by contemplation. You must have in order to give. Only rich people can contribute richly to all; the poor cannot give.
7. When you are in a quandary and are dealing with difficult people, it is a good thing to write out clearly your desire, as follows: "This, too, will pass away. There is a Divine and harmonious solution through the wisdom of my subconscious. I loose it and let it go now." Put this written prayer in a folder marked "With God all things are possible." This is a symbolic way of releasing it, and it works wonders.
8. Life is a mirror for the king and the beggar, reflecting back to each of us precisely that which we deposit in our mind.
9. I have conducted group prayers on New Year's Eve where each person writes out his or her heart's desires. These prayers are sealed in an envelope, locked away

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for one year, and opened the following New Year's Eve. All the members are amazed at the way their prayers were answered. Many had forgotten what they wrote and were astounded. The secret is that they released all their prayers with faith and confidence to the deeper mind, which knows all and sees all. They learned that when one has a Divine indifference, the prayer is always answered. Divine indifference is not carelessness or apathy; rather, it means that you know whatever you claim and feel to be true in your heart must come to pass. Therefore, you wait for the answer with greater faith, assurance, and conviction than the person who waits for the coming of the dawn.

10. The meditation at the end of the chapter will yield you amazing benefits for daily living.

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How to Make and Use a Psychic Treasure Map

The soul without imagination is what an observatory would be without a telescope.
HENRY WARD BEECHER

Imagination disposes of everything; it creates beauty, justice, and happiness, which are everything in this world.
BLAISE PASCAL

The poet's eye, in a fine frenzy rolling, doth glance from heaven to earth, from earth to heaven; and as imagination bodies forth the forms of things unknown, the poet's pen turns them to shape, and gives to airy nothing a local habitation and a name, such tricks had strong imagination.
WILLIAM SHAKESPEARE

Imagination is one of our most powerful faculties. Disciplined, controlled, and directed imagination is a mighty instrument that plumbs the depths of your subconscious mind, bringing forth new inventions, discoveries, poems, music, and an awareness of the riches of the air, the sea, and the earth. Scientists, artists, musicians, physicists, inventors, poets, and writers generally possess highly developed imaginative faculties, which draw forth from the treasure house of their subconscious the riches of the Infinite and bless humankind in countless ways.

How Her Treasure Map Brought Her Riches and Companionship

Recently I performed a marriage ceremony for a young woman named Amanda R. I had first met Amanda, an account executive with a public relations firm, about six months earlier. She was concerned that her firm was in difficulties and that her life was not developing in the direction she would like. After our conversation, she drew up for herself a treasure map. It was divided into four parts. In the first section, she wrote, "I give thanks for God's wealth flowing freely in my life." In the second, she wrote, "I give thanks for a trip around the world." In the third, she wrote, "I give thanks for a

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wonderful, spiritual-minded man who harmonizes with me perfectly." In the last, she wrote, "I give thanks for a beautiful, harmonious home." Under these four requests, she wrote, "I give thanks for the immediate fulfillment of all these requests in Divine order through Divine love."

Every morning, afternoon, and evening she contemplated her requests. She affirmed and visualized their fulfillment as vividly as possible. She knew that gradually these images would be written in her subconscious mind, which would bring them to pass. The answer to her first request came in about a month's time. Her great-aunt in New York bequeathed over $150,000 worth of securities to her in her will. Two days after her firm closed, putting her out of work, her parents in Canada invited her to take a trip with them around the world. While in Tokyo, she met a young scientist from near San Francisco. As she said, it was love at first sight. Their marriage took place on their return to California. They are now living in his beautiful hillside home with a magnificent view of the Pacific Ocean.

Amanda told me that she never doubted writing out a treasure map would work. She implicitly trusted the Infinite Intelligence of her subconscious mind. To aid her in her visualizations, she obtained a passport, selected a tour from a travel brochure, and focused each night on a different foreign city she planned to visit. She also visualized a ring on her finger, which meant to her that she was already married to a wonderful man.

Amanda's method helped her gain control over her thinking and imagination. This enabled her to have dominion over her financial affairs, while at the same time bringing fulfillment in her love life and the field of expression.

His Imagination Brought About a Legal Settlement

I was on a visit to Yucatan, to tour the ruins of Chichen Itza, center of the ancient Mayan civilization, when I met an attorney from Texas named Doug M. As we talked, he confided that this vacation was likely to be the last peaceful moment for him for quite a while. Waiting for him back in Dallas was a case that involved a very large estate and a number of quarrelling relatives of the deceased. He had been engaged by one member of the family who hoped to bring peace and harmony and avoid a long, expensive lawsuit.

"I'd have better luck marrying a coonhound to a wildcat than getting that ornery bunch to agree on anything," he said despairingly.

"I have a suggestion," I replied. "Give imaginative prayer therapy a try. Project yourself mentally into your firm's conference room in Dallas. All the members of the family are there. Now, claim with complete faith that harmony, peace, and understanding operate among them. Imagine your client telling you, 'We have agreed to respect the terms of the will as written and not to contest it in court.' Do that every night at bedtime, then lull yourself to sleep with the words, 'Happy ending.'"

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Doug seemed intrigued by my suggestion. “I am ready to try anything,” he said.

When I returned from Mexico, I found a letter waiting, postmarked Dallas. In it, Doug wrote:

> **I tried prayer therapy, as you suggested. When the family conference came along, I walked in secure in my conviction of a harmonious solution. Sure enough, the most contentious family members had thought it over and decided to abide by the will. We avoided a nasty court battle, and I might add, I received a handsome fee as well as everybody’s thanks.**

How a Mexican Guide Uses His Imagination in His Other Career

Uxmal is one of the major archaeological sites in Mexico. It lies on the Merida-Campeche highway, slightly over an hour by car from the capital of Yucatan. The guide who drove me there was named Porfirio G. He told me that his real calling, which he exercises mostly during quiet periods when there are not so many tourists, is that of dowser and water diviner. When a landowner asks him to find water, he visits the ranch and walks around holding a bent piece of copper wire. As he covers the territory, he talks to his arm, saying, “You will get firm and rigid when we are near water. The copper wire will point to the exact spot where the water is.”

“It almost always works,” Porfirio added. “When I fail, it is because I am tired and I do not concentrate enough.”

Porfirio took several very detailed topographic maps from the door pocket of the car. “I can dowse with these, too,” he said. “When a *ranchero* has lost some cattle, I think very hard about the lost animals. Then I pass the copper rod over the map and it tells me where they may be.”

Porfirio’s income from dowsing has allowed him to work toward a degree at the local university. He hopes soon to be appointed an instructor in archeology.

“All of the Yucatan is rich in Mayan ruins that have been covered over by the jungle,” he said excitedly. “I intend to search for them with my copper wire. And I am sure I will find them, just as I find water and lost cattle. One day all the world will marvel at the achievements of our distant ancestors.”

He Was Tapping the Riches Already in His Subconscious

When Porfirio was still a child, his father told him that he had inherited the gift of dowsing. The boy believed him. Because the subconscious is amenable to suggestion and is controlled by suggestion, his subconscious responded according to his belief. The subconscious mind is coextensive with all wisdom and intelligence. It sees all and knows all. It knows where water is, or gold, or lost livestock, or ancient ruins, for the

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whole world came out of the universal subconscious.

When Porfirio walks in an area where water is, his belief and his definite command to his subconscious mind bring about a constriction of the muscles of his arm that causes the wire to point to the spot to dig. The wire is nothing more than an encouraging prop. He could just as effectively use a tree limb, a crystal on a string, or anything else he believes will work.

I complimented Porfirio on his dedication and wished him all success. I also suggested that he might improve his technique by frequently telling his subconscious mind, "When I reach the spot, I will know exactly how many feet deep the source of water is." *According to his belief is it done unto him.*

The Law of Constructive Imagining Overcame Her Discouragement

I first met Virginia B. a few years ago. At that time she was a successful media buyer for an advertising agency and happily married to an attorney. The next time we met, she was depressed, dejected, and discouraged. She told me her husband had suffered a fatal stroke a year earlier, shortly after she retired from her agency. Since then, she had been trying, without any success, to sell her house. The upkeep and expenses of it were too much for her to handle. She had put down a binder on a charming apartment in a nearby retirement community, but unless she could find a buyer for her house very quickly, she would lose the apartment and forfeit her deposit.

I told Virginia she should put her imagination to work and explained how to do it. Each night, before going to sleep, she should imagine a check in her hand for the full price of her home. In her controlled imagination, she would deposit it in the bank with a great feeling of inner satisfaction. After this, she was to visualize, as vividly and concretely as possible, going to her new apartment and getting ready for bed. As she drifted off to sleep in her new bedroom, she was to say, "Thank you, Father, for the fulfillment of my prayer in Divine order."

Virginia followed this procedure for three consecutive nights. On the morning of the fourth day, the realtor who was listing her home called her. An executive who had just been transferred from the East Coast was looking for something just like her house and needed to close a deal immediately. The broker and the prospective buyer came over an hour later. By midafternoon, the sale had been concluded.

Truly, imagination has been called the workshop of God. Einstein said, "Imagination is greater than knowledge." What you can imagine and feel to be true will come to pass. Imagination clothes your ideas and projects them on the screen of space. Be faithful to the mental image in your mind and you will find it one day manifested in reality.

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How an Actress's Imagination Overcame Her Sense of Frustrating Competition

Mona V. is a beautiful and talented actress, but when I met her she had been out of work for six months. She told me she was in the running for a wonderful part in a new movie. There were also three other excellent actresses being considered. After the auditions, she was sure the part was made for her, but she was not sure the producers would realize it.

"If I don't land this part," she said, "I don't know what I'll do. This could be a big step forward, or it could be the end of my career."

"You must be careful," I advised her. "The thought of competition engenders anxiety and tension, which clouds the working of the subconscious mind. In any case, it is always possible that you do not get cast, for reasons that have nothing to do with you or your abilities."

I went on to offer this suggestion. She should regularly declare, with faith and confidence:

> **I give thanks for my perfect expression at my highest level in Divine law and order. I accept my role in this film or something grander, greater, or more wonderful for me, according to the riches of the Infinite. It is God in action.**

Then I suggested she release the whole thing to her subconscious mind. Whenever the thought of the movie contract came to her, she was to tell herself, "Infinite Intelligence is taking care of that."

Mona was *not* cast for the part she had been so concerned about. Shortly afterwards, however, she received a wonderful offer, far more wonderful and exciting than the one she had desired originally. Her career has taken off, in a totally unexpected direction.

Whenever you are faced with what you believe to be competition for a job or assignment, persist in this simple procedure. Prepare yourself to receive an answer that will surprise and delight you.

The Marvelous Power of a Master Image

Your dominant or master image controls all phases of your life. Your subconscious accepts the dominant of two ideas. (For more on this, see *The Power of Your Subconscious Mind*.*) Hugo B., a graphic designer for a software company in Los Angeles, visited with me for an hour about five years ago. He and his wife had two teenaged sons. His wife could not work because of severe allergies, made worse by the air pollution in Los Angeles. He earned a good salary, but it was not enough to support them adequately. They lived in a small bungalow in a rundown area and made do with

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only one car, a five-year-old economy model that was constantly breaking down.

I explained to Hugo how to use his imagination constructively. At my suggestion, he wrote down:

> **I claim God's riches now, and my subconscious responds. I claim health, contentment, and a beautiful home for my family. My wife, my two boys, and I each need our own car, and my subconscious brings these requests to pass. Promotion is mine. Success is mine. I give thanks for the fulfillment of all this now.**

Hugo and his wife made it a habit to mentally picture a spacious house and a lovely yard, in an area with clean air and friendly neighbors. They also pictured a garage with four cars. Before going to sleep each night, Hugo conveyed a message to his subconscious as follows:

> **I am ever grateful for God's riches, forever active, forever present, unchanging and eternal. I give thanks for my promotion and outstanding success.**

For three months, nothing happened, but Hugo and his wife persevered with total confidence. Then, shortly after he was promoted to the head of his department, the company was bought out by a major software firm. Hugo's stock options were suddenly worth several million dollars. Moreover, the company's operations were transferred to Austin, Texas, where the air is clear, and he was able to buy a lovely, spacious home with a big yard for not much more than he received for the sale of his bungalow in Los Angeles. His wife's allergies have stopped bothering her, and their sons drive to their new high school in their own sporty little cars.

Meditation for Effective Imagination, the Workshop of God for All Good

> ***Where there is no vision, the people perish.*** **(Proverbs 29:18) My vision is that I desire to know more of God and the way He works. My vision is for perfect health, harmony, and peace. My vision is the inner faith that Infinite Spirit leads and guides me now in all ways. I know and believe that the God-Power within me answers my prayer; this is a deep conviction within me.**
>
> **I know that the mental picture to which I remain faithful will be developed in my subconscious mind and come forth on the screen of space.**
>
> **I make it my daily practice to imagine for myself and others only that which is noble, wonderful, and God-like. I now imagine that I am doing the thing I long to do; I imagine that I now possess the things I long to possess; I imagine I am what I long to be. To make it real, I feel the reality of it; I know that it is so. Thank you, Father.**

CHAPTER POINTS TO REMEMBER

1. The soul without imagination is what an observatory would be without a telescope.

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Imagination is the primal faculty of man, and it has the capacity to bring your idea into visibility on the screen of space.

2. You can draw up for yourself a treasure map listing the cherished desires of your heart. Go over it several times a day, claiming and imaging the fulfillment of each desire now. Persevere and you will find that the images will be deposited in the subconscious, which will bring them to pass.
3. If you are apprehensive and worried about the outcome of a conference or legal controversy, quiet your mind and claim that harmony, peace, and Divine understanding operate in the minds and hearts of all involved. Select the person who gave you the assignment and imagine she is telling you of the harmonious agreement and hear it over and over again. Lull yourself to sleep with the phrase, "happy ending." You will succeed in impregnating the solution in your subconscious, and there will be a Divine agreement.
4. A guide, strong in the conviction that he inherited the capacity of dowsing, convinced his subconscious mind that whenever he walked over an area where water was, his arm would become rigid and the wire in his hands would point to the exact spot. His subconscious responded to his conviction with successful divinations.
5. If you have trouble selling a home, imagine you are holding the check for full payment in your hand prior to sleep. Give thanks for the check, feel its reality, the naturalness and wonder of it all, and imagine yourself at the teller's window depositing it. Give thanks to your Higher Self and you will find wonders happening as you pray.
6. When you are competing with others for a contract, assignment, or position, avoid anxiety and tension by affirming, "I accept this assignment or something far more wonderful according to the riches of the Infinite for me." If you do not get that particular position, something far more wonderful will open up for you in the light of your Higher Self.
7. Even though your reason and senses deny the possibility of your attaining riches, promotion, and success, persist in your master image for success and financial independence. Your master image will sink down into your subconscious mind and come to pass. Whoever perseveres will be crowned.
8. Make full use of the meditation at the end of the chapter to help develop your greater use of imagination for a richer life in every way.

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How the Law of Infinite Increase Multiplies Your Wealth

All people throughout the world seek to magnify their personal good. A Divine urge whispers to men and women everywhere to rise, transcend, grow, and expand. This inner voice says insistently, "Come on up higher. I have need of you."

You want friends, a better position, a more comfortable life. You want to have enough money to stop worrying about it. You want enticing food, attractive and comfortable clothing, a home that meets your every need, a fine automobile, and all the other good things of life. Chances are, you also want to travel the world and see for yourself the beauties of nature and the beauties created by humankind. Above all, you want to learn more about the riches-producing laws of your mind, which will enable you to tap the treasure house of infinity within you and experience the life more abundant.

It is in the nature of soil to magnify and multiply the seeds you deposit in it. Plant an acorn in the ground, and you can in time look forward to a forest. But *God gave the increase* (I Corinthians 3:6). In the same fashion, when you plant thoughts of riches, abundance, security, and right action in your mind and water them with faith and expectancy, riches and honors will be yours.

Increase means the multiplication of your goods along all lines, spiritually, mentally, emotionally, socially, and financially. Every thought is incipient action. When you begin to think of the riches within your subconscious mind and all around you, you will be amazed how riches will flow to you from all sides.

One August, I conducted a seminar on a luxurious cruise ship that visited ports in Canada and Alaska. In Victoria, Canada, 18 students of the laws of mind joined me on the ship. We discussed the wonders and wisdom of the subconscious for the entire afternoon. Several of the participants told me that reading and applying the principles set forth in *The Power of Your Subconscious Mind*[*] had transformed their lives, giving them a far greater measure of wealth, happiness, peace of mind, and fullness of life.

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How He Used the Law of Increase for Great Wealth

One man who took part in our discussion, Jeremy M., was in heavy construction. He later told me that for many years he prayed continuallly that God would prosper him. At the same time, he spent much of his time brooding over his lack of money and the frail condition of his business. When he went to visit members of his family, he came away preoccupied by their financial plight. For days afterwards he could talk of little but their poverty. In his mind he practically clothed them in rags. He could not understand why neither he nor his relatives ever seemed to get ahead.

One day, Jeremy heard a talk by an expert in mind science. Afterwards, he asked for a consultation. He described his plight and his puzzlement. Why were his prayers for prosperity never answered? The counselor explained that every thought is creative. As long as he continued to dwell on his own poverty and limitation, or on those of others close to him, he would effectively neutralize his own prayer and go on impoverishing himself.

This came as a revelation to Jeremy. He worked on reversing the current of his thoughts. He declared his conviction that God was prospering him in every way and was doing the same for his relatives. He began to claim God's riches for every person he met. Soon his condition changed radically for the better. His business flourished more than he could have imagined. Today he has two private planes to help him oversee the farflung operations of his construction firm.

Jeremy succeeded because he learned a great fulfilling law: What you wish for another, you are wishing for yourself. Or as an old Indian saying puts it, "The ship that comes home to my brother comes home to me."

How a Professor Used the Law of Increase to Her Personal Benefit

One of those who joined me on the cruise was Amanda R., a scholar in the field of philology. She told me that she attributed her success in her career only partly to the time, energy, and enthusiasm she brought to her teaching and research.

"I made it a point from the start," she said, "to rejoice in the accomplishments of my colleagues. I saw us as a team, working together for the advancement of human knowledge. Anyone's success, then, was my success as well."

"And what were the results?" I asked. I knew what her answer would be.

"My colleagues prospered," she replied. "They manifested greatly the law of increase and the riches of the omnipresent Divine bounty. It was only later that I realized another result, however. By appreciating and being happy about the good fortune of

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those around me, I was at the same time setting in motion a process that brought good fortune to me as well."

Amanda was quite right in her understanding. Her thoughts of success for others entered into her subconscious mind. Whatever is deposited in the subconscious may come forth magnified sixtyfold, a hundredfold, even a thousandfold. The result depends on the enthusiasm, the joy, and the intensity of the thought pattern. Today Amanda is one of the youngest full professors at an ancient and celebrated university. Rejoice in the idea of riches and ample supply for everyone, and you are certain to experience the law of increase in your own life.

How He Made a Dollar Increase into Important Wealth for Himself

In Juneau, Alaska, I got into a conversation with the man at the next table to me at lunch. When I admired his well-worn leather flying jacket, he said, "There's a story to that. I was given this jacket by my uncle, who was a fighter pilot when he was young. At one point I went through a pretty bad patch in my life. I wound up here in Juneau with just the clothes on my back and one single dollar bill in my pocket."

"Not a very comfortable situation," I remarked. "What did you do?"

"I found myself thinking about the fact that the whole world, and everything in it, comes from the mind of God," he replied. "I started walking, with the dollar folded up in my hand and a sentence going through my head, over and over. 'God multiplies this exceedingly, for it is God who giveth the increase.'"

He paused for a moment, shook his head, and continued. "I walked clear out of town. Suddenly I felt really hungry. I looked around and saw I was near the airfield. I went inside the terminal building and found a snack bar. When I asked the owner what I could get for a dollar, he said I could have whatever I wanted if I'd give him a hand. His counterman had quit the week before, and he was running around like a crazy man trying to do everything himself. The long and the short of it is, I stayed on. Pretty soon I was running the snack bar myself, with a share of the profits."

"So your dollar really did get multiplied exceedingly," I observed. "But where does your jacket come into it?"

"That's the really interesting part," he said. "One day as I was leaving work, a bush pilot who operated out of Juneau noticed my flight jacket. We got to talking, and the more we talked, the more I realized that I'd always wanted to fly, like my uncle. I started taking lessons, got my license and . . . well, seven years later, I own my own little fleet of charter planes. We fly people all over Alaska. It took a lot of hard work, but something else, too. I never could have succeeded if I hadn't looked to the Source of all blessings. I know that God's riches flow freely, joyously, and endlessly into my life."

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Perpetual Opportunity for Increase Exists for You

Like the pilot I met in Juneau, you can use the laws of your mind to advance, move forward, and expand in every way. Give your best where you are working now. Be considerate, affable, amiable, loving, kind, and full of goodwill to all those around you and to all people everywhere. At the same time, don't be afraid to think big. Contemplate the law of opulence and growth, whose evidence you can see all around you. Bless what you are doing now, while realizing that it is simply a stepping-stone to your triumph and achievement. Recognize your true worth and claim wealth, promotion, and recognition in your mind. Be sure to claim riches and expansion for every person you meet during the day, whether it be your boss, your associate, your customer, or a friend. Make a habit of this, and you will succeed in impregnating your subconscious. Others will feel your radiation of riches and promotion, and the law of attraction will open up new doors of opportunity for you.

Why the Law of Increase Did Not Work for Him

"Your theories sound good," a man named Roger P. told me after a lecture. "But they don't work in practice. I've been affirming prosperity, abundance, and success twice a day ever since I first heard you speak last month, but I'm not getting anywhere. It's no wonder I'm in such bad shape. Every penny my business makes goes out again in taxes. I'm being eaten alive by a bunch of bureaucrats and welfare bums."

As we talked, I saw that, without realizing it, Roger was actually boasting about his financial difficulties. He blamed the government, taxes, unions, welfare, and the whole political system. His dearest belief was that he was a helpless victim of circumstance.

"Do you recall," I asked, "when I said that what you give your attention to, your subconscious mind absorbs and multiplies in your experience?"

"Of course I do," he replied, a bit impatiently. "Why do you think I spend the time affirming prosperity and so on?"

"How much time do you spend that way?" I asked.

"Why, five minutes every morning and evening," he said. "That's what you advise, isn't it?"

"And how much time do you spend every day thinking and talking about your financial problems, taxes, the government, and so forth?"

His face changed. "Oh, I see what you're getting at."

"As long as you continue to complain and harp on your financial troubles," I continued, "you will magnify them and impoverish yourself. As long as you see yourself as a victim, your subconscious mind will arrange for you to be victimized. As long as you blame outside factors for your problems, you will be prey to those factors. But

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when you begin to understand that you are master of the situation, you will *become* master of it. Those are the real laws of the mind."

How He Reversed His Faulty Thinking

At my suggestion, Roger reversed his thinking process. He began to see that he could begin to practice a creative process that would transcend circumstances and environmental conditions. His daily prayer was as follows:

> **My business is God's business, and God's business always prospers. I use God's riches wisely, judiciously, and constructively to bless myself and others. I know the law of increase is now working and I am open and receptive to God's wealth and bountiful increase. I am richly and abundantly supplied within and without from the infinite storehouse of riches in my subconscious mind. By day and by night I am attracting more and more people who want what I have to offer. They are prospered and I am prospered. My mind and heart are open to the influx of God's riches now and forevermore.**

As he fed his mind with these inner truths, Roger's business prospered and his outer supply became more abundant. At the end of a month, he noticed a tremendous change in his financial picture. He saw the great advantage in affirming the good and in ceasing to carp against lack and limitation. He discovered that attention to God's riches is the key to financial success.

The Significance of the Statement "My Cup Runneth Over" in the 23rd Psalm

During a recent tour of Europe, I paid a visit to the celebrated shrine of Fatima. While I was having lunch, a girl of about 16 came over to my table and said she had recognized me from my television broadcasts.

"I'm Gloria G.," she said, "from Anniston, Alabama, and I want to thank you for the letter and prayer you sent me last year. I did just what you said, and here I am."

"I'm glad to hear that, Gloria," I replied. "But I have to admit I don't recall writing you. Will you refresh my memory?"

"Oh, sure," she said. Her cheeks turned a little pink with embarrassment. "I wrote you to say that I really, really wanted to go to the Shrine of Fatima, but I didn't have the money. My parents knew how much I wanted it, and they approved. They would have helped if they could, but there's never anything left over at the end of the month."

"So I sent you a prayer," I said.

"That's right," she replied. She reached into her shoulder bag. "I'll show you. I always carry it with me."

She brought out a clear plastic case. Inside was a card with these words, carefully

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lettered by hand:

> **God opens up the way for me to go to the Shrine of Fatima during the summer in Divine order through Divine love.**

"I've been meditating on it first and last thing every day," Gloria explained. "And whenever I have a few moments during the day, too. And every night, before I go to sleep, I visualized the trip, taking the plane, landing in Portugal, going to the shrine . . . I tried to see and hear everything I would see and hear when I actually got here."

"Well," I said with a smile, "I can see that you did get here, so it must have worked."

"It sure did," she said emphatically. "What happened was, I spent a weekend with my friend, Jennifer. Her mom and dad said they were planning a vacation to Spain and Portugal, and I'm like, you've *got* to go to Fatima while you're there. I told them all about it, and they ended up inviting me to come along to keep Jen company."

The Bible says: *I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you unto myself; that where I am, there ye may be also* (John 14:2,3).

Gloria prepared the place she wanted to go in her disciplined imagination. She succeeded in impregnating her subconscious with the picture. Then her subconscious took over and acted on the minds of her friend's parents. They became the channel for the answer to her prayer.

Before she returned to her friends, Gloria shook my hand and said, "I really know now what it means when the Bible says, *My cup runneth over* (Psalm 23:5)."

"I'm sure you do," I replied. "And remember, it is written: *Ask, and it shall be given you* (Matthew 7:7)."

Meditation for Your Business or Professional Success

Use the following powerful meditation to fill your cup of success in all things:

> **I now dwell on the Omnipresence and Omniaction of God. I know that this Infinite Wisdom guides the planets on their courses. I know this same Divine intelligence governs and directs all my affairs. I claim and believe Divine understanding is mine at all times. I know that all my activities are controlled by this indwelling Presence. All my motives are God-like and true. God's wisdom, truth and beauty are being expressed by me at all times. The All-Knowing One within me knows what to do, and how to do it. My business or profession is completely controlled, governed, and directed by the love of God. Divine guidance is mine. I know God's answer, for my mind is at peace. I rest in the Everlasting Arms.**

CHAPTER POINTS TO REMEMBER

1. All people throughout the world seek increase; it is the Divine urge within us

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seeking fuller, greater, grander expression in all phases of our lives. You plant wheat, barley, or oats in the soil, but it is God who giveth the increase by multiplying the grains a thousandfold.

2. Increase means the multiplication of your good along all levels.
3. Do not talk about the financial lack, poverty or sickness of others. To do so is to attract more lack to yourself. Clothe everybody mentally with the riches of God. Stop brooding about your own financial troubles and stop talking about your lack of money. Give attention to the riches of the Infinite within and without, and you will prosper. Attention is the key to life.
4. Rejoice in the advancement, good fortune, riches, and promotion of all those around you. Be exceedingly glad to see people experience, portray, and demonstrate the riches of God. As you do, you will attract riches of all kinds to yourself. Your thought is creative, and what you think about the other, you are creating in your own experience.
5. Be friendly with money, whether a dollar bill or a coin. Realize everything comes out of the invisible mind of God or of humans. Realize that God, or Infinite Spirit, is the Source of all blessings and that it is the nature of the Infinite to respond when you call upon it.
6. Give the best where you are working and the best will come back to you. Be friendly, affable, and amiable. Express goodwill to all. As you do, all doors will open up for your growth, expansion, and riches.
7. Form a clear mental picture of what you want to be, to do, or to have. Know that the power and the wisdom of your subconscious will back you up. Persevere and be determined to become what you want to be. Your mental picture will be developed in your subconscious mind and become objectified.
8. When you are praying for increase in money, be sure to stop blaming the government, the welfare system, and taxes. To do so will cause money to fly from you rather than to you. What you want is more money. Realize that God's wealth is circulating in your life and that there is always a Divine surplus. What you criticize and condemn becomes manifest in your life. You become what you contemplate. Contemplate that God multiplies your good exceedingly, that your business is God's business, and that you are prospering beyond your fondest dreams.
9. If there is a journey you deeply long to make but cannot afford, affirm knowingly and feelingly, "God opens up the way for me to go on this journey in Divine order and through Divine love." Picture yourself boarding the plane and arriving at your destination. Enter into it in your imagination until you feel the tones of reality. Once

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you fix the picture in your subconscious, the way will open up, the dawn will appear, and all the shadows will flee away. *Ask, and it shall be given you* (Matthew 7:7).

10. The meditation at the end of the chapter will be of exceptional benefit to you in filling your cup of successful living.

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How to Open the Gateway to Automatic Riches and Walk into a Life of Luxury

The gateway to infinite riches is hidden in that magic spiritual gem given to you in the Bible: *I am come that they might have life, and that they might have it more abundantly* (John 10:10).

Down through the ages, people have sought the key to riches and success, not knowing that the key was within themselves.

You are here to lead a full and happy life, to give expression to your hidden talents and release the imprisoned splendor within you. God is the giver and the gift, and all the riches of God are awaiting your discovery, application, and enjoyment.

By applying the laws of your mind, you can draw forth from the treasure house within you everything you need in order to lead a rich, glorious, and abundant life.

How She Opened the Gateway to Riches for Herself

A few years ago, I gave a class on Mental and Spiritual Laws in the Light of Emerson. One of those present was a young woman named Carol W., who had spent that morning going through the process of applying for workfare. She had two small children, and their father had recently walked out and disappeared.

I noticed her intent attitude as I quoted from Emerson and elaborated in light of the laws of mind. In one passage that particularly struck her—a favorite of mine, by the way—Emerson declares:

> **In all my lectures, I have taught one doctrine—the infinitude of the private man, the ever-availability to every man of the Divine presence within his own mind, from which presence he draws, at his need, inexhaustible power.**

Carol spoke with me afterwards and said that she remembered reading Emerson in college, but at that point nothing made an impression on her. The professor taught

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Emerson as a literary figure from nineteenth-century America, not as a great thinker with vital lessons for all of us today. Now, however, she saw him and his ideas in a totally new light. She announced that she intended to start using those ideas to draw from the Divine presence within her and promised to let me know the results.

How She Demonstrated Money

A few weeks later, Carol dropped by my office. Her face was transformed, like someone for whom great things had been done.

"My life is totally changed," she announced. "I want to tell you all about it, and I hope you will share my experience with others."

"I promise," I replied. "What have you done, and what are the results?"

"After your lecture," she said, "I went home and wrote a statement, a message I wanted to give to my subconscious mind. Here it is."

She passed me a card. On it was written,

> **I acknowledge and praise the Source within and I make contact with my thought. I give thanks that the gateway to riches is now open wide for me. God's riches flow freely to me, and more and more money is circulating in my life every day. Every day of my life I grow richer spiritually, mentally, financially, and in all ways. Money is God's idea circulating in my life, and there is always a surplus. I give thanks to *the living God, who giveth us richly all things to enjoy* (I Timothy 6:17).**

"Several times a day," she continued, "I read this and declare it with feeling and enthusiasm. I realize now that as I shape my inner thought-life, my exterior life will follow. And it works!"

"Well, you know," I remarked, "Emerson said, 'The key to every man is his thought.' And it sounds as if you have discovered how to turn that key. Has it brought you the peace and prosperity you wish for?"

"And how!" she said with a smile. "right from the start, I found I was a lot calmer and more confident. I didn't yell at the kids, I didn't feel my heart sink every time I opened the mailbox and saw another stack of bills. I *knew* that the gateway was opening. Then yesterday, there was a letter in the box from a lawyer in Houston. When my grandfather passed on a couple of years ago, he left me and my cousins some mineral rights in West Texas. An oil company was leasing the exploration rights, but it was no big deal. My share came to about $50 a year. Now, though, they've made a big strike of natural gas. My royalties this year will be almost $100,000, and there could be even more in the future. Money *is* God's idea circulating in my life."

All Carol's financial troubles were over. She discovered that the gateway to prosperity was through her own subconscious mind. Its ways are past finding out.

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How He Found the Gateway to True Expression

A while ago, I had a conversation with Timothy W., who had just been fired by the new director of the nonprofit organization where he had worked for 30 years.

"I'm at the end of my tether," he told me. "Everywhere I look, I've been turned down. They never say so, of course, but I know it's because of my age. If they give any reason—mostly they don't—they say things like needing fresh ideas and new approaches. I know what that really means. It means I'm not 25 anymore."

"Of course not," I said. "But your age is not what you're offering an employer. You are renting them your knowledge, experience, and wisdom that you have garnered through the years. What you are seeking is also seeking you."

At my suggestion, Timothy tried a new approach. Each night and morning he prayed, knowing that his subconscious mind was the gateway to expression, abundance, and the riches of life. This was his prayer:

> **Infinite Intelligence knows my hidden talents and opens up a new door of expression for me in Divine order. This knowledge is immediately revealed to my conscious mind. I will follow the lead that comes clearly and definitely into my mind.**

At the end of a week, he noticed a fund-raising ad on TV. He found a whole series of ideas come into his mind for modifying and sharpening the approach the group was taking. When he looked at the group's Website, he saw that one of their officers was someone he had met at a seminar a couple of years before. He made an appointment, went in, and explained his ideas. The officer listened, then said, "Tim, there is a place here for you if you can see your way clear to accepting it. We really need fresh ideas like yours."

Timothy accepted the offer at once. His salary and responsibilities proved to be far greater than in his previous position.

Remember, it is from within, not from without, that you get in touch with the riches of life. The electromagnetic waves that carry radio and TV programs permeate your environment, but if you want to benefit from a program, *you* must use the proper equipment and connect to the right frequency. It is the same with the wealth of the universe. It is all around us, but you must use the right equipment—your subconscious mind—and enter the right frequency—effective prayer—to get the results you want.

How a Trip to Japan Became a Reality

Tatsuko Y. is a young woman of Japanese origin who listens regularly to my morning radio program. In a letter, she told how the show had changed her life.

> **I have dreamed of going to Japan to visit my grandmother, who is in her eighties, but the**

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flight was much too expensive. One day I heard you say what to do if you want to take a trip and do not have a penny in your pocket. You said we should believe we had received the answer and to take some action to indicate our faith that our prayer was already answered in our deeper mind. I decided to try it. I made sure my passport was up to date, and I packed a suitcase with everything I would need and put it next to the door of my apartment.

Next I spent time every morning and evening imagining my arrival in Japan, going to my grandmother's house, giving her a warm hug, and having a long talk in Japanese. I acted this out in my mind over and over, until it felt like something that was actually happening, not just an act of imagination.

Not long after I began this program, I ran into someone I knew from college. He told me he was just back from Australia. When I asked how he could afford such an expensive trip, he said he had gone as a courier. Companies sending delicate goods abroad often find it safer and faster to send them with someone as checked luggage. If you can go at short notice and restrict yourself to a carry-on bag, you can get amazing bargains.

I called a courier service that same afternoon. Two days later, they telephoned to ask me to escort some design mock-ups to Tokyo. They offered me a round-trip flight for $100! The next evening, I was embracing my grandmother just as I had imagined.

Please tell everyone to put their confidence in the strength of the Infinite within. Your good can come forth to you in unforeseen ways.

A Physicist Says Substance Is the Gateway to All the Money You Need

Ravi B. is a young physicist born in Madras, India, who visited me recently. He told me that his understanding of reality, shared by many modern physicists, is that Spirit and matter are one. Energy and matter are interconvertible and interchangeable. Matter is the lowest degree of Spirit, and Spirit is the highest degree of matter. In other words, they are both aspects of one and the same thing. Properly understood, matter is universal substance, or Spirit or Energy reduced to the point of visibility. The formed and unformed world are made out of the one substance we call Spirit. All things are made by the self-contemplation of Spirit.

Ravi told me, "I came to America on a very small fellowship, not nearly enough to survive, but I didn't get panicky. I knew the invisible would become visible. I declared in my heart, 'Divine Spirit is my instant and everlasting supply. It takes the form of food, clothing, money, friends, and everything I need right here and right now. I decree this and I know the manifestation takes place now, for God is the Eternal Now!'"

His declaration became manifest by way of a total stranger. They met in an elevator when the stranger remarked that he had recently returned from a business trip to India. He turned out to be head of the research arm of a major Silicon Valley chipmaker. When he heard what Ravi's specialty was, he immediately offered him a position in his lab, with a handsome salary and stock options.

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Never underestimate the powers of personally affirming God, or the Living Spirit Almighty, your instant and everlasting supply that never fails. It will then manifest in countless ways and through many channels; perhaps through total strangers. Remember, you were born to be rich and inevitably to prosper along all lines through the use of your God-given faculties, which lie stretched in smiling repose within you.

How to Help Others to the Gateway to Riches, True Place, and Honor

When you wish to help a friend, a relative, an associate, or anyone who seeks your help to find his or her true place in life and become rich in livingness and givingness, use the following prayerful meditation in activating the forces for them:

> **Infinite Spirit in its wisdom opens up the gateway for [*name*]'s true expression in life, where he [she] is doing what he [she] loves to do, is Divinely happy and Divinely prospered. He [she] is Divinely led to the right people, who appreciate his [her] talents, and he [she] receives marvelous and wonderful income for wonderful service. He [she] is conscious of his [her] true worth, and he [she] is blessed and prospered with God's riches beyond his [her] fondest dreams. I turn this prayer over to my subconscious mind, which has the ability to accomplish it. It brings it to pass in Divine order.**

Repeat this prayer slowly, quietly, feelingly, and knowingly, pouring life, love, and enthusiasm into your words. You will be amazed how the wisdom of the subconscious will respond. It never fails.

His Attitude Closed the Gateway to His Riches

Recently, during a lecture series in San Diego, a man came to see me at my hotel. He introduced himself as Cliff A., a broker with a financial service, then said, "I've been praying morning and night for prosperity and promotion, but it simply doesn't work. I've got a good education, lots of experience, everything it takes, but I'm not getting anywhere. Not only that, I'm in a real bind financially. I've been trading heavily in biotech stocks, on margin, and if something doesn't turn around very soon, I'm going to end up wiped out. It's not my fault, the people I talk to give me terrible advice. I think maybe they have it in for me."

As we talked, I discovered that Cliff held many deep-seated grudges and prejudices against his former employers as well as his superiors at his current firm.

I explained to him that as long as his mind was cluttered with hostility, grudges, and fears, his failure attitude would neutralize all his prayers. It was a little like mixing an acid and an alkali; one neutralized the other.

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I suggested he redirect his mind, emphasize prosperous thinking, and enter into the spirit of forgiveness for himself and others. Accordingly, he began to meditate twice daily on the following prayer:

> **I forgive myself for harboring negative and destructive thoughts, and I release my former employers and present associates to God completely, wishing for them all the blessings of life. Whenever I think of any one of them, I will immediately affirm, 'I have released you; God be with you.' I know as I continue to do this that I will meet them in my mind and that there will no longer be any sting present. I claim promotion now, success now, harmony now. Divine law and order are mine now. God's wealth flows to me in avalanches of abundance. Life is growth and expansion. I am an open channel for God's riches, which are ever-active, ever-present, unchanging, and eternal. I give thanks now for the riches within and without. What I am now decreeing comes to pass, and the light of God shines upon me.**

Cliff followed this prayer process faithfully, taking care that he did not subsequently deny what he had affirmed earlier. He found himself attracting new people and being "led" to certain books, certain teachers, and certain classes on the subconscious mind. He discovered that he had set into operation subtle forces of his subconscious mind that correlated with his habitual thinking and prayer life. He was soon promoted to his firm's Los Angeles office with much higher pay. Moreover, one of the companies he had invested in received a patent on a valuable process. The stock tripled in a week. Cliff discovered that his changed attitude was really the gateway to fulfillment of his dreams. Dream noble and God-like dreams, and as you dream, so shall you become. You go where your vision is.

Meditation for Opening the Gateway to Right Action

The following meditation will establish judgment and confidence in taking the right action for any situation:

> **I radiate goodwill to all humankind in thought, word, and deed. I know the peace and goodwill that I radiate to every person comes back to me a thousandfold. Whatever I need to know comes to me from the God-Self within me. Infinite Intelligence is operating through me, revealing to me what I need to know. God in me knows the answer. The perfect answer is made known to me now. Infinite Intelligence and Divine wisdom make all decisions through me, and there is only right action and right expression taking place in my life. Every night I wrap myself in the mantle of God's love and fall asleep knowing Divine guidance is mine. When the dawn comes, I am filled with peace. I go forth into the new day full of faith, confidence, and trust. Thank you, Father.**

CHAPTER POINTS TO REMEMBER

1. The gateway to infinite riches is based on the spiritual gem: *I am come that they might have life, and that they might have it more abundantly* (John 10:10). You are here to lead a full, happy, and rich life. You are here to squeeze the last drop of

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happiness out of life.

2. Emerson taught one doctrine—the infinitude of the private person. This means that the riches of the Infinite are within you. You can contact all the powers of the Godhead in you through your thought life. As you think of riches, guidance, inspiration, and creative ideas, there will be a response according to the nature of your thought. It responds by corresponding.
3. You are not selling your age to employers but your talents, abilities, wisdom, and experience garnered through the years. Realize that what you are seeking is also seeking you. Claim that Infinite Spirit is opening up a new door of expression for you where you are amply rewarded financially, and it will respond accordingly. It never fails.
4. If you want to take a trip anywhere around the world, act as though your prayer were answered. Do all the things you would do to prepare for the trip as if you actually had the money in your pocket. Believe you have it now and you will receive it. In your imagination, feel yourself in that country or city now. Repeat the drama frequently until it gets into your subconscious, and then it will come to pass.
5. Spirit and matter are one. Energy and matter are one. The scientist uses the term energy for Spirit, which is God. God is the only presence, power, cause, and substance; therefore, Spirit is the reality of money, food, and clothing. The whole world of matter is simply Spirit in form, reduced to the point of visibility. Claim that God or Spirit is your instant and everlasting supply and that money is now flowing to you freely, joyously, and endlessly this very moment. Believe and know, realize and understand that the formless is forever taking form. Let money and all kinds of riches flow to you now.
6. When you wish to pray for riches and true expression for another, realize that Infinite Spirit opens up the gateway for his true expression and that God's riches are flowing to him in avalanches of abundance.
7. Changed attitudes change everything. If a person places emphasis on the spirit of forgiveness and goodwill to all and also forgives himself for harboring thoughts of failure, lack, and resentment, and then pours life, love, energy, and vitality into his thoughts of promotion, riches, expansion, honor, prestige, and recognition, his deeper mind will respond with compound interest, and his desert will rejoice and blossom as the rose.
8. Allow the meditation at the end of the chapter to penetrate your thinking for deciding on the right action to take.

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How to Choose Your Wealth Goals and Receive Them Right Away

The Bible gives us the answer: *Choose you this day whom ye will serve* (Joshua 24:15).

The key to your health, wealth, prosperity, and success in life lies in your wonderful capacity to make decisions. The greatest discovery you can make is to awaken to the great truth that there is an infinite wisdom and power already established within you. It can enable you to solve all your problems and become wealthy, happy, joyous, and free. You were born to win. You are equipped with all the powers of God within you to make you master of your fate and captain of your destiny.

If you are not aware of your capacity to choose from the Kingdom of Heaven within you, which is the presence of God lodged in your deeper mind, you will instead choose and make decisions based on events, circumstances, and conditions around you. What is worse, in overlooking the powers within you, you will exalt the powers of circumstance that may exist at a certain time. Choose from the Kingdom of God within you and move forward on the high road to happiness, health, freedom, and the joy of living the abundant life.

The Power of Choice

Your power to choose is your most distinctive quality and your highest prerogative. Your capacity to choose and to initiate what is chosen reveals your power to create as a child of God.

How Her Power to Choose Transformed Her Life

"I don't know if I'm an alcoholic," Veronica V. told me, shamefacedly. "I do know I'm a compulsive drinker. It's more than I can handle, and it's ruining my personal and professional life. My whole future is in question."

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"You say it's more than you can handle," I replied sympathetically. "I know how terrible that feels. But, in fact, you do have a mighty weapon in your struggle with this habit. You have the God-given capacity to choose . . . to choose sobriety, peace of mind, happiness, and prosperity, right here and right now."

"Tell me how," she replied. "I'll do anything to be free of this curse."

In response, I gave her the following prayer:

> **I choose health, peace of mind, freedom, and sobriety right now. This is my decision. I know that the Almighty Power backs up my choice. I am relaxed, and God's river of peace flows through me. My spiritual food and drink are God's ideas and eternal verities, which unfold within me bringing me harmony, health, peace, and joy. In my imagination I am with my family, doing what I love to do. I am Divinely happy. Whenever the urge to drink comes, I remember these Divinely inspired ideas in my mind and the God Power backs me up.**

Veronica repeated this prayer four or five times a day. She understood that she was writing these thoughts in her subconscious mind, which accepts repeated thought patterns affirmed convincingly and decisively. The shakes and the jitters still came occasionally, but each time she flashed on the screen of her mind the declaration she had made. Her desire to give up the bad habit was greater than her need to continue it, and the power of her subconscious backed her up.

The Riches of the Right Choice for Everyone

Every morning when you awaken, before you allow the concerns of the day to flood in on you, choose to recall and declare the following eternal truths. Remember that your lifetime experiences, conditions, and circumstances are the sum total of your choices. Affirm boldly as follows:

> **Today is God's day. I choose harmony, peace, perfect health, Divine law and order, Divine love, beauty, abundance, security, and inspiration from On High. I know that as I claim these truths in my life, I awaken and activate the powers of my subconscious, which compel me to express all these powers and qualities. I know it is as easy for God to become all these things in my life as it is for a seed to become a blade of grass. I give thanks that this is so.**

Every one of us, whatever our circumstances or calling, should make this choice every day. These are the principles of life. As you affirm them, you make all these powers of God active and potent in your life. Your subconscious accepts what you consciously believe, and it is easy for you to believe in the principles of harmony, peace, beauty, love, joy, and abundance.

Emerson said, "Nothing can bring you peace but the triumph of principles." There is a principle of beauty, but none of ugliness; there is a principle of harmony, but none of discord; there is a principle of love, none of hatred; there is a principle of joy, none of sadness; there is a principle of opulence and abundance, none of deprivation and

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poverty; and there is a principle of right action, none of wrong action. Begin to choose what is true of God and His goodness and the riches of life will be yours.

Decide to Choose the Riches of the Divinity Within You

Those who are afraid to make choices are actually refusing to recognize their own Divinity, for God indwells all people. It is your Divine right to make choices based on eternal verities and the great principles of life, which never change. Choose to be healthy, happy, prosperous, and successful, because you have dominion over your world of finance, business, health, profession, and relationships with others. Your subconscious mind is subject to the decrees and convictions of your conscious mind, and whatever you decree convincingly shall come to pass.

The Bible says: *Whatsoever a man soweth, that shall he also reap* (Galatians 6:7).

What Happens on Failing to Choose?

"I don't know what to choose," Greta M. told me. "How can I possibly tell what is reasonable or logical?"

"You *have* made a choice," I replied. "By deciding not to choose for yourself, you have chosen to accept whatever comes from the mass mind or the law of averages, in which we are all immersed. Suppose you go on vacation to a seaside resort. If you choose your room, you will have the view and facilities you want. If you do not choose your room, you will have whatever the desk clerk decides you should have. Do you trust the desk clerk more than yourself?"

"That wouldn't be very smart, would it?" she said thoughtfully. "If I really have the power to choose, it would be foolish not to choose thoughts, images, and ideals for myself. Either I think for myself, or I let others do the thinking for me, in which case I'm stuck with whatever they decide."

By the end of our talk, Greta had decided to reverse her attitude. She began by asserting constructively:

> **I am a choosing, volitional being. I have the power, the ability, and the wisdom to control and to direct my own mental and spiritual processes. I say to myself every morning when I awaken: God indwells me. What am I going to choose today from the treasure house of infinity within me? I choose peace, Divine guidance, and right action in my life. I decree that *Goodness, truth and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever* (Psalm 23:6).**

Following this manner of choice, Greta has transformed her life. Her health is better, she is more successful in her work, and her friends find her a loyal and sensitive

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companion.

The Infinite Power Backs Up Your Choices

You are a self-conscious individual. You have the capacity to choose. After deliberation, you select one jacket or pair of shoes in preference to another. You select your minister, doctor, dentist, home, wife or husband, food, and car. You are constantly being called upon to choose in this life. What kind of thoughts and images are you choosing? I want to reiterate and emphasize again that your whole life represents the sum total of your choices. Choose wisely, judiciously, and constructively. Choose the truths of God, which never change. They are the same yesterday, today, and forever.

Some say, "I will let God choose for me." When you say that, you mean a god outside yourself. God, or the Living Spirit, is omnipresent and is also within you, the very life of you. The only way God, or Infinite Intelligence, will work *for* you is to work *through* you. In order for the Universal to act on the individual plane, it must become the individual.

You are here to choose. You have volition and initiative. This is why you are an individual. Accept your Divinity and your responsibility and choose for yourself. Make your own decisions; some other person cannot possibly know what is best for you. When you refuse to choose for yourself, you are actually rejecting your Divinity and your Divine prerogatives. You are choosing to think from the standpoint of a slave, a serf, or an underling.

The Courage to Choose Transformed and Enriched Her Life

Thelma W. was a 54-year-old widow who ran a successful real estate agency in Santa Cruz, California. She came to me perplexed, baffled, and frustrated.

"I want to remarry," she told me. "The problem is, I've been seeing two different men. I'm fond of both of them, and they are both fond of me. They've both said things to indicate that marriage is on their minds too. But I can't marry them both, and I don't know how to make up my mind. Meanwhile, time is racing by. What do I do?"

"You've heard the story about the donkey, haven't you?" I replied. "It was halfway between two stacks of hay and it starved to death because it couldn't choose which one to eat from."

She laughed. "It's not really funny," she said. "That's just the way *I* feel!"

"You say you don't know how to make up your mind," I said. "That may be because you are trying too hard to force your conscious mind to choose. You have the ability to

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choose Infinite Intelligence within yourself to lead and guide you. Its nature was responsiveness. If you ask clearly and confidently, the answer will come to you."

"How will I know when it comes?" she worried.

"You'll know," I assured her. "It will be in a form that is impossible for you to miss."

That night, on going to sleep, Thelma spoke to her higher self as follows:

> **Father, you are all-wise. Reveal to me the answer and show me the way I should go. I give thanks for the right answer, for I know You know the only answer.**

During the night she had a dream that she remembered vividly the next morning. First one, then the other, of the men she was trying to choose between appeared to her. Each took her hand while she said a sad but definite "good-bye," then receded out of sight as if on an invisible conveyor belt. For a moment she stood alone in a featureless plain. Suddenly, a third man appeared. She recognized him at once. He was her late husband's best friend, who lived in the Midwest. She hadn't seen him in several years, but they had always gotten along very well. Just as he reached out both hands to her, the dream faded. She awoke feeling both desolate and oddly hopeful.

That very day, she received a card in the mail from the man. He had taken early retirement from his job with a power company and was strongly considering a move to Santa Cruz. He was coming later that week on a sort of scouting trip. Could she find time in her schedule to have dinner with him and show him around the town? She telephoned him the same day. Two months later, I had the pleasure of officiating at their wedding.

Thelma followed the biblical injunction, *Choose you this day whom ye will serve* (Joshua 24:15). If, like her, you turn to the Infinite Intelligence within you and call upon it, you, too, will receive the joy of the answered prayer. You can choose confidence, riches, and a full life. Many say that they have always experienced sickness, failure, frustration, and loneliness. All these failures can be dissolved by choosing to believe in the One Infinite Healing Presence. Feeling and emotion follow thought. You can, therefore, choose to build a new emotional life. Recognize that the will of God for you is the tendency of the Life-Principle itself, which seeks to flow through you as harmony, health, peace, joy, creative ideas, and prosperity, extending beyond your fondest dreams. You have chosen to believe that what is true of God is true of you. Therefore, from this moment forward the preponderance of your thought and expectancy will come from Him who giveth to all life, breath, and all things. Your mind and heart will be always open for the influx of God's riches now and forevermore.

Meditation for Building Your Account at Your Prosperity Bank

> **I know that my good is this very moment. I believe in my heart that I can prophesy for**

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myself harmony, health, peace, and joy. I enthrone the concept of peace, success, and prosperity in my mind now. I know and believe these seeds will grow and manifest themselves in my experience.

I am the gardener; as I sow, so shall I reap. I sow God-like thoughts of peace, success, harmony, and goodwill. The harvest is wonderful.

From this moment forward I sow in my subconscious mind thoughts of peace, confidence, poise, and balance. I harvest the fruit of the wonderful seeds I sow. I believe and accept the fact that my desire is a seed deposited in the subconscious. I make it real by feeling the reality of it. I accept the reality of my desire in the same manner I accept the fact that the seed deposited in the ground will grow. I know it grows in the darkness; also, my desire or ideal grows in the darkness of my subconscious mind. In a little while, like the seed, it appears above the ground as a condition, circumstance, or event.

Infinite Intelligence governs and guides me in all ways. I meditate on whatsoever things are true, honest, just, lovely, and of good report. I think on these things, and God's power is with my thoughts of good. I am at peace.

CHAPTER POINTS TO REMEMBER

1. The key to your health, wealth, prosperity, and success lies in your capacity to choose. Choose whatsoever things are true, lovely, noble, and God-like. Choose thoughts, ideas, and images that heal, bless, inspire, dignify, and elevate your whole being.
2. Your power to choose is your highest prerogative, enabling you to select from the infinite treasure house within you all the blessings of life.
3. When an alcoholic chooses to select harmony, peace, sobriety, and right action in life, knowing the Almighty power will back up the choice, that person is on the way to release from her habit, and to freedom and perfect health. She uses the wonderful power of disciplined imagination in realizing that she is doing what she loves to do, dramatizing the liberating thought over and over again until it has all the tones of reality. The minute the idea of freedom is fixed in her subconscious mind, she is compelled to freedom and sobriety.
4. A wonderful choice for everyone every morning of life is to affirm: "Divine right action is mine. Divine law and order govern my life. Divine peace is mine. Divine love fills my soul. Divine harmony reigns supreme. Divine beauty fills my soul. I am inspired and Divinely led in all ways. There is a happy outcome to all my undertakings." Make a habit of this and wonders will happen in your life.
5. Never hesitate to make a choice. You are a volitional, choosing being, and to refuse to choose is actually to reject your own Divinity. You can choose according to universal truths and principles of God, which never change.
6. In failing to choose for yourself, you are actually saying that you are going to let the

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mass mind, full of irrational fears, superstitions, and ignorance of all kinds make choices for you. If you do not choose to do your own thinking, the mass mind and the propaganda of the world will make choices for you. There is no such thing as indecision. It simply means you have decided not to decide. Don't let others make up your mind. Choose God and His truth.

7. Choose that goodness, truth, and beauty will follow you all the days of your life because you dwell in the house of God forever.
8. Your whole life consists of a series of choices. All of your experiences are the sum total of your choices. You are always choosing your books, clothes, schools, partners, homes, cars, and so on. Watch the kind of thoughts, images, and ideas you choose. You are what you think all day long. Choose what is lovely and of good report.
9. God, or Infinite Intelligence, will do nothing for you except through your thought, images, and choices. The Universal cannot act on the individual except it becomes the individual.
10. Choose God and realize that only God knows the answer. If perplexed and wondering how to choose between two alternatives, realize that God, or Infinite Intelligence, knows the answer. Contemplate the answer and the Supreme Intelligence will respond accordingly. It never fails.
11. Regardless of past errors, sickness, and failures, believe now the absolute truth that the will of God for you is a greater measure of life, love, truth, and beauty, transcending your fondest dreams. Open your mind and heart and live in the joyous expectancy of the life more abundant now and forevermore.
12. Use the meditation at the end of the chapter to build up your account in the prosperity bank.

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How to Hear the Gentle, Invisible Voices That Can Guide You to Wealth

Your subconscious mind seeks to protect you at all times, so you should learn to listen to the inner promptings of intuition. Your subjective self governs all your vital organs. It will continue to maintain them in equilibrium and balance unless your conscious mind intrudes with worry, anxiety, fears, and negative thoughts. These negative thoughts upset the Divine norm within your deeper mind. Within your subconscious mind is the Divine presence, which some call the Higher-Self, the Superconscious, the I AM, or The Christ in you, the hope of Glory. All these terms mean the same thing.

Your subconscious mind reacts to suggestion and the commands of your conscious mind. Because of this, you can train your conscious mind to recognize the promptings of your subjective mind in the right direction. When you are relaxed and your mind is at peace, your conscious mind is more closely in rapport with your subconscious mind. Then the inner voice of intuition is heard and felt clearly and distinctly.

She Was Glad She Listened to That Inner Voice

Jean Wright, my secretary for many years, told me that some years ago she and her mother planned to go away for a weekend. On Saturday morning, however, she had that inner feeling, a deep-seated hunch, that seemed to say, “Don’t go. Stay at home.” She tried to brush it aside, but the feeling persisted. Finally she responded and stayed home.

Two hours later, while her son was playing at the beach nearby, he tripped and banged his face into a railing. One of his front teeth was knocked out. Because Jean was on hand, she was able to retrieve the tooth and get her son to a dental surgeon immediately. The dentist managed to implant the damaged tooth, and her son did not suffer any permanent damage. She later learned that the dental surgeon had been on the point of leaving on an overnight journey the moment she called. If she had been even five minutes later, her son would have lost the tooth. Her inner prompting was correct in every way.

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How to Follow and Recognize the Voice of Intuition

When you need to decide on a course of action, the best guide you could possibly have is the knowledge that comes from giving your subconscious mind the correct instructions. This will enable you to distinguish the true from the false. When you have a sincere desire for the truth, knowing that Infinite Spirit responds according to the nature of your thought, you will get results.

Use the following prayer frequently:

> **Infinite Intelligence is my constant guide and counselor. I will instantly recognize the promptings and monitions that come from my Higher-Self, which forever seek to protect, guide, and watch over me in all ways. I will instantly recognize the lead which comes into my conscious mind, and I will always disregard groundless fancies. I know that my deeper mind responds to what I am now consciously writing on it, and I give thanks for the joy of the answered prayer.**

As you form the habit of using this prayer regularly, you will become able to recognize instantly the interior voice by the inward sense of touch it gives you. This will make it possible for you to differentiate and distinguish between the false and the true.

How Cultivation of the Intuitive Faculty Brings Riches to You

On the basis of what you consciously meditate upon, you will receive answers and directions from your subconscious mind. The question you entertain or turn over to your deeper mind gestates in the darkness of your subconscious. When all the data are gathered, you receive instantaneously an analysis and conclusion that your intellect, or reasoning mind, might require weeks of monumental trial and error to accomplish. When our reasoning faculties fail us in our perplexities, the intuitive faculty sings the silent song of triumph.

Artists, poets, writers, and inventors listen to this voice of intuition. As a result, they are able to astonish the world by the beauties and glories drawn from this storehouse of knowledge within themselves. They have discovered the source of true riches.

The Infinite Riches of Intuition Saved His Life

Many of you may have read about a Japanese air disaster in which so many unfortunate people lost their lives. Some weeks later, I received a letter from a Japanese student. He wrote:

> **I have been reading your work, *The Power of Your Subconscious Mind*,* which has much**

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impressed me. I was ticketed to go on the aircraft flight that ended so tragically. As I was about to leave for the aeroport, an inner voice spoke to me. It said quite clearly, "Do not go. Do not go." It was as clear as a message over a loudspeaker. Because of your book, I knew that I should listen. I did not go. I believe I have been saved so that I can tell others about the wonderful powers of the subconscious mind.

Intuition and What It Means

Intuition means the direct perception of truth, independent of any reasoning process. It is an immediate apprehension, a keen and quick insight. The word "intuition" also means "inner hearing." Hearing is not the only way to nurture intuition. Sometimes it comes as a thought, but the most common way is to "hear the voice." Intuition goes much farther than reason. You employ reason to carry out intuition. Very often you will find that intuition is the opposite of what your reasoning would have told you.

The conscious mind of man is reasoning, analytical, and inquisitive; the subjective faculty of intuition is always spontaneous. It comes as a beacon to the conscious intellect. Many times it speaks as a warning against a proposed trip or plan of action. We must listen and learn to heed this inner voice of wisdom. It does not always speak to you when you wish it to do so, but it will when you need it.

She Had a Persistent Feeling That She Should Not Accept the Position

"I'm in a real quandary," Louise B. told me. "I'm a little bored with my present job, so I registered with one of these new online headhunters. The next thing I know, I get a fabulous offer from a high-tech startup. More responsibility, a big boost in salary, stock options, travel . . . It's like a dream. My boyfriend tells me I'd be a total idiot if I didn't grab it."

"And . . .?" I prompted.

"I can't," she said. "I don't know why. I know Greg must be right, and I'm sure I'll be sorry down the road, but something keeps telling me not to take it. Isn't that crazy?"

"Not at all," I said forcefully. "What you are hearing is probably the voice of your subconscious mind. It has ways of knowing that are beyond our conscious ken. You must decide for yourself what to do, but I urge you not to brush aside your intuitive feeling."

"That's what I hoped you'd say," she told me. Relief was painted plainly on her face. "I'm going to call them this afternoon and turn down the offer."

Three weeks later, I found a message from Louise on my voice mail. "My subconscious must be really on the ball," she said. "That company that wanted to hire me just went belly-up. Chapter Eleven. If I hadn't taken your advice and listened to my

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intuition, I'd be in a real mess now."

Louise's conscious mind (and her boyfriend) may have been right in terms of the facts that were objectively available and known, but her intuitive faculties understood other aspects of the situation. Before she permitted her objective mind to argue with her inner knowledge, she came to a quick decision that proved to be correct in every way. She later told me that, since that experience, she has made it a habit, after praying about anything, to follow the first impression that comes to her. She has found that it is always correct.

The Riches of Clairaudience

Clairaudience is a term that means "clear hearing." It is a faculty of your subconscious mind. A classical example is the demon that the great Greek philosopher Socrates described. He believed he could clearly hear this inner voice, whose admonitions were always wise. The voice was usually one of warning. Moreover, he pointed out that its strongest manifestations came when his safety or well-being was involved. His subconscious mind communicated with the conscious mind in words audible to his senses.

This phenomenon is based on the most powerful instinct of the human soul—the instinct of self-preservation. Socrates believed that the silence of the demon was an approval of his conduct, and according to his belief was it done unto him.

How the Voice of Intuition Proved to Be a Lifesaver

A young woman named Lorinda H. was invited to visit relatives in a distant city over a Labor Day weekend. Another guest could give her a ride. Even as she was talking to her cousin on the phone, Lorinda's inner voice spoke to her clearly. It told her, "Stay home! Stay home!" She followed the advice and turned down the invitation. She later found out that the young woman who was supposed to pick her up was killed in a multicar pileup on the freeway.

For several years, since beginning to attend our meetings and lectures, Lorinda has directed her subconscious mind to supply her with guidance. She lives in the certain knowledge that Divine right action will govern her. She constantly affirms that she will be instantaneously warned by the wisdom of her subconscious about anything she needs to know for her welfare and spiritual protection. It has never failed her. Through repetition she has conditioned her subconscious to respond, and the intelligence enables her conscious mind to receive communication from her subjective mind by means of spoken words. It is one way of bringing the wisdom of her deeper mind to her surface or

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objective mind. The sound she hears is subjective; it does not cause atmospheric vibrations; but its reality is clear to her nonetheless.

These sounds or mental stimuli are distinct to her but are not perceptible to others who may be near her. You can employ this technique with fabulous dividends in all phases of your life.

A Broker Discovers the Riches of Intuition

A broker friend of mine, Philo L., invests solely on his own account and those of a few wealthy clients. His special field of interest is small-cap stocks. Ordinarily, these are very speculative, but they offer rich rewards for those who are successful. Philo has had extraordinary success in this field. Some months ago, the name of such a stock welled up in his mind. His inner voice said, "Buy it." He did so and also put his clients into it. In the time since, he and his clients have realized profits of several hundred percent.

Philo's secret of success is that he trusts and listens to the voice of intuition. He makes a practice of charging his subconscious mind as follows:

> **My subconscious mind will make me instantly aware of the right stock to buy, at the right time, in the right way. This will bless me and my clients.**

It is obvious that Philo has succeeded in getting the intuitive faculty of his subconscious to respond according to the nature of his request. The magic of extrasensory perception is alert to his request and presents him with the information he needs at the right moment.

A Most Extraordinary Experience

An old friend, Fred W., admitted to me that at one time he had been on the verge of committing suicide. "I had just lost my wife and baby in an automobile accident," he said, with tears welling up at the memory. "I was sure that the world held nothing more for me except misery. I held a pistol to my temple. But just as I placed my finger on the trigger, I heard a voice. It was the most commanding voice I've ever heard. It said, very clearly, 'Not now! With long life will I content you!' I was stunned. The thought of going against such a command was unthinkable. I put the pistol down. Later I threw it in the river, in case the temptation to do away with myself returned."

"What an amazing experience," I commented. "When did this happen?"

"Oh, long before we met," he replied. "I was just in my twenties at the time. Since then, I've become convinced that I was spared for a reason. I never ignore the promptings of my inner voice."

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What Fred learned from this searing experience is that when danger to the individual is imminent, the subjective mind makes a supreme effort to avoid and prevent the danger. It acts and speaks in a way to which the individual will respond. The highest activity of your subconscious, or subjective mind (I use these words interchangeably), is exercised in the effort to preserve the life of the individual.

Remember, the monitions of your deeper self are always lifeward and should be heeded. That inner voice that seeks to protect you physically, emotionally, spiritually, financially, and in all ways is not from supernatural agencies or disembodied entities but from the intuitive faculty of your own subconscious, which knows all and sees all.

A Remarkable Encounter in London

Some years ago, I lectured in England. My sister told me that a cousin of ours was living in London, a man I had gone to school with as a boy. She had no idea where he lived or what his occupation was, but a friend of hers had mentioned he was in London.

I checked the telephone book, but his name was not there. Instead of giving up the quest, I followed this procedure. I imagined myself meeting him, shaking hands with him, and talking over old times. I did this every night before I went to sleep. Finally, my week's stay in London came to an end. I was scheduled to leave for Switzerland in a few hours. I decided to send off some letters and postcards, and I remembered there was a post office around the corner from St. Ermin's Hotel, where I always stay in London. As I was waiting in line, I heard a familiar voice saying, "Well, Joe! Fancy meeting you here!"

Everything I had pictured and felt as true in my mind came true. We had time for a wonderfully moving and amusing reunion before I had to leave to catch my plane. The wisdom of my subconscious mind had brought both of us together in Divine order. The ways of the deeper levels of your mind are past finding out. Let the wonders and riches of intuition happen to you.

Meditation for the Riches of the Silence

Jesus said, "God is a Spirit; and they that worship him must worship him in spirit and in truth."

I know and realize that God is a spirit moving within me. I know that God is a feeling or deep conviction of harmony, health, and peace within me. It is the movement of my own heart. The spirit or feeling of confidence and of faith that now possesses me is the spirit of God and the action of God on the waters of my mind. This is God. This is the creative Power within me.

I live, move, and have my being in the faith and confidence that goodness, truth, and beauty shall follow me all the days of my life. This faith in God and all things good is omnipotent. It removes all barriers.

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I now close the door of the senses; I withdraw all attention from the world. I turn within to the One, the Beautiful, and the Good. Here, I dwell with my Father beyond time and space; here, I live, move, and dwell in the shadow of the Almighty. I am free from all fear, from the verdict of the world, and from the appearance of things. I now feel His Presence, which is the feeling of the answered prayer, the presence of my good.

I become that which I contemplate. I now feel that I am what I want to be. This feeling or awareness is the action of God in me. It is the creative Power. I give thanks for the joy of the answered prayer and I rest in the silent knowledge that "it is done."

CHAPTER POINTS TO REMEMBER

1. Your subconscious mind seeks to protect you at all times, and it behooves you to learn to listen to its inner monitions and promptings at all times.
2. When you are relaxed and your mind is at peace, the inner voice of intuition is heard clearly and distinctly.
3. The inner voice often speaks to you as an inner, persistent feeling, a sort of hunch warning you of danger to yourself or a loved one. A mother who followed her hunch was able to get prompt assistance for her son.
4. When you have a sincere desire for the truth and know that Infinite Spirit responds according to the nature of your thought, you will get results. Affirm boldly that Infinite Intelligence is your constant guide and counselor and that you will instantly recognize the monitions of your Higher-Self. You will receive answers according to your request.
5. You will receive answers and directions from your subconscious according to what you meditate on.
6. Artists, poets, inventors, and other creative people listen to the inner voice of intuition. They astonish the world by the beauties and glories drawn from the storehouse within.
7. A Japanese student heard an inner voice saying clearly to him, "Don't go on the plane." He followed the instruction. Shortly thereafter, that particular plane was involved in a tragic air disaster. He has trained his subconscious mind to watch over him in all his ways.
8. Intuition means direct perception of truths or facts independent of any reasoning process. Intuition also means, "inner hearing."
9. The extrasensory faculties of your deeper mind can see the motivations of an employer and also the future result. These are hidden from the conscious mind. When that intuitive feeling wells up telling you not to take a new position, follow it.

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10. After praying about anything specific, the first impression is usually correct.
11. Clairaudience is a faculty of your subconscious and means “clear hearing.” Self-preservation is the most powerful instinct of the human soul. Many times your subjective self speaks in a voice to warn you and to protect you.
12. You can direct your subconscious to guide you always and know that Divine right action governs you. You will be instantly informed about anything you need to know for your protection. If you hear a voice saying, “Don’t go!”—obey it.
13. A successful broker conveys the idea to his subconscious mind that he will be instantly made aware of the right stock to buy or sell. The names of particular stocks well up from his subconscious, and he becomes consciously aware of the right course of action to follow for himself and his clients.
14. When danger to the individual is imminent, the subjective mind makes a supreme effort to avoid danger. It may speak in a way to which the individual will respond.
15. The monitions of your deeper mind are always lifeward and should be heeded.
16. If you wish to meet someone and you don’t know where the person is, picture yourself talking to the individual, feel the reality of the experience, dramatize it in your mind, and enter into the tones of reality. Your deeper mind will bring both of you together in Divine order.
17. To avail yourself of the amazing riches of the silence, use the meditation at the end of the chapter.

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How Your Money Dreams Can Make You Rich—The Secret of Psychic Osmosis

In his essay on self-reliance, the brilliant New England philosopher Ralph Waldo Emerson says: "Trust thyself: Every heart vibrates to that iron string. Accept the place the Divine providence has found for you, the society of your contemporaries, the connection of events. Great men have always done so and confided themselves childlike to the genius of their age, betraying their perception that the absolute trustworthy was seated at their heart, working through their hands, predominating in all their being."

What is Emerson telling us? That God indwells us, that the absolute trustworthy is seated in our hearts, and that all we have to do is to permit ourselves to vibrate or tune in on the Infinite within and receive all the blessings and riches of life. He is saying that you are Life, or God manifested, and that you are an instrument of Life's expression. You are unique. There is no one in all the world like you, because you are you. Your thumbprint, the rhythm of your heart, the pattern of your retina, the secretions of your glands, the information encoded in every cell of your body are different from those of any other person in the entire history of our species. Infinite differentiation is the law of life. Your thoughts, your attitudes toward life, your beliefs and convictions, all are your own and different from those of others.

You were born with your own particular endowments, talents, abilities, and special inherent gifts. You are here to express more and more of the God-Presence and to experience the joy of living the life more abundant. You are uniquely equipped to express life in a way and manner that no one else in all the world can do. You want to be what you want to be, you want to do what you love to do, and you want to have all the good things of life.

You can achieve all these goals in life because you are endowed with the qualities and faculties of imagination, thought, reason, and the power to choose and act. Let Life flow through you as harmony, beauty, love, joy, health, wealth, and fullness of expression.

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How a Teacher Instills the Riches of Self-Confidence in His Pupils

Is it not written in your law, I said, Ye are gods? (John 10:34).

Hugo D. is a young man who teaches Sunday School in Las Vegas. He confided to me that many of the children he taught were shy, timid, and diffident. Some of them seemed to suffer from a profound inferiority complex.

"I saw it as a part of my duty toward them to show them a path toward a greater appreciation of their own value," he told me. "So I wrote an affirmation on the blackboard. I told them to copy it and repeat it for five minutes every night before going to sleep."

"How does it go?" I asked, intrigued by his personal discovery of this technique.

"This is what I gave them," he replied:

> **I am a child of the Living God. God loves me and cares for me. I am different, and God wants to do something special through me. God watches over me and guides me, as I am growing in strength, love, and wisdom. My Heavenly Father loves his child. He walks and talks in me.**

He added, "I told them that as they used it and affirmed it every day, there would be a response from the God-Presence. They would grow in wisdom, strength, and power and would become outstanding students, successful in college, and rich in all the blessings of life."

"What were the results?" I asked.

"Since then, they have been practically blossoming," he said enthusiastically. "Their confidence and self-reliance has grown wonderfully. They are relating better to their parents, too. It's just amazing. I really believe that I am seeing God at work."

What Hugo did with this technique was to instill into the minds and hearts of these children the knowledge that God indwells them and that He would respond to the simple prayer of their hearts. They came to realize, as Emerson said, that the absolutely trustworthy was seated at their heart working through them at all times.

The True Meaning of Self-Confidence

Confidence means "with faith." Faith is a way of thinking, an attitude of mind, an understanding of the laws of mind. It is an awareness that your thought and feeling create your destiny. You have faith when you know that any idea felt as true by your conscious mind will be impressed on and accepted by your subconscious mind and be manifested on the screen of space. In simple, everyday language, your faith is an awareness of the presence and power of God (the Living Spirit Almighty) within you. Through your contact with this Presence and through the medium of your thought you can live a

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victorious and triumphant life. You will find yourself meeting all obstacles, difficulties, and challenges head on, realizing that they are all Divinely outmatched. Tuning in on the Divine presence within you, you can move through the vicissitudes of life with a deep abiding trust that you can do all things through the God-Power that strengthens you.

How She Developed Self-Confidence and Became Rich and Successful

Recently a young entrepreneur named Laurie Y. came to see me. In the few years since leaving college, she had started two Internet-related companies, both of which stirred some excitement, then eventually went under. Now she was down on herself, full of self-criticism.

"I think I'm fooling myself," she said. "And fooling everybody who's been trusting enough to invest their money in my ideas, too. I just don't have what it takes these days. I look around and see these kids, five or six years younger than me, and I realize I'm not on the cutting edge any more. I'm through!"

"What those kids have, you have as well," I told her. "Within you is Infinite Intelligence. It created the world and knows no obstacles. What is more, it can reveal to you everything you need to know. You are born to succeed and triumph in life, because Infinite Intelligence, or God, cannot fail. Nothing can oppose, challenge or vitiate the movement of omnipotence."

Her face brightened, but she still seemed doubtful.

"There is more," I continued. "As you gain confidence in the God-Self within you, you'll find that it is contagious. You will radiate assurance, faith, poise, and balance. You will become a spiritual and mental magnet, attracting good to yourself from all sides. Always recall one of the most powerful spiritual gems of truth in the Bible: *If God be for us, who can be against us?* (Romans 8:31)."

Here is the specific formula that worked wonders for Laurie. Every morning after brushing her teeth, she looked directly at her reflection in the mirror and said aloud, feelingly and knowingly: "If God be for me, who can be against me? I can do all things through the God-Power that strengthens me. Success is mine and riches are mine. Thank you, Father."

She repeated these great biblical truths for four or five minutes every morning, knowing that as she was sincere, these truths would penetrate by osmosis from her conscious mind to her subconscious. Because the law of the subconscious is compulsive, she would in this way be compelled to express success and riches.

A few weeks later, Laurie woke in the middle of the night with a brilliant new concept. She stayed up until dawn drafting an initial business plan. When she tried it out on a former partner, he said she must get in touch with a friend of his, Dan B., who was

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thinking along related lines. When she and Dan met, they discovered that they thought alike in many ways, not just in business. They became partners and raised venture capital to start a new company that is now planning to offer stock in the market. They are also talking seriously about a closer personal relationship.

Such experiences are commonplace today with men and women who begin to tap the tremendous potentials within them. There are many more millionaires and billionaires now in the United States than at any previous time in history.

Allow Yourself Success and the Riches of the Infinite

The Life-Principle, which some call God, is forever seeking to express itself at higher levels through you. There is an urge in you that constantly prompts you to rise higher and higher. This Presence and Power is all-wise. It knows all and sees all. It is omnipotent and supreme. Insist on the best in life; refuse the second best. Concentrate your thought, feeling, and attention on your profession, realizing that the Infinite Intelligence of your subconscious is constantly revealing to you new creative ideas and better ways in which to serve.

Realize that you are one with the Infinite and that the Infinite cannot fail. Emerson said, "No one can cheat you out of ultimate success but yourself." The English philosopher, Thomas Carlyle, said: "The wealth of a man is the number of things he loves and blesses which he is loved and blessed by." Or as the great poet Samuel Taylor Coleridge wrote:

He prayeth well who loveth well
Both man and bird and beast.
He prayeth best who loveth best
***All things both great and small*;**
***For the dear God who loveth us*,**
He made and loveth all.

It is not fate that blocks your success or riches, nor lack of money, introductions, or contacts. It is yourself. All you have to do is to change your thought-life and keep it changed. Let your habitual thinking be: "Success is mine, God's wealth is mine, harmony is mine, and I am a channel for all the riches of God." Your thoughts are creative; you become what you think all day long.

Millions of people claim to believe in a variety of creeds, dogmas, sects, traditions, amulets, charms, icons, shrines, and so on, but because they have no real workable faith, their lives are chaotic and confused. Millions suffer from lack and poor health and barely eke out a living, because they are unaware of how to tap the treasure of infinity in

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their own subconscious mind.

Millions of other people have a real workable faith. They demonstrate it daily in their bodies, their business, their finances, their human relations, and in all other phases of their lives. A person's faith in God must be personally demonstrated. It will show itself by the light in his eyes. Affluence is a sign of faith in the law of opulence. An attitude of trust and understanding of the bountiful nature of the providence of God is reflected in a person's confidence in himself and the powers within him. It is manifest in his positive manner, gestures, speech, and the sunshine of his smile.

A Lonely Bachelor Discovers the Riches of Self-Confidence

"I don't know why I can never meet anyone who clicks with me spiritually," Leo D. told me sadly. "Maybe I've worked so hard that I never had time to learn the right kind of social skills. Or maybe I'm simply a born loser."

"Losers are made, not born," I replied. "If you cling to thoughts of loss, of isolation, of being alone and unlovable, you *attract* those qualities to yourself, both within and without. However, once you begin to recognize your innate qualities, which are the sign of the Infinite within, you manifest those qualities on the screen of reality. That, in turn, draws to you those who are spiritually prepared to respond to them."

I gave Leo a simple technique to use. I told him to visualize himself in a beautiful and soul-enriching setting, such as a lovely beach or woodland glade. He was talking to someone whose qualities were as manifest as his own. Each of them acknowledged and honored the Infinite Intelligence and Goodness that joined them. He was to imagine this scene, in as much detail as possible, every morning on awakening and every night before going to sleep.

"Remain faithful to this picture in your mind," I told him. "You want to meet the ideal, spiritual-minded partner. Seeing yourself with that person means it has already happened in your mind. What has happened in your mind must take place objectively, irrespective of any seeming difficulties and obstacles that seem to stand between you and the realization of your mental image. You will triumph, and you will be happy, joyous, and free."

Leo took my advice. He formulated the image of the relationship he desired as if he had already achieved it and thanked the God-Presence within him for it. He did this each morning and night. At the end of about 10 days, he saw a brochure for a spiritual retreat at a seaside location. The photo of the beach exactly matched the spot he had imagined. He signed up for the retreat and while there, met a young woman whom he immediately recognized as the one in his visualization. I later had the pleasure of conducting the wedding ceremony for them.

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Realize there is always an answer. There is Someone who cares—that One who created you loves you and watches over you at all times, asleep or awake.

A Real Estate Dealer Discovers the Riches of Self-Confidence

Deborah W. came up to me after a lecture and handed me her card.

"So you're in real estate," I observed. "How are things going for you?"

"Terrible," she replied. "Housing values have been rising so fast that most people are being priced out of the market. The rise in interest rates is killing us, too. There's no way I can make a decent living in a hot market like this."

I had an impulse to ask her if she would prefer to work in a slow market, but I did not want her to think I was making fun of her. Instead, I pointed out that, by giving so much mental attention to limitation and lack, she was attracting those qualities. Of course she was not drawing buyers to her. She broadcast inadequacy.

I told Deborah to make it a point to suggest constructive statements many times a day to her subconscious. I had my secretary print out a card for her with the following statements, which she was to meditate on every time she had an unoccupied moment:

> **I have perfect faith in God's supply and in God's guidance. I know that all who buy a house through me are prospered and blessed. Infinite Intelligence attracts buyers to me who want the houses I sell, who can afford to buy them, and who will rejoice in their possession. I am blessed, and they are blessed. I am strong in the Lord and in the power of His might. Divine activity and immediate, perfect results now take place in my life, and I give thanks for the miracles in my life.**

By carrying this card with her and repeating these truths frequently, Deborah restored her confidence in her sales ability. She began to sell, prosper, and expand along all lines. She came up to me after another lecture, a few weeks later, and said, "Miracles are happening in my life. I sold two houses in the seven-figure range in just this last week, and I have firm offers on three others."

God's blessings never cease. Open your mind and heart and receive all the wealth you could want for yourself.

Meditation for the Riches of Faith

> **Jesus said, "Thy faith hath made thee whole."**
>
> **I positively believe in the Healing Power of God within me. My conscious and subconscious mind are in perfect agreement. I accept the statement of truth, which I positively affirm. The words I speak are words of spirit and they are truth.**

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I now decree that the Healing Power of God is transforming my whole body, making me whole, pure, and perfect. I believe with a deep, inner certitude that my prayer of faith is being manifested now. I am guided by the Wisdom of God in all matters. The Love of God flows in transcendent beauty and loveliness into my mind and body, transforming, restoring, and energizing every atom of my being. I sense the peace that passeth understanding. God's Glory surrounds me, and I rest forever in the Everlasting arms.

CHAPTER POINTS TO REMEMBER

1. Emerson says to trust yourself: "Every heart vibrates to that iron string." Join up with God within you, realizing that all things are possible to God. Place absolute trust in this Presence to respond to your call and aid you in the fulfillment of your dreams.
2. You are unique. There is no one in all the world like you. You are endowed with your own particular qualities, abilities, and capacities. As you claim, "God reveals my true expression," doors will open up and you will be Divinely expressed and in your true place in life, doing what you love to do, Divinely happy and Divinely prospered.
3. Teach children that they are children of God and that God loves them and cares for them. Have them affirm these truths frequently, knowing that there will be an immediate response from the God-Presence within them and that God will reveal His wonders in a different way through each child. As you do this, they will grow in self-confidence and self-reliance.
4. Confidence means "with faith." Have faith that when you call on Infinite Intelligence it responds to you. You build up your faith when you realize that thoughts are creative; what you feel you attract, and what you imagine you become. Any idea felt as true will be impressed on your subconscious mind and come to pass. This knowledge gives you faith in the laws of your mind. Its practice will work wonders in your life.
5. A magic formula for building self-confidence and success is to look in the mirror in the morning and affirm: "If God be for me, who can be against me? I can do all things through the God-Power that strengthens." Make a habit of this. You will become full of self-confidence and faith in all things good, and wonders will happen in your life.
6. Insist on the best in life and the best will come into your life. Realize you are one with the Infinite, and the Infinite cannot fail.
7. You must have a workable faith. You must demonstrate your faith in God and all things good. It must appear in your home, in your relationships with people, in your finances. Faith without demonstration and results is dead. Have faith in the creative

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laws of your mind, which never fail and never change.

8. Conceive of yourself now as successful and wealthy. Imagine the reality of the state, and irrespective of seeming obstacles and difficulties, you will experience the result of your mental image. Your mental image is absolute monarch and king. As you give it your attention, faith, and confidence, it must come to pass.
9. There is always an answer. There is Someone who cares—that One who created you and the universe. Trust it. It is the one, the beautiful, and the good.
10. If you are trying to sell something, whether it be a house or a new idea, realize what you are seeking is also seeking you. Claim boldly that Infinite Intelligence attracts to you buyers who want what you are selling and who will prosper with it and be happy. They are blessed, and you are blessed. Claim Divine activity and realize that since God's blessings and God's riches never cease flowing into your experience, miracles will happen in your life. The day will break for you, and all the shadows will flee away.
11. Repeat the meditation at the end of the chapter for the never-failing riches of faith.

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How to Use the Amazing Law That Reveals All Money Secrets

The most basic law of the universe is love. Love is always outgoing. It emanates from the person outward. Love must have an object. You can fall in love with music, art, a great project, an enterprise, a science, or any other field of human endeavor. You can fall deeply in love with the great principles and eternal verities that never change. Love is the emotional attachment you develop to your ideal, your cause, your plan, or your profession.

Because Einstein loved the principles of mathematics, they revealed their secrets to him. That is what loves does. You can fall in love with the science of mind and it will reveal to you its secrets. How much do you want what you want? Do you want to leave your old ideas, the traditional view of things, and get new ideas, new imagery, and new viewpoints? If so, you must work to become open and receptive. Do you want good digestion? If you do, you must give up resentment and say good-bye to your pet peeves and grudges. Do you want wealth and success? If so, you must be willing to accept the riches within and without. You must realize that you are born to succeed, for the Infinite within you cannot fail. You have to leave your jealousies, your envies, and all of the false concepts you may have of God and enter into the joy of abundant and richer living.

How an Actor Proved the Riches of Love

Some years ago I went to a stage performance of Shakespeare's *Henry IV.* I was particularly struck by the performance of the actor who played Falstaff. He seemed to capture the childlike wisdom that is such an amazing feature of the role. I checked my program; his name was Drew W.

After the performance, I went backstage to compliment him. He was clearly pleased, but also seemed troubled. When he found out my profession, he gave an ironic laugh and said, "I wish we had you on staff. I know I could use some help." "In what way?" I asked. "Not with your acting, certainly. Your performance tonight was brilliant."

"Thanks for that," he said. "Would you believe that I spent the half hour before the

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opening curtain drowning in worry?"

I said, "It's not the first time I've heard of such things. Tell me about it."

"Oh, it's all very dull and ordinary," Drew said, looking away. "I start thinking that I'll mess up. I'm sure I'll blow my lines. Not just dry up, you understand. No, I imagine myself saying something so utterly stupid that I ruin the entire performance. If that happens, who'll want me? Will I ever get another role? How will I live? The stage is my whole life!"

When he finished expounding his fears, I said, "Drew, you've spent many years training your body, your voice, your facial expressions, your gestures, isn't that right?"

He shrugged. "Well, of course. That's part of preparing to act."

"You should put the same intensity and effort into training your mind," I told him. "You can be in charge of your thoughts, ideas, imagery, and responses. When you issue orders, they will be automatically obeyed. You can tell your mind to dwell, not on failure and defeat, but on the power of God within you. It is that power that informs your acting, as it does every moment of your life."

He Practiced a Victory Formula

After Drew finished taking off his stage makeup and changing into street clothes, we went out for coffee and continued our conversation.

"What you have to do," I explained, "is give your personal transformation the same attention you would give to preparing a new role. Create and run through a scene, as vividly as your trained abilities can manage. Imagine that you are meeting and getting to know your inner self for the first time and that this new acquaintance is the most wonderful person you have ever met."

"It sounds as if I'm liable to find myself falling in love," he said with a smile.

"Exactly!" I replied. "And don't hide your love. Declare it openly!"

I wrote out a declaration and handed it to him. "Affirm this three or four times a day," I said. "Put into it every ounce of conviction you can muster. And please let me know how it works out."

This is the affirmation he began to make:

> **I give all my allegiance, devotion and loyalty to the God-Self within, which is none other than my Higher-Self. I know that love of my Higher-Self means to have a healthy, reverent, wholesome respect for the Divinity within me, which is all-powerful and all-wise. I know that love of God is to give my supreme allegiance to the One Presence and Power within me. I know I can do all things through the God-Power that strengthens me. As I perform on stage, just as in my life offstage, the Presence within me speaks directly and clearly to the Presence within those who watch. I live the role I play; I feel entranced, fascinated, and absorbed in the drama; and I hear those I love and respect congratulating me. It is wonderful.**

As Drew continued to affirm these truths, his thoughts of failure vanished. He went on to win several awards for his work and today is sought after by theater directors in

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Europe as well as in America.

There is no fear in love. *Perfect love casteth out fear* (I John 4:18).

She Discovered the Riches of the Law of Love

I have known Margaret R., a physician who specializes in treating allergies, for years. Recently, she told me about a patient of hers, an old friend, who had avoided paying her bill for months. It now amounted to several thousand dollars.

"If she were in difficulties, I might have decided to let it go, just write it off," Margaret said. "But I know she is very successful in her field. She also has very substantial family resources. She probably spends more on eating out every month than what she owes me."

"Did you speak to her about the matter?" I asked.

"Oh, yes," Margaret said. "I even managed to be nice about it. You know, 'I was wondering if you'd forgotten . . .' It didn't work. She got very huffy with me, said my fees were out of line, the treatment didn't work, and so on and so on. I listened for a while, then thanked her for sharing her feelings and hung up."

"That must have been upsetting," I remarked sympathetically.

"Not really," Margaret replied thoughtfully. "I realized that whatever she was dealing with, it had little or nothing to do with me. For a moment I thought about turning her account over to a collection agency and washing my hands of it. But I knew that would mean losing a friend. So instead I turned it over to the law of love. During my morning and evening meditation sessions, I affirmed that Dorothy is honest, loving, kind, and at peace, and that God's love and harmony saturates her whole being. I visualized her standing in front of me, handing me a check, and thanking me for my help."

"And did you get the result you hoped for?" I asked.

Margaret smiled. "I certainly did! A few days after I started the process, Dorothy appeared in my office. She apologized for her bad temper, paid me in full, and told me she was making a very generous contribution to a foundation I'm associated with that does research into allergies. Not only that, she took me to lunch at a very fine restaurant and picked up the check! You have to know Dorothy to realize how amazing that is."

Margaret had just proven in her own experience the riches of the law of love. Notice that she did not retaliate or criticize her friend in any way. She simply surrounded her with God's love and peace, and Divine right action took place.

The Riches of Love Never Fail

Love is an outreaching of the heart. It is goodwill to all. If you are working in an office,

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factory, or store, it pays you fabulous dividends to wish for all those around you health, happiness, peace, promotion, wealth, and all the blessings of life. As you radiate love and goodwill to all, and as you wish riches and promotion for them, you will at the same time bless and prosper yourself. Remember, what you wish for another, you wish for yourself, and what you withhold from another, you withhold from yourself.

You are the only thinker in your universe, and your thoughts are creative; therefore, it is plain common sense to have goodwill for others and to radiate love and all the blessings of life to them.

The president of a nationwide chain of specialty stores told me recently that 90 percent of those who are dismissed by his company are fired not for absenteeism, incompetence, or dishonesty, but because they are unable to get along well with their customers and coworkers.

Love is the fulfilling of the law (Romans 13:10). The love spoken of in the Bible is not a sentiment or a Hollywood confection. Love is the cohesive force that unites families and nations. It keeps the whole world and the galaxies in space moving rhythmically, harmoniously, and peacefully through eons of time. Love is the law of health, happiness, peace, prosperity, and of joyous and successful living. The children of love are harmony, health, peace, kindness, joy, honesty, integrity, justice, and laughter.

Begin now to radiate the blessings of life to all those around you and to all people everywhere. Salute the Divinity in the other and silently realize for him or her: "The riches of God are flowing through you." You will be amazed at how you prosper. Showers of blessings will be yours.

The Infinite Riches of Love's Healing Balm

The late Dr. Harry Gaze, who was a famous international lecturer on mental and spiritual laws, told of a man in London who was wasting away due to tuberculosis. This man's spiritual adviser discovered that he hated bankers, brokers, and all wealthy people. This feeling stemmed from an early childhood experience, when he had witnessed his father being dispossessed of their home because he defaulted in payment to the local banker. In response, the child generalized from the particular and hated all bankers and rich people.

His spiritual adviser told him to go down to the London Stock Exchange and stand for one hour on the street near the building. For every single person, man or woman, who passed by, he was to affirm: "God's love fills your soul. The riches of God are yours now." The man did as he was told, albeit reluctantly at first. He kept his bargain. As he consciously and deliberately expressed love and riches to all, it came back to him multiplied a hundredfold. According to Dr. Gaze, this man experienced a remarkable healing. X-rays and other tests by Harley Street specialists showed he was completely

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healed. This man later got a job in a prominent banking firm and became very successful. Divine love became alive in his heart, in his body, and also in his pocketbook.

The Riches in Loving Your Wife, Husband, and Children in the Right Way

Claim that your loved ones are alive with the love of God and that His love saturates and permeates their whole being. Picture them in your mind's eye surrounded by the light of God's love. Realize that this healing light of God's love enfolds, enwraps, encompasses, and illumines their minds and bodies. Wonders happen as you pray this way.

She Found the Healing Power of Love

"My kid sister is really unhappy," a friend told me. "Her skin is a mess. She's tried all kinds of lotions and medications, but nothing seems to help. She's so miserable about it that she doesn't even want to leave the house. Can you help?"

"I think so," I said. I found my mind turning to the words from the Bible: *His flesh shall be fresher than a child's: he shall return to the days of his youth* (Job 33:25).

We made a few appropriate changes in the verse. Beginning the next day, my friend's sister looked at herself in the mirror each morning while affirming,

> **My skin is an envelope of God's love. It is without spot and blemish. It is fresher than a child's, and the radiance of youth and beauty saturate my whole being.**

Her face cleared up in a few weeks. It is now as soft and beautiful as she desired, as it radiates the sunshine of God's love.

The Riches of Love Bring Justice in a Lawsuit

Vincent G. came to me full of frustration. He was the defendant in a civil suit that had dragged on for years, tying up his resources and attention. He could talk of nothing except the unfair judges, the unscrupulous attorneys, and the witnesses whose depositions were full of deliberate lies.

"I can't afford to settle this thing," he concluded. "But I can't afford to go on like this, either. It's taken over my whole life. I don't know what to do."

"The approach you've been following obviously hasn't worked for you," I

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observed. “Why don’t you try something very different?”

At my suggestion, Vincent began to pray night and morning as follows:

> **All those involved in this suit are surrounded by the sacred circle of God’s love. God’s love, truth, and harmony reign supreme in the minds and hearts of all involved. They are all known in Divine mind, and the law of love prevails.**

This prayer dissolved all bitterness, resentment, and hostility lodged in his subconscious mind, which then manifested a solution in Divine order.

A few weeks later, the plaintiff in the suit was arrested on an unrelated charge. In interrogation, he admitted having fabricated the documents that supported the suit against Vincent. Shortly afterward, the man’s attorneys abandoned the suit.

The Riches of the Protecting Power of Love

Howard R. is a psychiatrist whose office is in the same building as mine. Recently, I ran into him in the corridor and noticed his ashen face.

“What a day!” he exclaimed. “This morning one of my patients pulled out a pistol, pointed it at my head, and told me that he had orders from God to kill me.”

I stared at him in horror. “What on earth did you do?” I asked.

“I managed to stay calm,” he said. “I told him, ‘God must have changed his mind, because He told me this morning what to do to heal you.’ When I saw him waver, I added, ‘God indwells you and God indwells me. God can’t contradict Himself. God is love, and He wants you whole and perfect now.’ At that point, he handed me the gun and burst into tears. He’s now on his way to a mental hospital, where I’ll be able to give him more intensive treatment. My hope is that this crisis will be a turning point in a good direction.”

As a spiritual-minded person, Dr. R. knew that his contemplation of God’s Presence in the patient would be felt by him. *Perfect love casteth out fear* (I John 4:18).

Love Unites and Love Heals

The members of your family and others close to you have a deep need to feel loved, wanted, appreciated, and important in the scheme of things. I was recently consulted by an attorney, Mark L., who confessed, “I’ve been having an affair for the last year with someone in my firm. It’s crazy. I love my wife and kids, and here I am, halfway down the road to losing them.”

“Why?” I asked. “What is the attraction of this affair?”

“Caitlin makes me feel important,” he replied. “She’s a top-notch lawyer herself,

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but she always praises my accomplishments and tells me how wonderful I am, how brilliant I am, what a marvelous conversationalist I am, and how clever and brilliant I am in my field. I know it's flattery, but it works. She makes me feel like a king."

I asked him, "What about your wife?"

"She's wonderful," he said. "She's loyal, devoted, sincere, and a marvelous mother. But . . . well, I'm nobody when I go home. I get no recognition. She nags me."

I explained to him that many people nag because they get no appreciation, attention, and praise. Moreover, your wife or husband subconsciously detects your infidelity. When we feel something valued slipping away, we are tempted to grab at it.

Mark was clear that he did not want a divorce. I brought him and his wife together. After a long and heartfelt discussion, they realized that the love they felt for each other was still there but dormant and never openly expressed. For years neither of them had clearly manifested his or her love for the other. They took each other for granted.

To preserve the marriage, both began a prayer process, he with the 91st Psalm every night and she with the 27th Psalm every morning. Both made a commitment to radiate love, peace, and harmony to each other regularly and systematically. Each agreed to affirm for the other five minutes every day: "God's love fills your soul. I love you."

Love united them again in a Divine embrace, for love is the universal solvent. Only God and His love can and do heal the wounds of mankind.

Meditation: Love and Goodwill Prosper Me

All ye are brethren, for one is your father. **(Matthew 23:8-9) I bring harmony, peace, and joy into every situation and into all of my personal relationships. I know, believe, and claim that the peace of God reigns supreme in the mind and heart of everyone in my home and business. No matter what the problem is, I always maintain peace, poise, patience, and wisdom. I fully and freely forgive everyone, regardless of what they may have said or done. I cast all my burdens on the God-self within. I go free. This is a marvelous feeling. I know that blessings come to me as I forgive.**

I see the angel of God's Presence behind every problem or difficult situation. I know the solution is there and that everything is working out in Divine order. I trust the God Presence implicitly. It knows how to accomplish what must be done. The Absolute Order of Heaven and His Absolute Wisdom are acting through me now and at all times. I know that order is Heaven's first law.

My mind is now fixed joyously and expectantly on this perfect harmony. I know the result is the inevitable, perfect solution; my answer is God's answer; for it is Divine.

CHAPTER POINTS TO REMEMBER

1. Love is always outgoing. Love frees; it gives; it is the spirit of God in action. Love must have an object. You can fall in love with music, art, science, mathematics, or the truths of God. You can also fall in love with your Higher-Self by recognizing it

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as the source of all blessings. It is God in you.

2. You are the king and absolute monarch over your thoughts, images, ideas, and responses. You can order your thoughts around like an employer instructing employees what to do. You can steer your thoughts correctly in the same way you steer your car.
3. Love of your Higher-Self, or God, means you have a healthy, reverent, wholesome respect for the Divinity within you, which is all-powerful, all-wise, knows all and sees all. You give supreme allegiance to the Spirit within you, which is God, and you absolutely refuse to give power to any created thing.
4. You can fall in love with a grander, greater, nobler concept of yourself by imagining you are doing what you love to do. Become absorbed and engrossed in the mental movie and you will achieve your goal. Love of your ideal casts out all fear.
5. In the midst of an emergency, affirm: "The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?" There will be a response and security will be yours.
6. When a person is abusive and refuses to pay a just debt, surround that person with light and love; feel and know that the love of God flows through the person and that the law of harmony prevails. A harmonious solution follows.
7. Radiate love, peace, and goodwill to all people around you and to all people everywhere. Wish for them health, happiness, peace, abundance and all the blessings of life. As you make a habit of this, countless blessings will be yours. Ninety percent of people who are failures in life don't get ahead because they rub others the wrong way. Love and goodwill is the answer.
8. Love is the fulfilling of the law of health, happiness, wealth, and success. Love is goodwill to all, and what you wish for another you wish for yourself.
9. If resentful of others' wealth and success, affirm for everyone you see and meet: "God's love fills your soul and the riches of God are yours now." Wonders will happen in your life. You will be healed of jealousy and ill will, and you will prosper.
10. If married, tell your wife or husband, "I love you. God loves you." Feel it; believe it; proclaim it. Love unites and preserves the marriage.
11. If you have skin trouble, affirm: "My skin is an envelope of God's love and is without spot and blemish." Realize that Divine love dissolves everything unlike itself, and your skin will become whole, radiant and perfect.

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12. If involved in a protracted and complicated lawsuit of any kind, realize that God's love flows through the minds and hearts of all involved and that there is a Divine solution through the harmony and love of God. See the happy ending and contemplate the Divine solution through the action of God's love, and victory and right action will be yours.
13. You can protect yourself by realizing God's love in the other and God's love saturating and surrounding you. Realize it is God talking to God, and you will be protected and set free.
14. To preserve a marriage, see God in each other and exalt God in one another, and the marriage will grow more blessed through the years. Love unites. Love heals. Love restores the soul. God is love.
15. Use the meditation at the end of the chapter to manifest all kinds of riches in daily living.

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How to Charge Yourself with Money-Magnetism

Ralph Waldo Emerson said, "Nothing can bring you peace but the triumph of principles." When you learn the way your mind works and direct it wisely, you will add to your peace, prosperity, poise, balance, and security.

The engineer who is building a bridge follows the principles of mathematics in his work. He draws on the knowledge he has gained of stresses, strains, and the characteristics of materials. These are based on immutable laws that are the same yesterday, today, and forever.

In a similar way, the laws of mind are immutable. You can gain a working knowledge of them from the Bible, which says: *As thou hast believed, so be it done unto thee* (Matthew 8:13).

Excess tension interferes with the productive lives of thousands of people, bringing about frustration and many nervous disorders in its train. A certain amount of anxiety is normal and necessary. For example, the singer about to go on the stage is somewhat tense. This is properly understood as an accumulation of energy and power that charges her mental and spiritual batteries, enabling her to overcome any sense of anticipated failure. What is dangerous is excessive and prolonged tension. When the singer begins to sing, she ticks off that surplus energy in the same manner as a clock that is wound up ticks off the time. If you wind the clock too tightly, you break the spring, and then we have no song or time, either.

When you charge yourself with the feeling that you can do all things through the God-Power that strengthens you, you will give a wonderful performance.

How an Entrepreneur Overcame Tension and Anxiety over Her Debts

On the plane to Las Vegas recently, I got into a conversation with Maria S., the founder and CEO of a Net-based electronics mall. She told me that not long after starting her

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company, she ran into a very severe cash flow problem. Her suppliers started pressing her for payment and cut off shipments to her. It looked as if her whole operation was about to go down the tubes.

"One night when things looked darkest," she said, "I picked up my Bible. It fell open to the 23rd Psalm. An idea welled up inside me. I sat down and made a list of all those to whom I owed money. I put down each name, along with the exact amount I owed them. Then in my imagination I visited each one and handed him or her a check for the full amount I owed. In my mind's eye, I saw each one smile and thank me for being so responsible. I felt the handshake of each one, saw the happy look on each face, and heard each one say that my credit is good any time."

She added that she followed this procedure every night, with as much vividness as possible, feeling the naturalness and joy of it all. Each time, when she finished her prayer process, she felt a great sense of peace and tranquility. At the end of about two weeks, she had a very vivid dream, in which a disembodied hand led her into a particular casino and to one of the roulette tables, then indicated a certain series of numbers on the wheel. When she awakened, she wrote down the numbers. That same evening, she did exactly as she recalled from the dream. In less than half an hour, she won more than enough to pay off all her debts. She has not gambled since and says she never will. The wisdom of her subconscious had responded in its own unique way to her request.

How to Banish Anxiety over Debts

Over the years, I have given the following prayer to many people who are burdened with debts and have unpaid bills piling up on them:

> **God is the Source of my supply. I know when I am anxious, it means I do not trust God. The money I now possess is magnified and multiplied a thousandfold. I realize all the money I have is a symbol of the infinite riches of God. I turn to the Infinite Presence within, knowing in my heart and soul it opens the way for me to pay all my debts, leaving me a vast surplus. I surrender a list of all these debts in the hands of my Heavenly Father, and I give thanks they are all paid in Divine order. God's riches are circulating in my life, and I rejoice and am exceedingly glad that every creditor is paid now, and God prospers me beyond my fondest dreams. I believe that I have received now, and I know that according to my faith is it done unto me. I know God will rain blessings from Heaven for me now.**

I tell those in debt to claim these truths joyously, lovingly, and with the understanding that there is always a response in accordance with their request. When anxious thoughts come to mind, they are never to think of bills or lack or debts, but smilingly to give thanks for God's abundance and riches and rejoice that the obligation is paid now. When this technique is followed faithfully, there is a reconditioning of the mind to wealth, and I have seen marvelous results follow. You can apply this prayer

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process and let wonders happen in your life.

Learn to Relax and Let Go and Experience Riches All Around You

It is not hard to believe in the Invisible Source of supply. Your five senses reveal to you the world around you on this three-dimensional plane. Your ears are attuned to hear only a few octaves of sound, yet your radio and television reveal to you that all about you, unhearable with your naked senses, are symphonies, music, laughter, songs, drama, speeches, and voices from thousands of miles away.

Your eyes are geared to see the physical objects around you, but the atmosphere is also full of images, invisible to the eye, of movie stars, historical events, comedies, tragedies, and, of course, endless commercials. You do not see gamma rays, beta rays, alpha waves, radio waves, and cosmic rays, yet the atmosphere is nevertheless teeming with these vibrations.

Your thought-image of wealth, money, and property, which you don't see, is prior to that idea and causes it. By accepting this truth and feeling the reality of it, your invisible thought-image will become money, riches, or whatever you need. Thoughts are things.

How a Secretary Overcame Anxiety and Tension in the Office

"I've come to dread going to work every morning," Lisa A. told me during a consultation. She had already told me that she was an executive secretary with a major law firm. "There is so much strife and contention and backbiting among the staff. I try not to pay attention, but all the intrigue really undermines me. Well, not just me, everybody. It's terrible!"

"It's very hard to work in that kind of atmosphere," I agreed. "But what you should understand is that no one can really disturb you but yourself. It is your reaction to what is going on, the movement of your own thoughts, that bothers you. And *you* command your thoughts, no one else does. Your serenity and inner peace can be an umbrella that sheds all the negative energy others try to pour over you."

I went on to explain that the suggestions, statements, and actions of others have no power to disturb or annoy you unless you transfer the power in yourself to them and tell yourself, "He or she has power to irritate me." If you do that, you are enthroning false gods in your mind. Your harmony, peace, health, or wealth is not dependent on others. Enthrone God in your mind. Let God be your employer, boss, paymaster, adjuster, and

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troubleshooter.

I suggested to Lisa that she use the following spiritual formula regularly:

> **God's love governs me at work. I have no opinion about others. I judge not; therefore, I cannot suffer or be disturbed. The peace and harmony of God govern me and all that I do. Every anxious thought is completely stilled, for I am working for God, and His peace fills my soul. The confidence and joy of God enfold me at all times. All who work in the office are God's sons and daughters, and each one contributes to the peace, harmony, prosperity, and success of this office. Divine love comes in the door of our office; and Divine love governs the minds and hearts of all in the office; and Divine love goes out the door. God is my boss, my paymaster, my guide, and my counselor, and I recognize no other. I give all power and recognition to God and I walk serenely and peacefully in His light. I laugh, I sing, and I rejoice. God works wonders in my life.**

Lisa repeated this prayer every morning before going to work and every night before going to sleep. She quickly built up an immunity to all negative suggestions and thoughts from those around her. When someone was obnoxious, surly, or sarcastic, she would silently say to herself, "I salute the Divinity in you. God thinks, speaks, and acts through you." Nothing bothered her, nothing moved her, nothing disturbed her, and nothing frightened her. She had found God within herself, and that was sufficient. Knowing how to pray paid her fabulous dividends. It will do the same for you.

How a Student Overcame His Anxiety That He Would Fail His Examinations

Jack R., a college senior, sat in my office with his hands clasped tightly in his lap. "I just know I'm going to flunk out," he told me. "I hit the books every night, but by the next day, I don't remember a thing. Every time I take an exam, I clutch up like you wouldn't believe. I've tried studying my Bible regularly, but it doesn't seem to help. What can I do? If I bomb college, it'll kill my parents."

I told Jack that the root of his trouble was that ongoing feeling of anxiety and tension. He goes to class afraid he can't remember and to exams afraid he will fail. In that state of stress, the mind establishes a block. The information he needs is stored in his subconscious mind, but the stress keeps it from being accessed by the surface mind.

I gave a spiritual formula, suggesting that every night, before beginning to study, he pray and affirm the following:

> ***Acquaint now thyself with him, and be at peace: thereby good shall come unto thee*** **(Job 22:21).** ***When he giveth quietness, who then can make trouble?*** **(Job 34:29).** ***For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength*** **(Isaiah 30:15).** ***For God is not the author of confusion, but of peace*** **(I Corinthians 14:33).** ***Great peace have they which love thy law; and nothing shall offend them*** **(Psalm 119:165).**

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He saturated his mind every night with these great truths, absorbing and mentally digesting them. He imagined these truths sinking into his subconscious mind like seeds deposited in the soil and becoming a part of him. He made a mental adjustment and focused his attention on God's river of peace and power and no longer fixed his attention on his problems.

His mind now stayed on God. Just before going to sleep every night, he affirmed, "I have a perfect memory for everything I need to know. I pass all examinations in Divine order, and I give thanks." He is now on top of his problem and is relaxed mentally, spiritually, and physically. His anxieties have been lifted, and his talent and memory are set free. As he saturated his mind with these age-old biblical truths, he neutralized all the negative patterns in his subconscious mind and became transformed by the renewal of his mind.

How an Executive Overcame Anxiety over His Business Situation

I recently spoke with Ron W., an executive in the entertainment industry, who told me his doctor had diagnosed him as suffering from "anxiety neurosis." He added that he was terribly tense, suffered from insomnia, and was constantly worried about money and the future.

I explained to him that a certain amount of tension is good. For example, steel without tension would not be considered good steel. I added that what his doctor meant is undoubtedly abnormally misdirected tension or energy. I suggested that he cooperate with his doctor, but I also urged him to practice the great therapy of words.

The way Ron overcame his anxiety neurosis was as follows. He began to have meditation sessions with himself three or four times a day, at which times he affirmed quietly and lovingly:

> **My feet are relaxed, my ankles are relaxed, the calves of my legs are relaxed, my abdominal muscles are relaxed, my heart and lungs are relaxed, my spine is relaxed, my neck and shoulders are relaxed, my brain is relaxed, my eyes are relaxed, my hands and arms are relaxed. My whole being is relaxed. I feel God's river of peace flowing through me like a golden river of life, love, truth, and beauty. The spirit and inspiration of the Almighty flow through me, vitalizing, healing, and restoring my entire being. The wisdom and power of the Almighty enable me to fulfill all my goals in Divine order through Divine love. I am always relaxed, serene, poised, and balanced, and my faith and confidence is in God and all things good. I can do all things through the God-Power that strengthens me. I dwell in the secret place of the Most High, and all the thoughts entertained by me conform to harmony, peace, and goodwill to all. *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7). I sleep in peace, and I wake in joy. God supplies all my needs, and His riches flow freely into my experience. My security is in God and His love.**

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Ron reiterated these truths frequently during the day, and these wonderful spiritual vibrations neutralized and obliterated the disease-soaked anxiety center in his subconscious mind. His two favorite words became "serenity and tranquility." He discovered there were spiritual reserves on which he could call to annihilate all the anxious and worried thoughts. He now has a deep faith in all things good. He has discovered that peace is the power at the heart of God. *And let the peace of God rule in your hearts* (Colossians 3:15).

Meditation for Being in the Presence of Infinite Riches

The following meditation has performed wonders for people for richer living and continuing prosperity:

> **Today I am reborn spiritually! I completely detach myself from the old way of thinking, and I bring Divine love, light, and truth definitely into my experience. I consciously feel love for everyone I meet. Mentally I say to everyone I contact, "I see the God in you and I know you see the God in me." I recognize the qualities of God in everyone. I practice this morning, noon, and night; it is a living part of me.**
>
> **I am reborn spiritually now, because all day long I practice the Presence of God. No matter what I am doing—whether I am walking the street, shopping, or going about my daily business—whenever my thought wanders away from God or the good, I bring it back to the contemplation of His Holy Presence: I feel noble, dignified, and God-like. I walk in a high mood sensing my oneness with God. His peace fills my soul.**

CHAPTER POINTS TO REMEMBER

1. Nothing can bring you peace but the triumph of principles. Use your mind the right way by feeding it with God-like ideas, and you will experience serenity and tranquility. Think right, feel right, act right, do right, and pray right.
2. A certain amount of tension is good. Excess tension is destructive. If you wind your clock too tightly, you break the spring. For any important assignment or performance, you accumulate a certain amount of energy, which is the power of God in you. It enables you to give a marvelous performance; and like a well-oiled clock, you tick the energy off rhythmically, harmoniously, and joyously. Excess tension is fear and anxiety. Contemplate the peace of God flowing through you and the power of the Almighty strengthening you, and the anxiety and fear will be rendered null and void.
3. When you have a lot of unpaid bills, do not dwell on what you owe. Claim God is your instant supply, meeting all your financial needs now. Write down the names of all the creditors and the amounts you owe each one, and give thanks that they are paid in full now. Imagine you are giving each one a check and that they are smiling

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and congratulating you. Do it over and over again until you feel the tones of reality.

4. Rejoice and be exceedingly glad in your mind that every creditor is paid now and that God's wealth is circulating in your life, that you are prospered beyond your fondest dreams. Believe; rejoice; give thanks, for He never faileth.
5. Realize that everything you look at in this universe came out of the invisible mind of God or man. Your thought-image of wealth causes wealth, in the same way that your computer, car, or home began as thought-images in the mind of the engineer or builder.
6. No one can disturb you but yourself. It is not what people say or do that annoys you; it is your own reaction or your thought about it. Where there is no opinion, there is no suffering. Keep your eyes on the God-Presence within you and give your allegiance, loyalty, and confidence to the Supreme Cause within you. Stop worshipping false gods. With your eyes stayed on God, there is no evil on your pathway. God is your boss, your paymaster, your guide, and your counselor, and you give all honor and glory to Him.
7. Excess tension and anxiety interfere with your memory and efficiency along all lines. The ideal way to get a quiet mind is to identify with the great eternal truths of the Bible and reiterate these spiritual gems of wisdom. By osmosis, they will penetrate the subconscious mind, and you will find yourself relaxed and at peace. One of these spiritual pearls is *Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee* (Isaiah 26:3).
8. When you are tense, anxious, jittery, and worried, dwell on this great truth: *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind* (II Timothy 1:7). If you are an insomniac, affirm prior to sleep: "I sleep in peace, I wake in joy, and I live in God." *When thou liest down, thou shalt not be afraid; yea, thou shalt lie down, and thy sleep shall be sweet.* (Proverbs 3:24).
9. Use the meditation at the end of the chapter to ease tension and anxiety and to realize the God in everyone.

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How to Automatically Reap an Abundant Harvest of Golden Blessings

As I have already pointed out, the key to self-confidence is given by Emerson in his work on self-reliance: "Trust thyself: every heart vibrates to that iron string . . . Great men have always done so . . . betraying their perception that the absolute trustworthy was seated at their heart, working through their hands, predominating in all thinking."

Great numbers of men and women do not trust themselves; they demean and lower themselves. The real Self of everyone is God, which Emerson refers to as the absolute trustworthy seated in your heart. The Divine presence is lodged in your own subjective depths, governing your entire body, watching over you even when you are sound asleep. It is the unseen power that moves your hands and that enables you to walk and talk, revealing to you everything you need to know. All that is required of you is that you trust this Presence and Power, and the answer will be yours. The place of contact and acquaintance is within yourself.

How to Build Self-Confidence

Self-confidence comes when you realize God, which Emerson calls the absolute trustworthy, is in your own subjective depths. Affirm frequently:

> **God indwells me, walks and talks with me. God is guiding me now. I can do all things through the God-Power that strengthens me. If God be for me, who can be against me? There is no power to challenge God, and God watches over me in all my ways. I realize every problem is Divinely outmatched and I grapple courageously with every assignment, knowing that God reveals the answer. God loves me and cares for me.**

Every morning and every evening, become mentally absorbed with the beauty and wisdom of these truths, and gradually they will take possession of you, penetrating your subconscious mind, and you will move through the vicissitudes of life with an abiding faith and confidence, plus a feeling of victory over all problems.

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How Self-Confidence Brought a Young Man Riches

While filling a prescription recently, I got into a conversation with the young pharmacist. I noticed that the last name on his license was the same as the name of the drugstore. “Is this a family business?” I asked.

“Not exactly,” he replied. “Until two years ago, I was working on salary for one of the big drugstore chains. But the manager and I didn’t get along. Frankly, he wanted me to cut a few corners that I didn’t think were ethical. He finally fired me on grounds of incompetence.”

“How awful,” I remarked.

He smiled. “Not at all! It turned out to be the luckiest day of my life. I told myself when it happened that only good could come of it, because I know that Infinite Intelligence guides, directs, and reveals the next step to me. I felt a deep, intuitive urge to talk over what had happened with my father-in-law. He was outraged and said that he was so confident in my abilities that he would lend me the money to buy my own pharmacy.”

“And here you are,” I said, looking around the bright, up-to-date facility.

“Not exactly,” he said again. “My pharmacy did such a volume of business that I was able to pay back my father-in-law and make a down payment on a second store. This is it.”

This young pharmacist believes in the Self within him and in his ability to succeed. His self-confidence has paid him great dividends, not only in money, but in poise, assurance, and a rare sense of humor. Remember, self-confidence is contagious; it is communicated subjectively to others who aid you in the realization of your heart’s desire.

His Self-Confidence Dissolved His Lack of Funds

The late Dr. Olive Gaze, an associate of mine, told me about a man who came to her very bitter and hostile to his two brothers, who had cheated him out of a large sum of money. He was in financial straits and panicky as a result.

She instructed him to place his confidence in the Source and to release his brothers from his hatred as follows:

> **I surrender my brothers to God completely. I have confidence that God is the eternal Source of my supply. God’s love fills my soul. God’s peace saturates my mind and heart. I have supreme confidence in God’s guidance and directions. I am strong in the Lord and in the power of His might. God’s wealth flows to me freely, joyously and endlessly. I give thanks for God’s riches now.**

As he planted these seeds of love and confidence, all bitterness within him was

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dissolved. He had been taking care of his grandmother, who was very old and feeble and did not want to go to a retirement home. He visited her twice a day and saw to it that she was provided for. He got her groceries, paid her bills, and drove her to church on Sundays, all the time thinking that she was living on a meager pension plus Social Security. He was motivated entirely by kindness and love. He did not expect or look for any reward.

His grandmother passed on suddenly one evening. To his great surprise, an attorney called to tell him that her entire estate had been left to him. The value of the estate was several hundred thousand dollars, much more than the amount he had been cheated out of by his brothers. His confidence in the Source of all blessings, plus his giving of love, forgiveness, and goodwill, brought him an abundant harvest.

Building Self-Confidence Prior to Going to Sleep

One of the best times to develop self-confidence is at bedtime, when you are in a sleepy, drowsy, relaxed state. In such a state, the boundary of your subconscious mind is more easily crossed, which makes it one of the best times to instill new ideas that impregnate your deeper mind. During the sleep period, these ideas gestate in the darkness of your mind, and your deeper mind determines the best way to bring riches, prosperity, and success to you.

A business executive named Roger P. confessed to me that he was plagued with the fear of failure and bankruptcy. He was putting off his creditors as best he could, but he did not think he could keep it up much longer. I gave him the following thoughts of confidence, wealth, and success to be affirmed slowly, quietly, and feelingly every night prior to sleep:

> **I sleep in peace every night, and I wake in joy and confidence, knowing that God is guiding me and reveals the perfect plan for the fulfillment of my desires. My business is God's business, and God's business always prospers. God's wealth circulates in my life and there is always a surplus. I am consistently attracting to me more and more customers, and every day of my life I am giving greater service. All my employees are blessed and have prospered, and happiness, prosperity, and the riches of God reign supreme in the minds and hearts of all. I am full of confidence and absolute trust in my senior partner, which is God.**

Roger practiced this prayer-therapy technique every night. As he charged his subconscious with these life-giving patterns, he found his whole life and business patterns changing. A multinational corporation that was expanding into his line of business offered an advantageous buy-out for cash and stock. He was delighted to sell and cleared far more than he would have expected. He was able to pay off all his debts and retire to Hawaii.

The ways of your Divine inner mind are past finding out. Like Roger, you can prove

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to yourself that your subconscious magnifies exceedingly that which you deposit in it.

The Riches of a New Estimate of Yourself

Approve of yourself. Accept yourself. Realize that you are a unique, individualized expression of God. You are a son or daughter of the Living God. The basis of your new understanding of yourself is a deep conviction in the Supreme Intelligence within you, which always responds to your thought. Place your faith in that which never changes but which is the same yesterday, today, and forever. Theologies, governments, philosophies, and political systems wax and wane; floods come and go; everything changes and passes away in this universe. But when you place your confidence in the Life-Principle within you, you will never want for any good thing. Whatever means of exchange may come into use, you will always have all you need as well as a Divine surplus.

Remember these great truths: *I will fear no evil: for thou art with me* (Psalm 23:4) and *For he shall give his angels charge over thee, to keep thee in all thy ways* (Psalm 91:11).

She Found That the Riches of Self-Confidence Dissolved Her Inferiority Complex

As I was buying a new shirt in a department store, I asked the young woman who was helping me if she thought the color and pattern would look good on me.

A look of alarm crossed her face. “Oh, please, don’t ask me,” she said hastily. “I don’t know anything about that. I’d better get my supervisor.”

Surprised, I glanced at her name badge, then said, “Well, Sally, I don’t think that’s necessary. I just wanted your opinion. You don’t have to be an expert to have an opinion.”

“I’m sorry,” she said. “I’m just so ignorant. I didn’t have the advantage of a college education. Let me go find somebody who’ll be more help to you.”

“You don’t have to feel so bad just because you didn’t go to college,” I said. “We all have strengths we don’t use because we don’t acknowledge them. The things that have happened to you, including your education, are the results of your ideas about yourself. If you change your ideas, you will change what happens to you as well.”

“I’d love to believe that,” Sally sighed. “But I don’t even know where to start.”

We arranged for her to come to my office after work, and I finished buying my shirt. During our consultation later that day, I suggested to Sally that she begin by frequently declaring the following truths:

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I am a daughter of God. I am unique; there is no one in all the world like me, because God never repeats Himself. God is my Father and I am His child. God loves me and cares for me. Any time I am prone to criticize or find fault with myself, I will immediately affirm: "I exalt God in the midst of me." God is now expressing Himself in a wonderful way through me. I radiate love, peace, and goodwill to all. I am one with my Father, and my Father is God. I know the real Self of me is God, and from this moment forward, I have a healthy, reverent respect for the Divinity within me, which created me and gave me life, breath, and all things.

As she meditated on these truths, she found all sense of insecurity and inferiority vanish. She began to think quietly of the kind of career she would like to have. She began to take evening courses in information management and soon found herself promoted to a managerial position in the store. She became acquainted shortly thereafter with one of her coworkers who also suffered from a lack of self-confidence. In the course of helping him to recognize his own relationship to Divinity, she fell in love. Today they enjoy all the riches of a harmonious, spiritual, and prosperous marriage. Because she got in touch with the riches within her, she found the riches of life manifested on the screen of space.

Benefits of Practicing the Riches of Praise

Robbie M. is the son of an old friend. He came to me one day and confided that his professor had suggested he join a class in calculus, but he was afraid to do it.

"I'm sure I'll be totally lost," he added. "I just don't have the background."

"Robbie, I don't buy that," I replied. "I can't imagine your professor would be urging this if he didn't have confidence and trust in your ability. What's much more important, Infinite Intelligence is within you. You are wise enough to know that it always responds to you. You have what it takes, if you only trust in it. . . . With your faith in God and His laws of mind, I have perfect confidence that you can do it, and I want you to accept the offer at once. God will guide you in your studies and reveal to you everything you need to know."

Robbie beamed with delight at my confidence and praise. Today, he is the top student in his calculus class, and he is beginning to consider doing graduate work in the field.

What Robbie needed was someone to stir up his confidence and appreciation of his Higher Self. Remember, whole-souled confidence in the Self of you and of others will bring about miracles in your life and in theirs.

A Husband Discovers the Riches of Calling Forth Confidence in His Wife

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"My wife is brilliant, but her academic career is going nowhere," Adam W. told me. I already knew that he was a rising attorney and that his wife, Anne, taught art history at a prestigious college.

"Why do you think that is?" I asked.

"Pure lack of ambition," he replied. "It drives me wild to see people who don't have half her qualifications being promoted and honored while she gets ignored. If only she didn't feel so inadequate. I've talked to her until I'm blue in the face, but I can't see that it's done a bit of good."

"Maybe it's time for a new approach," I said. I suggested that instead of talking to her, he try the silent method. I explained. Three or four times a day, for about five minutes each time, he was to make a confident and sincere declaration of his wife's untapped abilities. "When you do," I concluded, "your wife will receive your affirmations subjectively. Her subconscious mind will compel her to express her latent powers."

Adam agreed. He began that same afternoon to make the following affirmation:

My wife is a tremendous success. She is absolutely outstanding. The Infinite within her is all-wise and all-powerful. My wife is going from glory to glory; she is going up the ladder of success and promotion. Her real talents are revealed and appreciated. She is Divinely guided and her success comes to pass now. I give thanks, for I know what I decree stirs up the gift of God within her.

Within three months' time, Anne had a major paper accepted for publication and was promoted to a tenure-bearing position. She also received a prestigious grant to spend a summer in Italy pursuing her research on a long-neglected Renaissance painter. She is manifesting in outer reality her husband's inner conviction of her abilities.

Meditation for Building Self-Confidence

I know that the answer to my problem lies in the God-Self within me. I now become quiet, still, and relaxed. I am at peace. I know God speaks in peace and not in confusion. I am now in tune with the Infinite; I know and believe implicitly that Infinite Intelligence is revealing to me the perfect answer. I think about the solution to my problems. I now live in the mood I would have were my problem solved. I truly live in this abiding faith and trust that is the mood of the solution; this is the spirit of God moving within me. This Spirit is omnipotent; it is manifesting itself; my whole being rejoices in the solution; I am glad. I live in this feeling and give thanks.

I know that God has the answer. With God all things are possible. God is the Living Spirit Almighty within me; He is the source of all wisdom and illumination.

The indicator of the Presence of God within me is a sense of peace and poise. I now cease all sense of strain and struggle; I trust the God-Power implicitly. I know that all the wisdom and power I need to live a glorious and successful life are within me. I relax my entire body; my faith is in His wisdom; I go free. I claim and feel the peace of God flooding my mind, heart, and whole being. I know the quiet mind gets its problems solved. I now turn the request over to the God-Presence knowing it has an answer. I am at peace.

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CHAPTER POINTS TO REMEMBER

1. Emerson said, "Trust thyself; every heart vibrates to that iron string. The absolutely trustworthy is seated in your own heart." To know that God indwells you, walks and talks in you, and responds to your thoughts gives you confidence and faith in that which never fails.
2. You build self-confidence by knowing that the God-Power in you is almighty. There is nothing to oppose omnipotence, nothing to challenge it, and when your thoughts are God's thoughts, God's power is with your thoughts of good. Realize that God loves you and cares for you, and then all sense of insecurity and fear goes away.
3. If you are fired from a position, don't get depressed or angry, but realize the God-Presence within you will open up a new door of expression for you in Divine order, and you will experience the joy of the answered prayer.
4. Place your confidence in God, the source of all blessings. As you call upon it, the answer comes. Claim, "God's wealth is circulating in my life and God is guiding me." If resentment is present toward any person, release that person, wishing for him or her all the blessings of life. As you fill your mind and heart with Divine love, all bitterness and resentment is dissolved and your good will flow to you.
5. Practice conveying ideas of prosperity, success, and wealth to your subconscious prior to sleep. As you make a habit of this, you will establish patterns of wealth and success in your life, and the powers of your subconscious being compulsive, you will find yourself compelled to express the riches of God in all areas. You will find that unseen forces hasten to minister to your eternal good.
6. Approve of yourself. You are a child of the Infinite and heir to all the riches of life. The Self of you is God. Honor and exalt the God-Presence within you. Know, believe, and practice aligning yourself mentally with the God-Presence within you, knowing that it will respond to you and take care of you all the days of your life. You will experience riches and peace in this changing world.
7. All inferiority disappears as you contemplate that God is your Father and that He loves you and cares for you. Whenever you are prone to denigrate or demean yourself, affirm: "I exalt God in the midst of me." As you make a habit of this, all sense of self-rejection and inferiority disappears. As you practice this technique, God will flow through you, filling up all the empty vessels in your life.
8. As you praise the qualities, powers, talents, and abilities in others, they will rise to the occasion and you will find that they really stir up the gifts of God within them. Praise is a miracle-working power. Practice it.

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9. You can convey the riches of silent praise to your husband, wife, or others close to you. There is no time or space in mind, and as you affirm with feeling and understanding that your partner is a tremendous success, Divinely guided, Divinely expressed, and Divinely prospered in all ways, your beliefs will be conveyed to your partner subconsciously and your partner will fulfill your conviction of him or her. What you decree shall come to pass. Paul says: “Therefore, I put thee in remembrance that thou stir up the gift of God within thee.”
10. Use the meditation at the end of the chapter to attain the peace and quiet of self-confidence.

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How to Call Upon the Healing Presence to Bring the Riches You Want

Over ancient temples were written these words: *The doctor dresses the wound, but God heals the patient.* There is only one Universal Healing Power. It is omnipotent and omnipresent. It is in the stars and in the soil, in the cat, the dog, the elephant, and the worm. People call it by many names—God, Allah, the Over-Soul, Divine Providence, Nature, Cosmic Intelligence, and many others—but each name is simply a word that points our awareness toward the one Infinite Healing Presence.

This marvelous healing power resides in your own subconscious mind, which is the maker of your body. This healing power will heal a sick financial condition, a broken home, a disease-wracked body, marital discord, emotional distress, and troubles of all kinds. When you were young, you probably cut, scraped, and bruised yourself many times, and most of these times you probably ignored the hurt, confident in the knowledge that the healing process would take care of it. It is only as we grow in "wisdom" that we begin to lose this instinctive confidence in what some call the Wisdom of the Body.

How a Marriage Invoked the Riches of the Healing Presence

Daphne C. came to me in deep distress. In her midtwenties, she already had been promoted to a middle-management position with a major pharmaceutical company. There she had met and fallen in love with a brilliant young biochemist. They were now engaged to be married.

"My very best wishes," I said. "Why aren't you beaming with happiness?"

"It's my mother," she said in a choked voice. "I didn't tell you that Miguel is from Argentina. Not only that, his family is Jewish. And my mother . . . well, the nicest way to put it is that she's sort of old fashioned."

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"You mean that she is prejudiced," I suggested. "She is not in favor of your marriage to Miguel because of his background and religion?"

Daphne burst into tears. I waited, then handed her a tissue. After a moment, she said, "I never knew she could be so hateful! She calls him names and says he's not fit for me. About the nicest thing she's said is to say he's a dirty foreigner!"

"Why do you think she is reacting this way?" I asked.

"Oh, I know why," she said bitterly. "She and my dad split up years ago, and she's dating this man—Don—who's like a total bigot. She's afraid if I get married to Miguel, Don will show her the door. Besides that, Don has this loser nephew Mom keeps trying to fix me up with. What can I say? She wants to totally run my life—and ruin it! I don't know if I can go on."

Alarmed, I asked, "What do you mean by that?"

She looked away. "I've started having these ideas . . . of getting away from it all. The pain, the fear . . . It would be such a comfort to just go to sleep and never wake up. I know these thoughts are unhealthy, even wicked, but I can't seem to make them go away. And I'm terribly afraid that in a weak moment, I might do something awful."

"Daphne," I said, "did you ever, when you were in the shower, pick up the bar of soap and feel it start to slip out of your hand?"

"Why, sure," she replied, with a startled look. "Why?"

"What usually happened then?"

"Well," she said, with a faint smile. "I'd squeeze harder, to keep from dropping it, and it would go shooting across the room!"

"Exactly," I said. "And right now, you're that bar of soap. Your mother feels you slipping away from her, so she squeezes tighter. But you know, deep inside yourself that you have to escape. That feeling is absolutely correct and Divinely inspired, but the only way to escape that occurs to you and causes such distress is not. You are here to develop, expand, and glorify your life, not to end it artificially."

"I feel that," she said, clasping her hands tightly. "But what can I do? I love Miguel. I don't care if he comes from a different country or a different religion. That doesn't matter a bit to me. I love him, and I want to marry him!"

"You're an adult," I pointed out. "You have the right and the duty to come to your own decision about who to spend your life with. And as you know in your deepest heart, love knows no creed, race, or color. Love transcends all these superficial categories. The minute you come to a decision to marry the man you love, a healing will come. These disturbing thoughts will go away forever."

Three weeks later, I performed the wedding ceremony for Daphne and Miguel. Afterwards, she telephoned her mother and told her she was married and on her way to a South American honeymoon. Her mother fumed, but Daphne said: "Mother, I have released you to God. You no longer dictate to me: neither do you manipulate my mind anymore. Good-bye and God bless you. From now on, I seek guidance from On High,

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and His wisdom and love will lead me into the ways of pleasantness and paths of peace."

Recently I had a letter from Daphne. She and her husband are now living in Buenos Aires, where they both work for the same pharmaceutical company. They are immensely happy and experiencing the riches of life. As for her mother, she later sought counsel from me and managed to develop a rapprochement with her daughter. Love pays fabulous dividends.

How to Apply the Healing Power of Freedom

"I'm terribly worried about my son, Arthur," Myrna B. told me. "He and his wife fight all the time, and I cannot approve of the way they are raising the kids. They're in their teens now and just running wild!"

"How old is your son?" I asked.

"Fifty-four last May," she replied.

"And you want a positive outcome in Divine order?" I continued.

"Of course I do. That's why I came to you," she said.

"Then the first thing you must understand is that you should never interfere in your son's marital problems," I said firmly. "Infinite Intelligence in him and his wife will deal with those. For your own good, you must stop thinking that he should do what you want him to do, or act the way you think he should act, or believe the way you think he should believe. You should release him, set him free, and get your own mind in order and at peace."

At the end of our consultation, I wrote out this prayer for her:

> **I surrender my son, his wife, and family to God completely, lock, stock, and barrel. I loose them and let them go. I give him freedom to lead his own life in his own way, knowing that he is God's man and that God loves him and cares for him and his family. I release him and set him free spiritually, mentally, and emotionally. Any time he, his wife, or his family come to my mind, I will immediately affirm, "I have released you. God be with you. I am free now and so are you." It is God in action in my life, which means harmony, peace, and right action.**

She practiced this prayer therapy faithfully. Over the next few weeks, she found an inner sense of peace and tranquility that she had not known hitherto. She discovered a simple truth: When we set others free and release them to God's guidance and direction, we are set free ourselves.

Exalt the Divinity in your loved ones and friends and permit them to discover the Divinity that shapes their ends. Never try to bend them to your will or your own preconceived opinions and beliefs. Allow others to succeed or fail. If they fail, it may well be the turning point of their life, whereby they discover the power that never fails deep within themselves—the Infinite that lies stretched in smiling repose. In this way,

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you and they discover the riches of freedom.

How a Businessman Discovered the Riches of Surrender

"I want you to give me a prayer that'll bring my wife back," George W. told me. He was a vice president of a bank, but at this moment he was anything but cool and businesslike.

"Where did she go?" I inquired.

"I have no idea," he said. "Twenty years! Can you believe it? Happily married for 20 years, and one day I come back from a conference in Cleveland to find a note saying she was leaving me and getting a divorce! Incredible!"

"What do you expect this prayer you asked for to do?" I asked.

"I told you, get her back! She must be out of her mind, doing something like this. You give me a way to bring her back, and I'll bring her to her senses."

As we talked, I saw that George had been a very possessive and domineering husband who did not respect his wife's individuality. I explained to him that it is always wrong to try to force, mentally coerce, or try to influence another in any way to do one's bidding. He should not want a woman who didn't want him. He should grant her the right to make her own decisions, for what is Divine guidance for one is guidance for the other.

"You say she suddenly left with no reason," I continued. "That cannot be true. She must have been thinking of running away and visualizing life elsewhere for a long time. Finally, her mental image became solidified. Since the nature of the subconscious is compulsive, it caused her to pack up and leave. But she had been leaving mentally for a long time. When your body is in one place and in your imagination your mind is elsewhere, you will be eventually compelled to go where your vision is."

Love is not possessiveness. Love is not jealousy. Love is not domineering or coercive. When you love another, you love to see the other happy, joyous, and free. Love is freedom.

George listened closely to what I said. Finally he told me, "I still want a prayer, but I want one that will help bring about the best outcome, whatever that may be."

Accordingly, I gave him a pattern of prayer to follow:

> **I surrender my wife to God completely. I know Infinite Intelligence leads and guides her in all ways. Divine right action reigns supreme. I know that what is right action for her is also right action for me. I give her complete freedom, because I know that love frees, it gives, it is the spirit of God. There are harmony, peace, and understanding between us. I wish for her all the blessings of life. I loose her and let her go.**

He practiced this prayer therapy faithfully and with full inner consent. A few weeks later, he received a call from his wife. She told him she had filed for divorce and explained her reasons for leaving him in a loving, kind way. Both have since remarried,

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but they stay in touch.

Infinite Intelligence is all-wise. When you pray for guidance and right action, you do not tell the Infinite its business. George handled his crisis correctly, and the law of love gave him peace and tranquility. Love is the fulfilling of the law of health, happiness, prosperity, and peace of mind.

How a Nurse Received a Windfall of Money Through the Riches of the Healing Presence

On a flight to Mexico City, the woman in the next seat introduced herself as Nancy W. and told me she was a registered nurse. A New Yorker, she had been invited to teach in one of the biggest children's hospitals in Mexico. "I couldn't have accepted back when I was married," she said. "Now I'm looking forward to it as an adventure as well as a chance to give something back."

"You're divorced?" I asked.

"Uh-huh," she replied. "Mike and I were together five years. He was a psychiatric nurse. Then one day he asked for a divorce. He'd fallen for one of the staff at the hospital where he was working."

"That must have been difficult for you," I observed.

"Oh, yes, of course," Nancy said. "It was a shock. But I told Mike he was as free as the wind, that I wanted him to be happy. I belong to a metaphysical church in New York, and I know that love always frees. Mike was surprised that I wasn't angry or bitter, but I explained that true love is never possessive and added, 'By freeing you, I set myself free.' I don't think he quite got it, but he did appreciate it."

"I can understand that," I said. "And I can see that things worked out well for you. For him also?"

"I'm afraid not," she said, in a saddened tone. "His new marriage fell apart after a few months. Then last year, he suffered a fatal heart attack. I was flabbergasted to find out that I was the beneficiary of a very substantial life insurance policy. That's what allowed me to take on this teaching job. The hospital in Mexico can't afford to pay very much."

By setting her husband free and wishing for him all the blessings of life, Nancy had put her love and goodwill into practice, and it came back to her a hundred hundredfold.

How the Riches of the Healing Presence Worked for All in an Office

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I was giving a series of lectures at San Diego's Royal Inn Hotel, overlooking the beautiful harbor full of ships from around the world, and I set aside a day for personal interviews. One of the first on the list was Judy L., a young woman fresh out of college who was in a trainee program at a brokerage firm.

"I love my job," Judy told me earnestly. "The work is fascinating, the pay is competitive, and the long-term prospects are excellent."

I smiled. "Is this what you consider a problem?" I asked.

"Well, no." She blushed. "The problem is most of the other trainees. I usually get along well with people, but they are so negative! They don't like the program, they don't like the pay, they don't like our bosses . . . I swear, if they won a million dollars in the lottery, they'd complain about the tax consequences! I feel bombarded by negative energy all day. By the time I leave in the evening, I am so depressed I'm dragging my chin on the sidewalk!"

"I have a suggestion," I said. I told her to write down the names of all the other trainees. Each morning before leaving for work and each evening after leaving she was to pray as follows:

> **All my coworkers are known in Divine mind. They are in their true place, doing what they love to do. They are Divinely happy and Divinely prospered. God thinks, speaks, and acts through them. They are conscious of their true worth and they are experiencing spiritual, mental, and material riches now. I loose them and let them go, and whenever I hear any negative statement from any one of them, I will immediately affirm, "God loves you and cares for you."**

Over the next month, the most dissatisfied of the trainees left for positions in other fields. Those who stayed began to discover the gratifications in their work and brought a more positive attitude to the day. All of them were blessed. When the course finished and a new batch of trainees came in, Judy was asked to speak at their orientation. She found to her delight that they were all eager, positive, constructive thinkers and that several were students of the Science of Mind. Judy discovered that by blessing others, she not only contributed to their good, but also received the blessing back in great abundance.

How Parents Found the Riches of Releasing Their Daughter to a New Life

While in San Diego, I also met with Frank and Doris V. They were overwrought and emotionally wracked because their daughter, Ellen, had suddenly dropped out of college in the East and gone off to Hawaii with her boyfriend.

"Why did they go to Hawaii?" I asked.

"To become beach bums," Frank said bitterly. "What else?"

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"Ellen's friend—they've known each other since high school—is a serious surfboarder," Doris interjected.

"As if there is such a thing," Frank said.

"Has Ellen been in touch with you?" I asked.

"Oh, yes, she's called twice," Doris said. "I was so relieved to hear her voice!"

"She wanted money," Frank added. "I'm supposed to send a money order to general delivery on Maui. Fat chance!"

"Now, Frank, you promised," Doris began.

I broke in to say, "Your daughter is an adult now. She has the right, and the duty, to live her own life without dictation from her parents. But beyond that, it is morally, ethically, and spiritually wrong to contribute to the laziness, apathy, and sloth of another person. It tends to turn them into leaners and whiners. If you get financial help too often and too easily, it robs you of your own initiative."

After much more discussion, Doris and Frank agreed to release their daughter completely. They were confident that the Infinite Healing Presence would take care of her in the right way, provided they used the law of mind in the right way.

The prayer therapy technique I outlined for them was as follows:

> **I release my daughter to God completely. She is a daughter of God, and God loves her and cares for her. God is guiding her, and Divine law and order govern her entire life. Whenever we think of her, we will immediately affirm, "God is watching over you and He careth for you."**

Over the next six weeks, they heard nothing from Ellen. They sent no money, but they prayed for her morning and night. On Tuesday of the seventh week, they received a letter from her. She was working in one of the big resort hotels and planned to enroll the following semester at the University of Hawaii and finish her degree. She apologized for what she had done and the pain she had caused them and asked forgiveness.

Doris phoned me that same day to say she and her husband were flying to Hawaii to see their child. I later got a postcard with the message that the reunion had been everything they could hope for. They had discovered the riches of releasing their daughter to the care of the Infinite, which knows all and sees all. Its ways are pleasantness and its paths are peace.

Meditation for Applying the Healing Principle

> ***I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.*** **(Jeremiah 30:17) The God in me has limitless possibilities. I know that all things are possible with God. I believe this and accept it wholeheartedly now. I know that the God-Power in me makes darkness light and crooked things straight. I am now lifted up in consciousness by contemplating that God indwells me.**
>
> **I speak the word now for the healing of mind, body, and affairs; I know that this Principle within me responds to my faith and trust. "The Father doeth the works." I am now in touch with**

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life, love, truth, and beauty within me. I now align myself with the Infinite Principle of Love and Life within me. I know that harmony, health, and peace are now being expressed in my body.

As I live, move, and act in the assumption of my perfect health, it becomes actual. I now imagine and feel the reality of my perfect body. I am filled with a sense of peace and well-being. Thank you, Father.

CHAPTER POINTS TO REMEMBER

1. The Infinite Healing Presence is present everywhere. This Healing Presence heals a cut on your finger, reduces the edema in a burn, and restores your skin to a normal condition. It will also heal marital problems and financial troubles. It is the solution to all problems.
2. Parents should never interfere with the choice of a spouse selected by a daughter or son. The child should be free to make his or her own decision. The parents should simply release their offspring to God, knowing that Infinite Intelligence guides and directs the young person, and that Divine right action prevails.
3. It is foolish to insist that your married sons or daughters should conform to your way of thinking, acting, and believing. Release your child to God, wishing for him all the blessings of life. Loose him and let him go. Where there is no opinion, there is no suffering. Whenever you think of a loved one, affirm: "I have released you. God be with you." When you do this, you set yourself free.
4. If your spouse packs up and leaves you, that is his or her decision. It is wrong to try to mentally coerce or force a partner to return. Use spiritual law by realizing Infinite Intelligence is guiding and directing him or her in all ways, knowing that what is Divine guidance for the other person is also guidance for you and for everybody in the world. Give the person Divine freedom, knowing that Divine right action prevails; then whatever happens blesses all. Love is not possessiveness. Love frees, it gives; it is the spirit of God.
5. Love always frees. Love is not possessiveness. When you love another, whether wife or husband, you love to see the other happy, joyous, and free. You love to see the other as the other ought to be. If your spouse falls madly in love with another, release her or him and wish for your spouse all the blessings of life. Love frees.
6. When others are talking negatively in your office, surrender all of them to God, knowing that God thinks, speaks, and acts through them and that they are Divinely led to their true expression in life. Radiate love, peace, and goodwill to them, and you will set the wonders of your prayer in action. They will be blessed, and so will you. You will discover that by exalting God in others, you also will bring countless blessings to yourself.

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7. When your children are of age, loose them and let them go. Claim that God is guiding them and that they are in His care, and as you remain faithful to that prayer, your children will pick it up subjectively and be Divinely led to do the right thing. Be patient, trust the Infinite Intelligence within you, and don't argue in your mind. Infinite Intelligence knows all and sees all. All that is required of you is to trust and believe, and it is done unto you as you believe.
8. Apply the meditation at the end of the chapter for amazing benefits of the Healing Presence in your daily living.

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How to Use Mind-Magic to Make Riches Flow

I once attended a religious convention at Airlie, near Washington, D.C., where I spoke on the topic, "The Law That Never Changes." During the five days I was there, I had a long talk with a very successful and immensely wealthy man named Peter L. He told me that the secret of his health, wealth, and outstanding achievement was in developing what he called the *quiet mind.*

He took a card from his pocket on which the following great truths were inscribed: *The superior man is always quiet and calm* (Confucius). *In quietness and in confidence shall be your strength* (Isaiah 30:15). *He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city* (Proverbs 16:32). *The Lord thy God shall bless thee in all thine increase, and in all the works of thine hands, therefore thou shalt surely rejoice* (Deuteronomy 16:15). *Except the Lord build the house, they labor in vain that build it* (Psalm 127:1).

All these statements point out that your strength, success, power, and riches come from serenity, from the inner peace of quietness, and from confidence in the laws of life and the response of your subconscious mind.

How This Rich Man Used These Truths

Peter said that every morning of his life he anchored his mind on the aforementioned truths, repeating them slowly, quietly, and lovingly. He knew that as they were impressed in his subconscious mind, he would be compelled to express success, health, vitality, and new creative ideas. He is the founder of a major corporation, a board member of half a dozen more, and a trusted adviser to many executives in different fields. He travels the world over.

As he gave me one of his meditation cards, which he dispenses freely to those he meets, he told me that 30 years ago, on a ship to Europe, he met a man who changed his life. This man explained to him that if he took certain constructive words from the Bible —words that represent the eternal truths of God and His Law—his mind would become

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anchored on the Supreme Presence, which responds as you call upon It.

The whole key to Peter's riches is that he knew as he meditated on the aforementioned biblical phrases regularly, systematically, and repetitiously, he was activating the latent power within his subliminal depths, compelling him to move onward, upward, and Godward.

A Business Executive Discovers the Riches of Silence

The philosopher Thomas Carlyle said, "Silence is the element in which great things fashion themselves." Emerson said, "Let us be silent that we may hear the whispers of the gods."

These sentences are engraved on a cherrywood plaque that hangs in the office of Eleanor A., the executive vice president of a Fortune 500 media conglomerate. During an interview, I noticed and remarked on them.

"I attribute all my success to those great thoughts," Eleanor told me. "Every morning before work, I meditate for 15 minutes. I withdraw my attention and sensory awareness from the external world, quiet my body, close my eyes, and contemplate the great truth that Infinite Intelligence is within me and each of us."

She added that she makes a silent affirmation that God is guiding her; that new, creative ideas are given to her; that the Divine Presence will govern the conferences of the day; that God thinks, speaks, and acts through her; that the right words are given to her by the Supreme Wisdom within her; and that all decisions for her company are based on right action, blessing all.

She then spends about five minutes imagining God's river of peace flowing through her whole being. Often, while in this quiet period, solutions to difficult business and personnel problems pop into her mind, problems with which she and her associates have been struggling for days.

How to Get the Answers

"I've discovered that the quickest way in the world to get the answer to a problem is to turn over your request to that center of quietness, "Eleanor remarked later in our conversation. "I know the answer will emerge. Sometimes it comes right away or within an hour. Other times, it may take a few days or even a week, but it always comes. The strange part is that it usually comes when I am preoccupied with something else. I guess my subconscious mind gathers all the material necessary and then, at the right time, presents it full-blown to my conscious, reasoning mind."

Some of the answers that have come to her in this way have been immensely valuable. One recent idea that emerged from her quiet period led to a new business strategy that increased the company's market valuation by millions of dollars.

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How a Quiet Mind Dissolved Destructive Criticism

Doug H. was recently promoted to head of his department in a service-sector corporation. Because he is younger and newer to the firm than many of the people he is now supervising, he has been the target of a good deal of criticism and backbiting.

"You seem very calm saying that," I remarked when he told me. "How do you handle the situation?"

"I try to take it philosophically," he replied. "I remind myself of the words of the Bible, *When he giveth quietness, who then can make trouble?* (Job 34:29). I link up with the God-Presence within me and know that no one can hurt me, as 'one with God is a majority.' In any case, I know that the negative thoughts and statements of others have no power to create the things they suggest unless I transfer the power within me to them. And I refuse to do that. My thought is creative. My thoughts are God's thoughts, and God's power is with my thoughts of good."

Doug is a wise young man who is clearly destined for great things. He knows that no matter what lies others may spread about him, they cannot hurt him unless he accepts the thought mentally. Because others speak ill of you does not make it so. Your thought is creative, and you are the master of your own mind. You must positively refuse to let others disturb you or manipulate your mind.

There is an old German proverb: "A lie cannot go very far, for it has short legs."

How an Anxious Manager Discovered the Riches of Healing Passages of the Bible

Recently I was consulted by Stephen J., a manager, who told me, "My problem is anxiety. I suffer torments over every decision I have to make." Accordingly, I gave him what I call a spiritual prescription to bring peace to his troubled mind. I suggested to him that if he affirmed the following spiritual truths quietly, feelingly, and knowingly, his excess tension would gradually abate:

Thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee (Isaiah 26:3). *In quietness and confidence shall be your strength* (Isaiah 30:15). *But my God shall supply all your need according to his riches in glory* (Philippians 4:19). *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee* (Job 22:21). *Casting all your care upon him; for he careth for you* (I Peter 5:7). *When he giveth quietness, who then can make trouble?* (Job 34:29).

When this manager affirmed these healing, therapeutic passages of scripture several times daily, spending five or ten minutes at each quiet session, he found composure, peace, serenity, and mind control. He discovered that peace is the power at the heart of

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God.

A Sales Rep Discovers the Secret of Increased Sales in the Riches of a Quiet Mind

Bettina B. was a sales representative for a manufacturer of paper goods. She came to me very worried about a letter she had recently received from her supervisor. This criticized her for what he regarded as low productivity and implied that she might lose her job if she didn't improve soon.

I suggested to her that she read the 23rd Psalm night and morning to quiet her mind, then put the faculty of using her imagination constructively to work. Imagination is the art or discipline of projecting mental images in a productive way.

Under my guidance, Bettina reversed the mental image she had harbored of poor sales and failure. Morning and night for five or ten minutes, after reading out loud the 23rd Psalm, she imagined her sales manager coming out from his office to congratulate her publicly on her excellent sales. She felt the naturalness of his handshake. She clearly saw his smile and heard him say, "Congratulations on your splendid performance. You are being promoted." She lulled herself to sleep every night while watching this mental movie.

Bettina's sales soon improved. At the end of three months, she was made district manager, receiving a wonderful increase in salary and commissions. She is on the way to the top. By repeating the mental movie night and morning in a quiet, passive, receptive way, she implanted the idea of promotion and advancement in her subconscious mind, which opened the way for the perfect manifestation of the impression she had made.

How the Riches of Quiet Understanding Healed a Threatened Mental Crack-Up

Mark A. flew down from San Francisco to see me. He was extremely tense. His doctor had diagnosed his condition as anxiety neurosis, which is another name for chronic worry and excess tension. He was financially successful and was sales manager of a very big corporation. He was well liked by the president and vice president of the corporation.

As I talked with him, the root cause of his trouble came to light. A classmate of his was an executive with a rival corporation and had recently been selected as CEO. "I can't stand it!" Mark exclaimed. "That guy came out ahead of me at everything in

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college. He beat me for the presidency of our fraternity. He even took away the girl I loved and married her. And now this!"

I explained to Mark that the only true competition in life was between the idea of success and the idea of failure in his own mind. He was born to win, not fail, for the Infinite cannot fail. Once he focused his attention on success, all the powers of his subconscious would back him up and compel him to succeed, as the law of the subconscious is compulsive.

He began to realize that the past is dead and that nothing matters but this moment. By entertaining envious thoughts, he was actually impoverishing himself. This was one of the worst possible attitudes to hold, because his negative thinking and his feeling of inferiority plus envy and jealousy were playing havoc with his mental and emotional life and would tend to block his expansion along all lines.

The Simple Remedy

The remedy was simple. Mark decided to bless and sincerely wish greater prosperity and success for his former classmate, whose success had incited him to envy. Accordingly, he prayed frequently as follows:

> **I recognize God as my instant and everlasting supply. Promotion is mine in Divine order. Success is mine in Divine order. God's wealth flows to me in avalanches of abundance, and I am Divinely guided to give better service every day. I know, believe, and rejoice that God is prospering my former classmate, and I sincerely wish for him all the blessings of life. Whenever he comes to my mind, I will immediately affirm, God multiplies your good.**

After a few weeks, he discovered that the envious thoughts lost all momentum, and he found that the cause of his anxiety and excess tension had been due entirely to his state of mind. Mark was recently promoted to executive vice president and undoubtedly is on the way to the top. The Bible says: *If thou return to the Almighty, thou shalt be built up* (Job 22:23).

By blessing those whose promotion, success, and wealth annoy us or incite our envy or jealousy and by wishing that they become even more prosperous and more successful in every way, we heal our own minds and open the door to the riches of the Infinite. Out of the abundance of your heart you can pour out the gifts of praise, love, joy, and laughter. You can give a transfusion of courage, faith, and confidence to all those around you, and you will discover that by blessing others, you, too, will be blessed, and all sense of envy, inferiority, and lack will be overcome.

A Medical Student Discovers the Riches of the Quiet Mind

Alice R., a fourth-year medical student, said to me, "I'm haunted by a shadowy,

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pervasive anxiety day and night, a sense of failure and apprehension about the future." She said that in one examination her mind went blank and she could answer only a few of the questions. Alice's trouble was anxiety and worry. She was afraid of oral and written examinations and was giving the worry orders to her subconscious mind. She developed stress, which brought about a mental block.

I suggested that every night prior to sleep, she should affirm slowly and quietly,

> **I am relaxed, at peace, serene, and calm. I have a perfect memory for everything I need to know at every moment of time and point of space. I am Divinely guided in my studies and I am completely relaxed and at peace at all examinations. I pass all my examinations in Divine order, and I sleep in peace and I wake in joy.**

I explained to her that all these ideas would sink deeply into her subconscious mind, becoming a part of her, so that either in an oral or a written examination she would give an excellent account of herself.

At last report, Alice is doing splendidly. Her anxiety has been lifted, and her latent abilities and memory of all she learned were set free. *In quietness and in confidence shall be your strength* (Isaiah 30:15).

Meditation for the Riches of the Quiet Mind

The following meditation repeated often can bring you your heart's desires in unexpected ways:

> ***Those that be planted in the house of the Lord shall flourish in the courts of our God.*** **(Psalms 92:13) I am still and at peace. My heart and my mind are motivated by the spirit of goodness, truth, and beauty. My thought is now on the presence of God within me; this stills my mind.**
>
> **I know that the way of creation is Spirit moving upon itself. My True Self now moves in and on itself creating peace, harmony, and health in my body and affairs. I am Divine in my deeper self. I know I am a child of the living God; I create the way God creates by the self-contemplation of spirit. I know my body does not move of itself. It is acted upon by my thoughts and emotions.**
>
> **I now say to my body, "Be still and quiet." It must obey. I understand this and I know it is a Divine law. I take my attention away from the physical world; I feast in the house of God within me. I meditate and feast upon harmony, health, and peace; these come forth from the God-Essence within; I am at peace. My body is a temple of the Living God.** ***The Lord is in His Holy Temple; let all the earth keep silence before Him*** **(Habakkuk 2:20).**

CHAPTER POINTS TO REMEMBER

1. Confucius said: "The superior man is always quiet and calm." The Bible says: *In quietness and in confidence shall be your strength* (Isaiah 30:15). The secret of health, wealth, and outstanding achievement is in developing what is called the "quiet mind." By taking certain constructive words from the Bible, which represent

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the eternal truths of God and His Law, your mind becomes anchored on the Supreme Presence, which responds as you call upon it, and you experience the riches of the quiet mind.

2. Carlyle said: "Silence is the element in which great things fashion themselves." Emerson said: "Let us be silent that we may hear the whispers of the gods." Silently affirm that God is guiding you, that the Divine wisdom will govern all your activities of the day, and that God thinks, speaks, and acts through you every day. Claim Divine right action in all your undertakings. Practice meditation by imagining God's river of peace and love flowing through your whole being. As you do this, you will receive answers to all your problems welling up from the depths of yourself, and wonders will happen in your life.
3. When you quiet your mind and immobilize your attention, realize only God knows the answer. Contemplate the answer, the solution, knowing that before you call, the answer is known to your Higher Self. You will discover there are creative answers in your subconscious that will revolutionize your life.
4. *When he giveth quietness, who then can make trouble?* (Job 34:29). The suggestions, statements, and actions of others cannot hurt you. The creative power is in you—it is the movement of your own thought. Does another person's thought govern you, or do you govern your own mind? When your thoughts are God's thoughts. God's power is with your thoughts of good.
5. If you have difficulty sleeping, talk to your body, telling it to relax, let go. Your body will obey you and then affirm slowly and quietly, "I sleep in peace and I wake in joy, for He careth for me."
6. You can eradicate excess tension and anxiety by affirming the following spiritual truths three or four times daily: *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isaiah 26:3). *In quietness and confidence shall be your strength* (Isaiah 30:15). *Acquaint now thyself with him, and be at peace: thereby good shall come unto thee* (Job 22:21). *When he giveth quietness, who then can make trouble?* (Job 34:29). As you dwell on these great biblical truths, a healing, therapeutic vibration permeates your entire body. These spiritual vibrations enter into your subconscious mind, neutralizing all fear and worry patterns. A sense of peace and tranquility will govern you.
7. A sales rep whose sales were dropping imagined her sales manager congratulating her on her excellent sales. By repetition she implanted the idea of promotion in her subconscious mind and eventually experienced a wonderful promotion and increase in salary.
8. The only place competition takes place is in your own mind; the idea of success

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and the thought of failure compete. You were born to succeed, not to fail. The Infinite within you can't fail. Give your attention to the idea of success and all the powers of your deeper mind will back you up. Prayer always prospers.

9. A medical student was fearful and apprehensive about her examinations. Actually, she was fearing failure. This develops stress, which blocks the mind. She affirmed prior to sleep: "I am relaxed, at peace, poised, serene, and calm. I have a perfect memory for everything I need to know at all times everywhere. I pass all examinations in Divine order. I sleep in peace and I wake in joy." These truths sank into her subconscious mind and she is now doing splendidly. She discovered the riches of the truth: *In quietness and confidence shall be your strength* (Isaiah 30:15).
10. You can experience the benefits of quieting the mind through using the meditation at the end of the chapter.

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How to Start Living Like a King—Almost Overnight

The Bible says: *I am come that they might have life, and that they might have it more abundantly* (John 10:10). Johann Goethe said: "Life is a quarry, out of which we are to mold and chisel and complete a character."

You are here to lead a full, joyous, successful, and rich life along all lines. You were born to win, to conquer, and to triumph over all obstacles. You are here to release your wonderful hidden talents, to bless mankind, and to express yourself at the highest possible level. Call upon Infinite Intelligence within you to reveal to you your true place in life. Follow the lead that comes clearly and distinctly into your conscious, reasoning mind. When you find your true expression in life, you will be perfectly happy. Health, wealth, and all the other blessings of life will follow.

Your success and prosperity in the art of living a wonderful and glorious life depend on your habitual thinking and your heart's desire to transform your life from top to bottom. Remember, you go where your vision is. What is your vision? It is that about which you think, that to which you direct your attention, the object upon which you are focused. Whatever you give attention to, your subconscious will magnify and multiply exceedingly in your life.

Accept Wealth and Happiness Now

Now is the time. I talk to many people who are constantly looking forward to better times somewhere down the road. Many believe that some day they will be happy, prosperous, and successful. Some are waiting for their children to grow up; then they say they will travel to Europe and Asia and see the many strange, faraway places. Others talk about how they plan to spend their retirement years.

All these people are waiting for something to happen, instead of realizing that God is the Eternal Now—their good is now, this moment, waiting for them to claim it. As you have seen demonstrated in this book by now, you are in command now for a full, prosperous life.

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One man said that someday he would hit the jackpot and make his mark on the world. His wife said that she hoped someday she would finally cure a painful skin rash. I explained to both of them that all the powers of God were within each of them. Peace is now. You can claim God's river of peace flows through you now. The Infinite Healing Presence is available, and you can claim that this Healing Presence is flowing through you now, making you whole, pure, and perfect.

It dawned on the husband and wife that wealth and healing are available now. The woman began to affirm night and morning as follows: "God's Healing Presence is saturating my whole being and Divine Love flows through my whole being. My skin is an envelope of God's love and is whole, pure, and perfect, without spot or blemish."

Within one week, she proved to herself that the Infinite Healing was instantly available to her, and she had a complete healing.

I explained to her husband that wealth is available now, that it is a thought-image in the mind. He began to affirm boldly:

> **"God's wealth is now circulating in my life. I am engraving this idea in my subconscious mind, and I know that whatever I impress on my subconscious mind will come to pass. I realize as I continue to do this that the response from my subconscious mind will be compulsive, and I will be compelled to express wealth."**

As he continued praying in this manner, new creative ideas welled up within him. He made canny investments in oil stocks, both foreign and domestic, and in a matter of months he had earned a small fortune. He had a preponderant feeling, a sort of persistent intuitive urge to buy these stocks, all of which soared greatly in value immediately. He proved to himself that wealth was available here and now.

Claim Your Spiritual, Mental, and Material Riches Now

Strength is now. Call on the Infinite Power of God within you and this power will respond, energizing, vitalizing, and renewing your whole being now. Love is now. Claim that God's love envelops and saturates your mind and body. Realize and know that Divine Love is being filtered through you and manifested in all phases of your life. Guidance is now. Infinite Intelligence responds to your call. It knows only the answer and will reveal it to you now. Claim your good now. You do not create anything; all you do is to give form and expression to that which always was, now is, and ever shall be.

Plan for a Rich Future Now

Remember that if you are planning something in the future, you are planning it now. If you are worried about the future, you are fearing it now. If you are dwelling on the past,

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you are thinking of it now. You have control over your present thoughts. All you have to change are your present thoughts and keep them changed. You are aware of your present thoughts. All that you can realize is the outer manifestation of your habitual thinking at the present moment.

Beware of the Two Thieves Stealing from You

The "past" and the "future" are the two arch thieves. If you are indulging in remorse and self-criticism over past mistakes and hurts, the mental agony you experience is the pain of your present thought. If you are fearful about the future, you are robbing and stealing from yourself joy, health, happiness, and peace of mind. Begin to count your blessings now and get rid of the two thieves.

To think of a happy and joyful episode in the past is a present joy. Remember, the results of past events—good or bad—are but the representation of your present thinking. Direct your present thoughts into the right channels. Enthrone in your mind peace, harmony, joy, love, prosperity, and good will. Dwell consciously and frequently on these concepts and claim them and forget all other things.

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).

Take this spiritual medicine regularly and systematically and you will build a glorious future.

Meditation for Miracle Power Steps to Richer Living and Financial Success

It will pay you great dividends to use this meditation as often as possible:

> ***Wist ye not that I be about my Father's business.*** **(Luke 2:49) I know that my business, profession, or activity is God's business. God's business is always basically successful. I am growing in wisdom and understanding every day. I know, believe, and accept the fact that God's law of abundance is always working for me, through me, and all around me.**
>
> **My business or profession is full of right action and right expression. The ideas, money, merchandise, and contacts I need are mine now and at all times. All these things are irresistibly attracted to me by the law of universal attraction. God is the life of my business; I am Divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand, and progress. I am building up goodwill. I am a great success, because I do business with others as I would have them do it with me.**

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CHAPTER POINTS TO REMEMBER

1. You are here to lead the abundant life, a life full of love, peace, joy, and rich living. Begin now to release the riches of the treasure house within you.
2. You go where your vision is. Whatever you give attention to, your subconscious will magnify and multiply in your experience.
3. Accept your wealth, health, and success now. Stop procrastinating. God is the Eternal Now. This means your good is now. Claim peace now. Claim that God's love fills your soul now, this minute. Wealth is a thought-image in your mind. Claim that God's wealth is circulating in your life now. As you make a habit of this, your subconscious will compel you to express wealth.
4. Claim all your good now. Remember, you do not really create anything; all you do is give form and expression to that which always was, now is, and ever shall be.
5. Plan a rich and glorious future now. If you are planning something in the future, you are planning it now. If you are thinking about the past, you are thinking about it now. You can control the present moment. Change your present thought-pattern to conform to health, wealth, and success, and your future is certain. Your future is your present thought-pattern made manifest
6. Beware of the two thieves. If you are indulging in remorse over past mistakes or are worrying about the future, you should be aware that these two thieves rob you of vitality, discernment, and peace of mind.
7. Use the meditation at the end of the chapter as your faultless guide in taking the miracle power steps to richer living and financial success.

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THE ART OF METAPHYSICAL DEMONSTRATION

By

REVEREND JOSEPH MURPHY, Ph. D.

"Dedicated to my wife, Myrtle, whom I have found through this book."

First printed in the United States of America in 1945 by
Willing Publishing Company, San Gabriel, California.

First Edition, 1945. Second Edition,
1946. Third Edition, 1948, Revised

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Chapter 1

DIVINE GUIDANCE

"If thou knewest the gift of God, and who it is that saith to thee, Give me to drink, thou wouldest have asked of him, and he would have given thee living water." —John 4:10.

The living water means inspiration. The word inspiration comes from the Latin "Spiro," meaning I breathe into. We breathe air without effort, likewise we must let the Divine Light or creative essence of God flow through our intellect without tension. The subjective mind in us perceives by intuition. It does not have to reason or inquire as it is all-wise, infinite intelligence. If you say to your subconscious, sometimes referred to as the subjective mind, (being subject to the conscious mind), "Wake me up at seven o'clock," you know that you awaken exactly at the time specified. It never fails.

We must realize that herein lies a source of power which is omnipotent. Many good people have erroneous ideas about being inspired. They believe that it is an extraordinary event to be experienced by mystics or highly spiritual people, and they think it applies **to** prayer and the Bible only. This is not true.

Any business man or woman may be inspired by turning to God, and information or divine guidance may be received for any problem. Your business problem can be solved by turning to God for the answer and your information may be general or specific. For example, if you are an executive of a commercial organization and you want a new idea for your sales program, try the following technique. If you are in business, have a private office where you will not be disturbed; close your eyes; be still; think of the attributes and qualities of God, which are within yourself. This will generate a mood of peace, power and confidence. Then speak in

the following, simple manner to the Father within who doeth the works, "Father, thou knoweth all things, give me the idea necessary for a new program." Begin to imagine that you now have the answer and that it is flowing through you. You must not pretend; really believe it; accept it and then drop it. The latter is most important and is the secret of the whole process.

After the silence, get busy; do something; become preoccupied with routine matters. Above all do not sit around waiting for the answer. It comes when you think not and the moment you expect not. The inner voice of intuition speaks like a flash—it is always spontaneous and unannounced. You may get any type of information which will help you along the road to success.

Intuition, which means being taught from within, knows the answer and does not require previous experience. We must realize that God has no problems, if He had, who would solve them? Therefore, when we pray, we know that God has only the answer; He knows no problem, hence we rise to the point of recognition of the answer. The answer flows through the problem and there is no problem. No reasoning power is involved and the amazing suddenness with which the solution comes, sometimes is startling. In our Young Peoples' Forum we now teach intuition and inspiration; they find it fascinating and illuminating.

Intuition is the soft tread of the unseen guest. We must welcome this King of Kings and sing His praises; then He will make frequent visits. The abandonment of the intellectual reason for the wisdom of God is intuition. We abandon our objective reasoning only in the sense of deferring it to a higher guide. After we have received an intuition, we use reason in carrying it out. You may get specific information about anything.

For example, you may be writing a book and require special data, perhaps written 1000 B. C. The information may be in the British

Museum or in the New York Public Library. It might take you days or weeks to find it, if you do not know specifically what you want. In such instances, relax; be still and say silently and quietly to your Father (your subconscious), "Thou knowest all things, give me this information." Drop off to sleep with the one word "answer." In that relaxed mood you repeat the word "answer."

Your subjective is all-wise; knows what type of answer you desire and will answer in a dream, as a hunch, or feeling that you are being led on the right track. You may get a sudden flash to go some place—a person may give you the answer. "I have ways that you know not of." Many are led to an old book store, where they pick up the very book that gives them the desired data. We must be ever watchful for impressions as Divine guidance, for when a feeling or idea comes to us, we must be able to recognize it.

There are two reasons why we may not acknowledge our hunches. These reasons are tension and failure to recognize them. If we are in a negative, despondent, bitter mood, Divine guidance is impossible. As a matter of fact only negative guidance will prevail. If we are in a happy, confident, joyous mood, we will recognize the flashes of intuition that come to us; moreover, we will feel under subjective compulsion to carry them out. It is necessary, therefore, to be still and relaxed when you pray for guidance; for nothing can be achieved by tenseness, fear or apprehension.

Who has not had the experience of being unable to remember a name, then dropping the search, have the name come to him later during repose? If you try too hard to hear a telephone ring, you cannot.

Let us consider the failure to recognize the voice of intuition. For example, suppose we are gazing idly into a store window. An eccentric millionaire puts a $500 bill in our hand. We throw it away thinking it is an advertisement for a dance hall or a beauty

parlor. We must be on the alert for Divine ideas or feelings that come to us, and be able to recognize them. In emergencies guidance comes immediately, because we lean all our weight on the Christ within; thus we place all our burden on him and are free; then comes salvation. The answer to everything is within. "You would not have sought me, had you not already found me."

For business and professional people the cultivation of the intuitive faculty is of paramount importance. Intuition offers instantaneously that which the intellect or reasoning mind of man could accomplish only after weeks or months of monumental trial and error. When our reasoning faculties fail us in our perplexities, the intuitive faculty sings the silent song of triumph.

The conscious mind of man is reasoning, analytical and inquisitive; the subjective faculty of intuition is always spontaneous. It comes as a beacon to the conscious intellect. Many times it speaks as a warning against a proposed trip or plan of action. We must listen and learn to heed the voice of wisdom. It does not always speak to you when you wish it to do so, but only when you need it.

If we will only believe, and not pretend to believe, that God is guiding us now in all our ways, in all our thoughts, words and deeds, we shall be led along the right road. Artists, poets, writers and inventors listen to this voice of intuition. As a result they are able to astonish the world by the beauties and glories drawn from this storehouse of knowledge within themselves.

Become still, relax, close your eyes and say, "Father, thou knowest all things. I am writing a novel. Give me the characters, names, locations and setting." Rejoice that the answer is flowing through you now; drop off to sleep with the word "novel" on your lips, silently repeating it until you are lost in the deep of sleep. The word "novel" is etched in the subconscious. In the morning or a few days later, you will sit down to write; the words will flow;

ideas will come in an unending stream and you will say, "Thank you, Father."

The word "intuition" also means "inner hearing." The oldest definition for "revelation" meant "that which is heard." Jesus said, "As I hear, I judge." Hearing is not the only way to nurture intuition. Sometimes it comes as a thought, but the most common way is to "hear the voice." Many times it is a voice whose texture, color and substance you can hear as plainly as the voice over the radio. The scientist uses his wonderful gift of imagination and in the silence he sees fulfillment. His intuition relates to his particular science.

Intuition goes much farther than reason. You discard reason; then comes intuition. You employ reason to carry out intuition. When you receive intuition, you will often find that it is opposite to what your reasoning would have told you.

This is how one young lady in the advertising business produces her wonderful slogans. She drops off to sleep with the word "slogan" on her lips, knowing that the answer will be forthcoming. It always is—"He never faileth."

Chapter 2

POWER TO CHOOSE

Theology has always accounted for the presence of evil in the world by the invention of a devil. The inner meaning of the Old Testament clearly indicates that its writers did not believe in the devil. You are told—several times openly, and always secretly—that the Lord was responsible for evil as well as for good. The Lord, or law, referred to is the law laid down by man, because of his foolish beliefs in sickness, disease, fear, death, old age and all other ills. This is the law decreed by man, and is different from the laws of the Lord God. The laws of electricity, motion, physics and mathematics are example of these laws. We are learning the nature of these laws and specializing them in numerous ways. These laws are neither good nor bad—they are facts in nature.

In reading the Gospels the word *devil* is not found in the earlier versions. It is mentioned therein "as a spirit of evil." In the teaching of Jesus there is no mention of the theological devil. This was later invented by certain writers. Furthermore, let us realize that the word we have translated as "devil" is "a" spirit of evil, not "the" spirit of evil.

Thus Jesus taught that there were many spirits of evil. Constantly the narrative states that He went around expelling the devil from human beings. The spirits of evil spoken of are the moods of hate, jealousy, revenge, remorse and fear. The many phobias, fixations and other destructive negative thoughts which man is capable of conceiving are also spirits of evil.

Jesus is symbolized in the Scriptures as the great teacher of Truth. He explained the laws of life by recounting parables, allegories and fables to the multitude. "But without a parable spake he not unto them." He healed all men by seeing them as perfect as their Father

in heaven. He proved to them that any man can overcome any obstacle—be it what it may—that besets his path. All that was necessary was for man to believe that the God within could do all things. Jesus' whole mission was to teach people how to find the Christ within, or the true self, which does all things in the name of the Father. In those days man thought that it was too good to be true. Today we still find millions believing in powers apart from themselves and living in dread of the unknown. Countless millions are victims of belief in war, crimes, disease and the power of environment and circumstances to hold them down.

It might be said that the devil is God upside down. The devil is God as He is misunderstood by the so-called wicked or ignorant. God is all, and all there is is God. He is absolute, the only One, and everything is made inside and out of the Absolute. He has created all things and nothing exists apart from God. He is infinitely good and perfect and the author only of perfect good.

The devil is everything that God is not; therefore, the devil is not. The devil is wrong thinking and feeling; these powers result in wrong action or expression. Man having free will—that is, the freedom to choose happy or despondent moods—creates his own good and his own evil. He is not compelled to love, but he has freedom to love. Love is joyous and spontaneous and we have the freedom to give or retain it. God did create a being out of Himself but did not decree that he must love Him. No, that would not be love, because man would then be an automaton, and all of us would be truth students.

You will realize there would be no joy unless we knew the opposite. How could man know what joy is except he could experience the opposite? Man is conditioned into this world and becomes conscious of opposites—such as north and south, east and west, hot and cold, positive and negative, darkness and light, male and female, night and day, ebb and flow. These constitute man's evil or

limitation. He finds that he has to travel from New York to Chicago due to his belief in travel. He will continue to do this until he awakens from his dream of limitation, and finds that all he has to do is to feel that he is in Chicago; really believe it, and he will be there; for Chicago is within himself. He does not go there—he brings "thereness" here. When we find God or the Oneness, all opposites or sense of duality disappear.

The first thing we must realize is that there is no power to challenge God for His throne. If this were true, God would not be God. He is omnipotent, omnipresent and all-wise. He is infinite intelligence. "Ye shall know the Truth and the Truth shall make you free." Understanding of Truth frees man from want, fear, sickness, all superstitions and false beliefs of the race. The devil has been created by people who were unable to account for the apparent evil in the world. They reasoned in this fashion: God was omnipotent, but was powerless about the devil.

If any man is now dwelling in hate, that is his personal devil and it will hurt him. If any man believes in external forces capable of injury or destruction, this man is really saying, "God is supreme, yet He is not supreme." He creates a devil who becomes His successful rival. God asks you to forgive your enemies; yet He cannot forgive His own; for he has created a place of everlasting punishment for them, even though admittedly He is all powerful; this of course is an absurd position.

From the foregoing analysis it might be said that the only evil is the belief in evil. All things and all activities are from One source—God. It must follow, therefore, that there can be nothing intrinsically evil. The evil comes from our incomplete state of consciousness—from our seeing things incorrectly. Reflect that what we call evil in humans we do not call evil in animals, but it is the conditioned responses to natural instincts. Our incomplete state of consciousness, our misapplication and our misapprehension of

Universal laws constitute what the world calls evil. We insist upon doing things that will hurt us, even after we have discovered that they hurt us. We prefer the immediate gain though it blinds us to the consequent pain.

The hell spoken of by some is not the punishment dealt out by an angry God. It is the consequence of man's own acts, brought upon himself. He can free himself from this hell, when he is willing to take the necessary steps and undergo the self-discipline of right thinking, right feeling and right action.

What greater self-discipline is there than the constant application of the Golden Rule? "As you would that men should do unto you, do you also unto them in like manner!" Likewise, as you would that men should feel about you, feel you also about them in like manner. As long as man refuses to believe that God is good, there remains but one way out—the Via Dolorosa—undergoing pain and suffering.

The word that means "devil" in Hebrew is a word meaning "slanderer" or "a liar." The devil is one who tells lies about reality. A slanderer tells lies about man. The eye slanders a fact because it deals only with the outside appearance of fact. People say, "The sun rises and the sun sets," but it neither rises nor sets. We see nothing as it is in reality, because our eyes are geared to see according to our beliefs. If, for example, our eyes were geared in any other way, we would see things differently. We would see circumstances differently, and they could become something else in our sight.

According to the Ancient wisdom the word "mirth" is connected with the letters AYIN, which means the eye. The reason for this is that the surface appearance is different from the reality. AYIN is associated with what seems rather than what is—with illusion rather than reality; this is the most mirthful thing about the "devil."

The real meaning of "devil" in the Hebrew language is the "slanderer"—one who tells lies about the Truth.

We might point out that as man awakens, he builds a finer and finer instrument until he no longer needs an instrument—he sees without eyes; then man sees reality, because the illusion of the thing does not stand in his way. With the mind's eye, he sees beyond the form to the reality behind. In other words, he sees divinity beyond the mask. Without eyes the spiritual man sees "Truth" everywhere. He knows that One and not two is the beginning and end of all. However, two—good and evil—are the aspects One presents to mankind, because men are subject to the illusion of duality.

Fools, deluded by outward appearance, create a demon out of the web of their folly. The awakening is that divine understanding which comes to a man who succeeds in meditation, and "the last day" is the time of that achievement. The wise man sees and knows that the demon is the shadow of the Lord. "Happy is the man that findeth wisdom, and the man that getteth understanding. For the merchandise of it is better than the merchandise of silver, and the gain thereof, than fine gold." (Prov. 3:13-14).

The belief that desire is a personal affair is due to a misunderstanding of the Divine urge present in all men. The urge towards growth which everyone feels, is not from the personality; nor can this urge be satisfied by accumulating things of the world. Man's desire for power, authority, possessions and fame are mistaken desires, *the reason being they are all for limited forms.* They set up the law of contraction instead of expansion. Let us have the desire of being rather than of having; then we will unite ourselves with a source of power that no degree of expression can diminish.

It is true, however, that our subjective mind fulfills or grants mistaken desires also, and this is often the cause for our bitter

experiences. The desire to get things such as hats, automobiles, fur coats and houses is a disappointing one. When one gets what he desires in the material way, he must then desire something else, but in this way he does not grow spiritually. Eventually he must look for something which will not fade when he gets it. There is only one such desire—that is to give life, love, peace, wisdom and beauty to mankind. "I am come that you might have life and have it more abundantly." As with all other desires the more we get, the more we want.

We must remember, it is more blessed to give than to receive. We do this by seeing the "Untouchable glory of God" in others. The more we see It in others, the more It will shine out in ourselves. By doing this daily, we are preaching the Gospel or good news. The more we give in this manner, the more we have. The true gift is that which we give ourselves in consciousness by feeling the reality of the wonderful state we desire to see manifested in the other. To take our desires from the world of limitation—which is eating of "the fruit of the tree of knowledge of good and evil"—brings us disillusionment and pain. It is by these "stripes" we are healed—made whole in consciousness.

The innermost nature of Being is the tendency to give more life, therefore, all desires may be tested in this manner. Let man ask himself if the realization of his desire will enable him to give out more life, love and beauty to his world. If this is true, it is a desire that is never disappointing. "The more you give the more you have." On the lower scale we find that the more you get, the more you want.

There is an inexhaustible storehouse in man, from which he can draw forth security, peace and happiness—this is the Kingdom of Heaven spoken of in the Bible. Having found peace and happiness within, all other things are added to him. The only time is NOW.

All experience is *now*. All Action is *now*. Let us experience the Kingdom of Heaven *now,* for God or our Good is the eternal *now*.

Chapter 3

REBIRTH

It is often asked, "Why do we have dictators, despots and tyrants in the world?" These are extensions in space of the dictator complex present in the hearts and minds of all human beings. Instead of trying to force our opinions on others, we must learn how to change ourselves and we will change the world.

What is the world? The world is ourselves in aggregation. Napoleon still lives, Ghenghis Khan still lives, as do Caesar and all others. They live in the consciousness of the race. Our boys and girls learn about them at their mother's knees, at school and in college. They burn with resentment and rage at the apparent wrongs committed by these men. They read avidly of the crimes, atrocities, and acts of violence. These states are impressed on their subconscious minds. All of these moods, feelings and thoughts which are entertained become objectified as living realities. Moreover, these boys and girls suffer from nightmares, hysteria and various complexes because these moods of fear, hate, anger and resentment become the ghosts that walk the gloomy galleries of their minds.

Living in these states of mind—dwelling on dictators and tyrants, realizing that whatever is impressed in consciousness must be expressed in the world—man should not be surprised when these tyrants of the past are reborn into our society, because we actually call them forth. It is true in a sense, therefore, that Ghenghis Khan is reborn or reincarnated. He is an embodiment of the state of consciousness of the people, nation, race or world, whatever the case may be. The reader will see, that it is not a man who lived a thousand or two thousand years ago who is being reborn. It is a state of consciousness that is born again.

When a mother places a child on her knee; whispers in his ear that he is God walking the earth and tells him that he can do all that Jesus did, she is seeing her boy as God had planned. If the mother believes her statements, her belief will be automatically transferred to the child's subjective consciousness, and he will become her ideal. "I was young, now I am old, yet never have I seen the righteous forsaken nor their seed beg bread." If parents live the Law, if teachers teach the Law of life—the Truth of Being to the young; then their seed shall never beg bread. This means these children shall never become the beggars, outcasts, thieves and tyrants of the world. No, they shall fulfill the ideals of the parents. They must fulfill the prayer of the parents because true prayer is always answered.

If parents will impress their subjective minds with wonderful dreams for their boys or girls, then according to their *belief,* "will it be done unto them." By changing our opinions, beliefs, ideas and ideals by teaching the youth of the nation who they really are, by showing them the way, the truth and the light, we can build the Kingdom of Heaven on earth; then we will prevent the rebirth of dictators, despots—former undesirable states of consciousness—which are perpetuated by prejudices, racial hatreds and fear of the unknown.

Let us teach children of the great accomplishments of the poets, artists, engineers, chemists, physicists, astronomers and others. Let them emulate these great men. There is so much for a child to learn about the great writers of the world and the giants of world literature, that the beautiful works of man cannot be exhausted in what is ordinarily called "a lifetime." After he is taught good, the child will emulate good.

In reality we are all dreaming; when man fully awakens he knows that planets are thoughts, suns and moons are thoughts, and his own consciousness is the space which sustains them all. He begins

to realize that the whole world is a thought. For example, he becomes aware of the fact that the body is not real, but it is a thought or idea held in consciousness. The body has no life apart from consciousness. He realizes that there is absolutely no reality to matter or the body of man; it is a group of ideas and opinions. Man gives life to ideas and opinions as long as he believes them. When he disbelieves the errors, these ideas have no life in them.

Man was never born and he will never die. There is no death. Death is an idea that exists in the minds of men. As long as man believes in death, he must witness and experience it. Man has no beginning and no end; he always was, just as God always was, is and shall be. "God and man are one." "I and my Father are one."

The man who is always quoting so-called authorities to prove the modern theories of reincarnation is himself without authority. He is still crying in the wilderness and calling other men masters and adepts. Call no man master. "Salute no man on the highway." Salute the God within. The Kingdom of God is within, and if someone tells you it is "Lo here; lo there," believe him not. The Kingdom of Heaven is within man.

Where is the Truth? *It is within yourself.* "Look within—search the Scriptures," said Jesus. (John :5). This means that all has been written in your subjective mind "from the foundation." All knowledge is within; all wisdom is within; all beings that ever lived are within you *now.* You can project the likeness of any living being, past or present; for all men are states of consciousness—qualities of mind expressed. *All moods, tones, qualities and vibrations are within you, because God is within and He cannot be divided—all is contained in the part.* Christ cannot be divided, and Christ means consciousness. The subjective Self of man—the Christos or Christ-man, the so-called Jesus Christ or God-man knows all men are within himself. He knows that, objectively

speaking, all beings are projections in space of himself—the One Man.

Are there not thousands of cases over the world of men who have completely lost their former identity and personality; assumed new lives; entered different professions, and in many cases even re-married? These men were victims of amnesia, or loss of memory concerning their former selves. They could not remember their former wives or children. They had no recollection of their former professions or occupations. They assumed a new role in life. They were changed men entirely, because they had changed their consciousness. There is only consciousness!

Let us stop quoting authorities on spiritual subjects. As long as we quote authorities, we cease to be THE authority. All power is given to us in Heaven and on earth. Let us use it. In the spiritual sense we are all victims of amnesia. We have forgotten who we *really* are, and we tell ourselves that we are worms of the dust.

Take, for example, a man who goes to sleep and when he awakens he has completely forgotten who he is, and gravitates to the slums. His social world becomes the slums. His friends, knowing what has happened, try to coax him back to his former status. Because of amnesia his former way of life is entirely blotted from his memory. He believes his place is in the slums; he only smiles at these old acquaintances whom he no longer knows. He accepts as true the role he now plays.

The day comes when his memory is restored and he awakens to his rightful status. With certainty and promptness he returns to the environment consonant with the dignity of his upbringing. He wonders why he is in the slums. What has transpired is all a dream, a dream of the unreality. "Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." (Eph. 5:14). Let us awake to the Real and return to our Father's house. "Everyone that

thirsteth, come ye to the waters, and he that hath no money; come ye, buy, and eat; yea, come, buy wine and milk without money and without price." (Is. 55:1)

Man does not have to become a victim of amnesia in order to change his consciousness. He can read the 10th Chapter of Samuel, book 1, and learn how he can be turned into another man. This is accomplished through prayer. Take the story of the boy born of lowly parents, in a manger, having all the handicaps socially and financially that any child could have at that period in history. It was said, "Can there anything good come out of Nazareth?" (St. John 1:46). The word "Nazareth" symbolizes to sprout or grow, and man should be ever watchful not to despise the day of small beginnings.

This boy Jesus walked the earth and imagined himself to be the perfect man, capable of seeing only perfection in everything. He felt the reality of the wish within him and it became a conviction. Having imagined the state he wished, and having felt the reality of the state imagined, all the necessary qualities for the fulfillment of that state came from within himself. They were always there, but they had to be recognized before they became manifest in the world of man. This boy did as Samuel said man should do, which was, "Go up into the Hill of God—thou shalt meet a company of prophets coming down from the high place playing music, and thou shalt prophesy with them,—and shalt be turned into another man." (Samuel 10:5)

The Hill is a high state of consciousness; the other prophets represent the eternal trinity employed in the creation of all things—consciousness, idea and the joyous feeling or conviction that it is done. *The "feeling" is the conviction that unites consciousness desiring with the thing desired.* The joy of answered prayer is the music of the three prophets. It is the inner silent knowing of the soul. Therefore, any man can turn his back completely on the

past;—forget all the old beliefs and foolish ideas of the race mind; enter into the joyous thrill of being Jesus (saving consciousness) and do his work. If he remains faithful to this mood and sustains it, he will automatically develop all the qualities necessary to do "even greater work."

The story of Jesus is a portrayal of what all men should be. It is a complete refutation of all age-old beliefs regarding man's handicaps of race, national origin, environment and circumstance. All these things are as naught when man discovers who he really is; so let us keep our eyes on God. It is there, where man sees no obstacle. When he takes his eyes off God, or his good, he sees his limitations and obstacles. NOW is the day of salvation; let us see the light now; for God is the Eternal Now—since time is an illusion of the senses. The awakening takes place now.

We know that everything exists in the Infinite. There is nothing that any man can think of, no matter how fantastic, that does not already subsist in the Infinite. It may be said to exist when we acknowledge it or witness it. *Nothing is made; nothing becomes; all is and all is God.* We are wedded to the belief in time, so we conceive of ourselves conditioned by time. Yet the Bible tells us, "For a thousand years in thy sight are but as yesterday when it is past, and as a watch in the night." (Psalm 90:4).

If time is a belief, which it really is, the common belief of reincarnation cannot be true. The theory tastes good and looks good, but let our prayer be: "lead us not into temptation." God tempts no man, but our conscious mind and five senses are tempted to believe this false doctrine. It becomes a panacea assuaging our wounded pride or feeling of inferiority. Moreover, it causes us to turn back or tempts us to eat of it. "But in the day that thou eatest thereof thou shalt surely die," because we are eating of the fruit of the tree of knowledge of good and evil. This tree means world belief,

power in other gods hence the breaking of the first Commandment, "Thou shalt have no other Gods before me."

We must eat of the tree in the midst of the garden, which is man's consciousness—God dwelling within him giving all power to Him. We "eat" of Him by taking part in a psychological feast of being a noble, dignified and Christ-like person. We must see the Christ in all men, sermons in stones and good in everything. When we do this, all other things shall be added unto us. Man's life on this plane is like the several stanzas of a poem or the scenes of a play, because it really is the One Being dramatizing Himself as the many. Common sense is the most uncommon sense, because it is God's or good sense. Wisdom or common sense teaches that illumination or the great awakening to our Godhead can happen here and now. "If it be not now, yet it will come; the readiness is all."

In order to elucidate this point, take a solid, metallic substance and heat it. The temperature rises, but for a while it looks as if no change were taking place. However, the moment that degree of heat is reached, which denotes its melting point, it begins to liquefy, thus changing its shape and seemingly its nature also. Likewise, water can be turned into steam which is invisible—pure steam cannot be seen. Water also becomes snow, ice and hail—all different rates of vibration of the one substance. When a liquid is changed into a gas, these changes are brought about by an increase in the rapidity of vibration of the constituent particles whether they are solid or liquid. The same applies to man. What is true on one plane is true on another, for God changes not. The rebirth comes to that man here and now—not in after life. There is no transforming power in death. Man raises his rate of vibration by lifting himself up to a high state of awareness, by entering into the thrill of being that which he longs to be, and by feeling the joy of accomplishment.

Man is a porous being, plastic and pliable, capable of being moulded into any state he can imagine. He is nothing but "liquid light." In the meditative mood he stills the mind, thereby immobilizing the senses by focusing his attention exclusively on the one ideal—only one. He suggests sleep to himself by feeling sleepy, being careful not to fall asleep, however; the mystic in meditation must always keep control. In this mood he knows, feels and sees himself as being bathed in a sea of liquid light. A flame or lights appear all around him and he knows that in this floating liquid state he can mould, fashion and shape all that he longs to be, to do and to possess.

In this state he contemplates the joy of the answered prayer. The feeling of accomplishment fills him, and he dwells on the reality of his desire for perhaps five minutes, two minutes or ten minutes. By constantly praying in this manner, there is an expansion of consciousness—it is like the heat that melts the solid. The day comes when man melts away all inhibitions, fears and doubts, and becomes the God man here and now. To such a man, physical laws and time disappear. This change may come in the twinkling of an eye like the volatilization of a liquid into a gas.

The reason the modern theory of reincarnation is popular is because man, using his five senses only, is like the five foolish virgins—he has no oil or wisdom in his lamps. He finds that this explanation gives him solace and tells him what he wants to hear. At the same time it seems to unfold many unexplained phenomena. Such acceptance retards spiritual progress, checks the awakening process and is a destructive, superstitious belief. The modern accepted belief in reincarnation is very old; as is the belief in purgatory, hell and the devil.

The Bible mentions reincarnation several times and some of these references are explained in this book. The Scripture informs us that Herod believed in reincarnation. Herod represents the world or the

five-sense man, the man ignorant of spiritual laws who subscribes to tradition and family beliefs. A man who believes that John, Elias, or some prophet long since dead, is risen from the dead, is symbolized by Herod. What this type of man fails to see is that it is always God coming forth as a quality, tone, or mood of man himself.

Mozart, Bernini, Lincoln, Shakespeare, and Napoleon left their impressions with mankind. We read of their works in history, song and prose. All of them live in the hearts or subjective minds of man. A man's son is his idea or feeling about anything. He can give conception to any state he is capable of conceiving. If a man, therefore, admires and dwells on the qualities and attributes of Napoleon, and would love to give birth to such a son, "as within so without." During the creative act a Napoleon-like character appears resembling the mood of that man. In other words, it is the tone struck during conception or creation that determines the nature of the child.

The worldly-minded man called Herod in the Bible, believes in a physical reincarnation, and he desires to see Jesus, or the Truth as told in the ninth chapter of Luke. However, the Truth student will readily see that such a man cannot see him, "as no man hath seen the Father." The latter is always a subjective perception or feeling within man. Man awakens by degrees, slowly or quickly. On arising from bed in the morning, he rarely awakens all at once. It takes him a minute or so. The thermometer, however, does not skip any degrees. Before man fully awakens from his dream no necessary step in unfoldment will be omitted. All limitations and inhibitions will be dissolved.

The following article about the violinist Zimbalist appeared in "The New Yorker" some years ago: "Nobody told Zimbalist he was supposed to play the piano, too; during the final examinations in his eighteenth year, they handed him a Beethoven Sonata to be

read at sight in the presence of the whole faculty. He had never touched a piano except to get his 'A.' He sat down, however, got his breath and played. When he finished he was told to close the book and repeat the whole Sonata from memory. He did so. After a moment of silence the room broke unanimously into applause—an unheard-of demonstration."

The man of the world would not conceive of this as being possible. The power within man is capable of setting at naught all human beliefs and man-made laws. We must begin to take our attention away from the limited, human concept of ourselves; then we shall, like Mozart, compose music at six, statues at seven, and at the age of twelve we will confound the wise men of the world. Many cases are reported where cripples invalided for years leap and run in the presence of fires. In emergencies mothers lift automobiles to extricate their children. Where is this power? It is within themselves. Fires and emergencies are not needed to stir the gift within. Man can do this in the quiet of his own soul. We create in "silence."

Chapter 4

THE BIBLE AND MAN

Man cannot interpret the Scriptures in their proper light until he is at a point of spiritual development comparable to the writers of the Bible. Man must get into the meditative mood. He must ask the All-Wise within himself what He, Himself, meant when He (consciousness) wrote that Bible passage thousands of years ago. The reader of this book must realize that he wrote the Bible but he has forgotten it. His subjective mind knows and remembers all. It knows the truth about reincarnation and all other so-called mysteries of life.

Dwelling on the past like Lot's wife, we are turned slowly but surely into a pillar of salt. In other words, we are preserving the past. We are wedded to it and are held in bondage to false beliefs or Karma, (evil that has to be expiated here in life), and to many other strange and weird ideas. As long as man believes those things, he must suffer the consequences of his beliefs, ideas and opinions. Disease is ignorance, and the modern, accepted conception of reincarnation is similar to a disease. It is worse than the effects of opiates, alcohol, or hashish, because it paralyzes the mind and destroys the body.

The writer's experience with people who believe in these ideas is that they are nearly all sick. However, they have perfect alibis which act as anesthetics to dull their senses, and to render them both numb and dumb to the truth. The anesthetic they inhale is not ether but much worse, since the effects of the former wear off. Likewise, the opinions, beliefs and foolish race concepts continue in the minds of these well-meaning but misguided people.

One will tell you that the reason she is now a cripple suffering from rheumatoid arthritis which cannot be cured, is that it is a

Karmic debt, which she must pay, for a sin or error committed in a former life. Man must see the foolishness of all this. It is a complete contradiction of all the teachings of the Bible, which portray that man is God, individualized—One with the Father. "When you have seen me you have seen the Father." "I and my Father are one." Yes, truly, when you look at any man, you see God.

The Truth is that when man discovers that he is God, and that his unmodified consciousness or awareness is the invisible creator of all things, he will learn to overcome all obstacles, such as disease, suffering and frustration. In overcoming these he will awaken to his true power and his divinity, because he seeks the aid of no man. He then goes forth and proves his Godhood.

Man is both unconditioned and conditioned. The life principle—subjective or subconscious of man—is the awareness of being, or unconditioned consciousness. Man expressed is conditioned consciousness—or God expressing Himself as man. Man becomes that which he believes himself to be. "Whom do men say that I, the son of man, am?" Will you the reader, give the same answer that the world does by saying: "Some say that thou art John the Baptist: some Elias; and others Jeremiah, or one of the prophets?" (St. Matthew 16:14). That is the belief of the world.

Read these words again in the Bible, ponder on their meaning. It will then reveal itself to you and you will not have to ask anyone what it means. "Peter" in the Bible "means your inner voice, the Rock of Truth, which cannot be moved or swayed by the opinions of the world. This inner quality of mind is an attribute of God expressed in man. It is the disciplined hearing of the Truth student which reveals that you are Christ, the son of the living God. Now Jesus said, "Flesh and blood hath not revealed it unto thee, but my Father which is in Heaven." (Matthew 16:18). Yes, it is true that flesh and blood will never tell us who we are. It can never reveal

the story or truth of re-birth. The flesh and blood spoken of is the world and its opinions, race consciousness, traditional beliefs and the attitude such as, "the old religion is good enough for me." The old religion is not good enough for anyone who seeks the truth on these matters. Blood means life. You give life to your ideas and to the opinions and concepts of the world as long as you believe them. Jesus tells us that Heaven is within ourselves. The Voice speaks and tells man, as it did Simon Peter, "Thou art Christ, the son of the living God." (Matthew 16:16).

The son is the offspring of the Father and must be like the Father. Is he not the image and likeness of the Father? Man is God conceiving Himself to be man—then man appears. We are here to discover who we are, to awaken from the dream of limitation and ignorance and to prove ourselves to be God. When we discover who we are, we will express the will of God, which is life, beauty, peace and love.

In the seventeenth chapter of Matthew we read: "But I say unto you, Elias has come already and they know him not." Elias means my God Jehovah. It is always God being born. Man does not believe it—neither does he know it. He thinks it is another person being reborn. Man is trying to divide the One, and by so doing he limits the Holy One of Israel.

It is always Elias that is born in the world—the spirit of the one God. Let us awaken here from the dream of limitation and separation. There is no other place or planet for us to go. Man cannot go outside himself. I am you and you are I—for there is but One. The hero and the most degraded criminal are really I also. One Being, God, is incarnated in two and one-half billion persons called the "human race."

People have inverted and distorted the Truth for thousands of years, but that is no reason why man should continue to do so.

There are still people living on this globe who believe the earth is flat and that the sun rises in the east. There are millions that subscribe to the belief in disease. Let not man be blinded by his former beliefs. Rather, let him open his mind to the Truth of life.

If he approaches the study of the Bible,—which is purely allegorical, figurative and psychological—, he must not approach it with a closed mind. If he does he will color it to meet his former opinions which are fixed within him. Such a man can never find the Truth. You cannot pick up anything if you are holding something in your two hands. If you hold fast to your former beliefs, you are turning back and limiting the Holy One of Israel. A closed mind is unable to grasp the Truth.

When man sheds the garment called the body, he continues to live subjectively in a dream state. All the moods that he carried over with him into this present state are experienced in the form of a dream. Some of his experiences may be those of nightmares based on the subjective impressions of anger, hate and resentment. In this life man is expressing moods, feelings and ideas which he takes to sleep with him every night. Upon awakening he fulfills the impressions of his subjective mind. He has forgotten many of the moods or feelings that he took into the deep of himself a month ago or a week ago, and he now looks upon any injury as an accidental occurrence. He calls incidents which occur matters of chance or coincidence.

This, of course, is not so. All is Law. "Nothing is lost in my Holy Mountain." Our objective experiences on this plane are the manifestations of subjective impressions. The law is the same on all planes. When we leave the objective plane, we have subjective experiences based on all subjective impressions carried over by us. This is a dream state, just as real as the plane you left.

Chapter 5

SUBJECTIVE MIND IMPRESSIONS

When we speak of mind, we usually refer to two phases of the one mind, objective and subjective. In broad general terms the difference between man's two minds may be stated in the following terms. The objective mind reasons, analyzes, dissects, divides and chooses. It takes cognizance of the objective world through the media of the five, physical senses. It is the outgrowth of man's physical necessities. Furthermore, it may be said to be his guide where his material environment is concerned. Its highest function is that of reasoning. *It is not creative.* "I can of mine own self do nothing." (John 5:30). It is "the Father that dwelleth in me, he doeth the works." (John 14:10).

The subjective mind of man is that which creates and gives form to all impressions made upon it through suggestion or feeling. This phase of man's mind takes cognizance of its environment by means independent of the physical senses. It perceives by intuition. It is the storehouse of memory and the seat of the emotions. It is the Father that doeth the works. It performs its highest functions when the objective senses are in abeyance, as in meditation. It sees without the use of the natural organs of vision. It can leave the body and assume another body and travel to distant lands.

In the absolute sense, man's subjective mind does not have to travel anywhere as the whole world is within it. "Be still and know that I am God." (Ps. 46:10). God does not travel—He is Omnipresent. The subjective mind has the power to read the thoughts of others in the minutest detail. It can read the contents of sealed letters and of books locked in a safe. All wisdom and knowledge are locked within it, because it is the Higher Self of man or God.

For purposes of clarification we will say that the real distinction between the two minds consists in the fact that the "objective mind" is merely the function of the physical brain. On the other hand, the "subjective mind" is a distinct entity, possessing independent powers and functions. It has a mental organization of its own, and is capable of sustaining an existence independent of the body. In other words, it is the Soul. The most important point to remember is that the subjective mind accepts every suggestion given to it, no matter how good, bad or absurd without the slightest hesitation or doubt.

Man must, therefore, learn to entertain only good suggestions, ideas and moods. This is imperative due to the fact that man's subjective mind is amenable to the control of his objective mind, as well as to the suggestions of others. Through discipline he learns to reject all suggestions at variance with that which he wants to hear. The subjective mind expresses the feelings impressed upon it. This is the Law of cause and effect. The cause is the mood, and the effect is the manifestation of the mood.

In the subjective dream state we meet loved ones and we visit places thousands of miles away. This is real, because man is a psychological being and not bounded by space or time. Other people may tell us important things in our dreams. Tigers, lions and other wild animals talk in foreign languages to us, and it seems natural and logical while we are dreaming. However, it is when we awaken to this world of "make-believe," that we think our dream experiences are illogical or unreal. Life on this plane is truly a dream and nothing but a dream.

Is it not foolish to say man is suffering? Can God suffer; can God grow; can God expand; can God contract? It is the illusion of growth, the illusion of travel, the illusion of time and the illusion of suffering or death. If you have a toothache, who is suffering, you or the tooth? If you are hypnotized, for example, and the suggest-

ion is given that "there is no pain," immediately the pain leaves you. On awakening you have no sense of pain. Where did it go? It was only an idea, belief or opinion accepted by your consciousness. A counter-suggestion removed it.

People talk about thousands being killed. Can God die? Can man die? God cannot be slain; neither can man be slain. God as man will come again. When we awaken—and we are beginning now to remove the scales from our eyes—we will truly become one with God, and shed His light, Love and Beauty to all the world.

We can only conjecture as to the length of time the process of awakening will take. On the other hand if time is not, it must only be the illusion of time. It may appear to be a year or a day, or eight hundred years—for in consciousness a thousand years are as a day. God is the eternal now. He is the God of the living and not of the dead.

Let us reason together. If the world is within you, where can you go? The world you will experience for a time in the after-life will be that of your crystallized beliefs. It will be a dream-world peopled by your prejudices, ideas, opinions and beliefs about peoples and things. Our ideas and beliefs are like individuals—they live and exist as long as we sustain them in our consciousness.

"Why seek ye the living among the dead?" There are no dead. All your loved ones, closest friends, all men, women and children who make their exit from this plane are very much alive and functioning fourth dimensionally. They cannot be seen by the three dimensional mind of man.

This recalling of the lost preserves the beauty of thought without limitation. In other words we must never grieve or mourn for loved ones. On the contrary we must give, ". . . Beauty for ashes, the oil

of joy for mourning, the garment of praise for the spirit of heaviness." (Isaiah 61:3).

By dwelling on the qualities of love, kindness, inner beauty and nobility of thought that was theirs, we resurrect these qualities within ourselves. This is what is meant by praying for the dead. It is a "holy and wholesome thought to pray for the dead." Recognizing the Oneness or Wholeness, we realize that the loved one who has passed on is still alive and dear to us. Meditating occasionally on the fact that the departed are dwelling in a state of peace, beauty and love, we change any nightmares they may be experiencing (due to subjective impressions carried over with them) to lovely experiences.

We make them whole or "holy" by our prayer which is scientific prayer. This is what is meant by giving the oil of joy for mourning. Instead of feeling that they are dead and gone—that their grave is where the body is—let us, by our inner mood, see them dwelling in a state of indescribable beauty; then we truly give the dead "Beauty for Ashes." Under no circumstances must we ever dwell in the mood or feeling of lack, limitation or regret.

Chapter 6

HEARING AND SEEING

Every day of our lives we are only meeting our beliefs. Let us not be fooled, cajoled or tricked by any seemingly miraculous stories or strange phenomena. Many so called strange occurrences, projections and voices are nothing but subjective manifestations. The ghosts we fear are those that walk the gloomy galleries of our mind.

To the intuitive or sensitive person the subconscious is an open book. He reveals the contents of your subconscious to your conscious or waking self. The thoughts and feelings of man can also be read by a deck of cards, sand or other devices. From time immemorial man has given certain values to cards and other symbols. Since man has given authority and power to these things, they must confirm his beliefs symbolically. By getting into a partly subjective or passive state, it is possible to reveal the contents of the subjective mind of a person. The cards, or the marks on the sand serve as an alphabet which, when pieced together intuitively, give a language that will be understood.

"We are surprised many times that what is delineated is true, and many of the predictions do occur. To read the character of any individual, it must be done intuitively or in a partially subjective state. If a person is highly intuitive, he tunes in with you and reveals the contents of your subjective mind. Your conscious mind becomes aware of what you formerly were not aware.

As long as man worships at the shrine of graven images and molten idols, so long will he be a slave to his beliefs. Like the surge of the sea, he will be tossed to and fro—"a double-minded man, unstable in all his ways."

What Isaiah or the prophet of God says is only too true, "Thou art wearied in the multitude of thy counsels." (Isaiah 47:13). He is looking for a God outside of himself; he is worshipping constantly at the shrine of the false gods. Whatever man accepts as true becomes a subjective reality. The subconscious mind of man, being absolutely impersonal, no respecter of persons and non-selective, accepts whatever man believes to be true and gives it form. The latter becomes an embodiment, an experience or condition in that man's world.

He is impressed by a suggestion that he will have an accident on the 15th of next month, and that he should avoid auto travel or train travel. This man lives in fear until the 15th; then he decides to lock himself in a room. Having impressed his subconscious with the belief in an accident, and having actuated it by fear, he knows it now must come to pass. He cannot escape. Something happens—he slips in the bathroom and hurts himself or he cuts his hand with a knife—perhaps a fire breaks out; something *must* happen.

Now, if man knows the Law of life and the Truth of Being—that "I and the Father are one" and that "whatsoever ye shall ask in prayer, believing, ye shall receive," (Matthew 21:22)—this man will shape and mould his own destiny. He will laugh at all dire predictions because he knows his consciousness to be God. What he feels as true of himself must come to pass. Not liking what he has heard, he says to himself, "How would I feel were the opposite true?" Then he enters into the spirit of it—gets into the mood that all things are possible to him who believes—enters into the conviction that it is so, and thrills to it. This man has actualized a new state subjectively, and this must come to pass.

If a man believes that he must get hay fever this year, as he always has in the past, let him dispel all such beliefs in powers apart from himself. Let him turn his attention to the God within—yes, turn inward, towards the Real. *This is the internalization of conscious-*

ness. In this state let him dwell in the feeling of perfect health—enter into the spirit or mood of being healed—and he will express health.

God is truly the known God. As Paul says, "If haply they might feel after him and find him . . ." Yes, all that man has to do is enter into the feeling of the answered prayer. His eyes, ears and all his faculties must be turned inward and focused on the One, the Beautiful and the Good. While man is still in this meditative and relaxed mood, he will write on his consciousness the words of Scripture, "It is finished!" We must walk the earth knowing and believing perfect health is ours.

There is absolutely no one who can predict with accuracy for the spiritual man, or the man who "dies daily" through scientific prayer. It cannot be done because this man predicts for himself. The mystic sees the fallacy of fear of the unknown and belief in evil. The mystic, the truth student, who believes in God as taught in the Bible and prays scientifically to the God within himself, is the true prophet. Truly he prophesies for himself all the good that is to come. He is the master of his fate and the captain of his soul. He knows that God shall wipe away all tears and that there shall be no more crying.

When man awakens to the truth, he realizes that Christ is his consciousness. Then he recognizes the great Oneness wherein all men are One. Moreover he knows and understands the meaning of the greatest commandment, "Hear, O Israel; The Lord our God is one Lord." (Mark 12:29). What such a man feels as true of himself, he feels as true of the other. He only sees and feels the good for every living creature.

Such a man is a type of Christ and is capable of seeing or hearing only good for all men. He knows that negative feelings towards another disturb the harmony of the whole or oneness of which he is

a part. The whole of God is in the part, for consciousness cannot be divided. "And all mine are thine, and thine are mine; and I am glorified in them." (John 17:10). "And for their sakes I sanctify myself, that they also might be sanctified through the Truth." (John 17:19).

The true prophet or mystic enters into the mood or feeling of the answered prayer. He has the feeling that it is done, and closing his eyes and ears to the world, he comes before His presence with singing. He enters into His gates with thanksgiving and into His courts with praise. Contemplating the reality of the wish fulfilled, he rests. This is the Sabbath or rest of the Lord or Law. By sanctifying himself he makes others whole.

The mystic walks the earth unmoved, unchallenged and unshaken in his conviction that his feeling, "thy will be done," must be manifested. In a little while, perhaps he is still speaking, it appears —the divine image becomes visible on the world's screen. For the first time he becomes consciously aware of it. He has looked "within" and not "without" and found the wisdom, the power and the glory.

Man does not believe that it is possible for him to extend his faculties of sight so that he may actually see, for example, one of his loved ones thousands of miles away, and carry on a conversation as if they had met on the street. Neither does the average so-called wise man of the world believe it possible to carry on a conversation at a distance of thousands of miles without the aid of all the well-known mechanical inventions for this purpose.

In the chapter on "Time and Space" is outlined the remarkable ability of an Indian boy to stop the flow of blood. This same boy, in addition, had the amazing capacity of projecting his voice thousands of miles to Colorado. He did this quietly, and at the same time replies came back through the air in the voice of his

brother. It was just as if two persons sat in their living room and conversed.

This is how he did it. He would sit down, close his eyes and begin to talk to his brother named Two Moons. The conversation concerned family ties, health of the mother, death of some friends and some local news. All of his comrades thought he was faking. Some accused him of being a ventriloquist and said they could prove it. They decided to have him ask three questions rapidly which would require a fairly lengthy reply. They stuffed his mouth with a handkerchief, and sealed his lips with adhesive tape. The answers came clearly over the air. These answers were heard by many men present, including the author.

After a lapse of a few minutes his brother in Colorado said, "Why don't you reply?" In answering he had asked him a question regarding a dog named "Sanco." No answer could be given as it was physically impossible for him to open his mouth. To sum it up, this Indian boy believed that he could talk and be heard at a distance *only* by his brother and father. This was a childhood conditioning based upon belief.

If he could project his voice thousands of miles over mountains, through fog, winds and waves, certainly he should also be able to project his vision and actually see his brother. He could not do that since he had not been informed when he was a boy that he could. His father believed that he, the first born in their family, could talk over distances to male members of the family only, and that their replies would be heard; yet his brother did not have the power, according to him, of initiating a conversation.

This may all seem peculiar and somewhat weird, but it shows in a striking manner what belief can do. If we would believe now that we could walk on the waters, we could do so. Most of us would *like* to believe or want to believe. However we do not really

believe we could, simply because our mother and our teacher said, "That is impossible." Now it is a fixed belief in our subjective mind.

The storms at sea, the tempests, cyclones and hurricanes are within man himself. When we are truly at peace others will say, "What manner of man is this, that even the winds and the seas obey him?" (Matthew 8:27).

Chapter 7

PRAYER AND FORCE

Many ask this question, "What shall I do after praying?" "What physical footsteps are necessary?" If you listen to the Voice within, and subjectively hear the answer, which is the feeling, "that it is done," "that it is finished"; then you have literally heard the answer to your prayer. A prayer is a wish to which you have acceded.

When you have fixed the things you want in consciousness, (it may be health, peace of mind, love, wisdom or material things), the subjective mind of you will compel you to take all the necessary footsteps to the fulfillment of your dream or wish. You will actually be compelled to do all that is necessary to the fruition of your ideal. You will not ask Tom, Mary or anyone else, as to what you shall do or what you shall wear. No, you will do everything automatically, led by the SELF within. You can call it "being intuitively led," "divinely guided" or whatever term you wish to use. It is a compelling force which, if listened to, is the "divinity that shapes our ends."

After meditation or prayer, if you are still in a quandary, and feel like asking others for advice as to what you should do or where you should go, it means you have not believed. You have not fixed the reality of your desire or prayer in your consciousness. You will know what to do, where to go and what questions to ask. Whatever you do will be exactly according to the "Pattern on the Mount."

When man ascends into the Mount, (a high state of consciousness), and enters into the joy that would be his if his ideal or dream were now realized, he has created a Pattern in the Mount. The likeness and image of the pattern appears. Man being both objective and subjective, will do whatever is objectively necessary to the fulfillment of his divine goal. He may seek a teacher. If he does it will be

the proper one. He may be led to a library and find the book that will give him the desired information. He may overhear a conversation that will answer his prayer.

These are the objective manifestations of subjective impressions. "I have ways ye know not of." ". . . neither are your ways my ways . . . For as the Heavens are higher than the earth, so are my ways higher than your ways." (Isaiah 55:8-9). "His ways are past finding out!" (Romans 11:33). The disciplined man, the sincere truth student, does not ask how, or when, or in what manner or through what source his good will come. When the gift appears, he instinctively and intuitively recognizes it, accepts it and says, "Thank you Father." "Father, I thank Thee that thou hast heard me and I knew that thou hearest me always." (John 11:41-42). Many pray to God and then ask others to predict the future for them. Had they prayed believing, they would know the future. They would have prophesied for themselves. They would have had the silent inner knowing of the Soul—the awareness that it is—the sensation of having touched "something" within.

Man may not be able to describe his feeling in words as it is a subjective mood, which is the language of the Soul, but he knows that he knows. How can you describe a fourth-dimensional feeling in a three-dimensional language? When he perceives it objectively, he uses the King's English to describe it. This is the experience of everyone who has prayed successfully, whether on the battle field, in the streets or in the privacy of his home.

"Go (tell no man,) and shew John." (Mt. 11:4). John is the world. When your prayer is answered objectively, you show it to the world and your outer senses confirm the conviction that you have entertained within. Such a person does not consult anyone as to the outcome of his wish. He knows himself what the outcome is. He has prophesied and being the true prophet, not the false one, he knows that "HE never faileth."

Those who are consulting strange gods as to their destiny are looking for a sign. You are told in the twelfth chapter of Matthew, ". . . There shall no sign be given to it, but the sign of the prophet Jonas." This refers to the eternal trinity by which all things are created—consciousness, your ideal and the feeling or nail that joins it. The mystic steps to be taken in all metaphysical demonstration include consciousness desiring, uniting with the thing desired and loving it. These steps will fulfill the Law and take you into the Holy of Holies.

Chapter 8

FALSE PROPHETS

The false prophets are those people who tell us there is a way out by cheating, lying and by brute force. The way out is through PRAYER; this is the way to overcome all obstacles, impediments and the challenge of the world. "All things, whatsoever ye shall ask in prayer, believing, ye shall receive." (Matt. 21:22).

Inasmuch as prayer accomplishes all things and is the answer to all problems, man's whole life should be prayer. There is nothing but prayer. We do not gain the ear of God by vain repetitions. By entering into the "secret place," which is our consciousness, and communing with our Father Who sees in secret, He will reward us openly. We must touch, through feeling, the reality of the desire for which we pray.

On hearing Truth for the first time, many maintain their old beliefs and still wish to accept the new. As a result, there ensues a quarrel in consciousness and they become neither hot nor cold. This double-minded man, who is unstable in all his ways, cannot hope to receive anything from God.

Man must leave the old with all its works and pomp. He must forget all the idols and false prophets and become the true prophet. The false prophet believes his future depends on circumstances, conditions, environment, influences and forces outside himself over which he has little or no control. The man who believes in powers outside himself is calling God "Baali"—a God of caprice and vengeance, a God of wrath and an inscrutable being whose playthings we are. This type of man conjures a being dwelling in space who must be appeased by sacrifices, fastings, pilgrimages and repetitions of various prayers.

Man must begin now to call God "Ishi," which means "my husband, my lover." Yes, God must be your true lover. You must be close to Him, you must embrace Him. He is a God of love, of justice, of wisdom and power. We must look upon the God within us with love, understanding and absolute trust. We must not regard Him with a sense of fear, doubt and apprehension. He is not the unknown God. "In Him we live, and move, and have our being" (Acts 17:28). Let us look upon Him as the known God.

A question often asked is, "Why is it that predictions regarding future events in my life have come to pass?" Follow the answer to the question carefully and it will be easily understood, and not appear mysterious and strange.

"I am the Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was and which is to come, the Almighty." It is possible for an intuitive person who is in a psychic, passive or receptive state, to tap the contents of the subconscious of another and reveal these "secrets" to the conscious mind or waking self of man. In other words, in a passive state, a sensitive or highly intuitive person tunes in with the fears, phobias, fixations, desirable states, subjective acceptance of marriage, divorce and various other impressions in the other—be they what they may. The individual who is tuning in with your subjective feelings translates moods and beliefs in his language and foretells accordingly.

We must remember that the subconscious mind is a storehouse of memory, and many suggestions have been accepted of which the conscious mind is wholly unaware. These are brought to the surface by an intuitive individual, and we may become aware of them for the first time. Many times, of course, these things come to pass—for whatever the subconscious has been impregnated with will be objectified in man's world sooner or later unless changed by prayer. Any man, receiving a suggestion or prediction regarding

himself of an undesirable nature, can prevent this prediction from coming to pass by prayer. In this way he becomes the true prophet.

The intuitive person who made the prediction saw or felt the beginning and having seen the beginning saw the end; for the beginning and the end are the same. "I am Alpha and Omega, the beginning and the end." (Rev. 21:22). There is no mystery about it, no trick and no phenomenon. All is according to the laws of mind.

It is possible to predict with a certain degree of accuracy for a person, a group, a race, a nation or the world, because the majority of human beings do not change very much. They live with the same old beliefs, same old traditions, race concepts, the same hates, phobias and fears. They follow more or less a set pattern, which can be easily read by one tuning in psychically or intuitively with the mass consciousness.

What is strange about men such as Nostradamus who tapped the consciousness of the race in the 16th Century and, from the fixed beliefs and moods of the race mind, saw the beginning and the end? Today we are witnessing the drama of the end—at least to some extent. Why should not man be able to peer through the unnumbered centuries and see all?

The prophecies of Nostradamus—or any other man—would mean nothing and could be defied and proved untrue, if men knew how to pray. Through prayer they could change their subconscious and consequently their destiny. Prayer eliminates fear, doubt and hate from the subconscious of man. That is how he weeds his garden so that only beautiful flowers may grow.

The spiritual man refuses to hear something he does not want to come to pass; he changes the beginning by a new concept of himself and, therefore, he changes the end. This is done by the law of substitution or prayer. *Instead of praying something out of*

existence, he prays the condition he wants into existence. He becomes a producer.

By illustration, suppose a man is informed that someone dear to him is very ill and may die within a certain time. If he has accepted this as a fact of consciousness and sustains the belief, it must come to pass. Let us further assume the man hears of this principle and applies it, believing in the Law of Reversal. Immediately the false prophecy is nullified and the true prophecy of Life is fulfilled. The prophecy was false because it foreshadowed gloom, doom and disaster. In this way he changes the prediction and defies all the dire prophecies of man concerning things to come.

This is the process to use: first, he must change his conception of the loved one and feel and see him as a radiant being, perfect in health. This is done in a silent meditative mood by calling the subjective image of his loved one before him. He causes the person to smile, to tell him that he never felt better in his life, and that the spirit of God is permeating every atom of his being. He thrills to this annunciation and is happy because "it is so." Dwelling on the joyous answer to his prayer, he goes off to sleep in the arms of the Lord, who receives his gift and objectifies it in a little while. This man has replaced the fear of sickness and death for his loved one with the realization of perfect health. It must be fulfilled.

Whether for good or ill, the Law of the Lord is perfect. It is "a Tree of Life" to those who know how to pray. It is the "Valley of the Shadow of Death" to those who pray amiss.

Let me give you another example: A man heard the false prophecy that his child had only a few hours to live. "The thing I fear most has come upon me." The fear of death causes death. The fear of loss is "Alpha" and death is "Omega"; the beginning and the end are the same. Man changes the beginning and brings about a new end by seeing, feeling and believing his child to be perfect.

In the subjective mood of prayer he lifts the child up—actually sees him running around, playing, enjoying himself and radiating health and happiness. He actualizes this state by feeling and contemplating the psychological reality of it. He rests on this conviction. The new "Alpha" or beginning is that silent inner knowing, the conviction that all is well. It is the joy of the answered prayer. The new "Omega" or ending must be perfect health. The fear is replaced by love. "As within, so without."

By changing our mental attitude, the outer picture must change, too. "Be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." (Ro. 12:2). "Thou shalt love thy neighbor as thyself." (Matt. 19: 19). *This is the law that will change your world.* No one can prognosticate for a spiritual man. He shapes his own ends, because "he dies daily" to the untrue. He prays unceasingly. The mystic, or spiritual man, through prayer and meditation, changes the subconscious part of his mind. Prayer wipes out fear and purges the subjective Self of all false ideas and superstitions which have been causing all the trouble. Let us face the facts and realize that every condition, circumstance, or experience in our lives is the out-picturing of a belief in the subconscious.

We must also realize that all sickness, accidents and disease of every nature are the embodiments of negative ideas or fears in our subconscious. Always remember, ". . . Though your sins be as scarlet, they shall be white as snow; though they be red like crimson, they shall be as wool." (Isa. 1:18).

Chapter 9

FAR-SEEING

The following is an experience of the author, which may answer many questions in the minds of the inquiring reader. He wanted to go to a certain city in the Orient in the capacity of a chemist for a large, international, chemical organization with which he was at that time associated.

This is the procedure that he used: he relaxed in an armchair in the back of an old church which still stands; closed his eyes and became still. The writer imagined himself in the Orient by an inner perception of a typical Oriental setting. He felt the tropical breeze on his face and actually felt his toes being cooled off by the salt water on the sands of the seashore. He dwelled on this realization for two or three minutes, and felt the joy of being where he wanted to be. At the end of five minutes contemplation, the words of the prophet Isaiah came to his mind: "So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it." (Isa. 5:11).

The sequel to this prayer is very interesting. A short time afterwards, the opportunity came to the author to visit the Orient. All arrangements were made to proceed by plane. However, the morning preceding his departure for the Orient, in a dream, came the vivid realization of things to come in two or three years hence. A friend appeared in the dream and said, "Read these headlines—do not go!" The headlines related to war. The writer "dreams literally."

The subjective mind of man always projects a person whom you will immediately obey, because you trust and love that person. To some people a warning may come in the form of a mother who

appears in a dream. She tells them not to go here or there, and gives the reason for the warning. Your subjective is all-wise. It knows all things. It will speak to you only in a voice that your conscious mind will immediately accept as true. It would not be someone whom you distrusted or disliked. Oftentimes the voice of a mother or loved one may cause you to stop on the street, and you find if you had gone another foot, a falling object from a window might have struck you on the head. This is not the voice of your mother, or teacher or loved one. It is the voice of your subjective and it speaks in a tone or sound that you instantly obey.

As proof of this, I questioned my mystic friend. He assured me that he knew absolutely nothing about the warning "he" had given me subjectively. No, it is man's subjective that is ever portraying the drama of its contents in the form of a dream or a vision of the night. If man suggests to himself that he will remember and understand the symbolism portrayed therein, he will know the outcome of many things. He will also learn to change the dreams; for by changing his consciousness he changes the dream, and as he dreams, so shall he become.

Joseph was warned in a dream. God spoke to Solomon in a dream and offered him his choice of gifts. Solomon chose wisdom, and God added long life and riches. With all our getting, let us get understanding of this principle; then our pillars of strength will be the two great pillars—"Boas and Jachin"—Wisdom and Understanding.

Possessing the wisdom which the Bible teaches, and the understanding to apply the psychological principles therein, man's inner righteousness will show itself in his world. He will need no man-made rules of conduct to guide him; for he will be led by the wise Power within him. If the thing that you now want will bless yourself and others, it is the Divine Will. "I am come that they might have life, and that they might have it more abundantly."

(John 10:10). "Heretofore have ye asked nothing, . . . ask and ye shall receive, that your joy might be full." (John 16:24).

In prayer realize the great oneness and feel the end of the answered prayer. The Being within you sees the beginning and also sees the end. It shows you the end in a feeling, "In a dream, in a vision" or by a voice. Listen to It. It will talk to you. Obey It, because It is Wisdom speaking to you. "In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then He openeth the ears of men, and sealeth their instructions." (Job 33:15-16). ". . . He giveth to his beloved in sleep." (Ps. 127:2).

The writer, in consequence of his dream, immediately cancelled the trip, cashed the tickets and sought no reason. He was under subjective compulsion to do so. A subsequent event—the tragedy of Pearl Harbor—proved the truth of the Inner Voice. "Trust in the Lord with all thine heart." (Prov. 3:5). Thus shall ye walk in the land, verily ye shall be fed. Let him be a "lamp unto my feet." (Ps. 119:105).

Chapter 10

MISSING THE MARK

Our sin is in missing the target of perfection. Though in the beginning the archer misses his target a thousand times, he gains skill through the practice of aiming again and again at his mark. So does the fruit of sin, which men call punishment, perfect the skill of His chosen one. An ancient meditation points out, "Sin and punishment are one and the fire of punishment is the fire which refineth My works." "Even in the sinner I AM the actor and I, too, am the sufferer, in the experience of punishment. Thy pain is My pain, thy suffering My suffering. Thy sorrows pierce My heart, thine anguish is My anguish. I stand not aloof, unmoved, watching my handiwork as a potter watcheth the clay upon its wheel. Nay, not so, for I am clay, and the wheel, and the potter too. I am the work and the worker, and the means of working."

"The delusion of separateness passeth with the completion of the work for which I enter into manifestation and because nothing can prevail against Me even the worst of sinners shall come in their appointed time to liberation."

Yes, all men shall see the Light. When man awakens to his true Self, he will experience the radiance of the Light Limitless, and from the field of sin and punishment he shall pass into the boundless freedom of the divine perfection. Let us realize the Truth of the following verse from Arnold:

"Never the spirit shall die.
The spirit shall cease to be never.
Never the spirit was not.
End and beginning are dreams.
Birthless and deathless and changeless—
Remaineth the spirit forever.

Death hath not changed it at all.
Dead though the house of it seems."

Chapter 11

ONENESS WITH GOD

"I AM the Lord, and there is none else, there is no God beside Me." (Isaiah 45:5). You, the reader, are the one and only being there is. When you say "I AM," that means the sum-total of all the personalities in the world. All other conceptions are projections in space of the one being, yourself. In the Bible, which is a text book on psychology—metaphysics and man's moods and feelings—the "I AM" is constantly referred to as, "I am the way, the truth, and the life." (John 14:6). "I am the Resurrection and the Life." (John 11:25). "I am that I am." (Ex. 3:14). These and similar sayings shine forth in all their true brilliance when once we see that Jesus, the Christ, was not speaking of Himself personally, but of the principle of Being inherent in all mankind.

What Truth students fail to see is that there is only one man, for the same reason that there is only one God. God and man are one—"I am in the Father, and the Father in me." (John 14:11). You cannot divide the One; infinity cannot be divided or multiplied. The seeming divisions are the illusions of separation. We must give recognition to that innermost Self which is pure Spirit, and which is not subject to any condition whatsoever. We feel that we are conditioned by time and space, but these conditions have no place in essential Being. The true recognition of the "I AM" is the acknowledgment of the Self within you. God, the Father, eternally subsisting in His own Being, sends forth all forms of His will. Likewise, all forms return to the formless One, according to an immutable law.

You, the one man, can comprehend the infinite Self within you by a limitless expansion of your conception of God. You thus return to the Universal Being as a son coming home to his father. The more we study the Bible the more we realize that, by the art of

meditation—i.e., by going inward—we become greater in our knowledge and comprehension of the mysteries contained therein. The road inward is the road to greatness, the Royal Road of the Ancients, and for all men who desire to become united with the Supreme Cause, the root and substance of all.

Rebirth means to ascend inwardly from the lesser to the greater by an inner realization, or by the lifting up of consciousness from one step to another. The consciousness, being lifted up by contemplation, dwells on the fact that I am now the being I long to be, and to make it real I must feel it. This realization is an inner awareness of the new state of consciousness or rebirth.

There is not a single note that was ever played that any man cannot play. Anything that has ever been felt by any holy man, any man can feel. There are no facts or secrets hidden in the dim past that any man cannot bring to light. You are the only Being there is. You have a memory of all that has passed, consequently all tones, moods, vibrations, knowledge and wisdom are within you. There is no language that ever was spoken that you cannot speak. There is no voice that you cannot reproduce, because all is within you.

YOU have always lived! "Before Abraham was, I AM." (John 8:58). "When all things cease to be I AM." You, man, wrote the Bible! You may have forgotten it, but if you meditate on its passages, the subjective self within you will reveal to your conscious mind what you meant, when YOU wrote it thousands of years ago.

Time is an illusion; God is the eternal NOW. Thousands of years are as an instant. Aeons are as a day. Therefore, shed now the belief in time and the idea that we have to come back again and again to this earth plane—one time as John, another visit as Mary—in order to gain more experience, to perfect ourselves and become as Jesus, the Christ.

We are sometimes told that it is almost impossible for us to become as Jesus, or Moses, or Elijah in one lifetime; it takes several lifetimes; moreover, many say that we have some "karma" to work out in this life. In other words, we must expiate for the sins and crimes committed in past lives before we can be purified. Some state that it is almost impossible to change certain physical conditions in this life, particularly, if one happened to be born with a congenital disease or deformity.

This teaching is false and a contradiction of everything the Bible teaches, namely, "Behold, I am the Lord, the God of all flesh: is there anything too hard for Me?" (Jer. 32:27). "I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord." (Jer. 30:17). ". . . Who healeth all thy diseases; Who satisfieth thy mouth with good things, so that thy youth is renewed like the eagle's." (Ps. 103:3, 5). "I will ransom them from the power of the grave, I will redeem them from death." (Hosea 13.14).

A cripple is not instantly healed because of his or your belief. Likewise, if a man's leg is amputated, the reason he does not grow another leg is because his father and mother, the authorities of certain text books, plus tradition and race belief, all contributed to the false belief and teaching he received as a baby. He holds a firm conviction within himself now that God cannot grow another leg for him. He firmly believes that nothing can be done for him except to wear an artificial leg. "Thy faith hath made thee whole." (Luke 8:48).

Regarding the belief of some people that we must suffer for errors of the past or for sins committed centuries ago, there is no basis for this false concept. If a person believes that he must suffer for something he has done, he will suffer. It is all based on belief.

The only loss, limitation, restriction or evil in the world is our belief in loss, our belief in limitation, our belief in restriction and

our belief in evil or disease. This is known as "the son of perdition" or sense of loss spoken of in the Bible. "Come now, let us reason together, saith the Lord: though your sins be as scarlet, they shall be white as snow; though they be red like crimson, they shall be as wool." (Isaiah 1:18). "And their sins and iniquities will I remember no more." (Hebrews 10:17). "For thou, Lord, art good, and ready to forgive; and plenteous in mercy unto all them that call upon thee." (Ps. 86:5).

The reader should stop, think and realize for a moment that a God who says, "Love your enemies, do good to them that hate you," by necessity of His greater Love, blots out all of the past. He wipes away all tears, and forgives you immediately. Can you imagine a God asking you to forgive those who trespass against you, and in another breath refusing to forgive Himself? "He shall call upon me, and I will answer him." (Ps. 91:15). "I, even I, am he that blotteth out all transgressions for mine own sake, and will not remember thy sins." (Isaiah 43:25).

Man completely detaches himself from the past by partaking of a great psychological and mystical feast of peace and happiness. Realizing the presence of God within him, he rises in consciousness to the joyous conviction that he is NOW the being he longs to be. Having fixed this state within him, a silent inner knowing possesses him; all former doubts and fears pass away and shall be remembered no more. By sustaining this silent inner feeling, that which he felt inwardly becomes expressed outwardly.

Chapter 12

FORGIVENESS

Your consciousness is God and there is no other God. If a seeming wrong or injury has been committed against you, therefore, you must forgive. Now, there is no other—so there is no other to forgive. You give something for the feeling of resentment or hate that you now hold in your consciousness. You give way to a feeling of love, peace, harmony and joy.

In other words, it is the age old law of substitution in consciousness. To "forgive" means to give something for. If you have a headache, and you take a pill for the condition you are giving yourself something for the headache. Likewise a person who happens to be in a mood of resentment must replace this mood he is entertaining by forgiveness. The only way he can forgive himself for entertaining such a negative mood is by the indwelling gift of love and peace within his own consciousness.

You must radiate this feeling to all around you. When you think of John or Mary, who formerly was what you thought the "cause" of resentment, you will see the Christ in him or her and rejoice. You become exceedingly glad that they are expressing all they long to be. You are seeing the Truth behind the form, the Divinity behind the mask. "Love thy neighbor as thyself," says Jesus. Your neighbor is yourself. All love is to oneself. All treatment is to oneself, consequently all hate, jealousy and bitterness is to oneself. If you decide to hate someone, or injure someone, whom are you injuring? Yourself only! "I am The Lord that is my name: and my glory will I not give to another. (Isaiah 42:8).

As is well known, many people are healed by absent treatment, and the teacher or healer does not know anything about the details of the case in question. The blending of the patient with the healer is

not essential. The Scriptures point this matter out clearly. Jesus raised Lazarus who was dead four days. A dead man cannot ask you to pray for him or blend with him; neither can the insane ask you to heal them; yet the Scriptures reveal that they were healed.

The only reason the disciples could not heal an insane child was because of their unbelief. If you wish to treat a person at a distance, even though he has not requested you to do it, you must feel the reality of the healing within yourself. You actualize this state within your subjective mind. Since there is only one subjective mind, what you have felt as true of the others, must be manifested in the other's world. There is no other, for there is only the One.

This question comes up occasionally wherein someone says, "Oh, I had a remarkable spiritual healing, but some weeks or months later there was a relapse to the former state." No teacher or healer can guarantee the continuance of the healed state, due to the simple fact that man is not an automaton, but has freedom to choose. He has freedom to be sick or well as he chooses. The day following the healing, he may re-infect himself by accepting a suggestion of fear or by entering into an emotional outburst of anger or hate.

Man must change his habits of thought and adopt for his rule and guide: *right thinking, right feeling* and *right action.* Teaching is healing; consequently a very important function of the healer or teacher is to point out to the sick person the cause of his trouble and how to eliminate it. The sick person, realizing that all his troubles of whatsoever nature were effects of causes set up within himself, must decide to discontinue the wrong thinking which produced the ill effects in his world. He learns that the Christ within can accomplish all things. Having learned the causes for the misfortunes and chaos in his world, he will then maintain the consciousness of health, peace and harmony. He will, thereby, prevent a relapse or re-infection of former destructive moods.

In the eleventh chapter of St. Mark, we read these wonderful words: "What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them". (Mark 11:24). There are no conditions laid down. It is not necessary that one be a holy man or a great mystic to manifest the innermost desires of his heart.

The man we call the murderer, thief, or the person of ill repute could, if he desired, become Jesus, the Christ, instantly. Shocking as this may sound, all that such a being would have to do—according to the law of spiritual consciousness—is to forget completely the past by turning within; feeling with all his heart and soul that he is the Christ and is doing the works of Christ Jesus on earth. As a man thinketh in his heart, so shall it be done to him. In the twinkling of an eye he could be changed.

Paul, according to the New Testament, persecuted his fellowmen, testified against them, and had them put to death. He is a shining example of the state of consciousness that can be attained instantly if desired. Paul was illuminated on the road to Damascus by turning within, changing his conception of himself, and finding that he really was the Christ. We can do this! If this is not true, the whole teaching of the Bible collapses and is false. *But it is true,*—"the same yesterday, today and forever."

The truth is we are all that we ever will be now, but we fail to recognize it. The mass murderer or the violent assassin can in one moment become the Christos, the illumined one. This person need merely rise in consciousness to the conviction or feeling that he is the Christ, and doing the works of Him that sent him.

We are told the story of the boy born in the stable, of lowly parents. We are informed that He was a carpenter. It was said, "Can there any good thing come out of Nazareth?" (John 1:46). Yet this boy, born with all the social and worldly handicaps, became one with the Father. He walked the earth the God man,

seeing only perfection, beauty, order, symmetry and proportion in everybody and everything. Why? *Because by uplifting his consciousness these qualities were established and made manifest within himself.* "What thou seest, that thou beest." The meaning of the story of Jesus is that any man, woman, boy or girl can become the Christ. The command is, "Go thou and do likewise." The Jesus Christ state of consciousness is not born of woman, but comes *out of* the imagination of man. We must refuse to believe the idle, foolish statement that it takes man one hundred or one thousand years to become a Jesus. There is no time in God. "That which is to be hath already been." In other words, you are all that you will ever be NOW—yes, this very instant. Even fifty million years hence will not make any difference to the Reality within you.

Do you not realize the everlasting Truth of the ages that you are God, individualized in a fleshly body? All conceptions that you ever conceived or will conceive, all growth, learning, wisdom, expansion and contraction are the illusion of growth and expansion. God cannot learn or become wise. He is All-wise. He knows all. Hence it must be the illusion of evolution. It is simply the grand masquerade of the One.

Yes, there are deep, heavy scales on our eyes. If we will let the scales fall, we will see the light within. Our prayer should be, "God give me eyes to see the Light." "Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." (Eph. 5:14). If you think for one moment that you are unworthy to see the Light and become the perfect man, then dwell on these words: "But if the wicked will turn from all his sins that he has committed, and keep all my statutes, and do that which is lawful and right, he shall surely live, he shall not die, all his transgressions that he hath committed, they shall not be mentioned unto him: in his righteousness that he hath done he shall live." (Ezekiel 18:21, 22).

Chapter 13

OUTPICTURING MAN

All outer manifestations of man's life are projections of an inner state or image contained within his consciousness. Man must learn that the only way to create a better world is to build the constructive images within his consciousness that he wishes to see expressed in the world. The world is an outpicturing of our mental beliefs and attitudes.

We look at a man and we say that he is lame, deaf, blind, ragged or poor. We have clothed him in rags, in garments of blindness, deafness and poverty, but in absolute Truth he is God and can never be any less than He is. Let us awaken from the dream, and clothe every man in the garment of Christ, the Anointed One. "Who is blind as he that is perfect and blind as the Lord's servant?" (Isaiah 42:19).

The perfect man cannot see a blind man or a deaf man; neither can he see any man in rags. He sees only divine perfection, the divine idea behind all form. He sees the everflowing reality, justice and beauty in all things. In other words, he sees God in all things. He does not see another. His command is that of a King: "Take ye away the stone." (John 11:39).

The perfect man, giving complete, recognition to God and realizing that all things are possible to Him, cannot see any lack anywhere. Hence his request for abundance is automatically granted. He is blind to all evidence of the five senses and worldly beliefs or powers outside of himself. His eyes are forever turned inward towards the Real.

If you have a lesion on your face, and a friend prays for you, the latter does not inwardly see the lesion on your face. On the

contrary he hears you telling him that you are overjoyed that God has granted you a perfectly beautiful, smooth face. If he succeeds and the scar disappears, "he saw the perfect face." This manifestation may have occurred the same moment you were telling him the foolish details of the difficulty you experienced so far in treating it, and all the resultant failure. Where did the lesion go? Where did it disappear to? The truth is that it existed only in your imagination and belief.

When you have learned these great truths, you have "reincarnated" indeed. To learn these truths is to *know* them, and to know them is to live them and witness them. Man is playing a role in the great drama of life. When the curtain comes down, he puts off his garment, hangs it up and disappears from sight. He ultimately returns to the Source. From Him we all come forth—to Him we all at last return. There is no other place to go. "They shall not hurt nor destroy in all my holy mountain." (Isaiah 11:9).

When John or Mary "dies"—as we usually employ the term—it means that John or Mary, as the case may be, lives on in each one of us. A person never dies. The quality, tone, or mood of the Infinite, which was his always existed and always will. The subjective afterlife may be a nightmare or a lovely dream—depending entirely on what man has impressed on his subjective mind before passing over. Let us play the melody of God here, and listen to the overtones of life. In this way we will be better equipped to play the game of life in the next dimension.

All things subsist in the Infinite and when we call forth the expressions by our feelings, then it may be said to exist. "I am Alpha and Omega, the beginning and the ending, saith the Lord, which is, and which was, and which is to come, the Almighty." (Rev. 1:8). ". . . I girded thee, though thou hast not known Me." (Isaiah 45:5). We fail to see that it is always God coming into the world when a child is born. That child is its own father and mother.

There is only the One Father and He is "Our Father." "It is He that hath made us." (Ps. 100:3).

Chapter 14

INEQUALITY OF MAN

It does not make any difference whether man was born deaf, dumb or blind, the "works of God" can now be made manifest. The Divine Love of God in action is omnipotent in healing. It is invincible; therefore, Jesus or the illumined consciousness can enter into the realization, "It is done."

Many ask this question: "Why is an innocent child born blind, deaf or crippled?" Obviously, they have not read the Scriptures, for the same question is asked in the ninth Chapter of John: "Master, who did sin, this man, or his parents, that he was born blind?" Jesus answered, "Neither hath this man sinned, nor his parents: but that the works of God should be made manifest in him." (John 9:2-3).

The work of God is the nature of God, which is goodness, truth and beauty. Man's conscious mind is "father" and his subconscious "the mother." Man creates by his feelings or moods. In the creative act, the mood at the moment of conception determines the nature of the child. "I form the Light, and create darkness, I make peace and create evil: I, the Lord do all these things." (Isaiah 45:7). This means the Lord (law) can be used two ways, but through our ignorance we misuse it. Our moods create! What is the nature of our mood? What tone do we strike during the creative act? If there is someone in the parent's world whom they hate the sight of, or if there is a voice that they wish they would not hear again, a corresponding expression must be brought forth. A blind or deaf child will be born—as within so without— as above so below—as in Heaven (consciousness) so on Earth.

The law is impersonal and no respecter of persons. It gives to all men that which they ask according to their mood or belief. The nature is the feeling or conviction within man. If man feels he is

healthy, realizing his state of consciousness as the determining factor, he cannot express illness. The child be it deaf, dumb or blind is judged good and very good, because it is the perfect image and likeness of the consciousness which produced it. ". . . Every creature of God is good." (I Tim. 4:4). "His work is perfect." (Deut. 32:4). "And God saw everything that He had made, and, behold, it was very good." (Gen. 1:31).

You will see that whatever "tone" is struck by the parents, a corresponding voice or mood comes forth by the law of reciprocal relationship. No child is subject to so-called laws of heredity. "What mean ye, that ye use this proverb concerning the land of Israel, saying: "The fathers have eaten sour grapes, and the children's teeth are set on edge? As I live, saith the Lord God, ye shall not have occasion any more to use this proverb in Israel." (Eze. 18:2-3).

Yes, the father may be insane, tubercular or criminal, but the only thing passed on to children is the spirit or mood of the father and mother. It is possible for a so-called criminal to have a son who becomes a Beethoven, a Shakespeare, a Lincoln or a Jesus. It depends on the moods of the parents or the states of consciousness at conception. "I, if I be lifted up from the earth, will draw all men unto Me." (John 12:32). If you are lifted up in consciousness to the point of acceptance or belief that your son will be the noble, dignified, Christ-like being you dream of, according to the law of reciprocal relationship a corresponding mood or quality of the Infinite comes forth.

If man realized that God walked and talked in him, he would change the whole course of his life. God is indivisible. There are not two Infinites, but only One. It is impossible to divide infinity. The whole of God, therefore, is in the seeming part of man. All beings in the world live and have their existence only in the consciousness of man.

Let us get away from any idea of separateness. Some wish an eternal continuance of themselves as John, Mary or Joe, coming back again and again for more experience. They do not realize they have experienced everything—have seen all things and have always lived.

". . . The works were finished from the Foundation of the world." (Heb. 4:3). It is not the personality known as John, Mary or Joe coming back. It is always the spirit of the one God. "Elias is come already." (Matt. 17:12).

The personality, John or Mary, is simply the mask of God—it is the sum of the appetites, moods, feeling and beliefs of each of us. In other words, we tincture or color the one Spirit by our beliefs and impressions. God does not repeat himself; therefore, objectively, we look different. Subjectively we are all one. The subjective is the Real—the objective—the mask. John, for example, might have lived in New Orleans. We will say he died; then the quality which was John lives on in all beings throughout the world.

Now, during the creative act, in some part of the globe the tone or quality that was John is struck. This could be in China or Japan or elsewhere and that quality or mood of the One God comes forth. It is not the personality we knew as John; it is ever the spirit of God. The same instant that John died, instantaneously, the same vibration could come forth in a member of another race and country.

Cycles of 500, 800 or 1,000 years have nothing to do with this law. God is timeless; all tones are in the one. When we are playing on the grand piano, it will respond according to the notes we strike. Man is the one who measures, and "the measure he metes shall be measured unto him." "Whatsoever he sows, that shall he also reap." You sow the seed in consciousness and you reap the fruit of the seed; it will be the exact likeness of the seed sown. *Let us sow beautiful thoughts; let our hands play divine melodies; let our eyes*

see the beauties of God; let our voices be those of praise and thanksgiving. Then surely we will reap what we sow.

Chapter 15

TIME AND SPACE

A question frequently propounded is this: "Why do I say I have been here before; I have seen this place before?" Is there any place in which you have not been? The world is within you. You do not have to travel to any point in order to describe any place, country or area in the minutest detail. God is omnipresent; He does not travel. You are both God and man. You are both unconditioned and conditioned— the unconditioned or formless awareness is God Almighty. This is the Real Self of you.

You have forgotten who you are, and you believe that you must travel to India in order to see it. You can sit still and see all of India. "Be still, and know that I am God." (Ps. 46:10). Your "I AM-NESS" is God. God is everywhere and in all things. There is nothing outside yourself. You are the center of all creation and all revolves around you. As long as we believe in travel, time and disease, we must experience them. In other words, we must have proof of our convictions.

Consider this explanation: John wishes to take a trip to Killarney. He dreams about the trip and plans for it. He buys a ticket; arranges for passage and passport. He knows that he is going to take the trip. John goes to his Father every night and takes all his moods, feelings and beliefs with him as gifts. The Father always acknowledges whatever his son etches on consciousness.

While asleep, John's subjective has taken the psychological trip to Killarney. It saw all the beauties of Killarney, visited his friends and heard their voices and comments. John awakens and takes the trip physically. Eventually he motors to Killarney from Cove and does not need to ask directions from anyone. WHY? He was there before; he visited it a few weeks ago, psychologically, while asleep

on his couch. Now he knows the way. He hears a voice and stops suddenly, saying loudly and excitedly, "I've heard that voice before, even that same expression." "Why I know this cottage, I've lived here before!" A dozen different expressions pour forth from him. Consciously, he has forgotten, but the subconscious is the storehouse of all memories and experiences—the seat of all knowledge.

His experience has nothing to do with previous incarnations. John has been visualizing a wonderful trip, impressed his subconscious and "went to sleep on it." His subjective, knowing all, accepted the suggestion and dwelt there psychologically. When the conscious mind arrived there, it experienced all the subjective states. "I go to prepare a place for you, and if I go, I will come again and take you unto Myself, that where I Am there ye may be also."

When he hears the voice and feels the loving caress of a dear one, it is the objectification of his own desire and then it registers. "I come to make the blind see and those that see blind." This means that all things exist now but we refuse to believe it and accept it.

For example, the writer some years ago met a boy who was considered ignorant and stupid by his comrades. This boy could not read or write, neither did he know the classics. Yet he could stop the flow of arterial blood, which flows freely, by closing his eyes and saying, "Stop it." When he opened his eyes, the bleeding had ceased. He believed that his prayer would always be answered and even though others mocked, he never failed. "Charity (love) never faileth." (Cor. 1: 13-8).

That is why belief is not necessary on the part of the sick person. Yes, truly the woman can have an issue of blood for twelve years, and by touching the hem of His garment, she shall be made whole. To touch the hem of His garment means to feel the thrill of accomplishment on the inside of the subjective self.

It is the inner silent knowing. It is the feeling within that "It is done." We must always seek the end. Having felt the end, we have already determined the means to that end.

How did the so-called ignorant boy mentioned in a previous chapter have this ability? His explanation was as follows: As long ago as he could remember, his father told him that the power to staunch blood was a tradition in the family, and was handed down from father to son. The first born in the family had the gift, but the other members, such as sisters and other brothers did not possess this power.

The boy grew up in this belief and fully accepted the fact that he could stop the flow of blood. If he saw it, he closed his eyes to it, and issued the command which was always obeyed. He really did not know how or why it should stop. He knew practically nothing about God. The reason the blood stopped flowing was because of his *belief.* (He stated that at home in Colorado he frequently was called upon to stop cases of hemorrhage.)

A very peculiar thing about this healing capacity was that he believed that he had to be present and see the blood flow, and so he could not heal anyone out of sight. Not aware of the laws of mind or the working of the conscious and subconscious faculties of man, this shows what could be accomplished with a youth if conditioned properly by someone who knows and understands the laws of life and the Truth of Being. For example, no amount of words or explanation would convince this Indian boy of the fact that he could stop the flow of blood at the request of a third person--even though he did not see the patient. This was a belief implanted in his subjective mind at an early age and he accepted it as a part of the tradition of his tribe or family.

Children, particularly under seven, are living mostly in the subjective state and very amenable to suggestion, especially from parents

whom they trust and love. This boy was unconscious of the "fact" that it could not be done, just as many of us believe that the technique of stopping the blood-flow is only possible through the use of blood coagulants and a tourniquet. It is all a question of how "free consciousness" has been bound and conditioned by belief, opinion and custom.

Chapter 16

THE JOURNEY BEYOND

Frequently is the author asked: "Will we meet our former parents, brothers and sisters in the after-life?" In the 22nd chapter of Matthew, the question reads like this: "Therefore in the resurrection whose wife shall she be of the seven? for they all had her?" (Matt. 22:28). Jesus answered them, "In the resurrection they neither marry, nor are given in marriage, but are as the angels of God in Heaven." (Matt. 22:30).

We must not think that our former wives or husbands will be lined up to greet us. Family relationship is for this three dimensional plane. Believing in the old concept of reincarnation, just imagine what it would mean! Maybe two million wives would be waiting for us. Where there is a deep, unselfish love of a mutual nature, there will be a meeting and a joyous reunion.

When you learn to love, and are prepared to serve others, your solo will cease, as Dunne says in "New Immortality," and become part of a duet. Thus you join through love other players and produce orchestral effects. Finally one day we will discover we are playing in the symphony of all creation. There is no lost Soul and even the child that dies in the womb, still lives. Yes, it grows; expands and through love it goes from "glory to glory."

When we awaken, all are one in consciousness. In the absolute state, all tones are one. There is nothing but a great Oneness. "There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female." In God the sinner and the holy man are one. Black, white, yellow and brown races are all one. He ". . . hath made of one blood all nations of men for to dwell on the face of the earth." (Acts 17:26).

"I am the resurrection, and the life." (John 11:25). Your I AM-NESS is the only living Reality. "In Him we live and move and have our being." (Acts 17:28). An angel is an attitude of mind, a voice, a tonal quality or mood. God, being infinite, consists of an infinite number of angels or "angles." Man is God in infinite expression. There is no end to his expansion of consciousness, because God is without beginning or end.

All our friends, relations and all those people who are past and gone, are within ourselves. They are angels of heaven—and where is heaven? Jesus says, "The Kingdom of Heaven is within you." There is, therefore, no place for them to go except within our consciousness, which is God, the Absolute. "Do not I fill heaven and earth? saith the Lord." (Jer. 23:24).

"There is but one God, the Father, of whom are all things, and we in Him." (I Cor. 8:6). Our Father is in heaven and heaven is within us. All your loved ones, when they finally awaken, subsist in the eternal stream of consciousness as angels of God, in perfect peace, and they are one with their Father. All men, women and children in the world are notes in a vast musical composition. Let us become lost in the unity of the whole, and all sense of separateness leaves us. The sum total of all creatures does not comprise unity,—no more so than the fractions contained within the number, one, bring about the fundamental unity of that number, by being added together. We may regard multiplicity as a way of experiencing that unity. When we enter the world of Reality by a process of withdrawal into the enduring self ("I die daily"), we no longer persist as individuals, surrounded by a world which is not ourselves. *We are all that is,* and our individuality has merged in the *all.* We are the life of all creation.

The eternal continuance of John or Mary Smith as a personality is the nemesis of the uninformed. This is the point where foolishness and wisdom hopelessly divide. As long as John desires to be

separate, he desires to be separate from that Universal One, who is the root and substance of all things. The universe of the foolish man is one containing spheres, planets and planes through which he passes forever—a universe becoming greater all the time.

The Truth student looks at things somewhat differently. He knows that this Spirit within him, which he is trying to individualize, is not an individual at all. He knows that the life within him has never been separate from God and never can be. What the illumined one calls "being alive" is eternal Life living in him. Man is playing against fate when he wishes to be John Smith forever. He might be referred to as an egoist, who thinks that as personal self, he is sufficiently important to subsist for aeons of time.

Let us be real Truth students. Let us realize that that which lives and abides in us, is eternal Life. If it were true that the personal John Smith was the Thinker—if it were true that he was the Life—it would be different. These are appearances due to the illusion of the material state.

In contemplation and in deep meditation, we realize these profound truths about man. It is Thought thinking him. He is not thinking thoughts. Is it not LIFE living in him? He is not living LIFE. Is it not eternity concealed or hidden within non-eternal natures? All of us are an inevitable part of the unity of God and inevitably destined to be reabsorbed into His unity. We need not fight on forever. We can "stand still, and see the salvation of the Lord." (Ex. 14:13). The absorption of the particular by the universal is the end of individual existence, as we know it on this plane of consciousness. We could liken it, as the return of the spark to the flame, the return of the water to the sea.

Man is forever asking, "What shall I be in the afterlife? What will Mary be? What will all individuals be?" We are victims of centuries of false beliefs. Over thousands of years we have begun to

believe in a strange complex of separation or apartness from our Father. Yes, man is always asking, "Will we lose this individuality of ours." The word "individual" means that which is indivisible. The answer must be, "What is individuality?" Is it not the One Life looking out through the countless windows and eyes? This Life is ever at one with Itself and It shall not be anything less. Man is not an individual; he never was. His emotions, beliefs and intellect tried to make him something apart. All things in this relative world of ours are expressions of the absolute. The one life is expressed in countless modes. It is all One Reality. The one in the many, and the many in the one. The apparent separate manifestations are notes in a grand symphony. There is a difference in the notes, and they are grouped differently into chords and harmonies; yet, we must remember the symphony is One. Grace notes, somber notes and notes used to form part of a magnificent opening chord are not separate; they all are the symphony and the symphony is one and indivisible. The composition is one Reality. Every note shares the joy and beauty of every other note, and shares the Life of every other note. The life of the whole is in each note. The part is in the whole, and the whole is in the part. You are the Grand Symphony. You are the Creator and the Hymn of Creation. We are the Supreme Reality sharing the life of all things.

"Everywhere in heaven is Paradise. Even though the grace of the Chief Good does not reign there after one only fashion!" Does not this mean that the mystery of the ultimate Reality is multiplicity in Unity?

The reason for all the chaos and misery in the world today is given to us in Chapter 2 of Jeremiah: "For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water." (Jer. 2:13). Millions of men today pray to a God in space whom they look toward as some being living in the skies, consequently, their prayers are not answered, because they do not know how to

pray. They have forsaken the God within, and have created a God outside of themselves. They also have given power and authority to conditions and circumstances.

Instead they must realize that rather than permit the world to control, influence and frighten them, they should control what now controls them. We have the choice to control our outer manifestations or be controlled. The world with all its pomp and ceremony is the cistern that holds no water and if man drinks of this, he will thirst again. He must go back to the fountain of living water and drink of it in order to become free of the limitations of matter and circumstance. Man must leave the world of sound; go back to the "Silence," and dwell in His peace, strength, wisdom and power.

Chapter 17

FINDING ONESELF

Let us once and for all awaken from the dream of being separate. Actually, we never have been separate and never have been individuals. When we completely die to all of our false beliefs, we are back again in the Garden of Eden. "Thou hast been in Eden the Garden of God; every precious stone was thy covering." (Ezekiel 28: 13). This is the illusion removed and the Fact made known. The ancients called it the awakening from a dream. It is an awakening from the recurrent dream of self to find the "Selfless One."

". . . Awake thou that sleepest, and arise from the dead, and Christ shall give thee light." (Eph. 5:14). This means that when you awaken, you learn all has been a dream—all wars, crimes, one's mistakes and misfortunes.. All the chaos of the world is a night-mare—unreal, to be forgotten and remembered no more. The reality of this awakening is to find oneself in a kingdom of love, peace and happiness with the Light of Truth always shining. Beholding the Truth, dwelling upon it, accepting and rejoicing in it, we realize that the streams of "manyness" all lead to the Oneness.

The Gospel of Good Tidings is the realization that the One alone lives, and that the One alone is the end all men are seeking, the one Self that stands supreme midst the illusions of the not-selves. Then man knows for the first time what the ancients meant in their meditations, when they said: "Neither is there anywhere injustice, and the semblance of it is the delusions of separateness. The strife, the quarrels, the contentions that thou witnesseth day by day are the plays of light and darkness which I am. All sense of effort, all semblance of exertion—know these as illusions and with thy mind's eye see Me entering into all."

One man, a friend of the writer, who has read twenty or thirty books on reincarnation, is no longer worried about which wife he will meet in after life. He said, "You know I must have had millions of wives, also fathers and mothers." He is now at peace, having read the 22nd Chapter of Matthew. He is no longer worrying about which one to claim. He was under the impression that there might be strife in heaven over him.

Man is told what the true reincarnation or rebirth means in Chapter 3 of John, "Except a man be born again, (of water and the spirit), he cannot see the Kingdom of God." (John 3:3). Millions have read this chapter, however like Nicodemus, they fail to see the light or true meaning. They say, "How can these things be?" (John 3:9).

Obviously pouring water on the head of a person does not bring about a spiritual awakening or change of consciousness. There must be another meaning. The simplicity of Truth is its greatest stumbling block. Children who believe in Santa Claus operate this law very successfully, because they believe in "make-believe." That, after all, is what the whole world is and all things contained therein—a vast "make-believe—nothing more and nothing less.

At one time a little Spanish girl lived a few doors away from the author. He knew the family well, and often visited at the home of the little girl's parents. She was about eight years of age and attended the local parochial school. For months she had been asking her parents for a bicycle to ride in Central Park. The mother's constant answer was: "Stop bothering me. You know there is a war on and no bicycles are available." She continued to ask, however, much to the annoyance of her parents.

This little girl was a typical tom-boy, fought with the boys in the neighborhood and "got a black eye" occasionally. One night the writer of this book said to the little girl: "Mary, you can get a bicycle, and I know where." Immediately her eyes expanded and

she was all ears and exclaimed, "Where?" The following dialogue took place between us:

Teacher: "Go to bed immediately and close your eyes. Now imagine clearly that your boy and girl playmates are riding your bicycle in Central Park, and just see their smiles."

Mary: "I won't give my bicycle to anyone if I get it."

Teacher: "Then, Mary, I am afraid you can't get the bicycle. The person who is willing to give you the bicycle wants you to share it with your playmates who have no bicycle, so that you can make them happy. He insists that you make your friends joyful and merry."

Mary: "Oh, all right, if that's the kind of person he is. I suppose I must agree."

Teacher: "Fine, Mary, that is the proper feeling. Now, Mary, Christmas is coming shortly and there is a big boss over all the Santa Clauses, who tells them what they can give to little girls and boys who are good."

Mary: "Mother said Santa Claus could not or would not bring a bicycle."

Teacher: "Now, Mary, your mother is very busy; you annoy her too much and she does not always realize what she says. This is the way you can get the bicycle before nightfall tomorrow."

Mary: "Really, promise?"

Teacher: "Mary, you know I always keep my promises. I take you to the movies when I promised, and buy you ice cream when I promise."

Mary: "I believe you. Tell me how."

Teacher: "Mary, close your eyes and imagine yourself riding a bicycle in Central Park."

Mary: "I can see the bicycle I want!"

Teacher: "See your playmates riding the same bicycle, one at a time. See them smiling and laughing and full of fun. Now the Big Santa Clause is listening to you and is pleased, because you believe he has the power to give it to you. He is glad, also, because you are going to share it. He will give it to you tomorrow, before nightfall. Go off to sleep, sound asleep, deep, deep sleep."

About six o'clock the next evening Mary was at Woolworth's—78th Street and Broadway, New York City—when she suddenly began to cry. A lady nearby noticed this and speaking gently said to her, "Little girl, what is the matter? Did someone hurt you?" Mary replied, "No, but there was a man at our house last night and he told me the boss over Santa Claus would give me a bicycle before nightfall. It's getting dark now and there is no bicycle." The lady was moved and said: "That man had no right to promise such a thing." She took the little girl to her apartment nearby, and gave her a bicycle, which her daughter, who had died two years previously, had used. She told Mary that she always wanted to give it to a child who loved God.

This is all that prayer is—simply "make-believe." That is all "reincarnation" is. If you do not like what you are, make-believe you are that which you long to be. Accept it, sustain the mood or belief and you will embody that state. The water spoken of in the Third Chapter of John is "consciousness," and the spirit is the spirit of joy in possessing that which you long to be or to do. The Kingdom of Heaven is the peace and stillness that follows the answer to your prayer.

We are here to experience the joy of living and for no other purpose. Out of the great silence comes God, appearing as man. Man has dreamed a dream away from reality and found that which he calls evil and sin—to be an illusion of the senses. Man must return to the Silence, and in the presence of Truth all these so-called evils fade away, since they never really existed.

Chapter 18

RENEWAL OF THE MIND

You may transform your mind, body and affairs through the water and the spirit (3rd John) by re-educating the subconscious (water). One way of getting at the subconscious is by affirmation; that is, saying a thing over and over again. This is the way with some; but all these affirmations are only abstractions. What is needed is something concrete—an inner perception, a firm conviction within yourself. You must actually feel yourself as the Doer and the Seer. This is the "Spirit".

If your desire is to be a great teacher of the Law, the following suggestions could be used. Close your eyes, which shuts out the evidence of your senses; still the mind by dwelling on God; ask yourself, "What does God mean to me?" The answer automatically comes—God is Love, Beauty, Infinite Intelligence, Omniscience, Omnipotence, Omnipresence and All Wisdom. Then feel yourself to be the great teacher. You must feel the reality of it; the joy and thrill must course through your veins with the mood of actual accomplishment.

It is as if you went to the theatre, came home, sat down on the couch, closed your eyes and began to review all the scenes in a contemplative mood. You hear the voices, and you see the beautiful scenery, lights and costumes. You are witnessing that which has already taken place. Prayer is contemplating the reality of the wish fulfilled and reacting to the joy that, "It is finished." (John 19:30). "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him—and bless his name." (Ps. 100:4). NOW YOU ARE BORN OF WATER AND THE SPIRIT.

When we pray, it is essential that we realize nothing is achieved by desperate effort. We grow, not by trying to grow, but rather by

permitting the fact of growth to assert itself or be manifest in ourselves. Man cannot become the Great Teacher or Healer by any direct effort. "The father that dwelleth in me, he doeth the works." (John 14:10). The result is due to an attitude or mood of the mind that the Wisdom, which is ever present, is made manifest in us. We do not create wisdom, virtue and knowledge. We reform and reverberate these attributes by a renewal of the mind, thereby releasing ever-existing principles and qualities into manifestation.

Chapter 19

MEDITATION

The discipline of looking inwardly is Meditation. What we understand we do naturally. What we do not understand we force ourselves to do. Students so often tell the teacher how hard they tried. The very effort meant failure, for meditation is always effortless. Tension, exertion or force result in failure.

An excellent way to still the mind is as follows: imagine yourself on a mountain top, looking into a lake. In the placid surface you see the sky, the stars, the moon and those things above the earth. If the surface of the lake is disturbed, the things seen are blurred and indistinct; thus it is with you. You are not "still"—not at peace—and the answer to prayer comes only to the man who dwells with all tranquility on the joy of already having received that for which he prayed.

Meditation is the internalizing of consciousness. It is the pilgrimage within. If an eight year old child can operate the Law successfully, we can. We first must become as the little child. Half an hour a day spent in meditation upon your ideals, goals and ambitions will make you a different person. In a few month's time the gentle, silent acknowledgement comes that God is within you, that the spirit of Almighty God is now moving in your behalf and that which you long to be, to possess or do is already a fact of consciousness. Man actualizes this state by feeling the thrill of accomplishment; when he has succeeded, he will no longer be worried, anxious or apprehensive.

Moreover, he will not ask anyone for advice, because he will be under compulsion to do that which is right. His subjective mind compels him to take all the necessary steps to the completion of his goal or objective. After prayer, if a man is still doubtful and begins

to argue with himself as to which course to pursue, it means that he has not fixed the desired state in consciousness; then let him go back again and dwell in the reality of it.

"Verily I say unto you, Among them that are born of woman there hath not risen a greater than John the Baptist: notwithstanding he that is least in the kingdom of heaven is greater than he." (Matt. 11:11). This means that any man who prays successfully and touches Reality by getting into the proper mood or feeling is greater than the wisest man. Most of us live life looking outwardly. The wise learn to look inwardly. The disciplines of looking "inwardly" are termed together, "Meditation."

Detachment is the key to meditation. That is, we must sever ourselves completely from all worldly beliefs and opinions, and focus silently upon our ideal state. It is the effortless-effort which causes us to flow towards that which we realize without conflict. Detachment does not mean that we give up what few earthly possessions we may have. It means that we must give up possessiveness in ourselves, or release the attachments that peculiarly limit us to a human viewpoint in all matters.

"Be still and KNOW." Stillness is not only keeping quiet; it means that the causes within the Self, by which the inward life is rendered discordant, have been removed. It indicates that there must be no inner dissonance, but rather when man goes within himself, he must find perfect and abiding peace. Knowing that God is within himself makes man live in a world that is ever peaceful. The lack of it makes him live in a series of conditions which grieve him to the end. He fusses about things which, if he saw them differently, would not cause one moment of unhappiness.

Every day of our life we should meditate on beauty, love and peace. We should feel that these qualities are being resurrected in us. As we meditate daily on this inner beauty, let us feel that we

are Jesus the Christ, the illumined man. Let us actually conjure the mood that would be ours were we actually doing his works and healing the blind, the halt and the lame. As we walk the earth, we must sustain this mood or conviction that we are Jesus and those qualities, which he portrayed, will be resurrected within us. They were always within us! This state of consciousness is not born of woman. *Jesus is born out of the imagination of man and nowhere else.* It is the second birth or spiritual awakening of man. The birth of Jesus the Christ truly takes place in man as he practices the disciplines and meditates on the ideal state.

By moving inward, the mystic finally finds the Real. As he goes inward he realizes first that this thing called the body is very unreal, and this earth upon which we are seated becomes unreal. The external life becomes the dream; the internal life awakens and moves further and further inward. Finally it seems to merge, and suddenly the meditating Self perceives that, by going inward, it has found the Universe. The suns, moon, stars and planets are within. For the first time he knows that planets are thoughts; that suns and moons are thoughts; and also he apprehends that his own consciousness is the realization which sustains them all. Temporarily in space are moving the dreams of the Dreamer; worlds, suns, moons and stars are the thoughts of the Thinker. His eyes are closed; He is meditating, and we are His meditation. It is CONSCIOUSNESS meditating on the mysteries of Itself!

This inward journey ultimately leads man to the Real. It leads man away from the sense of the small "I" to the realization of the eternal Self. The mystic's mind, through meditation, finds the peace, the strength and fortitude for further steps. The practice of the discipline of meditation bestows beauty, love, peace, grace and dignity upon every impulse, every attitude and every act.

In conclusion, let us meditate on these lines, written by the finger of God, the Ancient of Days, which have come to us, down through the ages—ever the Ageless Wisdom:

"Of all existence I am the source, the continuation and the end. I am the germ, I am the growth, I am the decay. All things and creatures I send forth. I suppose them while they yet stand without, and when the dream of separation ends, I cause their return unto myself. I am the Life, the "Wheel of the Law, and the Way that leadeth to the Beyond. THERE IS NONE ELSE."

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1999
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WHEELS of TRUTH

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JOSEPH MURPHY

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First Edition, 1946

Theology Library
SCHOOL OF THEOLOGY
AT CLAREMONT
California

University of Southern California

PRINTED IN THE UNITED STATES OF AMERICA

Religion 133 M 978 W 2
Transferred

Dedicated to
ANN MUSSMANN
A Profound Student of the Mysteries

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WHEELS OF TRUTH

"And he said unto him, Son, thou art ever with me, and all that I have is thine."

FOREWORD

As the many facets of a diamond form an integral part of its sparkling whole, so the many chapters of a book take form and finally emerge in their effulgence of Truth and Wisdom.

In WHEELS OF TRUTH, Joseph Murphy gives expression in a clear and lucid style to the fundamental principle of universal truth...that God is the first Cause and that to Him the conception of time and space does not apply. Furthermore, that the universe is but an emanation of God and the Law the intelligent purpose at the heart of things.

It is not the skill in presentation alone which makes this book an ever recurrent inspiration; its contemplative content touches the heart strings and plays upon them the melody of eternal hope, bringing ever nearer the ultimate Path leading to peace and joy, of faith and accomplishment. This is the everlasting heritage.

WHEELS OF TRUTH is indeed a sanctuary to which all may turn for guidance, for it is sanctuary built out of the treasure of the Light of divine illumination. It opens wide the door to Understanding. It embodies the Law of life.

Ann Mussmann.

1. THE SPHINX

"*As for the likeness of their faces, they four had the face of a man and the face of a lion on the right side; and they four had the face of an ox on the left side; they four also had the face of an eagle.*" (EZEKIEL 1:10)

In order to manifest, there was an emanation from the Absolute into two streams of consciousness called Father and Mother. The Mother is often referred to as the great sea of substance or light in which the Father reflected Himself. The word "mare," or "sea," is sometimes called "the Virgin Mary." The first step therefore in manifestation was the One Being becoming both masculine and feminine.

Man has a conscious (male) and subconscious (female) mind—simply two phases of the one universal consciousness specialized or individualized.

It would seem confusing to refer to God as Mind, except we clarify what we mean by Mind. The subjective mind of man is the God in man. The conscious mind reasons, analyzes, and investigates. In other words our conscious mind is constantly changing, and God changes not; "He is the same yesterday,

today, and forever." Consequently, that which changes cannot truly be termed God. To presuppose investigation of something is to deny the One Being of Omniscience and Boundless Intelligence. It is true, of course, that all is God; nevertheless we find it necessary for purposes of clarification to distinguish between the two phases of consciousness. Mentation or ideation is, therefore, no part of the functions of the subjective mind of man. All things in the world were made by the self-contemplation of Spirit, as there is only Spirit. Spirit may be termed the highest degree of matter, —and matter the lowest degree of Spirit. To put it in a more simple way, all things in the world, such as all the elements, suns, stars, seas, trees, ad infinitum are simply different degrees of condensation of the Light Limitless. "I am the light of the world." There is nothing but light, sometimes referred to by scientists as a sea of scintillating energy forever turning and twisting on itself. We look into space and it seems empty, but this radiant light, or energy, is forever turning, twirling, rotating on itself.

The ancients referred to God as a Circle, having neither beginning nor end. He is without face, form, or figure, boundless, timeless, spaceless, infinite, soundless, sometimes referred to as the Silent One—

motionless. He desires to express Himself, and this results in motion, or activity, therefore, the original velocity or seat of perpetual motion flows from consciousness or God, and all other vibrations or motions in the Universe are simply modifications of the one original motion.

Let us look at this matter in a very simple way. God becomes man by conceiving Himself to be man. "The world not made but begotten." The word "begotten" means acquired by being; therefore, strictly speaking, nothing is made or created; it is simply God becoming all things He ideated in the incorporeal state. In the first chapter of Genesis, we read of the incorporeal man, or God, or Adam (all three mean the same thing, as there is only man, nothing but man) feeling Himself to be all things, (earth, herb, grass, trees, fish of the sea, fowl of the air, seas, stars, suns, and moons) and yet, nothing in particular, desired to express, or particularize Himself. In the first chapter of Genesis, is set forth the story of man who was in paradise—a desireless state. "Thou hast been in Eden and the Ruby was thy covering," and desiring to express Himself, He ideated a world of suns, moons, stars, seas, continents, and all things contained therein.

Those simply were ideas, or archetypes, and were

not objectified on the screen of space until after He became man, or limited by desires. Man is both conditioned and unconditioned; the unconditioned state is God, or the Absolute; the conditioned state is God defining Himself as that man. Man is God limiting himself by conceiving himself as man; the Timeless One is now conceiving in time; the Boundless One now conceives boundaries and limitations; the Spaceless One conceives in space. Man has forgotten the whole world is his and he fights over one-quarter of an acre.

In the second chapter of Genesis, man appears first and all things mentioned in the first chapter follow, as they were only thoughts of man in the first place. The earth is here for man to walk on, and exists because man dreamt it into being. "What is man that thou art mindful of him?" God's mind is full of man; there is nothing but man, and all things are the extensions of the one man.

When man decides he no longer needs furs for his wife, all the fur bearing animals will disappear. In the near future all men will begin to eat synthetic meat; consequently, all cattle, sheep, ad infinitum, will gradually become extinct. The dinosaurs of old have disappeared; their skeletons may be seen in the museums of the world. The reason for their dis-

appearance is man no longer had any use for them, moreover he no longer had traits or characteristics resembling these ferocious animals. When the sly, cunning, deceptive states die out in man, the fox will disappear. This is true of all animals as they are simply extensions in space of the moods of man.

In the ancient Greek myth, the Sphinx propounded to all comers the riddle of man, and those who could not answer the riddle died. The riddle was, "What walks on four legs, on two legs, and on three legs?" The ancient answer was supposed to be, "Man, because he crawls on hands and feet as a baby, walks erect on two feet until such time as he uses a cane or crutch to help him when he gets very old and feeble." This explanation is not the correct one. The inner meaning is as follows: Most of the human race is still walking on four legs, which means that we are worldly minded, catering to our passions and appetites and have forgotten the laws of life and the way of the spirit. The four-footed animal is the sensual man who lives to eat and enjoy the pleasures of the flesh. It also means the five-sense man, who walks the earth believing what he sees, and thinks his security rests in the accumulation of riches and things of the world. He is the type of man who has forgotten to lay up treasures in heaven by feasting on the mood of peace

and happiness within, thereby establishing the kingdom of heaven on earth. Only a few are walking erect who have discarded the animal nature; but of those who have matured, who have become of age, only a very small minority walk the earth bearing all their weight on the crutch of intuition, or the Christ within. "Come unto me all ye that labor, and I will give you rest; my yoke is easy and my burden is light."

The Sphinx is man's unconditioned consciousness, the unconditioned awareness within man. This is the center or Sphinx around which all revolves—it remains unmoved while the wheel of personalities ceaselessly turns beneath him. The Sphinx is the synthesis of the four animals of Ezekiel mentioned at the beginning of this chapter which are both male and female, as was the Absolute before He emanated Himself into Father and Mother, for the purpose of manifestation. Within you, the reader, the Universe came into being. Within you the Universe is established. Within you the Universe passes away. Man is dual; he is both God and man. God is unmodified consciousness or formless awareness. This unmodified consciousness now becomes modified by becoming man. Man himself is the projection of the beliefs embodied in his own consciousness. In the same manner as the wave of the ocean is a projection of the con-

tents of the ocean, and the wave goes back to the deep from whence it came; likewise, ultimately man goes back to the great deep and becomes one with the All. When man awakens from the dream, or illusion of separation, he will find it "not robbery to do the works of God" though in the form of man. He will find he is God—the only Being there is, and that he had been dreaming a non-eternal dream.

The vision spoken of in the first chapter of Ezekiel, representing the four Sacred Animals and the Wheel within Wheels, is explained as follows: The dot "Yod," is the first circle. A point is dimensionless—this represents God, or unconditioned consciousness in man—the spaceless, formless awareness. The next circle is the creative world. The third circle is the formative world, and the fourth circle is the physical world as we see it. The four animals also represent the four letters in the name Jehovah, "I.H.V.H.," the name by which all things are created. The first letter, Yod, represents the Eagle or Scorpio. The Eagle is a bird which soars above the storm and tempest, where skies are blue and clear. Moveover, the eagle looks directly into the sun and is not blinded. The eagle represents man's awareness of the fact that the seat of Causation and Omnipotence is within him. The next letter, Heh, is man's capacity to con-

ceive his vision or ideal, symbolized by the lion. It represents man's desire. The third letter, Vau, represents a nail, or the cementing of a fixed state. This letter is represented by the Angel, or Aquarius; —the latter means meditation, or feasting on the reality of the state desired. It is actualizing the idea in consciousness; in other words, it is the feeling of being what you long to be, and the feeling of doing what you long to do. The final letter, Heh, symbolized by the Bull, is the manifest state, or the objectification of that which was subjectively felt within.

To sum it up, the four animals mentioned are the perfect formula for prayer. The practice of this method will cause you to realize the most cherished desire of your heart. First you realize that your own consciousness is God Almighty, the seat of Omnipotence, thereby giving complete recognition to the power within. The second step is your new conception of yourself,—your desire, or goal in life—or whatever you wish to be or do. The third step, is the feeling which unites consciousness desiring, with the thing desired. The fourth step, is the physical manifestation of that which was felt in the unseen, or withinness, of yourself.

We can take a lesson from nature. The seed, the soil, the creative essence, result in the tree, or plant,

or fruit, as the case may be. Another example of the eternal trinity by which all things are created is hydrogen and oxygen plus the electric spark uniting the two, and the resultant product—water.

There are four stages to the unfoldment of all ideas. Suppose, for instance, that your main desire in life is to be a great musician who will bring happiness to thousands or millions. Ask yourself this simple question, "Can I now feel the naturalness of being the great musician?" Enter into the mood of joy of actually being the musician now. You can do this by shutting out all evidence of the senses and silently contemplating the reality of the state desired. As you meditate in this manner you will find that the time comes when this state is fixed in consciousness and all the necessary qualities and attributes will be resurrected, as they were always within you in the first place.

Everything we see around us is in a process of change—a constant flux pervades nature. The formed is constantly returning to the Formless; therefore that which changes cannot be real, as God changes not. "He is the same, yesterday, today, and forever." We see the illusion and believe it to be the Real, but in essence the latter is invisible. To "see" the Real is to become one with it. We are here for

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no other purpose than to grow and in the growing discover and awaken to the true Self.

All our thoughts should be circles or bands of love. "They knew not that I healed them. I drew them with cords of a man, with bands of love." In order to form this perfect circle, we must think in harmony with the One, the Beautiful and the Good. This is sometimes referred to as being "in tune with the Infinite." We are not compelled to love, but we have freedom to love. Love is spontaneous and joyous, and we have the ability to give or withhold it. There is no compulsion to love. However, there would be no joy unless we knew the opposite. How could you experience joy unless you had known sorrow? If we are compelled to love, that would not be love, as love must be freely bestowed. Someone may feign love due to necessity or a sense of dependency, but this is not love. God expresses Himself as Life, Love, Beauty, Order, Symmetry, and Proportion. When our thoughts are in tune with the Infinite, they form a perfect circle or circuit and return to us, pressed down shaken together, and running over. When our thoughts are negative, as when for example we indulge in criticism, cynicism, jealousy, or feeling sorry for ourselves or another, we are not in tune with the Infinite; consequently, there is no polarity; the

circle of good is not formed. The dynamo has stopped.

As Truth students, we must realize that every lack, limitation, or adverse circumstance is the result of negative moods entertained by us, which portray weaknesses in us, and as you know, weakness is simply absence of power. It comes from nowhere; it is nothing. The remedy is to realize that the seat of Omnipotence is within you, and by quietly stilling the mind, we realize gently that all power and energy necessary to overcome any situation, be it what it may, are ours now. This is the silent inner knowing of the mystic who is humble before God and proud before man. We come out of meditation as a live wire charged with sufficient power to melt away all discord, dissolve all hate, and dry all tears.

Jesus goes from Galilee to Judea and from Judea to Galilee. This is simply the union of the conscious and subconscious mind in feeling. The idea held in the conscious mind (Jesus) can be dropped into Judea, or subconscious mind, by feeling the reality of it. The subconscious mind gives form, to the impression made on it in ways we know not. Thus is all manifestation. When our desire or ideal appears on the screen of space, this is the return of Jesus to Galilee. The latter means we are now consciously

aware of the objectification of our desire. This journey on the map closely resembles a perfect circle, symbolizing simply the eternal wheel of the Law. A battery is formed by connecting opposite poles of zinc and copper, causing a circuit which generates energy. This identical process is repeated when we meditate. Our thought must be charged with energy, or emotionalized by love. In other words we must become one with our ideal by feeling the reality of the state desired within ourselves. This is the polarization of thought, or the wheel within wheels.

So we begin to pray scientifically and discover our power by touching the Reality within; we go from glory to glory until finally we die to all the beliefs and limitations of the world and go back to paradise. "Thou hast been in Eden, the garden of God, and the Ruby was thy covering." We must learn to shut our ears to the confusion of the world which surrounds us. Let us open the inner hearing and aspire earnestly. He speaks to man, "Speak, Lord, Thy servant heareth." That urge which sends us in search of Him is our search for the Self within—our true Self, or Christ. Forever we are bound to the One. We are wheels within the One wheel—the motionless wheel. What is a day, or a month, or a year, or a lifetime, or a thousand lifetimes? Time ceases for

those who turn within to the Wisdom, the Power, and the Glory. The quest will be forgotten when we have reached the Goal. Deep within us is something that reminds us of our origin and urges us back to it. Our mission and purpose in this life is to cherish, enlarge, and glorify this memory, to follow sincerely the inner impulse until that spark grows by cultivation into a light and fills us, and we identify ourselves with it.

We can begin now to become one with the All, by practicing daily the perfect relationship between the conscious and the subconscious. We are told that Eve, the subconscious of man was taken from the rib while he slept. This, of course, as everyone knows is an allegory. The meaning is obviously as follows: It is during sleep that the subconscious emerges. She comes forth from his rib. The symbology of the ribs is protective, as the ribs protect the vital organs of the body. This merely portrays the protective nature of the subconscious. During sleep Eve takes the office of instructor. The subconscious feeds the body; it carries on the internal process of which the conscious mind is wholly unaware. It is said that Eve was made subject to him for good or evil. Our subconscious was perfect in the beginning, but we have defiled it, and in the same way that we have degraded

and abused it, we can purify it by our thoughts and moods. "Subservient was she to be to her husband all the *days* of her life." At night she talks back to man and takes charge, and according to his mood prior to falling asleep either enjoys (if his thoughts are of the good and the beautiful) or he has unpleasant experiences, particularly if he has gone to sleep in a turbulent mood. In this latter case Eve is simply pointing out to him that he has mismanaged things. She also instructs and guides him and says what she pleases.

Man must learn to have only the most exalted ideal and enthrone peace and happiness as his predominant mood, and by sustaining this state of consciousness, he will weed his garden and then therein only lovely flowers will grow. Effectual prayer will change all the doubts, fears, and other negative states that may be lurking in the subconscious due to past errors and superstitions. Man must become the perfect lover and give all attention and devotion to his subconscious instead of to his conscious mind. He must not get confused and mix them, but must learn to tell them apart. If we will still the mind and enter into the feeling of love and peace, forgiving all men by casting any burden of resentment on the Christ within, we are then free. In this meditative

mood of peace and joy, we can incline our ear to Eve and she will speak with an inner assurance, or by what is known as the still small voice of intuition. She will tell us where to go, what to do, and will truly be a lamp unto our feet. She may warn us in a dream by showing us the end. For example, if you have a fear of a disease, she may dramatize your mood by a dream showing you in the hospital attended by doctors and nurses. Now there is no such thing as an inexorable fate and the dream mentioned can easily be explained. The subconscious reasons deductively only and deduces a conclusion from the fear of disease, entertained by the individual, and she dramatizes this fear in a dream. Now man can change the dream and completely neutralize the fear by a counter suggestion of perfect health given to the subconscious. He can either enter into the mood that perfect health is his now and feel the joy of radiant health and peace, or in a meditative, relaxed mood, he can suggest with conviction one word, "Health" just prior to going to sleep and keep on repeating it until he falls asleep.*

*This latter method has been used by many students of the author with excellent results in overcoming many chronic ailments.

Unfathomed and unfathomable is the great deep of the interior Being. In this No-thing the Eternal will of God arises and then the No-thing comes forth as Something. This is the eternal wheel of the law.

tenth of his mind capacity) he will be capable of collapsing time and space. Then, for example, a man living in New York can instantaneously be in San Francisco or any other part of the world. No means of conveyance will be necessary. Incredulous as this may seem, it has, through the ages been accomplished by the adepts. Did not Jesus walk on the waters and come through closed doors; translate his body at will and appear to his disciples at will? He was not conditioned by time or space or the laws of gravitation.

Man will change the atomic weights and structure of any substance. For example, he will be able instantaneously to change the atomic weight of a piano and cause it to go through the eye of a needle and then cause it to assume its former shape. "All things are possible to him that believeth." *All things*, not some things. "Glorify thou Me."

Man comes from the Absolute, and he goes back to the Absolute when he remembers who he is and dies to all beliefs and superstitions of the world. When someone dies, he lives on in you, the reader. That state of consciousness is within you. God dreamed Himself to be man; now we must awaken and go back to the Glory which was ours before the world was. All the elements and minerals we speak

of are modifications of light, simply congealed energy or extensions of man's thoughts.

We say certain races and tribes are savage, yet these primitive people can send telepathic messages without radio or wires. They bring rain at will; they melt snow with energy from the body. We believe hot water is the way to melt snow in front of our door. We don't believe. We like to believe, we want to believe, but we *really* don't believe. When we believe we can melt snow by heat from our body in the same manner that we can make a telephone call; then we will not feel it robbery to do the works of God.

"As a man thinketh in his heart, so is he." You, the reader, are the heart and center of all mankind. You are the center of your world, and it revolves like a wheel around you; but you are the exact center of the wheel. As you think and feel, so will your world be.

The greatest commandment is: "Hear, O Israel, the Lord thy God is One." We must not divide the One and see elements, people, seas, and continents. We must not split the One.

Remember it was said, "What manner of man is this whom the winds and the seas obey?" All the storms and strife of the world are within man's consciousness.

We must refrain from lighting candles;—people believe the power is in the candle or ceremony or ritual. They do not realize it is all a matter of belief.

There is only "one man" in the world; therefore, there is "no other" to hurt—only yourself. All treatment is to oneself also; all love to oneself. "Love thy neighbor as thyself." Thy neighbor is yourself. If you get a call from a friend, and he is in trouble, you are not aware of that trouble until he brings it to your attention. So you go within and hear good news for him. (If your finger hurts, it is a warning, and you then give it your attention.) There is one subjective Being, one God, and He is the Father of all and the Kingdom of Heaven is within you; therefore if you impress a conviction in your consciousness, then that conviction must become objectified in the other; the other must change because you have changed your concept. If we begin to change our concept of people and things, then our world will change.

When we really convince ourselves instead of talking about it, that we are contained in God, and God and man are one, then we will feel it not robbery to do the works of God. "He made himself equal with God and found it not robbery to do the works of God." We must convince ourselves by sustained

belief that we are of God and that nothing is impossible to us on that level of consciousness, and so condition ourselves that when we ask a thing we shall know, "It is finished." Then we become as Isaac, blind to the evidence of the senses, we bless by touching and feeling the reality of the ideal sought.

3. RELAXATION

"Be still and know that I am God."

We must realize that the cause underlying most failures to effectual prayer is muddled thinking and lack of emotional control.

The important thing to observe is that we find the same law operative in the magnetic attraction of impulses of fear, jealousy, anger, and despair (which are responsible for most of the failures and frustrations in life) as we find in the ineffable emotion of love which results in good. A single principle, an identical force, lies underneath accomplishment or failure.

Fear begets inescapable tribulation. It is the manifestation which alone differs according to the mood of the individual. All disease has its origin in emotional frustration. Man is the product of his emotions and moods.

The tendency is to project blame on another for unfortunate circumstances, stressing heredity, environment or lack of opportunity. This attitude of

mind sometimes acts as a temporary hypodermic to bolster lagging morale, but it does not get rid of the causes of suffering and afflictions.

The world is a mirror reflecting our predominant mental attitude, and is constantly showing us ourselves. We do not always like what we see; neither do we take the initiative and proceed to change the picture. If we indulge in negative tendencies we soon come face to face with conditions of a similar vibration. "Like attracts like." This is the perfect working of the immutable law of cause and effect. We consistently deny that everything depends on cause, and with stupendous blindness seek to change the effect. A streak of jealousy aroused in us, will indubitably attract situations involving other jealous people either in the home, at business or in our social world. Quite often we hear people say that the one thing they dislike most is jealousy in others. If we watch their reactions, we find the fault is in themselves. What we think or feel finds its affinity in our external world and finds its likeness.

The lesson to be learned is— we must take the beam out of our own eye by self-study and self-examination; eventually we shall not discern even the mote in our brother's eye. When we see faults in others, let us look inside ourselves, for there we shall

find (if we look with unbiased examination) them hidden in a corner of our own thoughts.

Frustration and an inferiority complex are, as a rule, due to frustrated vanity. If we constantly fail and our efforts meet a stone wall, we must look within and see why. It may have the appearance of important circumstances. To affect a change of circumstances, there must be a change of consciousness, a consciousness dominated by the spirit of success. In order to succeed we must have the confidence of success, erasing from the mind every discordant thought. It is our mood, the intensity of sustained faith which impresses itself on the subjective mind. The barrier to success is when we allow our personal ego to draw a boundary around our consciousness.

It is good also to ask ourselves if we are simply seeking recognition and applause for ourselves, or are we sincerely interested in what we are attempting for its own sake. Do we want only to feather our own nest, or do we want to serve humanity? Do we want to be an Emerson, a Lincoln who loved humanity, or do we seek self-aggrandizement and personal glory? Shall we give a lasting message of Truth, or shall we condition it to crowds of people? If we have something to offer it will be used, except we stand in its way. Vacillation, wavering and the so-called

mercurial ups and downs result from a lack of an inner objective or ideal. Often a person says, "I am going around in circles." He hopes some one will come along eventually and show him the way. He lacks stability and does not know if he would only become still and listen to the Inner Voice, it would speak to him and guide him. "Speak Lord, Thy servant heareth."

In the Scriptures (Genesis, chapters 1 and 2) we are given both the formula and the mode for bringing to birth the living manifestation of our archetypal ideal: "And God said, 'Let the earth bring forth the living creature after its kind.'... 'And God saw that it was good.'"... "And God said, 'Let us make man in our own image after our likeness.'"... "Then the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life and man became a living soul."

"Breathed into" or "in-breathed." If this "breathing into" can create one manifestation, it can by virtue of its power, create another. Therefore we shall prescribe a rhythmic breathing exercise to overcome nervous tension and induce relaxation.

At first, until it becomes natural, it is well to perform the exercise sitting erect or lying down on a flat surface. There can be no accomplishment where

there is tension. Effortless effort is the maxim for all spiritual progress which is the prerequisite of all earthly achievement.

EXERCISE

(1) Your chest, neck and head should be held in as straight a line as possible.
(2) Then inhale through the nostrils, mentally counting six pulse-throbs.
(3) Hold breath during three counts.
(4) Exhale through the nostrils during six counts.
(5) Hold lungs empty during three counts.
(6) Repeat as often as desired as no slightest discomfort is felt.

After a little practice the rhythm will be perfectly established without necessity of mentally counting. When this is achieved all tenseness and effort will disappear and complete relaxation results.

Later you can execute this exercise with perfect ease while walking, each step a rhythmic unit of count. However, in the beginning, especially for city dwellers where there is the continued interruption of traffic crossings and congestions, it is better to confine the exercise to the sitting or lying down posture.

In addition to the physical reaction of this rhythmic breathing, there is a spiritual response. With each inhalation, you may impregnate your subconscious

with whatever suggestion you wish. It is important to remember that 'suggestions' should be practised simultaneously with the inbreathing.

This chapter is written primarily for beginners and for those students who have not learned the fine art of relaxation and repose, which is akin to sleep. The latter is really a device intended to induce the autohypnotic state which is most ideal for impressing the subconscious. For example: if you are gloomy or desponent, as you in-breathe, orally or mentally say "I am happy." and FEEL it; smile. This exercise may be repeated twenty-four, or a hundred times at one time and repeated as often as you like.

When we learn to breathe rhythmically, its effect on the nervous system is such that all tension is dissolved. All of us know that from a physiological standpoint, deep diaphragmatic breathing is very beneficial in promoting bodily well-being. The sensation of well-being, which always follows the drawing of a deep breath favors the acceptance of any new suggestion. During these breathing exercises we should visualize ourselves as we long to be—full of vigor and health. The regular rhythm of breathing brings about a stimulus analogous to that exerted by every rhythm, such as for example, music or dance forms which have a soothing, lulling influence.

This rhythm tends to immobilize the attention and induce relaxation. Many students find the suggestive value of respiratory exercise a great boon. To cite a case—An elderly lady who suffered from asthma for many years, completely cured herself by the following exercise: She sat down quietly in her arm chair and began to breathe slowly, and with each inhalation she would silently affirm, "I am all health." She would keep this up for from ten to fifteen minutes morning and evening and sometimes at noon. In two weeks time she was completely cured.

Man is a pulsating, rhythmic being. Our bodies are as much subject to rhythmic laws as is everything else in the universe. The ancients said, "Every atom in space dances to the rhythm of the gods." The universe (one verse) is simply one note or tone in God, but there is an infinite number of tones or rates of vibration within the One. Everything that we see is vibrating and nothing is in absolute rest in nature;—only God or the Sphinx is motionless. Nature is the birth or activity of God;—the One manifesting Himself in countless ways. The moment forms appear in the world, they begin to change, and from them appear other forms, and so on ad infinitum. Forms are simply appearances; they come and go; and likewise the body of man is constantly changing.

There is almost a complete change in the chemistry of the body in a matter of minutes; so much so that scarcely one atom or electron composing your body will be present a few months hence. All is vibration, and constant change pervades the universe. The beating of your heart follows a certain rhythm; so also does the ebb and flow of the tide. In breathing, therefore, it is important to get into the mental mood of rhythm, such as the counting employed in music.

For the individual who finds it difficult to relax and immobilize his attention it is well to isolate himself in a room where there will be no disturbance. It is important that you get into a rhythm until you *feel* the vibration throughout your whole body. Now look at a blue light, preferably a reading lamp with a blue bulb, 30 or 40 watt, placed about ten inches from the eyes. Look directly at the bulb. This has an autohypnotic influence and induces profound relaxation. When the eyes are tired out, close them, but do not go to sleep. Maintain conscious control of your thoughts. There must be no sense of strain as immobilization of the attention must be carried out with the minimum of voluntary effort. Form a clear mental outline of your ideal, of what you desire, and then feel the reality of it. There must be one-pointed-

2. TUNING IN

"I have glorified thee on the earth. I have finished the work which Thou gavest me to do."

"And now, O Father, glorify Thou me with Thine own self, with the glory which I had with Thee before the world was." (JOHN 17:4-5)

"Before the world was I AM, before Abraham was I AM, when all things cease to be I AM."

"That they all may be one as Thou Father art in me, and I in thee, that they also may be one in us."

(JOHN 17:21)

Man has finished the work when he realizes that all men are within him. Man is like the line; it begins as a series of dots. The point has no dimensions; the point becomes a line—our first dimension. The line bends; we now have two dimensions. The space or plane is not conscious of the line. The surface moves through space in a dimension not contained within itself and becomes a cube. This is our third dimension. The cube is not conscious of sides; each side sees another as separate from itself. When the side becomes one with the cube, it no longer sees other

sides, as the cube is only conscious of being a cube and not conscious of sides.

God is not conscious of Catholics, Jews, Protestants, Buddhists. He only hears and sees in secret; therefore we know Him only when we touch Him in the Silence through feeling. We must become conscious of being one with God—then we will not and cannot see another. We are garments of the One Being moving through the illusion of time and space. All stars, planets, suns—all things—are extensions in space of the Spaceless Being or Formless Awareness within man. Therefore, if the primal essence of man is God, He is everywhere in mind and there is no place He is not.

This life is the illusion of time and space based on sense-belief. When we meditate on the Truth we will do away with all worldly values, all possessions. All these things will cease to have value. We give value to temporal objects pertaining to time as opposed to eternity because they seem to remain solid or fixed, such as our bank account, our jewelry, our homes. We believe our home will be there when we return to it and we find our beliefs confirmed.

In the future, when man develops the use of his mind (it is a scientific statement of fact that the great majority of mankind today does not use one-

ness of thought. Dwell on the fact that you now are the being you long to be, or that you have that which you long to have. Dwell on the thought with confident expectancy. After a week or ten days discontinue use of the blue light, as it is only a physical adjuvant, and we must not become slaves to physical props of any kind. We must begin to induce the happy, relaxed state by the mental image we have. Failure is due to lack of faith. The law NEVER fails.

4. DREAMER AWAKEN

Religion means "to turn back to the One";—in other words to a realization of the oneness of all things. There cannot be two religions for the same reason there cannot be two Gods or two men. Man has made many creeds and through ignorance called it religion. There is only one man, and the whole world is within him. The true self or life of that man is God;—the invisible, unmodified consciousness or formless awareness. Therefore, when man worships or prays he really prays to the Higher Self within him. The Church is within; the choir is within; the congregation is within; the High Priest is within;—all is within. The Church is his own consciousness; the choir is the joyous feeling held in meditation; the High Priest is your I-AM-NESS which declares "I am that which I feel myself to be"—"I am that I am." The congregation are your ideas, thoughts, moods, and concepts about people and things. In other words, the congregation is your belief about yourself and others.

The Shrine of your God is truly ornamented when

adorned with the righteousness of the believer. Your righteousness consists in seeing all men using the law righteously and growing perfectly. There is no more precious jewel than that of a noble life, and the highest altar of the Lord is that of the purified heart of man.

Is our faith in the gilt edged securities and stocks, impermanent and oft times becoming valueless, or in the Christ within? By the constant application of the Golden Rule we will become like Jesus who, by the transcending of his human wisdom, became one with the Soul-urge of all man-kind. He was in truth the Substance of the great universal desire; the actual embodiment of the age-old quest for peace, wisdom, and illumination.

Every day of our lives we must begin to meditate upon the beauty, the glory, and profundity of the Eternal One. Dwelling in the Changeless One within ourselves, we find an ever abiding peace which stretches out beyond the stars,—beyond time and space. When we are imbued with lofty ideals, when we think universal thoughts, little things disappear and all the petty things of life become inconsequential and are forgotten. Our soul actually becomes filled with the glory of the whole and the limitations and restrictions of our daily life vanish. We find

that this happy mood lifts us up and brings us en rapport with the universal mind of God. As greed, jealousy, discord, and other narrowing concepts which bind us to the wheel of pain disappear from our consciousness, forgotten in the joy of Truth, we then become a citizen of free consciousness. We become one with the universal vistas. Constant meditation, either in the woods, in your own home, or wherever you may be, causes your soul to thrill as though touched by a divine harmony, and a pulsating throbbing feeling pervades every part of you. Many experience it as a tingling sensation in the spinal area as if the melody of the Gods were played on the sacral plexus.

In this profound, relaxed mood, men oftentimes realize that this planet we call the earth becomes a dot in consciousness, and all things which seemed so great and wonderful in the world become as insignificant as the fading planet itself. The wings of the Shekinah with its shining glory and attached to each one of the wheels of thought within us takes us onward and upward. The cherubims are all around us; we are suffused by the Golden Flame of the seven candlesticks before the throne. We float in this formless awareness beyond the stars, until finally the flickering lights of the stars, suns, and moons vanish

in the Eternity within ourselves. We find that the immensity of Being is our True Self. We have found the All. There is neither time nor space, now nor then; neither he nor she, only the everflowing Reality flowing on forever. All things we once witnessed are now a forgotten dream. The dreamer has awakened and for an infinitesimal moment partaken of a glimpse of Reality. You have found there is nothing but you the Sphinx,—the unmoved Mover of all. The inscrutable face of the Sphinx,—the ageless One which changes not is found to be your true identity, the Christ within, the Lord of Lords, the King of Kings, and the Prince of Peace, the Ancient of Ancients. "Blessed be He 'The Ancient of Days.' "

You now cease dreaming, but you continue contemplating the moment which lasts forever. You are the solid which reached its melting point and have melted into the Boundless One. His thoughts are your thoughts; His heart is your heart; His dream is your dream; His contemplation is your contemplation. Then you know that you have finished the works which "He gavest you to do." Now you sing the song of the Lamb, saying "Now, O Father, glorify Thou me with Thine own self with the glory which I had with Thee before the world was." Before the world was "I am"; before Abraham was "I am";

when all things cease to be "I am." I am— the only living Reality,—the timeless One within man,— "the lost Word" has been found. You have truly finished the work here when you have discovered who you are and return to the Glory of the Father.

In the instant you become one with the All you find you are the world, and motion, gravitation, time and space are all within you. You know now that you are Alpha and Omega, that which was, is, and ever shall be. All things in space now revolve and dance as countless wheels within you,—the Eternal wheel of the Law. You are the Creator of Heaven and earth whose dream is creation. You are also the dream, and when the dreamer awakens, the creation disintegrates,—"When all things cease to be 'I AM.'" All the world is but an infinite dream of the Infinite One. When we come out of this meditative phase we find we have fallen. "Remember man from whence thou hast fallen and do the first works."

Even though we have returned to time and space, we must forever keep our eyes upward. We find we are never the same again and will always remain in the world, but not of it. We will become Jesus the Christ, or God-man. We then say "I in Thee, and Thou in me, and I am glorified in Thee." To us all men are simply aspects of ourselves; parts and mem-

bers of the One body—ourself. "I sanctify myself that they also may be sanctified in the Truth." All men will become the All and see the transcendent glory which was theirs before the world was. All imperfect parts will become perfect and one with Reality and Eternity.

The Resurrection comes as a sunrise and never sees night. It remains forever, for we are now one with our Father and thus perfect. We have truly returned to the Glory of the Father "to go no more out in rags and sackcloth."

5. THE MAN OF TO-MORROW

The motto of the man of to-morrow will be "be careful for nothing." This simply means that he will be indifferent to the failure of the law;—it is a conditioning process. The law here referred to is the Lord God Jehovah. To put it simply, this means the Law of God in manifestation, or the wisdom of God in operation. The man who becomes indifferent to the law is one who has perfect control of his subconscious, and directs it wisely so that whatever he feels can be done, is automatically put into effect. To such a man there is no failure because he believes that "all things are possible to God." He knows the Divinity that shapes our ends is the God in smiling repose within himself—the subjective mind. The man of to-morrow will immediately embody his desires by so disciplining the mind to acceptance that all his wishes will be immediately fulfilled. He will not use effort to lift tables, pianos, or to wash dishes;—he will simply sit in an armchair and in a partially subjective or passive state see all these things done. The man of to-morrow will not have to use a switch to

turn on the light, as he knows all light is within him; "I am the light of the world." His own I-AM-NESS contains all suns, planets, stars, moons; therefore, at his will all light emanates from him. It will be impossible for him to be sunburnt, as he controls all rays which are really within himself. Incidentally, no one is burnt by the sun; the burns come from within man due to his belief or fear of sunburn.

Home, a Scotsman, in 1843 used to go through windows, lift tables at random without touching them, and increase or diminish his height at will. This man in the presence of the greatest scientists of the day, overcame the law of gravity by projecting himself through a window and flying through space without any mechanical aid, and then came in through another window. He also defied the most exacting scientific tests by proving to the scientists that he could cause scientific instruments, which were wired and solidly fixed in a special cabinet, to move freely about the room and be handled by many.

There is no mystery about this; it simply means that in boyhood he was conditioned into believing that he was able to do this. The man of to-morrow will not use airplanes to travel; on the contrary, he will use no mechanical means, but will simply collapse time and space by going within himself and

feeling that he is now where he wants to be, and when he opens his eyes he will find himself there. If God is spaceless, where can we travel;—time and distance are but the illusions of the five senses. God is Omnipresent; if so, He does not travel. God is timeless; therefore time is but an illusion. The man who prays scientifically and realizes his own consciousness to be God, collapses time and space. Many men today believe that they can collapse time and space only in an astral body, consequently they can do only this. "According to your faith be it done unto you."

There is a case recently of a woman who asked a metaphysician to find out where her husband was. She had not heard from him in six months. This mystic went into meditation, visited him in London and had dinner with him. The lady, who was waiting in an outer room, opened the door and saw this metaphysician in a trance. In a few minutes he came out and told her that her husband was returning by boat, giving the name of the boat and the date of arrival. When this lady's husband returned home, she told him about her experience with the man of prayer. He said, "Yes, a man appeared to me and asked me why I had not written to you, and several other questions. We ate together, and at the time

I did not think his questions strange, but when he disappeared as we went through the door of the hotel, I thought the experience rather unusual."

We must condition ourselves to collapse time and space bodily and not astrally. Some men believe they can travel astrally and be seen and transact business; others believe that they can only transport themselves psychologically and *not* be seen, but can see what is going on elsewhere and come back and report. It is all belief;—nothing but a conditioned state of consciousness. There is no space. We are living in the illusion of time and space. There are men in America today and in other parts of the world who never use street cars, trains, or other means of conveyance to go home. They simply realize in consciousness that they are where they wish to be. The man of to-morrow will not go from New York to London. He knows that London is within himself, so he brings "there" "here";—thereness becomes hereness. He will close his eyes and simply feel that he is in London that moment, doing the things he wants to do. He simply feels the naturalness of the state, and "According to his faith, it is done unto him."

Again there is no mystery about this. We must begin to practise collapsing time and space now,—

today,—and finally it will become a conviction and our demonstrations will be instantaneous. The ancient mystics knew all about the law of mathematics, geometry, aerodynamics, engineering, but they saw no need for an airplane or train. The law of gravity is simply a belief of man, that's all. Therefore, these men, knowing the great laws of life as taught in the Bible, realized this simple fundamental truth: that all potentialities were within them, as God dwelt within them. Men may scoff at these things, but that's nothing new. People scoffed at the idea of radio, television, airplane, telegraphy; all these things were believed to be impossible by the so-called wise men of the world who knew all, yet knew nothing. If we are Truth students, we must surely realize that all things are possible to God. Therefore, what is strange or startling about a man being in New York one moment and Chicago the next?—I mean bodily, in the real physical sense. Men who cannot read or write do this in the islands nearby this country. We must walk in the consciousness that it is impossible for our prayer to fail. Dream all things into being. Fix them as actual states of consciousness, and they will embody themselves. First, visualize; second, actualize. Feel all things naturally. The whole is contained where you are

now, as God dwells within you. The doctor of to-morrow will not prescribe pills, x-rays, diets, or any other medical treatment. He will assume the attitude of prayer and practice the law of substitution. He will not see a sick person; on the contrary, he will see the perfect man, radiant and expressing himself joyously. The doctor of to-morrow will hear the good news, as he will be the true mystic tuning in with Him who healeth all diseases. There are some physicians who do this now. Homes, real estate, property, and money will have no value for the man of to-morrow.

Those who have read the new metaphysical book called "This Is It," may recall the young man who could talk to his brother thousands of miles away without the aid of any mechanical device. There are many similar incidents related at the present time. The human ear is capable of apprehending a small band of sound waves; a dog can hear certain sounds that man is incapable of hearing. The voice of a husband overseas, for example, creates a sound wave. These waves go around the world and never stop. We can hear from any part of the world on the radio, yet the man on the radio speaks in a normal tone of voice. The reason we hear him is that we and the radio announcer are equipped with sensi-

tive apparatus, for sending and receiving sound. A loving husband and wife are equipped with a greater instrument,—the love of God, or love of oneness. The husband's thoughts and feelings are transmitted to his wife, and her feelings go toward him; the waves of sound bridge the gap. Some wives in this country hear the voices of their husbands as plainly as if they were one foot away, yet their husbands are in the South Pacific or Europe. If the loved ones at home practised consciously and systematically the art of listening for the voice, they would converse freely and as easily as if they were together;—in fact, more articulately. The man of to-morrow will not use radio, television, telegraph, or any instrument;—all those will be obsolete. He will use only his mind. Telepathy has been proven more accurate, for example, than radio messages. (Read "Thoughts Through Space," written by Sir Hubert Wilkins and Harold Sherman).

We spoke of real estate losing its value. Yes, the business man will leave his office in New York and instantaneously be in Venice, California or Italy. He will not need that summer home or that air-cooled automobile or that yacht in the ocean. What can you give that man of to-morrow?—he will have all things. You can't sell him sunshine. He commands

the winds and the waves. If you want money for something he will put up his hand in the air and give you some coins. All things are in the air;—mentally he will mine the air and precipitate what you ask. "Nothing is made; nothing becomes; all is, and all is God." The man of to-morrow will not be a cynic, the so-called wise man. He will be the humble man who says, "I believe, Lord; help Thou mine unbelief." The man of to-morrow will also be able to project his vision to any part of the world and see the person to whom he wishes to talk. He will not have to resort to television for this. "He that hath made the ear, can He not hear?" "He that hath made the eye, can He not see?" When we turn within to our own consciousness which is God, we are at the seat of causation, seat of all power; consequently we don't have to pay any attention to what medical science or any science says about our limited capacity to see and to hear. For this simple reason, "He that sees all and hears all" is within us. "Believest thou, this?"

Clairaudience and clairvoyance are well known today and the true scientists acknowledge them to be true. Man's thoughts constitute a veritable universe. A man and a woman in love with each other will grow into a single harmony;—if we love God by tuning in and claiming his attributes, we will

grow into His likeness and then will not feel it robbery to do the works of God. Man is God walking the earth, but man has forgotten it. We really tune in with our Higher Self when we tune in with God. The man who sings the Song of the Lamb (I am Christ) is the man of to-morrow.

The doors may be shut and the windows barred, but the man of to-morrow will appear in the midst of the assemblage in the flesh. He will walk on the water and appear and reappear at will. These occurrences will be so common that people will no longer say, "What manner of man is this whom the winds and the seas obey?"

The man of to-morrow will be Spirit-like. The sun will not burn him, the weather may be 30° below zero and he will not feel the cold. Thunderbolts might split the skyscrapers, the rivers may rise and flood the valleys and he will not be afraid. He will mount the clouds, he will ride the sun and moon, and ramble at ease beyond the four seas. He knows no death and has no thought of gain or pain.

6. CHILDREN OF LIGHT

All man-made laws have penalties attached to them. God made all things and pronounced them good. The Law of God is Truth. A law in the usual sense presupposes two parties and an agreement, but these are all man-made. If man throws a stone in the air and it falls to the earth, this is a law or truth, and contains no reward or punishment. If you permit the stone to fall upon you, it simply means that you failed to get out of the way.

It is utterly false to say that God makes laws which man disobeys. Man believes a lie and the disease and misery that follow are based on his belief in the lie. We have made a law unto ourselves and are now bound by the chains of our own false beliefs. The laws of nature are not different or separated from the laws of man's inner life. None of the forces of the universe exist outside man. The innermost reality in man is the One Identity, within which the whole world moves, lives, and has its being.

The center of this great wheel is always at rest, it is the Sphinx, or the formless awareness in man

which remains unmoved throughout all the cycles of transformation. "Ye shall delight in the Sabbath." The sabbath is our conviction;—the rest of the Lord, the stillness which follows the inner knowing that our prayer is answered. We must not hear anything but good. When you hear a person criticize another, you are actually hearing him tell you who he is. You do not have to check on his references; he has completely revealed his character to you, and character is destiny. All the things he criticized were within himself.

At a Truth lecture, members of the audience frequently say, "I'm exceedingly glad I brought my husband (or wife, as the case may be) tonight, for what you said certainly applied to him (or her)." The listener never thinks that what is said applies to himself, or that he is in any way to blame.

We believe if we lose an article that cost five dollars, we have lost something of value because we are constantly thinking in terms of dollars and cents. But when we lose a joyful state, which is the greatest loss we can sustain, we don't mind that, because we seem to expect the sad, gloomy state and look upon it as inevitable.

The writer is frequently asked to say grace at meals, particularly when invited to homes, or some-

times by Truth students. "Go thy way and eat thy food with joy." The only real thanks is a joyful state; it is the great digester and assimilator. It is the silent inner knowing that there is abundance of God's bounty. Mechanical repetition of some fancy prayer is meaningless and distasteful, and gives rise to indigestion in some instances. If you are in a joyful mood, the natural secretions will play their role to perfection and the food that you eat will be completely digested. If you believe the food is bad, or if you are in a dejected, critical, or angry mood, the food will become a lump in the esophagus and stomach. The gastric juices will dry up. This can be proven readily under hypnosis. If you are worried, it makes no difference what you eat, the result is usually ulcers of the stomach or duodenum. Become relaxed and happy, and you are cured, the ulcers vanish, as they never really were. The ulcers existed because you continued to believe a lie and the opinions of man. Disease is what follows a belief. Some pray to entities in space for a cure, others take pills, others pray to a God outside themselves wondering whether they are worthy. Praying is a hit or miss proposition to most people; they don't know whether their prayer is answered or will be answered. It is true that if a person believes in a pill,

a cure will follow. It is the belief that cures, not the pill. A belief is one thing, and Truth is another. "The children of this day are in their generation wiser than the children of light." (Matt. 16:8)

"And I say unto you Make to yourselves friends of the mammon of unrighteousness; that, when ye fail, they may receive you into everlasting habitations." (Luke 16:9) This means that it is better for a man to believe in something rather than not have faith in anything. For the children of this day are those who have worldly beliefs such as the superstition that a rabbit's foot will protect them from all harm while driving. If man believes this implicitly, so long as he has the rabbit's foot he will be immune to harm. Of course, the stupidity and falsity of this belief are manifest to the Truth student who knows that when the rabbit's foot is lost or stolen, the owner's God is lost and misfortune follows. However, such a man, though he may believe that if he lights a candle or several candles someone will be healed, is wiser than the children of light; meaning a person who has heard and acknowledged Truth, but fails to apply it, is no wiser than he was before.

Unfortunately there are thousands of these children of light who can pass an examination in metaphysics and get 100%, or at least 99%, and at the

same time can't demonstrate over a toothache. They never apply it; just talk about it and around it. Therefore, the man who believes in the power of talismans, amulets, candles, spiritual entities walking in space with healing in their wings is wiser and better off than these children of light. We must become men of light, and let our light shine before men that they may see our good works and glorify our Father Who is in heaven.

The food that we eat must be spiritual, the bread from heaven which is the living Truth. This gives us health and happiness. When we sit down to eat, let us believe that what we are eating is good for us. If we are eating under protest it will do us harm. If we drink a cocktail to please our hostess and we feel it is bad for us, it will work harm. It is not what we would like to believe, but what we really believe that matters. Some people like to tilt tables while they eat and to produce sounds at will in different parts of the table. This procedure is due to a certain state of consciousness and not due to spirits. It is due to a law of disassociation: It is the peculiar passive state where you begin to write on the ouija board, while waiting for it in the attitude of expectancy. Man and no one else operates the ouija board. There are no discarnate entities, and persons

practising automatic writing, ouija board readings, and mediumistic operations are usually living in fear of evil entities in space. Consequently this fear and negative state result in a split personality, or so-called schizophrenia. The above is bad food, and the scripture points out, "Thou shalt not eat any abominable food." We must take our ideas which are facts of consciousness and secrete the emotions necessary to assimilate wonderful food. This is the happy, joyous mood, and if we go to sleep in that state, the desert will blossom as the rose.

7. THE VOICE IN THE WILDERNESS

"*And he confessed and denied not, but confessed, I am not the Christ.*" (JOHN 1:20)

"*I baptize with water; but there standeth one among you, whom ye know not; He it is, who coming after me is preferred before me, whose shoes' latchet I am not worthy to unloose.*" (JOHN 1:26,27)

Jonah or John is not the Christ, but gives birth to the Christ. Every man after calling the twelve disciples to discipleship, becomes Jesus the Christ or the God-man here and now, or Jesus with his twelve disciplined faculties, signifying thirteen or the sacred number of God.

Christ as unmodified consciousness is in all men and when all false beliefs are distilled from man the pure essence or Christ comes forth. This distillation or purification comes after the complete disciplining of each of our twelve faculties. We must be incapable of seeing anything but the good; we must perceive divine perfection everywhere and in every man. We must give "beauty for ashes" and "oil of joy for mourning."

Truth is an inward perception, therefore by constantly turning our eyes inwardly toward the Real and feeling the Song of Triumph within, we call the first disciple, Andrew to discipleship. We call 'hearing' or Peter to discipleship by hearing only the good tidings, the gospel or good-spell. This is an inner hearing, the disciplined hearing of the mystic who hears only the voice of God or good, and cannot hear other than the Truth about any person. By constant application, by daily meditation and prayer, we call forth the Christ or true Self of man and reveal man as God.

"He confessed and denied not"—denial which is to appropriate the feeling of being what we long to be. No negative statements are used. The baptism of John symbolizes this process. "And they asked him, what then? Art thou Elias? And he saith I am not. Art thou that prophet? And he answered, No." That prophet is Jesus or our conviction or feeling of being free; if we thrill to this feeling it is essentially a prophecy. "Elias" means the same as Elijah, "God is my Father." We must discover the law of consciousness before we can come out of a state of limitation, Elijah must come. Jonah or John goes a step higher than Elijah which simply means that a man discovering his own consciousness to be God,

acts on that assumption and begins to change his world. Many are in the Elijah state, they intelligently affirm that God is within, but do nothing about it.

"He said, I am the voice of one crying in the wilderness, make straight the way of the Lord." This is the innate principle in all men forever seeking light and expression. It is God seeking to come forth in giving-ness and living-ness. The eternal urge in man is to give life, love and beauty to the world. The moment he ceases to do this, he dies; he crumbles up in disease and mental decay. It is our instinctive desire to give beauty, order, and symmetry to the world. God is the circle and He is the center everywhere with no circumference. We form a perfect circle when we send forth thoughts of life, love and beauty to all around us; then beauty and love come back to us multiplied a hundred fold.

The libidic impulse flowing through us all is not just a biological sex impulse, but is the complete comprehension of God which is giving-ness or pure desire. God is pure desire. The "wilderness" is our state of frustration due to our unwillingness to share our gifts with the world. We must give, give and give; all can give a gift of love in consciousness which is the greatest of all gifts. "I" "If I be lifted

up, I will draw all men unto me." If now in the silence you raise your consciousness or ascend into the hill of God and see people, conditions and things as they ought to be and feel the joy of the answered prayer, you have given "better than you knew" to the world and to your fellow man. Material giving always follows, never precedes the gift in consciousness.

"Make straight the way of the Lord" simply means the state that is to come in desire. We clear the way for it by removing all obstacles such as doubt, fear and idle thoughts.

"I baptize with water." Water will assume the shape of any vessel into which it is poured. Water, therefore, means unconditioned consciousness which is all things to all men. When we use the I AM, we condition consciousness by believing. Think emotionalized thoughts "I am sick, I am old, I am tired," and these emotionalized ideas become fixed states, i. e. are poured into a vessel and assume its shape. Water is a cleansing agent; we cleanse or purge consciousness from sin, from a mistake or limitation by assuming a new mood or cultivating a new idea in our mind, and thrilling to it, it finally becomes a conviction within us.

The reader, therefore will see that when the book

of John, which is pure mysticism says, "I am not the Christ," it means John, the conscious mind, is not the Christ, whose shoes' latchet I am not worthy to unloose. The conscious mind is not creative. The subjective mind is all wisdom, all power, all intelligence and omnipresent. We must therefore still the conscious mind and dwell in the secret place of the most High in pure-consciousness. When all our sense perceptions such as seeing, hearing, feeling, etc. are turned inward to the Real and we feel and sing the Song of Triumph, we are in prayer or in tune with the Infinite. If we have a problem it is the effect of a cause we ourselves have set in motion. We must surely know that God has no problem. God is peace, love and infinite intelligence. All we have to do when confused is to leave the world of noise, together with the problem, and listen to the voice of the Holy One of Israel—God. In this stillness the mind is lifted to a higher level of consciousness where all earthly quantities cease. It is then that liberation is achieved. Intuition, which is the all-knowing, of God flows through the problem and there is no problem. We must realize that God is not confused. He does not know the problem, He knows only the answer. We therefore rise to the point of recognition of the correct answer. As an analogy—mathematics,

of or by itself, does not know problem or error, it knows only the answer. Mathematics cannot possibly know error.

We are living in a Cosmos not a chaos. Everything in the Cosmos is orderly—man creates disorder. Therefore, as we meditate or pray we must forever keep our eyes steadfastly on God, or our good, knowing that God is the answer and not the problem. In the great drama of life, God is the only actor. He is not only the Actor—He also is the Scribe and the Script. Man is God's radiation, an extension of the Limitless One, playing for a little while the billions of parts we call personal lives. When the particular role is ended, the garment no longer needed, disintegrates, and the Spirit which gave it life returns to its Source. For are we not told "Nothing is lost in all My Holy Mount?" When man dies his Spirit lives on in all men; it never dies; it carries on until the end of the Cosmic day, until *all* are reabsorbed into the One. The perfect man is not born yet, but when one man sees Him face to face, no one can imagine what a cataclysm will take place. Instantaneously all men will awaken from the dream of being man, because there is only one man and all men in the world are merely extensions in space of that one man. However, all men being within each of us it

follows that when one fully awakens, all awaken. "That they all may be one; as thou Father art in me and I in Thee, that they also may be one with us; And the glory which Thou gavest me, I have given them, that they may be one even as we are one." (John 17:21,22)

"I in them, and Thou in me, that they may be made perfect in One." (John 17:23) Esoterically this means that when we identify ourselves with the light, we become the light and flow again with the Light Limitless. "No man can see the face of the Father and live" simply means that when the perfect man awakens he becomes one with the Father or one with the All,—the particular now becomes the Universal, then all men become perfect simultaneously; the scroll is rolled up and man dreams a new dream. Because there is only man, let us stop fooling ourselves in trying to make many out of the One. "Hear O Israel, the Lord thy God is *One.*"

"The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth; so is everyone that is born of the Spirit." (John 3:8) One may go East, another West, but it is the fixed psychological state that counts,—"the set of the sail." It is the mood that you adopt. It comes from nowhere, from the

invisible to the visible. "Those that thou gavest me I have kept and none of them is lost, but the son of perdition." (John 17:12) All words, beliefs, impressions and suggestions are being fulfilled and nothing is lost but the sense of loss (peridition).

If Joseph and Ann are climbing the mountain and Ann says to Joe, "I want snow," and Joe wants sunshine, Doth not all things exist simultaneously in the Absolute? All things exist in God. He contains all things, therefore, though their hands be joined together as they climb the mountain, if they reach high enough in spiritual awareness, each will be conscious of snow and sunshine, separately, according to his will. Psychologists have proven that when a man is hypnotized and it is suggested to him that a blizzard is blowing, even though it may be 100° in the shade, he sees snow and feels cold, for it is all belief. "Canst thou believe? All things are possible to him that believeth."

We often hear the trite saying, "What about material laws?" The only material laws there are were given birth by you, the reader, and exist as long as you believe them. Though you now believe in the laws of motion, some do not and are therefore not subject to the same law. Jesus said, "I come to make the blind see and those that see, blind,"—meaning

all things exist now but we refuse to believe it. Canst thou believe that you(your consciousness) are God walking the earth, when you think and act from the Absolute consciousness level? Consciousness (God) ever creates "in its image and likeness" on microcosmic as well as macrocosmic scales. The created is always relative to the Creator-consciousness.

8. SLEEP—THE SABBATH

"*When thou goest, it shall lead thee, when thou sleepest, it shall keep thee; and when thou awakest, it shall talk with thee.*" (PROVERBS 6:22)

In sleep we are united with our Father every night; we become one with the Ancient of days. Prior to falling asleep, students of the mysteries must learn to behold the scintillating white light that shines forever on the great white throne, which is the Secret Place of the Most High, or the Holy of Holies within man. We can imagine that we see this white light and this will completely still the mind. Nothing can appear on this white screen without our permission.

Now we are first in the pool. No man can get into this pool of silence but our "I AM" which is first person and present tense. "But while I am cometh another steppeth down before me." (John 5:7) That which steps down before you are the idle thoughts such as fear, doubt, despair, self-pity and similar moods. If you banish these evil spirits or moods, Jesus, your own I-AM-NESS will speak softly

and say "Rise, take up thy bed and walk." Then the healing comes. Meditating on the eternal verities and the inner glory and beauties of the Deity, man feels a movement within him, this is the Divine Light and it is visible as a golden yellow light. Words cannot always define and formulate the things behind the veil; there are of course many mystical experiences which we cannot express with words, the ecstasy of heavenly bliss, of love and happiness. Meditation is that inner communion which works like a thief in the night, silently in man's own soul. This mood cannot be expressed in words or language as it is beyond all formulation into word symbolism. To enter into the Silence, is intercommunion with the Self or Christ within. This is the nearest approach to the invisible.

To receive inspiration in Bible passages, the following procedure will be found very helpful. Begin to imagine and dwell on the fact that in the deep of yourself sits the King of Kings, the Lord of Lords and the Prince of Peace whose dress is white, so also is the appearance of the light of his face. Imagine this Being sitting upon a throne of scintillating light that He may give Light to you. Realize now that your intellect is being anointed by the Christ or Truth. You will find your spine tingles and your

forehead becomes moist—this is the "dew from heaven." "My head is filled with dew," "Elohim shall give thee of the dew of heaven."

Many good people think that sleep is intended for rest of the body, an inertia of mind and body. It is believed that a restorative process sets in resulting in a feeling of well-being due to the fact that there is a restoration of physical energy. The reason we go to sleep is to develop spiritually and for no other purpose: therefore it is of paramount importance that we avoid all discordant states prior to sleep. The Divinity that shapes our ends is all wise and has so arranged it that man is compelled to withdraw from the world of noise which is not conducive to spiritual unfoldment. Man is divinely guided in sleep, answers to many problems are given him in the sleep state. Formulas, inventive devices, poems, contents for many volumes, are also given in this dream state. The contents of many chapters in chemical textbooks, and in the engineering laboratories of the world, appeared in a dream, an answer to a request of the dreamer. Sleep, therefore, does not mean rest for the physical body in the sense of inactivity, mental or otherwise; on the contrary, sleep protects one from the confusion, chaos and distractions of the objective sense world. Paul said

"I die daily." Sleep is akin to death, the only difference being that in the so-called sleep of death we sleep a little longer. There is no absence in the One Presence; therefore we cannot go outside ourselves, and all experiences take place in our own consciousness.

Suppose, for example, you want to invent or discover something and you have no precedent to go by, no textbook reference. You may have a vague idea of what you want to invent or discover and that is all. The technique is simple. Learn all you can about it objectively, and then in a passive state dwell on a mental picture of that which you wish to invent; then turn your mental picture over to your subconscious mind and go to sleep. When you awaken be sure and follow the "hunches" you receive. It sometimes comes as an inner feeling that the solution lies in a certain direction or in a certain group of facts. You will find that many times the entire formula or solution may appear in a dream. In such cases it is wise to have a pencil near you as you sleep, so that when you awaken you may jot down the impressions that come to you in your dream. Some say "I never dream." We all dream and if you don't remember your dreams simply suggest to your subconscious before you drop off to

sleep one word, "Remember." It knows what you want to remember and will faithfully follow your instructions.

As we all know, the subconscious never sleeps. If you are a writer, teacher, doctor, housewife, or stenographer, you can utilize this great truth to your advantage night after night. Give your subconscious the right mental picture to go to work on each night knowing that it will reproduce your request in exact accordance with your desire.

The book of Genesis says that God rested the seventh day. Some good people reading the Bible literally, seem to think that God was fatigued or needed rest after six days work. Such a conception of course is unthinkable and absurd. "And God blessed the seventh day and hallowed it, because that in it He rested from all His work which God had created and made." This quotation has nothing whatever to do with physical repose or rest. The sabbath may be any hour or moment of the day or night. It means the supreme satisfaction that follows prayer, an inner knowing that what you prayed for is an established fact in your own consciousness and as "within so without." Therefore in calmness and in peace you await the external evidence of the inner experience.

We have two ears, two nostrils, two eyes, and seventh a mouth. Through this, as Plato says, "mortal things have their entrance, immortal their exit." All the food we eat is consumed to tissue, bone, muscle; finally the body disintegrates and returns to the elements. But in the silence, communing with God, when the seven faculties are stilled, the still small voice of the undying God speaks through the lips. This may be the voice of intuition, the voice having healing in its vibration, or it may be the fourth dimensional feeling of "It is finished." This is the rest or sabbath of the Lord.

9. THE TEMPLE NOT MADE WITH HANDS

"*And King Solomon sent and fetched Hiram out of Tyre. He was a widow's son of the tribe of Naphtali and his father was a man of Tyre and a worker in brass; he was filled with wisdom and understanding to work all works in brass. And he came to King Solomon and wrought all his works.*" (I KINGS 7:13,14)

In the center of man is forever burning the eternal flame of God. This center is the Holy of Holies in which abides the Absolute.

The buildings adjacent to King Solomon's temple are your environment, family life, companionship, friends; in fact, every department of your life, business and social. There must be no taint in any of them. Purity of purpose, integrity of action, self-mastery of thought and emotion, generic virtue, all these are the fundamental basis for the erection of the Temple not made with hands. This is man's participation and liberation. Thus can he seek entrance into the Holy of Holies. This is accomplished by following the advice of the prophets of old: "Whatsoever things are just, whatsoever things are

pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue, if there be any praise, *think* on these things." In other words, we must practice the Presence of God everywhere and at all times.

Practicing the Presence of God symbolizes the vast treasures of gold and precious stones necessary in the construction of Solomon's temple, WHICH IS "YOURSELF."

The Truth of Being is that the whole wide world and all things contained therein are the self expression of God. Man, not understanding this greatest of truths, forms false beliefs about the Truth. He sees limitations of all kinds around him; he feels himself to be separate from God and dependent on his own efforts. Let us realize that God is doing all things *through* us. If another person seems to behave badly—to the capacity of your thinking and feeling that God is working through him, will his conduct change. However, why should we dwell upon and magnify the seeming faults of others? Everyone has God-like qualities if we would only look for them. "Seek and ye shall find." If you look for what is good, you will find it. For your own peace and happiness (if for no higher purpose) an effort should be made to seek out the good qualities in others. It

is told that when Thales was asked what was the most difficult thing to do and what was the easiest, he answered: "The hardest thing to do is to learn to know oneself; the easiest, to find fault with the doings of other people."

If you are, at any time, endowed with God's 'Grace' to heal, realize that "God is healing this person through me." This is building the temple of God—for you, the reader, are the temple of the Living God.

"And he set up the pillars in the porch of the Temple; and he set up the right pillar and called the name thereof Jachin and he set up the left pillar and called the name thereof Boaz." Jachin is Infinite Personality or the Presence of God in each of us. He is personal to each of us. The other pillar is the law of cause and effect "as you sow, so shall you reap," which is impersonal; it may also be called Love. These two form the entrance to King Solomon's temple in which is the Secret Place of the Most High within each of us. God abides in the silence; Truth is transmitted in the silence; the Truth is lived in the silence. Hiram, who builds the temple, is man who is now aware of the fact that his consciousness is God.

"It stood upon twelve oxen, three looking toward

the north, and three looking toward the west, and three looking toward the south, and three looking toward the east; and the sea was set above them, and all their hinder parts were inward. (I Kings 7:25)

Oxen are emasculated bulls which simply means that before we can finish the temple and awaken from the illusion of suffering, evil and chaos to the reality of love, compassion and wisdom, we must discipline our faculties. Otherwise, like the bull we will run wild and our senses will become our master instead of our servant. Some men live to eat, drink and satisfy the passions and appetites. Such a man is referred to in the Bible as the snake that crawls on its belly eating earth. Therefore seek permanent values wherein is found the only Reality of a Divine Plan.

The three oxen looking toward the north are Andrew, Peter, and James which symbolize perception, hearing and right judgment. The three looking toward the west are John, Philip and Bartholomew, symbolizing love, emotion and the disciplined imagination of man; the three looking toward the south are Thomas, Matthew and James which denote turning your attention from the negative conditions and accepting desires and ability to pierce the veil. The three looking toward the east are Thaddeus,

Simon of Canaan and Judas, who portray man in prayer, whereby he turns within and sings the Song of Triumph with the praise of God forever on his lips; he abides in a mystic feast of joy, peace and happiness and then he rests. The rest is "Judas" or complete detachment from all that would deny his good, the good for himself or another.

When we finally have disciplined Judas or the quality of dying daily to all false beliefs, there will no longer be a necessity for disciplining the other faculties, as Judas is the greatest of all disciples when disciplined. It means that we "die" to everything but the power of God and we simply live in the presence of God all the time. This is calling Judas to discipleship. Then do we reveal Jesus, our Savior. Therefore Judas must betray or "reveal" Jesus, who is our own consciousness—our "Savior." "He that dips with me in the dish, he it is that will betray me." He now touches reality in the depths of himself by appropriating a new state of consciousness and dies to all former concepts of himself. He has dipped with Christ in the loving state of consciousness or the universal dish called the subjective, or God in smiling repose. Jesus feeds Judas, Judas appropriates the sop. Before this Judas was always considered "poor," now Jesus has fed

him with the knowledge of the Savior and the Judas state has been changed to Jesus, our ideal state.

"And all their hinder parts were inward." (I Kings 7:25) This means that in prayer we withdraw our faculties from the world of sense and turn inward toward the Real, the One, the Beautiful, and the Good. In other words we deny that which we see in the world of sound and go back to the Silence; God abides in the Silence. The Masonic legend states that Hiram was murdered by three ruffians before the temple was completed and dedicated. The three ruffians are our ignorance of the Truth, our race beliefs, superstitions, and fears. These three ruffians are in all of us and constantly slay the Christ principle. The Truth student and mystic of course realize that this means we go through three degrees or steps every time we die to an old belief. These three degrees are recognition that Hiram is the seat of causation; second, the new ideal or purified desire; third, the feeling or conviction of now being the person you desire to be.

This is the only crucifixion (change of consciousness) there is. The story of the crucifixion is a mystical drama and seen through the eyes of the mystic is one of the most beautiful stories ever told. Good Friday should be every day for the student of

Truth. Good Friday is now dedicated by the Christian churches to sorrow and sadness. When man understands its true meaning it should be and will be a day of joy, celebration and happiness. The reason is perfectly obvious, we rejoice in the good.

We now have told the truth. The Jews did not slay Jesus, the Savior. How could they? He is always with us. He is our Savior and salvation. He abides in the heart of every man. Our Savior is slain only by man when he does not in consciousness recognize and sustain faith in the realization of his desires. This Savior is our own consciousness,—"It was never born and will never die." As we change our consciousness we die to our old state and are reborn in the new state. The Christ principle in man never dies. "Water wets it not, fire burns it not, wind blows it not away." Therefore, "Why grievest thou for it?"

Jesus has many meanings; it means to save, it also means desire, i. e. *your desires when accepted by you save you.* Jesus also means your consciousness, the Liberator, the Emancipator, *liberated-self.* In order for you to realize your desire it must die or be stilled. You still it this way, by now entering into the mood of acceptance of your desire. Contemplate the joy that would be yours if you had your ideal now and feel it until it becomes a conviction. There

must be no break in your sustained faith. Then follows the rest or sabbath of the Lord.

You now have the inner knowing that tells all those who pray aright that "It is finished." Man does not seek that which he has, your former state is slain and a new Jesus (saving state of consciousness) is resurrected; "I am the Resurrection and the Life." This is the true meaning of the Resurrection scripture story. It is high time that Christians painted the true picture of Jesus to the world. If we do that, all will want to emulate the glorious picture of the true Jesus, who depicted the Christ (awakened man) or anointed state of consciousness. Man will become as Jesus, the Christ, the kindliest man that ever walked the earth, the noble dignified man who loves humanity, who has compassion on the multitude and feeds them, the ideal man who walks on the waters, who, translates his body at will, who says "Father forgive them for they know not what they do." The praise of God will be forever on his lips. Jesus always said "I thank thee, Father, that thou hearest me." He it is who wore the seamless robe of consciousness, who ate only the best, the man who could read the thoughts of others and forgive and heal them. The man who never condemned anyone, but said "Forgive till seventy times seven." The

man who said to the thief "this day shalt thou be with me in paradise." The man who knew nothing about laws of gravitation and motion, but could be where he wanted to be at will. The man who could go through the eye of a needle and revibrate himself again, the man who could go through barred walls, doors and windows, the man who awakened from the dream of being man and ascended in the clouds to the glory which was his before the world was,—the "I AM" state.

Therefore the ultimate mystical meaning of the crucifixion of Jesus is simply the psychological transformation and transmutation of consciousness whereby man awakens to his Godhood here and now and no longer asks for light but realizes "I Am the Light of the World." He then becomes the radiance of the Light Limitless and his eyes are now God's eyes, his forgiveness is now the forgiveness of the Absolute, the only One, the absolute Love of all mankind,—"The God of Israel, the God of Abraham, Isaac, and Jacob." When in books, in pulpits, and in classrooms we dramatize the Bible, the true story of Jesus the Christ, we will begin to change the consciousness of the nation and the world. We consciously become God's radiation, dissolving the barrier between man and man. We must now paint the true picture of

Jesus, the Christ and not the hideous picture painted for two thousand years of a man of sorrows, bleeding on the cross with a crown of thorns. It is small wonder that no boy wants to be Jesus the Christ, the victim. No, he would rather be a soldier or an aviator or a maker of an atomic bomb so that he may drop bombs of destruction on his seeming "enemy." Science without Christ consciousness (wisdom of God) means the destruction of mankind! If we paint the true picture, every boy will want to be Jesus, the Victor. He will want to emulate the perfect ideal.

Now we have carved a model of perfection, which is good and beautiful. The basic pattern of the world is beauty and the particulars are suspended from the Universal like roses hanging from a vine. It behooves all of us to let Hiram build the temple; this represents a state of spiritual, intellectual and worldly emancipation. We must cease sacrificing the beautiful for what we consider the riches of the world. Let us begin now to change the superstition and discord into an ingot of spiritual gold. Meditating on these great truths, we will surely build Solomon's temple here and now, which is your mind, your body and affairs.

We have been searching for "the lost word," not

knowing, not realizing that when discovered it would be in our own manger, surrounded by the animals and marked by a blazing star or burning bush. This blazing star is the sun or our own spiritual consciousness called I AM. I AM is the lost word; now having found It, we can heal the blind, cure the sick, and raise the dead.

10. THE TEMPLE COMPLETED

The Scripture says, Hiram of Tyre was a widow's son. This means one who is anointed with the wisdom of God, one who has the "know how" or understanding to apply universal principles. "Hiram Abiff," means "Our Father Hiram." Hiram really means I AM or our consciousness which is the Father of all. Everything in our world is an out picturing of a state of consciousness within ourselves. When we change our consciousness the outer picture must change too. It takes seven years to complete the temple; this means you must die daily to present precepts and keep on forever expanding your conciousness. Every thought of negation must die within you and you must live only in the Christ truth or wisdom of God. The power to succeed is latent within every one.

There is a rest after every creative process (this is referred to as the seven years) and as we continue creating and generating greater values in life, we go from glory to glory.

"And there was neither hammer nor ax, nor any

tool of iron heard in the house while it was in building." (I Kings 6:7) We create only in the silence. We must learn the effortless way of life which is to "Be still and know that I Am God." If we accept all our desires in consciousness by actually feeling the reality of the wish fulfilled, the objective manifestation of each desire will appear on the screen of space without our devising ways and means. Universal principles always set in motion methods of attainment. As we continue conditioning ourselves by daily rejecting all false race beliefs, such as the necessity to work for a living, the time will ultimately come when the man of to-morrow will only think and the thought will be precipitated before the eyes. This will include food, home, real castles in the air, money and everything tangible or concrete.

This world should be the playground for man, as well as a school of learning wherein he paints the glories of God in statues, in stone, on canvas, in flesh, in speech, in writing, in music. His first real work here is to meditate on the mysteries of life. These are the everlasting values. To the degree that we understand life, to that degree can the universe be the playground in which we truly enjoy life. We are meant to be happy. All wish for perfect peace

and happiness. "We cannot hope for more, nor need we pray for less." Our happiness depends on ourselves and not on others.

We must learn to condition the weather at will and have any season of the year at any time. All these things must be done "without sound of hammer or voice of workmen." King Solomon's temple means that each man is the King in his own right; Solomon is consciousness or Father, Son and Holy Ghost; consciousness, idea and the feeling of being it. Therefore each man is King or master of his ideas, feelings and actions and he can build the house not made with hands only in the Silence, forever tuning in with the Infinite.

Three men supervise the building of this temple; they are Solomon, (God or consciousness), Hiram of Tyre (conscious mind, God-like ideas, and concepts) and Hiram Abiff (subconscious mind). There is no mystery about this; the simplest way of stating it is The Father or unconditioned consciousness generates the seed or idea, the feeling nature of man or the receptive attitude of mind receives the idea through feeling. What is impressed must be expressed. The thousands of workmen employed in the building are ideas, moods, beliefs and opinions about people and things. The masters over the work-

men are the predominant moods in which we dwell. Moods are creative, consequently, we must watch our moods wisely for they may become enemies within our household. Every man is the reflection of the mood he entertains.

The whole motion of the Cosmos is toward truth. It is the Creator moving through space, dramatizing himself for the joy of self-expression. Every man is that Being, but he doesn't believe it. The holy place of man is his conscious mind where he contemplates ideas and the most Holy of Holies is his subconscious or subjective mind, the womb of God, Isis, the Goddess of ten thousand appellations, Eve, the Mother of all living, that which is all things to all men called "the harlot" in the mysteries. It is through our feeling nature that we consecrate ourselves to God.

Man must walk the earth in silence contemplating eternal verities; then he walks on the water; he is by the shores of Reality, and all who come in its presence will say audibly or silently "There goes a holy man." At that moment all who see him will think of God and be blessed, because they felt the presence of God,—the God of Abraham, Isaac, and Jacob.

The cedars of Lebanon are used in the construction of the temple of the living God; these represent

wisdom and understanding and wealth. The cedars are the cross of Christ, the perpendicular beam is "I AM" or consciousness. Our fixed psychological belief is the horizontal or that which crossed it. There is no other cross, there never was and there never will be. Man is the cross and there is only man. The cross is God conceiving himself to be man. Let us for our own good now die on the cross and let the sword pierce our side and we will be resurrected as new beings; we will become illuminated and transformed from the Jesus state to the Christos plane of God being. Blood and water came out of his side. Blood and water do not fall from a dead man. This is a great truth and must be interpreted mystically and in no other way. Blood and water flow at birth; therefore it symbolizes the birth of the Christ consciousness. As this awareness expands we say "Blessed be the Name of the Lord." "Blessed be His Angels." The angels and the saints are the divine ideas that we are radiating; it is the subtle aura of love toward all men, the extension of ourselves as operating centers of consciousness. We realize all men are saints or holy because they are the channels through which the Holy One of Israel walks and talks. We also say aloud "Blessed be the Name of Mary, Virgin of Mothers." We now have purified

Mary or the subjective by true prayer, and dispelled all false beliefs and superstitions. Now we bring forth the blessed One, the beloved Son of God, the Christ consciousness. Our world is heaven and we abide in it.

In conclusion let us contemplate this profound truth "Beloved, now are we the Sons of God and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him, for we shall see him as he is." (I JOHN 3:2)

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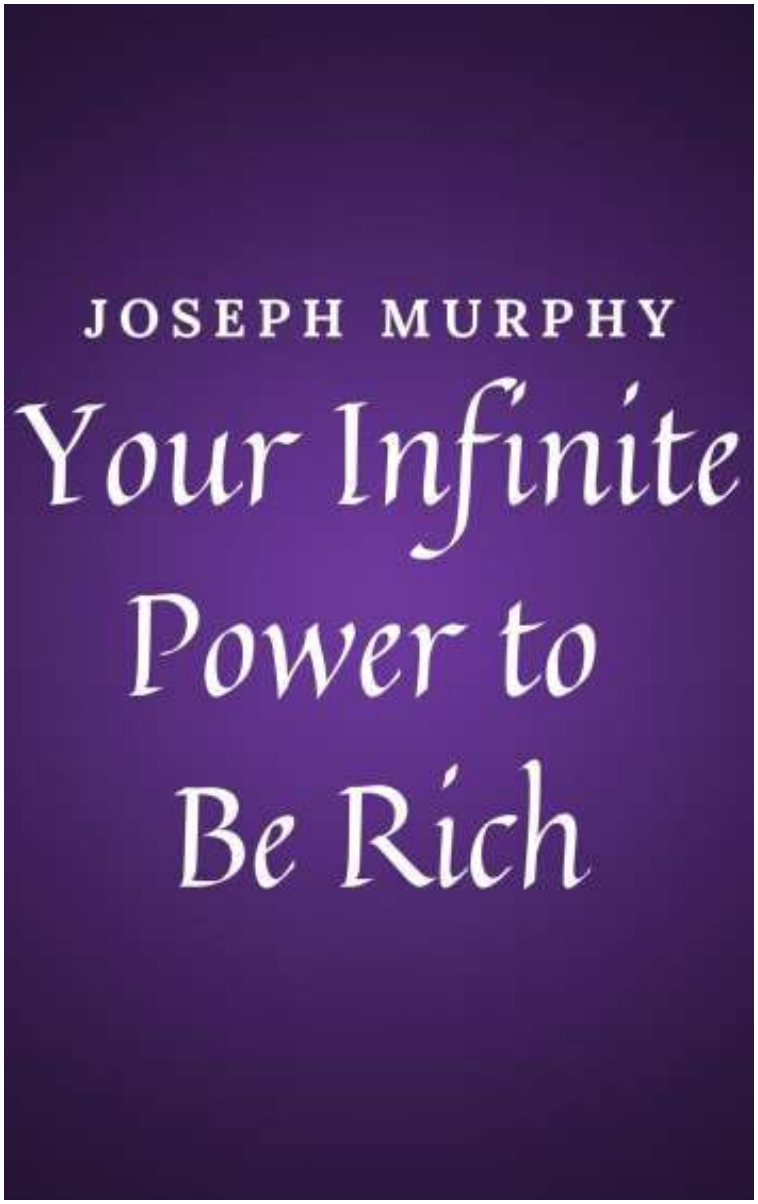

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How This Book Can Benefit You

This book is designed to be a very practical one. It is intended for men and women whose pressing need is for money, and who are seeking to claim the riches life has in store for them.

It is for those men and women who want immediate results and who are willing to put into application the simple down-to-earth techniques outlined in detail in this book. Within the following pages, you will find specific details and illustrations on the techniques to apply for getting riches as your natural way of life.

You can subscribe to the fundamental laws of the mind as explained in this book just as you would accept statements regarding laws and principles of electricity or

mathematics as promulgated by an Edison, or an Einstein, and by applying them, get equally definite and certain results.

In writing this book, I have concentrated on plainness and simplicity of style, so that even a youngster twelve years of age could understand and apply the techniques outlined herein.

All of the case histories presented in this book are of men and women who became rich by using the mental and spiritual laws described in it, and, to my personal knowledge, these people belong to all religious denominations. Moreover, they come from every income bracket and from every social level. All of these people have amassed wealth by thinking in a certain way, and by using the power of their subconscious mind in the right way.

The following are just some of the highlights of this book:

• How a salesman advanced from $5,000 to $50,000 annual income within a year.

• How numerous people make use of a magic formula for paying bills with marvelous results.

• How a businessman in Los Angeles applied a million dollar formula, then moved from a “hole in the wall” to control a chain of stores worth many millions.

• How a carpenter doing odd jobs became a skyscraper builder and amassed a vast fortune.

• How a man who was broke, applied these specific three steps to riches, and then advanced by leaps and bounds along all lines.

• The fascinating and thrilling story of how a wealthy miner conveyed the idea of riches to his son, who is now a famous surgeon, and the fact that his story supplies the key to riches.

• How Mr Tyng applied the age old teachings of Truth and formed a multimillion dollar corporation. He took the formula for riches from the Bible and proved that it works.

• How poets, writers, artists, scientists, and businessmen draw riches from the treasure house of infinity within themselves.

• How a boy ten years of age constantly receives gifts of money wherever he goes.

• How to become rich in the knowledge of mental and spiritual laws, realizing that all the tangible good things of life thereafter will be added to you.

It is not possible for you to lead a full and happy life unless you are rich! There is a logical, scientific approach in becoming rich, and if you wish to reap the fruits of a rich, happy, and successful life, you should study this book over and over again. Do exactly as it tells you to do, and you will open the way for yourself in grander, finer, happier, richer, and nobler living.

From this page onward, we shall venture together toward the riches of life here and now.

Chapter 1: The Treasure House of Infinity

The Bible says: *I am come that they might have life, and that they might have it more abundantly* (John 10:10).

You are here to lead a full and happy life, to glorify God and enjoy Him forever. All the spiritual, mental, and material riches of the universe are the gifts of God, good in themselves and capable of good use.

God is the giver and the gift; man is the receiver. God dwells in man, and this means that the treasure house of infinite riches is within you and all around you. By learning the laws of mind, you can extract from that infinite storehouse within you everything you need in order to live life gloriously, joyously, and abundantly.

Your Right to Be Rich

You were born to be rich. You grow rich by the use of your God given faculties, by tuning in with the infinite, and as your mind becomes productive and full of good ideas, your labor will become more productive and will bring you all kinds of material riches.

It is your feeling of oneness with God in your heart that makes you rich, and you are rich according to your mental attitude and faith in all things good. All of the riches of the Infinite – within and without – are yours to enjoy.

There is no virtue whatsoever in poverty, which in actual fact is a mental disease, and it should be abolished from the face of the earth. You are here to find your true

place in life, and to give of your talents to the world. You are here to expand and unfold in a wonderful way, according to a God given potential, and to bring forth spiritual, mental, and material riches which will bless humanity in countless ways. Learn how to surround yourself always with beauty and luxury, and realize your inalienable right to life, liberty, freedom, and peace of mind.

It is your Divine right to dramatize, reveal, portray, and express the power, elegance, and riches of the Infinite One.

The Science of Getting Rich

This is a universe of law and order, and there are principles and laws by which all of our experiences, conditions, and events take place. There is a definite law of cause and effect in everything. The science of getting rich is based on the law of belief. *If thou canst believe, all things are possible to him that believeth* (Mark 9:23). The law of life is the law of belief. To believe is to sincerely accept something as true...believe in the abundant life, the happy life, the successful life, and live in the joyous expectancy of the best, and invariably the best will come to you. It is the belief of man that makes the difference between wealth and poverty, between success and failures, and between health and sickness. It is a cosmic law that like thoughts always produce like effects; therefore, any man who boldly claims the riches of the Infinite will receive them.

You Were Born to Be Rich

You were born with all the equipment necessary to lead a full, happy, and successful life. You were born to win, to conquer, to rise above all obstacles, and to demonstrate the glories and beauties within you. All the powers, qualities, attributes, and aspects of God are within you. Your life is God's life, and that life is your life now. God is always successful in whatever He undertakes, whether it is a tree or a cosmos. You are one with the Infinite, and you can't fail.

You are not here to earn a mere living. Life is a gift to you. You are here to express life and to give of your hidden talents and abilities through your mind, body, and soul. Your desires for health, abundance, happiness, peace, and true place in life represent the urges, promptings, and intimations of Infinite Life seeking expression through you. Desire to make the most of yourself!

A Businessman's Three Steps to Riches

A business friend of mind in Beverly Hills said to me in his store, “My brother is in the same business as I am, just three blocks away, and he is prospering and rolling in wealth. Recently, he hired two additional sales clerks. Yet, I can't make ends meet. It is not the environment or the merchandise; it must be me!”

I commented that getting rich and advancing in life is not a matter of a certain business or a certain location, that riches are of the mind of man, and that some men

of great talent remain poverty-stricken and frustrated, while others who have very little talent or education prosper beyond their fondest dreams. I told him about three steps to unfailing riches.

He followed these three steps and progressed remarkably:

First Step: Never make a negative statement about finances, such as, “I can't pay the rent,” “I can't make ends meet,” “Business is very bad,” “I can't pay my bills,” and so on. As soon as the negative thought, “I can't...” comes to mind, affirm instead: “I am one with the Infinite storehouse within me, and all my needs are met instantaneously.” it may be necessary to do this fifty times in one hour, but persist and the negative thought will cease to trouble you.

Second Step: Make it a habit during the course of the day to condition your mind to the riches of the Infinite by affirming: “God is an ever present help in time of trouble,” and, “God is the instant and immediate source of my supply, presenting me with all the ideas necessary at every moment of time and point of space.”

Third Step: Lull yourself to sleep every night by reiterating this great truth: “I am ever grateful for God's riches that are ever active, ever present, unchanging, and eternal.”

This businessman faithfully followed this spiritual prescription, and he has advanced by leaps and bounds. He framed the

following Biblical quotation which stands on his desk: *The wilderness and the parched land shall be glad; and the desert shall rejoice, and blossom as the rose* (Isaiah 35:1).

Recently, he said to me, “My mind was a wilderness and a desert. There was nothing growing there but weeds of ignorance, fear, self-depreciation, and a sense of unworthiness. Now I am on the way to victory, achievement, and prosperity.

Abundance of Opportunity

You are now in the space age, the age of superjets, electronics, space travel, and countless innovations and discoveries in the realms of science, art, medicine, and industry. For example, the fields of computers and electronics are still in their infancy and they offer endless scope for enterprise; and traffic through the air – even to other planets – is undoubtedly becoming a vast industry, giving employment to countless thousands and perhaps millions of people all over the world.

There is abundance of opportunity for men and women who will go with the current of life and cease swimming against the tide. The law of riches is the same for you as it is for all others.

It has been said that the amount of fruit that falls to the ground and rots in the tropics every year would feed the whole world. Nature is lavish, extravagant, and bountiful. Man's shortage and lack comes because of

his mal-distribution and abuse of nature's bounty. Look at the building materials here in the United States. There is enough material to clothe all women like queens, and all men like kings!

The visible supply, to all intents and purposes, is inexhaustible. You know that the Infinite Source is inexhaustible. It is the fountain that never runs dry. All things in this universe are made of out of one universal, primordial substance. The only difference between copper, lead, gold, silver, wood, stones, or the watch on your wrist, is the number and rate of motion of the electrons revolving around a nucleus. The whole world and all things therein contained are made out of this universal primordial substance.

The Infinite storehouse of ideas within you never runs lean. If men need more gold and silver, they can make it synthetically from already existing elements. Infinite Intelligence responds to your needs, and it is Its constant nature to enlarge Itself and to find a fuller expression through you.

She Found Riches Within Herself

A woman who listens every morning to my radio program wrote to me and said, “Bills are piling up; I am out of work. I have three children and no money. What shall I do?”

I suggested that she relax and condense the idea of her needs into a little phrase: “God supplies all my needs now.” The significance of these words to her meant the realization of all her desires, such as bills paid, a new position, a home, a

husband, food and clothing for the children, and an ample supply of money.

She repeated the phrase over and over again like a lullaby. Each time she affirmed, “God supplies all my needs now,” a feeling of warmth and peace stole over her until she reached the point of conviction and felt the reality of it.

This woman shortly achieved astonishing results! Her sister, whom she had not seen in fifteen years, visited her from Australia, and gave her $5,000 in cash as well as other gifts. She then became a secretary to a doctor and married him within one month; she is now supremely happy. The ways of the Infinite truly are past finding out! This woman has truly found the storehouse of riches within herself.

Poverty Is A Disease

Disease means a lack of ease, poise, balance, and equilibrium. Look around you, and you will find people in all walks of life, and in all types of businesses and professions who are getting rich and achieving their goals of life, while others living nearby them and in the same work and professions remain poor, ill-clad, and ill-fed.

If you were physically ill, you would visit your doctor and have a physical check-up, in order to correct the condition at once. No matter how poor you may seem to be, if you habitually begin to think of riches, advancement, expansion, and progress, you will automatically receive a healing response from your subconscious mind,

and your good fortune will be multiplied and magnified in countless measures and ways.

You may be in debt, however, and have no funds, influence, or tangible assets; but if you will begin to claim: “God's wealth is circulating in my life, and there is always a Divine surplus,” wonders will soon happen in your life!

“It Was A Miracle!”

As I was writing the first chapter of this book, an elderly woman phoned me and said, “It was a miracle!” She and her husband had been receiving a very small pension and barely could make ends meet. I had given her a special prayer to use, as follows: “God's wealth is circulating in my life. His wealth flows to me in avalanches of abundance, and I give thanks for my good now and for all of God's riches.”

she had kept repeating this prayer knowingly and feelingly many times during the day, and at the end of about two weeks, a man called at her door (she said it was “out of the blue”) and asked her about a lot which she owned in the center of a desert. There were no homes there, no water – only brush and cactus. She had tried for years to sell it, and no one would even look at it. The man said, “Our company wants it to install electricity and power there for construction purposes nearby.”

She was given $10,000 for the so-called worthless lot. This was not a miracle; it was the response of her subconscious mind[1] to

her request. It's infinite ways are past finding out.

You Can Get Capital

Thought is the only intangible and invisible power of which you are aware. Whatever you think tends to manifest itself in your life, unless you neutralize it by a contrary thought. Your thought definitely and positively can produce for you tangible capital through your subconscious mind.

Your subconscious mind moves as it is acted upon by your thought. If you think "poverty" thoughts, you will become poor – no matter how rich you may now be. If you make a habit of thinking of riches, spiritual, mental, and material, you must become rich according to the law of reciprocal relationship. In other words, when you think, "wealth is mine now," and remain faithful to that idea, your subconscious mind will respond by distributing to you wealth along all lines according to the nature of your thought life.

All inventions – buildings, structures, cities, and devices of all kinds, including all man-made forms and processes as well as those of nature – came out of the same type of invisible storehouse within you. When you think of moving from your chair, you make that motion. The scientist thought of projecting voices and harmonics into your home; television was the result. The electronic impulses were transmuted into form, voice, music, etc. You are really living in a "thought world."

The Infinite Presence thought of a world, and the Universal Mind moved according to that thought and took the form of a physical, dynamic universe, plus its system of stars, suns, and moons, and the endless galaxies in space. All this is the product of an Infinite Thinker, thinking in an orderly, mathematical manner and with absolute precision.

The poet Joyce Kilmer said, “Only God can make a tree.” In creating the trees, whether oak or apple or what have you, the Infinite Thinker thinks of trees, and the Universal Mind starts in motion the forces bringing forth all trees according to their nature as prescribed by the principle of growth which is constant throughout nature.

The Great Law of Attraction

Some months ago, a man showed me an invention of an engineering nature and said to me, “I need money to promote this – lots of money.”

I explained to him that there is a law of attraction which would supply him with everything he needed for the fulfillment of his dream. I suggested that he make a practice of claiming mentally: “Infinite Intelligence within my subconscious mind attracts to me the ideal concern which will manufacture, promote, and sell this invention. There are mutual satisfaction, harmony and Divine agreement which bless all concerned.” This statement became his habitual prayer.

His subconscious got busy, and shortly thereafter he met a prominent businessman in the Wilshire Ebell Theater in Los Angeles where I was lecturing. This businessman sponsored the invention and contracted with the proper parties to make the most of the invention. He has recently told me that it is going to be a fabulous product of a revolutionary nature, with unlimited profit potential.

This demonstrates the law of attraction, and, like the subjective wisdom of a seed which attracts to itself everything needed to enable its growth, man also can consciously draw forth the wisdom and ideas necessary for the fruition of his ideas, goals, and objectives for accumulating wealth.

Remember, all man-made forms, processes, and anything else he creates, must first live in man's thought life; he cannot mold, fashion, or shape anything until he has thought it out. In the end, thought rules the world.

Think & Gain Riches

1. Use the laws of mind and extract from the infinite storehouse within you everything you need to lead a glorious and successful life.

2. You were born to be rich, and you are here to lead a full and happy life. God wants you to be happy.

3. There is a definite law of cause and effect in everything. Believe in God's

riches, and you shall receive. It is done unto you as you believe.

4. God always is successful in all His undertakings. You are one with God; therefore, you can't fail. You were born to conquer.

5. All riches are of the mind. It is your mental attitude that determines wealth or poverty. Think riches and riches follow; think poverty and poverty follows.

6. There is an abundance of opportunity for you. Go with the current of life and stop swimming against the tide. There is an infinite number of ideas to draw out of your subconscious; a new idea you have may be worth $50,000.

7. A magnificent way to contact the infinite storehouse within is to make a habit of affirming: “God supplies all my needs now.” Wonders happen as you pray this way.

8. Poverty is a mental illness. Claim boldly, “God's wealth is circulating in my life and there is always a Divine surplus.”

9. Your subconscious mind, which is the storehouse of riches, responds to your sincere thoughts in ways you know not of.

10. Thought is the only immaterial and invisible power of which you are aware. Your thought definitely and positively can produce capital for you.

11. The law of attraction attracts to you everything you need, according to the nature of your thought life. Your

environment and financial condition are the perfect reflection of your habitual thinking. Thought rules the world.

Chapter 2: Riches Are All Around You

The Bible says...*The earth is full of the goodness of the Lord* (Psalms 33:5). Riches are all around you for the simple reason that Divine Presence, though invisible, is omnipresent, or present everywhere.

It is like the air around us: there is no shortage of it. Each man can breathe in all he wants, and there is still an endless supply of air left. You may liken this Presence to the ocean. You may go to the ocean with a thimble and take a thimbleful of water, or you can go with a demijohn and fill it; the ocean doesn't care, and there is plenty of water left.

This Presence is infinite life; there is no life apart from it. This Presence also is infinite

substance, in the same way that your thoughts and feelings are the substance behind everything you are, possess, and do.

Your conscious “at-one-ment” with this Presence overcomes all sense of deprivation or want because this Presence is fullness of being, the living fountain from which all blessings flow and which supplies everything that exists.

There is plenty of everything as well as an abundance of opportunity for the man who will tune in with the Infinite and think big. He will gain a response from the Presence and thereby bring all manner of good into expression in his immediate environment.

It is the Father's good pleasure to give you the kingdom of health, happiness, peace, joy, and abundance in material things.

There Is Enough of Everything

Begin now to clearly realize that the creative power within you is unlimited; then there is no reason whatsoever for limiting the extent to which you may enjoy and experience what you can create by means of this power. You are drawing from the Infinite Source, and you need never worry about taking more than your share because the infinite storehouse is inexhaustible and eternal, the same yesterday, today, and forever.

Man's great folly is in not realizing the true riches within himself and in looking upon external products, possessions, and

conditions as being the true riches instead of the creative power of his own mind.

Remember, there is no limit in taking what you will from the infinite storehouse. Your true wealth consists in identifying yourself with the source of opulence and great riches. Think opulence, that is, think big, think generously and liberally, and you will find good flowing to you from all quarters, such as money and countless other things, all representing different facets of wealth.

Omnipotence is within you; therefore, there is plenty of power available to you. Infinite peace, boundless joy, and absolute harmony, plus an infinite number of ideas for success, expansion, improvement, and advancement and creativity along all lines are available in endless variety for the man who joins up with the infinite riches of God within him. “All things be ready, if the mind be so.”

How He Implanted Riches in His Mind

I have a letter from a businessman, the substance of which states that he was brought up to believe that poverty was a virtue, and that he knew this superstitious belief implanted in his subconscious was blocking the improvement of his personal welfare and expansion in business. However, after listening to a series of my lectures on Sunday morning, he affirmed several times a day as follows:

“God's wisdom, power, and creative energies are extended and expressed through me, just as a branch of a tree is an extension of the life of the tree. I am a son

of God, and I inherit all the rights, privileges, and blessings of God's riches. I center my mind on God and sense my oneness with this invisible Presence. I believe in infinite substance and infinite supply. I believe and mentally accept now that the Infinite is showering me with Its riches, bringing harmony, inspiration, blessings, and abundance into my life. I am one with my Father. His creative power is mine. His wisdom, strength, intelligence, and understanding are also my wisdom, strength, intelligence, and understanding. Infinite Intelligence directs me in all my ways, and His spirit of opulence is my abundance, success and well-being. I open my mind and heart to the riches of the Infinite, and prosperity follows all my efforts. God and man are one. My Father and I are one."

The above prayer is very beautiful and also effective. This man continued to repeat these truths three or four times every day in his office. The result has been that he has opened three additional stores and has employed twenty-five more people to supervise and handle the business.

The so-called miracle was simply a redirection of his mind and a cultivation of the spirit of opulence.

The Cause of His Financial Trouble & Its Reversal

A young boy of about sixteen years of age in my neighborhood came to see me. He complained that his father would not allow him to go to college and become and

engineer. His father was constantly saying, “We don't have the money to send you to college. We can't meet the mortgage on our home or the note that is due at the bank. We never make ends meet. Forget it!”

You can see the reason for this father's financial lack. He was constantly dwelling on lack, limitation, and financial restrictions of all kinds, and his subconscious naturally responded according to the nature of his habitual thinking. Think rich and riches follow; think poverty and poverty follows.

His Reversed Attitude Worked Wonders

I explained to this boy's father that all he needed was to cultivate the feeling of opulence and to constantly imagine that he possessed all kinds of riches. As a result, every night prior to sleep he imagined that he had received a letter from his son, telling him how happy he was to be in college and thanking him for all he had done for him. Furthermore, he claimed silently and feelingly: “God is the eternal source of my supply, meeting all my needs at every instant.”

During the day when thoughts came to his mind, such as “I am short of money. I hardly know how to pay my bills. What have I to give? I am broke,” and so forth, he never permitted the sentence to be finished in his mind. He persisted in neutralizing the negativity by immediately affirming: “God is the constant source of my supply, meeting all of my needs instantaneously.” Often, at first, he had to do this thirty and forty times in one hour, but after a few days the

momentum and force of habitual negative thoughts died out, and he ceased to be troubled by them.

Then, almost miraculously, he won a large sum of money from a lucky lottery ticket which paid all his debts and gave him increased confidence and faith in the power of his mind to meet all his needs at all times everywhere.

Today his son is in a university of his choice and is deeply grateful for the discovery of the real riches. This father and son will no longer tremble in fear and trepidation when financial exigencies and emergencies loom up before them.

Magic Formula for Paying Bills

A pharmacist in London, England, who attended my lectures some years ago, told me that he started his chemist's shop on a shoestring, so to speak. He opened his pharmacy on money borrowed from his father-in-law, who constantly pressed him for repayment. Bills were unpaid, and he was in desperate straits.

However, in one of the lectures at Caxton Hall in London some years previously, he had heard one of my statements: “Whenever you receive a bill for anything, immediately give thanks that you have received that same amount.” After pondering this philosophy, he began to do this regularly and systematically, and inasmuch as whatever the mind gives

attention to magnifies and multiplies exceedingly, his business began to improve: three doctors in his neighborhood began to direct all their prescriptions to his pharmacy. I am happy to say that today he is the proud owner of three very successful pharmacies in the city of London.

The thought-image of receiving the amount of the bill gradually sunk into his subconscious mind, and he knew that thought-image of the money was the substance of things hoped for and the evidence of things not seen. I have taught this magic formula to many businessmen, and in every case, they are eternally grateful for its benefits. *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22).

How To Handle Financial Problems

The first principle in the art of becoming rich is to realize that thought is the only intangible power which can produce tangible riches form the storehouse of the Infinite.

Every created thing, every form and every process you see in this universe is the visible manifestation of a thought of Infinite Intelligence. As the Infinite thinks of a motion, the thought becomes that motion; as He thinks of a form the thought takes on that form. This is the way all things were created in this world. You live in a thought world, and in order to become rich and to solve your financial problems you must continuously dwell on thoughts of wealth, prosperity, and success.

The Infinite had to think of a sequoia tree to bring it into being, and the thought proceeded to produce the tree even though centuries may have been required to bring it to completion. The Infinite Thinker, when It thought of a sequoia tree, did not cause the instant formation of a full grown tree, but He started in motion all the forces necessary to produce the tree through the subjective wisdom operating in the seed.

Likewise, when you desire to be free from all the financial problems and all sense of pecuniary embarrassment, you must realize that you are a thinker and that you can originate ideas, images, plans, and purposes. Furthermore, become aware that all structures, inventions, and all things fashioned by your hands first existed in your mind as thought-images. You cannot create anything in this world until you have thought that something into existence.

This being true, saturate your mind with these truths, such as: “ I have absolute trust in God and all things good. I know that I will be able to meet any situation at any time, for God is my immediate source of supply, presenting me with all necessary ideas, in the right way and at the right time. God's riches are forever flowing freely in my life, and there is always a Divine surplus. As I repeat these truths, I know my mind is being conditioned to receive Divine supply forever flowing.”

As you reiterate the above truths and feel the reality of them in your heart, you will develop the spirit of opulence, and regardless of the economic situation, stock

market fluctuations, or other circumstances, you will always be amply supplied, no matter what form money power may take.

From $5,000 To $50,000 A Year

A few years ago, a salesman who attends my Sunday lectures and who listens to my daily radio program asked me, “How can I make $50,000 a year? I am married and have three children. I barely make ends meet. My wife has to work in order for us to break even!”

In many instances, the explanation is the cure. I explained to him that the thought-image or mental pattern of wealth in his mind is the first cause relative to that thing; it is the actual substance of wealth, untouched by any previous conditions of lack, limitation, or restrictions of any kind.

His starting point was the thought-image. He realized that this is the modus operandi for all expression, whether on the scale of the Universal Mind, or his individual mind – which is itself a part of the Universal Mind. This salesman concluded that all he had to do was to communicate his thought-image to his subconscious mind and the result or manifestation of his idea would come forth.

The following is the sequel to our conversation, based on his letter to me:

Dear Dr Murphy: Shortly after I talked to you, every morning for the following three months I gave myself the mirror-treatment. I stood before my mirror after shaving and decreed out loud, slowly, feelingly and

knowingly: “John, you are a tremendous success. You are making $50,000 a year. You are an outstanding salesman.” I kept repeating this for about ten or twelve minutes every morning, knowing that finally I would build in my subconscious mind the mental equivalent of $50,000 and that I would succeed in psychologically impregnating myself with that amount. I was guided to take up public speaking; I gave a talk about ten weeks ago at our annual sales meeting. The vice president congratulated me, I was promoted, and I was given a more lucrative district at $10,000 annual salary. My commissions and salary the past year have exceeded $50,000! Truly the mind is the source of wealth and all the riches of Heaven.

He Worked Hard & Got Nowhere

One time I interviewed a junior executive who said, “I work very hard, spend long hours in the company, and I pray every night saying, 'God is prospering me in all my ways, and I accept my good now.' Yet I get nowhere, and I have not had an increase in salary in five years or a promotion of any kind.”

He admitted, however, that he was jealous and envious of the success and promotions of former classmates in the organization. His former college friends had gone up the ladder of success and excelled him; he was bitter and critical of their progress. This was the reason he got nowhere.

Thinking negatively of his associates and condemning their wealth, promotion, and

success, caused the wealth and prosperity for which he was praying – to flee away and vanish. He was condemning the things he was praying for! He was hurting and injuring himself, because he was the one thinking and feeling these negative states of mind. Actually, he was praying two ways. On the one hand, he was saying, “God is prospering me now,” and in the next breath, silently or audibly, he was saying, “I resent that fellow's promotion and increase in salary.”

He began to realize that his mind is a creative medium, and the thoughts we think about another person, we bring to pass in our own experience. He reversed his mental attitude and made it a special point to wish for all his associates health, happiness, peace, and all the blessings of life. He made it a habit to rejoice in their prosperity, promotion, and success, and as he continued in this attitude, promotion and advancement came to him. His changed attitude changed everything.

A Sure Way to Become Financially Secure

Money is a medium of exchange. It is a symbol of freedom, beauty, luxury, power, refinement, and rich and joyous living. Money may be looked upon as a Divine idea, maintaining the economic health of the nations. It should be used wisely, judiciously, and constructively.

You become financially secure by impressing in your mind that money is not only good, but very good, and it blesses mankind in countless ways. In your mind, continue to imagine that you are a

distribution center, that you possess all sorts of riches and that you are bestowing these blessings on others. As you do this, you are opening the way for still greater supplies to flow in.

Your motive is right, and you know in your heart that you have the right to plenty of money; you expect it to flow in avalanches of abundance. Your security and happiness are the results of the wise use of the power and wisdom resident in your subconscious mind.

Life will reward you when you believe and accept success as your Divine right. The real key to financial security is to constantly feel, know, and imagine yourself serving others in a grander, greater, and more wonderful way. Imagine greater and greater success and abundance happening to you. Accept all monies received with a deep appreciation and use them freely with grateful acknowledgment to the Infinite Being from whom all blessings flow.

Use the following prayer frequently, and you will convey the idea of financial security to your subconscious mind:

“I know that money is an idea in Divine Mind. It symbolizes wealth; I recognize it as a means of exchange. All of God's ideas are good. God created all things; He pronounced His creation good and very good. Money is good. I use it wisely, judiciously, and constructively. I use it to bless mankind. It is a very convenient symbol; I rejoice in its circulation. God's

ideas are instantly available to me; I have a Divine surplus. God is my source of supply; that is my supply now. Wealth of all kinds flows to me in avalanches of abundance. There is only One God and One Mind; every idea in the Mind of God is spiritual. My relationship to money is friendly. It is a symbol of God's wealth and His infinite abundance. The idea of money is omnipresent; I am one with all of the wealth in the world. I use it for good only and I thank thee, Father, for thy supply."

Highlights to Recall

1. Riches are all around you, for the simple reason that you live, move, and have your being in God; and God lives, moves and has His being in you. God is omnipresent; therefore, all of His riches are present everywhere, within you, and all around you.

2. The creative power in you is unlimited and inexhaustible. Your true wealth is in identifying yourself with the spirit of opulence.

3. Stay your mind on God and sense your oneness with the infinite storehouse of riches within, and riches will flow automatically into your life.

4. If you think of lack, limitation, and restrictions. You will create more lack and limitations of all kinds. What you give your attention to, you magnify in your world.

5. Realize that God is the eternal source of your supply meeting all your needs at every

instant, and wonders will happen in your life.

6. A magic formula for paying bills and banishing all debts is to give thanks that you have received that amount of money when you receive any kind of a bill, and the idea will gradually impregnate your subconscious mind.

7. Your thought is the only immaterial power you know, and your thought can produce tangible riches from the invisible storehouse. Think riches and riches follow; think poverty and poverty follows.

8. Your thought-image or mental pattern of wealth is the first cause relative to wealth. It is the substance of things hoped for and the evidence of things not seen.

9. To condemn the wealth and prosperity of another is to hurt yourself. Your mind is a creative medium, and what you wish for the other you are wishing for yourself. You are the thinker, and your thought is creative.

10. You will become financially secure by mentally identifying yourself with the eternal source of supply which never runs dry, and by having a deep desire to service others in a grander, greater, and nobler way. God will supply all your needs and there will always be a Divine surplus.

Chapter 3: Knowledge Is Wealth

The greatest discovery you can make is to be made aware that there is an infinite power and wisdom resident within you, enabling you to overcome all problems, to rise above all hurdles, and to handle life's tasks. You were born to conquer, and you are equipped with all the necessary attributes, qualities, and potentials to make you a master of your fate and a captain of your soul.

If you do not know of your spiritual powers, you will be governed and controlled by events and conditions of the world; you will tend to disparage yourself and generally to hold a low estimate of yourself. In other words, due to your lack of knowledge you will exalt the power of circumstances and fail to realize the tremendous powers within you, which could lift you up and set you on the high road to happiness, health, freedom, and the joy of living.

How Her Knowledge Paid Dividends

During a visit to the famous temple of Delphi near Athens, Greece, in August 1965, I chatted with the guide. She was fluent in English, French, and German, and her knowledge of these languages had interested one of the tourists in our group, who offered her a position as a traveling companion in France and Germany and also as governess of her three children in New York City. The salary was to be $400 a month including living quarters and food to be provided in the home. This guide told me that her present salary was about 100

drachmas a day (a little over $3.00). She said this opportunity was all like a big dream since she had wanted to go to the United States for many years and now her wish was to be fulfilled.

The interesting thing about this young lady was that she had been accustomed to praying fervently to the Blessed Virgin every day for more money and for a trip to America; undoubtedly, her blind faith or belief had succeeded in impregnating her subconscious mind, and definitely brought about this extraordinary response.1 Paracelsus said: “Whether the object of your faith be true or false, you will get the same results.”1 See The Power of Your Subconscious Mind, by Joseph Murphy.

His Vision Was Wealth

I went on a lecture tour to England, Germany, Ireland, and Greece, which included several days' vacation in each of the countries visited. In Cork, Ireland, I had dinner in the home of a young wine salesman and his charming wife. He was about twenty-four years old. He told me that he had had a vision of being the foremost wine salesman in the firm for which he worked and that it recently had come to pass. He had been invited to the headquarters in Dublin, and, at a formal ceremony, he had been presented with an inscribed gold watch and a very large increase in salary. He had been first in sales for three consecutive years.

Every night, this young man had affirmed prior to sleep: “I am the foremost salesman, and I am handsomely compensated.” He would then mentally picture his wife congratulating him and go off to the deep of sleep. He is an avid reader of my book The Power of Your Subconscious Mind, which has transformed his life.

This young man, who is a relative of mine, had no idea of competing with anyone. He has succeeded in impregnating his subconscious mind with the idea of “the foremost salesman,” and his deeper mind – which always is responsive – had reacted in its own unique and extraordinary ways. Its Infinite ways are past finding out.

Knowledge Opens Doors

During my visit to the Temple of Apollo in Greece, I noticed a young Greek girl with a book under her arm. I thought that it looked familiar, and on closer observation I discovered to my astonishment that it was “The Miracle of Mind Dynamics.” Immediately, I introduced myself, and she bombarded me with all kinds of interesting questions.

Her main problem was that she wanted to go to the United States, but she had been told at the US Embassy in Athens that it would be years before she could expect to immigrate, due to the large waiting list. She said to me, “I have been using the techniques you have outlined in the book, and I have received answers to all my

prayers but this particular one – permission to immigrate to the United States.

She had been affirming systematically, regularly, and faithfully: “Infinite Intelligence opens up the way for me to immigrate to the United States in Divine order.

When man says, 'There is no way,' God says that there is, and I accept that way now."

I wrote a personal note for her to an extraordinarily brilliant woman attorney in New York, a student of Science of Mind and an old friend of mine, explaining that this Greek girl had a sister in business in New York for many years who was ill and needed her sister in Greece to take care of the business and to help her. The attorney acted almost immediately and wrote this young student of “The Miracle of Mind Dynamics” in Greece and told her what legal steps to take to insure her entry into the United States.

As I wrote this very chapter, I received a communication from the young lady in Athens, who wrote: “It was no accident meeting you. When I saw you dressed in clericals and heard you speak; I knew you were a minister from America. I also knew that you would speak to me and that somehow you had the answer for me.”

I was simply the channel through which the infinite wisdom of her subconscious had responded in answer to her constant and

persistent desire. She never faltered, vacillated, or questioned the possibility of a way out of her dilemma. She simply knew that there was an answer, and her persistence, stick-to-it-iveness, and determination paid dividends.

The first step in the answer to her prayer happened when an airline hostess presented her with a copy of “The Miracle of Mind Dynamics,” saying: “This will help improve your English in a remarkable way, and if you use it, you will find yourself in America.”

The ways of the subconscious at times are entrancing, fascinating, enthralling and captivating. You begin to realize that wonders never cease and that “He never faileth.”

Her New Concept Gained A Contract

In one of my lectures at Caxton Hall in London, England, on this trip of which I have been writing, I spoke about The Amazing Law of Love.1 After the lecture an actress chatted with me and confided that she had quit the stage as she was bored to death with the scurrilities of the modern plays. “Now,” she said, “I see where I have been at fault. I have something to give. I have been demoting myself and have been deeply resentful toward the publishers who committed mayhem on my new book. I am going out tomorrow to prove that love casts out fear, hate, and resentment.”1 See the Amazing Laws of Cosmic Mind Power, by Joseph Murphy.

I was in London just one week, and before I left this actress phoned me at my hotel on Bond Street and said proudly and joyously, “I signed a contract today! For two hours last night, I said aloud, 'Divine love fills my soul,' and I fell off to sleep with a deep feeling of love and goodwill to all mankind.”

This actress had acquired a new idea of the meaning of love and had enthroned it in her mind, and she discovered that Divine love dissolves everything unlike itself. Love is the universal solvent. She had realized during the lecture that a base canard which was circulated about her and which particularly enraged her had no power to hurt her except through the medium of her own thought. She blessed those that had fabricated the absurd piece of gossip about her, and she was set free.

Today I Am Rich

I spoke to a small group in a private home in Munich, Germany, on the law of mind. A young man, whose guest I was, is an outstanding Alpine ski teacher. On one of his excursions in Alpine climbing, one of his students, his fiancé, accidentally was lost in an avalanche and was found dead when discovered. He had been prosecuted by the law, and two courts found him guilty; at a third trial, however, he was exonerated from all culpability. He had, nevertheless, a deep sense of guilt and suffered from acute remorse. Further, he felt hurt by denunciatory comments in the local press.

I explained to him that he could not be held responsible for the acts of others or for their wilful disobedience of instructions on alpine

climbing. I also added that some people have a death wish and a death complex and they unconsciously choose some daredevil stunts which could result in their destruction. Self-loathing and self-hatred cause people to drink themselves to death, or to take an overdose of sleeping tablets or some other poison. He began to see that he was needlessly punishing himself and that, instead, he should bless the girl and release her to God, thereby freeing himself and his former fiancé.

I pointed out to him that all of us on this earthly plane come to pass, and that it is impossible to have one's mother, father, sister, brother, or loved one all the time. The time comes when each makes his or her transition. This is a cosmic law, and it is universal and applies to all men and women throughout the world. We must therefore listen to the murmurings and whisperings of our heart strings and realize that the passing on to the next dimension of each one of us is ordained by God and must be good or it would not be.

It is also wrong to hold morbid or depressed thoughts about loved ones[1] as this negative, depressed attitude holds them back. We must love them and release them to God, knowing that their journey is ever onward, upward, and Godward. When we think of them, let us realize that God's love fills their souls. [1]See “Every End Is A Beginning,” page 63 of The Miracle of Mind Dynamics, by Joseph Murphy.

With this explanation, there was an effulgence of light in his eyes, and he

exclaimed, “A load has been lifted from my mind! I am free. Today I am rich!”

She Welcomed the Idea

During a visit to the Temple of Askleipios near Corinth, Greece, I listened with rapt attention as a guide explained how people in ancient times made pilgrimages to this ancient shrine and how they were healed of all manner of diseases. She dwelt on the fact that most of them were practically healed before they arrived because of their great expectancy, vivid imaginations, and blind belief. She added that ancient records reveal that the priests of the temple gave the sick ones drugs and put them into a deep hypnotic trance, and while in the trance state, the priest suggested to each one that the Goddess would visit him or hear and a healing would follow. Archaeological research points out that undoubtedly many remarkable healings followed.

In discussing her lecture on the techniques employed in ancient times, I found she was thoroughly conversant with the workings of the subconscious mind and said, “Of course, Dr Murphy, all the results which followed their sleeping at the shrine were due to the firm belief of those people that they would be cured of whatever infirmity they had, and according to their belief it was done unto them.

Their fervent belief activated the healing current of their subconscious mind, which they attributed to various goddesses as

well as to Askleipios, one of their ancient gods."

The young woman guide possessed the riches of the mind. Her father was English and her mother Greek; she speaks both languages very well. She told me that she was born in one of the poorer neighborhoods of Athens, and that at times she could not go to school because her parents could not afford to buy her proper clothes. She prayed that God would give her the idea and tell her how to rise above the hypnosis of her condition, which was stifling all hope and causing acute mental depression.

The idea came to her spontaneously out of the blue, to teach American children the Greek language. Accordingly, she approached the wife of an executive of an oil company and offered her services. The woman said, "This is a wonderful idea!" and straight away she engaged her at a handsome salary. Subsequently, this woman took her to the United States and other countries on a vacation, with all expenses paid.

Today the young woman is independently wealthy, but she still loves to tell tourists the history of ancient Greece, of its imposing temples, medieval castles, picturesque islands, and of the holy sanctuaries of ancient times. She did not treat lightly the idea which came to her. Instead, she acted upon it at once and proved to herself that ideas are our masters and that they hold sway over our fortunes in life.

Go all the way with your idea! Don't say, “Oh, that's too good to be true.” Say, rather, “I welcome this idea! I accept it wholeheartedly and it will come to pass in God's good time.”

Light Dispels Darkness

I had an interesting conversation with an Abbot of one of the famous Greek monasteries. He said that he felt the most powerful statement in the Bible is, “He that is within you is greater than he that is in the world.” He added, “The realization that in the depths of my being there dwells God in His wisdom and power gives me confidence and assurance. When I ask for light or understanding on how to solve my problem, a new insight or idea wells up within me, and I see through the problem as the light of God dispels the darkness in my mind.”

This Abbot has discovered the secret of life and the source of the riches of life. He said to me in parting, “Reality is not just what we see objectively in this phenomenalistic world, but also what we think, feel, imagine, and believe.”

All he said, really, was what all students of the mind know, which is that Infinite Causation is within us, and not outside of us. Remember, the Creator is greater than His creation. The thinker is greater than his thoughts; the artist is greater than his art. Do not give power to sticks and stones or to external things. Give power, devotion, loyalty, and faith to the only creative power, which is in your thought and feeling. Your

thought and feeling control your destiny. Your thought-image felt as true is...*the substance of things hoped for, the evidence of things not seen* (Hebrews 11:1).

Points to Recall

1. You are spiritually equipped to overcome and to triumph over all problems, hurdles and difficulties in life.

2. Knowledge can pay you fabulous dividends. For example, knowledge of a foreign language can open up the way for wealth, travel, and exciting adventures along all lines.

3. Your vision or mental estimate of yourself activates your subconscious mind and compels you to be all that you imagine yourself to be. The law of your subconscious is compulsion.

4. Knowledge opens up closed doors. When man says, “There is no way,” the Infinite wisdom within you says,...*I have set before thee an open door, and no man can shut it* (Revelation 3:8). Trust this inner guide, and wonders will happen as you pray.

5. Get a bright new estimate of yourself. Your new concept will gain you new contacts, promotion, and untold wealth.

6. You are not responsible for the actions of another. All you owe the other person is love and goodwill. This frees you and absolves you from all sense of guilt.

7. Welcome the new idea which comes into your mind in response to your prayer. Go all the way with your idea. Come to a definite conclusion and prove to yourself that your new idea can bring riches into your life.

8. When stymied, blocked, or in a mental dilemma, get a new awareness, which means new light or understanding. Know that He that is within you is greater than he that is in the world. Believe this, and a new insight will be given you, enabling you to see through all problems. Remember that Light (understanding, fresh insight, truth, a new idea) dispels all darkness. Let the Infinite Light shine in you and all shadows of financial lack will flee away from you.

Chapter 4: Get in Partnership with God

In my recent travels to the many beautiful islands of Greece, I met many tourists from Australia, Rhodesia, Union of South Africa, and other lands, and was amazed at the knowledge of the laws of mind possessed by many of these business and professional men. The consensus was that they aligned themselves with their Higher Self, and, as some of them said:

“We took God as our senior partner, and we asked for guidance in our work. We prayed that we would attract the right men to do the job and that Infinite Intelligence would reveal the perfect plan for the manufacture, sale, and distribution of our products. We attribute our success and achievements to the direction given

us by our Higher Self."

Some of these men were builders, architects, engineers, business executives, and directors of mines and other vast holdings. They used God as their guide, advisor, and counselor in all phases of their lives, and they prospered beyond their fondest dreams.

Many people put God into some sort of a pigeonhole to be brought out only on holidays, at weddings, funerals, and other special occasions. God is not a being living up in the skies, but rather He is the wisdom and power which created you, started your heartbeat, grows hair on your head, and controls all your vital organs even when you are sound asleep. If you fail to recognize and use the wisdom and power within you, it is just the same as if it were not there.

God is the name for the infinite mind and intelligence within you. Actually, you are always using this power whether you know it or not. For instance, when you lift your finger, it is the power of God in you enabling you to do this. When you solve a problem, it is the creative intelligence within you revealing the answer. When you cut your finger the infinite healing presence proceeds to form a clot and to build new cells around it in order to restore it to wholeness. When you pour out love on your child you are using a part of the infinite love of God. When you are generating peace and poise, you are manifesting a part of the absolute peace of God. Join up

with God, and let financial good happen in your life.

A Fortune to Share

At the island of Moni near Athens, I had a long talk with a writer from Johannesburg, South Africa. He brought out some interesting points, saying that many of his articles were regularly rejected, and that his first book was returned marked “not read” and “not interested.” He was getting a rejection complex until he read a book dealing with the law of mind, which transformed his thinking processes.

He then began to use his imagination more constructively. He would think about the characters in his novel, the particular situations, the plot, and about the truths he wished to expound, and then he would affirm boldly morning and night for about a half hour: “God's wisdom writes this novel through me. My intellect is illuminated, and I write a novel which inspires, blesses, and is a boon to mankind.”

“Often,” he said, “I wake up in the morning, and I find the novel writing itself through me; my conscious mind carries out the dictates from within."

All his writings have been accepted since he started this procedure. He found the rich storehouse within him and used it to elevate and to dignify the soul of man through his pen.

He discovered that his mind is a part of the one universal mind of God, and that when he used his mind in the right way, he gained a response from his deeper mind.

This writer attributes much of his financial success to his deep belief in the Biblical verse: *If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him* (James 1:5).

Confidence in Wealth

A crowning feature of a visit to Greece is a trip to Cape Sounion which is dominated by the spectacular white marble of the Temple of Poseidon, the God of the ocean. Sunset watched from this headland is a sight of rare splendor and indescribable beauty.

It was in this atmosphere that I conversed at length with my guide, and she told me her story. She was born in the poorest area of Athens and had a deep inferiority complex. As a girl, she used to watch tourists hire guides to drive them to the fabulous historic places in Greece. She said to her father and mother one day that she wanted to be smart and intelligent so that she could act as a guide, and they ridiculed her, reminding her that education was for the rich and that she was born on the wrong side of the street.

However, she clung to her idea, and as she grew up and went to high school, she asked the principal if she could be an archaeologist. He said to her, “Yes, if you have confidence in yourself. And you get confidence by believing that 'God and I can do it.'”

She said to me, “I lived with that phrase in my heart, and I am now in my third year in

archaeology and will be qualified in about two more years."

Her confidence in her power to become what she wanted to be was transformed into money, enthusiasm, love of work, vitality, charm, and a wonderful radiant personality. This is her favorite Biblical quotation*: Finally, my brethren, be strong in the Lord, and in the power of his might* (Esphesians 6:10).

The idea of becoming an archaeologist was enthroned in her mind and became regnant and sovereign; then her subconscious mind, full of wisdom and power, brought it to pass in Divine order.

The Genius Is Within You

I had dinner with a prominent businessman from Capetown, South Africa, whom I met on this European tour. He said frankly that years ago he had failed four times in business ventures in Capetown, due primarily to listening to the advice of the so-called experts on where to open up business sites, how to buy, and how to promote and advertise. He added that the cause of all his trouble was that he had been leaning on others for advice, and that his misery, suffering, and failures were due to his lack of awareness of the genius within himself.

His wife suggested to him that he place his trust in his Higher Self. She typed a quotation from the Bible and advised him to

live mentally with it, and then success would be assured him. This key to success was: *But my God shall supply all your needs according to his riches in glory* (Philippians 4:19).

He thereupon began to tune in with the Infinite, realizing that every problem he met was Divinely outmatched because God – the All-Wise One – was within him and was responsive to his call. No longer did he look at conditions, circumstances, and problems as being greater than he; on the contrary, he knew that they could be solved and overcome. He began to tackle every difficulty with faith and confidence, knowing that there was a way out and that there was an exhilarating joy in overcoming them. He began to like the challenges he faced on his way!

He discovered a wisdom and intelligence within him and ceased being a hypnotized victim of the conditions and circumstances which confronted him. Today he is a tremendous success and employs hundreds of people; and with the pleasure that comes from success, he is contributing to various institutions of higher learning and to charitable organizations. *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee* (Isaiah 26:3).

You Can Triumph

I met a young doctor in the hotel where I stayed in Frankfurt, Germany, who told me that he had worked his way through college, paying all his expenses. When he graduated the thoughts came to him, “You

have no money. You can't open in a nice neighborhood. You can't properly equip your office.”

Having studied medical psychology, he knew that these were negative suggestions working on his mind and that, as such, they had no power whatsoever. He knew that the only creative power was his own thought and feeling. He placed his confidence on the creative power of his own mind, rather than on the false and limiting suggestions of circumstances.

He cleansed his mind of beliefs in impediments, obstructions, delays, and obstructions, and called on the creative power of his mind to open up the ideal office for him. He consistently and purposefully pictured himself in a sumptuous office, surrounded by all the latest accoutrements of his profession, and claimed that the infinite intelligence of his subconscious mind was now acting on his request, bringing it to pass in Divine order.

Shortly afterward, a woman called at his residence where he had set up a temporary office in his father's home. She was suffering from acute pain which he immediately diagnosed as acute appendicitis. He rushed her to hospital, operated on her, and she had a remarkable recovery.

Eventually they fell in love. She not only financed a new office for him but bought him a Rolls-Royce which was delivered from England on their wedding day. His bride's father was an immensely wealthy

industrialist, and he was delighted to have the opportunity of providing his son-in-law with all the modern equipment in this new age of medicine.

This shows you that you are not a victim of circumstances, except you believe you are. Allow the boundless wisdom of the Infinite One to flow through you, and all the financial conditions of your life will change – miraculously and immediately!

What you really need, like this young doctor, is to discover and become acquainted with your inner power, which is called self-realization. The God-man indwells you. Yet millions of people all over the world remain sick, frustrated, defeated, and poverty-stricken for the simple reason that they are wholly unaware of the God-Self within them.

Your job and my job are to become aware of this Divine Presence and to free ourselves from inhibitions, frustrations, and poverty. *Acquaint now thyself with him and be at peace: thereby good shall come unto thee* (Job 22:21). Get acquainted with your inner powers, and you will experience happiness, prosperity, and peace of mind.

You can be just as happy on Hollywood Boulevard as living near the lakes of Killarney. In truth, location has nothing to do with your health, wealth, or success. You create your own success, wealth, and prosperity.

Your Higher Self is this moment speaking through you, urging to move forward,

upward, and God-ward. God speaks to each one of us through our desires, which in reality is the voice of God seeking expression through us.

You are the infinite keyboard of God, and you are here to play the melody of God.

Begin your new assignment, job, study, be it what it may, with zest, enthusiasm and confidence. In the mood with which you start, you will find yourself finishing on the same joyous note or tone. Begin with love of God, and you will finish loving the good or God. Begin your new job with a faith and a confidence in God, and you will be led to victory, triumph, and glory – and certainly to financial success.

She Said the Beginning & The End Are One

I listened to a young musician play the harp in Killarney, Ireland. I was accompanied by a sister of mine who lives in England and who teaches French, Latin, and mathematics. My sister commented, “This is the most beautiful music I have ever heard. As a harpist, she is superb!”

We invited the young lady to our table for dinner, and she said, “Before I play, I always pray this way: 'God, the Great Musician, plays through me. I am His servant, and I play for Him and He plays through me His own song, the melody of love, for God is love.' This is the way I begin, and the law of life is that the beginning and the end are one. I begin with love, praise, and adoration of things Divine,

and the result must be the image and likeness of His love, His beauty, and His glory."

Points of Interest

1. Get into partnership with God and you will grow rich.

2. You have a fortune to share. Find out the tremendous power and wisdom resident in your subconscious mind, and you can become inspired, blessed, and prospered in countless ways. You can become a great boon to mankind.

3. Remember that your confidence, faith, and understanding of the laws of mind are translated into health, wealth, and success.

4. The genius is within you. When you are in tune and en rapport with the wisdom and intelligence of your subconscious, the genius in you will be revealed. The infinite intelligence in your subconscious mind can solve all your problems of financial supply and give you the right answers.

5. Every problem is Divinely outmatched. Conditions and circumstances are not creative; the creative power is in your thought and feeling rather than in the false and limiting suggestions of externalities.

6. The law of life is that the beginning and the end are one. Begin your new project with zeal…enthusiasm, faith, and confidence, and the result of your endeavors will be the image likeness of the mood and tone in which you started. Begin with faith in the God-power within you, and

you will have wonderful results in all your undertakings, including the financial ones.

Chapter 5: How to Pray & Grow Rich

In the depths of the earth, you may find countless riches, such as gold, silver, platinum, uranium, gas, oil, diamonds, and innumerable other precious stones and metals, plus the countless by-products arising from them. However, as previously pointed out, the real riches of life lie within the subliminal depths of man. It is the innate intelligence possessed by man that enables him always to find, to employ, and to distribute the treasures of the earth.

The most precious things in all the world are within you. For example, in your unconscious depth you will find boundless wisdom, infinite intelligence, limitless power, and all the wonders and glories of the God-Presence. You can ask for

direction and guidance – and receive it. You can mine your inner riches and bring forth precious stones and jewels in the form of new creative ideas, inventions, discoveries, glorious music, new songs, and answers to all problems. Having found the storehouse of wealth within, you positively, definitely, and absolutely will find the external riches of nature. For, “as within, so without.”

How She Discovered Spiritual Gold

Recently I received a letter from a woman, saying: “My husband and I have been married for thirty years. He is sixty-five and I am fifty-one. We have been blessed with five children. We have had a happy, peaceful life – or so I imagined. Recently, however, my husband confessed to me that he had been having an affair for more than three years with a young stenographer in the office where he works.

He has asked me in a cold-blooded manner to understand until the affair 'is all over with.'

“I am angry, hateful, resentful, and deeply hurt; the children are shocked. I am losing faith in myself, even though others say I am attractive, intelligent, and charming. I am brooding and can't sleep. I have been betrayed; I am in despair. What shall I do?”

I responded by explaining to her that her husband was undoubtedly morally weak and had a deep sense of inadequacy and inferiority. His dalliance with this protracted affair shows his loyalty and character have broken down, because he is exploiting this

young woman, who is his co-worker, and for whom he feels no obligation or responsibility as is evident by his statement, “until it is all over with.”

I included the following in my letter: “Your husband has a deep sense of guilt plus a great fear of consequences. He knows the devastating effects on you of telling you of the affair. Presumably, the reason for this is that the young woman, i.e., his paramour, is putting the pressure on him to divorce you and to marry her.

“He is now in a 'double-minded state,' and while addicted to habitual connivance with his paramour, unconsciously he wants to remain united with you. Talk to your husband frankly and tell him point blank that he must have the moral courage, the mental discipline, and the essential manhood to break off the affair at once.

Say that it must be done, as you will not continue to live this way because when there is no loyalty to one another in marriage, the latter becomes a farce, a masquerade, and a sham. His disclosure to you is possibly a desire on his part to line up with you before his paramour tells you about it and asks you to give him up.”

I emphasized that she have a frank talk with her husband as pointed out above and also urged her to pray frequently as follows: “I radiate love, peace, goodwill, and joy to my husband. There are harmony, peace, and Divine understanding between us. I salute the Divinity in my husband, and Divine love unites us at all times. God

thinks, speaks, and acts through him, just as He thinks, speaks, and acts through me. Our marriage is consecrated to God and His love.

She prayed in the above manner for about a week and then had a heart-to-heart talk with her husband. He thereupon wept copiously and begged her forgiveness. Today, harmony, peace and love fill their home. Once this woman had decided to dig she shortly found the spiritual gold within herself.

The Gold Mine Within You

I recently had a most interesting conversation with a surgeon in Killarney, Ireland. He and his charming wife were touring the country. We began to talk about the wonders of the mind, and he told me a fabulous story about his father. This is the essence of it, and I am going to present it in the simplest possible way.

This young surgeon was the son of a miner in Wales. His father had worked long hours at very low wages; as a boy, the surgeon had to go to school barefoot as his father could not afford to buy shoes for him. Fruit and meat appeared on the table twice a year, mainly at Easter and at Christmas; buttermilk, potatoes, and tea represented the main or staple diet of this family.

One day, this young man said to his father, “Dad, I want to be a surgeon, and I'll tell you why. The boy I am going to school with had cataracts; the eye surgeon operated on him and now he sees perfectly. I want to do good like that doctor.”

His father replied, “Son, I have set aside three thousand pounds (about $8,000) which I have saved over a period of twenty-five years. It is set aside for your education, but I would rather you not touch it until such time as you have finished your medical education. You then can use it to pen up a beautiful office in Harley Street (London area of specialists) with all the accoutrements of your profession.

In the meantime, the money will be drawing interest, and you will have security. You know that any time you really need it during your medical studies you can always draw upon it. It is all yours, but I would prefer that you let it accumulate interest, and on your graduation, it will be a nice 'nest egg' for you.”

This thrilled the young man beyond words, and he vowed never to touch the money until he graduated from medical school. He worked his way through medical school, working in pharmacies at night and during holidays; he also earned money as an instructor in pharmacology and chemistry in the medical college. His whole idea was to live up to his promise to his father that he would not touch the money in the bank until he graduated.

The day came when he graduated, and his father told him, “Son, I have been digging for coal all my life and have gotten nowhere. There is not a shilling or a penny in the bank and there never was. I wanted you to dig deeply and find the treasures in the gold mine within yourself, which is limitless, inexhaustible, and eternal.”

“For a moment,” the surgeon said, “I was flabbergasted, dumbfounded, and inarticulate. After a few minutes, I got over the consternation and the shock, and then both of us burst out laughing. Then I realized that what Dad had really wanted to teach me was the feeling of wealth engendered by the thought of plenty of money in the bank to back me up if I needed it. It gave me courage, faith, and confidence and made me believe in myself. My belief that I had three thousand pounds in the bank had accomplished the purpose just as well as if it actually had been deposited in the bank in my name.

This surgeon remarked that all that he had accomplished externally was but a symbol of his inner faith, vision, and conviction. There had been no money from the father to back up this medical student, not even a farthing, but look at the wonders it wrought in his life! For every man in the world, the secret of success, accomplishment, achievement, and fulfillment of his goal in life lies in the discovery of the miraculous power of his though and feeling. Our surgeon friend acted confidently – just as if the money was always there!

His Investment Multiplied Exceedingly

Recently I received a letter from a man who attended a lecture I gave on “Your Subconscious Is a Bank.” I quote in part: “Dear Dr Murphy, I listened to your lecture on using the subconscious mind as a bank. I had never looked at it that way before, but suddenly I realized that my thoughts, mental pictures, moods, and attitudes are

investments in the subconscious. I became aware that I have been a sloppy thinker as I had been depositing in my subconscious mind, resentment, laziness, procrastination, fretfulness, and self-condemnation. It is true that my subconscious mind multiplied all these negatives exceedingly, and I ended up in the hospital with ulcers.

“It has been three months since I heard your lecture. The first night after hearing you, I began to think about God not as a man presiding in the heavens with the capriciousness and frailties of man, but as an Infinite Intelligence permeating all things and directing the entire cosmos and instantly responding to me. I began to claim out loud feelingly and knowingly: 'God's power, strength, peace, wisdom, and joy are mine now. His love fills my soul, and His light reveals to me better ways to serve mankind.'

“Since I began depositing these ideas in my personal bank (my subconscious mind), marvelous creative ideas have come to me from the gold mine within. My business has increased 300 percent. I am healthy, happy, joyous, and full of the laughter of God. It is wonderful!”

You Are Rich Now!

Relax, let go, and say to yourself, “I am going to dig mentally within myself and draw out some marvelous ideas for better service and accomplishment. I know that I have inner resources, powers, qualities, and abilities which I have never tapped. I know that Infinite Intelligence reveals them

to me now as I consciously dig down into the storehouse within me."

You will be amazed how the new ideas which come to you can be turned into wealth. Recognize your inner treasure house, organize your ideas, and put them into action.

Your Idea Can Be Worth Millions

Coal lay in ledges under the ground since the days of the flood; a laborer seeking wealth used his pick to bring it to the surface. This discovery resulted in employment for millions of people all over the world and served as the means of amassing countless fortunes. Coal carries the heat of the tropics to the Arctic Circle and makes homes in the polar area as warm as those in Los Angeles.

A young Scotch boy, digging mentally within himself for a new idea which would make money for himself and for others, envisioned a fortune in the steam escaping from a tea kettle as it forced off the lid. All of a sudden, the expansive force of the steam came to his mind, and this idea was the actual beginning of the steam engine which has revolutionized the world, has supplied work for untold millions, and thereby has caused the creation of fabulous wealth all over the world.

Someone recently brought to my attention a statement by Henry Ford. When he was asked what he would do if he lost all his money and his business, he replied, "I would think of some other fundamental, basic need of all people, and I would supply that need more cheaply and more

efficiently than anyone else. In five years, I would again be a multimillionaire."

Tremendous opportunities await you in this electronic and space age. Ask your deeper mind to give you new, creative, inspirational ideas, and you will release the creative powers of your subconscious. You will find a need of humanity which in time will enrich and bless you. Begin now to release that imprisoned splendor within you!

Your Fortune Begins with You

Wealth and poverty have their origins in your mind. You must come to a clear-cut decision that you intend to be wealthy and successful. Wealth is not a matter of chance, luck, or coincidence. The only chance you have is the chance you make for yourself.

A brilliant young executive said to me, "I work very hard and put in long hours. My suggestions and recommendations to the management have been accepted and have made money for the organization. But I have been passed up for promotion the past three years. Even my subordinates have received increments and promotion.

This man was industrious and intelligent and apparently worked arduously. The answer was in his relationship to his ex-wife.

For three years there had been litigation over division of their property, alimony, and child support. Subconsciously, he did not want to make any more money until the

lawsuit was over as he felt the more money he made; the more alimony would be assessed by the court. He resented paying the temporary allowance granted by the court, feeling it was excessive, and he was waiting for final adjudication.

I explained to him the way his subconscious mind works and that actually he was decreeing that he didn't want any more money and had definitely emotionalized that negative concept. Furthermore, his resentment, hostility, antagonism, and wish to withhold wealth from his ex-wife was being impressed in his own subconscious mind and was being manifested in all phases of his financial life.

When you mentally wish to withhold wealth from another, you also automatically withhold it from yourself. This is why the golden rule tells you to think, speak, and act toward your neighbor; and never to indulge in hate, resentment, or carping criticism for the simple reason that you are the only thinker in your universe, and your negative thoughts set up negative reactions in all departments of your life. Your subconscious mind is always fabricating and projecting on the screen of space the totality of your stream of thought-life.

This young executive perceived that he had been blocking his own expansion and promotion. The answer to his problem was within himself. He came to the stabilizing point within himself where he realized that love casts out hate and that as he wished health, love, peace, and prosperity to his

ex-wife and his children, he would attract to himself equally all these qualities. He also began to see that she was entitled to a reasonable sum of money for the support of his three children, that he should give it gladly, joyously, and lovingly, and that as he gave freely it would return multiplied. He applied the following prayer frequently:

“God is love, and God is life. This life is one and indivisible. Life manifests itself in and through all people; it is at the center of my own being. I know that light dispels the darkness; so does the love of the good overcome all evil. My knowledge of the power of love overcomes all negative conditions now. Love and hate cannot dwell together. I now turn the light of God upon all fear or anxious thoughts in my mind, and they flee away. The dawn (light of truth) appears, and the shadows (fear and doubt) flee away.

“I know Divine love watches over me, guides me, and makes clear the path for me. I am expanding into the Divine. I am now expressing God in all my thoughts, words, and actions; the nature of God is love. I know that perfect love casteth out fear.”

In a few weeks' time an inner transformation took place in this young man, and he became amiable, affable, genial, and loving. He had a spiritual rebirth. His financial affairs immediately took a turn for the better, and he received a handsome promotion.

The outcome was quite revealing. His ex-wife asked for a reconciliation, and the

lamp of love which united them in the first place led them back to the altar where again their two hearts became one...*What therefore God hath joined together, let not man put asunder* (Matthew 19:6).

How to Pray & Grow Rich

Here is a never-failing daily prayer for financial supply: “I know that my good exists this very moment. I believe in my heart that I can prophesy for myself harmony, health, peace, and joy. I enthrone the concept of peace, success, and prosperity in my mind now. I know and believe these thoughts (seeds) will grow and manifest themselves in my experience. I am the gardener; as I sow, so shall I reap. I sow God-like thoughts (seeds); these wonderful seeds are peace, success, harmony, and goodwill. It is a wonderful harvest.

“From this moment forward I am depositing in my subconscious mind seeds or thoughts of peace, confidence, poise, prosperity, and balance. I am drawing out the fruits of the wonderful seeds I am depositing. I believe and accept the fact that my desire is a seed deposited in the subconscious. I make it real by feeling the reality of it. I accept the reality of my desire in the same manner as I accept the fact that a seed deposited in the ground will grow. I know it grows in the darkness; my desire or ideal grows in the darkness of my subconscious mind. In a little while, like the seed, it comes above the ground (becomes objectified) as a condition, circumstance, or

event. This is the true source of my full financial supply.

“Infinite Intelligence governs and guides me in all my ways. I meditate on what-soever things are true, honest, just, lovely, and of good report. I think on these things, and God's power is with my thoughts of good. I am at peace, because I am infinitely prosperous.”

Finally, brethren, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things (Philippians 4:8).

Points in Review

1. The real riches of life lie in your subconscious depths. The treasure house is within you, and from it you can extract fabulous riches through objective prayer.

2. The smart wife does not give power to the mistress or paramour of her husband. She knows that he is mentally sick and that the other woman is frustrated, neurotic, and inhibited. She frankly discusses the matter with her husband, and she prays her way through it.

3. Riches are of the mind. Faith, confidence, zeal, enthusiasm, and a belief in yourself are translated into health, success, wealth, and accomplishment. A poverty-stricken boy became a famous surgeon by believing his father had plenty

of money to pay all his expenses in medical school; yet the father did not have a penny to help him. Look at the magic wrought by the belief in the mind of the boy! Get acquainted with the nuances of your thought and feeling and transform your life!

4. Your thoughts, mental imagery, beliefs, attitudes, and feelings are investments which you deposit in your subconscious mind. Your subconscious gives you compound interest; that is, it magnifies whatever you deposit. Impress your subconscious with love, faith, confidence, right action, guidance, abundance, security, and good humor, and whenever you need love, confidence, or an answer to a problem, your subconscious will supply you. This is the way to dig treasures out of the gold mind within you.

5. The only chance you have is the chance you make for yourself. If you resent the wealth of another or if you mentally wish to withhold good from him, you not only are hurting yourself, but you are depriving yourself of the riches of life. You are the only thinker in your universe, and what you think you create. Create wealth by wishing for all men all the riches of heaven.

Chapter 6: The Magic Law of Tithing

The word tithe means one-tenth, the proportion of man's income which has been devoted to sacred purposed from time immemorial. From the earliest times, tithes for the year's yield from fields, fruits, and flocks were offered to the service of God by peoples in lands from Babylonia to Rome.

The lack of uniformity in the Bible concerning the law of tithing is primarily due to the fact that the general principle of giving was practiced in different ways in different eras, and it was subject to regulations which changed under ecclesiastical and political pressures.

Tithing is one of the fundamental laws of life, and its practice is lost in antiquity. The farmer has to tithe in order to reap a harvest. His tithe is one-tenth of the grain, corn, barley, or oats which he gives back to the soil; otherwise, he would have no crop.

The ideal way to tithe your wealth is to give a certain percentage of your money, land, stocks, bonds, or any other form of material wealth, for the propagation of the Truth, usually in support of those churches or activities which are engaged in dissemination of the eternal verities of God.

The Real Meaning of Tithing

The tithes are not only the monies which you freely give to support the propagation of the truth of being and the spiritual activity of your choice, tithes also refer to your beliefs, convictions, estimates, and blueprints that you mentally accept as true about yourself, others, and the world in

general. Whatever you consciously accept and believe as true about yourself, about God, and about the universe also constitutes the definite payments (impressions) given to the treasure house of your own subconscious mind.

Remember that Infinite Intelligence (God) responds to the nature of your thought. God will do nothing for you except through your own thought, imagery, and belief. God has created you and He has established the universe and all things therein contained. You are here to draw forth the power and wisdom within you and to lead a full, happy, and prosperous life. You are also here to contribute to the riches, prosperity, success, and the good of others.

A Lawyer Discovers the Magic of Tithing

I explained to a lawyer friend of mine, who had told me of one of his problems, the spiritual meaning of tithing. This lawyer was required to go to New Orleans on behalf of a client. This client had explained to him that an attorney in Louisiana, with whom he was about to visit, was nasty, obstreperous, belligerent, and most uncooperative.

I suggested to the lawyer that he tithe, meaning assume that the action of God would take place in the mind and heart of the attorney in question and that his mental judgment or conviction should be such that there would be a harmonious and Divine solution, blessing all concerned.

As a result, prior to his visit, my lawyer friend prayed frequently that harmony, peace, love and understanding would reign supreme at his conference with the other attorney in New Orleans. When the conference finally took place, the utmost cooperation, cordiality, and geniality actually governed the meeting. This resulted in a satisfactory legal and financial settlement for all concerned.

Action and reaction are universal and constant. Your thought is action. Reaction is the response of your subconscious mind according to the nature of your thought.

The most significant point to realize is that the spiritual idea (tithe) in back of any interview, transaction, or activity is the reality of it. The above-mentioned attorney quickly realized the profound truth that everything you do takes its tones and color from your assumption and belief regarding it.

The Law of Tithing Works Wonders for Sales Manager

A prominent sales manager who attends my lectures once told me that he tithes prior to giving a sales talk to his two hundred salesmen. If he speaks for an hour, he gives one-tenth of that hour to God. There are sixty minutes in an hour, and he regularly devotes six minutes to prayer and meditation prior to his lectures to the sales force. He tithes as follows: “I am filled with the wisdom, love, and power of God. All my salesmen are guided, directed, inspired, and receptive to new ideas. I am inspired and illuminated from On High in my talk,

and I am supplied with original, creative ideas which bless the salesmen, our customers, and everyone concerned. Infinite Intelligence thinks, speaks, and acts through me, and all who are present at my talk are richly blessed with every good and perfect gift coming from the Father of Light."

This sales manager told me that since he began tithing some of his time to God, he has given the best talks of his life, and recently, as a result of his excellent work, he has been made executive vice president of his multimillion dollar corporation.

An Engineer Tithes & Turns the Tide

A chemical engineer, who is vice president of the corporation for which he works, recently told me that one company for whom they supplied certain research products owed his firm $10,000 which no one had been able to collect.

He told me that he had visited his customer and given him a transfusion of faith in himself. The engineer added, "I let him know that we trusted him, believed in him, and knew that he would be able to pay us in full. I invited him out to dinner and told him that we respected his integrity and honesty and that he had been prompt and faithful in all his dealings with us for over twenty years. I also told him that our faith and confidence in him had never diminished and that I personally was praying for his prosperity, growth, and expansion along all lines.

A week passed, and he received a letter from the customer stating that he actually had been contemplating bankruptcy, but that “you have given me back my confidence and faith in myself; I again believe in myself and in my ability to accomplish. The tide has turned, and my customers who previously had been slow to pay, have now paid me. Now I am paying you in full!”

The vice president had praised, blessed, and lifted up this man, whose heart responded to the faith and confidence of the vice president. The financial point was correspondingly harmonious.

How An Artist Tithed for Beauty

A distinguished artist once told me of the marvelous results he got by tithing for beauty. He tithed regularly as follows: “God is indescribable beauty, absolute harmony and boundless love. The infinite beauty of the Infinite One flows through my mind majestically and gloriously, and my fingers are Divinely guided to portray on the canvas beauty, order, symmetry, and proportion. Everything I paint on my canvas will be a thing of beauty and a joy forever. Every scene and every picture will stir up the gift of God in man.”

He gave his tithe (idea of beauty) to his subconscious mind, and the latter thereupon magnified and multiplied whatever was impressed upon it. He impregnated it with beauty, and his subconscious responded, enabling him to bring forth marvelous paintings. Do you

think he had any trouble selling his works at a top price?

How She Tithed for Love

A retired schoolteacher was living in California and became acquainted with a great number of other retirees who were constantly declaring how lonesome they were and how frustrated and unhappy they were because, on their low pensions, they could not travel and do the things they wished to do. She decided to avoid falling into that limited state of thought. For several nights in her prayer sessions she tithed as follows: “God's love fills my soul, and I radiate love and goodwill to all those around me and to all people everywhere. God's love flows through me as harmony, love, companionship, wealth, and true expression. God is my shepherd, and I shall never want for money, love, beauty, or companionship. God answers me now, and I give thanks.”

After a few weeks, she was invited to be a companion and interpreter for a wealthy woman who was going to travel extensively and conduct business in France, Germany, and Switzerland. Her knowledge of German and French, previously limited to teaching, proved a great asset, and she was paid handsomely for her services. She wrote me, saying that she was having the time of her life and that the assignment was permanent, as her employer considered her to be indispensable. This lady tithed unselfishly, and she was abundantly repaid beyond her expectations. Her secret is now your secret.

The Law of Giving & Receiving

The more love and goodwill you give, the more you will receive. The law of tithing inevitably causes whatever we give out – whether it be goodwill or ill will – to come back to us, often multiplied many times over. It is the immutable law that like attracts like, and that whatsoever you sow in your subconscious that you also shall reap on the screen of space as conditions, experiences, and events.

Give Freely & Joyously

The amount of money donated does not necessarily have to be one-tenth. The one-tenth mentioned in the Bible means a percentage, the idea of the amount you arrive at in your own mind, that which you want to give cheerfully and freely.

For example, suppose that you give five dollars every Sunday to the spiritual activity of your choice; it should be given freely, joyously, lovingly, and with a sense of abandonment, knowing that God is the eternal source of supply and that through Him all your needs are instantaneously met at all times, everywhere. If you should feel a sense of lack or deprivation when you give the five dollars, it would not be a true tithe. To give grudgingly or from a sense of duty or fear is not tithing. On the contrary, such a mental attitude would attract lack to you.

How Your Tithe Multiplies Exceedingly

When you donate regularly, select a sum which you feel in your heart that you want to give, and affirm quietly or audibly: “I

release this money freely, and God multiplies it exceedingly."

As you do this, you are depositing the idea of great wealth in your subconscious, which will magnify your wealth in countless ways. This is the meaning of the quotation in the Bible:

Give, and it shall be given unto you; good measure, pressed down and shaken together, and running over, shall men give into your bosom. *For with the same measure that ye mete withal it shall be measured to you again* (Luke 6:38).

Increase Your Income by Leaps & Bounds

Give to worthy causes regularly, without any strings attached. When contributing the amount you feel you want to give and love to give, then you are really tithing from a sound financial standpoint. As you start off with this correct and dynamic attitude, you will find yourself wanting to give more and more, gladly and happily, because your income goes ahead by leaps and bounds, in even a greater degree, based on the law of giving and receiving.

You blessed your gift and you released it with joy, and your subconscious mind magnified it a thousandfold. This really is the key to magnifying the wealth of those who regularly tithe. They are making use of a law of Infinite Mind which works for them – whether or not they know it.

How He Tithed for Supply

A businessman recently said to me, "There's plenty of money in the world –

there's plenty of everything; and I know there are endless resources in my subconscious mind that I have never tapped. This is how I personally tithed for supply: I affirmed frequently, 'God is my invariable source of supply, meeting instantly all my needs, and His riches flow to me ceaselessly, tirelessly, and endlessly.'"

As he reiterated these truths, he conveyed to his subconscious mind the idea of riches and wealth flowing to him in avalanches of abundance. This is also your path to financial success.

He Tithed but Did Not Prosper

Some time ago, a man told me that he had tithed regularly to his church, but that he had not prospered. I discovered, however, that he had not completely released his weekly tithe and that in actual fact he felt he was depleting his income by giving to his church. He had mental reservations. After our conference, he reversed this mental attitude and thereafter gave with joy and rich blessings. He soon found that the law of increase works for him also.

I also explained to him that tithing, as understood in the Bible, does not include giving money to various charities and secular organizations, even though such generosity is laudable and praiseworthy. When money is given as a tithe, it must be for the purpose of spreading abroad the truths of God and to the place where you are receiving spiritual help and inspiration.

He replied with gratitude, “This is the explanation I needed. Now I see clearly what tithing really means.”

He Was Tithing in Reverse

One man whom I know, bitterly complained to me saying, “I tithe large sums of money every Sunday to a religious group in New York, yet I am always trying to make ends meet.”

I discovered that his attitude had been: “I don't expect or want anything back.” The Bible says that a man shall decree a thing and it shall come to pass. He had given the order to his subconscious mind, and it implicitly obeyed him.

I explained to him that he had been neutralizing his good, somewhat similarly to planting a seed in the ground and digging it up a little later on, thereby preventing its growth. This man began to see that if a farmer planted seeds in the ground, he automatically would reap a harvest – that is, the law of the soil and the law of the mind are the same. He began to expect the law of opulence to work for him, and his financial condition improved in a fabulous way.

Practice Wisdom in Tithing

You should be very careful how you give to relatives or to the poor. It is alright to help them to help themselves but be sure that you do not rob them of their initiative and of their incentive to stand on their own feet and to overcome their problems to the best of their ability. When people receive help

too easily and too frequently, they become dependent and, ultimately, leaners and whiners. The finest thing you can give to them is the knowledge of the law of prosperous thinking.

Be sure that you don't hinder or impede others from expressing and developing their own hidden talents and abilities by unwise giving. Often, the recipient of your unwise giving resents you. He feels obligated and he senses your pity or thoughts of lack about him. He knows that he should be as prosperous and as successful as you are, and he feels guilty because he feels he is sponging from you; this results in his deep sense of guilt and resentment toward the giver.

Give him the knowledge of the laws of mind and the way of the Spirit, and he will never want a bowl of soup or an old suit of clothes or a handout of any kind, because you have revealed to him his capacity to go to the treasure house of the Infinite within him and to take all the riches given to him from the foundation of time.

You Can Tithe All Day Long

Practice tithing all day long. Pour forth and radiate to all people love, kindness, friendship, laughter, conference, enthusiasm, and goodwill. You can't give one-tenth of these. These qualities can't be divided or multiplied; they are eternal, ageless, and limitless. These qualities and attributes of God within you never grow old. Moreover, there is no shortage of love,

gentleness, kindness, goodness, truth, beauty, peace, and joy – all these are of God, and they are timeless, eternal, and infinite. You can't put anything that is real on a percentage basis, not even wealth. But wealth can flow to you in the measure you properly tithe for it.

Pour out the riches of Heaven! Give encouragement, faith, hope, appreciation, and gratitude, and as you continue to tithe in this way, God will pour out His blessings on you, pressed down, shaken together, and running over, and in a very tangible financial way.

Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it (Malachi 3:10).

Special Points to Remember

1. Tithing means that you dedicate a proportion of your income for truly Infinite and sacred purposes. Tithes also mean your beliefs, convictions, and estimates of

yourself which you give to the treasure house within you, namely your subconscious mind. This treasure house gives you financial supply.

2. Tithe for harmonious human relationships by assuming that the action of God is taking place in the mind and heart of the other and that there is a harmonious and Divine solution between you.

3. Devote one-tenth of your time in prayer and meditation prior to a lecture or a conference. God will inspire you, and wonders will happen in your life.

4. You tithe by giving a transfusion of faith and confidence to the other person. Let him know that you believe in him and trust him in all ways, and he will respond accordingly.

5. You can tithe for beauty by knowing that the indescribable beauty of God is manifesting itself through you and that others are inspired and lifted up by your works.

6. You can tithe for love by claiming that God's love fills your soul and by radiating love and goodwill to all. Continue to do this, and many miracles will happen in your life.

7. The more love and goodwill you give o others, the more you will receive back, multiplied and magnified in countless ways. This can also be counted in money.

8. Give freely, joyously, lovingly, and with a sense of abandonment, and as you do, fabulous wealth inevitably will be yours.

9. Donate generously by affirming as follows: “I release this money freely, and God multiplies it exceedingly.

10. Give regularly the amount you feel in your heart you want to give, and you will find that your income increases in leaps and bounds.

11. Tithe for financial supply by realizing: “God is my invariable source of supply, instantly meeting all my needs, and His

riches flow to me ceaselessly, tirelessly, and endlessly.

12. When you give, there must be no mental reservations or sense of lack. Give with joy and rich blessings to all.

13. In the same way that a farmer expects to reap a harvest, so should you expect the natural law of tithing to work for you.

14. The finest thing you can give others is the knowledge of the law of prosperous thinking, and they will never want for any good thing in life.

Chapter 7: The Rich Get Richer

The truly rich are those who know the creative power of thought and who continue to impress their thoughts of abundance and prosperity upon their subconscious mind, which in turn causes the things they think about to be objectified in their experience.

Men get rich by thinking in a certain way; they do not think from appearances, because they know that their sustained and creative thoughts tend to manifest in a corresponding form in their world.

To think of riches, when ones is in the condition of poverty or lack, requires sustained and concentrated thought; but he who practices this disciplined thinking

inevitably becomes rich, and he can have whatever he wants.

The Bible says that...*unto everyone that hath shall be given; but from him that hath not, even that which he hath shall be taken away from him* (Luke 19:26). A popular way of saying it is “the rich get richer while the poor get poorer.”

This simply means that the man who gives attention to the limitless riches of his mind, the source of all experience, will possess more of the world's goods. A seed dropped into the ground produces hundreds more seeds; likewise, the seeds (thoughts) of God's riches for you will magnify and multiply in your experience.

Income Follows Changed Attitude

A real estate operator told me recently that he used to think that money or supply was limited, and that the wealth of the country was cornered and controlled by the very rich families of America. He used to get worked up about it.

Suddenly he realized the fallacy of his way of thinking; he realized that he was blocking the creative flow of riches by his disturbed and warped thinking processes.

Here, in part, is his letter: “Dear Dr Murphy: I followed your instructions. I erased from my mind the idea of competition. I decided I am here to create and that there are countless billions of dollars’ worth of gold in the soil of the world, not yet discovered. I know that the day will come when scientists

will synthetically create gold and any other metal. I ceased driving sharp bargains, cutting corners, and taking advantage of others because of their ignorance or lack of awareness. I stopped coveting the promotions and riches of others. I decided that I could have anything without taking anything away from others. I have become a producer and a cooperator instead of a competitor.

“My prayer has been as follows for three months: 'The limitless riches of God are flowing to me as fast as I can receive them, and every other man gets richer day by day.' this new attitude has worked miracles in my life, and my income has trebled in three months!”

His Multimillion Dollar Formula

A drug magnate who had founded an extensive chain of drug stores was a very spiritual man. He had started an ethical pharmacy in one room in a building and from that humble beginning had founded what eventually became a multimillion dollar business employing thousands. One day during lunch, he took a small card out of his wallet and gave it to me, saying, “This is my Multimillion Dollar Formula. I have been using it night and morning for twenty-five years, and I have given it to many others who have acquired all the money they needed to use freely and joyously.”

Here is the formula: “I recognize the eternal source of all riches which never fails. I am Divinely guided in all my ways, and I adapt

myself to all new ideas. Infinite Intelligence is constantly revealing to me better ways to serve my fellow man. I am guided and directed to create products that will bless and help humanity. I attract men and women who are spiritual, loyal, faithful, and talented, and who contribute to the peace, prosperity, and progress of our business. I am an irresistible magnet and attract fabulous wealth by giving the best possible quality of products and services. I am constantly in tune with the Infinite and the substance of wealth. Infinite Intelligence governs all my plans and purposes, and I predicate all my success on the truth that God leads, guides, and governs me in all my undertakings. I am at peace inwardly and outwardly at all times. I am a tremendous success. I am one with God, and God is always successful. I must succeed. I am succeeding now. I grasp the essentials of all details of my business. I radiate love and goodwill to all those around me and to all my employees. I fill my mind and heart with God's love, power, and energy. All those connected with me are spiritual links in my growth, welfare, and prosperity. I give all honor and glory to God."

This business tycoon brought all these things that he had affirmed to pass, and he blessed countless others...*Go, and do thou likewise* (Luke 10:37), and become a multimillionaire blessing multitudes.

His Blocks to Riches & The Cure

A real estate salesman said, "I can't figure it out. I work hard all day long. Clients look

at the lots and houses I have for sale, but they don't buy. All the other salesmen in the same office are closing sales every day."

His block was in the inner recesses of his mind. The baneful emotion he specifically had to overcome was envy. It was the cause of both his financial lack and his lost sales. He admitted that he was very envious seeing the other salesmen make large commissions. He was also deeply resentful.

He was made to understand that his envious thought was the worst possible attitude to have, for it put him in a very negative position. As long as he retained this attitude of mind, riches would flow from him instead of to him.

His remedy for this state of affairs, he finally discovered, was to bless all his associates whose fortunate state had incited him to envy. A complete mental cure followed his frequent repetition of the following prayer, thoughtfully, meaningfully, and knowingly: “I am aware that there is a perfect law of supply and demand. I practice the golden rule in all my affairs. I am at peace. Whatever I wish to sell is an idea in the Mind of God. The principle of all knowledge is within me. I know everything that I need instantly. I recognize whatever I wish to buy or sell represents an exchange of ideas in Divine Mind within me. I know that there are mutual satisfaction, harmony, and peace. The price is right; the people are right; all is in perfect order. I know the Truth; I understand the Truth; and I am the

consciousness of God in action. All the ideas I need constantly unfold within me with perfect sequence and perfect combinations. I receive and rejoice in Divine ideas, and I give them to my fellow creatures; I receive ideas in exchange. Peace is mine now. There is no delay in Divine Mind; I accept my good."

I have seldom seen a man so completely transformed spiritually, mentally, and financially! He became one of the foremost salesmen in his office. He became kinder, nobler, and more affable and gracious, and his kindness and warmth were genuine. Sales came much faster for him. He discovered that by blessing others he also blessed himself, and all sense of inferiority and lack were overcome.

How Riches Flow to His Organization

An engineer friend of mi e told me that he has a principle of advancement for every employee in his organization. At meetings he tells them constantly that they will share in the growth of the organization and that all who work diligently and harmoniously may advance rapidly. He said that his business is a ladder, which every employee who has the zeal, industry, and willingness may climb to riches, and that if he does not do so it is his own fault.

From time to time, all employees are made aware of the progress of the company, and they share quarterly in the growth on a pro rata basis. He has not had any change in personnel in years and has developed an intensely loyal and most cooperative

industrial family. The spirit of cooperation, rather than competition, prevails among the employees. New accounts and new branches are being opened, and riches flow to this engineering firm from all sides.

Bless and Grow Rich

The cause of your straitened circumstances is your state of mind. Believe and recognize that all the resources and wealth of the Infinite are at your disposal and are seeking to find expression through you.

Many persons have the idea or dominant thought that nothing is really theirs and that they must chase after wealth, else they will lose it.

Bless those whose prosperity, success, and vast riches, irritate, annoy, or excite your envy, and pray specifically and definitely that they become far more successful, richer and blessed in every conceivable manner. By so doing you will heal your own state of mind. When you pray that way and sincerely pour out your benedictions and blessings from your heart upon those who have ascended the ladder of life and who apparently are so much richer than you, you will enter the consciousness of one who, possessing all things, pours out of his inner and outer riches and abundant gifts upon others.

In other words, by blessing and prospering others, you will be blessed and prospered. This is why the rich get richer and the poor get poorer. The latter are usually envious

and hateful, and these negative emotions bring on greater and greater loss of income. It is your state of mind that robs you, and not a malignant fate.

The Universal Bank

A salesman needed an automobile for his new job, but he had no money with which to purchase one. However, he knew how to draw a check on his mental bank.

He told me that after he got the job, he went back to his room and formed the mental image of the car he wanted, with the positive certainty that it would be given him. He said, “I claimed it as already mine, I could feel the steering wheel, and I rubbed my hand over the upholstery.”

He struck up an acquaintance with another man in his apartment house who was going to Europe for six months and who said to him, “Use my car until I return, and by that time you will be able to buy a car of your own.”

This man's car was exactly the same make and model as the one he earlier had pictured in his mind! Long before his friend returned from Europe, he had acquired sufficient funds to buy his own car. He had known that there was a bank within him upon which he could draw, and he knew its supply is endless and infinite...*It is your Father’s good pleasure to give you the Kingdom* (Luke 12:32).

A Prayer to Overcome Envy & Resentment

“I know that all men are my brothers; all of us have a common Father. I wish for everyone health, happiness, abundance, and all the blessings and riches of life. I mean this; I am sincere. I know that what I wish for the other, I also wish for myself, and as I bless the other I am blessing myself. The love of God flows through me to all mankind. I bless all who are richer than I, and I bless those who criticize and speak ill of me. I rejoice to see all my co-workers succeed and prosper. I open the windows of my mind, and I let in the riches of Heaven. I am loving toward all. I pray that God's riches flood the mind and heart of all. I give thanks for His riches now. It is wonderful!”

Come Back to Base

1. The rich get richer and attract more and more of the world's goods because they build into their mentality a realization of God's infinite riches. The steady and joyous expectancy of riches will draw money from all angles to you.

2. The idea of competition limits your supply. Become a producer and a cooperator and realize that you can have all the riches you want without taking anything from anyone else. As there is no shortage of air, there is no shortage of the infinite riches of the universe.

3. You go where your vision is. Hold a mental picture of what you want to accomplish and back it up with feeling, and it will come to pass.

4. The block to riches is in the inner recesses of your mind. Envy of others will block your flow of riches and will attract misery and penury.

5. Bless others richly, and you will be blessed. The ship that comes home to your brother comes home to you.

6. Let your business be a ladder which enables every employee to climb to riches. You get rich by making others rich and by paying them their true worth.

7. Your subconscious mind is a bank and, even though you have not money for something you need, or want, you can make a mental image of that certain something you want and feel its reality; and in ways you know not of it will become a reality for you.

8. Rejoice to see all your co-workers succeed and prosper. Pray daily that you wish that God's riches may flood the minds and hearts of all men everywhere. *Be not thou afraid when one is made rich, when the glory of his house is increased* (Psalm 49:16).

Chapter 8: How to Produce Tangible Riches

As we consider and gaze on the prodigality of Nature, we realize that there is an abundance of all things. Nature is lavish, extravagant, and bountiful. Wherever we go in life, we become aware of how great that fullness is. The laws of life are designed to give us unlimited riches, far beyond our daily needs. The Psalmist says: *The earth is the Lord's, and the fullness thereof* (Psalm 24:1). The only shortage that exists is due to the greed, selfishness, fear, and misappropriation by man, but when wise and just methods are used in the cultivation and distribution of Nature's riches, there is more than enough for all of the tangible riches of life.

Riches Can Be Made Tangible

Many years ago, I had a most interesting conversation with a dentist in Sydney, Australia, where I was giving a series of lectures on “The Miracles of Your Subconscious Mind.” This dentist told me that when he started practicing dentistry, he had “a penny mind,” and he found himself attracting only penny-conscious and very thrifty clients because of his own poverty complex.

This is how he brought tangible riches into his life. Walking home one night after my lecture on the power of mental imagery, he began to imagine that all the air around him was filled with pound notes. He felt the air was simply crammed with them. He said that this mental picture was as real and as

vivid as the trees outside his door, and he began to fill his pockets with the imaginary notes of all denominations – he said that they seemed tangible and real to him. Suddenly he realized that there was unlimited wealth which could be attracted and appropriated by anyone who had the faith, receptivity, and initiative to contemplate God's riches.

After this experience he attracted a most influential and prosperous clientele, and he actually acquired more patients than he could take care of. His previous stingy and penny-pinching attitude of ultra-frugality had kept the wealthy people away. He had discovered the power of his thought-image to produce tangible riches of all kinds.

Thinking In A Certain Way

If you want an organ or a piano, for instance, I do not mean that all you have to do is to mentally form the picture of an organ or a piano and that the instruments will take form without hands in your room. If you have the money, you will undoubtedly go out and buy one.

Suppose you need a piano to practice on however, and you don't have the money with which to buy it. Think of a lovely piano, see it in your room, in your imagination, run your hands over the keys, touch them, and feel the solidity, naturalness, and tangibility of it all. Move your hands over the surface and think with positive certainty that the piano is right there. It is there in your mind,

because the piano was first a a thought in the mind of the maker.

After forming the thought of the piano in your mind, claim it as yours now, and know that your subconscious mind will see to it that you receive it in Divine order. The infinite intelligence within your subconscious mind will act in the minds of others, and it eventually will come to pass in ways you know not of.

Thought has caused the creation of all the machines and instruments in the world and is constantly creating additional millions of improved cars, typewriters, computers, radios, television sets, musical instruments, and countless household appliances of all kinds. All these inventions and discoveries and improvements in our machine and space age are brought about by men thinking in a certain, purposeful way.

The Miracle of Make-Believe

Back in 1944, a little Spanish girl lived a few doors away from me. I knew her family well, and occasionally visited at the home of the little girl's parents. She was about eight years of age, and daily went to the local parochial school.

For months she had been asking her parents for a bicycle to ride in Central Park. Her mother's constant answer was: “Stop bothering me. You know there is a war on, and no bicycles are available.” She kept on asking, however, much to the annoyance of her parents. This little girl was a typical tom-boy, who fought with the boys in the

neighborhood and occasionally got a black eye.

One night I said to the little girl, “Mary, you can get a bicycle, and I know where.” Immediately, her eyes began to shine. She was all ears, and she exclaimed, “Where?” The following colloquy took place between us:

Author: “Go to bed immediately and close your eyes. Then imagine clearly that your boy and girl playmates are riding your bicycle in Central Park, and just see their smiles! God wants you to share with your playmates who have no bicycle, so that you can make them happy.”

Mary: “Oh, all right, if that's what God wants me to do, I agree. But mother said that Santa Claus could not or would not bring me a bicycle this Christmas, and it's only two weeks away!”

Author: “Do what I told you to do. When you're in bed, close your eyes and imagine and feel yourself riding a bicycle in Central Park. Be sure to 'see' your playmates riding the same bicycle one at a time the way I told you previously. See them smiling and laughing and full of fun. You will get your bicycle! God will tell Santa Claus where to find one. Go off to sleep now, sound asleep, deep, deep, sleep.”

The following night Mary was with another girl in a variety store at about six o'clock in the evening, when suddenly Mary began to cry. A lady nearby noticed this and, speaking gently, said to her, “Little girl,

what is the matter? Did someone hurt you?"

Mary replied, "No, but there was a man at my house last night and he told me that God would tell Santa Claus where to find a bicycle and that I would get it right away. It's getting dark, and there is still no bicycle."

The lady was moved, and she said, "That man had no right to tell you such a thing!" She took the little girl to her apartment nearby and gave her a bicycle, which her daughter, who had died two years before, had used. The lady stated that she had always wanted to give it to a child who loved God.

This is the power of make-believe...*According to your faith be it unto you* (Matthew 9:29).

Why He Did Not Get Tangible Results

Recently I talked to a man who had gone into bankruptcy. He had lost his home and was also suffering from arthritis. The more he struggled to overcome his reverses, the more enmeshed he became. He was in a vicious circle. He said to me, "Why don't I get results? I am a church goer, I pray and read the Psalms, and I have done a lot of good. Why is God punishing me?"

It was true that he prayed and attended his church services regularly; yet I discerned the reason he got no tangible results from his prayer life and efforts was that he had hated a business associate for over ten

years. He was warped by a vengeful and malicious emotion and was obdurate in his refusal to forgive; he invoked imprecations and maledictions on this associate. This state of mind was his real block.

I explained to him that his thoughts of his associate, since they were hateful, spiteful, and vengeful, generated destructive emotions in his subconscious mind where they got snarled up, and inasmuch as these emotions of hate, jealousy, and vengeance must have an outlet, they came forth as lack and limitation. All this resulted in bankruptcy and bodily disease.

He found an easy remedy by tuning in on God's inner peace and claiming that he God-wisdom within him would bring about a Divine adjustment in His own way and in His own time. He placed his roots in God, the inexhaustible Source, in which everything has its origin. He began daily to bless the man he hated, claiming that God was flowing through him as harmony, health, peace, and abundance. In a few months, the tide turned in his favor and he was carried along on the crest of the wave to prosperity, success, and achievement.

How A War Refugee Got Marvelous Results

A beautiful, charming, spiritually oriented woman comes to hear my lecture every Sunday morning in Los Angeles. She told me a fascinating story about her early life, which was spent amid the most sordid and squalid conditions. She was brought up in a sort of ghetto in Russia, where systematic pogroms of her race took place. Often

hungry and half-clad, she had the indomitable urge to go to America, there to study music, burst the bonds of circumstances, and courageously overcome her thralldom.

At the outbreak of war, she volunteered as a nurse in the Russian army. She subsequently was taken prisoner by the Germans; as a prisoner, she ministered to all those in the prison compound. While there she had a constant mental picture of embracing an uncle who was in Los Angeles. In her mind's eye, she would hear him say over and over again, “Welcome to America!” Every night she would lull herself to sleep, hearing the imaginary voice of her uncle saying, “Welcome to America!”

When the American forces of liberation arrived at her camp, she acted as interpreter. She fell in love with an American infantry officer and eventually found her way to the United States. Today she is a wonderful musician and a splendid teacher and her students love her. She has a marvelous income, lives in a very fine neighborhood, and has all the money she needs, to do everything she wants to do. She travels extensively to many parts of the world.

This woman has demonstrated how you can rise from poverty to riches, and she has really reached the heights in personal attainment. She has never allowed resentment, bitterness, or hatred toward others to sear her soul. She knows that there is a power within her that can

overcome and triumph over the stringent pressures of the world and lift her to the heights. Her favorite Biblical quotation is...*I bore you on eagles wings and brought you unto myself* (Exodus 19:4).

Three Words Produced Riches

A motion picture actress told me that she had marvelous results in cleansing her mind of wrong ideas and black moods from which she frequently suffered. She would affirm: “Joy, riches, success.” She would chant these three words to herself as she attended to routine chores around the house. After repeating these three words for ten or fifteen minutes, she would become lifted up and exalted in mind, and whenever she slipped into one of her depressive moods about finances and lack of contracts, she would repeat her song of three words.

She found that these words had tremendous power, as they stand for the invisible powers of her subconscious. She anchored her mind on these substantial realities, and results corresponding to their nature eventually manifested in her life.

She has received one contract after another and has not been idle in the past eight years. She is going from glory to glory.

She had discovered a simple truth, and that is that it was her depressing moods and worry which caused the outer conditions and circumstances of her life. When she changed her mental moods of fear, worry,

and depression, the outer circumstances righted themselves.

Begin now to sing her silent song of triumph: “Joy, Riches, Success.” Wonders will happen in your life!

God Wants You to Be Rich

The law of life is abundance, not poverty. God is infinite, inexhaustible, endless, the eternal source of supply which creates profusion. You have an invisible means of support. Because God's resources are infinite, your resources are infinite because you and your Father are one.

God gave you hands with which to play the melody of God and to build beautiful structures, edifices, and temples to His glory and honor. God wants you to express your talents in a wonderful way. God gave you a voice that you might sing His song of love to all. God gave you eyes that you might see tongues in trees, sermons in stones, songs in running brooks, and God in everything.

Your desire to dance is God seeking to reveal to you that this is a universe of dancing forces. The whole world is a dance of God.

Your desire to paint a sunset is the indescribable beauty of God seeking expression through you, the artist. God gave you ears to hear the music of the spheres and His still, small voice which says, “This is the way; walk ye in.”

Your desire to travel and to explore the world is God prompting you and urging you

to explore the wonders of the world and to appreciate the beauty, order, symmetry, rhythm, and proportion of all things.

God wants you to be happy, joyous, and free. God wants you to live in a luxurious home and to be clothed beautifully. God wants you to live life gloriously and triumphantly.

It is God which worketh in you both to will and to do...,said Paul (Philippians 2:13).

Your desire for riches is the Infinite revealing His riches to you and saying to you, ...*Son, thou art ever with me, and all that I have is thine* (Luke 15:31).

Think on These Things

1. Nature is lavish, extravagant, and bountiful. The laws of life are designed to give you unlimited riches.

2. If you have a “penny-mind” attitude, you will attract people with a poverty complex, and never grow rich.

3. Think clearly of what you want; see it in your room; with your imaginary hands feel the naturalness, solidity, and tangibility of it, and you will receive it.

4. When you mentally accept something as true, your subconscious mind brings it to pass in ways you know not of, in the same way that a complete stranger gave a bicycle as a present to a little girl who was praying for one.

5. Thoughts of hate, spite, and vengeance will block your prayer for riches and will cause wealth to flow from you instead of to you. Wish for everyone what you wish for yourself – that is the key to your abundance.

6. There is a multimillion dollar formula. Reiterate these truths feelingly, knowingly, and persistently, and you will have all the riches you need all the days of your life, and you will prosper beyond your fondest dreams.

7. Three words work wonders. Sing them and write them in your heart: “Joy. Riches. Success.” These are true of God, and they are also true of you.

8. God wants you to be happy, rich, joyous, and free. God wants you to lead the life more abundant. In Him there is fulness of joy. In Him there is no darkness at all.

Chapter 9: All Business Is God's Business

All forms of activity in this world are a part of the omni-action of God. There is only one Supreme Power activating and animating all things and all people. You may speak of spiritual and secular activities, but all work really is spiritual when you love what you are doing, and when you are doing it for the glory and honor of God.

A carpenter who builds a house according to universal principles and who loves

what he is doing and rejoices in giving good service is doing spiritual work, just as

much as a minister is when expounding on the meaning of the Ten Commandments.

If you make a better razor blade, shaving cream, automobile, or what not, your desire is to serve others joyously and to contribute to humanity in some useful and constructive way, and to practice the golden rule in all transactions. You are about God's business, and God, by His very nature, is for you; who then can be against you? Then there is no power in heaven or on earth that can withhold from you success and prosperity in business.

Prosperity Prayer for Business

“I know and believe that my business is God's business. God is my partner in all my affairs; to me this means that His light, love, truth, and inspiration fill my mind and heart in all ways. I solve all of my problems by placing my complete trust in the Divine

power within me. I know that this Presence sustains everything. I now rest in security and in peace. This day I am surrounded by perfect understanding; there is a Divine solution to all my problems. I definitely understand everyone; I am understood. I know that all my business relationships are in accord with the Divine law of harmony. I know that God indwells all of my customers and clients. I work harmoniously with others to the end that happiness, prosperity, and peace will reign supreme."

God Is the True Employer

A young lady working for a large continental organization said, "I used to wander from job to job and from one employer to another, trying to make more money and to improve myself. Since I started affirming and realizing that God is my true employer and that I am working for Him, and that God gave me all riches to enjoy, I got a wonderful position with a wonderful income, and I have been there for six years. I am now engaged to the executive vice president. It is the most wonderful thing in all the world to realize that God is the only employer and that you are not working for man but for God. I now laugh, sing, and rejoice in my work, and I feel secure and at peace. It is wonderful!"

How To Find The Real Boss

Some years ago, a pharmacist visited me in Dallas, Texas. His complaint was that his boss was crotchety, petulant, cantankerous, and generally impossible to get along with. He said, "The only reason I

stay there is because the pay is good; but I resent and hate him so much that I am burning up inside! Moreover, all the other assistants have been promoted in the organization but me."

This young man had installed dictators, despots, and gangsters in his own mind in the form of smoldering anger, resentment, and hate. This destructive attitude of

mind governed and controlled him and was boss over his thoughts, feelings and reactions.

I explained to him that the outside always mirrors the inside, that he was hurting himself and impeding his financial and professional advancement, and that his resentment and hostility paid no dividends. He quickly perceived that the way he felt inside was determined by the way he was thinking. He therefore reversed his mental attitude and established the ideas of success, harmony, and prosperity in

his mind. He began to live with these ideas, and he nourished them regularly and

systematically in his mind. He also purposefully and sincerely wished harmony, peace, and happiness to his employer.

After a few weeks he found that his new attitude was his real boss and that the control of his life definitely was based on the ideas enthroned in his mind. He shortly discovered that his employer's attitude toward him had changed. His employer promoted him and made him manager of one of the branch stores with a big increase

in salary. His changed attitude had obviously changed everything!

A Secret of Success in Salesmanship

I have just finished talking with a young salesman whose income averages over $25,000 yearly. He pointed out that his primary thought in selling is service, and that he always tries to make money for his customer – or to save him money – and that he never takes advantage of a customer in any way whatsoever. He further declared that he never tries to “load” his customers with merchandise which he feels the buyer cannot really use or sell.

When he cannot furnish or supply the needs of a customer, he said that he always refers him to another manufacturer who has what the customer wants. “This,” he said, “is simply the golden rule in action.” All his customers appreciate it beyond words! He has lost many orders by this attitude, but he has gained hundreds in their place, and his annual sales figure exceeds any other salesman in the company.

This young man's sincerity, honesty, and goodwill are communicated to the subconscious of his clients, begetting confidence and trust in return. His practice of the golden rule is the secret of his success in salesmanship, as well as of his subsequent promotion to an executive level.

The real secret is to treat your customer exactly as you would like him to treat you, if the tables were reversed. Tell your client,

customer, or the purchaser of your home or land, what you yourself would like to be told if you were buying the merchandise or the land; if you do this, the whole world and all the people therein contained will be constrained to do you good, and you will be a fabulous success as a salesman.

Your Voice Can Be God's Voice

I knew a young boy, aged seventeen, who was born in a place in New York called “Hell's Kitchen.” He listened to some lectures I gave many years ago in New York. He had a wonderful voice, but it was not cultivated or professionally trained. I told him that the image to which he gave attention in his mind would be developed in his deeper mind and would come to pass, and that there was always a response by this deeper mind to the mental picture held in his conscious mind.

This young man would sit down quietly in his room at home, relax his whole body, and vividly imagine himself singing before a microphone. He would actually reach out for the “feel” of the instrument. He would affirm boldly, “My voice is God's voice, and I sing majestically and gloriously.” he would hear me congratulate him on his wonderful contracts and tell him how magnificent his voice was. By giving his attention and devotion to the mental image regularly and systematically, a deep impression was made on his subconscious mind.

A short time elapsed, and a prominent voice instructor in New York offered to give him free lessons several times a week,

because he said that the boy's possibilities were great. Eventually, the young man signed a contract whereby he was provided the opportunity to go abroad to sing in the salons of Europe, Asia, South Africa, and elsewhere. His financial worries were over, for he also received a wonderful income.

His hidden talents and ability to release them, however, were his real riches. His business was God's business, inasmuch as his natural endowment to sing was God-given. Your voice can be God's voice in your daily routines if you will release its Infinite power.

A Sure Way to Expand Your Prosperity

A minister friend of mine once told me that in his early days he and his church suffered financially. He eventually discovered a sure way to expand and to prosper. He asked himself these two questions: “How can I be more useful to my fellow man?” and, “How can I contribute more to humanity?”

This is the technique or process he used, which worked wonders for him: He affirmed prayerfully and lovingly, “God reveals to me better ways to present the truths of God to my fellow man.” Money began to pour in, the mortgage on his church was paid off in a few months, and he has never worried since about money.

Likewise, you will never have to worry about money for your business expansion if you will enthrone in your mind: “God reveals to me better ways in which I can serve my fellow man.” New and creative

ideas will come to you, and your business will prosper along all lines.

How One Person Got to Head A $200 Million Corporation

Following a lecture in Phoenix, Arizona, a man chatted with me and said that when he had been sales manager of a certain organization, he suffered a nervous breakdown, plus a cardiac attack due to pressure, strain, tension, and “political” strife within the organization.

When he had fully recuperated, however, and had returned to his office, he adopted the following procedure: Every morning he would close is office door and spend ten or fifteen minutes communing and conversing with God. He claimed that infinite intelligence was directing all his activities for the day, that Divine love and harmony prevailed where discord was, and that his judgment, decisions, and purchases would be governed by the wisdom of God anointing his intellect, which would reveal the perfect plan and show him the way he should go. He would boldly claim that God knew all the answers to all his problems and that he was one with God. When he called upon this Supreme Wisdom, it always answered him.

He claimed boldly: “Divine law and order govern me, the board of directors, and the entire organization. I radiate love, peace, prosperity, and goodwill to all.”

Following this procedure, he never missed a day at work and was healthier and happier in every way. New creative ideas

for expansion and promotion of the company's products continuously came to him. As a consequence, the business prospered beyond his fondest dreams. He moved up the executive ladder, and within two years he was elected president of an enormous corporation at a fabulous salary.

He had proved to himself that God's business always prospers. You can do the same for yourself.

Today Is Not Mortgaged

If you can't meet the mortgage today, if you find yourself unable to pay certain bills, or if you anticipate failure today, remember that all you have to do is to change your present thought, and you will change conditions. You always are experiencing the outward picturing of your mind's activity at every moment. What is happening to you today is the result of today's thinking and feeling.

Think rightly today – the future is always the present thought made manifest. Change you thinking today, and you can make it harmonious, peaceful, and successful.

Your trouble today is the result of today's thinking. In Divine Mind, there is no time or space. Your good is literally this present moment. The past is a present thought; the future also is a present thought, because you can think only in the NOW. You live in this moment. Change this moment, and you change your destiny! The only moment you have control of is this present moment.

This is why the ancient Hindu mystics said, “God (your good) is the Eternal Now.”

Three Steps to Business Success

A young lady operated a very beautiful hair salon. Her mother became ill, however, and she had to devote considerable time at home, necessarily neglecting her business. During her absence, two of her assistants embezzled funds, and she found herself deeply in debt.

She decided to use the following three steps to recoup her business losses:

First step: She began to imagine that the local bank manager was congratulating her on her wonderful deposits in the bank. She kept imagining in this manner for about five minutes at a time.

Second step: In her imagination, she heard her mother saying to her, “I am so happy that you are doing so well and that you have such wonderful customers!” She continued to hear her mother say this in a happy, joyous way for about three to five minutes.

Third step: Just before going to sleep, she affirmed: “I am giving loving service to everyone, and God is blessing everyone in my salon through me.”

In less than three weeks, her business began to boom, and she had to hire additional operators. In the meantime, she got married, and her husband gave her $20,000 as a wedding gift with which she enlarged her business and opened new facilities.

The Truth About Buying & Selling

I am frequently consulted about buying and selling in connection with real estate, buildings, and stores; actually, it applies to any commodity which you might wish to buy or sell. When you wish to sell, it means that you are ready to pass on your property or home because you wish to change; it also means that someone else is ready to receive.

In buying or selling, realize that you are instantly in touch with the right buyer or seller at the right time, and your subconscious mind will bring both of you together. You are operating a law of attraction, and you will find yourself doing business with a person who is perfectly satisfied with the transaction; everything will be in Divine order.

The price you are asking is always right and just, when, if the situation were reversed, you would be willing to pay the same price yourself.

Daily Affirmations for Financial Success

Wist ye not that I must be about my Father's business? (Luke 2:49). “I know that my business, profession, or activity is God's business. God's business is always basically successful. I am growing in wisdom and understanding every day. I know, believe, and accept the fact that God's law of abundance is always workings for me, through me, and all around me.

“My business or profession is full of right action and right expression. The ideas, money, merchandise, and contacts that I need are mine now and at all times. All these things are irresistibly attracted to me by the law of universal attraction. God is the life of my business; I am Divinely guided and inspired in all ways. Every day I am presented with wonderful opportunities to grow, expand, and progress. I am building up goodwill. I am a great success, because I do business with others as I would have them do it with me.”

Serve Yourself with Good Business Thoughts

1. All business is God's business, and God's business always prospers. Do all things gladly and joyously for the glory of God.

2. Realize that God is your partner in all your business transactions and that He

indwells all your customers and clients, and you will be guided and directed in all your ways.

3. Realize that God is your only employer. As you do this, you will always be gainfully employed and have a deep, abiding sense of security.

4. Your dominant mental attitude is your real boss. Ideas are our masters and determine our attitudes. Enthrone in your mind the ideas of harmony, success, and prosperity, and nourish them emotionally; you will find that, having a good boss inside, the same will appear on the outside.

5. To succeed in salesmanship, you must have service to the customer as your primary goal; then success is assured.

6. If you are endowed with the gift of song in your heart, realize your voice is God's voice and that your singing thrills and blesses the audience. This is the sure way to fame and glory.

7. If business is slow, pray as follows: “Infinite Intelligence reveals to me better ways in which I can serve.” Your business will go ahead by leaps and bounds!

8. Your experiences today are not caused by yesterday but are an out-picturing of your present thought. Change your thought now, and you change everything. The only moment is now. The future is determined by your present thought.

9. In buying and selling, realize that you are instantly in touch with the right buyer or seller at the right time. The law of attraction will bring both of you together, and there will be mutual satisfaction, harmony, and peace in your transaction.

Chapter 10: The Law of Increase

In 1 Corinthians 3:6 read: I have planted, Apollos watered; but God gave the increase. Increase is what all men and women throughout the world are seeking; it is the urge of God within them, seeking fuller expression in all phases of their lives.

Your desire to grow wealthy, to expand, and to unfold is a fundamental impulse of your being. You wish to increase your circle of wonderful friends, you wish more and better food, clothing, automobiles, and homes, and more of the luxuries of life. Moreover, you desire to travel more, to learn more of the inner powers, and to experience a greater measure of beauty. In short, you want to live the life more abundant.

You plant wheat in the soil and water the ground, but God gives the increase in the form of multiplying the wheat grains a hundredfold or a thousandfold. Likewise, whatever you plant in your mind in the way of thought, feeling, and imagination is increased in manifestation.

Increase means the multiplication of your good, the unfolding of your incipient thought or plan. If no action is initiated, obviously there can be no increase. Begin now to impress your mind with the idea of increase. You can't do it alone, however; it is God that giveth the increase.

How One Idea Attracted Thousands Of Dollars

Dr Olive Gaze, wife of the late Dr Harry Gaze, famous international lecturer on the Psychology of Daily Living, has given me

this interesting anecdote regarding her late husband.

Dr Gaze was a very young man when he arrived from England in order to lecture in the United States. He had decided to lecture in Chicago on the laws of mind.

His hotel was near the Chicago Opera House, and as he looked out the window, he saw a large crowd pouring out of the building after a matinee performance. He said to himself, “I am going to speak on the laws of mind to a capacity audience in that Opera House. God will bless me and all those who listen to me with the blessed increase, 'pressed down, and shaken together and running over.'”

Dr Gaze had only a hundred dollars when he went to see the manager of the Opera House in order to rent it for lectures on the Psychology of Daily Living. The manager laughed, but as Dr Gaze talked about the power of the mind, the manger became intensely interested and told him he would give him a week to collect the several thousand dollars necessary for rental of the Opera House for his series of lectures.

During the course of the week, Dr Gaze kept affirming, “God giveth the increase. This idea of mine is good; it blesses all. God magnifies it and multiplies it.”

Dr Gaze then met Mr McCormick of Chicago, a multimillionaire who became intensely interested in Dr Gaze's mental therapeutics, and he gave a luncheon for him, inviting eleven guests, all also multimillionaires. Dr Gaze addressed them

on the powers of the mind. The result was that each one contributed a large amount of money and thereby paid for all the necessary advertising, as well as the large sum necessary for the rental.

Dr Gaze's dream had come true. Crowds could be seen leaving the Opera House after each of his lectures, just as he had imagined from his hotel window a few weeks previously. Dr Gaze had planted the mental picture in his mind, accompanied by a feeling of joy and restfulness in foreseeing the accomplishment of his idea, while knowing in his heart that God giveth the increase.

How A School Teacher Gives Increase to All Students

A schoolteacher who regularly comes to my lectures told me that she used to have great trouble with unruly children in school. However, she adopted the following procedure with remarkable and amazing results.

For fifteen minutes every morning before she started class, she isolated herself, became quiet in her mind, and silently affirmed as follows: “I am a creative center of God, and I give increase of love, wisdom, and understanding to all the boys and girls in my class. I am now conveying the idea of advancement and growth to each pupil. I have the unshakeable faith that each pupil learns quickly and is inspired, harmonious, loving, and most cooperative. I have the

firm conviction that each child in my class is an advancing student, and my conviction is conveyed to his subconscious mind. It is so."

In the years that followed, this teacher has been complimented time and time again on the order and discipline in her classes, and the grades of her pupils are exceptionally good. Recently she has been promoted and transferred to another school with a big increase in salary. She claimed continuous increase for herself and for her pupils, and she has found that in giving increase to all her pupils God has blessed them as well as herself.

She has a motto on her desk which reads: "What I want for myself, I want for everybody." It really paid off for her.

From Cabin Carpenter to Skyscraper Builder

Recently, I returned from lecturing in Phoenix, Arizona, where I spoke in the Church of Divine Science conducted by Dr Jacob Sober, formerly a distinguished Rabbi who is now conducting non-denominational services on mental and spiritual laws.

While lecturing there, I chatted with a man who told me that twenty years ago, he had been a carpenter doing odd jobs in that desert town. He had lived in an old, dilapidated cabin on the nearby mountain. However, he had felt an unquenchable desire to build skyscrapers comparable to those in New York City. He began to say to himself, "I am getting rich, I am making

others very rich, and I am conferring blessings on all."

Following this changed attitude of mind, he began to attract men and women who wanted his services. His carpentry business increased so rapidly that he couldn't handle it and he had to hire additional men.

He built a house for a very rich man who came from the East for the benefit of his health. As a result of his excellent work, this man set him up in business as a contractor, retaining a small interest in the business. When the wealthy man eventually passed on, he left sole ownership to the carpenter. Today, this former carpenter is worth many millions of dollars and already has built several skyscrapers.

Begin now to feel rich like this carpenter, and you will be amazed at the unexpected blessings which will come to you from all sides. You will be able to expand into larger business combinations, and inevitably with God's help you will receive all the wealth you need for your plans to move onward and upward.

No matter who you are or what you are doing – whether you are a stenographer, secretary, lawyer, chemist, taxi driver, or clergyman – if you begin now to focus your mind on the thought of wealth, health, and happiness for others, they will sense it subconsciously and will be attracted to you by the universal law of attraction. You will become fabulously rich and will prosper, spiritually, mentally, and materially.

Why People Beat a Path to His Door

A young physician whom I know astonished his confreres by his phenomenal success. Patients come to him in throngs! He told me that the first day he opened his office, he meditated as follows: “I give increase of life to others. God is the Great Physician and I am His instrument; He heals through me. Everyone I touch is miraculously healed, and I am constantly in tune with the Infinite Healing Presence. I give thanks for my success, achievement, and for the riches of life.”

Every day he prays in the above manner. He cannot handle the number of patients who come to him and he has to refer many of them to other doctors.

How Renewal of Mind Benefited A Minister

Recently I talked with a minister whose congregation had fallen down to about fifty or sixty people. During the conference we determined that the reason for the deterioration was that he was not giving them what they wanted or needed.

He forthwith reversed his attitude of mind and began to teach people how to lead a full and happy life, how to prosper, how to establish harmonious human relationships, how to love and be loved, how to prosper in business or a profession, and how to be healthy, vital, and inspired. He had realized that he could not have given these qualities to others except they were a part of his own life.

He began to practice what he preached, and he demonstrated the laws of life from his pulpit. In three months' time he has built up his church to over 500. His people tell him, "these are the things we want to hear. We have a new man in the pulpit!"

He has been transformed by the renewal of his mind. This minister has proved that the law of increase is as mathematically certain as are the laws of chemistry, physics, or gravitation.

Perpetual Opportunity for Advancement Exists for You

Some people say that they can't get ahead or be promoted because they are working in a place where there is no opportunity for advancement or where wages are set by certain standards. All this is not necessarily true. You can use the laws of mind to advance and to move forward in life in any circumstances.

The secret is to form a clear mental picture of what you want to be, know that the power and wisdom of your subconscious will back you up, and persevere and be determined to be what you want to be. Have faith that your mental picture will be developed in your subconscious mind and become objectified in your experience.

Love what you are doing now and do the best you can where you are. Be cordial, kind, affable, and full of goodwill. Think big and think of riches, and your present work will simply be a stepping stone to your triumph. Be conscious of your true worth and claim riches in your mind and claim

riches for every single person you meet during the day, whether it be your boss, an associate, the foreman, a customer, or a friend – all those around you. You will feel your radiation of riches and advancement, and Infinite Intelligence will very soon open up a new door of opportunity for you.

There is nothing in all the world to hold you back but yourself, your own thoughts and concept of yourself.

When you are seeking and picture advancement, and when the opportunity for more money and increased status and prestige is presented to you, if you feel receptive to the idea, take it, and it will prove to be a step toward greater and grander opportunities. Enter now into the advancing life and experience the riches of God here and now.

How A Businessman Overcame His Negative Thinking

A woman once complained to me that her husband was constantly blaming the government, the taxes, and the competitive system for his lack of sufficient money.

In talking to him, I discovered that he thought he was a victim of conditions, instead of master of his situation. He began to realize, however, that he could enter upon a creative plan of thinking which would transcend his environment and condition and that he was a citizen of the Kingdom of God. His daily prayer was as follows: “The law of increase is inevitable, and my mind is constantly open to a

bountiful increase. My business grows, expands, and unfolds in a wonderful way, and my finances are always multiplied exceedingly. I am richly and abundantly supplied within and without from the infinite storehouse within me. I open my mind and my heart to the abundance and riches of God, and I am increasingly rich within and without."

As he fed his mind with these inner truths, his supply became more abundant.

He is now in business for himself and is exceedingly prosperous.

Think on These Things

1. Increase is what all men are seeking. It is the urge of God seeking expression through you, telling you to come on up and rise to a higher level.

2. Plant a mental picture in your mind, accompanied by a feeling of joy and restfulness, and contemplate the happy ending, and you will experience the joy of the answered prayer.

3. You are a creative center, and you can give an increase of love, wisdom, and understanding to all. As you give, you receive, and wonders will happen in your life.

4. Let these truths sink into your mind; imbibe them with faith and expectancy: "I am getting rich, I am making others rich, and I am conferring blessings on all." This is the royal road to riches.

5. Give increase to others in your thought life and realize that you are an instrument through which God's love, truth, beauty, and riches flow. Claim that these qualities are constantly flowing through others also, and you will attract riches, friends, customers, clients, and marvelous experiences.

6. If you are a minister, teach people the abundant life and how to realize it, teach them the laws of prosperity and the science of happy, joyous, and successful living, and there will not be an empty seat in your church.

7. Opportunities are always knocking at your door. Form a clear mental picture of what you want to be and feel and know that the power of your subconscious will bring it to pass. This is your opportunity now!

8. There is no one to blame but yourself. Cease blaming the government, taxes, competition, and world conditions. You are a citizen of infinite mind and infinite riches! Think big, picture riches, and feel that you are rich – and the law of attraction will do the rest.

Chapter 11: Mental Imagery & Riches

Napoleon once said, “Imagination rules the world”; and Henry Ward Beecher in a similar vein said, “The soul without imagination is what an observatory would be without a telescope.”

Imagination is one of the primal faculties of your mind. It has the power to project and to clothe your ideas, giving them visibility on the screen of space. Imagination is the mighty instrument used by great scientists, artists, physicists, inventors, business tycoons, and writers. Scientists, through their imagination, penetrate the depths of reality and are enabled to reveal the secrets of nature.

When the world says, “it is impossible; it can't be done,” the man with disciplined, controlled, and directed imagination says, “It is done!”

It is just as easy – and far more interesting, captivating, and alluring – for you to imagine yourself to be rich and successful as it is to dwell on poverty, penury, and failure. If you wish to bring about the realization of your desires or ideals, form a mental picture of fulfillment in your mind; constantly imagine the reality of your desire. In this way, you will actually force it into being.

What you imagine as true already exists in your mind, and if you remain faithful to your ideal it will one day objectify itself. The Master Architect within you will project on the screen of visibility that which you impress on your mind.

He Imagined A Million Dollar Business

An outstanding businessman during a casual conversation told me how he had started in a small store, but that regularly and systematically over the years he used to picture himself as head of a large corporation with branches all over the country. For ten or fifteen minutes in the morning, the afternoon, and at night, he would picture in his mind's eye the giant buildings, factories, and stores, while knowing that through the alchemy of the mind, he would weave the fabric out of which his dream would be clothed.

Gradually, his business began to boom, and he had to enlarge his store and to open other branches. He began to attract to himself by a universal law of attraction the ideas, personnel, friends, money, and everything else he needed for the complete unfoldment of his ideal.

He truly and sincerely exercised and cultivated his imagination and he lived with his mental patterns until his imaginative faculties clothed them in form. Today he is fabulously wealthy and is president of a corporation which employs thousands of people.

She Created Riches for Her Brother

A student at the University of Southern California heard me explain that one of the means of Joseph in the Bible is imagination and that the Bible says he wears a coat of many colors. Biblically speaking, a coat is a psychological covering. Your psychological “garments” are the mental

attitudes, moods, and feelings that you entertain. Joseph's coat of many colors represents the many facets of the diamond, or your capacity to clothe any idea in form.

The student began to imagine her brother, who was very poor, as living in the lap of luxury. She pictured his face lighting up with joy, his expression changing, and a broad smile crossing his lips. She imagined that he was telling her what she wanted to hear, such as “Sis, I'm wealthy, successful, and happy. I feel wonderful! I have a new car and a lovely apartment, and I am rolling in riches!”

She was faithful to her mental picture night and morning, and she made it vivid and real until she succeeded in impregnating her subconscious with her mental movie. By the end of two months, her brother had been offered a wonderful position; the company for which he worked had given him a car for business purposes, and he had won a large sum of money in a lottery! This girl had the joy, the thrill, and the satisfaction of hearing her brother telling her objectively what she had felt to be true subjectively.

You can imagine abundance and riches where there is lack; peace where there is discord; and health where there is sickness. Imagination disposes of everything; it creates riches, beauty, justice, and happiness, which are everything in this world.

Imagining Success in Financial Matters

A business friend of mine once had difficulty in collecting $10,000 owed him for merchandise by one of his old customers. My friend had pleaded with the man for over two years, but he had received nothing but unfulfilled promises to pay. He

hesitated to sue this old customer because of their long business association; but he was deeply resentful and angry toward him.

At my suggestion, my friend reversed his attitude toward his customer. He began to imagine and affirm that his customer was honest, sincere, loving, and kind; after a while my friend's reaction changed. He would sit quietly several times daily and imagine a check for $10,000 to be in his hand, and he would picture himself in a very vivid form depositing the check in his local bank. He also sat down and wrote his customer an imaginary letter of thanks for having paid his debt; he sealed the letter and placed it in a drawer in his desk.

He knew that he was giving a definite picture to his subconscious mind, and he also was aware that the subconscious would bring it to pass. In ten days, he received an envelope from his customer, enclosing the $10,000 check, to which was appended this note: “You have been in my mind the last few days. I felt I must pay you in full. I regret the delay; someday I'll explain.” This proves that a changed mental picture changes everything.

Imagination Pours Forth Riches

It is really out of the imaginative mind of man that television, radio, radar, superjets, and all modern inventions come. Your imagination is the treasure house of Infinity, which releases to you all the precious jewels of music, art, poetry, and discoveries.

Consider for a moment a distinguished, talented architect. He builds in his mind a beautiful, modern, twentieth century city for senior citizens, complete with swimming pools, aquarium, recreation centers, parks, and the like. He can construct in his mind the most beautiful palace the human eye has ever seen. He can visualize the buildings in their entirety, completely erected before he ever gives his plans to the builders. His inner riches create outer riches for himself and for countless others.

You are the architect of your future. You could now look at an acorn and, with your imaginative eye, construct a magnificent forest full of rivers, streams, and rivulets. You could people the forest with all kinds of life; furthermore, you could hang a bow on every cloud. You could look at a desert and cause it to rejoice and blossom as a rose. Men who are gifted with intuition and imagination find water in the desert, and they create cities where formerly other men saw only a desert and a wilderness.

A Fortune in The Desert

About ten years ago, I purchased some land in Apple Valley from a man who told me that in the height of the depression in

the early 1930s he and his wife were motoring to Nevada and, in passing through Apple Valley, a vast desert, he said to his wife, “There will be a town here in the near future. Many people will move out here to this desert and build schools, hospitals, homes, and industries. It's Government land; I am going to buy six hundred acres.”

The price at that time was $2.00 an acre. From an investment of $2.00 an acre, he has made a small fortune. This land is now selling at $400.00 an acre, and possibly more. Countless thousands of men and women had passed through that same area on their way to Nevada. They saw only a desert – he saw a fortune.

The Bible says...*I will make the wilderness a pool of water, and the dry land springs of water* (Isaiah 41:18).

How One Person Successfully Imaged Her Desires

A schoolteacher who listens to my daily radio program wrote to me, saying that she had written in a notebook the words Health, Wealth, Love, and Expression. She said that she lacked health and sufficient money, was unmarried, and was seeking opportunity to teach in a college. Under Health, she wrote in her notebook: “I am all health; God is my health.” Under Wealth she wrote: “God's riches are mine now, and I am wealthy.” Under Love she wrote: “I am happily married and Divinely happy.” Under Expression she wrote: “Divine intelligence leads and guides me to my right work,

which I perform in a perfect way for a wonderful income."

Every morning and evening, she would look at what she had written in her book, and she claimed: "All these desires are now being fulfilled by my subconscious mind." She would then take some time to picture the complete result under each category. She would imagine her physician as saying to her, "You are completely healed. You are all right now." She would imagine her mother, with whom she lived, saying to her, "You are rich now. We can move and travel. I'm so happy."

She would then imagine a minister saying, "I now pronounce you man and wife," and she would "feel" the naturalness, solidity, and tangibility of an imaginary ring being placed on her finger. Prior to sleep, her last mental picture was of her principal saying to her, "Sorry you are leaving, but I am glad to hear of your college assignment. Congratulations!"

She would run each mental movie separately for about five minutes in a completely relaxed and joyous manner, knowing that these pictures would sink down by osmosis into her deeper mind, where they would gestate in the darkness and be made manifest at the right time in the right way. She found all this a most fascinating mental exercise, and her world apparently magically melted into the image and likeness of her disciplined, controlled, and directed daily imagination. Within three months' time, all her desires were fulfilled.

She discovered that there is a designer, an architect, and a weaver within that takes the fabric of your mind, thoughts, images, feelings, and beliefs, and molds them into a pattern of life which brings you the riches of health, wealth, love, and expression. Her favorite Bible verse is Psalm 121:1, *I will lift up mine eyes (imagination) unto the hills, from whence cometh my help.*

You Are Always Imaging

You are constantly using your imagination – either constructively or destructively. You think in mental pictures. Think of your mother and you picture her; think of a home, and you see one in your mind's eye. A poverty-stricken person is always imaging lack and limitation of all kinds, and the mind produces according to the mental image held in the mind.

When you were going to get married, you had vivid, realistic pictures in your mind. With your power of imagination, you saw the minister or the priest. You heard him pronounce the words; you saw the flowers and the church, and you heard the music. You imagined the ring to be on your finger, and you traveled in your imagination on your honeymoon to Niagara Falls or to Europe. All this was performed by your imagination.

Likewise, before you graduated, you had a beautiful, scenic drama taking place in your mind; you had clothed in material form all your ideas about graduation. You had imagined a professor or the president of the

college giving you your diploma. You saw all the students dressed in gowns. You heard your mother or father, or your girlfriend congratulate you; you felt their embrace and their kiss. It was all real, dramatic, exciting and wonderful.

Images appeared freely in your mind as if from nowhere, but you know and must admit there was and is an Internal Creator with power to mold all these forms which you envisioned in your mind, to endow them with life and motion, and to give them voice. These images said to you, “For you only, we live!”

How A Broker Images Riches for Others

A broker friend of mine is intensely interested in making money for his clients. Consequently, he has become very successful and recently has been promoted to the position of executive vice president of his company. His method is very simple. Prior to coming to his office, he sits still, quiets his mind, relaxes his body, and mentally conducts imaginary conversations with a number of his clients who, one after the other, congratulate him on his wise and sound judgment and also compliment him on his purchases of the right stocks. He dramatizes this imaginary conversation regularly, and he psychologically implants it in his subconscious as a form of belief in his mind.

At intervals during the day, this broker returns to the mental pictures in his mind, thereby making a deep impression on his subconscious mind. He told me that he has

made small fortunes for many of his clients and that he has yet to see one lose money due to his advice.

This broker realizes that that which is subjectively embodied is in the natural order of things objectively expressed. It is the sustained mental picture which is developed in the depth of the mind. Run your mental movie often. Get into the habit of frequently flashing it on the screen of your mind. After a while, it will become a definite, habitual pattern. The inner movie which you have seen with your mind's eye shall be made manifest openly. In Romans 4:17 we read...He calleth the things that are not, as though they were...and the unseen becomes seen.

In the science of imagination, you must first of all begin to discipline your imagination and not let it run riot. Science insists upon purity. If you wish a chemically pure product, you must remove all traces of other substances as well as extraneous material', you must cast away all the dross.

In the science of imagination, you eliminate all the mental impurities, such as envy, covetousness, fear, worry, and jealousy. You must focus all your attention on your goals and objectives in life and refuse to be swerved from your purpose or aim, which is to lead a rich and happy life. Become mentally absorbed in the reality of your desires, and you will see them take material form in your world.

A businessman whose affairs are prospering comes home from the office and runs a motion picture in his mind of failure, sees the shelves empty, imagines himself going into bankruptcy and having an empty bank balance. He even imagines the business as closing down, yet all the time he is actually prospering. There is no truth whatever in that negative mental picture of his; it is a lie made out of whole cloth.

In other words, the thing he fears does not exist save in his morbid imagination. The failure will never come to pass – unless he keeps up that morbid picture charged with the emotion of fear. If he constantly indulges in this mental picture, of course he will bring failure to pass. He has the choice of failure or success, but he is choosing failure.

Enthrone now in your mind the mental images, ideas, and thoughts which heal, bless, prosper, inspire, and strengthen you. It is true that you become what you imagine yourself to be. Your sustained imagination is sufficient to remake your

world. Trust the laws of your mind to bring your good to pass, and you will experience all the blessings and riches of life.

Summary of Your Aids to The Wonders of Imagination

1. “Imagination rules the world.” - Napoleon

2. Imagination is one of the primal faculties of your mind, and has the power to project and to clothe all your ideas into form on the screen of space.

3. If you are in business, you can picture a larger business, new offices, new buildings, and additional stores, and through the alchemy of the mind you can bring these pictures to pass.

4. You can make others rich by seeing them as they ought to be - radiant, happy, joyous, wealthy, and successful. Remain faithful to your mental picture, and it will come to pass. This is blessing the other.

5. If you have difficulty in collecting a debt, picture the check in your hand, feel its reality, and give thanks for the prosperity and success of the person who owes you the money, and miraculously he will pay you.

6. It is out of the imaginative powers of man that come all our new discoveries, such as radio, television, radar, and superjet airplanes. Imagination plumbs the depths of mind, and that which exists in latency is brought forth and projected on the screen of space.

7. When you look at the desert, what do you see? Some people see fabulous riches and they make the desert rejoice and blossom as the rose. Imagination is called the “workshop of God.”

8. You can imagine the fulfillment of each desire by running a mental movie, dramatizing and depicting the end, and your subconscious will bring it to pass.

9. You are always imagining whether negatively or constructively. Imagine only what is lovely and of good report for yourself and also for others. Ask yourself,

"Would I like to live with what I am picturing for the other?" Your answer should be "Yes." Remember that what you wish for the other, you are wishing for yourself.

10. Imagine that others are happy, joyous, rich, and affluent, and rejoice in their prosperity and success. This is one sure way to acquire riches for yourself.

11. In the science of imagination, you eliminate all dross and impurities, such as covetousness, jealousy, envy, fear, doubt, and anger. Focus your attention only on your goals and imagine them fulfilled in Divine order.

12. Man is what he imagines himself to be. Imagine that which is lovely, noble, and God-like. Feel yourself as rich, and all the riches of Heaven will gravitate to you.

Chapter 12: Be A Lifter & Grow Rich

The Bible says: *And I, if I be lifted up from the earth, will draw all men unto me.* (John 12:32).

This statement, like many others in the Bible, is purely psychological and spiritual, written in idiomatic, oriental language, telling all of us how to lift ourselves up from poverty, sickness, lack, and limitation of all kinds.

To be a lifter-upper, you must lift up your desires to the point of acceptance; then the manifestation will follow. Your physical senses report their findings, which at best are depressing. As a lifter-upper, you turn within to the Infinite Presence and Power, and anchor your mind there. This Infinite Presence is responsive to you, and when

you call upon the Divine Power you will receive an answer. You can receive courage, faith, strength, power, and wisdom which transcend the ordinary physical senses. You are then lifted up, the old state dies, and the new state is resurrected.

You cannot manifest your good in a depressed state. Behold your vision and contemplate its reality, and you will rise above all obstacles, obstructions, and difficulties. As you contemplate the Presence of God within you, you will dissipate automatically all the fearsome shadows lurking in your mind.

You don't as a rule rise by accident from the slums and obscurity to wealth, honor, and fame by saving someone from drowning at a seashore or by meeting a millionaire who likes you. Remember a simple truth: You will always demonstrate your character, for character is destiny.

How to Rise to Great Heights

Release your energy, talents, and abilities, and develop a zeal and an enthusiasm to learn more about your inner powers. You then can lift yourself up to astonishingly great heights. An energetic, confident, and enterprising man who attends to business, does the right thing, and practices the golden rule will make a success of his life whether or not he meets a stranger who will help him, knows the right congressman, or wins a sweepstakes ticket.

Your character and mental attitude will make or break you. This is true of you, your

country, your business, your church, or of any institution.

If you desire to lift up yourself and put your head above the ruck, ask God to give you what you need – and He will. You can build into your subconscious mind any quality you desire by meditating every day upon that quality.

The Joy of Overcoming

You are here to grow, to transcend, and to discover the Divinity within. You are here to meet problems, difficulties, and challenges – and then to overcome them. The joy is in the overcoming! If the crossword puzzle was filled out for you, it would be a very insipid and dull world. The engineer rejoices in overcoming all obstacles, failures, and difficulties in building his bridge. You are here to sharpen your mental and spiritual tools while you grow rich in wisdom, strength, and understanding; otherwise, you would never discover your Divinity.

Don't let your young boy lean on you indefinitely for everything. When he is old enough, teach him to mow the lawn, how to sell newspapers, and how to do well the odd jobs which he is paid. Teach him the dignity of labor and that the money he receives from mowing the lawn for a neighbor or for selling newspapers is for work well done. This will give your young son pride in accomplishment and in his contribution in service to others. It will also teach himself reliance and confidence in himself. Teach him also to see the good in others and how to call it forth, and he will

always be a lifter and not a leaner, whiner, and complainer. He will respect and save the money he earns, but will put the easy money you give him into the juke box or the pool hall.

How to Lift Up Others

You must be careful of how you give to others. Never rob a man of his opportunity to grow and to advance. The young man who receives money and help too easily and too frequently finds it easier than self-discovery and self-propulsion.

Constant assistance is destructive to his manhood. Cease emasculating and destroying his manly characteristics. Give him an opportunity to overcome and to discover his inner powers; otherwise, you will make him a leaner, always seeking a handout.

I told a woman to stop filling the ice box for a relative of hers who came from the East. Her attitude was: “Poor Tom, he is a stranger here. It's hard from him to get a job,” etc. She paid his rent, brought groceries for him, and gave him pocket money until such time as he could get a job. He never got a job, but rather he became the perfect leaner – and he even resented her because she didn't give more! At a Christmas dinner to which he was invited he actually stole most of her silver. She cried out, “Why did he do this, after all I have done for him?”

She had been seeing him through the eyes of lack and limitation, however, and instead

of lifting him up, realizing he was one with the Infinite and Divinely led to his true place, and clothing him mentally with the riches of Heaven, she had, figuratively speaking, clothed him in rags. He subconsciously picked this up and reacted accordingly.

You should always be ready to help a person who is really hungry or in want or distress. This is right, good, and true. However, be sure that you do not make a parasite of the other. Your assistance must always be based on Divine guidance and your motivation must be to help him to help himself. Teach the other where to find the riches of life and how to become self-reliant and how to contribute his best to humanity, and he will never want a bowl of soup, an old suit of clothes, or a handout.

These things...ye have done and...left the other undone (Matthew 23:23). All of us are willing to give a helping hand, but it is wrong to contribute to the shortcomings, derelictions, laziness, apathy, and indifference of others.

Character Is Destiny

All of us are here to put our shoulders to the wheel. If you are wearing just a loincloth, someone made it for you. What are you doing for others? Are you working and contributing your talents and abilities? There are many beggars who are able-bodied and who make a profession of begging for alms, and as long as you give to them, they will never work. They become parasites and leaners. Some of them are very wealthy and have fashionable homes

and cars, whether in London, New York, or elsewhere.

Within every man there is a vast mine of undiscovered gifts, powers, and riches. Each man is responsible, and boys must be made aware of their responsibilities to society. All of us are a part of humanity on the pathway of life. You are to do your share, whether pulling an oar or driving a car. Life rewards faith, courage, endurance, stick-to-it-iveness, and persistence with more of these qualities. It is in overcoming obstacles that you develop character, and character is destiny.

Your Inner Support

Lean on God and not on people or the government. The government can't give you anything unless it first takes it away from you. Furthermore, no government

can legislate peace, harmony, joy, abundance, security, wisdom, love of neighbor, equality, prosperity, or goodwill. All these come from the spiritual world within you.

There is the leaner who drifts along on his name, background, heredity, or good looks until people become aware of how empty he is inside. Then he falls – he has no inner support and strength.

How He Rose to Fabulous Heights

A business executive in Los Angeles told me that in 1929 he had lost everything in the market crash. So did his brother. Each of them had been worth over a million

dollars. His brother committed suicide; he said that there was nothing to live for, that he had lost everything.

This business executive told me he said to himself, “I have lost money; so what? I have good health, a lovely wife, abilities, and talents. I'll make it again. God will guide me and open up a new door for me. I am going to make millions.” He rolled up his sleeves and went out as a gardener and did odd jobs here and there. He accumulated some money, invested it in stocks, and saw them rise to fabulous heights. He gave advice to others, and they made a small fortune.

He was a lifter. He had lifted up himself, for he knew there is a God-Power which would reveal to him a way out, an answer. He had called upon the spiritual reserves within him, and strength, courage, wisdom, and guidance came to him.

The Riches of God Are Yours

The Bible says: *Draw nigh to God, and he will draw nigh to you* (James 4:8). All this means is that Infinite Intelligence is responsive to you and will answer when you call. *I and my Father are one* (John 10:30). You and God are one.

Don't lean on land, stocks, the government, relatives, or anybody else. Trust the God-Power within to sustain you and to watch over you at all times. Stop looking outside. Look inside. If you look outside for help, you are denying the riches of God within and you are stealing power, wisdom, and intelligence from yourself.

Believe in yourself as a spiritual being of grandeur and recognize your Divinity. Moreover, contemplate the truth that you are here to release the imprisoned splendor that is within.

Be a lifter always by realizing that there is an Infinite Power to back you up. This Power will lift you up, heal you, inspire you, open up new doors for you, give you new, creative ideas, and present you with a sense of deep, abiding security in that which changes not and is the same yesterday, today, and forever. All you have to do is to trust this Presence and believe in it, and wonders will happen in your life.

The lifter meets a problem head on and he says to himself, “This problem is Divinely outmatched. The problem is here, but God is here too.” And he wins! He grapples with all hurdles, business, problems, and engineering and space problems with faith, courage, and confidence, and he goes forth to conquer sickness, fear, and ignorance. Man will never abolish the material slums until he abolishes the slums in the mind of man.

There is an old saying that the weak chick gets picked to death by the healthy ones. The boy in school who feels weak, defeated, rejected, demeaned, and who is picked on by the bully and others, is also weak inside himself. But when he stands up to the bully, challenges him, and meets him head on, the so-called bully usually retreats.

You Can Rise Over All Conditions

Feel the dignity and grandeur as a son of God and realize that you are immune to insults, criticisms, and vilification by others because you are God-intoxicated. If you exalt and love the God-Presence within you, all men – even your so-called enemies – will be constrained to do you good.

Refuse to accept suffering and never resign yourself to any situation. You are a transcendental being and you can lift yourself up mentally over all conditions and circumstances.

When Abraham Lincoln was informed that a member of his Cabinet, the Secretary of War, was maligning and traducing him and calling him an ignorant baboon, he replied, “He is the greatest Secretary of war this country ever had.” No one could hurt Lincoln or wound his ego. Lincoln knew where his strength was, and he knew that no one would drag him down except through a movement in his own mind.

Lincoln was a lifter, which means that he not only lifted up himself but recognized the God-Self within him; he thereby acquired the strength to lift a whole country.

Be Nice to Yourself

You know of some so-called do-gooders who go about seeking paroles for molesters of children, sex-fiends, and other deviates who, the minute they get out, again attack, rape, and even kill. Our newspapers are full of this sort of thing. Before you can uplift and help others, you must first be lifted up in wisdom and

understanding. You can give only what you have. Often, the soap box preachers and the do-gooders are simply projecting their own shortcomings and inadequacies upon others. The blind cannot lead the blind.

There is no one to change but yourself. You have to be nice to yourself; the real Self of you is God. Exalt, honor, revere, and respect this Divine Presence within yourself; then you are loving and honoring your neighbor. Your neighbor is the closest thing to you; God is your neighbor, and if you love God you will have goodwill for all men.

Speak to Him thou for He hears, and Spirit with Spirit can meet - Closer is He than breathing, and Nearer than hands and feet. - Tennyson, 'The Higher Pantheism' (Stanza 6).

Look at the reality of yourself, shining in all pristine glory in your depths. Let your true Light shine, and let His love flow through you, expunging all your weaknesses, shortcomings, and deficiencies. The lifter has found God within himself and feels strong and secure in His Presence.

The lifter knows that he is here to go forth conquering and to conquer, for God or the Infinite cannot fail and because he is one with God, he has no fear and is no longer frustrated or distrait.

Getting A New Estimate of Yourself

The lifter affirms, “God gave me this desire, and the God wisdom will reveal the perfect

plan for its unfoldment." This attitude dispenses with all frustration.

All of us are interdependent. You may need a doctor, a lawyer, a psychologist, or a carpenter – and they may need you. We need each other. But let us remember to lift up God in everyone and to see each man as he ought to be: a son of God, radiant, joyous, prosperous, and free.

Be a lifter. Exalt God in the midst of everyone. Clothe them with majesty and excellence and adorn and embellish them with the sunshine of His love. As you first exalt the Divinity within yourself, you will then exalt it also in others. Seek and you shall find tongues in trees, sermons in stones, songs in running brooks, and God in everything and in everybody.

The lifter knows the truth of this ancient saying: What thou seest that, too, become thou must; God if thou seest God and dust if thou seest dust.

As Moses lifted up the serpent in the wilderness, even so must the son of man be lifted up. The word son in the Bible means expression, and the word man means mind. All this means is that you must be a lifter-upper, like Moses, and when you are dejected, depressed, or fearful, lift up your concept of the Spirit within you which is God. You have a mind which is part of Infinite Mind; you have spirit within which at the human level is called feeling or emotion. In other words, the invisible part of you is God.

Cease crawling, cringing, and living in the shallows and eddies of life! Stop apologizing for being alive! Get a new estimate, a new blueprint of yourself. A serpent crawls on its belly and hides in caves or behind rocks away from the light.

When you feel inadequate or weak and have worm-of-the-dust attitude, you are crawling along the ground, governed by sense evidence, and you feel that you are a victim of heredity, environment, and conditions. During the creative act, two serpents stand erect, which is symbolic of the caduceus worn by medical officers in the army. The serpent is thus a symbol of the Infinite Healing Presence of God.

This is to remind you to exalt and to lift up the Healing Presence within yourself. The Father-Mother-God is within you in the form of your conscious and subconscious mind. Whatever you claim and feel to be true, your subconscious will respond in like manner; hence, you can rise above all limitations, impediments, and obstructions.

How To Experience The Joy Of The Answered Prayer

In the Book of Numbers it says: *And Moses made a serpent brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived* (Numbers 21:9). No intelligent person takes this story literally. The Bible uses outer concrete things to portray inner psychological and spiritual truths. Figuratively speaking, the serpent bites you when you are full of hatred, jealousy, envy, hostility, or

vengeance. Many are bitten by covetousness and enmity towards others because of their success and achievements in life. Millions are bitten by fear, ignorance, and superstition.

Psychologically speaking, Moses means your awareness of the Power of God and your capacity to draw it out from the depths of yourself. Brass is an alloy of two metals, symbolic of the union or agreement of your conscious and subconscious mind regarding that for which you pray. If there is no quarrel or argument in your conscious or subconscious mind, your prayer will be answered.

You are healed of all your infirmities when you gaze upon the Infinite Healing Presence of God within you and claim that what is true of God is true of you and of all men. Then you will release the spiritual agencies on your behalf and you will ascend from a crawling, cringing, creeping worm-of-the-dust attitude to the exalted mood of faith and confidence in the joy of the Lord which is your strength.

Be a lifter-upper from now on! The Spirit in you is God. It is invincible, invulnerable, eternal, almighty, and omniscient. Unite with this Presence and Power in your mind, feel the response, and your desert of loneliness, fear, sickness, poverty, and inferiority will rejoice and blossom as the rose ...*I bore you on eagles wings, and brought you unto myself* (Exodus 19:4). It also brings you financial blessings for a fuller life.

Higher Aspects of Living

1. To be a lifter-upper you must lift up your desires to the point of acceptance; then the manifestation comes. Behold your vision and contemplate its reality.

2. Your character or mental attitude will make you or break you.

3. The two kinds of people on earth are the people who lean and the people who lift.

4. Lift the other up by realizing he is one with the infinite riches of Heaven and prospered beyond his fondest dreams.

5. Your character is destiny. Life rewards courage, faith, endurance, and persistence. It is in overcoming obstacles that you develop character.

6. The riches of God are yours because God or Infinite Intelligence is responsive to you and will answer when you call.

7. You can rise over all conditions by exalting the God Presence within you and by uniting with it.

8. Be nice to yourself, because the real Self of you Is God. Exalt God in the midst of you, and honor, revere, and respect the Divinity which is omniscient, omnipotent – the only Presence and the only Power.

9. Be a lifter and exalt God in the midst of everyone. First exalt the Divinity within yourself and you will then exalt it also in others.

10. Turn your eyes upwards and behold the infinite healing Presence within you, and as

you feel the response you will experience the joy of the answered prayer. This includes financial blessings.

Chapter 13: A Grateful Heart Attracts Riches

Let us come before his presence with thanksgiving (Psalm 95:2).

The whole process of mental, spiritual and material riches may be summed up in one word, gratitude. A grateful thought for any good received is in itself a prayer from the heart and blesses you. A man with a grateful heart is a happy man and a wealthy man. Shakespeare said: “O Lord, who lends me life, lend me a heart replete with thankfulness.”

Henry Thoreau, one of the wisest philosophers of America, said: “We should give thanks that we were born.” Just consider for a moment if you had not been born. You would never have seen a

glorious sunset or a beautiful sunrise. You would never have seen the lovely eyes of your child and the adoring eyes of your dog or his gaze upon his master. You would never have seen the beauties of nature or the starry heavens, the daily bread of the soul.

You would never have seen the snow-clad mountains scintillating like diamonds on a sunlit day. You would never have felt the affectionate embrace of your loved ones. You would never have seen the riches all around you or been able to smell the sweet fragrance of the flowers or the new mown hay.

Be thankful and grateful for the beauty of the morning. Be grateful you have eyes to see God's beauty, ears to hear the music of the spheres and the song of the birds, hands to play the melody of God, and a voice enabling you to speak words of comfort, courage, and love to others.

Be grateful for your home, your loved ones, your relatives, your work, and your business associates. Say frequently, “I bless and pray for every member of my family; I give thanks, I am grateful, I praise and I exalt God in my husband, my wife, and my children. I bless everything they are doing. I bless all the gifts I make. I know it is more blessed to give than to receive. I bless my business, I bless my co-workers, my customers, and all people. My work grows, expands, multiplies, increases, and returns to me a thousandfold.

Law of Gratitude

First, you accept completely and wholeheartedly that there is an Infinite Intelligence from which all things flow; second, you believe that this Source responds to the nature of your thought; and third, you relate yourself to this Infinite Intelligence by a deep feeling of inner gratitude.

There is a law of gratitude and you must conform with the law in order to get results. This law as given in the Bible is, Draw nigh unto God and He will draw nigh unto you. This law is the natural principle of action and reaction which is cosmic and universal, or to elaborate and elucidate further, it simply means that whatever you impress on your subconscious mind will be expressed. The grateful attitude of your mind lifted up in thankful praise for the good that you share becomes a conviction in your deeper mind, resulting in the movement toward you of that which you claimed.

How Gratitude Draws Riches

An osteopath once told me how poor he had been as a boy and how he had worked as a janitor in order to pay his expenses through school. When he first opened his office, a whole week passed by and not one patient entered; he was bitter and critical. During the second week his first patient entered and said to him: “We are so grateful you opened up here; we needed you in our neighborhood. Several of us have prayed that you would be blessed and

happy here," and then she added, "I am always so grateful for everything. I know that great numbers are kept in misery and poverty by their lack of gratitude."

This was the turning point in his life. Her words sank deeply into his heart, and he gave thanks for the healing power that was now flowing through him to this woman; he gave thanks for the fee she gave him. The more gratefully he fixed his mind on the Source of all healing and the good things he possessed, the more he received. His grateful attitude brought his whole mind in closer harmony with the creative forces of the universe, and patients flocked to him. He became rich in wisdom, had miraculous healings, and developed a very rich and influential practice.

Technique of Gratitude

A father promises a daughter a trip around the world, all expenses paid, as a gift following her graduation. She has not yet received the money for the trip, neither is she on the tour, but she is extremely grateful and happy and is as joyous as if actually on board ship bound for Europe and then the Orient. She knows her father will fulfill his promise and is very thankful, and she has mentally received the gift with a joyous anticipation and grateful heart.

You have probably gone to an automobile dealer and purchased a motor car, although they did not have exactly what you wanted in stock. You specified what you wanted, and the salesman said they would order it and deliver it. You thanked

the salesman and walked away without the car. You were absolutely sure of receiving the motor car, exactly as ordered, in the near future because you trusted and believed in the integrity and honesty of the man who operated the business.

How much more should you trust in the Infinite and His creative law which never changes and which responds with absolute fidelity to our trust and belief in It!

Why Give Thanks?

In everything give thanks (1 Thessalonians 5:18).

Primitive man had a childish concept of God and looked upon Him as an anthropomorphic being who ruled the universe tyrannically and despotically, and he responded like the serfs and vassals who cringed and fawned before the old feudal lords who held the power of life and death over their people. Thus, primitive man similarly courted God's favor by prostrating himself, begging, beseeching, and fawning before Him.

Today, man looks at God as Infinite Intelligence, operating through creative law. This law is impersonal, is no respecter of person, and changes not; it is the same yesterday, today, and forever. The Divine Presence also has all the elements of personality such as love, joy, peace, wisdom, intelligence, and harmony, and It becomes personal and intimate with the man who tunes in and operates the law righteously. When man discovers the wonders, glories, and responsiveness of

the Infinite Presence and Power, there immediately arises within him praise, gratitude, and exultation of his spirit, just as when the young boy discovers some secret of chemistry or nature, he is thrilled and happily tells his father all about his discovery. The boy's tendency is to exult and seek praise at his findings. A little boy of ten presented me with an ashtray which he had made himself in school. He explained how he had machined the metals and soldered them together, and you could see the thrill and wonder of it all in his eyes. This will induce the boy to seek out more and more secrets in the school laboratory. Praise and gratitude do not move God or the Law, but they bring about a transformation in our mind and heart and become a spiritual and mental magnet attracting all kinds of good, including money, to us from countless sources.

Your gratitude, your praise, and your measure of thankfulness must not be expressed as a fawning or cringing attitude seeking favors. Instead, it should be a thrilling adventure into the recesses of your deeper mind where you review and become intensely interested in the laws of God. Herein you will rejoice that all things you need and claim are within you in principle, and they wait for you to receive them with a joyful and thankful heart.

You are truly grateful and have a heart full of praise when you become aware of and appreciate the universal principles of life and the Providence which gave you everything from the foundation of time. *“All*

things be ready if the mind be so." (Shakespeare).

The Miracle of "Thank You"

A man said, "Bills are piling up, I have no money, I must go into bankruptcy. What shall I do?" I suggested that for ten or fifteen minutes two or three times a day, he sit down quietly and affirm boldly, "Thank you, Father, for thy riches now," and to continue in that relaxed and peaceful manner until the feeling or mood of thankfulness dominated his mind. He knew that the thought-image of wealth was the first cause relative to the money and riches he needed. His thought-feeling was the substance of wealth untrammeled by previous conditioning of any kind.

By repeating, "Thank you, Father," over and over again, his mind and heart were lifted up to the point of acceptance, and when fear thoughts came to his mind, he would immediately say, "Thank you, Father," as often as necessary. He knew that as he kept up this grateful attitude, he would recondition his mind to the idea of wealth, which is exactly what happened. He met a former employer at a social gathering who offered him an executive position and also advanced him a considerable sum of money which enabled him to pay off all bills and be free of debt. He remarked to me that he would never forget the wonders of "Thank you, Father."

Value of Gratitude

Gratitude keeps you in tune with the Infinite and connected with the creative law. The value of gratitude does not consist purely in drawing to you many blessings. You must remember that without the thankful heart you become dissatisfied and disgruntled regarding your present condition and circumstances.

If you fix your attention on poverty, lack, loneliness, squalor, meanness, and the difficulties and problems of the world, your mind takes the form of all these things, based upon the law that that to which you give attention, you also experience.

Remember, if you allow your mind to dwell on lack and limitation you will surround yourself with misery and inferior things.

Fix you attention on the highest and the best in life and you will experience and surround yourself similarly with the highest and best of everything in life.

The creative law of your subconscious mind makes you into the image and likeness of that which you contemplate. Actually, you become what you contemplate. The grateful man continually and invariably expects the good things of life and his expectation inevitably takes material form.

It is necessary and essential to adopt the habit of being grateful for all the good you receive; in other words, give thanks continually.

All men contribute to your well-being. You should therefore include all men and

women in your prayer of gratitude. This will bring you into subconscious communication with the good in all men and in everything, and the riches of life, the earth, and all men will gravitate automatically toward you.

Do You Appreciate Your Good?

Some years ago I read in the local newspaper about a man who had been blind since he was two years old. One eye had to be removed, but later on doctors operated on the other eye, and the first thing he saw was the face of his wife. To him she was extremely beautiful and he could not imagine anything more wonderful. He had lived with her for nearly forty years and had never seen her face. Do you appreciate your wife, your husband, your family, your boss? Do you give thanks for your eyes, your body, and your confidence of faith in God and all things good?

The Riches of Forgiveness

Last Christmas I chatted with a man who told me that he had not written or communicated with his parents in twenty years – he had had a misunderstanding, had felt they gave more money and property to his brother than to him, and remained angry and vindictive. His two assistants in the shop said, “You know all the workers here are going home to visit their parents Christmas Day; it must be wonderful to have parents. My, how we would love to have that opportunity on Christmas. We are orphans; we never

knew our parents. It must be wonderful to have parents." This man was deeply touched and instantaneously his anger and his hostility toward his parents melted and he went home for Christmas with gifts for his father and mother, and there was a joyous reunion. As a gift his parents turned over some valuable stocks to him which far exceeded in value the amount he imagined he had been deprived of in relation to his brother.

Forgiveness is giving – giving love, peace, and all the blessings of life to the other – and as you give, you receive. It is written: It is more blessed to give than to receive.

Gratitude Attracts Fifty Million Dollars

This is a marvelous story of the power of the grateful heart. The young man's name was Lucien Hamilton Tyng. He was born in Peoria, Illinois, which offered very little for the ambitions of this young man who dreamed big dreams and thought big and expansively. Lucien decided to go to Chicago and try his luck. He got a job as office boy which barely paid him a living wage; after his room rent was paid, it left him exactly fifty cents a day for meals. He found that a five cent bag of chocolate cream made a very filling lunch. Breakfast was fifteen cents, so dinner could not be more than thirty-five cents. He was very religious; he made it a constant habit to hold his fifty cent piece in his hand and say: "God multiplies this and I give thanks. I am receiving more and more money every day." He would repeat this for about ten minutes every morning before he spent the

fifty cents. He began to attract many clever and successful men, and opportunities began to arrive his way which he was quick to take advantage of. “Thank you, Father,” was constantly on his lips. As the years passed many influential men began to ask his opinion and were guided by it. He seemed to be miraculously gifted, his mental acumen gradually increased. His sagacity in business was admired by other men and he was deeply trusted. He solved many business problems for them. His constant prayer was “Thank you, Father,” before and after every successful achievement.

One day a wonderful idea came to him, which he related to a good friend who said it had tremendous potentialities. They formed a partnership and incorporated what was then called the “General Gas and Electric Company.” It grew by leaps and bounds with stations all over the Eastern states, and after many years they sold it for a reported sum of fifty million dollars.

A poet once said: “Oh, God, give me one more thing – a grateful heart.”

Steps to Riches

1. The whole process of mental, spiritual, and material riches may be summed up in one word, gratitude.

2. There is a law of gratitude and you must conform with the law to gain results. It simply means that whatever you impress in your subconscious likewise will be expressed. Rejoice and give thanks for wealth and all kinds of riches, and by

feeling rich you will so impress your deeper mind and riches will be yours.

3. Give thanks for what you now possess and for your many blessings. Count these one by one and God will multiply your good exceedingly.

4. Give constant praise and be thankful for your knowledge of the creative laws which bring all kinds of riches into your life. You are grateful for the car promised by your father but not yet received. Your Heavenly Father will give you much more. All He needs is your complete trust and faith in Him.

5. Look on God as Infinite Mind and Infinite Intelligence operating through a creative law which responds to all and is no respecter of persons. When you discover the riches and glories within you, you can't help but exult with praise and gladness in discovery that all things you seek exist in principle and wait for you to receive them with a joyful and thankful heart.

6. Sit down for fifteen minutes every day, quiet your mind and affirm: “Thank you, Father, for Thy riches now,” and wonders, including those of money, will happen in your life.

7 Gratitude keeps you in tune with the Infinite and connected with the creative forces of the universe; and you become a mental and spiritual magnet attracting countless blessings.

8. Show your deep appreciation for those around you, members of your family and

your co-workers. People crave appreciation. Give it freely and lovingly.

9. Forgiveness creates a vacuum in your mind, leaving way for the Infinite Healing Presence to flow through you. Many do not grow rich because of their criticism, resentment, and hostility to others. This attitude cuts the wires which bind you with the Source of all wealth and all health. Bless others until there is no sting in your heart.

10. If you have only a dollar in your pocket, bless it by saying, “God multiplies this money exceedingly in my experience and I am grateful for the constantly increasing, tireless flow of God's riches in life.” You will attract fantastic wealth.

11. *I thank Thee, Father, that Thou hast heard me and I know that Thou hearest me always* (John 17:24).

Chapter 14: Miracles of Riches Through the Power of Your Words

Did you ever think of the marvelous power of words? To think is to speak. Your thought is your word. The Bible says, in the Book of Proverbs (25:11), *A word fitly spoken is like apples of gold in pictures of silver*. We are also instructed as follows: *Pleasant words are as a honeycomb, sweet to the soul, and health to the bones* (Proverbs 16:24).

Are your words sweet to the ear? If you say, “I can't get ahead. It is impossible. I'm too old now. What chance have I to be rich? Mary can, but I can't. I have no money; I can't afford this or that. I've tried; it's no use,” you can see that your words are not as honeycomb; they are not constructive. They do not lift you up or inspire you. Furthermore, what you decree in words will actually come to pass.

The words you speak must be pleasant to the bones, which means that your speech must exalt you, thrill you, and make you happy. Bones are symbolic of support and symmetry. Your speech must sustain and strengthen you. Decree now and say it meaningfully: “From this moment forward, the words which I use will heal, bless, prosper, inspire, and strengthen me and everybody else.”

Since your words literally are so powerful, it is important to say the right thing at the right time and, furthermore, to be sure that your words on all occasions are “sweet to the ear and pleasant to the bones.”

Dr Phineas Parkhurst Quimby of Maine pointed out over a hundred years ago that primitive man desired to communicate his hopes, aspirations, longings, likes, dislikes, and fears. He had an intense desire to communicate these thoughts and feelings to his fellow man. This was first evidenced by grunts and groans, and finally resulted in the formation of root words. From these, he added to his vocabulary to coincide with his mental and spiritual development.

Following this capacity to articulate his thoughts and feelings came, ultimately, the printing press, printed words, the typewriter, and countless other modern inventions to propagate knowledge in the form of words all over the world. Marconi decided to send his word around the world; his relatives thought he was psychotic and had him incarcerated for a while in an insane asylum. Nevertheless, his idea brought forth a new dimension in communication, and today we collapse time and space through his idea. You can pick up a phone today and talk to someone at the ends of the earth!

Begin to realize the wonders of speech and how you can bless, exalt, prosper, and inspire all those with whom you communicate.

Using Words with Authority

Word power is greater than thermo-nuclear weapons or atomic bombs, for the simple reason that words decree whether these weapons are to be used or remain latent. Words may be used to order atomic power

to drive a ship across an ocean or to devastate a city or a nation.

Soloman said: *The tongue of the wise is health* (Proverbs 12:18). And again: *Death and life are in the power of the tongue* (Proverbs 18:21). Here is the key to using words with authority.

I recalled these words to a man who was in the hospital with cardiac trouble, and he began to say to himself the greater part of the day: “I am all health; God is my health.” To the astonishment of his cardiologist, he had a most remarkable recovery. Another cardiograph was taken, revealing a normal heart. He used words with authority and conviction, and they found their way to his subconscious mind which responded accordingly.

He said to me, “Health is wealth. Now I can go back to my family and my business who need me, and finish educating my children.”

His Words Brought Him Riches

I once had an interview with a businessman, and he said that the key to his prosperity and success in the business world was his constant realization of the truth behind these words: *The words that I speak...are spirit, and they are life* (John 6:63).

He said, “My riches and blessings have been brought about by these words and the manner in which I spoke them. I poured my deepest feeling (spirit) into these words. I knew my feeling was the real evidence of

the spirit behind them and which alone gave them creative substance."

This man has accomplished great things in the business world and has proved to himself that riches result from the right word spoken in the right way.

How The Authority of Words Can Bless

A real estate broker told me the secret of his capacity to take control and to issue decrees to his subconscious mind. His words of command are: "My words heal, quicken, vitalize, prosper, satisfy, and make rich all those whom I contact or do business with." His attitude is that the more life, love, goodwill, and riches he passes on to others, the more he possesses. Niagara is mighty because it pours forth freely.

This broker is immensely popular and very successful. He believes that what you decree you receive, as the Bible promises: *Thou shalt decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways* (Job 22:28).

How Living Word Was Made Flesh

Once I tried to help a man who had suffered financial reverses. I noticed that he was constantly saying, "If I could get my hands on some money, I'd be alright." I explained to him that he had to account for every idle word he spoke and that his subconscious does not take a joke but accepts literally what he decrees. His hands were constantly shaking, and the words which he was using indicated doubt and anxiety and kept him financially on a merry-go-round.

He began to use the transforming power of the living word, so that it “became flesh,” or was made manifest. He then declared frequently: “I decree wealth and success, and I know that these words sink down into my subconscious because I say them meaningfully and sincerely. I am financially secure, and in my hands is all the money I need, and I give thanks.”

Soon he turned the tide, both in his hands and financially! *And the Word was made flesh and dwelt among us* (John 1:14).

The Living Word Works Wonders

The concept which is faithfully held in your mind and heart is made flesh, in accordance with the quality and the nature of your words. Words are the mental equivalents which produce their image and likeness not only in our bodies, but in all our environment, relationships, and affairs.

Dr Olive Gaze, an associate of mine, constantly uses the power of the word to enrich others. She verbally affirms (which means to fix in your mind, to make firm and real) whatever good it is that the person wants. When someone is seeking supply or more money, she affirms for them frequently during the day: “God is rich. Mary is God's child, and she is rich now. It is so!” This simple method brings forth rich results to all those who call upon her. These words have worked wonders in the lives of many.

How Words Command Miracle Power

Jesus, at the tomb of Lazarus, commanded the miracle power and decreed out loud:

Lazarus, come forth (John 11:43). And the resurrected man came forth to greet his sister and his friend, Jesus, who had spoken with authority*...He spoke to them as one having authority* (Matthew 7:29).

Become entranced and fascinated by the power of your words!

Never use words of lack, limitation, discord, or bad times; but begin to build a new body and a new environment, plus mental and material riches, by changing your words of command. Affirm boldly: “Wealth, come forth! Health, come forth! Success, come forth!” and you will experience the joy of the answered prayer.

How Words Attracted Clients

The people who attended my prosperity class on “The Amazing Laws of Cosmic Mind Power”[1] found that the power of words would produce fabulous results for them. I suggested that they take certain words which appealed to them and verbally decree them over and over for about ten or more minutes twice daily. Many told me that they worked in offices and could not always affirm out loud, so they wrote down what they were wishing to bring to pass, and mentally went over their statements from time to time, thereby gradually conveying the ideas to their subconscious mind.[1]See The Amazing Laws of Cosmic Mind Power, by Joseph Murphy.

One of the men, who sells insurance, claimed boldly: “I am now attracting only those men and women who are interested and who have the money to invest for their children's education and for their own welfare.” His persistent use of these affirmative words has attracted to him more interested people than ever before. Leads now come to him seemingly from nowhere and he has made tremendous strides on the scale of life and in all its varied phases.

Remember – the power of words is one of the greatest gifts that God has bestowed on man. Animals can't talk or laugh. You must realize that you can use your words to bless or to curse, to heal or to make sick, to produce riches or poverty, for your betterment or for your detriment. Cease using the power of your words against yourself. Always bless, and then you will gather orchids in life, instead of thistles.

Her Words Settled an Inheritance Claim

A woman in San Francisco, an old friend of the author, phoned me some time ago and said that her father had not included her in his will, which was being probated, but that the estate was being divided equally among the other five members of her family, namely, her brothers and sisters. She consulted an attorney at my suggestion, and she affirmed these words for fifteen minutes, three or four times a day: “There is Divine, harmonious adjustment to the estate, and that which is mine by Divine right comes to me. I bless my sisters and my brothers, they bless me, and there is a happy ending.”

After a week or so, her attorney called her and said that her brothers and sisters did not want her to contest the will and that they felt their father had been unfair to her because she had married a person of a different faith. They felt that it was none of their father's business whom she had married, and they had agreed to give her an equal share of the estate. There truly was a harmonious legal adjustment which resulted in an equal financial division for each one.

Your Healing Words

"Words are the most powerful drug used by mankind." - Rudyard Kipling. The Bible says: *He sent his word and healed them* (Psalm 107:20).

Every one of us can use healing words for ourselves and also for others. The reason we may not get immediate results is due to the nature of our faith or belief. Now, this is how to use healing words for another; it might be for a loved one or for a friend.

Feel the Presence of God, which is the presence of harmony, health, and peace, in your friend, going through him and around him; feel that he is Divinely watched over. Even though the other person may not know about it, you personally accept that the healing is taking place now, and you sincerely believe it. You can do this several times a day, if you wish. Your faith grows. The healing may come slowly or it may come quickly, according to your belief. That is "sending the word," which is your thought and feeling, to the other person.

The prophet Isaiah said: *The Lord God hath given me the tongue of the learned, that I should know how to speak a word in season to him that is weary* (Isaiah 50:4). A word of exaltation, of praise, of love; who can measure its power?

A dull boy could not learn; his teachers said that he was hopeless. His mother, though, was rich and powerful in love and faith, and she frequently affirmed during the day: "God loves my boy and He careth for him. The Intelligence of God wells up within him; the Wisdom of God is working through him; he is a perfect expression of God."

This boy is now normal, and he is doing very well at school. These are the spiritual riches of your words, when they are filled with love and understanding. Her words had power to harmonize and to heal.

His Words Caused Them to Pay

The credit manager of an engineering firm had many delinquent accounts, totaling nearly $30,000. He made a list of the past-due accounts, and every morning before he started to work, he mentioned each name and spoke the words as follows: "John Doe is prospered and blessed, and his good is multiplied. He pays all his obligations promptly, and he is honest, sincere, and just. I give thanks now for his check. He is blessed; we are blessed. I give thanks that it is so.

This statement, or command, to his deeper mind reached each one of his customers who had been very lax, and all paid up

within one month! His words of faith and trust were accepted by his subconscious mind and were telepathically received by those men who had been in arrears and who had previously failed to answer his frequent requests for payment.

How Her Words Opened A New Door for Employment

A woman, aged sixty, claimed that she could not find work and that all doors were closed to her because of her age. She affirmed as follows: “I am a child of God. I am always gainfully employed by my Father who is God, and my Father pays me handsomely and opens a new door for me.”

She gained new strength and confidence, which were immediately apparent in her bearing, and she visited several agencies and made inquiries. In no time she found a wonderful position with an employer who was delighted to have her because of her stability, loyalty, and wisdom garnered through the years.

Your Words Can Solve Your Problems

A young secretary worked for a demanding individual who was somewhat sadistic in his language. She affirmed to herself as follows: “There is no man like this in the universe. God thinks, speaks, and acts through my employer. God is in him and speaks and acts through him.”

Shortly afterwards, the employer turned the business over to his son, who shortly fell in love with the secretary. The author is happy to say that he had the pleasure of performing their marriage ceremony. This

young woman had taken command of her words, and she found a Divine answer.

When you speak from the standpoint of the Infinite, your words are true; they have power, and they come to pass. *In the beginning was the Word, and the Word was with God, and the Word was God* (John 1:1).

Rehearse These Truths

1. Your thought is your word. Words represent the armory of your mind. Thoughts are things, and your words come to pass.

2. Your words are far more powerful than atomic or nuclear energy. Words my be used to employ atomic power in the healing arts or to drive a ship across an ocean, or words may cause these same energies to be used destructively.

3. Let your words be full of spirit (feeling), and pour into them life and meaning, and you will experience the result in forms, functions, experiences, and events.

4. You can issue words of command, such as “My words heal, quicken, vitalize, prosper, satisfy, and make rich all those with whom I do business.” These words will cause your business to flourish and to prosper. Your words are the body of your thought.

5. *Man shall decree a thing and it shall come to pass* (Job 22:28). In other words, your word “becomes flesh,” or takes form in your world.

6. Your words are the mental equivalent which produce their image and likeness in your experience.

7. Learn to speak as one having authority. Believe implicitly that your subconscious answers your word, which is your conviction.

8. Use words which appeal to you, which fascinate and enthrall you, and repeat them frequently. It is the frequent habitation of the mind with these thoughts that produces miracles in your life.

9. Let your words flow from the standpoint of God and Truth, and you will find a harmonious adjustment in legal and other troublesome matters.

10. Rudyard Kipling said, “Words are the most powerful drug used by mankind.” Your thought and feeling are your “word,” which can heal not only yourself but also others. Think of the Presence of God and become sincerely interested. You will rise in consciousness, and, according to your rise in consciousness, a healing will follow. You can sharpen a dull child in this way.

11. Your words can cause customers who are delinquent in their payments to pay up. Bless them and they will feel it subconsciously and act accordingly.

12. If you are looking for employment, use these words feelingly and knowingly: “I am a child of God, and God is my employer. I am always gainfully employed, and I give

thanks now for my perfect expression in life and for my wonderful income."

13. If another person speaks harshly to you or is sadistic in his language, affirm boldly that God indwells him and that there is no man like that in the universe; know that God is All, and God thinks, speaks, and acts through him. Feel the truth of this, and you will experience the joy of the answered prayer.

Chapter 15: The Marvelous Riches of the Silence

The Silence is the rest of the mind of God, and as sleep nourishes and refreshes the body, so does communion with God nourish, sustain, and revitalize man.

Emerson said, "Let us be silent that we may hear the whispers of the gods."

The Silence consists of withdrawing your attention and sensory awareness from the external world and then focusing your attention on your ideal, goal, or objective, while knowing that the Infinite Intelligence of your subconscious mind will inevitably respond and reveal the answer.

You came into the world with all the powers and qualities of God and the power to think as an individual. You think, therefore you have the power to create and to project your mental acceptances and beliefs into the world about you. You are rich when you are aware of your creative force. Your riches and even your security itself lie in your power to create.

While visiting a movie studio, I asked a motion picture writer, "How do you do the work? What do you do when you write a play?" He replied somewhat like this: "I

quiet my mind, relax, and let go. I just know what the idea of the script is. I think about the idea and enjoy it; then in the silence at night prior to sleep, I dwell upon the book, knowing that the theme, the characters, and the ideas will be given to me. In the morning when I wake up, I have the whole script, and I sit down and write it."

Now where did the play originate but in the mind of the writer? The ideas he entertained and meditated upon in the silence of the night were impressed upon his subconscious mind, and the latter automatically responded with all the creative ideas necessary for the book.

You live in your mind, and it is there that you become rich or poor, a beggar or a thief. You possess the pearl of great price when you know the power of your own thoughts to create what you want in life. The riches and the powers within you can never be depleted. The riches of your mind

know no limitation but that which you impose upon yourself.

How He Drew Wealth from The Silence

Robert Louis Stevenson practiced the Silence regularly and systematically. He had the persistent habit of giving specific instructions to his subconscious mind in the silence of the night prior to sleep. With his attention withdrawn from the sense world around about him and turning inward to the wisdom and power of his subconscious mind, he would request his deeper mind to evolve stories for him while he slept. For example, if Stevenson's funds were at a low ebb, his command to his subconscious would be something like this: “Give me a good, thrilling novel which will be marketable and profitable.” His subconscious mind responded magnificently.

Stevenson said, “These little brownies (the intelligence and powers of his subconscious mind) can tell me a story piece by piece like a serial and keep me, its supposed creator, all the while in total ignorance of where they aim.” And he added, “that part of my work which is done when I am up and about is by no means necessarily mine, since all goes to show that the brownies have a hand in existence.”

His Silent Period Made Him Famous

Kahlil Gibran, who wrote The Prophet, not only deliberated in the silence of the night, communing with the God-Self within him, radiating love, peace, joy, and goodwill to

all, but daily contemplated the inner radiance, light, love, truth, and beauty within him, and he bequeathed to humanity the wealth of his meditations in the silences with God. Gibran turned frequently within to the One, the Beautiful, and the Good, and wrote, “A seeker of Silences am I and what treasures have I found in Silences that I may dispense with confidence.”

He drew wisdom, truth, and beauty from the ever-lasting fountain of living waters within. In the silence of the night and in tune with the Infinite he was inspired from on High and wrote majestic gems of wisdom, which made him famous, and also quite wealthy.

A Thrilling Experiment in The Silence

My tailor told me of a thrilling business experiment conducted by his daughter. She was going to model in a fashion show in New York and remarked to her father, “I saw a beautiful ermine coat in the show today for eight thousand dollars. I know we can't afford it, but I am going to perform an experiment in my mind. Oh, how I want it!”

Her father told her to imagine she was wearing the coat, to feel its beautiful fur, and to get the feel of it on her. She practiced mentally putting on the imaginary coat. She fondled it and caressed it like a child does her doll. She continued to do this and finally felt the thrill of it all. In the silence of each night, she went to sleep “wearing” the imaginary coat and feeling happy in

possessing it. A month went by and nothing happened. She was about to waver, but she reminded herself that it is the sustained mood which demonstrates *He who perseveres to the end will be saved* (Matthew 10:22).

The sequel to her mental drama was that, ultimately, one Sunday morning after my lecture, a man accidentally stepped on her toe, apologized profusely, asked her where she lived, and offered to drive her home. She accepted gladly. After a short acquaintanceship, he proposed marriage, gave her a beautiful diamond ring, and said to her, “I saw the most beautiful coat; you would look simply radiant wearing it.” It was the coat she had admired a month previously. (The salesman said that many wealthy women had looked at the coat and had admired it immensely, but for some reason, they always selected another garment).

How A Mother Recharged Her Emotions

A woman complained to me that her children were driving her crazy. I suggested to her that every morning she set aside about fifteen minutes and read the 91st and 23rd Psalms out loud, then close her eyes and detach herself from her surroundings. She was to think of God's Infinite love, boundless wisdom, supreme power, and absolute harmony, and feel the atmosphere of love, peace, joy, and happiness surrounding and enfolding her children, claiming at the same time that His love and His peace filled her mind and heart and that the children were growing in

peace, beauty, wisdom, and understanding.

She recharged her mental and spiritual batteries with the power and the wisdom of God, and her whole life was transformed. Her love for her children grew by leaps and bounds. This is also the riches of peace she found in the Silence.

How A Pilot Practices the Silence

As a violent storm accompanied by thunder and lightning encircled the plane on which I was traveling to the Orient, the pilot told me that whenever he encounters a storm, he quietly recites the 23rd Psalm, adding, “God's love surrounds this plane and I bring it down in Divine order.”

I noticed that at first, while the passengers were panicky, suddenly a great calm came over them. Our pilot made a perfect landing at Hong Kong and no one was hurt. He had refused to panic, thereby releasing the healing currents of love and protection for all.

He Solved His Problem in the Silence

A man complained bitterly to me that he could not get a job because he did not have a union card. Furthermore, he did not have the money to join the union. He wanted to send his son to college and to purchase a new home, but he said, “I'm frustrated at every step.”

I said to him that he should listen to the true voice within himself. He had been looking at the negative aspect of things, but faith

comes through hearing the eternal Truths of God. At night he became still, immobilized his attention, and affirmed, “Infinite Intelligence opens up a door of expression for me where I am Divinely happy and Divinely prospered. God opens up the way for my boy to go to college and God's wealth flows to me in avalanches of abundance.”

A few days passed and he met a former employer, who immediately engaged him at a very high salary, and who turned over his own cottage near the plant for this man and his wife. With the increase in salary, he was able to send his son to college. The answer came from the depths of himself as he quietly contemplated God's love and beneficence in the silence of the night.

How To Get Thrilling Results

Close the door of your senses, then you are no longer distracted by sense perceptions of the world, and silently dwell on the presence of God within you. You should go into His Presence in a joyful, receptive, and expectant attitude, knowing that Infinite Intelligence will respond when you call. When you go to the pond or fountain for water, you take a bucket or some other proper receptacle in which to receive the water. Likewise, when you tune in with the Infinite, your receptive mind (the receptacle) will be filled with the Infinite Healing Presence and all the gifts of God.

You can begin now to enter the Silence periodically by simply reordering your mind, wherein you withdraw your attention

from the diversity of sense evidence and commune with the indwelling God filling your soul with His love.

How To Lead A Charmed Life

A young doctor told me that as he studied the pathology of diseases, he contracted several of the conditions he had studied. He realized that he was constantly involved in the morbid images and that his mind created what he had feared.

On realizing the cause of his predicament, however, he reversed the situation by contemplating that all diseases were due to distorted mental patterns on the part of the patients. He began to contemplate the perfect pattern of harmony, health, and peace. As he looked at the negative condition, he contemplated wholeness, beauty, and perfection. He began to see the presence of God in all patients, and he thereby became immunized against all disease.

He is now leading a charmed life. He goes into isolation wards, visits diseased patients, and is completely immunized.

A Scientist and The Silence

A famous engineer and space scientist, when presented with problems, sits alone in his research office and silently contemplates as follows: “I am being made aware of the Divine solution now. God knows the answer and I and my Father are one. God reveals it to me this instant.”

He says that invariably and inevitably he receives the answer, sometimes as an

intuitive flash in his mind which presents him with the necessary idea, or, often as a graph in his mind, which is the perfect answer. He likes to call this technique the “silent solution.”

Why Nothing Happened

A woman said to me that she spent one-half hour in the Silence every day but got no results. I discovered that her procedure was to listen to music, have incense burning, and concentrate on statues of holy men. She also adopted certain postures, lit candles, erected altars in her home, and faxed the East when she prayed.

Actually, she was completely involved in the periphery of life and externalities. Her whole life was chaotic. She was sick, frustrated, lonesome, bored, and suffered from various mental aberrations. Her mind was focused on statues, candles, rituals, incense, music, and postures, all of which resulted in a sort of auto-hypnotic trance. She was impregnated by her five senses and was not communing with the Divine Presence at all.

Her sister was non-religions and was constantly chiding her, saying, “You pray every day and what good does it do you? Look at me. I don't go into the silence at all and I don't even believe in God, yet I am strong, vital, and prosperous.” Actually, this woman was not in the Silence at all. She was being impressed by sights, sounds, and statues and was simply wasting her energy and time on externalities. I explained to her the wise silence of Emerson, which she began to practice,

resulting in a tremendous change in her mind, body, and financial situation.

The Wise Silence of Emerson

Every morning when you arise, think of God and of His love and become alert and quickened with great expectancy, interest, and vital attention. Affirm quietly and slowly, “Into the Holy Omnipresence of God I give myself, my plans, my ideas, and all the affairs of my life this day. I dwell in the secret place of the Most High, and His overshadowing Presence watches over me, my family, my business, and all things appertaining to me. God walks and talks in me and wherever I go God and His love accompany me. God prospers me in all my undertakings and His wealth flows to me freely, joyously, endlessly, and ceaselessly. I walk the earth with the praise of God forever on my lips.”

As you practice the above method you will reap rich dividends in all departments of your life.

That Inner Stillness

“Let us then labor for an inward stillness – a stillness and an inward healing – that perfect silence where the lips and the heart are still and we no longer entertain our own imperfect thoughts and vain opinions, but where God alone speaks in us and we wait in singleness of heart that we may know His will and in the Silence of our spirit that we do His will and do that only.” - Longfellow

Ideas Worth Remembering

1. The Silence is the rest of the mind in God, whereby we receive nourishment, vitality, and new strength.

2. There is a genius in every man. All the powers of God are within man waiting to be drawn forth by the conscious mind when it is stilled.

3. You may give specific instructions to your subconscious mind silently and lovingly prior to sleep and your subconscious will perform magnificently according to the nature of your directions.

4. You can draw forth marvelous ideas for a book, play, or music from your deeper mind by stilling your conscious mind prior to sleep and calling on the Infinite to reveal to you what you need to know.

5. In your business, take ten or fifteen minutes every morning and claim Infinite Intelligence is directing all your activities and that your payments, decisions, and purchases will be governed and conditioned by the wisdom of God. Your business will prosper in a magnificent way.

6. If you can't afford an expensive coat, imagine that you have it on, feel its texture and beauty, fondle and caress it, and continue to wear it mentally, and you will receive it in ways you know not of.

7. You can recharge your mental and spiritual batteries in the Silence by slowly and quietly affirming the 91st and 23rd

Psalms and knowing God's peace flows through your mind and heals.

8. In a storm at sea or in the air, quietly know God's love surrounds, enfolds, and enwraps you, and you will be at peace.

9. Go into the Silence with a feeling of great expectancy and vital attention and you will receive the gifts of God, all the riches of Heaven, and earthly riches as well.

10. Lead a charmed life by seeing the presence of God where discord, sickness, or contagious disease and financial lack are present and you will build up an immunity to all these inharmonious conditions.

11. Claim that God has the answer and that you are one with God; therefore, you also have the answer and you will receive the Divine Solution to all problems.

12. In the Silence you detach yourself mentally from all external sights, sounds, and objects and instead contemplate the reality of the wish fulfilled. As you do this, the power of God backs you up and you experience the joy of the answered prayer.

I hope you enjoyed reading Your Infinite Power to be Rich by Joseph Murphy.

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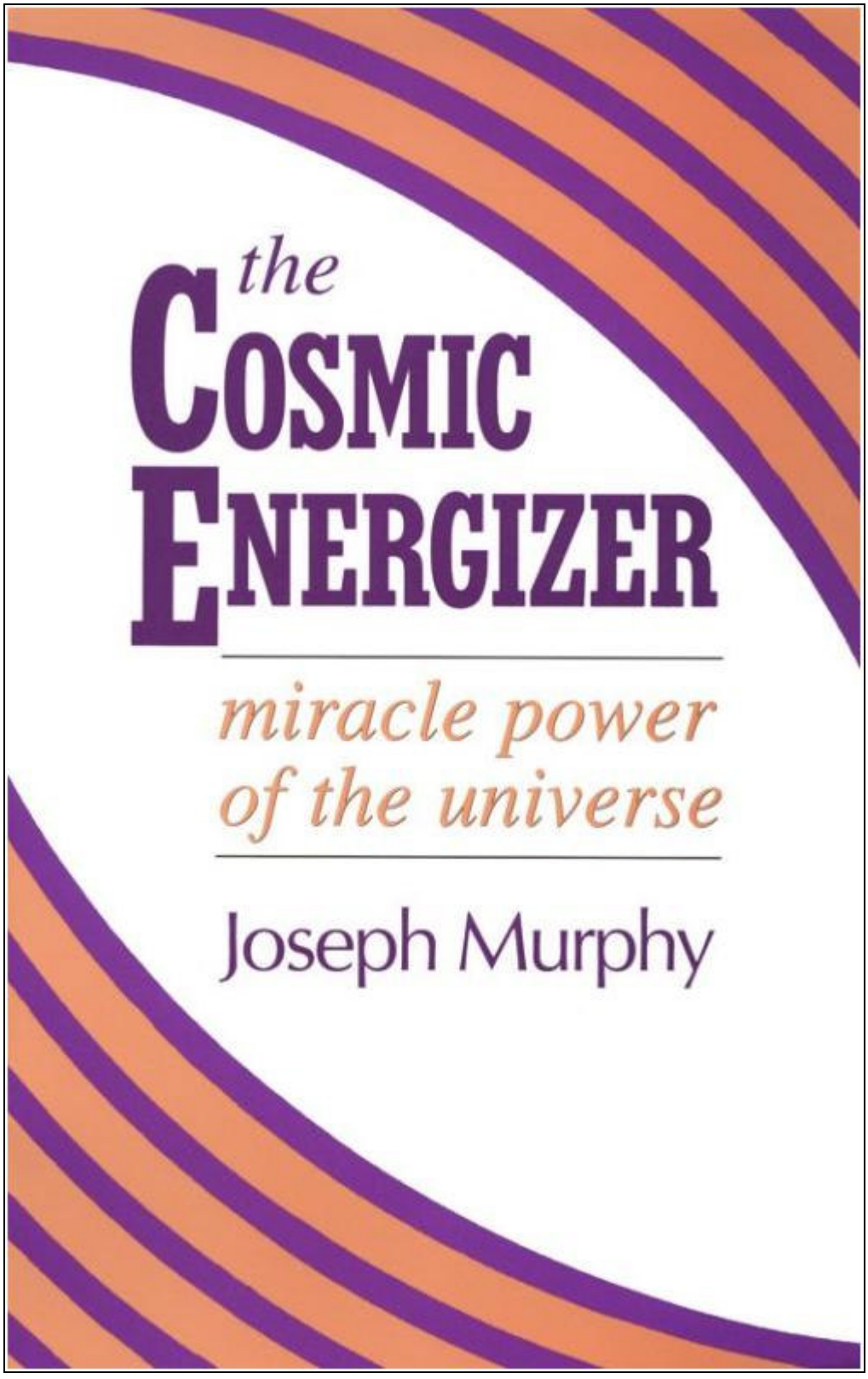
[1] See the *Power of Your Subconscious Mind*, by Joseph Murphy.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THE COSMIC ENERGIZER:

Miracle Power of the Universe

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West Nyack, New York.

Putting the Cosmic Energizer to Work for a Miraculous New Life

There is a mystical power within you, which I call the Cosmic Energizer that can completely transform your life spiritually, mentally, financially and socially and set you on the high road to happiness, freedom and peace of mind. This power lies dormant within you, and when you learn about it and begin to use this mystical power, you can solve your problems, find your true place in life and begin to live the life more abundant.

I have seen men and women lifted up from the midst of frustration, sickness, poverty and despair through the application of the Cosmic Energizer within themselves and made sound, well, prosperous, and full of vitality, energy and enthusiasm. They entered into a life of almost boundless power.

You are connected with this Infinite Power, which can teach you all things. All that is necessary is that you have an open and receptive mind. I have known businessmen, housewives, taxi drivers, short order cooks, men and women from all walks of life, to be inspired into new thoughts and ideas which made them large fortunes, resulting in promotion and far greater opportunities to release their hidden talents.

As you read the various chapters in this book and apply the simple techniques outlined herein, you will attract the right friends, the right partner in life, the ideal associates in your business or professional field, and kindred spirits who harmonize with you and who are interested in the same ideas, plans and purposes. This Cosmic Energizer can furnish you with all the wealth you need, provide you with the ideal house, and the prosperity enabling you to be, to do, to have and to go wherever you want according to your heart's desire.

This Cosmic Energizer is already well known to millions of people throughout the world and has been known to certain illumined people for thousands of years. This Power is the presence of God in man. To be aware of this Power and to utilize It in your life is your divine birthright. In this book you will learn to let this Divine Power flow through your mind, body, business and all other phases of your life so that you need no longer live a life of limitation, lack and difficulties, but will rise up like an eagle With the wings of thought, feeling, imagination and faith to the realm of unlimited resources, dominion and joy.

As you read this book you will realize more and more that this mystic, wonder-working Power is within your own mind, and you can begin to use it immediately, as it is responsive to your thought. This Power is stronger than a laser beam, hydrogen, atomic or nuclear missiles, and more potent than all the energies and explosives in the whole world. It is the Power of the Infinite, or God, unlimited and inexhaustible. When you have read a few chapters of this book you will recognize how men and women have made conscious contact with this Power and set it operating in their businesses, home lives, and financial affairs. All the wonderful results they achieved can be your also.

I urge you to study this book and to apply the methods of scientific prayer elaborated on herein. As you do, I feel absolutely convinced that you will make use of this miracle-working Power that will banish confusion, misery, lack, melancholy, and failure; it will sever you from emotional and physical bondage and place you on the royal road to the fulfillment of your fondest dreams. The instructions given are in ordinary, everyday language, the same as you find in your daily Papers, periodicals and current magazines. The unique feature of this book is its down-to-earth practicality. Here you are presented with simple mental and spiritual formulas which you can apply in your workaday world.

Over 30 years ago, the author of this book decreed silently prior to sleep at night that all his writings would be published in all modern languages. I didn't lift a finger in trying to have it done. The wisdom of my subconscious responded and caused publishers in many countries to seek permission to translate my writings into their respective languages. Today many of my books are translated into French, German, Italian, Portuguese, Japanese and Spanish. This is what happens when you know how to turn over your request to your subconscious mind—results follow in Divine order.

About 24 years ago I turned over a request to my deeper mind as follows: "Infinite Intelligence opens up the way for me to lecture all over the world in Divine law and order." Some weeks passed by and invitations came in from India, Australia, New Zealand, South Africa, Canada, France, England and Japan. I visited all these countries, lectured there, and got an enthusiastic reception, making lifelong friends. I have revisited many of these countries since then and have conducted classes on mental and spiritual laws. I have appeared on radio and television, both here and abroad. You can use this Power wisely. It is no respecter of persons and will respond to you when you follow the procedures outlined in this book.

The preceding is mentioned solely for the purpose of demonstrating how the wisdom of the Cosmic Energizer responds according to the nature of your request. As a general rule, I avoid making references to myself, but I believe these paragraphs will be of interest to many readers seeking a simple way to get answers from the Infinite Power within us all.

In Chapter 2 you will read about a man born and reared in the ghetto with its attendant limitations. He heard a teacher explain how he could get all the money he needed, and he began to play a game in his mind imagining all the constructive ways he would utilize the money, as if he already had it. From time to time he conducted inner conversations with himself on the wise use of the money. He carried a picture in his mind of graduating from college, opening his own business, traveling all over the world, sending worthy young people to college and paying their expenses. He won a scholarship, married a wealthy woman, graduated cum laude, opened his own business, and prospered in a magnificent way. He eventually retired as a multimillionaire.

Likewise, you can discover in this book why money is simply a thought-image in your mind, and your inner speech can manifest all you want.

In Chapter 1 you will read how a junior executive began to tap the wisdom of the Cosmic Energizer within him and advanced from $40,000 to $200,000 a year. He established a mental pattern in his mind and claimed definitely that the energy of the Infinite passing through the pattern in his mind would cause it to be engraved in his deeper mind. He made a habit of this, and one day while working at the bank he was approached by a man who had conducted large transactions there. This man asked him to head his concern in Texas as financial advisor at a salary of $200,000. Read the complete episode about this man and you, too, will begin to discover the wonder-working power within yourself.

The Cosmic Energizer is instantly available to you, and the only difference between one man rolling in wealth and another who can't make ends meet is that the wealthy man has tuned in to the Cosmic Energizer, either consciously or unconsciously, and it responds to him in avalanches of abundance.

In Chapter 6 you will read a fascinating account of a mother who learned how to apply the healing power of the Cosmic Energizer. Her boy suffered from severe asthmatic attacks which did not always respond to me-

dication. Three or four times a day in her imagination she pictured her boy in front of her, saying, "Mom, God healed me. I feel wonderful." She persisted in this mental image, and at the end of a month the boy was completely free from the paroxysmal attacks of asthma.

There is only one healing power, and this woman knew that her mental imagery and feeling would resurrect the healing power in her son. In other words, she was in rapport with the subconscious of her son, and she impregnated her subconscious and his subconscious also with the idea of wholeness.

In Chapter 7 you will learn how a detective leads a charmed life even though he was shot at 20 times. He knows the Cosmic Energizer responds when he calls upon it. His prayer morning and night is: "The whole armor of God surrounds me. I bear a charmed life. God is my hiding place, and He encompasses me with songs of deliverance." By repetition he has engraved the preceding prayer in his subconscious mind, which renders him impervious to all harm.

By applying this technique mentioned in Chapter 7, you can also lead a charmed life wherever you go, whether by boat, airplane, bus or automobile. Whatever means of conveyance you use, you will be watched over by this overshadowing Presence and be encompassed with songs of deliverance. This book gives you the secret to a charmed life. It is written clearly and distinctly, based on universal laws of mind which never fail. Thousands of people use this great protective prayer and lead charmed lives.

In Chapter 10 you will read how Kenneth Pennington offers a ritual and self-composed prayer-song, and his subconscious responds with an overwhelming urge to dig in a particular area. He finds ornaments, shells, bones, tools, and weapons dating back to primitive times. Museums display thousands of his discoveries. Kenneth is aware of the tremendous powers within him and believes he will be divinely led to the riches he is looking for in the soil.

You can bring into your life more power, more wealth, more health and more happiness by learning to contact and release the hidden power of the Cosmic Energizer. How to bring all these blessings into your life and those of your family is elaborated on in every chapter of this book.

In Chapter 14 you will read how Henry Flagler, the Standard Oil multimillionaire, as reported in *Everybody's Magazine,* stated that the secret of his marvelous success was to imagine a thing as a finished form. He visioned the whole project as completed. Knowing there was oil in the ground, he

would imagine tracks on the ground, trains running and steaming, the men going to work talking and laughing, and the train whistles blowing. Flagler was a man starting from scratch. Regularly and persistently he imagined the end, the final result, and all the forces of the Cosmic Energizer came to his aid. He attracted the necessary money, the right geologists, equipment, associates, and all things necessary for the fulfillment of his dream.

Have a goal in life. Focus your attention on it. Imagine the happy ending. Remain faithful to your mental picture and wonders will happen in your life.

The late Dr. Fenwicke Holmes told me that his friend, Arthur Stillwell, built more miles of railroad than any other man of his time and that all his accomplishments were the result of mental pictures which welled up from his deeper mind. The ancients said that imagination was the workshop of God.

In Chapter 17 you will learn about a man who won $150,000 in Las Vegas at one of the gaming tables. He passed on that night and his wife looked everywhere for the money and could not find it. At my suggestion, she quieted her mind and asked that Infinite Intelligence reveal to her the answer. In the silence she heard what she claimed was her husband's voice telling her exactly where to find the money. It was exact in every detail.

There is that within you that knows all and sees all, and the Cosmic Energizer knows the answer to all questions as it is omniscient, omnipotent, omnipresent and omniaction.

Let this book be a guide and a faithful companion at all times. Go over it frequently and you will open the door to the great treasures of harmony, health, peace and abundance. From this page onward, let us go forward in the understanding of true workable knowledge until the day you have been anticipating breaks for you and you discover that all the shadows of fear, lack and limitation have flown away forever.—*I am come that they might have life, and that they might have it more abundantly* (John 10:10).

Joseph Murphy

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1

How the Cosmic Energizer Can Create Riches and Abundance For You

There is only One Fundamental Energy in the world, a Cosmic Energizer, and each one of us is a channel through which this Force is seeking a creative outlet. It is necessary that we become clear channels for the flow of this Divine Energy. Each one of us is a focal point of the Divine, somewhat as an electric bulb may be looked upon as a focal point for the flow of electric current.

This Cosmic Energizer flows harmoniously, peacefully, rhythmically and joyously, and when we let this power flow constructively through us, we are acting in harmony with the Cosmic Energizer, and we will manifest harmony, health, peace and all the riches of the Infinite in our lives. Whenever we indulge in remorse, self-condemnation, resentment or any form of negative thinking, the Divine Energy becomes trapped within us and produces all sorts of trouble.

How to Channel the Riches of the Infinite

The following is a wonderful method for the release of the Cosmic Energizer in you: "I forgive myself for harboring any negative thoughts about myself or anybody else, and I resolve not to do so any more. I radiate love and goodwill to all men and women and to all people everywhere. I know when I have forgiven others, because I can think of them or meet them in my mind and there is absolutely no sting there." This attitude makes a clear and open channel for the Divine Energy.

Pray as follows: "I claim that God's love, light, harmony, truth, beauty, abundance and security flow through me freely and joyously, and I know I am now being prospered and blessed beyond my fondest dreams." Repeat this prayer aloud night and morning three times. As your eyes are focused on these truths and your ears hear them, you now have two faculties working for you, and you will find these truths will sink into your subconscious mind. Since the laws of your subconscious are compulsive, you will be impelled and directed to express God's infinite riches in all phases of your life.

His Idea Was Worth a Fortune

Recently while at a social gathering, an engineer working in a research laboratory told me that members of his staff were pondering and puzzling over a certain research problem for the armed forces. He said: "I got very quiet and relaxed, secluding myself in another part of the building, and said to my subconscious mind, 'I am turning over this request to you, and I know you will reveal the answer to the engineering problem. I am going to let it simmer within you, and when you have the answer you will present it to my conscious mind.' "

The next day he received the answer clearly in his conscious mind and the whole problem was quickly unraveled, saving the company considerable money. He received a promotion, a considerable increase in salary and was made a junior partner in the organization. He will share in the very large annual profits.

He Adopted New Ideas Toward Money and Prospered

A teacher who wished to prosper referred to money as "filthy lucre." I explained to him he had to change his attitude toward money, because his silent condemnation of money caused it to fly from him instead of to him. He realized that it would be foolish to pronounce uranium, lead, cobalt, nickel, copper or a dollar bill as evil. A dollar bill is harmless, and the only difference between it and nickel or copper or any other metal is that the atoms and molecules with their electrons and protons are arranged differently than are those which constitute paper.

Here is the practical, down-to-earth technique he employed which multiplied money in his experience: "From now on I look upon money as Divine substance, for everything comes out of the One Spirit (God). I know that matter and spirit (energy) are one. I claim and decree that money is constantly circulating in my life and that there is always a Divine surplus. I use money wisely and constructively. Money flows to me in avalanches of abundance. Money is an idea in the mind of God, and it is good and very good. God pronounced all things He created good and very good."

This teacher affirmed these truths for about five minutes night and morning, and at the end of a month's time, he was promoted with a big increase in salary. He also received a completely unexpected inheritance from

an aunt he had never met. He made it a special point to never deny what he was affirming. Let wonders happen in your life by accepting a new attitude towards the riches all around you.

Life Is Energy

God is Life and that is your life now. Life is power and supply. Remember, the Life Principle is the creative source out of which the world and everything in it was made at the beginning of time, and constant creation is going on now.

How He Went from $40,000 a Year to $200,000

A few days ago on my radio program I told how a $40,000-a-year junior executive in one of the local banks wanted to advance, accomplish greater things, and use his extraordinary knowledge of finances in a far more wonderful and expansive way. Accordingly, he said that he established a mental pattern or mold in his mind and claimed definitely and positively that the energy and vitality of the Infinite passing through the mold in his mind would stamp the desired picture in his deeper mind. He made a habit of this, and one day while working at the bank he was approached by a man who had borrowed a large sum from the bank, who asked him to head his concern in Texas as Financial Adviser and Director. He accepted a ten-year contract and now has a fabulous home, all expenses paid when he travels, liveried chauffeurs, and a $200,000 a year salary. The Cosmic Energizer passed through the picture in his mind and brought it to pass in its own way. This banker's favorite Biblical quotation is:—*What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.* (Mark 11:24).

How He Discovered the Riches of Life

Recently I conducted a seminar at the Church of Religious Science in Las Vegas, which is in the charge of an old friend of mine, Dr. David Howe. While interviewing a man in the hotel there, he told me that four years previously when he had arrived in Las Vegas he had only $20 to his name. He promptly got a job as a waiter, however, and sometimes even played the role of a busboy.

A customer in the restaurant where he worked, on observing his industrious attitude, gave him a copy of *Your Infinite Power to Be Rich.* He read it avidly and then he wrote down four things he most desired on a sheet of paper. First was "Riches are flowing to me freely and joyously." Second was "Infinite Intelligence guides me to my highest expression." Third was "I have a lovely home in beautiful surroundings." Fourth was "I am happily married to a wonderful woman in Divine order."

Having read the above-mentioned book carefully, and knowing what he wanted, he decided to write down clearly his requests. Every night and morning he would go over these requests, repeating them slowly and deliberately, while knowing that he would draw to himself experiences and conditions similar to his thoughts and imagery. He understood that his technique was a means of impregnating his subconscious mind and establishing the conditions of wealth, success, and harmony in his life. After each period he would give thanks to the Infinite Presence within him for God's riches, true place, his lovely home and companion in life. He was establishing possession in his mind of all that he had requested.

Within three months' time he had accomplished everything he had written down because of his repeated affirmations and his belief in the workings of his mind. He realized that what was impressed on his subconscious would be expressed. A few weeks after he started the prayer process, he was promoted to the position of head waiter. A client of the restaurant introduced him to a very wealthy woman, whom he married. She had a lovely home in Las Vegas, in which he now lives. He has his own business that he and his wife own and operate, and he has others working for him. The couples are very happily married. He said, "It was love at first sight." Now he has all the money he needs to do what he wants to do, and when he wants to do it.

The Cosmic Energizer vivifies, animates, and energizes that which you claim to be true. All the power of the Infinite flows through the focal point of your concentrated attention.—*And all things, whatsoever ye shall ask in prayer, believing, ye shall* receive (Matthew 21:22).—*If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

How He Uses the Cosmic Energizer in His Work

Emerson said, "Nothing was ever achieved without enthusiasm." A young college graduate in electronics and engineering told me that he is in-

tensely interested in the field of electronics. His enthusiasm is thoroughly aroused in this area so that he finds tremendous mental energy released, and marvelous new ideas come clearly into his mind. They come, he said, "out of the blue." He has brought about many innovations and improvements in the electronics laboratory where he works and, although a young man of 22, already earns $30,000 a year, all due to his faith in the Cosmic Energizer and his enthusiasm for his chosen work.

The word "enthusiasm" comes from the Greek, and literally means to be possessed by God. It means an absorbing or controlling possession of the mind by any interest or pursuit. His constant prayer is as follows: "The energy of the Infinite Power animates and sustains me, and creative ideas unfold within me revealing to me everything I need to know." He has faith in the response of the Cosmic Energizer and in the attainment of his goal; then follows enthusiasm, which is awakened by his positive faith. There are times when he feels actually "inspired." Gradually a new world of achievement is opening up for him.

This young engineer's favorite Bible verse is:—*If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him* (James 1:5).

Son of Former Slave Now Multimillionaire Head of
One of Biggest Banks in West

At 32, railroad cook Milton Grant decided he wanted to make it to the top in business. So he started at the bottom—with a second-hand garbage truck and a third-grade education.

By age 40, he'd made his first million dollars—a startling feat for a poor black man born the son of former Virginia slaves. Says the board chairman and chief stockholder of the Family Savings & Loan Association of Los Angeles:

> I always knew there was a better life and that it was up to me to find it. Very early in life, I learned that good hard cash makes a nice soft place on which to fall.

Hard cash, however, was an item that Grant had very little of as a young man. Born in 1891 in Parkersburg, West Virginia, Grant had to quit

school to help support his 11 brothers and sisters.

> I shined shoes and did janitor work for a local shoe store. Later, I got a job as a dishwasher so I could learn how to cook.
>
> The clean white uniforms of cooks really intrigued me. When I was 13, I got a job washing dishes for $2.50 a week on the Chicago Rock Island and Pacific Railroad. I finally worked my way up to chief cook, which was the highest railroad job a black man could hold at that time.

With the railroad, Grant had job security and even social status—but since he was still young, he was bursting with ambition:

> With my total savings of $150, I headed for California, where I bought a second-hand truck and started a rubbish-collection firm in Pasadena.
>
> At first, I earned only $20 a month—but I made it my business to always be prompt, neat and reliable. And it paid off. In just a few years I was making $6,000 a month.

Grant then bought a hog farm near Los Angeles and fed his stock with some of the garbage he collected. Again, his profits soared—which enabled him to dabble in real estate and eventually buy a small savings and loan business.

Under Grant's leadership, the Family Savings and Loan grew and prospered. Today it's one of the largest on the West Coast.

> The poorest man can become a millionaire if he just sets goals for himself and then works to reach them.
>
> Just remember, all progress starts with yourself. If you sincerely believe that, then you can be whatever you want to be.
>
> This is as true in America today as it ever was.

Grant—who lives very modestly with his wife Flora—added:

> I don't think of myself as a millionaire, although I do have several million. To me, a millionaire's a man with a big wad of bills,

> who rides around in a big chauffeured limousine and wears fancy clothes. But that's not my lifestyle.
>
> I still drive my own car, go to the office every day, and have no plans to retire.

Grant, who says he built his fortune 'one brick at a time,' explained to *The National Enquirer.*

> One reason a dollar won't do as much for people today is that most people won't do as much now to earn a dollar . . . like I did.

The above is taken from *The National Enquirer,* April 1973 issue, page 16. It tells the whole story of success, wealth, and achievement. This man came to a decision that there was a better life, and he had a vision of abundance, security, and the good life. Your vision is what you are looking at, what you are giving attention to, and where you want to go in life. Like Milton Grant, you will go where your vision is. Set a goal for yourself, become enthusiastic, and above all, have goodwill, which is love. Love is the fulfilling of the law of health, wealth, success and victory over problems.

How to Energize Your Desire and Achieve the Riches of Life

As I was writing this chapter, I received a long-distance phone call from New York City. This caller was distressed and emotionally wracked: bills were piling up, income tax was due, her husband was laid off, and her son's tuition for his last semester in college was overdue. Her home had been for sale for 12 months, and many looked at it but never came back.

I suggested that she try prayer, pointing out that there is an internal source of supply and a universal wisdom which could solve all problems. At my request she wrote down the following prayer:

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you (Matthew 7:7). God, the Cosmic Energizer, gives life to my ideals, desires, and plans; I surrender my home to the Infinite Presence, knowing that I will attract the right buyer, who wants it and who will prosper in it. I accept this now. I recognize that God is my instant and everlasting supply, meeting all my needs at every moment of time and point of

space. I give thanks for God's riches, forever active, unchanging and eternal. I give thanks for a wonderful new opening for my husband in Divine order.

She began to affirm this prayer three or four times a day, making certain that she subsequently never denied what she affirmed. The Cosmic Energizer began to flow through her thought images, implanting them in her subconscious mind. An attorney living next door to her bought the home for his son who was getting married. He said that he had noticed the sign "For Sale" recently for the first time, even though it had been there for a year. Her husband was called back to work and promoted. A few weeks following this prayer process, her husband's only sister, who was a spinster, passed on bequeathing $250,000 to him, and all her gold was to come to his wife.

All her problems were solved within a month. The energy does not expand in you until it is released. Remember, everything increases and multiplies after its kind. Energy, vitality, love, skill, ability, and riches are but different forms of the One Power. Sow the seeds of riches, success, guidance, and right actions, realizing that no seed magnifies and multiplies unless it is sown in the soil. Your soil is your subconscious mind.

How He Learned to Pay the Price for Abundance

I explained to a salesman who was making only $6,000 a year that he had to plant the seeds of riches before he could reap the harvest of the good things of life. In other words, he had to give before he could get. He could not give the Cosmic Energizer (God) anything, as It was all in all—the only Presence, Power, Cause and Substance of all things; but all he had to do was to recognize the Cosmic Energizer within as the true Source: Give It attention and loyalty, and then pour energy, life, love and attention on that which he wanted. When he had succeeded in establishing the mental equivalent in his mind, the result would follow. The price he had to pay was belief, and according to his belief would it be done unto him in all phases of his life.

I explained to him the meaning of the Biblical truth:—*Except a corn of wheat fall into the ground and die, it abideth alone: but if it die, it bringeth forth much fruit* (John 12:24). He realized he had to deposit the seed of riches in the garden of his mind and pour the energy of faith, confidence and love into the seed, accelerating its growth and manifestation in his life.

His Magic Formula for Increase

This above-mentioned salesman started a prayer process by claiming regularly and systematically that the infinite intelligence in his subconscious mind was now attracting to him men and women who wanted what he had to offer, which was real estate. He claimed that they had the money to buy and that there was a Divine exchange in which they prospered and he was prospered. He affirmed knowingly that these prospects gave him their attention and were interested; that he would create confidence and desire on their part; and, having mentally possessed the land in their minds, they would possess it objectively. He knew that possession in the mind was nine points of the law. His sales have increased remarkably, and in the first six months of that year, he had been rewarded with an income of $50,000 in commissions.

He has learned that by giving service and making money for his clients, he has planted seeds in his subconscious, which are bringing him a harvest of inner satisfaction and an abundance of God's riches.

—*Delight thy self also in the Lord; and he shall give thee the desires of thine heart* (Psalm 37:4).

How Her Inner Speech Produced Riches for Her

In interviewing a young woman a few days ago, she told me that several years previously she had been a stenographer in a government office. One morning she heard me say on the radio to watch your inner thoughts and make sure that they conform to your aim in life. In other words, your inner talking or inner speech must agree with your goal or desire in life. She said, "I realized I was denying inwardly what I desired outwardly, and I stopped it. I realized that if promotion, increase in salary and prosperity were to take place in my life, my inner speech must conform with the fulfillment of my desires."

She had been conducting a mental conversation with herself when she was pondering along these lines: "There is no future there. Salary is very small. I'll never get ahead," etc. Consequently, this inner speech was accepted by her subconscious mind and she remained in that restricted and unhappy situation. She reversed the entire procedure, however, and started a wholesome, constructive, inner speech pattern in harmony with her aims and purposes in life. She wrote out a sentence which to her meant the realization

of her heart's desires, and she repeated over and over again many times a day and prior to sleep her prayer, as follows: "I have a wonderful income. I am wealthy, happy and free. I have a wonderful, spiritual-minded husband. I am needed and appreciated. I am expressing myself at my highest level."

She repeated this until she began to feel the reality of what she affirmed. Her inner speech was the same as if all these desires were fulfilled. She knew that her inner speech or conversation would always be made manifest. After about a month, she was promoted to another department at a much higher salary, doing what she loved to do, and the supervisor of that department proposed to her. The writer had the joy of conducting the wedding service.

"Does your inner speech agree with your aim?" Ask yourself that question. If you say, "Oh, yes. My inner talking is exactly the same as I would talk aloud were my aims in life fulfilled," you will enter into the joy of the answered prayer . . . *If two* (your inner speech agreeing with your fulfilled desire) *of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father (Cosmic* Energizer) *which is in heaven* (invisible presence and power) (Matthew 18:19).

POINTS TO REMEMBER

1. There need be no energy crisis. All that is necessary is for man to tune in to the great Cosmic Energizer, the source of all power and energy; and when he asks for guidance and inspiration and new creative ideas, he will get a response fulfilling all his needs. New sources and techniques will be revealed to him in Divine order.

2. Every problem has a solution. For every question there is an answer.

3. Man is learning to take energy from the sun. As he turns to the Cosmic Energizer with faith and confidence, the answer will come. Its nature is responsiveness.

4. A banker made a mental pattern of the salary he wanted, knowing that the Cosmic Energizer would flow through the mold he had made in his mind, and it came to pass in Divine order.

5. A waiter in Las Vegas, after reading *Your Infinite Power to Be Rich,* wrote down four things he desired in life. He went over his requests several times a day, claiming that all these were now fulfilled in his experience, and

as he continued faithfully and knowingly, he succeeded in impregnating all four in his subconscious mind, and they came to pass.

6. A young electronics engineer is intensely interested and enthusiastic in his work, which causes a tremendous release of creative energy and new ideas from the Cosmic Energizer. From a salary of $12,000 he has advanced to $30,000 in one year.

7. The son of a slave came to a decision that there was a better life for him. He had a vision of abundance and God's riches for himself and his family, knowing that the Almighty Power would back up his vision. He is now a multimillionaire, head of one of the biggest banks in the West. This is what he said: "The poorest man can become a multimillionaire if he just sets goals for himself and then works to reach them. You can be whatever you want to be."

8. When you want to sell a home, do not think of all the reasons why you can't, but realize there is an Infinite Intelligence that will attract to you the right buyer, who will appreciate your home and prosper in it. As you accept this truth, the deeper currents of your mind will bring it to pass. Instead of thinking of debts, bills, etc., reverse the procedure and claim that God is your instant and everlasting supply, meeting all your needs now. As you do this, the Cosmic Energizer will flow through you, filling up all the empty vessels in your life.

9. You must learn to pay the price for what you want. This means you must establish the mental equivalent in your subconscious mind. The price you pay is belief. You must give before you can get. You must put the seed in the ground to get a harvest. Likewise, you must let the Cosmic Energizer flow through your ideals, hopes and aspirations, vitalizing and energizing them, and then you will feel the joy of the answered prayer.

10. Claim that the Cosmic Energizer within you is now revealing to you better ways in which you can serve. You will then discover wonders happening in your life.

11. When you are seeking promotion, wealth and marriage, make sure your inner speech, i.e., your silent talking to yourself, conforms to your aim or desire in life. In other words, be certain that your inner talking is the same as it would be if your prayers were answered now. Let your inner speech be from the standpoint of fulfilled desire. Remember, it is your inner speech which is always made manifest.

2

How the Cosmic Energizer Can Cause Wealth to Flow Freely in Your Life

Wealth may be looked upon as possessing all the desired food, clothing, energy, vitality, creative ideas, inspiration, money and all the comforts of life in this three-dimensional plane. By tuning in regularly and systematically with the Cosmic Energizer within, you can draw from that inexhaustible storehouse everything you need at all times everywhere.

The Master Key to Money Circulating in His Life

Recently I talked with a retired executive who told me of his very poor background in the ghetto with all its limitations. At school he heard a teacher say that if you want to have all the money you need, think of what you would do with it, how you would use it; dwell mentally on all the constructive ways you could utilize it. He said that at an early age he would conduct an inner conversation with himself on the wise use of the money, while claiming that he already had it.

He carried a picture in his mind of graduating from college, opening his own business, marrying a wonderful girl, traveling all over the world, sending worthy children to college and paying all their expenses, and contributing substantially to the college where they planned to go. He was not thinking of "making money"; he was always considering how he could distribute it wisely, judiciously and constructively. He won a scholarship, married a very wealthy woman, graduated cum laude, opened up his own business and prospered in a magnificent way. He eventually retired as a multimillionaire.

His master secret was his inner speech—his silent conversation with himself. When your inner speech agrees with your aim, such as money, you will receive answers and get results. This man knew intuitively that money is simply a thought-image in the mind and that his inner speech would be made manifest.

It Is Your Right to Have All the Money You Need

You are here to lead a full and happy life. You should have all the money you need to do what you want to do when you want to do it. Some people avoid using the word "money" in their conversation; they speak of "supply" and "abundance" and "opulence." Although what they really mean is money, they have old, weird concepts and think it is wrong to desire money. This makes no sense and is very unreasonable. Realize money is good and very good. It is God's way of maintaining the economic health of the nation.

You are here to expand and unfold spiritually, mentally, financially, intellectually and in all other ways. You should surround yourself with beauty, luxury and all the other good things of life. See money in its true significance—as a symbol and medium of exchange. Money means freedom from want. It means beauty, abundance, refinement, luxury and the good life. Money has taken many forms down through the ages, consisting of such objects as salt, cattle, sheep, beads, and trinkets of various kinds. In ancient times man's wealth Was often determined by the number of sheep, goats, oxen or other animals he possessed. Whatever form money takes, you will always have plenty by using the law of your mind in the right way.

How He Created a Steady Flow of Money in His Life

Some years ago a young teller in the bank said to me, "How can I make more money? How can I do what I want to do?" I replied by giving him a simple explanation and pointing out to him that his habitual thinking formed definite paths and tracks in his subconscious mind and that he could have all the money he needed if he directed his mind and inner speech correctly.

I stressed the point that his inner speech is the cause of all the outer experiences in his life. I asked him how he would think, speak and act if he already had the money he was seeking. He said that he would buy a beautiful home for his wife, get a Cadillac car, take a trip around the world and take courses in economics at one of the nearby universities.

I suggested that he begin his inner conversation along this line: "I have a beautiful home. It is wonderful. I am on a trip around the world. I have a beautiful new Cadillac. I am studying economics at Rutgers University." This was his regular inner conversation to himself while on the way to work, while

in the bank, while shaving, or while in the restaurant. He never denied what he inwardly affirmed.

All these things came to pass. He is now making far more money than the president of the bank, money is circulating freely in his life, and he has accomplished all the things he set out to do. He was sent to a special course in economics at Stonier, Graduate School of Banking, Rutgers University.

The Bible says—*For by thy words thou shall be justified and by thy words thou shalt be condemned* (Matthew 12:37). This banker's inner speech or conversations were based on the premise that he already had all these things. They were real in the sense that they were a thought-image in his mind, and you must possess anything you want first in your mind, since all transactions take place there.

He kept his eye on his goals and objectives, realizing and knowing that his inner speech or conversation must manifest on the screen of space. You must establish the mental equivalent of everything you want in your life. Think of what you want with interest. Your thought induces emotion, and when repeated becomes impressed in your subconscious and must come to pass. This is the law of your mind.

How You Can Have Money Circulating Freely in Your Life

Take a little phrase easily inscribed in your subconscious mind and say it over and over again in a sort of lullaby. The following is a very simple phrase: "I claim consciously and knowingly that money is circulating freely and joyously in my life and there is always a Divine surplus."

Take five minutes in the morning and five minutes prior to sleep at night to repeat this phrase and you will discover that the idea of wealth will impregnate your subconscious mind and you will possess a money consciousness. Your conscious mind is the pen, and you are writing the idea of wealth in your subconscious. The latter will respond in ways you do not know.

You must be sure that you do not subsequently deny what you affirm by saying something like, "I can't make ends meet"; "I can't pay the rent"; or "I can't afford a new car." Never use the word *can't* under any circumstances, as your subconscious mind takes you literally and blocks the flow of your good. Repeat this phrase as often as you like. Inasmuch as you know what you are doing and why you are doing it, results will follow. You are ap-

plying a law of mind, and whatever you impress on the subconscious will be expressed.

Why She Got No Response from Her Subconscious Mind

The Cosmic Energizer is available to all. Its nature is to respond according to the nature of your request. Some years ago a surgical nurse said to me that she was praying for "supply," by which she meant "money," but didn't use the word and admitted that she had been in the habit of calling money "filthy lucre." I explained to her that what we condemn takes wings and flies away, and that actually she was condemning what she was praying for, which made no sense.

During the discussion she came to realize that gold, silver, lead, zinc, copper or iron are not evil. We are using a combination of copper and nickel and paper in our money at present; certainly there is nothing evil or filthy about these metals or paper money. The only difference between one metal and another is the number and rate of motion of the electrons revolving around a central nucleus. One metal can be changed into another through a bombardment of the atoms by the powerful cyclotron. Eventually, gold, silver and other metals will be made synthetically in the laboratory. There is nothing evil in electrons, protons, or electromagnetic waves.

Her Changed Attitude Changed Everything

This nurse woke up to the fact that everybody wants money, and not just enough to go around. The urges, desires and impulses we have for food, clothing, homes, automobiles, expression and abundance are all God-given, Divine and good based on the Biblical injunction:—*God, who giveth us richly all things to enjoy* (I Timothy 6:17).

Accordingly, she began to affirm strongly and knowingly: "I know and believe that money is good and very good. God pronounced everything good and very good. By day and by night I am advancing, growing and expanding along all lines. I use money wisely, judiciously and constructively. I am Divinely guided and am expressing myself at the highest level. Money is God's idea, and it is always circulating freely in my life. I am economically healthy. I give thanks for God's riches, ever active, ever present, unchanging and eternal."

She reiterated these truths in the morning, afternoon and evening, making sure that she did not engage in any negative statement or thought regarding money. Then, suddenly she decided to take up medicine, was accepted in medical school, and eventually graduated as a medical doctor. She later married a professor of medicine. Money is now circulating profusely in her life and there is always a Divine surplus.

Money Flowed When He Got His Conscious and Subconscious to Agree

A businessman said that he had been praying for prosperity, greater income and better sales; in other words, he wanted more money to accomplish what he wanted to do, but he got no results. Actually, he became poorer. Oftentimes the explanation is the cure, however, as it was in this case. He was using affirmations such as, "I am wealthy," "I am prosperous," "Money flows freely to me," "I am successful."

I explained to him that his subconscious accepts the dominant of two ideas, or the dominant mood or feeling. In talking further to him, I learned that when he said, "I am prosperous," etc., his feeling of lack was dominant so that each affirmation he made called forth the mood of the opposite such as lack, limitation, poor sales, etc., and more lack came into his experience.

He realized that the answer was to get his conscious and subconscious to agree; then there would be no contradiction. The subconscious accepts what we really, consciously believe, our convictions and dominant feelings. He engaged the cooperation of his subconscious mind by affirming, "Every day my sales are improving; more customers come in every day, and they are satisfied and blessed. I am making more and more money every day of my life. I am continuously advancing, growing and moving forward financially."

These statements created no conflict in his mind, as there was nothing within him which said his sales and money could not increase. He found this approach to be acceptable and sound psychologically, and it produced the desired results. He remained faithful to his mental and spiritual practice, and within four months found it necessary to hire two extra assistants to handle the excess business. He found money flowing to him in avalanches of abundance.

Open Your Mind and Heart to the Influx of God's Riches

To walk the royal road to riches of all kinds—spiritual, mental, material, and financial—you must never place obstacles and impediments in the pathway of others; neither must you be jealous, envious or resentful of others. Remember, your thoughts are creative and whatever you think about another you are creating in your own life and experience.

I have discovered that many talented men and women are jealous and envious of former college friends or their associates in business who have gone up the ladder of success and who have amassed wealth and excelled them. Thinking negatively of former classmates or associates and condemning their wealth causes the wealth and prosperity these people are praying for to vanish and fly away. They are praying two ways: I have found that they are saying in one breath, "God is prospering me now" and in the next breath, silently or audibly, they are saying, "I resent that fellow's wealth, promotion, or increment," as the case may be.

I have found that when they change their attitude and sincerely rejoice in the success, promotion, wealth and riches of others, they prosper beyond their fondest dreams. This is based on an age-old truth taught by the ancients thousands of years ago: "The ship that conies home to my brother conies home to me."

From Rags to Riches

> At 13, Peter Traynor earned $4 a day as a farm laborer near Boston while his poor immigrant parents struggled to make a new life in the U.S.
>
> Today at 34, he's a multimillionaire.
>
> "Now I'm earning more like $4 a minute," says Traynor, who heads Leverage Funding Systems, a Los Angeles corporation that invests money exclusively for over 1,500 physicians.
>
> "I learned to think success from my father," explains Traynor. "He sold neckties and second-hand clothing for a living before World War 2. I remember he'd load the clothes into our old clunker of a car and wouldn't come home till he'd sold them all—even if it took until midnight.

As a Polish immigrant, my dad had very Old World attitudes toward money and hard work."

With success as his constant goal, Traynor has managed to put the Midas touch on almost every job he's held.

"Everything I do is geared toward success," he said. "In high school I mowed lawns each day after classes. That soon led me into a part-time landscaping business, which was earning me $18,000 a year by the time .I was a junior."

After putting himself through Boston University, Traynor headed West in 1961.

"I came to California for success," he explained to

The Enquirer. "I observed successful men and emulated their styles, their techniques and their disciplines."

First, he took a job with the Penn Mutual Insurance Co.—and broke a company record by selling $3 million worth of insurance in his first year. In his third year, Traynor wrote $12 million worth of insurance—establishing himself as the industry's number one supersalesman. Though riding the peak of success, Traynor soon left Penn Mutual in his search for still higher peaks. He decided to form his own investment company.

I got the idea after learning that doctors are the best prospects for buying insurance," said Traynor, who says he's worth about $6 million today.

"I knew doctors had money—but also knew they often didn't have time to wisely invest it themselves."

"So I started Leverage Funding to make their money go to work for them—and for me too."

Traynor admits to owning what is "Very definitely the controlling interest" in the corporation, which he said made profits of over $2 million last year, and he also has controlling interest in Lester-Traynor Productions, Ltd., a firm that is venturing into filmmaking.

"Success is just a matter of applying yourself in the right way. If you analyze things carefully and move logically, there are really very few ideas that are impractical," said Traynor, who lives in a large home in the fashionable Trousdale Estates near Hollywood.

"But you pay a price for success. For me, the highest price is the time I spend away from my wife Marney and our four children."

The above article appeared in the September 2, 1973 issue of *The National Enquirer,* by Lloyd Watson. All Peter Traynor had was a good idea, and as he nourished and sustained it, his subconscious compelled him to attract riches in a magnificent way. You can also think "success," think "wealth," think "riches." Your subconscious will magnify and multiply your good a thousandfold in ways you cannot now imagine.

POINTS TO REMEMBER

1. By tuning in regularly and systematically with the Cosmic Energizer within, you can draw from that inexhaustible storehouse everything you need at all times everywhere.

2. If you want a lot of money, think of what you would do; talk and act as if you had all the money you need to do what you want to do. A man amassed a great fortune by conducting an inner conversation with himself on the wise use of money. His inner speech conformed to his aim in life, and when the two agreed, his prayer was answered. He was constantly thinking how he could distribute the money wisely, judiciously and constructively. He pictured in his mind all the things he wanted to do, and all of them came to pass. Your inner speech or conversation (your thought and feeling) is always made manifest. *And the Word* (thought-image) *was made flesh* (made manifest) . . . (John 1:14).

3. You are here to lead a full and happy life. You should have all the money you need to do what you want to do and when you want to do it. Realize that money is God's way of maintaining the economic health of the nation. Money, in whatever form it takes, is good and very good. Look upon money as a symbol of freedom, beauty, abundance, refinement, luxury and the good life. Be friendly with money and you will always have all you want.

4. A banker discovered that his inner speech was the cause of all the outer experiences of his life. He began to think, speak and act as if he already had the money he was seeking. In other words, he was thinking from the desired end in the same way as if he actually physically possessed all the things he was seeking. His inner conversation was, "I have a beautiful home now"; "I have a beautiful new Cadillac," etc. He discovered his inner speech—his quiet, inner talking to himself—brought forth all his desires, and money circulates in his life freely and copiously.

5. There is a simple formula that enables you to have a steady flow of money in your life to meet all your requirements. Take a little phrase, easily graven in your subconscious, and repeat it over and over again. It will sink into your subconscious, and since the law of your subconscious is compulsive, you will be compelled to express wealth. Use this phrase: "Money is circulating freely in my life and there is always a Divine surplus." Do not at the same time or subsequently deny what you affirm.

6. A nurse was habitually referring to money as "filthy lucre" while at the same time she wanted lots of money. She learned that when she condemned money it took wings and flew away. She had been condemning what she was praying for, which is inexcusable and too absurd for words. She intelligently changed her attitude and everything was altered. She began to affirm that she liked money and pronounced it good and very good. Her favorite phrase, which she conveyed to her subconscious, was: "Money is God's idea, and it is always circulating in my life. I am economically healthy." She also prayed for Divine guidance, and everything in her life changed. She achieved a wonderful marriage, graduated as a medical doctor and wealth now flows to her in avalanches of abundance.

7. A man who believed in lack and limitation was affirming, "I am wealthy," "I am prosperous," and was gradually getting poorer. He learned that his conscious and subconscious had to agree in prayer. Accordingly, he began to affirm, "Every day my sales are improving. More customers come to my store. I am making more and more money every day of my life. I am continually advancing, growing and moving forward financially." These statements created no conflict in his mind, and they produced the desired result. Within four months he had to hire two extra assistants to handle all his customers.

8. A great stumbling block to many people in attaining wealth is that they are jealous and envious of the riches of others, not realizing that whatever you think about the other you are creating in your own mind, body and conditions. Your thought is creative, and to be jealous and envious of others is to actually impoverish yourself and attract more lack and limitation. The thing to do is to rejoice in the success of all those around you and to wish for them health, wealth and all the riches of the Infinite. As you do this sincerely and honestly, you will discover that the ship of riches that came home to your brother will also come home to you. Love (goodwill) is the fulfilling of the law.

9. Peter Traynor, who was a $4 a day laborer, had the idea of "success and riches" uppermost in his mind and went from rags to riches on a magnificent scale. He is worth over $6 million today. He started the Leverage Funding Company and invested money wisely for 1500 doctors. In making money for them, he made it also for himself. You too can have an idea worth a fabulous fortune.

3

How The Cosmic Energizer Can Bring You the Good Things of Life

Abraham Lincoln said: "I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom, and that of all about me, seemed insufficient for the day."

Socrates said: "Our prayers should be for blessings in general, for God knows best what is good for us."

Tennyson said: "More things are wrought by prayer than the world dreams of. What are men better than sheep or goats that nourish a blind life within the brain, if knowing God, they lift no hands of prayer both for themselves and those who call them friends?"

Coleridge said: "He prayeth best who loveth best."

Whittier said: "The simple heart that freely asks in love, obtains."

Ralph Waldo Emerson said: "Is not a prayer a study of truth, a sally of the soul into the unfound infinite?—No man prayed heartily without learning something."

Bunyon said: "In prayer it is better to have a heart without words than words without a heart."

There is an old proverb that says: "What men usually ask for, when they pray to God, is that two and two may not make four."

When you pray, do not try to change the Cosmic Energizer, which is God, for God is the same yesterday, today and forever. Effective prayer is aligning yourself with that which is true of God and which becomes a focal point for the expression of life, love, truth, beauty, joy and abundance in your life. In other words, prayer is the contemplation of the truths of God from the highest standpoint.

The Cosmic Energizer does not suspend its laws for anybody; neither does it play any favorites. It is impersonal and no respecter of persons. Prayer is the response of the Cosmic Energizer to your habitual thinking and imaging, as well as to your belief. In a certain sense there are as many forms of prayer as there are people in the world.

He Prayed the Prayer of Petition

Recently I talked to a sailor whose ship had been torpedoed in the last world war. He was adrift for ten or twelve hours on a makeshift raft. He said that he cried aloud: "Oh, God, save me! You know I'm here." To him God was an anthropomorphic being existing up in space somewhere. He did not know the laws of mind: that God was the Spirit within him, omnipresent, without face, form or figure, and instantly available to all men. His begging and beseeching did not reach the Cosmic Energizer, but his blind belief did. When he was rescued by a Norwegian ship, the captain said that for some reason or another he changed his course and the sailor adrift was espied by a sailor on watch on the ship.

The reason for the man's rescue was that he went all the way out on the limb, trusting implicitly that he would be saved. The Cosmic Energizer responded according to his blind belief.

Your Thought Is Your Prayer

To pray means to think from the standpoint of universal principles and eternal verities in the same manner as an engineer thinks from established principles of mathematics or a chemist from the standpoint of the laws underlying chemical combinations. Every thought, in a certain sense, is a prayer for the simple reason that every thought tends toward action and manifestation. The Bible says:—*The word* was *God* (John 1:1). A word is a thought expressed and you are told it was God, meaning it is creative, for there is only one creative power, i.e., the Cosmic Energizer. Your thought, being creative, is, therefore, God also.

All of us have a common Source and we are made of one universal Substance. The Bible says:—*After this manner therefore pray ye: Our Father* . . . (Matthew 6:9) which means all of us come forth from the one Life Principle, or Cosmic Energizer; therefore, in Truth, we are all related. It is essential, therefore, when you pray to have love and goodwill for all men and women everywhere, as well as for the beasts of the field, and everything else in the world. Man must sense his essential unity with all things: the birds of the air, the fish of the sea, and indeed all growing things.

The Cosmic Energizer creates all things and everything is made inside and out of It. No one thing in the universe can be in opposition to another, for

the Cosmic Energizer can't be at war with Itself. We are all parts of one stupendous whole, whose body nature is, and God is the soul.

How to Pray in the Right Way

There are many levels and modes of prayer. The old maxim says, "When your thoughts are God's thoughts (constructive, based on principle), God's power is with your thoughts of good." Prayer is essentially thinking from a constructive standpoint. The right way to pray consists of the spiritual premise that there is a Cosmic Energizer within each of us that becomes the thing we desire, to the point that we accept this as true. Your constructive thought action is in tune with the Cosmic Energizer, and It responds according to the nature of your thought.

True prayer is a sustained, constructive attitude of mind that results in conviction. Once your desire is deposited in your subconscious mind, the answer is made manifest as part of a Creative Law. The acid test of whether or not you have reached a conviction is when your mind accepts the idea completely and you can't conceive of the opposite.

Why Her Prayers Were Not Answered

The tendency of the Life Principle, or Cosmic Energizer, is to heal, restore, prosper and bless humanity in countless ways; otherwise, there would be no design, no chemical affinity, no uniting forces in this universe. There is a built-in principle of wholeness and unity in every organism. In the Book of James it says:—*Ye ask, and receive not, because ye ask amiss . . .* (James 4:3).

Mrs. B. had ulcers and was taking medicine prescribed by her doctors, but was nevertheless constantly saying, "The medicine is no good. My ulcers are worse." All her thoughts were of a bitter ulcerated nature; she was resentful and full of hostility and suppressed rage toward relatives. She was at the same time petitioning a God afar off up in the skies somewhere to heal her condition, which she ignorantly inflicted on herself. She was praying with a mind and heart full of hostility, suppressed rage and resentment, which is praying amiss.

Her Reversed Attitude Transformed Her Life

Following a simple explanation as to what she was doing to herself, she decided to release her relatives, as follows: "I completely surrender my in-laws to the great ocean of Life, wishing for them harmony, health and peace. Whenever any one of them comes to my mind, I will immediately affirm: 'I released you—God be with you.' "

She also decided to stop criticizing her doctors and the medicine, realizing that when she no longer needed a crutch she would be healed, and in the meantime, she should stop finding fault with herself and others. She also realized that her angry, negative thoughts had produced her ulcers and it stood to reason that harmonious, peaceful, loving thoughts would restore her to wholeness.

The Prayer That Freed Her

She made a habit of affirming the following truths of life: "I am at peace with all men and all things. I am Divinely guided in my eating and drinking. I am filled with the peace, harmony, strength, vitality and energy from the Cosmic Energizer. The Life forces flow freely, joyously and harmoniously through my whole being and I am whole and perfect."

As she continued saturating her mind with these truths, and since she had forgiven herself for entertaining negative thoughts and had released her relatives, a wonderful sense of peace came over her. She has now found a new life and is kinder, nobler and more efficient in every way.

How He Dissolved an Acute Problem

A few months ago, a doctor friend of mine became involved in a serious law suit. He was very much annoyed, perplexed and deeply resentful because of the lies and false accusations hurled at him by his opponents. The law suit was not progressing satisfactorily for him. I explained to him that he would have to eradicate his hostility and resentment first before he could pray successfully.

He began to affirm regularly and systematically: "Infinite justice, love, harmony and truth of the Cosmic Energizer operate in the minds and hearts of all involved in this law suit, and the truth is my shield and buckler." Whenev-

er the thought of his opponents came to his mind, he affirmed: "God's love fills your soul." After about a week or so he had a deep feeling of peace, and when the case reached the Appeals Court, it was dismissed.

Love Is the Great Magnet

This doctor said to me that since he had reversed his attitude, he had discovered that love is like a magnet of iron which draws to itself its own. Likewise, he was attracting more and more patients and had remarkable healings.

His Wife Says, "My Husband Is Now Magnetic"

Magnetism is simply an emanation from the Cosmic Energizer. It is the love, the power and the vitality that he is radiating to all those around him. He has transformed himself and is constantly giving out a current of love, and all who come within his orbit are blessed. Before his transformation, he was angry, hateful and resentful and had no magnetism. He was losing patients and money. He had actually shut off the currents from the Cosmic Energizer. He has discovered however, that Divine love dissolves everything unlike itself.

How a Mental Blueprint Transformed Her Life

A few months ago I gave a lecture to a small group at a private home in Maui, one of the lovely islands of Hawaii. One of the guests there told all of us how she had transformed her life. She pointed out that she had read many books on prayer therapy, positive thinking and mind training, yet her life was a mess; it was lonely, frustrating, and financially embarrassing, and she had only a part-time position.

Eight words in the Bible, however, changed her life:—*Faith, if it hath not works, is dead* . . . (James 2:17). She dabbled with painting as a hobby and one day she painted the kind of house she wanted, a sort of mental blueprint. She pasted it in a section of a large sheet of paper. On still another section she wrote down "$25,000 a year salary." On another section she pasted, "I am happily married to a wonderful man." Then she painted a picture of a swimming pool with a wire fence around it. She pinned this large sheet of

paper up in her apartment where she could look at it frequently. She knew that these pictures would gradually form a mental mold through which the Cosmic Energizer would flow, energizing and vitalizing all her desires.

Gradually she impressed her subconscious mind. Desire coupled with belief were the finishing touches to her mental exercise. She said that after a few weeks she could actually feel herself possessing all these things. Mental possession is nine points of the law and the manifestation follows.

How the Answer Came

Shortly thereafter, during a visit to Honolulu for dental appointments, she met an old friend at the Royal Hawaiian Hotel. He introduced her to his brother, who fell in love with her at first sight and married her. He now gives her an allowance of $25,000 a year to spend as she likes. She has a wonderful home in Sydney, Australia, a swimming pool and a marvelous husband.

All of us were impressed by her simplicity, her faith and confidence in the laws of mind, and the wonders of the Infinite Power within all of us. Her favorite quotation is: "I desire to win and I accept the Power within."

POINTS TO REMEMBER

1. Coleridge said: "He prayeth best who loveth best."

2. When you pray, you do not try to change the Cosmic Energizer, which is the same yesterday, today and forever. Prayer is aligning yourself with the eternal verities of life and becoming a focal point for the expression of life, love, truth, beauty and the life more abundant.

3. The prayer of petition works occasionally; i.e., when a man goes all the way out on a limb and trusts what to him is a God in the skies. The real truth of the matter is that he answers his own prayer. The Cosmic Energizer responds to his blind belief.

4. In a certain sense your thought is your prayer for the simple reason that every thought tends to action and manifestation. There is only one Creative Power, namely the Cosmic Energizer, which permeates all life. Your thought is the only immaterial power you know. You are what you think all day long.

5. When you pray it is essential that you be at peace with all men and all things. Realize your essential unity with all life, for God is Life or Spirit,

and one part of Spirit can't be antagonistic to another part of Spirit, as Spirit, or God, is one and indivisible. When you are at peace with the whole world, the Cosmic Energizer flows through you filling up all the empty vessels in your life.

6. When your thoughts are God's thoughts, God's power is with your thoughts of good. Prayer is essentially thinking from a constructive standpoint. True prayer consists of the spiritual premise that the Cosmic Energizer becomes the thing you desire to the point you accept this as true.

7. The tendency of the Cosmic Energizer is to heal, restore and prosper you.

8. A woman had ulcers due to bitter thoughts of hostility, resentment and rage. She learned that in order to get a healing, she had to cease all criticism and condemnation of others and to forgive herself for harboring negative thoughts. She began to bless all those who irritated her. She made a habit of praying as follows: "I am filled with the peace, harmony, strength and vitality of the Cosmic Energizer, and I am made whole and perfect." She found her health and peace in this changing world.

9. A doctor was involved in a bitter lawsuit. When he decided to eradicate his resentment and hostility, he was able to pray effectively. Whenever the thought of his opponents came to his mind, he affirmed: "God's love fills your soul." He also began to claim boldly that the infinite justice, harmony and truth of God prevailed, and the case was finally dismissed.

10. This doctor discovered that love was a great magnet, and he found that he attracted more patients and had remarkable healings. Love dissolves everything unlike itself.

11. A woman painted the kind of a home she wanted with a swimming pool and pasted it on a section of a large sheet of paper, adding some written requests such as, "I'm married to a wonderful man. I have an income of $25,000 a year." She placed the sheet of paper in a prominent place in her apartment and gazed at it many times a day, knowing she was impregnating her subconscious mind. The Cosmic Energizer flowed through her mental mold, fulfilling all her requests in Divine order. Her favorite maxim is: "I desire to win and I accept the Power within."

4

How the Cosmic Energizer Can Reveal Answers and Transform Your Life

A few years ago while traveling by train from Dublin to Cork, I noticed a man carrying a bag on his back, and the conductor said to him: "You can take that bag off your back. The train can carry both of you." And this reminded me of the fact that there are a great many people carrying the burden of grief, sorrow, grudges, peeves, bitterness and hostility, which robs them of vital energy, creating short-circuits in their lives. Like the leakage of electricity, the Cosmic Energy in their lives is dissipated and wasted.

How the Cosmic Energizer Relieved Her of Her Burden

Recently I interviewed a woman who had followed a scientific diet prescribed by her physician and who had taken off 40 pounds for a time, but in the past few months she was, as she said, back where she started, 40 pounds overweight. I explained to her that the basic reason for her overweight was the burden she was carrying in her mind, and when she followed the great truth, *Cast thy burden upon the Lord* (Law), *and he shall sustain thee . . .* (Psalm 55:22), she would be free.

The Cause of Her Overweight

Her burden consisted of a deep hatred for her husband, together with a suppressed rage. She had discovered that he had been unfaithful and had pretended to forgive him. However, by hating him, she was also hating herself, because she was thinking hateful thoughts and generating negative emotions. All hatred is self-hatred, which is a deadly poison. Her self-loathing had caused her to put on aprons of flesh so that she would be repulsive to men. The explanation oftentimes is the cure.

I explained to her that the Cosmic Energizer flows harmoniously, peacefully, joyously and rhythmically, but that this flow of vital energy had been dammed up by her, bringing on her fatigue, exhaustion, insomnia and migraine. I suggested she throw out of her mind everything that was not con-

tributing to her beauty, charm, vitality and peace of mind. She realized what she was doing to herself—actually generating mental poisons which robbed her of peace, health and happiness.

She came to a clear-cut decision and forthwith discontinued living a lie. She directed her attorney to get a divorce for her; she also decided to face her husband and his paramour and tell them that she wished for them all the blessings of life.

How Her Freedom Came

She decided to become a focal point for the Cosmic Energizer and claimed boldly that the vitalizing, energizing power of the Infinite was flowing through her and that Divine love was saturating her whole being. Knowing that as she aligned herself with the Cosmic Energy which is love, love would dissolve everything unlike itself. She discovered after a while that all ill will, bitterness and hatred had melted away.

Every night prior to sleep, she affirmed: "I weigh 120 pounds in Divine order through Divine love." After a few weeks she lost all desire for amylaceous and fatty foods which had contributed to her overweight. She regained her beauty, grace and charm, and she also discovered that—love *is the fulfilling of the law* (Romans 13:10).

The Cosmic Energizer Seeks to Express Itself as the Life More Abundant

Cosmic Energy moves constructively, harmoniously, rhythmically and joyously. When we go against the principle of harmony and love or think and act in any way contrary to the forward tendency of Life, we suffer; but we have inflicted the punishment upon ourselves.

How to Generate Energy for Your Plan

You can definitely cause the Cosmic Energy to flow when you have a certain plan, aim or goal in life. You go where your vision is. Your vision is what you are looking at in your mind, what you are giving attention to, the ideal you are focused on. When you realize you can reach your goal, the

Cosmic Energizer flows on your behalf, attracting to you everything you need for the fulfillment of your dream.

How He Envisioned His Plan

One of the listeners to my radio program in Los Angeles, which is heard throughout most of Southern California, wrote and said: "I learned from listening to your program that I had been blocking my own good because I was constantly blaming the boss, the organization, my wife or somebody else for my unhappy experiences and lack of funds. I decided to lighten the load after I heard you explain the meaning of casting the burden. I now know that my anger was burning up my precious energy at a very rapid rate, and it had affected my glands and my blood pressure and was bringing on complete exhaustion and depletion of my vital energy."

The above is a digest of a long letter, but it shows how criticism, condemnation of others and suppressed rage debilitate the entire organism and goes contrary to the normal flow of the Cosmic Energizer. He learned that it makes no difference how others act or what they do. The thing that matters is how he reacts. Actually, it was the movement of his own thoughts which had caused all his trouble and impeded his progress. It is not what others do; it is our thoughts about it that matters.

How He Cast the Burden, Opening the Way for the Cosmic Energizer to Flow

He saturated his mind with the following truths, knowing that by repetition, faith and expectancy they would sink into his subconscious mind and come forth into his experience and operate in all phases of his life: "I know that all men are my brothers. All of us have a common Father. I see the Living God in everyone I meet. I salute the Divinity in each person. The Love of God flows through me to all mankind. I bless all those who criticize me. I pray for those who speak ill of me. I rejoice to see others succeed. I loose everyone now and I let them go in peace. I open the windows of my mind; I let in the influx of the Holy Spirit. I am perfect and cleansed. I am at peace. The Love of God fills my mind; all is well. I reflect the Love of God; I am absolutely loving toward all. I am conscious of God everywhere because God

is over all, through all. I know that the action of God is taking place in the mind and hearts of all. It is wonderful!"

In a month's time his whole life had been transformed. He no longer burned up the vital energy. He had found peace within, and having found love within, he had found it waiting for him everywhere. He has now also opened the channels for wealth and health.

How She Ceased Wasting Vital Energy

Take us the faxes, the little foxes, that spoil the vines: for our vines have tender grapes (Solomon 2:15).

A government secretary came to have a consultation with me, saying that her problems in the office were due to the "little foxes that spoil the vine." She was highly sensitive and said that other girls who were her fellow employees were jealous and envious of her, and that they carried tales and lies about her to the supervisor. She was resenting the girls and placing herself in a house of bondage and thralldom—all self-imposed. She was giving power to others to hurt her and was burning up vital energy, resulting in nervousness, the all-gone feeling, and complete exhaustion at night, accompanied by insomnia.

At my suggestion she ceased giving attention to the petty annoyance, negativities and gossip of the office. These trivial irritations were consuming so much of her inner energy, they caused her to make mistakes, which in turn kept her mind off that which is lovely and of good report. It was also preventing the flow of all good from the Cosmic Energizer, the Source of all blessings.

How She Got Back on the Beam

Every morning as well as other times during the day, she identified herself with the Cosmic Energizer and affirmed boldly: "God is my boss, my employer, my way-shower, my guide, my counselor, my source of supply. I give all my allegiance, loyalty and devotion to the Supreme Power within me. God guides me, watches over me, sustains and strengthens me, and I am energized from On High. God thinks, speaks and acts through all the girls in the office, and whenever I think of any one of them, I affirm immediately, 'God loves you and cares for you.' "

She adhered faithfully to these truths and found that as she changed inside, the outward picture changed also. She has found peace in this changing world. She ceased carrying the dead, useless burdens of resentment, anger and hostility. These are the little foxes that spoil the wine of life, which is the exhilarating and vitalizing flow of Cosmic Energy coursing through our entire system. She has gone up the ladder of life and is now a supervisor. Her journey is onward, upward and Godward.

Looking Upon Life as a Current of Energy

Paul says—*Faith which worketh by love* (Galatians 5:6). The love of which Paul speaks is the feeling in your heart of goodwill to all. It is an emanation or outreaching of the heart to all when you rejoice in seeing people as they ought to be: happy, joyous and free. Love frees, gives; it is the Spirit of God in action. Love is also that inner feeling whereby you give all allegiance, loyalty and recognition to the One Power—the Cosmic Energizer—and you pay no attention to any person, circumstance or condition or anything else that would tend to swerve you from your good.

She Looked Upon Life as a Current

A Mrs. B., whose husband had passed on a few years ago, felt lonesome, bitter and hostile. She felt somewhat isolated from her family, who lived in the East and who never wrote her or communicated with her in any way. At my suggestion, she started to cast aside the burdens of self-doubt, loneliness, criticism of relatives, and dislike of others in the retirement center. She began to discard everything that was not contributing handsomely to her welfare. She began to affirm frequently to herself the following:

"The Cosmic Energizer is flowing through me as a current of life, love, truth and beauty, creating pleasant relations, harmony, abundance and security in my life. I am a focal point for the Cosmic Energizer, and my mind and heart are open for all the blessings of life. I give thanks for a wonderful trip to Europe and for God's riches flowing to me from all angles. I live by the law of love, and I wish for everyone what I wish for myself."

She reiterated these truths many times a day, which formed a nucleus around which the Cosmic energy began to flow. A few short weeks went by and then, out of the blue, her daughter, who lived in the East, phoned her ask-

ing her to join her on a trip to Europe which extended for six weeks, all expenses paid. On this trip she met a retired professor; they got married in London and have now settled down in Spain to live out their years in happy retirement.

She wrote me recently saying she has never been so happy. She tends the garden, gives English lessons twice a week to sons and daughters of neighbors, and is having the time of her life. She commented that she no longer holds the memory of grudges, peeves and ill will. She also realized that her previous sense of guilt had reduced her to a kind of slavery and that she now realizes she had been constantly trying to compensate for her low opinion of herself.

Learn to Accept Forgiveness

Forgive yourself. Have a high estimate of yourself. You are a son or daughter of the Infinite. Have a healthy, reverent, wholesome respect for the Divinity that created you, watches over you and that created the whole universe and all things therein contained. Make a habit of exalting the Divine Presence within you. One of the quickest ways in the world to eradicate an inferiority or rejection complex is to look in the mirror for about five minutes every morning and evening and affirm out loud, feelingly and knowingly:

"I exalt God in the midst of me, mighty to heal, restore, beautify and magnify my good in countless ways." You will be amazed how you will activate the Cosmic Energizer, which will flow as currents of love, peace, harmony and abundance into your experience.

He Erred in Trying to Compensate for Guilt Feelings

A junior executive in a large organization was continually mentally belittling his associates. He made a sort of fetish of finding fault with all those around him in the office. He was full of criticism about their abilities, talents, morals and ethical standards. I pointed out to him that actually what he was trying to do was to drag them down to his own level, while in the meantime trying to exalt himself; that in reality he was projecting his own shortcomings and sense of inferiority on to them. He did not like what he saw, and this attitude resulted in his hostility and pugnacity. This young man was really wast-

ing his vital energy in this running battle in his mind, causing him to lose his grip on the flow of the life more abundant.

How He Transformed Himself

This man had a submerged sense of guilt going back to an early marriage. During the pregnancy of his wife he had deserted her, divorced her in Mexico and remarried. Apparently they quarreled and were hopelessly incompatible; and because of his sense of guilt, he was always on the defensive, sensitive and highly irritable.

The Explanation Is the Cure

I asked him: "Would you desert your wife now?" He answered, "No. I'm very happy and have two wonderful children." I pointed out to him that he was not the same man who deserted his other wife twenty years previously—emotionally, physically, mentally or spiritually—for the simple reason that he was leading a good life now and sincerely wanted to continue to lead a full and happy life. The Life Principle does not punish; we punish ourselves by misuse of law and by negative thinking. But the minute a man decides to change his thoughts according to the eternal verities, there is an automatic response from the subconscious mind, and the past is forgotten and remembered no more. A new beginning is a new end. Begin to fill your mind with faith, confidence, love and goodwill, and the result will be health, happiness, peace and security.

With the aid of his attorney this man made a sincere effort to locate his former wife, who had remarried. He found she had a daughter, who was his own. He sent an anonymous gift of $30,000 to her on the advice of his lawyer. This gave him a marvelous sense of relief. He began to exalt God in the midst of himself and also practiced radiating love, peace and goodwill to all his associates and his former wife, wishing for each one health, happiness, promotion and all the blessings of life. That short-circuit of guilt and inferiority had been unearthed and poise, peace and harmony now reign supreme. Love is the fulfilling of the law, and he knows now that "the ship that comes home to my brother comes home to me." His daughter, whom he had not seen in twenty years, recently came to visit him and there was a joyous reunion. Love is the fulfilling of the law.

POINTS TO REMEMBER

1. Many people are carrying excess burdens such as grief, resentment, self-condemnation and hostility. These are mental poisons that rob you of vitality, enthusiasm, and energy and debilitate the entire organism. Learn to cast off these burdens by opening your mind and heart to the influx of Cosmic Energy and Divine Love, which dissolves everything unlike itself.

2. A woman who hated her husband compensated by putting on excess aprons of flesh in order to become repulsive to men. She eventually realized that all hatred is self-hatred and that she was actually poisoning herself. She dissolved the lie and set her husband free, wishing for him all the blessings of life. Having forgiven herself, she decreed to her subconscious every night prior to sleep that she weighed 120 pounds. Her subconscious freed her from the desire for amylaceous and fatty foods. Her beauty, grace and charm returned.

3. When you have a definite aim, goal or vision in life, you will discover that the Cosmic Energizer will flow on your behalf, vitalizing your whole being. Creative ideas and inspiration will flow and all doors will be opened to you, bringing about a fulfillment of your dream.

4. Men block their promotion, growth and expansion by criticizing and condemning others. What they fail to see is that when you condemn, criticize, demean and belittle others, you, being the thinker, are actually creating all these qualities within yourself. Also, you are actually trying to drag others down to your own low estimate of yourself. Men tend to project on to others the shortcomings, inadequacies and inferiorities within themselves. It is not what others say or do, it is our thought about it that matters. The solution is to exalt God in the midst of yourself and to salute the Divinity in others, wishing for them prosperity, promotion and all the blessings of life. Do this regularly and systematically until it becomes a habit, and you will find the peace that passeth understanding.

5. A secretary was placing herself in a mental house of bondage by giving power to other girls to hurt her and was burning up her own vital energy, resulting in nervousness and insomnia. She identified herself with the Divine Presence within her and looked upon this Supreme Power as her guide, counselor, paymaster, adjuster and source of all blessings. At the same time, she silently saluted the Divinity in all the other girls, affirming, “God loves you and cares for you.” She found peace in this changing world. She changed in-

side, and the outside world changed in the image and likeness of her contemplation.

6. Paul says:—*Faith which worketh by love* (Galatians 5:6). This love is not a Hollywood confection or a sentiment. It means an outreaching of the heart, an emanation of goodwill to all. It is that inner feeling of faith and confidence which enables you to fulfill your dreams regardless of the criticism or ridicule of the world. It also means that regardless of the vilification, hostility or jealousy of others, you tenaciously keep on until the day breaks and the shadows flee away. It is essential that you maintain cordiality, amiability and goodwill to all people everywhere for although as Paul says, you have the faith that moves mountains, and you lack love, you are as nothing. Faith works by love.

7. A woman living in a retirement home, bitter, hostile and disillusioned with her children who never communicated with her, decided to become a focal point for the Cosmic Energizer and claimed that It was flowing through her as currents of life, love, truth, abundance and security. She made a habit of giving thanks for God's riches flowing freely to her and began to live by the law of love, wishing for everyone all the blessings of life. Wonders began to happen in her life. Her daughter phoned her out of the blue and invited her to travel to Europe for six weeks. While there she met the man of her dreams and married him, and they are now living the life more abundant in Spain. She learned to cast the burden on the God-Self within and become free.

8. Learn to forgive yourself first for harboring negative thoughts about yourself or anybody else. You can't give what you don't have. When you let the sunshine of God's love in to your soul, you can release to others the imprisoned splendor within you. Begin now to let the influx of Divine Love into your soul. Exalt God in the midst of you. When love enters in there is no room for resentment, ill will, jealousy or enmity. All are dissolved in the Light of God's Love.

9. A man was trying to exalt himself by tearing others down. This indicated his own inferiority, insecurity and sense of guilt which were unresolved. He was wasting his vital energy and had lost his grip on life. He learned that he was punishing himself and resolved his sense of guilt by forwarding $30,000, on the suggestion of his attorney, to his former wife and child, whom he had deserted twenty years previously. Self-condemnation is hell and self-forgiveness is heaven. There was a joyous reunion with his own

daughter, and he found that love and goodwill wipe away all tears. He respects the Divinity within himself now, and what automatically follows from this is the conscious respect for the Divinity in all men. He knows now the truth of the ancients: The ship that comes home to my brother comes home to me.

5

How the Cosmic Energizer Can Bring You All Kinds of Blessings

Every man is a son of God and every woman is a daughter of God, for there is but One Power, One Presence, One Cause and One Substance. Learn to tune in with the Cosmic Energizer, and as you do you will find yourself coming of age spiritually in your new capacity, functioning in terms of your Real Self.

Begin to claim that you are energized from On High and that you are doing all things through the God-Power within you, and you will find yourself ignited by the Cosmic Energizer and you will emit sparks—electrical energy and force that can actually be sensed and appreciated. Contacting the God-Self is like contacting high-tension wires. Results do ensue!

All life is largely an absorption of a power that you as yet do not know to be actually there. Before you, the dynamo, begin rotating there is only potential power as a possibility. But when you begin to move as a dynamic, magnetic personality ("dynamo"), you will soon emit sparks and generate power from the Source of all power. However, you must become a "self-starter." Some people only "come to life" in emergencies instead of making it a daily habit of abiding continually in the field of potential energy.

How She Discovered the Cosmic Energy

A frail woman weighing about 90 pounds told me that she had lifted a truck under which her husband was pinned and released him. Four men tried to lift the same truck some hours later and could not do so. Her power and energy were always there, and when she assumed it was there the Cosmic Energy responded.

Assumptions Become Concrete Realities

Churchill said our assumptions harden into facts. When chatting with a returned veteran from Vietnam, he said that when he was lost in the jungle at first he was fearful; then he sat down and said to himself: "I'm all right. God

is here, too." He recalled that one time at home he had been lost in the mountains and had asked a man who was fishing in a stream the way back to the main highway. The man told him the way. He had assumed that the directions were correct and shortly found himself on the main highway. Likewise, he assumed God would guide him back to his battalion or to friendly hands. He began to walk, and in some hours he walked directly to the medics who took care of him.

Assumptions harden into facts and become objectified on the screen of space.

There Are Tremendous Possibilities Within You

God, the Living Spirit Almighty, dwells in you, and walks and talks in you. Lord Chesterfield said: "Some men live and die with all their greatness still within them." You are a Powerhouse dynamo, and you can release the hidden powers through the assumption of right ideas, feelings and attitudes of mind. God's potential must be increased through your dynamic action, or It will move on and away from you.

Believe in God that *is in you* (as a potential), ready to be released like Aladdin's genii. Let this Energy go through the blood vessels of your body by claiming boldly: "I am filled with the energy and wisdom of the Infinite One. It is coursing through my veins now." As you continue to do this, you will move dynamically toward health, wealth and vitality.

How She Experiences the Blessings of Life

A businesswoman with whom I had a long-distance conversation complained that her business, marital and home conditions were very bad and practically beyond her control. I pointed out to her that, on the contrary, she had control and dominion over her thoughts, feelings, actions and reactions, and that she must definitely assume responsibility for harmony, peace and happiness in her life.

On the phone I suggested that she open the Bible and read Ezekiel 34:26:—*There shall be showers of blessing*. I suggested that she enthrone that idea in her mind, and the idea being dynamic, she should listen to it with an inner ear. It would then penetrate her subconscious and release its energy.

This woman's life was dried up, like the soil that has been too long without rain. She was full of fear, resentment and hatred toward her husband and filled with a sense of defeatism. She said her first year in business had been a great success—beautiful and harmonious. She took credit for the first year's success. I pointed out, however, that she must also assume responsibility for her failures and discordant home life.

A few weeks passed by and I had a wonderful letter from her saying that she had begun to sing to herself: "There shall be showers of blessings for me." She got lost in the idea, and it found its way into her subconscious. From then on everything changed: Business picked up; there were new customers and a promotion for her husband. She is now possessed with a new zest for living. As she began to sing the song of triumph to herself, she dissolved all the bitterness and hostility and the Cosmic Energizer began to flow through her as harmony, health, peace and abundance.

Fear Blocked His Flow of Energy

Recently I talked with a businessman who was afraid of the future, of devaluation of the dollar, of some dire malady and bankruptcy. I explained to him that he was blocking the flow of his potential energy and, consequently, becoming less effective in his work. There is no occasion for fear, for there is an antidote within him to cast out fear. The antidote is God within man. This Power is Supreme, Omnipotent, Omnipresent, and there is nothing to oppose the One Power, nothing to thwart It or vitiate It. I gave him a Bible verse containing these dynamic words:—*Be strong and of good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest* (Joshua 1:9).

He began to affirm frequently: "God, the Almighty One, is guiding me and directing me in all ways. His love surrounds me, enfolds me and encompasses me. This Power flows through me as harmony, strength, right action and Divine love." Whenever a fear thought came to his mind, he supplanted it immediately by affirming, "God loves me and cares for me."

He made a habit of this and found that by disciplining himself, the obsession of fear was dissipated and dissolved in the light of God's love. He realized that by persistent repetition of eternal verities, he caused the Power of the Infinite to be active and potent in his life. His fear has changed to faith in God and all things good. His new-found faith in the Infinite Presence and

Power has created a channel in his mind, and from this groove all his other thoughts take their quality and color. Now all his thoughts are tinged with faith, confidence, love and goodwill. The Biblical verse I gave him saturated his mind and heart and healed him of all his fears.

How He Received More Power and Energy

Recently I conducted a class on the "Psychological and Spiritual Meaning of the Book of John" in the New Testament. I explained the meaning of the verse:—*But as many as received him, to them gave he power to become the sons of God. . .* (John 1:12). I explained that if any man opened his mind and heart to the influx of this Cosmic Energy and Power, he could do great things, and that his motto in life should be, "I can do marvelous and wonderful things through the God-Power which strengthened and guideth me."

A son of God means any man who realizes that God indwells him and that God is his Father, the Life-Principle, the progenitor or Father of all, for there is only One Creative Principle. Therefore, I said to believe that God is your silent partner, your guide, your paymaster, your trouble-shooter, your advisor, your source of supply and your instant and everlasting support at all times. "You came," as Wordsworth said, "trailing clouds of glory . . . from God which is our home."

One man at the end of the class session said to me that every morning he stood before the mirror and said out loud: "I am a son of God. Victory is mine, triumph is mine, success is mine, wealth is mine, harmony is mine. God is my partner. It is wonderful!" The class lasted five weeks. He practiced this technique every morning. On the third week, as a complete surprise, he was asked by the governing board of his corporation to be president of the company with a salary of $50,000 plus expenses. New ideas came to him continuously, and in one instance he saved the company $100,000 due to an intuitive voice which told him how to solve the problem.

This man began to realize the tremendous power and wisdom lying dormant within him and called upon It, and he felt the response. He said to me, "I know now that nothing in life can defeat me. I know how to tap the Power."

She Said, "I'm So Religious. What Is Wrong?"

Recently a woman said to me, "I have great faith in my religion. I believe in the Commandments, the Golden Rule, and in the tenets of my church; yet, I am not successful, I can't make ends meet, and I am frustrated and unhappy in my work. I pray and get no answer."

The reason for all this was that her religion was purely formal. She was giving lip service to the doctrines and tenets of her church. While she was conventionally good, she expected reverses, was full of self-condemnation, was resentful of associates in business, and believed that God punishes people. She subscribed intellectually to the doctrines, creed and dogmas of the church. This was her formal belief, all of which was superficial.

I explained to her that the only thing that really mattered was the belief she held deep down in her heart—her emotional espousals, her fears and deep-seated convictions. Religion is that mental attitude which binds you. Her dominant idea was condemnation of herself. The idea that binds you is your real religion. Your dominant belief about yourself, life and God is your real religion. Your subconscious assumptions, convictions and beliefs dictate and control all your conscious action. In other words, your religion is your relationship with God.

This woman practiced the mirror treatment by standing in front of the mirror every morning about five minutes, affirming out loud and with deep feeling: "I am a daughter of the Infinite. God loves me and cares for me. I exalt God in the midst of me. I am whole, perfect, loving, harmonious. I am inspired from On High. God works wonders through me." Any time the thought of self-condemnation or resentment came to her, she immediately chopped its head off by reminding herself, "God loves me and cares for me."

Within a month's time she married a successful scientist, has now a new concept of herself and has fallen madly in love with the great truths of life. Truly, wonders happen as you pray.

POINTS TO REMEMBER

1. Every man is a son of God and every woman is a daughter of God, for there is but One Power, Presence, Cause and Substance. Begin now to claim that you can do all things through the God-Power that strengthens you.

2. All life is an assumption of power, which as yet you do not know to be actually there. Assume the power exists and you will soon emit sparks and generate power from On High.

3. A frail and physically weak woman, seeing her husband pinned under a truck, lifted it up and freed him. Subsequently, four men could not lift the truck. She assumed the power was there and the Cosmic Energizer responded.

4. Churchill said that our assumptions harden into "faith." A veteran implicitly assumed that there was a guiding principle that would lead him out of the jungle, and he was Divinely led every step of the way and eventually found himself in the arms of his comrades.

5. You are a powerhouse and you can release the hidden powers through the assumption of right ideas, feelings and attitudes of mind. Claim boldly that you are filled with the Energy and Wisdom of the Infinite and that this power is now coursing through your veins and arteries. You will feel the influx of Energy from On High.

6. A woman who was despondent, gloomy and in financial straits enthroned an idea: "There shall be showers of blessings." The idea captivated her mind, generating tremendous energy and power, which transformed her life financially and socially, resulting in marital harmony and prosperity.

7. Fear was blocking the flow of the Cosmic Energizer, and one man began to use the great antidote—God within him. He enthroned in his mind this great truth: *Be strong and of good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest* (Joshua 1:9). Whenever fear came to his mind, he supplemented the thought with "God loves me and cares for me." He made a habit of this and succeeded in casting out fear. When fear knocks at the door of his mind, faith in God opens the door and there, is no one there.

8. A man began to claim, feel and believe that God was his silent partner, guide, counselor, paymaster, adjuster and trouble-shooter. He gave himself the mirror treatment and affirmed before the mirror every morning: "Victory is mine, triumph is mine, success is mine, wealth is mine. God is my partner. It is wonderful!" He became president of his company and fabulous ideas welled up from his depths, saving and making money for his organization.

9. She said she was religious but experienced lack and limitation. True religion, however, is really of the heart, or the subconscious. It is what you

sincerely believe deep down in your heart that is made manifest in your life. Your nominal belief, or theoretical assent to certain creeds, dogmas, rules and regulations is thinking in the head; but it is the thinking in your heart, or subconscious, that matters. Your dominant belief is your real religion. Believe in the goodness of God in the land of the living. Believe in the guidance of God and the love of God. Believe in the abundance and riches of the Infinite, and God will wipe away all tears from your eyes and there will be no more weeping.

6

How the Cosmic Energizer Can Work Miracles of Healing for You

Records of man's mental and physical illnesses as recorded in the Bible have reoccurred from time immemorial up to the present moment. You may see the conditions and symptoms of diseases described in the Bible in almost any hospital in the country. It is true, of course, that the diseases described today have scientific names derived from medical terminology.

However, all over the world men and women of various religious beliefs are awakening to the tremendous therapeutic results following the application of mental and spiritual laws. In the fields of medicine, psychiatry, psychology and other related fields, evidence is being adduced and articles written on mental and emotional conflicts as the underlying cause of all kinds of destructive disease.

The Cosmic Energizer, the Infinite Healing Presence, Is the Basis of All Healing

All healing takes place according to the belief of the individual. The subconscious mind is the creative faculty within us and manifests whatever the conscious mind impresses upon it; the conscious mind impresses its thought upon it; the thought is the expression of the belief; hence, whatever is impressed on the subconscious mind, the latter reproduces according to our belief. The wrong belief, which externalizes as sickness, is the belief that some secondary cause, which is only a condition, is a primary cause.

She Changed Her Belief and Had a Miraculous Healing

I had a most interesting talk a few days ago with a taxi driver. He told me that his mother was in the habit of saying, "I suppose one of these days I will get arthritis and be crippled like my mother and grandmother." He said that as a boy he thought nothing of it, until the day came when his mother actually became crippled with arthritis and was hospitalized.

Her son took her a copy of *The Power of Your Subconscious Mind* and said to her, "Mother, read this." She did so, at the same time saying to him, "I want you to pray for me." The physician in attendance told this young man that his mother would have to use a wheelchair for the rest of her life.

Following the reading of the book and the constructive suggestions of her son, however, she realized what had caused her arthritic condition—her subconscious mind. Being impersonal, it had accepted her negative statement which she had repeated over and over again: "I suppose I will get arthritis just like my mother and grandmother." Actually, she realized she had brought it on herself, as the subconscious takes you literally.

Her New Attitude Changed Everything

She realized that she had to reverse her thinking; accordingly, at my suggestion, several times a day she reiterated certain truths that her subconscious accepted. I wrote out the following prayer for her: "The Living Spirit within me is the Infinite Healing Presence. I am now planting the idea of wholeness, vitality and perfect health in my subconscious mind. Divine love flows through me, dissolving everything unlike Itself. Divine peace fills my soul. The vitality and intelligence of the Infinite Healing Presence permeates and penetrates down to my innermost depths in my subconscious mind. I know that every time I use this prayer I am strengthening my subconscious mind in its hold on this new belief until I again walk freely and joyously."

Her son continued to pray for his mother in a similar way, and though she came home using a wheelchair, in a month's time she became completely healed and now comes every Sunday to hear me at the Wilshire Ebell Theatre in Los Angeles.

How She Released the Cosmic Energizer's Healing Power

Some months ago, I had the opportunity to observe the wonderful results of a mother who had the faith to believe in the infinite healing presence within her subconscious mind. She brought her 5-year-old son to see me. He seemed to be an exceptionally fine, healthy boy, but the mother said that he had been suffering from severe asthmatic attacks, and that the medicine he was taking did not always suppress the attacks. The boy's father had passed

on shortly after he was born, and the asthmatic condition had come on about six months previous to seeing me.

I told her that she could again see her boy whole and perfect. St. Augustine said, "For what is faith unless it is to believe what you do not see?" She set herself the task of demonstrating her faith in the Cosmic Energizer. This mother had a wonderful knowledge of mental and spiritual laws and said to me, "I know that my prayer of faith, though denied by the evidence of my senses, if persevered in, will be deposited in my subconscious mind and come to pass."

Three or four times a day, she became still and quiet, and in her imagination she pictured her boy in front of her saying, "Mom, God healed me. I feel wonderful." She persisted in this mental image, and at the end of a month the boy was completely free from the paroxysmal attacks of asthma. Her favorite quotation is:—*For we walk by faith, not by sight* (II Corinthians 5:7). She disciplined her mind and knew that her constructive thought-image and the invisible mold created by her in her mind would be subjectified and come to pass.

You Can Practice the Absent Healing Technique

The Cosmic Energizer is the Life-Principle which animates all people. For example, if your brother is in a foreign country and you wish to pray for him, you must remember that there is no hard and fast line of demarcation between personalities, as subjectively we are all one. When you think of your loved one, there is no time or space in your subconscious mind; therefore, he picks up your thought of wholeness, beauty, vitality and love, and these qualities are resurrected within him.

The action is that of your conscious mind towards your loved one or friend, and his willingness to receive this is called being in rapport with the other person. The Cosmic Energizer, or the Living Spirit (God), is present in its entirety at every point simultaneously. When you give absent treatment or pray for another person who is not present objectively, you can decree wholeness and vitality to the subconscious mind of the sick friend as though it were your own, and according to your belief and conviction, results will follow.

—*For as he thinketh in his heart, so is he . . .* (Proverbs 23:7).

Miraculous Healing of a Child Dying with Fever

While writing this chapter, I received a long distance phone call from Georgia. The woman who had called me said that her child was dying; that the medicine given did not reduce the fever, and that there seemed to be no hope.

I explained to her that the child (6 years old) would respond to her faith and confidence in the Infinite Healing Presence within the child. This mother, at my suggestion, was to withdraw her thought from the contemplation of fever and symptoms and from the corporeal personality altogether, and then to affirm knowingly and feelingly: "The Cosmic Energizer—the Living Spirit Almighty—is the life of my child. God's river of peace saturates her whole being. God's love fills her soul. The vitalizing, healing, harmonizing power of God is made manifest in her mind and body now. The vitality and intelligence of God are resurrected now, and I give thanks."

She repeated this prayer for about one-half hour over and over again, knowing that the subconscious mind of her child would become thoroughly imbued with the realization of its own healing power and that health would be restored. At the end of one-half hour, the child's temperature became normal, and the medical doctor said to the mother, "A Higher Power did this." The child asked to play with her dog and also for something to eat.

—*Let the weak say, I am strong* (Joel 3:10).

Steps in Mental and Spiritual Healing

The first step you must take is to refuse to be afraid of the manifest conditions from this very moment. The second step is to come to the realization that the condition is but the product of negative thinking, which will have no power to continue its existence. The third step is to exalt the healing power of the Cosmic Energizer within the person.

This will stop the production of all toxins in you or the person you are praying for. Pronounce the condition false; lift the person up in your mind, seeing the sick person as he ought to be—happy, joyous and free. Live in the embodiment of your desire, and the word (your thought and feeling) will be made manifest.

How a Minister Released the Healing Power

Recently I talked with a minister from New York City, who informed me that he gets wonderful results by using one of my books, *Miracle of Mind Dynamics.* His wife had tuberculosis and was not responding to therapy or to the climate in Tucson, Arizona, where she had spent an entire summer.

This minister friend of mine selected a passage from the Bible:—*Jesus lifted up his eyes, and said, Father, I thank thee that thou hast heard me. And I knew, that thou hearest me always. . .* (John 11:41-42).

Three or four times a day, he would calm his mind, relax and let go. Then he would imagine that he was talking to the Invisible Healing Presence within, and his inner speech was, "Thank you, Father, for my wife's miraculous healing." He repeated this over and over again until his mind was saturated with the feeling of thankfulness.

His wife continued the same technique. At the end of a month the sputum and all other tests were completely negative. As they lifted up their minds and hearts to the Infinite Healing Presence, they released the healing power. Their inner speech agreed with their aim. Ouspensky had a favorite saying, which was that your inner speech (your inner conversation, your silent thought) must agree with your aim or desire in life. It is your inner speech or conversation that is always made manifest.

In this instance, their inner speech agreed with their aims of wholeness, beauty and perfection. *And I, if I be lifted up from the earth* (the condition, symptom or problem), *will draw all men* (manifestations) *unto me* (John 12:32).

The Master Key to Spiritual Healing

The ideal way to practice spiritual mind healing is to completely withdraw all thought from symptoms and from the corporeal condition altogether, and to think of the person for whom you are praying as a purely spiritual being; in other words, identify with the Spirit or Cosmic Energizer within him, and then claim that what is true of the Spirit is true of the person you are trying to help.

In this technique, you realize that the Spirit (God) is omnipotent and entirely free from subjection to any condition. You affirm that the patient is now expressing the vitality, intelligence, wholeness and power that constitute

the Spirit. The patient is open and receptive to your affirmations of truth, and his subconscious mind becomes charged with the constructive spiritual thoughts of the healer. Wholeness, vitality and strength are resurrected, and health is substituted for sickness.

How He Was Snatched From Death's Door

A woman came to see me a few months ago, saying that her husband was afflicted with delirium tremens, usually called the DT's. His heart was fibrillating and he was also hallucinating. The doctor said his death was only a matter of hours. She asked me to go with her to the hospital, as he was asking for me and had been listening to my radio programs on KIEV every morning.

He was under sedation of morphine, but was nevertheless coherent and rational. He was a chronic alcoholic and during the bedside conference recited all the crimes he had committed, which were many. He said, "I'm at the end of my rope. I'm dying. Will I go to hell?" He had old-fashioned religious ideas, even though he had discontinued going to any church.

I explained to him that the Life-Principle (God) never condemns; that all judgment is given to the son, which means our mind, and that we judge ourselves and make our own hell (restriction, bondage) and own heaven (peace, harmony, good health, etc.). I further explained to him that all he had to do was to forgive himself for all his past transgressions and to resolve not to commit them again; furthermore, he could join with me now and we would release all those for whom he had a grudge or resentment as well as all those who had passed over into the next dimension I told him that perfunctory prayer is not the answer, but, instead, a real change of heart where, from the depths of himself, he had to really wish for all those for whom he had past resentments to have health, happiness, peace and all the blessings of life.

He named about ten persons, some in the next dimension sent there by himself, and we began to pour out God's love, peace, joy and all the blessings of life upon each one. Suddenly he seemed radiant and happy. The reason for this was that he now had a deep, inner faith that there was no power up there which was going to punish him.

He felt that he was on the right side of God and that all was forgiven. He relaxed and was ready for what he termed "Heaven." The psychiatrist and nurse noted a remarkable physical improvement, and the new prognosis was

that he would live. In a few days he was whole and perfect. The man is now vital, alive and bubbling over with enthusiasm.

His forgiveness of himself and others, his relaxed attitude, and his surrender to God immediately released his mind and body from the presence of pain, fear, guilt and hatred. His body responded in a miraculous manner to his new mental attitude. His inner sense of freedom and peace of mind released the healing power of the Cosmic Energizer, and he was a new man in God. He realized that self-condemnation is hell, and that self-forgiveness is heaven—a mind at peace.

How the Law of Mind Forgives and Heals

The law of your subconscious mind has nothing to do with goodness, badness, creeds, dogmas or religious persuasions. The law is impersonal, for God is no respecter of persons. The sun shines upon the unjust as it does upon the just. The rain falls on the good and the evil. There is no morality in the law of your mind. It is always impartial, impersonal and neutral. Morality depends on your motivation and how you use the law of mind. Your thought carries its own reward. Your idea, desire, plan or purpose is good or bad depending on the nature of the desire or plan itself. Choose good and good follows.

You can bring your desire to pass without hurting a hair of a living being in this world. Paul says that—*Love is the fulfilling of the law* (Romans 13:10). This means that when you think right, feel right, act right and do right you have used the law constructively and you will have goodwill toward all. This outreaching of your heart toward others will cause them to react in a similar manner toward you.

Forgiveness and Healing

In the Bible is the statement that you are to forgive—*Until seventy times seven* (Matthew 18:22). This is a figurative expression, which means a thousand times a day, if necessary, or a constant spirit of forgiveness. Your mind is a principle, and when you use the principle in the right way, it has no grudge against you. For example, if you used the principles of mathematics, chemistry or electricity in an ignorant or erroneous way, these same prin-

ciples would not hurt you, condemn you or punish you when you began to use them in the right way. A new beginning is a new end.

The Life-Principle never condemns or punishes you. Actually, you punish yourself by misuse of the law and by negative thinking. The marvelous and wonderful truth to learn is that you forgive yourself on the basis of a scientific mental law which is that your subconscious mind automatically reverses its action toward you when you begin to think the right way. It makes no difference whether you are an alcoholic, dope fiend, mugger, thief, rapist, murderer or sadist; the law of your subconscious does not hold any grudge against you, neither does it react negatively any more once you have made a sincere decision to become a transformed man and to practice and live the truths of God, which are the same yesterday, today and forever.

All our derelictions, sins, errors, crimes, hostilities and resentments are wiped out when we change our hearts and acknowledge that the love and harmony of God reign supreme in our lives. When Divine love, Divine harmony and Divine peace dominate your mind and heart, the law of your subconscious, being compulsive, will compel you to express the qualities and attributes of God, and all your ways will be ways of pleasantness and all your paths will lead to peace.

—But this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark. . . (Philippians 3:13-14).

POINTS TO REMEMBER

1. All over the world today men and women of various religious beliefs are awakening to the tremendous therapeutic results following the application of mental and spiritual laws.

2. All healings take place according to the belief of the individual or that of his doctor or practitioner. The subconscious mind is the creative medium, and the healer of the body. Whatever the conscious mind impresses on the subconscious, the latter faithfully reproduces.

3. The mother of a taxi driver began to read *The Power of Your Subconscious Mind* and realized that she had been constantly fearing and expecting to be crippled with arthritis because her mother and grandmother had been afflicted with this disease. She changed her attitude and began to affirm regularly, systematically and conscientiously that the Cosmic Energizer with-

in her, which is the Infinite Healing Presence, was flowing through her as harmony, vitality, and wholeness, and that she was energized and transformed by the Healing Presence. She also pictured herself as walking and doing all the things she would do were she whole and perfect. Her son kept praying for her, also, claiming that Divine love, peace and harmony saturated the mind and heart of his mother. His mental image, which he constantly viewed, was his mother at home, vital, alive and quickened by the Spirit. His image agreed with his affirmation, and the so-called miracle happened: All the calcareous deposits were dissolved and she walks freely and joyously now.

4. A mother whose 5-year-old son had paroxysmal attacks of asthma, and whose medicine did not always succeed in suppressing them, decided to call on the Infinite Healing Presence within her and the boy. Several times a day she sat still, immobilized her attention, and in a passive, receptive frame of mind, imagined her little boy saying to her, "Mom, God healed me. I feel wonderful." She did this over and over again until she felt the naturalness and reality of it all. It was a vivid, realistic drama in her mind. At the end of a month's time he was completely free and bubbling over with enthusiasm.

5. The Cosmic Energizer is the Life-Principle, or Infinite Healing Presence, which animates all people. If you wish to pray for a friend or relative thousands of miles away, there is no time or space in mind. Spirit is omnipresent, and if you wish to help your friend, go within yourself and contemplate the wholeness, beauty, vitality, intelligence and power of the Infinite and claim that what is true of God is true of your friend. Do this until you become quiet and relaxed and feel that that is all you can do for the present. Later on, when you feel led to pray, repeat the prayer process as if you were doing it for the first time. Each time you are penetrating deeper into your subconscious mind, as well as that of your friend, and he will experience a resurrection of what you feel and believe.

6. A mother whose child was dying of fever and who failed to respond to medication withdrew all thought of fever and bodily conditions. She sat down by the child and affirmed with faith and confidence: "God's river of peace saturates the whole being of my child. The vitalizing, healing, harmonizing power of God is made manifest in her mind and body now." She continued for about one-half hour, and the child's temperature became normal. She asked for food and her dog to play with. The subconscious mind of the

child was impregnated with the truths affirmed by the mother, and immediate results followed.

7. The first step in mental and spiritual healing is not to be afraid of disease or condition. The second step is to come to the conclusion that the condition is but a product of negative thinking, which will have no power to continue its existence. The third step is to exalt the healing power of the Cosmic Energizer within. This attitude of mind will stop the production of all toxins in you or in the person for whom you are praying.

8. A minister brought about a wonderful healing of his wife's tubercular condition by meditating on one of the verses of the Bible and reiterating it over and over again until it became embodied in his subconscious mind and that of his wife. He turned within as if addressing the Infinite Presence and affirmed: *"Father, I thank thee that thou hast heard me. And I knew that thou hearest me always . . .* (John 11:41-42)." He kept on thanking the Infinite for his wife's miraculous healing, knowing that the grateful heart is always close to God. A complete healing of the tubercular condition took place.

9. The master key to spiritual healing is to refrain from thinking of symptoms and conditions, but to think of the Living Spirit within, which is the God Presence, and then to affirm that the love, peace, harmony, joy, wholeness, vitality and intelligence of the Cosmic Energizer animates, sustains, restores and heals the person for whom you pray. You should also imagine the person as the person ought to be—happy, joyous, whole, vital and in perfect condition. Your mental image must always agree with your affirmation. You can pray this way as often as you deem necessary, and according to your faith will you see results.

10. An alcoholic felt guilty and feared death. When it was explained to him that he creates his own heaven and hell, he felt relieved. He learned the law of forgiveness and realized that there was no one punishing him but himself, and that the grudges, peeves and resentments he harbored were poisoning himself because whatever he was thinking about others, he was creating in his own life, since thought is creative. He decided to forgive himself and others, and he meant it. Love came into his soul and peace into his mind. He felt he was on the right side of God and that all was forgiven. A remarkable healing followed, and he left the hospital in a few days. He is a transformed man today. He discovered that self-forgiveness is heaven (mind at peace) and self-condemnation is hell (restriction and bondage).

11. The law of forgiveness is a scientific law of mind. Your mind is a principle, and the minute you begin to use it the right way, there is an automatic response of your subconscious mind to correspond with your conscious direction and contemplation. This is why you read in the 100th Psalm:—*His mercy is everlasting; and his truth endureth to all generations* (Psalm 100:5). The principles of chemistry, mathematics, electricity, etc. hold no grudges against you because you misused them. The minute you use these principles in the right way, right results follow. This is why even murderers, as well as alcoholics, thieves, dope addicts and sex fiends who have an intense desire to become new men in God, discover that the past is forgotten and remembered no more the minute they begin to fill their subconscious with the truths of God. Perfunctory prayer won't do this, but when a real inner transformation takes place and you possess a hunger and thirst to do the right thing, then this seeming miracle takes place. A new beginning is a new end.

12. *Forgive until seventy times seven* is a figurative, Biblical expression, which means your life should be dominated by a constant attitude of forgiving, or giving for. Continue supplanting negative thoughts with constructive, harmonious thoughts and then you are constantly forgiving yourself. Your thoughts about another are also your thoughts about yourself. You are the only thinker in your world, and your thought is definitely creative. You and you alone are responsible for the way you think. Whatever you think or wish for another, you are creating in your own body, experiences, conditions and events. It behooves you to forgive *seventy times seven.*

13. All our shortcomings and derelictions are completely forgiven when we become dominated by Divine love, harmony and peace; then the law of our subconscious responds accordingly, and since the law of our mind is compulsive, we find ourselves compelled to ways of pleasantness and to paths of peace.—*His mercy is everlasting; and his truth endureth to all generations* (Psalm 100:5).

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How the Cosmic Energizer Can Change Your Life

In my experience extending over a great many years, I have found that the reason so many people do not get ahead is that they feel guilty about events and experiences earlier in their lives, and that self-criticism and self-condemnation block the flow of the Cosmic Energizer in their pursuit of happiness.

I have also discovered that those men and women who have come to a decision to forgive themselves and others invariably blossom forth in a wonderful way and have begun to lead what I like to call charmed lives. Everything they sincerely desire to accomplish comes to fruition in Divine Order. Self-condemnation brings failure and misery. Self-forgiveness brings happiness, peace and triumphant living.

Understand the Word "Sin"

The word *sin* is from a Greek word meaning to miss the mark. When the Greek archers failed to hit the bull's eye, it was said that they had sinned, or had missed the mark. Your goal, desire, objective or ideal is the mark for which you are aiming. Failure to reach your goal or to attain your objective is to sin. You are really sinning when you fail to express health, wealth, peace of mind and true expression.

How She Forgave Herself and Found Happiness

Recently a young woman from Georgia came to Los Angeles and accepted a good position with the government. In talking with her, I found that she was very shy, timid and somewhat introspective. She complained that there were no men where she worked and that she wanted to meet the right man and marry him. She wanted a home and to love and be loved. This young woman was sinning in the true meaning of the word because she failed to realize her desire in life.

She Reversed Her Attitude

At my suggestion she began to feel wanted, needed and appreciated. Frequently during the day she would silently affirm: "I am wanted, needed, loved, cared for and appreciated." She began to imagine that she was being invited by a wonderful man to dine in the best restaurants, and that she was being escorted by him to concerts, movies and operas. She wrote down on a memo pad all her desires. Frequently during the day she would go over this list, knowing that gradually all her requests would become engraved in her subconscious mind and would come to pass.

She attended one of my classes which I gave in Costa Mesa and there met a wonderful engineer, who fell in love with her. He took her to the best restaurants in town and to many theatrical productions. He presented her with a new automobile as a prenuptial gift, and the author had the pleasure of performing the marriage ceremony.

The deeper currents of her mind responded to her disciplined imagination and fulfilled her heart's desire in Divine order. She is now leading a happy and charmed life full of wonders. The word *forgives* means to give for. She gave herself the mood of fulfilled desire for the feeling of lack, loneliness and limitation. She hit the mark by realizing her goals in life and ceased to sin.

You Have the Power to Forgive Yourself

You have the power to forgive yourself for all the errors, shortcomings and mistakes of your past by deciding to change your thoughts and keep them changed. The moment you begin to think constructively, harmoniously, peacefully, and lovingly based on eternal truths which never change, your subconscious will immediately respond to your constructive thoughts and imagery; and the past will be forgotten and remembered no more. A new beginning is a new end.

There is no time or space in the mind-principle, and the minute you decide to transform your life by filling your subconscious with life-giving patterns, the Cosmic Energizer cleanses your subconscious and you become free. The Life-Principle (God) never punishes. We punish ourselves instead by negative thinking and the misuse of the laws of life. Ignorance is the only sin, and all the punishment and misery of the world is the result.

He Was Blocking the Flow of Energy

Recently I talked to a man who was poverty-stricken and who was also very jealous and envious of the wealth and success of those around him. He said that he had joined a certain religious group and was *saved.* However, he remained poor, sick and needy. Obviously, he had not forgiven himself. I explained to him that he must demonstrate his faith, as we are always demonstrating and manifesting that in which we believe.

I explained to him that God, the Living Spirit Almighty, the Life-Principle, was within him and that this Infinite Intelligence would respond to his call upon It. Accordingly, he began to affirm with understanding that "God is my instant and everlasting supply and support, meeting all my needs instantaneously at all times everywhere." When thoughts of lack came to his mind, he would immediately supplant the negative thoughts with his constant affirmation, "God is my instant and everlasting supply and support."

Gradually his mind became conditioned to the real Source of all things, and the Cosmic Energizer began to flow on his behalf, giving him new vitality, energy, creative ideas, and a new position with a wonderful income. The energy of the Infinite flows in response to the eternal truths of life. His latest comment to me was, "I have cast the spell of God around me, and it is wonderful!"

Your Power to Be, to Do and to Have

You have the capacity to embrace an idea, to induce the mood of it, and to weave it into the fabric of your mind through feeling. When you sense your oneness with your desire, the Cosmic Energizer moves on your behalf and brings your desire to pass. This is the creative law operating in you. Such knowledge works wonders in your life.

How a New Idea Transformed His Life

Some time ago, I interviewed a man who had failed in business and who had lost considerable money in the stock market, which his family sorely needed. He told me that he had to repent. He was feeling depressed and was full of self-condemnation which, I explained to him, was one of the most destructive of human emotions. His mental attitude was sending psychic pus

throughout his entire system, debilitating the entire organism and making him a sort of mental wreck.

I pointed out to him that the word *repent* means to change your thought along constructive lines and to keep it changed; and that *to forgive* means to identify yourself with your aim or ideal in life. He listened carefully and said to himself, "I can use this knowledge." He began to realize that all he had to do was to dwell on the idea of success and prosperity, and as he did so, the subjective power would compel him to do all things necessary to become a success.

He began to meditate on the idea of success and prosperity prior to sleep each night. He would think of what success and prosperity meant to him, and that the Infinite was always successful in all undertakings, whether planet, tree or cosmos. He dwelt on the fact that the Infinite was within him and that he was born to win and to succeed in life that he was successful in his relationships with others and in his chosen field, and that God's riches were constantly available to him.

He proceeded to impress his subconscious every night by affirming, "Success is mine now; wealth is mine now," repeating these words slowly and quietly for five or ten minutes before he went to sleep. In the sleepy state, the mind is more receptive and passive, and it is easier to impregnate the subconscious at that time.

The sequel is interesting. All of a sudden he felt a desire to take a course in public speaking and business management, plus additional courses in investments in the stock market. Today he is a very successful broker and has a wonderful income.

A Detective Leads a Charmed Life

Recently I gave some special lectures at the Church of Religious Science in Dallas, Texas. During a conversation with a detective in the hotel, he told me that he had been shot at least twenty times, sometimes at close range, but that each time he had had a miraculous escape—either the gun had jammed or the gunman had misfired, and the bullet meant for him was always deflected from its mark.

His constant prayer, morning and night, is: "The whole armor of God surrounds me. I bear a charmed life. God is my hiding place and God encompasses me with songs of deliverance." This is his favorite prayer. By repeti-

tion, faith and expectancy he has engraved indelibly in his subconscious mind the conviction that God's love renders him impervious to all harm, and the Cosmic Energizer responds according to his belief.

Transform Your Life with Mental and Spiritual Food

Wisdom and understanding and the abundant life consist neither in eating meat nor in drinking coffee, nor yet in abstaining from eating and drinking either of these. You can lead an abstemious and ascetic life and be wise, strong, healthy and wealthy; or you can be married and the father often children, eat ham, drink coffee, and still be illumined, inspired, successful and prosperous.

Wisdom, which is an awareness of the presence of God within you, knows there is no particular virtue in living apart from the world and eating nuts, fruits, etc. Others enjoy life, eat what they like, and lead the abundant life, feasting on the truths of God and all things good. Man can eat the choicest food and yet be hungry for love, guidance, health and inspiration. Man is what he eats mentally and spiritually.

Feast on the goodness and the guidance of God in the land of the living. Saturate your mind with God's river of peace and love. Claim you are inspired from On High and make it a habit to pour out the sunshine of God's love on everyone. As you practice reiterating these truths your whole world, body, mind, business and home life will magically melt into the image and likeness of your contemplation. Why be concerned with nonessentials, with trivial things such as what you shall eat or what you shall drink? Why strain at gnats and swallow camels—mountains of ignorance, fear and superstition?

The Truth That Changed His Life

While talking with a hard-working man, I learned that he was very conscientious, consistently followed the tenets of his church, tithed, gave to the poor, visited hospitals and was good and kind to his family, yet he suffered from all manner of troubles. His house was burned down, his two cars were stolen, he had had two major operations, he was accused falsely, and he found his wife unfaithful, giving birth to a child not his own, which proved to be a great shock to him.

I asked him a simple question: What is your concept of God?, knowing before I asked that the answer he would give would reveal the cause of all his troubles. He believed that God was a Being separate from himself, up in space somewhere, and that we are here to suffer; and that God sends sickness, pain and suffering to test us. He actually believed God was punishing him for sins he had committed years ago. Having such a weird, ignorant concept of God, he experienced the result of such a belief in the form of all kinds of difficulties and troubles.

I explained to him the thing that really matters is his real, subjective belief, the sincere belief deep in his heart, and that he would always demonstrate his deep-seated belief. That is why Dr. Phineas Parkhurst Quimby in 1848 said, "Man is belief expressed." This man, conceiving of a God afar off in the skies, had a God of caprice, possessing all the whims of a human being. With such a concept he was like the businessman who said to the writer, "I would be all right if God would leave me alone."

His New Concept of the Cosmic Energizer (God)

I suggested that he go back to the true concept of God given in Isaiah 9:6—*His name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace.*

Three times a day for about five or six minutes he began to affirm feelingly: "I exalt God in the midst of me, mighty to heal and restore me. I know God is absolute Bliss, absolute Harmony, Infinite Intelligence, Boundless Love, Omnipotent, Supreme, the only Presence, Power, Cause and Substance. I know God is Love, and Love can't do anything unloving. I know and believe that the will of God for me is a greater measure of joy, happiness, love, peace, success, harmony, perfect health and the life more abundant. I claim, feel and know that the vitality, tireless energy, wholeness, and beauty and joy of the Infinite animate and sustain me, and that God's love fills my soul. I give thanks for God's riches, which are forever active, forever present, unchanging and eternal."

This man had a wonderful voice, and every morning and evening he would sing these truths, knowing by frequent habitation of the mind that they would enter into his subconscious and become manifest. It has now been over three months since he started this prayer technique and his whole life has been transformed. His health is wonderful, he has remarried and entered into

the spirit of forgiveness. He now believes implicitly in a God of Love. God's love has dissolved everything unlike Itself in his mind, body, business and home. Wonders happen as you pray in the right way.

POINTS TO REMEMBER

1. The sense of guilt holds many people back, as it blocks the flow of cosmic energy into their lives, robbing them of vitality, enthusiasm and expansion in life. Self-condemnation brings failure and misery; self-forgiveness brings joy, happiness and prosperity.

2. The word *sin* means to miss the mark. You are sinning in life when you fail to lead a full, happy, prosperous and successful life.

3. A shy, timid and fearful young woman was lonesome, frustrated and unhappy. She reversed her attitude and began to claim she was wanted, needed, appreciated and loved. She disciplined her imagination and began to imagine and feel she was being escorted to fashionable restaurants, theatres and musicals. She also prayed that she would attract the right man. The deeper currents of her mind brought all these things to pass in Divine order.

4. To forgive is to give for. You have the power to forgive yourself by changing your thoughts according to universal principles and keeping them changed. The moment you do this, there is an automatic response from your subconscious mind, and the past is forgotten and remembered no more. A new beginning is a new end.

5. You do not solve the problem of poverty or sickness by joining a church, a cult or a group of any kind. You must demonstrate your faith. We are all manifesting in our lives what we really believe. Turn to the Source of all blessings and claim that God, the Cosmic Energizer, is your instant and everlasting supply and support at all times and you will get a response.

6. When you sense your oneness with your desire, the Cosmic Energizer will move on your behalf and bring your desire to pass.

7. The word *repent* means to change your thoughts and to think according to eternal verities—the truths which never change. A man focused his attention on two ideas prior to sleep: "success" and "wealth," repeating these two words to his subconscious, while lulling himself to sleep. He activated the latent power of his subconscious and went up the ladder of triumph and achievement along all lines.

8. A detective lives a charmed life through the constant use of this prayer: “The whole armor of God surrounds me. I bear a charmed life. God is my hiding place, and He encompasses me with songs of deliverance.” By constant repetition he has impregnated his subconscious mind, and he is impervious to all harm.

9. You are what you eat mentally and spiritually. You can eat the choicest food and still be hungry for love, peace, harmony and health. God doesn’t care whether you feast or fast. Feast on the truths of God, and whatever you eat physically will be transmuted into beauty, symmetry, order and proportion.

10. You can be very good from a conventional standpoint; you can observe the rules and regulations of your church and be kind to your family; but you must remember, it is the belief deep down in your heart that is made manifest. If you believe that God is punishing you or sending sickness or disease, or that the will of God for you is something downright unpleasant, you will experience the result of your belief. Actually, you are punishing yourself, because you are belief expressed. Get a new concept of a God of love, and believe that God’s will for you is something glorious, and magnificent, and something beyond your fondest dreams, and it will be done unto you as you believe. One man who had been suffering the tortures of the damned because of his false belief about God reversed his attitude and enthroned a God of love. He thereby transformed his whole life into one of harmony, health and peace.

8

How the Cosmic Energizer Can Bring Divine Protection for You

All of us must realize that we are immersed and surrounded by an Infinite Presence which possesses the answers to all the difficulties and problems of the world, a Presence which is referred to as Omnipotence, Omniscience, Omnipresence and Omniaction, and which responds to the thoughts of man.

When we use the term *Omnipotence,* we are referring to all the power and energy in the entire universe, and this Power or Energy is within you. All of God is present at any point in the universe, and it makes no difference how many individuals the Energy is flowing through; there is always an inexhaustible supply, as we are dealing with the Infinite Source of all Energy.

You are the heir to all the Energy there is, for there are no divisions in Infinity. The word *individual* means indivisible, and Infinity cannot be divided or multiplied. All of Omnipotence is present whenever you are. You can consider yourself the recipient of all the riches, power and wisdom of the Infinite, and at the same time you deprive no one else of anything.

The Cosmic Energizer Is Omniscient

Another term ascribed to the Cosmic Energizer is Omniscience, which is all wisdom, that which knows all and sees all. This All Wise One created the whole world and the galaxies in space, and also created you. It knows all the processes and functions of your body. Being All Wisdom, only It knows the answer to any problem under the sun. When the astronauts call on the All Wise One within for the answers to go to Mars, Venus and other planets, flashes of illumination will come into their minds revealing the perfect plan and the know-how of accomplishment.

The Cosmic Energizer Is Omnipresent

Another term we use for the Cosmic Energizer is Omnipresence, which reveals Its presence everywhere. It is within you and all around you. The Psalmist says:—*Whither shall I go from thy spirit? or whither shall I flee*

from thy presence? If I ascend up into heaven, thou art there; if I make my bed in hell, behold, thou art there. If I take the wings of the morning, and dwell in the uttermost parts of the sea; Even there shall thy hand lead me, and thy right hand shall hold me (Psalm 139:7-10).

The Cosmic Energizer Is Omniaction

Yet another term we use is Omniaction. Here we recognize that a Supreme Wisdom fashioned the entire universe and governs all cycles of time as well as rotation of earth and planets. We see principles and laws moving rhythmically, harmoniously and systematically governing the entire cosmos. We are dealing with a framework of tireless Energy and an amazing mathematical certitude. The Psalmist declared this when he wrote:—*The heavens declare the glory of God; and the firmament sheweth his handiwork* (Psalm 19:1).

The Universality of the Protecting Presence

Our Bible and all the Bibles of the world teach us of an Indwelling Presence which enables all of us to receive the protection and guidance of a Cosmic Energizer, the Miracle Power of the Universe. People of all walks of life and of different creeds have become aware of this mystic power and have used metaphors and figurative language in describing its wonderworking power.

He Was Saved from a Fiery Furnace

During a recent trip to Mexico City, I met a man at the pyramids outside the city, and while conversing with him, he told me that during the Korean War, his plane had been fired upon and caught fire. It was, as he said, a blazing furnace. All he could think of was the words of the Psalmist:—*He shall cover thee with his feathers, and under his wings shall thou trust. . .* (Psalm 91:4). He said a great sense of peace came over him, and he knew intuitively he would not be hurt or burned. It was an inner knowing; not a hair of his head was singed, and he parachuted to safety.

His faith in the Protective Presence of the Cosmic Energizer immunized him against all harm. He proved that in an altered state of consciousness or higher dimensions of thinking, fire does not burn.

You Can Protect Yourself Against All Harm

The Old Testament gives an account of the long trek of the Hebrews through the "wilderness." They were protected by a pillar of cloud by day and a pillar of fire by night. Fire in the Bible represents the fire of Spirit, or the Cosmic Energizer, which never ceases its life-giving, purifying glow.—*Our God is a consuming fire* (Hebrews 12:29).

Fire means that the intelligence of God revealed answers in dreams and in visions of the night. Night means darkness, sleep-time. The cloud represents meditation wherein we are immersed in thought in the Divine Presence, knowing that we are impervious to all harm, and are invulnerable and invincible. The cloud means that we feel and know we are surrounded by the sacred circle of God's eternal love and that we bear a charmed life.

Some years ago I visited the pyramids of Egypt, and a guide informed me that in ancient times when caravans traveled through the desert, a man on a camel would precede them holding a brazier in his hand filled with burning charcoal. The smoke ascending from it could be seen miles away, enabling stragglers to orient themselves and find their way. He said that at nighttime people who had fallen behind could see the sparks, which in Bible language might be referred to as a pillar of fire by night.

The pillar of fire also represents light, or the intelligence which wells up from your subconscious depths as a warning, a revelation, an answer or a solution to a perplexing problem.

The Light of the Cosmic Energizer Saved Her Life

In a recent newspaper article, there was the story of a major airline disaster where more than 89 people lost their lives. A girl phoned me from Burlington, Vermont, saying that she had been scheduled to fly back to Boston, her home town, on that airship, but during the previous night in a dream she saw the ship on fire and all the dead bodies, and I appeared to her, saying, "Cancel your flight," which she did. She had been in correspondence with me regarding a family problem, and I had been praying for her. My appearance

were purely symbolic; her subconscious knew she would follow the instructions of her minister and, therefore, projected a thought-image in her sleep.

This was the fire (intelligence, light on problem) by night (sleep time, darkness). The Psalmist says:—For *so he giveth his beloved sleep (Psalm* 127:2). The Cosmic Energizer always points the way, like the column of smoke by day in the desert and the column of fire by night as the sparks fly upward. It is God's love watching over you.

The Cosmic Light Saved Him from Bankruptcy

I had a conference with a man in San Francisco recently, who told me how he had been protected from going bankrupt. He was doing a very good business but found himself in the red and could not account for it. He trusted his employees, who had been with him since the inception of his business.

He turned within and spoke to his Higher-Self as follows: "You are all-wise. You know all things. Reveal to me what is wrong. I know and believe the answer will come clearly into my conscious, reasoning mind." Nothing happened for a few days, and then on the fourth night he had a hunch, or deep feeling, to go back to the store prior to closing, and there he found two of his assistants loading their automobiles with cartons of such items as cigarettes, whiskey and razors. He dismissed them and installed his son as night manager, and his business prospered immediately. He added that had the stealing continued, he would have become bankrupt within six months. He called on the Cosmic Energizer within himself and received the answer.

How The Protecting Presence Saved His Leg

In the August 19, 1973, issue of the newspaper *The National Enquirer* there appeared an article by John South:

> Comedian Dan Rowan Diagnoses
> Own Ailment Under Hypnosis—
> And Proves Doctors Wrong
>
> The night before "Laugh-In" star Dan Rowan was to undergo surgery for suspected leg cancer, he was hypnotized by a doctor. The results were incredible.

While under hypnosis, Rowan—who had no medical training—conveyed that a strange growth on his right leg was a non-cancerous buildup of dead tissue. The next day, exploratory surgery proved that Rowan's statements under hypnosis were amazingly accurate.

In an exclusive *Enquirer* interview, the suntanned mustachioed comedian revealed his startling success with hypnotism.

"Two years ago, specialists told me that a large swelling on my right thigh might be cancerous and that they would need to perform an exploratory operation.

"The doctors said there was a real danger that they would have to cut my leg off at the hip. Naturally, I was upset by that possibility and I called a friend of mine, Dr. Raymond LaScola.

"He can make fantastic diagnoses by communicating with the patient's mind through hypnotism."

Dr. LaScola, a Beverly Hills specialist in pediatrics and clinical hypnosis, told *The Enquirer:*

I put Dan into deep hypnosis and used a technique called indiomotor questioning. In my questions, I used complex medical terms that Dan couldn't have consciously been able to understand. Under hypnosis, your subconscious mind may not know medical terms, but it can reveal causes of ailments.

Dr. LaScola's questions to Rowan required only "yes" or "no" answers. A "yes" answer was indicated by Rowan lifting the index finger of his right hand. Raising his little finger meant "no" and lifting his thumb indicated he didn't know the answer.

"Under this deep hypnosis, Dan's subconscious mind moved his fingers in answer to my questions. Dan couldn't consciously tune in to his body, but his subconscious mind could.

"From Dan's answers I learned that the swelling was not malignant and I was able to pinpoint the exact cause. The diagnosis was confirmed the next day after the operation by a surgeon."

Said Rowan: "From my answers, Dr. LaScola diagnosed that the swelling was a buildup of dead tissue caused by my daily injections of insulin.

"I'm a diabetic and I take insulin shots every morning and night. This buildup looks like a tiny growth, but it's not dangerous and it usually goes away on its own.

"It was a great relief. The next day before surgery, I told the surgeon that there was no way I was going to lose my leg and I told him what he would find inside my leg.

"On the operating table, the surgeon opened my leg down to the bone and found it was just the way Dr. LaScola diagnosed.

"I believe more doctors should look into hypnosis of their patients before operating. It can be tremendously beneficial—even if no one really knows why it works.

"I've always been a great believer in the strength of human mind. It's remarkable how it can control your body.

"As a matter of fact, I'm under self-hynosis right now to deaden the pain of my twisted ankle. It should be painful, but I feel no pain at all because I've put myself under hypnosis."

The preceding article reveals the wisdom of your subconscious mind which always seeks to heal, restore and protect you. The infinite intelligence of your subconscious mind made your body from a cell and knows all the processes and functions of your body. Being all wise, It knows only the answer to any problem. The Bible says:—*He shall call upon me, and I will answer him*—(Psalm 91:15).

The Cosmic Energizer Is the Great Scientist

Einstein said: "God is a scientist, not a magician." Think of God as an Infinite Intelligence that is cognizant of all things, the creator of all electrons, atoms and all things in the universe. This Protecting Presence knows how to use every form of energy to heal, save, bless and prosper humanity. We must learn to recognize, believe and accept the truth that there is an Infinite Intelligence that guides, protects and watches over us according to spiritual laws which execute themselves. Recognize God as the Supreme Scientist of the Universe governing the cosmos by mathematical, immutable laws, the Infi-

nite Intelligence and Infinite Mind that indwells all of us, giving us the ability to think, reason, imagine and initiate new inventions, discoveries, and enables us to tap the infinite reservoir of all wisdom and power, revealing undreamed-of spiritual power.

How an Invisible Writer Saved His Life

On a recent trip to Guadalajara, Mexico, a man who sat next to me on the plane who was a professor of medicine was also very interested in psychic phenomena. He had been visiting an old friend in Sylmar, a town in the valley adjacent to Los Angeles, when the recent earthquake hit the hardest in the Los Angeles area. He was sitting at a desk writing an article for a medical journal, and on the table opposite him were some books and stationery. All of a sudden he saw the pencil writing with no hand guiding it. It wrote in Spanish, saying, "Get out of here at once; an earthquake is coming." He left immediately, and one-half hour later that house was demolished. He said, undoubtedly, he would have been killed if he stayed.

Here was an invisible energy and an intelligence using this energy. It gave intelligent instruction and direction. He looked upon this experience as the subjective intelligence of his subconscious mind operating the pencil and speaking to him in such a way that he would instantly obey.

Many times in Ireland, England and other countries, I have sat with four or five people around a table which no one is touching, and the table became levitated, lifted up in the air, floated around without hurting anybody, and finally came back to its original position. In this instance we had the exhibition of energy governed by intelligence.

Some say that energy is governed by a spirit in the next dimension. We must assume, however, that we are just as much spirit now as we shall ever become. We are spirits with physical bodies, through which we function on this three-dimensional plane. Our relatives and friends who have passed on are spirits functioning in a four-dimensional body, and there is no other difference. The energy that moved the pencil and wrote the message for the professor was nonphysical, and it might also be exhibited by those in the next dimension of life. It is the One Spirit (God) operating in all men who ever lived, who are living now and whoever will live.

Tune In With the Frequency of the Protecting Presence

There is that within us which enables us to tune in to the "frequency" of Infinite Life, Infinite Love and Infinite Wisdom. As we turn to this Presence in reverence and veneration, every need will be supplied, every desire fulfilled in Divine order, and all our ways will be ways of pleasantness and paths of peace.

POINTS TO REMEMBER

1. All of us are immersed and surrounded by an Infinite Presence and Power which has the answers to all the difficulties and problems of the world.

2. This Cosmic Energizer is all powerful. It is the only Power there is, and this inexhaustible and almighty energy is concentrated at every point of space. The tremendous energy locked in an atom is the Power of Almighty God focused at that point.

3. This Cosmic Energizer is all-wise; It knows all and sees all. It created the universe and the galaxies in space and indwells each person. This Protecting Presence made your body from a cell and knows all the processes and functions of your body. It is the Infinite Healing Presence which restores and heals. This Protecting Presence and Cosmic Energizer is present at every moment of time and point of space. Omnipresence could be likened to radio waves, which enable a person in Beverly Hills, California, to hear the same program at the same moment as someone in New York City. You can make instant contact by phone with a friend in Honolulu.

4. The entire cosmos is governed by a Supreme Intelligence operating according to immutable, changeless laws so that scientists, for example, can forecast the return of Haley's Comet to the split second. This Presence and Power governs all cycles of time and the rotation of the earth and other planets, indicating we are dealing with a framework of tireless energy.

5. All the religions of the world teach us of an Indwelling Presence which enables all of us to receive the protection and guidance of a Cosmic Energizer, the Miracle Power of the Universe.

6. A man in Mexico City cited an experience wherein his plane was fired upon in the Korean War and caught fire. He began to think of God's Protecting Presence and affirmed, "He shall cover thee with his feathers, and under his wings shalt thou trust." Not a hair of his head was singed, and he

parachuted to safety. He proved that at higher levels of thinking fire does not burn man.

7. The ancient Hebrews said they were protected by a pillar of clouds by day and by a pillar of fire by night. This is symbolic language. The cloud means man in tune with the Infinite contemplating the protecting presence of God. Fire by night means that the infinite intelligence in the subconscious mind reveals answers and guidance through dreams and visions when sound asleep. The cloud represents meditation or frequent contact with the Infinite during our daily activities, while we know we are watched over and protected by an Overshadowing Presence at all times.

8. A plane en route from Burlington to Boston hit a wall in Boston and 89 lives were lost. That same evening a girl from Burlington, Vermont, phoned me, saying that the previous night she had seen the plane on fire in a dream with dead bodies all around. She said that this author had appeared to her and said, "Cancel your flight," which she did. She was praying for guidance and protection, and the infinite intelligence of her subconscious responded. Its ways are past finding out.

9. In the August 1973 issue of *The National Enquirer* there appeared an article by John South about comedian Dan Rowan, who was about to undergo surgery for suspected leg cancer. He went to see Dr. Raymond LaScola, who is not only a Beverly Hills specialist in pediatrics, but also an expert medical hypnotist. He put Dan in deep hypnosis and then asked Dan's subconscious mind to reveal the cause of the ailment and its real nature. He discovered there was no malignancy and his subconscious pinpointed the exact cause: The swelling in his leg was caused by dead tissue due to insulin injections. The infinite intelligence in his subconscious mind revealed the answer, and he saved his leg.

10. Einstein said: "God is a scientist, not a magician." Think of God as the Cosmic Energizer and an Infinite Intelligence that is cognizant of all things, the creator of all things visible and invisible. Recognize God as the Supreme Scientist of the Universe governing the entire cosmos by mathematical, immutable laws.

11. On a recent trip to Guadalajara, Mexico, I met a professor of medicine whose life was saved during a recent earthquake at Sylmar, where he was at that time visiting a close friend. While seated at his desk writing a medical article, a pencil on another table began to write rapidly, directed by some unseen intelligence. The writing was in Spanish, which he spoke fluent-

ly, and its English equivalent was, “Get out of here at once. An earthquake is coming.” He looked upon this experience as the subjective intelligence of his subconscious mind operating the pencil and speaking to him in such a way that he would instantly obey.

12. We must learn to trust the Infinite Protecting Presence, which is all-wise, all-loving and the Source of our being, to guide and protect us, not by magic, but by spiritual laws which execute themselves.

9

How the Cosmic Energizer Is an Ever Present Help That Guides You Intuitively

The Bible says:—*God is our refuge and strength, a very present help in trouble* (Psalm 46:1). One of the most beautiful and soul-stirring prayers in all the Bible is the wonderful poem called the 46th Psalm. The verse with which this chapter starts is an inspired verse that will enable you to overcome any difficulty. It is the supreme Bible prayer that enables you to overcome fear and worry. This power is instantly available and can be controlled through your thought.

How She Received Instant Help Which Saved Her Life

I had a phone call yesterday from a young lady who attends my Sunday lectures and classes, stating that she had been riding in a car on the freeway with two other girls when a man in another car approached them in the same lane; there seemed to be an inevitable crash, and the driver was paralyzed with fear. She said with love, "God is an ever present help; God is our refuge." The man suddenly swerved to another lane and was hit by an oncoming truck. He was thrown from his car unconscious, but not seriously hurt. She said they were saved from what seemed to be certain death. The Psalmist says that God is and that He is our refuge, "a very present help in trouble."

How the Cosmic Energizer Worked a Miracle

I had a conference recently with an ex-Sergeant of the Army, who had returned from Vietnam. He told me of a fascinating and absorbing episode which had occurred during his tour of duty there. One afternoon when he was on patrol with his men they walked right into six Viet Cong soldiers, who immediately killed all five men in his patrol before they could lift their rifles. Obviously, the Viet Cong had seen them coming and had ambushed them.

The enemy soldiers looked straight at him but never spoke or indicated they saw him. They went through the pockets of his men and took papers, weapons, and all contents. He was amazed and could not understand it. He

found his way back to his battalion and later wrote about his experience to his mother in Kentucky. She wrote back: "They did not see you, son. They could not see you or touch you, because I have prayed daily, 'My son will always be invisible to the enemy. God is his refuge and fortress.' "

This man's mother decreed constantly that her son would be invisible to the enemy and would be protected by God. This was communicated to her son's subconscious mind, which responded according to the impression or decree given. Every letter she wrote her son concluded with these words taken from the 46th Psalm: "God shall help you, and that right early."

Undoubtedly these letters and prayers written by his mother had a profound effect upon him and made a deep impression in his subconscious mind, which responded to her conviction of God's protection for him.

The Cosmic Energizer Reveals a Hidden Fortune

I recently gave a seminar in Oklahoma City on "The Secrets of the Subconscious" to a distinguished group of men and women interested in research on the powers of the subconscious. I had accepted some interviews in the hotel. A man of Greek extraction visited me and wanted to know how he could advance financially. He had been working for 35 years at odd jobs in Oklahoma City. Before he had come to America, his mother had given him what she called a talisman—a good luck piece to wear around his neck—stating that it would bring him lots of money. This man had had constant trouble making ends meet and had read books on the mind but had never applied what he read.

I asked to see the charm he was wearing, which he referred to as "that red stone." It seemed to me to be very valuable and I suggested that he go to a jeweler to have it appraised, which he did. Its value was $30,000. It was a ruby. For 35 years he had lived in want, unable to give his family the things they needed, and all because he was ignorant of the wealth around his neck.

The average man is unaware of the wealth within, as well as the wealth without. Seek and ye shall find. This man was seeking an answer and he found it. I gave him a simple formula to use frequently, explaining to him that as he applied it regularly, he would never want all the days of his life. He was to affirm two or three times a day for three or four minutes the following: "God is an ever present help and God's wealth is circulating freely in my life. There is always a tremendous surplus."

He understood that as he wrote this truth with his conscious mind in the inner recesses of his subconscious mind, the latter would respond and magnify his good exceedingly. Furthermore, he was never to finish a negative statement about finances. Whenever the thought came, "I can't pay that bill," he immediately reversed it, affirming, "God is my instant supply and support—that bill is paid in Divine order."

All transactions take place in the mind, and unless things are paid for and accepted mentally, one does not experience any result on the objective plane of life. You can't gain and lose except through your mind. Wealth is a thought-image in your mind. I feel sure that this man will never want all the days of his life since he has become so enthusiastic about his new-found wealth, including the treasures of his subconscious. You possess fabulous and potential wealth in your subconscious mind, unrecognized, unused and unhonored.

How She Learned to Listen to the Voice of Intuition

A few years ago a schoolteacher said to me, "If only I could have known what kind of a man he was, I would not have suffered so much." She had made a mistake in love. She had judged according to appearances and had married a sadist, who almost killed her.

Since then she has listened to the voice of intuition, which means "taught from within." It means the wisdom of your subconscious revealing to you the answer, usually by a predominant hunch, an inner feeling and an awareness that lingers. Intuition is the preceptor of Truth, which transcends the intellect; but we use our reasoning mind to carry out the voice of intuition.

She prays regularly that "Infinite Intelligence reveals to me everything I need to know at all times" and then she follows the lead which comes clearly into her conscious, reasoning mind. She claims constantly that there is nothing hidden that is not made known arid that God is her ever present help, guiding her in all her ways. He is a lamp unto her feet and a light upon her path.

Recently she married a wonderful college professor. She said, "The minute I met him I *knew* I would marry him." It was an intuitional perception. They are very happy together. She no longer permits her intellect to reason her away from her intuitional perception.

Your Intuition Is Not Instinct

The tendency of the Cosmic Energizer within you is always to seek to protect you. Its murmurings, whisperings and monitions are always life-ward. A bird builds a nest by instinct, a dog buries a bone and the beaver constructs a dam. These tendencies do not lead to communion with the Divine Presence. Instinct is simply the self-preservation principle characteristic of all life.

Intuition in man enables him to tune in on the Infinite and bring forth marvelous inventions, discoveries, music, creative ideas and extraordinary and wonderful knowledge not found in books or libraries. It is through intuition that men and women rise to the highest dramatization of artistic genius in music, poetry, painting, science, art, industry and architecture.

A Sales Manager Discovers the Riches of Intuition

It is true that God is an ever present help. A sales manager told me that in hiring employees he found that his first impressions were always correct. His constant prayer is: "Infinite Intelligence reveals to me instantaneously the character and acceptability of every applicant for this concern." He said, "I rarely look at their *résumé.* I follow my intuition, and in over thirty years I have made only one serious mistake. In this case, the man had marvelous references and a friend of mine had recommended him highly. However, he turned out to be as crooked as a ram's horn. He sold some of our research formulas to competing organizations. I did not follow my hunch."

His intuition had been developed by the constant reiteration that Infinite Intelligence reveals to him the right people. His intuition is based on his inner perception of the thoughts and impressions in the subconscious mind of the applicant, enabling him to reject those who would not harmonize with the organization. Intuition is that in man which is called in religious circles his "guardian angel." This sales manager has made a fortune for his organization through his intuitive capacity to select the right men. So can you!

How the Intuitive Voice of the Cosmic Energizer Saved His Mother's Life

While I was conducting a lecture series in Oklahoma City recently a young medical doctor told me that he had started out in his motor car to visit

a patient some miles away, when suddenly an inner voice said to him, "Come home. Your mother needs you." The inner voice and feeling that something was wrong persisted with such force that he turned around and drove home as quickly as he could, where he found his mother gasping for breath, apparently from a heart attack. He gave her an injection, put her to bed and in the morning took her to the hospital, where she recovered fully.

He told me that such things happen so often to him that he no longer questions them. A mother and son are always in rapport subconsciously with each other, and, undoubtedly, when she got the attack, she called out for him and he heard, which is clairaudience. He responded and saved her life. His favorite Biblical verse is:—*And the Lord shall guide thee continually. . .* (Isaiah 58:11).

Her Reliance on the Inner Guide Works Wonders for Her

It is now an accepted and well-known truth that the subconscious mind is amenable to control by the conscious mind. According to the law of action and reaction, the conscious mind is reacted upon by the subconscious, which can keep you informed of things transpiring on the subjective plane of life. A policewoman, a detective, told me recently that her constant prayer is, "God is guiding me now and reveals to me everything I need to know instantaneously at all times everywhere."

She said that her first impression is that of the real detective, as she has discovered over the years that the primary feeling she has reflects what is actually taking place in the other person's mentality. What is really in his or her mind is revealed; not what he or she pretends or appears to be. She pointed out that some fellow employees have laughed at her first impressions, but they have discovered through many disappointments that her intuition and first impressions were always right.

In questioning a woman at the police station, for example, she saw inwardly in her mind's eye a bag of cocaine and its location in the woman's home. She and another officer got a search warrant and found it to be exactly where she had seen it clairvoyantly. Her constant impregnation of her subconscious mind that everything she needs to know is revealed to her has conditioned her deeper mind to respond as the answer, the solution, in ways you know not of. The answer could come as clairvoyance, clairaudience, as a hunch, a predominant feeling or sudden flash of an idea in the mind.

She is also a devout Bible student and said to me that she felt that intuition had enabled Joseph to foresee the seven years of famine and had enabled him to protect Egypt against the ravages of starvation. She has cultivated her intuition, and it has brought her honor, respect, promotion and intense inner satisfaction and joy of accomplishment.

Recognize the Omnipresence of the Cosmic Energizer

The only reason men and women do not get inspiration and guidance more frequently is because they allow themselves to be distracted by their five senses and the propaganda of the outer world. Intuition leads to a conviction and realization of the Omnipresence of the Infinite One, which is an ever present help in time of trouble.

A Special Prayer for Intuition

"The Cosmic Energizer is a lamp unto my feet and a light upon my path. I hear the voice of Truth and I obey it. Through intuition my ears hear and my eyes see all those things which bless, heal and prosper me spiritually and materially. My spiritual intuitions are direct importations of Divine wisdom, and I distinguish clearly between that which is false and that which is true. God reveals to me everything I need to know at all times everywhere. God is an ever present help to me, and I give thanks."

POINTS TO REMEMBER

1. One of the most beautiful prayers in the entire Bible is the 46th Psalm. The first verse says: *God is our refuge and strength; a very present help in trouble.* This simple truth is the finest antidote to fear in the world today.

2. A woman saved herself and companions from a head-on collision by affirming out loud, "God is an ever present help. God is our refuge." The oncoming motorist suddenly swerved and saved his own life, as well as theirs.

3. An ex-sergeant, whose mother had been praying that he would always be invisible to the enemy and that God would watch over him at all times, found that he actually was invisible to six armed Viet Cong soldiers who shot to death five members of his patrol but paid no attention to him. His

mother decreed constantly, "My son will always be invisible to the enemy." His subconscious responded and his life was preserved throughout the campaign.

4. A man, wearing what he called a "good luck piece" given to him by his mother in Greece, was unable to make ends meet during his residence of 35 years in Oklahoma City. At my suggestion he had this talisman, or charm, appraised at a local jeweler's and found it to be worth $30,000. This is a situation experienced by millions of other people. They are unaware of the fabulous treasure-house of potential wealth in their subconscious mind. This man learned to write in his subconscious by repetition and understanding, "God's wealth is circulating in my life and there is always a Divine surplus." Because of his enthusiasm, I feel he will never suffer want during all the days of his life.

5. A woman who had married a sadist now prays regularly that Infinite Intelligence reveals to her everything she needs to know at all times, and she follows the lead which comes clearly into her conscious, reasoning mind. She attracted a wonderful man, a college professor. She said, "The minute I met him I knew he was the one." This was the inner voice of intuition, revealing to her the answer. She no longer permits her intellect to reason her away from her intuitional perception.

6. Intuition is not instinct. Instinct enables a bird to build a nest according to a pattern bequeathed by the mother bird. For example, when a man first shot birds, the latter transmitted the fears of man to their offspring. Now birds fly away on the approach of the average man. Instinct is self-preservation. Intuition enables man to tune in with the Infinite and bring forth the glories and wonders of the Infinite in science, art, industry, music, poetry and mystic experiences. In other words, intuition enables man to reveal the wisdom of the Infinite and to receive answers to the most profound problems of the ages.

7. A sales manager cultivated his intuitive capacity by constantly reiterating, "Infinite Intelligence reveals to me instantaneously the character and acceptability of every applicant for this concern. In over 30 years he made only one mistake, and that was because he did not follow his "hunch" but listened to the voice of his friend who had recommended an applicant so highly. He looks upon his intuitive capacity as his "guardian angel." He has made a fortune for his organization through his capacity to select the right men.

8. A young medical doctor in Oklahoma City, while motoring to visit a patient, heard the inner voice, "Come home. Your mother needs you." He obeyed the inner voice and arrived in time to give his mother a hypodermic injection for her heart condition, thereby saving her life. He was in rapport with his mother and, undoubtedly, picked up her thoughts and heard them clearly, which is the faculty of clairaudience. His favorite Biblical verse is:—*And the Lord will guide thee continually* . . . (Isaiah 58:11). These intuitive impulses regarding patients come to him so often he no longer questions them. His subconscious responds to his favorite prayer.

9. A policewoman, a detective, uses a constant prayer, "God is guiding me and reveals to me everything I need to know instantaneously at all times everywhere." Her first impression is the real detective. Her primary impressions prove to be absolutely correct. She has developed clairvoyance and at times sees clearly the contents of the mind of the accused person. In one instance in her mind she saw a bag of cocaine in the drawer in the home of the accused; she got a search warrant and found it to be exactly where she visualized it. She has conditioned her subconscious mind to reveal to her what she needs to know, and it responds in ways we cannot explain.

10. Intuition leads to a conviction and realization of the Omnipresence of the Infinite One, which is an ever present help in time of trouble.

10

How the Cosmic Energizer Can Guide You and Locate Lost Treasures

There is a guiding principle within you, the Cosmic Energizer, which knows only the answer. Recently a woman in Beverly Hills came to me stating that a very valuable diamond ring, which was worth many thousands of dollars was missing. She had looked everywhere for it with no results and thought it might have been stolen.

I suggested that she quiet her mind, relax, let go and talk to the Cosmic Energizer within her as follows: "You are all wise; you know all things; you know where that diamond ring is; you are watching over it, and I know you will reveal to me where it is." She followed this procedure every night prior to sleep, and at the same time, in her imagination, she felt the ring on her finger, the tangibility of it, the naturalness of it, and the solidity of it. She lulled herself to sleep with the words, "Thank you, Father, for my ring."

On the fifth night, she awoke suddenly with the words ringing in her ear, "Look in your car," which she did, and found the ring on the floor of the automobile under the rug. She discovered that there is always an answer when you trust the guiding principle within you.

How the Cosmic Energizer Revealed the Answer and Protected Her from an Operation

A few years ago, during a conference with a young schoolteacher, she told me about a recurrent dream, the central episode of which was always the same. Several times a week, when she was sound asleep, a dog would start to bite at her breasts and she would have a terrible struggle, warding the dog off with the bedclothes. On one occasion she fell on the floor, injuring herself badly.

I said to her that undoubtedly her subconscious mind was warning her and that her dream had a special meaning, inasmuch as it had recurred again and again. I suggested she see a medical doctor, which she did. He found two small growths on one of her breasts, both of which his pathologist said were nonmalignant, but that she had come at the right time, as they would have be-

come malignant. These growths were removed, and there has been no return of either one. She was delighted that she had caught the condition in the incipient stage.

The dog biting her breasts in her sleep indicated acute emotional disturbance, and the dog symbolically is a faithful friend. In other words, the guiding principle of her Cosmic Energizer seeks to protect, guide and direct her at all times. She is free from fear, is healthy now, and saturates her mind every day with the 23rd, 27th and 91st Psalms.

How the Guiding Principle Saved Him from Bankruptcy

Some months ago, in a conference with a businessman operating his own store, he said that he couldn't understand why he was not prospering. His sales were improving, but he was in the red. I suggested that he pray for guidance in the following way: "Infinite Intelligence reveals to me what I need to know about my business, and the answer comes clearly into my conscious, reasoning mind. I follow the lead which comes."

After a few days he felt the urge to ask a special accountant to go over his books, and he found that his trusted bookkeeper, a close relative of his, had been embezzling funds for about two years. He corrected the situation, and now every day he prays that he and his assistants are Divinely guided and that the intelligence of the Infinite governs all their transactions. His regular prayer is that all those working with him are spiritual links in the chain of the organization's growth, welfare and prosperity, and this new attitude has brought about splendid results, financially and in all other respects.

Spirit Guidance Leads to Priceless Relics

"Fascinating finds of priceless Indian relics, now housed in a museum, are due to spirit guidance," says a Tennessee man in *The National Enquirer,* one of America's largest selling journals.

> Kenneth Pennington, a 30-year-old artist, of Rock City Gardens, near Chattanooga, says his ancestors "and their guiding hands" are directing him. His family is descended from Cherokee Indians.
>
> Before each hunt, Pennington offers a ritual and self-composed prayer-song.

"Often I get overwhelming urges to dig in a particular area," he says. "Once, within minutes after singing my prayer, I uncovered the rims of eight beautiful pottery vessels."

Other finds include ornaments, shells, stone tobacco pipes, bones, tools and weapons, some dating from primitive times.

"I'm sure my ancestors know I'm trying to gain scientific knowledge of their past and want to help me," says Pennington.

The museum displays the thousands of rare objects he and his friends were led to find.

At first, his colleagues laughed at his prayers and his "good luck." After Pennington consistently got results, they asked him to sing in the areas where they wanted to dig. His friends' luck also improved.

One night, after finding two skulls several thousand years old, Pennington had a strange dream.

He "saw" one of the skulls with peculiar markings on the forehead.

Next morning when he cleared it, he exposed strange, diamond-shaped markings on the brow. These have never been explained.

Tribute was paid to his finds by E. Raymond Evans, first vice-president of Tennessee Archaeologists Society.

"While many people might doubt the value of Pennington's ritual, his excellent results speak for themselves," says Evans.

The preceding article appeared in *Psychic News,* a newspaper published in London, England, June 2, 1973, issue.

The man mentioned believed that his ancestors were directing him to long lost treasures, and the guiding principle of the Cosmic Energizer responded according to the nature of his request.—*And all things, whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22).—*If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

How the Guiding Principle Protected Her

A motion picture actress, who prayed regularly for Divine guidance and right action in her life, had this prodromal dream (a premonitory symptom) every night for about six successive nights in which she was riding a horse up

the mountain. The horse would stop several times and struggle to reach the top, but couldn't.

I said to her that a horse is a symbol of emotions, instinct, and its inability to reach the top may indicate some emotional conflict, or impending disease dealing with power and strength. At my suggestion, she consulted a physician, who took a cardiograph and found an impending coronary disorder, which was corrected with rest and nitroglycerin taken as a vasodilator.

Her dream had warned her of an incipient heart attack, which, by timely action, she prevented. The Cosmic Energizer always seeks to protect, heal and restore the body. Following this experience, she repeats the 100th Psalm every night and the 91st Psalm every morning. For the past six months she has had no symptoms, needs no drugs, and her cardiograph is perfect.

If thou return to the Almighty, thou shall be built up . . . (Job 22:23). She holds fast to this thought: All healing power comes from God, and is awaiting your recognition.

How the Cosmic Energizer Revealed the Location of a Missing Gold Treasure

An attorney, who is a profound student of the laws of mind, told me of a very interesting way in which the Cosmic Energizer within him revealed a treasure he was seeking. His mother had died suddenly in Canada. She was alone at the time, but neighbors had notified the police and also had phoned him at his home in San Francisco. He flew there and took care of everything, since she had bequeathed everything to him in her will.

He remembered that she had once told him that she had a large collection of foreign gold coins dating back to 1898 and that some day he would inherit them. There was no mention in the will and no trace of them in the house or safe deposit box. At night prior to sleep however, he spoke to his subconscious as follows: "I am now turning this request over to my subconscious mind. It knows where the gold treasure is and reveals it to me in Divine order, and I recognize the answer." He lulled himself to sleep with the word, "Answer."

The next morning he felt an overpowering hunch to look in the attic, and there in an old box covered with magazines were the coins. Being a numismatist, he knew the value of the various European gold coins and disposed of them for over $50,000 in Canadian money.

The Secret of Divine Guidance

Let us suppose you are looking, like this attorney, for lost treasure or wondering whether to sell your business, buy a certain home, stocks or bonds, dissolve a partnership, move to London or stay in Los Angeles. Do this: Quiet your mind by reading, for example, the 23rd Psalm. Remember, it is the nature of the Cosmic Energizer to respond to your thought. Action and reaction are universal. The action is your thought and the reaction is the response from the infinite intelligence in your deeper mind. Your subconscious is reactive and reflexive; it rebounds, rewards and responds by corresponding to the nature of your thought patterns. When you contemplate right action and right results, you will get a reaction from your deeper mind which represents the guidance you are seeking.

Remember, in seeking guidance, think quietly about right action. You are using infinite intelligence of your subconscious to the point where it takes over and begins to dominate you. From there on, your action is controlled by a subjective wisdom which knows all and sees all. When your thought is right and your motivation is right, you will be under a subconscious compulsion to do the right thing. Whatever you impress your subconscious with, good or bad, remember, the law of the subconscious is compulsive.

Be Alert and on the *Qui Vive* for the Answer

The answer often comes in dreams, visions of the night, hunches, certain symbols, or Biblical verses. If you are a student of the *I Ching,* the answer can come in a certain hexagram. The ways of your subconscious are past finding out. Mentally devote yourself to the right answer and the response will come. You use the wisdom of your deeper mind to the point where it begins to use you. Practice this technique and you will find that all your ways are pleasant and all your paths are peace.

POINTS TO REMEMBER

1. There is a guiding principle in your subconscious mind which knows all and sees all. A woman lost a very valuable diamond ring and spoke to her subconscious as follows: “You are all wise; you know where the ring is. Re-

veal to me the answer." This was followed by an overpowering hunch to look in her automobile, where she found it under the rug in the car.

2. Ofttimes guidance comes in a dream or vision of the night. A recurrent dream is very significant. A schoolteacher had a recurrent dream in which a dog was biting her breasts, and she was fighting back with the bedclothes. Actually, her subconscious was warning her of incipient disease. She saw a medical doctor, who found two small growths which he removed, pointing out to her she had come at the right time, as, undoubtedly, had she neglected herself, these would have become malignant. She is free from all fear now, as she meditates regularly on the 23rd, 27th and 91st Psalms.

3. A businessman who was in the red couldn't understand what was wrong. He asked his subconscious mind to reveal to him what he needed to know about his business. An overpowering desire, or hunch, came to him to have a special C.P.A. go over the books, and he found that his bookkeeper, a very close relative, had been embezzling money for over two years. He was saved from bankruptcy and now claims Divine guidance for himself and all his employees. He keeps close tabs on his financial transactions.

4. An Indian gets overwhelming urges to dig in a particular area and discovers ornaments, shells, tools, weapons and other rare objects. He attributes his findings of these long lost treasures to his ancestors' spirit guidance. There is only One Spirit (the Cosmic Energizer), and It responds to all men according to their belief.

5. An actress prayed regularly for Divine guidance and right action in all phases of her life and had a prodromal dream for six successive nights, which depicted her as riding a horse that struggled to reach the top of a mountain but could not. Her subconscious was revealing to her symbolically a heart condition, which her doctor corrected. She nipped an impending coronary attack in the bud and now keeps in perfect health by saturating her subconscious with the 91st and 100th Psalms every night and morning. The tired horse indicated emotional disturbance, and she followed the lead that came to her. "The Lord (The Cosmic Energizer) makes himself known in a vision and will speak to man in a dream."

6. An attorney found himself at the home of his mother in Canada, who had suddenly passed on. She had told him of a box of ancient gold coins which she possessed and promised to him at her demise. Mention of the gold treasure did not occur in the will, and the coins were nowhere to be found. He turned the request over to his subconscious mind, claiming that the answer

would be revealed to him. He was guided by an inner intuition to search in the attic, where he found over $50,000 in gold coins dating back to the early 1890s.

7. The secret of Divine guidance is to think quietly of the Divine solution, knowing there is an infinite intelligence in your subconscious which responds to the nature of your request. When your thought is right and your motivation is right, you will be under a subconscious compulsion to do the right thing. The answers to your requests may come in various ways, such as overpowering hunches, dreams, visions of the night, symbols, Biblical verses or hexagrams of the *I Ching.* Trust the infinite intelligence to respond and as you have faith and confidence in its response, you will discover the right answer and the day will break for you and all the shadows will flee away.

11

How the Cosmic Energizer Gives You Power of Healing, Power of the Spirit, and Power to Overcome All Obstacles

The Cosmic Energizer created all of us, as well as the entire world, and the Infinite healing presence indwells all of us. Man did not create himself. He sees a healing presence operating for a period of time after he cuts his finger or burns his hand. This healing presence is in the dog, the cat, and the soil; actually it is omnipresent. Every man and woman can enter into a meaningful relationship with the Cosmic Energizer and thereby heal conditions and solve problems.

Why She Was Not Doomed to Die

A few months ago a woman from Nigeria came to see me. She showed me a letter from a relative which stated that she had offended a sorcerer and that he had cursed her and was using the death prayer against her. This woman was on a special assignment here doing some research work.

I explained to her that all this sorcery and voodoo business was purely suggestion and that this sorcerer had no power whatsoever; that the reason she was so perturbed and excited was due to her foolish belief that she was bewitched. Actually, I pointed out to her the suggestion or threat of the sorcerer had no power; it was simply that she accepted it, and it was nothing more than a movement of her own thoughts. She had the power to reject it. She was not in the clutch of a malevolent or a so-called malignant demon; the trouble was fear and terror generated by herself, which attacked all organs in her body.

Accordingly, I told her that this so-called spell could be and would be completely neutralized by following the directions I gave her. I assured her she would be completely free and at peace. I fired her imagination constructively and got her to be receptive to constructive ideas. I gave her a formula to follow three times a day, morning, afternoon and night. She was to affirm: "God is, and His Circle of Love surrounds me. The whole armor of God surrounds me at all times. God's spell of love, peace and harmony envelops me.

I bear a charmed life. I am immunized and God intoxicated. I have now received the Divine Antibody and I am free."

We prayed like this together and she went away convinced she would be healed of her fear and superstition. She practiced it faithfully. Gradually all fear left her and she was free. The sequel was very interesting: Her relative wrote asking her what she had done to the sorcerer, as he had died in frightful agony. This young woman no longer received his negative vibrations and they returned with double force to him. Since there was no other place for his evil thoughts to go, his death wish for the other became his own. Fear is the only demon or devil in the world, but faith in God and His Love casts out fear.

In Africa, New Zealand, Australia and other countries where the curse is placed on a victim as one of the local customs, the timely arrival of another "medicine man" or sorcerer using a countercharm restores the victim to perfect health, which indicates that suggestion is at the bottom of the whole thing. One negative, diabolical suggestion given to him, when accepted, kills him (he kills himself due to his abnormal fear), and another suggestion that the spell is removed heals him.

How She Used the Universal Healing Principle

Some months ago I had a letter from a radio lecturer who said, in substance, that he had heard me state that every person in the world has the gift of healing and that certain people are not "chosen" to be healers and endowed with a "particular gift" for the simple reason that God indwells all men and women and that there is only one healing presence lodged in the subconscious of all men. Anyone can set the law of healing into operation, just the same as you can learn to drive an automobile. In order to navigate a plane in the atmosphere, you must study the laws of aerodynamics. In the case of mental and spiritual healing, you must study the laws of mind and the way of the Cosmic Energizer within you.

How He Healed Himself

This man who had written the letter said that he was 84 years of age, had had a stroke four years previously, and had been, as he said, out of circulation for that time. His doctor had told him that it was doubtful that he would

be able to walk again. His son gave him one of my books, however, *Miracle of Mind Dynamics,* from which he gained the idea of an Infinite Healing Presence, omnipotent and supreme, and he began to claim boldly, many times a day, that this power was healing him now and that God walks and talks in him. His son heard him frequently giving thanks for his miraculous healing. At the same time he imagined himself on the golf course, feeling the grip of the iron, the touch of the golf ball, and hearing the conversation of his friends and the congratulations of his son. He imagined all this with deep sensory vividness until his mental picture had all the tones of reality.

At the end of two months he was back on the golf course and is still walking. This man's faith and disciplined imagination resurrected the powers of the Infinite, to which all things are possible. God can do for us only that which he does through us.

Steps to Practice in the Healing Process

1. Turn away from the ugly picture; when you choose to acknowledge the Infinite Healing Power, this is an act of faith, because you are recognizing the only Presence, Power, Cause and Substance.
2. Contemplate God from the highest standpoint and claim that Divine Love and harmony saturate your whole being.
3. Quietly decree that the Infinite Healing Presence—The Great Physician—is silently and constantly permeating every atom of your being, reproducing wholeness, beauty and perfection where the imperfection is.
4. As you follow this procedure there is a perfect response taking place subconsciously. Continue to give thanks for the action of the Healing Presence, and wonders will happen as you pray this way.

The Wonders of the Cosmic Energizer

This is the Power and the Energy that guides the planets and the stars in their courses. This is the same Power that governs the billions of cells in your body. This Infinite Power and Healing Presence is seeking an outlet through you. Trust It; believe in It. Realize that your body is basically spiritual substances, not just flesh and blood. Let this Power flow through you. Do not hinder It by fear and doubt.

The Cosmic Energizer is Omnipotent. It is far greater than all the power generated by atomic or nuclear energy, or that of the laser beam, or even that of all the motors in the world, or all the planes flying the skies of the world. Contemplate this Cosmic Energizer that hurls this planet through space while guiding the billions and billions of stars and suns in their courses in the galaxies of space. Surrender to this Power and let It flow through your body, finances, business, home life, and all phases of your life. Let wonders happen in your life.

The Wonderful Power of the Spirit

The Bible says:—*God is a Spirit* . . . (John 4:24). Spirit is that which is invisible and eternal; it cannot deteriorate, can't grow old or become exhausted. It is timeless, ageless and formless. You are Spirit. Your body is, of course, spiritual also. Spirit was never born and cannot die. Spirit is the Reality of you. You are unchanging Spirit in your true nature. The world we see about us is Spirit in manifestation.

How He Realized the Power of the Spirit

The late Dr. Harry Gaze, who was an international lecturer on the psychology of daily living, told me that at one time in London he had great difficulty speaking, and a Harley Street specialist told him there was a growth in his lung that needed to be excised. He thanked the doctor and told him he would call back in a few days' time for another appointment.

That evening in his hotel he dwelt on the aspect of God, or Spirit, unchanging, eternal, absolutely whole, perfect, timeless, changeless and ageless. He began to realize that his lungs were spiritual ideas created by God and that his lungs were spiritual substance. As he continued to pray for over an hour that his lungs were spiritual ideas functioning perfectly, there was a slight hemorrhage during the night and in the morning he went to the specialist. The latter said, "Your lungs are perfect. What happened?" Dr. Gaze told him how he had prayed, and he said that the specialist wrote it down word for word and was deeply impressed. This doctor realized that matter is Spirit in form.

Learning to Commune with the Spirit Within

St. Augustine said: "Thou hast made us for Thyself and our hearts are restless until we find our rest in Thee." The Psalmist said: *As the hart panteth after the water brooks, so panteth my soul after thee, O god* (Psalm 42:1).

Every man hungers for union with the Source of his being. This hunger can be satisfied by realizing that his own growth is the unfolding of all the qualities, powers and aspects of the Spirit within him, in the same manner as a tree grows from a pattern and life forces which are within the seed. The oak, for example, is already in the acorn.

God, or Spirit, is involved in man, and man is here to evolve, portray and reveal the powers of the Infinite Spirit within him. There are mental and spiritual laws as well as so-called physical ones. Anyone can learn how to use his mental and spiritual powers resident within him. For example, the laws of your subconscious mind are as dependable as the laws of electronics or chemistry, and they have equally predictable results.

You can learn to dissolve poverty, sickness, prejudice, fear and limitations of all kinds in your life by cooperating with the laws of Mind and Spirit. Infinite Spirit (the Cosmic Energizer) is not to blame for sickness, lack and limitation; it is due to our wrong thinking, which may be due to ignorance, apathy or wrong choice on our part which creates our own so-called hell here on earth.

How Spirit of Forgiveness Solved Her Problem

A young woman employed by the Government claimed she had been undermined by an associate, who deliberately lied to her superiors about her and that, as a consequence, she was demoted to an inferior position with less pay and prestige. She suffered from chronic ulcers because of her ulcerated thoughts.

At my suggestion she decided to forgive herself as well as the other girl. To forgive means to give forth love, goodwill, harmony and all the blessings of life on all people everywhere. This is absolutely essential for spiritual, mental and physical well being. I explained to this young lady that as long as she held on to resentment, hostility, the condemnation of others or of herself, the memory of an injury, hurt, or failure, brooding over the past, recalling old grudges and old wrongs, she would create stoppage and conges-

tion. By her attitude she was obstructing the flow of Infinite Life and love. She should realize that yesterday ended last night.

She decided to heal herself, and, realizing she had been hurting herself by her negative, destructive thoughts, she came to a decision as follows: "I release _____ to Infinite Spirit and I wish for her health, happiness and peace. Whenever I think of her, I will affirm: 'I released you. God be with you.' " She also forgave herself and resolved not to think resentful or hateful thoughts any more.

She discovered after three or four days she could meet the other woman in her mind and she was at peace. Her ulcers disappeared in about ten days.—*And shall put my spirit in you, and ye shall live* . . . (Ezekiel 37:14).

How the Cosmic Energizer Overcame His Great Obstacles

Imagination is called the eye of the soul. Truly, the world of imagination is boundless. As Shakespeare says, ". . . gives to airy nothing a local habitation and a name."

A few months ago an officer who had returned from Vietnam came to see me and told me that he had made some poor investments on the stock market and was broke. He added that he had accumulated debts, his wife was in the county hospital as he had no funds to send her to a private hospital, and he was about to lose his home. He looked at all these obstacles as insuperable barriers.

I spent some time with him teaching him the laws of mind and gave him one of my very popular books, *Your Infinite Power to be Rich,* suggesting that he read Chapter 11, Mental Imagery and Riches. In about a week's time he returned full of enthusiasm and bubbling over with energy and vitality.

This is what he told me: "I read and reread Chapter 11, and I said to myself, 'If mental imagery can create riches for others, it can do it for me.' An old army friend of mine who was concerned about me invited me to the race track in order to take my mind off my problems. The night before I went, I studied the races and began to imagine I was going seven times to the window collecting a large sum of money each time. My friend had loaned me one hundred dollars, saying, 'You know horses. You'll win a fortune tomorrow.' I imagined going to each window over and over again until I felt the re-

ality of it all. Each time in my vivid imagination I imagined the cashier giving me a large sum of money."

"I did this for about three hours and finally fell asleep. Then, the most amazing thing happened. I dreamed the seven winners in the seven races and gave my friend the seven winning names. He bet large sums of money on each, informing me that if they won I would receive 50 percent, I personally won about $2000 and he won $35,000. He gave me $17,500, which solved my present problems, and now I have a wonderful position with a starting salary of $25,000."

This man created an imaginary drama, and through frequent habitation of his mind he felt the naturalness of it all. He repeated the scene over and over in his imagination until it jelled in his subconscious mind.

—*Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not* (Jeremiah 33:3).

How the Cosmic Energizer Makes Your Dream Come True

People laughed openly at Charles B. Darrow, a down-and-out salesman who spent most of his time dreaming about what he would do if only he could get control of a few railroads . . . or a string of hotels . . . or a bank or two.

They laughed even harder when the 40-year-old Darrow made himself a stack of play money and began pretending he was a millionaire making big financial deals.

But the ridicule didn't seem to bother Darrow. He told everyone: "Never dream a little dream."

Darrow lost his job in 1929 and during the Great Depression he kept the wolf from his door by doing odd jobs. Things got so bad in 1930 that he couldn't even pay his rent at times. But he kept thinking of high finance and big real estate deals.

"With my play money and an imaginary financial empire laid out on a piece of linoleum, I killed time by juggling mythical investments," Darrow recalled years later. Friends and neighbors who went to Darrow's Germantown, Pa., home to hoot at him found themselves strangely interested in his fantasy world of high finance.

"First thing you knew we'd all be sitting down and competing excitedly for high stakes—in play money, of course," he said.

Then a thought struck him. If his make-believe financial empire interested his friends so much, it might interest others too.

Unable to think small, he made up some sets of the game and took them to no less an outlet than Wanamaker's, the prestigious department store in Philadelphia. They sold.

"Then, without spending a nickel on advertising, I began getting calls for more sets, and more still, until I could not make them all in my basement."

That was the end of the Depression for Charles B. Darrow. He became rich, retiring on a 37-acre estate in Bucks County, Pa., where he lived until his death at 78 in 1967.

For Darrow, when he was dead broke but dreaming big dreams, had invented the greatest high-finance game of all time—Monopoly.

The preceding article by Joseph Cassidy appeared in *The National Enquirer,* September 16, 1973. Dream lofty dreams, and as you dream so shall you become. But be sure to put the foundation of faith and confidence in the Power of God to bring it to pass.

POINTS TO REMEMBER

1. The Infinite Healing Presence indwells all of us, including the animal world and the soil we walk on. It is omnipresent. Man did not create himself, and it is reasonable to assume that the Cosmic Energizer which did create him can heal and restore him.

2. A woman from Nigeria believed that a curse was pronounced upon her by a voodoo sorcerer in her native land. She became terribly agitated, emotionally disturbed and mentally ill. It was explained to her that the suggestions of others have no power except we give them power, and that it was a movement of her own thoughts that caused her turbulence. She was doing research work in Los Angeles and was highly educated, but was a victim of the primitive beliefs in the power of witchcraft and maledictions pronounced by witch doctors. She learned the laws of her mind. She completely rejected the suggestion and affirmed that God's love surrounded her and that one with God was a majority. She saw that there was nothing to oppose Omnipotence, while at the same time she poured out God's blessings on the voodoo witch

doctor. She was free of fear, and was surprised to discover that he had died suddenly in great pain. He had actually killed himself. He suffered from the proverbial boomerang. The negative force he hurled came back to him with double strength and killed him.

3. Anyone can set the law of healing into operation by learning the laws of mind, in the same way for example, as you learn to drive your car. The Infinite Healing Presence responds to your thoughts and to your beliefs.

4. A man aged 84, who had had a stroke, began to claim boldly many times a day that the miraculous Healing Power of God was now healing him; at the same time he gave thanks constantly for the healing that was taking place. Though ill, he constantly imagined himself on the golf course with all the sensory vividness at his command and within two months he found himself on the golf course, perfectly whole, vital and strong.

5. Steps in healing are as follows: Turn away from the problem or conditions. Contemplate the Infinite Healing Presence saturating your whole being, vitalizing, healing and restoring you, and continue to give thanks for the healing which is taking place every moment of the day, and wonders will happen as you pray.

6. The Cosmic Energizer is the Power that moves the world, governs the galaxies in space and hurls the planets through space. This Power is greater than all the energy generated by atomic bombs, nuclear fission and laser beams. Surrender to this Power and let Its beneficent healing balm flow through your body, business, home life and finances.

7. God is Spirit, and Spirit is invisible, timeless, changeless and ageless. It was never born and will never die. Water wets It not; fire burns It not; wind blows It not away; swords pierce It not. Spirit is the Reality of you—this is why you are immortal. Dr. Harry Gaze, world lecturer, had a growth in his lung and began to contemplate that Spirit, or God, was the reality of him and that his lungs were spiritual substance. He began to realize that Spirit was whole, perfect, unchanging and eternal. He affirmed for an hour slowly, quietly and with deep understanding that his lungs were spiritual ideas in the mind of God and that they were functioning perfectly. At night he experienced a slight hemorrhage in his lungs, but in the morning the doctor found his lungs perfect. Dr. Gaze, in contemplating the Divine ideal, had brought about a molecular change to conform to the perfect idea held in the mind of God.

8. Man is basically a religious being. St. Augustine said: "Thou hast made us for Thyself and our hearts are restless until they find repose in thee." God, or Infinite Spirit, is involved in man and man is here to evolve and bring forth all the qualities, attributes and potencies of Infinite Spirit. The laws of your subconscious mind are just as dependable as the laws of chemistry or electronics. Any idea felt as true is impressed on your subconscious and comes forth on the screen of space as form, function, experience or event. This is why man can make his own heaven—harmony and peace—or his own hell—misery and suffering.

9. To forgive means to give forth love, goodwill, harmony and all the blessings of life on all people. You know when you have forgiven others, because you can meet them in your mind and there is no longer any sting. Holding onto grudges, resentments and old hurts creates stoppage and congestion.

10. The Cosmic Energizer can overcome the greatest obstacle in your life, whether sickness, financial problems or barriers of any kind. A retired Army officer was completely broke, about to lose his home, unable to take care of his wife, and obligated for a number of debts which he was unable to meet. He read one of my books, *Infinite Power to Be Rich,* and became fascinated with the chapter on Mental Imagery and Riches. A friend invited him to the races, and the night before his visit to the race track, he imagined over and over again that he was going seven times to the window, collecting large sums of money. He did this for about three hours and fell asleep. In a dream he identified the winners of seven consecutive races, woke up and wrote the names down. He gave the names to his friend, who made $35,000 and gave him one-half of the winnings. He made $2000 himself. This solved his problem, gave him new courage, and he found a position paying $25,000 a year to start.

11. Charles Darrow was broke in 1929. He began to imagine, however, that he had lots of money and land. He began to play with play money, creating an imaginary financial empire and making mythical investments. He laid the game out on linoleum. Friends became interested in his game, and participated with him in competing excitedly for high stakes in play money. He accumulated millions in real money and a vast estate by dreaming up the high-finance game of all time—Monopoly. He put a foundation under his dream. He knew that whatever he imagined and felt to be true would come to pass.

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How the Cosmic Energizer Can Breathe the Breath of Life

This book deals with the Cosmic Energizer, which is God in action. God is the Living Spirit Almighty within all men. Many scientists use the term Energy instead of Spirit (God). The word energy comes from the Greek *energeia:* en, "in"; ergon, "work." There is only One Supreme Energy or Power, and all the energies in the World are simply modifications of that One Cosmic Energizer.

All kinds of energy are ultimately measured in terms of work. As a matter of fact, energy may also be defined as your capacity to do work. Energy may become manifest in many ways; or, to put it another way, there are many forms of energy. In this book we are not primarily concerned with mechanical energy, but rather with man's capacity to energize and vitalize his thoughts, images, dreams and the inspirations of his heart and bring them to pass on the screen of space.

Einstein and other scientists have pointed out the inter-convertibility and interchangeability of energy and matter, which illustrates the truth of the ancient Vedas, wherein it states that matter is the lowest degree of Spirit and Spirit is the highest degree of matter. In other words, matter is Energy or Spirit in form.

This universe is the house of the Eternal Light or Life, the Energy which we call God. This One Energizer is your Awareness, the I AM or Life Principle, which is the actor in your body and also in the universe. For the purpose of manifestation the One Energy divided Itself into two (the masculine principle and the feminine principle). These two are sometimes referred to as the superior and inferior natures, or the conscious and subconscious mind. Your conscious mind conveys ideas and images to your subconscious mind, and the latter determines how your thoughts and images become manifest as form, function and experience in your life.

What This Cosmic Energy Can Do for You

This intensely real force can guide you and open up new doors of expr-

ession for you. It can liberate you from the midst of failure, sickness, lack and limitation. Moreover, this invisible intelligence can solve your problems, banish your difficulties and set you on the royal road to riches, freedom, joy and new opportunities to express yourself at higher levels. This Cosmic Energizer can illumine your pathway and enable you to mold, fashion and direct your own destiny. It has the magical power to bring peace to the troubled mind and the healing love of the Infinite to the broken heart.

This Cosmic Energizer, which is God in you, can inspire you and reveal to you everything you need to know; all you have to do is to open your mind and your heart to receive. Let this Divine Energy reveal to you your true place in life and also open up the way for your fulfillment. It can attract to you the right partner, associate, or spouse possessing kindred spirits, who harmonizes with you in all ways. Furthermore, you can experience prosperity and success beyond your fondest dreams.

How Cosmic Energy Restored Her Soul to Peace

Some time ago I talked to a woman who had suffered with colitis for over a year. Sedation and diet alleviated the distress and pain to some degree, but she had lost considerable weight and she had found it necessary to buy a new wardrobe. I told her that according to research work done by psychosomatic doctors, colitis was usually due to deep-seated resentment, hostility and suppressed rage. She then admitted that her mother-in-law was the anchor that bound her to the wheel of pain.

Her Plan of Forgiveness

She came to a clear-cut decision and affirmed with faith and confidence: "I forgive myself for harboring negative thoughts and destructive thoughts about my mother-in-law and resolve not to do this any more. Any time I think of her, I will immediately put some spiritual iodine on my thought and affirm, 'I release you to God, and I wish for you all the blessings of life.' "

In a few weeks' time she had the customary examination and was found to be completely normal. She had used Cosmic Energy constructively.

—*He restoreth my soul . . .* (Psalm 23:3).

Let Cosmic Energy Fulfill Your Goals in Life

If you have an unfulfilled desire, dream or goal, you may be harboring in your mind some thoughts of fears or worry, or you may be seeing barriers to its fulfillment. Identify yourself now with your goal by mentally and emotionally uniting with it. Energize your ideal in your mind by frequently visioning its fulfillment. As you add one brick to another in the building of your house, your sustained energy will gradually grow and magnify until your subconscious mind is full of the quality of your thought and feeling. As you persevere and remain faithful to your vision, Cosmic Energy will flow through your mental pattern and cause your desire to cross over from the conscious sphere of life to the subjective state of awareness, or subconscious embodiment.

God the Cosmic Energizer

A banker friend of mine said to me, "I prefer the term Cosmic Energizer to that of God. I know they mean the same thing. I know, of course, that God, which is Universal Energy, created the cosmos and initiated the entire evolutionary process and started the universe on its inexorable path, which knows no end."

How He Recharges His Mental and Spiritual Batteries

Every morning this banker sets aside five or ten minutes in his den, quiets his mind and boldly claims: "The invigorating, rejuvenating Cosmic Energizer is now active in me, filling my whole being with energy, vitality, youth, vigor and strength. Every moment of the day I am growing stronger, healthier, happier and more vital. My mental and spiritual batteries are now recharged by the vitalizing power of the Cosmic Energizer."

This banker is bubbling over with enthusiasm and is moving onward, upward and Godward.

How He Receives Wonderful Answers

A young scientist working in the space industry told me how he had fished many wonderful ideas out of the depths of his subconscious mind. He

quiets his mind and thinks about the desired answer, knowing the Cosmic Energy will flow through in response to his thought. He listens quietly for any bit of guidance that comes, joining all the threads together. Ofttimes the whole answer comes like a graph in his conscious mind. He is aware that the Cosmic Energizer knows only the answer.

Remember, your conscious mind, when it is still, receives wisdom, guidance and answers to problems from your Deeper mind. When you cannot solve your problem with your conscious mind, become a good executive and turn the request over with confidence to your subconscious, thereby energizing the subjective forces, resulting in an answer.

Setting the Cosmic Energizer to Work for You

Get as clear an idea as possible of what you wish to know or have answered. Dwell upon the answer from many angles. Try to solve it with your conscious, reasoning mind, giving it a high degree of attention, and you will thereby energize the wisdom of your subconscious mind. As you go to sleep at night, you could say to your subconscious: "Give your attention to this and reveal to me the answer." You may do this silently or audibly, whichever appeals to you. When you awaken in the morning, the answer may be on your lips. If not, realize you have turned your request over with faith and confidence, and the answer will come in Divine order. It may come as a sudden flash to your conscious mind just exactly when you need the answer or data.

The Cosmic Energizer Gives Him Amazing Answers

Recently, at the request of Dr. William Parker, author of *Your Prayer Can Change Your Life,* I spoke in Anaheim to members of the Spiritual Frontiers Foundation, and one of the men attending the meeting talked with me prior to the session, stating that all his life he had been intensely interested in racing and now goes all over the country to the most prominent race tracks. He said that he studies one important race prior to sleep, checking up on past performances of each horse; then he mentions each horse by name and says to his subconscious, "Give me the Number One winner." He added that It always does.

Apparently he lives well and has all the money he needs to achieve whatever he wants to do, when he wants to do it. He reasons that when he

asks his subconscious to awaken him at a certain hour, it does so; also, when he commands it feelingly and knowingly to remind him of an appointment, it does exactly that. From that premise, he proceeded to make a small fortune and a wonderful livelihood by studying horses from all angles and then concentrating on the winner in the most important race the day before the races. The answer always comes to him in a vivid dream. Due to his discipline, study and fascination for horses, he activates the Cosmic Energizer in his subconscious mind, with the result that he dreams the outcome of the particular race on which he has focused his thoughts.

This man fills his mind with all the information on the horses in the race, consulting "dope sheets" and past performances, and then concentrates exclusively on the winner prior to sleep. This is etched in his subconscious mind, where it gestates in the darkness; then the subconscious presents it full-blown into his conscious mind.

He Learned His Cosmic Energizer Knows Only the Answer

During a conversation with a businessman some weeks ago, he told me how he got the money to go into partnership with another man. He had read *The Power of Your Subconscious Mind,* and one night he said to his subconscious prior to sleep, "You are all-wise. You know the answer to everything. I am interested in two gold stocks, Campbell Red Lake and Homestake. Reveal to me which one I should buy for a quick profit." He relaxed, let go completely, and dropped off to the deep of sleep. In a dream a man appeared opening a can of Campbell soup and offered him some. He awakened and knew immediately that the symbol meant Campbell Red Lake.

He bought several thousand shares, and in a short period of time it went up 40 points, netting him a profit of over $80,000, which enabled him to pay $60,000 for a one-half interest in a thriving business. This man knew intuitively that gold shares were about to rise and actually go through the roof, as he explained it, and he summoned the Cosmic Energizer, requesting the answer, secure in the conviction that the answer would be revealed to him.

The Wonder-Working Power of the Cosmic Energizer

When you cut yourself, the wisdom of your Cosmic Energizer activates the phagocytes, which kill any septic germs that might infect the wound. Fur-

thermore, it coagulates the blood, heals the cut, and weaves the new skin. It also controls all the vital organs of your body such as your breathing, digestion, circulation and all phases of your life.

Herbert Spencer says: "Amid all the mysteries by which we are surrounded, nothing is more certain than that we are ever in the presence of an Infinite and Eternal Energy from which all things proceed." Man is waking up to the fact that God indwells man rather than operating or influencing man from without. Your thought is energy and has a rate of vibration. If you think of the Cosmic Energizer, or God, your thought has the highest rate of vibrations and it neutralizes and destroys thoughts of fear, lack, doubt, etc., in the same manner as that in which the sun dissolves the mist or the light casts out darkness.

Ralph Waldo Emerson said: "There is no thought in my mind but it quickly tends to convert itself into a power and organizes a huge instrumentality of means."

—*As he thinketh in his heart, so is he. . .* (Proverbs 23:7).

POINTS TO REMEMBER

1. The Cosmic Energizer is God in action in our lives. Scientists use the term *Energy* for God, which is the Living Spirit Almighty animating all things. All energies in the world—mechanical, electrical or atomic—are simply modifications of the One Universal Cosmic Energy.

2. Man can energize and give life to his dreams, his ideals and the aspirations of his heart and bring them to pass on the screen of space.

3. For the purpose of creation, the Cosmic Energizer divided Itself into two principles, one masculine the other feminine. In everyday, psychological language, those two phases represent your conscious and subconscious mind.

4. The Cosmic Energizer within you can guide you and open up new doors of expression for you. It can liberate you from the midst of failure, sickness, lack and limitation. Moreover, this invisible intelligence can solve your problems, banish your difficulties and prosper you beyond your fondest dreams.

5. This Cosmic Energizer can illumine your pathway and enable you to mold fashion and shape your own destiny. It can bring peace to the troubled mind and reveal to you everything you need to know at all times everywhere.

6. A woman with colitis, who was full of resentment, decided to forgive herself for harboring destructive thoughts, and she began to radiate love and goodwill toward her mother-in-law until her mind came to a state of peace. She released the healing power of the Cosmic Energizer and was made completely whole.

7. Identify yourself with your goal or desire by mentally and emotionally uniting with it. As you do this, the Cosmic Energizer will activate the power of your subconscious mind and bring it to pass.

8. A banker recharges his mental and spiritual batteries this way: Every morning he sets aside five minutes or more and claims that the invigorating, rejuvenating Cosmic Energizer is now active in him, filling his whole being with energy, vitality and youth. He is a transformed man, full of vitality, zest, enthusiasm and the élan of life.

9. A space scientist receives wonderful answers by quieting his mind and thinking of the answer he desires, while knowing that the Cosmic Energizer will flow through his thought as the answer. He listens quietly for every bit of guidance that comes, weaving all the threads together, and lo and behold, the answer appears full-blown in his mind.

10. As you go to sleep at night, say to your subconscious, "Give your attention to this and reveal to me the answer." Do this silently or audibly. Ofttimes when you awaken in the morning, the first thought you have is the answer. It may also come in a dream or vision of the night; or, when preoccupied with something else, the idea or solution flashes spontaneously into your conscious mind.

11. A race horse enthusiast informed me that the way he makes a fabulous income is by studying thoroughly the backgrounds of all the horses in a particularly important race. Having gathered all the information possible, he focuses all his attention on that one particular race and speaks to his subconscious, saying: "Give me the Number One winner." He lulls himself to sleep with that one idea. His subconscious responds in a vivid dream, showing him clearly the winner, and he bets accordingly. His attitude is:—*If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

12. A businessman received wonderful information on two gold stocks, Homestake and Campbell Red Lake. He spoke to his subconscious as follows: "You are all-wise. You know the answer. Reveal which of these stocks I should buy for a quick profit." In a dream a man appeared opening a can of Campbell soup, and he immediately knew that this was the symbolic answer.

His investment increased about 40 points in a short period of time, making him an $80,000 profit.

13. The Cosmic Energizer, which is the Infinite Healing Presence within you, governs all your vital organs; transmutes the food you eat to tissue, muscle, blood and bone; releases a defense mechanism in case of infection; and seeks to preserve you and watch over" you at all times.

14. Your thought is energy, and when your thoughts are God's thoughts, God's power is with your thoughts of good.

13

How the Cosmic Energizer Can Increase the Joys of Marriage

Many people enter into marriage without praying for guidance or Divine right action. Marriage, to be real, must first be on a spiritual basis. There must be a union of two hearts. Some women say that they want to get married for security, or that they want a home. Such an attitude is wrong. Security comes from being in tune with the Cosmic Energizer, which releases more and more creative ideas, harmony, peace, protection and guidance along all lines.

When men marry because the girl is very pretty or because she has a lot of money or political influence, they embark on partnerships which have the wrong foundation. This is wrong because they are not founded on love, which is a movement of the heart. The mere fact that they are married in a church does not necessarily sanctify the marriage or make it real.

The Cosmic Energizer and the Law of Attraction

We attract others according to our mental and spiritual wavelengths; in other words, like attracts like. Our mental attitude determines our experience. We must establish the mental equivalent of that which we want in life. We do this by quietly thinking with interest on the ideal we wish to accomplish, and gradually we succeed in establishing the mental equivalent in our mind.

The Ideal Way to Attract the Right Man Into Your Life

If a woman uses the following prayer night and morning, knowing that like a seed deposited in the ground which grows after its kind, likewise will the qualities and characteristics of the man on whom she meditates come forth into her experience in the form of the ideal husband:

"Infinite Intelligence attracts to me a man who is marriageable and who has a reverence for the Divinity which shapes our ends. He is spiritual, loyal, faithful, talented, prosperous and successful in life. He harmonizes with me perfectly, spiritually, mentally and physically. He loves my ideals and I love his ideals. He does not want to make me over, and I don't want to make him

over. There are mutual love, freedom and respect between us. He comes without encumbrances. It is an act of providence and makes all things new. The intelligence of the Cosmic Energizer within me brings both of us together in Divine order."

Be sure you do not subsequently deny what you are affirming, because you would then neutralize the prayer process. It would be like pressing up and down at the same time in an elevator.

Contemplate What You Have to Offer a Man

Dwell on your good points, while realizing you are honest, sincere, loving and kind. You appreciate a lovely home. You have the amenities of life. You can entertain. You can cherish, love and admire the man, and be a tremendous asset to him. Think of all the wonderful qualities you have and let that be your mental broadcast. You are not a nagger, abnormally jealous, a gambler or an alcoholic. On the contrary, you have so much love, peace and kindness to give that by the law of reciprocal relationship, you will attract a man who will love, cherish and admire you also.

If you are a man seeking a wife, ask yourself first what you have to give a wife. Dwell on your good points such as: You are honest, sincere, faithful, loyal, have a very good income and are in a position to furnish an ideal place in which to live. You also realize that if you love a woman, you do not do or say anything unloving, since you want to see her happy, joyous and fully expressed.

The Right Spiritual Approach to Attracting the Ideal Wife

Pray quietly and with interest, using the following prayer: "Infinite Intelligence attracts to me the ideal woman, who is marriageable. She is graceful, charming, honest, sincere, loyal, and has a deep reverence for the great eternal truths of God. There are mutual love, freedom and respect between us. I am mentally and spiritually united to these qualities of the woman I want, and I know that as I meditate on these qualities they will sink down by osmosis to my subconscious mind and I will attract a woman who will be the embodiment of my ideal in Divine order through Divine love."

Affirm these truths quietly and with interest night and morning, and when they are subjectified you will automatically attract the right woman and

there will be mutual love and understanding. When a seed is placed in the ground, it dies first and then bequeaths its energy to another form of itself. Likewise, the qualities of the ideal woman you are dwelling on will become subjectified and then the deeper currents of your mind will bring both of you together in Divine order.

How to Experience True Marriage

Marriage is an accord of Divine ideals, a harmony and a purity of purpose. Harmony, honesty, love and integrity must prevail in the minds and hearts of both husband and wife. Marriage is a union of two souls united by love and respect for each other. When there is a true, spiritual union between two people, there is no divorce, for none is wanted. They blend spiritually, mentally and physically. This is the meaning of:—*What therefore God hath joined together, let not man put asunder* (Matthew 19:6).

How the Cosmic Energizer Can Bring Love and Companionship in Your Golden Years

The author has performed many marriage ceremonies for men and women of 70, 80 and 90 years, chronologically speaking. Many men have stated that they are impotent sexually; nevertheless, God (love) joined them together with the women of their choice for the simple reason that they were honest, sincere and just with each other. In other words, there was perfect understanding between the man and the woman. Honesty, truth, justice and sincerity are children of love; therefore, these marriages were entered into reverently, thoughtfully and with a deep understanding of its spiritual significance. They sought a loving companionship in which they desired to share their joys and experiences together. Their marriages were true unions of two souls seeking their way back to the heart of Reality.

She Asked, "Should I Get a Divorce?"

This is an individual matter and cannot be generalized. Divorce may be right in some cases and wrong in others. Anyone can tell you to go and get a divorce, but ofttimes that is not the solution any more than is marriage the solution for a lonely person. A divorced woman may be far more honest, noble

and sincere than many of her married friends who are living a lie rather than facing the truth.

Many engage in various alibis and excuses such as: It would be bad for political, religious or business reasons. Others say they don't get a divorce because of the children or any number of other rationales. It is far better to have the child live with one parent or relative who really loves him than to be brought up under the influence of a father and mother who quarrel, argue and are full of hostility to one another. Children grow up in the image and likeness of the dominant mental and emotional climate of the home.

When a Marriage Is Not a Marriage

Some time ago I had a conference with a woman who had been married in San Francisco. She had known the man she married for about six months. He took her to the most expensive restaurants and shows in the city and gave her expensive presents. He had told her that he was a private investigator, but she later discovered cocaine, marijuana, and other drugs in his traveling bags. When she confronted him with the evidence, he admitted he was trafficking in dope and going to Mexico frequently for his pickups. This was no marriage for the simple reason that he had lied to her. She had been deceived and tricked.

At my suggestion she conferred with an attorney and brought about the dissolution of the marriage. She was wealthy and had political connections which, as her husband admitted, was the real reason he had married her. Such a marriage is nothing more than a sham, a farce and a masquerade.

How She Increased the Joy in Marriage

A divorced man who had married a woman of another religious persuasion felt guilty and feared that he would be punished, because in his eyes he had sinned. He was confused because of his misinterpretation of the Biblical quotation,—*Whosoever shall put away his wife, except it be for fornication, and shall marry another, committeth adultery: and whoso marrieth her which is put away doth commit adultery* (Matthew 19:9). The Bible also says:—*Whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart* (Matthew 5:28).

The explanation to this man was the cure and the freedom from a guilt complex. We are told that adultery is of the heart, and that the latter is the old name for the subconscious mind. The heart is the seat of the emotions, the feeling nature, the subjective side of man. Acts of the body are determined by the movement of the mind. I explained to this man that men and women mentioned in the Bible represent the interaction of the conscious and subconscious mind. The conscious mind in the Bible is called the husband and the subconscious is referred to as the wife.

Adultery in the Bible is an old English word meaning idolatry, i.e., giving allegiance and attention to false gods rather than the one true God—The Cosmic Energizer—which is supreme and sovereign. The Bible is a mental and spiritual textbook, and it points out that when man visits the slums in his own mind and cohabits with evil in the bed of his mind, he is really committing fornication and adultery, Biblically speaking. A man who condemns himself and indulges in hate, resentment, anger or ill will is definitely cohabiting with evil and is, therefore, guilty of fornication and adultery. He is already divorced because he has mentally separated himself from his marriage vows and is no longer married or emotionally attached to peace, harmony, love and understanding.

He learned also that the Life Principle, or Cosmic Energizer, never condemns or punishes. We do this to ourselves by the way we think and feel. Marriage rules and regulations vary among the different states and countries. All these were created by ecclesiastical bodies of various beliefs. Love knows no creed, dogma, race or nationality. Love transcends all those things. God is impersonal and is no respecter of persons.

This man decided to forgive himself for harboring such superstitious and ignorant thoughts, and he began to experience the joy of living. He began to affirm: "God's love united us. I see the Presence of God in my wife and she sees the Presence of God in me. Whenever I think of her I will affirm, 'God loves you and cares for you.' " Their marriage is now growing more blessed through the years. He was healed of a false, superstitious belief.

The Cosmic Energizer God Does Not Punish

Self-forgiveness is harmony and peace of mind. Self-condemnation and self-criticism mean misery and suffering. The Cosmic Energizer is the Life-Principle animating all things. If you burn yourself, the Life-Principle reduc-

es the edema, giving you new skin and bone. Life holds no grudge against you. If you cut yourself, the Life-Principle builds a bridge of new cells and proceeds to heal you. If you should eat some tainted food, the Life-Principle forgives you and causes you to regurgitate the food. It always seeks to heal and restore you to wholeness.

If you misused the principles of chemistry or mathematics and then began to use these principles correctly, you would get immediate correct results. Likewise, when you begin to use your mind correctly by straight-line thinking, i.e., thinking from the standpoint of eternal verities, which are the same yesterday, today and forever, your subconscious will respond immediately to the new pattern, and the past will be forgotten and remembered no more.

A Harlot Finds a Happy Marriage

A few years ago a woman "following the primrose path" said to me, "I have been reading *The Power of Your Subconscious Mind* and I want to lead a new life, get married, be respectable and have a home of my own and children. What shall I do? Am I condemned?"

I explained to her that the minute she came to a clear-cut decision and sincerely desired to be what she wanted to be, the Almighty Power would move on her behalf, bringing the cherished desires of her heart to pass. I emphasized the simple truth that God (the Life-Principle)—the Cosmic Energizer—condemns no one.—*Thou art of purer eyes than to behold evil, and canst not look on iniquity. . .* (Habakkuk 1:13). Society and the world may criticize, or you may engage in self-accusation and self-criticism.—*For the Father judgeth no man, but hath committed all judgment unto the son* (John 5:22). The son is your mind. This is the place wherein you pronounce judgment on yourself by the thoughts you entertain. You forgive yourself by giving yourself moods of peace, love and harmony.

I suggested to this woman that all she had to do was to turn away from the past and to unite mentally and emotionally with her aims in life, which are peace, dignity, marriage, happiness and freedom. As she continued to do this, God and His love would respond. Furthermore, I added that as she continued to do this, a wave of peace would move over the arid areas of her mind like the dew of heaven, and all the shadows of fear and guilt would be pushed away. As she ceased to condemn herself, the world would cease to condemn her.

The Prayer That Changed Her Life

She used this prayer frequently: "I forgive myself completely, and any time I am prone to criticize myself, I will affirm, 'I exalt God in the midst of me.' God loves me and cares for me. His peace fills my soul, and His love saturates my whole being. I am now married in my mind to a spiritual-minded man and there are harmony, peace and understanding between us. I give thanks for my happy marriage, my wonderful home and my two children."

Her inner speech and conversation were the same as if she were already objectively married and had a home and children. All that she desired came to pass, and she is now living a noble, God-like life today. She married a professional man, has a lovely home and gave birth to twins.

You Can Experience Happiness in Marriage

Happiness in marriage depends on love, loyalty, devotion to truth, integrity and a desire to lift up each other spiritually, mentally and in all ways. Love does not take a woman to a shabby, third-rate motel; neither is real love expressed furtively by an illicit interlude in some cheap hotel off the beaten path. To maintain a happy married life, pray together and you will stay together.

Affirm frequently: "Divine love, harmony, peace, and perfect understanding are now operating and experienced in our heavenly marriage. Morning, noon and night we salute the Divinity in each other and all our ways are ways of pleasantness and all our paths are of peace."

POINTS TO REMEMBER

1. Marriage, to be real, must first be on a spiritual basis. Each partner must have a reverence for the Divinity that shapes our ends. Love must unite two hearts as one. A rabbi, priest or minister does not validate a marriage; marriage is consecrated within the hearts of two people.

2. Like attracts like. In order to attract the right man in your life, you must dwell on the characteristics and qualities you admire in a man. As you think of these qualities with interest, like seeds, these qualities will sink into your subconscious and you will attract the embodiment of your ideal, based on the law. All seeds grow after their kind.

3. It is an excellent idea to sit down quietly and ask yourself honestly: "What do I have to give a man?" Think of all your wonderful qualities, talents and abilities and let that be your broadcast; you will find there is a man somewhere who will receive your broadcast. All of us are receiving and broadcasting, mentally speaking, and what you are seeking is always seeking you.

4. If a man is seeking a wife, he should dwell on the qualities he admires in a woman; then, by contemplating these characteristics and qualities, they will become subjectified and the infinite intelligence of his subconscious mind will bring both of them together in Divine order.

5. Marriage is the holiest of all earthly institutions. It should be entered into reverently, thoughtfully and with a deep understanding of its spiritual significance. Marriage is an accord of Divine ideas, a harmony and purity of purpose.

6. Many men and women, many of whom are grandfathers and grandmothers, widowers and widows, have found joy and happiness in attracting companionship into their lives. In many the fires of sex have diminished entirely, but they are honest, sincere and just with each other, and their marriages are also of love because justice, honesty, integrity and thoughtfulness are all children of love. Love, kindness, truth, beauty, harmony and peace know no age. They are timeless, ageless and eternal.

7. Divorce is an individual matter and cannot be generalized. Divorce may be the only answer in some instances and completely wrong in others. There is no stigma attached to a divorce. Many divorced women are far more noble, honest and God-like than many of their friends and relatives who would rather live a lie in marriage than face the truth.

8. When a woman is tricked and deceived in marriage and finds that her spouse is a wife-beater, a non-provider, a dope addict or trafficker in the same, she should immediately dissolve the lie, as, in reality, no marriage has taken place.

9. Men and women in the Bible represent the interaction of your conscious (husband) and your subconscious (wife). The union of these two determines all your experiences, conditions and events. If a man gives allegiance, loyalty and devotion to the Cosmic Energizer, which is the God-Presence within, he will automatically be faithful to his wife, his employer, his children and his country. The word *adultery* in the Bible is taken from idolatry, i.e., worshipping false gods such as giving power to the stars, the

weather, other people, conditions, circumstances, etc.; or, if one believes in two powers or a devil, he is committing adultery and cohabiting with evil in the bed of his mind. There is only One Power—not two, three or a thousand—just One. Also, if he cohabits with remorse, self-condemnation, resentment, anger, hate or hostility, he is also committing adultery and fornication, which really means the same thing. Of course, he is already divorced because he is separated in his mind from love, peace, harmony, joy, honesty and goodwill. Adultery and fornication are of the mind. The body moves as it is moved upon; the body acts as it is acted upon. Divorce takes place in the mind first.

10. The Cosmic Energizer, or Life Principle, never condemns or punishes. We do this to ourselves by misuse of the law of our subconscious, by negative thinking and by misinterpretation of life. Love knows no creed, dogma, race, nation or color. Love transcends all these things. God is love, and no respecter of persons.

11. Self-forgiveness is harmony and peace of mind. Self-condemnation is misery and suffering. The Life Principle is forever forgiving you, whether you burn or cut yourself or take some poisonous food. Your mind is a principle, and if you misused the principle of chemistry for 50 years and then began to use it in the right way, you would get immediate correct results. The same is true of your mind-principle. Begin to think right, feel right, act right, do right and pray right and you will receive an automatic response from your subconscious and the past will be forgotten and remembered no more. All you have to do is to forgive yourself and then resolve not to repeat the errors.

12. A harlot who ceases to criticize and condemn herself, and decides definitely to lead a new and wonderful life, and who contemplates regularly and systematically the truths of God, when she really comes to a clear-cut decision to lead a full and happy life, finds the subconscious will respond accordingly. One such woman, who realized there was no God up there in the sky who was going to punish her, but that she was the cause of all that was happening to her, decided to change completely and to lead a new life in God, to marry and have a home and children; so, according to her decision was it done unto her. She discovered that when she ceased to condemn herself, there was no one who condemned her.—*Woman, where are those thine accusers? Hath no man condemned thee? She said, No man, Lord . . . Neither do I condemn thee: go, and sin no* more (John 8:10,11). 13. Happiness in marriage depends on love, loyalty, devotion to truth, integrity and a desire to

lift up one another spiritually, mentally and all ways. To maintain a happy married life, pray together and you will stay together.

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How the Cosmic Energizer Gives Endless Supply Through Thought-Images

An article appeared in the September 5, 1973 issue of *The Wall Street Journal* by Richard James, one of their staff reporters. I am going to condense it here to illustrate a point.

Wall, South Dakota, Has Population of Only 800, But Its Drugstore Draws 10,000 a Day

Mr. Hustead bought the store in 1931 for $2,500. Business wasn't good. The first month's gross was $350. Fearing he couldn't maintain a home and make the grade in those depression days, he curtained off the back 20 feet of the store and moved in with his wife, Dorothy, and their 4-year-old son, Bill. This was their home for six years.

His wife undoubtedly wanted her husband to prosper, and when you are looking for a creative idea your subconscious will always respond. The idea came to her to offer free ice water to hot, dusty motorists if they would stop. They did and the thought-image that came to her mind caused the Wall Drug Store to prosper beyond their fondest dreams. The store now attracts some 10,000 customers a day during the tourist season and does more than a million dollars worth of business a year. The drug store occupies an acre of space, and in the summer employs 150 people working seven days a week in two shifts from 5:00 a.m. to 10:00 p.m.

The thought-image in her mind was instant supply. You too can have an idea worth a fortune right now.

How Disciplined Imagination Brings Success

William Harriman imagined a railroad across America. With pen and paper he traced the imaginary line across the continent. The image he had in his mind was backed up by faith and confidence. It revolutionized industry and commerce and put millions to work, making untold fortunes for others.

How Imagination Made Him a Multimillionaire

Imagination is the action of forming mental images or concepts of what is not actually present to the senses. A number of years ago in an article in *Everybody's Magazine,* Henry M. Flagler, the Standard Oil multimillionaire, stated that the master secret of his success and his immense wealth was his capacity to image a thing as a finished form. In other words, he imagined the end, the final result, and all the forces of the Cosmic Energizer came to his aid. He actually visioned the whole project as completed.

He would close his eyes and imagine the tracks on the ground, the trains running and steaming, and the men going to work talking and laughing. He would imagine that he heard the train whistles blowing. He imagined the whole scene with a remarkable sensory vividness, imagining and feeling the reality of the finished project until it became natural to him; then, having impregnated his subconscious mind, all the forces of the Infinite came to his aid, and by the law of attraction he became an irresistible magnet attracting to him all those who aided him in the fulfillment of his dream.

The Wonders of Disciplined, Controlled and Directed Imagination

The late Dr. Fenwicke Holmes, author, lecturer, and brother of the late Dr. Ernest Holmes, told me about his friend, Arthur E. Stillwell, who had cultivated and disciplined his imagination to a high degree. He said that Stillwell had built more miles of railroad than any other man of his time and that all his accomplishments were the result of mental pictures which welled up from his deeper mind.

The most extraordinary incident happened in the building cf the Kansas City and Southern Railroad. This railroad ends in the South at Port Arthur; however, the engineers preferred and suggested Galveston. Dr. Holmes said that an intuitive flash came to the mind of Arthur Stillwell in which he saw the disaster which later overtook Galveston. A tidal wave struck, which would have destroyed the terminal had it been placed there.

The wise use of his imagination and the laws of his subconscious saved him and his associates from a tragic mistake. His subconscious responded to his faith and confidence in a guiding principle that knows all and sees all.

The Reason He Did Not Get Results

A manager of a large concern said to me that he mentally affirmed that he had a lovely home, wealth, and promotion in his business but that he was getting nowhere. He had a desire for the riches of life, but unfortunately he had the acquired habit of imagining financial lack all his life. His images of poverty and lack were greater than his belief and expectancy in wealth.

I explained to him what Emile Coué the French psychologist, taught years ago: "Whenever the will (your desire) and the imagination are in conflict, the imagination always wins." In other words, you don't coerce or compel your subconscious mind; it is best acted upon by mental pictures. The Chinese say that one picture is worth a thousand words. Coué gave the vivid explanation of pointing out that a man will easily walk a plank on the ground because his desire to do so and his imagination are in agreement; but when the same plank is elevated in the air and placed between two buildings, and the same man is asked to walk it, though it is his desire to walk it, he has a mental picture of falling, and usually his picture of falling wins the day.

Your subconscious accepts the dominant of two ideas.

How He Avoided the Mental Conflict

I asked him a simple question: "Do you agree that there is such a thing as wealth?" "Oh, yes," he said. "Everywhere I look I see wealth, and I also realize I can have an idea worth a fortune." I explained that his affirmation of wealth succeeds best when there is no conflict and that his subconscious accepts what he really imagines and feels to be true, not just idle statements or words.

Furthermore, he realized that his subconscious is like the soil: it will take any kind of seed (thought or image) given it and bring forth accordingly, and that he should live in the joyous expectancy of the best. In other words, he naturally expects a harvest after planting the corn, wheat or oats.

The Ideal Technique for Reconciling the Conscious and Subconscious Mind

With great sincerity he got his desire and his imagination to agree by entering into a drowsy, sleepy state, which brings all effort to a minimum.

The conscious mind is submerged to a great extent when in a sleepy state. The best time to impregnate the subconscious is prior to sleep. The reason for this is that the highest degree of outcropping of the subconscious occurs prior to sleep and just after we awaken. In this state of mind the negative thoughts and imagery which tend to neutralize your desire and so prevent acceptance by your subconscious mind no longer present themselves.

He imaged wealth and success, and he made this practical affirmation frequently, particularly prior to sleep: "By day and by night I am advancing and growing, and I am being prospered in all my interests. My sales are improving every day. More and more money comes in every day. In this relaxed state, I now picture the lovely home I want; it is large and commodious. There is a beautiful garden. I walk in my imagination through the house; I water the garden. I mentally enter all the rooms, and I play in the den with my boys. I see in my mind's eye a beautiful rug on the floor, upholstered chairs and a piano for my wife. I am now living in this house in my imagination and enjoying its beauty and comfort. In my imagination I am counting large sums of money, and I am mentally depositing large amounts in the bank. The bank manager is congratulating me. I live the role in my mind and enjoy the sensory vividness and reality of it all."

He kept this scenic drama up regularly and systematically two or three times a day and made sure he did not subsequently deny or negate the mental movie. At the end of two months his dream was realized. He inherited a home which met all his requirements and coincided with his mental movie. His mother, who lived a half mile away, passed away suddenly in her sleep, bequeathing everything, including her beautiful home, to her son. The estate was worth over $400,000.

His subconscious responded to his relaxed affirmations and silent imagery and brought results in ways he could never conceive of with his conscious, reasoning mind. He was also made general manager of the organization where he was employed.—*And all things, whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22).

How Imagination Releases Dynamic Energy

A businessman complained to me that he was always tired, that he had that all-gone feeling accompanied by depression. However, it was not his body that was tired; it was his mental attitude. I explained to him that it was

not the work but his thoughts about his work that exhausted him, and that it is the mind that gets tired due to his habitual thoughts of anxiety, fear, resentment, jealousy and suppressed rage.

He revised the procedure forthwith and began to affirm: "The Cosmic Energizer flows through me vitalizing, energizing and renewing my entire being. I am inspired from On High. I am vital, enthusiastic, and full of goodwill to all. I bless and pour out benedictions on all my associates, and I exalt God in the midst of me."

As he continued to do this, he found a constant flow of energy developed, and he ceased thinking negatively. He imagined the president of the company congratulating him, shaking hands with him, mentioning that he was promoted with a large increase in salary, knowing that what he subjectively imagined, claimed and felt to be true would come to pass. He began to think, imagine, speak and act in exactly the same way he would were he already promoted with a large increase in income.

He learned that by employing inner speech, your inner conversation with yourself, plus imagining the happy ending is the way to bring things to pass on the screen of space. A few months went by, and he was lifted out of his present position and made executive vice president at double his previous salary, accompanied with other emoluments.

A Young Boy Discovered How His Imagination Released Energy

A young man from Canada spent some time with his uncle in Los Angeles one summer. One day, his uncle said, he complained of being so exhausted, tired and depressed that he did not feel like even watering the garden; it seemed actually too much effort to lift the hose. Walking seemed to be somewhat of a struggle. In a few hours' time, though, a young girl appeared with a tennis racket and asked him to come along for a game. All of a sudden a surge of energy seized him, a new light came into his eyes, and he began to bubble over with enthusiasm. After the tennis game he took her to a dance and got home about midnight full of life and love.

He had been tired in his thoughts because his girlfriend in Canada wrote him stating that she was dating another boy in his home town. Once another vision of beauty and charm came into his life, he changed his thought, releasing enormous energy and vitality. Energy is siphoned off by

unhealthy, depressing thoughts. Think of faith, love, and goodwill to all and your whole physiological system will respond.

The boy's images of doing what he loved to do, accompanied by an attractive young lady, gave him instantaneous energy.

Release Your Energy

Sir Thomas Buxton said: "The longer I live, the more deeply am I convinced that that which makes the difference between one man and another—between the weak and powerful, the great and insignificant—is energy: invisible determination, a purpose once formed; then death or victory. This quality will do anything that is to be done in the world, and no talent, no circumstance, no opportunity will make one a man without it."

Johann von Goethe said: "Energy will do anything that can be done in the world, and no talent, no circumstance, no opportunity will make a two-legged person a man without it."

How the Cosmic Energizer Found the Purchaser

At the beginning of creation, the Cosmic Energizer brought forth all things in the universe through creative imagination. The universal language of the Cosmic Energizer or Infinite Spirit (God) is the language of mental images. God imagined man, and God became what He imagined Himself to be. The Cosmic Energizer starts the idea for a world and galaxies in space. It visions suns, moons and stars and all things therein contained in this limitless cosmos and all Its dreams come to pass. It becomes the thing It imagines Itself to be.

This same vitality of Divine imagination is in every man. I spoke along the above lines to a widow, who was trying to sell her apartment building after her husband had passed on. She was in financial trouble, she had many vacancies, some tenants had not paid the rent, and the neighborhood was changing. She was afraid she would have to declare bankruptcy. The building was in the hands of brokers, but she had received no offers.

I explained to her that what she was seeking was also seeking her and that the Intelligence of the Cosmic Energizer would attract the right purchaser. She prayed as follows: "Infinite Intelligence knows where the right pur-

chaser is, and he is Divinely directed to this apartment building. He wants it and he prospers in it. There is a Divine exchange, and we are both satisfied."

At my suggestion she also used her imaginative faculty and began to dramatize in her mind a buyer coming into her office and expressing an interest in her property. She imagined him saying to her, "I will buy it." She enacted this scenic dream several times a day, making sure that her mental imagery agreed with her affirmation of the truth. A few days after practicing this technique, a man came, looked it over, and seemed interested, but told her the next day that the price was too high.

There Is a Right and a Wrong Way to Pray

She asked me to pray with her that this man would buy the apartment building. I explained to her that that would be the wrong approach and that she should never use mental coercion to force a sale, as that would be an invasion of the right of the buyer. I explained that Infinite Intelligence knows where the right buyer is and that he would want and desire her building; that there was no acceptable occasion to *make* him want it, and that she must realize that faith in the workings of her deeper mind would bring right results. We work by faith; not by hypnotizing others to do what we want.

The Answer Was Next Door to Her

The man who had rejected the building told his medical doctor about it, since his physician was looking for a good investment. This medical doctor lived in the next building to hers. He quickly bought the building and was delighted with the purchase. All her problems were solved.

—*If thou canst believe, all things are possible to him that believeth* (Mark 9:23).

POINTS TO REMEMBER

1. A pharmacist bought a store in Wall, South Dakota, for $2500. His income was $350 a month, and financially he could not make ends meet. His wife had an idea worth a fortune, however. She urged her husband to put signs along the highway offering ice water to slake the thirst of motorists. Her idea resulted in a million dollar business and 10,000 customers a day.

You too can have an idea or thought-image worth a fortune. Wealth is a thought-image in the mind—nothing more or less.

2. Some years ago in *Everybody's Magazine* there appeared an article showing the tremendous power of imagination backed by faith. Henry M. Flagler became a multimillionaire through the disciplined, controlled and directed image in his mind. He knew there was oil in a certain area, and he imagined the derricks, the train tracks, and the men going to and fro. Actually, in his vivid imagination he even heard the whistles blow, saw the steam and the whole project in completion. He ran this mental movie over and over in his mind until it became so natural and real that he impregnated his subconscious with his mental image; then, by the law of attraction, everything he needed was provided. Everything in the world you look at was first a thought-image or an idea in the mind of man or the mind of God, and there is only One Mind common to all individual men.

3. Arthur Stillwell cultivated his imagination to an extraordinary degree. He visualized the building of the Kansas City and Southern Railroad, but when the best engineers recommended Galveston instead of Port Arthur for the terminus, he insisted on Port Arthur. His intuitive faculty was developed to a high degree by visualizing the project in detail, while realizing at the same time that there was an infinite intelligence in his subconscious mind guiding and directing him in all his ways. An intuitive flash revealed to him that a tidal wave would destroy Galveston, and the inner promptings of his deeper mind proved true.

4. Many pray for wealth, success and prosperity, and at the same time have the image of lack and limitation. The desire and the imagination must agree. When your desire and your imagination are in conflict, your imagination always wins. A simple way to overcome this and get your conscious and subconscious to agree is by affirming: "By day and by night I am advancing and moving forward, and I am being prospered in all my ways. My sales are improving every day, and I am receiving more and more money every day." There will be no argument in the conscious or subconscious mind concerning the preceding statement, as any man will admit he can learn a little more every day, he can sell more every day, he can attract more customers every day, and he can make more money every day.

5. The minute you admit there is such a thing as wealth, which you see everywhere, you will have no problem in living in the joyous expectancy of God's riches—spiritual, mental and material.

6. An excellent way to get a promotion and have a lovely home or a car is to relax your mind and get into a sleepy, drowsy state, a state akin to sleep, since this brings about an outcropping of your subconscious mind and all effort and negative thoughts are reduced to a minimum. In that state think, imagine, speak and act the way you would as if you possessed a beautiful home, were already promoted, possessed a wonderful new car, etc. Picture the ideal home in your mind, walk through the house, water the garden, and play with the children in your mind. Make it vivid and real. Feel the naturalness of it, feel the solidity of the walls and the furniture. Show your friends through the house. Live there mentally and what you imagine and feel to be true will come to pass. You can do the same thing for a car, a promotion, or anything else. All transactions take place in the mind. This is the meaning of believe (live in the state of being it), you have it now (in your mind it is real), and then you shall objectify it on the screen of space.

7. Negative thoughts of fear, depression, anger, resentment, etc. siphon off vital energy resulting in that all-gone feeling of tiredness and general lassitude. Reverse your thoughts and think on harmony, love, peace, joy and goodwill, and you will release tremendous energy and will be inspired from On High. Claim that the vitalizing, healing, energizing power of the Cosmic Energizer is flowing through you and you will be renewed and regenerated. A boy who is complaining and whining about being tired doing work in the garden, and who suddenly is visited by a vision of loveliness and charm in the form of a girl with a tennis racket, who wished him to play with her, is suddenly seized with enormous energy and seems to be transformed by a transfusion from On High. His tiredness was due to the news that his girl friend in Canada was going with another boy. When this was supplanted by imagining a wonderful game of tennis with a beautiful young woman, the energy of the Infinite was released.

8. The Cosmic Energizer imagined the world, suns, moons, stars and all things therein contained, and It became what It imagined Itself to be. This quality of imagination is in every person. A widow who had difficulty selling her apartment house and who was in financial straits imagined that she was showing the apartment to the right buyer, who wanted it and who would prosper in it. She went through the mental movie several times a day, showing him the several apartments, records, income, and hearing him say clearly and distinctly in her imagination: “I will buy it.” After a short while she at-

tracted a local doctor, who wanted the building, and this resolved her problem.

9. You must not try to make a person buy a building by hypnotic suggestion; neither do you use any subtle mental influence praying that he will purchase it. This would be an invasion of his rights. On the Contrary, you trust the infinite intelligence of your subconscious to attract to you the right buyer at the right time and in the right way. It makes no mistakes. It is also completely wrong to pray that that man or that woman will marry you. Trust the infinite intelligence to bring your desires to pass; then there is no occasion for mental coercion or trying to influence others to do your bidding.

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How the Cosmic Energizer Can Quickly Turn Your Dreams Into Reality

The Life-Principle (which is God) is always seeking expression through you. The whole movement of life is from the invisible to the visible, from your thought to its manifestation, from your dream or ideal to actualization, from the subjective to the objective. The inexhaustible, limitless fountain of possibilities and potentialities is within you now, waiting for you to bring all your dreams into reality. You are here to express the riches of life in all possible dimensions and directions. You are here to express the joy of living life more abundantly. The Divine Presence is seeking to express Itself in form and function through your brain, your hands and through the words of your mouth. It is impossible for you to exhaust the infinite riches of your subconscious mind.

Day-Dreaming Is an Escape from Reality

Many people indulge in day-dreaming, wherein they engage in fantasizing something pleasant, while nevertheless believing it could never happen to them because they think it is too good to be true. This attitude is actually a pure waste of time and results in debilitating the entire mentality. You must realize that there is nothing too good to be true, and nothing too wonderful to last, for the love, the light, the glory and the riches of the Cosmic Energizer are the same yesterday, today and forever.

How Her Dream of a Balkan Tour Came to Pass

The author took a tour of Yugoslavia with a group of 60 people during the month of October, 1973. We had two special guides and two special buses, which traversed all the major cities and many of the historical landmarks. One young lady who sat next to me in one of the restaurants was from San Francisco. She had been working in a legal office when she saw an advertisement in a magazine about a special Yugoslavian tour. She read that Yugoslavia is characterized mainly by its numerous contrasts: a wide variety

of religions, languages, traditions, customs and folklore. She was intensely interested in the fact that so many different cultures were to be encountered in this relatively small country. She said to me, "I wanted to go, but I didn't have the money."

How She Used the Cosmic Energizer

However, it turned out that this young legal secretary was given a copy of *The Power of Your Subconscious Mind.* She began to read it avidly, and every night before she went to sleep, she began to imagine herself seated on a plane. She felt the rhythm of the engines. She felt the plane lift off the ground and she conducted an imaginary conversation with a hostess. She centered her imagination on being *in* the airplane and on viewing San Francisco from her imaginary aerial ride. She thought and imaged from the ride, feeling the reality and joy of it all.

She continued this mental journey every night for about a week. Her expectancy and deep desire were emotionally joined together, and they passed into her subconscious mind and became a physical reality.

How the Answer Came

A wealthy woman, a client who came to her boss for legal advice, while waiting in the office, began to chat with her. The secretary casually mentioned that she had read about a trip to Yugoslavia and how she would love to go but would have to wait until she had accumulated sufficient money. This client of her boss said, "How strange. I am going on that trip. I would love to have you come along as my guest and companion." She accepted immediately, as she knew this was an answer to her prayer.—*Believe that ye receive them, and ye shall have them* (Mark 11:24).

The Wise Use of Imagination

The answer to your desire depends upon the intensity of your imagination and not upon external facts. Where the five-sense man sees an acorn, the man with disciplined imagination sees an oak tree. As man awakens to the imaginative life, he discovers that to imagine and feel the reality of his desire makes it so. Man's outer world and all its happenings, experiences and events

are projections of his inner mental images. When man becomes conscious of his inner causal world of imagination and the outer world of effects, he begins to bring his desires to fulfillment.

How His Dream of Perfect Health Came True

The following letter is from Mr. William H. Thrall, a distinguished educator of San Gabriel, Southern California. Mr. Thrall has written and said that I have his complete permission to write this article about his remarkable healing:

> I had an experience myself that I rarely talk about. When I was young—about nine years old—I fell a couple of stories through the chimney opening of a partially constructed house. I broke an arm and cracked my skull. I bled profusely. I was unconscious for a week. The doctors gave me up for lost. They didn't even set my arm. Why bother? My mother was beside me day and night praying. One night, she told me later, I said, "I see angels all around me." It must have wrung her heart. A week after the accident I woke up, quickly regained my health and have now almost reached the age of sixty. God must have had a purpose for me, and it is true, I have affected many lives for the better during my many years in the field of education.

How He Discovered the Wonders of the Cosmic Energize?

During our visit to Yugoslavia, we visited Plitvice, noted for its lakes, which are of indescribable beauty with their waterfalls, travertine barriers, caves, vegetation, vast, well-preserved woods, primeval mountain forests and excellent trout fishing. While conversing with one of the residents of the area whom I met in the Jezero Hotel, he told me that he was a veteran of the Second World War. He had returned to his own home in this area and was receiving a pension from the United States Government. When he retired to Yugoslavia, he felt that his income was somewhat inadequate, inasmuch as he had married since leaving the U.S. Army and now had two children.

He had studied mental and spiritual laws in the United States, however, and began to apply what he had learned. He told me that his most pressing

desire was to acquire a substantial income in order to maintain his home comfortably and to provide adequately for the education of his children.

The Technique That Brought Results From the Cosmic Energizer

He followed this procedure every night just before he fell asleep: In his imagination he began to feel that he was teaching English to a group of executives and businessmen. He felt the naturalness of it and the thrill of accomplishment. He did this faithfully, knowing that he would inevitably get an answer. It came as no surprise when, after a few months, a director of a large company asked him if he would be willing to join his organization and teach the key men conversational English, because they made frequent trips to the United States, England, Canada and Australia. Today, at a substantially higher income, and with the assurance of continued progress, he travels with members of his organization to English-speaking countries and is deeply respected and appreciated.

This man, a native of Yugoslavia, who had lived many years in the United States, had heard the late Dr. Emmett Fox say, "When you pray, instead of thinking of the end desired, think from the end." In other words, imagine the reality of your desire now and live the role in your imagination. Your inner action must correspond to the action you would physically perform after realizing your desire.

A Visit to Sarajevo and Some Consultations

Sarajevo, the name of the city which reminds us of that fatal event in June, 1914, which plunged Europe into the whirlpool of the First World War, is today the cultural, economic and political center of the Socialist Republic of Bosnia and Herzegovina, its capital. This is the third city in Yugoslavia and is a university center which harbors 30,000 students. It was here at the Bristol Hotel where I met and had a conference with two tourists who were traveling with different organizations than our group.

He Was Blaming Providence for His Troubles

One of the tourists from New York who was taking a private, conducted tour of Yugoslavia, on hearing I was a minister, asked for a confe-

rence. During the interview he said that he was very unhappy and dissatisfied, that his wife had left him for another man and that his two sons were in jail in New York for selling dope. He asked why God was punishing him, as he went to church, gave to charities, had been good to his wife and worked hard.

I explained to him that it is foolish and useless to blame Providence for his troubles or to endeavor to place the responsibility upon other people. The whole cosmos is governed in accordance with law, for God, among other things, is Principle, or Law, and where Law obtains there can be no room for casting blame on God or others.

If you break the laws of your mind or any other law, you suffer the consequences, and that is all there is to it. It is merely a question of cause and effect. When you use your mind correctly and harmoniously, it is your guarantee of victory, freedom and peace of mind.

I continued to explain to him that the Cosmic Energizer was seeking expression through him and that all he had to do was to cause himself to become a clear, open channel. If, on the other hand, he should become resentful, full of self-condemnation, morbid and angry, then he would be obstructing the flow of the Cosmic Energizer, the Life Force, and would become frustrated, dammed up, and all sorts of stress, strain and ill effects would follow.

How He Learned to Release the Imprisoned Splendor

This man realized that his business here on this plane of life is to be a channel for the Divine Spiritual Energy, which is referred to in this book as the Cosmic Energizer. When he does this, wonders happen in his life and all his dreams come to pass.

There is only one Cosmic Energy in the cosmos, but we can use this energy constructively or destructively, because man has the unique capacity to choose. When we use this Cosmic Energizer constructively and harmoniously, we experience harmony, health, peace and improve our lives in every possible way. When we use it destructively, we damage ourselves, retard our progress, bring on sickness and failure, and waste our opportunities to bless mankind.

The Prayer that Transformed His Life

He used the following prayer morning, afternoon and night, knowing that these spiritual vibrations would permeate his whole being and enter into his subconscious mind, obliterating all the negative patterns previously lodged therein:

> I am a channel for the Divine Energy. God flows through me as harmony, health, peace, joy, wholeness, beauty and abundance. I am Divinely guided in all ways. Divine right action is mine. Divine love fills my soul. Divine peace saturates my mind and heart. I surrender my wife to God and I wish for her all the blessings of life. God guides my boys and God gives them freedom and peace of mind. Whenever I think of my wife or children I will immediately affirm, "God loves you and cares for you." Whenever a negative thought enters my mind, I will immediately supplant it and affirm, "God loves me and cares for me."

A month had passed by since I first met him. Then came a letter from him saying that when he returned home to New York, his wife was there waiting for him, and asking his forgiveness. There was a joyous reunion. His two boys have given up dope, have been released from prison, and are studying along spiritual lines in New York City. He truly discovered that wonders happen as you pray.

She Changed her Attitude and Realized Her Desire

An elderly woman on the same tour as the previously mentioned man came to my room in the Bristol Hotel for an interview. Her problem was that she had loaned $10,000 to her brother in order for him to pay off a business debt. Her brother gave her a promissory note at 6 percent interest to be paid back in two years. When the first year term expired, he failed to meet his interest payments, but promised to pay 60 days later. This he also failed to do. His wife had said to her, "You are rich. You will never get your money back."

This woman was very resentful and very angry, because her brother would not even answer her phone calls or respond to her letters. She told me

that she hated to sue her own brother and start a legal battle; moreover, she believed that her sister-in-law was really the stumbling block. She knew her brother's business was prospering and that he was able to pay.

I said to her that she can never lose anything except she accepts the loss in her mind, as all transactions take place through the mind. You gain through mental acceptance of your good, and you can lose only through the mental acceptance of loss. Furthermore, I pointed out to her that she must never mentally deprive or deny others of their ability to pay by saying, "He has the money and he won't pay me." "He pays others but not his sister." "His wife is preventing him from paying me." "I'll never get it back," etc.

As a matter of fact, she had been robbing her brother of his ability and willingness to pay her what he owed her. I suggested that she change her attitude completely and to stop giving power to her sister-in-law, but instead to give her allegiance and loyalty to the Cosmic Energizer within, which is omnipotent and supreme. I wrote down for her a simple technique or prayer process which she agreed to follow every night and also during the day, if she so desired. Following is the prayer:

> My brother is God's man. God is prospering him in all ways. He meets all his obligations in Divine order. There are harmony, peace, love and understanding between us. I now construct an imaginary scene and hear my brother's voice saying, "Sis, I am paying you back in full."

For six consecutive nights she conducted this imaginary drama. In her recent letter to me from New York City, she advised that she had received a telephone call from her brother saying that he was sorry about the delay in payment but that she would receive the $10,000 back plus interest the next day, which she did.

The ancients called imagination the workshop of God. Use your imagination to achieve your particular dream or aspiration. Clearly define and imagine the particular end. Feel the reality of the fulfilled desire and the result will follow. When you imagine the particular end, you are discriminating clearly. How do you distinguish the apple tree from the pine tree, or the donkey from the horse, but by the clearly defined image and outline in your mind.

How a Jeweler Made His Dream Come True

Recently I visited Dubrovnik, the most beautiful city on the Adriatic, which offers the traveler pleasure of its great works of art, and is called one of the great gems of the Adriatic Coast. This city is noted for its marvelous architectural and sculptural works, and is looked upon as a tourist's paradise. I visited a jeweler and bought some beautiful silver hand-made bracelets. The jeweler and I had a long conversation about conditions in Yugoslavia, and he said that his country has complete religious freedom. The average salary is between $150 to $200 a month, but a nice apartment costs only $40 a month. Food and clothing are also quite reasonable. He said that he was a Roman Catholic and that when he started business he was not making ends meet, but that every morning he would go to the church and pray to the Virgin for prosperity and to show him the way to expand.

How the Answer Came

One day a jeweler from Canada came in, admired the beautiful silver bracelets and said to him, "These would sell in Montreal in a wonderful way," and he bought $1000 worth, stating that though he would have to pay duty on them in Canada, he would still make an excellent profit. With the passage of years this Canadian customer has recommended him to many others and his business has boomed. He said that in one year's time he was able to buy a new German car, a new home and hire some extra help.

This man believed that the Virgin (your subconscious mind) would answer his prayer, and his subconscious mind responded according to his belief. He did not understand that he actually answered his own prayer. *And all things, whatsoever ye shall ask in prayer, believing, ye shall receive* (Matthew 21:22). This applies whether the object of your faith be true or false. In this jeweler's instance, he had what we call blind faith.

How My Desire Came to Pass

In Belgrade I desired to visit some psychics to see how they perform. Our guide was not too cooperative, but there is always a way. I claimed that Infinite Intelligence would open up the door for me in Divine order. I was guided to a certain store, where I bought several gifts for our hostesses. I said

to the owner that I was interested in ESP and psychic phenomena and that I was a writer. He arranged to go with me to visit his friend. He spoke excellent English, but the psychic spoke in her native tongue.

She read the contents of a letter which I had received that morning from Beverly Hills, and which I had not yet opened. This is clairvoyance. The businessman who accompanied me translated everything she said. She read my past, gave my occupation, and named all my close relatives, who she said were in Spirit land, all of which was very accurate. She gave the names of 36 books which I have written and gave the name of the radio station over which I broadcast. In a deep trance state she said, "Your brother, Thaddeus, is here." Then the tone of her voice changed and my brother's voice sounded natural and real. He gave the date of his transition and spoke of our early childhood. He spoke of the most intimate details. I asked him numerous questions about the family, and his life in the next dimension, all of which he answered with remarkable clarity, pointing out that his method of travel is thought and that when I went home to Beverly Hills there would be a special message from him.

Upon my return home, I am happy to say, I found a written note on my desk drawer saying, "I talked to you in Belgrade, and this is my signature." This was a very remarkable experience. In this instance, I do believe I was actually talking with my brother, and his signature was very familiar. Our loved ones are all around us, separated by frequency only.

How the Cosmic Energizer Made the Impossible Dream Possible

I requested an old friend of mine, Charles E. Lloyd, one of the most famous criminal attorneys on the West Coast, to give me the story of his rise from rags to riches. The following is his reply, which is a thrilling, absorbing and fascinating account of his rise to prominence and achievement:

> I, Charles E. Lloyd, 625 Rimpau Boulevard, Los Angeles, California, give you permission to publish the story.
>
> Route 1, Box 151 is the address of a 190-acre farm, four miles north of Indianola in the heart of Mississippi's Delta cotton belt.
>
> There I chopped cotton from the age of eight, gave my pet roosters names of famous Americans—climbed mulberry and pecan trees to dream impossible dreams, and there I was molded,

shaped and motivated by an amazing grandmother—widow of a freed slave—who wanted me to be a preacher.

Unfortunately, Grandmother Miller didn't live to see her young ward become "one of America's finest trial lawyers," as I was recently described.

It's a long, long way from Route 1, Box 151 Indianola, Mississippi to Hancock Park, California. I describe my journey as moving onward and upward. "God has placed before me this day an open door, which no man can shut."

I graduated from Indianola Colored High School in 1952 and the same year arrived with my family in Los Angeles with 12 cents, one pair of pants and a burning ambition to become a lawyer—a dream I had nurtured since visiting an attorney's office with my father as a nine-year-old.

Taking the Los Angeles police examination at the age of twenty, I was accepted for the Police Academy at twenty-one and graduated with the highest academic honors in my class. Then, while working full time as a Los Angeles police officer, I completed my last year of undergraduate work and attended law school. I received my bachelor's degree from Los Angeles State College and my law degree from the University of Southern California in 1961.

The next year the impossible dream was realized. I was appointed a deputy city attorney for the Los Angeles City Attorney's Office. I served as chief prosecutor of the Criminal Division with a direct command of a staff of twenty-five lawyers.

I taught at Van Norman University. In April of 1964, I entered private practice and am now the senior partner of the firm of LLOYD, BRADLEY, BURRELL & Associates. My record as a defense attorney has been as spectacular as my role on the other side of the counsel table. I have handled some of the most publicized cases in all phases of law. I have represented some of the greatest stars in the entertainment field.

My ambition now is to become a Science of Mind minister and to affirm that the so-called disadvantaged can be inspired and motivated toward success and achievement through the power of the subconscious mind. I am now widely in demand as a public speaker and I am projecting a positive message.

I am now what I long to be.

This I believe . . . .

A man properly motivated can do the impossible because he doesn't know it can't be done.

POINTS TO REMEMBER

1. The Life Principle (which is God) is always seeking expression through you. The whole movement of life is from the invisible to the visible. You are here to express the joy of living. It is impossible for you to exhaust the limitless riches of the Cosmic Energizer within you.

2. Day-dreaming, believing that your dreams can't come to pass or are too good to be true, is a waste of time. Remember, there is nothing too good to be true, nothing too wonderful to last, for the riches of the Infinite are the same yesterday, today and forever. You must put foundations under your dream and realize and know that whatever you imagine and feel to be true will be deposited in your subconscious mind and come to pass in Divine order.

3. A young legal secretary had a great desire to go on a tour of Yugoslavia, but lacked the money. She was given a copy of *The Power of Your Subconscious Mind* and followed a technique outlined therein. Every night prior to sleep she imagined herself seated on the plane. She felt the rhythm of the engines and conducted an imaginary conversation with the stewardess. She centered her imagination on being on the airplane and viewing San Francisco from her imaginary ride in the air. She continued this mental journey for a week, when on or about the eighth day, a client of her boss came into the office. As they chatted, she found that this woman was going to Yugoslavia and offered to take her along as a guest and companion, which she accepted.

4. The answer to your desire or dream of your heart depends on the intensity of your imagination, backed up by the realization that the Cosmic Energizer will move on your behalf, bringing it to pass in Divine order.

5. A veteran who had retired in Yugoslavia desired to increase his income and began to practice mental and spiritual laws which he had learned while living in the United States. Every night prior to sleep in his imagination he began to feel that he was teaching English to a group of executives and businessmen. He felt the naturalness of it all and the thrill of accomplishment. After a few months a director of a large corporation asked him

to join the organization and teach the executives conversational English, as they made frequent business trips to English speaking countries. He thereby increased his income 400 percent in a year's time.

6. One of the tourists was blaming Providence for his troubles and believed that God was punishing him. He believed that was the reason his wife had deserted him and that his boys had become dope addicts. I explained to him the whole universe is governed by law and that the Cosmic Energizer (God) is no respecter of persons. When he used the Energy harmoniously and constructively, the result would be harmony, health, peace and abundance. All he had to do was to become a clear, open channel for the Divine Energy. He practiced the following prayer therapy three times a day: "I am a channel for the Divine Energy, which flows through me as harmony, health, peace, joy and abundance. I surrender my wife and boys to God completely, wishing for them all the blessings of life. Whenever I think of my wife or boys, I will immediately affirm, 'God loves you and cares for you.' " At the end of a month he wrote, stating that when he arrived home from his trip, his wife had returned and his boys had given up dope. He discovered the wonders of the Cosmic Energizer within him.

7. A woman had loaned $10,000 to her brother, and the latter seemed unwilling to pay it back. She was resentful and highly critical of her brother and of his wife, who she suspected was the stumbling block in the repayment of the debt. I explained to her that she couldn't lose anything unless she admits the loss and that she must immediately cease depriving or denying her brother's ability to pay. She changed her attitude and affirmed frequently, "My brother is God's man. God is prospering him in all ways. He pays all his debts in Divine order. There are harmony, peace, love and understanding between us." She wrote me that within a week or so, her brother had phoned her and remitted the $10,000 plus the interest. Prayer always prospers.

8. A Yugoslavian jeweler who was not making ends meet visited the shrine of the Virgin every morning and prayed that the Virgin would prosper him and show him how to expand his business. The answer came through a Canadian businessman, who visited his shop and bought over $1000 worth of silver bracelets. He also recommended him to others, and the jeweler's business boomed 400 percent in one year. He prayed believingly, and his own subconscious mind brought it to pass in its own way. Every man answers his own prayer, for it is done unto us as we believe.

9. In Belgrade the author desired to see some psychics and mystics. There was reluctance on the part of the guides; however, the infinite intelligence of my subconscious directed me to a shop where I made some purchases. The owner agreed to take me to his psychic, whom he consulted occasionally. She spoke in her native tongue and he translated what she said. In her trance state she read a letter in my pocket which I had not yet read. This is clairvoyance. She also read my entire history and my whole life was an open book to her. Through her, my brother communicated and spoke about the most intimate details of our early life together. I recognized his voice, its tonal qualities, and the Cork (Ireland) accent where he had lived all his life. He said that when I returned home, he would have a message waiting for me. I found a note with his signature in a drawer of my desk, saying, "I told you so." Our loved ones are all around us, separated by frequency only.

10. Charles E. Lloyd, famous criminal attorney, had a dream as a boy to become educated and an outstanding lawyer—this was a burning ambition. He nourished and sustained the idea, and having impregnated his subconscious mind, the latter caused him to take all the steps necessary to achieve his so-called impossible dream.

—*Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not* (Jeremiah 33:3).

16

The Cosmic Energizer Plan for Lifetime Abundance

—*I am come that they might have life and that they might have it more abundantly* (John 10:10).

But my God shall supply all your need according to his riches in glory. . . (Philippians 4:19).

—*God, who giveth us richly all things to enjoy* (I Timothy 6:17).

O Son of Spirit, I have created thee rich.
How is it thou art poor?
And made thee mighty.
How is it thou art weak?
And from the very essence of love and wisdom
I have manifested thee.
How is it thou occupiest thyself with someone else?
Turn thy sight to thyself that thou mayest find me standing in thee. Mighty—Powerful—Supreme.

—From the Hindu Scriptures

—*The Lord shall open unto thee his good treasure, the heaven to give the rain unto thy land in his season, and to bless all the work of thine hand . . .* (Deuteronomy 28:12).

The dictionary defines *abundance* as an extreme or over-sufficient quantity or supply: overflowing fullness, affluence, wealth, copiousness. Spiritually speaking, abundance means wave upon wave of prosperity, health, happiness, peace and all the blessings of life. God, or the Cosmic Energizer, is the Source of our supply of energy, vitality, creative ideas, inspiration and wealth; and to keep in tune with the Infinite is the key to a lifetime of abundance which leads to a full and happy life.

I find in talking with many people that the reason they do not prosper is because they think it is wrong and sacrilegious to pray for wealth and success. Such an attitude is based on gross ignorance and superstition. Nothing

could be further from the truth. These people believe in two powers, which is again too ridiculous for words.

There is only One Power, Cause and Substance, and that is the Cosmic Energizer. If there were two powers, one would cancel out the other and we would have a chaos instead of a cosmos. Mathematically, scientifically and spiritually there can be only One Power. There can't be two Infinites. Infinity cannot be divided or multiplied.

Those who hesitate to claim prosperity and the good things of life deprive themselves of these available and visible blessings. You are here to lead the life more abundant, and unless you express abundance and prosperity and claim the riches of the Infinite, you may find yourself besieged by creditors and even find your family in need.

This is a mental and spiritual universe, and the whole world is simply Spirit, God or the Cosmic Energizer in form. The Creator and the created are one. Spirit and matter are one Modern science says that Energy (Spirit) and matter are interconvertible and interchangeable. The *Upanishads* said thousands of years ago that matter is the lowest degree of Spirit, and that Spirit is the highest degree of matter. Money may be looked upon as the visible manifestation of Invisible abundance.

Why She Did Not Prosper

Some time ago I talked with a young woman who was very attractive, personable, and highly educated and who had a very good position. However, she had not been promoted, yet other girls in the same department who were apparently less competent were promoted. She complained that the other girls in the office didn't like her, that she was not appreciated by her superior, and that men were jealous of her. I discovered during the conference, however, that her real trouble was that she looked down her nose at the other girls in the office. She said, "The men and the other girls in the office bore me," which meant that she looked down on them.

I explained to her that criticism and condemnation of others actually amounts to self-criticism and self-condemnation, for there is only one mind common to all individual men. I added that she was the only thinker in her universe and that she was responsible for her thoughts. Her depreciation of the other members of her department was actually self-depreciation. Her as-

sociates subconsciously picked up her vibrations, with the result that she lacked friends and had not been promoted once over a period of six years.

She Learned the Key to Abundance and Promotion in Life

This young lady learned that there is only one Cosmic Energy (Spirit) in the universe and that she is here to apply it constructively and harmoniously. She also became acutely aware of the fact that as long as she held thoughts of criticism and condemnation of others, she was using it destructively. All bitterness, resentment and spiritual pride are peculiarly destructive methods of misusing the Cosmic Energizer.

When we think negatively and destructively, our Divine Energy becomes dammed up in our subconscious mind, like placing your foot on the garden hose, producing lack, loss and limitation of all kinds.

She Applied the Law of Prosperity and Changed Her Life

Having learned why she was not promoted, she immediately reversed this attitude. I gave her the following prayer technique, explaining to her that she must have a general attitude of peace and goodwill toward all; that the universe is one, and that the law of harmony must prevail in her habitual thinking. Then, and then only, would she establish a clear, unobstructed flow of the Cosmic Energizer through her.

This is the prayer therapy she applied: "I am a daughter of the Infinite. God loves me and cares for me. I radiate love, peace and goodwill to all those in my office and to all people everywhere. I am Divinely guided and inspired. I know that God, or the Cosmic Energizer, is the source of my supply, and that all my needs are met at all times everywhere. I rejoice in the promotion and success of others. I know that when I bless others, I am blessing myself, for we are all one. We have one Father or Progenitor—the Life Principle. I am advancing and moving forward along all lines. God is prospering me beyond my fondest dreams."

She reiterated these truths out loud five or six times a day, which helped to prevent her mind from wandering. By repetition, these truths sank into her subconscious mind. I saw a new, radiant young woman a month later. She had become vice president of the organization with a large increase in

salary and was engaged to be married to the medical consultant of the company.

Grant to every person in the world the riches of the Infinite and the abundant life, with the understanding that he is ready to receive it when he looks to God as the source and when he loves all other human beings.

He Discovered the Key to the Abundant Life

A Spanish teacher came to see me regarding an emotional problem, which was easily solved. During the interview I discovered that he was very critical of those who had money, lovely homes, Rolls Royce's and Cadillac's, yet he also wanted the good things of life and admitted that he needed more money to properly take care of his wife and two children. Nevertheless, he frequently used the term "filthy lucre" and obviously was envious of those who went up the ladder of success in life.

I explained to him that there is nothing good or bad, but thinking makes it so. Money, or paper, is harmless, and our sandwich coins are a combination of certain metals which represent the number and rate of motion of electrons revolving around a nucleus. I pointed out to him that he should look at money in its true significance as a symbol or medium of exchange, which represents man's freedom, harmony, beauty, luxury and refinement. Money has taken many forms down through the ages, and it is simply God's way of maintaining the economic health of the nation.

Opening the Door of Riches to Him

The first thing this young teacher learned was that the envy of others was blocking the flow of his good and that the condemning of money causes it to take wings and fly away. Envy of others exalts them but demotes us. God is our source of abundance, and every want can be met instantly and perfectly. To be envious of others is to deny our own good and impoverish ourselves. Envy is inconsistent; it is a waste of energy and is destructive to our prosperity.

Divine Love Is the Motive Power

Love must be expressed. Love is universal goodwill, wherein you wish

for all people health, happiness, peace, abundance and all the blessings of Life. Serving people wisely and kindly is really Divine love in action. The Life Principle, or the Cosmic Energizer, must have free expression, and love is the perfect expression of Life. Love is the free and uninhibited expression of Divine Life. Love means peace, wholeness, beauty and perfect joy. Jealousy, envy and condemnation of others indicate a false belief that there is not enough of the riches of the Infinite to go around and the foolish belief that if the other person is a multimillionaire, we shall have to go short of cash. This constricts the expression of Life. Without love we stumble and fall.

Building the Love Consciousness

This young teacher, at my suggestion, began to pray as follows: "I know God is my instant and everlasting supply and support. From this moment forward I sincerely radiate love, peace, joy and goodwill to every person I meet and to all people everywhere. In the college where I work, I claim God's riches and the abundant life for everyone, for I know that Love is the fulfilling of the law of opulence, health, happiness and the abundant life. I give thanks for God's riches which are ever active, ever present, unchanging and eternal."

By affirming these truths, and by their frequent habitation of his mind, a miracle occurred in this teacher's life. All sorts of personal difficulties just seemed to dissolve and vanish. His face had a new glow. He said, "I have felt ten years roll off my shoulders." He has received a promotion and was voted the most popular teacher. His salary was doubled in one month, and there are love, peace and harmony in his home.

Unless we build up within our own mentality a real love consciousness, our various achievements, activities and relationships with others will be somewhat restricted and unsatisfactory. On the other hand, if we become channels of God's love, which is an outreaching of the heart, an emanation of goodwill to all, prosperity and God's abundance along all lines will be yours.

—I am come that they might have life, and that they might have it more abundantly (John 10:10).

Abundance Is an Idea or Thought-Image in Your Mind

In the charming and beautiful city of Zagreb, Yugoslavia, which I visit-

ed in the month of October, not long ago, at the Esplanade Hotel, I met one of the businessmen of the city, who had lived in England for several years. He had read some books published by the late Henry Hamblin, editor of *Science of Thought Review,* from which he gleaned that wealth was an idea in the mind, a mental attitude, a way of thinking. He said he had wanted sufficient money to open up a business in Zagreb, and this is what he did.

He had a silent period a few times a day, and in his mind he was putting money into his business, into his bank, giving money to his sons to buy books and circulating money in different channels, blessing and benefiting others. All this took place in his mind. He knew what he was doing, in that he was gradually building up the mental equivalent of wealth, as one possesses all things by right of consciousness (the union of your conscious and subconscious mind).

He kept this up for about a month, at the end of which time he had a vivid dream in which he found himself at a gaming table in Monte Carlo, Monaco, where he won the equivalent of 100,000 francs, which, when converted to dinars (local currency) was a considerable sum of money. He knew it was an answer to his mental acceptance of wealth. Accordingly, he took a trip to Monaco and experienced objectively exactly what he had experienced subjectively in the dream state. He came back to Zagreb, opened up a shop and found himself able to distribute money just as he had visioned and desired.

Job said:—*In a dream, in a vision of the night, when deep sleep falleth upon men, in slumberings upon the bed; then he openeth the ears of men, andsealeth their instruction* (Job 33:15-16).

Ofttimes in a dream or vision of the night you are instructed exactly what to do to gain your particular goal or objective in life.

Some Comments About Yugoslavia

I might add that in Yugoslavia people can own their own business, have bank accounts, etc. It is a socialistic state with a great measure of freedom of religion, travel, speech and expression. Education is free, and a college education is available to everyone. The only thing the student has to buy are the necessary books. The businessmen with whom I talked, as well as our special guide, pointed out that they have an incentive system whereby the man or woman is paid for the quality and type of work he does.

The people are on a capitalistic incentive program instead of the communistic plan. Medical service is free, but all workers pay a small percentage of their salaries under a National Insurance Program. Every family has at least one car. The average salary is from $150 to $200 a month; rent for a good apartment costs about $40 a month. Husbands and wives work and in that way have money for luxuries and trips.

It is a vastly different system than that of Russia or Rumania. The food and the hotels are excellent, and so is the service. The people are very friendly toward Americans. One guide told me that before they instituted the incentive system, service in the hotels and elsewhere was simply deplorable and disastrous. They do not have the system of collectivism such as is practiced in Russia, Rumania and other eastern countries.

The Law of Abundance for Husbands and Wives

It is important for the husband and wife to unite their ideals, motives and activities in order to demonstrate God's riches along all lines. When the two agree that God is the endless source of all good, they will prosper. Agreement means harmony and being harmonious together. They are one with the Cosmic Energizer, which is absolute harmony and the source of all blessings.

A wife who claims that her husband is inspired from On High and that he is God's man and Divinely guided in all ways is one of the greatest motive powers for the demonstration of wealth for her husband. She, too, will prosper because she is thinking of abundance. Since her thought is creative, she is also blessing herself. When you pray for another, you are also praying for yourself.

When a husband and wife disagree and quarrel, there is a scattering of forces, accompanied by loss. This is why so many married couples have financial difficulties. The spiritual minded person never retrogrades. The journey is onward, upward and Godward, for there is no end to the glory which is man.

Another Secret to Lifetime Abundance

Practice the law of silence: "Tell no man." This means that when you have a certain plan, goal or objective in life, don't discuss it with anyone ex-

cept when it is absolutely necessary to do so, as, for example, someone who is directly involved in the plan, invention or enterprise. You can share it with a spiritual advisor, who is there to aid you with scientific prayer. To talk with your friends and relatives is unwise; ofttimes they will ridicule your ideas or throw cold water on your hopes and aspirations.

The less you talk about your ideal, the better. Keep on nourishing your goal with faith and confidence, and when you have established the mental equivalent, your answer will burst forth like a flower in full bloom.

The Divine Plan for Lifetime Abundance

Love of God, which means giving all honor, allegiance, loyalty and devotion to the Cosmic Energizer within you, recognizing It as supreme and omnipotent and the endless source of supply, is a type of love which consists of a healthy, reverent, wholesome respect for the Divinity within. Your Higher Self will cause you automatically to love others, and love is the fulfillment of everything. The more love and goodwill you exude, the greater is your share of God's abundance. Your capital consists of the infinite ideas that are in Divine Mind, and God's ideas unfold within you.

Man, knowing his relation to the Cosmic Energizer, becomes a channel depending less and less on outer media and more and more on the Source. We can turn to the Inexhaustible Fountain within, for *God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work* (II Corinthians 9:8).

POINTS TO REMEMBER

1. Abundance means wave upon wave of prosperity, vitality, happiness, peace, joy and all the blessings and comforts of life. God, the Cosmic Energizer, is the Source of all our supply, meeting all our needs at all times everywhere. Many people are kept in want because they believe it is wrong to pray for wealth. This attitude is rank superstition. God gave us richly all things to enjoy.—*I am come that they might have life, and that they might have it more abundantly* (John 10:10).

2. There is only One Source and One Power. If there were two powers, there would be no order, design or harmony in the world. One would cancel out the other. Infinity is one. Mathematically, scientifically and spiritually,

there can be only One Power. Infinity cannot be divided or multiplied. It is impossible to have two Infinities. Those who hesitate to claim prosperity and the good things of life deprive themselves needlessly of these visible blessings.

3. This is a mental and spiritual universe, Spirit (God), and matter are one. These are the two ends of the stick, subjective and objective, visible and invisible. Spirit and matter. Energy and matter. Science uses the word *Energy* instead *of Spirit,* but both are synonymous. Spirit (Energy) and matter are interconvertible and interchangeable. Spirit and matter are different degrees of the same thing.

4. A talented young lady, attractive and well educated, had received no promotion in six years, yet other girls with far less ability were promoted. The reason was that she looked down on others, felt that they were inferior, and was full of criticism of her associates, saying, "They bore me to tears." We become what we condemn. She learned that the reason she did not prosper and get promoted was due to the fact that her criticism and condemnation of others amounted to self-criticism and self-condemnation, which are destructive mental poisons. She realized that her thought is creative and that what she thinks about others, she creates in her own experience, as there is but one mind. She reversed her attitude and began to exude vibrancy, love and goodwill to all. She made a habit of this through constant repetition. Furthermore, she began to realize that she was a daughter of the Infinite and began to systematically exalt God in the midst of her. This woman's life was transformed within a month. She was made vice president of the organization with a great increase in salary and prestige.

5. A teacher was criticizing those who had wealth, yet at the same time he personally wanted more money and the comforts of life for himself and family. He called money "filthy lucre" and was envious of those who went up the ladder of success in life, Envy and criticism of money were his stumbling blocks to the life more abundant. He learned that envy blocks the flow of his good and impoverishes himself; he also began to perceive there is nothing evil about money or anything else in the universe. Evil is in man's thought, or motivation. He reversed his attitude and began to wish for all his associates health, happiness, abundance and all the blessings of life. He discovered that love, which is the mood of goodwill to all, is the fulfilling of the law of abundance and security. He began to affirm boldly, feelingly and knowingly that God (the Cosmic Energizer) is the source of his supply and that all his

needs are met instantaneously. He also began to claim for everyone he met during the day, "God loves you and prospers you." Every night he gave thanks for God's riches—spiritual, mental and material. His whole personality was transformed and his salary was doubled within one month, He found the peace that passeth understanding.

6. Unless we build up within our mentality a love consciousness, our business, profession, activities and relationship with others will be somewhat restricted and unsatisfactory.

7. When we become a channel for God's love and pour out an emanation of goodwill to all, realizing that God's riches are flowing through everyone we meet, then will we discover that we will prosper beyond our fondest dreams.

8. Wealth is an idea in the mind. A man who wanted sufficient money to open a business of his own began to sit quietly and imagine that he was investing money in his business. In his imagination he was giving money to his sons to buy books and money to his wife to buy a new car. He was also circulating money wisely in different channels, blessing and benefiting others. He acted mentally the same way he would act objectively if he had the money. His subconscious responded in a dream, showing him how much he would win at Monte Carlo gaming tables. So he went to Monte Carlo and experienced objectively what he had visioned subjectively. The ways of your subconscious are past finding out. He built the consciousness of wealth, thought by thought, picture by picture, mood by mood, until finally it passed from thought and mental image to the joy of the answered prayer. What is impressed in the subconscious is always expressed on the screen of space.

9. In Yugoslavia, the government has established an incentive system whereby a man or woman is paid for the quality and type of work he does. The people are on a capitalistic incentive program instead of the collectivist, or communistic, plan. Prior to that, service in hotels, stores and restaurants was deplorable and shocking. Man is an individual and wants to express himself at the highest level. He wants to be appreciated and recognized. He wants self-esteem. He wants to create, accomplish and fulfill himself. A business or enterprise which has for its aim private gain or personal promotion is no longer looked down upon. One of the guides we had said that there was a time when success, wealth and achievement were downgraded and that mediocrity was exalted. This is no longer true. The tendency now is to exalt and

encourage the dynamic and talented dancer, musician, etc., to move forward to new glory and accomplishment.

10. It is important for husbands and wives to unite their ideals, motives and activities in order to demonstrate God's abundance along all lines. There must be harmony between husband and wife; being harmonious, they are one with and in tune with the Cosmic Energizer, which is absolute harmony and the Source of all blessings. A wife who inspires her husband and claims that God is guiding him, directing him and prospering him will discover that their marriage will grow more blessed through the years, and they will also prosper beyond their fondest dreams.

11. It is unwise to discuss your plans, ideals, goals and aspirations with others unless it is a spiritual counselor who prays with you and rejoices in your success. Your so-called best friend sometimes will throw cold water on the desire of your heart. This is somewhat like plucking the flower before it blooms.

12. Love is the fulfilling of the law of health, wealth, success and constant supply. Love of God means to have a healthy, reverent, wholesome respect for the Divinity within yourself; and then you will automatically respect and honor the Divinity in others. Realize that God is your instant and everlasting supply at all times and radiate love, peace, joy and goodwill to all people. Toward every person you meet, affirm silently: "God's riches are flowing through you and you are getting richer day by day." As you do this, you will find a constant flow of spiritual, mental and material riches flowing ceaselessly, tirelessly and endlessly to you.

—*God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work* (II Corinthians 9:8).

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The Cosmic Energizer and Psychic Phenomena

Man must become aware of the tremendous psychic powers within him. It is wonderful to explore the vast reaches of space, but we must also explore the limitless dimensions of our own mind. Actually, man is in the presence of Infinity, and although our astronauts may visit Mars, Venus and other planets in our time, all this wonderful space travel fades in comparison to the wonders, glories and powers within man's own Deeper Mind.

The Cosmic Energizer Gives an Amazing Answer

Recently I spoke before a private club in Reno, Nevada, and following the address a woman consulted me regarding a large sum of money which her husband had won at the gaming tables. She said he had told her that he had won about $150,000 in three or four days and that he was putting it in the safe in their home, to which she had a key. She thought no more about it, and shortly afterward he passed on into the next dimension in his sleep. When she opened the safe, the money wasn't there. She searched everywhere to no avail.

I suggested that we get very quiet, immobilize our attention and think of the Infinite Intelligence within us, which knows all and sees all. We also included her husband in our meditation, realizing and knowing that he was alive with the Life of God and that he was illumined and inspired, his journey being ever onward, upward and Godward. Silently we claimed that the Infinite Intelligence of the Cosmic Energizer would reveal the whereabouts of the money, which she needed.

We remained quiet and receptive for about five minutes, when Mrs. K. said, "Yes, I hear you. I understand. I love you." Mrs. K. said that in the silence she had heard her husband's voice clearly and distinctly, and that it had the same tonal qualities and accent as on this plane. He told her the exact spot in the garage where the money was located and where the key to the box was to be found. Then he added, "I want you to know I am your husband. Remember, we were at a cocktail party the other night at the Palace and you knocked over the cocktail glass and everybody laughed. Also, you lost $15 in

the slot machine." Mrs. K. definitely felt that it was her husband, and that night she and her brother went to the garage, removed some boards and found a steel box secreted in a corner. When opened, it contained $160,000 in one hundred dollar bills.

Mrs. K., without any doubt or reservation, affirmed that the message was from her husband. I definitely believe also that in this instance it was her deceased husband who communicated with her. Undoubtedly he had an intense desire to let her know where the money was. It was not a case of telepathic communication between us, as neither of us knew where the money was hidden.

She received an evidential message, and the trivial incident of spilling the cocktail tended to confirm the message as authentic. Consider all the incidents, experiences and material stored in the subconscious mind. Then, when you hear an inner voice with your inner ears giving you a trivial message which establishes without possibility of error that the message originates with a loved one in the next dimension, this is a highly evidential message that your friend is very much alive and in a world of activity and growth.

The Cosmic Energizer and Your Two Bodies

Recently on a trip to Yugoslavia, I chatted with a U.S. Naval Officer who had retired in Dubrovnik where he had been born. He writes stories now about life on the sea and of his experiences there. His writing is very popular with children. In our discussion about the wonders of the mind, he thought it to be an extraordinary coincidence that he should meet the author of *Psychic Perception: The Magic of Extrasensory Power,* a book which had been sent to him by his sister, who lives in San Francisco. He added that his sister knows of his interest in psychic phenomena of all kinds.

He pointed out that while he had had many extraordinary psychic experiences, the most outstanding took place during the Second World War when his ship was attacked by the Japanese. He and many others had been severely wounded, and before he passed into the unconscious state, he had said, "Lord, save my buddies. Save all of us." Then he said he found himself on board another cruiser in the captain's cabin, where he wrote down the latitude and longitude of his ship and his name and rank with instructions to proceed to rescue the wounded and save the crew. The next thing he knew, he was on board a destroyer, where he was resuscitated. He received brandy and his

wounds were dressed. One of the officers asked him to sign his name and compared it with the signature and instructions in the captain's cabin, and it was identical.

This Was a Projection of His Fourth-Dimensional Body

The projection of the astral body, subtle body or fourth-dimensional body, all of which mean the same thing, has been observed and practiced down through the ages. This Naval Officer had an intense desire that he and all his comrades be saved, and his last waking concept was etched in his subconscious mind. The wisdom of his deeper mind knew where the closest ship was located and immediately projected him, clothed in his astral body, which can go through closed doors and collapse time, space and matter, and then instructed him what to do; namely, he was to enter into the captain's quarters and write instructions giving all necessary details, together with his name, rank and location of his ship.

The Bible says,—*In a dream, in a vision of the night, when deep sleep falleth upon men, in slumbering upon the bed; then he openeth the ears of men, and sealeth their instruction* (Job 33:15-16). As you go off to the deep of sleep with a deep conviction that your prayer or desire will be answered, you impregnate your subconscious and receive instructions from the infinite intelligence within, which knows all and sees all.

He Could Be Seen in Two Places at the Same Time

Dr. Phineas Parkhurst Quimby of Portland, Maine, who began the practice of mental and spiritual healing in 1847, was America's foremost spiritual healer. He said, "When you think a person is dead, he is dead to you, but to himself there is no change. He retains all the senses of the natural man, as though no change to the world had taken place" (Quimby Manuscripts, page 172).

Quimby could condense his identity and appear to sick people at a distance. He ministered to them, touching them so they could actually feel the sensation. He would put his hand at their head at a long distance; that is, during absent treatment. This was solely to engage the patient's attention and arouse faith. It was a measure of securing the confidence of the patient, at a time when he was starting a new practice and stood alone in it.

In one instance he promised to pray for a woman in New Hampshire and decided to project himself mentally and spiritually in his subtle, or fourth-dimensional body. The woman had a guest for dinner, and the latter said, "There is a man standing behind you." The hostess said, "That is Dr. Quimby. He is giving me a treatment."

Quimby stated, "I know that I can condense my identity and appear at a distance." In other words, he could be in two places at the same time. He could be in his office praying for a person one hundred miles away, contemplating the Divine ideal of wholeness, beauty and perfection for the sick person, and at the same time be present in the home of that person, touching the person and making his own presence known and seen. Quimby knew and demonstrated that there is a Spiritual Presence and Power within man not bound by body, environment, time or space, which is capable of putting on a spiritual body and appearing anyplace.

A Visit to a Psychic in Dubrovnik

One evening during a recent visit to Yugoslavia, three of us (an Englishman, a German and myself), accompanied by an interpreter, visited a medium in the outskirts of Dubrovnik, one of the most beautiful cities in that country. We walked up four flights of stairs and entered a rather dimly lighted room where statues of saints and icons adorned the place. At the request of the interpreter or guide who accompanied us, the medium went into a deep, profound trance and began to speak in German.

Our German friend who was present said it was the voice of his father, who narrated various episodes in his son's life and identified himself by discussing the most intimate details of his own life. I do not understand German, but our German friend spoke English fluently; German, his native language; and Russian. The medium told him his sister was very sick with a kidney infection and a doctor present with her (in the next dimension) stated she was not getting the right medicine. He said that she should have a certain dosage of a specific medicine, which would heal her.

The German was flabbergasted, and later on after we left the séance, he phoned home to Hamburg to inquire about his sister. He found that his sister was in the hospital and not getting well. He spoke with the doctor and told him what had happened at the séance. The doctor decided to give the drug

and the next day all tests were negative; the acute infection had cleared up miraculously.

In the trance state, she said to me (the interpreter translated), "Your sister is here and will talk to you." Then a clear voice came forth having all the characteristics, inflection and tonal qualities of the voice of my sister. She said, speaking in English all the time, "You will recall, Joe, that you fell into the big pond of water near our home in Derrinard (Ireland) and I pulled you out. You were almost drowned and you told about seeing the whole panorama of your life instantaneously. You were nine years old then. You were also lost in the woods one night and all of us searched for you with lanterns and found you crying near a tree."

These were evidential messages of great significance to me. This, indeed was my sister identifying herself and this was not something picked up telepathically from my subconscious by the medium, as I had completely forgotten the two incidents which had taken place when I was about eight or nine years of age. This sister had been a nun in St. Mary's Convent, Lowestoft, England, for over fifty years. She spoke of her transition and of a wrong diagnosis of her condition prior to her demise. She quoted Latin and French verses and prayers which we had learned together. These were identification messages.

The Englishman from Bishop's Stortford, England, was startled when the interpreter said to him, "The medium says your brother who had been an Air Force Officer during the war wants to talk to you." The voice came clearly with a decided Oxford accent. He said, "Mother is here and also Father." He identified himself by very intimate details and spoke of how his plane had been shot down and how he had been met by his parents and cared for in the next dimension. He stated that he was studying aero-space navigation and that our next visit would be to Mars and Venus. His father and mother, speaking through the medium, asked to be introduced to the other two men present, namely, our German friend and myself.

In science, the most plausible hypothesis is one that provides the simplest explanation. In these three instances all of us were firmly convinced as to the identity of each of the communicators and their statements were verifiable in each instance. Any other theory, such as telepathy, thought transference, etc., seems far-fetched and calls for the most extraordinary powers on the part of the medium and stretches man's credibility beyond the point of no return.

The Mystery of Dematerialization

The medium asked each one of us if we would like something brought into the room from our home. The Englishman said he would like to have his walking stick, which appeared in a few seconds on the table with his initials on it. He was dumbfounded and speechless.

The German suggested that an ashtray be brought from his study. This also appeared in about a minute.

I suggested that she bring a Petersen's Dublin pipe which was in a drawer in my study. This, too, appeared.

These are called apports by many, which means the motion or production of an object by a spiritualistic medium without any apparent physical agency. Frequently it has been found that the medium had skillfully concealed the apports in the room or about her person. This obviously was impossible in our case. In cases where the character of the medium is beyond reproach, the idea has been advanced that the result is due to the activity of the subconscious mind. Other explanations are that the apports are actually conveyed to the séance by spirits, or that they are drawn together by some type of magnetic power.

My explanation is rather simple. Modern science knows today about interconvertibility of matter and energy (Spirit). Matter is energy reduced to the point of visibility; therefore, a medium using the powers of her subconscious mind identified with the walking stick referred to in the home of the Englishman and converts it into energy, for the stick is nothing more than a molecular combination, i.e., a group of electrons revolving around a nucleus; and when the walking stick is reduced to its invisible combination of electrons and protons, it is then precipitated by the subconscious mind in the presence of the medium, taking its former shape.

Think of a block of ice; yet, it is water and with little effort can be converted to steam, which is invisible, possessing an even higher vibration. Water, ice and steam differ only in their vibratory rate. This invisible steam passed over a cold coil becomes water; refrigerated, it becomes ice again. At higher levels of mind it is possible to dematerialize objects and also to bring about their materialization. The whole world is a universe of densities, frequencies and intensities.

The pipe, ashtray and the walking stick could have been brought into the room by a process known as telekinesis, which is the production of mo-

tion in a body without application of physical force. In other words, it is possible to transport an object or body by telekinesis. This is called teleportation.

The following articles are taken verbatim from the newspaper *The National Enquirer,* August 5, 1973, issue:

"Cheat-Proof Experiments at Stanford Research Institute

A topflight team of scientists thoroughly tested Uri Geller at one of America's leading research institutions. Here are the credentials of the men and the institution:

Stanford Research Institute: Independent nonprofit research organization, founded 1946. Supported by research contracts and grants from U.S. and foreign governmental agencies and industrial organizations. No longer maintains any official relationship with Stanford University. Staff of 1,500 professionals, 1,500 technicians and other nonprofessional personnel. Volume of research: 1972—$70 million, two-thirds of that in government contracts.

Dr. Harold E. Puthoff, 36: MSE in Electrical Engineering, University of Florida, 1960; Ph.D. in electrical engineering, Stanford University, 1967. Expert in quantum physics. Holds patents in the area of lasers and optical devices. Author of widely-used textbook on lasers and 25 papers in professional journals. Joined SRI 1972. Now working in area of lasers, biofeedback and biofield measurements.

Russell Targ, 38: BS in physics, Queens College, New York City, 1954. Two years' graduate work at Columbia University. Specialist in lasers, plasma research and Para-physical phenomena. Published more than 25 technical papers in the fields of laser research, plasma technology and optical communications. Pioneer in laser research. Joined SRI 1972.

Dr. Henry K. Puharich: A.B., M.B., M.D., Northwestern University, Ph.D. in electrical engineering, Stanford University. Holds 52 U.S. and foreign patents in medical electronics field. Former senior research scientist at New York University Medical Center. Was president of Intelectron Corp. Author of many scientific articles and two books, *Sacred Mushroom* and *Beyond Telepathy.*

A young Israeli who can apparently bend metal with his mind has undergone rigidly controlled experiments at a leading research

institute—and the top scientists who tested him admit they cannot explain his amazing "powers."

Late in 1972, Uri Geller, 26, took part in a series of "cheat-proof experiments at Stanford Research Institute (SRI) in California, and scientists reported Geller participated in experiments where the probability that anyone could have done what he did was one in a million, and in another test, one in a trillion.

Geller amazed scientists when he:

• Made a balance placed in a bell jar respond as though a force was applied to it—without touching the balance.

A chart recorder monitoring the balance showed that Geller somehow produced a force ten to a hundred times greater than could be produced by striking the bell jar or the table, or jumping on the floor.

• Correctly identified, eight out of ten times, the numbers shown on a die shaken inside a closed metal box.

Only scientists handled the box, and no one knew what number was on the die until after Geller had made his predictions and the box was opened.

• Made a magnetometer, a sensitive instrument which measures magnetic fields, register simply by passing his empty hands near it.

Geller also:

• Bends metal objects and breaks them in half—without physical force.

• Makes objects disappear completely.

• Stops clock hands without touching them. "There is no question in my mind that Geller's abilities are genuine," said former Apollo astronaut Dr. Edgar D. Mitchell, now a supporter of scientific and scholarly research in parapsychology who sponsored part of the SRI research and participated in all the experiments.

"We have thousands of feet of film taken during the experiments. In our minute scrutiny of the film, frame by frame, we didn't see anything that looked like trickery in any way.

"At any time where Geller's hands were out of view of the film or it appeared he could have done something in any way to influence a test, we threw out the results.

"We threw out a lot of things that were probably real events just because we couldn't be absolutely certain of them—but what is left we are completely certain of.

"Geller is different than anyone ever tested before in that he can produce results you can see immediately. We have never before seen such great results on scientific instruments. That is what is startling about Geller—and so important." The SRI experiments were conducted by Russell Targ, a specialist in lasers and plasma research, and Dr. Harold E. Puthoff, a specialist in quantum physics who holds patents in the areas of lasers and optical devices.

"We have observed certain phenomena for which we have no scientific explanation," the researchers said. "Further investigation is clearly warranted."

Dr. Henry K. Puharich, researcher in parapsychology and author of many scientific articles, first persuaded Geller to come to SRI for the experiments.

"I had heard stories about Uri Geller before I met him—stories that he could concentrate on watches and clocks without touching them and the hands would move forward or backward. He could concentrate on metal chains and they would break. The stories were a little fantastic for a tough researcher like myself, who had been looking at these phenomena for years," said Dr. Puharich. "But I was soon satisfied that he was the most remarkable person I have ever found.

"He can concentrate on thermometers and make the mercury run up and down at will. He has extraordinary telepathic abilities.

"But probably the most astounding thing he does is make things vanish. We have had objects disappear for days and return intact. It is the most extraordinary kind of phenomenon that man has been exposed to in recent times."

Dr. Ted Bastin, a physicist at Cambridge University in England, said of Geller: "The things I have seen him do are quite remarkable . . .bending metal objects without ever actually touching them, and moving objects across rooms. This is a phenomenon we have stumbled across that might blow apart the reigning orthodox scientific views.

"Geller directs his attention to an object or set of objects," explained Dr. Bastin. "He may put his hands over the object as if he

were blessing it, or he may do it from a distance. It is all very open. He is genuine."

Before meeting Geller, Dr. Bastin secretly bought a set of screwdrivers. "I left the screwdrivers in a locked bag in my bedroom. I asked him to direct his attention towards this set of tools upstairs. They were found sometime later at the foot of the stairs. I checked my bag and it was still locked upstairs and apparently hadn't been touched. And every one of the screwdriver blades had been snapped off."

Metallurgists later told Dr. Bastin it would be impossible to break the screwdrivers with the human hand, and difficult to do it even with the necessary tools.

Recently, prior to an appearance on the Jack Paar television show, Geller amazed several of Paar's staff by first bending, then breaking, a key—without touching it.

"If you fit the two pieces together it didn't fit exactly," said Paar's assistant Mitzi Moulds, who held the key while Geller broke it.

"It was as if matter had somehow been destroyed. I don't have any explanation for it—I tend to be skeptical about these things. But if it was a trick, I can't figure out how he could have done it."

. . .He Reveals How It Feels to Perform Amazing Feats of Mind Over Matter

Uri Geller, the young Israeli whose strange talents puzzle top scientists, told *The Enquirer* how he feels about his powers and how he first realized he could do things other people couldn't.

"I believe these are intelligent powers and they are somehow directed through me. I am a sort of channel," said Geller, 26, who apparently can bend metal objects, move the hands of clocks and transport things from place to place—all with his mind.

The powers that puzzle scientists also puzzle Geller: "I don't know how I do it," he said. "I don't go into any strange concentrations or meditations. All I do is keep repeating in my mind, 'Bend. Break.' And it happens.

"I know I am real. That is enough for me. And the people around me know I am real. The scientists want to keep investigating

me and some admit they have no scientific explanation for what I do."

Geller first discovered his powers at age 7.

"At school, I noticed the hands of my watch would jump to a different hour. It was psycho-kinesis, the bending or moving of an object. I didn't know what it meant, and I though other people could do it, too.

"Later I found I could concentrate and receive the other student's answers, compare them and get the right answer. I did this until I was 9, then forgot about it until I was 18 and in the Army. It started again and I began demonstrating little things to friends.

"I would bend metal objects by concentrating on them. The most difficult thing for me to do is to bend an object. It doesn't always work. It is like the powers are living somewhere and don't always act whenever I want them to. If something doesn't bend, I have to strike it very gently. It goes faster at way. And in order to succeed, I must have many people around me.

"I would really like to be the first person validated in a scientific institute," said Geller. "I wasn't sure whether anything would happen under laboratory conditions, but to my surprise I succeeded in nearly everything the scientists wanted me to do.

"I am not a psychic," he said emphatically. "There is nothing mystical about me. I do not make predictions and have never tried healing.

"Shortly after I met Dr. Puharich, we were in the Sinai Desert and he mentioned he was sorry he hadn't brought the case for his movie camera from New York.

"I just heard that and didn't think any more about it.

"But the next morning when I woke up, there in front of my bed was the case Dr. Puharich had left in New York.

"To me that is the most amazing thing that has happened, although things happen to me all the time."

In an article in *Psychic Magazine,* May/June 1973 issue, Dr. Puharich, a distinguished scientist, reported that out of 20 attempts to dematerialize metal objects, Geller was 75 percent successful. Out of 20 attempts to rematerialize those same objects, he was 60 percent successful.

In December 1971, Dr. Puharich was in the Sinai Desert with Geller and was complaining that sand was getting into his movie camera. Puharich had left the camera case behind at his home in Ossining, New York. The next morning at 5:30 he got a call from Geller, who said that there was a camera case in his room. "So I rushed over," said Dr. Puharich, "and looked at the damn thing, and it was the camera case which I'd left six thousand miles away in Ossining, New York, locked in an equipment closet, and it was my case with the markings. Furthermore, when I got back to Ossining about eight months later, it was not there, and the one I had was the one that had been there. So that was my first evidence that Uri was capable of transporting physical objects over long distances by unknown means. And subsequently he's done this for me many times."

The preceding articles are very interesting because they demonstrate the powers of the Cosmic Energizer within man, and when utilized and believed in, they work so-called miracles.

Today we speak of the tremendous power of the laser beam, which burns through a granite wall, turning the stone into pure energy and burning a hole large enough to enable a train to go through the tunnel created by this beam of light. The laser beam comes out of the consciousness of man, which is the Cosmic Energizer, the Supreme Spirit, which is omnipotent, omniscient and omnipresent. This Almighty Power has been known to thousands of seers, mystics and illumined men of all ages. The Power is God—the only Presence, Power, Cause and Substance. Everything is made inside and out of It, for there is only One Power.

Anyone can learn to contact this Power and transform his life so that he can perform what the world calls miracles. Within man's own consciousness, or awareness, lies the Cosmic Energizer, stronger, greater and more powerful than all the laser beams and nuclear or atomic power in the world, as all these are offsprings of the One and Only Power. This Power is inexhaustible, limitless, timeless and ageless.

An ancient meditation, lost in the night of time, says:

> Ever the same is my inmost Being, eternal, absolutely one, whole, complete, perfect, indivisible, timeless, shapeless and ageless, without face, form or figure, the silent presence fixed in the hearts of all men.

POINTS TO REMEMBER

1. Man is becoming aware of the tremendous psychic powers within him. Answers to his most perplexing problems ofttimes come in dreams and visions of the night. Scientists are exploring the inner spaces of the mind and finding an inexhaustible treasure house of spiritual, mental and financial riches.

2. In Reno, Nevada, a woman's husband passed on in his sleep. He was a professional gambler and a few days prior to his demise, he had won about $150,000. He told her that he was putting it in the safe; however, when she opened the safe it was not there. In a meditative state she asked that the infinite intelligence of her subconscious mind reveal the answer to her and guide her to the place where the money was hidden. An inner voice spoke to her, which she recognized as her husband's, giving her all the details and explaining how to remove certain boards in the garage, where she would find the money. She realized that her husband was very much alive, interested in her welfare, and that undoubtedly he wanted to reveal to her where the money was hidden. She recognized his voice and mannerisms, and he identified himself by revealing certain intimacies and episodes in their lives, leaving her with no doubt that it was none other than her husband speaking. Our loved ones are all around us separated by frequency only. They have fourth-dimensional bodies which are rarefied and attenuated and can be seen clairvoyantly. We do not see gamma rays, beta rays, cosmic rays, radio waves, or electromagnetic waves; yet, these are all around us and interpenetrate us in the same way that the fourth-dimensional universe is all around us and interpenetrates this plane. We go to this dimension every night when men in their ignorance call us dead.

3. A retired Naval Officer in Dubrovnik, Yugoslavia, had an extraordinary psychic experience. He was wounded on board his battleship, and prior to becoming unconscious, he prayed, "Lord, save me and my comrades." He lapsed off into the unconscious state, and the next thing he was aware of was that he found himself on another war vessel in the captain's quarters, where he wrote out the latitude and longitude of his ship and signed his name and rank. In other words, his subconscious mind responded to his prayer and projected his astral body to the nearest ship. All the men were rescued, and when the captain asked each man to write his name, his signature corresponded ex-

actly with the one found in the captain's quarters. This was the way the Cosmic Energizer responded to his prayer.

4. Dr. Phineas Parkhurst Quimby of Portland, Maine, in the year 1847 had the ability to appear in two places at the same time; while praying for sick people at a distance, ofttimes he would appear at their homes and minister to them and could be seen by those present in the home. He knew he was a mental and spiritual being and that the Divine Presence within him transcended time, space and matter. He said, "I know that I can condense my identity and appear at a distance." In other words, he could be in two places at the same time.

5. While visiting a medium in Dubrovnik, Yugoslavia, this author observed her going into a deep and profound trance, and then, departing from her native tongue, a voice speaking German came through, differing entirely in tone, inflection and quality from that of the medium. The German man present said it was definitely the voice of his father, who told him that his sister was sick and that a doctor who was present with him in the next dimension prescribed a special drug for kidney infection. He followed the instructions, and his sister got well the next day. The next voice was that of one of my sisters, who had been a nun for over 50 years. The voice had all the characteristics, inflections and tonal qualities of her voice, so well known to me. She spoke of intimate details of my life which I had forgotten, all of which were verifiable. She recited prayers in Latin and French, prayers which we had learned together from our father when we were young. These were evidential messages, and it would be a far fetched idea to think they originated in the mind of the medium. The Englishman received a message in a decided Oxford accent from his brother, a former Royal Air Force Officer, who gave details of how his plane had been shot down during World War II. His father and mother, speaking through the medium, asked to be introduced to the other two men; namely, myself and our German companion.

6. In science, the most plausible hypothesis is one that provides the simplest explanation. In these three instances of direct communication with relatives in the next dimension, all of us were convinced as to the authenticity of each of the communicators, and that their statements were verifiable.

7. This medium, in the trance state, was able to bring a Petersen pipe from my office in Beverly Hills and caused it to appear on the table before us. The walking stick of the Englishman appeared with his initials on it. This episode rendered him almost speechless. An ashtray from the office of the

German also was projected on the table. These are called apports. At high levels of consciousness, the Cosmic Energizer, which is the Only Presence and Power, can dematerialize an object and cause its molecular combination to condense down and appear at any particular location. Matter and energy are interconvertible and interchangeable. Matter is the lowest degree of Spirit, or Energy; and Energy, or Spirit, is the highest degree of matter. Energy and Spirit are synonymous. Science uses the word Energy for Spirit, God, or the Cosmic Energizer.

8. Think of water, ice and steam. Each one is water, or H2O, but operating at different frequencies or vibrations. Heat the ice and we have water; boil the water and we have steam, which is invisible, being of a higher molecular vibration. The steam in your iron can be reduced to the point of visibility by passing it over cold coils and we have water, by freezing we have ice. Every metal or substance has its M.P. or melting point, where it can be rendered invisible. Your body consists of waves of light. Some scientists say your body consists of about an octillion electrons. A man who is highly evolved spiritually and knows his oneness with the Self-Originating Spirit could undoubtedly disappear and reappear at will, i.e., he could dematerialize his body and cause the molecules to coalesce and solidify any place he wished. This is called rematerialization.

9. A young Israeli who can bend metal with his mind has undergone rigidly controlled experiments at Stanford Research Institute. He bends metals and breaks them in half. He stops clocks without touching them. I read also where he dematerialized a watch and reassembled it again. He moves objects with his mind across the room. He appeared on Jack Paar's television show and amazed the staff by first bending and then breaking a key without touching it. In an article in *Psychic Magazine,* May/June 1973 issue, Dr. Puharich, a distinguished scientist, reported that out of 20 attempts to dematerialize metal objects, Geller was 75 percent successful. Out of 20 attempts to rematerialize those same objects, he was 60 percent successful. In December 1971, Dr. Puharich was in the Sinai Desert with Geller and was complaining that sand was getting into his movie camera. Puharich had left the camera case behind at his home in Ossining, New York. The next morning at 5:30 he got a call from Geller, who said that there was a camera case in his room. "So I rushed over," said Dr. Puharich, "and looked at the damn thing, and it was the camera case which I'd left 6000 miles away in Ossining, New York, locked in an equipment closet, and it was my case with the markings. Fur-

thermore, when I got back to Ossining about eight months later, it was not there, and the one I had was the one that had been there. So that was my first evidence that Uri was capable of transporting physical objects over long distances by unknown means. And subsequently he's done this for me many times."

10. The unknown means of which Dr. Puharich speaks is actually known. It is called the Cosmic Energizer—the only Presence, Power, Cause and Substance. This is the Reality of man. It is all powerful, and man in contact with this power and identifying himself with It can materialize and dematerialize metals and objects of any kind. He can walk on the waters, on red hot coals, and can disappear and reappear at will. I am speaking of a man who is highly evolved and who believes that with God all things are possible. The Power that moves the world is in you. "It was never born; It will never die. Water wets it not, fire burns it not, and wind blows it not away" (Hindu Scriptures).

> Ever the same is my inmost Being, eternal, absolutely one, whole, complete, perfect, indivisible, timeless, ageless, shapeless, without face, form or figure, the Silent Presence fixed in the hearts of all men.
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> —An ancient meditation.